



SUMMER 2017

MONTGOMERY COUNTY GUIDE

RECREATION AND PARKS PROGRAMS

TENNIS
SWIM LESSONS
CAMPING
TRIPS & TOURS
KAYAKING
ARTS & CRAFTS
BUTTERFLIES
BADMINTON
NATURE HIKES
TINY TOTS

and much more!



Track - Maryland Senior Olympics



Saturday May 27

POOLS OPEN

CONVENIENT

Seven Outdoor Pools Located Throughout Montgomery County, You Can Be Here In No Time.

FUN

Including Flume And Kiddie Slides, Water Play Equipment, Lap Lanes, Leisure Swim Areas, Baby Pools, Dive Areas, Bath Houses, Lawn Areas And Even A "Lazy River"!*

AFFORDABLE

We Offer Daily Admissions, 12 Punch Passes And Season Passes

**BETHESDA • GERMANTOWN • LONG BRANCH • MARTIN LUTHER KING, JR
• UPPER COUNTY • WESTERN • WHEATON/GLENMONT**

Call 240-777-6860 or visit montgomerycountymd.gov/rec

Note: Amenities differ at each location

FROM THE COUNTY EXECUTIVE



Summer 2017



Dear Montgomery County Resident:

With the approach of summer and its warm, sunny days, it is good to know that Montgomery County Recreation has wonderful and interesting classes, activities and adventures included in this Summer Guide for you to enjoy. There are activities for everyone so you will want to include family and friends in your planning.

As I am out and about, it is always a pleasure to hear from residents about how much they enjoy and benefit from our programs including classes, camps, trips and tours.

The summer outdoor pool season will kick off at noon on Memorial Day weekend, Saturday, May 27, with the opening of our seven outdoor pools throughout the County.

In addition to the popular summer day programs for youth, and the large selection of sports, classes and therapeutic recreation programs, the Recreation Department has some great special events. For example, the Silver Spring Summer Concert Series starts on June 15 with a full line-up of free concerts on Thursday evenings from 7 to 9 p.m.

A high point of the summer is always Montgomery County's fabulous Fourth of July celebrations, which are held in two convenient locations: Germantown Glory will be held at the South Germantown Recreational Park and Mid-County Sparkles will be held at Albert Einstein High School in Kensington. These free events include family entertainment, music, food vendors and spectacular fireworks shows.

With so many options to choose from there is something fun happening every day this summer. We all know the value of staying active and engaged so I hope you find something you enjoy.

Best wishes for a happy summer!

Sincerely,

Isiah Leggett,
County Executive

A look Inside...

Summer 2017
Recreation and Parks Programs



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



Registration
For Summer
Classes & Swim
Lessons Begins

May 15

Cover photo by
Dennis Tuttle/Seditorial



Like
Montgomery
County
Recreation
on Facebook



Follow
@macorec
on Twitter

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Montgomery Parks

The Maryland-National Capital Park and Planning Commission

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HABLAMOS ESPAÑOL

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



Individuals with disabilities are encouraged to register for programs offered by Montgomery Parks and Montgomery County Recreation. To facilitate inclusion, you may request auxiliary aids or services. Interpreters, Braille or large print, or other accommodations should be requested prior to the start of programs. Early notification allows us time to put accommodations in place. If you are registering for a Montgomery County Recreation program, please contact a Therapeutic Recreation Specialist at 240-777-6870, or email rec.mainstream@montgomerycountymd.gov. 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
SUMMER classes
opens
MAY 15

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



Like
Montgomery
Parks



Follow
[@MontgomeryParks](https://twitter.com/MontgomeryParks)

14TH ANNUAL Silver Spring Jazz Festival

FREE!



SEPTEMBER 9, 2017
3 - 10 P.M.

VETERANS PLAZA
ELLSWORTH & FENTON

STARRING
"THE LAO TIZER BAND"

Marcus Johnson - 7 P.M.

Chembo Corniel Quintet - 5:45 P.M.

Sharp Radway Quintet - 4:30 P.M.

Jazz Academy of Music - 3:15 P.M.



silverspringdowntown.com - montgomerycountymd.gov/rec
240-777-0331 - En Español 240-777-6839

5 Ways to Have Fun this Summer with RECREATION!

1

SPLASH! SPLASH! SPLASH!

If you are not swimming in one of our pools on every possible occasion, well... start on Page 14 and sign up! There's Water Fitness, Diving, and Swim Lessons...to name a few.

2

It may be Summer, but Chef Sheila Crye wants you to sign up for...

The Farm to Table Dinner cooking class. The menu includes melon with prosciutto, crab cakes with corn and tomato salad, green beans with mushrooms, stone fruit galette. See Page 47.

3

Ready for some body sculpting?

Fit U Summer Boot Camp has beginner and advanced levels. Designed for those desiring to lose weight, increase cardiovascular fitness and increase muscular strength more efficiently. It's all on Page 49.

4

55+ 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 at Recreation Centers throughout the County are designed to increase bone density. Check out Page 65.

5

Martial Arts

Karate for Individuals with Disabilities 6 and up 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. Details on Page 76.





SUMMER CAMPS

Recreation Summer Camps start June 26.
It's not too late to register!
Go online to ActiveMONTGOMERY.com for
information and to register.

STEM • ARTS • DANCE • MUSIC
SPORTS • COOKING • ON-THE-GO

**DON'T MISS OUT
ON THE FUN!**





Full day
and half
day options



EXTEND THE FUN WITH END OF SEASON SUMMER CAMPS

AUGUST 7 - AUGUST 18

- AquaSports • Coach Doug Endless Summer • Tame Your Kayak • Chess • Drama
- TR Extra Summer Fun • Ultimate Frisbee • Electronic Game Design • Horseback Riding
- Cooking • LEGOs/STEM • UK Elite Soccer • Mystery Academy Magical Fun
- Regional Extended Summer Fun Centers



LIVE NATION®

Discovery
COMMUNICATIONS™

Presents

Thursdays • 7:00pm-9:00pm

Veterans Plaza
@ the Civic Building

SILVER SPRING

Summer Concert Series



June 15 *Blues*

Built for
Comfort



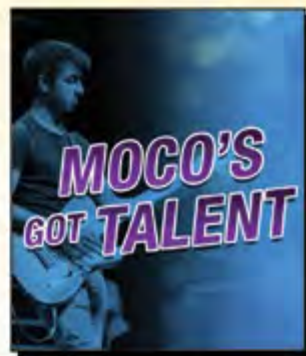
June 22 *Covers*

Bobby & the
Believers



June 29 *World Music*

David Bach



July 6

MoCo's Got
Talent



July 13 *'80s*

Second Wind



July 20 *'60s*

Gary & the
Groove



July 27 *Oldies*

Rock & Roll
Relics



August 3 *Blues*

Moxie Blues
Band

montgomerycountymd.gov/rec





Summer Fun...

With A Paycheck!

Seasonal
Part-time
Positions
Available!

If you are looking for a summer job
to make a difference in a child's life, enhance your leadership
experience, and be part of a professional team
– Montgomery County Recreation is the place for you.

**We are hiring for a variety of summer
part-time positions including
Counselors, Directors, Lifeguards and more.**

Summer Camp positions: call 240-777-6870; or download, complete and return the
Summer Employment Interest Form at montgomerycountymd.gov/rec/how/job.

Lifeguard positions: call 240-777-6860; or download, complete, and return the Aquatics
Preliminary Employment Application at montgomerycountymd.gov/rec/how/job.



montgomerycountymd.gov/rec



WATER SAFETY DAY

FRIDAY, JUNE 2
3:30 - 6:30 P.M.

**GAITHERSBURG
WATER PARK**
512 S. Frederick Ave.
Gaithersburg, MD 20877

Stay safe at the pool this summer

Learn about:

- **How to Prevent Drowning**
- **Proper Use of Life Jackets**
- **Water Rescue Skills**
- **Skin Cancer Prevention**
- **Swim Lessons** (evaluations offered)

Free Event

Food will be available for purchase.

**FREE SWIMMING EVENT
PRESENTATIONS EVERY HALF HOUR.**

For more information, visit gaithersburgmd.gov
montgomerycountymd.gov/rec or rockvillemd.gov/swimcenter
En Español 240-777-6839

Hosted By



Community CALENDAR

Damascus Community Recreation Center

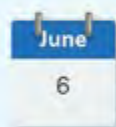


Damascus Days

Friday, 6 p.m. - 9:30 p.m. • Saturday, 10 a.m. - 4 p.m.

Damascus Days includes a parade, fireworks, carnival games, exhibits, car show, train rides, artists, food and more.

Jane E. Lawton Community Recreation Center



Lawton's Antiques Roadshow

2 p.m. - 4 p.m.

Our own Antiques Roadshow – the big appraisal community event conducted by Caplan's Auction Company in historic Savage Mill, MD. Find out what your stuff's worth. Cost: Free

Mid County Community Recreation Center



Circle Time with Friends

10 a.m.

Storytime for Toddlers and Preschoolers, ages birth to 5. Space is limited. Cost: Free! Activity No. 32868

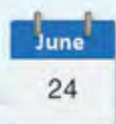


Mid-County Back to School JAM!

Noon - 3 p.m.

All ages welcome. Admission: Free (must register). The first 60 students will receive a free backpack with school supplies. Includes cookout food, moon bounces, face painting and a live DJ!

Ross Boddy Neighborhood Recreation Center



Community Day Celebration

Noon - 4 p.m.

DJ, line dancing, guest choirs, face painting, moon bounce, kickball and softball games, food and more. Fun for the whole family.



DISCOVER WHAT YOU CAN MAKE!

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

textiles
toy-making
wind tubes
animation
coding

WORKSHOPS

CAMPS

FIELD TRIPS

WEEKEND DROP-IN



www.kid-museum.org

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 more than 30 Recreation, Senior and Aquatic 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

Closed:
8/21-9/4 • 2017

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

Closed:
5/5-5/7 • 2017
8/21-9/4 • 2017

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

Closed:
8/7-8/27 • 2017

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

Closed:
8/19-9/4 • 2017

OUTDOOR POOLS

Bethesda Outdoor Pool
301-652-1598
Little Falls Pkwy &
Hillandale Rd
Bethesda, MD 20815

**Germantown
Outdoor Pool**
240-777-8067
18905 Kingsview Road
Germantown, MD 20874

**Long Branch
Outdoor Pool**
301-431-5700
8700 Piney Branch Road
Silver Spring, MD 20912

**Martin Luther King, Jr.
Outdoor Pool**
240-777-8066
1201 Jackson Road
Silver Spring, MD 20904

**Upper County
Outdoor Pool**
301-840-2446
8211 Emory Grove Road
Gaithersburg, MD 20877

**Western County
Outdoor Pool**
301-349-2217
20151 Fisher Avenue
Poolesville, MD 20837

**Sgt. Hector I. Ayala
Wheaton/Glenmont
Outdoor Pool**
301-929-5460
12621 Dalewood Drive
Wheaton, MD 20906

**Open
Memorial Day
Weekend!**

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 six people must contact the pool management for additional information.

Swimming Instruction

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

Rentals-Parties!

GISC, KSAC, OSC, and MLK have times available for rental by groups. Party rooms are available for rent. Contact the facility or montgomerycountymd.gov/rec 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.

- The program fee covers only the class and locker room use. If you wish to use the facility before or after class you must pay the admission fee.
- No swimming experience is required. For Deep Water Running and Exercise, must be comfortable in deep water.
- Men and women over 12 years old are welcome.
- Entrance to locker rooms is permitted 10 minutes prior to class.
- Physician release form is required if pregnant.
- Physician consultation is recommended prior to participation in any exercise program.
- MCR does not schedule make-up classes for inclement weather. Make-up passes are available from instructors. Withdrawal policies are listed on page 196.

Wellness Network: Linda Costello
H2O Fitness and More: Teresa Shelton

301-924-3488
410-491-3000

wellnet1@aol.com
tsshelton100@yahoo.com



WATER FITNESS

Water Fitness

Abs & Glutes & More

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

8 Sessions	\$52
Instructor: H2O Fitness	
34531 KSAC	6/20 T 9:00am-9:50am
34532 KASC	6/22 Th 9:00am-9:50am
34533 MLK	6/19 M 10:15am-11:05am
34534 MLK	6/21 W 10:15am-11:05am
34535 MLK	6/22 Th 8:00pm-8:50pm

Against the Current

Ages 12 & Up: A power water walking class that walks against the current in the OUTDOOR lazy river. Lo-impact with high intensity that will sculpt the inches. Shoes are a must, gloves are recommended and can be purchased from instructor. Various equipment will be provided for upper body strength training in this co-ed class.

8 Sessions	\$52
Instructor: H2O Fitness	
34536 MLK OP	6/19 M 9:00am-9:50am
34537 MLK OP	6/21 W 9:00am-9:50am
34538 MLK OP	6/17 Sa 10:00am-10:50am

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	\$52
Instructor: H2O Fitness	
34543 KSAC	6/23 F 10:00am-10:50am
34544 MLK	6/20 T 9:00am-9:50am
34545 MLK	6/22 Th 9:00am-9:50am
Instructor: Wellness Network	
34542 OSC	6/18 S 9:00am-9:50am

Aqua Lite

Ages 12 & Up: Great place to start in the water! A class that 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 helps reduce muscle weakness, pain and stiffness in the upper and lower body. Great for first time exercisers and anyone wanting a gentle workout.

7 Sessions	\$46
Instructor: Wellness Network	
34546 OSC	6/19 M 10:00am-10:50am
34547 OSC	6/21 W 10:00am-10:50am
34548 OSC	6/23 F 10:00am-10:50am

8 Sessions	\$52
Instructor: H2O Fitness	
34551 MLK	6/22 Th 10:30am-11:20am
Instructor: Wellness Network	
34549 KSAC	6/19 M 11:00am-11:50am
34550 KSAC	6/21 W 11:00am-11:50am





WATER FITNESS

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 \$52

Instructor: H2O Fitness
34552 MLK OP 6/23 F 10:15am-11:05am

Deep Water Running

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.

6 Sessions \$39

Instructor: Wellness Network
34562 OSC 6/20 T 8:15pm-9:05pm

7 Sessions \$46

Instructor: H2O Fitness
34580 MLK 6/20 T 7:00pm-7:50pm

Instructor: Wellness Network
34573 KSAC 6/20 T 7:30pm-8:20pm

8 Sessions \$52

Instructor: H2O Fitness
34575 KSAC 6/20 T 10:00am-10:50am
34576 KSAC 6/22 Th 10:00am-10:50am
34577 KSAC 6/23 F 9:00am-9:50am
34585 MLK 6/17 Sa 9:00am-9:50am
34578 MLK 6/19 M 1:00pm-1:50pm
34579 MLK 6/20 T 7:30am-8:20am
34581 MLK 6/21 W 1:00pm-1:50pm
34582 MLK 6/22 Th 7:30am-8:20am
34583 MLK 6/22 Th 7:00pm-7:50pm
34584 MLK 6/23 F 11:00am-11:50am

Instructor: Wellness Network

34571 Bethesda OP 6/18 S 8:00am-8:50am
34569 Bethesda OP 6/19 M 8:00pm-8:50pm
34570 Bethesda OP 6/21 W 8:00pm-8:50pm
34587 GISC 6/17 Sa 9:30am-10:20am
34553 GISC 6/19 M 10:30am-11:20am
34554 GISC 6/19 M 7:50pm-8:40pm
34555 GISC 6/20 T 10:00am-10:50am
34556 GISC 6/21 W 10:30am-11:20am
34586 GISC 6/22 Th 9:30am-10:20am
34574 KSAC 6/22 Th 7:30pm-8:20pm
34568 OSC 6/17 Sa 9:00am-9:50am
34560 OSC 6/19 M 7:15pm-8:05pm
34559 OSC 6/20 T 8:30am-9:20am
34561 OSC 6/20 T 10:30am-11:20am
34563 OSC 6/21 W 7:15pm-8:05pm
34564 OSC 6/22 Th 9:00am-9:50am
34565 OSC 6/22 Th 11:00am-11:50am
34566 OSC 6/22 Th 8:15pm-9:05pm
34567 OSC 6/23 F 6:15pm-7:05pm

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 \$52

Instructor: H2O Fitness
34588 KSAC 6/23 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.

6 Sessions \$39

Instructor: Wellness Network
34594 OSC 6/20 T 7:15pm-8:05pm

7 Sessions \$46

Instructor: Wellness Network
34592 OSC 6/19 M 8:15pm-9:05pm
34593 OSC 6/20 T 9:30am-10:20am
34541 OSC 6/21 W 8:15pm-9:05pm
34541 OSC 6/21 W 8:15pm-9:05pm
34595 OSC 6/22 Th 10:00am-10:50am
34596 OSC 6/22 Th 7:15pm-8:05pm

8 Sessions \$52

Instructor: H2O Fitness
34599 MLK 6/23 F 7:00pm-7:50pm
Instructor: Wellness Network
34591 GISC 6/22 Th 7:50pm-8:40pm
34597 KSAC 6/19 M 10:00am-10:50am
34598 KSAC 6/21 W 10:00am-10:50am

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.

7 Sessions \$46

Instructor: Wellness Network
34602 OSC 6/19 M 9:00am-9:50am
34603 OSC 6/21 W 9:00am-9:50am
34604 OSC 6/23 F 9:00am-9:50am

8 Sessions \$52

Instructor: H2O Fitness
34605 KSAC 6/19 M 8:30pm-9:20pm
34606 KSAC 6/20 T 11:30am-12:20pm
34607 KSAC 6/21 W 8:30pm-9:20pm
34608 KSAC 6/22 Th 11:30am-12:20pm
34609 MLK 6/19 M 9:00am-9:50am
34610 MLK 6/23 F 9:00am-9:50am
34612 MLK 6/21 W 9:00am-9:50am
Instructor: Wellness Network
34540 GISC 6/19 M 9:30am-10:20am
34600 GISC 6/21 W 9:30am-10:20am
34601 GISC 6/23 F 9:30am-10:20am

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 goal will be to qualify divers for the AAU National Championships each summer. All participants must pay a \$300 Team Fee each year and should sign up for the email newsletter to stay informed at www.montgomerydiveclub.org. Contact NoahE@montgomerydiveclub.org to try out.

\$680

Instructor: Built By Beavers

34767 MLK	6/21	W	5:00pm-7:00pm
34771 KSAC	6/23	F	8:00am-10:30am

\$680

34772 KSAC	6/20	T-W,F	7:00am-9:30am
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Follow
@mocreco
on Twitter



Like
Montgomery
County
Recreation
on Facebook

High School Diving

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

\$275

Instructor: Built By Beavers

34793 KSAC	6/19	M	8:30pm-10:00pm
34794 KSAC	6/22	Th	8:30pm-10:00pm

Human Springs Summer Camp

Ages 8-17: Human Springs Training Camps are one-week intensive clinics designed to help summer league divers enhance their skills and learn new dives for competition. The camps are open to divers ages 8 - 18. Training will focus on the use of trampoline, tumbling mats, dry diving boards, and the 1-meter springboard. Instructors will work with athletes to develop a camp plan to reach specific goals, and use the acrobatics equipment at the MDC Dryland Center (DTC) in Rockville and the world class diving facilities at the KSAC. There will be an additional fee for the use of the Dryland Training Center which participants will pay directly to Montgomery Dive Club. Email DougB@montgomerydiveclub.org for info. Weekly camps will consist of four 90 minute in-water training sessions and four 60-minute dryland training sessions. Participants are expected to take part in all sessions.

\$300

Instructor: Built By Beavers

35285 KSAC	6/19	M-Th	8:00am-10:30am
35428 KSAC	6/26	M-Th	8:00am-10:30am
35429 KSAC	7/10	M-Th	8:00am-10:30am
35430 KSAC	7/17	M-Th	8:00am-10:30am
35431 KSAC	7/24	M-Th	8:00am-10:30am
35432 KSAC	7/31	M-Th	8:00am-10:30am

Masters Diving

Ages 19 & Up: It's never too late to learn to dive! For adults who want to see what it's all about, or for former competitive divers who aren't quite ready to hang up the speedo, we suggest you join Rusty Springs! All participants must pay a \$15.00 Team Fee each quarter and sign up for the email newsletter to stay informed at www.montgomerydiveclub.org

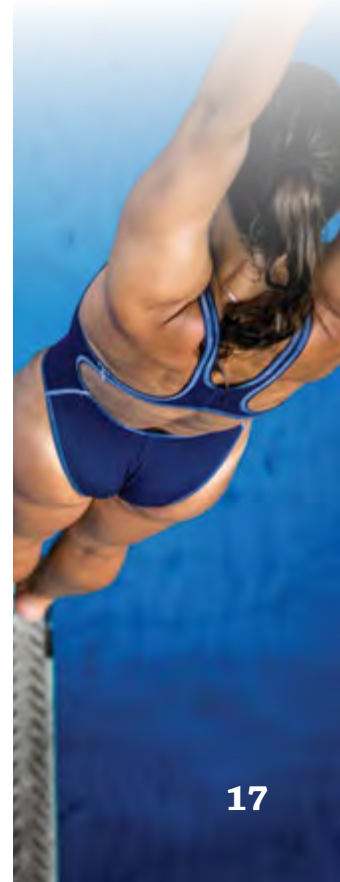
\$275

Instructor: Built By Beavers

34773 KSAC	6/19	M	8:30pm-10:00pm
34774 KSAC	6/22	Th	8:30pm-10:00pm



DIVING





USAD Developmental Group

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

\$400

Instructor: Built By Beavers
35284 KSAC 6/20 T,Th 10:00am-2:00pm

USAD National Team

Ages 6-18: This is an invitation only program designed to prepare athletes for USA Diving and collegiate competition. this year-round program focuses on the highest levels of personal and team achievement. All participants must pay a \$300 Team Fee each year and should sign up for the email newsletter to stay informed at www.montgomerydiveclub.org. Contact AlexG@montgomerydiveclub.org to try out.

Instructor: Built By Beavers

3 Days Per Week	\$425
35276 GISC	6/19 M-F 7:00am-1:00pm
34795 KSAC	6/19 M-F 7:00am-1:00pm
4 Days Per Week	\$525
35279 GISC	6/19 M-F 7:00am-1:00pm
35277 KSAC	6/19 M-F 7:00am-1:00pm
5 Days Per Week	\$625
35281 GISC	6/19 M-F 7:00am-1:00pm
35280 KSAC	6/19 M-F 7:00am-1:00pm

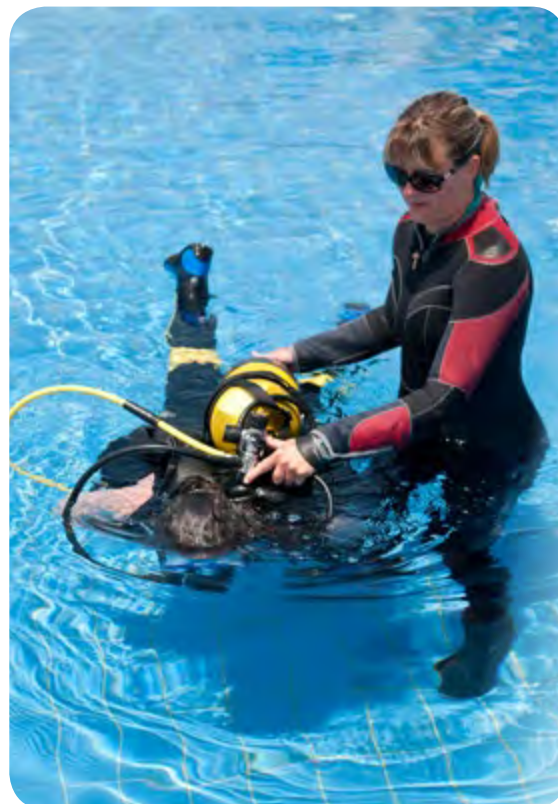
MASTERS

Masters Swimming

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

Instructor: Montgomery Ancient Mariners

35535	1 day per week	4/23-8/25	\$120
35537	2 days per week	4/23-8/25	\$175
35539	3 days per week	4/23-8/25	\$220
35540	4 days per week	4/23-8/25	\$260
35542	5 days per week	4/23-8/25	\$300



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 and fins) will be provided to 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.

Instructor: Scott Hagedorn

35641	GISC	7/20 T,Th	7:00pm-10:00pm
35561	MLK	7/24 M,W	6:00pm-9:00pm

DIVING/OTHER



DEVELOPMENTAL SWIM

Montgomery Stroke and Turn Clinic

Ages 5-18: The Montgomery Stroke and Turn Clinic has served the Montgomery County swimming community for over 22 years. MSTC is designed for swimmers who wish to improve their ability to swim the four competitive strokes, learn correct starts and turns, gain strength, and have fun. This is not a training program. Rather coaches will work on proper stroke mechanics and technique with swimmers. MUST be able to swim 25 meters of freestyle without stopping. There will be no clinic on Dec 24, Dec 31, Feb 4, Apr 1 and 5 other Sundays, which will be announced at the first session. Please visit www.mstcswim.com for more information.

Instructor: Montgomery Stroke And Turn Clinic

22 Sessions	\$385	
35484 GISC	10/22 S	6:00pm-6:55pm
35485 GISC	10/22 S	7:00pm-7:55pm
35481 KSAC	10/22 S	5:00pm-5:55pm
35482 KSAC	10/22 S	6:00pm-6:55pm
35483 KSAC	10/22 S	7:00pm-7:55pm
35489 MLK	10/22 S	6:00pm-6:55pm
35490 MLK	10/22 S	7:00pm-7:55pm
35486 OSC	10/22 S	5:00pm-5:55pm
35487 OSC	10/22 S	6:00pm-6:55pm
35488 OSC	10/22 S	7:00pm-7:55pm

Registration opens July 10.

MCSL Swim Team

Ages 5- 18: This summer swim team program, sponsored by Montgomery County Recreation, is part of the Montgomery County Swim League (MCSL). Daily practices and weekly meets on Saturday mornings or Wednesday evenings, depending on the participant's skill level. To join, swimmers must be able to complete one length of the pool using a coordinated stroke and rhythmic breathing. We do NOT offer Pre-Team. Materials and other team fees are not included in the registration fee. Parents and swimmers should attend the pre-season parent meeting held at the pool on Tuesday, May 31, 7:00 PM, RAIN or SHINE. Practices begin on Wednesday, June 1st and run weekdays through Friday, July 22nd. More details will be available at the pre-season parent meeting. Final day to register or request a refund is June 30th.

\$185

34651	Bethesda OP	5/31	M-Sa
34652	Germantown OP	5/31	M-Sa
34653	Wheaton/Glenmont OP	5/31	M-Sa
34654	Long Branch OP	5/31	M-Sa
34655	Western County OP	5/31	M-Sa
34656	Upper County OP	5/31	M-Sa



DEVELOPMENTAL

WWW.RMSCSWIMMING.COM



INDIVIDUAL PROGRESS

NATIONALLY RECOGNIZED

TEAM UNITY

Fall 2017/Winter 2018 Tryouts

Swimmers new to the program must attend a tryout. Please visit the team website for additional details. Group placement is specific to the site. Participants only need to attend 1 date. Pre-Registration is required.

Session Dates: September 11, 2017 - March 25, 2018

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

Monday, July 17, 2017 or Monday, July 24, 2017

13-18yrs - 3:45pm
9-10yrs - 5:00pm
8 & Under - 6:00pm
11-12yrs - 6:45pm

Note: Tryout is based on your age as of December 1, 2017. Please arrive on time for all tryouts. A parent/legal guardian must be present at all times.



LIFEGUARD TRAINING

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

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

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

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

Cost of the course is \$205.

Germantown Indoor Swim Center

Session	Date	Begins	End
LGT 6: Course 24557 June 2017			
Pre-Course	Friday, June 16	7:00pm	9:30pm
Session 1	Sunday, June 18	9:30am	12:30pm
Session 2	Sunday, June 18	1:00pm	4:00pm
Session 3	Monday, June 19	2:00pm	5:00pm
Session 4	Monday, June 19	6:00pm	9:00pm
Session 5	Tuesday, June 20	2:00pm	5:00pm
Session 6	Tuesday, June 20	6:00pm	9:00pm
Session 7	Wednesday, June 21	2:00pm	5:00pm
Session 8	Wednesday, June 21	6:00pm	9:00pm
Session 9	Thursday, June 22	6:00pm	9:00pm
Session 10	Friday, June 23	6:30pm	9:30pm

Kennedy Shriver Aquatic Center

Session	Date	Begins	End
LGT 7: Course 25324 June 2017			
Pre-Course	Thursday, Jun. 15	7:00pm	9:00pm
Session 1	Monday, Jun. 19	9:00am	12:00pm
Session 2	Monday, Jun. 19	1:00pm	5:00pm
Session 3	Tuesday, Jun. 20	9:00am	12:00pm
Session 4	Tuesday, Jun. 20	1:00pm	5:00pm
Session 5	Wednesday, Jun. 21	9:00am	12:00pm
Session 6	Wednesday, Jun. 21	1:00pm	5:00pm
Session 7	Thursday, Jun. 22	9:00am	12:00pm
Session 8	Thursday, Jun. 22	1:00pm	5:00pm
Session 9	Friday, Jun. 23	9:00am	12:00pm

Martin Luther King, Jr. Swim Center

Session	Date	Begins	End
LGT 7: Course 25021 June 2017			
Pre-course	Monday, Jun 5	7:30pm	10:00pm
Session 1	Thursday, Jun 8	6:30pm	10:00pm
Session 2	Sunday, Jun 11	9:00am	12:30pm
Session 3	Sunday, Jun 11	1:00pm	4:00pm
Session 4	Monday, Jun 12	6:30pm	10:00pm
Session 5	Thursday, Jun 15	6:30pm	10:00pm
Session 6	Sunday, Jun 18	9:00am	12:30pm
Session 7	Sunday, Jun 18	1:00pm	4:00pm
Session 8	Monday, Jun 19	6:30pm	10:00pm
Session 9	Thursday, Jun 22	6:30pm	10:00pm

Olney Swim Center

Session	Date	Begins	End
LGT 7: Course: 24523 June 2017			
Pre-course	Sunday, June 11	1:30pm	3:30pm
Session 1	Saturday, June 17	9:00am	12:30pm
Session 2	Saturday, June 17	1:00pm	5:00pm
Session 3	Sunday, June 18	9:00am	12:30pm
Session 4	Sunday, June 18	1:00pm	5:00pm
Session 5	Monday, June 19	9:00am	12:30pm
Session 6	Monday, June 19	1:00pm	5:00pm
Session 7	Tuesday, June 20	9:00am	12:30pm
Session 8	Tuesday, June 20	1:00pm	5:00pm
Session 9	Wednesday, June 21	9:00am	12:30pm
Session 10	Wednesday, June 21	1:00pm	5:00pm

LGT 8: Course: 24524 July 2017			
Pre-course	Wednesday, June 28	6:30pm	8:30pm
Session 1	Wednesday, July 5	6:30pm	10:00pm
Session 2	Friday, July 7	6:30pm	10:00pm
Session 3	Saturday, July 8	9:00am	12:30pm
Session 4	Saturday, July 8	1:00pm	5:00pm
Session 5	Sunday, July 9	9:00am	12:30pm
Session 6	Sunday, July 9	1:00pm	5:00pm
Session 7	Wednesday, July 12	6:30pm	10:00pm
Session 8	Friday, July 14	6:30pm	10:00pm
Session 9	Saturday, July 15	9:00am	12:30pm
Session 10	Saturday, July 15	1:00pm	5:00pm

LIFEGUARD TRAINING

Lifeguard Training - Accelerated

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

\$225

Instructor: Aquatic Training and Consulting Services

Martin Luther King Jr. Swim Center

Session	Date	Begins	End
LGT 2: Course 25076 May 2017			
Session 1	May 23, 2017	9:00am	7:00pm
Session 2	May 24, 2017	9:00am	7:00pm
Session 3	May 25, 2017	9:00am	7:00pm
LGT 3: Course 25077 May/June 2017			
Session 1	May 30, 2017	9:00am	7:00pm
Session 2	May 31, 2017	9:00am	7:00pm
Session 3	June 1, 2017	9:00am	7:00pm
LGT 4: Course 25078 June 2017			
Session 1	June 6, 2017	9:00am	7:00pm
Session 2	June 7, 2017	9:00am	7:00pm
Session 3	June 8, 2017	9:00am	7:00pm

Upper County Outdoor Pool

Session	Date	Begins	End
LGT 1: Course 25079 June 2017			
Session 1	June 21, 2017	9:00am	7:00pm
Session 2	June 22, 2017	9:00am	7:00pm
Session 3	June 23, 2017	9:00am	7:00pm



BE A HERO!

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



Lifeguard Training Review

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

\$125

Instructor: Aquatic Training and Consulting Services

Martin Luther King Jr. Swim Center

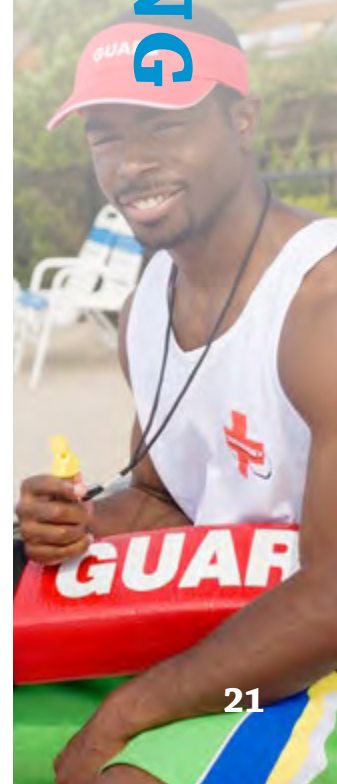
Session	Date	Begins	End
LGT 5: Course 25084 May 2017			
Session 1	May 26, 2017	9:00am	6:00pm
LGT 6: Course 25085 May 2017			
Session 1	May 27, 2017	9:00am	6:00pm
LGT 7: Course 25086 June 2017			
Session 1	June 16, 2017	9:00am	6:00pm

Pool Operator Course

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



LIFEGUARD TRAINING





Swim Lessons

Indoor Swim
Lesson
Registration will begin

May 15
at 6:30am
for Residents

May 16 at 6:30am
for Non-Residents

Registrations will not be processed
before this time.

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

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.

Outdoor pool facilities will open on May 27. Outdoor pool lessons are for six sessions. Some outdoor lessons are scheduled for eight sessions to allow for inclement weather cancellations. Lessons at Martin Luther King Jr. Outdoor Pool do not have additional sessions scheduled, as lessons are moved to the indoor pool during inclement weather. **There are no makeups or refunds due to weather-related closings or 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 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 ten 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 applied 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.

REGISTRATIONS WILL NOT BE ACCEPTED AFTER THE FIRST LESSON. THERE ARE NO TRANSFERS. IF YOU HAVE ENROLLED IN THE INCORRECT LEVEL, YOU WILL BE WITHDRAWN AND WITHDRAWAL FEES WILL APPLY. IF THERE IS AN OPENING IN THE CORRECT LEVEL, YOU MAY REGISTER THE PARTICIPANT IF THE FIRST CLASS HAS NOT OCCURRED YET. THE FULL FEE FOR THE CLASS WILL BE CHARGED FOR THE NEW ENROLLMENT. 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 ACCORDINGLY. THERE ARE NO MAKEUPS OR REFUNDS FOR MISSED CLASSES.

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

Parent-Assisted Lessons

Waterbabies (Ages 6 mo-18 mo) Aquatots (Ages 18 mo-3yr)

Pre-School (Ages 3yr-5yr)

Class Requirements:

On the first day of class, students must be able to: have one adult participant per child and wear swim diapers or tight-fitting waterproof pants under their suit, if not potty-trained

Class Objectives:

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

Level 1

Pre-Beginner (Ages 4-6)

Youth (Ages 7-13)

Adult (Ages 14+)

Class Requirements:

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

Class Objectives:

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

Level 2

Pre-Beginner (Ages 4-6)

Youth (Ages 7-13)

Adult (Ages 14+)

Class Requirements:

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

Class Objectives:

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

Level 3

Pre-Beginner (Ages 4-6)

Youth (Ages 7-13)

Adult (Ages 14+)

Class Requirements:

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

Class Objectives:

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

Level 4

Pre-Beginner (Ages 4-6)

Youth (Ages 7-13)

Adult (Ages 14+)

Class Requirements:

On the first day of class, students must be able to: swim a coordinated front crawl for 15 yards and swim back crawl for 5 yards. Students should be comfortable in deep water.

Class Objectives:

Students who can already swim a coordinated front crawl for 15 yards (across the width of the pool), back crawl for 5 yards, and are comfortable in deep water. Students will be introduced to elementary backstroke and breaststroke. Students will also work on perfecting their front crawl, back crawl and treading water.

Level 5

Youth (Ages 7-13)

Adult (Ages 14+)

Class Requirements:

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

Class Objectives:

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

Level 6

Youth (Ages 7-13)

Adult (Ages 14+)

Class Requirements:

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

Class Objectives:

Students who can swim 2 pool lengths of front and back crawl and 15 yards of breaststroke in good form. Students will be introduced to turns, dolphin kick and surface dives. Students will also work on endurance, sidestroke and refining all other strokes.



Follow
@mocorec
on Twitter



Like
Montgomery
County
Recreation
on Facebook

Waterbabies

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

6 Sessions

\$58

Germantown Indoor Swim Center

32414	6/18	S	10:50am-11:20am
32415	6/19	M-W	11:00am-11:30am
32413	6/24	Sa	10:50am-11:20am
32416	7/3	M-W	11:00am-11:30am

Kennedy Shriver Aquatic Center

35120	6/19	M,W,F	10:20am-10:50am
35121	6/20	T,Th	9:00am-9:30am
35122	6/20	T,Th	11:00am-11:30am

35123	6/24	Sa	9:40am-10:10am
35124	6/25	S	9:00am-9:30am
35125	6/25	S	10:20am-10:50am
35126	7/3	M,W,F	10:20am-10:50am
35127	7/17	M,W,F	10:20am-10:50am
35128	7/18	T,Th	9:00am-9:30am
35129	7/18	T,Th	11:00am-11:30am

Martin Luther King Jr. Swim Center

34904	6/17	Sa	9:40am-10:10am
34905	6/19	M,W,F	10:20am-10:50am
34906	6/22	Th	5:00pm-5:30pm

Olney Swim Center

32627	6/12	M-W	5:00pm-5:30pm
32631	6/22	Th	6:20pm-6:50pm
32623	6/24	Sa	8:40am-9:10am
32624	6/24	Sa	10:40am-11:10am
32625	6/25	S	8:40am-9:10am
32626	6/25	S	10:40am-11:10am
32628	6/26	M-W	5:40pm-6:10pm
32629	7/17	M-W	5:00pm-5:30pm

SUMMER 2017

Outdoor Pool Hours



Pre Season
May 27-June 16

Summer Season
June 17-August 18

Post Season
August 19-September 4

All pools close at 6:00pm on July 4th

	Pre Season May 27-June 16	Summer Season June 17-August 18	Post Season August 19-September 4
Bethesda* 301.652.1598	Weekends & Memorial Day: 12-6pm Weekdays: CLOSED	Weekends: 12:00noon-8:00pm Weekdays: 1:00pm-8:00pm	Weekdays 1:00pm-7:00pm Weekends & Labor Day: 12-6pm
Germantown** 240.777.8067	Weekends & Memorial Day: 12-6pm Weekdays: CLOSED	Weekends: 12:00noon-8:00pm Weekdays: 1:00pm-8:00pm	Weekdays 1:00pm-7:00pm Weekends & Labor Day: 12-6pm
MLK, Jr. Outdoor** 240.777.8066	Weekends & Memorial Day: 12-6pm Weekdays: CLOSED	Weekends: 12:00noon-8:00pm Weekdays: 1:00pm-8:00pm	Weekdays 1:00pm-7:00pm Weekends & Labor Day: 12-6pm
Western County 301.349.2217	Weekends & Memorial Day: 12-6pm Weekdays: CLOSED	Weekends: 12:00noon-8:00pm Weekdays: 12:00noon-8:00pm	Weekdays 1:00pm-7:00pm Weekends & Labor Day: 12-6pm
Sgt. Hector I. Ayala Wheaton/Glenmont 301.929.5460	Weekends & Memorial Day: 12-6pm Weekdays: CLOSED	Weekends: 12:00noon-8:00pm Weekdays: 1:00pm-8:00pm	Weekdays 1:00pm-7:00pm Weekends & Labor Day: 12-6pm
Long Branch 301.431.5700	Weekends & Memorial Day: 12-6pm Weekdays: CLOSED	Weekends: 12:00noon-8:00pm Weekdays: 1:00pm-8:00pm Fridays: CLOSED	Weekends: 12:00noon-6:00pm Closed for Season: August 20
Upper County 301.840.2446	Weekends & Memorial Day: 12-6pm Weekdays: CLOSED	Weekends: 12:00noon-8:00pm Weekdays: 1:00pm-8:00pm Fridays: CLOSED	Weekends: 12:00noon-6:00pm Closed for Season: August 20

*Bethesda: Early Bird Lap Swim, Weekdays Only, June 17- August 18, 8:30am-10:30am

**Bethesda, MLK, Jr. Outdoor, and Germantown: Early Bird Lap Swim, Weekdays Only, August 21 - Sept. 1, 6:00am-8:30am

Aquatots

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

6 Sessions \$58

Germantown Indoor Swim Center

32400	6/13	T	6:10pm-6:40pm
32397	6/18	S	10:10am-10:40am
32398	6/18	S	11:30am-12:00pm
32399	6/19	M-W	10:20am-10:50am
32401	6/21	W	5:30pm-6:00pm
32395	6/24	Sa	10:10am-10:40am
32396	6/24	Sa	11:30am-12:00pm
32402	7/3	M-W	10:20am-10:50am
32403	7/17	M-W	10:20am-10:50am

Kennedy Shriver Aquatic Center

35139	6/19	M,W,F	9:40am-10:10am
35140	6/20	T,Th	9:40am-10:10am
35141	6/24	Sa	10:20am-10:50am
35142	6/25	S	9:40am-10:10am
35143	7/3	M,W,F	9:40am-10:10am
35144	7/17	M,W,F	9:40am-10:10am
35145	7/18	T,Th	9:40am-10:10am

Martin Luther King Jr. Swim Center

34861	6/17	Sa	9:00am-9:30am
34862	6/19	M,W,F	9:00am-9:30am
34865	6/22	Th	5:40pm-6:10pm
34863	7/3	M,W,F	9:40am-10:10am
34864	7/17	M,W,F	9:00am-9:30am

Olney Swim Center

32505	6/19	M-W	9:00am-9:30am
32509	6/22	Th	9:45am-10:15am
32501	6/24	Sa	9:20am-9:50am
32502	6/24	Sa	11:20am-11:50am
32503	6/25	S	9:20am-9:50am
32504	6/25	S	11:20am-11:50am
32510	6/26	M-W	5:00pm-5:30pm
32506	7/3	M-W	10:30am-11:00am
32507	7/17	M-W	9:45am-10:15am
32511	7/17	M-W	5:40pm-6:10pm

6 Sessions \$58

Martin Luther King Jr. Outdoor Pool

34950	6/18	S	9:00am-9:30am
34951	6/18	S	10:20am-10:50am

8 Sessions \$58

Bethesda Outdoor Pool

35015	6/17	Sa	9:00am-9:30am
35016	6/17	Sa	9:40am-10:10am
35017	6/17	Sa	10:20am-10:50am
35018	6/17	Sa	11:00am-11:30am
35019	6/18	S	11:00am-11:30am
35020	6/18	S	10:20am-10:50am
35021	6/18	S	9:40am-10:10am
35022	6/18	S	9:00am-9:30am
35023	6/19	M-Th	9:00am-9:30am
35026	6/19	M-Th	9:40am-10:10am
35031	6/19	M-Th	10:20am-10:50am
35024	7/3	M-Th	9:00am-9:30am
35027	7/3	M-Th	9:40am-10:10am
35030	7/3	M-Th	10:20am-10:50am
35025	7/17	M-Th	9:00am-9:30am
35028	7/17	M-Th	9:40am-10:10am
35029	7/17	M-Th	10:20am-10:50am

Germantown Outdoor Pool

33763	6/17	Sa	9:40am-10:10am
33764	6/17	Sa	10:20am-10:50am
33765	6/18	S	9:00am-9:30am

Long Branch Outdoor Pool

34972	6/18	S	10:20am-10:50am
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Western County Outdoor Pool

32479	6/17	Sa	9:40am-10:10am
32480	6/19	M	6:00pm-6:30pm

Wheaton/Glenmont Outdoor Pool

35322	6/17	Sa	9:00am-9:30am
35323	6/17	Sa	9:40am-10:10am
35324	6/17	Sa	10:20am-10:50am
35325	6/17	Sa	11:00am-11:30am
35326	6/18	S	9:00am-9:30am
35327	6/18	S	10:20am-10:50am
35328	6/19	M-Th	9:15am-9:45am
35329	7/3	M-Th	10:30am-11:00am
35330	7/17	M-Th	9:50am-10:20am
35331	7/31	M-Th	9:15am-9:45am

Upper County Outdoor Pool

32758	6/18	S	10:40am-11:10am
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SWIM LESSONS





Pre-School

Ages 3-5: Basic water adjustment continues, but simple water skills are now emphasized. Infants/children who are not toilet trained MUST wear a swim diaper and separate rubber/vinyl pants. An adult must accompany EACH student in the water. Courses meet for eight (8) 30 minute sessions. Class size is limited to 10 students.

6 Sessions

\$58

Germantown Indoor Swim Center

32410	6/13	T	5:30pm-6:00pm
32406	6/18	S	9:30am-10:00am
32407	6/18	S	12:10pm-12:40pm
32408	6/19	M-W	9:40am-10:10am
32411	6/21	W	6:10pm-6:40pm
32404	6/24	Sa	9:30am-10:00am
32405	6/24	Sa	12:10pm-12:40pm
32409	7/3	M-W	9:40am-10:10am
32412	7/17	M-W	9:40am-10:10am

Kennedy Shriver Aquatic Center

35130	6/19	M,W,F	11:00am-11:30am
35131	6/20	T,Th	10:20am-10:50am
35132	6/20	T,Th	6:25pm-6:55pm
35133	6/24	Sa	9:00am-9:30am
35134	6/25	S	11:00am-11:30am
35135	7/3	M,W,F	11:00am-11:30am
35136	7/17	M,W,F	11:00am-11:30am
35137	7/18	T,Th	10:20am-10:50am
35138	7/18	T,Th	6:25pm-6:55pm

Martin Luther King Jr. Swim Center

34900	6/17	Sa	10:20am-10:50am
34901	6/17	Sa	11:00am-11:30am
34903	6/22	Th	6:20pm-6:50pm
34902	7/17	M,W,F	10:20am-10:50am

Olney Swim Center

32615	6/12	M-W	5:40pm-6:10pm
32616	6/12	M-W	6:20pm-6:50pm
32604	6/19	M-W	10:30am-11:00am
32608	6/22	Th	9:00am-9:30am
32620	6/22	Th	5:00pm-5:30pm
32609	6/24	Sa	8:00am-8:30am
32610	6/24	Sa	10:00am-10:30am
32611	6/24	Sa	12:00pm-12:30pm
32612	6/25	S	8:00am-8:30am
32613	6/25	S	10:00am-10:30am
32614	6/25	S	12:00pm-12:30pm
32617	6/26	M-W	6:20pm-6:50pm
32605	7/3	M-W	9:45am-10:15am
32606	7/17	M-W	10:30am-11:00am
32618	7/17	M-W	6:20pm-6:50pm

6 Sessions

\$58

Martin Luther King Jr. Outdoor Pool

34958	6/18	S	9:40am-10:10am
34959	6/18	S	11:00am-11:30am

8 Sessions

\$58

Bethesda Outdoor Pool

35073	6/17	Sa	9:00am-9:30am
35074	6/17	Sa	9:40am-10:10am
35075	6/17	Sa	10:20am-10:50am
35076	6/17	Sa	11:00am-11:30am
35077	6/18	S	11:00am-11:30am
35078	6/18	S	10:20am-10:50am
35079	6/18	S	9:40am-10:10am
35080	6/18	S	9:00am-9:30am
35081	6/19	M-Th	10:20am-10:50am
35082	7/4	M-Th	10:20am-10:50am
35083	7/17	M-Th	10:20am-10:50am

Germantown Outdoor Pool

33791	6/17	Sa	9:00am-9:30am
33792	6/18	S	9:40am-10:10am
33793	6/18	S	10:20am-10:50am

Long Branch Outdoor Pool

34990	6/18	S	9:40am-10:10am
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Upper County Outdoor Pool

32774	6/18	S	11:20am-11:50am
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Western County Outdoor Pool

32481	6/17	Sa	9:00am-9:30am
32482	6/19	M	6:40pm-7:10pm

Wheaton/Glenmont Outdoor Pool

35332	6/17	Sa	9:00am-9:30am
35333	6/18	S	10:20am-10:50am
35334	6/19	M-Th	10:30am-11:00am
35335	7/3	M-Th	9:15am-9:45am
35336	7/31	M-Th	9:50am-10:20am

SWIM LESSONS



Beginner 1

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

3 Sessions \$33.50

Olney Swim Center

32520	7/31	M-W	9:00am-9:30am
32521	7/31	M-W	9:45am-10:15am
32547	7/31	M-W	5:00pm-5:30pm
32548	7/31	M-W	5:40pm-6:10pm

6 Sessions \$67

Germantown Indoor Swim Center

32346	6/13	T	5:30pm-6:00pm
32337	6/18	S	9:30am-10:00am
32338	6/18	S	10:10am-10:40am
32339	6/18	S	10:50am-11:20am
32340	6/18	S	11:30am-12:00pm
32341	6/18	S	12:10pm-12:40pm
32342	6/19	M-W	9:00am-9:30am
32343	6/19	M-W	9:40am-10:10am
32344	6/19	M-W	10:20am-10:50am
32345	6/19	M-W	11:00am-11:30am
32347	6/21	W	5:30pm-6:00pm
32348	6/22	Th	5:30pm-6:00pm
32332	6/24	Sa	9:30am-10:00am
32333	6/24	Sa	10:10am-10:40am
32334	6/24	Sa	10:50am-11:20am
32335	6/24	Sa	11:30am-12:00pm
32336	6/24	Sa	12:10pm-12:40pm
32349	7/3	M-W	9:00am-9:30am
32350	7/3	M-W	9:40am-10:10am
32351	7/3	M-W	10:20am-10:50am
32352	7/17	M-W	9:00am-9:30am
32353	7/17	M-W	9:40am-10:10am
32354	7/17	M-W	10:20am-10:50am
32355	7/31	M-W	10:20am-10:50am
32356	7/31	M-W	11:00am-11:30am

Kennedy Shriver Aquatic Center

35146	6/19	M,W,F	9:00am-9:30am
35147	6/19	M,W,F	9:40am-10:10am
35148	6/20	T,Th	9:00am-9:30am
35149	6/20	T,Th	9:40am-10:10am
35150	6/20	T,Th	11:00am-11:30am
35151	6/20	T,Th	5:45pm-6:15pm
35152	6/24	Sa	9:00am-9:30am
35153	6/24	Sa	9:40am-10:10am
35154	6/25	S	9:00am-9:30am
35155	6/25	S	9:40am-10:10am
35156	7/3	M,W,F	9:00am-9:30am

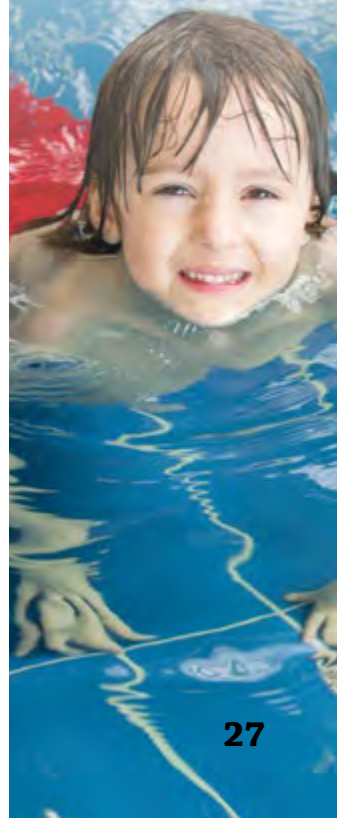
35157	7/3	M,W,F	11:00am-11:30am
35158	7/17	M,W,F	9:00am-9:30am
35159	7/18	T,Th	9:00am-9:30am
35160	7/18	T,Th	9:40am-10:10am
35161	7/18	T,Th	5:45pm-6:15pm
35162	7/18	T,Th	6:25pm-6:55pm

Martin Luther King Jr. Swim Center

34866	6/17	Sa	9:00am-9:30am
34867	6/17	Sa	10:20am-10:50am
34868	6/17	Sa	11:00am-11:30am
34869	6/19	M,W,F	9:00am-9:30am
34870	6/19	M,W,F	9:40am-10:10am
34875	6/20	T	5:00pm-5:30pm
34876	6/21	W	5:00pm-5:30pm
34877	6/22	Th	5:00pm-5:30pm
34871	7/3	M,W,F	9:00am-9:30am
34872	7/3	M,W,F	10:20am-10:50am
34873	7/11	T,Th	10:10am-10:40am
34874	7/17	M,W,F	10:20am-10:50am
32538	6/12	M-W	5:00pm-5:30pm
32539	6/12	M-W	5:40pm-6:10pm
32540	6/12	M-W	6:20pm-6:50pm
32512	6/19	M-W	9:00am-9:30am
32513	6/19	M-W	9:45am-10:15am
32514	6/19	M-W	10:30am-11:00am
32522	6/22	Th	9:00am-9:30am
32523	6/22	Th	9:45am-10:15am
32550	6/22	Th	5:00pm-5:30pm
32551	6/22	Th	5:40pm-6:10pm
32524	6/24	Sa	8:00am-8:30am
32525	6/24	Sa	8:40am-9:10am
32526	6/24	Sa	9:20am-9:50am
32527	6/24	Sa	10:00am-10:30am
32528	6/24	Sa	10:40am-11:10am
32529	6/24	Sa	11:20am-11:50am
32530	6/24	Sa	12:00pm-12:30pm
32531	6/25	S	8:00am-8:30am
32532	6/25	S	8:40am-9:10am
32533	6/25	S	9:20am-9:50am
32534	6/25	S	10:00am-10:30am
32535	6/25	S	10:40am-11:10am
32536	6/25	S	11:20am-11:50am
32537	6/25	S	12:00pm-12:30pm
32541	6/26	M-W	5:00pm-5:30pm
32542	6/26	M-W	5:40pm-6:10pm
32543	6/26	M-W	6:20pm-6:50pm
32515	7/3	M-W	9:00am-9:30am
32516	7/3	M-W	9:45am-10:15am
32517	7/3	M-W	10:30am-11:00am
32518	7/17	M-W	9:00am-9:30am
32519	7/17	M-W	9:45am-10:15am
32544	7/17	M-W	5:00pm-5:30pm
32545	7/17	M-W	5:00pm-5:30pm
32546	7/17	M-W	5:40pm-6:10pm



SWIM LESSONS



**6 Sessions****\$67****Martin Luther King Jr. Outdoor Pool**

34952	6/18	S	9:00am-9:30am
34953	6/18	S	10:20am-10:50am

8 Sessions**\$67****Bethesda Outdoor Pool**

35032	6/17	Sa	9:00am-9:30am
35033	6/17	Sa	9:40am-10:10am
35034	6/17	Sa	10:20am-10:50am
35035	6/18	S	10:20am-10:50am
35036	6/18	S	9:40am-10:10am
35037	6/18	S	9:00am-9:30am
35038	6/19	M-Th	9:00am-9:30am
35043	6/19	M-Th	9:40am-10:10am
35039	7/3	M-Th	9:00am-9:30am
35042	7/3	M-Th	9:40am-10:10am
35044	7/3	M-Th	10:20am-10:50am
35040	7/17	M-Th	9:00am-9:30am
35041	7/17	M-Th	9:40am-10:10am

Germantown Outdoor Pool

33766	6/17	Sa	9:00am-9:30am
33767	6/17	Sa	10:20am-10:50am
33768	6/17	Sa	11:00am-11:30am
33769	6/18	S	9:00am-9:30am
33770	6/18	S	11:00am-11:30am
33771	6/19	M-Th	9:00am-9:30am
33772	6/19	M-Th	9:40am-10:10am
33773	6/19	M-Th	10:20am-10:50am
33774	7/3	M-Th	9:00am-9:30am
33775	7/3	M-Th	9:40am-10:10am
33776	7/3	M-Th	10:20am-10:50am
33777	7/17	M-Th	9:00am-9:30am
33778	7/17	M-Th	9:40am-10:10am
33779	7/17	M-Th	10:20am-10:50am
33780	7/31	M-Th	9:00am-9:30am

Long Branch Outdoor Pool

34973	6/18	S	9:40am-10:10am
34974	6/18	S	11:00am-11:30am
34975	6/19	M-Th	9:00am-9:30am
34976	6/19	M-Th	9:40am-10:10am
34977	7/3	M-Th	9:40am-10:10am
34978	7/3	M-Th	10:20am-10:50am
34979	7/17	M-Th	9:00am-9:30am
34980	7/17	M-Th	9:40am-10:10am
34981	7/31	M-Th	9:00am-9:30am
34982	7/31	M-Th	10:20am-10:50am

Upper County Outdoor Pool

32759	6/18	S	9:20am-9:50am
32764	6/18	S	10:00am-10:30am
32760	6/18	S	11:20am-11:50am
32766	6/19	M-Th	9:50am-10:20am
32761	6/19	M-Th	10:30am-11:00am
32765	6/19	M-Th	5:00pm-5:30pm
32762	7/17	M-Th	9:50am-10:20am
32763	7/3	M-Th	10:30am-11:00am
32767	7/3	M-Th	5:45pm-6:15pm

Western County Outdoor Pool

32453	6/19	M-Th	9:40am-10:10am
32463	6/19	M	6:00pm-6:30pm
32464	6/20	T	6:00pm-6:30pm
32465	7/3	M-Th	9:40am-10:10am
32466	7/17	M-Th	11:00am-11:30am

Wheaton/Glenmont Outdoor Pool

35337	6/17	Sa	9:00am-9:30am
35338	6/17	Sa	9:40am-10:10am
35339	6/17	Sa	10:20am-10:50am
35340	6/17	Sa	11:00am-11:30am
35341	6/18	S	9:00am-9:30am
35342	6/18	S	9:40am-10:10am
35343	6/18	S	11:00am-11:30am
35344	6/19	M-Th	9:15am-9:45am
35345	6/19	M-Th	9:50am-10:20am
35346	6/19	M-Th	10:30am-11:00am
35347	7/3	M-Th	9:15am-9:45am
35348	7/3	M-Th	9:50am-10:20am
35349	7/17	M-Th	9:15am-9:45am
35350	7/17	M-Th	9:50am-10:20am
35351	7/17	M-Th	10:30am-11:00am
35352	7/31	M-Th	9:15am-9:45am
35353	7/31	M-Th	9:50am-10:20am
35354	7/31	M-Th	10:30am-11:00am

Note

Outdoor pool lessons are for six sessions. Some outdoor lessons schedule eight sessions to allow for inclement weather cancellations. See page 22 for details.

SWIM LESSONS

Beginner 2

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

3 Sessions \$32.50

Olney Swim Center

32560	7/31	M-W	9:00am-9:30am
32562	7/31	M-W	10:30am-11:00am
32581	7/31	M-W	5:00pm-5:30pm
32582	7/31	M-W	6:20pm-6:50pm

6 Sessions \$65

Germantown Indoor Swim Center

32357	6/24	Sa	10:20am-10:50am
32358	6/24	Sa	10:50am-11:20am
32359	6/24	Sa	11:30am-12:00pm
32360	6/18	S	9:30am-10:00am
32361	6/18	S	10:10am-10:40am
32362	6/18	S	11:30am-12:00pm
32363	6/19	M-W	9:00am-9:30am
32364	6/19	M-W	9:40am-10:10am
32365	6/13	T	6:10pm-6:40pm
32366	6/21	W	6:10pm-6:40pm
32367	6/22	Th	6:10pm-6:40pm
32368	7/3	M-W	9:00am-9:30am
32369	7/3	M-W	9:40am-10:10am
32370	7/17	M-W	9:00am-9:30am
32373	7/17	M-W	9:40am-10:10am
32374	7/31	M-W	9:00am-9:30am

Kennedy Shriver Aquatic Center

35163	6/19	M,W,F	9:00am-9:30am
35164	6/19	M,W,F	10:20am-10:50am
35165	6/19	M,W,F	11:00am-11:30am
35166	6/20	T,Th	9:00am-9:30am
35167	6/20	T,Th	10:20am-10:50am
35168	6/20	T,Th	6:25pm-6:55pm
35169	6/24	Sa	9:00am-9:30am
35170	6/24	Sa	11:00am-11:30am
35171	6/25	S	9:00am-9:30am
35172	6/25	S	9:40am-10:10am
35173	7/3	M,W,F	9:00am-9:30am
35174	7/3	M,W,F	10:20am-10:50am
35175	7/17	M,W,F	9:00am-9:30am
35176	7/17	M,W,F	10:20am-10:50am
35177	7/17	M,W,F	11:00am-11:30am
35178	7/18	T,Th	10:20am-10:50am
35179	7/18	T,Th	5:45pm-6:15pm

Martin Luther King Jr. Swim Center

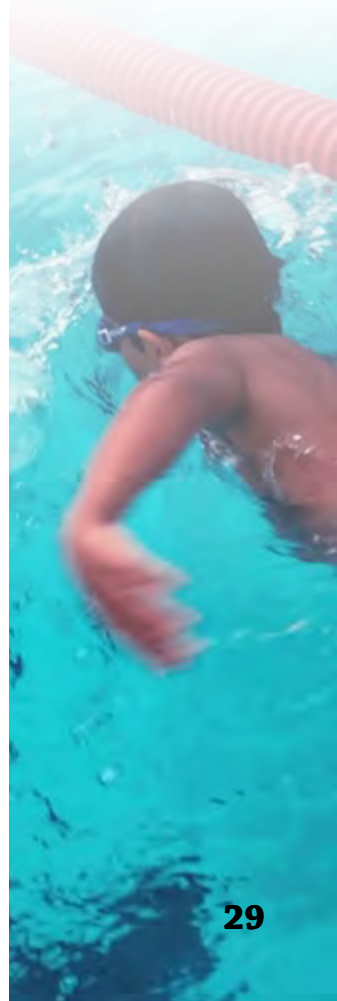
34878	6/17	Sa	9:40am-10:10am
34879	6/17	Sa	11:00am-11:30am
34880	6/19	M,W,F	9:40am-10:10am
34881	6/20	T,Th	9:30am-10:00am
34882	6/20	T,Th	10:10am-10:40am
34883	7/3	M,W,F	9:00am-9:30am
34884	7/3	M,W,F	10:20am-10:50am
34885	7/11	T,Th	9:30am-10:00am
34886	7/17	M,W,F	9:00am-9:30am
34887	7/17	M,W,F	9:40am-10:10am
34888	6/20	T	5:40pm-6:10pm
34889	6/20	T	6:20pm-6:50pm
34890	6/21	W	5:00pm-5:30pm
34891	6/22	Th	5:40pm-6:10pm
34892	6/22	Th	6:20pm-6:50pm

Olney Swim Center

32573	6/12	M-W	5:00pm-5:30pm
32574	6/12	M-W	5:40pm-6:10pm
32575	6/12	M-W	6:20pm-6:50pm
32552	6/19	M-W	9:45am-10:15am
32585	6/22	Th	9:45am-10:15am
32563	6/22	Th	10:30am-11:00am
32583	6/22	Th	5:40pm-6:10pm
32584	6/22	Th	6:20pm-6:50pm
32565	6/24	Sa	9:20am-9:50am
32566	6/24	Sa	10:00am-10:30am
32567	6/24	Sa	12:00pm-12:30pm
32568	6/25	S	8:00am-8:30am
32569	6/25	S	8:40am-9:10am
32571	6/25	S	10:00am-10:30am
32572	6/25	S	12:00pm-12:30pm
32576	6/26	M-W	5:00pm-5:30pm
32577	6/26	M-W	5:40pm-6:10pm
32578	6/26	M-W	6:20pm-6:50pm
32554	7/3	M-W	9:00am-9:30am
32557	7/17	M-W	9:00am-9:30am
32579	7/17	M-W	5:40pm-6:10pm
32580	7/17	M-W	6:20pm-6:50pm



SWIM LESSONS



**6 Sessions****\$65****Martin Luther King Jr. Outdoor Pool**

34954	6/18	S	9:40am-10:10am
34955	6/18	S	11:00am-11:30am

8 Sessions**\$65****Bethesda Outdoor Pool**

35045	6/17	Sa	9:00am-9:30am
35046	6/17	Sa	9:40am-10:10am
35047	6/18	S	9:00am-9:30am
35048	6/18	S	9:40am-10:10am
35049	6/19	M-Th	9:00am-9:30am
35054	6/19	M-Th	9:40am-10:10am
35050	7/3	M-Th	9:00am-9:30am
35053	7/3	M-Th	9:40am-10:10am
35051	7/17	M-Th	9:00am-9:30am
35052	7/17	M-Th	9:40am-10:10am

Germantown Outdoor Pool

33781	6/17	Sa	9:40am-10:10am
33782	6/19	M-Th	9:40am-10:10am
33783	7/3	M-Th	9:40am-10:10am
33784	7/3	M-Th	10:20am-10:50am
33785	7/17	M-Th	9:00am-9:30am
33786	7/17	M-Th	10:20am-10:50am
33787	7/31	M-Th	9:00am-9:30am
33788	7/31	M-Th	10:20am-10:50am

Long Branch Outdoor Pool

34983	6/18	S	10:20am-10:50am
34984	6/19	M-Th	9:40am-10:10am
34985	6/19	M-Th	10:20am-10:50am
34986	7/3	M-Th	9:00am-9:30am
34987	7/17	M-Th	10:20am-10:50am
34988	7/31	M-Th	9:40am-10:10am

Upper County Outdoor Pool

32769	6/18	S	9:20am-9:50am
32770	6/19	M-Th	9:50am-10:20am
32771	7/3	M-Th	9:50am-10:20am
32768	7/17	M-Th	5:45pm-6:15pm

Western County Outdoor Pool

32467	6/17	Sa	10:20am-10:50am
32468	6/19	M-Th	10:20am-10:50am
32470	6/19	M	6:40pm-7:10pm
32471	6/20	T	6:00pm-6:30pm
32469	7/3	M-Th	11:00am-11:30am

Wheaton/Glenmont Outdoor Pool

35355	6/17	Sa	10:20am-10:50am
35356	6/18	S	9:40am-10:10am
35357	6/19	M-Th	9:50am-10:20am
35358	6/19	M-Th	10:30am-11:00am
35359	7/3	M-Th	10:30am-11:00am
35360	7/31	M-Th	9:15am-9:45am

Four Ways to Register**1. ONLINE**

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

2. BY MAIL

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

3. VIA FAX

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

4. IN PERSON

Stop by any Montgomery County Recreation location, including our Headquarters at 4010 Randolph Road, Silver Spring, MD 20902 (M-F, 10am-2pm).

SWIM LESSONS

Beginner 3

Ages 4-6: Parents DO NOT accompany children. This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Courses meet for six (6) or three (3) 30 minute sessions. Class size is limited to 6 students.

3 Sessions \$32.50

Olney Swim Center

32589 7/31 M-W 10:30am-11:00am

6 Sessions \$65

Germantown Indoor Swim Center

32378	6/18	S	10:50am-11:20am
32379	6/18	S	11:30am-12:00pm
32380	6/18	S	12:10pm-12:40pm
32381	6/19	M-W	9:00am-9:30am
32382	6/19	M-W	10:20am-10:50am
32383	6/21	W	5:30pm-6:00pm
32375	6/24	Sa	10:50am-11:20am
32376	6/24	Sa	11:30am-12:00pm
32377	6/24	Sa	12:10pm-12:40pm
32384	7/3	M-W	9:00am-9:30am
32385	7/3	M-W	11:00am-11:30am
32386	7/17	M-W	9:00am-9:30am
32387	7/17	M-W	11:00am-11:30am
32388	7/31	M-W	11:00am-11:30am

Kennedy Shriver Aquatic Center

35180	6/19	M,W,F	9:40am-10:10am
35181	6/20	T,Th	9:40am-10:10am
35182	6/20	T,Th	11:00am-11:30am
35183	6/20	T,Th	5:45pm-6:15pm
35184	6/24	Sa	9:00am-9:30am
35185	6/25	S	9:00am-9:30am
35186	6/25	S	10:20am-10:50am
35187	6/25	S	11:00am-11:30am
35188	7/3	M,W,F	9:40am-10:10am
35189	7/17	M,W,F	9:40am-10:10am
35190	7/18	T,Th	9:40am-10:10am
35191	7/18	T,Th	11:00am-11:30am
35192	7/18	T,Th	6:25pm-6:55pm

Martin Luther King Jr. Swim Center

34893	6/17	Sa	10:20am-10:50am
34895	6/20	T	5:40pm-6:10pm
34896	6/21	W	5:40pm-6:10pm
34894	7/3	M,W,F	9:40am-10:10am

Olney Swim Center

32586	6/19	M-W	10:30am-11:00am
32590	6/22	Th	10:30am-11:00am
32592	6/24	Sa	8:40am-9:10am
32593	6/24	Sa	10:40am-11:10am

32594	6/24	Sa	12:00pm-12:30pm
32595	6/25	S	8:40am-9:10am
32596	6/25	S	10:40am-11:10am
32587	7/3	M-W	9:00am-9:30am
32588	7/17	M-W	10:30am-11:00am

6 Sessions \$65

Martin Luther King Jr. Outdoor Pool

34956 6/18 S 9:00am-9:30am

8 Sessions \$65

Bethesda Outdoor Pool

35055	6/17	Sa	10:20am-10:50am
35056	6/18	S	9:00am-9:30am
35057	6/18	S	10:20am-10:50am
35058	6/19	M-Th	9:00am-9:30am
35062	6/19	M-Th	10:20am-10:50am
35061	7/3	M-Th	10:20am-10:50am
35059	7/4	M-Th	9:00am-9:30am
35060	7/17	M-Th	9:00am-9:30am

Germantown Outdoor Pool

33789	7/3	M-Th	9:00am-9:30am
33790	7/31	M-Th	10:20am-10:50am

Long Branch Outdoor Pool

34989	6/18	S	11:00am-11:30am
35313	6/18	S	11:00am-11:30am

Upper County Outdoor Pool

32772	7/17	M-Th	5:45pm-6:15pm
32773	7/31	M-Th	5:00pm-5:30pm

Western County Outdoor Pool

32477	6/19	M-Th	11:00am-11:30am
32478	7/17	M-Th	9:40am-10:10am

Wheaton/Glenmont Outdoor Pool

35361	6/19	M-Th	9:50am-10:20am
35362	7/3	M-Th	9:50am-10:20am
35363	7/17	M-Th	9:15am-9:45am
35364	7/31	M-Th	9:15am-9:45am

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.



SWIM LESSONS





Beginner 4

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

6 Sessions

\$65

Germantown Indoor Swim Center

32390	6/18	S	10:50am-11:20am
32391	6/19	M-W	11:00am-11:30am
32389	6/24	Sa	10:50am-11:20am
32392	7/3	M-W	10:20am-10:50am
32393	7/17	M-W	10:20am-10:50am
32394	7/31	M-W	9:40am-10:10am

Kennedy Shriver Aquatic Center

35193	6/19	M,W,F	10:20am-10:50am
35194	6/19	M,W,F	11:00am-11:30am
35195	6/20	T,Th	6:25pm-6:55pm
35196	6/24	Sa	11:00am-11:30am
35197	6/25	S	10:20am-10:50am
35198	6/25	S	11:00am-11:30am
35199	7/3	M,W,F	9:40am-10:10am
35200	7/3	M,W,F	10:20am-10:50am
35201	7/3	M,W,F	11:00am-11:30am
35202	7/17	M,W,F	10:20am-10:50am
35203	7/18	T,Th	9:00am-9:30am
35204	7/18	T,Th	11:00am-11:30am

Martin Luther King Jr. Swim Center

34898	6/20	T	7:00pm-7:30pm
34899	6/22	Th	7:00pm-7:30pm
34957	6/18	S	10:20am-10:50am

Olney Swim Center

32600	6/24	Sa	8:40am-9:10am
32602	6/24	Sa	10:40am-11:10am
32603	6/25	S	9:20am-9:50am
32598	7/17	M-W	9:00am-9:30am



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8 Sessions

\$65

Bethesda Outdoor Pool

35063	6/17	Sa	10:20am-10:50am
35064	6/17	Sa	11:00am-11:30am
35065	6/18	S	10:20am-10:50am
35066	6/18	S	11:00am-11:30am
35067	6/19	M-Th	9:40am-10:10am
35068	7/4	M-Th	9:40am-10:10am

Wheaton/Glenmont Outdoor Pool

35398	6/17	Sa	9:00am-9:30am
35399	6/19	M-Th	9:15am-9:45am
35400	7/3	M-Th	9:15am-9:45am
35401	7/17	M-Th	10:30am-11:00am

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 department'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.

SWIM LESSONS

Youth Level 1

Ages 7-14: This class is for students who need to learn basic water adjustment skills. Course meet for six (6) or three (3) 30 minute sessions. Class size is limited to 8 students.

3 Sessions \$30

Olney Swim Center

32637	7/31	M-W	9:00am-9:30am
32638	7/31	M-W	10:30am-11:00am
32639	7/31	M-W	5:00pm-5:30pm

6 Sessions \$60

Germantown Indoor Swim Center

32419	6/18	S	10:10am-10:40am
32420	6/18	S	12:10pm-12:40pm
32421	6/19	M-W	9:00am-9:30am
32422	6/22	Th	6:10pm-6:40pm
32417	6/24	Sa	9:30am-10:00am
32418	6/24	Sa	12:10pm-12:40pm
32423	7/31	M-W	9:40am-10:10am

Kennedy Shriver Aquatic Center

35205	6/19	M,W,F	9:00am-9:30am
35206	6/20	T,Th	10:20am-10:50am
35207	6/20	T,Th	5:45pm-6:15pm
35208	6/24	Sa	9:40am-10:10am
35209	6/24	Sa	11:00am-11:30am
35210	6/25	S	9:00am-9:30am
35211	7/3	M,W,F	9:00am-9:30am
35212	7/17	M,W,F	9:00am-9:30am
35213	7/18	T,Th	10:20am-10:50am
35214	7/18	T,Th	5:45pm-6:15pm

Martin Luther King Jr. Swim Center

34907	6/17	Sa	9:00am-9:30am
34908	6/17	Sa	9:40am-10:10am
34910	6/19	M,W,F	10:20am-10:50am
34911	6/20	T,Th	9:30am-10:00am
34913	6/20	T	5:00pm-5:30pm
34914	6/20	T	6:20pm-6:50pm
34915	6/21	W	6:20pm-6:50pm
34912	7/11	T,Th	9:30am-10:00am

Olney Swim Center

32632	6/19	M-W	9:00am-9:30am
32641	6/22	Th	9:00am-9:30am
32642	6/22	Th	10:30am-11:00am
32643	6/22	Th	5:00pm-5:30pm
32644	6/22	Th	5:40pm-6:10pm
32645	6/24	Sa	10:40am-11:10am
32646	6/24	Sa	11:20am-11:50am
32647	6/25	S	10:40am-11:10am
32648	6/25	S	11:20am-11:50am
32633	7/3	M-W	9:45am-10:15am
32634	7/17	M-W	9:45am-10:15am
32635	7/17	M-W	10:30am-11:00am
32636	7/17	M-W	6:20pm-6:50pm

6 Sessions

\$60

Martin Luther King Jr. Outdoor Pool

34960	6/18	S	10:20am-10:50am
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8 Sessions

\$60

Bethesda Outdoor Pool

35084	6/17	Sa	9:00am-9:30am
35085	6/17	Sa	11:00am-11:30am
35086	6/18	S	9:00am-9:30am
35087	6/18	S	9:40am-10:10am
35088	6/19	M-Th	9:00am-9:30am
35092	6/19	M-Th	10:20am-10:50am
35089	7/3	M-Th	9:00am-9:30am
35090	7/17	M-Th	9:00am-9:30am
35091	7/17	M-Th	10:20am-10:50am

Germantown Outdoor Pool

33794	6/17	Sa	9:00am-9:30am
33795	6/17	Sa	11:00am-11:30am
33796	6/18	S	11:00am-11:30am
33797	6/19	M-Th	9:00am-9:30am
33798	6/19	M-Th	10:20am-10:50am
33799	7/17	M-Th	9:00am-9:30am
33800	7/31	M-Th	9:40am-10:10am

Long Branch Outdoor Pool

34991	6/18	S	10:20am-10:50am
34992	6/19	M-Th	9:00am-9:30am
34993	6/19	M-Th	10:20am-10:50am
34994	6/20	T,Th	7:30pm-8:00pm
34995	7/3	M-Th	9:00am-9:30am
34996	7/17	M-Th	9:40am-10:10am
34997	7/31	M-Th	9:40am-10:10am

Upper County Outdoor Pool

32779	6/18	S	9:20am-9:50am
32780	6/18	S	10:40am-11:10am
32775	6/19	M-Th	10:30am-11:00am
32776	6/19	M-Th	5:45pm-6:15pm
32778	7/3	M-Th	5:00pm-5:30pm
32777	7/17	M-Th	10:30am-11:00am

Western County Outdoor Pool

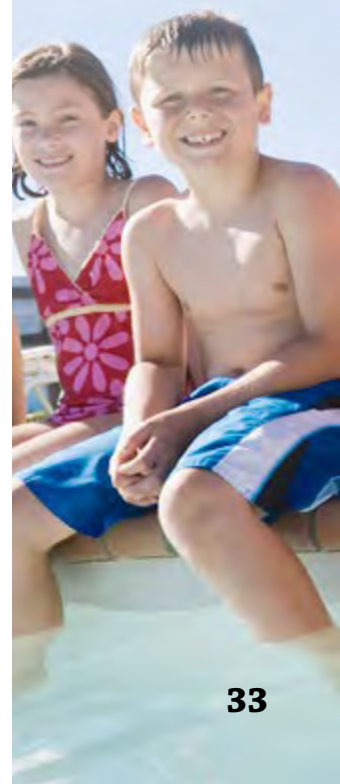
32483	6/20	T	6:40pm-7:10pm
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Wheaton/Glenmont Outdoor Pool

35365	6/17	Sa	9:40am-10:10am
35366	6/17	Sa	10:20am-10:50am
35367	6/17	Sa	11:00am-11:30am
35368	6/18	S	9:40am-10:10am
35369	6/18	S	10:20am-10:50am
35370	6/18	S	11:00am-11:30am
35371	6/19	M-Th	10:30am-11:00am
35372	7/3	M-Th	9:50am-10:20am
35373	7/17	M-Th	10:30am-11:00am
35374	7/31	M-Th	10:30am-11:00am



SWIM LESSONS





SWIM LESSONS

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. Course meet for six (6) or three (3) 30 minute sessions. Class size is limited to 8 students.

3 Sessions \$30

Olney Swim Center

32652 7/31 M-W 9:45am-10:15am

6 Sessions \$60

Germantown Indoor Swim Center

32424 6/24 Sa 10:10am-10:40am
 32425 6/18 S 9:30am-10:00am
 32426 6/19 M-W 9:40am-10:10am
 32427 6/22 Th 5:30pm-6:00pm
 32428 7/3 M-W 11:00am-11:30am
 32429 7/17 M-W 11:00am-11:30am
 32430 7/31 M-W 10:20am-10:50am

Kennedy Shriver Aquatic Center

35225 6/19 M,W,F 9:40am-10:10am
 35226 6/19 M,W,F 11:00am-11:30am
 35227 6/24 Sa 10:20am-10:50am
 35228 6/25 S 11:00am-11:30am
 35229 7/3 M,W,F 9:40am-10:10am
 35230 7/3 M,W,F 10:20am-10:50am
 35231 7/3 M,W,F 11:00am-11:30am
 35232 7/17 M,W,F 9:40am-10:10am
 35233 7/17 M,W,F 11:00am-11:30am
 35234 7/18 T,Th 9:00am-9:30am

Martin Luther King Jr. Swim Center

34916 6/17 Sa 9:00am-9:30am
 34918 6/19 M,W,F 9:40am-10:10am
 34919 6/20 T,Th 10:10am-10:40am
 34923 6/20 T 7:00pm-7:30pm
 34924 6/21 W 6:20pm-6:50pm
 34925 6/22 Th 7:00pm-7:30pm
 34920 7/3 M,W,F 10:20am-10:50am
 34921 7/11 T,Th 9:30am-10:00am
 34922 7/17 M,W,F 9:40am-10:10am

Olney Swim Center

32649 6/19 M-W 9:45am-10:15am
 32653 6/22 Th 9:00am-9:30am
 32654 6/24 Sa 8:00am-8:30am
 32655 6/24 Sa 8:40am-9:10am
 32656 6/24 Sa 9:20am-9:50am
 32657 6/25 S 8:00am-8:30am
 32658 6/25 S 8:40am-9:10am
 32659 6/25 S 9:20am-9:50am
 32650 7/3 M-W 10:30am-11:00am
 32651 7/17 M-W 9:00am-9:30am

6 Sessions

\$60

Martin Luther King Jr. Outdoor Pool

34961 6/18 S 9:00am-9:30am
 34962 6/18 S 11:00am-11:30am

8 Sessions

\$60

Bethesda Outdoor Pool

35093 6/17 Sa 9:40am-10:10am
 35094 6/18 S 9:40am-10:10am
 35095 6/18 S 11:00am-11:30am
 35096 6/19 M-Th 9:40am-10:10am
 35097 7/4 M-Th 9:40am-10:10am
 35098 7/17 M-Th 9:40am-10:10am

Germantown Outdoor Pool

33801 6/17 Sa 9:40am-10:10am
 33802 6/18 S 10:20am-10:50am
 33803 6/19 M-Th 9:00am-9:30am
 33804 6/19 M-Th 9:40am-10:10am
 33805 7/3 M-Th 9:00am-9:30am
 33806 7/17 M-Th 9:40am-10:10am
 33807 7/17 M-Th 10:20am-10:50am
 33808 7/31 M-Th 9:40am-10:10am

Long Branch Outdoor Pool

34998 6/18 S 11:00am-11:30am
 34999 6/20 T,Th 7:30pm-8:00pm
 35000 7/3 M-Th 9:40am-10:10am
 35001 7/3 M-Th 10:20am-10:50am
 35002 7/17 M-Th 10:20am-10:50am
 35314 7/31 M-Th 10:20am-10:50am

Upper County Outdoor Pool

32783 6/18 S 10:00am-10:30am
 32784 6/18 S 11:20am-11:50am
 32786 6/19 M-Th 5:00pm-5:30pm
 32785 7/3 M-Th 10:30am-11:00am
 32781 7/17 M-Th 9:50am-10:20am
 32782 7/31 M-Th 5:45pm-6:15pm

Western County Outdoor Pool

32484 6/20 T 6:40pm-7:10pm

Wheaton/Glenmont Outdoor Pool

35375 6/17 Sa 9:40am-10:10am
 35376 6/18 S 10:20am-10:50am
 35377 6/19 M-Th 9:15am-9:45am
 35378 7/3 M-Th 9:15am-9:45am
 35379 7/3 M-Th 10:30am-11:00am
 35380 7/17 M-Th 9:15am-9:45am
 35381 7/17 M-Th 9:50am-10:20am
 35382 7/31 M-Th 10:30am-11:00am

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. Course meet for six (6) or three (3) 30 minute sessions. Class size is limited to 10 students.

3 Sessions \$29

Olney Swim Center

32663	7/31	M-W	9:45am-10:15am
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6 Sessions \$58

Germantown Indoor Swim Center

32432	6/18	S	10:10am-10:40am
32433	6/19	M-W	10:20am-10:50am
32434	6/21	W	6:10pm-6:40pm
32431	6/24	Sa	10:10am-10:40am
32435	7/3	M-W	9:40am-10:10am
32436	7/17	M-W	9:40am-10:10am

Kennedy Shriver Aquatic Center

35215	6/19	M,W,F	9:00am-9:30am
35216	6/20	T,Th	9:40am-10:10am
35217	6/20	T,Th	11:00am-11:30am
35218	6/24	Sa	9:40am-10:10am
35219	6/25	S	9:40am-10:10am
35220	7/3	M,W,F	9:00am-9:30am
35221	7/17	M,W,F	9:00am-9:30am
35222	7/17	M,W,F	9:40am-10:10am
35223	7/18	T,Th	9:40am-10:10am

Martin Luther King Jr. Swim Center

34926	6/17	Sa	9:40am-10:10am
34927	6/19	M,W,F	9:00am-9:30am
34928	6/20	T,Th	10:10am-10:40am
34932	6/20	T	7:40pm-8:10pm
34933	6/21	W	5:40pm-6:10pm
34929	7/3	M,W,F	9:40am-10:10am
34930	7/11	T,Th	10:10am-10:40am
34931	7/17	M,W,F	10:20am-10:50am

Olney Swim Center

32660	6/19	M-W	9:45am-10:15am
32664	6/24	Sa	8:00am-8:30am
32666	6/24	Sa	9:20am-9:50am
32667	6/24	Sa	11:20am-11:50am
32669	6/25	S	10:40am-11:10am
32670	6/25	S	9:20am-9:50am
32671	6/25	S	11:20am-11:50am
32672	6/22	Th	9:45am-10:15am
32661	7/3	M-W	9:45am-10:15am
32662	7/17	M-W	9:00am-9:30am
32665	7/17	M-W	9:45am-10:15am

6 Sessions

\$58

Martin Luther King Jr. Outdoor Pool

34963	6/18	S	9:40am-10:10am
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8 Sessions

\$58

Bethesda Outdoor Pool

35099	6/17	Sa	9:40am-10:10am
35100	6/17	Sa	10:20am-10:50am
35101	6/18	S	10:20am-10:50am
35102	7/3	M-Th	9:00am-9:30am
35103	6/19	M-Th	9:00am-9:30am
35104	6/19	M-Th	10:20am-10:50am
35105	7/3	M-Th	10:20am-10:50am
35106	7/17	M-Th	10:20am-10:50am

Germantown Outdoor Pool

33809	6/17	Sa	10:20am-10:50am
33810	6/18	S	9:40am-10:10am
33811	7/3	M-Th	9:40am-10:10am
33812	7/17	M-Th	9:40am-10:10am

Long Branch Outdoor Pool

35003	7/17	M-Th	9:00am-9:30am
35004	7/31	M-Th	9:00am-9:30am

Upper County Outdoor Pool

32788	6/18	S	10:00am-10:30am
32830	7/3	M-Th	9:50am-10:20am
32787	7/3	M-Th	5:00pm-5:30pm
32789	7/17	M-Th	10:30am-11:00am
32831	7/17	M-Th	5:00pm-5:30pm

Western County Outdoor Pool

32485	7/3	M-Th	10:20am-10:50am
32486	7/17	M-Th	10:20am-10:50am

Wheaton/Glenmont Outdoor Pool

35383	6/18	S	9:00am-9:30am
35384	7/3	M-Th	9:50am-10:20am
35385	7/17	M-Th	10:30am-11:00am
35386	7/31	M-Th	9:50am-10:20am



SWIM LESSONS





Youth Level 4

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. Courses meet for six (6) or three (3) 30 minute sessions. Class size is limited to 10 students.

3 Sessions \$29

Olney Swim Center

32675	7/31	M-W	9:45am-10:15am
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6 Sessions \$58

Germantown Indoor Swim Center

32438	6/18	S	10:50am-11:20am
32439	6/18	S	12:10pm-12:40pm
32440	6/19	M-W	11:00am-11:30am
32437	6/24	Sa	10:50am-11:20am
32441	7/3	M-W	10:20am-10:50am
32442	7/17	M-W	10:20am-10:50am

Kennedy Shriver Aquatic Center

35252	6/20	T,Th	10:20am-10:50am
35253	6/25	S	10:20am-10:50am
35254	7/17	M,W,F	11:00am-11:30am
35255	7/18	T,Th	10:20am-10:50am

Martin Luther King Jr. Swim Center

34935	6/17	Sa	9:00am-9:30am
34936	6/19	M,W,F	10:20am-10:50am
34937	6/20	T,Th	9:30am-10:00am
34940	6/20	T	7:40pm-8:10pm
34938	7/11	T,Th	10:10am-10:40am
34939	7/17	M,W,F	9:00am-9:30am

Olney Swim Center

32673	6/19	M-W	10:30am-11:00am
32677	6/22	Th	10:30am-11:00am
32678	6/24	Sa	12:00pm-12:30pm
32679	6/24	Sa	11:20am-11:50am
32681	6/25	S	11:20am-11:50am
32674	7/17	M-W	7:00pm-7:30pm

6 Sessions

\$58

Martin Luther King Jr. Outdoor Pool

34964	6/18	S	9:40am-10:10am
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8 Sessions

\$58

Bethesda Outdoor Pool

35108	6/17	Sa	9:00am-9:30am
35109	6/17	Sa	11:00am-11:30am
35107	6/18	S	11:00am-11:30am
35112	6/19	M-Th	9:40am-10:10am
35111	7/3	M-Th	9:40am-10:10am
35110	7/17	M-Th	9:40am-10:10am

Germantown Outdoor Pool

33813	6/17	Sa	11:00am-11:30am
33814	6/19	M-Th	10:20am-10:50am
33815	7/3	M-Th	10:20am-10:50am

Long Branch Outdoor Pool

35005	6/18	S	9:40am-10:10am
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Upper County Outdoor Pool

32792	7/31	M-Th	5:00pm-5:30pm
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Wheaton/Glenmont Outdoor Pool

35387	6/18	S	11:00am-11:30am
35388	6/19	M-Th	9:50am-10:20am
35389	7/17	M-Th	9:15am-9:45am

Note

Outdoor pool lessons are for six sessions. Some outdoor lessons schedule eight sessions to allow for inclement weather cancellations. See page 22 for details.

One website...
thousands
of possibilities!

Active
MONTGOMERY
ActiveMONTGOMERY.org

SWIM LESSONS

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. Course meet for six (6) or three (3) 30 minute sessions. Class size is limited to 10 students.

3 Sessions \$29

Olney Swim Center

32685 7/31 M-W 7:45pm-8:15pm

6 Sessions \$58

Germantown Indoor Swim Center

32445	6/18	S	9:30am-10:00am
32446	6/18	S	11:30am-12:00pm
32443	6/24	Sa	9:30am-10:00am
32444	6/24	Sa	11:30am-12:00pm
32447	7/3	M-W	11:00am-11:30am
32448	7/17	M-W	11:00am-11:30am

Kennedy Shriver Aquatic Center

35256	6/19	M,W,F	10:20am-10:50am
35257	6/20	T,Th	9:00am-9:30am
35258	6/24	Sa	10:20am-10:50am
35259	6/25	S	11:00am-11:30am

Martin Luther King Jr. Swim Center

34941	6/17	Sa	11:00am-11:30am
34944	6/22	Th	7:40pm-8:10pm
34942	7/3	M,W,F	9:00am-9:30am
34943	7/17	M,W,F	9:40am-10:10am

Olney Swim Center

32686	6/22	Th	7:00pm-7:30pm
32687	6/24	Sa	10:00am-10:30am
32688	6/25	S	10:00am-10:30am
32683	6/26	M-W	7:45pm-8:15pm
32682	7/3	M-W	10:30am-11:00am
32684	7/17	M-W	7:00pm-7:30pm

6 Sessions \$58

Martin Luther King Jr. Outdoor Pool

34965 6/18 S 10:20am-10:50am

8 Sessions \$58

Bethesda Outdoor Pool

35113	6/17	Sa	11:00am-11:30am
35114	6/18	S	11:00am-11:30am
35115	6/19	M-Th	10:20am-10:50am
35116	7/3	M-Th	10:20am-10:50am
35117	7/17	M-Th	10:20am-10:50am

Wheaton/Glenmont Outdoor Pool

35390	7/17	M-Th	9:50am-10:20am
35391	7/31	M-Th	10:30am-11:00am

Aquatics 240.777.6860

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. Course meet for six (6) 30 minute sessions. Class size is limited to 10 students.

6 Sessions \$58

Germantown Indoor Swim Center

32450	6/18	S	12:10pm-12:40pm
32449	6/24	Sa	12:10pm-12:40pm
32451	7/3	M-W	9:00am-9:30am
32452	7/17	M-W	9:00am-9:30am

Kennedy Shriver Aquatic Center

35260	6/24	Sa	10:20am-10:50am
35261	6/25	S	9:40am-10:10am
35262	7/17	M,W,F	10:20am-10:50am
35263	7/18	T,Th	11:00am-11:30am

Martin Luther King Jr. Swim Center

34945	6/17	Sa	10:20am-10:50am
34946	6/22	Th	7:40pm-8:10pm

Olney Swim Center

32691	6/22	Th	7:00pm-7:30pm
32692	6/24	Sa	10:00am-10:30am
32693	6/25	S	10:00am-10:30am
32694	6/25	S	12:00pm-12:30pm
32689	6/26	M-W	7:00pm-7:30pm

6 Sessions \$58

Martin Luther King Jr. Outdoor Pool

34966 6/18 S 11:00am-11:30am

8 Sessions \$58

Wheaton/Glenmont Outdoor Pool

35392	7/3	M-Th	10:30am-11:00am
35393	7/31	M-Th	9:50am-10:20am



SWIM LESSONS





Adult Level 1

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

6 Sessions \$67

Germantown Indoor Swim Center

32314	6/13	T	5:30pm-6:00pm
32313	6/18	S	9:30am-10:00am
32312	6/24	Sa	9:30am-10:00am
32315	7/17	M-W	11:00am-11:30am

Kennedy Shriver Aquatic Center

35264	6/22	Th	8:30pm-9:00pm
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Martin Luther King Jr. Swim Center

34854	6/17	Sa	11:00am-11:30am
34855	6/20	T	8:20pm-8:50pm

Olney Swim Center

32487	6/12	M-W	7:00pm-7:30pm
32490	6/22	Th	7:45pm-8:15pm
32488	6/26	M-W	7:45pm-8:15pm
32489	7/17	M-W	7:45pm-8:15pm

6 Sessions \$67

Martin Luther King Jr. Outdoor Pool

34947	6/18	S	9:40am-10:10am
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8 Sessions \$67

Long Branch Outdoor Pool

34970	6/20	T,Th	8:00pm-8:30pm
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Upper County Outdoor Pool

32793	6/18	S	10:40am-11:10am
32754	6/19	M-Th	5:45pm-6:15pm
32755	7/17	M-Th	5:00pm-5:30pm

Wheaton/Glenmont Outdoor Pool

35394	6/17	Sa	11:00am-11:30am
35395	6/18	S	9:00am-9:30am
35396	6/18	S	9:40am-10:10am

Adult Level 2

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

3 Sessions \$32.50

Olney Swim Center

32495	7/31	M-W	7:45pm-8:15pm
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6 Sessions \$65

Germantown Indoor Swim Center

32317	6/18	S	10:10am-10:40am
32318	6/13	T	6:10pm-6:40pm
32316	6/24	Sa	10:10am-10:40am
32319	7/31	M-W	9:00am-9:30am

Kennedy Shriver Aquatic Center

35265	6/25	S	10:20am-10:50am
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Martin Luther King Jr. Swim Center

34856	6/17	Sa	9:40am-10:10am
34857	6/22	Th	8:20pm-8:50pm

Olney Swim Center

32491	6/12	M-W	7:45pm-8:15pm
32494	6/22	Th	7:45pm-8:15pm
32492	6/26	M-W	7:00pm-7:30pm
32493	7/17	M-W	7:45pm-8:15pm

6 Sessions \$65

Martin Luther King Jr. Outdoor Pool

34948	6/18	S	11:00am-11:30am
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8 Sessions \$67

Long Branch Outdoor Pool

34971	6/20	T,Th	8:00pm-8:30pm
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Upper County Outdoor Pool

32756	7/3	M-Th	5:45pm-6:15pm
32757	7/31	M-Th	5:45pm-6:15pm

Wheaton/Glenmont Outdoor Pool

35397	6/18	S	11:00am-11:30am
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SWIM LESSONS



Adult Level 3

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

6 Sessions

\$65

Germantown Indoor Swim Center

32320	6/24	Sa	11:30am-12:00pm
32321	6/18	S	10:50am-11:20am
32322	6/22	Th	5:30pm-6:00pm

Kennedy Shriver Aquatic Center

35266	6/24	Sa	11:00am-11:30am
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Martin Luther King Jr. Swim Center

34858	6/17	Sa	10:20am-10:50am
34859	6/20	T	8:20pm-8:50pm

Olney Swim Center

32496	6/12	M-W	7:00pm-7:30pm
32498	6/25	S	10:00am-10:30am

Adult Level 4

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

6 Sessions

\$65

Germantown Indoor Swim Center

32323	6/24	Sa	12:25pm-12:55pm
32324	6/18	S	11:30am-12:00pm
32325	6/22	Th	6:10pm-6:40pm

Kennedy Shriver Aquatic Center

35267	6/20	T	8:30pm-9:00pm
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Martin Luther King Jr. Swim Center

34860	6/22	Th	8:20pm-8:50pm
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Olney Swim Center

32500	6/12	M-W	7:45pm-8:15pm
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6 Sessions

\$65

Martin Luther King Jr. Outdoor Pool

34949	6/18	S	9:00am-9:30am
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SWIM LESSONS

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.

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

-Jennifer C.



Classes **CLASSES**



**Classes Will Not Meet On
May 27-29, & July 4***

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

YOUTH ARTS & CRAFTS

Adventures in Art

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

3 Sessions \$30

Instructor: Tatiana Martin
34797 Longwood CRC 7/1 Sa 10:15am-11:15am

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.

3 Sessions \$30

Instructor: Tatiana Martin
34798 Longwood CRC 7/1 Sa 11:30am-12:30pm

Draw and Clay

Ages 4-9: During this session we will draw and paint favorite cartoons as well as create 3-D cartoon sculptures in clay that will be fired in a kiln. \$10 material fee due to instructor.

4 Sessions \$40

Instructor: Yolanda Prinsloo
35289 Germantown CRC 7/11 T 5:15pm-6:15pm

5 Sessions \$50

Instructor: Yolanda Prinsloo
35291 N. Potomac CRC 7/6 Th 5:30pm-6:30pm
35292 Upper County CRC 7/8 Sa 10:00am-11:00am

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. \$10 material fee due the first class. Supply list will be in your receipt.

6 Sessions \$125

Instructor: Nora Elias
34725 Bauer Drive CRC 7/1 Sa 10:30am-12:30pm

Learning Art from the Masters

Ages 6-13: We will learn about the life and art of American artist Georgia O' Keefe. We will work in clay, pastel and paint as we emulate her beautiful art. \$10 material fee due to instructor.

4 Sessions \$54

Instructor: Yolanda Prinsloo
35293 Germantown CRC 7/11 T 6:30pm-7:30pm

Play Around the World Kids

Ages 5-9: 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. Come and join us for a global experience! Parent participation required. \$10 material fee is due to the instructor the first day of class.

4 Sessions \$55

Instructor: Vanessa Cabrera

Ages 2-4

34743 Quince Orchard 7/1 Sa 9:30am-10:20am
Valley NP

Ages 5-9

34742 Quince Orchard 7/1 Sa 10:30am-11:20am
Valley NP

ARTS & CRAFTS



ADULTS ARTS & CRAFTS

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.

6 Sessions \$120

Instructor: Margaret Deskin
34728 Bauer Drive CRC 7/1 Sa 10:30am-12:30pm

Calligraphy Art

Ages 16 & Up: Students will be shown the way to write the uncial and half uncial alphabets with a command of hand and rhythmic consistency. Instruction is given in the traditional calligraphy methods for making proportional strokes, ruling lines, determining letter size by pen nib width, plus the proper letter spacing, word spacing, line spacing and formal planning of calligraphy compositions. For more information contact Joanne at jcw@wassermansdesign.com.

6 Sessions \$120

Instructor: Joanne Wasserman
35414 N. Potomac CRC 7/1 Sa 12:00pm-1:30pm

Interior Design Magic

Ages 16 & Up: If you enjoy HGTV, this is the course for you! By learning some of the ways designers see, you can begin to make your home uniquely yours. This condensed summer session, taught by professional designer Sara Sichel, will get you started. More classes to come in the Fall.

4 Sessions \$100

Instructor: Sara Sichel
35301 N. Potomac CRC 6/29 Th 7:00pm-8:30pm

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
34723 Lawton CRC 6/29 Th 10:30am-12:30pm
34721 Holiday Park SC 6/30 F 10:30am-12:30pm
34724 Bauer Dr. CRC 7/1 Sa 1:15pm-3:15pm

Right Brained Drawing

Ages 13 & Up: For all levels - Build on perceptions of drawing and explore new techniques in pencil, color pencil and or watercolor.

4 Sessions \$72

Instructor: Yolanda Prinsloo
35294 Potomac CRC 7/10 M 7:15pm-9:00pm

The Art of Penmanship

Ages 10 & Up: It's so natural and easy, anyone can achieve elegant, legible handwriting. Learn the art of penmanship in this 6 week class. Questions, call Joanne Wasserman at 301-589-3444.

6 Sessions \$120

Instructor: Joanne Wasserman
35408 N. Potomac CRC 7/1 Sa 10:00am-11:30am

Fine Arts

Art Journaling Workshop

Ages 13 & Up: 90 minute workshop - No experience necessary. Easy ways to create a meaningful and creative journal. Purchase small journal to bring to class. A \$5 supply fee due to the instructor. Contact Nancy Loomis at 301-897-8367 for more information.

1 Sessions \$20

Instructor: Nancy Loomis
35420 N. Potomac CRC 7/18 T 7:00pm-8:30pm

Custom Greeting Card Workshop

Ages 13 & Up: 90 minute workshop - No experience necessary. Create and embellish beautiful custom greetingcards. You will make up to 3 cards. A \$5 supply fee due to the instructor. Contact Nancy Loomis at 301-897-8367 for more information.

1 Sessions \$20

Instructor: Nancy Loomis
35416 N. Potomac CRC 6/27 T 7:00pm-8:30pm



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County
Recreation
on Facebook

Mini Memory Scrapbook Workshop

Ages 13 & Up: 90 minute workshop; no experience necessary. Get started telling your story with a mini-scrapbook using your own pictures with captions and have fun designing and embellishing your pages. Purchase a small scrapbook to bring to class. A \$5 supply fee due to the instructor. Contact Nancy Loomis at 301-897-8367 for more information.

1 Sessions \$20

Instructor: Nancy Loomis

35421 N. Potomac CRC 8/1 T 7:00pm-8:30pm

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.

6 Sessions \$110

Instructor: Doris Haskell

35491 Lawton CRC 6/26 M 2:00pm-4:00pm

35492 Lawton CRC 6/27 T 2:00pm-4:00pm

Painting Beach Life with Kritt Workshop

Ages 18 & Up: 1 day workshop - All levels: Water or acrylic. It's fast and fun! Learn to paint sand and dunes, calm seas, big waves and skies to match them. Join award winning artist Penny Kritt in her studio. Call 301-989-1799 for a supply list.

1 Sessions \$50

Instructor: Penny Kritt

35245 Kritt Studio 7/15 Sa 10:00am-3:00pm

35246 Kritt Studio 7/25 T 10:00am-3:00pm

Painting Nature with Kritt Workshop

Ages 18 & Up: 1 day workshop - All levels: It's easy to use watercolors or acrylics to create a landscape. Paint rolling hills, sunny skies and quiet streams. Learn how to create "painterly" colors that calm and soothe the viewer. Join award winning artist Penny Kritt in her studio. Call 301-989-1799 for a supply list.

1 Sessions \$50

Instructor: Penny Kritt

35247 Kritt Studio 7/11 T 10:00am-3:00pm

35248 Kritt Studio 8/5 Sa 10:00am-3:00pm

Pottery

Handcrafted Pottery Open Studio

Ages 16 & Up: Intermediate / Advanced - Hand building, wheel throwing, decorating and glazing techniques for experienced students. Instructor available for demonstration and assistance. Material fee of \$35 due to the instructor at first class. This covers clay, glazes and firing.

6 Sessions \$150

Instructor: Valerie Haber

34810 N. Potomac CRC 6/26 M 6:00pm-9:00pm

34811 N. Potomac CRC 6/28 W 6:00pm-9:00pm

Pottery at Sligo

Ages 16 & 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 \$10 material fee is due to instructor.

4 Sessions \$99

Instructor: Angela M. Schreiber

35241 Sligo Creek ES 7/6 Th 9:30am-12:30pm

35242 Sligo Creek ES 7/6 Th 7:00pm-10:00pm

5 Sessions \$124

Instructor: Margaret Dickerson

34812 Sligo Creek ES 6/26 M 7:00pm-10:00pm

Instructor: Angela M. Schreiber

35243 Sligo Creek ES 8/3 Th 9:30am-12:30pm

35244 Sligo Creek ES 8/3 Th 7:00pm-10:00pm

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

ARTS & CRAFTS



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.

5 Sessions \$52

Instructor: Grace Oleson

35236 N. Potomac CRC 6/27 T 4:30pm-5:15pm

35237 Germantown CRC 6/28 W 4:30pm-5:15pm

35239 Arcola ES 6/29 Th 5:15pm-6:00pm

Ballet and Dance Series I

Ages 5-8: Beginner level - Students are taught classical ballet movements along with creative expression through the RAD method of training. Props are used to enhance children's ability to understand movement and sound. Uniform - Girls - Black tank leotard, white bobby socks, pink leather slippers and black dance skirt. Hair in a bun. Boys - black seat pants, white t-shirt and black jazz oxfords

6 Sessions \$90

Instructor: Kim Williams Bell

35269 Lawton CRC 6/27 T 3:30pm-4:30pm

Ballet and Dance Series II

Ages 8-11: 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 tank leotard, white bobby socks, pink leather slippers and black dance skirt. Hair in a bun. Boys - black seat pants, white t-shirt and black jazz oxfords

6 Sessions \$175

Instructor: Kim Williams Bell

35270 Lawton CRC 6/27 T 4:45pm-6:45pm

*One website...
thousands
of possibilities!*

Active
MONTGOMERY

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ADULT DANCE

Ballet

Ballet for Adults

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

6 Sessions \$60

Instructor: Robyn Lindsey

35439 Potomac CRC 6/29 Th 7:45pm-8:45pm

35468 Ross Boddy CRC 6/27 T 7:00pm-8:00pm

General Dance

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.

6 Sessions \$60

Instructor: Thomas P. Woll

34806 Holiday Park SC 7/6 Th 7:00pm-8:00pm

Ballroom II (Couples)

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

6 Sessions \$60

Instructor: Thomas P. Woll

34807 Holiday Park SC 7/6 Th 8:00pm-9:00pm

DANCE

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.

6 Sessions \$60

Instructor: Thomas P. Woll
34809 Coffield CRC 6/27 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.

6 Sessions \$60

Instructor: Thomas P. Woll
34808 Holiday Park SC 7/6 Th 9:00pm-10:00pm

Urban Line Dance

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

6 Sessions \$50

Instructor: Peytrienne McCormick
34733 Holiday Park SC 6/27 T 6:00pm-7:00pm

YOUTH MUSIC

General Music

Learn Now Music: The Violinist Within

Ages 5-14: Students learn musical symbols and violins basics, exercises, holding the bow, balance point and all the fundamentals. FREE instrument rental and materials included in price. Questions? Contact LNM/Shelly Suarez at 1-800-399-6414 or CustomerService@LearnNowMusic.com

6 Sessions \$145

Instructor: Learn Now Music
35404 Longwood CRC 7/1 Sa 11:00am-12:00pm

Guitar

Learn Now Music: HeroeZ of Guitar

Ages 5-13: 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

6 Sessions \$145

Instructor: Learn Now Music
35403 Bauer Drive CRC 6/28 W 7:00pm-8:00pm



MUSIC

INTERNATIONAL

Folk Dancing

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

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

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

Cost is \$7 per week.

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

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.





COOKING

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 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 \$10 material fee is due to instructor.

12 Sessions \$285

Instructor: Geiza Dourado Carvalho

34799 Norwood LP 6/19 M,Th 5:00pm-5:55pm

Learn Now Music: KeyZ to Piano

Ages 5-13: 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.

6 Sessions \$145

Instructor: Learn Now Music

35405 Bauer Drive CRC 6/28 W 7:00pm-8:00pm

35406 Mid County CRC 6/26 M 6:30pm-7:30pm

35407 Longwood CRC 7/1 Sa 10:00am-11:00am

COOKING

Cooking Techniques

Beach Boardwalk Dinner

Ages 18 & Up: Bring the flavors of the beach and the boardwalk home! This is a great menu for summer entertaining. Menu: Grilled Mexican Corn on the Cob, Beer Battered Fish Fillets, Summer Coleslaw, Farmstand Tomato Salad, Funnel Cakes with Ice Cream.

1 Session \$75

Instructor: Drew Faulkner

35459 Ross Boddy CRC 6/28 W 6:30pm-8:30pm

French Fish Skills Dinner

Ages 18 & Up: This is a great menu to have in your repertoire, a three-course fish dinner that you can prepare at home any time during the day when you have a spare half hour, and then finish it off in the oven when it is time to serve. We will make a ragout of eggplant, onions, peppers and tomatoes. The salmon steaks will be sauteed, while a flavorful mixture of apricots and bananas bake in the oven. Bring a good appetite! MENU Petites Caisses au Fromage (Cheese and Artichoke Appetizers) Tranches de Poisson a la Barbouille (Salmon Steaks with Eggplant and Tomato Sauce) Noodle Shells Fantaisie Bourbonnaise (Baked Apricot Dessert).

1 Session \$55

Instructor: Sheila Crye

35460 N. Potomac CRC 6/29 Th 6:30pm-8:30pm

Gourmet California Cuisine & Wine

Ages 21 & Up: Learn how simple, fresh, seasonal ingredients can produce delicious, intriguing dishes! We will explore pairing fine California wines with each dish. Menu: Green Beans and Beets with Aioli, Poached Salmon with Basil and Olive Butters, Pasta with Seasonal Vegetables, Berry Shortcake

1 Session \$92

Instructor: Sheila Crye

35457 N. Potomac CRC 7/21 F 6:30pm-9:30pm



Italian Delight Skills Dinner

Ages 18 & Up: This dinner will please both vegetarians and omnivores. A Tuscan salad makes use of fava and cranberry beans paired with large shrimp to create harmonious favors, colors and textures. Next, we will prepare a Roman spinach pasta dish with fresh mushroom tomato sauce. Adding savory roasted turkey meatballs to the plate will satisfy omnivorous diners. As a finishing touch, we will enjoy baked stuffed peaches. This class features take-home recipes as well as plenty to eat, so bring your appetite!

1 Session

\$55

Instructor: Sheila Crye

35462 N. Potomac CRC 8/5 Sa 11:00am-1:00pm

Gourmet Night Out: French Chef Dinner

Ages 21 & Up: This dinner features recipes from Chef Sheila's all-time favorite cookbook, The French Chef Cookbook, by the amazing Julia Child. A timbale of spinach custard will serve as the first course, followed by veal stew. Veal stew is simply veal simmered in stock and then served with a sauce made from the cooking liquid and garnished with small onions and mushrooms. A lightly seasoned rice pilaf and an unusual but tasty vegetable preparation, parslid cucumbers, will accompany the main course. Flambéed Crepes Suzette, thin dessert pancakes in orange butter sauce, will complete the meal. Wine paired with the entrée will be served with dinner. This class features take-home recipes as well as plenty to eat, so bring your appetite!

1 Session

\$75

Instructor: Sheila Crye

35463 Ross Boddy CRC 7/15 Sa 6:30pm-9:30pm

Farm to Table Dinner

Ages 18 & Up: Summer is the peak of the growing season. We will craft a menu from ingredients available at our local farmers markets. Come enjoy the freshness of the summer season. Menu: Melon with Prosciutto, Crab Cakes with Corn and Tomato Salad, Green Beans with Mushrooms, Stone Fruit Galette.

1 Session

\$75

Instructor: Drew Faulkner

35458 Ross Boddy CRC 8/3 Th 6:30pm-9:30pm

When Is the Guide Available?

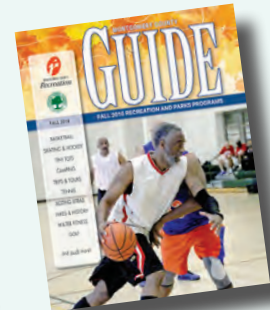


**Summer
2017**

Early May, 2017

Registration begins

Mid May, 2017



**Fall
2017**

Early August 2017

Registration begins

Mid August, 2017



**Winter
2017/2018**

Early November 2017

Registration begins

Mid November 2017



**Summer Camps
2018**

Early January, 2018

Registration begins

Mid January, 2018



**Spring
2017**

Late January, 2017

Registration begins

Mid February, 2017

**Where Can
I Get The
Guide?**

Online:

www.MontgomeryCountyMD.gov/rec

Subscribe:

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

Pick One Up:

Print copies of the Guide are available while supplies last at:

Montgomery County Recreation facilities

Montgomery Parks facilities

Most Montgomery County government buildings

Most Montgomery County libraries

EXERCISE, FITNESS
& WELLNESSEXERCISE, 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: dancenfitness05@gmail.com

12 Sessions \$87

Instructor: Jinjer Azuree
34707 Lawton CRC 6/26 M,W6:00pm-7:00pm

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

Instructor: Dance Fit

6 Sessions \$44

35588 Praisner CRC 6/26 M 6:00pm-7:00pm
35591 Praisner CRC 6/28 W 6:00pm-7:00pm

7 Sessions \$51

35589 Germantown CRC 6/27 T 7:15pm-8:15pm
35590 Germantown CRC 6/29 Th 7:15pm-8:15pm

8 Sessions \$58

35593 N. Potomac CRC 6/26 M 7:00pm-8:00pm

9 Sessions \$66

35592 N. Potomac CRC 6/24 Sa 10:00am-11:00am

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 registered for both Tuesday and Thursday to achieve the best results.

7 Sessions \$52

Instructor: Betsy Saunders
34703 Holiday Park SC 6/22 Th 7:15pm-8:15pm
34704 Holiday Park SC 6/20 T 7:15pm-8:15pm

Jazzmatazz Low-Impact
Aerobics

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

6 Sessions \$44

Instructor: Betsy Saunders
34705 Bauer Drive CRC 6/20 T 9:30am-10:30am

7 Sessions \$52

Instructor: Betsy Saunders
34706 Bauer Drive CRC 6/22 Th 9:30am-10:30am

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.

Instructor: Michelle Johnson-Lancaster

6 Sessions \$44

34702 Mid County CRC 6/28 W 6:15pm-7:15pm

7 Sessions \$51

34701 Bauer Drive CRC 6/24 Sa 9:00am-10:00am
34700 Mid County CRC 6/26 M 6:15pm-7:15pm

Aerobic Exercise

Movin' with Millie' Aerobics

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

7 Sessions \$56

Instructor: Mildred Trimble
34711 Pilgrim Hills LP 6/23 F 9:30am-10:45am

Body Sculpting

NEW Fit U Summer Boot Camp

Ages 18 & Up: For the beginner to the advanced enthusiast! Designed for those who want to lose weight, increase cardiovascular fitness and increase muscular strength. Training will focus on functional training through full body movements dynamic stretching, core conditioning through balance, form, stability, short bursts of aerobic exercise through running, jumps, plyometrics, weight bearing exercise through full body training, elastic tubing, medicine balls and hand weights. For more information contact VF Dance and Fitness at: vfarkas@vfdanceandfitness.com

10 Sessions \$150

Instructor: VF Dance & Fitness

34730 Commotion 6/13 T 6:30pm-7:30pm
Fitness Studio

34731 Imagination Stage 6/14 W 6:00pm-7:00pm
Dance Studio

Kickboxing

Ages 18 & Up: Strengthen your entire body, release everyday stress and improve your self-confidence. Fight to be fit by packing cardio and total body toning into one punch with this authentic, kickboxing inspired workout. Participants have to bring their own boxing gloves. For more information contact VF Dance and Fitness at: vfarkas@vfdanceandfitness.com

10 Sessions \$150

Instructor: VF Dance & Fitness

35843 Commotion 6/15 Th 6:30pm-7:30pm
Fitness Studio



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 Sessions \$46

Instructor: Jerry Hartman

34726 Potomac CRC 7/15 Sa 10:00am-2:00pm

34727 Ross Boddy CRC 7/22 Sa 10:00am-2:00pm



EXERCISE, FITNESS & WELLNESS

We Want You!

Part-time Staff are needed to lead a wide variety of activities. Become part of our team! Call 240-777-6840 for information.

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

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



EXERCISE, FITNESS
& WELLNESS

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

Instructor: Jerry Palazzo

5 Sessions	\$37
34714 Potomac CRC	6/27 T 3:00pm-4:00pm
6 Sessions	\$44
34715 Potomac CRC	6/29 Th 3:00pm-4:00pm
7 Sessions	\$51
34712 Lawton CRC	6/26 M 10:00am-11:00am
34713 Lawton CRC	6/28 W 10:00am-11:00am

Category 4 Fitness Boot Camp

Ages 18 & Up: Do you feel like you are doing the same fitness routine week after week? Are you ready to get re-energized? Spice it up with Category 4 Fitness Boot Camp! Get out and enjoy this experience with family, friends and neighbors. Team work and encouragement from your fellow boot campers will help you achieve your fitness goals. It will simply push you to limits not capable in an ordinary gym. 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> or contact Tommy at tommywitz@category4fitness.com or call 301-370-0279.

8 Sessions	\$60
Instructor: Thomas Witz	
34739 Germantown CRC	6/26 M 7:30pm-8:30pm
34740 Germantown CRC	6/28 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

13 Sessions \$107

Instructor: Regina Gaither
34815 Clara Barton NRC 6/27 T,Th 8:00am-9:00am

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 Kiper Doyle at FerhanDoyle@aol.com

7 Sessions \$53

Instructor: Gina Dols
34813 Bauer Drive CRC 6/24 Sa 10:15am-11:30am

Dynaerobics Body Sculpting

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

14 Sessions \$105

Instructor: Ferhan Kiper Doyle
34814 Bauer Drive CRC 6/26 M,W6:15pm-7:15pm

Tai Chi

Tai Chi, Part I

Ages 18 & Up: (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 lousieliu.taichi@gmail.com

6 Sessions

\$90

Instructor: Louise Liu

35558 Garrett Park ESI 7/5 W 6:30pm-7:30pm

Qi Gong & Meditation

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

6 Sessions

\$90

Instructor: Louise Liu

35557 Garrett Park ES 7/5 W 7:30pm-8:30pm

ACT THE WORKOUT

AEROBIC CONDITIONING AND TONING

3 Month Pass

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

ACT provides a vigorous, easy to follow coed class for ages 16 & Up. Choreographed to strengthen and tone all muscle groups and improve cardiovascular fitness.

Program is designed to allow self pacing for those who wish to work at low impact steps.

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

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

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

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

Location	Days	Times:
Holiday Park SC	M, Tu, 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	Tu, Th	7:00pm-8:00pm

ACT • 24 Passes-\$162

ACT • 18 Passes-\$126

ACT • 12 Passes-\$87





EXERCISE, FITNESS & WELLNESS

Yoga

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.

6 Sessions \$62

Instructor: Robin Morris
34710 Wisconsin Pl. CRC 7/5 W 6:15pm-7:15pm

Gentle Yoga

Ages 18 & Up: 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 in advance of first class with any questions or to purchase materials: Irene at Irene54@aol.com

6 Sessions \$62

Instructor: Irene Bopp
34716 Bauer Drive CRC 6/27 T 6:15pm-7:15pm

Hatha Yoga and Stress Management Beg/Con

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

6 Sessions \$90

Instructor: Suzana Cooper
34708 Lawton CRC 6/23 F 9:45am-11:00am

Vini Yoga Intermediate

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

6 Sessions \$81

Instructor: Neva Ingalls
34722 Potomac CRC 6/26 M 6:30pm-7:45pm

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. 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

6 Sessions \$90

Instructor: Suzana Cooper
34709 Wisconsin Pl. CRC 6/24 Sa 9:45am-11:00am

Yoga Basics

Ages 18 & Up: Introduces beginning and continuing students to yogic principles of body alignment and breathing awareness, inspired by a meaningful intention and a joyful attitude. Emphasis is placed on standing poses and strengthening and stretching the legs, back, and shoulders. Benefits of this practice include improved muscle tone, increased circulation, better concentration, and deeper relaxation. Wear comfortable clothes such as t-shirts, shorts, tights, or leggings. Bare feet are essential. Bring a sticky yoga mat and a yoga blanket. Contact Irene in advance of first class with any questions or to purchase materials at Irene54@aol.com.

6 Sessions \$62

Instructor: Irene Bopp
34718 Bauer Drive CRC 6/27 T 7:30pm-8:30pm
34717 Mid County CRC 6/28 W 7:30pm-8:30pm
34720 East County CRC 6/29 Th 7:00pm-8:00pm
34719 Praisner CRC 6/29 Th 10:30am-11:30am

MARTIAL ARTS CLASSES

Aikido

Ages 12 & Up: "The Gentle Martial Art" A defensive yet powerful martial art that redirects an attacker's energy through evasions, throws, escapes, and pins. By learning the principles and practices of Aikido, one can learn to manage conflict in one's personal life. Be non-aggressive without being a victim, and become empowered by learning to coordinate mind and body. Deal effectively with stress in one's daily life. This class will also introduce, healing with "Ki" energy and meditative breathing.

7 Sessions \$58

Instructor: Christopher Rowe
35402 Ross Boddy CRC 6/26 M 7:00pm-8:30pm

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 and 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

12 Sessions \$96

Instructor: Yanni Nguyen
35305 Plum Gar NRC 6/26 M,W 7:30pm-9:00pm

Classic Vovinam Martial Arts - Beginners

Ages 8 & Up: Be among the first to learn this exotic martial art. Vovinam is a martial art used by the Vietnamese to fight in wars and is growing rapidly in popularity around the world. Learn defense using your hands, elbows, kicks, throws, escape and 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

11 Sessions \$88

Instructor: Yanni Nguyen
35307 Eastern MS 6/27 T,Sa 6:00pm-7:30pm

Classic Vovinam Martial Arts - Advanced

Ages 8 & Up: For advanced students with instructor permission only. Continue learning defense using your hands, elbows, kicks, throws, escape and 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

11 Sessions \$88

Instructor: Yanni Nguyen
35306 Eastern MS 6/27 T,Sa 7:30pm-9:00pm



MARTIAL ARTS



MARTIAL ARTS

Classic Vovinam Martial Arts - 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

12 Sessions \$69

Instructor: Yanni Nguyen

35308 Plum Gar NRC 6/26 M,W6:00pm-7:30pm

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

7 Sessions \$69

Instructor: Salvador Cortes

35309 Capital View - 6/29 Th 8:05pm-9:00pm
Homewood LP**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.

7 Sessions \$69

Instructor: Salvador Cortes

35310 Capital View - 6/20 T 8:05pm-9:00pm
Homewood LP**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.

7 Sessions \$69

Instructor: Salvador Cortes

35311 Capital View - 6/20 T 7:00pm-7:55pm
Homewood LP35312 Capital View - 6/29 Th 7:00pm-7:55pm
Homewood LP**Karate/Jujitsu**

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

7 Sessions \$51

Instructor: TKA Inc.

34820 Germantown CRC 6/20 T 6:00pm-7:00pm

34821 Germantown CRC 6/20 T 7:00pm-8:00pm

34822 Mid County CRC 6/20 T 6:30pm-7:30pm

8 Sessions \$58

Instructor: TKA Inc.

34816 Upper County CRC 6/19 M 6:00pm-7:00pm

34817 Longwood CRC 6/19 M 7:00pm-8:00pm

34818 Upper County CRC 6/19 M 7:00pm-8:00pm

34819 Glenallen ES 6/19 M 7:00pm-8:00pm

34823 Damascus CRC 6/21 W 6:00pm-7:00pm

34824 Damascus CRC 6/21 W 7:00pm-8:00pm

34825 Clara Barton NRC 6/21 W 7:00pm-8:00pm

34826 Bauer Drive CRC 6/21 W 6:00pm-7:00pm

34827 Bauer Drive CRC 6/21 W 7:00pm-8:00pm

34828 Potomac CRC 6/21 W 6:00pm-7:00pm

34829 Neelsville MS 6/21 W 6:00pm-7:00pm

34830 Neelsville MS 6/21 W 7:00pm-8:00pm

34831 Potomac CRC 6/21 W 7:00pm-8:00pm

34832 Stedwick ES 6/21 W 7:00pm-8:00pm

34833 Praisner CRC 6/22 Th 6:00pm-7:00pm

34834 Praisner CRC 6/22 Th 7:00pm-8:00pm

34835 DuFief ES 6/22 Th 7:00pm-8:00pm

34836 Bethesda ES 6/22 Th 7:00pm-8:00pm

34837 Rolling Terrace ES 6/22 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.

7 Sessions \$60

Instructor: TKA Inc.

34848	Germantown CRC	6/20	T	8:00pm-9:30pm
34849	Mid County CRC	6/20	T	7:30pm-9:00pm

8 Sessions \$69

Instructor: TKA Inc.

34838	Upper County CRC	6/19	M	8:00pm-9:30pm
34839	Glenallan ES	6/19	M	8:00pm-9:30pm
34840	Damascus CRC	6/21	W	8:00pm-9:30pm
34841	Bauer Drive CRC	6/21	W	8:00pm-9:30pm
34842	Potomac CRC	6/21	W	8:00pm-9:30pm
34843	Stedwick ES	6/21	W	8:00pm-9:30pm
34844	Bethesda ES	6/22	Th	8:00pm-9:30pm
34845	Praisner CRC	6/22	Th	8:00pm-9:30pm
34846	DuFief ES	6/22	Th	8:00pm-9:30pm
34847	Rolling Terrace ES	6/22	Th	8:00pm-9:30pm

Karate/Jujitsu Club

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

8 Sessions \$28

Instructor: TKA Inc.

34850	Holiday Park SC	6/23	F	7:30pm-8:30pm
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Karate/Jujitsu Club 2

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

8 Sessions \$38

Instructor: TKA Inc.

34851	Holiday Park SC	6/23	F	8:30pm-9:30pm
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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.

5 Sessions \$64

Instructor: Grace Oleson

35251	N. Potomac CRC	6/27	T	3:30pm-4:15pm
35249	Germantown CRC	6/28	W	3:30pm-4:15pm
35250	Arcola ES	6/29	Th	4:15pm-5:00pm

General Dance

Hippo Hoppo

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

6 Sessions \$60

Instructor: Robyn Lindsey

35433	Germantown CRC	6/24	Sa	12:00pm-12:45pm
35434	Potomac CRC	6/25	S	10:15am-11:00am
35436	N. Potomac CRC	6/25	S	12:15pm-1:00pm
35435	White Oak CRC	6/24	Sa	10:15am-11:00am

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. \$10 material fee due to instructor.

5 Sessions \$75

Instructor: Geiza Dourado Carvalho

35286	Veirs Mill LP	6/26	M	10:00am-10:45am
35287	Potomac CRC	6/30	F	10:15am-11:00am



TINY TOTS





TINY TOTS

Learn Now Music: Little Fingers Piano

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

6 Sessions \$108

Instructor: Learn Now Music
35437 Potomac CRC 6/21 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 and reaction exercises, gross and fine motor skills, instrument manipulation and handling, rhythm exercises, and listening and melody development. Small manipulatives such as scarves, bean bags and small percussive instruments will be supplied and utilized in class. For specific questions please contact LNM at 1-800-399-6414 or CustomerService@learnnowmusic.com

6 Sessions \$108

Instructor: Learn Now Music
35438 Potomac CRC 6/21 W 10:30am-11:00am

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

-Sarah E.

Music Together

Ages 6 & Under: A fun, interactive family music experience, which includes a variety of musical styles, tonalities and rhythms. Activities include singing, chanting, props, instrument exploration, improvisation and large movement. Adults discover their power as role models for their children just by having fun, making music themselves, regardless of their musical ability. Each child is free to participate at his/ her own level in this mixed-age, developmentally appropriate setting. Each family is required to pay a \$42 material fee, assessed at the time of registration, and will receive an award-winning Music Together CDs and Songbook, required for each family. For more information, go to www.musictogethermontgomery.com or call the instructor at 301-879-6988.

6 Sessions \$162

Instructor: Nancy Nuttle
35118 Mid County CRC 6/24 Sa 10:00am-10:45am
35119 Mid County CRC 6/24 Sa 11:00am-11:45am

General Sports**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 materials fee due to instructor. Call 301-983-2690 for more information.

6 Sessions \$78

Instructor: Coach Doug Academy
34802 Oakland Terrace ES 6/24 Sa 11:00am-11:45am

*One website...
thousands
of possibilities!*

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Multi-Interest

Kinderstunde

Ages 11m-5: Spaß + Spiel + Bastelei, Lieder + Tänze: Wer ist mit dabei? Ein neues Programm für Eltern mit Kindern (12 Monate & up), um auf altersgerechte Weise ihre deutsche Sprachentwicklung zu unterstützen & zu stärken. Lernt andere deutschsprachige Freunde kennen. This course is based on learning German through a variety of games, stories and much more. Different themes will be implemented on a weekly basis. Meet German speaking friends. All levels welcome, from beginners to native speakers. A \$5 materials fee is due to the instructor at the first class.

5 Sessions \$94

Instructor: Ines Kuperberg

35275 Germantown CRC 6/28 W 10:30am-11:15am

35274 Germantown CRC 6/29 Th 5:15pm-6:00pm

Playtime & Movement for Tots

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 materials fee is due to instructor. Call 301-983-2690 for additional information.

6 Sessions \$78

Instructor: Coach Doug Academy

34803 Oakland Terrace ES 6/24 Sa 9:30am-10:15am

34804 Oakland Terrace ES 6/24 Sa 10:15am-11:00am

34805 Potomac ES 6/29 Th 10:15am-11:00am

Funfit Tots

Ages 11m - 4: A fun-filled adult/child high-energy exercise class that includes songs, stories, parachutes, games, balls, music and more. Develops motor skills, coordination, socialization, cooperation and reinforces cognitive development. A great workout for both you and your child. Child must be walking. Adult participation required! A \$5 material fee is due to instructor on the first day of class.

6 Sessions \$75

Instructor: Celia Kibler

Ages 2 1/2-4

35446 Tilden MS

6/24 Sa 11:00am-11:45am

Ages 11m-3

35440 Potomac CRC 6/21 W 9:30am-10:15am

35442 Wisconsin Pl. CRC 6/22 Th 10:00am-10:45am

35444 Tilden MS 6/24 Sa 9:30am-10:15am

35447 Germantown CRC 6/26 M 9:30am-10:15am

Funfit Tots Family Class

Ages 11m-4: A fun-filled, high energy activity class that includes games, songs, stories, music, parachute balls and more! A great workout for the whole family! Adult participation required. Child must be walking. Class price is per child. \$5 material fee is due to instructor on the first day of class.

6 Sessions \$75

Instructor: Celia Kibler

35441 Potomac CRC 6/21 W 10:15am-11:00am

35443 Wisconsin Pl. CRC 6/22 Th 10:45am-11:30am

35445 Tilden MS 6/24 Sa 10:15am-11:00am

35448 Germantown CRC 6/26 M 10:15am-11:00am

Soccer

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.

6 Sessions \$78

Instructor: Coach Doug Academy

34800 Oakland Terrace ES 6/24 Sa 11:45am-12:30pm

34801 Potomac ES 6/29 Th 4:15pm-5:00pm



TINY TOTS



**XCITING XTRAS**

XCITING XTRAS

Special Interest

“American Girl” Fashion Design

Ages 5-9: This class offers the basics to fashion illustration and design for your "American Girl" doll! Students learn about creative sketching, textiles, colorization, and even how to design their own mini-collections! Hands-on training is done during the duration this course, in a fun and lively environment. Materials fee: \$25

2 Sessions \$40

Instructor: Madiana Margao
35464 Potomac CRC 7/29 Sa 12:00pm-1:00pm

Create-Your-Own Looks Fashion Design

Ages 6-12: This class offers the basics to fashion illustration and design! Students learn about creative sketching, textiles, colorization, and even how to design their own collection! Hands-on training is done during the duration this course, in a fun and lively environment. Materials fee: \$25

2 Sessions \$40

Instructor: Madiana Margao
35465 Potomac CRC 7/29 Sa 1:00pm-2:00pm

Glam Diva Hair

Ages 6-12: Glam Diva Hair is the next step to achieving fabulous hair! Learn all about hair care, styling, and the latest hair artistry trends, using amazing tools and products. Materials fee: \$25

2 Sessions \$40

Instructor: Madiana Margao
35466 White Oak CRC 8/12 Sa 1:00pm-2:00pm

Glam Diva Makeup

Ages 6-12: Glam Diva Makeup is the first step to a gorgeous future! Adopt your own beauty regimen, while creating your very own products. Spark your interest age-appropriate makeup, by learning all of the latest beauty trends in a fun environment! Materials fee: \$25

2 Sessions \$40

Instructor: Madiana Margao
35467 White Oak CRC 8/12 Sa 12:00pm-1:00pm

Specialty Programs

Komodo Abacus Mental Math

Ages 5-12: The Komodo Math Program teaches kids how to work math problems by visualizing an abacus. The child learns basic arithmetic, starting with simple single digit addition through more advanced operations such as calculation of square roots. After a few months, the student masters calculations mentally, without external tools such as pen and paper, calculators or fingers.

4 Sessions \$121

Instructor: KOMODO USA
35449 Komodo USA 6/24 Sa 10:00am-11:30am
- Gaithersburg
35450 Komodo USA 6/18 S 10:00am-11:30am
- Germantown
35453 Komodo USA 7/16 S 10:00am-11:30am
- Germantown
35454 Komodo USA 7/22 Sa 10:00am-11:30am
- Gaithersburg

Komodo Advanced Math

Ages 5-12: Build confidence and develop skills and habits to succeed in math. We provide customized training program for each student to enjoy and succeed in math at school beyond their grade level. Stop classroom boredom and challenge your young scholar to reach greater heights. This is an acceleration program for students who are ready to move on to the next grade level. Curriculum is aligned to common core standards and students will have 24/7 access to online practice tests, receive progress reports and additional help with school homework.

4 Sessions \$121

Instructor: KOMODO USA
35452 Komodo USA 6/21 W 5:30pm-7:00pm
- Gaithersburg
35455 Komodo USA 7/19 W 5:30pm-7:00pm
- Gaithersburg

Komodo Reading & Writing

Ages 6-12: The goal of the Komodo Reading/ Writing program is to nurture reading and writing proficiency through theme based instruction. The program will focus on reading comprehension strategies, vocabulary and grammar development, critical and analytical thinking and phonetics.

4 Sessions \$121

Instructor: KOMODO USA
35451 Komodo USA 6/24 Sa 12:15pm-1:45pm
- Germantown
35456 Komodo USA 7/22 Sa 12:15pm-1:45pm
- Germantown

The SPORTS Pages

SPORTS

Basketball

Men's Sunday Basketball League at Bauer Rec CRC

Ages 18 & Up: Competitive summer adult basketball league. Games start at 4pm or 5pm, and are schedule on the hour, last game starting at 8pm or 9pm. Five weeks of regular season games plus playoffs, competing in a seeding tournament against teams from other Community Center Leagues. Please call Pat Sullivan at 240-777-6893 or email patrick.sullivan@montgomerycountymd.gov for more information. Payment plans are available.

5 Sessions \$630
 35268 Bauer Drive CRC 6/18 S 4:00pm-9:00pm
 35271 Lawton CRC 6/18 S 5:00pm-10:00pm

Men's Wednesday Basketball League

Ages 18 & Up: Competitive summer adult basketball league on Wednesday evenings. Games start at 6:20 p.m., and are schedule on the hour, last game starting at 9:20 p.m. Five weeks of regular season games plus playoffs. Please call Pat Sullivan at 240-777-6893 or email patrick.sullivan@montgomerycountymd.gov for more information. Payment plans are available.

5 Sessions \$630
 35273 Johnson, W. HS 6/21 W 6:00pm-10:30pm
 35272 Lawton CRC 6/21 W 6:00pm-10:30pm

General Sports

Badminton Beginner/Advanced Beginner

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

8 Sessions \$80
 Instructor: Yen-Ping Chao
 35303 Bauer Drive CRC 6/24 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 the instructor.

8 Sessions \$112
 Instructor: Yen-Ping Chao
 35304 Bauer Drive CRC 6/24 Sa 10:30am-12:30pm

Badminton Advanced

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

8 Sessions \$12
 Instructor: Yen-Ping Chao
 35302 Bauer Drive CRC 6/24 Sa 12:45pm-1:45pm



SPORTS





SPORTS



Fencing Clinic

Ages 7-18: This clinic is geared to students who have a strong commitment to physical fitness and skill building with an instructor who is a former Olympian, who requires discipline form of the participants. Introduction to fencing is a two-week program which emphasizes agility, coordination, and basic foil techniques. \$30 material fee payable to the instructor at the first class. Equipment provided: foil, mask and protective jacket.

9 Sessions **\$170**
35411 McAuliffe ES 6/26 M-F 10:00am-12:00pm

10 Sessions **\$185**
Instructor: Gitty Mohebban
35412 McAuliffe ES 7/10 M-F 10:00am-12:00pm

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



FALL BASKETBALL LEAGUE

Dates	Grades
September 9 - October 14	8-10
Saturdays Only	
Cost	Registration
Team Fee: \$325	Opens August 14
More Information	
Will Johnson at 240-777-6870	

A photograph of two women sitting on a wooden bench outdoors, laughing heartily. The woman on the left is Black with her hair in a bun, wearing a red sleeveless top. The woman on the right is white with short grey hair, wearing a blue long-sleeved top. They are both smiling and looking at each other. The background is a blurred green landscape.

55+ Active Adult Programs

Summer 2017

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 and join us at our newest Senior Center in North Potomac.

- Travel programs-we travel both close and far throughout the mid-Atlantic region
- Health and Wellness programs and services
- Recreation programs-from Aerobics to Zumba and everything in between!
- Information and Referral Assistance-Need help? If we can't help you, we'll direct you to someone who can
- Volunteer opportunities abound-talk to us about how we can put your talents to use
- Exercise and fitness facilities, and educational programs to keep you feeling both physically and mentally fit and active

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



55+ PROGRAMS

OUR MISSION

Montgomery County Recreation 55+ Programs Team mission is to provide inclusive, exceptional programs and services to active, independent living residents of Montgomery County, which reflect our uncompromising standards of excellence and dedication to connect, learn and thrive.

SENIOR CENTERS

Senior Centers are full-service facilities with a wide range of programs and activities that are open five to six days a week. They provide a weekday lunch program, educational seminars, entertainment, fitness classes and more. Transportation is available on a limited basis to most Senior Centers and 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,
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; Sat: 9:00am-3:00pm
1000 Forest Glen Road, Silver Spring
240-777-8085

North Potomac Senior Center

M-F: 9:00am-3:00pm
13850 Travilah Road, Rockville
240-773-4805

White Oak Senior Center

M-F: 9:00am-3:00pm
1700 April Lane, Silver Spring
240-777-6944



Damascus Senior Center

240-777-6995

The Damascus Senior Center provides a variety of programs, classes, and services. Health and Wellness programs and social activities are stressed. A nutrition program is offered daily and limited bus transportation is also available. Call the center or pick up a copy of our monthly newsletter for more information. Highlights include:

Center Cookout

Friday, June 9, 2017 • Noon

Chef Meegan will provide a meal fit for a wonderful beginning to summer. 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. Ages 60+ Donations requested.

Cookout Entertainment

Friday June 9, 2017 • 1:00pm

First Fruits Gospel Blue Grass Band will be here to perform your favorite tunes. Cost: FREE

Senorita Sunshine's USO Show

Thursday, June 22, 2017 • 1:00pm

Senorita Sunshine returns to grace us with a fun variety show with many different elements of surprise and intrigue. Cost: FREE

Mike Surratt Singer and Entertainer

Wednesday, July 19, 2017 • 1:00pm

Singing Crooner Mike Surratt returns to perform his summer tunes and hits. Cost: FREE

Intergenerational Ice Cream Social

Thursday, August 10, 2017 • 1:00pm

The Damascus Senior Center Sponsors, Inc., (DSCSI) will sponsor this Intergenerational Ice Cream Social. Seniors should bring their grandchildren for some ice cream and social fun. Cost: FREE

Montgomery County Fair Senior Day

Tuesday, August 15, 2017 • 10:00am-2:00pm

Montgomery County will have its annual Senior Day at the Fair in Gaithersburg at the Fair Grounds. Cost: FREE

Senior Center Annual Luau

Friday, August 25, 2017 • Noon

Join us for our annual Luau. 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 ages 55 – 59 is \$7. Ages 60+ donations requested.

Senorita Sunshine Luau/Hawaiian Program

Friday, August 25, 2017 • 1:00pm

Senorita Sunshine makes her return to grace you with a program for our annual Luau. There will be a lot of fun, dancing and singing for your enjoyment. Cost: FREE



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thousands
of possibilities!*

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55+ PROGRAMS





Holiday Park Senior Center

240-777-4999

Holiday Park welcomes adults 55+ for a variety of social, fitness, educational and enrichment programs. Classes range from yoga, Zumba, ballroom dance, Tai Chi, Digital Photography and Spanish. Learn more about our programs at holidaypark.us and follow us on Facebook, or drop in for a tour. Grab a cup of coffee in our café, pick up a current schedule of 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 optional \$20 annual membership includes discounts on classes and programs. Sign up at the Reception Desk.

¡Bienvenidos a la Esquina Latina!

Martes

Clases de tejido en telares con la Sra. Peggy de
10:30 a 11:30 am, Conversación en Inglés 11:00-12:00

Martes y Jueves

Artes Manualidades con Carmen Sánchez de
10:30-12:00 pm

Jueves

Clases de ESOL con Roxana Ready a las 10:30 am
Preguntas o sugerencias- comuníquese con
Maria Mercedes 240-777-4965

Daytime Highlights

Sample our Musical Performances and Entertainment:

Storytelling with Ellouise Schoettler

Monday, May 15 • 1:00pm -2:00pm

Julia Child says “Bon Appetit” with Lynda Kenyon

Thursday, June 8 • 1:00pm-2:00pm

Ice Cream Social

Wednesday, June 28 • 1:00pm-2:00pm
Wednesday, August 16 • 1:00pm-2:00pm

Steffi Phelan Brings Patriotic Music

Thursday, July 6 • 1:00pm-2:00pm

DVD Series featuring Award Winning Oscar Movies

Every Thursday in August • 1:00pm

Engage in Informative Lectures and Presentations

Senior Housing Options with Custom Senior Living Search

Wednesday, May 24 • 1:00pm-2:00pm

David Greenwood will discuss how he and his staff can help you find independent or assisted living care options in the greater D.C. metro area.

Home Improvement Scams

Monday, June 12 • 1:00pm-2:00pm

The Consumer Protection Agency will be here to talk about scams targeting homeowners and those who want to age in place, and how to avoid them.

Appraisal Roadshow

Monday, July 10 • 1:00pm-2:00pm

Paradigm Experts will join us to appraise all of those hidden treasures you never knew were so valuable.

Wednesday Evening Highlights

Here is a sample of what we have lined up for you:

Senior Prom

Wednesday, May 31 • 5:30pm-8:30pm

Join us for dinner as you get ready to put on your dancing shoes to remember a very special soiree with a very special companion.

How to Talk to Your Partner or Parents About Driving (or that it is time to stop driving)

Wednesday, June 14 • 6:30pm

Join Hileia Seeger from JSSA and Shawn Brennan, from HHS, to talk about this important, and often life changing issue.

Beer Tasting

Wednesday, June 28 • 6:30pm

Join us for a beer tasting evening, presented by Gordon Biersch. Register in advance. Cost: \$9.

End of Summer BBQ

Wednesday, August 30 • 5:30pm

The event of the year is here! We will say good bye to summer with good food and great music, with the Colliders. HPSI sponsored, inquire at the front desk to purchase tickets.

*The Center will be closed the week of
July 24th through July 30th.*

Long Branch Senior Center

240-777-6975

The Long Branch Senior Center provides ample social opportunities, health and wellness programs, lifelong learning and educational programs, exercise classes and fun! Take a look below at a sampling of our upcoming programs and classes, or stop by and visit with us! Look for program information in our monthly newsletter.

Walking Weekdays

The Long Branch Senior Center has a 1/3 mile asphalt path around the field behind the center. The route begins in our garden and includes a short hill. Enjoy the birds, Community Garden and other wildlife as you build your endurance. The first 15 to complete a lap beginning July 1 will get a free pedometer.

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. Drop-in. Free.

4th of July Barbeque

Wednesday, July 5 • Noon

Sing patriotic songs with piano accompaniment. Join us for barbecue burgers & hot dogs, veggies, chips, beverage and dessert. Register in advance at the upstairs desk. \$2 per person.

Zumba Gold Drop In Class

Thursdays • Noon

Have fun and get a great workout at the same time. \$1 per class. Pay at the registration desk on the second floor. All abilities welcome.

The Long Branch Community Center and Senior program will be closed from Sunday, August 20th through Monday, September 4th, for cleaning and repairs. The Senior program will resume on Tuesday, Sept. 5.



55+ PROGRAMS

55+ Bone Builders

Bone Builders is a free volunteer-led exercise program brought to you by the Montgomery County Departments of Health and Human Services, Recreation, and the RSVP Volunteer Program. One-hour classes held twice per week are designed to increase bone density. Participants lift ankle weights and hand weights, 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
35496	Clara Barton	6/26	M,W	2:00pm-3:00pm
35497	Gwendolyn Coffield	6/27	T,Th	9:15am - 10:15am
35498	Damascus Senior Ctr	6/26	M,W	3:00pm-4:00pm
35499	Germantown	6/26	M,Th	1:00pm - 2:00pm
35500	Jane E. Lawton	6/27	T,Th	9:15am - 10:15am
35501	Longwood	6/26	M,W	11:00am - 12:00pm
35502	Longwood	6/26	T,Th	11:00am - 12:00pm
35513	Marilyn J. Praisner	6/26	M,W	11:00am-12:00pm
35503	Mid-County	6/27	T,Th	1:00pm - 2:00pm
35504	Mid-County	6/27	T,Th	2:15pm - 3:15pm
35505	North Potomac	6/27	T,Th	10:45am - 11:45am
35506	North Potomac	6/27	T,Th	12:00pm - 1:00pm
35507	North Potomac	6/26	M,W	11:45am-12:45pm
35508	Plum Gar	6/27	T,Th	10:30am - 11:30am
35509	Potomac	6/27	T,Th	9:00am - 10:00am
35510	Potomac	6/27	T,Th	10:00am - 11:00am
35511	Potomac	6/26	M,W	11:15am - 12:15pm
35512	Potomac	6/26	M,W	3:00pm - 4:00pm
35514	White Oak	6/27	T,Th	11:00am-12:00pm
35515	Wisconsin Place	6/26	M,Th	10:00am - 11:00am
35516	Wisconsin Place	6/27	T,Th	11:15am - 12:15pm



Margaret Schweinhaut Senior Center

240-777-8085

If you have the preconception that senior centers are not for you, pay a visit to the Margaret Schweinhaut Senior Center and judge for yourself! Not only are we a home away from home for many 55+ Montgomery County residents, we offer over 100 programs a month ranging from ceramics to Zumba Gold. Chances are, whatever's on the agenda on any particular day, the center will be bustling. What's more, should you need information about senior benefits or services for those 55 and over in Montgomery County, the center's friendly staff can guide you in the right direction. And if you want to relax with friends over a game of Rummikub or simply enjoy a cup of coffee, well, pull up a chair! The people who work and play at Schweinhaut make it one of the best places to be in Montgomery County!

Please see below for a snippet of some of the great programs we are offering this Summer. 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".

NEW Sign-up for our e-subscription service at montgomerycountymd.gov/mcg/esubscribe.html. Enter your email address and select the Schweinhaut Senior Center Newsletter under the Recreation Department.

Life Enrichment

FREE, unless otherwise stated.

- **Just Enough Spanish taught by Montgomery College**
Tuesdays, May 30 – August 29 • 10:30am-12:30pm • Must pre-register with Montgomery College • FEE
- **DEP Energy: Keep Kool this Summer**
Wednesday, June 7 • 1:00pm-2:00pm
- **Coffee with a Cop**
Wednesday, June 14 • 1:00pm-2:00pm
- **AARP Safe Driving Course**
Mondays, June 19, July 17 & August 21 • 10:00am-3:30pm • FEE
- **Office of Consumer Protections: Senior Scams, Cyber Security and Online Scams**
Tuesday, June 20 • 1:00pm-2:00pm
- **National Park & Planning Series: Underground Railroad**
Saturday, June 24 • 11:30am-12:30pm
- **Cooking Demo with Chef Charlie Wolverton**
Saturday, July 8 • 12:30pm-1:30pm • FEE
- **The Chinese Kitchen Garden**
Saturday, August 12 • 11:00am-Noon



Social Activities

Afternoon Music Series

FREE performances. Please see our Monthly Newsletter or call us for more details.

- **Song Circle**
The 3rd Wednesday • 1:00pm-3:00pm
- **Elaine Hughes**
Friday, June 16 • 1:00pm-2:00pm
- **Drum Circle**
Tuesday, June 20 & July 18 • 2:00pm-3:00pm
- **Jessie Palidofsky**
Friday, June 23 • 1:00pm-2:00pm
- **Women of a Certain Age: Dawn Badrick**
Tuesday, August 8 • 1:00pm-2:00pm
- **DJ Dave Miceli**
Wednesday, August 23 • 1:00pm-2:00pm

Health and Wellness

- **Widowed Persons Support Group sponsored by AARP**
Mondays • 1:00pm-2:30pm
- **Senior Services in Montgomery County**
2nd Tuesday of the Month • 10:30am-11:30am • Call Anita Joseph at 240-777-1062 to make an appointment.
- **Coping with Change**
Tuesdays • 1:00pm-2:00pm
- **Diabetes Support Group**
3rd Wednesday of the Month • 12:45pm-1:45pm
- **Maximizing You!**
Thursdays • 11:00am-Noon

55+ PROGRAMS

Monday Movie Series

FREE movies in our Garden Room.

- **"Farmland"**
June 5 • 1:00pm-3:00pm
- **"How to Steal a Million"**
June 19 • 1:00pm-3:00pm
- **"Batman: The Movie-1966"**
July 10 • 1:00pm-3:00pm
- **"Hello Dolly!"**
July 24 • 1:00pm-3:30pm
- **"Blue Hawaii"**
August 7 • 1:00pm-3:00pm
- **"The Jungle Book"**
August 21 • 1:00pm-3:00pm

Games

- **Pickleball**
Mondays • Noon-1:30pm
Fridays • 10:30am-12:30pm
- **Bingo**
Mondays and Thursdays • 10:30am-11:30am
• FREE
- **Duplicate Bridge**
Tuesdays and Thursdays • 12:30pm-3:45pm
• FREE
- **Mah Jongg**
Tuesdays • 10:00am

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.

Event Series

Pre-registration is required for each event, unless stated. Space is limited.

- **Steffen Hirsch Juggler & Magic Show**
Saturday, June 17 11:00am
No pre-registration required. • FREE
- **Summer Kick Off Party with DJ Tyzer**
Tuesday, June 27 • Noon-2:00pm
• Price for Meal age 55-59 is \$5.63. 60+ Donations Requested.
- **Karaoke**
Friday, June 30 • 1:00pm-2:00pm
Friday, July 26 • 1:00pm-2:00pm
• No pre registration required. • FREE
- **Akhemdova Ballet Academy**
Saturday, July 1 • 1:30pm
• No pre registration required. • FREE
- **Fourth of July BBQ with Good Times Band**
Monday, July 3 • 1:00pm-3:00pm
• \$5 per person.
- **Rummikub Tournament**
Wednesday, July 5 • 1:00pm-4:00pm
• FREE
- **Intergenerational Performance**
Thursday, July 13 • 1:00pm
• No pre-registration required. • FREE
- **Game Day and Refreshments with Karen**
Saturday, July 22 • Noon-2:30pm
• FREE
- **Elvis Karaoke**
Friday, August 18 • 1:00pm-2:00pm
• FREE
- **International Fashion Show**
Tuesday, August 22 • 1:00pm • FREE

The Margaret Schweinhaut Senior Center will be closed for cleaning Monday, July 31 through Sunday, August 6.



55+ PROGRAMS

SENIOR CENTER SHUTTLES

Montgomery County Recreation provides a combination of curb-to-curb and fixed route transportation, Monday-Friday, to five of our senior centers and four Active Adult program locations.

If you are interested please call your local senior center or the Seniors Team at 240-777-4925 for more information.





North Potomac Senior Center

240-773-4805

This fantastic new facility is now open, providing a wide array of classes, programs, services and special events. Stop by the center for a tour and to see exciting new things that are starting to happen. Please visit our website or call 240-773-4805 for more information.

Antique Appraisals

Thursday, May 18 • Noon-2:00pm

Ever wonder what that CooCoo clock your Mother left you was worth? Or that pocket watch your Grandfather gave you for your Bar Mitzvah? Well wonder no more! A representative from Weschler's, the premier auction and appraisal house in Washington, DC since 1890, will be on hand to offer informal appraisals of your prized possessions. Three item limit per senior. Light refreshments will be provided.

Multicultural Day - Weaving The Fabrics of Community

Tuesdays, May 23 • 1:00pm-3:00pm

Join us for an afternoon of splendor as we celebrate the many cultures of our North Potomac community. Weaving the fabrics of our community through dance, song, spoken word and much more!

LGBTQ Aging in America w/Dr. Imani Woody

Wednesdays, May 31 • 11:00am-2:00 pm

Join Dr. Woody as she discusses aging in America as a member of the LGBTQ community. Dr. Woody will challenge common stereotypes while providing some interesting insight on some of the laws and changes that are happening in our country. This is sure to be an engaging presentation.

Yes Brussel Sprouts Do Taste Good; Cooking Demonstration w/ Chef

Thursday, June 15 • 1:30pm-3:00pm

We will have a professional chef on hand to provide us with an amazing cooking demonstration using only fruits and vegetables. This activity is in celebration of National Fresh Fruit and Veggie Month. Your taste buds will thank you!

Senior Social Dance; Summer Sock Hop

Thursday, June 29 • 1:00pm-3:00pm

Come out and enjoy a festive afternoon moovin and groovin. There will be live entertainment to provide your favorite dancing tunes.

Grandparents and Me; An Intergenerational Mid Day Matinee

Thursday, July 13 • 1:00pm-3:00pm

Thursday, August 3 • 1:00pm-3:00pm

Grandparents and their grands are invited to cool off in our center watching a family favorite on the big screen. Refreshments will be served.

Tea on the Terrace w/Harpist

Tuesday, July 18 • 1:00pm-3:00pm

You are invited to an afternoon tea while listening to soothing melodies played on a harp.

Armchair Adventures

Thursday, September 14 • 2:00pm-3:00pm

Exciting discussion all about your summer travels. Bring your pictures, slides and most importantly stories about your summer adventures. From staycations to international voyages. Let's share and learn about our next adventure!

The Evolution of Etiquette

Tuesday, September 8 • 1:00pm-2:30pm

Have you ever wondered why a man walks on the street side of the sidewalk? Or why its taboo for a woman to ask for a man's hand in marriage? Now is your chance to learn more about etiquette and how much it has changed over the years. Also learn about what's acceptable and not in Social Media platforms. You are sure to be enlightened and entertained all at the same time.

Oasis Classes

Held at North Potomac! See the Center for details.

***North Potomac Senior Center will be closed
Sunday, August 20 - Monday, September 4.***

55+ PROGRAMS

White Oak Senior Center

240-777-6944

White Oak Senior Center's mission is to provide quality, engaging and inspiring programming for 55+ adults in the local community. Our programs are specifically designed for our members to continue to achieve and maintain total wellness to enrich their lives. Not only do we serve our older adults, but we create an environment where they will serve our younger community as well. We strive to utilize the skills and life experiences of the wise to create new opportunities for our youth through our intergenerational programs.



55+ PROGRAMS

National Senior Health & Fitness Day Event!

Wednesday, May 31 • 10:00am-2:00pm

Help us celebrate National Senior Health day by enjoying several healthy food demonstrations, tastings, unique exercise classes, health screenings, and presentations. We will also have a community leisure walk! Join us!

White Oak Day!

Saturday, June 3 • 11:00am-2:00pm

Enjoy entertainment, food, games, and fun for all ages. This intergenerational event allows us to bring the community together to serve a purpose of valuing one another.

Motown Dance Party

Wednesday, June 14 • 1:00pm-3:00pm

Come dance, listen or sing to the sweet sounds of Motown. Feel free to "dress the part". We will all have fun!

Fourth of July Party

Wednesday, July 5 • 10:00am-3:00pm

We will have a barbeque catered lunch and festive entertainment!

Senior Super Power Circle

Tuesday, July 11 • 1:00pm-3:00pm

Enjoy relaxation activities, expressive movement, music, storytelling and dancing!

Spa Day Event!

Monday, July 24 • 10:00am-3:00pm

Senior Zone Radio Show has partnered with Montgomery County to help sponsor an event where seniors are to experience a day of being pampered. We will have free manicures, haircuts and hair styling. All we ask of you is to get a preventative health screening by getting your blood pressure, cholesterol and BMI screening. We will also have live entertainment while you wait! You won't want to miss this event!

AARP Safety Driver's Course

Wednesday, July 27 • 10:00am-3:00pm

Please arrive by 9:45 for administrative matters. The classroom course is \$15 for AARP members (bring membership card) and \$20 for nonmembers. Checks are payable to AARP the day of the class. Feel free to bring bottled water and a light snack. You may pay at the center in person or call 240-777-6944 to register.

Super Senior Bingo Lunch Cruise

Thursday, August 10 • 10:00am-3:30pm

Join us for a 2- hour cruise with an ALL YOU CAN EAT BUFFET on the Spirit of Washington, Thursday, August 11th 10:15am - 3:30pm. We cruise from 12pm – 2 pm. Cost \$63.71 per person and \$12.00 for the bus. Must pay in full at the front desk by Friday, July 1. Bus provided 20 seats available.

Soul Line Dance Party

Every Second Friday of the Month • 6:00pm–9:00pm

Come socialize, dance, and learn the newest dances. \$5 per person. Pay at the door.

White Oak Senior Center will be closed

Monday, August 7 - Friday, August 18.





55+ ACTIVE ADULT PROGRAM HIGHLIGHTS

The Department of Recreation offers a variety of classes, programs, and special events, at twelve community center locations throughout the county. Here is a sampling of the many programs we will be offering this summer. Please call the center nearest you for more information.

Bauer Drive CRC

Monday/Wednesday • 10:00am-2:00pm
14625 Bauer Drive
Rockville, MD 20853

240-777-6922

55+ individuals participate in a wide range of activities including seminars and workshops, zumba gold, soul line dancing, and individual and team sports activities.

Clara Barton NRC

Mondays & Wednesdays • 10:30am-3:00pm
7425 MacArthur Blvd.
Cabin John, MD 20818

240-777-4910

Clara Barton has senior exercise classes, pool tables, basketball, arts and crafts, games and quizzes with prizes and social activities all for fun.

Senior Sensations

Join the Senior Sensations for exercise classes, trips, lunches and fun summer programs!

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.

Gwendolyn E. Coffield CRC

Tuesdays & Thursdays • 10:00am-1:00pm
2450 Lyttonsville Road
Silver Spring, MD 20910

240-777-4900

Coffield CRC 55+ Active Adult Program offers individual instruction on how to use exercise equipment in the Weight Room (you must have a Senior Sneakers Membership), topic-specific workshops on food, social issues, health discussions, photo club, flu shot clinic, mini-bus trips to local museums, shows and local venues, and open gym (basketball, walking and table tennis). Contact the center for information on activities, registration requirements, fees, etc.

East County CRC * +

Tuesdays & Fridays • 10:00am-2:00pm
3310 Gateshead Manor Way
Silver Spring, MD 20904

240-777-8093

Weekly programs, social activities, exercise classes, and special events are scheduled for this summer. Contact the center for details. The center also offers a lunch program.

Germantown CRC+

Mondays & Thursdays • 10:00am-2:00pm
18905 Kingsview Road
Germantown, MD 20874

240-777-8098

A variety of fun activities are offered including luncheons, Mah Jongg, arts and crafts, health and wellness classes and lectures. Come check us out!

The JCA's Kensington Club meets here on Mondays. Call 202-735-3464.

Lawton/ Bethesda Area

Tuesdays, Thursdays & Fridays • 10:00am-2:00pm
Jane E. Lawton CRC
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 and tai chi.

Bone Builders Plus

Mondays & Wednesdays • 10:00am-11:00am

For more info see the strength training section of The Guide. This is a fee class.

Open Gym

Pickleball • Thursdays • 12:00pm-2:30pm

This is a vigorous net game that gets the body moving across the court (indoor court).

* Includes a nutrition lunch program.

+ Limited transportation available on program meeting days.

55+ PROGRAMS

Longwood CRC

Mondays & Wednesdays • 10:00am-2:00pm

19300 Georgia Avenue
Brookeville, MD 20833

240-777-6920

Zumba Gold

Mondays & Wednesdays • 9:00am

Registration is required. Designed to encourage cardio activity and exercise with Latin and International music and dance. (Instructor led)

Just My Two Cents!

Wednesdays • 10:00am

This time is designated for active adults, age 55+, to come together and spark conversation on events, people, places and things. Your opinion is important and will be heard. (Volunteer led)

Chair Exercise

Mondays • 10:30am

Stretch muscles, improve circulation and decrease stress. (Video led)

Marilyn J. Praisner CRC +

Tuesdays & Thursdays • 10:00am-2:00pm

14906 Old Columbia Pike
Burtonsville, MD 20866

240-777-4970

Programs include something for every senior, such as health and wellness learning, onsite movies, arts and crafts, guest speakers, entertainers and fitness activities for every level. Select from fitness classes, many free of charge, with modified exercises to accommodate beginners or advanced participants, including Tai Chi, Senior Fit and Bone Builders. Periodic mini-trips to local points of interest add to the array of carefully planned activities and events for active adults who love to be on-the-go!

Chair Yoga

2nd Thursday of the Month • 10:00am-11:00am

A gentle form of yoga designed for all levels. Stretch muscles, improve circulation and decrease stress.

Bridge

Mondays & Wednesdays • 1:00pm-4:00pm

Beginners, intermediate, advanced. Want to play or learn to play? We have a table for you.

Discussion Group

Tuesdays • 10:30am-Noon

Enjoy stimulating discussions on current events. Each session is conducted by a moderator so that everyone gets equal opportunity to speak and weekly topics are planned by participants.

* Includes a nutrition lunch program.

+ Limited transportation available on program meeting days.

Mid-County CRC*

Tuesdays & Thursdays • 10:00am-2:00pm

2004 Queensguard Road
Silver Spring, MD 20906

240-777-6820

Exciting program offerings for the summer! Call the center for details.

Living Well Workshop

Tuesdays, May 2 - June 13 • 10:00am-Noon

For people with a chronic disease or condition. By Medstar Montgomery Medical Center.

Bingo

Tuesdays • 1:00pm

Ross Boddy/Sandy Spring +

Tuesdays & Thursdays • 10:00am-2:00pm

Ross Body NRC
18529 Brooke Road
Sandy Spring, MD 20860

240-777-8050

Call us for exciting program offerings for the summer!

Bingo

Tuesdays & Thursdays • 11:00am-Noon

Dominos

Tuesdays & Thursdays • 1:00pm-2:00pm

Plum Gar CRC

Tuesdays & Fridays • 10:00am-2:00pm

19561 Scenery Drive
Germantown, MD 20876

240-777-4919

Exciting program offerings for the summer including tai chi, ballroom dancing and karaoke! Call the center for details.

CASSA (Chinese American Senior Services Association)

Thursdays • 10:00am-2:00pm

Potomac CRC

Tuesdays & Fridays • 10:00am-1:30pm

11315 Falls Road
Potomac, MD 20854

240-777-6960

Club Seniors

Seniors from the community come together to discuss current events and other topics of interest. This program also includes chair exercise, games, crafts, movies, guest speakers and entertainers. Periodic field trips are also scheduled with transportation provided. Light refreshments are served. FREE. In addition, we offer a wide variety of exercise classes, several are free while others have a nominal fee. Come join us!



Senior Sports Activities

Recreation offers many opportunities for individuals 55+ to participate in volleyball, basketball, badminton, pickleball, table tennis, billiards and other individual and team sports. Drop-In Gym programs only require individuals to get a \$30 a year open gym pass. There are also leagues offered at several locations that are co-sponsored with the Montgomery County Senior Sports Association (MCSSA). Call the Sports Team at 240-777-6810 for more information on league play. Aquatics also offers many programs and classes. Call the Aquatics Team at 240-777-6860 for additional information.

Open Gym Badminton

Damascus CRC

Th • 6:30pm-8:30pm*

North Potomac CRC

Th • 9:00am-Noon

Th • 6:15pm-8:45pm**

East County CRC

Th • 6:15pm-8:50pm

Open Gym Basketball

Bauer Drive CRC

Tu, Th • 9:00am-Noon

Damascus CRC

M • 7:30pm-8:50pm**

North Potomac CRC

M • 6:15pm-8:45pm**

W • 9:00am-Noon

Open Gym Frisbee

Damascus CRC

S • Noon-2:00pm (outdoor)*

S • 12:30pm-2:00pm

(indoor)*

Open Gym Pickleball

Bauer Drive CRC

F • 9:00am-11:00am(outside)

Damascus CRC*

Tu • 6:30pm-8:30pm

(indoor)**

Th • 6:30pm-8:00pm

(outdoor)**

S • 8:00am-10:00am

(outdoor)**

S • 10:15am-12:15am

(indoor)**

Germantown CRC

M • 6:00pm-8:45pm

Su • Noon-2:00pm

Jane E. Lawton CRC

Th • Noon-2:30pm

Longwood CRC

Tu • 10:00am-Noon

(outdoor)

Th • 12:30 – 2:30pm

(outdoor)

North Potomac CRC

M • 9:00am-Noon

M • 6:15pm-8:45pm**

Mid County CRC

M, W • 12:00pm-2:00pm

Th • 6:00pm-8:45pm

Plum Gar CRC

W • 6:30pm-8:45pm

Potomac

Tu • 11:00am-1:00pm(outside)

Ross Boddy

T • 6:00pm-8:30pm

White Oak CRC

T • 6:00pm-8:45pm**

Open Gym Sports

Damascus CRC (Billiards)

W • 6:30pm-8:30pm**

S • 10:30am-1:00pm**

Longwood CRC

M, W • Noon-3:00pm

Open Gym Table Tennis

East County CRC

M • 6:15pm-8:50pm

Damascus CRC

W • 6:30pm-8:30pm**

North Potomac CRC

T • 6:10pm-8:45pm**

W • 9:30am-12:00pm

Open Gym Volleyball

Bauer Drive CRC

M, W • 10:30am-12:30pm

Damascus CRC (Outdoor)

M-F • 6:00pm – 8:00pm*

S • 8:00am – 3:00pm*

Mid-County CRC

F • Noon-2:00pm

North Potomac CRC

Tu • 9:00am-Noon

Tu • 6:15pm-8:45pm**

White Oak CRC

M • 10:30am-1:30pm

* Open to all ages

**Open to 18+

Senior Sneakers Exercise Program

Montgomery County Recreation's popular Senior Sneakers Program helps adults age 55 and older have access to quality exercise/weight rooms across the County for a very affordable \$50 annual membership fee. For this low fee, members can use the exercise/weight rooms at all of the centers below during their normal operating hours.



BAUER DRIVE CRC
CLARA BARTON NRC
COFFIELD CRC
DAMASCUS CRC
EAST COUNTY CRC
GERMANTOWN CRC
LAWTON CRC

LONG BRANCH CRC
LONGWOOD CRC
NORTH POTOMAC CRC
MARILYN J. PRAISNER CRC
MID-COUNTY CRC
PLUM GAR CRC
POTOMAC CRC

ROSS BODDY CRC
SCOTLAND NRC
UPPER COUNTY CRC
WHITE OAK CRC
WISCONSIN PLACE CRC

EXERCISE CLASS HIGHLIGHTS

In addition to exercise classes offered at our Senior Centers, many Community 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

Tu, Th • 10:30am-11:15am

East County CRC

M, W, F • 10:45am-11:30am

Germantown CRC

Tu • 1:45pm-2:30pm; Th • 11:30am-12:15pm

Mid-County CRC

M, W, F • 11:00am-11:45am

Long Branch SC

M, W • 12:00pm-12:45pm

Plum Gar CRC

M, W • 10:30am-11:15am

North Potomac SC

M, W • 1:00pm-1:45pm

Praisner CRC

M-F • 9:00am-9:45am
M, W, F • 10:00am-10:45am

Ross Boddy

Tu, Th • 9:00am-9:45am

Schweinhaut SC

M, W, F • 8:30am-9:15am
and 9:30am-10:15am

Tu • 9:00am-9:45am

Sa • 9:30am-10:15am

White Oak SC

Tu, 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 \$40 per class for a 3-month session.

Weight Training

Margaret Schweinhaut Senior Center

Tuesdays • 10:00am-10:45am

Holiday Park Senior Center

Fridays • 11:00am-11:45am

Clara Barton Community Recreation Center

Fridays • 1:00pm-1:45pm

Aerobics/Strength Training/ Stretching

Clara Barton Community Recreation Center

Tuesdays & Thursdays • 11:30am-12:15am

North Potomac Senior Center

Fridays • 9:30am-10:15am

Advanced Aerobics/Strength Training/Stretching:

Wisconsin Place Community Recreation Center

Tuesdays • 10:00am-10:45am

Potomac Community Recreation Center

Mondays • 11:00am-11:45am

Wednesdays • 9:15am-10:00am

Stability Ball

Holiday Park Senior Center

Mondays • 9:00am-9:45am

Margaret Schweinhaut Senior Center

Tuesdays • 11:00am-11:45am



55+ PROGRAMS





EXERCISE CLASS HIGHLIGHTS

MedStar Montgomery Medical Center

Please register at MedStarMontgomery.org/classes or call 301-774-8881.

Senior Strength & Balance

Have fun, feel better and get fit with a free 45 minute fitness active aging group exercise class, designed to help older adults increase muscular strength, flexibility, range of motion and maintain their cardiovascular health. Sign up today! Classes are ongoing and a physician's consent form is required to participate.

Longwood CRC

Tuesdays • 9:00am

Wednesdays • 10:00am

Mid-County CRC

Wednesdays • 1:00pm

Tai Chi

This free meditative exercise program is designed for seniors age 55 and older. Improving balance, and coordination, flexibility, and range of motion and the program will increase strength by making your movements more efficient. Wear comfortable, loose fitting clothing and flat shoes. Students should be able to stand for 30 minutes at a time.

Longwood CRC

Mondays • 10:00am

Mid-County CRC

Tuesdays • 11:00am

Ross Boddy CRC

Tuesdays • 11:00am

Gentle Flow Yoga for Seniors

A variety of yoga poses to increase strength, balance and flexibility. The class ends with a wonderful meditation that soothes the mind and body.

Longwood CRC

Call for dates/times

\$40 for 8 sessions

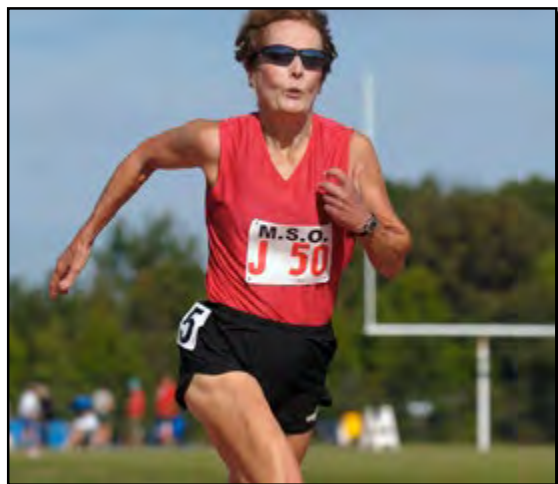
What to bring: yoga mat, water and comfortable shoes

MARYLAND SENIOR OLYMPICS



Montgomery County Recreation is the host agency for the Maryland Senior Olympics. Registration for our 2017 events is now open!

For more information visit www.mdseniorolympics.org or call 240-777-4930.





Therapeutic Recreation & Inclusion Services

Montgomery County Recreation welcomes and encourages individuals with disabilities to participate in recreation programs through Therapeutic Recreation Programs or Inclusion Services.

Therapeutic Recreation programs provide skill development, leisure education and recreation participation for individuals with various disabilities. The programs encourage socialization in order to nurture relationship between all participants. Specific target populations are included in the descriptions for each program.

Inclusion is an opportunity for participation in recreation programs alongside individuals without disabilities. Inclusion support encourages the facilitation of meaningful relationships between all participants involved in MCR Programs. Inclusion Services, such as interpreters, large print, auxiliary aids and/or companions, support individuals with disabilities to participate in programs and facilities in an inclusive environment.

**Reasonable
accommodation
enables
successful
participation.**



General Dance

Turn the Beat Around

Ages 15 & 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.

6 Sessions **\$30**
34784 Holiday Park SC 6/24 Sa 11:00am-12:00pm

General Fitness

TR Zumba

Ages 13 & Up: Every class is a party. Latin-based dance fitness class. 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.

6 Sessions **\$30**
34783 Holiday Park SC 6/24 Sa 10:00am-10:50am

Cardio 'n Core

Ages 13 & Up: Get fit through movement, stretching, and aerobics for your cardio and core and so much more! 1 staff to 10 participants.


6 Sessions **\$30**
34776 Damascus CRC 6/29 Th 7:00pm-8:00pm



Stretch 'n Tone

Ages 13 & Up: 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.

6 Sessions		\$30
34781	Glenmont LP	6/26 M 7:00pm-8:00pm
34782	Bauer Dr. CRC	6/29 Th 7:00pm-8:00pm



August 14, 2017
10:30am-2:30pm

Ages 5 & Up: Co-sponsored by the Montgomery County Agricultural Fair, the City of Gaithersburg and Montgomery County Recreation. The VIP Day Committee is asking for your help in identifying children who would benefit from this program. In order to be selected as a VIP, the child must be a resident of Montgomery County between the ages of 5 & 14, must have a disability or a life threatening illness. The family must be able to attend the Fair on Monday, August 14, as honored guest. If you know of a child or children, who have not previously been a VIP and would benefit from this special program, please call 240-777-6870 for an application.

General Martial Arts

Karate for Individuals with Disabilities

Ages 6 & Up: Introduction to traditional Korean Karate (Tang So Do) with emphasis on improving motor coordination. Classes will include stretching, arm and leg movements and drills. Wear loose fitting clothes or white GI (uniform). New students attend 9am class.

6 Sessions		\$48
Instructor: TKA Inc.		
34778	Holiday Park SC	6/24 Sa 9:00am-9:45am
34779	Holiday Park SC	6/24 Sa 10:00am-10:45am

Specialty Programs

Brain Benders

Ages 7-12: Entertain and challenge your brain with fun games that test visual perception, pattern recognition, spatial relations, problem solving, matching and memory skills, and brain teasers. This program has varying degrees of challenging games. One staff to four participants.

5 Sessions		\$25
Ages 7-12		
34787	Holiday Park SC	6/24 Sa 10:00am-10:50am
Ages 14 & Up		
34786	Holiday Park SC	6/24 Sa 11:00am-11:50am

TR Kayak Clinic

Ages 12 & Up: Do you want to try out a kayak? This is a clinic for people with a disability and their family members 12 and older to try out a kayak in calm water. We will provide instruction and equipment (life jackets, paddles, kayaks). Preregistration is required. Swimming ability required.

1 Session		\$5
35663	MLK	5/21 S 1:00pm-3:00pm

Island Kayak Trip

Enjoy a short afternoon paddle in the Potomac River to a small island. You must have some experience in a kayak and be able to swim this is for a person with a disability and their family members 12 and up.

1 Session		\$25
35664	Violettes Lock/ Lock 23	7/8 Sa 12:30pm-5:00pm

Therapeutic Recreation



Water Fitness

TR Adult Social Swim

Ages 18 & Up: For people with disabilities. Adapted aquatics and swim instruction in a group setting. 1 staff to 7 participants. No personal care assistance provided.

8 Sessions		\$40
34788 MLK	6/20 T	8:00pm-9:00pm
34789 GISC	6/21 W	8:30pm-9:30pm
34792 KSAC	6/22 Th	8:30pm-9:30pm
34790 Olney SC	6/23 F	7:15pm-8:00pm
34791 Olney SC	6/23 F	8:15pm-9:00pm



Weekend Adult Social Clubs

Look for dates and information in the Fall Guide.

Special Events

SIX FLAGS AMERICA Trip

Ages 18 & Up with disabilities: their family and friends. Spend the day in Park admission, one meal voucher, and transportation included in fee. Trip departs from and returns to MCR Administration Offices.

July 22, 2017
9:00am-9:00pm
Rec Admin Office
Activity #34777
\$60



SHARKS & MINNOWS

Lazy River Family Pool Party

For individuals with disabilities, their families and friends. Everyone is invited - parents and caregivers admitted free with registered participants. Grab an inner tube and float around the lazy river, swim in the open pool, or splash down the water slides. Pizza will be served. No personal care provided. Pre-registration preferred.

August 12, 2017
9:30am-11:30am
Martin Luther King Outdoor Pool
Activity #34780
\$5



Backyard BBQ

Ages 15 & Up with disabilities: Celebrate summer with your friends! DJ and dancing, games and FOOD! Pre-registration is required.

August 19, 2017
1:00pm-4:00pm
Mid County CRC
Activity #34775
\$10





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.



Excel Beyond the Bell

Students at the eight Excel Beyond the Bell schools get expanded access to after-school! Members can power up with an after-school meal before heading off to an activity of their choice. Need a ride home? Membership includes access to a 5:45 p.m. activity bus after the program ends at 5:30 p.m., Monday-Thursday. You might come for the extracurricular activities, but you'll probably stay for the people you meet!

MONTGOMERY COUNTY RECREATION

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 #23992 <http://www.montgomerycountymd.gov/careers>



YOUTH DEVELOPMENT
Montgomery County Recreation



TEENWORKS
MONTGOMERY COUNTY RECREATION



@MOCOREC

Requirements: Young Montgomery County Residents, Ages 15 - 24

FOR MORE INFORMATION CALL THE YOUTH DEVELOPMENT TEAM AT 240-777-8080



MONTGOMERY COUNTY RECREATION

SOAR

SENIOR OUTDOOR ADVENTURES IN RECREATION

PLAN TO SOAR THIS SUMMER!

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.

SUMMER REGISTRATION BEGINS TUESDAY, MAY 9, 2017 AT 8:30AM



WALKING TOUR OF ARLINGTON NATIONAL CEMETERY

Trip number: 31903 Wednesday, June 21
 Trip number: 31904 Thursday, June 22
 Fee: \$55 Leave 8:15 am, Return 4:30 pm

Spend a day learning about one of our Nation's most hallowed sites. Plantation, home, museum, strategic military center, burial ground and National Cemetery, Arlington has been all of these. Trace two centuries of history while visiting the final resting place of presidents, statesmen, and heroes. Details include the Kennedy Gravesite, Tomb of the Unknown Soldier, Arlington House, the Old Guard and more. Along the way we will examine rituals and symbolic unique facts about this iconic memorial site. Wear comfortable walking shoes and dress for the weather. Cameras are permitted but security measures are in place. **We will use the National Park Service tram to visit the sites that are not short walks.** Lunch, **on own**, at Pentagon City Mall Food Court.

SACRED SPACES – CATHEDRALS IN BALTIMORE CITY

Trip number: 31906 Wednesday, June 28
 Trip number: 31907 Thursday, June 29
 Fee: \$75 Leave 8:15 am, Return 4:30 pm

A new tour! Everyone enjoyed last year's tour of Sacred Spaces in Washington, D.C. so much that we scheduled Sacred Spaces in Baltimore as a follow-up. This tour will also be guided by Deirdre, who led that tour. The tour will include three of the most important religious sites in Baltimore City. We will stop at the *Baltimore Basilica*, America's first cathedral for a tour of this historic church. Archbishop John Carroll, founder of Georgetown University and a member of the prominent Carroll family of Maryland is buried there. The *Jewish Museum of Maryland* encompasses two historic synagogues and a modern museum highlighting Jewish life in America with a special focus on the Jewish experience in the State of Maryland. Our third stop is *Westminster Burying Ground and Catacombs*, a small but historical burial site in the center of Baltimore City. The burial ground pre-dates the church, which was constructed in such a way as not to disturb the existing graves, creating catacombs. Among the prominent people buried here is famed Baltimore poet, Edgar Allen Poe. Lunch, **included**, at famous Ikaros Restaurant.

TOUR OF DUPONT'S HAGLEY ESTATE & MUSEUM & DUPONT'S NEMOURS MANSION & GARDENS IN WILMINGTON, DELAWARE

Trip number: 31908 Wednesday, July 12
Fee: \$85 Leave 8:15 am; Return 7:30 pm

Tour Hagley Estate & Museum where the DuPont story begins. Visit the first duPont family home furnished with antiques and memorabilia of five generations of the duPonts, its gardens, the Blacksmith Hill workers' community, the first DuPont Powder Yards, and a 19th century machine shop. Enjoy a lunch (**included**) on premises. Then visit Alfred DuPont's Nemours Mansion, a modified Louis XVI French chateau with antique furniture, rare rugs, tapestry and outstanding works of art.



SKIPJACK SAILING TOUR ON CHESAPEAKE BAY & ST. MICHAELS

Trip number: 31911 Thursday, July 27
Fee: \$64 Leave 7:30 am, Return 5:30 pm

Take a two-hour sail on a sloop-rigged skipjack which is used as an oyster dredger during oyster season. Enjoy the Bay's wild beauty, experience an oyster dredging demonstration, listen to the captain discuss the Bay's ecology and the culture of the waterman. All this, aboard a Coast Guard certified wooden sailing ship whose type has been designated as the official Maryland State boat. Lunch, (**on own**) and sightsee in St. Michael's when not sailing. Wear sneakers, or boat shoes (no slippery soled shoes, please!).

BOAT TRIP TO TANGIER ISLAND ON THE CHESAPEAKE BAY

Trip number: 31914 Thursday, August 3
Fee: \$84 Leave 8:45 am, Return 8:30 pm

Enjoy a leisurely drive to Crisfield, MD on the eastern shore of the Chesapeake Bay. Then board the super cruise ship, the Steven Thomas, for a relaxing one-hour-and-fifteen minute trip to historic Tangier Island, which was discovered by Captain John Smith. Tangier is an unspoiled fishing village with quaint narrow streets and is the "soft shell crab capital" of the United States. Take a stroll through the narrow streets of this unique and picturesque island or be guided on a golf cart, for a nominal fee. A family style seafood lunch, featuring crab cakes, clam fritters, Virginia Ham, corn pudding, vegetables, homemade rolls and pound cake, and coffee/tea, is **included**.

TOUR POPLAR ISLAND IN CHESAPEAKE BAY-THE NATIONAL MODEL FOR RESTORATION OF DISAPPEARING HABITAT

Trip number: 31915 Tuesday, August 8
Trip number: 31916 Thursday, August 10
Fee: \$45 Leave 7:00 am, Return 5:00 pm



The SOAR members who visited Poplar Island two years ago were so impressed they asked to repeat the trip to see the progress that has been made. Begin with a 20-minute boat ride to Poplar Island from Tilghman Island. Then take a guided

tour of the Island by air-conditioned bus. Poplar Island served as a vacation retreat for Presidents Franklin Roosevelt and Harry Truman before it began to erode and disappear. The Army Corps of Engineers has been rebuilding this island to its 1847 footprint. See the rebuilding that is creating over 1000 acres of diverse habitat. Dredged materials have created wetland and upland habitat for the Bay's treasures such as ospreys, egrets, terns, herons, eagles and other wildlife. This restoration contributes significantly to the restoration goals for the Chesapeake Bay. Lunch (**on own**) and sightsee in St. Michaels when not touring.

RIVERBOAT CRUISE WITH LUNCH ABOARD THE PADDLEWHEELER DOROTHY MEGAN ON THE CHOPTANK AND WARWICK RIVERS PLUS A TOUR AND WINE TASTING AT LAYTON'S CHANCE VINEYARD AND WINERY

Trip number: 31917 Thursday, August 17
Fee: \$80 Leave 7:45 am, Return 5:00 pm

We will begin our trip with a tour of Layton's Chance Vineyard and Winery and participate in a wine tasting. We will then board the paddlewheeler for a two-hour cruise to view the beautiful sights along the



Choptank and Warwick Rivers. The Choptank River was the only waterway off the Chesapeake Bay that Captain John Smith did not discover and map. A chicken and crab cake lunch with dessert and a non-alcoholic beverage, **included**, will be served as we cruise.



CANOE TRIP THROUGH THE JUG BAY WILDLIFE SANCTUARY

Trip number: 31918 Wednesday, August 23
 Trip number: 31919 Thursday, August 24
 Fee: \$40 Leave 8:15 am, Return 3:30 pm



Guided by a park naturalist, take a 2 to 3 hour canoe tour through this 500 acre wildlife sanctuary bordering the Patuxent River in Anne Arundel County. The naturalist will make commentaries on the waterfowl and plant life of the wetlands as we canoe.

For experienced and less experienced canoeists. **Bring a bag lunch** and enjoy the peace and solitude of this lovely area. Travel by air-conditioned van.

BOAT TOUR OF CHESAPEAKE BAY LIGHTHOUSES

Trip number: 31921 Thursday, August 31
 Fee: \$80 Leave 7:15 am, Return 5:30 pm

Embark from Tilghman Island on a voyage of discovery aboard a 36-foot former US Navy special operations vessel with professional captain and mate. Hear a narration of the storied history of the Bay and its lighthouses on a 2½ hour boat tour of the Sharps Island or Bloody Point and Thomas Point lighthouses. There is ample shade and a restroom on board. Coast Guard certified. Lunch **(on own)** and sightsee in St. Michaels when not boating.



SAILING TRIP ON THE SULTANA, A REPRODUCED 18TH CENTURY SCHOONER IN CHESTERTOWN, MD

Trip number: 31923 Thursday, September 7
 Fee: \$85 Leave 7:30 am, Return 5:30 pm



Sail on the Sultana, the full-scale reproduction of an 18th Century Royal Navy schooner that we witnessed being built on previous trips to Chestertown. Experience life on board ship as it was in the 18th Century. Coast Guard certified with a professional crew. When

not sailing, enjoy a guided tour of Chestertown, one of the best preserved colonial ports in America. Crab cake lunch is **included**.

WALKING TOUR OF THE WHITE HOUSE IN HOLIDAY DÉCOR IN MID-DECEMBER

Trip number: 31924 December 7, 12, 13, or 14
 (We will be assigned one of these dates)
 Fee: \$45 Time to be determined

A walking tour of the White House decorated in its Christmas splendor! We will also tour the White House Visitor's Center Museum. Lunch **(on own)** at Union Station. **Date of trip, departure and return times will**



be announced at the end of November when the White House sets the date and time; subject to SOAR's request for a group tour being accepted. Photo ID is required for admission. Early registration needed to meet White House requirements.

Baseball

2017



Join us for one or more of our baseball game trips this year. **This year our seats are located in gallery/upper box seats which are below where we sat in past years.** All games this year are \$59.00 per person and include 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
28792	Tuesday, May 30	Orioles vs NY Yankees	4:30 pm
28793	Thursday, June 22	Orioles vs Cleveland Indians	4:30 pm
28795	Tuesday, July 25	Nationals vs Milwaukee Brewers	4:30 pm



MAKE EVERY DAY UNFORGETTABLE!

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

Join us for our fun family and adult trips offered throughout each season and leave the driving to us. Children under 18 must be accompanied by an adult. Trips leave and return from the Olney Manor Recreational Park.

SUMMER REGISTRATION BEGINS TUESDAY, MAY 9, 2017 AT 8:30AM

68TH ANNUAL KUTZTOWN FOLK FESTIVAL KUTZTOWN, PA

Trip number: 31926

Date: Saturday, July 8

Fee: \$69

Leave 7:30 am, Return 6:30 pm



Enjoy the finest in traditional crafts, food, and music and folk life memorabilia in Kutztown, PA. Hundreds of America's finest traditional craftsmen will be demonstrating their art, furniture, pottery, hand painted artworks,

quilts and much more. The Kutztown Folk Festival is the oldest continuously operated folklife festival in America. This nine-day event continues to draw visitors from all over the world, entertaining families while providing valuable insight into the traditions of the Pennsylvania Dutch and their fascinating way of life. The festival houses the largest quilt sale in America and has an internationally attended Quilt Auction of top prize-winning quilts in the famous Quilt Barn! This unusual festival has been featured twice in National Geographic and has been called "one of the most unique festivals on the East Coast" by the Washington Post, and with good reason. Spend the day enjoying the festivities and the Pennsylvania Dutch food of every variety. Fee includes transportation and festival entrance fee. **Meals are on your own.**



"SOME ENCHANTED EVENING" THE SONGS OF RODGERS & HAMMERSTEIN *THE RIVERSIDE DINNER THEATER, FREDERICKSBURG, VA*

Trip number: 31927

Sunday, July 16

Fee: \$99

Leave 10:15 am, Return 8:15 pm

Join us for a glorious celebration of the most memorable songs of the team that established the Broadway musical as a totally American genre, Richard Rodgers and Oscar Hammerstein. Their parade of hit shows across a span of nearly 17 years of collaboration with such landmark musicals as Oklahoma!, Carousel, South Pacific, The King and I, Me and Juliet, Cinderella, Flower Drum Song, and The Sound of Music. Don't miss the passion and beauty of the live on stage production! Before the show enjoy a delicious three-course served luncheon. **Fee includes transportation, luncheon and show!**

THE SECOND CITY'S ALMOST ACCURATE GUIDE TO AMERICA: "DIVIDED WE STAND" *KENNEDY CENTER, WASHINGTON, D.C.*

Trip number: 31928

Sunday July 23

Fee: \$89

Leave 1:00 pm Return 6:00 pm

Who better to comment on the state of our nation than the comedians who mock it best? Returning for another summer of uproarious irreverence, The Second City is the world's premier club for comedy/theater and school of improvisation. An impressive comedic alums including Keegan Michael Key, Steve Carell, Stephen Colbert, Tim Meadows, Jim Belushi, Chris Farley, Tina Fey, Bill Murray, Amy Poehler, Joan Rivers, Jane Lynch, and more. Recommended for age 16 and up. **Fee includes transportation and show. Meals on your own at the Kennedy Center Café before the performance and concessions preshow and during intermission!**



GOD AND COUNTRY –THE PENNSYLVANIA OPRY MERCERSBURG, PA

Trip number: 31929

Thursday, July 20

Fee: \$79

Leave 9:45 am, Return 6:45 pm



This is a new show for 2017! Faith and patriotism have always walked hand in hand - dedicated to protecting and defending 'America the Beautiful.' We'll rally round the flag with a selection of some of our favorite gospel and patriotic songs. We guarantee you'll have Star

Spangled good time! Join The Pennsylvania Opry for some good ol' fashioned family entertainment at the Star Theatre in Historic Mercersburg, Pennsylvania. Come experience the music and entertainment of Pennsylvania's premier musical variety show. Before the show enjoy a buffet lunch at Keystone Family Restaurant. After, we will stop at the popular Blue Goose Marketplace! **Fee includes transportation, buffet lunch and show admission!**

CAMELLIA'S SIN TEA PARLOR AND GUIDED TOUR OF MEADOWBROOKE GOURDS! CARLISLE, PA

Trip number: 31930

Friday, July 28

Fee: \$79

Leave 9:15 am Return 7:15 pm

New! This charming tea room has been ranked as one of the top five tearooms in PA by teamap.com and was one of 18 featured in the book *Taking Tea: Favorite Recipes from Notable Tearooms* from Tea Time Magazine. Bring a



fancy hat, or borrow one off the wall, and indulge your palate to an afternoon tea menu including salad, scones, sandwiches, soups, desserts and a variety of seasonal teas. After dining, enjoy finding treasures in the gift shop. Next, we'll travel to Meadowbrooke Gourds, the largest gourd manufacturer in the country. Our guided tour will show you the fascinating steps involved in growing gourds, cleaning them and ultimately crafting them into works-of-art. Before departing you will have a chance to visit the showroom floor for souvenir shopping. We will make a stop at Baugher's Farm Market in Westminster, Maryland, on our way home. Note: Camellia sinensis is the botanical name for the tea plant; hence, Camellia's "Sin." **Fee includes transportation, high tea luncheon and guided tour of Meadowbrooke Gourds.**

MGM GRAND - NATIONAL HARBOR CASINO FORT WASHINGTON, MD

Trip number: 31931

Sunday, July 30 (date subject to change)

Fee: \$49

Leave 9:00 am Return 4:00 pm

Enjoy this brand new luxury resort casino offering stunning panoramic views of the Potomac River in Maryland. MGM National Harbor, the capital region's first luxury gaming resort, boasts more than 125,000 square feet of vibrant



gaming space with more than 125 table games including blackjack, roulette and craps, a 39-table Poker Room, 25 variations of carnival games such as 3-card Poker and Let it Ride, and more than 3,300 slot machines. Aside from the 24-story, 308-room hotel, the resort features a world-class spa and salon, entertainment theater, 18,000 square feet of high-end branded retail, and 15 dining options from fast-casual to fine dining featuring three acclaimed chef-driven restaurants. Don't miss out on the fun and excitement at the area's newest casino property! Casino package will be announced!! Gamble, eat, shop or even take a shuttle over to the waterfront for more restaurants, shopping and fun!! **All passengers must have a valid and unexpired government issued form of photo ID and must be at least 21 years of age.* **Fee is for transportation.**

FIRST SUNDAY ARTS & CRAFTS FESTIVAL HISTORIC ANNAPOLIS, MD

Trip number: 31932

Sunday, August 6, 2017

Fee: \$49

Leave 11:00 am, Return 5:00 pm

Explore The First Sunday Arts Festival of Annapolis where a portion of historic West Street and beyond is transformed into a fun festival of live music, dance, arts and crafts. It's the perfect place to enjoy an afternoon outdoors surrounded by talented performers, musicians, and over 100 booths of arts and crafts. Select restaurants become outdoor cafes perfect to watch the fun and people go by! Experience street festivals, an art market, an entertainment venue and an arts and crafts fair all rolled into ONE! Be entertained with live music, dance, theater, and street performers. Be fed with cafe dining as well as food and beverage vendors. Talk a stroll down to the City Dock! **Fee is for transportation. Meals are on your own.**

NEWSEUM – THERE'S MORE TO EVERY STORY WASHINGTON, D.C.

Trip number: 31933 Friday, August 11
Fee: \$59 Leave 9:00 am, Return 4:00 pm

Find out why tour and travel professionals are calling the Newseum the best experience Washington, D.C., has to offer. We will have a brief introduction to the Newseum and then tour on your own. Each of the seven levels in this magnificent building is packed with interactive exhibits that explore how news affects our shared experience of historic moments. Newseum highlights include: Dramatic atrium, including a suspended news helicopter; FBI exhibit featuring coverage of the crimes of the century; 4-D time travel movie in a state-of-the-art theater. Gallery of every Pulitzer Prize photo since 1942, one of the world's largest displays of sections of the Berlin Wall; 31-foot section of the World Trade Center's North Tower broadcast antenna; and 36-foot-tall, 27,000-lb. Journalists Memorial and Interactive Newsroom. Hank Greenspun Terrace on Pennsylvania Avenue: this terrace offers a panoramic view of one of America's most famous streets, the site of presidential parades and funeral processions, celebrations and protests. An 80-foot-long exhibit rail tells the rich history of the people and events that played a role in shaping the avenue, Washington, D.C., and the nation itself. Enjoy self-service dining in the Food Section, a 152-seat food court on the Newseum's Concourse Level. The menu, developed and executed by Wolfgang Puck Catering, includes an extensive selection of hot entrées, grilled and cold sandwiches, salads, snacks and desserts. **Fee includes admission and transportation. Meals are on your own.**

34TH ANNUAL CARYTOWN WATERMELON FESTIVAL RICHMOND, VA

Trip Number: 31934 Sunday, August 13
Fee: \$63 Leave 8:00 am, Return 5:00 pm

Eat, shop and play!! Come walk The Mile of Style and savor all that Carytown has to offer with unique boutiques, restaurants' specialty shops and more! Carytown has been voted "Best Shopping Neighborhood in Virginia" by the readers of *Southern Living* magazine. Carytown's family friendly festivals and events are a great way to enjoy the summer season with the award winning 34th annual Watermelon Festival which has been named "Best Food Festival" in *Virginia Living* magazine. Big bands, jugglers, and folk acts will entertain from five outdoor stages. There are nearly 50 performances scheduled and more than 100 street vendors planning to transform Cary Street into the granddaddy of street festivals. Imagine, over 3000 watermelons are carved up for your enjoyment. Mark your calendar now for a great day of family fun. **Fee is for transportation. Meals and watermelon slices are on your own.**

"THE KING AND I" JOHN F. KENNEDY CENTER FOR THE PERFORMING ARTS, WASHINGTON, D.C.

Trip number: 31935 Saturday, August 19
Fee: \$159 Leave 11:00 am, Return 6:00 pm



Two worlds collide in Lincoln Center Theater's *The King and I*, winner of four 2015 Tony Awards, including Best Revival of a Musical. The timeless story of Anna Leon Owens and the King of Siam is too beautiful to miss" (New York Magazine). The production boasts a score featuring beloved classics such as "Getting To Know You," "I Whistle a Happy Tune," "Shall We Dance," and "Something Wonderful." Set in 1860s Bangkok, the musical tells the story of the unconventional and tempestuous relationship that develops between the King of Siam and Anna Leon Owens, a British schoolteacher whom the modernist King brings to Siam to teach his many wives and children. Before the performance, enjoy meals **on your own** at the Kennedy Center Café and concessions preshow and during intermission! **Fee includes transportation and show admission!**

HAVRE DE GRACE "ART SHOW" MILLARD TYDINGS MEMORIAL PARK, HAVRE DE GRACE, MD

Trip number: 31936 Sunday, August 20
Fee: \$53 Leave 8:30 am, Return 5:30 pm

Located at the head of the Chesapeake Bay, Havre de Grace, Maryland, is an ideal location for a festival featuring art work, food and live music. Enjoy the waterfront wooden promenade, decoy museum, maritime museum, the Concord Point Lighthouse close by. Havre de Grace has something for everyone. Havre de Grace Art Show is proud to showcase the talents of artists and craftsmen from throughout the country, along with live entertainment, children's entertainment and specialty food. The Havre de Grace Art Show is a juried show held annually on the third weekend of August. Option to stop at the Visitors Center in the heart of the historic district and enjoy the shops and restaurants and later be shuttled to the festival! You will have the option to experience both areas shuttled by our own bus with designated drop off and pick up points and times. **Fee is for transportation.**





AMERICAN MUSIC THEATRE SHOW "VEGAS LEGENDS" & MILLER'S SMORGASBORD LANCASTER, PA

Trip number: 31937
Fee: \$119

Saturday, August 26
Leave 9:30 am, Return 7:30 pm



In Vegas Legends, American Music Theatre captures the excitement and energy of Las Vegas, while featuring the sweet refrains of yesterday's and today's legendary musicians like Elvis Presley, Wayne Newton, Paul Anka, Tom Jones,

Celine Dion, Donny & Marie, Garth Brooks and more. This family friendly show highlights the best of Vegas variety with first-class music and dance, and mix in some fun to create a truly entertaining event as they pay tribute to the famed entertainers who helped make Las Vegas the "Entertainment Capital of the World." Before the show enjoy a delicious buffet lunch at Miller's Smorgasbord and shopping at The Quilt Shop, Gift and Bake Shop, The Tee Parlour, The Bible History Exhibit, Twin Brook Winery, and Ruthie's. **Fee includes transportation, lunch and show!**

NATIONAL AQUARIUM SEA & TEA LUNCHEON! BALTIMORE, MD

Trip number: 31938
Fee: \$79

Friday, September 8
Leave 9:30 am, Return 5:30 pm

An underwater world of beautiful and unusual animals and habitats awaits at the National Aquarium, located in the heart of Baltimore's Inner Harbor. The aquarium offers a showcase with close to 20,000 animals, including birds, frogs, sharks, dolphins and jellies. Upon our arrival at the Aquarium our group will enjoy a private Tea Luncheon in the Aquarium's Harbor View Room, which has a spectacular panoramic view of the Inner Harbor while gaining an insider's knowledge of the fascinating animals with a presentation from one of the animal experts. The luncheon will include a delicious assortment of scones, tea sandwiches, a specialty salad, miniature desserts and hot and cold beverages. After, we will then be free to tour the Aquarium and its gift shops at your leisure for about 3 and a half hours until we meet at the designated departure location on sight! **Fee includes Private Tea luncheon, Aquarium admission and transportation!**



50TH ANNUAL MARYLAND SEAFOOD FESTIVAL SANDY POINT STATE PARK, ANNAPOLIS, MD

Trip number: 31939
Fee: \$54

Sunday, September 10
Leave 9:00 am, Return 5:00 pm



We're celebrating 50 years of food and fun at Sandy Point State Park with a weekend full of delicious seafood dishes, interactive cooking demonstrations, and exciting cook-off competitions! While you sample all of our tasty offerings, enjoy maritime

related exhibits, contests, and activities. The Festival also hosts loads of local shopping and vendor options, a fantastic beverage selection with lots of local craft beer and wine, and tons of kids activities, all along the beautiful shores of the scenic Chesapeake Bay. Special events include the Crab Soup Cook-off, Chef Demonstrations, Import and Craft Beer Tastings, Wine Row and much more. The Festival also features a large variety of artisans and craft vendors, interactive kids zone, and more. This event draws 20,000+ visitors from all across the mid-Atlantic region. **Fee includes Transportation and festival admission. All food purchases and extra activities on your own.**

ROCKETTES CHRISTMAS SPECTACULAR RADIO CITY MUSIC HALL, NEW YORK, NY

Trip number: 31940
Fee: \$210

Saturday, December 9 (possible date)
Leave 7:00 am, Return 11:00 pm

Every year, the Rockettes push themselves further to put on a show that's more dynamic, more challenging and more magical than the last. Take in cherished moments and create new memories - generations of families have made this show a holiday tradition. Since



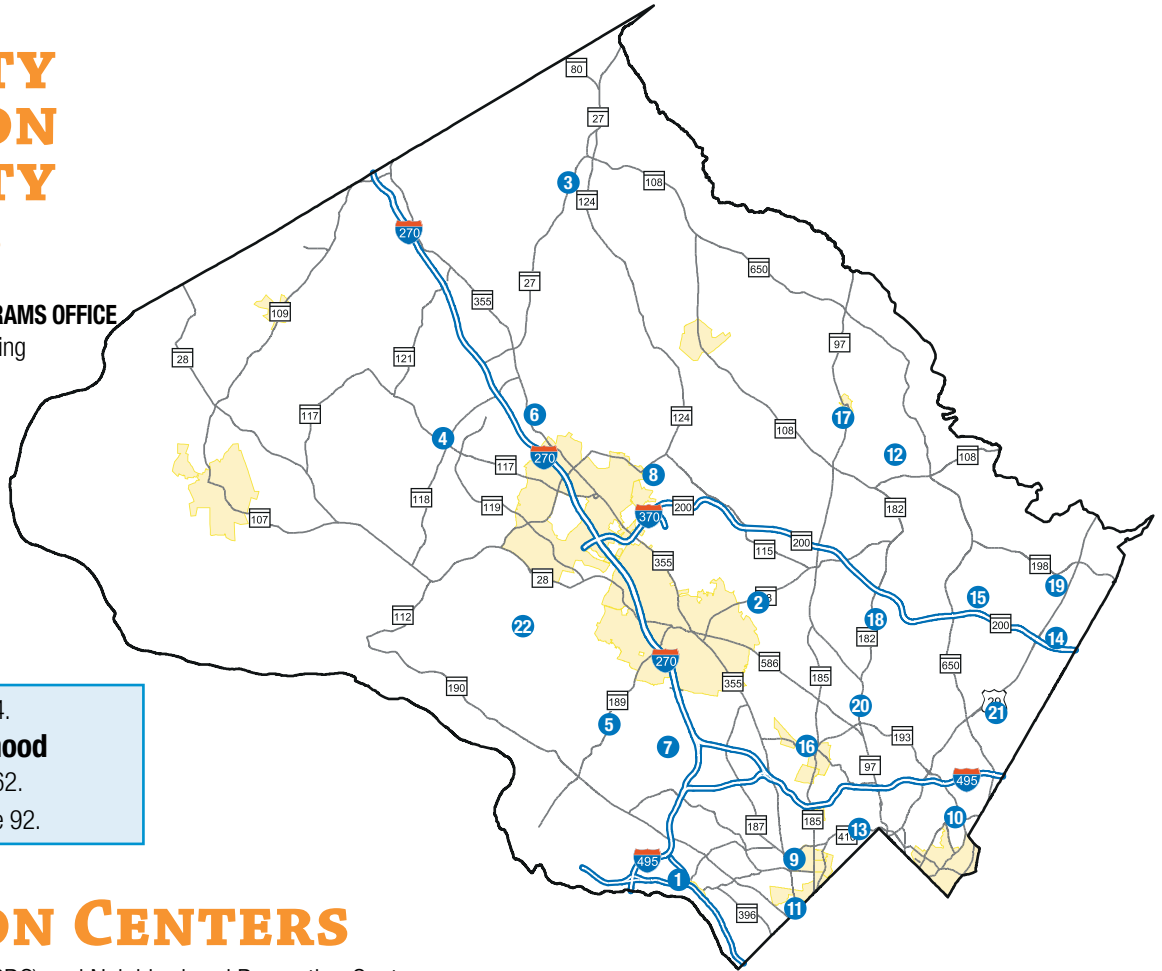
1933, the Christmas Spectacular has played at the famed Radio City Music Hall and still features beloved fan-favorite numbers, including Parade of the Wooden Soldiers and the Living Nativity, which have both been in the show since its inception. Take a thrilling 3-D ride through the skies of New York with Santa, and be whisked up to the North Pole, as state-of-the-art technology transforms Radio City Music Hall into a magical, immersive wonderland. There is no better place to be during the holidays. The date and time are TBD (possibly Saturday, Dec. 9, 2017 with a 2:00pm Matinee). **Fee includes transportation and show admission. Meals are on your own.**

COMMUNITY RECREATION COMMUNITY FACILITIES

COMMUNITY FACILITIES AND PROGRAMS OFFICE
2004 Queensguard Road, Silver Spring
240-777-4980

Community Facilities and programs consists of Senior and Senior Neighborhood Centers, Community Recreation and Neighborhood Recreation Centers

Aquatic Centers: See page 14.
Senior & Senior Neighborhood Centers: Starting on page 62.
Facility Addresses: See page 92.



RECREATION CENTERS

Community Recreation Centers (CRC) and Neighborhood Recreation Centers (NRC) are located throughout Montgomery County. A variety of activities and programs are offered for participants of all ages. Each center is unique and may have some or all of the following: gymnasium, social hall with dance floor and kitchen, game and billiards room or area, weight and exercise room, arts and craft room, and meeting room. Rooms of various sizes at the CRC/NRCs can also be rented. Call for specific hours and availability.

- 1 Clara Barton NRC** **240-777-4910**
7425 MacArthur Boulevard, Cabin John
- 2 Bauer Drive CRC** **240-777-6922**
14625 Bauer Drive, Rockville
- 3 Damascus CRC** **240-777-6930**
25520 Oak Drive, Damascus
- 4 Germantown CRC** **240-777-8095**
18905 Kingsview Road, Germantown
- 5 Potomac CRC** **240-777-6960**
11315 Falls Road, Potomac
- 6 Plum Gar CRC** **240-777-4919**
19561 Scenery Drive, Germantown
- 7 Scotland NRC** **240-777-8075**
7700 Scotland Drive, Potomac
- 8 Upper County CRC** **240-777-8077**
8201 Emory Grove Road, Gaithersburg
- 9 Jane E. Lawton CRC** **240-777-6855**
4301 Willow Lane, Chevy Chase
- 10 Long Branch CRC** **240-777-6965**
8700 Piney Branch Road, Silver Spring

- 11 Wisconsin Place CRC** **240-777-8088**
5311 Friendship Boulevard, Chevy Chase
- 12 Ross J. Boddy CRC** **240-777-8050**
18529 Brooke Road, Sandy Spring
- 13 Gwendolyn Coffield CRC** **240-777-4900**
2450 Lyttonville Road, Silver Spring
- 14 East County CRC** **240-777-8090**
3310 Gateshead Manor Way, Silver Spring
- 15 Good Hope NRC** **Closed for Renovations**
- 16 Ken Gar Center**
4111 Plyers Mill Road, Kensington
- 17 Longwood CRC** **240-777-6920**
19300 Georgia Avenue, Brookeville
- 18 Mid-County CRC** **240-777-6820**
2004 Queensguard Road, Silver Spring
- 19 Marilyn J. Praisner CRC** **240-777-4970**
14906 Old Columbia Pike, Burtonsville
- 20 Wheaton NRC** **Closed for Renovations**
- 21 White Oak CRC** **240-777-6940**
1700 April Lane, Silver Spring
- 22 Nancy H. Dacek North Potomac CRC** **240-773-4800**
13850 Travilah Road, Rockville



PROGRAM LOCATIONS

Arcola Elementary School

Ballet	44
Kidz Dance	55

Bauer Drive Community Recreation Center

ACT The Workout	51
Acrylic Painting Techniques	42
Badminton Advanced	59
Badminton Beginner/ Advanced Beginner	59
Badminton Intermediate	59
Draw and Clay.....	41
Dynaerobics AND Body Sculpting	50
Dynaerobics Body Sculpting	50
Gentle Yoga.....	52
It's a Stitch	42
Jazzmatazz Low-Impact Aerobics.....	48
Karate/Jujitsu.....	54
Karate/Jujitsu Adult	55
Kidz Sew and Tell	41
Learn Now Music: HeroeZ of Guitar	45
Learn Now Music: KeyZ to Piano.....	46
Men's Sunday Basketball League	59
Stretch 'n Tone	76
Yoga Basics	52
Zumba Fitness	48

Bethesda Elementary School

Karate/Jujitsu.....	54
Karate/Jujitsu Adult	55

Bethesda Outdoor Pool

Aquatots	25
Beginner 1	28
Beginner 2	30
Beginner 3	31
Beginner 4	32
Deep Water Running	16
MCSL - Bethesda Barracudas.....	19
Pre-School	26
Youth Level 1	33
Youth Level 2	34
Youth Level 3	35
Youth Level 4	36
Youth Level 5	37

Capital View - Homewood Local Park

Karate and Iaido	54
Karate and Iaido Beginners.....	54
Iaido.....	54

Clara Barton NRC

55+ FREE Bone Builders.....	65
Definition Body Sculpting	50
Karate/Jujitsu.....	54

Commotion Fitness Studio

Fit U Summer Boot Camp	49
Kickboxing	49

Damascus Community Recreation Center

Cardio 'n Core.....	75
Karate/Jujitsu.....	54
Karate/Jujitsu Adult	55

Damascus Senior Center

55+ FREE Bone Builders.....	65
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DuFief Elementary School

Karate/Jujitsu.....	54
Karate/Jujitsu Adult	55

East County Community Recreation Center

Yoga Basics	52
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Eastern Middle School

Classic Vovinam Martial Arts - Advanced.....	53
Classic Vovinam Martial Arts - Beginners.....	53

Garrett Park Elementary School

Qi Gong & Meditation	50
Tai Chi, Part I.....	50

Germantown Community Recreation Center

55+ FREE Bone Builders.....	65
Ballet	44
Category 4 Fitness Boot Camp ...	50
Dance Fit Zumba.....	48
Draw and Clay.....	41
Funfit Tots.....	57

Funfit Tots Family Class.....	57
Hippo Hoppo	55
Karate/Jujitsu.....	54
Karate/Jujitsu Adults	55
Kidz Dance	55
Kinderstunde	57
Learning Art from the Masters ...	41

Germantown ISC

Adult Level 1	38
Adult Level 2	38
Adult Level 3	39
Adult Level 4	39
Aquatots	25
Beginner 1	27
Beginner 2	29
Beginner 3	31
Beginner 4	32
Deep Water Running	16
Lifeguard Training	20
Masters Swimming	18
Montgomery Stroke and Turn Clinic.....	19
Pre-School	26
Scuba	18
TR Adult Social Swim	77
Water Aerobics.....	16
Water Exercise	16
Waterbabies	24
Youth Level 1	33
Youth Level 2	34
Youth Level 3	35
Youth Level 4	36
Youth Level 5	37
Youth Level 6	37
USAD National Team	18

Germantown Outdoor Pool

Aquatots	25
Beginner 1	28
Beginner 2	30
Beginner 3	31
MCSL - Germantown Torpedoes.....	19
Pre-School	26
Youth Level 1	33
Youth Level 2	34
Youth Level 3	35
Youth Level 4	36

PROGRAM LOCATIONS

Glenallan Elementary School

Karate/Jujitsu.....	54
Karate/Jujitsu Adult.....	55

Glenmont Local Park

Stretch 'N Tone.....	76
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Gwendolyn Coffield CRC

55+ FREE Bone Builders.....	65
Ballroom III (Couples).....	45

Holiday Park Senior Center

ACT The Workout	51
Ballroom I (Couples)	44
Ballroom II (Couples)	44
Ballroom IV (Couples).....	45
Brain Benders	76
It's a Stitch	42
Jazzmatazz Aerobics	
W/Pilates Mat	48
Karate for Individuals with Disabilities	76
Karate/Jujitsu Club.....	55
Karate/Jujitsu Club 2.....	55
TR Zumba	75
Turn the Beat Around.....	75
Urban Line Dance	45

Imagination Stage Dance Studio

Fit U Summer Boot Camp.....	49
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Jane E. Lawton CRC

55+ FREE Bone Builders.....	65
Ballet and Dance Series I.....	44
Ballet and Dance Series II	44
Bone Builders - Plus.....	50
Dance & Fitness.....	48
Hatha Yoga and Stress	
Mangement Beg/Con	52
International Folk Dancing	45
It's a Stitch	42
Men's Sunday Basketball League	59
Men's Wednesday Basketball League	59
Oil or Acrylic Painting - Your Choice!	43

Johnson, Walter High School

Men's Wednesday Basketball League	59
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Kennedy Shriver Aquatic Center

AAU National team.....	17
Abs & Glutes & More.....	15
Adult Level 1.....	38
Adult Level 2.....	38
Adult Level 3.....	39
Adult Level 4.....	39
Aqua Cardio Dance.....	15
Aqua Lite	15
Aquatots	25
Beginner 1	27
Beginner 2	29
Beginner 3	31
Beginner 4	32
Deep Water Running	16
Hi/Lo Cardio Fusion	16
High School Diving.....	17
Human Springs Summer Camp...17	
Lifeguard Training	20
Masters Diving.....	17
Masters Swimming	18
Montgomery Stroke and Turn Clinic.....	19
Pre-School	26
TR Adult Social Swim	77
USAD Developmental Group	18
USAD National Team	18
Water Aerobics.....	16
Water Exercise.....	16
Waterbabies	24
Youth Level 1	33
Youth Level 2	34
Youth Level 3	35
Youth Level 4	36
Youth Level 5	37
Youth Level 6	37

Komodo USA - Gaithersburg

Komodo Abacus Mental Math....	58
Komodo Advanced Math.....	58

Komodo USA - Germantown

Komodo Abacus Mental Math....	58
Komodo Reading & Writing.....	58

Kritt Studio

Painting Beach Life with Kritt Workshop	43
Painting Nature with Kritt Workshop	43

Long Branch Outdoor Pool

Adult Level 1.....	38
Adult Level 2.....	38
Aquatots	25
Beginner 1	28
Beginner 2	30
Beginner 3	31
MCSL - Long Branch Water Wizards	19
Pre-School	26
Youth Level 1	33
Youth Level 2	34
Youth Level 3	35
Youth Level 4	36

Longwood Community Recreation Center

55+ FREE Bone Builders.....	65
Adventures in Art	41
Art Studio	41
Karate/Jujitsu.....	54
Learn Now Music: KeyZ to Piano.....	46
Learn Now Music: The Violinist Within	45

Marilyn J. Praisner Community Recreation Center

55+ FREE Bone Builders.....	65
ACT The Workout	51
Dance Fit Zumba.....	48
Karate/Jujitsu.....	54
Karate/Jujitsu Adult	55
Yoga Basics	52



PROGRAM LOCATIONS

Martin Luther King Jr. Outdoor Pool

Adult Level 1	38
Adult Level 2	38
Adult Level 4	39
Against the Current	15
Aqua YO-Lates	16
Aquatots	25
Beginner 1	28
Beginner 2	30
Beginner 3	31
Pre-School	26
Sharks and Minnows Lazy River	
Family Pool Party	77
TR Kayak Clinic	76
Youth Level 1	33
Youth Level 2	34
Youth Level 3	35
Youth Level 4	36
Youth Level 5	37
Youth Level 6	37

Martin Luther King Jr. Swim Center

AAU National team	17
Abs & Glutes & More	15
Adult Level 1	38
Adult Level 2	38
Adult Level 3	39
Adult Level 4	39
Aqua Cardio Dance	15
Aqua Lite	15
Aquatots	25
Beginner 1	27
Beginner 2	29
Beginner 3	31
Beginner 4	32
Deep Water Running	16
Lifeguard Training	20
Lifeguard Training - Accelerated	21
Lifeguard Training Review	21
Masters Swimming	18
Montgomery Stroke and Turn Clinic	19
Pre-School	26
Scuba	18
TR Adult Social Swim	77
Water Aerobics	16
Water Exercise	16

Waterbabies	24
Youth Level 1	33
Youth Level 2	34
Youth Level 3	35
Youth Level 4	36
Youth Level 5	37
Youth Level 6	37

McAuliffe, S. Christa Elementary School

Fencing Clinic	60
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Mid County Community Recreation Center

55+ FREE Bone Builders	65
Backyard BBQ	77
Karate/Jujitsu	54
Karate/Jujitsu Adults	55
Learn Now Music: KeyZ to Piano	46
Music Together	56
Yoga Basics	52
Zumba Fitness	48

Nancy H. Dacek North Potomac Community Recreation Center

55+ FREE Bone Builders	65
Art Journaling Workshop	42
Ballet	44
Calligraphy Art	42
Custom Greeting Card Workshop	42
Dance Fit Zumba	48
Draw and Clay	41
French Fish Skills Dinner	46
Gourmet California Cuisine & Wine	46
Handcrafted Pottery Open Studio	43
Hippo Hoppo	55
Interior Design Magic	42
Italian Delight Skills Dinner	47
Kidz Dance	55
Mini Memory Scrapbook Workshop	43
The Art of Penmanship	42

Neelsville Middle School

Karate/Jujitsu	54
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Norwood Local Park

Exploring Music and Piano Level I	46
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Oakland Terrace Elementary School

Coach Doug Soccer	57
Coach Doug Sports	54
Coach Doug Wee Wanna Be	57

Olney Manor Recreational Park

All Day Trippers and SOAR trips leave and return to Olney Manor Recreational Park.

Olney Swim Center

Adult Level 1	38
Adult Level 2	38
Adult Level 3	39
Adult Level 4	39
Aqua Cardio Dance	15
Aqua Lite	15
Aquatots	25
Beginner 1	27
Beginner 2	29
Beginner 3	31
Beginner 4	32
Deep Water Running	16
Lifeguard Training	20
Masters Swimming	18
Montgomery Stroke and Turn Clinic	19
Pre-School	26
TR Adult Social Swim	77
Water Aerobics	16
Water Exercise	16
Waterbabies	24
Youth Level 1	33
Youth Level 2	34
Youth Level 3	35
Youth Level 4	36
Youth Level 5	37
Youth Level 6	37

Pilgrim Hills Local Park

Movin' with Millie' Aerobics	48
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PROGRAM LOCATIONS

Plum Gar NRC

55+ FREE Bone Builders	65
Classic Vovinam Martial Arts - Adults	53
Classic Vovinam Martial Arts - Children	54

Potomac Community Recreation Center

ACT The Workout	51
"American Girl" Fashion Design	58
55+ FREE Bone Builders	65
Ballet for Adults	44
Bone Builders - Plus	50
Create-Your-Own Looks Fashion Design	58
Discovering Music for Toddlers	55
Funfit Tots	57
Funfit Tots Family Class	57
Hippo Hoppo	55
Introduction to Mindfulness Meditation	49
Karate/Jujitsu	54
Karate/Jujitsu Adult	55
Learn Now Music: Little Fingers Piano	56
Learn Now Music: My First Music Class	56
Right Brained Drawing	42
Vini Yoga Intermediate	52

Potomac Elementary School

Coach Doug Soccer	57
Coach Doug Wee Wanna Be	57

Quince Orchard Valley Neighborhood Park

Play Around the World Kids	41
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Recreation Administrative Office

Six Flags Adventure Trip	77
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Rolling Terrace Elementary School

Karate/Jujitsu	54
Karate/Jujitsu Adult	55

Ross Boddy Community Recreation Center

Aikido	53
Ballet for Adults	44
Beach Boardwalk Dinner	46
Farm to Table Dinner	47
Gourmet Night Out: French Chef Dinner	47
Introduction to Mindfulness Meditation	49

Sligo Creek Elementary School

Pottery at Sligo	43
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Stedwick Elementary School

Karate/Jujitsu	54
Karate/Jujitsu Adult	55

Tilden Middle School

Funfit Tots	57
Funfit Tots Family Class	57

Upper County Community Recreation Center

Draw and Clay	41
Karate/Jujitsu	54
Karate/Jujitsu Adult	55

Upper County Outdoor Pool

Adult Level 1	38
Adult Level 2	38
Aquatots	25
Beginner 1	28
Beginner 2	30
Beginner 3	31
Lifeguard Training - Accelerated	21
MCSL - Upper County Dolphins	19
Pre-School	26
Youth Level 1	33
Youth Level 2	34
Youth Level 3	35
Youth Level 4	36

Violettes Lock/Lock 23

Island Kayak Trip	76
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Veirs Mill Local Park

Discovering Music for Toddlers	55
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Western County Outdoor Pool

Aquatots	25
Beginner 1	28
Beginner 2	30
Beginner 3	31
MCSL - Poolesville Piranhas	19
Pre-School	26
Youth Level 1	33
Youth Level 2	34
Youth Level 3	35

Wheaton/Glenmont Outdoor Pool

Adult Level 1	38
Adult Level 2	38
Aquatots	25
Beginner 1	28
Beginner 2	30
Beginner 3	31
Beginner 4	32
MCSL - Glenmont Gators	19
Pre-School	26
Youth Level 1	33
Youth Level 2	34
Youth Level 3	35
Youth Level 4	36
Youth Level 5	37
Youth Level 6	37

White Oak Community Recreation Center

55+ FREE Bone Builders	65
Glam Diva Hair	58
Glam Diva Makeup	58
Hippo Hoppo	55

Wisconsin Place Community Recreation Center

55+ FREE Bone Builders	65
Evening Yoga	52
Funfit Tots 11mons to 2yr	57
Funfit Tots Family Class	57
Yoga at 50	52



FACILITY ADDRESSES

Elementary Schools

Arcola ES.....1820 Franwall AVE, Silver Spring, MD 20902
 Bethesda ES5011 Moorland LN, Bethesda, 20814
 Garrett Park ES.....4810 Oxford ST, Garrett Park, MD 20896
 Glenallan ES.....12520 Heurich RD, Silver Spring, MD 20902
 Kensington-Parkwood ES4710 Saul RD, Kensington, 20895
 McAuliffe, S. Christa ES12500 Wisteria Dr, Germantown, MD 20874
 Oakland Terrace ES.....2720 Pliers Mill RD, Silver Spring, 20902
 Olney ES.....3401 Queen Mary DR, Olney, 20832
 Potomac ES10311 River RD, Rockville, 20854
 Rolling Terrace ES.....705 Bayfield ST, Takoma Park, 20912
 Sligo Creek ES.....500 Schuyler RD, Silver Spring, 20910
 Stedwick ES.....10631 Stedwick RD, Montgomery Village, 20886

Recreation Facilities

Bauer Drive CRC..... 14625 Bauer DR, Rockville, 20853
 Bethesda OP Little Falls PKY, Bethesda, 20816
 Clara Barton NRC 7425 MacArthur BLVD, Cabin John, 20818
 Damascus CRC 25520 Oak DR, Damascus, 20872
 Damascus SC..... 19300 Georgia AVE, Brookeville, 20833
 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
 Germantown OP..... 18905 Kingsview DR, Germantown, 20874
 Gwendolyn Coffield CRC..... 2450 Lyttonsville RD, Silver Spring, 20910
 Holiday Park Senior Center ... 3950 Ferrara DR, Wheaton, 20906
 Jane E. Lawton CRC 4301 Willow LN, Chevy Chase, 20815
 Kennedy Shriver AC 5900 Executive BLVD, N. Bethesda, 20814
 Long Branch CRC 8700 Piney Branch RD, Silver Spring, 20901
 Long Branch OP 8700 Piney Branch RD, Silver Spring, 20901
 Longwood CRC..... 19300 Georgia AVE, Brookeville, 20833
 Marilyn J. Praisner CRC..... 14906 Old Columbia PKY, Burtonsville, 20866
 Martin Luther King OP 1201 Jackson RD, Silver Spring, 20904
 Martin Luther King SC 1201 Jackson RD, Silver Spring, 20904
 MCR Offices 4010 Randolph RD, Silver Spring, 20902
 Mid County CRC..... 2004 Queensguard RD, Silver Spring, 20906
 North Potomac CRC 13850 Travilah RD, Rockville, 20850
 Olney Swim Center 16601 Georgia AVE, Olney, 20832
 Plum Gar CRC..... 19561 Scenery DR, Germantown, 20874
 Potomac CRC 11315 Falls RD, Potomac, 20854
 Ross Boddy CRC 8529 Brooke RD, Sandy Spring, 20860
 Scotland CRC..... 7700 Scotland DR, Potomac, 20854
 Upper County CRC..... 8201 Emory Grove RD, Gaithersburg, 20877
 Upper County OP 8211 Emory Grove RD, Gaithersburg, 20879
 Western County OP..... 20151 Fisher AVE, Poolesville, 20837
 Wheaton NRC 11711 Georgia AVE, Wheaton, 20902
 Wheaton/Glenmont OP..... 12621 Dalewood DR, Wheaton, 20906
 White Oak CRC..... 1700 April LN, Silver Spring, 20904
 Wisconsin Place CRC 5311 Friendship BLVD, Chevy Chase, 20815

Middle Schools

Eastern MS300 University BLVD, Silver Spring, 20901
 Neelsville MS..... 11700 Neelsville Church RD, Germantown, 20874
 Tilden MS11211 Old Georgetown RD, Rockville, 20852

High Schools

Johnson, Walter HS6400 Rock Spring Dr, Bethesda, MD 20814

Parks

Capitol-View Homewood LP...2929 Edgewood RD, Kensington, 20895
 Glenmont LP1615 E Randolph RD, Colesville, 20904
 Norwood LP4700 Norwood DR, Chevy Chase, 20815
 Olney Manor RP16601 Georgia AVE, Olney, 20832
 Pilgrim Hills LP1615 E Randolph RD, Colesville, 20904
 Quince Orchard Valley NP.....12015 Suffolk TER, Gaithersburg, 20878
 Veirs Mill LP4425 Garrett Park RD, Wheaton, 20906
 Violettes Lock/Lock 2313105 Violettes Lock RD, Darnestown, 20874

Other Facilities

Commotion Fitness Studio 13097 Wisteria Dr, Germantown, 20874
 Imagination Stage Dance Studio 4908 Auburn Ave, Bethesda, MD 20814
 KOMODO USA Gaithersburg 402 Main ST # 200B, Gaithersburg, 20878
 KOMODO USA Germantown 19727 Executive Park Cir, Germantown, 20874
 Kritt Studio 14817 Brownstone DR, Burtonsville, 20866



MONTGOMERY PARKS • SUMMER 2017



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ActiveMONTGOMERY Registration Form for Parks & Recreation

REGISTRATION OPENS

...Monday, **MAY 15** for
AG HISTORY FARM PARK
BROOKSIDE GARDENS
ALL NATURE CENTERS
S. GERMANTOWN DRIVING RANGE

...Tuesday, **JUNE 6** for
ICE SKATING & HOCKEY AND
INDOOR TENNIS
SUMMER 1 & 2 Sessions

Registration Open NOW
for ALL SUMMER CAMPS



From the Chair



MONTGOMERY COUNTY PLANNING BOARD
THE MARYLAND-NATIONAL CAPITAL PARK AND PLANNING COMMISSION
OFFICE OF THE CHAIR



Summer 2017

Dear Fellow Park Fans:

Welcome to summer. This year is really flying by. We have a lot going on this summer in parks including opening a new park—number 419 in our system, Heritage Days at our historic park sites, the start of dozens of summer camps (still time to register); and as always we want to hear from you. We recently launched an online open town hall so you can let us know how we are doing and where we can improve.

This summer we will celebrate the re-opening of Kemp Mill Urban Park, a 2.7-acre park located in Wheaton, which has undergone a major renovation. The new park will include a larger playground area with more play equipment – a 25' tall slide and swings! The pond is being replaced with improved safety and environmental aspects as well as decks built over top of it. Check our website www.MontgomeryParks.org for the exact date and time of the re-opening celebration.

The last weekend in June marks the 20th anniversary of Montgomery County Heritage Days, a chance to learn about history in the county by visiting various venues – most have free admission and free activities and tours. We have several sites in our parks which will be hosting Heritage Days tours and activities including the recently opened Woodlawn Museum, as well as Josiah Henson Park and Oakley Cabin African American Museum and Park. Visit our website for all the details on times, locations and activities.

If you haven't already found the perfect summer camps for your kids – there are still some openings in parks summer camps. A complete list is in our summer camp guide online at www.MontgomeryParks.org/camps.

Finally, we recently launched an online open town hall so you can share your ideas, comments and questions with us with just a click. Visit www.MontgomeryParks.org and click on "Open Town Hall" on the right side of the page, under Quick Links.

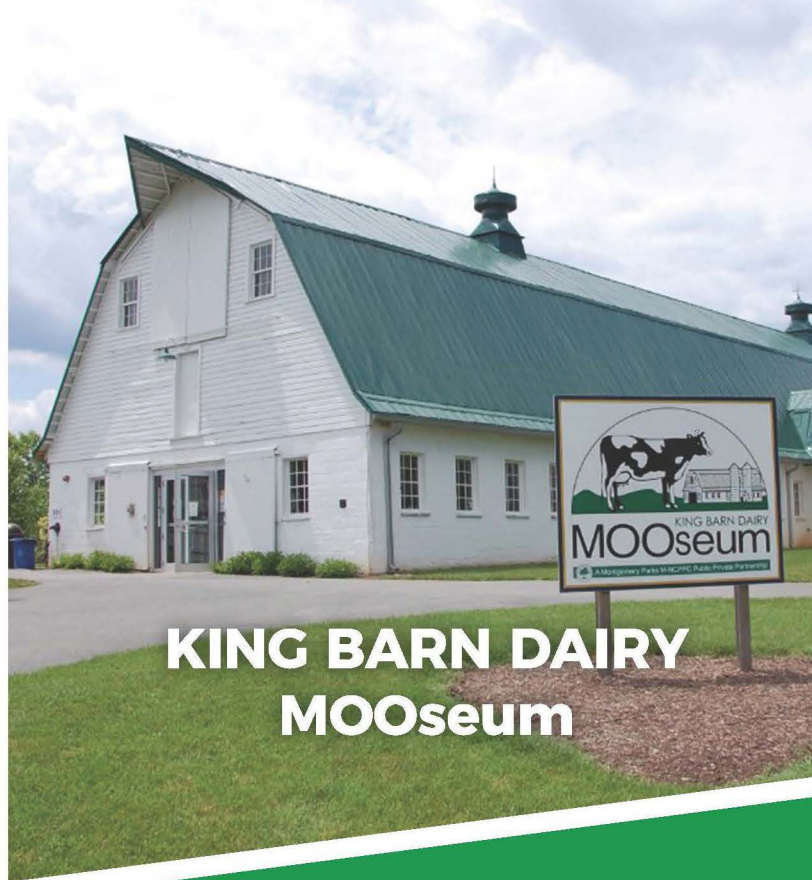
Enjoy your summer in the parks!

Casey Anderson
Chair, Montgomery County Planning Board and
Vice Chair, Maryland-National Capital Park and Planning Commission

8787 Georgia Avenue, Silver Spring, Maryland 20910 Phone: 301.495.4605 Fax: 301.495.1320
www.MontgomeryPlanningBoard.org E-Mail: mcp-chair@mncppc.org



**NATIONAL CAPITAL
TROLLEY MUSEUM**



**KING BARN DAIRY
MOOseum**

MONTGOMERY PARKS PARTNERS

DID YOU KNOW?

Montgomery Parks works with entities in the business and non-profit sectors to enhance parks and recreational facilities. These strategic partnerships provide a range of goods and services with benefits to the general public as well as to the Maryland-National Capital Park and Planning Commission.

Two of our partners offer programs to preserve and interpret the rich history of Montgomery County.

National Capital Trolley Museum | (301) 384-6088 | DCTrolley.org

Northwest Branch Park

Located in Colesville, Maryland, the National Capital Trolley Museum preserves and interprets the history of Washington's electric streetcar railways.

King Barn Dairy MOOseum | (301) 528-6530 | Mooseum.org

South Germantown Recreational Park

The MOOseum is a dairy heritage museum dedicated to interpreting the rich history of the farms, the families, and related organizations and businesses of Montgomery County, Maryland.

Explore history with Montgomery Parks Partners!

MONTGOMERYPARKS.ORG



**PARKS
PARTNER**



MONTGOMERY PARKS Directory

Classes offered in **South Germantown Recreational Park**
See contact information under "Driving Range/Golf" with questions.

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

Little Bennett Campground • Little Bennett Regional Park
23701 Frederick Road, Clarksburg, MD 20871
301-528-3430 • www.LittleBennettCampground.com

Ovid Hazen Wells Carousel • Wheaton Regional Park; see "Trains"

Visit www.HistoryInTheParks.org for more information and sites.

Agricultural History Farm Park
18400 Muncaster Road, Derwood, MD 20855
301-467-8273 • www.HistoryInTheParks.org

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
301-929-5989 • www.HistoryInTheParks.org

Woodlawn Manor Cultural Park
16501 Norwood Road, Sandy Spring, MD 20860
301-929-5989 • www.HistoryInTheParks.org

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

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!

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

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 courses are operated by the Montgomery County Revenue Authority. Visit www.MCGolf.com for information.*

Little Bennett Golf Course • 301-253-1515

Needwood Golf Course • 301-948-1075

Northwest Park Golf Course • 301-598-6100

Sligo Creek Golf Course • 301-585-6006

Callithea Farm Park
15000 River Rd., Potomac, MD 20854 • 301-977-8010

Meadowbrook Riding Stables
8200 Meadowbrook Lane, Chevy Chase, MD 20815
301-589-9026 • www.MeadowbrookStables.org

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.GreatandSmallRide.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
240-498-2412 • 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.

Wheaton Sports Pavilion

in Wheaton Regional Park; see "Soccer"

South Germantown Miniature Golf

South Germantown Recreational Park
18056 Central Park Circle, Boyds, MD 20841
301-670-4680 • www.SplashandGolf.com

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

Wheaton Sports Pavilion

Wheaton Regional Park
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.

South Germantown Splash Playground

South Germantown Regional Park
18056 Central Park Circle, Boyds, MD 20841
301-670-4680 • www.SplashandGolf.com

Olney Manor Skate Park

Olney Manor Regional Park
16601 Georgia Avenue, Olney, MD 20832
301-905-3095 • www.OlneyManorSkate.com

*OMSP is an unsupervised facility; admission is free.
See web for details.*

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

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.ActiveMONTGOMERY.org


Visit www.MontgomeryTrails.org for maps and detailed information about the 200 miles of trails in Montgomery Parks.

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!

- To report maintenance issues or problems in a park:
301-670-8080
- To reserve a picnic shelter or Park Activity building: **301-495-2525**
ActiveMONTGOMERY.org
- Athletic Field Rainout number:
301-765-8787
- Park Police: **301-949-3010**
- To volunteer in the Parks:
www.ParksVolunteers.org
- General Information:
301-495-2595
MontgomeryParks.org
- Accessibility Information:
301-495-2477 | 301-439-0579 TTY
ProgramAccess
@MontgomeryParks.org
MontgomeryParks.org/access
- ActiveMONTGOMERY**
Info@ActiveMONTGOMERY.org
Call 301-495-2580 (10am-4:30pm)
for Parks, or 240-777-6840
(8:30am-4:30pm) for Rec
- For info about a specific park:
MontgomeryParks.org
Click on "Contact Us"
- Become a fan of **Montgomery Parks** on Facebook
- Follow MontgomeryParks on Twitter at <http://twitter.com/MontgomeryParks>
- Support MontgomeryParks!
Visit **MontgomeryParks Foundation.org**



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.



NEW PROGRAMS AT THE AGRICULTURAL HISTORY FARM PARK!



See the past, present, and future of Montgomery County farming at the Agricultural History Farm Park. This scenic 455 acre park features rolling hills, open fields, an apple orchard, and a variety of farm animals. Get a unique perspective on the county's rich farming heritage while visiting barns, historic buildings, a modern farming activity center, and other facilities at the park.

AGRICULTURAL HISTORY FARM PARK
18400 Muncaster Road | Derwood, MD 20855

AGHISTORYFARM.ORG





AGRICULTURAL HISTORY FARM PARK

18400 Muncaster Road • Derwood, MD 20855 • 301-467-8273
Open Sunrise to Sunset • www.HistoryInTheParks.org

*Some of our programs are so popular that we offer them a number of times throughout the season.
Please check below for the dates that work best for you.*

Hiking Through History

Each hike will feature a different theme and showcase an aspect of the landscape of the Agricultural History Farm Park. Join historians, archaeologists, master gardeners, farmers, and naturalists to discover all the different facets of the 500- acre park. Hikes are for all ages and will involve easy to moderate terrain. Please wear sturdy, closed toed shoes or hiking boots, dress comfortably, and anticipate occasional mud puddles! Please call up to two weeks ahead for specific hike themes. Contact Lisa Berray, Manager of Interpretation and Visitor Services with questions at 301-467-8273.

All Ages. Fee: \$5

Course #34236 • Wednesday, Jun. 7 • 9-11 pm
Course #34661 • Wednesday, Jun. 21 • 9-11 pm
Course #34662 • Wednesday, Jul. 5 • 9-11 pm
Course #34663 • Wednesday, Jul. 19 • 9-11 pm
Course #34664 • Wednesday, Aug. 2 • 9-11 pm
Course #34665 • Wednesday, Aug. 16 • 9-11 pm
Course #34666 • Wednesday, Aug. 30 • 9-11 pm

Pickin' on the Porch

Wind down from the work week with an evening of local acoustic, roots, and bluegrass music on the porch of the historic Farmhouse at the Agricultural History Farm Park! Event includes featured local music artists, open mic, and the opportunity to pull out your own acoustic instrument to play with other talented musicians under the stars. Pack a picnic, bring your family and friends, and enjoy a laid back evening in the country.

All Ages. Fee: \$5

Course #34170 • Friday, Jun. 23 • 7-9 pm
Course #34667 • Friday, Jul. 28 • 7-9 pm
Course #34668 • Friday, Aug. 25 • 7-9 pm

Sensory Sundays

Free. No registration required. Join us as the sun rises over the Agricultural History Farm Park for a gentle time of hands-on learning. Meet the Farm's animals, experience exhibits with lower lights and softer sounds, and explore tactile activities and crafts that will appeal to all kinds of curious minds. Please call Lisa Berray, Manager of Interpretation and Visitor Services for questions or more information at 301-467-8273.

All Ages. FREE

Course #34243 • Sunday, Jun. 25 • 7-9 am
Course #34670 • Sunday, Jul. 23 • 7-9 am
Course #34669 • Sunday, Aug. 27 • 7-9 am

Music on the Farm

Join us for our popular music series and experience the swinging hot sounds of pre-World War II jazz. Bring your family, friends, a picnic dinner, your dancing shoes and experience the fun of the Farm as the sun sets over the fields! Historic children's games, friendly farm animals, and s'mores around the campfire make this the perfect summer evening for everyone! NO REGISTRATION REQUIRED.

All Ages. FREE

Course #34164 • Saturday, Jun. 17 • 5-8 pm
Course #34166 • Saturday, Jul. 22 • 5-8 pm



June 2017

6/24 Heritage Days

Explore the agricultural history of Montgomery County during World War I with a day full of hands-on farming activities, farm animals, historic house tours, music, food, and the beautiful landscape of the Agricultural History Farm Park! No registration required.

All Ages. FREE

Course #34209 • Saturday, Jun. 24 • 11 am-4 pm

July 2017

7/13 The Modern Victory Garden

During World War I and World War II, families were encouraged to grow Victory Gardens to help supplement rations and help those left on the home front stay healthy and strong. Visit the Agricultural History Farm Park to learn about Victory Gardens, explore our on-site demonstration Victory Garden, and learn how to begin using the principles of Victory Gardens in your own backyard to help supplement your own healthy diet!

All Ages. Fee: \$5

Course #34467 • Thursday, Jul. 13 • 9-11 am

7/27 Rag Doll Workshop

Make a doll similar to the ones farm children would have made in the 19th and early 20th centuries. Learn basic sewing skills and take home a new friend at the end of the day! All materials and snacks provided. Please pack a lunch.

Ages 7-15yrs. Fee: \$25

Course #34468 • Thursday, Jul. 27 • 10 am-2 pm

August 2017

8/5 From Field to Fabric

In this hands-on workshop, learn to identify common fabrics from various time periods, how materials were processed, and how they were dyed. Try your hand at breaking and combing flax for linen, carding and spinning wool, and using elements found in nature to make dyes and stains.

All Ages. Fee: \$10

Course #34475 • Saturday, Aug. 5 • 10 am-12 pm

8/26 World War I Ragtime Dance

In 1917, many sons of Montgomery County marched off to fight in World War I, leaving their farms, families, and communities behind. On this special evening, Agricultural History Farm Park staff and volunteers will be recreating a going away party and dance for these soldiers. Join us for music, refreshments, dancing, and find yourself immersed in the summer of 1917 for an evening. Learn about actual soldiers and families from Montgomery County whose lives were touched by the War to End All Wars.

All Ages. Fee: \$10

Course #34460 • Saturday, Aug. 26 • 5-9 pm





1800 Glenallan Avenue • Wheaton, MD 20902
301-962-1400 • www.BrooksideGardens.org



Children's Programs

Flower Buds

This program meets the second Monday of every month. We will feature gardening activities, stories, crafts and garden walks for children ages 3-5 with a parent.

Ages 3-5 yrs. Fee: \$7

Course #29537 • Monday, Jun. 12 • 10:30 am-12 pm

Course #29538 • Monday, Jul. 10 • 10:30 am-12 pm

Course #29539 • Monday, Aug. 14 • 10:30 am-12 pm

Garden After Dark

Garden After Dark: Full Moon Cocktail Dinner

Looking for a special night out with friends or a loved one? Let Brookside take care of the details! Each fee covers the cost of one person. Enjoy a magical evening in our beautiful new Evening Affair garden filled with fragrant white flowers that glow in the moonlight. Designer Kelley Heim will lead a full moon tour through her garden discussing the design process and pointing out some of the unusual fragrant specimens growing there. Enjoy cocktails created by a mixologist and a light catered dinner under garden lights.

Ages 21 & up. Fee: \$50, FOBG:\$46

Course #30719 • Saturday, Jul. 8 • 7-9 pm

Garden After Dark: Garden Color Theory

Looking for a special night out with friends or a loved one? Let Brookside take care of the details! Each fee covers the cost of one person. Wine and painting go hand in hand just like summer gardens and bold hot colors. An exciting thing about gardening is experimenting with color but the key is learning which combinations work best. See firsthand how great colors can be blended in diverse garden settings on a guided tour. Enjoy wine tasting and light refreshments while learning the basics of color theory by experimenting with sample palettes and creating a simple garden painting of your own.

Ages 21 & up. Fee: \$35, FOBG:\$31

Course #30720 • Wednesday, Aug. 2 • 7-9 pm

Horticultural Classes

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 #30492 • Wednesday, May 31 • 4 pm-7 pm

Course #30723 • Saturday, Jun. 3 • 10 am-1 pm

No Fuss Roses

Roger Haynes, Brookside Gardens Staff

Roses are one of the most popular and beautiful flowering shrubs grown, but starting a rose garden may seem daunting to many gardeners. Enjoy over 100 different rose varieties as you tour Brookside's rose garden with our staff rosarian and discover how with proper selection, planting and care, nearly anyone can become a successful rose gardener. Learn the best types that grow well in a variety of garden settings including how to select for fragrance and disease resistance.

Ages 18 & up. Fee: \$22, FOBG:\$20

Course #30724 • Friday, Jun. 2 • 10 am-12 pm

Small Space Gardening in Urban Settings

Kathy Jentz, Editor/Publisher, Washington Gardener Magazine

Challenged with creating your own paradise to relax and entertain in a small space? Using examples from area gardens ranging from small patio areas to apartment balconies, Kathy will illustrate basic design principles for maximizing garden space. Learn how to address common small-space challenges such as creating privacy and adding light to shady areas. Walk away with practical low-or-no-budget solutions for your unique space challenges.

Ages 18 & up. Fee: \$22, FOBG:\$20

Course #30725 • Wednesday, Jun. 28 • 6:30-8 pm

FOBG = Friends of Brookside Gardens



Hands-On Workshops

Canning & Preserving Made Easy!

Lisa Gonzales, Family and Consumer Sciences Agent, UMD
Wondering what to do with the extra vegetables in your garden or the diversity of seasonal produce at your local farmers' market? You'll learn the types of canned products that can be safely made at home and the necessary ingredients, equipment, and supplies. The basic steps of water bath canning and food safety considerations will be demonstrated. Included in your registration fee are a take home canned product, handouts and the book, *So Easy To Preserve*, which includes tested recipes and in-depth information designed for both the new and experienced food preserver.
Ages 18 & up. Fee: \$35, FOBG: \$31
Course #30728 • Saturday, Jul. 8 • 10 am-1 pm

Grow Your Own Bog & Carnivorous Container Garden

Michael Szesze, owner of Carnivorous Plant Nursery
Looking for a fun new twist on your typical terrarium? Explore the curious world of carnivorous plants in this engaging workshop that will present practical knowledge about their habitats and how to easily grow them yourself. Participants will make their own carnivorous plant terrarium to take home.

Ages 18 & up. Fee: \$50, FOBG: \$45
Course #30727 • Thursday, Jul. 6 • 10-11:30 am

Succulents Container

Joan O'Rourke, Friends of Brookside Garden
Have you noticed how many succulents are being showcased in garden magazines and garden centers? Native to arid regions, succulents store water in their fleshy leaves enabling them to resist drought. This means you'll benefit from no maintenance plants that require little watering. Enjoy planting your own colorful and resilient container garden using specially selected low-maintenance succulents.
Ages 18 & up. Fee: \$50, FOBG: \$45
Course #30726 • Wednesday, Jun. 21 • 10-11:30 am

Cooking Demonstrations

Fruits of Summer

Adrienne Cook, Garden and Cooking Writer, Danielle Cook, Holistic Nutritionist and Cooking Instructor
The can't-wait moment of summer's first fruit will be celebrated with three delicious new recipes from The Cook Sisters' repertoire. Whether sweet or savory, come sample terrific ideas on how to use berries and stone fruits.
Ages 18 & up. Fee: \$35, FOBG: \$31
Course #30742 • Monday, Jun. 19 • 12 pm-1:30 pm

SUMMER TWILIGHT FREE CONCERT SERIES

Join us each Tuesday evening in June for a series of musical performances set in the beauty of the Gardens! Admission is FREE, and no registration is required. Bring your friends and family, and don't forget your chairs or blankets (allowed in the Gardens on concert evenings ONLY). Food trucks will also be available.

Ocho de Bastos

Latin rock
Tuesday, June 6, 6:30 - 8:00pm
Visitors Center Lawn

U-Liners

Americana and Bluegrass
Tuesday, June 13, 6:30 - 8:00pm
Visitors Center Lawn

Sandra Dean Band

Classic Rock
Tuesday, June 20, 6:30 - 8:00pm
Visitors Center Lawn

Karen Gray Quintet

Jazz and Swing
Tuesday, June 27, 6:30 - 8:00pm
Visitors Center Lawn





Tomato Burst

Adrienne Cook, Garden and Cooking Writer, Danielle Cook, Holistic Nutritionist and Cooking Instructor

The Cook Sisters understand that there's no such thing as too much summer tomatoes. Three new recipes will tickle your palate while paying homage to the summer's favorite fleeting flavor.

Ages 18 & up. Fee: \$35, FOBG:\$31

Course #30743 • Monday, Jul. 17 • 12 pm-1:30 pm

Speaker Series

Speaker Series: Hometown Habitat: Lecture & Movie

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. Sponsored by Friends of Brookside Gardens and Maryland Native Plant Society. 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*.

Ages 18 & up. Free

Course #30718 • Thursday, Jun. 8 • 7-9 pm

Brookside Gardens School of Botanical Art & Illustration

Creative Graphite & Layering Techniques

Guest Instructor: Alice Tangerini, Smithsonian

Learn unique illustration techniques leveraging graphite on drafting film and adding color in an underlying layer. Working with live collections from Brookside Gardens students will begin the drawing with sketches on acetate and tracing paper to place aspects of the subject within an 11" x 14" format. The final drawing will be on drafting film placed over the sketches and using special pencils with a high range of values. The drawing will be refined from observation of the live plant. Color using opaque pigments will be added to a second layer underneath the drafting film creating three-dimensional lighting. This technique will enable you to complete a beautiful picture in just two days with the final effect resembling a hand tinted photograph. Level: Intermediate to expert

Ages 18 & up. Fee: \$190, FOBG:\$ 170

Course #30750 • Saturday, Jun. 17 • 10 am-3:30 pm

Exploring Butterflies with Colored Pencil

Instructor: Carolyn de Haas

Discover the beauty of butterflies as you explore how to use colored pencils to create intricate details of their patterned wings. Class will begin with a trip to Brookside's Wings of Fancy butterfly exhibit, then a walk through the gardens to the classroom where you will learn how to apply layers of colored pencil to add depth and vibrancy, making your butterfly come alive.

Level: Beginner to intermediate

Ages 18 & up. Fee: \$95, FOBG:\$85

Course #30754 • Tuesday, Jun. 13 • 10 am-3:30 pm

Start Drawing & Painting

Instructor: Joan Ducore

Botanical art is a fascinating combination of both art and science. Try it out with this two-part class. You will be introduced to the world of botanical art and learn introductory drawing and painting techniques especially suited to plants.

Level: Beginner

Ages 18 & up. Fee: \$170, FOBG:\$155

Course #30752 • Saturday, Jul. 15 • 10 am-3:30 pm

Course #30752 • Saturday, Jul. 22 • 10 am- 3:30 pm

Health & Wellness

Growing & Healing with Common Garden Herbs

Guest Instructor

Thyme can soothe a cough, chamomile calms inflammation in the mind and the body, and calendula helps wounds to heal faster. Learn which healing herbs are easy to grow, how to harvest and preserve them, and how to create simple remedies -- teas, tinctures, infused oils, and salves. These plants will not only meet your plant-based medicinal needs but also provide beautiful flowers and interesting foliage for your garden. You'll sip herbal teas while you learn, and take home an herbal salve.

Ages 18 & up. Fee: \$30, FOBG:\$27

Course #30747 • Saturday, Jun. 10 • 10 am-12 pm

Yoga at Brookside Gardens

Guest Instructor: Tanory Ateek

Come enjoy one or all three sessions of yoga held in a peaceful setting under the cover of Brookside Gardens' lakeside Japanese tea house. Designed to increase flexibility and physical strength and cultivate mental focus, these classes are a beautiful and relaxing way to begin your weekend. Mats are not included.

Ages 18 & up. Fee: \$9, FOBG:\$8

Course #30744 • Saturday, Jun. 10 • 9:30-10:30 am

Course #30745 • Saturday, Jun. 17 • 9:30-10:30 am

Course #30746 • Saturday, Jun. 24 • 9:30-10:30 am



Brookside GARDENS

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

Course #30733 • Saturday, Jul. 29 • 8-10 am

Course #32107 • Friday, Jun. 23 • 8-10 am

Course #30730 • Sunday, Jun. 18 • 8-10 am

Course #30732 • Sunday, Jul. 16 • 8-10 am

Course #30734 • Sunday, Aug. 13 • 8-10 am

Course #30736 • Sunday, Sep. 10 • 8-10 am

Course #30729 • Saturday, Jun. 3 • 8-10 am

Course #30731 • Saturday, Jul. 1 • 8-10 am

Course #30735 • Saturday, Aug. 26 • 8-10 am

Trips

Brookside Gardens Saturday Walk

Enjoy free tours of Brookside Gardens in Wheaton in Bethesda. Brookside Gardens is an award-winning display garden, featuring an abundance of annual and perennial displays throughout the season.

Highly trained knowledgeable guides offer engaging horticultural tours, focusing on the plants that make each garden unique. Free; registration required. Meet at Visitors Center Entrance

Ages 18 & up. FREE

Course #30721 • Saturday, Jun. 3 • 10-11 am

Course #30722 • Saturday, Jun. 17 • 10-11 am

Burpee's Test Gardens: Fordhook Farm

Enjoy a private tour of Fordhook Farm; the trial gardens of one of the world's leading seed and plant companies located in Doylestown, PA. Learn about hundreds of new vegetables, annuals, and perennials that are grown, tested, and evaluated on this sixty-acre test farm and network of gardens. Once home to the Burpee family, the eighteenth-century manor has been designated a National Historic Site. Don't miss the opportunity to visit the birthplace of culinary favorites such as Golden Bantam, the first yellow sweet corn, and Big Boy tomato, to name just a few. Fee includes charter transportation and box lunch.

Ages 18 & up. Fee: \$90, FOBG: \$90

Course #30737 • Friday, Jun. 23 • 7:30 am-5 pm

Shakespeare in the Garden.

Pack a picnic, and enjoy a beautiful summer's night of Shakespeare in the Garden. Come with us as we travel back to the Forest of Arden for Shakespeare's beloved comedy, *As You Like It*. Follow Rosalind, Shakespeare's original feminist heroine, on her quest to seduce handsome and clever Orlando by any means necessary—sneaking around in disguise, hiding love letters in trees, and eliciting help from a strange band of singing shepherd philosophers. Whether this is your first taste of Shakespeare, or you are a practiced pedant, this play has everything you like! Production provided by Prince George's Shakespeare in the Garden and sponsored by Friends of Brookside Gardens.

Brookside Gardens Grounds

All Ages. FREE. No registration required

Tuesday, July 11 • 7 pm- 9 pm



LIVE BUTTERFLY & CATERPILLAR EXHIBIT

Brookside
GARDENS



Wings OF FANCY

SAVE MONEY!
FREQUENT VISITOR PASS
Enjoy UNLIMITED return
visits this season!

BROOKSIDE GARDENS SOUTH CONSERVATORY

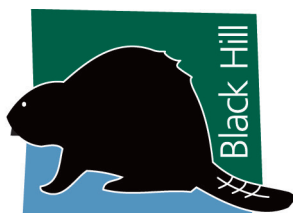
1500 Glenallan Avenue, Wheaton, MD 20902

April 26 - September 17, 2017 | 10 AM To 4 PM Daily

\$8 Ages 13+ | \$5.00 Ages 3-12 | FREE Ages 0-2

Information Line: 301-962-1453 | BrooksideGardens.org





Nature Programs

in Black Hill Regional Park

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.

Recurring Programs

*Some of our programs are so popular that we offer them a number of times throughout the season.
Please check below for the dates that work best for you.*

Beginning Recreational Kayaking

Kayaking is even more fun than 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.

Ages 12 & up. Fee: \$32, FOBH \$30

Course #34112 • Saturday, Jun. 3 • 9-11 am
Course #34113 • Thursday, Jun. 22 • 6:30-8:30 pm
Course #34114 • Thursday, Jul. 13 • 6:30-8:30 pm
Course #34115 • Sunday, Jul. 23 • 9-11 am
Course #34116 • Saturday, Aug. 5 • 9-11 am
Course #34118 • Sunday, Aug. 27 • 9-11 am



Campfires at Black Hill

There's nothing like sitting around a campfire under the stars! Join a naturalist for themed songs, stories, games, and of course, s'mores around the fire. Meet at the Visitor Center and bring a chair or blanket.

Ages 1 & up. Fee: \$6, FOBH \$5

Course #34136 • Saturday, Jun. 3 • 8-9 pm
Course #34137 • Saturday, Jun. 17 • 8-9 pm
Course #34138 • Saturday, Jul. 1 • 8-9 pm
Course #34139 • Saturday, Jul. 15 • 8-9 pm
Course #34141 • Saturday, Aug. 5 • 8-9 pm
Course #34142 • Saturday, Aug. 19 • 7:30-8:30 pm

Stream Adventures: Black Hill

What lives in a stream? Wade into the water and use nets to see what insects, fish, frogs and other animals we can find. Please wear boots or closed-toe shoes that you don't mind getting wet (no flip-flops, please!). All children must be accompanied by an adult. Meet at the gravel Boat Launch parking lot on Black Hill Road.

Ages 2-12yrs. Fee: \$7, FOBH \$6

Course #34151 • Sunday, Jun. 4 • 1:30-3 pm
Course #34163 • Saturday, Jul. 8 • 1:30-3 pm
Course #34165 • Saturday, Jul. 22 • 1:30-3 pm
Course #34167 • Saturday, Aug. 19 • 1:30-3 pm

Paddle in the Park

Join us for a peaceful kayak tour on Little Seneca Lake. We'll take a leisurely paddle on the water looking for wildlife and maybe catch a glimpse of our eagles. Basic paddling experience necessary (this is not a lesson). We'll supply boats, paddles, and PFD's. Meet in front of the gazebo by the pontoon boat dock and boat rental area.

Ages 18 & up. Fee: \$20, FOBH \$19

Course #34241 • Saturday, Jun. 10 • 9-11 am
Course #34247 • Sunday, Jun. 18 • 9-11 am
Course #34251 • Saturday, Jul. 8 • 9-11 am
Course #34254 • Sunday, Jul. 16 • 9-11 am
Course #34257 • Saturday, Aug. 12 • 9-11 am
Course #34261 • Sunday, Aug. 20 • 9-11 am

FOBH = Friends of Black Hill

Recurring Programs Continued

Some of our programs are so popular that we offer them a number of times throughout the season. Please check below for the dates that work best for you.

Sprinklers, Bubbles and Rainbows!

Come play in our backyard! Dance and run through sprinklers. Make bubbles with giant bubble wands. Splash in water play stations designed for the littlest of revelers. This is what summer is all about! Bring sunscreen, a towel and change of clothes.

Ages 6m & up. FREE

Course #34270 • Saturday, Jun. 10 • 1:30-3 pm

Course #34272 • Sunday, Jun. 25 • 1-2:30 pm

Course #34273 • Saturday, Jul. 15 • 2 pm-3:30 pm

Course #34274 • Sunday, Aug. 6 • 2:30-4 pm

Course #34275 • Saturday, Aug. 12 • 1-2:30 pm

Hike Club

The first rule of Hike Club - have fun! Improve your fitness, make new friends and experience trails and scenery we don't often make time to immerse ourselves in. We welcome all ages, though young children must be able to walk at least 3 miles or be carried. Most trails are not stroller accessible. Please register no later than 24 hours before the hike so we can contact you with the hike's location and other important information.

Ages 1 & up. FREE

Course #34281 • Sunday, Jun. 11 • 1-3 pm

Course #34283 • Saturday, Jun. 24 • 10 am-12 pm

Course #34284 • Sunday, Jul. 9 • 1:30-3:30 pm

Course #34296 • Saturday, Jul. 22 • 9-11 am

Course #34297 • Sunday, Aug. 13 • 1-3 pm

Course #34298 • Saturday, Aug. 26 • 9-11 am

Bats & Beavers Pontoon Boat Cruise

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. You may want to bring a jacket or sweater as it's often cooler on the boat.

Ages 6 & up. Fee: \$7, FOBH \$6

Course #34313 • Tuesday, Jun. 13 • 7:30-9 pm

Course #34314 • Tuesday, Jun. 20 • 7:30-9 pm

Course #34315 • Thursday, Jul. 6 • 7:30-9 pm

Course #34317 • Wednesday, Jul. 19 • 7-8:30 pm

Course #34318 • Tuesday, Aug. 8 • 7-8:30 pm

Course #34319 • Wednesday, Aug. 23 • 6:30-8 pm

Course #34320 • Thursday, Aug. 31 • 6:30-8 pm

Fishing with Li'l Ones

Let's go fishin' like Tom Sawyer! We'll provide poles and bait, then see what we can catch off of the dock at Little Seneca Lake. Meet at the pontoon boat dock by the boat rentals.

Ages 3-6yrs. Fee: \$7, FOBH \$6

Course #34344 • Thursday, Jun. 15 • 9:30-11 am

Course #34345 • Friday, Jun. 30 • 9-10:30 am

Course #34346 • Friday, Jul. 7 • 9-10:30 am

Course #34347 • Wednesday, Aug. 2 • 9-10:30 am

Course #34348 • Friday, Aug. 11 • 9-10:30 am



Nature Programs
in Black Hill Regional Park

JUNE 2017

6/3 Family Adventures in the Meadow

Have you ever caught a butterfly or a grasshopper? Those are only two of the many kinds of insects that inhabit the summer meadow. It's amazing how many there are! We'll have nets, hand lenses and other equipment to study the creatures we find. Meet outside the Visitor Center at the Earthbench.

Ages 1-14yrs. Fee: \$6, FOBH \$5

Course #34123 • Saturday, Jun. 3 • 1:30-2:30 pm

6/4 A History of Eagles at Black Hill

Black Hill Regional Park is honored to be a home to the bald eagle, our national bird. Join us to learn the local history behind our resident eagles. We'll also visit a few of their favorite perches by pontoon and try to catch a glimpse of one of these magnificent birds.

Ages 6 & up. Fee: \$6, FOBH \$5

Course #34148 • Sunday, Jun. 4 • 10:30 am-12 pm

6/6 Nature Babies

Let's get your infant off to a nature loving start. Park naturalists will use the amazing colors, textures and patterns of nature to help develop your baby's sense of the world around them. Siblings under 6 are welcome too.

Ages 3m -18m. Fee: \$6, FOBH \$5

Course #34217 • Tuesday, Jun. 6 • 10-11 am

6/8 Time for Tots: "Sunflower House"

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 "Sunflower House" by Eve Bunting.

Ages 2-5yrs. Fee: \$6, FOBH \$5

Course #34220 • Thursday, Jun. 8 • 10-11 am



Nature Programs

in Black Hill Regional Park

6/9 Babes in the Park

We'll have nature play materials out to help you explore the exciting natural world around the Visitor Center with your toddler. Siblings are welcome, too. Ages 1-3yrs. FREE

Course #34233 • Friday, Jun. 9 • 10-11 am

6/11 Mud is Magic

Feeling mud squish between your fingers or toes is magical and a must-do in life. If you haven't tried it, or maybe it's favorite pastime of yours, then join in the celebration of International Mud Month. We'll be jumping in mud puddles, making mud pies, and having a rollicking filthy time! You'll definitely want to bring a change of clothes.

Ages 1-12yrs. Fee: \$6, FOBH \$5

Course #34277 • Sunday, Jun. 11 • 10-11 am

6/14 Storytime on the Lake: Herons

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.

Ages 3 & up. Fee: \$6, FOBH \$5

Course #34321 • Wednesday, Jun. 14 • 10-11 am

6/17 Get Lost!

Are you looking for a family adventure? Then join us for an introduction to getting lost! Okay, not "lost," really we mean geocaching and letterboxing. We'll teach you a little bit about each activity and let you practice some new skills to get ready for your own fun family adventure. Please register everyone attending; kids are free.

Ages 6 & up. Fee: \$12, FOBH \$11/Adult

Course #34352 • Saturday, Jun. 17 • 10 am-12 pm

6/17 Mud is Magic

See June 11th for full description.

Ages 1-12yrs. Fee: \$6, FOBH \$5

Course #34279 • Saturday, Jun. 17 • 2-3 pm

6/17 Potomac River Heritage Kayak Trip

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.

Ages 18 & up. Fee: \$70, FOBH \$68

Course #34349 • Saturday, Jun. 17 • 8am-5 pm

6/18 Daddy & Me Fishing

It's Father's Day and there's no better way to spend time with Dad than fishing! 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.

Ages 3 & up. Fee: \$7, FOBH \$6

Course #34353 • Sunday, Jun. 18 • 1:30-3 pm

6/19 Birding Trip to Hart-Miller Island

Located near North Point State Park, this reclaimed island created with dredged material from Baltimore's Inner Harbor has become a recreational haven for boaters and birders. Bring hiking and water shoes, water, and a bagged lunch. Meet at the Visitor Center.

Ages 18 & up. Fee: \$40, FOBH \$38

Course #34356 • Monday, Jun. 19 • 8am-5 pm

6/20 Time for Tots: "Superworm"

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 "Superworm" by Julia Donaldson and Axel Scheffler.

Ages 2-5yrs. Fee: \$6, FOBH \$5

Course #34226 • Tuesday, Jun. 20 • 10-11 am

6/20 Summer Wildflowers in Little Bennett

Explore trails in Little Bennett looking for wildflowers of summer. We'll search for the peak roses 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.

Ages 18 & up. Fee: \$12, FOBH \$11

Course #34378 • Tuesday, Jun. 20 • 1-3 pm

6/21 Van Trip to Chanticleer Gardens

We'll travel by van to this whimsical 35-acre garden near Philadelphia for a house and garden tour. The property is hilly, with a park-like setting, but offers wonderful garden furniture throughout for resting or enjoying the view of the Water Garden or Ruins. Bring bagged lunch and wear comfortable shoes. Meet at the Visitor Center.

Ages 18 & up. Fee: \$50, FOBH \$48

Course #34377 • Wednesday, Jun. 21 • 8am-6 pm

6/25 Natural Yogis

Nature and yoga provide essential therapeutic benefits to children of all ages. Join certified Child Light yoga instructor and park naturalist Jen Scully to explore varying themes in nature that will help children become more at ease in their world. Yoga may happen outdoors, weather permitting. Parents are welcome to do yoga too!

Ages 2-5yrs. Fee: \$6, FOBH \$6

Course #34382 • Sunday, Jun. 25 • 10-11 am

6/25 Harpists at the Visitor Center

Join us for an afternoon of beautiful harp music and the natural beauty of Black Hill all around you. No need to register; just come to the Visitor Center and enjoy.

All Ages. FREE

Course #34387 • Sunday, Jun. 25 • 12-2 pm

6/27 Nature Babies

Let's get your infant off to a nature loving start. Park naturalists will use the amazing colors, textures and patterns of nature to help develop your baby's sense of the world around them. Siblings under 6 are welcome too.

Ages 3m -18m. Fee: \$6, FOBH \$5

Course #34218 • Tuesday, Jun. 27 • 10-11 am

6/29 Storytime on the Lake: Beavers

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.

Ages 3 & up. Fee: \$6, FOBH \$5

Course #34322 • Thursday, Jun. 29 • 10-11 am

JULY 2017

7/1 Birding for Beginners

Come and find out why almost 50 million Americans are bird watchers. Meet at the Visitor Center where we'll go over the basics, including selecting and using binoculars. Then we'll go outside and do some birding!

Ages 16 & up. Fee: \$12, FOBH \$11

Course #34416 • Saturday, Jul. 1 • 9:30 am-12 pm

7/1 DIY Nature

Stop by the Visitor Center Information Desk to borrow a nature knapsack to help you explore Black Hill Regional Park. Contents of the bag change but could include scavenger hunts, magnifying glasses, nature journals and activities. Let your imagination and curiosity lead you! Supplies are limited, bags are loaned out on a first come, first served basis. Please return bags by 5:30 pm.

All Ages. FREE

Course #34421 • Saturday, Jul. 1 • 1-4 pm

7/2 DIY Nature

See July 1st for full description.

All Ages. FREE

Course #34423 • Sunday, Jul. 2 • 1-4 pm

7/5 Time for Tots: "Stellaluna"

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 "Stellaluna" by Janell Cannon.

Ages 2-5yrs. Fee: \$6, FOBH \$5

Course #34227 • Wednesday, Jul. 5 • 10-11 am

7/9 Family Fishing Fun!

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.

Ages 3 & up. Fee: \$12, FOBH \$11

Course #34425 • Sunday, Jul. 9 • 9-11 am

7/11 Summer Wildflowers in Little Bennett

Explore trails in Little Bennett looking for wildflowers of summer. We'll search for orchids 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.

Ages 18 & up. Fee: \$12, FOBH \$11

Course #34380 • Tuesday, Jul. 11 • 1-3 pm

7/12 Storytime on the Lake: Dabblers and Divers

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.

Ages 3 & up. Fee: \$6, FOBH \$5

Course #34323 • Wednesday, Jul. 12 • 10-11 am

7/16 Nature Makerspace

Are you creative? Do you want to build things with and inspired by nature? Then drop by the Visitor Center and have some creative fun! We'll have nature supplies and tools to help you design your own creations. You can work as a family group or join together with others to construct something amazing. Each Nature Makerspace session will have its own theme which we'll post on our Facebook page before the program. No registration required; drop in anytime during program hours, but be sure to come by early enough to have time to get creative.

Ages 1 & up. FREE

Course #34433 • Sunday, Jul. 16 • 2 pm-3:30 pm

7/20 Time for Tots: "Around the Pond: Who's Been Here"

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 "Around the Pond: Who's Been Here" by Lindsay Barrett George.

Ages 2-5yrs. Fee: \$6, FOBH \$5

Course #34228 • Thursday, Jul. 20 • 10-11 am



Nature Programs
in Black Hill Regional Park



Nature Programs
in Black Hill Regional Park



**MONARCH
FIESTA
DAY**

**Saturday,
September 16
11am-3pm
FREE event for
the whole family!**

**BLACK
HILL
VISITOR
CENTER**

7/21 Babes in the Park

We'll have nature play materials out to help you explore the exciting natural world around the Visitor Center with your toddler. Siblings are welcome, too. Ages 1-3yrs. FREE
Course #34234 • Friday, Jul. 21 • 10-11 am

7/21 Stargazing at Black Hill

Join us for a tour of current night sky! We'll begin with a half hour talk inside to preview tonight's sky and fill you in on how, and when, to observe the upcoming solar eclipse in August. Then we'll head outside to join our volunteers and their telescopes for some close-up views of the heavens. Rain date, Saturday, July 22. Ages 6 & up. Fee: \$2
Course #34435 • Friday, Jul. 21 • 8:30-10 pm

7/22 Potomac River Heritage Kayak Trip

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.

Ages 18 & up. Fee: \$70, FOBH \$68
Course #34350 • Saturday, Jul. 22 • 8am-5 pm

7/23 Harpists at the Visitor Center

Join us for an afternoon of beautiful harp music and the natural beauty of Black Hill all around you. No need to register; just come to the Visitor Center and enjoy. All Ages. FREE
Course #34388 • Sunday, Jul. 23 • 12-2 pm

7/23 Family Adventures in the Meadow

Have you ever caught a butterfly or a grasshopper? Those are only two of the many kinds of insects that inhabit the summer meadow. It's amazing how many there are! We'll have nets, hand lenses and other equipment to study the creatures we find. Meet outside the Visitor Center at the Earthbench. Ages 1-14yrs. Fee: \$6, FOBH \$5
Course #34124 • Sunday, Jul. 23 • 1:30-2:30 pm

7/26 Storytime on the Lake: Turtles

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. Ages 3 & up. Fee: \$6, FOBH \$5
Course #34341 • Wednesday, Jul. 26 • 10-11 am

7/29 Natural Yogis

Nature and yoga provide essential therapeutic benefits to children of all ages. Join certified Child Light yoga instructor and park naturalist Jen Scully to explore varying themes in nature that will help children become more at ease in their world. Yoga may happen outdoors, weather permitting. Parents are welcome to do yoga too! Ages 2-5yrs. Fee: \$6, FOBH \$6
Course #34384 • Saturday, Jul. 29 • 10-11 am

7/30 Fishing for Fish Prints

Fish printing started in Japan over one hundred years ago so fisherman could record the size of their catches. We'll use the same time tested technique and have lots of fun creating beautiful, messy art with our catch of the day! Bring a piece of light-colored fabric or a t-shirt to make your own fish print. Meet at the pontoon boat dock by the boat rentals. Ages 3 & up. Fee: \$12, FOBH \$11
Course #34431 • Sunday, Jul. 30 • 10 am-12 pm

7/30 Creature Feature

Have you ever touched a snake or seen a salamander? No? Well then come meet the resident "creatures" of Black Hill Visitor Center! You'll get to meet all the animals up close and learn about them. Ages 5 & up. Fee: \$6, FOBH \$5
Course #34448 • Sunday, Jul. 30 • 3-4 pm

AUGUST 2017

8/1 Nature Babies

Let's get your infant off to a nature loving start. Park naturalists will use the amazing colors, textures and patterns of nature to help develop your baby's sense of the world around them. Siblings under 6 are welcome too. Ages 3m -18m. Fee: \$6, FOBH \$5
Course #34219 • Tuesday, Aug. 1 • 10-11 am

8/3 Time for Tots: "Fletcher's Big Show"

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's Big Show" by Julia Rawlinson. Ages 2-5yrs. Fee: \$6, FOBH \$5
Course #34230 • Thursday, Aug. 3 • 10-11 am

8/5 Junior Naturalist Day

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 earn it all in one day by joining us. We'll learn new things, play games, explore and do some action projects to help. For questions or more info please contact Katrina Fauss at Katrina.Fauss@montgomeryparks.org. Ages 9-12yrs. Fee: \$12, FOBH \$11
Course #34450 • Saturday, Aug. 5 • 2 pm-4 pm

8/6 Mud is Magic

Feeling mud squish between your fingers or toes is magical and a must-do in life. If you haven't tried it, or maybe it's favorite pastime of yours, then join us! We'll be jumping in mud puddles, making mud pies, and having a rollicking filthy time! You'll definitely want to bring a change of clothes.

Ages 1-12yrs. Fee: \$6, FOBH \$5

Course #34280 • Sunday, Aug. 6 • 12 pm-1 pm

8/10 Storytime on the Lake: Dragonflies

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.

Ages 3 & up. Fee: \$6, FOBH \$5

Course #34342 • Thursday, Aug. 10 • 10-11 am

8/13 Natural Yogis

Nature and yoga provide essential therapeutic benefits to children of all ages. Join certified Child Light yoga instructor and park naturalist Jen Scully to explore varying themes in nature that will help children become more at ease in their world. Yoga may happen outdoors, weather permitting. Parents are welcome to do yoga too!

Ages 2-5yrs. Fee: \$6, FOBH \$6

Course #34385 • Sunday, Aug. 13 • 10-11 am

8/15 Time for Tots: "The Very Hungry Caterpillar"

Enjoy a seasonal story, make a craft to go with the story, and then go outside to explore nature with a park naturalist. Today's story is "The Very Hungry Caterpillar" by Eric Carle.

Ages 2-5yrs. Fee: \$6, FOBH \$5

Course #34231 • Tuesday, Aug. 15 • 10-11 am

8/18 Babes in the Park

We'll have nature play materials out to help you explore the exciting natural world around the Visitor Center with your toddler. Siblings are welcome, too.

Ages 1-3yrs. FREE

Course #34235 • Friday, Aug. 18 • 10-11 am

**8/19 Potomac River Heritage Kayak Trip**

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.

Ages 18 & up. Fee: \$70, FOBH \$68

Course #34351 • Saturday, Aug. 19 • 8am-5 pm

8/19 Family Fishing Fun!

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.

Ages 3 & up. Fee: \$12, FOBH \$11

Course #34428 • Saturday, Aug. 19 • 9-11 am

8/20 Harpists at the Visitor Center

Join us for an afternoon of beautiful harp music and the natural beauty of Black Hill all around you. No need to register; just come to the Visitor Center and enjoy.

All Ages. FREE

Course #34389 • Sunday, Aug. 20 • 12-2 pm

8/20 Make It and Take It: Butterflies

Drop by the Visitor Center and have some fun! We'll have easy-to-make seasonal crafts that you can make and take home. No registration required; drop-in anytime during program hours! Fee is per craft; exact change is appreciated.

All Ages. Fee: \$2

Course #34451 • Sunday, Aug. 20 • 1:30-3:30 pm

8/21 Solar Eclipse Party

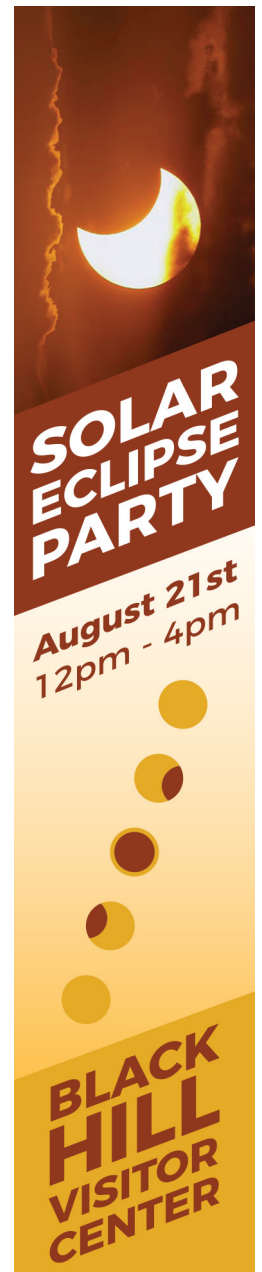
It's been a long time since a solar eclipse has been visible in Maryland. We may not be experiencing the total eclipse, but we can still expect over 80% coverage - not too shabby! So join us to view the eclipse safely. We'll have eclipse glasses available and set up other viewing devices too. Drop by anytime, no reservations needed.

All Ages. FREE

Course #34452 • Monday, Aug. 21 • 12-4 pm



Nature Programs
in Black Hill Regional Park





Nature Programs

in Black Hill Regional Park

8/22 Storytime on the Lake: Monarch Butterflies

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. Ages 3 & up. Fee: \$6, FOBH \$5
Course #34343 • Tuesday, Aug. 22 • 10-11 am

8/26 Family Adventures in the Meadow

Have you ever caught a butterfly or a grasshopper? Those are only two of the many kinds of insects that inhabit the summer meadow. It's amazing how many there are! We'll have nets, hand lenses and other equipment to study the creatures we find. Meet outside the Visitor Center at the Earthbench. Ages 1-14yrs. Fee: \$7, FOBH \$6
Course #34129 • Saturday, Aug. 26 • 2 pm-3:30 pm

8/27 Stream Adventures: Little Bennett

What lives in a stream? Wade into the water and use nets to see what insects, fish, frogs and other animals we can find. Please wear boots or closed-toe shoes that you don't mind getting wet (no flip-flops, please!). All children must be accompanied by an adult. Meet at the Kingsley Schoolhouse parking area on Clarksburg Road in Little Bennett Regional Park. Ages 2-12yrs. Fee: \$7, FOBH \$6
Course #34168 • Sunday, Aug. 27 • 2:30-4 pm

8/31 Time for Tots: "Hurry and the Monarch"

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 "Hurry and the Monarch" by Antoine 'O Flatharta. Ages 2-5yrs. Fee: \$6, FOBH \$5
Course #34232 • Thursday, Aug. 31 • 10-11 am

PRESCHOOL IN THE PARK

ABOUT

We believe children belong outside and we believe they *learn best* by *playing and experiencing* the world around them. This program is a **12-week, drop-off**, preschool program designed to let kids *experience* nature through play and learning that will foster your child's excitement about the natural world.

PROGRAM INFORMATION

The program will take place at Black Hill Regional Park. Children must be potty-trained by the start of the program and bring their own snack with them.

A **welcome letter** with more information will be sent once you **register**.

Email katrina.fauss@montgomeryparks.org or call 301.528.3482 for more information.



FEE: \$300

MONDAYS

SEPTEMBER 11 - NOVEMBER 27
9 AM - NOON

BLACK HILL REGIONAL
PARK VISITOR CENTER

Please note that registration is *early and starts July 17th*



Nature Center
in Wheaton Regional Park

BROOKSIDE NATURE CENTER

1400 Glenallan Avenue • Wheaton, MD 20902 • 301-962-1480 • www.BrooksideNature.org
Open Tuesday–Saturday, 9 am–5 pm; Sunday, 1–5 pm. Trails open daily, dawn to dusk.

Recurring Programs

*Some of our programs are so popular that we offer them a number of times throughout the season.
Please check below for the dates that work best for you.*

Dive Deeper

Now Streaming! Our new series is designed for family members of all ages looking for some summer fun in Brookside Nature Center's local stream, Northwest Branch. Get wet and go wild while contributing to an ongoing Citizen Science project that monitors the health of our waterways and learn each week through games, demonstrations and experiments about a unique aspect of stream life. Come once or every week to discover what lies beneath! Close-toed shoes or boots that can get wet are a must and you might even want a towel.

Ages 5-11 yrs. Fee: \$6

Course #34453 • Sunday, Jun. 25 • 2:15-3:15 pm
Course #34454 • Sunday, Jul. 2 • 2:15-3:15 pm
Course #34456 • Sunday, Jul. 9 • 2:15-3:15 pm
Course #34458 • Sunday, Jul. 16 • 2:15-3:15 pm
Course #34459 • Sunday, Jul. 23 • 2:15-3:15 pm
Course #34461 • Sunday, Jul. 30 • 2:15-3:15 pm
Course #34462 • Sunday, Aug. 6 • 2:15-3:15 pm

Soulful Supper at Harper's Cabin!

Join us for a taste of African American Heritage as we learn about the history of the Harper's Cabin. Observe and help with hearthside cooking techniques while learning the history, nutrition and rich culture of African American foods. Learn how soul food became a dominant theme among African American Family, their church and social gatherings during the 19th century and extending to the end of the 20th century. The program begins with preparing the food and continues until a tasty supper is ready for serving.

Ages 6 & up. Fee: \$7

Course #34469 • Sunday, Jun. 11 • 10 am-2 pm
Course #34470 • Sunday, Jun. 25 • 10 am-2 pm
Course #34471 • Sunday, Jul. 16 • 10 am-2 pm
Course #34472 • Sunday, Jul. 30 • 10 am-2 pm
Course #34473 • Sunday, Aug. 6 • 10 am-2 pm
Course #34474 • Sunday, Aug. 20 • 10 am-2 pm

Superheroes in the Park!

Drop by the pavilion near the Shorefield playground in Wheaton Regional Park to learn about a different summer superhero! Each presentation will bring to light a spectacular plant, insect, reptile, bird or mammal that has mastered summer survival. Learn how they find food, or stay cool, or move around without being seen, or even breathe underwater. The natural world is full of heroes. Could you be one of them?

Ages 3-11 yrs. FREE

Course #34221 • Tuesday, Jun. 20 • 11 am-12 pm
Course #34222 • Tuesday, Jul. 11 • 11 am-12 pm
Course #34223 • Tuesday, Jul. 25 • 11 am-12 pm
Course #34224 • Tuesday, Aug. 8 • 11 am-12 pm
Course #34225 • Tuesday, Aug. 22 • 11 am-12 pm

Tyke Hikes

Summer time is full of surprises! From bumble bees buzzing around blossoms, salamanders slipping under the soil, to toads tumbling over turtles! On these hikes of discovery we'll open our senses to happenings small and large, and our minds to learning about nature's wonders. Note, our trails are not stroller-friendly. These hike are for walkers.

Ages 3-5 yrs. FREE

Course #34213 • Thursday, Jun. 29 • 11 am-12 pm
Course #34214 • Thursday, Jul. 20 • 11 am-12 pm
Course #34215 • Thursday, Aug. 3 • 11 am-12 pm
Course #34216 • Thursday, Aug. 17 • 11 am-12 pm

Tales & Trails - A StoryWalk Adventure

A StoryWalk is a fun way to combine physical activity with reading! Pages of an engaging book are formed into signs on a trail inviting children and their caregivers to read as they move along the path. Explore books in a new way as you discover the next sign, imagine and act out each page, and find yourself within the story. One month will take you around the pond and by the stream while the next months will have you wander through the woods and meadow. On Saturday participants are invited to do a related craft or activity in the nature center once they've read the tale along our nearby trails. No registration is required.



Brookside

Nature Center
in Wheaton Regional Park

JUNE 2017

6/4 Flying Squirrels

Catch a glimpse of these nighttime gliders and find out how they live. Rain cancels program.

Ages 4 & up. FREE

Course #22853 • Sunday, Jun. 4 • 8-9 pm

6/23 Friday Foray - Ten Mile Creek

The amount of nature activity filling the early summer scene is almost overwhelming. As the days lengthen and heat up, though, the summer forest sinks into a quiet siesta, not unlike winter's sleep. On our Friday forays we'll tune our senses to summer's ongoing and subdued wonders, listening and watching for birds, amphibians, insects and of course, observing the ever changing assortment of plants. Expect to walk on natural surface trails, covering anywhere from to 3 miles. Directions to the site will be emailed to registrants prior to the hike. Remember to bring water!

Ages 18 & up. FREE

Course #34229 • Friday, Jun. 23 • 9:30-11:30 am

JULY 2017

7/21 Friday Foray - Pennyfield Lock

The amount of nature activity filling the early summer scene is almost overwhelming. As the days lengthen and heat up, though, the summer forest sinks into a quiet siesta, not unlike winter's sleep. On our Friday forays we'll tune our senses to summer's ongoing and subdued wonders, listening and watching for birds, amphibians, insects and of course, observing the ever changing assortment of plants. Expect to walk on natural surface trails, covering anywhere from to 3 miles. Directions to the site will be emailed to registrants prior to the hike. Remember to bring water!

Ages 18 & up. FREE

Course #34395 • Friday, Jul. 21 • 7-8:30 pm

7/22 Art in the Park!

In Maryland, water and summer are natural partners. We'll make use of their compatibility by experimenting with watercolor paints, ice and other cool mixtures to create fluid and unique artwork.

Ages 4-11 yrs. Fee: \$6

Course #34399 • Saturday, Jul. 22 • 3-4 pm

AUGUST 2017

8/6 Bonkers for Bats!

As the sun prepares to set we will try and sneak a peak of these mysterious night time creatures. We'll talk about the different bats in our area, the issues they're facing, and what they might be up to on a summer's evening.

All Ages. Fee: \$6

Course #34394 • Sunday, Aug. 6 • 8-9 pm

8/11 Friday Foray - Northwest Branch

The amount of nature activity filling the early summer scene is almost overwhelming. As the days lengthen and heat up, though, the summer forest sinks into a quiet siesta, not unlike winter's sleep. On our Friday forays we'll tune our senses to summer's ongoing and subdued wonders, listening and watching for birds, amphibians, insects and of course, observing the ever changing assortment of plants. Expect to walk on natural surface trails, covering anywhere from to 3 miles. Directions to the site will be emailed to registrants prior to the hike. Remember to bring water!

Ages 18 & up. FREE

Course #34396 • Friday, Aug. 11 • 9:30-11:30 am

8/12 Bird Bingo!

Come join us for an exciting game of Bird Bingo as we walk the trails of Brookside in search of birds, their habits, and their behaviors.

Ages 4 & up. Fee: \$6

Course #34391 • Saturday, Aug. 12 • 10-11 am





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.

Recurring Programs

Some of our programs are so popular that we offer them a number of times throughout the season. Please check below for the dates that work best for you.

Tuesday in the Park

Join a Naturalist at the Cabin John Regional Park playground to explore what's happening outside! New topics every session. No registration required. Rain cancels the program.

Ages 1 & up. FREE

Course #34434 • Tuesday, Jun. 6 • 11 am-12 pm
 Course #34436 • Tuesday, Jun. 13 • 11 am-12 pm
 Course #34437 • Tuesday, Jun. 20 • 11 am-12 pm
 Course #34438 • Tuesday, Jun. 27 • 11 am-12 pm
 Course #34439 • Tuesday, Jul. 11 • 11 am-12 pm
 Course #34440 • Tuesday, Jul. 18 • 11 am-12 pm
 Course #34441 • Tuesday, Jul. 25 • 11 am-12 pm
 Course #34442 • Tuesday, Aug. 1 • 11 am-12 pm
 Course #34443 • Tuesday, Aug. 8 • 11 am-12 pm
 Course #34444 • Tuesday, Aug. 15 • 11 am-12 pm
 Course #34445 • Tuesday, Aug. 22 • 11 am-12 pm
 Course #34446 • Tuesday, Aug. 29 • 11 am-12 pm



JUNE 2017

6/16 Stream Splash and Firefly Fantasy

Have a blast exploring Cabin John Creek's pools and riffles. We'll wade around to see what lives under the rocks in the cool water, and look for animals that live nearby. After finding and catching water creatures, we'll learn about the lifecycle of fireflies, catch them in the meadow, and observe them in jars before its time to go home.

Ages 3 & up. Fee: \$6

Course #34093 • Friday, Jun. 16 • 6:30-8:30 pm

6/24 International Mud Day

Join us as we celebrate International Mud Day (a few days before the official June 29th date). There is only one requirement: GET DIRTY! Go for a splash in our mud pit, cook up something delicious in the mud kitchen, paint works of art with mud, or make a mud sculpture. Discover why mud is important for animals and plants, and its importance in our daily lives. Be prepared to wear clothes you can get dirty - really dirty - and have a change of clothes for after the fun is done.

All Ages. FREE

Course #34092 • Saturday, Jun. 24 • 1-4 pm



Nature Center
in Cabin John Regional Park

JULY 2017

7/16 Fire and Ice

Come to Locust Grove Nature Center for a fire and ice party celebrating National Ice Cream Day. Make your own frosty ice cream concoction the old-fashioned way using ice and rock salt. Then, while your concoction is “cooking,” roast a hot dog dinner over an open campfire. Please register everyone (3 years and up) in your group.

All Ages. Fee: \$8

Course #34096 • Sunday, Jul. 16 • 4-6 pm

7/21 Stream Splash and Beautiful Bats

Have a blast exploring Cabin John Creek’s pools and riffles. We’ll wade around to see what lives under the rocks in the cool water, and look for animals that live nearby. After finding and catching water creatures, we’ll lie down in the meadow and look up at the evening sky to watch our native bats hunt for insects. Learn about the life of bats and how to identify them in flight!

Ages 3 & up. Fee: \$6

Course #34094 • Friday, Jul. 21 • 6:30-8:30 pm

AUGUST 2017

8/18 Stream Splash and Omnipotent Owls

Have a blast exploring Cabin John Creek’s pools and riffles. We’ll wade around to see what lives under the rocks in the cool water, and look for animals that live nearby. After finding and catching water creatures, we’ll learn about our local owls and search the canopy and sky for these wise, elusive creatures.

Ages 3 & up. Fee: \$6

Course #34095 • Friday, Aug. 18 • 6:30-8:30 pm





MAYDALE NATURE CENTER

1638 Maydale Drive • Colesville, MD 20905 • 301-962-1487 • Open Sunrise to Sunset

For questions and comments, please email MCP-Maydale@montgomeryparks.org

www.montgomeryparks.org/parks-and-trails/maydale-conservation-park/

Recurring Programs

*Some of our programs are so popular that we offer them a number of times throughout the season.
Please check below for the dates that work best for you.*

Citizen Science - Bumble Bee Watch

Come and help track one of our native pollinators, the bumble bee. Join a naturalist every Saturday to learn the buzz. Rain cancels program.

Ages 8 & up. FREE

Course #34190 • Saturday, Jun. 3 • 2:30-3:30 pm
 Course #34191 • Saturday, Jun. 10 • 2:30-3:30 pm
 Course #34192 • Saturday, Jun. 17 • 2:30-3:30 pm
 Course #34193 • Saturday, Jun. 24 • 2:30-3:30 pm
 Course #34194 • Saturday, Jul. 1 • 2:30-3:30 pm
 Course #34195 • Saturday, Jul. 8 • 2:30-3:30 pm
 Course #34196 • Saturday, Jul. 15 • 2:30-3:30 pm
 Course #34197 • Saturday, Jul. 22 • 2:30-3:30 pm
 Course #34198 • Saturday, Jul. 29 • 2:30-3:30 pm
 Course #34199 • Saturday, Aug. 5 • 2:30-3:30 pm
 Course #34200 • Saturday, Aug. 12 • 2:30-3:30 pm
 Course #34201 • Saturday, Aug. 19 • 2:30-3:30 pm
 Course #34202 • Saturday, Aug. 26 • 2:30-3:30 pm

Citizen Science - Creek Critters

Come explore and record the small critters living in the creek around Maydale to help determine the health of the stream. What critters will you find? Please wear close-toed shoes that can get wet.

Rain cancels program.

All Ages. FREE

Course #34203 • Sunday, Jun. 11 • 1-2 pm
 Course #34204 • Sunday, Jun. 25 • 1-2 pm
 Course #34205 • Sunday, Jul. 9 • 1-2 pm
 Course #34206 • Sunday, Jul. 23 • 1-2 pm
 Course #34207 • Sunday, Aug. 6 • 1-2 pm
 Course #34208 • Sunday, Aug. 20 • 1-2 pm

Citizen Science - Dragonfly Pond Watch

Dragonfly Pond Watch monitors the movements of migratory dragonflies throughout North America. Come be a part of the science every Saturday as we look for and record dragonfly species found around the ponds and wetlands of Maydale Conservation Park.

Ages 8 & up. FREE

Course #34140 • Saturday, Jun. 3 • 11:30 am-12:30 pm
 Course #34143 • Saturday, Jun. 10 • 11:30 am-12:30 pm
 Course #34144 • Saturday, Jun. 17 • 11:30 am-12:30 pm
 Course #34145 • Saturday, Jun. 24 • 11:30 am-12:30 pm
 Course #34146 • Saturday, Jul. 1 • 11:30 am-12:30 pm
 Course #34147 • Saturday, Jul. 8 • 11:30 am-12:30 pm
 Course #34150 • Saturday, Jul. 15 • 11:30 am-12:30 pm
 Course #34183 • Saturday, Jul. 22 • 11:30 am-12:30 pm
 Course #34184 • Saturday, Jul. 29 • 11:30 am-12:30 pm
 Course #34185 • Saturday, Aug. 5 • 11:30 am-12:30 pm
 Course #34186 • Saturday, Aug. 12 • 11:30 am-12:30 pm
 Course #34187 • Saturday, Aug. 19 • 11:30 am-12:30 pm
 Course #34188 • Saturday, Aug. 26 • 11:30 am-12:30 pm

Citizen Science - FrogWatch

FrogWatch is a citizen science project that monitors frogs and toads throughout the United States. Come and be part of the experience by joining a Naturalist every Wednesday evening around sunset as we listen for and record the different frog and toad calls we hear.

Ages 8 & up. FREE

Course #34125 • Wednesday, Jun. 21 • 8:45-9:15 pm
 Course #34126 • Wednesday, Jun. 28 • 8:45-9:15 pm
 Course #34127 • Wednesday, Jul. 5 • 8:45-9:15 pm
 Course #34128 • Wednesday, Jul. 12 • 8:45-9:15 pm
 Course #34130 • Wednesday, Jul. 19 • 8:45-9:15 pm
 Course #34131 • Wednesday, Jul. 26 • 8:45-9:15 pm
 Course #34132 • Wednesday, Aug. 2 • 8:15-8:45 pm
 Course #34133 • Wednesday, Aug. 9 • 8:15-8:45 pm
 Course #34134 • Wednesday, Aug. 16 • 8:15-8:45 pm
 Course #34135 • Wednesday, Aug. 23 • 8:15-8:45 pm



Maydale



Nature Programs

Maydale Conservation Park

JUNE 2017**6/3 Dashing Dragonflies**

Dragonfly larvae are emerging from ponds, spreading their wings and dashing about! Join us on a hike around the ponds and meadows 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!

Ages 5-11 yrs. Fee: \$6

Course #34376 • Saturday, Jun. 3 • 3-4:30 pm

6/10 All About Amphibians

Explore the world of frogs at Maydale! Learn how they develop, where they live, what they eat, and how they are important to our ecosystem. Even if Frog and Toad aren't really friends learn how you can be a friend to frogs at this family friendly free program. Please register all attending.

Ages 3 & up. FREE

Course #30039 • Saturday, Jun. 10 • 12:30-1:30 pm

6/10 Insect Adventures

Join us for a family friendly interactive morning examining a pond to see what insects we can find, discovering their connection to the environment and creating your own insect story to share. Please wear protective boots or shoes; this is an outdoor activity (rain or shine). Register all who are attending this free program.

Ages 3 & up. FREE

Course #29673 • Saturday, Jun. 10 • 11 am-12 pm

6/15 Firefly Campfire at Maydale

Enjoy sitting around the campfire making S'mores along with other activities. Bring a blanket and chair and we will see you there! Registration is required - no walk-ins.

Ages 5 & up. Fee: \$7

Course #34210 • Thursday, Jun. 15 • 6:30-7:30 pm

6/24 What and Who are Living at Maydale?

Join us as we discover and identify the living organisms at Maydale and consider the important role they play in contributing to a healthy forest. Learn about the importance of biodiversity in the forest ecosystem.

Ages 5 & up. FREE

Course #34354 • Saturday, Jun. 24 • 12:30-1:30 pm

6/25 Summer Family Scavenger Hunt

Come on a hike with a naturalists to explore the summer wonders of Maydale! With scavenger hunt sheets in tow, we will look for the trees and wildlife that call the area their home!

Ages 4 & up. Fee: \$6

Course #34379 • Sunday, Jun. 25 • 3-4 pm

JULY 2017**7/8 Bird Bingo!**

Come join us for an exciting game of Bird Bingo as we walk the trails of Maydale in search of birds, their habits, and their behaviors.

Ages 4 & up. Fee: \$6

Course #34381 • Saturday, Jul. 8 • 10-11 am

7/13 Fire and Ice Campfire at Maydale

Enjoy sitting around the campfire while making your own ice cream treat. Bring a blanket and chair and we will see you there! Registration is required - no walk-ins. Rain cancels program.

Ages 5 & up. Fee: \$7

Course #34211 • Thursday, Jul. 13 • 6:30-7:30 pm

7/15 Name That Tree!

Celebrate National Tree Day as we examine bark, leaves, twigs and seeds to identify the trees of Maydale.

Ages 5 & up. FREE

Course #34355 • Saturday, Jul. 15 • 12:30-1:30 pm

7/22 Morning Bird Walk at Maydale

Early risers! What birds are up and about at Maydale? Join us on a guided bird walk through the trails and meadows of Maydale. Bring your binoculars, or use ours. Beginners are welcome!

Ages 6 & up. Fee: \$6

Course #34386 • Saturday, Jul. 22 • 7:30-9 am

7/29 Wildflowers of Maydale

Enjoy a nature focused walk through meadows and forest and around the ponds of Maydale as we search for summer flowering plants and shrubs.

Ages 18 & up. Fee: \$6

Course #34383 • Saturday, Jul. 29 • 3 pm-4:30 pm

AUGUST 2017**8/5 Sensory Scavenger Hunt**

Discover the outdoors using your eyes, ears, nose, and fingers as we hike and identify the plants and animals at Maydale.

Ages 5 & up. FREE

Course #34374 • Saturday, Aug. 5 • 12:30-1:30 pm

8/10 National S'mores Day Campfire at Maydale

Celebrate National S'mores Day with one of our recipes or try your hand at one of your own creations. We'll supply all the needed ingredients at our S'mores bar.

Bring a blanket and chair and we will see you there! Registration is required - no walk-ins.

Ages 5 & up. Fee: \$7

Course #34212 • Thursday, Aug. 10 • 6:30-7:30 pm

8/11 Cricket Crawl

How do you tell the difference between a cricket, a katydid, and a frog? Join us as we learn and listen for the sounds of summer as we walk along the trails of Maydale.

Ages 3 & up. FREE

Course #34390 • Friday, Aug. 11 • 8-9 pm

8/19 Pollinating Pairs

Wind and trees, flowers and bees...Oh my! Come join us in matching the pollinators of Maydale with the plants they help reproduce.

Ages 5 & up. FREE

Course #34375 • Saturday, Aug. 19 • 12:30-1:30 pm



MEADOWSIDE NATURE CENTER

5100 Meadowside Lane • Rockville, MD 20855 • 301-258-4030
MeadowsideNature.org • Meadowside@MontgomeryParks.org
 Open Tuesday–Saturday, 9 am–5 pm. Trails open daily dawn to dusk.

Recurring Programs

*Some of our programs are so popular that we offer them a number of times throughout the season.
 Please check below for the dates that work best for you.*

Raptor Enrichment

Raptors are smart! Come see Meadowside's resident raptors as they search for food, explore new objects and encounter new experiences. Meet at the Raptor Walkway behind the nature center. Programs are held rain or shine! No registration required. Groups, please call in advance.

Ages 2 & up. FREE

Course #34082 • Saturday, Jun. 3 • 11:30-11:45am
 Course #34237 • Saturday, Jun. 3 • 11:30-11:45am
 Course #34238 • Saturday, Jun. 10 • 11:30-11:45am
 Course #34239 • Saturday, Jun. 17 • 11:30-11:45am
 Course #34240 • Saturday, Jun. 24 • 11:30-11:45am
 Course #34242 • Saturday, Jul. 1 • 11:30-11:45am
 Course #34244 • Saturday, Jul. 8 • 11:30-11:45am
 Course #34245 • Saturday, Jul. 15 • 11:30-11:45am
 Course #34246 • Saturday, Jul. 22 • 11:30-11:45am
 Course #34248 • Saturday, Jul. 29 • 11:30-11:45am
 Course #34249 • Saturday, Aug. 5 • 11:30-11:45am
 Course #34250 • Saturday, Aug. 12 • 11:30-11:45am
 Course #34252 • Saturday, Aug. 19 • 11:30-11:45am
 Course #34253 • Saturday, Aug. 26 • 11:30-11:45am

Raptor Feeding

Observe Meadowside's resident raptors during their feeding time and learn some of the stories about the raptors on exhibit. Meet at the Raptor Walkway behind the nature center. Programs are held rain or shine! No registration required. Groups, please call in advance.

Ages 2 & up. FREE

Course #34083 • Saturday, Jun. 3 • 12-12:20 pm
 Course #34255 • Saturday, Jun. 3 • 12-12:20 pm
 Course #34256 • Saturday, Jun. 10 • 12-12:20 pm
 Course #34258 • Saturday, Jun. 17 • 12-12:20 pm
 Course #34259 • Saturday, Jun. 24 • 12-12:20 pm
 Course #34260 • Saturday, Jul. 1 • 12-12:20 pm
 Course #34262 • Saturday, Jul. 8 • 12-12:20 pm
 Course #34263 • Saturday, Jul. 15 • 12-12:20 pm
 Course #34264 • Saturday, Jul. 22 • 12-12:20 pm
 Course #34265 • Saturday, Jul. 29 • 12-12:20 pm
 Course #34266 • Saturday, Aug. 5 • 12-12:20 pm
 Course #34267 • Saturday, Aug. 12 • 12-12:20 pm
 Course #34268 • Saturday, Aug. 19 • 12-12:20 pm
 Course #34269 • Saturday, Aug. 26 • 12-12:20 pm

Splash-Splash, Drip, Plop

Wade in the water to see what's swimming, diving, and living in the stream. Wear shoes you don't mind getting wet (for your safety, don't wear flip-flops or backless sandals). Registration required.

Ages 3-12 yrs. Fee: \$6

Course #34487 • Thursday, Jun. 22 • 1-2 pm
 Course #34488 • Thursday, Jun. 29 • 1-2 pm
 Course #34489 • Thursday, Jul. 6 • 1-2 pm
 Course #34490 • Thursday, Jul. 13 • 1-2 pm
 Course #34491 • Thursday, Jul. 20 • 1-2 pm
 Course #34492 • Thursday, Jul. 27 • 1-2 pm
 Course #34493 • Thursday, Aug. 3 • 1-2 pm
 Course #34494 • Thursday, Aug. 10 • 1-2 pm
 Course #34495 • Thursday, Aug. 17 • 1-2 pm



**JUNE 2017****6/2 iNaturalist Photo Hikes**

Use your camera, cell phone, or tablet to record the plants and animals we see as we walk one of the Meadowside trails. Share with the online community of citizen scientists, photographers, and amateur & professional naturalists through the iNaturalist app.

Ages 13 & up. FREE

Course #34417 • Friday, Jun. 2 • 9:30-10:30 am

6/2 Introduction to iNaturalist

Bring your cell phone or tablet and learn to use the iNaturalist app and website to record the plants and animals you see and help us document the biodiversity of Meadowside and Rock Creek Regional Park (or anywhere you choose to hike). Join an online community of citizen scientists, photographers, and amateur & professional naturalists and share your photographs and observations.

Ages 13 & up. FREE

Course #34447 • Friday, Jun. 2 • 10:30-11:15am

6/7 Nature Matters: Gardening for Native Bees

During this evening presentation of Nature Matters, enjoy a glass of wine or a cold beer and meet others who share similar interests in science and nature. Over 400 species of bees work in Maryland to pollinate our gardens and plant communities. Conservation of bees means conservation of communities of plants. Sam Droege, Patuxent Wildlife Research Center, will talk about those collaborations, show us ultra-close up pictures of bees, encourage seeing our yards as bee refuges, and discuss competition between honey bees and native bees.

Ages 21 & up. FREE

Course #34278 • Wednesday, Jun. 7 • 6:45-8:15 pm

6/9 Nighttime Storytime

Want to get ready for bed with a story? With this family storytime around our campfire, we'll listen to two different stories as the sun finishes setting and we welcome nighttime. The marshmallows we roast might not help getting little ones to bed though! Registration required; please register both children and parents.

Ages 2 & up. Fee: \$5

Course #34085 • Friday, Jun. 9 • 8:15-9 pm

Nature Matters

Lecture Series

During this evening presentation series, enjoy a glass of wine or a cold beer and meet others who share similar interests in science and nature. All events are free but advance registration is appreciated.

Nature Matters: What Native Bees want from your garden

#34278

Wednesday, June 7 | 6:45 - 8:15 pm

Ages 21 and up

Over 400 species of bees work in Maryland to pollinate our gardens and plant communities. Conservation of bees means conservation of communities of plants. Sam Droege, Patuxent Wildlife Research Center, will talk about those collaborations, show us ultra-close up pictures of bees, encourage seeing our yards as bee refuges, and discuss competition between honey bees and native bees.

**Nature Matters: Wild Edibles of the Mid-Atlantic**

#34282

Wednesday, July 26 | 6:45 - 8:15pm

Ages 21 and up

Our ancestors knew how to feed themselves from the bounty of the landscape, and now you can too! Join *New York Times* Bestselling author Tim MacWelch as he shows you some of the wonderful wild edible plants that grow all around us. This presentation will focus on safe and sustainable harvesting techniques and positive identification of useful plant species. Some of our time will be spent outdoors so please dress accordingly.

Nature Matters: Skytruthing: Clean up your Act, the Crowd is Watching

#34299

Wednesday, August 9 | 6:45 - 8:15pm

Ages 21 and up

Christian Thomas, Geospatial Analyst at SkyTruth in West Virginia, will discuss applying satellite imagery and big data to some of today's biggest conservation challenges. Learn how the skytruthing movement is bringing people together from all over the world to look at the planet, and our impact on it, from a new perspective.

6/14 Champion Trees Tour and Walk

Montgomery County is home to international, national, state, and county champion trees. This year's tour will seek out many of the champion trees north along New Hampshire Avenue. These include the national champion Kentucky Coffee tree, state champion Butternut, Franklinia, and Tamarack, and a European Linden with a 24-foot circumference, plus many more remarkable trees. Join guests Joe Howard of the Montgomery County Forestry Board and Montgomery Parks Forest Ecologist Carole Bergmann to learn about each tree and what makes it a champion. Van transportation included in fee; meet at Meadowside. Bring a snack and drink and plan to do some walking. Registration required.

Ages 18 & up. Fee: \$20

Course #34463 • Wednesday, Jun. 14 • 10 am-1 pm

6/16 Friday Night Father's Day Campfire

Spend your Friday evening at our campfire learning about some "wild" fathers as we enjoy dinner for Dad. Bring your own hot dogs and drinks. We'll supply buns and the fixings, and s'mores for dessert! Register and pay for all attendees.

Ages 2 & up. Fee: \$8

Course #34271 • Friday, Jun. 16 • 6:30-7:30 pm

6/17 La tortuga de caja

¡La tortuga de caja de Maryland es un reptil inspirador! Puede vivir hasta los 100 años y come desde las bayas hasta los roedores. Exploraremos un territorio de tortugas en el bosque cercano y aprenderemos sobre el comportamiento y el cuidado de las residentes tortugas de caja de Meadowside. Crearemos mensajes para estimular la preservación del hábitat de las tortugas.

Edades: 4 en adelante. Precio: \$6

Course #34477 • Saturday, Jun. 17 • 10-11:15am

6/21 Tyke Hike: Turtles

Take a nature mini-hike and make a craft to take home. Registration required; children must be accompanied by an adult.

Ages 2-3 yrs. Fee: \$5

Course #34496 • Wednesday, Jun. 21 • 10:30-11:15am

6/22 Storytime on Lake Needwood: Geese and Herons

Take a storytime cruise around the lake aboard the Needwood Queen pontoon boat. We'll read a story onboard then look for what's swimming, soaring, and standing nearby. You must register and pay for all participants (\$3/adult, \$7/child; no underage siblings). Meet at Lake Needwood Boathouse, 15700 Needwood Lake Circle, Rockville, 20855.

Ages 3 & up. Fee: \$10 (\$3/adult, \$7/child)

Course #34499 • Thursday, Jun. 22 • 11 am-11:45am



There are still a few opening left in these wonderful Meadowside Nature Center Summer Camps. Register soon-summer will be here before you know it!

Animales del Parque Rock Creek- #28934

Ages 6 – 10

August 14 – 18; 9 am – 3:30 pm

\$300

Raptor Camp- #28926

Ages 9 – 12

June 26 – 30; 9 am – 4 pm

\$365

Rock Creek Animal Week- #28929

Ages 6 – 10

July 17 – 21; 9 am – 3:30 pm

\$300

Wee Little Farmers Camp-#28927

Ages 3 – 5

July 10 – 14; 9:30 am – 11 am

\$75

Writing Home: Nature Writing Camp- #28928

Ages 13 – 15

July 10 – 14; 9 am – 3:30 pm | \$300



Visit MontgomeryParks.org/Camps for more information and register at ActiveMONTGOMERY.org

**6/24 Meadowside's Riparian Raptors**

Chances are you have heard the call of the barred owl or the red-shouldered hawk. We will hike to look for the park's native raptors and learn from up-close encounters with Meadowside's resident birds. Learn about what the raptors eat and make crafts to encourage raptor conservation.

Ages 6 & up. Fee: \$6

Course #34478 • Saturday, Jun. 24 • 10-11:15am

6/28 Storytime on Lake Needwood: Turtles

Take a storytime cruise around the lake aboard the Needwood Queen pontoon boat. We'll read a story onboard then look for what's swimming, soaring, and standing nearby. You must register and pay for all participants (\$3/adult, \$7/child; no underage siblings). Meet at Lake Needwood Boathouse, 15700 Needwood Lake Circle, Rockville, 20855.

Ages 3 & up. Fee: \$10 (\$3/adult, \$7/child)

Course #34501 • Wednesday, Jun. 28 • 11 am-11:45am

6/28 World of Worms

These wiggly creatures are wonderful! Let's learn about what worms do and explore their habitat. Don't be afraid to get muddy!

Ages 3-5 yrs. Fee: \$6

Course #34486 • Wednesday, Jun. 28 • 10-11 am

6/29 Natural Yogis

Nature and yoga provide essential therapeutic benefits to children of all ages. Join certified Child Light yoga instructor and Park Naturalist Jen Scully to explore varying themes in nature that will help children become more at ease in their world.

Ages 2-5 yrs. Fee: \$10

Course #34103 • Thursday, Jun. 29 • 10-11 am

6/30 UnBEElievable

Let's learn about these priceless pollinators! Kids will make a Bee house and watering station to take home.

Ages 3-5 yrs. Fee: \$6

Course #34484 • Friday, Jun. 30 • 10-11 am

JULY 2017**7/1 Brinca y baila**

¡Siente la música! El ritmo está por todos lados – en el aire, agua, tierra, plantas y animales. Disfrutaremos del cuento Salta y brinca y aprenderemos de cómo se mueven y actúan los animales salvajes. Juntos bailaremos a movimientos creativos e inspirados por la naturaleza.

Edades: 4 en adelante. GRATIS

Course #34479 • Saturday, Jul. 1 • 10-11:15am

7/5 Mammal Study Merit Badge

What do humans, cats, bats, whales, elephants and anteaters have in common? They're all mammals! Learn the characteristics of our animal class in this hands-on workshop. We will work on all five requirements for this badge, including a project that will benefit some of the mammals in Rock Creek Regional Park.

Ages 10-17 yrs. Fee: \$50

Course #34312 • Wednesday, Jul. 5 • 10 am-2:30 pm

7/5 Storytime on Lake Needwood: Beavers

Take a storytime cruise around the lake aboard the Needwood Queen pontoon boat. We'll read a story onboard then look for what's swimming, soaring, and standing nearby. You must register and pay for all participants (\$3/adult, \$7/child; no underage siblings). Meet at Lake Needwood Boathouse, 15700 Needwood Lake Circle, Rockville, 20855.

Ages 3 & up. Fee: \$10 (\$3/adult, \$7/child)

Course #34503 • Wednesday, Jul. 5 • 11 am-11:45am

7/6 Bird Study Merit Badge

Earning your Bird Study merit badge is a great beginning to a fun and fulfilling lifelong hobby! Scouts will look for native birds at a local birding hotspot, learn about bird identification and calls, and more in this two-day class. Transportation provided.

Ages 10-17 yrs. Fee: \$100

Course #34316 • Thursday, Jul. 6 • 10 am-2:30 pm

Course #34316 • Friday, Jul. 7 • 10 am-2:30 pm

7/7 Decodin' Erosion

Evidence of weathering and erosion can be seen all over the parks. Join us for activities and a hike where we discuss the causes, impacts and solutions.

Ages 4-6 yrs. Fee: \$9

Course #34485 • Friday, Jul. 7 • 10-11:30 am

7/7 Friday Night Owls Campfire

Spend Friday evening at our campfire roasting marshmallows and enjoying a naturalist-led program. Tonight we'll look at some of our local and resident owl species. All participants must register and pay fee.

Ages 3 & up. Fee: \$5

Course #34464 • Friday, Jul. 7 • 7-7:45 pm

7/11 Cuentos para dormir

¿Quieres escuchar un cuento antes de ir a dormir? Con esta hora de cuentos para la familia, alrededor de la fogata escucharemos dos historias diferentes mientras el sol acaba de bajar y le damos la bienvenida a la noche. ¡Aunque los malvaviscos que tostamos de pronto no ayudan a poner los niños a dormir! Se requiere el registro de los niños y los padres también.

Edades: 2 en adelante. Precio: \$5

Course #34086 • Tuesday, Jul. 11 • 8:15-9 pm

7/12 Storytime on Lake Needwood: Fish

Take a storytime cruise around the lake aboard the Needwood Queen pontoon boat. We'll read a story onboard then look for what's swimming, soaring, and standing nearby. You must register and pay for all participants (\$3/adult, \$7/child; no underage siblings). Meet at Lake Needwood Boathouse, 15700 Needwood Lake Circle, Rockville, 20855.

Ages 3 & up. Fee: \$10 (\$3/adult, \$7/child)

Course #34506 • Wednesday, Jul. 12 • 11 am-11:45am

7/14 Friday Night Campfire: Fireflies

Summer brings fireflies! Look for these little beacons of light and learn about what makes them glow. Then, we'll gather around the campfire and roast marshmallows. Register and pay for all attendees.

Ages 2 & up. Fee: \$5

Course #34276 • Friday, Jul. 14 • 8-8:45 pm

Pawpaw Festival

**Saturday,
September 9
Noon-4pm**

Apple Festival

**Friday
September 22
6 to 8pm**

Volunteer opportunities exist for both of these fun festivals! SSL-approved



7/15 Huellas de animales

¿Has visto unas huellas interesantes afuera? En este programa, vas a aprender cómo identificar las huellas de animales salvajes de esta región, por ejemplo las del venado de cola blanca, mapache y zorro. Haremos artesanía y nos daremos vueltas en un juego divertido de pistas. Vamos a practicar el nuevo conocimiento de huellas durante una caminata en el bosque.

Edades: 3 en adelante. Precio: \$6

Course #34482 • Saturday, Jul. 15 • 10-11:15am

7/19 Birding and Binocular Basics (Intro to Birding)

Do you want to get started birding but don't know what binoculars to buy? Unsure which field guide is best? Do you have Uncle Jim's old binoculars and need to figure out why they won't focus, or the difference between those three different blue birds you might see on the feeder? An informal discussion of optics, field guides, and common local birds and a short walk with a Meadowside naturalist to hone your new skills.

Ages 14 & up. Fee: \$6

Course #34449 • Wednesday, Jul. 19 • 11 am-12:30 pm

7/19 Tyke Hike: Insects

Take a nature mini-hike and make a craft to take home. Registration required; children must be accompanied by an adult.

Ages 2-3 yrs. Fee: \$5

Course #34497 • Wednesday, Jul. 19 • 10:30-11:15am

7/20 Storytime on Lake Needwood: Geese and Herons

Take a storytime cruise around the lake aboard the Needwood Queen pontoon boat. We'll read a story onboard then look for what's swimming, soaring, and standing nearby. You must register and pay for all participants (\$3/adult, \$7/child; no underage siblings). Meet at Lake Needwood Boathouse, 15700 Needwood Lake Circle, Rockville, 20855.

Ages 3 & up. Fee: \$10 (\$3/adult, \$7/child)

Course #34500 • Thursday, Jul. 20 • 11 am-11:45am

7/21 iNaturalist Photo Hikes

Use your camera, cell phone, or tablet to record the plants and animals we see as we walk one of the Meadowside trails. Share with the online community of citizen scientists, photographers, and amateur & professional naturalists through the iNaturalist app.

Ages 13 & up. FREE

Course #34418 • Friday, Jul. 21 • 9:30-10:30 am

7/25 Animal Fans

Are you a fan of one of Meadowside's animal ambassadors? Meet a few of your favorite animals and make a cool animal fan to take home. Adults must accompany children; fee is for children only.

Ages 3-10 yrs. Fee: \$6

Course #34105 • Tuesday, Jul. 25 • 10:30-11:15am

7/26 Nature Matters: Wild Edibles of the Mid-Atlantic

During this evening presentation of Nature Matters, enjoy a glass of wine or a cold beer and meet others who share similar interests in science and nature. Our ancestors knew how to feed themselves from the bounty of the landscape, and now you can too! Join *New York Times* Bestselling author Tim MacWelch as he shows you some of the wonderful wild edible plants that grow all around us. This presentation will focus on safe and sustainable harvesting techniques and positive identification of useful plant species. Some of our time will be spent outdoors so please dress accordingly.

Ages 21 & up. FREE

Course #34282 • Wednesday, Jul. 26 • 6:45-8:15 pm

7/26 Storytime on Lake Needwood: Turtles

Take a storytime cruise around the lake aboard the Needwood Queen pontoon boat. We'll read a story onboard then look for what's swimming, soaring, and standing nearby. You must register and pay for all participants (\$3/adult, \$7/child; no underage siblings). Meet at Lake Needwood Boathouse, 15700 Needwood Lake Circle, Rockville, 20855.

Ages 3 & up. Fee: \$10 (\$3/adult, \$7/child)

Course #34502 • Wednesday, Jul. 26 • 11 am-11:45am

7/27 Poison Ivy: Be Aware, Not Afraid

Poison Ivy (*Toxicodendron radicans*; PI) is widespread and toxic, with exposure causing an uncomfortable blistering and itching rash in many people that can be severe. Properly identifying poison ivy can be difficult. Uncertainty about successfully recognizing poison ivy and fear or anxiety about the rash leads many people to avoid the outdoors. The best method for learning to live with it and to prevent poison ivy contact or rash is to learn the facts about it and to go outside and practice recognizing it. Learn to be allergic, not afraid.

Ages 2 & up. FREE

Course #34465 • Thursday, Jul. 27 • 10-11 am

7/28 Natural Yogis

Nature and yoga provide essential therapeutic benefits to children of all ages. Join certified Child Light yoga instructor and Park Naturalist Jen Scully to explore varying themes in nature that will help children become more at ease in their world.

Ages 2-5 yrs. Fee: \$10

Course #34104 • Friday, Jul. 28 • 10-11 am





7/29 Sustainable Practices of Chesapeake Tribes

Piscataway, Nanticoke, and Powhatan are places in our area named after the Chesapeake region's indigenous people. Come learn about how these Chesapeake tribes practiced sustainability and respected living things. Hike in the woods to observe wildlife and the materials gathered for a Chesapeake home. Craft with natural plant dyes.

Ages 6 & up. Fee: \$6

Course #34483 • Saturday, Jul. 29 • 10-11:15am

AUGUST 2017

8/2 Storytime on Lake Needwood: Beavers

Take a storytime cruise around the lake aboard the Needwood Queen pontoon boat. We'll read a story onboard then look for what's swimming, soaring, and standing nearby. You must register and pay for all participants (\$3/adult, \$7/child; no underage siblings). Meet at Lake Needwood Boathouse, 15700 Needwood Lake Circle, Rockville, 20855.

Ages 3 & up. Fee: \$10 (\$3/adult, \$7/child)

Course #34504 • Wednesday, Aug. 2 • 11 am-11:45am

8/5 Concerning Hobbits

Embark on a journey through Middle-Earth, just like Bilbo Baggins and his company of Dwarves! We'll learn all about Hobbits, and make some unique crafts to help us along our adventure through Mirkwood Forest and the Misty Mountains, as we look for the treasure in our quest for The Lonely Mountain! We'll make sure to have plenty of time for tea at the end as a proper hobbit should. Costumes welcome.

Ages 7-13 yrs. Fee: \$14

Course #34088 • Saturday, Aug. 5 • 11 am-1 pm

8/8 Cuentos para dormir

¿Quieres escuchar un cuento antes de ir a dormir? Con esta hora de cuentos para la familia, alrededor de la fogata escucharemos dos historias diferentes mientras el sol acaba de bajar y le damos la bienvenida a la noche. ¡Aunque los malvaviscos que tostamos de pronto no ayudan a poner los niños a dormir! Se requiere el registro de los niños y los padres también.

Edades: 2 en adelante. Precio: \$5

Course #34087 • Tuesday, Aug. 8 • 8:15-9 pm

8/8 iNaturalist Photo Hikes

Use your camera, cell phone, or tablet to record the plants and animals we see as we walk one of the Meadowside trails. Share with the online community of citizen scientists, photographers, and amateur & professional naturalists through the iNaturalist app.

Ages 13 & up. FREE

Course #34420 • Tuesday, Aug. 8 • 9:30-10:30 am

8/9 Nature Matters: Skytruthing: Clean Up Your Act

During this evening presentation of Nature Matters, enjoy a glass of wine or a cold beer and meet others who share similar interests in science and nature. Christian Thomas, Geospatial Analyst at SkyTruth in West Virginia, will discuss applying satellite imagery and big data to some of today's biggest conservation challenges. Learn how the skytruthing movement is bringing people together from all over the world to look at the planet, and our impact on it, from a new perspective.

Ages 21 & up. FREE

Course #34299 • Wednesday, Aug. 9 • 6:45-8:15 pm

8/9 Storytime on Lake Needwood: Fish

Take a storytime cruise around the lake aboard the Needwood Queen pontoon boat. We'll read a story onboard then look for what's swimming, soaring, and standing nearby. You must register and pay for all participants (\$3/adult, \$7/child; no underage siblings). Meet at Lake Needwood Boathouse, 15700 Needwood Lake Circle, Rockville, 20855.

Ages 3 & up. Fee: \$10 (\$3/adult, \$7/child)

Course #34507 • Wednesday, Aug. 9 • 11 am-11:45am

8/10 Animal Fans

Are you a fan of one of Meadowside's animal ambassadors? Meet a few of your favorite animals and make a cool animal fan to take home. Adults must accompany children; fee is for children only.

Ages 3-10 yrs. Fee: \$6

Course #34111 • Thursday, Aug. 10 • 10:30-11:15am

8/16 Tyke Hike: Birds

Take a nature mini-hike and make a craft to take home. Registration required; children must be accompanied by an adult.

Ages 2-3 yrs. Fee: \$5

Course #34498 • Wednesday, Aug. 16 • 10:30-11:15am

8/17 Storytime on Lake Needwood: Beavers

Take a storytime cruise around the lake aboard the Needwood Queen pontoon boat. We'll read a story onboard then look for what's swimming, soaring, and standing nearby. You must register and pay for all participants (\$3/adult, \$7/child; no underage siblings). Meet at Lake Needwood Boathouse, 15700 Needwood Lake Circle, Rockville, 20855.

Ages 3 & up. Fee: \$10 (\$3/adult, \$7/child)

Course #34505 • Thursday, Aug. 17 • 11 am-11:45am

EARN BOY SCOUT BADGES THIS SUMMER AT MEADOWSIDE NATURE CENTER!

Get some hands-on fun and earn your Boy Scout badges at the same time! For more information, please visit MontgomeryParks.org/Camps. Ages 10-17. Please bring a bag lunch.



Mammal Study Merit Badge #34312

What do humans, cats, bats, whales, elephants, horses and anteaters have in common? They're all mammals! Learn the characteristics of our animal class in this hands-on workshop. We'll work on all five requirements for this badge, including a project that will benefit some of the mammals in Rock Creek Regional Park. **Wednesday, July 5 • 10am - 2:30pm**
Fee: \$50

Bird Study Merit Badge #34316

Earning your Bird Study merit badge is a great beginning to a fun and fulfilling lifelong hobby! Scouts will look for native birds at a local birding hot spot, learn about bird identification and calls and more in this two-day class.

2 Classes

Thursday, July 6 and Friday, July 7
10am - 2:30pm each day
Fee: \$100

5100 Meadowside Lane | Rockville, MD 20855

MEADOWSIDENATURE.ORG



NATURE THEMED BIRTHDAYS!

Your child will enjoy a great birthday at one of our nature centers. For a list of parks with party options or for more information, visit: MontgomeryParks.org/Park_Feature/Parties/



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
ParkPermits.org or call 301-495-2525.



Ice Skating & Hockey Group Lessons • Summer 2017



www.CabinJohnIce.org
10610 Westlake Drive
Rockville, MD 20852
301-765-8620



www.WheatonIceArena.org
11717 Orebaugh Avenue
Wheaton, MD 20902
301-905-3000



Like and follow @CabinJohnIce, @WheatonIce, and @MontgomeryParks on   

CLASS DATES

Summer 1 Classes June 13-July 25, No Classes July 4
Summer 2 Classes August 2- August 29

ONLINE REGISTRATION DATES

Summer 1 registration June 6-11
Summer 2 registration June 6- July 31

If you register for Summer 1 after June 11 or Summer 2 after July 31, you must register in person at the facility and you will be charged a \$10 non-refundable service fee. No new enrollments are added after the second week of class.

On your first day of class...

- Wear one pair of thin socks.
- Helmets and gloves are highly recommended for safety.
- Arrive at the rink 30 minutes early for your first lesson, and 15 - 20 minutes early for subsequent lessons to have time to get skates on properly
- Pick up your practice card at the rink.
- Pick up your skates at the skate exchange. Ask for one size smaller than your sneaker size. You'll have better balance and protection against injuries.

COURSE FEES COVER

- Six group lessons
- Rental Skates
- A practice card good for public session admissions and skate rental, if needed.
- Practice cards are valid until the start date of the next lesson series. Practice cards are non-transferrable, non-refundable, and cannot be replaced if lost.

PLEASE NOTE

- No make-ups or refunds for missed lessons.
- Please read course descriptions carefully and select courses that match the skater's ability and experience. At the end of each class series, the skater will receive an evaluation form recommending the class that should be taken in the future.
- If you see a class you like, register! Classes may be cancelled or combined if a minimum enrollment is not met.

Skaters will receive a ribbon award at the end of the 6-week course.

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SUMMER 2017 EVENTS AND IMPORTANT DATES:

Open for public skating all through the summer except for these dates:

Rink Closed:

Saturday May 27-29
Tuesday July 4

Skating Shows:

Cabin John - June 3 & Aug 20
Wheaton - May 20 & Aug 20

Weekly Summer Skating Camps

at Cabin John & Wheaton
June 13-Aug 18

Mother's Day Skate

Sunday May 14
Cabin John 12:30-2:30 pm
Wheaton 11 am-1pm
Mom's Skate for FREE (inc. skate rental) with one other paid admission.

Father's Day Skate

Sunday June 18
Cabin John 12:30-2:30 pm
Wheaton 11 am-1pm
Dad's Skate for FREE (inc. skate rental) with one other paid admission.





Parent and Tot Ice Skating

Skating is fun, and great exercise for you and your child! This class teaches toddlers (ages 3-5) beginning skating skills with Mom or Dad right there to help them feel safe. We'll teach your child how to fall down and get up, and march while moving on the ice. Parents will need basic skating skills in order to skate with their child. Fee covers registration for child and parent, skate rental for child and parent, and a practice card good for admission to 6 public skate sessions to practice skills learned in class. Register only the child for the course. Equipment Required: Helmet & Gloves.

Cabin John Ice Rink

32944	3-5 yrs	6 Classes	\$102	Wednesday, Jun. 14	10-10:30 am
32946	3-5 yrs	6 Classes	\$102	Saturday, Jun. 17	1:30-2 pm
32945	3-5 yrs	6 Classes	\$102	Saturday, Jun. 17	8:30-9 am
32943	3-5 yrs	6 Classes	\$102	Sunday, Jun. 18	2:30 pm-3 pm
33635	3-5 yrs	4 Classes	\$68	Wednesday, Aug. 2	10-10:30 am
33636	3-5 yrs	4 Classes	\$68	Saturday, Aug. 5	12:30-1 pm
33634	3-5 yrs	4 Classes	\$68	Sunday, Aug. 6	1-1:30 pm

Wheaton Ice Arena

33128	3-5 yrs	6 Classes	\$102	Saturday, Jun. 17	10:45-11:15 am
33129	3-5 yrs	6 Classes	\$102	Sunday, Jun. 18	2:15-2:45 pm
33263	3-5 yrs	4 Classes	\$68	Saturday, Aug. 5	10:45-11:15 am
33264	3-5 yrs	4 Classes	\$68	Sunday, Aug. 6	2:15-2:45 pm

Snowplow Sam

Snowplow Sam classes are designed to help preschool-age children develop the preliminary coordination and strength to maneuver on the ice.

Snowplow Sam 1 Ice Skating

This class is designed for children ages 3-5 who are beginning skaters. Skaters will learn how to sit and stand up on skates (off and on the ice); march in place; march forward; glide on two feet; and dip in place. Fee includes rental skates and a practice card good for six public skate sessions for the skater to practice skills. Equipment required: Helmet and gloves.

Cabin John Ice Rink

32904	3-5 yrs	6 Classes	\$102	Tuesday, Jun. 13	4-4:30 pm
32905	3-5 yrs	6 Classes	\$102	Wednesday, Jun. 14	10-10:30 am
32906	3-5 yrs	6 Classes	\$102	Thursday, Jun. 15	4-4:30 pm
32907	3-5 yrs	6 Classes	\$102	Saturday, Jun. 17	10-10:30 am
32908	3-5 yrs	6 Classes	\$102	Saturday, Jun. 17	11:45 am-12:15 pm
32903	3-5 yrs	6 Classes	\$102	Sunday, Jun. 18	12-12:30 pm
33617	3-5 yrs	4 Classes	\$68	Wednesday, Aug. 2	10-10:30 am
33618	3-5 yrs	4 Classes	\$68	Thursday, Aug. 3	4-4:30 pm
33619	3-5 yrs	4 Classes	\$68	Friday, Aug. 4	4-4:30 pm
33620	3-5 yrs	4 Classes	\$68	Saturday, Aug. 5	10:45-11:15 am
33615	3-5 yrs	4 Classes	\$68	Sunday, Aug. 6	12-12:30 pm
33616	3-5 yrs	4 Classes	\$68	Tuesday, Aug. 8	4-4:30 pm

Wheaton Ice Arena

33130	3-5 yrs	6 Classes	\$102	Thursday, Jun. 15	5:15-5:45 pm
33132	3-5 yrs	6 Classes	\$102	Friday, Jun. 16	4:45-5:15 pm
33133	3-5 yrs	6 Classes	\$102	Saturday, Jun. 17	10:45-11:15 am
33136	3-5 yrs	6 Classes	\$102	Sunday, Jun. 18	1:45-2:15 pm
33267	3-5 yrs	4 Classes	\$68	Friday, Aug. 4	4:45-5:15 pm
33268	3-5 yrs	4 Classes	\$68	Saturday, Aug. 5	10:45-11:15 am
33271	3-5 yrs	4 Classes	\$68	Sunday, Aug. 6	1:45-2:15 pm

Snowplow Sam 2 Ice Skating

Prerequisite: Passed Snowplow Sam 1

This skating class is for children between the ages of 3-5. Skaters learn how to march followed by a long glide, dip while moving, backward wiggles, forward two-foot swizzles, beginning snowplow stop, and a two-foot hop in place. Fee includes rental skates and a practice card good for six public skate sessions for the skater to practice skills. Equipment Required: Helmet & Gloves.

Cabin John Ice Rink

32910	3-5 yrs	6 Classes	\$102	Tuesday, Jun. 13	4-4:30 pm
32911	3-5 yrs	6 Classes	\$102	Wednesday, Jun. 14	10-10:30 am
32912	3-5 yrs	6 Classes	\$102	Thursday, Jun. 15	4-4:30 pm
32913	3-5 yrs	6 Classes	\$102	Saturday, Jun. 17	10-10:30 am
32914	3-5 yrs	6 Classes	\$102	Saturday, Jun. 17	11:45 am-12:15 pm
32909	3-5 yrs	6 Classes	\$102	Sunday, Jun. 18	12-12:30 pm
33623	3-5 yrs	4 Classes	\$68	Wednesday, Aug. 2	10-10:30 am
33624	3-5 yrs	4 Classes	\$68	Thursday, Aug. 3	4-4:30 pm
33625	3-5 yrs	4 Classes	\$68	Saturday, Aug. 5	10:45-11:15 am
33621	3-5 yrs	4 Classes	\$68	Sunday, Aug. 6	12-12:30 pm
33622	3-5 yrs	4 Classes	\$68	Tuesday, Aug. 8	4-4:30 pm

Wheaton Ice Arena

33137	3-5 yrs	6 Classes	\$102	Thursday, Jun. 15	5:45-6:15 pm
33139	3-5 yrs	6 Classes	\$102	Friday, Jun. 16	4:45-5:15 pm
33140	3-5 yrs	6 Classes	\$102	Saturday, Jun. 17	10:45-11:15 am
33143	3-5 yrs	6 Classes	\$102	Sunday, Jun. 18	1:45-2:15 pm
33274	3-5 yrs	4 Classes	\$68	Friday, Aug. 4	4:45-5:15 pm
33275	3-5 yrs	4 Classes	\$68	Saturday, Aug. 5	10:45-11:15 am
33278	3-5 yrs	4 Classes	\$68	Sunday, Aug. 6	1:45-2:15 pm

Snowplow Sam 3 Ice Skating

Prerequisite: Passed Snowplow Sam 2

This class is for skaters ages 3-5. Skater will learn forward skating, forward one-foot glides, forward and backward swizzles, a snowplow stop, and curves. Fee includes skate rental and a practice card good for six public skate sessions to practice skills learned in class. Equipment Required: Helmet & Gloves.

Cabin John Ice Rink

32916	3-5 yrs	6 Classes	\$102	Tuesday, Jun. 13	4-4:30 pm
32917	3-5 yrs	6 Classes	\$102	Thursday, Jun. 15	4-4:30 pm
32918	3-5 yrs	6 Classes	\$102	Saturday, Jun. 17	10-10:30 am
32919	3-5 yrs	6 Classes	\$102	Saturday, Jun. 17	11:45 am-12:15 pm
32915	3-5 yrs	6 Classes	\$102	Sunday, Jun. 18	12-12:30 pm
33628	3-5 yrs	4 Classes	\$68	Thursday, Aug. 3	4-4:30 pm
33629	3-5 yrs	4 Classes	\$68	Saturday, Aug. 5	10:45-11:15 am
33626	3-5 yrs	4 Classes	\$68	Sunday, Aug. 6	12-12:30 pm
33627	3-5 yrs	4 Classes	\$68	Tuesday, Aug. 8	4-4:30 pm

Wheaton Ice Arena

33144	3-5 yrs	6 Classes	\$102	Thursday, Jun. 15	5:45-6:15 pm
33146	3-5 yrs	6 Classes	\$102	Friday, Jun. 16	4:45-5:15 pm
33147	3-5 yrs	6 Classes	\$102	Saturday, Jun. 17	10:45-11:15 am
33150	3-5 yrs	6 Classes	\$102	Sunday, Jun. 18	1:45-2:15 pm
33281	3-5 yrs	4 Classes	\$68	Friday, Aug. 4	4:45-5:15 pm
33282	3-5 yrs	4 Classes	\$68	Saturday, Aug. 5	10:45-11:15 am
33285	3-5 yrs	4 Classes	\$68	Sunday, Aug. 6	1:45-2:15 pm

Snowplow Sam 4 Ice Skating

Prerequisite: Passed Snowplow Sam 3

This class is for skaters ages 3-5. Skater will learn forward skating, backward two foot glides, backward swizzles, rocking horse, two foot turns from forward to backward in place, and two foot hop. Fee includes skate rental and a practice card good for six public skate sessions to practice skills learned in class. Equipment Required: Helmet & Gloves.

Cabin John Ice Rink

32899	3-5 yrs	6 Classes	\$102	Tuesday, Jun. 13	4:30-5 pm
32900	3-5 yrs	6 Classes	\$102	Thursday, Jun. 15	4:30-5 pm
32901	3-5 yrs	6 Classes	\$102	Saturday, Jun. 17	10-10:30 am
32902	3-5 yrs	6 Classes	\$102	Saturday, Jun. 17	12:30-1 pm
32898	3-5 yrs	6 Classes	\$102	Sunday, Jun. 18	11:30 am-12 pm
33632	3-5 yrs	4 Classes	\$68	Thursday, Aug. 3	4:30-5 pm
33633	3-5 yrs	4 Classes	\$68	Saturday, Aug. 5	11:15-11:45 am
33630	3-5 yrs	4 Classes	\$68	Sunday, Aug. 6	11:30 am-12 pm
33631	3-5 yrs	4 Classes	\$68	Tuesday, Aug. 8	4:30-5 pm

Wheaton Ice Arena

33151	3-5 yrs	6 Classes	\$102	Thursday, Jun. 15	5:45-6:15 pm
33153	3-5 yrs	6 Classes	\$102	Saturday, Jun. 17	10:45-11:15 am
33155	3-5 yrs	6 Classes	\$102	Sunday, Jun. 18	1:45-2:15 pm
33287	3-5 yrs	4 Classes	\$68	Friday, Aug. 4	5:15-5:45 pm
33288	3-5 yrs	4 Classes	\$68	Saturday, Aug. 5	10:45-11:15 am
33290	3-5 yrs	4 Classes	\$68	Sunday, Aug. 6	1:45-2:15 pm

Basic Skills 1-6

Basic Skills classes teach the fundamentals of skating. The six levels of the program introduce these fundamental moves: forward skating, Backwards skating, stops, edges, crossovers, and turns. Upon completion of Basic Skills 1-6, skaters will have a basic knowledge of the sport, enabling them to advance to more specialized types of skating.

Basic 1 Ice Skating

This class is for beginner skaters ages 6-12. Skaters will learn how to sit on the ice and stand up, march forward across the ice, forward two-foot glide, dip, forward swizzles, backward wiggles, beginning snowplow stops, and a two-foot hop. Fee includes skate rental plus a practice card good for six public skate sessions to practice skills learned in class. Helmet & gloves are strongly recommended.

Cabin John Ice Rink

32880	6-12 yrs	6 Classes	\$102	Tuesday, Jun. 13	10-10:30 am
32881	6-12 yrs	6 Classes	\$102	Tuesday, Jun. 13	4:30-5 pm
32882	6-12 yrs	6 Classes	\$102	Wednesday, Jun. 14	4:4:30 pm
32883	6-12 yrs	6 Classes	\$102	Thursday, Jun. 15	4:30-5 pm
32884	6-12 yrs	6 Classes	\$102	Friday, Jun. 16	4:4:30 pm
32886	6-12 yrs	6 Classes	\$102	Saturday, Jun. 17	12:30-1 pm
32885	6-12 yrs	6 Classes	\$102	Saturday, Jun. 17	8:30-9 am
32878	6-12 yrs	6 Classes	\$102	Sunday, Jun. 18	11:30 am-12 pm
32879	6-12 yrs	6 Classes	\$102	Sunday, Jun. 18	2:30 pm-3 pm
33536	6-12 yrs	4 Classes	\$68	Wednesday, Aug. 2	4:4:30 pm
33537	6-12 yrs	4 Classes	\$68	Thursday, Aug. 3	4:30-5 pm
33538	6-12 yrs	4 Classes	\$68	Friday, Aug. 4	4:4:30 pm
33539	6-12 yrs	4 Classes	\$68	Saturday, Aug. 5	11:15-11:45 am
33540	6-12 yrs	4 Classes	\$68	Saturday, Aug. 5	12:30-1 pm

33533	6-12 yrs	4 Classes	\$68	Sunday, Aug. 6	1-1:30 pm
33532	6-12 yrs	4 Classes	\$68	Sunday, Aug. 6	11:30 am-12 pm
33534	6-12 yrs	4 Classes	\$68	Tuesday, Aug. 8	10-10:30 am
33535	6-12 yrs	4 Classes	\$68	Tuesday, Aug. 8	4:30-5 pm

Wheaton Ice Arena

33156	6-12 yrs	6 Classes	\$102	Thursday, Jun. 15	4:45-5:15 pm
33157	6-12 yrs	6 Classes	\$102	Thursday, Jun. 15	6:30-7 pm
33159	6-12 yrs	6 Classes	\$102	Friday, Jun. 16	5:45-6:15 pm
33161	6-12 yrs	6 Classes	\$102	Saturday, Jun. 17	11:45 am-12:15 pm
33164	6-12 yrs	6 Classes	\$102	Sunday, Jun. 18	12:30-1 pm
33165	6-12 yrs	6 Classes	\$102	Sunday, Jun. 18	2:15-2:45 pm
33292	6-12 yrs	4 Classes	\$68	Thursday, Aug. 3	6:30-7 pm
34480	6-12 yrs	4 Classes	\$68	Friday, Aug. 4	5:15-5:45 pm
33296	6-12 yrs	4 Classes	\$68	Saturday, Aug. 5	11:45 am-12:15 pm
33297	6-12 yrs	4 Classes	\$68	Sunday, Aug. 6	12:30-1 pm
33299	6-12 yrs	4 Classes	\$68	Sunday, Aug. 6	2:15-2:45 pm

Basic 2 Ice Skating

Prerequisite: Passed Basic 1 or Snowplow Sam 4

This class is for skaters ages 4-12. Skaters will learn forward one-foot glides, backward two-foot glide, rocking horse, scooter pushes, backward swizzles, a two-foot turn from forward to backward in place, and a moving snowplow stop. Fee includes skate rental plus a practice card good for six public skate sessions to practice skills learned in class. Helmet & gloves are strongly recommended.

Cabin John Ice Rink

32889	4-12 yrs	6 Classes	\$102	Tuesday, Jun. 13	10-10:30 am
32890	4-12 yrs	7 Classes	\$102	Tuesday, Jun. 13	4:30-5 pm
32892	4-12 yrs	6 Classes	\$102	Wednesday, Jun. 14	4:4:30 pm
32893	4-12 yrs	6 Classes	\$102	Thursday, Jun. 15	4:30-5 pm
32894	4-12 yrs	6 Classes	\$102	Friday, Jun. 16	4:4:30 pm
32897	4-12 yrs	6 Classes	\$102	Saturday, Jun. 17	1:30-2 pm
32896	4-12 yrs	6 Classes	\$102	Saturday, Jun. 17	12:30-1 pm
32895	4-12 yrs	6 Classes	\$102	Saturday, Jun. 17	8:30-9 am
32887	4-12 yrs	6 Classes	\$102	Sunday, Jun. 18	11:30 am-12 pm
32888	4-12 yrs	6 Classes	\$102	Sunday, Jun. 18	2:30 pm-3 pm
33544	4-12 yrs	4 Classes	\$68	Wednesday, Aug. 2	4:4:30 pm
33545	4-12 yrs	4 Classes	\$68	Thursday, Aug. 3	4:30-5 pm
33546	4-12 yrs	4 Classes	\$68	Friday, Aug. 4	4:4:30 pm
33547	4-12 yrs	4 Classes	\$68	Saturday, Aug. 5	11:15-11:45 am
33548	4-12 yrs	4 Classes	\$68	Saturday, Aug. 5	12:30-1 pm
33542	4-12 yrs	4 Classes	\$68	Sunday, Aug. 6	1-1:30 pm
33541	4-12 yrs	4 Classes	\$68	Sunday, Aug. 6	11:30 am-12 pm
33552	4-12 yrs	4 Classes	\$68	Tuesday, Aug. 8	10-10:30 am
33543	4-12 yrs	4 Classes	\$68	Tuesday, Aug. 8	4:30-5 pm

Wheaton Ice Arena

33166	4-12 yrs	6 Classes	\$102	Thursday, Jun. 15	4:45-5:15 pm
33167	4-12 yrs	6 Classes	\$102	Thursday, Jun. 15	6:30-7 pm
33169	4-12 yrs	6 Classes	\$102	Friday, Jun. 16	5:45-6:15 pm
33171	4-12 yrs	6 Classes	\$102	Saturday, Jun. 17	11:45 am-12:15 pm
33174	4-12 yrs	6 Classes	\$102	Sunday, Jun. 18	12:30-1 pm
33175	4-12 yrs	6 Classes	\$102	Sunday, Jun. 18	2:15-2:45 pm
33302	4-12 yrs	4 Classes	\$68	Thursday, Aug. 3	6:30-7 pm
34481	4-12 yrs	4 Classes	\$68	Friday, Aug. 4	5:15-5:45 pm
33306	4-12 yrs	4 Classes	\$68	Saturday, Aug. 5	11:45 am-12:15 pm
33308	4-12 yrs	4 Classes	\$68	Sunday, Aug. 6	12:30-1 pm
33309	4-12 yrs	4 Classes	\$68	Sunday, Aug. 6	2:15-2:45 pm



Basic 3 Ice Skating

Prerequisite: Passed Basic 2

Skaters will learn forward stroking, forward half-swizzle pumps on a circle, moving forward to backward two-foot turns, backward one-foot glides, backward snowplow stop, forward slaloms, and forward pivot. Fee includes skate rental plus a practice card good for six public skate sessions to practice skills learned in class.

Cabin John Ice Rink

32921	4-12 yrs	6 Classes	\$102	Tuesday, Jun. 13	10-10:30 am
32922	4-12 yrs	6 Classes	\$102	Tuesday, Jun. 13	5-5:30 pm
32923	4-12 yrs	6 Classes	\$102	Wednesday, Jun. 14	4-4:30 pm
32924	4-12 yrs	6 Classes	\$102	Thursday, Jun. 15	5-5:30 pm
32925	4-12 yrs	6 Classes	\$102	Friday, Jun. 16	4-4:30 pm
32934	4-12 yrs	6 Classes	\$102	Saturday, Jun. 17	1-1:30 pm
32935	4-12 yrs	6 Classes	\$102	Saturday, Jun. 17	1:30-2 pm
32933	4-12 yrs	6 Classes	\$102	Saturday, Jun. 17	8:30-9 am
32920	4-12 yrs	6 Classes	\$102	Sunday, Jun. 18	12:30-1 pm
33553	4-12 yrs	4 Classes	\$68	Wednesday, Aug. 2	4-4:30 pm
33554	4-12 yrs	4 Classes	\$68	Thursday, Aug. 3	5-5:30 pm
33555	4-12 yrs	4 Classes	\$68	Friday, Aug. 4	4:30-5 pm
33556	4-12 yrs	4 Classes	\$68	Saturday, Aug. 5	10:15-10:45 am
33549	4-12 yrs	4 Classes	\$68	Sunday, Aug. 6	12:30-1 pm
33551	4-12 yrs	4 Classes	\$68	Tuesday, Aug. 8	10-10:30 am
33550	4-12 yrs	4 Classes	\$68	Tuesday, Aug. 8	5-5:30 pm

Wheaton Ice Arena

33176	4-12 yrs	6 Classes	\$102	Thursday, Jun. 15	4:45-5:15 pm
33177	4-12 yrs	6 Classes	\$102	Thursday, Jun. 15	6:30-7 pm
33179	4-12 yrs	6 Classes	\$102	Friday, Jun. 16	5:15-5:45 pm
33180	4-12 yrs	6 Classes	\$102	Saturday, Jun. 17	11:15-11:45 am
33183	4-12 yrs	6 Classes	\$102	Sunday, Jun. 18	1:15-1:45 pm
33312	4-12 yrs	4 Classes	\$68	Thursday, Aug. 3	6:30-7 pm
33314	4-12 yrs	4 Classes	\$68	Friday, Aug. 4	5:45-6:15 pm
33315	4-12 yrs	4 Classes	\$68	Saturday, Aug. 5	11:15-11:45 am
33318	4-12 yrs	4 Classes	\$68	Sunday, Aug. 6	1:15-1:45 pm

Basic 4 Ice Skating

Prerequisite: Passed Basic 3

Skaters will learn forward outside and inside edges on a circle (R and L), forward crossovers, backward half-swizzle pumps on a circle, backward one foot glides, beginning two foot spin, and forward lunges. Fee includes skate rental plus a practice card good for six public skate sessions to practice skills learned in class.

Cabin John Ice Rink

32927	4-12 yrs	6 Classes	\$102	Tuesday, Jun. 13	5-5:30 pm
32928	4-12 yrs	6 Classes	\$102	Wednesday, Jun. 14	4:30-5 pm
32929	4-12 yrs	6 Classes	\$102	Thursday, Jun. 15	5-5:30 pm
32930	4-12 yrs	6 Classes	\$102	Friday, Jun. 16	4:30-5 pm
32932	4-12 yrs	6 Classes	\$102	Saturday, Jun. 17	1-1:30 pm
32931	4-12 yrs	6 Classes	\$102	Saturday, Jun. 17	8:30-9 am
32926	4-12 yrs	6 Classes	\$102	Sunday, Jun. 18	12:30-1 pm
33605	4-12 yrs	4 Classes	\$68	Wednesday, Aug. 2	4:30-5 pm
33606	4-12 yrs	4 Classes	\$68	Thursday, Aug. 3	5-5:30 pm
33607	4-12 yrs	4 Classes	\$68	Friday, Aug. 4	4:30-5 pm
33608	4-12 yrs	4 Classes	\$68	Saturday, Aug. 5	10:15-10:45 am
33603	4-12 yrs	4 Classes	\$68	Sunday, Aug. 6	12:30-1 pm
33604	4-12 yrs	4 Classes	\$68	Tuesday, Aug. 8	5-5:30 pm

Wheaton Ice Arena

33185	4-12 yrs	6 Classes	\$102	Thursday, Jun. 15	5:15-5:45 pm
33187	4-12 yrs	6 Classes	\$102	Friday, Jun. 16	5:15-5:45 pm

33188	4-12 yrs	6 Classes	\$102	Saturday, Jun. 17	11:15-11:45 am
33190	4-12 yrs	6 Classes	\$102	Sunday, Jun. 18	1:15-1:45 pm
33320	4-12 yrs	4 Classes	\$68	Thursday, Aug. 3	6:30-7 pm
33322	4-12 yrs	4 Classes	\$68	Friday, Aug. 4	5:45-6:15 pm
33323	4-12 yrs	4 Classes	\$68	Saturday, Aug. 5	11:15-11:45 am
33325	4-12 yrs	4 Classes	\$68	Sunday, Aug. 6	1:15-1:45 pm

Basic 5 Ice Skating

Prerequisite: Passed Basic 4

Skaters will learn backward outside and inside edges on a circle (R and L), backward crossovers, forward outside three turns, advanced two foot spin, hockey stop, and side toe hop. Fee includes skate rental plus a practice card good for six public skate sessions to practice skills learned in class.

Cabin John Ice Rink

32937	4-12 yrs	6 Classes	\$102	Tuesday, Jun. 13	5-5:30 pm
32938	4-12 yrs	6 Classes	\$102	Wednesday, Jun. 14	4:30-5 pm
32939	4-12 yrs	6 Classes	\$102	Thursday, Jun. 15	5-5:30 pm
32940	4-12 yrs	6 Classes	\$102	Friday, Jun. 16	4:30-5 pm
32942	4-12 yrs	6 Classes	\$102	Saturday, Jun. 17	1-1:30 pm
32941	4-12 yrs	6 Classes	\$102	Saturday, Jun. 17	8:30-9 am
32936	4-12 yrs	6 Classes	\$102	Sunday, Jun. 18	12:30-1 pm
33611	4-12 yrs	4 Classes	\$68	Wednesday, Aug. 2	4:30-5 pm
33612	4-12 yrs	4 Classes	\$68	Thursday, Aug. 3	5-5:30 pm
33613	4-12 yrs	4 Classes	\$68	Friday, Aug. 4	4:30-5 pm
33614	4-12 yrs	4 Classes	\$68	Saturday, Aug. 5	10:15-10:45 am
33609	4-12 yrs	4 Classes	\$68	Sunday, Aug. 6	12:30-1 pm
33610	4-12 yrs	4 Classes	\$68	Tuesday, Aug. 8	5-5:30 pm

Wheaton Ice Arena

33192	4-12 yrs	6 Classes	\$102	Thursday, Jun. 15	5:15-5:45 pm
33195	4-12 yrs	6 Classes	\$102	Saturday, Jun. 17	11:15-11:45 am
33197	4-12 yrs	6 Classes	\$102	Sunday, Jun. 18	1:15-1:45 pm
33327	4-12 yrs	4 Classes	\$68	Thursday, Aug. 3	6:30-7 pm
33329	4-12 yrs	4 Classes	\$68	Friday, Aug. 4	5:45-6:15 pm
33330	4-12 yrs	4 Classes	\$68	Saturday, Aug. 5	11:15-11:45 am
33332	4-12 yrs	4 Classes	\$68	Sunday, Aug. 6	1:15-1:45 pm

Basic 6 Ice Skating

Prerequisite: Passed Basic 5

Skaters will learn forward inside three-turns, moving backward to forward two-foot turns on a circle, backward stroking, T-stop, bunny hops, forward spiral on a straight line, beginning one foot spin, and shoot the duck. Fee includes skate rental plus a practice card good for public skate sessions to practice skills learned in class.

Cabin John Ice Rink

32948	4-12 yrs	6 Classes	\$153	Tuesday, Jun. 13	5:45-6:30 pm
32949	4-12 yrs	6 Classes	\$153	Thursday, Jun. 15	5:30-6:15 pm
32950	4-12 yrs	6 Classes	\$153	Friday, Jun. 16	5-5:45 pm
32951	4-12 yrs	6 Classes	\$153	Saturday, Jun. 17	9-9:45 am
32947	4-12 yrs	6 Classes	\$153	Sunday, Jun. 18	1 pm-1:45 pm
33638	4-12 yrs	4 Classes	\$102	Thursday, Aug. 3	5:30-6:15 pm
33639	4-12 yrs	4 Classes	\$102	Friday, Aug. 4	5-5:45 pm
33640	4-12 yrs	4 Classes	\$102	Saturday, Aug. 5	11:45 am-12:30 pm
33637	4-12 yrs	4 Classes	\$102	Tuesday, Aug. 8	5:45-6:30 pm

Wheaton Ice Arena

33198	4-12 yrs	6 Classes	\$102	Thursday, Jun. 15	7-7:30 pm
33200	4-12 yrs	6 Classes	\$102	Saturday, Jun. 17	11:15-11:45 am
33201	4-12 yrs	6 Classes	\$102	Sunday, Jun. 18	1:15-1:45 pm

33333	4-12 yrs	4 Classes	\$68	Thursday, Aug. 3	7-7:30 pm
33335	4-12 yrs	4 Classes	\$68	Saturday, Aug. 5	11:15-11:45 am
33336	4-12 yrs	4 Classes	\$68	Sunday, Aug. 6	1:15-1:45 pm

Teen and Adult Classes

Teen and adult classes are designed for skaters ages 12 & up. Classes teach proper skating techniques, promote physical fitness, and improve balance and coordination. Skaters will be challenged and motivated as they progress through the program's four levels. If you're looking for a fun and exciting way to get (or stay!) healthy and fit, this skating program is custom made for you.

Teen & Adult 1 Ice Skating

This class is for beginning skaters age 12 and up. Skaters will learn falling and recovery, forward skating, two foot glide, forward swizzles, rocking horse, dip, snowplow stop, forward one foot glides, slalom, backward skating, backward swizzles, and two foot turns in place. Fee includes skate rental plus a practice card for public sessions to practice skills learned in class. Helmets are strongly recommended.

Cabin John Ice Rink

33002	12 & up	6 Classes	\$153	Thursday, Jun. 15	7:15-8 pm
33003	12 & up	6 Classes	\$153	Saturday, Jun. 17	9-9:45 am
33658	12 & up	4 Classes	\$102	Thursday, Aug. 3	7:15-8 pm

Wheaton Ice Arena

33202	12 & up	6 Classes	\$102	Thursday, Jun. 15	7:30-8 pm
33203	12 & up	6 Classes	\$102	Saturday, Jun. 17	10:45-11:15 am
33204	12 & up	6 Classes	\$102	Sunday, Jun. 18	1:45-2:15 pm
33337	12 & up	4 Classes	\$68	Thursday, Aug. 3	7:30-8 pm
33338	12 & up	4 Classes	\$68	Saturday, Aug. 5	10:45-11:15 am
33339	12 & up	4 Classes	\$68	Sunday, Aug. 6	1:45-2:15 pm

Teen & Adult 2 Ice Skating

Prerequisite: Passed Teen & Adult 1

Skaters will learn forward stroking, forward half swizzle pumps on a circle, moving two foot turns on a curve, backward skating to a long two foot glide, forward pivot, forward chasses on a circle, and backward snowplow stops. Fee includes skate rental plus a practice card for public sessions to practice skills learned in class.

Cabin John Ice Rink

33005	12 & up	6 Classes	\$153	Thursday, Jun. 15	7:15-8 pm
33004	12 & up	6 Classes	\$153	Saturday, Jun. 17	9-9:45 am
33659	12 & up	4 Classes	\$102	Thursday, Aug. 3	7:15-8 pm

Wheaton Ice Arena

33205	12 & up	6 Classes	\$102	Thursday, Jun. 15	7:30-8 pm
33206	12 & up	6 Classes	\$102	Saturday, Jun. 17	10:45-11:15 am
33207	12 & up	6 Classes	\$102	Sunday, Jun. 18	1:45-2:15 pm
33340	12 & up	4 Classes	\$68	Thursday, Aug. 3	7:30-8 pm
33341	12 & up	4 Classes	\$68	Saturday, Aug. 5	10:45-11:15 am
33342	12 & up	4 Classes	\$68	Sunday, Aug. 6	1:45-2:15 pm

Teen & Adult 3 Ice Skating

Prerequisite: Passed Teen & Adult 2

Skaters will learn forward edges on a circle, forward crossovers, backward one foot glides, backward half swizzle pumps on a circle, and hockey stops. Fee includes skate rental plus a practice card for public sessions to practice skills learned in class.

Cabin John Ice Rink

33007	12 & up	6 Classes	\$153	Thursday, Jun. 15	8-8:45 pm
33006	12 & up	6 Classes	\$153	Saturday, Jun. 17	9-9:45 am
33660	12 & up	4 Classes	\$102	Thursday, Aug. 3	8-8:45 pm

Wheaton Ice Arena

33208	12 & up	6 Classes	\$102	Thursday, Jun. 15	7:30-8 pm
33209	12 & up	6 Classes	\$102	Saturday, Jun. 17	11:15-11:45 am
33343	12 & up	4 Classes	\$68	Thursday, Aug. 3	7:30-8 pm
33344	12 & up	4 Classes	\$68	Saturday, Aug. 5	11:15-11:45 am

Teen & Adult 4 Ice Skating

Prerequisite: Passed Teen & Adult 3

Skaters will learn forward outside three-turns, backward outside & inside edges, backward crossovers, forward swing rolls, and beginning two foot spin. Fee includes skate rental plus a practice card for public sessions to practice skills learned in class.

Cabin John Ice Rink

33009	12 & up	6 Classes	\$153	Thursday, Jun. 15	8-8:45 pm
33008	12 & up	6 Classes	\$153	Saturday, Jun. 17	9-9:45 am
33661	12 & up	4 Classes	\$102	Thursday, Aug. 3	8-8:45 pm

Wheaton Ice Arena

33211	12 & up	6 Classes	\$102	Thursday, Jun. 15	7:30-8 pm
33212	12 & up	6 Classes	\$102	Saturday, Jun. 17	11:15-11:45 am
33346	12 & up	4 Classes	\$68	Thursday, Aug. 3	7:30-8 pm
33347	12 & up	4 Classes	\$68	Saturday, Aug. 5	11:15-11:45 am

Teen & Adult Advanced Ice Skating

Prerequisite: Passed Teen & Adult 4

This class will learn more progressive skating skills and will also include advanced forward and backward crossovers, forward inside three turns, forward outside to inside change of edge, T-stop, lunge, and two foot to one foot spins. Fee includes skate rental plus a practice card for public sessions to practice the skills learned in class.

Cabin John Ice Rink

33010	12 & up	6 Classes	\$153	Saturday, Jun. 17	9-9:45 am
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Wheaton Ice Arena

33214	12 & up	6 Classes	\$102	Thursday, Jun. 15	7:30-8 pm
33215	12 & up	6 Classes	\$102	Saturday, Jun. 17	11:15-11:45 am
33349	12 & up	4 Classes	\$68	Thursday, Aug. 3	7:30-8 pm
33350	12 & up	4 Classes	\$68	Saturday, Aug. 5	11:15-11:45 am



Free Skate Classes

The Free Skate levels are designed to give skaters a strong foundation on which to build their skills. At this point, skaters can choose to pursue either a recreational or a competitive track in figure skating.

Pre Free Skate

Prerequisite: Passed Basic 6

Skaters will learn forward inside open mohawk, backward outside edge to forward outside edge transition on a circle, ballet jump, backward crossovers to backward outside edge glides, combination step sequences, one foot upright spin, mazurka, and waltz jump.

Cabin John Ice Rink

32953	4-12 yrs	6 Classes	\$153	Tuesday, Jun. 13	5:45-6:30 pm
32954	4-12 yrs	6 Classes	\$153	Thursday, Jun. 15	5:30-6:15 pm
32955	4-12 yrs	6 Classes	\$153	Friday, Jun. 16	5-5:45 pm
32956	4-12 yrs	6 Classes	\$153	Saturday, Jun. 17	9-9:45 am
32952	4-12 yrs	6 Classes	\$153	Sunday, Jun. 18	1 pm-1:45 pm
33642	4-12 yrs	4 Classes	\$102	Thursday, Aug. 3	5:30-6:15 pm
33643	4-12 yrs	4 Classes	\$102	Friday, Aug. 4	5-5:45 pm
33644	4-12 yrs	4 Classes	\$102	Saturday, Aug. 5	11:45 am-12:30 pm
33641	4-12 yrs	4 Classes	\$102	Tuesday, Aug. 8	5:45-6:30 pm

Wheaton Ice Arena

33216	5 & up	6 Classes	\$102	Thursday, Jun. 15	7-7:30 pm
33218	5 & up	6 Classes	\$102	Saturday, Jun. 17	11:45 am-12:15 pm
33219	5 & up	6 Classes	\$102	Sunday, Jun. 18	1:15-1:45 pm
33351	5 & up	4 Classes	\$68	Thursday, Aug. 3	7-7:30 pm
33353	5 & up	4 Classes	\$68	Saturday, Aug. 5	11:45 am-12:15 pm
33354	5 & up	4 Classes	\$68	Sunday, Aug. 6	1:15-1:45 pm

Free Skate 1

Prerequisite: Passed Pre Free Skate

Learn forward power stroking, forward outside & inside consecutive edges, backward outside three turns, upright one foot spin from back crossovers, half flip, toe loop, and waltz jump combinations.

Cabin John Ice Rink

32958	5 & up	6 Classes	\$153	Tuesday, Jun. 13	6:30-7:15 pm
32959	5 & up	6 Classes	\$153	Thursday, Jun. 15	5:30-6:15 pm
32960	5 & up	6 Classes	\$153	Friday, Jun. 16	5-5:45 pm
32961	5 & up	6 Classes	\$153	Saturday, Jun. 17	10:30-11:15 am
32957	5 & up	6 Classes	\$153	Sunday, Jun. 18	1 pm-1:45 pm
33646	5 & up	4 Classes	\$102	Thursday, Aug. 3	5:30-6:15 pm
33647	5 & up	4 Classes	\$102	Friday, Aug. 4	5-5:45 pm
33645	5 & up	4 Classes	\$102	Tuesday, Aug. 8	6:30-7:15 pm

Wheaton Ice Arena

33220	5 & up	6 Classes	\$102	Thursday, Jun. 15	7-7:30 pm
33221	5 & up	6 Classes	\$102	Saturday, Jun. 17	11:45 am-12:15 pm
33222	5 & up	6 Classes	\$102	Sunday, Jun. 18	2:15-2:45 pm
33355	5 & up	4 Classes	\$68	Thursday, Aug. 3	7-7:30 pm
33356	5 & up	4 Classes	\$68	Saturday, Aug. 5	11:45 am-12:15 pm
33357	5 & up	4 Classes	\$68	Sunday, Aug. 6	2:15-2:45 pm

Free Skate 2

Prerequisite: Passed Free Skate 1

Skaters will learn basic back outside and back inside consecutive edges, forward outside and inside spirals on an axis, backward inside three turns, beginning back spin, half lutz, and Salchow.

Cabin John Ice Rink

32962	5 & up	6 Classes	\$153	Tuesday, Jun. 13	6:30-7:15 pm
32963	5 & up	6 Classes	\$153	Saturday, Jun. 17	10:30-11:15 am
33648	5 & up	4 Classes	\$102	Tuesday, Aug. 8	6:30-7:15 pm

Wheaton Ice Arena

33223	5 & up	6 Classes	\$102	Thursday, Jun. 15	7-7:30 pm
33224	5 & up	6 Classes	\$102	Saturday, Jun. 17	11:45 am-12:15 pm
33225	5 & up	6 Classes	\$102	Sunday, Jun. 18	2:15-2:45 pm
33358	5 & up	4 Classes	\$68	Thursday, Aug. 3	7-7:30 pm
33359	5 & up	4 Classes	\$68	Saturday, Aug. 5	11:45 am-12:15 pm
33360	5 & up	4 Classes	\$68	Sunday, Aug. 6	2:15-2:45 pm

Free Skate 3

Prerequisite: Passed Free Skate 2

Skaters will learn alternating back crossovers to backward outside edges, alternating Mohawk/crossover sequence, waltz three turns, advanced back spin, loop jump, waltz jump/toe loop combination and Salchow/toe loop combination.

Cabin John Ice Rink

32964	5 & up	6 Classes	\$153	Tuesday, Jun. 13	7:15-8 pm
32965	5 & up	6 Classes	\$153	Saturday, Jun. 17	10:30-11:15 am
33649	5 & up	4 Classes	\$102	Tuesday, Aug. 8	7:15-8 pm

Wheaton Ice Arena

33226	5 & up	6 Classes	\$102	Thursday, Jun. 15	7-7:30 pm
33227	5 & up	6 Classes	\$102	Saturday, Jun. 17	11:45 am-12:15 pm
33361	5 & up	4 Classes	\$68	Thursday, Aug. 3	7-7:30 pm
33362	5 & up	4 Classes	\$68	Saturday, Aug. 5	11:45 am-12:15 pm

Free Skate 4

Prerequisite: Passed Free Skate 3

Skaters will learn forward power three turns, waltz eight, forward upright to backward upright spin, sit spin, half loop, flip, and split jump.

Cabin John Ice Rink

32966	5 & up	6 Classes	\$153	Tuesday, Jun. 13	7:15-8 pm
32967	5 & up	6 Classes	\$153	Saturday, Jun. 17	10:30-11:15 am
33650	5 & up	4 Classes	\$102	Tuesday, Aug. 8	7:15-8 pm

Wheaton Ice Arena

33229	5 & up	6 Classes	\$102	Thursday, Jun. 15	7-7:30 pm
33230	5 & up	6 Classes	\$102	Saturday, Jun. 17	11:45 am-12:15 pm
33364	5 & up	4 Classes	\$68	Thursday, Aug. 3	7-7:30 pm
33365	5 & up	4 Classes	\$68	Saturday, Aug. 5	11:45 am-12:15 pm

Free Skate 5

Prerequisite: Passed Free Skate 4

Skaters will learn backward power three turns, five step Mohawk sequence, camel spin, waltz jump/loop jump combination, lutz, and loop/loop jump combination.

Cabin John Ice Rink

32968	5 & up	6 Classes	\$153	Thursday, Jun. 15	6:30-7:15 pm
32969	5 & up	6 Classes	\$153	Saturday, Jun. 17	10:30-11:15 am
33651	5 & up	4 Classes	\$102	Thursday, Aug. 3	6:30-7:15 pm

Wheaton Ice Arena

33231	5 & up	6 Classes	\$102	Thursday, Jun. 15	7-7:30 pm
33232	5 & up	6 Classes	\$102	Saturday, Jun. 17	11:45 am-12:15 pm
33366	5 & up	4 Classes	\$68	Thursday, Aug. 3	7-7:30 pm
33367	5 & up	4 Classes	\$68	Saturday, Aug. 5	11:45 am-12:15 pm

Free Skate 6

Prerequisite: Passed Free Skate 5

Skaters will learn forward power pulls, creative step sequence, camel/sit spin combination, layback or cross foot spin, waltz jump/half loop/Salchow combination, axel exercises, and backward outside pivot.

Cabin John Ice Rink

32970	5 & up	6 Classes	\$153	Thursday, Jun. 15	6:30-7:15 pm
32971	5 & up	6 Classes	\$153	Saturday, Jun. 17	10:30-11:15 am
33652	5 & up	4 Classes	\$102	Thursday, Aug. 3	6:30-7:15 pm

Wheaton Ice Arena

33233	5 & up	6 Classes	\$102	Thursday, Jun. 15	7-7:30 pm
33234	5 & up	6 Classes	\$102	Saturday, Jun. 17	11:45 am-12:15 pm
33368	5 & up	4 Classes	\$68	Thursday, Aug. 3	7-7:30 pm
33369	5 & up	4 Classes	\$68	Saturday, Aug. 5	11:45 am-12:15 pm

Advanced Figure Skating Classes

Ice Dance 1

Prerequisite: Passed Free Skate 1

This advanced 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

33123	5 & up	6 Classes	\$102	Saturday, Jun. 17	11:15-11:45 am
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Ice Dance 2

Prerequisite: Passed Ice Dance Fundamentals 1

In this advanced ice dancing class, you'll work on inside swing rolls, cross behind steps, lilt action, inside chasse with wide step, slalom motion, the Rhythm Blues and Cha Cha ice dances. Fee includes a practice card good for admission to 6 public skate sessions.

Cabin John Ice Rink

33124	5 & up	6 Classes	\$102	Saturday, Jun. 17	11:15-11:45 am
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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 work on axel preparation and jump. Build combo jumps with a loop jump.

Wheaton Ice Arena

33254	5 & up	6 Classes	\$102	Thursday, Jun. 15	6:30-7 pm
33389	5 & up	4 Classes	\$68	Thursday, Aug. 3	6:30-7 pm

Spins 1

Prerequisite: Passed Free Skate 1

This figure skating class will help skaters learn to develop spins. Work on one-foot spin, scratch spin, back spin and sit spin.

Cabin John Ice Rink

33011	5 & up	6 Classes	\$102	Saturday, Jun. 17	10-10:30 am
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Wheaton Ice Arena

33255	5 & up	6 Classes	\$102	Thursday, Jun. 15	6:30-7 pm
33390	5 & up	4 Classes	\$68	Thursday, Aug. 3	6:30-7 pm

Spins 2

Prerequisite: Passed Spins 1 or Free Skate 4

In this advanced spins class, skaters will work on change foot spins, back scratch spins, attitude spins, camel spins, and camel-sit spin combinations; and work on new positions for your future spins.

Cabin John Ice Rink

33012	5 & up	6 Classes	\$102	Saturday, Jun. 17	10-10:30 am
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Wheaton Ice Arena

33256	5 & up	6 Classes	\$102	Thursday, Jun. 15	6:30-7 pm
33391	5 & up	4 Classes	\$68	Thursday, Aug. 3	6:30-7 pm



Figure Skating

Spins 3

Prerequisite: Passed Spins 2 or Free Skate 5

In this advanced spins class, skaters will work on change foot sit and camel spins, layback spins, flying camel spins, flying sit spins, and advanced sit and camel spin feature positions.

Cabin John Ice Rink

33013 5 & up 6 Classes \$102 Saturday, Jun. 17 10-10:30 am

Wheaton Ice Arena

33257 5 & up 6 Classes \$102 Thursday, Jun. 15 6:30-7 pm

33392 5 & up 4 Classes \$68 Thursday, Aug. 3 6:30-7 pm

Power Skating

Prerequisite: Passed Basic 5 or Hockey 3.

The half ice course that will focus on increasing the skaters speed and developing more power. Additionally, this course will focus on edge control.

Wheaton Ice Arena

33258 5 & up 6 Classes \$102 Thursday, Jun. 15 7:30-8 pm

33393 5 & up 4 Classes \$68 Thursday, Aug. 3 7:30-8 pm

Adult Moves & Edges

Prerequisite: Passed Teen & Adult 3 or the Pre-Preliminary Moves test, or equivalent.

In this class, skaters will work on power, edge quality, extension of line, quick and precise skating movements and USFS 'Moves in the Field' patterns.

Cabin John Ice Rink

33125 12 & up 6 Classes \$102 Saturday, Jun. 17 11:15-11:45 am

Wheaton Ice Arena

33260 12 & up 6 Classes \$102 Thursday, Jun. 15 7-7:30 pm

33259 12 & up 6 Classes \$102 Saturday, Jun. 17 11:45 am-12:15 pm

33395 12 & up 4 Classes \$68 Thursday, Aug. 3 7-7:30 pm

33394 12 & up 4 Classes \$68 Saturday, Aug. 5 11:45 am-12:15 pm

Moves & Edges

Prerequisite: Passed Basic 6

In these classes, skaters will work on power, edge quality, extension of line, quick and precise skating movements and USFS 'Moves in the Field' patterns.

Cabin John Ice Rink

33126 5 & up 6 Classes \$102 Saturday, Jun. 17 11:15-11:45 am

Wheaton Ice Arena

33261 5 & up 6 Classes \$102 Thursday, Jun. 15 6:30-7 pm

33396 5 & up 4 Classes \$68 Thursday, Aug. 3 6:30-7 pm

LET'S GO TO THE LAKE TODAY!

Boating

Rent kayaks, canoes and rowboats at both lakes for a cool, affordable adventure. Enjoy pedal boats (now at both lakes!), or stand-up paddle boards at Black Hill. Or sit back, relax and enjoy the view on a pontoon boat ride at either lake.



SUPs at Black Hill

Parties!

Host a birthday party at Lake Needwood! Choose from two kinds of celebrations. A fishing birthday party includes pavilion rental and fishing lessons for 12. A pontoon boat party includes pavilion rental and a guided pontoon boat tour of the lake for 16 guests. LakeNeedwoodBoats.org

Fishing

Both Lake Needwood and Little Seneca Lake have abundant bluegill bass, catfish, crappie, and more! Fish from a boat, fish from the shore, or join us for **Kids Fishing Days** and we'll teach you how to fish! Register at: ActiveMONTGOMERY.org



Kids Fishing Days
Lake Needwood 6/10 Activity 31098
Black Hill 6/24 Activity 31097

BlackHillBoats.org

Little Seneca Lake
20920 Lake Ridge Drive
Boys, MD 20841



LakeNeedwoodBoats.org

Lake Needwood
15700 Needwood Lake Circle
Derwood, MD 20855

Program Access (Inclusion Services) 301-495-2581. | ProgramAccess@MontgomeryParks.org | TTY 301-433-0579





Ice Hockey Classes • Summer 2017

WHAT DOES “FULL GEAR” INCLUDE?

For all hockey classes, full gear is required including caged hockey helmet, shoulder pads, elbow pads, shin guards, hockey gloves, hockey skates, and a flat stick cut to the skater's height. A protective cup and mouth guard are also recommended.

Rental hockey skates are available for use at no extra charge with your class!

Hockey 1

Prerequisite: Passed Basic 1 or Snowplow 4.

Skater will learn falling and getting up in hockey skates, proper stance, march forward across the ice, 8-10 steps, forward two-foot glide, dip, forward swizzles, T-push to a two foot glide, front to back turns, and snowplow stop. Fee includes skate rental, a jersey, and a practice card good for six public skate sessions to practice skills learned in class. Full gear required.

Cabin John Ice Rink

33015	4-8 yrs	6 Classes	\$108	Wednesday, Jun. 14	5-5:30 pm
33016	4-8 yrs	6 Classes	\$108	Friday, Jun. 16	5:45-6:15 pm
33017	4-8 yrs	6 Classes	\$108	Saturday, Jun. 17	10:45-11:15 am
33014	4-8 yrs	6 Classes	\$108	Sunday, Jun. 18	2-2:30 pm
33665	4-8 yrs	4 Classes	\$72	Wednesday, Aug. 2	5-5:30 pm
33664	4-8 yrs	4 Classes	\$72	Saturday, Aug. 5	9:30-10 am
33018	9-14 yrs	6 Classes	\$108	Wednesday, Jun. 14	5-5:30 pm
33019	9-14 yrs	6 Classes	\$108	Saturday, Jun. 17	11:15-11:45 am
33666	9-14 yrs	4 Classes	\$72	Wednesday, Aug. 2	5-5:30 pm

Wheaton Ice Arena

33242	4 & up	6 Classes	\$102	Saturday, Jun. 17	10:45-11:15 am
33243	4 & up	6 Classes	\$102	Sunday, Jun. 18	1:15-1:45 pm
33377	4 & up	4 Classes	\$68	Saturday, Aug. 5	10:45-11:15 am
33378	4 & up	4 Classes	\$68	Sunday, Aug. 6	1:15-1:45 pm

Hockey 2

Prerequisite: Passed Hockey 1.

Skaters will learn strides using 45 degree v push, forward one foot push and glides, forward alternating C-cuts, backward hustles to glides on two feet, backward swizzles, backward alternating C-cuts, moving skateboard push, and moving snowplow stop. Fee includes skate rental, a jersey, and a practice card good for six public skate sessions to practice skills learned in class. Full gear required.

Cabin John Ice Rink

33021	4-8 yrs	6 Classes	\$108	Wednesday, Jun. 14	5-5:30 pm
33022	4-8 yrs	6 Classes	\$108	Friday, Jun. 16	5:45-6:15 pm
33023	4-8 yrs	6 Classes	\$108	Saturday, Jun. 17	10:45-11:15 am
33020	4-8 yrs	6 Classes	\$108	Sunday, Jun. 18	2-2:30 pm
33667	4-8 yrs	4 Classes	\$72	Wednesday, Aug. 2	5-5:30 pm
33668	4-8 yrs	4 Classes	\$72	Saturday, Aug. 5	9:30-10 am

Wheaton Ice Arena

33245	4 & up	6 Classes	\$102	Saturday, Jun. 17	10:45-11:15 am
33246	4 & up	6 Classes	\$102	Sunday, Jun. 18	1:15-1:45 pm
33380	4 & up	4 Classes	\$68	Saturday, Aug. 5	10:45-11:15 am
33381	4 & up	4 Classes	\$68	Sunday, Aug. 6	1:15-1:45 pm

Hockey 3

Prerequisite: Passed Hockey 2.

Skaters will learn lateral crossover march, forward C-cuts on a circle, forward outside and inside edges on half circles, backward C-cuts, backward snowplow stops, forward stop-starts, and one foot forward snowplow stops. Fee includes skate rental, a jersey, and a practice card good for admission to 9 public sessions to practice skills learned in class. Full gear required.

Cabin John Ice Rink

33106	4-8 yrs	6 Classes	\$159	Wednesday, Jun. 14	6:15-7 pm
33108	9-14 yrs	6 Classes	\$159	Wednesday, Jun. 14	7-7:45 pm
33107	4-8 yrs	6 Classes	\$159	Saturday, Jun. 17	8-8:45 am
33109	9-14 yrs	6 Classes	\$159	Saturday, Jun. 17	9:15-10 am
33669	4-8 yrs	4 Classes	\$102	Wednesday, Aug. 2	6:15-7 pm
33670	9-14 yrs	4 Classes	\$102	Wednesday, Aug. 2	7-7:45 pm

Wheaton Ice Arena

33247	4 & up	6 Classes	\$102	Saturday, Jun. 17	11:15-11:45 am
33248	4 & up	6 Classes	\$102	Sunday, Jun. 18	1:45-2:15 pm
33382	4 & up	4 Classes	\$68	Saturday, Aug. 5	11:15-11:45 am
33383	4 & up	4 Classes	\$68	Sunday, Aug. 6	1:45-2:15 pm





Hockey 4

Prerequisite: Passed Hockey 3.

Skaters will learn quick starts using V-starts, backward one foot glides, forward and backward crossovers, forward to backward Mohawk pivots, and hockey stops. Fee includes skate rental, a jersey, and a practice card good for admission to public skate sessions to practice skills learned in class. Full gear required.

Cabin John Ice Rink

33110	4-8 yrs	6 Classes	\$159	Wednesday, Jun. 14	6:15-7:00 pm
33112	9-14 yrs	6 Classes	\$159	Wednesday, Jun. 14	7-7:45 pm
33111	4-8 yrs	6 Classes	\$159	Saturday, Jun. 17	8-8:45 am
33113	9-14 yrs	6 Classes	\$159	Saturday, Jun. 17	9:15-10 am
33672	9-14 yrs	4 Classes	\$102	Wednesday, Aug. 2	7:15-8 pm
33671	4-8 yrs	4 Classes	\$102	Wednesday, Aug. 2	6:15-7:00 pm

Wheaton Ice Arena

33249	4 & up	6 Classes	\$102	Saturday, Jun. 17	11:15-11:45 am
33250	4 & up	6 Classes	\$102	Sunday, Jun. 18	1:45-2:15 pm
33384	4 & up	4 Classes	\$68	Saturday, Aug. 5	11:15-11:45 am
33385	4 & up	4 Classes	\$68	Sunday, Aug. 6	1:45-2:15 pm

Power Skating Hockey

Pre-requisite - Passed Hockey 4

This class is for skaters ages 4-8. Skaters will learn powerful backward C-cuts, alternating forward and backward crossovers, forward power hockey turns, lateral pivots, fast stops and starts, and fast backward skating with quick backward V-stops. Fee includes skate rental, a jersey, and a practice card good for admission to public skate sessions to practice skills learned in class. Full gear required.

Cabin John Ice Rink

33114	4-8 yrs	6 Classes	\$159	Wednesday, Jun. 14	6:15-7 pm
33116	9-14 yrs	6 Classes	\$159	Wednesday, Jun. 14	7-7:45 pm
33115	4-8 yrs	6 Classes	\$159	Saturday, Jun. 17	8-8:45 am
33117	9-14 yrs	6 Classes	\$159	Saturday, Jun. 17	9:15-10 am
33674	9-14 yrs	4 Classes	\$102	Wednesday, Aug. 2	7-7:45 pm
33673	4-8 yrs	4 Classes	\$102	Wednesday, Aug. 2	6:15-7pm

Wheaton Ice Arena

33251	4 & up	6 Classes	\$102	Saturday, Jun. 17	11:45 am-12:15 pm
33252	4 & up	6 Classes	\$102	Sunday, Jun. 18	2:15-2:45 pm
33386	4 & up	4 Classes	\$68	Saturday, Aug. 5	11:45 am-12:15 pm
33387	4 & up	4 Classes	\$68	Sunday, Aug. 6	2:15-2:45 pm

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.

Cabin John Ice Rink

33119	6 & up	6 Classes	\$102	Saturday, Jun. 17	10:15-10:45 am
33653	6 & up	4 Classes	\$68	Saturday, Aug. 5	9-9:30 am

Scrimmage 2

Prerequisite: Passed Scrimmage 1 or Hockey 3.

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.

Cabin John Ice Rink

33118	6 & up	6 Classes	\$102	Saturday, Jun. 17	8:45-9:15 am
33654	6 & up	4 Classes	\$68	Saturday, Aug. 5	8-8:30 am

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 stickhandling. We'll also show you how to protect the puck from opponents, and review some fundamental passing skills. Full gear required; no experience needed.

Cabin John Ice Rink

33066	4 & up	6 Classes	\$102	Wednesday, Jun. 14	5:30-6 pm
33656	4 & up	4 Classes	\$68	Wednesday, Aug. 2	5:30-6 pm
33655	4 & up	4 Classes	\$68	Saturday, Aug. 5	8:30-9 am

Hockey Goalie Class

This course will work on developing skills specifically for the hockey goalie position. Required gear: Helmet, Skates, goalie pads, glove, and stick.

Cabin John Ice Rink

33120	7-14 yrs	6 Classes	\$102	Wednesday, Jun. 14	7:45-8:15 pm
33657	7-14 yrs	4 Classes	\$68	Wednesday, Aug. 2	7:45-8:15 pm

Teen & Adult Introductory Hockey

Prerequisite: Passed Teen & Adult 1 in hockey skates

Learn the fundamentals of hockey skating, including forward and backward crossovers, stops, stick handling and passing. Full gear required. Fee includes skate rental plus a practice card good for admission to 9 public sessions to practice skills learned in class.

Cabin John Ice Rink

33121	14 & up	6 Classes	\$153	Wednesday, Jun. 14	8:15-9:00 pm
33662	14 & up	4 Classes	\$102	Wednesday, Aug. 2	8:15-9:00 pm

Teen & Adult Advanced Hockey

Prerequisite: Passed Teen & Adult Intro hockey.

This class will emphasize advanced hockey techniques, rules, and game play. Skaters will practice skills and elements of the game including scrimmages. Full gear required.

Cabin John Ice Rink

33122	14 & up	6 Classes	\$153	Wednesday, Jun. 14	9:00-9:45 pm
33663	14 & up	4 Classes	\$102	Wednesday, Aug. 2	9:00-9:45 pm

Driving Range Lessons • Summer 2017



18045 Central Park Circle | Boyds, MD 20841 | 301-670-4670

www.SGDrivingRange.com

CLASS DATES

Session 1 – June 3rd – June 30

Session 2 – July 1 – July 28

Session 3 – July 29 – August 25

Registration for summer classes will open May 15th.
Please visit ActiveMontgomery.org to register.

About Our Golf Classes...

Group classes will allow you to learn the game of golf in small intimate group. 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.

COURSE FEES COVER

- Four group lessons
- A practice card for two buckets to come back and practice your skills

On your First Day of Class...

- Bring a water bottle
- Golf clubs if you have them
- Loaner clubs are available, please see the front desk
- Wear proper footwear and athletic clothing

PLEASE NOTE

- No make-ups or refunds for missed lessons.
- Please read course descriptions carefully and select courses that match ability and experience.
- If you see a class you like, register! Classes may be canceled if minimum enrollment is not met.

Beginning Golf, Adult

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

33041	18 & up	4 Classes	\$99	Saturday, Jun. 3	2:30-3:30 pm
33037	18 & up	4 Classes	\$99	Tuesday, Jun. 6	5:30-6:30 pm
33039	18 & up	4 Classes	\$99	Thursday, Jun. 8	5:30-6:30 pm
33042	18 & up	4 Classes	\$99	Saturday, Jul. 1	2:30-3:30 pm
33040	18 & up	4 Classes	\$99	Thursday, Jul. 6	5:30-6:30 pm
33050	18 & up	4 Classes	\$99	Saturday, Jul. 29	2:30-3:30 pm
33038	18 & up	4 Classes	\$99	Tuesday, Aug. 1	5:30-6:30 pm
33048	18 & up	4 Classes	\$99	Thursday, Aug. 3	5:30-6:30 pm
33049	18 & up	4 Classes	\$99	Thursday, Aug. 3	5:30-6:30 pm





Beginning Golf, Senior

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

33045	50 & up	4 Classes	\$99	Thursday, Jun. 8	11 am-12 pm
33046	50 & up	4 Classes	\$99	Thursday, Jul. 6	11 am-12 pm
33051	50 & up	4 Classes	\$99	Thursday, Aug. 3	11 am-12 pm

Junior Golf Clinic

These classes are great way for your child to learn and gradually improve their skills on a month-to-month basis. Each month we'll offer a group of four-five different classes, each focusing on a particular swing or golf skill. You choose which classes you want that month, and register and pay for them at one time. It's golf la carte! Visit our website or check the Clubhouse for specific skills schedule.

South Germantown Driving Range

33052	7-14 yrs	1 Classes	\$15	Tuesday, Jun. 6	4:30-5:30 pm
33059	7-14 yrs	1 Classes	\$15	Thursday, Jun. 8	4:30-5:30 pm
33053	7-14 yrs	1 Classes	\$15	Tuesday, Jun. 13	4:30-5:30 pm
33060	7-14 yrs	1 Classes	\$15	Thursday, Jun. 15	4:30-5:30 pm
33054	7-14 yrs	1 Classes	\$15	Tuesday, Jun. 20	4:30-5:30 pm
33061	7-14 yrs	1 Classes	\$15	Thursday, Jun. 22	4:30-5:30 pm
33055	7-14 yrs	1 Classes	\$15	Tuesday, Jun. 27	4:30-5:30 pm
33062	7-14 yrs	1 Classes	\$15	Thursday, Jun. 29	4:30-5:30 pm
33063	7-14 yrs	1 Classes	\$15	Thursday, Jul. 6	4:30-5:30 pm
33056	7-14 yrs	1 Classes	\$15	Tuesday, Jul. 11	4:30-5:30 pm
33064	7-14 yrs	1 Classes	\$15	Thursday, Jul. 13	4:30-5:30 pm
33057	7-14 yrs	1 Classes	\$15	Tuesday, Jul. 18	4:30-5:30 pm
33065	7-14 yrs	1 Classes	\$15	Thursday, Jul. 20	4:30-5:30 pm
33058	7-14 yrs	1 Classes	\$15	Tuesday, Jul. 25	4:30-5:30 pm
33067	7-14 yrs	1 Classes	\$15	Thursday, Jul. 27	4:30-5:30 pm
33071	7-14 yrs	1 Classes	\$15	Tuesday, Aug. 1	4:30-5:30 pm
33068	7-14 yrs	1 Classes	\$15	Thursday, Aug. 3	4:30-5:30 pm
33073	7-14 yrs	1 Classes	\$15	Tuesday, Aug. 8	4:30-5:30 pm
33069	7-14 yrs	1 Classes	\$15	Thursday, Aug. 10	4:30-5:30 pm
33074	7-14 yrs	1 Classes	\$15	Tuesday, Aug. 15	4:30-5:30 pm
33070	7-14 yrs	1 Classes	\$15	Thursday, Aug. 17	4:30-5:30 pm
33075	7-14 yrs	1 Classes	\$15	Tuesday, Aug. 22	4:30-5:30 pm

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. Fee covers one child and one adult; register the child only. Fee covers instruction, balls, loaner clubs and practice cards for adult and child.

South Germantown Driving Range

33030	7-14 yrs	4 Classes	\$120	Saturday, Jun. 3	11 am-12 pm
33032	7-14 yrs	4 Classes	\$120	Saturday, Jul. 1	4:30-5:30 pm
33031	7-14 yrs	4 Classes	\$120	Saturday, Jul. 29	11 am-12 pm
33033	7-14 yrs	4 Classes	\$120	Saturday, Jul. 29	4:30-5:30 pm



Parent and Child Archery

Whether you're a novice or you shoot better than Robin Hood, this class is for parents/adults and their children interested in the sport of archery. It is a really FUN way for boys and girls to learn more about archery in a positive learning environment involving both parent and child! Participants should wear comfortable clothing. It is an outdoor class so participants should dress accordingly. Fee covers one child and one adult; register the child only.

South Germantown Driving Range

33077	7-14 yrs	4 Classes	\$65	Sunday, Jun. 4	1-2:30 pm
33078	7-14 yrs	4 Classes	\$65	Sunday, Jul. 2	1-2:30 pm
33081	7-14 yrs	4 Classes	\$65	Sunday, Jul. 30	1-2:30 pm

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 of Archery and provide time to practice each new skill. We'll provide all 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.

South Germantown Driving Range

33084	8-14 yrs	4 Classes	\$50	Saturday, Jun. 3	2 pm-3:30 pm
33085	8-14 yrs	4 Classes	\$50	Saturday, Jun. 3	3:30-5 pm
33086	8-14 yrs	4 Classes	\$50	Sunday, Jun. 4	10-11:30 am
33087	8-14 yrs	4 Classes	\$50	Sunday, Jun. 4	11:30 am-1 pm
33088	8-14 yrs	4 Classes	\$50	Saturday, Jul. 1	2 pm-3:30 pm
33089	8-14 yrs	4 Classes	\$50	Saturday, Jul. 1	3:30-5 pm
33091	8-14 yrs	4 Classes	\$50	Sunday, Jul. 2	10-11:30 am
33090	8-14 yrs	4 Classes	\$50	Sunday, Jul. 2	11:30 am-1 pm
33100	8-14 yrs	4 Classes	\$50	Saturday, Jul. 29	2 pm-3:30 pm
33101	8-14 yrs	4 Classes	\$50	Saturday, Jul. 29	3:30-5 pm
33098	8-14 yrs	4 Classes	\$50	Sunday, Jul. 30	10-11:30 am
33097	8-14 yrs	4 Classes	\$50	Sunday, Jul. 30	11:30 am-1 pm





WHEATON REGIONAL PARK Party Packages

Whether you're hosting a kid's birthday party, celebrating the season with your team, or having a business meeting. We have options for all at prices you can afford in the **Wheaton Regional Park!**

WHEATON INDOOR TENNIS

- ▶ Kid's Tennis Party Package for ages 6-12
- ▶ Customized Event Rental Packages for adult players and groups
- ▶ Party/Meeting Room can accommodate up to 50 people

WheatonIndoorTennis.org | 301-905-3030

WHEATON SPORTS PAVILION

- ▶ Party Packages available for ages 6 and up
- ▶ Party/Meeting Room can accommodate up to 30 people
- ▶ Traditional Sport Packages
- ▶ Bubble Bump Packages

WheatonSportsPavilion.org | 301-905-3071

WHEATON ICE ARENA

- ▶ Year-round ice skating parties available, including discount party skate rate!
- ▶ Party/meeting rooms can accommodate 25 or 50 people
- ▶ Food packages are available from our Snack Bar

WheatonIceArena.org | 301-905-3000

WHEATON TRAIN AND CAROUSEL

- ▶ Train Station Party Room can accommodate up to 60 people
- ▶ Carousel Party Room can accommodate up to 15 people
- ▶ Complimentary Train and Carousel Tickets

WheatonTrainandCarousel.org | 301-563-7545



MONTGOMERYPARKS.ORG



Tennis Group Lessons • Summer 2017



Pauline Betz Addie Tennis Center
7801 Democracy Blvd.
Bethesda, MD 20817
CabinJohnTennis.org
301-765-8650



Wheaton Indoor Tennis
11715 Orebaugh Ave.
Wheaton, MD 20902
WheatonTennis.org
301-905-3030

CLASS DATES

Summer 1 Classes June 13 -July 25
Summer 2 Classes July 31 - August 17

HOLIDAYS AND CLOSURES

July 4 closed/no classes
August 21-26 Wheaton Indoor Tennis
closed for annual
maintenance
August 27-September 2 Pauline Betz Addie
closed for annual
maintenance

ONLINE REGISTRATION DATES

Summer 1 registration June 6-11
Summer 2 registration June 6- July 24

If you register for Summer 1 after June 11 or Summer 2 after July 24, you must register in person at the facility and you will be charged a \$10 non-refundable service fee. No new enrollments are accepted after the second session of class.

COURSE FEES COVER

- Six group lessons
- Summer I classes meet once/week for 6 weeks
- Summer II classes meet twice/week for 3 weeks

On your First Day of Class...

- Bring a racquet and water bottle.
- Loaner racquets are available.
- Wear proper footwear and athletic clothes.

PLEASE NOTE

- No make-ups or refunds for missed lessons.
- Please read course descriptions carefully and select courses that match player ability and experience.
- At the end of each class series, the player will receive an evaluation recommending your next class.
- If you see a class you like, register! Classes may be canceled if a minimum enrollment is not met.
-





About Our Youth Tennis Classes...

Group classes for kids 10 and under incorporate use of the official Red/Orange/Green Youth Tennis format which features instruction on shorter courts and with a series of slower-moving, lower-bouncing balls. When kids learn tennis using equipment and methods made just for them, they have more fun, develop skills at a comfortable pace, and want to keep playing and improving!

STAGE	RED	ORANGE	GREEN
BALL	 Red (felt or foam)	 Orange	 Green
COURT SIZE	 36' x 18'	 60' x 21' singles 60' x 27' doubles	 78' x 27' singles 78' x 36' doubles
RACQUET	Up to 23"	23"- 25"	25"- 27"

Youth Tennis, Parent & Child

For our youngest beginners, who with the help of a parent, will practice basic tennis skills through fun exercises and games that can be continued outside of class. Fee covers one adult and one child; register the child only. (Red Court, Red Balls, 19-21" Racquet; loaner racquets available)

Pauline Betz Addie Tennis

34285	4-6 yrs	6 Classes	\$147	Wednesday, Jun. 14	5-6 pm
34338	4-6 yrs	6 Classes	\$147	Saturday, Jun. 17	2-3 pm
34372	4-6 yrs	6 Classes	\$147	Sunday, Jun. 18	2-3 pm
34155	4-6 yrs	6 Classes	\$147	Monday, Jun. 19	6-7 pm
34400	4-6 yrs	6 Classes	\$147	Monday, Jul. 31 (M/W)	6-7 pm
34401	4-6 yrs	6 Classes	\$147	Tuesday, Aug. 1 (T/TH)	5-6 pm

Wheaton Indoor Tennis

33916	4-6 yrs	6 Classes	\$123	Wednesday, Jun. 14	6-7 pm
33914	4-6 yrs	6 Classes	\$123	Saturday, Jun. 17	11 am-12 pm
33915	4-6 yrs	6 Classes	\$123	Sunday, Jun. 18	1-2 pm
34045	4-6 yrs	6 Classes	\$123	Monday, Jul. 31 (M/W)	5-6 pm
34005	4-6 yrs	6 Classes	\$123	Tuesday, Aug. 1 (T/Th)	6-7 pm

Youth Tennis, Beginner

Completion of Parent & Child Tennis is encouraged before moving your child into this kids-only group setting. Group lesson class for the young beginner who has limited or no prior tennis experience. Features games-based activities focusing on hand-eye coordination, movement, and basic tennis strokes. (Red Court, Red Balls, 19" or 21" Racquet; loaner racquets available.)

Pauline Betz Addie Tennis

34330	4-6 yrs	6 Classes	\$135	Saturday, Jun. 17	11 am-12 pm
34357	4-6 yrs	6 Classes	\$135	Sunday, Jun. 18	9-10 am
34324	4-6 yrs	6 Classes	\$135	Monday, Jul. 31 (M/W)	5-6 pm

Wheaton Indoor Tennis

33920	4-6 yrs	6 Classes	\$111	Tuesday, Jun. 13	5-6 pm
33917	4-6 yrs	6 Classes	\$111	Thursday, Jun. 15	5-6 pm
33918	4-6 yrs	6 Classes	\$111	Saturday, Jun. 17	9-10 am

33919	4-6 yrs	6 Classes	\$111	Monday, Jun. 19	5-6 pm
34008	4-6 yrs	6 Classes	\$111	Tuesday, Aug. 1 (T/Th)	5-6 pm

Youth Tennis, Beginner

Introductory level class for ages 6 to 10 exposes players to racquet control drills, sending and receiving drills, rallying skills, and ABCs (agility, balance, and coordination). The goal of this class is to teach basic stroke mechanics and promote cooperative play through fun games and skill-building activities. (Red Court/Red Balls and Orange Court/Orange Balls, 21"-25" Racquet; loaner racquets available)

Pauline Betz Addie Tennis

34171	6-10 yrs	6 Classes	\$135	Tuesday, Jun. 13	5-6 pm
34325	6-10 yrs	6 Classes	\$135	Saturday, Jun. 17	9-10 am
34358	6-10 yrs	6 Classes	\$135	Sunday, Jun. 18	9-10 am
34152	6-10 yrs	6 Classes	\$135	Monday, Jun. 19	5-6 pm
34402	6-10 yrs	6 Classes	\$135	Monday, Jul. 31 (M/W)	5-6 pm

Wheaton Indoor Tennis

33925	6-10 yrs	6 Classes	\$111	Tuesday, Jun. 13	6-7 pm
33926	6-10 yrs	6 Classes	\$111	Wednesday, Jun. 14	5-6 pm
33921	6-10 yrs	6 Classes	\$111	Thursday, Jun. 15	5-6 pm
33922	6-10 yrs	6 Classes	\$111	Saturday, Jun. 17	10-11 am
33923	6-10 yrs	6 Classes	\$111	Sunday, Jun. 18	9-10 am
33924	6-10 yrs	6 Classes	\$111	Monday, Jun. 19	5-6 pm
34010	6-10 yrs	6 Classes	\$111	Monday, Jul. 31 (M/W)	5-6 pm
34011	6-10 yrs	6 Classes	\$111	Tuesday, Aug. 1 (T/Th)	6-7 pm

Youth Tennis, Intermediate

Passed Beginner level. For the novice to intermediate level player who can rally on the Red Court but needs additional work on stroke production, tennis specific footwork, and situational play. Skill building continues with increased emphasis on cooperative drills. (Combination of Red Court, Red Balls/Orange Court/Orange Balls, 21"-25" Racquet; loaner racquets available)

Pauline Betz Addie Tennis

34172	4-6 yrs	6 Classes	\$135	Tuesday, Jun. 13	5-6 pm
34287	4-6 yrs	6 Classes	\$135	Wednesday, Jun. 14	5-6 pm
34328	4-6 yrs	6 Classes	\$135	Saturday, Jun. 17	10-11 am
34361	4-6 yrs	6 Classes	\$135	Sunday, Jun. 18	10-11 am
34154	4-6 yrs	6 Classes	\$135	Monday, Jun. 19	5-6 pm
34403	4-6 yrs	6 Classes	\$135	Monday, Jul. 31 (M/W)	5-6 pm
34286	6-10 yrs	6 Classes	\$135	Wednesday, Jun. 14	5-6 pm
34300	6-10 yrs	6 Classes	\$135	Thursday, Jun. 15	5-6 pm
34327	6-10 yrs	6 Classes	\$135	Saturday, Jun. 17	10-11 am
34360	6-10 yrs	6 Classes	\$135	Sunday, Jun. 18	10-11 am
34153	6-10 yrs	6 Classes	\$135	Monday, Jun. 19	5-6 pm
34404	6-10 yrs	6 Classes	\$135	Monday, Jul. 31 (M/W)	6-7 pm

Wheaton Indoor Tennis

33931	4-6 yrs	6 Classes	\$111	Tuesday, Jun. 13	5-6 pm
33927	4-6 yrs	6 Classes	\$111	Thursday, Jun. 15	5-6 pm
33929	4-6 yrs	6 Classes	\$111	Saturday, Jun. 17	9-10 am
33930	4-6 yrs	6 Classes	\$111	Monday, Jun. 19	6-7 pm
34014	4-6 yrs	6 Classes	\$111	Monday, Jul. 31 (M/W)	6-7 pm
34015	4-6 yrs	6 Classes	\$111	Tuesday, Aug. 1 (T/Th)	5-6 pm
33937	6-10 yrs	6 Classes	\$111	Wednesday, Jun. 14	5-6 pm
33932	6-10 yrs	6 Classes	\$111	Thursday, Jun. 15	6-7 pm
33934	6-10 yrs	6 Classes	\$111	Saturday, Jun. 17	10-11 am
33935	6-10 yrs	6 Classes	\$111	Sunday, Jun. 18	10-11 am

33936	6-10 yrs	6 Classes	\$111	Monday, Jun. 19	6-7 pm
34017	6-10 yrs	6 Classes	\$111	Monday, Jul. 31 (M/W)	6-7 pm

Youth Tennis, Advanced

Passed Intermediate level. For player who can rally already on the Red Court and comfortably engage in point play against a variety of players. Focus will be on improving movement and positioning, concentration and focus, shot placement, and closing points. (Combination of Red Court, Red Balls/Orange Court/ Orange Balls, 21"-25" Racquet; may incorporate use of Green Dot Ball for players ready to transition from the Orange Court to full court play; loaner racquets available).

Pauline Betz Addie Tennis

34174	6-10 yrs	6 Classes	\$147	Tuesday, Jun. 13	6-7 pm
34288	6-10 yrs	6 Classes	\$147	Wednesday, Jun. 14	6-7 pm
34331	6-10 yrs	6 Classes	\$147	Saturday, Jun. 17	11 am-12 pm
34363	6-10 yrs	6 Classes	\$147	Sunday, Jun. 18	11 am-12 pm
34156	6-10 yrs	6 Classes	\$147	Monday, Jun. 19	6-7 pm
34405	6-10 yrs	6 Classes	\$147	Monday, Jul. 31 (M/W)	6-7 pm

Wheaton Indoor Tennis

33942	6-10 yrs	6 Classes	\$123	Tuesday, Jun. 13	5-6 pm
33943	6-10 yrs	6 Classes	\$123	Wednesday, Jun. 14	5-6 pm
33939	6-10 yrs	6 Classes	\$123	Saturday, Jun. 17	11 am-12 pm
33940	6-10 yrs	6 Classes	\$123	Sunday, Jun. 18	11 am-12 pm
33941	6-10 yrs	6 Classes	\$123	Monday, Jun. 19	5-6 pm

Beginner 1 Tennis, Teen

Prerequisite: For beginners who have never played before or have not played recently.

The goal of this class is to teach fundamentals of the game, including etiquette and vocabulary, rules, positioning, and scorekeeping. Players will learn basic mechanics for hitting groundstrokes, volleys, overheads and serves. May incorporate use of Orange and Green Dot Balls to reinforce development consistency, and control.

Pauline Betz Addie Tennis

34173	11-14 yrs	6 Classes	\$135	Tuesday, Jun. 13	5-6 pm
34369	11-14 yrs	6 Classes	\$135	Sunday, Jun. 18	1-2 pm
34157	11-14 yrs	6 Classes	\$135	Monday, Jun. 19	6-7 pm
34424	11-14 yrs	6 Classes	\$135	Tuesday, Aug. 1 (T/Th)	5-6 pm
34366	15-18 yrs	6 Classes	\$135	Sunday, Jun. 18	12 pm-1 pm

Wheaton Indoor Tennis

33945	15-18 yrs	6 Classes	\$111	Saturday, Jun. 17	12 pm-1 pm
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Beginner 2 Tennis, Teen

Prerequisite: Passed Beginner 1 Tennis, Teen or player with recent playing experience seeking a refresher on fundamentals.

Class includes a review of tennis etiquette and vocabulary, safety rules, and scoring. Continued focus on footwork, positioning and directional control. Additional time will be spent on drills and situational play. Groundstrokes, volleys, overheads and serves will be critiqued.

Pauline Betz Addie Tennis

34175	11-14 yrs	6 Classes	\$135	Tuesday, Jun. 13	6-7 pm
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34301	11-14 yrs	6 Classes	\$135	Thursday, Jun. 15	5-6 pm
34426	11-14 yrs	3 Classes	\$135	Tuesday, Aug. 1 (T/Th)	5-6 pm
34302	15-18 yrs	6 Classes	\$135	Thursday, Jun. 15	5-6 pm

Wheaton Indoor Tennis

33948	11-14 yrs	6 Classes	\$111	Sunday, Jun. 18	12 pm-1 pm
33947	15-18 yrs	6 Classes	\$111	Saturday, Jun. 17	12 pm-1 pm

Intermediate 1 Tennis, Teen

Prerequisite: Passed Beginner 2, Teen.

Players have experience in the fundamentals of tennis and are ready to work on consistency, accuracy and technical mastery of strokes and footwork. The focus will be on drills and play situations to improve rallying skills and overall level of play.

Pauline Betz Addie Tennis

34303	11-14 yrs	6 Classes	\$135	Thursday, Jun. 15	6-7 pm
34332	11-14 yrs	6 Classes	\$135	Saturday, Jun. 17	12 pm-1 pm
34427	11-14 yrs	6 Classes	\$135	Tuesday, Aug. 1 (T/Th)	6-7 pm
34333	15-18 yrs	6 Classes	\$135	Saturday, Jun. 17	12 pm-1 pm
34367	15-18 yrs	6 Classes	\$135	Sunday, Jun. 18	12 pm-1 pm

Wheaton Indoor Tennis

33950	15-18 yrs	6 Classes	\$111	Saturday, Jun. 17	12 pm-1 pm
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Intermediate 2 Tennis, Teen

Prerequisite: Passed Intermediate 1, Teen.

Players in this class have a solid foundation in tennis and are ready to improve consistency, accuracy and technical mastery of their strokes and footwork. The focus will be on learning competitive strategies and shots that will enhance your game, including lobs, drop shots, slices, topspin, cross-court and down-the-line groundstrokes plus a variety of serves.

Pauline Betz Addie Tennis

34335	11-14 yrs	6 Classes	\$135	Saturday, Jun. 10	1-2 pm
34289	11-14 yrs	6 Classes	\$135	Wednesday, Jun. 14	6-7 pm
34304	11-14 yrs	6 Classes	\$135	Thursday, Jun. 15	6-7 pm
34370	11-14 yrs	6 Classes	\$135	Sunday, Jun. 18	1-2 pm
34429	11-14 yrs	6 Classes	\$135	Tuesday, Aug. 1 (T/Th)	6-7 pm
34290	15-18 yrs	6 Classes	\$135	Wednesday, Jun. 14	6-7 pm
34336	15-18 yrs	6 Classes	\$135	Saturday, Jun. 17	1-2 pm

Wheaton Indoor Tennis

33955	11-15 yrs	6 Classes	\$111	Tuesday, Jun. 13	6-7 pm
33956	11-15 yrs	6 Classes	\$111	Thursday, Jun. 15	6-7 pm
33954	11-15 yrs	6 Classes	\$111	Sunday, Jun. 18	12 pm-1 pm
34023	11-15 yrs	6 Classes	\$111	Tuesday, Aug. 1 (T/Th)	6-7 pm
33953	15-18 yrs	6 Classes	\$111	Saturday, Jun. 17	1-2 pm





Advanced Tennis, Teen - Competitive

Drill Play

Prerequisite: Passed Intermediate 2 or Instructor Approval.

For competitive players training for tournaments and/or high school team tryouts. Focus on enhancing footwork and agility, stroke production, and use of offensive and defensive shots. Additional emphasis on physical conditioning, mental preparedness, and sportsmanship.

Pauline Betz Addie Tennis

34176	11-14 yrs	6 Classes	\$147	Tuesday, Jun. 13	6-7 pm
34305	11-14 yrs	6 Classes	\$147	Thursday, Jun. 15	6-7 pm
34339	11-14 yrs	6 Classes	\$147	Saturday, Jun. 17	2-3 pm
34430	11-14 yrs	6 Classes	\$147	Tuesday, Aug. 1 (T/Th)	6-7 pm
34340	15-18 yrs	6 Classes	\$147	Saturday, Jun. 17	2-3 pm
34364	15-18 yrs	6 Classes	\$147	Sunday, Jun. 18	11 am-12 pm

Wheaton Indoor Tennis

34004	11-18 yrs	6	\$246	Tuesday, Jun. 13	6-8 pm
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NEW! High School Girls Team Tryouts Clinic

Hey girls - get your game on for the upcoming fall team tryouts and season! Five 2-hour sessions of intensive instruction, drills, and match play to improve strokes, strategy, mental toughness, and overall fitness. Whether you are a rising freshman trying out for the first time, or a returning player, you will benefit from this focused (and fun) week of training.

Pauline Betz Addie Tennis

34393	13-18 yrs	5 Classes	\$245	Monday, Jul. 31 M-F	5-7 pm
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Wheaton Indoor Tennis

34003	13-18 yrs	5 Classes	\$205	Monday, Jul. 31 M-F	5-7 pm
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Beginner 1 Tennis, Adult (NTRP 2.0)

Designed to turn adult beginners into tennis players. You'll enjoy one hour lessons with our certified tennis coaches. Participants will learn the basics of tennis including the serve, forehand, backhand and net play for singles and doubles featuring a 'Rally and Play' approach.

Pauline Betz Addie Tennis

34177	18 & up	6 Classes	\$135	Tuesday, Jun. 13	7-8 pm
34306	18 & up	6 Classes	\$135	Thursday, Jun. 15	7-8 pm
34362	18 & up	6 Classes	\$135	Sunday, Jun. 18	10-11 am
34406	18 & up	6 Classes	\$135	Monday, Jul. 31 (M/W)	7-8 pm

Wheaton Indoor Tennis

33963	18 & up	6 Classes	\$111	Wednesday, Jun. 14	10-11 am
33964	18 & up	6 Classes	\$111	Wednesday, Jun. 14	6-7 pm
33961	18 & up	6 Classes	\$111	Sunday, Jun. 18	1-2 pm
33962	18 & up	6 Classes	\$111	Monday, Jun. 19	10-11 am

Beginner 2 Tennis, Adult (NTRP 2.5)

This player has played some tennis, but needs additional instruction on basic skills and techniques. 'Rally and Play' approach reinforces introduction to positioning, movement, and rules of play.

Pauline Betz Addie Tennis

34180	18 & up	6 Classes	\$135	Tuesday, Jun. 13	8-9 pm
34307	18 & up	6 Classes	\$135	Thursday, Jun. 15	7-8 pm
34365	18 & up	6 Classes	\$135	Sunday, Jun. 18	11 am-12 pm
34407	18 & up	6 Classes	\$135	Monday, Jul. 31 (M/W)	8-9 pm

Wheaton Indoor Tennis

33969	18 & up	6 Classes	\$111	Wednesday, Jun. 14	11 am-12 pm
33965	18 & up	6 Classes	\$111	Thursday, Jun. 15	6-7 pm
33967	18 & up	6 Classes	\$111	Sunday, Jun. 18	9-10 am
33968	18 & up	6 Classes	\$111	Monday, Jun. 19	11 am-12 pm

Intermediate 1 Tennis, Adult (NTRP 3.0)

Prerequisite: Passed Beginner 2, Adult.

This player can keep the ball in play, but needs to improve consistency of strokes and overall understanding of court positioning, strategy, and use of shots in various situations.

Pauline Betz Addie Tennis

34178	18 & up	6 Classes	\$135	Tuesday, Jun. 13	7-8 pm
34291	18 & up	6 Classes	\$135	Wednesday, Jun. 14	7-8 pm
34309	18 & up	6 Classes	\$135	Thursday, Jun. 15	8-9 pm
34334	18 & up	6 Classes	\$135	Saturday, Jun. 17	12 pm-1 pm
34368	18 & up	6 Classes	\$135	Sunday, Jun. 18	12 pm-1 pm
34158	18 & up	6 Classes	\$135	Monday, Jun. 19	7-8 pm
34408	18 & up	6 Classes	\$135	Monday, Jul. 31 (M/W)	8-9 pm
34413	18 & up	6 Classes	\$135	Tuesday, Aug. 1 (T/Th)	7-8 pm

Wheaton Indoor Tennis

33972	18 & up	6 Classes	\$111	Tuesday, Jun. 13	10-11 am
33973	18 & up	6 Classes	\$111	Wednesday, Jun. 14	7-8 pm
33971	18 & up	6 Classes	\$111	Thursday, Jun. 15	10-11 am
34033	18 & up	6 Classes	\$111	Monday, Jul. 31 (M/W)	7-8 pm
34032	18 & up	6 Classes	\$111	Tuesday, Aug. 1 (T/Th)	10-11 am

Intermediate 2 Tennis, Adult (NTRP 3.5)

Prerequisite: Passed Intermediate 1, Adult or a 3.5 NTRP level player.

Player has dependable strokes, but needs work on depth, variety, and consistency for power. Can play singles and doubles, but needs to improve net play, shot selection, and serve.

Pauline Betz Addie Tennis

34181	18 & up	6 Classes	\$135	Tuesday, Jun. 13	8-9 pm
34292	18 & up	6 Classes	\$135	Wednesday, Jun. 14	7-8 pm
34310	18 & up	6 Classes	\$135	Thursday, Jun. 15	8-9 pm
34337	18 & up	6 Classes	\$135	Saturday, Jun. 17	1-2 pm
34371	18 & up	6 Classes	\$135	Sunday, Jun. 18	1-2 pm
34159	18 & up	6 Classes	\$135	Monday, Jun. 19	7-8 pm
34411	18 & up	6 Classes	\$135	Monday, Jul. 31 (M/W)	8-9 pm
34412	18 & up	6 Classes	\$135	Tuesday, Aug. 1 (T/Th)	7-8 pm
34419	18 & up	6 Classes	\$135	Tuesday, Aug. 1 (T/Th)	8-9 pm

Wheaton Indoor Tennis

33974	18 & up	6 Classes	\$111	Tuesday, Jun. 13	11 am-12 pm
33975	18 & up	6 Classes	\$111	Wednesday, Jun. 14	8-9 pm
33977	18 & up	6 Classes	\$111	Thursday, Jun. 15	11 am-12 pm
33976	18 & up	6 Classes	\$111	Thursday, Jun. 15	7-8 pm
34034	18 & up	6 Classes	\$111	Tuesday, Aug. 1 (T/Th)	11 am-12 pm
34036	18 & up	6 Classes	\$111	Tuesday, Aug. 1 (T/Th)	7-8 pm

Advanced Tennis, Adult (NTRP & Up)

Passed Intermediate 2 or Instructor Approval. A competitive clinic involving intense drilling, competitive situational games, and match play. Focus on finessing use of lobs, overheads, approach shots and volleys and hitting with power, spin, depth, and control.

Pauline Betz Addie Tennis

34294	18 & up	6 Classes	\$147	Wednesday, Jun. 14	8-9 pm
34329	18 & up	6 Classes	\$294	Saturday, Jun. 17	10 am-12 pm
34161	18 & up	6 Classes	\$147	Monday, Jun. 19	8-9 pm
34422	18 & up	6 Classes	\$147	Tuesday, Aug. 1 (T/Th)	8-9 pm

NEW! Red and Orange Ball - Intro to**Match Play**

Passed Beginner 1 or 2. Playing with slower-moving Red and Orange balls gives you more time to get ready for that next shot and keep your rallies going. If you can hit the ball over the net and get your serve in at least some of the time, this class will help you develop movement skills, match play confidence, and overall enjoyment of the game.

Pauline Betz Addie Tennis

34397	18 & up	6 Classes	\$135	Monday, Jul. 31 (M/W)	7-8 pm
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Wheaton Indoor Tennis

34027	18 & up	6 Classes	\$111	Monday, Jul. 31 (T/Th)	7-8 pm
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Match Play 3.0 Tennis

Limited to 6 players. The 3.0 player is fairly consistent when hitting medium-paced shots, but is not comfortable with all strokes and lacks execution when trying for directional control, depth, pace or altering distance of shots. First half of class focuses on needed drills and skills and finishes with a session of supervised match play. Instructor reserves the right to transfer you up or down a level if you are not closely matched in skill level.

Pauline Betz Addie Tennis

34179	18 & up	6 Classes	\$147	Tuesday, Jun. 13	7-8 pm
34295	18 & up	6 Classes	\$147	Wednesday, Jun. 14	8-9 pm
34308	18 & up	6 Classes	\$147	Thursday, Jun. 15	7-8 pm
34373	18 & up	6 Classes	\$147	Sunday, Jun. 18	2-3 pm
34160	18 & up	6 Classes	\$294	Monday, Jun. 19	7-9 pm
34409	18 & up	6 Classes	\$294	Monday, Jul. 31 (M/W)	7-8 pm
34410	18 & up	6 Classes	\$294	Tuesday, Aug. 1 (T/Th)	8-9 pm

Wheaton Indoor Tennis

33981	18 & up	6 Classes	\$246	Wednesday, Jun. 14	7-9 pm
33980	18 & up	6 Classes	\$246	Monday, Jun. 19	7-9 pm
34038	18 & up	6 Classes	\$246	Monday, Jul. 31 (M/W)	7-9 pm
34039	18 & up	6 Classes	\$246	Tuesday, Aug. 1 (T/Th)	7-9 pm

Match Play 3.5 Tennis

Limited to 6 players. The 3.5 player has dependable strokes, but still lacks depth, variety and the ability to alter distance of shots. Effective use of lobs, overheads, approach shots, and volleys is limited due to a lack of confidence. More comfortable at net, has improved court awareness, and is developing teamwork in doubles. First half of class focuses on needed drills and skills finishes with a session of supervised match play. Instructor reserves the right to transfer you up or down a level if you are not closely matched in skill level.

Pauline Betz Addie Tennis

34182	18 & up	6 Classes	\$147	Tuesday, Jun. 13	8-9 pm
34293	18 & up	6 Classes	\$294	Wednesday, Jun. 14	7-9 pm
34311	18 & up	6 Classes	\$147	Thursday, Jun. 15	8-9 pm
34162	18 & up	6 Classes	\$147	Monday, Jun. 19	8-9 pm

Wheaton Indoor Tennis

33984	18 & up	6 Classes	\$246	Tuesday, Jun. 13	7-9 pm
33982	18 & up	6 Classes	\$246	Thursday, Jun. 15	7-9 pm
33983	18 & up	6 Classes	\$123	Monday, Jun. 19	7-8 pm
34041	18 & up	6 Classes	\$123	Monday, Jul. 31 (M/W)	7-8 pm
34042	18 & up	6 Classes	\$246	Tuesday, Aug. 1 (T/Th)	7-9 pm

Adult Cardio Tennis

This is a high energy class that combines the best features of the sport of tennis with cardiovascular exercise, delivering the ultimate, full body, calorie burning aerobic workout.

Pauline Betz Addie Tennis

34326	18 & up	6 Classes	\$147	Saturday, Jun. 17	9-10 am
34359	18 & up	6 Classes	\$147	Sunday, Jun. 18	9-10 am

Wheaton Indoor Tennis

33986	18 & up	6 Classes	\$123	Saturday, Jun. 17	9-10 am
33987	18 & up	6 Classes	\$123	Sunday, Jun. 18	10-11 am

NEW! Stroke of the Week

Designed for players of all levels, each one-hour clinic provides intensive instruction on a specific tennis stroke. Fun drills and exercises help you sharpen fundamentals to improve your form, consistency, and overall game.

Pauline Betz Addie Tennis

34392	18 & up	6 Classes	\$135	Monday, Jun. 19	7-8 pm
34398	18 & up	6 Classes	\$135	Tuesday, Aug. 1 (T/Th)	7-8 pm

Wheaton Indoor Tennis

34000	18 & up	6 Classes	\$111	Wednesday, Jun. 14	7-8 pm
34001	18 & up	6 Classes	\$111	Saturday, Jun. 17	10-11 am
34043	18 & up	6 Classes	\$111	Monday, Jul. 31 (M/W)	7-8 pm

WHEATON SPORTS PAVILION

www.WheatonSportsPavilion.org

Email: WheatonSportsPavilion@MontgomeryParks.org

Call: (301) 905-3070



MontgomeryParks.org

The Maryland-National Capital
Park and Planning Commission

OPEN FIELD PROGRAMS

Session Dates June 13- August 29

ADULT OPEN LACROSSE (AGES 18+)

Players can work on their passing and shooting skills on the south side of the field or play a pick-up games on the north end.

Wednesdays 8-9:30pm

ADULT OPEN SOCCER (AGES 18+)

This is designed for pick-up games. Field sizes can be adjusted for small sided games.

Sundays 5:30-7pm

YOUTH OPEN LACROSSE (UNDER 18)

If you would like some practice fine-tuning your lacrosse skills, come out for some open field time.

Thursdays 6-7:30pm & Sundays 4-5:30pm

YOUTH OPEN SOCCER (UNDER 18)

Come out for open field time to work on your game.

Shin guards are required.

Wednesdays 6:30-8pm & Saturdays 6-7:30pm



OPEN PLAY TIME (AGES 1-8)

Enjoy quality time with your young one this Summer at the Wheaton Sports Pavilion. Open Play Time consists of unstructured play for you and your child to enjoy the freedom of imagination.

Stations will include sports games on the turf field as well as learning and coloring activities in the Party Room. Parents must be present to help spark your child's unlimited imagination.

Parents must supervise their child(ren) at all times.

Saturdays & Sundays 9:00-11:00am

Purchase your punch pass online at www.ActiveMONTGOMERY.org or in person at the Wheaton Sports Pavilion

Make a BIG SPLASH!

at South Germantown Splash Park

- Rent a **PARTY TENT** for a 2-hour time slot between 10 am - 6 pm. 20 admissions included.

Rental times are: 10am-12pm, 12pm-2pm, 2pm-4pm, 4pm-6pm

- Rent the ENTIRE **Splash Park for a BIG SPLASH Party!** 40 admissions included.

Splash, relax and have a blast any day of the week from 6-8pm.

- Reserve your party online today at ActiveMONTGOMERY.org

INCLUDED IN EVERY ADMISSION IS ACCESS TO OUR JUMPING PILLOW!



www.SplashandGolf.com

10856 Central Park Circle, Boyds, MD 20841 | 301-670-4680 

splashandgolf@montgomeryparks.org



Open Memorial Day Weekend through Labor Day Weekend.
Please visit our website for specific days, hours and fees.

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 summer volunteer opportunities are shown below, and you'll find even more on our website. Visit **ParksVolunteers.org** today, and apply!

YOU'LL OUR SUMMER VOLUNTEER OPPORTUNITIES!

TRAIL WORKDAY VOLUNTEERS

Weekends

Trail work is a great way to enjoy the outdoors and the company of great people, while improving a valuable community resource. There are natural surface trail workdays almost every weekend.

CAMP COUNSELORS

Summer, Monday—Friday

Summer Camps at the Nature Centers and Brookside Gardens are great fun, and require just a one-week commitment.

NATURE CENTER HOSTS

Greet the public, answer questions, help with programs, and more! Weekday and weekend slots available.

NATURE CENTER GARDENERS

Help us keep the gardens at our Nature Centers looking lovely.

WEED WARRIOR FOR A DAY

Work with Weed Warrior supervisors and help save the forest from invasive plants! Take what you learn and keep native plants in *your* neighborhood alive and growing.

ICE SKATING CIT

Help prepare skating camps, work with children and provide additional support throughout the camp session.

NEW TREE SURVIVAL PROJECTS

Montgomery Parks plants hundreds of new trees each year, but they need help to survive! Help care for newly-planted trees by repairing tree cages and removing invasive weeds. This is a group volunteer opportunity only.

BROOKSIDE GARDENS OPPORTUNITIES

Brookside Gardens is looking for volunteers in the following areas.

CHILDREN'S CLASSROOM PROGRAM ASSISTANT

April—June

Help the Brookside staff with school kids attending interpretive garden programs. Shifts available Tuesdays-Fridays.

BUTTERFLY EXHIBIT VOLUNTEERS

May—September

The annual "Wings of Fancy" Live Butterfly and Caterpillar Exhibit needs Flight Attendants and Ticket Takers.

ADULT EDUCATION ASSISTANT

Assist with programs and workshops, including gardening programs, art classes, cooking classes and more.

EVENT MONITOR

Monitor ongoing events on weekends including photo shoots, weddings, birthday parties and memorial services.

GIFT SHOP ASSISTANTS

Help Brookside Gardens run their très chic gift shops! Cash register skills needed; weekday and weekend shifts available.

INFORMATION DESK

Kindly greet and provide visitors with information about the gardens' seasonal displays. One four-hour shift per week.

GARDENER ASSISTANTS

Help plant and care for a wide variety of ornamental plants. Weekday mornings.

For more information, please visit our website or call us!
www.ParksVolunteers.org | 301-495-2504



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

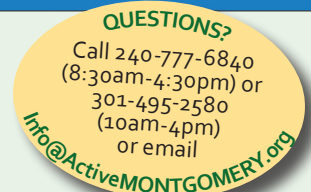
Stop by any Montgomery County Recreation location, including their Headquarters at 4010 Randolph Road, Silver Spring, MD 20902 (M-F, 10am-2pm), or visit Montgomery Parks locations offering activities that require registration. See the Parks "Facility Directory" for these locations.



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.

ACTIVITY WITHDRAWALS & REFUNDS

Withdrawal Time Frame	Withdrawal Reason & Method	Refund Amount	Refund Form
Any	Activity Canceled by Parks or Recreation	Full Refund	Refund may be applied to customer's ActiveMONTGOMERY account; or returned in same form as payment rendered.
At least 5 (five) business days before activity begins	Any reason, ONLINE	Full Refund	<p>If payment was made by credit card...Refund will be applied to credit card.</p> <p>If payment was made by check, cash, or money order...Refund will be applied to customer's ActiveMONTGOMERY account.</p>
	Any reason, IN PERSON	Full Refund	<p>Activity fee is \$25 or less...Refund will be applied to customer's ActiveMONTGOMERY account.</p> <p>Activity fee is \$26 or more...Refund may be applied to customer's ActiveMONTGOMERY account, or refund check may be requested.</p>
Less than 5 business days before activity begins	<p>Parks: Withdraw in person at the hosting facility.</p> <p>Recreation: Email Rec.FinanceOffice@MontgomeryCountyMD.gov or withdraw in person at Rec HDQ.</p> <p><i>No withdrawals may be made ONLINE less than five days before activity begins.</i></p>	Refund Less \$25 Withdrawal Fee	<p>Activity fee is \$49 or less: Refund will be applied to customer's ActiveMONTGOMERY account.</p> <p>Activity fee is \$50 or more: Refund may be applied to customer's ActiveMONTGOMERY account, or customer may request a refund check.</p>
For classes/sessions missed by participant	No refund of any type will be issued		
After second session/class of activity has met			
After the final session of activity has met			



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.

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.



Use this form to register for BOTH **Montgomery Parks** AND **Montgomery County Recreation** activities.*
Use este formulario para activides de **LOS DOS Montgomery Parks** Y **Montgomery County Recreation**.*

* Required Info | Info Requerida

REGISTRATION FORM | FORMULARIO DE INSCRIPCIÓN

☐ Check here if this is a new address, phone number or email address. Please print. This form may be copied.

☐ Marque aquí si esta es una dirección nueva, teléfono o dirección de correo electrónico.

Por favor imprima. Este formulario puede ser reproducido.

PARENT/GUARDIAN | PADRE/GUARDIÁN

Last Name Apellido *	First Name Nombre *	Birthday Fecha de nacimiento (mm/dd/yy) *	Email
Address Dirección *		City Ciudad *	State Estado * ZIP Código Postal *
Home Phone Teléfono de Casa *	Work Phone Teléfono de Trabajo	Cell Phone Celular	

EMERGENCY CONTACT | EMERGENCIA CONTACTO

For participants under 18 | Participantes de-18

Name Nombre	Relationship Relación	Phone Telf.
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Participant's Name (Last, First) Apellido y Nombre del Participante	Birthday (mm/dd/yy) Fecha de Nacimiento (mm/dd/yy)	Sex Sexo	Activity Name Nombre de la Actividad	Activity Number Número	Fees * Costo *
*Non-County residents include an additional \$15 per participant, per activity for Montgomery County Recreation Department activities (not applicable for Parks activities) *Incluya \$15 por participante, por actividades de Montgomery County Recreation si vive fuera del Condado (no aplica por actividades de Parques)					Total Amount Due: Cantidad Total:

* Required Info | Información requerida

PAYMENT | PAGO

Name on Card Nombre en la tarjeta	Credit Card Number Número en la Tarjeta de Crédito	Security Code Código de Seguridad	Expiration Date Fecha de Expiración
Payer Address (If different than above) Dirección del Pagador (si es diferente que la de arriba)	City Ciudad	State Estado	ZIP Código Postal

- ☐ Visa
☐ MasterCard
☐ Check or Money Order

- ☐ AmEx
☐ Discover

MAIL Your Completed, Signed Form to: **ActiveMONTGOMERY • 4010 Randolph Rd. • Silver Spring, MD 20902**

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

If you need help completing this form, please call **240-777-6840**.

Make payable to:
Hacerlo a nombre de:
ActiveMONTGOMERY

Envíe su formulario completo y firmado a: **ActiveMONTGOMERY • 4010 Randolph Rd. • Silver Spring, MD 20902**

Si paga con tarjeta de crédito, puede enviar su formulario a **240-777-6818**.

Si necesita ayuda para llenar este formulario, por favor llame al **240-777-6840**.

Cardholder Signature | Firma del Dueño de la Tarjeta _____

SIGNATURE IS REQUIRED* | *SE REQUIERE LA FIRMA

Participant or Parent/Guardian Signature | Participante o Padre/Guardián Firma _____ Date | Fecha _____

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.

El participante asume todos los riesgos asociados con la participación en el programa; ninguno ni el Condado ni Montgomery Parks/M-NCPPC asume cualquier responsabilidad de lesiones o daños debido a su participación en el programa. Debido a la naturaleza persistente de algunas actividades se alienta a consultar con un médico, se alienta a que cada participante consulte con su doctor sobre su capacidad física de participar en el programa. El participante consiente el tratamiento de emergencia. El participante también consiente que el Condado y Montgomery Parks/M-NCPPC's utilice las imágenes del participante y la posibilidad de mostrar fotografías videos, películas o imágenes electrónicas, y cualquier grabación de audio que se haga de la voz del participante en cualquier forma que el Condado y Montgomery Parks/M-NCPPC desee, incluyendo televisión, impresos, páginas del internet. Además, el participante consiente que las fotos, películas, grabaciones, imágenes electrónicas serán propiedad única del Condado.



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



Free!

MONTGOMERY COUNTY CELEBRATES INDEPENDENCE DAY

THE 4TH of JULY 2017

MID-COUNTY SPARKLES

7:30PM - Live Music

Featuring: Gringo Jingo

9:15PM - Fireworks

Albert Einstein High School*
11135 Newport Mill Road
Kensington, MD

GERMANTOWN GLORY

7:00PM - Live Music

Featuring: Quiet Fire

9:15PM - Fireworks

South Germantown Recreational Park
18041 Central Park Circle
Boys, MD

*Shuttle bus at Westfield Wheaton Plaza - JCP. Handicap parking only available at Einstein HS.

*Raindate for
Both Events is July 5*



*Food Vendors
on Site*

FOR MORE INFORMATION CALL 311 OR VISIT MONTGOMERYCOUNTYMD.GOV/REC