

MONTGOMERY COUNTY

# GUIDE



MONTGOMERY COUNTY  
*Recreation*



SUMMER 2018

RECREATION AND PARKS PROGRAMS

TENNIS

SWIM LESSONS

SKATING & HOCKEY

TRIPS & TOURS

KAYAKING

ARTS & CRAFTS

HISTORY

BADMINTON

NATURE HIKES

TINY TOTS

and much more!







# OUTDOOR POOLS OPEN

Saturday, May 26

## OUTDOOR FUN

Amenities include 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 admission, 12 punch passes and season passes.

## CONVENIENT

With seven outdoor pools located throughout Montgomery County, you can be here in no time.

- Bethesda
- Long Branch
- Wheaton/Glenmont
- Upper County
- Germantown
- Martin Luther King
- Western

\*Amenities differ at each location.

[montgomerycountymd.gov/rec](http://montgomerycountymd.gov/rec)  
240-777-6860 | Hablamos Español





# FROM THE COUNTY EXECUTIVE



Summer 2018

Dear Montgomery County Resident:

The summer of 2018 is just around the corner, and the Montgomery County Recreation and Parks Summer Guide is your source for planning a fun and memorable summer in Montgomery County.

As you turn the pages of the Guide, you will find hundreds of activities and classes for all ages and interests, including aquatics, arts, sports, therapeutic recreation, tours and trips.

In addition to the popular summer day programs for youth, there are new classes in photography and several STEM (Science, Technology, Engineering and Math) opportunities for youth.

The summer outdoor pool season begins Memorial Day weekend with the opening of our seven outdoor pools at noon Saturday, May 26.

In addition, the Department of Recreation has planned several special events this summer. If you enjoy live music, then Veterans Plaza in Silver Spring is the place to be Thursday evenings beginning June 21. The free Silver Spring Concert Series takes place from 7 – 9 p.m. every Thursday this summer.

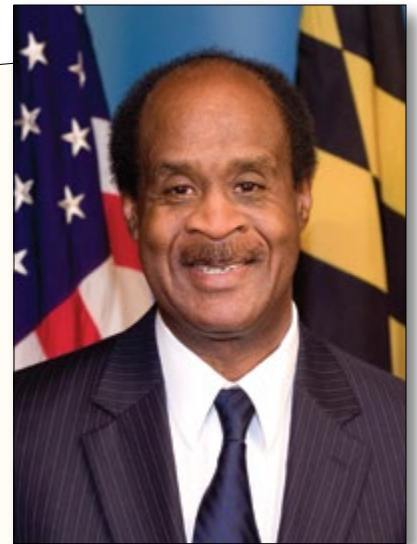
Montgomery County's fabulous Fourth of July celebrations are always a high point of the summer. Germantown Glory will be held at South Germantown Recreational Park, and Mid-County Sparkles takes place at Albert Einstein High School in Kensington. These free events include family entertainment, music,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

With so many options to choose from, there is something fun happening everyday this summer, I look forward to seeing you out and about, staying active and engaged. Best wishes for a happy and healthy summer!

Sincerely,

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

Isiah Leggett,  
County Executive





# A look Inside...

Summer 2018  
Recreation and Parks Programs



**Active 55+ Adults Programs . . . . .61**

**Aquatics . . . . .14**

Water Fitness Classes . . . . .15

Diving . . . . .17

Masters Swimming . . . . .18

Scuba . . . . .18

Developmental Swim . . . . .19

Swim Team . . . . .19

Lifeguard Training . . . . .20

Swim Lessons . . . . .23

**Classes . . . . .40**

Arts and Crafts . . . . .41

Dance . . . . .43

Music . . . . .45

Exercise, Fitness and Wellness . . . . .46

Martial Arts . . . . .51

Tiny Tots . . . . .53

Xciting Xtras . . . . .56

**Employment Opportunities**

Contractors & Staff . . . . .57

Aquatics Part Time Staff . . . . .21

**Extras**

Outdoor Pools . . . . . Inside Front Cover

Camp Jobs . . . . .4

Summer Camps . . . . .5

Community Calendar . . . . .6

Silver Spring Summer Concert Series . . . . .8

5 Ways to Have Fun . . . . .9

Senior Transportation . . . . .10



Swim Lessons  
pg. 23



Xciting Xtras  
pg. 56



Diving  
pg. 17



Martial  
Arts  
pg. 51



Summer  
Camps Ad  
pg. 5

Montgomery County Recreation  
4010 Randolph Rd., Silver Spring, MD 20902

240-777-6840  
montgomerycountymd.gov/rec



Registration  
For Summer  
Classes & Swim  
Lessons Begins

**May 14**





Rentals . . . . .	11
Volunteer for Election Day . . . . .	12
Kid Museum . . . . .	13
Water Safety Day . . . . .	39
Maryland Senior Olympics . . . . .	75
<b>Facility Addresses . . . . .</b>	<b>92</b>
<b>Programs by Location . . . . .</b>	<b>88</b>
<b>Recreation Centers . . . . .</b>	<b>87</b>
<b>Registration Form . . . . .</b>	<b>Inside Back Cover</b>
<b>Sports . . . . .</b>	<b>58</b>
<b>Therapeutic Recreation . . . . .</b>	<b>76</b>
<b>Trips and Tours . . . . .</b>	<b>80</b>
<b>Youth Development . . . . .</b>	<b>79</b>



# Montgomery Parks

The Maryland-National Capital Park and Planning Commission

Montgomery Parks Info Begins . . . . .	93
Volunteer Opportunities for the Summer . . . . .	95
Montgomery Parks Facility Directory . . . . .	96
Agricultural History Farm Park Programs . . . . .	98
Woodlawn Manor Cultural Park Programs . . . . .	102
Brookside Gardens Programs . . . . .	105
Brookside Gardens Summer Concert Series . . . . .	106
Nature Center Programs . . . . .	110
Mudfest . . . . .	113
Preschool in the Park . . . . .	114
Lightning Bug Jubilee . . . . .	121
Ice Skating and Hockey Classes . . . . .	135
Golf and Archery Classes . . . . .	148
Ladies Golf Clinic . . . . .	149
Indoor Tennis Classes . . . . .	153
Women's Outdoor Weekend Retreat . . . . .	157



Sports  
pg. 58



Trips and  
Tours  
pg. 80



Music on the  
Farm  
pg. 99



Ice Hockey  
Classes  
pg. 145



Splash  
Park  
pg. 150

## 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 240-777-6840. 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 240-777-6840.



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



Registration  
for many  
Montgomery Parks  
Summer classes opens  
**MAY 14**

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



Like  
Montgomery  
Parks



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



# NOT YOUR AVERAGE MONDAY

Work with Montgomery County  
Recreation's Summer Camps

Seasonal part-time  
positions available!  
Great opportunities for  
teachers, para educators,  
and college grads. Call  
240-777-6870 for more  
information.



We also have openings  
for lifeguards and swim  
instructors at our pools.  
Call our aquatics office  
at 240-777-6860 for more  
information about  
pool positions.



Gain experience



Share your passion



Make a difference





Montgomery County Recreation

# SUMMER CAMPS

Start June 25

STEM • Arts • Dance • Music • Sports  
Cooking • Film Making

End of the season summer camps Aug. 13-24.

Full and half-day options. Locations throughout Montgomery County.

Don't wait until it's too late. Register now.

[ActiveMONTGOMERY.org](http://ActiveMONTGOMERY.org)



240-777-6840  
Hablamos Español



# Community

May

May

5

## UNITY DAY FESTIVAL

Long Branch CRC

**9 a.m. – 4 p.m.**

Enjoy arts and crafts, games, multicultural food, face painting, moon bounce, and more.

June

June

2

## WHITE OAK DAY

White Oak CRC

**Noon – 4 p.m.**

Events include sports challenges, music, food, inflatables, and more.

June

7

## LAWTON LIVE

Jane E. Lawton CRC

**7 p.m.**

Free performance starring renowned bassist Tommy Cecil.

July

July

4

## GERMANTOWN GLORY INDEPENDENCE DAY CELEBRATION

S. Germantown Recreational Park

**7 p.m.**

Live music featuring Gringo Jingo and food vendors. Fireworks at 9:15 p.m. Rain date for fireworks only is July 5.

July

4

## MID-COUNTY SPARKLES

Albert Einstein High School

**7:30 p.m.**

Live music. Fireworks at 9:15 p.m. Rain date for fireworks only is July 5. Only handicap parking is available at the school. General parking and shuttle buses at Westfield Wheaton.



# CALENDAR

May

12

## MOVE MORE MONTGOMERY FESTIVAL

Bohrer Park

**Noon – 4 p.m.**

Activities for the family include fitness demos and activities, tiny tots play area, interactive and informational booths. Fido fitness arena and play area for dogs.



May

20

## MOCO'S GOT TALENT FINALE

The Fillmore Silver Spring

**5 – 9 p.m.**

Finale of county wide talent competition for middle and high school students to showcase their talents in the arts.

June

29

## CINEMA UNDER THE STARS

North Potomac CRC

**8 p.m.**

Showing of E.T. The Extra-Terrestrial. Bring your blankets and chairs. \$3 per person. Registration is required. Register at [ActiveMONTGOMERY.org](http://ActiveMONTGOMERY.org), Activity 50184.



July

13, 14

## DAMASCUS DAYS

Downtown Damascus

**Friday, 6 – 9:30 p.m.**

**Saturday, 10 a.m. – 4 p.m.**

Activities include an antique car show, fire station open house, arts and crafts, moon bounces, face painting, flea market, parade, fireworks and more.





Presents

Thursdays • 7-9 p.m.

Veterans Plaza  
at the Civic Building

Free

# SILVER SPRING

2018 Summer Concert Series



**June 21**

*Motown, Rock & Roll*

**Bobby & the  
Believers**



**June 28**

*Blues*

**Built for Comfort  
Band**



**July 5**

*Variety*

**MoCo's Got  
Talent**



**July 12**

*Rock & Roll*

**Gary & the  
Groove**



**July 19**

*Latin*

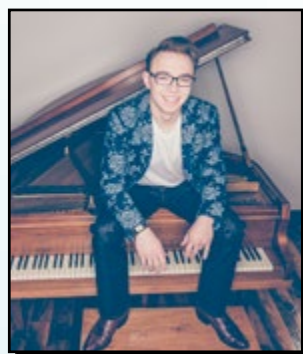
**Sweet Saludos**



**July 26**

*Classic Rock, Country*

**Route 66 Band**



**August 2**

*Rockabilly*

**Josh Christina**



**August 9**

*Blues, Jazz*

**Soul Crackers**

[silverspringdowntown.com](http://silverspringdowntown.com)

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

240-777-0311 | Hablamos Español | @mocorec



MONTGOMERY COUNTY  
Recreation





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

1.

## ***Just get wet...***

in any one of Montgomery County Recreation's seven pools! It's hot out and we've got the best way to cool down while having fun!

2.

## ***Attention shutterbugs!***

Check out this new class and learn the basics of photography including basic camera operation, composition, lighting, and digital workflow and storage. This class will take you from pressing and hoping to creating and enjoying. Get the details on page 43.

3.

## ***Design your own clothes***

with this brand new Screen-print Fashion Design class. Learn basic fashion construction and artistic techniques in a fun and inventive manner with screen-printing! Find out how to express your creativity in a whole way on page 56.

4.

## ***Dilly! Dilly! Pickleball!***

This is way better than a dill pickle with your sandwich. Pickleball is a vigorous, popular indoor net game that gets participants moving for a fun, challenging workout. Come learn how to play. Find the lowdown on page 73.

5.

## ***The trip is out of this world.***

Visit the Goddard Space Flight Center in Greenbelt, followed by a private buffet luncheon at historic Mrs. K's Tollhouse Terrace Room in Silver Spring, with an additional expert presentation. All the information can be found on page 85.





# Montgomery County Recreation Senior Center Shuttles

Let us  
do the driving  
for you.  
**Free.**



**Curb to curb and fixed route  
service available Monday through  
Thursday to five Senior Centers and  
three Active Adult Programs.**

**Montgomery County Recreation  
Seniors Program Team  
240-777-4925  
Hablamos Español**



MONTGOMERY COUNTY  
*Recreation*

**MONTGOMERYCOUNTYMD.GOV/REC**





# SHHHH... THE SECRET IS OUT!

**Montgomery County Recreation Centers**  
are *the best, most inexpensive room rentals* around.

## **We host any and all events!**

- **Scout Troop**
- **Bridge Club**
- **Quilting Group**
- **Scrabble Club**
- **Dance Group**
- **Meet-Up Group**
- **Weight Watchers®**
- **Chess Club**
- **Travel Club**
- **Photography Club**
- **Karaoke Night**
- **Knitting Club**
- **Bereavement Group**
- **Civic Association/HOA**
- **Board Game Night**

Have a club or group that needs a regular location to meet? Check out our Community Recreation Centers, Senior Centers and Aquatic Centers. At our Montgomery County Recreation facilities there is guaranteed seating with tables, ample free parking, and refreshments are permitted.

**We're your Recreation or Senior Center by day,  
and your Event Center by night!**

**Visit us at:** [montgomerycountymd.gov/rec/how/rent.html](http://montgomerycountymd.gov/rec/how/rent.html)







Montgomery County Board of Elections  
*Future Vote Initiative*

Primary Election (Tuesday, June 26, 2018) & General Election (Tuesday, November 6, 2018)

**VOLUNTEER ON ELECTION DAY!**

**Earn Up To**

**\$210**

**or 25 SSL Credits**

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

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

**Questions?**

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

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





# KID MUSEUM CAMPS

## DISCOVER WHAT YOU CAN CREATE

**Build pinball games, flying machines, wizarding gadgets, and musical instruments.**

Whichever camp you choose, KID Museum will make it a summer of fun and invention.

**Grades 2-7**

**KID Museum**  
6400 Democracy Blvd.  
Bethesda, MD 20817

(301) 897-5437 | [info@kid-museum.org](mailto:info@kid-museum.org)  
[www.kid-museum.org/summer-camps](http://www.kid-museum.org/summer-camps)

**Electronics**

**3D Design**

**Print**

**Woodshop**

**Textiles**

**Coding**

**Engineering**



# Aquatics

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

## INDOOR POOLS

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

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

**Closed:**  
May 4-6

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

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

*\*All pools (except GISC) close at 6 p.m. on July 4.  
\*GISC closes at 3 p.m. on July 4.*

## OUTDOOR POOLS

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

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

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

**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

**Sarah E. Auer 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



### Family Recreational Swims

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

### Swimming Instruction

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

### Rentals and Parties

Groups can rent space at GISC, KSAC, OSC and MLK for events. Party rooms are available as well. Contact the facility or [montgomerycountymd.gov/rec](http://montgomerycountymd.gov/rec) for available times and fees.

### Website Information

Find schedules online for swim lessons, safety training (lifeguard training), masters swim training, diving, water fitness classes and swim team, as well as general pool use. Visit <http://www.montgomerycountymd.gov/rec/thingstodo/aquatics> for more information.



# WATER FITNESS CLASSES

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

- The program fee covers only the class and locker room use. If you wish to use the facility before or after class you must pay the admission fee.
- No swimming experience is required. For Deep Water Running Student must be comfortable in deep water.
- 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 160.
- For more information, contact Linda Costello at 301-924-3488 or wellnet1@aol.com, or Teresa Shelton at 410-491-3000 or tsshelton100@yahoo.com.

## Abs & Glutes & More

Ages 12 & Up: This shallow-water aerobics class is high-energy and packed with power to sculpt your abs, glutes and more. Gloves are recommended and can be purchased in class.

### 8 Sessions \$52

Instructor: H2O Fitness

49887 KSAC	6/19 T	9:00am-9:50am
49888 KSAC	6/21 Th	9:00am-9:50am
49889 MLK	6/18 M	10:00am-10:50am
49890 MLK	6/20 W	10:00am-10:50am
49891 MLK	6/21 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. Various equipment will be provided for upper body strength training.

### 9 Sessions \$59

Instructor: H2O Fitness

48762 MLK OP	6/20 W	8:15pm-9:05pm
--------------	--------	---------------

### 10 Sessions \$65

Instructor: H2O Fitness

48761 MLK OP	6/16 Sa	10:00am-10:50am
48765 MLK OP	6/18 M	8:15pm-9:05pm
48759 MLK OP	6/18 M	9:00am-9:50am
48760 MLK OP	6/20 W	9:00am-9:50am

## Aqua Cardio Dance

Ages 12 & Up: This Latin-based workout integrates the benefits of aquatic exercise with popular, high-energy dance workouts.

### 8 Sessions \$52

Instructor: H2O Fitness

49893 KSAC	6/22 F	10:00am-10:50am
49894 MLK	6/19 T	9:00am-9:50am
49895 MLK	6/21 Th	9:00am-9:50am

### 9 Sessions \$59

Instructor: Wellness Network

49892 OSC	6/17 S	9:00am-9:50am
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Aquatics 240.777.6860

## Aqua Lite

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

### 8 Sessions \$52

Instructor: Wellness Network

49896 OSC	6/18 M	10:00am-10:50am
49899 KSAC	6/18 M	11:00am-11:50am
49897 OSC	6/20 W	10:00am-10:50am
49900 KSAC	6/20 W	11:00am-11:50am
49898 OSC	6/22 F	10:00am-10:50am

## Aqua Spin

Ages 12 & Up: Participants of all fitness levels spin their wheels on a stationary bike in the water. This invigorating class combines the best of a cycle-spinning class with a water exercise class. The water cushions and protects joints and facilitates high caloric burn, lean muscle building of upper and lower body and cardio conditioning. Aqua shoes are required.

Instructor: H2O Fitness

### 8 Sessions \$64

51202 MLK	6/18 M	6:30am-7:20am
51197 MLK	6/19 T	10:30am-11:20am
51200 MLK	6/20 W	7:30am-8:20am
51196 MLK	6/21 Th	10:30am-11:20am
51203 MLK	6/22 F	6:30am-7:20am
51201 MLK	6/22 F	9:00am-9:50am
51198 MLK	6/22 F	7:00pm-7:50pm

### 9 Sessions \$72

51199 MLK	6/16 Sa	5:00pm-5:50pm
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# WATER FITNESS





## Aqua YO-Lates

Ages 12 & Up: Aqua Yo-Lates blends yoga and Pilates exercises in the water. The gentle movement sequences will improve range of motion and help strengthen the whole body.

**8 Sessions \$52**

Instructor: H2O Fitness

49902 MLK OP 6/22 F 10:15am-11:05am

## Deep Water Running

Ages 12 & Up: Running in deep water is an ideal cardiovascular exercise with no weight-bearing stress. This exercise is beneficial for cross training and rehabilitating. Deep water belt is required and can be purchased for \$20.

**7 Sessions \$46**

Instructor: Wellness Network

49911 OSC 6/20 W 7:15pm-8:05pm

49918 Bethesda OP 6/20 W 8:00pm-8:50pm

**8 Sessions \$52**

Instructor: Wellness Network

49917 Bethesda OP 6/18 M 8:00pm-8:50pm

49919 Bethesda OP 6/17 S 8:00am-8:50am

49903 GISC 6/18 M 10:30am-11:20am

49904 GISC 6/18 M 7:50pm-8:40pm

49905 GISC 6/19 T 10:00am-10:50am

49906 GISC 6/20 W 10:30am-11:20am

49933 GISC 6/21 Th 9:30am-10:20am

49920 KSAC 6/19 T 7:30pm-8:20pm

49921 KSAC 6/21 Th 7:30pm-8:20pm

49908 OSC 6/18 M 7:15pm-8:05pm

49907 OSC 6/19 T 8:30am-9:20am

49909 OSC 6/19 T 10:30am-11:20am

49910 OSC 6/19 T 8:15pm-9:05pm

49912 OSC 6/21 Th 9:00am-9:50am

49913 OSC 6/21 Th 11:00am-11:50am

49914 OSC 6/21 Th 8:15pm-9:05pm

49915 OSC 6/22 F 6:15pm-7:05pm

49981 Upper County OP 6/19 T 7:00pm-7:50pm

49982 Upper County OP 6/21 Th 7:00pm-7:50pm

Instructor: H2O Fitness

49922 KSAC 6/19 T 10:00am-10:50am

49923 KSAC 6/21 Th 10:00am-10:50am

49924 KSAC 6/22 F 9:00am-9:50am

49925 MLK 6/18 M 1:00pm-1:50pm

49926 MLK 6/19 T 7:30am-8:20am

49927 MLK 6/19 T 7:00pm-7:50pm

49928 MLK 6/20 W 1:00pm-1:50pm

49929 MLK 6/21 Th 7:30am-8:20am

49930 MLK 6/21 Th 7:00pm-7:50pm

49931 MLK 6/22 F 11:00am-11:50am

**9 Sessions \$59**

Instructor: Wellness Network

49934 GISC 6/16 Sa 9:30am-10:20am

49916 OSC 6/16 Sa 9:00am-9:50am

49983 Upper County OP 6/17 S 9:00am-9:50am

Instructor: H2O Fitness

49932 MLK 6/16 Sa 9:00am-9:50am

## Hi/Lo Cardio Fusion

Ages 12 & Up: Combine yoga and Pilates exercises for an interesting cardio workout.

**8 Sessions \$52**

Instructor: H2O Fitness

49938 KSAC 6/22 F 11:30am-12:20pm

## Water Aerobics

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

Instructor: Wellness Network

**7 Sessions \$46**

49939 OSC 6/20 W 8:15pm-9:05pm

**8 Sessions \$52**

49940 GISC 6/21 Th 7:50pm-8:40pm

49946 KSAC 6/18 M 10:00am-10:50am

49947 KSAC 6/20 W 10:00am-10:50am

49942 OSC 6/19 T 9:30am-10:20am

49943 OSC 6/19 T 7:15pm-8:05pm

49944 OSC 6/21 Th 10:00am-10:50am

49945 OSC 6/21 Th 7:15pm-8:05pm

## Water Exercise

Ages 12 & Up: This multi-level aerobics workout uses 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: H2O Fitness

49957 KSAC 6/20 W 8:30pm-9:20pm

**8 Sessions \$52**

Instructor: H2O Fitness

49955 KSAC 6/18 M 8:30pm-9:20pm

49956 KSAC 6/19 T 11:30am-12:20pm

49958 KSAC 6/21 Th 11:30am-12:20pm

49959 MLK 6/18 M 9:00am-9:50am

49961 MLK 6/20 W 9:00am-9:50am

Instructor: Wellness Network

49949 GISC 6/18 M 9:30am-10:20am

49950 GISC 6/20 W 9:30am-10:20am

49951 GISC 6/22 F 9:30am-10:20am

49952 OSC 6/18 M 9:00am-9:50am

49953 OSC 6/20 W 9:00am-9:50am

49954 OSC 6/22 F 9:00am-9:50am



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County  
Recreation  
on Facebook

# WATER FITNESS







## Human Springs Clinics

Ages 8-18: Human Springs Training Clinics are one-week intensive clinics designed to help summer league divers enhance their skills and learn new dives for competition. The clinics 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 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 Kennedy Shriver Aquatic Center. There is an additional fee of \$5 for the use of the Dryland Training Center which participants will pay directly to Montgomery Dive Club. Email accounting@montgomerydiveclub.org for info. Weekly clinics 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

49967	KSAC	6/18	M-Th	8:00am-10:30am
49968	KSAC	6/25	M-Th	8:00am-10:30am
49969	KSAC	7/9	M-Th	8:00am-10:30am
49970	KSAC	7/16	M-Th	8:00am-10:30am
49971	KSAC	7/30	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 Team Fee each quarter and sign up for the email newsletter to stay informed at [www.montgomerydiveclub.org](http://www.montgomerydiveclub.org)

### \$275

Instructor: Built By Beavers

49972	KSAC	6/18	M	8:30pm-10:00pm
49973	KSAC	6/21	Th	8:30pm-10:00pm

## USA NDP

Ages 6-12: This is an invitation-only program designed for young, highly talented athletes who aspire to compete at the highest levels in USA Diving competition. All participants must pay a \$300 team fee each year and a quarterly fee, and sign up for the email newsletter at [www.montgomerydiveclub.org](http://www.montgomerydiveclub.org). For more information or to try out contact AlexG@montgomerydiveclub.org.

### 18 Sessions

### \$400

Instructor: Built By Beavers

49974	KSAC	6/12	T,Th	10:00am-2:00pm
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# DIVING

## Diving

### AAU National Team

Ages 6-17: This is an invitation-only program designed to prepare athletes for AAU and collegiate competition. Participants will train for and compete in AAU Diving meets around the area, with the goal of qualifying for the AAU National Championships. All participants must pay a \$300 team fee each year and sign up for the email newsletter at [www.montgomerycountydiveclub.org](http://www.montgomerycountydiveclub.org). For more information and to try out contact info@montgomerydiveclub.org.

### \$680

Instructor: Built By Beavers

49964	MLK	6/13	W	5:00pm-7:00pm
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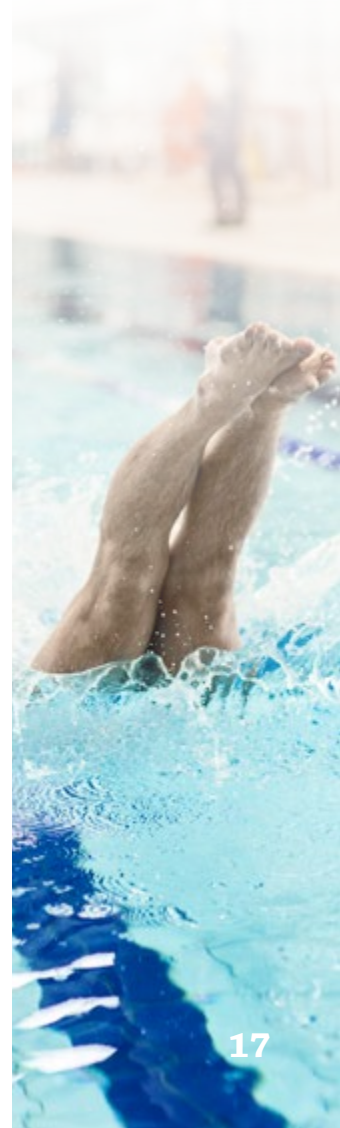
### High School Diving

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

### \$275

Instructor: Built By Beavers

49965	KSAC	6/11	M	8:30pm-10:00pm
49966	KSAC	6/14	Th	8:30pm-10:00pm





## USAD National Team

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

Instructor: Built By Beavers

**3 Days Per Week** **\$425**  
49975 KSAC 6/11 M-F 7:00am-1:00pm

**4 Days Per Week** **\$525**  
49976 KSAC 6/11 M-F 7:00am-1:00pm

**5 Days Per Week** **\$625**  
49977 KSAC 6/11 M-F 7:00am-1:00pm

## SCUBA

### Scuba

Ages 14 & Up: Scuba training includes lectures and swimming pool sessions on safe snorkeling and SCUBA diving techniques. A mandatory swim evaluation will be conducted at the first class, and student must demonstrate comfort in the water. Successful completion of the course, written evaluation, and required "open water certification dives" will earn the student a BASIC SCUBA Diver certification card. Bring a swimsuit and towel to all sessions, including the first. Students must bring their personal equipment (mask, snorkel, fins, fin boots and weight belt) beginning with the second class, and it will be described at the first lecture. Other SCUBA equipment is included in the course fee, including SCUBA tanks, air, regulators and buoyancy compensators. Additional fees apply and will be discussed at the first class session. For more information contact Scott Hagedorn at 240-372-9691 or [Training@scubaadventure.org](mailto:Training@scubaadventure.org), or Joe Lodmell at 301-873-4327 or [diveeatsleep@yahoo.com](mailto:diveeatsleep@yahoo.com).

**6 Sessions** **\$265**  
Instructor: Joseph M. Lodmell  
49962 MLK 7/9 M,W 6:00pm-9:00pm

## MASTERS

### Masters Swimming

Ages 18 & Up: Competitive swimming adults get a structured workout with a professional coach. Those who wish to compete can do so at local or national competitions. Triathletes welcome. Swimmers need to be proficient in most strokes and advanced enough to circle-swim a workout, with an eye toward entering U.S. Masters Swimming competitions. Training is offered at all indoor pools. For more information contact Clay Britt at 301-996-7946 or [clay@claybrittswimming.com](mailto:clay@claybrittswimming.com).

Instructor: Montgomery Ancient Mariners

48636	1 day per week	4/15-8/18	\$120
48638	2 days per week	4/15-8/18	\$175
48640	3 days per week	4/15-8/18	\$220
48641	4 days per week	4/15-8/18	\$260
48643	5 days per week	4/15-8/18	\$300

### Spring Master's Swimming Schedule April 15 - June 17, 2018

GISC	KSAC
M: 6:30am-7:30am	Su: 8:00am-10:00am
Tu: 8:30pm-10:00pm	Tu: 8:30pm-10:00pm
W: 6:30am-7:30am	Th: 8:30pm-10:00pm
Th: 8:30pm-10:00pm	F: 8:30pm-9:30pm
F: 6:30am-7:30am	
MLK	OSC
M: 8:30pm-10:00pm	Tu: 8:30pm-10:00pm
W: 8:30pm-10:00pm	Th: 8:30pm-10:00pm
	Sa: 7:30am-9:00am

### Summer Master's Swimming Schedule June 18 - August 18, 2018

Bethesda	MLK Outdoor Pool
Su: 8:00am-10:00am	M, W: 8:15pm-9:45pm
Tu,Th: 8:15pm-9:45pm	
OSC	
S: 7:30am-9:00am	

# DIVING/MASTERS

*Register Online* at ActiveMONTGOMERY.org



# DEVELOPMENTAL

## Montgomery Stroke and Turn Clinic

Ages 5-18: 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, but coaches will work on proper stroke mechanics and techniques to prepare swimmers for the upcoming summer season. Swimmers must be able to swim 25 yards or 25 meters without stopping. There will be no clinic on Dec 23, Dec 30, Feb 3, Apr 21 and five other Sundays which will be announced at the first session. Please visit [www.mstcswim.com](http://www.mstcswim.com) for more information.

Instructor: Montgomery Stroke And Turn Clinic

### 18 Sessions

**\$325**

52036	MLK	10/21	S	6:00pm-6:55pm
52037	MLK	10/21	S	7:00pm-7:55pm

### 22 Sessions

**\$400**

52028	KSAC	10/21	S	5:00pm-5:55pm
52029	KSAC	10/27	S	6:00pm-6:55pm
52030	KSAC	10/21	S	7:00pm-7:55pm
52031	GISC	10/21	S	6:00pm-6:55pm
52032	GISC	10/21	S	7:00pm-7:55pm
52033	OSC	10/21	S	5:00pm-5:55pm
52034	OSC	10/21	S	6:00pm-6:55pm
52035	OSC	10/21	S	7:00pm-7:55pm

Registration opens July 9.

## 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 29, 7:00 PM, RAIN or SHINE. Practices begin on Wednesday, May 30 and run weekdays through Friday, July 20. More details will be available at the pre-season parent meeting. Final day to register or request a refund is June 30th.

### \$185

48232	Bethesda OP	5/30	M-Sa
48233	Germantown OP	5/30	M-Sa
48234	Wheaton/Glenmont OP	5/30	M-Sa
48235	Long Branch OP	5/30	M-Sa
48236	Western County OP	5/30	M-Sa
48237	Upper County OP	5/30	M-Sa



DEVELOPMENTAL

[WWW.RMSCSWIMMING.COM](http://WWW.RMSCSWIMMING.COM)



INDIVIDUAL PROGRESS

NATIONALLY RECOGNIZED

TEAM UNITY

### Fall 2018/Winter 2019 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 one date. Pre-registration is required.

**Session Dates:** September 10, 2018 - March 24, 2019

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

Monday,  
July 16, 2018

or

Monday,  
July 23, 2018

13-18 yrs - 3:45 p.m.  
9-10 yrs - 5 p.m.  
8 & Under - 6 p.m.  
11-12 yrs - 6:45 p.m.

Note: Tryout is based on your age as of November 30, 2018. 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 students to be certified in American Red Cross Lifeguarding, First Aid and CPR/AED for Professional Rescuer. Certifications are valid for two years. Attendance is required at all sessions to earn certification. Students must be at least 15 years old by the last day of the course. Proof of age is required at the first class. This course includes a pre-course check, which takes place on the first date listed for each Lifeguard Training course. Participants must pass the pre-course to continue. The pre-course consists of three parts:

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

Enrollment in this course does not guarantee certification. Students must pass written and physical exams. Cost of the course is \$205.

## Germantown Indoor Swim Center

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

## MLK Swim Center

Session	Date	Begins	End
<b>LGT 6: Course 40434</b>		<b>June 2018</b>	
Pre-course	Monday, Jun 4	7:00pm	9:30pm
Session 1	Saturday, Jun 9	9:00am	12:30pm
Session 2	Saturday, Jun 9	1:00pm	4:00pm
Session 3	Monday, Jun 11	6:30pm	10:00pm
Session 4	Thursday, Jun 14	6:30pm	10:00pm
Session 5	Saturday, Jun 16	9:00am	12:30pm
Session 6	Saturday, Jun 16	1:00pm	4:00pm
Session 7	Monday, Jun 18	6:30pm	10:00pm
Session 8	Thursday, Jun 21	6:30pm	10:00pm
Session 9	Saturday, Jun 23	9:00am	12:30pm

## Kennedy Shriver Aquatic Center

Session	Date	Begins	End
<b>LGT 7: Course 40338</b>		<b>June 2018</b>	
Pre-Course	Friday, June 15	7:00pm	9:00pm
Session 1	Sunday, June 17	9:00am	12:00pm
Session 2	Sunday, June 17	1:00pm	5:00pm
Session 3	Monday, June 18	9:00am	12:00pm
Session 4	Monday, June 18	1:00pm	5:00pm
Session 5	Wednesday, June 20	9:00am	12:00pm
Session 6	Wednesday, June 20	1:00pm	5:00pm
Session 7	Friday, June 22	9:00am	12:00pm
Session 8	Friday, June 22	1:00pm	5:00pm
Session 9	Saturday, June 23	9:00am	12:00pm



## BE A HERO!

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



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LIFEGUARD TRAINING



## Pool Operator Course

This course will prepare participants to take the Montgomery County pool operators test. Students must be at least 17 years old and must attend all classes. Note: students must apply to the Department of Health and Human Services for the County Pool Operators License. A pool operator review course is also available. For more information visit [www.aquatictrainingservice.com](http://www.aquatictrainingservice.com).

## Lifeguard Training - Accelerated

This class meets for three days from 9 a.m. to 7 p.m.

**\$225**

Instructor: Aquatic Training and Consulting Services

### MLK Swim Center

Session	Date	Begins	Ends
<b>LGT 1: Course 40256</b>			
<b>May 2018</b>			
Session 1	Tuesday, May 15	9:00am	7:00pm
Session 2	Wednesday, May 16	9:00am	7:00pm
Session 3	Thursday, May 17	9:00am	7:00pm

<b>LGT 2: Course 40257</b>			
<b>May 2018</b>			
Session 1	Tuesday, May 22	9:00am	7:00pm
Session 2	Wednesday, May 23	9:00am	7:00pm
Session 3	Thursday, May 24	9:00am	7:00pm

<b>LGT 3: Course 40258</b>			
<b>May 2018</b>			
Session 1	Tuesday, May 29	9:00am	7:00pm
Session 2	Wednesday, May 30	9:00am	7:00pm
Session 3	Thursday, May 31	9:00am	7:00pm

<b>LGT 4: Course 40259</b>			
<b>June 2018</b>			
Session 1	Tuesday, June 5	9:00am	7:00pm
Session 2	Wednesday, June 6	9:00am	7:00pm
Session 3	Thursday, June 7	9:00am	7:00pm

### Upper County Outdoor Pool

Session	Date	Begins	Ends
<b>LGT 1: Course 40260</b>			
<b>June 2018</b>			
Session 1	Tuesday, June 19	9:00am	7:00pm
Session 2	Wednesday, June 20	9:00am	7:00pm
Session 3	Thursday, June 21	9:00am	7:00pm

## Lifeguard Training Review

Ages 15 & Up: Students looking to renew their lifeguard certification can take this review class if their certification is still current or recently expired. Students will receive their e-cert directly from the Red Cross usually within seven days of class completion.

**\$165**

Instructor: Aquatic Training and Consulting Services

### Martin Luther King Jr. Swim Center

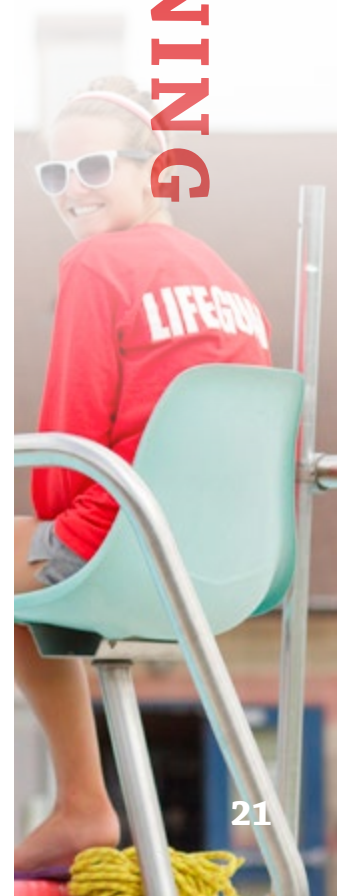
Session	Date	Begins	Ends
<b>LGT 5: Course 40266</b>			
<b>May 2018</b>			
Session 1	Saturday, May 12	9:00am	7:00pm
<b>LGT 6: Course 40267</b>			
<b>May 2018</b>			
Session 1	Friday, May 25	9:00am	7:00pm
<b>LGT 7: Course 40268</b>			
<b>May 2018</b>			
Session 1	Saturday, May 26	9:00am	7:00pm
<b>LGT 8: Course 40269</b>			
<b>June 2018</b>			
Session 1	Saturday, June 16	9:00am	7:00pm

## 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.



LIFEGUARD TRAINING



# SUMMER 2018

## Outdoor Pool Hours



Pre-Season  
May 26-June 15

Summer Season  
June 16-August 17

Post Season  
August 18-September 3

*All pools close at 6 p.m. on July 4.*

<b>Bethesda**</b> 301.652.1598	Weekends & Memorial Day: Noon-6 p.m. <b>Weekdays: CLOSED</b>	Weekends: Noon-8 p.m. Weekdays: 1-8 p.m.	Weekdays 1-7 p.m. Weekends & Labor Day: Noon-6 p.m.
<b>Germantown<sup>+</sup></b> 240.777.8067	Weekends & Memorial Day: Noon-6 p.m. <b>Weekdays: CLOSED</b>	Weekends: Noon-8 p.m. Weekdays: 1-8 p.m.	Weekdays 1-7 p.m. Weekends & Labor Day: Noon-6 p.m.
<b>MLK, Jr. Outdoor<sup>+</sup></b> 240.777.8066	Weekends & Memorial Day: Noon-6 p.m. <b>Weekdays: CLOSED</b>	Weekends: Noon-8 p.m. Weekdays: 1-8 p.m.	Weekdays 1-7 p.m. Weekends & Labor Day: Noon-6 p.m.
<b>Sarah E. Auer Western County</b> 301.349.2217	Weekends & Memorial Day: Noon-6 p.m. <b>Weekdays: CLOSED</b>	Weekends: Noon-8 p.m. Weekdays: Noon-8 p.m.	Weekdays 1-7 p.m. Weekends & Labor Day: Noon-6 p.m.
<b>Sgt. Hector I. Ayala Wheaton/Glenmont</b> 301.929.5460	Weekends & Memorial Day: Noon-6 p.m. <b>Weekdays: CLOSED</b>	Weekends: Noon-8 p.m. Weekdays: 1-8 p.m.	Weekdays 1-7 p.m. Weekends & Labor Day: Noon-6 p.m.
<b>Long Branch</b> 301.431.5700	Weekends & Memorial Day: Noon-6 p.m. <b>Weekdays: CLOSED</b>	Weekends: Noon-8 p.m. Weekdays: 1-8 p.m. <b>Fridays: CLOSED</b>	Weekends: Noon-6 p.m. <b>Closed: August 20- September 3</b>
<b>Upper County</b> 301.840.2446	Weekends & Memorial Day: Noon-6 p.m. <b>Weekdays: CLOSED</b>	Weekends: Noon-8 p.m. Weekdays: 1-8 p.m. <b>Fridays: CLOSED</b>	Weekends: Noon-6 p.m. <b>Closed: August 20- September 3</b>

\*Bethesda: Early Bird Lap Swim, Weekdays Only, June 16-August 17, 8:30-10:30 a.m.

\*Bethesda, MLK, Jr. Outdoor, and Germantown: Early Bird Lap Swim, Weekdays Only, August 20-31, 6-8:30 a.m.

## Good Hope Neighborhood Recreation Center GRAND REOPENING FALL 2018



**BRAND NEW 14,000-SQUARE-FOOT FACILITY WILL INCLUDE A FULL-SIZE GYMNASIUM, KITCHEN AND SOCIAL HALL.**  
For more information call 240-777-4980



# Swim Lessons



Indoor and Outdoor Swim  
Lesson Registration will  
begin

**May 14**  
**at 6:30 a.m.**  
for residents

**May 15 at 6:30 a.m.**  
for non-residents

Registrations will not be processed  
before this time.

## Please note the following:

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

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

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

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

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

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



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

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

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

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

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

Outdoor pool facilities will open on May 26. 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 and delays.**

## Ways to Register for Swim Lessons



### ActiveMONTGOMERY.org

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



### Walk in at Aquatic Facilities

Registrations can be processed  
at any of our pools.



# Guidelines for Placement in Swim Classes

## Parent-Assisted Lessons

Waterbabies (Ages 6-18 months) Aquatots (Ages 18 months-3) Pre-School (Ages 3-5)

### Class Requirements:

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

### Class Objectives:

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

## Level 1

Beginner (Ages 4-6)

Youth (Ages 7-13)

Adult (Ages 14+)

### Class Requirements:

On the first day of class, students must be able to function well in a group setting without parents.

### Class Objectives:

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

## Level 2

Beginner (Ages 4-6)

Youth (Ages 7-13)

Adult (Ages 14+)

### Class Requirements:

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

### Class Objectives:

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

## Level 3

Beginner (Ages 4-6)

Youth (Ages 7-13)

Adult (Ages 14+)

### Class Requirements:

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

### Class Objectives:

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

## Level 4

Beginner (Ages 4-6)

Youth (Ages 7-13)

Adult (Ages 14+)

### Class Requirements:

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

### Class Objectives:

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

### Class Objectives:

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

## Level 6

Youth (Ages 7-13)

Adult (Ages 14+)

### Class Requirements:

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

### Class Objectives:

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



## Waterbabies

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

**6 Sessions**

**\$58**

### Germantown Indoor Swim Center

51047	6/17	S	10:50am-11:20am
51048	6/18	M-W	11:00am-11:30am
51046	6/23	Sa	10:50am-11:20am
51049	7/2	M-W	11:00am-11:30am

### Kennedy Shriver Aquatic Center

51479	6/18	M,W,F	10:20am-10:50am
51480	6/19	T,Th	9:00am-9:30am
51481	6/19	T,Th	11:00am-11:30am
51482	6/23	Sa	9:40am-10:10am
51483	6/24	S	9:00am-9:30am
51484	6/24	S	10:20am-10:50am
51485	7/2	M,W,F	10:20am-10:50am
51486	7/10	T,Th	9:00am-9:30am
51487	7/10	T,Th	11:00am-11:30am
51488	7/23	M,W,F	10:20am-10:50am

### Martin Luther King Jr. Swim Center

51244	6/16	Sa	9:40am-10:10am
51220	6/18	M,W,F	10:20am-10:50am

### Olney Swim Center

50875	6/11	M-W	5:00pm-5:30pm
50878	6/21	Th	6:20pm-6:50pm
50871	6/23	Sa	8:40am-9:10am
50872	6/23	Sa	10:40am-11:10am
50873	6/24	S	8:40am-9:10am
50874	6/24	S	10:40am-11:10am
50876	6/25	M-W	5:40pm-6:10pm
50877	7/16	M-W	5:00pm-5:30pm

## Reminder



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

is not allowed on deck for an additional adult.

## Aquatots

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

**6 Sessions**

**\$58**

### Germantown Indoor Swim Center

51027	6/17	S	10:10am-10:40am
51028	6/17	S	11:30am-12:00pm
51029	6/18	M-W	10:20am-10:50am
51030	6/19	T	6:10pm-6:40pm
51050	6/20	W	5:30pm-6:00pm
51025	6/23	Sa	10:10am-10:40am
51026	6/23	Sa	11:30am-12:00pm
51033	7/2	M-W	10:20am-10:50am
51034	7/16	M-W	10:20am-10:50am

### Kennedy Shriver Aquatic Center

51489	6/18	M,W,F	9:40am-10:10am
51490	6/19	T,Th	9:40am-10:10am
51491	6/23	Sa	10:20am-10:50am
51492	6/24	S	9:40am-10:10am
51493	6/24	S	11:40am-12:10pm
51494	7/2	M,W,F	9:40am-10:10am
51495	7/10	T,Th	9:40am-10:10am
51496	7/23	M,W,F	9:40am-10:10am

### Martin Luther King Jr. Swim Center

51235	6/16	Sa	9:00am-9:30am
51205	6/18	M,W,F	9:00am-9:30am
51206	7/2	M,W,F	9:40am-10:10am
51207	7/16	M,W,F	9:00am-9:30am

### Olney Swim Center

50771	6/18	M-W	9:00am-9:30am
50774	6/21	Th	9:40am-10:10am
50767	6/23	Sa	9:20am-9:50am
50768	6/23	Sa	11:20am-11:50am
50769	6/24	S	9:20am-9:50am
50770	6/24	S	11:20am-11:50am
50775	6/25	M-W	5:00pm-5:30pm
50772	7/2	M-W	10:20am-10:50am
50773	7/16	M-W	9:40am-10:10am
50776	7/16	M-W	5:40pm-6:10pm



# SWIM LESSONS





## 6 Sessions

\$58

**Martin Luther King Jr. Outdoor Pool**

51291	6/17	S	9:00am-9:30am
51292	6/17	S	10:20am-10:50am

## 8 Sessions

\$58

**Bethesda Outdoor Pool**

51115	6/16	Sa	9:00am-9:30am
51116	6/16	Sa	9:40am-10:10am
51117	6/16	Sa	10:20am-10:50am
51118	6/16	Sa	11:00am-11:30am
51122	6/17	S	9:00am-9:30am
51121	6/17	S	9:40am-10:10am
51120	6/17	S	10:20am-10:50am
51119	6/17	S	11:00am-11:30am
51126	6/18	M-Th	9:40am-10:10am
51130	7/2	M-Th	10:20am-10:50am
51129	7/16	M-Th	10:20am-10:50am

**Germantown Outdoor Pool**

50972	6/16	Sa	9:40am-10:10am
50973	6/16	Sa	10:20am-10:50am
50974	6/17	S	9:00am-9:30am

**Long Branch Outdoor Pool**

51415	6/17	S	10:20am-10:50am
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**Upper County Outdoor Pool**

51080	6/17	S	10:40am-11:10am
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**Western County Outdoor Pool**

50944	6/16	Sa	9:40am-10:10am
50945	6/18	M	6:00pm-6:30pm

**Wheaton/Glenmont Outdoor Pool**

50670	6/16	Sa	9:00am-9:30am
50671	6/16	Sa	9:40am-10:10am
50672	6/16	Sa	10:20am-10:50am
50673	6/16	Sa	11:00am-11:30am
50674	6/17	S	9:00am-9:30am
50675	6/17	S	10:20am-10:50am
50676	6/18	M-Th	9:15am-9:45am
50677	7/2	M-Th	10:30am-11:00am
50678	7/16	M-Th	9:50am-10:20am
50679	7/30	M-Th	9:15am-9:45am

**Pre-School**

Ages 3-5: Basic water adjustment continues, but simple water skills are now emphasized.

Infants and children who are not toilet trained must wear a swim diaper and separate rubber or vinyl pants. An adult must accompany each student in the water. Courses meet for six 30-minute sessions. Class size is limited to 10 students.

## 6 Sessions

\$58

**Kennedy Shriver Aquatic Center**

51497	6/18	M,W,F	11:00am-11:30am
51498	6/19	T,Th	10:20am-10:50am
51499	6/19	T,Th	6:25pm-6:55pm
51500	6/23	Sa	9:00am-9:30am
51501	6/23	Sa	11:00am-11:30am
51502	6/24	S	11:00am-11:30am
51503	7/2	M,W,F	11:00am-11:30am
51504	7/10	T,Th	10:20am-10:50am
51505	7/10	T,Th	6:25pm-6:55pm
51506	7/23	M,W,F	11:00am-11:30am

**Germantown Indoor Swim Center**

51037	6/17	S	9:30am-10:00am
51038	6/17	S	12:10pm-12:40pm
51039	6/18	M-W	9:40am-10:10am
51042	6/19	T	5:30pm-6:00pm
51043	6/20	W	6:10pm-6:40pm
51035	6/23	Sa	9:30am-10:00am
51036	6/23	Sa	12:10pm-12:40pm
51040	7/2	M-W	9:40am-10:10am
51045	7/16	M-W	9:40am-10:10am

**Martin Luther King Jr. Swim Center**

51242	6/16	Sa	10:20am-10:50am
51243	6/16	Sa	11:00am-11:30am
51219	7/16	M,W,F	10:20am-10:50am

**Olney Swim Center**

50866	6/11	M-W	5:40pm-6:10pm
50867	6/11	M-W	6:20pm-6:50pm
50856	6/18	M-W	10:20am-10:50am
50859	6/21	Th	9:00am-9:30am
50870	6/21	Th	5:00pm-5:30pm
50860	6/23	Sa	8:00am-8:30am
50861	6/23	Sa	10:00am-10:30am
50862	6/23	Sa	12:00pm-12:30pm
50863	6/24	S	8:00am-8:30am
50864	6/24	S	10:00am-10:30am
50865	6/24	S	12:00pm-12:30pm
50868	6/25	M-W	6:20pm-6:50pm
50857	7/2	M-W	9:40am-10:10am
50869	7/16	M-W	6:20pm-6:50pm
50858	7/16	M-W	10:20am-10:50am

**SWIM LESSONS**



**6 Sessions****\$58****Martin Luther King Jr. Outdoor Pool**

51299	6/17	S	9:40am-10:10am
51300	6/17	S	11:00am-11:30am

**8 Sessions****\$58****Bethesda Outdoor Pool**

51162	6/16	Sa	9:40am-10:10am
51163	6/16	Sa	10:20am-10:50am
51164	6/16	Sa	11:00am-11:30am
51369	6/17	S	9:00am-9:30am
51167	6/17	S	9:40am-10:10am
51368	6/17	S	9:40am-10:10am
51166	6/17	S	10:20am-10:50am
51165	6/17	S	11:00am-11:30am
51370	6/18	M-Th	10:20am-10:50am
51168	6/18	M-Th	10:20am-10:50am
51371	7/2	M-Th	10:20am-10:50am
51372	7/16	M-Th	10:20am-10:50am
51169	7/16	M-Th	10:20am-10:50am

**Germantown Outdoor Pool**

51000	6/16	Sa	9:00am-9:30am
51001	6/17	S	9:40am-10:10am
51002	6/17	S	10:20am-10:50am

**Long Branch Outdoor Pool**

51433	6/17	S	9:40am-10:10am
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**Upper County Outdoor Pool**

51096	6/17	S	11:20am-11:50am
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**Western County Outdoor Pool**

50962	6/16	Sa	9:00am-9:30am
50963	6/18	M	6:40pm-7:10pm
50964	6/18	M	6:00pm-6:30pm

**Wheaton/Glenmont Outdoor Pool**

50680	6/16	Sa	9:00am-9:30am
50681	6/17	S	10:20am-10:50am
50682	6/18	M-Th	10:30am-11:00am
50683	7/2	M-Th	9:15am-9:45am
50684	7/30	M-Th	9:50am-10:20am

One website...  
thousands  
of possibilities!

**Active**  
**MONTGOMERY**

**ActiveMONTGOMERY.org**

**Beginner 1**

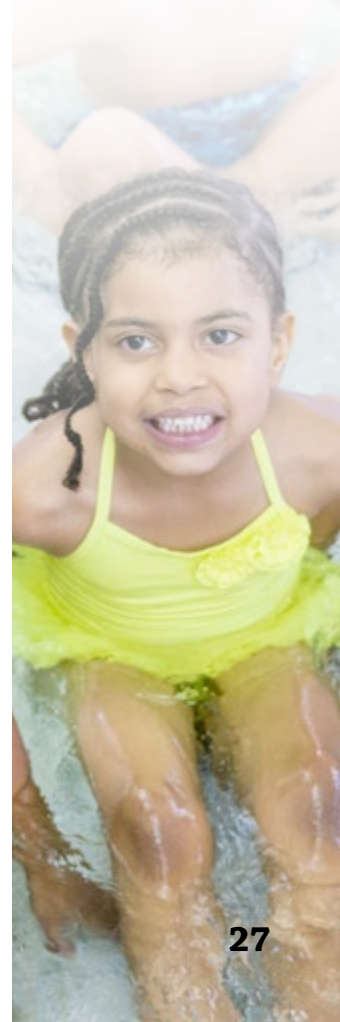
Ages 4-6: Parents do not accompany children. This class is for students who need to learn basic water adjustment skills. Courses meet for six 30-minute sessions. Class size is limited to five students.

**6 Sessions****\$67****Germantown Indoor Swim Center**

51641	6/17	S	9:30am-10:00am
51642	6/17	S	10:10am-10:40am
51643	6/17	S	10:50am-11:20am
51644	6/17	S	11:30am-12:00pm
51645	6/17	S	12:10pm-12:40pm
51646	6/18	M-W	9:00am-9:30am
51647	6/18	M-W	9:40am-10:10am
51648	6/18	M-W	10:20am-10:50am
51649	6/18	M-W	11:00am-11:30am
51650	6/19	T	5:30pm-6:00pm
51651	6/20	W	5:30pm-6:00pm
51652	6/21	Th	5:30pm-6:00pm
51636	6/23	Sa	9:30am-10:00am
51637	6/23	Sa	10:10am-10:40am
51638	6/23	Sa	10:50am-11:20am
51639	6/23	Sa	11:30am-12:00pm
51640	6/23	Sa	12:10pm-12:40pm
51653	7/2	M-W	9:00am-9:30am
51654	7/2	M-W	9:40am-10:10am
51655	7/2	M-W	10:20am-10:50am
51656	7/16	M-W	9:00am-9:30am
51657	7/16	M-W	9:40am-10:10am
51658	7/16	M-W	10:20am-10:50am
51659	7/30	M-W	10:20am-10:50am
51660	7/30	M-W	11:00am-11:30am

**Kennedy Shriver Aquatic Center**

51507	6/18	M,W,F	9:00am-9:30am
51508	6/18	M,W,F	9:40am-10:10am
51509	6/19	T,Th	9:00am-9:30am
51510	6/19	T,Th	9:40am-10:10am
51511	6/19	T,Th	11:00am-11:30am
51512	6/19	T,Th	5:45pm-6:15pm
51513	6/23	Sa	9:00am-9:30am
51514	6/23	Sa	9:40am-10:10am
51515	6/23	Sa	11:40am-12:10pm
51516	6/24	S	9:00am-9:30am
51517	6/24	S	9:40am-10:10am
51518	6/24	S	11:40am-12:10pm
51519	7/2	M,W,F	9:00am-9:30am
51520	7/2	M,W,F	11:00am-11:30am
51521	7/10	T,Th	9:00am-9:30am
51522	7/10	T,Th	9:40am-10:10am
51523	7/10	T,Th	5:45pm-6:15pm
51524	7/10	T,Th	6:25pm-6:55pm
51525	7/23	M,W,F	9:00am-9:30am

**SWIM LESSONS**



## Martin Luther King Jr. Swim Center

51236	6/16	Sa	9:00am-9:30am
51237	6/16	Sa	10:20am-10:50am
51238	6/16	Sa	11:00am-11:30am
51208	6/18	M,W,F	9:00am-9:30am
51209	6/18	M,W,F	9:40am-10:10am
51267	6/19	T	5:00pm-5:30pm
51255	6/21	Th	5:00pm-5:30pm
51210	7/2	M,W,F	9:00am-9:30am
51211	7/2	M,W,F	10:20am-10:50am
51266	7/10	T,Th	10:10am-10:40am
51212	7/16	M,W,F	10:20am-10:50am

## Olney Swim Center

50803	6/11	M-W	5:00pm-5:30pm
50804	6/11	M-W	5:40pm-6:10pm
50805	6/11	M-W	6:20pm-6:50pm
50777	6/18	M-W	9:00am-9:30am
50778	6/18	M-W	9:40am-10:10am
50779	6/18	M-W	10:20am-10:50am
50787	6/21	Th	9:00am-9:30am
50788	6/21	Th	9:40am-10:10am
50814	6/21	Th	5:00pm-5:30pm
50815	6/21	Th	5:40pm-6:10pm
50789	6/23	Sa	8:00am-8:30am
50790	6/23	Sa	8:40am-9:10am
50791	6/23	Sa	9:20am-9:50am
50792	6/23	Sa	10:00am-10:30am
50793	6/23	Sa	10:40am-11:10am
50794	6/23	Sa	11:20am-11:50am
50795	6/23	Sa	12:00pm-12:30pm
50796	6/24	S	8:00am-8:30am
50797	6/24	S	8:40am-9:10am
50798	6/24	S	9:20am-9:50am
50799	6/24	S	10:00am-10:30am
50800	6/24	S	10:40am-11:10am
50801	6/24	S	11:20am-11:50am
50802	6/24	S	12:00pm-12:30pm
50806	6/25	M-W	5:00pm-5:30pm
50807	6/25	M-W	5:40pm-6:10pm
50808	6/25	M-W	6:20pm-6:50pm
50780	7/2	M-W	9:00am-9:30am
50781	7/2	M-W	9:40am-10:10am
50782	7/2	M-W	10:20am-10:50am
50783	7/16	M-W	9:00am-9:30am
50784	7/16	M-W	9:40am-10:10am
50809	7/16	M-W	5:00pm-5:30pm
50810	7/16	M-W	5:00pm-5:30pm
50811	7/16	M-W	5:40pm-6:10pm
50785	7/30	M-W	9:00am-9:30am
50786	7/30	M-W	9:40am-10:10am
50812	7/30	M-W	5:00pm-5:30pm
50813	7/30	M-W	5:40pm-6:10pm

6 Sessions

\$67

## Martin Luther King Jr. Outdoor Pool

51293	6/17	S	9:00am-9:30am
51294	6/17	S	10:20am-10:50am

8 Sessions

\$67

## Bethesda Outdoor Pool

51131	6/16	Sa	9:00am-9:30am
51132	6/16	Sa	9:40am-10:10am
51133	6/16	Sa	10:20am-10:50am
51330	6/17	S	9:00am-9:30am
51136	6/17	S	9:00am-9:30am
51135	6/17	S	9:40am-10:10am
51134	6/17	S	10:20am-10:50am
51331	6/18	M-Th	9:00am-9:30am
51336	6/18	M-Th	9:40am-10:10am
51142	6/18	M-Th	9:40am-10:10am
51332	7/2	M-Th	9:00am-9:30am
51138	7/2	M-Th	9:00am-9:30am
51335	7/2	M-Th	9:40am-10:10am
51141	7/2	M-Th	9:40am-10:10am
51143	7/2	M-Th	10:20am-10:50am
51337	7/2	M-Th	10:20am-10:50am
51333	7/16	M-Th	9:00am-9:30am
51139	7/16	M-Th	9:00am-9:30am
51334	7/16	M-Th	9:40am-10:10am
51140	7/16	M-Th	9:40am-10:10am

## Germantown Outdoor Pool

50975	6/16	Sa	9:00am-9:30am
50976	6/16	Sa	10:20am-10:50am
50977	6/16	Sa	11:00am-11:30am
50978	6/17	S	9:00am-9:30am
50979	6/17	S	11:00am-11:30am
50980	6/18	M-Th	9:00am-9:30am
50981	6/18	M-Th	9:40am-10:10am
50982	6/18	M-Th	10:20am-10:50am
50983	7/2	M-Th	9:00am-9:30am
50984	7/2	M-Th	9:40am-10:10am
50985	7/2	M-Th	10:20am-10:50am
50986	7/16	M-Th	9:00am-9:30am
50987	7/16	M-Th	9:40am-10:10am
50988	7/16	M-Th	10:20am-10:50am
50989	7/30	M-Th	9:00am-9:30am

## Long Branch Outdoor Pool

51416	6/17	S	9:40am-10:10am
51417	6/17	S	11:00am-11:30am
51418	6/18	M-Th	9:00am-9:30am
51419	6/18	M-Th	9:40am-10:10am
51420	7/2	M-Th	9:40am-10:10am
51421	7/2	M-Th	10:20am-10:50am
51422	7/16	M-Th	9:00am-9:30am
51423	7/16	M-Th	9:40am-10:10am
51424	7/30	M-Th	9:00am-9:30am
51425	7/30	M-Th	10:20am-10:50am

# SWIM LESSONS





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

*-Jennifer C.*

## 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 30-minute sessions. Class size is limited to six students.

**6 Sessions**

**\$65**

### Germantown Indoor Swim Center

51468	6/17	S	9:30am-10:00am
51469	6/17	S	10:10am-10:40am
51470	6/17	S	11:30am-12:00pm
51471	6/18	M-W	9:00am-9:30am
51472	6/18	M-W	9:40am-10:10am
51473	6/19	T	6:10pm-6:40pm
51474	6/20	W	6:10pm-6:40pm
51475	6/21	Th	6:10pm-6:40pm
51465	6/23	Sa	10:20am-10:50am
51466	6/23	Sa	10:50am-11:20am
51467	6/23	Sa	11:30am-12:00pm
51476	7/2	M-W	9:00am-9:30am
51477	7/2	M-W	9:40am-10:10am
51618	7/16	M-W	9:00am-9:30am
51619	7/16	M-W	9:40am-9:30am
51621	7/30	M-W	9:00am-9:30am

### Olney Swim Center

50829	6/11	M-W	5:00pm-5:30pm
50830	6/11	M-W	5:40pm-6:10pm
50831	6/11	M-W	6:20pm-6:50pm
50816	6/18	M-W	9:40am-10:10am
50841	6/21	Th	9:40am-10:10am
50821	6/21	Th	10:20am-10:50am
50839	6/21	Th	5:40pm-6:10pm
50840	6/21	Th	6:20pm-6:50pm
50822	6/23	Sa	9:20am-9:50am
50823	6/23	Sa	10:00am-10:30am
50824	6/23	Sa	12:00pm-12:30pm
50825	6/24	S	8:00am-8:30am
50826	6/24	S	8:40am-9:10am
50827	6/24	S	10:00am-10:30am
50828	6/24	S	12:00pm-12:30pm
50832	6/25	M-W	5:00pm-5:30pm
50833	6/25	M-W	5:40pm-6:10pm
50834	6/25	M-W	6:20pm-6:50pm
50817	7/2	M-W	9:00am-9:30am
50818	7/16	M-W	9:00am-9:30am
50835	7/16	M-W	5:40pm-6:10pm
50836	7/16	M-W	6:20pm-6:50pm
50819	7/30	M-W	9:00am-9:30am
50820	7/30	M-W	10:20am-10:50am
50837	7/30	M-W	5:00pm-5:30pm
50838	7/30	M-W	6:20pm-6:50pm

### Upper County Outdoor Pool

51081	6/17	S	9:20am-9:50am
51086	6/17	S	10:00am-10:30am
51082	6/17	S	11:20am-11:50am
51088	6/18	M-Th	9:50am-10:10am
51083	6/18	M-Th	10:30am-11:00am
51087	6/18	M-Th	5:00pm-5:30pm
51084	7/16	M-Th	9:50am-10:20am
51085	7/2	M-Th	10:30am-11:00am
51089	7/2	M-Th	5:40pm-6:10pm

### Western County Outdoor Pool

50946	6/18	M-Th	9:40am-10:10am
50947	6/18	M	6:00pm-6:30pm
50951	6/18	M-Th	10:20am-10:50am
50952	6/18	M-Th	11:00am-11:30am
50948	6/19	T	6:00pm-6:30pm
50949	7/2	M-Th	9:40am-10:10am
50953	7/2	M-Th	11:00am-11:30am
50954	7/16	M-Th	10:20am-10:50am
50950	7/16	M-Th	11:00am-11:30am

### Wheaton/Glenmont Outdoor Pool

50685	6/16	Sa	9:00am-9:30am
50686	6/16	Sa	9:40am-10:10am
50687	6/16	Sa	10:20am-10:50am
50688	6/16	Sa	11:00am-11:30am
50689	6/17	S	9:00am-9:30am
50690	6/17	S	9:40am-10:10am
50691	6/17	S	11:00am-11:30am
50692	6/18	M-Th	9:15am-9:45am
50693	6/18	M-Th	9:50am-10:20am
50694	6/18	M-Th	10:30am-11:00am
50695	7/2	M-Th	9:15am-9:45am
50696	7/2	M-Th	9:50am-10:20am
50697	7/16	M-Th	9:15am-9:45am
50698	7/16	M-Th	9:50am-10:20am
50699	7/16	M-Th	10:30am-11:00am
50700	7/30	M-Th	9:15am-9:45am
50701	7/30	M-Th	9:50am-10:20am
50702	7/30	M-Th	10:30am-11:00am



# SWIM LESSONS





## Kennedy Shriver Aquatic Center

51526	6/18	M,W,F	9:00am-9:30am
51527	6/18	M,W,F	10:20am-10:50am
51528	6/18	M,W,F	11:00am-11:30am
51529	6/19	T,Th	9:00am-9:30am
51530	6/19	T,Th	10:20am-10:50am
51531	6/19	T,Th	6:25pm-6:55pm
51532	6/23	Sa	9:00am-9:30am
51533	6/23	Sa	11:40am-12:10pm
51534	6/24	S	9:00am-9:30am
51535	6/24	S	9:40am-10:10am
51536	6/24	S	11:40am-12:10pm
51537	7/2	M,W,F	9:00am-9:30am
51538	7/2	M,W,F	10:20am-10:50am
51539	7/10	T,Th	10:20am-10:50am
51540	7/10	T,Th	5:45pm-6:15pm
51541	7/23	M,W,F	9:00am-9:30am
51542	7/23	M,W,F	10:20am-10:50am
51543	7/23	M,W,F	11:00am-11:30am

## Martin Luther King Jr. Swim Center

51239	6/16	Sa	9:40am-10:10am
51240	6/16	Sa	11:00am-11:30am
51213	6/18	M,W,F	9:40am-10:10am
51268	6/19	T,Th	9:30am-10:00am
51269	6/19	T,Th	10:10am-10:40am
51271	6/19	T	5:40pm-6:10pm
51272	6/19	T	6:20pm-6:50pm
51256	6/21	Th	5:40pm-6:10pm
51257	6/21	Th	6:20pm-6:50pm
51214	7/2	M,W,F	9:00am-9:30am
51215	7/2	M,W,F	10:20am-10:50am
51270	7/10	T,Th	9:30am-10:00am
51216	7/16	M,W,F	9:00am-9:30am
51217	7/16	M,W,F	9:40am-10:10am

## More Convenient *Customer Service Hours*

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

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

6 Sessions

\$65

## Martin Luther King Jr. Outdoor Pool

51295	6/17	S	9:40am-10:10am
51296	6/17	S	11:00am-11:30am

8 Sessions

\$65

## Bethesda Outdoor Pool

51144	6/16	Sa	9:00am-9:30am
51145	6/16	Sa	9:40am-10:10am
51146	6/17	S	9:00am-9:30am
51147	6/17	S	9:40am-10:10am
51340	6/17	S	9:00am-9:30am
51341	6/17	S	9:40am-10:10am
51148	6/18	M-Th	9:00am-9:30am
51149	7/16	M-Th	9:00am-9:30am
51150	7/16	M-Th	9:40am-10:10am
51151	7/2	M-Th	9:40am-10:10am
51152	6/18	M-Th	9:40am-10:10am

## Germantown Outdoor Pool

50990	6/16	Sa	9:40am-10:10am
50991	6/18	M-Th	9:40am-10:10am
50992	7/2	M-Th	9:40am-10:10am
50993	7/2	M-Th	10:20am-10:50am
50994	7/16	M-Th	9:00am-9:30am
50995	7/16	M-Th	10:20am-10:50am
50996	7/30	M-Th	9:00am-9:30am
50997	7/30	M-Th	10:20am-10:50am

## Long Branch Outdoor Pool

51426	6/17	S	10:20am-10:50am
51427	6/18	M-Th	9:40am-10:10am
51428	6/18	M-Th	10:20am-10:50am
51429	7/2	M-Th	9:00am-9:30am
51430	7/16	M-Th	10:20am-10:50am
51431	7/30	M-Th	9:40am-10:10am

## Western County Outdoor Pool

50955	6/16	Sa	10:20am-10:50am
50956	6/18	M-Th	10:20am-10:50am
50958	6/18	M	6:40pm-7:10pm
50959	6/19	T	6:00pm-6:30pm
50957	7/2	M-Th	11:00am-11:30am

## Wheaton/Glenmont Outdoor Pool

50703	6/16	Sa	10:20am-10:50am
50704	6/17	S	9:40am-10:10am
50705	6/18	M-Th	9:50am-10:20am
50706	6/18	M-Th	10:30am-11:00am
50707	7/2	M-Th	10:30am-11:00am
50708	7/30	M-Th	9:15am-9:45am

## Upper County Outdoor Pool

51091	6/17	S	9:20am-9:50am
51092	6/18	M-Th	9:50am-10:20am
51093	7/2	M-Th	9:50am-10:20am
51090	7/16	M-Th	5:40pm-6:10pm

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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 30-minute sessions. Class size is limited to six students.

**6 Sessions**

**\$65**

### Germantown Indoor Swim Center

51454	6/17	S	10:50am-11:20am
51455	6/17	S	11:30am-12:00pm
51456	6/17	S	12:10pm-12:40pm
51457	6/18	M-W	9:00am-9:30am
51458	6/18	M-W	10:20am-10:50am
51459	6/20	W	5:30pm-6:00pm
51451	6/23	Sa	10:50am-11:20am
51452	6/23	Sa	11:30am-12:00pm
51453	6/23	Sa	12:10pm-12:40pm
51460	7/2	M-W	9:00am-9:30am
51461	7/2	M-W	11:00am-11:30am
51462	7/16	M-W	9:00am-9:30am
51463	7/16	M-W	11:00am-11:30am
51464	7/30	M-W	11:00am-11:30am

### Kennedy Shriver Aquatic Center

51544	6/18	M,W,F	9:40am-10:10am
51545	6/19	T,Th	9:40am-10:10am
51546	6/19	T,Th	11:00am-11:30am
51547	6/19	T,Th	5:45pm-6:15pm
51548	6/23	Sa	9:00am-9:30am
51549	6/24	S	9:00am-9:30am
51550	6/24	S	10:20am-10:50am
51551	6/24	S	11:00am-11:30am
51552	7/2	M,W,F	9:40am-10:10am
51553	7/10	T,Th	9:40am-10:10am
51554	7/10	T,Th	11:00am-11:30am
51555	7/10	T,Th	6:25pm-6:55pm
51556	7/23	M,W,F	9:40am-10:10am

### Martin Luther King Jr. Swim Center

51241	6/16	Sa	10:20am-10:50am
51273	6/19	T	5:40pm-6:10pm
51409	6/21	Th	6:20pm-6:50pm
51218	7/2	M,W,F	9:40am-10:10am

### Olney Swim Center

50842	6/18	M-W	10:20am-10:50am
50846	6/21	Th	10:20am-10:50am
50847	6/23	Sa	8:40am-9:10am
50848	6/23	Sa	10:40am-11:10am
50849	6/23	Sa	12:00pm-12:30pm
50850	6/24	S	8:40am-9:10am
50851	6/24	S	10:40am-11:10am
50843	7/2	M-W	9:00am-9:30am
50844	7/16	M-W	10:20am-10:50am
50845	7/30	M-W	10:20am-10:50am

## Note

Outdoor pool lessons are for six sessions. Some outdoor lessons schedule eight sessions to allow for inclement weather cancellations. See page 23 for details.

**6 Sessions**

**\$65**

### Martin Luther King Jr. Outdoor Pool

51297	6/17	S	9:00am-9:30am
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**8 Sessions**

**\$65**

### Bethesda Outdoor Pool

51153	6/16	Sa	10:20am-10:50am
51349	6/17	S	9:00am-9:30am
51154	6/17	S	10:20am-10:50am
51155	6/18	M-Th	9:00am-9:30am
51158	6/18	M-Th	10:20am-10:50am
51156	7/16	M-Th	9:00am-9:30am
51157	7/2	M-Th	10:20am-10:50am

### Germantown Outdoor Pool

50998	7/2	M-Th	9:00am-9:30am
50999	7/30	M-Th	10:20am-10:50am

### Long Branch Outdoor Pool

51432	6/17	S	11:00am-11:30am
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### Western County Outdoor Pool

50960	6/18	M-Th	11:00am-11:30am
50961	7/16	M-Th	9:40am-10:10am

### Wheaton/Glenmont Outdoor Pool

50709	6/18	M-Th	9:50am-10:20am
50710	7/2	M-Th	9:50am-10:20am
50711	7/16	M-Th	9:15am-9:45am
50712	7/30	M-Th	9:15am-9:45am

### Upper County Outdoor Pool

51094	7/16	M-Th	5:40pm-6:10pm
51095	7/30	M-Th	5:00pm-5:30pm



# SWIM LESSONS





# 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 30-minute sessions. Class size is limited to six students.

6 Sessions

\$65

### Germantown Indoor Swim Center

51068	6/17	S	10:50am-11:20am
51069	6/18	M-W	11:00am-11:30am
51067	6/23	Sa	10:50am-11:20am
51070	7/2	M-W	10:20am-10:50am
51071	7/16	M-W	10:20am-10:50am
51072	7/30	M-W	9:40am-10:10am

### Kennedy Shriver Aquatic Center

51557	6/18	M,W,F	10:20am-10:50am
51558	6/18	M,W,F	11:00am-11:30am
51559	6/19	T,Th	6:25pm-6:55pm
51560	6/23	Sa	11:00am-11:30am
51561	6/24	S	10:20am-10:50am
51562	6/24	S	11:00am-11:30am
51563	7/2	M,W,F	9:40am-10:10am
51564	7/2	M,W,F	10:20am-10:50am
51565	7/2	M,W,F	11:00am-11:30am
51566	7/10	T,Th	9:00am-9:30am
51567	7/10	T,Th	11:00am-11:30am
51568	7/23	M,W,F	10:20am-10:50am

### Martin Luther King Jr. Swim Center

51258	6/21	Th	7:00pm-7:30pm
51274	6/19	T	7:00pm-7:30pm

### Olney Swim Center

50852	7/2	M-W	9:00am-9:30am
50853	6/23	Sa	8:40am-9:10am
50854	6/23	Sa	10:40am-11:10am
50855	6/24	S	9:20am-9:50am

6 Sessions

\$65

### Martin Luther King Jr. Outdoor Pool

51298	6/17	S	10:20am-10:50am
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8 Sessions

\$65

### Bethesda Outdoor Pool

51159	6/16	Sa	10:20am-10:50am
51160	6/16	Sa	11:00am-11:30am
51358	6/17	S	10:20am-10:50am
51161	6/18	M-Th	9:40am-10:10am
51360	6/18	M-Th	9:40am-10:10am
51361	7/2	M-Th	9:40am-10:10am

### Wheaton/Glenmont Outdoor Pool

50713	6/16	Sa	9:00am-9:30am
50714	6/18	M-Th	9:15am-9:45am
50715	7/2	M-Th	9:15am-9:45am
50716	7/16	M-Th	10:30am-11:00am





## Youth Level 1

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

**6 Sessions \$60**

### Germantown Indoor Swim Center

50577	6/17	S	10:10am-10:40am
50578	6/17	S	12:10pm-12:40pm
50579	6/18	M-W	9:00am-9:30am
50580	6/21	Th	6:10pm-6:40pm
50575	6/23	Sa	9:30am-10:00am
50576	6/23	Sa	12:10pm-12:40pm
50581	7/30	M-W	9:40am-10:10am

### Kennedy Shriver Aquatic Center

51569	6/18	M,W,F	9:00am-9:30am
51570	6/19	T,Th	10:20am-10:50am
51571	6/19	T,Th	5:45pm-6:15pm
51572	6/23	Sa	9:40am-10:10am
51573	6/23	Sa	11:00am-11:30am
51574	6/24	S	9:00am-9:30am
51575	7/2	M,W,F	9:00am-9:30am
51576	7/10	T,Th	10:20am-10:50am
51577	7/10	T,Th	5:45pm-6:15pm
51578	7/23	M,W,F	9:00am-9:30am

### Martin Luther King Jr. Swim Center

51245	6/16	Sa	9:00am-9:30am
51246	6/16	Sa	9:40am-10:10am
51221	6/18	M,W,F	10:20am-10:50am
51275	6/19	T,Th	9:30am-10:00am
51277	6/19	T	5:00pm-5:30pm
51278	6/19	T	6:20pm-6:50pm
51410	6/21	Th	5:00pm-5:30pm
51276	7/10	T,Th	9:30am-10:00am

### Olney Swim Center

50879	6/18	M-W	9:00am-9:30am
50887	6/21	Th	9:00am-9:30am
50888	6/21	Th	10:20am-10:50am
50889	6/21	Th	5:00pm-5:30pm
50890	6/21	Th	5:40pm-6:10pm
50891	6/23	Sa	10:40am-11:10am
50892	6/23	Sa	11:20am-11:50am
50893	6/24	S	10:40am-11:10am
50894	6/24	S	11:20am-11:50am
50880	7/2	M-W	9:40am-10:10am
50881	7/16	M-W	9:40am-10:10am
50882	7/16	M-W	10:20am-10:50am
50883	7/16	M-W	6:20pm-6:50pm
50884	7/30	M-W	9:00am-9:30am
50885	7/30	M-W	10:20am-10:50am
50886	7/30	M-W	5:40pm-6:10pm

**6 Sessions**

**\$60**

### Martin Luther King Jr. Outdoor Pool

51301	6/17	S	10:20am-10:50am
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**8 Sessions**

**\$60**

### Bethesda Outdoor Pool

51170	6/16	Sa	9:00am-9:30am
51171	6/17	S	9:00am-9:30am
51172	6/18	M-Th	9:00am-9:30am
51175	6/18	M-Th	10:20am-10:50am
51173	7/2	M-Th	9:00am-9:30am
51174	7/16	M-Th	10:20am-10:50am

### Germantown Outdoor Pool

51003	6/16	Sa	9:00am-9:30am
51004	6/16	Sa	11:00am-11:30am
51005	6/17	S	11:00am-11:30am
51006	6/18	M-Th	9:00am-9:30am
51007	6/18	M-Th	10:20am-10:50am
51008	7/16	M-Th	9:00am-9:30am
51009	7/30	M-Th	9:40am-10:10am

### Long Branch Outdoor Pool

51434	6/17	S	10:20am-10:50am
51435	6/18	M-Th	9:00am-9:30am
51436	6/18	M-Th	10:20am-10:50am
51437	6/19	T,Th	7:30pm-8:00pm
51438	7/2	M-Th	9:00am-9:30am
51439	7/16	M-Th	9:40am-10:10am
51440	7/30	M-Th	9:40am-10:10am

### Upper County Outdoor Pool

51101	6/17	S	9:20am-9:50am
51102	6/17	S	10:40am-11:10am
51097	6/18	M-Th	10:30am-11:00am
51098	6/18	M-Th	5:40pm-6:10pm
51099	7/16	M-Th	10:30am-11:00am
51100	7/2	M-Th	5:00pm-5:30pm

### Western County Outdoor Pool

50965	6/19	T	6:40pm-7:10pm
50966	7/16	M-Th	11:00am-11:30am

### Wheaton/Glenmont Outdoor Pool

50717	6/16	Sa	9:40am-10:10am
50718	6/16	Sa	10:20am-10:50am
50719	6/16	Sa	11:00am-11:30am
50720	6/17	S	9:40am-10:10am
50721	6/17	S	10:20am-10:50am
50722	6/17	S	11:00am-11:30am
50723	6/18	M-Th	10:30am-11:00am
50724	7/2	M-Th	9:50am-10:20am
50725	7/16	M-Th	10:30am-11:00am
50726	7/30	M-Th	10:30am-11:00am



# SWIM LESSONS





## Youth Level 2

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

**6 Sessions \$60**

### Germantown Indoor Swim Center

50583	6/23	Sa	10:10am-10:40am
50584	6/17	S	9:30am-10:00am
50585	6/18	M-W	9:40am-10:10am
50586	6/21	Th	5:30pm-6:00pm
50587	7/2	M-W	11:00am-11:30am
50588	7/16	M-W	11:00am-11:30am
50589	7/30	M-W	10:20am-10:50am

### Kennedy Shriver Aquatic Center

51579	6/18	M,W,F	9:40am-10:10am
51580	6/18	M,W,F	11:00am-11:30am
51581	6/23	Sa	10:20am-10:50am
51582	6/24	S	11:00am-11:30am
51583	6/24	S	11:40am-12:10pm
51584	7/2	M,W,F	9:40am-10:10am
51585	7/2	M,W,F	10:20am-10:50am
51586	7/2	M,W,F	11:00am-11:30am
51587	7/10	T,Th	9:00am-9:30am
51588	7/23	M,W,F	9:40am-10:10am
51589	7/23	M,W,F	11:00am-11:30am

### Martin Luther King Jr. Swim Center

51222	6/18	M,W,F	9:40am-10:10am
51223	7/2	M,W,F	10:20am-10:50am
51224	7/16	M,W,F	9:40am-10:10am
51247	6/16	Sa	9:00am-9:30am
51261	6/21	Th	5:40pm-6:10pm
51279	6/19	T,Th	10:10am-10:40am
51280	7/10	T,Th	9:30am-10:00am
51281	6/19	T	7:00pm-7:30pm

### Olney Swim Center

50895	6/18	M-W	9:40am-10:10am
50896	7/2	M-W	10:20am-10:50am
50897	7/16	M-W	9:00am-9:30am
50898	7/30	M-W	9:40am-10:10am
50899	6/21	Th	9:00am-9:30am
50900	6/23	Sa	8:00am-8:30am
50901	6/23	Sa	8:40am-9:10am
50902	6/23	Sa	9:20am-9:50am
50903	6/24	S	8:00am-8:30am
50904	6/24	S	8:40am-9:10am
50905	6/24	S	9:20am-9:50am

**6 Sessions**

**\$60**

### Martin Luther King Jr. Outdoor Pool

51302	6/17	S	9:00am-9:30am
51303	6/17	S	11:00am-11:30am

**8 Sessions**

**\$60**

### Bethesda Outdoor Pool

51178	6/18	M-Th	9:40am-10:10am
51179	7/2	M-Th	9:40am-10:10am

### Germantown Outdoor Pool

51010	6/16	Sa	9:40am-10:10am
51011	6/17	S	10:20am-10:50am
51012	6/18	M-Th	9:00am-9:30am
51013	6/18	M-Th	9:40am-10:10am
51014	7/2	M-Th	9:00am-9:30am
51015	7/16	M-Th	9:40am-10:10am
51016	7/16	M-Th	10:20am-10:50am
51017	7/30	M-Th	9:40am-10:10am

### Long Branch Outdoor Pool

51441	6/17	S	11:00am-11:30am
51442	6/19	T,Th	7:30pm-8:00pm
51443	7/2	M-Th	9:40am-10:10am
51444	7/2	M-Th	10:20am-10:50am
51445	7/16	M-Th	10:20am-10:50am
51446	7/30	M-Th	10:20am-10:50am

### Western County Outdoor Pool

50968	7/2	M-Th	10:20am-10:50am
50967	6/19	T	6:40pm-7:10pm

### Wheaton/Glenmont Outdoor Pool

50727	6/16	Sa	9:40am-10:10am
50728	6/17	S	10:20am-10:50am
50729	6/18	M-Th	9:15am-9:45am
50730	7/2	M-Th	9:15am-9:45am
50731	7/2	M-Th	10:30am-11:00am
50732	7/16	M-Th	9:15am-9:45am
50733	7/16	M-Th	9:50am-10:20am
50734	7/30	M-Th	10:30am-11:00am

### Upper County Outdoor Pool

51105	6/17	S	10:00am-10:30am
51106	6/17	S	11:20am-11:50am
51108	6/18	M-Th	5:00pm-5:30pm
51107	7/2	M-Th	10:30am-11:00am
51103	7/16	M-Th	9:50am-10:20am
51104	7/30	M-Th	5:40pm-6:10pm

# SWIM LESSONS





## Youth Level 3

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

**6 Sessions \$58**

### Germantown Indoor Swim Center

50599	6/17	S	10:10am-10:40am
50601	6/18	M-W	10:20am-10:50am
50603	6/20	W	6:10pm-6:40pm
50598	6/23	Sa	10:10am-10:40am
50604	7/2	M-W	9:40am-10:10am
50605	7/16	M-W	9:40am-10:10am

### Kennedy Shriver Aquatic Center

51590	6/18	M,W,F	9:00am-9:30am
51591	6/19	T,Th	9:40am-10:10am
51592	6/19	T,Th	11:00am-11:30am
51593	6/23	Sa	9:40am-10:10am
51594	6/24	S	9:40am-10:10am
51595	6/24	S	11:40am-12:10pm
51596	7/2	M,W,F	9:00am-9:30am
51597	7/10	T,Th	9:40am-10:10am
51598	7/23	M,W,F	9:00am-9:30am
51599	7/23	M,W,F	9:40am-10:10am

### Martin Luther King Jr. Swim Center

51248	6/16	Sa	9:40am-10:10am
51225	6/18	M,W,F	9:00am-9:30am
51282	6/19	T,Th	10:10am-10:40am
51284	6/19	T	7:40pm-8:10pm
51411	6/21	Th	7:00pm-7:30pm
51226	7/2	M,W,F	9:40am-10:10am
51283	7/10	T,Th	10:10am-10:40am
51227	7/16	M,W,F	10:20am-10:50am

### Olney Swim Center

50906	6/18	M-W	9:40am-10:10am
50917	6/21	Th	9:40am-10:10am
50910	6/23	Sa	8:00am-8:30am
50912	6/23	Sa	9:20am-9:50am
50913	6/23	Sa	11:20am-11:50am
50915	6/24	S	9:20am-9:50am
50914	6/24	S	10:40am-11:10am
50916	6/24	S	11:20am-11:50am
50907	7/2	M-W	9:40am-10:10am
50908	7/16	M-W	9:00am-9:30am
50911	7/16	M-W	9:40am-10:10am
50909	7/30	M-W	9:40am-10:10am

**6 Sessions**

**\$58**

### Martin Luther King Jr. Outdoor Pool

51304	6/17	S	9:40am-10:10am
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**8 Sessions**

**\$58**

### Bethesda Outdoor Pool

51180	6/16	Sa	9:40am-10:10am
51181	6/16	Sa	10:20am-10:50am
51182	6/17	S	10:20am-10:50am
51184	6/18	M-Th	10:20am-10:50am
51185	7/2	M-Th	10:20am-10:50am
51186	7/16	M-Th	10:20am-10:50am

### Germantown Outdoor Pool

51018	6/16	Sa	10:20am-10:50am
51019	6/17	S	9:40am-10:10am
51020	7/2	M-Th	9:40am-10:10am
51021	7/16	M-Th	9:40am-10:10am

### Long Branch Outdoor Pool

51447	7/16	M-Th	9:00am-9:30am
51448	7/30	M-Th	9:00am-9:30am

### Western County Outdoor Pool

50969	7/2	M-Th	10:20am-10:50am
50970	7/16	M-Th	10:20am-10:50am

### Wheaton/Glenmont Outdoor Pool

50735	6/17	S	9:00am-9:30am
50736	7/2	M-Th	9:50am-10:20am
50737	7/16	M-Th	10:30am-11:00am
50738	7/30	M-Th	9:50am-10:20am

### Upper County Outdoor Pool

51110	6/17	S	10:00am-10:30am
51112	7/2	M-Th	9:50am-10:20am
51109	7/2	M-Th	5:00pm-5:30pm
51111	7/16	M-Th	10:30am-11:00am
51113	7/16	M-Th	5:00pm-5:30pm

## Note

Outdoor pool lessons are for six sessions. Some outdoor lessons schedule eight sessions to allow for inclement weather cancellations. See page 23 for details.



# SWIM LESSONS





## Youth Level 4

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

**6 Sessions \$58**

### Germantown Indoor Swim Center

51052	6/17	S	10:50am-11:20am
51053	6/17	S	12:10pm-12:40pm
51054	6/18	M-W	11:00am-11:30am
51051	6/23	Sa	10:50am-11:20am
51055	7/2	M-W	10:20am-10:50am
51056	7/16	M-W	10:20am-10:50am

### Kennedy Shriver Aquatic Center

51600	6/19	T,Th	10:20am-10:50am
51601	6/23	Sa	11:40am-12:10pm
51602	6/24	S	10:20am-10:50am
51603	7/10	T,Th	10:20am-10:50am
51604	7/23	M,W,F	11:00am-11:30am

### Martin Luther King Jr. Swim Center

51249	6/16	Sa	9:00am-9:30am
51228	6/18	M,W,F	10:20am-10:50am
51285	6/19	T,Th	9:30am-10:00am
51287	6/19	T	7:40pm-8:10pm
51286	7/10	T,Th	10:10am-10:40am
51229	7/16	M,W,F	9:00am-9:30am

### Olney Swim Center

50918	6/18	M-W	10:20am-10:50am
50921	6/21	Th	10:20am-10:50am
50922	6/23	Sa	12:00pm-12:30pm
50923	6/23	Sa	11:20am-11:50am
50924	6/24	S	11:20am-11:50am
50919	7/16	M-W	7:00pm-7:30pm
50920	7/30	M-W	9:40am-10:10am

**6 Sessions \$58**

### Martin Luther King Jr. Outdoor Pool

51305	6/17	S	9:40am-10:10am
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**8 Sessions \$58**

### Bethesda Outdoor Pool

51188	6/16	Sa	11:00am-11:30am
51189	7/16	M-Th	9:40am-10:10am
51190	7/2	M-Th	9:40am-10:10am
51191	6/18	M-Th	9:40am-10:10am

### Germantown Outdoor Pool

51022	6/16	Sa	11:00am-11:30am
51023	6/18	M-Th	10:20am-10:50am
51024	7/2	M-Th	10:20am-10:50am

## Long Branch Outdoor Pool

51449	6/17	S	9:40am-10:10am
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## Wheaton/Glenmont Outdoor Pool

50739	6/17	S	11:00am-11:30am
50740	6/18	M-Th	9:50am-10:20am
50741	7/16	M-Th	9:15am-9:45am

## Upper County Outdoor Pool

51114	7/30	M-Th	5:00pm-5:30pm
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## Youth Level 5

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

**6 Sessions \$58**

### Germantown Indoor Swim Center

51059	6/17	S	9:30am-10:00am
51060	6/17	S	11:30am-12:00pm
51057	6/23	Sa	9:30am-10:00am
51058	6/23	Sa	11:30am-12:00pm
51061	7/2	M-W	11:00am-11:30am
51062	7/16	M-W	11:00am-11:30am

### Kennedy Shriver Aquatic Center

51605	6/18	M,W,F	10:20am-10:50am
51606	6/19	T,Th	9:00am-9:30am
51607	6/23	Sa	10:20am-10:50am
51608	6/24	S	11:00am-11:30am

### Martin Luther King Jr. Swim Center

51250	6/16	Sa	11:00am-11:30am
51262	6/21	Th	7:40pm-8:10pm
51230	7/2	M,W,F	9:00am-9:30am
51231	7/16	M,W,F	9:40am-10:10am

### Olney Swim Center

50929	6/21	Th	7:00pm-7:30pm
50930	6/23	Sa	10:00am-10:30am
50931	6/24	S	10:00am-10:30am
50926	6/25	M-W	7:40pm-8:10pm
50925	7/2	M-W	10:20am-10:50am
50927	7/16	M-W	7:00pm-7:30pm
50928	7/30	M-W	7:00pm-7:30pm

**6 Sessions \$58**

### Martin Luther King Jr. Outdoor Pool

51306	6/17	S	10:20am-10:50am
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Follow us on Facebook and Twitter!

# SWIM LESSONS





8 Sessions

\$58

**Bethesda Outdoor Pool**

51192	6/16	Sa	11:00am-11:30am
51193	6/17	S	11:00am-11:30am
51194	6/18	M-Th	10:20am-10:50am
51195	7/2	M-Th	10:20am-10:50am

**Wheaton/Glenmont Outdoor Pool**

50742	7/16	M-Th	9:50am-10:20am
50743	7/30	M-Th	10:30am-11:00am

**Youth Level 6**

Ages 7-13: This class is for students who can swim 2 lengths of front and back crawl in good form and 15 yards of breaststroke.

Courses meet for six 30-minute sessions. Class size is limited to 10 students.

6 Sessions

\$58

**Germantown Indoor Swim Center**

51064	6/17	S	12:10pm-12:40pm
51063	6/23	Sa	12:10pm-12:40pm
51065	7/2	M-W	9:00am-9:30am
51066	7/16	M-W	9:00am-9:30am

**Kennedy Shriver Aquatic Center**

51609	6/23	Sa	10:20am-10:50am
51610	6/24	S	9:40am-10:10am
51611	7/10	T,Th	11:00am-11:30am
51612	7/23	M,W,F	10:20am-10:50am

**Martin Luther King Jr. Swim Center**

51251	6/16	Sa	10:20am-10:50am
51263	6/21	Th	7:40pm-8:10pm

**Olney Swim Center**

50933	6/21	Th	7:00pm-7:30pm
50934	6/23	Sa	10:00am-10:30am
50935	6/24	S	12:00pm-12:30pm
50932	6/25	M-W	7:00pm-7:30pm

6 Sessions

\$58

**Martin Luther King Jr. Outdoor Pool**

51307	6/17	S	11:00am-11:30am
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8 Sessions

\$58

**Wheaton/Glenmont Outdoor Pool**

50744	7/2	M-Th	10:30am-11:00am
50745	7/30	M-Th	9:50am-10:20am

**Adult Level 1**

Ages 14 & Up: This class is designed for students who are fearful of the water, who may have had a bad experience in the water. Participants will work on basic water-adjustment skills. Courses meet for six 30-minute sessions. Class size is limited to six students.

6 Sessions

\$67

**Germantown Indoor Swim Center**

50563	6/19	T	5:30pm-6:00pm
50574	6/21	Th	6:10pm-6:40pm
50561	6/23	Sa	9:30am-10:00am
50562	6/24	S	9:30am-10:00am
50564	7/16	M-W	11:00am-11:30am

**Kennedy Shriver Aquatic Center**

51614	6/21	Th	8:30pm-9:00pm
51613	6/23	Sa	11:40am-12:10pm

**Martin Luther King Jr. Swim Center**

51232	6/16	Sa	11:00am-11:30am
51264	6/19	T	8:20pm-8:50pm

**Olney Swim Center**

50755	6/11	M-W	7:00pm-7:30pm
50758	6/21	Th	7:40pm-8:10pm
50756	6/25	M-W	7:40pm-8:10pm
50757	7/16	M-W	7:40pm-8:10pm

6 Sessions

\$67

**Martin Luther King Jr. Outdoor Pool**

51288	6/17	S	9:40am-10:10am
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8 Sessions

\$67

**Long Branch Outdoor Pool**

51413	6/19	T,Th	8:00pm-8:30pm
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**Upper County Outdoor Pool**

51077	6/17	S	10:40am-11:10am
51075	6/18	M-Th	5:40pm-6:10pm
51076	7/16	M-Th	5:00pm-5:30pm

**Wheaton/Glenmont Outdoor Pool**

50746	6/16	Sa	11:00am-11:30am
50747	6/17	S	9:00am-9:30am
50748	6/17	S	9:40am-10:10am

**SWIM LESSONS**



## Adult Level 2

Ages 14 & Up: This class is 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 30-minute sessions. Class size is limited to 10 students.

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

### Germantown Indoor Swim Center

50565	6/23	Sa	10:10am-10:40am
50566	6/17	S	10:10am-10:40am
50567	6/19	T	6:10pm-6:40pm
50568	7/30	M-W	9:00am-9:30am

### Kennedy Shriver Aquatic Center

51615	6/24	S	10:20am-10:50am
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### Martin Luther King Jr. Swim Center

51233	6/16	Sa	9:40am-10:10am
51252	6/21	Th	8:20pm-8:50pm

### Olney Swim Center

50759	6/11	M-W	7:40pm-8:10pm
50762	6/21	Th	7:40pm-8:10pm
50760	6/25	M-W	7:00pm-7:30pm
50761	7/16	M-W	7:40pm-8:10pm
50763	7/30	M-W	7:40pm-8:10pm

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

### Martin Luther King Jr. Outdoor Pool

51289	6/17	S	11:00am-11:30am
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**8 Sessions** **\$65**

### Long Branch Outdoor Pool

51414	6/19	T,Th	8:00pm-8:30pm
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### Upper County Outdoor Pool

51078	7/2	M-Th	5:40pm-6:10pm
51079	7/30	M-Th	5:40pm-6:10pm

### Wheaton/Glenmont Outdoor Pool

50749	6/17	S	11:00am-11:30am
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## Adult Level 3

Ages 14 & Up: This class is 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 30-minute sessions. Class size is limited to 10 students.

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

### Germantown Indoor Swim Center

50570	6/17	S	10:50am-11:20am
50571	6/21	Th	5:30pm-6:00pm
50569	6/23	Sa	11:30am-12:00pm

### Kennedy Shriver Aquatic Center

51616	6/23	Sa	11:00am-11:30am
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### Martin Luther King Jr. Swim Center

51234	6/16	Sa	10:20am-10:50am
51265	6/19	T	8:20pm-8:50pm

### Olney Swim Center

50764	6/11	M-W	7:00pm-7:30pm
50765	6/24	S	10:00am-10:30am

## Adult Level 4

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

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

### Germantown Indoor Swim Center

50572	6/23	Sa	12:25pm-12:55pm
50573	6/17	S	11:30am-12:00pm

### Kennedy Shriver Aquatic Center

51617	6/19	T	8:30pm-9:00pm
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### Martin Luther King Jr. Swim Center

51253	6/21	Th	8:20pm-8:50pm
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### Olney Swim Center

50766	6/11	M-W	7:40pm-8:10pm
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**6 Sessions** **\$65**

### Martin Luther King Jr. Outdoor Pool

51290	6/17	S	9:00am-9:30am
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# SWIM LESSONS





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

Free  
Event!

# Hector I. Ayala WATER SAFETY DAY



Saturday, June 2 5 - 7 p.m.

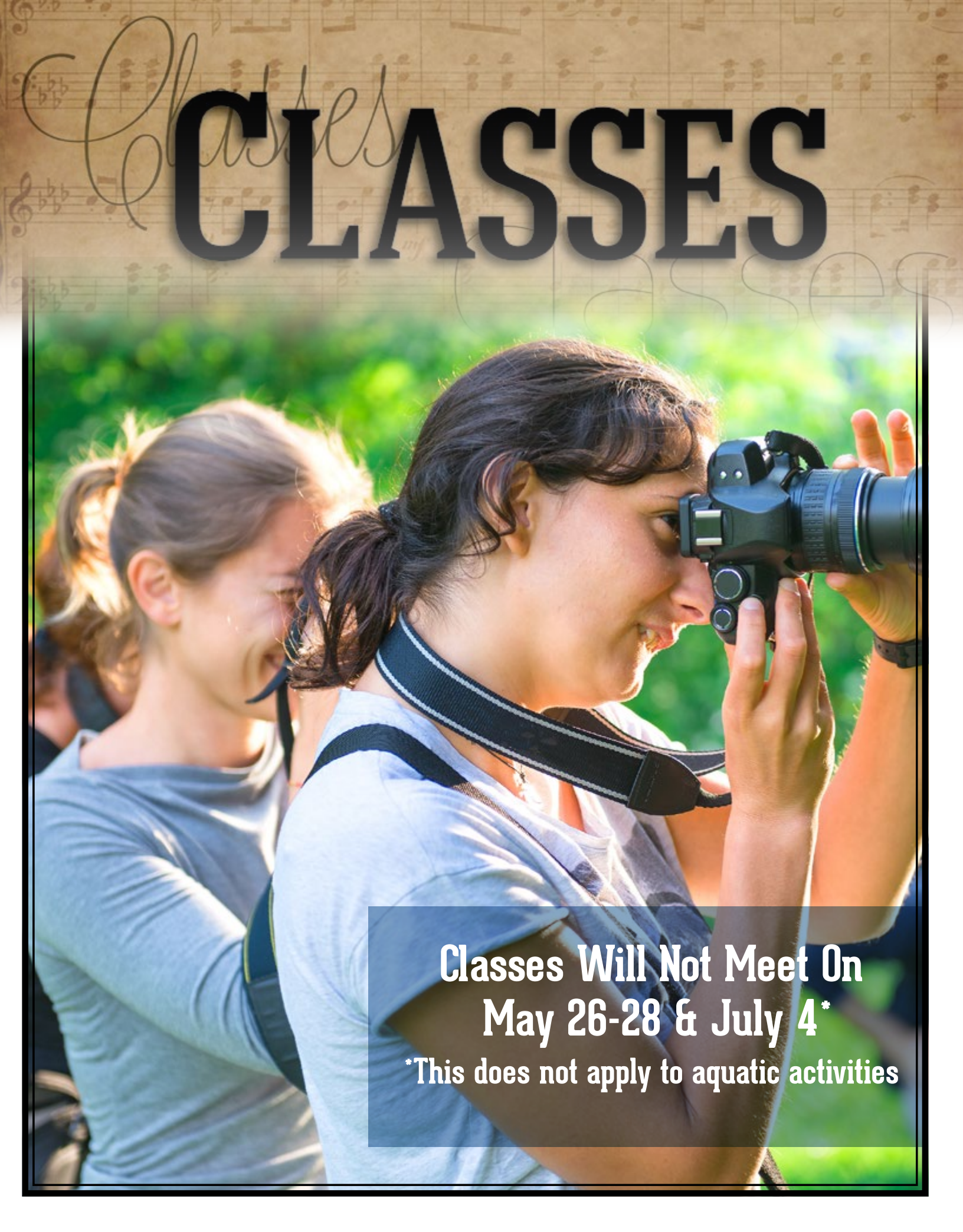
4 - 5 p.m. *Special session for swimmers with disabilities.*

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





# *Classes* **CLASSES**

A photograph of two young women outdoors. The woman in the foreground is smiling and looking through a professional camera. She has dark hair in a ponytail and is wearing a light blue t-shirt. The woman behind her is also smiling and looking towards the camera. They are in a grassy area with trees in the background. The image is framed by a black border.

**Classes Will Not Meet On  
May 26-28 & July 4\***

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



# YOUTH ARTS & CRAFTS

## Adventures in Art

Ages 5-10: Create exciting works of art using several different techniques and media with emphasis on drawing, painting and composition. \$5 material fee due at first session.

**3 Sessions \$30**

Instructor: Tatiana Martin  
51706 Longwood CRC 6/30 Sa 10:15am-11:15am

## Art Studio

Ages 9-15: In this dynamic class students will gain and reinforce creative skills and produce high-quality art work with special attention to composition, perspective and color application. \$5 material fee due at first session

**3 Sessions \$30**

Instructor: Tatiana Martin  
51709 Longwood CRC 6/30 Sa 11:30am-12:30pm

## Draw and Clay - Cartooning

Ages 4-9: We will learn how to draw and paint cartoons as well as create 3 dimensional sculptures in clay. \$12 material fee due at first session.

**5 Sessions \$50**

Instructor: Yolanda Prinsloo  
51767 Germantown CRC 6/26 T 5:15pm-6:15pm  
51768 Bauer Drive CRC 6/27 W 5:45pm-6:45pm  
51769 Upper County CRC 6/30 Sa 10:00am-11:00am

## Drawing with Young Rembrandts

Ages 6-13: In this class, students will discover and develop their drawing abilities. Students will create tropical inspired images from the Pacific; a scenic Polynesian landscape, a detailed dolphin graphic, and colorful tiki sculptures; and images inspired by the space program, a shuttle blast off, a detailed astronaut, and the moon landing.

**6 Sessions \$84**

Instructor: Young Rembrandts  
51845 Germantown CRC 6/27 W 6:00pm-7:00pm  
51846 Bauer Drive CRC 6/28 Th 6:00pm-7:00pm



## Kids Sew and Tell

Ages 9-16: Learn how to make your own projects and garments. This class will teach you sewing terms and skills like pattern layout, cutting out fabric, hem, making a slit and measuring, just to name a few. A supply list will be on your receipt. \$10 material fee due at first session. All ability levels welcome.

**6 Sessions \$125**

Instructor: Nora Elias  
51721 Bauer Drive CRC 6/30 Sa 11:15am-1:15pm

## Learning Art from the Masters - Picasso

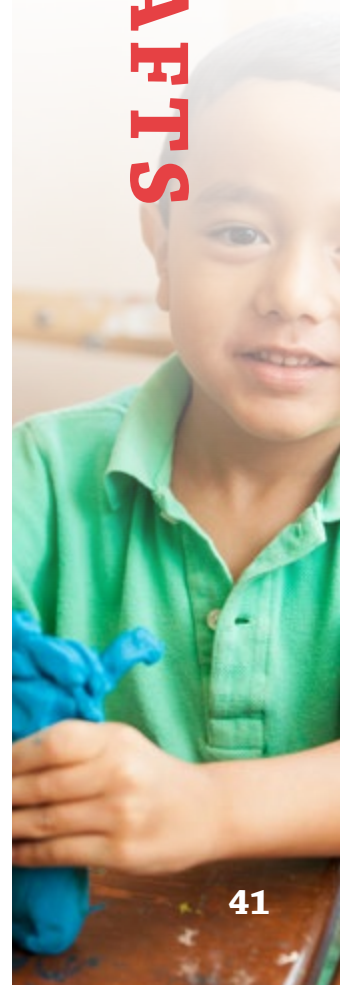
Ages 5-13: Learn about the life and work of artist Pablo Picasso and make your own Picasso inspired works in paint and clay. \$12 material fee due at first session.

**5 Sessions \$65**

Instructor: Yolanda Prinsloo  
51770 Germantown CRC 6/26 T 6:30pm-7:30pm



# ARTS & CRAFTS



*Register Online* at ActiveMONTGOMERY.org



## ADULT ARTS & CRAFTS

### Arts

#### Acrylic Painting Techniques

Ages 14 & Up: Discover a step-by-step approach that makes acrylics resemble the lush look of oils. Bring several pictures of what you would like to paint. For supply list contact Margaret at 301-318-8319. \$8 material fee due at first session. All ability levels welcome.

**6 Sessions \$108**

Instructor: Margaret Deskin

51751 Bauer Drive CRC 6/30 Sa 10:30am-12:30pm

#### Advanced Right Brained Drawing

Ages 12 & Up: Build on your knowledge and skills in drawing, and explore new techniques in pencil, colored pencil or watercolor. For students with drawing experience.

**6 Sessions \$105**

Instructor: Yolanda Prinsloo

51765 Potomac CRC 6/25 M 7:15pm-9:00pm

#### Beginner Right Brained Drawing

Ages 12 & Up: Unhinge preconceptions and draw what you see. Sharpen your powers of observation with a variety of exercises and see what you can create. Bring drawing paper, pencils (HB, B1, B4), ruler, erasers or \$25 material fee to first session.

**6 Sessions \$105**

Instructor: Yolanda Prinsloo

51766 Potomac CRC 6/25 M 5:15pm-7:00pm

### Crafts

#### It's a Stitch

Ages 18 & Up: Craft projects and garments as you learn sewing terms, pattern layout, cutting out fabric, hemming, making a slit and measuring. Sewing machines will be available or you can bring your own. Supply list will be on your receipt. \$10 material fee due at first session. All ability levels welcome.

**2 Sessions \$65**

Instructor: Nora Elias

51724 Holiday Park SC 6/29 F 10:30am-1:30pm

51726 Holiday Park SC 7/20 F 10:30am-1:30pm

**6 Sessions \$125**

Instructor: Nora Elias

51719 Bauer Drive CRC 6/30 Sa 1:30pm-3:30pm

51720 Lawton CRC 6/28 Th 10:30am-12:30pm

### Fine Arts

#### Draw in a Day with Kritt Workshop

Ages 18 & Up: Learn how to draw buildings, people, pets, and landscapes in one day. Call 301-989-1799 for a supply list.

**1 Session \$50**

Instructor: Penny Kritt

51759 Kritt Studio 7/10 T 10:00am-3:00pm

51760 Kritt Studio 7/14 Sa 10:00am-3:00pm

#### Entering Art Shows with Kritt Workshop

Ages 18 & Up: Learn from an art show judge what will increase your odds get in and winning art shows. Learn composition, framing and what judges look for. For experienced artists and those who are building their career.

**1 Session \$30**

Instructor: Penny Kritt

51761 Kritt Studio 6/26 T 1:00pm-4:00pm

#### Mix the Perfect Color with Kritt Workshop

Ages 18 & Up: Learn a few simple rules to get the precise color you want. Don't settle for close enough. Buy fewer colors and get better results. \$5 material fee due at first session.

**1 Session \$50**

Instructor: Penny Kritt

51757 Kritt Studio 7/17 T 10:00am-3:00pm

51758 Kritt Studio 7/28 Sa 10:00am-3:00pm

#### Oil or Acrylic Painting - Open Studio

Ages 18 & Up: Students can paint with oil or acrylics. Instructor available for demonstrations and assistance. All levels.

**6 Sessions \$84**

Instructor: Doris Haskell

51749 Lawton CRC 6/25 M 2:00pm-4:00pm

51750 Lawton CRC 7/3 T 2:00pm-4:00pm

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## Photography

### Beginning Photography Workshop

Ages 16 & Up: Learn the basics of photography including basic camera operation, composition, lighting, and digital workflow and storage. This class will take you from pressing and hoping to creating and enjoying.

#### 1 Session \$45

Instructor: Freed Photography

51895 Freed Studio 7/9 M 10:00am-12:00pm

51896 Freed Studio 7/16 M 6:00pm-8:00pm

### Intermediate Photography Workshop

Ages 18 & Up: Learn how to use natural light and flash outdoors, off camera flash, lighting, studio posing, and create images that have impact. For intermediate to advanced photographers.

#### 1 Session \$75

Instructor: Freed Photography

51897 Freed Studio 6/27 W 9:00am-12:00pm

51898 Freed Studio 7/31 T 6:00pm-9:00pm

## Pottery

### Handcrafted Pottery

Ages 17 & Up: Develop techniques for hand building pieces of functional and decorative pottery. Practice techniques on the potter's wheel, including centering, and learn about clay, drying, firing and glazing. Bring clay tools and an old towel. Material fee due at first session.

#### 4 Sessions \$100

Instructor: Valerie Haber

51800 N Potomac CRC 6/27 W 6:00pm-9:00pm

51801 N. Potomac CRC 6/29 F 10:00am-1:00pm

### Handcrafted Pottery Open Studio

Ages 16 & Up: Experienced potters can practice hand building, wheel throwing, decorating and glazing techniques. Instructor available for demonstration and assistance. Material fee due at first session. Intermediate and advanced levels.

#### 4 Sessions \$100

Instructor: Valerie Haber

51802 N. Potomac CRC 6/25 M 6:00pm-9:00pm

## Pottery at Sligo

Ages 16 & Up: Explore hand building, wheel-throwing and glazing techniques by using mid-range stoneware (cone 6) with the instructor's guidance. A fully equipped studio affords you the opportunity to work toward your own creative goals. All artists have access to a potter's wheel. \$10 material fee due at first session. All ability levels welcome.

#### 4 Sessions \$96

Instructor: Angela M. Schreiber

51691 Sligo Creek ES 7/5 Th 9:30am-12:30p

51692 Sligo Creek ES 7/5 Th 7:00pm-10:00p

#### 4 Sessions \$96

Instructor: Margaret Dickerson

51687 Sligo Creek ES 7/9 M 7:00pm-10:00p

#### 5 Sessions \$120

Instructor: Angela M. Schreiber

51695 Sligo Creek ES 8/2 Th 9:30am-12:30p

51698 Sligo Creek ES 8/2 Th 7:00pm-10:00p

## YOUTH DANCE

### Ballet

#### Ballet

Ages 5-10: Young dancers get an introduction to basic ballet movements and terminology. This class is perfect for the dancer that needs fundamental introductory training. Beginner level.

#### 6 Sessions \$60

Instructor: Grace Oleson

51736 Coffield CRC 6/25 M 4:30pm-5:15pm

51737 N. Potomac CRC 7/3 T 4:30pm-5:15pm

51738 Germantown CRC 6/27 W 4:30pm-5:15pm

51739 Arcola ES 6/28 Th 5:15pm-6:00pm

### Jazzmatazz Pre Ballet

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

#### 6 Sessions \$60

Instructor: Betsy Saunders

51699 Long Branch CRC 6/30 Sa 11:15am-12:15pm



DANCE





# DANCE

## ADULT DANCE

### Ballet

#### Ballet for Adults

Ages 16 & Up: It's never too late to learn to dance, while improving posture and flexibility in a social atmosphere. Students will focus on developing a basic understanding of the foundations of ballet with exercises at the barre, in the center of the floor and moving across the floor. Clothing should be loose and comfortable, no denim. Bare feet or flat ballet shoes recommended. For more information contact Robyn at [info@rldancecompany.com](mailto:info@rldancecompany.com).

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

Instructor: Robyn Lindsey  
51727 Potomac CRC 6/28 Th 7:30pm-8:30pm

### General Dance

#### Ballroom I (Couples)

Ages 16 & Up: Start your ballroom dance instruction with the basics. 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. Beginner level.

**6 Sessions** **\$63**

Instructor: Thomas P. Woll  
51771 Holiday Park SC 6/28 Th 7:00pm-8:00pm

#### Ballroom II (Couples)

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

**6 Sessions** **\$63**

Instructor: Thomas P. Woll  
51772 Holiday Park SC 6/28 Th 8:00pm-9:00pm

#### Ballroom III (Couples)

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

**6 Sessions** **\$63**

Instructor: Thomas P. Woll  
51774 Coffield CRC 6/26 T 7:45pm-8:45pm

#### Ballroom IV (Couples)

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

**6 Sessions** **\$63**

Instructor: Thomas P. Woll  
51773 Holiday Park SC 6/28 Th 9:00pm-10:00pm

## 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 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](mailto:diamonddancecircle@comcast.net).

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

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.





## Urban Line Dance

Ages 17 & Up: This class introduces you to the basic patterns and steps for line dancing by a certified line dancing instructor. Start with beginner-level step patterns and gradually progress to intermediate dances with slightly more complex patterns. For more information contact Peytrienne at 301-379-5937. Beginner level.

### 6 Sessions

**\$50**

Instructor: Peytrienne McCormick

51674 Holiday Park SC 7/3 T 6:00pm-7:00pm

## Youth Music

### General Music

#### Learn Now Music: The Violinist Within

Ages 5-12: Students learn musical symbols and violin basics, including exercises, holding the bow and finding the balance point. Instrument rental and materials included in price. For more information contact Shelly Suarez at 1-800-399-6414 or CustomerService@LearnNowMusic.com.

### 6 Sessions

**\$150**

Instructor: Learn Now Music

51796 Longwood CRC 6/30 Sa 11:00am-12:00pm

### Guitar

#### Learn Now Music: Heros of Guitar

Ages 5-12: Be a hero on a guitar by learning to read musical symbols, play basic chords and even play some well-known songs. Instrument rental and materials included in price. For questions contact Shelly Suarez at 1-800-399-6414 or CustomerService@LearnNowMusic.com.

### 6 Sessions

**\$150**

Instructor: Learn Now Music

51793 Bauer Drive CRC 6/27 W 7:00pm-8:00pm

51795 Mid County CRC 6/25 M 6:30pm-7:30pm

## Piano

#### Exploring Music and Piano Level I A

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. [MM7] Digital pianos are provided in class. Adult participation is required, and children should have access to piano for practice outside of class. \$15 material fee due at first session.

### 10 Sessions

**\$250**

Instructor: Geiza Dourado Carvalho

51730 Norwood LP 6/25 M,Th 5:30pm-6:30pm

#### Learn Now Music: KeyZ to Piano

Ages 5-12: Children learn basic piano layout, technique, note names, fingerings and more in this introductory piano class. For more information contact Learn Now Music at 1-800-399-6414 or CustomerService@LearnNowMusic.com.

### 6 Sessions

**\$150**

Instructor: Learn Now Music

51794 Bauer Drive CRC 6/27 W 7:00pm-8:00pm

### Four Ways to Register

#### 1. ONLINE

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

#### 2. BY MAIL

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

#### 3. VIA FAX

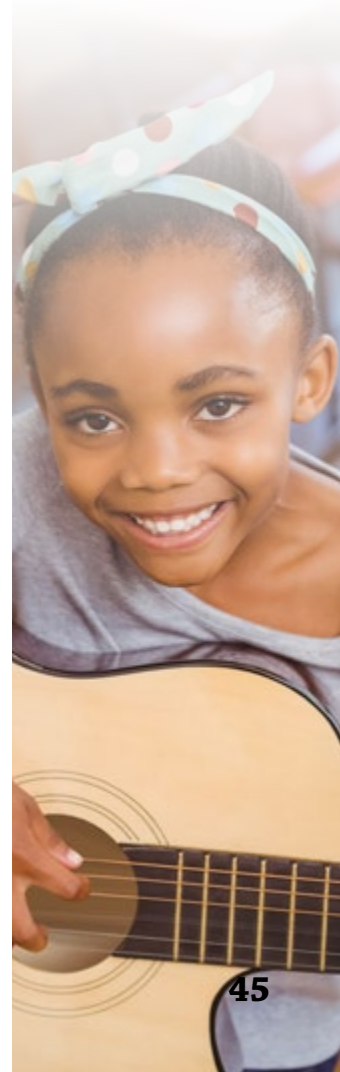
If paying by credit card, you may fax your completed, signed registration form to 240-777-6818.

#### 4. IN PERSON

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



MUSIC





## EXERCISE, FITNESS & WELLNESS

### Aerobic Dance

#### Dance & Fitness

Ages 18 & Up: A complete aerobic workout for men and women who love music and movement. This class includes flexibility and leg routines, weights, abdominal work and cool down stretch. Wear supportive athletic shoes and bring a mat or blanket for floor work. Hand weights are optional. For more information contact [dancenfitness05@gmail.com](mailto:dancenfitness05@gmail.com).

**12 Sessions** **\$88**

Instructor: Jinjer Azuree  
51725 Lawton CRC 6/25 M,W 6:00pm-7:00pm

#### Dance Fit Zumba

Ages 16 & Up: Combine mesmerizing Latin rhythms with easy-to-follow moves in an invigorating, calorie-burning, body-energizing program. For more information contact Melissa Moreira at 301-318-9379 or [myzumba.n.u@gmail.com](mailto:myzumba.n.u@gmail.com). Beginner and intermediate levels.

**6 Sessions** **\$45**

Instructor: Dance Fit  
51835 Praisner CRC 6/27 W 6:00pm-7:00pm  
51836 Germantown CRC 7/3 T 7:15pm-8:15pm  
51837 Germantown CRC 6/28 Th 7:15pm-8:15pm  
51838 Praisner CRC 6/25 M 6:00pm-7:00pm  
51839 N. Potomac CRC 6/30 Sa 10:00am-11:00am  
51840 N. Potomac CRC 6/25 M 7:00pm-8:00pm

#### Hip-Hop Dance Fitness

Ages 18 & Up: Get a full body workout while dancing to hip-hop styles and beats, including the latest hits and classic tunes. This high-energy environment empowers participants to move to their own rhythm. For more information contact Brandi at 301-613-2039 or [brandi.rosser@yahoo.com](mailto:brandi.rosser@yahoo.com). No dance experience is required.

**4 Sessions** **\$32**

Instructor: Brandi Rosser  
51713 East County CRC 7/10 T 6:00pm-7:00pm

### Jazzmatazz Aerobics W/Pilates Mat

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

**8 Sessions** **\$61**

Instructor: Betsy Saunders  
51670 Holiday Park SC 6/28 Th 7:15pm-8:15pm  
51671 Holiday Park SC 6/26 T 7:15pm-8:15pm

### Jazzmatazz Low-Impact Aerobics

Ages 18 & 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** **\$45**

Instructor: Betsy Saunders  
51624 Bauer Drive CRC 7/3 T 9:30am-10:30am

**7 Sessions** **\$53**

Instructor: Betsy Saunders  
51625 Bauer Drive CRC 6/28 Th 9:30am-10:30am

### Zumba Fitness

Ages 16 & Up: Ditch the typical work out and join the Latin dance fitness phenomenon sweeping the nation. Zumba is an explosively fun and addictive fitness dance party combining Caribbean, hip-hop and Latin beats that move your hips.

**7 Sessions** **\$53**

Instructor: Michelle Johnson-Lancaster  
51799 Mid County CRC 6/27 W 6:15pm-7:15pm  
51798 Bauer Drive CRC 6/30 Sa 9:00am-10:00am

**8 Sessions** **\$60**

Instructor: Michelle Johnson-Lancaster  
51797 Mid County CRC 6/25 M 6:15pm-7:15pm

EXERCISE, FITNESS  
& WELLNESS





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

*-customer survey*

## Aerobic Exercise

### Dynaerobics

Ages 18 & Up: This vigorous and challenging conditioning program combines cardio, core and resistance exercises for a safe, total-body workout. Class includes an energizing warmup, a choreographed aerobics workout and a relaxing cool down. The last 30 minutes of class gives special attention to the arms, abdominals, hips, thighs and gluteal muscles, including strength and toning exercises with resistance bands. Bring a mat. Hand weights are optional. Resistance bands are provided. For more information contact Gina at Gina.bodysculpt@gmail.com.

**13 Sessions** **\$98**

Instructor: Gina Dols

51841 Bauer Drive CRC 6/28 T,Th 6:00pm-7:00pm

### HoopIt Fit!

Ages 16 & Up: Put a new spin on your workout with a specially designed hula hoop. This class combines hoop skills with low-impact cardio, body sculpting and stretching for a workout that's a lot of fun. Hoops are provided or bring your own. Bring a yoga mat. For more information contact jeanne@jfitclub.com or visit www.jfitclub.com.

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

Instructor: Jeanne Lieder

51717 Bauer Drive CRC 6/25 M 7:30pm-8:30pm

### Movin' with Millie' Aerobics

Ages 18 & Up: Set to positive, upbeat music, this class is a unique exercise experience beginning with a total body warmup, aerobic conditioning for cardiovascular fitness and floor exercise for toning hips, thighs, abdominals and glutes. Bring a mat, exercise bands and hand weights. For more information contact Millie at 301-588-3577 or email at millietrimble3@gmail.com.

**6 Sessions** **\$48**

Instructor: Mildred Trimble

51712 Pilgrim Hills LP 6/22 F 9:30am-10:45am

## Meditation

### Introduction to Mindfulness Meditation

Ages 18 & Up: Cultivate a greater awareness of the unity of mind and body. Mindfulness meditation helps practitioners stop worrying about forces not under their control, using mindfulness techniques including a full-body scan, seated meditation, walking meditation and eating meditation. For more information contact Jerry at 301-540-8091 or mongo2@usa.net.

**1 Session** **\$46**

Instructor: Jerry Hartman

51696 Potomac CRC 7/21 Sa 10:00am-2:00pm

### Using Mindfulness to Increase Happiness

Ages 18 & Up: Mindfulness meditation provides tools to create a lasting happiness that doesn't rely on outside conditions. Students will explore how clinging to our attitudes and possessions create dissatisfaction, and how loving kindness, generosity and gratitude can help change your outlook on life. For more information contact Jerry at 301-540-8091 or mongo2@usa.net.

**1 Session** **\$46**

Instructor: Jerry Hartman

51697 Germantown CRC 7/28 Sa 10:00am-2:00pm

## Pilates

### PiYo

Ages 18 & Up: Experience a high-energy, low-impact workout that burns calories and sculpts and defines your whole body. If you like the benefits of Yoga and Pilates, and also like to move, then you will love PiYo. PiYo speeds everything up, including your results. Bring a yoga mat. For more information contact jeanne@jfitclub.com or visit www.jfitclub.com.

**4 Sessions** **\$40**

Instructor: Jeanne Lieder

51718 Bauer Drive CRC 7/18 W 6:00pm-7:00pm



EXERCISE, FITNESS  
& WELLNESS





# EXERCISE, FITNESS & WELLNESS

## Strength Training

### Category 4 Fitness Boot Camp

Ages 18 & Up: Instructed by an ISSA-certified fitness trainer, this 60-minute program incorporates cardio, resistance and core training. This class utilizes a specific interval training system broken down into segments of 30 seconds to 1 minute that challenge all fitness levels. For more information or contact Tommy at [tomwitz77@gmail.com](mailto:tomwitz77@gmail.com) or 301-333-4196 or visit us on Facebook at Category 4 Fitness Bootcamp.

**7 Sessions \$57**

Instructor: Thomas Witz

51707 Germantown CRC 6/25 M 7:30pm-8:30pm

51708 Germantown CRC 6/27 W 7:30pm-8:30pm

### Definition Body Sculpting

Ages 18 & Up: Gain body strength, flexibility and endurance using free weights, and learn proper form for weight-bearing exercises. Start with a 5-minute body warmup, followed by 40 minutes of strength training, 5 minutes of abdominal work and a 10-minute stretching and yoga cooldown. Instructor is ACE and CPR certified. Bring a mat or towel and light hand weights. For more information contact Juliet Rodman at 301-229-7555 or [Juliet@wellnesscorporatesolutions.com](mailto:Juliet@wellnesscorporatesolutions.com).

**12 Sessions \$99**

Instructor: Juliet Rodman

51728 Clara Barton NRC 7/3 T,Th 9:00am-10:00am

### Dynaerobics AND Body Sculpting

Ages 18 & Up: This program is perfect for cross trainers. Class includes an energizing warmup, a choreographed aerobics workout and a relaxing cool down. The last 45 minutes of class gives special attention to the arms, abdominals, hips, thighs and gluteal muscles, including strength and toning exercises with resistance bands. Bring a mat. Hand weights are optional. Resistance bands are provided.

**6 Sessions \$45**

Instructor: Regina Gaither

51842 Bauer Drive CRC 6/30 Sa 10:15am-11:30am

## More Convenient

### Customer Service Hours

Our new hours are:

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

Monday-Friday

At our Administrative Headquarters located at:

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

### Dynaerobics Body Sculpting

Ages 18 & Up: This class provides a serious workout to firm all major muscle groups, giving special attention to the arms, abdominals, hips, thighs and gluteal muscles. Class includes strength and toning exercises with resistance bands and a relaxing cool-down stretch. Bring a mat. Hand weights are optional. Resistance bands are provided.

**13 Sessions \$98**

Instructor: Gina Dols

51843 Bauer Drive CRC 6/25 M,W 6:15pm-7:15pm

### Fitness Kickboxing

Ages 13 & Up: Are you looking for a fast-paced, kick-butt, calorie-burning, adrenaline-pumping, action-packed workout? This class combines high-energy music with the kicks, punches and strikes of kickboxing for the ultimate conditioning workout. You'll improve muscular definition, cardiovascular fitness, flexibility and the ability to protect yourself. Fee includes a free pair of boxing gloves. For more information contact Kicks Karate at [Lbussard@kickskarate.com](mailto:Lbussard@kickskarate.com)

**5 Sessions \$65**

Instructor: Kicks Karate

51831 Kicks - N. Bethesda 7/7 Sa 8:00am-8:50am

51832 Kicks - Potomac 7/7 Sa 8:00am-8:50am

51833 Kicks - Shady Grove 7/7 Sa 8:00am-8:50am

**10 Sessions \$129**

Instructor: Kicks Karate

51828 Kicks - N. Bethesda 7/2 M,W 7:20pm-8:10pm

51829 Kicks - Potomac 7/2 M,W 6:05pm-6:55pm

51830 Kicks - Shady Grove 7/2 M,W 6:15pm-7:05pm

51834 Kicks - Shady Grove 7/3 T,Th 5:15pm-6:05pm



## Yoga

### Evening Yoga

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

**6 Sessions \$62**

Instructor: Robin Morris  
51675 Wisconsin Pl CRC 6/20 W 6:15pm-7:15pm

### Gentle Yoga

Ages 18 & Up: This class combines warmups, gentle postures and yogic breathing to improve mobility and reduce stress. You will learn the basic principles of body alignment and breath awareness inspired by a meaningful intention and a joyful attitude. The instructor encourages students to listen to their bodies and progress at their own pace. Bring a yoga mat and blanket and wear comfortable clothing. Students must practice with bare feet. For more information contact Irene at Irene54@aol.com. Beginner and continuing levels.

**6 Sessions \$62**

Instructor: Irene Bopp  
51678 Bauer Drive CRC 7/3 T 6:15pm-7:15pm



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# ACT THE WORKOUT

## Three Month Pass

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

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

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

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

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

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

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



## Hatha Yoga and Stress Management Beg/Cont

Ages 18 & Up: Learn to handle the stresses of daily life with breathing exercises that help connect body and mind. Become better acquainted with your body through yoga poses (asanas) that increase flexibility and strength and help keep the body in good alignment. Bring a mat or towel, a belt and a block and wear comfortable clothing. For more information contact Suzana at 301-326-4276 or [suzanacooper@yahoo.com](mailto:suzanacooper@yahoo.com). Beginner and continuing levels.

**7 Sessions \$105**

Instructor: Suzana Cooper  
51714 Lawton CRC 6/22 F 9:45am-11:00am

## Vini Yoga Intermediate

Ages 18 & Up: Learn more about yoga sequences, breathing, and meditation. Previous yoga experience required. Bring a mat or towel and wear comfortable clothing. For more information contact Neva at 240-381-1409 or [neva fusion@gmail.com](mailto:neva fusion@gmail.com). Continuing levels.

**7 Sessions \$85**

Instructor: Neva Ingalls  
51710 Potomac CRC 6/25 M 6:30pm-7:45pm

## Vinyasa Yoga

Ages 18 & Up: Learn relaxation techniques and easygoing movements, coordinated with simple rhythmic breathing and an introduction to meditation. Increase energy, stamina, muscle strength and flexibility while releasing tension. Introduces meditation. Bring a mat or towel and wear comfortable clothing. For more information contact Neva at 240-381-1409 or [neva fusion@gmail.com](mailto:neva fusion@gmail.com). Beginner and continuing levels.

**7 Sessions \$85**

Instructor: Neva Ingalls  
51711 Potomac CRC 6/28 Th 10:15am-11:30am

## Yoga at 50

Ages 50 & Up: Tailored to active individuals in their 50s and up. Learn yoga that stretches muscles, improves circulation and realigns the body. Yoga postures (asanas) and flows (vinyasas) increase strength of muscle and bone, and breathing exercises diminish stress and reconnect body and spirit. Bring a mat or towel, a belt and a block, and wear comfortable clothing. For more information contact Suzana at 301-326-4276 or [suzanacooper@yahoo.com](mailto:suzanacooper@yahoo.com).

**7 Sessions \$105**

Instructor: Suzana Cooper  
51715 Wisconsin Pl CRC 6/23 Sa 9:45am-11:00am



## Yoga Basics

Ages 18 & Up: This class introduces students to yogic principles of body alignment and breathing awareness, inspired by a meaningful intention and a joyful attitude. The instructor emphasizes standing poses and strengthening and stretching the legs, back, and shoulders. Benefits of this practice include improved muscle tone, increased circulation, better concentration, and deeper relaxation. Bring a yoga mat and a yoga blanket and wear comfortable clothing. Students must practice with bare feet. For more information contact Irene Bopp at [Irene54@aol.com](mailto:Irene54@aol.com). Beginner and continuing levels.

**6 Sessions \$62**

Instructor: Irene Bopp  
51679 Mid County CRC 6/27 W 7:30pm-8:30pm  
51680 Bauer Drive CRC 7/3 T 7:30pm-8:30pm

**7 Sessions \$73**

Instructor: Irene Bopp  
51681 Praisner CRC 6/28 Th 10:30am-11:30am  
51682 East County CRC 6/28 Th 7:00pm-8:00pm

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



# MARTIAL ARTS CLASSES

## Aikido

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

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

### All Ages

Instructor: Christopher Rowe  
52183 Ross Boddy CRC 6/25 M 7:00pm-8:30pm

### Intermediate/Advanced

Instructor: William Fairweather  
52183 Ross Boddy CRC 6/20 W 7:00pm-8:30pm

## Classic Vovinam Martial Arts

Ages 8 & Up: Vovinam is a martial art developed by the Vietnamese. Learn defense using your hands, elbows, kicks, throws, escape and leveraging, joint locks, choke holds and submissions. Vovinam techniques are simple, effective, and artistic. Each 90-minute section includes extensive warmups, 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 with partners of different sizes. For more information contact 301-204-3118 or VovinamMD@gmail.com. [MM14]

**15 Sessions** **\$121**

Instructor: Yanni Nguyen  
51847 Plum Gar NRC 6/18 M,W 7:00pm-8:30pm  
51848 Oak View ES 6/19 T 6:00pm-7:30pm  
Sa 2:30pm-4:00pm

## Classic Vovinam Martial Arts - Advanced

Ages 8 & Up: Continue learning defense using your hands, elbows, kicks, throws, escape and leveraging, joint locks, and submissions in the Vovinam martial art style. For more information contact (301) 204-3118 or VovinamMD@gmail.com. Advanced level; instructor permission required.

**15 Sessions** **\$121**

Instructor: Yanni Nguyen  
51849 Oak View ES 6/19 T 7:30pm-9:00pm  
Sa 1:00pm-2:30pm

## Iaido

Ages 18 & Up: Japanese classical martial arts attempt to understand, learn and incorporate the samurai philosophy. Develop inner strength, confidence, self-assurance and physical strength, as well as instinctive reactions and reflexes. Classical martial arts are not a sport, but a way of life. For more information contact bskofmc@gmail.com.

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

Instructor: Salvador Cortes  
51789 Garrett Park ES 6/21 Th 8:05pm-9:00pm

## Karate and Iaido

Ages 10 & Up: Students who already have an introduction to iaido can continue to learn the martial art in this class.

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

Instructor: Salvador Cortes  
51790 Garrett Park ES 6/19 T 8:05pm-9:00pm

## Karate Do and Iaido Beginners

Ages 6-13: Iaido is described as cultivation of patience to keep you from conflict. Increase control of the body and mind. Additional benefits include discipline and respect, balance, patience, fitness and energy. Participants will need to purchase a gi (uniform).

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

Instructor: Salvador Cortes  
51791 Garrett Park ES 6/19 T 7:00pm-7:55pm

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

Instructor: Salvador Cortes  
51792 Garrett Park ES 6/21 Th 7:00pm-7:55pm



# MARTIAL ARTS





# MARTIAL ARTS

## Karate/Jujitsu

Ages 6-13: Learn the physical and psychological aspects of Tang Soo Do-style Korean Karate and Jujitsu. Class offers exercise, drills, lecture and competition with promotional exams available. Beginners attend the 6 p.m. class at Upper County, Bauer, Damascus, Neelsville, Praisner and Germantown locations. Beginners may attend the later time at all other sites.

<b>7 Sessions</b>	<b>\$53</b>
Instructor: TKA Inc.	
51853 Upper County CRC	6/25 M 6:00pm-7:00pm
51854 Longwood CRC	6/25 M 7:00pm-8:00pm
51855 Upper County CRC	6/25 M 7:00pm-8:00pm
51856 Glenallan ES	6/25 M 7:00pm-8:00pm
51857 Germantown CRC	6/19 T 6:00pm-7:00pm
51858 Germantown CRC	6/19 T 7:00pm-8:00pm
51859 Mid County CRC	6/19 T 6:30pm-7:30pm
51860 Damascus CRC	6/20 W 6:00pm-7:00pm
51861 Damascus CRC	6/20 W 7:00pm-8:00pm
51862 Clara Barton NRC	6/20 W 7:00pm-8:00pm
51863 Bauer Drive CRC	6/20 W 6:00pm-7:00pm
51864 Bauer Drive CRC	6/20 W 7:00pm-8:00pm
51865 Potomac CRC	6/20 W 6:00pm-7:00pm
51866 Neelsville MS	6/20 W 6:00pm-7:00pm
51867 Neelsville MS	6/20 W 7:00pm-8:00pm
51868 Potomac CRC	6/20 W 7:00pm-8:00pm
51869 Montgomery Village MS	6/20 W 7:00pm-8:00pm

<b>8 Sessions</b>	<b>\$60</b>
Instructor: TKA Inc.	
51870 Praisner CRC	6/21 Th 6:00pm-7:00pm
51871 Praisner CRC	6/21 Th 7:00pm-8:00pm
51872 Travilah ES	6/21 Th 7:00pm-8:00pm
51873 Bethesda ES	6/21 Th 7:00pm-8:00pm
51908 Rolling Terrace ES	6/21 Th 7:00pm-8:00pm

## Karate/Jujitsu Adult

Ages 13 & Up: Learn the physical and psychological aspects of Tang Soo Do-style Korean Karate and Jujitsu with instructors from Tompkins Karate Association. Class offers exercise, drills, lecture and competition with promotional exams available. Beginner through advanced levels.

<b>7 Sessions</b>	<b>\$63</b>
Instructor: TKA Inc.	
51875 Upper County CRC	6/25 M 8:00pm-9:30pm
51876 Glenallan ES	6/25 M 8:00pm-9:30pm
51877 Damascus CRC	6/20 W 8:00pm-9:30pm
51878 Bauer Drive CRC	6/20 W 8:00pm-9:30pm
51879 Potomac CRC	6/20 W 8:00pm-9:30pm
51880 Montgomery Village MS	6/20 W 8:00pm-9:30pm
51885 Germantown CRC	6/19 T 8:00pm-9:30pm
51886 Mid County CRC	6/19 T 7:30pm-9:00pm

<b>8 Sessions</b>	<b>\$72</b>
Instructor: TKA Inc.	
51881 Bethesda ES	6/21 Th 8:00pm-9:30pm
51882 Praisner CRC	6/21 Th 8:00pm-9:30pm
51883 Travilah ES	6/21 Th 8:00pm-9:30pm
51884 Rolling Terrace ES	6/21 Th 8:00pm-9:30pm

## Karate/Jujitsu Club

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

<b>8 Sessions</b>	<b>\$32</b>
Instructor: TKA Inc.	
51887 Holiday Park SC	6/22 F 7:30pm-8:30pm

## Karate/Jujitsu Club 2

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

<b>8 Sessions</b>	<b>\$40</b>
Instructor: TKA Inc.	
51888 Holiday Park SC	6/22 F 8:30pm-9:30pm

## Little Ninjas

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

<b>5 Sessions</b>	<b>\$65</b>
Instructor: Kicks Karate	
51922 Kicks - Bethesda	7/7 Sa 10:00am-10:40am
51923 Kicks - N. Bethesda	7/7 Sa 10:00am-10:40am
51924 Kicks - Potomac	7/7 Sa 9:30am-10:10am
51925 Kicks - Shady Grove	7/7 Sa 8:55am-9:25am
51926 Kicks - Germantown	7/7 Sa 9:00am-9:30am
52199 Kicks - Silver Spring	7/7 Sa 9:30am-10:10am
51927 Kicks - Clarksburg	7/7 Sa 10:00am-10:40am

<b>10 Sessions</b>	<b>\$129</b>
Instructor: Kicks Karate	
51920 Kicks - Potomac	7/2 M,W 4:20pm-5:00pm
51921 Kicks - Clarksburg	7/3 M,W 5:00pm-5:40pm
51928 Kicks - Shady Grove	7/2 M,W 6:00pm-6:30pm
51929 Kicks - Germantown	7/2 M,W 6:10pm-6:40pm
52198 Kicks - Silver Spring	7/3 T,Th 5:40pm-6:20pm
51918 Kicks - Bethesda	7/3 M,W 6:20pm-7:00pm
51919 Kicks - N. Bethesda	7/3 T,Th 6:20pm-7:00pm
52197 Kicks - Clarksburg	7/3 T,Th 6:20pm-7:00pm



# TINY TOTS

## Ballet

### Kidz Dance

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

#### 6 Sessions \$78

Instructor: Grace Oleson

51450	Coffield CRC	6/25	M	3:30pm-4:15pm
51667	Germantown CRC	6/27	W	3:30pm-4:15pm
51668	Arcola ES	6/28	Th	4:15pm-5:00pm
51669	N. Potomac CRC	7/3	T	3:30pm-4:15pm

## General Dance

### NEW Baby Ballet

Ages 2.5 - 3: Music, movement, balance and basic dance steps are introduced in a fun, friendly and positive manner. This class is for children who are able to participate in class without assistance from a parent. Our teachers will keep the music and curriculum moving along in a way that is fun, positive and appropriate!

#### 6 Sessions \$108

Instructor: Tippi Toes DC

51852	White Oak CRC	6/30	Sa	10:00am-10:45am
51890	N. Potomac CRC	6/28	Th	10:00am-10:45am

### Hippo Hoppo

Ages 3-5: This class is perfect for introducing your little one to hip-hop. Using games and music, the class focuses on rhythm, musicality and basic footwork. We only use age-appropriate music and hip-hop dance moves to create a love for dance. No dance experience is necessary.

#### 5 Sessions \$50

Instructor: Robyn Lindsey

51732	White Oak CRC	6/30	Sa	10:15am-11:00am
51733	Germantown CRC	6/30	Sa	12:00pm-12:45pm
51731	Potomac CRC	7/1	S	10:00am-10:45am
51735	N. Potomac CRC	7/1	S	12:15pm-1:00pm

### Jazzmatazz Preschool Dance

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

#### 6 Sessions \$60

Instructor: Betsy Saunders

51686 Long Branch CRC 6/30 Sa 10:15am-11:00am

### NEW Tippi Jam (Ballet, Tap, Jazz)

Ages 2.5 - 3: Join Tippi Toes® for a positive, upbeat dance class based on original, imaginative, and fun music. Dancers will be in a constant state of motion while they shadow the instructor's dance choreography and practice specific steps across the floor.

#### 6 Sessions \$108

Instructor: Tippi Toes DC

51889	White Oak CRC	6/30	Sa	11:00am-11:45am
51892	N. Potomac CRC	6/28	Th	11:00am-11:45am

### NEW Toddler and Me Dance

Ages 1.5-3: Music, movement, balance and basic dance steps are introduced in a fun, friendly and positive manner. This class includes a parent or loved one participating in the class along with the little dancer. Our teachers will keep the music and curriculum moving along while parents take an active role in encouraging, supporting and keeping the little dancer on track.

#### 6 Sessions \$108

Instructor: Tippi Toes DC

51851	White Oak CRC	6/30	Sa	9:15am-9:45am
51891	N. Potomac CRC	6/28	Th	9:15am-9:45am

## General Music

### Discovering Music for Toddlers

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

#### 5 Sessions \$75

Instructor: Geiza Dourado Carvalho

51740	Lawton CRC	7/3	T	10:15am-11:00am
51742	Veirs Mill LP	6/25	M	10:00am-10:45am
51741	Potomac CRC	6/29	F	10:15am-11:00am



TINY TOTS





# TINY TOTS



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

*-Sarah E.*

## Music Together

Ages 6 & Under: This fun, interactive family music experience includes a variety of musical styles, tonalities and rhythms. Activities include singing, chanting, props, instrument exploration, improvisation and large movement. Adults discover their power as role models for their children by having fun and making music regardless of their musical ability. Participants will receive an award-winning Music Together CD and songbook. For more information contact the instructor at 301-879-6988 or visit [www.musictogethertomontgomery.com](http://www.musictogethertomontgomery.com). \$42 material fee due upon registration.

**6 Sessions \$119**

Instructor: Nancy Nuttle

51722 Mid County CRC 6/23 Sa 10:00am-10:45am

51723 Mid County CRC 6/23 Sa 11:00am-11:45am

## General Sports

### Coach Doug Pre Wee Wanna Be

Ages 1.5-3: Children get a great start in sports while working with their moms, dads or guardians. They will be introduced to agility training with soccer and other age appropriate sports through supervised play sessions. Adult participation required. For more information contact 301-983-2690. \$10 material fee due at first session.

**7 Sessions \$91**

Instructor: Coach Doug Academy

51700 Potomac CRC 6/28 Th 9:30am-10:15am

### Coach Doug Seasonal Sports

Ages 4-7: Join us as we build self-esteem, enhance cooperation and focus on skills and fitness. Each class focuses on a specific sport so children can comfortably develop their interests and abilities. Sports change each session and include agility training, soccer, tee ball, lacrosse and more. Adult participation not required. For more information contact 301-983-2690. \$10 material fee due at first session.

**7 Sessions \$91**

Instructor: Coach Doug Academy

51701 Potomac CRC 6/28 Th 4:15pm-5:00pm

51704 Oakland Terrace ES 6/30 Sa 11:00am-11:45am

## Coach Doug Soccer

Ages 3-6: Learn fundamental soccer skills, soccer rules and playing strategies. By concentrating on soccer, children have a greater opportunity to comfortably develop individual skills in a team environment. Adult participation not required. For more information contact 301-983-2690. \$10 material fee due at first session.

**7 Sessions \$91**

Instructor: Coach Doug Academy

51705 Oakland Terrace ES 6/30 Sa 11:45am-12:30pm

## Coach Doug Wee Wanna Be

Ages 2-5: 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. Each child can participate at his or her own pace. For more information contact 301-983-2690. \$10 material fee due at first session.

**7 Sessions \$91**

Instructor: Coach Doug Academy

51702 Oakland Terrace ES 6/30 Sa 9:30am-10:15am

51703 Oakland Terrace ES 6/30 Sa 10:15am-11:00am

## Hummingbirds Soccer - 3&4 year olds

Ages 3-4: Participants learn the basics of soccer: dribbling, passing, trapping, shooting, defense and positioning. Each session consists of instruction in all aspects of the game, with fun drills and non-competitive games. All coaching will be conducted by Jump Start Sports. Includes team T-shirt and award.

**6 Sessions \$80**

Instructor: Jump Start Sports

50602 Bauer Drive CRC 6/16 Sa 10:00am-11:00am

50606 N. Chevy Chase ES 6/16 Sa 2:00pm-3:00pm

50600 Germantown CRC 6/17 S 1:00pm-2:00pm

## Hummingbirds Soccer - 5&6 year olds

Ages 5-6: Participants learn the basics of soccer: dribbling, passing, trapping, shooting, defense and positioning. Each session consists of instruction in all aspects of the game, with fun drills and non-competitive games. All coaching will be conducted by Jump Start Sports. Includes team T-shirt and award.

**6 Sessions \$80**

Instructor: Jump Start Sports

50624 Germantown CRC 6/17 S 2:00pm-3:00pm

50625 Bauer Drive CRC 6/16 Sa 11:00am-12:00pm

50626 N. Chevy Chase ES 6/16 Sa 3:00pm-4:00pm



## T-Birds T-Ball

Ages 3-4: Players learn the basics of throwing, catching, fielding, batting and base running, and apply what they have learned in non-competitive games. Sessions are one hour long, one day per week. Schedules will be emailed to all participants one week prior to the start of the season. Instruction is conducted by Jump Start Sports. Players receive a Major League Baseball hat, team T-shirt, and baseball medal. Volunteer coaches may also participate in a detailed coaches training program provided by Jump Start Sports.

### 6 Sessions

**\$85**

Instructor: Jump Start Sports

50591	Maplewood-Alta Vista LP	6/16	Sa	9:00am-11:00am
50592	Quince Orchard Valley NP	6/16	Sa	2:30pm-3:30pm
50593	Layhill Village LP	6/17	S	1:30pm-2:30pm

## Karate/Jujitsu

### Tiny Tigers

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

### 5 Sessions

**\$65**

Instructor: Kicks Karate

51807	Kicks - Bethesda	7/7	Sa	9:00am-9:30am
51812	Kicks - Clarksburg	7/7	Sa	9:00am-9:30am
51808	Kicks - N. Bethesda	7/7	Sa	9:00am-9:30am
51809	Kicks - Potomac	7/7	Sa	9:00am-9:30am
52170	Kicks - Silver Spring	7/7	Sa	9:00am-9:30am
51810	Kicks - Shady Grove	7/7	Sa	10:00am-10:30am
51811	Kicks - Germantown	7/7	Sa	10:00am-10:30am

### 10 Sessions

**\$129**

Instructor: Kicks Karate

51813	Kicks - Shady Grove	7/2	M,W	4:00pm-4:30pm
51805	Kicks - Potomac	7/2	M,W	5:40pm-6:10pm
51814	Kicks - Germantown	7/2	M,W	5:40pm-6:10pm
52170	Kicks - Silver Spring	7/3	T,Th	5:10pm-5:40pm
51803	Kicks - Bethesda	7/3	T,Th	5:20pm-5:50pm
51806	Kicks - Clarksburg	7/3	T,Th	5:20pm-5:50pm
51804	Kicks - N. Bethesda	7/3	T,Th	5:50pm-6:30pm

## When Is the Guide Available?



**Summer  
2018**

Early May 2018

Registration begins

Mid-May 2018



**Fall  
2018**

Early August 2018

Registration begins

Mid-August 2018



**Winter  
2018/2019**

Early November 2018

Registration begins

Mid-November 2019



**Summer Camps  
2019**

Early January 2019

Registration begins

Mid-January 2019



**Spring  
2019**

Late January 2019

Registration begins

Mid-February 2019

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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



# XCITING XTRAS



## Playtime & Movement for Tots

### Funfit Tots 11mons to 2yr

Ages 11m-2: A high-energy exercise class for children and adults to work out together with songs, stories, parachutes, games, balls, music and more. Students develop motor skills, coordination, socialization and cooperation while reinforcing cognitive development. Child must be walking. Adult participation required. \$5 material fee due at first session.

<b>5 Sessions</b>	<b>\$63</b>
Instructor: Celia Kibler	
51743 Tilden MS	6/30 Sa 9:30am-10:15am
51744 Germantown CRC	6/28 Th 9:45am-10:30am
51745 Potomac CRC	6/27 W 10:00am-10:45am

### Funfit Tots Family Class

Ages 1.5-4: A fun-filled, high-energy activity class that includes games, songs, stories, music, parachute balls and more, providing a great workout for the whole family. Adult participation required. Child must be walking. Class price is per child. \$5 material fee due at first session.

<b>5 Sessions</b>	<b>\$63</b>
Instructor: Celia Kibler	
51747 Germantown CRC	6/25 M 10:30am-11:15am
51748 Potomac CRC	6/27 W 10:45am-11:30am
51746 Tilden MS	6/30 Sa 10:15am-11:00am
52157 Tilden MS	6/30 Sa 11:00am-11:45am

## XCITING XTRAS

### “Sew” Simple Fashion Design

Ages 8-13: The “Sew” Simple Fashion Design workshop proves that fashion never looked so good, and yummy! Learn basic pattern-making, illustration, and stitching techniques, while creating pillows inspired by some of your favorite treats including: candy, donuts, and even pizza!

<b>1 Sessions</b>	<b>\$75</b>
Instructor: Madiana Margao	
51911 N. Potomac CRC	6/30 Sa 12:00pm-2:30pm

### American Girl/Barbie 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.

<b>2 Sessions</b>	<b>\$70</b>
Instructor: Madiana Margao	
51913 Potomac CRC	7/28 Sa 12:00pm-2:30pm

### Customizable Screen-Print Fashion Design

Ages 8-13: This course teaches participants basic fashion construction and artistic techniques, in a fun and inventive manner through screen-printing designs! Participants will demonstrate various printing procedures to produce customized fabric reflecting unique and personalized designs. This material will then be used to produce an item of the participant's choice. In addition, participants will learn all about fashion illustration, pattern-making, sewing methods, fabric selection, and accessorizing, prior to completing your very own garment!

<b>1 Session</b>	<b>\$70</b>
Instructor: Madiana Margao	
51912 Potomac CRC	7/7 Sa 12:30pm-3:00pm

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of possibilities!

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**ActiveMONTGOMERY.org**



## Fashionable Science

Ages 8-13: Fashionable Science allows participants to design and package their own beauty products, through fun experiments! Produce amazing product such as crayon lipsticks, perfume, sparkly eyeshadows and more while participating in this delightful, hands-on workshop. Complete your Fashionable Science product line by designing your own unique packaging. The course will conclude with participants enjoying the uses of their finished products by completing dynamic makeup application!

**1 Sessions \$70**

Instructor: Madiana Margao

51910 N. Potomac CRC 7/14 Sa 12:00pm-2:30pm

## Mommy-and-Me Tutu Party

Ages 5-9: The "Mommy and Me" party is the perfect workshop to spend quality time with your favorite little one! Families will create their own matching tutus, using an array of dazzling fabrics and ribbons. Participants will then complete their matching ensembles, by designing fabulous accessories fit for royalty, including custom crowns and tiaras! Course fee is per family.

**2 Sessions \$100**

Instructor: Madiana Margao

51909 Potomac CRC 7/7 Sa 10:00am-12:00pm

## Komodo Abacus Mental Math

Ages 5-12: The Komodo math program teaches kids how to work math problems by visualizing an abacus. Students learn basic arithmetic, starting with single-digit addition and progressing to more advanced operations such as calculation of square roots. After a few months, students master calculations mentally without external tools.

**4 Sessions \$145**

Instructor: KOMODO USA

51902 Komodo USA 7/28 Sa 10:00am-12:00pm

- Gaithersburg

51903 Komodo USA 7/27 F 5:30pm-7:30pm

- Germantown

## Komodo Advanced Grade Level Math

Ages 5-12: Stop classroom boredom and challenge your young scholar to reach greater heights. Komodo provides a customized training program for each student to succeed in math beyond their grade level. Curriculum is aligned to common core standards and students will have 24/7 access to online practice tests, receive progress reports and get additional help with homework.

**4 Sessions \$121**

Instructor: KOMODO USA

51904 Komodo USA 7/28 Sa 10:30am-12:00pm

- Germantown

51905 Komodo USA 7/25 W 5:30pm-7:00pm

- Gaithersburg

## Komodo Language Arts and Creative Writing

Ages 5-12: The goal of this Komodo 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

51906 Komodo USA 7/28 Sa 12:15pm-1:45pm

- Germantown

51907 Komodo USA 7/26 Th 5:30pm-7:00pm

- Gaithersburg

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

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Call 240-777-6840 for information.

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

Montgomery County Recreation

Contracts

4010 Randolph Road

Silver Spring, MD 20902



EXCITING XTRAS



# The SPORTS *Pages*



## SPORTS

### SPORTS

#### General Sports

##### Badminton Beginner/Advanced Beginner

Ages 9 & Up: Students learn various elements of badminton, including individual skills, body movement, concepts, tactics, strategies, history, rules, court etiquette and athletic psychology. Instructors share competitive techniques of both singles and doubles play. Bring a badminton racquet. \$10 material fee due at first session.

**8 Sessions** **\$72**

Instructor: Yen-Ping Chao

51755 Bauer Drive CRC 7/14 Sa 9:30am-10:30am

##### Badminton Intermediate

Ages 11 & Up: Students continue to learn individual badminton skills, body movement, concepts, tactics, strategies, history, rules, court etiquette, athletic psychology and competitive techniques of singles and doubles play. The first class will be an assessment of the player's levels. The instructor may reassign students to another level if necessary. Bring a badminton racquet. \$25 material fee due at first session. Intermediate level.

**8 Sessions** **\$104**

Instructor: Yen-Ping Chao

51756 Bauer Drive CRC 7/14 Sa 10:30am-12:30pm

##### Badminton Advanced

Ages 12 & Up: This small class emphasizes advanced individual skills, body movement, concepts, tactics, strategies, athletic psychology and competitive techniques of both singles and doubles play. The first class will be an assessment of the player's level. The instructor may reassign students to another level if necessary. Bring a badminton racquet. \$25 material fee due at first session. Advanced level; Prerequisite: Badminton Intermediate.

**8 Sessions** **\$104**

Instructor: Yen-Ping Chao

51754 Bauer Drive CRC 6/23 Sa 12:45pm-1:45pm

#### 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.

Instructor: Gitty Mohebban

**8 Sessions** **\$148**

51762 Great Seneca Creek ES 6/25 M-F 10:00am-12:00pm

**10 Sessions** **\$185**

51763 Great Seneca Creek ES 7/9 M-F 10:00am-12:00pm

#### Introductory Lacrosse

Ages 8-12: Learn fundamentals of lacrosse including passing, catching, spacing, positioning and defense. Players are divided by gender and age to play scrimmages. Checking and poking will not be permitted. All equipment will be provided for use during instructional program. Helmets and shoulder pads will not be used.

**6 Sessions** **\$85**

Instructor: Jump Start Sports

50560 N. Potomac CRC 6/7 Th 6:30pm-7:45pm



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REC ALERT

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## Introductory Volleyball

Ages 8-12: Learn fundamentals of volleyball including serves, sets, spikes, blocks, returns, positioning, and team strategy. Includes team T-shirt.

**6 Sessions** **\$85**

Instructor: Jump Start Sports

50558 Longwood CRC 6/16 Sa 10:00am-11:00am

50559 Damascus CRC 6/16 Sa 12:30pm-1:30pm

## Rookie League Baseball

Ages 5-6: Players will receive instruction in all basics of coach-pitch baseball, and will apply what they have learned in non-competitive games. Players who are not able to hit a pitched ball will be able to use a tee while learning. Sessions are one-hour each week within the timeframe listed.

**6 Sessions** **\$85**

Instructor: Jump Start Sports

50594 Maplewood-Vista LP 6/16 Sa 11:00am-1:00pm

50595 Quince Orchard Valley NP 6/16 Sa 3:30pm-4:30pm

50596 Layhill Village LP 6/17 S 2:30pm-3:30pm



# SPORTS

## Adult Basketball Leagues

Recreational adult basketball leagues are offered in the spring, summer, fall and winter. Our leagues take pride in offering a recreation environment at multiple levels of play. All leagues are team registration, but individuals looking for a team are encouraged to register online as a free agent. For more information, please visit [www.montgomerycountymd.gov/rec/thingstodo/sports/bball.html](http://www.montgomerycountymd.gov/rec/thingstodo/sports/bball.html).

### Adult Summer Basketball Leagues

Activity No.	League	Location	Start Date	Day	Games	Fee
47553	Men's Basketball League	Bauer Drive CRC	6/24	Su	8	\$645
47558	Men's Sunday Basketball	Coffield CRC	6/24	Su	8	\$645
47569	Men's Wednesday Basketball	WJHS	6/20	W	8	\$645

## Fall Softball Leagues

Recreational adult softball leagues are offered in the spring and fall. Our leagues take pride in offering a recreation environment at multiple levels of play. All leagues are team registration, but individuals looking for a team are encouraged to register online as a free agent. For more information, please visit [www.montgomerycountymd.gov/rec/thingstodo/sports/softball.html](http://www.montgomerycountymd.gov/rec/thingstodo/sports/softball.html).

### Men's Softball Leagues

Activity No.	Division/Level	Field	Start Date	Day	Regional Field Games	Fee
48370	Men's C/D & D	CJ	9/4	Tu	12	\$785/\$800
48389	Men's C/D & D	OM	9/5	W	12	\$785/\$800
48388	Men's C C/D & D	OM	9/6	Th	12	\$785/\$800
48387	Men's D	CJ	9/6	Th	12	\$785/\$800
48386	Men's C/D & D	CJ	9/9	Sun	12	\$785/\$800





## Fall Softball Leagues Continued...

CoRec Softball Leagues						
Activity No.	Division/Level	Field	Start Date	Day	Regional Field Games	Fee
48379	CoRec Reg DH	CJ, OM	9/10	M	12	\$785/\$800
52026	CoRec Reg Single Games	OM	9/4	Tu	6	\$395/\$410
48382	CoRec Reg DH	CJ	9/5	W	12	\$785/\$800
48380	CoRec Reg DH	RRD	9/6	Th	12	\$785/\$800
48381	CoRec Reg DH	WR	9/6	Th	12	\$785/\$800

### Fields

OM - Olney Manor  
WR - Wheaton Regional  
RRD - Ridge Road Recreational

CJ - Cabin John  
Local Parks - Rockville, Silver Spring, Germantown

### Key

DH - Doubleheader

# SPORTS

## MONTGOMERY COUNTY SUMMER 7V7 SOCCER LEAGUES

REGISTRATION BEGINS MAY 1  
LEAGUE PLAY BEGINS JUNE 18

League	Location	Day	Time	Activity #
Women's 18+	Wheaton Sports Pavillion	Mondays	6-10 p.m.	51716
Co-Rec 18+	Wheaton Sports Pavillion	Wednesdays	6-10 p.m.	51734
Men's 18+	Wheaton Sports Pavillion	Thursdays	6-11 p.m.	51729

**\$45 PER PERSON FOR 8 WEEKS**

REGISTER AT [ACTIVEMONTGOMERY.ORG](http://ACTIVEMONTGOMERY.ORG)  
FOR MORE INFORMATION CONTACT [STEPHANIE.MCKAY@MONTGOMERYCOUNTYMD.GOV](mailto:STEPHANIE.MCKAY@MONTGOMERYCOUNTYMD.GOV).





# 55+ Active Adult Programs

## Summer 2018

Montgomery County Recreation has many ways for independent adults, 55 and over, to stay active. Whether you are working, semi-retired or fully retired, we have opportunities for you to thrive.

- Travel throughout the mid-Atlantic region.
- Health and wellness programs and services.
- Recreation, from Aerobics to Zumba and everything in between.
- Information and referral assistance
- Volunteer opportunities
- Exercise and fitness facilities
- Educational programs to keep you feeling physically and mentally fit.

Many of these programs and activities are provided at low or no cost. In addition to these programs, check out the sections of this guide on aquatic programs, classes, SOAR and Day Trippers. For more information contact the senior center or active adult program location nearest you.



# 55+ PROGRAMS



## OUR MISSION

Montgomery County Recreation's Senior Programs aim to provide inclusive, exceptional recreation and services to active, independent-living residents of Montgomery County, which reflect our uncompromising standards of excellence and dedication to connecting, learning and thriving.

## SENIOR CENTERS

Senior Centers are full-service facilities with a wide range of programs and activities, open five or six days a week. They provide a weekday lunch program, educational seminars, entertainment, fitness and wellness classes and more. Call 240-777-4925 for more information.

### **Damascus Senior Center**

M-F: 9 a.m.-4 p.m.  
9701 Main Street, Damascus  
240-777-6995

### **Holiday Park Senior Center**

M-F: 8:45 a.m.-4 p.m.  
W: 8:45 a.m.-9 p.m.  
3950 Ferrara Drive, Wheaton  
240-777-4999

### **Long Branch Senior Center**

M-F: 9:30 a.m.-2:30 p.m.  
8700 Piney Branch Road, Silver Spring  
240-777-6975

### **Margaret Schweinhaut Senior Center**

M-F: 8:15 a.m.-4 p.m.  
Sat: 9 a.m.-3 p.m.  
1000 Forest Glen Road, Silver Spring  
240-777-8085

### **North Potomac Senior Center\***

M-F: 9 a.m.-3 p.m.  
13850 Travilah Road, Rockville  
240-773-4805

### **White Oak Senior Center**

M-F: 9 a.m.-3 p.m.  
1700 April Lane, Silver Spring  
240-777-6944

\* Meals served M, W, & F

## SENIOR CENTER SHUTTLES

Montgomery County Recreation provides a combination of free, curb-to-curb and fixed-route transportation, Monday to Thursday, to five of our senior centers. Transportation is also provided to three active adult program locations.

For more information contact your local senior center or the senior programs team at 240-777-4925.





## Damascus Senior Center

240-777-6995

The Damascus Senior Center provides a variety of programs, classes and services, with a special emphasis on social activities and health and wellness programs. 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 8, noon**

Chef Suzie will provide a delicious meal, perfect for the start of summer.

The menu will be available at the reception desk one month before the event. Call the Damascus Senior Center for reservations. Lunch is \$7 for ages 55-59, donations requested for ages 60+.

### First Fruits Gospel Blue Grass Band

**Friday, June 8, 1 p.m.**

The band will play your favorite tunes! Admission is free.

### Senorita Sunshine's USO Show

**Thursday, June 21, 1 p.m.**

Senorita Sunshine brings you a fun variety show with surprise and intrigue at every turn. Admission is free.

### Intergenerational Ice Cream Social

**Thursday, August 9, 1 p.m.**

Bring your grandchildren for some ice cream and fun. Sponsored by the Damascus Senior Center Sponsors, Inc.

### Montgomery County Fair - Senior Citizen's Day

**Tuesday, August 14, 10 a.m.-2 p.m.**

An annual tradition! Join us for some fun at the fairgrounds. Admission is free.

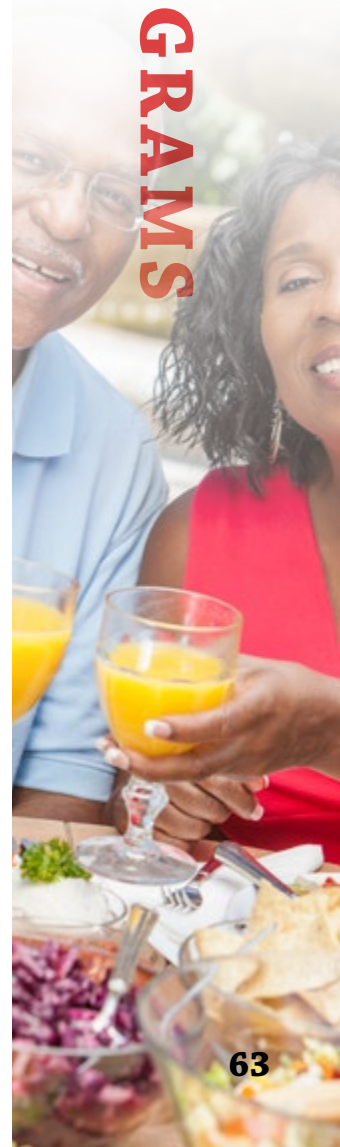
### Annual Luau with Senorita Sunshine

**Friday, August 31, noon, Entertainment at 1 p.m.**

Enjoy the food and fun of a Hawaiian celebration and the tradition of an Hawaiian luau as performers dance and sing for your viewing pleasure. The menu, prepared by Chef Suzie, will be available at the reception desk one month before the event. Call the Damascus Senior Center for reservations. Lunch is \$7 for ages 55-59, donations requested for ages 60+.



**55+ PROGRAMS**





## Holiday Park Senior Center

240-777-4999

Holiday Park welcomes adults 55+ for a variety of social, fitness, educational and enrichment programs. Sample classes include yoga, Zumba, ballroom dance, Tai Chi, digital photography and Spanish. Learn more about our programs at [www.holidaypark.us](http://www.holidaypark.us). 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 501(c)(3) non-profit 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.

### Daytime Highlights

- **Presentation of the Audubon Naturalist Society by Gerald Schneider, Ph.D**  
Monday, May 21, 1-2 p.m.
- **Linda Kenyon: One Act Play of Babe Dickinson**  
Wednesday, May 30, 1-2 p.m.
- **Amelia Ensemble: Flute and Harp with Amy Thomas**  
Thursday, May 31, 1-2 p.m.
- **Spy Story Series about World War II by B. N. Hebbard, Ph.D., Department of Religion, The George Washington University**  
Monday, June 4, 1-2 p.m.
- **Belly Dance Performance by Asala**  
Wednesday, June 20, 1-2 p.m.

### Special Events

- **World Elder Abuse Awareness Day, Senior Safety Forum**  
Thursday, June 14, 10 a.m.-1 p.m.  
Sponsored by Montgomery County Police Department, State's Attorney's Office, Department of Health and Human Services, Fire and Rescue Service, the Office of the County Attorney and the Department of Recreation. Guest speakers, informational seminars and more.
- **Hidden Treasures Appraisal with Paradigm Experts**  
Tuesday, July 10, 1-2 p.m.  
Bring antique and estate jewelry, coins, silver, timepieces, ceramics, artwork, glass, etc. Have your treasure appraised by experts.
- **I Pay What? Lecture with Larrisa Johnson**  
Wednesday, July 11, 1-2 p.m.  
When it comes to your utility bill, you may be spending more than you want to. Larrisa Johnson will show you ways to save energy and money in your home.
- **Senior Planet Montgomery Workshop on Drones with Allison Adams**  
Thursday, August 23, 1-2 p.m.  
This lecture will cover the basics about drones: what they are, who uses them and why.

### Dance Club

**Friday, 1-3 p.m.**

Almost every Friday, enjoy live performances and great music. Meet new friends, create new memories, and then foxtrot, rumba or swing into your weekend. Check our newsletter for specific dates.

### Wednesday Evening Highlights

Holiday Park is open until 9 p.m. on Wednesdays.

- **Holiday Park Oscar Party with Mike Surratt**  
May 23, 5:30-8:30 p.m.  
Come join the party. Take a walk on the red carpet. Stop by the photo booth for a souvenir picture and then join us for dinner. Dance the night away to the rhythms of Mike Surratt. Pre-registration is required, sign in sheet available at the reception desk from April 4 to May 16 at 4 p.m. Cost: \$10. Dinner: 5:30 - 6:30 p.m.; dance: 6:30 - 8:30 p.m.
- **Crab Cake Fest with Tim Amann**  
June 20, 6:30 p.m.  
This will be an evening to remember, as Holiday Park presents its first ever Crab Cake Fest. Partake in a delightful crab cake dinner while enjoying music by Tim Amann. Registration is required, sign in sheet available at the reception desk from May 2 to June 13 at 4 p.m. Cost: \$15.
- **Live Performance by Ronald C. Emrit and the Steel Pan Jam**  
July 18, 6:30 p.m.  
Engage in a lively discussion and enjoy Ronald Emrit's tunes on his steel pan.
- **End of Summer BBQ**  
August 29, 5:30-8:30 p.m.  
Great BBQ, great music and a fun-filled evening at the park. Registration is required. Information on the menu, fees and registration will be available at the reception desk starting July 5.

55+ PROGRAMS



## Wednesday Lectures and Presentations (Cont.)

- **How NASA's Earth-Observing Satellites Work to Inform Us with Kasha Patel**  
**May 30, 6:30 p.m.**  
Kasha Patel is a science writer at the Earth Science Dept., at NASA's Goddard Space Flight Center. She will explain how NASA makes observations on Earth and some unique applications of NASA Data.
- **Science, Communication and Climate Change with Raghu Murtugudde Ph.D., Department of Atmospheric and Oceanic Science, University of Maryland**  
**June 13, 6:30 p.m.**  
Communication about global warming tends to focus on problems rather than solutions. Learn the science, the communication and reasons for climate change from an expert.

## ¡Bienvenidos a la Esquina Latina!

**Martes** Clases de tejido en telares de 10:30 a 11:30 a.m.  
Conversación en Inglés de 11 a.m.-mediodía

**Martes y Jueves** Artes manualidades de 10:30 a.m.-mediodía

**Jueves** Clases de ESOL a las 10:30 a.m.

Preguntas o sugerencias - comuníquese con Maria Mercedes al 240-777-4965.

- **Wedding Traditions of Sri Lanka**  
**August 8, 6:30 p.m.**  
Explore the traditions of wedding practices in this diverse culture.



## 55+ Bone Builders

Bone Builders is a free, volunteer-led exercise program brought to you by the Montgomery County Departments of Recreation and Health and Human Services, and the RSVP Volunteer Program. One-hour classes twice per week are designed to increase bone density. Participants lift ankle weights and hand weights and participate in warm-ups, cool-downs and balance exercises.

Bone Builders has a strict attendance policy. Participants may register for only one class and must consistently attend twice per week to keep their spot.

Interested participants are encouraged to observe a class prior to registering. For more information call 240-777-4925.

Activity #	Location	Start	Days	Times
51994	Clara Barton	18-Jun	M,W	2:00pm-3:00pm
51995	Gwendolyn Coffield	19-Jun	T,Th	9:15am - 10:15am
51997	Germantown	18-Jun	M,Th	1:00pm - 2:00pm
51998	Jane E. Lawton	19-Jun	T,Th	9:15am - 10:15am
51999	Longwood	18-Jun	M,W	11:00am - 12:00pm
52000	Longwood	18-Jun	M,W	11:00am - 12:00pm
52001	Longwood	18-Jun	M,W	2:00pm-3:00pm
52012	Marilyn J. Praisner	18-Jun	M,W	11:00am-12:00pm
52002	Mid-County	19-Jun	T,Th	1:00pm - 2:00pm
52003	Mid-County	19-Jun	T,Th	2:15pm - 3:15pm
52004	North Potomac	19-Jun	T,Th	10:45am-11:45am
52005	North Potomac	19-Jun	T,Th	12:00pm-1:00pm
52006	North Potomac	18-Jun	M,W	11:45am-12:45pm
52007	Plum Gar	19-Jun	T,Th	(T) 11:30am (Th) 1:00pm
52008	Potomac	19-Jun	T,Th	9:00am - 10:00am
52009	Potomac	19-Jun	T,Th	10:00am - 11:00am
52010	Potomac	18-Jun	M,W	11:15am - 12:15pm
52011	Potomac	18-Jun	M,W	3:00pm - 4:00pm
52013	White Oak	19-Jun	T,Th	11:00am-12:00pm
52014	Wisconsin Place	18-Jun	M,Th	10:00am - 11:00am
52015	Wisconsin Place	19-Jun	T,Th	11:15am - 12:15pm



## 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. Look for additional 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, a 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

**Friday, 10 a.m.**

Dr. Hame Watt will lead the class with breathing exercises and slow, gentle movements that improve balance and concentration. All levels of skill and mobility are welcome.

### Independence Day Barbecue

**Thursday, July 5, noon**

Sing patriotic songs with piano accompaniment. Join us for barbecued burgers and hot dogs, veggies, chips, beverages and dessert. Cost: \$2.

### Zumba Gold

**Thursday, noon**

Dance to the music and get a great workout at the same time. Pay as you go at the reception desk on the second floor. All abilities welcome. Cost: \$1 per class.

### Senior Fit

**Monday and Wednesday, noon**

Patricia Smith teaches this 45-minute class that focuses on increasing strength and muscle endurance while improving balance and flexibility. A doctor's permission form is given out on your first visit.

### Crochet and Knit with Kathy

**Wednesday, 11 a.m.-noon**

Volunteer Kathy Mitchell shares her talents with anyone interested in learning how to crochet or knit. We provide basic needles, hooks and yarn. Beginners or seasoned craftspeople welcome.

## Margaret Schweinhaut Senior Center

240-777-8085

We are a home away from home for many 55+ Montgomery County residents, with dozens of programs a month ranging from ceramics to Zumba Gold. And if you need information about senior benefits or services for those 55+ and over in Montgomery County, the center's friendly staff can point you in the right direction. For more information visit our website at <http://montgomerycountymd.gov/rec/where/seniors/margaret.html> or sign up for our e-subscription service at <http://www.montgomerycountymd.gov/mcg/esubscribe.html>. Enter your email address and select the Schweinhaut Senior Center Newsletter under the Department of Recreation.

### Maximizing You!

**Thursday, 11 a.m.-noon**

Do something for yourself! Join this enlightening group to discuss issues on aging. Learn to live better, be nicer to yourself and take care of yourself. Facilitated by Edie Mahlmann, LCSW.

### Drum Circle with Stream

**Friday, May 18 and Wednesday, June 13, 1:30-2:30 p.m.**

Join Stream Ohrstrom for our drum circle, a participatory celebration of life through rhythm.

### Getting to Know You: Maryland Elections

**Friday, June 8, 1-2:30 p.m.**

Prepare for the Maryland Primary coming up on June 26, and the General Election on November 6. Learn about local and state issues of concern to every voter, and what is being done to secure YOUR VOTE from hacking.

55+ PROGRAMS



### Notice

The Long Branch Community Center and Senior Center will be closed August 12-26 for cleaning and repairs. Programs will resume Monday, August 27.



## CarFit

**Wednesday, June 13, 9 a.m.-2:30 p.m.**

CarFit is an interactive and educational program that teaches participants how to make their personal vehicles fit them to increase safety and mobility on the road. Space is limited. Registration is required.

## Amelia Earhart – Dreams Take Flight

**Monday, June 18, 1-2 p.m.**

We welcome back Mary Ann Jung as Amelia Earhart. Fly with the amazing aviation pioneer and learn about her other jobs as a nurse, teacher, truck driver and fashion designer. Admission is free.

## Visions of Spring Into Summer: From Monet to van Gogh

**Monday, July 2, 1-2 p.m.**

Revitalize yourself with the visions of spring and summer by the Impressionists and Van Gogh. Explore the banks of the Seine and the surrounding countryside through the eyes of Monet, Renoir, and Sisley. And journey through the blossoming orchards and flowering fields of southern France, captured by the colorful brushstrokes of Vincent van Gogh.

## Annual Independence Day Party

**Tuesday, July 3, noon-2 p.m.**

This patriotic celebration features entertainment by The Good Times Band and an all-American lunch provided by our nutrition program. Registration required by Tuesday, June 26; space limited. Lunch is \$5.72 for ages 55-60, donations requested for ages 60+.

## Technology

### Tech Connect One-on-One Help

**Dates and Times Vary**

Need help with technology? Call or stop by the front desk to make an appointment for one-on-one tech help with our very own Tech Connect expert, Michelle from the Montgomery County Recreation TeenWorks Program. Appointments are 45 minutes.

### Senior Planet Montgomery Explore Tech Series

These lectures introduce popular tech topics and themes by explaining the general purpose of a device or concept, its usefulness, and in some cases important tips and tricks. Each lecture lasts 60-75 minutes. For more information see our newsletter or call our front desk at 240-777-8085. All lectures are from 1-2:30 p.m.

- **Saturday, May 12: Online Travel Sites**
- **Thursday, May 24: Protecting Your Personal Information Online**
- **Thursday, June 7: Facebook**
- **Saturday, June 9: Streaming and Smart TVs**
- **Thursday, June 28: Crowdfunding**
- **Thursday, July 5: Sharing Photos with a Galaxy phone**
- **Saturday, July 14: Facebook**
- **Thursday, July 26: Sharing Photos with an iPhone**
- **Saturday, August 11: Money Matters**
- **Thursday, August 23: YouTube**



**55+ PROGRAMS**

**Yes, we are open  
on Saturdays!**

### Gentle Hand Treatments with Essential Oils with Adrienne Hausman

**Saturday, May 12, noon-1:30 p.m.**

Using a blend of essential oils, you will experience a slow, gentle, rhythmic touch that serves to balance the autonomic nervous system and promote lymphatic drainage while giving your mind and body a rest. Registration is required for a 10-minute appointment.

### Akhmedova Ballet

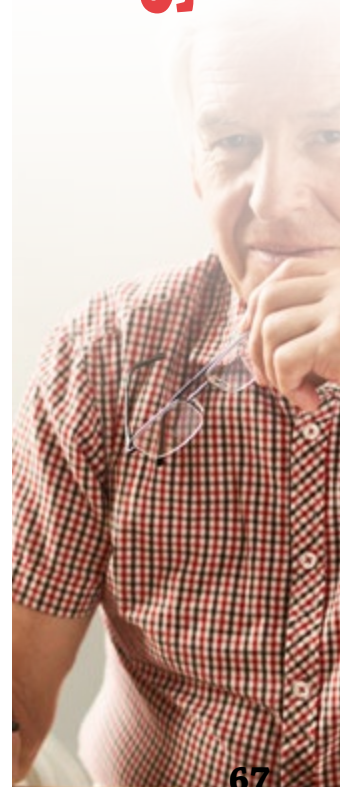
**Saturday, June 2 and Saturday, July 14, 1:30 p.m.**

A live performance by the Professional Training Program students of the award-winning Akhmedova Ballet Academy.

### Intergenerational Stroke Training by Holy Cross Hospital

**Saturday, June 9, 10 a.m.-12:30 p.m.**

Bring your grandkids and share this fun, educational and potentially lifesaving experience. Attendees will learn the signs, symptoms and immediate actions required when someone is having a stroke.





## North Potomac Senior Center

240-773-4805

This fantastic facility, located within the Nancy H. Dacek Community Recreation Center, provides a wide array of classes, programs, services and special events. Stop by the center for a tour. For more information visit our website or call 240-773-4805.

### Photography Club

**Monday, June 18, 1-3 p.m.**

Join us for the Photography Club kick-off. All camera users are welcome, whether you use a smart phones or DSLR. We will begin with an initial planning/information meeting led by a volunteer and meet every two weeks thereafter.

### Jazz on the Terrace

**Friday, June 22, 1-3 p.m.**

Grab a cool drink and a summer treat from our "Billie Holiday Bar" while enjoying some of the best live jazz music around. Listeners and dancers are welcome. This is a great way to spend a lazy, summer afternoon.

### LGBTQ Elders in America with Dr. Imani Woody

**Tuesday, June 26, 11 a.m.-noon**

Back by popular demand. Everyone is welcome to this informative session on diversity and aging in America. Dr. Imani Woody, the area's leading expert on LGBTQ aging, will be on hand to share some insight and facilitate a healthy discussion on ageing gracefully in a not so graceful climate. Space will be limited so be sure to register early.

### Earth Matters

**Tuesday, July 3 and 17, 1-2:30 p.m.**

Join small group discussions on current topics related to our environment such as recycling, simpler living, pesticides, lawn care, healthy eating, wind and solar energy, and more. Only requirement is a desire to know more about Mother Earth.

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.



### Hot Fun in the Summertime

**Friday, July 27, 1-2:30 p.m.**

To commemorate National Hot Dog Day, we will partake in a feast of delicious dogs. Various toppings— some familiar and some not so familiar—will be available for your consuming pleasure. We will also have a red hot game of trivia all about America's cookout favorite.

### Ballroom Dancing Open Practice

**Wednesday, August 1, 8 and 15, 1-3 p.m.**

Edward Yang will provide free ballroom dance lessons. Practice international styles such as waltz, Viennese waltz, tango, pasodoble, quickstep and slow foxtrot; Latin dancing such as cha-cha, rumba and samba; and social dances like swing.

### Intergenerational Rock and Roll Pizza Party

**Friday, August 17, 1-3 p.m.**

Dust off those dancing shoes and get ready to boogie. Playing rhythm and blues music from the 60s, 70s, and your favorite line dancing music. Bring the grandkids, everyone is welcome. Cost is \$2, cash only.

55+ PROGRAMS





# White Oak Senior Center

240-777-6944

White Oak Senior Center aims to provide high-quality, engaging and inspiring programming for 55+ adults. Programs are specifically designed for members 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 youth through our intergenerational programs.

## AARP Driver Safety Course

**Tuesday, May 8, 10 a.m.-3 p.m.**

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. Please arrive by 9:45 a.m. for administrative matters. Maximum class size is 25.

## National Senior Health and Fitness Day Wellness Fair

**Wednesday, May 30, 10 a.m.-1 p.m.**

Over 50 vendors will be present to help you succeed on your way to wellness. We will have stress screenings, skin screenings, body fat analysis, bone density screenings, demonstrations and more.

## White Oak Day

**Saturday, June 2, 11 a.m.-2 p.m.**

Enjoy entertainment, food, games and fun for all ages. This intergenerational event brings the entire community together.

## Senior Games Galore

**Wednesday, June 13, 10 a.m.-noon**

Enjoy a morning of board games, pickleball, volleyball, ring toss, badminton and more. We will have refreshments including popcorn, cotton candy and hot dogs. This will be a day of adventure.

## Where Have You Been?

**Monday, June 18, 1-2 p.m.**

We know that many of our members have traveled to many fascinating places around the world, so this will be an opportunity to share your travel experiences. Light refreshments will be provided.

## Independence Day Celebration

**Tuesday, July 3, noon-1:30 p.m.**

Enjoy a lunch menu of outdoor barbeque food with all the fixings. We will also have entertainment to enjoy while you socialize with your peers. Donations of store bought dessert and bottled water are requested. Cost: \$2.

## Your Kids Have Moved Out So Why Haven't You?

**Tuesday, July 10, 1-2:15 p.m.**

You may be thinking of moving out of your home, but what are the options? What are the differences between active adult communities, CCRC's, assisted living and skilled nursing? Susie Danick, founder of TAD, a professional move management company specializing in senior relocation, will discuss options for senior living and services available to help you and or your family members as they navigate through the aging process. Our focus will be to discuss the different options and support available whether you plan to age in place or are considering making a move.

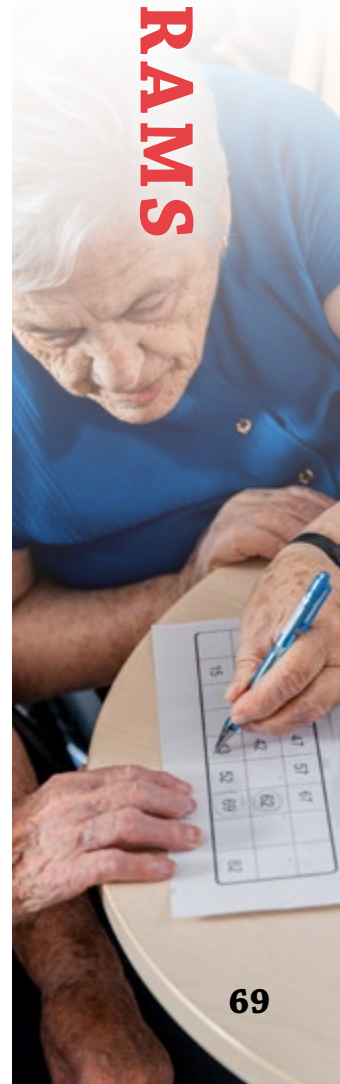
## Super Senior Bingo Lunch Cruise

**Thursday, August 9, 10:30 a.m.-3:30 p.m.**

Join us for a two-hour cruise with an all-you-can-eat buffet on the Spirit of Washington. We cruise from noon to 2 p.m. Cost is \$63.71 per person, plus \$12 for bus transportation. Must pay in full at the front desk by Monday, July 2. Limited space available.



55+ PROGRAMS





## 55+ ACTIVE ADULT PROGRAM HIGHLIGHTS

The Department of Recreation offers a variety of classes, programs and special events for the 55+ community at 13 community center locations throughout the county. Please call the center nearest you for more information.

### Bauer Drive CRC

**Monday and Wednesday, 10 a.m.-3 p.m.**  
14625 Bauer Drive, Rockville  
**240-777-6922**

Bauer Drive Community Center offers dance fitness, brain enhancing board games, bone building, meditative movement and sports fitness.

### Clara Barton NRC

**Monday and Wednesday, 10 a.m.-2 p.m.**  
7425 MacArthur Blvd., Cabin John  
**240-777-4910**

At Clara Barton we provide exercise classes and activities of all kinds. Participate in ping pong, pickleball, bingo and quizzes with prizes, arts and crafts and all kinds of games. We have monthly breakfasts, free movies with popcorn and trips to local destinations. We also offer guest speakers, dance lessons, music performances and more.

### Clarksburg Park Activity Building

**Wednesday, 11 a.m.-3 p.m.**  
22501 Wims Road, Clarksburg  
**240-777-4925**

Clarksburg Super Seniors have been meeting for over 40 years and always make room for new members.

### Gwendolyn E. Coffield CRC

**Tuesday and Thursday, 10 a.m.-1 p.m.**  
2450 Lyttons Road, Silver Spring  
**240-777-4900**

The Coffield 55+ Community Center Program offers a variety of activities, including individual instruction on how to use exercise equipment in the weight room (which requires a Senior Sneaker Membership), topic-specific workshops on food and social issues, health discussions, photo club, flu shot clinic and open gym with basketball, walking and table tennis. For more information contact the center.

### East County CRC \* +

**Tuesday and Friday, 10 a.m.-2 p.m.**  
3310 Gateshead Manor Way, Silver Spring  
**240-777-8093**

Enjoy weekly programs, social activities, exercise classes and special events. The center also offers a lunch program. Contact the center for details.

### Germantown CRC+

**Monday and Thursday, 10 a.m.-2 p.m.**  
18905 Kingsview Road, Germantown  
**240-777-8098**

Enjoy a variety of fun activities including luncheons, Mah Jongg, arts and crafts, health and wellness classes and lectures.

### JCA Thome Kensington Club

**Monday and Thursday, 10 a.m.-2 p.m.**  
This program is offered in partnership with the Jewish Council for the Aging (JCA) and is designed to meet the needs of seniors in early stages of diagnosed memory loss. Member dues are \$60 per day and include snack, lunch, activities and trips. Activities designed to maximize cognitive functioning include exercise, dance and movement, art and music therapy, discussions, guest speakers, performances and trips. Certified staff have specialized training in dementia. Call the JCA at 301-255-4204 for enrollment information.

### Jane E. Lawton CRC

**Tuesday and Thursday, 10 a.m.-2 p.m.**  
4301 Willow Lane, Chevy Chase  
**240-777-6855**

Program offers a variety of fun fitness and educational activities. Find everything from bone-building fitness and yoga classes to vigorous open-gym sports activities, writing workshops and support groups.

\* Includes a nutrition lunch program.  
+ Limited transportation available on program meeting days.

55+ PROGRAMS





### **Bone Builders Plus (Advanced)**

**Monday and Wednesday, 10-11 a.m.**

Requires registration. This class is very popular and fills up quickly.

### **Beginner Pickleball Class**

**Monday, 11 a.m.-noon**

A vigorous, popular indoor net game gets participants moving for a fun, challenging workout. Come learn how to play.

### **Support Groups**

Call the center for more information

**Widower's Support Group: Thursdays**

**Alzheimer's Support Group: Tuesday, once a month, 2-3 p.m.**

### **Longwood CRC**

**Monday and Wednesday, 10 a.m.-2 p.m.**

19300 Georgia Ave., Brookeville

**240-777-6920**

Our participants enjoy Zumba Gold, a weekly discussion group, chair exercises, lectures, presentations, entertainment and socials.

### **Just My Two Cents!**

**Wednesday, 10 a.m.**

Spark conversation on events, people, places and things. Your opinion is important and will be heard.

### **Marilyn J. Praisner CRC +**

**Tuesday and Thursday, 10 a.m.-2 p.m.**

14906 Old Columbia Pike, Burtonsville

**240-777-4970**

Programs include something for every senior, including: health and wellness learning, on-site movies, arts and crafts, guest speakers, entertainers, and fitness activities for every level. We also offer exercise classes—many free of charge—with modified exercises to accommodate beginners or advanced participants, including Tai Chi, Senior Fit and Bone Builders.

### **Chair Yoga**

**Second Thursday of the month, 10-11 a.m.**

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

### **Discussion Group**

**Tuesday, 10:30 a.m.-noon**

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

### **Line Dance**

**Wednesday, noon-1 p.m.**

Old-school and new-school line dancing are part of this fun-filled class that teaches beginner and intermediate levels.

### **Tai Chi**

**Thursday, 2-3 p.m.**

Qi Gong Tai Chi. Relaxing, moving and meditating is the focus of this class.

### **Mid-County CRC\***

**Tuesday and Thursday, 10 a.m.-2 p.m.**

2004 Queensguard Road, Silver Spring

**240-777-6820**

Mid-County Community Recreation Center offers a variety of fun activities for individuals 55+, including Zumba Gold, soul line dancing, Tai Chi strength and balance, general senior programs, Bone Builders exercise class, senior volleyball, pickleball (during open gym), a nutritional lunch program, bridge and Mahjongg. We also offer blood pressure checks from MedStar Montgomery Medical Center the third Thursday of every month, along with special events, theme parties and celebrations on a regular basis.

### **Plum Gar CRC**

**Tuesday and Friday, 10 a.m.-2 p.m.**

19561 Scenery Drive, Germantown

**240-777-4919**

Participate in Tai Chi, ballroom dancing and karaoke. For more information contact the center.

\* Includes a nutrition lunch program.

+ Limited transportation available on program meeting days.



## **55+ PROGRAMS**





# 55+ PROGRAMS

## Potomac CRC

**Tuesday and Friday, 10 a.m.-1:30 p.m.**  
11315 Falls Road, Potomac  
**240-777-6960**

### 55+ Club

Seniors from the community discuss current events and other topics of interest. This program includes chair exercise, games, crafts, movies, guest speakers and entertainers. Light refreshments are served. We also offer a variety of exercise classes, some of which are free while others require a nominal fee. Stop in for additional information.

## Ross Boddy NRC +

**Tuesday and Thursday, 10 a.m.-2 p.m.**  
18529 Brooke Road, Sandy Spring  
**240-777-8050**

Programs include games, line dancing, art, Senior Fit, Pickleball and more. For more information contact the center.

### Bingo

**Tuesday and Thursday, 11 a.m.-noon**

### Dominos

**Tuesday and Thursday, 1-2 p.m.**

- \* Includes a nutrition lunch program.
- + Limited transportation available on program meeting days.



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

We can send Recreation Alert messages to you via email or text.

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

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



## Senior Sports Activities

Montgomery County Recreation offers many opportunities for individuals 55+ to participate in volleyball, basketball, badminton, pickleball, table tennis, billiards and other individual and team sports. Drop-in gym programs require an open gym pass for just \$30 a year. Several locations also offer league play co-sponsored by the Montgomery County Senior Sports Association (MCSSA). Call 240-777-6810 for more information on league play. Aquatics also offers many programs and classes for 55+ individuals. Call 240-777-6860 for more information on aquatics.

### Open Gym Badminton

**North Potomac CRC**  
Thursday, 9 a.m.-noon  
Thursday, 6:15-8:45 p.m.\*\*

### Open Gym Basketball

**Potomac CRC**  
Monday, 8-8:50 p.m.  
Sunday, noon-4:50 p.m.  
**North Potomac CRC**  
Monday, 6:15-8:45 p.m.\*\*  
Wednesday, 9 a.m.-noon

### Open Gym Pickleball

**Clara Barton CRC**  
(Not from July 2 - August 27)  
Monday, noon-1:30 p.m.  
**Damascus CRC\***  
Tuesday, 6:30-8:30 p.m.  
Saturday, 10 a.m.-noon  
**Germantown CRC**  
Sunday, noon-2 p.m.  
**Jane E. Lawton CRC**  
Monday, 10 a.m.-noon  
(beginners/introduction)  
Thursday, noon-2:30 p.m.

**Longwood CRC**  
Wednesday, 6:30-9:30 p.m.

**North Potomac CRC**  
Monday, 9 a.m.-noon  
Monday, 6:15-8:45 p.m.\*\*

**Mid County CRC**  
Monday and Wednesday,  
noon-2 p.m.  
Thursday, 6-8:45 p.m.\*\*

**Plum Gar CRC**  
Wednesday, 6:30-8:45 p.m.

**Potomac CRC**  
Monday, 6-7:50 p.m.  
Tuesday, 10:30 a.m.-1 p.m.\*\*  
Friday, 11:30 a.m.-2 p.m.

**Ross Boddy NRC**  
Monday and Wednesday,  
12:30-2:30 p.m. (not from  
July 2-August 10)  
Tuesday, 6-8:30 p.m.

**White Oak CRC**  
Tuesday, 6-8:45 p.m.  
Friday, 6-8:45 p.m. (1st and 3rd  
Friday)

### Open Gym Sports

**Longwood CRC**  
Monday, noon-3 p.m.  
Wednesday, 10 a.m.-noon

**Plum Gar CRC**  
Friday, 1-2:30 p.m.\*

### Open Gym Table Tennis

**North Potomac CRC**  
Tuesday, 6:15-8:45p.m.\*\*  
Wednesday, 9:30 a.m.-noon  
**Plum Gar CRC**  
Friday, 10 a.m.-noon (not from  
July 2-August 10)

### Open Gym Volleyball

**Mid-County CRC**  
Friday, noon-2 p.m.  
**North Potomac CRC**  
Tuesday, 9 a.m.-noon  
Tuesday, 6:15-8:45 p.m.\*\*  
**Potomac CRC**  
Sunday, 9:30-11:30 a.m.  
**White Oak CRC**  
Monday, 10:30 a.m.-1:30 p.m.

\* Open to all ages

\*\*Open to ages 18 & up

## Senior Sneaker Exercise Program

Montgomery County Recreation's popular Senior Sneaker Program gives adults 55+ access to quality exercise and weight rooms across the county for a membership fee of just \$50 annually. Members can use the exercise and weight rooms at all of the centers below anytime during 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 NRC  
Potomac CRC

Ross Boddy NRC  
Scotland NRC  
Upper County CRC  
White Oak CRC  
Wisconsin Place CRC



## 55+ PROGRAMS





## Indoor Walking

Many community and senior centers provide space for indoor walking during inclement weather. Call the center nearest you for additional information.

## EXERCISE CLASS HIGHLIGHTS

In addition to exercise classes offered at our senior centers, many community and neighborhood recreation centers offer 55+ exercise classes. For more information and registration call the community center you are interested in attending.

### Senior Fit by Holy Cross Health

Through a partnership with Holy Cross Hospital, these free classes help participants improve strength, endurance and flexibility. Participants must have a doctor's permission to participate. Call 301-754-8800 for registration information.

#### **Bauer CRC**

Monday and Wednesday, 9-9:45 a.m. and 10-10:45 a.m.

Friday, 9:00-9:45 a.m.

#### **Coffield CRC**

Tuesday and Thursday, 10:30-11:15 a.m.

#### **East County CRC**

Monday, Wednesday and Friday, 10:45-11:30 a.m.

#### **Germantown CRC**

Tuesday, 1:45-2:30 p.m.

Thursday, 11:30 a.m.-12:15 p.m.

#### **Mid-County CRC**

Monday, Wednesday and Friday, 11-11:45 a.m.

#### **Long Branch Senior Center**

Monday and Wednesday, noon-12:45 p.m.

#### **Plum Gar CRC**

Monday and Wednesday, 10:30-11:15 a.m.

#### **North Potomac Senior Center**

Monday and Wednesday, 1-1:45 p.m.

#### **Praisner CRC**

Monday-Friday, 9-9:45 a.m.

Monday, Wednesday and Friday, 10-10:45 a.m.

#### **Ross Boddy NRC**

Tuesday and Thursday, 9-9:45 a.m.

#### **Schweinhaut Senior Center**

Monday, Wednesday and Friday, 8:30-9:15 a.m. and 9:30-10:15 a.m.

Tuesday, 9-9:45 a.m.

Saturday, 9:30-10:15 a.m.

#### **White Oak Senior Center**

Tuesday and Thursday, 9-9:45 a.m.

### Better Bones

#### **Long Branch Senior Center**

Wednesday and Friday, 1-2 p.m.

#### **Schweinhaut Senior Center**

Monday and Thursday, 2-3 p.m.

### Suburban Hospital Senior Shape Exercise Programs

The Senior Shape program is designed to improve participants' overall health. The program consists of strength, flexibility and aerobic exercise classes. Register online at [events.suburbanhospital.org](http://events.suburbanhospital.org) or call 301-896-3939. Class fee is \$40 per 3-month session.

### Weight Training

#### **Margaret Schweinhaut Senior Center**

Tuesday, 10-10:45 a.m.

#### **Holiday Park Senior Center**

Friday, 11-11:45 a.m.

#### **Clara Barton Neighborhood Recreation Center**

Friday, 1-1:45 p.m.

### Aerobics/Strength Training/ Stretching

#### **Clara Barton Neighborhood Recreation Center**

Tuesday and Thursday, 11:30 a.m.-12:15 p.m.

#### **North Potomac Senior Center**

Friday, 9:30-10:15 a.m.

### Advanced Aerobics/Strength Training/Stretching:

#### **Wisconsin Place Community Recreation Center**

Tuesday, 10-10:45 a.m.

#### **Potomac Community Recreation Center**

Monday, 11-11:45 a.m.

Wednesday, 9:15-10 a.m.

### Stability Ball

#### **Holiday Park Senior Center**

Monday, 9-9:45 a.m.

#### **Margaret Schweinhaut Senior Center**

Tuesday, 11-11:45 a.m.

Follow us on Facebook and Twitter!

55+ PROGRAMS

# EXERCISE CLASS HIGHLIGHTS

## MedStar Montgomery Medical Center

Please register at [MedStarMontgomery.org/classes](http://MedStarMontgomery.org/classes) or call 301-774-8881.

### Senior Strength & Balance

Increase muscular strength, flexibility and range of motion, and maintain your cardiovascular health. Classes are ongoing and a physician's consent form is required in order to participate.

#### Longwood CRC

Tuesday, 9 a.m.

Wednesday, 9:45 a.m.

#### Mid-County CRC

Wednesday, 1 p.m.

### Tai Chi

This free, meditative exercise program is designed for seniors. Improve balance, strength, coordination, flexibility and range of motion. Wear comfortable, loose clothing and flat shoes. Students should be able to stand for 30 minutes at a time.

#### Longwood CRC

Monday, 10 a.m.

#### Mid-County CRC

Tuesday, 11 a.m.

#### Ross Boddy NRC

Thursday, 11 a.m.

### Gentle Flow Yoga for Seniors

Use yoga poses to increase strength, balance and flexibility. The class ends with a wonderful meditation that soothes the mind and body. Bring a yoga mat, water and comfortable shoes.

#### Longwood CRC

Call for dates/times

\$40 for 8 sessions

# MARYLAND SENIOR OLYMPICS



Montgomery County Recreation is the host agency for the Maryland Senior Olympics with many of the events happening right here in Montgomery County. Registration is open for 2018 events which runs through October 1. This year, athletes can compete to qualify for the National Senior Games in Albuquerque, New Mexico in 2019. For more information and registration visit [www.mdseniorolympics.org](http://www.mdseniorolympics.org) or call 240-777-4930.







# Therapeutic Recreation & Inclusion Services

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

**Therapeutic Recreation** programs are designed for people with disabilities. Therapeutic Recreation groups are small than those in general recreation programs and the staff is trained to work with individuals with disabilities. The programs provide skill development and leisure education while encouraging participation and socialization. Available activities include aquatics, arts, general fitness, sports and special events.

**Inclusion Services** provide accommodations such as sign language interpreters, large print, auxiliary aids and companions support to facilitate equal access to general recreation programs. To request accommodations call 240-777-6870 or email [rec.mainstream@montgomerycountymd.gov](mailto:rec.mainstream@montgomerycountymd.gov). Placements are limited and are not guaranteed. Personal care is not provided for any program. If you plan to bring a personal care assistant, please let us know.

## Arts

### TR Summer Art Workshops: Flower Planters

Ages 15 & Up: Use your imagination to paint your very own flower planter. Potting soil and seedling to finish your creation will be provided.

**1 Session** **\$10**  
51932 Holiday Park SC 7/14 Sa 10:00am-12:00pm

### TR Summer Art Workshops: Luau Beads and Leis

Ages 15 & Up: Create a necklace with bright colored beads of different sizes and your own Hawaiian lei that you can wear at our luau dance.

**1 Session** **\$10**  
51933 Holiday Park SC 7/21 Sa 10:00am-12:00pm

### TR Summer Art Workshops: Suncatchers

Ages 15 & Up: Create your own suncatcher using a wide variety of shapes, sizes and colors. Try out different designs and patterns, and display in a sunny location.

**1 Session** **\$10**  
51931 Holiday Park SC 7/7 Sa 10:00am-12:00pm

### TR Summer Art Workshops: Tie Dye

Ages 15 & Up: Design a cool tie-dye T-shirt just in time for the hot summer days. Bring your own white T-shirt to dye. A white washcloth will be provided for practicing.

**1 Session** **\$10**  
51930 Holiday Park SC 6/30 Sa 10:00am-12:00pm

## General Fitness

### Cardio 'n Core

Ages 13 & Up: Teens and adults with disabilities. Get fit through movement, stretching, and aerobics to improve your cardio and strengthen your core.

**6 Sessions** **\$30**  
48391 Damascus CRC 6/28 Th 7:00pm-8:00pm

### Stretch 'N Tone

Ages 15 & Up: Teens and adults with disabilities. Tone your muscles and encourage flexibility through stretching exercises. This class is ideal for beginners.

**6 Sessions** **\$30**  
48407 Glenmont LP 6/25 M 7:00pm-8:00pm  
48409 Damascus CRC 6/28 Th 6:00pm-7:00pm

### TR Zumba

Ages 15 & Up: Every class is a party! Experience the fitness craze of Zumba! An exciting mix of Latin and international rhythms with aerobic dance moves. Dress in comfortable clothing and shoes for active movement.

**6 Sessions** **\$30**  
48408 Upper County CRC 6/28 Th 6:00pm-7:00pm

## General Martial Arts

### Karate for Individuals with Disabilities

Ages 6 & Up: Start to learn traditional Korean Karate (Tang So Do) with an emphasis on improving motor coordination. Classes will include stretching, arm and leg movements and drills. Wear loose clothing or a white gi (uniform). New students must attend 9 a.m. class.

**6 Sessions** **\$45**  
Instructor: TKA Inc.  
48393 Holiday Park SC 6/30 Sa 9:00am-9:45am  
48394 Holiday Park SC 6/30 Sa 10:00am-10:45am



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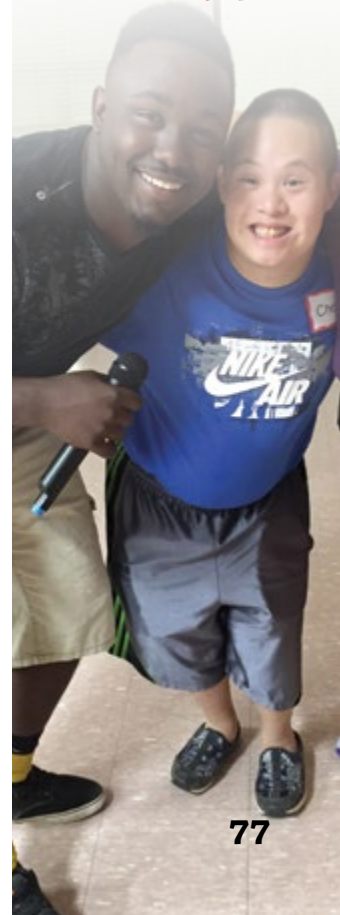


## THE THERAPEUTIC RECREATION



**August 13, 2018**  
**10 a.m.-2 p.m.**

Ages 5-14: The VIP Day Committee is working to identify children who would benefit from this program. To be selected as a VIP, children must be residents of Montgomery County, have a disability or a life-threatening illness and be able to attend the fair on Monday, August 13, 2018. If you know of a child(ren), who have not previously been a VIP and would benefit from this special program, call 240-777-6870 to request an application. Co-sponsored by the Montgomery County Agricultural Fair, the City of Gaithersburg and Montgomery County Recreation.







# THERAPEUTIC RECREATION

## Specialty Programs

### Island Kayak Trip

Ages 10 & Up: Join us for a canoe trip down the C&O Canal and the Potomac River. This trip is for individuals with disabilities, their friends and family members. We will be in flat or gently moving water. We may see eagles, herons, ospreys, egrets, hawks, ducks and geese. Bring lunch and plenty of water. Wear water shoes and weather-appropriate clothing. Canoes, kayaks and other equipment provided. Cost is per person. For more information contact 240-777-6895. Participants must be able to swim.

**1 Session** **\$35**  
48392 Violettes Lock/ 7/7 Sa 12:30pm-5:00pm  
Lock 33

*One website...  
thousands  
of possibilities!*

**Active**  
**MONTGOMERY**  
**ActiveMONTGOMERY.org**

### TR Kayak Clinic

Ages 12 & Up: 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**  
48403 MLK OP 5/27 S 9:30am-11:30am

## Water Fitness

### TR Adult Social Swim

Ages 18 & Up: This program provides adapted aquatics and exercise, as well as an opportunity to make friends. One staff to seven participants. No personal care provided.

**8 Sessions** **\$40**  
48399 GISC 6/6 W 8:30pm-9:30pm  
48402 KSAC 6/7 Th 8:30pm-9:30pm  
48400 OSC 6/8 F 7:15pm-8:00pm  
48401 OSC 6/8 F 8:15pm-9:00pm  
48398 MLK 7/3 T 8:00pm-9:00pm

## Saturday Night Socials

Ages 15 and Up with disabilities: Our special event dances are bigger and better than ever. Dances are from 6-10 p.m. on the last Saturday of the month. The schedule may vary for holidays. Enjoy a DJ, dancing, games, pizza and other refreshments. Pre-registration is encouraged.

### JITTERBUG DANCE

Ages 15 & Up: Jump, Jive and Swing back to the 40's and 50's for a night of fun.

**June 30, 2018**  
**6 p.m.-10 p.m.**  
**Holiday Park Senior Center**  
**Activity 46677**  
**\$10**

### SUMMER LUAU DANCE

Ages 15 & Up: Aloha. Let the palms trees sway and the island music play. Wear a Hawaiian shirt or bright colors.

**July 28, 2018**  
**6 p.m.-10 p.m.**  
**Holiday Park Senior Center**  
**Activity 51412**  
**\$10**



TeenWorks



# YOUTH DEVELOPMENT

Montgomery County Recreation

Youth Development Office: 240-777-8080

The Youth Development Team is generating an enhanced and vibrant approach to service delivery that reaches out to all young people. We use recreation to ensure young people are productive, healthy, and connected during out-of-school time. Our positive youth development strategies include opportunities, programs, and services which emphasize health & wellness, youth leadership & social equity, workforce development, and connection to caring adult role models.



## Soccer4Change

Montgomery County Soccer4Change is a referral based outreach soccer program that runs seasonally. The program is designed to connect high school youth to critical developmental assets through team play. Throughout this league, coaches work with our youth to instill four core team values: Accountability, Respect, Trust and Teamwork. Contact our office to find out how to make a referral.



## TEENWORKS

MONTGOMERY COUNTY RECREATION

## TeenWorks

TeenWorks is a year-round employment program for young

people ages 16-24 who are looking for their first job. Participants gain valuable employment experience while earning a paycheck. Check out our webpage to find out how to get involved or apply to be a TeenWorks apprentice.

# UPCOMING EVENTS

Audacity of Hoops



Youth Summit



Moco's Got Talent



## Audacity of Hoops - May 19, 2018

This 3 on 3 Hoop It Up style tournament is open to all middle and high school students in Montgomery County. This high endurance competition will draw hundreds of hoop hopefuls to the downtown Silver Spring Plaza.

## MoCo's Got Talent Finale - May 20, 2018

A visual arts, dance and music competition for middle and high school youth to showcase their talents. Join us for free at The Filmore Silver Spring for this special event of finale performances.

## Montgomery County Youth Summit - May 31, 2018

The Montgomery County Youth Summit is your chance to be heard. Let our local officials hear your opinions on how to keep young people connected. Transportation may be provided to Silver Spring from your area.



# 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 8, 2018 AT 8:30AM

### SEX, SCANDAL, AND SINNERS ALONG EMBASSY ROW - A WALKING TOUR

Trip number: 46539

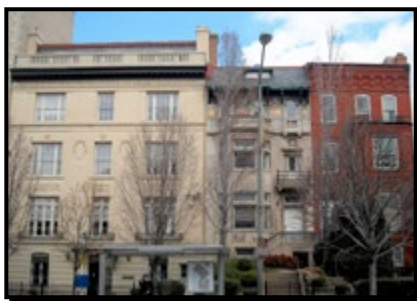
Wednesday, June 20

Trip number: 46540

Thursday, June 21

Fee: \$40

Leave: 8:45am, Return: 3:00pm



**A New Tour!** They were the super rich of the Roaring Twenties. Parties for 2,000 with \$1 million spent on a dog's birthday. A daughter of Teddy Roosevelt who became a fashion

and political icon. Across the street was a daughter of a rich gold miner who carried the curse of the HOPE Diamond. A third iconic party host filled a local paper with gossip. Embassy Row isn't short on stories of affairs, gossip and even a grisly terrorist bombing. DuPont Circle to Sheridan Circle may now be filled with embassies, but it was once the playground of the wealthy. The embassies were once homes built during the "gilded age" of the 1920's. We'll also visit part of the historic Kalorama neighborhood with two former presidents' and Amazon founder Jeff Bezos' homes plus the Spanish steps. Lunch, **on own**, at the end of the walking tour at a restaurant of your choice in the immediate area.



### ANNUAL CRAB FEAST

Trip number: 46543

Thursday, July 19

Fee: \$83

Leave: 12:00pm, Return: 5:00pm

Enjoy a sumptuous crab feast in Baltimore prepared by the caterer who provided SOAR's previous crab feasts with such delicious meals. Enjoy crab soup, a cubed cheese display, and warm spinach and artichoke dip with French baguettes to start. A buffet of roast beef, fried chicken; corn on the cob, garden salad, and rolls is next. World famous Maryland style spicy steamed hard shell crabs (US #1) will be served family style. Dessert will be seasonal fresh fruit. Iced tea, lemonade, and fresh brewed Columbian coffee **are included**.



## SKIPJACK SAILING TOUR ON CHESAPEAKE BAY & ST. MICHAELS

Trip number: 46544

Thursday, July 26

Fee: \$64

Leave: 7:30am, Return: 5:30pm



Take a two-hour sail on a sloop-rigged skipjack which is used as an oyster dredger during the 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: 46545

Thursday, August 2,

Fee: \$84

Leave: 8:45am, Return: 8:30pm

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. A family-style seafood lunch, featuring crab cakes, clam fritters, Virginia Ham, corn pudding, vegetables, homemade rolls, and pound cake, and coffee/tea, at the famous Chesapeake House is **included**. Afterwards, take a stroll through the narrow streets of this unique and picturesque island or be guided on a golf cart, for a nominal fee.

## BOAT TOUR OF CHESAPEAKE BAY LIGHTHOUSES

Trip number: 46546

Wednesday, August 8

Fee: \$80

Leave: 7:15am, Return: 5:30pm

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.



## SACRED SPACES-CATHEDRALS IN WASHINGTON, D.C.

Trip number: 46547

Wednesday, August 15

Trip number: 46548

Thursday, August 16,

Fee: \$50

Leave: 8:30am, Return: 5:30pm



The Sacred Spaces Tour will include three of the most important religious sites in Washington, D.C. The Washington National Cathedral is emblematic of the great gothic cathedrals of Europe. Unlock the secrets of the spires,

gargoyles and stained glass that make this cathedral a D.C. icon. See the final resting places of President Herbert Hoover, the only president buried in Washington; Helen Keller and her teacher, Annie Sullivan, whose story was immortalized in *The Miracle Worker*. Located on the campus of Catholic University, The Basilica of the National Shrine of the Immaculate Conception is the great cathedral founded to represent the "universality" of the Catholic Church. With more than 20 nationalities and 13 religious orders represented in its chapels, it is among the ten largest churches in the world. The Synagogue at 6th and I St., NW has a long and storied history. We'll visit the beautifully restored structure, which was built in 1906 and, at one point, was being sold to be a nightclub! Lunch **on own** at Basilica.

## RIVERBOAT CRUISE WITH LUNCH ABOARD THE PADDLEWHEELER DOROTHY MEGAN ON THE CHOPTANK AND WARWICK RIVERS. PLUS A TOUR & TASTING AT THE BLACKWATER DISTILLING COMPANY IN STEVENSVILLE, MD

Trip number: 46549

Thursday, August 23

Fee: \$79

Leave: 8:15am, Return: 5:30pm

We will begin our trip with a tour of the Blackwater Distilling Company that produces Sloop Betty, a hand-crafted wheat vodka, Sloop Betty Rum, and participate in a tasting. You will learn about the science and art of fermentation, distillation, and barrel aging during a tour of the distillery. We will then board the paddlewheeler for a two-hour lunch cruise on the Choptank River on the Eastern Shore that **includes** a chicken and crab cake lunch with dessert, and a non-alcoholic beverage.







### TOUR OF PORT DEPOSIT, MD

Trip number: 46550

Wednesday, August 29

Trip number: 46551

Thursday, August 30

Fee: \$69

Leave: 7:45am, Return: 5:00pm

We are going to be entertained by Doc John, our Baltimore guide, on a tour of Port Deposit famous for its lumber, granite and coal during the 17th, 18th and 19th centuries and, later, the Bainbridge Naval Training Center in the 20th Century. Port Deposit was the home of the famous Jacob Tome, one of Maryland's first self-made millionaires, as well as many other Maryland leaders. Our tour includes the homes, schools and churches of the one-half mile town along the eastern shore of the Susquehanna River known especially for the famous granite used to build many of the buildings in Baltimore and Washington. Finally, at the end of the tour we will visit the magnificent Georgian Mansion on the secluded private estate of the late industrialist F. Donaldson Brown, Jr., President of General Motors. Donaldson Brown married a DuPont and together they built a stunning Georgian mansion, carriage house and grounds atop a rocky cliff overlooking the Susquehanna River at Port Deposit. Donaldson Brown willed the Estate to the University of Maryland in 1966 to be used as an educational center. We are privileged to be the guests of the estate and will have our lunch, **included**, overlooking the Chesapeake Bay and the Susquehanna River. This is a once in a lifetime experience.

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

Trip number: 46552

Thursday, September 6

Fee: \$85

Leave: 7:30am, Return: 5:30pm

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: 46553

December 11, 12, or 13 (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.



Join us for one or more of our baseball game trips this year. We will enjoy trips to one Nationals and two Orioles games this season. **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 \$60 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
44181	Wednesday, June 13	Orioles vs Boston Red Sox	4:30pm
44182	Wednesday, July 11	Orioles vs NY Yankees	4:30pm
44183	Tuesday, July 31	Nationals vs NY Mets	4:30pm



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 8, 2018 AT 8:30AM**



### **HOT AIR BALLOON FESTIVAL FEATURING A BALLOON GLOW FOLLOWED BY FIREWORKS!**

**Trip number: 46554**

**Saturday, June 23**

**Fee: \$69**

**Leave: 3:00pm, Return: 11:45pm**

The Chester County balloon Festival is a must attend event filled with activities on-the-ground and in-the-air. The festival provides fun for all ages with 100 vendors, Live bands, tethered balloon rides and Glow, kids activities and Fireworks! During the Hot air balloon glow Balloons inflate and light themselves from within. The sight of hot air balloons lit up like giant light bulbs is breathtaking. Pilots will coordinate “all burns” where they fire up their burners illuminating their balloons all at once and also perform “count downs,” which are very crowd participatory events. **The balloons will glow on Saturday evening around 8:30 pm. Followed by Fireworks! Fee includes transportation and admission to the event. Extras and meals on your own! \*\*\*\*\*Please bring a travel chair for viewing the glow and Fireworks! \*\*\*\***

### **CAPITOL STEPS - PRESHOW ITALIAN FAMILY STYLE DINNER AT CARMINE'S, WASHINGTON, D.C.**

**Trip number: 46555**

**Saturday, July 14**

**Fee: \$139**

**Leave: 3:30pm, Return: 10:30pm**



The Capitol Steps began as a group of Senate staffers who set out to satirize the very people and places that employed them. Digging into the headlines of the day, they created song parodies & skits which conveyed a special brand of satirical

humor. Although not all the current members of the Steps are former Capitol Hill staffers, taken together the performers have worked in a total of eighteen Congressional offices and represent 62 years of collective House and Senate staff experience. The Capitol Steps have recorded over 30 albums, including their latest, *Orange Is the New Barack*. They've been featured on NBC, CBS, ABC, and PBS, and can be heard twice a year on National Public Radio stations nationwide during their *Politics Takes a Holiday* radio specials. The show will be performed at the Amphitheater of the Ronald Reagan. The building is located on the concourse level of the building and offers plush theater seating for 600. Before the show we will experience Carmine's in Washington DC, which is the only place to find authentic Southern Italian family-style cuisine in the Penn Quarter. Friendly service, robust portions of your favorite Italian dishes, great food and good conversation. Join us for an epic group dining experience you won't forget! **Fee includes transportation, family-style Italian Dinner and show!**



**HAVRE DE GRACE FIRST FRIDAY, MUSEUMS & PROMENADE**

Trip number: 46565

Friday, August 3

Fee: \$53

Leave: 1:30pm, Return: 9:30pm



Upon our arrival in Havre de Grace we will head to the Promenade. The Promenade is a scenic 3/4-mile boardwalk to view the Susquehanna River, adjacent to Tiding's Park, Decoy Museum, Maritime Museum and

Concord Point Lighthouse. The Concord Point Lighthouse is the oldest publicly accessible lighthouse on the Chesapeake Bay. The Keeper's House Museum features exhibits on the history of Hedge's best-known landmark. Visit the Havre de Grace Decoy Museum and discover the art of decoy making and the water fowling traditions that make Havre de Grace, Maryland the "Decoy Capital of the World." The Havre de Grace Maritime Museum is situated where the Susquehanna River meets the Chesapeake Bay. It tells the story of this region's rich maritime heritage. As the evening approaches our bus will shuttle us to downtown for the best First Friday in Harford County! Enjoy a family friendly, festive celebration on closed downtown streets. Bands performing on every block, cafe seating at our restaurants, food trucks, merchandise vendors, store specials, kids zone, classic car show and more! **Fee is for transportation, admissions to museums and food are all on your own!**

**GODDARD SPACE FLIGHT CENTER AND MRS. K'S TERRACE ROOM BUFFET LUNCHEON, GREENBELT & SILVER SPRING, MD**

Trip number: 46560

Friday, August 10

Fee: \$89

Leave: 9:00am, Return: 5:00pm

NASA's Goddard Space Flight Center in Greenbelt, Maryland, is home to the nation's largest organization of scientists, engineers, and technologists who build spacecraft, instruments and new technology to study



Earth, the sun, our solar system and the universe. Just outside Washington, Goddard is home to Hubble operations and the upcoming James Webb Space Telescope. Goddard manages communications between mission control and orbiting astronauts aboard the International Space Station. Goddard scientists observe into the sun, grind up meteorites for signs of life's building blocks, look into the farthest reaches of space, and untangle the mysteries of our own changing world. Goddard engineers construct sensitive

instruments, build telescopes that peer into the cosmos, and operate the test chambers that ensure those satellites' survival. We will get a glimpse into this amazing facility with a guided tour of the Visitors center and



various operations and test buildings that will be available for us to tour! We will also have a presentation by one of the experts in the field! After our tour we will travel to Mrs.'s Tollhouse for a private buffet luncheon and an additional expert presentation in the Terrace Room. **Fee includes transportation and private buffet lunch. Government issued IDs are required for this tour. Foreign nationals will have to provide passport information. This trip does require extensive walking as well as repeatedly boarding and exiting the bus in a timely fashion**

**MEDIEVAL TIMES MATINEE & FEAST, ARUNDEL MILLS, MD**

Trip number: 46561

Friday, August 17

Fee: \$64

Leave: 10:00am, Return: 3:00pm

Hear ye, hear ye. Make haste to the castle to indulge in an afternoon of feasting, combat, and revelry. The knights and horses of Medieval Times are here to thrill you with acts of showmanship and bravery reminiscent of legends of old while you dine on a 4-course meal worthy of a king's table. Cheer as your knight engages in jousting and other manner of combat and the royal falconer thrills you with the feats of his magnificent birds of prey. As the tale unfolds, you're presented with a banquet of savory fare to sate your appetite. Before the show, be sure to browse the castle's Hall of Arms to discover fascinating Medieval artifacts. **Fee includes transportation, feast and tournament!**





## GOLDEN BOYS STARRING FRANKIE AVALON, FABIAN, AND BOBBY RYDELL, THE AMERICAN MUSIC THEATRE, LANCASTER, PA

Trip number: 46562  
Fee: \$154

Sunday, August 19  
Leave: 10:00am, Return: 7:30pm



The Golden Boys will be performing in person for this single engagement show and we will enjoy great Orchestra seats! Frankie Avalon went from 50's

teen idol to a national and international star. His first song "De De Dinah" became a smash hit and his recording of "Venus" was one of the biggest selling hits of the era. With a series of performances on Dick Clark's American Bandstand, Fabian became one of the top teen idols of the late 1950's, enjoying great success with the hits: "Turn Me Loose, Hound Dog Man, and The Million-Selling Tiger," single. Another American Bandstand alum was Bobby Rydell, who had million selling singles with: "Volare, Wild One, and We Got Love." This show is sure to bring back many a teenage memory! Before the show we will enjoy buffet lunch at Miller's Smorgasbord and shopping at Gift Shop and bakery on site as well as the other shops: The Quilt Shop, The Tee Parlour, Twin Brook Winery and Ruthies! **Fee includes transportation, buffet lunch and show! Ticket price reflects higher price point for actual performers for this show!**

## CRYPTOLOGY MUSEUM, COLLEGE PARK AVIATION MUSEUM RAMS HEAD TAVERN LUNCH BUFFET

Trip number: 46563  
Fee: \$84

Friday, August 24  
Leave: 9:00am, Return: 6:00pm

The National Cryptologic Museum is the National Security Agency's principal gateway to the public. It shares the Nation's, as well as NSA's, cryptologic legacy and place in world history. Located adjacent to NSA Headquarters at Ft. George G. Meade, Maryland, the Museum houses a collection of thousands of artifacts that collectively serve to sustain the history of the cryptologic profession. We will experience a docent guided tour of the museum. The tour covers cryptologic history and the role that making and breaking codes has had in American/world history. After the tour we will have a private hot buffet lunch at Rams Head Tavern, Savage, MD. Upon the conclusion of



our lunch we will head to The College Park Aviation Museum for a guided tour. The museum is a 27,000-square-foot, state-of-the-art facility located on the grounds of the world's oldest continuously operating airport in College Park, Maryland. Visitors to the museum step into an open 1 1/2 story exhibit space, which highlights the display of unique aircraft and artifacts and tells the story of the airport's many firsts in flight to today. **Fee includes transportation, tours, admissions and buffet lunch!**

## CHORUS LINE RIVERSIDE DINNER THEATRE, FREDERICKSBURG, VA

Trip number: 46564  
Fee: \$99

Sunday, August 26  
Leave: 10:30am, Return: 7:30pm



Riverside Dinner Theater in Fredericksburg, Virginia presents *A Chorus Line*. Winner of 9 Tony Awards, *A Chorus*

*Line* highlights the pain and struggle of working actors pounding the pavement to get hired for a Broadway musical. A powerful metaphor for all human aspirations, this show has been inspiring audiences for years and includes such classics as: "Dance Ten, Looks Three, At the Ballet, and What I Did for Love." Before the show enjoy a delicious 3-course luncheon served at your table. **Fee includes transportation, preshow served lunch and show.**

## ROCKETTES

Trip number: 46566  
Fee: \$210

TBD, December 8 possible date  
Leave: 7:00am, Return: 11:00pm

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. 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 3D 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. **Fee includes transportation and show admission. Meals are on your own!**

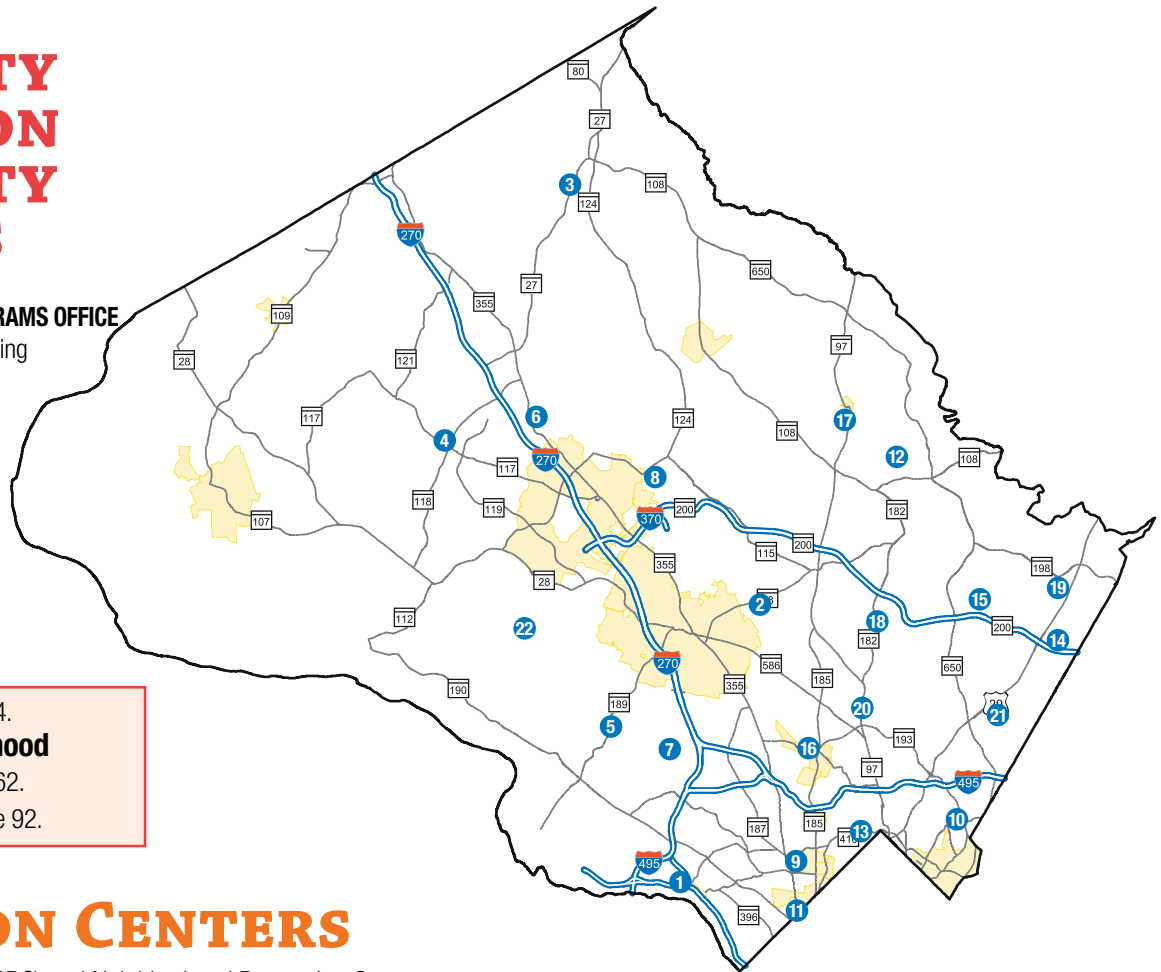


# COMMUNITY RECREATION COMMUNITY FACILITIES

**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 NRC** 240-777-8050  
18529 Brooke Road, Sandy Spring
- 13 Gwendolyn Coffield CRC** 240-777-4900  
2450 Lyttonsville Road, Silver Spring
- 14 East County CRC** 240-777-8090  
3310 Gateshead Manor Way, Silver Spring
- 15 Good Hope NRC** **Closed for Renovations**
- 16 Ken Gar Center** 240-777-8099  
4111 Plyers Mill Road, Kensington
- 17 Longwood CRC** 240-777-6920  
19300 Georgia Avenue, Brookeville
- 18 Mid-County CRC** 240-777-6820  
2004 Queensguard Road, Silver Spring
- 19 Marilyn J. Praisner CRC** 240-777-4970  
14906 Old Columbia Pike, Burtonsville
- 20 Wheaton CRC** **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 .....	43
Kidz Dance .....	53

## Bauer Drive Community Recreation Center

Acrylic Painting Techniques .....	42
ACT The Workout .....	49
Badminton Advanced .....	58
Badminton Beginner/ Advanced Beginner .....	58
Badminton Intermediate .....	58
Draw and Clay - Cartooning .....	41
Drawing with Young Rembrandts .....	41
Dynaerobics .....	47
Dynaerobics AND Body Sculpting .....	48
Dynaerobics Body Sculpting .....	48
Gentle Yoga .....	49
HoopIt Fit! .....	47
Hummingbirds Soccer - 3&4 year olds .....	54
Hummingbirds Soccer - 5&6 year olds .....	54
It's a Stitch .....	42
Jazzmatazz Low-Impact Aerobics .....	46
Karate/Jujitsu .....	52
Karate/Jujitsu Adult .....	52
Kids Sew and Tell .....	41
Learn Now Music: HeroeZ of Guitar .....	45
Learn Now Music: KeyZ to Piano .....	45
Men's Sunday Basketball League .....	59
PiYo .....	47
Yoga Basics .....	50
Zumba Fitness .....	46

## Bethesda Elementary School

Karate/Jujitsu .....	52
Karate/Jujitsu Adult .....	52

## Bethesda Outdoor Pool

Aquatots .....	26
Beginner 1 .....	28
Beginner 2 .....	30
Beginner 3 .....	31
Beginner 4 .....	32
Deep Water Running .....	16
Masters Swimming .....	18
MCSL - Bethesda Barracudas .....	19
Pre-School .....	27
Youth Level 1 .....	33
Youth Level 2 .....	34

Youth Level 3 .....	35
Youth Level 4 .....	36
Youth Level 5 .....	37

## Clara Barton Neighborhood Recreation Center

55+ FREE Bone Builders .....	65
Definition Body Sculpting .....	48
Karate/Jujitsu .....	52

## Damascus Community Recreation Center

Cardio 'n Core .....	77
Introductory Volleyball .....	59
Karate/Jujitsu .....	52
Karate/Jujitsu Adult .....	52
Stretch 'n Tone .....	77

## East County Community Recreation Center

Hip-Hop Dance Fitness .....	46
Yoga Basics .....	50

## Freed Studio

Beginning Photography Workshop .....	43
Intermediate Photography Workshop .....	43

## Garrett Park Elementary School

Iaido .....	51
Karate and Iaido .....	51
Karate Do and Iaido Beginners .....	51

## Germantown Community Recreation Center

55+ FREE Bone Builders .....	65
Ballet .....	43
Category 4 Fitness Boot Camp .....	48
Dance Fit Zumba .....	46
Draw and Clay - Cartooning .....	41
Drawing with Young Rembrandts .....	41
Funfit Tots 11mons to 2yr .....	56
Funfit Tots Family Class .....	56
Hippo Hoppo .....	53
Hummingbirds Soccer - 3&4 years .....	54
Hummingbirds Soccer - 5&6 years .....	54
Karate/Jujitsu .....	52
Karate/Jujitsu Adult .....	52
Kidz Dance .....	53
Learning Art from the Masters - Picasso .....	41

Using Mindfulness to Increase Happiness .....	47
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## Germantown Indoor Swim Center

Adult Level 1 .....	37
Adult Level 2 .....	38
Adult Level 3 .....	38
Adult Level 4 .....	38
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 .....	78
Water Aerobics .....	16
Water Exercise .....	16
Waterbabies .....	25
Youth Level 1 .....	33
Youth Level 2 .....	34
Youth Level 3 .....	35
Youth Level 4 .....	36
Youth Level 5 .....	36
Youth Level 6 .....	37

## Germantown Outdoor Pool

Aquatots .....	26
Beginner 1 .....	28
Beginner 2 .....	30
Beginner 3 .....	31
MCSL - Germantown Torpedoes .....	19
Pre-School .....	27
Youth Level 1 .....	33
Youth Level 2 .....	34
Youth Level 3 .....	35
Youth Level 4 .....	36

## Glenallan Elementary School

Karate/Jujitsu .....	52
Karate/Jujitsu Adult .....	52

## Glenmont Local Park

Stretch 'N Tone .....	77
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## PROGRAM LOCATIONS

### Great Seneca Creek Elementary School

Fencing Clinic.....	58
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### Gwendolyn Coffield Community Recreation Center

55+ FREE Bone Builder .....	65
Ballet .....	43
Ballroom III (Couples) .....	44
Kidz Dance .....	53
Men's Sunday Basketball League .....	59

### Holiday Park Senior Center

ACT The Workout .....	49
Ballroom I (Couples) .....	44
Ballroom II (Couples) .....	44
Ballroom IV (Couples) .....	44
It's a Stitch .....	42
Jazzmatazz Aerobics W/Pilates Mat...46	
Karate for Individuals with Disabilities .....	77
Karate/Jujitsu Club.....	52
Karate/Jujitsu Club 2.....	52
Saturday Night Social - Summer Luau Dance .....	78
TR Summer Art Workshops: Flower Planters.....	76
TR Summer Art Workshops: Luau Beads and Leis .....	76
TR Summer Art Workshops: Sun Catchers.....	76
TR Summer Art Workshops: Tye Dye .....	76
Urban Line Dance .....	45

### Jane E. Lawton Community Recreation Center

55+ FREE Bone Builders Lawton .....	65
Dance & Fitness.....	46
Discovering Music for Toddlers.....	53
Hatha Yoga and Stress Management Beg/Cont .....	50
International Folk Dancing .....	44
It's a Stitch .....	42
Oil or Acrylic Painting - Open Studio.....	42

### Johnson, Walter High School

Men's Wednesday Basketball .....	59
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### Kennedy Shriver Aquatic Center

Abs & Glutes & More.....	15
Adult Level 1 .....	37
Adult Level 2 .....	38
Adult Level 3 .....	38
Adult Level 4.....	38
Aqua Cardio Dance .....	15
Aqua Lite .....	15
Aquatots .....	25
Beginner 1 .....	27
Beginner 2 .....	30
Beginner 3 .....	31
Beginner 4 .....	32
Deep Water Running .....	16
Hi/Lo Cardio Fusion .....	16
High School Diving.....	17
Human Springs .....	17
Lifeguard Training .....	20
Masters Diving.....	17
Masters Swimming .....	18
Montgomery Stroke and Turn Clinic..19	
Pre-School .....	26
TR Adult Social Swim .....	78
USA NDP .....	17
USAD National Team .....	18
Water Aerobics.....	16
Water Exercise.....	16
Waterbabies .....	25
Youth Level 1 .....	33
Youth Level 2 .....	34
Youth Level 3 .....	35
Youth Level 4 .....	36
Youth Level 5 .....	36
Youth Level 6 .....	37

### Kicks Karate Bethesda

Little Ninjas.....	52
Tiny Tigers .....	55

### Kicks Karate Clarksburg

Little Ninjas.....	52
Tiny Tigers .....	55

### Kicks Karate Germantown

Little Ninjas.....	52
Tiny Tigers .....	55

### Kicks Karate North Bethesda

Fitness Kickboxing .....	48
Little Ninjas.....	52
Tiny Tigers .....	55

### Kicks Karate Potomac

Fitness Kickboxing .....	48
Little Ninjas.....	52
Tiny Tigers .....	55

### Kicks Karate Shady Grove

Fitness Kickboxing .....	48
Little Ninjas.....	52
Tiny Tigers .....	55

### Kicks Karate Silver Spring

Little Ninjas.....	52
Tiny Tigers .....	55

### Komodo USA Gaithersburg

Komodo Abacus Mental Math.....	57
Komodo Advanced Grade Level Math.....	57
Komodo Language Arts and Creative Writing.....	57

### Komodo USA Germantown

Komodo Abacus Mental Math.....	57
Komodo Advanced Grade Level Math..57	
Komodo Language Arts and Creative Writing.....	57

### Kritt Studio

Draw in a Day with Kritt Workshop ...42	
Entering Art Shows with Kritt Workshop .....	42
Mix the Perfect Color with Kritt Workshop .....	42

### Layhill Village Local Park

Rookie League Baseball .....	59
T-Birds T-Ball .....	55

### Long Branch Community Recreation Center

Jazzmatazz Pre Ballet.....	43
Jazzmatazz Preschool Dance .....	53



## PROGRAM LOCATIONS

### Long Branch Outdoor Pool

Adult Level 1 .....	37
Adult Level 2 .....	38
Aquatots .....	26
Beginner 1 .....	28
Beginner 2 .....	30
Beginner 3 .....	31
MCSL - Long Branch Water Wizards ..	19
Pre-School .....	27
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
Introductory Volleyball .....	59
Karate/Jujitsu .....	52
Learn Now Music: The Violinist Within .....	45

### Maplewood-Alta Vista Local Park

Rookie League Baseball .....	59
T-Birds T-Ball .....	55

### Marilyn J. Praisner Community Recreation Center

55+ FREE Bone Builders .....	65
ACT The Workout .....	49
Dance Fit Zumba .....	46
Karate/Jujitsu .....	52
Karate/Jujitsu Adult .....	52
Yoga Basics .....	50

### Martin Luther King Jr. Outdoor Pool

Adult Level 1 .....	37
Adult Level 2 .....	38
Adult Level 4 .....	39
Against the Current .....	15
Aqua YO-Lates .....	16
Aquatots .....	26
Beginner 1 .....	28
Beginner 2 .....	30
Beginner 3 .....	31
Beginner 4 .....	32
Masters Swimming .....	18

Pre-School .....	27
TR Kayak Clinic .....	78
Youth Level 1 .....	33
Youth Level 2 .....	34
Youth Level 3 .....	35
Youth Level 4 .....	36
Youth Level 5 .....	36
Youth Level 6 .....	37

### Martin Luther King Jr. Swim Center

AAU National Team .....	17
Abs & Glutes & More .....	15
Adult Level 1 .....	37
Adult Level 2 .....	38
Adult Level 3 .....	38
Adult Level 4 .....	38
Aqua Cardio Dance .....	15
Aqua Spin .....	15
Aquatots .....	25
Beginner 1 .....	28
Beginner 2 .....	30
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 .....	78
Water Exercise .....	16
Waterbabies .....	25
Youth Level 1 .....	33
Youth Level 2 .....	34
Youth Level 3 .....	35
Youth Level 4 .....	36
Youth Level 5 .....	36
Youth Level 6 .....	37

### Mid-County Community Recreation Center

55+ FREE Bone Builders .....	65
Karate/Jujitsu .....	52
Karate/Jujitsu Adult .....	52
Learn Now Music: HeroeZ of Guitar ..	45
Music Together .....	54
Yoga Basics .....	50
Zumba Fitness .....	46

### Montgomery Village MS

Karate/Jujitsu .....	52
Karate/Jujitsu Adult .....	52

### Nancy H. Dacek North Potomac Community Recreation Center

"Sew" Simple Fashion Design .....	56
55+ FREE Bone Builders .....	65
Baby Ballet .....	53
Ballet .....	43
Dance Fit Zumba .....	46
Fashionable Science .....	57
Handcrafted Pottery .....	43
Handcrafted Pottery Open Studio .....	43
Hippo Hoppo .....	53
Introductory Lacrosse .....	58
Kidz Dance .....	53
Tippi Jam (Ballet, Tap, Jazz) .....	53
Toddler and Me Dance .....	53

### Neelesville Middle School

Karate/Jujitsu .....	52
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### North Chevy Chase Elementary School

Hummingbirds Soccer - 3&4 years .....	54
Hummingbirds Soccer - 5&6 years .....	54

### Norwood Local Park

Exploring Music and Piano Level I A ..	45
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### Oakland Terrace Elementary School

Coach Doug Seasonal Sports .....	54
Coach Doug Soccer .....	54
Coach Doug Wee Wanna Be .....	54

### Oakview Elementary School

Classic Vovinam Martial Arts .....	51
Classic Vovinam Martial Arts Advanced .....	51

### Olney Swim Center

Adult Level 1 .....	37
Adult Level 2 .....	38
Adult Level 3 .....	38
Adult Level 4 .....	39
Aqua Cardio Dance .....	15
Aqua Lite .....	15
Aquatots .....	25
Beginner 1 .....	28
Beginner 2 .....	29
Beginner 3 .....	31
Beginner 4 .....	32
Deep Water Running .....	16

## PROGRAM LOCATIONS

Masters Swimming .....	18
Montgomery Stroke and Turn Clinic .....	19
Pre-School .....	26
TR Adult Social Swim .....	78
Water Aerobics .....	16
Water Exercise .....	16
Waterbabies .....	25
Youth Level 1 .....	33
Youth Level 2 .....	34
Youth Level 3 .....	35
Youth Level 4 .....	36
Youth Level 5 .....	36
Youth Level 6 .....	37

### Pilgrim Hills Local Park

Movin' with Millie' Aerobics .....	47
------------------------------------	----

### Plum Gar Community Recreation Center

55+ FREE Bone Builders .....	65
Classic Vovinam Martial Arts .....	51

### Potomac Community Recreation Center

55+ FREE Bone Builders .....	65
ACT The Workout .....	49
Advanced Right Brained Drawing .....	42
American Girl/Barbie Fashion Design .....	56
Ballet for Adults .....	44
Beginner Right Brained Drawing .....	42
Coach Doug Pre Wee Wanna Be .....	54
Coach Doug Seasonal Sports .....	54
Customizable Screen-Print Fashion Design .....	56
Discovering Music for Toddlers .....	53
Funfit Tots 11mons to 2yr .....	56
Funfit Tots Family Class .....	56
Hippo Hoppo .....	53
Introduction to Mindfulness Meditation .....	47
Karate/Jujitsu .....	52
Karate/Jujitsu Adult .....	52
Mommy-and-me Tutu Party .....	57
Vini Yoga Intermediate .....	50
Vinyasa Yoga .....	50

### Quince Orchard Valley Neighborhood Park

Rookie League Baseball .....	59
T-Birds T-Ball .....	55

### Rolling Terrace Elementary School

Karate/Jujitsu .....	52
Karate/Jujitsu Adult .....	52

### Ross Boddy Neighborhood Recreation Center

Aikido .....	51
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### Sligo Creek Elementary School

Pottery at Sligo .....	43
------------------------	----

### Tilden Middle School

Funfit Tots 11mons to 2yr .....	56
Funfit Tots Family Class .....	56

### Travilah Elementary School

Karate/Jujitsu .....	52
Karate/Jujitsu Adult .....	52

### Upper County Community Recreation Center

Draw and Clay - Cartooning .....	41
Karate/Jujitsu .....	52
Karate/Jujitsu Adult .....	52
TR Zumba .....	77

### Upper County Outdoor Pool

Adult Level 1 .....	37
Adult Level 2 .....	38
Aquatots .....	26
Beginner 1 .....	29
Beginner 2 .....	30
Beginner 3 .....	31
Deep Water Running .....	16
Lifeguard Training .....	20
MCSL - Upper County Dolphins .....	19
Pre-School .....	27
Youth Level 1 .....	33
Youth Level 2 .....	34
Youth Level 3 .....	35
Youth Level 4 .....	36

### Veirs Mill Local Park

Discovering Music for Toddlers .....	53
--------------------------------------	----

### Violettes Lock/Lock 23

Island Kayak Trip .....	78
-------------------------	----

### Western County Outdoor Pool

Aquatots .....	26
Beginner 1 .....	29
Beginner 2 .....	30
Beginner 3 .....	31
MCSL - Poolesville Piranhas .....	19
Pre-School .....	27
Youth Level 1 .....	33
Youth Level 2 .....	34
Youth Level 3 .....	35

### Wheaton/Glenmont Outdoor Pool

Adult Level 1 .....	37
Adult Level 2 .....	38
Aquatots .....	26
Beginner 1 .....	29
Beginner 2 .....	30
Beginner 3 .....	31
Beginner 4 .....	32
MCSL - Glenmont Gators .....	19
Pre-School .....	27
Youth Level 1 .....	33
Youth Level 2 .....	34
Youth Level 3 .....	35
Youth Level 4 .....	36
Youth Level 5 .....	36
Youth Level 6 .....	37

### White Oak Community Recreation Center

55+ FREE Bone Builders .....	65
Baby Ballet .....	53
Hippo Hoppo .....	53
Tippi Jam (Ballet, Tap, Jazz) .....	53
Toddler and Me Dance .....	53

### Wisconsin Place Community Recreation Center

55+ FREE Bone Builders .....	65
Evening Yoga .....	49
Yoga at 50 .....	50





# FACILITY ADDRESSES

## Elementary Schools

Arcola ES..... 1820 Franwall Ave., Silver Spring, 20902  
 Bethesda ES .....5011 Moorland Ln., Bethesda, 20814  
 DuFief ES.....15001 DuFief Dr., Gaithersburg, 20878  
 Garrett Park ES.....4810 Oxford St., Kensington, 20895  
 Glenallan ES.....12520 Heurich Rd., Silver Spring, 20902  
 Great Seneca Creek ES.....13010 Dairymaid Dr., Germantown, 20874  
 North Chevy Chase ES..... 3700 Jones Bridge Rd., Chevy Chase, 20815  
 Oakland Terrace ES..... 2720 Plyers Mill Rd., Silver Spring, 20902  
 Resnik, Judith A. ES.....7301 Hadley Farms Dr., Gaithersburg, 20879  
 Rolling Terrace ES.....705 Bayfield St., Takoma Park, 20912  
 Sligo Creek ES.....500 Schuyker Rd., Silver Spring, MD 20910  
 Stedwick ES .....10631 Stedwick Rd., Montgomery Village, 20886

## Middle Schools

Eastern MS .....300 University Blvd., Silver Spring, 20901  
 Tilden MS .....11211 Old Georgetown Rd., Rockville, 20852

## High Schools

Johnson, Walter HS ..... 6400 Rock Spring Dr., Bethesda, 20814

## Parks

Glenmont LP .....3201 Randolph Rd., Wheaton, 20906  
 Layhill LP .....14901 Layhill Rd., Aspen Hill, 20906  
 Maplewood-Alta Vista LP.....5209 Alta Vista Rd., Bethesda, 20814  
 Norwood LP .....4700 Norwood Dr., Chevy Chase, 20815  
 Olney Manor RP .....16601 Georgia Ave., Olney, MD 20832  
 Pilgrim Hills LP.....1615 E Randolph Rd., Silver Spring, MD 20904  
 Quince Orchard Valley NP..... 12015 Suffolk Ter., Gaithersburg, 20878  
 Viers Mill LP ..... 4425 Garrett Park RD at Beach Dr., Veirs Mill, 20906  
 Violettes Lock/Lock 23 .....13105 Violettes Lock Rd., Darnestown, 20874

## Other Facilities

Freed Studio..... 4931 Cordell Ave., Bethesda, 20814  
 Kicks Karate - Bethesda..... Glen Echo, 2508, 4701 Sangamore Rd., Bethesda, 20816  
 Kicks Karate - Clarksburg .....12101 Chestnut Branch Way, Clarksburg, 20871  
 Kicks Karate - Germantown ..... 13020 Middlebrook Rd., Germantown, 20874  
 Kicks Karate - North Bethesda..10400, Old Georgetown Rd., Bethesda, 20814  
 Kicks Karate - Potomac.....9812 Falls Rd., Potomac, 20854  
 Kicks Karate - Shady Grove ..... 9737 Traville Gateway Dr., Rockville, 20854  
 Komodo USA Gaithersburg .. 402 Main St., Gaithersburg, 20878  
 Komodo USA Germantown.....19727 Executive Park Cr., Germantown, 20874  
 Kritt Studio ..... 14817 Brownstone Dr., Burtonsville, 20866

## Recreation Facilities

Bauer Drive CRC..... 14625 Bauer Dr., Rockville, 20853  
 Bethesda OP ..... Little Falls Pkwy., Bethesda, MD 20815  
 Clara Barton NRC..... 7425 MacArthur Blvd., Cabin John, 20818  
 Damascus CRC .....25520 Oak Dr., Damascus, 20872  
 East County CRC .....3310 Gateshead Manor Way, Silver Spring, 20904  
 Germantown CRC..... 18905 Kingsview Dr., Germantown, 20874  
 Germantown ISC .....18000 Central Park Cir., Boyds, 20841  
 Germantown OP..... 18905 Kingsview Rd., Germantown, 20874  
 Gwendolyn Coffield CRC.....2450 Lyttonsville Rd., Silver Spring, 20910  
 Holiday Park SC .....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  
 Margaret Schweinhaut SC .....1000 Forest Glen Rd., Silver Spring, 20901  
 Marilyn J. Praisner CRC.....14906 Old Columbia Pwky., Burtonsville, 20866  
 Martin Luther King OP ..... 1201 Jackson Rd., Silver Spring, 20904  
 Martin Luther King SC ..... 1201 Jackson Rd., Silver Spring, 20904  
 Mid-County CRC ..... 2004 Queensguard Rd., Silver Spring, 20906  
 Nancy H. Dacek 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 NRC.....18529 Brooke Rd., Sandy Spring, 20860  
 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/Glenmont County OP .....12621 Dalewood Dr., Silver Spring, 20906  
 White Oak CRC..... 1700 April Ln., Silver Spring, 20904  
 Wisconsin Place CRC .....5311 Friendship Blvd., Chevy Chase, 20815



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.
---------------	-------------------------	---------------

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 PARKS • SUMMER 2018



### History Programs

- 98 Agricultural History Farm Park Programs & Events
- 102 Woodlawn Manor Cultural Park Programs & Events

### Nature & Horticultural Programs

- 105 Brookside Gardens Programs & Events
- 110 Black Hill Visitor Center Programs & Events
- 118 Brookside Nature Center Programs & Events
- 122 Locust Grove Nature Center Programs & Events
- 125 Maydale Nature Center Programs & Events
- 127 Meadowside Nature Center Programs & Events

### Sports Programs

- 135 Ice Skating and Hockey @ Cabin John and Wheaton Ice
- 148 Golf & Archery @ South Germantown Driving Range
- 153 Tennis @ Pauline Betz Addie and Wheaton Indoor Tennis

### More to Do in the Parks

- 99 Music on the Farm
- 106 Brookside Gardens Summer Concert Series
- 108 Wings of Fancy
- 109 Park Activity Building Information
- 113 Mudfest
- 130 Shakespeare in the Park
- 149 Ladies Golf Clinic
- 150 South Germantown Splash Park & Golf Information
- 155 Friday Night Summer Slam Socials
- 157 Women's Outdoor Weekend Retreat

### Information & Registration

- 94 Chair's Letter
- 96 Montgomery Parks Facility Directory
- 160 Registration Information for Parks & Recreation

inside back cover

**ActiveMONTGOMERY** Registration Form for Parks & Recreation

### REGISTRATION OPENS

...Monday, **MAY 14** for  
**BROOKSIDE GARDENS**  
**ALL NATURE CENTERS**  
**HISTORY**  
**S. GERMANTOWN DRIVING RANGE**

...Tuesday, **JUNE 12** for  
**ICE & TENNIS**  
**SUMMER 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 2018

Dear Fellow Park Fans:



Sunshine and longer days are finally here and there's no better way to enjoy the summer than to get outdoors and experience all that the parks have to offer.

In June we celebrate the opening of our newest park, Laytonia Recreational Park in Rockville. The 34-acre park features athletic fields, playgrounds, half-basketball courts and a pavilion. For information on the grand opening celebration, check out [www.MontgomeryParks.org](http://www.MontgomeryParks.org).

If you are looking for the perfect spot for a summer run or bike ride, head to the newly opened Power Line Trail on Pepco's utility right-of-way. This 6.5-mile natural surface trail was constructed through a partnership with Pepco and will be maintained by a nonprofit trails group, the Mid-Atlantic Off-Road Enthusiasts. It connects the Muddy Branch Stream Valley to South Germantown Recreational Park, linking users to our own parks trails system and other destinations.

As the days get hotter, cool off at the South Germantown Splash Park, visit one of our boathouses for a relaxing day on the water, or for a different way to beat the heat, head indoors to one of our ice rinks that are open year-round.

After the sun sets, enjoy a warm summer evening under the stars. Listen to music on the farm, enjoy a performance of Shakespeare in the Park, stroll through Brookside Gardens after dark at the Summer Solstice Garden Party or hunt for fireflies at the Lightning Bug Jubilee!

Finally, make sure you get a space for your camper in our popular summer camps before they fill up. Opportunities from advanced tournament tennis and field sports to nature and archaeology are available. For a complete list of camps visit [www.MontgomeryParks.org/Camps](http://www.MontgomeryParks.org/Camps).

This summer I'll be continuing my quest to visit all 421 parks in the Montgomery Parks system in one year. I hope you'll join me in searching out and discovering some new parks throughout the county and taking advantage of the natural, cultural and recreational resources Montgomery Parks has to offer.

Have an exciting 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  
[www.MontgomeryPlanningBoard.org](http://www.MontgomeryPlanningBoard.org)

Phone: 301.495.4605 Fax: 301.495.1320  
E-Mail: [mcp-chair@mncppc.org](mailto:mcp-chair@mncppc.org)



# WE OUR VOLUNTEERS



Volunteering in Montgomery Parks is such a natural thing to do! We love the folks in our communities who get involved—and we think you'll love working with us, too. 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*

Join us for a ½ day volunteer project to help maintain and improve a portion of the 170-mile natural surface trail network. It's a great way to enjoy the outdoors and be physically active while improving a valuable community resource.

### CAMP COUNSELORS

#### *Summer, Monday—Friday*

Summer Camps at the Nature Centers and Brookside Gardens are great fun, and require just a one or two-week commitment.

### 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.

### 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.

### LIBRARY ASSISTANTS

Assist patrons seeking information about plants and gardening using library resources, including books, magazines, electronic media, and the Internet. Library experience preferred.

For more information, please visit our website or call us!  
**ParksVolunteers.org | 301-495-2504**







## MONTGOMERY PARKS Directory

### ARCHERY


Classes offered in **South Germantown Recreational Park**  
See contact information under "Driving Range/Golf" with questions.

### BOATING & FISHING

**Black Hill Boats** • Black Hill Regional Park  
20920 Lake Ridge Drive, Boyds, MD 20841  
301-528-3466 Boat House  
[www.BlackHillBoats.org](http://www.BlackHillBoats.org)

**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.org](http://www.LakeNeedwoodBoats.org)

### CAMPING

**Little Bennett Campground** • Little Bennett Regional Park   
23705 Frederick Road, Clarksburg, MD 20871  
301-528-3430 • [LittleBennettCampground@MontgomeryParks.org](mailto:LittleBennettCampground@MontgomeryParks.org)  
[www.LittleBennettCampground.org](http://www.LittleBennettCampground.org)

### CAROUSEL

**Ovid Hazen Wells Carousel** • Wheaton Regional Park; see "Trains"

### CULTURAL & HISTORIC ATTRACTIONS

Visit [www.HistoryInTheParks.org](http://www.HistoryInTheParks.org) for more information and sites.

**Agricultural History Farm Park**  
18400 Muncaster Road, Derwood, MD 20855  
301-840-5120 • [www.HistoryInTheParks.org](http://www.HistoryInTheParks.org)

**Oakley Cabin African American Museum**  
3610 Brookeville Road, Olney, MD 20832  
301-650-4373 • [www.OakleyCabin.org](http://www.OakleyCabin.org)

**Underground Railroad Experience Trail**  
16501 Norwood Rd., Sandy Spring, MD 20860  
301-929-5989 • [www.HistoryInTheParks.org](http://www.HistoryInTheParks.org)

**Woodlawn Manor Cultural Park**  
16501 Norwood Road, Sandy Spring, MD 20860  
301-929-5989 • [www.HistoryInTheParks.org](http://www.HistoryInTheParks.org)

### DOG PARKS

**Black Hill Regional Park Dog Park**  
20930 Lake Ridge Drive, Boyds, MD 20841  
*On Picnic Lane, SE of boat rentals on Lake Ridge Dr.*

**Cabin John Regional Park Dog Park**  
10900 Westlake Drive, Bethesda, MD 20876

**Ellsworth Urban Park Dog Park**  
621 Ellsworth Drive, Silver Spring, MD 20910  
*South of the playground, entrance off Colesville Rd.*

**Olney Manor Recreational Park Dog Park**  
16601 Georgia Avenue, Olney, MD 20832  
*Near Ballfield #4, across from the concession stand*

**Ridge Road Recreational Park Dog Park**  
21155 Frederick Road, Germantown, MD 20876  
*North of the soccer field, west of the in-line hockey rink*

**Wheaton Regional Park Dog Park**  
11717 Orebaugh Avenue, Silver Spring, MD 20902  
*East of Wheaton Sports Pavilion; use Orebaugh Avenue entrance*

*\*Equestrian facilities are managed by private operators through partnerships with the Maryland-National Capital Park and Planning Commission.*

### DRIVING RANGE/GOLF

**South Germantown Driving Range**   
18045 Central Park Circle, Boyds, MD 20841  
301-670-4670 • [www.SGDrivingRange.com](http://www.SGDrivingRange.com)

### EVENT CENTERS


*Montgomery Parks Event Centers are the natural choice for a wedding, anniversary, family reunion, retirement party, business meeting or retreat!*

**Brookside Gardens** • Wheaton Regional Park  
1800 Glenallan Avenue, Wheaton, MD 20902  
301-962-1404 • [Event.Manager@MontgomeryParks.org](mailto:Event.Manager@MontgomeryParks.org)  
[www.ParkEventCenters.org](http://www.ParkEventCenters.org) or [www.BrooksideGardens.org](http://www.BrooksideGardens.org)

**Seneca Lodge**  
14500-A Clopper Road, Boyds, MD 20841  
301-528-6010 • [SenecaLodge@MontgomeryParks.org](mailto:SenecaLodge@MontgomeryParks.org)  
[www.ParkEventCenters.org](http://www.ParkEventCenters.org) or [www.LodgeatSeneca.org](http://www.LodgeatSeneca.org)

**Rockwood Manor**  
11001 MacArthur Boulevard, Potomac, MD 20854  
301-563-7510 • [RockwoodManor@MontgomeryParks.org](mailto:RockwoodManor@MontgomeryParks.org)  
[www.ParkEventCenters.org](http://www.ParkEventCenters.org) or [www.RockwoodManor.org](http://www.RockwoodManor.org)

### GARDENS

**Brookside Gardens** • Wheaton Regional Park   
1800 Glenallan Ave., Wheaton, MD 20902  
301-962-1400 general information • 301-962-1404 event rentals  
[www.BrooksideGardens.org](http://www.BrooksideGardens.org)

**McCrillis Gardens**  
6910 Greentree Road, Bethesda, MD 20817  
301-962-1455 • [www.McCrillisGardens.org](http://www.McCrillisGardens.org)

### GOLF\*

*\*Golf courses are operated by the Montgomery County Revenue Authority. Visit [www.MCGolf.com](http://www.MCGolf.com) for information.*

**Little Bennett Golf Course** • 301-253-1515

**Needwood Golf Course** • 301-948-1075

**Northwest Park Golf Course** • 301-598-6100

**Sligo Creek Golf Course** • 301-585-6006

### HORSEBACK RIDING & STABLES\*

**Callithea Farm Park**  
15000 River Rd., Potomac, MD 20854 • 301-977-8010

**Meadowbrook Riding Stables**  
8200 Meadowbrook Lane, Chevy Chase, MD 20815  
301-589-9026 • [www.MeadowbrookStables.org](http://www.MeadowbrookStables.org)

**Potomac Horse Center**  
14211 Quince Orchard Rd., N. Potomac, MD 20878  
301-208-0200 • [www.PotomacHorse.com](http://www.PotomacHorse.com)

**Rickman Farm Horse Park**  
17320 Moore Rd., Boyds, MD 20841  
1-301-349-0075 • [www.GreatandSmallRide.org](http://www.GreatandSmallRide.org)

**Wheaton Regional Park Stables**  
1101 Glenallen Ave., Wheaton, MD 20902  
301-622-2424 • [www.WheatonParkStables.com](http://www.WheatonParkStables.com)

**Woodstock Equestrian Park**  
20100 Darnestown Rd., Beallsville, MD 20839  
240-498-2412 • [www.EquestrianPark.org](http://www.EquestrianPark.org)



## ICE SKATING

### Cabin John Ice Rink

Cabin John Regional Park  
10610 Westlake Drive, Rockville, MD 20852  
301-765-8620 • [www.CabinJohnIce.org](http://www.CabinJohnIce.org)

*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.org](http://www.WheatonIceArena.org)

*Classes for all ages and skill levels, private instruction, camps, public skating sessions, party rooms, fitness/exercise center.*

## MINIATURE GOLF

### South Germantown Miniature Golf

18 hole miniature course with 9 wheelchair accessible holes.  
South Germantown Recreational Park  
18056 Central Park Circle, Boyds, MD 20841  
301-670-4680 • [www.SplashandGolf.com](http://www.SplashandGolf.com)

## NATURE CENTERS

### Black Hill Visitor Center

Black Hill Regional Park  
20926 Lake Ridge Dr., Boyds, MD 20841  
301-528-3492 • [www.BlackHillNature.org](http://www.BlackHillNature.org)

### Brookside Nature Center

Wheaton Regional Park  
1400 Glenallan Avenue, Wheaton, MD 20902  
301-962-1480 • [www.BrooksideNature.org](http://www.BrooksideNature.org)

### Locust Grove Nature Center

Cabin John Regional Park  
7777 Democracy Boulevard, Bethesda, MD 20817  
301-765-8660 • [www.LocustGroveNature.org](http://www.LocustGroveNature.org)

### Meadowside Nature Center

Rock Creek Regional Park  
5100 Meadowside Lane, Rockville, MD 20855  
301-258-4030 • [www.MeadowsideNature.org](http://www.MeadowsideNature.org)

## SPLASH PARK

### South Germantown SplashPark

Kids will have an excellent time staying cool and playing in the large interactive SplashPark.  
South Germantown Regional Park  
18056 Central Park Circle, Boyds, MD 20841  
301-670-4680 • [www.SplashandGolf.com](http://www.SplashandGolf.com)

## SKATEBOARDING, INLINE SKATING & BMX

### Olney Manor Skate Park

Olney Manor Regional Park  
16601 Georgia Avenue, Olney, MD 20832  
301-905-3095 • [www.OlneyManorSkate.com](http://www.OlneyManorSkate.com)

*OMSP is an unsupervised facility; admission is free. See web for details.*

## TENNIS (INDOOR)

### Pauline Betz Addie Tennis Center

Cabin John Regional Park  
7801 Democracy Boulevard, Bethesda, MD 20817  
301-765-8650 • [www.CabinJohnTennis.org](http://www.CabinJohnTennis.org)

### Wheaton Indoor Tennis

Wheaton Regional Park  
11715 Orebaugh Avenue, Wheaton, MD 20902  
301-905-3030 • [www.WheatonTennis.org](http://www.WheatonTennis.org)

### Montgomery TennisPlex\*

in South Germantown Recreational Park  
18010 Central Park Circle, Boyds, MD 20841  
240-477-4430 • [www.MontgomeryTennisPlex.com](http://www.MontgomeryTennisPlex.com)

*\*This facility is managed by a private operator through a partnership with the Maryland-National Capital Park and Planning Commission. Please contact them directly for more information about their classes and programs.*

## TENNIS (OUTDOOR)

*Outdoor courts are available to use at no cost on a first-come, first-served basis in 127 different Montgomery Parks (unless they've been reserved through Park Permits).*

Complete court list: [www.MontgomeryParks.org](http://www.MontgomeryParks.org)  
Reserve a court: [www.ActiveMONTGOMERY.org](http://www.ActiveMONTGOMERY.org)

## TRAILS

Visit [www.MontgomeryTrails.org](http://www.MontgomeryTrails.org) for maps and detailed information about the 200 miles of trails in Montgomery Parks.

## TRAINS (MINIATURE)

### Cabin John Miniature Train

Cabin John Regional Park  
7410 Tuckerman Lane, Rockville, MD 20852  
301-765-8670 • 301-650-2880 party rentals  
[www.CabinJohnTrain.org](http://www.CabinJohnTrain.org)  
[CabinJohnTrain@MontgomeryParks.org](mailto:CabinJohnTrain@MontgomeryParks.org)


### Wheaton Train and Carousel

Wheaton Regional Park  
2000 Shorefield Road, Wheaton, MD 20902  
301-563-7545 • 301-650-2880 party rentals  
[www.WheatonTrainandCarousel.org](http://www.WheatonTrainandCarousel.org)  
[WheatonTrainCarousel@MontgomeryParks.org](mailto:WheatonTrainCarousel@MontgomeryParks.org)

## TURF FIELD

### Wheaton Sports Pavilion

Wheaton Regional Park  
11751 Orebaugh Avenue, Wheaton, MD 20902  
301-905-3070 • [www.WheatonSportsPavilion.org](http://www.WheatonSportsPavilion.org)  
[WheatonSportsPavilion@MontgomeryParks.org](mailto:WheatonSportsPavilion@MontgomeryParks.org)  
200' x 85' covered synthetic turf playing field;  
*rent for soccer, lacrosse, futsal, parties and more.*

 = Get full-service help with ActiveMONTGOMERY registration at this facility!

## CONTACT INFORMATION

- To report maintenance issues or problems in a park:  
**301-670-8080**
- To reserve a picnic shelter or Park Activity building: **301-495-2525**  
**ActiveMONTGOMERY.org**
- 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](mailto:MontgomeryParks.org)  
[MontgomeryParks.org/access](http://MontgomeryParks.org/access)
- ActiveMONTGOMERY**  
[Info@ActiveMONTGOMERY.org](mailto:Info@ActiveMONTGOMERY.org)  
Call 301-495-2580 (10am-4pm)  
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**

ONE website  
ONE account  
for both **RECREATION & PARKS**  
Registration, Reservations & More!

**Active**  
**MONTGOMERY.org**

Create your account  
today!

## CUPF Schedules All Athletic Fields

All scheduling for Montgomery Parks outdoor athletic fields is managed by the Office of Community Use of Public Facilities (CUPF). To reserve a field, visit [www.MontgomeryCountyMD.gov/CUPF](http://www.MontgomeryCountyMD.gov/CUPF) or call 240-777-0311.



# AGRICULTURAL HISTORY FARM PARK

18400 Muncaster Road • Derwood, MD 20855 • 301-840-5120  
Open Sunrise to Sunset • [www.HistoryInTheParks.org](http://www.HistoryInTheParks.org)

## JUNE 2018

### 6/5 Little Farmers' Story Time

Your Little Farmer is invited to enjoy story time at the Farm Park that will make all the different aspects of the farm come to life! Meet the farmers, animals, and plants of the farm, join in a craft or activity connected to each week's featured story, and explore the historic farmstead with new friends!

Ages: 3-5 yrs. Fee: \$10

Course #49606 • Tuesday, June 5 • 10-11 am

### 6/9 Herb Gardening 101

Explore the new herb garden at the Farm Park in depth and learn the historical uses for a variety of culinary and medicinal plants. Learn how to dry and preserve herbs for long term use, create special blends for teas, and enjoy samples of fresh herbs used in baked goods, spreads, oils, and vinegar. Take home your own tea blend, recipes, and plants to enjoy at home.

Ages: 12 & up. Fee: \$20

Course #49638 • Saturday, June 9 • 12-2 pm

### 6/17 Sensory Sundays

Join us as the sun rises over the 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. Contact Lisa Berray for more information at 301-467-8273.

All Ages. Fee: \$5

Course #49616 • Sunday, June 17 • 9-10 am

### 6/23 Heritage Days

No registration required. Explore the timeline of agricultural history in Montgomery County with a day full of hands-on farming activities, farm animals, historic house tours, food, and the beautiful landscape of the Agricultural History Farm Park! Begin in the 1780s, when the Magruder Family first lived settled on the site where the Farm Park is, today, and travel through time, meeting the farmers and families who worked the land until the 1960s, experiencing all the changes in agriculture and society they witnessed along the way.

All Ages. FREE

Course #49643 • Saturday, June 23 • 11 am-4 pm

## 6/23 Music on the Farm

Our popular music series returns with the swinging hot sounds of pre-World War II jazz. Bring your family, friends, a picnic dinner, and dancing shoes and experience the fun of the Farm as the sun sets over the fields! Historic children's games, friendly farm animals, beautiful gardens, and amazing music make this the perfect way to spend a warm summer evening under the stars!

All Ages. Fee: \$10

Course #49611 • Saturday, June 23 • 7-9 pm

## JULY 2018

### 7/10 Little Farmers' Story Time

Your Little Farmer is invited to enjoy story time at the Farm Park that will make all the different aspects of the farm come to life! Meet the farmers, animals, and plants of the farm, join in a craft or activity connected to each week's featured story, and explore the historic farmstead with new friends!

Ages: 3-5 yrs. Fee: \$10

Course #49608 • Tuesday, July 10 • 10-11 am

### 7/22 Sensory Sundays

Join us as the sun rises over the 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. Contact Lisa Berray for more information at 301-467-8273.

All Ages. Fee: \$5

Course #49617 • Sunday, July 22 • 9-10 am

### 7/28 Music on the Farm

Our popular music series returns with the swinging hot sounds of pre-World War II jazz. Bring your family, friends, a picnic dinner, and dancing shoes and experience the fun of the Farm as the sun sets over the fields! Historic children's games, friendly farm animals, beautiful gardens, and amazing music make this the perfect way to spend a warm summer evening under the stars!

All Ages. Fee: \$10

Course #49613 • Saturday, July 28 • 7-9 pm



# Music ON THE Farm

**\$10**  
per person

**JUNE 23**  
7pm - 9pm

**JULY 28**  
7pm - 9pm

**AUG. 25**  
7pm - 9pm

Our popular music series returns with the swinging hot sounds of pre-World War II jazz. Bring your family, friends, a picnic dinner, and dancing shoes to experience the fun of the Farm as the sun sets over the fields! Historic children's games, friendly farm animals, beautiful gardens, and amazing music make this the perfect way to spend a warm summer evening under the stars!

18400 Muncaster Road | Derwood, MD 20855

**AgHistoryFarm.org | 301-840-5120**



## Agricultural History Farm Park



18400 Muncaster Road, Derwood, MD 20855

AgHistoryFarm.org | 301-840-5120

### Literary Tea: "Anne of Green Gables"

**Saturday, August 18, 2018**  
**4:00 pm - 6:00 pm**

Since 1908, *Anne of Green Gables* by Lucy Maude Montgomery is one of the most popular books of the early 20th century. Today, it is still read and loved the world over.

Join Anne Shirley and the citizens of Avonlea, for a fun filled day on the Farm as we celebrate the 110th anniversary of the publication.

Enjoy tea on the lawn, and interact with well-loved characters from the book. Play turn-of-the-century lawn games, create a traditional craft, and listen to readings and music from the world of *Green Gables*. Recommended advance reading: *Anne of Green Gables* and *Anne of Avonlea* by L.M. Montgomery.

**\$25 - Ages 10 and up**  
**\$15 - Ages 10 and under**





## AUGUST 2018

### 8/7 Little Farmers' Story Time

Your Little Farmer is invited to enjoy story time at the Farm Park that will make all the different aspects of the farm come to life! Meet the farmers, animals, and plants of the farm, join in a craft or activity connected to each week's featured story, and explore the historic farmstead with new friends!

Ages: 3-5 yrs. Fee: \$10

Course #49609 • Tuesday, Aug. 7 • 10-11 am

### 8/18 Literary Tea: Anne of Green Gables

Since 1908, *Anne of Green Gables* remains one of the most popular and beloved books of the early 20th century. Join Anne Shirley and the citizens of Avonlea for a fun-filled day on the Farm to celebrate the 110th anniversary of the publication. Enjoy tea with favorite characters from the book, play turn-of-the-century lawn games, create traditional crafts, and listen to music & readings from the world of Green Gables! Recommended Advance Reading: *Anne of Green Gables* and *Anne of Avonlea* by L.M. Montgomery.

Ages: 10 & up. Fee: \$25

Ages: 9 & under. Fee: \$15

Course #49651 • Saturday, Aug. 18 • 4-6 pm

### 8/19 Sensory Sundays

Join us as the sun rises over the 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. Contact Lisa Berray for more information at 301-467-8273.

All Ages. Fee: \$5

Course #49618 • Sunday, Aug. 19 • 9-10 am

### 8/25 Music on the Farm

Our popular music series returns with the swinging hot sounds of pre-World War II jazz. Bring your family, friends, a picnic dinner, and dancing shoes and experience the fun of the Farm as the sun sets over the fields! Historic children's games, friendly farm animals, beautiful gardens, and amazing music make this the perfect way to spend a warm summer evening under the stars!

All Ages. Fee: \$10

Course #49615 • Saturday, Aug. 25 • 7-9 pm





# Game On?



Players, parents, coaches—when inclement weather occurs Montgomery Parks has got you covered. Use the  **RainoutLine** system to get instant information on Montgomery Parks and MCPS fields.

- View field status via the [Rainoutline.com](http://Rainoutline.com) website
- Sign up for email or text messages for the leagues you play in and/or the field of your choice
- Call the RainoutLine phone line at (301) 579-5610 to find out the status of the field of your choice. Learn the phone extension for the field of your choice online at [Rainoutline.com](http://Rainoutline.com)
- Download the free iPhone or Android Mobile App (*Search for Montgomery Parks inside the app*)

**[MontgomeryParks.org/RainoutLine](http://MontgomeryParks.org/RainoutLine)**







WOODLAWN MANOR  
CULTURAL PARK

# WOODLAWN MANOR CULTURAL PARK

16501 Norwood Road Sandy • Spring, MD 20860 • 301-929-5989

Park open sunrise to sunset • [www.woodlawnmanor.org](http://www.woodlawnmanor.org)

Museum open April - November • Friday & Saturday 10 am - 4 pm

Sunday 12 - 4 pm • Fee required

## 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.*

### UGRR Trail Saturday Guided Hike

Hikes last approximately 2.5 hours and are provided by talented “conductors” who lead groups on a simulated Underground Railroad experience covering 2.0 miles from Woodlawn Manor Cultural Park along a wooded, natural surface trail to the historic Sandy Spring, then back to experience the new Woodlawn Museum and Visitor Center. Hikers learn about various techniques that “freedom seekers” used to elude trackers, find food, and navigate their way North to freedom. Interpretive content best suited for children 7 and up.

Ages: 7 & up. Fee: \$8

Course #46240 • Saturday, June 2 • 10 am-12:30 pm  
Course #46242 • Saturday, June 16 • 10 am-12:30 pm  
Course #46243 • Saturday, June 23 • 10 am-12:30 pm  
Course #46244 • Saturday, June 30 • 10 am-12:30 pm  
Course #46245 • Saturday, July 7 • 9:30 am-12 pm  
Course #46246 • Saturday, July 14 • 9:30 am-12 pm  
Course #46247 • Saturday, July 21 • 9:30 am-12 pm  
Course #46248 • Saturday, July 28 • 9:30 am-12 pm  
Course #46249 • Saturday, Aug. 4 • 9:30 am-12 pm  
Course #46250 • Saturday, Aug. 11 • 9:30 am-12 pm  
Course #46251 • Saturday, Aug. 18 • 9:30 am-12 pm  
Course #46252 • Saturday, Aug. 25 • 9:30 am-12 pm

### Woodlawn Manor House Tour

Take a guided tour of the 19th-century Federal style manor house and learn about Dr. William Palmer, his family and the other residents of Woodlawn. \*The guided tour includes interior and exterior spaces, including optional spaces that are not ADA accessible.

Ages: 18 & up. Fee: \$3

Course #49533 • Friday, June 1 • 11-11:30 am  
Course #49534 • Friday, June 1 • 2-2:30 pm  
Course #49535 • Saturday, June 2 • 11-11:30 am  
Course #49536 • Saturday, June 2 • 2-2:30 pm  
Course #49537 • Sunday, June 3 • 1-1:30 pm  
Course #49538 • Friday, June 8 • 11-11:30 am  
Course #49539 • Friday, June 8 • 2-2:30 pm  
Course #49540 • Sunday, June 10 • 11-11:30 am  
Course #49541 • Friday, June 15 • 11-11:30 am  
Course #49542 • Friday, June 15 • 2-2:30 pm

Course #49543 • Saturday, June 16 • 11-11:30 am  
Course #49544 • Saturday, June 16 • 2-2:30 pm  
Course #49545 • Sunday, June 17 • 1-1:30 pm  
Course #49546 • Friday, June 22 • 11-11:30 am  
Course #49547 • Friday, June 22 • 2-2:30 pm  
Course #49550 • Sunday, June 24 • 1-1:30 pm  
Course #49551 • Friday, June 29 • 11-11:30 am  
Course #49552 • Friday, June 29 • 2-2:30 pm  
Course #49553 • Saturday, June 30 • 11-11:30 am  
Course #49554 • Saturday, June 30 • 2-2:30 pm  
Course #49555 • Sunday, July 1 • 1-1:30 pm  
Course #49556 • Friday, July 6 • 11-11:30 am  
Course #49557 • Friday, July 6 • 2-2:30 pm  
Course #49558 • Saturday, July 7 • 11-11:30 am  
Course #49559 • Saturday, July 7 • 2-2:30 pm  
Course #49560 • Sunday, July 8 • 1-1:30 pm  
Course #49561 • Friday, July 13 • 11-11:30 am  
Course #49562 • Friday, July 13 • 2-2:30 pm  
Course #49563 • Saturday, July 14 • 11-11:30 am  
Course #49564 • Saturday, July 14 • 2-2:30 pm  
Course #49565 • Sunday, July 15 • 1-1:30 pm  
Course #49566 • Friday, July 20 • 11-11:30 am  
Course #49567 • Friday, July 20 • 2-2:30 pm  
Course #49568 • Saturday, July 21 • 11-11:30 am  
Course #49569 • Saturday, July 21 • 2-2:30 pm  
Course #49570 • Sunday, July 22 • 1-1:30 pm  
Course #49571 • Friday, July 27 • 11-11:30 am  
Course #49572 • Friday, July 27 • 2-2:30 pm  
Course #49573 • Saturday, July 28 • 11-11:30 am  
Course #49574 • Saturday, July 28 • 2-2:30 pm  
Course #49575 • Sunday, July 29 • 1-1:30 pm  
Course #49576 • Friday, Aug. 3 • 11-11:30 am  
Course #49577 • Friday, Aug. 3 • 2-2:30 pm  
Course #49578 • Saturday, Aug. 4 • 11-11:30 am  
Course #49579 • Saturday, Aug. 4 • 2-2:30 pm  
Course #49580 • Sunday, Aug. 5 • 1-1:30 pm  
Course #49581 • Friday, Aug. 10 • 11-11:30 am  
Course #49582 • Friday, Aug. 10 • 2-2:30 pm  
Course #49583 • Saturday, Aug. 11 • 11-11:30 am  
Course #49584 • Saturday, Aug. 11 • 2-2:30 pm  
Course #49585 • Sunday, Aug. 12 • 1-1:30 pm  
Course #49586 • Friday, Aug. 17 • 11-11:30 am  
Course #49587 • Friday, Aug. 17 • 2-2:30 pm

## Recurring Programs

### Woodlawn Manor House Tour (continued)

Course #49588 • Saturday, Aug. 18 • 11-11:30 am  
Course #49589 • Saturday, Aug. 18 • 2-2:30 pm  
Course #49590 • Sunday, Aug. 19 • 1-1:30 pm  
Course #49591 • Friday, Aug. 24 • 11-11:30 am  
Course #49592 • Friday, Aug. 24 • 2-2:30 pm  
Course #49593 • Saturday, Aug. 25 • 11-11:30 am  
Course #49594 • Sunday, Aug. 26 • 1-1:30 pm  
Course #49595 • Friday, Aug. 31 • 11-11:30 am  
Course #49596 • Friday, Aug. 31 • 2-2:30 pm  
Course #49597 • Saturday, Sep. 1 • 11-11:30 am  
Course #49598 • Saturday, Sep. 1 • 2-2:30 pm  
Course #49599 • Sunday, Sep. 2 • 1-1:30 pm



## WOODLAWN MANOR CULTURAL PARK EVENTS

Tickets sold day of activity or pre-register  
at [ActiveMontgomery.org](http://ActiveMontgomery.org)



WOODLAWN MANOR  
CULTURAL PARK

[WoodlawnManor.org](http://WoodlawnManor.org) | 301-929-5989  
16501 Norwood Rd, Sandy Spring, MD 20860

### Woodlawn Museum Homeschool Day

Thematic hands-on activities designed for homeschool students 2nd – 8th grades.

May 4 & September 7 • 10 am – 1 pm • \$7 adults, \$5 children

### NEW! History Hour

Lecture series for adults featuring local historians & academics,  
light refreshments served.

Last Wednesday of July, September, November • 7 pm – 8 pm • \$8 per person

### Guided Hikes Underground Railroad Experience Trail

A 2 ½ hour hike exploring techniques used by those seeking Northern freedom.

April – November • Saturday 10 am (9:30 July & August) & 1st Sunday 10 am  
\$8 per person (includes museum admission)

### NEW! Woodlawn Manor House Tour

Starting March 2018 historic Manor House open by guided tour.

April – November • Friday & Saturday 11 am & 2pm, Sunday 1 pm • \$3 per person





## JUNE 2018

### 6/3 UGRR Trail Sunday Guided Hike

Hikes last approximately 2.5 hours and are provided by “conductors” who lead groups on a simulated Underground Railroad experience covering 2.0 miles from Woodlawn Manor Cultural Park along a wooded, natural surface trail to the historic Sandy Spring, then back to the new Woodlawn Museum. Hikers learn about various techniques that “freedom seekers” used to elude trackers, find food, and navigate their way North to freedom. Interpretive content best suited for children 7 and up.

Ages: 7 & up. Fee: \$8

Course #46237 • Sunday, June 3 • 10 am-12:30 pm

## JULY 2018

### 7/1 UGRR Trail Sunday Guided Hike

Hikes last approximately 2.5 hours and are provided by “conductors” who lead groups on a simulated Underground Railroad experience covering 2.0 miles from Woodlawn Manor Cultural Park along a wooded, natural surface trail to the historic Sandy Spring, then back to the new Woodlawn Museum. Hikers learn about various techniques that “freedom seekers” used to elude trackers, find food, and navigate their way North to freedom. Interpretive content best suited for children 7 and up.

Ages: 7 & up. Fee: \$8

Course #46238 • Sunday, July 1 • 9:30 am-12 pm

## 7/25 History Hour

This lecture series for history aficionados will feature local historian, educators, and more as they share their knowledge of local and regional history. Each hour-long presentation will feature a new subject and may include video, artifacts or other interpretive aides. Light refreshments will be provided.

Ages: 18 & up. Fee: \$8

Course #49700 • Wednesday, July 25 • 7-8 pm

## AUGUST 2018

### 8/5 UGRR Trail Sunday Guided Hike

Hikes last approximately 2.5 hours and are provided by “conductors” who lead groups on a simulated Underground Railroad experience covering 2.0 miles from Woodlawn Manor Cultural Park along a wooded, natural surface trail to the historic Sandy Spring, then back to the new Woodlawn Museum. Hikers learn about various techniques that “freedom seekers” used to elude trackers, find food, and navigate their way North to freedom. Interpretive content best suited for children 7 and up.

Ages: 7 & up. Fee: \$8

Course #46239 • Sunday, Aug. 5 • 9:30 am-12 pm





1800 Glenallan Avenue • Wheaton, MD 20902  
301-962-1400 • [www.BrooksideGardens.org](http://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. Registration required.

Course #44695 • Monday, June 11 • 10:30 am-12 pm

Course #44696 • Monday, July 9 • 10:30 am-12 pm

Course #44697 • Monday, Aug. 13 • 10:30 am-12 pm

## Garden After Dark

### Garden After Dark: Summer Solstice Garden Party

Looking for a special night out with friends or a loved one? Enjoy a magical evening exploring our new trial garden filled with the latest plant cultivars and combinations that push the envelope of texture, color, and form. Designer Kelley Heim will lead a tour through her garden discussing the design process and pointing out some of the unusual specimens growing there. Enjoy cocktails created by a mixologist and a light catered dinner under garden lights.

Ages: 21 & up. Fee: \$50, FOBG: \$46. Registration required. Each fee covers the cost of one person.

Course #46259 • Thursday, June 21 • 7-9 pm

## Horticultural Classes

### Soil Health & Regenerative Gardening Practices

Carol Allen, Montgomery Community College Assistant Professor. You're a good gardener, but you want to take your skills and garden to the next level. Discover the benefits of regenerative gardening practices that will help you achieve that goal by ensuring your soil is healthy. Learn how soils originate, how they differ from region to region, and how they interact with the plants we grow. Soil testing will be discussed, and soil amendments analyzed. Learn how to determine which soil amendment is right for your specific garden needs and how it can protect against drought. The role and effects of fertilizer on the plant-soil interface will also be reviewed.

Ages: 18 & up. Fee: \$22, FOBG: \$20. Registration required.

Course #46254 • Saturday, June 2 • 10-11:30 am

## Gardening & Designing With Fragrant Plants

Jim Deramus, Brookside Gardens Staff. Did you know that Brookside Gardens has been growing a fragrance garden for more than 30 years? Learn how to add another layer of sensory experience to your garden using plants with fragrant leaves and flowers. Fragrance is the foundation for memories, and you will learn how to create lasting ones using Brookside Gardens as a living field lab. Organized by season, learn about the best annuals and how to create a scented landscape to be enjoyed year-round.

Ages: 18 & up. Fee: \$22, FOBG: \$20. Registration required.

Course #46255 • Thursday, June 28 • 1-2:30 pm

## Health & Wellness

### Yoga at Brookside Gardens

Guest Instructor: Tanory Ateek. Come enjoy one or all 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. Registration required.

Course #46260 • Saturday, June 2 • 9:30-10:30 am

Course #46261 • Saturday, June 9 • 9:30-10:30 am

Course #46262 • Saturday, June 16 • 9:30-10:30 am

Course #46263 • Saturday, June 23 • 9:30-10:30 am

Course #46264 • Saturday, June 30 • 9:30-10:30 am

Course #46265 • Saturday, July 7 • 9:30-10:30 am

Course #46266 • Saturday, July 14 • 9:30-10:30 am

Course #46267 • Saturday, July 21 • 9:30-10:30 am

## Cooking Demonstrations

### The Best of Summer's Harvest

Adrienne Cook, Garden and Cooking Writer. Danielle Cook, Holistic Nutritionist and Cooking Instructor. Celebrate the bounty of the garden and savor the rich, vibrant flavors of summer. Explore new recipes using fresh vegetables, fruits and herbs that nourish, delight and create health. Learn how to use the pick of the garden to prepare these delicious dishes that will be a welcome addition to your summer dinner table.

Ages: 18 & up. Fee: \$35, FOBG: \$31. Registration required.

Course #46258 • Monday, July 16 • 12-1:30 pm

FOBG = Friends of Brookside Gardens



# BROOKSIDE GARDENS SUMMER CAMPS



## Pollinator Party and Garden Camp

Course# 44393 | June 18-22  
9:00 am - 3:30 pm

## Garden Art and Science

Course# 44390 | June 25-29  
9:00 am - 3:30 pm

## Garden Eco Explorers

Course# 44397 | July 9-13  
9:00 am - 3:30 pm

## Garden Fairies and Gnomes

Course# 44395 | July 16-20  
9:00 am - 3:30 pm

\* Extended Care Available for Brookside Gardens Camps

1800 Glenallan Avenue | Wheaton, MD 20902

**BrooksideGardens.org**

*Brookside*  
GARDENS



# 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 5, 6:30 - 8:00pm

Visitors Center Lawn

## Kurlou Reggae Band

Reggae

Tuesday, June 12, 6:30 - 8:00pm

Visitors Center Lawn

## Only Lonesome Bluegrass Band

Bluegrass

Tuesday, June 19, 6:30 - 8:00pm

Visitors Center Lawn

## Sandra Dean Band

Classic Rock

Tuesday, June 26, 6:30 - 8:00pm

Visitors Center Lawn



**BROOKSIDE GARDENS**  
BROOKSIDEGARDENS.ORG

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GARDENS





## Brookside Gardens School of Botanical Art & Illustration

### Painting Mushrooms with Watercolor: Woodland Jewels of the Forest

Guest Instructor: Margaret Saylor. Much of the mystery and intrigue surrounding mushrooms stems from the tiny kingdom on the forest floor that they inhabit. Enjoy this two-day workshop where you will examine different types of fungi and mushrooms, then sketch, compose, and build a unique and accurate painting. Learn how to incorporate secondary elements such as spiky grasses, brittle leaves, fuzzy moss, or satiny acorns to add interest to the composition. Using the barest of tea washes and application of tonal color patches, you will develop and build your mushroom with color using a dry brush technique on vellum. Prerequisite: Intermediate courses in watercolor Level: Intermediate to advanced Ages: 18 & up. Fee: \$190, FOBG: \$170. Registration required.

Course #47809 • Saturday, June 9 • 10 am-3:30 pm  
Course #47809 • Sunday, June 10 • 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. Registration required.

Course #45567 • Saturday, July 7 • 10 am-3:30 pm  
& Saturday, July 14 • 10 am-3:30 pm

## 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. Please note the new start time of 7:00am as the exhibit now opens to the public at 9:00am. Register for as many sessions as you like.

Ages: 18 & up. Fee: \$30, FOBG: \$27. Registration required.  
Course #45496 • Saturday, June 2 • 7-9 am  
Course #45497 • Saturday, June 16 • 7-9 am  
Course #45498 • Sunday, July 1 • 7-9 am  
Course #45499 • Saturday, July 14 • 7-9 am  
Course #45500 • Sunday, July 29 • 7-9 am  
Course #45501 • Saturday, Aug. 11 • 7-9 am  
Course #45502 • Sunday, Aug. 19 • 7-9 am  
Course #45503 • Saturday, Sep. 8 • 7-9 am

### Brookside Gardens Saturday Walk

Enjoy free tours of Brookside Gardens in Wheaton. 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 the garden unique.

Ages: 18 & up. FREE. Registration required.

Course #45507 • Saturday, June 2 • 10-11 am

Course #45508 • Saturday, June 23 • 10-11 am

## Trips

### Lewis Ginter Trip

Voted one of the top five botanical gardens in the nation, Lewis Ginter in Richmond, Virginia offers year-round beauty on an historic property with more than 50 acres of spectacular gardens, dining and shopping. The site dates back as early as 1895, beginning as the Lakeside Wheel Club, a popular destination for Richmond bicyclists. You'll enjoy exploring a 63-foot classical domed tropical conservatory in addition to more than a dozen themed gardens, including the Children's Garden, Rose Garden, Healing Garden, Fountain Garden, Asian Valley and more. Enjoy a guided tour and a catered lunch in the estate's charming café. Fee includes charter bus transportation, tour fees, and lunch.

Ages: 18 & up. Fee: \$95, FOBG: \$95. Registration required.

Course #46256 • Thursday, June 14 • 7:30 am-5 pm



*Brookside*  
GARDENS





# EVENTS

AT BROOKSIDE  
GARDENS

## CELEBRATE WITH US

Brookside Gardens is a 50-acre enclave in the heart of Montgomery County, offering stunning formal and informal gardens as the background for your wedding, mitzvah, quinceanera, gala, baby shower, retirement party - the possibilities are endless.

1800 Glenallan Ave. | Wheaton, MD 20902

**BrooksideGardens.org**

301-962-1404 | Event.Manager@MontgomeryParks.org

*Brookside*  
GARDENS



## LIVE BUTTERFLY & CATERPILLAR EXHIBIT



**APRIL 18 - SEPTEMBER 16**

**APRIL 18 – JUNE 30**

9:00am – 5:00pm daily

**JULY 1 – AUGUST 31**

9:00am – 1:00pm weekdays

9:00am – 5:00pm weekends

**SEPTEMBER 1 – 16**

9:00am – 5:00pm daily

*Wings*  
**OF FANCY**

1500 Glenallan Avenue, Wheaton, MD 20902

\$8 Ages 13+ | \$5.00 Ages 3-12 | FREE Ages 0-2

**301-962-1453 | BrooksideGardens.org**

*Brookside*  
GARDENS







socialize

play



eat



relax

the *perfect* place to gather!

PARK ACTIVITY BUILDINGS | PICNIC AREAS



celebrate



engage



enjoy

meet



Park Activity Buildings and Picnic Shelters in Montgomery Parks are ideal for family and social gatherings, special events, meetings and more!

**ParkPermits.org | 301-495-2525**







# BLACK HILL VISITOR CENTER

20926 Lake Ridge Dr. • Boyds, MD 20841 • 301-528-3492 • [www.BlackHillNature.org](http://www.BlackHillNature.org)  
Please check our website for Visitor Center hours. Trails open daily, dawn to dusk.

## Recurring Programs

*Some of our programs are so popular that we offer them a number of times throughout the season. Please check below for the dates that work best for you.*



Come get your nature fix! Meet a critter, make a craft, or explore the meadow - different activities each week. Sign up at the Visitor Center the day of the program.

**FREE**

**SUNDAYS**

2:30PM - 3:15PM  
(Except July 1)



### 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 #50337 • Sunday, June 3 • 9-11 am

Course #50338 • Tuesday, June 19 • 6:30-8:30 pm

Course #50339 • Sunday, July 8 • 9-11 am

Course #50340 • Thursday, July 19 • 6:30-8:30 pm

Course #50341 • Thursday, Aug. 9 • 6:30-8:30 pm

Course #50342 • Saturday, Aug. 18 • 9-11 am

### 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.

All Ages. Fee: \$2

Course #50430 • Saturday, June 9 • 1:30-3 pm

Course #50431 • Saturday, July 14 • 2-3:30 pm

Course #50432 • Sunday, July 22 • 9-10:30 am

Course #50433 • Saturday, Aug. 11 • 1-3 pm

Course #50434 • Sunday, Aug. 26 • 10 am-12 pm

### 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 #50451 • Thursday, June 14 • 7:30-9 pm

Course #50452 • Tuesday, June 26 • 7:30-9 pm

Course #50455 • Tuesday, July 10 • 7:30-9 pm

Course #50458 • Thursday, July 26 • 7:30-9 pm

Course #50461 • Wednesday, Aug. 1 • 7-8:30 pm

Course #50463 • Tuesday, Aug. 14 • 7-8:30 pm

Course #50464 • Sunday, Aug. 19 • 7-8:30 pm

### 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 #50479 • Saturday, June 16 • 2-3:30 pm

Course #50482 • Saturday, July 7 • 1:30-3 pm

Course #50485 • Sunday, Aug. 5 • 11 am-12:30 pm

Course #50486 • Saturday, Aug. 25 • 1:30-3 pm

FOBH = Friends of Black Hill

**JUNE 2018****6/5 Nature Babies**

Let's get your infant off to a nature loving start. Park naturalists will use the amazing colors, textures and patterns of nature to help develop your baby's sense of the world around them. Siblings under 6 are welcome too.

Ages: 3-18m. Fee: \$6, FOBH \$5

Course #50355 • Tuesday, June 5 • 10-11 am

**6/6 Time for Tots: "Some Bugs"**

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 "Some Bugs" by Angela Diterlizzi.

Ages: 2-5 yrs. Fee: \$6, FOBH \$5

Course #50362 • Wednesday, June 6 • 10-11 am

**6/7 Fishing with Li'l Ones**

Let's go fishin'! 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: 3-6 yrs. Fee: \$7, FOBH \$6

Course #50366 • Thursday, June 7 • 9:30-11 am

**6/9 Kayaking: Beyond the Basics Part 1**

Finished the Beginning Recreational Kayaking class but want to learn more? Then it's time to go beyond the basics so you can refine what you've already learned and add more skills to boost your kayaking confidence. We'll review the basics, then take you well beyond what's covered in our beginning kayaking classes. Be prepared to be active and wet as you master new strokes while learning boat control technique, practice self- and assisted rescues, and are introduced to kayaking accessories that help expand your kayaking realm. All necessary equipment provided. Meet at the Visitor Center. Please wear clothes that can get wet and hat, strap-on water sandals or shoes (no flip-flops, please), and bring water and sunscreen. We highly recommend completing our Beginning Recreational Kayaking course first. Participants must be able to swim.

Ages: 12 & up. Fee: \$60, FOBH \$58

Course #50426 • Saturday, June 9 • 1-5 pm

**6/9 Sunset Beer Tasting**

The only thing that could make the sunset over Little Seneca Lake more perfect would be a glass of beer! Join us and a local brewery for a relaxing happy hour among friends. Fee includes tasting flight, one glass of beer, snacks, and a priceless view. Additional items for sale. Check us out on Facebook for more details!

Ages: 21 & up. Fee: \$20

Course #50435 • Saturday, June 9 • 7-9 pm

**6/10 Natural Yogis**

Nature and yoga provide essential therapeutic benefits to children of all ages. Join certified Child Light yoga instructor and park naturalist Jen Scully to explore varying themes in nature that will help children become more at ease in their world. Yoga may happen outdoors, weather permitting. Parents are welcome to do yoga too!

Ages: 2-5 yrs. Fee: \$6, FOBH \$5

Course #50436 • Sunday, June 10 • 11 am-12 pm

**6/12 Babes in the Park: Germantown Town Center Urban Park**

Come explore nature in our Urban Parks with your little ones. We'll have nature play materials out to help you explore the exciting natural world around the urban park with your toddler. Siblings are welcome, too. Join us at 19840 Century Blvd., Germantown, MD 20874

Ages: 1-3 yrs. FREE

Course #50441 • Tuesday, June 12 • 10:30-11:30 am

**6/13 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 #50444 • Wednesday, June 13 • 10-11 am

**6/16 River Kayaking Trip**

Join certified kayak instructors and naturalists for a leisurely paddle on the Potomac River or one of its tributaries. The exact location of the trip will depend on the weather and river conditions on that day. We'll paddle for three - 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 before getting on the water. This is not an instructional course, so if you've never paddled, please try Beginning Recreational Kayaking and Beyond the Basics Parts 1 and 2 courses first. Fee covers kayak, paddle, PFD, a dry bag, and round-trip transportation from Black Hill Regional Park to the river locations. Don't forget to pack your lunch, snacks, and plenty of water.

Ages: 18 & up. Fee: \$70, FOBH \$68

Course #50468 • Saturday, June 16 • 8 am-5 pm



Nature Programs  
in Black Hill Regional Park

## Kayaking Beyond *THE* Basics

Boost your kayaking confidence with our Beyond the Basics courses, Parts 1 and 2. Learn more advanced paddling techniques, rescues, moving water skills and more!

**Part 1 - \$60**  
 June 9, 1pm - 5pm  
 #50426

July 14, 9am - 1pm  
 #50427

**Part 2 - \$75**  
 August 11, 9am - 4pm  
 #50429

Nature Programs  
in Black Hill Regional Park

[BlackHillNature.org](http://BlackHillNature.org)





## Nature Programs

in Black Hill Regional Park

### 6/16 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 #50472 • Saturday, June 16 • 10 am-12 pm

### 6/16 Campfire 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 campfire area by Shelter F on Parking Lot 3 in Black Hill Regional Park. Bring a blanket if it’s chilly.

All Ages. Fee: \$6, FOBH \$5  
Course #50492 • Saturday, June 16 • 8-9 pm

### 6/17 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 #50499 • Sunday, June 17 • 9:30-11 am

### 6/23 MudFest

Join us at Woodstock Equestrian Park to celebrate International Mud Day with MUDFEST! This muddy fun will be great for the whole family. We’ll have Mud Holes, Mud Slides, Mud Pies, and more! Play games, enjoy the beer garden and food, all while listening to great music! Fee is \$15 per car, cash only at the gate. Food and drink not included in admission.

All Ages. Fee: \$15/car  
Course #50500 • Saturday, June 23 • 12-4 pm

### 6/24 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 #50501 • Sunday, June 24 • 12-2 pm

### 6/26 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 #50445 • Tuesday, June 26 • 10-11 am

### 6/27 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 so you can practice with your own gear. 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 #50504 • Wednesday, June 27 • 7-9 pm

### 6/29 Babes in the Park

We’ll have nature play materials out to help you explore the exciting natural world around the Visitor Center with your toddler. Siblings are welcome, too.

Ages: 1-3 yrs. FREE  
Course #50507 • Friday, June 29 • 10-11 am

### 6/30 DIY Nature: “Hoot” Edition

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. But no matter what’s inside today, all the activities are “Hoot” themed, around the Staff Picks book by Carl Hassen. 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 4:30 pm.

All Ages. FREE  
Course #50510 • Saturday, June 30 • 1-4 pm

## JULY 2018

### 7/1 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 #50502 • Sunday, July 1 • 12-2 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 4:30 pm.

All Ages. FREE  
Course #50511 • Sunday, July 1 • 1-4 pm

### 7/2 Time for Tots: “In the Woods”

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 “In the Woods” by Elizabeth Spurr.

Ages: 2-5 yrs. Fee: \$6, FOBH \$5  
Course #50363 • Monday, July 2 • 10-11 am

### 7/3 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: 3-18m. Fee: \$6, FOBH \$5

Course #50356 • Tuesday, July 3 • 10-11 am

### 7/7 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 so you can practice with your own gear. 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 #50505 • Saturday, July 7 • 9-11 am

### 7/7 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 head out and do some birding!

Ages: 16 & up. Fee: \$12, FOBH \$11

Course #50513 • Saturday, July 7 • 9:30 am-12 pm

### 7/11 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 #50446 • Wednesday, July 11 • 10-11 am



Nature Programs  
in Black Hill Regional Park

# MUDFEST

AT WOODSTOCK EQUESTRIAN PARK, RICKMAN AREA  
DARNESTOWN RD | BEALLSVILLE, MD

**JUNE 23, 2018 | 12PM-4PM**

**\$15 / Car**

**Mud holes, mud slides, mud pies, & more!**

FOR EVENT INFO, VISIT:

**[BlackHillNature.org](http://BlackHillNature.org)**



Nature Programs  
in Black Hill Regional Park







# STAFF PICKS!

Join our Environmental Literacy Community! Each season features a new Staff Pick that will inspire a variety of activities. This season's Staff Pick: "Hoot" by Carl Hiassen, follows the adventures of Roy, the new kid in town, and his efforts to stop construction of a pancake house to save the home of some burrowing owls.

**Nature Time: "Hoot" Edition - #50344**  
Sunday, June 10, 2:30 - 3:15 pm, All ages

**DIY Nature: "Hoot" Edition - #50510**  
Saturday, June 30, 1 - 4 pm, All ages

**Nature Time: "Hoot" Edition - #50349**  
Sunday, July 22, 2:30 - 3:15 pm, All ages

**Nature Makerspace: "Hoot" Edition - #50522**  
Saturday, August 4, 3 - 4 pm, Ages 1 - adult

**Nature Time: "Hoot" Edition - #50353**  
Sunday, August 19, 2:30 - 3:15 pm, All ages

## BLACK HILL NATURE PROGRAMS

20926 Lake Ridge Drive | Boyds, Maryland 20841

BLACKHILLNATURE.ORG



## 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 **11-week, drop-off**, preschool program designed to let kids *experience* nature through play and learning that will foster your child's excitement in 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 info will be sent once you register. Contact Katrina Fauss at [Katrina.Fauss@MontgomeryParks.org](mailto:Katrina.Fauss@MontgomeryParks.org) if you have any questions.



**Mondays**

Sept. 10 – Nov. 26

20926 Lake Ridge Dr.  
Boyds, MD 20841



Please note that registration is *early and starts July 16<sup>th</sup>*



## 7/14 Kayaking: Beyond the Basics Part 1

Finished the Beginning Recreational Kayaking class but want to learn more? Then it's time to go beyond the basics so you can refine what you've already learned and add more skills to boost your kayaking confidence. We'll review the basics, then take you well beyond what's covered in our beginning kayaking classes. Be prepared to be active and wet as you master new strokes while learning boat control technique, practice self- and assisted rescues, and are introduced to kayaking accessories that help expand your kayaking realm. All necessary equipment provided. Meet at the Visitor Center. Please wear clothes that can get wet and hat, strap-on water sandals or shoes (no flip-flops, please), and bring water and sunscreen. We highly recommend completing our Beginning Recreational Kayaking course first. Participants must be able to swim.

Ages: 12 & up. Fee: \$60, FOBH \$58

Course #50427 • Saturday, July 14 • 9 am-1 pm

## 7/15 Junior Naturalist Day: Reptiles

Calling all nature-loving 9 to 12-year-olds! Join the team and explore park lands with us. Each season brings a new theme and a different Junior Naturalist patch to collect. You can earn this season's patch in one day! We'll learn new things, play games, explore and do some action projects to help. For questions or more info please contact Jen Scully at 301-528-3463 or Jennifer.Scully@MontgomeryParks.org.

Ages: 9-12 yrs. Fee: \$12, FOBH \$11

Course #50515 • Sunday, July 15 • 10 am-12 pm

## 7/17 Fishing with Li'l Ones

Let's go fishin'! 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: 3-6 yrs. Fee: \$7, FOBH \$6

Course #50367 • Tuesday, July 17 • 9-10:30 am

## 7/18 Babes in the Park: Germantown Town Center Urban Park

Come explore nature in our Urban Parks with your little ones. We'll have nature play materials out to help you explore the exciting natural world around the urban park with your toddler. Siblings are welcome, too. Join us at 19840 Century Blvd., Germantown, MD 20874

Ages: 1-3 yrs. FREE

Course #50442 • Wednesday, July 18 • 10:30-11:30 am

## 7/20 Stargazing at Black Hill

Join us for a tour of the current night sky! We'll begin with a half-hour talk inside to preview tonight's sky including a brief look back at the first moon landing which occurred 49 years ago today. Then it's to the volunteer-operated telescopes where we'll search for Venus, Jupiter with its four Galilean moons, and observe the first quarter moon. We'll search for the constellations of the Summer Triangle and maybe spot a satellite or two passing overhead. Rain date, Saturday, July 21.

Ages: 6 & up. Fee: \$2

Course #50519 • Friday, July 20 • 8:30-10 pm

## 7/21 Geocacher Club

Like to geocache but want to join in the fun with others? Then join us for a geocaching adventure! Meet at the Visitor Center and then we'll head straight out to go caching. This is intended for folks that have a basic understanding of what geocaching is, but there's no need to be an expert. Only adults need to pay so bring the family. Please register everyone attending.

Ages: 6 & up. Fee: \$6, FOBH \$5/adult

Course #50520 • Saturday, July 21 • 3-5 pm

## 7/21 Campfire 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 campfire area by Shelter F on Parking Lot 3 in Black Hill Regional Park. Bring a blanket if it's chilly.

All Ages. Fee: \$6, FOBH \$5

Course #50494 • Saturday, July 21 • 8-9 pm

## 7/24 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 #50447 • Tuesday, July 24 • 10-11 am

## 7/27 Babes in the Park

We'll have nature play materials out to help you explore the exciting natural world around the Visitor Center with your toddler. Siblings are welcome, too.

Ages: 1-3 yrs. FREE

Course #50508 • Friday, July 27 • 10-11 am

## 7/27 Natural Yogis

Nature and yoga provide essential therapeutic benefits to children of all ages. Join certified Child Light yoga instructor and park naturalist Jen Scully to explore varying themes in nature that will help children become more at ease in their world. Yoga may happen outdoors, weather permitting. Parents are welcome to do yoga too!

Ages: 2-5 yrs. Fee: \$6, FOBH \$5

Course #50439 • Friday, July 27 • 11 am-12 pm



Nature Programs  
in Black Hill Regional Park







## Nature Programs in Black Hill Regional Park

### 7/28 River Kayaking Trip

Join certified kayak instructors and naturalists for a leisurely paddle on the Potomac River or one of its tributaries. The exact location of the trip will depend on the weather and river conditions on that day. We'll paddle for three - 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 before getting on the water. This is not an instructional course, so if you've never paddled, please try Beginning Recreational Kayaking and Beyond the Basics Parts 1 and 2 courses first. Fee covers kayak, paddle, PFD, a dry bag, and round-trip transportation from Black Hill Regional Park to the river locations. Don't forget to pack your lunch, snacks, and plenty of water. Ages: 18 & up. Fee: \$70, FOBH \$68  
Course #50469 • Saturday, July 28 • 8 am-5 pm

### 7/28 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 4:30 pm. All Ages. FREE  
Course #50512 • Saturday, July 28 • 1-4 pm

### 7/29 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: 2-12 yrs. Fee: \$7, FOBH \$6  
Course #50521 • Sunday, July 29 • 11 am-12:30 pm

### 7/31 Time for Tots: "A Log's Life"

Enjoy a seasonal story, make a craft to go with the story, and then go outside to explore nature with a park naturalist. Today's story is "A Log's Life" by Wendy Pfeffer. Ages: 2-5 yrs. Fee: \$6, FOBH \$5  
Course #50364 • Tuesday, July 31 • 10-11 am

## AUGUST 2018

### 8/4 Kayak Club

Like to kayak but want to join in the fun with others? Then join us for a kayak meet-up adventure. We'll meet at the gazebo near the pontoon boat dock and then we'll head straight out on the lake. This is intended for folks that have a basic comfort with lake kayaking, but there's no need to be an expert. If you have your own kayak gear, please bring it! Don't have a kayak or the gear? Don't worry, you can rent ours. Just be sure to check the "Will you need to rent a kayak" box when you enroll. Registration with own kayak \$12, with rental kayak \$24  
Ages: 16 & up. Fee: \$12  
Course #50523 • Saturday, Aug. 4 • 6-8 pm

### 8/7 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: 3-18m. Fee: \$6, FOBH \$5  
Course #50359 • Tuesday, Aug. 7 • 10-11 am

### 8/8 Babes in the Park: Germantown Town Center Urban Park

Come explore nature in our Urban Parks with your little ones. We'll have nature play materials out to help you explore the exciting natural world around the urban park with your toddler. Siblings are welcome, too. Join us at 19840 Century Blvd., Germantown, MD 20874  
Ages: 1-3 yrs. FREE  
Course #50443 • Wednesday, Aug. 8 • 10:30-11:30 am

### 8/9 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 #50448 • Thursday, Aug. 9 • 10-11 am

### 8/11 Kayaking: Beyond the Basics Part 2

You've got the basic strokes and rescues under your belt and now you want to know about paddling on rivers and streams. In this class we'll help you transfer the skills you learned in Beyond the Basics Part 1, to moving water. We'll begin with learning how to "read" the water and take advantage of the way it moves to help put your boat where you want it using maneuvers such as a ferry, peel-out, and eddy turns. Additional safety and rescue practices related to moving water, trip planning, and boat transport will be addressed as well. All necessary equipment is provided, and round-trip transportation from Black Hill Regional Park to river location is included. Meet at the Visitor Center. Please wear clothes that can get wet and hat, strap-on water sandals or shoes (no flip-flops, please), and bring water and sunscreen. Don't forget to pack a lunch, snacks, and plenty of water. We highly recommend completing our Beginning Recreational Kayaking and Kayaking: Beyond the Basics Part 1 courses first. Participants must be able to swim.

Ages: 12 & up. Fee: \$75, FOBH \$58  
Course #50429 • Saturday, Aug. 11 • 9 am-4 pm



### 8/11 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: 2-12 yrs. Fee: \$7, FOBH \$6  
Course #50524 • Saturday, Aug. 11 • 10-11:30 am

### 8/12 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 #50503 • Sunday, Aug. 12 • 12-2 pm

### 8/17 Fishing with Li'l Ones

Let's go fishin'! 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: 3-6 yrs. Fee: \$7, FOBH \$6  
Course #50368 • Friday, Aug. 17 • 9-10:30 am

### 8/18 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: 1-12 yrs. Fee: \$6, FOBH \$5  
Course #50525 • Saturday, Aug. 18 • 1:30-2:30 pm

### 8/18 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 campfire area by Shelter F on Parking Lot 3 in Black Hill Regional Park. Bring a blanket if it's chilly. All Ages. Fee: \$6, FOBH \$5  
Course #50497 • Saturday, Aug. 18 • 7:30-8:30 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 so you can practice with your own gear. 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 #50506 • Sunday, Aug. 19 • 9-11 am

### 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 #50449 • Wednesday, Aug. 22 • 10-11 am

### 8/24 Babes in the Park

We'll have nature play materials out to help you explore the exciting natural world around the Visitor Center with your toddler. Siblings are welcome, too. Ages: 1-3 yrs. FREE  
Course #50509 • Friday, Aug. 24 • 10-11 am

### 8/25 River Kayaking Trip

Join certified kayak instructors and naturalists for a leisurely paddle on the Potomac River or one of its tributaries. The exact location of the trip will depend on the weather and river conditions on that day. We'll paddle for three - 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 before getting on the water. This is not an instructional course, so if you've never paddled, please try Beginning Recreational Kayaking and Beyond the Basics Parts 1 and 2 courses first. Fee covers kayak, paddle, PFD, a dry bag, and round-trip transportation from Black Hill Regional Park to the river locations. Don't forget to pack your lunch, snacks, and plenty of water.

Ages: 18 & up. Fee: \$70, FOBH \$68  
Course #50471 • Saturday, Aug. 25 • 8 am-5 pm

### 8/30 Van Trip to Hike on the Eastern Shore

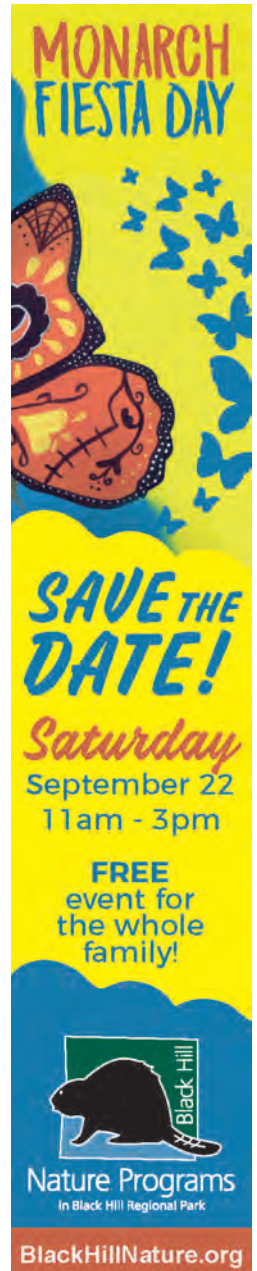
Join a naturalist to go hiking on the Eastern Shore. We'll hike the water trail at the Chesapeake Exploration Center on Kent Narrows Channel. After lunch, we'll head to Wye Island Natural Resource Management Area to hike the Schoolhouse Woods trail located in an old growth forest. Both spots are an opportunity to do some birding and maybe see bald eagles. Bring a picnic lunch and plenty of water.

Ages: 18 & up. Fee: \$45, FOBH \$42  
Course #50526 • Thursday, Aug. 30 • 8-4 pm

### 8/30 Time for Tots: "A Butterfly is Patient"

Enjoy a seasonal story, make a craft to go with the story, and then go outside to explore nature with a park naturalist. Today's story is "A Butterfly is Patient" by Dianna Hutts Aston.

Ages: 2-5 yrs. Fee: \$6, FOBH \$5  
Course #50365 • Thursday, Aug. 30 • 10-11 am







Nature Center  
in Wheaton Regional Park

# BROOKSIDE NATURE CENTER

1400 Glenallan Avenue • Wheaton, MD 20902 • 301-962-1480 • [www.BrooksideNature.org](http://www.BrooksideNature.org)  
Open Tuesday–Saturday, 9 am–5 pm; Sunday, 1–5 pm. Trails open daily, dawn to dusk.

## Recurring Programs

*Some of our programs are so popular that we offer them a number of times throughout the season. Please check below for the dates that work best for you.*

### Flying Squirrels

Maryland Flying Squirrels are abundant, cute, and active year-round, but few see them in the wild because they are active at night - nocturnal. Brookside Nature Center has established a squirrel feeding station so some of our flying squirrels can be seen up close by our visitors. The program starts on the Nature Center deck 30 minutes after sunset to allow the sky to darken. Rain cancels the program.

Ages: 1 & up. FREE

Course #48776 • Friday, June 1 • 9-9:30 pm  
Course #48777 • Friday, June 8 • 9-9:30 pm  
Course #48779 • Friday, June 15 • 9-9:30 pm  
Course #48780 • Friday, June 22 • 9:15-9:45 am  
Course #48781 • Friday, June 29 • 9:15-9:45 am  
Course #48783 • Friday, July 6 • 9:15-9:45 am  
Course #48784 • Friday, July 13 • 9-9:30 pm  
Course #48785 • Friday, July 20 • 9-9:30 pm  
Course #48786 • Friday, July 27 • 9-9:30 pm  
Course #48787 • Friday, Aug. 3 • 8:45-9:15 pm  
Course #48788 • Friday, Aug. 10 • 8:45-9:15 pm  
Course #48789 • Friday, Aug. 17 • 8:30-9 pm  
Course #48790 • Friday, Aug. 24 • 8:15-8:45 pm  
Course #48792 • Friday, Aug. 31 • 8:15-8:45 pm

### Turtle Talks

Summer Saturdays are a great time to soak up the sun - for people and turtles! Come visit our new outdoor box turtle exhibit and learn about the natural history and conservation challenges of these iconic reptiles from our volunteer "Turtle Talkers." You'll enjoy seeing our resident turtles explore the great outdoors! Join us on the entrance ramp Saturday afternoon from 2:30-3:00 PM. Rain cancels program.

Ages: 3 & up. FREE

Course #48763 • Saturday, June 9 • 2:30-3 pm  
Course #48764 • Saturday, June 16 • 2:30-3 pm  
Course #48766 • Saturday, June 23 • 2:30-3 pm

Course #48767 • Saturday, June 30 • 2:30-3 pm  
Course #48768 • Saturday, July 7 • 2:30-3 pm  
Course #48769 • Saturday, July 14 • 2:30-3 pm  
Course #48770 • Saturday, July 21 • 2:30-3 pm  
Course #48771 • Saturday, July 28 • 2:30-3 pm  
Course #48772 • Saturday, Aug. 4 • 2:30-3 pm  
Course #48773 • Saturday, Aug. 11 • 2:30-3 pm  
Course #48774 • Saturday, Aug. 18 • 2:30-3 pm  
Course #48775 • Saturday, Aug. 25 • 2:30-3 pm

### Fireside Fridays

Looking for a family friendly Friday activity? Look no further! Every Friday from 5:30 - 7:30, join one of our naturalists around the campfire in our Woodland Amphitheater. During the first hour you are welcome to bring your dinner to cook and enjoy around the campfire, then roast marshmallows provided by the Nature Center. During the second hour one of our naturalists will lead an evening program on subjects ranging from bats to folklore. You are welcome to stay afterwards for the flying squirrel program! Rain cancels program.

Ages: 3 & up. Fee: \$6

Course #48799 • Friday, June 22 • 5:30-7:30 pm  
Course #48800 • Friday, June 29 • 5:30-7:30 pm  
Course #48801 • Friday, July 6 • 5:30-7:30 pm  
Course #48802 • Friday, July 13 • 5:30-7:30 pm  
Course #48803 • Friday, July 20 • 5:30-7:30 pm  
Course #48804 • Friday, July 27 • 5:30-7:30 pm  
Course #48805 • Friday, Aug. 3 • 5:30-7:30 pm  
Course #48806 • Friday, Aug. 10 • 5:30-7:30 pm  
Course #48807 • Friday, Aug. 17 • 5:30-7:30 pm  
Course #48808 • Friday, Aug. 24 • 5:30-7:30 pm  
Course #48809 • Friday, Aug. 31 • 5:30-7:30 pm

## Recurring Programs

### Creature Feature

Join a naturalist every Sunday to learn about the animals who live in and around Wheaton Regional Park. Discover the amazing adaptations and features of the different animals on display in the nature center. This free program doesn't require registration.

Ages: 1 & up. FREE

Sunday • 1:30-2 pm

### Sunday Storytimes

Join a naturalist every Sunday to enjoy a story that highlights the nature found in and around the nature center be it plants, animals, rocks, sun or weather. Afterwards you can explore the trails or take a walk around the pond to discover who or what in the story might be found at home! Registration not required.

Ages: 3-6 yrs. FREE

Sunday • 3-3:30 pm

### Nature in the Park - Wheaton Regional Park

Join a naturalist by the Wheaton Regional Park Playground the second and fourth Tuesdays this summer to discover and explore the more-than-human world that is occurring that day. Each session will cover a new topic. No registration required and rain cancels the program.

Ages: 3 & up. FREE

Course #48794 • Tuesday, June 12 • 11 am-12 pm

Course #52051 • Tuesday, June 26 • 11 am-12 pm

Course #52049 • Tuesday, July 10 • 11 am-12 pm

Course #52052 • Tuesday, July 24 • 11 am-12 pm

Course #52050 • Tuesday, Aug. 14 • 11 am-12 pm

Course #52053 • Tuesday, Aug. 28 • 11 am-12 pm

### 6/12 Brookside Babble: Harper Cabin Celebration

Join our new Teacher Social Network - Brookside Babble. It meets monthly every 2nd Tuesday from 5:00 - 6:30 to give teachers the opportunity to swap ideas and build their professional network. You'll take home classroom activities that meet Maryland environmental education standards and catch a free park preview of nature center and park field trips, field investigations and resources in action! It's a great way to catch ideas to bring the outside in! Our final gathering for the school year is a celebratory campfire, June 12 - at the Harper Cabin - enjoy the campfire and cookout, and consider different ways to present Montgomery County history and culture with the Parks!

Ages: 21 & up. FREE

Course #42788 • Tuesday, June 12 • 5-6:30 pm

### 6/17 Lightning Bug Jubilee

Do you enjoy watching fireflies light up on hot summer nights? Come join us to celebrate this tiny glowing creature and learn what you can do to help keep the lightshow around for generations. Enjoy sitting around an evening campfire, spark conversations with like-minded folks, and explore the night woods with a naturalist guided hike. Rain cancels program.

Ages: 4 & up. FREE

Course #48875 • Sunday, June 17 • 5:30-10 pm

### 6/19 Nature in the Park - North Four Corners Park

Join a naturalist at the playground in North Four Corners Park, 315 University Boulevard West, the third Tuesday of the month this summer to discover and explore the more-than-human world found surrounding habitats of this recently revitalized park. Each session will cover a new topic. No registration required, and rain cancels the program.

Ages: 3 & up. FREE

Course #48793 • Tuesday, June 19 • 11 am-12 pm

### 6/21 Wildflowers of Brookside

Our pond and meadow are filled with summer wildflowers! Come explore with us as we learn about common wildflowers in our area, and end with a wildflower craft to take home!

Ages: 5-12 yrs. Fee: \$6

Course #49682 • Thursday, June 21 • 10:30-11:30 am



Nature Center  
in Wheaton Regional Park

## JUNE 2018

### 6/5 Nature in the Park - Kemp Mill Urban Park

Join a naturalist at Kemp Mill Urban Park, 1200 Arcola Avenue, Silver Spring, the first Tuesday of the month this summer to discover and explore the more-than-human world found in the ponds and gardens of this gem of a park. Each session will cover a new topic. No registration required and rain cancels the program.

Ages: 3 & up. FREE

Course #48791 • Tuesday, June 5 • 11 am-12 pm

### 6/7 Bird Bingo!

Pick up a bingo card as we head outside in search of birds, their habits, and their behaviors. We'll use what we learned to make a bird craft to take home!

Ages: 3-6 yrs. Fee: \$6

Course #49681 • Thursday, June 7 • 10:30-11:30 am







## 6/23 & 6/24 Heritage Days at the Harper Cabin

Let the Harper Cabin at Brookside Nature Center be your first stop for exploring the history, culture and nature of Montgomery County as Heritage Montgomery celebrates its 21st year. Our 1880s homestead features a log cabin with period furnishings where you can learn about daily life of newly emancipated African American Families through conversations with naturalists and hands-on activities for families.

All Ages. FREE

Course #50281 • Saturday, June 23 • 12-4 pm

Course #50281 • Sunday, June 24 • 12-4 pm

## JULY 2018

### 7/3 Nature in the Park - Kemp Mill Urban Park

Join a naturalist at Kemp Mill Urban Park, 1200 Arcola Avenue, Silver Spring, the first Tuesday of the month this summer to discover and explore the more-than-human world found in the ponds and gardens of this gem of a park. Each session will cover a new topic. No registration required and rain cancels the program.

Ages: 3 & up. FREE

Course #52044 • Tuesday, July 3 • 11 am-12 pm

### 7/7 Eco Action Matters!

There are so many ways we can make a positive difference in our world, our community and at our local park! Gather your family members or friends and come to Brookside Nature Center to pull up invasive plants or tend a wildflower garden or groom our trails; whatever needs doing! Working alongside a staff member, you'll learn how and why your efforts matter. Best of all, you'll be making a difference that benefits nature. And, that's a very rewarding experience. Join us! (SSL hours can be earned through this program.)

Ages: 14 & up. FREE

Course #48757 • Saturday, July 7 • 10 am-12 pm

### 7/17 Nature in the Park - North Four Corners Park

Join a naturalist at the playground in North Four Corners Park, 315 University Boulevard West, the third Tuesday of the month this summer to discover and explore the more-than-human world found surrounding habitats of this recently revitalized park. Each session will cover a new topic. No registration required, and rain cancels the program.

Ages: 3 & up. FREE

Course #52046 • Tuesday, June 19 • 11 am-12 pm

## AUGUST 2018

### 8/4 Eco Action Matters!

There are so many ways we can make a positive difference in our world, our community and at our local park! Gather your family members or friends and come to Brookside Nature Center to pull up invasive plants or tend a wild flower garden or groom our trails; whatever needs doing! Working alongside a staff member, you'll learn how and why your efforts matter. Best of all, you'll be making a difference that benefits nature. And, that's a very rewarding experience. Join us! (SSL hours can be earned through this program.)

Ages: 14 & up. FREE

Course #48758 • Saturday, Aug. 4 • 10 am-12 pm

### 8/7 Nature in the Park - Kemp Mill Urban Park

Join a naturalist at Kemp Mill Urban Park, 1200 Arcola Avenue, Silver Spring, the first Tuesday of the month this summer to discover and explore the more-than-human world found in the ponds and gardens of this gem of a park. Each session will cover a new topic. No registration required and rain cancels the program.

Ages: 3 & up. FREE

Course #52045 • Tuesday, Aug. 7 • 11 am-12 pm

### 8/18 Dashing Dragonflies

Dragonfly larvae are emerging from ponds, spreading their wings and dashing about! Join us on a hike around the pond and meadow 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: 5-12 yrs. Fee: \$6

Course #49697 • Saturday, Aug. 18 • 11 am-12 pm

### 8/19 Bonkers for Bats

Join us as we try and sneak a peak of these mysterious night time creatures. We'll talk about the different bats in our area, issues they're facing, and what they might be up to on a summer's evening.

Ages: 3 & up. Fee: \$6

Course #49698 • Sunday, Aug. 19 • 7:30-8:30 pm

### 8/21 Nature in the Park - North Four Corners Park

Join a naturalist at the playground in North Four Corners Park, 315 University Boulevard West, the third Tuesday of the month this summer to discover and explore the more-than-human world found surrounding habitats of this recently revitalized park. Each session will cover a new topic. No registration required, and rain cancels the program.

Ages: 3 & up. FREE

Course #52047 • Tuesday, June 19 • 11 am-12 pm



# Nature & Dance Camp

## AT BROOKSIDE NATURE CENTER

**Session 1 | #44315**  
June 18-22

**Session 3 | #44325**  
August 20-24

**Session 2 | #44324**  
June 25-29

**Session 4 | #44326**  
August 27-31

Get outdoors and learn about nature with dancers from Dance Exchange and the naturalists from Brookside Nature Center. There are 4 weeks filled with learning and moving and moving, and making new connections to nature and the outdoors through dance. The camps for 6-11 year olds run 9:00am - 3:30am with extended care available in the morning from 8am - 9am and afternoon from 3:30pm - 5:30pm.



1400 Glenallan Ave. | Wheaton, MD 20902

**BrooksideNature.org**

**Camp Week \$250**  
**Before Care \$40**  
**After Care \$80**



BROOKSIDE NATURE CENTER PRESENTS THE

# LIGHTNING BUG JUBILEE

**SUN. JUNE 17 | 5:30 PM - 10:00 PM**



Do you enjoy watching fireflies light up on hot summer nights?  
Come join us to celebrate this tiny glowing creature and learn what you can  
do to help keep the lightshow around for generations.

\*\*Admission is FREE, but some activities may have a nominal fee.

1400 Glenallan Ave. | Wheaton, MD 20902

**BrooksideNature.org**







**Nature Center**  
in Cabin John Regional Park

# LOCUST GROVE NATURE CENTER

7777 Democracy Blvd. • Bethesda, MD 20817 • 301-765-8660 • [www.LocustGroveNature.org](http://www.LocustGroveNature.org)

Open Wednesday 9am-4pm; Saturday 9am-5pm; Sunday 1-5pm

Trails open daily, dawn to dusk.

## JUNE 2018

### 6/5 Coffee with the Birds

Bring your binoculars, we'll supply the coffee! Join a park naturalist for bird viewing at our wildlife feeders followed by a short hike along the creek looking for summer birds. Enjoy the company of other bird enthusiasts and share your backyard bird knowledge as we "birds of a feather" learn together.

Ages: 18 & up. FREE

Course #49600 • Tuesday, June 5 • 8-9 am

### 6/5 Tuesday in the Park

Join a Naturalist at the Cabin John Regional Park playground to explore what's happening outside! New topic every month. No registration required. Rain cancels the program.

All Ages. FREE

Course #49757 • Tuesday, June 5 • 11 am-12 pm

### 6/15 Friday Night Campfire and Nature Walk

Discover the natural beauty of Cabin John Regional Park at dusk! Join us for a campfire and enjoy a twilight nature walk with one of our naturalists. Feel free to bring your own hot dogs or food to warm over the fire, and we'll provide s'mores. Please register and pay for everyone in your group over the age of 2 years.

All Ages. Fee: \$7

Course #49754 • Friday, June 15 • 6:30-8 pm

### 6/16 Box Turtle Challenge

Come in for a free meet-and-greet with Buttercup and Crunchy. Get to know our woodland neighbors with a short animal talk about Eastern Box Turtles, a creative craft, and afternoon storytime - then try out the Box Turtle Challenge! Talk begins at 1:30pm. Activities will be there for you to explore at your own pace.

All Ages. FREE

Course #49601 • Saturday, June 16 • 1:30-3:30 pm

### 6/23 Care of Magical Creatures

Calling all young wizards! Join Locust Grove Nature Center for a magical animal encounter. Design a nature wand, find your patronus, and learn from the great Professor Aster how to care for some of our forest's most special creatures. Followed by a hike to find Fantastic Beasts. Costumes encouraged!

All Ages. Fee: \$6

Course #49605 • Saturday, June 23 • 2-3 pm

### 6/30 International Mud Day Celebration

Join us as we celebrate International Mud Day. There is only one requirement: GET DIRTY! Go for a splash in our mud pit, cook up something delicious in the mud kitchen, create works of art with mud. 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. Please register all members of your group in advance to speed up check in when you arrive.

All Ages. FREE

Course #49980 • Saturday, June 30 • 12-3 pm



## JULY 2018

### 7/3 Tuesday in the Park

Join a Naturalist at the Cabin John Regional Park playground to explore what's happening outside! New topic every month. No registration required. Rain cancels the program.

All Ages. FREE

Course #49758 • Tuesday, July 3 • 11 am-12 pm

### 7/14 Slip-and-Slide with the Snakes

Come in for a free meet-and-greet with Seeker. Get to know our woodland neighbor with a short animal talk about cornsnakes, a creative craft, and afternoon storytime - then enjoy some slip and slide fun, snake style! Talk begins at 1:30pm. Activities will be there for you to explore at your own pace. Wear a bathing suit and bring a change of clothes and a towel.

All Ages. FREE

Course #49602 • Saturday, July 14 • 1:30-3:30 pm

### 7/20 Friday Night Campfire and Nature Walk

Discover the natural beauty of Cabin John Regional Park at dusk! Join us for a campfire and enjoy a twilight nature walk with one of our naturalists. Feel free to bring your own hot dogs or food to warm over the fire, and we'll provide s'mores. Please register and pay for everyone in your group over the age of 2 years.

All Ages. Fee: \$7

Course #49755 • Friday, July 20 • 6:30-8 pm

### 7/21 Care of Magical Creatures

Calling all young wizards! Join Locust Grove Nature Center for a magical animal encounter. Design a nature wand, find your patronus, and learn from the great Professor Aster how to care for some of our forest's most special creatures. Followed by a hike to find Fantastic Beasts. Costumes encouraged!

All Ages. Fee: \$6

Course #49607 • Saturday, July 21 • 2-3 pm

### 7/28 Summer Stream Splash

Cool off this summer with a splash in the stream! Look for fish, frogs, and stream insects and learn how these critters are indicators of stream health. Get up close with our underwater viewer and creekside microscopes.

All Ages. Fee: \$6

Course #49610 • Saturday, July 28 • 3-4 pm



## INTERNATIONAL MUD DAY CELEBRATION

An afternoon to touch the earth and get dirty as we celebrate International Mud Day. Join us for mud play, mud cooking, mud art, and good dirty fun! Register in advance as spaces fill up early.



## SAT, JUNE 30TH, 12-3PM | FREE



Nature Center  
in Cabin John Regional Park





## AUGUST 2018

### 8/7 Tuesday in the Park

Join a Naturalist at the Cabin John Regional Park playground to explore what's happening outside! New topic every month. No registration required. Rain cancels the program.

All Ages. FREE

Course #49759 • Tuesday, Aug. 7 • 11 am-12 pm

### 8/9 Back-to-Homeschool Open House!

Don't miss our Back-to-Homeschool Open House to learn about the upcoming homeschool opportunities offered at Locust Grove. Meet your naturalist teacher, ask questions, and preview our fall line-up of science inquiries and nature-based programming.

All Ages. FREE

Course #49614 • Thursday, Aug. 9 • 10-11:30 am

### 8/10 Friday Night Campfire and Nature Walk

Discover the natural beauty of Cabin John Regional Park at dusk! Join us for a campfire and enjoy a twilight nature walk with one of our naturalists. Feel free to bring your own hot dogs or food to warm over the fire, and we'll provide s'mores. Please register and pay for everyone in your group over the age of 2 years.

All Ages. Fee: \$7

Course #49756 • Friday, Aug. 10 • 6:30-8 pm

### 8/11 Toad-ly Awesome

Come in for a free meet-and-greet with Prince Charming. Get to know our woodland neighbor with a short animal talk about American toads, a creative craft, and afternoon storytime- then try out some frog and toad trivia that will keep you hopping. Talk begins at 1:30pm.

All Ages. FREE

Course #49603 • Saturday, Aug. 11 • 1:30-3:30 pm

### 8/18 An Evening at the Sycamore

Enjoy the beauty of summer at the Big Sycamore with campfire songs, homemade ice cream and a campfire cookout. We'll provide the ice cream, B.Y.O hotdog to roast. Have fun watching and learning about what's in the sky with our summer insect songs, bat detectors, and owl calls. Please register everyone in your group over the age of 2 years.

All Ages. Fee: \$6

Course #49612 • Saturday, Aug. 18 • 5-6:30 pm

### 8/25 Up a Creek with a Paddle(s)!

Come in for a free meet-and-greet with Paddles. Get to know our woodland neighbor with a short animal talk about red-eared slider turtles, a creative craft, and afternoon storytime - then we'll explore the creek to learn more about aquatic food chains. Talk begins at 1:30pm. Activities will be there for you to explore at your own pace. Wear aqua shoes or old sneakers that can get wet - no flip flops please.

All Ages. FREE

Course #49604 • Saturday, Aug. 25 • 1:30-3:30 pm





**Nature Programs**  
Maydale Conservation Park

## MAYDALE NATURE CENTER

1638 Maydale Drive • Colesville, MD 20905 • 301-962-1487  
MCP-Maydale@montgomeryparks.org • Trails open daily, dawn to dusk.  
[www.montgomeryparks.org/parks-and-trails/maydale-conservation-park/](http://www.montgomeryparks.org/parks-and-trails/maydale-conservation-park/)

### JUNE 2018

#### 6/2 Bird Bingo!

Pick up your bingo card as we head out along the trails of Maydale in search of birds, their habits, and their behaviors. Then we'll use what we learned and make a bird craft to take home!

Ages: 5-12 yrs. Fee: \$6

Course #48878 • Saturday, June 2 • 10-11 am

#### 6/2 Campfire Cookout: Bunches of Berries

Come and cookout over an open campfire. You supply the hot dogs and buns and we will provide the roasting sticks, condiments and ingredients for making strawberry shortcake. We will finish the cookout with a leisurely hike around the habitats of Maydale Conservation Park. Please bring a blanket or chair and we will see you there! Registration is required. No walk-ins.

Ages: 3 & up. Fee: \$7

Course #48923 • Saturday, June 2 • 6-7 pm

#### 6/16 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 #48918 • Saturday, June 16 • 12:30-1:30 pm

#### 6/23 Wildflowers of Maydale

Our meadow and trails are filled with summer wildflowers! Come explore with us as we learn about common wildflowers in our area, and end with a wildflower craft to take home!

Ages: 6-12 yrs. Fee: \$6

Course #48921 • Saturday, June 23 • 10-11 am

### JULY 2018

#### 7/14 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 #48919 • Saturday, July 14 • 12:30-1:30 pm

#### 7/14 Family Scavenger Hunt

Discover the outdoors as we hike and identify the plants and animals at Maydale.

All Ages. FREE

Course #48922 • Saturday, July 14 • 1:30-2:30 pm







## Nature Programs

Maydale Conservation Park

### 7/21 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: 5-12 yrs. Fee: \$6

Course #48884 • Saturday, July 21 • 3-4 pm

### 7/21 Campfire Cookout: Fire and Ice

Come and cookout over an open campfire. You supply the hot dogs and buns and we will provide the roasting sticks, condiments and all the ingredients for making ice cream. We will finish the cookout with a leisurely hike around the habitats of Maydale Conservation Park. Please bring a blanket or chair and we will see you there! No walk-ins.

Ages: 3 & up. Fee: \$7

Course #48924 • Saturday, July 21 • 6-7 pm

## AUGUST 2018

### 8/11 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 #48920 • Saturday, Aug. 11 • 12:30-1:30 pm

### 8/17 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 #48911 • Friday, Aug. 17 • 8-9 pm

### 8/18 Campfire Cookout: S'more Galore

Come and cookout over an open campfire. You supply the hot dogs and buns and we will provide the roasting sticks, condiments and all the ingredients for gourmet S'mores. We will finish the cookout with a leisurely hike around the habitats of Maydale Conservation Park. Please bring a blanket or chair and we will see you there! No walk-ins.

Ages: 3 & up. Fee: \$7

Course #48925 • Saturday, Aug. 18 • 6-7 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 #50213 • Saturday, June 2 • 11:30-11:45 am  
 Course #50214 • Saturday, June 9 • 11:30-11:45 am  
 Course #50215 • Saturday, June 16 • 11:30-11:45 am  
 Course #50216 • Saturday, June 23 • 11:30-11:45 am  
 Course #50217 • Saturday, June 30 • 11:30-11:45 am  
 Course #50218 • Saturday, July 7 • 11:30-11:45 am  
 Course #50219 • Saturday, July 14 • 11:30-11:45 am  
 Course #50220 • Saturday, July 21 • 11:30-11:45 am  
 Course #50221 • Saturday, July 28 • 11:30-11:45 am  
 Course #50222 • Saturday, Aug. 4 • 11:30-11:45 am  
 Course #50223 • Saturday, Aug. 11 • 11:30-11:45 am  
 Course #50224 • Saturday, Aug. 18 • 11:30-11:45 am  
 Course #50225 • Saturday, Aug. 25 • 11:30-11:45 am

### 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 #50227 • Saturday, June 2 • 12-12:20 pm  
 Course #50228 • Saturday, June 9 • 12-12:20 pm  
 Course #50233 • Saturday, June 16 • 12-12:20 pm  
 Course #50234 • Saturday, June 23 • 12-12:20 pm  
 Course #50235 • Saturday, June 30 • 12-12:20 pm  
 Course #50236 • Saturday, July 7 • 12-12:20 pm  
 Course #50237 • Saturday, July 14 • 12-12:20 pm  
 Course #50238 • Saturday, July 21 • 12-12:20 pm  
 Course #50239 • Saturday, July 28 • 12-12:20 pm  
 Course #50243 • Saturday, Aug. 4 • 12-12:20 pm  
 Course #50244 • Saturday, Aug. 11 • 12-12:20 pm  
 Course #50245 • Saturday, Aug. 18 • 12-12:20 pm  
 Course #50246 • Saturday, Aug. 25 • 12-12:20 pm

### Butterfly Expeditions

Calling butterfly enthusiasts of all ages! Maryland is home to over 150 species of butterflies—many of which can be found right here at Meadowside! Come participate in citizen science and join us in search of these beautiful insects. We will learn how to properly use a butterfly net and how to identify the species we see. Field guides, nets, and viewing boxes will be provided for catch and release identification.

Ages: 6 & up. FREE

Course #50539 • Wednesday, June 13 • 10-11 am  
 Course #50540 • Wednesday, June 27 • 1-2 pm  
 Course #50541 • Wednesday, July 11 • 10-11 am  
 Course #50542 • Wednesday, July 25 • 1-2 pm

### Storytime on Lake Needwood

Take a cruise around the lake aboard the Needwood Queen pontoon boat and look for what's swimming, soaring, and standing nearby. As the boat stops in the middle of the cruise, listen to a story read that features the animals of the day. You must register and pay for all participants (no underage siblings). Adults are \$3 each, and children are \$7 each.

Meet at Lake Needwood boathouse, 15700 Needwood Lake Circle, Rockville, MD 20855

Ages: 3 & up. Fee: \$10

### Signs of Beavers

Course #50206 • Thursday, June 21 • 11-11:45 am  
 Course #50207 • Thursday, July 19 • 11-11:45 am  
 Course #50208 • Thursday, Aug. 16 • 11-11:45 am

### Ducks, Geese, & Herons

Course #50202 • Wednesday, June 27 • 11-11:45 am  
 Course #50203 • Wednesday, July 25 • 11-11:45 am

### Fish

Course #50209 • Wednesday, July 11 • 11-11:45 am  
 Course #50210 • Wednesday, Aug. 8 • 11-11:45 am

### Turtles

Course #50205 • Thursday, July 5 • 11-11:45 am  
 Course #50204 • Wednesday, Aug. 1 • 11-11:45 am

**Pawpaw Festival**  
 Saturday,  
 September 8  
 Noon-4pm

**Apple Festival**  
 Friday  
 September 21  
 6 to 8pm

Volunteer opportunities exist for both of these fun festivals! SSL-approved







## 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.*

### Stream Search

Wade in the water to see what's swimming, diving, and living in the stream. Adults and children should wear shoes you don't mind getting wet (for your safety, don't wear flip-flops or backless sandals). Children must be accompanied by an adult, especially while in the water. Registration required.

Ages: 3-12 yrs. Fee: \$6

Course #50187 • Thursday, June 21 • 1-2 pm

Course #50188 • Thursday, June 28 • 1-2 pm

Course #50189 • Thursday, July 5 • 1-2 pm

Course #50190 • Thursday, July 12 • 1-2 pm

Course #50191 • Thursday, July 19 • 1-2 pm

Course #50192 • Thursday, July 26 • 1-2 pm

Course #50193 • Thursday, Aug. 2 • 1-2 pm

Course #50194 • Thursday, Aug. 9 • 1-2 pm

Course #50195 • Thursday, Aug. 16 • 1-2 pm

### Youth on Earth - En Español

¿Te fascina ver Animal Planet? ¿Animas a tus amigos a "vivir verde" o lo quieres practicar mejor? ¿Te gusta hacer actividades al aire libre? Este verano, únanse con otros jóvenes en el programa Youth on Earth en Meadowside Nature Center! Van a caminar con nuevos amigos, aprender de animales, plantas y ecología y desarrollar su creatividad como activistas Youth on Earth. Vengan a explorar los senderos en junio, a observar los cambios durante julio y a reflexionar en agosto sobre qué ha crecido. Coordinadora bilingüe (español/inglés). Se ofrece transporte de ida/vuelta a Glenmont Metro. Reducción de precio disponible; llama a 301-258-4030.

Ages: 13-18 yrs. Fee: \$4

Course #50450 • Saturday, June 9 • 9-11 am

Course #50466 • Saturday, June 16 • 9-11 am

Course #50467 • Saturday, June 30 • 9-11 am

Course #50514 • Saturday, July 7 • 9-11 am

Course #50516 • Saturday, July 21 • 9-11 am

Course #50517 • Saturday, Aug. 4 • 9-11 am

Course #50518 • Saturday, Aug. 25 • 9-11 am

### Youth on Earth

Do you love watching Animal Planet? Do you inspire friends to "go green" or want to learn more about it? Do you enjoy being active outdoors? Come join other teens in Meadowside's summer Youth on Earth program! Go hiking with new friends, learn about wildlife and ecology, and tap into your creativity as Youth on Earth activists. Explore trails in June, notice changes during July, and in August, reflect on growth throughout the summer. Bilingual (English/Spanish) program coordinator. Transportation available to/from Glenmont Metro. Call 301-258-4030 for info about fee reduction.

Ages: 13-18 yrs. Fee: \$4

Course #50470 • Saturday, June 9 • 9-11 am

Course #50453 • Saturday, June 16 • 9-11 am

Course #50454 • Saturday, June 30 • 9-11 am

Course #50456 • Saturday, July 7 • 9-11 am

Course #50457 • Saturday, July 21 • 9-11 am

Course #50459 • Saturday, Aug. 4 • 9-11 am

Course #50460 • Saturday, Aug. 25 • 9-11 am



## JUNE 2018

### 6/6 Champion Trees Tour and Walk

Montgomery County is home to international, national, state, and county champion trees. This year's Big Tree Tour will take us to the Ag History Farm Park where three champions reside. Then on to see Maryland's Millennium Tree, the world champion English Elm. In Gaithersburg we'll see a beautiful Catalpa and impressive Paulownia. Several more champions are in the Rose Hill area of Rockville and the Civic Center. If time permits we'll also visit everyone's favorite, the "Triple-Trunked Tuliptree". Join us with 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, June 6 • 10 am-1 pm

### 6/6 Introduction to eButterfly

Ever seen a butterfly flutter by and wonder what it was? Come learn how to identify common, local butterfly species and help scientists by recording your observations in eButterfly! We will take a short butterfly hike to test our identification skills.

Ages: 12 & up. FREE

Course #50538 • Wednesday, June 6 • 1-2 pm

### 6/7 Otus the Owl Storytime

Story time is even more fun with our Meadowside mascot, Otus the owl. Join us for nature-themed stories and high-fives with Otus. Don't forget your camera! Ages: 2-10 yrs. FREE  
Course #50437 • Thursday, June 7 • 10:30-10:50 am

### 6/9 Walk to Lake Bernard Frank

Have you always come visit the Nature Center but never had a chance to venture out to Lake Frank? Well, this is your opportunity to go on a guided hike with one of our naturalists to Lake Frank and learn about the role it plays for the local biodiversity at Meadowside. Ages: 8 & up. FREE  
Course #50532 • Saturday, June 9 • 9:30-11 am

### 6/9 ¡Caminata al Lago Bernard Frank!

¿Nunca tienes la oportunidad de visitar el lago cada vez que visitas a Meadowside? ¡Bueno, esta es tu oportunidad! Ven y participa de una caminata guiada por uno de nuestros naturalistas hacia el lago y aprende el papel que juega para la biodiversidad local de Meadowside.

Ages: 8 & up. FREE  
Course #50533 • Saturday, June 9 • 9:30-11 am

### 6/13 Nature Matters: Keeping Animals, Saving Species

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. Worldwide, many animal species are experiencing increasing threats to their long-term viability. Zoo conservationists hope captive breeding programs are a way to maintain genetic diversity and stave off extinction. Informative and entertaining animal keeper, **Denny Charlton**, will provide an insider's look into the amazing world of personalized and in-depth species management programs at the Smithsonian's National Zoo and how these efforts contribute to conservation of species globally.

Ages: 14 & up. Fee: \$8  
Course #50273 • Wednesday, June 13 • 6:45-8:15 pm

### 6/16 Observando Aves en el Verano

Ven y acompáñanos a observar aves en Meadowside Nature Center durante el verano. La caminata de observación de aves terminará con una refrescante bebida fría de Té dulce. Principiantes son bienvenidos; Trae tus binoculares o usa los nuestros.

Ages: 12 & up. FREE  
Course #50529 • Saturday, June 16 • 7:30-9 am

### 6/16 Summer Birding!

Come join us at Meadowside Nature Center to look for birds as they get ready for the summer. This guided bird walk will end with some ice cold sweet tea to cool off! Beginners welcome; bring your binocular or borrow ours. Ages: 12 & up. FREE  
Course #50527 • Saturday, June 16 • 7:30-9 am



### 6/16 iNaturalist Bioblitz!

Bring your cell phone or tablet and learn to use the iNaturalist app to help us document the biodiversity of Meadowside in a variety of habitats. How many species do you think we'll be able to find in three hours? Come find out!

Ages: 8 & up. FREE  
Course #50534 • Saturday, June 16 • 10 am-1 pm

### 6/16 Father's Day Campfire

Spend your Saturday 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 #50252 • Saturday, June 16 • 6:30-7:30 pm

### 6/20 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 #50196 • Wednesday, June 20 • 10:30-11:15 am

### 6/23 Osprey Encounters on the Patuxent

Visit osprey nesting sites by boat! Spend the day at Patuxent River Park and get a close-up view of osprey while learning about on-going research on these unique raptors. Naturalist **Greg Kearns** has been conducting osprey banding and education trips for many years and will have lots to share. Van transportation will be provided. Bring water and a bag lunch; we'll eat before boarding the boat.

Ages: 12 & up. Fee: \$30  
Course #50251 • Saturday, June 23 • 10:30 am-3:30 pm



### NATURE ON WHEELS



Meadowside Nature Center is rolling into a library near you! Come enjoy nature while surrounded by your favorite books. Free! For all ages!

The first Thursday of the month from 11am - 11:30 am

**June 7**  
Rockville Library

**July 5**  
Olney Library

**August 2**  
Twinbrook Library



[MeadowsideNature.org](http://MeadowsideNature.org)



# Shakespeare in the Parks!



Faeries, mischief, and a mystical boy converge in a modern interpretation of *A Midsummer Night's Dream*, an enchanting summer adventure where love is lost, then found, and fools rehearse their wedding play, only to lose their lead actor to a magic spell. This timeless comedy is complete with juggling acts, live music, dance and Shakespeare's language accessible to all. The story is family-friendly.

Bring your lawn chair and enjoy a **FREE** performance (donations welcomed)

Food Truck will be on-site

**Friday, July 13th**

**Performance starts at 7:30pm**

at Meadowside Nature Center

5100 Meadowside Lane, Rockville, MD 20855

Provided by Department of Parks and Recreation,  
Prince George's County

## NATURE MATTERS

LECTURE SERIES

**6/13 - Keeping Animals, Saving Species - \$8**

**7/25 - Moths of Meadowside - \$8**

**8/22 - Promise of a Vacant Lot - \$8**

**6:45-8:15pm for all three lectures.**

Join us for this special evening lecture series that focuses on current topics of the natural world. Light hot and cold appetizers, prepared foods, beer and wine will be available as you mingle with your fellow science and nature enthusiasts, followed by an engaging presentation by one of our experts in the field.

Registration required at [ActiveMontgomery.com](http://ActiveMontgomery.com). Please register early (low registration numbers will cancel program) **Ages 14+ | Free for Montgomery County teachers- proof required**



**MEADOWSIDE NATURE CENTER | MEADOWSIDENATURE.ORG**

5100 Meadowside Lane | Rockville, Maryland 20855



## 6/26 Historias con Otus

Ven a escuchar una historia de animales y disfruta la compañía de nuestra mascota, ¡el búho Otus! ¡Trae tu cámara para una foto con Otus!

Ages: 2 & up. FREE

Course #50535 • Tuesday, June 26 • 11-11:20 am

## 6/29 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 #50255 • Friday, June 29 • 8-8:45 pm

## 6/30 Observando Aves en el Verano

Ven y acompáñanos a observar aves en Meadowside Nature Center durante el verano. La caminata de observación de aves terminará con una refrescante bebida fría de Té dulce. Principiantes son bienvenidos; Trae tus binoculares o usa los nuestros.

Ages: 12 & up. FREE

Course #50530 • Saturday, June 30 • 7:30-9 am

## 6/30 Summer Birding!

Come join us at Meadowside Nature Center to look for birds as they get ready for the summer. This guided bird walk will end with some ice cold sweet tea to cool off!

Beginners welcome; bring your binocular or borrow ours.

Ages: 12 & up. FREE

Course #50528 • Saturday, June 30 • 7:30-9 am

## 6/30 Art in the Park: Adapt!

Take the stage for an afternoon of theater and improv games! We will have to think like wildlife, act quickly on our feet, and adapt to several (inevitably) hilarious situations! Those with all levels of experience (including none!) are welcome.

Ages: 7-12 yrs. Fee: \$6

Course #50544 • Saturday, June 30 • 1-2 pm

## JULY 2018

## 7/5 Otus the Owl Storytime

Story time is even more fun with our Meadowside mascot, Otus the owl. Join us for nature-themed stories and high-fives with Otus. Don't forget your camera!

Ages: 2-10 yrs. FREE

Course #50438 • Thursday, July 5 • 10:30-10:50 am

## 7/6 Friday Night Campfire: Insects

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 insects. Please register all participants; fee is for children.

Ages: 3 & up. Fee: \$5

Course #34276 • Friday, July 6 • 7-7:45 pm

## 7/7 Ladybug Lookout

Did you know that there is more than one species of ladybug? Come participate in citizen science and join us as we look for and identify these unique red, spotted insects. Identification guides and viewing boxes will be provided for catch and release identification. The data we collect will help scientists conserve native ladybug populations!

Ages: 6 & up. FREE

Course #50549 • Saturday, July 7 • 10-11:30 am

## 7/10 Splish Splash Campfire

Spend an evening exploring the stream and discover what lives under the rocks and leaves. Afterwards, we will dry off by the fire. All the makings for s'mores will be provided! Please wear closed toed shoes that can get wet.

Ages: 4 & up. Fee: \$7

Course #50547 • Tuesday, July 10 • 6-7:30 pm

## 7/11 Pond Study

Visit our pond and discover its secrets! Join a naturalist in catching, identifying, and documenting some of the interesting organisms that add to the diversity of Meadowside's pond. We'll provide nets and other equipment. Make sure you wear boots, or shoes that can get muddy. Please register both children and adults.

Ages: 5&up. FREE

Course #50264 • Wednesday, July 11 • 10-11 am

## 7/13 Shakespeare in the Parks

*A Midsummer Night's Dream*. Faeries, mischief, and a mystical boy converge in a modern interpretation of *A Midsummer Night's Dream*, an enchanting summer adventure where love is lost, then found, and fools rehearse their wedding play, only to lose their lead actor to a magic spell. This timeless comedy is complete with juggling acts, live music, dance and Shakespeare's language accessible to all. The story is curriculum-based and family friendly. Bring your lawn chair and enjoy a FREE performance put on through Prince George's Department of Parks and Recreation. For more information call 301 446-3232; TTY 301-699-2544 or visit [arts.pgpark.com](http://arts.pgpark.com).

Ages: 2 & up. FREE

Course #50247 • Friday, July 13 • 7:30-9:30 pm

## 7/18 Tyke Hike: Signs of Beavers

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 #50197 • Wednesday, July 18 • 10:30-11:15 am

## 7/19 Animal Camouflage and Mimicry

Many animals hide or mimic other plants and animals to avoid being seen by predators. Others wear warning colors to show they may taste bad. We'll read a story, meet some mimics, take a short hike, and make a butterfly craft to explore the amazing world of looking like someone else.

Ages: 3-10 yrs. Fee: \$6

Course #50428 • Thursday, July 19 • 10-11 am



## iNaturalist BioBlitz



Bring your cell phone or tablet and learn to use the iNaturalist app to help us document the biodiversity of Meadowside in a variety of habitats. How many species do you think we'll be able to find in three hours? Come find out!

**SATURDAY,  
JUNE 16  
10AM-1PM**



**Nature Center**  
in Rock Creek Regional Park  
[MeadowsideNature.org](http://MeadowsideNature.org)





## 7/20 Fogata: Encuentro con la Fauna Nocturna

Cuando nos acostamos a dormir es solo el comienzo del día para muchos de los residentes de Meadowside Nature Center. Ven y visita el centro para un recorrido en la noche y participa en una charla sobre la contaminación lumínica y los efectos que tiene sobre la biodiversidad. Terminaremos la aventura frente a una fogata donde comeremos un delicioso dulce. ¡Recuerda traer tu linterna y curiosidad!

Ages: 2 & up. Fee: \$6

Course #50531 • Friday, July 20 • 8-9:15 pm

## 7/25 Nature Matters: Moths of Meadowside

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. More than 175 species of moths were observed at the nature center during 2017. Naturalist **Paul Grindrod** will take attendees on a visual tour of the moths of Meadowside, what makes them unique and, in our opinion, some of the coolest insects around.

Ages: 14 & up. Fee: \$8

Course #50275 • Wednesday, July 25 • 6:45-8:15 pm

## 7/26 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 #50248 • Thursday, July 26 • 10-11 am

## 7/27 Art in the Park: Natural Masterpieces

Andy Goldsworthy is well known for the art he makes using nature. Step into Goldsworthy's shoes and create artistic masterpieces of your own. Use leaves and sticks, stones and nuts, flowers and berries—the possibilities are endless! Let your imagination run wild! Drop by anytime during the program.

Ages: 3 & up. Fee: \$2

Course #50543 • Friday, July 27 • 11:30 am-1:30 pm

## 7/31 Historias con Otus

Ven a escuchar una historia de animales y disfruta la compañía de nuestra mascota, ¡el búho Otus! ¡Trae tu cámara para una foto con Otus!

Ages: 2 & up. FREE

Course #50536 • Tuesday, July 31 • 11-11:20 am



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!

### Wee Little Naturalists Camp

Ages: 3-5 years | \$75

June 11 - 15 and June 25 - 29

### Raptor Camp

Ages: 9-12 | \$20

June 25 - 29

**CAMP FULL**

### Nature Photography & Writing Camp

Ages: 13-15 years | \$300

July 9 - 13

### American Girl

Ages: 8-11 years | \$365

July 16 - 20

### Investigate! Citizen Science

Ages: 9-12 years | \$300

July 16 - 20

### Animales del Parque Rock Creek

Edades: 6-10 años | \$250

Agosto 6 - 10

### Eco Heroes

Ages: 8-11 years | \$300

August 13 - 17



Visit [MontgomeryParks.org/Camps](http://MontgomeryParks.org/Camps) for more information and register at **ActiveMONTGOMERY.org**

**AUGUST 2018****8/2 Otus the Owl Storytime**

Story time is even more fun with our Meadowside mascot, Otus the owl. Join us for nature-themed stories and high-fives with Otus. Don't forget your camera!

Ages: 2-10 yrs. FREE

Course #50440 • Thursday, Aug. 2 • 10:30-10:50 am

**8/15 Tyke Hike: Fish**

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 #50201 • Wednesday, Aug. 15 • 10:30-11:15 am

**8/18 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 #50249 • Saturday, Aug. 18 • 10:30-11:30 am

**8/22 Nature Matters: Promise of a Vacant Lot**

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. Ecologist **Chris Swan's** lab is the extensive array of vacant lots in the city of Baltimore. As part of the long-term research project, Baltimore Ecosystem Study, UMBC professor Swan is searching for the right combination of native species that can thrive in the poor soil left when homes are demolished. The potential of these parcels to restore biodiversity while reducing run-off may surprise you.

Ages: 14 & up. Fee: \$8

Course #50280 • Wednesday, Aug. 22 • 6:45-8:15 pm

**8/25 Dragonfly Census**

Like some bats and birds, there are a few dragonfly species that seasonally migrate. Join us to learn about monitoring dragonfly migration in North America and help us spot both resident and migrant dragonflies hovering around Meadowside's pond.

Ages: 6 & up. FREE

Course #50268 • Saturday, Aug. 25 • 10-11 am

**8/28 Historias con Otus**

Ven a escuchar una historia de animales y disfruta la compañía de nuestra mascota, ¡el búho Otus! ¡Trae tu cámara para una foto con Otus!

Ages: 2 & up. FREE

Course #50537 • Tuesday, Aug. 28 • 11-11:20 am







# WASHINGTON NATIONALS MIRACLE FIELD

## “IT’S TIME TO PLAY!”

Washington Nationals Miracle Field, located in South Germantown Recreational Park, is now available to rent for athletic programs, recreational activities and special events. For a limited time, organizations that rent Miracle Field will receive a **50% discount** on rental fees.

### FIELD SPECIFICATIONS & FEATURES:

- Baseball diamond (125' from home to outfield fence)
- Cushioned synthetic turf
- Accommodates wheelchairs and other assistive devices
- Available April 1 through November 30

### ACCEPTABLE USES OF MIRACLE FIELD INCLUDE:

- Kickball or t-ball
- Aerobics
- Tai chi
- Special events (i.e. outdoor movie nights, fundraising walks, etc.)

For more information or to reserve, contact the Montgomery Parks Permit Office.

**Phone:** 301-495-2525 | **Fax:** 301-495-2484

**Website:** [ParkPermits.org](http://ParkPermits.org) | **Email:** [ParkPermits@MontgomeryParks.org](mailto:ParkPermits@MontgomeryParks.org)

**Washington Nationals Miracle Field**

18041 Central Park Circle | Boyds, Maryland 20841



**PARKS  
PARTNER**



# Ice Skating & Hockey Group Lessons • Summer 2018



[www.CabinJohnIce.org](http://www.CabinJohnIce.org)  
10610 Westlake Drive  
Rockville, MD 20852  
301-765-8620



[www.WheatonIceArena.org](http://www.WheatonIceArena.org)  
11717 Orebaugh Avenue  
Wheaton, MD 20902  
301-905-3000

Like and follow @CabinJohnIce, @WheatonIce, and @MontgomeryParks on   

## CLASS DATES

Summer 1 ..... June 20-August 1  
Summer 2 ..... August 2-29

## ONLINE REGISTRATION DATES

Summer 1 ..... June 12-18  
Summer 2 ..... June 12-July 31

If you register for Summer 1 classes after June 18 or Summer 2 classes 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 through September 3. They are non-transferable, non-refundable, and cannot be replaced if lost.

## PLEASE NOTE

- No make-ups or refunds for missed lessons.
- Please read course descriptions and select course that match the skater's ability. At the end of each class series, the skater will receive an evaluation form recommending the class that should be taken in the future. All skaters will receive a ribbon award at the end the course.
- If you see a class you like, register! Classes may be cancelled or combined if a minimum enrollment is not met.

## PROGRAM ACCESS (INCLUSION) SERVICES

If interested in participating in a Parks program, with a modification, please visit [MontgomeryParks.org/access](http://MontgomeryParks.org/access) or call the Program Access Office at 301-495-2477.

## SUMMER 2018 IMPORTANT DATES:

Open for public skating all summer!

### Rinks Closed:

May 26, 27, 28  
July 4  
September 2, 3

### Summer Ice Shows:

Cabin John - June 30, 6:30 pm  
Wheaton - August 18, 6:15 pm

### Father's Day Skate

June 17  
Cabin John - 12:30-2:30 pm  
Wheaton - 11am- 1pm

### Summer Camps:

Weekly from June 18 - August 24





# CHECK OUT OUR POPULAR ICE SKATING CAMPS!



FULL-DAY, WEEK LONG CAMPS FOR KIDS AGES 6-12.  
9 AM - 4:30 PM WITH BEFORE AND AFTER CARE OFFERED.  
CAMPS RUN FROM JUNE 18- AUGUST 17.  
CAMPS APPROPRIATE FOR ALL LEVELS OF SKATERS  
AND INCLUDE ACTIVITIES ON AND OFF THE ICE DAILY.

## Ice Skating Summer Fun Camp

Cabin John Ice Rink | \$295 per week

## "Cool" Summer Ice Skating Camp

Wheaton Ice Arena | \$260 per week

Visit [Montgomeryparks.org/camps](http://Montgomeryparks.org/camps) for more information

# FIGURE SKATING CAMPS



Climb the next step on the podium after skating in one of our Figure Skating Camps.

Week long camps are from 8:30 am - 12:30 pm.  
Before and after care options are available.

Camps at both rinks include freestyle, theatre on ice, synchronized skating, ice dance, and figure skating competitions camp.



**Wheaton Ice Arena**  
11717 Orebaugh Ave  
Wheaton, Maryland 20902  
WheatonIce.org | 301-905-3000



**Cabin John Ice Rink**  
10610 Westlake Drive  
Rockville, Maryland 20852  
CabinJohnIce.org | 301-765-8620



## 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 six public skate sessions to practice skills learned in class. Register only the child for the course. Equipment Required: Helmet & Gloves.

### Cabin John Ice Rink

48659	3-5 yrs	6 Classes	\$102	Saturday, June 23	11:15-11:45 am
48618	3-5 yrs	6 Classes	\$102	Sunday, June 24	2:30-3 pm
48650	3-5 yrs	6 Classes	\$102	Tuesday, June 26	10-10:30 am

### Wheaton Ice Arena

48411	3-5 yrs	6 Classes	\$102	Saturday, June 23	10:45-11:15 am
48412	3-5 yrs	6 Classes	\$102	Sunday, June 24	2:15-2:45 pm
48510	3-5 yrs	4 Classes	\$68	Saturday, Aug. 4	10:45-11:15 am
48511	3-5 yrs	4 Classes	\$68	Sunday, Aug. 5	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 admission to six public skate sessions for the skater to practice skills learned in class. Equipment required: Helmet and Gloves.

### Cabin John Ice Rink

48661	3-5 yrs	6 Classes	\$102	Saturday, June 23	10-10:30 am
48662	3-5 yrs	6 Classes	\$102	Saturday, June 23	11:45 am-12:15 pm
48615	3-5 yrs	6 Classes	\$102	Sunday, June 24	12-12:30 pm
48660	3-5 yrs	6 Classes	\$102	Monday, June 25	4-4:30 pm
48666	3-5 yrs	6 Classes	\$102	Tuesday, June 26	10-10:30 am
48664	3-5 yrs	6 Classes	\$102	Tuesday, June 26	3:30-4 pm
49725	3-5 yrs	4 Classes	\$68	Saturday, Aug. 4	11:45 am-12:15 pm
49741	3-5 yrs	4 Classes	\$68	Sunday, Aug. 5	12-12:30 pm
48856	3-5 yrs	4 Classes	\$68	Monday, Aug. 6	4-4:30 pm

### Wheaton Ice Arena

48413	3-5 yrs	6 Classes	\$102	Thursday, June 21	5:15-5:45 pm
48414	3-5 yrs	6 Classes	\$102	Friday, June 22	4:45-5:15 pm
48415	3-5 yrs	6 Classes	\$102	Saturday, June 23	10:45-11:15 am
48416	3-5 yrs	6 Classes	\$102	Sunday, June 24	1:45-2:15 pm
48512	3-5 yrs	4 Classes	\$68	Friday, Aug. 3	4:45-5:15 pm
48513	3-5 yrs	4 Classes	\$68	Saturday, Aug. 4	10:45-11:15 am
48514	3-5 yrs	4 Classes	\$68	Sunday, Aug. 5	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 will 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 admission to six public skate sessions for the skater to practice skills learned in class. Equipment Required: Helmet & Gloves

### Cabin John Ice Rink

48668	3-5 yrs	6 Classes	\$102	Thursday, June 21	4-4:30 pm
48669	3-5 yrs	6 Classes	\$102	Saturday, June 23	10-10:30 am
48670	3-5 yrs	6 Classes	\$102	Saturday, June 23	11:45 am-12:15 pm
48616	3-5 yrs	6 Classes	\$102	Sunday, June 24	12-12:30 pm
48663	3-5 yrs	6 Classes	\$102	Monday, June 25	4-4:30 pm
48665	3-5 yrs	6 Classes	\$102	Tuesday, June 26	10-10:30 am
48667	3-5 yrs	6 Classes	\$102	Tuesday, June 26	3:30-4 pm
49701	3-5 yrs	4 Classes	\$68	Thursday, Aug. 2	4-4:30 pm
49726	3-5 yrs	4 Classes	\$68	Saturday, Aug. 4	11:45 am-12:15 pm
49742	3-5 yrs	4 Classes	\$68	Sunday, Aug. 5	12-12:30 pm
48857	3-5 yrs	4 Classes	\$68	Monday, Aug. 6	4-4:30 pm

### Wheaton Ice Arena

48417	3-5 yrs	6 Classes	\$102	Thursday, June 21	5:45-6:15 pm
48418	3-5 yrs	6 Classes	\$102	Friday, June 22	4:45-5:15 pm
48419	3-5 yrs	6 Classes	\$102	Saturday, June 23	10:45-11:15 am
48420	3-5 yrs	6 Classes	\$102	Sunday, June 24	1:45-2:15 pm
48515	3-5 yrs	4 Classes	\$68	Friday, Aug. 3	4:45-5:15 pm
48516	3-5 yrs	4 Classes	\$68	Saturday, Aug. 4	10:45-11:15 am
48517	3-5 yrs	4 Classes	\$68	Sunday, Aug. 5	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 admission to six public skate sessions to practice skills learned in class. Equipment Required: Helmet & Gloves.

### Cabin John Ice Rink

48673	3-5 yrs	6 Classes	\$102	Thursday, June 21	4-4:30 pm
48674	3-5 yrs	6 Classes	\$102	Saturday, June 23	10-10:30 am
48675	3-5 yrs	6 Classes	\$102	Saturday, June 23	11:45 am-12:15 pm
48617	3-5 yrs	6 Classes	\$102	Sunday, June 24	12-12:30 pm
48671	3-5 yrs	6 Classes	\$102	Monday, June 25	4-4:30 pm
48672	3-5 yrs	6 Classes	\$102	Tuesday, June 26	3:30-4 pm
49702	3-5 yrs	4 Classes	\$68	Thursday, Aug. 2	4-4:30 pm
49727	3-5 yrs	4 Classes	\$68	Saturday, Aug. 4	11:45 am-12:15 pm
49743	3-5 yrs	4 Classes	\$68	Sunday, Aug. 5	12-12:30 pm
48858	3-5 yrs	4 Classes	\$68	Monday, Aug. 6	4-4:30 pm

### Wheaton Ice Arena

48421	3-5 yrs	6 Classes	\$102	Thursday, June 21	5:45-6:15 pm
48422	3-5 yrs	6 Classes	\$102	Friday, June 22	4:45-5:15 pm
48423	3-5 yrs	6 Classes	\$102	Saturday, June 23	10:45-11:15 am
48424	3-5 yrs	6 Classes	\$102	Sunday, June 24	1:45-2:15 pm
48518	3-5 yrs	4 Classes	\$68	Friday, Aug. 3	4:45-5:15 pm
48519	3-5 yrs	4 Classes	\$68	Saturday, Aug. 4	10:45-11:15 am
48520	3-5 yrs	4 Classes	\$68	Sunday, Aug. 5	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 admission to six public skate sessions to practice skills learned in class. Equipment Required: Helmet & Gloves.

### Cabin John Ice Rink

48678	3-5 yrs	6 Classes	\$102	Saturday, June 23	10-10:30 am
48679	3-5 yrs	6 Classes	\$102	Saturday, June 23	1-1:30 pm
48614	3-5 yrs	6 Classes	\$102	Sunday, June 24	11:30 am-12 pm
48676	3-5 yrs	6 Classes	\$102	Monday, June 25	4-4:30 pm
48677	3-5 yrs	6 Classes	\$102	Tuesday, June 26	4-4:30 pm
49728	3-5 yrs	4 Classes	\$68	Saturday, Aug. 4	11:45 am-12:15 pm
49744	3-5 yrs	4 Classes	\$68	Sunday, Aug. 5	11:30 am-12 pm
48859	3-5 yrs	4 Classes	\$68	Monday, Aug. 6	4-4:30 pm
48891	3-5 yrs	4 Classes	\$68	Tuesday, Aug. 7	4-4:30 pm

### Wheaton Ice Arena

48425	3-5 yrs	6 Classes	\$102	Thursday, June 21	5:45-6:15 pm
48426	3-5 yrs	6 Classes	\$102	Saturday, June 23	10:45-11:15 am
48427	3-5 yrs	6 Classes	\$102	Sunday, June 24	1:45-2:15 pm
48521	3-5 yrs	4 Classes	\$68	Friday, Aug. 3	5:15-5:45 pm
48522	3-5 yrs	4 Classes	\$68	Saturday, Aug. 4	10:45-11:15 am
48523	3-5 yrs	4 Classes	\$68	Sunday, Aug. 5	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 admission to six public skate sessions to practice skills learned in class. Helmet & gloves are strongly recommended.

### Cabin John Ice Rink

48684	6-12 yrs	6 Classes	\$102	Wednesday, June 20	3:30-4 pm
48685	6-12 yrs	6 Classes	\$102	Thursday, June 21	4-4:30 pm
48686	6-12 yrs	6 Classes	\$102	Saturday, June 23	8:30-9 am
48687	6-12 yrs	6 Classes	\$102	Saturday, June 23	1-1:30 pm
48612	6-12 yrs	6 Classes	\$102	Sunday, June 24	11:30 am-12 pm
48680	6-12 yrs	6 Classes	\$102	Sunday, June 24	2:30-3 pm
48681	6-12 yrs	6 Classes	\$102	Monday, June 25	3:30-4 pm
48682	6-12 yrs	6 Classes	\$102	Tuesday, June 26	9:30-10 am
48683	6-12 yrs	6 Classes	\$102	Tuesday, June 26	4-4:30 pm
49703	6-12 yrs	4 Classes	\$68	Thursday, Aug. 2	4-4:30 pm
49737	6-12 yrs	4 Classes	\$68	Saturday, Aug. 4	11:15-11:45 am
49729	6-12 yrs	4 Classes	\$68	Saturday, Aug. 4	1-1:30 pm
49745	6-12 yrs	4 Classes	\$68	Sunday, Aug. 5	11:30 am-12 pm
48860	6-12 yrs	4 Classes	\$68	Monday, Aug. 6	3:30-4 pm
48893	6-12 yrs	4 Classes	\$68	Tuesday, Aug. 7	4-4:30 pm
49683	6-12 yrs	4 Classes	\$68	Wednesday, Aug. 8	3:30-4 pm

### Wheaton Ice Arena

48428	6-12 yrs	6 Classes	\$102	Thursday, June 21	4:45-5:15 pm
48429	6-12 yrs	6 Classes	\$102	Thursday, June 21	6:30-7 pm
48430	6-12 yrs	6 Classes	\$102	Friday, June 22	5:45-6:15 pm
48431	6-12 yrs	6 Classes	\$102	Saturday, June 23	11:45 am-12:15 pm
48432	6-12 yrs	6 Classes	\$102	Sunday, June 24	12:30-1 pm
48433	6-12 yrs	6 Classes	\$102	Sunday, June 24	2:15-2:45 pm
48524	6-12 yrs	4 Classes	\$68	Thursday, Aug. 2	6:30-7 pm
48528	6-12 yrs	4 Classes	\$68	Friday, Aug. 3	5:15-5:45 pm
48525	6-12 yrs	4 Classes	\$68	Saturday, Aug. 4	11:45 am-12:15 pm
48526	6-12 yrs	4 Classes	\$68	Sunday, Aug. 5	12:30-1 pm
48527	6-12 yrs	4 Classes	\$68	Sunday, Aug. 5	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 admission to six public skate sessions to practice skills learned in class. Helmet and gloves are strongly recommended.

### Cabin John Ice Rink

48692	4-12 yrs	6 Classes	\$102	Wednesday, June 20	3:30-4 pm
48693	4-12 yrs	6 Classes	\$102	Thursday, June 21	4-4:30 pm
48694	4-12 yrs	6 Classes	\$102	Saturday, June 23	8:30-9 am
48695	4-12 yrs	6 Classes	\$102	Saturday, June 23	1-1:30 pm
48613	4-12 yrs	6 Classes	\$102	Sunday, June 24	11:30 am-12 pm
48688	4-12 yrs	6 Classes	\$102	Sunday, June 24	2:30-3 pm
48689	4-12 yrs	6 Classes	\$102	Monday, June 25	3:30-4 pm
48690	4-12 yrs	6 Classes	\$102	Tuesday, June 26	9:30-10 am
48691	4-12 yrs	6 Classes	\$102	Tuesday, June 26	4-4:30 pm
49704	4-12 yrs	4 Classes	\$68	Thursday, Aug. 2	4-4:30 pm
49730	4-12 yrs	4 Classes	\$68	Thursday, Aug. 4	11:15-11:45 am
49738	4-12 yrs	4 Classes	\$68	Saturday, Aug. 4	1-1:30 pm
49746	4-12 yrs	4 Classes	\$68	Sunday, Aug. 5	11:30 am-12 pm
48861	4-12 yrs	4 Classes	\$68	Monday, Aug. 6	3:30-4 pm
48895	4-12 yrs	4 Classes	\$68	Tuesday, Aug. 7	4-4:30 pm
49684	4-12 yrs	4 Classes	\$68	Wednesday, Aug. 8	3:30-4 pm

### Wheaton Ice Arena

48434	4-12 yrs	6 Classes	\$102	Thursday, June 21	4:45-5:15 pm
48435	4-12 yrs	6 Classes	\$102	Thursday, June 21	6:30-7 pm
48436	4-12 yrs	6 Classes	\$102	Friday, June 22	5:45-6:15 pm
48437	4-12 yrs	6 Classes	\$102	Saturday, June 23	11:45 am-12:15 pm
48438	4-12 yrs	6 Classes	\$102	Sunday, June 24	12:30-1 pm
48439	4-12 yrs	6 Classes	\$102	Sunday, June 24	2:15-2:45 pm
48529	4-12 yrs	4 Classes	\$68	Thursday, Aug. 2	6:30-7 pm
48533	4-12 yrs	4 Classes	\$68	Friday, Aug. 3	5:15-5:45 pm
48530	4-12 yrs	4 Classes	\$68	Saturday, Aug. 4	11:45 am-12:15 pm
48531	4-12 yrs	4 Classes	\$68	Sunday, Aug. 5	12:30-1 pm
48532	4-12 yrs	4 Classes	\$68	Sunday, Aug. 5	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 admission to six public skate sessions to practice skills learned in class.

### Cabin John Ice Rink

48701	4-12 yrs	6 Classes	\$102	Wednesday, June 20	10-10:30 am
48702	4-12 yrs	6 Classes	\$102	Wednesday, June 20	3:30-4 pm
48703	4-12 yrs	6 Classes	\$102	Thursday, June 21	3:30-4 pm
48704	4-12 yrs	6 Classes	\$102	Saturday, June 23	8:30-9 am
48705	4-12 yrs	6 Classes	\$102	Saturday, June 23	12:30-1 pm
48619	4-12 yrs	6 Classes	\$102	Sunday, June 24	12:30-1 pm
48696	4-12 yrs	6 Classes	\$102	Sunday, June 24	3-3:30 pm
48697	4-12 yrs	6 Classes	\$102	Monday, June 25	3:30-4 pm
48698	4-12 yrs	6 Classes	\$102	Monday, June 25	4:30-5 pm
48699	4-12 yrs	6 Classes	\$102	Tuesday, June 26	9:30-10 am
48700	4-12 yrs	6 Classes	\$102	Tuesday, June 26	4:30-5 pm
49705	4-12 yrs	4 Classes	\$68	Thursday, Aug. 2	3:30-4 pm
49739	4-12 yrs	4 Classes	\$68	Saturday, Aug. 4	11:15-11:45 am
49731	4-12 yrs	4 Classes	\$68	Saturday, Aug. 4	12:30-1 pm
49747	4-12 yrs	4 Classes	\$68	Sunday, Aug. 5	12:30-1 pm
48862	4-12 yrs	4 Classes	\$68	Monday, Aug. 6	3:30-4 pm
48863	4-12 yrs	4 Classes	\$68	Monday, Aug. 6	4:30-5 pm
48897	4-12 yrs	4 Classes	\$68	Tuesday, Aug. 7	4:30-5 pm
49685	4-12 yrs	4 Classes	\$68	Wednesday, Aug. 8	3:30-4 pm

### Wheaton Ice Arena

48440	4-12 yrs	6 Classes	\$102	Thursday, June 21	4:45-5:15 pm
48441	4-12 yrs	6 Classes	\$102	Thursday, June 21	6:30-7 pm
48442	4-12 yrs	6 Classes	\$102	Friday, June 22	5:15-5:45 pm
48443	4-12 yrs	6 Classes	\$102	Saturday, June 23	11:15-11:45 am
48444	4-12 yrs	6 Classes	\$102	Sunday, June 24	1:15-1:45 pm
48534	4-12 yrs	4 Classes	\$68	Thursday, Aug. 2	6:30-7 pm
48535	4-12 yrs	4 Classes	\$68	Friday, Aug. 3	5:45-6:15 pm
48536	4-12 yrs	4 Classes	\$68	Saturday, Aug. 4	11:15-11:45 am
48537	4-12 yrs	4 Classes	\$68	Sunday, Aug. 5	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 admission to six public skate sessions to practice skills learned in class.

### Cabin John Ice Rink

48709	4-12 yrs	6 Classes	\$102	Wednesday, June 20	10-10:30 am
48710	4-12 yrs	6 Classes	\$102	Wednesday, June 20	4-4:30 pm
48711	4-12 yrs	6 Classes	\$102	Thursday, June 21	3:30-4 pm
48712	4-12 yrs	6 Classes	\$102	Saturday, June 23	8:30-9 am
48713	4-12 yrs	6 Classes	\$102	Saturday, June 23	12:30-1 pm
48620	4-12 yrs	6 Classes	\$102	Sunday, June 24	12:30-1 pm
48706	4-12 yrs	6 Classes	\$102	Sunday, June 24	3-3:30 pm
48707	4-12 yrs	6 Classes	\$102	Monday, June 25	4:30-5 pm
48708	4-12 yrs	6 Classes	\$102	Tuesday, June 26	4:30-5 pm
49706	4-12 yrs	4 Classes	\$68	Thursday, Aug. 2	3:30-4 pm
49732	4-12 yrs	4 Classes	\$68	Saturday, Aug. 4	12:30-1 pm
49748	4-12 yrs	4 Classes	\$68	Sunday, Aug. 5	12:30-1 pm
48864	4-12 yrs	4 Classes	\$68	Monday, Aug. 6	4:30-5 pm
48898	4-12 yrs	4 Classes	\$68	Tuesday, Aug. 7	4:30-5 pm
49686	4-12 yrs	4 Classes	\$68	Wednesday, Aug. 8	4-4:30 pm

### Wheaton Ice Arena

48445	4-12 yrs	6 Classes	\$102	Thursday, June 21	5:15-5:45 pm
48446	4-12 yrs	6 Classes	\$102	Friday, June 22	5:15-5:45 pm
48447	4-12 yrs	6 Classes	\$102	Saturday, June 23	11:15-11:45 am
48448	4-12 yrs	6 Classes	\$102	Sunday, June 24	1:15-1:45 pm
48538	4-12 yrs	4 Classes	\$68	Thursday, Aug. 2	6:30-7 pm
48539	4-12 yrs	4 Classes	\$68	Friday, Aug. 3	5:45-6:15 pm
48540	4-12 yrs	4 Classes	\$68	Saturday, Aug. 4	11:15-11:45 am
48541	4-12 yrs	4 Classes	\$68	Sunday, Aug. 5	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 admission to six public skate sessions to practice skills learned in class.

### Cabin John Ice Rink

48717	4-12 yrs	6 Classes	\$102	Wednesday, June 20	10-10:30 am
48718	4-12 yrs	6 Classes	\$102	Wednesday, June 20	4-4:30 pm
48719	4-12 yrs	6 Classes	\$102	Thursday, June 21	3:30-4 pm
48720	4-12 yrs	6 Classes	\$102	Saturday, June 23	8:30-9 am
48721	4-12 yrs	6 Classes	\$102	Saturday, June 23	12:30-1 pm
48621	4-12 yrs	6 Classes	\$102	Sunday, June 24	12:30-1 pm
48714	4-12 yrs	6 Classes	\$102	Sunday, June 24	3-3:30 pm
48715	4-12 yrs	6 Classes	\$102	Monday, June 25	4:30-5 pm
48716	4-12 yrs	6 Classes	\$102	Tuesday, June 26	4:30-5 pm
49707	4-12 yrs	4 Classes	\$68	Thursday, Aug. 2	3:30-4 pm
49733	4-12 yrs	4 Classes	\$68	Saturday, Aug. 4	12:30-1 pm
49749	4-12 yrs	4 Classes	\$68	Sunday, Aug. 5	12:30-1 pm
48865	4-12 yrs	4 Classes	\$68	Monday, Aug. 6	4:30-5 pm
48899	4-12 yrs	4 Classes	\$68	Tuesday, Aug. 7	4:30-5 pm
49687	4-12 yrs	4 Classes	\$68	Wednesday, Aug. 8	4-4:30 pm

### Wheaton Ice Arena

48449	4-12 yrs	6 Classes	\$102	Thursday, June 21	5:15-5:45 pm
48450	4-12 yrs	6 Classes	\$102	Saturday, June 23	11:15-11:45 am
48451	4-12 yrs	6 Classes	\$102	Sunday, June 24	1:15-1:45 pm
48542	4-12 yrs	4 Classes	\$68	Thursday, Aug. 2	6:30-7 pm
48543	4-12 yrs	4 Classes	\$68	Friday, Aug. 3	5:45-6:15 pm
48544	4-12 yrs	4 Classes	\$68	Saturday, Aug. 4	11:15-11:45 am
48545	4-12 yrs	4 Classes	\$68	Sunday, Aug. 5	1:15-1:45 pm



**PRO SHOPS  
AT OUR ICE  
RINKS ARE OPEN  
EVERY DAY.**

**WE STOCK SKATES,  
EQUIPMENT, AND  
APPAREL FOR ALL  
HOCKEY PLAYERS AND  
FIGURE SKATERS.**

**FULL SKATE SERVICES  
INCLUDE SKATE  
SHARPENING, BLADE  
MOUNTING, & SKATE  
STRETCHING.**





## 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 admission to public skate sessions to practice skills learned in class.

### Cabin John Ice Rink

48723	4-12 yrs	6 Classes	\$153	Wednesday, June 20	4:30-5:15 pm
48724	4-12 yrs	6 Classes	\$153	Thursday, June 21	4:30-5:15 pm
48725	4-12 yrs	6 Classes	\$153	Saturday, June 23	9-9:45 am
48726	4-12 yrs	6 Classes	\$153	Saturday, June 23	1:30-2:15 pm
48622	4-12 yrs	6 Classes	\$153	Sunday, June 24	1-1:45 pm
48722	4-12 yrs	6 Classes	\$153	Monday, June 25	5-5:45 pm
49708	4-12 yrs	4 Classes	\$102	Thursday, Aug. 2	4:30-5:15 pm
49750	4-12 yrs	4 Classes	\$102	Sunday, Aug. 5	1-1:45 pm
48866	4-12 yrs	4 Classes	\$102	Monday, Aug. 6	5-5:45 pm
49688	4-12 yrs	4 Classes	\$102	Wednesday, Aug. 8	4:30-5:15 pm

### Wheaton Ice Arena

48452	4-12 yrs	6 Classes	\$102	Thursday, June 21	7-7:30 pm
48453	4-12 yrs	6 Classes	\$102	Saturday, June 23	11:15-11:45 am
48454	4-12 yrs	6 Classes	\$102	Sunday, June 24	1:15-1:45 pm
48546	4-12 yrs	4 Classes	\$68	Thursday, Aug. 2	7-7:30 pm
48547	4-12 yrs	4 Classes	\$68	Saturday, Aug. 4	11:15-11:45 am
48548	4-12 yrs	4 Classes	\$68	Sunday, Aug. 5	1:15-1:45 pm

## Accelerated Beginner Skating Class

Sometimes it is tough to commit to a six week course in the summer, so we are offering a five day accelerated class in August. This class is for beginner skaters ages 5-12 and will meet Monday-Friday for 45 minutes. We will cover the skills in Basic 1 and 2 including falling down and getting up, forward skating and gliding, backward skating and gliding, swizzles, snowplow stops, and beginning two-foot turns from forward to backward. Fee includes skate rental plus a practice card good for admission to six public skate sessions to practice skills learned in class. Helmet & gloves are strongly recommended.

### Cabin John Ice Rink

49773	5-12 yrs	5 Classes	\$128	Monday, Aug. 6	9:30-10:15 am
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## Accelerated Intermediate Skating Class

Sometimes it is tough to commit to a six week course in the summer, so we are offering a five day accelerated class in August. This class is for beginner skaters ages 5-12 and will meet Monday-Friday for 45 minutes. We will cover the skills in Basic 3 and Basic 4 including forward and backward pumps on the circle, forward crossovers, backward snowplow stops, backward one-foot glides, and moving turns from forward to backward. Fee includes skate rental plus a practice card good for admission to six public skate sessions to practice skills learned in class. Helmet & gloves are strongly recommended.

### Cabin John Ice Rink

49774	5-12 yrs	5 Classes	\$128	Monday, Aug. 6	9:30-10:15 am
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## Accelerated Advanced Skating Class

Sometimes it is tough to commit to a six week course in the summer, so we are offering a five day accelerated class in August. This class is for beginner skaters ages 5-12 and will meet Monday-Friday for 45 minutes. We will cover the skills in Basic 5 and Basic 6 including backward crossovers, three-turns, backward edges, backward stroking, bunny hop, spiral, one-foot spin. Fee includes skate rental plus a practice card good for admission to six public skate sessions to practice skills learned in class. Helmet & gloves are strongly recommended.

### Cabin John Ice Rink

49775	5-12 yrs	5 Classes	\$128	Monday, Aug. 13	9:30-10:15 am
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## Teen and Adult Classes

Teen and adult classes are designed for skaters ages 12 & up. Classes teach proper skating techniques, promote physical fitness, and improve balance and coordination. Skaters will be challenged and motivated as they progress through the program's four levels. If you're looking for a fun and exciting way to get (or stay!) healthy and fit, this skating program is custom made for you.

## Teen & Adult 1 Ice Skating

This class is for beginning skaters age 12 and up. Skaters will learn falling and recovery, forward skating, two-foot glide, forward swizzles, rocking horse, dip, snowplow stop, forward one-foot glides, slalom, backward skating, backward swizzles, and two-foot turns in place. Fee includes skate rental plus a practice card good for admission to public sessions to practice skills learned in class. Helmets are strongly recommended.

### Cabin John Ice Rink

48811	12 & up	6 Classes	\$153	Thursday, June 21	7:15-8 pm
48812	12 & up	6 Classes	\$153	Saturday, June 23	9-9:45 am
49709	12 & up	4 Classes	\$102	Thursday, Aug. 2	7:15-8 pm

### Wheaton Ice Arena

48455	12 & up	6 Classes	\$102	Thursday, June 21	7:30-8 pm
48456	12 & up	6 Classes	\$102	Saturday, June 23	10:45-11:15 am
48457	12 & up	6 Classes	\$102	Sunday, June 24	1:45-2:15 pm
48549	12 & up	4 Classes	\$68	Thursday, Aug. 2	7:30-8 pm
48550	12 & up	4 Classes	\$68	Saturday, Aug. 4	10:45-11:15 am
48551	12 & up	4 Classes	\$68	Sunday, Aug. 5	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 good for admission to public sessions to practice skills learned in class.

### Cabin John Ice Rink

48813	12 & up	6 Classes	\$153	Thursday, June 21	7:15-8 pm
48814	12 & up	6 Classes	\$153	Saturday, June 23	9-9:45 am
49710	12 & up	4 Classes	\$102	Thursday, Aug. 2	7:15-8 pm

### Wheaton Ice Arena

48458	12 & up	6 Classes	\$102	Thursday, June 21	7:30-8 pm
48459	12 & up	6 Classes	\$102	Saturday, June 23	10:45-11:15 am
48460	12 & up	6 Classes	\$102	Sunday, June 24	1:45-2:15 pm
48552	12 & up	4 Classes	\$68	Thursday, Aug. 2	7:30-8 pm
48553	12 & up	4 Classes	\$68	Saturday, Aug. 4	10:45-11:15 am
48554	12 & up	4 Classes	\$68	Sunday, Aug. 5	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 good for admission to public sessions to practice skills learned in class.

### Cabin John Ice Rink

48816	12 & up	6 Classes	\$153	Thursday, June 21	8-8:45 pm
48817	12 & up	6 Classes	\$153	Saturday, June 23	9-9:45 am
49711	12 & up	4 Classes	\$102	Thursday, Aug. 2	8-8:45 pm

### Wheaton Ice Arena

48461	12 & up	6 Classes	\$102	Thursday, June 21	7:30-8 pm
48462	12 & up	6 Classes	\$102	Saturday, June 23	11:15-11:45 am
48555	12 & up	4 Classes	\$68	Thursday, Aug. 2	7:30-8 pm
48556	12 & up	4 Classes	\$68	Saturday, Aug. 4	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 good for admission to public skate sessions to practice skills learned in class.

### Cabin John Ice Rink

48818	12 & up	6 Classes	\$153	Thursday, June 21	8-8:45 pm
48819	12 & up	6 Classes	\$153	Saturday, June 23	9-9:45 am
49712	12 & up	4 Classes	\$102	Thursday, Aug. 2	8-8:45 pm

### Wheaton Ice Arena

48463	12 & up	6 Classes	\$102	Thursday, June 21	7:30-8 pm
48464	12 & up	6 Classes	\$102	Saturday, June 23	11:15-11:45 am
48557	12 & up	4 Classes	\$68	Thursday, Aug. 2	7:30-8 pm
48558	12 & up	4 Classes	\$68	Saturday, Aug. 4	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 good for admission to public skate sessions to practice the skills learned in class.

### Cabin John Ice Rink

48820	12 & up	6 Classes	\$153	Saturday, June 23	9-9:45 am
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### Wheaton Ice Arena

48465	12 & up	6 Classes	\$102	Thursday, June 21	7:30-8 pm
48466	12 & up	6 Classes	\$102	Saturday, June 23	11:15-11:45 am
48559	12 & up	4 Classes	\$68	Thursday, Aug. 2	7:30-8 pm
48560	12 & up	4 Classes	\$68	Saturday, Aug. 4	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. Fee includes skate rental (if needed) plus a practice card good for admission to public skate sessions to practice skills learned in class.

### Cabin John Ice Rink

48728	5-12 yrs	6 Classes	\$153	Wednesday, June 20	4:30-5:15 pm
48729	5-12 yrs	6 Classes	\$153	Thursday, June 21	4:30-5:15 pm
48730	5-12 yrs	6 Classes	\$153	Saturday, June 23	9-9:45 am
48731	5-12 yrs	6 Classes	\$153	Saturday, June 23	1:30-2:15 pm
48623	5-12 yrs	6 Classes	\$153	Sunday, June 24	1-1:45 pm
48727	5-12 yrs	6 Classes	\$153	Monday, June 25	5-5:45 pm
49713	5-12 yrs	4 Classes	\$102	Thursday, Aug. 2	4:30-5:15 pm
49751	5-12 yrs	4 Classes	\$102	Sunday, Aug. 5	1-1:45 pm
48867	5-12 yrs	4 Classes	\$102	Monday, Aug. 6	5-5:45 pm
49689	5-12 yrs	4 Classes	\$102	Wednesday, Aug. 8	4:30-5:15 pm

### Wheaton Ice Arena

48467	5 & up	6 Classes	\$102	Thursday, June 21	7-7:30 pm
48468	5 & up	6 Classes	\$102	Saturday, June 23	11:45 am-12:15 pm
48469	5 & up	6 Classes	\$102	Sunday, June 24	1:15-1:45 pm
48561	5 & up	4 Classes	\$68	Thursday, Aug. 2	7-7:30 pm
48562	5 & up	4 Classes	\$68	Saturday, Aug. 4	11:45 am-12:15 pm
48563	5 & up	4 Classes	\$68	Sunday, Aug. 5	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. Fee includes skate rental (if needed) plus a practice card good for admission to public skate sessions to practice skills learned in class.

### Cabin John Ice Rink

48735	5 & up	6 Classes	\$153	Wednesday, June 20	4:30-5:15 pm
48736	5 & up	6 Classes	\$153	Thursday, June 21	5:30-6:15 pm
48737	5 & up	6 Classes	\$153	Saturday, June 23	10:30-11:15 am
48624	5 & up	6 Classes	\$153	Sunday, June 24	1-1:45 pm
48734	5 & up	6 Classes	\$153	Monday, June 25	6-6:45 pm
49714	5 & up	4 Classes	\$102	Thursday, Aug. 2	5:30-6:15 pm
49752	5 & up	4 Classes	\$102	Sunday, Aug. 5	1-1:45 pm
48868	5 & up	4 Classes	\$102	Monday, Aug. 6	6-6:45 pm

### Wheaton Ice Arena

48470	5 & up	6 Classes	\$102	Thursday, June 21	7-7:30 pm
48471	5 & up	6 Classes	\$102	Saturday, June 23	11:45 am-12:15 pm
48472	5 & up	6 Classes	\$102	Sunday, June 24	2:15-2:45 pm
48564	5 & up	4 Classes	\$68	Thursday, Aug. 2	7-7:30 pm
48565	5 & up	4 Classes	\$68	Saturday, Aug. 4	11:45 am-12:15 pm
48566	5 & up	4 Classes	\$68	Sunday, Aug. 5	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. Fee includes skate rental (if needed) plus a practice card good for admission to public skate sessions to practice skills learned in class.

### Cabin John Ice Rink

48738	5 & up	6 Classes	\$153	Thursday, June 21	5:30-6:15 pm
48739	5 & up	6 Classes	\$153	Saturday, June 23	10:30-11:15 am
48625	5 & up	6 Classes	\$153	Monday, June 25	6-6:45 pm
49715	5 & up	4 Classes	\$102	Thursday, Aug. 2	5:30-6:15 pm
48869	5 & up	4 Classes	\$102	Monday, Aug. 6	6-6:45 pm

### Wheaton Ice Arena

48473	5 & up	6 Classes	\$102	Thursday, June 21	7-7:30 pm
48474	5 & up	6 Classes	\$102	Saturday, June 23	11:45 am-12:15 pm
48475	5 & up	6 Classes	\$102	Sunday, June 24	2:15-2:45 pm
48567	5 & up	4 Classes	\$68	Thursday, Aug. 2	7-7:30 pm
48568	5 & up	4 Classes	\$68	Saturday, Aug. 4	11:45 am-12:15 pm
48569	5 & up	4 Classes	\$68	Sunday, Aug. 5	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. Fee includes skate rental (if needed) plus a practice card good for admission to public skate sessions.

### Cabin John Ice Rink

48740	5 & up	6 Classes	\$153	Thursday, June 21	6:15-7 pm
48741	5 & up	6 Classes	\$153	Saturday, June 23	10:30-11:15 am
48626	5 & up	6 Classes	\$153	Monday, June 25	6:45-7:30 pm
49716	5 & up	4 Classes	\$102	Thursday, Aug. 2	6:15-7 pm
48870	5 & up	4 Classes	\$102	Monday, Aug. 6	6:45-7:30 pm

### Wheaton Ice Arena

48476	5 & up	6 Classes	\$102	Thursday, June 21	7-7:30 pm
48477	5 & up	6 Classes	\$102	Saturday, June 23	11:45 am-12:15 pm
48570	5 & up	4 Classes	\$68	Thursday, Aug. 2	7-7:30 pm
48571	5 & up	4 Classes	\$68	Saturday, Aug. 4	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. Fee includes skate rental (if needed) plus a practice card good for admission to public skate sessions to practice skills learned in class.

### Cabin John Ice Rink

48742	5 & up	6 Classes	\$153	Thursday, June 21	6:15-7 pm
48743	5 & up	6 Classes	\$153	Saturday, June 23	10:30-11:15 am
48627	5 & up	6 Classes	\$153	Monday, June 25	6:45-7:30 pm
49717	5 & up	4 Classes	\$102	Thursday, Aug. 2	6:15-7 pm
48871	5 & up	4 Classes	\$102	Monday, Aug. 6	6:45-7:30 pm

### Wheaton Ice Arena

48478	5 & up	6 Classes	\$102	Thursday, June 21	7-7:30 pm
48479	5 & up	6 Classes	\$102	Saturday, June 23	11:45 am-12:15 pm
48572	5 & up	4 Classes	\$68	Thursday, Aug. 2	7-7:30 pm
48573	5 & up	4 Classes	\$68	Saturday, Aug. 4	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. Fee includes skate rental (if needed) plus a practice card good for admission to public skate sessions to practice skills learned in class.

### Cabin John Ice Rink

48745	5 & up	6 Classes	\$153	Saturday, June 23	10:30-11:15 am
48628	5 & up	6 Classes	\$153	Monday, June 25	7:30-8:15 pm
48872	5 & up	4 Classes	\$102	Monday, Aug. 6	7:30-8:15 pm

### Wheaton Ice Arena

48480	5 & up	6 Classes	\$102	Thursday, June 21	7-7:30 pm
48481	5 & up	6 Classes	\$102	Saturday, June 23	11:45 am-12:15 pm
48574	5 & up	4 Classes	\$68	Thursday, Aug. 2	7-7:30 pm
48575	5 & up	4 Classes	\$68	Saturday, Aug. 4	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. Fee includes skate rental (if needed) plus a practice card good for admission to public skate session to practice skills learned in class.

### Cabin John Ice Rink

48747	5 & up	6 Classes	\$153	Saturday, June 23	10:30-11:15 am
48629	5 & up	6 Classes	\$153	Monday, June 25	7:30-8:15 pm
48873	5 & up	4 Classes	\$102	Monday, Aug. 6	7:30-8:15 pm

### Wheaton Ice Arena

48482	5 & up	6 Classes	\$102	Thursday, June 21	7-7:30 pm
48483	5 & up	6 Classes	\$102	Saturday, June 23	11:45 am-12:15 pm
48576	5 & up	4 Classes	\$68	Thursday, Aug. 2	7-7:30 pm
48577	5 & up	4 Classes	\$68	Saturday, Aug. 4	11:45 am-12:15 pm

# Advanced Figure Skating Classes

## Ice Dance 1

*Prerequisite: Passed Free Skate 1.*

This class will introduce you to basic ice dancing steps, posture, dance positions and timing. Skills to be learned include swing rolls, chasses, Kilian hold, and the steps and timing of the Dutch Waltz.

### Cabin John Ice Rink

49767 5 & up 6 Classes \$102 Saturday, June 23 11:15-11:45 am

## Ice Dance 2

*Prerequisite: Passed Ice Dance 1.*

Ice Dance 2 will cover forward slide chasses, cross rolls, cross strokes, progressive-chasse sequences, reverse Kilian position, and the steps & timing for the Canasta Tango.

### Cabin John Ice Rink

49768 5 & up 6 Classes \$102 Saturday, June 23 11:15-11:45 am

## Ice Dance 3

*Prerequisite: Passed Ice Dance 2.*

Ice Dance 3 will learn forward inside swing rolls, cross behind steps, promenade progressives, lilt action, and the steps & timing for the Rhythm Blues.

### Cabin John Ice Rink

49769 5 & up 6 Classes \$102 Saturday, June 23 11:15-11:45 am

## Jumping 1

*Prerequisite: Passed Free Skate 1.*

Work on waltz jump, salchow jump, toe-loop jump, loop jump and half-loop jumps. Build basic combo jumps using toe-loop and half-loop jumps.

### Cabin John Ice Rink

49764 5 & up 6 Classes \$102 Saturday, June 23 10-10:30 am

### Wheaton Ice Arena

48500 5 & up 6 Classes \$102 Thursday, June 21 6:30-7 pm

48598 5 & up 4 Classes \$68 Thursday, Aug. 2 6:30-7 pm



## Jumping 2

*Prerequisite: Passed Jumping 1 or Free Skate 4.*

In this advanced class, work on split or stag jump, flip, lutz, and axel preparation and jump. Build combo jumps with a loop jump.

### Cabin John Ice Rink

49765 5 & up 6 Classes \$102 Saturday, June 23 10-10:30 am

### Wheaton Ice Arena

48501 5 & up 6 Classes \$102 Thursday, June 21 6:30-7 pm

48599 5 & up 4 Classes \$68 Thursday, Aug. 2 6:30-7 pm

## Jumping 3

*Prerequisite: Passed Jumping 2 or Free Skate 5.*

In this advanced class, work on two and three jump combinations, axel, walleyes, and connecting footwork into jumps.

### Cabin John Ice Rink

49766 5 & up 6 Classes \$102 Saturday, June 23 10-10:30 am





# Figure Skating



Our summer Theatre on Ice Shows feature our figure skaters performing both solo and group programs. They will be highlighted by performances by our Theatre on Ice campers displaying routines learned at our camp.

## Cabin John Ice Rink

June 29  
6pm

## Wheaton Ice Arena

August 18  
6:15 pm

FREE ADMISSION



## 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

49770 5 & up 6 Classes \$102 Saturday, June 23 11:15-11:45 am

### Wheaton Ice Arena

48502 5 & up 6 Classes \$102 Thursday, June 21 6:30-7 pm

48600 5 & up 4 Classes \$68 Thursday, Aug. 2 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

49771 5 & up 6 Classes \$102 Saturday, June 23 11:15-11:45 am

### Wheaton Ice Arena

48503 5 & up 6 Classes \$102 Thursday, June 21 6:30-7 pm

48601 5 & up 4 Classes \$68 Thursday, Aug. 2 6:30-7 pm

## Spins 3

*Prerequisite: Passed Spins 2 or Free Skate 5.*

In this advanced spins class, skaters will work on change foot sit and camel spins, layback spins, flying camel spins, flying sit spins, and advanced sit and camel spin feature positions.

### Cabin John Ice Rink

49772 5 & up 6 Classes \$102 Saturday, June 23 11:15-11:45 am

### Wheaton Ice Arena

48504 5 & up 6 Classes \$102 Thursday, June 21 6:30-7 pm

48602 5 & up 4 Classes \$68 Thursday, Aug. 2 6:30-7 pm

## Power Skating

*Prerequisite: Passed Basic 5 or Hockey 3.*

The half-ice course will focus on increasing the skaters speed and developing more power. Additionally, this course will focus on edge control.

### Wheaton Ice Arena

48505 5 & up 6 Classes \$102 Thursday, June 21 7:30-8 pm

48603 5 & up 4 Classes \$68 Thursday, Aug. 2 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.

### Wheaton Ice Arena

48507 12 & up 6 Classes \$102 Thursday, June 21 7-7:30 pm

48506 12 & up 6 Classes \$102 Saturday, June 23 11:45 am-12:15 pm

48605 12 & up 4 Classes \$68 Thursday, Aug. 2 7-7:30 pm

48604 12 & up 4 Classes \$68 Saturday, Aug. 4 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.

### Wheaton Ice Arena

48508 5 & up 6 Classes \$102 Thursday, June 21 6:30-7 pm

48606 5 & up 4 Classes \$68 Thursday, Aug. 2 6:30-7 pm





## Ice Hockey Classes • Summer 2018

### WHAT DOES “FULL GEAR” INCLUDE?

For all hockey classes beyond Hockey 1, 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.

*All skaters under the age of 10 may use rental gear at either rink. Registration for this is tied to the class registration.*

### Hockey 1

*Prerequisite: Passed Basic 1 or Snowplow 4.*

Skater will learn falling and getting up in hockey skates, proper stance, march forward across the ice, 8-10 steps, forward two-foot glide, dip, forward swizzles, T-push to a two-foot glide, front to back turns, and snowplow stop. Fee includes skate rental, and a practice card good for admission to six public skate sessions to practice skills learned in class. Equipment required: Caged hockey helmet, shin guards, hockey gloves, flat stick cut to skater's height, and hockey skates.

#### Cabin John Ice Rink

48845	4-12 yrs	6 Classes	\$108	Saturday, June 23	11:15-11:45 am
48753	4-12 yrs	6 Classes	\$108	Sunday, June 24	2-2:30 pm
48844	4-12 yrs	6 Classes	\$108	Tuesday, June 26	5-5:30 pm
49734	4-12 yrs	4 Classes	\$72	Saturday, Aug. 4	10:30-11 am
48900	4-12 yrs	4 Classes	\$72	Tuesday, Aug. 7	5-5:30 pm

#### Wheaton Ice Arena

48490	4 & up	6 Classes	\$102	Saturday, June 23	10:45-11:15 am
48491	4 & up	6 Classes	\$102	Sunday, June 24	1:15-1:45 pm
48588	4 & up	4 Classes	\$68	Saturday, Aug. 4	10:45-11:15 am
48589	4 & up	4 Classes	\$68	Sunday, Aug. 5	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, and a practice card good for admission to six public skate sessions to practice skills learned in class. Equipment required: Caged hockey helmet, shoulder pads, elbow pads, shin guards, hockey gloves, flat stick cut to skater's height, and hockey skates (rental hockey skates are available); protective cup recommended.

#### Cabin John Ice Rink

48847	4-12 yrs	6 Classes	\$108	Saturday, June 23	11:15-11:45 am
48754	4-12 yrs	6 Classes	\$108	Sunday, June 24	2-2:30 pm
48846	4-12 yrs	6 Classes	\$108	Tuesday, June 26	5-5:30 pm
49735	4-12 yrs	4 Classes	\$72	Saturday, Aug. 4	10:30-11 am
48901	4-12 yrs	4 Classes	\$72	Tuesday, Aug. 7	5-5:30 pm

#### Wheaton Ice Arena

48492	4 & up	6 Classes	\$102	Saturday, June 23	10:45-11:15 am
48493	4 & up	6 Classes	\$102	Sunday, June 24	1:15-1:45 pm
48590	4 & up	4 Classes	\$68	Saturday, Aug. 4	11:15-11:45 am
48591	4 & up	4 Classes	\$68	Sunday, Aug. 5	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 and a practice card good for admission to public sessions to practice skills learned in class. Equipment required: Caged hockey helmet, shoulder and elbow pads, hockey pants, shin guards, hockey gloves, protective cup, curved stick cut to skater's height, and hockey skates (rental hockey skates are available).

#### Cabin John Ice Rink

48822	4-8 yrs	6 Classes	\$159	Wednesday, June 20	5:30-6:15 pm
48823	4-8 yrs	6 Classes	\$159	Saturday, June 23	10:30-11:15 am
48821	4-8 yrs	6 Classes	\$159	Tuesday, June 26	6:15-7 pm
48902	4-8 yrs	4 Classes	\$106	Tuesday, Aug. 7	6:15-7 pm
49690	4-8 yrs	4 Classes	\$106	Wednesday, Aug. 8	5:30-6:15 pm
48825	9-13 yrs	6 Classes	\$159	Saturday, June 23	10:30-11:15 am
48824	9-13 yrs	6 Classes	\$159	Tuesday, June 26	7:30-8:15 pm
48903	9-13 yrs	4 Classes	\$106	Tuesday, Aug. 7	7:30-8:15 pm

#### Wheaton Ice Arena

48494	4 & up	6 Classes	\$102	Saturday, June 23	11:15-11:45 am
48495	4 & up	6 Classes	\$102	Sunday, June 24	1:45-2:15 pm
48592	4 & up	4 Classes	\$68	Saturday, Aug. 4	11:15-11:45 am
48593	4 & up	4 Classes	\$68	Sunday, Aug. 5	1:45-2:15 pm





## Summer Ice Hockey Camp

Skill development,  
practice, and games



8:30 am - 12:30 pm

**Cabin John Ice Rink**

weeks of

June 18

July 16

**Wheaton Ice Arena**

weeks of

June 25

August 6

August 20

Visit  
[MontgomeryParks.org/Camps](http://MontgomeryParks.org/Camps)  
for more info.

## Hockey 4

*Prerequisite: Passed Hockey 3.*

Skaters will learn quick starts using V-starts, backward one-foot glides, forward and backward crossovers, forward to backward Mohawk pivots, and hockey stops. Fee includes skate rental and a practice card good for admission to public skate sessions to practice skills learned in class. Equipment required: Caged hockey helmet, shoulder and elbow pads, hockey pants, shin guards, hockey gloves, protective cup, curved stick cut to skater's height, and hockey skates (rental hockey skates are available).

### Cabin John Ice Rink

48827	4-8 yrs	6 Classes	\$159	Wednesday, June 20	5:30-6:15 pm
48828	4-8 yrs	6 Classes	\$159	Saturday, June 23	10:30-11:15 am
48826	4-8 yrs	6 Classes	\$159	Tuesday, June 26	6:15-7 pm
48904	4-8 yrs	4 Classes	\$106	Tuesday, Aug. 7	6:15-7 pm
49691	4-8 yrs	4 Classes	\$106	Wednesday, Aug. 8	5:30-6:15 pm
48830	9-14 yrs	6 Classes	\$159	Saturday, June 23	10:30-11:15 am
48829	9-14 yrs	6 Classes	\$159	Tuesday, June 26	7:30-8:15 pm
48905	9-14 yrs	4 Classes	\$106	Tuesday, Aug. 7	7:30-8:15 pm

### Wheaton Ice Arena

48496	4 & up	6 Classes	\$102	Saturday, June 23	11:15-11:45 am
48497	4 & up	6 Classes	\$102	Sunday, June 24	1:45-2:15 pm
48594	4 & up	4 Classes	\$68	Saturday, Aug. 4	11:15-11:45 am
48595	4 & up	4 Classes	\$68	Sunday, Aug. 5	1:45-2:15 pm

## Power Skating Hockey

*Prerequisite: Passed Hockey 4.*

Skaters will learn powerful backward C-cuts, alternating forward and backward crossovers, forward power hockey turns, lateral pivots, fast stops and starts, and fast backward skating with quick backward V-stops. Fee includes skate rental, and a practice card good for admission to public skate sessions to practice skills learned in class. Equipment required: Caged hockey helmet, shoulder and elbow pads, hockey pants, shin guards, hockey gloves, protective cup, stick cut to skater's height, and hockey skates (rental hockey skates are available).

### Cabin John Ice Rink

48834	4-8 yrs	6 Classes	\$159	Wednesday, June 20	5:30-6:15 pm
48835	4-8 yrs	6 Classes	\$159	Saturday, June 23	8:30-9:15 am
48833	4-8 yrs	6 Classes	\$159	Tuesday, June 26	6:15-7 pm
48907	4-8 yrs	4 Classes	\$106	Tuesday, Aug. 7	6:15-7 pm
49692	4-8 yrs	4 Classes	\$106	Wednesday, Aug. 8	5:30-6:15 pm
48832	9-14 yrs	6 Classes	\$159	Saturday, June 23	8:30-9:15 am
48831	9-14 yrs	6 Classes	\$159	Tuesday, June 26	7:30-8:15 pm
48906	9-14 yrs	4 Classes	\$106	Tuesday, Aug. 7	7:30-8:15 pm

### Wheaton Ice Arena

48498	4 & up	6 Classes	\$102	Saturday, June 23	11:45 am-12:15 pm
48499	4 & up	6 Classes	\$102	Sunday, June 24	2:15-2:45 pm
48596	4 & up	4 Classes	\$68	Saturday, Aug. 4	11:45 am-12:15 pm
48597	4 & up	4 Classes	\$68	Sunday, Aug. 5	2:15-2:45 pm

## Teen & Adult Introductory Hockey

*Prerequisite: Passed Teen & Adult 1 in hockey skates.*

Learn the fundamentals of hockey skating, including forward and backward crossovers, stops, stick handling and passing. Equipment required: Caged helmet, curved stick cut to skater's height, shin guards, elbow and shoulder pads, hockey gloves, hockey pants, cup, hockey skates (rental hockey skates are available). Fee includes skate rental plus a practice card good for admission to 9 public sessions to practice skills learned in class.

### Cabin John Ice Rink

48836	14 & up	6 Classes	\$153	Tuesday, June 26	8:15-9 pm
48908	14 & up	4 Classes	\$102	Tuesday, Aug. 7	8:15-9 pm

## Teen & Adult Advanced Hockey

*Prerequisite: Passed Teen & Adult Intro Hockey.*

This class will emphasize advanced hockey techniques, rules, and game play. Skaters will practice skills and elements of the game including scrimmages. Equipment required: Caged helmet, curved stick cut to skater's height, shin guards, elbow and shoulder pads, hockey gloves, hockey pants, cup, hockey skates (rental hockey skates are available). Fee includes skate rental plus a practice card good for admission to 9 public sessions to practice skills learned in class.

### Cabin John Ice Rink

48837	14 & up	6 Classes	\$153	Wednesday, June 20	8:15-9 pm
49694	14 & up	4 Classes	\$102	Wednesday, Aug. 8	8:15-9 pm

## Teen Girls' Hockey

*Prerequisite: Hockey 2.*

Build your strength, stamina, and speed on the ice in this class designed to work on individual skill, hockey sense, and team-play training. Learn from a female hockey coach age-appropriate training based on long-term athletic development. Full gear required.

### Cabin John Ice Rink

48810	12-16 yrs	6 Classes	\$159	Wednesday, June 20	7:30-8:15 pm
49693	12-16 yrs	4 Classes	\$106	Wednesday, Aug. 8	7:30-8:15 pm



## Hockey Stickhandling & Passing

*Prerequisite: Passed Hockey 1.*

You've learned the basics of passing and shooting -- now it's time to learn the finer points of stickhandling. We'll also show you how to protect the puck from opponents and review some fundamental passing skills. Full gear and caged hockey helmets required; no game experience needed.

### Cabin John Ice Rink

48795	4 & up	6 Classes	\$102	Tuesday, June 26	5:45-6:15 pm
49740	4 & up	4 Classes	\$68	Saturday, Aug. 4	9:15-9:45 am
48909	4 & up	4 Classes	\$68	Tuesday, Aug. 7	5:45-6:15 pm

## Hockey Scrimmage

*Prerequisite: Passed Hockey 2.*

This hands-on instructional class focuses on key elements of hockey. Skaters will learn the rules of the game, enhance their skills, and practice through a series of scrimmages. Full gear required.

### Cabin John Ice Rink

48838	6 & up	6 Classes	\$102	Saturday, June 23	9:45-10:15 am
49736	6 & up	4 Classes	\$68	Saturday, Aug. 4	9:45-10:15 am

## Hockey Offensive Skills

*Prerequisite: Passed Scrimmage 1 or Hockey 3.*

Hockey offensive skills gives serious players more real-time, hands-on instruction. Learn the basics of stick handling, winning puck battles, goal scoring, and offensive plays with other players who want to excel. Full gear required.

### Cabin John Ice Rink

48839	6 & up	6 Classes	\$102	Saturday, June 23	9:15-9:45 am
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## Hockey Shoot and Score

*Prerequisite: Passed Hockey 3.*

This advanced hockey class will focus on getting through the offensive zone and putting the puck in the net. Topics covered will include shooting techniques and accuracy, speed and agility, stickhandling, skating in open ice, receiving passes, and defending the puck. Full gear required.

### Cabin John Ice Rink

48796	7-14 yrs	6 Classes	\$102	Tuesday, June 26	7-7:30 pm
48910	7-14 yrs	4 Classes	\$68	Wednesday, Aug. 8	6:15-6:45 pm

## Hockey Crash the Net

*Prerequisite: Passed Hockey 4.*

Improve your speed and strength in this advanced hockey class as you learn how to drive the net as an offenseman and defend against your attackers as a defenseman. Topics covered will include maintaining the gap, odd-man rushes, collapsing and positioning in the low slot, screening the goalie, angling and purposeful body contact, and rebounds and deflections. Full gear required.

### Cabin John Ice Rink

48797	7-14 yrs	6 Classes	\$102	Wednesday, June 20	6:15-6:45 pm
49695	7-14 yrs	4 Classes	\$68	Tuesday, Aug. 7	7-7:30 pm

## Hockey Goalie Class

*Prerequisite: Passed Hockey 4.*

This course will work on developing skills specifically for the hockey goalie position. Required gear: Helmet, Skates, goalie pads, glove, and stick.

### Cabin John Ice Rink

48798	7-14 yrs	6 Classes	\$102	Wednesday, June 20	6:45-7:15 pm
49696	7-14 yrs	4 Classes	\$68	Wednesday, Aug. 8	6:45-7:15 pm







# Driving Range Lessons • Summer 2018



18045 Central Park Circle | Boyds, MD 20841 | 301-670-4670

[www.SGDrivingRange.com](http://www.SGDrivingRange.com)

## CLASS DATES

Session 1 – May 29 - June 24

Session 2 – July 8 - August 4

Registration for summer classes will open May 14th.  
Please visit [ActiveMontgomery.org](http://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

## On your First Day of Class...

- Bring a water bottle.
- If you have your own golf clubs, bring 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 have always wanted to try golf, or have not 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 will get four weeks of professional instruction from a Montgomery County Golf Academy Certified Instructor, and learn the basics of golf: proper stance, grip, chipping, putting, driving, golf etiquette, and more. Fee covers loaner clubs and balls. Class sizes are small (no more than 8 students), so you are sure to get a good bit of personal attention.

### South Germantown Driving Range

48955	18 & up	4 Classes	\$99	Tuesday, May 29	5:30-6:30 pm
48959	18 & up	4 Classes	\$99	Thursday, May 31	5:30-6:30 pm
48964	18 & up	4 Classes	\$99	Saturday, June 2	2:30-3:30 pm
48960	18 & up	4 Classes	\$99	Tuesday, July 10	5:30-6:30 pm
48961	18 & up	4 Classes	\$99	Thursday, July 12	5:30-6:30 pm
48962	18 & up	4 Classes	\$99	Saturday, July 14	2:30-3:30 pm

## Ladies Golf Clinic

One day clinics are a great way for you to learn and gradually improve your skills on a month to month basis. Each month we will offer two clinics focusing on different aspects of the game in a friendly, ladies only, environment.

### South Germantown Driving Range

49433	18 & up	1 Class	\$20	Monday, June 4	6-7 pm
49434	18 & up	1 Class	\$20	Monday, June 18	6-7 pm
49435	18 & up	1 Class	\$20	Monday, July 16	6-7 pm
49436	18 & up	1 Class	\$20	Monday, July 30	6-7 pm

## Short Game Golf Clinic

One hour clinics are a great way for you to learn tips and advice to improve specific skills. Each month we will offer two clinics focusing on chipping, putting and bunker play. Come and improve the most important part of your game with us!

### South Germantown Driving Range

49440	18 & up	1 Class	\$20	Monday, June 4	5-6 pm
49439	18 & up	1 Class	\$20	Monday, June 18	5-6 pm
49438	18 & up	1 Class	\$20	Monday, July 16	5-6 pm
49437	18 & up	1 Class	\$20	Monday, July 30	5-6 pm

## Junior Golf Clinic

One day clinics are a great way for your junior golfer to learn and gradually improve skills on a month-to-month basis. Each month we will offer various clinics, each focusing on a particular swing or golf skill. You choose which classes you want, and register and pay for them at one time. It's golf a la carte! Visit our website or check the Clubhouse for specific skills schedule.

### South Germantown Driving Range

49136	7-14 yrs	1 Class	\$15	Tuesday, June 5	4:30-5:30 pm
49143	7-14 yrs	1 Class	\$15	Thursday, June 7	6:30-7:30 pm
49144	7-14 yrs	1 Class	\$15	Saturday, June 9	1-2 pm
49142	7-14 yrs	1 Class	\$15	Tuesday, June 19	6:30-7:30 pm
49137	7-14 yrs	1 Class	\$15	Thursday, June 21	4:30-5:30 pm
49145	7-14 yrs	1 Class	\$15	Saturday, June 23	1-2 pm

49138	7-14 yrs	1 Class	\$15	Tuesday, July 17	4:30-5:30 pm
49141	7-14 yrs	1 Class	\$15	Thursday, July 19	6:30-7:30 pm
49151	7-14 yrs	1 Class	\$15	Saturday, July 21	1-2 pm
49140	7-14 yrs	1 Class	\$15	Tuesday, July 31	6:30-7:30 pm
49139	7-14 yrs	1 Class	\$15	Thursday, Aug. 2	4:30-5:30 pm
49153	7-14 yrs	1 Class	\$15	Saturday, Aug. 4	1-2 pm

## Parent and Child Golf

Golf is a great game for kids to start early, and you will have a great time learning together. With the help of a Montgomery County Golf Academy 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 are 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, loaner clubs, and balls.

### South Germantown Driving Range

48967	7-14 yrs	4 Classes	\$120	Saturday, June 2	11 am-12 pm
48968	7-14 yrs	4 Classes	\$120	Saturday, June 2	12-1 pm
48969	7-14 yrs	4 Classes	\$120	Saturday, June 2	4:30-5:30 pm
48972	7-14 yrs	4 Classes	\$120	Saturday, July 14	11 am-12 pm
48971	7-14 yrs	4 Classes	\$120	Saturday, July 14	12-1 pm
48970	7-14 yrs	4 Classes	\$120	Saturday, July 14	4:30-5:30 pm

# Ladies Golf Clinics

Our NEW Ladies Golf Clinics are a great way to learn the game of golf or improve skills with our Montgomery County Golf Academy Certified Instructor. Each month we will offer two clinics focusing on different aspects of the game in a friendly, ladies only environment.



**ONLY \$20 each clinic**

**Monday, June 4th | 6pm to 7pm | Activity #49433**

**Monday, June 18th | 6pm to 7pm | Activity #49434**

**Monday, July 16th | 6pm to 7pm | Activity #49435**

**Monday, July 30th | 6pm to 7pm | Activity #49436**

Sign up at [ActiveMontgomery.org](http://ActiveMontgomery.org) or call 301 – 670 – 4671 for more information on this clinic or any of our other clinics or group lessons.

18045 Central Park Circle,  
Boys, MD 20841





# Come visit the South Germantown SplashPark and Miniature Golf for a day of fun or your next party!

## Hours:

- May 26 – 28 (10am to 6pm)
- May 29 – June 15 (open Saturdays and Sundays only 10am to 6pm)
- June 16 – September 3 (open daily 10am to 6pm)

## Facility Features

- A one-of-a-kind 280-jet water maze
- A cave with a splashy waterfall
- Water buckets that spill over when filled
- A mini-slide for toddlers
- Spraying animals
- Jumping pillow
- Tables underneath a shade structure
- Restrooms and changing rooms
- A miniature golf course designed with delicate contour changes, sloping greens, and natural obstacles, this accessible course is fun for everyone.



Call 301-670-4680 or email [splashandgolf@montgomeryparks.org](mailto:splashandgolf@montgomeryparks.org) for information on parties.

10856 Central Park Circle | Boyds, MD 20841

**SplashAndGolf.com | 301-670-4680**



## SOUTH GERMANTOWN Driving RANGE

Come visit the South Germantown Driving Range and practice your swing for as little as \$7 for a regular bucket.

### HOURS

- ▶ Summer: May 1 - August 31 | Mon - Fri, 9am to 10pm | Sat & Sun, 7am to 10pm
- ▶ Fall: September 1 - November 30 | Mon - Fri, 11am to 9pm | Sat & Sun, 8am to 9pm

### FACILITY FEATURES

- ▶ 40 tee boxes, of which 10 are covered with heater
- ▶ Sand trap training area, practice your bunker game and hit balls onto range
- ▶ Synthetic turf putting green
- ▶ Clubhouse with restroom and DirectTV

**South Germantown Driving Range**  
18045 Central Park Circle | Boyds, MD 20841

**SGDrivingrange.com**





## Beginner Archery

Interested in learning archery? Participants will learn basic skills and safety instruction. You will learn how to hold, aim, draw, and shoot a bow. We will introduce or build on participant's current knowledge/skills of archery and provide time to practice each new skill. We will provide all the equipment, a safe place to shoot, and a Certified Instructor to guide you. Please bring a water bottle and dress for the weather.

### South Germantown Driving Range

49430	8-14 yrs	4 Classes	\$50	Thursday, May 31	6-7:30 pm
49424	8-14 yrs	4 Classes	\$50	Saturday, June 2	2-3:30 pm
49429	8-14 yrs	4 Classes	\$50	Sunday, June 3	10-11:30 am
49428	8-14 yrs	4 Classes	\$50	Sunday, June 3	11:30 am-1 pm
49426	8-14 yrs	4 Classes	\$50	Sunday, July 8	10-11:30 am
49427	8-14 yrs	4 Classes	\$50	Sunday, July 8	11:30 am-1 pm
49431	8-14 yrs	4 Classes	\$50	Thursday, July 12	6-7:30 pm
49425	8-14 yrs	4 Classes	\$50	Saturday, July 14	2-3:30 pm

## Parent and Child Archery

Whether you are a novice or you shoot better than Robin Hood, this class is for parent/adults and their children interested in the sport of archery. It is a really FUN way for boys and girls to learn 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

49409	7-14 yrs	4 Classes	\$65	Saturday, June 2	12:30-2 pm
49414	7-14 yrs	4 Classes	\$65	Sunday, June 3	1-2:30 pm
49412	7-14 yrs	4 Classes	\$65	Sunday, July 8	1-2:30 pm
49411	7-14 yrs	4 Classes	\$65	Saturday, July 14	12:30-2 pm

## Intermediate Archery

*Prerequisite: Passed Beginner Archery*

Interested in more archery? Intermediate archery focuses on the draw cycle. you will learn how to anchor, transfer/hold, aim, and release/follow through. We will provide all the equipment, a safe place to shoot, and a Certified Instructor to guide you. Please bring a water bottle and dress for the weather.

### South Germantown Driving Range

49420	8-14 yrs	4 Classes	\$50	Saturday, June 2	3:30-5 pm
49423	8-14 yrs	4 Classes	\$50	Sunday, June 3	2:30-4 pm
49422	8-14 yrs	4 Classes	\$50	Sunday, July 8	2:30-4 pm
49421	8-14 yrs	4 Classes	\$50	Saturday, July 14	3:30-5 pm





WHEATON SPORTS PAVILION

# WORLD CUP VIEWING PARTY



**MEXICO**

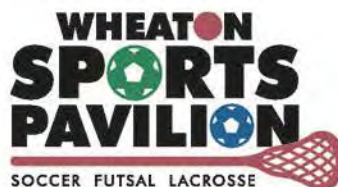
**SOUTH KOREA**

**Saturday, June 23**  
**10:30am - 2:00pm**

- ▶ **Food Trucks**
- ▶ **Family-Friendly**
- ▶ **Free!**

WheatonSportsPavilion@MontgomeryParks.org  
11751 Orebaugh Avenue | Wheaton, MD 20902

**WheatonSportsPavilion.org**



# Tennis Group Lessons • Summer 2018



Pauline Betz Addie Tennis Center  
7801 Democracy Blvd.  
Bethesda, MD 20817  
[CabinJohnTennis.org](http://CabinJohnTennis.org)  
301-765-8650



Wheaton Indoor Tennis  
11715 Orebaugh Ave.  
Wheaton, MD 20902  
[WheatonTennis.org](http://WheatonTennis.org)  
301-905-3030

## SUMMER CLASS DATES

Summer 1 Classes      June 20 - August 1  
Summer 2 Classes      August 2 - August 24

## HOLIDAYS AND CLOSURES

July 4      closed/no classes  
August 20 - 25      Wheaton Indoor Tennis  
closed for annual  
maintenance  
August 27 - 31      Pauline Betz Addie  
closed for annual  
maintenance

## ONLINE REGISTRATION DATES

Summer 1 registration      June 12 - 18  
Summer 2 registration      June 12 - July 31

If you register for Summer 1 after June 18 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 accepted after the second session of class.

## On your First Day of Class...

- Bring a racquet and water bottle.
- Loaner racquets are available.
- Wear proper footwear and athletic clothes.

## COURSE FEES COVER

- Summer 1 classes meet once/week for 6 weeks
- Summer 2 classes meet twice/week: (for 3 weeks at Pauline Betz Addie and for 2 weeks at Wheaton Indoor Tennis)
- Loaner racquets for beginners if needed

## PLEASE NOTE

- No make-ups or refunds for missed lessons.
- Please read course descriptions carefully and select courses that match player ability and experience.
- At the end of each class series, students will receive an evaluation recommending next class.
- If you see a class you like, register! Classes may be canceled if a minimum enrollment is not met.








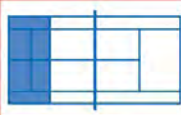
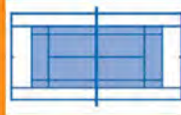
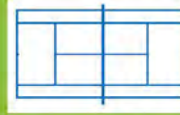
# About Our Youth Tennis Classes

We make tennis kid-friendly!

Classes for kids 10 and under incorporate the official Red/Orange/Green Youth Tennis Progression with instruction beginning on shorter courts and using a series of slower-moving, lower-bouncing balls.

When kids learn tennis using equipment and methods made just for them, they have more fun, develop skills at a comfortable pace, and want to keep playing and improving!



STAGE	RED	ORANGE	GREEN
BALL	 Red (felt or foam)	 Orange	 Green
COURT SIZE	 36' x 18'	 60' x 21' singles 60' x 27' doubles	 78' x 27' singles 78' x 36' doubles
RACQUET	Up to 23"	23"– 25"	25"– 27"

## Youth Tennis, Parent & Child

Our youngest beginners, with the help of a parent, will practice basic tennis skills through fun exercises and games that can be continued outside of class. Fee covers one adult and one child; register the child only. (Red Court/Red Balls; loaner racquets available)

### Pauline Betz Addie Tennis

48974	4-6 yrs	6 Classes	\$147	Wednesday, June 20	5-6 pm
48975	4-6 yrs	6 Classes	\$147	Saturday, June 23	2-3 pm
48976	4-6 yrs	6 Classes	\$147	Sunday, June 24	2-3 pm
48973	4-6 yrs	6 Classes	\$147	Monday, June 25	6-7 pm
49652	4-6 yrs	6 Classes	\$147	Monday, Aug. 6 (M/W)	6-7 pm
49653	4-6 yrs	6 Classes	\$147	Tuesday, Aug. 7 (T/Th)	5-6 pm

### Wheaton Indoor Tennis

49297	4-6 yrs	6 Classes	\$123	Wednesday, June 20	6-7 pm
49295	4-6 yrs	6 Classes	\$123	Saturday, June 23	11 am-12 pm
49296	4-6 yrs	6 Classes	\$123	Sunday, June 24	1-2 pm
49514	4-6 yrs	4 Classes	\$82	Monday, Aug. 6 (M/W)	5-6 pm
49513	4-6 yrs	4 Classes	\$82	Tuesday, Aug. 7 (T/Th)	7-8 pm



## Youth Tennis, Beginner

Group lesson class for the young beginner who has limited or no prior tennis experience. Class teaches basic strokes and promotes cooperative play through games and skill-building activities. Instruction for ages 5-7 focuses on hand-eye coordination, movement, and basic tennis strokes. Instruction for ages 7-10 focuses on racquet control drills, sending and receiving, rallying skills, and ABCs (agility, balance, and coordination). (Combination of Red Court/Red Balls and Orange Court/Orange Balls; loaner racquets available)

### Pauline Betz Addie Tennis

48977	5-7 yrs	6 Classes	\$135	Saturday, June 23	11 am-12 pm
48978	5-7 yrs	6 Classes	\$135	Sunday, June 24	9-10 am
49654	5-7 yrs	6 Classes	\$135	Monday, July 30 (M/W)	5-6 pm
48980	7-10 yrs	6 Classes	\$135	Tuesday, June 19	5-6 pm
48981	7-10 yrs	6 Classes	\$135	Saturday, June 23	9-10 am
48982	7-10 yrs	6 Classes	\$135	Sunday, June 24	9-10 am
48979	7-10 yrs	6 Classes	\$135	Monday, June 25	5-6 pm
49655	7-10 yrs	6 Classes	\$135	Monday, July 30 (M/W)	5-6 pm

### Wheaton Indoor Tennis

49307	5-7 yrs	6 Classes	\$111	Wednesday, June 20	5-6 pm
49298	5-7 yrs	6 Classes	\$111	Thursday, June 21	5-6 pm
49299	5-7 yrs	6 Classes	\$111	Saturday, June 23	9-10 am
49301	5-7 yrs	6 Classes	\$111	Tuesday, June 26	5-6 pm
49303	7-10 yrs	6 Classes	\$111	Saturday, June 23	10-11 am
49304	7-10 yrs	6 Classes	\$111	Sunday, June 24	9-10 am
49306	7-10 yrs	6 Classes	\$111	Tuesday, June 26	6-7 pm
49515	5-7 yrs	4 Classes	\$74	Tuesday, Aug. 7 (T/Th)	5-6 pm
49516	7-10 yrs	4 Classes	\$74	Monday, Aug. 6 (M/W)	5-6 pm
49517	7-10 yrs	4 Classes	\$74	Tuesday, Aug. 7 (T/Th)	6-7 pm

**Youth Tennis, Intermediate***Prerequisite: Passed Beginner level.*

For the developing 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 and Orange Court/Orange Balls; loaner racquets available)

**Pauline Betz Addie Tennis**

48985	5-7 yrs	6 Classes	\$135	Tuesday, June 19	5-6 pm
48986	5-7 yrs	6 Classes	\$135	Wednesday, June 20	5-6 pm
48988	5-7 yrs	6 Classes	\$135	Thursday, June 21	5-6 pm
48989	5-7 yrs	6 Classes	\$135	Saturday, June 23	10-11 am
48991	5-7 yrs	6 Classes	\$135	Sunday, June 24	10-11 am
48983	5-7 yrs	6 Classes	\$135	Monday, June 25	5-6 pm
49656	5-7 yrs	6 Classes	\$135	Monday, July 30 (M/W)	5-6 pm
49657	5-7 yrs	6 Classes	\$135	Monday, July 30 (M/W)	6-7 pm
48994	7-10 yrs	6 Classes	\$147	Tuesday, June 19	6-7 pm
48995	7-10 yrs	6 Classes	\$147	Wednesday, June 20	6-7 pm
48996	7-10 yrs	6 Classes	\$147	Saturday, June 23	11 am-12 pm
48997	7-10 yrs	6 Classes	\$147	Sunday, June 24	11 am-12 pm
48993	7-10 yrs	6 Classes	\$147	Monday, June 25	6-7 pm

**Wheaton Indoor Tennis**

49308	5-7 yrs	6 Classes	\$111	Thursday, June 21	5-6 pm
49309	5-7 yrs	6 Classes	\$111	Saturday, June 23	9-10 am
49520	5-7 yrs	4 Classes	\$74	Monday, Aug. 6 (M/W)	6-7 pm
49519	5-7 yrs	4 Classes	\$74	Tuesday, Aug. 7 (T/Th)	5-6 pm
49312	7-10 yrs	6 Classes	\$111	Thursday, June 21	6-7 pm
49313	7-10 yrs	6 Classes	\$111	Saturday, June 23	10-11 am
49518	7-10 yrs	4 Classes	\$74	Monday, Aug. 6 (M/W)	6-7 pm

**Youth Tennis, Intro to Match Play***Prerequisite: Passed Youth Tennis, Intermediate.*

It's time to put your skills into play. Learn the basics of match play using the USTA's Junior Team Tennis (JTT) format, where everyone earns points for the team. The focus will be on positioning, serve-and-return, and movement in both singles and doubles using a combination of Red and Orange Ball formats based on age and ability level.

**Wheaton Indoor Tennis**

49314	7-10 yrs	6 Classes	\$111	Sunday, June 24	10-11 am
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**Youth Tennis, More Match Play***Prerequisite: Passed Intro to Match Play or Instructor approval.*

Continue building your on-court confidence while playing matches for fun with friends in your class. In addition to improving upon positioning, strategy, movement, and shot selection, instruction will include how to construct and close out points. By the end of this class, you will be ready to take your game to a more competitive level.

**Wheaton Indoor Tennis**

49317	7-10 yrs	6 Classes	\$123	Saturday, June 23	11 am-12 pm
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# FRIDAY NIGHT SUMMER SLAM SOCIALS

Multiple quick matches of singles and doubles plus drills organized by our teaching pro. Relax with friends and enjoy light refreshments in the Wheaton Indoor Tennis room\* in between matches.

 **7 to 10 pm, \$35/player**



June 29 (activity #49718) | July 27 (activity #49723) | August 10 (activity #49724)

\*Private party packages available at 3 Wheaton Regional Park venues:  
WheatonTennis.org | WheatonIceArena.org | WheatonSportsPavilion.org







# Pre-Teen/ Teen Tennis



## Youth Tennis, Advanced

*Prerequisite: Passed Youth Tennis, Intermediate.*

For players who can rally consistently and comfortably engage in point play against a variety of players. Focus will be on improving movement, positioning, concentration, focus, shot placement, and closing points. (Combination of Red Court/Red Balls and Orange Court/Orange Balls); may incorporate use of Green Dot Ball for players ready to transition from the Orange Court to full court play)

### Pauline Betz Addie Tennis

49658	7-10 yrs	6 Classes	\$147	Monday, July 30 (M/W)	6-7 pm
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### Wheaton Indoor Tennis

49318	7-10 yrs	6 Classes	\$123	Sunday, June 24	11 am-12 pm
49320	7-10 yrs	6 Classes	\$123	Tuesday, June 26	5-6 pm

## Beginner 1 Tennis, Pre-Teen/Teen

*Prerequisite: For beginners who have never played before or have not played recently.*

The goal of this class is to teach fundamentals of the game, including etiquette and vocabulary, rules, positioning, and scorekeeping. Players will learn basic mechanics for hitting groundstrokes, volleys, overheads and serves. May incorporate use of Orange and Green Dot Balls to reinforce development, consistency, and control.

### Pauline Betz Addie Tennis

48999	11-15 yrs	6 Classes	\$135	Tuesday, June 19	5-6 pm
49000	11-15 yrs	6 Classes	\$135	Sunday, June 24	12-1 pm
49001	11-15 yrs	6 Classes	\$135	Sunday, June 24	1-2 pm
48998	11-15 yrs	6 Classes	\$135	Monday, June 25	6-7 pm
49659	11-15 yrs	6 Classes	\$135	Tuesday, July 31 (T/Th)	5-6 pm

### Wheaton Indoor Tennis

49322	15-18 yrs	6 Classes	\$111	Saturday, June 23	12-1 pm
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## Beginner 2 Tennis, Pre-Teen/Teen

*Prerequisite: Passed Beginner 1 Tennis or player with recent playing experience seeking a refresher on fundamentals.*

Class includes a review of tennis etiquette and vocabulary, safety, rules, and scoring. Continued focus on footwork, positioning, and directional control. Additional time will be spent on drills and situational play. Groundstrokes, volleys, overheads, and serves will be critiqued.

### Pauline Betz Addie Tennis

49002	11-15 yrs	6 Classes	\$135	Tuesday, June 19	6-7 pm
49003	11-15 yrs	6 Classes	\$135	Thursday, June 21	5-6 pm
49660	11-15 yrs	6 Classes	\$135	Tuesday, July 31 (T/Th)	5-6 pm

### Wheaton Indoor Tennis

49324	11-15 yrs	6 Classes	\$111	Sunday, June 24	12-1 pm
49323	15-18 yrs	6 Classes	\$111	Saturday, June 23	12-1 pm

## Intermediate 1 Tennis, Pre-Teen/Teen

*Prerequisite: Passed Beginner 2.*

Players have experience in the fundamentals of tennis and are ready to work on consistency, accuracy, and technical mastery of strokes and footwork. The focus will be on drills and play situations to improve rallying skills and overall level of play.

### Pauline Betz Addie Tennis

49006	11-15 yrs	6 Classes	\$135	Thursday, June 21	6-7 pm
49007	11-15 yrs	6 Classes	\$135	Saturday, June 23	12-1 pm
49009	11-15 yrs	6 Classes	\$135	Sunday, June 24	12-1 pm
49661	11-15 yrs	6 Classes	\$135	Tuesday, July 31 (T/Th)	6-7 pm

### Wheaton Indoor Tennis

49325	15-18 yrs	6 Classes	\$111	Saturday, June 23	12-1 pm
49521	11-15 yrs	4 Classes	\$74	Tuesday, Aug. 7 (T/Th)	6-7 pm

## Intermediate 2 Tennis, Pre-Teen/Teen

*Prerequisite: Passed Intermediate 1.*

Players in this class have a solid foundation in tennis and are ready to improve consistency, accuracy, and technical mastery of their strokes and footwork. The focus will be on learning additional shots, including slices, topspin, cross-court, down-the-line groundstrokes, plus a variety of serves.

### Pauline Betz Addie Tennis

49662	11-15 yrs	6 Classes	\$135	Tuesday, July 31 (T/Th)	6-7 pm
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### Wheaton Indoor Tennis

49329	11-15 yrs	6 Classes	\$111	Thursday, June 21	6-7 pm
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## Intermediate 2 Tennis, Pre-Teen/Teen

*Prerequisite: Passed Intermediate 1.*

Players in this class have a solid foundation in tennis and are ready to improve consistency, accuracy, and technical mastery of their strokes and footwork. The focus will be on learning additional shots, including slices, topspin, cross-court, down-the-line groundstrokes, plus a variety of serves.

### Pauline Betz Addie Tennis

49010	15-18 yrs	6 Classes	\$135	Wednesday, June 20	6-7 pm
49012	15-18 yrs	6 Classes	\$135	Thursday, June 21	6-7 pm
49013	15-18 yrs	6 Classes	\$135	Saturday, June 23	1-2 pm
49015	15-18 yrs	6 Classes	\$135	Sunday, June 24	1-2 pm

### Wheaton Indoor Tennis

49326	15-18 yrs	6 Classes	\$111	Saturday, June 23	1-2 pm
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## Intro to Match Play, Pre-Teen/Teen

*Prerequisite: Passed Intermediate Tennis or Instructor Approval.*

Time to put your skills into play. Learn the basics of match play using USTA's Junior Team Tennis (JTT) format. The focus will be on positioning and strategy for full court play in both singles and doubles. By the end of this class, you should be ready for the fun of playing official Junior Team Tennis on a team with new friends.

### Pauline Betz Addie Tennis

49005	11-18 yrs	6 Classes	\$222	Saturday, June 23	1-2 pm
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### Wheaton Indoor Tennis

49327	11-18 yrs	6 Classes	\$111	Sunday, June 24	12-1 pm
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Want to practice but don't have a partner?

Rent the  
**SMASH!**



The "SMASH" is a high-tech ball machine that shoots out fast, slow or medium-paced balls; slices, topspins, flat spins and lobs; in one direction or all directions.

Rent the SMASH for \$10/hour (plus court time fee) at both Wheaton Indoor Tennis and Pauline Betz Addie Tennis Centers! Sign up at the front desk or call to reserve at either facility.



**SPACE STILL  
AVAILABLE!**

# TOTALLY TENNIS CAMP IN WHEATON

\$270 per week. Full-day program for ages 8 to 14. Open to all levels, campers will be grouped by age and experience.



## Camp Dates

June 18 – 22  
June 25 – 29  
July 2 – 6\*  
July 9 – 13  
July 16 – 20  
July 23 – 27  
July 30 – August 3  
August 6 – 10  
August 13 – 17

## Activity #

#43859  
#43860  
#43863  
#43864  
#43861  
#43862  
#43865  
#43866  
#43867

\*4-day week due to holiday; cost: \$216

Register on [ActiveMONTGOMERY.org](https://ActiveMONTGOMERY.org) using the Activity # above for the week(s) you choose.

Before Care (8-9am) and/or After Care (5-6 pm) available in our party room for an additional weekly fee.

## Women's OUTDOOR RETREAT

**September 7th - 9th**

Join us for the Women's Outdoor Weekend Retreat at Rockwood Manor. Pick a morning and afternoon activity for Saturday and a morning activity for Sunday. Choose from a wide array of activities: Flat water kayaking, archery, nature hikes, camping skills, rock climbing at Carderock, a painting class, ropes course and zip lining, golfing, yoga, ice skating, tennis and much more. Cost \$345 covers all meals, dorm-style lodging, all activities including evening events, and equipment. Semi-private rooms may be available for \$50 more. Class registration is first-come first-served. Check-in is 5:00 pm on Friday and check-out is Sunday afternoon. Activities take place rain or shine.

**Register in Active Montgomery: #49629**



11001 MacArthur Boulevard | Potomac, MD 20854  
[RockwoodManor@Montgomeryparks.org](mailto:RockwoodManor@Montgomeryparks.org) | 301-563-7510

**RockwoodManor.com**







**Reserve  
your spot  
time.**

It's easy and  
quick!

[WheatonTennis.org](http://WheatonTennis.org)  
&  
[CabinJohnTennis.org](http://CabinJohnTennis.org)

## More Match Play, Pre-Teen/Teen

*Prerequisite: Passed Intro to Match Play or Instructor approval.*

Continue building your on-court confidence while playing matches for fun with friends in your class. In addition to improving upon positioning, strategy, movement, and shot selection, instruction will include how to construct and close out points. By the end of this class, you will be ready to take your game to a more competitive level.

### Wheaton Indoor Tennis

49328 11-18 yrs 6 Classes \$111 Tuesday, June 26 6-7 pm

## Advanced Match Play, Pre-Teen/Teen

*Prerequisite: Passed Intermediate 2, More Match Play, or Instructor Approval.*

For competitive players training for tournaments and/or high school team tennis. Focus on enhancing footwork and agility, stroke production, and use of offensive and defensive shots. Additional emphasis on physical conditioning, mental preparedness, and sportsmanship.

### Pauline Betz Addie Tennis

49016 11-15 yrs 6 Classes \$147 Tuesday, June 19 6-7 pm  
49017 11-15 yrs 6 Classes \$147 Thursday, June 21 6-7 pm  
49018 11-15 yrs 6 Classes \$147 Saturday, June 23 2-3 pm  
49020 11-15 yrs 6 Classes \$147 Sunday, June 24 11 am-12 pm  
49663 11-15 yrs 6 Classes \$147 Tuesday, July 31 (T/Th) 6-7 pm

### Wheaton Indoor Tennis

49330 11-18 yrs 6 Classes \$246 Tuesday, June 26 5-7 pm

## Beginner 1 Tennis, Adult (NTRP 2.0)

Designed to turn adult beginners into tennis players. Students will enjoy one-hour lessons with our certified tennis coaches and 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

49021 18 & up 6 Classes \$135 Tuesday, June 19 7-8 pm  
49022 18 & up 6 Classes \$135 Thursday, June 21 7-8 pm  
49023 18 & up 6 Classes \$135 Sunday, June 24 10-11 am  
49664 18 & up 6 Classes \$135 Monday, July 30 (M/W) 7-8 pm

### Wheaton Indoor Tennis

49333 18 & up 6 Classes \$111 Wednesday, June 20 10-11 am  
49334 18 & up 6 Classes \$111 Wednesday, June 20 7-8 pm  
49331 18 & up 6 Classes \$111 Sunday, June 24 1-2 pm  
49332 18 & up 6 Classes \$111 Monday, June 25 10-11 am  
49524 18 & up 4 Classes \$74 Monday, Aug. 6 (M/W) 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

49025 18 & up 6 Classes \$135 Thursday, June 21 7-8 pm  
49024 18 & up 6 Classes \$135 Saturday, June 23 8-9 pm  
49026 18 & up 6 Classes \$135 Sunday, June 24 11 am-12 pm  
49665 18 & up 6 Classes \$135 Monday, July 30 (M/W) 8-9 pm

### Wheaton Indoor Tennis

49352 18 & up 6 Classes \$111 Wednesday, June 20 11 am-12 pm  
49335 18 & up 6 Classes \$111 Thursday, June 21 6-7 pm  
49336 18 & up 6 Classes \$111 Sunday, June 24 9-10 am  
49337 18 & up 6 Classes \$111 Monday, June 25 11 am-12 pm  
49522 18 & up 4 Classes \$74 Monday, Aug. 6 (M/W) 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

49028 18 & up 6 Classes \$135 Tuesday, June 19 7-8 pm  
49029 18 & up 6 Classes \$135 Wednesday, June 20 7-8 pm  
49030 18 & up 6 Classes \$135 Thursday, June 21 8-9 pm  
49031 18 & up 6 Classes \$135 Saturday, June 23 12-1 pm  
49032 18 & up 6 Classes \$135 Sunday, June 24 12-1 pm  
49027 18 & up 6 Classes \$135 Monday, June 25 7-8 pm  
49666 18 & up 6 Classes \$135 Monday, July 30 (M/W) 8-9 pm  
49667 18 & up 6 Classes \$135 Tuesday, July 31 (T/Th) 7-8 pm

### Wheaton Indoor Tennis

49353 18 & up 6 Classes \$111 Thursday, June 21 10-11 am  
49338 18 & up 6 Classes \$111 Tuesday, June 26 10-11 am  
49523 18 & up 4 Classes \$74 Tuesday, Aug. 7 (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

49035 18 & up 6 Classes \$135 Wednesday, June 20 7-8 pm  
49036 18 & up 6 Classes \$135 Thursday, June 21 8-9 pm  
49037 18 & up 6 Classes \$135 Saturday, June 23 1-2 pm  
49034 18 & up 6 Classes \$135 Saturday, June 23 8-9 pm  
49038 18 & up 6 Classes \$135 Sunday, June 24 1-2 pm  
49033 18 & up 6 Classes \$135 Monday, June 25 7-8 pm  
49668 18 & up 6 Classes \$135 Monday, July 30 (M/W) 7-8 pm  
49669 18 & up 6 Classes \$135 Tuesday, July 31 (T/Th) 7-8 pm  
49670 18 & up 6 Classes \$135 Tuesday, July 31 (T/Th) 8-9 pm

### Wheaton Indoor Tennis

49341 18 & up 6 Classes \$111 Wednesday, June 20 8-9 pm  
49354 18 & up 6 Classes \$111 Thursday, June 21 11 am-12 pm  
49342 18 & up 6 Classes \$111 Thursday, June 21 7-8 pm  
49340 18 & up 6 Classes \$111 Tuesday, June 26 11 am-12 pm  
49525 18 & up 4 Classes \$74 Tuesday, Aug. 7 (T/Th) 11 am-12 pm

# Specialty Tennis

## Advanced Tennis, Adult (NTRP 4.0 & Up)

*Prerequisite: Passed Intermediate 2 or Instructor approval.* A competitive clinic involving intense drilling, competitive situational games, and match play. Course will focus on finessing use of lobs, overheads, approach shots, and volleys. Student will also concentrate on hitting with power, spin, depth, and control.

### Pauline Betz Addie Tennis

49040	18 & up	6 Classes	\$147	Wednesday, June 20	8-9 pm
49041	18 & up	6 Classes	\$294	Saturday, June 23	10 am-12 pm
49039	18 & up	6 Classes	\$147	Monday, June 25	8-9 pm
49671	18 & up	6 Classes	\$147	Tuesday, July 31 (T/Th)	8-9 pm

## 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, and pace. First half of class focuses on needed drills and skills. Class 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

49044	18 & up	6 Classes	\$147	Wednesday, June 20	8-9 pm
49045	18 & up	6 Classes	\$147	Thursday, June 21	7-8 pm
49046	18 & up	6 Classes	\$147	Sunday, June 24	2-3 pm
49042	18 & up	6 Classes	\$294	Monday, June 25	7-9 pm
49043	18 & up	6 Classes	\$147	Tuesday, June 26	7-8 pm
49672	18 & up	6 Classes	\$147	Monday, July 30 (M/W)	7-8 pm
49673	18 & up	6 Classes	\$294	Tuesday, July 31 (T/Th)	8-9 pm

### Wheaton Indoor Tennis

49344	18 & up	6 Classes	\$246	Wednesday, June 20	7-9 pm
49343	18 & up	6 Classes	\$246	Monday, June 25	7-9 pm
49527	18 & up	4 Classes	\$164	Monday, Aug. 6 (M/W)	7-9 pm
49528	18 & up	4 Classes	\$164	Tuesday, Aug. 7 (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. Lack of confidence might limit the 3.5 player in effective use of lobs, overheads, approach shots, and volleys. This player is more comfortable at net, has improved court awareness, and is developing teamwork in doubles. First half of class focuses on needed drills and skills. Class 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

49049	18 & up	6 Classes	\$294	Wednesday, June 20	7-9 pm
49050	18 & up	6 Classes	\$147	Thursday, June 21	8-9 pm
49047	18 & up	6 Classes	\$147	Monday, June 25	8-9 pm
49048	18 & up	6 Classes	\$147	Tuesday, June 26	8-9 pm

### Wheaton Indoor Tennis

49345	18 & up	6 Classes	\$246	Thursday, June 21	7-9 pm
49346	18 & up	6 Classes	\$246	Monday, June 25	7-9 pm
49347	18 & up	6 Classes	\$246	Tuesday, June 26	7-9 pm
49529	18 & up	4 Classes	\$164	Monday, Aug. 6 (M/W)	7-8 pm
49530	18 & up	4 Classes	\$164	Tuesday, Aug. 7 (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

49051	18 & up	6 Classes	\$147	Saturday, June 23	9-10 am
49052	18 & up	6 Classes	\$147	Sunday, June 24	9-10 am

### Wheaton Indoor Tennis

49349	18 & up	6 Classes	\$123	Sunday, June 24	10-11 am
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## Tennis 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

49053	18 & up	6 Classes	\$135	Monday, June 25	7-8 pm
49674	18 & up	6 Classes	\$135	Tuesday, July 31 (T/Th)	7-8 pm

### Wheaton Indoor Tennis

49350	18 & up	6 Classes	\$111	Wednesday, June 20	6-7 pm
49351	18 & up	6 Classes	\$111	Saturday, June 23	10-11 am
49531	18 & up	4 Classes	\$74	Monday, Aug. 6 (M/W)	7-8 pm

## High School Team and Tournament Clinic

Five 2-hour sessions of intensive instruction, drills, and match play to improve strokes, strategy, mental toughness, and overall fitness. Whether you are planning to play High School team tennis, USTA Jr. Team Tennis, or sanctioned tournaments, you will benefit from this focused (and fun) week of training.

### Wheaton Indoor Tennis

49532	13-18 yrs	5 Classes	\$205	Monday, Aug. 6 - Friday, Aug. 9	5-7 pm
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## NEW! Friday Night Summer Slam Socials

Gear up for the summer tennis traditions of Wimbledon, the Washington Kastles, Citi, and US Open at these fun, party-style play events for adults 18 and older. All levels welcome. Multiple quick matches of singles and doubles plus drills organized by our teaching pro. Hang out in our party room in between matches. Fee includes light snack and non-alcoholic beverages.

### Wheaton Indoor Tennis

49718	18 & up	1 Class	\$35	Friday, June 29	7-10pm
49723	18 & up	1 Class	\$35	Friday, July 27	7-10pm
49724	18 & up	1 Class	\$35	Friday, Aug. 10	7-10pm

## SUMMER TENNIS CONTRACTS



Cool deals  
on weekly  
court time

WheatonTennis.org  
&  
CabinJohnTennis.org





# REGISTRATION INFORMATION

for Montgomery Parks AND Montgomery County Recreation

## 4 WAYS TO REGISTER

### 1. ONLINE

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

### 2. BY MAIL

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

### 3. VIA FAX

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

### 4. IN PERSON

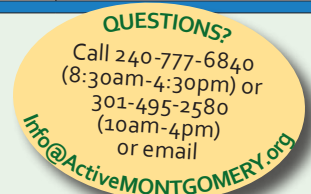
Stop by any Montgomery County Recreation location, including their Headquarters at 4010 Randolph Road, Silver Spring, MD 20902 (M-F, 9:30am-4pm), or visit Montgomery Parks locations offering activities that require registration. See the Parks "Facility Directory" for these locations.



Use [ActiveMONTGOMERY.org](http://ActiveMONTGOMERY.org) to register for activities (courses, camps, etc.); to reserve community centers, park activity buildings, and other facilities; and to purchase memberships offered by Montgomery Parks and Montgomery County Recreation.

## ACTIVITY WITHDRAWALS & REFUNDS

Withdrawal Time Frame	Withdrawal Reason & Method	Refund Amount	Refund Form
Any	Activity Canceled by Parks or Recreation	Full Refund	Refund may be applied to customer's ActiveMONTGOMERY account; or returned in same form as payment rendered.
At least 5 (five) business days before activity begins	Any reason, ONLINE	Full Refund	<p>If payment was made by credit card...Refund will be applied to credit card.</p> <p>If payment was made by check, cash, or money order...Refund will be applied to customer's ActiveMONTGOMERY account.</p>
	Any reason, IN PERSON	Full Refund	<p>Activity fee is \$25 or less...Refund will be applied to customer's ActiveMONTGOMERY account.</p> <p>Activity fee is \$26 or more...Refund may be applied to customer's ActiveMONTGOMERY account, or refund check may be requested.</p>
Less than 5 business days before activity begins	<p><b>Parks:</b> Withdraw in person at the hosting facility.</p> <p><b>Recreation:</b> Email <a href="mailto:Rec.FinanceOffice@MontgomeryCountyMD.gov">Rec.FinanceOffice@MontgomeryCountyMD.gov</a> or withdraw in person at Rec HDQ.</p> <p><i>No withdrawals may be made ONLINE less than five days before activity begins.</i></p>	Refund Less \$25 Withdrawal Fee	<p>Activity fee is \$49 or less: Refund will be applied to customer's ActiveMONTGOMERY account.</p> <p>Activity fee is \$50 or more: Refund may be applied to customer's ActiveMONTGOMERY account, or customer may request a refund check.</p>
For classes/sessions missed by participant	No refund of any type will be issued		
After second session/class of activity has met			
After the final session of activity has met			



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.



Montgomery County  
Department of Recreation  
4010 Randolph Road  
Silver Spring, MD 20902

PRSRT STD  
US Postage Paid  
Rockville, MD  
Permit No.138

or current resident

Montgomery County

# INDEPENDENCE DAY CELEBRATIONS

JULY 4

FREE EVENT

GERMANTOWN  
GLORY



FREE EVENT

MID-COUNTY  
SPARKLES

**7 P.M.** LIVE MUSIC  
FEATURING  
**GRINGO JINGO**

**7:30 P.M.** LIVE MUSIC  
FEATURING  
**QUIET FIRE**

**9:15 P.M. FIREWORKS \***

SOUTH GERMANTOWN RECREATIONAL PARK  
18041 CENTRAL PARK CIRCLE  
BOYDS

ON-SITE PARKING AVAILABLE.

ALBERT EINSTEIN HIGH SCHOOL  
11135 NEWPORT MILL ROAD  
KENSINGTON

HANDICAP PARKING IS ONLY AVAILABLE AT EINSTEIN H.S.  
GENERAL PARKING AND SHUTTLE BUSES AT WESTFIELD WHEATON.

RAIN DATE FOR FIREWORKS ONLY IS JULY 5. FOOD VENDORS ON SITE.

FOR MORE INFORMATION, CALL 311. HABLAMOS ESPAÑOL.  
[MONTGOMERYCOUNTYMD.GOV/REC](http://MONTGOMERYCOUNTYMD.GOV/REC).

\*Time is approximate and may change due to weather.



MONTGOMERY COUNTY  
**Recreation**

