

MONTGOMERY COUNTY

GUIDE



MONTGOMERY COUNTY
Recreation



RECREATION AND PARKS PROGRAMS

WINTER 2015-16

SKATING &
HOCKEY

ACTIVE ADULTS

NATURE & SCIENCE

TINY TOTS

INDOOR TENNIS

MARTIAL ARTS

BOTANICAL ART

DANCING

HIKES & HISTORY

SWIM LESSONS

and much more!



NEW! EASIER ONLINE REGISTRATION

Active MONTGOMERY

ACTIVITIES, FACILITIES & MEMBERSHIP



... AND MORE!

One account is all you need to register for activities, reserve available facilities and purchase memberships offered by Montgomery Parks, Montgomery County Recreation and CUPF!

ActiveMONTGOMERY.org



CONTACT US: PARKS 301-495-2580
RECREATION 240-777-6840 / CUPF 240-777-2725



Q: Can I still use ParkPASS (for Montgomery Parks) or RecWeb (for the Recreation Department)?

A: Nope. ActiveMONTGOMERY.org replaces both of these. Now there's one system and one website for all your Recreation Department and Montgomery Parks activity registrations, rentals and memberships.

Q: What credit cards can I use online?

A: You can use your Visa, MasterCard, American Express and Discover cards on ActiveMONTGOMERY.

Q: What will ActiveMONTGOMERY charges look like on my credit card statement?

A: If you used a credit card to register for a course, buy something at a facility, book a facility, or purchase a membership with Montgomery Parks or the Recreation Department on or after August 17, here's what you'll see on your credit card statement: **"ACT*Regist"** or **"ACT*ACTIVE MONTGOMERY"**

SEP 10	CHECK CARD PURCHASE ACT*ACTIVE MONTGOMERY 877-228-4881 CA	-\$3.00
SEP 21	CHECK CARD PURCHASE ACT*ACTIVE MONTGOMERY 877-228-4881 TX	-\$240.00

Q: Can I keep a credit card number on file?

A: Yes, you can store a credit card number online with ActiveMONTGOMERY. The number is not visible to anyone but you.

Q: Can I withdraw from a class online?

A: Yes! You may withdraw from a class and get a refund with no fee as long as you withdraw online at ActiveMONTGOMERY.org at least five (5) business days before the class begins. If it's less than five business days, you may email your withdrawal request to rec.refund@montgomerycountymd.gov or come in person to the Recreation Department headquarters (for Rec) or at the hosting facility (for Parks). A \$25 withdrawal fee will be charged.

Q: What's with the "WISH LIST"?

A: If you see an upcoming class or program that looks interesting, but you're not sure if it works with your schedule, add it to your ActiveMONTGOMERY "Wish List." When you log back in, you can register for the class, or delete it from the list. Adding a class to your wish list does not register you for the class.



If you haven't registered for a free ActiveMONTGOMERY account, why not do it today?

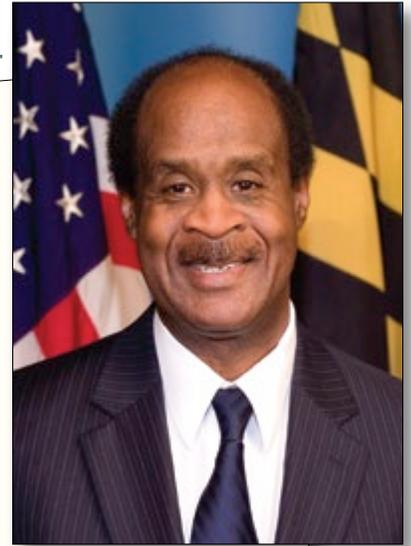
Sign up today at www.ActiveMONTGOMERY.org!



FROM THE COUNTY EXECUTIVE



Winter 2015-16



Dear Montgomery County Resident:

As the days grow shorter and we feel a chill in the air, we start looking for additional things to do that are more fun indoors. This issue of the Montgomery County Recreation and Parks Programs Guide offers a wide variety of activities, both indoors and out. Our weight rooms, gyms and indoor aquatic facilities are perfect options for staying active during the winter.

Our Recreation Department is introducing a new challenge to encourage residents to be active. The "Move More Montgomery - 100 Mile Challenge" will get the new year off to a healthy start for you, your family, and even your dog! Walk, jog or run a mile a day for 100 days or participate in 20 minutes of continuous physical activity. Get creative, and remember, it is all about having fun while making a lifestyle change.

Our Recreation Department is gearing up for the start-up of our basketball season which begins the second weekend in January. Registration for youth leagues continues through November.

We recently celebrated the opening of the new Potomac Adaptive Sports Court which provides a smooth surface field for athletes with disabilities to have easier access to outside sports activities. If you haven't already, check it out at the Potomac Community Recreation Center located at 11315 Falls Road.

As the holiday season approaches, there are many seasonal events for the whole family to enjoy, including the 18th Annual Montgomery County Thanksgiving Parade on Saturday, November 21 at 10 a.m. in downtown Silver Spring and the Bauer Drive Holiday Craft Show on Saturday, December 5 from 10 a.m. to 4 p.m., at the Bauer Drive Community Recreation Center, 14625 Bauer Drive, Rockville. You will want to check out all of the other holiday-themed activities in this edition of the Guide

Joyous holiday wishes to you and your family and a happy and healthy 2016. I hope to see you at one of our many recreational facilities around the County. Thank you for all you do to make Montgomery County a wonderful community in which to live, work and play.

Sincerely,

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

Isiah Leggett,
County Executive



12 Ways to have Fun this WINTER

Move More Montgomery 100 Miles/Days Challenge!

Start the New Year off with a healthy challenge for you and your family AND your dog!! Walk, jog, run a mile a day for 100 days, or participate in 20 minutes of continuous physical activity. Hop on over to page 8 for details.

Now you can turn them into "Human Springs"

Our little kidlets are always on the go with the Level I or II diving classes! Check it out on page 17.

Dive with Scuba Santa!

Here's your chance to enjoy the great smell of wet fur! Have your picture taken on Sunday December 6, at noon to 4:00pm at the Olney Swim Center. Read all about it on page 19.

Travel to Denali with your imagination!

via "Draw and Clay," this popular fun-filled class where you will work in both clay and paint while learning about beautiful Denali National Park and its inhabitants: grizzlies, caribou, moose, marmots and foxes. See page 35.

You won't be kidding around with It's a Stitch.

If you have little to no sewing experience, this class is for you! Learn how to sew and make your own projects and garments. See it on page 37.

Here's a fun way to get your hands dirty

Handcrafted Pottery will introduce techniques used in hand-building pieces of functional and ecorative pottery and use of potter's wheel. Basic information on clay bodies, firing, glazing, under glazes and slips. All levels welcome...page 37.

You've seen it in the movies. Here's your chance to learn the latest dance craze: Bhangra/Bollywood Dance.

Bhangra is vigorous and rhythmic dance for social parties, while Bollywood is a hip hop low impact dance mixed with classical and folk dances of India. Stay in shape while learning an art on page 39.

The Maryland Way!

Whether it's the Old Line State or the Free State, you're going to want to cook The Maryland Way! Learn to prepare real, traditional Maryland food...from the Chesapeake Bay to the far western reaches of the state. All the yummy details are on page 43.

Always dreamed of working out like a ballet dancer?

Ballet dancers are slim, lean and graceful. You will practice low-impact ballet steps and yoga and Pilates stretches based on the New York City Ballet Workout for adults who want a good workout, but are not dancers. See page 48.

Need a good reason to go with the flow?

Sign up for Flowing Vinyasa Yoga to help build strength, flexibility, balance and endurance. Poses will flow from one to another in conjunction with your breathing. Information on page 51.

More wet fur...are you sensing a theme here?

Polar Bear Family Swim Party for individuals with disabilities, their families and friends on Saturday, March 5, 2016, 7:30pm to 9:30pm at the Germantown Indoor Swim Center. Get the scoop on page 82.

Build up your CORE...Build up your BALANCE!

Enjoy the new-Gentle Flow Yoga for Seniors offering a variety of yoga poses to increase strength, balance, and flexibility. The class ends with a wonderful meditation that soothes the mind and body. See it on page 77.

A look Inside...

Winter 2015-2016
Recreation and Parks Programs



MONTGOMERY COUNTY

Recreation

Active 55+ Adults Programs 67

Aquatics 14

Water Fitness Classes 15

Diving 17

Competitive Programs 18

Developmental Swim Training 18

Scuba 19

Safety Training 20

Swim Lessons 24

Adapted Aquatics 33

Classes 34

Arts and Crafts 35

Dance 38

Music 41

Cooking 43

Fitness and Wellness 45

Martial Arts 54

Tiny Tots 57

Xciting Xtras 62

Employment Opportunities

Contractors & Staff 39

Aquatics Part Time Staff 29

Extras

Bauer Drive Craft Fair 7

Club Rec 63

12 Ways to Have Fun this Winter 3

100 Mile Challenge 8

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



Swim Lessons
pg. 24



Tiny Tots
pg. 57



Registration For
Winter Classes &
Swim Lessons Begin
November 16



Active
MONTGOMERY
Inside Cover



Active Adults
pg. 67



Club Red
pg. 63



Like
Montgomery
County
Recreation
on Facebook



Follow
@macorec
on Twitter

Just for the Record	10
Thanksgiving Parade	6
Early Voting Information	12
Location Addresses	88
Programs By Location	85
Recreation Centers	84
Registration Form	Inside Back Cover
Sports	64
Basketball	65
Teens	78
Excel Beyond the Bell	79
Therapeutic Recreation	80
Trips and Tours	83
FEET	83



Sports
pg. 64



Excel Beyond
the Bell
pg. 77



Winter
Solstice
pg. 91



Garden of
Lights
pg. 94



Waterfowl
Festival
pg. 104

HABLAMOS ESPAÑOL

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



Individuals with disabilities are encouraged to register for programs offered by Montgomery 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 summer 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 rec.mainstream@montgomerycountymd.gov. If you are registering for a Montgomery Parks program, please call the Montgomery Parks Program Access Office at 301-495-2477, or email ProgramAccess@MontgomeryParks.org. Visit MontgomeryParks.org/ProgramAccess for more information.



Montgomery Parks

The Maryland-National Capital Park and Planning Commission

Montgomery Parks Info Begins	89
5 Fun Things to Do This Winter in the Parks . . .	115
Brookside Gardens' Garden of Lights	94
Brookside Gardens Programs	95
Celebrate Black History Month	121
Christmas on the Ag History Farm	116
Group Tours of Historic Sites	122
Ice Skating and Hockey Classes	125
Indoor Tennis Classes	143
Maple Sugar Days	107
Montgomery Parks Facility Directory	92
Montgomery Parks Foundation	109
National Skating Month and Hockey Weekend Across America	138
Nature Center Programs	99
Summer Camps & EXPOs	124
Volunteer Opportunities	123
Winter Solstice Celebrations	91



Registration for many
Montgomery Parks
WINTER classes opens
November 16

Montgomery Parks
The Maryland-National Capital Park and Planning Commission
9500 Brunett Ave., Silver Spring, MD 20901
301-495-2595 | www.MontgomeryParks.org



Montgomery County

THANKSGIVING PARADE

Downtown Silver Spring

On Georgia Avenue - from Ellsworth Drive to Silver Spring Avenue

Saturday, November 21, 2015 | 10 am

240-777-0311 | SilverSpringDowntown.com | montgomerycountymd.gov/rec | @mocreco



WASHINGTON PROPERTY COMPANY





MONTGOMERY COUNTY
Recreation
montgomerycountymd.gov/rec

BAUER HOLIDAY CRAFT SHOW

ADMISSION IS FREE!
Ample Parking Available

SATURDAY, DECEMBER 5
10:00AM-4:00PM



There Will Be An Assortment Of Wonderful Vendors Showcasing Their Artistic Talents And Creativity. Items For Purchase Include Fiber Arts, Holiday Items, Jewelry, Photography, Pottery, Woodwork, And More!

BAUER DRIVE
COMMUNITY RECREATION CENTER
14625 Bauer Drive • Rockville, MD 20853

240.777.6922

Montgomery County Recreation is committed to compliance with the Americans with Disabilities Act (ADA). Please contact a Therapeutic Recreation Specialist at 240-777-6870 or rec.mainstream@montgomerycountymd.gov to request accommodations.



Move More MONTGOMERY

== 100 MILE CHALLENGE ==

Start the year off with a healthy challenge for and your family and bring the dog!! Are you ready to get up and move? Do you want to win prizes? Walk, jog, run a mile a day for 100 days or participate in 20 minutes of continuous physical activity it all counts as one mile! Get creative and remember, it's all about having fun while making a lifestyle change!

Start & Finish Dates

January 21, 2016 - April 29, 2016



How to Participate

Record Your Own Miles: The program is self-reporting, you are accountable for tracking your own miles. You can simply do one mile a day or you can complete 2 miles one day and take a break the next - the goal is to complete 100 miles (or more) in 100 days, it's all up to you! Participants will be given a mileage tracking form.

Get Your Miles In: 20 minutes of continuous physical activity (like a yoga class, skiing, and golf) counts as one mile, or simply walk or run a mile, it all counts! Get creative and remember, it's all about having fun while making a lifestyle change!

Who Can Register?

Anyone in the community who is up for the challenge! The program is not restricted to county residents. Help us fight the obesity rate in the area!

Incentives

All registered paid participants are automatically eligible to win weekly prizes and entered into the Grand Prize drawing(s) Receive weekly emails to keep you motivated and moving with health and wellness information and VIP Access to the Health and Wellness Festival on April 30, 2016.

Fees

\$15 per individual - \$5 seniors (over 55) - \$5 to register a dog (includes doggie bandana) - \$10 for a t-shirt

Just for the

HOLIDAY MOVIE NIGHT

**Scotland Neighborhood Rec. Center
December 18, 2015 6:00pm-9:00pm**

Free • Minions - a 3D computer animated family comedy.

2ND ANNUAL HOLIDAY AND PUPPET SHOW

**Coffield Community Recreation Center
December 19, 2015 • 11:00am-1:00pm**

Free • K-5th grade

STORYTIME WITH SANTA

**Bauer Drive Community Recreation Center
December 19, 2015 • 10:30am-1:00pm**

Free • Catered to children ages 2 - 12. Light holiday refreshments provided. Santa will be reading *The Night Before Christmas* and we will be showing *The Polar Express* on our big screen.

Holiday Night Out & Concert

**Long Branch Community Rec. Center
December 18, 2015 • 6:00pm-10:00pm**

Fee: \$5 • Activity No. 11787
Enjoy performances, dinner and photo with Santa. All ages welcome.

HOLIDAY WONDERLAND

**Jane E. Lawton
Community Rec. Center
January 16, 2015
1:30pm-3:30pm**

Light refreshments, arts and craft activities, goodie bags (limited quantities) and a holiday based puppet show by Blue Sky Puppet Theatre. Come join the fun.

Plum Gar Magic Holiday

**Plum Gar Community Center
December 12, 2015 • 1:00pm-4:00pm
Free • Activity No. 12340**

Featuring the High Energy Magic and Comedy act of Speed. Speed is known for his hyperactive and fun performance style. Crafts, games and light refreshments provided. Fun for the entire family!

RECOORD

WINTER WONDERLAND & SANTA'S WORKSHOP

Damascus Community Recreation Center
December 9, 2015 • 6:30pm- 9:30pm

Hot chocolate, cookies, visit with Santa & Mrs. Claus, crafts to make and to buy, face painting & elf and dreidel games. All ages. Fee: new toy, gently used coats, scarfs, or mittens or canned food items. Gift wrapping sponsored by Baker MS PTA.

SENIOR HOLIDAY LUNCHEON

Potomac Community Center
December 11, 2015

\$10 • Entertainment by Take Two. Music and dancing, plus raffles and prizes! Luncheon: soups & salads, vegetable platters, rolls, desert and beverages will be served.

COCOA & CRAFTS SHOW

Wheaton Community Recreation Center
December 12, 2015
12:00pm-2:30pm

Family Crafts, Cookie Decorating, Hot Cocoa and Snacks.

AFTERNOON WITH SANTA

Praisner Community Center
December 20, 2015
12:00pm-2:00pm

\$5 • Activity No. 12067
An Afternoon with Santa and Miss Maryland for ages up to 11. Lunch, arts & crafts, and cookie decorating!

Holiday Party

Longwood Community Center
Monday, December 7, 2015 • 12:30pm-2:00pm

\$12 Per Person • Includes a catered spread and entertainment by Ellis Woodward. Pre-registration is required. Call 240-777-6920 for more information.

Your Time, Your Voice, Your Vote!

**Primary Early Voting:
April 14 - 21, 2016**

**Primary Election:
April 26, 2016**

INTRODUCING MARYLAND'S NEW VOTING SYSTEM FOR THE 2016 PRESIDENTIAL ELECTIONS



The Montgomery County Board of Elections will be available to demonstrate how the new equipment operates. The new system features paper ballots and a digital scanner. With the new system, voters will have the confidence of knowing that there is a paper record of every vote cast.

For demonstration location, dates and times visit:

www.777vote.org

Are you a member of a club or organization that would like a demonstration of the new equipment?
Email Dr. Zelaya at gilberto.zelaya@montgomerycountymd.gov.

¡Su Tiempo – Su Vos – Su Voto!

**Vote Temprano:
14 al 21 de Abril, del 2016**

**Elección Primaria:
26 de Abril, del 2016**



INTRODUCIENDO EL NUEVO SISTEMA DE VOTACIÓN PARA LAS ELECCIONES PRESIDENCIALES DEL 2016

La Junta Electoral del Condado de Montgomery estará disponibles para demostrar como operar el nuevo equipo. El nuevo sistema tendrá papeletas impresas y un escáner digital. Con el nuevo sistema los votantes tendrán la confianza de que hay un registro en papel de cada voto emitido.



Para localizaciones para demostraciones, fechas y horarios visite:

www.777vote.org

¿Eres miembro de un club u organización que le gustaría una demostración del nuevo equipo?
Correo electrónico Dr. Zelaya en gilberto.zelaya@montgomerycountymd.gov.



Aquatics

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

INDOOR POOLS

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

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

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

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

Closed For Swim Meets:
November 20-22 • 2015
February 19-21 • 2016

Closed For Swim Meets:
February 13-14 • 2016

Closed For Swim Meets:
November 15 & 25 • 2015
March 5-6 • 2016

Closed For Swim Meets:
November 7-8 • 2015
December 10-13 • 2015
January 10,16-17 • 2016
February 3-6, 11-14 • 2016
March 18-20 • 2016

Family Recreational Swims

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

Swimming Instruction

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

Rentals-Parties!

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

Website Info

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

WATER FITNESS CLASSES

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

- The program fee covers only the class and locker room use. If you wish to use the facility before or after class you must pay the admission fee.
- No swimming experience is necessary. For Deep Water Running, must be comfortable in deep water.
- Both men and women of all ages are welcome.
- Physician release form is required if you are pregnant.
- Physician consultation is recommended prior to participation in any exercise program.
- MCR does not schedule make-up classes. Please speak to instructors for possible times. Withdrawal policies are listed on page 150.

Instructors:

Wellness Network: Linda Costello 301-924-3488 wellnet1@aol.com
 H2O Fitness: Peggy Brower 301-603-1328 browers4@aol.com

Abs & Glutes & More

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

8 Sessions \$48
 Instructor:Peggy Brower
 11264 Kennedy Shriver Aq Ctr 1/7 Th 9:00am-9:50am
 9 Sessions \$54
 Instructor:Peggy Brower
 11233 MLK Swm Ctr 1/4 M 10:00am-10:50am
 11263 Kennedy Shriver Aq Ctr 1/5 T 9:00am-9:50am
 11234 MLK Swm Ctr 1/6 W 10:00am-10:50am
 11235 MLK Swm Ctr 1/7 Th 8:30pm-9:20pm

Aqua Cardio Challenge

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

9 Sessions \$54
 Instructor:Peggy Brower
 11239 MLK Swm Ctr 1/3 Su 5:00pm-5:50pm

Aqua Cardio Dance

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

9 Sessions \$54
 Instructor:Peggy Brower
 11243 MLK Swm Ctr 1/5 Tu 9:30am-10:20am
 11244 MLK Swm Ctr 1/7 Th 9:30am-10:20am
 11265 Kennedy Shriver Aq Ctr 1/8 F 10:00am-10:50am
 Instructor:Wellness Network
 11189 Olney Swm Ctr 1/3 Su 9:00am-9:50am
 10990 Germantown ISC 1/4 M 9:30am-10:20am
 11188 Olney Swm Ctr 1/6 W 8:15pm-9:05pm

Aqua Lite

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

8 Sessions \$48
 Instructor:Wellness Network
 11207 Olney Swm Ctr 1/8 F 10:00am-10:50am
 9 Sessions \$54
 Instructor:Peggy Brower
 11236 MLK Swm Ctr 1/7 Th 10:30am-11:20am
 Instructor:Wellness Network
 11190 Olney Swm Ctr 1/4 M 10:00am-10:50am
 11255 Kennedy Shriver Aq Ctr 1/4 M 11:00am-11:50am
 11206 Olney Swm Ctr 1/6 W 10:00am-10:50am
 11256 Kennedy Shriver Aq Ctr 1/6 W 11:00am-11:50am

Aqua YO-Lates

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

8 Sessions \$48
 Instructor:Peggy Brower
 11237 MLK Swm Ctr 1/8 F 10:00am-10:50am
 9 Sessions \$54
 Instructor:Peggy Brower
 11238 MLK Swm Ctr 1/5 Tu 10:30am-11:20am





Deep Water Running

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

7 Sessions				\$42
Instructor: Wellness Network				
10997	Germantown ISC	1/8	F	10:30am-11:20am
8 Sessions				\$48
Instructor: Peggy Brower				
11268	Kennedy Shriver Aq Ctr	1/7	Th	10:00am-10:50am
11254	MLK Swm Ctr	1/8	F	11:00am-11:50am
Instructor: Wellness Network				
10995	Germantown ISC	1/6	W	7:50pm-8:40pm
11259	Kennedy Shriver Aq Ctr	1/7	Th	7:45pm-8:35pm
11221	Olney Swm Ctr	1/8	F	6:15pm-7:05pm
9 Sessions				\$54
Instructor: Peggy Brower				
11248	MLK Swm Ctr	1/4	M	1:00pm-1:50pm
11249	MLK Swm Ctr	1/5	Tu	7:45am-8:05am
11267	Kennedy Shriver Aq Ctr	1/5	Tu	10:00am-10:50am
11250	MLK Swm Ctr	1/5	Tu	7:30pm-8:20pm
11251	MLK Swm Ctr	1/6	W	1:00pm-1:50pm
11252	MLK Swm Ctr	1/7	Th	7:45am-8:05am
11253	MLK Swm Ctr	1/7	Th	7:30pm-8:20pm
11269	Kennedy Shriver Aq Ctr	1/8	F	9:00am-9:50am
Instructor: Wellness Network				
11257	Kennedy Shriver Aq Ctr	1/4	M	9:00am-9:50am
10992	Germantown ISC	1/4	M	7:50pm-8:40pm
10991	Germantown ISC	1/4	M	10:30am-11:20am
11208	Olney Swm Ctr	1/4	M	7:15pm-8:05pm
11213	Olney Swm Ctr	1/5	Tu	8:30am-9:20am
10993	Germantown ISC	1/5	Tu	10:00am-10:50am
11214	Olney Swm Ctr	1/5	Tu	10:30am-11:20am
11258	Kennedy Shriver Aq Ctr	1/5	Tu	7:45pm-8:35pm
11215	Olney Swm Ctr	1/5	Tu	8:15pm-9:05pm
11261	Kennedy Shriver Aq Ctr	1/6	W	9:00am-9:50am
10994	Germantown ISC	1/6	W	10:30am-11:20am
11216	Olney Swm Ctr	1/6	W	1:30pm-2:20pm
11217	Olney Swm Ctr	1/6	W	7:15pm-8:05pm
11218	Olney Swm Ctr	1/7	Th	9:00am-9:50am
10996	Germantown ISC	1/7	Th	9:30am-10:20am
11219	Olney Swm Ctr	1/7	Th	11:00am-11:50am
11220	Olney Swm Ctr	1/7	Th	8:15pm-9:05pm

Hi/Lo Cardio Fusion

Ages 15 & Up. A unique class that gives a cardio workout with a blend of yoga and pilates exercises infused into the workout.

9 Sessions				\$54
Instructor: Peggy Brower				
11266	Kennedy Shriver Aq Ctr	1/8	F	11:30am-12:20pm

Water Aerobics

Ages 15 & Up: Fast-paced aerobics class done in shallow water. High intensity workout uses water to cushion feet, knees and back. Emphasis on cardiovascular conditioning.

7 Sessions				\$42
Instructor: Wellness Network				
10999	Germantown ISC	1/7	Th	7:50pm-8:40pm
8 Sessions				\$48
Instructor: Peggy Brower				
11247	MLK Swm Ctr	1/8	F	7:30pm-8:20pm
9 Sessions				\$54
Instructor: Wellness Network				
11223	Olney Swm Ctr	1/4	M	8:15pm-9:05pm
11260	Kennedy Shriver Aq Ctr	1/4	M	10:00am-10:50am
11224	Olney Swm Ctr	1/5	Tu	9:30am-10:20am
11222	Olney Swm Ctr	1/5	Tu	7:15pm-8:05pm
10998	Germantown ISC	1/5	Tu	7:50pm-8:40pm
11274	Kennedy Shriver Aq Ctr	1/6	W	10:00am-10:50am
11225	Olney Swm Ctr	1/7	Th	10:00am-10:50am
11226	Olney Swm Ctr	1/7	Th	7:15pm-8:05pm

Water Boot Camp

Ages 14 & Up: Are you ready for an X-Treme workout? Water Boot Camp is a high intensity workout like no other. This class utilizes both traditional water aerobics moves along with modified plyometrics, interval training, running and jumping drills. A great way to burn lots of calories efficiently because you work your entire body, heart and muscles by going from one exercise to another. Enlist today and experience this top-notch workout! All ages and physical levels are welcome. Offered in shallow and deep (belt required) water.

8 Sessions				\$48
Instructor: Peggy Brower				
11245	MLK Swm Ctr	1/8	F	7:00am-7:50am
Instructor: Wellness Network				
11227	Olney Swm Ctr	1/8	F	1:30pm-2:20pm

Water Exercise

Ages 14 & Up: Multi-level aerobics class using water resistance to increase range of motion, strengthen muscles and improve cardiovascular fitness. It is not necessary to get your face wet.

7 Sessions				\$42
Instructor: Wellness Network				
11001	Germantown ISC	1/8	F	9:30am-10:20am
8 Sessions				\$48
Instructor: Peggy Brower				
11272	Kennedy Shriver Aq Ctr	1/7	Th	11:30 am-12:20pm
11240	MLK Swm Ctr	1/8	F	9:00am-9:50am
Instructor: Wellness Network				
11230	Olney Swm Ctr	1/8	F	9:00am-9:50am
9 Sessions				\$54
Instructor: Peggy Brower				
11241	MLK Swm Ctr	1/4	M	9:00am-9:50am
11270	Kennedy Shriver Aq Ctr	1/4	M	8:30pm-9:20pm
11271	Kennedy Shriver Aq Ctr	1/5	Tu	11:30am-12:20pm
11242	MLK Swm Ctr	1/6	W	9:00am-9:50am
11273	Kennedy Shriver Aq Ctr	1/6	W	8:30pm-9:20pm
Instructor: Wellness Network				
11228	Olney Swm Ctr	1/4	M	9:00am-9:50am
11229	Olney Swm Ctr	1/6	W	9:00am-9:50am
11000	Germantown ISC	1/6	W	9:30am-10:20am

DIVING

AAU National Team

At least 6 but less than 19: This is an invitation only program designed to prepare athletes for collegiate competition. Participants will train for and compete in AAU Diving meets around the area. Our competitive goal will be to qualify for the AAU National Championships each summer. Contact MDCBeavers@gmail.com for info on how to try out for the program. Participants pay an annual membership fee of \$300 directly to MDC in addition to the training fee listed here. Admission into this class requires the permission of the program director, Doug Beavers.

\$675

Instructor: Built by Beavers

11691 MLK Swm Ctr 12/7 M,W,F 7:00pm-9:00pm

Diving National Team

At least 6 but less than 19: Montgomery Dive Club has long been recognized as a consistent producer of nationally and internationally competitive divers. Admission into the MDC National Training Programs requires the permission of the Program Director. This is a year-round program focused on the highest levels of personal and team achievement. All participants must pay a \$300 fee, payable to the Built by Beavers, per session. To complete your registration, visit www.montgomerydiveclub.org.

Instructor: Built by Beavers

3 Days per Week

\$415

11195 Germantown ISC 12/7 M- F, Su TBD
 10918 Kennedy Shriver Aq Ctr 12/7 M- F, Su TBD

4 Days per Week

\$520

11196 Germantown ISC 12/7 M- F, Su TBD
 10919 Kennedy Shriver Aq Ctr 12/7 M- F, Su TBD

5 Days per Week

\$620

10921 Kennedy Shriver Aq Ctr 12/7 M- F, Su TBD

High School Diving

At least 13 but less than 19: Our High School group is perfect for divers interested in trying out for their High School diving team, or who want to improve their performance at Metro, Regional, and State Championship Meets. Primary focus is on 1-meter springboard, but other equipment is used to build skills. Additional fees include \$15.00 for a SPRINGS participants. Registrants must visit www.montgomerydiveclub.org to complete registration.

\$270

Instructor: Built by Beavers

10922 Kennedy Shriver Aq Ctr 12/7 M 8:00pm-9:30pm
 11198 Germantown ISC 12/7 M 8:30pm-10:00pm
 11199 Germantown ISC 12/9 W 8:30pm-10:00pm
 10923 Kennedy Shriver Aq Ctr 12/10 Th 8:00pm-9:30pm

Human Springs: Level 1

At least 5 but less than 12: This 45 minute class is designed for absolute beginners, kids aged 5-11, or kids who might benefit from a shorter class format. Participants must be comfortable swimming in deep water and be able to dive in head-first. All SPRINGS participants must pay a \$15.00 fee per session. To complete your registration, visit www.montgomerydiveclub.org.

\$140

Instructor: Built by Beavers

10929 Kennedy Shriver Aq Ctr 12/7 M 4:30pm-5:15pm
 11699 Olney Swm Ctr 12/7 M 4:45pm-5:30pm
 10926 Kennedy Shriver Aq Ctr 12/8 T 4:15pm-5:00pm
 11200 Germantown ISC 12/8 T 4:45pm-5:30pm
 11700 Olney Swm Ctr 12/9 W 4:45pm-5:30pm
 11201 Germantown ISC 12/10 Th 4:45pm-5:30pm
 10927 Kennedy Shriver Aq Ctr 12/11 F 4:15pm-5:00pm
 11598 MLK Swm Ctr 12/13 Su 10:30am-11:15am
 11599 MLK Swm Ctr 12/13 Su 11:15am-12:00pm

Human Springs - Level 2

At least 6 but less than 19: This is where the majority of our divers sign up. These 90 minute classes are great for kids with some experience in summer diving, trampoline, gymnastics or dance. This is also the correct class for kids, 10 and up, who are comfortable in deep water, motivated to learn the sport of diving, and who would otherwise feel uncomfortable in a lesson class with little kids. All SPRINGS participants must pay a \$15.00 fee per session. To complete your registration, visit www.montgomerydiveclub.org.

\$270

Instructor: Built by Beavers

11202 Germantown ISC 12/7 M 4:30pm-6:00pm
 11702 Olney Swim Center 12/7 M 5:30pm-7:00pm
 11446 Kennedy Shriver Aq Ctr 12/7 M 6:30pm-8:00pm
 10930 Kennedy Shriver Aq Ctr 12/8 T 4:30pm-6:00pm
 11203 Germantown ISC 12/8 T 5:30pm-7:00pm
 11695 MLK Swm Ctr 12/8 T 6:15pm-7:45pm
 11703 Olney Swim Center 12/9 W 5:30pm-7:00pm
 11435 Germantown ISC 12/9 W 4:30pm-6:00pm
 11205 Germantown ISC 12/10 Th 5:30pm-7:00pm
 11694 MLK Swm Ctr 12/10 Th 6:15pm-7:45pm
 10932 Kennedy Shriver Aq Ctr 12/10 Th 5:00pm-6:30pm
 11426 Germantown ISC 12/11 F 4:30pm-6:00pm
 10933 Kennedy Shriver Aq Ctr 12/11 F 5:00pm-6:30pm
 11467 Kennedy Shriver Aq Ctr 12/13 Su 8:30am-10:00am

Montgomery Dive Club (MDC) offers professional instruction in the Olympic sport of diving at GISC, MLK, KSAC, and OSC.

Divers prepare to compete in local and national level meets.

An introduction level tower diving program is available at MLK while a full tower training program will be offered at Germantown ISC and KSAC.

Additional fees will be charged for insurance and team meet fees. For further information, visit montgomerydiveclub.org or email mdcccontroller@gmail.com.

All SPRINGS participants must pay a \$15.00 fee per session. To complete registration, email mdcccontroller@gmail.com.

All Prices, Dates, Times, & Locations are current as of the time The Guide goes to press. They are subject to change due to unforeseen circumstances.



Human Springs – Level 3

At least 5 but less than 12: These 90 minute classes are for kids with past diving experience from summer diving or Level 2. Divers must have the ability to do forward, backward and inward dive tuck, a hurdle, back press, as well as safe come-out skills. All SPRINGS participants must pay a \$15.00 fee per session. To complete your registration, visit www.montgomerydiveclub.org.

\$270

Instructor: Built by Beavers

11704	Olney Swim Center	12/7	M	5:30pm-7:00pm
11204	Germantown ISC	12/7	M	6:00pm-7:30pm
10936	Kennedy Shriver Aq Ctr	12/7	M	6:30pm-8:00pm
11444	Germantown ISC	12/8	Tu	5:30pm-7:00pm
11696	MLK Swm Ctr	12/8	Tu	6:15am-7:45am
10935	Kennedy Shriver Aq Ctr	12/8	Tu	6:00pm-7:30pm
11709	Olney Swim Center	12/9	W	5:30pm-7:00pm
11445	Germantown ISC	12/9	W	6:00pm-7:30pm
10937	Kennedy Shriver Aq Ctr	12/9	W	6:30pm-8:00pm
11697	MLK Swm Ctr	12/10	Th	6:15am-7:45am
11433	Germantown ISC	12/10	Th	5:30pm-7:00pm
10938	Kennedy Shriver Aq Ctr	12/10	Th	6:00pm-7:30pm
11434	Germantown ISC	12/11	F	6:00pm-7:30pm
10939	Kennedy Shriver Aq Ctr	12/11	F	6:30pm-8:00pm
11693	MLK Swm Ctr	12/12	Sa	7:00pm-8:30pm
10928	Kennedy Shriver Aq Ctr	12/13	Su	8:30am-10:00am
11692	MLK Swm Ctr	12/13	Su	9:00am-10:30am

Masters Diving

Ages 18 & Up: It's never too late to learn to dive! For adults who want to see what it's all about, or for former competitive divers who aren't quite ready to hang up the speedo, we suggest you join Rusty Springs! Additional fees include \$15.00 for a SPRINGS participants. Registrants must visit www.montgomerydiveclub.org to complete registration.

\$270

Instructor: Built by Beavers

10924	Kennedy Shriver Aq Ctr	12/7	M	8:00pm-9:30pm
10925	Kennedy Shriver Aq Ctr	12/10	Th	8:00pm-9:30pm

Springs Diving Team

Homeschool Edition

At least 6 but less than 19: All SPRINGS participants must pay a \$15.00 fee per session. To complete your registration, visit www.montgomerydiveclub.org.

\$270

Instructor: Built by Beavers

11594	MLK Swm Ctr	12/7	M	11:30am-1:00pm
11595	MLK Swm Ctr	12/9	W	11:30am-1:00pm
11596	MLK Swm Ctr	12/9	W	11:30am-1:00pm
11597	MLK Swm Ctr	12/11	F	11:30am-1:00pm

DEVELOPMENTAL SWIM TRAINING

Montgomery Stroke and Turn Clinic

This information is for the 2015-2016 session. MUST be able to swim 25 meters of freestyle without stopping. This program will meet for 22 sessions. The program will begin October 18, 2015. There will be no clinic on November 29, December 27, January 3, February 7, March 27, April 3, and three other Sundays which will be announced at the first session. Registration began July 2, 2015.

\$360

Instructor: Clinics MSTC

413267	Kennedy Shriver Aq Ctr	10/18	Su	7:00pm-8:00pm
413270	Olney Swm Ctr	10/18	Su	7:00pm-8:00pm
413274	MLK Swm Ctr	10/18	Su	7:00pm-8:00pm

SwiMontgomery

A developmental program for kids 12 and under who have an interest in competitive swimming and want to build a foundation of related skills. The group times at OSC are 7:15-7:55pm or 8:00-8:40pm. Instructors will evaluate the swimmers on the first night and place in proper groups.

16 Sessions \$220

Instructor: Montgomery Stroke And Turn Clinic

11589	Germantown ISC	1/12	T,Th	7:45pm-8:30pm
11591	Kennedy Shriver Aq Ctr	1/12	T,Th	7:45pm-8:30pm

20 Sessions \$220

Instructor: Montgomery Stroke And Turn Clinic

11587	MLK Swm Ctr	12/7	M,W	7:30pm-8:20pm
-------	-------------	------	-----	---------------

22 Sessions \$220

Instructor: Montgomery Stroke And Turn Clinic

11588	Olney Swm Ctr	12/7	M,W	7:15pm-8:30pm
-------	---------------	------	-----	---------------

MASTERS SWIMMING

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

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

SCUBA

Scuba

Ages 14 & Up: Scuba training includes lectures and swimming pool sessions covering safe snorkeling and SCUBA diving techniques. Use of all SCUBA equipment is included in the course fee. Personal equipment (mask, snorkel, fins) will be provided by each student by the second class. Please bring a swim suit and towel to the first session for the swim evaluation. Comfort in the water must be demonstrated. Successful completion of the course, the exam, and the "checkout dives" will earn the student a NAUI SCUBA Diver certification card. Additional fees apply, to be discussed at the first class session. For MLK (Silver Spring) please contact Joe at 301-873-4327 or diveeatsleep@yahoo.com. For Olney, contact Scott at 301-610-4988 or Training@scubaadventure.org.

8 Sessions	\$260		
Instructor: Joseph M. Lodmell			
11276 MLK Swm Ctr	2/10 W	7:00pm-10:00pm	
Instructor: Scott Hagedorn			
11275 Olney Swm Ctr	2/15 M	7:00pm-10:00pm	

Buceo en Español

El entrenamiento de buceo incluye clases teóricas y prácticas en la piscina, que cubren las técnicas seguras de buceo y submarinismo (esnorquelin). El uso de todo el equipo de buceo está incluido en el precio del curso. Equipo personal: (máscara, esnorquel, aletas) estará a cargo de cada alumno y deberá traerse en las segunda clase. Favor de traer un traje de baño y toalla el primer día de clase para la evaluación de natación. Sentirse cómodo en el agua deberá ser demostrado. Al completar con éxito el curso, el exámen y las "inmersiones" ganará el estudiante una tarjeta que le certifica como buceador. Se aplican cargos adicionales que se discutirán en la primer sesión de clase. Por favor, póngase en contacto con Joe Lodmell al teléfono: 301-873-4327 o diveeatsleep@yahoo.com

8 Lecciones	\$260		
Instructor: Joseph M. Lodmell			
11600 MLK Swm Ctr	2/10 W	7:00pm-10:00pm	



DIVE WITH SCUBA SANTA!

Sunday, December 6, 2015 • Noon - 4:00pm

Olney Swim Center

Ages 10+ may use provided scuba equipment after receiving instruction. Those 9 and younger can hold their breath and swim down for a quick action shot with Santa. Or, Santa will go to the concrete steps leading into the pool's shallow end and they can sit on his lap above the surface.

Call 301.938.6220 or email scubasanta@scubaadventure.org for details

Fee: Non-perishable food or a donations of \$5 or more is suggested. All contributions benefit MUM Capt. Joesph A. Mattingly Jr. Food Pantry.





SAFETY TRAINING

POOL OPERATOR COURSE

This course will prepare the student to take the Montgomery County Pool Operators test. Students must be at least 17 years of age. The student must attend all classes. Classes are held at MCR Building, 4010 Randolph Rd. in the theater. The second class of each session will be held at the Martin Luther King Jr. Indoor Swim Center. Note: The student must apply to the Department of Health and Human Services for the County Pool Operators License. For further information call 240-777-6860.

MCR-Office (Theatre)

\$175

Session	Date	Begins	Ends	Session	Date	Begins	Ends
Course 8800		December 2015		Course 8806	May 2016		
Session 1	Saturday December 26	10:00am	5:00pm	Session 1	Thursday, May 19	8:00am	10:00pm
Session 2	Sunday, December 27	10:00am	5:00pm	Course 8807	May 2016		
Course 8801		January 2016		Session 1	Thursday, May 26	8:00am	10:00pm
Session 1	Sunday, January 24	10:00am	5:00pm	Course 8808	June 2016		
Session 2	Monday, January 25	10:00am	5:00pm	Session 1	Wednesday, June 1	8:00am	10:00pm
Course 8802		February 2016		Course 8809	July 2016		
Session 1	Saturday, February 20	10:00am	5:00pm	Session 1	Tuesday, July 13	8:00am	10:00pm
Session 2	Sunday, February 21	10:00am	5:00pm	Course 8810	June 2016		
Course 8803		March 2016		Session 1	Wednesday, June 22	9:00am	4:00pm
Session 1	Friday, March 25	9:00am	4:00pm	Session 2	Thursday, June 23	9:00am	4:00pm
Session 2	Saturday, March 26	9:00am	4:00pm	Course 8811	July 2016		
Course 8805		May 2016		Session 1	Tuesday, July 5	9:00am	4:00pm
Session 1	Saturday, May 7	9:00am	4:00pm	Session 2	Wednesday, July 6	9:00am	4:00pm
Session 2	Sunday, May 8	9:00am	4:00pm				



BE A HERO!

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



POOL OPERATOR REVIEW COURSE

MCR-Office (Theatre)

\$100

Session	Date	Begins	Ends	Session	Date	Begins	Ends
Course 8824		January 2016		Course 8829	May 2016		
Session 1	Sunday, January 24	10:00am	2:00pm	Session 1	Thursday, May 26	8:00am	12:00pm
Course 8825		February 2016		Course 8830	May 2016		
Session 1	Saturday, February 20	10:00am	2:00pm	Session 1	Wednesday, June 1	8:00am	12:00pm
Course 8826		March 2016		Course 8831	May 2016		
Session 1	Friday, March 25	10:00am	2:00pm	Session 1	Tuesday, July 13	8:00am	12:00pm
Course 8827		May 2016		Course 8832	May 2016		
Session 1	Saturday, May 7	10:00am	2:00pm	Session 1	Wednesday, June 22	9:00am	1:00pm
Course 8827		May 2016		Course 8833	May 2016		
Session 1	Saturday, May 7	10:00am	2:00pm	Session 1	Tuesday, July 5	9:00am	1:00pm
Course 8828		May 2016					
Session 1	Thursday, May 19	8:00am	12:00pm				

LIFEGUARD TRAINING

\$205

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

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

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

Germantown Indoor Swim Center

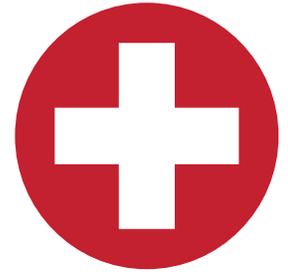
Session	Date	Begins	End
LGT 2: Course 8537			
January 2016			
Pre-Course	January 3, 2016	9:30am	12:30pm
Session 1	January 6, 2016	6:00pm	9:00pm
Session 2	January 10, 2016	9:30am	12:30pm
Session 3	January 10, 2016	1:00pm	4:00pm
Session 4	January 13, 2016	6:00pm	9:00pm
Session 5	January 20, 2016	6:00pm	9:00pm
Session 6	January 24, 2016	9:30am	12:30pm
Session 7	January 24, 2016	1:00pm	4:00pm
Session 8	January 27, 2016	6:00pm	9:00pm
Session 9	January 31, 2016	9:30am	12:30pm
Session 10	February 1, 2016	6:00pm	9:00pm
LGT 3: Course 8541			
March 2016			
Pre-Course	March 23, 2016	6:00pm	9:00pm
Session 1	March 24, 2016	9:30am	12:30pm
Session 2	March 24, 2016	1:00pm	4:00pm
Session 3	March 28, 2016	1:00pm	4:00pm
Session 4	March 29, 2016	9:30am	12:30pm
Session 5	March 29, 2016	1:00pm	4:00pm
Session 6	March 30, 2016	9:30am	12:30pm
Session 7	March 31, 2016	9:30am	12:30pm
Session 8	March 31, 2016	1:00pm	4:00pm
Session 9	April 1, 2016	9:30am	12:30pm
Session 10	April 3, 2016	9:30am	12:30pm

Martin Luther King, Jr. Swim Center

Session	Date	Begins	End
LGT 2: Course 8785			
December 2015			
Pre-Course	December 18, 2015	7:30pm	10:00pm
Session 1	December 21, 2015	6:30pm	10:00pm
Session 2	December 27, 2015	9:00am	12:30pm
Session 3	December 27, 2015	1:00pm	4:00pm
Session 4	December 28, 2015	9:00am	12:30pm
Session 5	December 28, 2015	1:00pm	4:00pm
Session 6	December 29, 2015	9:00am	12:30pm
Session 7	December 29, 2015	1:00pm	4:00pm
Session 8	December 30, 2015	9:00am	12:30pm
Session 9	December 30, 2015	1:00pm	4:00pm
LGT 3: Course 8786			
January 2016			
Pre-Course	January 11, 2016	7:30pm	10:00pm
Session 1	January 14, 2016	6:30pm	10:00pm
Session 2	January 17, 2016	9:00am	12:30pm
Session 3	January 17, 2016	1:00pm	4:00pm
Session 4	January 18, 2016	6:30pm	10:00pm
Session 5	January 21, 2016	6:30pm	10:00pm
Session 6	January 24, 2016	9:00am	12:30pm
Session 7	January 24, 2016	1:00pm	4:00pm
Session 8	January 25, 2016	6:30pm	10:00pm
Session 9	January 31, 2016	9:00am	1:00pm
LGT 4: Course 8787			
February 2016			
Pre-Course	February 22, 2016	7:30pm	10:00pm
Session 1	February 25, 2016	6:30pm	10:00pm
Session 2	February 27, 2016	9:00am	12:30pm
Session 3	February 27, 2016	1:00pm	4:00pm
Session 4	February 29, 2016	6:30pm	10:00pm
Session 5	March 3, 2016	6:30pm	10:00pm
Session 6	March 5, 2016	9:00am	12:30pm
Session 7	March 5, 2016	1:00pm	4:00pm
Session 8	March 7, 2016	6:30pm	10:00pm
Session 9	March 12, 2016	9:00am	1:00pm

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

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



LIFEGUARD



Kennedy Shriver Aquatic Center

Session	Date	Begins	Ends
LGT 2: Course 8862			
Pre-Course	December 18, 2015	7:00pm	9:00pm
Session 1	December 26, 2015	9:00am	12:00pm
Session 2	December 26, 2015	1:00pm	5:00pm
Session 3	December 27, 2015	9:00am	12:00pm
Session 4	December 27, 2015	1:00pm	5:00pm
Session 5	December 28, 2015	9:00am	12:00pm
Session 6	December 28, 2015	1:00pm	5:00pm
Session 7	December 29, 2015	9:00am	12:00pm
Session 8	December 29, 2015	1:00pm	5:00pm
Session 9	December 30, 2015	9:00am	12:00pm
Session 10	December 30, 2015	1:00pm	5:00pm
LGT 3: Course 8863			
Pre-Course	January 8, 2016	7:00pm	9:00pm
Session 1	January 10, 2016	9:00am	12:00pm
Session 2	January 10, 2016	1:00pm	5:00pm
Session 3	January 13, 2016	6:30pm	9:30pm
Session 4	January 17, 2016	9:00am	12:00pm
Session 5	January 17, 2016	1:00pm	5:00pm
Session 6	January 20, 2016	6:30pm	9:30pm
Session 7	January 24, 2016	9:00am	12:00pm
Session 8	January 24, 2016	1:00pm	5:00pm
Session 9	January 27, 2016	6:30pm	9:30pm
LGT 4: Course 8864			
Pre-Course	February 26, 2016	7:00pm	9:00pm
Session 1	February 28, 2016	9:00am	12:00pm
Session 2	February 28, 2016	1:00pm	5:00pm
Session 3	March 2, 2016	6:30pm	9:30pm
Session 4	March 4, 2016	6:30pm	9:30pm
Session 5	March 6, 2016	9:00am	12:00pm
Session 6	March 6, 2016	1:00pm	5:00pm
Session 7	March 9, 2016	6:30pm	9:30pm
Session 8	March 13, 2016	9:00am	12:00pm
Session 9	March 13, 2016	1:00pm	5:00pm

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

WWW.RMSCSWIMMING.COM



INDIVIDUAL PROGRESS
TEAM UNITY

NATIONALLY RECOGNIZED
5 PRACTICE SITES

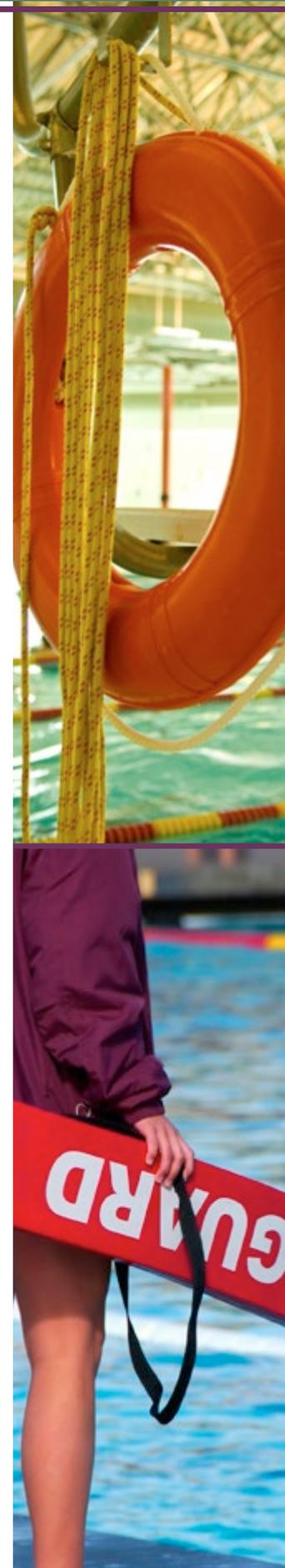
Rockville, Silver Spring, Bethesda, Olney, and Germantown



Olney Swim Center

Session	Date	Begins	Ends
LGT 2: Course 8553			
December 2015			
Pre-Course	December 20, 2015	1:30pm	3:30pm
Session 1	December 27, 2015	9:00am	12:30pm
Session 2	December 27, 2015	1:00pm	5:00pm
Session 3	December 28, 2015	9:00am	12:30pm
Session 4	December 28, 2015	1:00pm	5:00pm
Session 5	December 29, 2015	9:00am	12:30pm
Session 6	December 29, 2015	1:00pm	5:00pm
Session 7	December 30, 2015	9:00am	12:30pm
Session 8	December 30, 2015	1:00pm	5:00pm
Session 9	December 31, 2015	9:00am	12:30pm
Session 10	December 31, 2015	1:00pm	5:00pm
LGT 3: Course 8554			
February 2016			
Pre-Course	February 3, 2016	7:00pm	9:30pm
Session 1	February 7, 2016	8:00am	11:30am
Session 2	February 7, 2016	12:00pm	4:00pm
Session 3	February 10, 2016	6:30pm	10:00pm
Session 4	February 14, 2016	8:00am	11:30am
Session 5	February 14, 2016	12:00pm	4:00pm
Session 6	February 17, 2016	6:30pm	10:00pm
Session 7	February 21, 2016	8:00am	11:30am
Session 8	February 21, 2016	12:00pm	4:00pm
Session 9	February 24, 2016	6:30pm	10:00pm
Session 10	February 28, 2016	8:00am	2:00pm
LGT 4: Course 8555			
March 2016			
Pre-Course	March 2, 2016	7:00pm	9:30pm
Session 1	March 9, 2016	6:30pm	10:00pm
Session 2	March 12, 2016	9:00am	12:30pm
Session 3	March 12, 2016	1:00pm	5:00pm
Session 4	March 13, 2016	9:00am	12:30pm
Session 5	March 13, 2016	1:00pm	5:00pm
Session 6	March 16, 2016	6:30pm	10:00pm
Session 7	March 19, 2016	9:00am	12:30pm
Session 8	March 19, 2016	1:00pm	5:00pm
Session 9	March 20, 2016	9:00am	12:30pm
Session 10	March 20, 2016	1:00pm	5:00pm
LGT 5: Course 8556			
March 2016			
Pre-Course	March 23, 2016	7:00pm	9:30pm
Session 1	March 28, 2016	9:00am	12:30pm
Session 2	March 28, 2016	1:00pm	5:00pm
Session 3	March 29, 2016	9:00am	12:30pm
Session 4	March 29, 2016	1:00pm	5:00pm
Session 5	March 30, 2016	9:00am	12:30pm
Session 6	March 30, 2016	1:00pm	5:00pm
Session 7	March 31, 2016	9:00am	12:30pm
Session 8	March 31, 2016	1:00pm	5:00pm
Session 9	April 1, 2016	9:00am	12:30pm
Session 10	April 1, 2016	1:00pm	5:00pm

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





Swim Lessons

Indoor Swim Lesson
Registration will begin

November 16, 2015

at 6:30am
for Residents

November 17, 2015 at 6:30am
for Non-Residents

No registrations will be processed
before this time.

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

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

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

WAYS TO REGISTER FOR SWIM LESSONS



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



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

Please note the following:

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

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

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

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

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

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

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

PLEASE CHECK EACH POOL'S LISTINGS FOR LESSON SCHEDULE CHANGES, DUE TO FACILITY CONFLICTS. LESSONS WILL BE HELD ON ALL OTHER DAYS THE FACILITY IS OPEN.

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

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

Guidelines for Placement in Swim Classes

Parent-Assisted Lessons

(Ages 6 mo-18 mo)

Aquatots(Ages 18 mo-3yr)Pre-

School (Ages 3yr-5yr)

Class Requirements:

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

Class Objectives:

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

Level 1

Pre-Beginner (Ages 4-6)

Youth (Ages 7-13)

Adult(Ages 14+)

Class Requirements:

On the first day of class, students must be able to:
Function well in a group setting without parents since parents DO NOT accompany children.

Class Objectives:

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

Level 2

Pre-Beginner (Ages 4-6)

Youth (Ages 7-13)

Adult (Ages 14+)

Class Requirements:

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

Class Objectives:

Students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front and back without support. Students will be introduced to basic swimming skills: front and back glides, kicking, arm strokes on front and back, and rhythmic breathing.

Level 3

Pre-Beginner (Ages 4-6)

Youth (Ages 7-13)

Adult (Ages 14+)

Class Requirements:

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

Class Objectives:

Students who can already swim a combined stroke on the front and back, using a kick and arm stroke for a minimum of 5 yards. Students will be introduced to back crawl, elementary backstroke kick, treading water and rhythmic breathing. Students will also work on improving front crawl.

Level 4

Pre-Beginner (Ages 4-6)

Youth (Ages 7-13)

Adult (Ages 14+)

Class Requirements:

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

Class Objectives:

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

Level 5

Youth (Ages 7-13)

Adult (Ages 14+)

Class Requirements:

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

Class Objectives:

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

Level 6

Youth (Ages 7-13)

Adult (Ages 14+)

Class Requirements:

On the first day of class, students must be able to:
Have achieved a proficient level in all previous strokes (front crawl, back crawl, breaststroke)

Class Objectives:

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



WATERBABIES

At least 6m but less than 1 1/2: Basic water adjustment skills are taught. Infants/children who are not toilet trained **MUST** wear a swim diaper and separate rubber/vinyl pants. An adult must accompany **EACH** student in the water. Courses meet for six 30 minute sessions. Class size is limited to 10 students.

6 Sessions \$55

Germantown Indoor Swim Center

10760	1/2	Sa	10:25am-10:55am
10761	1/3	Su	9:45am-10:15am

Kennedy Shriver Aquatic Center

10811	1/11	M	9:00am-9:30am
10812	1/14	Th	9:00am-9:30am
10807	1/16	Sa	10:20am-10:50am
10808	1/16	Sa	11:40am-12:10pm
10809	1/17	Su	9:40am-10:10am
10810	1/17	Su	11:40am-12:10pm

Martin Luther King Swim Center

11456	1/5	Tu	4:50pm-5:20pm
11455	1/5	Tu	9:30am-10:00am
11457	1/10	Su	10:00am-10:30am
11458	1/10	Su	10:40am-11:10am

Olney Swim Center

11078	1/9	Sa	10:30am-11:00am
11079	1/9	Sa	1:10pm-1:40pm
11080	1/10	Su	10:30am-11:00am
11081	1/12	T	5:20pm-5:50pm

AQUATOTS

At least 1 1/2 but less than 4: Basic water adjustment skills and simple water skills are taught. Infants/children who are not toilet trained **MUST** wear a swim diaper and separate rubber/vinyl pants. An adult must accompany **EACH** student in the water. Courses meet for six (6) 30 minute sessions. Class size is limited to 10 students. .

6 Sessions \$55

Germantown Indoor Swim Center

10750	1/2	Sa	11:45am-12:15pm
10751	1/2	Sa	12:25pm-12:55pm
10752	1/3	Su	11:05am-11:35am
10753	1/3	Su	12:25pm-12:55pm
10754	1/6	W	6:10pm-6:40pm

Kennedy Shriver Aquatic Center

10818	1/11	M	10:00am-10:30am
10819	1/12	T	9:00am-9:30am
10820	1/12	T	10:00am-10:30am
10821	1/13	W	9:00am-9:30am
10822	1/13	W	6:10pm-6:40pm
10823	1/14	Th	10:00am-10:30am
10824	1/14	Th	5:30pm-6:00pm
10825	1/15	F	9:00am-9:30am
10813	1/16	Sa	12:20pm-12:50pm
10814	1/16	Sa	9:00am-9:30am
10815	1/17	Su	9:00am-9:30am
10817	1/17	Su	11:00am-11:30am

Martin Luther King Swim Center

11447	1/4	M	5:10pm-5:40pm
11448	1/5	T	10:10am-10:40am
11449	1/7	Th	5:30pm-6:00pm
11450	1/10	Su	11:20am-11:50am

Olney Swim Center

11062	1/9	Sa	9:50am-10:20am
11063	1/9	Sa	11:50am-12:20pm
11064	1/10	Su	9:50am-10:20am
11065	1/10	Su	8:30am-9:00am
11066	1/10	Su	11:10am-11:40am
11067	1/12	T	6:00pm-6:30pm
11068	1/13	W	6:20pm-6:50pm

FOUR WAYS TO REGISTER



ACTIVEMONTGOMERY.ORG

Online registration at activemontgomery.org.



FAX 240-777-6818

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



MAIL OR DROP OFF



FULL SERVICE IN PERSON

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

Aquatots are a great way to teach your child some important developmental skills and have fun together. That's right....you join your toddler in the water for the swim class!

PRE-SCHOOL

At least 3 but less than 6: Basic water adjustment continues, but simple water skills are now emphasized. Infants/children who are not toilet trained MUST wear a swim diaper and separate rubber/vinyl pants. An adult must accompany EACH student in the water. Class size is limited to 10 students.

6 Sessions \$55

Germantown Indoor Swim Center

10755	1/2	Sa	11:05am-11:35am
10756	1/2	Sa	1:05pm-1:35pm
10757	1/3	Su	10:25am-10:55am
10758	1/3	Su	11:45am-12:15pm
10759	1/6	W	5:30pm-6:00pm

Kennedy Shriver Aquatic Center

10831	1/12	T	3:30pm-4:00pm
10832	1/12	T	6:10pm-6:40pm
10833	1/14	Th	9:30am-10:00am
10834	1/14	Th	10:30am-11:00am
10826	1/16	Sa	11:00am-11:30am
10827	1/16	Sa	1:00pm-1:30pm
10828	1/17	Su	10:20am-10:50am
10829	1/17	Su	1:00pm-1:30pm

Martin Luther King Swim Center

11451	1/4	M	5:50pm-6:20pm
11452	1/6	W	5:50pm-6:20pm
11453	1/7	Th	9:30am-10:00am
11454	1/10	Su	12:00pm-12:30pm
11877	1/10	Su	10:00am-10:30am
11878	1/10	Su	11:20am-11:50am

Olney Swim Center

11069	1/9	Sa	9:10am-9:40am
11070	1/9	Sa	11:10am-11:40am
11071	1/9	Sa	12:30pm-1:00pm
11072	1/10	Su	9:10am-9:40am
11073	1/10	Su	8:30am-9:00am
11074	1/11	M	6:20pm-6:50pm
11075	1/12	T	6:40pm-7:10pm
11076	1/13	W	5:40pm-6:10pm
11077	1/14	Th	6:00pm-6:30pm

PRE-BEGINNER LEVEL 1

At least 4 but less than 7: Parents DO NOT accompany children. This class is for students who need to learn basic water adjustment skills. Class size is limited to 5 students.

6 Sessions \$59

Germantown Indoor Swim Center

10762	1/2	Sa	9:45am-10:15am
10763	1/2	Sa	10:25am-10:55am
10764	1/2	Sa	11:05am-11:35am
10765	1/2	Sa	11:45am-12:15pm
10766	1/2	Sa	12:25pm-12:55pm
10767	1/2	Sa	1:05pm-1:35pm
10950	1/3	Su	9:45am-10:15am
10951	1/3	Su	11:05am-11:35am
10952	1/3	Su	10:25am-10:55am
10953	1/3	Su	11:45am-12:15pm
10955	1/6	W	5:30pm-6:00pm
10954	1/11	M	5:30pm-6:00pm

10956	1/12	Tu,Th	5:00pm-5:30pm
10957	1/12	Tu,Th	5:00pm-5:30pm
10958	1/12	Tu,Th	5:00pm-5:30pm
10959	2/9	Tu,Th	6:20pm-6:50pm
10960	2/9	Tu,Th	6:20pm-6:50pm
10961	2/9	Tu,Th	6:20pm-6:50pm

Kennedy Shriver Aquatic Center

10843	1/11	M	9:30am-10:00am
10844	1/11	M	6:10pm-6:40pm
10845	1/12	Tu	6:10pm-6:40pm
10846	1/13	W	9:30am-10:00am
10847	1/14	Th	3:30pm-4:00pm
10848	1/14	Th	5:30pm-6:00pm
10849	1/15	F	10:00am-10:30am
10835	1/16	Sa	9:00am-9:30am
10836	1/16	Sa	9:40am-10:10am
10837	1/16	Sa	10:20am-10:50am
10838	1/16	Sa	1:00pm-1:30pm
10839	1/17	Su	9:00am-9:30am
10840	1/17	Su	10:20am-10:50am
10841	1/17	Su	12:20pm-12:50pm
10842	1/17	Su	1:00pm-1:30pm

Martin Luther King Swim Center

11484	1/4	M	4:30pm-5:00pm
11485	1/5	T	4:50pm-5:20pm
11486	1/5	T	5:30pm-6:00pm
11487	1/5	T	6:10pm-6:40pm
11488	1/6	W	4:30pm-5:00pm
11489	1/6	W	5:10pm-5:40pm
11490	1/6	W	5:50pm-6:20pm
11491	1/7	Th	4:50pm-5:20pm
11492	1/7	Th	5:30pm-6:00pm
11493	1/7	Th	6:50pm-7:20pm
11494	1/10	Su	10:00am-10:30am

Olney Swim Center

11082	1/9	Sa	9:10am-9:40am
11083	1/9	Sa	9:50am-10:20am
11084	1/9	Sa	10:30am-11:00am
11085	1/9	Sa	11:10am-11:40am
11086	1/9	Sa	11:50am-12:20pm
11087	1/9	Sa	12:30pm-1:00pm
11088	1/9	Sa	1:10pm-1:40pm
11089	1/9	Sa	1:10pm-1:40pm
11090	1/10	Su	9:10am-9:40am
11091	1/10	Su	9:50am-10:20am
11092	1/10	Su	10:30am-11:00am
11093	1/10	Su	11:10am-11:40am
11094	1/11	M	5:40pm-6:10pm
11095	1/11	M	7:00pm-7:30pm
11096	1/12	T	6:00pm-6:30pm
11097	1/12	T	5:20pm-5:50pm
11099	1/13	W	6:20pm-6:50pm
11100	1/13	W	5:40pm-6:10pm
11101	1/13	W	5:40pm-6:10pm
11102	1/14	Th	6:00pm-6:30pm
11103	1/14	Th	6:40pm-7:10pm





PRE-BEGINNER LEVEL 2

At least 4 but less than 7: Parents DO NOT accompany children. This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front and back without support. Class size is limited to 6 students.

6 Sessions \$62

Germantown Indoor Swim Center

10962	1/2	Sa	9:45am-10:15am
10963	1/2	Sa	11:45am-12:15pm
10964	1/2	Sa	10:25am-10:55am
10966	1/3	Su	9:45am-10:15am
10967	1/3	Su	10:25am-10:55am
10968	1/3	Su	11:45am-12:15pm
10969	1/3	Su	12:25pm-12:55pm
10971	1/6	W	6:10pm-6:40pm
10970	1/11	M	6:10pm-6:40pm
10972	1/12	Tu,Th	6:20pm-6:50pm
10973	1/12	Tu,Th	6:20pm-6:50pm
10974	1/12	Tu,Th	6:20pm-6:50pm
10965	2/9	Tu,Th	5:00pm-5:30pm
10975	2/9	Tu,Th	5:00pm-5:30pm
10976	2/9	Tu,Th	5:00pm-5:30pm
10986	2/9	Tu,Th	5:40pm-6:10pm

Kennedy Shriver Aquatic Center

10858	1/11	M	5:30pm-6:00pm
10859	1/12	Tu	9:30am-10:00am
10860	1/12	Tu	5:30pm-6:00pm
10861	1/13	W	5:30pm-6:00pm
10862	1/14	Th	4:10pm-4:40pm
10863	1/15	F	9:30am-10:00am
10850	1/16	Sa	9:00am-9:30am
10851	1/16	Sa	9:40am-10:10am
10852	1/16	Sa	11:40am-12:10pm
10853	1/16	Sa	12:20pm-12:50pm
10854	1/17	Su	9:00am-9:30am
10855	1/17	Su	9:40am-10:10am
10856	1/17	Su	11:40am-12:10pm
10857	1/17	Su	12:20pm-12:50pm

Martin Luther King Swim Center

11495	1/4	M	4:30pm-5:00pm
11496	1/4	M	5:10pm-5:40pm
11497	1/4	M	5:50pm-6:20pm
11498	1/5	T	5:30pm-6:00pm
11499	1/6	W	5:10pm-5:40pm
11500	1/7	Th	10:10am-10:40am
11501	1/7	Th	6:10pm-6:40pm
11502	1/10	Su	9:15am-9:45am
11503	1/10	Su	10:40am-11:10am
11504	1/10	Su	11:20am-11:50am
11505	1/10	Su	12:00pm-12:30pm

Olney Swim Center

11104	1/9	Sa	9:10am-9:40am
11105	1/9	Sa	9:50am-10:20am
11106	1/9	Sa	11:10am-11:40am
11107	1/9	Sa	11:50am-12:20pm
11108	1/9	Sa	12:30pm-1:00pm
11109	1/10	Su	9:10am-9:40am
11110	1/10	Su	9:50am-10:20am
11111	1/10	Su	9:50am-10:20am
11112	1/10	Su	10:30am-11:00am
11113	1/10	Su	11:10am-11:40am
11114	1/11	M	6:20pm-6:50pm
11115	1/11	M	5:40pm-6:10pm
11116	1/12	T	6:00pm-6:30pm
11117	1/12	T	5:20pm-5:50pm
11118	1/12	T	6:40pm-7:10pm
11119	1/13	W	7:00pm-7:30pm
11120	1/14	Th	5:20pm-5:50pm
11121	1/14	Th	6:00pm-6:30pm
11122	1/14	Th	6:40pm-7:10pm

Choosing the Correct Swim Lesson:

Please read the course descriptions carefully. Select the course level for which the student had mastered all prerequisite skills. By choosing the appropriate level, the student will be more likely to succeed.

Please check all course dates to determine which classes will best accommodate their needs. **THERE ARE NO MAKE-UPS OR REFUNDS FOR MISSED CLASSES.** Screening is available to evaluate the student's abilities at each pool if you are unsure of which class to register for.

Call the pool of your choice and speak with the Lesson Supervisor for evaluation dates and times. Bring a swim suit and towel.

PRE-BEGINNER LEVEL 3

At least 4 but less than 7: Parents DO NOT accompany children. This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 6 students.

6 Sessions \$62

Germantown Indoor Swim Center

10977	1/2	Sa	9:45am-10:15am
10978	1/2	Sa	10:25am-10:55am
10979	1/2	Sa	12:25pm-12:55pm
10980	1/3	Su	11:05am-11:35am
10981	1/3	Su	12:25pm-12:55pm
10982	1/11	M	5:30pm-6:00pm
10984	1/12	T,Th	5:40pm-6:10pm
10985	1/12	T,Th	5:40pm-6:10pm
10987	2/9	T,Th	5:40pm-6:10pm

Kennedy Shriver Aquatic Center

10872	1/11	M	5:30pm-6:00pm
10873	1/12	T	4:10pm-4:40pm
10874	1/13	W	5:30pm-6:00pm
10875	1/13	W	6:10pm-6:40pm
10876	1/14	Th	4:50pm-5:20pm
10877	1/14	Th	6:10pm-6:40pm
10878	1/15	F	10:30am-11:00am
10864	1/16	Sa	11:00am-11:30am
10865	1/16	Sa	11:40am-12:10pm
10866	1/16	Sa	1:00pm-1:30pm
10867	1/17	Su	9:00am-9:30am
10868	1/17	Su	9:40am-10:10am
10869	1/17	Su	10:20am-10:50am
10870	1/17	Su	11:00am-11:30am
10871	1/17	Su	1:00pm-1:30pm

Martin Luther King Swim Center

11506	1/5	T	6:50pm-7:20pm
11507	1/6	W	4:30pm-5:00pm
11508	1/10	Su	10:00am-10:30am
11509	1/10	Su	11:20am-11:50am

Olney Swim Center

11123	1/9	Sa	9:10am-9:40am
11124	1/9	Sa	9:50am-10:20am
11128	1/9	Sa	10:30am-11:00am
11125	1/9	Sa	11:50am-12:20pm
11126	1/10	Su	9:50am-10:20am
11127	1/10	Su	10:30am-11:00am
11129	1/11	M	7:00pm-7:30pm
11130	1/13	W	7:00pm-7:30pm

PRE-BEGINNER LEVEL 4

At least 4 but less than 7: Parents DO NOT accompany children. This class is for students who can already swim a coordinated front crawl for 15 yards (across the width of the pool), back crawl for 5 yards and are comfortable in deep water. Class size is limited to 6 students.

6 Sessions \$62

Germantown Indoor Swim Center

10988	1/2	Sa	11:05am-11:35am
10989	1/3	Su	11:05am-11:35am

Kennedy Shriver Aquatic Center

10879	1/16	Sa	11:00am-11:30am
10880	1/16	Sa	12:20pm-12:50pm
10881	1/17	Su	11:00am-11:30am
10882	1/17	Su	11:40am-12:10pm
10883	1/14	Th	6:10pm-6:40pm

Martin Luther King Swim Center

11510	1/7	Th	4:50pm-5:20pm
11511	1/7	Th	6:50pm-7:20pm
11512	1/10	Su	10:00am-10:30am

Olney Swim Center

11131	1/9	Sa	11:50am-12:20pm
11132	1/10	Su	9:10am-9:40am
11133	1/13	W	7:40pm-8:10pm



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.



YOUTH LEVEL 1

At least 7 but less than 15: These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who need to learn basic water adjustment skills. Class size is limited to 8 students.

6 Sessions \$57

Germantown Indoor Swim Center

10726	1/2	Sa	9:45am-10:15am
10729	1/2	Sa	1:05pm-1:35pm
10727	1/3	Su	10:25am-10:55am
10730	1/3	Su	12:25pm-12:55pm
10728	1/11	M	6:10pm-6:40pm
10735	1/12	T,Th	5:40pm-6:10pm

Kennedy Shriver Aquatic Center

10884	1/16	Sa	1:00pm-1:30pm
10885	1/17	Su	9:40am-10:10am
10886	1/11	M	6:10pm-6:40pm

Martin Luther King Swim Center

11551	1/5	T	6:50pm-7:20pm
11552	1/7	Th	6:10pm-6:40pm
11553	1/10	Su	9:15am-9:45am
11554	1/10	Su	10:00am-10:30am

Olney Swim Center

11135	1/9	Sa	9:10am-9:40am
11134	1/9	Sa	10:30am-11:00am
11136	1/10	Su	9:10am-9:40am
11137	1/11	M	6:20pm-6:50pm
11138	1/12	T	6:40pm-7:10pm
11139	1/13	W	6:20pm-6:50pm
11140	1/13	W	7:00pm-7:30pm
11141	1/14	Th	5:20pm-5:50pm
11142	1/14	Th	6:00pm-6:30pm

YOUTH LEVEL 2

At least 7 but less than 15: These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front and back without support. Class size is limited to 8 students.

6 Sessions \$57

Germantown Indoor Swim Center

10732	1/2	Sa	12:25pm-12:55pm
10733	1/2	Sa	1:05pm-1:35pm
10734	1/3	Su	11:45am-12:15pm
10738	1/6	W	5:30pm-6:00pm

Kennedy Shriver Aquatic Center

10891	1/12	T	5:30pm-6:00pm
10887	1/16	Sa	10:20am-10:50am
10888	1/16	Sa	12:20pm-12:50pm
10889	1/17	Su	11:40am-12:10pm
10890	1/17	Su	12:20pm-12:50pm

Martin Luther King Swim Center

11556	1/5	T	8:10pm-8:40pm
11557	1/7	Th	8:10pm-8:40pm
11555	1/9	Sa	6:10pm-6:40pm
11558	1/10	Su	11:20am-11:50am
11559	1/10	Su	12:00pm-12:30pm
11879	1/10	Su	12:00pm-12:30pm

Olney Swim Center

11143	1/9	Sa	9:50am-10:20am
11144	1/9	Sa	10:30am-11:00am
11145	1/9	Sa	9:10am-9:40am
11146	1/10	Su	9:10am-9:40am
11147	1/11	M	7:00pm-7:30pm
11148	1/13	W	7:40pm-8:10pm
11149	1/14	Th	5:20pm-5:50pm
11150	1/14	Th	6:40pm-7:10pm

YOUTH LEVEL 3

At least 7 but less than 15: These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 10 students.

6 Sessions \$55

Germantown Indoor Swim Center

10739	1/2	Sa	11:05am-11:35am
10740	1/3	Su	10:25am-10:55am
10741	1/3	Su	11:45am-12:15pm
10742	1/6	W	6:10pm-6:40pm

Kennedy Shriver Aquatic Center

10892	1/16	Sa	9:40am-10:10am
10893	1/16	Sa	11:00am-11:30am
10894	1/16	Sa	11:40am-12:10pm
10895	1/17	Su	10:20am-10:50am
10896	1/17	Su	11:00am-11:30am

Martin Luther King Swim Center

11560	1/5	T	7:30pm-8:00pm
11561	1/7	Th	7:30pm-8:00pm
11562	1/7	Th	8:10pm-8:40pm
11563	1/10	Su	10:40am-11:10am

Olney Swim Center

11151	1/9	Sa	10:30am-11:00am
11152	1/9	Sa	11:10am-11:40am
11153	1/10	Su	9:50am-10:20am
11154	1/10	Su	10:30am-11:00am
11155	1/11	M	7:40pm-8:10pm
11156	1/14	Th	7:20pm-7:50pm

YOUTH LEVEL 4

At least 7 but less than 15: These classes are primarily taught in the Main Pool (3½ ft and deeper), and are for students who can already swim a coordinated front crawl for 15 yards (width of the pool), back crawl for 5 yards and are comfortable in deep water. Class size is limited to 10 students.

6 Sessions \$50

Germantown Indoor Swim Center

10743	1/2	Sa	12:25pm-12:55pm
10744	1/3	Su	11:05am-11:35am
10745	1/3	Su	12:25pm-12:55pm

Kennedy Shriver Aquatic Center

10897	1/16	Sa	11:40am-12:10pm
10898	1/17	Su	11:00am-11:30am
10899	1/17	Su	12:20pm-12:50pm
10900	1/17	Su	1:00pm-1:30pm

Martin Luther King Swim Center

11574	1/5	T	8:10pm-8:40pm
11575	1/10	Su	10:40am-11:10am
11576	1/10	Su	12:00pm-12:30pm

Olney Swim Center

11157	1/9	Sa	11:10am-11:40am
11158	1/9	Sa	11:50am-12:20pm
11159	1/10	Su	10:30am-11:00am
11160	1/10	Su	11:10am-11:40am
11161	1/11	M	7:40pm-8:10pm
11162	1/13	W	7:40pm-8:10pm

YOUTH LEVEL 5

At least 7 but less than 15: These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can swim 1 length of front and back crawl, tread water, and dive into and swim in deep water. Class size is limited to 10 students.

6 Sessions \$55

Germantown Indoor Swim Center

10746	1/2	Sa	11:45am-12:15pm
10747	1/3	Su	11:05am-11:35am

Kennedy Shriver Aquatic Center

10901	1/16	Sa	1:00pm-1:30pm
10902	1/17	Su	1:00pm-1:30pm

Martin Luther King Swim Center

11564	1/5	T	7:30pm-8:00pm
11565	1/10	Su	10:00am-10:30am

Olney Swim Center

11163	1/9	Sa	1:10pm-1:40pm
11164	1/9	Sa	12:30pm-1:00pm
11165	1/10	Su	11:10am-11:40am
11166	1/12	T	7:20pm-7:50pm

YOUTH LEVEL 6

At least 7 but less than 15: These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can swim 2 lengths of front and back crawl in good form and 15 yards of breaststroke. Class size is limited to 10 students.

6 Sessions \$55

Germantown Indoor Swim Center

10748	1/2	Sa	1:05pm-1:35pm
10749	1/3	Su	9:45am-10:15am

Kennedy Shriver Aquatic Center

10903	1/16	Sa	12:20pm-12:50pm
10904	1/17	Su	12:20pm-12:50pm

Martin Luther King Swim Center

11566	1/7	Th	7:30pm-8:00pm
11567	1/10	Su	11:20am-11:50am
11577	2/4	Th	8:10pm-8:40pm

Olney Swim Center

11167	1/9	Sa	12:30pm-1:00pm
11168	1/10	Su	11:10am-11:40am





ADULT LEVEL 1

Ages 14 & Up: Designed for teenagers and adults who are fearful of the water and/or may have had a bad experience in the water. Basic water adjustment skills will be taught. Class size is limited to 6 students.

6 Sessions \$64

Germantown Indoor Swim Center

10700	1/3	Su	10:25am-10:55am
10701	1/11	M	5:30pm-6:00pm
10707	1/2	Sa	11:05am-11:35am

Kennedy Shriver Aquatic Center

10905	1/16	Sa	11:00am-11:30am
10906	1/17	Su	10:20am-10:50am
10907	1/14	Th	8:30pm-9:00pm

Martin Luther King Swim Center

11579	1/7	Th	8:50pm-9:20pm
11580	1/10	Su	12:00pm-12:30pm

Olney Swim Center

11051	1/9	Sa	1:10pm-1:40pm
11052	1/9	Sa	9:50am-10:20am
11053	1/11	M	7:35pm-8:05pm
11054	1/14	Th	7:20pm-7:50pm
11055	1/14	Th	8:00pm-8:30pm

ADULT LEVEL 2

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

6 Sessions \$64

Germantown Indoor Swim Center

10702	1/2	Sa	10:25am-10:55am
10703	1/3	Su	9:45am-10:15am
10705	1/11	M	6:10pm-6:40pm

Kennedy Shriver Aquatic Center

10908	1/16	Sa	10:20am-10:50am
-------	------	----	-----------------

Martin Luther King Swim Center

11581	1/5	T	8:50pm-9:20pm
11582	1/10	Su	10:40am-11:10am

Olney Swim Center

11056	1/9	Sa	11:10am-11:40am
11057	1/12	T	8:00pm-8:30pm

ADULT LEVEL 3

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

6 Sessions \$64

Germantown Indoor Swim Center

10706	1/2	Sa	9:45am-10:15am
10723	1/3	Su	12:25pm-12:55pm

Kennedy Shriver Aquatic Center

10909	1/16	Sa	9:40am-10:10am
-------	------	----	----------------

Martin Luther King Swim Center

11583	1/5	T	8:50pm-9:20pm
-------	-----	---	---------------

Olney Swim Center

11058	1/9	Sa	1:10pm-1:40pm
11059	1/12	T	7:20pm-7:50pm

ADULT LEVEL 4

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

6 Sessions \$62

Germantown Indoor Swim Center

10724	1/2	Sa	11:45am-12:15pm
10725	1/3	Su	11:45am-12:15pm

Kennedy Shriver Aquatic Center

10910	1/17	Su	11:40am-12:10pm
10911	1/12	T	8:30pm-9:00pm

Martin Luther King Swim Center

11584	1/7	Th	8:50pm-9:20pm
-------	-----	----	---------------

Olney Swim Center

11060	1/9	Sa	12:30pm-1:00pm
11061	1/14	Th	8:00pm-8:30pm

ADULT LEVEL 5

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

6 Sessions \$62

Kennedy Shriver Aquatic Center

10912	1/13	W	8:30pm-9:00pm
-------	------	---	---------------

ADULT SWIM FOR CONDITIONING 1

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

6 Sessions \$62

Kennedy Shriver Aquatic Center

10913	1/11	M	8:30pm-9:00pm
-------	------	---	---------------

ADULT SWIM FOR CONDITIONING 2

Ages 14 & Up: Designed for teenagers and adults who can swim 50 meters of freestyle. This class will provide technical training and is an opportunity for prospective lifeguards to establish swimming proficiency. Class size limited to 15 students.

6 Sessions \$57

Kennedy Shriver Aquatic Center

10914	1/11	M	8:30pm-9:00pm
-------	------	---	---------------

ADAPTED AQUATICS

MCR-Aquatics is now offering both learn-to-swim and water exercise programs for those with special needs. Our classes are geared for swimmers that need 1 on 1 support because of any one or combination of the following: physical assistance, behavioral, sensory, cognitive, expressive or receptive language needs. Instructors will lead participants through a range of water experiences that encourage independence in the water, socializing and specific swimming or exercise skills and routines. It is important you arrive and report to your instructor on time and ready to enter the water. On the first day of class, please check in at the front desk and complete the information sheet on the participant. There is generally only one Special Needs changing room, so be prepared to wait. Report on deck and find the gathering location for Adapted Aquatics.

PARENT/CAREGIVER MUST ENTER THE WATER AND PARTICIPATE IN THE CLASS.

Water Exercise-Adaptive

This is a learn-to-swim program for the children ages 4 to 15 who have special needs. These classes are taught in a small group environment. Each child will have an assigned volunteer with them at all times. All participants must fill out and sign the information and release form at the first class. Students will not be able to participate until this form is on file. Students are allowed to be registered for ONLY one (1) class per session. Class size is limited to 8 students.

9 Sessions				\$150
11710	MLK Swim Ctr	1/3	Su	4:00pm-4:50pm
11606	Kennedy Shriver Aq Ctr	1/5	T	1:00pm-1:50pm
11607	Germantown ISC	1/6	W	11:30am-12:20pm
11609	Kennedy Shriver Aq Ctr	1/7	Th	1:00pm-1:50pm

Lessons-Volunteer Assisted

Ages 4-15: This is a learn-to-swim program for the children with special needs. Classes are taught in a small group environment. Each child will have an assigned volunteer with them at all times. Students are allowed to be registered for ONLY one (1) class per session. Class size is limited to 8 students.

6 Sessions				\$63
11610	Kennedy Shriver Aq Ctr	1/16	Sa	9:45am-10:15am
11611	Kennedy Shriver Aq Ctr	1/16	Sa	10:35am-11:05am

Lessons-Level 1

Ages 14 & Up: This is a learn-to swim program for those individuals with physical and developmental disabilities. This success-oriented program targets individuals who do not currently meet the prerequisites for participating in an inclusive environment. The program is designed to develop basic swim skills in a structured setting under the guidance of an instructor with the support of family or caregiver in the water with the student.

6 Sessions				\$63
11612	Kennedy Shriver Aq Ctr	1/11	M	10:45am-11:15am
11613	Kennedy Shriver Aq Ctr	1/15	F	10:45am-11:15am

*One website...
thousands
of possibilities!*



ActiveMONTGOMERY.org

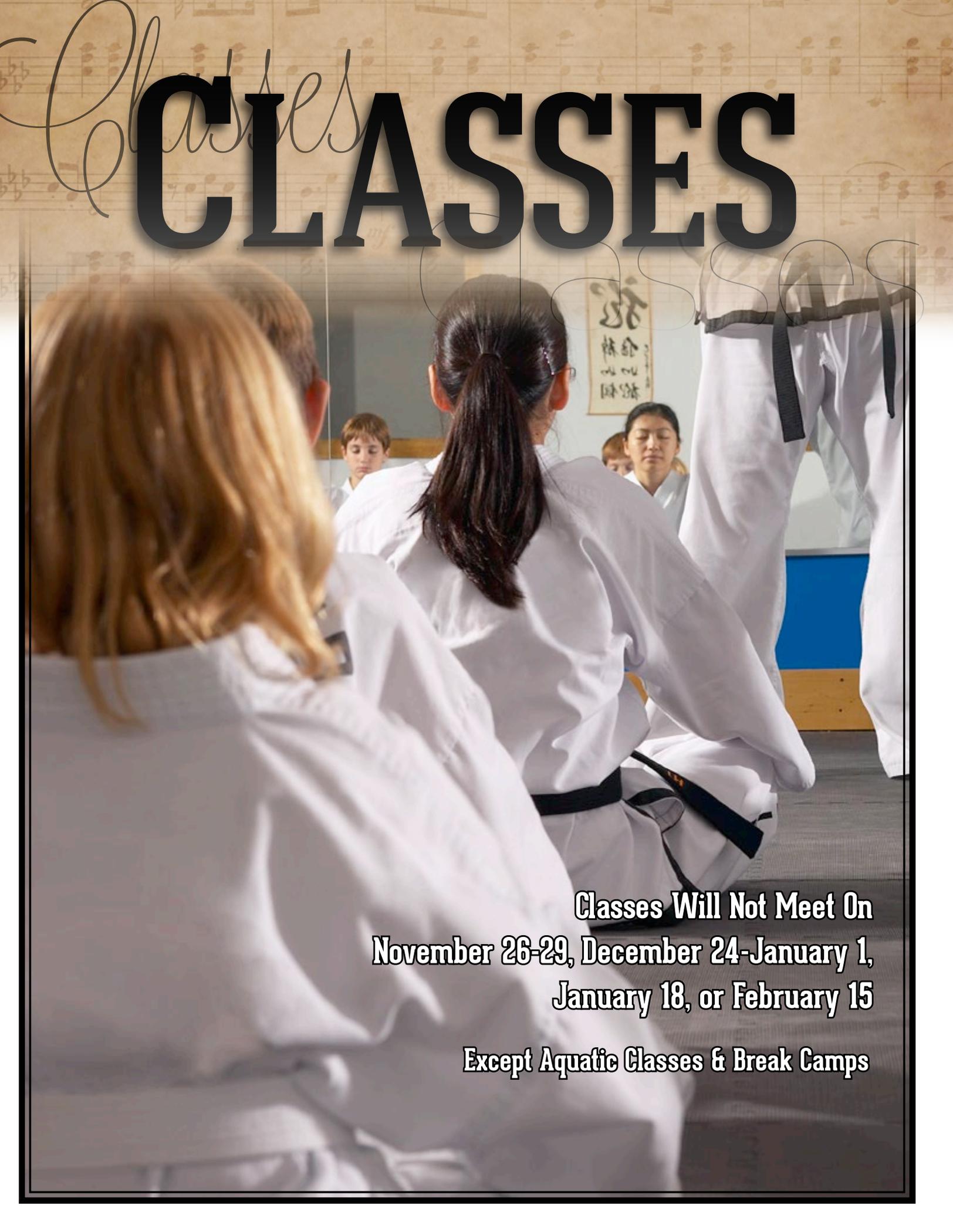
PINEY BRANCH POOL



For more than 40 years, Piney Branch Pool in Takoma Park has served southern Montgomery County. The 25-yard indoor pool is home for recreational swimmers, swim lessons, seniors, scuba lessons, kayak clubs, water fitness and high school swim teams. The pool features six lanes at a depth of 3.5 to 10.5 meters, plus two slides and backstroke flags. Piney Branch Pool is operated by the Adventist Community Services of Greater Washington in conjunction with Montgomery County Recreation.

For more information contact Joyce Seamens at 301-565-0190

Classes **CLASSES**



**Classes Will Not Meet On
November 26-29, December 24-January 1,
January 18, or February 15**

Except Aquatic Classes & Break Camps

ARTS & CRAFTS

YOUTH

Adventures in Art

At least 8 but less than 15: Create exciting works of art using different types of media and techniques. Focus on drawing, painting, and composition. \$5 material fee due on first day. Additional supply list provided on first day.

8 Sessions \$75
 Instructor: Tatiana Martin
 10712 Longwood CRC 1/16 Sa 11:30am-12:30pm

Art Studio

At least 5 but less than 12: Students will work with a variety of media and techniques while creating exciting projects. Special attention will be paid to composition, perspective, and color application. During this dynamic class students will gain and reinforce many skills which help them to produce high quality art work. \$5 material fee is due to instructor on first day. Additional supply list will be provided at the first class.

8 Sessions \$75
 Instructor: Tatiana Martin
 10713 Longwood CRC 1/16 Sa 10:15am-11:15am

Draw and Clay

At least 4 but less than 10: January: Join us for our popular fun filled class where we will work in both clay and paint while we learn about the beautiful Denali National Park and its inhabitants; grizzlies, caribou, moose, marmots and foxes. February: We will focus on Alaskan Huskies and dog races in Alaska. We will paint and sculpt as we learn about Alaskan Huskies, the preparation for the races, their stories and the terrain. A \$10 material fee is due to instructor for each registered course.

4 Sessions \$41
 Instructor: Yolanda Prinsloo
 11518 Germantown CRC 1/12 Tu 5:15pm-6:15pm
 11519 Bauer Drive CRC 1/13 W 5:30pm-6:30pm
 11520 Bauer Drive CRC 2/24 W 5:30pm-6:30pm
 11521 Germantown CRC 2/23 Tu 5:15pm-6:15pm

Drawing Made Easy

At least 5 but less than 12: Fun lessons guide your step by step to draw awesome pictures and learn important skills. Please bring crayons, colored pencils, No. 2 pencils, erasers, and paper to the first class. Warning - this class fills quickly! \$10 material fee due to instructor at first class.

7 Sessions \$117
 Instructor: Pyper Dixon
 10718 Germantown CRC 1/11 M 6:30pm-7:30pm

Modern Masterpieces (Painting)

At least 5 but less than 14: Use color, shape and line to express emotions and creative ideas; objects are simplified and deconstructed. The art that results is very personal and unique. Draw, paint and voila - a masterpiece! \$10 material fee due to instructor at class.

8 Sessions \$67
 Instructor: Pyper Dixon
 10720 Germantown CRC 1/12 Tu 6:30pm-7:30pm
 10721 White Oak CRC 1/14 Th 6:30pm-7:30pm

Young Rembrandts: Cartooning Skills

At least 6 but less than 13: A creative and nurturing environment where children learn to draw and explore the world around them through simple approaches. Each week, we present fun new cartoon lessons, including funny animals, goofy expressions, and silly scenarios. Creative, positive, encouraging environment. All supplies included.

6 Sessions \$83
 Instructor: Michele Foshee
 11394 Wheaton CRC 1/25 M 6:30pm-7:30pm
 11395 Potomac CRC 1/26 Tu 6:00pm-7:00pm
 11396 Germantown CRC 1/27 W 5:00pm-6:00pm
 11397 Bauer Drive CRC 1/28 Th 6:00pm-7:00pm





ARTS

Acrylic Painting Techniques

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

9 Sessions \$160
Instructor: Margaret Deskin
10659 Bauer CRC 1/16 Sa 10:30am – 12:30pm

Draw It All with Kritt

Ages 18 & Up: Learn a few simple skills and then you can draw anything! People, landscapes, pets, buildings - it's easy. This is a great hobby that will last you a lifetime. For supplies, call Penny at 301-989-1799.

7 Sessions \$123
Instructor: Penny Kritt
11568 Kritt Studio 1/11 M 10:00am-12:00pm
11569 Kritt Studio 1/11 M 7:00pm-9:00pm

Let's Draw!

Ages 8 & Up: A perfect class for older kids and adults to explore different drawing skills. Come find the artist in you! Great fun for families. Please register quickly for this popular class. Contact Pyper at 240-593-4404 for supply list.

8 Sessions \$133
Instructor: Pyper Dixon
10719 East County CRC 1/16 Sa 10:15am-12:15pm

Oil or Acrylic Painting-Your Choice

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

9 Sessions \$165
Instructor: Doris Haskel
10656 Norwood LP 1/11 M 10:00am-12:00pm
10657 Norwood LP 1/12 Tu 10:00am-12:00pm
10658 Norwood LP 1/13 W 10:00am-12:00pm

Painting Spring with Kritt

Ages 18 & Up: All Levels - Tulips to dogwoods and cherry blossoms, a few strokes and you've made magic. You can even paint a whole garden. Simple techniques create great art. Work in a real art studio and be inspired! For supplies call Penny at 301-989-1799

4 Sessions \$70
Instructor: Penny Kritt
11572 Kritt Studio 2/16 Tu 10:00am-12:00pm
11573 Kritt Studio 2/16 Tu 7:00pm-9:00pm

Beginner Right Brain Drawing

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

8 Sessions \$140
Instructor: Yolanda Prinsloo
11517 Potomac CRC 1/11 M 5:30pm-7:00pm

Advanced Right Brain Drawing

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

8 Sessions \$140
Instructor: Yolanda Prinsloo
11516 Potomac CRC 1/11 M 7:15pm-8:45pm

Watercolor Tips and Tricks with Kritt

Ages 18 & Up: All levels. From landscapes to still life, shortcuts make it simple. Much easier than oils or acrylics. We'll work from photos. It's fast and fun. Learn the secrets from a pro! For supplies, call Penny at 301-989-1799.

5 Sessions \$88
Instructor: Penny Kritt
11570 Kritt Studio 1/12 Tu 10:00am-12:00pm
11571 Kritt Studio 1/12 Tu 7:00pm-9:00pm

JEWELRY

Vintage Jewelry

Ages 12 & Up: Learn the techniques necessary to create beautiful vintage jewelry. Students will learn the basic beading techniques and antique finishes to create necklaces, bracelets and earring designs. Bring a basic toolkit of flat nose pliers, round nose pliers and wire cutters. \$20 material fee due to instructor in class.

1 Session \$36
Instructor: Renee Prisleau
11420 Wisconsin Place CRC 3/5 S 12:00pm-2:00pm



Follow us on Facebook and Twitter!

CRAFTS

It's a Stitch

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

5 Sessions				\$107
Instructor: Nora Elias				
11601	Bauer Drive CRC	1/9	Sa	12:45pm-2:45pm
11603	Holiday Park Sr Ctr	1/15	F	10:30am-12:30pm
11602	Germantown CRC	2/13	Sa	1:15pm-3:15pm

Kidz Sew and Tell

At least 10 but less than 17: Do you have little to no sewing experience if so this class is for you! We welcome all levels. Learn how to sew and make your own projects and garments. This class will teach you sewing terms, pattern layout, cutting out fabric, hem, make a slit, and measuring just to name a few. Sewing machines will be available or you can bring your own. Supply list will be in your receipt.

5 Sessions				\$107
Instructor: Nora Elias				
11604	Germantown CRC	1/9	Sa	10:30am-12:30pm
11605	Bauer Drive CRC	2/13	Sa	10:45am-12:45pm

Cancellation Policy:

When Montgomery County Recreation (MCR) must close or cancel programs due to inclement weather or other circumstances related to participant and staff, the first notification is made through Montgomery County's emergency notification system, Alert Montgomery.

Alert Montgomery provides accurate, immediate emergency notifications from Montgomery County to your cell, work or home phone, via text, email or voice message.

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

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

POTTERY

Handcrafted Pottery

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

8 Sessions				\$205
Instructor: Valerie Haber				
10704	Germantown CRC	1/13	W	6:00pm-9:00pm

Handcrafted Pottery

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

10 Sessions				\$175
Instructor: Pamela Reid				
10715	White Oak CRC	1/12	Tu	6:30pm-8:30pm
10714	White Oak CRC	1/13	W	10:00am-12:00pm

Handcrafted Pottery

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

10 Sessions				\$175
Instructor: Pamela Reid				
10716	White Oak CRC	1/14	Th	6:30pm-8:30pm

Handcrafted Pottery Open Studio

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

10 Sessions				\$225
Instructor: Pamela Reid				
10717	White Oak CRC	1/12	Tu	10:00am-2:00pm

One website...
thousands
of possibilities!

Active
MONTGOMERY

ActiveMONTGOMERY.org





ADULT DANCE

GENERAL DANCE

Bachata I

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

8 Sessions \$78
Instructor: Avant Garde Ballroom Dance Center
11459 Avant Garde 1/13 W 7:30pm-8:15pm

Ballroom I (Couples)

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

7 Sessions \$70
Instructor: Thomas P. Woll
11415 Wheaton NRC 1/25 M 8:00pm-9:00pm

8 Sessions \$78
Instructor: Joe Kim
11421 Olney ES 1/15 F 7:30pm-8:30pm

Instructor: Antonio Seleme
10664 Bauer Drive CRC 1/11 M 7:30pm-8:30pm
Instructor: Phyllis Seleme
11399 Bethesda ES 1/11 M 7:00pm-8:00pm

Ballroom II (Couples)

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

7 Sessions \$70
Instructor: Thomas P. Woll
11416 Wheaton NRC 1/25 M 9:00pm-10:00pm

8 Sessions \$78
Instructor: Joe Kim
11422 Olney ES 1/15 F 8:30pm-9:30pm

Instructor: Antonio Seleme
10665 Bauer Drive CRC 1/11 M 8:30pm-9:30pm
Instructor: Phyllis Seleme
11400 Bethesda ES 1/11 M 8:00pm-9:00pm

Ballroom III (Couples)

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

8 Sessions \$78
Instructor: Thomas P. Woll
11417 Gwendolyn Coffield CRC 1/19 Tu 7:45pm-8:45pm

Ballroom IV (Couples)

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

8 Sessions \$79
Instructor: Thomas P. Woll
11418 Mid County CRC 1/21 Th 7:45pm-8:45pm

Beginner Social Dance

Ages 18 & Up: The cruise, the wedding, that special event; it can be a jungle out there without the right dance moves. Ballroom Survival is a ballroom dance class offered to individuals or couples. Designed to teach you the basics of the Foxtrot, Swing and Salsa, the most popular event dances. This class will surely get you in shape for your next special occasion. No partner required. Questions? Call Avant Garde Ballroom at 301-881-1436

8 Sessions \$78
Instructor: Avant Garde Ballroom Dance Center
11460 Avant Garde 1/11 M 7:30pm-8:15pm

Rumba / Chacha (Couples)

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

9 Sessions \$89
Instructor: Phyllis Seleme
11401 Lawton CRC 1/14 Th 7:00pm-8:00pm

Salsa Beginner (Couples)

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

8 Sessions \$78
Instructor: Joe Kim
11423 Holiday Park SC 1/12 T 7:00pm-8:00pm

Salsa Intermediate (Couples)

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

8 Sessions \$78
Instructor: Joe Kim
11424 Lucy Barnsley ES 1/13 W 8:30pm-9:30pm



Salsa Club Dancing

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

8 Sessions \$78
 Instructor: Avant Garde Ballroom Dance Center
 11464 Avant Garde 1/12 T 7:00pm-7:45pm

Swing (Couples)

Ages 16 & Up: This class is an East Coast Swing starting with Single Swing, then progressing to Triple Swing. Students must be registered with a partner to attend.

8 Sessions \$78
 Instructor: Joe Kim
 11425 Lucy Barnsley ES 1/13 W 7:30pm-8:30pm
 9 Sessions \$89
 Instructor: Phyllis Seleme
 11402 Jane E. Lawton CRC 1/14 Th 8:00pm-9:00pm

Urban Line Dance

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

8 Sessions \$65
 Instructor: Peytrienne McCormick
 11472 Wheaton NRC 1/12 T 6:00pm-7:00pm
 11473 Scotland NRC 1/13 W 6:15pm-7:15pm

Wedding Ready

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

8 Sessions \$78
 Instructor: Avant Garde Ballroom Dance Center
 11465 Avant Garde 1/12 T 7:00pm-7:45pm

West Coast Swing Beginners

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

8 Sessions \$78
 Instructor: Avant Garde Ballroom Dance Center
 11466 Avant Garde 1/13 W 8:15pm-9:00pm

BALLET

Ballet

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

8 Sessions \$75
 Instructor: Kahina Haynes
 10648 Potomac CRC 1/14 Th 7:15pm-8:15pm

PERFORMING ARTS

Bhangra/Bollywood Dance

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

7 Sessions \$85
 Instructor: Kumud Mathur
 11419 Potomac CRC 1/12 T 7:15pm-8:00pm

TAP DANCE

Adult Tap Dance

Ages 13 & Up: Intermediate. A continuation for anyone who has had the beginner class. For clarification call Rowena at 301-467-3535.

8 Sessions \$75
 Instructor: Rowena Riggs DeLuca
 11546 White Oak CRC 1/17 S 3:00pm-4:00pm





Folk Dancing

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

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

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

Cost is \$7 per week. Register onsite.

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

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

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.

KID'S DANCE

BALLET

Ballet

At least 5 but less than 10: Beginner. This class introduces young dancers to the basic movements of ballet and ballet terminology. This class is perfect for the dancer that needs the fundamental introductory training to begin a ballet program.

8 Sessions \$82

Instructor: Grace Oleson

10660	Gwendolyn Coffield CRC	1/11	M	4:30pm-5:15pm
10661	Potomac CRC	1/12	T	4:30pm-5:15pm
10662	Germantown CRC	1/13	W	4:30pm-5:15pm
10663	Wheaton NRC	1/14	Th	4:30pm-5:15pm

Comprehensive Classical Ballet I

At least 5 but less than 7: Beginner. Students are taught classical ballet movements along with creative expression through the RAD method of training. Props are used to enhance childrens' ability to understand movement and sound. Uniform - Girls - black short-sleeved leotard, pink footed tights, pink leather ballet slippers and black dance skirt. Boys - Black sweat pants (no pockets), white t-shirt and socks with black oxfords.

8 Sessions \$75

Instructor: Kim Williams Bell

11412	Jane E. Lawton CRC	1/16	Sa	9:45am-10:30am
-------	--------------------	------	----	----------------

Comprehensive Classical Ballet II

At least 6 but less than 9: Advanced Beginner. Students are carefully trained through graduated ballet exercises, floor barre and ballet terminology. Ballet posture and turnout are highly emphasized. Uniform - Girls - black short-sleeved leotard, pink footed tights, pink leather ballet slippers and black dance skirt. Boys - Black sweat pants (no pockets), white t-shirt and socks with black oxfords.

8 Sessions \$75

Instructor: Kim Williams Bell

11413	Jane E. Lawton CRC	1/16	Sa	10:45am-11:30am
-------	--------------------	------	----	-----------------

Comprehensive Classical Ballet III

At least 9 but less than 13: Intermediate ballet for students who have already taken Kim Bells Comprehensive Ballet I and II.

8 Sessions \$75

Instructor: Kim Williams Bell

11414	Jane E. Lawton CRC	1/16	Sa	11:45am-12:30pm
-------	--------------------	------	----	-----------------

Princess Ballet

At least 5 but less than 9: Beginner. Dancers will cover the basics and fundamentals of classic ballet vocabulary and technique. An informal setting will introduce students to the importance of strength, flexibility, rhythm and musicality in a fun safe environment. Ballerina princesses will practice memorization games and the basics of performance will be introduced. The last class will conclude with a short dance presentation and an official princess crowning ceremony. For questions contact Variations Inc at variationsincco@gmail.com

8 Sessions \$80

Instructor: Kahina Haynes

10653	Germantown CRC	1/16	Sa	11:00am-11:45am
-------	----------------	------	----	-----------------

Tap, Ballet, Jazz Dance Beginner

At least 4 but less than 8: Combination class introducing tap, ballet and jazz dance. Class requires comfortable clothes to move in. Soft slippers for ballet and jazz, and hard, closed toed shoes for tap. Some tap/ballet shoes are available for loan. A performance for family and friends will be held on the last day of class. Questions call Rowena at 301-467-3535.

8 Sessions \$75

Instructor: Rowena Riggs DeLuca

11547	White Oak CRC	1/17	S	1:00pm-2:00pm
-------	---------------	------	---	---------------



Tap, Ballet, Jazz Dance Beginner

At least 8 but less than 13: Combination class introducing tap, ballet and jazz dance. Class requires comfortable clothes to move in. Soft slippers for ballet and jazz, and hard, closed toed shoes for tap. Some tap/ballet shoes are available for loan. A performance for family and friends will be held on the last day of class. Questions call Rowena at 301-467-3535.

8 Sessions \$75
 Instructor: Rowena Riggs DeLuca
 11548 White Oak CRC 1/17 S 2:00pm-3:00pm

GENERAL DANCE**Breakdancing 4 Kids**

At least 6 but less than 9: Beginner. Breakdancing, breaking, b-boying or b-girling is a popular style of hip hop dance that incorporates intricate body movements, strong acrobatic moves, coordination, style and fashion. Dancers will learn the latest and coolest moves in a fun and safe environment. Our talented, energetic and friendly instructors will have you breakdancing in no time at all. For questions contact Variations Inc at variationsincco@gmail.com

8 Sessions \$78
 Instructor: Kahina Haynes
 10649 Bauer Drive CRC 1/11 M 5:15pm-6:00pm
 10650 Potomac CRC 1/14 Th 6:15pm-7:00pm

Hip Hop for Kids

At least 9 but less than 13: A high energy fun filled dance program, packed with the latest hip-hop choreography. Students dance to current hip-hop music while learning new moves, freestyle skills and much more. This fun class will unlock creativity all while embracing an active lifestyle. The course will include a final performance showcasing a fun routine for family and friends. For questions contact Variations Inc at variationsincco@gmail.com

8 Sessions \$78
 Instructor: Kahina Haynes
 10651 White Oak CRC 1/12 T 6:00pm-6:45pm
 10652 Germantown CRC 1/16 Sa 1:00pm-1:45pm

Hip Hop For Teens

At least 13 but less than 20. Rhythmic and creative dance that will work on muscle strength, flexibility and creativity. Learn the hottest moves from South Beach and New York City. We will break down the ABC's of basic Break dancing, Popping, Locking, Funk and other unique Hip Hop combinations. Create routines that can be used for any dance in the future. No dance experience required. Questions? Call Avant Garde Ballroom at 301-881-1436

8 Sessions \$78
 Instructor: Avant Garde Ballroom Dance Center
 11461 Avant Garde 1/16 Sa 3:00pm-3:45pm

Hip Hop For Youth

At least 8 but less than 13: Rhythmic and creative dance that will work on muscle strength, flexibility and creativity. Learn the hottest moves from South Beach and New York City. We will break down the ABC's of basic Break dancing, Popping, Locking, Funk and other unique Hip Hop combinations. Create routines that can be used for any dance in the future. No dance experience required. Questions? Call Avant Garde Ballroom at 301-881-1436

8 Sessions \$78
 Instructor: Avant Garde Ballroom Dance Center
 11462 Avant Garde 1/16 Sa 4:00pm-4:45pm

Juniors I Ballroom Dance

At least 8 but less than 13: Acquire dance skills while also developing discipline, teamwork, and communication. And last, but not least, these dance lessons are meant to be fun! This class will cover the basics of 5 popular social, ballroom dances. Social etiquette, manners, and ballroom technique will be taught in a structured, yet fun environment." Questions? Call Avant Garde Ballroom at 301-881-1436.

8 Sessions \$78
 Instructor: Avant Garde Ballroom Dance Center
 11463 Avant Garde 1/13 W 5:15pm-6:00pm

MUSIC GUITAR**HeroeZ of Guitar**

At least 5 but less than 12: Have your child be a hero on a guitar by learning to read musical symbols, play basic chords and ease into play songs. FREE instrument rental and materials included in price. Questions? Contact LNM - Shelly Suarez at 1-800-399-6414 or CustomerService@Learn-NowMusic.com

9 Sessions \$220
 Instructor: Learn Now Music
 11614 Bauer Drive CRC 1/13 W 7:00pm-8:00pm
 11615 White Oak CRC 1/14 Th 6:00pm-7:00pm
 11616 Germantown CRC 12/16 W 5:00pm-6:00pm

MUSIC THEORY**Solfege - Music Theory**

At least 5 but less than 11: All levels: The Solfege class gives your students practical skills and deeper understanding of the structure and fundamental process of music. The class will give the foundation of ear training, singing melodies and conducting, intervals, dictation, etc. We also explore the study of the theoretical elements of music, which include rhythm, notation, sound and written scales. A \$10 dollar material fee due to instructor.

7 Sessions \$65
 Instructor: Geiza Dourado Carvalho
 11632 Norwood LP 1/25 M 5:30pm-6:15pm





PIANO

Adult Group Piano I

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

9 Sessions				\$140
Instructor: Elizabeth Duncan				
11403	Holiday Park SC	1/12	T	10:15am-11:05am
11404	Holiday Park SC	1/12	T	6:15pm-7:05pm

Adult Group Piano II

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

9 Sessions				\$140
Instructor: Elizabeth Duncan				
11405	Holiday Park SC	1/12	T	11:15am-12:05pm
11406	Holiday Park SC	1/12	T	7:15pm-8:05pm

Adult Group Piano III

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

7 Sessions				\$109
Instructor: Elizabeth Duncan				
11409	Holiday Park SC	1/11	M	1:00pm-1:50pm
9 Sessions				
\$140				
11407	Holiday Park SC	1/12	T	12:15pm-1:05pm
11408	Holiday Park SC	1/12	T	8:15pm-9:05pm

Adult Group Piano IV

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

7 Sessions				\$109
Instructor: Elizabeth Duncan				
11410	Holiday Park SC	1/11	M	12:00pm-12:50pm
11411	Holiday Park SC	1/11	M	2:00pm-2:50pm

Exploring Music and Piano Level I

At least 5 but less than 11: This is a progressive program. Participants should plan to continue throughout the fall, winter and spring sessions in order to obtain optimum benefits. Contains all the elements of Exploring Music and Piano classes with additional emphasis on expressive technique. Digital pianos are provided for participants use. Adult participation is required and children should have access to piano for practice outside of class. A \$15 material fee is due to instructor.

7 Sessions				\$180
Instructor: Geiza Dourado Carvalho				
11622	Norwood LP	1/25	M	5:00pm-6:00pm

Keyz to Piano

At least 5 but less than 12: Intro to children by teaching basic piano layout, technique, note names, fingerings and more. Questions? Contact LNM at 1-800-399-6414 or CustomerService@LearnNowMusic.com.

9 Sessions				\$220
Instructor: Learn Now Music				
11618	Bauer Drive CRC	1/13	W	7:00pm-8:00pm

Keyz to Piano

At least 12 but less than 19: Intro to children by teaching basic piano layout, technique, note names, fingerings and more. Questions? Contact LNM at 1-800-399-6414 or CustomerService@LearnNowMusic.com.

9 Sessions				\$220
Instructor: Learn Now Music				
11617	Bauer Drive CRC	1/13	W	8:00pm-9:00pm

VIOLIN

The Violinist Within

At least 5 but less than 12: Students learn musical symbols and violins basics, exercises, holding the bow, balance point and all the fundamentals. FREE instrument rental and materials included in price. Questions? Contact LNM/Shelly Suarez at 1-800-399-6414 or CustomerServi@LearnNowMusic.com

9 Sessions				\$220
Instructor: Learn Now Music				
11621	Longwood CRC	1/16	Sa	11:00am-12:00pm



COOKING

COOKING TECHNIQUES

Cooking Skills I

Ages 15 & Up: The best way to feel more comfortable in the kitchen is to be more familiar with some of the basic cooking techniques that make all tasks just a little easier. You will learn by doing! You will learn knife skills including how to slice different foods, dice and chop onions and even how to hone and sharpen your knives. Cooking techniques will include how to know the difference between saute, stew, roast and braise. You will fix a first class lunch in the process. The menu includes a wonderful Cajun Style Corn Soup, Chicken Breasts with a Jalapeno, Orange, Mustard Pan Sauce and Oven Roasted Potatoes and the freshest vegetable we can find at the market. We eat what we fix so bring an appetite. Take home recipes. \$20 food fee due instructor at class time. We eat what we fix so bring an appetite.

1 Session \$67
 Instructor: James Davis
 11437 White Oak CRC 2/20 Sa 10:30am-2:30pm

Cooking Skills II

Ages 15 & Up: Your next best comfort step in the kitchen. More knife skills along with techniques to ease your time in the kitchen and great food to go with it. We'll prepare a wonderful main dish of Roasted Pork served with homemade Pan Gravy, Potatoes Anna along with a side dish of the freshest veggies we can find at the market. Then finish with a dessert of Crème Brulee, torched in the kitchen. Kitchen Skills One is not a pre-requisite, but this class is not for the novice or beginner cook. We eat what we fix so bring an appetite. Take home recipes. A \$ 20 food fee is due instructor at class time.

1 Session \$67
 Instructor: James Davis
 11438 White Oak CRC 3/19 Sa 10:30am-2:30pm

Quick and Easy - Pasta

Ages 15 & Up: Amatriciana, wonderful main dish that features pasta, bacon and tomatoes and of course served with parmigiano reggiano and really good extra virgin olive oil. And a side of pan fried fresh asparagus to really dress it up. Of course we'll start with a salad and finish with a dessert. And the dessert will be a wonderful, creamy homemade Rice Pudding. Quite a dinner, easy to prepare and easy on the pocketbook. This class features take home recipes as well as plenty to eat! So bring an appetite and join us. \$20 food fee due instructor at class time.

1 Session \$67
 Instructor: James Davis
 11469 White Oak CRC 1/19 T 6:30pm-9:00pm

Quick and Easy - Seafood

Ages 15 & Up: Balsamic-Glazed Salmon Fillets, "A glaze featuring balsamic vinegar, garlic, honey, white wine and Dijon mustard makes these baked salmon fillets extraordinary." And we'll do a composed salad and Key Lime Pie for dessert. But on the main dish plate will be Crispy Roasted Red Skin Potatoes along with Italian Peas and Mushrooms. Quite a dinner, easy to prepare and easy on the pocketbook. As always, this class features take home recipes and plenty to eat! So bring an appetite and join us. \$20 food fee due instructor at class time.

1 Session \$67
 Instructor: James Davis
 11470 White Oak CRC 2/16 T 6:30pm-9:00pm

Quick and Easy - Chicken

Ages 15 & Up: Chicken with Asparagus and Roasted Red Peppers. This is an almost one dish meal that can be prepared quickly and easily, and it's just really full of flavor. Accompanied by a Rice Pilaf filled with onion, carrots and peas and preceded by a Louisiana style Cole Slaw that will really spice things up. Dessert will be a special of Assorted Fresh Berries Macerated in Prosecco and served on Pound Cake. A unique and different dinner, easy to prepare and easy on the pocketbook. As always, this class features take home recipes and plenty to eat! So bring an appetite and join us. \$20 food fee due instructor at class time.

1 Session \$67
 Instructor: James Davis
 11471 White Oak CRC 3/15 T 6:30pm-9:00pm

The Maryland Way

Ages 18 & Up: There's nothing not to love about the wonderful food of our own Old Line State (or Free State if you prefer). Maryland food is so unique and underappreciated that I decided the time had come to really get down and prepare real, traditional Maryland food; from the Chesapeake Bay to the far western reaches of the state. This class will show why eating local is a great idea, and how we benefit of having one of the best seafood sources in the world right at our front (or back, as the case may be) door. We will, of course, be cooking Maryland crab cakes and demonstrating a new way to prepare mini crab cakes for appetizers and hors d'oeuvres. The entrée will be fried Maryland style chicken on Maryland country ham with a mushroom cream sauce accompanied by a Silver Queen Corn Casserole. This class features take home recipes as well as plenty to eat! So bring an appetite and join us. A food fee of \$25 is due to the instructor at class time.

1 Session \$67
 Instructor: James Davis
 11439 White Oak CRC 2/27 Sa 10:30am-2:30pm





GENERAL COOKING

Be Your Own Personal Chef

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

1 Session \$67
Instructor: James Davis
11436 White Oak CRC 1/30 Sa 10:30am-2:30pm

Classic American Diner

Ages 18 & Up: Nothing says American Food better. More of the Classic American Diner, built originally in 1872 in Providence, RI. A staple of roadside eating and travel for more than a hundred years makes both the diner itself and the food that they serve truly an american classic. Our appetizer will be a big bowl of Spinach and Artichoke Dip with a selection of breads and crackers for dipping. Classic Roast Beef and Gravy with really good mashed potatoes and the vegetables du jour. An Apple Berry Cobbler with Ice Cream is a typical diner dessert, and we're going to work from the oldest recipe that we have been able to find. A complete take home set of recipes and instructions are included. A \$25 food fee is payable to the instructor.

1 Session \$67
Instructor: James Davis
11440 White Oak CRC 1/16 Sa 10:30am-2:30pm



WINE & DINE

Spanish Tapas and Wines

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

1 Session \$55
Instructor: James Davis
11442 White Oak CRC 3/4 F 7:00pm-10:00pm

The Great Wines of France, Bordeaux

Ages 21 & Up: Red Bordeaux is generally made from a blend of permitted grapes that include Cabernet Sauvignon, Cabernet Franc, Merlot, Petit Verdot and Malbec. Cabernet Sauvignon (Bordeaux's second-most planted grape variety) dominates the blend in red wines while White Bordeaux is predominantly made from Sémillon, Sauvignon Blanc and Muscadelle. Just this little bit of information will lead us on a very merry chase to taste nine different Bordeaux Wines. I assure you that we will not be tasting any of the \$900 bottles of Chateau Wine. Our first menu item is a Medium Rare Sirloin Roast sliced thin (we can handle the mediums) followed by a Pork Tenderloin stuffed with blue cheese and olives and roasted and then a wonderful seafood salad to match with a bottle of Semillon and some other whites. These and much more as the evening progresses. Join us for a great evening out of fun and wine paired with some really good food. This class features take home recipes and a detailed description of the wines. So bring an appetite and join us \$25 food fee due instructor at class.

1 Session \$55
Instructor: James Davis
11443 White Oak CRC 2/5 F 7:00pm-10:00pm

Winter Comfort Food and Wines

Ages 21 & Up: Cold winter weather and a wood burning fireplace make the perfect setting for a wine and food pairing class that features the best of both worlds. We are going to pull our favorite recipes from our favorite star chefs, making sure that we have no repeat recipes from previous classes The first recipe is from my favorite Italian, Mario Batali, and it is Mario's Chicken Saltimboca with Asparagus and we will be pairing it with a wonderful Pinot Grigio (of course!) along with a rich, buttery Chardonnay and a bottle of my favorite white, a Vignonnier. Next we'll have Crispy Salmon with Fennel Slaw Recipe from Hugh Acheson along with Ina's favorite Beef Stew. Over the course of the evening we'll taste three wines with each dish for a total of 9 wines. We'll have plenty of wine and food so you will want to sign up for this one as soon as possible. Join us for an evening out of fun, food and good wine. This class features take home recipes and a detailed description of the wines! \$25 food fee due instructor at class.

1 Session \$55
Instructor: James Davis
11441 White Oak CRC 1/8 F 7:00pm-10:00pm



FITNESS & WELLNESS

AEROBIC DANCE

Dance & Fitness

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

20 Sessions \$145
Instructor: Jinjer Azuree

10674 Jane E. Lawton CRC 1/4 M,W 6:00pm-7:00pm

Instructor: Elaine Walkstreicher
10673 Mid County CRC 1/4 M,W 7:30pm-8:30pm

20 Sessions \$145
Instructor: Lois Antos

10675 Veirs Mill Local Park 1/5 T,Th 9:30am-10:30am

Instructor: Alice Donnelly
10676 Potomac CRC 1/5 T,Th 6:00pm-7:00pm

Instructor: Katy Weimers
10677 Rock View ES 1/5 T,Th 7:00pm-8:00pm

Dance & Fitness Add a Class

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

10 Sessions \$73
Instructor: Katy Weimers

10678 Holiday Park SC 1/9 Sa 9:00am-10:00am

Dance Fit Zumba

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

7 Sessions \$51
Instructor: Dance Fit by Mel

10670 Marilyn J. Praisner CRC 1/11 M 6:00pm-7:00pm

9 Sessions \$65

10671 Germantown CRC 1/12 T 7:15pm-8:15pm

10672 Germantown CRC 1/14 Th 7:15pm-8:15pm

Definition Zumba

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

18 Sessions \$149
Instructor: Juliet Rodman

10688 Clara Barton NRC 1/4 M,F 9:00am-10:00am

Jacki Sorensen's Aerobic Dance

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

10 Sessions \$79
Instructor: Karin Baker
10639 Potomac CRC 1/5 T 9:00am-10:00am
10641 Little Bennett ES 1/6 W 7:00pm-8:00pm
10640 Potomac CRC 1/7 Th 9:00am-10:00am

Jazzmatazz Low-Impact Aerobics

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

10 Sessions \$73
Instructor: Betsy Saunders
10620 Bauer Drive CRC 1/5 T 9:30am-10:30am
10621 Bauer Drive CRC 1/7 Th 9:30am-10:30am

Step-n-Sweat Zumba

Ages 13 & Up: (13-15 if accompanied by parent or guardian) Join the Zumba party with this Latin-based cardio workout that will have you burning up to 1,000 calories an hour. If you like to dance and shake, then this is the class for you. The instructor brings 32 years of energetic experience to every class. For more information, contact Cheryl Hicks at dmvofire@gmail.com or 301-775-8933

4 Sessions \$25
Instructor: Step-N-Sweat
10579 White Oak CRC 1/12 T 7:00pm-8:00pm
10581 White Oak CRC 1/14 Th 7:00pm-8:00pm
10580 White Oak CRC 1/16 Sa 10:15am-11:15am
10582 White Oak CRC 2/16 T 7:00pm-8:00pm
10584 White Oak CRC 2/18 Th 7:00pm-8:00pm
10583 White Oak CRC 2/20 Sa 10:15am-11:15am

Zumba

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

9 Sessions \$54
Instructor: Wellness Network
11002 Germantown ISC 1/4 M 6:30pm-7:20pm
11231 Olney SC 1/5 T 7:15pm-8:05pm
11232 Olney SC 1/7 Th 7:15pm-8:05pm





Zumba Fitness

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

7 Sessions				\$42
Instructor: Michelle Johnson-Lancaster				
10695	Mid County CRC	1/11	M	6:15pm-7:15pm
9 Sessions				\$54
11050	Mid County CRC	1/13	W	6:15pm-7:15pm
10696	Bauer Drive CRC	1/16	Sa	9:00am-10:00am

AEROBIC EXERCISE

Better Bodies by Jerry

Ages 18 & Up: This fun, effective and safe workout is designed for everyone and incorporates some Zumba, kickboxing, and traditional aerobic moves. Participants will burn fat, tone muscles and strengthen bones-all while having FUN! This is a low impact, high energy workout, so bring a mat, hand weights and a resistance band. This class includes warm-up, cardio, strength training and a relaxing cool-down. For questions please contact:jpalazzo1@comcast.net

9 Sessions				\$65
Instructor: Jerry Palazzo				
10594	Churchill, Winston HS	1/12	T	5:45pm-6:45pm
10595	Churchill, Winston HS	1/14	Th	5:45pm-6:45pm

Group Personal Training

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

4 Sessions				\$72
Instructor: Fred Mosby				
10604	Germantown CRC	1/9	Sa	11:00am-12:00pm
10605	Germantown CRC	2/13	Sa	11:00am-12:00pm

Jacki Sorensen's Strong Step

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

10 Sessions				\$79
Instructor: Karin Baker				
10642	Potomac CRC	1/8	F	9:00am-10:00am

Kelley's Complete Fitness Workout

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

8 Sessions				\$66
Instructor: Pamela Kelley				
11280	Wheaton NRC	1/4	M	9:15am-10:30am
11281	Longwood CRC	1/4	M	7:15pm-8:30pm
10 Sessions				\$83
11282	Bauer Drive CRC	1/6	W	9:00am-10:15am
11283	Longwood CRC	1/6	W	7:15pm-8:30pm
11284	Wheaton NRC	1/7	Th	9:15am-10:30am

Movin with Millie

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

9 Sessions				\$72
Instructor: Millie Trimble				
10610	Pilgrim Hills LP	1/13	W	9:30am-10:45am
10611	Pilgrim Hills LP	1/15	F	9:30am-10:45am

NEW New York City Workout (Ballet Dance)

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

7 Sessions				\$59
Instructor: Juliet Verdi				
10629	White Oak CRC	1/11	M	6:00pm-7:00pm
9 Sessions				\$72
10630	White Oak CRC	1/13	W	6:00pm-7:00pm

CPR/FRP/AED

Basic First Aid

Ages 16 & Up: With hands on training, you will learn how to properly help with many different illnesses and injuries. You will also learn how to communicate with a victim until help arrives. This course will take approximately 3.5 hours to complete. Certifications are good for 2 years. The material fee for the AHA (American Heart Association) certification is \$20.

1 Session \$30
Instructor: Tiquia Bennett
11299 Bauer Drive CRC 2/10 W 5:00pm-8:30pm

BLS (Basic Life Support) Training

Ages 13 & Up: BLS is a professional level of CPR/AED. This class is mainly for healthcare providers. In this hands on training, you will learn one and two person CPR and proper bag mask use. You will learn how and when to use an AED and how to help when someone is choking. This course will take approximately 3 hours to complete. Certifications are good for 2 years. The material fee for AHA (American Heart Association) certification is \$20.

1 Session \$60
Instructor: Tiquia Bennett
11300 Bauer Drive CRC 3/8 T 6:00pm-9:00pm
11301 Germantown CRC 2/17 W 6:00pm-9:00pm

Community Basic First Aid & CPR/AED

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

1 Session \$60
Instructor: Tiquia Bennett
11302 Bauer Drive CRC 2/9 T 6:00pm-9:00pm
11303 Potomac CRC 1/20 W 6:00pm-9:00pm

Community CPR/AED Only

Ages 13 & Up: This course is for Infant, Child and Adult CPR/AED only. You will learn how to help with choking and other skills necessary to potentially save a life. Community CPR/AED is for people who have a duty to respond such as: firefighters, police officers, security guards, lifeguards, personal trainers and more. It is also for people who want to learn for their families or just for personal knowledge. This is lifesaving information everyone should know. It will take approximately 3 hours to complete. Certifications are good for 2 years. The material fee for the AHA (American Heart Association) certification is \$20.

1 Session \$45
Instructor: Tiquia Bennett
11304 Germantown CRC 1/16 Sa 10:00am-1:00pm
11315 Wheaton NRC 2/20 Sa 10:00am-1:00pm

MEDITATION

Introduction to Mindfulness Meditation

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

1 Session \$46
Instructor: Jerry Hartman
10617 Potomac CRC 2/6 Sa 10:00am-2:00pm

BODY SCULPTING

Body Sculpting

Ages 14 & Up: A land-based class designed for cross training with water fitness classes. Focus is on abs, glutes, legs and upper body.

9 Sessions \$54
Instructor: Wellness Network
11262 Kennedy Shriver Aq Ctr 1/7 Th 6:30pm-7:20pm

Flexibility, Stretch, Strength & Balance

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

8 Sessions \$63
Instructor: Karin Baker
10638 Damascus CRC 1/11 M 5:45pm-6:45pm

All Prices, Dates,
Times, & Locations
are current as of the time
The Guide goes to press.
They are subject to change
due to unforeseen
circumstances.



PILATES

Jazzmatazz Aerobics W/Pilates Mat

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

10 Sessions \$73
Instructor: Betsy Saunders
10619 Wheaton NRC 1/5 T 7:15pm-8:15pm
10618 Wheaton NRC 1/7 Th 7:15pm-8:15pm

Pilates

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

9 Sessions \$83
Instructor: Fit 2 Believe
11171 Jane E. Lawton CRC 1/14 Th 11:00am-12:00pm

Pilates Ballet Workout

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

8 Sessions \$66
Instructor: Esther Brunner
10484 Luxmanor ES 1/12 T 7:15pm-8:15pm

Pilates for Fitness

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

9 Sessions \$83
Instructor: Fit 2 Believe
11173 White Oak CRC 1/12 T 7:00pm-8:00pm
11172 Bauer Drive CRC 1/14 Th 6:00pm-7:00pm
11174 Jane E. Lawton CRC 1/16 Sa 10:00am-11:00am

Stability Ball Workout

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

12 Sessions \$124
Instructor: Fred Mosby
10607 Germantown CRC 1/19 T,Th 6:00pm-7:00pm

ACT THE WORKOUT

AEROBIC CONDITIONING AND TONING

3 Month Pass

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

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

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

Pass is valid for 3 months from the registration date.

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

Location	Days	Times:
Wheaton CRC	M, T, W, Th	6:00pm-7:00pm
Bauer Dr. CRC	M, W	5:00pm-6:00pm
Praisner CRC	M, W	7:00pm-8:00pm
Potomac CRC	T, Th	7:00pm-8:00pm
Wheaton CRC	Sa	9:00am-10:00am

ACT • 36 Passes-\$189.00

ACT • 24 Passes-\$132.00

ACT • 18 Passes-\$103.50

ACT • 12 Passes-\$72.00



STRENGTH TRAINING

Bone Builders - Plus

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

7 Sessions				\$51
Instructor: Jerry Palazzo				
10596	Jane E. Lawton CRC	1/11	M	10:00am-11:00am
9 Sessions				\$65
10598	Potomac CRC	1/12	T	3:00pm-4:00pm
10597	Jane E. Lawton CRC	1/13	W	10:00am-11:00am
10599	Potomac CRC	1/14	Th	3:00pm-4:00pm

Boot Camp for Better Bodies by Fit 2 Believe

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

9 Sessions				\$83
Instructor: Fit 2 Believe				
11170	Bauer Drive CRC	1/12	T	6:00pm-7:00pm

Category 4 Fitness Boot Camp

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

7 Sessions				\$53
Instructor: Thomas Witz				
10666	Germantown CRC	1/11	M	7:30pm-8:30pm
9 Sessions				\$68
Instructor: Thomas Witz				
10667	Germantown CRC	1/13	W	7:30pm-8:30pm
10668	Germantown CRC	1/16	Sa	9:00am-10:00am

Definition Body Sculpting

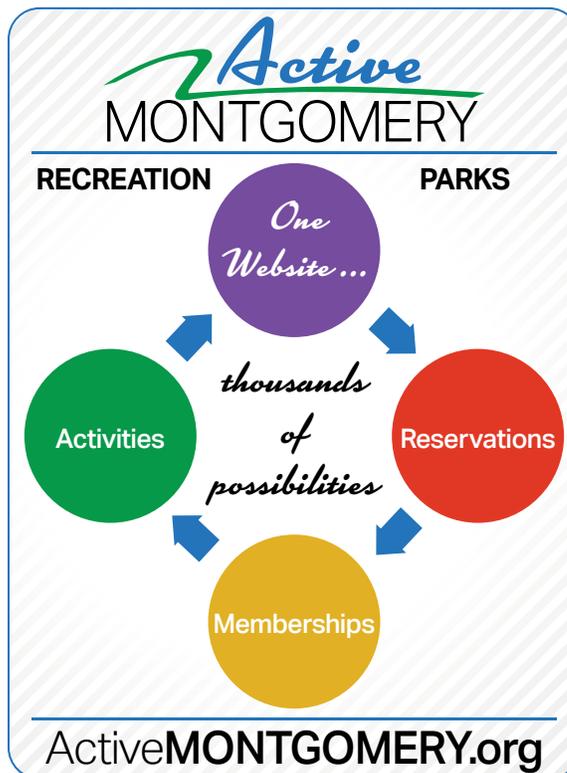
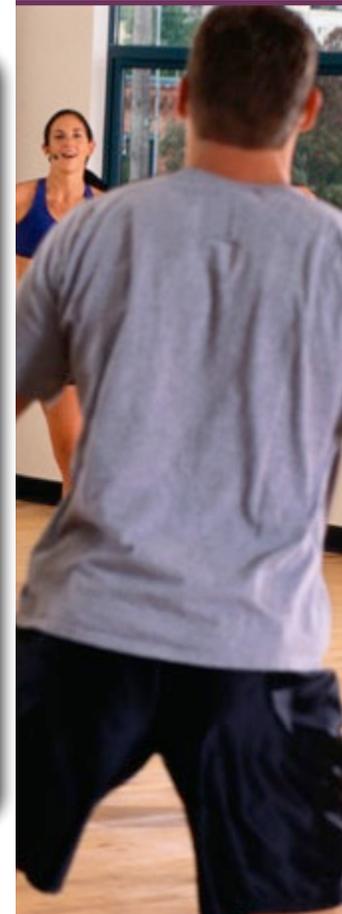
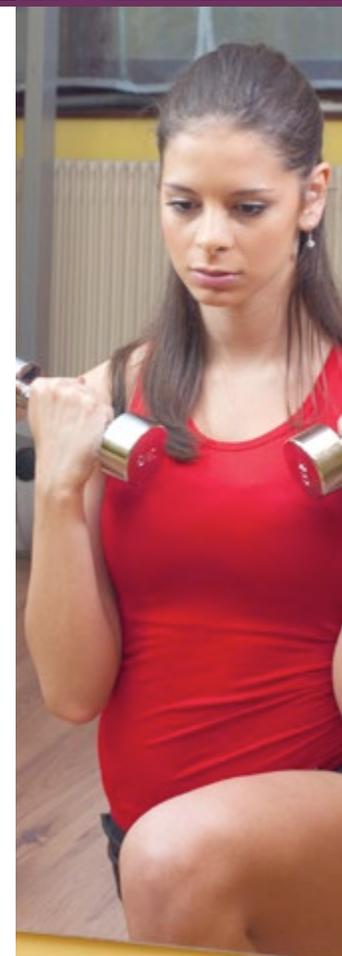
Ages 16 & Up: Gain body strength, flexibility and endurance using free weights. A perfect opportunity to learn proper form for weight bearing exercises. Initial 5 min. body warm-up with 40 min. of strength training, 5 min. abdominal work and 10 min. cool down using stretching and yoga positions. Bring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

20 Sessions				\$165
Instructor: Juliet Rodman				
10687	Clara Barton NRC	1/5	T,Th	9:00am-10:00am

Dynaerobics and Body Sculpting

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

9 Sessions				\$68
Instructor: Regina Gaither				
10692	Bauer Drive CRC	1/9	Sa	10:15am-11:30am





Strength Training

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

9 Sessions \$83
Instructor: Fit 2 Believe
11175 Jane E. Lawton CRC 1/16 Sa 11:00am-12:00pm
11176 Bauer Drive CRC 1/13 W 6:00pm-7:00pm

The Dynamic Ab Challenge for Youth and Adults

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

8 Sessions \$52
Instructor: Larry D. Johnson
11286 Bethesda-CC HS 1/11 M 7:00pm-7:45pm
11287 White Oak CRC 1/12 T 7:00pm-7:45pm
11288 Wheaton NRC 1/13 W 7:00pm-7:45pm
11289 Plum Gar NRC 1/14 Th 6:00pm-6:45pm
11285 Marilyn J. Praisner CRC 1/16 Sa 12:30pm-1:15pm

The Ultimate Boxing Boot Camp for Youth and Adults

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

8 Sessions \$85
Instructor: Larry D. Johnson
11290 Bethesda-C HS 1/11 M 5:45pm-7:00pm
11291 White Oak CRC 1/12 T 5:45pm-7:00pm
11292 Wheaton NRC 1/13 W 5:45pm-7:00pm
11293 Plum Gar NRC 1/14 Th 7:30pm-8:45pm
11294 Marilyn J. Praisner CRC 1/16 Sa 11:15am-12:30pm

Cancellation Policy:

When Montgomery County Recreation (MCR) must close or cancel programs due to inclement weather or other circumstances related to participant and staff, the first notification is made through Montgomery County's emergency notification system, Alert Montgomery.

Alert Montgomery provides accurate, immediate emergency notifications from Montgomery County to your cell, work or home phone, via text, email or voice message.

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

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



TAI CHI

Qi Gong & Meditation

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

9 Sessions \$135
 Instructor: Louise Liu
 11178 Argyle LP 1/12 T 7:00pm-8:00pm
 11181 Wisconsin Place CRC 1/15 F 10:30am-11:30am

Tai Chi, Beginning

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

7 Sessions \$72
 Instructor: Andy Schettino
 10585 Bauer Drive CRC 1/11 M 7:00pm-8:00pm

9 Sessions \$93
 10586 Potomac CRC 1/12 T 6:45pm-7:45pm
 Instructor: Lon Holland
 10587 Wheaton NRC 1/13 W 7:00pm-8:00pm

Tai Chi, Continuing

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

7 Sessions \$72
 Instructor: Andy Schettino
 10588 Bauer Drive CRC 1/11 M 8:00pm-9:00pm

9 Sessions \$93
 10590 Potomac CRC 1/12 T 7:45pm-8:45pm
 Instructor: Lon Holland
 10589 Wheaton NRC 1/13 W 8:00pm-9:00pm

Tai Chi, Part I

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

9 Sessions \$135
 Instructor: Louise Liu
 11183 Argyle LP 1/12 T 6:00pm-7:00pm
 11184 Wisconsin Place CRC 1/15 F 9:30am-10:30am

Tai Chi, Part II

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

9 Sessions \$135
 Instructor: Louise Liu
 11185 Argyle LP 1/12 T 8:00pm-9:00pm
 11186 Wisconsin Place CRC 1/15 F 11:30am-12:30pm

YOGA

Easy Yoga

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

8 Sessions \$86
 Instructor: Moira Martin
 10616 Jane E. Lawton CRC 1/14 Th 9:30am-10:45am

Essential Yoga For Beginner

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

10 Sessions \$103
 Instructor: Tamara Lewis Johnson
 10628 Gwendolyn Coffield CRC 1/7 Th 6:00pm-7:00pm

Evening Yoga

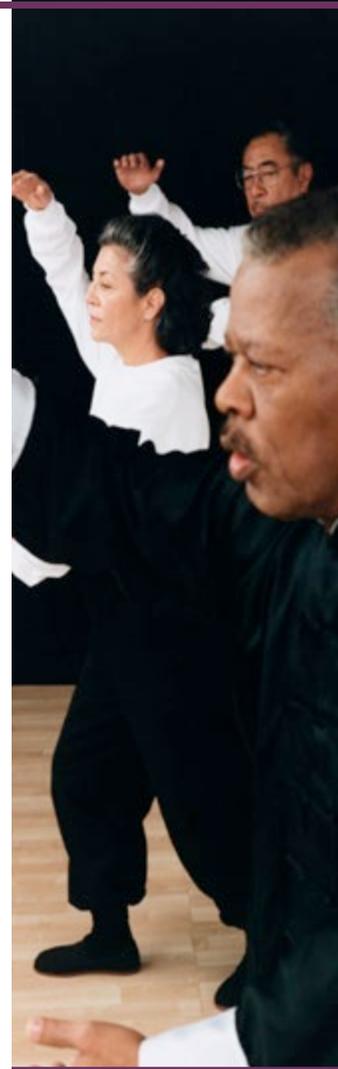
Ages 18 & Up: (for beginning and continuing students). Learn to bring your mind, body and spirit into harmony and balance. Relax, relieve tension and create a sense of calmness and well-being as you improve flexibility, strength and energy. Classes begin with warm-up movements and breath awareness, followed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

9 Sessions \$93
 Instructor: Robin Morris
 10643 Wisconsin Place CRC 1/13 W 6:15pm-7:15pm

NEW Flowing Vinyasa Yoga

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

9 Sessions \$72
 Instructor: Juliet Verdi
 10631 White Oak CRC 1/16 Sa 9:00am-10:00am





YOGA

Gentle Yoga

Ages 16 & Up: (14-15 if accompanied by a parent or guardian.) For beginning and continuing students. Combines warm-ups, gentle postures, and yogic breathing to improve mobility and reduce stress. We will learn the basic principles of body alignment and breathe awareness, inspired by a meaningful intention and a joyful attitude. Each class consists of gentle postures that stretch, strengthen, and balance your body, ending in deep relaxation. The instructor encourages students to listen to their bodies and progress at their own pace. Wear non-restrictive comfortable clothes. Bare feet are essential. Bring a yoga mat and blanket. Contact the instructor in advance of first class with any questions or to purchase materials: Irene at irene54@aol.com

9 Sessions \$92
Instructor: Irene Bopp
10622 Bauer Drive CRC 1/12 T 6:15pm-7:15pm

Hatha Yoga & Stress Management

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

9 Sessions \$135
Instructor: Suzana Cooper
10592 Jane E. Lawton CRC 1/15 F 9:45am-11:00am
10591 Jane E. Lawton CRC 1/13 W 9:45am-11:00am

Massage Ball Workshop

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

1 Session \$41
Instructor: Maggie Wong
11849 Yoga Plus - Potomac 2/7 Su 3:00pm-5:00pm

Meditation Workshop

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

1 Session \$40
Instructor: Maria Doherty
10614 Germantown CRC 2/6 Sa 1:00pm-3:00pm
10615 Germantown CRC 3/5 Sa 1:00pm-3:00pm

Mindfulness Yoga & Meditation for Stress Relief

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

6 Sessions \$93
Instructor: Maria Doherty
10613 Longwood CRC 1/11 M 5:45pm-7:00pm

Morning Yoga

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

9 Sessions \$93
Instructor: Robin Morris
10644 Wisconsin Place CRC 1/13 W 9:30am-10:30am

Vini Easy Going Yoga

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

7 Sessions \$94
Instructor: Pat Miller
10600 Potomac CRC 1/28 Th 10:45am-12:00pm

Vini Yoga

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

7 Sessions \$94
Instructor: Pat Miller
10601 Potomac CRC 1/28 Th 6:30pm-7:45pm
10602 Potomac CRC 1/28 Th 9:15am-10:30am

Vini Yoga Intermediate

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

6 Sessions \$81
Instructor: Pat Miller
10603 Potomac CRC 1/25 M 6:30pm-7:45pm

Yoga & Light Weight

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

8 Sessions \$185
 Instructor: Maggie Wong
 11850 Yoga Plus - Bethesda 1/12 T 9:00am-10:30am
 11851 Yoga Plus - Bethesda 1/14 Th 9:00am-10:30am

Yoga at 50

Ages 18 & Up: Tailored to active 50 plus yrs. Learn yoga exercise that stretches muscles, improve circulation, and realign the body. Yoga postures (asanas) and flows (vinyasas) will help keep and increase strength of muscle and bone. You will enjoy breathing exercises that diminish stress and reconnect body and spirit. Count on finding humor and friendly people in every class. Wear comfortable clothing. Please bring a mat or towel, a belt and a block to class. Contact Suzana at 301-326-4276 or susanacooper@yahoo.com.

9 Sessions \$135
 Instructor: Suzana Cooper
 10593 Wisconsin Place CRC 1/16 Sa 9:45am-11:00am

Yoga Basics

Ages 18 & Up: (14-15 if accompanied by a parent or guardian.) Introduces beginning and continuing students to yogic principles of body alignment and breathing awareness, inspired by a meaningful intention and a joyful attitude. Emphasis is placed on standing poses and strengthening and stretching the legs, back, and shoulders. Benefits of this practice include improved muscle tone, increased circulation, better concentration, and deeper relaxation. Wear comfortable clothes such as t-shirts, shorts, tights, or leggings. Bare feet are essential. Bring a sticky yoga mat and a yoga blanket. Contact the instructor in advance of first class with any questions or to purchase materials: Irene54@aol.com

9 Sessions \$92
 Instructor: Irene Bopp
 10624 Bauer Drive CRC 1/12 T 7:30pm-8:30pm
 10625 Marilyn J. Praisner CRC 1/14 Th 10:30am-11:30am
 10623 Mid County CRC 1/13 W 7:30pm-8:30pm
 10626 East County CRC 1/14 Th 7:00pm-8:00pm

Yoga for Scoliosis & Healthy Back

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

8 Sessions \$185
 Instructor: Maggie Wong
 11852 Yoga Plus - Potomac 1/14 Th 7:30pm-9:00pm

We Want You!

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

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

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





MARTIAL ARTS

KARATE/JUJITSU

Iaido

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

9 Sessions \$88
Instructor: Salvador Cortes
11480 Kensington PW ES 1/14 Th 8:05pm-9:00pm

Karate Do and Iaido Beginners

At least 6 but less than 14: Discover a way to overcome your daily stress. Iaido is described as cultivation of patience to keep you from conflict. Control of body, as well as mind, are the desired results. Additional benefits include discipline and respect, balance and patience and fitness and energy. Participants will need to purchase a GI.

9 Sessions \$88
Instructor: Salvador Cortes
11481 Kensington PW ES 1/12 T 7:00pm-7:55pm
11482 Kensington PW ES 1/14 Th 7:00pm-7:55pm

Karate and Iaido

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

9 Sessions \$88
Instructor: Salvador Cortes
11526 Kensington PW ES 1/12 T 8:05pm-9:00pm

Karate/Jujitsu

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

9 Sessions \$56
Instructor: TKA Inc.
10506 Upper County CRC 1/4 M 6:00pm-7:00pm
10507 Longwood CRC 1/4 M 7:00pm-8:00pm
10508 Upper County CRC 1/4 M 7:00pm-8:00pm
10509 Wheaton NRC 1/4 M 7:00pm-8:00pm

11 Sessions \$68
10510 Germantown CRC 1/5 T 6:00pm-7:00pm
10511 Germantown CRC 1/5 T 7:00pm-8:00pm
10512 Mid County CRC 1/5 T 6:30pm-7:30pm
10516 Bauer Drive CRC 1/6 W 6:00pm-7:00pm
10513 Damascus CRC 1/6 W 6:00pm-7:00pm
10518 Potomac CRC 1/6 W 6:00pm-7:00pm
10519 Resnik, Judith A. ES 1/6 W 6:00pm-7:00pm
10517 Bauer Drive CRC 1/6 W 7:00pm-8:00pm
10515 Clara Barton NRC 1/6 W 7:00pm-8:00pm
10514 Damascus CRC 1/6 W 7:00pm-8:00pm
10521 Potomac CRC 1/6 W 7:00pm-8:00pm
10520 Resnik, Judith A. ES 1/6 W 7:00pm-8:00pm
10522 Stedwick ES 1/6 W 7:00pm-8:00pm
10523 Marilyn J. Praisner CRC 1/7 Th 6:00pm-7:00pm
10526 Bethesda ES 1/7 Th 7:00pm-8:00pm
10525 DuFief ES 1/7 Th 7:00pm-8:00pm
10524 Marilyn J. Praisner CRC 1/7 Th 7:00pm-8:00pm
10527 Rolling Terrace ES 1/7 Th 7:00pm-8:00pm

Karate/Jujitsu Adult

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

9 Sessions \$67
Instructor: TKA Inc.
10528 Upper County CRC 1/4 M 8:00pm-9:30pm
10529 Wheaton NRC 1/4 M 8:00pm-9:30pm

11 Sessions \$82
10539 Mid County CRC 1/5 T 7:30pm-9:00pm
10538 Germantown CRC 1/5 T 8:00pm-9:30pm
10530 Damascus CRC 1/6 W 8:00pm-9:30pm
10531 Bauer Drive CRC 1/6 W 8:00pm-9:30pm
10532 Potomac CRC 1/6 W 8:00pm-9:30pm
10533 Stedwick ES 1/6 W 8:00pm-9:30pm
10534 Bethesda ES 1/7 Th 8:00pm-9:30pm
10535 Marilyn J. Praisner CRC 1/7 Th 8:00pm-9:30pm
10536 DuFief ES 1/7 Th 8:00pm-9:30pm
10537 Rolling Terrace ES 1/7 Th 8:00pm-9:30pm

Karate/Jujitsu Club

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

11 Sessions \$38
Instructor: TKA Inc.
10540 Holiday Park SC 1/8 F 7:00pm-8:00pm

Karate/Jujitsu Club 2

Ages 13 & Up: other and develop skills under supervision of select instructors. No formal instruction during Club sessions.
14 Sessions \$51
Instructor: TKA Inc.
10541 Holiday Park SC 1/8 F 8:00pm-9:00pm

Thunder Dragon Taekwondo & Self-Defense

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

7 Sessions \$75
 Instructor: Nury Criollo
 11427 Glenmont LP 1/15 F 7:00pm-7:45pm
 8 Sessions \$80
 11428 Rock Creek Valley ES 1/16 Sa 12:30pm-1:15pm

Thunder Taekwondo Little/Kid Dragon Level I

At least 5 but less than 12: Little ages 5-8 Kid Ages 9-12 It is specifically designed to improve the child's focus, motor skills, teamwork, self-confidence, physical fitness in order to perform daily life task as well as develop a basic knowledge of taekwondo techniques. Both age groups have separate curriculum. This is to better benefit the age capabilities and understanding of what we will be teaching. This class is for any student who has never taken a class with us or has not yet tested for a belt. A material fee of \$25 MUST be paid on the 1st day of class. Uniforms are not required but highly recommended and available for purchase at \$50.

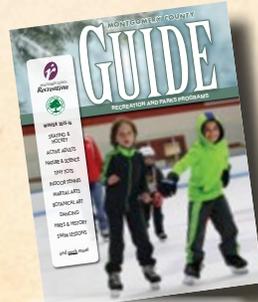
7 Sessions \$85
 Instructor: Nury Criollo
 11429 Glenmont LP 1/15 F 5:00pm-5:40pm
 8 Sessions \$95
 11430 Rock Creek Valley ES 1/16 Sa 10:30am-11:10am

Thunder Taekwondo Little/Kid Dragon Level II

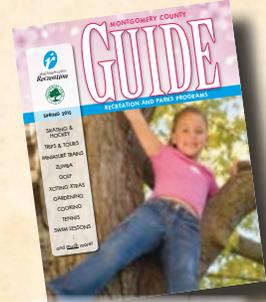
At least 5 but less than 12: Little ages 5-8 Kid Ages 9-12 White & Yellow Belts ONLY It is specifically designed to continue to improve the child's focus, motor skills, teamwork, self-confidence, physical fitness in order to perform daily life task as well as develop beginner taekwondo techniques as well as competition techniques. A material fee of \$20 MUST be paid on the 1st day of class. Uniforms are required

7 Sessions \$80
 Instructor: Nury Criollo
 11431 Glenmont LP 1/15 F 6:10pm-6:50pm
 8 Sessions \$90
 Instructor: Nury Criollo
 11432 Rock Creek Valley ES 1/16 Sa 11:05am-11:45am

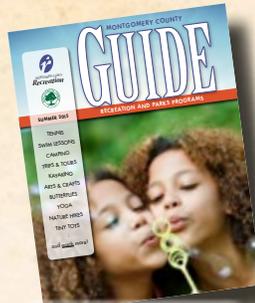
When Is the Guide Available?



Winter 2015/2016
 Early November 2015
 Registration begins
 Mid November 2015



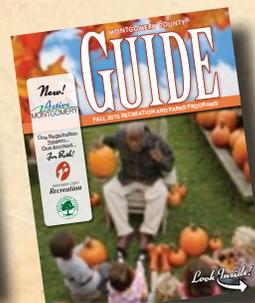
Spring 2016
 Late January, 2016
 Registration begins
 Mid February, 2016



Summer 2016
 Early May, 2016
 Registration begins
 Mid May, 2016



Summer Camps 2016
 Early January, 2016
 Registration begins
 Mid January, 2016



Fall 2016
 August 7, 2016
 Registration begins
 August 17, 2016

Where Can I Get The Guide?

Online:
www.MontgomeryCountyMD.gov/rec

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

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



Vovinam Martial Arts for Children

At least 8 but less than 15: Be among the first to learn this exotic martial art. Vovinam is a martial art used by the Vietnamese to fight in wars and is growing rapidly in popularity around the world. Learn defense using your hands, elbows, kicks, throws, escape & levering, joint locks, choke holds, and submissions. Weapons include knives, swords, machete, staff, axes, folding fan, and others. Vovinam techniques are simple, effective, and artistic. They are realistic and easy to learn, suitable for anyone 8 and older. Each 90 minute section will burn you out with extensive warm ups, fall breaks, rolling, strikes/kicks/blocks, forms, and sparring. This course prepares you for real life situations, such as how to fall safely on streets, and you will train constantly with partners of different sizes. For more information call: 301-204-3118 or email: VovinamMD@gmail.com

16 Sessions \$128
Instructor: Yanni Nguyen
10768 Montgomery Village MS 1/19 T,Th 6:00pm-7:30pm

Classic Vovinam Martial Arts

Ages 8 & Up: Be among the first to learn this exotic martial art. Vovinam is a martial art used by the Vietnamese to fight in wars and is growing rapidly in popularity around the world. Learn defense using your hands, elbows, kicks, throws, escape & levering, joint locks, choke holds, and submissions. Weapons include knives, swords, machete, staff, axes, folding fan, and others. Vovinam techniques are simple, effective, and artistic. They are realistic and easy to learn, suitable for anyone 8 and older. Each 90 minute section will burn you out with extensive warm ups, fall breaks, rolling, strikes/kicks/blocks, forms, and sparring. This course prepares you for real life situations, such as how to fall safely on streets, and you will train constantly with partners of different sizes. For more information call: 3010-204-3118 or email: VovinamMD@gmail.com

16 Sessions \$128
Instructor: Yanni Nguyen
10769 Plum Gar NRC/ 1/21 Th,Sa 6:00pm-7:30pm
Montgomery Village MS
10770 Eastern MS 1/20 W,Sa 6:00pm-7:30pm

Classic Vovinam Martial Arts for Adults

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

16 Sessions \$128
Instructor: Yanni Nguyen
10771 Montgomery Village MS 1/19 T,Th 7:30pm-9:00pm

Classic Vovinam Martial Arts Advanced

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

16 Sessions \$160
Instructor: Yanni Nguyen
10772 Eastern MS 1/20 W,Sa 7:30pm-9:00pm

JUDO

Judo

At least 8 but less than 15: The class emphasizes the various basic techniques of judo - Japanese martial arts - including the aspects of self-control, discipline. Respect, politeness, balance, and coordination. Japanese terms are taught and used throughout the class. Judo is a good way to be healthy in daily life. At the end of each class, the participant is given a symbol to remind them of some aspect of judo. A material fee of \$30 is due on the first day of class.

6 Sessions \$160
Instructor: Irene Bopp
10689 Tilden MS 1/12 T 5:30pm-6:30pm

Judo

At least 7 but less than 15: The class emphasizes the various basic techniques of judo - Japanese martial arts - including the aspects of self-control, discipline. Respect, politeness, balance, and coordination. Japanese terms are taught and used throughout the class. Judo is a good way to be healthy in daily life. At the end of each class, the participant is given a symbol to remind them of some aspect of judo. A material fee of \$30 is due on the first day of class.

6 Sessions \$160
Instructor: Frederic Hocde
10691 Tilden MS 1/12 T 6:30pm-7:30pm

6 Sessions \$230
10690 Tilden MS 1/15 F 6:00pm-7:30pm

TINY TOTS

ARTS & CRAFTS

Abrakadoodle: Twoosy Doodlers

At least 1y 8m but less than 4: Our youngest artists get the chance to explore paints modeling compounds, oil pastels, watercolors and other wonderful art materials. They roll, scribble, shake and pound as they learn about color, shape and form while building the hand-eye coordination and fine motor skills that they'll need later in school to write and draw. They will build confidence while exploring creative and innovative materials. Your budding artist will shine! A \$20 materials fee for 6 session and \$28 for 8 sessions is due to instructor at first class.

6 Sessions				\$90
Instructor: Nancy Delasos				
11660	Bauer Drive CRC	1/11	M	5:00pm-5:45pm
8 Sessions				\$120
11661	Potomac CRC	1/12	T	9:45am-10:30am
11662	Bauer Drive CRC	1/13	W	9:45am-10:30am
11663	White Oak CRC	1/14	Th	10:15am-11:00am

Pre-School Drawing

At least 3 1/2 but less than 6: Let Young Rembrandt help prepare your preschooler for Kindergarten. We teach your children skills that will help them grow, develop and excel all while having fun! We'll concentrate on the skills of drawing and coloring while we develop fine motor skills, focus, listening, staying on task, patience and spatial organization. Each session contains all new lessons. Adult Participation not required.

6 Sessions				\$69
Instructor: Young Rembrandts				
11664	Germantown CRC	1/27	W	10:15am-11:00am
11665	Bauer Drive CRC	1/28	Th	10:15am-11:00am
11666	Wheaton NRC	1/28	Th	10:15am-11:00am
11667	Longwood CRC	1/26	T	10:15am-11:00am
11668	Potomac CRC	1/26	T	10:45am-11:30am

BALLET

Kidz Dance

At least 3 but less than 5. Children will love this fun introduction to ballet dance. Children will explore dance, rhythm and coordination. Parent participation may be required. Ballet slippers are required.

8 Sessions				\$102
Instructor: Grace Oleson				
11209	Gwendolyn Coffield CRC	1/11	M	3:30pm-4:15pm
11210	Potomac CRC	1/12	T	3:30pm-4:15pm
11211	Germantown CRC	1/13	W	3:30pm-4:15pm
11212	Wheaton NRC	1/14	Th	3:30pm-4:15pm

PREballet

At least 2 but less than 6: The class introduces students to dance, movements and basic ballet techniques and terminology. Rhythm and coordination are emphasized. We create a fun environment to motivate toddlers in learning effectively. Classes are taught in French. Ballet slippers are required. Dance outfit is optional and can be purchased at studio for \$53.

7 Sessions				\$70
Instructor: Sabine Philippe				
11676	Dansez! Dance Studio	1/11	M	10:00am-10:30am
9 Sessions				\$90
11677	Dansez! Dance Studio	1/12	T	10:00am-10:30am
11678	Dansez! Dance Studio	1/13	W	10:00am-10:30am
11680	Dansez! Dance Studio	1/14	Th	10:00am-10:30am

GENERAL DANCE

Hippo Hoppo

At least 3 but less than 6: (HIP HOP FOR TOTS) This class is perfect for introducing your little one to hip hop. Using games and music, the class focuses on rhythm, musicality and basic footwork. It is great way to get kids moving! A great class for those energetic little ones who just love to move! We only use age appropriate music and hip hop dance moves to create a love for dance! No prior dance experience necessary.

4 Sessions				\$40
Instructor: Kahina Haynes				
11681	Germantown CRC	1/16	Sa	12:00pm-12:45pm
11682	Potomac CRC	1/10	S	10:00am-10:45am
11683	Germantown CRC	2/20	Sa	12:00pm-12:45pm
11684	Potomac CRC	2/14	S	10:00am-10:45am
8 Sessions				\$80
11685	Clara Barton NRC	1/21	Th	4:00pm-4:45pm

Jazzmatazz Preschool Dance

At least 3 but less than 5: An introduction to dance through creative movement using a variety of musical styles that children love. Children must be toilet trained. Dress code for class are any color leotards, tights, and well fitted all leather ballet slippers. No lace tutus and only short dance skirts please.

10 Sessions				\$94
Instructor: Betsy Saunders				
11044	Long Branch CRC	1/9	Sa	10:15am-11:00am
11045	Bauer Drive CRC	1/7	Th	10:45am-11:30am





LiLBollywood

At least 2 but less than 6: The dance movements provide Tots better motor coordination and concentration, sense of rhythm and self-confidence. They also learn math by forming rhythmic patterns and team work. Bollywood is named after a Bombay industry that produces 500 musical movies every year. Learn a dance on Oscar winning sound track "Jai Ho" from movie Slumdog Millionaire or any other current popular soundtrack. Adult participation is welcomed. For more information call Kumud Mathur at 301-299-3334.

7 Sessions \$109
Instructor: Kumud Mathur
11046 Potomac CRC 1/12 T 6:00pm-6:45pm
11047 Potomac CRC 1/11 M 11:15am-12:00pm

PRE HipHop

At least 2 but less than 6: This is a high energy dance class, fun and upbeat. This class allows your children to move freely, using their own body movement styles. Children participate at their own pace.

7 Sessions \$70
Instructor: Sabine Philippe
11673 Dansez! Dance Studio 1/11 M 10:30am-11:00am
9 Sessions \$90
11674 Dansez! Dance Studio 1/12 T 10:30am-11:00am
11675 Dansez! Dance Studio 1/13 W 10:30am-11:00am
11679 Dansez! Dance Studio 1/14 Th 10:30am-11:00am

MARTIAL ARTS

Tiny Dragons

At least 2 1/2 but less than 5: Follow-up class to Tiny Dragons Intro. Thunder Taekwondo will continue to improve your child's self-discipline, motor skills, self-esteem, and social skills. Master Nury will focus more attention on improving Taekwondo techniques. A \$20 class fee is due on the first.

8 Sessions \$115
Instructor: Nury Criollo
11586 Thunder TMA 1/11 M 9:45am-10:15am
11592 Rock Creek Valley ES 1/16 Sa 11:05am-11:35am

Tiny Dragons Intro

At least 2 1/2 but less than 5: This is our intro class into Taekwondo. Thunder Taekwondo is specifically designed to help improve your child's self-discipline, motor skills, self-esteem, and social skills in order to perform daily life task as well as developing basic taekwondo techniques. We teach discipline through respect and responsibility. A \$20 class fee is due on the first day and all new students must purchase a uniform for \$50.

8 Sessions \$120
Instructor: Nury Criollo
11585 Thunder TMA 1/11 M 9:00am-9:30am
11590 Rock Creek Valley ES 1/16 Sa 11:50am-12:20pm

MUSIC

Discovering Music for Toddlers

At least 1 but less than 4: A fun, creative and enjoyable way to develop coordination and gross motor skills, an inner beat for music, balance and reinforce cognitive learning. Activities include singing, rhyming, moving to different rhythms, playing simple percussion and melodic instruments. Siblings of registered participants, 8 months old and up, must register and pay class fee. Adult participation required. \$15 material fee due to instructor.

8 Sessions \$118
Instructor: Music for Life
11042 Wheaton Library 1/11 M 10:30am-11:15am
9 Sessions \$134
11038 Wisconsin Place CRC 1/12 T 10:15am-11:00am
11039 Norwood LP 1/14 Th 10:15am-11:00am
11040 Longwood CRC 1/13 W 10:15am-11:00am
11041 Potomac CRC 1/15 F 10:15am-11:00am

Exploring Music and Piano Prep

At least 3 but less than 6: Discover and explore musical aspects and concepts. Covers rhythm, singing, ear training, movement, motor coordination and motor skills. Children play more complex percussion and melodic instruments as class progresses. Full parent participation and attention is required. \$15 material fee due to instructor.

8 Sessions \$132
Instructor: Music for Life
11043 Norwood LP 1/25 M 12:45pm-1:45pm

Little Fingers

At least 2 but less than 6: Students will get an introduction to the piano through age appropriate guided curriculum and structured play. The objective of these classes are to introduce children to music in order to promote a love of music and desire to have music in their lives in a meaningful and productive way. Free instrument rental and materials included in price. Rental agreement must be signed at the class. Rental instrument must be returned at the last class. For specific questions please contact LNM at 1-800-399-6414 or customerservice@learnnowmusic.com

9 Sessions \$180
Instructor: Learn Now Music
11375 Bauer Drive CRC 1/13 W 10:00am-10:30am
11382 Jane E. Lawton CRC 1/13 W 10:00am-10:30am
11383 Marilyn J. Praisner CRC 1/13 W 10:00am-10:30am
11388 Potomac CRC 1/13 W 10:00am-10:30am

Pre-School Musical Exploration

At least 2 but less than 6: Students will sing, dance, play music instruments, play musical games, and develop a love of music through LNM musical exploration classes! For specific questions please contact LNM at 1-800-399-6414 or CustomerService@learnnowmusic.com

9 Sessions \$180
Instructor: Learn Now Music
11384 Bauer Drive CRC 1/13 W 10:45am-11:15am
11385 Jane E. Lawton CRC 1/13 W 10:45am-11:15am
11386 Marilyn J. Praisner CRC 1/13 W 10:45am-11:15am
11387 Longwood CRC 1/12 T 9:00am-9:30am
11389 Potomac CRC 1/13 W 10:45am-11:15am

Music Together

Less than 6: A fun, interactive family music experience, which includes a variety of musical styles, tonalities and rhythms. Activities include singing, chanting, props, instrument exploration, improvisation and large movement. Adults discover their power as role models for their children just by having fun, making music themselves, regardless of their musical ability. Each child is free to participate at his/ her own level in this mixed-age, developmentally appropriate setting. Award-winning Music Together CDs and Songbook are required for each family at a cost of \$40 payable by cash or check to Music Together Montgomery and are due to the instructor at the first class. For more information, go to www.musictogethermontgomery.com or call the instructor at 301-879-6988. Infants under 8 months may attend free with a paying sibling, but must register. Please also call 240-777-6870 to let us know you plan to bring a sibling.

8 Sessions				\$170
Instructor: Music Together				
11295	Mid County CRC	1/9	Sa	10:15am-11:00am
11296	Mid County CRC	1/9	Sa	11:15am-12:00pm

PERFORMING ARTS

Little Stars

At least 2 but less than 4: Introduce your little ones to the wonderful world of arts education in this theater class that does it all! These young minds will explore their creativity and imaginations through music, movement, story time, acting games, and art. And each week they will have a mini-art project to take home that relates to our theme. A \$20 material fee is due at the first class.

9 Sessions				\$120
Instructor: CARE Actor				
11608	Potomac CRC	1/12	T	10:15am-11:00am

PLAYTIME & MOVEMENT

Funfit Tots

At least 11m but less than 3: A fun-filled adult/child high-energy exercise class that includes songs, stories, parachutes, games, balls, music and more. Develops motor skills, coordination, socialization, cooperation and reinforces cognitive development. A great workout for both you and your child. Child must be walking. Adult participation required! A \$5 material fee is due to instructor on the first day of class.

7 Sessions				\$87
Instructor: Funfit				
11641	Germantown CRC	1/11	M	9:30am-10:15am
11640	Wheaton NRC	1/11	M	9:30am-10:15am
9 Sessions				\$112
11639	Bauer Drive CRC	1/12	T	9:30am-10:15am
11642	Potomac CRC	1/13	W	9:30am-10:15am
11643	Wisconsin Place CRC	1/14	Th	9:45am-10:30am
11644	Jane E. Lawton CRC	1/15	F	9:45am-10:30am
11645	Tilden MS	1/16	Sa	9:30am-10:15am
11646	Quince Orchard Valley NP1/16	Sa		9:30am-10:15am

Funfit Tots: Ages 2-3

At least 2 but less than 4: A fun-filled parent/child high-energy exercise class that includes songs, stories, parachutes, games, balls, music and more. Develops motor skills, coordination, socialization, cooperation and reinforces cognitive development. A great workout for both you and your child. Adult participation required. Child must be walking. \$5 material fee is due to instructor on the first day of class.

7 Sessions				\$87
Instructor: Funfit				
11648	Germantown CRC	1/11	M	10:15am-11:00am
11649	Wheaton NRC	1/11	M	10:15am-11:00am
9 Sessions				\$112
11647	Bauer Drive CRC	1/12	T	10:15am-11:00am
11652	Potomac CRC	1/13	W	10:15am-11:00am
11650	Wisconsin Place CRC	1/14	Th	10:30am-11:15am
11651	Jane E. Lawton CRC	1/15	F	10:30am-11:15am
11653	Tilden MS	1/16	Sa	10:15am-11:00am

Funfit Tots Family Class

At least 1 1/2 but less than 5: A fun-filled, high energy activity class that includes games, songs, stories, music, parachute balls and more! A great workout for the whole family! Adult participation required. Child must be walking. Class price is per child. \$5 material fee is due to instructor on the first day of class.

7 Sessions				\$87
Instructor: Funfit				
11656	Germantown CRC	1/11	M	11:00am-11:45am
11657	Wheaton NRC	1/11	M	11:00am-11:45am
9 Sessions				\$112
11659	Bauer Drive CRC	1/12	T	11:00am-11:45am
11654	Potomac CRC	1/13	W	11:00am-11:45am
11658	Wisconsin Place CRC	1/14	Th	11:15am-12:00pm
11655	Quince Orchard Valley NP1/16	Sa		10:15am-11:00am

Mama Goose on the Loose

At least 6m but less than 3: What a time for a rhyme! Stories, games, music, movement and much more! Have fun and meet new friends while enriching your child's language, large motor skills and social development. Price includes all materials. Adult participation required. For more information email mamagoose@verizon.net

5 Sessions				\$51
Instructor: Laura Lunking				
11037	Bauer Drive CRC	1/16	Sa	10:00am-10:45am
8 Sessions				\$83
11035	Mid County CRC	1/13	W	11:00am-11:45am
11036	Bauer Drive CRC	1/14	Th	10:00am-10:45am





SPORTS

Pre Wee Wanna Be

At least 1½ but less than 3: Boys and Girls get a great start in enjoying sports working with their Moms, Dads, or Guardians. They will be introduced to agility training, sports including soccer, and other age appropriate sports through supervised play sessions with their Moms, Dads or Guardians. Each child is guided thru sports and play sessions and can participate at his/her own pace. A wonderful program to introduce tots to the joy of sports; Adult participation required. A \$10 material fee is due to Instructor. Call 301-983-2690 for more information.

7 Sessions				\$77
Instructor: Coach Doug Academy				
11003	Jane E. Lawton CRC	1/11	M	9:30am-10:15am
9 Sessions				
11005	Germantown CRC	1/12	T	9:30am-10:15am
11007	Bauer Drive CRC	1/13	W	9:30am-10:15am
11006	Potomac CRC	1/14	Th	9:30am-10:15am
11004	Damascus CRC	1/15	F	10:00am-10:45am

Wee Wanna Be

At least 3 but less than 6: Which Sports players do your kids pretend to be Boys and Girls and their Moms, Dads or Guardians will be introduced to agility training, soccer, T-ball, lacrosse and other seasonal sports through supervised non-competitive play sessions with their Moms, Dads, or Guardian. Each child can participate at his/her own pace. \$10 material fee is due to Instructor. Call 301-983-2690 for additional information.

7 Sessions				\$77
Instructor: Coach Doug Academy				
11019	Jane E. Lawton CRC	1/11	M	10:15am-11:00am
9 Sessions				
11021	Germantown CRC	1/12	T	10:15am-11:00am
11022	Bauer Drive CRC	1/13	W	10:15am-11:00am
11020	Potomac CRC	1/14	Th	10:15am-11:00am
11023	Potomac CRC	1/14	Th	1:30pm-2:15pm
11024	Damascus CRC	1/15	F	10:45am-11:30am
11025	Oakland Terrace ES	1/16	Sa	9:30am-10:15am
11026	Oakland Terrace ES	1/16	Sa	10:15am-11:00am
11027	Cold Spring ES	1/16	Sa	1:15pm-2:00pm

Wee Wanna Be Soccer and Tennis

At least 3 but less than 6: Wee Wanna Be Soccer and Tennis is based on the principles developed by Coach Doug for the very successful Wee Wanna Be program. By concentrating on these two sports, the children have a greater opportunity to comfortably develop their interest and abilities. They will be introduced to soccer and tennis, through age appropriate skill training in play sessions with their Moms, Dads or Guardian. A great way for children to develop new skills using their arms and legs. Adult participation required. \$10 material fee is due to Instructor. Call 301-983-2690 for more information.

7 Sessions				\$77
Instructor: Coach Doug Academy				
11028	Jane E. Lawton CRC	1/11	M	11:00am-11:45am
9 Sessions				
11029	Germantown CRC	1/12	T	11:00am-11:45am
11030	Bauer Drive CRC	1/13	W	11:00am-11:45am
11031	Potomac CRC	1/14	Th	11:00am-11:45am
11032	Damascus CRC	1/15	F	11:30am-12:15pm
11033	Cold Spring ES	1/16	Sa	3:30pm-4:15pm

Soccer

At least 3 but less than 8: Coach Doug Soccer is based on the winning principles developed by Coach Doug. Kick it off with soccer instruction the Coach Doug way fundamental soccer skills in a fun and friendly environment with emphasis on building techniques and self-confidence. We cover skill development, soccer rules and playing strategies. By concentrating on soccer, children have a greater opportunity to comfortably develop individual skills in a team concept. No adult participation required. Children participate on their own under the guidance of Coach Doug. \$10 material fee due to Instructor. Call 301-983-2690 for more information.

7 Sessions				\$77
Instructor: Coach Doug Academy				
11008	Jane E. Lawton CRC	1/11	M	5:00pm-5:45pm
9 Sessions				
11009	Germantown CRC	1/12	T	5:00pm-5:45pm
11010	Potomac CRC	1/14	Th	5:00pm-5:45pm
11011	Damascus CRC	1/15	F	5:00pm-5:45pm
11012	Oakland Terrace ES	1/16	Sa	11:45am-12:30pm
11034	Cold Spring ES	1/16	Sa	2:45pm-3:30pm



Sports School

At least 4 but less than 8: Join us as we have kept our victorious formula of offering classes which treat each child as a winner building self-esteem, enhancing cooperation, focusing on skills and fitness in a fun and positive environment. Classes will focus on specific sports for a longer period of time to allow children an opportunity to comfortably develop their interest and abilities. Sports change each session and include agility training, soccer, T-ball, lacrosse and more. No Parent Participation required. A \$10 Materials Fee due to Instructor. Call 301-983-2690 for more information.

7 Sessions				\$77
Instructor: Coach Doug Academy				
11013	Jane E. Lawton CRC	1/11	M	4:15pm-5:00pm
9 Sessions				\$99
11014	Germantown CRC	1/12	T	4:15pm-5:00pm
11015	Potomac CRC	1/14	Th	4:15pm-5:00pm
11016	Damascus CRC	1/15	F	4:15pm-5:00pm
11017	Oakland Terrace ES	1/16	Sa	11:00am-11:45am
11018	Cold Spring ES	1/16	Sa	2:00pm-2:45pm

Gymnastics-Parent & Child

At least 2 but less than 4: Parents learn to help their toddler develop beginning gymnastics skills. Children learn to follow directions and cooperate utilizing an obstacle course, trampoline, balance beam and the foam pit.

7 Sessions				\$90
Instructor: Dobre Gymnastics Academy				
11686	Dobre Gymnastics	1/22	F	9:45am-10:30am

Gymnastics-Pre School

At least 4 but less than 6: Tumbling skills such as front & back rolls, cartwheel, bridge and handstand, balance beam skills such as front and backward walk and more, bar skills such as: skin cat, front roll and more. Also trampoline skills such as tuck jump, straddle jump, sit drop and more. This class will develop children's strength, coordination, flexibility, mental processing and self-confidence.

6 Sessions				\$77
Instructor: Dobre Gymnastics Academy				
11690	Dobre Gymnastics	1/25	M	3:45pm-4:30pm
7 Sessions				\$90
11687	Dobre Gymnastics	1/19	T	3:45pm-4:30pm
11688	Dobre Gymnastics	1/22	F	4:45pm-5:30pm
11689	Dobre Gymnastics	1/23	Sa	2:15pm-3:00pm

Petite Soccer

At least 3 but less than 6: U.K. Elite recruits top British professional soccer coaches all the way from Europe to provide your little one with the best instruction. This program is a fun guide to soccer utilizing maximum activity and participation and high stimulating fantasy games. The focus is creating a fun learning environment in which children develop basic ball manipulation skills, using their feet. U.K. Elite will provide balls for use by all participants.

8 Sessions				\$115
Instructor: UK Elite Soccer				
11669	Bauer Drive CRC	1/17	S	10:00am-11:00am
11672	Wisconsin Place CRC	1/22	F	11:00am-12:00pm

Petite Soccer Parent and Me

At least 2 but less than 4: U.K. Elite recruits top British professional soccer coaches all the way from Europe to provide your little one with the best instruction. This program is a fun guide to soccer utilizing maximum activity and participation and high stimulating fantasy games. The focus is creating a fun learning environment in which children develop basic ball manipulation skills, using their feet. U.K. Elite will provide balls for use by all participants.

9 Sessions				\$105
Instructor: UK Elite Soccer				
11670	Bauer Drive CRC	1/17	S	9:00am-9:45am
11671	Wisconsin Place CRC	1/22	F	10:00am-11:00am

Tumbling Gymnastic

At least 3 but less than 6: Beginner: Practice tumbling skills while gaining self-esteem. Animal walks, forward rolls, backward rolls and bridges are taught. Movements will enhance balance, large muscle control, and muscular strength. For purposes of ensuring concentration and focus by preschoolers, parents are requested to wait outside the room during class time.

5 Sessions				\$69
Instructor: Denise Schattenberg				
11048	Upper County CRC	1/11	M	11:00am-11:45am

SPECIAL INTEREST

Spanish Toddlers

At least 1½ but less than 3½: This class has it all! Children will be fully immersed in the target language. Classes are composed of a variety of high energy games, sports, obstacle courses, experiments, and more! All activities are grouped by thematic units, with very clear goals and objectives for their immersion in the Spanish language. A \$10 material fee will be due to the instructor at the first class. For additional questions please contact Miss Cristina at 240-550-2797.

6 Sessions				\$85
Instructor: Maria Rhoe				
11049	Wisconsin Place CRC	1/16	Sa	10:00am-10:45am



*One website...
thousands
of possibilities!* **Active MONTGOMERY**

ActiveMONTGOMERY.org



SPRING BREAK

Club Holiday

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

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

Club Holiday Half Day

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

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

Club Holiday PM

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

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

XCITING XTRAS

Abacus Math

At least 5 but less than 10: The Komodo Math Program teaches kids how to work math problems by visualizing an abacus. The child learns basic arithmetic, starting with simple single digit addition through more advanced operations such as calculation of square roots. After a few months, the student masters calculations mentally, without external tools such as pen and paper, calculators or fingers.

4 Sessions \$149
Instructor: Komodo
11474 Komodo-Germantown 1/16 Sa 10:00am-12:00pm
11475 Komodo-Gaithersburg 1/16 Sa 10:00am-12:00pm
11483 Komodo-Germantown 1/16 Sa 12:00pm-2:00pm
11515 Komodo-Gaithersburg 1/16 Sa 12:00pm-2:00pm

Creative Writing

At least 5 but less than 10: The goal of this program is to nurture reading and writing proficiency through theme based instruction. The program will focus on reading comprehension strategies, vocabulary and grammar development, critical and analytical thinking and phonetics.

4 Sessions \$149
Instructor: Komodo
11476 Komodo-Gaithersburg 1/21 Th 5:30pm-7:00pm
11524 Komodo-Germantown 1/16 Sa 9:00am-10:30am

Electronic Game Design: Invader Defense Games

At least 8 but less than 13: During the Electronic Game Design: Invader Defense classes, students will use Multimedia Fusion 2 to create their own video game. Whether students wish to fire marshmallows or missiles, they build a complete video game from start to finish. They program characters to survive a wave of enemy attacks in order to reach the next level. At the end of the class, students take home a copy of the game they create.

6 Sessions \$180
Instructor: Nirantar Quest
11180 Potomac CRC 1/16 Sa 9:15am-10:45am
11187 Germantown CRC 2/6 Sa 9:15am-10:45am
11191 Little Bennett ES 1/22 F 3:45pm-5:15pm

Gemology II Advanced

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

9 Sessions \$81
Instructor: Timothy Morgan
11479 Potomac CRC 1/13 W 10:00am-12:15pm

Junior Robotics: Wild Animals

At least 5 but less than 7: This class is a perfect mixture of fun and learning, using LEGO® WeDo Robots. Using LEGO® bricks, students build a hungry alligator, a flying bird, and a roaring lion. They also learn how to program and operate their creations using a laptop computer.

6 Sessions \$160
Instructor: Engineering for Kids
11277 Potomac CRC 1/16 Sa 11:00am-12:00pm
11278 Germantown CRC 2/6 Sa 11:00am-12:00pm
11279 Little Bennett ES 1/22 F 5:30pm-6:30pm



**Homework Time, Sports & Games, Arts & Crafts,
Computer Access,* Special Events And More!**

Monday-Friday | 3:00-6:00pm | \$62/month

**Damascus Community
Recreation Center**
25520 Oak Drive
Damascus, MD 20872

Grades K-8

6986 November
6987 December
12315 January
12316 February
12317 March
12318 April
12319 May
12320 June

**East County Community
Recreation Center**
3310 Gateshead Manor Way
Silver Spring, MD 20904

Grades K-5

6998 November
6999 December
12327 January
12328 February
12329 March
12330 April
12331 May
12332 June

**Gwendolyn Coffield Community
Recreation Center**
2450 Lyttonville Road
Silver Spring, MD 20910

Grades K-5

6990 November
6991 December
12321 January
12322 February
12323 March
12324 April
12325 May
12326 June

**Long Branch Community
Recreation Center**
8700 Piney Branch Road
Silver Spring, MD 20901

Grades K-5

6876 November
6877 December
12297 January
12298 February
12299 March
12300 April
12301 May
12302 June

**Mid-County Community
Recreation Center**
2004 Queensguard Road
Silver Spring, MD 20906

Grades K-5

6882 November
6883 December
12291 January
12292 February
12293 March
12294 April
12295 May
12296 June

**Marilyn J. Praisner Community
Recreation Center**
14906 Old Columbia Pike
Burtonsville, MD 20866

Grades K-5

6982 November
6983 December
12303 January
12304 February
12305 March
12306 April
12307 May
12308 June

**Plum Gar Neighborhood
Recreation Center**
19561 Scenery Drive
Germantown, MD 20876

Grades K-5

6994 November
6995 December
12309 January
12310 February
12311 March
12312 April
12313 May
12314 June

**Upper County Community
Recreation Center**
8201 Emory Grove Road
Gaithersburg, MD 20877

Grades K-8

6872 November
6873 December
12108 January
12109 February
12110 March
12111 April
12112 May
12113 June

**White Oak Community
Recreation Center**
1700 April Lane
Silver Spring, MD 20904

Grades K-5

6785 November
6786 December
12102 January
12103 February
12104 March
12105 April
12106 May
12107 June

* East County, Long Branch and Mid-County Do Not Have Computer Access.

For more information, please contact the community centers listed above. Visit ActiveMONTGOMERY.org to register.



The

SPORTS *Pages*



SPORTS

GENERAL SPORTS

Cheerleading

At least 6 but less than 12: Basic beginning cheerleading skills will include motions, formations, chants, and cheers, with simple stunts and dance. Skills build confidence, self-esteem, coordination, and team work. Poms will be supplied for use at class.

6 Sessions \$104
Instructor: Lori Zagami
10646 Olney ES 1/19 Th 5:00pm-6:00pm

Baton

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

8 Sessions \$50
Instructor: Julianna Duda
11316 Damascus CRC 1/14 Th 5:45pm-6:30pm
11317 Germantown CRC 1/11 M 4:30pm-5:15pm

Fencing Beginner I

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

8 Sessions \$83
Instructor: Gitty Mohebban
11306 Frost, Robert MS 1/11 M 5:30pm-6:30pm
11307 Clemente, Roberto MS 1/13 W 5:30pm-6:30pm
11308 Parkland MS 1/15 F 5:30pm-6:30pm

Fencing Beginner II

9 & Up: Advanced Beginner: Curriculum will be student skill dependent. \$30 material fee due to instructor.

8 Sessions \$93
Instructor: Gitty Mohebban
11309 Frost, Robert MS 1/11 M 6:30pm-7:30pm
11310 Clemente, Roberto MS 1/13 W 6:30pm-7:30pm
11311 Parkland MS 1/15 F 6:30pm-7:30pm

Fencing Intermediate

9 & Up: More advanced foil techniques: riposte direct, doublement, compound attacks with footwork, beat disengage, compound riposte and pris de fer opposition, lier, croise, and envelopment. No age exceptions without instructor approval. A \$30 material fee due to the instructor.

8 Sessions \$93
Instructor: Gitty Mohebban
11312 Frost, Robert MS 1/11 M 7:30pm-8:30pm
11313 Clemente, Roberto MS 1/13 W 7:30pm-8:30pm

Fencing Practice and Club

9 & Up: An opportunity for the beginner, intermediate and advanced fencer to practice with each other and develop their skills. No formal instruction will be given during Club sessions. Foil, epee and saber fencers welcome. Equipment provided: foil, mask, and jacket. Classes may feature electric fencing apparatus. No age exceptions will be granted without instructor approval. A \$30 material fee due to the instructor.

8 Sessions \$93
Instructor: Gitty Mohebban
11314 Parkland MS 1/15 F 7:30pm-8:30pm

Gymnastics For Girls and Boys

At least 7 but less than 12: Introduction to gymnastics. Utilizes all apparatus including floor, balance beam, vault, uneven bars and trampoline. Examples of skills: cartwheel, roundoff and walkovers.

6 Sessions \$77
Instructor: Dobre Gymnastics Academy
11535 Dobre Gymnastics 1/25 M 5:15pm-6:15pm
7 Sessions \$90
11536 Dobre Gymnastics 1/20 W 5:30pm-6:30pm
11537 Dobre Gymnastics 1/22 F 4:45pm-5:45pm
11538 Dobre Gymnastics 1/22 F 7:00pm-8:00pm
11539 Dobre Gymnastics 1/23 Sa 2:15pm-3:15pm

Ping Pong/Table Tennis

At least 7 but less than 14: Develop your table tennis skills from professional coaches at the Maryland Table Tennis Center. Class covers all aspects of the game, including rules, equipment, strokes (forehand, backhand, pushing, blocking, looping, smashing), footwork and serving. Classes will be roughly two-thirds instructional, one-third games. A material fee of \$10 is due the instructor at the first class.

5 Sessions \$88
Instructor: Maryland Table Tennis Center
11297 MD Tennis Center 1/14 Th 6:00pm-7:00pm
11298 MD Tennis Center 2/18 Th 6:00pm-7:00pm



BASKETBALL

Men's Sunday Basketball League

Ages 18 & Up: Competitive Adult Basketball League

7 Sessions				\$695
11390	Tilden MS	1/10	S	5:00pm-10:30pm
11756	Walter Johnson HS	1/10	S	5:00pm-10:30pm
11305	Jane E. Lawton CRC	1/10	S	6:00pm-10:30pm
11757	Bauer CRC	1/10	S	6:00pm-10:30pm
11758	Germantown CRC	1/10	S	6:00pm-10:30pm

Men's Wednesday Basketball League

Ages 18 & Up: Competitive Adult Basketball League

7 Sessions				\$695
11392	Tilden MS	1/13	W	5:00pm-10:30pm
11391	Jane E. Lawton CRC	1/13	W	6:15pm-10:30pm

MD Sports Hoop Star Basketball Clinics

Grades K-5: Jazz Perazic's MD Sports is designed to provide participants with fundamental basketball skills instruction, and exposure to how the game is played through drills and controlled scrimmages. Our goal is to teach basics of the game in a fun environment to for traditional recreation basketball leagues. Our knowledgeable, experienced and caring staff's primary goal is to teach both sports and life skills of respect, commitment and teamwork

6 Sessions				\$90
Instructor: Jazz Perazic's MD Sports				
405482	Olney ES	4/22	W	3:30pm-4:45pm

One On One After School Hoops

At least 5 but less than 13: Have fun learning to become a better basketball player! Join our experienced and positive One on One instructors for our weekly basketball clinic at your school. Basketball fundamental skills will be taught through proven drills, exercises, fun competitions and games. One on One instructors strive to teach all participants the value of work, respect for authority and how to function as part of a team.

8 Sessions				\$100
Instructor: Inc One on One Basketball				
11528	Wisconsin Place CRC	1/11	M	4:00pm-5:00pm
11529	Clarksburg ES	1/11	M	4:00pm-5:00pm
11530	Stonegate ES	1/20	W	3:45pm-4:45pm
11531	Sligo Creek ES	1/21	Th	4:00pm-5:00pm
11532	Potomac ES	1/15	F	4:00pm-5:00pm



All Prices, Dates, Times, & Locations are current as of the time The Guide goes to press. They are subject to change due to unforeseen circumstances.

We Want You!
Part-time Staff are needed to lead a wide variety of activities. Become part of our team! Call 240-777-6840 for information.
Contractual Instructors are needed to instruct professional quality classes for all ages. Send a resume and class proposal to:
 Montgomery County Recreation
 Contracts
 4010 Randolph Road
 Silver Spring, MD 20902



Call for Availability.

Also Check Out Basketball
Classes & Clinics on Page 65.

HOOP IT UP THIS WINTER!



- Instructional Basketball • Grades K-2
- Youth-Kids Leagues • Grades 3-8
- High School Leagues • Grades 9-12
- Adult & Senior Leagues • Team Registration Only
- Rising Star Leagues • Team Registration Only

Programs located throughout Montgomery County

For more information visit us at montgomerycountymd.gov/rec
or contact the Adult Sports Programs Office at (240) 777-6870
or the Youth Sports Programs Office at (240) 777-6810



Active Adult Programs 55+

WINTER 2015-2016

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

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

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

SENIOR CENTERS

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

DAMASCUS SENIOR CENTER

M-F: 9:00am-4:00pm
9701 Main Street, Damascus
240-777-6995

HOLIDAY PARK SENIOR CENTER

M-F: 8:45am-4:00pm; W: 8:45am-9:00pm*
3950 Ferrara Drive, Wheaton
240-777-4999

LONG BRANCH SENIOR CENTER

M-F: 9:30am-2:30pm
8700 Piney Branch Road, Silver Spring
240-777-6975

MARGARET SCHWEINHAUT SENIOR CENTER

M-F: 8:15am-4:00pm; S: 9:00am-3:00pm
1000 Forest Glen Road, Silver Spring
240-777-8085

WHITE OAK SENIOR CENTER

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

*Open on Wednesday evening through December 9, 2015



DAMASCUS SENIOR CENTER

240-777-6995

The Damascus Senior Center provides a variety of programs, classes, and services, for seniors 55 and over. Health & Wellness programs and social activities are stressed. A nutrition program is offered daily and bus transportation is also available. Call the center or pick up a copy of our monthly newsletter for more information. Fall highlights include:

Annual Holiday Sale

Saturday, November 7 through

Friday, December 18, 2015 • 9:00am - 4:00pm

The Holiday Sale officially begins with items cost range from 25 cents to \$25.

Chef Sue's Holiday Luncheon

Wednesday, December 9, 2015 • Noon

The menu will be available at the reception desk one month prior to the event!

Call the Damascus Senior Center for reservations.

Price for the Meal age 55 - 59 is \$7.00

60+ Donations requested.

Organ Grinder Lola

Wednesday, December 9, 2015 • 1:00pm

Organ Grinder Lola and Master Bob return to sing holiday cheer into your lives.

Cost: FREE

Holiday Party

Thursday December 17, 2015 • 1:00pm

Come and join the Damascus Staff as we celebrate the holiday season and the New Year which is approaching quickly. We will have light refreshments and a toast to the New Year.

Cost: FREE

Basic Spanish Class

Friday, January 8, 2016 • 1:00pm

(Class time may change due to an event) Zuleyma or a volunteer will lead this class. Learn to speak basic conversational Spanish that is easy and fun to learn.

The class may have a small fee to cover the purchase of materials.

3rd Annual Wounded Warrior Zumba-thon

Monday, January 18, 2016 • 10:00am - 12:30pm

The Damascus Senior Center Sponsors Incorporated (DSCSI) will pay honor to our Wounded Veterans with a Zumba-thon and raise money for these veterans through the Wounded Warrior Project. There will be 10 dynamic instructors. Suggested donation of \$20.00, or whatever you can afford to give to the veterans. For more information contact Tony Edghill at 240-777-6995.

Chef Sue's Valentine's Day Luncheon

Thursday, February 11, 2016

The menu will be available at the reception desk one month prior to the event!

Call the Damascus Senior Center for reservations.

Price for the Meal age 55 -59 is \$7.00. 60+ Donations requested.

Senorita Sunshine

Thursday February 11, 2016 • 1:00pm

Senorita Sunshine returns to the Damascus Senior Center to sing love songs for Valentines. Cost: FREE



SENIOR CENTER SHUTTLES

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

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



HOLIDAY PARK SENIOR CENTER

240-777-4999

Holiday Park welcomes adults 55+ for a variety of social, fitness, educational and enrichment programs. Classes range from yoga, Zumba, ballroom dance, Tai Chi, Digital Photography and Spanish. Learn more about our programs at www.holidaypark.us or drop in for a tour. Grab a cup of coffee in our cafe, pick up a current schedule in our monthly newsletter, and meet some new friends along the way!

Holiday Park Seniors, Inc. is a 501c3 non-profit agency that supports programs and classes at Holiday Park. The \$20 annual membership includes discounts on classes and programs. Sign up at the Reception Desk.

¡Bienvenidos a la Esquina Latina!

Martes

Clases de tejido en telares con la Sra. Peggy de
10:30am-11:30am

Conversación en Inglés 11:00am-12:00pm

Martes y Jueves

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

Miércoles

Primer y tercer miércoles de cada mes, con Carmen Sánchez a la 1:00pm

Jueves

Clases de ESOL con Roxana Ready a las 10:30am

Preguntas o sugerencias-comuníquese con Maria Mercedes 240-777-4961.

Daytime Highlights

Musical Performances and Entertainment:

Live Music with Tim Amann

December 2 • 1:00pm

Ready for some good winter tunes? One of our favorite entertainers returns to bring you all the music that the season has in store for you!

Live Music with Dale Jarrett

December 17 • 1:00pm

Dale is back with his extensive repertoire of melodic tunes and danceable songs.

Chinese New Year Festival

February 18 • 1:00pm

Ming Shan and the Holiday Park dancers will delight you in this multicultural program that celebrates the Chinese New Year!

Dance Club Friday

Almost every Friday!

Live performances. Great music. Good variety. Dancing at the Park never gets old. Meet new friends, create new memories, and then foxtrot, rumba, or swing into your weekend. Check our newsletter for specific dates and entertainment scheduled.

Informative Lectures and Presentations:

Tax Talk

December 15 • 1:00-2:00pm

Tax preparation done well! Presented by Retired Senior Volunteer Program (RSVP) and AARP. As tax season gets closer, the experts from the RSVP/AARP are going to get you ready just in time for tax season! Getting your taxes done right will be painless this year. Learn about new rules and how to stay away from deceitful service providers.

Take the Emergency Out of Emergency Preparedness

January 12 • 1:00-2:00pm

Presented by MC Fire & Rescue. Don't let this winter's inclement weather catch you off guard. Jim Resnick, Program Manager for Senior Outreach with Fire & Rescue will get you ready in no time!

Let's Agree to Disagree

February 9 • 1:00pm

Certain conversations might be hard, especially when family matters are the object of the discussion. The experts of Conflict Resolution Center of Montgomery County are going to talk about how mediation services can help handle that discussion and make it a civil and productive one!

Holiday Park Senior Center Mini Trips

The Spy Museum

Wednesday, February 11, 2016 • 9:30am

Instead of hiding under covers this winter, why not go undercover with Holiday Park at the SPY MUSEUM. See the gadgets, learn the stories, and even test your skills of observation, analysis, surveillance, and disguise. Admission Fee \$12 - for transportation not included. Contact the center for more details





MARGARET SCHWEINHAUT SENIOR CENTER

240-777-8085

The Margaret Schweinhaut Senior Center is a welcoming, colorful, upbeat place with a wide range of activities and amenities. The Center includes a large auditorium with a full stage, arts studio, self-serve library, a Garden Room and a delightful Daisy Room, Work Out Room, Computer Niche and the best billiard room available to Seniors and Active Adults in Montgomery County. Besides having an attractive and accommodating setting with ample parking, Schweinhaut Senior Center offers a weekly array of programs, including fitness, life enrichment, social, health and much more! A visit to the Schweinhaut Center will prove to be a joy and a very positive experience. Please see below for a quick glance at some of the programs we offer this Winter. To find out more details, please visit our website at montgomerycountymd.gov/rec/where/seniors/margaret.html or stop by to pick up our monthly newsletter called "Happenings."

Afternoon Music Series

Performances in our Garden Room, please see our Monthly Newsletter or call us at 240-777-8085 for more details.

Good Times Show Band

Monday, November 30 • 1:00pm-3:00pm • FREE

Encore Chorale Holiday Concert

Monday, December 21 • 1:00pm-2:00pm • FREE

Schweinhaut Jam Session

Tuesday, February, 16 • 1:00pm-2:30pm • FREE

Rear View Mirror

Monday, March 14 • 1:00pm-2:00pm • FREE

Event Series

Monthly events in our Auditorium, please see our Monthly Newsletter or call us at 240-777-8085 for more details. Pre-registration is required for each event, unless stated. Space is limited.

Indoor Yard Sale

Thursday, December 3 • 10:00am-3:00pm • FREE

Akhemdova Ballet Presents

"The Nutcracker"

Saturday, December 12 • 1:00pm • FREE

Winter Solstice with Steve Gellman

Tuesday, December 15 • 12:00pm*

New Year's Party with Trish Curreri

Monday, January 11 • 12:00pm**

File of Life

Monday, January 25 • 10:30am-12:00pm • FREE

Chinese New Year

Thursday, January 28 • 12:00pm*

Mardi Gras

Tuesday, February 9 • 12:00pm*

St. Patrick's Day Celebration

Thursday, March 17 • 12:00pm-2:00pm*

*Price for Meal age 55-59 is \$5.49. 60+ Donations Requested.

** Price for meal: \$7.00 for ages 55-59. Donations are requested for ages 60+.

Health and Wellness

Coping with Change

Every Tuesday • 1:00pm-2:00pm

A discussion group dealing with life changes and coping positively. Facilitated by Jamie Lomison from Sante Affiliated.

Maximizing You!

First Thursday • 11:00am-12:00pm

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

Widowed Persons Support Group

Every Monday • 1:00pm-2:00pm

Co-sponsored by the AARP Widowed Persons Service. This group provides support and understanding for people who have lost a spouse during the last two years.

Life Enrichment

Non-Shakespearian 17th Century English Verse

2nd, 3rd, and 4th Wednesdays of the Month • 10:00am-2:00pm

A line-by-line explication of leading poets between the time of Shakespeare and Milton.

Games

ACBL Duplicate Bridge

Tuesdays and Thursdays • 12:30pm • \$5 Per Session

Bingo

Mondays and Thursdays • 10:30-11:30am • \$1 for 2 Bingo Cards

Mah Jongg

Tuesdays • 10:00am • FREE

Get Your Game On!

Tuesdays 10:00pm-2:00pm • Thursdays 10:00am-3:30pm • FREE

Wii Bowling

Wednesdays • 10:30am • FREE

Open Ping Pong and Shuffle Board

Fridays • 10:30am-3:45pm • FREE

Senior Feud

Fridays, November 20; December 18; January 22 • 1:00-2:00pm • FREE



LONG BRANCH SENIOR CENTER

240-777-6975

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

Events

Jingle Bell Breakfast

Wednesday, December 15 • 10:30 am

Enjoy a delicious continental breakfast of veggies, eggs, sausage, bagels, spreads, juice coffee and tea and Holiday Song Sing Along. Free

Creative Sides

Painting

Wednesdays, 10:30am-12:00pm

Creative expression encourages self expression, exercises the brain, and reduces stress. No art experience needed to explore your creative voice. Bring your imagination and leave self judgement at the door. Local/regional artist Carol Clatterback helps you explore the world of painting through various ideas using acrylics, paper, ink, etc... in both traditional and creative ways! Each 8 week session will cover a different topic and technique. Begins December 9th. Cost is \$24 per session. Register at second floor Welcome Desk.

Raw Clay

Mondays, 10:30am-12:00pm

Come have fun creating vessels and artwork using low fire clay with artist Carol Clatterback, award winning ceramics teacher, starting with pinch and coil pots, graffito, and slabwork. Strong hands, fingers, and creativity are the only requirements! Mondays beginning December 9th. Cost is \$24 for an 8 week class. Register at second floor Welcome Desk.

Connecting To The Net

Wednesdays, 10:30am-11:30am

Rotate through the 3 activities, no scoring

Wednesdays, 11:30am-1:00pm

Take your pick, scoring allowed

Pickleball

A fun sport that combines many elements of tennis, badminton and table tennis. It can be played both indoors or outdoors on a badminton-sized court and a slightly modified tennis net. Played with a paddle and a plastic ball. (which we supply).

Basketball

Not just for kids and teens. Practice your skills from 10:30am-11:30am. If you want to keep score, we offer co-ed pick up on side width court; 11:30am-1:00pm.

Ping Pong/Table Tennis

A study in the Japan Medical Journal that found regular ping pong players benefit from increased blood flow to their cerebellum, brain stem and frontal lobe. Free, register at the Welcome Desk on the second floor.

Programs

Movies with International Themes

Thursdays • 10:30am-12:00pm

Coming Thursdays beginning in December, we will show films from and about countries around the world in the Lounge. Check with the second floor Welcome Desk for exact Titles. Free.

Spanish Classes

Mondays • 12:00pm • Conversation

Tuesdays • 12:00pm • Beginning Spanish

Fridays • 12:00pm • Advanced

Practice your Spanish with native speaker Waldo Pinto. Free!

January is Exercise Month at Long Branch Senior Center!

Start the New Year by working towards your fitness potential!! Every M – F in January, we will offer one or more free exercise classes adaptable to all levels:

Mondays

10:00am-12:00pm

Instruction On How To Use Weight Room Equipment.

12:00pm-12:50pm

Senior Fit

Tuesdays

12:15am-1:00pm

Drop in Pickleball, Basketball and Ping Pong

Wednesdays

12:00pm-1:00pm

Senior Fit

1:00pm-1:45pm

Better Bones

Thursdays

12:00pm-1:00pm

Zumba Gold

(Free - January only)

Fridays

10:15am-11:00am

Exercise with Norah

10:00am-11:30am

Tai Chi

1:00pm-1:45pm

Better Bones





WHITE OAK SENIOR CENTER

240-777-6944

The White Oak Senior Center offers a wide-variety of programs, classes, and services, for seniors 55 and over. Health & Wellness programs are stressed, and a nutrition program and bus transportation are also offered. Call the center or pick up a copy of our monthly newsletter for more information.

Events

Transportation Expo

Thursday, November 12 • 11:00am - 1:00pm

Several transportation organizations will be here to display their transportation options for seniors. There will be vendors and transportation related presentations.

Chick-fil-A Bingo!

Monday, November 16 • 1:00pm-2:30pm

Chick-fil-A will be here to host a bingo game and all the prizes will be either food, or coupons for meals at Chick-fil-A.

Thanksgiving Volunteer Recognition Social

Tuesday, November 24 • 1:30pm-3:00pm

Join us for our Volunteer Recognition event where we give thanks to all of our seniors who volunteered and helped our center become what it is. It is our time to THANK YOU for being a part of our senior center. Everyone will receive a gift of appreciation.

Holiday Bazaar

Saturday, December 5 • 10:30am - 3:00pm

Be a vendor and sell your slightly used items to our surrounding community or just shop! The cost is \$15.00 to be a vendor. Please call our front desk for the guideline information. Part of the proceeds will be donated to the White Oak Senior Center.

Decorate our Senior Center!

Monday, December 7 • 10:00am - 3:00pm

You will have the opportunity to put your decorating skills to work. Our members will decorate our center with a winter holiday theme. Share or donate your holiday treasures and make our center look beautiful for the holiday! Eggnog and holiday treats will be served.

Get Rid of the Holiday Blues

Thursday, December 10 • 1:30pm-2:30pm

Washington Adventist will hosting an event giving you tips to combat holiday blues.

Caroling with White Oak Seniors

Tuesday, December 22 • 1:30pm-2:30pm

Join us as we sing holiday tunes and share holiday experiences.

Motown at the National Theater

Wednesday, December 23 • 12:30pm-6:30pm

Motown is here in D.C. Listen and dance to your favorite Motown hits at the National Theater. Call our front desk staff for ticket prices. This is a show you would not want to miss!

White Oak OPEN HOUSE!!

January 4th - January 8th

In honor of New Year and new programming all classes will be free of charge for your demonstration purposes! Come, try something new!

February is Healthy Heart Month!

All Month Long

All month we will celebrate healthy heart month with a variety of activities, giveaways, lectures and more! Stop by our front desk to get more information.

Tea Party!

Wednesday, February 10 • 1:30pm - 3:00pm

Indulge in a delightful English afternoon tea party. Menu includes tea, mini-cupcakes, fruit, scones, and tea sandwiches. Seniorita Sunshine will be back to sing and dance.

55+ Bone Builders

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

Bone Builders has a strict attendance policy: participants may register for only one class and must consistently attend twice per week to maintain their places in their class.

People interested in Bone Builders are encouraged to observe a class prior to registering. For information, call 240-777-4925.

Course #	Location	Start	Days	Times
12116	Bauer Drive CRC	1/4	M,W	1:00pm-2:00pm
11929	Clara Barton NRC	1/4	M,W	2:00pm-3:00pm
11934	Gwendolyn Coffield CRC	1/5	T,Th	9:15am-10:15am
11933	Jane E. Lawton CRC	1/5	T,Th	9:15am-10:15am
11927	Longwood CRC	1/4	M,W	11:00am-12:00pm
11940	Marilyn J. Praisner CRC	1/4	M,W	11:00am-12:00pm
11937	Mid-County	1/5	T,Th	1:00pm-2:00pm
11928	Longwood CRC	1/4	M,W	2:00pm-3:00pm
11941	Plum Gar CRC	1/5	T,Th	11:30am-12:30pm*
11935	Potomac CRC	1/5	T,Th	9:00am - 10:00am
11936	Potomac CRC	1/5	T,Th	10:00am-11:00am
11943	Potomac CRC	1/4	M,W	11:15am-12:15pm
11930	Potomac CRC	1/4	M,W	3:00pm-4:00pm
11942	Scotland CRC	1/6	W,F	3:00pm-4:00pm
11938	Wheaton CRC	1/5	T,Th	1:00pm-2:00pm
11939	White Oak CRC	1/6	W,F	2:00pm-3:00pm
11931	Wisconsin Place CRC	1/4	M,Th	10:00am-11:00am
11932	Wisconsin Place CRC	1/5	T,Th	11:15am-12:15pm

*Thursday class meets from 12:30pm-1:30pm

55+ ACTIVE ADULT PROGRAM HIGHLIGHTS

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

BAUER DRIVE COMMUNITY RECREATION CENTER

14625 Bauer Drive
Rockville, MD 20853

240-777-6922

55+ individuals participate in range of activities including Living Well workshops, zumba gold, sole line dancing and many others.

Pickleball

Pickleball is a fun racquet sport that combines elements of badminton, tennis and table tennis. Perfect for Active 55+ers who want to stay in the game!

Living Well: Self Management Workshop

A free six-week workshop series for individuals who want to learn how to positively manage and maintain an active and fulfilling life with chronic conditions.

Zumba Gold

A Latin-inspired, fun, dance fitness class designed to encourage healthful, low impact dancing for the Active 55+ community.

Soul Line Dancing

Soul line dancing is an easy, fun way to learn the newest and old school dances in an Active 55+ social environment.

Wellness Seminars

What's Your Stress Type?

November 9 • 1:30pm - 2:30pm

You will be able to identify the five major stress types, the specific tools to address each one and put yourself on the path to better health.

Rewiring Your Brain

December 7 • 1:30pm - 2:30pm

Learn how to improve your brain and empower change based on your potential rather than your age, finances or physical condition.

Communicating With Doctors

December 14 • 1:30pm - 2:30pm

Learn tips for preparing for a doctor's visit, communicating your concerns, understanding treatment options and making informed decisions.

CLARA BARTON NEIGHBORHOOD RECREATION CENTER

Mondays & Wednesdays • 10:30am-3:00pm

7425 MacArthur Blvd.
Cabin John, MD 20818

240-777-4910

Senior Sensations

Clara Barton Active Seniors are Senior Sensations - Active, Friendly, Fun, and Young at Heart. Our monthly programs include field trips to area sites; lunches out and luncheons at the center; pre-exercise breakfast chats with post exercise programs & events; latest award winning movies and win a prize on game day.

Special upcoming programs include:

- January's ever popular Stone Soup
- February's Sweetheart Celebration
- March's Windy and Wild
- April's View the Cherry Blossoms

Many Senior Sensations programs are continuing - senior table tennis and blood pressure screening third Wednesday of the month.

CLARKSBURG PARK ACTIVITY BUILDING

Wednesdays • 11:00am-3:00pm

22501 Wims Road
Clarksburg, MD 20871

301-916-3899

Clarksburg Super Seniors have been meeting for 40 years, and always make room for new faces. This one day a week program offers a variety of activities and fellowship. Bring a bag lunch and stay for a while or drop in for a specific program of your interest. Clarksburg motto: "Life is Great When You Participate."

GWENDOLYN E. COFFIELD COMMUNITY RECREATION CENTER

Tuesdays & Thursdays • 10:00am-1:00pm

2450 Lyttonsville Road
Silver Spring, MD 20910

240-777-4900

Coffield CC active adults enjoy health discussions, diabetes workshops, flu shot clinic, mini bus trips, and open gym (basketball, walking & table tennis). Please call the Center for information on registration requirements, fees, etc.





EAST COUNTY * + COMMUNITY RECREATION CENTER

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

240-777-8093
Additional weekly programs, social activities and special events are scheduled for the winter.

Bingo
Last Friday of the Month

Line Dancing
Mondays • 11:45am-12:45pm

Mini Trips
Every 3 months. Contact center for details.

LONGWOOD COMMUNITY RECREATION CENTER

Mondays & Wednesdays • 10:00am-2:00pm
19300 Georgia Avenue
Brookeville, MD 20833

240-777-6920
Zumba Gold
Mondays • 9:00am
Wednesdays • 9:00am

Registration Required. Designed to encourage cardio activity and exercise with Latin and Intl. music and dance. (Instructor Lead)

Just My Two Cents!
Wednesdays • 10:00am
This time is designated for active adults, age 55+, to come together and spark conversation on events, people, places and things. Your opinion is important and will be heard. (Volunteer Lead)

Mah Jongg
Mondays • 10:00am
Time to showcase your matching skills, Mah Jongg lovers! Join our group to play this game that involves skill, strategy, calculation and a certain degree of chance.

Chair Exercise
Mondays • 10:30am
Stretch muscles, improve circulation and decrease stress.

Chair Yoga
2nd Thursdays • 10:00am-11:00am
Designed for everyone to participate in a very gentle form of yoga. Stretch muscles, improve circulation and decrease stress.

* Includes a nutrition lunch program.
+ Limited transportation available on program meeting days.

LAWTON/ BETHESDA AREA

Tuesdays, Thursdays & Fridays • 10:00am-2:00pm
Jane E. Lawton Community Recreation Center
4301 Willow Lane
Chevy Chase, MD 20815

240-777-6855
55+ individuals are offered a wide variety of programs including Senior Shape exercise and weight training classes, zumba gold and Tai Chi.

Zumba Gold
11:00am - 11:45 am
A fun Latin-inspired dance fitness class designed to encourage healthful, low impact dancing for the Active 55+ community.

Tai Chi
12:30pm - 1 :30pm
An invigorating moving meditation exercise class designed for the Active 55+ community. These exercise movements will help improve balance, coordination, flexibility, range of motion and strength.

Senior Shape/Weight Training
12:15pm - 1:00pm
This class is specially designed to increase muscular strength, endurance, range of motion and balance, using weights. Hand weights and a mat are required.

Wellness Seminars
What's Your Stress Type?
1:30pm - 2:30pm
You will be able to identify the five major stress types, the specific tools to address each one and put yourself on the path to better health.

Rewiring Your Brain
December 8 • 1:30pm - 2:30pm
Learn how to improve your brain and empower change based on your potential rather than your age, finances or physical condition.

Communicating With Doctors
December 15 • 1:30pm - 2:30pm
Learn tips for preparing for a doctor's visit, communicating your concerns, understanding treatment options and making informed decisions.

GERMANTOWN+ COMMUNITY RECREATION CENTER

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

240-777-8098
A variety of fun activities are offered including luncheons, Mah Jongg, arts & crafts, health & wellness classes and lectures. Come make new friends!

**MARILYN J. PRAISNER* +
COMMUNITY RECREATION CENTER**

Tuesdays & Thursdays • 10:00am-2:00pm
14906 Old Columbia Pike
Burtonsville, MD 20866

240-777-4970

The program includes leisure, wellness learning, arts and crafts, guest speakers, entertainers and fitness activities. Periodic mini-trips to local points of interest add another dimension to the array of carefully planned activities and events.

Blood Pressure Screening

3rd Thursday of the month • 10:30am-11:30am

Chair Yoga

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

Designed for everyone to participate in a very gentle form of yoga. Stretch muscles, improve circulation and decrease stress.

Bridge

Mondays & Wednesdays • 1:00pm-4:00pm

Beginners, intermediate, advanced alike. Want to play or want to learn to play; we have a table just for you.

Line Dance

Wednesdays • 12:00pm-1:00pm

Tai Chi

Thursdays • 2:00pm-3:00pm

Holiday Party and Entertainment

Thursday, December 17 • 12:00pm

Buffet Lunch provided by Chef Sia and Entertainment by Rearview Mirror. Lunch is \$10.00 payable at time of registration. Early registration is advised as registration is limited. Look for more details in the "Praisner Active Adult Senior Newsletter" or call the center at 240-777-4970.

Anthony Hyatt and His Violin

Thursday, February 11 • 12:00pm

Anthony is back to entertain you, play your favorite songs and get you moving.

**MID-COUNTY*
COMMUNITY RECREATION CENTER**

Tuesdays & Thursdays • 10:00am-2:00pm
2004 Queensguard Road
Silver Spring, MD 20906

240-777-6820

Exciting program offerings for the winter!

**PLUM GAR
COMMUNITY RECREATION CENTER**

Tuesdays & Fridays • 10:00am-2:00pm
19561 Scenery Drive
Germantown, MD 20876

240-777-4919

Open Gym Activities

Tuesdays & Fridays • 10:00am-12:00pm

**Chinese American Senior Services
Association (CASSA)**

Thursdays • 10am-2:00pm

**POTOMAC
COMMUNITY RECREATION CENTER**

Tuesdays & Fridays • 10:00am-1:30pm
11315 Falls Road
Potomac, MD 20854

240-777-6960

Seniors from the community come together to discuss current events and other topics of interest. This program also includes chair exercise, games, movies, guest speakers and entertainers. Come join us!

In addition Potomac Recreation Center offers a wide variety of exercise classes for Seniors and these classes are available to all members of the community. Some are free and some require a nominal fee.

Bone Builders Plus

Tuesdays and Thursdays • 3:00pm-4:00pm

Tai Chi (Ongoing Drop in)

Mon, Wed, and Fri • 9:00am-10:00am
Mon, Wed, and Fri • 10:00am-11:00am

**ROSS BODDY/SANDY SPRING +
SENIORS**

Wednesdays & Thursdays • 10:00am-2:00pm
Longwood Community Recreation Center
19300 Georgia Avenue
Brookeville, MD 20833

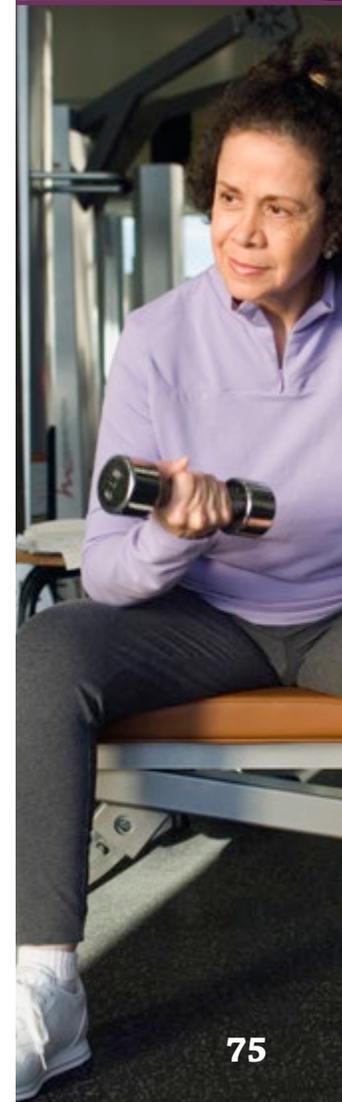
240-777-6920

**WHEATON NEIGHBORHOOD
RECREATION CENTER**

11711 Georgia Ave
Silver Spring, MD 20902

240-777-8057

Several programs are offered on a regular basis for 55+ active adults.



* Includes a nutrition lunch program.

+ Limited transportation available on program meeting days.



SENIOR SPORTS ACTIVITIES

Did You Know???...that Recreation offers many opportunities for individuals 55+ to participate in volleyball, basketball, badminton, table tennis, billiards and other individual and team sports? Drop-In Gym programs only require individuals to get a \$30.00 a year open gym pass. There are also leagues offered at several locations that are co-sponsored with the Montgomery County Senior Sports Association (MCSSA).

Open Gym Basketball:

Bauer Drive Community Recreation Center
Mondays & Wednesdays • 10:30am-12:30pm

Open Gym Sports:

Longwood Community Recreation Center
Mondays-Thursdays • 12:00pm-3:00pm

Open Gym Volleyball:

Mid-County Community Recreation Center
Fridays • 12:00pm-2:00pm

Wheaton Neighborhood Recreation Center
Mondays & Thursdays • 12:30pm-2:30pm

Open Gym Pickleball:

Bauer Drive Community Recreation Center
Mondays • 12:30-2:30pm

Damascus Community Recreation Center
Tuesday, Thursday, Saturday • 10:00am-12:00pm

Longwood Community Recreation Center
Tuesdays • 10:00am-12:00pm

White Oak Community Recreation Center
Tuesdays & Thursdays • 10:30am-12:30pm
Thursdays • 10:30am-12:30pm

SENIOR SNEAKER EXERCISE PROGRAM

Montgomery County Recreation's popular Senior Sneaker Program helps adults age 55 and older have access to quality exercise/weight rooms across the County at a very affordable \$50 annual membership fee. For this low fee, members can use the exercise/weight rooms until 3:00pm Monday through Friday.



For those wanting more flexibility, a full Exercise/Weight Rooms Membership is available. Call 240-777-4925 for details. The Senior Sneakers Program is available at the following Community Centers:

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

MARILYN J. PRAISNER CRC
MID-COUNTY CRC
PLUM GAR CRC
POTOMAC CRC
SCOTLAND NRC
UPPER COUNTY CRC
WHEATON NRC
WHITE OAK CRC
WISCONSIN PLACE CRC

MARYLAND SENIOR OLYMPICS



Montgomery County Recreation is the host agency for the Maryland Senior Olympics. Planning is already underway for 2016 events. These events will take place at various locations in and out of Montgomery County from late spring through the early fall of 2016. For more information and to check for event dates as they are scheduled:

Visit www.mdseniorolympics.org
or call 240-777-4930 for information.



EXERCISE CLASS HIGHLIGHTS

In addition to exercise classes offered at our Senior Centers, many Community Centers offer senior exercise classes. To learn about availability and to sign up, call the Community Center for which you are interested.

Senior Fit by Holy Cross Health

A partnership with Holy Cross Hospital and Montgomery County Recreation, these free classes help participants to improve strength, endurance, and flexibility. Participants must have a doctor's permission note. Call 301-754-8800 for registration information.

Bauer CRC

M, W • 9:00am-9:45am and 10:00am-10:45am
F • 9:15am-10:00am

Coffield CRC

T, Th • 10:30am-11:15am

East County CRC

M, W, F • 10:45am-11:30am

Germantown CRC

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

Mid-County CRC

F • 11:00am-11:45am

Long Branch SC

M, W • 12:00pm-12:45pm

Plum Gar CRC

W, F • 10:30am-11:15am

Praisner CRC

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

Ross Boddy (Meets at Emmanuel Brinklow Church)

T, Th • 9:00am-9:45am

Schweinhaut SC

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

T • 9:00am-9:45am; Sa • 9:30am-10:15am

Wheaton NRC

M, W • F 11:00am-11:45am

White Oak SC

T, Th • 9:00am-9:45am

Better Bones

Long Branch SC W, F • 1:00pm-2:00pm

Schweinhaut SC M, Th • 2:00pm-3:00pm

Suburban Hospital Senior Shape Exercise Programs

The Senior Shape program is designed to improve the overall health of seniors. The program consists of strength, flexibility, and aerobic exercise training classes. Register online at events.suburbanhospital.org or call 301-896-3939. The fee is \$30 per class for 3-month session.

Weight Training

Margaret Schweinhaut Senior Center

Tuesdays • 10:00am-10:45am

Holiday Park Senior Center

Fridays • 11:00am-11:45am

Clara Barton Community Recreation Center

Fridays • 1:00pm-1:45pm

Aerobics/Strength Training/Stretching

Clara Barton Community Recreation Center

Mondays & Wednesdays • 11:30am-12:15am

Advanced Aerobics/Strength Training/Stretching:

Wisconsin Place Community Recreation Center

Tuesdays • 10:00am-10:45am

Potomac Community Recreation Center

Mondays • 11:00am-11:45am

Stability Ball

Holiday Park Senior Center

Mondays • 9:00am-9:45am

Margaret Schweinhaut Senior Center

Tuesdays • 11:00am-11:45am

MedStar Montgomery Medical Center

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

Senior Exercise

Have fun, feel better and get fit with a free 45 minute fitness active aging group exercise class, designed to help older adults increase muscular strength, flexibility, range of motion and maintain their cardiovascular health.

Sign up today! Classes are ongoing and a physician's consent form is required to participate.

Longwood CRC

Tuesdays • 9:00am

Wednesdays • 10:00am

Mid-County CRC

Wednesdays • 1:00pm

Tai Chi

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

Longwood CRC

Mondays • 9:30am | Thursdays • 10:30am

Mid-County CRC

Tuesdays • 11:00am

Gentle Flow Yoga for Seniors

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

Longwood CRC

Call for dates

\$40 for 8 sessions

What to Bring: Yoga mat, water and comfortable shoes



TEEN WORKS
MONTGOMERY COUNTY RECREATION

Teen Works

Teen Works is a year round employment program for Montgomery County high school students aged 16 to graduation. Teens are placed in public sector and nonprofit jobs throughout the county. Participants gain valuable educational and employment experience using the community's resources to expose youth to potential educational or career paths.

Youth Development Office: 240-777-8080



YOUTH DEVELOPMENT
Montgomery County Recreation



High School

REC ZONE

Join Us and Become a Part
of a New Experience!



Follow us on
Facebook
and Twitter
@mocorec for
Special Events!

Montgomery County Recreation's Youth Development Team is generating an enhanced and vibrant approach to service delivery that reaches out to all young people. We use recreation to ensure young people are productive, healthy, and connected during out-of-school time. Our positive youth development strategies include opportunities, programs, and services which emphasize health & wellness, youth leadership & social equity, workforce development, and connection to caring adult role models. The Recreation Department is built on a foundation for serving youth, and we are committed to building on this tradition.

It is our aim to ensure the Recreation Department is a place where young people:

- Make friends and maintain relationships
- Gain a sense of Independence and rely less on adults
- Build teamwork skills and become more effective in groups
- Foster attributes important to being a members of family & community
- Perceive competence and believe they can be successful
- Acquire an interest in exploration and are eager to learn new things
- Develop a sense of responsibility and learn to be accountable
- Enhance their affinity for nature and attraction toward the outdoors
- Grow confidence and try to solve problems on their own
- Establish a connection and feel safe & welcomed in their environment
- Boost physical activity and increase healthy eating habits



Rec Extra-Middle Schools

Not ready for the day to end? Need a little more time with your friends or working after school with a teacher? Rec Extra, available at select MCPS middle schools, may offer sports, arts, baby-sitting instruction, chess, improv theatre, sewing, step dance, tennis, weight training, poms and other fun, engaging activities. Check with your school's After-School Activities Coordinator (ASAC) for more information.



Youth Advisory Committee

Get involved. Make a difference in your community. The Youth Advisory Committee sponsors community service projects and provides your voice to Montgomery County decision-makers. Y.A.C. committee members meet at local community recreation centers throughout Montgomery County. Teens CAN and DO make a difference!

Program Overview

Activities include creative arts, recreational sports, science, technology, engineering, mathematics, and more. Program days end at 5:30pm, Monday-Thursday.

Get involved NOW! After-School meals keep students energized, and EBB participants receive access to the 5:45pm Activity Bus.

Don't wait to sign up. Space is limited and there are NO registration fees!

Locations

A. Mario Loiederman Middle School
Argyle Middle School
Col. E. Brooke Lee Middle School
Forest Oak Middle School
Roberto Clemente Middle School
Montgomery Village Middle School
Neelsville Middle School



Why Excel Beyond the Bell?

Excel Beyond the Bell provides youth with a safe, fun and engaging setting where they can discover their talents, and strengthen their life skills so they can succeed in school and life!

- Young people are productive, healthy and connected during out of school time.
- Staff are on-site daily to ensure your child is safe when you can't be with them.
- Youth can learn new skills, get help with their school work and enjoy leisure time with friends.

To learn more about Excel Beyond the Bell: visit excelbeyondthebell.org, montgomerycountymd.gov/rec or call 240-777-8080.





THERAPEUTIC RECREATION & INCLUSION SERVICES

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

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

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

REASONABLE ACCOMMODATION ENABLES SUCCESSFUL PARTICIPATION.



ART

KALEIDOSCOPE ART

Ages 16 & Up: Fun always happens at this structured program offering arts and crafts using various media to create one of a kind art. Participants should be able to follow simple instructions, understand basic rules and express needs. 1 staff to 5 participants.

8 Sessions \$52
10776 Plum Gar NRC 1/16 Sa 12:30pm-2:00pm

BEGINNING HANDBUILT POTTERY FOR ADULTS

Ages 18 & Up, with disabilities. Hand building techniques includes decorating, firing, slab, coil and pinch methods. Participants must be able to indicate wants and needs. \$20 materials fee due instructor. 1 staff to 10 participants. No personal care provided.

8 Sessions \$73
Instructor: Pamela Reid
10773 White Oak CRC 1/13 W 1:30pm-2:30pm
10774 White Oak CRC 1/14 Th 10:30am-11:30am
10775 White Oak CRC 1/14 Th 1:00pm-2:00pm

VOLUNTEERS NEEDED!

Support an individual with a disability in a mainstream recreation program.

Provide assistance in a Therapeutic Recreation program.

Student volunteers are eligible for SSL hours.

Training provided.

Call the Volunteer Coordinator at 240-777-6870
or email rec.mainstream@montgomerycountymd.gov

FITNESS AND WELLNESS

TR ZUMBA

Ages 13 & Up: Every class is a party. Latin-based dance fitness class taught by a licensed Zumba instructor. Participants should be able to follow one and two-step instructions. 1 staff to 10 participants. Dress in comfortable clothing and shoes for active movement.

10 Sessions			\$52
10791	Holiday Park SC	1/9 Sa	10:00am-10:50am
8 Sessions			\$42
10792	Wheaton NRC	1/14 Th	6:00pm-6:50pm

MOVING WITH MULTIPLE SCLEROSIS

18 & Up, participants with Multiple Sclerosis: Exercise helps maintain flexibility in joints and muscle strength, relaxes the body, and promotes a sense of well-being. Discussions will focus on ways to keep exercising outside of the class.

8 Sessions			\$50
10783	Germantown CRC	1/10 S	1:00pm-2:00pm

SLOW 'N EASY AEROBICS

Ages 15 & Up: Teens and adults with disabilities. Exercise to music and get fit through movement, stretching and coordination. Participants should be able to follow one and two step instructions. 1 staff to 10 participants.

8 Sessions			\$42
10784	Wheaton NRC	1/11 M	7:00pm-8:00pm
10785	Damascus CRC	1/14 Th	7:00pm-8:00pm
10786	Bauer Drive CRC	1/14 Th	7:00pm-8:00pm

TR YOGA BASIC

Ages 15 & Up: Introduces beginning and continuing students to yoga principles of body alignment and breath awareness. Emphasis is placed on stretching the legs, back, and shoulders by using a chair for seated poses and for balance for standing poses. Wear non-restrictive comfortable clothing. Bare feet are essential. Bring a yoga mat and blanket.

8 Sessions			\$82
10789	Bauer Drive CRC	1/12 T	4:30pm-5:30pm
10790	White Oak CRC	1/14 Th	1:30 pm-2:30pm

TURN THE BEAT AROUND

13 & Up: Introduction to basic rhythm and movement for social dancing. Learn line and group dance for all occasions. Participants should be able to follow two-step instructions. 1 staff to 10 participants.

10 Sessions			\$52
10793	Holiday Park SC	1/9 Sa	11:00am-12:00pm
8 Sessions			\$42
10794	Upper County CRC	1/14 Th	7:00pm-8:00pm
10795	Wheaton NRC	1/14 Th	7:00pm-8:00pm

KARATE FOR INDIVIDUALS WITH DISABILITIES

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

10 Sessions			\$93
Instructor: TKA Inc.			
10782	Holiday Park SC	1/9 Sa	10:00am-10:45am
10781	Holiday Park SC	1/9 Sa	9:00am-9:45am

AQUATICS

ADULT SWIM

Ages 18 & Up: For people with disabilities. Adapted aquatics and swim instruction in a group setting. Participants should be able to indicate basic wants and needs and have minimal self-help skills. 1 staff to 7 participants. No personal care assistance provided.

8 Sessions			\$42
10777	MLK Swm Ctr	1/12 T	8:00pm-9:00pm
10778	Germantown ISC	1/13 W	8:30pm-9:30pm
10779	Oiney Swm Ctr	1/15 F	7:45pm-8:45pm
10780	Oiney Swm Ctr	1/15 F	8:45pm-9:45pm

TR SWIMMING FOR ADULTS WITH PHYSICAL DISABILITIES

Ages 18 & Up: This is a swimming and aquatic exercise class for people with MS and/or physical disabilities who want work on their fitness and flexibility in an aquatic environment. 1 staff to 6 participants. No personal care provided.

8 Sessions			\$52
10788	Kennedy Shriver Aq Ctr	1/14 Th	8:30pm-9:30pm

SOCIAL SKILLS DEVELOPMENT

TR BIG GAME NIGHTS

Ages 13 & Up: Having fun playing over-sized games with your friends, and come make new friends too! Theme nights, board games, bingo, and more! Program meets second and fourth Friday of the month. 1 staff to 5 participants; no personal care.

5 Sessions			\$42
10787	Wheaton NRC	1/8 F	7:00pm-9:30pm





WEEKEND ADULT SOCIAL CLUBS

Adult clubs are designed to enhance community participation and socialization. Look at some of the fun Activities that are detailed in a Calendar of Events. Outings to Festivals, Toby's Dinner Theatre, sporting events at the University of Maryland, High School Musicals and more! Social Clubs also have Wellness Activities, Game Nights, Craft Activities and Dinner Parties. Events require members to actively participate in community trips and group activities.

MEMBERSHIP PROCESS

To be a club member, simply fill in the name of the club on the registration form, choose the type of membership, and pay the amount. You will receive a Calendar of Events that will have barcodes for each activity. All registrations should be sent to: MCR, Attn: Registrar, 4010 Randolph Road, Silver Spring, MD 20902

LEISURE TIMES CLUB

Adults, ages 21 and older with developmental disabilities.
1 staff to 5 participants. Average 2-3 activities per month.

Winter Membership only (January-March) \$40.00

WEEKENDERS CLUB

Adults, ages 21 and older with learning disabilities.
1 staff to 6 participants. Average 2-3 activities per month.

Winter Membership only (January-March) \$40.00

SOCIALIZERS

Adults, ages 21 and older with learning disabilities, physical disabilities, vision and/or hearing impairments.
1 staff to 10 participants. Average 1 activity per month.
Base meeting site: Inwood House.

Accessible Van transportation provided to activities

Winter Membership only (January-March) \$20.00

SPECIAL EVENTS



POLAR BEAR
Family Swim Pool Party

All Ages: Everyone is invited to enjoy an evening of water slides, floating in the leisure pool or relaxing in the spas! All attendants must register and have swim attire to be on the pool deck. No personal care provided.

Saturday, March 5, 2016
7:30pm-9:30pm
Germantown ISC
Course # 11716
\$4.00




SUPERBOWL
"L" DANCE

Ages 15 & Up: Celebrate the 50th Super Bowl coming with a big dance party. Wear your favorite team's jersey and colors. Prizes for most creative Football Fans!

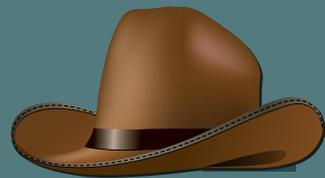
Saturday, January 30, 2016
7:00pm-10:00pm
Holiday Park Senior Center
Course #11635
\$8.00 pre-registered
\$10.00 at-the-door




BOOT SCOOTIN'
BOOGIE DANCE

Ages 15 & Up: Calling all cowboys and cowgirls – let's go heel, toe, do-si-do in the Wild West! Don't forget your boots and hats.

Saturday, March 12, 2016
7:00pm-10:00pm
Holiday Park Senior Center
Course #11636
\$8.00 pre-registered
\$10.00 at-the-door





SOAR

SENIOR OUT DOOR ADVENTURES IN RECREATION

COMING THIS SPRING

Cherry Blossom Cruise · Montpelier - A Taste of Little Italy · Spies of Washington
Annapolis · Roads, Runners, & Rails · Ed Bearss - Gettysburg · and much more!



COMING THIS SPRING

- The Philadelphia Flower Show ·
 - “Samson” at Sight & Sound Theatre ·
 - Shenandoah Apple Blossom Festival ·
 - Occoquan Spring Arts & Crafts Festival ·
 - “Kindy Boots” at the Kennedy Center ·
 - “South Pacific” at Toby's Dinner Theatre ·
- and many more festivals and events!

feet

FAMILY ENTERTAINMENT
AND EXCITING TRIPS

FAMILY TUBING AT WHITETAIL MOUNTAIN RESORT

Snow Tubing is fun for all ages. It is even more fun in a group with your family and friends at Whitetail Adventure Snow Tubing Park. Snow Tubing is one of the fastest growing winter sports in America because everyone can do it! It is all the thrills of sledding without the long hike back up the hill! No lessons. No equipment. We provide the tube-you have the fun! Off to the side from the Ski Mountains, the snow tubing area offers 10 'groomed lanes'. All riders must be 5 years of age to ride the large runs. A special 'Kiddie' tubing run is available for children 2 to 4 years of age. Riders under 18 years of age must be accompanied by a parent/guardian . Dress appropriately, warm clothing including gloves, hat and winter footwear are advise. Price includes coach bus transportation and two hours of tubing. Meals at the resort on your own. May bring Food, drinks and snacks on the coach bus. **The inclement weather date is Saturday February 27th!**

Fee: \$64 **Leave 8:30 am, Return 3:30 pm**
Trip number: 11468 **Saturday, February 20**

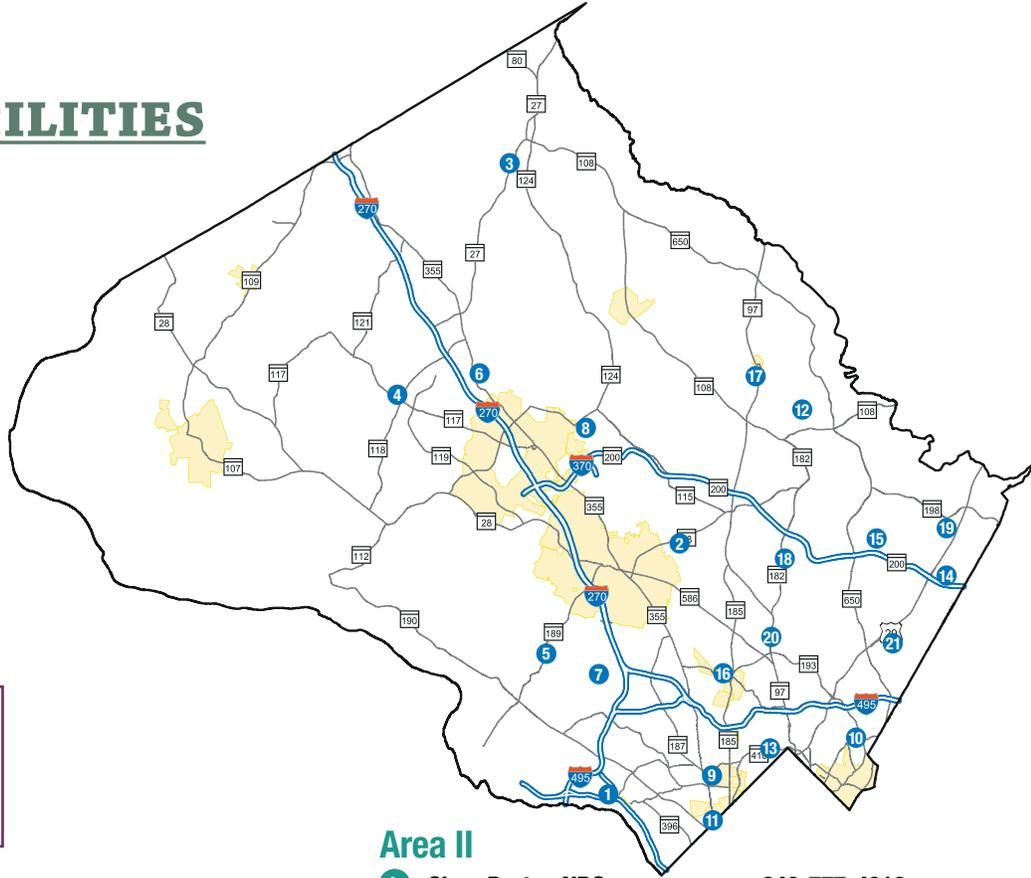


RECREATION COMMUNITY FACILITIES

COMMUNITY FACILITIES AND PROGRAMS

Mid-County CRC

2004 Queensguard Road, Silver Spring
240-777-4980



Aquatics Centers: see page 14
Senior Centers: see page 67
Senior Neighborhood Centers: see page 73
Program Locations: see page 85

RECREATION CENTERS

Community Recreation Centers (CRC) and Neighborhood Recreation Centers (NRC) are located throughout Montgomery County. A variety of activities and programs are offered for participants of all ages. Each center is unique and may have some or all of the following: gymnasium, social hall with dance floor and kitchen, game and billiards room or area, weight and exercise room, arts and craft room, and meeting room. Rooms of various sizes at the CRC/NRCs can also be rented. Call for specific hours and availability.

Area I

- 3 Damascus CRC** 240-777-6930
25520 Oak Drive, Damascus
- 4 Germantown CRC** 240-777-8095
18905 Kingsview Road, Germantown
- 17 Longwood CRC** 240-777-6920
19300 Georgia Avenue, Brookeville
- 6 Plum Gar CRC** 240-777-4919
19561 Scenery Drive, Germantown
- 12 Ross J. Boddy CRC** **Closed for Renovations**
18529 Brooke Road, Silver Spring
- 8 Upper County CRC** 240-777-8077
8201 Emory Grove Road, Gaithersburg

Area II

- 1 Clara Barton NRC** 240-777-4910
7425 MacArthur Boulevard, Cabin John
- 13 Gwendolyn Coffield CRC** 240-777-4900
2450 Lyttonsville Road, Silver Spring
- 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
- 5 Potomac CRC** 240-777-6960
11315 Falls Road, Potomac
- 7 Scotland NRC** 240-777-8075
7700 Scotland Drive, Potomac
- 11 Wisconsin Place CRC** 240-777-8088
5311 Friendship Boulevard, Chevy Chase

Area III

- 2 Bauer Drive CRC** 240-777-6922
14625 Bauer Drive, Rockville
- 14 East County CRC** 240-777-8090
3310 Gateshead Manor Way, Silver Spring
- 15 Good Hope NRC** **Closed for Renovations**
14715 Good Hope Road, Silver Spring
- 16 Ken Gar Center**
4111 Pliers Mill Road, Kensington, MD
- 18 Mid-County CRC** 240-777-6820
2004 Queensguard Road, Silver Spring
- 19 Marilyn J. Praisner CRC** 240-777-4970
14906 Old Columbia Pike, Burtonsville
- 20 Wheaton NRC** 240-777-8057
11711 Georgia Avenue, Wheaton
- 21 White Oak CRC** 240-777-6940
1700 April Lane, Silver Spring

PROGRAM LOCATIONS

Argyle Local Park

TQi Gong & Meditation.....	51
Tai Chi, Part I & Part II.....	51

Avant Garde Dance Center

Bachata I.....	38
Beginner Social Dance.....	38
Hip Hop For Youth/Teens.....	41
Juniors I Ballroom Dance.....	41
Salsa Club Dancing.....	39
Wedding Ready.....	39
West Coast Swing Beginners.....	39

Barnsley, Lucy ES

Salsa Intermediate (Couples).....	38
Swing (Couples).....	39

Bauer Drive CRC

55+ Free Bone Builders.....	72
Abakadoodle: Twoosy Doodlers.....	57
Acrylic Painting Techniques.....	36
ACT The Workout.....	48
Ballroom I & Ballroom II (Couples).....	32
Basic First Aid.....	47
BLS (Basic Life Support) Training.....	47
Boot Camp for Better Bodies.....	49
Breakdancing 4 Kids.....	41
Pre Wee Wanna Be.....	60
Wee Wanna Be.....	60
Wee Wanna Be Soccer & Tennis.....	60
Community Basic First Aid and CPR_AED ...	47
Draw and Clay.....	35
Dynaerobics AND Body Sculpting.....	49
Funfit Tots 11 mons to 2yr.....	59
Funfit Tots 2yr to 3yr.....	59
Funfit Tots Family Class.....	59
Gentle Yoga.....	52
It's a Stitch.....	37
Jazzmatazz Low-Impact Aerobics.....	45
Jazzmatazz Preschool Dance.....	57
Karate/Jujitsu.....	54
Karate/Jujitsu Adult.....	54
Kelley's Complete Fitness Workout.....	46
Kidz Sew and Tell.....	37
HeroeZ of Guitar.....	41
KeyZ to Piano.....	42
Little Fingers Piano.....	58
Pre-School Musical Exploration.....	58
Mama Goose on the Loose.....	59
Men's Sunday Basketball League.....	65
Petite Soccer.....	61
Petite Soccer Parent and Me.....	61
Pilates for Fitness.....	48
Slow N' Easy Aerobics.....	81
Strength Training by Fit to Believe.....	50
Tai Chi, Beginning.....	51
Tai Chi, Continuing.....	51
TR Yoga Basic.....	51
Yoga Basics.....	53
Young Rembrandts: Cartooning Skills.....	35
PreSchool Drawings.....	57
Zumba Fitness.....	46

Bethesda ES

Ballroom I & Ballroom II (Couples).....	38
Karate/Jujitsu kids/Adults.....	54

Bethesda-Chevy Chase HS

Dynamic Ab Challenge for Youth & Adults....	50
Ultimate Boxing Boot Camp for Youth & Adults ..	50

Churchill, Winston HS

Better Bodies by Jerry.....	46
-----------------------------	----

Clara Barton CRC

55+ FREE Bone Builders.....	72
Definition Body Sculpting.....	49
Definition Zumba.....	45
Hippo Hoppo.....	57
Karate/Jujitsu.....	54

Clarksburg ES

One On One After School Hoops.....	65
------------------------------------	----

Clemente, Roberto MS

Fencing Beginner I & Fencing Beginner II....	64
Fencing Intermediate.....	64

Cold Spring ES

Coach Doug Soccer.....	60
Coach Doug Sports School.....	61
Wee Wanna Be.....	60
Wee Wanna Be Soccer and Tennis.....	60

Damascus CRC

Baton.....	64
Club Rec.....	63
Coach Doug Pre Wee Wanna Be.....	60
Coach Doug Soccer.....	60
Coach Doug Sports School.....	61
Coach Doug Wee Wanna Be.....	60
Coach Doug Wee Wanna Be Soccer and Tennis..	60
Flexibility, Stretch, Strength & Balance.....	47
Karate/Jujitsu Kids/Adult.....	54
Slow N' Easy Aerobics.....	81

Dansez! Dansez! Studio

PRE HipHop.....	58
PREballet.....	57

Dobre Gymnastics

Gymnastics - Parent & Child.....	61
Gymnastics - Pre School.....	61
Gymnastics For Girls and Boys.....	64

DuFief ES

Karate/Jujitsu Kids/Adult.....	54
--------------------------------	----

East County CRC

Club Rec.....	63
Let's Draw.....	36
Yoga Basics.....	53

Eastern MS

Classic Vovinam Martial Arts.....	56
Classic Vovinam Martial Arts Advanced.....	56

Frost, Robert MS

Fencing Beginner I & Fencing Beginner II....	64
Fencing Intermediate.....	64

Germantown CRC

Ballet.....	40
Baton.....	64
BLS (Basic Life Support) Training.....	47
Category 4 Fitness Boot Camp.....	49
Coach Doug Pre Wee Wanna Be.....	60
Coach Doug Soccer.....	60

Coach Doug Sports School.....	61
Coach Doug Wee Wanna Be.....	60
Coach Doug Wee Wanna Be Soccer and Tennis..	60
Community CPR/AED Only.....	47
Dance Fit Zumba.....	45
Draw and Clay.....	35
Drawing Made Easy.....	35
Electronic Game Design: Invader Defense Games	62
Funfit Tots 11 mons to 2yr.....	59
Funfit Tots 2yr to 3yr.....	59
Funfit Tots Family Class.....	59
Group Personal Training.....	46
Handcrafted Pottery.....	37
Hip Hop for Kids.....	41
Hippo Hoppo.....	57
It's a Stitch.....	37
Junior Robotics: Wild Animals.....	62
Karate/Jujitsu Kids/Adults.....	64
Kidz Dance.....	57
Kidz Sew and Tell.....	37
HeroeZ of Guitar.....	41
Meditation Workshop.....	52
Men's Sunday Basketball League.....	65
Modern Masterpieces (Painting).....	35
Moving with Multiple Sclerosis.....	81
Princess Ballet.....	40
Stability Ball Workout.....	48
Young Rembrandts: Cartooning Skills.....	35
Young Rembrandts: PreSchool Drawing.....	57

Germantown ISC

Adult Level 1 thru Adult Level 4.....	32
Adult with Disabilities Swim.....	81
Aqua Cardio Dance.....	15
Aquatots.....	28
Deep Water Running.....	16
Diving National Team.....	17
High School Diving.....	17
Level 1: Springs Lessons.....	17
Level 2 & Level 3: Human Springs.....	17/18
Lifeguard Training.....	21
Masters Swimming.....	18
Polar Bear Family Swim Party.....	82
Pre-Beginner 1 thru Pre-Beginner 4.....	27/29
Pre-School.....	27
SwiMontgomery.....	18
Water Aerobics.....	16
Water Exercise.....	16
Water Exercise - Adaptive.....	33
Waterbabies.....	26
Youth Level 1, thru Youth 6.....	30/31
Zumba.....	45

Gwendolyn Coffield CRC

55+ FREE Bone Builders.....	72
Ballet.....	40
Ballroom III (Couples).....	38
Club Rec.....	63
Essential Yoga For Beginner.....	51
Kidz Dance.....	57

Holiday Park SC

Adult Group Piano I thur IV.....	42
Boot Scootin' Boogie Dance.....	82
Dance & Fitness Add a Class.....	45
It's a Stitch.....	37
Karate for Individuals with Disabilities.....	81



Karate/Jujitsu Club & Club 2	54
Salsa (Couples)	38
Super Bowl "L" Dance	82
TR Zumba.....	81
Turn the Beat Around.....	81

Jane E. Lawton CRC

55+ FREE Bone Builders	72
Bone Builders - Plus	49
Coach Doug Pre Wee Wanna Be	60
Coach Doug Soccer	60
Coach Doug Sports School.....	61
Coach Doug Wee Wanna Be	60
Coach Doug Wee Wanna Be Soccer and Tennis ..	60
Comprehensive Classical Ballet I, II, & III	40
Dance & Fitness.....	45
Easy Yoga	51
Funfit Tots 11mons to 2yr	59
Funfit Tots 2yr to 3yr	59
Hatha Yoga and Stress Mangement Beg/Con	52
International Folk Dancing.....	40
Little Fingers Piano.....	58
Pre-School Musical Exploration.....	58
Men's Sunday Basketball League	65
Men's Wednesday Basketball League	65
Pilates	48
Pilates for Fitness.....	48
Rumba / Chacha (Couples)	38
Strength Training by Fit to Believe.....	50
Swing (couples)	39

Walter Johnson HS

Men's Basketball League.....	65
------------------------------	----

Kennedy Shriver Aquatic Center

Abs & Glutes & More	15
Adapted Aquatics Lesson - Level 1	33
Adapted Aquatics Lesson - Volunteer Assisted ...	33
Adult Level 1 thru Adult Level 5	32
Adult Swim for Conditioning 1 & 2	32
Aqua Cardio Dance.....	15
Aqua Lite	15
Aquatots	26
Body Sculpting.....	47
Deep Water Running.....	16
Diving National Team.....	17
Hi/Lo Cardio Fusion.....	16
High School Diving	17
Level 1: Springs Diving Lessons	17
Level 2 & Level 3: Human Springs.....	19/20
Lifeguard Training	22
Masters Diving.....	18
Pre-Beginner 1 thru Pre-Beginner 4.....	29/31
Pre-School.....	27
SwiMontgomery.....	18
TR Swimming for Adults with Physical Disabilities	81
Water Aerobics	16
Water Exercise	16
Water Exercise - Adaptive	33
Waterbabies	26
Youth Level 1 thru Youth Level 6.....	30/31

Kensington-Parkwood ES

laido	54
Karate and laido.....	54
Karate Do and laido Beginners.....	54

Komodo USA (Gaithersburg)

Abacus Math	62
Creative Writing	62

Komodo USA (Germantown)

Abacus Math	62
Creative Writing	62

Kritt Studio

Draw It All with Kritt.....	36
Painting Spring with Kritt.....	36
Watercolor Tips and Tricks with Kritt	36

Little Bennett ES

Electronic Game Design: Invader Defense Games	62
Jacki Sorensen's Aerobic Dance	45
Junior Robotics: Wild Animals.....	62

Long Branch CRC

Jazzmatazz Preschool Dance	57
----------------------------------	----

Longwood CRC

55+ FREE Bone Builders	72
Adventures in Art	35
Art Studio.....	35
Discovering Music for Toddlers.....	58
Karate/Jujitsu.....	54
Kelley's Complete Fitness Workout.....	46
Pre-School Musical Exploration.....	58
The Violinist Within	42
Mindfulness Yoga & Meditation for Stress Relief .	52
Young Rembrandts: PreSchool Drawing	57

Luxmanor ES

Ballet Workout.....	50
---------------------	----

Marilyn J. Praisner CRC

55+ FREE Bone Builders	74
ACT The Workout.....	48
Club Rec.....	63
Dance Fit Zumba	45
Karate/Jujitsu Kids/Adult	54
Little Fingers Piano.....	58
Pre-School Musical Exploration.....	58
The Dynamic Ab Challenge - Youth and Adult.....	50
The Ultimate Boxing Boot Camp -Youth & Adults..	50
Yoga Basics	53

Martin Luther King SC

Abs & Glutes & More	15
Adult Level 1 thru Adult Level 4	32
Adult with Disabilities Swim.....	81
Aqua Cardio Challenge	15
Aqua Cardio Dance.....	15
Aqua Lite	15
Aqua YO-Lates.....	15
Aquatots	26
Deep Water Running.....	16
Level 1: Human Springs.....	17
Level 2: Human Springs.....	17
Level 3: Human Springs.....	18
Lifeguard Training	22
Pre-Beginner 1 thru Pre-Beginner 4.....	27/29
Pre-School.....	27
Scuba & Scuba Español.....	19
Springs Diving Team - Homeschool Edition..	18
SwiMontgomery.....	18
Water Aerobics	16
Water Boot Camp	16

Water Exercise	16
Water Exercise - Adaptive	33
Waterbabies	26
Youth Level 1 thru Youth Level 6.....	30/31

Maryland Table Tennis Center

Ping Pong/Table Tennis.....	64
-----------------------------	----

MCRD Office

Pool Operator Course.....	20
Pool Operator Review.....	20

Mid County CRC

55+ FREE Bone Builders	72
Ballroom IV (Couples).....	38
Club Rec.....	63
Dance & Fitness.....	45
Karate/Jujitsu Kids/Adults	54
Mama Goose on the Loose	59
Music Together	59
Yoga Basics	53
Zumba Fitness.....	46

Montgomery Village MS

Classic Vovinam Martial Art Children.....	56
Classic Vovinam Martial Arts Adults	56

Norwood Local Park

Discovering Music for Toddlers.....	58
Exploring Music and Piano Level I	42
Exploring Music and Piano Prep.....	58
Oil or Acrylic Painting - Your Choice!.....	36
Solfege - Music Theory	41

Oakland Terrace ES

Coach Doug Soccer	60
Coach Doug Sports School.....	61
Coach Doug Wee Wanna Be	60

Olney ES

Ballroom I & II(Couples)	38
Cheerleading	64
MD Sports Hoop Star BBall Clinic	65

Olney Swim Center

Adult Level 1 thru Adult Level 4.....	32
Adult with Disabilities Swim.....	81
Aqua Cardio Dance.....	15
Aqua Lite	15
Aquatots	26
Deep Water Running.....	16
Level 1: Human Springs.....	17
Level 2: Human Springs.....	17
Level 3: Human Springs.....	18
Lifeguard Training	22
Masters Swimming.....	18
Pre-Beginner 1 thru Pre-Beginner 4.....	27/29
Pre-School.....	27
Scuba.....	21
SwiMontgomery.....	18
Water Aerobics	16
Water Boot Camp	16
Water Exercise.....	16
Waterbabies	26
Youth Level 1, thru Youth 6.....	30/31
Zumba.....	45

Parkland MS

Fencing Beginner I & II	64
Fencing Practice and Club	64

Pilgrim Hills Local Park

Movin' with Millie: Aerobics & Exercise	46
-----------------------------------------------	----

Plum Gar CRC

55+ FREE Bone Builders	72
Classic Vovinam Martial Arts	56
Kaleidoscope Art	80
The Dynamic Ab Challenge for Youth & Adults	50
The Ultimate Boxing Boot Camp - Youth & Adults	50

Potomac CRC

55+ FREE Bone Builders	72
Abrakadoodle: Twoosy Doodlers	57
ACT The Workout	48
Advanced Right Brained Drawing	36
Ballet	40
Ballet for Adults	39
Beginner Right Brained Drawing	36
Bhangra/Bollywood Dance	39
Bone Builders - Plus	49
Breakdancing 4 Kids	41
Coach Doug Pre Wee Wanna Be	60
Coach Doug Soccer	60
Coach Doug Sports School	61
Coach Doug Wee Wanna Be	60
Coach Doug Wee Wanna Be Soccer/Tennis.	60
Community Basic First Aid and CPR_AED ...	47
Dance & Fitness	45
Discovering Music for Toddlers	58
Electronic Game Design	62
Funfit Tots 11 mons to 2yr	59
Funfit Tots 2yr to 3yr	59
Funfit Tots Family Class	59
Gemology II Advanced	62
Hippo Hoppo	57
Introduction to Mindfulness Meditation	47
Jacki Sorensen's Aerobic Dance	45
Jacki Sorensen's Strong Step	46
Karate/Jujitsu Kids/Adult	54
Kidz Dance	57
Learn Now Music: Little Fingers Piano	58
Learn Now Music: Pre-School Music Explor..	58
LiLBollywood	58
Little Stars	59
Tai Chi, Beginning	51
Tai Chi, Continuing	51
Vini Easy Going Yoga	52
Vini Yoga Intermediate	52
Young Rembrandts: Cartooning Skills	35
Young Rembrandts: PreSchool Drawing	57

Potomac ES

One On One After School Hoops	65
-------------------------------------	----

Quince Orchard Valley NP

Funfit Tots 11 mons to 2yr	59
Funfit Tots Family Class	59

Resnik, Judith A. ES

Karate/Jujitsu	54
----------------------	----

Rock Creek Valley ES

Thunder Dragon Taekwondo/Self-Defense	55
---------------------------------------------	----

Thunder Taekwondo Little/Kid Dragon I & II	55
Thunder Taekwondo: Tiny Dragons I	58
Thunder Taekwondo: Tiny Dragons Intro	58

Rock View ES

Dance & Fitness	45
-----------------------	----

Rolling Terrace ES

Karate/Jujitsu	54
Karate/Jujitsu Adult	54

Scotland NRC

55+ FREE Bone Builders	72
Urban Line Dance	39

Sligo Creek ES

One On One After School Hoops	65
-------------------------------------	----

Stedwick ES

Karate/Jujitsu	54
Karate/Jujitsu Adult	54

Stonegate ES

One On One After School Hoops	65
-------------------------------------	----

Tilden MS

Funfit Tots 11 mons to 2yr	59
Funfit Tots 2yr to 3yr	59
Judo	56
Men's Basketball League	65

Upper County CRC

Club Rec	63
Karate/Jujitsu Kid/Adult	54
Tumbling Gymnastic	61
Turn the Beat Around	81

Viers Mill Local Park

Dance & Fitness	45
-----------------------	----

Wheaton NRC

55+ FREE Bone Builders	72
ACT The Workout	48
Ballet	40
Ballroom I & Ballroom II (Couples)	38
Community CPR/AED Only	47
Funfit Tots 11 mons to 2yr	59
Funfit Tots 2yr to 3yr	59
Funfit Tots Family Class	59
Jazzmatazz Aerobics W/Pilates Mat	48
Karate/Jujitsu Kid/ Adult	54
Kelley's Complete Fitness Workout	46
Kidz Dance	57
Slow N' Easy Aerobics	81
Tai Chi, Beginning & Continuing	51
Dynamic Ab Challenge - Youth/Adults	50
Ultimate Boxing Boot Camp Youth/Adults ...	50
TR BIG Game Nights	81
TR Zumba	81
Turn the Beat Around	81
Urban Line Dance	39
Young Rembrandts: Cartooning Skills	35
Young Rembrandts: PreSchool Drawing	57

Wheaton Regional Library

Discovering Music for Toddlers	58
--------------------------------------	----

White Oak CRC

55+ FREE Bone Builders	72
Arakadoodle: Twoosy Doodlers	57
Adult Tap Dance	41
Be Your Own Personal Chef	44
Beginning Handbuilt Pottery for Adult	80
Classic American Diner	44
Club Rec	63
Cooking Skills I & II	43
Flowing Vinyasa Yoga	51
Handcrafted Pottery	37
Handcrafted Pottery Open Studio	37
Hip Hop for Kids	41
HeroeZ of Guitar	41
Modern Masterpieces (Painting)	35
New York City Workout-Ballet Dance	46
Pilates for Fitness	48
Quick and Easy Number 1 - Pasta	43
Quick and Easy Number 2 - Seafood	43
Quick and Easy Number 3 - Chicken	43
Spanish Tapas and Wines	46
Step-n-Sweat Zumba	45
Tap, Ballet, Jazz Dance Beginner	40/41
Dynamic Ab Challenge - Youth & Adults	50
The Great Wines of France, Bordeaux	44
The Maryland Way	43
The Ultimate Boxing Boot Camp	50
TR Yoga Basic	81
Winter Comfort Foods and Wines!	44

Wisconsin Place CRC

55+ FREE Bone Builders	72
Discovering Music for Toddlers	58
Evening Yoga	51
Funfit Tots 11 mons to 2yr	59
Funfit Tots 2yr to 3yr	59
Funfit Tots Family Class	59
Morning Yoga	52
One On One After School Hoops	65
Petite Soccer	61
Petite Soccer Parent and Me	61
Qi Gong & Meditation	51
Spanish Toddlers	61
Tai Chi, Part I & Part II	51
Vintage Jewelry	36
Yoga at 50	53

Yoga Plus - Bethesda

Yoga & Light Weight	53
---------------------------	----

Yoga Plus - Potomac

Massage Ball Workshop	54
Yoga for Scoliosis & Healthy Back	53



LOCATIONS

Elementary Schools

Bethesda ES 5011 Moorland LN, Bethesda, 20814
 Clarksburg ES 13530 Redgrave PL, Clarksburg, 20871
 Cold Spring ES 9201 Falls Chapel WAY, Potomac, 20854
 DuFief ES 15001 DuFief DR, Gaithersburg, 20878
 Judith A. Resnik ES 7301 Hadley Farms DR, Gaithersburg, 20879
 Kemp Mill ES 411 Sisson ST, Silver Spring, 20902
 Kensington-Parkwood ES 710 Saul RD, Kensington, 20895
 Little Bennett ES 23930 Burdette Forest RD, Clarksburg, 20871
 Lucy Barnsley ES 14516 Nadine DR, Rockville, 20853
 Luxmanor ES 6201 Tilden LN, Rockville, 20852
 Matsunaga ES 13902 Broomfield RD, Germantown, 20874
 North Chevy Chase ES 3700 Jones Bridge RD, Chevy Chase, 20815
 Oakland Terrace ES 2720 Plyers Mill RD, Silver Spring, 20902
 Olney ES 3401 Queen Mary DR, Olney, 20832
 Potomac ES 10311 River RD, Rockville, 20854
 Rock Creek Valley ES 5121 Russett RD, Rockville, 20853
 Rock View ES 3901 Denfeld AVE, Kensington, 20895
 Rolling Terrace ES 705 Bayfield ST, Takoma Park, 20912
 Sligo Creek ES 500 Schuyler RD, Silver Spring, 20910
 Stedwick ES 10631 Stedwick RD, Gaithersburg, 20879
 Stonegate ES 14811 Notley RD, Silver Spring, 20905
 Thurgood Marshall ES 12260 McDonald Chapel DR, Gaithersburg, 20878
 Woodlin ES 2101 Luzerne AVE, Silver Spring, 20910

Middle Schools

Cabin John MS 10701 Gainsborough RD, Potomac, 20854
 Eastern MS 300 University BLVD, Silver Spring, 20901
 Kingsview MS 18909 Kingsview RD, Germantown, 20874
 Montgomery Village MS 19300 Watkins Mill RD, Gaithersburg, 20879
 North Bethesda MS 8935 Bradmoor ST, Bethesda, 20817
 Parkland MS 4610 West Frankfort DR, Rockville, 20853
 Robert Frost MS 9201 Scott DR, Rockville, 20850
 Roberto Clemente MS 18808 Waring Station RD, Germantown, 20874
 Tilden MS 11211 Old Georgetown RD, Rockville, 20852
 William H. Farquhar MS 16915 Batchellors Forest RD, Olney, 20832
 Wood MS 14615 Bauer DR, Rockville, 20853

Parks

Argyle LP 1030 Forest Glen RD, Silver Spring, 20901
 Capital View Homewood LP 2929 Edgewood RD, Kensington, 20895
 Darnestown LP 14211 Darnestown RD, Darnestown,
 Glenmont LP 3201 Randolph RD, Wheaton, 20906
 Meadowbrook LP 7901 Meadowbrook LN, Chevy Chase, 20815
 Norwood LP 4700 Norwood DR, Chevy Chase, 20815
 Olney Family LP 19117 Willow Grove RD, Olney
 Pilgrim Hills LP 1615 E Randolph RD, Colesville, 20904
 Quince Orchard Valley NP 12015 Suffolk TER, Gaithersburg, 20878
 South Germantown RP 14501 Shaeffer RD, Germantown, 20874
 Veirs Mill LP 4425 Garrett Park RD, Wheaton, 20906

High Schools

Bethesda-Chevy Chase HS ... 4301 East West Highway, Bethesda, 20814
 Montgomery Blair HS 51 University BLVD E, Silver Spring, 20901
 Winston Churchill HS 11300 Gainsborough RD, Potomac, 20854

Recreation Facilities

Bauer Drive CRC 14625 Bauer DR, Rockville, 20853
 Clara Barton CRC 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
 Gwendolyn Coffield CRC 2450 Lyttonville RD, Silver Spring, 20910
 Holiday Park Senior Center ... 3950 Ferrara DR, Wheaton, 20906
 Jane E. Lawton CRC 4301 Willow LN, Chevy Chase, 20815
 Kennedy Shriver AC 5900 Executive BLVD, N. Bethesda, 20814
 Long Branch CRC 8700 Piney Branch RD, Silver Spring, 20901
 Longwood CRC 19300 Georgia AVE, Brookeville, 20833
 Marilyn J. Praisner CRC 14906 Old Columbia PKY, Burtonsville, 20866
 Martin Luther King SC 1201 Jackson RD, Silver Spring, 20904
 MCR Offices 4010 Randolph RD, Silver Spring, 20902
 Mid County CRC 2004 Queensguard RD, Silver Spring, 20906
 Olney Swim Center 16601 Georgia AVE, Olney, 20832
 Plum Gar CRC 19561 Scenery Drive, Germantown, 20874
 Potomac CRC 11315 Falls RD, Potomac, 20854
 Scotland NRC 7700 Scotland DR, Potomac, 20854
 Upper County CRC 8201 Emory Grove RD, Gaithersburg, 20877
 Wheaton CRC 11711 Georgia AVE, Wheaton, 20902
 Wheaton/Glenmont Pool 12621 Dalewood DR, Wheaton, 20906
 White Oak CRC 1700 April LN, Silver Spring, 20904
 Wisconsin Place CRC 5311 Friendship BLVD, Chevy Chase, 20815

Other Facilities

Avant Garde 5268 M Nicholson LN, N. Bethesda, 20895
 Blackrock Center for the Arts. 12901 Town Commons DR, Germantown, 20874
 Camp Olympia 5511 Muncaster Mill RD, Rockville, 20855
 Create Arts Center 816 Thayer AVE, Silver Spring, 20910
 Dansez! Dansez! 4907 Rugby AVE, Bethesda, 20814
 Dobre Gymnastics 9168 Gaither RD, Gaithersburg, 20877
 Golden School of Music 8004 A Norfolk AVE, Bethesda, 20814
 Komodo USA Gaithersburg ... 402 Main ST, #200B, Gaithersburg, 20878
 Komodo USA Germantown ... 19727 Executive Park CR, Germantown, 20874
 Kritt Studio 14817 Brownstone DR, Burtonsville, 20866
 Maryland Table Tennis Center 18761 Q Frederick RD, Gaithersburg, 20879
 Restore Motion 5410 Edson LN, #350, Rockville, 20850
 Yoga Plus - Bethesda 8200 Hamilton Springs CT, Bethesda, 20817
 Yoga Plus - Potomac 9908 S Glen RD, Potomac, 20854

Libraries

Wheaton Regional Library 11701 Georgia AVE, Wheaton, 20902



MONTGOMERY PARKS • WINTER 2015-2016



Nature & Horticulture Programs

- 95 Brookside Gardens Programs
- 99 Black Hill Nature Programs
- 105 Brookside Nature Center Programs
- 111 Locust Grove Nature Center Programs
- 117 Meadowside Nature Center Programs

Sports Programs

- 125 Ice Skating & Hockey @ Cabin John and Wheaton Ice
- 143 Tennis @ Pauline Betz Addie and Wheaton Indoor Tennis

More to Do in the Parks

- 115 5 Fun Things to Do This Winter in Montgomery Parks
- 94 Brookside Gardens' Garden of Lights
- 121 Celebrate Black History Month
- 116 Christmas on the (Agricultural History) Farm
- 122 Group Tours of Parks Historic Sites
- 120 ISO Historic Sites Volunteers
- 107 Maple Sugar Days at Brookside Nature Center
- 138 National Skating Month/Hockey Weekend Across America
- 124 Summer Camps & Camp EXPOs
- 123 Volunteer Opportunities
- 91 Winter Solstice Celebrations at the Nature Centers

Information & Registration

- 142 ActiveMONTGOMERY FAQs
- 90 Chair's Letter
- 114 Connect with Parks!
- 110 Deer Management Operations
- 92 Montgomery Parks Facility Directory
- 109 Montgomery Parks Foundation
- 116 MontgomeryParks.org/Weather
- 151 Program Access in Montgomery Parks
- 152 Registration Information for Parks & Recreation
- ActiveMONTGOMERY Registration Form

inside back cover

REGISTRATION OPENS

...**NOVEMBER 16** for
BROOKSIDE GARDENS Classes
 All **NATURE CENTER** Classes

...**NOVEMBER 22** for
INDOOR TENNIS, *Winter 1*

...**DECEMBER 21** for
ICE SKATING & HOCKEY, *Winter 1*

...**JANUARY 18** for
INDOOR TENNIS, *Winter 2*

...**FEBRUARY 15** for
ICE SKATING & HOCKEY, *Winter 2*

Woo-hoo!
 See page 90.





MONTGOMERY COUNTY PLANNING BOARD

THE MARYLAND-NATIONAL CAPITAL PARK AND PLANNING COMMISSION

OFFICE OF THE CHAIR

Winter 2015-2016

Dear Montgomery County Resident,
Congratulations to Montgomery Parks, Prince George's County Department of Parks and Recreation,
The Maryland-National Capital Park and Planning Commission, and *you*.

**Together, we have earned the National Gold Medal Award
from the National Recreation and Parks Association for 2015.**

This is the sixth gold medal for the M-NCPPC—
more than any other agency in the United States.



Founded in 1965, the Gold Medal Awards program honors communities throughout the U.S. that demonstrate excellence in parks and recreation through long-range planning, resource management, volunteerism, environmental stewardship, program development, professional development and agency recognition. Agencies are judged on their ability to address the needs of those they serve through the collective energies of residents, staff and elected officials. The award is one of the highest professional honors received by parks and recreation agencies, and involves a strict qualification and judging process.

The National Gold Medal Award reflects the hard work and commitment not only of our talented staff, but also of community volunteers and engaged residents. We are both honored and humbled by the award, and commit to continuing our efforts to protect and provide excellent, safe and accessible parks and programs to you, our residents.

So...be proud of your parks! Advocate for them (see page 109 and become a Friend of Montgomery Parks). Volunteer in them (see pages 120 and 123). Relax and learn and play in them—this whole Guide is packed full of programs, classes and special events, just waiting for you to take part!

All the best,

Casey Anderson
Chair, Montgomery County Planning Board and
Vice-Chair, Maryland-National Capital Park and Planning Commission

P.S. I'd be remiss if I didn't mention that the Garden of Lights is back this winter at Brookside Gardens. We all missed the beauty and magic of this walk-through light show last year. See page 94 for details.

8787 Georgia Avenue, Silver Spring, Maryland 20910 Phone: 301.495.4605 Fax: 301.495.1320
www.MCParkandPlanning.org E-Mail: mcp-chairman@mncppc.org



CELEBRATE THE
WINTER SOLSTICE
 in Montgomery Parks

Saturday, December 19, 7-8pm

Meadowside Nature Center

**WINTER SOLSTICE
 CAMPFIRE**

Come share the light and warmth of a solstice campfire at Meadowside. We'll tell tales of winter, make lanterns to light our way, and enjoy toasty marshmallow treats. Please register all attending; \$6 fee per child.

Ages 3 & up • #9965



Sunday, December 20, 1-5pm

Brookside Nature Center

**WINTER SOLSTICE:
 A CELEBRATION
 OF LIGHT**

Enjoy winter activities and crafts

from cultures all around the world,

including Diwali (Indian festival of

lights), Hanukkah (Jewish festival of

light), and St. Lucia's Day

(a Swedish/Christian celebration of light).

- Walk the solstice spiral, candle in hand
- Make paper lanterns, St. Lucia crowns, candles and clay pinch pots to hold them, snowflake mobiles, shadow puppets and more!
- Enjoy hot apple cider by the campfire
- Learn about different kinds of

light, the changing seasons, and

how animals adapt to winter.

• Watch a puppet show based on the Ojibwa story "Shingebiss and the North Wind."

Ages 3 & up • \$6 • #9929



Sunday, December 20, 4-6pm

Locust Grove Nature Center

**WINTER
 SOLSTICE
 CELEBRATION**

Welcome winter with family-friendly activities at Locust Grove Nature Center!

- Roast chestnuts and marshmallows over a campfire
 - Make treats to share with animals
 - Light candles and make wishes for the new year
 - And more! Please register and pay for all.
- Ages 3 & up • \$6 • #9964



Tuesday, December 22, 6:30-7:30pm

Black Hill Nature Programs

WINTER SOLSTICE NIGHT HIKE

Celebrate the start of winter with a one-mile hike in Black Hill Regional Park by the light of the not-quite-full moon. We'll look and listen for creatures that are most active at night. Ages 8 & up • \$6 (\$5 for FOBH) • #9212



For more info about these and other great events, visit
MontgomeryParks.org/Festivals





MONTGOMERY PARKS Directory

ARCHERY

Classes offered in **South Germantown Recreational Park**
See contact information under "Driving Range/Golf" with questions.

BOATING & FISHING

Black Hill Boats • Black Hill Regional Park
20920 Lake Ridge Drive, Boyds, MD 20841
301-528-3466 Boat House
www.BlackHillBoats.com

Lake Needwood Boats • Rock Creek Regional Park
15700 Needwood Lake Circle, Rockville, MD 20855
301-563-7540 recorded info • 301-563-7544 in season
www.LakeNeedwoodBoats.com

CAMPING

Little Bennett Campground • Little Bennett Regional Park
23701 Frederick Road, Clarksburg, MD 20871
301-528-3430 • www.LittleBennettCampground.com

CAROUSEL

Ovid Hazen Wells Carousel • Wheaton Regional Park; see "Trains"

CULTURAL & HISTORIC ATTRACTIONS

Visit www.HistoryintheParks.org for more information and sites.

Oakley Cabin African American Museum
3610 Brookeville Road, Olney, MD 20832
301-650-4373 • www.OakleyCabin.org

Underground Railroad Experience Trail
16501 Norwood Rd., Sandy Spring, MD 20860
301-650-4373 • www.UndergroundRRExperience.org

Agricultural History Farm Park
18400 Muncaster Road, Derwood, MD 20855
301-670-4661 • www.AgHistoryFarm.org

DOG PARKS

Black Hill Regional Park Dog Park
20930 Lake Ridge Drive, Boyds, MD 20841
On Picnic Lane, SE of boat rentals on Lake Ridge Dr.

Cabin John Regional Park Dog Park
10900 Westlake Drive, Bethesda, MD 20876

Olney Manor Recreational Park Dog Park
16601 Georgia Avenue, Olney, MD 20832
Near Ballfield #4, across from the concession stand.

Ridge Road Recreational Park Dog Park
21155 Frederick Road, Germantown, MD 20876
North of the soccer field, west of the in-line hockey rink.

Wheaton Regional Park Dog Park
11717 Orebaugh Avenue, Silver Spring, MD 20902
East of Wheaton Sports Pavilion; use Orebaugh Avenue entrance.

DRIVING RANGE/GOLF

South Germantown Driving Range 
18045 Central Park Circle, Boyds, MD 20841
301-670-4670 • www.SGDrivingRange.com

EVENT CENTERS

Montgomery Parks Event Centers are the natural choice for a wedding, anniversary, family reunion, retirement party, business meeting or retreat! Visit www.ParkEventCenters.org for more information.

Brookside Gardens • Wheaton Regional Park
1800 Glenallan Avenue, Wheaton, MD 20902
301-962-1404 • Event.Manager@MontgomeryParks.org
www.ParkEventCenters.org or www.BrooksideGardens.org

Lodge at Little Seneca Creek
14500-A Clopper Road, Boyds, MD 20841
301-528-6010 • SenecaLodge@MontgomeryParks.org
www.ParkEventCenters.org or www.LodgeatSeneca.org

Rockwood Manor
11001 MacArthur Boulevard, Potomac, MD 20854
301-563-7510 • RockwoodManor@MontgomeryParks.org
www.ParkEventCenters.org or www.RockwoodManor.org

Woodlawn Manor
16501 Norwood Road, Sandy Spring, MD 20860
301-774-1900 • WoodlawnManor@MontgomeryParks.org
www.ParkEventCenters.org or www.WoodlawnManor.org

GARDENS

Brookside Gardens • Wheaton Regional Park 
1800 Glenallan Ave., Wheaton, MD 20902
301-962-1400 general information • 301-962-1404 event rentals
www.BrooksideGardens.org

McCrillis Gardens
6910 Greentree Road, Bethesda, MD 20817
301-962-1455 • www.McCrillisGardens.org

GOLF*

* Golf courses are operated by the Montgomery County Revenue Authority. Visit www.MCGGolf.com for information.

Little Bennett Golf Course • 301-253-1515

Needwood Golf Course • 301-948-1075

Northwest Park Golf Course • 301-598-6100

Sligo Creek Golf Course • 301-585-6006

HORSEBACK RIDING & STABLES*

Callithea Farm Park
15000 River Rd., Potomac, MD 20854 • 301-977-8010

Meadowbrook Riding Stables
8200 Meadowbrook Lane, Chevy Chase, MD 20815
301-589-9026 • www.MeadowbrookStables.com

Potomac Horse Center
14211 Quince Orchard Rd., N. Potomac, MD 20878
301-208-0200 • www.PotomacHorse.com

Rickman Farm Horse Park
17320 Moore Rd., Boyds, MD 20841
1-301-349-0075 • www.GreatandSmallDC.org

Wheaton Regional Park Stables
1101 Glenallan Ave., Wheaton, MD 20902
301-622-2424 • www.WheatonParkStables.com

Woodstock Equestrian Park
20100 Darnestown Rd., Beallsville, MD 20839
301-767-0002 • www.EquestrianPark.org

*Equestrian facilities are managed by private operators through partnerships with the Maryland-National Capital Park and Planning Commission.

ICE SKATING

Cabin John Ice Rink 

Cabin John Regional Park
10610 Westlake Drive, Rockville, MD 20852
301-765-8620 • www.CabinJohnIce.com

Classes for all ages and skill levels, private instruction, camps, public skating sessions, party rooms and more.

Wheaton Ice Arena 

Wheaton Regional Park
11717 Orebaugh Avenue, Wheaton, MD 20902
301-905-3000 • www.WheatonIceArena.com

Classes for all ages and skill levels, private instruction, camps, public skating sessions, party rooms, fitness/exercise center.

LACROSSE

Wheaton Sports Pavilion

in Wheaton Regional Park; see "Soccer"

MINIATURE GOLF

South Germantown Miniature Golf

South Germantown Recreational Park
18056 Central Park Circle, Boyds, MD 20841
301-670-4680 • www.SplashandGolf.com

NATURE CENTERS

Black Hill Visitor Center 

Black Hill Regional Park
20926 Lake Ridge Dr., Boyds, MD 20841
301-528-3492 • www.BlackHillNature.org

Brookside Nature Center 

Wheaton Regional Park
1400 Glenallen Avenue, Wheaton, MD 20902
301-962-1480 • www.BrooksideNature.org

Locust Grove Nature Center 

Cabin John Regional Park
7777 Democracy Boulevard, Bethesda, MD 20817
301-765-8660 • www.LocustGroveNature.org

Meadowside Nature Center 

Rock Creek Regional Park
5100 Meadowside Lane, Rockville, MD 20855
301-258-4030 • www.MeadowsideNature.org

SOCCER

Wheaton Sports Pavilion 

Wheaton Regional Park (former Outdoor Rink)
11751 Orebaugh Avenue, Wheaton, MD 20902
301-905-3070 • www.WheatonSportsPavilion.com

200' x 85' covered synthetic turf playing field;
rent for soccer, lacrosse, futsal, parties and more.

SPLASH PLAYGROUND

South Germantown Splash Playground

South Germantown Regional Park
18056 Central Park Circle, Boyds, MD 20841
301-670-4680 • www.SplashandGolf.com

SKATEBOARDING, INLINE SKATING & BMX

Olney Manor Skate Park

Olney Manor Regional Park
16601 Georgia Avenue, Olney, MD 20832
301-905-3095 • www.OlneyManorSkate.com

NEW! OMSP is now an unsupervised facility & FREE to the public. See web for details.

TENNIS (INDOOR)

Montgomery TennisPlex*

in South Germantown Recreational Park
18010 Central Park Cir., Boyds, MD 20841
240-477-4430 • www.MontgomeryTennisPlex.com

**This facility is managed by a private operator through a partnership with the Maryland-National Capital Park and Planning Commission. Please contact them directly for more information about their classes and programs.*

Pauline Betz Addie Tennis Center 

Cabin John Regional Park
7801 Democracy Blvd., Bethesda, MD 20817
301-765-8650 • www.CabinJohnTennis.com

Wheaton Indoor Tennis 

Wheaton Regional Park
11715 Orebaugh Avenue, Wheaton, MD 20902
301-905-3030 • www.WheatonTennis.com

TENNIS (OUTDOOR)

Outdoor courts are available to use at no cost on a first-come, first-served basis in 127 different Montgomery Parks (unless they've been reserved through Park Permits). Group lessons are held on select courts in the spring, summer and fall through Montgomery Parks—see "Indoor Tennis" above.

Outdoor tennis lesson info: ActiveMONTGOMERY.org
Complete court list: www.MontgomeryParks.org
Reserve a court: www.ParkPermits.org

TRAILS

Visit www.MontgomeryTrails.org for maps and detailed information about the 200 miles of trails in Montgomery Parks.

TRAINS (MINIATURE)

Cabin John Miniature Train

Cabin John Regional Park
7410 Tuckerman Lane, Rockville, MD 20852
301-765-8670 • 301-650-2880 party rentals
www.CabinJohnTrain.com

Wheaton Miniature Train

Wheaton Regional Park
2000 Shorefield Road, Wheaton, MD 20902
301-563-7545 • 301-650-2880 party rentals
www.WheatonTrainandCarousel.com

 = Get full-service help with ActiveMONTGOMERY registration at this facility!

CONTACT INFORMATION

- To report maintenance issues or problems in a park: **301-670-8080**
- To reserve a picnic shelter or Park Activity building: **301-495-2525** www.ParkPermits.org
- Athletic Field Rainout number: **301-765-8787**
- Park Police: **301-949-3010**
- To volunteer in the Parks: www.ParksVolunteers.org
- General Information: **301-495-2595** www.MontgomeryParks.org
- Accessibility Information: **301-495-2477**
ProgramAccess@MontgomeryParks.org
MontgomeryParks.org/ADA
- ActiveMONTGOMERY
Info@ActiveMONTGOMERY.org
Call 301-495-2580 (10am-4:30pm) for Parks, or 240-777-6840 (8:30am-4:30pm) for Rec
- For info about a specific park: www.MontgomeryParks.org
Click on "Contact Us"
- Become a fan of **Montgomery Parks** on Facebook
- Follow MontgomeryParks on Twitter at <http://twitter.com/MontgomeryParks>
- Support MontgomeryParks! Visit www.MontgomeryParksFoundation.org



CUPF Schedules All Athletic Fields

All scheduling for Montgomery Parks outdoor athletic fields is managed by the Office of Community Use of Public Facilities (CUPF). To reserve a field, visit www.MontgomeryCountyMD.gov/CUPF or call 240-777-0311.

Garden of Lights

WINTER WALK-THROUGH LIGHT DISPLAY RETURNS!



**FEATURING
Live Music
Garden Railway
Holiday Gifts**

NOV. 27, 2015 - JAN. 3, 2016

Closed December 24 & 25

Sunday – Thursday 5:30-9:30 p.m.

Friday – Sunday 5:30-10:00 p.m.

Open New Year's Eve until 9:00 p.m.

ADMISSION: Cash only

\$25 per car/van (Mon-Thurs) • \$30 per car/van (Fri-Sun)

Advanced ticket sales available now at the Marylandica Gift Shop located at Brookside Gardens

Last car admitted 30 minutes before closing time.

Call or visit our website for admission prices for buses, vans, and limos

Brookside
GARDENS



Information Line: 301-962-1453

BrooksideGardens.org



1800 Glenallan Avenue • Wheaton, MD 20902
301-962-1400 • www.BrooksideGardens.org

Children's Programs



Flower Buds

This program meets the second Monday of every month. We'll feature gardening activities, stories, crafts and garden walks for children ages 3-5 with a parent. Fee: \$7. Mondays, 10:30am-Noon.

Course #7756, December 14

Course #7758, January 11

Course #7759, February 8

Saturday Morning Story Time

Participate and listen to nature and seasonal stories that will encourage a child's imagination and creativity. Each week a different story will be read followed by a hands-on craft. No registration required. All ages. FREE. Saturdays, 10-11am. Course #7620, December 5
Course #7621, December 12

Fall Harvest Scavenger Hunt

Have some fall season fun throughout the gardens. Start at the Visitors Center and follow the colorful leaf trail leading you to the Conservatory and back again. Along the way, hunt for seasonal clues and participate in fun activities, exercises and crafts. Guided garden walks leave on the half-hour, beginning at 10am. An adult must accompany each child. Please register and pay for children ages 2-7. Fee: \$7. Friday, November 20.

Course #7748, 10am | Course #8934, 10:30am

Course #7751, 11am | Course #8935, 11:30am



Festive Fun Natural Ornaments

Get into the holiday spirit by attending this workshop with your parent or a friend.

We'll use natural plant materials including dried flowers, seed pods and cones to make intriguing and fun ornaments to hang on a holiday tree, or to adorn your home.

Create five holiday ornaments. Some examples may include Thistle Reindeer, Money Plant Guardian Angel, Pinecone and Thistle Owl, and Applesauce and Cinnamon

Ginger Man. These make wonderful gifts! Ages 7 & up.

Course #7664 • Fee: \$15 • Friday, December 11, 4-6pm



Cooking in the GARDENS

Cooking Demonstrations

Take a delectable series of cooking classes at Brookside Gardens! Each class focuses on healthful recipes with seasonal and local fruits, vegetables, and herbs. Enjoy samples of the dishes, prepared as you watch, using easy-to-follow recipes that you can try at home.

Fifty Shades of Grain

with the Cook Sisters

What other nutrient-rich and deeply satisfying grains are out there, and how do you cook them? New recipes will feature the panoply of grains now easily accessible at supermarkets and online, and result in delicious, comforting dishes for winter dining. Ages 18 & up. Course #7934
• Fee: \$35 (FOBG \$31) • Wednesday, November 18, Noon-1:30pm

Pomegranates, Persimmons & Pears

with the Cook Sisters

This class focuses on a trio of fruits that star in holiday meals and beyond. These winter fruits bring welcome flavor and color to cold-weather dishes, and are just the ticket for what we need nutritionally to stay healthy during the season. Ages 18 & up. Course #8020 • Fee: \$35 (FOBG \$31) • Wednesday, December 2, Noon-1:30pm

Roots of Flavor with the Cook Sisters

Turmeric root has joined ginger root on many grocery shelves, but how to use it? Learn about the nutritional value of these two powerhouse roots and how to incorporate them for maximum flavor impact in delicious original recipes. Ages 18 & up • Course #8021 • Fee: \$35 (FOBG \$31) • Wednesday, January 13, Noon-1:30pm



Horticultural Workshops Winter Container Gardening

with Joan O'Rourke

Create a container garden with plants that can withstand winter's harshest weather. Mix dwarf evergreens with a splash of herbaceous plants for some late season color. Cost covers all materials, including a 14" container (or bring your own favorite container). Ages 18 & up. Course #7922 • Fee: \$75 (FOBG \$67) • Tuesday, November 17 • 10-11:30am

Thanksgiving Centerpiece with Locoflo Florists

Want to wow your thanksgiving guests this year? Join us to make your own centerpiece using locally grown flowers, foliage, branches, fruits, veggies, herbs and succulents. You'll learn to use chicken wire and other non-toxic stabilizing techniques (instead of floral foam) to make their arrangements look great and be great for the environment. Choose from a re-purposed footed bowl or a vintage wood box for your creations. Ages 18 & up. Course #7923 • Fee: \$100 (FOBG \$90) • Tuesday, November 24 • 1-2:30pm

World of Flavor with Laura Vogel

Herbs and spices are a fixture in our kitchens, but how often do we think about the global sources of these humble ingredients? We'll take a worldwide tour of fragrant herbs and spices as we make pomander ball ornaments for the holidays. Ages 18 & up. Course #8025 • Fee: \$22 (FOBG \$20) • Friday, December 4 • 1-2:30pm

Festive Fresh Greens with Joan O'Rourke

Join us to make a long-lasting, beautiful wreath using fresh greens! Come Tuesday to make wreaths, Wednesday to make centerpieces, or come both days. Learn to make an evergreen wreath for your front door, complete with pine cone and bow accents. Fee includes all materials for one wreath. Ages 18 & up. **Festive Wreaths** Course #8026 • Fee: \$50 (FOBG \$45) • Tuesday, December 15 • 10-11:30am
Centerpieces Course #8027 • Fee: \$50 (FOBG \$45) • Wednesday, December 16 • 10-11:30am



Cleaner, Greener Homes with Laura Vogel

January is the time for New Year's resolutions. How about resolving to have a cleaner, greener home? Learn more about the little ways you can minimize your home's impact on the environment while you create sample-size batches of simple, environmentally friendly cleaners to try at home. Ages 18 & up. Course #8028 • Fee: \$22 (FOBG \$20) • Wednesday, January 20 • 1-2:30pm

Birds, Bugs & Butterflies: Glass Jewelry

with Stephanie Oberle

Join us for a fun and easy class to create one-of-a-kind jewelry, including a pair of earrings and necklace on a black rubber cord. We'll use glass beads made by a local lampwork artist. Inspired by nature, the beads depict birds, flower buds, leaves, butterfly wings and mushrooms. You'll learn basic jewelry-making skills, including simple and wrapped loops and working with crimped cord ends. All supplies provided; bring your own tools or borrow ours. Ages 18 & up. Course #8029 • Fee: \$47 (FOBG \$42) • Friday, January 22 • 1-3pm

Getting Creative with Airplants

with Joan O'Rourke & Laura Vogel

Tillandsias, or air plants, are quite the popular houseplant these days, especially since they require no soil! Learn more about their tropical origin while putting together a tillandsia creation to take home. Includes all supplies and instructions for care. Ages 18 & up. Course #8030 • Fee: \$30 (FOBG \$27) • Wednesday, January 27 • 10-11:30am

Brookside Gardens Speaker Series

Get to know some of our local garden experts and authors! Ages 18 & up. Fee for each talk: \$14 (FOBG \$13)

Gift Ideas for Gardeners

with Brookside Staff

Spend some time with Brookside staff getting in the holiday spirit! We'll share some of our favorite things with you, from tools to hand scrubs, and give you a plethora of gift ideas for the gardeners in your life. Session will include demonstrations and refreshments. Course #7898 • Tuesday, November 17 • 1-2:30pm

Holiday Buffet with the Cook Sisters

Join the Cook Sisters and guest for a return of this popular holiday event showcasing ways to stage an exquisite, flower-filled buffet table and the dishes to entice guests. Course #8031 • Friday, December 11 • 10-11:30am

Edible Landscaping with a Permaculture Twist

with Michael Judd, Author

and Edible Landscape Designer

Ever wondered how you can have your yard and eat it too? Join author and edible landscape designer Michael Judd in an exploration of creating edible landscapes that combine form, function, and production. Focus will be on creating food forests, building herb spirals, choosing uncommon fruits, outdoor mushroom cultivation, and much more. This will be a fun-filled presentation for the budding gardener and experienced green thumb alike. Event concludes with a book signing. Course #8032 • Saturday, January 9 • 2-3:30pm



Garden Walks, Talks & Demos

Seed Starting for the Vegetable Garden

with Gordon Clark, Montgomery Victory Gardens

Hey, vegetable gardeners—why wait for a nursery to get their veggie starts in, and choose only from what they have to offer? Get a jump on the growing season, save money, grow what you want, and maximize production by starting seeds yourself! This workshop will cover everything from lights to soils to seed-starting strategies to get your 2016 garden off to a great start. Ages 18 & up. Course #8022 Fee: \$22 (FOBG \$20) • Tuesday, February 16, 7-8:30pm

Everything You Ever Wanted to Know About Pruning

with Christopher Elenstar, Brookside Gardens Staff

Come learn why you should prune, how and when to prune, and how to determine your pruning objectives based on structural corrections that can be achieved. Discover how plants respond to pruning, and basically, how to get a shrub or tree to do what you want—in a way that's healthy for the plant (within reason, of course!). Ages 18 & up. Course #8023 • Fee: \$7 (FOBG \$6)

• Friday, February 19, 1-2:30pm

Ideas for the Exceptional Garden

with Diane Lewis, Brookside Gardens Staff

Obviously the plants chosen for a landscape form the focus of the individual garden. But their display is enhanced by their presentation. This slide talk features some of the many choices available to make your garden a delight to the eye. Examples shown will include containers, walls, paths, steps, sculpture, benches, arbors, pergolas, water features, etc., for the home gardener. Ages 18 & up. Course #8024 • Fee: \$7 (FOBG \$6) • Tuesday, February 23, 1-2:30pm



Brookside Gardens School of Botanical Art & Illustration

The pleasurable pursuit of drawing plants from field, woods or garden opens your eyes to see the true beauty in nature. Even a pesky weed can charm when viewed up close and drawn in detail. Enter the world of the botanical artist!

Workshops & Short Courses

Botanicals in Miniature with Nancy Still

This workshop will provide artists with a basic understanding of miniature art including techniques, supplies, composition, design layout, and a lesson in framing. Reference photos will be available, or you can bring a plant to paint from life. Supplies may be purchased at the workshop to complete a miniature, including a 3'x4' gesso board, oil paints, brushes, and frame. Or you can bring your own supplies (oil, acrylic, gouaché) including a surface for a 3'x4' work.

Course #8036 • Fee: \$95 (FOBG \$85)

• Saturday, December 5 • 10am-3:30pm

Pen, Brush and Ink with Guest Instructor

Alice Tangerini, Smithsonian Institution

Drawing in line has always been the most challenging method of producing aesthetic botanical illustrations which also meet the demands of the accuracy required by a scientific audience. It can be mastered, though, using methods of line and stipple and a variety of tools. Students will also learn composition of a botanical plate that is pleasing to both the scientist and the artist.

Course #8037 • Fee: \$260 (FOBG \$240) • 3 Classes:

Friday, January 29-Sunday, January 31 • 10am-3:30pm

Painting Roses with Joan Ducore

Roses are a perennial favorite with botanical artists. This workshop focuses on the techniques to help capture the velvety texture of the petals, delicate buds and the light and shade on the leaves. A practice sheet will be provided for students to hone these skills.

Course #8038 • Fee: \$95 (FOBG \$85) • Saturday, February 13 • 10am-3:30pm



© Joan Ducore



Visit

BrooksideArtSchool.org

for more classes and information



Save the Date!



Green Matters 2016: A Garden Gateway

Visit BrooksideGreen.org after December 1 for more information.

Friday, April 8
8:30am-4:00pm

Visitors Center Auditorium



Special Events

Garden After Dark

You need a night out every once in a while, but what to do? Whether it's with a friend, sibling, or sweetheart, let Brookside Gardens take care of the details!

Holly Daze

The Garden of Lights is back—come make a night of it! Take a leisurely stroll through the beautiful garden of lights, then come inside for paired wines and cheeses. You can also create nature-inspired wrapping paper and gift bags to make your holiday season a little more personal. Fee includes all refreshments, wrapping paper and gift bags to take home, and Garden of Lights admission. Ages 21 & up. Course #8018
Fee: \$60 (FOBG \$54) • Tuesday, December 8 • 7-9pm

Birds and the Bees

Get your Valentine's Day fix a little early! Savor chocolate and wine while learning the uncomfortable and sometimes hysterical truth about flowers. Afterward, learn some new flower-arranging tricks and make a nosegay or two to take home. Fee includes all refreshments, talk and two floral arrangements. Ages 21 & up. Course #8019
Fee: \$60 (FOBG \$54) • Tuesday, February 9 • 7-9pm



Xcursions

Come discover the rich horticultural tradition of the mid-Atlantic region with Brookside Gardens! Visit gardens public and private, go behind the scenes at nurseries, and explore the unique plants and landscaping of our region. From short local trips to full-day, out-of-state adventures, there is an Xcursion just for you. Please be sure to wear walking shoes and dress for the weather. For ages 18 & up.

Richmond Holiday Adventure

Jumpstart your holiday by visiting Maymont, the opulent Revival home of James Henry and Sallie May Dooley. Enjoy a guided tour through the mansion and explore the expansive grounds, decorated for the season. Next we'll head to the GardenFest of Lights at Lewis Ginter Botanical Garden. Discover the dazzling flower displays and watch as the grounds transform into a winter wonderland of holiday lights, guaranteed to get you in the spirit! We'll end the day with a fabulous buffet dinner at the garden, then head home. Fee includes coach transportation, entry fees, boxed lunch and buffet dinner. Ages 18 & up. Course #8033 • Fee: \$135 • Tuesday, December 1 • 11am-11pm

Philadelphia Flower Show

A perennial favorite, the Philadelphia International Flower Show is always a crowd-pleaser. Break out your hiking boots to celebrate with a theme of the National Parks' Centennial this year: from the awe-inspiring Redwood National Park to peaceful Acadia, this show is sure to be memorable! Be inspired as you explore acres of great gardens and learn from the world's most celebrated growers and florists. Fee includes coach transportation and entrance fee. Your lunch/dinner may be purchased at the show or the nearby Reading Terminal Market. Meet at the Visitors Center Entrance. Ages 18 & up. Fee: \$90.
Course #8034 • Tuesday, March 8 • 7am-7pm. Course #8035 • Thursday, March 10 • 10:30am-10:30pm



Black Hill Visitor Center

20926 Lake Ridge Dr. • Boyds, MD 20841 • 301-528-3492 • www.BlackHillNature.org
Please check our website for Visitor Center hours. Trails open daily, dawn to dusk.

DECEMBER 2015

12/4 Time for Tots: Bear Snores On #9081

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 *Bear Snores On* by Karma Wilson.

2-5yrs • \$6 (FOBH \$5) • Friday, 10-11am

12/5 Natural Ornaments #9096

No matter where you hang them, these amazingly simple ornaments will bring a bit of natural beauty indoors on long winter days. We'll transform pine cones, seed pods and other natural items into lovely ornaments to hang on your tree or anywhere else that needs a bit of nature's splendor. Please register only those making ornaments.

3 & up • \$7 (FOBH \$6) • Saturday, 10:30-11:30am

12/5 Nature Architects #9097

Erect a tower, build a boat, make a mud pie...it's time to let your inner architect out! We'll venture into different park habitats to design and construct things using natural objects and materials. What we do will depend on the weather and the things we can find. But no matter what we do, come dressed for the weather and ready to get dirty.

3-12yrs • \$6 (FOBH \$5) • Saturday, 1:30-2:30pm

A 12/6 Explore a Park: Seneca Creek Greenway Trail #9164

New to the area or just want to get out for a hike? Explore different parks in Montgomery County with an experienced Naturalist. Today we'll explore a small section at the northern end of the larger Seneca Creek Greenway Trail (SCGT), planned as a 25-mile greenway connection between the Potomac and Patuxent Rivers. Dress for the weather and be prepared for wet or muddy trails. The length of the hike depends on the pace and size of the group. Park and meet at the intersection of Brink and Wightman Roads.

18 & up • Free • Sunday, 9-11am

12/6 Harpists at the Visitor Center #9166

Join us for an afternoon of beautiful harp music with the natural beauty of Black Hill all around you. No need to register; just come to the Visitor Center and enjoy.

Additional performances on Sunday, January 17 and February 7.

All ages • Free • Sunday, 1-3pm



12/6 Make It and Take It: Treats for the Animals #9167

Drop by the Visitor Center and have some fun! We'll have easy-to-make seasonal crafts that you can make and take home. No registration required; drop-in anytime during program hours! Fee is per craft; exact change is appreciated.

All ages • \$2 • Sunday, 1-3pm

A 12/10 Eagle Watching at Conowingo Dam #9178

Conowingo Dam in Harford County is a terrific area to observe bald eagles feeding below the dam. Travel by van with a park naturalist to enjoy a day of bird watching on the Susquehanna River. Dress in layers for the weather, and bring a bagged lunch. Binoculars and viewing scopes provided, but feel free to bring your own.

18 & up • \$30 (FOBH \$25) • Thursday, 8:30am-4pm

12/11 Easy Winter Birding #9180

Do you have trouble identifying the birds at your feeders? Want to learn to identify more waterfowl than mallard ducks and Canada geese? Then join a naturalist to pick up a few tips and tricks and ask all the questions you want. We'll check out our feeders around the Visitor Center and visit our bird blind by the lake. Bring your own binoculars or borrow a pair from us.

10 & up • \$6 (FOBH \$5) • Friday, 4-5pm



12/12 Something Awesome! #9184

Nature is awesome, cool, and super-fun! We'll celebrate the winter wonderland around us with awesome activities around the Visitor Center. Check our Facebook page before the program to find out what's happening today and to know how to dress.

1 & up • Free • Saturday, 11am-1pm

A = Activities for Adults



12/12 Li'l Scientists #9190

Kids make great scientists and nature provides the best laboratory! Join a park naturalist as we explore the awesome world of science for little ones, all around the park.

3-5yrs • \$6 (FOBH \$5) • Saturday, 3-4pm

12/13 Family Hike Club: Black Hill Trail #9194

The first rule of Hike Club is to have fun! Bring the kids, Grandma, Grandpa, Cousin Eddie and the dog with you and hike together on the trails. Each family-friendly hike will be around two to three miles long. Please dress for the weather, bring water and be sure to register all hikers; kids hike free! Meet at the Visitor Center.

3 & up • \$7 (FOBH \$6/Adult) • Sunday, 12:30-2pm

12/13 Science Sunday: Ice Cold #9197

Science is awesome, messy, and fun! Join a park naturalist as we explore the awesome world of science around the park. On this "ice cold" Science Sunday, we'll take a close look at the science and structure of ice crystals. We'll experiment with ice and go outside to look for ice crystals in nature. You'll get to go home with the start of your very own crystal project.

6-12yrs • \$7 (FOBH \$6) • Sunday, 3-4:30pm

12/15 Time for Tots: Here Comes Jack Frost #9082

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 *Here Comes Jack Frost* by Kazuno Kohara.

2-5yrs • \$6 (FOBH \$5) • Tuesday, 10-11am



12/19 Bird Blind Birding #9204

Winter waterfowl spend a good deal of time on Little Seneca Lake this time of year, and our bird blind is a great viewing spot. Come join a naturalist to see who's visiting today! We'll supply viewing scopes, binoculars, and guides. Meet at the Visitor Center.

8 & up • \$6 (FOBH \$5) • Saturday, 9-10am

12/19 Wonderful Woodpeckers #9207

Listen to a story about woodpeckers, then visit the forest and our log garden to look for them. Afterwards, we'll head back to the Visitor Center to make a yummy treat for the woodpeckers that live in your backyard. Please call 301-528-3492 to let us know if your child has any food allergies.

3 & up • \$6 (FOBH \$5) • Saturday, 2-3pm

12/20 A History of Eagles at Black Hill #9208

Black Hill Regional Park is honored to be a home to the bald eagle, our national bird. Join us to learn the local history behind our resident eagles. We'll also visit a few of their favorite perches and try to catch a glimpse of one of these magnificent birds.

8 & up • \$6 (FOBH \$5) • Sunday, 11am-12:30pm



12/20 Something Awesome! #9185

See December 12 listing for all the details.

5 & up • Free • Sunday, 1-2pm

12/21 Babes in the Park #9209

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.

1-3yrs • Free • Monday, 10-11am

12/22 Night Hike: Winter Solstice at Black Hill #9212

See p. 103 for more information, and see p. 91 for more Winter Solstice festivities!

8 & up • \$6 (FOBH \$5) • Tuesday, 6:30-7:30pm

12/26 Easy Winter Birding #9181

See December 11 listing for all the details.

10 & up • \$6 (FOBH \$5) • Saturday, 10-11am

12/28 Free Range Kids #9215

Come explore nature your way. We'll head into the woods, or meadow to explore and play. Maybe we'll build a fort or an igloo. Whatever we do, you'll get dirty, dusty, wet, and muddy while out on a grand adventure with a park naturalist.

6-12yrs • \$6 (FOBH \$5) • Monday, 10-11am

12/29 Family Hike Club: Black Hill #9195

See December 13 listing for all the details.

3 & up • \$7 (FOBH \$6/Adult) • Tuesday, 10-11:30am

12/29 New Year Noisemakers #9217

Get ready to celebrate the New Year by making noisemakers and other party items from things you can find in your house. Children under 8 will need an adult helper to stay with them.

4-14yrs • \$7 (FOBH \$6) • Tuesday, 1:30-2:30pm

JANUARY 2016

1/2 Natural Yogis: Snowflakes #9218

Nature and yoga provide essential therapeutic benefits to children of all ages. Join certified Child Light yoga instructor Lanie Lile and a park naturalist to explore varying themes in nature that will help children become more at ease in their world.

2-5yrs • \$10 (FOBH \$9) • Saturday, 10-11am

1/3 Duck, Duck, Goose! #9219

Join us for a quacking good time reading a duck tale, making a duck call, and searching for geese and other waterfowl on the lake!

4-8yrs • \$6 (FOBH \$5) • Sunday, 10-11am

1/3 Hike to Osprey Heights #9220

Start the New Year off on the right foot and take a hike! Our walk will be approximately three miles long, taking us along the lake's edge, through the woods, over Ten Mile Creek, and into a meadow habitat. Please dress for the weather and be sure to register all hikers; kids hike free! Meet at the Visitor Center.

1 & up • \$10 (FOBH \$9/adults) • Sunday, 1-3:30pm



1/7 Time for Tots: The Mitten #9083

Enjoy a seasonal story, make a craft to go with the story and then go outside to explore nature with a park naturalist. Today's story is *The Mitten* by Jan Brett.

2-5yrs • \$6 (FOBH \$5) • Thursday, 10-11am

1/9 Something Awesome! #9186

See December 12 listing for all the details.

1 & up • Free • Saturday, 11am-1pm

1/9 Get Lost! #9221

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.

6 & up • \$10 (FOBH \$9) • Saturday, 2-4pm

1/10 Make It and Take It: Wind Flags #9168

See December 6 listing for all the details.

All ages • \$2 • Sunday, Noon-2pm

1/10 Science Sunday: Ooey-Gooey #9198

Science is awesome, messy, and fun! Join a park naturalist as we explore the awesome world of science around the park. On this ooey-gooey Science Sunday we're going to get messy by making things like slime and silly putty. We'll use our ooey-gooey experiments to talk about the science of liquids, solids, and polymers. You'll also get to take some ooey-gooey experiments home with you.

6-12yrs • \$7 (FOBH \$6) • Sunday, 3-4:30pm

1/11 Babes in the Park #9210

See December 21 listing for all the details.

1-3yrs • Free • Monday, 10-11am

A 1/16 Winter Birding at Black Hill #9223

Discover amazing winter birding just minutes from I-270! Do goldeneyes, tundra swans, and coots sound intriguing? Come check them out with an expert guide. Meet at the Visitor Center. Bring your own binoculars if you have them; spotting scopes will be provided. Please dress for the weather.

16 & up • \$10 (FOBH \$9) • Saturday, 8:30-11am

1/16 Outdoor Classroom Explor-a-thon #9224

Want to jump like a frog? Dig a hole to China? Search for spineless wonders? Then join us in the outdoor classroom exploration areas at the Black Hill Visitor Center. Staff will guide children through a variety of activities that are sure to be fun and inspiring. Please dress for the weather.

5-12yrs • Free • Saturday, 1-3pm

1/16 Winter Campfire #9227

Baby, it's cold outside! But don't let that stop you from enjoying a roaring campfire under the stars. Join a naturalist for a winter-inspired campfire followed by s'mores! Meet at the Visitor Center and bring a chair or blanket.

1 & up • \$6 (FOBH \$5) • Saturday, 5-6pm

1/17 Harpists at the Visitor Center #9169

See December 6 listing for all the details.

All ages • Free • Sunday, 1-3pm

1/19 Li'l Scientists #9192

See December 12 listing for all the details.

3-5yrs • \$6 (FOBH \$5) • Tuesday, 10-11am

1/21 Time for Tots: In the Snow: Who's Been Here? #9084

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 Snow: Who's Been Here?* by Lindsay Barrett George.

2-5yrs • \$6 (FOBH \$5) • Thursday, 10-11am

1/22 Night Hike: Black Hill #9213

Take a hike by the light of the full moon. We'll look and listen for creatures that are most active at night.

Hikes are approximately 1 mile. Dress warmly and please, no flashlights. Meet at the Visitor Center.

8 & up • \$6 (FOBH \$5) • Friday, 6:30-7:30pm



1/23 Backyard Birding #9206

Learn which seed is preferred by which bird and where to place your feeders, then make a treat or a feeder for your backyard feathered friends. Please register everyone attending and dress for the weather. Call 301-528-3492 to let us know if your child has food allergies.

1 & up • \$6 (FOBH \$5) • Saturday, 10-11am

1/24 Something Awesome! #9187

See December 12 listing for all the details.

5 & up • Free • Sunday, 1-2pm



How Does Your Garden Grow? Sunday, March 6 • Noon-4pm

Save the Date!

Whether you're a novice or an expert, all are welcome for a day of garden talk and practice. Naturalists, gardening pros, and Master Gardeners will all be on-hand to share their advice and expertise. Bring your questions or tips to share with other plant lovers. We'll have activities for the whole family!

No registration required for this FREE event for all ages.





1/25 All About Owls #9229



Owls are amazing creatures, flying silently through the air to catch their prey. Join us to learn how local species "tiger of the air," "monkey-faced owl," and the "laughing owl" got these names, and more! Suzanne Shoemaker, rehabilitator from Owl Moon Raptor Center, will bring one of her education birds to visit

us, too. The center does great work but their patients can't pay. If you'd like to help, please feel free to bring a donation item for Owl Moon. Visit OwlMoon.org to view their wish list or make a donation.
4-17yrs • \$7 (FOBH \$6) • Monday, 10:30am-Noon

1/25 Family Day at Black Hill #9230

See the Special Events box on p. 103 for all the details!
1 & up • FREE • Monday, 1-4pm

1/30 Nature Architects #9098

See December 5 listing for all the details.
3-12yrs • \$6 (FOBH \$5) • Saturday, 10-11am

1/30 Family Scavenger Hunt #9231

Bring the family to Black Hill Visitor Center to hunt for natural treasures! Drop by the Visitor Center to pick up a scavenger hunt sheet, get some helpful hints, and then head outside to start looking. When you've finished, come back to the Visitor Center to get a prize. No registration required - drop in anytime during program hours! All ages • Free • Saturday, 1-3pm

A 1/31 Ladies Trek: Agricultural History Farm Park #9232

Want to hike but don't quite know where to go? Meet other women and hike park trails with a park naturalist. Today we'll hike in the Agricultural History Farm Park—a 410-acre complex situated along Rock Creek in Derwood. The park features a farmhouse, barn, assorted farm buildings and an activity center, as well as 7 acres set aside to depict historic life on the farm. Meet at the parking lot to the left of the Activity Center, 18400 Muncaster Road, Derwood, MD.
18 & up • \$10 (FOBH \$9) • Sunday, 9-11am

1/31 Make It and Take It: Twig Art #9173

See December 6 listing for all the details.
All ages • \$2 • Sunday, 1:30-3:30pm

FEBRUARY 2016

2/2 Time for Tots: Groundhog Weather School #9085

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 *Groundhog Weather School* by Joan Holub and Kristin Sorra.
2-5yrs • \$6 (FOBH \$5) • Tuesday, 10-11am

2/7 Harpists at the Visitor Center #9170

See December 6 listing for all the details.
All ages • Free • Sunday, 1-3pm

2/8 Babes in the Park #9211

See December 21 listing for all the details.
1-3yrs • Free • Monday, 10-11am

2/13 Waterfowl Festival #9233

See the Special Events box on p. 103 for all the details!
All ages • FREE • Saturday, Noon-4pm

2/14 Valentine's Day Campfire #9228



We love chocolate, campfires, and all things nature-y at Black Hill and you will too! Join us at the Visitor Center for a cozy fire, activities, some hot cocoa, and nature crafts to make and give a loved one.

1 & up • \$6 (FOBH \$5) • Sunday, Noon-1:30pm

2/16 Li'l Scientists #9193

See December 12 listing for all the details.
3-5yrs • \$6 (FOBH \$5) • Tuesday, 10-11am

2/18 Time for Tots: Over and Under the Snow #9086

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 *Over and Under the Snow* by Kate Messner and Christopher Silas Neal.
2-5yrs • \$6 (FOBH \$5) • Thursday, 10-11am

2/20 Animal Tracks & Traces #9234

Animals don't always leave tracks behind, but they often leave other traces. We'll go for a hike to search for some of the common signs left by creatures large and small. Be sure to dress for the weather.
3-14yrs • \$6 (FOBH \$5) • Saturday, 10-11am

2/20 Build a Bluebird Box #9235



Believe it or not, nesting season is just around the corner for these little blue beauties. Join us to build a nest box for your backyard habitat or to give as a gift to someone else. You'll also learn where to install you box and how to be a good bluebird landlord.

Materials to make the box are included in the fee. Children will need an adult helper. Please register only those making a nest box.
6 & up • \$20 (FOBH \$18) • Saturday, 1-2:30pm

A 2/21 Explore a Park: Bucklodge Forest Conservation Park #9165

New to the area or just want to get out for a hike? Explore different parks in Montgomery County with an experienced Naturalist. Today we'll explore Bucklodge Forest Conservation Park. In October 2000, this park became the first acquisition by Montgomery County through the Legacy Open Space program, an initiative to identify and protect thousands of acres of exceptional open land and historic resources throughout the County. The park is approximately 215 forested acres along a section of the Bucklodge Branch stream valley. Meet at the Visitor Center; van transportation provided since parking space is limited.
18 & up • Free • Sunday, 9-11am



2/21 Make It and Take It: Snowflakes #9174

See December 6 listing for all the details.
All Ages • \$2 • Sunday, 1:30-3:30pm

2/21 Night Hike: Black Hill #9214

Take a hike by the light of the full moon. We'll look and listen for creatures that are most active at night. Hike is approximately 1 mile. Dress warmly and please, no flashlights. Meet at the old Contact Station on Lake Ridge Drive in Black Hill Regional Park.
8 & up • \$6 (FOBH \$5) • Sunday, 6-7pm

2/26 Nature Architects #9162

See December 5 listing for all the details.
3-12yrs • \$6 (FOBH \$5) • Friday, 1:30-2:30pm

2/27 Something Awesome! #9188

See December 12 listing for all the details.
1 & up • Free • Saturday, 11am-1pm

2/27 Free Range Kids #9216

See December 28 listing for all the details.
6-12yrs • \$6 (FOBH \$5) • Saturday, 2-3pm

2/28 Get Lost! On the Road #9222

Looking for a family adventure? Join us for a road trip to get lost! Okay, not "lost"—really, we mean geocaching and letterboxing. Pack a lunch and come prepared to get out of the van to hike a bit to look for the caches. We'll post the locations we plan to visit a week ahead of time on Facebook and email all the registrants. Please register everyone attending.
6 & up • \$20 (FOBH \$18) • Sunday, 9am-3pm

2/28 Outdoor Classroom Explor-a-thon #9225

See January 16 listing for all the details.
5-12yrs • Free • Sunday, 1-3pm

A 2/29 Waterfowl Watching Trip to Middle Creek WMA #9226

Join a naturalist for a trip to Middle Creek Wildlife Management Area and Visitor Center in Pennsylvania. In recent years, more than 100,000 snow geese, 10,000 tundra swans, and wide variety of ducks have stopped at Middle Creek at this time of year while pushing north to their breeding grounds. It's also a great place to see immature bald eagles and northern harriers. We'll supply scopes and binoculars for those that need them. Be sure to dress for the weather. Bring money for a quick lunch stop on our way up and a bagged supper. Please note that the program date may change due to weather conditions and the arrival of the birds.
18 & up • \$45 (FOBH \$40) • Monday, 10am-9pm



Nature Programs
in Black Hill Regional Park

Black Hill Nature Programs: Special Events!



Night Hike: Winter Solstice at Black Hill
Tuesday, December 22, 6:30-7:30pm

Celebrate the start of winter with a hike by the light of the not-quite-full moon. We'll look and listen for creatures that are most active at night. Hike are approximately 1 mile. Dress warmly and please, no flashlights. Meet at the boat launch on Black Hill Road in Black Hill Regional Park. See p. 91 for more Winter Solstice events.
#9212 • 8 & up • \$6 (FOBH \$5)



Family Day at Black Hill
Monday, January 25, 1-4pm

School's out today, so bring the kids to the Visitor Center for an afternoon of nature fun! Friends of Black Hill Nature Programs will be on hand to help you explore nature topics like birds, bats and bears. Also, volunteer naturalists will lead short nature walks with hands-on activities and games. Drop in anytime between 1-4 pm for the fun! This program is free, but please register so we'll have enough materials and help for all.
#9230 • 1 & up • Free



Waterfowl Festival
Saturday, February 13, Noon-4pm

Bring the whole family for a day filled with activities, demonstrations, and exhibits to celebrate the wondrous water birds that call Little Seneca Lake home during the winter. No registration required for this free event. See p. 104 for more information.
#9233 • All Ages • Free



Celebrate the wondrous water birds that call Little Seneca Lake home in winter!

THIRD ANNUAL Waterfowl

FESTIVAL

Activities

- Try decoy carving
- Make a bird bonnet (*are you a hooded merganser, or a bufflehead?*)
- Take a guided bird hike to see marine ducks, swans, and maybe eagles!

Demonstrations • Exhibits

Learn from experts about waterfowl conservation and the different ways you can help.

Black Hill Visitor Center
Saturday, February 13
Noon-4pm



All programs are FREE and open to all ages on a first-come, first-served basis. No registration required. Follow us on Facebook for updates on activities and presenters. BlackHillNature.org | 301-528-3492



Maryland Junior Duck Stamp Art

On display at Black Hill Visitor Center

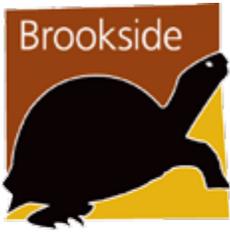
Wednesday, December 2
through **Monday, January 4**



Black Hill Visitor Center is pleased to present original artwork by artists from all over Maryland who competed in the 2015-2016 Federal Junior Duck Stamp Art Contest. This year's winner for Maryland was Michael Xu of Potomac. "Sunrise Duck," his splendid acrylic painting of a Greater White-Fronted Goose, was selected from 320+ entries in this year's statewide contest. PLUS! The traveling exhibit of the winning state entries and the national winner will be on display at the Visitor Center February 1-14. Visit BlackHillNature.org for details.



Nature Programs
in Black Hill Regional Park



Nature Center
in Wheaton Regional Park

Brookside Nature Center

1400 Glenallan Avenue • Wheaton, MD 20902 • 301-962-1480 • www.BrooksideNature.org
Open Tuesday–Saturday, 9am–5pm; Sunday, 1–5pm. Trails open daily, dawn to dusk.

FREE Weekend FUN at Brookside Nature Center

*Looking for things to do with your family that are fun, educational and exciting?
Brookside Nature Center is the place to be! These weekend programs are FREE and do not require registration.*

Wheaton Wanders Saturdays, 2-3pm

Take a walk with a naturalist on nearby trails to discover what's happening in nature around Brookside Nature Center. One day we might learn how to identify trees in winter, another day we'll go birdwatching. And the next week we may learn about animal tracks. You never know what nature will share, so be here each week for all the fun! For ages 6-12 • FREE
December 5, 12, 19 & January 2, 9, 16, 23



Meet the Animals Sundays, 1:30-2pm

What animals live in and around Wheaton Regional Park and which animals actually live in the nature center? Join this family-friendly presentation and enjoy this opportunity to see the animals close up. For ages 2 & up • FREE • December 6, 13, 20, 27 & January 3, 10, 17, 24



Storytimes Sundays, 3-3:30pm

Now that the weather is colder, enjoy a tale about nature in the cozy comfort of the nature center. For ages 3-6 • FREE

December: Animals in Winter

Join us in December by our cozy hearth for an enchanting story about different native animals, and learn what each animal does to get through the winter.
December 6, 13, 20, 27

January: Winter Weather

Join us in January by our cozy hearth to watch the weather from our big window while listening to a different story each week about the wonders of winter weather like snowflakes, crystals and ice. January 3, 10, 17, 24, 31

What Are You Missing? Sundays, 4-4:30pm

Look around...listen...breath deep...touch!
Our understanding of the world around us is based on what we can sense, and what we can imagine. As humans, we have limited senses of hearing and sight—and our sense of time also has an effect on what we understand. Join a Brookside naturalist to learn how to use different tools to expand your powers of observation and sharpen your senses. You never know what you'll discover when you take a closer look! For ages 5 & up • FREE
December 6, 13, 20, 27 & January 3, 10, 17, 24, 31



Maple Sugar Days

We interrupt some of our regularly scheduled weekend programming in February to bring you Maple Sugar Days! We hope you'll join us for a sweet time every Saturday and Sunday in February, beginning February 6. See p. 107 for more information.



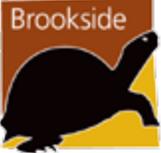
Trail Buddies Tuesdays, 10-11am

Trail Buddies is a great opportunity for preschoolers to discover the thrills and chills of winter nature, and develop important skills together with other preschoolers and their favorite adults. As we walk the nature center trails we'll collect, count and sort different natural materials (pre-math), recognize shapes and patterns in nature (art) and invent our own outdoor nature games as we improve and develop social skills like sharing and cooperation. This program will meet every Tuesday, except December 29. Come for one, two, or all programs! For children ages 3-5. Fee: \$6.

#9915 • December 1
#9916 • December 8
#9917 • December 15
#9918 • December 22

#9919 • January 5
#9920 • January 12
#9921 • January 19
#9922 • January 26

#9923 • February 2
#9924 • February 9
#9925 • February 16
#9926 • February 23



Nature Center
in Wheaton Regional Park

DECEMBER 2015

A 12/2 Swedish Wheat Weaving #10150

Long ago, holiday ornaments were made with natural materials that carried special significance. One of these was the seed head of wheat. Northern European women wove the dried stalks of wheat into hearts and bundles, reminding them of their harvest bounty and dependence on this cherished grain. We continue the custom by weaving our own wheat ornament, to be displayed for years to come.
16 & up • \$12 • Wednesday, 6:30-8pm

A 12/5 Ladies Hike Out Seneca Greenway Trail #10005

We'll meet at the old Black Rock Mill in Germantown and explore some of the trails that meander through the Schaeffer Farm preserve. Our walk will lead us into the forest and the wide-open expanses of abandoned fields, reminiscent of the days when Germantown was a thriving dairy community. Dress for the weather and bring water. We'll email directions before the hike date.
16 & up • Free • Saturday, 9:30-11:30am

A = Activities for Adults



12/5 Saturday Tot Time #10148

Run like a deer, hop like a squirrel, leap like a fox! Can you move like an animal, clambering over logs and balancing on boulders? Find out on our active scramble through the winter woods!
3-5yrs • \$6 • Saturday, 3-4pm

12/10 The Warm Red Scarf A BNC Puppet Show #7713

What's better than a goodnight story? A goodnight puppet show! Join us, in your jammies if you like, to discover what happens when animals find a scarf left in the meadow.
3-8yrs • \$5 • Thursday, 7-7:45pm

A 12/11 Friday Foray: Monocacy Aqueduct #9913

We'll cross the historic Monocacy Aqueduct and enjoy a leisurely 2-3 mile walk on the C&O Canal towpath on this late fall foray. Registered participants will receive directions and a map link via email.
18 & up • Free • Friday, 10am-Noon

12/16 Discovery Time: Winter Adventure & Story #9951

No snow on the ground? That's okay. We'll still take a half-mile woodland walk and breathe in the fresh winter air. After the hike, create a winter craft while listening to a woodland story and sipping warm cider.
4-6yrs • \$7 • Wednesday, 3:45-4:45pm



Winter Solstice: A Celebration of Light

Sunday, December 20, 1-5pm

Enjoy winter activities and crafts from cultures all around the world, including Diwali (Indian festival of lights), Hanukkah (Jewish festival of light), and St. Lucia's Day (a Swedish/Christian celebration of light). Walk the solstice spiral, candle in hand (a 4,500-year-old tradition found in many cultures). Make paper lanterns, St. Lucia crowns, candles and clay pinch pots to hold them, snowflake mobiles, shadow puppets and more! Learn about different kinds of light, the changing seasons, and how animals adapt to winter. Enjoy hot apple cider by the campfire. Watch a puppet show based on an Ojibwa (Chippewa) story called "Shingebiss and the North Wind." See p. 91 for more great Winter Solstice events.
Ages 3 & up • \$6 • #9929



Winter Break Camp Daze at BNC!

Do you miss summer camp and all the fun? Join us for one day or all four during your winter break from school to enjoy and discover nature in winter! We'll do crafts and take hikes; explore the woods for elusive insects, birds, and mammals; and make lunch over an open fire. Sign up for one or all four days for great winter fun! Ages 6-10yrs • \$65 Daily • 9:30am-4pm

Fire Up! • Monday, December 28 • #9930

The first day of camp we'll concentrate on all the fun and different ways to stay warm!

Light & Dark

Tuesday, December 29 • #10001

Today our theme is "Light & Dark." We'll make homemade wax candles, and send you home with tops and other things to brighten the dark hours.



Beach Party Day

Wednesday, December 30 • #10002

Wednesday is "Beach Party Day!" We'll bundle up and hike to the grand beach along Northwest Branch to hunt for party animals living in the woods and along the stream.

Celebrate Back in Time!

Thursday, December 31 • #10003

On the last day of camp, we'll get ready to "Celebrate Back in Time" by preparing a New Year's celebration as it might have happened over 100 years ago in the Harper Cabin.

BROOKSIDE NATURE CENTER

Maple Sugar Days

February 6-28, 2016



February is Maple Sugaring Month at Brookside Nature Center. Every Saturday and Sunday you'll have an opportunity to experience an American tradition: maple sugaring! Watch the whole maple sugaring process from start to finish. See sap drip from trees and taste it. Watch us boil it down into sweet maple syrup, then sample a tasty treat. Join in the fun and activities and learn something new at this family-friendly program! Space is limited, so pre-registration is encouraged.

Saturday, February 6

10am-11am #9931
1pm-2pm #9932
3pm-4pm #9933

Sunday, February 7

1pm-2pm #9943
3pm-4pm #9944

Saturday, February 13

10am-11am #9936
1pm-2pm #9935
3pm-4pm #9934

Sunday, February 14

1pm-2pm #9946
3pm-4pm #9945

Saturday, February 20

10am-11am #9937
1pm-2pm #9938
3pm-4pm #9939

Sunday, February 21

1pm-2pm #9947
3pm-4pm #9948

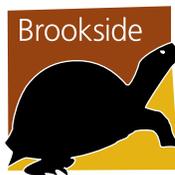
Saturday, February 27

10am-11am #9942
1pm-2pm #9941
3pm-4pm #9940

Sunday, February 28

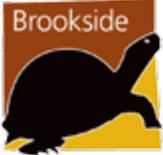
1pm-2pm #9950
3pm-4pm #9949

For ages 3 & up. \$6.



Nature Center
in Wheaton Regional Park





Nature Center
in Wheaton Regional Park

JANUARY 2016



A 1/2 Ladies' Hike Out - Sugarloaf Mountain #10146

The view from the top will be especially invigorating now that the trees are bare and the air is clear. We'll hike up and around Sugarloaf

Mountain at a brisk pace, covering about 3 miles on rocky, natural surface trails. En route, we'll search for signs of tenacious life within a dormant, frozen landscape. Dress for the weather and bring water. We'll email directions before the hike date. 16 & up • Free • Saturday, 9:30-11:30am

1/2 Saturday Tot Time #10149

Now that the leaves are down, we can appreciate trees for their less obvious features, like bark and branches and roots! Let's walk through the forest to celebrate winter trees and the life they support. Craft included. 3-5yrs • \$6 • Saturday, 3-4pm

1/7 Is It Spring Yet? A BNC Puppet Show #9927

What's better than a goodnight story? A goodnight puppet show! Join us, in your jammies if you like, to enjoy the confusion that ground hog feels as he wakes up too early. 3-8yrs • \$5 • Thursday, 7-7:45pm



A 1/8 Friday Foray: Winter Birding #9914

We'll bird along the C&O Canal and Potomac River at Riley's Lock in Poolesville and then drive to the nearby wildlife impoundments at Hughes Hollow to look for winter waterfowl. Registered participants will receive directions and a map link via email. 18 & up • Free • Friday, 10am-Noon

1/15 Tiny Trekkers: Snuggle Bugs #9952

Where are our animals? Are they snug as a bug in a rug? Take a short hike around the park and look for clues. Find out who's sleeping, who left town, and who may be just outside your window. 3-5yrs • \$5 • Friday, 10:30-11:15am

1/16 Easy Basketry #10151

Using willow staves and a round wooden base, we'll fashion a simple, cylindrical basket by applying basic basket weaving techniques. The natural container we create will be ideal for holding pens, tools or other utensils. 12 & up • \$12 • Saturday, 3:30-5pm



1/21 Discovery Time: Animals in the Cold #9953

When the temperature drops we put on warm clothes and coats. But how do animals survive in the cold weather? We'll find out by doing a few experiments, and then head outside on a hike—so come dressed for the weather! 4-6yrs • \$7 • Thursday, 3:45-4:45pm

1/21 Simple Needle Felting #10152
Needle felt a small burlap bag with strands of colored wool roving and a barbed needle to create a unique and charming sack for small gifts, jewelry or magic potions. This popular craft is easy to learn and features the sensory delights of color, design and warm texture. 12 & up • \$12 • Thursday, 6:30-8pm

1/25 New Year Celebration for the Trees #6978

Many cultures celebrate trees. Join us to learn about the Jewish Arbor Day, Tu B'Shevat, the New Year of the Trees, and enjoy a walk around the nature center trails to learn about trees and their gifts to nature. 5 & up • \$6 • Monday, 1-2pm



Birthday Parties at Brookside Nature Center
Call 301-962-1480 for more information.



FEBRUARY 2016



A 2/5 Ladies' Hike Out - Northwest Branch #10147

February weather is so unpredictable! There may be a thaw that propels us into spring, or a freeze that plunges us back into winter. Regardless, we'll head out for a hike along the Northwest Branch savoring the rushing (or solid) waters of this prominent stream as it flows to the Anacostia. Our trail will be easy and flat, perfect for whatever weather February throws at us. Dress for the weather and bring water. We'll email directions before the hike date. 16 & up • Free • Friday, 9:30-11:30am

Maple Sugar Days
Every Saturday & Sunday in February!
See p. 107 for all the details!
3 & up • \$6



Dedicate

Honor, memorialize or thank a relative, friend, or colleague with the dedication of a park, brick, trail, tree, or garden bench in one of Montgomery County's beautiful parks.

Join

Become a Friend of Montgomery Parks if you appreciate and treasure the natural spaces surrounding you in Montgomery County. You will receive benefits, but none as great as knowing you are helping to preserve your natural heritage.

Support

Your support of Montgomery Parks will help so many programs including the development of Josiah Henson Park, the renovations at Brookside Gardens, trails, Nature Center programs and more!



Montgomery Parks
FOUNDATION

Visit MontgomeryParksFoundation.org
301-495-2490

Join Dedicate Support

Deer Population Management

Montgomery Parks' Deer Management Operations 2015-16

For the public's safety, Montgomery Parks closes select park locations to the public for the duration of deer population management operations. These park closures are enforced by the Department's Park Police Division.

PARKS ARE CLOSED

January 10—February 28, 2016

6pm-6am Daily

- **Agricultural History Farm Park** | Derwood
Including adjacent segments of Rock Creek Stream Valley Park, Units 15 & 16
- **Black Hill Regional Park** | Boyds
Day Use Area
- **Cabin John Regional Park** | Bethesda
- **Martin Luther King, Jr. Recreational Park** | Silver Spring
- **Muddy Branch Stream Valley Park, Unit 1 *** | Darnestown
Between Esworthy Road and Turkey Foot Road
- **Needwood Golf Course** | Rockville
- **North Branch Stream Valley Park, Units 2 & 3** | Norbeck
- **North Branch Stream Valley Park, Unit 4** | Olney
- **Northwest Branch Recreational Park** | Aspen Hill
Including Layhill Local Park in Wheaton
- **Northwest Branch Stream Valley Park, Unit 7** | Norwood
- **Northwest Golf Course** | Silver Spring
- **Paint Branch Stream Valley Park, Units 5 & 6** | Silver Spring
Including Paint Branch Neighborhood Park, Pilgrim Hill Local Park, Tamarack Neighborhood Park and Valley Mill Special Park
- **Red Door Store Historical/Cultural Park** | Sandy Spring
- **Rock Creek Regional Park** | Rockville
- **Rock Creek Stream Valley Park, Unit 2** | Chevy Chase
- **Rock Creek Stream Valley Park, Unit 2 *** | Kensington
Between Stonybrook Dr. & Connecticut Ave.
- **Rock Creek Stream Valley Park, Unit 7** | Aspen Hill
- **Sligo Creek Golf Course** | Silver Spring
- **Wheaton Regional Park** | Wheaton
- **Woodlawn Cultural Special Park** | Sandy Spring

*Tentative

PARKS ARE CLOSED

Sunrise to Sunset

on Dates Noted Below

- **Black Hill Regional Park** | Boyds
Ten Mile Creek segment
December 18; January 15 & 29
- **Blockhouse Point Conservation Park** | Darnestown
November 10, 17 & 24; December 15
- **Bucklodge Forest Conservation Park** | Boyds
December 18; January 15 & 29
- **Great Seneca Stream Valley Park, Unit 2** | Gaithersburg
October 28; November 4 & 18; December 16
- **Hoyles Mill Conservation Park** | Boyds
October 23; November 7, 13 & 21; December 4 & 12;
January 2, 8, 16 & 30
- **Little Bennett Regional Park** | Clarksburg
December 8-11
- **Little Seneca Stream Valley Park** | Boyds
December 18; January 15 & 29
- **North Germantown Greenway** | Clarksburg
October 28; November 4 & 18; December 16
- **Rachel Carson Conservation Park** | Olney
October 26; November 9 & 23; December 21
- **Woodstock Equestrian Park** | Beallsville
October 30; November 14 & 21; December 5 & 19;
January 9 & 22

CLOSED YEAR-ROUND

- **Goshen Recreation Park** | Goshen



ParksDeerManagement.org



Locust Grove Nature Center

7777 Democracy Blvd. • Bethesda, MD 20817 • 301-765-8660 • www.LocustGroveNature.org

Open to the public Saturdays 9am-5pm and Sunday 1-5pm.

Open weekdays only during naturalist-led program hours. Trails open daily, dawn to dusk.

Tot Time!

Explore the sights, sounds, textures and movements of the natural world. Outdoor activities are included in this program, so please dress for the weather. *Tot Times are Tuesdays & Wednesdays, 10:15-11am. Ages: 2½-4yrs. Fee: \$6.*

Where Are Our Animal Friends?

Let's take a hike and find places where animals hibernate or keep warm in winter, then talk about animals who take off for warmer climates instead.

- #9968 • Tuesday, December 1
- #9970 • Wednesday, December 2

Happy Hanukkah to the Animals!

Even if you aren't Jewish, it's fun to celebrate this holiday! We'll leave treats for the animals in our forest and meadows as we hike along.

- #9971 • Tuesday, December 8
- #9972 • Wednesday, December 9

Chew, Chew Chew

Learn why rodents need to chew hard things, and what the mice, rats and other rodents in the area do during the winter.

- #9973 • Tuesday, December 15
- #9974 • Wednesday, December 16

Happy New Year in the Forest

It's 2016! Let's celebrate with our forest friends and make them a tasty treat.

- #9975 • Tuesday, January 5
- #9976 • Wednesday, January 6

Brrr! It's Cold Out There!

How do you stay warm in winter? Do mammals and birds keep warm the same way? We'll go on a hike and try out some new and different ways to stay warm.

- #9977 • Tuesday, January 12
- #9978 • Wednesday, January 13

Who's Hooting Out There?

Come learn about the beautiful birds that silently fly our winter skies. Hike to look for great horned owls, Eastern screech owls, barred owls, the occasional visiting snowy owl, and other owls found in Maryland.

- #9979 • Tuesday, January 19
- #9980 • Wednesday, January 20

We Love Turtles!

Meet and feed the Locust Grove turtles, then take a trail hike and look for places where their cousins could be hibernating.

- #9981 • Tuesday, January 26
- #9982 • Wednesday, January 27

Wake Up, Mr. Groundhog!

What is a groundhog? What does it like to eat and do? Why do we care if he sees his shadow? Come find out at Locust Grove!

- #9983 • Tuesday, February 2
- #9984 • Wednesday, February 3

Celebrate African American History Month

Celebrate African American History Month with us at Locust Grove Nature Center. First we'll listen to some folktales included in Virginia Hamilton's collection *The People Could Fly: American Black Folktales*. Then we'll make story puppets and take them on a history hike with us.

- #9985 • Tuesday, February 9
- #9986 • Wednesday, February 10

Love is in the Air

Who's getting ready to make a nest or a den? Through story, hike and a craft, let's find out!

- #9987 • Tuesday, February 16
- #9988 • Wednesday, February 17

Snowy Story Time

We'll read Ezra Jack Keats' book *A Snowy Day*, then play outside. Even if we don't have a *real* snowy day today, we can pretend!

- #9989 • Tuesday, February 23
- #9990 • Wednesday, February 24

Homeschool Happenings

Hands-on science & nature classes for homeschooled kids ages 6-10! Thursdays, 1-2pm at the Armstrong Cabin.

December 2015

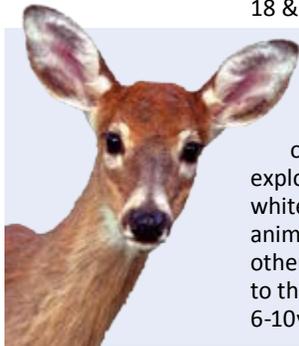
- 12/3 Forever Green
- 12/10 Brrr...Beach?
- 12/17 White Tailed Deer

January 2016

- 1/7 Icy Insects
- 1/14 Hibernating Animals
- 1/21 "Barking Dogs"
- 1/28 Large Owls of Maryland

February 2016

- 2/4 What Is It?
- 2/11 Furry Squirrels
- 2/18 Dabbling vs. Diving Birds
- 2/25 Raptors, Small Owls of Maryland



DECEMBER 2015

12/3 Homeschool Happening: Forever Green #10168

What is an evergreen tree? Ever heard of a conifer? Join us as we hike the woodlands at Locust Grove to find these magnificent trees. Who might use these trees as their homes? What type of seeds do they produce? Which local animals eat these delicacies? Meet at Armstrong Cabin next to the nature center.
6-10yrs • \$6 • Thursday, 1-2pm

12/7 Winter Ornaments #10243

Engage your crafty side and get into the winter spirit! Come make two take-home ornaments out of natural materials like pine cones and twigs.
5-12yrs • \$6 • Monday, 4:30-5:30pm

12/10 Homeschool Happenings: Brrr...Beach? #10169

It's a little chilly to go to the beach, so come explore the sandy play area at Locust Grove for hidden treasures. Armed with shovels and pails, we'll dig and discover things buried in the sand, including natural items originally found on Delaware and Maryland beaches. We'll also learn some interesting things about the Chesapeake Bay, the largest watershed on the Atlantic seashore. Meet at Armstrong Cabin, next to the nature center.
6-10yrs • \$6 • Thursday, 1-2pm

A 12/12 Explore Wild Montgomery: Muddy Branch Greenway #10246

Explore wild Montgomery with a Locust Grove park naturalist. Each week we'll hike a different trail at a different Montgomery County park. Today we'll take a relaxing 3-mile hike on Muddy Branch Greenway Trail, observing the wildlife that lives near the Potomac River. Meet at the first parking lot on the left after Esworthy Road in Blockhouse Point Conservation Park.
Call 301-765-8660 with questions.
18 & up • FREE • Saturday, 10-11:30am

12/17 Homeschool Happenings: White-Tailed Deer #10170

White-tailed deer are everywhere! Come find out more about these beautiful mammals. We'll explore tracks, racks (antlers), scat and more. Why do white-tailed deer shed their antlers? What can other animals do with the antlers? Get answers to these and other deer questions. Meet at Armstrong Cabin next to the nature center.
6-10yrs • \$6 • Thursday, 1-2pm

12/20 Winter Solstice Celebration #9964

See the Special Events box on p. 113 for all the details!
3 & up • \$6 • Sunday, 4-6pm

12/28 Winter Break Is a Blast #9967

See the Special Events box on p. 113 for all the details!
5-10yrs • \$232 • 4 Days: M-Th, 9am-3:30pm

A = Activities for Adults

JANUARY 2016

1/7 Homeschool Happenings: Icy Insects #10171

Where do insects go in winter? What do they do during the icy cold weather? Do they wander or over-winter? We'll become entomologists for a day and embark on a micro-habitat hike to find answers. Meet at Armstrong Cabin next to the nature center.
6-10yrs • \$6 • Thursday, 1-2pm

1/11 Hibernation #10244

Where did all the animals go? Come learn about different animals that hibernate, listen to a story, and make an animal craft.
4-7yrs • \$6 • Monday, 4:30-5:30pm

1/14 Homeschool Happenings: Hibernating Animals #10172

Which local animals truly hibernate, and which just take a long winter nap? What's the difference between "deep" and "shallow" hibernation? What do animals do to survive frigid winter temperatures? Let's explore various habitats at Locust Grove to see if they have what it takes to help hibernating animals make it through the winter. Meet at Armstrong Cabin next to the nature center.
6-10yrs • \$6 • Thursday, 1-2pm

A 1/16 Explore Wild Montgomery: Seneca Creek Greenway # 10247

Explore wild Montgomery with a Locust Grove park naturalist. Each week we'll hike a different trail at a different Montgomery County park. Today we'll take fun 6-mile hike on Seneca Creek Greenway Trail. We'll observe local flora and fauna, enjoy the view at a scenic overlook, and cross a stream on a natural rock bridge. Meet in parking lot off the Rt.355 entrance to the trail. Call 301-765-8660 with questions.
18 & up • FREE • Saturday, 10-11:30am

1/21 Homeschool Happenings: "Barking Dogs" #10173

The scientific name for coyote is *Canis latrans*, which literally means "barking dogs." We'll listen to various coyote calls, discover their meanings, and try to imitate their sounds. We'll also take a specific look at the Eastern coyote, their family life, hunting methods, diet and habitat. Meet at Armstrong Cabin next to the nature center.
6-10yrs • \$6 • Thursday, 1-2pm

1/28 Homeschool Happenings: Large Owls of Maryland #10174

Winter is a perfect time to look and listen for owls: mating season has begun, and owls often can be heard calling in the day. In this first of two classes, we'll focus on three of Maryland's larger owls: Barred, Barn and Great Horned owls. We'll dissect owl pellets to see whooo had what for dinner, and discover many other fascinating facts about these birds of prey. Then we'll go on a hike to listen and look for these elusive birds. Meet at Armstrong Cabin next to the nature center.
See 2/25 for the second of two HH owl classes.
6-10yrs • \$6 • Thursday, 1-2pm

FEBRUARY 2016



2/4 Homeschool Happenings: What Is It? #10238

Come play nature detective with us today! Armed with field guides, magnifying lenses and our five senses, we'll closely examine and try to identify a variety of items found in nature. Meet at Armstrong Cabin next to the nature center.
6-10yrs • \$6 • Thursday, 1-2pm

2/11 Homeschool Happenings: Furry Squirrels #10240

First, we'll read the amusing story *Those Darn Squirrels* by Adam Rubin. Then we'll observe the bird feeders and squirrel feeders at the nature center, and go on a hike to do more bird- and squirrel-watching. Maybe we'll catch some sneaky squirrels trying to make off with the bird seed, just like in the book! Meet at Armstrong Cabin next to the nature center.
6-10yrs • \$6 • Thursday, 1-2pm

2/13 Explore Wild Montgomery: Black Hill Trail #10248

Explore wild Montgomery with a Locust Grove park naturalist. Each week we'll hike a different trail at a different Montgomery County park. Today we'll take a leisurely 3-mile walk on Black Hill Trail around Little Seneca Lake and up into the natural surface trails of Black Hill Park. Meet in the Visitor Center parking lot in Black Hill Regional Park.
6 & up • FREE • Saturday, 10-11am

2/15 Frigid Foods #10245

What do animals eat in the winter? We'll take a walk to find out then make a toasted oat cereal bird feeder to feed the birds in your yard.
4-7yrs • \$6 • Monday, 4:30-5:30pm

2/18 Homeschool Happenings: Dabbling vs. Diving Birds #10241

To dabble, or to dive—that is the question! We'll explore both the differences and similarities of the two kinds of birds by examining beaks, feet, wings, feathers and other tools these birds possess to help them gather food. Meet at Armstrong Cabin next to the nature center.
6-10yrs • \$6 • Thursday, 1-2pm

2/25 Homeschool Happenings: Raptors, Small Owls of Maryland #10242

In this second session of a two-part series, we'll take a look at the small but mighty owls of Maryland. From the smallest of the small (the Northern Saw-whet Owl, about 3") to the largest (the Screech Owl—a veritable giant in comparison, standing at 7-10"), these tiny raptors can be formidable hunters. Meet at Armstrong Cabin next to the nature center. *See 1/28 listing for the first HH owl class, on Large Owls of Maryland.*
6-10yrs • \$6 • Thursday, 1-2pm

Special Events at Locust Grove Nature Center!



Winter Solstice Celebration Sunday, December 20, 4-6pm

The winter solstice is a just few days away, and the winter holiday season is here! Join us at Locust Grove Nature Center to welcome winter with a family-friendly celebration. Enjoy a campfire, make New Year's wishes, light candles, make treats to share with animals, and roast chestnuts and marshmallows on an open fire! Please register and pay for both children and adults. *See p. 91 for more great Winter Solstice events.*
#9964 • 3 & up • \$6



Winter Break Is a Blast!

**Monday, December 28-Thursday, December 31
9am-3:30pm**

Let's have a blast during winter break! We'll explore and learn about winter in the great outdoors, make things with natural materials, follow animal tracks, and even have a stream-side winter picnic!
No camp on Friday, January 1.
#9967 • 4 Days • 5-10yrs • \$232

Connect *with* Parks

Find out about all kinds of things to do and explore in Montgomery Parks!



🔌 Subscribe to the Guide

🔌 Join the conversation on Facebook

🔌 Tweet with us

🔌 Learn about park/playground projects in your neighborhood



Tell us how we're doing!

MontgomeryParks.org/connect



5 Fun Things to Do This Winter in Montgomery Parks



1

Think Brookside Gardens is beautiful in the daytime? Wait 'til you see it aglow with a million colored lights! This walk-through holiday light show runs November 27—January 3.

BrooksideGardens.org

2

Bring the whole family to a public skating session (look for “Cheapskates” at both arenas—just \$7 for admission and skate rentals), learn to skate or play hockey, or watch a holiday show!

CabinJohnIce.com | WheatonIceArena.com



3

Celebrate the shortest day and longest night of the year at one of our four nature centers. Take a hike, make lanterns, sip hot cider or roast chestnuts and marshmallows over a campfire, light candles, and enjoy tales of winter.

MontgomeryParks.org/Festivals

4

Laugh at the cold—come play tennis inside Pauline Betz Addie Tennis Center or Wheaton Indoor Tennis. Or visit South Germantown Driving Range (open through December 31) to hit a bucket of balls or practice your putt.

CabinJohnTennis.com | WheatonTennis.com
SGDrivingRange.com



5

Experience an American tradition! Come to Brookside Nature Center every weekend in February to see maple trees tapped, taste sap, watch us boil it down into syrup, and enjoy the results!

MontgomeryParks.org/Festivals



For more great events, visit MontgomeryParks.org/Festivals and MontgomeryParks.org/Events

The Friends of the Agricultural History Farm Park
invite you to a free holiday celebration

Christmas ON THE FARM

DECEMBER 12 & 13 • NOON-5PM

Come and enjoy the holiday spirit on the farm

Turn-of-the-century decorations • Free live Christmas music and caroling
Homemade baked goods for sale • Free hayrides (weather permitting)
Children's activities • Free hot cider and ginger cookies



Agricultural History Farm Park
18400 Muncaster Road, Derwood, MD 20855 | 301-670-4661
FriendsoftheFarmPark.org | AgHistoryFarm.org



FRIENDS of
THE AGRICULTURAL HISTORY FARM PARK



Find out how (or if) the weather affects your Montgomery Parks plans...

Visit **MontgomeryParks.org/Weather**



Get the latest news on weather-related closings, downed trees, delays and other status updates in Montgomery Parks.

While you're there, sign up for **AlertMontgomery** to get notifications for all of Montgomery County.



Meadowside Nature Center

5100 Meadowside Lane • Rockville, MD 20855 • 301-258-4030
MeadowsideNature.org • Meadowside@MontgomeryParks.org
Open Tuesday–Saturday, 9am–5pm. Trails open daily dawn to dusk.

DECEMBER 2015

12/5 Alien Invaders #10337

Help us give the park's native plants room to grow by removing invasive non-natives. Bring yourself, your family, or your group (please call if you're bringing a group). Bring leather gloves if you have them or borrow ours. This is an SSL-approved project. No registration required.
8 & up • Free • Saturday, 10-11am

12/9 Tyke Hike: Oh, My Deer! #10338

Take a nature mini-hike and make a craft to take home. Registration required; children must be accompanied by an adult.
2-3yrs • \$5 • Wednesday, 10:30-11:15am

12/10 Edible Ornaments for Wildlife #10333

Make some fun ornaments you can hang on a tree outside your home, and see what wildlife comes to enjoy them. You get to enjoy a beautifully decorated tree; the wildlife will enjoy how it tastes!
3-5yrs • \$6 • Thursday, 11am-Noon

12/12 Make It Take It: Winter Sun-Catcher #10163

Catch the winter sun to brighten up your room! Drop by during program hours and create this seasonal delight to take home with you. No registration required. Exact change is appreciated.
All ages • \$2 • Saturday, 11:30am-1:30pm

12/19 Recycling Wreath #10334

Bring in a wire hanger and a dozen plastic grocery bags and we'll help you turn them into a cool holiday wreath! Learn what does and doesn't go in your recycling bins, and other ways to reduce, reuse and recycle in your everyday life.
6 & up • \$2 • Saturday, 2-3pm

12/22 Otus the Owl Winter Storytime #10335

Listen to some seasonal stories and meet our mascot, Otus the Owl. Bring your camera!
2-5yrs • \$3 • Tuesday, 10:30-11am

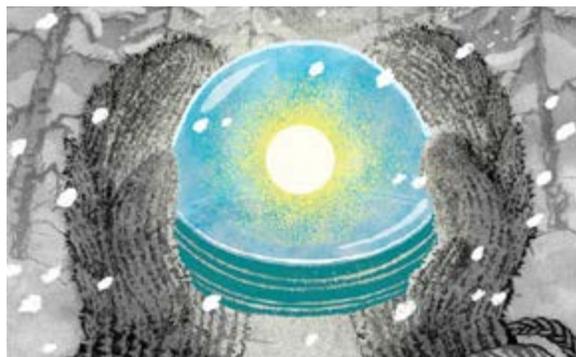
12/30 Winter Luminaries #10166

Light up long winter nights with a handmade lantern. Use old-time tinsmithing techniques to make a lantern to take home.
7-10yrs • \$6 • Wednesday, 10:30-11:30am



Winter Solstice Campfire Saturday, December 19, 7-8pm

Come share the light and warmth of the campfire ring at Meadowside. We'll tell tales of winter, make lanterns (one per family) to light our way, and enjoy toasty marshmallow treats. Please register all participants; fee is for children only. *See p. 91 for more great Winter Solstice events.*
#9965 • 3 & up • \$6



A Day of Winter Fun Tuesday, December 29, 9:30am-3pm

Spend a winter's day at Meadowside! We'll hike trails looking for signs of wildlife, cook over an open fire, conduct a few icy experiments, and create a nifty New Year's noisemaker. We'll provide the fixin's for a snack, but please bring lunch and a water bottle. Dress for the weather!
#10153 • 6-10yrs • \$35

“What happened to my program?”

Sometimes we have to cancel excellent programs because folks waited until the last minute to sign up.



Each program needs a minimum number of participants in order to run. So if a program looks interesting, don't hesitate... register today at





Otus' Rockin' New Year

Thursday, December 31, 10:30am-Noon

Celebrate the New Year by making party hats, noise makers, and other fun seasonal crafts. A few minutes before noon, we'll begin our countdown and ring in the New Year with music, dancing, and a visit from our mascot, Otus the Owl. Registration encouraged; space is limited. #10249 • Ages 2-12yrs • \$6



FEBRUARY 2016

2/10 Tyke Hike: Little Owl in Winter #10487
 See December 9 listing for all the details.
 2-3yrs • \$5 • Wednesday, 10:30-11:15am

2/11 "Owl" Be Your Valentine! #10336
 Discover which species of owl has a heart-shaped face, and learn how owls bring their sweethearts valentine treats! We'll visit one of Meadowside's owls, then share the love by making some owl valentines for friends and family. 3-5yrs • \$6 • Thursday, 11am-Noon



JANUARY 2016

1/5 Nature Explorers: Winter #10340
 Budding nature explorers will experience the season while discovering the outdoors in winter. They'll learn how animals survive cold winter days, search for animal tracks, explore winter trees, and much more! Participating in a variety of activities, games, and crafts will enhance your child's preparation for school. This program series meets every Tuesday from January 5 to February 23; the fee covers registration for all eight sessions. Adults must accompany children. 3-5yrs • 8 Classes • \$72 • Tuesday, 10-11:30am

1/9 Make It, Take It: Winter Birds #10164
 Some birds stay here all winter. Let's learn about a few and make them something good to eat. Drop by during program hours and create this seasonal delight to take home with you. No registration required. Exact change is appreciated. All ages • \$2 • Saturday, 11:30am-1:30pm

1/13 Tyke Hike: Who's Been Here? #10339
 See December 9 listing for all the details.
 2-3yrs • \$5 • Wednesday, 10:30-11:15am

1/30 Webelos/Arrow of Light Elective: Into the Wild #10285
 Learn about flyways, birds found in your backyard, and caring for insects. Explore the roles that producers, consumers, and decomposers play in the food chain of an ecosystem. 7-10yrs • \$25 • Saturday, 9:30am-Noon



2/12 Owls in Love Campfire #10294
 Let's hike along the Rock Creek Stream Valley calling for barred, barn, and screech owls, then end our evening with hot chocolate and toasted marshmallows. Please register and pay for all attending. 8 & up • \$6 • Friday, 6-7:30pm

2/13 Make It Take It: Valentine Treats for the Birds #10165
 Share a valentine with our feathered friends. Drop by during program hours and create this seasonal delight to take home with you. No registration required. Exact change is appreciated. All ages • \$2 • Saturday, 11:30am-1:30pm

2/13 Owls and Hawks at Oaks Landfill #10160
 Oaks Landfill has been re-purposed as a birding hotspot! Join us as we search for winter birds throughout this unique landscape. We hope to catch the "shift change" of the Northern harriers seeking their night roosts just as short-eared owls gear up for hunting. Meet at Meadowside; we'll take a van up to the site. Please dress warmly! 14 & up • \$12 • Saturday, 4-6pm



Nature Matters Lecture Series

This intriguing (and FREE) lecture series focuses on local nature and conservation topics. Check-in and refreshments begin at 6:45pm, and the one-hour lecture followed by Q & A begins at 7pm. **14 & up. Wednesdays, 6:45-8:15pm.**

12/16 What's New with Spotted Owls? #10154

Spotted owls have been a hot research topic in recent years due to the variety of environmental changes occurring in the owl's home range. Field researcher **Kristina Motley** will discuss the US Forest Service demographic study currently being conducted on the California Spotted Owl in the Sierra National Forest. Learn about the results of the study from past years and what it means for the future of this magnificent bird of prey.

1/27 Climate Change and Native Plants #10156

Our local native flora is essentially tied to other aspects of the ecosystem, including weather patterns. While many animals have the ability to move when conditions become rapidly unfavorable, plants don't have that option. **Dr. Sara Via**, with the University of Maryland, will lead us on an exploration of the effects our changing climate has on native plant communities and the animal populations they support.

2/17 Probiotic Therapy for Salamanders #10157

The Eastern US has more salamander species than anywhere else in the world—it's a hotspot of salamander biodiversity, and the focus of research seeking to protect this national treasure. Good microbes may protect salamanders from two deadly fungal pathogens: Bd (which already exists in the US) and, Bsal (not in North America yet, but posing a major potential threat). Smithsonian Conservation Biology Institute researcher and PhD candidate **Carly Muletz Wolz** will discuss salamander natural history, the discovery of good microbes on salamanders, the threat of wildlife pathogens, and how research contributes to using good microbes to fight bad microbes in conservation strategies.



FREE Raptor Programs Every Saturday at MNC!

Meet at the Raptor Walkway behind the nature center. Programs are held rain or shine! No registration required. Groups, please call in advance.



Raptor Enrichment

11:30-11:45am

Raptors are smart! Come see Meadowside's resident raptors as they search for food, explore new objects, and encounter new experiences.

Raptor Feeding

Noon-12:20pm

Observe Meadowside's resident raptors during their feeding time and hear some stories about the raptors on exhibit.



Birthday Parties at Meadowside Nature Center

Visit MeadowsideNature.org for more information.



in search of Historic Sites volunteers

301-650-4373 • HistoryInTheParks.org

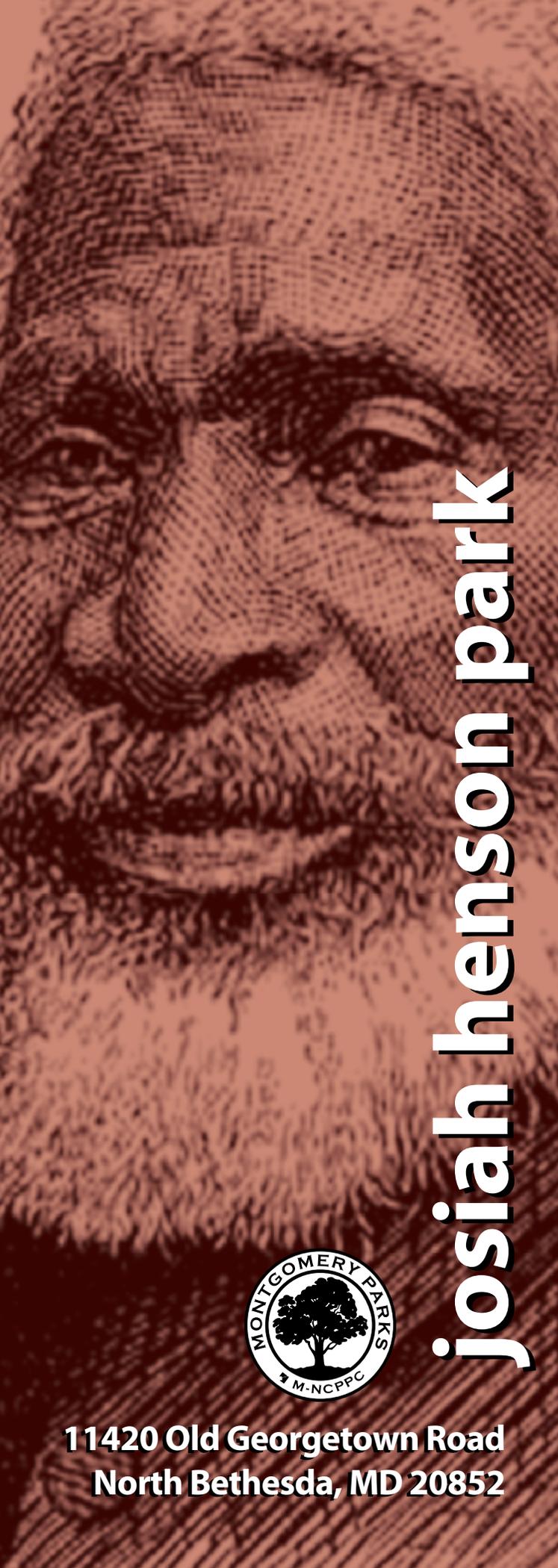
Share your love of history, the great outdoors, agriculture and rusty old buildings with visitors of all ages and become a trained volunteer tour guide!

FREE training (and cool hats) provided. Volunteer opportunities meet SSL requirements. Visit our website for more information.



Oakley Cabin African American Museum & Park
Underground Railroad Trail • Kingsley Schoolhouse
Josiah Henson Park • Agricultural History Farm Park





josiah henson park



11420 Old Georgetown Road
North Bethesda, MD 20852

Celebrate Black History Month

February 27 and 28

FREE GUIDED TOURS

“A Walk in Father Henson’s Footsteps”

Noon - 4:00 pm | Last tour begins 3:00 pm

Retrace the footsteps of Reverend Josiah Henson from his enslavement to escape on the Underground Railroad to freedom in Canada. Learn about his extraordinary life, which inspired Harriet Beecher Stowe's landmark novel, *Uncle Tom's Cabin*.

TIME TEAM AMERICA DOCUMENTARY

“The Search For Josiah Henson”

Noon, 1:00, 2:00 and 3:00 pm

This PBS documentary brings to life the archaeological discoveries made at Josiah Henson Park.

Saturday, February 27

SPOKEN WORD POETRY EVENT

“Lyrical Rhythms: The Sounds of Freedom”

3:00 - 4:00 pm | Free Admission

Close out our Black History Month celebration with our annual poetry event. Create and share your own "sounds of freedom" in the form of original poetry. Only self-guided tours are offered during the program. A reception with light refreshments immediately follows.

HistoryInTheParks.org
301-650-4373

Parking for Josiah Henson Park events is available ONLY at the Kennedy Shriver Aquatic Center, 5900 Executive Blvd., North Bethesda, MD 20852

Calling all **history**
buffs, inquisitive
geeks and the **generally**
curious

Group Historic Sites Tours

Mon - Fri
\$5 Students
\$5 Seniors
\$7 Adults

Oakley Cabin

African American Museum & Park

Kingsley Schoolhouse

Josiah Henson Park

Underground Railroad Trail



Students grades 4 and up, Seniors,
Clubs & Organizations

HistoryInTheParks.org

301.650.4373

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. Check out some of our winter volunteer opportunities below, and visit ParksVolunteers.org for even more. Apply today!

YOU'LL ♥ OUR WINTER VOLUNTEER OPPORTUNITIES!

WINTER SOLSTICE CELEBRATIONS

December

Come share the magic of the first day of winter at our Nature Centers! You can help us with crafts, campfires, refreshments and other fun solstice activities.

OTUS' ROCKIN' NEW YEAR CELEBRATION

Thursday, December 31

Meadowside Nature Center's mascot Otus the Owl loves to rock on New Year's Eve! You'll have lots of fun helping with crafts, dancing and merriment at this daytime party.

MARTIN LUTHER KING, JR. DAY OF SERVICE

Monday, January 18

Join us for a stream and park cleanup, or save the trees by helping at an invasive plant removal. Fingers crossed—it hasn't snowed on this day since we started this annual volunteer event!

MAPLE SUGAR DAYS

Weekends in February

Brookside Nature Center shows how maple sugar is made from beginning to end, and offer maple-themed crafts, food, games and music! Help us share this awesome annual ritual with the public by volunteering during a weekend in February.

WATERFOWL FESTIVAL

Saturday, February 13

Come help the Black Hill naturalists celebrate the wondrous water birds that call Little Seneca lake "home." Assist with crafts, bird excursions and many other fine-feathered activities this afternoon.

HISTORIC SITE TOUR GUIDE TRAINING

Late Winter

Do you enjoy meeting new people and sharing your love of history? Become a part of living history—volunteer as a tour guide at one of our wonderful historic sites! Training will begin in late winter, and tours will run April 2016–November 2016.

ONGOING OPPORTUNITIES

DAY OFF = DAY ON! STUDENT SERVICE LEARNING (SSL) PROJECTS

Get your SSL hours right here, kids! Come volunteer in Montgomery Parks on one or more of your school's days off!

ICE SKATING VOLUNTEERS AT CABIN JOHN AND WHEATON ICE

It's the coolest volunteer job ever! Volunteers help as Counselors in Training (CITs) and Instructional Assistants. You'll need some skating experience.

NATURE CENTER HOSTS

Hosts help greet and guide visitors to our four different Nature Centers. Weekday and weekend volunteers needed.



For more information, please go to our website or call our office
www.ParksVolunteers.org | 301-495-2504



Montgomery Parks

Summer Camps

2016

The Natural Choice for Summer Camps!

Fill your children's summer with fun, learning and adventure in a Montgomery Parks Summer Camp!

- Reasonably priced full- and half-day camps for age 2½ to adult
- Camps run June through late August! • 60+ different camps • Locations up-county & down

Registration opens January 19, 2016

EXPOS!

Meet Parks staff and get the information you need to find the perfect camps for your kids. "Early Bird" pricing on select camps and giveaways, too!



Meet us at

Washington Parent's
Montgomery County
Camp & Summer Fun Expo

Sunday, January 31 | 10am-5pm

Hilton Hotel 1750 Rockville Pike, 20852
WashingtonParent.com

Meet us at

*Cabin John
Ice Rink*

Saturday, March 12 | 11am-1pm

10610 Westlake Drive, Rockville, MD 20852
MontgomeryParks.org/Camps



Cabin John Ice Rink
10610 Westlake Drive
Rockville, MD 20852
301-765-8620
www.CabinJohnIce.com



Wheaton Ice Arena
11717 Orebaugh Avenue
Wheaton, MD 20902
301-905-3000
www.WheatonIceArena.com



Ice Skating & Hockey Group Lessons



Like Cabin John Ice, Wheaton Ice and Montgomery Parks on  and follow us on  @WheatonIce

THREE WAYS TO REGISTER

- Online at **ActiveMONTGOMERY.org**
- In person at the rinks until 9pm daily. No phone registrations can be taken at the rinks.
- Fill out, sign, and mail or fax registration form and payment to: **ActiveMONTGOMERY**, 4010 Randolph Road, Silver Spring, MD 20902. Fax: 240-777-6818. Checks, money order and credit cards are accepted. See p. 152 for new registration info.

REGISTRATION DATES

- **WINTER 1** registration opens **Monday, December 21** and runs through **Saturday, January 2**.
- **WINTER 2** registration opens **Monday, February 15** and runs through **Wednesday, February 24**.
- Beginning **Sunday, January 3** for **WINTER 1** and **Thursday, February 25** for **WINTER 2**, you may register *in person only* at the rink. A non-refundable \$10 service fee applies.

CLASS DATES

- **WINTER 1** classes start **Monday, January 4**.
- **WINTER 2** classes start **Friday, February 26**.

COURSE FEES COVER

- Six lessons (30 or 45 minutes, depending on the class).
- A practice card, good for admission for the registered student only. Practice cards are valid for the duration of your course, up until the start of the next lesson period. Number of practice sessions are based on the number and length of classes. Practice cards are non-transferable and non-refundable, and lost cards cannot be replaced.
- Use of rental skates for lessons and practices.

PLEASE NOTE

- No make-ups/refunds for missed lessons.
- Please read course descriptions carefully, and select courses that match students' ability and experience. At the end of each class, the instructor will evaluate each student to determine if he or she is ready to advance to the next course, or would benefit from taking the same level again before moving ahead.
- Transfer requests will incur a \$5 processing fee. No transfers can be made after the second class has met.
- If you see a class you like, register! Classes may be canceled if minimum enrollment number is not met.



Winter 2015-2016

DATES TO NOTE

Holiday Hours & Closures

- Closed Thanksgiving (November 26)
- December 24: Close early at 3pm
- Closed Christmas Day (December 25)
- December 31: Close early at 3pm
- January 1: Open late at Noon

No Classes

- November 26-29
- March 25-April 3



PROGRAM ACCESS (INCLUSION) SERVICES

If you are registering for a Montgomery Parks program, please call the Montgomery Parks Program Access Office at 301-495-2477, or email ProgramAccess@MontgomeryParks.org. Visit MontgomeryParks.org/ProgramAccess for more information.

ON YOUR FIRST DAY OF CLASS...

- Wear one pair of thin socks.
- Helmets and gloves are highly recommended for your safety.
- Arrive at the rink 30 minutes early for your first lesson, and 15-20 minutes early for subsequent classes.
- Pick up your practice card at the rink.
- Pick up your skates at the skate exchange. Ask for one size *smaller* than your **sneaker size**. You'll have better balance and protection against injuries.



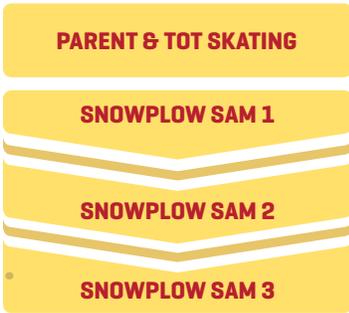


GROUP LESSON GUIDE

Where should I start? Where will I go?

LEARN TO SKATE

AGES 3-5



AGES 6-12



AGES 12+

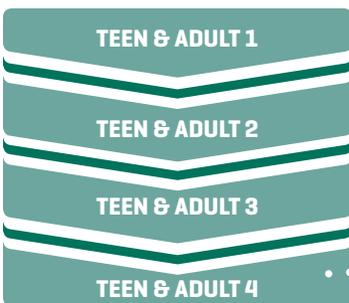


FIGURE SKATING



ADVANCED CLASSES

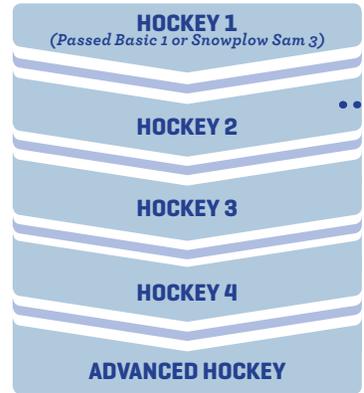


TEAM CLASSES



ICE HOCKEY

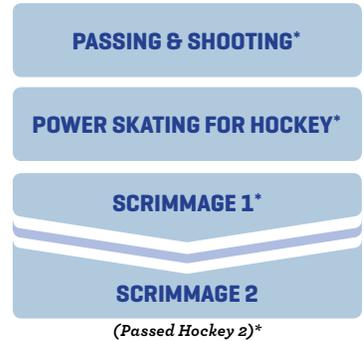
AGES 4-8 & 9-14

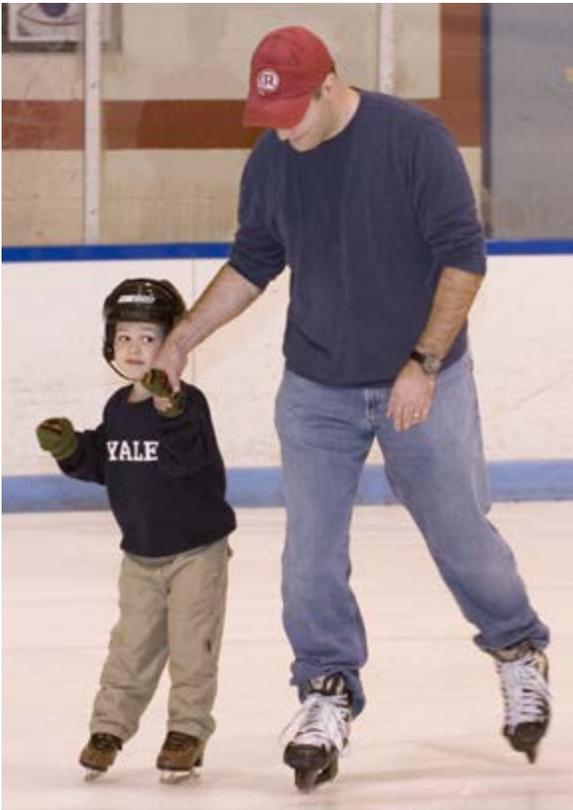


AGES 14+



ADVANCED CLASSES





Parent & Tot Ice Skating

Skating is fun, and great exercise for you and your child! This class teaches toddlers (ages 3-5) beginning skating skills with Mom or Dad right there to help them feel safe. We'll teach your child how to fall down and get up, and march while moving on the ice. Parents will need basic skating skills in order to skate with their child. Fee covers one child and one parent; register child only. *Equipment required: Helmet and gloves.*

Cabin John Ice Rink

9403	3-5yrs	6 Classes	\$99	Friday, Jan. 8	11:15-11:45am
9404	3-5yrs	6 Classes	\$99	Saturday, Jan. 9	12:15-12:45pm
9405	3-5yrs	6 Classes	\$99	Saturday, Jan. 9	3:45-4:15pm
9406	3-5yrs	6 Classes	\$99	Sunday, Jan. 10	3:30-4pm
9650	3-5yrs	6 Classes	\$99	Friday, Feb. 26	11:15-11:45am
9651	3-5yrs	6 Classes	\$99	Saturday, Feb. 27	12:15-12:45pm
9652	3-5yrs	6 Classes	\$99	Saturday, Feb. 27	3:45-4:15pm
9653	3-5yrs	6 Classes	\$99	Sunday, Feb. 28	3:30-4pm

Wheaton Ice Arena

8559	3-5yrs	6 Classes	\$99	Saturday, Jan. 9	10:45-11:15am
8560	3-5yrs	6 Classes	\$99	Sunday, Jan. 10	2-2:30pm
8653	3-5yrs	6 Classes	\$99	Saturday, Feb. 27	10:45-11:15am
8654	3-5yrs	6 Classes	\$99	Sunday, Feb. 28	2-2:30pm

Snowplow Sam

Snowplow Sam classes are designed to help preschool-age skaters develop the preliminary coordination and strength needed to maneuver on the ice.

Snowplow Sam 1

Learn how to sit and stand up on skates (off and on the ice); march in place; march forward; glide on two feet; and dip in place. *Equipment required: Helmet and gloves.*

Cabin John Ice Rink

9407	3-5yrs	6 Classes	\$99	Monday, Jan. 4	3:45-4:15pm
9408	3-5yrs	6 Classes	\$99	Tuesday, Jan. 5	4:15-4:45pm
9409	3-5yrs	6 Classes	\$99	Wednesday, Jan. 6	12-12:30pm
9410	3-5yrs	6 Classes	\$99	Wednesday, Jan. 6	3:45-4:15pm
9411	3-5yrs	6 Classes	\$99	Thursday, Jan. 7	1:30-2pm
9412	3-5yrs	6 Classes	\$99	Thursday, Jan. 7	4:15-4:45pm
9413	3-5yrs	6 Classes	\$99	Friday, Jan. 8	11:45am-12:15pm
9414	3-5yrs	6 Classes	\$99	Friday, Jan. 8	4:15-4:45pm
9415	3-5yrs	6 Classes	\$99	Saturday, Jan. 9	8:30-9am
9416	3-5yrs	6 Classes	\$99	Saturday, Jan. 9	11-11:30am
9417	3-5yrs	6 Classes	\$99	Saturday, Jan. 9	11:45am-12:15pm
9418	3-5yrs	6 Classes	\$99	Saturday, Jan. 9	1:15-1:45pm
9419	3-5yrs	6 Classes	\$99	Sunday, Jan. 10	11:30am-Noon
9420	3-5yrs	6 Classes	\$99	Sunday, Jan. 10	2:30-3pm
9421	3-5yrs	6 Classes	\$99	Sunday, Jan. 10	4-4:30pm
9660	3-5yrs	6 Classes	\$99	Friday, Feb. 26	11:45am-12:15pm
9661	3-5yrs	6 Classes	\$99	Friday, Feb. 26	4:15-4:45pm
9662	3-5yrs	6 Classes	\$99	Saturday, Feb. 27	8:30-9am
9663	3-5yrs	6 Classes	\$99	Saturday, Feb. 27	11-11:30am
9664	3-5yrs	6 Classes	\$99	Saturday, Feb. 27	11:45am-12:15pm
9665	3-5yrs	6 Classes	\$99	Saturday, Feb. 27	1:15-1:45pm
9666	3-5yrs	6 Classes	\$99	Sunday, Feb. 28	11:30am-Noon
9667	3-5yrs	6 Classes	\$99	Sunday, Feb. 28	2:30-3pm
9668	3-5yrs	6 Classes	\$99	Sunday, Feb. 28	4-4:30pm
9654	3-5yrs	6 Classes	\$99	Monday, Feb. 29	3:45-4:15pm
9655	3-5yrs	6 Classes	\$99	Tuesday, Mar. 1	4:15-4:45pm
9656	3-5yrs	6 Classes	\$99	Wednesday, Mar. 2	12-12:30pm
9657	3-5yrs	6 Classes	\$99	Wednesday, Mar. 2	3:45-4:15pm
9658	3-5yrs	6 Classes	\$99	Thursday, Mar. 3	1:30-2pm
9659	3-5yrs	6 Classes	\$99	Thursday, Mar. 3	4:15-4:45pm

Wheaton Ice Arena

8561	3-5yrs	6 Classes	\$99	Thursday, Jan. 7	4:45-5:15pm
8562	3-5yrs	6 Classes	\$99	Friday, Jan. 8	4:45-5:15pm
8563	3-5yrs	6 Classes	\$99	Saturday, Jan. 9	10:15-10:45am
8564	3-5yrs	6 Classes	\$99	Saturday, Jan. 9	12:30-1pm
8768	3-5yrs	6 Classes	\$99	Sunday, Jan. 10	11-11:30am
8565	3-5yrs	6 Classes	\$99	Sunday, Jan. 10	1:30-2pm
8656	3-5yrs	6 Classes	\$99	Friday, Feb. 26	4:45-5:15pm
8657	3-5yrs	6 Classes	\$99	Saturday, Feb. 27	10:15-10:45am
8658	3-5yrs	6 Classes	\$99	Saturday, Feb. 27	12:30-1pm
8660	3-5yrs	6 Classes	\$99	Sunday, Feb. 28	11-11:30am
8659	3-5yrs	6 Classes	\$99	Sunday, Feb. 28	1:30-2pm
8655	3-5yrs	6 Classes	\$99	Thursday, Mar. 3	4:45-5:15pm



Ice Skating



VETERAN'S DAY SKATES

Military men and women, we salute you! Please visit either rink and enjoy **FREE** skating and skate rentals at our public sessions on November 8. Offer is open to all military personnel (veterans and active duty) and their families.

SUNDAY, NOVEMBER 8

Cabin John Ice:
8:30-10am,
12:30-2:30pm &
4:30-6:30pm

Wheaton Ice:
11am-12:45pm
2:45-4:45pm



Ice Skating



Snowplow Sam 2

Prerequisite: Passed Snowplow Sam 1
Learn how to march followed by a long glide, dip while moving, backward wiggles, rocking horse (one forward swizzle, then one backward swizzle), forward two-foot swizzles, and a two-foot hop in place.
Equipment required: Helmet and gloves.

Cabin John Ice Rink

Table with 6 columns: ID, Age, Classes, Price, Date, Time. Lists sessions for Cabin John Ice Rink from Jan 4 to Mar 3.

Wheaton Ice Arena

Table with 6 columns: ID, Age, Classes, Price, Date, Time. Lists sessions for Wheaton Ice Arena from Jan 7 to Mar 3.

Snowplow Sam 3

Prerequisite: Passed Snowplow Sam 2
Learn forward skating, forward one-foot glides, forward and backward swizzles, a snowplow stop, and curves. Equipment required: Helmet and gloves.

Cabin John Ice Rink

Table with 6 columns: ID, Age, Classes, Price, Date, Time. Lists sessions for Cabin John Ice Rink from Jan 4 to Mar 3.

Wheaton Ice Arena

Table with 6 columns: ID, Age, Classes, Price, Date, Time. Lists sessions for Wheaton Ice Arena from Jan 7 to Mar 3.



Keep Your Neighbors Warm Skate Fri., November 20

Bring your new or gently used winter clothing (coats, hats, scarves, gloves, mittens, etc.) and skate for just \$3.50 (includes skate rental). Wheaton donations will go to Arcola Elementary; Cabin John's will go to the National Alliance on Mental Illness—Montgomery County.

- Cabin John Ice
• 8-10am
• 12:30-2:30pm
• 4:45-6:15pm

- Wheaton Ice
• 12:30-2:30pm
• 4:45-6:15pm
• 8:15-10:15pm



Basic Skills 1-8

Basic Skills classes teach the fundamentals of skating. The eight levels of the classes introduce these fundamental moves: forward skating, backwards skating, stops, edges, crossovers, turns and mohawks. Upon completion of the Basic levels 1-8, skaters will have a basic knowledge of the sport, enabling them to advance to more specialized types of skating.

Basic 1

Learn how to sit on the ice and stand up, march forward across the ice, forward two-foot glide, dip, forward swizzles, backward wiggles, snowplow stops, rocking horse, and a two-foot hop. *Helmet and gloves are strongly recommended.*

Cabin John Ice Rink

9447	6-12yrs	6 Classes	\$99	Monday, Jan. 4	4:15-4:45pm
9448	6-12yrs	6 Classes	\$99	Tuesday, Jan. 5	3:45-4:15pm
9449	6-12yrs	6 Classes	\$99	Tuesday, Jan. 5	4:45-5:15pm
9450	6-12yrs	6 Classes	\$99	Wednesday, Jan. 6	4:15-4:45pm
9451	6-12yrs	6 Classes	\$99	Wednesday, Jan. 6	5:15-5:45pm
9452	6-12yrs	6 Classes	\$99	Thursday, Jan. 7	3:45-4:15pm
9453	6-12yrs	6 Classes	\$99	Thursday, Jan. 7	5:15-5:45pm
9454	6-12yrs	6 Classes	\$99	Friday, Jan. 8	4:15-4:45pm
9455	6-12yrs	6 Classes	\$99	Friday, Jan. 8	6:15-6:45pm
9456	6-12yrs	6 Classes	\$99	Saturday, Jan. 9	8:30-9am
9457	6-12yrs	6 Classes	\$99	Saturday, Jan. 9	10:30-11am
9458	6-12yrs	6 Classes	\$99	Saturday, Jan. 9	11:45am-12:15pm
9459	6-12yrs	6 Classes	\$99	Saturday, Jan. 9	12:45-1:15pm
9460	6-12yrs	6 Classes	\$99	Saturday, Jan. 9	2-2:30pm
9465	6-12yrs	6 Classes	\$99	Saturday, Jan. 9	3:45-4:15pm
9461	6-12yrs	6 Classes	\$99	Sunday, Jan. 10	Noon-12:30pm
9462	6-12yrs	6 Classes	\$99	Sunday, Jan. 10	2-2:30pm
9463	6-12yrs	6 Classes	\$99	Sunday, Jan. 10	3-3:30pm
9464	6-12yrs	6 Classes	\$99	Sunday, Jan. 10	4-4:30pm
9702	6-12yrs	6 Classes	\$99	Friday, Feb. 26	4:15-4:45pm
9703	6-12yrs	6 Classes	\$99	Friday, Feb. 26	6:15-6:45pm
9704	6-12yrs	6 Classes	\$99	Saturday, Feb. 27	8:30-9am
9705	6-12yrs	6 Classes	\$99	Saturday, Feb. 27	10:30-11am
9706	6-12yrs	6 Classes	\$99	Saturday, Feb. 27	11:45am-12:15pm
9707	6-12yrs	6 Classes	\$99	Saturday, Feb. 27	12:45-1:15pm
9708	6-12yrs	6 Classes	\$99	Saturday, Feb. 27	2-2:30pm
9713	6-12yrs	6 Classes	\$99	Saturday, Feb. 27	3:45-4:15pm
9709	6-12yrs	6 Classes	\$99	Sunday, Feb. 28	Noon-12:30pm
9710	6-12yrs	6 Classes	\$99	Sunday, Feb. 28	2-2:30pm
9711	6-12yrs	6 Classes	\$99	Sunday, Feb. 28	3-3:30pm
9712	6-12yrs	6 Classes	\$99	Sunday, Feb. 28	4-4:30pm
9695	6-12yrs	6 Classes	\$99	Monday, Feb. 29	4:15-4:45pm
9696	6-12yrs	6 Classes	\$99	Tuesday, Mar. 1	3:45-4:15pm
9697	6-12yrs	6 Classes	\$99	Tuesday, Mar. 1	4:45-5:15pm
9698	6-12yrs	6 Classes	\$99	Wednesday, Mar. 2	4:15-4:45pm
9699	6-12yrs	6 Classes	\$99	Wednesday, Mar. 2	5:15-5:45pm
9700	6-12yrs	6 Classes	\$99	Thursday, Mar. 3	3:45-4:15pm
9701	6-12yrs	6 Classes	\$99	Thursday, Mar. 3	5:15-5:45pm

Basic 1 (cont.)

Wheaton Ice Arena

8763	6-12yrs	6 Classes	\$99	Thursday, Jan. 7	5:15-5:45pm
8575	6-12yrs	6 Classes	\$99	Friday, Jan. 8	5:15-5:45pm
8576	6-12yrs	6 Classes	\$99	Saturday, Jan. 9	10:15-10:45am
8760	6-12yrs	6 Classes	\$99	Saturday, Jan. 9	11:15-11:45am
8577	6-12yrs	6 Classes	\$99	Saturday, Jan. 9	1-1:30pm
8773	6-12yrs	6 Classes	\$99	Sunday, Jan. 10	11:30am-Noon
8578	6-12yrs	6 Classes	\$99	Sunday, Jan. 10	1-1:30pm
8579	6-12yrs	6 Classes	\$99	Sunday, Jan. 10	2:45-3:15pm
8673	6-12yrs	6 Classes	\$99	Friday, Feb. 26	5:15-5:45pm
8674	6-12yrs	6 Classes	\$99	Saturday, Feb. 27	10:15-10:45am
8850	6-12yrs	6 Classes	\$99	Saturday, Feb. 27	11:15-11:45am
8675	6-12yrs	6 Classes	\$99	Saturday, Feb. 27	1-1:30pm
8858	6-12yrs	6 Classes	\$99	Sunday, Feb. 28	11:30-Noon
8676	6-12yrs	6 Classes	\$99	Sunday, Feb. 28	1-1:30pm
8677	6-12yrs	6 Classes	\$99	Sunday, Feb. 28	2:45-3:15pm
8672	6-12yrs	6 Classes	\$99	Thursday, Mar. 3	5:15-5:45pm

Basic 2

Prerequisite: Passed Basic 1 or Snowplow Sam 3

Learn forward one-foot glides, backward two-foot glide, backward swizzles, a two-foot turn from forward to backward in place, moving snowplow stop, and forward alternating half-swizzle pumps in a straight line. *Helmet and gloves are strongly recommended.*

Cabin John Ice Rink

9470	4-12yrs	6 Classes	\$99	Monday, Jan. 4	4:15-4:45pm
9471	4-12yrs	6 Classes	\$99	Tuesday, Jan. 5	3:45-4:15pm
9472	4-12yrs	6 Classes	\$99	Tuesday, Jan. 5	4:45-5:15pm
9473	4-12yrs	6 Classes	\$99	Wednesday, Jan. 6	4:15-4:45pm
9474	4-12yrs	6 Classes	\$99	Wednesday, Jan. 6	5:15-5:45pm
9475	4-12yrs	6 Classes	\$99	Thursday, Jan. 7	3:45-4:15pm
9476	4-12yrs	6 Classes	\$99	Thursday, Jan. 7	5:15-5:45pm
9478	4-12yrs	6 Classes	\$99	Friday, Jan. 8	4:15-4:45pm
9477	4-12yrs	6 Classes	\$99	Friday, Jan. 8	6:15-6:45pm
9479	4-12yrs	6 Classes	\$99	Saturday, Jan. 9	10:30-11am
9480	4-12yrs	6 Classes	\$99	Saturday, Jan. 9	11:45am-12:15pm
9481	4-12yrs	6 Classes	\$99	Saturday, Jan. 9	12:45-1:15pm
9482	4-12yrs	6 Classes	\$99	Saturday, Jan. 9	2-2:30pm
9486	4-12yrs	6 Classes	\$99	Saturday, Jan. 9	3:45-4:15pm
9483	4-12yrs	6 Classes	\$99	Sunday, Jan. 10	Noon-12:30pm
9484	4-12yrs	6 Classes	\$99	Sunday, Jan. 10	3-3:30pm
9485	4-12yrs	6 Classes	\$99	Sunday, Jan. 10	4-4:30pm
9726	4-12yrs	6 Classes	\$99	Friday, Feb. 26	4:15-4:45pm
9725	4-12yrs	6 Classes	\$99	Friday, Feb. 26	6:15-6:45pm
9727	4-12yrs	6 Classes	\$99	Saturday, Feb. 27	10:30-11am
9728	4-12yrs	6 Classes	\$99	Saturday, Feb. 27	11:45am-12:15pm
9729	4-12yrs	6 Classes	\$99	Saturday, Feb. 27	12:45-1:15pm
9730	4-12yrs	6 Classes	\$99	Saturday, Feb. 27	2-2:30pm
9734	4-12yrs	6 Classes	\$99	Saturday, Feb. 27	3:45-4:15pm
9731	4-12yrs	6 Classes	\$99	Sunday, Feb. 28	Noon-12:30pm
9732	4-12yrs	6 Classes	\$99	Sunday, Feb. 28	3-3:30pm
9733	4-12yrs	6 Classes	\$99	Sunday, Feb. 28	4-4:30pm
9718	4-12yrs	6 Classes	\$99	Monday, Feb. 29	4:15-4:45pm
9719	4-12yrs	6 Classes	\$99	Tuesday, Mar. 1	3:45-4:15pm
9720	4-12yrs	6 Classes	\$99	Tuesday, Mar. 1	4:45-5:15pm
9721	4-12yrs	6 Classes	\$99	Wednesday, Mar. 2	4:15-4:45pm
9722	4-12yrs	6 Classes	\$99	Wednesday, Mar. 2	5:15-5:45pm
9723	4-12yrs	6 Classes	\$99	Thursday, Mar. 3	3:45-4:15pm
9724	4-12yrs	6 Classes	\$99	Thursday, Mar. 3	5:15-5:45pm

continued on next page



Ice Skating

Put Some
FUN in Your
FUNDRAISING!



Get a date at Wheaton Ice Arena, spread the word, and we'll give your school a percentage of the admission fees collected! For more details, visit WheatonIceArena.com





Ice Skating

Basic 2 (cont.)

Wheaton Ice Arena

8582	4-12yrs	6 Classes	\$99	Thursday, Jan. 7	5:15-5:45pm
8583	4-12yrs	6 Classes	\$99	Friday, Jan. 8	5:15-5:45pm
8584	4-12yrs	6 Classes	\$99	Saturday, Jan. 9	10:15-10:45am
8761	4-12yrs	6 Classes	\$99	Saturday, Jan. 9	11:15-11:45am
8585	4-12yrs	6 Classes	\$99	Saturday, Jan. 9	1-1:30pm
8586	4-12yrs	6 Classes	\$99	Sunday, Jan. 10	11:30-Noon
8587	4-12yrs	6 Classes	\$99	Sunday, Jan. 10	1-1:30pm
8774	4-12yrs	6 Classes	\$99	Sunday, Jan. 10	2:45-3:15pm
8681	4-12yrs	6 Classes	\$99	Friday, Feb. 26	5:15-5:45pm
8682	4-12yrs	6 Classes	\$99	Saturday, Feb. 27	10:15-10:45am
8683	4-12yrs	6 Classes	\$99	Saturday, Feb. 27	1-1:30pm
8851	4-12yrs	6 Classes	\$99	Saturday, Feb. 27	11:15-11:45am
8684	4-12yrs	6 Classes	\$99	Sunday, Feb. 28	11:30-Noon
8685	4-12yrs	6 Classes	\$99	Sunday, Feb. 28	1-1:30pm
8859	4-12yrs	6 Classes	\$99	Sunday, Feb. 28	2:45-3:15pm
8680	4-12yrs	6 Classes	\$99	Thursday, Mar. 3	5:15-5:45pm

Basic 3

Prerequisite: Passed Basic 2

Learn forward stroking, forward half-swizzle pumps on a circle, moving forward to backward two-foot turns, backward one-foot glides, forward slaloms, and two-foot spin.

Cabin John Ice Rink

9490	4-12yrs	6 Classes	\$99	Monday, Jan. 4	4:15-4:45pm
9502	4-12yrs	6 Classes	\$99	Tuesday, Jan. 5	3:45-4:15pm
9491	4-12yrs	6 Classes	\$99	Tuesday, Jan. 5	4:45-5:15pm
9492	4-12yrs	6 Classes	\$99	Wednesday, Jan. 6	4:15-4:45pm
9493	4-12yrs	6 Classes	\$99	Thursday, Jan. 7	3:45-4:15pm
9494	4-12yrs	6 Classes	\$99	Thursday, Jan. 7	5:15-5:45pm
9495	4-12yrs	6 Classes	\$99	Friday, Jan. 8	4:15-4:45pm
9496	4-12yrs	6 Classes	\$99	Friday, Jan. 8	6:15-6:45pm
9497	4-12yrs	6 Classes	\$99	Saturday, Jan. 9	10:30-11am
9498	4-12yrs	6 Classes	\$99	Saturday, Jan. 9	12:45-1:15pm
9499	4-12yrs	6 Classes	\$99	Saturday, Jan. 9	2-2:30pm
9500	4-12yrs	6 Classes	\$99	Sunday, Jan. 10	Noon-12:30pm
9501	4-12yrs	6 Classes	\$99	Sunday, Jan. 10	3-3:30pm
9503	4-12yrs	6 Classes	\$99	Sunday, Feb. 21	3-3:30pm
9743	4-12yrs	6 Classes	\$99	Friday, Feb. 26	4:15-4:45pm
9744	4-12yrs	6 Classes	\$99	Friday, Feb. 26	6:15-6:45pm
9745	4-12yrs	6 Classes	\$99	Saturday, Feb. 27	10:30-11am
9746	4-12yrs	6 Classes	\$99	Saturday, Feb. 27	12:45-1:15pm
9747	4-12yrs	6 Classes	\$99	Saturday, Feb. 27	2-2:30pm
9748	4-12yrs	6 Classes	\$99	Sunday, Feb. 28	Noon-12:30pm
9928	4-12yrs	6 Classes	\$99	Sunday, Feb. 28	3-3:30pm
9738	4-12yrs	6 Classes	\$99	Monday, Feb. 29	4:15-4:45pm
9749	4-12yrs	6 Classes	\$99	Tuesday, Mar. 1	3:45-4:15pm
9739	4-12yrs	6 Classes	\$99	Tuesday, Mar. 1	4:45-5:15pm
9740	4-12yrs	6 Classes	\$99	Wednesday, Mar. 2	4:15-4:45pm
9741	4-12yrs	6 Classes	\$99	Thursday, Mar. 3	3:45-4:15pm
9742	4-12yrs	6 Classes	\$99	Thursday, Mar. 3	5:15-5:45pm

Wheaton Ice Arena

8589	4-12yrs	6 Classes	\$99	Thursday, Jan. 7	5:45-6:15pm
8590	4-12yrs	6 Classes	\$99	Friday, Jan. 8	5:45-6:15pm
8591	4-12yrs	6 Classes	\$99	Saturday, Jan. 9	10:15-10:45am
8592	4-12yrs	6 Classes	\$99	Sunday, Jan. 10	1-1:30pm
11721	4-12yrs	6 Classes	\$99	Sunday, Jan. 10	2-2:30pm
8689	4-12yrs	6 Classes	\$99	Friday, Feb. 26	5:45-6:15pm
8690	4-12yrs	6 Classes	\$99	Saturday, Feb. 27	10:15-10:45am
8691	4-12yrs	6 Classes	\$99	Sunday, Feb. 28	1-1:30pm
11722	4-12yrs	6 Classes	\$99	Sunday, Feb. 28	2-2:30pm
8688	4-12yrs	6 Classes	\$99	Thursday, Mar. 3	5:45-6:15pm

Basic 4

Prerequisite: Passed Basic 3

Learn forward outside and inside edges on a circle (R and L), forward crossovers, forward outside three-turns, backward half-swizzle pumps on a circle, backward stroking, and backward snowplow stop.

Cabin John Ice Rink

9507	4-12yrs	6 Classes	\$99	Monday, Jan. 4	4:45-5:15pm
9508	4-12yrs	6 Classes	\$99	Tuesday, Jan. 5	5:15-5:45pm
9509	4-12yrs	6 Classes	\$99	Wednesday, Jan. 6	4:45-5:15pm
9510	4-12yrs	6 Classes	\$99	Thursday, Jan. 7	4:45-5:15pm
9513	4-12yrs	6 Classes	\$99	Friday, Jan. 8	4:15-4:45pm
9515	4-12yrs	6 Classes	\$99	Saturday, Jan. 9	10-10:30am
9511	4-12yrs	6 Classes	\$99	Saturday, Jan. 9	2:30-3pm
9512	4-12yrs	6 Classes	\$99	Sunday, Jan. 10	3:30-4pm
9514	4-12yrs	6 Classes	\$99	Sunday, Jan. 10	12:30-1pm
9759	4-12yrs	6 Classes	\$99	Friday, Feb. 26	4:15-4:45pm
9761	4-12yrs	6 Classes	\$99	Saturday, Feb. 27	10-10:30am
9757	4-12yrs	6 Classes	\$99	Saturday, Feb. 27	2:30-3pm
9760	4-12yrs	6 Classes	\$99	Sunday, Feb. 28	12:30-1pm
9758	4-12yrs	6 Classes	\$99	Sunday, Feb. 28	3:30-4pm
9753	4-12yrs	6 Classes	\$99	Monday, Feb. 29	4:45-5:15pm
9754	4-12yrs	6 Classes	\$99	Tuesday, Mar. 1	5:15-5:45pm
9755	4-12yrs	6 Classes	\$99	Wednesday, Mar. 2	4:45-5:15pm
9756	4-12yrs	6 Classes	\$99	Thursday, Mar. 3	4:45-5:15pm

Wheaton Ice Arena

8594	4-12yrs	6 Classes	\$99	Thursday, Jan. 7	5:45-6:15pm
8597	4-12yrs	6 Classes	\$99	Friday, Jan. 8	5:45-6:15pm
8595	4-12yrs	6 Classes	\$99	Saturday, Jan. 9	10:45-11:15am
8596	4-12yrs	6 Classes	\$99	Sunday, Jan. 10	1-1:30pm
8696	4-12yrs	6 Classes	\$99	Friday, Feb. 26	5:45-6:15pm
8694	4-12yrs	6 Classes	\$99	Saturday, Feb. 27	10:45-11:15am
8695	4-12yrs	6 Classes	\$99	Sunday, Feb. 28	1-1:30pm
8693	4-12yrs	6 Classes	\$99	Thursday, Mar. 3	5:45-6:15pm

Basic 5

Prerequisite: Passed Basic 4

Learn backward outside and inside edges on a circle (R and L), backward crossovers, beginning one-foot spin, hockey stop, and side toe hop.

Cabin John Ice Rink

9519	4-12yrs	6 Classes	\$99	Monday, Jan. 4	4:45-5:15pm
9520	4-12yrs	6 Classes	\$99	Tuesday, Jan. 5	5:15-5:45pm
9521	4-12yrs	6 Classes	\$99	Wednesday, Jan. 6	4:45-5:15pm
9522	4-12yrs	6 Classes	\$99	Thursday, Jan. 7	4:45-5:15pm
9523	4-12yrs	6 Classes	\$99	Friday, Jan. 8	4:15-4:45pm
9524	4-12yrs	6 Classes	\$99	Saturday, Jan. 9	10-10:30am
9525	4-12yrs	6 Classes	\$99	Saturday, Jan. 9	2:30-3pm
9526	4-12yrs	6 Classes	\$99	Sunday, Jan. 10	12:30-1pm
9527	4-12yrs	6 Classes	\$99	Sunday, Jan. 10	3:30-4pm
9769	4-12yrs	6 Classes	\$99	Friday, Feb. 26	4:15-4:45pm
9770	4-12yrs	6 Classes	\$99	Saturday, Feb. 27	10-10:30am
9771	4-12yrs	6 Classes	\$99	Saturday, Feb. 27	2:30-3pm
9772	4-12yrs	6 Classes	\$99	Sunday, Feb. 28	12:30-1pm
9773	4-12yrs	6 Classes	\$99	Sunday, Feb. 28	3:30-4pm
9765	4-12yrs	6 Classes	\$99	Monday, Feb. 29	4:45-5:15pm
9766	4-12yrs	6 Classes	\$99	Tuesday, Mar. 1	5:15-5:45pm
9767	4-12yrs	6 Classes	\$99	Wednesday, Mar. 2	4:45-5:15pm
9768	4-12yrs	6 Classes	\$99	Thursday, Mar. 3	4:45-5:15pm

continued on next page

WINTER SKATING SHOWS

Come see the skating stars of Cabin John Ice and Wheaton Ice Arena make magic on the ice! Bring the family and friends and cheer on your favorite skater. **FREE!**

CABIN JOHN ICE SATURDAY, DECEMBER 12 6:30-9:30PM

WHEATON ICE FRIDAY, JANUARY 9 4-6PM

FREE ADMISSION

Basic 5 (cont.)

Wheaton Ice Arena

8599	4-12yrs	6 Classes	\$99	Thursday, Jan. 7	6:30-7pm
8600	4-12yrs	6 Classes	\$99	Saturday, Jan. 9	10:45-11:15am
8778	4-12yrs	6 Classes	\$99	Sunday, Jan. 10	1:30-2pm
8699	4-12yrs	6 Classes	\$99	Saturday, Feb. 27	10:45-11:15am
8700	4-12yrs	6 Classes	\$99	Sunday, Feb. 28	1:30-2pm
8698	4-12yrs	6 Classes	\$99	Thursday, Mar. 3	6:30-7pm

Basic 6

Prerequisite: Passed Basic 5

Learn forward inside three-turns, moving backward to forward two-foot turns on a circle, T-stop, bunny hops, forward spiral on a straight line, and forward lunge.

Cabin John Ice Rink

9530	4-12yrs	6 Classes	\$99	Tuesday, Jan. 5	5:15-5:45pm
9531	4-12yrs	6 Classes	\$99	Wednesday, Jan. 6	4:45-5:15pm
9532	4-12yrs	6 Classes	\$99	Thursday, Jan. 7	4:45-5:15pm
9533	4-12yrs	6 Classes	\$99	Friday, Jan. 8	4:15-4:45pm
9534	4-12yrs	6 Classes	\$99	Saturday, Jan. 9	10-10:30am
9535	4-12yrs	6 Classes	\$99	Saturday, Jan. 9	2:30-3pm
9536	4-12yrs	6 Classes	\$99	Sunday, Jan. 10	12:30-1pm
9779	4-12yrs	6 Classes	\$99	Friday, Feb. 26	4:15-4:45pm
9780	4-12yrs	6 Classes	\$99	Saturday, Feb. 27	10-10:30am
9781	4-12yrs	6 Classes	\$99	Saturday, Feb. 27	2:30-3pm
9782	4-12yrs	6 Classes	\$99	Sunday, Feb. 28	12:30-1pm
9776	4-12yrs	6 Classes	\$99	Tuesday, Mar. 1	5:15-5:45pm
9777	4-12yrs	6 Classes	\$99	Wednesday, Mar. 2	4:45-5:15pm
9778	4-12yrs	6 Classes	\$99	Thursday, Mar. 3	4:45-5:15pm

Wheaton Ice Arena

8602	4-12yrs	6 Classes	\$99	Thursday, Jan. 7	6:30-7pm
8603	4-12yrs	6 Classes	\$99	Saturday, Jan. 9	10:45-11:15am
8604	4-12yrs	6 Classes	\$99	Sunday, Jan. 10	1:30-2pm
8702	4-12yrs	6 Classes	\$99	Saturday, Feb. 27	10:45-11:15am
8703	4-12yrs	6 Classes	\$99	Sunday, Feb. 28	1:30-2pm
8701	4-12yrs	6 Classes	\$99	Thursday, Mar. 3	6:30-7pm

Basic 7

Prerequisite: Passed Basic 6

Learn forward inside open mohawk, backward outside edge to forward outside edge transition on a circle, ballet jump, backward crossovers to backward outside edge glides, and forward inside pivots.

Cabin John Ice Rink

9537	4-12yrs	6 Classes	\$149	Tuesday, Jan. 5	6-6:45pm
9538	4-12yrs	6 Classes	\$149	Thursday, Jan. 7	6-6:45pm
9539	4-12yrs	6 Classes	\$149	Friday, Jan. 8	4:45-5:30pm
9540	4-12yrs	6 Classes	\$149	Saturday, Jan. 9	9-9:45am
9541	4-12yrs	6 Classes	\$149	Saturday, Jan. 9	3-3:45pm
9542	4-12yrs	6 Classes	\$149	Sunday, Jan. 10	1-1:45pm
9785	4-12yrs	6 Classes	\$149	Friday, Feb. 26	4:45-5:30pm
9786	4-12yrs	6 Classes	\$149	Saturday, Feb. 27	9-9:45am
9787	4-12yrs	6 Classes	\$149	Saturday, Feb. 27	3-3:45pm
9788	4-12yrs	6 Classes	\$149	Sunday, Feb. 28	1-1:45pm
9783	4-12yrs	6 Classes	\$149	Tuesday, Mar. 1	6-6:45pm
9784	4-12yrs	6 Classes	\$149	Thursday, Mar. 3	6-6:45pm

Wheaton Ice Arena

8605	4-12yrs	6 Classes	\$99	Thursday, Jan. 7	7-7:30pm
8606	4-12yrs	6 Classes	\$99	Saturday, Jan. 9	11:15-11:45am
8607	4-12yrs	6 Classes	\$99	Sunday, Jan. 10	2-2:30pm
8705	4-12yrs	6 Classes	\$99	Saturday, Feb. 27	11:15am-11:45am
8706	4-12yrs	6 Classes	\$99	Sunday, Feb. 28	2-2:30pm
8704	4-12yrs	6 Classes	\$99	Thursday, Mar. 3	7-7:30pm

Basic 8

Prerequisite: Passed Basic 7

Learn moving forward outside and inside three-turns on a circle, combination step sequence, one-foot upright spin, waltz jump, and mazurka.

Cabin John Ice Rink

9543	4-12yrs	6 Classes	\$149	Tuesday, Jan. 5	6-6:45pm
9544	4-12yrs	6 Classes	\$149	Thursday, Jan. 7	6-6:45pm
9545	4-12yrs	6 Classes	\$149	Friday, Jan. 8	4:45-5:30pm
9546	4-12yrs	6 Classes	\$149	Saturday, Jan. 9	9-9:45am
9547	4-12yrs	6 Classes	\$149	Saturday, Jan. 9	3-3:45pm
9548	4-12yrs	6 Classes	\$149	Sunday, Jan. 10	1-1:45pm
9791	4-12yrs	6 Classes	\$149	Friday, Feb. 26	4:45-5:30pm
9792	4-12yrs	6 Classes	\$149	Saturday, Feb. 27	9-9:45am
9793	4-12yrs	6 Classes	\$149	Saturday, Feb. 27	3-3:45pm
9794	4-12yrs	6 Classes	\$149	Sunday, Feb. 28	1-1:45pm
9789	4-12yrs	6 Classes	\$149	Tuesday, Mar. 1	6-6:45pm
9790	4-12yrs	6 Classes	\$149	Thursday, Mar. 3	6-6:45pm

Wheaton Ice Arena

8608	4-12yrs	6 Classes	\$99	Thursday, Jan. 7	7-7:30pm
8609	4-12yrs	6 Classes	\$99	Saturday, Jan. 9	11:15am-11:45am
8610	4-12yrs	6 Classes	\$99	Sunday, Jan. 10	2-2:30pm
8708	4-12yrs	6 Classes	\$99	Saturday, Feb. 27	11:15am-11:45am
8709	4-12yrs	6 Classes	\$99	Sunday, Feb. 28	2-2:30pm
8707	4-12yrs	6 Classes	\$99	Thursday, Mar. 3	7-7:30pm

Teen & Adult Classes

Teen & Adult classes are designed for skaters age 12 and up. Classes teach proper skating techniques, promote physical fitness, and improve balance and coordination. Skaters will be challenged and motivated as they progress through the program's four levels. If you're looking for a fun and exciting way to get (or stay!) healthy and fit, this skating program is custom-made for you.

Teen & Adult 1

Learn how to fall and recover, forward strides and gliding, forward swizzles, backward skating, backward swizzles, forward one-foot glides, two-foot turns in place, snowplow stops, forward curves on two feet, and forward half-swizzle pumps on a circle.

Helmets are strongly recommended.

Cabin John Ice Rink

9466	12 & up	6 Classes	\$149	Thursday, Jan. 7	12:45-1:30pm
9467	12 & up	6 Classes	\$149	Thursday, Jan. 7	7:30-8:15pm
9468	12 & up	6 Classes	\$149	Saturday, Jan. 9	9-9:45am
9469	12 & up	6 Classes	\$149	Sunday, Jan. 10	1-1:45pm
9716	12 & up	6 Classes	\$149	Saturday, Feb. 27	9-9:45am
9717	12 & up	6 Classes	\$149	Sunday, Feb. 28	1-1:45pm
9714	12 & up	6 Classes	\$149	Thursday, Mar. 3	12:45-1:30pm
9715	12 & up	6 Classes	\$149	Thursday, Mar. 3	7:30-8:15pm

Wheaton Ice Arena

11735	12 & up	6 Classes	\$99	Thursday, Jan. 7	6:30-7pm
8580	12 & up	6 Classes	\$99	Saturday, Jan. 9	10:15-10:45am
8581	12 & up	6 Classes	\$99	Sunday, Jan. 10	Noon-12:30pm
8678	12 & up	6 Classes	\$99	Saturday, Feb. 27	10:15-10:45am
8679	12 & up	6 Classes	\$99	Sunday, Feb. 28	Noon-12:30pm
11736	12 & up	6 Classes	\$99	Thursday, Mar. 3	6:30pm-7pm



Ice Skating

FRIENDSHIP SKATE



Celebrate National Skating Month! Skate two-for-one with a friend... just \$7 for both of you (2 admissions and 2 skate rentals).

FRIDAY, JANUARY 15

CABIN JOHN ICE
4:45-6:15PM

WHEATON ICE
4:45-6:15pm and 8:15-10:15pm



Ice Skating

Teen & Adult 2

Prerequisite: Passed Teen & Adult 1

Learn forward stroking, backward half-swizzle pumps on a circle, moving two-foot turns on a curve, forward edges on a circle, forward crossovers, backward one-foot glide, forward pivot, and forward chassés on a circle.

Cabin John Ice Rink

Table with 6 columns: ID, Age, Level, Cost, Date, Time. Rows include 9487, 9488, 9489, 9737, 9735, 9736.

Wheaton Ice Arena

Table with 6 columns: ID, Age, Level, Cost, Date, Time. Rows include 11737, 8588, 11733, 8686, 11734, 11738.

Teen & Adult 3

Prerequisite: Passed Teen & Adult 2

Learn backward edges on a circle, backward crossovers, inside mohawk, basic forward outside and forward inside consecutive edges, forward progressives, beginning two-foot spin, and backward snowplow stops.

Cabin John Ice Rink

Table with 6 columns: ID, Age, Level, Cost, Date, Time. Rows include 9504, 9505, 9506, 9752, 9750, 9751.

Wheaton Ice Arena

Table with 6 columns: ID, Age, Level, Cost, Date, Time. Rows include 11739, 8593, 8692, 11740.

Teen & Adult 4

Prerequisite: Passed Teen & Adult 3

Learn forward three-turns, perimeter stroking with crossover end patterns, forward outside to inside change of edge sequence, alternate backward crossovers with two-foot transition, footwork sequence, power three-turns, and backward chassés on a circle.

Cabin John Ice Rink

Table with 6 columns: ID, Age, Level, Cost, Date, Time. Rows include 9517, 9518, 9516, 9762, 9763, 9764.

Wheaton Ice Arena

Table with 6 columns: ID, Age, Level, Cost, Date, Time. Rows include 11741, 8598, 8697, 11742.

Teen & Adult Advanced

Prerequisite: Passed Teen & Adult 4

Learn beginner freestyle skills, and work on advanced edges and turns.

Cabin John Ice Rink

Table with 6 columns: ID, Age, Level, Cost, Date, Time. Rows include 9528, 9529, 9775, 9774.

Wheaton Ice Arena

Table with 6 columns: ID, Age, Level, Cost, Date, Time. Rows include 11743, 11744.

Free Skate Classes

The Free Skate levels are designed to give skaters a strong foundation on which to build their skills. At this point, skaters can choose to pursue either a recreational or competitive track in figure skating.

Free Skate 1

Prerequisite: Passed Basic 8

Learn advanced forward stroking, basic forward outside and forward inside consecutive edges, advanced back outside three-turns, scratch spin from back crossovers, waltz jump from two or three back crossovers, and half-flip.

Cabin John Ice Rink

Table with 6 columns: ID, Age, Level, Cost, Date, Time. Rows include 9549, 9550, 9551, 9553, 9552, 9797, 9799, 9798, 9795, 9796.

Wheaton Ice Arena

Table with 6 columns: ID, Age, Level, Cost, Date, Time. Rows include 8611, 8612, 8613, 8711, 8712, 8710.

Free Skate 2

Prerequisite: Passed Free Skate 1

Learn basic back outside and back inside consecutive edges, forward outside and forward inside spirals, continuous forward progressive chassé sequence, waltz threes, beginning back spin, waltz jump/side toe hop/waltz jump combo sequence, and toe-loop.

Cabin John Ice Rink

Table with 6 columns: ID, Age, Level, Cost, Date, Time. Rows include 9555, 9556, 9554, 9800, 9801, 9802.

continued on next page



Sweetheart Skate

Bring your sweetheart to the rink and skate together for just \$7 (admission and skates for two).

WHEATON ICE FRIDAY, FEBRUARY 12 8:15-10:15PM

CABIN JOHN ICE SATURDAY, FEBRUARY 13 8:30-10:30PM

Free Skate 2 (cont.)

Wheaton Ice Arena

8614	5 & up	6 Classes	\$99	Thursday, Jan. 7	7:30pm-8pm
8615	5 & up	6 Classes	\$99	Saturday, Jan. 9	11:15am-11:45am
8616	5 & up	6 Classes	\$99	Sunday, Jan. 10	2-2:30pm
8714	5 & up	6 Classes	\$99	Saturday, Feb. 27	11:15am-11:45am
8715	5 & up	6 Classes	\$99	Sunday, Feb. 28	2-2:30pm
8713	5 & up	6 Classes	\$99	Thursday, Mar. 3	7:30pm-8pm

Free Skate 3

Prerequisite: Passed Free Skate 2

Learn forward and backward crossovers in figure eight pattern, waltz-eight, advanced forward consecutive swing rolls, backward inside three-turns, backspin with free foot in crossed leg position, salchow, half-lutz jump, and waltz jump/toe loop combo or salchow/toe loop combo.

Cabin John Ice Rink

9557	5 & up	6 Classes	\$149	Tuesday, Jan. 5	6:45-7:30pm
9558	5 & up	6 Classes	\$149	Thursday, Jan. 7	6:45-7:30pm
9559	5 & up	6 Classes	\$149	Saturday, Jan. 9	10:30-11:15am
9805	5 & up	6 Classes	\$149	Saturday, Feb. 27	10:30-11:15am
9803	5 & up	6 Classes	\$149	Tuesday, Mar. 1	6:45-7:30pm
9804	5 & up	6 Classes	\$149	Thursday, Mar. 3	6:45-7:30pm

Wheaton Ice Arena

8617	5 & up	6 Classes	\$99	Thursday, Jan. 7	7:30-8pm
11723	5 & up	6 Classes	\$99	Saturday, Jan. 9	11:45am-12:15pm
11724	5 & up	6 Classes	\$99	Saturday, Feb. 27	11:45am-12:15pm
8716	5 & up	6 Classes	\$99	Thursday, Mar. 3	7:30-8pm

Free Skate 4

Prerequisite: Passed Free Skate 3

Learn spiral sequence, forward power three-turns, continuous backward progressive chassé sequence on a circle, sit spin, loop jump, and waltz jump/loop jump combo.

Cabin John Ice Rink

9561	5 & up	6 Classes	\$149	Tuesday, Jan. 5	6:45-7:30pm
9562	5 & up	6 Classes	\$149	Thursday, Jan. 7	6:45-7:30pm
9560	5 & up	6 Classes	\$149	Saturday, Jan. 9	10:30-11:15am
9806	5 & up	6 Classes	\$149	Saturday, Feb. 27	10:30-11:15am
9807	5 & up	6 Classes	\$149	Tuesday, Mar. 1	6:45-7:30pm
9808	5 & up	6 Classes	\$149	Thursday, Mar. 3	6:45-7:30pm

Wheaton Ice Arena

8618	5 & up	6 Classes	\$99	Thursday, Jan. 7	7:30-8pm
11725	5 & up	6 Classes	\$99	Saturday, Jan. 9	11am-12:15pm
11726	5 & up	6 Classes	\$99	Saturday, Feb. 27	11-12:15pm
8717	5 & up	6 Classes	\$99	Thursday, Mar. 3	7:30-8pm



Free Skate 5

Prerequisite: Passed Free Skate 4

Learn backward outside three-turn/mohawk/three backward crossovers sequence, spiral sequence, forward outside slide chassé/swing roll sequence, camel spin, forward upright to back scratch spin, loop/loop combo, flip jump and waltz/falling leaf/toe loop jump combo sequence.

Cabin John Ice Rink

9563	5 & up	6 Classes	\$149	Tuesday, Jan. 5	7:30-8:15pm
9564	5 & up	6 Classes	\$149	Saturday, Jan. 9	10:30-11:15am
9810	5 & up	6 Classes	\$149	Saturday, Feb. 27	10:30-11:15am
9809	5 & up	6 Classes	\$149	Tuesday, Mar. 1	7:30-8:15pm

Wheaton Ice Arena

8619	5 & up	6 Classes	\$99	Thursday, Jan. 7	7:30-8pm
11727	5 & up	6 Classes	\$99	Saturday, Jan. 9	11:45-12:15pm
11728	5 & up	6 Classes	\$99	Saturday, Feb. 27	11:45-12:15pm
8718	5 & up	6 Classes	\$99	Thursday, Mar. 3	7:30-8pm

Free Skate 6

Prerequisite: Passed Free Skate 5

Learn alternating back crossovers to back outside edges, five-step mohawk sequence, camel/sit spin combo, split or stag jump, waltz jump/half loop/salchow combo, lutz jump, and axel jump preparation.

Cabin John Ice Rink

9565	5 & up	6 Classes	\$149	Tuesday, Jan. 5	7:30-8:15pm
9566	5 & up	6 Classes	\$149	Saturday, Jan. 9	10:30-11:15am
9812	5 & up	6 Classes	\$149	Saturday, Feb. 27	10:30-11:15am
9811	5 & up	6 Classes	\$149	Tuesday, Mar. 1	7:30-8:15pm

Wheaton Ice Arena

8620	5 & up	6 Classes	\$99	Thursday, Jan. 7	7:30pm-8pm
11729	5 & up	6 Classes	\$99	Saturday, Jan. 9	11:45am-12:15pm
11730	5 & up	6 Classes	\$99	Saturday, Feb. 27	11:45am-12:15pm
8719	5 & up	6 Classes	\$99	Thursday, Mar. 3	7:30pm-8pm



Ice Skating



No school? No problem! On many of the days Montgomery County Public Schools are off (teacher training days, etc.), Park Play Days are on. Bring your kids (ages 6-12) for a Park Play Day full of activities, including an ice skating lesson, arts & crafts, and fun team games and sports.

Cabin John Ice Rink

8064	6-12yrs	1 Class	\$45	Monday, Dec. 28	9am-5pm
8065	6-12yrs	1 Class	\$45	Tuesday, Dec. 29	9am-5pm
8066	6-12yrs	1 Class	\$45	Wednesday, Dec. 30	9am-5pm
9958	6-12yrs	1 Class	\$45	Monday, Jan. 18	9am-5pm
9959	6-12yrs	1 Class	\$45	Monday, Jan. 25	9am-5pm
9960	6-12yrs	1 Class	\$45	Monday, Feb. 15	9am-5pm

Wheaton Ice Arena

8069	6-12yrs	1 Class	\$45	Monday, Dec. 28	9am-5pm
8068	6-12yrs	1 Class	\$45	Tuesday, Dec. 29	9am-5pm
8067	6-12yrs	1 Class	\$45	Wednesday, Dec. 30	9am-5pm
8473	6-12yrs	1 Class	\$45	Monday, Jan. 18	9am-5pm
8474	6-12yrs	1 Class	\$45	Monday, Jan. 25	9am-5pm
8475	6-12yrs	1 Class	\$45	Monday, Feb. 15	9am-5pm



nov

VETERAN'S DAY SKATE

(see p. 127)

Sunday, 11/8

CABIN JOHN & WHEATON ICE



KEEP YOUR NEIGHBORS WARM SKATE

(see p. 128)

Friday, 11/20
CABIN JOHN & WHEATON ICE



RINKS CLOSED: THANKSGIVING
11/26

NO CLASSES AT BOTH RINKS
11/26-29

dec



WINTER SKATING SHOWS

(see p. 130)

CABIN JOHN Saturday, 12/12
WHEATON ICE Saturday, 1/9

WINTER I SKATING & HOCKEY REGISTRATION OPENS
Monday, 12/21



RINKS CLOSE EARLY (3PM):
12/24, 12/31

RINKS CLOSED: CHRISTMAS
12/25



PARK PLAY DAY

(see p. 133)

12/28-30
CABIN JOHN & WHEATON ICE

jan



RINKS OPEN AT NOON
1/1/16



Last day to register online! 1/2

WINTER I CLASSES BEGIN

1/4

FRIENDSHIP SKATE

(see p. 131)

Friday, 1/15
CABIN JOHN & WHEATON ICE

PARK PLAY DAY

(see p. 133)

Monday, 1/18 & 1/25
CABIN JOHN & WHEATON ICE

feb



SWEETHEART SKATE

(see p. 132)

WHEATON ICE
Friday, 2/12

CABIN JOHN
Saturday, 2/13

WINTER II SKATING & HOCKEY REGISTRATION OPENS
Monday, 2/15



PARK PLAY DAY

(see p. 133)

Monday, 2/15
CABIN JOHN & WHEATON ICE

HOCKEY WEEKEND ACROSS AMERICA

(see p. 138)

2/19-21
CABIN JOHN & WHEATON ICE



Last day to register online! 2/24

WINTER II CLASSES BEGIN

2/26

See p. 135 or please check our websites for *Winter Public Skating sessions*. For full details on winter skating classes, visit ActiveMONTGOMERY.org.

10610 Westlake Drive
Rockville, MD 20852
301-765-8620
www.CabinJohnIce.com



11717 Orebaugh Avenue
Wheaton, MD 20902
301-905-3000
www.WheatonIceArena.com





Come Skating!



Public Skating Sessions

Winter 2015-2016 • Schedule is subject to change

Cabin John Ice Rink

MONDAYS

8-10am	Cheapskate
10:15am-12:15pm	Adult Skate
12:30-2:30pm	Public Skate
4:30-6:15pm	\$5 Public Skate

TUESDAYS

8-10am	Cheapskate
10:15am-12:15pm	Adult Skate
12:30-2:30pm	Public Skate
4:30-6:15pm	Public Skate
8:15-10:15pm	Public Skate

WEDNESDAYS

8-10am	Cheapskate
10:15-11:15am	Parent & Tot Skate
12:30-2:30pm	Public Skate
4:30-6:15pm	\$5 Public Skate

THURSDAYS

8-10am	Cheapskate
10:15am-12:15pm	Adult Skate
12:30-2:30pm	Public Skate
4:30-6:15pm	Public Skate
8:15-10:15pm	Adult Skate

FRIDAYS

8-10am	Cheapskate
10:15-11:15am	Parent & Tot Skate
12:30-2:30pm	Public Skate
4:45-6:15pm	Public Skate
8-10pm	Public Skate

SATURDAYS

Noon-2pm	Public Skate
4-6pm	Public Skate
8:30-10:30pm	Public Skate

SUNDAYS

8:30-10am	Public Skate
12:30-2:30pm	Family Skate
4:30-6:30pm	Public Skate

Wheaton Ice Arena

WEDNESDAYS

12:30-2:30pm	Cheapskate
--------------	------------

THURSDAYS

Noon-2pm	Cheapskate
4:45-6:15pm	Cheapskate

FRIDAYS

11:15am-12:15pm	Parent & Tot Skate
12:30-2:30pm	Cheapskate
4:45-6:15pm	Cheapskate
8:15-10:15pm	Teen Skate

SATURDAYS

12:30-2:30pm	Public Skate
4-6pm	Public Skate

SUNDAYS

11am-12:45pm	Family Cheapskate
2:45-4:45pm	Public Skate



Parent & Tot Skates are designated for parents and their children, ages 4 or younger.
 Family Skates and Family CheapSkates are designated for parents and their children, ages 12 or younger.
 For Freestyle, Dance, Stick & Puck and Pickup Hockey schedules, please visit our websites.



WheatonIceArena.com
301-905-3000



CabinJohnIce.com
301-765-8620



Ice Skating

Advanced Free Skating Classes



Free Skate Pre-Test

Prerequisite: Passed Free Skate 6
Prepare for the move up into the USFSA testing program. Work on all single jumps including axel preparation, combination spins, and footwork.

Cabin John Ice Rink

9567	5 & up	6 Classes	\$149	Tuesday, Jan. 5	7:30-8:15pm
9568	5 & up	6 Classes	\$149	Saturday, Jan. 9	10:30-11:15am
9814	5 & up	6 Classes	\$149	Saturday, Feb. 27	10:30-11:15am
9813	5 & up	6 Classes	\$149	Tuesday, Mar. 1	7:30-8:15pm

Wheaton Ice Arena

8621	5 & up	6 Classes	\$99	Thursday, Jan. 7	7:30-8pm
11731	5 & up	6 Classes	\$99	Saturday, Jan. 9	11:45am-12:15pm
11732	5 & up	6 Classes	\$99	Saturday, Feb. 27	11:45am-12:15pm
8720	5 & up	6 Classes	\$99	Thursday, Mar. 3	7:30-8pm

Spins 1

Prerequisite: Passed Free Skate 1
Learn to develop your spins and positions. Work on one-foot spin, scratch spin, back spin and sit spin.

Cabin John Ice Rink

9643	5 & up	6 Classes	\$99	Tuesday, Jan. 5	8:15-8:45pm
9642	5 & up	6 Classes	\$99	Saturday, Jan. 9	11:15-11:45am
9888	5 & up	6 Classes	\$99	Saturday, Feb. 27	11:15-11:45am
9889	5 & up	6 Classes	\$99	Tuesday, Mar. 1	8:15-8:45pm

Spins 2

Prerequisite: Passed Spins 1 or Free Skate 4
In this advanced spins class, we'll work on change foot spins, back scratch spins, attitude spins, camel spins, and camel-sit spin combinations; and work on new positions for your future spins.

Cabin John Ice Rink

9645	5 & up	6 Classes	\$99	Tuesday, Jan. 5	8:15-8:45pm
9644	5 & up	6 Classes	\$99	Saturday, Jan. 9	11:15-11:45am
9890	5 & up	6 Classes	\$99	Saturday, Feb. 27	11:15-11:45am
9891	5 & up	6 Classes	\$99	Tuesday, Mar. 1	8:15-8:45pm

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

9639	5 & up	6 Classes	\$99	Tuesday, Jan. 5	8:15-8:45pm
9638	5 & up	6 Classes	\$99	Saturday, Jan. 9	10-10:30am
9884	5 & up	6 Classes	\$99	Saturday, Feb. 27	10-10:30am
9885	5 & up	6 Classes	\$99	Tuesday, Mar. 1	8:15-8:45pm

Wheaton Ice Arena

8623	5 & up	6 Classes	\$99	Thursday, Jan. 7	6:30-7pm
8739	5 & up	6 Classes	\$99	Thursday, Mar. 3	6:30-7pm

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

9641	5 & up	6 Classes	\$99	Tuesday, Jan. 5	8:15p-8:45pm
9640	5 & up	6 Classes	\$99	Saturday, Jan. 9	10-10:30am
9886	5 & up	6 Classes	\$99	Saturday, Feb. 27	10-10:30am
9887	5 & up	6 Classes	\$99	Tuesday, Mar. 1	8:15-8:45pm

Wheaton Ice Arena

8624	5 & up	6 Classes	\$99	Thursday, Jan. 7	6:30-7pm
8740	5 & up	6 Classes	\$99	Thursday, Mar. 3	6:30-7pm





Moves/Edges

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

8626	5 & up	6 Classes	\$99	Thursday, Jan. 7	6:30-7pm
8742	5 & up	6 Classes	\$99	Thursday, Mar. 3	6:30-7pm

Moves/Edges-Advanced Adult

Prerequisite: Passed Teen & Adult 3 or the Pre-Preliminary Moves test, or equivalent.

Wheaton Ice Arena

8627	12 & up	6 Classes	\$99	Thursday, Jan. 7	6:30-7pm
8743	12 & up	6 Classes	\$99	Thursday, Mar. 3	6:30-7pm

Edges & Power Skating

Prerequisite: Passed Free Skate 1

Improve your endurance, speed, control, quality and depth of your edges while performing sequences of steps. We'll do forward and backward power pulls, forward and backward cross rolls, power three-turns, back power three-turns and other steps.

Cabin John Ice Rink

9648	5 & up	6 Classes	\$99	Saturday, Jan. 9	11:15-11:45am
9894	5 & up	6 Classes	\$99	Saturday, Feb. 27	11:15-11:45am

Moves in the Field Preparation

Prerequisite: Passed Free Skate 1

This class will help you prepare for your USFSA *Moves in the Field* tests. We'll cover forward stroking, forward and backward outside and inside edges, spiral and waltz-eight from the Pre-Preliminary test and introductory Preliminary moves.

Cabin John Ice Rink

9649	5 & up	6 Classes	\$99	Saturday, Jan. 9	10-10:30am
9895	5 & up	6 Classes	\$99	Saturday, Feb. 27	10-10:30am

Power Skating

Prerequisite: Passed Basic 5 or Hockey 3

The half-ice course that will focus on increasing the skaters speed and developing more power. Additionally, this course will focus on edge control.

Wheaton Ice Arena

8625	5 & up	6 Classes	\$99	Thursday, Jan. 7	7-7:30pm
8741	5 & up	6 Classes	\$99	Thursday, Mar. 3	7-7:30pm

Ice Dance Fundamentals 1

Prerequisite: Passed Free Skate 1

This class will introduce you to basic ice dancing steps, posture, dance positions and timing. We'll cover forward outside swing rolls, slide chassiss, chassé progressives, the Dutch Waltz ice dance and the Canasta Tango ice dance.

Cabin John Ice Rink

9636	5 & up	6 Classes	\$99	Saturday, Jan. 9	11:15-11:45am
9882	5 & up	6 Classes	\$99	Saturday, Feb. 27	11:15-11:45am

Ice Dance Fundamentals 2

Prerequisite: Passed Ice Dance Fundamentals 1

In this advanced ice dancing class, you'll work on backward swing rolls, forward inside swing rolls, waltz 3-turns, the Swing Dance and Rhythm Blues ice dances.

Cabin John Ice Rink

9637	5 & up	6 Classes	\$99	Saturday, Jan. 9	11:15-11:45am
9883	5 & up	6 Classes	\$99	Saturday, Feb. 27	11:15-11:45am

Theatre On Ice 1

Prerequisite: Passed Basic 4

Learn to work together with the other skaters in this class as you work to hone your skills in presentation, choreography and expression. Together, you'll build a program to music, then perform your group program at a show during the last week of class.

Cabin John Ice Rink

9646	5 & up	6 Classes	\$99	Saturday, Jan. 9	10-10:30am
9892	5 & up	6 Classes	\$99	Saturday, Feb. 27	10-10:30am

Theatre On Ice 2

Prerequisite: Passed Basic 8 or Theatre on Ice 1

In this advanced class, we'll take what you've learned about presentation, choreography and expression to a higher level. You'll continue learning from and with other skaters, build a choreographed program to music, and perform it at a show the last week of class.

Cabin John Ice Rink

9647	5 & up	6 Classes	\$99	Saturday, Jan. 9	10-10:30am
9893	5 & up	6 Classes	\$99	Saturday, Feb. 27	10-10:30am



Ice Skating



HOCKEY WEEKEND ACROSS AMERICA

February 19-21, 2016



Celebrate National Skating Month!

January 2016



January is National Skating Month—the perfect time to visit Cabin John or Wheaton Ice Arena. Enjoy special events, discounts and promotions all month long!

- **Special 2-for-1 Skates**
- **Snack Bar Specials**
- **Pro Shop Specials & Discounts**

Check our websites for details as January approaches.

- **HOCKEY FUN & GAMES**
- **GIVEAWAYS** • **SPECIAL OFFERS**



PLUS! **Friday, February 19** is
“**Wear Your Favorite Jersey**” Day!

Skate **2-for-1** when you wear your favorite hockey jersey to the **4:45-6:15pm** public session at either arena!

Check our websites for details as February approaches.



Cabin John Ice Rink
CabinJohnIce.com
301-765-8620



Wheaton Ice Arena
WheatonIceArena.com
301-905-3000



Ice Hockey Classes • Winter 2015-16



ICE HOCKEY

WHAT DOES "FULL GEAR" INCLUDE?

Caged hockey helmet | shoulder & elbow pads | hockey pants | shin guards
hockey gloves | protective cup | stick cut to skater's height | hockey skates | mouth guard

Rental hockey skates are available at no extra charge with your class!



Hockey Equipment Rental at Cabin John

Rent ice hockey equipment for skaters registered in Hockey 1 or 2. Equipment fits kids age 4-6 and 6-8, and includes shoulder pads, hockey pants, gloves, elbow pads, shin guards, and adjustable helmet (hockey stick and socks not included). You'll return all equipment after each class. Supply is limited; use the ActiveMONTGOMERY activity number listed to reserve equipment after registering for a Hockey 1 or 2 class.

FREE Hockey Equipment Rentals at Wheaton Ice!

Rent ice hockey equipment for skaters registered in Hockey 1 or 2. Equipment fits kids age 4-6 and 6-8, and includes shoulder pads, hockey pants, gloves, elbow pads, shin guards, and adjustable helmet (hockey stick and socks not included). You'll return all equipment after each class. Supply is limited; use the ActiveMONTGOMERY activity number listed to reserve equipment after registering for a Hockey 1 or 2 class.



Wheaton Ice Arena

4-6 years

8637	4-6yrs	6 Classes	Free	Saturday, Jan. 9	10:45-11:15am
8776	4-6yrs	6 Classes	Free	Sunday, Jan. 10	1-1:30pm
8731	4-6yrs	6 Classes	Free	Saturday, Feb. 27	10:45-11:15am
8732	4-6yrs	6 Classes	Free	Sunday, Feb. 28	1-1:30pm

6-8 years

8645	6-8yrs	6 Classes	Free	Saturday, Jan. 9	10:45-11:15am
8777	6-8yrs	6 Classes	Free	Sunday, Jan. 10	1-1:30pm
8735	6-8yrs	6 Classes	Free	Saturday, Feb. 27	10:45-11:15am
8736	6-8yrs	6 Classes	Free	Sunday, Feb. 28	1-1:30pm

Cabin John Ice Rink

4-6 years

9617	4-6yrs	6 Classes	\$30	Monday, Jan. 4	4:45-5:15pm
9623	4-6yrs	6 Classes	\$30	Monday, Jan. 4	5:15-5:45pm
9618	4-6yrs	6 Classes	\$30	Wednesday, Jan. 6	5:15-5:45pm
9624	4-6yrs	6 Classes	\$30	Wednesday, Jan. 6	6-6:30pm
9619	4-6yrs	6 Classes	\$30	Friday, Jan. 8	4:15-4:45pm
9620	4-6yrs	6 Classes	\$30	Saturday, Jan. 9	8:30-9am
9621	4-6yrs	6 Classes	\$30	Saturday, Jan. 9	12:15-12:45pm
9622	4-6yrs	6 Classes	\$30	Sunday, Jan. 10	2-2:30pm
9865	4-6yrs	6 Classes	\$30	Friday, Feb. 26	4:15-4:45pm
9866	4-6yrs	6 Classes	\$30	Saturday, Feb. 27	8:30-9am
9867	4-6yrs	6 Classes	\$30	Saturday, Feb. 27	12:15-12:45pm
9868	4-6yrs	6 Classes	\$30	Sunday, Feb. 28	2-2:30pm
9863	4-6yrs	6 Classes	\$30	Monday, Feb. 29	4:45-5:15pm
9869	4-6yrs	6 Classes	\$30	Monday, Feb. 29	5:15-5:45pm
9864	4-6yrs	6 Classes	\$30	Wednesday, Mar. 2	5:15-5:45pm
9870	4-6yrs	6 Classes	\$30	Wednesday, Mar. 2	6-6:30pm

6-8 years

9625	6-8yrs	6 Classes	\$30	Monday, Jan. 4	4:45-5:15pm
9626	6-8yrs	6 Classes	\$30	Monday, Jan. 4	5:15-5:45pm
9631	6-8yrs	6 Classes	\$30	Wednesday, Jan. 6	5:15-5:45pm
9627	6-8yrs	6 Classes	\$30	Wednesday, Jan. 6	6-6:30pm
9632	6-8yrs	6 Classes	\$30	Friday, Jan. 8	4:15-4:45pm
9628	6-8yrs	6 Classes	\$30	Saturday, Jan. 9	8:30-9am
9629	6-8yrs	6 Classes	\$30	Saturday, Jan. 9	12:15-12:45pm
9630	6-8yrs	6 Classes	\$30	Sunday, Jan. 10	2-2:30pm
9878	6-8yrs	6 Classes	\$30	Friday, Feb. 26	4:15-4:45pm
9874	6-8yrs	6 Classes	\$30	Saturday, Feb. 27	8:30-9am
9875	6-8yrs	6 Classes	\$30	Saturday, Feb. 27	12:15-12:45pm
9876	6-8yrs	6 Classes	\$30	Sunday, Feb. 28	2-2:30pm
9871	6-8yrs	6 Classes	\$30	Monday, Feb. 29	4:45-5:15pm
9872	6-8yrs	6 Classes	\$30	Monday, Feb. 29	5:15-5:45pm
9877	6-8yrs	6 Classes	\$30	Wednesday, Mar. 2	5:15-5:45pm
9873	6-8yrs	6 Classes	\$30	Wednesday, Mar. 2	6-6:30pm



GET A FREE
**CAPITALS
HOCKEY
JERSEY**

Get one child's Washington Capitals practice jersey for each first time paid registration at Wheaton Ice Arena for:
Hockey 1
Hockey 2





ICE HOCKEY

Hockey 1

Prerequisite: Passed Basic 1 or Snowplow 3

Learn falling and getting up in hockey skates, proper stance, march forward across the ice, 8-10 steps, forward two-foot glide, dip or squat, scooter pushes or T-push, forward swizzles, snowplow stop, and backward skating. Full gear required (see p. 139).

Cabin John Ice Rink

4-8 years

Table with 6 columns: ID, Age, Classes, Cost, Date, Time. Rows include 9569, 9570, 9571, 9572, 9573, 9574, 9817, 9818, 9819, 9820, 9815, 9816.

9-14 years

Table with 6 columns: ID, Age, Classes, Cost, Date, Time. Rows include 9575, 9576, 9577, 9823, 9821, 9822.

Wheaton Ice Arena

Table with 6 columns: ID, Age, Classes, Cost, Date, Time. Rows include 8628, 8629, 8721, 8722.

Hockey 2

Prerequisite: Passed Hockey 1

Learn backward stance, skating forward using full strides, forward one-foot glides, backward hustle, backward swizzles, glide turns, and moving snowplow stops. Full gear required (see p. 139).

Cabin John Ice Rink

4-8 years

Table with 6 columns: ID, Age, Classes, Cost, Date, Time. Rows include 9581, 9582, 9583, 9584, 9585, 9589, 9829, 9830, 9831, 9835, 9827, 9828.

9-14 years

Table with 6 columns: ID, Age, Classes, Cost, Date, Time. Rows include 9586, 9587, 9588, 9834, 9832, 9833.

Hockey 2 (cont.)

Wheaton Ice Arena

Table with 6 columns: ID, Age, Classes, Cost, Date, Time. Rows include 8759, 8631, 8846, 8724.

Hockey 3

Prerequisite: Passed Hockey 2

Learn forward C-cuts on a circle, hockey turns with speed in and out of turn, forward slalom, forward stop and starts, backward V-stop, and lateral marching crossovers. Full gear required (see p. 139).

Cabin John Ice Rink

4-8 years

Table with 6 columns: ID, Age, Classes, Cost, Date, Time. Rows include 9592, 9593, 9594, 9595, 9840, 9841, 9838, 9839.

9-14 years

Table with 6 columns: ID, Age, Classes, Cost, Date, Time. Rows include 9597, 9598, 9596, 9842, 9843, 9844.

Wheaton Ice Arena

Table with 6 columns: ID, Age, Classes, Cost, Date, Time. Rows include 8632, 8779, 8725, 8726.

Hockey 4

Prerequisite: Passed Hockey 3

Learn forward one-foot pushes on a circle, forward crossover glides, forward crossovers, alternating backward C-cuts in a line, backward one-foot glide, mohawks, and hockey stop. Full gear required (see p. 139).

Cabin John Ice Rink

4-8 years

Table with 6 columns: ID, Age, Classes, Cost, Date, Time. Rows include 9603, 9604, 9605, 9602, 9851, 9848, 9849, 9850.

9-14 years

Table with 6 columns: ID, Age, Classes, Cost, Date, Time. Rows include 9600, 9599, 9601, 9847, 9846, 9845, 8634, 8635, 8727, 8728.



GET A CABIN JOHN HOCKEY JERSEY. Get one child's Cabin John Ice Rink jersey for each paid registration for: Hockey 1, Hockey 2, Hockey 3, Hockey 4, Advanced Hockey.

Advanced Hockey

Prerequisite: Passed Hockey 4

Learn alternating forward crossovers, backward crossovers (on a circle as well as straight down the ice), back V-stops, power turns on proper edges, and mohawks. *Full gear required (see p. 139).*

Cabin John Ice Rink

4-8 years

9607	4-8yrs	6 Classes	\$155	Monday, Jan. 4	6:45-7:30pm
9608	4-8yrs	6 Classes	\$155	Wednesday, Jan. 6	7:15-8pm
9606	4-8yrs	6 Classes	\$155	Friday, Jan. 8	5:30-6:15pm
9609	4-8yrs	6 Classes	\$155	Saturday, Jan. 9	7:45-8:30am
9852	4-8yrs	6 Classes	\$155	Friday, Feb. 26	5:30-6:15pm
9855	4-8yrs	6 Classes	\$155	Saturday, Feb. 27	7:45-8:30am
9853	4-8yrs	6 Classes	\$155	Monday, Feb. 29	6:45-7:30pm
9854	4-8yrs	6 Classes	\$155	Wednesday, Mar. 2	7:15-8pm

9-14 years

9611	9-14yrs	6 Classes	\$155	Monday, Jan. 4	6:45-7:30pm
9612	9-14yrs	6 Classes	\$155	Wednesday, Jan. 6	7:15-8pm
9610	9-14yrs	6 Classes	\$155	Saturday, Jan. 9	7:45-8:30am
9856	9-14yrs	6 Classes	\$155	Saturday, Feb. 27	7:45-8:30am
9857	9-14yrs	6 Classes	\$155	Monday, Feb. 29	6:45-7:30pm
9858	9-14yrs	6 Classes	\$155	Wednesday, Mar. 2	7:15-8pm

Wheaton Ice Arena

8757	4 & up	6 Classes	\$99	Saturday, Jan. 9	11:45am-12:15pm
8636	4 & up	6 Classes	\$99	Sunday, Jan. 10	2-2:30pm
8804	4 & up	6 Classes	\$99	Saturday, Feb. 27	11:45am-12:15pm
8729	4 & up	6 Classes	\$99	Sunday, Feb. 28	2-2:30pm

Teen & Adult Introductory Hockey

Prerequisite: Passed Teen & Adult 1 in hockey skates

Learn the fundamentals of hockey skating, including forward and backward crossovers, stops, stick handling and passing. *Full gear required (see p. 139).*

Cabin John Ice Rink

9578	14 & up	6 Classes	\$149	Monday, Jan. 4	8:30-9:15pm
9579	14 & up	6 Classes	\$149	Wednesday, Jan. 6	8:45-9:30pm
9580	14 & up	6 Classes	\$149	Saturday, Jan. 9	7:45-8:30am
9826	14 & up	6 Classes	\$149	Saturday, Feb. 27	7:45-8:30am
9824	14 & up	6 Classes	\$149	Monday, Feb. 29	8:30-9:15pm
9825	14 & up	6 Classes	\$149	Wednesday, Mar. 2	8:45-9:30pm

Teen & Adult Hockey Scrimmage

Prerequisite: Passed Teen & Adult 3 in hockey skates or Teen & Adult Introductory Hockey

This class will emphasize advanced hockey techniques, rules and game play. Skaters will practice skills and elements of the game through a series of scrimmages.

Full gear required (see p. 139).

Cabin John Ice Rink

9590	14 & up	6 Classes	\$149	Monday, Jan. 4	9:15-10pm
9591	14 & up	6 Classes	\$149	Wednesday, Jan. 6	9:30-10:15pm
9836	14 & up	6 Classes	\$149	Monday, Feb. 29	9:15-10pm
9837	14 & up	6 Classes	\$149	Wednesday, Mar. 2	9:30-10:15pm

Scrimmage 1

Prerequisite: Passed Hockey 2

This hands-on instructional class focuses on key elements of hockey. Skaters will learn the rules of the game, enhance their skills, and practice through a series of scrimmages. *Full gear required (see p. 139).*

Cabin John Ice Rink

9614	6 & up	6 Classes	\$99	Monday, Jan. 4	8-8:30pm
10304	6 & up	6 Classes	\$99	Wednesday, Jan. 6	8-8:30pm
9613	6 & up	6 Classes	\$99	Saturday, Jan. 9	9-9:30am
9859	6 & up	6 Classes	\$99	Saturday, Feb. 27	9-9:30am
9860	6 & up	6 Classes	\$99	Monday, Feb. 29	8-8:30pm
10302	6 & up	6 Classes	\$99	Wednesday, Mar. 2	8-8:30pm

Scrimmage 2

Prerequisite: Passed Scrimmage 1 or Advanced Hockey

Scrimmage 2 gives serious players more real-time, hands-on instruction. Learn the finer points of hockey and continue to sharpen your skills with other players who want to excel. *Full gear required (see p. 139).*

Cabin John Ice Rink

9615	6 & up	6 Classes	\$99	Monday, Jan. 4	8-8:30pm
10301	6 & up	6 Classes	\$99	Wednesday, Jan. 6	8-8:30pm
9616	6 & up	6 Classes	\$99	Saturday, Jan. 9	8:30-9am
9862	6 & up	6 Classes	\$99	Saturday, Feb. 27	8:30-9am
9861	6 & up	6 Classes	\$99	Monday, Feb. 29	8-8:30pm
10307	6 & up	6 Classes	\$99	Wednesday, Mar. 2	8-8:30pm

Power Skating for Hockey

Prerequisite:

Passed Hockey 2 or Basic 3 in hockey skates

Build on the fundamentals of hockey and take your skating skills to the next level! We'll emphasize speed, quickness, power and technique.

Full gear required (see p. 139).

Cabin John Ice Rink

9633	4 & up	6 Classes	\$99	Monday, Jan. 4	7:30-8pm
9879	4 & up	6 Classes	\$99	Monday, Feb. 29	7:30-8pm

Wheaton Ice Arena

8622	4 & up	6 Classes	\$99	Sunday, Jan. 10	2-2:30pm
8738	4 & up	6 Classes	\$99	Sunday, Feb. 28	2-2:30pm

Passing & Shooting

Prerequisite: Passed Hockey 2

You've learned the basics of passing and shooting—now it's time to learn the finer points of stick handling. We'll also show you how to protect the puck from opponents, and review some fundamental passing skills. *Full gear required (see p. 139); no game experience needed.*

Cabin John Ice Rink

9635	4 & up	6 Classes	\$99	Monday, Jan. 4	7:30-8pm
9634	4 & up	6 Classes	\$99	Saturday, Jan. 9	8-8:30am
9880	4 & up	6 Classes	\$99	Saturday, Feb. 27	8-8:30am
9881	4 & up	6 Classes	\$99	Monday, Feb. 29	7:30-8pm



ICE HOCKEY



Q: Can I still use ParkPASS (for Montgomery Parks) or RecWeb (for the Recreation Department)?

A: Nope. ActiveMONTGOMERY.org replaces both of these. Now there's one system and one website for all your Recreation Department and Montgomery Parks activity registrations, rentals and memberships.

Q: What credit cards can I use online?

A: You can use your Visa, MasterCard, American Express and Discover cards on ActiveMONTGOMERY.

Q: What will ActiveMONTGOMERY charges look like on my credit card statement?

A: If you used a credit card to register for a course, buy something at a facility, book a facility, or purchase a membership with Montgomery Parks or the Recreation Department on or after August 17, here's what you'll see on your credit card statement: **"ACT*Regist"** or **"ACT*ACTIVE MONTGOMERY"**

SEP 10	CHECK CARD PURCHASE ACT*ACTIVE MONTGOMERY 877-228-4881 CA	-\$3.00
SEP 21	CHECK CARD PURCHASE ACT*ACTIVE MONTGOMERY 877-228-4881 TX	-\$240.00

Q: Can I keep a credit card number on file?

A: Yes, you can store a credit card number online with ActiveMONTGOMERY. The number is not visible to anyone but you.

Q: Can I withdraw from a class online?

A: Yes! You may withdraw from a class and get a refund with no fee as long as you withdraw online at ActiveMONTGOMERY.org at least five (5) business days before the class begins. If it's less than five business days, withdraw from a Recreation class by emailing Rec.Refund@MontgomeryCountyMD.gov, or withdraw in person at the Recreation Department headquarters. For Parks classes, please withdraw in person at the hosting facility. A \$25 withdrawal fee will be charged in this instance for both Parks and Rec classes.

Q: What's with the "WISH LIST"?

A: If you see an upcoming class or program that looks interesting, but you're not sure if it works with your schedule, add it to your ActiveMONTGOMERY "Wish List." When you log back in, you can register for the class, or delete it from the list. Adding a class to your wish list does not register you for the class.



If you haven't registered for a free ActiveMONTGOMERY account, why not do it today?

Sign up today at www.ActiveMONTGOMERY.org!



Indoor Tennis Group Lessons • Winter 2015-16



Pauline Betz Addie Tennis Center
7801 Democracy Blvd.
Bethesda, MD 20817
CabinJohnTennis.com
301-765-8650



Wheaton Indoor Tennis
11715 Orebaugh Ave.
Wheaton, MD 20902
WheatonTennis.com
301-905-3030



TENNIS REGISTRATION DATES

- WINTER 1**
Registration runs Sunday, November 22 through Sunday, December 6. Classes run December 7–January 31.
- WINTER 2**
Registration opens Monday, January 18 through Sunday, February 7. Classes run February 8–March 20.
- If you see a class you like, register! Classes may be canceled if minimum enrollment number is not met.

DATES TO NOTE

- Holiday Hours & Closures**
- Closed Thursday, November 26 (Thanksgiving) and Friday, December 25 (Christmas)
 - Close early (3pm) on Thursday, December 24 and December 31 (New Year's Eve)
 - OPEN Friday, January 1 at 11am
- No Classes**
- December 24–January 3
 - January 25–27



Parent & Child Tennis

Bring your 4-8 year-old and have fun learning fundamental tennis skills together! We'll teach Beginner/Beginner Plus level skills and drills that can be continued outside of class. Fee covers one adult and one child; register the child only.

Pauline Betz Addie Tennis

10007	4-8yrs	6 Classes	\$147	Wednesday, Dec. 9	6-7pm
10006	4-8yrs	6 Classes	\$147	Saturday, Dec. 12	3-4pm
10345	4-8yrs	6 Classes	\$147	Wednesday, Feb. 10	6-7pm
10344	4-8yrs	6 Classes	\$147	Saturday, Feb. 13	3-4pm

Wheaton Indoor Tennis

9099	4-8yrs	6 Classes	\$111	Tuesday, Dec. 8	4-5pm
9100	4-8yrs	6 Classes	\$111	Thursday, Dec. 10	5-6pm
9101	4-8yrs	6 Classes	\$111	Sunday, Dec. 13	1-2pm
10175	4-8yrs	6 Classes	\$111	Tuesday, Feb. 9	4-5pm
10176	4-8yrs	6 Classes	\$111	Thursday, Feb. 11	5-6pm
10177	4-8yrs	6 Classes	\$111	Sunday, Feb. 14	1-2pm

Parent & Pre-Teen Tennis

For parents and their 9-12 year-old children. Have fun learning fundamental tennis skills together! We'll teach Beginner/Beginner Plus level skills and drills that can be continued outside of class. Fee covers one adult and one child; register the child only.

Pauline Betz Addie Tennis

10009	9-12yrs	6 Classes	\$147	Wednesday, Dec. 9	6-7pm
10008	9-12yrs	6 Classes	\$147	Friday, Dec. 11	7-8pm
10347	9-12yrs	6 Classes	\$147	Wednesday, Feb. 10	6-7pm
10346	9-12yrs	6 Classes	\$147	Friday, Feb. 12	7-8pm

Wheaton Indoor Tennis

9102	9-12yrs	6 Classes	\$111	Sunday, Dec. 13	2-3pm
10178	9-12yrs	6 Classes	\$111	Sunday, Feb. 14	2-3pm

For **HOURS OF OPERATION**, visit CabinJohnTennis.com and WheatonTennis.com





USTA 10 and Under Tennis

This ground-breaking program from the United States Tennis Association (USTA) gives kids age 10 and under the opportunity to learn real tennis...and have real fun doing it!

Using the QuickStart Tennis play format, classes use racquets, balls and courts that are sized right for kids so they learn, rally, play, compete and enjoy the game right from the start. The courts are smaller (but still to scale); balls are lighter, slower-moving and easier to hit; racquets are smaller and lighter. It's real tennis, tailored to a child's size (other youth sports like soccer, basketball and baseball have done this for years!).

All equipment is provided in the course fee. All classes include warm-up and cool-down activities, skill review and practice, and team games that reinforce tennis skills and tactics. For more information, visit 10andUnderTennis.com, and sign up for a class today.

USTA 10 and Under Tennis, Beginner

Pauline Betz Addie Tennis

4-6 years

10020	4-6yrs	6 Classes	\$135	Monday, Dec. 7	5-6pm
10021	4-6yrs	6 Classes	\$135	Wednesday, Dec. 9	4-5pm
10022	4-6yrs	6 Classes	\$135	Saturday, Dec. 12	10-11am
10024	4-6yrs	6 Classes	\$135	Saturday, Dec. 12	4-5pm
10018	4-6yrs	6 Classes	\$135	Sunday, Dec. 13	9-10am
10019	4-6yrs	6 Classes	\$135	Sunday, Dec. 13	4-5pm
10358	4-6yrs	6 Classes	\$135	Monday, Feb. 8	5-6pm
10359	4-6yrs	6 Classes	\$135	Wednesday, Feb. 10	4-5pm
10360	4-6yrs	6 Classes	\$135	Saturday, Feb. 13	10-11am
10362	4-6yrs	6 Classes	\$135	Saturday, Feb. 13	4-5pm
10356	4-6yrs	6 Classes	\$135	Sunday, Feb. 14	9-10am
10357	4-6yrs	6 Classes	\$135	Sunday, Feb. 14	4-5pm

6-8 years

10017	6-8yrs	6 Classes	\$135	Monday, Dec. 7	4-5pm
10012	6-8yrs	6 Classes	\$135	Monday, Dec. 7	6-7pm
10013	6-8yrs	6 Classes	\$135	Wednesday, Dec. 9	5-6pm
10014	6-8yrs	6 Classes	\$135	Friday, Dec. 11	5-6pm
10016	6-8yrs	6 Classes	\$135	Saturday, Dec. 12	11am-Noon
10011	6-8yrs	6 Classes	\$135	Sunday, Dec. 13	9-10am
10010	6-8yrs	6 Classes	\$135	Sunday, Dec. 13	10-11am
10355	6-8yrs	6 Classes	\$135	Monday, Feb. 8	4-5pm
10350	6-8yrs	6 Classes	\$135	Monday, Feb. 8	6-7pm
10351	6-8yrs	6 Classes	\$135	Wednesday, Feb. 10	5-6pm
10352	6-8yrs	6 Classes	\$135	Friday, Feb. 12	5-6pm
10354	6-8yrs	6 Classes	\$135	Saturday, Feb. 13	11am-Noon
10349	6-8yrs	6 Classes	\$135	Sunday, Feb. 14	9-10am
10348	6-8yrs	6 Classes	\$135	Sunday, Feb. 14	10-11am

USTA 10 and Under, Beginner (cont.)

8-10 years

10025	8-10yrs	6 Classes	\$135	Tuesday, Dec. 8	5-6pm
10026	8-10yrs	6 Classes	\$135	Thursday, Dec. 10	5-6pm
10028	8-10yrs	6 Classes	\$135	Friday, Dec. 11	4-5pm
10027	8-10yrs	6 Classes	\$135	Friday, Dec. 11	6-7pm
10029	8-10yrs	6 Classes	\$135	Saturday, Dec. 12	9-10am
10030	8-10yrs	6 Classes	\$135	Sunday, Dec. 13	10-11am
10363	8-10yrs	6 Classes	\$135	Tuesday, Feb. 9	5-6pm
10364	8-10yrs	6 Classes	\$135	Thursday, Feb. 11	5-6pm
10366	8-10yrs	6 Classes	\$135	Friday, Feb. 12	4-5pm
10365	8-10yrs	6 Classes	\$135	Friday, Feb. 12	6-7pm
10367	8-10yrs	6 Classes	\$135	Saturday, Feb. 13	9-10am
10368	8-10yrs	6 Classes	\$135	Sunday, Feb. 14	10-11am

Wheaton Indoor Tennis

4-6 years

9103	4-6yrs	6 Classes	\$111	Thursday, Dec. 10	4-5pm
9105	4-6yrs	6 Classes	\$111	Saturday, Dec. 12	9-10am
9106	4-6yrs	6 Classes	\$111	Saturday, Dec. 12	1-2pm
9107	4-6yrs	6 Classes	\$111	Sunday, Dec. 13	9am-10am
10179	4-6yrs	6 Classes	\$111	Thursday, Feb. 11	4-5pm
10181	4-6yrs	6 Classes	\$111	Saturday, Feb. 13	9-10am
10182	4-6yrs	6 Classes	\$111	Saturday, Feb. 13	1-2pm
10183	4-6yrs	6 Classes	\$111	Sunday, Feb. 14	9-10am

6-8 years

9104	6-8yrs	6 Classes	\$111	Saturday, Dec. 12	9-10am
9109	6-8yrs	6 Classes	\$111	Sunday, Dec. 13	9-10am
9110	6-8yrs	6 Classes	\$111	Monday, Dec. 21	5-6pm
10186	6-8yrs	6 Classes	\$111	Monday, Feb. 8	5-6pm
10180	6-8yrs	6 Classes	\$111	Saturday, Feb. 13	9-10am
10185	6-8yrs	6 Classes	\$111	Sunday, Feb. 14	9-10am

8-10 years

9108	8-10yrs	6 Classes	\$111	Sunday, Dec. 13	4-5pm
10184	8-10yrs	6 Classes	\$111	Sunday, Feb. 14	4-5pm

USTA 10 and Under Tennis, Intermediate

Prerequisite: Mastery of Beginner level skills

We'll continue to work on stroke development, and learn specialty shots like lobs, drop shots, slices, topspins, cross-court and down-the-line shots, and both kick and flat serves. You'll also learn when and where to use each stroke, how to play strategic tennis (how to plan your shots, construct points, size up your opponent and play to his/her weaknesses), and work on consistency from both the baseline and net.

Pauline Betz Addie Tennis

4-6 years

10036	4-6yrs	6 Classes	\$135	Monday, Dec. 7	5-6pm
10037	4-6yrs	6 Classes	\$135	Thursday, Dec. 10	5-6pm
10038	4-6yrs	6 Classes	\$135	Sunday, Dec. 13	11am-Noon
10373	4-6yrs	6 Classes	\$135	Monday, Feb. 8	5-6pm
10374	4-6yrs	6 Classes	\$135	Thursday, Feb. 11	5-6pm
10375	4-6yrs	6 Classes	\$135	Sunday, Feb. 14	11am-Noon

6-8 years

10032	6-8yrs	6 Classes	\$135	Monday, Dec. 7	6-7pm
10033	6-8yrs	6 Classes	\$135	Wednesday, Dec. 9	5-6pm
10034	6-8yrs	6 Classes	\$135	Saturday, Dec. 12	11am-Noon
10031	6-8yrs	6 Classes	\$135	Sunday, Dec. 13	11am-Noon
10370	6-8yrs	6 Classes	\$135	Monday, Feb. 8	6-7pm
10371	6-8yrs	6 Classes	\$135	Wednesday, Feb. 10	5-6pm
10372	6-8yrs	6 Classes	\$135	Saturday, Feb. 13	11am-Noon
10369	6-8yrs	6 Classes	\$135	Sunday, Feb. 14	11am-Noon





USTA 10 and Under, Advanced (cont.)

6-8 years						
10046	6-8yrs	6 Classes	\$147	Monday, Dec. 7		6-7pm
10050	6-8yrs	6 Classes	\$147	Tuesday, Dec. 8		5-6pm
10047	6-8yrs	6 Classes	\$147	Wednesday, Dec. 9		5-6pm
10051	6-8yrs	6 Classes	\$147	Thursday, Dec. 10		6-7pm
10048	6-8yrs	6 Classes	\$147	Saturday, Dec. 12		2-3pm
10052	6-8yrs	6 Classes	\$147	Saturday, Dec. 12		3-4pm
10049	6-8yrs	6 Classes	\$147	Sunday, Dec. 13		Noon-1pm
10053	6-8yrs	6 Classes	\$147	Sunday, Dec. 13		1-2pm
10383	6-8yrs	6 Classes	\$147	Monday, Feb. 8		6-7pm
10387	6-8yrs	6 Classes	\$147	Tuesday, Feb. 9		5-6pm
10384	6-8yrs	6 Classes	\$147	Wednesday, Feb. 10		5-6pm
10388	6-8yrs	6 Classes	\$147	Thursday, Feb. 11		6-7pm
10385	6-8yrs	6 Classes	\$147	Saturday, Feb. 13		2-3pm
10389	6-8yrs	6 Classes	\$147	Saturday, Feb. 13		3-4pm
10386	6-8yrs	6 Classes	\$147	Sunday, Feb. 14		Noon-1pm
10390	6-8yrs	6 Classes	\$147	Sunday, Feb. 14		1-2pm



USTA 10 and Under, Intermediate (cont.)

8-10 years						
10041	8-10yrs	6 Classes	\$135	Tuesday, Dec. 8		6-7pm
10040	8-10yrs	6 Classes	\$135	Thursday, Dec. 10		6-7pm
10039	8-10yrs	6 Classes	\$135	Saturday, Dec. 12		2-3pm
10378	8-10yrs	6 Classes	\$135	Tuesday, Feb. 9		6-7pm
10377	8-10yrs	6 Classes	\$135	Thursday, Feb. 11		6-7pm
10376	8-10yrs	6 Classes	\$135	Saturday, Feb. 13		2-3pm

Wheaton Indoor Tennis

4-6 years						
9116	4-6yrs	6 Classes	\$111	Sunday, Dec. 13		10-11am
10192	4-6yrs	6 Classes	\$111	Sunday, Feb. 14		10-11am

6-8 years						
9111	6-8yrs	6 Classes	\$111	Monday, Dec. 7		5-6pm
9115	6-8yrs	6 Classes	\$111	Saturday, Dec. 12		10-11am
10187	6-8yrs	6 Classes	\$111	Monday, Feb. 8		5-6pm
10191	6-8yrs	6 Classes	\$111	Saturday, Feb. 13		10-11am

8-10 years						
9112	8-10yrs	6 Classes	\$111	Wednesday, Dec. 9		5-6pm
9113	8-10yrs	6 Classes	\$111	Thursday, Dec. 10		5-6pm
9114	8-10yrs	6 Classes	\$111	Saturday, Dec. 12		11am-Noon
9117	8-10yrs	6 Classes	\$111	Sunday, Dec. 13		10-11am
10188	8-10yrs	6 Classes	\$111	Wednesday, Feb. 10		5-6pm
10189	8-10yrs	6 Classes	\$111	Thursday, Feb. 11		5-6pm
10190	8-10yrs	6 Classes	\$111	Saturday, Feb. 13		11am-Noon
10193	8-10yrs	6 Classes	\$111	Sunday, Feb. 14		10-11am

USTA 10 and Under Tennis, Advanced

Prerequisite: Passed Intermediate level skills

In Advanced Tennis, you'll learn new strategies to win points, games and matches against a variety of players, as well as positioning and shot placement. We'll work on closing points, match play situations analysis, and mental toughness training, too. By the end of this class, you should have a thorough understanding of tennis, including offensive and defensive shots.

Pauline Betz Addie Tennis

4-6 years						
10042	4-6yrs	6 Classes	\$147	Monday, Dec. 7		5-6pm
10043	4-6yrs	6 Classes	\$147	Thursday, Dec. 10		5-6pm
10044	4-6yrs	6 Classes	\$147	Saturday, Dec. 12		2-3pm
10045	4-6yrs	6 Classes	\$147	Sunday, Dec. 13		Noon-1pm
10379	4-6yrs	6 Classes	\$147	Monday, Feb. 8		5-6pm
10380	4-6yrs	6 Classes	\$147	Thursday, Feb. 11		5-6pm
10381	4-6yrs	6 Classes	\$147	Saturday, Feb. 13		2-3pm
10382	4-6yrs	6 Classes	\$147	Sunday, Feb. 14		12-1pm

Wheaton Indoor Tennis

9118	8-10yrs	6 Classes	\$123	Wednesday, Dec. 16		4-5pm
10194	8-10yrs	6 Classes	\$123	Wednesday, Feb. 10		4-5pm

Beginner Tennis

These classes are designed for older kids and adults who have never played tennis. Learn warm-up exercises, how to properly grip a racquet; basic stroke techniques for forehands, backhands, volleys, serves and overheads; tennis etiquette and vocabulary; plus safety rules and how to keep score. We'll use the slightly larger, slower tennis balls from USTA's 10 and Under Tennis program, which will help 11-13 year-old beginning players connect with the ball, rally and play real games right away.

Beginner Tennis, Junior

Pauline Betz Addie Tennis						
10054	11-13yrs	6 Classes	\$135	Tuesday, Dec. 8		6-7pm
10055	11-13yrs	6 Classes	\$135	Thursday, Dec. 10		6-7pm
10056	11-13yrs	6 Classes	\$135	Friday, Dec. 11		5-6pm
10057	11-13yrs	6 Classes	\$135	Saturday, Dec. 12		12-1pm
10058	11-13yrs	6 Classes	\$135	Sunday, Dec. 13		1-2pm
10391	11-13yrs	6 Classes	\$135	Tuesday, Feb. 9		6-7pm
10392	11-13yrs	6 Classes	\$135	Thursday, Feb. 11		6-7pm
10393	11-13yrs	6 Classes	\$135	Friday, Feb. 12		5-6pm
10394	11-13yrs	6 Classes	\$135	Saturday, Feb. 13		12-1pm
10395	11-13yrs	6 Classes	\$135	Sunday, Feb. 14		1-2pm

Wheaton Indoor Tennis

9119	11-13yrs	6 Classes	\$111	Wednesday, Dec. 9		6-7pm
9120	11-13yrs	6 Classes	\$111	Thursday, Dec. 10		6-7pm
9121	11-13yrs	6 Classes	\$111	Saturday, Dec. 12		1-2pm
10195	11-13yrs	6 Classes	\$111	Wednesday, Feb. 10		6-7pm
10196	11-13yrs	6 Classes	\$111	Thursday, Feb. 11		6-7pm
10197	11-13yrs	6 Classes	\$111	Saturday, Feb. 13		1-2pm

Want to practice but don't have a partner?

RENT THE SMASH!



The "SMASH" is a high-tech ball machine that shoots out fast, slow or medium-paced balls; slices, topspins, flat spins and lobs; in one direction or all direction.

Rent a SMASH for \$10/hour (plus court time fee) at both Wheaton Indoor Tennis and Pauline Betz Addie Tennis Center. Sign up at the front desk at either facility.



Beginner Tennis, Teen

Pauline Betz Addie Tennis

Table with 6 columns: ID, Age Group, Classes, Cost, Day, Time. Rows include 10059, 10060, 10061, 10062, 10396, 10397, 10398, 10399.

Wheaton Indoor Tennis

Table with 6 columns: ID, Age Group, Classes, Cost, Day, Time. Rows include 9123, 9122, 10199, 10198.

Beginner Tennis, Adult

Pauline Betz Addie Tennis

Table with 6 columns: ID, Age Group, Classes, Cost, Day, Time. Rows include 10063, 10064, 10065, 10066, 10067, 10069, 10068, 10070, 10072, 10071, 10073, 10074, 10075, 10076, 10400, 10401, 10402, 10403, 10404, 10406, 10405, 10407, 10409, 10408, 10410, 10411, 10412, 10413.

Wheaton Indoor Tennis

Table with 6 columns: ID, Age Group, Classes, Cost, Day, Time. Rows include 9124, 9125, 9126, 9127, 10200, 10201, 10202, 10203.



Intermediate Tennis

We'll begin to focus on the strategies and shots that will help you play winning tennis. We'll continue to work on stroke development, and learn specialty shots like lobs, drop shots, slices, topspins, cross-court and down-the-line shots, and both kick and flat serves. You'll also learn when and where to use each stroke, how to play strategic tennis (how to plan your shots, construct points, size up your opponent and play to his/her weaknesses), and work on consistency from both the baseline and net.

Intermediate Tennis, Youth

Wheaton Indoor Tennis

Table with 6 columns: ID, Age Group, Classes, Cost, Day, Time. Rows include 9129, 9128, 10205, 10204.

Intermediate Tennis, Junior

Pauline Betz Addie Tennis

Table with 6 columns: ID, Age Group, Classes, Cost, Day, Time. Rows include 10077, 10078, 10079, 10080, 10414, 10415, 10416, 10417.

Wheaton Indoor Tennis

Table with 6 columns: ID, Age Group, Classes, Cost, Day, Time. Rows include 9130, 9131, 9132, 9133, 10206, 10207, 10208, 10209.

Intermediate Tennis, Teen

Pauline Betz Addie Tennis

Table with 6 columns: ID, Age Group, Classes, Cost, Day, Time. Rows include 10081, 10082, 10083, 10084, 10418, 10419, 10420, 10421.



Intermediate Tennis, Adult

Pauline Betz Addie Tennis

10085	18 & up	6 Classes	\$135	Monday, Dec. 7	10-11am
10086	18 & up	6 Classes	\$135	Monday, Dec. 7	7-8pm
10087	18 & up	6 Classes	\$135	Tuesday, Dec. 8	Noon-1pm
10088	18 & up	6 Classes	\$135	Tuesday, Dec. 8	8-9pm
10089	18 & up	6 Classes	\$135	Wednesday, Dec. 9	11am-Noon
10090	18 & up	6 Classes	\$135	Wednesday, Dec. 9	8-9pm
10091	18 & up	6 Classes	\$135	Thursday, Dec. 10	8-9pm
10092	18 & up	6 Classes	\$135	Friday, Dec. 11	11am-Noon
10093	18 & up	6 Classes	\$135	Saturday, Dec. 12	Noon-1pm
10094	18 & up	6 Classes	\$135	Sunday, Dec. 13	11am-Noon
10422	18 & up	6 Classes	\$135	Monday, Feb. 8	10-11am
10423	18 & up	6 Classes	\$135	Monday, Feb. 8	7-8pm
10424	18 & up	6 Classes	\$135	Tuesday, Feb. 9	12-1pm
10425	18 & up	6 Classes	\$135	Tuesday, Feb. 9	8-9pm
10426	18 & up	6 Classes	\$135	Wednesday, Feb. 10	11am-Noon
10427	18 & up	6 Classes	\$135	Wednesday, Feb. 10	8-9pm
10428	18 & up	6 Classes	\$135	Thursday, Feb. 11	8-9pm
10429	18 & up	6 Classes	\$135	Friday, Feb. 12	11am-Noon
10430	18 & up	6 Classes	\$135	Saturday, Feb. 13	Noon-1pm
10431	18 & up	6 Classes	\$135	Sunday, Feb. 14	11am-Noon

Wheaton Indoor Tennis

9135	18 & up	6 Classes	\$111	Monday, Dec. 7	11am-Noon
9136	18 & up	6 Classes	\$111	Monday, Dec. 7	7-8pm
9138	18 & up	6 Classes	\$111	Tuesday, Dec. 8	10-11am
9137	18 & up	6 Classes	\$111	Wednesday, Dec. 9	8-9pm
9134	18 & up	6 Classes	\$111	Sunday, Dec. 13	1-2pm
10211	18 & up	6 Classes	\$111	Monday, Feb. 8	11am-Noon
10212	18 & up	6 Classes	\$111	Monday, Feb. 8	7-8pm
10214	18 & up	6 Classes	\$111	Tuesday, Feb. 9	10-11am
10213	18 & up	6 Classes	\$111	Wednesday, Feb. 10	8-9pm
10210	18 & up	6 Classes	\$111	Sunday, Feb. 14	1-2pm

Advanced Tennis

Prerequisite: Mastery of Intermediate level skills

In Advanced Tennis, you'll learn new strategies to win points, games and matches against a variety of players, as well as positioning and shot placement. We'll work on closing points, match play situations analysis, and mental toughness training, too. By the end of this class, you should have a thorough understanding of tennis, including offensive and defensive shots.

Advanced Tennis, Junior

Pauline Betz Addie Tennis

10095	11-13yrs	6 Classes	\$147	Tuesday, Dec. 8	6-7pm
10096	11-13yrs	6 Classes	\$147	Friday, Dec. 11	6-7pm
10097	11-13yrs	6 Classes	\$147	Friday, Dec. 11	7-8pm
10098	11-13yrs	6 Classes	\$147	Saturday, Dec. 12	3-4pm
10099	11-13yrs	6 Classes	\$147	Saturday, Dec. 12	4-5pm
10100	11-13yrs	6 Classes	\$147	Sunday, Dec. 13	2-3pm
10101	11-13yrs	6 Classes	\$147	Sunday, Dec. 13	3-4pm
10432	11-13yrs	6 Classes	\$147	Tuesday, Feb. 9	6-7pm
10433	11-13yrs	6 Classes	\$147	Friday, Feb. 12	6-7pm
10434	11-13yrs	6 Classes	\$147	Friday, Feb. 12	7-8pm
10435	11-13yrs	6 Classes	\$147	Saturday, Feb. 13	3-4pm
10436	11-13yrs	6 Classes	\$147	Saturday, Feb. 13	4-5pm
10437	11-13yrs	6 Classes	\$147	Sunday, Feb. 14	2-3pm
10438	11-13yrs	6 Classes	\$147	Sunday, Feb. 14	3-4pm

Wheaton Indoor Tennis

9139	14-17yrs	6 Classes	\$123	Friday, Dec. 11	5-6pm
10215	14-17yrs	6 Classes	\$123	Friday, Feb. 12	5-6pm

Advanced Tennis, Teen

Pauline Betz Addie Tennis

10102	14-17yrs	6 Classes	\$147	Tuesday, Dec. 8	7-8pm
10103	14-17yrs	6 Classes	\$147	Thursday, Dec. 10	7-8pm
10104	14-17yrs	6 Classes	\$147	Saturday, Dec. 12	1-2pm
10105	14-17yrs	6 Classes	\$147	Saturday, Dec. 12	3-4pm
10106	14-17yrs	6 Classes	\$147	Sunday, Dec. 13	3-4pm
10439	14-17yrs	6 Classes	\$147	Tuesday, Feb. 9	7-8pm
10440	14-17yrs	6 Classes	\$147	Thursday, Feb. 11	7-8pm
10441	14-17yrs	6 Classes	\$147	Saturday, Feb. 13	1-2pm
10442	14-17yrs	6 Classes	\$147	Saturday, Feb. 13	3-4pm
10443	14-17yrs	6 Classes	\$147	Sunday, Feb. 14	3-4pm

Advanced Tennis, Adult

Pauline Betz Addie Tennis

10107	18 & up	6 Classes	\$147	Monday, Dec. 7	Noon-1pm
10108	18 & up	6 Classes	\$294	Monday, Dec. 7	7-9pm
10109	18 & up	6 Classes	\$147	Tuesday, Dec. 8	10-11am
10110	18 & up	6 Classes	\$147	Tuesday, Dec. 8	8-9pm
10111	18 & up	6 Classes	\$294	Wednesday, Dec. 9	9-11am
10112	18 & up	6 Classes	\$147	Wednesday, Dec. 9	7-8pm
10113	18 & up	6 Classes	\$147	Wednesday, Dec. 9	8-9pm
10114	18 & up	6 Classes	\$147	Thursday, Dec. 10	Noon-1pm
10115	18 & up	6 Classes	\$147	Thursday, Dec. 10	8-9pm
10117	18 & up	6 Classes	\$147	Friday, Dec. 11	7-8pm
10118	18 & up	6 Classes	\$147	Saturday, Dec. 12	9-10am
10119	18 & up	6 Classes	\$147	Sunday, Dec. 13	Noon-1pm
10444	18 & up	6 Classes	\$147	Monday, Feb. 8	Noon-1pm
10445	18 & up	6 Classes	\$294	Monday, Feb. 8	7-9pm
10446	18 & up	6 Classes	\$147	Tuesday, Feb. 9	10-11am
10447	18 & up	6 Classes	\$147	Tuesday, Feb. 9	8-9pm
10448	18 & up	6 Classes	\$294	Wednesday, Feb. 10	9-11am
10449	18 & up	6 Classes	\$147	Wednesday, Feb. 10	7-8pm
10450	18 & up	6 Classes	\$147	Wednesday, Feb. 10	8-9pm
10451	18 & up	6 Classes	\$147	Thursday, Feb. 11	Noon-1pm
10452	18 & up	6 Classes	\$147	Thursday, Feb. 11	8-9pm
10453	18 & up	6 Classes	\$147	Friday, Feb. 12	7-8pm
10454	18 & up	6 Classes	\$147	Saturday, Feb. 13	9-10am
10455	18 & up	6 Classes	\$147	Sunday, Feb. 14	Noon-1pm

Wheaton Indoor Tennis

9142	18 & up	6 Classes	\$123	Thursday, Dec. 10	11am-Noon
9140	18 & up	6 Classes	\$123	Friday, Dec. 11	11am-Noon
9141	18 & up	6 Classes	\$123	Saturday, Dec. 12	11am-Noon
10218	18 & up	6 Classes	\$123	Thursday, Feb. 11	11am-Noon
10216	18 & up	6 Classes	\$123	Friday, Feb. 12	11am-Noon
10217	18 & up	6 Classes	\$123	Saturday, Feb. 13	11am-Noon





Junior Advanced Drill Play Tennis Clinic

Prerequisite: Evaluation by instructor. Designed for players who have the energy and enthusiasm of advanced/older players, but aren't quite ready for sustained play with high school level team players. We'll cover 'Advanced' skill levels and drills, plus strength and endurance training and transitional phase play. Please call 301-765-8650 (PBA) or 301-905-3030 (Wheaton) to schedule your evaluation with an instructor.

Wheaton Indoor Tennis

Table with 7 columns: ID, Age Group, Classes, Cost, Day, Date, Time. Lists tennis classes for Wheaton Indoor Tennis.



Kids' Cardio Tennis

This group tennis training activity features action-based tennis drills and games for children ages 6-12 at any skill level. Using music and pedometers, the class emphasizes movement and fun. With age-appropriate equipment and an encouraging environment, this class will help develop tennis and athletic skills, and improve overall health and fitness.

Pauline Betz Addie Tennis

Table with 7 columns: ID, Age Group, Classes, Cost, Day, Date, Time. Lists tennis classes for Pauline Betz Addie Tennis.

Wheaton Indoor Tennis

Table with 7 columns: ID, Age Group, Classes, Cost, Day, Date, Time. Lists tennis classes for Wheaton Indoor Tennis.

Cardio Tennis

This fun group tennis activity gives players of all abilities an ultimate, high-energy workout, with warm-up, cardio workout and cool-down phases. New! For all you early birds who want to fit in a workout before you go into the office or start your weekend, we've added 13 new 6-7am classes and four 7-8am classes. Looking for a great new way to burn calories and get in shape? Cardio Tennis is it!

Pauline Betz Addie Tennis

Table with 7 columns: ID, Age Group, Classes, Cost, Day, Date, Time. Lists tennis classes for Pauline Betz Addie Tennis.

Wheaton Indoor Tennis

Table with 7 columns: ID, Age Group, Classes, Cost, Day, Date, Time. Lists tennis classes for Wheaton Indoor Tennis.



Matchplay Tennis

Prerequisite: Instructor review of student's level of play. Matchplay Tennis provides you with an opportunity to compete with other players at the same ability/skill level in a match environment. As you play, an instructor will move around the court, coaching you through different situations and giving on-the-spot tips and things to think about. For Matchplay Tennis at Pauline Betz Addie/Cabin John, email Justin.Reid@MontgomeryParks.org. For Matchplay Tennis at Wheaton, email Gino.Tomasello@MontgomeryParks.org.

Pauline Betz Addie Tennis

10139	18 & up	6 Classes	\$147	Monday, Dec. 7	1-2pm
10140	18 & up	6 Classes	\$147	Monday, Dec. 7	8-9pm
10141	18 & up	6 Classes	\$147	Tuesday, Dec. 8	1-2pm
10142	18 & up	6 Classes	\$147	Wednesday, Dec. 9	2-3pm
10144	18 & up	6 Classes	\$147	Wednesday, Dec. 9	7-8pm
10143	18 & up	6 Classes	\$147	Wednesday, Dec. 9	8-9pm
10145	18 & up	6 Classes	\$147	Thursday, Dec. 10	10-11am
10477	18 & up	6 Classes	\$147	Monday, Feb. 8	1-2pm
10478	18 & up	6 Classes	\$147	Monday, Feb. 8	8-9pm
10479	18 & up	6 Classes	\$147	Tuesday, Feb. 9	1-2pm
10480	18 & up	6 Classes	\$147	Wednesday, Feb. 10	2-3pm
10482	18 & up	6 Classes	\$147	Wednesday, Feb. 10	7-8pm
10481	18 & up	6 Classes	\$147	Wednesday, Feb. 10	8-9pm
10483	18 & up	6 Classes	\$147	Thursday, Feb. 11	10-11am

Wheaton Indoor Tennis

9155	18 & up	6 Classes	\$123	Monday, Dec. 7	8-9pm
9158	18 & up	6 Classes	\$246	Tuesday, Dec. 8	7-9pm
9161	18 & up	6 Classes	\$123	Tuesday, Dec. 8	8-9pm
9159	18 & up	6 Classes	\$246	Wednesday, Dec. 9	7-9pm
9160	18 & up	6 Classes	\$246	Thursday, Dec. 10	7-9pm
9156	18 & up	6 Classes	\$123	Saturday, Dec. 12	10-11am
9157	18 & up	6 Classes	\$246	Sunday, Dec. 13	3-5pm
10231	18 & up	6 Classes	\$123	Monday, Feb. 8	8-9pm
10234	18 & up	6 Classes	\$246	Tuesday, Feb. 9	7-9pm
10237	18 & up	6 Classes	\$123	Tuesday, Feb. 9	8-9pm
10235	18 & up	6 Classes	\$246	Wednesday, Feb. 10	7-9pm
10236	18 & up	6 Classes	\$246	Thursday, Feb. 11	7-9pm
10232	18 & up	6 Classes	\$123	Saturday, Feb. 13	10-11am
10233	18 & up	6 Classes	\$246	Sunday, Feb. 14	3-5pm

Tennis "Boot Days"

School's out today, so why not let your young tennis pros take the day to learn and improve their tennis skills? We'll use games, personal instruction and drills to teach beginning/intermediate level players all the basics: forehand, backhand and overhead strokes, serves and volleys, footwork, score-keeping, names and meanings of the lines, and more. It's great fun and great exercise, too! Please bring a non-perishable lunch.



Pauline Betz Addie Tennis

10931	6-12yrs	1 Class	\$45	Monday, Dec. 28	9am-5pm
10940	6-12yrs	1 Class	\$45	Tuesday, Dec. 29	9am-5pm
10941	6-12yrs	1 Class	\$45	Wednesday, Dec. 30	9am-5pm
10942	6-12yrs	1 Class	\$45	Monday, Jan. 25	9am-5pm

Wheaton Indoor Tennis

10944	6-12yrs	1 Class	\$45	Monday, Dec. 28	9am-5pm
10945	6-12yrs	1 Class	\$45	Tuesday, Dec. 29	9am-5pm
10946	6-12yrs	1 Class	\$45	Wednesday, Dec. 30	9am-5pm
10947	6-12yrs	1 Class	\$45	Monday, Jan. 18	9am-5pm
10948	6-12yrs	1 Class	\$45	Monday, Jan. 25	9am-5pm
10949	6-12yrs	1 Class	\$45	Monday, Feb. 15	9am-5pm

SPOT TIME Special

\$15 per hour

Monday-Friday
2 & 3pm

at Wheaton Indoor Tennis

Visit ActiveMONTGOMERY.org to reserve your court time today!



Park Prescription: Healthy Habits for a Healthy Life

Parks can help create healthy people! There are hundreds of activities that people of all ages can enjoy in parks in every season, including:

- Walking
- Jogging
- Hiking
- Biking
- Ice Skating
- Fishing
- Tennis
- Playground Time
- *And more!*

Take the time to think about your health and find ways to get outdoors and into parks, even in winter. Montgomery Parks encourages you to talk to your healthcare provider about ways you can use parks, trails and programs to help meet your health goals.

PARK Prescription *Healthy Habits for a Healthy Life*

Name _____
Birth Date _____
Date _____

walking
hiking
jogging
fishing
soccer
basketball

tennis
ice-skating
playground time
softball
camping
riding a bike

Notes _____

Signature _____ **Unlimited Refills** 

 Visit MontgomeryParks.org for a park near you.

Visit – and tell your healthcare professional about –
MontgomeryParksPrescription.org



Montgomery Parks welcomes **PEOPLE OF ALL ABILITIES!**

Montgomery Parks offers these services for many programs, including:

- Summer Camps
- Ice Skating and Hockey Programs & Classes
- Tennis Programs & Classes
- Nature & Gardening Programs
- Cultural/History Programs



If you'd like to participate in a Montgomery Parks program and have a disability, reach out to our Program Access staff! They'll give you all the information you need, and will work with you to provide reasonable modifications so that you can participate, learn and have fun.

Reasonable modifications are based on individuals' needs and abilities. Some of the services we offer include use of companions, trained support staff, adaptive equipment and supplies, large print/Braille printed material, sign language interpreters, assistive listening devices, and more.



Learn more at www.MontgomeryParks.org/about/program_access
Phone: 301-495-2477 | ProgramAccess@MontgomeryParks.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.

2. BY MAIL

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

3. VIA FAX

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

4. IN PERSON

Stop by any Montgomery County Recreation location, including their Headquarters at 4010 Randolph Road, Silver Spring, MD 20902 (M-F, 10am-2pm), or visit Montgomery Parks locations offering activities that require registration. See the Parks "Facility Directory" for these locations.

PAYMENT INFORMATION

- Full payment must be made at time of registration. Do not submit registrations and/or payments to Parks or Recreation instructors.
- For Montgomery County Recreation activities, non-county residents and City of Gaithersburg and City of Rockville residents must pay an additional \$15 per activity per participant. This fee does not apply to Montgomery Parks activities.
- **CHECKS & MONEY ORDERS**
 - Make checks and money orders payable to ActiveMONTGOMERY.
 - Checks and money orders must include name, address, and phone number.
 - If your check is returned unpaid, your account will be debited for the original check amount, and electronically or via paper for the state's maximum allowable service fee. Payment by check constitutes authorization of these transactions. You may revoke your authorization by calling 800-666-5222, ext. 2 to arrange payment for any outstanding checks and service fees due.
 - Please allow 2 weeks to receive a refund by check.
- **CREDIT CARDS:** Visa, MasterCard, American Express and Discover are accepted. Registration form must include correct credit card number, expiration date, authorized signature and authorized total amount.
- Montgomery Parks and Montgomery County Recreation reserve the right to pursue all available options to collect any funds owed as a result of a dishonored check or credit card, charges incurred due to unsubstantiated credit card disputes, or any outstanding debt.



CREATE YOUR NEW ACCOUNT TODAY!

Your ActiveMONTGOMERY account will replace both your ParkPASS (Parks) and RecWeb (Recreation) accounts. Use ActiveMONTGOMERY.org to register for activities (courses, camps, etc.); to reserve community centers, park activity buildings, and other facilities.; and to purchase memberships offered by Montgomery Parks and Montgomery County Recreation. See p. 142 for ActiveMONTGOMERY FAQs.

WITHDRAWALS & REFUNDS

Withdrawal Time Frame	Withdrawal Reason & Method	Refund Amount	Refund Form
Any	Activity Canceled by Parks or Recreation	Full Refund	Refund may be applied to customer's ActiveMONTGOMERY account; or returned in same form as payment rendered.
At least 5 (five) business days before activity begins	Any reason, ONLINE	Full Refund	<p>If payment was made by credit card...Refund will be applied to credit card.</p> <p>If payment was made by check, cash, or money order...Refund will be applied to customer's ActiveMONTGOMERY account.</p>
	Any reason, IN PERSON	Full Refund	<p>Activity fee is \$25 or less...Refund will be applied to customer's ActiveMONTGOMERY account.</p> <p>Activity fee is \$26 or more...Refund may be applied to customer's ActiveMONTGOMERY account, or refund check may be requested.</p>
Less than 5 business days before activity begins	<p>Parks: Withdraw in person at the hosting facility.</p> <p>Recreation: Email Rec.Refund@MontgomeryCountyMD.gov or withdraw in person at Rec HDQ.</p>	Refund Less \$25 Withdrawal Fee	<p>Activity fee is \$49 or less: Refund will be applied to customer's ActiveMONTGOMERY account.</p> <p>Activity fee is \$50 or more: Refund may be applied to customer's ActiveMONTGOMERY account, or customer may request a refund check.</p>
For classes/sessions missed by participant	No refund of any type will be issued		
After second session/class of activity has met			
After the final session of activity has met			



The withdrawal and refund policies above pertain to all Parks and Recreation activities and rentals, unless otherwise noted in the activity description or facility rental agreement.



Use this form to register for **BOTH Montgomery Parks AND Montgomery County Recreation activities.***

*** Required Info** **REGISTRATION FORM**

Check here if this is a new address, phone number or email address. Please print. This form may be copied.

PARENT/GUARDIAN					
Last Name *		First Name *		Birthday (mm/dd/yy) *	Email
Address *			City *		State *
ZIP *	Home Phone *	Work Phone		Cell Phone	

EMERGENCY CONTACT <small>For participants under 18</small>		
Name		Relationship
		Phone

Participant's Name (Last, First)	Birthday (mm/dd/yy)	Sex	Activity Name	Activity Number	Fees*
*Non-County residents include an additional \$15 per participant, per activity for Montgomery County Recreation Department activities (not applicable for Parks activities)					Total Amount Due:

* Required Info

PAYMENT			
Name on Card		Credit Card Number	Security Code
		Expiration Date	
Payer Address (if different than above)		City	State
		ZIP	

Visa AmEx **MAIL Your Completed, Signed Form to: ActiveMONTGOMERY • 4010 Randolph Rd. • Silver Spring, MD 20902**
 MasterCard Discover If paying by credit card, you may **fax** your registration form to **240-777-6818**. If you need help completing this form,
 Check or Money Order please call **240-777-6840**.
 Make payable to: **ActiveMONTGOMERY** Cardholder Signature _____ Date _____

SIGNATURE IS REQUIRED
 Participant or Parent/Guardian Signature _____ Date _____

The participant assumes all risks associated with participation in the program; neither the County nor Montgomery Parks/M-NCPPC assumes any liability for injury or damages arising from participation in the program. Due to the strenuous nature of some activities, each participant is encouraged to consult his or her physician concerning fitness to participate in the program. The participant consents to emergency treatment. The participant also consents to the County and Montgomery Parks/M-NCPPC's use of the participant's image and likeness as shown in any photographs, videotapes, motion picture film, or electronic images, and any audio recordings made of the participant's voice in whatever way the County and Montgomery Parks/M-NCPPC desires, including television, print and Internet websites. Furthermore, the participant consents that such photographs, films, recordings, electronic images shall be the sole property of the County and Montgomery Parks/M-NCPPC. If the participant is a minor, the parent of guardian approves his or her participation in the program. Neither the instructor nor any staff are responsible for children prior to or after scheduled program.

Please note: You must create a **NEW ActiveMONTGOMERY** account before you can register online for any Parks or Recreation activity. Your old ParkPASS (Montgomery Parks) and RecWeb (Montgomery County Recreation Department) accounts will no longer be active beginning **August 17, 2015**.

FOUR WAYS TO REGISTER!

① Online at ActiveMONTGOMERY.org (Save time and money!)
② In person
③ Fax
④ Mail



Montgomery County
Department of Recreation
4010 Randolph Road
Silver Spring, MD 20902

PRSR STD
US Postage Paid
Rockville, MD
Permit No.138

or current resident



Summer Camp!

Picture yourself here...

Camps and programs for every age, schedule and interest!

Sports, music, science, art, drama, nature and more.

Full and Half-Day Programs

Look for our brochure in early January!

Registration begins January 19, 2016

ActiveMONTGOMERY.org

