

Summer 2013



MONTGOMERY COUNTY
Recreation



MONTGOMERY COUNTY GUIDE

RECREATION AND PARK PROGRAMS

HAPPY
60TH BIRTHDAY,
RECREATION!



Dance
Tennis
Art
Nature Hikes
Yoga
Camping
Tiny Tots
Boating
Cooking
Butterflies
and Much More!



Montgomery County

Celebrates

INDEPENDENCE DAY

July 4, 2013

Raindate: July 5 • Fireworks Only

Food Vendors On Site

ENTERTAINMENT!
FIREWORKS! FREE! FUN!

**GERMANTOWN
GLORY**

**MID-COUNTY
SPARKLES**

**SOUTH GERMANTOWN
RECREATIONAL PARK**

18041 Central Park Circle, Boyds, MD

7:00 PM • Live Music

9:15 PM • Fireworks

**EINSTEIN
HIGH SCHOOL**

11135 Newport Mill Rd., Kensington, MD

7:30 PM • Live Music

9:15 PM • Fireworks

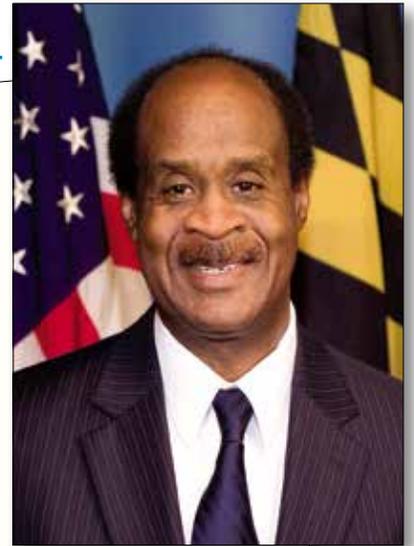
Shuttle Bus at Westfield/Wheaton Plaza - JCP

For information, call 240-777-6821 or visit montgomerycountymd.gov/rec

FROM THE COUNTY EXECUTIVE



Summer 2013



Dear Montgomery County Resident:

This issue of the Recreation and Parks Program Guide is full of activities for the whole family. Take a minute to look through it in order to take advantage of everything the Recreation Department has planned.

This summer, I invite you to join me in the Be Active Montgomery! campaign. The celebration kicks-off on June 8, from 10 a.m. to 2 p.m. at the Germantown Soccerplex, 18031 Central Park Circle, Boyds. The fun-filled event will include an array of performances, activity zones, fitness demonstrations, wellness outreach, and, of course, fun! This is a perfect way to start your summer.

As part of the campaign, Montgomery County Recreation has put together some amazing offerings to ensure that you can enjoy energizing, healthy activities that improve overall health and wellness. Whether swimming at one of our seven outdoor pools opening Memorial Day weekend, participating in one of our hundreds of summer camps and programs, or taking a dynamic senior trip and tour, there is always something fun to keep you active and involved in Montgomery County!

You will also want to mark your calendar to attend our traditional 4th of July Celebration. Once again, the County will celebrate with two spectacular fireworks displays - Germantown Glory at the South Germantown Park and Mid-County Sparkles at Einstein High School in Kensington.

I look forward to seeing you out and about this summer, and remember to be safe, be happy, be healthy, and Be Active Montgomery!

Here are a few suggestions to help you stay active and join in the Be Active Montgomery! campaign:

- The water slide at the Germantown Swim Center & the lazy river at the Martin Luther King, Jr. Outdoor Aquatic Center
- The rock climbing wall at White Oak Community Recreation Center
- A pick-up basketball game at Lawton Community Recreation Center
- The skatepark at Damascus Community Recreation Center

A stylized signature of Isiah Leggett in black ink.

Sincerely,

A blue ink signature of Isiah Leggett.

Isiah Leggett,
County Executive

A look Inside...

Summer 2013
Recreation and Parks Programs



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

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Registration For Summer
Classes Begins
May 13th

Swim Lesson
Registration will begin
May 15th



July 4th
cover



Like
Montgomery
County
Recreation
on Facebook



Follow
@macorec
on Twitter

Water Safety Day	27
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HABLAMOS ESPAÑOL

Si le interesa obtener información del Departamento de 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 ideas o sugerencias de algún otro tipo de programas, por favor 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 (programs listed on pages 1 to 104), please contact a Therapeutic Recreation Specialist at 240-777-6870 or rec.mainstream@montgomerycountymd.gov. If you are registering for a Montgomery Parks program (listed on pages 105 to 151), please call Parks General Information at 301-495-2595.



Registration for many Montgomery Parks Summer classes opens **May 14/15**
For Ice & Tennis Summer dates, please see p.105

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



Montgomery Parks



@MontgomeryParks

Escape every day! Relax on the beach, enjoy Hershey Park and Kings Dominion, cool off at Splash Down or Chesapeake Beach Water Park and so much more!

- You'll meet new people and have fun! • Sign up for one or more weeks: July 1, 8, 15 & 22
- Monday, Wednesday and Friday: 9am -5pm • Tuesday and Thursday: 9am – 8pm

Must be 13 by August 31, 2013 and no older than 16 years.

Call 240-777-8080 with any questions.



Summer Teen Escapes

Week 1	Week 2	Week 3	Week 4
\$345 Residents/ \$355 Non-Residents	\$395 Residents/ \$405 Non-Residents	\$395 Residents/ \$405 Non-Residents	\$395 Residents/ \$405 Non-Residents
Course: Bus Stops: 351098 White Oak CC 351099 Praisner CC	Course: Bus Stops: 351100 Olney Manor Rec. Park 351101 Bauer CC	Course: Bus Stops: 351102 Potomac CC	Course: Bus Stops: 351103 Germantown CC
Daily Activities: July 1 Liberty Mtn. Challenge Course & Pool July 2 Kings Dominion July 3 Chesapeake Beach Water Park or Splash Down Water Park July 5 Cascade Lake	Daily Activities: July 8 Liberty Mtn. Challenge Course & Pool July 9 Hershey Park July 10 Chesapeake Beach Water Park or Splash Down Water Park July 11 Rehoboth Beach July 12 Cascade Lake	Daily Activities: July 15 Liberty Mtn. Challenge Course & Pool July 16 Kings Dominion July 17 Chesapeake Beach Water Park or Splash Down Water Park July 18 Rehoboth Beach July 19 Cascade Lake	Daily Activities: July 22 Liberty Mtn. Challenge Course & Pool July 23 Hershey Park July 24 Chesapeake Beach Water Park or Splash Down Water Park July 25 Rehoboth Beach July 26 Cascade Lake

Pick up sites or scheduled activities may be subject to change due to circumstances beyond our control.

TEENS

Countywide 240-777-8080



S.T.E.P.

Student Teen Employment Program

A student employment program for youth in Montgomery County. Students will learn leadership, team building, communication and job readiness skills for the future. Please call 240-777-8080 for details.

Teen Events

High School Summer Blacktop Basketball. Call for more information.



12 Ways to have Fun this **SUMMER**

Get fit with badminton.

Run, stretch, leap, and lunge. Yep, good old badminton serves up a fun calorie-burning cardio workout. See page 60.

Escape the summer heat.

Jump in and cool off at our outdoor pools... open May 25th. See page 11 for details.

Grab your Cue...

Pool leagues play Tuesdays & Thursdays at 11:00 a.m. Senior adults only - join in the fun at Schweinhaut Senior Center. Call 240-777-8085 for info.

Join us at the July 4th Celebration!

Enjoy free entertainment and a fabulous fireworks show that will make you go "aaaahh". See the front inside cover for details.

Take it to the extreme.

Get ready for the ultimate water workout. Water Boot Camp is a high intensity workout with plyometrics, interval training, running and jumping drills. See page 13.

Design it! Make it! Wear it!

Learn the basics of wiring wrapping using gem stones and beach glass. Class listed on page 41.

Make summer memories.

Summer camps are affordable and fun; full and half day programs. See info on page 90.

Play with mud...pottery.

Take a spin on the wheel and create your own one-of-a-kind master piece. Classes listed on page 42.

Be Active Montgomery!

Do something fun, fit and healthy every day. Ready to get started? Join us Saturday, June 8, 10am-2pm at South Germantown Recreation Park. Free Admission. Details on page 36.

Gather Up the Family...

For a day of hands-on exhibits and spectacular displays in the wonderful world of science and technology at the Baltimore Science Center. Trip is listed on page 78.

Drop by and shoot some hoops.

Game on at the newly renovated Plum Gar Community Center. Open this summer. Call 240-777-4980 for info.

Turn the Beat Around.

Get into the rhythm and movement of music for social dancing. Learn line and group dance for ages 13 & up with disabilities. Call 240-777-6870 for information.

SILVER SPRING

Summer Concert Series



Thursdays 7-9pm
Veterans Plaza @ the Civic Building

- July 11** **BRUCE EWAN** *Blues*
The Red Harmonica King
- July 18** **DAVID BACH** *World Jazz*
- July 25** **ELLIOT LEVINE** *R&B, Funk*
- August 1** **SECOND WIND** *Rock & Roll Covers*

www.montgomerycountymd.gov/rec

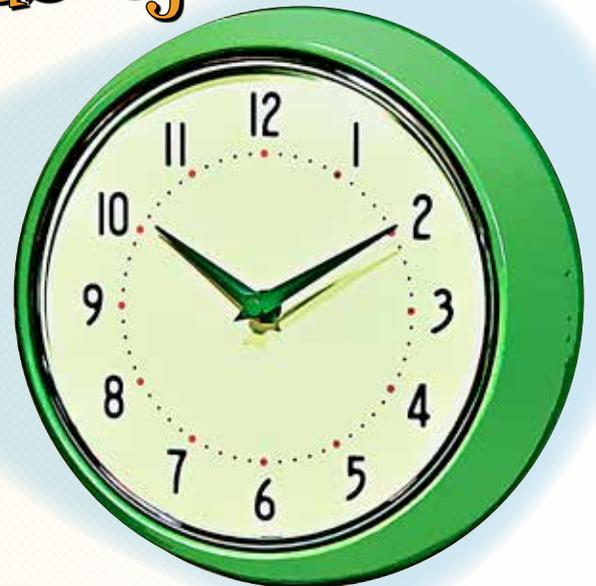


Rolling Back the Hands of Time!

Montgomery County Recreation is marking our 60th Anniversary and we want you to be a part of the celebration. We are rolling back the hands of time with 1953 prices on select classes! Look for the clocks throughout the Summer Guide marking the classes that have special 1953 60th Anniversary prices. Enjoy your summer and a good old fashioned bargain class on us!

The following classes have Rollback Pricing.

Adventures in Art	p. 39	Vini Yoga	p.56
Oil or Acrylic Painting	p. 40	Vini Yoga Intermediate	p.56
Jewelry Basics	p. 41	Vini Easy Going Yoga	p.56
Dance For The Special Occasion.....	p. 44	Sunday Studio with CREATE	p.57
Smokin' and Grillin'	p. 47	FunFit Shining Stars.....	p.58



Look for the clocks throughout the Summer Guide!

Have An Affair With Recreation!

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

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

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

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

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

Get started by visiting
montgomerycountymd.gov or
call 240.777.4980.



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

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



Just for the

60th ANNIVERSARY OF MONTGOMERY COUNTY RECREATION

A HISTORY OF THE DEPARTMENT



As we celebrate the 60th Anniversary of Montgomery County Recreation, our Diamond Jubilee, we take a quick look back at our past. Come with us as we explore the story of how we have come so far in providing recreational opportunities for all in Montgomery County.

It was on June 1, 1953, that Montgomery County's recreational program became an operating department, having been authorized by the Maryland General Assembly. The Department administered a year-round program of activities, coordinated by a fulltime staff of six, designed to promote stimulating and healthy recreation for communities throughout Montgomery County. The program consisted of 41 playgrounds for summer activities, seasonal sports programs for youth, and a basic adult sports program in softball and basketball. The population in 1953 was 190,560 and Recreation's initial budget was \$250,000.

Also in 1953, classes began in arts, crafts, dancing and pre-school. Nominal fees to cover costs for instructors, materials, and facilities totaled \$2,976. By 1971, hundreds of programs had been established and revenues totaled \$705,592.

Significant in its history was the decision by Montgomery County Recreation's first director, Forest Gustafson, to integrate programs at the opening of the 1955 playground season. Montgomery County Public Schools integrated in the fall of that year.

The responsibilities of the department expanded in 1968 with the inclusion of facilities. Pools were built at Glenmont, Long Branch, and Piney Branch Middle School. With each pool, instructional programming was a necessary addition.

Montgomery County Recreation continued to grow rapidly. By 1972, playgrounds had increased to 125, there were 28 Teen Social Clubs, five Senior Citizens Clubs, and adult basketball programs expanded from eight to 80 teams. Youth sports programs were developed in 40 junior and senior high schools for seasonal and holiday periods.

RECORD

Looking back is always fun. We are amused by how inexpensive things were over a half century ago. But that was then and this is now. Fast forward to 2013...Montgomery County's population sits on the precipice of 1 million, and Recreation's FY13 budget is \$26 million. Our staff consists of 101 fulltime and 3,000 seasonal and part-time. Montgomery County Recreation operates 27 Community Recreation Centers and Senior Centers, four indoor pools and seven outdoor pools, robust after school youth and teen programs in collaboration with Montgomery County Public Schools, hundreds of classes and summer camps, trips and tours for seniors and families, sports leagues, a year-round therapeutic program, 4th of July celebrations, and music and holiday festivals.

Back in 1953 Montgomery County had a Council/Manager form of government, so there was no County Executive. Today, our County Executive is Isiah Leggett and our Recreation Director is Gabriel Albornoz. But some things do not change. Our mission is to provide high quality, diverse, and accessible programs, services, and facilities that enhance the quality of life for all ages, cultures, and abilities. Continue with us on our journey of another 60 years and more.





Mark your calendars now!
JUNE 1st, 2013
8:30am-11:00am

MLK FUN & FITNESS DAY!

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

H2O Fitness and the Wellness Network
will be providing 30 minute demo classes
all morning **FREE** of charge.

We will have it all... Exercise classes, Food,
Raffles & prizes. You will also have a chance
to meet instructors and experience classes.

**Deep Water Exercise • Aqua Zumba
Abs & Glutes • Deep Water Tabata
Aqua Mommy • Water Exercise
Aqua Cardio Challenge**

POOLS OPEN!

Saturday, May 25

BETHESDA

GERMANTOWN

LONG BRANCH

POOLESVILLE

SILVER SPRING

UPPER COUNTY

WHEATON/GLENMONT

Convenient

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

Fun

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

Affordable

We Offer Daily Admissions, 12 Punch Passes And Season Passes

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



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
Boyd's, MD 20841

OUTDOOR POOLS

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

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

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

**Wheaton/Glenmont Outdoor
Pool (GL)**
301-929-5460
12621 Dalewood Drive
Wheaton, MD 20906

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

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

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

Schedules and Facility descriptions are available online at montgomerycountymd.gov/rec

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 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 152.

Instructors:

Wellness Network: Linda Costello	301-924-3488	wellnet1@aol.com
Waterworks: Sally Dimsdale	301-593-1609	sallyswaterworks@msn.com
H2O Fitness: Peggy Brower	301-603-1328	browers4@aol.com

Water Boot Camp

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 your work your entire body, heart and muscles by going from one exercise to another. Enlist today and experience this top notch, effective workout. You might even sweat in the water! All ages and physical levels are welcome. Offered in either shallow water or deep water (belt required).

10 Sessions	\$53	
Instructor: Peggy Brower		
<i>Deep Water</i>		
356454	MLK SC	6/7 F 7:00am - 7:50am
Instructor: Wellness Network, Inc.		
<i>Shallow Water</i>		
354582	Germantown ISC	6/4 Tu 10:30am - 11:20am

Dancing Mom & Babes

Dance (workout) with your baby in the water! You get the exercise and you both have fun in the water, while dancing to the music. Baby MUST sit in a floatation device provided by the instructor.

10 Sessions	\$62	
Instructor: Peggy Brower		
357853	Germantown ISC	6/7 F 10:30am - 11:20am

Deep Water Tabata

Tabata training is a high intensity workout using interval training. It will give you maximum benefits in a shorter period of time and burn fat more effectively. Deep water belt is required and may be purchased at the pool for \$20.

10 Sessions	\$53	
Instructor: Peggy Brower		
357855	MLK Outdoor Pool	6/10 M 10:00am - 10:50am
357854	MLK Outdoor Pool	6/12 W 10:00am - 10:50am

Against the Current

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

10 Sessions	\$53	
Instructor: Peggy Brower		
354432	MLK Outdoor Pool	6/10 M 9:00am - 9:50am
354433	MLK Outdoor Pool	6/12 W 9:00am - 9:50am
356337	MLK Outdoor Pool	6/15 S 10:00am - 10:50am

Aqua Mommy/ Pre-Natal

This is a class designed for moms who stay at home. Mom will get a gentle workout while the child gets used to the water and exercises with mom. Everyone makes new friends and gets some exercise. Child must be at least 6 months old. Your child will be in the class with you. A great class for Pre-Natal Moms.

10 Sessions	\$59	
Instructor: Peggy Brower		
356341	MLK SC	6/7 F 8:30am - 9:20am

Abs & Glutes

Shallow water class with high energy packed with power that will sculpt your abs and glutes. Gloves are recommended and can be purchased at class.

10 Sessions	\$53	
Instructor: Peggy Brower		
354429	MLK SC	6/3 M 9:30am - 10:20am
354430	MLK SC	6/5 W 9:30am - 10:20am

Aqua Cardio Challenge

This CO-ED 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.

10 Sessions	\$53	
Instructor: Peggy Brower		
356336	Germantown ISC	6/3 M 9:30am - 10:20am
356342	MLK SC	6/4 Tu 8:30am - 9:20am
356343	MLK SC	6/6 Th 8:30am - 9:20am
356339	MLK SC	6/8 Sa 8:00am - 8:50am
Instructor: Wellness Network, Inc.		
354435	Oiney SC	6/4 Tu 7:00pm - 7:50pm

AquaZumba

Zumba is the latest craze that is sweeping the nation. This latin inspired aerobic workout is a fun, muscle pumping, caloric burning dance workout done in shallow water. The workout is guaranteed to make waves.

10 Sessions	\$53	
Instructor: Peggy Brower		
354445	Germantown ISC	6/4 Tu 7:40pm - 8:30pm
354446	Germantown ISC	6/6 Th 7:40pm - 8:30pm
356344	MLK SC	6/7 F 7:00pm - 7:50pm
354438	MLK Outdoor Pool	6/11 Tu 10:00am - 10:50am
354439	MLK Outdoor Pool	6/13 Th 10:00am - 10:50am
Instructor: Wellness Network, Inc.		
354442	Oiney SC	6/3 M 8:00pm - 8:50pm
354443	Oiney SC	6/5 W 8:00pm - 8:50pm
354441	Oiney SC	6/9 Su 9:00am - 9:50am

FIND US FAST ON YOUR SMARTPHONE



Check out our land fitness classes Too!

Held at Aquatic Facilities

Body Sculpting pg. 53
Zumba pg. 49



Deep Water Running & Exercise

Ideal cardiovascular exercise with no weight bearing stress. Beneficial for crosstraining and/or rehabilitating persons requiring the cushioning of deep water. Deep Water belt is required and may be purchased at the pool for \$20.

10 Sessions			\$53
Instructor:Peggy Brower			
354449	MLK SC	6/3 M	1:00pm - 1:50pm
354477	Germantown ISC	6/3 M	10:30am -11:20am
354453	MLK SC	6/4 Tu	7:30am - 8:20am
354480	Germantown ISC	6/4 Tu	8:30pm - 9:20pm
354451	MLK SC	6/5 W	1:00pm - 1:50pm
354481	Germantown ISC	6/5 W	10:30am -11:20am
354454	MLK SC	6/6 Th	7:30am - 8:20am
354484	Germantown ISC	6/6 Th	8:30pm - 9:20pm
354458	MLK SC	6/7 F	9:30am -10:20am
354459	MLK SC	6/8 Sa	9:00am - 9:50am
Instructor:Sally Dimsdale			
354470	Kennedy Shriver Aq Ctr	6/3 M	8:30am - 9:20am
354471	Kennedy Shriver Aq Ctr	6/4 Tu	10:00am -10:50am
354475	Kennedy Shriver Aq Ctr	6/4 Tu	7:30pm - 8:20pm
354472	Kennedy Shriver Aq Ctr	6/5 W	8:30am - 9:20am
354473	Kennedy Shriver Aq Ctr	6/6 Th	10:00am -10:50am
354474	Kennedy Shriver Aq Ctr	6/7 F	8:30am - 9:20am
354485	Germantown ISC	6/8 Sa	9:30am -10:20am
354456	Bethesda Pool	6/10 M	8:00pm - 8:50pm
354457	Bethesda Pool	6/12 W	8:00pm - 8:50pm
354455	Bethesda Pool	6/16 Su	8:00am - 8:50am
354476	Kennedy Shriver Aq Ctr	6/6 Th	7:30pm - 8:20pm
Instructor:Wellness Network, Inc.			
354466	Olney SC	6/3 M	7:00pm - 7:50pm
354478	Germantown ISC	6/3 M	7:40pm - 8:30pm
354450	MLK SC	6/4 Tu	7:00pm - 7:50pm
354461	Olney SC	6/4 Tu	8:30am - 9:20am
354464	Olney SC	6/4 Tu	10:30am -11:20am
354479	Germantown ISC	6/4 Tu	9:30am -10:20am
354467	Olney SC	6/5 W	7:00pm - 7:50pm
354482	Germantown ISC	6/5 W	8:30pm - 9:20pm
354452	MLK SC	6/6 Th	7:00pm - 7:50pm
354462	Olney SC	6/6 Th	8:00pm - 8:50pm
354463	Olney SC	6/6 Th	8:30am - 9:20am
354465	Olney SC	6/6 Th	10:30am -11:20am
354483	Germantown ISC	6/6 Th	9:30am -10:20am
354468	Olney SC	6/7 F	6:00pm - 6:50pm
354469	Olney SC	6/8 Sa	9:00am - 9:50pm

AQUA YO-Lates

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.

10 Sessions			\$53
Instructor:			
358958	MLK Outdoor Pool	6/14 F	10.00am -10.50am

Water Aerobics

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

10 Sessions			\$53
Instructor:Sally Dimsdale			
354490	Kennedy Shriver Aq Ctr	6/3 M	9:30am -10:20am
354486	Kennedy Shriver Aq Ctr	6/4 Tu	8:30am - 9:20am
354488	Kennedy Shriver Aq Ctr	6/5 W	9:30am -10:20am
354487	Kennedy Shriver Aq Ctr	6/6 Th	8:30am - 9:20am
354489	Kennedy Shriver Aq Ctr	6/7 F	9:30am -10:20am
Instructor:Wellness Network, Inc.			
354492	Olney SC	6/4 Tu	9:30am -10:20am
354495	MLK SC	6/4 Tu	8:00pm - 8:50pm
354496	Germantown ISC	6/5 W	7:30pm - 8:20pm
354493	Olney SC	6/6 Th	9:30am -10:20am
354494	MLK SC	6/6 Th	8:00pm - 8:50pm
354491	Olney SC	6/6 Th	7:00pm - 7:50pm

Water Exercise for Arthritis

Specially modified class for those who have arthritis and who cannot participate in regular exercise classes.

10 Sessions			\$53
Instructor:Sally Dimsdale			
354514	Kennedy Shriver Aq Ctr	6/3 M	11:00am -11:50am
354515	Kennedy Shriver Aq Ctr	6/5 W	11:00am -11:50am
354516	Kennedy Shriver Aq Ctr	6/7 F	11:00am -11:50am
Instructor:Wellness Network, Inc.			
354517	Olney SC	6/3 M	10:00am -10:50am
354512	MLK SC	6/4 Tu	10:30am -11:20am
354518	Olney SC	6/5 W	10:00am -10:50am
354513	MLK SC	6/6 Th	10:30am -11:20am
354519	Olney SC	6/7 F	10:00am -10:50am

Water Exercise

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.

10 Sessions			\$53
Instructor:Peggy Brower			
354500	MLK SC	6/3 M	8:30am - 9:20am
354501	MLK SC	6/5 W	8:30am - 9:20am
354510	Germantown ISC	6/5 W	9:30am -10:20am
354502	MLK SC	6/7 F	8:30am - 9:20am
354511	Germantown ISC	6/7 F	9:30am -10:20am
Instructor:Sally Dimsdale			
354503	Kennedy Shriver Aq Ctr	6/3 M	8:30pm - 9:20pm
354504	Kennedy Shriver Aq Ctr	6/4 Tu	11:30am -12:20pm
354505	Kennedy Shriver Aq Ctr	6/5 W	8:30pm - 9:20pm
354506	Kennedy Shriver Aq Ctr	6/6 Th	11:30am -12:20pm
Instructor:Wellness Network, Inc.			
354509	Olney SC	6/3 M	9:00am - 9:50am
354507	Olney SC	6/5 W	9:00am - 9:50am
354508	Olney SC	6/7 F	9:00am - 9:50am

DIVING

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 introductory 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 MDCBeavers@gmail.com.

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High School Springs

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 \$50.00 to the club as an annual family membership fee and \$16.00 to AAU.

\$260

Instructor: Doug Beavers

356345	Kennedy Shriver Aq Ctr	6/17	M	8:00pm - 9:30pm
356347	Germantown ISC	6/17	M	8:30pm - 10:00pm
356348	Germantown ISC	6/19	W	8:30pm - 10:00pm
356346	Kennedy Shriver Aq Ctr	6/20	Th	8:00pm - 9:30pm

Human Springs Lessons

This 45 minute class is designed for absolute beginners, kids age 5-11, or kids who might benefit from a shorter class format. Most participants are age 6-10. Participants must be comfortable swimming in deep water. Additional fees include \$20.00 to the club as an annual family membership fee and \$16.00 to AAU.

\$135

Instructor: Doug Beavers

356158	Germantown ISC	6/17	M	5:15pm - 6:00pm
356162	Olney SC	6/17	M	5:00pm - 5:45pm
356154	Kennedy Shriver Aq Ctr	6/18	Tu	5:15pm - 6:00pm
356159	Germantown ISC	6/18	Tu	5:15pm - 6:00pm
356155	Kennedy Shriver Aq Ctr	6/19	W	5:15pm - 6:00pm
356160	Germantown ISC	6/19	W	5:15pm - 6:00pm
356163	Olney SC	6/19	W	5:00pm - 5:45pm
356157	Germantown ISC	6/20	Th	5:15pm - 6:00pm
356156	Kennedy Shriver Aq Ctr	6/21	F	5:15pm - 6:00pm
356161	Germantown ISC	6/21	F	5:15pm - 6:00pm

Rusty Springs (Masters)

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 the Rusty Springs! Additional fees include \$50.00 to the club as an annual family membership fee and \$16.00 to AAU.

\$260

Instructor: Doug Beavers

356349	Kennedy Shriver Aq Ctr	6/17	M	8:00pm - 9:30pm
356350	Kennedy Shriver Aq Ctr	6/20	Th	8:00pm - 9:30pm

National Team

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. Please contact the Program Director for more info - MDCBeavers@gmail.com. Additional fees include \$300.00 to the club as an annual family membership fee, \$16.00 to AAU, and \$75.00 to USA diving.

\$900

Instructor: Doug Beavers

356352	Kennedy Shriver Aq Ctr	6/18	Tu, W, F	5:00pm - 8:00pm
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\$1300

Instructor: Doug Beavers

356351	Kennedy Shriver Aq Ctr	6/17	M-F	7:00am - 12:00pm
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SuperSprings

The Super Springs is a program designed for talented young athletes with high potential for the sport of competitive diving. The group is made up of kids 13 and younger. The program will be a balance of in-water and dryland training. Our objective for these divers will be to teach exceptional fundamental skills in preparation for high-level competitive skills in the future.

\$350

Instructor:

356140	Kennedy Shriver Aq Ctr	6/18	Tu, Th, F	3:30pm - 5:00pm
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\$350

Instructor:

356141	Germantown ISC	6/18	Tu, Th, F, Su	3:30pm - 5:00pm
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Human Springs Team

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 age 10 and older who are comfortable in deep water, motivated to learn about the sport of diving, and who would otherwise feel uncomfortable in a Lesson class with little kids. Additional fees include \$100.00 to the club as an annual family membership fee and \$16.00 to AAU.

\$260

Instructor: Doug Beavers

356145	Germantown ISC	6/17	M	6:00pm - 7:30pm
356151	Olney SC	6/17	M	6:00pm - 7:30pm
356142	Kennedy Shriver Aq Ctr	6/18	Tu	6:00pm - 7:30pm
356146	Germantown ISC	6/18	Tu	6:00pm - 7:30pm
356148	MLK SC	6/18	Tu	5:30pm - 7:00pm
356143	Kennedy Shriver Aq Ctr	6/19	W	6:00pm - 7:30pm
356150	Germantown ISC	6/19	W	6:00pm - 7:30pm
356152	Olney SC	6/19	W	5:45pm - 7:15pm
356149	MLK SC	6/20	Th	5:30pm - 7:00pm
356153	Germantown ISC	6/20	Th	6:00pm - 7:30pm
356144	Kennedy Shriver Aq Ctr	6/21	F	6:00pm - 7:30pm
356147	Germantown ISC	6/21	F	6:00pm - 7:30pm

RecWeb . . .
Easy, Fast, Secure!
montgomerycountymd.gov/rec



COMPETITIVE PROGRAMS

ROCKVILLE MONTGOMERY SWIM CLUB

This year-round, United States Swimming (USAS) affiliated, age group and senior swim team competes through Potomac Valley Swimming (PVS), which is the local swim committee (LSC) for USAS. RMSC offers a rewarding training and competitive experience to swimmers of all ability and interest levels through a schedule of flexible practice times. Swimmers new to the program must attend a skill assessment and group placement evaluation at the pool of their choice. Coaches will assign practice groups depending on skill level. Swimmers may not begin to practice with their designated group until all registration forms have been completed and all fees have been paid in full. Entry into advanced level groups is available by coaches' invitation only. Those who participated in the program last year may register only for the group with which they practiced last year. No swimmer may change group assignment unless instructed to do so by a coach. The Spring session runs April 8th to May 24th and the Spring/Summer session runs April 8th to August 2nd, 2013

Germantown Indoor Swim Center

For information contact Jonathan Smink at 240-777-6830 or Jon.Smink@montgomerycountymd.gov.

<i>ADVANCED JUNIORS-Coaches Invite Only</i>	
350463	\$630
<i>SENIORS</i>	
350470	\$630
<i>ADVANCED SENIORS-Coaches Invite Only</i>	
350466	\$740
<i>NDG-Coaches Invite Only</i>	
350464	\$740
<i>NTG-Coaches Invite Only</i>	
350467	\$800

Olney Swim Center

For information call Herb Poe at 240-777-4995 or herb.poe@montgomerycountymd.gov.

<i>ADVANCED JUNIORS-Coaches Invite Only</i>	
350487	\$630
<i>SENIORS</i>	
350490	\$630
<i>ADVANCED SENIORS-Coaches Invite Only</i>	
350491	\$740
<i>NDG-Coaches Invite Only</i>	
350488	\$740
<i>NTG-Coaches Invite Only</i>	
350492	\$800

Martin Luther King, Jr. Swim Center

For information contact Carey Apple at 240-777-8060 or Carey.Apple@montgomerycountymd.gov.

<i>ADVANCED JUNIORS-Coaches Invite Only</i>	
350475	\$630
<i>SENIORS</i>	
350478	\$630
<i>ADVANCED SENIORS-Coaches Invite Only</i>	
350479	\$740
<i>NDG-Coaches Invite Only</i>	
350476	\$740
<i>NTG-Coaches Invite Only</i>	
350480	\$800

Kennedy Shriver Aquatic Center

For information contact Christa Krukiel at 240-777-8070 or Christa.Krukiel@montgomerycountymd.gov.

<i>ADVANCED JUNIORS-Coaches Invite Only</i>	
350451	\$630
<i>SENIOR TEAM (OPTION A)</i>	
350453	\$300/\$630
<i>SENIOR TEAM (OPTION B)</i>	
350455	\$300/\$630
<i>SENIOR TRAINING GROUP-Coaches Invite Only</i>	
350454	\$360/\$690
<i>ADVANCED SENIORS-Coaches Invite Only</i>	
350456	\$740
<i>NDG-Coaches Invite Only</i>	
350452	\$740
<i>NTG-Coaches Invite Only</i>	
350457	\$800



DEVELOPMENTAL SWIM TRAINING

These programs help to provide a transition between swim lessons and swim team participation. They also provide a year-round program for the Fall swim team member.

Montgomery Stroke and Turn Clinic

This information is for the 2013-2014 session. MUST be able to swim 25 meters of freestyle without stopping. This program will meet for 22 sessions. The program will begin October 20, 2013 and run to May 18, 2014. There will be no clinic on December 1, 22, & 29, February 2, April 13 & 20, and three other Sundays which will be announced at the first session. Registration will begin July 2, 2013.

22 Sessions	\$345		
Instructor: MSTC			
358108	Kennedy Shriver Aq Ctr	10/20 Su	5:00pm-6:00pm
358109	Kennedy Shriver Aq Ctr	10/20 Su	6:00pm-7:00pm
358110	Kennedy Shriver Aq Ctr	10/20 Su	7:00pm-8:00pm
358111	Olney Swim Ctr	10/20 Su	5:00pm-6:00pm
358112	Olney Swim Ctr	10/20 Su	6:00pm-7:00pm
358113	Olney Swim Ctr	10/20 Su	7:00pm-8:00pm
358114	Germantown ISC	10/20 Su	6:00pm-7:00pm
358115	Germantown ISC	10/20 Su	7:00pm-8:00pm
358116	MLK Swim Ctr	10/20 Su	6:00pm-7:00pm
358117	MLK Swim Ctr	10/20 Su	7:00pm-8:00pm

MCSL SWIM TEAM

This summer swim team program, sponsored by Montgomery County Recreation is part of the Montgomery County Swim League (MCSL). The competitive program is for swimmers 5-18 years old. Daily practices and weekly meets on Saturday mornings or Wednesday evenings, depending on the participant's skill level. To join, swimmers must be able to complete one length of the pool using a coordinated stroke and rhythmic breathing. We do NOT offer Pre-Team. Materials and other team fees are not included in the registration fee. Parents and swimmers should attend the registration meeting held at the pool on Tues., May 28, 7:00 PM, RAIN or SHINE.

\$175			
350998	Bethesda OP	5/28	M-Sa
350999	Germantown OP	5/28	M-Sa
351000	Western County OP	5/28	M-Sa
351001	Long Branch OP	5/28	M-Sa
351002	Wheaton/Glenmont OP	5/28	M-Sa
351003	Upper County OP	5/28	M-Sa



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.

April 21-Aug 24

356806	1 day per week	12/30-4/20	\$110
356807	2 days per week	12/30-4/20	\$150
356808	3 days per week	12/30-4/20	\$190
355809	4 days per week	12/30-4/20	\$230
356810	5 days per week	12/30-4/20	\$270

Practice Schedule

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



SAFETY TRAINING

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



BE A HERO!

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



Lifeguard Training \$195

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 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 1min 40sec.

The first date listed for every Lifeguard Training course is a pre-course. You MUST pass the pre-course to continue.

Germantown Indoor Swim Center

Session	Date	Begins	Ends
LGT 6: Course 339063 June - 2013			
Pre-Course	Friday, June 14	7:30pm	9:30pm
Session 1	Sunday, June 16	9:30am	12:30pm
Session 2	Sunday, June 16	1:00pm	4:00pm
Session 3	Monday, June 17	2:00pm	5:00pm
Session 4	Monday, June 17	5:30pm	9:00pm
Session 5	Tuesday, June 18	2:00pm	5:00pm
Session 6	Tuesday, June 18	5:30pm	9:00pm
Session 7	Wednesday, June 19	2:00pm	5:00pm
Session 8	Wednesday, June 19	5:30pm	9:00pm
Session 9	Thursday, June 20	6:30pm	9:30pm

Kennedy Shriver Aquatic Center

Session	Date	Begins	Ends
LGT 5: Course 339057 June - 2013			
Pre-Course	Thursday, Jun. 20	7:30pm	9:30pm
Session 1	Friday, Jun. 21	9:00am	12:00pm
Session 2	Friday, Jun. 21	12:00pm	3:00pm
Session 3	Monday, Jun. 24	9:00am	12:00pm
Session 4	Monday, Jun. 24	12:00pm	3:00pm
Session 5	Tuesday, Jun. 25	9:00am	12:00pm
Session 6	Tuesday, Jun. 25	12:00pm	3:00pm
Session 7	Wednesday, Jun. 26	9:00am	12:00pm
Session 8	Wednesday, Jun. 26	12:00pm	3:00pm
Session 9	Thursday, Jun. 27	9:00am	12:00pm

Martin Luther King, Jr. Swim Center

Session	Date	Begins	Ends
LGT 6: Course 339071 June - 2013			
Pre-course	Friday, May 31	7:00pm	9:30pm
Session 1	Sunday, Jun. 2	9:00am	12:00pm
Session 2	Sunday, Jun. 2	12:30pm	4:00pm
Session 3	Monday, Jun. 3	6:00pm	9:30pm
Session 4	Thursday, Jun. 6	6:00pm	9:30pm
Session 5	Friday, Jun. 7	6:00pm	9:30pm
Session 6	Sunday, Jun. 9	9:00am	12:00pm
Session 7	Sunday, Jun. 9	12:30pm	4:00pm
Session 8	Monday, Jun. 10	6:00pm	9:30pm
Session 9	Thursday, Jun. 13	6:00pm	9:30pm
LGT 7: Course 339072 June - 2013			
Pre-course	Friday, Jun 14	7:00pm	9:30pm
Session 1	Saturday, Jun. 15	9:00am	12:00pm
Session 2	Saturday, Jun. 15	12:30pm	4:00pm
Session 3	Monday, Jun. 17	9:00am	12:00pm
Session 4	Monday, Jun 17	12:30pm	4:00pm
Session 5	Tuesday, Jun. 18	9:00am	12:00pm
Session 6	Tuesday, Jun 18	12:30pm	4:00pm
Session 7	Wednesday, Jun 19	9:00am	12:00pm
Session 8	Wednesday, Jun 19	12:30pm	4:30pm
Session 9	Thursday, Jun 20	9:00am	3:00pm

Olney Swim Center

Session	Date	Begins	Ends
LGT 5: Course 339078 June - 2013			
Pre-course	Saturday, June 15	4:00pm	5:30pm
Session 1	Sunday, June 16	9:00am	12:30pm
Session 2	Monday, June 17	9:00am	12:30pm
Session 3	Monday, June 17	1:00pm	4:00pm
Session 4	Tuesday, June 18	9:00am	12:30pm
Session 5	Tuesday, June 18	1:00pm	4:00pm
Session 6	Wednesday, June 19	9:00am	12:30pm
Session 7	Wednesday, June 19	1:00pm	4:00pm
Session 8	Thursday, June 20	9:00am	12:30pm
Session 9	Thursday, June 20	1:00pm	4:00pm
Session 10	Friday, June 21	9:00am	12:30pm

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MLK Outdoor Pool

POOL OPERATOR COURSE **\$130**

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. 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)

Session	Date	Begins	Ends
Course 339097		June - 2013	
Session 1	Tuesday, Jun. 18	5:00pm	9:00pm
Session 2	Wednesday, Jun. 19	5:00pm	9:00pm
Session 3	Thursday, Jun. 20	5:00pm	9:00pm
Course 339098		July - 2013	
Session 1	Monday, July 8	10:00am	4:00pm
Session 2	Tuesday, July 9	10:00am	4:00pm

POOL OPERATOR REVIEW COURSE **\$80**

MCR – Office (Theatre)

Session	Date	Begins	Ends
Course 342496		June- 2013	
Session 1	Tuesday, June 18	5:00pm	9:00pm
Course 339100		July - 2013	
Session 1	Monday, Jul. 8	10:00am	2:00pm



SCUBA

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' (Aug 10-11) will earn the student a NAUI SCUBA Diver certification card. Additional fees apply, to be discussed at the first class session. Please contact the instructor for more information. Contact Joe at 301-873-4327 or diveeatsleep@yahoo.com or Scott at 301-610-4988 or training@scubaadventure.org.

6 Sessions		\$250	
Instructor: Joseph Lodmell			
354583 Olney Swim Center	7/22	M, W	6:00pm - 9:00pm
8 Sessions		\$250	
Instructor: Scott Hagedorn			
359158 Kennedy Shriver Aq Ctr	7/9	T, Th	7:30pm-10:30pm
359108 Kennedy Shriver Aq Ctr	6/2	Su	4:00pm - 9:00pm

Now Hiring

Part Time Staff!

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





Swim Lessons

Indoor & Outdoor
Swim Lesson
Registration will begin

May 15th
at 6:30am
for Residents

May 16th at 6:30am
for Non-Residents

No registrations will be processed
before this time.

Indoor courses meet for six 30-minute sessions. Outdoor courses meet for eight 30-minute sessions to accommodate for the weather. 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.

Outdoor facilities will not be open until May 25th. Please register online or at the nearest indoor swim center.

WAYS TO REGISTER FOR SWIM LESSONS

 **RECWEB** Online registration at recweb.montgomerycountymd.gov. Internet users must pay their account in full. Online registration is recommended. Please create your account by May 13th.

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

AM Swim Lesson Will Meet on July 4th

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.

Class Objectives:

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

Designed for children 6 to 18 months. Basic water adjustment skills are taught. Infants/children who are not toilet trained MUST wear separate waterproof pants. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

6 Sessions \$50

Germantown Indoor Swim Center

349012	6/17	M-W	11:00am -11:30am
349010	6/22	Sa	10:50am -11:20am
349011	6/23	Su	10:50am -11:20am
349013	7/1	M-W	11:00am -11:30am

Kennedy Shriver Aquatic Center

347424	6/17	M, W, F	10:20am -10:50am
347427	6/17	M, W, F	9:00am - 9:30am
347429	6/18	Tu, Th	9:00am - 9:30am
347432	6/18	Tu, Th	11:00am -11:30am
347422	6/22	Sa	9:40am -10:10am
347423	6/23	Su	10:20am -10:50am
347436	6/23	Su	9:00am - 9:30am
347425	7/1	M, W, F	10:20am -10:50am
347428	7/1	M, W, F	9:00am - 9:30am
347430	7/9	Tu, Th	9:00am - 9:30am
347434	7/9	Tu, Th	11:00am -11:30am
347426	7/15	M, W, F	9:00am - 9:30am
347431	7/15	M, W, F	10:20am -10:50am

Martin Luther King Swim Center

345619	6/17	M, W, F	10:20am -10:50am
345620	6/18	Tu	5:40pm - 6:10pm
345621	6/20	Th	5:00pm - 5:30pm
345622	6/22	Sa	9:40am -10:10am

Olney Swim Center

356003	6/15	Sa	11:20am -11:50am
356004	6/16	Su	11:20am -11:50am
356005	6/20	Th	10:50am -11:20am

Martin Luther King Outdoor Pool

345618	6/23	Su	11:00am -11:30am
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AQUATOTS

Designed for children 18 months - 3 years of age. Basic water adjustment skills are taught. Infants/children who are not toilet trained MUST wear separate rubber/vinyl pants. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

6 Sessions \$50

Germantown Indoor Swim Center

348116	6/17	M-W	10:20am -10:50am
348117	6/18	Tu	6:10pm - 6:40pm
348112	6/22	Sa	10:10am -10:40am
348113	6/22	Sa	11:30am -12:00pm
348114	6/23	Su	10:10am -10:40am
348115	6/23	Su	11:30am -12:00pm
348118	6/26	W	5:30pm - 6:00pm
348119	7/1	M-W	10:20am -10:50am
348120	7/15	M-W	10:20am -10:50am

Kennedy Shriver Aquatic Center

347325	6/17	M, W, F	9:40am -10:10am
347328	6/18	Tu, Th	9:40am -10:10am
347323	6/22	Sa	10:20am -10:50am
347324	6/23	Su	9:40am -10:10am
347326	7/1	M, W, F	9:40am -10:10am
347329	7/9	Tu, Th	9:40am -10:10am
347327	7/15	M, W, F	9:40am -10:10am

Martin Luther King Swim Center

345216	6/17	M, W, F	9:00am - 9:30am
345217	6/20	Th	5:40pm - 6:10pm
345218	6/22	Sa	9:00am - 9:30am
345221	6/22	Sa	8:15am - 8:45am
345219	7/1	M, W, F	9:40am -10:10am
345220	7/15	M, W, F	9:00am - 9:30am

Olney Swim Center

355886	6/15	Sa	10:40am -11:10am
355893	6/15	Sa	9:20am - 9:50am
355894	6/15	Sa	9:20am - 9:50am
355887	6/16	Su	10:40am -11:10am
355891	6/17	M-W	10:55am -11:25am
355890	6/18	Tu	5:55pm - 6:25pm
355888	6/20	Th	10:10am -10:40am
355889	6/20	Th	6:30pm - 7:00pm
355892	7/1	M-W	10:15am -10:45am

Martin Luther King Outdoor Pool

345214	6/23	Su	9:00am - 9:30am
345215	6/23	Su	10:20am -10:50am

8 Sessions \$50

Germantown Outdoor Pool

348314	6/15	Sa	9:40am -10:10am
348315	6/16	Su	9:00am - 9:30am

Long Branch Pool

345150	6/16	Su	10:20am -10:50am
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Bethesda Outdoor Pool

347455	6/15	Sa	11:00am -11:30am
347456	6/15	Sa	9:40am -10:10am
347457	6/15	Sa	10:20am -10:50am
347458	6/16	Su	11:00am -11:30am
347459	6/16	Su	9:40am -10:10am
347453	6/17	M-Th	9:40am -10:10am
347454	6/17	M-Th	9:00am - 9:30am
347460	7/1	M-Th	10:20am -10:50am
347461	7/1	M-Th	9:40am -10:10am
347462	7/1	M-Th	9:00am - 9:30am
356853	7/15	M-Th	9:00am - 9:30am
356854	7/15	M-Th	9:40am -10:10am
356855	7/15	M-Th	10:20am -10:50am

Upper County Pool

354376	6/16	Su	10:05am -10:35am
356657	7/1	M-Th	9:55am -10:25am

Western County Pool

347200	6/15	Sa	9:40am -10:10am
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Wheaton/Glenmont Pool

344798	6/15	Sa	10:20am -10:50am
344802	6/15	Sa	9:40am -10:10am
344799	6/16	Su	9:00am - 9:30am
344800	7/1	M-Th	10:30am -11:00am
344801	7/15	M-Th	9:50am -10:20am

PRE-SCHOOL

Designed for children 3-5 years of age. Basic water adjustment continues, but simple water skills are now emphasized. Infants/children who are not toilet trained MUST wear separate waterproof pants. An adult in a swim suit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

6 Sessions \$50

Germantown Indoor Swim Center

349005	6/17	M-W	9:40am -10:10am
349006	6/18	Tu	5:30pm - 6:00pm
349001	6/22	Sa	9:30am -10:00am
349002	6/22	Sa	12:10pm -12:40pm
349003	6/23	Su	9:30am -10:00am
349004	6/23	Su	12:10pm -12:40pm
349007	6/26	W	6:10pm - 6:40pm
349008	7/1	M-W	9:40am -10:10am
349009	7/15	M-W	9:40am -10:10am

Kennedy Shriver Aquatic Center

347418	6/17	M, W, F	11:00am -11:30am
347414	6/18	Tu, Th	6:25pm - 6:55pm
347415	6/18	Tu, Th	10:20am -10:50am
347413	6/22	Sa	9:00am - 9:30am
347419	7/1	M, W, F	11:00am -11:30am
347416	7/9	Tu, Th	6:25pm - 6:55pm
347417	7/9	Tu, Th	10:20am -10:50am
347420	7/15	M, W, F	11:00am -11:30am

Martin Luther King Swim Center

345609	6/18	Tu, Th	9:30am -10:00am
345610	6/18	Tu	5:00pm - 5:30pm
345611	6/20	Th	6:20pm - 6:50pm
345612	6/22	Sa	10:20am -10:50am
345613	6/22	Sa	11:00am -11:30am
345616	7/9	Tu, Th	10:10am -10:40am
345614	7/15	M, W, F	10:20am -10:50am
345615	7/29	M, W, F	9:00am - 9:30am

Olney Swim Center

355993	6/15	Sa	10:00am -10:30am
355994	6/15	Sa	12:00pm -12:30pm
355995	6/16	Su	10:00am -10:30am
355996	6/16	Su	12:00pm -12:30pm
356001	6/16	Su	9:20am - 9:50am
356002	6/16	Su	9:20am - 9:50am
355998	6/18	Tu	6:30pm - 7:00pm
355999	6/19	W	6:25pm - 6:55pm
355997	6/20	Th	9:30am -10:00am
356000	7/15	M-W	9:00am - 9:30am

Martin Luther King Outdoor Pool

345608	6/23	Su	9:40am -10:10am
345617	6/23	Su	8:15am - 8:45am
8 Sessions			\$50

Bethesda Outdoor Pool

347534	6/15	Sa	10:20am -10:50am
347535	6/15	Sa	11:00am -11:30am
347536	6/16	Su	10:20am -10:50am
347538	6/16	Su	9:00am - 9:30am
347531	6/17	M-Th	10:20am -10:50am
347532	7/1	M-Th	10:20am -10:50am
347533	7/15	M-Th	10:20am -10:50am

Germantown Outdoor Pool

348364	6/15	Sa	9:00am - 9:30am
348365	6/16	Su	9:40am -10:10am

Long Branch Outdoor Pool

345167	6/16	Su	9:40am -10:10am
345168	6/17	M-Th	9:40am -10:10am
345169	7/16	Tu, Th	7:30pm - 8:00pm

Upper County Outdoor Pool

354391	6/16	Su	9:30am -10:00am
356658	6/16	Su	10:40am -11:10am
354390	7/1	M-Th	9:20am - 9:50am
354392	7/1	M-Th	9:55am -10:25am

Western County Outdoor Pool

347211	6/15	Sa	9:00am - 9:30am
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Wheaton/Glenmont Outdoor Pool

345560	6/15	Sa	9:00am - 9:30am
345561	6/16	Su	10:20am -10:50am
345562	6/17	M-Th	9:15am - 9:45am
345563	6/17	M-Th	10:30am -11:00am
345564	7/1	M-Th	9:15am - 9:45am
345565	7/29	M-Th	9:50am -10:20am

FIND US FAST ON YOUR SMARTPHONE





PRE-BEGINNER LEVEL 1

Designed for children 4-6 years old. 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

Small class sizes ensures plenty of attention for your young swimmer.

Germantown Indoor Swim Center

348599	6/17	M, Tu, W	9:00am - 9:30am
348600	6/17	M, Tu, W	9:40am - 10:20am
348601	6/17	M, Tu, W	11:00am - 11:30am
348602	6/18	Tu	5:30pm - 6:00pm
348604	6/20	Th	5:30pm - 6:00pm
348591	6/22	Sa	9:30am - 10:00am
348592	6/22	Sa	10:10am - 10:40am
348593	6/22	Sa	10:50am - 11:20am
348594	6/22	Sa	11:30am - 12:00pm
348595	6/23	Su	9:30am - 10:00am
348596	6/23	Su	10:10am - 10:40am
348597	6/23	Su	11:30am - 12:00pm
348598	6/23	Su	12:10pm - 12:40pm
348603	6/26	W	5:30pm - 6:00pm
348605	7/1	M, Tu, W	9:00am - 9:30am
348606	7/1	M, Tu, W	9:40am - 10:10am
348607	7/1	M, Tu, W	10:20am - 10:50am
348608	7/15	M, Tu, W	9:00am - 9:30am
348609	7/15	M, Tu, W	9:40am - 10:10am
348610	7/15	M, Tu, W	10:20am - 10:50am
348611	7/29	M, Tu, W	9:00am - 9:30am
348612	7/29	M, Tu, W	10:20am - 10:50am

Kennedy Shriver Aquatic Center

347342	6/17	M, W, F	10:20am - 10:50am
347346	6/17	M, W, F	9:40am - 10:10am
347349	6/17	M, W, F	11:00am - 11:30am
347341	6/18	Tu, Th	9:40am - 10:10am
347343	6/18	Tu, Th	5:45pm - 6:15pm
347344	6/18	Tu, Th	9:00am - 9:30am
347345	6/18	Tu, Th	6:25pm - 6:55pm
347358	6/18	Tu, Th	11:00am - 11:30am
347336	6/22	Sa	9:00am - 9:30am
347337	6/22	Sa	9:40am - 10:10am
347338	6/22	Sa	11:00am - 11:30am
347339	6/23	Su	9:40am - 10:10am
347340	6/23	Su	11:00am - 11:30am
347348	7/1	M, W, F	10:20am - 10:50am
347353	7/1	M, W, F	11:00am - 11:30am
347356	7/1	M, W, F	9:40am - 10:10am
347347	7/9	Tu, Th	9:40am - 10:10am
347350	7/9	Tu, Th	9:00am - 9:30am
347351	7/9	Tu, Th	5:45pm - 6:15pm
347352	7/9	Tu, Th	6:25pm - 6:55pm
347359	7/9	Tu, Th	11:00am - 11:30am
347354	7/15	M, W, F	10:20am - 10:50am
347355	7/15	M, W, F	11:00am - 11:30am
347357	7/15	M, W, F	9:40am - 10:10am

Martin Luther King Swim Center

345224	6/17	M, W, F	9:40am - 10:10am
345231	6/17	M, W, F	9:00am - 9:30am
345225	6/18	Tu	5:00pm - 5:30pm
345226	6/19	W	5:00pm - 5:30pm
345227	6/20	Th	5:40pm - 6:10pm
345228	6/22	Sa	10:20am - 10:50am
345229	6/22	Sa	11:00am - 11:30am
345234	6/22	Sa	9:00am - 9:30am
345235	6/22	Sa	8:15am - 8:45am
345230	7/1	M, W, F	10:20am - 10:50am
345232	7/1	M, W, F	9:00am - 9:30am
345233	7/15	M, W, F	10:20am - 10:50am

Olney Swim Center

355906	6/15	Sa	10:00am - 10:30am
355907	6/15	Sa	10:40am - 11:10am
355908	6/15	Sa	11:20am - 11:50am
355909	6/15	Sa	12:00pm - 12:30pm
355937	6/15	Sa	12:00pm - 12:30pm
355941	6/15	Sa	9:20am - 9:50am
355910	6/16	Su	10:00am - 10:30am
355911	6/16	Su	10:40am - 11:10am
355912	6/16	Su	11:20am - 11:50am
355913	6/16	Su	12:00pm - 12:30pm
355938	6/16	Su	10:00am - 10:30am
355942	6/16	Su	9:20am - 9:50am
355923	6/17	M-W	9:00am - 9:30am
355924	6/17	M-W	9:35am - 10:05am
355925	6/17	M-W	10:15am - 10:45am
355926	6/17	M-W	10:55am - 11:25am
355919	6/18	Tu	5:55pm - 6:25pm
355920	6/18	Tu	6:30pm - 7:00pm
355921	6/19	W	6:25pm - 6:55pm
355922	6/19	W	7:05pm - 7:35pm
355914	6/20	Th	9:30am - 10:00am
355915	6/20	Th	10:10am - 10:40am
355916	6/20	Th	10:50am - 11:20am
355917	6/20	Th	5:55pm - 6:25pm
355918	6/20	Th	6:30pm - 7:00pm
355927	7/1	M-W	9:00am - 9:30am
355928	7/1	M-W	9:35am - 10:05am
355929	7/1	M-W	10:15am - 10:45am
355930	7/1	M-W	10:55am - 11:25am
355931	7/15	M-W	9:00am - 9:30am
355932	7/15	M-W	9:35am - 10:05am
355933	7/15	M-W	10:15am - 10:45am
355934	7/29	M-W	9:00am - 9:30am
355935	7/29	M-W	9:35am - 10:05am
355936	7/29	M-W	10:15am - 10:45am
355939	7/29	M-W	9:00am - 9:30am
355940	7/29	M-W	9:35am - 10:05am

Martin Luther King Outdoor Pool

345222	6/23	Su	9:00am - 9:30am
345223	6/23	Su	10:20am -10:50am
345236	6/23	Su	8:15am - 8:45am
8 Sessions			\$59

Bethesda Pool

347469	6/15	Sa	9:00am - 9:30am
347470	6/15	Sa	10:20am -10:50am
347471	6/15	Sa	9:40am -10:10am
347472	6/16	Su	9:40am -10:10am
347473	6/16	Su	9:00am - 9:30am
347463	6/17	M-Th	9:00am - 9:30am
347464	6/17	M-Th	9:40am -10:10am
347465	7/1	M-Th	9:00am - 9:30am
347466	7/1	M-Th	9:40am -10:10am
347467	7/15	M-Th	9:00am - 9:30am
347468	7/15	M-Th	9:40am -10:10am

Germantown Outdoor Pool

348325	6/15	Sa	9:00am - 9:30am
348326	6/15	Sa	10:20am -10:50am
348327	6/15	Sa	11:00am -11:30am
348328	6/16	Su	9:00am - 9:30am
348329	6/16	Su	11:00am -11:30am
348317	6/17	M-Th	9:40am -10:10am
348318	6/17	M-Th	10:20am -10:50am
348319	7/1	M-Th	9:00am - 9:30am
348320	7/15	M-Th	9:00am - 9:30am
348321	7/15	M-Th	9:40am -10:20am
348322	7/29	M-Th	9:00am - 9:30am



Bethesda Outdoor Pool

Long Branch Pool

345151	6/16	Su	9:40am -10:10am
345160	6/16	Su	11:00am -11:30am
345152	6/17	M-Th	9:00am - 9:30am
345159	6/17	M-Th	9:40am -10:10am
345155	7/1	M-Th	9:40am -10:10am
345157	7/1	M-Th	10:20am -10:50am
345153	7/15	M-Th	9:40am -10:10am
345158	7/15	M-Th	9:00am - 9:30am
345154	7/29	M-Th	10:20am -10:50am
345156	7/29	M-Th	9:00am - 9:30am

Upper County Pool

354377	6/16	Su	11:15am -11:45am
356655	6/16	Su	10:30am -11:00am
354378	6/17	M-Th	9:55am -10:25am
354383	6/17	M-Th	10:30am -11:00am
354379	7/1	M-Th	9:20am - 9:50am
354380	7/1	M-Th	10:30am -11:00am
354381	7/15	M-Th	9:20am - 9:50am

Western County Pool

347201	6/15	Sa	9:00am - 9:30am
347202	6/15	Sa	11:00am -11:30am
347203	6/17	M-Th	9:40am -10:10am
347205	7/1	M-Th	9:40am -10:10am
347662	7/15	M-Th	11:00am -11:30am

Wheaton/Glenmont Pool

344803	6/15	Sa	9:40am -10:10am
344804	6/15	Sa	10:20am -10:50am
344808	6/15	Sa	9:00am - 9:30am
344810	6/15	Sa	11:00am -11:30am
344805	6/16	Su	9:00am - 9:30am
344806	6/16	Su	9:40am -10:10am
344812	6/16	Su	11:00am -11:30am
344807	6/17	M-Th	9:15am - 9:45am
344809	6/17	M-Th	9:50am -10:20am
344811	6/17	M-Th	10:30am -11:00am
344813	7/1	M-Th	9:15am - 9:45am
344814	7/1	M-Th	9:50am -10:20am
344815	7/1	M-Th	10:30am -11:00am
344816	7/15	M-Th	9:15am - 9:45am
344817	7/15	M-Th	9:50am -10:20am
344818	7/15	M-Th	10:30am -11:00am
344819	7/29	M-Th	9:50am -10:20am
344820	7/29	M-Th	10:30am -11:00am

Do We Have Your E-Mail?



In an effort to reduce waste, MCR will no longer be mailing flyers or receipts. We will be happy to send you the most up-to-date information via e-mail.

Please stop by the front desk at one of our indoor pools and provide an e-mail address for you and/or your family account. You can also visit our website at montgomerycountymd.gov/rec for more information.



PRE-BEGINNER LEVEL 2

Designed for children 4-6 years old. 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 \$57

Germantown Indoor Swim Center

348621	6/17	M-W	9:00am - 9:30am
348622	6/17	M-W	9:40am - 10:10am
348623	6/17	M-W	10:20am - 10:50am
348624	6/18	Tu	6:10pm - 6:40pm
348626	6/20	Th	6:10pm - 6:40pm
348613	6/22	Sa	10:10am - 10:40am
348614	6/22	Sa	10:50am - 11:20am
348615	6/22	Sa	11:30am - 12:00pm
348616	6/22	Sa	12:10pm - 12:40pm
348617	6/23	Su	9:30am - 10:00am
348618	6/23	Su	10:10am - 10:40am
348619	6/23	Su	10:50am - 11:20am
348620	6/23	Su	11:30am - 12:00pm
348625	6/26	W	6:10pm - 6:40pm
348627	7/1	M-W	9:00am - 9:30am
348628	7/1	M-W	9:40am - 10:10am
348629	7/15	M-W	9:00am - 9:30am
348630	7/15	M-W	9:40am - 10:10am
348631	7/29	M-W	9:00am - 9:30am
348632	7/29	M-W	11:00am - 11:30am

Kennedy Shriver Aquatic Center

347377	6/17	M, W, F	9:00am - 9:30am
359459	6/17	M, W, F	10:20am - 10:50am
347379	6/18	Tu, Th	9:00am - 9:30am
347380	6/18	Tu, Th	6:25pm - 6:55pm
347384	6/18	Tu, Th	10:20am - 10:50am
347373	6/22	Sa	9:00am - 9:30am
347374	6/22	Sa	11:00am - 11:30am
347375	6/23	Su	9:00am - 9:30am
347376	6/23	Su	10:20am - 10:50am
359462	6/23	Su	11:00am - 11:30am
347381	7/1	M, W, F	9:00am - 9:30am
359463	7/1	M, W, F	10:20am - 10:50am
347378	7/9	Tu, Th	6:25pm - 6:55pm
347382	7/9	Tu, Th	9:00am - 9:30am
347385	7/9	Tu, Th	10:20am - 10:50am
347383	7/15	M, W, F	9:00am - 9:30am
359464	7/15	M, W, F	10:20am - 10:50am

Martin Luther King Swim Center

345238	6/17	M, W, F	9:40am - 10:10am
345239	6/18	Tu, Th	9:30am - 10:00am
345240	6/18	Tu	5:40pm - 6:10pm
345241	6/18	Tu	6:20pm - 6:50pm
345255	6/18	Tu, Th	10:10am - 10:40am
345242	6/19	W	5:00pm - 5:30pm
345243	6/20	Th	5:00pm - 5:30pm
345244	6/20	Th	6:20pm - 6:50pm
345257	6/22	Sa	8:15am - 8:45am
345245	6/22	Sa	9:40am - 10:10am
345246	6/22	Sa	11:00am - 11:30am
345254	6/22	Sa	9:40am - 10:10am
345247	7/1	M, W, F	9:00am - 9:30am
345248	7/1	M, W, F	10:20am - 10:50am
345253	7/9	Tu, Th	9:30am - 10:00am
345249	7/15	M, W, F	9:00am - 9:30am
345250	7/15	M, W, F	9:40am - 10:10am
345252	7/29	M, W, F	9:40am - 10:10am
345251	7/29	M, W, F	9:00am - 9:30am

Olney Swim Center

355943	6/15	Sa	10:00am - 10:30am
355944	6/15	Sa	10:00am - 10:30am
355945	6/15	Sa	10:40am - 11:10am
355946	6/15	Sa	11:20am - 11:50am
355947	6/15	Sa	12:00pm - 12:30pm
355948	6/16	Su	10:00am - 10:30am
355949	6/16	Su	10:40am - 11:10am
355950	6/16	Su	11:20am - 11:50am
355951	6/16	Su	11:20am - 11:50am
355952	6/16	Su	12:00pm - 12:30pm
355953	6/16	Su	12:00pm - 12:30pm
355961	6/17	M-W	9:00am - 9:30am
355962	6/17	M-W	9:35am - 10:05am
355963	6/17	M-W	10:15am - 10:45am
355964	6/17	M-W	10:55am - 11:25am
355957	6/18	Tu	5:55pm - 6:25pm
355958	6/18	Tu	6:30pm - 7:00pm
355959	6/19	W	6:25pm - 6:55pm
355960	6/19	W	7:45pm - 8:15pm
355954	6/20	Th	9:30am - 10:00am
355955	6/20	Th	5:55pm - 6:25pm
355956	6/20	Th	6:30pm - 7:00pm
355965	7/1	M-W	9:00am - 9:30am
355966	7/1	M-W	10:15am - 10:45am
355967	7/1	M-W	10:55am - 11:25am
355968	7/15	M-W	10:15am - 10:45am
355969	7/15	M-W	10:55am - 11:25am
355970	7/29	M-W	9:00am - 9:30am
355971	7/29	M-W	10:15am - 10:45am
355972	7/29	M-W	10:55am - 11:25am
355973	7/29	M-W	10:15am - 10:45am



**RecWeb . . .
Easy, Fast, Secure!**
montgomerycountymd.gov/rec



Martin Luther King Outdoor Pool

345237	6/23	Su	9:40am -10:10am
345256	6/23	Su	8:15am - 8:45am
8 Sessions			\$57

Bethesda Outdoor Pool

347486	6/15	Sa	9:40am -10:10am
347487	6/15	Sa	9:00am - 9:30am
347488	6/16	Su	9:00am - 9:30am
347489	6/16	Su	9:40am -10:10am
347480	6/17	M-Th	9:00am - 9:30am
347481	6/17	M-Th	9:40am -10:10am
347482	7/1	M-Th	9:00am - 9:30am
347483	7/1	M-Th	9:40am -10:10am
347484	7/15	M-Th	9:00am - 9:30am
347485	7/15	M-Th	9:40am -10:10am

Germantown Outdoor Pool

348342	6/15	Sa	9:40am -10:10am
348343	6/15	Sa	11:00am -11:30am
348345	6/16	Su	10:20am -10:50am
348330	6/17	M-Th	9:00am - 9:30am
348331	6/17	M-Th	9:40am -10:10am
348332	7/1	M-Th	9:40am -10:20am
348334	7/1	M-Th	10:20am -10:50am
348335	7/15	M-Th	10:20am -10:50am
348336	7/29	M-Th	9:00am - 9:30am
348337	7/29	M-Th	10:20am -10:50am

Long Branch Outdoor Pool

345161	6/16	Su	10:20am -10:50am
345162	6/17	M-Th	10:20am -10:50am
345165	7/1	M-Th	9:00am - 9:30am
345163	7/15	M-Th	10:20am -10:50am
345164	7/29	M-Th	9:40am -10:10am

Upper County Outdoor Pool

354388	6/16	Su	11:15am -11:45am
354387	7/15	M-Th	10:30am -11:00am

Western County Outdoor Pool

347206	6/15	Sa	9:40am -10:10am
347207	6/17	M-Th	10:20am -10:50am
347208	7/1	M-Th	11:00am -11:30am

Wheaton/Glenmont Outdoor Pool

344821	6/15	Sa	9:00am - 9:30am
344822	6/15	Sa	10:20am -10:50am
344823	6/16	Su	9:40am -10:10am
344825	6/16	Su	9:00am - 9:30am
344824	6/17	M-Th	9:15am - 9:45am
344828	7/1	M-Th	9:15am - 9:45am
344829	7/1	M-Th	10:30am -11:00am
344831	7/15	M-Th	10:30am -11:00am
344833	7/29	M-Th	9:15am - 9:45am

Water Safety Day

Friday, May 31
3:30-6:30 pm

Gaithersburg Water Park
512 S. Frederick Ave., Gaithersburg

Stay safe at the pool this summer.
Free Swimming Event
Presentations every half hour.

Learn about:

- How to prevent drowning
- Proper use of life jackets
- Water Rescue Skills
- Skin cancer prevention
- Swim lessons (evaluations offered)

For more information visit
gaithersburgmd.gov/waterpark
montgomerycountymd.gov/rec or
rockvillemd.gov/swimcenter

FREE EVENT
Food will be available for purchase.

Hosted by:

Friends of
MONTGOMERY COUNTY
Recreation

If you would like to make a tax deductible donation to FRIENDS OF RECREATION, to support MCR facilities and programs, or enable a needy child or teen to enjoy a positive recreation experience, please make your check payable to Community Foundation/MCR and indicate how you want your gift to be used. Send your check to: Friends of Recreation, 4010 Randolph Road, Silver Spring, MD 20902. To learn more about FOR, call 240-777-4920 or check our web page at montgomerycountymd.gov/rec.



PRE-BEGINNER LEVEL 3

Designed for children 4-6 years old. 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 \$57

Germantown Indoor Swim Center

348639	6/17	M, Tu, W	9:00am - 9:30am
348640	6/17	M, Tu, W	10:20am - 10:50am
348633	6/22	Sa	10:50am - 11:20am
348634	6/22	Sa	11:30am - 12:00pm
348635	6/22	Sa	12:10pm - 12:40pm
348636	6/23	Su	10:50am - 11:20am
348637	6/23	Su	11:30am - 12:00pm
348638	6/23	Su	12:10pm - 12:40pm
348641	6/26	W	5:30pm - 6:00pm
348642	7/1	M, Tu, W	9:00am - 9:30am
348643	7/1	M, Tu, W	11:00am - 11:30am
348644	7/15	M, Tu, W	9:00am - 9:30am
348645	7/15	M, Tu, W	11:00am - 11:30am
348646	7/29	M, Tu, W	11:00am - 11:30am

Kennedy Shriver Aquatic Center

347392	6/17	M, W, F	9:40am - 10:10am
347393	6/18	Tu, Th	5:45pm - 6:15pm
347397	6/18	Tu, Th	9:40am - 10:10am
359460	6/18	Tu, Th	11:00am - 11:30am
347388	6/22	Sa	9:00am - 9:30am
347390	6/23	Su	9:00am - 9:30am
359461	6/23	Su	10:20am - 10:50am
347395	7/1	M, W, F	9:40am - 10:10am
347399	7/9	Tu, Th	5:45pm - 6:15pm
347403	7/9	Tu, Th	9:40am - 10:10am
347401	7/15	M, W, F	9:40am - 10:10am

Martin Luther King Swim Center

345398	6/18	Tu	7:00pm - 7:30pm
345399	6/19	W	5:40pm - 6:10pm
345400	6/22	Sa	10:20am - 10:50am
345401	7/1	M, W, F	9:40am - 10:10am
345402	7/29	M, W, F	10:20am - 10:50am

Olney Swim Center

355974	6/15	Sa	10:40am - 11:10am
355975	6/15	Sa	11:20am - 11:50am
355976	6/15	Sa	12:00pm - 12:30pm
355977	6/16	Su	10:40am - 11:10am
355978	6/16	Su	11:20am - 11:50am
355979	6/16	Su	12:00pm - 12:30pm
355980	6/19	W	6:25pm - 6:55pm
355981	6/19	W	7:05pm - 7:35pm
355982	7/15	M-W	9:00am - 9:30am
355983	7/29	M-W	9:00am - 9:35am
355984	7/29	M-W	10:55am - 11:25am
355985	7/29	M-W	10:55am - 11:25am

Martin Luther King Outdoor Pool

345396	6/23	Su	9:40am - 10:10am
345397	6/23	Su	10:20am - 10:50am
8 Sessions			\$57

Bethesda Outdoor Pool

347503	6/15	Sa	10:20am - 10:50am
347506	6/15	Sa	9:00am - 9:30am
347501	6/16	Su	10:20am - 10:50am
347502	6/16	Su	9:00am - 9:30am
347504	6/16	Su	9:40am - 10:10am
347496	6/17	M-Th	10:20am - 10:50am
347497	6/17	M-Th	9:00am - 9:30am
358858	6/17	M-Th	9:40am - 10:10am
347498	7/1	M-Th	10:20am - 10:50am
347499	7/1	M-Th	9:00am - 9:30am
347500	7/15	M-Th	10:20am - 10:50am
347505	7/15	M-Th	9:00am - 9:30am

Germantown Outdoor Pool

348353	6/15	Sa	10:20am - 10:50am
348347	6/17	M-Th	10:20am - 10:50am
348348	7/29	M-Th	10:20am - 10:50am

Long Branch Outdoor Pool

345166	6/16	Su	11:00am - 11:30am
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Upper County Outdoor Pool

354389	7/15	M-Th	9:55am - 10:25am
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Western County Outdoor Pool

347209	6/15	Sa	10:20am - 10:50am
347210	6/17	M-Th	11:00am - 11:30am
347663	7/15	M-Th	9:40am - 10:20am

Wheaton/Glenmont Outdoor Pool

345555	6/17	M-Th	9:50am - 10:20am
345556	7/15	M-Th	9:15am - 9:45am
345557	7/29	M-Th	9:15am - 9:45am



PRE-BEGINNER LEVEL 4

Designed for children 4-6 years old. 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 \$57

Germantown Indoor Swim Center

348996	6/17	M-W	11:00am -11:30am
348994	6/22	Sa	10:50am -11:20am
348995	6/23	Su	10:50am -11:20am
348997	7/1	M-W	10:20am -10:50am
348998	7/15	M-W	10:20am -10:50am
348999	7/29	M-W	9:40am -10:10am

Kennedy Shriver Aquatic Center

347410	6/17	M, W, F	10:20am -10:50am
347408	6/22	Sa	11:00am -11:30am
347409	6/23	Su	10:20am -10:50am
347411	7/1	M, W, F	10:20am -10:50am
347412	7/15	M, W, F	10:20am -10:50am

Martin Luther King Swim Center

345607	6/20	Th	7:00pm - 7:30pm
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Olney Swim Center

355986	6/15	Sa	11:20am -11:50am
355987	6/16	Su	10:00am -10:30am
355988	6/16	Su	10:40am -11:10am
355990	6/17	M-W	10:55am -11:25am
355989	6/19	W	7:45pm - 8:15pm
355991	7/1	M-W	9:35am -10:05am
355992	7/15	M-W	9:35am -10:05am

Martin Luther King Outdoor Pool

345606	6/23	Su	11:00am -11:30am
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8 Sessions \$57

Bethesda Outdoor Pool

347517	6/15	Sa	10:20am -10:50am
347518	6/15	Sa	11:00am -11:30am
347519	6/16	Su	10:20am -10:50am
347520	6/16	Su	11:00am -11:30am
347514	6/17	M-Th	10:20am -10:50am
347515	7/1	M-Th	10:20am -10:50am
347516	7/15	M-Th	10:20am -10:50am

Wheaton/Glenmont Outdoor Pool

345559	7/15	M-Th	9:50am -10:20am
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YOUTH LEVEL 1

Designed for children at least 7 years old. 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 \$52

Germantown Indoor Swim Center

349018	6/17	M, Tu, W	9:00am - 9:30am
349019	6/20	Th	6:10pm - 6:40pm
349014	6/22	Sa	9:30am -10:00am
349015	6/22	Sa	12:10pm -12:40pm
349016	6/23	Su	10:10am -10:40am
349017	6/23	Su	12:10pm -12:40pm
349020	7/29	M, Tu, W	9:40am -10:10am

Kennedy Shriver Aquatic Center

347438	6/17	M, W, F	9:00am - 9:30am
347437	6/18	Tu, Th	10:20am -10:50am
347441	6/18	Tu, Th	5:45pm - 6:15pm
347433	6/22	Sa	9:40am -10:10am
347440	6/22	Sa	11:00am -11:30am
347435	6/23	Su	9:00am - 9:30am
347439	7/1	M, W, F	9:00am - 9:30am
347442	7/9	Tu, Th	10:20am -10:50am
347444	7/9	Tu, Th	5:45pm - 6:15pm
347443	7/15	M, W, F	9:00am - 9:30am

Martin Luther King Swim Center

345625	6/17	M, W, F	10:20am -10:50am
345626	6/18	Tu	6:20pm - 6:50pm
345627	6/19	W	6:20pm - 6:50pm
345628	6/22	Sa	9:00am - 9:30am
345629	6/22	Sa	9:40am -10:10am
345630	6/22	Sa	10:20am -10:50am
345631	7/9	Tu, Th	9:30am -10:00am

Olney Swim Center

356006	6/15	Sa	10:00am -10:30am
356013	6/15	Sa	9:20am - 9:50am
356007	6/16	Su	10:00am -10:30am
356014	6/16	Su	9:20am - 9:50am
356010	6/17	M, Tu, W	9:00am - 9:30am
358859	6/17	M, Tu, W	10:15am -10:45am
356008	6/18	Tu	5:55pm - 6:25pm
356009	6/19	W	6:25pm - 6:55pm
356011	7/1	M, Tu, W	10:55am -11:25am
356012	7/15	M, Tu, W	10:55am -11:25am





8 Sessions

\$52

Bethesda Pool

347529	6/15	Sa	9:00am - 9:30am
347530	6/15	Sa	11:00am - 11:30am
347524	6/16	Su	9:40am - 10:10am
347528	6/16	Su	9:00am - 9:30am
347521	6/17	M-Th	9:00am - 9:30am
347522	6/17	M-Th	10:20am - 10:50am
347523	7/1	M-Th	10:20am - 10:50am
347525	7/1	M-Th	9:00am - 9:30am
347526	7/15	M-Th	9:00am - 9:30am
347527	7/15	M-Th	10:20am - 10:50am

Germantown Outdoor Pool

348370	6/15	Sa	9:00am - 9:30am
348371	6/16	Su	11:00am - 11:30am
348366	6/17	M-Th	9:00am - 9:30am
348367	7/15	M-Th	9:00am - 9:30am
348368	7/29	M-Th	9:40am - 10:20am

Long Branch Pool

345170	6/16	Su	10:20am - 10:50am
345171	6/17	M-Th	10:20am - 10:50am
345175	6/18	Tu, Th	7:30pm - 8:00pm
345172	7/1	M-Th	9:00am - 9:30am
345173	7/15	M-Th	9:40am - 10:10am
345174	7/29	M-Th	9:40am - 10:10am

Martin Luther King Outdoor Pool

345623	6/23	Su	9:00am - 9:30am
345624	6/23	Su	10:20am - 10:50am

Upper County Pool

356659	6/16	Su	9:30am - 10:00am
354394	6/17	M-Th	9:55am - 10:25am
354393	7/1	M-Th	9:55am - 10:25am
356660	7/15	M-Th	9:20am - 9:50am

Western County Pool

347664	6/15	Sa	11:00am - 11:30am
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Wheaton/Glenmont Pool

345566	6/15	Sa	11:00am - 11:30am
345567	6/16	Su	9:40am - 10:10am
345568	6/17	M-Th	10:30am - 11:00am
345569	7/1	M-Th	9:50am - 10:20am
345570	7/29	M-Th	10:30am - 11:00am

YOUTH LEVEL 2

Designed for children at least 7 years old. 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

\$52

Germantown Indoor Swim Center

349023	6/17	M-W	9:40am - 10:20am
349024	6/20	Th	5:30pm - 6:00pm
349021	6/22	Sa	10:10am - 10:40am
349022	6/23	Su	9:30am - 10:00am
349025	7/1	M-W	11:00am - 11:50am
349026	7/15	M-W	11:00am - 11:30am
349027	7/29	M-W	10:20am - 10:50am

Kennedy Shriver Aquatic Center

347387	6/17	M, W, F	9:40am - 10:10am
347394	6/17	M, W, F	11:00am - 11:30am
347400	6/17	M, W, F	10:20am - 10:50am
347405	6/18	Tu, Th	9:00am - 9:30am
347407	6/22	Sa	10:20am - 10:50am
347386	6/23	Su	11:00am - 11:30am
347391	7/1	M, W, F	9:40am - 10:10am
347396	7/1	M, W, F	11:00am - 11:30am
347402	7/1	M, W, F	10:20am - 10:50am
347406	7/9	Tu, Th	9:00am - 9:30am
347389	7/15	M, W, F	9:40am - 10:10am
347398	7/15	M, W, F	11:00am - 11:30am
347404	7/15	M, W, F	10:20am - 10:50am

Martin Luther King Swim Center

345634	6/17	M, W, F	9:40am - 10:10am
345635	6/18	Tu, Th	10:10am - 10:40am
345636	6/18	Tu	7:00pm - 7:30pm
345637	6/19	W	6:20pm - 6:50pm
345638	6/20	Th	7:00pm - 7:30pm
345639	6/22	Sa	9:00am - 9:30am
345640	6/22	Sa	10:20am - 10:50am
345641	7/1	M, W, F	10:20am - 10:50am
345642	7/9	Tu, Th	9:30am - 10:00am
345643	7/15	M, W, F	9:40am - 10:10am

Olney Swim Center

356015	6/15	Sa	10:00am - 10:30am
356016	6/15	Sa	10:40am - 11:10am
356019	6/15	Sa	9:20am - 9:50am
356025	6/15	Sa	9:20am - 9:50am
356017	6/16	Su	10:00am - 10:30am
356018	6/16	Su	10:40am - 11:10am
356026	6/16	Su	9:20am - 9:50am
356021	6/17	M-W	9:00am - 9:30am
356027	6/18	Tu	6:30pm - 7:00pm
356020	6/19	W	7:05pm - 7:35pm
356022	7/1	M-W	9:00am - 9:30am
356023	7/15	M-W	9:00am - 9:30am
356024	7/29	M-W	9:35am - 10:05am

Martin Luther King Outdoor Pool

345632	6/23	Su	9:00am - 9:30am
345633	6/23	Su	11:00am - 11:30am
8 Sessions		\$52	

Bethesda Outdoor Pool

347492	6/15	Sa	9:40am - 10:20am
347495	6/16	Su	10:20am - 10:50am
347490	6/17	M-Th	9:40am - 10:10am
347491	7/1	M-Th	9:40am - 10:10am
347494	7/15	M-Th	9:40am - 10:10am

Germantown Outdoor Pool

348376	6/15	Sa	9:40am - 10:10am
348377	6/16	Su	10:20am - 10:50am
348372	6/17	M-Th	9:40am - 10:10am
348373	7/1	M-Th	9:00am - 9:30am
348374	7/15	M-Th	10:20am - 10:50am
348375	7/29	M-Th	9:40am - 10:10am

Long Branch Outdoor Pool

345182	6/16	Su	11:00am - 11:30am
345183	6/17	M-Th	9:00am - 9:30am
345187	6/18	Tu, Th	7:30pm - 8:00pm
345184	7/1	M-Th	9:40am - 10:10am
345185	7/15	M-Th	10:20am - 10:50am
345186	7/29	M-Th	10:20am - 10:50am

Upper County Outdoor Pool

354395	6/16	Su	10:05am - 10:35am
354398	6/17	M-Th	9:20am - 9:50am
354397	7/15	M-Th	9:55am - 10:25am

Western County Outdoor Pool

347212	6/15	Sa	10:20am - 10:50am
347213	7/1	M-Th	10:20am - 10:50am

Wheaton/Glenmont Outdoor Pool

345571	6/15	Sa	9:40am - 10:10am
345572	6/16	Su	10:20am - 10:50am
345573	6/17	M-Th	9:15am - 9:45am
345574	7/1	M-Th	9:15am - 9:45am
345576	7/1	M-Th	10:30am - 11:00am
345575	7/15	M-Th	9:15am - 10:20am
345577	7/29	M-Th	10:30am - 11:00am

YOUTH LEVEL 3

Designed for children at least 7 years old. 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 \$50

Germantown Indoor Swim Center

349031	6/17	M-W	10:20am - 10:50am
349029	6/22	Sa	10:10am - 10:40am
349030	6/23	Su	10:10am - 10:40am
349032	6/26	W	6:10pm - 6:40pm
349033	7/1	M-W	9:40am - 10:10am
349034	7/15	M-W	9:40am - 10:10am

Kennedy Shriver Aquatic Center

347365	6/17	M, W, F	9:00am - 9:30am
347366	6/18	Tu, Th	9:40am - 10:10am
347371	6/18	Tu, Th	11:00am - 11:00am
347367	6/22	Sa	9:40am - 10:10am
347364	6/23	Su	9:40am - 10:10am
347368	7/1	M, W, F	9:00am - 9:30am
347370	7/9	Tu, Th	9:40am - 10:10am
347372	7/9	Tu, Th	11:00am - 11:00am
347369	7/15	M, W, F	9:00am - 9:30am

Martin Luther King Swim Center

345645	6/17	M, W, F	9:00am - 9:30am
345646	6/18	Tu, Th	10:10am - 10:40am
345647	6/18	Tu	7:40pm - 8:10pm
345648	6/19	W	5:40pm - 6:10pm
345649	6/22	Sa	9:40am - 10:10am
345650	7/1	M, W, F	9:40am - 10:10am
345651	7/9	Tu, Th	10:10am - 10:40am
345652	7/15	M, W, F	10:20am - 10:50am
345653	7/29	M, W, F	10:20am - 10:50am

Olney Swim Center

356028	6/15	Sa	10:40am - 11:10am
356032	6/15	Sa	9:20am - 9:50am
356029	6/16	Su	10:40am - 11:10am
356030	6/16	Su	11:20am - 11:50am
356034	6/16	Su	9:20am - 9:50am
356033	6/17	M-W	9:35am - 10:05am
356038	6/19	W	7:45pm - 8:15pm
356031	6/20	Th	10:50am - 11:20am
356036	7/15	M-W	10:55am - 11:25am
356035	7/29	M-W	9:35am - 10:05am

Martin Luther King Outdoor Pool

345644	6/23	Su	9:40am - 10:10am
345654	6/23	Su	8:15am - 8:45am

*Is your child at least 7?
Our Youth classes are the ones for
you! Lessons available for
all skill levels.*



8 Sessions \$50

Bethesda Outdoor Pool

347512	6/15	Sa	9:40am -10:10am
347509	6/16	Su	10:20am -10:50am
347513	6/16	Su	11:00am -11:30am
347507	6/17	M-Th	9:00am - 9:30am
356903	6/17	M-Th	11:00am -11:30am
347510	7/1	M-Th	9:00am - 9:30am
356904	7/1	M-Th	11:00am -11:30am
347511	7/15	M-Th	9:00am - 9:30am
356905	7/15	M-Th	11:00am -11:30am

Germantown Outdoor Pool

348381	6/15	Sa	10:20am -10:50am
348382	6/16	Su	9:40am -10:10am
348378	6/17	M-Th	9:00am - 9:30am
348379	7/1	M-Th	9:40am -10:10am
348380	7/15	M-Th	9:40am -10:10am

Long Branch Outdoor Pool

345188	6/16	Su	9:40am -10:10am
345189	7/1	M-Th	10:20am -10:50am
345191	7/16	Tu, Th	7:30pm - 8:00pm
345190	7/29	M-Th	9:00am - 9:40am

Upper County Outdoor Pool

354399	6/17	M-Th	9:20am - 9:50am
354400	7/15	M-Th	10:30am -11:00am

Western County Outdoor Pool

347214	7/15	M-Th	10:20am -10:50am
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Wheaton/Glenmont Outdoor Pool

345578	7/1	M-Th	9:50am -10:20am
345579	7/15	M-Th	10:30am -11:00am
345580	7/29	M-Th	9:50am -10:20am

YOUTH LEVEL 4

Designed for children at least 7 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). 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 10 students.

6 Sessions \$50

Germantown Indoor Swim Center

349039	6/17	M, Tu, W	11:00am -11:30am
349036	6/22	Sa	10:50am -11:20am
349037	6/23	Su	10:50am -11:20am
349038	6/23	Su	12:10pm -12:40pm
349040	7/1	M, Tu, W	10:20am -10:50am
349041	7/15	M, Tu, W	10:20am -10:50am

Kennedy Shriver Aquatic Center

347331	6/17	M, W, F	11:00am -11:30am
347332	6/18	Tu, Th	10:20am -10:50am
347330	6/23	Su	10:20am -10:50am
347333	7/1	M, W, F	11:00am -11:30am
347335	7/9	Tu, Th	10:20am -10:50am
347334	7/15	M, W, F	11:00am -11:30am

Martin Luther King Swim Center

345656	6/17	M, W, F	10:20am -10:50am
345657	6/18	Tu, Th	9:30am -10:00am
345658	6/18	Tu	7:40pm - 8:10pm
345659	6/22	Sa	9:00am - 9:30am
345660	6/22	Sa	11:00am -11:30am
345662	7/9	Tu, Th	10:10am -10:40am
345661	7/15	M, W, F	9:00am - 9:30am
345663	7/29	M, W, F	9:00am - 9:30am

Olney Swim Center

356039	6/15	Sa	11:20am -11:50am
356040	6/16	Su	11:20am -11:50am
356043	6/17	M, Tu, W	10:15am -10:45am
356042	6/19	W	7:05pm - 7:35pm
356041	6/20	Th	10:10am -10:40am
356044	7/1	M, Tu, W	10:55am -11:25am
356045	7/15	M, Tu, W	10:55am -11:25am
356046	7/29	M, Tu, W	10:15am -10:45am

Martin Luther King Outdoor Pool

345655 6/23 Su 9:40am -10:10am
 345664 6/23 Su 8:15am - 8:45am
 8 Sessions FEE: \$50

Bethesda Outdoor Pool

347479 6/15 Sa 9:00am - 9:30am
 347478 6/16 Su 11:00am -11:30am
 347474 6/17 M-Th 9:40am -10:10am
 347475 7/1 M-Th 9:40am -10:10am
 347476 7/15 M-Th 9:40am -10:10am

Germantown Outdoor Pool

348385 6/15 Sa 11:00am -11:30am
 348383 6/17 M-Th 10:20am -10:50am
 348384 7/1 M-Th 10:20am -10:50am

Long Branch Outdoor Pool

345192 7/15 M-Th 9:00am - 9:30am

Wheaton/Glenmont Outdoor Pool

345583 6/16 Su 11:00am -11:30am
 345581 7/15 M-Th 9:15am - 9:45am

YOUTH LEVEL 5

Designed for children at least 7 years old. 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 \$50

Germantown Indoor Swim Center

349042 6/22 Sa 9:30am -10:00am
 349043 6/22 Sa 11:30am -12:00pm
 349044 6/23 Su 9:30am -10:00am
 349045 6/23 Su 11:30am -12:00pm
 349046 7/1 M-W 11:00am -11:30am
 349047 7/15 M-W 11:00am -11:30am

Kennedy Shriver Aquatic Center

347321 6/18 Tu, Th 11:00am -11:30am
 347319 6/22 Sa 10:20am -10:50am
 347320 6/23 Su 11:00am -11:30am
 347322 7/9 Tu, Th 11:00am -11:30am

Martin Luther King Swim Center

345666 6/20 Th 7:40pm - 8:10pm
 345667 6/22 Sa 11:00am -11:30am
 345668 7/1 M, W, F 9:00am - 9:30am
 345669 7/15 M, W, F 9:40am -10:10am
 345670 7/29 M, W, F 9:40am -10:10am

Olney Swim Center

356047 6/15 Sa 12:00pm -12:30pm
 356048 6/16 Su 12:00pm -12:30pm
 356050 6/17 M-W 9:35am -10:05am
 356049 6/19 W 7:45pm - 8:15pm
 356051 7/1 M-W 10:15am -10:45am
 356052 7/15 M-W 10:15am -10:45am
 356053 7/29 M-W 10:55am -11:25am

Martin Luther King Outdoor Pool

345665 6/23 Su 10:20am -10:50am
 8 Sessions \$50

Bethesda Outdoor Pool

347450 6/15 Sa 11:00am -11:30am
 347451 6/16 Su 11:00am -11:30am
 347447 6/17 M-Th 10:20am -10:50am
 347448 7/1 M-Th 10:20am -10:50am
 347449 7/15 M-Th 10:20am -10:50am

Wheaton/Glenmont Outdoor Pool

345584 7/29 M-Th 10:30am -11:00am

YOUTH LEVEL 6

Designed for children at least 7 years old. 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 \$50

Germantown Indoor Swim Center

349048 6/22 Sa 12:10pm -12:40pm
 349049 6/23 Su 12:10pm -12:40pm
 349050 7/1 M-W 9:00am - 9:30am
 349051 7/15 M-W 9:00am - 9:30am

Kennedy Shriver Aquatic Center

347317 6/22 Sa 10:20am -10:50am
 347318 6/23 Su 9:40am -10:20am

Martin Luther King Swim Center

345673 6/20 Th 7:40pm - 8:10pm
 345674 7/29 M, W, F 10:20am -10:50am

Olney Swim Center

356054 6/15 Sa 12:00pm -12:30pm
 356055 6/16 Su 12:00pm -12:30pm
 356056 7/1 M-W 9:35am -10:05am
 356057 7/15 M-W 9:35am -10:05am

Martin Luther King Outdoor Pool

345671 6/23 Su 9:00am - 9:30am
 345672 6/23 Su 11:00am -11:30am

8 Sessions \$50

Wheaton/Glenmont Outdoor Pool

345585 7/29 M-Th 9:50am -10:20am



Totally terrified of the water? Take lessons with other adults just like you as you learn basic water skills together.

ADULT LEVEL 1

Designed for teenagers and adults (14 years and older) 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 \$59

Germantown Indoor Swim Center

348580	6/18	Tu	5:30pm - 6:00pm
348578	6/22	Sa	9:30am -10:00am
348579	6/23	Su	9:30am -10:00am
348581	7/15	M-W	11:00am -11:30am

Kennedy Shriver Aquatic Center

347313	6/20	Th	8:30pm - 9:00pm
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Martin Luther King Swim Center

345201	6/18	Tu	8:20pm - 8:50pm
345202	6/22	Sa	9:00am - 9:30am
345203	6/22	Sa	11:00am -11:30am

Olney Swim Center

355895	6/20	Th	5:55pm - 6:25pm
355896	7/1	M-W	9:35am -10:05am
355897	7/15	M-W	8:30am - 9:00am

Martin Luther King Outdoor Pool

345199	6/23	Su	9:40am -10:10am
345200	6/23	Su	11:00am -11:30am

8 Sessions \$59

Long Branch Outdoor Pool

345147	6/18	Tu, Th	8:00pm - 8:30pm
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Wheaton/Glenmont Outdoor Pool

344796	6/16	Su	10:20am -10:50am
344797	6/22	Sa	11:00am -11:30am

ADULT LEVEL 2

Designed for teenagers and adults (14 years and older) 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 \$57

Germantown Indoor Swim Center

348584	6/18	Tu	6:10pm - 6:40pm
348582	6/22	Sa	10:10am -10:40am
348583	6/23	Su	10:10am -10:40am

Martin Luther King Swim Center

345207	6/20	Th	8:20pm - 8:50pm
345208	6/22	Sa	9:40am -10:10am

Olney Swim Center

355898	6/15	Sa	11:20am -11:50am
355899	6/19	W	7:05pm - 7:35pm
355900	7/1	M, Tu, W	9:00am - 9:30am
355901	7/15	M, Tu, W	10:15am -10:45am

8 Sessions \$57

Bethesda Pool

347445	6/17	M	8:10pm - 8:40pm
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Long Branch Pool

345148	7/16	Tu, Th	8:00pm - 8:30pm
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Martin Luther King Outdoor Pool

345206	6/23	Su	11:00am -11:30am
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Wheaton/Glenmont Pool

345586	6/16	Su	11:00am -11:30am
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ADULT LEVEL 3

Designed for teenagers and adults (14 years and older) 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 \$57

Germantown Indoor Swim Center

348587	6/20	Th	5:30pm - 6:00pm
348585	6/22	Sa	11:30am -12:00pm
348586	6/23	Su	10:50am -11:20am

Kennedy Shriver Aquatic Center

347315	6/22	Sa	11:00am -11:30am
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Martin Luther King Swim Center

345210	6/18	Tu	8:20pm - 8:50pm
345211	6/22	Sa	10:20am -10:50am

Olney Swim Center

355902	6/15	Sa	10:00am -10:30am
355903	6/19	W	7:45pm - 8:15pm
355904	7/15	M, Tu, W	9:35am -10:05am

Martin Luther King Outdoor Pool

345209	6/23	Su	10:20am -10:50am
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8 Sessions \$57

Bethesda Outdoor Pool

347446	6/19	W	8:10pm - 8:40pm
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ADULT LEVEL 4

Designed for teenagers and adults (14 years and older) 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 \$57

Germantown Indoor Swim Center

348589 6/20 Th 6:10pm - 6:40pm
 348588 6/22 Sa 12:10pm -12:40pm
 348590 6/23 Su 11:30am -12:00pm

Kennedy Shriver Aquatic Center

347316 6/18 Tu 8:30pm - 9:00pm

Martin Luther King Swim Center

345212 6/20 Th 8:20pm - 8:50pm

Olney Swim Center

355905 6/15 Sa 10:40am -11:10am

Martin Luther King Outdoor Pool

345213 6/23 Su 9:00am - 9:30am



SUMMER 2013

Outdoor Pool Hours

Pre Season
May 25-June 9

Summer Season
June 10-August 18
All pools close at 6:00pm on July 4th

Post Season
August 19-September 2

	<u>Pre Season</u> May 25-June 9	<u>Summer Season</u> June 10-August 18 <i>All pools close at 6:00pm on July 4th</i>	<u>Post Season</u> August 19-September 2
Bethesda 301.652.1598	Weekends & Memorial Day: 12-6pm Weekdays: CLOSED	Weekends: 12:00noon-8:00pm Weekdays: 1:00pm-8:00pm	August 19-23 1:00pm-7:00pm August 26-30: CLOSED Weekends & Labor Day: 12-6pm
Germantown 240.777.8067	Weekends & Memorial Day: 12-6pm Weekdays: CLOSED	Weekends: 12:00noon-8:00pm Weekdays: 1:00pm-8:00pm	August 19-23: 1:00pm-7:00pm August 26-30: CLOSED Weekends & Labor Day: 12-6pm
MLK, Jr. Outdoor 240.777.8066	Weekends & Memorial Day: 12-6pm Weekdays: CLOSED	Weekends: 12:00noon-8:00pm Weekdays: 1:00pm-8:00pm	August 19-23: 1:00pm-7:00pm August 26-30: CLOSED Weekends & Labor Day: 12-6pm
Western County 301.349.2217	Weekends & Memorial Day: 12-6pm Weekdays: CLOSED	Weekends: 12:00noon-8:00pm Weekdays: 12:00noon-8:00pm	August 19-23: 1:00pm-7:00pm August 26-30: CLOSED Weekends & Labor Day: 12-6pm
Wheaton/Glenmont 301.929.5460	Weekends & Memorial Day: 12-6pm Weekdays: CLOSED	Weekends: 12:00noon-8:00pm Weekdays: 1:00pm-8:00pm	August 19-23: 1:00pm-7:00pm August 26-30: CLOSED Weekends & Labor Day: 12-6pm
Long Branch 301.431.5700	Weekends & Memorial Day: 12-6pm Weekdays: CLOSED	Weekends: 12:00noon-8:00pm Weekdays: 1:00pm-8:00pm Fridays: CLOSED	Weekdays: 1:00pm-7:00pm Weekends: 12:00noon-6:00pm Fridays: CLOSED Closed for Season: August 26th
Upper County 301.840.2446	Weekends & Memorial Day: 12-6pm Weekdays: CLOSED	Weekends: 12:00noon-8:00pm Weekdays: 1:00pm-8:00pm Fridays: CLOSED	Weekdays: 1:00pm-7:00pm Weekends: 12:00noon-6:00pm Fridays: CLOSED Closed for Season: August 26th

be active
montgomery!

Kickoff!

Free Admission!

Saturday, June 8 • 10:00am-2:00pm

South Germantown Recreation Park

18041 Central Park Circle • Boyds, Maryland 20841

Games • Fitness • Performances
Demonstrations • Golf Clinics Games
QuickStart Tennis • Basketball • Zumba
Soccer Demos • Healthy Food Vendors
United Way Fun, Fly, And Fit • Martial Arts

*Bring the whole family -
there are activities for all...
from children to seniors!
Free Admission To Mini Golf
And The Pool When You
Complete Our Fitness Challenge!*

**Heart Smart
Trail:**

10:00am

**Heart Healthy
Senior Walk**

11:00am

Family Walk

1:00pm

Family Bike and Trike

First 100 Pre-registered families
win a Prize Package on June 8!

PRE-REGISTRATION NOT REQUIRED * WALK-INS WELCOME

Pre-register at recweb.montgomerycountymd.gov • Course #359310

montgomerycountymd.gov/rec • 240-777-6821

Hablamos Español 240-777-6839

In case of inclement weather, please check Alert Montgomery, montgomerycountymd.gov/rec, or the Special Events Hotline: 240-777-6820



Montgomery County
Public Schools



United Way
of the National Capital Area
UnitedWayNCA.org



MARYLAND SOCCER FOUNDATION



Montgomery County Is Kicking Off A Countywide Initiative To Be Active Montgomery!

Do something fun, fit and healthy every day • go for a walk
play a game of tag with your kids • take a bike ride

Adults should have 2½ hours of moderate activity each week.
Kids should be active 60 minutes each day.

Ready to get started? Drop by a Montgomery County Recreation facility. Most of our Recreation Centers have a weight and exercise room; every Aquatic Center has lap lanes; nearly every center has a gymnasium for basketball & sports.



be active
montgomery!

These are just a few of the many ways to Be Active Montgomery! There is equipment, classes, organized sports, and more at each of the Centers. Registration is required for the activities below.

Upper County Community Recreation Center
Check out the family badminton on Saturdays from 9-11am. Or take a class in Break Dancing for Kids.

Germantown Community Recreation Center
Try the Group Personal Training or a BOSU Workout.

Potomac Community Recreation Center
Each week we offer senior Bone Builders, Tuesdays and Thursdays, 9-10am, 10-11am. Or try the Table Tennis Club.

Clara Barton Neighborhood Recreation Center
Monday and Wednesdays at 9am. walk Cabin John, weather permitting, from the Center to Glen Echo Park. Or if you want something more energetic, try the Zumba Fitness.

Bauer Community Recreation Center
Seniors Tai Chi on Mondays from 10-10:45am
Youth Basketball, Monday through Thursday starting at 2:30 to 5:45 pm.

Lawton Community Recreation Center
Try the Dance Fit Aerobics or the Self Defense and Jujitsu Training.

Area III-Coffield, East County, Good Hope, Longwood, Mid-County, Praisner, Wheaton, White Oak, Ross Boddy
Summer Fitness Brigade—a variety of summer sports, games, safety tips and healthy lifestyles June 14-August 16 from 5-7pm on a Friday, Saturday, or Sunday (check with centers for dates).

Damascus Community Recreation Center
Try the outdoor skatepark or join in Family Volleyball every Monday, 6-7:15pm.

Long Branch Community Recreation Center
Try our Toddler Gym Time or Youth Soccer.

Damascus Senior Center
Drop by on Friday, August 30 for the Senior Center Annual Luau dancing.

For ideas on games you can play with your kids at home or free exercise that is available in your neighborhood, along with healthy tips and more Recreation classes, visit montgomerycountymd.gov/rec or call 240-777-6820.

Hablamos Español
240-777-6839.

Classes **CLASSES**



**CLASSES WILL NOT MEET ON
JULY 4** (EXCEPT SWIM LESSONS)

ARTS & CRAFTS

YOUTH

Art Studio

Ages 7-12: 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.

5 Sessions \$45
 Instructor: Tatiana Martin
 351520 Longwood CRC 6/22 Sa 2:00pm - 3:00pm

Draw and Clay

Ages 4-9: Garden Fairies and Gnomes - This was a popular class last year! Each child created a magical creature in clay and on canvas for the home and garden. \$10 material fee due to instructor for each session.

7 Sessions \$69
 Instructor: Yolanda Prinsloo
 352576 Germantown CRC 6/18 Tu 5:30pm - 6:30pm
 352575 Bauer Drive CRC 6/19 W 5:30pm - 6:30pm

Drawing Made Easy

Ages 5-9: Fun lessons guide you 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.

6 Sessions \$54
 Instructor: Pyper H. Dixon
 352422 Germantown CRC 6/17 M 6:30pm - 7:30pm
 352423 White Oak CRC 6/19 W 6:30pm - 7:30pm

Adventures in Art

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

5 Sessions \$5
 Instructor: Tatiana Martin
 351517 Longwood CRC 6/22 Sa 10:15am - 11:15am
 351518 Upper County CRC 6/22 Sa 12:00pm - 1:00pm

Modern Masterpieces (painting)

Ages 7-12: 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.

6 Sessions \$48
 Instructor: Pyper H. Dixon
 352460 Germantown CRC 6/18 Tu 6:30pm - 7:30pm
 352461 White Oak CRC 6/20 Th 6:30pm - 7:30pm
 352462 East County CRC 6/22 Sa 1:00pm - 2:00pm



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FINE ARTS

Right Brain Drawing Beginner

Ages 13 & Up: Discover how to unhook 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 materials fee due to instructor.

7 Sessions \$119
Instructor: Yolanda Prinsloo
352572 Potomac CRC 6/17 M 5:30pm - 7:00pm

Color with Kritt (Workshop)

Ages 18 & Up: All levels. Learn how to make beautiful paintings without buying every paint in the store. Build the exact color you need! Then learn how to use color strategically to create great art. Spend two glorious days in a working studio. Call Penny at 301/989-1799 for supply list. Bring a bag lunch.

2 Sessions \$130
Instructor: Penny Kritt
352566 Kritt Studio 8/15 Th, F 10:00am - 3:00pm

Right Brain Drawing Advanced

Ages 13 & Up: For those who have taken a beginner class with Yolanda Prinsloo in the past or have drawing experience. Build on perceptions of drawing and explore new techniques in pencil, color pencil and/or watercolor. \$20 material fee due to instructor at first class.

7 Sessions \$119
Instructor: Yolanda Prinsloo
352570 Potomac CRC 6/17 M 7:15pm - 8:45pm

Acrylic Painting Techniques

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

8 Sessions \$136
Instructor: Margaret Deskin
351449 Bauer Drive CRC 6/22 Sa 10:30am - 12:30pm

Oil or Acrylic Painting-Your Choice

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

7 Sessions \$9
Instructor: Doris Haskel
357554 Jane E. Lawton CRC 6/18 Tu 2:00pm - 4:00pm

Composition with Kritt (Workshop)

Ages 18 & Up: Learn how to make fabulous art! It's time to finish all those half-done paintings. Need help on backgrounds? Or are you tired of not being chosen for art shows? Spend two days with an award-winning artist and learn the tricks of the trade. Call instructor at 301-989-1799 for supply list. Bring a bag lunch.

2 Sessions \$130
Instructor: Penny Kritt
352565 Kritt Studio 7/11 Th, F 10:00am - 3:00pm

Let's Draw! Beginning/Intermediate

Ages 9 & 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.

6 Sessions \$96
Instructor: Pyper H. Dixon
352426 East County CRC 6/22 Sa 10:15am - 12:15pm



JEWELRY

Beginning Wire Work

Ages 12 & Up: Learn how to work with wire to make loops, spirals, coils and more for all your jewelry projects. Discover what tools are required, how to select wire, and where to purchase your materials. After practicing the various techniques, make an easy to do wire bracelet with glass beads, finished with a handmade clasp. \$10 material fee due to instructor at class.

1 Sessions				\$29
Instructor: Donna Weeks				
352592	White Oak CRC	6/18	Tu	7:00pm - 9:00pm
352591	Bauer Drive CRC	6/19	W	7:00pm - 9:00pm

Braided Wire Bracelets

Ages 12 & Up: If you know how to braid, you can make this bracelet, it is that easy. We'll be working with 20 gauge non-tarnish silver wire to create this cuff-like bracelet. Just cut six pieces of wire, fold in half and start braiding. You'll finish it off with a focal bead and a little wire work. Simple, and elegant and you're sure to enjoy wearing it. \$10 material fee due to instructor at class.

1 Sessions				\$29
Instructor: Donna Weeks				
352600	White Oak CRC	7/23	Tu	7:00pm - 9:00pm
352599	Bauer Drive CRC	7/24	W	7:00pm - 9:00pm

Wire Wrapping

Ages 12 & Up: Learn the basics of wire wrapping as we explore several techniques. We'll learn to wrap gemstones, beach glass and more using braiding, traditional wrapping and weaving techniques. If you've got a favorite stone you want to wrap, this is the class for you. We'll cover the basics of wire working as we finish our project. There will be time to wrap several projects in class. \$10 material fee due to instructor at class.

1 Sessions				\$29
Instructor: Donna Weeks				
352596	White Oak CRC	7/16	Tu	7:00pm - 9:00pm
352595	Bauer Drive CRC	7/17	W	7:00pm - 9:00pm

Earrings, Earrings, Earrings!

Ages 12 & Up: Tired of never having just the right earrings to go with your favorite clothes? Learn the basics of earring construction from making loops, choosing the tools to making some one-of-a-kind earrings to add to your jewelry collection. Complete several pairs in class. \$10 material fee due to instructor at class.

1 Sessions				\$29
Instructor: Donna Weeks				
352588	White Oak CRC	6/25	Tu	7:00pm - 9:00pm
352587	Bauer Drive CRC	6/26	W	7:00pm - 9:00pm

Jewelry Basics

Ages 12 & Up: Learn the basics of making necklaces and bracelets from using crimp beads to choosing stringing material. Then make a double strand necklace. Once you know the basics, you can make your own one of a kind design. \$10 material fee due to instructor in class.

1 Sessions				\$1
Instructor: Donna Weeks				
352586	White Oak CRC	7/30	Tu	7:00pm - 9:00pm
352585	Bauer Drive CRC	7/31	W	7:00pm - 9:00pm



MORE ARTS & CRAFTS

Bath and Beauty Products

Ages 12 & Up: Why spend all that money on products that you can create yourself for a fraction of the cost? Join us and learn to make your own bath salts, moisturizers, toners, body lotions, hand creams and more. Take home a basket full of products plus recipes so you can make more! \$18 material fee due to instructor.

1 Sessions				\$29
Instructor: Donna Weeks				
352584	White Oak CRC	7/9	Tu	7:00pm - 9:00pm
352583	Bauer Drive CRC	7/10	W	7:00pm - 9:00pm





POTTERY

Handcrafted Pottery

Ages 15 & Up: All levels. Combination wheel and hand building. Discover clay's plasticity, try wedging and throwing, build slabs and coils, pinching and modeling. Bring home finished pieces completely glazed and fired. Bring old towel, and \$25 material fee due to the instructor at first class.

6 Sessions \$150
Instructor: Valerie Haber
354227 Germantown CRC 6/26 W 6:00pm - 9:00pm

Pottery Open Studio

Ages 16 and Up: Intermediate/Advanced. Handbuilding, wheel-throwing, decorating and glazing techniques for experienced students. Studio is equipped with wheels, extruders and slabroller. Instructor is available for demonstration and assistance. \$25 material fee due at first class.

5 Sessions \$110
Instructor: Pamela Reid
351126 White Oak CRC 6/27 Th 5:00pm - 9:00pm

6 Sessions \$132
Instructor: Pamela Reid
351122 Ross Boddy CRC 6/25 Tu 10:00am - 2:00pm
351123 Ross Boddy CRC 6/25 Tu 6:00pm - 10:00pm

Family Pottery with CREATE

Ages 6 & Up: Adult participant is required. Spend some quality time as a family exploring clay. Whether your clay creations are purely decorative or practical pieces, you'll treasure the time you spend working both independently and as a family. You will explore clay construction (pinch, coil and slab-no wheel), and various glaze finishes. Projects are fired in a kiln on our premises and students will take home several finished pieces. Younger children will need their adult pottery partner to assist through part of the process which is part of the fun you'll have together! Cost is per person. Register each person individually! \$25 material fee due per person on first day.

6 Sessions \$90
Instructor: Create Art Center
356184 Create Arts Center 6/30 Su 5:30pm - 7:00pm

Pottery at Lawton

Ages 13 and Up: All levels: Pottery for Everyone. Includes basic skills and techniques for coiling, sculpting and the wheel. Instruction on clay bodies, slips, glazes, underglazes and texture. \$25 material fee due instructor at first class.

6 Sessions \$105
Instructor: Yolanda Prinsloo
352568 Jane E. Lawton CRC 6/20 Th 6:00pm - 8:30pm



DANCE

YOUTH

Capoeira Teens

Ages 12-15: Students will learn basic Capoeira movements. Capoeira is a dance mixed with light acrobatics martial art and music. Participants form a roda (circle) and take turns playing instruments, singing, and dancing in pairs in the center of the circle. The game is marked by fluid dance play. Capoeira helps develop your reflexes, your cardio, increase self-confidence and encourage team building.

7 Sessions \$69
 Instructor: Roberto Roda Movements
 357856 Marilyn J. Praisner CRC 6/18 Tu 7:30pm - 8:30pm

Capoeira Youth

Ages 7-12: Students will learn basic Capoeira movements. Capoeira is a dance mixed with light acrobatics martial art and music. Participants form a roda (circle) and take turns playing instruments, singing, and dancing in pairs in the center of the circle. The game is marked by fluid dance play. Capoeira helps develop your reflexes, your cardio, increase self-confidence and encourage team building.

7 Sessions \$69
 Instructor: Roberto Roda Movements
 358058 White Oak CRC 6/19 W 7:00pm - 8:00pm

Tap, Ballet & Jazz Beginner

Ages 4-6 & 7-13: This is a 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. Three routines will be introduced during the session. A performance for family and friends will be held on the last day of class. Fun, fitness, and a great way to find out if your child really wants to dance. For online registration please look at the details for specific age group and time. Questions? Call Rowena DeLuca at 301-467-3535.

7 Sessions \$63
 Instructor: Rowena DeLuca
 Ages 4-6
 351416 Marilyn J. Praisner CRC 6/22 Sa 10:00am -11:00am
 Ages 7-13
 351418 Marilyn J. Praisner CRC 6/22 Sa 11:00am -12:00pm

Tap, Ballet & Jazz Intermediate

Ages 8-15: Intermediate. This is a continuing class for those who have taken the beginning level. Before registering contact Rowena 301-467-3535 for clarification of placement.

7 Sessions \$63
 Instructor: Rowena DeLuca
 351430 Marilyn J. Praisner CRC 6/22 Sa 12:00pm - 1:00pm

Ballet

Ages 5-8: Beginner. This class introduces the young dancer 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.

6 Sessions \$54
 Instructor: Grace Oleson
 351512 Wheaton CRC 6/20 Th 4:30pm - 5:15pm
 7 Sessions \$63
 Instructor: Grace Oleson
 351514 White Oak CRC 6/17 M 4:30pm - 5:15pm
 351511 Potomac CRC 6/18 Tu 4:30pm - 5:15pm
 351513 Germantown CRC 6/19 W 4:30pm - 5:15pm

Ballet by Halo

Ages 5-8: The main focus of this class will be on developing correct posture, proper alignment, flexibility and strength. In this class students will learn the seven movements in dancing and the ballet vocabulary. We create a safe and fun environment to encourage maximum learning potential.

7 Sessions \$63
 Instructor: DanceFit by Mel
 352604 Germantown CRC 6/22 Sa 11:00am -12:00pm

Ballet by Halo All Levels

Ages 9-12: All Levels: The main focus of this class will be on developing correct posture, proper alignment, flexibility and strength. In this class students will learn the seven movements in dancing and the ballet vocabulary. Beginning with barre work, the class proceeds to center work and movement which travel across the floor.

7 Sessions \$63
 Instructor: DanceFit by Mel
 352606 Germantown CRC 6/22 Sa 12:00pm - 1:00pm



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BALLROOM

Instructors:

Joe Kim301-774-3126
 Rebecca McKinney202-669-7723
 Tony Seleme.....202-386-2060
 Tom Woll703-591-3839

REGISTRATION IS PER PERSON.

Ballroom I Beginners (Couples)

Ages 16 & Up: Beginner. Learn the basics of Ballroom Dancing for the student 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. Depending on the students' progress, additional dances may be included.

7 Sessions \$63
 Instructor: Tony Seleme
 351988 Bauer Drive CRC 6/17 M 7:15pm - 8:15pm
 Instructor: Thomas Woll/Ann Basso
 351990 Wheaton CRC 6/19 W 7:00pm - 8:00pm

Ballroom II (Couples)

Ages 16 & Up: Intermediate. Prerequisite: Beginner ballroom course. After a brief review of the Ballroom I Dances, reinforce and build your confidence by learning additional variations for these dances, including Tango & Merengue. Emphasis is placed on maintaining proper dance position and improved pattern execution to perfect each move. Depending on class progress, additional dances may be included. Registration is per student.

7 Sessions \$63
 Instructor: Tony Seleme
 352010 Bauer Drive CRC 6/17 M 8:15pm - 9:15pm
 Instructor: Thomas Woll/Ann Basso
 352008 Wheaton CRC 6/19 W 8:00pm - 9:00pm

Ballroom III (Couples)

Ages 16 & Up: Intermediate/Advanced. Prerequisite: Ballroom Dance II or equivalent. Students will further develop a firm foundation in dancing ability in the ballroom dances covered in Ballroom I and II. Learn additional patterns in each dance with an emphasis on proper execution and technique. Classes may specialize in 3 or 4 dances per session. Registration fee is per student, each student must have a registered partner to participate in the class.

7 Sessions \$63
 Instructor: Thomas Woll/Ann Basso
 352611 Gwendolyn Coffield CRC 6/18 Tu 7:45pm - 8:45pm

Ballroom IV (Couples)

Ages 16 & Up: Prerequisite: Completion of Ballroom I, Intermediate or Intermediate Advanced. Students will further develop dancing skills by learning additional patterns in each dance, improving dancing technique and execution. Classes may specialize in 3 or 4 dances per session.

6 Sessions \$54
 Instructor: Thomas Woll/Ann Basso
 352613 Mid County CRC 6/20 Th 7:45pm - 8:45pm

Ballroom Practice & Party (Couples)

Age 17 & Up: Learn ballroom variations the first hour and then add to your enjoyment with a two-hour practice and party. One potluck dinner during the course. \$20 per couple parties set-up fee due instructor. Registration is per person, students must have a registered partner to attend the class.

7 Sessions \$98
 Instructor: Tony Seleme
 355885 Holiday Park Sr Ctr 6/21 F 7:00pm - 10:00pm

Dance for the Special

Occasion (Singles and Couples)

Ages 18 & Up: This dance class covers all ballroom and popular social dances. Are you looking forward to a very special occasion but dreading the thought of not being comfortable on the dance floor? This class focuses on learning basic rhythm, movement, leading and following in a relaxed carefree way. No pressure, no pizzazz, just an honest effort to dance and feel good about it. This class is perfect for anyone who is preparing for a special occasion such as a cruise, inaugural ball or special party. Partners are not required.



6 Sessions \$6
 Instructor: Herb Fredricksen
 351967 Germantown CRC 6/19 W 7:45pm - 8:45pm
 351968 East County CRC 6/20 Th 7:45pm - 8:45pm

Ballroom Wedding Dance (Couples)

Ages 18 & Up: Beginner. Learn to dance for that special occasion, your wedding, or just take the course to learn the three of most common ballroom wedding dances, the Waltz, Foxtrot, or Rumba. These are the three basic slow dances that couples usually chose for their special first dance together. Instruction will focus on proper dance position, how to lead and follow, and some basic patterns that you can use to form a routine for your dance. Registration fee is per person, must have a registered partner to attend the class.

7 Sessions \$63
 Instructor: Thomas Woll/Tony Dunn
 352411 Potomac CRC 6/17 M 7:00pm - 8:00pm
 Instructor: Tony Seleme
 352413 Holiday Park Sr Ctr 6/18 Tu 9:00pm - 10:00pm

Swing (Couples)

Ages 17 & Up: Beginner. Single and Triple Swing. Learn underarm turns, swivels using swing variations. This class is an East Coast Swing starting with Single Swing for an easy start, then progress to Triple Swing. Registration fee is per person, students must have a registered partner to attend.

7 Sessions \$63
 Instructor: Tony Seleme
 352030 Holiday Park Sr Ctr 6/18 Tu 7:00pm - 8:00pm

DC Hand Dancing (Singles and Couples)

Ages 18 & Up: Proclaimed the official dance of the Nation's Capital, learn this smooth style of 6-count Swing featuring various circular and slotted patterns. DC Hand Dancing is done to moderate and fast Motown, Blues and Disco music. No partner required. Students change patterns frequently. For singles, couples, trios, and bring your friends.

7 Sessions \$63
 Instructor: Thomas Woll/Tony Dunn
 352615 Potomac CRC 6/19 W 7:00pm - 8:00pm



LATIN



Latin Salsa (Couples)

Ages 17 & Up: This hot dance sizzles with rhythms and movement making Salsa a fun and popular dance for beginners.

7 Sessions \$63
 Instructor: Tony Seleme
 352408 Holiday Park Sr Ctr 6/18 Tu 8:00pm - 9:00pm

Latin Salsa (Singles & Couples)

Ages 17 & Up: Beginner. Learn today's hottest dance-Salsa! Learn a unique technique to dance Salsa, the difference between studio and night club styles, lead and follow, the 'get out of jail', steps to get your partner back on beat, and when to do the Mambo instead. Registration fee for single registrants, sign up with a friend to ensure a balance. Students change partners frequently.

7 Sessions \$63
 Instructor: Thomas Woll/Tony Dunn
 352617 Potomac CRC 6/19 W 8:00pm - 9:00pm

US/Mexican Border Dances (Singles and Couples)

Ages 18 & Up: Since the days of the Alamo, this vibrant exchange of music and dance has taken place along this border territory. Grab a partner or come as a single and explore over 200 years of dancing with a man who collects and keeps alive these spirited dances. Dances will include rhythms called Mariachi, Norteno, Conjunto, Ranchero, Tex-Mex, even Cajun. The instructor has taught for the Smithsonian Institution and the Friends of the Kennedy Center for many years. No partner or experience is required.

6 Sessions \$54
 Instructor: Herb Fredricksen
 351959 Germantown CRC 6/19 W 6:30pm - 7:30pm
 351946 East County CRC 6/20 Th 6:30pm - 7:30pm

MORE DANCE

Urban Line Dance

Ages 16 & Up: This introduces you to the basic patterns and steps for line dancing. Learn basic beginning level line dance step patterns and gradually progress to a few intermediate level line dances with slightly more complex patterns. This class will provide the opportunity to exercise, socialize, and have fun all in one setting. For more information please call Peytrienne McCormick at 301.379.5937.

6 Sessions \$45
 Instructor: Peytrienne McCormick
 357555 Wheaton CRC 6/18 Tu 6:00pm - 7:00pm

INTERNATIONAL

Capoeira Adult

Ages 16 & Up: Students will learn basic Capoeira movements. Capoeira is a dance mixed with light acrobatics martial art and music. Participants form a roda (circle) and take turns playing instruments, singing, and dancing in pairs in the center of the circle. The game is marked by fluid dance play. Capoeira helps develop your reflexes, your cardio, increase self-confidence and encourage team building.

5 Sessions \$49
 Instructor: Roberto Roda Movements
 356234 Bauer Drive CRC 6/20 Th 8:30pm - 9:30pm

International Folk Dancing

Ages 17 & Up: Beginner/Advanced. The first part 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. Students may begin any time during the session by registering, and then taking their receipt to class to receive their passes from the instructor. Classes are offered continually, from season to season and you may use your passes for any class. There are no refunds for unused passes. Questions: call 301-871-8788 or e-mail diamonddancecircle@comcast.net.

4 Sessions \$28
 Instructor: Phyllis Diamond
 351447 Jane E. Lawton CRC 7/22 M 7:30pm - 9:45pm
 6 Sessions \$42
 Instructor: Phyllis Diamond
 351446 Jane E. Lawton CRC 7/8 M 7:30pm - 9:45pm
 9 Sessions \$63
 Instructor: Phyllis Diamond
 351445 Jane E. Lawton CRC 6/17 M 7:30pm - 9:45pm

TAP

Tap Dance for Adults

Ages 16 & Up: Tap is an exciting program where students will use their feet to create a musical beat. Many adults are joining tap programs not only for the enjoyment but to gain aerobic fitness as well as muscle control. Beginner class is from 6pm-7pm and will introduce you to basic tap steps for true beginners. Beginner/Intermediate class is from 6:30pm-7:30pm and will introduce you to basic tap and combination steps. Intermediate class is from 7pm-8pm and will focus on intermediate steps and combination. Advance class will be held from 8pm-9pm and is a true performance class. For clarification and assistance with proper placement please call Rowena DeLuca at 301-467-3535.

7 Sessions \$63
 Instructor: Rowena DeLuca
 351437 Capital View-Hwd LP 6/19 W 6:00pm - 7:00pm
 351438 Capital View-Hwd LP 6/19 W 6:30pm - 7:30pm
 351439 Capital View-Hwd LP 6/19 W 7:00pm - 8:00pm
 351440 Capital View-Hwd LP 6/19 W 8:00pm - 9:00pm





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*Hey hep cats!
Avoid those
clams and
clinkers when
you play -
our music
lessons will
teach you
to lay down
some hot
licks!*

MUSIC

GUITAR

Guitar Level I

Ages 9 & Up: Beginner. Tune up and start playing your favorite songs without learning how to read music. Learn several songs utilizing strumming, bass strumming and finger picking techniques. Please bring a fully strung guitar (preferably acoustic), electronic tuner and a pencil. \$14 material fee due to the instructor at first class. Questions: Call Brian Gross at 301-320-6999.

6 Sessions				\$93
Instructor: Brian Gross				
352745 Potomac CRC	6/18	Tu	6:00pm - 7:00pm	
352746 Bauer Drive CRC	6/19	W	7:00pm - 8:00pm	

Guitar Songs

Ages 9 & Up: Prerequisite: Level I or new students with applicable experience/knowledge welcome. Love to play your favorites and learn new songs to add to your favorite's collections? Come jam with Brian, and while you are jammin', you'll cover new chords including barre and power chords. Please bring the songs you want to play, a fully strung guitar (acoustic or electric), electronic tuner and a pencil. \$14 material fee due to the instructor at first class. Questions: Brian Gross at 301-320-6999.

6 Sessions				\$93
Instructor: Brian Gross				
352750 Potomac CRC	6/18	Tu	7:00pm - 8:00pm	
352749 Bauer Drive CRC	6/19	W	8:00pm - 9:00pm	

PIANO

Exploring Music and Piano Level IA

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

12 Sessions				\$300
Instructor: Geiza Dourado				
351500 Golden School of Music	6/24	M, W	5:00pm - 6:15pm	
351501 Golden School of Music	6/24	M, W	5:45pm - 7:00pm	



COOKING

COOKING SKILLS

Knife Skills

Ages 18 & Up: The proper use of the chef's knife in the kitchen will do as much to improve your cooking ability as anything else you can do. This is a hands-on class that emphasizes proper technique, safety, selection of proper knives and care and upkeep. We'll discuss how knives are made and even what kind of cutting board to buy. You can use our knives, bring your own to use (we'll evaluate them for you) or purchase new ones from the complete line of professional knives that we have available (and you even get a discount!). You will peel, slice and chop vegetables and fruits as well as separate and de-bone a chicken. You will use a peeler, chef's knife, paring knife and boning knife during the course of the class. Lunch will be prepared from the fruits of your labors, so bring an appetite. \$15 food fee due instructor at class time.

1 Sessions \$65
 Instructor: James Davis
 357754 Ross Boddy CRC 9/28 Sa 10:30am - 2:30pm

GENERAL COOKING

All the best from the Seafood Market

Ages 15 & Up: I'll go to the seafood market and bring the freshest of fish and shellfish for this. Then onto the farmer's market for big, fresh juicy tomatoes and fresh corn and other veggies we can find to finish out our meal. We'll find lettuce for a summer fresh salads. We will showcase what we have to cook. The real secret to cooking anytime and anywhere is to buy the best ingredients. You can bet that one of those recipes will be fresh fish Languedoc style, prepared with really good olive oil and fresh garlic and herbs. Take home recipes provided. Remember, we eat what we fix in these classes so make sure you bring an appetite as well. \$15 food fee due instructor at class time.

1 Sessions \$65
 Instructor: James Davis
 357755 Ross Boddy CRC 7/27 Sa 10:30am - 2:30pm



Seafood Market

Potstickers And Dumplings

Ages 15 & Up: First you will learn the secrets of the 'skins' from what kinds to buy to where to buy them. Then you will move on to making the stuffings, including shrimp, crab, pork and veggies. We will prepare dipping sauces for the meal. Then you will learn how to pleat, fold, seal the dumplings so they don't come apart while they are cooking. This extra special class will be a full four hours and you don't want to miss a minute of it. Take home recipes will be provided. \$20 food fee due instructor at class time. Remember, we eat what we fix in this classes so make sure you bring an appetite as well.

1 Sessions \$65
 Instructor: James Davis
 357808 Ross Boddy CRC 9/14 Sa 10:30am - 2:30pm

Light Italian Summer Supper

Ages 15 & Up: Herb Roasted Half Chicken, Italian style, served with a Tuscan style bread salad made from the reserved drippings of the perfectly roast chicken. The Queen of Italian desserts may well be Strawberries Balsamico, fresh strawberries with real balsamic vinegar. It is not the stuff you buy in the store but real, true balsamic vinegar carried back from Modena in my suitcase, served with Strawberry Sorbet. Take home recipes provided. Remember, we eat what we fix in these classes so make sure you bring an appetite as well. \$15 food fee due instructor at class.

1 Sessions \$65
 Instructor: James Davis
 357803 Ross Boddy CRC 8/17 Sa 10:30am - 2:30pm

Smokin' N Grillin'

Ages 15 & Up: We'll have plenty of ground beef on hand for this class. So, we can make a wonderful grilled hamburger unlike any you have had before. We will serve it with our own homemade Red Onion and Wine Jam. Then we'll smoke boneless skinless chicken breasts to make a wonderful smoked chicken salad along with a Grilled Honey Vegetable Platter. Then we will top that off with a grilled pineapple dessert that proves you can do most anything on a grill. We use both the big gas grill and the big, round kettle charcoal grill, so you're covered no matter what you have at home. Take home recipes. Remember, we eat what we fix in these classes so make sure you bring an appetite as well. \$15 food fee due instructor at class time.

1 Sessions \$10
 Instructor: James Davis
 357753 Ross Boddy CRC 7/20 Sa 10:30am - 2:30pm

Summer Dinner

Ages 15 & Up: The best of summer, perfectly prepared. First is a brand new recipe, a wonderful Butter Lettuce Salad with Hazelnuts followed by Turkey Cutlets (and or Pork Cutlets) with a very special Chipotle Onion Gravy (my recipe printed in Cooking Light Magazine) and Chipotle and Tamerind Braised Greens (Collard, Chard, Kale or whatever is freshest at the market). We'll top this great meal off with Strawberry Filled Corn Cakes with Fresh Strawberries and whipped cream. Take home recipes. Remember, we eat what we fix in these classes so make sure you bring an appetite as well. \$15 food fee due instructor at class time.

1 Sessions \$65
 Instructor: James Davis
 357804 Ross Boddy CRC 8/31 Sa 10:30am - 2:30pm

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WINE & DINE-ADULTS

The Wines of California

Ages 21 & Up: It is time to revisit the most prolific wine production area of the United States, if not the world. We will also feature original California recipes for the cooking portion of our class. Wines will include selections from the world famous Sonoma and Napa Valleys, south through the largest wine production area in the state, the Central Valley all the way south so San Diego. We will have at least one 'California Cab' as well as a 'California Chard,' the two wines that established California as a world class producer of wines. Remember, nine wines, three entrees, three hours. In this class we eat what we fix so make sure you bring an appetite. Take home recipes. \$20 food and wine fee due instructor at class time.

1 Sessions \$55
 Instructor: James Davis
 357806 Ross Boddy CRC 8/2 F 7:00pm -10:00pm

The Pinot's

Age 21 & Up: You will get a full introduction to the famous family of wine grapes, the Pinot's. Pinot Noir (the black pinot) the world famous great red wine of Burgundy, Pinot Gris (Pinot Grigio) the Grey Pinot, Pinot Blanc, the White Pinot and even Pinot Muniere, one you probably have never heard of before. Recipes will include Agrodolce Meatballs, a Spanish recipe; oil poached Tuna with Fennel and Orange, a French recipe; and Roast Chicken, and American recipe. In this class we have a full participation cooking class for the first half of the class and then we taste nine different wines with the foods we have prepared. We eat what we fix so make sure you bring an appetite as well. Take home recipes. \$20 food and wine fee due instructor at class time.

1 Sessions \$55
 Instructor: James Davis
 357807 Ross Boddy CRC 9/6 F 7:00pm -10:00pm

White Wines and Seafood Only!

Ages 21 & Up: Great summer recipes will include a fresh tuna Nicoise Salad, pan seared Maryland style Crab Cakes with home made potato salad and grilled Sea Bass with Mango Salsa. Each dish will be accompanied by three different white wines, chosen specifically for the summer wine drinking season and weather. We'll include reasonably priced wines and maybe even a box or jug. In this class we eat what we fix so make sure you bring an appetite as well. Remember, nine wines, three entrees, three hours Take home recipes. \$20 food and wine fee due instructor at class time.

1 Sessions \$55
 Instructor: James Davis
 357805 Ross Boddy CRC 7/12 F 7:00pm -10:00pm



Wines of California

FITNESS & WELLNESS

AEROBIC DANCE

Dance & Fitness, LLC

Ages 16 & Up: Complete cardiovascular aerobic workout for those who love music and movement. Includes flexibility and leg routines leading into a full aerobic workout and final cool down, weights, abdominal work and cool down stretch. Summer session has routines from the best of the past 4 sessions combined for quick re-learning and jumping right into the fun. Instructors are trained, experienced, and CPR certified. Wear supportive athletic shoes, bring a mat/blanket, and hand weights (optional). Questions? Email dancenfitness@verizon.net

12 Sessions	\$84				
Instructor: Wendy Eckenrode					
356726 Bauer Drive CRC	6/18	Tu, Th	4:30pm - 5:30pm		
Instructor: Alice Donnelly					
356724 Jane E. Lawton CRC	6/24	M, W	6:00pm - 7:00pm		

Zumba

Ages 16 & Up (13-15 if accompanied by parent or guardian): Beginner/Intermediate. Fitness combine mesmerizing Latin rhythms with easy to follow moves to create a dynamic fitness program. One invigorating hour of calorie burning and body energizing. Zumba provides an opportunity to creatively exercise while dancing your stress away! For more information contact Melissa Moreira at 301-318-9379 or email at myzumba.n.u@gmail.com

6 Sessions	\$60				
Instructor: DanceFit by Mel					
357271 Wisconsin Place CRC	6/20	Th	7:00pm - 8:00pm		
357273 Germantown CRC	6/20	Th	7:15pm - 8:15pm		
7 Sessions	\$70				
Instructor: DanceFit by Mel					
357267 Marilyn J. Praisner CRC	6/17	M	6:00pm - 7:00pm		
357275 Damascus CRC	6/17	M	7:00pm - 8:00pm		
357269 Wisconsin Place CRC	6/18	Tu	7:00pm - 8:00pm		
357272 Germantown CRC	6/18	Tu	7:15pm - 8:15pm		
357268 Marilyn J. Praisner CRC	6/19	W	6:00pm - 7:00pm		
357276 Damascus CRC	6/19	W	7:00pm - 8:00pm		
357270 Bauer Drive CRC	6/22	Sa	9:15am - 10:15am		
357274 Potomac CRC	6/22	Sa	9:30am - 10:30am		

Zumba with Zukossa Fitness

Ages 13 & Up: Zumba is a fun, aerobic dance workout that incorporates salsa, merengue, cumbia, reggaeton and other international music that works the body and lifts the spirit. The Zukossa Fitness team, lead by Janet Awokoya, infuses various African and Caribbean dance movements for an even greater, dynamic workout! The routines feature aerobic interval training with a combination of fast and slow rhythms that tone and sculpt the body. Burn 400-1000 calories in one hour! For more information contact Janet Awokoya at: zumbawithjanet@gmail.com

6 Sessions	\$60				
Instructor: Zukossa Fitness Team					
357262 Schweinhaut Sr Ctr	6/17	M	7:00pm - 8:00pm		
357263 Schweinhaut Sr Ctr	6/19	W	7:00pm - 8:00pm		

Zumba with Step-n-Sweat Fitness

Ages 16 & Up (13-15 if accompanied by parent or guardian): It's time to 'Ditch the Workout and Join the Zumba party with Cheryl Hicks and her awesome instructors. This latin based cardio workout will have you burning up to 1000 calories an hour, while having fun. If you like to dance and shake, then this is the class for you. Move to the sounds of soca, salsa, merengue, hip hop, reggaetone, old and new school and of course line dances. The instructor brings 29 years of energetic experience to every class and incorporates lots of interaction with her students. For more information, contact Cheryl Hicks at chicks2@mindspring.com, 301-642-0612 or go to zumba.com. There's a Party going on in this Zumba class, so come and join us!!!!

4 Sessions	\$40				
Instructor: Step-n-Sweat Fitness					
357291 White Oak CRC	7/11	Th	7:00pm - 8:00pm		
357292 Longwood CRC	7/11	Th	7:00pm - 8:00pm		
5 Sessions	\$50				
Instructor: Step-n-Sweat Fitness					
357290 White Oak CRC	7/2	Tu	7:00pm - 8:00pm		
357293 Mid County CRC	7/6	Sa	10:30am - 11:30am		





ACT THE WORKOUT

AEROBIC CONDITIONING AND TONING 3 Month Pass

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

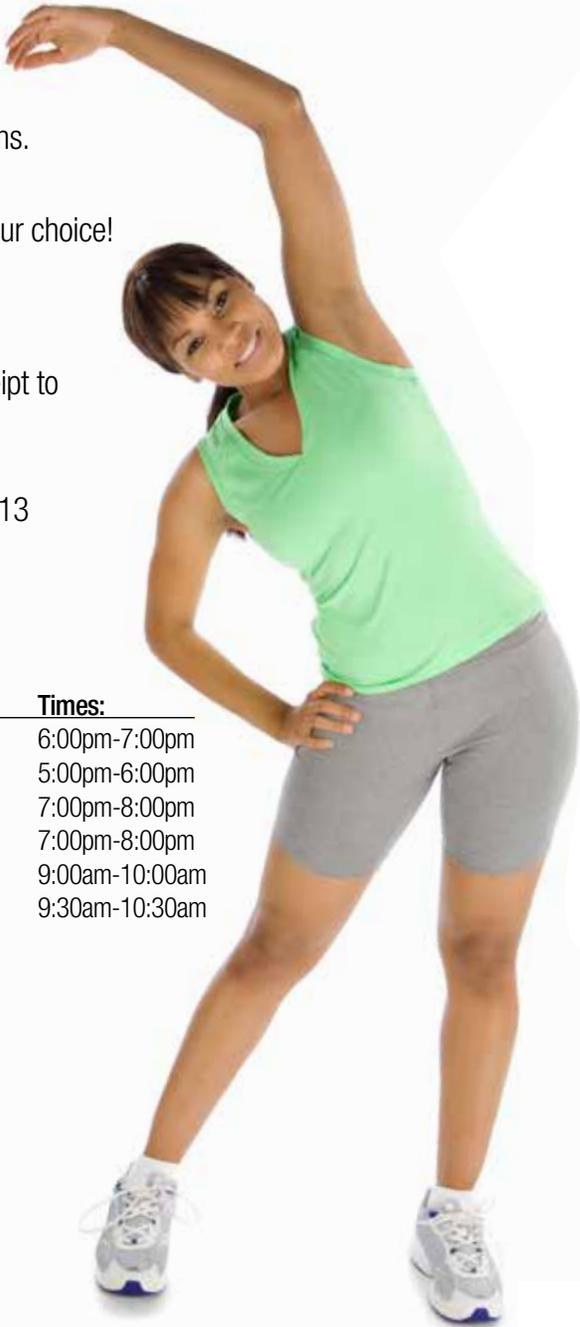
Plan your workout around your schedule and attend class at any of our convenient locations.

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

Pass is valid for 3 months from the first class attended

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

Registration begins May 13, 2013



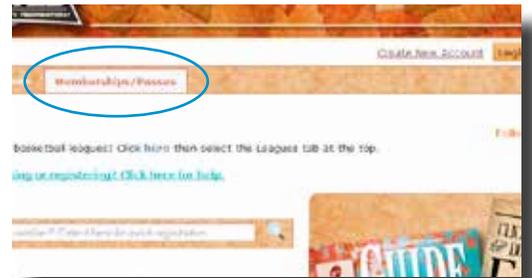
Location	Days	Times:
Wheaton CC	M, T, W, Th	6:00pm-7:00pm
Bauer Dr. CC	M, W	5:00pm-6:00pm
Praisner CC	M, W	7:00pm-8:00pm
Potomac CC	T, Th	7:00pm-8:00pm
Wheaton CC	Sa	9:00am-10:00am
Wheaton CC	Su	9:30am-10:30am

- ACT- 36 Passes- \$189.00
- ACT- 24 Passes- \$132.00
- ACT- 18 Passes- \$103.50
- ACT- 12 Passes- \$72.00

Registering Has Never Been Easier!

Look For the New ACT Pass Online at recweb.montgomerycountymd.gov

1. On RecWeb, Click on the Membership/ Passes Tab.



2. Select ACT, Choose Your Pass Amount, & Click Add



3. Begin Checkout. It Is That Easy!

AEROBIC EXERCISE

Better Bodies by Jerry

Adults: This fun, effective and safe workout is designed for everyone (co-ed) 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, contact GettingFitwithJerry@comcast.net.

5 Sessions \$35
 Instructor: Jerry Palazzo
 357454 Churchill, Winston HS 6/20 Th 5:45pm - 6:45pm
 6 Sessions \$42
 Instructor: Jerry Palazzo
 357453 Churchill, Winston HS 6/18 Tu 5:45pm - 6:45pm

Dynaerobics

Ages 16 & Up (13-15 if accompanied by parent or guardian): A total program, perfect for cross trainers. Energizing warm up, choreographed, safe high and low impact aerobics, strengthening and toning exercises with resistance bands and a relaxing cool down stretch. Bring a mat/towel. Questions? Contact Ferhan at FerhanDoyle@aol.com

12 Sessions \$84
 Instructor: Gail Oring
 356710 Bauer Drive CRC 6/18 Tu, Th 6:00pm - 7:00pm

Dynaerobics AND Body Scuplting

Ages 16 & Up (13-15 if accompanied by parent or guardian): A total program, perfect for cross trainers. Energizing warm up, choreographed, safe high and low impact aerobics. Last 30min 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. Questions? Contact Ferhan at FerhanDoyle@aol.com

6 Sessions \$53
 Instructor: Regina Gaither
 356707 Bauer Drive CRC 6/22 Sa 10:15am - 11:30am

Jazzmatazz Low Impact Aerobics

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

6 Sessions \$42
 Instructor: Betsy Saunders
 357280 Wheaton CRC 6/20 Th 7:15pm - 8:15pm
 7 Sessions \$49
 Instructor: Betsy Saunders
 357279 Wheaton CRC 6/18 Tu 7:15pm - 8:15pm

Jazzmatazz Aerobics Light

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

6 Sessions \$42
 Instructor: Betsy Saunders
 357278 Bauer Drive CRC 6/20 Th 9:30am - 10:30am
 7 Sessions \$49
 Instructor: Betsy Saunders
 357277 Bauer Drive CRC 6/18 Tu 9:30am - 10:30am

Movin' with Millie: Aerobics & Exercise

Ages 16 & Up: Set to positive, upbeat music, Movin' with Millie: Aerobics and Exercise is a unique exercise experience, beginning with a total body warm up, aerobic conditioning for cardiovascular fitness, and floor exercises for toning hips, thighs, abdominals, and gluteals. 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 mtrimble3@juno.com.

7 Sessions \$54
 Instructor: Mildred Norwood Trimble
 356720 Pilgrim Hills LP 6/21 F 9:30am - 10:45am



Meditation and Qigong for Health

MEDITATION

Meditation and Qigong for Health

Ages 16 & Up (13-15 if accompanied by parent or guardian): Learn the secrets of Qigong and Meditation in this special class. You will learn how to use guided imagery and breathing techniques to relax your mind and rejuvenate your energy. We will use selected Qigong movements to gently stretch and strengthen the body. You will find something here to deepen your practice and enrich your life. This class will feature a gentle workout. No experience required. For more information contact TCCII at info@tccii.com.

6 Sessions \$72
 Instructor: Traditional Chinese Culture Institute International, LLC
 356757 White Oak CRC 6/20 Th 7:30pm - 8:30pm

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MORE FITNESS & WELLNESS

Change Your Mind, Change Your Body

Ages 30 & Up (Women Only): A comprehensive, holistic and compassionate approach to the struggle of taking the best care of ourselves possible, losing weight and keeping it off. This women only workshop is designed for those who have significant weight to lose as well as those who are trying to maintain a healthy weight. The program addresses the needs of every fitness level, with a focus on the health and life issues. What makes this program unique is that it takes into consideration individual life circumstances so that every participant can personalize their experience. At the end of the workshop, you will have a better understanding as to why diets don't work, changed your definition of weight loss success, identified stressors and behavior patterns that are holding you back, and learned a myriad of strategies that will help you achieve your goals and optimal lifelong health. The instructor is a registered Clinical Exercise Physiologist, works with participants to achieve weight loss and fitness goals, ultimately reducing the risk of chronic disease and promoting a long healthy life.

6 Sessions \$150
Instructor: Jody Miller
357266 Davis Library 6/19 W 12:30pm - 1:45pm

Group Personal Training

Ages 14 yrs & 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. Instructors are Certified Trainers. Questions? Call Fred Mosby at (240)552-2227 or email at: fmosby@verizon.net.

4 Sessions \$70
Instructor: Fred Mosby
356704 Germantown CRC 6/22 Sa 11:00am -12:00pm



Stability Ball Workout

HulalaFit!

Ages 16 & Up (13-15 if accompanied by parent or guardian): It's a new revolution in fitness. Add an adult-sized hoop and you've got a body-sculpting fitness tool integrated into your favorite workouts. This class combines hoop moves and skills with cardio dance, pilates, yoga, strength training and stretching for a slender, toned and defined physique. Go a little wild and put a new spin on your workout! Hoops provided in class, optional to purchase from instructor or bring your own. Bring a mat. For more information, email jeanne@hulalafit.com or visit www.hulalafit.com.

4 Sessions \$32
Instructor: Jeanne M. Lieder
356723 Bauer Drive CRC 6/20 Th 7:15pm - 8:15pm

NEW Knockout Workout

Ages 16 & Up (13-15 if accompanied by parent or guardian): It's a New Level of Fitness. Knockout Workout blends cardio, sculpt, core and more into a non-stop flow of moves that shed fat, build muscle, and tone the entire body. The twist? Levels. Each exercise starts with basic moves which increase in complexity and intensity as you level up. Go from no-impact basic to high-intensity advanced for a real challenge and real change. It's your workout, your way! Weighted gloves optional. Bring a mat. Questions? Contact Jeanne@kowitzworkout.com or visit www.kowitzworkout.com. Fun Fitness... Seriously.

5 Sessions \$40
Instructor: Jeanne M. Lieder
356722 Bauer Drive CRC 6/18 Tu 7:15pm - 8:15pm

NEW Your Pelvic Floor- Keeping It Healthy

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

1 Sessions \$30
Instructor: Restore Motion
356753 Restore Motion 6/6 Th 10:30am -12:00pm

PILATES

Stability Ball Workout

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

12 Sessions \$120
Instructor: Fred Mosby
356703 Germantown CRC 6/18 Tu, Th 6:00pm - 7:00pm

STRENGTH TRAINING & BODY SCULPTING

Body Sculpting

A land-based class designed for cross training with water fitness classes. Focus is on Abs, Glutes, legs and upper body.

8 Sessions \$53
 Instructor: Sally Dimsdale
 354447 Kennedy Shriver Aq Ctr 6/4 Tu 6:30pm – 7:20pm
 354448 Kennedy Shriver Aq Ctr 6/6 Th 6:30pm – 7:20pm

Bone Builders - Plus

Adult: 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. Questions contact: GettingFitwithJerry@comcast.net.

8 Sessions \$56
 Instructor: Jerry Palazzo
 357284 Jane E. Lawton CRC 6/17 M 2:00pm - 3:00pm
 357285 Jane E. Lawton CRC 6/19 W 2:00pm - 3:00pm

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. Instructor ACE & CPR certified. Questions? Call Juliet at: 301-229-7555 or Juliet@wellnesscorporatesolutions.com

12 Sessions \$72
 Instructor: Juliet Rodman
 356721 Clara Barton CRC 6/18 Tu, Th 8:00am - 9:00am

Dynaerobics Body Sculpting

Ages 16 & Up (13-15 if accompanied by parent or guardian): A serious workout to firm all major muscle groups. Special attention given 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. Questions contact Ferhan at FerhanDoyle@aol.com

12 Sessions \$84
 Instructor: Gina Dols
 356711 Bauer Drive CRC 6/17 M, W 6:00pm - 7:00pm

TAI CHI

Tai Chi, Beginning with Miriam

Ages 16 & Up: A Chinese meditative and martial art, offers health benefits for all ages. It reduces stress, builds balance, joint flexibility, strength, and enhances internal health/energy. Come and experience the relaxing and health-building benefits of Tai Chi. Wear loose fitting clothing and flat sole shoes. Questions? Contact Miriam at mdelaglio@hotmail.com

6 Sessions \$60
 Instructor: Miriam Delaglio
 356754 Upper County CRC 6/18 Tu 7:00pm - 8:00pm

Tai Chi and QiGong for Mind-Body Connection

Ages 16 & Up (13-15 if accompanied by parent or guardian): Experience Tai Chi, a special combination of Internal Kung Fu and Qigong, which develops strong connections between your mind and your body's internal energy. You will learn authentic Tai Chi forms, drills and Qigong techniques for developing agility, stamina, mental sharpness and awareness. This class will have light body contact and feature a light to moderate workout. For more info, contact TCCII at info@tccii.com.

6 Sessions \$72
 Instructor: Traditional Chinese Culture Institute International, LLC
 356756 White Oak CRC 6/20 Th 6:30pm - 7:30pm

Tai Chi, Continuing with Louise

Ages 18 & Up: Continuing. Anyone from senior citizens with existing ailments to athletes 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. Regular practice relieves insomnia, arthritis, headaches, and stress by directing the mind's focus on the flowing movements of Tai Chi. Students will leave the class feeling more grounded and balanced. For more info, contact Louise @ 301-528-1174 or louiseliu.taichi@gmail.com

5 Sessions \$60
 Instructor: Louise Liu
 357258 Germantown CRC 6/20 Th 6:00pm - 7:00pm

Tai Chi

Ages 18 & Up: Beginner: Anyone from senior citizens with existing ailments to athletes 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. Regular practice relieves insomnia, arthritis, headaches, and stress by directing the mind's focus on the flowing movements of Tai Chi. Students will leave the class feeling more grounded and balanced. For more info, contact Louise @ 301-528-1174 or louiseliu.taichi@gmail.com

6 Sessions \$72
 Instructor: Louise Liu
 357254 White Oak CRC 6/18 Tu 10:30am - 11:30am
 357255 Germantown CRC 6/18 Tu 6:00pm - 7:00pm

Tai Chi Chuan and Qigong

Ages 18 & Up: Continuing Students & 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. 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. Students feel more grounded and balanced. Regular practice relieves insomnia, arthritis, headaches, and stress. For more info, contact Louise @ 301-528-1174 or louiseliu.taichi@gmail.com

6 Sessions \$90
 Instructor: Louise Liu
 357259 Jane E. Lawton CRC 6/19 W 7:00pm - 8:15pm
 357261 Germantown CRC 6/22 Sa 9:30am - 10:45am





MARTIAL ARTS

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AIKIDO

Aikido Beginning

Ages 12 & Up: Beginner. A defensive martial art that redirects an attacker's energy through evasions, throws, escapes, and pins. By learning the principles and practice of Aikido, one can learn to manage conflict in one's personal life. Be non-aggressive without being a victim. Coordinate mind and body, and deal effectively with stress and tension. Emphasis on Ki development.

7 Sessions \$60
Instructor: William Fairweather
357149 Ross Boddy CRC 6/17 M 7:00pm - 8:30pm

Aikido Continuing

Ages 12 & Up: Students must have the instructor's permission before registering. Builds on the Beginner class and is adapted to the level of the students. Covers additional defensive techniques when faced with multiple attackers and or weapons.

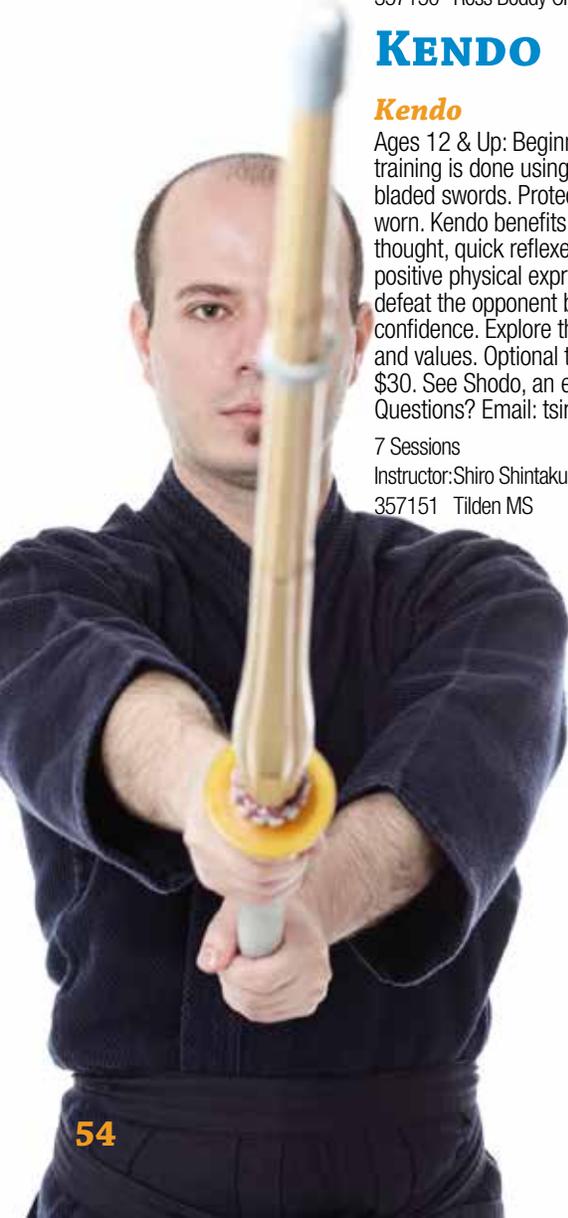
7 Sessions \$89
Instructor: William Fairweather
357150 Ross Boddy CRC 6/19 W 7:00pm - 9:00pm

KENDO

Kendo

Ages 12 & Up: Beginner/Intermediate. Modern sword training is done using bamboo swords as opposed to bladed swords. Protection for chest, head and hands are worn. Kendo benefits both mind and body through quick thought, quick reflexes, determination, self control and positive physical expression. The goal is not necessarily to defeat the opponent but to gain inner strength and mental confidence. Explore the ancient samurai, their philosophy and values. Optional to purchase shinai from instructor for \$30. See Shodo, an excellent complement to training. Questions? Email: tsir.office@verizon.net.

7 Sessions \$72
Instructor: Shiro Shintaku
357151 Tilden MS 6/20 Th 7:00pm - 8:00pm



KARATE/JUJITSU

Karate/Jujitsu

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

7 Sessions \$38
Instructor: Company Staff: TKA, Inc.
357119 Marilyn J. Praisner CRC 6/20 Th 6:00pm - 7:00pm
357120 Marilyn J. Praisner CRC 6/20 Th 7:00pm - 8:00pm
357121 DuFief ES 6/20 Th 6:00pm - 7:00pm
357122 DuFief ES 6/20 Th 7:00pm - 8:00pm
357123 Poole, John MS 6/20 Th 7:00pm - 8:00pm
357124 NH Estates ES 6/20 Th 6:00pm - 7:00pm
357125 NH Estates ES 6/20 Th 7:00pm - 8:00pm
357126 Bethesda ES 6/20 Th 7:00pm - 8:00pm

8 Sessions \$44
Instructor: Company Staff: TKA, Inc.
357103 Longwood CRC 6/17 M 7:00pm - 8:00pm
357104 Upper County CRC 6/17 M 6:00pm - 7:00pm
357105 Upper County CRC 6/17 M 7:00pm - 8:00pm
357106 Wheaton CRC 6/17 M 7:00pm - 8:00pm
357107 Germantown CRC 6/18 Tu 6:00pm - 7:00pm
357108 Germantown CRC 6/18 Tu 7:00pm - 8:00pm
357109 Mid County CRC 6/18 Tu 7:00pm - 8:00pm
357110 Damascus CRC 6/19 W 6:00pm - 7:00pm
357111 Damascus CRC 6/19 W 7:00pm - 8:00pm
357112 Bauer Drive CRC 6/19 W 6:00pm - 7:00pm
357113 Bauer Drive CRC 6/19 W 7:00pm - 8:00pm
357114 Potomac CRC 6/19 W 6:30pm - 7:30pm
357115 Flower Hill ES 6/19 W 6:00pm - 7:00pm
357116 Flower Hill ES 6/19 W 7:00pm - 8:00pm
357117 Clara Barton CRC 6/19 W 7:00pm - 8:00pm
357118 Neelsville MS 6/19 W 7:00pm - 8:00pm
357127 Neelsville MS 6/19 W 6:00pm - 7:00pm

Karate Do and Iaido Beginners

Ages 6-13: Tuesdays. Ages 16 & Up: Thursdays. 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. For more information, contact Salvador Cortes at bskofmc@gmail.com

7 Sessions \$48
Instructor: Salvador Cortes
357145 Garrett Park ES 6/18 Tu 7:00pm - 8:00pm
357146 Garrett Park ES 6/20 Th 7:00pm - 8:00pm

Karate Do and Iaido II Intermediate

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. For more information, contact Salvador Cortes at bskofmc@gmail.com

7 Sessions \$66
 Instructor: Salvador Cortes
 357147 Garrett Park ES 6/18 Tu 8:00pm - 9:00pm

Iaido

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

7 Sessions \$49
 Instructor: Salvador Cortes
 357148 Garrett Park ES 6/20 Th 8:05pm - 9:00pm

Karate/Jujitsu Adults

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

7 Sessions \$51
 Instructor: Company Staff: TKA, Inc.
 357135 Bethesda ES 6/20 Th 8:00pm - 9:30pm
 357136 Marilyn J. Praisner CRC 6/20 Th 8:00pm - 9:30pm
 357137 DuFief ES 6/20 Th 8:00pm - 9:30pm
 357138 NH Estates ES 6/20 Th 8:00pm - 9:30pm
 8 Sessions \$58
 Instructor: Company Staff: TKA, Inc.
 357128 Upper County CRC 6/17 M 8:00pm - 9:30pm
 357129 Wheaton CRC 6/17 M 8:00pm - 9:30pm
 357130 Germantown CRC 6/18 Tu 8:00pm - 9:30pm
 357131 Damascus CRC 6/19 W 8:00pm - 9:30pm
 357132 Bauer Drive CRC 6/19 W 8:00pm - 9:30pm
 357133 Potomac CRC 6/19 W 7:30pm - 9:00pm
 357134 Neelsville MS 6/19 W 8:00pm - 9:30pm

Karate/Jujitsu Club

Ages 13-Adult: 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.

8 Sessions \$23
 Instructor: Company Staff: TKA, Inc.
 357139 Holiday Park Sr Ctr 6/21 F 7:00pm - 8:00pm

Karate/Jujitsu Club 2

Ages 13-Adult: 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.

8 Sessions \$36
 Instructor: Company Staff: TKA, Inc.
 357140 Holiday Park Sr Ctr 6/21 F 8:00pm - 9:00pm

Kung Fu Basics-Shaolin

Ages 16 & Up (13-15 if accompanied by parent or guardian): Work your body, mind and spirit the Shaolin way! Relieve stress and improve your strength, endurance, flexibility, and agility through an aerobic workout of traditional Shaolin Kung Fu stretches, stances, kicks, strikes and jumps. All levels of experience are welcome. No uniforms, belts or tests. Bring your chi! Forms will be taught to those who progress through the basics. Wear comfortable long pants and martial arts shoes (or any sneakers for quick pivoting -- for example, running shoes NOT recommended). Instructor is a disciple of 34th generation Shaolin Temple monk, Shifu Shi Yan Ming, founder and abbot of the USA Shaolin Temple in New York.

5 Sessions \$36
 Instructor: Bess Siegal
 357152 Cabin John MS 6/18 Tu 8:30pm - 9:30pm





YOGA

Evening Yoga

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

6 Sessions \$60
Instructor: Robin Morris
357253 Wisconsin Place CRC 6/19 W 6:15pm - 7:15pm

Gentle Yoga

Ages 16 & Up (14-15 if accompanied by 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 Bopp) Irene54@aol.com.

6 Sessions \$60
Instructor: Irene Bopp
356712 Bauer Drive CRC 6/18 Tu 6:15pm - 7:15pm

Hatha Yoga and Stress Management Beg/Con

Age 18 & Up: Continuing Students & Beginners. Postures and exercises to tone, firm and realign body; relaxation visualization and stress management. Bring blanket or mat to class.

6 Sessions \$90
Instructor: Suzana Cooper
356706 Jane E. Lawton CRC 6/21 F 9:30am - 11:00am
6 Sessions \$75
356705 Wisconsin Place CRC 6/22 Sa 9:45am - 11:00am

Vini Yoga

Ages 14 & Up: For continuing and beginning students. Relaxation techniques and easy going dynamic movement coordinated with simple rhythmic breathing. Increase energy, stamina, muscle strength and flexibility, and learn to release tension. Introduction to meditation. Bring a mat or towel & wear comfortable clothing. Questions? Contact Pat at: 301-251-1058.

5 Sessions \$5
Instructor: Pat Miller
356767 Potomac CRC 6/20 Th 9:15am - 10:30am
356768 Potomac CRC 6/20 Th 6:30pm - 7:45pm



Vini Yoga Intermediate

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

6 Sessions \$6
Instructor: Pat Miller
356774 Potomac CRC 6/17 M 6:30pm - 7:45pm



Vini Easy Going Yoga

For Seniors and All Others 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 at: 301-251-1058.

5 Sessions \$5
Instructor: Pat Miller
356758 Potomac CRC 6/20 Th 10:45am - 12:00pm



Yoga Basics

Ages 16 & Up (14-15 if accompanied by parent or guardian): Introduces beginning and continuing students to yogic principles of body alignment and breathing awareness, inspired by a meaningful intention and a joyful attitude. Emphasis is placed on standing poses and strengthening and stretching the legs, back, and shoulders. Benefits of this practice include improved muscle tone, increased circulation, better concentration, and deeper relaxation. Wear comfortable clothes such as t-shirts, shorts, tights, or leggings. Bare feet are essential. Bring a sticky yoga mat and a yoga blanket and blocks and straps. Contact the instructor in advance of first class with any questions or to purchase materials: (Irene Bopp) Irene54@aol.com.

6 Sessions \$60
Instructor: Irene Bopp
356716 Bauer Drive CRC 6/18 Tu 7:30pm - 8:30pm
356719 Mid County CRC 6/19 W 7:00pm - 8:00pm
356717 Marilyn J. Praisner CRC 6/20 Th 10:30am - 11:30am
356718 Marilyn J. Praisner CRC 6/20 Th 7:00pm - 8:00pm

NEW Flow Yoga @ extendYoga Studio

Ages 16 & Up: In this Flow Yoga class you will synchronize breath with movement. Students will focus on linking conscious breath with a mindful flow. In a flow class, students awaken their strength, energy, and flexibility in a fun atmosphere. This class is open to all levels of practice. Your instructor will give you options and modifications throughout the class. More complex yoga poses may be introduced for advanced students, while beginners can work at their own level and work towards what's next!

6 Sessions \$70
Instructor: extendYoga
358716 extendYoga Studio 7/9 Tu 12:00pm - 1:00pm
358717 extendYoga Studio 7/11 Th 12:00pm - 1:00pm
12 Sessions \$130
358718 extendYoga Studio 7/9 Tu, Th 12:00pm - 1:00pm

TINY TOTS

ARTS AND CRAFTS

Sunday Studio with CREATE

Age 4-6: Kids will explore a variety of media in this beginner class that encourages and focuses their natural interest in drawing, painting, and sculpture. Shape, texture, and color will be explored through two and three-dimensional forms. Our artists may be young in this studio class, but we have plenty of room for great big creative ideas! Artists will explore color, shape, and texture through two and three-dimensional projects. Over the course class students will work with pencil, marker, paint, clay, paper and recycled materials. A \$20 material fee is due to instructor at first class.



6 Sessions \$9
Instructor: Create Art Center
356357 Create Arts Center 6/30 Su 10:00am -11:00am

Tiny Hand Crafts Summer Fun

Ages 2-6: Come see what your tiny hands can do! We encourage the children to be creative and have fun through arts and crafts. They will make 2-3 projects in each class. We will paint, glue, and decorate to create some great keeper projects. Please bring a smock and a box to transport their artwork. \$16 material fee due to the instructor. Parent participation required.

4 Sessions \$56
Instructor: Grey Dog Arts
357203 Germantown CRC 7/9 Tu 10:15am -11:00am
357204 Germantown CRC 7/9 Tu 11:15am -12:00pm
357205 Potomac CRC 7/10 W 10:15am -11:00am
357206 Potomac CRC 7/10 W 11:15am -12:00pm

DANCE

Kidz Dance

Ages 3-4: Children will love this fun introduction to ballet dance. Children will explore dance, rhythm and coordination. Parent participation may be required. There is no dress code required for the class. No classes on July 4th.

6 Sessions \$54
Instructor: Grace Oleson
356360 Wheaton CRC 6/20 Th 3:30pm - 4:15pm

7 Sessions \$63
Instructor: Grace Oleson
356361 White Oak CRC 6/17 M 3:30pm - 4:15pm
356358 Potomac CRC 6/18 Tu 3:30pm - 4:15pm
356359 Germantown CRC 6/19 W 3:30pm - 4:15pm

Preschool Dance by Jazzmatazz

Ages 3-4: An introduction to dance through creative movement using a variety of musical styles that children love. Children must be toilet trained. Leotards, tights and well fitted all leather ballet slippers, in the colors of your choice, are the dress requirements for class. No lace tutus and only short dance skirts please.

7 Sessions \$63
Instructor: Betsy Saunders
356355 Long Branch CRC 6/22 Sa 10:15am -11:00am

MUSIC

Discovering Music for Toddlers

Ages 1-3: A fun, creative, and enjoyable way to develop coordination and gross motor skills, an inner beat for music, balance and reinforce cognitive learning. Activities include singing, rhyming, moving to different rhythms, playing simple percussion and melodic instruments. Siblings of registered participants, 8 months old and up, must register and pay class fee. Adult participation required. \$15 material fee due to instructor. No classes on July 4th.

5 Sessions \$62
Instructor: Golden School of Music
356369 Jane E. Lawton CRC 6/27 Th 10:15am -11:00am
356373 Upper County CRC 6/27 Th 10:15am -11:00am
6 Sessions \$74
Instructor: Golden School of Music
356368 Wheaton Regional Library 6/24 M 10:30am -11:15am
356372 Golden School of Music 6/26 W 10:15am -11:00am
356371 Potomac CRC 6/28 F 10:15am -11:00am

Exploring Music & Piano Prep

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

5 Sessions \$85
Instructor: Golden School of Music
356375 Golden School of Music 6/27 Th 4:00pm - 5:00pm
6 Sessions \$102
Instructor: Golden School of Music
356376 Golden School of Music 6/26 W 5:00pm - 6:00pm

Music Together - Montgomery

Ages 0-5: A fun, interactive family music experience, which includes a variety of musical styles, tonalities and rhythms. Activities include singing, chanting, props, instrument exploration, improvisation and large movement. Adults discover their power as role models for their children just by having fun, making music themselves, regardless of their musical ability. Each child is free to participate at his/ her own level in this mixed-age, developmentally appropriate setting. Award-winning Music Together CDs and Songbook are required for each family at a cost of \$40 payable by cash or check to Music Together Montgomery and are due to the instructor at the first class. For more information, call 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.

6 Sessions \$120
Instructor: Music Together - Montgomery
356362 Wheaton-Claridge LP 6/19 W 10:00am -10:45am
356364 Wheaton-Claridge LP 6/19 W 11:00am -11:45am
356363 Mid County CRC 6/22 Sa 10:15am -11:00am
356365 Mid County CRC 6/22 Sa 11:15am -12:00pm





PLAYTIME & MOVEMENT

Funfit® Shining Stars

Ages 3-5: Bringing your little ones into the next level of game play through cooperative play, simple instructions, game rules and strategies, your kids will learn to experience a higher level of games with slightly more complexity than our Tots Classes. Recommended for kids that play well on their own without a parent and are respectful to others without aggression. A sample of games & equipment include circle & movement games, tag, ball games, more challenging parachute games, silly dances & hoops, balls, tunnels, balloons, balance beams, parachutes and more. Parents welcome, but not required. Child must be 3 years old at start of class to participate. \$5.00 material fee is due to instructor on first day of class.



6 Sessions \$9
Instructor: Funfit Foundation, Inc.
356783 Germantown CRC 6/20 Th 6:00pm - 6:45pm

Funfit Tots

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. A \$5.00 material fee is due to the instructor at the first class. Adult participation required! No class on July 4th.

Ages 1-2 years

6 Sessions \$72
Instructor: Funfit Foundation, Inc.
356759 Jane E. Lawton CRC 6/17 M 9:45am - 10:30am
356760 QO Valley NP 6/18 Tu 4:00pm - 4:45pm
356761 Potomac CRC 6/19 W 9:30am - 10:15am
356762 North Chevy Chase LP 6/20 Th 9:30am - 10:15am
356763 Germantown CRC 6/20 Th 4:30pm - 5:15pm
356764 Wheaton CRC 6/20 Th 9:30am - 10:15am

Ages 2-3 years

6 Sessions \$72
Instructor: Funfit Foundation, Inc.
356769 Jane E. Lawton CRC 6/17 M 10:30am - 11:15am
356781 QO Valley NP 6/18 Tu 4:45pm - 5:30pm
356770 Potomac CRC 6/19 W 10:15am - 11:00am
356771 Wheaton CRC 6/20 Th 10:15am - 11:00am
356782 Meadowbrook LP 6/27 Th 10:15am - 11:00am

18 months-4 years

6 Sessions \$72
Instructor: Funfit Foundation, Inc.
356786 Jane E. Lawton CRC 6/17 M 11:15am - 12:00pm
356858 Potomac CRC 6/19 W 11:00am - 11:45am
356788 Germantown CRC 6/20 Th 5:15pm - 6:00pm
356856 Wheaton CRC 6/20 Th 11:00am - 11:45am
356857 Meadowbrook LP 6/27 Th 11:00am - 11:45am



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

SPORTS & FITNESS

Gymnastics Tumbling Format

Ages 3-5: 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 \$68
 Instructor: Denise Schattenberg
 356353 Upper County CRC 6/17 M 11:00am -11:45am
 356354 QO Valley NP 6/17 M 1:00pm - 1:45pm

Coach Doug Wee Wanna Be Soccer And Tennis

Ages 3-5: Coach Doug 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. \$5.00 Materials Fee is due to Instructor. Call 301-983-2690 for more information.

6 Sessions \$77
 Instructor: Coach Doug Academy, Inc
 356389 Lakewood ES 6/22 Sa 3:45pm - 4:30pm

Coach Doug Wee Wanna Be

Ages 3-5: 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 and 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. \$5.00 Materials Fee is due to Instructor. Call 301-983-2690 for additional information.

6 Sessions \$77
 Instructor: Coach Doug Academy, Inc
 356377 Oakland Terrace ES 6/22 Sa 9:30am -10:15am
 356378 Oakland Terrace ES 6/22 Sa 10:15am -11:00am
 356379 Lakewood ES 6/22 Sa 1:15pm - 2:00pm

Coach Doug Sports School

Ages 4-7: Join us as we have kept our victorious formula of offering classes which treat each child as a winner; building self-esteem, enhancing cooperation, focusing on skills and fitness in a fun and positive environment. Classes will focus on specific sports for a longer period of time to allow children an opportunity to comfortably develop their interest and abilities. Sports change each session and include: agility training, soccer, T- ball, lacrosse and more. No Parent Participation required, Children participate on their own under the guidance of Coach Doug. \$5.00 Materials Fee due to Instructor. Call 301-983-2690 for more information.

6 Sessions \$77
 Instructor: Coach Doug Academy, Inc
 356384 Oakland Terrace ES 6/22 Sa 11:00am -11:45am
 356386 Lakewood ES 6/22 Sa 2:00pm - 2:45pm

Coach Doug Soccer

Ages 3-6: 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. \$5.00 Materials Fee due to Instructor. Call 301-983-2690 for more information.

6 Sessions \$77
 Instructor: Coach Doug Academy, Inc
 356387 Oakland Terrace ES 6/22 Sa 11:45am -12:30pm
 356388 Lakewood ES 6/22 Sa 3:00pm - 3:45pm

FIND US FAST ON YOUR SMARTPHONE



4 WAYS TO REGISTER!



Our secure on-line registration is fast and easy and still your most convenient way to register. Available 24 hours a day, 7 days a week.



240-777-6818. Processed in a secure environment.



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



While you wait! Registrations will be processed at the following location:
 Recreation Administration Building
 4010 Randolph Road
 Silver Spring, MD 20902



The SPORTS Pages

FIND US FAST ON YOUR SMARTPHONE



INSTRUCTIONAL SPORTS

BADMINTON

Badminton Beginner/Adv. Beginner

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

7 Sessions \$67
Instructor: Gary Chao
357141 Bauer Drive CRC 6/22 Sa 9:30am -10:30am

Badminton Intermediate

Ages 12 & Up: Continued emphasis on learning individual skills, body movement, concepts, tactics, strategies, history, rules, court etiquette and athletic psychology. Competitive techniques of both singles and doubles play. The first class will be an assessment of the player's levels. The instructor reserves the right to reassign students to another level. Students must provide their own racquet. \$25 material fee due to instructor.

7 Sessions \$107
Instructor: Gary Chao
357144 Bauer Drive CRC 6/22 Sa 10:45am -12:45pm

Badminton Advanced

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

7 Sessions \$105
Instructor: Gary Chao
357143 Bauer Drive CRC 6/22 Sa 12:45pm - 1:45pm

VOLLEYBALL

Volleyball Bootcamp

Ages 13 & Up: Volleyball players who wish to increase their skill while staying in shape. A two hour, high intensity, workout involving all of the skills of volleyball.

6 Sessions \$75
Instructor: Volleyball Mid Atlantic
357903 Northwest HS 7/1 M 7:00pm - 9:00pm

Volleyball- Learn to Play

Ages 13 & Up: For those who have always wanted to learn this great American game or those who used to play and want to get back into it. Two hours of instruction on individual skills and game strategies.

6 Sessions \$75
Instructor: Volleyball Mid Atlantic
357904 Viers Mill ES 6/26 W 7:00pm - 9:00pm



Volleyball

FALL MEN'S BASKETBALL
REGISTRATION BEGINS
AUGUST 27
PLAY BEGINS IN SEPTEMBER

SOFTBALL TEAMS ARE REGISTERING NOW!

Batter Up!



**REGISTER BY
AUGUST 22, 2013**

REGISTER AS A TEAM

**PLAYING MEN, WOMEN, COREC
LEAGUES FOR ADULTS AND SENIORS**

PLAY BEGINS IN SEPTEMBER

Don't get left on the bench-Register Today!

**FOR MORE INFORMATION VISIT US AT MONTGOMERYCOUNTYMD.GOV/REG
OR CONTACT COUNTYWIDE PROGRAMS OFFICE AT (240) 777-6870.**



Active Older Adult Programs (Age 55+)

SUMMER 2013

Montgomery County Recreation has many diverse ways for Boomers and older adults to be active, whether working, semi-retired or fully retired. From full service senior center's to extensive trips, to our Countywide Senior Sneakers Fitness Program, the opportunities are bountiful. Include our programs and activities in your winter line up!

SENIOR CENTERS

Senior Centers are full-service facilities with a wide range of activities that are open five days a week. They provide a weekday lunch program, educational seminars, entertainment, and fitness classes. Transportation is available on a limited basis to most Senior Centers and Active Adult programs that serve nutrition lunches. Call 240-777-4980 for more information.

DAMASCUS SENIOR CENTER

M-W & F: 9:00am-2:00pm, Th 9:00am-4:00pm
9701 Main Street, Damascus
240-777-6995

HOLIDAY PARK SENIOR CENTER

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

LONG BRANCH SENIOR CENTER

M-F: 10:00am-2:00pm
8700 Piney Branch Road, Silver Spring
240-777-6975

MARGARET SCHWEINHAUT SENIOR CENTER

M-Th: 8:15am-4:00pm, F: CLOSED, Sat: 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
(Nutritional Lunch on M, W, F)

55+ ACTIVE ADULT PROGRAMS

Montgomery County Recreation started its 55+ Active Adult Programs in the late 1950's, before there were five-day a week senior centers. Active Adult Programs are a wonderful opportunity for individuals 55+ to gather for educational, social, sports, and entertainment programs, and places to make lasting friendships. We offer programs two days per week at the sites listed below.

We are excited about growing at these locations and reaching more Active Adults. We encourage input and feedback from every source, and new ideas are always welcome. All of our groups are diverse and offer exciting programs for participants in the communities they serve. Along with exercise, dance, educational, and social activities, we also offer a variety of special programs and events. Montgomery College Lifelong Learning classes offer everything from lectures on current events to Art History and Art Appreciation classes at a number of locations.

Check us out at any of our locations. We're sure to have something for everyone!

Our locations, days & times include:

Bauer Drive Seniors

M & W 10:00am–2:00pm
Bauer Drive Community Center
14625 Bauer Drive
Rockville, MD 20853
240-777-6922

Bethesda/Chevy Chase Seniors

M & W 10:00am–2:00pm
Jane E. Lawton Community Center
4301 Willow Lane
Chevy Chase, MD 20815
240-777-6855

Clara Barton Seniors

Mon. & Wed. 10:00am–2:00pm
Clara Barton Community Center
7425 MacArthur Blvd.
Cabin John, MD 20818
240-777-4910

Clarksburg Seniors**

Community of Faith United Methodist Church
22420 Frederick Road
Clarksburg, MD 20871
301-916-3899

Coffield Seniors

Tues., Wed. & Thurs. 10:00am–2:00pm
Gwendolyn Coffield Community Center
2450 Lyttonsville Road
Silver Spring, MD 20910
240-777-4900

*The Wednesday program is a partnership with the Jewish Community Center and MCR. Lunch is available on Wednesdays only by calling 301-230-3751 for reservations.

East County Seniors* +

Tues. & Fri. 10:00 am–2:00pm
East County Community Center
3310 Gateshead Manor Way
Silver Spring, MD 20904
240-777-8093

Germantown Seniors+

Mon. & Thurs. 10:00am–2:00pm
Germantown Community Center
18905 Kingsview Road
Germantown, MD 20874
240-777-8098

Longwood/Olney Seniors

Mon. & Wed. 10:00am–2:00pm
Longwood Community Center
19300 Georgia Avenue
Brookeville, MD 20833
240-777-6920

Mid-County Seniors*

Tues. & Thurs. 10:30am–2:30pm
Mid-County Community Center
2004 Queensguard Road
Silver Spring, MD 20906
240-777-6820

Potomac Seniors

Tues. 10:00am–2:00pm & Fri. 10:00am–1:00pm
Potomac Community Center
11315 Falls Road
Potomac, MD 20854
240-777-6960

Praisner Seniors* +

Tues. & Thurs. 10:00am–2:00pm
Marilyn J. Praisner Community Center
14906 Old Columbia Pike
Burtonsville, MD 20866
240-777-4970

Ross Boddy/Sandy Spring Seniors* +

Wed. & Thurs. 10:00am–2:00pm
Ross Boddy Community Center
18529 Brooke Road
Sandy Spring, MD 20860
240-777-8050

+ Limited transportation available on program meeting days.

** Includes a nutrition lunch program on meeting days.

** This program is in partnership between MCR and the Community of Faith UMC.



55+ ACTIVE ADULT PROGRAMS

The Department of Recreation offers a variety of classes, programs, and special events, at eleven community center locations throughout the county. (Please see our locations page). Here is a sampling of the many programs we will be offering this winter. Please call the center for more information.

GERMANTOWN COMMUNITY CENTER

18905 Kingsview Road
Germantown, MD 20874
240-777-8095

The Germantown Senior Program takes place every Monday and Thursday from 10:00 am to 2:00 pm and offers a variety of fun activities, including: Holiday Luncheons, Mah Jongg, Arts and Crafts, health & wellness classes, lectures, and making new friends. There is an English class every Monday and Thursday from 11:00 am to 11:30 am & a Spanish class from 11:30 am to 12:00 noon. The Germantown Community Center also offers the Senior Fit exercise class on Tuesday's from 1:45 pm to 2:30 pm and Thursdays from 11:30 am to 12:15 pm. Unless noted, all of the senior programs are free to those 55 and over.

JANE E. LAWTON COMMUNITY CENTER

4301 Willow Lane
Chevy Chase/Chevy Chase, MD 20815
240-777-6855

The Lawton Community Center offers a variety of health & wellness, exercise, Montgomery College Lifelong Learning classes, and lectures of interest to seniors on a regular basis. Highlights for this spring include two classes, Tai Chi & Zumba Gold, being offered in conjunction with Suburban Hospital. Pre-registration is required and there are fees for both classes. Please call the Center for more information or Suburban Hospital at 301-896-3939 to register or for additional details.

LONGWOOD COMMUNITY CENTER

19300 Georgia Avenue
Brookeville, MD 20833
240-777-6920

The Longwood Community Center offers a 55+ Active Adult Program every Monday and Wednesday from 10 am-2:00 pm.

MID-COUNTY COMMUNITY CENTER

2004 Queensguard Road
Silver Spring, MD 20906
240-777-6820

The Mid-County Community Center offers a 55+ Active Adult Program every Tuesday and Thursday from 10:00am-2:00pm.

PRASNER COMMUNITY CENTER

14906 Old Columbia Pike
Burtonsville, MD 20866
240-777-4970

The Praisner Community Center Active Adult Program meets on Tuesdays and Thursdays from 10:00am - 2:00pm. Drop in any Tuesday or Thursday, have a cup of coffee or tea and a pastry. Meet the staff and your fellow active adults, see what we have to offer and pick up a copy of our monthly calendar of events. Each month will have one or more of the following activities scheduled ----- live entertainment, travelogues, speakers on health, food, finance, seasonal and theme parties or movies.

Door to door bus transportation (within designated boundaries) to and from the center as well as a nutritious lunch are available on Thursdays. Some activities for those 55+ are also available other weekdays. Most activities are free or charge a nominal fee such as the Senior Sneaker Exercise Program listed on page 66.

Listed below are additional activities available to you:

Senior Fit Exercise

Provided by Holy Cross Health and Kaiser Permanente. Monday thru Friday am classes.

Gentle/ Chair Yoga by Jane

Provided by Holy Cross Health. Meets the second Tuesday of each month at 10:30am.

Walking Inside

Available at designated Tuesday and Thursday times.

Blood Pressure Screening

Available the third Thursday of each month at 10:30am.

Mah Jongg

Now being played on Thursday mornings,

Card & Board Games, Skilled Craft Projects

Jewelry making and knitting are current favorites. Available most Tuesdays and Thursdays.

Summer Offerings

June 13, 11:00am
Beautiful Violin Music played by Anthony Hyatt

June 18, 11:00am
Posture 101: We all know posture is important for spine health, breathing and circulation. What can you do to improve your posture as you age? Cutting edge information on correct alignment and exercise demonstration to improve your posture. Presented by Ashley Young, DPT.

June 20, 12:45pm
The Singers From The Big Bands - A music lecture and listening program presented by Irv Chamberlin with famous singers: Sinatra, Peggy Lee, Bing Crosby and others

July 9, 11:00am
"Life of Pi" - A 2012 3D live-action/computer-animated adventure about a 16 year old Indian boys passage to a new life in America aboard a freighter which shipwrecks in the Pacific.

August 13, 11:00am
"Hope Springs" - A romantic comedy drama about a middle-aged married couple whose marriage has declined and how they deal with it. Starring Meryl Streep and Tommy Lee Jones.



POTOMAC COMMUNITY CENTER

11315 Falls Road
Potomac, MD 20854
240-777-6960

Tai-Chi:

Mondays, Wednesdays:
Advanced. 9am to 10am & Beginners. 10am-11am
Fridays:
Advanced. 9am to 10am & Beginners: 10:15am-11:15am

Led by our 20+ years volunteers, Herman Yeh, Silva Woo, & Sophia Yang. Cost is \$30 for an entire year. For further details please call 240-777-6960.

Senior Shape:

Tuesdays: 10am-11am
Fridays: 10:15am-11:15am
Run by Suburban Hospital, instructed by Eileen Hershberger. For further details please call: 301-896-3989.

Chair Exercise:

Tuesdays & Fridays 10:15am-11am
Led by Wendy Espinoza, space is limited to 20 participants. For further details please call 240-777-6960.

Special Events:

Celebrate Mother's Day Week!

Tuesday, May 14th, 2013, 11:30am.
Join us in the Community Room for some musical entertainment by Dave Anderson. Entertainment is Free. Refreshments include Hot Tea & Coffee, Iced Tea, Apple Juice, and assorted baked goods. Cost for refreshments: \$3. For further details please call 240-777-6960.

Friday, May 17th, 2013, 11am.
Join us in the Community Room for some musical entertainment by Joe Doyle. Entertainment is Free. Refreshments include Hot Tea & Coffee, Iced Tea, Apple Juice, and Fresh Veggie Platter and Crackers and Cheese. Cost for refreshments: \$3. For further details, please call 240-777-6960.

Fathers' Day Luncheon

Friday, June 14th, 2013, 11:30am.
Buffet style luncheon, musical entertainment, & door prizes!
Cost: TBA
Tickets will go on sale Monday, May 20th- Friday, June 7th, 2pm or until tickets sale out, whichever ever occurs first. Space is limited to 60 participants. Tickets can be purchased in person only at the Potomac Community Center's front desk. A maximum of 3 tickets will be sold to a single person, no exceptions. Tickets are non transferable. Please have ID ready at the time of purchase.

WHEATON COMMUNITY CENTER

11711 Georgia Avenue
Wheaton, MD 20902
240-777-8057

The Wheaton Community Center offers several programs on a regular basis for seniors 55 and over. A few highlights include:

Senior Volleyball

Monday & Thursday 12:30-2:30 pm

Holy Cross Senior Fit Exercise Class

Monday & Wednesday 11:00-11:45 am

Bone Builders Exercise Class

Tuesday & Thursday 1:00pm-2:00pm

Did you know???

... that the Recreation Department offers many opportunities for individuals 55+ to participate in volleyball, basketball, badminton, table tennis, billiards, softball 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 Volleyball locations:

Bauer Drive Community Center
Senior Volleyball held Thursdays
6:00pm-8:30pm



BONE BUILDERS GROWING LIKE CRAZY!

This program, sponsored through HHS, Aging & Disability Services, and taught by volunteers, has added classes throughout the Active Adult 55+ program. Come and join us and get stronger! Here are the community center locations we are currently offering classes at:

Mid County	Tues and Thurs	1:00pm – 2:00pm
Lawton	Tues and Thurs	9:15am – 10:15am
Potomac	Tues and Thurs	9:00am – 10:00am
Coffield	Tues and Thurs	10:00am – 11:00am
Wisconsin Place	Tues and Thurs	9:30am – 10:15am
Wheaton CC	Mon and Thurs	10:00am – 10:45am
	Tues and Thurs	11:15am – 12:00pm
Wheaton CC	Tues and Thurs	1:00pm – 2:00pm

SENIOR EXERCISE CLASSES AT COMMUNITY CENTERS

In addition to exercise classes offered at our Senior Centers, many Community Centers (CC) offer senior exercise classes. To learn about availability and to sign up, call the Community Center for which you are interested.

Senior Fit

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 301-754-7895 for registration information.

- Bauer CC** M, W, 9:00am-9:45am and 10:00am-10:45am, F, 9:15am-10:00am
- Ross Boddy CC** T, Th, 9:00am-9:45am
- Coffield CC** T, Th, 10:30am-11:15am
- East County CC** M, W, F, 10:45am-11:30am
- Germantown CC** T, 1:45pm-2:30pm, Th, 11:30am-12:15pm
- Long Branch SC** M, W, 12:00pm-12:45pm
- Mid-County CC** F, 11:00am-11:45am
- Praisner CC** M-F, 9:00am-9:45am, M, W, F, 10:00am-10:45am
- Schweinhaut SC** M, W, 8:30am-9:15am and 9:30am-10:15am
T, Th, 9:00am-9:45am, Sa, 9:30am-10:15am
- Wheaton CC** M, W, 11:00am-11:45am
- White Oak CC** T, F, 9:00am-9:45am



OTHER COUNTY RECREATION AND EDUCATION RESOURCES FOR OLDER ADULTS:

The Lifelong Learning Institute of Montgomery College provides many intellectually stimulating courses for Montgomery County residents age 50 and over. Visit www.montgomerycollege.edu or call 240-567-1828 for more information.

Jewish Council for the Aging, www.accessjca.org offers numerous programs for older adults.

Senior Info Pages at: montgomerycountymd.gov/seniors. For telephone assistance and information, call the Senior Resource Line at 240-777-3000.

OASIS offers challenging programs in the arts, humanities, wellness, technology and volunteer service for mature adults. For more information call (Bethesda) 301-469-6800 press 1, then extension 211 or (Chevy Chase/DC Area) 202-686-9760.

VOLUNTEER: Visit the Montgomery County Volunteer Center at montgomerycountymd.gov/volunteer

SENIORS TODAY!

Watch Seniors Today, a program for and about seniors produced by the Commission on Aging.

Tune in to Cable Montgomery Channel 6.

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 3pm Monday through Friday. For those wanting more flexibility, a full Exercise/Weight Rooms Membership is available. Call 240-777-4980 for details.

The Senior Sneakers Program is available at the following Community Centers:



- | | | | |
|------------------------|----------------------|---------------|--------------|
| CLARA BARTON CC | BAUER DRIVE CC | ROSS BODDY CC | COFFIELD CC |
| DAMASCUS CC | EAST COUNTY CC | GERMANTOWN CC | LAWTON CC |
| LONG BRANCH CC | LONGWOOD CC | MID-COUNTY CC | POTOMAC CC |
| MARILYN J. PRAISNER CC | UPPER COUNTY CC | WHEATON CC | WHITE OAK CC |
| WISCONSIN PLACE CC | PLUM GAR CC(July 20) | | |

SPECIAL ACTIVITIES AND EVENTS

DAMASCUS SENIOR CENTER

9701 Main Street, Damascus, MD
240-777-6995

Hours: M-W, F 9:00am-2:00pm, Th 9:00am-4:00pm

The center has exercise classes, entertainment programs, workshops, a gift shop; exercise room, craft and art rooms for craft classes of all kinds; billiards, ping-pong, shuffleboard and a sunny dining area where lunches are served every weekday

Center Cookout

Friday June 7th, 2013 • Noon

Chef Sue will provide a meal fit for a wonderful beginning to summer. The menu will be available at the reception desk one month prior to the event! Call the Damascus Senior Center for reservations. Price for the Meal age 55-59 is \$7.00. 60+, Donations requested.

First Fruits Gospel Blue Grass Band

Friday June 7th, 2013 • 1:00pm.

First Fruits will be here to perform your favorite tunes.
Cost: Free

Intergenerational Ice Cream Social

Thursday August 8th, 2013 • 1:00pm.

The Damascus Senior Center Sponsors Inc (DSCSI) will sponsors today's intergenerational Ice Cream Social. Seniors should bring their grandchildren for some ice cream and social fun.
Cost: Free

Montgomery County Senior Fair Day

Tuesday August 13th, 2013 • 10:00am-2:00pm.

Montgomery County will have it's annual Senior Fair day in Gaithersburg at the Fair Grounds.
Cost : Free

Senior Center Annual Luau

Friday August 30th, 2013

Damascus Senior Center and Chef Sue will have our annual Luau. The menu will be available at the reception desk one month prior to the event! Call the Damascus Senior Center for reservations. Price for the Meal age 55-59 is \$7.00 60+, Donations requested.

Entertainer TBA

Friday August 30th, 2013 • 1:00pm

Cost: Free

DSCSI Trip Information

Spirit of Baltimore Cruise

Summer Trip TBA, 2013 • 10:00am – 3:00pm

The Damascus Senior Center Sponsors Incorporated (DSCSI) will sponsors today's trip to the Spirit of Baltimore. For more information please contact the center at 240-777-6995

LONG BRANCH SENIOR CENTER

8700 Piney Branch Road, Silver Spring, MD
240-777-6975

Hours: 10:00am-2:00pm, M-F

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!

Walking Wednesdays and Tennis:

Tennis has been added to our Wednesday walks. We will provide rackets and balls.

Join us as we walk the 1/3 mile asphalt path around the field behind the center. The tennis courts are at the far end of the loop. The route begins in our garden and includes a short hill. For indoor lovers, walk the perimeter of the gym, mornings from 10-11:30.

Crafts With Lisa:

Long time volunteer Lisa shares her talent and creativity making crafts for fun or for gifts. Wednesday's at 10:30. Free

Tai Chi:

On Thursdays at noon, local instructor Kirk Talbott leads a relaxed and fun Qi Gong and Tai Chi practice that emphasizes balance, alignment, awareness, health and enjoyment in moving and meditation. Peter Mosher and Dr. Hame Watt lead Friday's 10am class with breathing exercises and slow and gentle movements that improve balance and concentration. All levels of skill and mobility are welcome. Free

4th of July Barbecue:

Wednesday, July 3rd. Noon. Sing patriotic songs with piano accompaniment. Join us for barbecue burgers, hot dogs, veggies from the garden, chips, beverage and dessert. \$3

Seeking Gardening Volunteers:

This is the second growing season for the outdoor garden. Help us with planting, watering and maintenance. Any donations of herb or vegetable seeds or plants, shade annuals, organic soil amendments or labor would be appreciated.

Senior Fit:

Patricia Smith is the instructor of this 45 minute class which focuses on increasing strength and muscle endurance while improving balance and flexibility. Co-sponsored by Holy Cross Hospital and Kaiser Permanente. Mondays and Wednesdays at 12 noon, Free.

August Closing:

The Long Branch Community Center and Senior program will be closed from Sunday August 4th through Sunday August 18th, for cleaning and maintenance. The Senior Center program will resume on Monday, August 19th.



MARGARET SCHWEINHAUT SENIOR CENTER

1000 Forest Glen Road, Silver Spring, MD
240-777-8085

M-Th: 8:15am-4:00pm, F: CLOSED, Sat: 9:00am-3:00pm

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, an arts studio, a self-serve library, a colorful Garden Room and a delightful Daisy Room and the best billiard room available to seniors in Montgomery County. Besides having an attractive and accommodating setting with ample parking, Schweinhaut Senior Center offers weekly entertainment programs, a book discussion group, a Brush Up Your Shakespeare group, health screenings and education, exercise and fitness classes, a Work Out Room, art initiatives – ceramics, painting, woodworking, quilting, knitting, origami, a Network Niche and more. The Center also features informational speakers, dances, theme parties, and special events. A visit to the Schweinhaut Center will no doubt prove to be a joy and a very positive experience.

Music, Maestro, If You Please.....

Good Times Show Band

Monday, June 3, and Monday, August 5, 1 p.m.
A festival of rock, folk and lots of fun music is in store with the upbeat sound of this wonderful band. We guarantee an afternoon of entertainment plus a boppin' beat for all to enjoy. Dance, swing and enjoy! Free. Donations gladly accepted. Space limited.

Jesse Palidofsky:

One Man Band Extraordinaire

Monday, June 10, and Monday, September 23, 1 p.m.
Back by popular demand -- Throngs of Schweinhaut participants yell for more fabulous entertainment by Jesse Palidofsky. He brings us Ellington to Motown, Hoagy Carmichael to Rodgers & Hammerstein, Nat King Cole to Frank Sinatra to Hank Williams and beyond. Jesse brings toe-tapping music and ballads from the 1930's through the 1960's. Jesse is a one man band-accompanying his soulful vocals with tasteful piano, guitar and harmonica arrangements. An hour with Jesse will get your heart singing! Admission free. Generous donations smilingly accepted.

Retro-Rockets:

Oldies, Variety and Rock and Roll

Monday, June 24, 1 p.m.
The Retro-Rockets, an oldies/variety/dance band, is all about making and bringing back memories from poodle skirts, drive-in movies, and sock hops to disco and classic rock. Specializing in the music of the 40s, 50s, and 60s, the Retro-Rockets can also blast off with songs from the 70s, 80s and beyond. The Retro-Rockets provide the best live music for dancing, sing alongs, and lovely listening! Free. Donations gladly accepted.

D.J. Lee – The Disc Jockey With Soul, Warmth and Lots of Fun

Monday, July 29, 1 p.m.

Today you can “strut your stuff”. D. J. Lee, a disc jockey with a fun-flair will have you swingin’ to the oldies and line dancin’ like you’ve never done before. We’ll do the Macarena, the cha-cha-fly and have loads of fun. Get your groove on! Free- however, donations encouraged depending on how much fun you have.

Seth Kibel:

Klezmer Music and a Frayloch Time

Wednesday, September 11, 1 p.m.

Welcome Seth Kibel, one of the Mid-Atlantic’s premier woodwind specialists. Wowing audiences on saxophone, clarinet and flute, this multitabled musician has made a name for himself throughout the country. Come and enjoy the energetic renditions of this fantastic musician. Free.

All music programs are free. However, we graciously accept and encourage donations to defray the cost of hosting these fine entertainers.

What you didn’t know or perhaps you did and want to know more....

Here Come the Brides

Wednesday, June 12, 1 p.m.

Weddings are universal, but every culture has its unique way of marking this rite of passage. Learn about the traditions and the trends, the garb and the gifts, the meals and the music, of marriage celebrations around the world.



Seth Kibel

Armchair Travel to Wonderful Places with Sandy and Gail

India

Wednesday, June 19, 1 p.m.

Join Sandy and Gail on their travels through Northern India. Arriving in Delhi, they drive south to the elegant Taj Mahal, followed by a sojourn to Vindaven, the home of the exuberant Hare Krishna movement. Arriving on an the overnight train, Gail and Sandy stalk on elephant back the stunning Bengal Tiger in Nandhavgarh National Park. They continue their journey to Khajuraho, a World Heritage site, featuring the elegant erotic sculptures on the 1000 year old temples. The final stop is Varanasi, India's most sacred city. You are sure to enjoy this interesting and enlightening journey.



A Healthier and More Knowledgeable You....

HeartWell In Action

Sponsored by Suburban Hospital/Johns Hopkins Medicine. A free community-based health promotion program focused on cardiovascular health and wellness through screenings, counseling and education programs. Every Wednesday, 10 a.m. to 2 p.m. (with the exception of the first Wednesday)

"Know Your Numbers"

Suburban Hospital HeartWell Nurse will provide health counseling on the vital numbers for cardiovascular health (Blood pressure, cholesterol, BMI and blood sugar.) Suburban Hospital introduces an exciting concept in health education. Leni Barry, a nurse of extraordinary knowledge, energy and health promotion will provide an educational life-health-seminar on the first Wednesday of each month. See 'Happenings' -Schweinhaut's monthly newsletter for monthly topics or call Center Reception Desk.

Discussion Group – Maximizing You!

Thursdays, 11:00 a.m.

Join this enlightening discussion group to discuss issues on aging.

- Maximize your quality of life
- Emphasize the positive
- Create satisfaction everyday

Led by Edie Mahlamann, LCSW-C. Free.

Go Safely!

AARP Driver Education Class

Monday, June 17, 10 a.m. to 3 p.m.

A one-day classroom, safe-driving course which focuses on defensive driving. Pre-reg. req. at the Center or by mail. Make \$12.00 check to AARP. No cash please.

Marvelous Mondays at the Movies in the Garden Room.

Join us for an afternoon of movie greats in a lovely setting. Refreshments available in the lobby.

Pajama Game

Monday, June 17, 1 p.m.

Employees of the Sleepytime Pajama Factory are looking for a whopping seven-and-a half cent an hour increase and they won't take no for an answer. Babe Williams is their feisty employee representative but she many have found her match in shop superintendent Sid Sorokin. When the two get together they wind up discussing a whole lot more than job actions. Free. Along with this wonderful classic movie, enjoy a Pajama Party – Schweinhaut Style. Come in your 'jammies, night gown, or bath robe with tooth brush in hand. An afternoon of fun and laughter in store.

Yankee Doodle Dandy; A Flag Waving Triumph

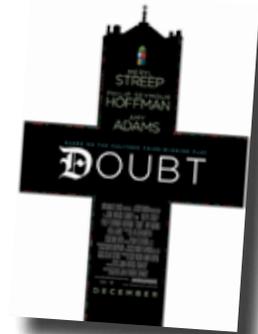
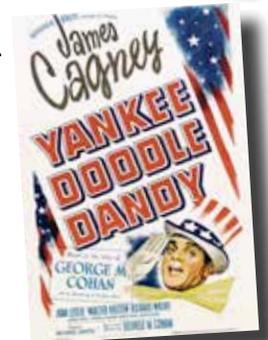
Monday, July 1, 1 p.m.

A film of the life of the renowned musical composer, playwright, actor, dancer and singer George M. Cohan. Starring James Cagney. Free. The person wearing the most opulent red, white and blue costume wins a great prize!

Doubt

Monday, July 15, 1 p.m.

Set in 1964 at a Catholic church in the Bronx, New York, the film opens with the progressive-minded Father Flynn (Philip Seymour Hoffman) giving a sermon on the nature of doubt, noting that, like faith, it can be a unifying force. The next evening, Sister Aloysius Beauvier (Meryl Streep), the strict and conservative principal of the attached school, discusses the sermon with her fellow nuns. She asks if anyone has observed unusual behavior that would inspire Father Flynn to preach about doubt, and instructs them to keep their eyes open should any such behavior occur in the future. And so the film moves along, leaving the audience with its own doubt.



SCHWEINHAUT continued

Shape Up Now....

NEW! You asked for it, we got it....

Chair Yoga

Thursdays, 10:30 a.m., Fee: \$30.00 for six sessions
Enjoy the benefits of Yoga with this safe, gentle program for people of all fitness levels including those with movement limitations. Increase flexibility, range of motion, and core strength while improving your posture and balance. Some exercises are done standing using the chair for support and most of the class is done seated. Fee: \$30.00 for six sessions. Co-sponsored by Holy Cross Hospital. Call 301-754-7895 to find out when the next session will begin and to register for this new offering.

Building Blocks of Tai Chi

Thursdays, 11:15 a.m.
Hands-on instruction in Tai Chi, emphasizing body awareness, a "learning mind", and a sense of enjoyment. Free. Call the Center for more information. Dates to be announced.

Senior Fit

Monday/Wednesday, 8:30 and 9:30 or Tuesday/Thursday, 9:00 and Saturday, 9:30.

Designed especially for seniors – this exercise program focuses on increasing strength and muscle endurance while improving balance and flexibility. Sponsored by Holy Cross Hospital and Kaiser Permanente. Call 301-754-7895 to request a permission form to be filled out by your physician in order to participate in Senior Fit. Free.

Tai Chi Chuan

Thursdays, 10:00 a.m.

Tai Chi is an ancient system of physical and mental harmony – gentle exercise that emphasizes relaxation, balance, and coordination. This class is designed for beginners, but all levels are welcome. Instructors: Fred Nee and A.M. Carey. Free.

Qi Gong

Saturdays, Noon.

Qi Gong aims to relax your body, calm your mind, and refresh your heart with these easy-to-learn exercises that can be done using a chair for balance and stability. Directed meditation ends each session. Instructor: Mike Kornely. Free.

For The Fun Of It....

Duplicate Bridge At The Schweinhaut Center

Tuesdays and Thursdays at 12:30 p.m.

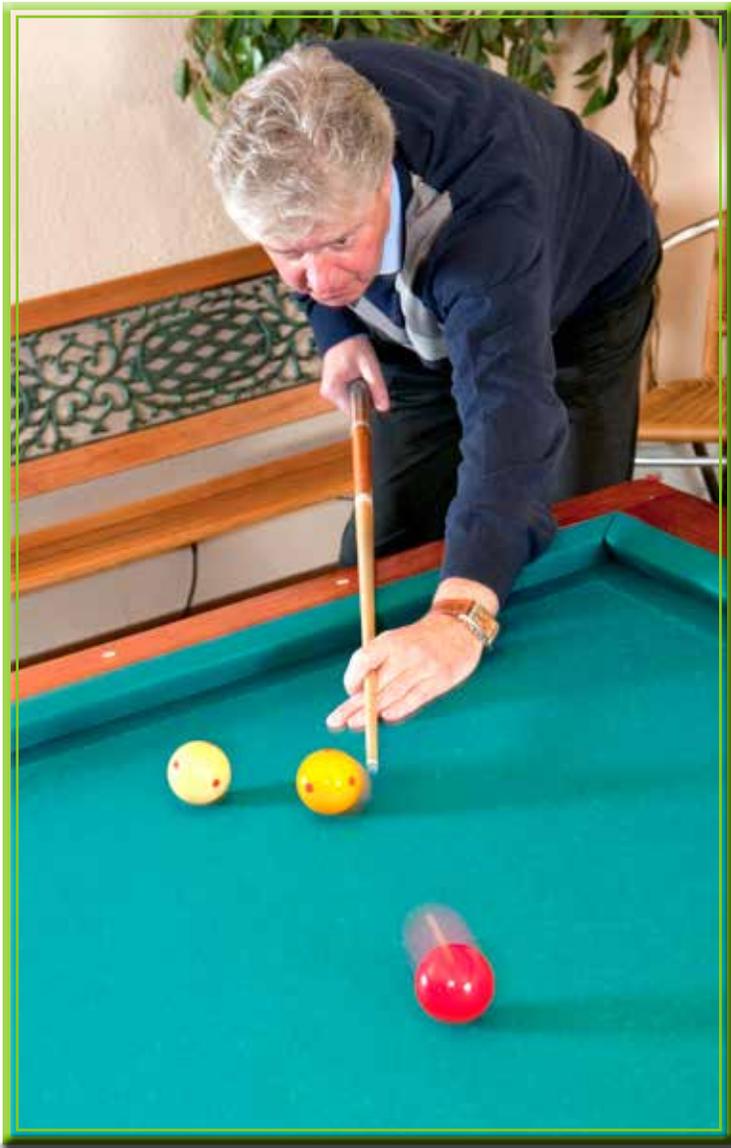
Duplicate bridge is the most widely used variation of contract bridge in club and tournament settings. Duplicate Bridge is thriving at this Center.

ACBL sanctioned. Coordinated by Roz Dixon. Fee: \$5.00

Pool/Billiard League

Tuesdays and Thursdays at 11:00 a.m.

Join in the fun at Montgomery County's finest pool room! Two 8-ball Pool Leagues are shooting Tuesdays and Thursdays. Free play during other open hours.



Pool/ Billiard League

4 WAYS TO REGISTER!

 **RECWEB**

Our secure on-line registration is fast and easy and still your most convenient way to register. Available 24 hours a day, 7 days a week.

 **FAX**

240-777-6818.
Processed in a secure environment.

 **MAIL**

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

 **WALK-IN**

While you wait! Registrations will be processed at the following location:

Recreation Administration Building
4010 Randolph Road
Silver Spring, MD 20902

WHITE OAK SENIOR CENTER

1700 April Lane, Silver Spring
240-777-6944

Hours: 9:00am-3:00pm. M-F

This 5 day-a-week Senior Center began with a 3-day a week Nutrition program and many specialized health & wellness programs, exercise & dance classes, and a variety of other interesting programs. The Senior Center hours are Monday-Friday 9:00am to 3:00pm, but we are offering some evening programs as well so that Active Adults can register for a class after work or when their schedule allows. We want to try some new things here, so your ideas and suggestions are appreciated. Here are a few of our program highlights:

White Oak One Year Anniversary Event!

Friday, June 14th 1pm-5pm
White Oak Recreation and Senior Center will be celebrating our one year anniversary by having a event for all ages. We will have fun with games, food and entertainment! Please celebrate our successes with us! All are welcomed!

Feel Good, Feel Better!

Tuesday, July 16th 10am-11:00am
Adventist Healthcare will be providing us with a lecture featuring Feel Good, Feel Better for cancer survivors. This is in an informative session for cancer survivors and friends.

Bone Builders

Wednesdays & Fridays 2:00pm-3:00pm
Sponsored by: Retired Senior Volunteer Program
Osteoporosis Prevention and Management exercise program to improve bone density by using weights and balance exercises.

Chair Aerobics

Mondays 11:00am-11:45am
Instructor: Clarissa Watkins. Designed to enhance the participant's sense of physical and mental well-being by increasing muscle strength, endurance, flexibility, and improving balance. Balls and therabands will be provided. Exercises are done seated and standing depending on physical endurance.

Functional Balance

Thursdays 11:00am-11:45am
Instructor: White Oak Staff. Designed to help you improve your ability to control your balance more efficiently in your day-to-day activities.

Spades Anyone?

Fridays 1:30pm-3:00pm
By popular demand! Come socialize and learn to play with us! Facilitator: White Oak Staff.

55+ Chinese Folk Dance

Tuesdays 10:30am-11:30am
Come learn and experience Chinese Folk Dancing to Chinese-inspired music. It will be a rewarding experience that will leave you feeling of joy and exhilaration.

55+ Tai Chi Stick, Cane and Sword

Tuesdays 10:30am-11:30am
This is an intermediate and advanced level class designed to improve and enhance your stability with a focus on using a cane, stick and sword.

Oasis-Discover life after 50!

History of American Roots Music 100

Daryl Davis, Musician
What were the first forms of music actually created here in America? Learn how the music brought over by the slaves connected with the music brought over by slave masters from Europe, to form some of the greatest music in the world including Jazz, Blues, Gospel, Country, Rock'n'Roll, Swing, Ragtime, Boogie Woogie and more.
Monday Jun 3rd 10:30 - 12:00pm
Fee: \$15

Who Wrote the Bible? 200

Who Wrote the Bible? 200
Gideon Amir, Hebrew Scholar
There are many explanations and theories as to who wrote the Hebrew Bible. Some believe that it was written by God, some believe that Moses wrote it based on God's words and still others believe that it was written by human beings who were inspired or instructed by God. In this session, we will concentrate only on the first five books of the Old Testament. We'll review and discuss some scholarly ideas and fascinating examples from the Bible so that you leave with a deeper understanding of the text. Please bring a Bible to class.
Tuesday Jun 11th 10:30am - 12:00pm
Fee: \$15

Great American Opera Singers 200

Great American Opera Singers 200
Ernest Liotti, Music Historian, Peabody Institute Faculty. The 20th century witnessed a parade of born in the U.S.A. opera stars -- Rosa Ponselle, Maria Callas, Roberta Peters, Leontyne Price, Beverly Sills, Grace Bumbry, Richard Tucker, Jan Peerce, Robert Merrill, Mario Lanza, Samuel Ramey, and so many more. Come enjoy this celebration of American opera singers.
Tuesday Jul 9th 1:30pm - 3:30pm
Fee: \$20

Richard III

The 1956 Lawrence Olivier Film
Timothy P. Mulligan, Ph.D., Film Historian
Despite remakes set in contemporary times, Laurence Olivier's "Richard III" remains faithful to the historical context of Shakespeare's play and the gold standard of cinematic portrayals. Our class will examine what is known of the ill-fated historical monarch and Olivier's adaptation for the movie audiences in the mid-20th century.
Wednesday Jun 19th 10:30am-12:30pm
Fee: \$20

**RecWeb . . .
Easy, Fast, Secure!**
montgomerycountymd.gov/rec



HOLIDAY PARK SENIOR CENTER

3950 Ferrara Drive, Wheaton, MD
240-777-4999

Hours: 8:45am-4:00pm, M-F

The center offers a variety of social and educational classes and programs for adults age 55+. Exercise classes include a variety of fitness dance classes such as Zumba Gold, Cardio Rhythm, Easy Fit Dancing and Intermediate levels of Ballroom Dancing. Strength Training and Yoga classes, while include exercises geared at fall prevention and improved balance. Enrichment classes include drawing and painting, art and music appreciation, writing workshops, computer use and photography. Lectures and seminars in health are sponsored by local hospitals and wellness providers. Learn more about the ever changing but always welcoming services available at Holiday Park by visiting their web site at: holidaypark.us. Enjoy seeing pictures of our senior center happenings at Holiday Park Senior Center on Facebook.

Cool Summer Exercise

Exercise One Way or Another HPSC Offerings.
Holiday Park Exercise Classes are sponsored by Holiday Park Seniors, Inc. and Friends of Holiday Park.

Pre-registration required classes:

- Zumba
- Zumba class offerings are Monday, Wednesday, Thursday & Friday*
- Zumba Gold
- Zumba Toning
- Zumba Wake-Up Call
- Cardio Rhythm – Low Impact
- Fit For Life
- Bone Building with Joanne Zoladz
- Beginner Choreographed Line Dancing with Lynn Osbourne
- Stability Ball with Matt Rundell
- International Folk Dancing
- Pilates
- Yoga in the Afternoon:
- Wednesday Chair Yoga and Wednesday Yoga For ALL*

New This Summer:

KICK START TO BETTER FITNESS, with certified fitness trainer Rebecca Aehle. This is an all-around aerobic and strength training class that includes kick-boxing routines. A good program to supplement another weight training or aerobic class, Use to accelerate your fitness program. Fridays. Classes begins June 14, 1:30-2:30 pm, 6 sessions. FEE: \$24.00. Registration begins May 28.

Drop-in Workouts

- Tai Chi
- Tai Chi Sword
- Easy Fit Dancing - \$2.00 per class

BEGINNER ADULT CHINESE FOLK DANCING CLASS
6 Thursdays, beginning July 11, 2:45 – 4:00 p.m.
No Class August 1. FEE: \$30.00 (adults age 55+)
Taught by Chinese dancer Ming Shan. Classical Chinese folk dance combines Tai Chi and Chi Gong, ballet, and expressive dance movements. The dance is graceful and the movements tell a story. Beginner dancers will learn the lion and dragon movements and dance to the music Spring Night By the River.

Lectures, Learning & Laughter Classes

Our Founding Fathers Of The United States

Thursday, May 16, 1:15pm
A lecture and Power Point presentation by Activities to Go program specialists. FREE.

The founding fathers were political leaders and statesmen who participated in the American Revolution by signing the United States Declaration of Independence, taking part in the American Revolutionary War, and establishing the United States Constitution. There are two key subsets: the Signers of the Declaration of Independence and the Framers of the Constitution. A further subset is the group that signed the Articles of Confederation. A discussion will include the role or women and any effort made by our Founding Fathers to limit slavery at that time.

Montgomery County Libraries And Accessing Their Digital Services

Wednesday, May 22, 1:15 p.m.
Presented by MC outreach librarian Nathan Chadwick.
Co-Sponsored by NARFE

Apple Ipad Users

Crash Course For Beginners

Wednesday, May 29, 1:15 – 2:30 p.m.
Len Adler

Adults like us are finding a way to combat some effects of aging and social isolation using the iPad, a light, portable computer device to stay in touch, continue learning at home, reading, e-mail, etc. We will demonstrate how this device is changing information technology so that even we can more readily harness the excitement of it too. View movies, video, news, music performances; video conference your friends, kids, check weather, and dictate into it. We will show how to operate it, and spread enthusiasm as if we were kids with a new toy. Those looking for an easier-to-learn computing experience should especially attend. If you have a favorite musical composition, composer, entertainer of interest past or present, we will present one of his/her encores for all to enjoy.

Silver And Gold, Precious Gems & Family Treasures: What's It Worth?

Thursday, June 6, 1:15 p.m.
Presented by NOVAGold, LLC. Pre-registration for personal treasure evaluations only. Come to a presentation to learn how to find choose a buyer and determine the value of antiques, jewelry, or family treasures. NOVAGold are reputable buyers and sellers of estate jewelry, coins, sterling flatware and tea sets. Private evaluations are available after the presentation. Pre-registration with time specific appointments are available beginning May 20.

Where In The World:

A Geography Refresher

Tuesdays, July 23 & August 6, 1:15-2:30 p.m.
FREE but space is limited.

Has the Map of the World changed since you studied Geography? Instructor David Rowland takes us thru some of the changes of countries from the 20th and 21st century. Lots of other interesting Geography facts will be presented.



Updates On Good Health & Good Health Practices

Why Am I Shrinking And Other Aging Back Concerns

May 21, 1:15 p.m.
FREE. Sponsored by Adventist HealthCare

Food For Thought Spice Up Your Life

Wednesday, June 5, 1:15 p.m.
Presented by Mary Flynn, RN for Suburban Hospital

Aging Eye Conditions

Thursday, June 13, 1:15 p.m.
Sponsored by Johns Hopkins Medicine and their new Eye Institute in Bethesda.

Aging Skin Care

Thursday, July 11, 1:15 p.m.
Sponsored by Suburban Hospital

Tasty Salads Without Buying The Whole Produce Department

Thursday, July 18, 1:15 p.m.
Presented by a dietitian and nutritionist for Adventist Hospital

Summer Sounds

A Tribute To John Denver

Thursday, May 23, 1:15- 2:15
Singer/Guitarist Steve Gellman

A Program Of Patriotic Music And American Folk Songs

Tuesday, July 2, 1:15-2:15 p.m.
Singer/Guitarist Steve Gellman
\$1.00 at the door.

Music And Laughter Together Really Is

The Best Medicine

Friday, July 5, 1:15-2:30
Singer/pianist Mark Hanak. This program includes funny, droll and out-an-out hilarious songs. You'll hear Groucho (Hooray for Captain Spaulding, Whatever it is, I'm Against It), Tom Lehrer (Pollution, Poisoning Pigeons in the Park), Allan Sherman (Hello Mudder-Hello Fadder, Lots'a Luck Pal), Victor Borge, Roger Miller and scores of forgotten, peculiar and downright silly numbers. \$2.00 at the door

Musical Memories from the 40's to the 90's

Tuesday, July 16
Singer/pianist Dale Jarrett

"Something Cool"

Friday, August 23
The Christiana Drapkin Trio
Includes a summertime selection of Jazz tunes, Standards from the Great American Songbook, Bossa Nova, and light-hearted Blues, all to keep cool in the summer heat.
\$1.00 at the door.

Music Lecture And Listening With

Irv Chamberlain

Free & Drop-In
The Gift Of The Gershwins - May 31
Duets From The 20's To Today - June 25 & 27
Singers And Swingers - July 8 & August 5

Dance Club Friday

Live music, meet new friends, everyone is welcome, light refreshments are served at the break.

Fridays, 1:15-3:15 p.m. May 10, and 24,
June 7, 14, & 28, July 5, 19 & 26, August 9 & 16
FEE: \$5.00 at the door.

Music by the Dale Jarrett Trio

May 24

Music by Mike Surratt

June 7, July 12 & August 9

Music by the John Brown Band with singer Dolly Bennof

June 28

The Retro Rockets

July 26

Music by Mark Hanak

June 14 & August 16

Music by Take Two

July 19

HPSC Dance Exhibition

Tuesday, June 18
1:15 -3:15 p.m., Tickets: \$2.00, Tickets available June 3.
Space limited.

Performances include Chinese folk dancing, international folks dancing, ballroom dancing, Zumba, line dancing by the Silver Liners, the Easy Fit Dancers and some audience participation good old roll n' roll.

Dvd Documentaries & Movies

Hunting The Elements

June 10 & 11, 1:15 p.m.

The Telescope

Thursday, June 20, 1:15 p.m.

Great Museums : Off The Beaten Path

Mondays, 1:15 p.m.

July 15 *A World Of Art, Art Gets A Start In America & 100 Years Of Museums In America*

July 22 *The George Eastman House, The Walker Art Center & The Morris Museum Of Art*

August 12 *California Surf Museum, The National Museum Of Racing, The Henry Ford Museum*

August 19 *Ellis Island Immigration Museum, Colorado History Museum, DuSable Museum Of African-American History*

Life Of Pi

Tuesday, June 4, 1:15 p.m.

The Greatest Game Ever Played

Thursday, June 20:15 p.m.

Hope Springs

Friday, August 30, 1:15 p.m.

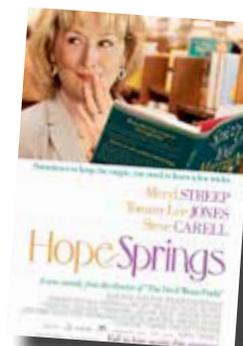
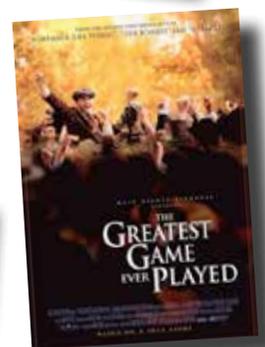
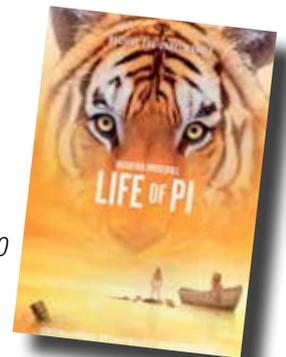
SENIOR SHAPE

A partnership between Suburban Hospital and Montgomery County Recreation.

These classes provide strength, flexibility, and aerobic exercise training. You must have a doctor's permission and there is a \$30 fee for 3 months.

Classes are currently being offered at Clara Barton, Potomac and Lawton Community Centers. Call

Suburban Hospital at 301-896-3939 or the centers for more information.





FIND US FAST ON
YOUR SMARTPHONE



TRIPS AND TOURS



SENIOR OUTDOOR ADVENTURES IN RECREATION

Plan to SOAR this Summer!

Day trips are designed for the active, vigorous senior adult, age 55 and older. Each trip involves a lot of walking and/or exercise. Travel by motorcoach for trips unless otherwise specified. Summer registration begins at 8:30 a.m on May 6, 2013.

Please Note: Due to the WSSC work at Holiday Park parking areas, All Summer 2013 trips depart from and return to the parking area near field #1 at Olney Manor Park, 16605 Georgia Avenue, Olney, MD. Please Plan to Arrive 15 minutes prior to departure; all trips depart promptly at the advertised time.

Sailing Trip on the Kalmar Nyckel, a Reproduced 17th Century Swedish Tall Ship, + Walking/Riding Tour of New Sweden Colony in Wilmington, DE

Walk the decks of the Tall Ship of Delaware, look up at her eight miles of rigging, hear her cannons roar, let your imagination carry you back in time and out to sea! Sail on the Kalmar Nyckel, a full scale reproduction of a 17th century Tall Ship that carried the Swedes to Wilmington, DE in 1628. Experience life on board the ship as it was in the 17th Century. Tour the Swedes Colony founded in 1638, which was the first permanent European settlement in the Delaware Valley, The Old Swedes Historic Site is located near the landing site of the first Swedish settlers. We will tour the Old Swedes Church, the Burial Grounds, and the historic Hendrickson House Museum. See what life was like in the Delaware Colony in the years leading up to the American Revolution, and how it became the first state. Lunch, included, at a local restaurant.

Fee: \$95
353323 Thursday, June 20 Leave 7:00am, Return 6:00pm

Marine Corps Evening Parade, Precision Marching and Band Concert

A Performance of music and precision marching, the Evening Parade features the "President's Own" USMC Band, the USMC Drum and Bugle Corps, and the USMC Silent Drill Platoon, a universal symbol of professionalism, discipline, and Esprit de Corps of the USMC. The ceremony reflects the story of the Marine Corps throughout the world. The Program is held at the Marine Corps Barracks in Washington, DC.

Fee: \$30
353325 Friday, June 21 Leave 6:15pm, Return 11:15pm
353326 Friday, June 28 Leave 6:15pm, Return 11:15pm

Guided Tour of Dumbarton Oaks Mansion, Museum and Garden, + Guided Tour of Dumbarton House

Enjoy a docent-guided tour of Dumbarton Oaks' extensive formal gardens, and a docent led tour of the 19th Century Federal style mansion/museum. See the Byzantine collection and the Pre- Columbian art museum. View well-known pieces of sculpture, painting, tapestries and antique furniture. Be led through the extensive formal gardens that were designed by Beatrix Farrand. Lunch, (on own), at a local restaurant in Georgetown. Then we'll tour Dumbarton House, the home of America's first Register of the Treasury, and sanctuary for a First Lady as the White House was invaded. A fine example of Federal Period architecture, it is closely associated to the first years of the American Republic. It has stood on the heights of Georgetown for over two centuries. See a wealth of furniture, paintings, textiles, silver, and ceramics that were made and used in the Republic's formative years.

Fee: \$45
 353327 Wednesday, June 26 Leave 8:30 am, Return 4:30pm
 353328 Thursday, June 27 Leave 8:30 am, Return 4:30pm

Crab Feast Paddlewheel Riverboat Cruise Around Baltimore's Inner Harbor

Enjoy a sumptuous crab feast (included) aboard the Black-Eyed Susan paddlewheel riverboat as we take a two-and-a-half hour narrated cruise around the historic sights of Baltimore's Inner Harbor. Enjoy crab soup, a cubed cheese display, and warm spinach and artichoke dip with French baguettes upon boarding. A buffet of roast beef, fried chicken, corn on the cob, garden salad and rolls is next. World famous Maryland style spicy steamed hard shell crabs (US #1) will be served family style. Dessert will be seasonal fresh fruit. Iced tea, lemonade, and fresh brewed Columbian coffee is included.

Fee: \$92
 353330 Thursday, July 11 Leave 1:15 pm, Return 6:30 pm

Frederick Douglass' Life on the Eastern Shore –A Riding and Boat Tour

Our Eastern Shore Guide Kelley, will relate stories of the life of Frederick Douglass, the famous American social reformer. We will visit Holme Hill Farm, the birthplace near Tuckahoe Creek, and hear stories of Douglass' grandmother. A cruise down the Wye River will pass by some of the plantation houses that young Frederick grew up on. Lunch, (included) at Bethel or Asbury Church, where Douglass gave speeches, with a visit by a local expert on Frederick Douglass who will talk about his life. Other sites include the Court House lawn in Easton, the Old Jail, the Brick Hotel, and the Statue of Frederick Douglass.

Fee: \$85
 353331 Wednesday, July 17 Leave 7:15 am, Return 5:30 pm
 353332 Thursday, July 18 Leave 7:15 am, Return 5:30 pm

Tour Poplar Island in Chesapeake Bay – the National Model for Restoration of Disappearing Habitat

The SOAR members who visited Poplar Island two years ago were so impressed they asked to repeat the trip to see the progress that has been made. Begin with a twenty minute boat ride to Poplar Island from Tilghman Island. Then take a guided tour of the Island by air-conditioned bus. Poplar Island served as a vacation retreat for Presidents Franklin Roosevelt and Harry Truman, before it began to erode and disappear. The Army Corps of Engineers has been rebuilding this island to its 1847 footprint. See the rebuilding that is creating over 1000 acres of diverse habitat. Dredged materials have created wetland and upland habitat for the Bay's treasures such as ospreys, egrets, terns, herons, eagles, and other wildlife. This restoration contributes significantly to the restoration goals for the Chesapeake Bay. Lunch, (on own) and sightsee in St. Michaels after the tour.

Fee: \$45
 353333 Wednesday, July 24 Leave 7:15 am, Return 5:15 pm
 353334 Thursday, July 25 Leave 7:15 am, Return 5:15 pm

Skipjack Boat Tour on Chesapeake Bay & St. Michaels

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

Fee: \$60
 353335 Thursday, August 1 Leave 7:30 am, Return 5:30 pm

Boat Trip to Tangier Island on the Chesapeake Bay

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

Fee: \$80
 353336 Thursday, August 8 Leave 8:45 am, Return 8:30 pm



Guided Tour of the Chesapeake Bay Wetlands Environmental Center for the “Bird of Prey” Program + a History/ Nature Boat Cruise on Chesapeake Bay at Kent Narrows + a Riding Tour of Historic Downtown, Stevensville, MD

A New Tour! Visit the Chesapeake Bay Wetlands Environmental Center for a tour of the largest collection of resident wildlife birds, migratory birds, and birds of prey in the area. Also enjoy a one-hour Nature/History boat tour on Chesapeake Bay around Kent Narrows. Visit the Historic Post Office, Church, and Train Station in downtown Stevensville, Maryland. Lunch, on own, at a restaurant in the Kentmorr Marina overlooking the Chesapeake Bay.

Fee: \$72

353338 Wednesday, August 14 Leave: 8:15am, Return 5:30pm

353339 Thursday, August 15 Leave: 8:15am, Return 5:30pm

Riverboat Cruise with Lunch Aboard the Paddlewheeler Dorothy Megan on the Choptank and Warwick Rivers with Narrations of the Old Steamboat Days, + a Tour of the Salisbury Pewter and Sterling Factory on the Eastern Shore

We'll begin our trip with a tour of the Salisbury Sterling and Pewter Factory established in 1979. Salisbury, Inc. produces collections which have been designed to capture the spirit of American life. We'll tour the factory run by proud and dedicated artisans, and visit their showroom that stocks a wide variety of items, including holiday ornaments, featuring well known icons of the Chesapeake Bay, and samples commissioned by the White House for State Dinners. We will then board the paddlewheeler for a two-hour cruise that includes a crab cake and fried chicken lunch with dessert, and a non-alcoholic beverage. Our guide on board will relate tales of the old “steamboating” days on the river.

Fee: \$76

353341 Thursday, August 22 Leave 7:15 am, Return 4:30 pm

Canoe Trip through the Jug Bay Wildlife Sanctuary

Guided by a Park Naturalist, take a 2-3 hour canoe tour through this 500 acre wildlife sanctuary bordering the Patuxent River in Anne Arundel County. The naturalist will make commentaries on the waterfowl and plant life of the wetlands as we canoe. For experienced, or less experienced canoeists. Bring a bag lunch and enjoy the peace and solitude of this lovely area. Travel by air-conditioned van.

Fee: \$30

353342 Wednesday, August 28 Leave 8:15 am, Return 3:30 pm

353343 Thursday, August 29 Leave 8:15 am, Return 3:30 pm

Sailing Trip on the Sultana, a Reproduced 18th Century Schooner in Chestertown, MD

Sail on the Sultana, the full-scale reproduction of an 18th Century Royal Navy schooner that we witnessed being built on previous trips to Chestertown. Experience life on board ship as it was in the 18th Century. Guard certified with a professional crew. When not sailing, enjoy a guided tour of Chestertown, one of the best preserved colonial ports in America. Crab cake lunch is included.

Fee: \$80

353344 Wednesday, Sept 11 Leave 7:30 am, Return 5:30 pm

Walking Tour of the White House in Holiday Décor in mid-December

A walking tour of the White House decorated in its Christmas splendor! Also take a guided tour of the exhibits in the Thomas Jefferson Building of the Library of Congress and lunch (on own) at Union Station.

Date of trip, departure and return times, will be announced in November when the White House sets the date and time.

Subject to SOAR's request for a group tour being accepted. Photo ID is required for admission. Early registration needed to meet White House requirements. colonial ports in America. Crab cake lunch is included.

Fee: \$45

353345 Date and Time to be determined



FAMILY ENTERTAINMENT & EXCITING TRIPS

*Whatever your age, we have a trip for you!
Let the Family Memories Begin!*

Family Entertainment & Exciting Trips (FEET) offers trips for all ages, including a variety of destinations. This is a day trip program planned with your interests in mind. Join us for our Fun Family and Adult trips being offered throughout each season and leave the driving to us. Registration begins Monday, May 6, 2013 at 8:30am.

Get ready to explore some of the most exciting destinations in the Mid-Atlantic! Take in museums, sports events, theaters, festivals, special events and amusement parks. Whether it's a day at the beach or a Kennedy Center show, you will want to register early, as seats go fast. Go by yourself, with friends, or take the whole family. Children under 18 must be accompanied by an adult. Flyers are available with more detailed information at all MCR-operated Senior and Community Centers and on-line. For additional information on these and other trips, please call Trips and Tours Coordinator at 240-777-4933.

Please Note: Due to the WSSC work at Holiday Park parking areas, All Summer 2013 trips depart from and return to the parking area near field #1 at Olney Manor Park, 16605 Georgia Avenue, Olney, MD. Please Plan to Arrive 15 minutes prior to departure; all trips depart promptly at the advertised time.

'CATS' Dutch Apple Dinner Theatre, Lancaster, PA

Andrew Lloyd Webber's CATS is a unique, spectacular musical with fantastic costumes and electrifying dancing that has young and old cheering! See why cats are unique in every way . . . just like us! Enjoy a delicious buffet before the show. Price includes transportation, buffet lunch and show.

Fee: \$89
357053 Saturday, June 29 Leave 9:30am, Return 6:30pm

Maryland Live!!

This world-class casino, located at the Arundel Mills Mall, has Vegas-style slot machines and electronic table games. Lunch on your own, choices include The Cheesecake Factory, Phillips Seafood, Bobby Flay's Burger Palace and more. Promotions and incentives will be available upon arrival as a bus group. Fee is for transportation.

Fee: \$39
357053 Friday, July 12 Leave 9:00am, Return 3:00pm

Natural Bridge, Virginia

Nestled between the Blue Ridge and Allegheny Mountain ranges in the Shenandoah Valley, Natural Bridge is one of the 7 natural wonders of the world. 20 stories of solid rock, carved by the fingers of nature. Enjoy other attractions as well. Lunch on your own. Fee: transportation, admissions and tours.

Fee: \$139
357257 Saturday, July 13 Leave 7:30am, Return 7:30pm

Plein Air

Easton Competition & Arts Festival

Discover the talent and techniques behind this art phenomenon. Witness the dynamic competition and festival that is Plein Air - Easton! Explore one of the most picturesque small towns on the East Coast while interacting with some of the nation's top plein air painters. Fee: transportation.

Fee: \$49
357281 Saturday, July 20 Leave 8:30 am, Return 4:30



Cats



Maryland Live



Natural Bridge, VA



Plein Air Easton



Artscape 2013

Artscape 2013 Baltimore, MD

Artscape, America's largest free arts festival, attracting 350,000+ attendees over three days, featuring 150+ fine artists, fashion designers, craftspeople, visual art exhibits, outdoor sculpture, art, cars, photography, live concerts, dance, opera, theater, film, experimental music and the Baltimore Symphony Orchestra; Family events such as hands-on projects, demonstrations, competitions, children's entertainers and street theater; International menu of food and beverages throughout the festival site. Fee: transportation

Fee: \$39
357282 Sunday July 21 Leave 10:00am, Return 4:00pm



Adventure Park USA

The Town of Occoquan Your Way!

The Town of Occoquan Your Way! Historic Occoquan is a community rich in history and consists of residents, artists, shops, restaurants with indoor and outdoor dining, businesses, and a local town government. Shop until you drop and enjoy a boat ride leaving every hour from the town boat dock! Fee: transportation.

Fee: \$39
357283 Saturday, July 27 Leave 9:30am, Return 4:30pm

Splashdown Water Park Manassas, VA

It's Like a Day At The Beach Without The Drive! Enjoy 4-5 hours on 13 acres of summertime fun. Family features include: 770 Lazy River, 25 meter lap pool, Interactive children's area With 4 slides, Bubblers and Fountains, Activity Pool, Cannon Ball slides, Waterslides, Big Kahuna Beach w/ 250 tons of Sand, Lilly Pad and log walk, funbrellas and Pavilions. Cool refreshments and hot meals (on your own) at Splash-Down Waterpark. Minors (anyone under the age of 18) must be accompanied by and an adult. The park or MCR does not assume any responsibility for unattended minors. Fee: transportation and admission

Fee: \$59
357286 Tuesday, August 6 Leave 9:30am, Return 5:30pm

Maryland Science Center Baltimore, MD

A fun and unique experience for parents and/or children of all ages. One of the most unique and important educational institutions in the region, the Science Center is engaging and entertaining and makes science fun. Lunch on your own at Breakers Café or at the Brown Bag Zone for those who wish to bring their own food. Seating is on a first-come, first-served basis. Fee: trans., admission, planetarium, demo stage

Fee: \$59
357287 Wednesday, August 7 Leave 9:30am, Return 3:30pm



Splashdown Water Park



Maryland Science Center



Hershey Amusement Park

Adventure Park USA New Market, MD

Adventure Park USA is Maryland's largest family entertainment center. With everything from our Desert Oasis Miniature Golf Course to our Rock Wall and Hang 'Em High Ropes Course, we have enough adventure for the whole family. . Let the adventure begin! You will have fours hours of fun filled adventure. Price includes transportation and four hour adventure package for 48 inches and above. Special pass available for under 48 inches. Meals and games on your own!

Fee: \$59
357288 Thursday, August 8 Leave 10:00am, Return 4:00pm

Hershey Amusement Park Hershey, PA

This fabulous theme park is in the heart of Hershey Pa. Children and adults alike are always in for a good time with all the rides, shows and attractions. Minors (anyone under the age of 18) must be accompanied by and a adult. The park or MCR does not assume any responsibility for unattended minors. Price includes transportation and park admission.

Fee: \$79
357289 Friday, August 9 Leave 7:30am, Return 7:30pm

Annie at Allenberry Playhouse Boiling Springs, PA

Watch America's most spunky and beloved orphan as she searches for her long lost family taking her from a hard-knock life to Easy Street with the rich, but seemingly cold, Oliver Warbucks. Winner of the Tony Award for Best Musical, this touching and energetic story of hope, love and family will capture your heart and leave you singing about the promise of tomorrow. Enjoy a delicious buffet lunch. Fee: transportation, buffet lunch, show.

Fee: \$99
357300 Sunday, August 11 Leave 9:30am, Return 5:30pm

American Music Theatre Broadway: Now and Forever Lancaster, PA

Experience heart-stopping vocal and dance talent from across the country and the vibrant precision of a full on-stage orchestra, recreating the greatest moments ever on stage. Unforgettable music from the hottest new blockbusters to all time favorite classics! Enjoy a smorgasbord lunch at Hershey Farm Restaurant before the show. Fee: transportation, lunch, show

Fee: \$109
357320 Saturday, August 24 Leave 10:00am Return 8:00pm

The Miracle League
gives hundreds of children
with disabilities something
few dreamed possible...



the chance to play baseball.

The Washington Nationals Miracle Field, located in South Germantown Park, incorporates a cushioned synthetic turf that accommodates wheelchairs and other walking assistance devices, while helping prevent injuries.

All players with challenges or special needs are welcome to come learn and play baseball.

Every child is given an opportunity to hit the ball and score a run.
“Buddies” are assigned to assist in hitting the ball and “running” the bases.



To register online, visit
montgomerycountymd.gov/rec
or call 240.777.6870

Looking to volunteer?
Join us as a Buddie or Coach.



THERAPEUTIC RECREATION



Adult Swim

Ages 18 & Up 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		\$37
Instructor:		
355642	MLK SC	6/11 Tu 8:00pm - 9:00pm
355644	Germantown ISC	6/12 W 8:30pm - 9:30pm
355645	Olny SC	6/14 F 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 & leg movements and drills. Wear loose fitting clothes or white GI(uniform). New students attend 9:00 class.

6 Sessions		\$90
Instructor:	Company Staff: TKA, Inc.	
355650	Holiday Park Sr Ctr	6/15 Sa 10:00am -10:45am
10 Sessions		\$90
Instructor:	Company Staff: TKA, Inc.	
355649	Holiday Park Sr Ctr	6/15 Sa 9:00am - 9:45am

Slow 'n Easy Aerobics

Ages 15 & Up 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.

6 Sessions		\$28
Instructor:		
355654	Wheaton CRC	6/17 M 7:00pm - 8:00pm
355655	Potomac CRC	6/20 Th 7:00pm - 8:00pm
355656	Damascus CRC	6/20 Th 7:00pm - 8:00pm
355657	Bauer Drive CRC	6/20 Th 7:00pm - 8:00pm

TR Yoga Basics

Ages 15 & Up with disabilities: Introduces beginning and continuing students to yoga principles of body alignment and breath awareness. Emphasis is placed on strengthening and 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.

6 Sessions		\$80
Instructor:		
357906	White Oak CRC	6/20 Th 1:30pm - 2:30pm

Turn the Beat Around

Ages 13 & Up with disabilities: Introduction to basic rhythm and movement for social dancing. Learn line and group dance for all occasions. Participants should be able to follow two-step instructions. 1 staff to 10 participants.

6 Sessions		\$28
Instructor:		
355661	Upper County CRC	6/19 W 7:00pm - 8:00pm
355660	Wheaton CRC	6/20 Th 7:00pm - 8:00pm

Fun Rhythm & Roll

Ages 15 & Up with disabilities: Engage in playful rhythmic movement for fitness and coordination. Includes line dances, circle dances, folk dances, and just plain fun dances. Movements are also individually adapted for individuals who use wheelchairs or other mobility devices. Participants should be able to follow two-step instructions.

6 Sessions		\$45
Instructor:	Sue E. Green	
355648	Holiday Park CC	Sa 10:00am -10:45am

E-Z Hip Hop

Ages 15 & Up with disabilities: Join the fun and exciting dance moves to the beat of hip hop music. Designed especially for individuals with developmental disabilities. Movements are adapted for people who use wheelchairs too. Participants should be able to follow two-step instructions.

6 Sessions		\$45
Instructor:	Sue E. Green	
355647	Holiday Park CC	Sa 11:00am -11:45am

MAINSTREAMING OPPORTUNITIES

Individuals with disabilities are encouraged to register for programs. A general program/activity may be adapted by using auxiliary aids and services, but the structure of the activity, group size, and participant to staff ration remain the same. Companions provide assistance to facilitate the inclusion of individuals with disabilities. Most are trained volunteers who will facilitate participation and integration into the program. Companions do not provide personal care. Placements are limited, and are not guaranteed, so early notification is essential. Please call 240-777-6870, TTY 240-777-6974, for more information and/or to request a companion.

rec.mainstream@montgomerycountymd.gov

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.

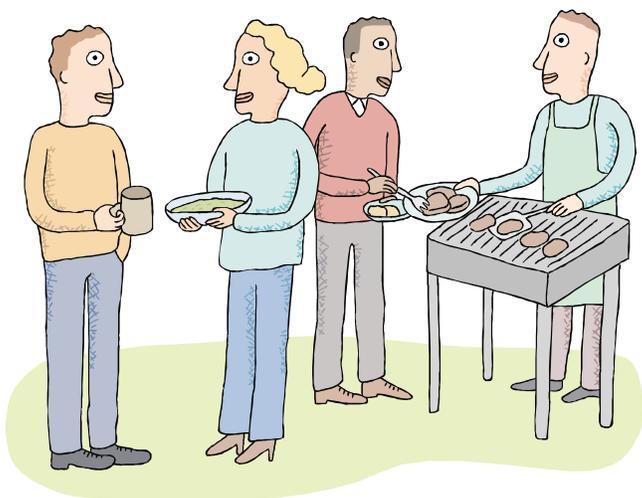
Training provided.

Call the Volunteer Coordinator at 240-777-6870.



SPECIAL EVENTS

Programs provide a safe, positive and fun recreation experience for all individuals. Appropriate social behavior is stressed. Transportation must be arranged prior to the event and is the responsibility of the participant, parent or guardian. Bring ID for check-in. A registration form is required.



SUPERHERO DANCE

Be the Super Hero of your choice! Iron Man, Superman, Wonder Women, Storm or make one on your own. Prizes for costumes!
Saturday, July 20, 2013
7:00pm-10:00pm
\$8.00 pre-registered or \$10.00 at the door
Holiday Park Senior Center
Course #355658



BACKYARD BBQ

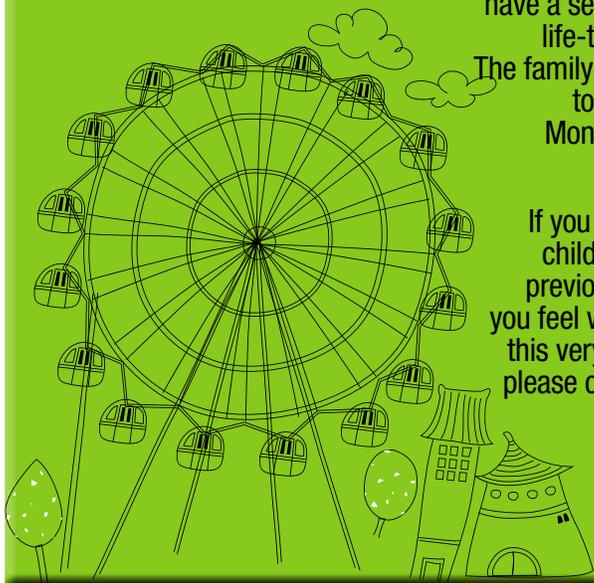
Come out and have lots of fun, food, music & games. Required pre-registration, limited to 40 participants!
Saturday, August 3, 2013
4:00pm-7:00pm
\$8.00
MCR Offices
Course #355646

VIP CHILDREN'S DAY AT THE FAIR

Co-sponsored by the Montgomery County Agricultural Fair, the City of Gaithersburg & Montgomery County Recreation. The Children's Day at the Fair Committee is asking for your help in identifying children who would benefit from this program.

In order to be selected as a VIP, the child must be a resident of Montgomery County between the ages of five and fourteen, must have a severe disability or a life-threatening illness. The family must also be able to attend the Fair on Monday, August 13, as honored guests.

If you know of a child or children (who have not previously be a VIP) who you feel would benefit from this very special program, please call 240-777-6870 for an application.



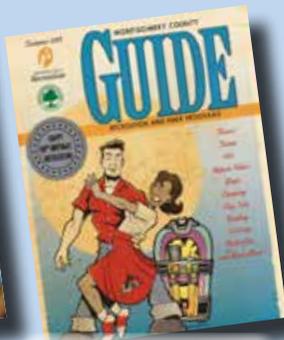
Montgomery County Recreation
THERAPEUTIC RECREATION WEEK!
July 7-13

“When’s the Guide Available?”



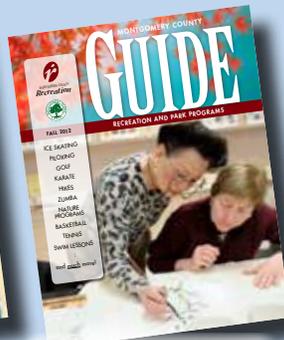
Summer Camps 2013

January 10, 2013
Registration begins
January 22, 2013



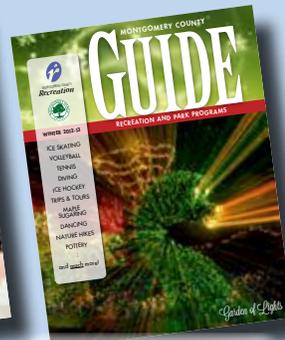
Summer 2013

May 3, 2013
Registration begins
May 13, 2013



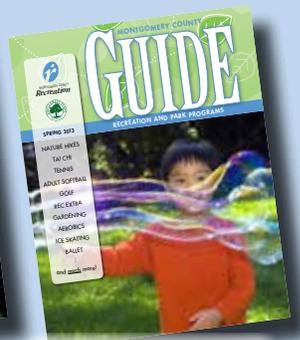
Fall 2013

August 2, 2013
Registration begins
August 12, 2013



Winter 2013/2014

November 11, 2013
Registration begins
November 21, 2013



Spring 2014

January 31, 2014
Registration begins
February 10, 2014

“Where Can I Get The Guide?”

Online:

Online: Visit 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

SHAPE UP FOR SUMMER!



IT'S EASIER THAN EVER TO STAY IN SHAPE WITH RECREATION'S TOTAL REC PASS!

The TOTAL REC Pass is the easy way to have access to all Montgomery County Recreation facilities, including:

All Indoor Aquatic Centers • Basketball Courts
Fully Equipped Weight/Exercise Rooms • Pool Tables

Save MONEY! Buy your pass online at recweb.montgomerycountymd.gov



Welcome to

Plum Gar

Community Recreation Center

Opening July 20, 2013 @ 11:00 am

New!

Social Hall
Game Room
Activity Room
Expanded Lobby
Caterer's Kitchen
Conference Room
Weight & Exercise Room

***What
will be
happening at
Plum Gar?***

Open Gym Programs • Game Room
Camps & Summer Activities
Weight & Exercise Memberships
Club Friday • Teen Cafes • Club Rec

Contact

19561 Scenery Dr.
Germantown, MD
240-777-4919
montgomerycountymd.gov/rec

The summer opening of the Plum Gar Community Recreation Center, serving the East Germantown area, will reveal a completely new structure. A larger gymnasium and modern and expanded interiors will be a focal point for the facility.

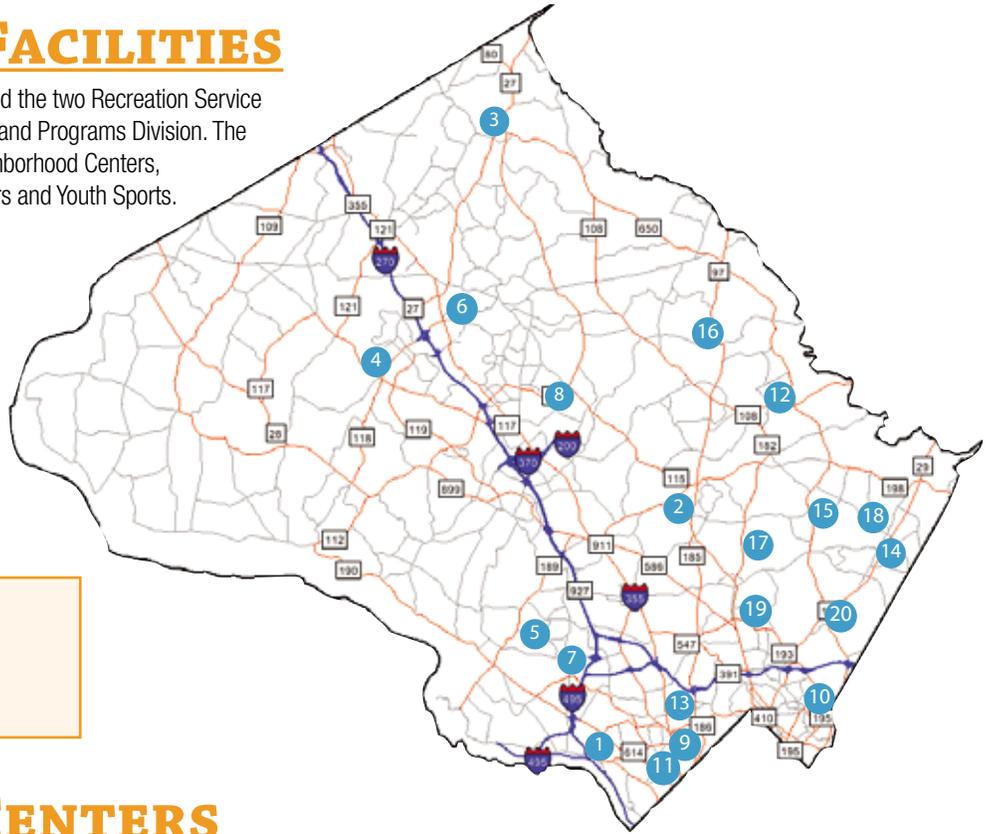
A key component of the site and new facility's design is to provide expanded and improved services to the East Germantown communities, as well as to upgrade to current Montgomery County building standards, including meeting green building and sustainability goals and energy guidelines (LEED Silver), and the Americans with Disabilities Act (ADA).



RECREATION COMMUNITY FACILITIES

The Department of Recreation has combined the two Recreation Service Regions to create the Community Facilities and Programs Division. The Division consists of Senior and Senior Neighborhood Centers, Recreation Centers, Camps, Fall Fun Centers and Youth Sports.

COMMUNITY FACILITIES AND PROGRAMS
240-777-4980
3950 Ferrara Dr., Wheaton



Aquatic Centers: See page 12.
Senior & Senior Neighborhood Centers: See page 62.
Facility Locations: See page 89.

RECREATION CENTERS

Community Recreation Centers (CRC) and Neighborhood Recreation Centers (NRC) are located throughout Montgomery County. A variety of activities and programs are offered for participants of all ages. Each center is unique and may have some or all of the following: gymnasium, social hall with dance floor and kitchen, game and billiards room or area, weight and exercise room, arts and craft room, and meeting room. Rooms of various sizes at the CRC/NRCs can also be rented. Call for specific hours and availability.

Area I

- 1 Clara Barton NRC** 240-777-4910
7425 MacArthur Boulevard, Cabin John
- 2 Bauer Drive CRC** 240-777-6922
14625 Bauer Drive, Rockville
- 3 Damascus CRC** 240-777-6930
25520 Oak Drive, Damascus
- 4 Germantown CRC** 240-777-8095
18905 Kingsview Road, Germantown
- 5 Potomac CRC** 240-777-6960
11315 Falls Road, Potomac
- 6 Plum Gar CRC** 19561 Scenery Drive,
- 7 Scotland NRC** 7700 Scotland Drive,
- 8 Upper County CRC** 240-777-8077
8201 Emory Grove Road, Gaithersburg

Opening Summer 2013!

Closed for
Renovations

Area II

- 9 Jane E. Lawton CRC** 240-777-6855
4301 Willow Lane, Chevy Chase
- 10 Long Branch CRC** 240-777-6965
8700 Piney Branch Road, Silver Spring
- 11 Wisconsin Place CRC** 240-777-8088
5311 Friendship Boulevard, Chevy Chase

Area III

- 12 Ross J. Boddy CRC** 240-777-8050
18529 Brooke Road, Sandy Fall
- 13 Gwendolyn Coffield CRC** 240-777-4900
2450 Lyttonville Road, Silver Spring
- 14 East County CRC** 240-777-8090
3310 Gateshead Manor Way, Silver Spring
- 15 Good Hope NRC** 240-777-8055
14715 Good Hope Road, Silver Spring
- 16 Longwood CRC** 240-777-6920
19300 Georgia Avenue, Brookeville
- 17 Mid-County CRC** 240-777-6820
2004 Queensguard Road, Silver Spring
- 18 Marilyn J. Praisner CRC** 240-777-4970
14906 Old Columbia Pike, Burtonsville
- 19 Wheaton NRC** 240-777-8057
11711 Georgia Avenue, Wheaton
- 20 White Oak CRC** 240-777-6940
1700 April Lane, Silver Spring

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Montgomery County Is Kicking Off A Countywide Initiative To *Be Active Montgomery!*

- Do something fun, fit and healthy every day
- play a game of tag with your kids
- go for a walk
- take a bike ride

Kickoff Event is June 8. See page 36 for details.

LOCATIONS

Elementary Schools

Ashburton ES.....	6314 Lone Oak DR, Bethesda, 20817
Bells Mill ES.....	8225 Bells Mill RD, Potomac, 20854
Bethesda ES.....	5011 Moorland LN, Bethesda, 20814
Burning Tree ES.....	7900 Beach Tree RD, Bethesda, 20817
Cashell ES.....	17101 Cashell RD, Rockville, 20853
Chevy Chase ES.....	4015 Rosemary ST, Chevy Chase, 20815
Cloverly ES.....	800 Briggs Chaney RD, Silver Spring, 20904
DuFief ES.....	5001 DuFief DR, Gaithersburg, 20878
Flower Hill ES.....	18425 Flower Hill WAY, Gaithersburg, 20879
Flower Valley ES.....	4615 Sunflower DR, Rockville, 20853
Garrett Park ES.....	4810 Oxford ST, Garrett Park, 20896
Gibbs, William B. ES.....	12615 Royal Crown DR, Germantown, 20876
Jackson Road ES.....	900 Jackson RD, Silver Spring, 20904
Lake Seneca ES.....	3600 Wanegarden DR, Germantown, 20874
Lakewood ES.....	2534 Lindley TER, Rockville, 20850
Luxmanor ES.....	6201 Tilden LN, Rockville, 20852
Marshall, Thurgood ES.....	12260 McDonald Chapel DR, Gaithersburg, 20876
Matsunaga ES.....	13902 Broomfield RD, Germantown, 20874
McAuliffe, S. Christa ES.....	12500 Wisteria DR, Germantown, 20874
New Hampshire Estates ES.....	8720 Carroll AVE, Sandy Spring, 20903
Oakland Terrace ES.....	2720 Pliers Mill RD, Silver Spring, 20902
Olney ES.....	3401 Queen Mary DR, Olney, 20832
Potomac ES.....	10311 River RD, Rockville, 20854
Ride, Dr. Sally K. ES.....	21301 Seneca Crossing DR, Germantown, 20876
Rock Creek Valley ES.....	5121 Russett RD, Rockville, 20853
Seven Locks ES.....	9500 Seven Locks RD, Bethesda, 20814
Stone Mill ES.....	14323 Stonebridge View DR, Gaithersburg, 20879
Stonegate ES.....	14811 Nottley RD, Silver Spring, 20905
Tilden MS.....	11211 Old Georgetown RD, Rockville, 20852
Wayside ES.....	10011 Glen RD, Potomac, 20854
Westover ES.....	401 Hawkesbury LN, Silver Spring, 20904

Middle Schools

Cabin John MS.....	10701 Gainsborough RD, Potomac, 20854
Farquhar, William H. MS.....	16915 Batchellors Forest RD, Olney, 20832
Johnson, Walter HS.....	6400 Rock Spring DR, Bethesda, 20814
Kingsview MS.....	18909 Kingsview RD, Germantown, 20874
Loiederman MS.....	12701 Goodhill RD, Silver Spring, 20906
Neelsville MS.....	11700 Neelsville Church RD, Germantown, 20874
Newport Mill MS.....	1311 Newport Mill RD, Kensington, 20895
North Bethesda MS.....	8935 Bradmoor ST, Bethesda, 20817
Parkland MS.....	4610 West Frankford DR, Rockville, 20853
Poole, John MS.....	17014 Tom Fox AVE, Poolesville, 20837
Pyle, Thomas W. MS.....	6311 Wilson LN, Bethesda, 20817
Redland MS.....	6505 Muncaster Mill RD, Rockville, 20855
Ridgeview MS.....	16600 Raven Rock DR, Gaithersburg, 20878
Rock Terrace HS.....	390 Martins LN, Rockville, 20850
Rocky Hill MS.....	22401 Brickhaven WAY, Clarksburg, 20871
Shady Grove MS.....	8100 Midcounty HWY, Gaithersburg, 20877
White Oak MS.....	12201 New Hampshire AVE, Silver Spring, 20904
Wood MS.....	14615 Bauer DR, Rockville, 20853

High Schools

Bethesda-Chevy Chase HS.....	4301 East West Highway, Bethesda, 20814
Churchill, Winston HS.....	11300 Gainsborough RD, Potomac, 20854
Damascus HS.....	25921 Ridge RD, Damascus, 20872
Northwest HS.....	13501 Richter Farm RD, Germantown, 20874

Libraries

Davis Community Library.....	6400 Democracy BLVD, Bethesda, 20817
Wheaton Regional Library.....	11701 Georgia AVE, Wheaton, 20902

Parks

Aberdeen LP.....	12231 Triple Crown RD, N. Potomac, 20886
Cabin John RP.....	7400 Tuckerman LN, Rockville, 20852
Camp Seneca LP.....	14500 Clopper RD, Boyds, 20841
Capital View-Homewood LP.....	2929 Edgewood RD, Kensington, 20895
Darnestown LP.....	14211 Darnestown RD, Darnestown,
Falls Road LP.....	12600 Falls Road RD, Potomac,
Meadowbrook LP.....	7901 Meadowbrook LN, Chevy Chase,
Norwood LP.....	4700 Norwood DR, Chevy Chase, 20815
Olney Family NP.....	19117 Willow Grove RD, Olney,
Olney Manor RP.....	16601 Georgia AVE, Olney, 20832
Pilgrim Hills LP.....	1615 E Randolph RD, Colesville, 20904
Quince Orchard Valley NP.....	12015 Suffolk TER, Gaithersburg, 20878
Rock Creek Regional Park.....	6700 Needwood Rd, Rockville, 20855
Sligo Ave. NP (Sligo Urban).....	500 Sligo AVE, Silver Spring, 20910
Sligo-Dennis Ave. LP (Sligo Comm.).....	10200 Sligo Creek PKY, Silver Spring, 20901
Stonegate LP.....	14920 Nottley RD, Cloverly, 20905
Tilden Woods LP.....	6800 Tilden LN, Potomac, 20852
Wheaton-Claridge LP.....	11901 Claridge RD, Wheaton, 20902

Recreation Facilities

Bauer Drive CRC.....	14625 Bauer DR, Rockville, 20853
Bethesda Pool.....	Little Falls PKY, Bethesda, 20816
Clara Barton NRC.....	7425 MacArthur BLVD, Cabin John, 20818
Damascus CRC.....	25520 Oak DR, Damascus, 20872
East County CRC.....	3310 Gateshead Manor WAY, Silver Spring, 20904
Germantown CRC.....	18905 Kingsview DR, Germantown, 20874
Germantown ISC.....	18000 Central Park Cir, Boyds, 20841
Germantown OP.....	18905 Kingsview DR, Germantown, 20874
Good Hope CRC.....	14715 Good Hope RD, Silver Spring, 20905
Gwendolyn Coffield CRC.....	2450 Lyttonville RD, Silver Spring, 20910
Holiday Park SC.....	3950 Ferrara DR, Wheaton, 20906
Jane E. Lawton CRC.....	4301 Willow LN, Chevy Chase, 20815
Kennedy Shriver AC.....	5900 Executive BLVD, N. Bethesda, 20814
Long Branch CRC.....	8700 Piney Branch RD, Silver Spring, 20901
Long Branch Pool.....	8700 Piney Branch RD, Silver Spring, 20901
Longwood CRC.....	19300 Georgia AVE, Brookeville, 20833
Marilyn J. Praisner CRC.....	14906 Old Columbia PKY, Burtonsville, 20866
Martin Luther King OP.....	1201 Jackson RD, Silver Spring, 20904
Martin Luther King SC.....	1201 Jackson RD, Silver Spring, 20904
MCR Offices.....	4010 Randolph RD, Silver Spring, 20902
Mid County CRC.....	2004 Queensguard RD, Silver Spring, 20906
Olney Swim Center.....	16601 Georgia AVE, Olney, 20832
Potomac CRC.....	11315 Falls RD, Potomac, 20854
Ross Boddy CRC.....	18529 Brooke RD, Sandy Spring, 20860
Schweinhaut SC.....	1000 Forest Glen RD, Silver Spring, 20901
Upper County CRC.....	8201 Emory Grove RD, Gaithersburg, 20877
Upper County Pool.....	8211 Emory Grove RD, Gaithersburg, 20879
Western County Pool.....	20151 Fisher AVE, Poolesville, 20837
Wheaton NRC.....	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

Camp Olympia.....	5511 Muncaster Mill RD, Rockville, 20855
Create Arts Center.....	816 Thayer AVE, Silver Spring, 20910
Extend Yoga.....	12106 Wilkins AVE, N. Bethesda, 20852
Golden School of Music.....	8004 A Norfolk AVE, Bethesda, 20814
International School of Music.....	10450 Auto Park AVE, Bethesda, 20817
Kritt Studio.....	14817 Brownstone DR, Burtonsville, 20866
Restore Motion.....	5410 Edson LN # 350, Rockville, 20850



When school is out...
Summer Camps are in!

Regardless of what summer activities your kids are into (sports, arts, nature), think of REC as your Camp Headquarters. We're sure you will find the perfect summer camp for your child.

The following camps still have open registration, but hurry, availability is running out fast!

Programs will not meet on Thursday, July 4.

Summer Camps

Preschool & Kindergarten Programs

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- Little People Centers Ages 4-5.....p. 92

Specialty Camps

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Aquatics Camps

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Arts Camps

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Multi-Interest Camps

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Outdoor Camps

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Sports Camps

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Teen Activities

- Service Learning Opportunities Ages 13-16p. 102

Preschool & Kindergarten Camps

Funfit Summer Adventure Camp

Ages 3-6: It's not just camp, it's an adventure.

Instructor: Funfit Foundation

Capital View-Homewood Local Park

347748	6/17-6/21	9:30 am-12:00 pm	\$120
347749	6/24-6/28	9:30 am-12:00 pm	\$120
348170	7/1-7/5	9:30 am-12:00 pm	\$96
348125	7/29-8/2	9:30 am-12:00 pm	\$120
348171	8/5-8/9	9:30 am-12:00 pm	\$120
348172	8/12-8/16	9:30 am-12:00 pm	\$120

Wisconsin Place Community Recreation Ctr

347755	7/29-8/2	9:30 am-12:00 pm	\$120
347751	8/5-8/9	9:30 am-12:00 pm	\$120
347752	8/12-8/16	9:30 am-12:00 pm	\$120

Young Rembrandts- Monsters Under My Bed

Ages 4-5: Let's explore the mysterious world under our beds and in our closets!

Instructor: Young Rembrandts

Pyle, Thomas W. Middle School

349353	7/15-7/19	9:00 am-12:00 pm	\$175
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Young Rembrandts- Under the Sea

Ages 4-5: We will learn to draw and color some original characters from under the sea, while incorporating popular books and music into this fun and exciting week.

Instructor: Young Rembrandts

Cashell Elementary School

349351	7/22-7/26	9:00 am-12:00 pm	\$175
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Abakadoodle: Bug Me! Art Camp

Ages 3-5: All About Creepy Crawlers, Insects and Reptiles. You are being bugged!

Instructor: Abakadoodle

Meadowbrook Local Park

349259	6/17-6/21	9:00 am-12:00 pm	\$190
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Abakadoodle: Beach Party!

Ages 3-5: Get ready for some wet and sandy fun! Design your own sun visor, move to the party music and create some incredible underwater art! Instructor: Abakadoodle

Capital View-Homewood Local Park

349347	7/8-7/12	9:00 am-12:00 pm	\$190
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Abakadoodle: Mix, Mold and Matisse

Ages 3-5: The letter M rules in this Abakadoodle camp. This Marvelous camp includes Music, Mind boggling games and Maximum fun!

Instructor: Abakadoodle

Wisconsin Place Community Recreation Ctr

349253	7/15-7/19	9:00 am-12:00 pm	\$190
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Abakadoodle: Pirate Island

Ages 3-5: Ahoy all Pirate Island Buccaneers! Come aboard to create pirate ships, colorful parrots, treasure maps, sea monsters, ship flags, doubloon necklaces, treasure chests and more!

Instructor: Abakadoodle

Luxmanor Elementary School

349348	7/29-8/2	9:00 am-12:00 pm	\$190
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Challenger Space Camp Jr.

Ages 3-5: This Coach Doug program combines the creative & age appropriate activities of Challenger Space & Rocketry with the non-competitive Sports/Fitness activities of Wee Wanna Be.

Instructor: Coach Doug Academy

Pyle, Thomas W. Middle School

347686	6/18-6/21	9:00 am-3:30 pm	\$144
347693	6/18-6/21	9:00 am-12:00 pm	\$76
348162	6/18-6/21	12:30 pm-3:30 pm	\$76
347687	6/24-6/28	9:00 am-3:30 pm	\$180
347694	6/24-6/28	9:00 am-12:00 pm	\$95
348163	6/24-6/28	12:30 pm-3:30 pm	\$95
347688	7/1-7/5	9:00 am-3:30 pm	\$144
348164	7/1-7/5	12:30 pm-3:30 pm	\$76
347695	7/1-7/5	9:00 am-12:00 pm	\$76
347689	7/8-7/12	9:00 am-3:30 pm	\$180
347690	7/15-7/19	9:00 am-3:30 pm	\$180
347691	7/22-7/26	9:00 am-3:30 pm	\$180
347692	7/29-8/2	9:00 am-3:30 pm	\$180
347696	7/8-7/12	9:00 am-12:00 pm	\$95
348165	7/8-7/12	12:30 pm-3:30 pm	\$95
347697	7/15-7/19	9:00 am-12:00 pm	\$95
348166	7/15-7/19	12:30 pm-3:30 pm	\$95
347698	7/22-7/26	9:00 am-12:00 pm	\$95
348168	7/22-7/26	12:30 pm-3:30 pm	\$95
347699	7/29-8/2	9:00 am-12:00 pm	\$95
348167	7/29-8/2	12:30 pm-3:30 pm	\$95

Little Scientist Camp

Ages 3-6: Based on our child centered science curriculum, we will explore several science experiments.

Instructor: Scribbles and Works

White Oak Community Recreation Center

348124	6/24-6/28	9:30 am-12:30 pm	\$175
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Potomac Community Center

348123	7/15-7/19	9:30 am-12:30 pm	\$175
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Act It Out!

Ages 3-5: In this camp, students will experience how the theater arts and fine arts go hand in hand while discussing topics such as respect, kindness, and peace through storybooks.

Instructor: Pooja Chawla

Damascus Community Recreation Center

347177	8/5-8/9	9:00 am-12:00 pm	\$150
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Flower Valley Elementary School

347175	7/15-7/19	9:00 am-12:00 pm	\$150
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Jane E. Lawton Community Center

347176	8/12-8/16	9:00 am-12:00 pm	\$150
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North Bethesda Middle School

347173	7/22-7/26	9:00 am-12:00 pm	\$150
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Wayside Elementary School

347174	7/8-7/12	9:00 am-12:00 pm	\$150
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Musical Adventures

Ages 3-6: We will learn music, art, language and pretend play the superhero way.

Instructor: Cara Stuart

International School of Music

347765	6/24-6/28	9:00 am-1:00 pm	\$295
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347766	7/29-8/2	9:00 am-1:00 pm	\$295
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Mini Musical Notions N' Motions Summer

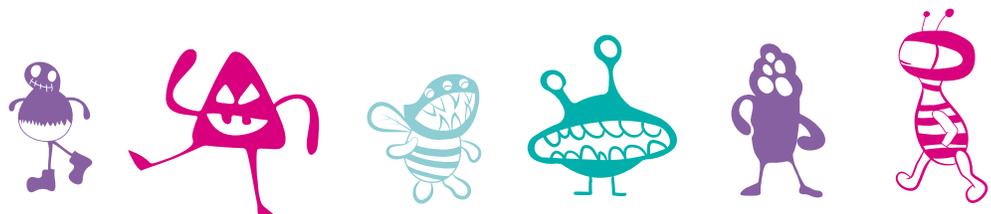
Ages 3-5: Explore musical aspects and concepts in this enjoyable mini school using percussion and melodic instruments. .

Instructor: Golden School of Music

Golden School of Music

347739	7/22-8/2	9:00 am-12:00 pm	\$295
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348121	7/29-8/9	9:00 am-12:00 pm	\$295
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Preschool & Kindergarten Camps

Challenger Sports Soccer-First Kicks

Ages 4-5: Young players are introduced to game basics through fundamental activities, games and fun soccer challenges.

Instructor: Challenger Soccer

Meadowbrook Local Park	349224	7/8-7/12	10:00 am-10:45 am	\$95
Falls Road Local Park	349222	7/15-7/19	10:00 am-10:45 am	\$95
Darnestown Local Park	349225	7/22-7/26	10:00 am-10:45 am	\$95
Damascus Community Recreation Center	349226	8/5-8/9	10:00 am-10:45 am	\$95

Challenger Sports Cubs Soccer Program

Ages 2-3: Cubs Program: Camps use soccer as the medium for children to develop their balance, agility, coordination, color recognition and numerical learning along with increasing their confidence and social skills in a fun and relaxed environment.

Instructor: Challenger Soccer

Meadowbrook Local Park	349230	7/8-7/12	9:00 am-9:45 am	\$95
Falls Road Local Park	349228	7/15-7/19	9:00 am-9:45 am	\$95
Darnestown Local Park	349229	7/22-7/26	9:00 am-9:45 am	\$95
Damascus Community Recreation Center	349231	8/5-8/9	9:00 am-9:45 am	\$95

UK Elite Soccer Summer Petite

Ages 3-4: A fun introduction to soccer utilizing maximum activity and participation and highly stimulating fantasy games.

Instructor: U.K.Elite Soccer

Pyle, Thomas W. Middle School	349187	6/18-6/21	9:00 am-10:30 am	\$104
Falls Road Local Park	349189	7/8-7/12	9:00 am-10:30 am	\$130
Darnestown Local Park	349188	6/24-6/28	9:00 am-10:30 am	\$130
Darnestown Local Park	347793	7/1-7/5	9:00 am-10:30 am	\$104
Gwendolyn Coffield Community Center	347801	7/15-7/19	9:00 am-10:30 am	\$130
Damascus Community Recreation Center	347799	7/22-7/26	9:00 am-10:30 am	\$130
Burning Tree Elementary School	347791	7/29-8/2	9:00 am-10:30 am	\$130
Meadowbrook Local Park	347807	8/5-8/9	9:00 am-10:00 am	\$130

Sports Squirts

Ages 3-5: Allows children the chance to experience several great sports in one week.

Instructor: US Sports Institute

Potomac Elementary School	349553	7/8-7/12	4:30 pm-5:30 pm	\$109
Shady Grove Middle School	349552	7/15-7/19	4:30 pm-5:30 pm	\$109
White Oak Community Recreation Center	349550	7/22-7/26	4:30 pm-5:30 pm	\$109
Pyle, Thomas W. Middle School	349551	7/29-8/2	4:30 pm-5:30 pm	\$109



Little People Centers

Ready for your little one to experience the joys of summer camp? Little People Centers offer preschoolers a safe and nurturing environment perfect for young ones. Each camp is packed full of exciting hands-on activities including games, crafts, stories, songs and even water play (to help us stay cool on hot summer days!) Camps are half-day and campers need to bring a snack and a bag lunch. Children must be 4 years old by the start of camp and toilet trained. Extended camp is not available for LPC camps. Programs will not meet on Thursday, July 4.

Ages 4-5:



Bells Mill Elementary School	347910	6/18-6/28	9:00 am-1:00 pm	\$176
	347911	7/1-7/12	9:00 am-1:00 pm	\$176
	347912	7/15-7/26	9:00 am-1:00 pm	\$195
DuFief Elementary School	347917	6/18-6/28	9:00 am-1:00 pm	\$176
	347918	7/1-7/12	9:00 am-1:00 pm	\$176
	347919	7/15-7/26	9:00 am-1:00 pm	\$195

Germantown Community Center	347920	6/18-6/28	9:00 am-1:00 pm	\$176
	347921	7/1-7/12	9:00 am-1:00 pm	\$176
	347922	7/15-7/26	9:00 am-1:00 pm	\$195
Jane E. Lawton Community Center	347913	6/18-6/28	9:00 am-1:00 pm	\$176
	347914	7/1-7/12	9:00 am-1:00 pm	\$176
	347915	7/15-7/26	9:00 am-1:00 pm	\$195
	347916	7/29-8/2	9:00 am-1:00 pm	\$98

Longwood Community Center	347906	6/18-6/28	9:00 am-1:00 pm	\$176
	347907	7/1-7/12	9:00 am-1:00 pm	\$176
	347908	7/15-7/26	9:00 am-1:00 pm	\$195
	347909	7/29-8/2	9:00 am-1:00 pm	\$98

Specialty Camps

Chess Camp: Beginners

Ages 5-12: This is the perfect camp for players with basic understanding of chess to begin to expand their skills and learn strategies and rules to play effectively.

Instructor: Arkadiy Frenkel

Germantown Community Center	347193	8/5-8/9	9:00 am-12:00 pm	\$100
Mid County Community Center	347194	8/12-8/16	9:00 am-12:00 pm	\$100
Potomac Community Center	347192	8/19-8/23	9:00 am-12:00 pm	\$100

Chess Camp: Intermediate/Advanced

Ages 5-12: The emphasis is on developing advanced skills and strategies.

Instructor: Arkadiy Frenkel

Germantown Community Center	347196	8/5-8/9	12:00 pm-3:00 pm	\$100
Mid County Community Center	347197	8/12-8/16	12:00 pm-3:00 pm	\$100
Potomac Community Center	347195	8/19-8/23	12:00 pm-3:00 pm	\$100

Chess Wizards Summer Camp

Ages 5-12: Chess Wizards is a premier chess education company providing fun, informative and challenging chess lessons to students.

Instructor: Chess Wizards

North Bethesda Middle School	349200	6/24-6/28	9:00 am-3:00 pm	\$346
	349349	6/24-6/28	9:00 am-12:00 pm	\$219
	349350	6/24-6/28	12:00 pm-3:00 pm	\$219
Cloverly Elementary School	349352	7/8-7/12	9:00 am-3:00 pm	\$346
	349354	7/8-7/12	9:00 am-12:00 pm	\$219
	349355	7/8-7/12	12:00 pm-3:00 pm	\$219
Matsunaga Elementary School	349356	7/15-7/19	9:00 am-3:00 pm	\$346
	349357	7/15-7/19	9:00 am-12:00 pm	\$219
	349358	7/15-7/19	12:00 pm-3:00 pm	\$219
Pyle, Thomas W. Middle School	349360	7/22-7/26	9:00 am-3:00 pm	\$346
	349361	7/22-7/26	9:00 am-12:00 pm	\$219
	349362	7/22-7/26	12:00 pm-3:00 pm	\$219
Farquhar, William H. Middle School	349364	7/29-8/2	9:00 am-3:00 pm	\$346
	349365	7/29-8/2	9:00 am-12:00 pm	\$219
	349366	7/29-8/2	12:00 pm-3:00 pm	\$219

2D Game Design with Gamemaker 8

Ages 8-11: This class will show you how to use easy drop-and-drag actions to create professional looking games.

Instructor: Tekademy Funutation

Jane E. Lawton Community Center	349147	8/19-8/23	9:00 am-11:45 am	\$280
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Digital Art and Animation

Ages 8-11: Students will use Alice software to create a 3D programming environment with animations can that tell a story, become an interactive game or simply do a dance.

Instructor: Tekademy Funutation

Jane E. Lawton Community Center	349148	8/19-8/23	12:15 pm-3:30 pm	\$280
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Stop Motion Animation

Ages 8-11: Learn the basics of Claymation videos by using Scratch software.

Instructor: Tekademy Funutation

North Bethesda Middle School	349150	7/8-7/12	9:00 am-11:45 am	\$280
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LEGO PRE Engineering

Ages 5-6: Let your imagination run wild with over 100,000 pieces of LEGO!

Instructor: Play-Well TEKologies

Damascus Community Recreation Center	349629	8/12-8/16	9:00 am-12:00 pm	\$199
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Luxmanor Elementary School	349628	7/29-8/2	9:00 am-12:00 pm	\$199
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Potomac Elementary School	349605	6/24-6/28	9:00 am-12:00 pm	\$199
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Stonegate Elementary School	349606	7/15-7/19	9:00 am-12:00 pm	\$199
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LEGO Engineering FUNdamentals

Ages 7-12: Power-up your engineering skills with Play-Well TEKologies and over 100,000 pieces of LEGO!

Instructor: Play-Well TEKologies

Damascus Community Recreation Center	349633	8/12-8/16	1:00 pm-4:00 pm	\$199
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Potomac Elementary School	349630	6/24-6/28	1:00 pm-4:00 pm	\$199
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Stonegate Elementary School	349631	7/15-7/19	1:00 pm-4:00 pm	\$199
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Club Holiday Endless Summer

Ages 3-12: full day; Ages 3-5: Here's an exciting opportunity to enjoy age appropriate sports, games, arts & crafts and more in this super-charged environment.

Instructor: Coach Doug Academy

Clara Barton Community Center	347727	8/5-8/9	9:30 am-3:30 pm	\$175
	347728	8/5-8/9	9:30 am-12:30 pm	\$90

Bauer Drive Community Center	347723	8/12-8/16	9:30 am-3:30 pm	\$175
	347724	8/12-8/16	9:30 am-12:30 pm	\$90

Potomac Community Center	347725	8/19-8/23	9:30 am-3:30 pm	\$175
	347726	8/19-8/23	9:30 am-12:30 pm	\$90

Club Holiday Extended Day

Children registered for Club Holiday are eligible to register for an extended day program.

Instructor: Coach Doug Academy

Clara Barton Community Center	347733	8/5-8/9	7:30 am-9:30 am	\$26
	347734	8/5-8/9	3:30 pm-6:00 pm	\$32

Bauer Drive Community Center	347729	8/12-8/16	7:30 am-9:30 am	\$26
	347730	8/12-8/16	3:30 pm-6:00 pm	\$32

Potomac Community Center	347731	8/19-8/23	7:30 am-9:30 am	\$26
	347732	8/19-8/23	3:30 pm-6:00 pm	\$32

Kids, Keys 'n Sports

Ages 8-12: The program alternates self-paced and entertaining computer keyboarding practice with instruction in your child's favorite sports.

Instructor: Coach Doug Academy

Pyle, Thomas W. Middle School	347741	6/18-6/21	9:00 am-3:30 pm	\$156
	347742	6/24-6/28	9:00 am-3:30 pm	\$195
	347743	7/1-7/5	9:00 am-3:30 pm	\$156
	347744	7/8-7/12	9:00 am-3:30 pm	\$195
	347745	7/15-7/19	9:00 am-3:30 pm	\$195
	347746	7/22-7/26	9:00 am-3:30 pm	\$195
	347747	7/29-8/2	9:00 am-3:30 pm	\$195

History Explorers - A Field Trip Camp

Ages 9 to 13 years: Campers discover our area's rich local history through this unique travel camp.

Instructor: Montgomery County Historical Society

Beall-Dawson House	348990	7/29-8/2	9:00 am- 4:00 pm	\$300
	348991	8/5-8/9	9:00 am- 4:00 pm	\$300



Specialty Camps

On-the-Go

Ages 8-12: Daily activities in and around the Montgomery County area may include swimming, water parks, roller-skating, bowling & more!

Bells Mill Elementary School

347927	6/18-6/28	9:00 am-3:30 pm	\$320
347928	7/1-7/12	9:00 am-3:30 pm	\$320
347929	7/15-7/26	9:00 am-3:30 pm	\$355
347930	7/29-8/2	9:00 am-3:30 pm	\$178

Puzzle Piazza-A Problem Solving Picnic for Kids

Age 7-12: Campers choose from a wide spread of puzzles, mostly 3-D ones, ranging in difficulty.

Instructor: MathTree

Matsunaga Elementary School

348961	7/15-7/19	12:30 pm-3:30 pm	\$200
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Wayside Elementary School

348964	7/22-7/26	12:30 pm-3:30 pm	\$200
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Etiquette Camp: Minding your Manners

Ages 6-10: Campers will be introduced to manners through greeting & name games, telephone manners and taking messages.

Instructor: Global Children's Center

Potomac Elementary School

349379	7/15-7/19	12:00 pm-4:00 pm	\$155
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Matsunaga Elementary School

349378	7/29-8/2	9:00 am-12:00 pm	\$155
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Math/Finance Camp

Ages 6-10: Campers will work on math skills while being introduced to money and banking.

Instructor: Global Children's Center

Potomac Elementary School

349381	7/15-7/19	9:00 am-12:00 pm	\$155
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Matsunaga Elementary School

349380	7/29-8/2	12:00 pm-4:00 pm	\$155
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Let's get Healthy and Let's Move

Ages 5-10: Camp will help children learn the facts on eating healthy, staying active, and taking action. Instructor: Global Children's Center

Ashburton Elementary School

349497	6/18-6/21	12:00 pm-4:00 pm	\$124
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White Oak Community Recreation Center

349498	7/8-7/12	12:00 pm-4:00 pm	\$155
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Marshall, Thurgood Elementary School

349499	7/29-8/2	12:00 pm-4:00 pm	\$155
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Let's Cook Camp

Ages 5-10: Learn a variety of cooking skills in a fun atmosphere with other kids who like to cook.

Instructor: Global Children's Center

Ashburton Elementary School

349526	6/18-6/21	9:00 am-12:00 pm	\$124
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White Oak Community Recreation Center

349548	7/8-7/12	9:00 am-12:00 pm	\$155
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Marshall, Thurgood Elementary School

349511	7/29-8/2	9:00 am-12:00 pm	\$155
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Horseback Riding: Camp

Ages 8-15: Children will ride twice a day 4 times per week, swim every day, and do various unmounted horse activities including leading horses, unsaddling, grooming, bathing, cleaning tack, plus general barn responsibilities.

Instructor: Camp Olympia

Camp Olympia

349070	6/17-6/21	9:15 am-3:30 pm	\$430
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349071	6/24-6/28	9:15 am-3:30 pm	\$430
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349072	7/1-7/5	9:15 am-3:30 pm	\$344
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349073	7/29-8/2	9:15 am-3:30 pm	\$430
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349074	8/12-8/16	9:15 am-3:30 pm	\$430
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Horseback Riding: Sports & Horses & More

Ages 8-14: Children will swim twice daily, horseback ride 4 times per week, play soccer, basketball, track and field, gymnastics, plus more in this exciting instructional program.

Instructor: Camp Olympia

Camp Olympia

349085	6/17-6/21	9:15 am-3:30 pm	\$335
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349086	6/24-6/28	9:15 am-3:30 pm	\$335
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349087	7/1-7/5	9:15 am-3:30 pm	\$271
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349088	7/29-8/2	9:15 am-3:30 pm	\$335
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349089	8/12-8/16	9:15 am-3:30 pm	\$335
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Challenger Space & Rocketry Camp

Grades K-6: A Couch Doug camp that combines sports, space science and astronomy with a focus on team building and you get-Challenger!

Instructor: Coach Doug Academy

Pyle, Thomas W. Middle School

347679	6/18-6/21	9:00 am-3:30 pm	\$156
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347680	6/24-6/28	9:00 am-3:30 pm	\$195
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347681	7/1-7/5	9:00 am-3:30 pm	\$156
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347682	7/8-7/12	9:00 am-3:30 pm	\$195
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347683	7/15-7/19	9:00 am-3:30 pm	\$195
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347684	7/22-7/26	9:00 am-3:30 pm	\$195
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347685	7/29-8/2	9:00 am-3:30 pm	\$195
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Challenger Space & Rocketry Kids Keys n Sports Extended

Ages 5-12: Children registered for the Challenger Space Rocketry & Kids, Keys 'n Sports at Pyle MS are eligible.

Instructor: Coach Doug Academy

Pyle, Thomas W. Middle School

347665	6/18-6/21	7:00 am-9:00 am	\$21
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347672	6/18-6/21	3:30 pm-6:00 pm	\$26
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347666	6/24-6/28	7:00 am-9:00 am	\$26
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347673	6/24-6/28	3:30 pm-6:00 pm	\$32
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347667	7/1-7/5	7:00 am-9:00 am	\$21
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347674	7/1-7/5	3:30 pm-6:00 pm	\$26
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347668	7/8-7/12	7:00 am-9:00 am	\$26
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347675	7/8-7/12	3:30 pm-6:00 pm	\$32
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347669	7/15-7/19	7:00 am-9:00 am	\$26
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347676	7/15-7/19	3:30 pm-6:00 pm	\$32
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347670	7/22-7/26	7:00 am-9:00 am	\$26
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347677	7/22-7/26	3:30 pm-6:00 pm	\$32
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347671	7/29-8/2	7:00 am-9:00 am	\$26
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347678	7/29-8/2	3:30 pm-6:00 pm	\$32
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Mystery Academy: Circus Arts

Ages 8-11: Children learn how to do puppetry, magic, balloon sculpture, face painting, object balancing, juggling, skit comedy, and much more!

Instructor: Christopher McCauley Bowers

Rock Creek Valley Elementary School

347162	6/24-6/28	9:00 am-3:30 pm	\$235
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Mystery Academy: Circus Fun

Ages 5-7: Have fun and experience a carnival atmosphere.

Instructor: Christopher McCauley Bowers

Rock Creek Valley Elementary School

347163	6/24-6/28	9:00 am-3:30 pm	\$235
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Mystery Academy: Magical Arts & Crafts

Ages 6-11: This course is designed for children who are interested in constructing their own props, tricks and magic apparatus necessary to perform magic.

Instructor: Christopher McCauley Bowers

Germantown Community Center

347164	8/19-8/23	9:00 am-3:30 pm	\$235
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Specialty Camps

Mystery Academy: Magical Fun

Ages 5-7: This program is a less intensive magic camp for younger children who are just becoming wizards!

Instructor: Christopher McCauley Bowers

Ashburton Elementary School				
347169	7/8-7/12	9:00 am-3:30 pm		\$235
Stonegate Elementary School				
347170	7/22-7/26	9:00 am-3:30 pm		\$235
Germantown Community Center				
347171	8/12-8/16	9:00 am-3:30 pm		\$235
Mid County Community Center				
347172	8/12-8/16	9:00 am-3:30 pm		\$235

Mystery Academy: Magic Performance Camp

Ages 8-12: This program focuses primarily on perfecting the Performance Art of Magic.

Instructor: Christopher McCauley Bowers

Ashburton Elementary School				
347165	7/8-7/12	9:00 am-3:30 pm		\$235
Stonegate Elementary School				
347166	7/22-7/26	9:00 am-3:30 pm		\$235
Germantown Community Center				
347167	8/12-8/16	9:00 am-3:30 pm		\$235
Mid County Community Center				
347168	8/12-8/16	9:00 am-3:30 pm		\$235

Mad Science: Eureka! The Inventor's

Ages 6-12: With a little bit of ingenuity you'll construct catapults and forts and then lay siege, fabricate a winning Egg Drop design, construct a dancing robot and assemble a working light saber to take home.

Instructor: Mad Science

Stone Mill Elementary School				
349053	6/24-6/28	9:00 am-4:00 pm		\$379
White Oak Community Recreation Center				
349054	8/19-8/23	9:00 am-4:00 pm		\$379

Mad Science: 321 Blast-Off!

Ages 6-12: This action-packed week will focus solely on rockets and the physics of rocket flight.

Instructor: Mad Science

Wayside Elementary School				
349052	7/15-7/19	9:00 am-4:00 pm		\$379

EIS (Explorations in Science) Camp

Ages 5-8: Slime, eruptions and gravity, oh my! In this hands-on camp campers will learn about the amazing science they can do with basic household materials.

Extended Camp: DuFief ES

DuFief Elementary School				
347981	6/18-6/28	9:00 am-3:30 pm		\$266
347982	7/1-7/12	9:00 am-3:30 pm		\$266
347983	7/15-7/26	9:00 am-3:30 pm		\$295
347984	7/29-8/2	9:00 am-3:30 pm		\$148

Extended Camp: Olney ES (PM Only)

Olney Elementary School				
349372	6/18-6/28	9:00 am-3:30 pm		\$266
349374	7/1-7/12	9:00 am-3:30 pm		\$266
349375	7/15-7/26	9:00 am-3:30 pm		\$295
349377	7/29-8/2	9:00 am-3:30 pm		\$148

Mad Science: CRIME SCENE AND CHEMISTRY!

Ages 6-12: Mad Science introduces you to life in the form of cells and organs and to how the science behind life can help you solve a crime!

Instructor: Mad Science

Ashburton Elementary School				
349058	7/29-8/2	9:00 am-4:00 pm		\$379
349059	7/29-8/2	9:00 am-12:00 pm		\$199
349060	7/29-7/29	1:00 pm-4:00 pm		\$199
Stone Mill Elementary School				
349061	7/22-7/26	9:00 am-4:00 pm		\$379
349062	7/22-7/26	9:00 am-12:00 pm		\$199
349063	7/22-7/26	1:00 pm-4:00 pm		\$199

Mad Science: EARTH, SPACE, AND BEYOND!

Ages 6-12: Mad Science invites you to decipher the world around you. As young astronauts, we will explore the mysteries of the solar system.

Instructor: Mad Science

Luxmanor Elementary School				
349064	7/8-7/12	9:00 am-4:00 pm		\$379
349065	7/8-7/12	9:00 am-12:00 pm		\$199
349066	7/8-7/12	1:00 pm-4:00 pm		\$199
Westover Elementary School				
349067	7/22-7/26	9:00 am-4:00 pm		\$379
349068	7/22-7/26	9:00 am-12:00 pm		\$199
349069	7/22-7/26	1:00 pm-4:00 pm		\$199

Mad Science: Science In Motion

Ages 6-12: Each day has a different theme. Discover how things move with science.

Instructor: Mad Science

Flower Valley Elementary School				
349055	7/8-7/12	9:00 am-4:00 pm		\$379
349056	7/8-7/12	9:00 am-12:00 pm		\$199
349057	7/8-7/12	1:00 pm-4:00 pm		\$199

DRAMATIC KIDS!

Ages 6-11: This program is loaded with tons of fun as we learn about theater in combination with the fine arts of drawing, painting and coloring!

Instructor: C.A.R.E. Actor

Wayside Elementary School				
347179	7/8-7/12	9:00 am-3:00 pm		\$275
Flower Valley Elementary School				
347180	7/15-7/19	9:00 am-3:00 pm		\$275
North Bethesda Middle School				
347178	7/22-7/26	9:00 am-3:00 pm		\$275
Damascus Community Recreation Center				
347181	8/5-8/9	9:00 am-3:00 pm		\$275
Jane E. Lawton Community Center				
347182	8/12-8/16	9:00 am-3:00 pm		\$275

Adventure Theatre's Musical Theatre Camp

Ages 8-11: Be a part of the musical theatre world in a camp complete with choreography, acting & singing! This is full-scale production with costumes & props at a 200 seat Main Stage Auditorium!

Instructor: Adventure Theater

MCR Offices				
348935	8/12-8/23	9:00 am-4:00 pm		\$500

Theatrical Teens!

Ages 11-15: This is a unique combination of theater & fine arts bound to keep you up on your feet and down on the ground with fun and laughter!

Instructor: C.A.R.E. Actor

Wayside Elementary School				
347184	7/8-7/12	9:00 am-3:00 pm		\$275
Flower Valley Elementary School				
347185	7/15-7/19	9:00 am-3:00 pm		\$275
North Bethesda Middle School				
347183	7/22-7/26	9:00 am-3:00 pm		\$275
Damascus Community Recreation Center				
347186	8/5-8/9	9:00 am-3:00 pm		\$275
Jane E. Lawton Community Center				
347187	8/12-8/16	9:00 am-3:00 pm		\$275



Aqua Sports Camps

Aqua Sports Camp

Instructor: Michael Tober

Ages 7-11

Germantown Indoor Swim Center

347015	6/17-6/21	8:45 am-4:00 pm	\$245
347016	6/24-6/28	8:45 am-4:00 pm	\$245
347017	7/1-7/5	8:45 am-4:00 pm	\$196
347018	7/8-7/12	8:45 am-4:00 pm	\$245
347019	7/15-7/19	8:45 am-4:00 pm	\$245
347020	7/22-7/26	8:45 am-4:00 pm	\$245
347021	7/29-8/2	8:45 am-4:00 pm	\$245
347022	8/5-8/9	8:45 am-4:00 pm	\$245
347027	8/12-8/16	8:45 am-4:00 pm	\$245

Germantown Outdoor Pool

347013	8/19-8/23	8:45 am-4:00 pm	\$245
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Martin Luther King Swim Center

347023	6/17-6/21	8:45 am-4:00 pm	\$245
347024	6/24-6/28	8:45 am-4:00 pm	\$245
347025	7/29-8/2	8:45 am-4:00 pm	\$245
347026	8/5-8/9	8:45 am-4:00 pm	\$245

Olney Swim Center

347006	6/17-6/21	8:45 am-4:00 pm	\$245
347007	6/24-6/28	8:45 am-4:00 pm	\$245
347008	7/1-7/5	8:45 am-4:00 pm	\$196
347009	7/8-7/12	8:45 am-4:00 pm	\$245
347010	7/15-7/19	8:45 am-4:00 pm	\$245
347011	7/22-7/26	8:45 am-4:00 pm	\$245
347012	7/29-8/2	8:45 am-4:00 pm	\$245
347014	8/5-8/9	8:45 am-4:00 pm	\$245

Ages 12-15

If interest and pool space allow, Junior Life-guarding skills and water polo will be introduced in addition to other activities.

Germantown Indoor Swim Center

347036	6/17-6/21	8:45 am-4:00 pm	\$245
347042	6/24-6/28	8:45 am-4:00 pm	\$245
347043	7/1-7/5	8:45 am-4:00 pm	\$196
347044	7/8-7/12	8:45 am-4:00 pm	\$245
347045	7/15-7/19	8:45 am-4:00 pm	\$245
347046	7/22-7/26	8:45 am-4:00 pm	\$245
347047	7/29-8/2	8:45 am-4:00 pm	\$245
347048	8/5-8/9	8:45 am-4:00 pm	\$245
347049	8/12-8/16	8:45 am-4:00 pm	\$245

Germantown Outdoor Pool

347035	8/19-8/23	8:45 am-4:00 pm	\$245
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Martin Luther King Swim Center

347037	6/17-6/21	8:45 am-4:00 pm	\$245
347038	6/24-6/28	8:45 am-4:00 pm	\$245
347040	7/29-8/2	8:45 am-4:00 pm	\$245
347041	8/5-8/9	8:45 am-4:00 pm	\$245

Olney Swim Center

347028	6/17-6/21	8:45 am-4:00 pm	\$245
347029	6/24-6/28	8:45 am-4:00 pm	\$245
347030	7/1-7/5	8:45 am-4:00 pm	\$196
347031	7/8-7/12	8:45 am-4:00 pm	\$245
347032	7/15-7/19	8:45 am-4:00 pm	\$245
347033	7/22-7/26	8:45 am-4:00 pm	\$245
347034	7/29-8/2	8:45 am-4:00 pm	\$245
347039	8/5-8/9	8:45 am-4:00 pm	\$245

Aqua Sports Before Care

Child care before Aqua Sports Camp

Instructor: Michael Tober

Germantown Indoor Swim Center

346993	6/17-6/21	7:30 am-8:45 am	\$25
346994	6/24-6/28	7:30 am-8:45 am	\$25
346995	7/1-7/5	7:30 am-8:45 am	\$20
346996	7/8-7/12	7:30 am-8:45 am	\$25
346997	7/15-7/19	7:30 am-8:45 am	\$25
346998	7/22-7/26	7:30 am-8:45 am	\$25
346999	7/29-8/2	7:30 am-8:45 am	\$25
347000	8/5-8/9	7:30 am-8:45 am	\$25
347005	8/12-8/16	7:30 am-8:45 am	\$25

Germantown Outdoor Pool

346992	8/19-8/23	7:30 am-8:45 am	\$25
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Martin Luther King Swim Center

347001	6/17-6/21	7:30 am-8:45 am	\$25
347002	6/24-6/28	7:30 am-8:45 am	\$25
347003	7/29-8/2	7:30 am-8:45 am	\$25
347004	8/5-8/9	7:30 am-8:45 am	\$25

Olney Swim Center

346984	6/17-6/21	7:30 am-8:45 am	\$25
346985	6/24-6/28	7:30 am-8:45 am	\$25
346986	7/1-7/5	7:30 am-8:45 am	\$20
346987	7/8-7/12	7:30 am-8:45 am	\$25
346988	7/15-7/19	7:30 am-8:45 am	\$25
346989	7/22-7/26	7:30 am-8:45 am	\$25
346990	7/29-8/2	7:30 am-8:45 am	\$25
346991	8/5-8/9	7:30 am-8:45 am	\$25

Aqua Sports After Care

Child Care for After Aqua Sports Camp.

Instructor: Michael Tober

Germantown Indoor Swim Center

346970	6/17-6/21	4:00 pm-6:00 pm	\$25
346972	6/24-6/28	4:00 pm-6:00 pm	\$25
346973	7/1-7/5	4:00 pm-6:00 pm	\$20
346974	7/8-7/12	4:00 pm-6:00 pm	\$25
346975	7/15-7/19	4:00 pm-6:00 pm	\$25
346976	7/22-7/26	4:00 pm-6:00 pm	\$25
346977	7/29-8/2	4:00 pm-6:00 pm	\$25
346978	8/5-8/9	4:00 pm-6:00 pm	\$25
346983	8/12-8/16	4:00 pm-6:00 pm	\$25

Germantown Outdoor Pool

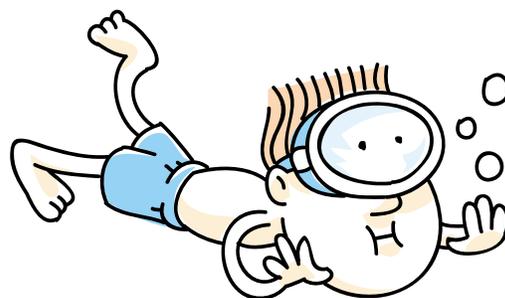
346969	8/19-8/23	4:00 pm-6:00 pm	\$25
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Martin Luther King Swim Center

346979	6/17-6/21	4:00 pm-6:00 pm	\$25
346980	6/24-6/28	4:00 pm-6:00 pm	\$25
346981	7/29-8/2	4:00 pm-6:00 pm	\$25
346982	8/5-8/9	4:00 pm-6:00 pm	\$25

Olney Swim Center

346962	6/17-6/21	4:00 pm-6:00 pm	\$25
346963	6/24-6/28	4:00 pm-6:00 pm	\$25
346964	7/1-7/5	4:00 pm-6:00 pm	\$20
346965	7/8-7/12	4:00 pm-6:00 pm	\$25
346966	7/15-7/19	4:00 pm-6:00 pm	\$25
346967	7/22-7/26	4:00 pm-6:00 pm	\$25
346968	7/29-8/2	4:00 pm-6:00 pm	\$25
346971	8/5-8/9	4:00 pm-6:00 pm	\$25



Cool Ventures

Cool Ventures at Wayside ES

Ages 5-12: Fun and energetic experiences await Cool Ventures campers every day! This camp includes all the best camp activities: games, swimming, crafts, experiments, drama and sports.

Wayside Elementary School

347874	6/18-6/28	8:00 am-6:00 pm	\$225
347875	7/1-7/12	8:00 am-6:00 pm	\$225
347876	7/15-7/26	8:00 am-6:00 pm	\$250
347877	7/29-8/2	8:00 am-6:00 pm	\$125

Arts Camps

All in Spanish, Little Linguists Mexico!

Ages 5-10: Are we in Mexico? Create your own mask, pinata, sombrero, maracas and much more! Learn about Mexican culture in the US too and explore the park. All in Spanish!

Instructor: Sandra Aresta

Norwood Local Park

349000 6/17-6/21 8:30 am-3:30 pm \$250

All in Spanish, Little Linguists Spain!

Ages 5-10: Are we in Spain? This year we explore famous Spanish artists, create a Spanish carnival, dance flamenco, play traditional games, and have a traditional Spanish celebration. All while speaking Spanish!!

Instructor: Sandra Aresta

Norwood Local Park

349206 6/24-6/28 8:30 am-3:30 pm \$250

Bug Me!

Art Camp by Abrakadoodle

Ages 6-10: All About Creepy Crawlers, Insects and Reptiles. You are being bugged!

Instructor: Nancy Delasos

Meadowbrook Local Park

349397 6/17-6/21 12:30 pm-3:30 pm \$190

Camp Art in the Park

Ages 5-10: You will create lots of cool artwork inspired by the great outdoors in this beautiful setting. No camp July 4th.

Instructor: Sandra Aresta

Norwood Local Park

349207 7/1-7/5 8:30 am-3:30 pm \$200

Pirate Island by Abrakaddoodle

Ages 6-10: Ahoy all Pirate Island Buccaneers! Come aboard to create pirate ships, colorful parrots, treasure maps, sea monsters, ship flags, doubloon necklaces, treasure chests and more!

Instructor: Nancy Delasos

Luxmanor Elementary School

349447 7/29-8/2 9:00 am-12:00 pm \$190

Art Destinations Specialty Camp

Ages 8-15: It's like having an art store at your fingertips! Come to the magical world of Art Destination, where you can experience art in a fun and creative ways.

Instructor: Abigail Dion

Kingsview Middle School

349214 6/18-6/21 9:00 am-3:30 pm \$184

349215 6/24-6/28 9:00 am-3:30 pm \$230

349216 7/1-7/5 9:00 am-3:30 pm \$184

349217 7/8-7/12 9:00 am-3:30 pm \$230

349218 7/15-7/19 9:00 am-3:30 pm \$230

349219 7/22-7/26 9:00 am-3:30 pm \$230

Wood Middle School

349208 6/18-6/21 9:00 am-3:30 pm \$184

349209 6/24-6/28 9:00 am-3:30 pm \$230

349210 7/1-7/5 9:00 am-3:30 pm \$184

349211 7/8-7/12 9:00 am-3:30 pm \$230

349212 7/15-7/19 9:00 am-3:30 pm \$230

349213 7/22-7/26 9:00 am-3:30 pm \$230

Artrageously Artsy

Ages 7-12: Campers complete intriguing art projects, each with a mathematical connection.

Instructor: MathTree

Matsunaga Elementary School

348957 7/15-7/19 9:00 am-12:30 pm \$200

Wayside Elementary School

348960 7/22-7/26 9:00 am-12:30 pm \$200

Rock Out with Art!

Ages 6-12: You'll be challenged and enjoy drawing artistic rock and roll imagery, including instruments, musicians, cartoons and an awesome concert scene!

Instructor: Young Rembrandts

Farquhar, William H. Middle School

349373 7/29-8/2 9:00 am-12:00 pm \$175

Pyle, Thomas W. Middle School

349376 6/24-6/28 9:00 am-12:00 pm \$175

Young Artist

Ages 6-8: Does your child love arts and crafts? Each day we will create inspired artwork learning new skills and working with exciting media.

Extended Camp: Kingsview MS

Kingsview Middle School

348005 6/18-6/28 9:00 am-3:30 pm \$266

348006 7/1-7/12 9:00 am-3:30 pm \$266

348007 7/15-7/26 9:00 am-3:30 pm \$295

348008 7/29-8/2 9:00 am-3:30 pm \$148

Wow! Comic Book Cartooning

Ages 6-12: Pow! Bang! Wow! Along with some basic, fun cartooning you will learn to draw your own comic book superhero.

Instructor: Young Rembrandts

Cashell Elementary School

349258 7/22-7/26 9:00 am-12:00 pm \$175

North Bethesda Middle School

349257 6/24-6/28 9:00 am-12:00 pm \$175

Norwood Local Park

349363 7/29-8/2 9:00 am-12:00 pm \$175

Pyle, Thomas W. Middle School

349359 7/15-7/19 9:00 am-12:00 pm \$175

Shady Grove Middle School

349369 7/8-7/12 9:00 am-12:00 pm \$175

Instrumental Adventures

Ages 7-12: Go with us on an Instrumental Adventure to learn how piano, guitar, violin, percussion and recorders make sound.

Instructor: Cara Stuart

International School of Music

349527 7/15-7/19 9:00 am-1:00 pm \$355

349528 7/22-7/26 9:00 am-1:00 pm \$355

Musical Notions N' Motions

Ages 5-12: Spend your summer in musical bliss and discover just how many fun and exciting activities you can tune into!

Instructor: Geiza Dourado

Golden School of Music

349240 7/8-7/12 9:00 am-3:30 pm \$199

349241 7/15-7/19 9:00 am-3:30 pm \$199

349242 7/22-7/26 9:00 am-3:30 pm \$199

349243 7/29-8/2 9:00 am-3:30 pm \$199

349247 8/5-8/9 9:00 am-3:30 pm \$199

Enchanted Musical Theater

Ages 7-12: Here's an exciting opportunity for aspiring musical theater artists. We'll create an original musical and explore the camaraderie of the ensemble spirit and other music theater skills while developing individual creative talent.

Instructor: Cara Stuart

International School of Music

349547 8/5-8/16 9:30 am-3:00 pm \$490



Arts Camps

Creative Theatre

Ages 9-13: Lights, camera, drama! Leap into an unforgettable theater experience as we plan and produce a real stage production.

Extended Camp: Kingsview MS

Kingsview Middle School

347967	6/18-7/12	9:00 am-3:30 pm	\$540
347968	7/15-8/2	9:00 am-3:30 pm	\$540

Break-into-Broadway

Ages 6-9: Here's a star-studded camp for kids who love being in the limelight!

Extended Camp: Shady Grove MS

Shady Grove Middle School

347977	6/18-6/28	9:00 am-3:30 pm	\$266
347978	7/1-7/12	9:00 am-3:30 pm	\$266
347979	7/15-7/26	9:00 am-3:30 pm	\$295
347980	7/29-8/2	9:00 am-3:30 pm	\$148

Imagine Dance Camp

Ages 5-8: Imagine Dance Camp sparks joy and creativity in children as they use nature, art, music, poetry and stories as inspiration for dance.

Instructor: Valerie Durham & IDS Staff

Cashell Elementary School

349252	7/15-7/19	9:00 am-1:00 pm	\$159
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North Bethesda Middle School

349251	7/22-7/26	9:00 am-1:00 pm	\$159
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Pyle, Thomas W. Middle School

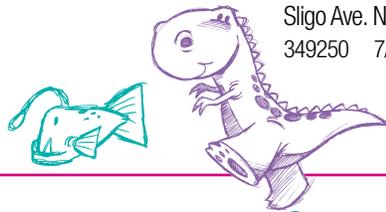
349254	7/29-8/2	9:00 am-1:00 pm	\$159
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Shady Grove Middle School

349249	6/24-6/28	9:00 am-1:00 pm	\$159
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Sligo Ave. Neigh. Park (Sligo Urban)

349250	7/8-7/12	9:00 am-1:00 pm	\$159
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Multi-Interest Camps

Breezy Hollow

Ages 5-8: Let your imagination soar in this thrilling camp. The sky is the limit for campers as we explore nature, play games, read stories, do experiments and participate in special events.

Extended Camp: Bells Mill ES

Bells Mill Elementary School

347862	6/18-6/28	9:00 am-3:30 pm	\$266
347863	7/1-7/12	9:00 am-3:30 pm	\$266
347864	7/15-7/26	9:00 am-3:30 pm	\$295
347865	7/29-8/2	9:00 am-3:30 pm	\$148

Little Creek

Ages 5-8: Stretch your child's imagination in this fun filled camp. Campers will participate in crafts, skits, stories, experiments, special events, games and more!

Extended Camp: DuFief ES

DuFief Elementary School

347985	6/18-6/28	9:00 am-3:30 pm	\$266
347986	7/1-7/12	9:00 am-3:30 pm	\$266
347987	7/15-7/26	9:00 am-3:30 pm	\$295
347988	7/29-8/2	9:00 am-3:30 pm	\$148

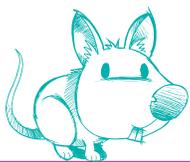
Patowmack

Ages 5-8: Stalk dinosaurs, chase fairies or explore the deep ocean in this imagination-based camp.

Extended Camp: Potomac CC

Potomac Community Center

347935	6/18-6/28	9:00 am-3:30 pm	\$266
347936	7/1-7/12	9:00 am-3:30 pm	\$266
347937	7/15-7/26	9:00 am-3:30 pm	\$295
347938	7/29-8/2	9:00 am-3:30 pm	\$148



Explorer

Ages 9-13: Explore the wonders of nature in this exciting, adventure-based camp. Campers will learn about wildlife and outdoor skills by exploring creeks, forests and lakes.

Extended Camp: Tilden Woods PM Only

Tilden Woods Local Park

347878	6/18-6/28	9:00 am-3:30 pm	\$275
347879	7/1-7/12	9:00 am-3:30 pm	\$275
347880	7/15-7/26	9:00 am-3:30 pm	\$305
347881	7/29-8/2	9:00 am-3:30 pm	\$153

Hidden Spring

Ages 9-13: Animal tracking, plant identification and wilderness skills will fill our days as we explore beautiful Lake Needwood.

Rock Creek Regional Park

347951	6/18-7/1	9:00 am-4:00 pm	\$280
347952	7/1-7/12	9:00 am-4:00 pm	\$280
347953	7/15-7/26	9:00 am-4:00 pm	\$310
347954	7/29-8/2	9:00 am-4:00 pm	\$158

Seneca Creek

Ages 9-13: Based out of Seneca Creek, this camp is packed full with daily activities including hiking, canoeing, on site swimming, arts and crafts, nature games and more! We will focus our exploring on wilderness skills and nature identification and put our skills to the test with a camping overnight experience (first three sessions only).

Extended Camp: Seneca Local Park PM Only

Camp Seneca Local Park

347993	6/18-6/28	9:00 am-3:30 pm	\$360
347994	7/1-7/12	9:00 am-3:30 pm	\$360
347995	7/15-7/26	9:00 am-3:30 pm	\$400
347996	7/29-8/9	9:00 am-3:30 pm	\$400



Outdoor Camps

Sports Camps

Third Quarter

Ages 8-12: Campers will play a variety of sports including basketball, gym hockey, soccer, flag football and more!

Potomac Community Center

Extended Camp: Potomac CC

347947	6/18-6/28	9:00 am-3:30 pm	\$266
347948	7/1-7/12	9:00 am-3:30 pm	\$266
347949	7/15-7/26	9:00 am-3:30 pm	\$295
347950	7/29-8/2	9:00 am-3:30 pm	\$148

Sports Unlimited

Ages 8-12: Play Ball! Campers will participate in the all the best sports including basketball, gym hockey, soccer, flag football and more; all while building their knowledge and skills of sports.

Extended Camp: Shady Grove MS

Shady Grove Middle School

349382	6/18-6/28	9:00 am-3:30 pm	\$266
349383	7/1-7/12	9:00 am-3:30 pm	\$266
349384	7/15-7/26	9:00 am-3:30 pm	\$295
349385	7/29-8/2	9:00 am-3:30 pm	\$295

All Stars

Ages 8-12: Swoop, bang, swish! Campers will build their knowledge and skills of a variety of sports including basketball, gym hockey, soccer, flag football and more.

Extended Camp: DuFief ES

DuFief Elementary School

347955	6/18-6/28	9:00 am-3:30 pm	\$266
347956	7/1-7/12	9:00 am-3:30 pm	\$266
347957	7/15-7/26	9:00 am-3:30 pm	\$295
347958	7/29-8/2	9:00 am-3:30 pm	\$148

One-on-One Basketball Clinic

Ages 9-16: Each weekly clinic will highlight a new skill or fundamental technique along with continued development of all other skills and techniques through fun drills and instruction.

Instructor: One on One Basketball

Kingsview Middle School

349095	6/17-6/21	3:45 pm-5:45 pm	\$103
349096	6/24-6/28	3:45 pm-5:45 pm	\$103
349097	7/1-7/5	3:45 pm-5:45 pm	\$83
349098	7/8-7/12	3:45 pm-5:45 pm	\$103

White Oak Middle School

349093	7/22-7/26	3:30 pm-5:30 pm	\$103
349094	7/29-8/2	3:30 pm-5:30 pm	\$103
349092	7/15-7/19	3:30 pm-5:30 pm	\$103

Washington Wizards & Mystics Youth Basketball Camp

Ages 8-17: Campers will learn proper techniques on various skills such as: ball-handling, passing, shooting, rebounding, defense, & team concepts.

Instructor: Washington Mystics

Germantown Community Center

349634	8/5-8/9	9:00 am-4:00 pm	\$345
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North Bethesda Middle School

348992	7/22-7/26	9:00 am-4:00 pm	\$345
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Wisconsin Place Community Recreation Ctr

348993	8/12-8/16	9:00 am-4:00 pm	\$345
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MD Sports Summer Basketball Clinic

Ages 6-17: Skills emphasized: shooting, ball handling, 1 on 1 moves, post moves, using and setting screens, pick and roll play, and team concepts.

Instructor: MD Sports

Bethesda-Chevy Chase HS

348929	6/24-6/28	9:00 am-4:00 pm	\$250
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348931	7/8-7/12	9:00 am-4:00 pm	\$250
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Johnson, Walter High School

348932	7/15-7/19	9:00 am-4:00 pm	\$250
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348933	7/22-7/26	9:00 am-4:00 pm	\$250
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348934	7/29-8/2	9:00 am-4:00 pm	\$250
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Challenger Sports: Tetra Brazil Academy

Ages 6-16: The Tetra Brazil Academy provides players with authentic Brazilian coaching right in their own community.

Instructor: Challenger Sports

Darnestown Local Park

349244	7/22-7/26	9:00 am-4:00 pm	\$275
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349246	7/22-7/26	9:00 am-12:00 pm	\$199
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Meadowbrook Local Park

349245	7/8-7/12	9:00 am-4:00 pm	\$275
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349248	7/8-7/12	9:00 am-12:00 pm	\$199
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Challenger Sports: British Soccer

Ages 6-14: This innovative approach to coaching youth soccer identifies key techniques and skills the your players will work on and master to reach their true potential. Each day includes individual foot skills, technical drills, tactical practices, small sided games, coached scrimmages, and a daily tournament.

Instructor: Challenger Sports

Damascus Community Recreation Center

349202	8/5-8/9	9:00 am-4:00 pm	\$259
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349203	8/5-8/9	9:00 am-12:00 pm	\$185
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Darnestown Local Park

349197	7/22-7/26	9:00 am-4:00 pm	\$259
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349198	7/22-7/26	9:00 am-12:00 pm	\$185
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Falls Road Local Park

347700	6/17-6/21	9:00 am-4:00 pm	\$259
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347701	6/17-6/21	9:00 am-12:00 pm	\$185
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349192	7/15-7/19	9:00 am-4:00 pm	\$259
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347706	7/15-7/19	9:00 am-12:00 pm	\$185
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Meadowbrook Local Park

349195	7/8-7/12	9:00 am-4:00 pm	\$259
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349196	7/8-7/12	9:00 am-12:00 pm	\$185
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Olney Family Neigh Park

349193	6/24-6/28	9:00 am-4:00 pm	\$259
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349194	6/24-6/28	9:00 am-12:00 pm	\$185
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Stonegate Local Park

349204	7/29-8/2	9:00 am-4:00 pm	\$259
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349205	7/29-8/2	9:00 am-12:00 pm	\$185
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UK Elite Soccer: Travel Player

Ages 8-14: UK Elite Soccer Travel Player Schools are designed to provide true travel soccer players with an environment within which they can be pushed beyond their comfort zone technically, tactically and functionally.

Instructor: U.K.Elite Soccer

Gwendolyn Coffield Community Center

349190	7/15-7/19	9:00 am-3:00 pm	\$300
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Damascus Community Recreation Center

349191	7/22-7/26	9:00 am-3:00 pm	\$300
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Sports Camps

UK Elite Soccer: Half Day Clinic

Ages 5-14: U.K. Elite Soccer Camps for children ages 5-8 offer the perfect combination of learning and FUN! Camp days are designed to promote learning of techniques and skills focusing on the younger-aged individual players.

Instructor: U.K.Elite Soccer			
Pyle, Thomas W. Middle School			
349165	6/18-6/21	9:00 am-12:00 pm	\$148
349166	7/8-7/12	9:00 am-12:00 pm	\$185
Falls Road Local Park			
349167	6/24-6/28	9:00 am-12:00 pm	\$185
Darnestown Local Park			
347769	7/1-7/5	9:00 am-12:00 pm	\$148
Gwendolyn Coffield Community Center			
347770	7/15-7/19	9:00 am-12:00 pm	\$185
Damascus Community Recreation Center			
347773	7/22-7/26	9:00 am-12:00 pm	\$185
Burning Tree Elementary School			
347768	7/29-8/2	9:00 am-12:00 pm	\$185
Meadowbrook Local Park			
347776	8/5-8/9	9:00 am-12:00 pm	\$185

UK Elite Soccer: Full Day Camp

Ages 7-14: Camp days are designed to promote learning of techniques and skills focusing on the younger-aged individual players. A typical day will include mass games, structured practices, scrimmages, and our World Cup Tournament to end each day.

Instructor: U.K.Elite Soccer			
Pyle, Thomas W. Middle School			
347780	6/18-6/21	9:00 am-3:00 pm	\$250
349153	7/8-7/12	9:00 am-3:00 pm	\$250
Falls Road Local Park			
349152	6/24-6/28	9:00 am-3:00 pm	\$250
Darnestown Local Park			
347781	7/1-7/5	9:00 am-3:00 pm	\$200
Gwendolyn Coffield Community Center			
347784	7/15-7/19	9:00 am-3:00 pm	\$250
Damascus Community Recreation Center			
347779	7/22-7/26	9:00 am-3:00 pm	\$250
Burning Tree Elementary School			
349154	7/29-8/2	9:00 am-3:00 pm	\$250
Meadowbrook Local Park			
347787	8/5-8/9	9:00 am-3:00 pm	\$250

Just Play Multi Sports

Ages 5-12: No more boring drills. No more waiting in line for your turn. No more repetitive, tedious instruction. JUST PLAY!

Instructor: US Sports Institute			
Potomac Elementary School			
349597	7/8-7/12	4:30 pm-6:00 pm	\$85
Pyle, Thomas W. Middle School			
349600	7/29-8/2	4:30 pm-6:00 pm	\$85
Shady Grove Middle School			
349598	7/15-7/19	4:30 pm-6:00 pm	\$85
White Oak Community Recreation Center			
349599	7/22-7/26	4:30 pm-6:00 pm	\$85

Total Play Multi Sports

Ages 5-12: Sports Include Disc Golf, Soccer, Lacrosse, Basketball, Flag Football, Baseball/Softball, Kickball, Badminton, Tennis, Touch Rugby, Cricket, Volleyball, Handball, Pilo Polo, Hockey, Bocce, Olympic Games, World Cup Games.

Instructor: US Sports Institute			
Potomac Elementary School			
349558	7/8-7/12	9:00 am-12:30 pm	\$180
349566	7/8-7/12	1:00 pm-4:00 pm	\$130
349554	7/8-7/12	9:00 am-4:00 pm	\$229
Pyle, Thomas W. Middle School			
349557	7/29-8/2	9:00 am-4:00 pm	\$229
349565	7/29-8/2	9:00 am-12:30 pm	\$180
349569	7/29-8/2	1:00 pm-4:00 pm	\$130
Shady Grove Middle School			
349555	7/15-7/19	9:00 am-4:00 pm	\$229
349563	7/15-7/19	9:00 am-12:30 pm	\$180
349567	7/15-7/19	1:00 pm-4:00 pm	\$130
White Oak Community Recreation Center			
349556	7/22-7/26	9:00 am-4:00 pm	\$229
349564	7/22-7/26	9:00 am-12:30 pm	\$180
349568	7/22-7/26	1:00 pm-4:00 pm	\$130

Microstars

Ages 5-8: Wanted: Active kids who love sports! Here is a camp that introduces campers to all the best sports such as T-ball, flag football, basketball, soccer, gym hockey and many more.

Extended Camp: Kingsview Middle School			
Kingsview Middle School			
347989	6/18-6/28	9:00 am-3:30 pm	\$266
347990	7/1-7/12	9:00 am-3:30 pm	\$266
347991	7/15-7/26	9:00 am-3:30 pm	\$295
347992	7/29-8/2	9:00 am-3:30 pm	\$148

Challenger Sports: Multi-Sport Camp

Ages 6-12: Sports during the week will include Tag Rugby, Cricket, Soccer, Rounders, Kick Ball, Netball and Team Handball.

Instructor: Challenger Sports			
Meadowbrook Local Park			
349233	7/8-7/12	9:00 am-3:00 pm	\$250
349237	7/8-7/12	9:00 am-12:00 pm	\$185
Falls Road Local Park			
349232	7/15-7/19	9:00 am-3:00 pm	\$250
349236	7/15-7/19	9:00 am-12:00 pm	\$185
Darnestown Local Park			
349234	7/22-7/26	9:00 am-3:00 pm	\$250
349238	7/22-7/26	9:00 am-12:00 pm	\$185
Damascus Community Recreation Center			
349235	8/5-8/9	9:00 am-3:00 pm	\$250
349239	8/5-8/9	9:00 am-12:00 pm	\$185

One-on-One Multi-Sport Camp

Ages 6-12: This camp will be a mix of drills, contests, and games.

Instructor: One on One Basketball			
Jackson Road Elementary School			
349110	7/8-7/12	9:00 am-3:00 pm	\$195
Ridgeview Middle School			
349122	7/29-8/2	9:00 am-3:00 pm	\$195
Tilden Middle School			
349121	7/22-7/26	9:00 am-3:00 pm	\$195

Baton, Cheerleading, and Poms for Summer

Ages 7-11: Here is a program that highlights the spirit of teamwork and friendly competition. Choreographed routines to contemporary music.

Instructor: Julianna Duda			
Kingsview Middle School			
348302	7/22-7/26	9:00 am-3:30 pm	\$145
Germantown Community Center			
348303	8/5-8/9	9:00 am-3:00 pm	\$140

Karate Clinics

Ages 6-12: Come and diversified and intensive Tang Soo Do style Korean karate and jujitsu instruction for all ability levels.

Instructor: Company Staff: TKA, Inc.			
Loiederman Middle School			
349090	6/18-6/21	9:00 am-11:30 am	\$53
349091	6/24-6/27	9:00 am-11:30 am	\$53

Sports Camps

Fencing School

Introduction to fencing. This two-week program will emphasize agility, coordination, and basic foil techniques.

Instructor: Gitty Mohebban

McAuliffe, S. Christa Elementary School

348982	6/18-6/28	10:00 am-12:00 pm	\$145
348983	7/1-7/12	10:00 am-12:00 pm	\$145
348984	7/15-7/26	10:00 am-12:00 pm	\$161

Fencing School Special Session

Ages 7-16: Build on your existing skills. Emphasis will be on competition techniques and classes will include a mini tournament using electric fencing apparatus.

Instructor: Gitty Mohebban

McAuliffe, S. Christa Elementary School

348988	7/29-8/2	10:00 am-12:00 pm	\$81
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Volleyball Clinics Mid-Atlantic

Ages 9-14: Geared to all ability levels, here is a fun and competitive program for middle school students to learn the skills and strategies of the game from experienced coaches.

Instructor: Volleyball Mid Atlantic

Northwest High School

348949	6/24-6/28	9:00 am-12:00 pm	\$125
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Wisconsin Place Community Recreation Ctr

348950	7/22-7/26	9:00 am-12:00 pm	\$125
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The Ultimate Boxing and Boot Camp-Youth

Ages 10-15: Introduction to a boxer's workout designed to teach students eye, hand and foot coordination.

Instructor: Larry Johnson

Upper County Community Center

347263	8/5-8/8	10:00 am-1:00 pm	\$150
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Mid County Community Center

347262	8/12-8/15	10:00 am-1:00 pm	\$150
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White Oak Community Recreation Center

347264	8/19-8/22	10:00 am-1:00 pm	\$150
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Therapeutic Recreation Camps

Camp Little Pines

Ages 5-8: Children with learning disabilities, ADD/ADHD &/or mild behavior disabilities. Creative games, dance movements & swimming keeps campers active.

Parkland Middle School

349330	6/18-6/28	9:00 am-3:30 pm	\$243
349331	7/1-7/12	9:00 am-3:30 pm	\$243
349332	7/15-7/26	9:00 am-3:30 pm	\$270
349333	7/29-8/2	9:00 am-3:30 pm	\$135

Camp Big Pines

Ages 9-12: Youth with learning disabilities, ADD/ADHD &/or mild behavior disabilities. Sports, outdoor games, & swimming keeps campers active.

Parkland Middle School

349322	6/18-6/28	9:00 am-3:30 pm	\$243
349323	7/1-7/12	9:00 am-3:30 pm	\$243
349324	7/15-7/26	9:00 am-3:30 pm	\$270
349325	7/29-8/2	9:00 am-3:30 pm	\$135

Camp Bullseye

Middle school youth with learning disabilities, ADD/ADHD, HFA, and/or mild behavior disabilities. A transition from Camp Big Pines to the TR Summer Teen Center.

Parkland Middle School

350598	6/18-6/28	9:00 am-3:30 pm	\$243
350599	7/1-7/12	9:00 am-3:30 pm	\$243
350600	7/15-7/26	9:00 am-3:30 pm	\$270
350601	7/29-8/2	9:00 am-3:30 pm	\$135

Camp Chesapeake

Ages 13-21: teens with developmental disabilities. This daily travel camp offers trips to regional park and recreation facilities, swimming, and canoeing.

MCR Offices

349326	6/17-6/21	9:00 am-4:00 pm	\$135
349327	6/24-6/28	9:00 am-4:00 pm	\$135
349328	7/29-8/2	9:00 am-4:00 pm	\$135
349329	8/5-8/9	9:00 am-4:00 pm	\$135

TR Summer Teen Center

Ages 13-21: active, independent teens with developmental disabilities. This camp offers activities to enhance social skills and self-esteem, and promote independence and skills for life.

Wheaton Community Center

349342	7/1-7/5	9:00 am-4:00 pm	\$108
349343	7/8-7/12	9:00 am-4:00 pm	\$135
349344	7/15-7/19	9:00 am-4:00 pm	\$135
349345	7/22-7/26	9:00 am-4:00 pm	\$135

Camp Project Discovery

Ages 5-18: Youth and teens with physical disabilities; siblings may also apply and will be admitted based on availability of space. Adapted sports, arts and crafts, games, swimming, and theme week activities.

Forest Knolls Elementary School

349336	7/8-8/1	9:40 am-1:10 pm	\$250
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Camp Apollo

Ages 6-12: Children within the autism spectrum. Campers experience community trips that include swimming, nature centers and stream hikes.

Rock Terrace High School

349320	7/1-7/12	12:30 pm-5:00 pm	\$171
349321	7/15-7/26	12:30 pm-5:00 pm	\$190

Camp Achilles

Ages 13-21: teens with autism. This camp continues the fun summer experience of Camp Apollo including swimming, crafts, games, and trips into the community.

Rock Terrace High School

349318	7/1-7/12	12:30 pm-5:00 pm	\$171
349319	7/15-7/26	12:30 pm-5:00 pm	\$190

Camp Personal Pursuits

Ages 13-21: teens with developmental disabilities. This camp offers activities and trips that enhance both socialization and recreational opportunities. Activities include games, crafts, swimming, local field trips, special events and theme weeks.

Rock Terrace High School

349334	7/1-7/12	12:30 pm-5:00 pm	\$171
349335	7/15-7/26	12:30 pm-5:00 pm	\$190



Summer Fun Centers

Bauer Drive Community Center 348018 6/24-8/2 8:00 am-6:00 pm \$350	Gwendolyn Coffield Community Center 349604 6/24-8/2 8:00 am-6:00 pm \$350	Rocky Hill Middle School 348021 6/24-8/2 8:00 am-6:00 pm \$350
Broad Acres Elementary School 349602 6/24-8/2 8:00 am-6:00 pm \$350	Harmony Hills Elementary School 348027 6/24-8/2 8:00 am-6:00 pm \$350	Ross Boddy Community Center 348017 6/24-8/2 8:00 am-6:00 pm \$350
Chevy Chase Elementary School 348014 6/24-8/2 8:00 am-6:00 pm \$350	Loiederman Middle School 348033 6/24-8/2 8:00 am-6:00 pm \$350	Sequoyah Elementary School 348032 6/24-8/2 8:00 am-6:00 pm \$350
Clara Barton Community Center 348022 6/24-8/2 8:00 am-6:00 pm \$350	Long Branch Community Center 348016 6/24-8/2 8:00 am-6:00 pm \$350	Seven Locks Elementary School 349603 6/24-8/2 8:00 am-6:00 pm \$350
East County Community Center 348025 6/24-8/2 8:00 am-6:00 pm \$350	Longwood Community Center 348010 6/24-8/2 8:00 am-6:00 pm \$350	Sligo-Dennis Ave. Local Pk (Sligo Comm.) 348013 6/24-8/2 8:00 am-6:00 pm \$350
Flower Hill Elementary School 348029 6/24-8/2 8:00 am-6:00 pm \$350	Marilyn J. Praisner Community Center 348026 6/24-8/2 8:00 am-6:00 pm \$350	Upper County Community Center 348020 6/24-8/2 8:00 am-6:00 pm \$350
Fox Chapel Elementary School 349601 6/24-8/2 8:00 am-6:00 pm \$350	McNair, Ronald Elementary School 348023 6/24-8/2 8:00 am-6:00 pm \$350	White Oak Community Recreation Center 348012 6/24-8/2 8:00 am-6:00 pm \$350
Gibbs, William B. Elementary School 348034 6/24-8/2 8:00 am-6:00 pm \$350	Ride, Dr. Sally K. Elementary School 348019 6/24-8/2 8:00 am-6:00 pm \$350	Woodfield Elementary School 348024 6/24-8/2 8:00 am-6:00 pm \$350
Good Hope Community Center 348028 6/24-8/2 8:00 am-6:00 pm \$350	Rock View Elementary School 348015 6/24-8/2 8:00 am-6:00 pm \$350	

Teen Service Learning Opportunities

Summer Leadership Challenge (SLC)

Summer Leadership Challenge (SLC) Summer Leadership Challenge is a service learning program for teens who enjoy helping children learn and have fun in a safe environment. The program offers fun, interactive workshops, games and activities designed to prepare teens to volunteer and/or work in a camp environment. Workshops may include child development, safety, conflict resolution, body language, planning and leading games, and therapeutic recreation awareness. Participants will have opportunities to plan activities and practice their new skills with campers in an MCR camp or Summer Fun Center. Summer Leadership Challenge staff will provide instruction, support, supervision and feedback to help participants have a positive experience. No prior experience or training is necessary. Participants may earn up to 35 SSL hours per session. No transportation is available.

Ashburton Elementary School 348043 7/8-7/19 9:00 am-4:00 pm \$200	Mid County Community Center 348058 6/24-7/5 9:00 am-4:00 pm \$180
348044 7/22-8/2 9:00 am-4:00 pm \$200	348059 7/8-7/19 9:00 am-4:00 pm \$200
Damascus Community Recreation Center 348066 6/24-7/5 9:00 am-4:00 pm \$180	348060 7/22-8/2 9:00 am-4:00 pm \$200
348067 7/8-7/19 9:00 am-4:00 pm \$200	Ride, Dr. Sally K. Elementary School 348071 7/8-7/19 9:00 am-4:00 pm \$200
348068 7/22-8/2 9:00 am-4:00 pm \$200	Sequoyah Elementary School 348055 7/8-7/19 9:00 am-4:00 pm \$200
Gwendolyn Coffield Community Center 348046 6/24-7/5 9:00 am-4:00 pm \$180	348056 7/22-8/2 9:00 am-4:00 pm \$200
348047 7/8-7/19 9:00 am-4:00 pm \$200	Shady Grove Middle School 348064 7/22-8/2 9:00 am-4:00 pm \$200
348048 7/22-8/2 9:00 am-4:00 pm \$200	Wayside Elementary School 348039 7/8-7/19 9:00 am-4:00 pm \$200
Loiederman Middle School 348036 7/8-7/19 9:00 am-4:00 pm \$200	
348037 7/22-8/2 9:00 am-4:00 pm \$200	
Marilyn J. Praisner Community Center 348051 7/8-7/19 9:00 am-4:00 pm \$200	
348052 7/22-8/2 9:00 am-4:00 pm \$200	



Teen Service Learning Opportunities

Junior Counselors: Little People Centers

Ages 14-16

Bells Mill Elementary School			
349609	7/15-7/26	9:00 am-1:00 pm	\$100
DuFief Elementary School			
349611	7/1-7/12	9:00 am-1:00 pm	\$90
Germantown Community Center			
349620	6/18-6/28	9:00 am-1:00 pm	\$90
349621	7/1-7/12	9:00 am-1:00 pm	\$90
349622	7/15-7/26	9:00 am-1:00 pm	\$100
Jane E. Lawton Community Center			
349616	6/18-6/28	9:00 am-1:00 pm	\$90
349617	7/1-7/12	9:00 am-1:00 pm	\$90
349618	7/15-7/26	9:00 am-1:00 pm	\$100
349619	7/29-8/2	9:00 am-1:00 pm	\$50
Longwood Community Center			
349623	6/18-6/28	9:00 am-1:00 pm	\$90
349624	7/1-7/12	9:00 am-1:00 pm	\$90
349625	7/15-7/26	9:00 am-1:00 pm	\$100
349626	7/29-8/2	9:00 am-1:00 pm	\$50

Junior Counselors: Outdoor Camps

Ages 14-16

Explorer

Tilden Woods Local Park			
349562	7/29-8/2	9:00 am-3:30 pm	\$50

Junior Counselors: Specialty Camps

Ages 14-16

EIS (Explorations in Science)

DuFief Elementary School			
349522	6/18-7/1	9:00 am-3:30 pm	\$90
349523	7/1-7/12	9:00 am-3:30 pm	\$90
349524	7/15-7/26	9:00 am-3:30 pm	\$100
349525	7/29-8/2	9:00 am-3:30 pm	\$50
Olney Elementary School			
349866	6/18-6/28	9:00 am-3:30 pm	\$90
349867	7/1-7/12	9:00 am-3:30 pm	\$90
349868	7/15-7/26	9:00 am-3:30 pm	\$100
349869	7/29-8/2	9:00 am-3:30 pm	\$50

TR Mainstream Companion/ Camp Assistant Training

This interactive training will help prepare volunteers to work with children with disabilities in our summer programs.

Bauer Drive Community Center			
349308	4/20	10:00 am-1:00 pm	
Germantown Community Center			
349307	3/2	10:00 am-1:00 pm	
MCR Offices			
349309	5/23	5:00 pm-8:00 pm	
MCR Offices			
349311	6/27	5:00 pm-8:00 pm	
Potomac Community Center			
349310	6/6	5:00 pm-8:00 pm	

TR Camp Assistant

TR Camp Assistant Summer Volunteer. Are you a teen who's interested in teaching special education?

Camp Apollo

Rock Terrace High School			
349260	7/1-7/12	12:30 pm-5:00 pm	\$50
349263	7/15-7/26	12:30 pm-5:00 pm	\$50

Personal Pursuits

Rock Terrace High School			
349261	7/1-7/12	12:30 pm-5:00 pm	\$50
349262	7/15-7/26	12:30 pm-5:00 pm	\$50

Project Discovery

Forest Knoll Elementary School			
349264	7/8-7/19	9:40 am-1:10 pm	\$50
349265	7/22-8/1	9:40 am-1:10 pm	\$50

Camp Big Pines

Parkland Middle School			
349266	6/18-6/28	9:00 am-3:30 pm	\$50
349267	7/1-7/12	9:00 am-3:30 pm	\$50
349268	7/15-7/26	9:00 am-3:30 pm	\$50
349269	7/29-8/2	9:00 am-3:30 pm	\$25

Camp Little Pines

Parkland Middle School			
349270	6/18-6/28	9:00 am-3:30 pm	\$50
349271	7/1-7/12	9:00 am-3:30 pm	\$50
349272	7/15-7/26	9:00 am-3:30 pm	\$50
349273	7/29-8/2	9:00 am-3:30 pm	\$25

TR Summer Teen Center

Wheaton Community Center			
349274	7/1-7/12	9:00 am-4:00 pm	\$50
349275	7/15-7/26	9:00 am-4:00 pm	\$50

Camp Achilles

Rock Terrace High School			
349276	7/1-7/12	12:30 pm-5:00 pm	\$50
349277	7/15-7/26	12:30 pm-5:00 pm	\$50

Camp Bullseye

Parkland Middle School			
351648	6/18-6/28	9:00 am-3:30 pm	\$50
351649	7/1-7/12	9:00 am-3:30 pm	\$50
351650	7/15-7/26	9:00 am-3:30 pm	\$50
351651	7/29-8/2	9:00 am-3:30 pm	\$25

TR Mainstream Companion

Teens can experience, first hand, the satisfaction of helping children with disabilities gain the most from their summer. You can enjoy, learn and contribute in giving a

Location TBD by region

Up County Region

349279	6/18-6/28	9:00 am-3:30 pm	\$50
349280	6/24-7/5	9:00 am-3:30 pm	\$50
349281	7/1-7/12	9:00 am-3:30 pm	\$50
349282	7/8-7/19	9:00 am-3:30 pm	\$50
349283	7/15-7/26	9:00 am-3:30 pm	\$50
349284	7/22-8/2	9:00 am-3:30 pm	\$50
349285	7/29-8/2	9:00 am-3:30 pm	\$25

Down County Region

349286	6/18-6/28	9:00 am-3:30 pm	\$50
349287	6/24-7/5	9:00 am-3:30 pm	\$50
349288	7/1-7/12	9:00 am-3:30 pm	\$50
349289	7/8-7/19	9:00 am-3:30 pm	\$50
349290	7/15-7/26	9:00 am-3:30 pm	\$50
349291	7/22-8/2	9:00 am-3:30 pm	\$50
349292	7/29-8/2	9:00 am-3:30 pm	\$25
350053	8/5-8/9	9:00 am-3:30 pm	\$25
350054	8/12-8/16	9:00 am-3:30 pm	\$25

Mid County Region

349293	6/18-6/28	9:00 am-3:30 pm	\$50
349294	6/24-7/5	9:00 am-3:30 pm	\$50
349295	7/1-7/12	9:00 am-3:30 pm	\$50
349296	7/8-7/19	9:00 am-3:30 pm	\$50
349297	7/15-7/26	9:00 am-3:30 pm	\$50
349298	7/22-8/2	9:00 am-3:30 pm	\$50
349299	7/29-8/2	9:00 am-3:30 pm	\$25
340052	8/5-8/9	9:00 am-3:30 pm	\$25
340055	8/12-8/16	9:00 am-3:30 pm	\$25

East County Region

349300	6/18-6/28	9:00 am-3:30 pm	\$50
349301	6/24-7/5	9:00 am-3:30 pm	\$50
349302	7/1-7/12	9:00 am-3:30 pm	\$50
349303	7/8-7/19	9:00 am-3:30 pm	\$50
349304	7/15-7/26	9:00 am-3:30 pm	\$50
349305	7/22-8/2	9:00 am-3:30 pm	\$50
349306	7/29-8/2	9:00 am-3:30 pm	\$25



Teen Service Learning Opportunities

Junior Counselors: Summer Fun Centers

Ages 14-16

Broad Acres Elementary School				Gwendolyn Coffield Community Center				Sequoyah Elementary School			
349897	6/24-7/5	8:00 am-4:00 pm	\$90	349713	6/24-7/5	8:00 am-4:00 pm	\$90	349747	6/24-7/5	8:00 am-4:00 pm	\$90
349898	7/8-7/19	8:00 am-4:00 pm	\$100	349714	7/8-7/19	8:00 am-4:00 pm	\$100	349748	7/8-7/19	8:00 am-4:00 pm	\$100
349899	7/22-8/2	8:00 am-4:00 pm	\$100	349715	7/22-8/2	8:00 am-4:00 pm	\$100	349749	7/22-8/2	8:00 am-4:00 pm	\$100
Loiederman Middle School				Good Hope Community Center				Upper County Community Center			
349882	7/8-7/19	8:00 am-4:00 pm	\$100	349725	6/24-7/5	8:00 am-4:00 pm	\$90	349753	6/24-7/5	8:00 am-4:00 pm	\$90
349883	7/22-8/2	8:00 am-4:00 pm	\$100	349726	7/8-7/19	8:00 am-4:00 pm	\$100	349754	7/8-7/19	8:00 am-4:00 pm	\$100
Woodfield Elementary School				Ross Boddy Community Center				Plum Gar Community Center			
349889	6/24-7/5	8:00 am-4:00 pm	\$90	349744	6/24-7/5	8:00 am-4:00 pm	\$90	349878	6/24-7/5	8:00 am-4:00 pm	\$90
349890	7/8-7/19	8:00 am-4:00 pm	\$100	349745	7/8-7/19	8:00 am-4:00 pm	\$100	349879	7/8-7/19	8:00 am-4:00 pm	\$100
Flower Hill Elementary School				Long Branch Community Center				White Oak Community Recreation Center			
349862	6/24-7/5	8:00 am-4:00 pm	\$90	349728	6/24-7/5	8:00 am-4:00 pm	\$90	349500	6/24-7/5	8:00 am-4:00 pm	\$90
349863	7/8-7/19	9:00 am-4:00 pm	\$100	349729	7/8-7/19	8:00 am-4:00 pm	\$100	349501	7/8-7/19	8:00 am-4:00 pm	\$100
349864	7/22-8/2	9:00 am-4:00 pm	\$100	349730	7/22-8/2	8:00 am-4:00 pm	\$100	349502	7/22-8/2	8:00 am-4:00 pm	\$100
Marilyn J. Praisner Community Center				Longwood Community Center				Ride, Dr. Sally K. Elementary School			
349741	6/24-7/5	8:00 am-4:00 pm	\$90	349731	6/24-7/5	8:00 am-4:00 pm	\$90	349737	6/24-7/5	8:00 am-4:00 pm	\$90
349742	7/8-7/19	8:00 am-4:00 pm	\$100	349732	7/8-7/19	8:00 am-4:00 pm	\$100	349738	7/8-7/19	8:00 am-4:00 pm	\$100
349743	7/22-8/2	8:00 am-4:00 pm	\$100	349733	7/22-8/2	8:00 am-4:00 pm	\$100	349739	7/22-8/2	8:00 am-4:00 pm	\$100
Ashburton Elementary School				McNair, Ronald Elementary School				Rock View Elementary School			
349702	7/8-7/19	8:00 am-4:00 pm	\$100	349909	7/8-7/19	8:00 am-4:00 pm	\$100	350028	6/24-7/5	8:00 am-4:00 pm	\$90
Bauer Drive Community Center				Mid County Community Center				Seven Locks Elementary School			
349706	7/22-8/2	8:00 am-4:00 pm	\$100	349734	6/24-7/5	8:00 am-4:00 pm	\$90	350029	7/8-7/19	8:00 am-4:00 pm	\$100
Clara Barton Community Center				Rocky Hill Middle School				Harmony Hills Elementary School			
349710	6/24-7/5	8:00 am-4:00 pm	\$90	349905	6/24-7/5	8:00 am-4:00 pm	\$90	349885	6/24-7/5	8:00 am-4:00 pm	\$90
349711	7/8-7/19	8:00 am-4:00 pm	\$100	349906	7/8-7/19	8:00 am-4:00 pm	\$100	349886	7/8-7/19	8:00 am-4:00 pm	\$100
349712	7/22-8/2	8:00 am-4:00 pm	\$100	349907	7/22-8/2	8:00 am-4:00 pm	\$100	349887	7/22-8/2	8:00 am-4:00 pm	\$100
Chevy Chase ES				Gibbs, William B. Elementary School							
349707	6/24-7/5	8:00 am-4:00 pm	\$90	349756	6/24-7/5	8:00 am-4:00 pm	\$90				
349708	7/8-7/19	8:00 am-4:00 pm	\$100	349757	7/8-7/19	8:00 am-4:00 pm	\$100				
349709	7/22-8/2	8:00 am-4:00 pm	\$100	349758	7/22-8/2	8:00 am-4:00 pm	\$100				
Damascus Community Recreation Center				Sligo-Dennis Ave. Local Pk (Sligo Comm.)							
349718	7/22-8/2	8:00 am-4:00 pm	\$100	349750	6/24-7/5	8:00 am-4:00 pm	\$90				
East County Community Center											
349719	6/24-7/5	8:00 am-4:00 pm	\$90								
349720	7/8-7/19	8:00 am-4:00 pm	\$100								
349721	7/22-8/2	8:00 am-4:00 pm	\$100								





MONTGOMERY PARKS • SUMMER 2013



Nature Programs

- 115 Black Hill Visitor Center
- 110 Brookside Gardens
- 119 Brookside Nature Center
- 123 Locust Grove Nature Center
- 125 Meadowside Nature Center

Sports Programs

- 129 Ice Skating & Hockey @ Cabin John and Wheaton Ice
- 139 Skateboarding @ Olney Manor Skatepark
- 148 South Germantown Driving Range
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REGISTRATION OPENS

...on **MAY 14/15*** for

- Brookside Gardens
- all Nature Centers
- South Germantown Driving Range
- *Outdoor Tennis*

for **ICE SKATING & HOCKEY**

...**JUNE 18/19*—25**

for Summer 1 Session

...**JULY 5—27**

for Summer 2 Session

for **Indoor TENNIS**

...**JUNE 23/24***

** Registration is open to Montgomery County residents one day early for all classes; next day registration is open to all.*



MONTGOMERY COUNTY PLANNING BOARD

THE MARYLAND-NATIONAL CAPITAL PARK AND PLANNING COMMISSION

OFFICE OF THE CHAIR

Summer 2013

Dear Montgomery County Resident,

There are so many things to do and see and experience in Montgomery Parks in summer! And a good many of them are free or very low-cost...so we hope you'll get out and explore the possibilities of Parks.

Here's just a short list of exciting summer happenings:

- *Brookside Gardens*: Wings of Fancy Live Butterfly & Caterpillar Exhibit opens May 4; the Summer Twilight Concert Series runs Tuesday evenings in June; Children's Day celebration is September 21 (p.110-113)
- *Black Hill Visitors Center*: Stargazing on July 16 (*big telescopes!*); Monarch Fiesta Day August 31 (p.115)
- *Brookside Nature Center*: Join the "Full Moon Club"! (p.120)
- *Locust Grove Nature Center*: Naturalists bring the nature to you at the Cabin John Regional Park playground with their free "Tuesday in the Park" series (p.123)
- *Meadowside Nature Center*: Check out the "Osprey Encounters on the Patuxent" and "Family Geocaching Adventures" (p.125)
- *Wheaton Ice & Cabin John Ice*: Father's Day Skates on June 16 (dads skate free!) and \$5 Summer Skates. Face off against Slapshot and members of the Washington Capitals Street Hockey Team in the parking lot at Wheaton Ice on July 27. (p.137)
- *Pauline Betz Addie Tennis & Wheaton Indoor Tennis*: Spot time all summer long at both tennis centers is just \$10/hour (p.141). Wheaton Tennis is sponsoring a USTA-sanctioned Junior Spring Open tennis tournament June 14-16, and a USTA Tennis Play Day on June 8. (p.143)
- *Black Hill Boats & Lake Needwood Boats*: Enter the 5th Annual Kids' Fishing Days! May 18 at Little Seneca Lake, and June 15 at Lake Needwood. (p.107)
- *Olney Manor Skatepark*: The "Friday Summer Nights" series with skateboarding, music, contests and prizes starts up again this year on Friday, July 5. (p. 139)
- *Little Bennett Campground*: Help celebrate the campgrounds' 30th anniversary with fun activities July 15-19, and an all-day party on Saturday, July 20. (p. 114)

Last but not least, if you don't have your children's summer itineraries filled, be sure to explore the wonderful assortment of summer camps in Montgomery Parks. There are more full-week camps than ever, and before-and after-care for many camps, too. Visit www.MontgomeryParks.org/Camps and use the great new search function there to find the perfect camp for your kids.

Have a wonderful summer in the Parks!

Françoise M. Carrier
Chair

8787 Georgia Avenue, Silver Spring, Maryland 20910 Phone: 301.495.4605 Fax: 301.495.1320
www.MCParkandPlanning.org E-Mail: mcp-chairman@mncppc.org

100% recycled paper

There's a Lake Nearby

in Montgomery Parks

Go Fish!



Get in on the fishy fun at the **5th Annual Kids' Fishing Days!** Prizes for the kids who catch the biggest, smallest, and greatest number of fish. For ages 3-15; \$8



5th Annual Kids' Fishing Days
Saturday, May 18, 8:30-10:30am
Black Hill Boats at Little Seneca Lake
in Boyds, MD | ParkPASS #232249

Saturday, June 15, 8:30-10:30am
Lake Needwood Boats at Lake
Needwood in Rockville, MD | ParkPASS
#232250



Go Boating

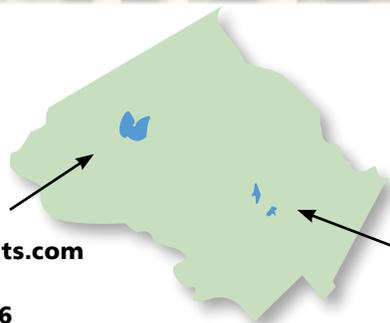
Rent kayaks, canoes and rowboats at either lake for just \$8/hour or \$26.50 for the whole day! Lake Needwood also has pedal boats for rent (\$6/half-hour).



Tour the Lakes



Get onboard the **Needwood Queen pontoon boat** at Lake Needwood weekends and holidays from Memorial Day through Labor Day for a tour of Lake Needwood (30 minutes, \$2 per person), or tour **Little Seneca Lake** on the **Kingfisher** (60-75 minute ride, \$4 per person). Private group tours available at both lakes, too. Black Hill Boats also offers a 10-Trip Ticket Book—it's like getting one pontoon boat ride free!



BlackHillBoats.com
Boys, MD
301-528-3466

LakeNeedwoodBoats.com
Rockville, MD
301-762-9500





MONTGOMERY PARKS Directory

BOATING & FISHING

Black Hill Boats • Black Hill Regional Park
20920 Lake Ridge Drive, Boyds, MD 20841
301-972-6157 weekends • 301-528-3490 Monday-Friday
www.BlackHillBoats.com

Lake Needwood Boats • Rock Creek Regional Park
15700 Needwood Lake Circle, Rockville, MD 20855
301-762-9500 recorded info • 301-762-1888 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

South Germantown Driving Range ParkPASS
South Germantown Recreational Park
18045 Central Park Circle, Boyds, MD 20841
301-670-4670 • www.SGDrivingRange.com

EVENT CENTERS

Looking for the perfect spot for a wedding, anniversary, family reunion, retirement party, business meeting or retreat? Montgomery Parks is the natural choice! Visit www.ParkEventCenters.com for more information.

Agricultural History Farm Park with new event tent!

18400 Muncaster Road, Derwood, MD 20855
301-563-7500 information and reservations • 301-670-4661
Email: EventCenters@MontgomeryParks.org
www.ParkEventCenters.com or www.AgHistoryFarm.org
Available for private rentals, and open for Parks-sponsored special events such as Harvest Festival, Gas & Steam Engine Show, and Parks camps and classes.

Brookside Gardens • Wheaton Regional Park
1800 Glenallan Avenue, Wheaton, MD 20902
301-962-1404 • Event.Manager@MontgomeryParks.org
www.ParkEventCenters.com or www.BrooksideGardens.org

Lodge at Little Seneca Creek
14500-A Clopper Road, Boyds, MD 20841
301-563-7500 • EventCenters@MontgomeryParks.org
www.ParkEventCenters.com or www.LodgeatSeneca.com

Rockwood Manor ParkPASS
11001 MacArthur Boulevard, Potomac, MD 20854
301-563-7500 • EventCenters@MontgomeryParks.org
www.ParkEventCenters.com or www.RockwoodManor.com

Woodlawn Manor Park
16501 Norwood Road, Sandy Spring, MD 20860
301-563-7500 • EventCenters@MontgomeryParks.org
www.ParkEventCenters.com or www.WoodlawnManor.com

FUTSAL

Wheaton Sports Pavilion in Wheaton Regional Park; see "Soccer"

GARDENS

Brookside Gardens • Wheaton Regional Park **ParkPASS**
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

HORSEBACK RIDING & STABLES*

Callithea Farm Park
15000 River Rd., Potomac, MD 20854 • 301-977-8010

Meadowbrook Riding Stables
8200 Meadowbrook Lane, Chevy Chase, MD 20815
301-589-9026 • www.MeadowbrookStables.com

Potomac Horse Center
14211 Quince Orchard Rd., N. Potomac, MD 20878
301-208-0200 • www.PotomacHorse.com

Rickman Farm Horse Park
17320 Moore Rd., Boyds, MD 20841
1-301-349-0075 • www.GreatandSmallDC.org

Wheaton Regional Park Stables
1101 Glenallen Ave., Wheaton, MD 20902
301-622-2424 • www.WheatonParkStables.com

Woodstock Equestrian Park
20100 Darnestown Rd., Beallsville, MD 20839
301-767-0002 • www.EquestrianPark.org

**Equestrian facilities are managed by private operators through partnerships with the Maryland-National Capital Park and Planning Commission).*

ICE SKATING**Cabin John Ice Rink ParkPASS**

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 ParkPASS

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 ParkPASS**

Black Hill Regional Park
20926 Lake Ridge Dr., Boyds, MD 20841
301-528-3492 • www.BlackHillNature.org

Brookside Nature Center ParkPASS

Wheaton Regional Park
1400 Glenallan Avenue, Wheaton, MD 20902
301-962-1480 • www.BrooksideNature.org

Locust Grove Nature Center ParkPASS

Cabin John Regional Park
7777 Democracy Boulevard, Bethesda, MD 20817
301-765-8660 • www.LocustGroveNature.org

Meadowside Nature Center ParkPASS

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, league play and more.

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.

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**Olney Manor Skate Park ParkPASS**

Olney Manor Regional Park
16601 Georgia Avenue, Olney, MD 20832
301-905-3095 • www.OlneyManorSkate.com

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 ParkPASS

Cabin John Regional Park
7801 Democracy Blvd., Bethesda, MD 20817
301-765-8650 • www.CabinJohnTennis.com

Wheaton Indoor Tennis ParkPASS

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: www.ParkPASS.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
301-942-6703 • 301-650-2880 party rentals
www.WheatonTrainandCarousel.com

CONTACT

- To report maintenance issues or problems in a park: **301-670-8080**
- To reserve a picnic shelter or Park Activity building: **www.ParkPermits.org**
301-495-2525
- Athletic Field Rainout number: **301-765-8787**
- Park Police: **301-949-3010**
- For info on a Montgomery Parks class or program: **301-495-2580**
www.ParkPASS.org
MCP-ParkPassHelp
@MontgomeryParks.org
- To volunteer in the Parks: **www.ParksVolunteers.org**
- General Information: **301-495-2595**
www.MontgomeryParks.org
- 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**

When you see the words "ParkPASS"...

When you see the words **"ParkPASS"** next to a facility name in this directory, it means there are people at that facility who can help you register for any Parks program using the **ParkPASS** online registration system.

You can also open a new **ParkPASS** account at these locations. Facility hours vary; please call before stopping by.

To open your free **ParkPASS** account online, visit **www.ParkPASS.org**

Brookside Gardens Summer Events

Wings of Fancy

Live Butterfly & Caterpillar Exhibit

Saturday, May 4 through
Sunday, September 22
10:00am-4:00pm daily

Brookside Gardens South Conservatory

Fees: \$6 adults; \$4 ages 3-12

Purchase your Frequent Visitor Pass
at the gift shop and enjoy unlimited
return visits this season



Groups of 15 or more by appointment only, call 301-962-1467 for reservations.
We regret that we are unable to accommodate strollers in the Butterfly Exhibit.
Wings of Fancy Information Line: 301-962-1453

Brookside Gardens School of Botanical Art

BOTANICA 2013

The Art & Science of Plants

June 29 - August 9

A juried exhibition of botanical art by teachers, current and former students of the Brookside Gardens School of Botanical Art and Illustration; and artwork by members of the Botanical Art Society of the National Capital Region.

SCHOOL OPEN HOUSE

Sunday, June 30, 11:00am-2:00pm

At this action-packed event, our teachers will be there to answer your questions about the school's curriculum. It will also include a chance to win free entry to a class; a tour of the annual school art exhibition; art demonstrations by students and teachers; a hands-on table for you to try some of the drawing tips as demonstrated, and even paint a picture with watercolors. We warmly invite you to join us for a fun and totally absorbing couple of hours!

SUMMER TWILIGHT CONCERT SERIES

Tuesday evenings

Sponsored by the Friends of Brookside Gardens
Join us each Tuesday evening in June for a series of performances set in the beauty of the gardens! All concerts are free of charge; no registration is required. Don't forget your chairs and blankets!

Oasis Island Sounds

Tuesday, June 4,
6:30-8:00pm

Popular Caribbean
dance music, including
Reggae, Calypso, steel
drums and African
music



Rita Clarke and the Naturals

Tuesday, June 11,
6:30-8:00pm

A spirited blend of New
Orleans roots music
with an infusion of New
York's East Village

DreamStreet

Tuesday, June 18, 6:30-8:00pm

Classic Rock

Trio Caliente

Tuesday, June 25,
6:30-8:00pm

Inimitable blend of
Flamenco, Pop, and
Brazilian Jazz



Save the Date!
CHILDREN'S DAY
Saturday
September 21
11am-4pm
FREE



1800 Glenallan Avenue • Wheaton, MD 20902
301-962-1400 • www.BrooksideGardens.org



Adult Programs

Private Gardens of Montgomery County Tour

Visit some of the most fabulous private gardens in Montgomery County at the height of gardening season. Join Brookside Gardens for our annual private garden tour for your ONLY opportunity to visit several extraordinary properties – guaranteed to provide inspiration to the most avid gardeners and designers as well as garden hobbyists! Discover your inner designer as you gather creative ideas and practical information for your own garden.

#231499 18 & up 1 class \$20 (all-garden pass) or \$5 per garden if pay at the door 6/1 Sa 10:00am – 4:00pm

Focus on Butterflies!

Bring your tripod and enjoy two hours of photography in our “Wings of Fancy Live” Butterfly and Caterpillar Exhibit before it opens to the public. FOBG: \$27

229300	18 & up	1 Class	\$30	6/1	Sa	8:00am-10:00am
229301	18 & up	1 Class	\$30	6/9	Su	8:00am-10:00am
229302	18 & up	1 Class	\$30	6/29	Sa	8:00am-10:00am
229304	18 & up	1 Class	\$30	7/20	Sa	8:00am-10:00am
229305	18 & up	1 Class	\$30	8/3	Sa	8:00am-10:00am
229306	18 & up	1 Class	\$30	8/11	Su	8:00am-10:00am
229307	18 & up	1 Class	\$30	8/24	Sa	8:00am-10:00am

Conservation Landscaping Techniques

Montgomery County Department of Environmental Protection staff will discuss how conservation-based landscaping techniques can beautify your yard and neighborhood, restore native habitats, help improve the environment, and save you time and money. We'll go over turf removal techniques, help you develop a site design tailored to your yard, and provide information on the County's rebate program to help fund your project. Please bring a bag lunch or snack, if you like. FOBG \$10

219302 18 & up 1 Class \$12 6/1 Sa 10:00am-1:00pm

Tabletop Fountains

Jane Pettit of *Mother Nature Throws a Party* will show you how to bring the relaxing gurgle of a mountain stream into your home! In this class you'll make a fountain in a bowl. Rocks and natural elements will create a mini-scene to delight the eyes as well as the ears. All supplies including pump and operating instructions are provided. Suitable for outdoor use also. FOBG \$49

231207 18 & up 1 Class \$54 6/4 Tu 10:00am-12:00pm

Painting Butterflies & Moths

No prerequisites. The world of Lepidoptera has a vast amount of color, texture, pattern and form. Students are introduced to this vibrant visual world through discussion of life cycles, host plants and hands-on experience with specimens provided by Brookside Gardens. The workshop begins with a lecture on basic butterfly/moth anatomy, how to re-hydrate, position, mount and preserve specimens. Learn how to position a specimen into a composition that shows the butterfly in its environment. Learn to measure, enlarge, draw, transfer and either paint or render an accurate illustration using colored pencils or watercolor. This course is open to beginners as well as advanced students. Guest teacher Mindy Lighthipe will incorporate a visit to Brookside Garden's live butterfly exhibit “Wings of Fancy” to show students how to take reference photographs to aid in painting. Materials list available upon class registration. Registration deadline: May 9. Guest teacher: Mindy Lighthipe

230550 18 & up 2 Classes \$210 6/6 & 7 Th&F 10:00am-4:30pm

A Bit of Brookside

Bring home some of our best perennial plants this year! Teacher Joan O'Rourke has chosen some of her favorite perennial plants from Brookside displays for a container that will grace your garden for many seasons to come. Fee includes all materials, including a 14-inch container. FOBG: \$44

231200 18 & up 1 Class \$49 6/12 W 10:00am-11:30am

Think-it, Build-it Willow Furniture Workshop with Bim Willow

Come with a hammer and leave with your choice of 12 different projects! Bent willow furniture is the perfect rustic accent, whether you need a seat for that perfect spot in your garden or a place to repot your houseplants. Price varies depending on project chosen. Class starts at 9:00am for chairs and loveseats, 1:00pm for all other projects. When registering online, you'll first add the program with the base fee of \$70 to your shopping cart, then choose one project from the list that appears when you select “Go to Checkout.”

Questions? Call 301.962.1451.

231209 18 & up 1 Class \$70 6/8 Sa 9:00am-4:00pm

Pardon Our MUD

...as we stabilize and restore the Gude Garden ponds and improve the water quality. During construction, the main service road around the Gude Garden will be partially closed. You will still be able to use the pedestrian access and pathway to the Pine Lake gate.

Thank you for your patience while garden renovations are underway. Please use caution when approaching areas under construction; we encourage you to avoid these areas while maintenance is on-going, if possible.

Cooking in the GARDENS



Feasting with Fireworks

Peppers, tomatoes and other summer vegetables explode with a new twist and new recipes certain to become favorites. Get ready for a sparkling American celebration. FOBG \$28

231952 18 & up 1 Class \$32 6/19 W 12:00pm- 1:30pm

Summer Stones

Stone fruits - plums, peaches, apricots, nectarines, cherries and all their stone fruit cousins - will be the focus of a sweet and savory menu from the kitchen of the Cook Sisters. FOBG \$28.

231953 18 & up 1 Class \$32 7/17 W 12:00pm- 1:30pm

Gardening with Deer?

Rob Gibbs, *Natural Resources Manager, Montgomery Parks.*

At Brookside Gardens, the most frequently asked questions concern the ongoing saga of white-tailed deer in our gardens. With deer numbers increasingly high in many parts of Montgomery County (and the East Coast), this presentation will focus on practical ways to maintain the landscaping and your garden by using plants less preferred by deer, and the use of repellents and fencing.

231749 18 & up 1 Class Free 6/14 F 10:00am-11:30pm



Garden Whimsy Mosaic Totems

Jane Pettit, *Mother Nature Throws a Party*

These mosaic sculptures add color and artistic whimsy to any garden. They can be tucked among the plants or set out as a focal point. The mosaicked poles are approximately 30" x 4". All supplies are provided, including pole, adhesive, grout and mosaic materials: tiles, dish shards, stained glass, stones and shells. The techniques learned can be used on a variety of projects. The two-day class involves mosaicking the first day and grouting the second.

FOBG: \$85

231208 18 & up 2 Classes \$95 6/25 & 6/28
Tu 10:00am-2:00pm; F 10:00am-12:00pm

Butterfly & Garden Photography Workshop

Learn how to capture striking images of butterflies and flowers in this two-session workshop. The first two-hour session will be spent photographing colorful butterflies in the Conservatory. The second two-hour session starts in the garden and covers techniques for capturing blooming flowers, and ends with a critique by the instructor of participants' photographs (in the Visitors Center Adult Classroom). Participants will receive on-line pre-workshop instruction and photographic assistance in the Conservatory and gardens by the instructor. Please have a working knowledge of your camera so time with the butterflies can be maximized rather than learning camera operation. A tripod is optional, but highly recommended. Point-n-shoot cameras are fine, but dramatic photographs of butterflies can be a challenge with the limited options offered by basic models. FOBG: \$40



229308 18 & up 2 Classes \$44 6/22 & 29 Sa 8:00am-10:00am

Drawing on Tradition: Silverpoint

Suited for advanced level in detailed drawing. Before the advent of the graphite pencil, styluses containing various kinds of metal were used as drawing tools. One of the most enduring of these was silver. "Silverpoint," as this medium came to be called, has been employed by artists from the Renaissance to the present. Silverpoint drawings are created by stroking the surface of a specially prepared ground with sterling silver wire. Time and patience are required to build up value, but the result is a sensitive rendering that possesses a timeless quality. Participants in this workshop will experiment with silverpoint on a variety of surfaces (including one they will prepare themselves) and will learn how to tint elements of their drawings to emphasize relevant features. Registration deadline: May 31.

Scott Rawlins, *Workshop Guest Teacher*

230312 18 & up 2 Classes \$210 6/22 & 23 Sa&Su 10:00am- 4:30pm

Paint Leaf and Flower Designs in Wax Resist

No prerequisites. Create a batik on special painting paper using a cold wax process. Start with pointers on how to create a botanically inspired design and watch the magic as watercolor transforms your page into a batik-like design... all without the need for melting wax! Enter your own original design or drawing in "Botanica 2013." A materials fee of \$8.00 is payable to the instructor at class.

230551 18 & up 1 Class \$55 6/26 W 10:00am- 1:30pm

Garden Demonstration

Visitors to Brookside are often interested in techniques employed by the gardening staff. The following on-site discussion demonstrates one popular technique.

The Fragrant Year

Jim DeRamus, *Brookside Gardens Staff*

In the Fragrance Garden, attention is required by the yearly cycle. Learn what goes into designing, installing and maintaining the fragrant, herbal, and edible plants featured in this specialized garden. Follow the calendar of what's in, and what's out...from annual plant rotations to permanent woody and herbaceous plantings... what needs attention, and what is fragrant when.

FOBG \$5
231899 18 & up 1 Class \$6 6/26 W 1:00pm- 2:30pm

Expand Your Food Growing Year

Join Gordon Clark, Project Director of Montgomery Victory Gardens, to learn about expanding the growing season into winter.



Fall and Winter Food Gardening

With cooler temperatures and few insects or diseases, fall and even winter continue to be an excellent time to grow food!

We'll focus on planning the cold weather food garden, creating protective low tunnels (with a hands-on demo), cover crops, and winter garden maintenance. FOBG \$15

231152 18 & up 1 Class \$18 7/9 Tu 6:30pm- 8:00pm

Start Drawing & Painting

For the novice to experienced artist; no prerequisite. If you enjoy plants and long to draw and paint them in all their detail, then why not join us? Come to draw and paint - and have some fun along the way! Your teacher will take you into the world of the botanical artist and illustrator by sharing her own experiences in this field of art, giving you an opportunity to view preparatory drawings completed for paintings. A class materials list is available upon registration.

Start Drawing & Painting with Joan Ducore

220155 18 & up 2 Classes \$174 7/13 Sa 10:00am- 3:15pm

Start Drawing & Painting with Diane Berndt

220156 18 & up 3 Classes \$174 8/13 Tu 10:00am- 1:00pm

Children

Flower Buds

Gardening activities, stories, crafts, and garden walks for children ages 3-5, accompanied by a parent.

230852 3-5yrs 1 Class \$5 6/10 M 10:30am-12:00pm

230853 3-5yrs 1 Class \$5 7/15 M 10:30am-12:00pm

230854 3-5yrs 1 Class \$5 8/12 M 10:30am-12:00pm

Kids Workshop: Dig-in, Dig-out! School Is Out!



School's out, so get outdoors and celebrate pollinators with us this week! Did you know every third bite of food we eat is from the help of a pollinator? Stop by our activity display table and learn how you can help protect our pollinators, essential insects for gardens, farms, and our food production. Make and take home a hands-on craft. Will be held indoors in case of inclement weather. Free, no registration required.

230905 All Ages 5 Classes Free 6/17 M-F 10:00am-2:00pm



Kids Summer Camps

Spaces still available!

Peter Rabbit's Garden Fun

July 1-5

Ages 6-8, #226949

Around the World Gardening Fun

July 8-12

Ages 9-11, #227000



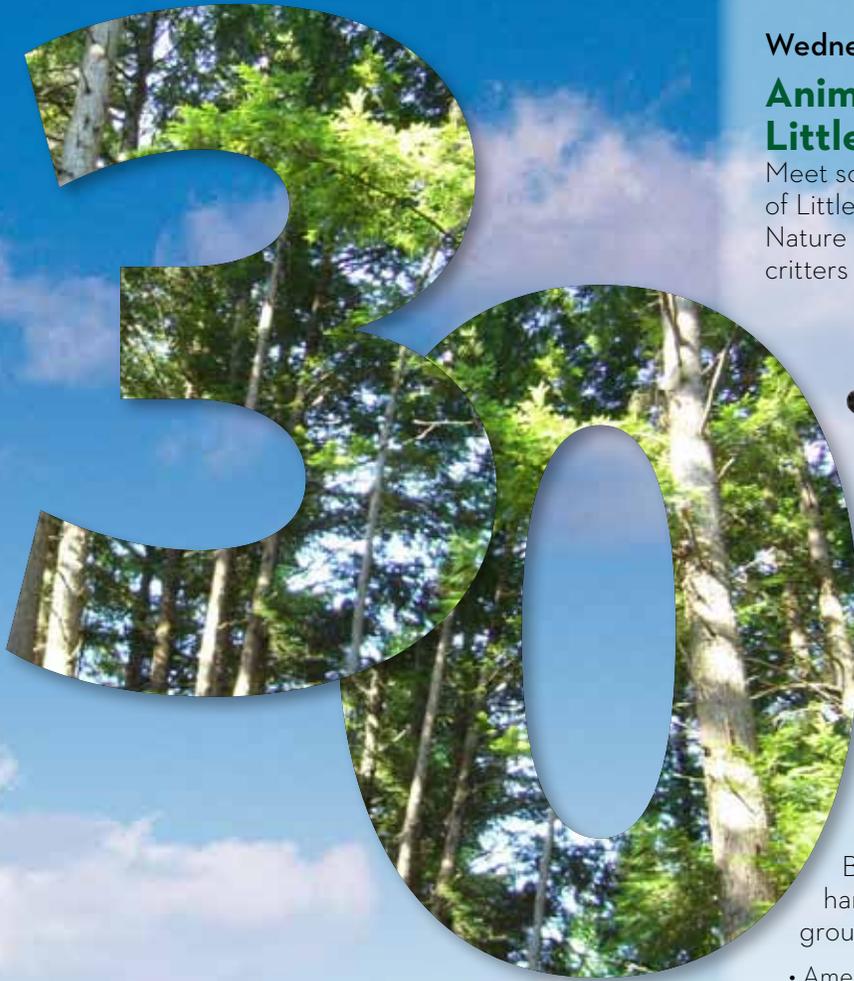
Children's Garden

School's Outside!

In our new "School's Outside!" Children's Garden, children can experience learning in fun outdoor classrooms planted with "alphabet plants," topiaries, and other curiosities like a "Little Library." Opening in early summer, each classroom offers a lesson that will connect the garden to several classroom concepts.

Little Bennett CAMPGROUND Celebrates 30 Years July 15-20, 2013

Join us for a week of natural fun!



Little Bennett Campground
23701 Frederick Road | Clarksburg, MD 20871
301-528-3430
www.LittleBennettCampground.com

Monday, July 15

Campfire Cooking

Learn how to go beyond s'mores and hobo stew and create delicious camping cuisine.



Tuesday, July 16

Hidden Wonders Hike

Take a hike along the trails and streams of Little Bennett Regional Park, with knowledgeable LBC staff as your guides. After a 30-40-minute hike, we'll sit around the campfire and eat s'mores.

Wednesday, July 17

Animal Encounters at Little Bennett

Meet some of the wild local residents of Little Bennett in person, play with Nature Boxes, and learn how to keep the critters away from your campsite.



Thursday, July 18

Stream Study

Splash around with a Black Hill Naturalist and find out what's living in and around the streams in Little Bennett.

Friday, July 19

Movies Under the Stars

Relax and enjoy a family-friendly movie or two under the stars on a (hopefully) beautiful summer evening, then stay for a campfire!

Saturday, July 20

Little Bennett Camperoo!

Be here for a full day of outdoor activities, games, hands-on learning and fun! Here are just a few of the groups looking forward to meeting you:

- American Chestnut Society
- Friends of Little Bennett
- Mid-Atlantic Hiking Group
- Mid-Atlantic Rescue Dogs
- Montgomery Parks Arborists
- Montgomery Park Police/ Mounted Police
- Potomac Appalachian Trail Group
- Seneca Valley Trout Unlimited
- Sierra Club, Potomac Region Outings



Please visit our website for updates to the schedule, specific activity times, parking information, and more.

www.LittleBennettCampground.com

All programs are FREE and open to the public unless stated otherwise.





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.

Nature Programs in Black Hill Regional Park

Children

Registration is required, and all children must be accompanied by an adult unless otherwise noted.

Making Stories Come Alive Outside!

Join naturalists for story time in the Outdoor Classrooms. Look for examples of nature found in stories in the Butterfly and Children's Gardens. Play and discover with natural objects like sand, bones, and seeds. FOBH \$4
238699 1-6yrs 1Class \$5 6/12 W 10:00am-11:00am

Fishing with Lil' Ones

Let's go fishin' like Tom Sawyer! We'll provide bamboo poles, line, and bait and see what we can catch off of the dock at Little Seneca Lake. Meet at the pontoon boat dock located by the boat rentals in Black Hill Regional Park. FOBH \$6
239054 3-6yrs 1Class \$7 6/21 F 9:00am-10:30am
239055 3-6yrs 1Class \$7 7/12 F 9:00am-10:30am
239056 3-6yrs 1Class \$7 8/9 F 9:00am-10:30am

Firefly Search & Night Hike

Join a naturalist for a night hike and firefly search at Black Hill Regional Park. Bring your bug boxes for catching these amazing insects. Meet at the Visitor Center for a brief talk, then we'll head out into the twilight. Register and pay for children only. FOBH \$5
238802 3-17yrs 1Class \$6 6/22 Sa 8:00pm-9:30pm

Sun Prints

Make beautiful works of art naturally! Use objects you find during a short hike and the power....It's easy, fun, and will inspire you to create more from materials found right in your own backyard! FOBH \$8
239349 5-12yrs 1Class \$10 7/27 Sa 10:00am-11:00am

Color Me Red-Tailed

What's that in the sky? A bird? But what kind? A naturalist and feathered friend will teach you how to identify one of the most common raptors in Maryland. Once you know the tell-tale signs, you'll create your very own red-tail! FOBH \$4
238706 4-11yrs 1Class \$5 7/28 Su 3:00pm-4:00pm

West Old Baltimore Road CLOSURE

Over the next few months, portions of West Old Baltimore Road will be closed due to construction of an adjacent development.



Access to Black Hill Regional Park and the Black Hill Visitor Center will be available at all times via Lake Ridge Drive. Before visiting the Center, please check our website, BlackHillNature.org, for updates on possible detours to the Lake Ridge Drive entrance. We regret the inconvenience.

Stream Adventures

What lives in a stream? Wade into the water and use nets to see what insects, fish, frogs and other animals we can find. Please wear boots or closed-toe shoes that you don't mind getting wet (no flip-flops, please). All children must be accompanied by an adult. FOBH \$5

Black Hill Regional Park – School's Out!

Celebrate with some splish-splashing fun in the creek. Meet at the parking area by the brown Black Hill Contact Station. Park on either side of the median.
238999 2-12yrs 1Class \$6 6/17 M 11:00am-1:00pm

Little Bennett Regional Park

Meet at the Kingsley parking lot off of Rt. 121/Clarksburg Road. Children should be able to hike 1/4 mile to the stream.
239049 2-12yrs 1Class \$6 6/15 Sa 1:30pm- 3:00pm
239050 2-12yrs 1Class \$6 7/13 Sa 11:00am-12:30pm
239051 2-12yrs 1Class \$6 8/11 Su 10:00am-11:30am
239052 2-12yrs 1Class \$6 8/17 Sa 11:00am-12:30pm

Black Hill Regional Park

Meet at the parking area by the brown Black Hill Contact Station. Park on either side of the median.
239000 2-12yrs 1Class \$6 7/5 F 1:30pm- 3:00pm
239001 2-12yrs 1Class \$6 7/14 Su 2:00pm- 3:30pm
239002 2-12yrs 1Class \$6 7/21 Su 1:30pm- 3:00pm

Rachel Carson Conservation Park

Meet at the parking area at 22201 Zion Road in Brookeville. Children should be able to hike 1/2 mile to the stream. Please bring along drinking water.
239053 2-12yrs 1Class \$6 8/10 Sa 2:00pm- 4:00pm

Black Hill Regional Park - End of Summer

Pack a picnic lunch and enjoy one last lazy day of summer, streamside! Meet at the parking area by the brown Black Hill Contact Station. Park on either side of the median.
239003 2-12yrs 1Class \$6 8/23 F 11:00am- 1:00pm





Cookie Moon

Everyone loves cookies! Did you know that a cookie can teach you about the moon? Oreo cookies will be used to learn about the phases of the moon and other lunar facts. You may want to bring your own glass of milk. FOBH \$4

238755 4-10yrs 1 Class \$5 8/4 Su 2:00pm-3:00pm

Programs for All

All attending must register and pay. Children must be accompanied by an adult.

Beginning Recreational Kayaking

Kayaking is even more fun that it looks! Come learn how to paddle on flat water in recreational solo kayaks on Little Seneca Lake. Learn basic strokes, entries and exits, boat control, and more, taught by certified American Canoe Association instructors. We won't roll, but you'll get wet, so dress accordingly. You must be able to swim. All necessary equipment provided. Please wear water-friendly clothing and hat, strap-on water sandals or shoes (no slip-on sandals, please) and bring water and sunscreen. FOBH \$14

238201 12 & up 1 Class \$16 6/1 Sa 1:00pm-3:00pm
238202 12 & up 1 Class \$16 6/11 Tu 6:30pm-8:30pm
238204 12 & up 1 Class \$16 6/23 Su 1:00pm-3:00pm
238205 12 & up 1 Class \$16 7/20 Sa 9:30am-11:30am
238206 12 & up 1 Class \$16 8/17 Sa 9:30am-11:30am
238249 12 & up 1 Class \$16 8/18 Su 1:00pm-3:00pm

Can You Canoe?

Experience the romance and adventure of the canoe—America's native watercraft. Have fun learning the different ways you can use these versatile boats with the help of one of our expert instructors. Canoes, paddles, and vests are all provided. Two people to a canoe; bring a friend or we'll pair you up with a partner. Meet at the pontoon boat dock by the boat rental area. FOBH \$14

238166 8 & up 1 Class \$16 6/1 Sa 9:00am-11:00am

Bats & Beavers Pontoon Boat Cruise

Join us for a sunset cruise aboard the pontoon boat. A lake tour will be captained by a naturalist who will point out beaver lodges, feeding sites and (hopefully) beavers! Insectivorous bats will be out, and our ultrasonic transducer bat detector will tell us where they're feeding and flying. Please register and pay for all participants. Meet at the pontoon boat dock located by the boat rental area. FOBH \$5

238400 6 & up 1 Class \$6 6/10 M 7:30pm-9:00pm
238402 6 & up 1 Class \$6 6/15 Sa 7:30pm-9:00pm
238403 6 & up 1 Class \$6 6/27 Th 7:30pm-9:00pm
238500 6 & up 1 Class \$6 7/2 Tu 7:30pm-9:00pm
238501 6 & up 1 Class \$6 7/11 Th 7:30pm-9:00pm
238502 6 & up 1 Class \$6 7/22 M 7:30pm-9:00pm
238549 6 & up 1 Class \$6 7/30 Tu 7:30pm-9:00pm
238562 6 & up 1 Class \$6 8/7 W 7:00pm-8:30pm
238563 6 & up 1 Class \$6 8/20 Tu 7:00pm-8:30pm

Make It and Take It

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.

Hummingbird Feeder

Learn how to repurpose a baby food jar into a hummingbird feeder.

239057 All Ages 1 Class \$2 6/16 Su 1:00pm-3:00pm

Butterflies

Create a beautiful butterfly that you can keep with you though the year and brighten the shorter days that are a-comin'.

239058 All Ages 1 Class \$2 8/11 Su 1:30pm-3:30pm

Butterflies in the Meadow

Native plants in our meadow attract a variety of butterflies and other insects. We'll learn about some common butterflies, then head out to the meadow with our nets to see what we can find. FOBH \$4

238851 2 & up 1 Class \$5 6/22 Sa 11:00am-12:30pm

Storytime on the Lake

Join us aboard the pontoon boat to hear a story and scout out the wonders of Little Seneca Lake! Designed for children ages 3-6, accompanied by an adult (no younger siblings, please). We'll provide the required PFDs for all children to wear. Please register and pay for every participant. Meet at boat dock below Visitor Center. FOBH \$4



Beavers

We'll search the lake shore for beaver lodges, and learn what beaver families like to do and eat.

238750 3 & up 1 Class \$5 6/19 W 10:30am-11:30am
238751 3 & up 1 Class \$5 7/25 Th 10:30am-11:30am

Dragonflies

Listen to a story and watch from the boat for the dragons flying over the lake.

238752 3 & up 1 Class \$5 6/25 Tu 10:30am-11:30am
238753 3 & up 1 Class \$5 8/22 Th 10:30am-11:30am

Turtles

See a variety of turtles that live in Little Seneca Lake and learn what they like to do and eat.

238800 3 & up 1 Class \$5 7/16 Tu 10:30am-11:30am
238801 3 & up 1 Class \$5 8/8 Th 10:30am-11:30am



Astronomy in Black Hill Regional Park

Join our naturalist Jim Cook and other astronomy enthusiasts for an evening of stargazing. We'll supply the telescopes and expertise on what's happening in the night sky. We'll start off inside with a preview of the night sky, then head outside for some stargazing. On this 44th anniversary of the launch of Apollo 11, we'll tour the moon and maybe even to try to spot where the astronauts landed. We'll also view Saturn with its amazing rings, and brilliant Venus; and tour the summer stars and constellations. Bring a blanket or lawn chair and your curiosity about the heavens above. In the event of overcast skies, a video will be shown.

238849 3 & up 1 Class Free 7/16 Tu 8:30pm-10:00pm

Hummingbirds: Flying Jewels

Learn about these amazing "flying jewels" in our gardens. We'll discover their favorite flowers and observe their behavior; then each family will make one hummingbird feeder to take home. Register and pay for one person for each family. FOBH \$5

238804 3 & up 1 Class \$6 6/22 Sa 1:00pm- 2:00pm
238805 3 & up 1 Class \$6 7/20 Sa 1:00pm- 2:00pm

Hoyles Mill Hike

Explore one of the largest remaining forested areas in Montgomery County! Hoyles Mill Conservation Area has a diversity of plants and animals; some are even rare and endangered. Join in this naturalist-led hike over gently sloping terrain and help keep eyes peeled for giant swallowtails, barred owls, and much more! Wear shoes appropriate for hiking, and bring water. Babies and tots are welcome as long as they can be carried. Trail is not stroller-friendly. FOBH \$4

238705 5 & up 1 Class \$5 6/29 Sa 9:00am-10:30am

Art in the Outdoor Classroom

Let nature inspire your artistic talents. Explore our numerous Outdoor Classroom spaces while our naturalists help you draw, create crafts, write poetry or a story, and perhaps even break into song! FOBH \$4

238650 1 & up 1 Class \$5 7/13 Sa 10:00am-11:00am

Family Scavenger Hunt

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, receive 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 any time during program hours!

239060 All Ages 1 Class Free 7/13 Sa 1:00pm- 3:00pm

Starlight Campfire

Nothing says summer like a campfire! Join a naturalist along Little Seneca Lake to enjoy a cozy fire and a brilliant night sky! We'll tell tales about the constellations and roast marshmallows. Meet at the parking lot above the boat ramp on Black Hill Road. Please bring your own chairs and blankets. S'mores provided! FOBH \$4

238754 6mos & up 1 Class \$5 8/3 Sa 8:30pm- 9:30pm

Hike to Cool Spring

Yes, it's hot out there. But why not get some exercise, enjoy the great outdoors and feel some slightly cooler temperatures down Cool Spring Run? Join a naturalist for a hike to the spring and along the edge of Little Seneca Lake. Babies and tots who can be carried are welcome. Meet in the Visitor Center parking lot. Transportation will be provided to trailhead. Wear shoes appropriate for hiking and bring water; hats are recommended. FOBH \$4

238799 6 & up 1 Class \$5 8/4 Su 9:00am-10:30am

Adults

Registration required unless otherwise noted.

Lake Tour by Kayak

Come for an early morning paddle or wind down after work and enjoy a peaceful kayak tour on Little Seneca Lake with a Park Naturalist. Basic paddling experience necessary (this is not a lesson). We'll supply boats, paddles, and PFDs. Meet at the kayak shed in front of the gazebo by the boat docks, below the Visitor Center. FOBH \$14

239099 18 & up 1 Class \$16 6/16 Su 7:00am- 9:00am
239100 18 & up 1 Class \$16 7/13 Sa 7:00am- 9:00am
239101 18 & up 1 Class \$16 8/9 F 6:30pm- 8:30pm

Boyd's Back in Time

Spend the day getting to know the town of Boyd, MD. How did this "Home in Country" come to be? We will tour the picturesque Boyd's Presbyterian Church, the one-room Boyd's Negro School, and the rarely seen Winterbourne Estate. Learn and see how the land shaped the community and in turn, how the people shaped the land. Meet at Black Hill Visitor Center for a brief lecture, and then we will begin our excursion by van. We will have a picnic, so please pack your lunch and drinks for the trip. FOBH \$18.

241249 18 & up 1 Class \$20 6/21 F 9:30am - 1:30pm

Bring on the Birds: Beginning Birding

Come find out why 50 million Americans are birders and bird watchers. Meet in the Visitor Center, where we'll go over some birdwatching basics including how to use a field guide and binoculars. Then we'll go out and do some birding. FOBH \$4

238850 16 & up 1 Class \$5 7/6 Sa 9:30am-11:30am



"What happened to my program?"



We hold off as long as we can, but 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 www.ParkPASS.org!



Bats in the Garden!

Bats can eat thousands of bugs a night, and help pollinate plants and flowers. Unfortunately, many native bat species are facing extinction at an alarming rate. Come learn about these fascinating creatures and what you can do to help. This is a great course for beginning and experienced gardeners! FOBH \$4

238749 18 & up 1 Class \$5 7/28 Su 1:00pm- 2:00pm



Ladies Trek

Want to hike but don't quite know where to go? Meet other women and hike park trails with a Park Naturalist. Hike lengths vary with the pace of each group. Please wear hiking boots or other sturdy shoes.

Rachel Carson Conservation Park

Discover Rachel Carson Conservation Park, one of the premier conservation parks in Montgomery County. This is an easy to moderate hike on natural surface trails; some areas may be muddy and wet. Meet at the parking area at 22201 Zion Rd. in Brookeville. FOBH \$7

239059 18 & up 1 Class \$8 7/14 Su 9:00am-11:30am

Ladies Paddle

If you love being in the great outdoors, come experience it from a kayak. Meet other like-minded outdoorswomen and paddle together! Basic paddling experience necessary (this is not a lesson). We'll supply boats, paddles, and PFDs.

Early Morning on Little Seneca Lake

Take an early morning paddle in Little Seneca Lake. If you don't know how to kayak, why not take one of our Basic Recreational Kayaking classes? Meet at the Black Hill boat dock by the boat rentals below the Visitor Center. FOBH \$12

239061 18 & up 1 Class \$16 8/10 Sa 7:00am-9:00am

Potomac River Heritage Kayak Trip

The "Nation's River" is an amazing waterway that maintains a near-wilderness quality as it flows between Maryland and Virginia to Georgetown and beyond. Each of our kayaking trips focus on a section of the Potomac or a tributary, giving us the time and luxury of taking a closer look at its natural and cultural history. The exact location of this trip will depend on weather and river conditions on that day. We'll paddle for 3-4 hours on moving water, so you should be proficient at basic strokes and comfortable paddling flat water for a few hours at a time. We'll do a quick review of moving water safety considerations and maneuvers. This is not an instructional course, so if you've never paddled, try Beginning Kayaking first. Fee covers kayaks, paddles, PFDs, a dry bag, and round-trip transportation from Black Hill Regional Park to the river locations. FOBH \$60.

238299 18 & up 1 Class \$65 6/8 Sa 8:00am-5:00pm

238300 18 & up 1 Class \$65 7/6 Sa 8:00am-5:00pm

238301 18 & up 1 Class \$65 8/24 Sa 8:00am-5:00pm

Explore WILD MONTGOMERY



FREE! Registration is required. Explore WILD Montgomery County with a Park Naturalist or a Natural Resource Specialist. Discover beautiful public places close to home and learn fascinating natural history from Park experts. Please print your ParkPASS confirmation receipt for specific directions to the meeting spot and other instructions.

Brownings Run Trail Hike

This is a two-mile hike through a combination of forest and meadow habitat, a favorite of the local bluebirds. The trail is in a hilly part of Little Bennett Park. Meet at the Brownings Run parking area in Little Bennett Park, off of Rt. 121/Clarksburg Road.

238349 18 & up 1 Class Free 6/12 W 9:30am-11:30am

Froggy Hollow Trail Hike

This moderate hike in Little Bennett Regional Park features some steep climbs through a mature forest and creek valley. Ravens are frequent visitors to this habitat! Meet at Froggy Hollow parking lot off Rt. 121/Clarksburg Road in Little Bennett Regional Park.

238399 18 & up 1 Class Free 8/21 W 9:30am-11:30am

Monarch Fiesta Day!

Join our celebration of the Monarch butterfly and its amazing annual migration to Mexico!

Saturday August 31 10a.m. - 3p.m.



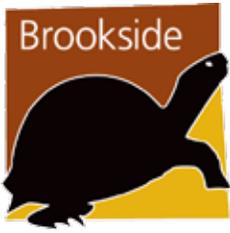
FEATURING:

Monarch Tagging and Release, Tours of the Monarch Waystation, Migration Activity, Monarch Photo Opportunity, Insect Hunt, Monarch Movie, Storytime, Crafts and more!



All ages welcome to this **FREE** event!

BLACK HILL VISITOR CENTER
20926 Lake Ridge Dr., Boyds, MD 20841
301-528-3492 BlackHillNature.org



Nature Center
in Wheaton Regional Park

Brookside Nature Center

1400 Glenallan Avenue • Wheaton, MD 20902 • 301-962-1480 • www.BrooksideNature.org
Call or visit our webpage for Nature Center hours. Trails open daily, dawn to dusk.

Children

Registration is required and all children must be accompanied by an adult unless otherwise noted.

Storytimes at Brookside Nature Center

Come join us and listen to a story about wild animals. If the weather is nice, we'll take a short walk. Each week we'll listen to a story about a different critter.

Frogs

Listen to a story about frogs and how they grow. Afterward we'll visit the frog pond.

240250 3-6yrs 1 Class Free 6/2 Su 3:00pm-3:30pm

Butterflies

Learn about butterflies and what they like to eat. Then visit the meadow to look for our fluttering friends.

240200 3-6yrs 1 Class Free 6/9 Su 3:00pm-3:30pm

Turtles

Find out what turtles do when the weather gets warmer. We'll explore our pond to see where turtles live.

240251 3-6yrs 1 Class Free 6/16 Su 3:00pm-3:30pm

Bees

What's the buzz about bees? Listen to a bee story and visit our bee hives.

240199 3-6yrs 1 Class Free 6/23 Su 3:00pm-3:30pm

Fish

Listen to a great fish story then visit our pond to look for something fishy.

240249 3-6yrs 1 Class Free 6/30 Su 3:00pm-3:30pm

Hopping Good

Enjoy a hopping good story about animals that hop! Take a short hike to look for some hoppin' good critters.

240099 3-6yrs 1 Class Free 7/14 Su 3:00pm-3:30pm

Swimming Critters

Our swimming critters story will help keep you cool. Afterward, we'll look for beautiful swimmers in the Nature Center pond.

240152 3-6yrs 1 Class Free 7/21 Su 3:00pm-3:30pm

Flying Friends

Let's read about animals that fly. Then, we'll go outdoors to look for some of our flighty friends.

240100 3-6yrs 1 Class Free 7/28 Su 3:00pm-3:30pm

Nature Music

Listen to a story about animals that sing. Then, listen for some of our musical friends.

240149 3-6yrs 1 Class Free 8/11 Su 3:00pm-3:30pm

Birds

Learn about birds from our exciting story, then look for birds at our bird feeding station.

240150 3-6yrs 1 Class Free 8/18 Su 3:00pm-3:30pm

Insects

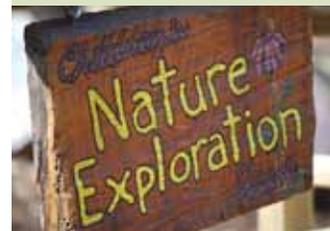
Find out what insects do in the summer. Visit the meadow to look for exciting insects.

240151 3-6yrs 1 Class Free 8/25 Su 3:00pm-3:30pm



Visit our Nature Exploration Area

Have fun while you get to know nature. Climb through the tree tunnel, sit in a giant bird's nest, hop on our stepping stumps, and enjoy the tea party table.



Tot Time

Explore Nature with your youngest naturalist! Learn, create, hike and discover our wonder-filled world during these highly interactive sessions.

Tot Time: The Very Hungry Caterpillar

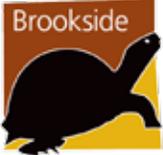
Munch, munch, munch! The caterpillar is eating its way out of the book! Why is it so hungry and what will happen after it stops eating? Find out as we read Eric Carle's popular story and search for more ravenous caterpillars outside!

237449 3-6yrs 1 Class \$5 6/13 Th 10:30am-11:15am

Tot Time: Cool It!

How do animals beat the summertime heat? What did people do to stay cool in the days before air conditioning? Engage in some fun activities and learn new ways of staying cool!

237454 3-6yrs 1 Class \$5 8/10 Sa 10:30am-11:15am



Nature Center
in Wheaton Regional Park

Discovery Hike: Tracking

Track, scat, scratches and scents...use your senses to find signs of where wildlife has been and where it's going. Your newly learned tracking skills will reveal what animals have crossed your woodland path.

237500 3-6yrs 1 Class \$5 6/12 W 10:00am-11:00am



Discovery Hike: Smooth and Scaly

Are frogs, toads, snakes and turtles some of your child's favorite things? Get an up-close look at how the smooth and scaly grow and live, and how they're alike and different on this interesting hike.

237503 3-6yrs 1 Class \$5 8/8 Th 10:30am-11:30am

The Warm and Fuzzy

From the extinct and odd to the fuzzy and familiar, learn more about the warm-blooded creatures we call mammals during our indoor presentation and outdoor hike.

237504 3-6yrs 1 Class \$5 8/22 Th 10:00am-11:00am

Pre-K Nature Art and Adventure!

Explore the woods and the meadow, then put your creativity to work by making a picture of what you see. A variety of art supplies will be provided.

237359 3-5yrs 1 Class \$6 8/22 Th 10:30am-11:30am

Children's Nature Art and Adventure

Explore the shores of the pond and then draw upon your imagination to make a picture of what you saw. A variety of art supplies will be provided.

237360 6-12yrs 1 Class \$6 8/23 F 10:30am-11:30am

Stream Splash

What lives in a stream? Wade into the water and use nets to discover crayfish, snails, minnows, water striders and other critters that call the stream home. Please wear old shoes or water shoes; no flip-flops or sandals.

237301 3-12yrs 1 Class \$5 6/26 W 10:30am-11:30am

237351 3-6yrs 1 Class \$5 7/9 Tu 10:30am-11:30am

237354 6-12yrs 1 Class \$5 7/19 F 3:00pm- 4:00pm

237358 3-12yrs 1 Class \$5 8/21 W 10:30am-11:30am

Programs for All

All attending must register and pay.
Children must be accompanied by an adult.

Fire Flies

Long ago, people believed that lightning bugs really carried bits of fire or fragments of stars, enabling them to glow in the summer night. Today we know differently, but the enchantment of these amazing beetles prevails. Learn about their life history and diversity, then enter the evening shadows to catch a few flying bits of fire.

237450 4 & up 1 Class \$5 6/20 Th 7:45pm- 8:45pm

Volunteer Training:

Summer Nature Basics

Brookside Nature Center volunteers, share your love of nature! Designed to help our volunteer hosts and naturalist aides answer questions from Nature Center visitors, this free course introduces you to the forest, meadow and pond and some of the many animals and plants that call them home.

237299 14 & up 1 Class Free 6/22 Sa 2:00pm- 3:30pm

Evening Bird Walk

Why do birds live in certain locations? What do they eat for dinner? Use your eyes and ears on this evening walk to look, listen and learn about birds in the forest, meadow and around the pond.

237300 5 & up 1 Class \$5 6/25 Tu 6:00pm- 7:00pm

Making Bird Feeders

Help feed your fine feathered friends by making a bird-feeder that will provide them with tasty treats. This program includes a short walk.

237349 3-6yrs 1 Class \$6 6/27 Th 10:30am-11:30am

Birdwalk for Kids

Look and listen for birds in our meadow and woods, and around the pond. Find out what they look and sound like, and what they like to eat.

237353 3-6yrs 1 Class \$5 7/18 Th 10:30am-11:30am

On the Wing

Explore the wonder of flight as we follow the path of dragonflies, butterflies, birds and more. Rain cancels the program.

237502 6-10yrs 1 Class \$5 7/23 Tu 10:30am-11:30am

Summer's Journal

Don't let a summer of beautiful memories fade away! Come and create a simple journal to record your adventures, and adorn it with a marbled cover you create yourself. The finished product will be yours to keep and share for years to come.

237452 6-12yrs 1 Class \$8 7/25 Th 5:00pm- 6:00pm

Beach Art

Scour a sand bar and gather pieces of nature to make a three-dimensional work of art! Using sticks, rocks, and other objects you find along the way, you'll decorate our streamside gallery, leaving your artwork for others to enhance and enjoy.

237453 5-12yrs 1 Class Free 8/7 W 5:00pm- 6:00pm

Full Moon Club

Meet around the campfire at the Harper Cabin for a toasted marshmallow treat. Afterwards, experience nature at night with a short hike through the meadows and woods as we look and listen for signs of animals.

Strawberry Moon

237506 4 & up 1 Class
\$5 6/23 Su
8:00pm- 9:00pm

Buck Moon

237507 4 & up 1 Class
\$5 7/22 M
8:00pm- 9:00pm

Blue Sturgeon Moon

237508 4 & up 1 Class
\$5 8/15 Th
7:30pm- 8:30pm

Campfire Picnic and Pond Walk

Nothing says summer like a campfire! Join in this campfire picnic followed by a nature walk, where we'll look and listen for frogs and birds around the pond. Please bring your own hotdogs and rolls; we'll provide marshmallows for roasting. Please register and pay for all participants.

237350 3 & up 1 Class \$4 6/28 F 6:00pm-7:00pm

Campfire Picnic and Forest Walk

Circle around the campfire for a evening picnic, then look and listen for birds and signs of mammals like squirrels, chipmunks and deer on our forest nature walk. Please register and pay for all participants.

237352 3 & up 1 Class \$4 7/17 W 6:00pm-7:00pm

Fox Family in Summer

Take a hike in the woods to see where our foxes live and play. We'll look for signs that foxes leave behind, and find out how fox babies grow up, learn to hunt and what they do when they leave home. Please wear long pants and sturdy close-toed shoes for this half-mile hike, no sandals or shorts. Please register and pay for all participants.

237355 3 & up 1 Class \$4 7/20 Sa 3:00pm-4:00pm

Minerals and Fossils on Display

Would you like to see ancient animals that have turned to stone and beautiful minerals in a multitude of colors? Visit today and examine some of the many specimens at the Nature Center that are not regularly on display. Take home a small fluorescent rock, too!

237356 2 & up 1 Class Free 8/3 Sa 2:00pm-3:00pm

Fire Without Matches

Could you make a fire without a match or lighter? Understanding how early peoples made fire helps us to understand its power, danger and usefulness. Experiment with primitive tools like metal strikers and bow drills to learn how precious a single spark can be. Children must be accompanied by an adult.

237455 6 & up 1 Class \$5 8/14 W 7:00pm-8:00pm



Campfire and Meadow Walk

Enjoy a late summer campfire and picnic, then join us for a walk through the meadow where we'll look and listen for birds and signs of mammals like rabbits, mice and deer. Bring your own hotdogs and rolls; we'll provide marshmallows for roasting. Please register and pay for all participants.

237357 3 & up 1 Class \$4 8/20 Tu 6:00pm-7:00pm



Family Time

Woodpecker Wonders

Listen and look for signs of the hammering, insect-eating, and often boisterous woodpecker!

237499 3 & up 1 Class Free
6/8 Sa 10:30am-11:30am

Snakes of Maryland

Are you afraid of snakes? Do you know how important they are to the ecosystem? Meet a few snakes up close and learn how they help keep nature in balance.

237501 3 & up 1 Class \$5 6/18 Tu 10:30am-11:30am

Back to School Hike

Enjoy a late summer hike along the trails in Wheaton Regional Park, and see the surprises nature offers as the season of sun begins to wind down. This roundtrip hike will be approximately two miles.

237505 3 & up 1 Class Free 8/27 Tu 10:00am-11:30am



Birthday Parties at Brookside Nature Center

Call 301-962-1480 for more information.

Adults

Registration required unless otherwise noted.

Ladies' Hike Out

Billy Goat Trail

Conquer the rocky Billy Goat Trail that borders the C&O Canal and you'll be rewarded with stunning views of Great Falls and the magnificent cliffs that restrain the Potomac's surging rapids. Wear sturdy shoes and bring water for this three-mile, moderately difficult hike. Directions to the site will be provided.

237399 18 & up 1 Class Free 6/1 Sa 9:00am-11:30am

Black Hill Trail

Enjoy the beauty and cool breezes of a relaxing July night hike in the forest! We'll walk an easy two-mile paved lake trail in Black Hill Regional Park, listening for the wood thrush's serenade and the bluegill's splash. Directions to the site will be provided.

237451 18 & up 1 Class Free 7/5 F 8:00pm-9:00pm



Love your parks? Help support them!



Montgomery Parks
FOUNDATION

Visit MontgomeryParksFoundation.org



Join

Being a Friend of Montgomery Parks is a great way to support our green, open spaces and the wonderful parks of Montgomery County. Friends receive access to special Friends-only events and programs, benefit from special discounts, receive our e-newsletter, and will receive a bumper sticker or magnet so you can display your support.



Dedicate
benches

Honor, memorialize or thank a relative, friend, or colleague with the dedication of a bench in one of Montgomery County's beautiful parks. The Montgomery Parks Foundation will purchase and arrange for the installation of your new park, trail or garden bench, or you may choose to adopt an existing bench.

trees

Planting a new tree or adopting an existing tree in one of our parks is a perfect way to remember or honor loved ones, community members and friends. The Montgomery Parks Foundation will arrange for the installation of a new tree from October 1 through April 30, during the planting season, or you can adopt an existing tree anytime!





Locust Grove Nature Center

7777 Democracy Blvd. • Bethesda, MD 20817 • 301-765-8660 • www.LocustGroveNature.org
 Call or visit our webpage for Nature Center hours. Trails open daily, dawn to dusk.

Children

Registration is required and all children must be accompanied by an adult unless otherwise noted.

Tot Time!

Explore the sights, sounds, textures and movements of the natural world. Each session will feature a different topic specially selected to engage young minds. Outdoor activities are included in every program, so please dress for the weather.

A Summer Day Tyke Hike and Craft

237799 2-4yrs 1 Class \$5 6/12 W 10:15am-11:00am

End of Summer Tyke Hike and Craft

237800 2-4yrs 1 Class \$5 8/28 W 10:15am-11:00am

Blue Mash Bug Walk

Look for a variety of dragonflies, butterflies and other insects during this leisurely morning walk on Blue Mash Nature Trail. Milkweed and other wildflowers should be in bloom in this meadow habitat. Please print your ParkPASS confirmation receipt for directions to the site.
 237849 3-12yrs 1 Class \$6 6/13 Th 10:00am-11:30am



Dragonfly Hike and Stream Splash

Dragonfly populations are reaching their summer peak! Hike through the campground area and along a natural surface trail to a woodland pond and see how many different dragonfly species (and other water critters) we can identify. At the end of our hike, we'll splash around in Cabin John Creek and search some more! Please print your

ParkPASS confirmation receipt for specific directions to the meeting spot.

238000 5-12yrs 1 Class \$6 7/18 Th 10:00am-11:30am

Twilight on the C&O Canal

Enjoy a summer sunset stroll along the canal at Riley's Lock. See who's fishing and swimming in the pond, river and canal, and listen for the twilight songs of birds, frogs and insects. Please print your ParkPASS confirmation receipt for meeting place.

238049 3-12yrs 1 Class \$5 7/30 Tu 7:00pm-8:00pm

Back to School Campfire Lunch

Enjoy one last campfire with friends before school begins. Pack a picnic lunch or bring hot dogs to cook over the fire (you bring the dogs and buns, we provide ketchup and mustard). We'll have all you need to make s'mores.



238053 3-12yrs 1 Class \$5 8/23 F 12:00pm-1:00pm

Programs for All

All attending must register and pay. Children must be accompanied by an adult.

Tuesday in the Park

Join a naturalist at the Cabin John Regional Park playground off Tuckerman Lane to explore what's happening outside! No registration required. Rain cancels program.

237699	1 & up	1 Class	Free	6/4	Tu	11:00am-12:00pm
237700	1 & up	1 Class	Free	6/18	Tu	11:00am-12:00pm
237701	1 & up	1 Class	Free	7/23	Tu	11:00am-12:00pm
237702	1 & up	1 Class	Free	7/30	Tu	11:00am-12:00pm
237703	1 & up	1 Class	Free	8/20	Tu	11:00am-12:00pm

Campfire and Nature Walk

Nothing says summer like a campfire! Join us for a picnic by the fire, then enjoy a nature walk under the night sky with one of our naturalists. Please bring your own hotdogs and rolls, and we'll bring the makings for s'mores. Please register and pay for adults and children.

237850	3 & up	1 Class	\$6	6/14	F	6:30pm-7:30pm
237852	3 & up	1 Class	\$6	7/13	Sa	6:30pm-7:30pm
237853	3 & up	1 Class	\$6	7/26	F	6:30pm-7:30pm
237854	3 & up	1 Class	\$6	8/10	Sa	6:30pm-7:30pm
237855	3 & up	1 Class	\$6	8/30	F	6:30pm-7:30pm

"What happened to my program?"



We hold off as long as we can, but 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 www.ParkPASS.org!



Birthday Parties at Locust Grove Nature Center
Call 301-765-8668 for more information.



Sunset Switch

Listen and watch as the birds and squirrels go to bed and the nighttime world wakes up. We'll meander to the meadow to watch the geese wing their way home, eavesdrop as the bats come out to play, and listen to the scurrying of the creatures of the night. Please register and pay for all participants (adults and children).
237900 5 & up 1 Class \$3 6/21 F 7:30pm-9:00pm

Watts Branch Wander

We're going on a stream survey! Join us to take water temperatures, look under rocks, net fish, and find bugs. Please print your ParkPASS confirmation receipt for directions to the site.
237950 5 & up 1 Class Free 7/9 Tu 11:00am-12:00pm

Bugs By Blacklight

Nocturnal insects are irresistibly attracted to light. We'll set up light traps and see what we catch. A multitude of moths, a bounty of beetles, and loads of lacewings should be among our catch.
238051 5 & up 1 Class \$3 8/6 Tu 8:00pm-9:00pm



FREE! Registration is required. Explore WILD Montgomery County with a Park Naturalist. Discover beautiful public places close to home and learn fascinating natural history from Park experts. Please print your ParkPASS confirmation receipt for specific directions to the meeting spot and other instructions.

Friday Foray: Monocacy Aqueduct

Cross the historic Monocacy Aqueduct and enjoy a leisurely 2-3 mile walk on the C&O Canal towpath.
237749 18 & up 1 Class Free 6/7 F 10:00am-12:00pm

Rock Creek Trail Bike Ride

Join a 10-mile round-trip bike ride to Lake Needwood. We will ride on the hard-surface Rock Creek hiker-biker trail and enjoy the scenery (and shade) while biking through the woods along Rock Creek. Riders must wear helmets, and bikes should be in good working condition.
237750 18 & up 1 Class Free 8/3 Sa 10:00am-12:00pm

Look What Else You Can Do @Montgomery Parks Nature Centers!

Have a Birthday Party



Discover a Nature Exploration Area



Rent a Campfire Ring



Hike a Trail



For more information, please contact:



BLACK HILL VISITOR CENTER
301-528-3492
BlackHillNature.org



BROOKSIDE NATURE CENTER
301-962-1480
BrooksideNature.org



LOCUST GROVE NATURE CENTER
301-765-8660
LocustGroveNature.org



MEADOWSIDE NATURE CENTER
301-258-4030
MeadowsideNature.org



Nature Center
in Rock Creek Regional Park

Meadowside Nature Center

5100 Meadowside Lane • Rockville, MD 20855 • 301-258-4030 • MeadowsideNature.org
Open Tuesday–Saturday, 9am–5pm. Trails open daily dawn to dusk.

Children

Registration is required and all children must be accompanied by an adult unless otherwise noted.

Tyke Hikes

Come and discover the bustling world around the Nature Center. Hear a story, take a nature hike, and make a craft to take home.

Seldom Seen Salamanders

Investigate under logs and rocks for the secretive amphibians and their food.

239149 2-3yrs 1 Class \$5 6/5 W 10:30-11:15am

Timber

Search along the shores of the creek for signs of American's largest rodent...beavers!

239150 2-3yrs 1 Class \$5 6/26 W 10:30-11:15am

Discover Turtles

Explore the habitat of quiet land and water turtles.

239151 2-3yrs 1 Class \$5 7/10 W 10:30-11:15am

Bountiful Beauties

Search the meadow and gardens for beautiful insects.

239152 2-3yrs 1 Class \$5 7/24 W 10:30-11:15am

Avian Wonders

Whether they're stopping by our feeders, soaring above the meadow, or swimming in the pond, we'll search for birds everywhere!

239153 2-3yrs 1 Class \$5 8/7 W 10:30-11:15am

Our Finned Friends

Look inside at our exhibits and outside in the pond for these lovely swimmers.

239154 2-3yrs 1 Class \$5 8/14 W 10:30-11:15am

Splash-Splash, Drip, Plop

Wade in the water to see what's swimming, diving, and living in the stream. Please wear shoes that you don't mind getting wet.

239155 3-12yrs 1 Class \$5 6/13 Th 1:00-2:00pm

239156 3-12yrs 1 Class \$5 6/27 Th 1:00-2:00pm

239157 3-12yrs 1 Class \$5 7/11 Th 1:00-2:00pm

239158 3-12yrs 1 Class \$5 7/25 Th 1:00-2:00pm

239159 3-12yrs 1 Class \$5 8/1 Th 1:00-2:00pm

239160 3-12yrs 1 Class \$5 8/8 Th 1:00-2:00pm

Explore a Stream

What lives in the stream? We'll wade into the water and use nets to look for crayfish, salamanders, fish, insects, and more! Please wear shoes that you don't mind getting wet (no flip-flops or sandals, for your safety).

239256 3-12yrs 1 Class \$5 6/22 Sa 2:00-3:00pm

239257 3-12yrs 1 Class \$5 8/3 Sa 2:00-3:00pm

Gone Fishin'

We'll supply the fishing poles and try them out on the shoreline of Lake Needwood. Meet at the Lake Needwood Boat House (15700 Needwood Lake Circle, Rockville, MD 20855).

239299 7-10yrs 1 Class \$5 6/27 Th 6:00-7:00pm

239300 7-10yrs 1 Class \$5 7/18 Th 6:00-7:00pm

239301 7-10yrs 1 Class \$5 8/1 Th 6:00-7:00pm

Programs for All

All attending must register and pay.

Children must be accompanied by an adult.



Osprey Encounters on the Patuxent

Visit osprey nesting sites by boat! Spend the day at Patuxent River Park and get a close-up view of osprey while learning about ongoing research on these unique birds of prey.

Patuxent naturalist Greg Kearns has been conducting osprey banding and education trips for many years and will have lots of information and stories to share. Join us for this exciting opportunity. Bring a water bottle and bag lunch; we'll eat at the park after our excursion.

239161 12 & up 1 Class \$40 6/15 Sa 8:00am-1:30pm

Family Geocaching Adventures

Modern-day treasure hunting happens right here in our parks! Geocaches are hidden containers filled with interesting stuff that you track down using GPS units. Learn how to use a GPS unit, and spend the day on a geocaching adventure in search of local caches. Bring a snack, water, and be prepared to hike (long pants and sturdy shoes are strongly recommended). If you don't have a GPS unit, we'll lend you one. Please register and pay for all participants.

At the Ag Farm

Meet at the Agricultural History Farm Park (18400 Muncaster Road, Derwood, MD 20855).

239206 8 & up 1 Class \$10 6/18 Tu 9:30am-12:00pm

At Meadowside

Meet at the Nature Center.

239207 8 & up 1 Class \$10 7/9 Tu 9:30am-12:00pm



Birthday Parties at Meadowside Nature Center

Call 301-258-4030 for more information.

"What happened to my program?"



We hold off as long as we can, but 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 www.ParkPASS.org!



Storytime on Lake Needwood

Take a storytime cruise around the lake aboard the *Needwood Queen* pontoon boat. Each month, we'll read a different story onboard and look for what's swimming, soaring, and standing nearby. Please register and pay for all participants (\$2/adult, \$6 for kids; no underage siblings, please). Meet at Lake Needwood Boathouse, 15700 Needwood Lake Circle, Rockville, MD 20855.

Frogs Hop

239199 3 & up 1 Class \$6 6/18 Tu 10:00-10:45am

Beavers Gnaw

239200 3 & up 1 Class \$6 6/28 F 1:00-1:45pm

Turtles Bask

239202 3 & up 1 Class \$6 7/9 Tu 10:00-10:45am

Bugs Crawl

239203 3 & up 1 Class \$6 7/26 F 1:00-1:45pm

Birds Fly

239204 3 & up 1 Class \$6 8/6 Tu 10:00-10:45am

Fish Swim

239205 3 & up 1 Class \$6 8/16 F 1:00-1:45pm



Raptors of Rock Creek LIVE!

Seeing live birds of prey just a few steps away is an exciting experience you won't forget! Discover what makes raptors unique among birds, and learn the fantastic tools these predators have for hunting in the wild. Meet one of our resident raptors live and up close. Programs take place at Meadowside's campfire ring. Please register and pay for all participants.

239208 All ages 1 Class \$3 6/19 W 1:00-1:30pm
239209 All ages 1 Class \$3 7/20 Sa 10:00-10:30am
239210 All ages 1 Class \$3 8/6 Tu 6:00-6:30pm

Owls, Hawks and Eagle Lunchtime and Talk

Observe Meadowside's hawk, owl, vulture, and bald eagle during their feeding time and ask questions! Speak with a naturalist about birds of prey, and learn some of the stories about the raptors on exhibit. These talks will begin at the Raptor Walkway behind the Nature Center. No registration required.

239252 All ages 1 Class FREE 6/22 Sa 12:00-12:30pm
239253 All ages 1 Class FREE 7/6 Sa 12:00-12:30pm
239254 All ages 1 Class FREE 8/3 Sa 12:00-12:30pm
239255 All ages 1 Class FREE 8/17 Sa 12:00-12:30pm

Hawk Tales Campfire

Feel feathers, touch talons, and see Meadowside's resident red-tailed hawk up close. Listen to some hawk tales and roast marshmallows around the fire. Bring your favorite chocolate for s'mores—we'll supply the marshmallows and graham crackers! Please register all participants; fee is for children only.

239302 3 & up 1 Class \$5 7/11 Th 7:00-8:00pm

A Cricket in Times Square Campfire

Spend a summer evening around Meadowside's campfire ring enjoying tasty roasted marshmallows, a craft, and a showing of the film *A Cricket in Times Square* (25 min). Bring your favorite chocolate for s'mores—we'll supply the marshmallows and graham crackers! Please register all participants; fee is for children only.

239249 3 & up 1 Class \$5 6/20 Th 8:00-9:00pm

Alien Invaders

Our park's native plants are being choked and overgrown by alien invasive plants. You, your family, or your group can help give the park's native plants room to grow by removing the invasive non-natives. Bring leather gloves if you have them or borrow ours, wear long pants, closed-toed shoes, and long sleeves. No registration required; please call in advance if you'd like to bring a group. SSL-approved.

239250 8 & up 1 Class FREE 6/22 Sa 9:00-10:00am
239251 8 & up 1 Class FREE 8/3 Sa 9:00-10:00am

Harold and His Amazing Green Plants Campfire

Spend your summer night around Meadowside's campfire ring to enjoy tasty roasted marshmallows, a craft, and a showing of the film *Harold and His Amazing Green Plants* (10 min). Bring your favorite chocolate for s'mores—we'll supply the marshmallows and graham crackers! Please register all participants; fee is for children only.

239303 3 & up 1 Class \$5 7/25 Th 8:00-9:00pm

Reptile and Amphibian Campfire

We'll cook dinner over the campfire then get a close-up look at a couple of our resident reptiles and amphibians. Bring your own hot dogs, buns, drinks, and sides. We'll supply the fire, roasting sticks, condiments, and marshmallows. Please register all participants; fee is for children only.

239304 3 & up 1 Class \$5 8/8 Th 6:30-8:00pm

Family Night Out

Enjoy the waning hours of summer spending family time together exploring outdoors in the park. Please register all participants; fee is for children only.

Evening Insects

We'll head out to the meadow with insect nets and see what's hopping, crawling, and flying. Please wear long pants and closed-toed shoes.

239305 3 & up 1 Class \$5 8/21 W 6:30-7:30pm

Investigate the Stream

We'll walk about 1/3 mile downhill to the stream and use aquatic nets to see what's active as the daylight wanes. Please wear shoes you don't mind getting wet.

239306 3 & up 1 Class \$5 8/22 Th 6:30-7:30pm

Volunteers In Parks? Naturally!

Who? Why?

- Students
- Retirees
- Working adults
- College students
- Families
- Corporations
- Civic Associations
- You!
- Support your Parks
- Learn new things
- Share your gifts
- Meet new friends
- Build your resume
- Fulfill a service requirement
- Develop your network
- Stay active and involved
- Try a career
- Give back a little
- Give back a lot
- MAKE A DIFFERENCE!

How?

Search by Interest at
ParksVolunteers.org



Search by Interest

- [Nature & Environment](#)
- [Special Events & Projects](#)
- [Gardening & Groundwork](#)
- [Trails](#)
- [History & Archaeology](#)
- [Public Safety](#)
- [Sports & Recreation](#)

Get outdoors this summer, help a good cause and have fun at the same time! In May and June, you can volunteer at a **Trail Workday**, and help get our natural surface trails in shape! Love history and enjoy talking to groups? Volunteer as a **Tour Guide** at one of our historic sites (see www.HistoryintheParks.org for more info). Enjoy working with kids? Volunteer as a **Camp Counselor** at a week-long summer camp at one of our four Nature Centers. To find links to these and many more long- and short-term volunteer opportunities, "Search and Apply for Volunteer Opportunities" at www.ParksVolunteers.org.

Want a longer term volunteer opportunity? We may have just what you're looking for!
These are just a few of the positions we are looking to fill.

- | | | |
|-----------------------------------|----------------------------------|--------------------------------------|
| Bluebird Monitors | Gift Shop Assistants | Nature Program Specialists |
| Boat Captains | Ice Skating Instructor Assistant | Nature Story Time Volunteers |
| Bussard Farmhouse Volunteer Guide | Master Naturalist Training | Oakley Cabin Special Event Assistant |
| Butterfly Meadow Gardeners | Nature/Visitor Center Hosts | Trail Groundskeepers |
| Camp Counselors | Naturalist Aides | Underground Railroad Guide |
| Gardeners | Nature Exploration Area Stewards | |



For more information or to apply, visit our website or call:
www.ParksVolunteers.org 301-495-2504



Summer Fun@Wheaton Regional Park



Wheaton Ice Arena

\$5 Summer Skates at every Public Session June-August, including Teen Skates on Friday nights (see p.134). Group lessons and cool summer camps like Ice Hockey, Figure Skating, and Theatre on Ice. Want to play with the Washington Capitals Street Hockey Team? Come to Wheaton Ice on July 27! See p.137

www.WheatonIceArena.com



Week in the Park

Ice skating and tennis lessons, nature walks, trips to the Splash Playground and Train and Carousel, and more! Full-day, five-day camps run weekly, June 24—August 23. www.MontgomeryParks.org/Camps



Wheaton Indoor Tennis

USTA Junior Spring Open Tennis Tournament June 14-16; group lessons and swell summer camps like Tennis & So Much More and Tennis Boot Camp. Plus Summer Spot Time Specials—play for \$10/hour any day May-August! See p.141-147 for details. Pssst...Wheaton Tennis is air-conditioned!

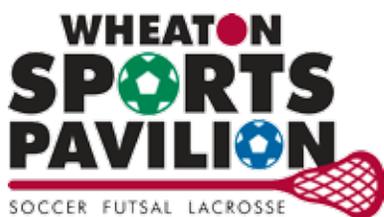
www.WheatonTennis.com



Wheaton Train & Carousel

Just \$1.75 per person each trip—why not ride them both? Get a 10-trip ticket book and save. Great party rooms, too: rent the Train Station (2 hours for \$100 M-F or \$175 Sat. & Sun.); or smaller Carousel Room (\$50/2 hours).

www.WheatonTrainandCarousel.com



Wheaton Sports Pavilion

Rent the covered pavilion for your soccer, lacrosse or futsal games. Special rates for first-time renters. Coming soon: Drop-in soccer games! See p.138

www.WheatonSportsPavilion.com



plus...flowers, butterflies and fun at **Brookside Gardens**...camps, hikes and more fun and learning at **Brookside Nature Center**...fun for your pooch at **Wheaton Dog Park** (no fee!)...a world of DIY fun at the **Adventure Playground**...eight big picnic shelters...11 miles of trails...lessons and trail rides at **Wheaton Park Stables**...and more.



Wheaton Regional Park • Wheaton, MD 20902 • Map at MontgomeryParks.org/search



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

Like both rinks (and Montgomery Parks) on  Follow "WheatonIce" on 

ICE SKATING & HOCKEY GROUP LESSONS Registration Info

FOUR WAYS TO REGISTER

- Online at www.ParkPASS.org
- By phone (automated) at 301-670-6858 (have your ParkPASS account information handy).
- In person at the rinks until 9pm daily (no phone registrations can be taken at the rinks).
- Mail registration form and payment to the rinks. (Checks/money orders only; no cash or credit cards)

REGISTRATION DATES

- SUMMER 1 registration opens June 18 (for MoCo residents) and June 19 (for all), and runs through June 25
- SUMMER 2 registration opens July 5 for all, and runs through July 27.
- Beginning June 26 (SUMMER 1) and July 28 (SUMMER 2), register in person only at the rink (a non-refundable \$10 service fee applies).
- Summer classes run June 27-July 25 (SUMMER 1) and July 29-August 25 (SUMMER 2).

COURSE FEES COVER

- Four lessons (30 or 45 minutes, depending on class)
- A practice card good for admission to 4 or 6 practice sessions (depending on your class) during public skating sessions. Practice cards are valid during the 4-week lesson period until the start of the next lesson period. Practice cards are non-transferable and non-refundable, and lost cards cannot be replaced.
- Use of rental skates for lessons and practices.

PLEASE NOTE

- There are no make-ups or 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 tell each student if he or she is ready to advance to the next skill level, or would benefit more 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.

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 front desk 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.



DATES TO NOTE

Both rinks are closed (no classes)...

- Memorial Day weekend (May 25-27)
- Independence Day (Thursday, July 4)

SPECIAL NEEDS

Montgomery Parks encourages and supports the participation of individuals with disabilities. In order to make reasonable accommodations based on individuals' needs and abilities, please contact the Skating Director three or four days before your class starts, and request accommodation at that time.



Ice Skating

Tot Ice Skating

The Tot ice skating curriculum is designed for children ages 3-4 who would like to gain skating experience. Classes cover falling down and getting up, marching, swizzles, two-foot glide and snow plow stop. Bicycle helmets are strongly recommended for beginners.

Parent & Tot Ice Skating

Skating is fun, and great exercise for you and your child! This class teaches toddlers 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, march, and march while moving on the ice. You'll need basic skating skills so you can skate with your child. Fee covers one child and one parent; please register child only.

Cabin John Ice Rink

Table with 7 columns: ID, Age, Classes, Cost, Date, Day, Time. Rows include 236006, 236005, 236004, 236007, 240304, 240303, 240302, 240305.

Wheaton Ice Arena

Table with 7 columns: ID, Age, Classes, Cost, Date, Day, Time. Rows include 239901, 239902.

Tot 1

Learn the proper way to fall down and stand up, marching, and marching while moving. Proper skate fitting will also be covered.

Cabin John Ice Rink

Table with 7 columns: ID, Age, Classes, Cost, Date, Day, Time. Rows include 236012, 236014, 236011, 236015, 236013, 240311, 240310, 240312, 240309, 240313.

Wheaton Ice Arena

Table with 7 columns: ID, Age, Classes, Cost, Date, Day, Time. Rows include 239903, 239904.

Tot 2 Prerequisite: Passed Tot 1

Learn two-foot jump in place, forward swizzles (both while moving and standing still), two-foot glide, and backward wiggling.

Cabin John Ice Rink

Table with 7 columns: ID, Age, Classes, Cost, Date, Day, Time. Rows include 236019, 236021, 236020, 236018, 240316, 240317, 240319, 240318.

Wheaton Ice Arena

Table with 7 columns: ID, Age, Classes, Cost, Date, Day, Time. Rows include 239905, 239906.

Tot 3 Prerequisite: Passed Tot 2

Learn backward swizzles, one-foot glides, push and glide stroking, and stopping. Bicycle helmets are recommended.

Cabin John Ice Rink

Table with 7 columns: ID, Age, Classes, Cost, Date, Day, Time. Rows include 236026, 236025, 240323, 240324.

Pre-Alpha (Level 1)

Pre-Alpha classes are designed for beginning skaters or people with minimal ice skating experience, age four and up. Learn how to properly tie and fit skates, fall down and get up, march and glide on two feet, swizzle forward and in place, hop, and wiggle backward.

Pre-Alpha, Preschool (Level 1)

Cabin John Ice Rink

Table with 7 columns: ID, Age, Classes, Cost, Date, Day, Time. Rows include 236038, 236041, 236035, 236036, 236042, 236043, 236034, 236039, 240337, 240336, 240339, 240333, 240334, 240340, 240341, 240332.

Wheaton Ice Arena

Table with 7 columns: ID, Age, Classes, Cost, Date, Day, Time. Rows include 239911, 239912, 239913, 239914, 239915, 239916.

Pre-Alpha, Youth (Level 1)

Cabin John Ice Rink

Table with 7 columns: ID, Age, Classes, Cost, Date, Day, Time. Rows include 236049, 236046, 236047, 236053, 236045, 236050, 240347, 240346, 240348, 240344, 240350, 240343.

Pre-Alpha, Youth (Level 1) (cont.)

Wheaton Ice Arena

239919	6-12yrs	4 Classes	\$96	6/27	Th	4:30pm- 5:15pm
239920	6-12yrs	4 Classes	\$96	6/29	Sa	12:30pm- 1:15pm
239921	6-12yrs	4 Classes	\$96	6/30	Su	2:45pm- 3:30pm
239922	6-12yrs	4 Classes	\$96	8/1	Th	4:30pm- 5:15pm
239923	6-12yrs	4 Classes	\$96	8/3	Sa	12:30pm- 1:15pm
239924	6-12yrs	4 Classes	\$96	8/4	Su	2:45pm- 3:30pm

Pre-Alpha, Teen/Adult (Level 1)

Cabin John Ice Rink

236056	12 & up	4 Classes	\$96	6/27	Th	7:15pm- 8:00pm
240353	12 & up	4 Classes	\$96	8/1	Th	7:15pm- 8:00pm

Wheaton Ice Arena

239935	12 & up	4 Classes	\$96	6/29	Sa	10:45am-11:30am
239936	12 & up	4 Classes	\$96	8/3	Sa	10:45am-11:30am

Pre-Alpha PLUS (Level 2)

Prerequisite: Passed Pre-Alpha (Level 1)

Learn one-foot glides, forward swizzles with a two-foot glide, backward swizzles, two-foot turns, alternating one-foot pumping, and snowplow stops.

Pre-Alpha PLUS, Preschool (Level 2)

Cabin John Ice Rink

236061	4-6yrs	4 Classes	\$96	6/27	Th	4:00pm- 4:45pm
236063	4-6yrs	4 Classes	\$96	6/28	F	4:30pm- 5:15pm
236059	4-6yrs	4 Classes	\$96	6/29	Sa	9:30am-10:15am
236060	4-6yrs	4 Classes	\$96	6/29	Sa	11:30am-12:15pm
236064	4-6yrs	4 Classes	\$96	6/30	Su	1:15pm- 2:00pm
236058	4-6yrs	4 Classes	\$96	7/2	Tu	3:45pm- 4:30pm
236062	4-6yrs	4 Classes	\$96	7/3	W	4:00pm- 4:45pm
240359	4-6yrs	4 Classes	\$96	7/31	W	4:00pm- 4:45pm
240358	4-6yrs	4 Classes	\$96	8/1	Th	4:00pm- 4:45pm
240360	4-6yrs	4 Classes	\$96	8/2	F	4:30pm- 5:15pm
240356	4-6yrs	4 Classes	\$96	8/3	Sa	9:30am-10:15am
240357	4-6yrs	4 Classes	\$96	8/3	Sa	11:30am-12:15pm
240361	4-6yrs	4 Classes	\$96	8/4	Su	1:15pm- 2:00pm
240355	4-6yrs	4 Classes	\$96	8/6	Tu	3:45pm- 4:30pm

Wheaton Ice Arena

239937	4-6yrs	4 Classes	\$96	6/27	Th	5:15pm- 6:00pm
239938	4-6yrs	4 Classes	\$96	6/29	Sa	11:30am-12:15pm
239939	4-6yrs	4 Classes	\$96	6/30	Su	1:45pm- 2:30pm
239940	4-6yrs	4 Classes	\$96	8/1	Th	5:15pm- 6:00pm
239941	4-6yrs	4 Classes	\$96	8/3	Sa	11:30am-12:15pm
239942	4-6yrs	4 Classes	\$96	8/4	Su	1:45pm- 2:30pm

Pre-Alpha PLUS, Youth (Level 2)

Cabin John Ice Rink

236068	6-12yrs	4 Classes	\$96	6/27	Th	4:00pm- 4:45pm
236070	6-12yrs	4 Classes	\$96	6/28	F	4:30pm- 5:15pm
236066	6-12yrs	4 Classes	\$96	6/29	Sa	9:30am-10:15am
236072	6-12yrs	4 Classes	\$96	6/30	Su	1:15pm- 2:00pm
236065	6-12yrs	4 Classes	\$96	7/2	Tu	4:30pm- 5:15pm
236069	6-12yrs	4 Classes	\$96	7/3	W	4:00pm- 4:45pm
240366	6-12yrs	4 Classes	\$96	7/31	W	4:00pm- 4:45pm
240365	6-12yrs	4 Classes	\$96	8/1	Th	4:00pm- 4:45pm
240367	6-12yrs	4 Classes	\$96	8/2	F	4:30pm- 5:15pm
240363	6-12yrs	4 Classes	\$96	8/3	Sa	9:30am-10:15am
240369	6-12yrs	4 Classes	\$96	8/4	Su	1:15pm- 2:00pm
240362	6-12yrs	4 Classes	\$96	8/6	Tu	4:30pm- 5:15pm

Pre-Alpha Plus, Youth (Level 2) (cont.)

Wheaton Ice Arena

239943	6-12yrs	4 Classes	\$96	6/27	Th	5:15pm- 6:00pm
239944	6-12yrs	4 Classes	\$96	6/29	Sa	11:30am-12:15pm
239945	6-12yrs	4 Classes	\$96	6/30	Su	1:45pm- 2:30pm
239946	6-12yrs	4 Classes	\$96	8/1	Th	5:15pm- 6:00pm
239947	6-12yrs	4 Classes	\$96	8/3	Sa	11:30am-12:15pm
239948	6-12yrs	4 Classes	\$96	8/4	Su	1:45pm- 2:30pm

Pre-Alpha Plus, Teen/Adult (Level 2)

Cabin John Ice Rink

236073	12 & up	4 Classes	\$96	6/27	Th	7:15pm- 8:00pm
240370	12 & up	4 Classes	\$96	8/1	Th	7:15pm- 8:00pm

Wheaton Ice Arena

239949	12 & up	4 Classes	\$96	6/29	Sa	10:45am-11:30am
239950	12 & up	4 Classes	\$96	8/3	Sa	10:45am-11:30am

Alpha (Level 3)

Prerequisite: Passed Pre-Alpha Plus (Level 2)

Learn forward stroking, forward one-foot pumping and edges on the circle, forward crossovers, backward swizzles to two-foot and one foot glides, and an optional two-foot spin.

Alpha, All Ages (Level 3)

Cabin John Ice Rink

236077	4 & up	4 Classes	\$96	6/27	Th	4:00pm- 4:45pm
236075	4 & up	4 Classes	\$96	6/29	Sa	8:45am- 9:30am
236080	4 & up	4 Classes	\$96	6/30	Su	12:30pm- 1:15pm
236074	4 & up	4 Classes	\$96	7/2	Tu	3:45pm- 4:30pm
236078	4 & up	4 Classes	\$96	7/3	W	4:00pm- 4:45pm
240375	4 & up	4 Classes	\$96	7/31	W	4:00pm- 4:45pm
240374	4 & up	4 Classes	\$96	8/1	Th	4:00pm- 4:45pm
240376	4 & up	4 Classes	\$96	8/2	F	5:15pm- 6:00pm
240372	4 & up	4 Classes	\$96	8/3	Sa	8:45am- 9:30am
240377	4 & up	4 Classes	\$96	8/4	Su	12:30pm- 1:15pm
240371	4 & up	4 Classes	\$96	8/6	Tu	3:45pm- 4:30pm

Wheaton Ice Arena

239999	4 & up	4 Classes	\$96	6/27	Th	5:15pm- 6:00pm
240000	4 & up	4 Classes	\$96	6/29	Sa	10:45am-11:30am
240001	4 & up	4 Classes	\$96	6/30	Su	2:45pm- 3:30pm
240002	4 & up	4 Classes	\$96	8/1	Th	5:15pm- 6:00pm
240003	4 & up	4 Classes	\$96	8/3	Sa	10:45am-11:30am
240004	4 & up	4 Classes	\$96	8/4	Su	2:45pm- 3:30pm

Alpha, Teen/Adult (Level 3)

Cabin John Ice Rink

236081	All Ages	4 Classes	\$96	6/27	Th	7:15pm- 8:00pm
240378	All Ages	4 Classes	\$96	8/1	Th	7:15pm- 8:00pm



Ice Skating



Let us create a
CUSTOM CLASS
especially for you!

Nothing feels quite like something that's tailor-made especially for you. Let us create a custom ice skating class for your group: friends, family members, school classmates, scouts, etc. Simply call the Skating Director at either rink, and we'll be happy to put together a class that fits you to a "T"! Minimum of four (4) participants, please.

Mindy Shibem
Cabin John Ice
301-765-8627

Samantha Hickey
Wheaton Ice
301-905-3004



Ice Skating

Beta (Level 4) Prerequisite: Passed Alpha (Level 3) Learn backward stroking, backward one-foot glides, back pumping on the circle, backward crossovers, moving forward to backward two-foot turn, and hockey stops. Review forward crossovers, and begin consecutive forward outside edges on a line.

Beta, All Ages (Level 4)

Cabin John Ice Rink

Table with 7 columns: ID, Age Group, Classes, Price, Date, Day, Time. Rows include 236088, 236086, 236087, 236091, 236085, 236089, 240386, 240385, 240387, 240383, 240384, 240388, 240382.

Wheaton Ice Arena

Table with 7 columns: ID, Age Group, Classes, Price, Date, Day, Time. Rows include 240007, 240008, 240009, 240010, 240011, 240012.

Beta, Teen/Adult (Level 4)

Cabin John Ice Rink

Table with 7 columns: ID, Age Group, Classes, Price, Date, Day, Time. Rows include 236096, 240393.

Gamma (Level 5)

Prerequisite: Passed Beta (Level 4) Complete forward outside edges on the line, forward outside 3-turns, backward outside and inside edges on the circle, and backward stopping. Skills for figure skaters: two-foot to one-foot spin, side toe-hop, and forward inside pivots.

Gamma, All Ages (Level 5)

Cabin John Ice Rink

Table with 7 columns: ID, Age Group, Classes, Price, Date, Day, Time. Rows include 236105, 236104, 236103, 240399, 240401, 240400.

Wheaton Ice Arena

Table with 7 columns: ID, Age Group, Classes, Price, Date, Day, Time. Rows include 240049, 240050, 240051, 240052, 240053, 240054.

Gamma, Teen/Adult (Level 5)

Prerequisite: Passed Beta (Level 4) Complete forward outside edges on the line, forward outside 3-turns, backward outside and inside edges on the circle, and backward stopping. Skills for figure skating: two-foot to one-foot spin, side toe-hop, and forward inside pivots.

Cabin John Ice Rink

Table with 7 columns: ID, Age Group, Classes, Price, Date, Day, Time. Rows include 236106, 240402.

Delta (Level 6) Prerequisite: Passed Gamma (Level 5)

Learn backward to forward two-foot turns, forward inside three-turns, forward inside edges on the line. T-stops, lunges, and review of forward and backward crossovers. Skills for figure skaters: bunny-hops, spiral, shoot the duck or lunge, and ballet jump.

Delta, All Ages (Level 6)

Cabin John Ice Rink

Table with 7 columns: ID, Age Group, Classes, Price, Date, Day, Time. Rows include 236110, 236107, 236109, 236108, 240404, 240406, 240403, 240405.

Wheaton Ice Arena

Table with 7 columns: ID, Age Group, Classes, Price, Date, Day, Time. Rows include 240055, 240056, 240057, 240058, 240059, 240060.

Delta, Teen/Adult (Level 6)

Cabin John Ice Rink

Table with 7 columns: ID, Age Group, Classes, Price, Date, Day, Time. Rows include 236111, 240407.



NOW AVAILABLE!

Get your Montgomery Parks Gift Card at most

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Freestyle

Introduction to Freestyle

Prerequisite: Passed Delta (Level 6)

This course is designed to bridge the gap between the basic group lesson skills and Freestyle skating. We'll cover advanced forward stroking, backward outside edges on the line, mohawks, one-foot spins with crossed-leg position, moving forward outside and inside three-turns, mazurka, landing positions, and waltz jumps, and freestyle etiquette. Emphasis will be placed on edges, and flow between elements.

Cabin John Ice Rink

236113	5 & up	4 Classes	\$96	6/29	Sa	10:30am-11:15am
236112	5 & up	4 Classes	\$96	7/3	W	5:30pm- 6:15pm
240408	5 & up	4 Classes	\$96	7/31	W	5:30pm- 6:15pm
240409	5 & up	4 Classes	\$96	8/3	Sa	10:30am-11:15am

Wheaton Ice Arena

240061	5 & up	4 Classes	\$96	6/27	Th	6:15pm- 7:00pm
240062	5 & up	4 Classes	\$96	8/1	Th	6:15pm- 7:00pm

Freestyle 1

Prerequisite: Passed Introduction to Freestyle

Skills to be covered include the 10-step Mohawk sequence, forward and backwards crossover patterns in a figure eight, backward inside edges on a line, introduction to the backward outside three-turn, advanced forward one-foot spin (scratch spin), a half-flip, and waltz jump from backward crossovers.

Cabin John Ice Rink

236114	5 & up	4 Classes	\$96	6/29	Sa	11:15am-12:00pm
236115	5 & up	4 Classes	\$96	7/2	Tu	7:00pm- 7:45pm
240410	5 & up	4 Classes	\$96	8/3	Sa	11:15am-12:00pm
240411	5 & up	4 Classes	\$96	8/6	Tu	7:00pm- 7:45pm

Wheaton Ice Arena

240063	5 & up	4 Classes	\$96	6/27	Th	6:15pm- 7:00pm
240064	5 & up	4 Classes	\$96	8/1	Th	6:15pm- 7:00pm

Freestyle 2 *Prerequisite: Passed Freestyle 1*

Learn forward spirals from outside and inside edges, waltz-jump combination sequence, toe-loop, half-lutz, beginning back spin, and backward outside three-turn. Ice dancing skills will also be covered.

Cabin John Ice Rink

236118	5 & up	4 Classes	\$96	6/29	Sa	11:15am-12:00pm
236119	5 & up	4 Classes	\$96	7/3	W	5:30pm- 6:15pm
240415	5 & up	4 Classes	\$96	7/31	W	5:30pm- 6:15pm
240414	5 & up	4 Classes	\$96	8/3	Sa	11:15am-12:00pm

Wheaton Ice Arena

240065	5 & up	4 Classes	\$96	6/27	Th	6:15pm- 7:00pm
240066	5 & up	4 Classes	\$96	8/1	Th	6:15pm- 7:00pm

Freestyle 3 *Prerequisite: Passed Freestyle 2*

Learn the waltz eight, backward inside three-turns, a salchow, a new waltz jump combination sequence, and forward swing rolls; master the back spin.

Cabin John Ice Rink

236120	5 & up	4 Classes	\$96	6/29	Sa	11:15am-12:00pm
236121	5 & up	4 Classes	\$96	7/3	W	6:30pm- 7:15pm
240417	5 & up	4 Classes	\$96	7/31	W	6:30pm- 7:15pm
240416	5 & up	4 Classes	\$96	8/3	Sa	11:15am-12:00pm

Freestyle 3 (cont.)

Wheaton Ice Arena

240067	5 & up	4 Classes	\$96	6/27	Th	7:00pm- 7:45pm
240068	5 & up	4 Classes	\$96	8/1	Th	7:00pm- 7:45pm

Freestyle 4 *Prerequisite: Passed Freestyle 3*

Learn forward power three-turns, backward progressive chasse sequence, loop jump, sit spin, and backward spirals (both feet, both edges).

Cabin John Ice Rink

236122	5 & up	4 Classes	\$96	6/29	Sa	11:15am-12:00pm
236123	5 & up	4 Classes	\$96	7/3	W	6:30pm- 7:15pm
240419	5 & up	4 Classes	\$96	7/31	W	6:30pm- 7:15pm
240418	5 & up	4 Classes	\$96	8/3	Sa	11:15am-12:00pm

Wheaton Ice Arena

240069	5 & up	4 Classes	\$96	6/27	Th	7:00pm- 7:15pm
240070	5 & up	4 Classes	\$96	8/1	Th	7:00pm- 7:15pm

Freestyle 5 *Prerequisite: Passed Freestyle 4*

Learn the backward mohawk sequence, a spiral sequence, waltz, loop jump combination, flip jump, camel spin, and forward to backward spin.

Wheaton Ice Arena

240071	5 & up	4 Classes	\$96	6/27	Th	7:00pm- 7:45pm
240072	5 & up	4 Classes	\$96	8/1	Th	7:00pm- 7:45pm

Freestyle 5-6 Combo

Prerequisite: Passed Freestyle 4

This course for advanced Freestyle students will focus on a combination of moves and skills in the Freestyle 5 and Freestyle 6 curriculum.

Cabin John Ice Rink

236125	5 & up	4 Classes	\$96	6/29	Sa	11:15am-12:00pm
236124	5 & up	4 Classes	\$96	7/3	W	7:15pm- 8:00pm
240420	5 & up	4 Classes	\$96	7/31	W	7:15pm- 8:00pm
240421	5 & up	4 Classes	\$96	8/3	Sa	11:15am-12:00pm

Freestyle 6 *Prerequisite: Passed Freestyle 5*

Learn alternating back crossovers to back outside extension, five-step mohawk sequence, loop-loop jump combo, lutz, axel walk-through and preparation, split jump/stag jump/falling leaf, and camel-sit spin combo.

Wheaton Ice Arena

240073	5 & up	4 Classes	\$96	6/27	Th	7:00pm- 7:45pm
240074	5 & up	4 Classes	\$96	8/1	Th	7:00pm- 7:45pm

Freestyle 7 *Prerequisite: Freestyle 6*

Students will learn advanced jumps, combination spins, and enhance their fluidity on the ice through practicing moves and edges.

Cabin John Ice Rink

236127	5 & up	4 Classes	\$96	6/29	Sa	10:30am-11:15am
240423	5 & up	4 Classes	\$96	8/3	Sa	10:30am-11:15am

Wheaton Ice Arena

240075	5 & up	4 Classes	\$96	6/27	Th	7:00pm- 7:45pm
240076	5 & up	4 Classes	\$96	8/1	Th	7:00pm- 7:45pm



Ice Skating

FATHER'S DAY SKATE

Dads skate FREE with one paid regular price admission!

WHEATON ICE
Sunday, June 16
11am-12:45pm

CABIN JOHN
Father's Day raffle, too!
Sunday, June 16
12:30-2:30pm



Ice Skating

Specialty Offerings



Moves/Edges

In this series of classes, skaters will work on power, edge quality, extension of line, quick and precise skating movements, and USFS Moves in the Field patterns. Please note the specific/different prerequisite for each course level.

Moves/Edges, All Levels

Prerequisite: Passed Delta

Skaters will be grouped according to skill level.

Cabin John Ice Rink

238704	5 & up	4 Classes	\$96	6/29	Sa	10:30am-11:15am
240433	5 & up	4 Classes	\$96	8/3	Sa	10:30am-11:15am

Moves/Edges, Advanced Adult

Prerequisite: Passed Intro to Freestyle or the USFS Pre-Preliminary Moves test

Wheaton Ice Arena

240079	18 & up	4 Classes	\$96	6/27	Th	6:15pm- 7:00pm
240080	18 & up	4 Classes	\$96	8/1	Th	6:15pm- 7:00pm

Power Stroking

Prerequisite: Passed Intro to Freestyle

Take your skating to the next level! This course is designed to be a workout for all freestyle level skaters - you'll build stamina and strength. Coaches will provide variations of exercises so you can gauge it to your own level and ability.

Cabin John Ice Rink

236136	5 & up	4 Classes	\$64	6/29	Sa	10:45am-11:15am
240436	5 & up	4 Classes	\$64	8/3	Sa	10:45am-11:15am

Just Scratch Spins

Prerequisite: Passed Intro to Freestyle

Having trouble with the scratch spin?

This course is specifically designed to help you master it! We recommend taking it along with your current Freestyle class.

Cabin John Ice Rink

236117	5 & up	4 Classes	\$96	6/29	Sa	10:30am-11:15am
240413	5 & up	4 Classes	\$96	8/3	Sa	10:30am-11:15am

Just Axels

Prerequisite: Freestyle 5, or permission from instructor.

The primary focus of this course is the walk-through, preparation, and execution of the axel jump.

Cabin John Ice Rink

236126	5 & up	4 Classes	\$96	6/29	Sa	10:30am-11:15am
240422	5 & up	4 Classes	\$96	8/3	Sa	10:30am-11:15am

\$5 Summer Skates!

JUNE, JULY & AUGUST

\$5 gets you in the door and in skates...very cool!

WHEATON ICE ARENA Offer good at all Public Sessions in JUNE, JULY and AUGUST, including Friday Night Teen Skates.

CABIN JOHN ICE Offer good at the 4:30-6:30pm Public Sessions any weekday (M-F) in JUNE, JULY and AUGUST



Parent and Tot Hockey

Prerequisite: Passed Tot 1 or 2

What's more fun than learning to pass the puck to Mom or Dad? This is a great introduction to hockey for parents and their children (ages 3-5). We'll cover basic skating and stick handling skills. *Please register only the child; fee covers one child and one parent. Equipment required: Caged helmet, elbow pads, shin guards, hockey gloves, and flat stick cut to skater's height; rental hockey skates are available.*

Cabin John Ice Rink

236003	3-5yrs	4 Classes	\$64	6/29	Sa	9:15am-9:45am
240301	3-5yrs	4 Classes	\$64	8/3	Sa	9:15am-9:45am

Wheaton Ice Arena

239899	3-5yrs	4 Classes	\$64	6/29	Sa	10:15am-10:45am
239900	3-5yrs	4 Classes	\$64	8/3	Sa	10:15am-10:45am

Pre-Alpha for Hockey

Learn to skate - in hockey skates! In this beginning ice skating class designed specifically for people who want to play hockey, you'll learn how to properly tie and fit skates, fall down and get up, march, glide on two feet, swizzle forward and wiggle backward -- all in hockey skates. *Cost of rental hockey skates included in course fee (or bring your own). Equipment required: Hockey skates (rentals provided). Recommended: Helmet*

Wheaton Ice Arena

239907	4 & up	4 Classes	\$96	6/29	Sa	10:45am-11:30am
239908	4 & up	4 Classes	\$96	8/3	Sa	10:45am-11:30am

Mitey Mites Hockey 1

Prerequisite: Passed Pre-Alpha or Tot 3 in hockey skates

We'll teach kids how to hold the stick correctly, stand in place and hop, forward skating using both feet with a glide, snowplow stop, beginning pushing off inside edge, forward swizzles, back wiggles, one-foot glide and falling down/standing up quickly.

Equipment required: Caged helmet, elbow pads, shin guards, hockey gloves, and flat stick cut to skaters height; rental hockey skates are available.

Cabin John Ice Rink

236010	4-8yrs	4 Classes	\$96	6/29	Sa	8:45am-9:30am
236009	4-8yrs	4 Classes	\$96	7/2	Tu	5:15pm-6:00pm
240308	4-8yrs	4 Classes	\$96	8/3	Sa	8:45am-9:30am
240307	4-8yrs	4 Classes	\$96	8/6	Tu	5:15pm-6:00pm

Mitey Mites Hockey 2

Prerequisite: Passed Pre-Alpha Plus in hockey skates, or passed Mitey Mites 1

Learn one-foot strides, one-foot snowplow stops, forward crossover walks, one-foot glides, forward swizzles with glide in-between, back swizzles and intro to forward C-cuts. *Equipment required: Caged helmet, elbow pads, shin guards, hockey gloves, and flat stick cut to skaters height; rental hockey skates are available.*

Cabin John Ice Rink

236017	4-8yrs	4 Classes	\$96	6/29	Sa	7:45am-8:30am
236016	4-8yrs	4 Classes	\$96	7/2	Tu	5:15pm-6:00pm
240315	4-8yrs	4 Classes	\$96	8/3	Sa	7:45am-8:30am
240314	4-8yrs	4 Classes	\$96	8/6	Tu	5:15pm-6:00pm

Mitey Mites Hockey 3

Prerequisite: Passed Mitey Mites 2

We'll cover back swizzles with two-foot glide, intro to forward power turn, forward C-cut, forward crossovers, hockey stop introduction, intro to backward C-cuts and backward skating. *Equipment required: Caged helmet, elbow pads, shin guards, hockey gloves, and flat stick cut to skaters height; rental hockey skates are available. Pants and cup are recommended.*

Cabin John Ice Rink

236024	4-8yrs	4 Classes	\$96	6/27	Th	5:30pm-6:15pm
236023	4-8yrs	4 Classes	\$96	6/29	Sa	7:45am-8:30am
236022	4-8yrs	4 Classes	\$96	7/2	Tu	6:00pm-6:45pm
240322	4-8yrs	4 Classes	\$96	8/1	Th	5:30pm-6:15pm
240321	4-8yrs	4 Classes	\$96	8/3	Sa	7:45am-8:30am
240320	4-8yrs	4 Classes	\$96	8/6	Tu	6:00pm-6:45pm

Mitey Mites Hockey 4

Prerequisite: Passed Mitey Mites 3

We'll cover forward crossovers in a figure-8 pattern, back C-cuts, back crossovers on a circle, hockey stop and back V-stop. *Equipment required: Caged helmet, curved stick cut to skaters height, shin guards, elbow and shoulder pads, hockey gloves, hockey pants, cup, hockey skates. Rental hockey skates are available.*

Cabin John Ice Rink

236029	4-8yrs	4 Classes	\$96	6/27	Th	5:30pm-6:15pm
236028	4-8yrs	4 Classes	\$96	6/29	Sa	7:45am-8:30am
236027	4-8yrs	4 Classes	\$96	7/2	Tu	6:00pm-6:45pm
240327	4-8yrs	4 Classes	\$96	8/1	Th	5:30pm-6:15pm
240326	4-8yrs	4 Classes	\$96	8/3	Sa	7:45am-8:30am
240325	4-8yrs	4 Classes	\$96	8/6	Tu	6:00pm-6:45pm

Mitey Mites Hockey 5

Prerequisite: Passed Mitey Mites 4

We'll cover forward power skating with proper strides, alternating forward crossovers, back crossovers in a figure-8 pattern and on a circle, forward edges, two-foot turn, back inside mohawks, backward crossovers straight down the ice, and power turns on proper edges. *Equipment required: Caged helmet, curved stick cut to skaters height, shin guards, elbow and shoulder pads, hockey gloves, hockey pants, cup, hockey skates. Rental hockey skates are available.*

Cabin John Ice Rink

236032	4-8yrs	4 Classes	\$96	6/27	Th	5:30pm-6:15pm
236031	4-8yrs	4 Classes	\$96	6/29	Sa	7:45am-8:30am
236030	4-8yrs	4 Classes	\$96	7/2	Tu	6:00pm-6:45pm
240330	4-8yrs	4 Classes	\$96	8/1	Th	5:30pm-6:15pm
240329	4-8yrs	4 Classes	\$96	8/3	Sa	7:45am-8:30am
240328	4-8yrs	4 Classes	\$96	8/6	Tu	6:00pm-6:45pm



FULL HOCKEY GEAR INCLUDES

- Caged hockey helmet
- Shoulderpads
- Elbow pads
- Hockey pants
- Shin guards
- Hockey gloves
- Protective cup
- Curved stick cut to skater's height
- Hockey skates

Rental skates are available at no extra charge with your class!



Hockey 1

Prerequisite: Passed Pre-Alpha (Level 1) in hockey skates
We'll teach forward stroking, one-foot stride with recovery, forward two-foot swizzles with a glide, one-foot glides, walking crossovers, snowplow stop, backward swizzles, forward C-cuts and one-foot stride on a circle. *Equipment required: Caged helmet, flat stick cut to skater's height, shin guards, hockey gloves, elbow pads, hockey skates (rentals available). Recommended: Cup.*

Cabin John Ice Rink

236033	8-13yrs	4 Classes	\$96	6/29	Sa	8:30am- 9:15am
240331	8-13yrs	4 Classes	\$96	8/3	Sa	8:30am- 9:15am

Wheaton Ice Arena

239909	4 & up	4 Classes	\$96	6/29	Sa	11:30am-12:15pm
239910	4 & up	4 Classes	\$96	8/3	Sa	11:30am-12:15pm

Hockey 2

Prerequisite: Passed Hockey 1
We'll teach forward skating with recovery alternating feet, forward C-cuts on a circle, forward crossovers, one-foot snowplow stop, back swizzles with a two-foot glide, introduction to back C-cuts, forward crossovers on a figure eight and forward edges. *Equipment required: Caged helmet, flat stick cut to skaters height, shin guards, hockey gloves, elbow pads, hockey skates (rentals hockey skates are available).*

Cabin John Ice Rink

236044	8-13yrs	4 Classes	\$96	6/29	Sa	8:30am- 9:15am
240342	8-13yrs	4 Classes	\$96	8/3	Sa	8:30am- 9:15am

Wheaton Ice Arena

239917	4 & up	4 Classes	\$96	6/30	Su	1:00pm- 1:45pm
239918	4 & up	4 Classes	\$96	8/4	Su	1:00pm- 1:45pm



FREE Hockey Equipment Rentals at Wheaton Ice

Thanks to the Washington Capitals, Wheaton Ice has a supply of hockey equipment for use at no cost for their Hockey 1 or 2 classes. Equipment fits kids ages 4-6 and 6-8, and includes shoulder pads, hockey pants and gloves, elbow pads, shin guards, and adjustable helmet. Please contact rink to confirm correct sizing. You'll return all equipment after each class, and pick it up again before your next class. Supply is limited; use the ParkPASS numbers below to reserve equipment after you register for Hockey 1 or 2 at Wheaton Ice.

Ice Hockey Equipment Rental: Small

239925	4-6yrs	4 Classes	Free	6/29	Sa	11:30am-12:15pm
239927	4-6yrs	4 Classes	Free	6/30	Su	1:00pm- 1:45pm
239929	4-6yrs	4 Classes	Free	8/3	Sa	11:30am-12:15pm
239931	4-6yrs	4 Classes	Free	8/4	Su	1:00pm- 1:45pm

Ice Hockey Equipment Rental: Large

239926	6-8yrs	4 Classes	Free	6/29	Sa	11:30am-12:15pm
239928	6-8yrs	4 Classes	Free	6/30	Su	1:00pm- 1:45pm
239930	6-8yrs	4 Classes	Free	8/3	Sa	11:30am-12:15pm
239932	6-8yrs	4 Classes	Free	8/4	Su	1:00pm- 1:45pm

Hockey 3

Prerequisite: Passed Hockey 2
We'll cover back C-cuts with a glide, back skating, back crossovers on a circle and straight down the ice, hockey stops, back V-stops, power turns, two-foot 3-turn and backward one-foot glide. *Equipment required: Caged helmet, curved stick cut to skaters height, shin guards, elbow and shoulder pads, hockey gloves, hockey pants, cup, hockey skates. Rental hockey skates are available.*

Cabin John Ice Rink

236055	8-13yrs	4 Classes	\$96	6/29	Sa	8:30am- 9:15am
240352	8-13yrs	4 Classes	\$96	8/3	Sa	8:30am- 9:15am

Wheaton Ice Arena

239933	4 & up	4 Classes	\$96	6/30	Su	1:45pm- 2:30pm
239934	4 & up	4 Classes	\$96	8/4	Su	1:45pm- 2:30pm

Hockey: Teen/Adult

Prerequisite: Passed Pre-Alpha Plus in hockey skates
Learn the fundamentals of hockey skating, including forward and backward crossovers, stops, stick handling and passing. *Equipment required: Caged helmet, curved stick cut to skaters height, shin guards, elbow and shoulder pads, hockey gloves, hockey pants, cup, hockey skates. Rental hockey skates are available.*

Cabin John Ice Rink

236057	12 & up	4 Classes	\$96	6/27	Th	8:45pm- 9:30pm
240354	12 & up	4 Classes	\$96	8/1	Th	8:45pm- 9:30pm

Power Skating for Hockey

Prerequisite: Passed Alpha, or Mitey Mites 2, or Hockey 2
Build on the fundamentals of hockey and take your skating skills to the next level! We'll emphasize speed, quickness, power and technique. *Equipment required: Caged helmet, curved stick cut to skaters height; shin guards; elbow and shoulder pads; hockey skates, gloves and pants; cup. Rental hockey skates are available.*

Cabin John Ice Rink

236082	4 & up	4 Classes	\$96	6/27	Th	6:15pm- 7:00pm
240379	4 & up	4 Classes	\$96	8/1	Th	6:15pm- 7:00pm

Wheaton Ice Arena

240005	4 & up	4 Classes	\$96	6/30	Su	1:00pm- 1:45pm
240006	4 & up	4 Classes	\$96	8/4	Su	1:00pm- 1:45pm

Passing & Shooting, Beginner

Prerequisite: Passed Pre-Alpha/Mitey Mites 1/Hockey 1
This specialty class will help you learn the basic hockey stance, stick curve/lie preferences, optimal hand and foot positioning, weight transfer, and how to pass and shoot from a stationary position. *Full gear and caged hockey helmet required; no game experience needed.*

Cabin John Ice Rink

236092	4 & up	4 Classes	\$96	6/27	Th	6:15pm- 7:00pm
236093	4 & up	4 Classes	\$64	6/29	Sa	8:00am- 8:30am
240389	4 & up	4 Classes	\$96	8/1	Th	6:15pm- 7:00pm
240390	4 & up	4 Classes	\$64	8/3	Sa	8:00am- 8:30am

Passing & Shooting, Intermediate

Prerequisite: Passed Mitey Mites 2 or Hockey 2

You've learned the basics of passing and shooting—you now it's time to learn the finer points of stickhandling. We'll also show you how to protect the puck from opponents, and review some fundamental passing skills.

Full gear and caged hockey helmets required; no game experience needed.

Cabin John Ice Rink

236094	4 & up	4 Classes	\$96	6/29	Sa	8:30am- 9:15am
236095	4 & up	4 Classes	\$96	7/2	Tu	5:15pm- 6:00pm
240391	4 & up	4 Classes	\$96	8/3	Sa	8:30am- 9:15am
240392	4 & up	4 Classes	\$96	8/6	Tu	5:15pm- 6:00pm

Scrimmage 1

Prerequisite: Passed Mitey Mites 2 or Hockey 1

Learn the rules of hockey through a hands-on instructional class which focuses on teaching kids crucial elements of the game. Skaters will learn the rules of the game, enhance their skills, and practice through a series of scrimmages. *Full gear required.*

Cabin John Ice Rink

236098	5-12yrs	4 Classes	\$96	6/29	Sa	8:30am- 9:15am
240395	5-12yrs	4 Classes	\$96	8/3	Sa	8:30am- 9:15am

Scrimmage 2

Prerequisite: Passed Scrimmage 1

In Scrimmage 2 players will build on skills learned in Scrimmage 1, with a special emphasis on game strategies. *Full gear required.*

Cabin John Ice Rink

236100	5-12yrs	4 Classes	\$96	6/28	F	6:00pm- 6:45pm
240397	5-12yrs	4 Classes	\$96	8/2	F	6:00pm- 6:45pm



The Washington Capitals SUMMER STREET HOCKEY TOUR

is coming to Montgomery Parks! It's going to be a great afternoon with members of the Caps Street Team and Slapshot as your hosts.



STREET

STREETCAPS™



3 STATIONS

- FREE LESSONS in stickhandling, passing and shooting
- SHOOTING CAGE Practice your new skills in the inflatable Caps cage
- GAME ON! Play a game with kids at your age & skill level in the Caps inflatable Street Hockey Rink



PRIZES & GIVEAWAYS

Wear your sneakers; we'll have all the equipment you'll need. Kids under 18 will need a parent or guardian there to sign a waiver for you. Open to all ages...and it's FREE!



SATURDAY, JULY 27 11AM-1PM
WHEATON ICE ARENA PARKING LOT

Date & time subject to change; visit web for updates

11717 Orebaugh Avenue | Wheaton, MD 20902 |
301-905-3000 | www.WheatonIceArena.com

MEET SLAPSHOT!



WHEATON
SPORTS
PAVILION
 SOCCER FUTSAL LACROSSE

Get your team under our roof!

FEATURES

- 200' x 85' **COVERED** field
- State-of-the art synthetic turf made with Nike Grind®
- Sewn-in soccer, lacrosse and futsal lines
- Open year-round
- Goals provided
- Four team rooms available
- Referee room and First Aid room
- Scoreboard, bleachers, team benches and dasher boards
- Sound system and Wi-Fi

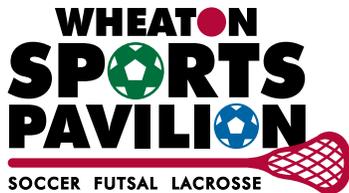
RENTAL RATES

- \$125/hour for county residents
- \$150/hour non-county residents
- \$75/hour for half-field (county or non-county residents)

DROP-IN SOCCER

Evening and weekend games starting soon—check the website for more information.

**NOW BOOKING...
 CALL 301-905-3070**



11751 Orebaugh Avenue | Wheaton, MD 20902 | 301-905-3070 | www.WheatonSportsPavilion.com

16601 Georgia Avenue • Olney, MD 20832 • 301-905-3095 • www.OlneyManorSkate.com



SKATING
3 hours under the lights
at Olney Manor Skatepark

FOOD vendors on site

MUSIC courtesy of
ROCKETERIA
 ★ WWW.ROCKETERIA.BIZ ★
Music and live bands
throughout the summer

CONTESTS & PRIZES
 courtesy of



FRIDAY
SUMMER
NIGHTS

at Olney Manor SkatePark
July 5-August 23, 2013
7:30-10:30pm

Summer Skateboard Camp

Learn or improve your skating skills and have some xtreme fun! Professional instructors from American Inline Skating will teach beginner through advanced skaters how to push, ride, tack turn olly, kick flip, grind, stall, drop in and get air.

Olney Manor Skate Park

226701	6-13yrs	5 Classes	\$170	6/17- 6/21	M-F	8:30am- Noon
226702	6-13yrs	5 Classes	\$170	7/8- 7/12	M-F	8:30am- Noon
226703	6-13yrs	5 Classes	\$170	7/22- 7/26	M-F	8:30am- Noon
226704	6-13yrs	5 Classes	\$170	7/29- 8/2	M-F	8:30am- Noon
226705	6-13yrs	5 Classes	\$170	8/12- 8/16	M-F	8:30am- Noon

Skaters are grouped by age and ability. Required equipment: Skateboard, helmet designed for skateboarding, elbow and knee pads, wrist guards, water and snack. Please print your ParkPASS confirmation for important details regarding cancellations, etc.

Summer Inline Skating Camp

Learn how to gear up, stand up, skate, stop, avoid falling down, turn, crossover, skate backwards, negotiate obstacles and skate safely. We'll play skating games, and take skating tours around the Olney Manor Recreational Park, too.

Olney Manor Skate Park

227650	6-13yrs	5 Classes	\$170	7/22- 7/26	M-F	8:30am- Noon
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Required equipment: Inline skates, helmet, knee and elbow pads, wrist guards, water and snack. Please print your ParkPASS confirmation for important details regarding cancellations, etc.

SKATE FEES *No price increases 3 years in a row*

Entrance Fees	
Day Pass (1 Visit)	\$ 5.00
15-Visit Pass (FSP)	\$33.00
30-Visit Pass (FSP)	\$60.00
45-Visit Pass (FSP)	\$81.00
2012 Season Pass (unlimited visits for one season)	\$85.00

- The 15-Visit, 30-Visit and 45-Visit "Frequent Skater" Passes (FSP) may be used by both you and your guests. You have to be there for your guests to use your pass.

- The 15-Visit, 30-Visit and 45-Visit "Frequent Skater" Passes have no expiration date and are good from season to season until all visits are used.



Summer Fun @ Cabin John Regional Park



Cabin John Ice Rink

Enjoy \$5 Summer Skates (see p.134 for details)...Father's Day Skate June 16 (Dad skates *free* with a paid admission)...figure skating and hockey lessons...and first-class summer camps like Summer Fun Ice Skating Camp, Ice Hockey Camp, Theatre on Ice Camp, Tennis & Ice Skating Camp, and Freestyle Camp.

www.CabinJohnIce.com



Cabin John Dog Park

Socialize with other dog owners while your dogs play...and there's no fee! Open sunrise to sunset, 10900 Westlake Drive, Bethesda, MD



Pauline Betz Addie Tennis Center

10 and Under Tennis, Tennis Boot Camp, Cardio Tennis...these are just a few of the great classes taught by the pros at PBA. PLUS...Summer Spot Time Specials...play for just \$10/hour, May-August (see p.141 for details).

www.CabinJohnTennis.com



Locust Grove Nature Center

Nature classes, trail hikes, outdoor education and fun! Check out their "Tuesday in the Park" events—free outdoor programs for all, led by Naturalists. Nature-themed birthday parties, too!

www.LocustGroveNature.org



Cabin John Miniature Train

Still just \$1.75 per person per ride...get a 10-trip ticket book and save the cost of one ride! Rent the Train Station for your next party (2 hours for \$100 M-F, or \$175 Sat. & Sun.; includes 20 train tickets for your guests).

www.CabinJohnTrain.com



plus... DIY fun at **Cabin John Adventure Playground...**

11 big picnic shelters...five miles of hiking/biking trails...**Shirley Povich Field**, home of the Bethesda **Big Train** baseball team...a beautiful **Tai Chi Court**...and more.



Cabin John Regional Park • 7400 Tuckerman Lane • Bethesda, MD 20817



Pauline Betz Addie Tennis Center
at 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



USTA 10 and Under Tennis



This ground-breaking new 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 www.10andUnderTennis.com, and sign up for a class today.

USTA 10 and Under Tennis: AGES 4-6

Pauline Betz Addie Tennis / Cabin John

236261	4-6yrs	6 Classes	\$132	7/6	Sa	9:00am-10:00am
236262	4-6yrs	6 Classes	\$132	7/6	Sa	11:00am-12:00pm
236264	4-6yrs	6 Classes	\$132	7/7	Su	11:00am-12:00pm

Wheaton Indoor Tennis

236298	4-6yrs	6 Classes	\$108	7/6	Sa	9:00am-10:00am
238600	4-6yrs	6 Classes	\$108	7/6	Sa	1:00pm- 2:00pm
239701	4-6yrs	6 Classes	\$108	7/7	Su	11:00am-12:00pm

USTA 10 and Under Tennis: AGES 7-10

Pauline Betz Addie Tennis / Cabin John

236276	7-10yrs	6 Classes	\$132	7/6	Sa	10:00am-11:00am
236277	7-10yrs	6 Classes	\$132	7/6	Sa	12:00pm- 1:00pm
236281	7-10yrs	6 Classes	\$132	7/7	Su	12:00pm- 1:00pm

Wheaton Indoor Tennis

236314	7-10yrs	6 Classes	\$108	7/6	Sa	9:00am-10:00am
236317	7-10yrs	6 Classes	\$108	7/6	Sa	10:00am-11:00am
236320	7-10yrs	6 Classes	\$108	7/7	Su	10:00am-11:00am
239699	7-10yrs	6 Classes	\$108	7/7	Su	3:00pm- 4:00pm

Class taught in English, Spanish, German & French.

Parent & Child Tennis

Bring your 5-8 year-old child 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 / Cabin John

236772	5-8yrs	6 Classes	\$144	7/7	Su	1:00pm- 2:00pm
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Wheaton Indoor Tennis

238499	5-8yrs	6 Classes	\$126	7/6	Sa	11:00am-12:00pm
238560	5-8yrs	6 Classes	\$126	7/6	Sa	12:00pm- 1:00pm
238160	5-8yrs	6 Classes	\$126	7/7	Su	2:00pm- 3:00pm
239700	5-8yrs	6 Classes	\$126	7/7	Su	10:00am-11:00am

Class taught in English, Spanish, German & French.

Parent & Pre-Teen Tennis

For parents and their 9- to 12-year-old children; see "Parent & Child Tennis" for class description. Have fun learning tennis together! *Fee covers one adult and one child; register the child only.*

Wheaton Indoor Tennis

238163	9-12yrs	6 Classes	\$126	7/6	Sa	11:00am-12:00pm
238561	9-12yrs	6 Classes	\$126	7/6	Sa	12:00pm- 1:00pm
238164	9-12yrs	6 Classes	\$126	7/7	Su	12:00pm- 1:00pm
239704	9-12yrs	6 Classes	\$126	7/7	Su	2:00pm- 3:00pm

Class taught in English, Spanish, German & French.



Summer SPOT Specials

\$10

per hour for all spot time at both Pauline Betz Addie Tennis Center and Wheaton Indoor Tennis

May 1 - August 31, 2013

Reserve your court time today! • Don't forget, Wheaton has A/C!



Beginner Tennis

These classes are designed for students who have never played tennis. You'll 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.

Beginner Tennis, USTA

For pre-teen beginners, we've taken the exciting "10 and Under Tennis" program and adapted it for kids age 11-13. The difference between this and other beginning tennis programs? Everything is right-sized for the age group: racquets are lighter and smaller, balls are less bouncy and easier to hit, and courts are smaller (but proportionate) than adult courts. The benefits are immediate—within an hour kids are rallying, having fun and psyched for more.

Wheaton Indoor Tennis

238153 11-13yrs 6 Classes \$108 7/6 Sa 1:00pm- 2:00pm

Beginner Tennis, TEEN

Wheaton Indoor Tennis

239703 13-17yrs 6 Classes \$108 7/7 Su 1:00pm- 2:00pm

Beginner Tennis, ADULT

Pauline Betz Addie Tennis / Cabin John

236675 18 & up 6 Classes \$132 7/6 Sa 5:00pm- 6:00pm

Wheaton Indoor Tennis

238449	18 & up	6 Classes	\$108	7/6	Sa	10:00am-11:00am
238150	18 & up	6 Classes	\$108	7/6	Sa	2:00pm- 3:00pm
239702	18 & up	6 Classes	\$108	7/7	Su	11:00am-12:00pm
239711	18 & up	6 Classes	\$108	7/7	Su	4:00pm- 5:00pm

Class taught in English, Spanish, German & French.

Beginner Tennis, SENIOR

Designed for adults 55 and older who have never played tennis or have had minimal instruction. Your instructor will go over basic stance, grip, strokes (hitting technique), and court etiquette. We'll use low-compression balls that don't bounce as high or travel as far as standard tennis balls, making the learning experience even more enjoyable.

Wheaton Indoor Tennis

238151 55 & up 6 Classes \$108 7/6 Sa 10:00am-11:00am

Intermediate Tennis @Wheaton

In Intermediate courses at Wheaton Indoor 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, YOUTH

Wheaton Indoor Tennis

239709 5-8yrs 6 Classes \$108 7/7 Su 3:00pm- 4:00pm

Intermediate, PRE-TEEN

Wheaton Indoor Tennis

238606 9-12yrs 6 Classes \$108 7/6 Sa 2:00pm- 3:00pm

Intermediate, TEEN

Wheaton Indoor Tennis

238552	13-17yrs	6 Classes	\$108	7/6	Sa	12:00pm- 1:00pm
238564	13-17yrs	6 Classes	\$108	7/6	Sa	1:00pm- 2:00pm
238554	13-17yrs	6 Classes	\$108	7/7	Su	4:00pm- 5:00pm

Intermediate, ADULT

Wheaton Indoor Tennis

238569	18 & up	6 Classes	\$108	7/6	Sa	11:00am-12:00pm
238571	18 & up	6 Classes	\$108	7/7	Su	12:00pm- 1:00pm

First Intermediate Tennis @ Pauline Betz Addie

First Intermediate students at Pauline Betz Addie (PBA) will learn how the game of tennis is played, how to keep score, and the difference between doubles and singles. We'll work on service returns and approach shots, and continue to work on stroke development (hip and shoulder rotation, proper racquet positioning, and low-to-high, high-to-low and level swing planes) and consistency.

First Intermediate, YOUTH

Pauline Betz Addie Tennis / Cabin John

236330	5-8yrs	6 Classes	\$132	7/6	Sa	9:00am-10:00am
236331	5-8yrs	6 Classes	\$132	7/6	Sa	1:00pm- 2:00pm
236332	5-8yrs	6 Classes	\$132	7/7	Su	2:00pm- 3:00pm

First Intermediate, PRE-TEEN

Pauline Betz Addie Tennis / Cabin John

236733	9-12yrs	6 Classes	\$132	7/6	Sa	10:00am-11:00am
236734	9-12yrs	6 Classes	\$132	7/6	Sa	2:00pm- 3:00pm
236735	9-12yrs	6 Classes	\$132	7/7	Su	3:00pm- 4:00pm

First Intermediate, TEEN

Pauline Betz Addie Tennis / Cabin John

236741	13-17yrs	6 Classes	\$132	7/6	Sa	11:00am-12:00pm
236742	13-17yrs	6 Classes	\$132	7/7	Su	1:00pm- 2:00pm

First Intermediate, ADULT

236725	18 & up	6 Classes	\$132	7/6	Sa	12:00pm- 1:00pm
236726	18 & up	6 Classes	\$132	7/7	Su	2:00pm- 3:00pm



INDOOR Tennis REGISTRATION

Registration opens **JUNE 23/24*** for all summer INDOOR lessons

*First registration date listed above is for Montgomery County residents; second date is open to all.



NOW AVAILABLE!

Get your Montgomery Parks Gift Card at most Parks facilities.

Use them for classes, rentals, admission fees and more. Call 301-495-2580 or visit www.MontgomeryParks.org/giftcard for complete information.



Junior Spring Open USTA Tennis Tournament

Enter Wheaton Indoor Tennis' first sanctioned USTA Junior Tennis Tournament!

- Five age categories (10 & under, 12 & under, 14 & under, 16 & under, 18 & under)
- **USTA Level 5** singles play (boys vs. boys, girls vs. girls)
- \$28 entry fee for 10 & under category; \$55 for all other ages
- **Trophies** for 1st and 2nd place winners in each age category
- Contestants must be USTA members...but USTA is offering **FREE** Junior Memberships to kids age 10 & under through the end of the year. Visit www.tryusta.com/juniorfree to sign up.
- Register and pay your entry fee no later than midnight, Tuesday, June 11 at <http://tennislink.usta.com>. The tennis tournament number is **300046513**.

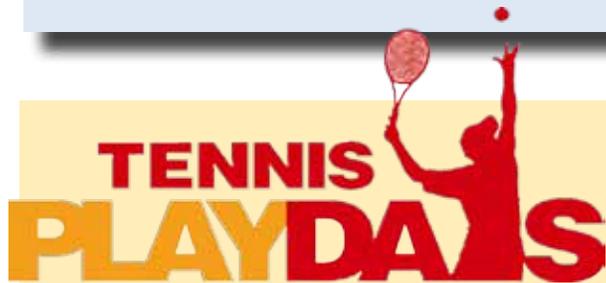


June 14-16, 2013

Enter today at

<http://tennislink.usta.com>

MID-ATLANTIC



Just a little friendly tennis competition for kids 8 & under...
and a chance to qualify for the Citi Open Play Day Finale!

SATURDAY, JUNE 8 • 1:00-3:00pm

Parents, bring your kids to this special **TENNIS PLAY DAY** at Wheaton Indoor Tennis! Play Days give our youngest players an opportunity to experience the fun of tennis and thrill of competition in a low-key, non-threatening atmosphere. With appropriately sized equipment and courts*, kids can build confidence, make friends, improve their skills, get active and have fun! Boys and girls will be placed on informal teams, and racquets will be provided for those who need them. Snacks and small giveaways for everyone, too! Open to players at all skill levels.

BONUS: Winning teams will advance to USTA Mid-Atlantic's Citi Open Play Day Finale in DC on July 27! They'll earn a t-shirt, Citi Open professional tournament tickets, lunch vouchers and a gift.

*We'll have the official USTA "blended" lines (marking the somewhat smaller boundaries for the 8 and Under and 10 and Under sets) painted on four courts at Wheaton Indoor Tennis by June 8. Come help us break them in!



Wheaton Indoor Tennis ParkPASS #241999 for ages 4-8 Saturday, June 8 1:00-3:00pm \$8.00

CITI OPEN PLAY DAY CIRCUIT MAKING TENNIS KID FRIENDLY!



MID-ATLANTIC



SUMMER HOURS and dates to note

May 1—August 31
PBA Tennis Center OPEN
Wheaton Tennis OPEN
Both Facilities Closed
Monday, May 27 (Memorial Day)
Thursday, July 4 (Independence Day)
Monday, September 2 (Labor Day)
August 19-25 for annual maintenance
August 26-September 1 for annual maintenance

Second Intermediate Tennis @ Pauline Betz Addie

In Second Intermediate Tennis at Pauline Betz Addie (PBA), you'll learn how to perfect your ground stroke, forehand and backhand; develop advanced court strategies; and execute half-volleys. Drills and games will be faster-paced, and we'll use tennis-specific stretching and conditioning exercises to help you increase coordination, flexibility, balance and endurance.

Second Intermediate, PRE-TEEN

Pauline Betz Addie Tennis / Cabin John
236790 9-12yrs 6 Classes \$132 7/6 Sa 4:00pm-5:00pm

Second Intermediate, TEEN

Pauline Betz Addie Tennis / Cabin John
236800 13-17yrs 6 Classes \$132 7/7 Su 12:00pm-1:00pm

Second Intermediate, ADULT

Pauline Betz Addie Tennis / Cabin John
236778 18 & up 6 Classes \$132 7/6 Sa 1:00pm-2:00pm
236779 18 & up 6 Classes \$132 7/7 Su 3:00pm-4:00pm

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, YOUTH

Pauline Betz Addie Tennis / Cabin John
236671 5-8yrs 6 Classes \$144 7/6 Sa 3:00pm-4:00pm

Advanced, TEEN

Pauline Betz Addie Tennis / Cabin John
236667 13-17yrs 6 Classes \$144 7/6 Sa 2:00pm-3:00pm

Wheaton Indoor Tennis

238149 13-17yrs 6 Classes \$120 7/7 Su 5:00pm-6:00pm

Advanced, ADULT

Pauline Betz Addie Tennis / Cabin John
236651 18 & up 6 Classes \$288 7/6 Sa 2:00pm-4:00pm
236953 18 & up 6 Classes \$288 7/7 Su 2:00pm-4:00pm

Wheaton Indoor Tennis

239721 18 & up 6 Classes \$120 7/7 Su 5:00pm-6:00pm

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 your children develop tennis and athletic skills, and improve their overall health and fitness.

Wheaton Indoor Tennis

238158 6-12yrs 6 Classes \$120 7/6 Sa 2:00pm-3:00pm

Cardio Tennis

This fun group tennis activity gives players of all abilities an ultimate, high-energy workout, with warm-up, cardio workout and cool-down phases. Looking for a great new way to burn calories and get in shape? Cardio Tennis is it!

Pauline Betz Addie Tennis / Cabin John

236703 18 & up 6 Classes \$144 7/6 Sa 9:00am-10:00am
236704 18 & up 6 Classes \$144 7/6 Sa 1:00pm-2:00pm
236705 18 & up 6 Classes \$144 7/7 Su 11:00am-12:00pm

Wheaton Indoor Tennis

238404 18 & up 6 Classes \$120 7/6 Sa 9:00am-10:00am
238405 18 & up 6 Classes \$120 7/7 Su 1:00pm-2:00pm

Stroke of the Day

Learn and strengthen your different tennis strokes and strategies in these lively, challenging specialty courses. We'll demonstrate proper technique, then help you work on fundamentals of core strokes. The result? Better shots! Different classes cover different strokes, so sign up for all three to improve your game!

Groundstrokes

Pauline Betz Addie Tennis / Cabin John

236259 18 & up 6 Classes \$132 7/6 Sa 12:00pm-1:00pm
236260 18 & up 6 Classes \$132 7/7 Su 11:00am-12:00pm

Net Play

Pauline Betz Addie Tennis / Cabin John

236951 18 & up 6 Classes \$120 7/6 Sa 11:00am-12:00pm
236952 18 & up 6 Classes \$120 7/7 Su 1:00pm-2:00pm

Serve and Return

Pauline Betz Addie Tennis / Cabin John

236949 18 & up 6 Classes \$132 7/6 Sa 10:00am-11:00am
236950 18 & up 6 Classes \$132 7/7 Su 12:00pm-1:00pm

Save Time, Money and Trouble...



There are still some open court times at both Pauline Betz Addie Tennis Center and Wheaton Indoor Tennis for the 2013-2014 Indoor Tennis Season.

With a seasonal spot time contract, you'll save money over regular spot time fees, and enjoy the convenience of having a reserved court each week in the 32-week season.

To download an application and check out the fees, visit www.CabinJohnTennis.com or www.WheatonTennis.com. Please call either facility if you have questions.

Cabin John Regional Park
10610 Westlake Drive
Rockville, MD 20852

Norwood Local Park
4700 Norwood Road
Bethesda, MD 20815

COURT LOCATIONS

Outdoor Tennis Lessons

Olney Manor Recreational Park
16601 Georgia Avenue
Olney, MD 20832

Wheaton Regional Park
11717 Orebaugh Avenue
Wheaton, MD 20902

In case of inclement weather on your lesson days, please call us at 301-765-8650.



USTA “10 and Under Tennis” is a wonderful new program that’s changing the way kids 10 and under learn and play tennis. Basketball, soccer and baseball all modify their fields and equipment to fit younger players. But when it comes to tennis, we ask children to play on adult-sized courts with hard, high-flying balls and adult-sized racquets. 10 and Under Tennis uses the QuickStart play format and scales everything to kid-size, making tennis more fun right from the beginning.

The classes listed here are held outdoors; for indoor 10 and Under Tennis classes, see page 141. Visit www.10andUnderTennis.com for more information, and sign up today at www.ParkPASS.org.

...for Ages 4-6

Cabin John Regional Park

236872	4-6yrs	6 Classes	\$90	7/3	W	4:00pm- 5:00pm
236867	4-6yrs	6 Classes	\$90	7/8	M	4:00pm- 5:00pm

Norwood Local Park

236869	4-6yrs	6 Classes	\$90	7/6	Sa	10:00am-11:00am
236870	4-6yrs	6 Classes	\$90	7/8	M	4:00pm- 5:00pm

Olney Manor Recreational Park

236871	4-6yrs	6 Classes	\$90	7/3	W	4:00pm- 5:00pm
236866	4-6yrs	6 Classes	\$90	7/8	M	4:00pm- 5:00pm

Wheaton Regional Park

236873	4-6yrs	6 Classes	\$90	7/3	W	4:00pm- 5:00pm
236868	4-6yrs	6 Classes	\$90	7/8	M	4:00pm- 5:00pm

...for Ages 7-10

Cabin John Regional Park

236881	7-10yrs	6 Classes	\$90	7/2	Tu	4:00pm- 5:00pm
236882	7-10yrs	6 Classes	\$90	7/11	Th	4:00pm- 5:00pm

Norwood Local Park

236877	7-10yrs	6 Classes	\$90	7/6	Sa	11:00am-12:00pm
236878	7-10yrs	6 Classes	\$90	7/7	Su	11:00am-12:00pm
236875	7-10yrs	6 Classes	\$90	7/8	M	5:00pm- 6:00pm

Olney Manor Recreational Park

236874	7-10yrs	6 Classes	\$90	7/2	Tu	4:00pm- 5:00pm
236876	7-10yrs	6 Classes	\$90	7/11	Th	4:00pm- 5:00pm

Wheaton Regional Park

236879	7-10yrs	6 Classes	\$90	7/2	Tu	4:00pm- 5:00pm
236880	7-10yrs	6 Classes	\$90	7/11	Th	4:00pm- 5:00pm

Beginner Tennis (Outdoor)

These classes are designed for students who have never played tennis. You’ll 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.

Beginner, USTA (Outdoor)

Cabin John Regional Park

236817	11-13yrs	6 Classes	\$90	7/3	W	5:00pm- 6:00pm
236816	11-13yrs	6 Classes	\$90	7/8	M	5:00pm- 6:00pm

Norwood Local Park

236818	11-13yrs	6 Classes	\$90	7/6	Sa	12:00pm- 1:00pm
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Olney Manor Recreational Park

236820	11-13yrs	6 Classes	\$90	7/3	W	5:00pm- 6:00pm
236819	11-13yrs	6 Classes	\$90	7/8	M	5:00pm- 6:00pm

Wheaton Regional Park

236822	11-13yrs	6 Classes	\$90	7/3	W	5:00pm- 6:00pm
236821	11-13yrs	6 Classes	\$90	7/8	M	5:00pm- 6:00pm

Beginner, TEEN (Outdoor)

Cabin John Regional Park

236813	13-17yrs	6 Classes	\$90	7/3	W	6:00pm- 7:00pm
236812	13-17yrs	6 Classes	\$90	7/8	M	6:00pm- 7:00pm

Norwood Local Park

236809	13-17yrs	6 Classes	\$90	7/7	Su	12:00pm- 1:00pm
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Olney Manor Recreational Park

236811	13-17yrs	6 Classes	\$90	7/3	W	6:00pm- 7:00pm
236810	13-17yrs	6 Classes	\$90	7/8	M	6:00pm- 7:00pm

Wheaton Regional Park

236815	13-17yrs	6 Classes	\$90	7/3	W	6:00pm- 7:00pm
236814	13-17yrs	6 Classes	\$90	7/8	M	6:00pm- 7:00pm

Outdoor Tennis FYIs

Please bring your own racquets, water, and appropriate footwear.

Classes that are cancelled due to inclement weather will be made up on Fridays at the same scheduled time.

Questions? Call us at 301-765-8650.





Beginner Tennis (Outdoor, cont.)

Beginner, ADULT (Outdoor)

Designed for adult players getting into tennis for the first time, or getting back into tennis after an extended break. Learn the proper tennis grips, basic stroke techniques, and tennis etiquette.

Cabin John Regional Park

236827 18 & up 6 Classes \$90 7/6 Sa 10:00am-11:00am

Norwood Local Park

236826 18 & up 6 Classes \$90 7/2 Tu 11:00am-12:00pm
236825 18 & up 6 Classes \$90 7/7 Su 2:00pm- 3:00pm
236823 18 & up 6 Classes \$90 7/8 M 11:00am-12:00pm
236824 18 & up 6 Classes \$90 7/11 Th 6:00pm- 7:00pm

Olney Manor Recreational Park

236828 18 & up 6 Classes \$90 7/6 Sa 10:00am-11:00am

Wheaton Regional Park

236829 18 & up 6 Classes \$90 7/6 Sa 10:00am-11:00am

Intermediate Tennis (Outdoor)

Ideal for people playing at the 2.0-2.5 skill level of the USTA's National Tennis Rating System

In Intermediate Tennis, we'll begin to focus on 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 shot consistency from both the baseline and net.

Cabin John Regional Park

236845 11-13yrs 6 Classes \$90 7/2 Tu 5:00pm- 6:00pm
236850 11-13yrs 6 Classes \$90 7/11 Th 5:00pm- 6:00pm
236851 13-17yrs 6 Classes \$90 7/2 Tu 6:00pm- 7:00pm
236852 13-17yrs 6 Classes \$90 7/11 Th 6:00pm- 7:00pm
236857 18 & up 6 Classes \$90 7/6 Sa 11:00am-12:00pm

Norwood Local Park

236844 11-13yrs 6 Classes \$90 7/5 F 5:00pm- 6:00pm
236860 18 & up 6 Classes \$90 7/2 Tu 12:00pm- 1:00pm
236843 7-10yrs 6 Classes \$90 7/5 F 4:00pm- 5:00pm

Olney Manor Recreational Park

236846 11-13yrs 6 Classes \$90 7/2 Tu 5:00pm- 6:00pm
236849 11-13yrs 6 Classes \$90 7/11 Th 5:00pm- 6:00pm
236853 13-17yrs 6 Classes \$90 7/2 Tu 6:00pm- 7:00pm
236854 13-17yrs 6 Classes \$90 7/11 Th 6:00pm- 7:00pm
236858 18 & up 6 Classes \$90 7/6 Sa 11:00am-12:00pm

Wheaton Regional Park

236847 11-13yrs 6 Classes \$90 7/2 Tu 5:00pm- 6:00pm
236848 11-13yrs 6 Classes \$90 7/11 Th 5:00pm- 6:00pm
236855 13-17yrs 6 Classes \$90 7/2 Tu 6:00pm- 7:00pm
236856 13-17yrs 6 Classes \$90 7/11 Th 6:00pm- 7:00pm
236859 18 & up 6 Classes \$90 7/6 Sa 11:00am-12:00pm

2nd Intermediate Tennis (Outdoor)

Ideal for people playing at the 3.0-3.5 skill level of the USTA's National Tennis Rating System

Learn how to perfect your ground stroke, forehand and backhand; develop advanced court strategies; and execute half-volleys. Drills and games will be faster-paced, and we'll use tennis-specific stretching and conditioning exercises to help you increase coordination, flexibility, balance and endurance.

Norwood Local Park

236863 18 & up 6 Classes \$90 7/3 W 12:00pm- 1:00pm
236864 18 & up 6 Classes \$90 7/5 F 12:00pm- 1:00pm
236865 18 & up 6 Classes \$90 7/7 Su 4:00pm- 5:00pm
236862 18 & up 6 Classes \$90 7/8 M 6:00pm- 7:00pm

Advanced Tennis (Outdoor)

Prerequisite: Mastery of Intermediate level skills
Ideal for people playing at the 4.0 skill level of the USTA's National Tennis Rating System

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, TEEN (Outdoor)

Norwood Local Park

236808 12-17yrs 6 Classes \$90 7/6 Sa 2:00pm- 3:00pm

Advanced Tennis, ADULT (Outdoor)

Norwood Local Park

237100 18 & up 6 Classes \$90 7/3 W 11:00am-12:00pm
237099 18 & up 6 Classes \$90 7/5 F 11:00am-12:00pm

Cardio Tennis (Outdoor)

For players of all levels (beginner, intermediate, advanced). This is an aerobic activity which includes serves, volleys and overall tennis strategy.

Cabin John Regional Park

236830 18 & up 6 Classes \$90 7/2 Tu 7:00pm- 8:00pm
236837 18 & up 6 Classes \$90 7/6 Sa 9:00am-10:00am
236839 18 & up 6 Classes \$90 7/11 Th 7:00pm- 8:00pm

Norwood Local Park

236836 18 & up 6 Classes \$90 7/5 F 6:00pm- 7:00pm
236834 18 & up 6 Classes \$90 7/6 Sa 9:00am-10:00am
236831 18 & up 6 Classes \$90 7/8 M 10:00am-11:00am
236832 18 & up 6 Classes \$90 7/11 Th 12:00pm- 1:00pm

Olney Manor Recreational Park

236841 18 & up 6 Classes \$90 7/2 Tu 7:00pm- 8:00pm
236835 18 & up 6 Classes \$90 7/6 Sa 9:00am-10:00am
236842 18 & up 6 Classes \$90 7/11 Th 7:00pm- 8:00pm

Wheaton Regional Park

236833 18 & up 6 Classes \$90 7/2 Tu 7:00pm- 8:00pm
236838 18 & up 6 Classes \$90 7/6 Sa 9:00am-10:00am
236840 18 & up 6 Classes \$90 7/11 Th 7:00pm- 8:00pm



OUTDOOR Tennis REGISTRATION DATES

Registration opens MAY 14/15* for all summer OUTDOOR lessons

*First registration date listed above is for Montgomery County residents; second date is open to all.

Stroke of the Day (Outdoor)

Learn and strengthen your different tennis strokes and strategies in these lively, challenging specialty courses. We'll demonstrate proper technique, then help you work on fundamentals of core strokes. The result? Better shots! Different classes cover different strokes, so sign up for them all to improve your game!

Groundstrokes (Outdoor)

Cabin John Regional Park

237051 18 & up 6 Classes \$90 7/8 M 7:00pm- 8:00pm

Olney Manor Recreational Park

237049 18 & up 6 Classes \$90 7/8 M 7:00pm- 8:00pm

Wheaton Regional Park

237053 18 & up 6 Classes \$90 7/8 M 7:00pm- 8:00pm

Serve and Return (Outdoor)

Cabin John Regional Park

237052 18 & up 6 Classes \$90 7/3 W 7:00pm- 8:00pm

237055 18 & up 6 Classes \$90 7/6 Sa 12:00pm- 1:00pm

Olney Manor Recreational Park

237050 18 & up 6 Classes \$90 7/3 W 7:00pm- 8:00pm

237056 18 & up 6 Classes \$90 7/6 Sa 12:00pm- 1:00pm

Wheaton Regional Park

237054 18 & up 6 Classes \$90 7/3 W 7:00pm- 8:00pm

237057 18 & up 6 Classes \$90 7/6 Sa 12:00pm- 1:00pm



Tennis Boot Camp

Do you have the right stuff to be a tennis champion? Take a week to really focus on the sport in this fun and challenging week-long camp. Using games, personal instruction and drills, we'll 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. Add some footwork drills and cardio exercise, and your inner champion is sure to emerge!

Pauline Betz Addie Tennis / Cabin John

223407 7-14yrs 4 Classes \$200 7/1 - 7/5* M-Tu-W-F 9am- 4pm

223408 7-14yrs 5 Classes \$250 7/8 - 7/12 M-F 9am- 4pm

223409 7-14yrs 5 Classes \$250 7/29 - 8/2 M-F 9am- 4pm

223410 7-14yrs 5 Classes \$250 8/5 - 8/9 M-F 9am- 4pm

Wheaton Indoor Tennis

223403 5-12yrs 5 Classes \$250 6/24 - 6/28 M-F 9am- 5pm

223404 5-12yrs 5 Classes \$250 7/8 - 7/12 M-F 9am- 5pm

223405 5-12yrs 5 Classes \$250 7/22- 7/26 M-F 9am- 5pm

223406 5-12yrs 5 Classes \$250 8/5 - 8/9 M-F 9am- 5pm

* No camp on Thursday, July 4

Please bring a water bottle and non-perishable lunch.

Tennis & So Much More!

There's something for everyone in this camp! For half of each day, we'll learn tennis basics with pro instructors at Wheaton Indoor Tennis. The rest of the day will be chock-full of fun, with activities like ice skating at Wheaton Ice Arena, goofing around at the Splash Playground in South Germantown, miniature golf, outdoor games and "so much more."

Wheaton Indoor Tennis

224150 6-12yrs 5 Classes \$250 6/17 - 6/21 M-F 9am- 5pm

224149 6-12yrs 4 Classes \$200 7/1 - 7/5* M-Tu-W-F 9am- 5pm

224151 6-12yrs 5 Classes \$250 7/15 - 7/19 M-F 9am- 5pm

224152 6-12yrs 5 Classes \$250 7/29 - 8/2 M-F 9am- 5pm

224199 6-12yrs 5 Classes \$250 8/12 - 8/16 M-F 9am- 5pm

224200 6-12yrs 5 Classes \$250 8/19 - 8/23 M-F 9am- 5pm

* No camp on Thursday, July 4

Sunscreen and hats recommended; please bring a non-perishable lunch and water bottle. Drop off/pick up campers at Wheaton Indoor Tennis, 11715 Orebaugh Avenue, Wheaton, MD 20902.

Tennis & Ice Skating Camp

Master the fundamentals of two great sports in one week! Under the direction of a U.S. Professional Tennis Association coach, we'll use interactive games on the outdoor courts in the morning to learn rules, scoring, etiquette, terminology and techniques of tennis. In the afternoon, we'll learn basic ice skating techniques at Cabin John Ice—falling down and getting up, marching, swizzles, snowplow stops and more. Open skating sessions and a professional skating lesson each day, too!

Cabin John Regional Park

229505 8-13yrs 5 Classes \$250 6/17 - 6/21 M-F 9am- 3pm

229504 8-13yrs 4 Classes \$200 7/1 - 7/5* M-Tu-W-F 9am- 3pm

229506 8-13yrs 5 Classes \$250 7/29 - 8/2 M-F 9am- 3pm

229507 8-13yrs 5 Classes \$250 8/12 - 8/16 M-F 9am- 3pm

* No camp on Thursday, July 4

Drop campers off in the morning at outdoor tennis courts B-2 and B-3 across from Cabin John Ice, and pick them up at the rink (10610 Westlake Drive, Rockville) after camp. Please call 301-495-2527 with questions.



SOUTH GERMANTOWN

Driving RANGE

18045 Central Park Circle | Boyds, MD 20841 | 301-670-4670

www.SGDrivingRange.com | *Open for the season!*



Facility Features

- PGA certified instructors
- 40 tee boxes
- Sand trap training area
Practice your bunker game and hit balls onto the range
- Synthetic turf putting green
- Elevated greens on range
Work on both distance and accuracy as you shoot for the greens instead of distance markers
- 4 MEGSA stations
- Updated clubhouse with restroom and Direct TV

Great Prices

Get this year's range balls and discount cards at last year's prices. Visit our website for **Range Ball Discount Cards** (save up to 40%!)

Great Specials

- **Early Bird Special**
Half-price buckets of balls Saturdays and Sundays, 7-9am
- **Lunch Special**
Half-price buckets of balls Monday-Friday, 11am-1pm



South Germantown DRIVING RANGE HOURS

March 1 - April 30

Monday-Friday	11am-9pm
Saturday & Sunday	8am-10pm

May 1 - August 31

Monday-Friday	9am-10pm
Saturday & Sunday	7am-10pm

NIKE GOLF DEMO DAY

SATURDAY, JUNE 8 • 10AM-2PM

- **Test drive a Nike Golf club!**
Try out VRS Drivers, Fairway Woods, Hybrids and Irons; VR Pro Combo Irons, blades and woods; plus clubs and products for ladies and lefties.
- **Special Demo Days pricing**
Get 25% off all special orders placed, today only!



There's a whole big shindig in South Germantown Regional Park on June 8! Come meet representatives from the Splash Playground and the Driving Range while you're there. See pages 36-37 in this Guide for details.



Please visit our website for more information about the Driving Range, and save it to your "Favorite Places."

www.SGDrivingRange.com

The website "GermantownGolfPark.com" is owned by the previous operator of the facility and is no longer valid or accurate.

Rent a Party Tent

What a great place for a party! The tents are a lovely, shady place to relax and eat cake when you're not splashing and playing in the sunshine.

Medium Tents: \$40/hour
(2 available, capacity 35 each)
Large Tent: \$50/hour
(capacity 75-100)

Admission fees are additional. Tents are available during normal operating hours. Check availability at www.ParkPASS.org, then call to reserve your date.



SplashPark

SOUTH GERMANTOWN

& MiniGolf

NEW FOR 2013

The Big Splash!

Now you can rent the entire Splash Playground seven days a week, from 6:15-7:45pm. Your party can splash, play mini-golf, spread out and have a blast. The Playground is all yours!

Parties of 20 or fewer: \$200 includes facility rental and admissions; \$225 with unlimited mini-golf.

Parties of 21 or more:
\$4.50 per person splash only, or \$6.00 per person unlimited splash and golf; plus \$100 facility rental fee



Mini-Golf Splash-a-Thon!

Thursday, July 4, 10am-7pm

Celebrate your independence with us! \$5 per person for two rounds of mini-golf and all you can splash.

Grandparents Day Every Monday

Bring your grandchildren to the Splash Playground any Monday, pay the regular \$5 admission for them, and you get in free!

Pooch Party!

Saturday, September 7, 10am-4pm

Bring your well-behaved pooches and let them splash off-leash while you catch some end-of-summer rays and chat with other dog owners on the sidelines. \$5 per dog; no fee for owners. Raindate September 8

Family Memberships

Get unlimited admissions to the Splash Playground for a family of four—just \$95 for the season!

South Germantown Splash Playground opens on weekends beginning on Memorial Day weekend, and will open daily beginning June 15. Visit the website for more details.

10856 Central Park Circle | Boyds, MD 20841 | 301-670-4680 | www.SplashandGolf.com



Connect *with* Parks

Find out about all kinds of things to do and explore in M-NCPPC, Montgomery Parks!



- 🔌 Subscribe to the **Guide**
- 🔌 Join the conversation on **Facebook**
- 🔌 **Tweet** with us
- 🔌 Sign up for an **e-news**letter
- 🔌 Learn about **park/playground** projects in your neighborhood

Tell us how we're doing!
MontgomeryParks.org/connect





How to register for a **Montgomery Parks Course** or **Program**

BEFORE YOU REGISTER

- Visit www.ParkPASS.org to set up a ParkPASS account if you don't already have one. The ParkPASS online system is the easiest, quickest, most secure way to register for Montgomery Parks classes and program.
- Please allow up to two (2) business days for your new account to activate and receive the ParkPASS email with your new Login ID/Customer Number and Account PIN.
- With a ParkPASS account, you can view and sign up for courses and special programs, make payments, and view your course registration/s.
- Registration for Montgomery Parks classes is open to Montgomery County residents on the first day of any given registration period, then open to all the following day.

READY TO REGISTER?

- **Online:** Register 24 hours a day, seven days a week at www.ParkPASS.org, beginning at 12:01 a.m. the first day of registration. Have your Login ID/Customer Number and Account PIN on hand.
- **In person:** Complete the "PARKS" section of the registration form in this Guide, take it to any ParkPASS facility, and we'll help you get registered. See the "Montgomery Parks Directory" in this Guide for ParkPASS locations.
- **By phone:** Call the ParkPASS automated phone registration system at 301-670-6858, and follow the prompts. Phone registration is available 24 hours a day, beginning at 12:01 a.m. the first day of registration. Have your ParkPASS Login ID/Customer Number, Account PIN for each person you wish to register, and ParkPASS course numbers on hand. Phone registration is not available for all programs.
- **By mail:** Complete the green "PARKS" section of the registration form in this Guide, and mail it with payment to the facility hosting the course you'd like to take. Please note: Mail is the least reliable method of registration—it does not guarantee a spot in the course you want. Call the hosting facility or ParkPASS Help Desk to check availability before mailing your form.

QUESTIONS?

- If you have a question about a specific course or program, please call the facility offering the course. See the "Montgomery Parks Directory" in this Guide for ParkPASS locations. If you have a question about the ParkPASS system or your account, call the Help Desk at 301-495-2580 (M-F, 10am-2pm), or email MCP-ParkPASSHelp@MontgomeryParks.org.

REGISTRATION CONFIRMATION

- If you register online, it's a good idea to print out your ParkPASS registration confirmation. It often contains important details about your course not found elsewhere (e.g. directions to off-site programs, equipment lists, etc.). No confirmation letters are mailed. You may also call the facility hosting your course to confirm your registration. See the "Montgomery Parks Directory" in this Guide for facility info.

PAYMENT INFORMATION

- Full payment must be made at time of registration.
- VISA or MasterCard is accepted in person at ParkPASS facilities, by phone (301-670-6858), or online at ParkPASS.org.
- Make checks and money orders payable to M-NCPPC. Checks and money orders must include name, address, home and work phone numbers, driver's license number, and participant's full name. A \$35 fee will be charged for all returned checks.
- A fee reduction program is available for eligible Montgomery County residents. Please visit www.ParkPASS.org for the application form and more information.
- Remember, you can stop by any Montgomery Parks ParkPASS facility to register and pay for courses in person. Any funds paid to your ParkPASS account will be available to use the next time you call or log on to ParkPASS to register.
- Be assured that your account information is secure. Montgomery Parks uses the latest payment security methods. Collection and retention of customer information is confidential. We do not sell, share, give, transfer or rent personal information to third parties.

MONTGOMERY PARKS REFUND POLICY

- If Montgomery Parks cancels a course, you will be notified and receive a full credit on your ParkPASS account; or, at your request, a full refund.
- In order to withdraw from a Montgomery Parks course, submit a written (letter or email) request to the facility hosting the course. If your written request is received at least **five** business days before the course begins, you may choose to receive a full credit for the course on your ParkPASS account, or a refund less a 20% administrative fee. For courses with fees of less than \$10, you will receive a credit on your ParkPASS account; no refunds will be given.
- If your written withdrawal request is received less than five days before the start of a course, no refund or credit will be given for that course. No credit or refund is issued after the second class in a series has met.
- No refunds or credits will be issued for classes missed by the participant. No refund requests will be considered after the last scheduled date of a course.
- All refunds will be issued to the payer in the same form (check or charge) as the payment that was received. Please allow 3-4 weeks to receive a check refund. Credit card refunds can take from 5-7 days to appear on your account, depending on your bank/credit card company.
- Some activities have different refund/withdrawal policies which may supercede this standard policy.

REGISTRATION INFORMATION

MONTGOMERY COUNTY RECREATION

FOUR WAYS TO REGISTER



RECWEB Online registration at recweb.montgomerycountymd.gov.



FAX 240-777-6818

Faxed registrations must be paid by VISA or MasterCard. 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, 8:30am-4:30pm

PAYMENT INFORMATION

Full payment must be made at time of registration. Do not submit registrations and/or payments to the instructor at the program.

Non-county residents must pay an additional \$15.00 per participant per activity.

Make checks and money orders payable to MCRD. Checks and money orders must include name, address, home and work telephone numbers, driver's license number, and participant's full name. VISA or MasterCard payments are accepted. Registration form must include correct credit card number, expiration date, authorized signature, and authorized amount.

The next opportunity to apply for financial assistance is May/June, 2013; however, it will not be available to use until July 1, 2013. Financial assistance will then be available to county residents who are recipients of assistance from other Montgomery County agencies. Eligibility is based on proof of that assistance.

The Department of Recreation reserves the right to pursue all available options to collect any funds owed as the result of a dishonored check or credit card, charges incurred due to unsubstantiated credit card disputes, or any outstanding debt.

If your check is returned unpaid, your account will be debited electronically 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 due for any outstanding checks and service fees due.

WITHDRAWAL AND REFUND GUIDELINES

The withdrawal and refund policy pertains to all Recreation Department programs unless otherwise noted in the program description or facility rental agreement.

Withdrawal Request Received:	Submit a <u>Written</u> Request:	Withdrawal Fee Charged:
Eight (8) days or more before the start date of the program...	Mail: MCR, Attention Refund Request 4010 Randolph Road, Silver Spring, MD 20902 Fax: 240-777-6818 E-mail: rec.refund@montgomerycountymd.gov Online: recweb.montgomerycountymd.gov	No Fee
Seven (7) days or less before the start date of the program...	By mail, fax, or e-mail. Online withdrawal not available	\$20 Fee per program
On or after the start date of program...	By mail, fax, or e-mail. Online withdrawal not available.	\$20 Fee per the program plus a prorated charge for the number of classes that have met.
After the last scheduled date of the program...	No requests will be considered.	No Refund

If the Department cancels a program, changes a location or time and you cannot attend, or the program is full, you will receive a full credit to your Recreation Department account or a refund. Your written request must include the participant's name, payer's name, address, phone number, course number, and reason for withdrawal. All credits will be posted to your Recreation Department account unless a refund is specifically requested. All refunds will be issued to the payer in the same form (check or charge) as the payment was received. Refunds will be processed within 2-3 weeks of receipt of your written request.

Cancellation Policy: Montgomery County Recreation (MCR) holds programs in Department community, senior and aquatic centers, public schools, park facilities and private facilities. The cancellation of MCR scheduled programs is determined by the Community Use of Public Facilities (CUPF) and is announced on WTOP FM 103.5 and AM 820 and WMAL AM 630. Weekdays and weekends when schools community activities are closed due to weather conditions or other emergencies all programs are cancelled, regardless of facility. Announcements will be made on the radio stations noted above. Community centers and Aquatic centers will open for drop-in activities as conditions permit. Please call the centers directly for information. The MCR program message line is 240-777-6889. This recording will be updated regarding cancellations for MCR classes, activities and sports programs.



RECREATION REGISTRATION FORM

MAIN CONTACT (18 YEARS +)

Last Name _____ First Name _____
 Birth Date (mm/dd/yyyy) _____ Gender _____ Email _____
 Street Address _____ City _____ State _____ ZIP _____
 Home Phone _____ Work Phone _____ Cell Phone _____

PAYER INFORMATION (If different than Main Contact)

Last Name _____ First Name _____ Please check if this is a new address/ phone/email.
 Home Phone _____ Email _____
 Street Address _____ City _____ State _____ ZIP _____

PARTICIPANT'S NAME (Last, First)	Birth Date (mm/dd/yyyy)	Gender (M/F)	Title	CLASS/ACTIVITY Number	Location	Fee

Check or Money Order (payable to MCR)
 VISA MasterCard Non-County Residents include an additional \$15 per participant, per activity.
 Cardholder Name (print) _____ Number _____ Exp. _____ **Program Fee Total**
 Signature _____ Date _____

Mail to: MCR, attn: Registrar, 4010 Randolph Road, Silver Spring, MD 20902 FAX to: (240) 777-6818 (Credit Card Payment Only) Online: recweb.montgomerycountymd.gov
 For registration assistance, please call (240) 777-6840.

The participant assumes all risks associated with participation in the program; the County assumes no liability for injury or damages arising from participation in the program. Due to the strenuous nature of some activities, the County encourages each participant 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'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 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. 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.

Participant or Parent/Guardian Signature _____ Date _____



PARKS REGISTRATION FORM

MAIN CONTACT

Last Name _____ First Name _____
 Birth Date (mm/dd/yyyy) _____ Gender _____ Email _____
 Street Address _____ City _____ State _____ ZIP _____
 Home Phone _____ Work Phone _____ Cell Phone _____

PAYER INFORMATION (If different than Main Contact; no third-party payments or credit cards, please)

Last Name _____ First Name _____ Please check if this is a new address/ phone/email.
 Home Phone _____ Email _____
 Street Address _____ City _____ State _____ ZIP _____

PARTICIPANT'S NAME (Last, First)	Birth Date (mm/dd/yyyy)	Gender (M/F)	Title	CLASS/ACTIVITY Number	Location	Fee

Program Fee Total

Save time and money! Register online at ParkPASS.org. To register for a Parks class using this form, fill in the Parks section completely, make your check or money order payable to M-NCPPC, and mail or bring both to the ParkPASS facility offering the course(s) you'd like to take. See the Parks Directory in this Guide for facility locations, or visit www.MontgomeryParks.org for more information. For help with Parks courses or registration, call us at (301) 495-2580 M-F, 10am-2pm.

The participant assumes all risks associated with participation in the program; Montgomery Parks/M-NCPPC assumes no liability for injury or damages arising from participation in the program. Due to the strenuous nature of some activities, Montgomery Parks/M-NCPPC encourages each participant to consult his or her physician concerning fitness to participate in the program. The participant consents to emergency treatment. The participant also consents to 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 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 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.

Participant or Parent/Guardian Signature _____ Date _____



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

Looking for a Place to Party?

Birthday Parties | Reunions | Social Events
Graduation Parties | Company Picnics



Surrounded by parkland and popular park amenities, our park activity buildings, picnic shelters and group picnic areas offer the perfect place for any kind of gathering.



Convenient Locations | Scenic Settings | Affordable Rates

Park Activity Buildings

- Available year round
- Private use with a playground, kitchen and restroom facilities
- Perfect for gatherings of all sizes

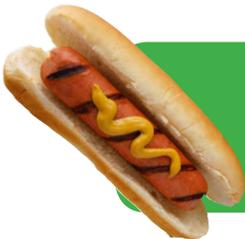
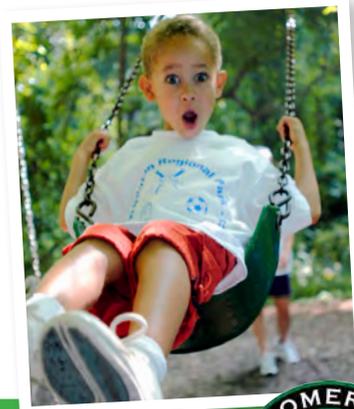


Group Picnic Areas

- Seasonal rentals from April through October
- Private use of covered shelters with tables, grills, horseshoe pits, volleyball, playground, and playing field
- Ideal for larger groups of up to 175
- Alcohol allowed with permit

Picnic Shelters

- Seasonal rentals from April through October
- Private use of covered shelters with tables and grills
- Ideal for groups of 25 to 125



Check locations, availability and reserve online 24/7
 at ParkPermits.org or call 301-495-2525.

