

MONTGOMERY COUNTY

GUIDE



MONTGOMERY COUNTY
Recreation



SUMMER 2015

RECREATION AND PARKS PROGRAMS

TENNIS

SWIM LESSONS

CAMPING

TRIPS & TOURS

KAYAKING

ARTS & CRAFTS

BUTTERFLIES

YOGA

NATURE HIKES

TINY TOTS

⋮

and much more!



POOLS OPEN!

Saturday, May 23

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

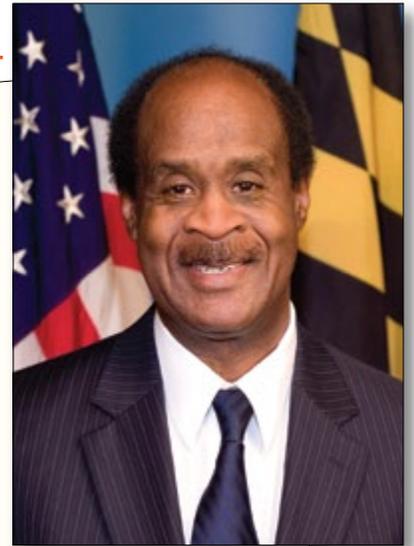
We Offer Daily Admissions, 12 Punch Passes And Season Passes

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

FROM THE COUNTY EXECUTIVE



Summer 2015



Dear Montgomery County Resident:

As I talk with residents from around the County, I am touched by the people I meet who enthusiastically share how meaningful the Recreation Department programs and services are to them. I have seen the smiles of young children as they share their creative art projects, heard appreciation from seniors who enjoy having access to nutritious lunches at our senior centers and I have talked with teens whose lives have changed after becoming involved in some of our recreation programs.

With summer comes a wide range of events and programs including the startup of our popular summer day programs, the opening of our seven outdoor swimming pools and the kickoff of our upcoming summer concerts series. With hundreds of choices that include classes, facilities, sports, therapeutic recreation and trips and tours there is always something each and every day going on throughout the County.

Again this summer, the County will host two 4th of July celebrations--Germantown Glory at the South Germantown Recreational Park and Wheaton Sparkles! at Einstein High School in Kensington. These free events offer family entertainment, food vendors and spectacular fireworks displays.

In the upcoming weeks you will be hearing more about the new registration and reservation booking system called ActiveMONTGOMERY. Starting with fall registration residents will be able to sign up for Recreation Department and Montgomery Parks programs and services, as well as reserve facilities through the Community Use of Public Facilities on a single registration site. See pages 6-7 for more information on this innovative new system that will make your online registration and booking much easier.

I encourage you to look through this issue of the Recreation and Parks Programs Guide. More than ever, our Recreation staff is working hard to ensure that you have plenty of activities to choose from to help you stay active and engaged.

Enjoy your summer and I hope to see many of you out and about at one of our many recreational facilities here in Montgomery County.

Sincerely,

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

Isiah Leggett,
County Executive

A look Inside...

Summer 2015
Recreation and Parks Programs



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

New Customer Service Hours

Mark Your Calendar!

Beginning July 1, 2015 our Customer Service Window at Recreation's Administrative Office (4010 Randolph Road) will be open Monday thru Friday, 10:00am-2:00pm.

Check our website at montgomerycountymd.gov/rec for a listing of extended hours on key registration days.



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HABLAMOS ESPAÑOL

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



Individuals with disabilities are encouraged to register for programs offered by Montgomery 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 96), 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 97 to 147), please call the Montgomery Parks Program Access Services Office at 301-495-2477, or email ProgramAccess@MontgomeryParks.org.



Montgomery Parks

The Maryland-National Capital Park and Planning Commission

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Registration for many Montgomery Parks Summer classes opens **May 14/15**
For Ice & Tennis dates, please see pg. 97

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



Eating Healthy Food And Physical Active Is One Of The Most Important Steps To Being Healthy.

Montgomery County Recreation makes healthy eating and physical activity an easy and fun option for youth through our numerous programs. The guidelines below have been adopted and are being implemented in our programs and activities.

USHHS 2008 Physical Activity Guidelines for Americans



Children And Adolescents Should Do 60 Minutes (1 Hour) Or More Of Physical Activity Daily

Aerobic Activities:

moderate-or vigorous-intensity aerobic physical activity per day

Muscle-strengthening Activities

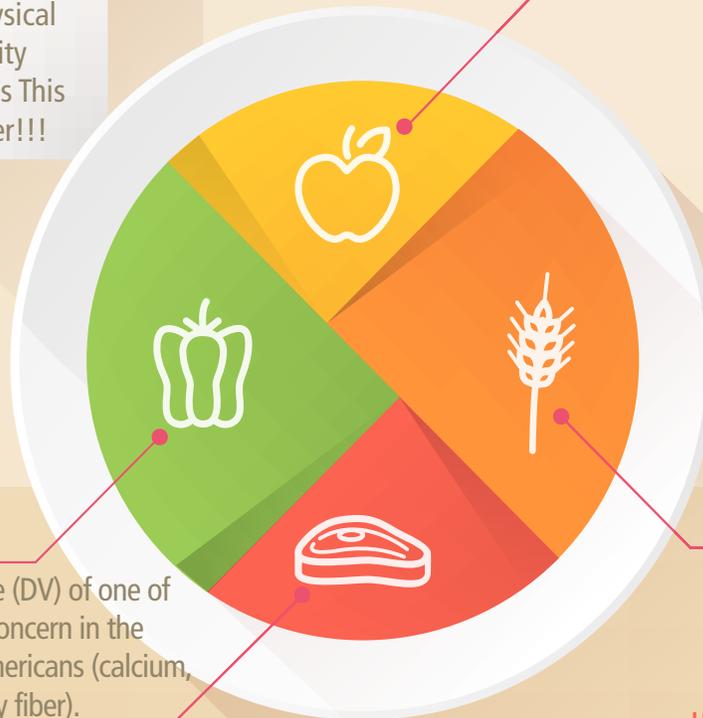
at least east 3 days of the week
(push-ups, pull-ups, and weightlifting exercises)

Bone-strengthening Activities

at least east 3 days of the week
(hopping, skipping, jumping, running)

Look for our new Healthy Eating and Physical Activity Programs This Summer!!!

USDA Smart Snacks In School Nutrition Standards



Be a combination food that contains at least 1/4 cup of fruit and/or vegetable

Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber).

Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food

Be a "whole grain-rich" grain product

If you want further information or have any questions please contact Dr. Joanne Roberts, Health and Wellness Programs Manager at joanne.roberts@montgomerycountymd.gov



12 Ways to have Fun this **SUMMER**

Rent a party room for a Summer Birthday or Splash Party

at one of our Montgomery County Recreation Pools: Germantown Swim Center, Kennedy-Shriver Aquatic Center, Martin Luther King, Jr. Swim Center or Olney Indoor Swim Center. Contact the Pool Supervisor at your preferred center for availability and fees. See page 9.

A Stitch in Time Saves Nine.

Ben Franklin knew what he was talking about and we have just the classes for you to learn your stitchery! Either Kidz Sew and Tell for ages 8 to 12 or It's a Stitch for 18 and above. Info on page 37.

Sparkles and Glory for Independence Day!

Celebrate the Fourth of July with us at Mid-County Sparkles or Germantown Glory. See back cover for details.

Put on Your Dancing Shoes

and move with Urban Line Dance to its new location. Details are on page 41.

Ready, Set, Go!

Sign up for Quince Ready Dance. This is not only for the Quinceañera and her escort, but also for Mom, Dad, and anyone in the quince party. Read all about it on page 40.

Chef Extraordinaire, Jim Davis, knows how to get us in the mood for warm weather cuisine!

Take his Summer Fun Wine and Wine Coolers class and be ready for your first patio party. See page 43.

Aerobic Conditioning and Toning... or ACT - The Workout

a three-month pass for a vigorous, easy to follow coed class for ages 16 and Up. Available at five different Community Recreation Centers. See page 47 for details.

HIP HIP HOORAY!

for Hippo Hoppo [Hip Hop for Tots]. It's never too soon to get your groove on and this cool class channels all that energy to movement with age appropriate music. Info on page 52.

There is no such thing as too many dragons, right?!

Well, we have four different Thunder Tae Kwon Do Tiny Dragon/Wee-Dragons classes for tiny tots as young as 1 year old on page 52.

Art is in the eye or ear of the beholder.

Parents will be sure to hear great musical masterpieces from their little tykes, ages 0 to 5, in Music Together-Montgomery, a fun, interactive family music experience including singing, chanting, instrument exploration, and more. See page 53.

There's nothing BAD about Badminton!

Check out our three different levels of classes on page 56 to find just the right fit for you. We want to see those shuttlecocks flying!

Day Trippin' is the best...it's hard to pick just one.

So check them all out, but if you have never been to the American Visionary Museum Tour in the Baltimore Inner Harbor you are in for a special treat. The excursion is on August 18. See page 75.

Active MONTGOMERY

*Makes Registration
Easier Starting This Fall!*

Montgomery County's Recreation (Rec) and Community Use of Public Facilities (CUPF), along with Montgomery Parks, are pleased to announce a new system called ActiveMONTGOMERY – a one-stop shop for all of your registration and reservation needs!



What is ActiveMONTGOMERY?

ActiveMONTGOMERY is a new system that will replace the former RecWeb, ParkPASS, and CUPF systems by the 2015 fall registration session. This new system will allow you to:

- Register for classes and lessons offered by Montgomery County Recreation and Montgomery Parks. Cooking, yoga, tennis, ice... it's all here!
- Reserve athletic fields and facilities for events, conferences, programs and activities
- Sign up for camps and other programs offered by Parks and Rec
- Make purchases, redeem offers, renew memberships, and more!

Why ActiveMONTGOMERY?

It's a one-stop shop! Instead of using three separate usernames, passwords, and websites activeMontgomery enables you to visit one place using one single account for all of your registration and reservation needs.

You might also like these activeMontgomery features...

- An easy to use website with simplified processes
- Easier ways to search
- Making payments for multiple items in one single transaction
- Registration via computer and mobile devices
- Google maps for locations and activity listings
- Electronic permits for facility use

When can I start using ActiveMONTGOMERY?

ActiveMONTGOMERY will be ready for use by fall this year for course registration and facility use reservation. RecWeb, ParkPASS and CUPF will be disabled once ActiveMONTGOMERY is live.

What do I need to do?

Stay tuned for more information! We'll be contacting residents and customers who have existing accounts soon.

Where do I go for more info?

Please visit montgomerycountymd.gov/311 or dial 311 for more information.

Our staff is also equipped to help answer your questions, so feel free to inquire when you visit any of our local facilities.

To receive frequent updates, you can also subscribe to our Paperless Airplane newsletter at montgomerycountymd.gov.



CREATE



INVENT

DESIGN



EXPERIMENT



KID MUSEUM AT DAVIS LIBRARY

Explore what you can make.

Build Robots
Create Flying Machines
Design And Print 3D Objects
Learn Game Design
Create Animations
Produce Electronic Music
Play With Light And Video
And Much More!

Weekly summer camps for grades 3-8!
After-school workshops available now!

Visit www.kid-museum.org or email
info@kid-museum.org for more information.

Regular Museum Hours:
Saturdays and Sundays
10:00 a.m. – 5:00 p.m.

General admission:
\$8.00 per person
Annual memberships available

6400 Democracy Blvd. | Bethesda, MD 20817
(301) 897-5437

info@kid-museum.org | www.kid-museum.org

EXPLORE THE WORLD  INVENT THE FUTURE

You're

INVITED!

When it's time for your little one's birthday party, and you simply HAVE to invite the entire class, where will you put all those high-energy tykes? Montgomery County Recreation can come to the rescue with convenient and inexpensive space at your closest community recreation center. Montgomery County Recreation party venue rentals are just a phone call or a click away.



240-777-4980
MONTGOMERYCOUNTYMD.GOV/REC



Montgomery County Board of Elections Election Worker Program

In Maryland, we call poll workers “Election Judges”. We recruit several thousand community-minded and motivated voters for each election. Each Election Judge completes a training program to prepare them for Election Day. They give their time and talents to ensure that each voter has a successful experience.

DO MORE THAN VOTE, SERVE! BECOME A POLL WORKER!

WE ARE LOOKING FOR:

- Community-minded citizens
- Retirees
- Students
- Team players
- Bilingual speakers
- People available in the morning,
• evening or all day
- And you!

SERVING AS AN ELECTION JUDGE IS A REWARDING EXPERIENCE

- Serve your community
- Support democracy
- Earn money or SSL hours
- Learn something new
- Work close to home
- Meet your neighbors
- Bilingual speakers needed
- (Se necesitan personas que hablen español)

**Have questions?
Let us answer them!**

240-777-8533
election.judge@montgomerycountymd.gov

www.777vote.org



Thursdays • 7:00pm-9:00pm

Veterans Plaza
@ the Civic Building

www.montgomerycountymd.gov/rec



SILVER SPRING

Summer Concert Series



June 18 *Latin Rock*
Ocho de Bastos



June 25 *R&B; Funk*
Elliot Levine



July 2 *Funk; Blues*
**Anthony "Swamp
Dog" Clark and the
Blues Allstars**



July 9 *R&B; Blues*
ROADDOG



July 16 *Blues*
**Moxie Blues
Band**



July 23 *Classic Rock*
Appaloosa



JULY 30 *Zydeco*
**Little Red &
The Renegades**



August 6 *Oldies*
**Rock & Roll
Relics**

Silver Spring
12th Annual
JAZZ
Festival

September 12, 2015
3:00pm - 10:00pm
Veterans Plaza

Featuring
**AL CHEZ and
THE BROTHERS
OF FUNK BIG
BAND**



Live a Little ...
Swim a Lot!

Aquatics

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 zz.

Instructors:

Wellness Network: Linda Costello 301-924-3488 welnet1@aol.com H2O Fitness: Peggy Brower 301-603-1328 browsers4@aol.com

Aqua Mommy

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.

11 Sessions \$65
 Instructor: Network, Inc Wellness
 412009 Germantown ISC 6/5 F 10:30am-11:20am

Abs, Glutes & More

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

10 Sessions \$53
 Instructor: Peggy Brower
 411983 MLK Swm Ctr 6/1 M 10:15am-11:05am
 411984 MLK Swm Ctr 6/3 W 10:15am-11:05am
 412615 Kennedy Shriver Aq Ctr 6/1 M 9:00am-9:50am
 412616 Kennedy Shriver Aq Ctr 6/3 W 9:00am-9:50am

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
 411991 MLK Swm Ctr 5/30 Sa 8:00am-8:50am
 11 Sessions \$58
 Instructor: Network, Inc Wellness
 411990 Olney Swm Ctr 6/2 Tu 7:00pm-7:50pm

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
 411987 MLK OP 6/8 M 9:00am-9:50am
 411988 MLK OP 6/10 W 9:00am-9:50am
 411989 MLK OP 6/13 Sa 10:00am-10:50am

Aqua Cardio Dance

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

10 Sessions \$53
 Instructor: Peggy Brower
 411996 MLK Swm Ctr 6/2 Tu 9:30am-10:20am
 412000 MLK Swm Ctr 6/4 Th 9:30am-10:20am
 411992 MLK Swm Ctr 6/5 F 7:00pm-7:50pm
 11 Sessions \$58
 Instructor: Peggy Brower
 412001 Kennedy Shriver Aq Ctr 6/5 F 1:00pm-1:50pm
 Instructor: Network, Inc Wellness
 411993 Olney Swm Ctr 5/31 Su 9:00am-9:50am
 411999 Germantown ISC 6/1 M 9:30am-10:20am
 411997 Germantown ISC 6/2 Tu 7:40pm-8:30pm
 411995 Olney Swm Ctr 6/3 W 8:00pm-8:50pm
 411998 Germantown ISC 6/4 Th 7:40pm-8:30pm

Aqua Lite

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

10 Sessions \$53
 Instructor: Peggy Brower
 412058 MLK Swm Ctr 6/4 Th 10:30am-11:20am
 11 Sessions \$58
 Instructor: Network, Inc Wellness
 412059 Olney Swm Ctr 6/1 M 10:00am-10:50am
 412062 Kennedy Shriver Aq Ctr 6/1 M 11:00am-11:50am
 412060 Olney Swm Ctr 6/3 W 10:00am-10:50am
 412063 Kennedy Shriver Aq Ctr 6/3 W 11:00am-11:50am
 412061 Olney Swm Ctr 6/5 F 10:00am-10:50am
 412064 Kennedy Shriver Aq Ctr 6/5 F 11:00am-11:50am

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: Peggy Brower
 412010 MLK OP 6/2 T 10:30am-11:20am
 412010 MLK OP 6/12 F 10:15am-11:05am



Follow @macorec on Twitter



Like Montgomery County Recreation on Facebook



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			
412027	MLK Swm Ctr	5/30 Sa	9:00am-9:50am
412017	MLK Swm Ctr	6/1 M	1:00pm-1:50pm
412018	MLK Swm Ctr	6/2 Tu	7:00pm-7:50pm
412021	MLK Swm Ctr	6/2 Tu	7:30am-8:20am
412019	MLK Swm Ctr	6/3 W	1:00pm-1:50pm
412020	MLK Swm Ctr	6/4 Th	7:00pm-7:50pm
412022	MLK Swm Ctr	6/4 Th	7:30am-8:20am
Instructor:Network, Inc Wellness			
412024	Bethesda OP	6/8 M	8:00pm-8:50pm
412025	Bethesda OP	6/10 W	8:00pm-8:50pm
412023	Bethesda OP	6/14 Su	8:00am-8:50am
11 Sessions			\$58
Instructor:Peggy Brower			
412039	Kennedy Shriver Aq Ctr	6/2 Tu	10:00am-10:50am
412041	Kennedy Shriver Aq Ctr	6/4 Th	10:00am-10:50am
412026	MLK Swm Ctr	6/5 F	1:00pm-1:50pm
412042	Kennedy Shriver Aq Ctr	6/5 F	8:30am-9:20am
Instructor:Network, Inc Wellness			
412037	Olney Swm Ctr	5/30 Sa	9:00am-9:50pm
412053	Germantown ISC	5/30 Sa	9:30am-10:20am
412038	Kennedy Shriver Aq Ctr	6/1 M	8:30am-9:20am
412045	Germantown ISC	6/1 M	10:30am-11:20am
412046	Germantown ISC	6/1 M	7:40pm-8:30pm
412028	Olney Swm Ctr	6/2 Tu	8:30am-9:20am
412031	Olney Swm Ctr	6/2 Tu	8:00pm-8:50pm
412032	Olney Swm Ctr	6/2 Tu	10:30am-11:20am
412043	Kennedy Shriver Aq Ctr	6/2 Tu	7:30pm-8:20pm
412047	Germantown ISC	6/2 Tu	9:30am-10:20am
412048	Germantown ISC	6/2 Tu	8:30pm-9:20pm
412040	Kennedy Shriver Aq Ctr	6/3 W	8:30am-9:20am
412049	Germantown ISC	6/3 W	10:30am-11:20am
412050	Germantown ISC	6/3 W	8:30pm-9:20pm
412030	Olney Swm Ctr	6/4 Th	8:30am-9:20am
412033	Olney Swm Ctr	6/4 Th	10:30am-11:20am
412044	Kennedy Shriver Aq Ctr	6/4 Th	7:30pm-8:20pm
412029	Olney Swm Ctr	6/4 Th	8:00pm-8:50pm
412051	Germantown ISC	6/4 Th	9:30am-10:20am
412052	Germantown ISC	6/4 Th	8:30pm-9:20pm
412036	Olney Swm Ctr	6/5 F	6:00pm-6:50pm

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			
412096	MLK Swm Ctr	6/1 M	9:00am-9:50am
412097	MLK Swm Ctr	6/3 W	9:00am-9:50am
412098	MLK Swm Ctr	6/5 F	9:00am-9:50am
11 Sessions			\$58
Instructor:Peggy Brower			
412087	Kennedy Shriver Aq Ctr	6/1 M	8:30pm-9:20pm
412088	Kennedy Shriver Aq Ctr	6/2 Tu	11:30am-12:20am
412089	Kennedy Shriver Aq Ctr	6/3 W	8:30pm-9:20pm
412090	Kennedy Shriver Aq Ctr	6/4 Th	11:30am-12:20am
Instructor:Network, Inc Wellness			
412093	Olney Swm Ctr	6/1 M	9:00am-9:50am
412091	Olney Swm Ctr	6/3 W	9:00am-9:50am
412094	Germantown ISC	6/3 W	9:30am-10:20am
412092	Olney Swm Ctr	6/5 F	9:00am-9:50am
412095	Germantown ISC	6/5 F	9:30am-10:20am

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:Peggy Brower			
412077	MLK Swm Ctr	6/2 Tu	8:00pm-8:50pm
11 Sessions			\$58
Instructor:Network, Inc Wellness			
412072	Kennedy Shriver Aq Ctr	6/1 M	9:30am-10:20am
412074	Olney Swm Ctr	6/2 Tu	9:30am-10:20am
412070	Kennedy Shriver Aq Ctr	6/3 W	9:30am-10:20am
412078	Germantown ISC	6/3 W	7:40pm-8:30pm
412073	Olney Swm Ctr	6/4 Th	7:00pm-7:50pm
412075	Olney Swm Ctr	6/4 Th	9:30am-10:20am
412071	Kennedy Shriver Aq Ctr	6/5 F	9:30am-10:20am

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

10 Sessions			\$53
Instructor:Peggy Brower			
412619	MLK Swm Ctr	5/30 Sa	7:00pm-7:50pm
412081	MLK Swm Ctr	6/5 F	7:00am-7:50am
11 Sessions			\$58
Instructor:Peggy Brower			
412084	Kennedy Shriver Aq Ctr	5/31 Su	9:30am-10:20am

Check Out Our Land Fitness Classes Too!
Held at Aquatic Facilities
Zumba pg. 44

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 mcdbeavers@gmail.com.

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

Diving 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. Practices are offered at 3x, 4x, or 5x per week with costs at \$400, \$500, or \$600.00 per session. Additional fees include \$300.00 to the club as an annual family membership fee.

Diving High School

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.

\$240

Instructor: Doug Beavers

411933	Kennedy Shriver Aq Ctr	6/15	M	8:00pm-9:30pm
411935	Germantown ISC	6/15	M	8:30pm-10:00pm
411936	Germantown ISC	6/17	W	8:30pm-10:00pm
411934	Kennedy Shriver Aq Ctr	6/18	Th	8:00pm-9:30pm

Diving 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 ready to hang up the speedo, join the Rusty Springs!

\$240

Instructor: Doug Beavers

411937	Kennedy Shriver Aq Ctr	6/15	M	8:00pm-9:30pm
411938	Kennedy Shriver Aq Ctr	6/18	Th	8:00pm-9:30pm

Diving Springs Team (Open)

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 diving, and who would otherwise feel uncomfortable in a Lesson class with little kids.

\$240

Instructor: Doug Beavers

411954	Germantown ISC	6/15	M	6:00pm-7:30pm
411958	Olney Swm Ctr	6/15	M	5:30pm-7:30pm
411951	Kennedy Shriver Aq Ctr	6/16	Tu	6:00pm-7:30pm
411955	Germantown ISC	6/16	Tu	6:00pm-7:30pm
411956	MLK Swm Ctr	6/16	Tu	5:30pm-7:00pm
411952	Kennedy Shriver Aq Ctr	6/17	W	6:00pm-7:30pm
411959	Olney Swm Ctr	6/17	W	5:30pm-7:30pm
411957	MLK Swm Ctr	6/18	Th	5:30pm-7:00pm
411960	Germantown ISC	6/18	Th	6:00pm-7:30pm

Diving 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 in deep water and able to dive in head first.

To complete registration, email mcdbeavers@gmail.com.

\$120

Instructor: Doug Beavers

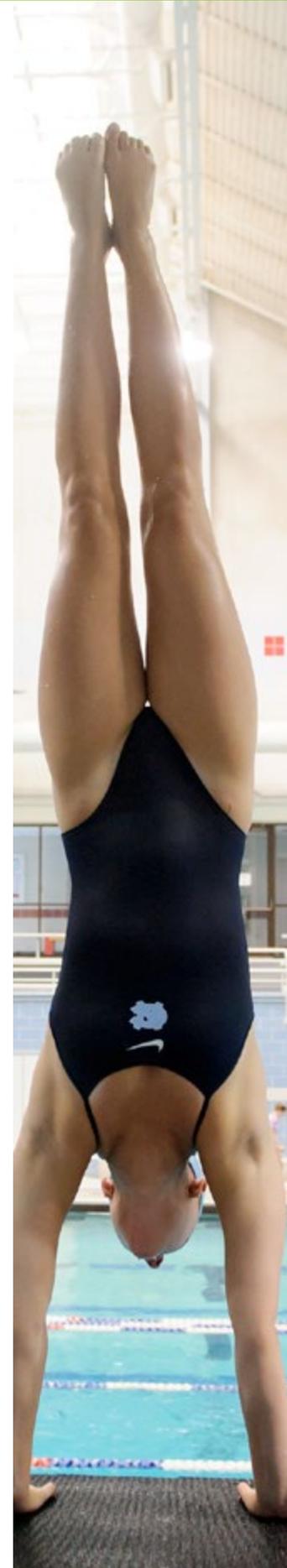
411949	Olney Swm Ctr	6/15	M	5:15pm-6:00pm
411943	Kennedy Shriver Aq Ctr	6/16	Tu	4:45pm-5:30pm
411948	Germantown ISC	6/16	Tu	5:15pm-6:00pm
411944	Kennedy Shriver Aq Ctr	6/17	W	5:15pm-6:00pm
411950	Olney Swm Ctr	6/17	W	4:45pm-5:30pm
411946	Germantown ISC	6/18	Th	5:15pm-6:00pm
411945	Kennedy Shriver Aq Ctr	6/19	F	5:15pm-6:00pm

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 26, 7:00 PM, RAIN or SHINE.

\$175

410433	Bethesda OP	5/26	M-Sa
410434	Germantown OP	5/26	M-Sa
410435	Wheaton/Glenmont OP	5/26	M-Sa
410436	Long Branch OP	5/26	M-Sa
410437	Western County OP	5/26	M-Sa
410438	Upper County OP	5/26	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.

408379	1 day per week	4/19-8/23	\$110
408380	2 days per week	4/19-8/23	\$150
408381	3 days per week	4/19-8/23	\$190
408382	4 days per week	4/19-8/23	\$230
408383	5 days per week	4/19-8/23	\$270

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' 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. For Olney, contact Scott at 301-610-4988 or Training@scubaadventure.org. For MLK (Silver Spring) contact Joe at 301-873-4327 or diveeatsleep@yahoo.com.

8 Sessions			\$250
Instructor: Scott Hagedorn			
397436 Olney Swm Ctr	7/15	Tu, Th	7:00pm-10:00pm
Instructor: Joseph Lodmell			
397497 MLK Swm Ctr	7/14	M, W	6:00pm-9:00pm

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

DEVELOPMENTAL SWIM TRAINING

Montgomery Stroke and Turn Clinic

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

\$345					
Instructor: Clinics MSTC					
413265 Kennedy Shriver Aq Ctr	10/18	Su		5:00pm-6:00pm	
413266 Kennedy Shriver Aq Ctr	10/18	Su		6:00pm-7:00pm	
413267 Kennedy Shriver Aq Ctr	10/18	Su		7:00pm-8:00pm	
413272 Germantown ISC	10/18	Su		7:00pm-8:00pm	
413268 Olney Swm Ctr	10/18	Su		5:00pm-6:00pm	
413269 Olney Swm Ctr	10/18	Su		6:00pm-7:00pm	
413270 Olney Swm Ctr	10/18	Su		7:00pm-8:00pm	
413271 Germantown ISC	10/18	Su		6:00pm-7:00pm	
413273 MLK Swm Ctr	10/18	Su		6:00pm-7:00pm	
413274 MLK Swm Ctr	10/18	Su		7:00pm-8:00pm	



WWW.RMSCSWIMMING.COM



INDIVIDUAL PROGRESS
TEAM UNITY

NATIONALLY RECOGNIZED
5 PRACTICE SITES

Rockville, Silver Spring, Bethesda, Olney, and Germantown



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.

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 first date listed for every Lifeguard Training course is a pre-course. You MUST pass the pre-course to continue. The pre-course consists of 3 parts.

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



Germantown Indoor Swim Center

Session	Date	Begins	Ends
LGT 6: Course 390362	June 2015		
Pre-Course	Wednesday, June 10	7:00pm	9:00pm
Session 1	Sunday, June 14	9:30am	12:30pm
Session 2	Sunday, June 14	1:00pm	4:00pm
Session 3	Monday, June 15	1:00pm	4:00pm
Session 4	Monday, June 15	5:00pm	8:00pm
Session 5	Tuesday, June 16	1:00pm	4:00pm
Session 6	Tuesday, June 16	5:00pm	8:00pm
Session 7	Wednesday, June 17	1:00pm	4:00pm
Session 8	Wednesday, June 17	5:00pm	8:00pm
Session 9	Thursday, June 18	5:00pm	8:00pm

Olney Swim Center

Session	Date	Begins	Ends
LGT 7: Course 388853	June 2015		
Pre-course	Saturday, June 6	3:30pm	5:30pm
Session 1	Saturday, June 13	9:00am	12:30pm
Session 2	Saturday, June 13	1:00pm	5:00pm
Session 3	Sunday, June 14	12:00pm	3:30pm
Session 4	Sunday, June 14	4:00pm	8:00pm
Session 5	Saturday, June 20	9:00am	12:30pm
Session 6	Saturday, June 20	1:00pm	5:00pm
Session 7	Saturday, June 27	9:00am	12:30pm
Session 8	Saturday, June 27	1:00pm	5:00pm
Session 9	Sunday, June 28	12:00pm	3:30pm
Session 10	Sunday, June 28	4:00pm	8:00pm

Martin Luther King, Jr. Swim Center

Session	Date	Begins	Ends
LGT 6: Course 388503	May/June 2015		
Pre-course	Thursday, May 28	7:30pm	10:00pm
Session 1	Saturday, May 30	9:00am	12:30pm
Session 2	Saturday, May 30	1:00pm	4:00pm
Session 3	Sunday, May 31	9:00am	12:30pm
Session 4	Sunday, May 31	1:00pm	4:00pm
Session 5	Monday, Jun 1	6:00pm	9:30pm
Session 6	Thursday, Jun 4	6:00pm	9:30pm
Session 7	Saturday, Jun 6	9:00am	12:30pm
Session 8	Saturday, Jun 6	1:00pm	4:00pm
Session 9	Sunday, Jun 7	9:00am	1:00pm

Session	Date	Begins	Ends
LGT 8: Course 389049	June 2015		
Pre-course	Sunday, June 7	1:30pm	3:30pm
Session 1	Monday, June 15	8:00am	12:00pm
Session 2	Monday, June 15	12:30pm	4:00pm
Session 3	Tuesday, June 16	8:00am	12:00pm
Session 4	Tuesday, June 16	12:30pm	4:00pm
Session 5	Wednesday, June 17	8:00am	12:00pm
Session 6	Wednesday, June 17	12:30pm	4:00pm
Session 7	Thursday, June 18	8:00am	12:00pm
Session 8	Thursday, June 18	12:30pm	4:00pm
Session 9	Friday, June 19	8:00am	12:00pm
Session 10	Friday, June 19	12:30pm	4:00pm

Kennedy Shriver Aquatic Center

Session	Date	Begins	Ends
LGT 7: Course 382219	June 2015		
Pre-Course	Thursday, Jun. 18	7:00pm	9:00pm
Session 1	Friday, Jun. 19	9:00am	12:00pm
Session 2	Friday, Jun. 19	1:00pm	5:00pm
Session 3	Monday, Jun. 22	9:00am	12:00pm
Session 4	Monday, Jun. 22	1:00pm	5:00pm
Session 5	Tuesday, Jun. 23	9:00am	12:00pm
Session 6	Tuesday, Jun. 23	1:00pm	5:00pm
Session 7	Wednesday, Jun. 24	9:00am	12:00pm
Session 8	Wednesday, Jun. 24	1:00pm	5:00pm
Session 9	Friday, Jun. 26	9:00am	12:00pm

Session	Date	Begins	Ends
LGT 9: Course 388854	July 2015		
Pre-course	Wednesday, July 1	7:00pm	9:00pm
Session 1	Wednesday, July 8	6:30pm	10:00pm
Session 2	Friday, July 10	6:30pm	10:00pm
Session 3	Saturday, July 11	9:00am	12:30pm
Session 4	Saturday, July 11	1:00pm	5:00pm
Session 5	Sunday, July 12	9:00am	12:30pm
Session 6	Sunday, July 12	1:00pm	5:00pm
Session 7	Wednesday, July 15	6:30pm	10:00pm
Session 8	Friday, July 17	6:30pm	10:00pm
Session 9	Saturday, July 18	9:00am	12:30pm
Session 10	Saturday, July 18	1:00pm	5:00pm

BE A HERO!

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





SAFETY TRAINING

POOL OPERATOR REVIEW COURSE \$80

MCR-Office (Theatre)

Session	Date	Begins	Ends
Course 391875	May-2015		
Session 1	Thursday, May 21	8:00am	12:00pm
Course 391876	May-2015		
Session 1	Wednesday, May 27	8:00am	12:00pm
Course 391880	June-2015		
Session 1	Wednesday, June 8	8:00am	12:00pm
Course 391881	May-2015		
Session 1	Tuesday, June 23	10:00am	2:00pm
Course 391882	July-2015		
Session 1	Tuesday, July 7	10:00am	2:00pm

POOL OPERATOR COURSE \$150

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

MCR-Office (Theatre)

Session	Date	Begins	Ends
Course 391873	May-2015		
Session 1	Thursday, May 21	8:00am	10:00pm
Course 391874	May-2015		
Session 1	Wednesday, May 27	8:00am	10:00pm
Course 391877	June-2015		
Session 1	Tuesday, June 8	8:00am	10:00pm
Course 391878	June-2015		
Session 1	Tuesday, June 23	10:00am	5:00pm
Session 2	Wednesday, June 24	10:00am	5:00pm
Course 363038	July-2015		
Session 1	Tuesday, July 7	10:00am	5:00pm
Session 2	Wednesday, July 8	10:00am	5:00pm

SUMMER 2015

Outdoor Pool Hours



Pre Season
May 23-June 14

Summer Season
June 13-August 21

Post Season
August 22-September 7

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

	<u>Pre Season</u> May 23-June 14	<u>Summer Season</u> June 13-August 21	<u>Post Season</u> August 22-September 7
Bethesda 301.652.1598	Weekends & Labor Day: 12:00noon-6:00pm Weekdays: CLOSED	Weekends: 12:00noon-8:00pm Weekdays: 1:00pm-8:00pm	August 18-22 1:00pm-7:00pm August 25-29: CLOSED Weekends & Labor Day: 12:00noon-6:00pm
Germantown 240.777.8067	Weekends & Labor Day: 12:00noon-6:00pm Weekdays: CLOSED	Weekends: 12:00noon-8:00pm Weekdays: 1:00pm-8:00pm	August 18-22 1:00pm-7:00pm August 25-29: CLOSED Weekends & Labor Day: 12:00noon-6:00pm
MLK, Jr. Outdoor 240.777.8066	Weekends & Labor Day: 12:00noon-6:00pm Weekdays: CLOSED	Weekends: 12:00noon-8:00pm Weekdays: 1:00pm-8:00pm	August 18-22 1:00pm-7:00pm August 25-29: CLOSED Weekends & Labor Day: 12:00noon-6:00pm
Western County 301.349.2217	Weekends & Labor Day: 12:00noon-6:00pm Weekdays: CLOSED	Weekends: 12:00noon-8:00pm Weekdays: 12:00noon-8:00pm	August 18-22 1:00pm-7:00pm August 25-29: CLOSED Weekends & Labor Day: 12:00noon-6:00pm
Wheaton/Glenmont 301.929.5460	Weekends & Labor Day: 12:00noon-6:00pm Weekdays: CLOSED	Weekends: 12:00noon-8:00pm Weekdays: 1:00pm-8:00pm	August 18-22 1:00pm-7:00pm August 25-29: CLOSED Weekends & Labor Day: 12:00noon-6:00pm
Long Branch 301.431.5700	Weekends & Labor Day: 12:00noon-6:00pm 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 25
Upper County 301.840.2446	Weekends & Labor Day: 12:00noon-6:00pm 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 25



WATER SAFETY DAY

FRIDAY, MAY 29
3:30PM - 6:30PM

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

Stay safe at the pool this summer.

Learn about:

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

Free Event

Food will be available for purchase.

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

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

Hosted By





Swim Lessons

Indoor & Outdoor
Swim Lesson
Registration will begin

May 11
at 6:30am
for Residents

May 12 at 6:30am
for Non-Residents

No registrations will be processed
before this time.

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

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

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

Outdoor facilities will not be open until May 23. Outdoor lessons are scheduled for 8 sessions to allow for inclement weather.

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 1, 2015.



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

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

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

Please note the following:

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

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

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

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

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

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

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

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

Guidelines for Placement in Swim Classes

	<p>Parent-Assisted Lessons</p> <p><i>(Ages 6 mo-18 mo)</i></p> <p>Class Requirements: On the first day of class, students must be able to: Have one adult participant per child and wear swim diapers and tight-fitting waterproof pants under the suit if not potty-trained</p>	<p><i>Aquatots(Ages 18 mo-3yr)Pre-</i></p> <p>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.</p>	<p><i>School (Ages 3yr-5yr)</i></p> 
	<p>Level 1</p> <p><i>Pre-Beginner (Ages 4-6)</i></p> <p>Class Requirements: On the first day of class, students must be able to: Function well in a group setting without parents since parents DO NOT accompany children.</p>	<p><i>Youth (Ages 7-13)</i></p> <p>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.</p>	<p><i>Adult(Ages 14+)</i></p> 
	<p>Level 2</p> <p><i>Pre-Beginner (Ages 4-6)</i></p> <p>Class Requirements: On the first day of class, students must be able to: Enter water, front and back float without support, kick, blow bubbles and arm strokes. Parents DO NOT accompany children.</p>	<p><i>Youth (Ages 7-13)</i></p> <p>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.</p>	<p><i>Adult (Ages 14+)</i></p> 
	<p>Level 3</p> <p><i>Pre-Beginner (Ages 4-6)</i></p> <p>Class Requirements: On the first day of class, students must be able to: Use basic swimming skills: front and back glides, kicking, arm strokes on front and back, and rhythmic breathing. Parents DO NOT accompany children.</p>	<p><i>Youth (Ages 7-13)</i></p> <p>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.</p>	<p><i>Adult (Ages 14+)</i></p> 
	<p>Level 4</p> <p><i>Pre-Beginner (Ages 4-6)</i></p> <p>Class Requirements: On the first day of class, students must be able to: Swim a coordinated front crawl for 15 yards and swim back crawl for 5 yards. Students should be comfortable in deep water.</p>	<p><i>Youth (Ages 7-13)</i></p> <p>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.</p>	<p><i>Adult (Ages 14+)</i></p> 
	<p>Level 5</p> <p><i>Youth (Ages 7-13)</i></p> <p>Class Requirements: On the first day of class, students must be able to: Demonstrate a proficient front crawl(freestyle, backstroke, and be comfortable in deep water.</p>	<p><i>Adult (Ages 14+)</i></p> <p>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.</p>	
	<p>Level 6</p> <p><i>Youth (Ages 7-13)</i></p> <p>Class Requirements: On the first day of class, students must be able to: Have achieved a proficient level in all previous strokes (front crawl, back crawl, breaststroke)</p>	<p><i>Adult (Ages 14+)</i></p> <p>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.</p>	



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

410664	6/15	M, Tu, W	11:00am-11:30am
410662	6/20	Sa	10:50am-11:20am
410663	6/21	Su	10:50am-11:20am
410665	6/29	M, Tu, W	11:00am-11:30am

Kennedy Shriver Aquatic Center

405369	6/13	Sa	9:40am-10:10am
405370	6/14	Su	10:20am-10:50am
405381	6/14	Su	9:00am-9:30am
405371	6/15	M, W, F	10:20am-10:50am
405373	6/15	M, W, F	9:00am-9:30am
405376	6/16	Tu, Th	9:00am-9:30am
405379	6/16	Tu, Th	11:00am-11:30am
405372	6/29	M, W, F	10:20am-10:50am
405374	6/29	M, W, F	9:00am-9:30am
405377	7/7	Tu, Th	9:00am-9:30am
405380	7/7	Tu, Th	11:00am-11:30am
405375	7/13	M, W, F	9:00am-9:30am
405378	7/13	M, W, F	10:20am-10:50am

Martin Luther King Swim Center

411004	6/15	M, W, F	10:20am-10:50am
411005	6/16	Tu	5:40pm-6:10pm
411006	6/18	Th	5:00pm-5:30pm
411007	6/20	Sa	9:40am-10:10am

Olney Swim Center

411618	6/20	Sa	8:40am-9:10am
411619	6/20	Sa	10:40am-11:10am
411620	6/21	Su	8:40am-9:10am
411621	6/21	Su	10:40am-11:10am
411611	6/22	M, Tu, W	5:00pm-5:30pm
411616	6/25	Th	10:30am-11:00am
411617	6/25	Th	6:20pm-6:50pm
411613	7/6	M, Tu, W	5:40pm-6:10pm
411614	7/20	M, Tu, W	5:00pm-5:30pm
411615	8/3	M, Tu, W	5:40pm-6:10pm
8 Sessions			\$50

Martin Luther King Outdoor Pool

411003	6/21	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

410551	6/15	M, Tu, W	10:20am-10:50am
410552	6/16	Tu	6:10pm-6:40pm
410547	6/20	Sa	10:10am-10:40am
410548	6/20	Sa	11:30am-12:00pm
410549	6/21	Su	10:10am-10:40am
410550	6/21	Su	11:30am-12:00pm
410553	6/24	W	5:30pm-6:00pm
410554	6/29	M, Tu, W	10:20am-10:50am
410555	7/13	M, Tu, W	10:20am-10:50am

Kennedy Shriver Aquatic Center

405286	6/13	Sa	10:20am-10:50am
405287	6/14	Su	9:40am-10:10am
405288	6/15	M, W, F	9:40am-10:10am
405291	6/16	Tu, Th	9:40am-10:10am
405289	6/29	M, W, F	9:40am-10:10am
405292	7/7	Tu, Th	9:40am-10:10am
405290	7/13	M, W, F	9:40am-10:10am

MLK Swim Center

410940	6/15	M, W, F	9:00am-9:30am
410941	6/18	Th	5:40pm-6:10pm
410942	6/20	Sa	9:00am-9:30am
410945	6/20	Sa	8:15am-8:45am
410943	6/29	M, W, F	9:40am-10:10am
410944	7/13	M, W, F	9:00am-9:30am

Olney Swim Center

411462	6/20	Sa	9:20am-9:50am
411463	6/20	Sa	11:20am-11:50am
411464	6/21	Su	9:20am-9:50am
411465	6/21	Su	11:20am-11:50am
411461	6/25	Th	9:45am-10:15am
411457	7/6	M, Tu, W	10:30am-11:00am
411458	7/6	M, Tu, W	5:00pm-5:30pm
411459	7/20	M, Tu, W	5:40pm-6:10pm
411466	7/20	M, Tu, W	9:45am-10:15am
411460	8/3	M, Tu, W	10:30am-11:00am

*"Seventy-five percent of our planet is water!
Does your child know how to swim?"*

8 Sessions

\$50

Martin Luther King Outdoor Pool

410938	6/21	Su	9:00am-9:30am
410939	6/21	Su	10:20am-10:50am

Bethesda Outdoor Pool

411088	6/13	Sa	11:00am-11:30am
411089	6/13	Sa	9:40am-10:10am
411090	6/13	Sa	10:20am-10:50am
411092	6/13	Sa	9:00am-9:30am
411091	6/14	Su	11:00am-11:30am
411093	6/14	Su	10:20am-10:50am
411094	6/14	Su	9:40am-10:10am
411097	6/14	Su	9:00am-9:30am
411085	6/15	M-Th	10:20am-10:50am
411086	6/15	M-Th	9:40am-10:10am
411087	6/15	M-Th	9:00am-9:30am
411095	6/29	M-Th	10:20am-10:50am
411098	6/29	M-Th	9:40am-10:10am
411099	6/29	M-Th	9:00am-9:30am
411096	7/13	M-Th	10:20am-10:50am
411100	7/13	M-Th	9:00am-9:30am
411101	7/13	M-Th	9:40am-10:10am
412004	7/27	M-Th	10:20am-10:50am
412005	7/27	M-Th	9:00am-9:30am
412006	7/27	M-Th	9:40am-10:10am

Germantown Outdoor Pool

408432	6/13	Sa	9:40am-10:10am
408433	6/13	Sa	10:20am-10:50am
408434	6/14	Su	9:00am-9:30am

Long Branch Outdoor Pool

410888	6/14	Su	10:20am-10:50am
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Upper County Outdoor Pool

411249	6/21	Su	9:00am-9:30am
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Western County Outdoor Pool

410777	6/13	Sa	9:40am-10:10am
410778	6/15	M	6:00pm-6:30pm

Wheaton/Glenmont Outdoor Pool

406495	6/13	Sa	10:20am-10:50am
406498	6/13	Sa	9:00am-9:30am
406500	6/13	Sa	9:40am-10:10am
406503	6/13	Sa	11:00am-11:30am
406496	6/14	Su	9:00am-9:30am
406504	6/14	Su	10:20am-10:50am
406501	6/15	M-Th	9:50am-10:20am
406505	6/15	M-Th	9:15am-9:45am
406497	6/29	M-Th	10:30am-11:00am
406499	7/13	M-Th	9:50am-10:20am
406502	7/27	M-Th	9:15am-9:45am

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

410657	6/15	M, Tu, W	9:40am-10:10am
410658	6/16	Tu	5:30pm-6:00pm
410653	6/20	Sa	9:30am-10:00am
410654	6/20	Sa	12:10pm-12:40pm
410655	6/21	Su	9:30am-10:00am
410656	6/21	Su	12:10pm-12:40pm
410659	6/24	W	6:10pm-6:40pm
410660	6/29	M, Tu, W	9:40am-10:10am
410661	7/13	M, Tu, W	9:40am-10:10am

Kennedy Shriver Aquatic Center

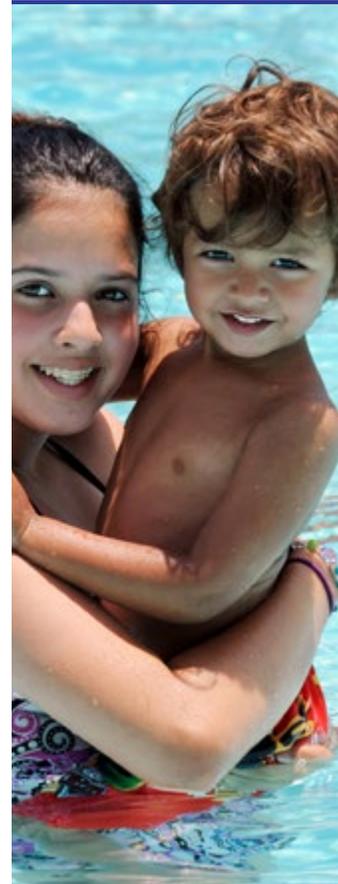
405360	6/13	Sa	9:00am-9:30am
405366	6/14	Su	11:00am-11:30am
405363	6/15	M, W, F	11:00am-11:30am
405361	6/16	Tu, Th	6:25pm-6:55pm
405367	6/16	Tu, Th	10:20am-10:50am
405365	6/29	M, W, F	11:00am-11:30am
405362	7/7	Tu, Th	10:20am-10:50am
405368	7/7	Tu, Th	6:25pm-6:55pm
405364	7/13	M, W, F	11:00am-11:30am

Martin Luther King Swim Center

410994	6/16	Tu, Th	9:30am-10:00am
410995	6/16	Tu	5:00pm-5:30pm
410996	6/18	Th	6:20pm-6:50pm
410997	6/20	Sa	10:20am-10:50am
410998	6/20	Sa	11:00am-11:30am
411001	7/7	Tu, Th	10:10am-10:40am
410999	7/13	M, W, F	10:20am-10:50am
411000	7/27	M, W, F	9:00am-9:30am

Olney Swim Center

411478	6/20	Sa	8:00am-8:30am
411479	6/20	Sa	10:00am-10:30am
411480	6/20	Sa	12:00pm-12:30pm
411481	6/21	Su	8:00am-8:30am
411482	6/21	Su	10:00am-10:30am
411483	6/21	Su	12:00pm-12:30pm
411467	6/22	M, Tu, W	10:30am-11:00am
411468	6/22	M, Tu, W	5:40pm-6:10pm
411469	6/22	M, Tu, W	6:20pm-6:50pm
411476	6/25	Th	9:00am-9:30am
411477	6/25	Th	5:00pm-5:30pm
411470	7/6	M, Tu, W	9:45am-10:15am
411471	7/6	M, Tu, W	6:20pm-6:50pm
411472	7/20	M, Tu, W	10:30am-11:00am
411473	7/20	M, Tu, W	6:20pm-6:50pm
411475	8/3	M, Tu, W	9:00am-9:30am





PRE-SCHOOL

8 Sessions \$50

Martin Luther King Outdoor Pool

410993	6/21	Su	9:40am-10:10am
411002	7/26	Su	8:15am-8:45am

Bethesda Outdoor Pool

411148	6/13	Sa	10:20am-10:50am
411149	6/13	Sa	11:00am-11:30am
411155	6/13	Sa	9:00am-9:30am
411156	6/13	Sa	9:40am-10:10am
411150	6/14	Su	10:20am-10:50am
411151	6/14	Su	11:00am-11:30am
411152	6/14	Su	9:00am-9:30am
411153	6/14	Su	9:40am-10:20am
411145	6/15	M-Th	10:20am-10:50am
411146	6/29	M-Th	10:20am-10:50am
411147	7/13	M-Th	10:20am-10:50am
412215	7/27	M-Th	10:20am-10:50am

Germantown Outdoor Pool

408466	6/13	Sa	9:00am-9:30am
408467	6/14	Su	9:40am-10:10am
408468	6/14	Su	10:20am-10:50am

Long Branch Outdoor Pool

410905	6/14	Su	9:40am-10:10am
410906	6/15	M-Th	9:40am-10:10am
410907	6/16	Tu, Th	7:30pm-8:00pm

Upper County Outdoor Pool

411297	6/21	Su	11:15am-11:45am
411294	7/6	M-Th	10:15am-10:45am
411296	7/20	M-Th	5:45pm-6:15pm

Western County Outdoor Pool

410794	6/13	Sa	9:00am-9:30am
410795	6/15	M	6:40pm-7:10pm

Wheaton/Glenmont Outdoor Pool

408699	6/13	Sa	9:00am-9:30am
408700	6/14	Su	10:20am-10:50am
408701	6/15	M-Th	9:15am-9:45am
408702	6/15	M-Th	10:30am-11:00am
408703	6/29	M-Th	9:15am-9:45am
408704	7/27	M-Th	9:50am-10:20am

New Customer Service Hours

Mark Your Calendar!

Beginning July 1, 2015 our Customer Service Window at Recreation's Administrative Office (4010 Randolph Road) will be open Monday thru Friday, 10:00am-2:00pm.

Check our website at montgomerycountymd.gov/rec for a listing of extended hours on key registration days.

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

Germantown Indoor Swim Center

410564	6/15	M, Tu, W	9:00am-9:30am
410565	6/15	M, Tu, W	9:40am-10:20am
410566	6/15	M, Tu, W	11:00am-11:30am
410567	6/16	Tu	5:30pm-6:00pm
410569	6/18	Th	5:30pm-6:00pm
410556	6/20	Sa	9:30am-10:00am
410557	6/20	Sa	10:10am-10:40am
410558	6/20	Sa	10:50am-11:20am
410559	6/20	Sa	11:30am-12:00pm
410560	6/21	Su	9:30am-10:00am
410561	6/21	Su	10:10am-10:40am
410562	6/21	Su	11:30am-12:00pm
410563	6/21	Su	12:10pm-12:40pm
410568	6/24	W	5:30pm-6:00pm
410570	6/29	M, Tu, W	9:00am-9:30am
410571	6/29	M, Tu, W	9:40am-10:10am
410572	6/29	M, Tu, W	10:20am-10:50am
410573	7/13	M, Tu, W	9:00am-9:30am
410574	7/13	M, Tu, W	9:40am-10:10am
410575	7/13	M, Tu, W	10:20am-10:50am
410576	7/27	M, Tu, W	10:20am-10:50am

Kennedy Shriver Aquatic Center

405293	6/13	Sa	9:00am-9:30am
405294	6/13	Sa	9:40am-10:10am
405295	6/13	Sa	11:00am-11:30am
405296	6/14	Su	9:40am-10:10am
405297	6/14	Su	11:00am-11:30am
405299	6/15	M, W, F	10:20am-10:50am
405303	6/15	M, W, F	9:40am-10:10am
405306	6/15	M, W, F	11:00am-11:30am
405298	6/16	Tu, Th	9:40am-10:10am
405300	6/16	Tu, Th	5:45pm-6:15pm
405301	6/16	Tu, Th	9:00am-9:30am
405302	6/16	Tu, Th	6:25pm-6:55pm
405315	6/16	Tu, Th	11:00am-11:30am
405305	6/29	M, W, F	10:20am-10:50am
405310	6/29	M, W, F	11:00am-11:30am
405313	6/29	M, W, F	9:40am-10:10am
405304	7/7	Tu, Th	9:40am-10:10am
405307	7/7	Tu, Th	9:00am-9:30am
405308	7/7	Tu, Th	5:45pm-6:15pm
405309	7/7	Tu, Th	6:25pm-6:55pm
405316	7/7	Tu, Th	11:00am-11:30am
405311	7/13	M, W, F	10:20am-10:50am
405312	7/13	M, W, F	11:00am-11:30am
405314	7/13	M, W, F	9:40am-10:10am

Martin Luther King Swim Center

410949	6/15	M, W, F	9:40am-10:10am
410956	6/15	M, W, F	9:00am-9:30am
410950	6/16	Tu	5:00pm-5:30pm
410951	6/17	W	5:00pm-5:30pm
410952	6/18	Th	5:40pm-6:10pm
410953	6/20	Sa	10:20am-10:50am
410954	6/20	Sa	11:00am-11:30am
410959	6/20	Sa	9:00am-9:30am
410960	6/20	Sa	8:15am-8:45am
410955	6/29	M, W, F	10:20am-10:50am
410957	6/29	M, W, F	9:00am-9:30am
410958	7/13	M, W, F	10:20am-10:50am

Olney Swim Center

411523	6/20	Sa	8:00am-8:30am
411524	6/20	Sa	8:40am-9:10am
411525	6/20	Sa	9:20am-9:50am
411526	6/20	Sa	10:00am-10:30am
411527	6/20	Sa	10:40am-11:10am
411528	6/20	Sa	11:20am-11:50am
411529	6/20	Sa	12:00pm-12:30pm
412105	6/20	Sa	10:40am-11:10am
411530	6/21	Su	8:00am-8:30am
411531	6/21	Su	8:40am-9:10am
411532	6/21	Su	9:20am-9:50am
411533	6/21	Su	10:00am-10:30am
411534	6/21	Su	10:40am-11:10am
411535	6/21	Su	11:20am-11:50am
411536	6/21	Su	12:00pm-12:30pm
412106	6/21	Su	10:40am-11:10am
411499	6/22	M, Tu, W	9:00am-9:30am
411500	6/22	M, Tu, W	9:45am-10:15am
411501	6/22	M, Tu, W	10:30am-11:00am
411502	6/22	M, Tu, W	5:00pm-5:30pm
411503	6/22	M, Tu, W	5:40pm-6:10pm
411504	6/22	M, Tu, W	6:20pm-6:50pm
412103	6/22	M, Tu, W	9:00am-9:30am
411519	6/25	Th	9:45am-10:15am
411520	6/25	Th	5:00pm-5:30pm
411521	6/25	Th	5:40pm-6:10pm
411522	6/25	Th	6:20pm-6:50pm
412104	6/25	Th	9:00am-9:30am
411505	7/6	M, Tu, W	9:00am-9:30am
411506	7/6	M, Tu, W	9:45am-10:15am
411507	7/6	M, Tu, W	10:30am-11:00am
411508	7/6	M, Tu, W	5:00pm-5:30pm
411509	7/6	M, Tu, W	5:40pm-6:10pm
411510	7/6	M, Tu, W	6:20pm-6:50pm
411511	7/20	M, Tu, W	9:00am-9:30am
411512	7/20	M, Tu, W	9:45am-10:15am
411513	7/20	M, Tu, W	5:00pm-5:30pm
411514	7/20	M, Tu, W	5:40pm-6:10pm
411537	7/20	M, Tu, W	5:00pm-5:30pm
411515	8/3	M, Tu, W	9:00am-9:30am
411516	8/3	M, Tu, W	9:45am-10:15am
411517	8/3	M, Tu, W	5:00pm-5:30pm
411518	8/3	M, Tu, W	5:40pm-6:10pm
411538	8/3	M, Tu, W	5:40pm-6:10pm

8 Sessions

\$59

Martin Luther King Outdoor Pool

410947	6/21	Su	9:00am-9:30am
410948	6/21	Su	10:20am-10:50am
410961	6/21	Su	8:15am-8:45am

Bethesda Outdoor Pool

411110	6/13	Sa	9:00am-9:30am
411111	6/13	Sa	10:20am-10:50am
411112	6/13	Sa	9:40am-10:10am
411113	6/14	Su	10:20am-10:50am
411114	6/14	Su	9:40am-10:10am
411115	6/14	Su	9:00am-9:30am
411102	6/15	M-Th	9:00am-9:30am
411104	6/15	M-Th	9:40am-10:10am
411105	6/29	M-Th	9:00am-9:30am
411103	6/29	M-Th	10:20am-10:50am
411106	6/29	M-Th	9:40am-10:10am
411107	7/13	M-Th	9:00am-9:30am
411109	7/13	M-Th	9:40am-10:10am
411108	7/27	M-Th	9:00am-9:30am
412003	7/27	M-Th	9:40am-10:10am

Germantown Outdoor Pool

408445	6/13	Sa	9:00am-9:30am
408446	6/13	Sa	10:20am-10:50am
408447	6/13	Sa	11:00am-11:30am
408448	6/14	Su	9:00am-9:30am
408449	6/14	Su	11:00am-11:30am
408435	6/15	M-Th	9:00am-9:30am
408436	6/15	M-Th	9:40am-10:10am
408437	6/15	M-Th	10:20am-10:50am
408438	6/29	M-Th	9:00am-9:30am
408441	6/29	M-Th	9:40am-10:20am
408443	6/29	M-Th	10:20am-10:50am
408439	7/13	M-Th	9:00am-9:30am
408440	7/13	M-Th	9:40am-10:20am
408444	7/13	M-Th	10:20am-10:50am
408442	7/27	M-Th	9:00am-9:30am

Long Branch Outdoor Pool

410889	6/14	Su	9:40am-10:10am
410898	6/14	Su	11:00am-11:30am
410890	6/15	M-Th	9:00am-9:30am
410897	6/15	M-Th	9:40am-10:10am
410893	6/29	M-Th	9:40am-10:10am
410895	6/29	M-Th	10:20am-10:50am
410891	7/13	M-Th	9:40am-10:10am
410896	7/13	M-Th	9:00am-9:30am
410892	7/27	M-Th	10:20am-10:50am
410894	7/27	M-Th	9:00am-9:30am





PRE-BEGINNER LEVEL 1

Upper County Outdoor Pool

411250	6/21	Su	9:00am-9:30am
411252	6/21	Su	9:45am-10:15am
411253	6/21	Su	11:15am-11:45am
411254	6/22	M-Th	9:30am-10:00am
411255	6/22	M-Th	5:00pm-5:30pm
411262	7/6	M-Th	9:30am-10:00am
411259	7/20	M-Th	10:15am-10:45am

Western County Outdoor Pool

410779	6/13	Sa	9:00am-9:30am
410780	6/13	Sa	11:00am-11:30am
410781	6/15	M-Th	9:40am-10:10am
410782	6/15	M	6:00pm-6:30pm
410785	6/16	Tu	6:00pm-6:30pm
410783	6/29	M-Th	9:40am-10:10am
410784	7/13	M-Th	11:00am-11:30am

Wheaton/Glenmont Outdoor Pool

406506	6/13	Sa	9:40am-10:10am
406507	6/13	Sa	10:20am-10:50am
406511	6/13	Sa	9:00am-9:30am
406513	6/13	Sa	11:00am-11:30am
406508	6/14	Su	9:00am-9:30am
406509	6/14	Su	9:40am-10:10am
406515	6/14	Su	11:00am-11:30am
406510	6/15	M-Th	9:15am-9:45am
406512	6/15	M-Th	9:50am-10:20am
406514	6/15	M-Th	10:30am-11:00am
406516	6/29	M-Th	9:15am-9:45am
406517	6/29	M-Th	9:50am-10:20am
406518	6/29	M-Th	10:30am-11:00am
406519	7/13	M-Th	9:15am-9:45am
406520	7/13	M-Th	9:50am-10:20am
406522	7/13	M-Th	10:30am-11:00am
406521	7/27	M-Th	9:15am-9:45am
406523	7/27	M-Th	9:50am-10:20am
406524	7/27	M-Th	10:30am-11:00am

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

410585	6/15	M, Tu, W	9:00am-9:30am
410586	6/15	M, Tu, W	9:40am-10:10am
410587	6/15	M, Tu, W	10:20am-10:50am
410588	6/16	Tu	6:10pm-6:40pm
410590	6/18	Th	6:10pm-6:40pm
410577	6/20	Sa	10:10am-10:40am
410578	6/20	Sa	10:50am-11:20am
410579	6/20	Sa	11:30am-12:00pm
410580	6/20	Sa	12:10pm-12:40pm
410581	6/21	Su	9:30am-10:00am
410582	6/21	Su	10:10am-10:40am
410583	6/21	Su	10:50am-11:20am
410584	6/21	Su	11:30am-12:00pm
410589	6/24	W	6:10pm-6:40pm
410591	6/29	M, Tu, W	9:00am-9:30am
410592	6/29	M, Tu, W	9:40am-10:10am
410593	7/13	M, Tu, W	9:00am-9:30am
410594	7/13	M, Tu, W	9:40am-10:10am
410595	7/27	M, Tu, W	9:00am-9:30am
410596	7/27	M, Tu, W	11:00am-11:30am

Kennedy Shriver Aquatic Center

405317	6/13	Sa	9:00am-9:30am
405318	6/13	Sa	11:00am-11:30am
405319	6/14	Su	9:00am-9:30am
405320	6/14	Su	10:20am-10:50am
405328	6/14	Su	11:00am-11:30am
405334	6/14	Su	9:40am-9:30am
405321	6/15	M, W, F	9:00am-9:30am
405326	6/15	M, W, F	10:20am-10:50am
405335	6/15	M, W, F	11:00am-11:30am
405322	6/16	Tu, Th	6:25pm-6:55pm
405323	6/16	Tu, Th	9:00am-9:30am
405330	6/16	Tu, Th	10:20am-10:50am
405325	6/29	M, W, F	9:00am-9:30am
405331	6/29	M, W, F	10:20am-10:50am
405336	6/29	M, W, F	11:00am-11:30am
405324	7/7	Tu, Th	6:25pm-6:55pm
405327	7/7	Tu, Th	9:00am-9:30am
405332	7/7	Tu, Th	10:20am-10:50am
405329	7/13	M, W, F	9:00am-9:30am
405333	7/13	M, W, F	10:20am-10:50am
405337	7/13	M, W, F	11:00am-11:30am

Martin Luther King Swim Center

410963	6/15	M, W, F	9:40am-10:10am
410964	6/16	Tu, Th	9:30am-10:00am
410965	6/16	Tu	5:40pm-6:10pm
410966	6/16	Tu	6:20pm-6:50pm
410979	6/16	Tu, Th	10:10am-10:40am
410967	6/17	W	5:00pm-5:30pm
410968	6/18	Th	5:00pm-5:30pm
410969	6/18	Th	6:20pm-6:50pm
410970	6/20	Sa	9:40am-10:10am
410971	6/20	Sa	11:00am-11:30am
410978	6/20	Sa	9:40am-10:10am
410981	6/20	Sa	8:15am-8:45am
410972	6/29	M, W, F	9:00am-9:30am
410973	6/29	M, W, F	10:20am-10:50am
410977	7/7	Tu, Th	9:30am-10:00am
410974	7/13	M, W, F	9:00am-9:30am
410975	7/13	M, W, F	9:40am-10:10am
410976	7/27	M, W, F	9:40am-10:10am
410982	7/27	M, W, F	9:00am-9:30am

Olney Swim Center

411565	6/20	Sa	8:40am-9:10am
411566	6/20	Sa	9:20am-9:50am
411567	6/20	Sa	10:00am-10:30am
411568	6/20	Sa	12:00pm-12:30pm
411569	6/21	Su	8:00am-8:30am
411570	6/21	Su	8:40am-9:10am
411571	6/21	Su	9:20am-9:50am
411572	6/21	Su	10:00am-10:30am
411573	6/21	Su	12:00pm-12:30pm
411540	6/22	M, Tu, W	9:45am-10:15am
411541	6/22	M, Tu, W	10:30am-11:00am
411542	6/22	M, Tu, W	5:00pm-5:30pm
411543	6/22	M, Tu, W	5:40pm-6:10pm
411544	6/22	M, Tu, W	6:20pm-6:50pm
411561	6/25	Th	10:30am-11:00am
411562	6/25	Th	5:40pm-6:10pm
411563	6/25	Th	6:20pm-6:50pm
411545	7/6	M, Tu, W	9:00am-9:30am
411546	7/6	M, Tu, W	9:45am-10:15am
411547	7/6	M, Tu, W	10:30am-11:00am
411548	7/6	M, Tu, W	5:00pm-5:30pm
411549	7/6	M, Tu, W	6:20pm-6:50pm
411575	7/6	M, Tu, W	5:40pm-6:10pm
411550	7/20	M, Tu, W	9:00am-9:30am
411551	7/20	M, Tu, W	9:45am-10:15am
411552	7/20	M, Tu, W	10:30am-11:00am
411554	7/20	M, Tu, W	5:40pm-6:20pm
411555	7/20	M, Tu, W	6:20pm-6:50pm
411556	8/3	M, Tu, W	9:00am-9:30am
411557	8/3	M, Tu, W	9:45am-10:15am
411559	8/3	M, Tu, W	5:00pm-5:30pm
411576	8/3	M, Tu, W	6:20pm-6:50pm
411577	8/3	M, Tu, W	10:30am-11:00am

8 Sessions

\$57

Martin Luther King Outdoor Pool

410962	6/21	Su	9:40am-10:10am
410980	6/21	Su	8:15am-8:45am

Bethesda Outdoor Pool

411122	6/13	Sa	9:40am-10:10am
411123	6/13	Sa	9:00am-9:30am
411124	6/14	Su	9:00am-9:30am
411125	6/14	Su	9:40am-10:10am
411116	6/15	M-Th	9:00am-9:30am
411117	6/15	M-Th	9:40am-10:10am
411118	6/29	M-Th	9:00am-9:30am
411119	6/29	M-Th	9:40am-10:10am
411120	7/13	M-Th	9:00am-9:30am
411121	7/13	M-Th	9:40am-10:10am
412013	7/27	M-Th	9:00am-9:30am
412014	7/27	M-Th	9:40am-10:10am

Germantown Outdoor Pool

408458	6/13	Sa	9:40am-10:10am
408451	6/15	M-Th	9:40am-10:10am
408452	6/29	M-Th	9:40am-10:20am
408454	6/29	M-Th	10:20am-10:50am
408453	7/13	M-Th	9:00am-9:30am
408455	7/13	M-Th	10:20am-10:50am
408456	7/27	M-Th	9:00am-9:30am
408457	7/27	M-Th	10:20am-10:50am

Long Branch Outdoor Pool

410899	6/14	Su	10:20am-10:50am
410900	6/15	M-Th	10:20am-10:50am
410903	6/29	M-Th	9:00am-9:30am
410901	7/13	M-Th	10:20am-10:50am
410902	7/27	M-Th	9:40am-10:10am

Upper County Outdoor Pool

412068	6/21	Su	9:00am-9:30am
412108	6/22	M-Th	10:15am-10:45am
411279	7/20	M-Th	5:00pm-5:30pm

Western County Outdoor Pool

410786	6/13	Sa	9:40am-10:10am
410787	6/15	M	6:40pm-7:10pm
410789	6/15	M-Th	10:20am-10:50am
410788	6/16	Tu	6:00pm-6:30pm
410790	6/29	M-Th	11:00am-11:30am

Wheaton/Glenmont Outdoor Pool

408682	6/13	Sa	9:00am-9:30am
408683	6/13	Sa	10:20am-10:50am
408684	6/14	Su	9:40am-10:10am
408686	6/14	Su	9:00am-9:30am
408685	6/15	M-Th	9:50am-10:20am
408687	6/15	M-Th	10:30am-11:00am
408688	6/29	M-Th	9:15am-9:45am
408689	6/29	M-Th	10:30am-11:00am
408690	7/13	M-Th	10:30am-11:00am
408691	7/13	M-Th	9:50am-10:20am
408692	7/27	M-Th	9:15am-9:45am





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

410639	6/15	M, Tu, W	9:00am-9:30am
410640	6/15	M, Tu, W	10:20am-10:50am
410633	6/20	Sa	10:50am-11:20am
410634	6/20	Sa	11:30am-12:00pm
410635	6/20	Sa	12:10pm-12:40pm
410636	6/21	Su	10:50am-11:20am
410637	6/21	Su	11:30am-12:00pm
410638	6/21	Su	12:10pm-12:40pm
410641	6/24	W	5:30pm-6:00pm
410642	6/29	M, Tu, W	9:00am-9:30am
410643	6/29	M, Tu, W	11:00am-11:30am
410644	7/13	M, Tu, W	9:00am-9:30am
410645	7/13	M, Tu, W	11:00am-11:30am
410646	7/27	M, Tu, W	11:00am-11:30am

Kennedy Shriver Aquatic Center

405338	6/13	Sa	9:00am-9:30am
405339	6/14	Su	9:00am-9:30am
405340	6/15	M, W, F	9:40am-10:10am
405342	6/16	Tu, Th	5:45pm-6:15pm
405347	6/16	Tu, Th	9:40am-10:10am
405348	6/16	Tu, Th	11:00am-11:30am
405350	6/16	Tu, Th	10:20am-10:50am
405341	6/21	Su	10:20am-10:50am
405343	6/29	M, W, F	9:40am-10:10am
405344	7/7	Tu, Th	9:40am-10:10am
405345	7/7	Tu, Th	5:45pm-6:15pm
405349	7/7	Tu, Th	11:00am-11:30am
405346	7/13	M, W, F	9:40am-10:10am

Martin Luther King Swim Center

410985	6/16	Tu	7:00pm-7:30pm
410986	6/17	W	5:40pm-6:10pm
410987	6/20	Sa	10:20am-10:50am
410988	6/29	M, W, F	9:40am-10:10am
410989	7/27	M, W, F	10:20am-10:50am

Olney Swim Center

411583	6/20	Sa	8:00am-8:30am
411584	6/20	Sa	8:40am-9:10am
411585	6/20	Sa	10:40am-11:10am
411586	6/20	Sa	12:00pm-12:30pm
411588	6/21	Su	8:40am-9:10am
411589	6/21	Su	10:40am-11:10am
411590	6/21	Su	12:00pm-12:30pm
411582	6/25	Th	10:30am-11:00am
411579	7/6	M, Tu, W	9:00am-9:30am
411580	7/20	M, Tu, W	10:30am-11:00am
411581	8/3	M, Tu, W	10:30am-11:00am

8 Sessions

\$57

Martin Luther King Outdoor Pool

410983	6/21	Su	9:40am-10:10am
410984	6/21	Su	10:20am-10:50am

Bethesda Outdoor Pool

411134	6/13	Sa	10:20am-10:50am
411132	6/14	Su	10:20am-10:50am
411133	6/14	Su	9:00am-9:30am
411126	6/15	M-Th	10:20am-10:50am
411127	6/15	M-Th	9:00am-9:30am
411129	6/29	M-Th	10:20am-10:50am
411130	6/29	M-Th	9:00am-9:30am
411136	7/13	M-Th	9:00am-9:30am
412015	7/27	M-Th	10:20am-10:50am
412016	7/27	M-Th	9:00am-9:30am

Germantown Outdoor Pool

410904	6/14	Su	11:00am-11:30am
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Long Branch Outdoor Pool

378918	6/15	Su	11:00am-11:30am
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Upper County Outdoor Pool

411289	7/6	M-Th	10:15am-10:45am
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Western County Outdoor Pool

410791	6/13	Sa	10:20am-10:50am
410792	6/15	M-Th	11:00am-11:30am
410793	7/13	M-Th	9:40am-10:20am

Wheaton/Glenmont Outdoor Pool

408693	6/15	M-Th	9:50am-10:20am
408694	6/29	M-Th	9:50am-10:20am
408695	7/13	M-Th	9:15am-9:45am
408696	7/27	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

410649	6/15	M, Tu, W	11:00am-11:30am
410647	6/20	Sa	10:50am-11:20am
410648	6/21	Su	10:50am-11:20am
410650	6/29	M, Tu, W	10:20am-10:50am
410651	7/13	M, Tu, W	10:20am-10:50am
410652	7/27	M, Tu, W	9:40am-10:10am

Kennedy Shriver Aquatic Center

405351	6/13	Sa	11:00am-11:30am
405352	6/14	Su	10:20am-10:50am
405359	6/14	Su	9:00am-9:30am
405353	6/15	M, W, F	10:20am-10:50am
405356	6/16	Tu, Th	9:00am-9:30am
405357	6/16	Tu, Th	9:40am-10:10am
405358	6/16	Tu, Th	11:00am-11:30am
405354	6/29	M, W, F	10:20am-10:50am
405355	7/13	M, W, F	10:20am-10:50am

Martin Luther King Swim Center

410991	6/18	Th	7:00pm-7:30pm
410992	7/27	M, W, F	9:40am-10:10am

Olney Swim Center

411598	6/20	Sa	8:40am-9:10am
411599	6/20	Sa	9:20am-9:50am
411609	6/20	Sa	10:40am-11:10am
411605	6/21	Su	9:20am-9:50am
411593	7/6	M, Tu, W	9:00am-9:30am
411594	7/20	M, Tu, W	9:00am-9:30am
411595	8/3	M, Tu, W	10:30am-11:00am

8 Sessions \$57

Martin Luther King Outdoor Pool

410990	6/21	Su	11:00am-11:30am
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Bethesda Outdoor Pool

411141	6/13	Sa	10:20am-10:50am
411142	6/13	Sa	11:00am-11:30am
411139	6/15	M-Th	9:40am-10:20am
411143	6/21	Su	10:20am-10:50am
411144	6/21	Su	11:00am-11:30am
411140	6/29	M-Th	9:40am-10:20am



Now Hiring Part Time Staff!



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



YOUTH LEVEL 1

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

410737	6/15	M, Tu, W	9:00am-9:30am
410738	6/18	Th	6:10pm-6:40pm
410733	6/20	Sa	9:30am-10:00am
410734	6/20	Sa	12:10pm-12:40pm
410735	6/21	Su	10:10am-10:40am
410736	6/21	Su	12:10pm-12:40pm
410739	7/27	M, Tu, W	9:40am-10:10am

Kennedy Shriver Aquatic Center

405382	6/13	Sa	9:40am-10:10am
405387	6/13	Sa	11:00am-11:30am
405383	6/14	Su	9:00am-9:30am
405385	6/15	M, W, F	9:00am-9:30am
405384	6/16	Tu, Th	10:20am-10:50am
405388	6/16	Tu, Th	5:45pm-6:15pm
405392	6/16	Tu, Th	9:00am-9:30am
405393	6/16	Tu, Th	9:40am-10:10am
405386	6/29	M, W, F	9:00am-9:30am
405389	7/7	Tu, Th	10:20am-10:50am
405391	7/7	Tu, Th	5:45pm-6:15pm
405390	7/13	M, W, F	9:00am-9:30am

Martin Luther King Swim Center

411010	6/15	M, W, F	10:20am-10:50am
411011	6/16	Tu	6:20pm-6:50pm
411012	6/17	W	6:20pm-6:50pm
411013	6/20	Sa	9:00am-9:30am
411014	6/20	Sa	9:40am-10:10am
411015	6/20	Sa	10:20am-10:50am
411016	7/7	Tu, Th	9:30am-10:00am

Olney Swim Center

411635	6/20	Sa	10:40am-11:10am
411636	6/20	Sa	11:20am-11:50am
411637	6/21	Su	10:40am-11:10am
411638	6/21	Su	11:20am-11:50am
411622	6/22	M, Tu, W	9:00am-9:20am
411631	6/25	Th	9:00am-9:30am
411632	6/25	Th	10:30am-11:00am
411633	6/25	Th	5:00pm-5:30pm
411634	6/25	Th	5:40pm-6:10pm
411623	7/6	M, Tu, W	9:45am-10:15am
411624	7/20	M, Tu, W	9:45am-10:15am
411625	7/20	M, Tu, W	10:30am-11:00am
411626	7/20	M, Tu, W	6:20pm-6:50pm
411627	8/3	M, Tu, W	9:00am-9:30am
411628	8/3	M, Tu, W	10:30am-11:00am
411629	8/3	M, Tu, W	5:00pm-5:30pm
411630	8/3	M, Tu, W	6:20pm-6:50pm

8 Sessions

\$52

Martin Luther King Outdoor Pool

411008	6/21	Su	9:00am-9:30am
411009	6/21	Su	10:20am-10:50am

Bethesda Outdoor Pool

411165	6/13	Sa	9:00am-9:30am
411166	6/13	Sa	11:00am-11:30am
411160	6/14	Su	9:40am-10:10am
411164	6/14	Su	9:00am-9:30am
411157	6/15	M-Th	9:00am-9:30am
411158	6/15	M-Th	10:20am-10:50am
411159	6/29	M-Th	10:20am-10:50am
411161	6/29	M-Th	9:00am-9:30am
411162	7/13	M-Th	9:00am-9:30am
411163	7/13	M-Th	10:20am-10:50am
412216	7/27	M-Th	10:20am-10:50am

Germantown Outdoor Pool

408472	6/13	Sa	11:00am-11:30am
408488	6/13	Sa	9:00am-9:30am
408473	6/14	Su	11:00am-11:30am
408469	6/15	M-Th	9:00am-9:30am
408491	6/15	M-Th	11:00am-11:30am
408470	7/13	M-Th	9:00am-9:30am
408471	7/27	M-Th	9:40am-10:20am

Long Branch Outdoor Pool

410908	6/14	Su	10:20am-10:50am
410909	6/15	M-Th	10:20am-10:50am
410913	6/16	Tu, Th	7:30pm-8:00pm
410910	6/29	M-Th	9:00am-9:30am
410911	7/13	M-Th	9:40am-10:10am
410912	7/27	M-Th	9:40am-10:10am

Upper County Outdoor Pool

411303	6/21	Su	10:30am-11:00am
412107	6/21	Su	11:15am-11:45am
411300	6/22	M-Th	9:30am-10:00am
411301	6/22	M-Th	5:00pm-5:30pm
411307	7/6	M-Th	5:00pm-5:30pm
411302	7/20	M-Th	11:00am-11:30am
411309	7/20	M-Th	5:00pm-5:30pm

Western County Outdoor Pool

410796	6/13	Sa	11:00am-11:30am
410797	6/16	Tu	6:40pm-7:10pm

Wheaton/Glenmont Outdoor Pool

408705	6/13	Sa	11:00am-11:30am
408707	6/13	Sa	10:20am-10:50am
408708	6/13	Sa	9:40am-10:10am
408706	6/14	Su	9:40am-10:10am
408710	6/14	Su	11:00am-11:30am
408713	6/14	Su	10:20am-10:50am
408709	6/15	M-Th	10:30am-11:00am
408711	6/29	M-Th	9:50am-10:20am
408714	7/13	M-Th	10:30am-10:50am
408712	7/27	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

410742	6/15	M, Tu, W	9:40am-10:20am
410743	6/18	Th	5:30pm-6:00pm
410740	6/20	Sa	10:10am-10:40am
410741	6/21	Su	9:30am-10:00am
410744	6/29	M, Tu, W	11:00am-11:30am
410745	7/13	M, Tu, W	11:00am-11:30am
410746	7/27	M, Tu, W	10:20am-10:50am

Kennedy Shriver Aquatic Center

405406	6/13	Sa	10:20am-10:50am
405394	6/14	Su	11:00am-11:30am
405409	6/14	Su	9:40am-10:10am
405396	6/15	M, W, F	9:40am-10:10am
405398	6/15	M, W, F	11:00am-11:30am
405401	6/15	M, W, F	10:20am-10:50am
405404	6/16	Tu, Th	9:00am-9:30am
405407	6/16	Tu, Th	10:20am-10:50am
405408	6/16	Tu, Th	11:00am-11:30am
405397	6/29	M, W, F	9:40am-10:10am
405399	6/29	M, W, F	11:00am-11:30am
405402	6/29	M, W, F	10:20am-10:50am
405405	7/7	Tu, Th	9:00am-9:30am
405395	7/13	M, W, F	9:40am-10:10am
405400	7/13	M, W, F	11:00am-11:30am
405403	7/13	M, W, F	10:20am-10:50am

Martin Luther King Swim Center

411019	6/15	M, W, F	9:40am-10:10am
411020	6/16	Tu, Th	10:10am-10:40am
411021	6/16	Tu	7:00pm-7:30pm
411022	6/17	W	6:20pm-6:50pm
411023	6/18	Th	7:00pm-7:30pm
411024	6/20	Sa	9:00am-9:30am
411025	6/20	Sa	10:20am-10:50am
411026	6/29	M, W, F	10:20am-10:50am
411027	7/7	Tu, Th	9:30am-10:00am
411028	7/13	M, W, F	9:40am-10:10am

Olney Swim Center

411644	6/20	Sa	8:00am-8:30am
411645	6/20	Sa	8:40am-9:10am
411646	6/20	Sa	9:20am-9:50am
411647	6/21	Su	8:00am-8:30am
411648	6/21	Su	8:40am-9:10am
411649	6/21	Su	9:20am-9:50am
411639	6/22	M, Tu, W	9:45am-10:15am
411643	6/25	Th	9:00am-9:30am
411640	7/6	M, Tu, W	10:30am-11:00am
411641	7/20	M, Tu, W	9:00am-9:30am
411642	8/3	M, Tu, W	9:45am-10:15am

8 Sessions

\$52

Martin Luther King Outdoor Pool

411017	6/21	Su	9:00am-9:30am
411018	6/21	Su	11:00am-11:30am

Bethesda Outdoor Pool

411169	6/13	Sa	9:40am-10:20am
411170	6/14	Su	9:40am-10:10am
411172	6/14	Su	11:00am-11:30am
411167	6/15	M-Th	9:40am-10:10am
411168	6/29	M-Th	9:40am-10:10am
411171	7/13	M-Th	9:40am-10:10am
412065	7/27	M-Th	9:40am-10:10am

Germantown Outdoor Pool

408478	6/13	Sa	9:40am-10:10am
408479	6/14	Su	10:20am-10:50am
408474	6/15	M-Th	9:40am-10:10am
408489	6/15	M-Th	9:00am-9:30am
408475	6/29	M-Th	9:00am-9:30am
408476	7/13	M-Th	10:20am-10:50am
408480	7/13	M-Th	9:40am-10:10am
408477	7/27	M-Th	9:40am-10:10am

Long Branch Outdoor Pool

410914	6/14	Su	11:00am-11:30am
410915	6/15	M-Th	9:00am-9:30am
410919	6/16	Tu, Th	7:30pm-8:00pm
410916	6/29	M-Th	9:40am-10:10am
410917	7/13	M-Th	10:20am-10:50am
410918	7/27	M-Th	10:20am-10:50am

Upper County Outdoor Pool

411323	6/21	Su	9:45am-10:15am
411324	6/21	Su	10:30am-11:00am
411316	6/22	M-Th	5:00pm-5:30pm
411333	7/6	M-Th	9:30am-10:00am
411321	7/20	M-Th	10:15am-10:45am
411322	7/20	M-Th	5:45pm-6:15pm

Western County Outdoor Pool

410798	6/13	Sa	10:20am-10:50am
410800	6/16	Tu	6:40pm-7:10pm

Wheaton/Glenmont Outdoor Pool

408715	6/13	Sa	9:40am-10:10am
408716	6/14	Su	10:20am-10:50am
408717	6/15	M-Th	9:15am-9:45am
408718	6/29	M-Th	9:15am-9:45am
408720	6/29	M-Th	10:30am-11:00am
408719	7/13	M-Th	9:15am-10:20am
408721	7/13	M-Th	9:50am-10:20am
408722	7/27	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

410749	6/15	M, Tu, W	10:20am-10:50am
410747	6/20	Sa	10:10am-10:40am
410748	6/21	Su	10:10am-10:40am
410750	6/24	W	6:10pm-6:40pm
410751	6/29	M, Tu, W	9:40am-10:10am
410752	7/13	M, Tu, W	9:40am-10:10am

Kennedy Shriver Aquatic Center

405413	6/13	Sa	9:40am-10:10am
405410	6/14	Su	9:40am-10:10am
405411	6/15	M, W, F	9:00am-9:30am
405419	6/15	M, W, F	9:40am-10:10am
405412	6/16	Tu, Th	9:40am-10:10am
405418	6/16	Tu, Th	11:00am-11:00am
405414	6/29	M, W, F	9:00am-9:30am
405420	6/29	M, W, F	9:40am-10:10am
405416	7/7	Tu, Th	9:40am-10:10am
405417	7/7	Tu, Th	11:00am-11:00am
405415	7/13	M, W, F	9:00am-9:30am
405421	7/13	M, W, F	9:40am-10:10am

Martin Luther King Swim Center

411030	6/15	M, W, F	9:00am-9:30am
411031	6/16	Tu, Th	10:10am-10:40am
411032	6/16	Tu	7:40pm-8:10pm
411033	6/17	W	5:40pm-6:10pm
411034	6/20	Sa	9:40am-10:10am
411035	6/29	M, W, F	9:40am-10:10am
411036	7/7	Tu, Th	10:10am-10:40am
411037	7/13	M, W, F	10:20am-10:50am
411038	7/27	M, W, F	10:20am-10:50am

Olney Swim Center

411655	6/20	Sa	8:00am-8:30am
411657	6/20	Sa	9:20am-9:50am
411658	6/20	Sa	11:20am-11:50am
411659	6/21	Su	8:00am-8:30am
411660	6/21	Su	10:40am-11:10am
411661	6/21	Su	9:20am-9:50am
411662	6/21	Su	11:20am-11:50am
411650	6/22	M, Tu, W	9:45am-10:15am
411663	6/25	Th	9:45am-10:15am
411651	7/6	M, Tu, W	9:45am-10:15am
411652	7/20	M, Tu, W	9:00am-9:30am
411656	7/20	M, Tu, W	9:45am-10:15am
411653	8/3	M, Tu, W	9:45am-10:15am

8 Sessions

\$50

Martin Luther King Outdoor Pool

411029	6/21	Su	9:40am-10:10am
411039	6/21	Su	8:15am-8:45am

Bethesda Outdoor Pool

411174	6/13	Sa	10:20am-10:50am
411178	6/13	Sa	9:40am-10:10am
411175	6/14	Su	10:20am-10:50am
411179	6/14	Su	11:00am-11:30am
411173	6/15	M-Th	9:00am-9:30am
411180	6/15	M-Th	10:20am-10:50am
411176	6/29	M-Th	9:00am-9:30am
411181	6/29	M-Th	10:20am-10:50am
411182	7/13	M-Th	10:20am-10:50am

Germantown Outdoor Pool

408483	6/13	Sa	10:20am-10:50am
408484	6/14	Su	9:40am-10:10am
408481	6/29	M-Th	9:40am-10:10am
408482	7/13	M-Th	9:40am-10:10am

Long Branch Outdoor Pool

410920	6/14	Su	9:40am-10:10am
410921	6/29	M-Th	10:20am-10:50am
410923	7/14	Tu, Th	7:30pm-8:00pm
410922	7/27	M-Th	9:00am-9:30am

Upper County Outdoor Pool

411330	6/21	Su	9:45am-10:15am
411326	6/22	M-Th	10:15am-10:45am
411327	7/6	M-Th	5:00pm-5:30pm
411329	7/20	M-Th	5:00pm-5:30pm
411331	7/20	M-Th	11:00am-11:30am

Western County Outdoor Pool

410801	6/29	M-Th	10:20am-10:50am
413120	7/13	M-Th	10:20am-10:50am

Wheaton/Glenmont Outdoor Pool

408723	6/29	M-Th	9:50am-10:20am
408724	7/13	M-Th	10:30am-11:00am
408725	7/27	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), and are for students who can already swim a coordinated front crawl for 15 yards (width of the pool), back crawl for 5 yards and are comfortable in deep water. Class size is limited to 10 students.

6 Sessions \$50

Germantown Indoor Swim Center

410764	6/15	M, Tu, W	11:00am-11:30am
410761	6/20	Sa	10:50am-11:20am
410762	6/21	Su	10:50am-11:20am
410763	6/21	Su	12:10pm-12:40pm
410765	6/29	M, Tu, W	10:20am-10:50am
410766	7/13	M, Tu, W	10:20am-10:50am

Kennedy Shriver Aquatic Center

405422	6/14	Su	10:20am-10:50am
405423	6/15	M, W, F	11:00am-11:30am
405424	6/16	Tu, Th	10:20am-10:50am
405425	6/29	M, W, F	11:00am-11:30am
405427	7/7	Tu, Th	10:20am-10:50am
405426	7/13	M, W, F	11:00am-11:30am

Martin Luther King Swim Center

411041	6/15	M, W, F	10:20am-10:50am
411042	6/16	Tu, Th	9:30am-10:00am
411043	6/16	Tu	7:40pm-8:10pm
411044	6/20	Sa	9:00am-9:30am
411045	6/20	Sa	11:00am-11:30am
411047	7/7	Tu, Th	10:10am-10:40am
411046	7/13	M, W, F	9:00am-9:30am
411048	7/27	M, W, F	9:00am-9:30am

Olney Swim Center

411669	6/20	Sa	12:00pm-12:30pm
411670	6/20	Sa	11:20am-11:50am
411671	6/21	Su	8:40am-9:10am
411672	6/21	Su	11:20am-11:50am
411664	6/22	M, Tu, W	10:30am-11:00am
411668	6/25	Th	9:45am-10:15am
411665	7/20	M, Tu, W	7:00pm-7:30pm
411666	8/3	M, Tu, W	9:45am-10:15am
411667	8/3	M, Tu, W	7:00pm-7:30pm

8 Sessions

\$50

Martin Luther King Outdoor Pool

411040	6/21	Su	9:40am-10:10am
411049	6/21	Su	8:15am-8:45am

Bethesda Outdoor Pool

411186	6/13	Sa	11:00am-11:30am
411188	6/13	Sa	9:00am-9:30am
411187	6/14	Su	11:00am-11:30am
411183	6/15	M-Th	9:40am-10:10am
411184	6/29	M-Th	9:40am-10:10am
411185	7/13	M-Th	9:40am-10:10am

Germantown Outdoor Pool

408487	6/13	Sa	11:00am-11:30am
408485	6/15	M-Th	10:20am-10:50am
408486	6/29	M-Th	10:20am-10:50am

Long Branch Outdoor Pool

410924	7/13	M-Th	9:00am-9:30am
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Wheaton/Glenmont Outdoor Pool

408727	6/14	Su	11:00am-11:30am
408726	7/13	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

410767	6/20	Sa	9:30am-10:00am
410768	6/20	Sa	11:30am-12:00pm
410769	6/21	Su	9:30am-10:00am
410770	6/21	Su	11:30am-12:00pm
410771	6/29	M, Tu, W	11:00am-11:30am
410772	7/13	M, Tu, W	11:00am-11:30am

Kennedy Shriver Aquatic Center

405428	6/13	Sa	10:20am-10:50am
405429	6/14	Su	11:00am-11:30am

Martin Luther King Swim Center

411051	6/18	Th	7:40pm-8:10pm
411052	6/20	Sa	11:00am-11:30am
411053	6/29	M, W, F	9:00am-9:30am
411054	7/13	M, W, F	9:40am-10:10am
411055	7/27	M, W, F	9:40am-10:10am

Olney Swim Center

411679	6/20	Sa	10:00am-10:30am
411681	6/21	Su	10:00am-10:30am
411677	6/25	Th	7:00pm-7:30pm
411673	7/6	M, Tu, W	10:30am-11:00am
411674	7/6	M, Tu, W	7:45pm-8:15pm
411675	7/20	M, Tu, W	7:00pm-7:30pm
411676	8/3	M, Tu, W	7:45pm-8:15pm

8 Sessions

\$50

Martin Luther King Outdoor Pool

411050	6/21	Su	10:20am-10:50am
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Bethesda Outdoor Pool

411192	6/13	Sa	11:00am-11:30am
411193	6/14	Su	11:00am-11:30am
411191	6/15	M-Th	10:20am-10:50am
411190	6/29	M-Th	10:20am-10:50am
412218	7/13	M-Th	10:20am-10:50am

Wheaton/Glenmont Outdoor Pool

408728	7/27	M-Th	10:30am-11:00am
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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

410773	6/20	Sa	12:10pm-12:40pm
410774	6/21	Su	12:10pm-12:40pm
410775	6/29	M, Tu, W	9:00am-9:30am
410776	7/13	M, Tu, W	9:00am-9:30am

Kennedy Shriver Aquatic Center

405430	6/13	Sa	10:20am-10:50am
405431	6/14	Su	9:40am-10:20am

Martin Luther King Swim Center

411058	6/18	Th	7:40pm-8:10pm
411059	7/27	M, W, F	10:20am-10:50am

Olney Swim Center

411685	6/20	Sa	10:00am-10:30am
411688	6/21	Su	10:00am-10:30am
411684	6/25	Th	7:00pm-7:30pm
411682	7/6	M, Tu, W	7:00pm-7:30pm
411683	8/3	M, Tu, W	7:00pm-7:30pm

8 Sessions \$50

Martin Luther King Outdoor Pool

411056	6/21	Su	9:00am-9:30am
411057	6/21	Su	11:00am-11:30am

Wheaton/Glenmont Outdoor Pool

408681	7/27	M-Th	9:50am-10:20am
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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

410535	6/16	Tu	5:30pm-6:00pm
410533	6/20	Sa	9:30am-10:00am
410534	6/21	Su	9:30am-10:00am
410536	7/13	M, Tu, W	11:00am-11:30am

Kennedy Shriver Aquatic Center

405283	6/18	Th	8:30pm-9:00pm
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Martin Luther King Swim Center

410927	6/16	Tu	8:20pm-8:50pm
410928	6/20	Sa	9:00am-9:30am
410929	6/20	Sa	11:00am-11:30am

Olney Swim Center

411484	6/22	M, Tu, W	7:00pm-7:30pm
411487	6/25	Th	7:45pm-8:15pm
411485	7/6	M, Tu, W	7:45pm-8:15pm
411486	7/20	M, Tu, W	7:45pm-8:15pm

8 Sessions \$59

Martin Luther King Outdoor Pool

410925	6/21	Su	9:40am-10:10am
410926	6/21	Su	11:00am-11:30am

Long Branch Outdoor Pool

410886	6/16	Tu, Th	8:00pm-8:30pm
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Upper County Outdoor Pool

411233	6/21	Su	10:30am-11:00am
411235	6/22	M-Th	5:45pm-6:15pm
411238	7/6	M-Th	5:45pm-6:15pm
411240	7/20	M-Th	5:45pm-6:15pm

Wheaton/Glenmont Outdoor Pool

406138	6/13	Sa	11:00am-11:30am
406137	6/14	Su	9:00am-9:30am
406139	6/14	Su	9:40am-10:10am

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

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

410539	6/16	Tu	6:10pm-6:40pm
410537	6/20	Sa	10:10am-10:40am
410538	6/21	Su	10:10am-10:40am
410540	7/27	M, Tu, W	9:00am-9:30am

Martin Luther King Swim Center

410931	6/18	Th	8:20pm-8:50pm
410932	6/20	Sa	9:40am-10:10am

Olney Swim Center

411488	6/22	M, Tu, W	7:45pm-8:15pm
411491	6/25	Th	7:45pm-8:15pm
411489	7/6	M, Tu, W	7:00pm-7:30pm
411490	7/20	M, Tu, W	7:45pm-8:18pm

8 Sessions \$57

Martin Luther King Outdoor Pool

410930	6/21	Su	11:00am-11:30am
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Bethesda Outdoor Pool

411083	6/15	M	8:10pm-8:40pm
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Long Branch Outdoor Pool

410887	6/16	Tu, Th	8:00pm-8:30pm
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Upper County Outdoor Pool

411241	6/22	M-Th	5:45pm-6:15pm
411243	7/6	M-Th	5:45pm-6:15pm

Wheaton/Glenmont Outdoor Pool

406494	6/14	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

410543	6/18	Th	5:30pm-6:00pm
410541	6/20	Sa	11:30am-12:00pm
410542	6/21	Su	10:50am-11:20am

Kennedy Shriver Aquatic Center

405284	6/13	Sa	11:00am-11:30am
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Martin Luther King Swim Center

410934	6/16	Tu	8:20pm-8:50pm
410935	6/20	Sa	10:20am-10:50am
410935	6/21	Su	10:20am-10:50am

Olney Swim Center

411495	6/21	Su	10:00am-10:30am
411492	6/22	M, Tu, W	7:00pm-7:30pm
411493	8/3	M, Tu, W	7:45pm-8:15pm

8 Sessions \$57

Bethesda Outdoor Pool

411084	6/17	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

410545	6/18	Th	6:10pm-6:40pm
410544	6/20	Sa	12:10pm-12:40pm
410546	6/21	Su	11:30am-12:00pm

Kennedy Shriver Aquatic Center

405285	6/16	Tu	8:30pm-9:00pm
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Martin Luther King Swim Center

410936	6/18	Th	8:20pm-8:50pm
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Olney Swim Center

411497	6/20	Sa	10:00am-10:30am
411496	6/22	M, Tu, W	7:45pm-8:15pm

8 Sessions \$57

Martin Luther King Outdoor Pool

410937	6/21	Su	9:00am-9:30am
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New Customer Service Hours
 Mark Your Calendar!
 Beginning July 1, 2015 our Customer Service Window at Recreation's Administrative Office (4010 Randolph Road) will be open Monday thru Friday, 10:00am-2:00pm.
 Check our website at montgomerycountymd.gov/rec for a listing of extended hours on key registration days.

Classes CLASSES



**Classes Will Not Meet On
May 23, 24, 25 and July 3 & 4**

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.

3 Sessions \$27
 Instructor: Tatiana Martin
 412368 Longwood CRC 6/27 Sa 11:30am-12:30pm

Drawing Made Easy

Ages 5-12: 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
 412517 Germantown CRC 6/22 M 6:30pm-7:30pm
 412518 East County CRC 6/27 Sa 1:00pm-2:00pm

Adventures in Art

Ages 5-11: Create exciting works of art using different types of media and techniques. Focus on drawing, painting, and composition. \$5 material fee due on first day. Additional supply list provided on first day.

3 Sessions \$27
 Instructor: Tatiana Martin
 412369 Longwood CRC 6/27 Sa 10:15am-11:15am

Modern Masterpieces (painting)

Ages 6-13: Use color, shape and line to express emotions and creative ideas; objects are simplified and deconstructed. The art that results is very personal & unique. Draw, paint and voila-a masterpiece! \$10 material fee due to instructor at class.

6 Sessions \$50
 Instructor: Pyper H. Dixon
 412511 Germantown CRC 6/23 Tu 6:30pm-7:30pm
 412512 White Oak CRC 6/25 Th 6:30pm-7:30pm

Draw and Clay

Ages 4-9: Back by popular demand, this summer we will once again base our classes on popular animated children's movies such as Spongebob and Despicable Me. Our students will learn the basics of cartooning using geometric shapes and detail lines to complete their projects in graphite, watercolor and clay sculptures. Come join us for a fun filled session! A \$10 material fee is due on the first day.

6 Sessions \$60
 Instructor: Yolanda Prinsloo
 412480 Germantown CRC 6/23 Tu 5:15pm-6:15pm
 412479 Bauer Drive CRC 6/24 W 6:00pm-7:00pm



CRAFTS

Kidz Sew and Tell

Ages 8-12: Do you have little to no sewing experience if so this class is for you! We welcome all levels. Learn how to sew and make your own projects and garments. This class will teach you sewing terms, pattern layout, cutting out fabric, hem, make a slit, and measuring just to name a few. Sewing machines will be available or you can bring your own.

6 Sessions \$118
 Instructor: Nora Elias
 412710 Bauer Drive CRC 6/27 Sa 10:45am-12:45pm

It's a Stitch: Adult

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

4 Sessions \$75
 Instructor: Nora Elias
 412704 Holiday Park Sr Ctr 6/26 F 10:45am-12:45pm
 6 Sessions \$118
 Instructor: Nora Elias
 412705 Bauer Drive CRC 6/27 Sa 1:15pm-3:15pm



FINE ARTS

Computer Art with Penny Kritt

Ages 17 & Up: It's fast and simple to use MS Word to sketch out ideas and then create a finished product. Learn how you can get huge printouts suitable for framing. You can also use it for a roadmap for a painting. All you need to bring is a fully charged laptop loaded with MS Word. If you don't have Word, call Penny at 301/989-1799 to see if your program is compatible.

1 Session	\$65		
Instructor: Penny Kritt			
412565 Kritt Studio	6/23 Tu	10:00am-3:00pm	
412566 Kritt Studio	7/25 Sa	10:00am-3:00pm	

Let's Draw! Beginning/Intermediate

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

5 Sessions	\$80		
Instructor: Pyper H. Dixon			
412514 East County CRC	6/27 Sa	10:15am-12:15pm	
6 Sessions	\$95		
Instructor: Pyper H. Dixon			
412515 Plum Gar CRC	6/24 W	6:30pm-8:30pm	

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. Demonstrations and care of materials also included. This popular class fills quickly! Materials discussed at first class.

6 Sessions	\$108		
Instructor: Doris Haskel			
412567 Jane E. Lawton CRC	6/23 Tu	2:00pm-4:00pm	

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. 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.

6 Sessions	\$102		
Instructor: Margaret Deskin			
412506 Bauer Drive CRC	6/27 Sa	10:30am-12:30pm	

Right Brain Drawing Beginner

Ages 11 & Up: Discover how to unhide 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 \$20 for materials fee due to instructor.

6 Sessions	\$102		
Instructor: Yolanda Prinsloo			
412483 Potomac CRC	6/22 M	5:30pm-7:00pm	

Right Brain Drawing Advanced

Ages 13 & Up: For those who have taken a beginner class 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.

6 Sessions	\$102		
Instructor: Yolanda Prinsloo			
412484 Potomac CRC	6/22 M	7:15pm-8:45pm	

POTTERY

Handcrafted Pottery

Ages 16 and 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 an old towel. A \$30 material fee due to the instructor at first class.

6 Sessions	\$149		
Instructor: Valerie Haber			
412485 Germantown CRC	6/24 W	6:00pm-9:00pm	

Family Pottery with CREATE

Ages 7 & Up: Cost is for adult registration and one child. 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! A \$25 materials fee due per pair on first day.

5 Sessions	\$100		
Instructor: Create Art Center			
412478 Create Arts Center	6/28 Su	4:00pm-5:30pm	

Pottery Open Studio

Ages 16 & Up: Intermediate/Advanced. Handbuilding, wheel-throwing, decorating and glazing techniques for experienced students. Studio is equipped with wheels, extruders and slab roller. Instructor is available for demonstration and assistance. \$30 material fee due at first class.

6 Sessions	\$125		
Instructor: Pamela Reid			
412813 White Oak CRC	6/23 Tu	9:30am-12:00pm	
412814 White Oak CRC	6/23 Tu	6:00pm-8:30pm	

Pottery at Sligo Creek

Ages 17 & Up: All levels and experience. Explore handbuilding, wheel throwing and glazing techniques using mid-range stoneware (cone 6) with the instructor's guidance. Fully equipped studio affords you the opportunity to discover and work toward your own creative goals. All artists have access to a potter's wheel. \$27 material fee due to instructor at class. Monday class is taught by Dickerson; Tuesday and Thursday classes are taught by Schreiber.

4 Sessions	\$96		
Instructor: Angela Schreiber			
412507 Sligo Creek ES	7/7 Tu	7:00pm-10:00pm	
412508 Sligo Creek ES	7/9 Th	9:30am-12:30pm	
Instructor: Margaret Dickerson			
412510 Sligo Creek ES	6/22 M	7:00pm-10:00pm	

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DANCE

BALLROOM

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. Registration is per student, must have a partner registered in the class to attend.

6 Sessions				\$57
Instructor: Tony Seleme				
412429	Holiday Park Sr Ctr	6/19	F	7:00pm-8:00pm
412426	Bauer Drive CRC	6/22	M	7:15pm-8:15pm
Instructor: Thomas Woll/Ann Basso				
412427	Wheaton NRC	6/22	M	8:00pm-9:00pm

Ballroom II (Couples)

Ages 16 & Up: Intermediate. Prerequisite: Ballroom I. After a brief review of the Ballroom I Dances, reinforce and build your confidence by learning additional variations for these dances, including Tango and Merengue. Emphasis is placed on maintaining proper dance position and improved pattern execution to perfect each move. For further information please contact your instructor directly. Registration is per student, must have a partner registered in the class to attend.

6 Sessions				\$57
Instructor: Tony Seleme				
412441	Holiday Park Sr Ctr	6/19	F	8:00pm-9:00pm
412442	Bauer Drive CRC	6/22	M	8:15pm-9:15pm
Instructor: Thomas Woll/Ann Basso				
412440	Wheaton NRC	6/22	M	9:00pm-10:00pm

Ballroom III (Couples)

Ages 16 and 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.

6 Sessions				\$60
Instructor: Thomas Woll/Ann Basso				
412489	Gwendolyn Coffield CRC	6/23	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. All registration fees are per person, a registered partner is required for this class.

6 Sessions				\$60
Instructor: Thomas Woll/Ann Basso				
412492	Mid County CRC	6/25	Th	7:45pm-8:45pm

Ballroom Survival

Ages 17 & Up: The cruise, the wedding, that special event; it can be a jungle out there without the right dance moves. Ballroom Survival is a ballroom dance class offered to individuals or couples. Designed to teach you the basics of the Foxtrot, Swing, and Salsa, the most popular formal event dances, this class will surely get you in shape for your next special occasion. This is a beginner course. Questions? Call Avant Garde Ballroom at 301-881-1436.

6 Sessions				\$55
Instructor: Nick Short				
412780	Avant Garde	6/22	M	7:30pm-8:15pm

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. For further information, please call the instructor Tony Selemy at 202-386-2060 for the Tuesday class or Rebecca McKinney at 202-669-7723 for the Thursday Registration fee is per person, students must have a registered partner to attend.

6 Sessions				\$57
Instructor: Tony Seleme				
412456	Holiday Park Sr Ctr	6/23	Tu	7:00pm-8:00pm

Social Night Club Dancing

Is learning to dance in night clubs what you want? Then this is the class for you! Learn the basic and various patterns for some of the hottest and most common night club dances. Get moving and having fun when you learn how to salsa, jitterbug-swing, cha cha, west coast swing and slow dance. Time permitting, other dances like hustle and merengue may be taught. With the moves that you learn, you'll stand out on the dance floor. Couples recommended, but singles are welcome. Fee is per person.

6 Sessions				\$60
Instructor: Thomas Woll/Tony Dunn				
412497	Germantown CRC	6/24	W	7:00pm-8:00pm

Dance DC Hand Dancing (Singles and Couples)

Ages 18 and 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.

6 Sessions				\$60
Instructor: Thomas Woll				
412493	Germantown CRC	6/22	M	7:00pm-8:00pm

*Dancing is like dreaming
with your feet!*

-Constanze





LATIN DANCE

Latin Club Dancing

Ages 18 & Up: Don't be a wallflower any longer. Latin Club Dancing is a ballroom dance class offered to individuals or couples. Designed to teach you the basics of Salsa and Merengue, the most popular Latin nightclub dances. This is a beginner course. Questions? Call Avant Garde at 301-881-1436.

6 Sessions \$55
Instructor: Nick Short
412789 Avant Garde 6/23 Tu 7:30pm-8:15pm

Latin Salsa (Couples)

Ages 17 & Up: This hot dance sizzles with rhythms and movement making Salsa a fun and popular dance for beginners. For more info, please call Rebecca at 202-669-7723.

6 Sessions \$57
Instructor: Tony Seleme
412465 Holiday Park Sr Ctr 6/23 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 singles sign up with a friend to ensure balance. Students change partners frequently. Tom may be reached for further info at 703-591-3839.

6 Sessions \$60
Instructor: Thomas Woll/Tony Dunn
412496 Germantown CRC 6/22 M 8:00pm-9:00pm

Bachata Beginner

Ages 17 & Up: Learn the latest dance and burn the floor! Bachata classes are essential to becoming a well rounded latin dancer. All Latin students are encouraged to attend at least this beginner course to add to your Latin dance repertoire. Fast, easy and fun to learn. No previous experience needed and no partner required. Se habla español. Questions? Call Avant Garde ballroom at 301-881-1436

6 Sessions \$55
Instructor: Nick Short
412803 Avant Garde 6/25 Th 7:00pm-7:45pm

Quince Ready Dance

Ages 14 & Up: Quince Ready is a 6 week class offered to not only the Quinceanera and her escort, but also to mom, dad and anyone in the quince party. Social etiquette, manners and ballroom technique will be taught in a structured and fun environment. The class will teach 3 of the most common quinceanera dances: the waltz, salsa and bachata. Designed to help you learn basic footwork, how to lead and follow and some basic patterns to help you form a routine for your quinceanera party and your father daughter dance! Se habla español. Questions? Call Avant Garde ballroom at 301-881-1436. Price is per person.

6 Sessions \$55
Instructor: Nick Short (Avant Garde)
412809 Avant Garde 6/25 Th 6:00pm-6:45pm

YOUTH

Ballet

Ages 5-9: 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 \$60
Instructor: Grace Oleson
412523 Gwendolyn Coffield CRC 6/22 M 4:30pm-5:15pm
412520 Potomac CRC 6/23 Tu 4:30pm-5:15pm
412522 Germantown CRC 6/24 W 4:30pm-5:15pm
412521 Wheaton NRC 6/25 Th 4:30pm-5:15pm

Tap, Ballet & Jazz Beginner

Ages 4-6 and 7-15: Introduction to tap, ballet and jazz dance. Class requires comfortable clothes to move in. Soft slippers for ballet and jazz, and hard, closed toed shoes for tap. Some tap/ballet shoes are available for loan, contact Rowena for availability. A performance for family and friends will be held on the last day of class. Questions? Call Rowena at 301-467-3535.

6 Sessions \$54
Instructor: Rowena DeLuca
Ages 4-6
412366 Marilyn J. Praisner CRC 6/20 Sa 10:00am-11:00am
Ages 7-15
412367 Marilyn J. Praisner CRC 6/20 Sa 11:00am-12:00pm

Little Ballroom Dancer

Ages 5-7: Avant Garde's Youth Program has been designed to help your child acquire dance skills while also developing discipline, teamwork, and communication. And last, but not least, our dance classes are meant to be fun! Our Little Dancer will be taught timing and rhythm and coordination of their bodies. They will learn the basic steps of ballroom dances by incorporating fun movements in their choreography. Questions? Call Avant Garde (301)881-1436.

6 Sessions \$55
Instructor: Nick Short
412793 Avant Garde 6/27 Sa 4:00pm-4:45pm

Juniors Ballroom Dance

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

6 Sessions \$55
Instructor: Nick Short
412782 Avant Garde 6/24 W 5:15pm-6:00pm



MORE DANCE

Urban Line Dance

Ages 16 & Up: New Location! This introduces you to the basic patterns and steps for line dancing by a certified Line Dancing Instructor. Learn basic beginning level line dance step patterns and gradually progress to 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 info, call Peytrienne at 301.379.5937.

6 Sessions			\$54
Instructor: Peytrienne McCormick			
Beginner			
412822	Wheaton NRC	6/23 Tu	6:00pm-7:00pm
Intermediate			
412824	Wheaton NRC	6/23 Tu	7:00pm-8:00pm
412823	Scotland CRC	6/24 W	6:15pm-7:15pm

Dance Heels on Fire!

Ages 21 & Up: This class takes dance to another level... 3 inches and higher. Come and unleash a sexier side of you in this elevated fusion of hip-hop, jazz, and exercise! More than just a fashion statement, high heels can change your posture, allowing you to engage the muscles of your legs and pelvis. Class will focus on the lines of the body, maturity of movement, confidence, and sensuality. So join Heels and be fierce, sexy, and experience a great exercise all at once!

5 Sessions			\$45
Instructor: Kahina Haynes			
412525	Germantown CRC	6/30 Tu	8:15pm-9:15pm
412524	White Oak CRC	7/2 Th	8:15pm-9:15pm

TAP DANCE

Tap Dance for Adults Intermediate

Ages 16 & Up. A continuation for anyone who has had the beginner class. For further information, or to clarify correct placement, please call Rowena at 301-467-3535.

6 Sessions			\$54
Instructor: Rowena DeLuca			
412365	Marilyn J. Praisner CRC	6/20 Sa	12:00pm-1:00pm



GET THE CARD
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Get Unlimited Rides Between June 1 - August 31 For Only \$18 With Your Youth Cruiser SmarTrip® Card

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Summer Youth Passes for your Youth Cruiser SmarTrip® Card* can be purchased between May 16-July 16 at:

- **TRiPS Stores** – 8413 Ramsey Ave. in Silver Spring & 17 Wisconsin Circle in Friendship Heights (240-773-8747)
- **Montgomery County Treasury** – 255 Rockville Pike, Suite L-15 in Rockville (240-777-8930)
- **Certain Giant Food, CVS, and other retail stores** (visit RideOnBus.com for complete list)
- Online by visiting SmarTrip.com

*Youth Cruiser SmarTrip® Cards can be purchased for \$2 at County Libraries, Treasury, TRiPS Stores and some schools.



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INTERNATIONAL

Folk Dancing

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

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

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

<u>Location</u>	<u>Day</u>	<u>Time:</u>
Lawton CRC	Monday	7:30pm-9:45pm

Countywide Programs 240.777.6870

OPEN ENROLLMENT

We've changed our program to a punch pass system. Just buy an admission pass and attend only classes you want.

The more admissions you purchase, the more you save.

Passes are valid 1 year after your purchase.

1 Pass	• \$8.00(Trial/ Guest Pass Only)
5 Passes	• \$37.50(resident) \$52.50(non-resident)
10 Passes	• \$75.00(resident) \$90.00(non-resident)
20 Passes	• \$140.00(resident) \$155.00(non-resident)

Program is ongoing.

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





MUSIC

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. \$15 material fee due to instructor.

12 Sessions \$300
Instructor: Geiza Dourado
412528 Golden School of Music 6/22 M, Th 5:00pm-6:15pm

YOUTH CLASSES

Learn Now Music

Learn to read musical symbols and play songs in a relaxing environment. The objective of these classes is to introduce the participant to music and to promote a love of music and desire to have music in their lives in a meaningful and productive way. FREE instrument rental and materials included. Questions? Call 800-399-6414 or email customerservice@learnnowmusic.com.
Instructor: Learn Now Music

The "Keys" to Piano with LNM

Ages 5-11
6 Sessions \$144
412683 Germantown CRC 6/24 W 4:00pm-5:00pm
412684 Bauer Drive CRC 6/24 W 7:00pm-8:00pm
412686 Upper County CRC 6/25 Th 6:00pm-7:00pm

Ages 12-18
8 Sessions \$192
412685 Bauer Drive CRC 6/24 W 8:00pm-9:00pm

Violinist Within with LNM

Ages 5-11
6 Sessions \$144
412687 Longwood CRC 6/27 Sa 10:30am-11:30am

Heroes of Guitar with LNM

Ages 5-11
6 Sessions \$144
412672 Bauer Drive CRC 6/24 W 7:00pm-8:00pm
412673 Germantown CRC 6/24 W 5:00pm-6:00pm

Ages 12-18
8 Sessions \$192
412675 Bauer Drive CRC 6/24 W 8:00pm-9:00pm



COOKING

COOKING SKILLS

Cooking Skills I:

Your First Step in the Kitchen

The best way to feel more comfortable in the kitchen is to be more familiar with some of the basic cooking techniques that make all tasks just a little easier. We'll learn some knife skills, learn the difference between saute, stew, roast and braise. And we'll fix a first class summer time lunch in the process. The menu includes a wonderful Summertime first course of Salmon Scaloppini with Dill and Grainy Mustard (and you learn how to slice a scallopini) then we'll do a Braised Chicken Thigh with Dried Fruit and Balsamic Vinegar accompanied by Italian Peas and Mushrooms. We eat what we fix so bring an appetite. \$20 food fee due instructor at class time.

1 Session \$55
Instructor: James Davis
412701 White Oak CRC 7/18 Sa 10:30am-1:30pm

Advanced Cooking Skills

Ages 15 & Up: Knife skills along with techniques to ease your time in the kitchen and great food to go with it. We'll be preparing a first course of Catfish Fingers, a spicy breaded appetizer on a stick that you will want to serve to everyone that ever visits your house. Next we'll show you how to bread and pan fry Country Fried Steak (and of course make that wonderful Gravy that goes with it) and Ms. Evangeline Smith's, of Maryville, TN, famous Squash Casserole. (This recipe is worth the cost of the class if you don't learn another thing!) We will also be making that true southern traditional Apple-Berry Cobbler that will show you why Whipped Cream was invented. We eat what we fix so bring an appetite. Take home recipes. \$20 food fee due instructor at class time.

1 Session \$55
Instructor: James Davis
412711 White Oak CRC 9/12 Sa 10:30am-1:30pm



GENERAL COOKING

Oriental Potstickers And Dumplings

Ages 15 & Up: Do you ever wonder how in the world they make those wonderfully tender dumplings and potstickers, filled to bursting with all kinds of good 'stuffing.' You'll find out in this class all the secrets from what kinds of 'skins' to buy, and where to buy them. Then you will move on to making the stuffing, including shrimp, crab, pork, and all sorts of veggies. You will also prepare dipping sauces and prepare everything necessary to serve the fruits of your labors. You will also learn how to pleat and fold the potstickers and how to fold and seal the dumplings so they don't come apart while they are cooking. This will be an extra special class so make sure that you sign up early and show up on time. Take home recipes will be provided. \$20 food fee due instructor at class time. Remember, we eat what we fix in these classes so make sure you bring an appetite as well.

1 Session \$55
 Instructor: James Davis
 412702 White Oak CRC 8/1 Sa 10:30am-1:30pm

WINE & DINE-ADULTS

French Country Wines

Ages 21 & Up: A few years ago I had the opportunity to attend a local tasting of French Country Wines that are all available in Montgomery County. I was impressed with the wide selection of well made wines that are now available from areas in France not normally recognized as top wine producing areas. I assure you that we will not have any \$600 wines in this selection. Our first dish will be Herb seared Pork Involtini's in a white wine sauce followed by a Salmon Scallopini with a Dill and Grainy Mustard Sauce and finally a Flank Steak with a Garlic Wine Sauce and Aligot (French Creamed Potatoes with Garlic and Cheese). In this class, we cook first, then clean up, then we taste the foods we have prepared along with three wines for each of the three dishes. Take home recipes and extensive wine notes. \$25 food and wine fee due instructor at class time.

1 Session \$55
 Instructor: James Davis
 412716 White Oak CRC 8/21 F 7:00pm-10:00pm

The Wines of California

Ages 21 & Up: In this class we'll be featuring the wines of California. We have not had a California focused class in more than six years, so I felt it was time to revisit the most prolific wine production area of the United States. We will also feature original California recipes for the cooking portion of our class. Wines will include selections from all over California, 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 to San Diego, and even to Baja California in Mexico. Of course we'll 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. You don't want to miss this class! A guaranteed good time and a great way to learn about wines. Take home recipes. \$25 food and wine fee due instructor at class time.

1 Session \$55
 Instructor: James Davis
 412717 White Oak CRC 9/4 F 7:00pm-10:00pm

Be Your Own Personal Chef

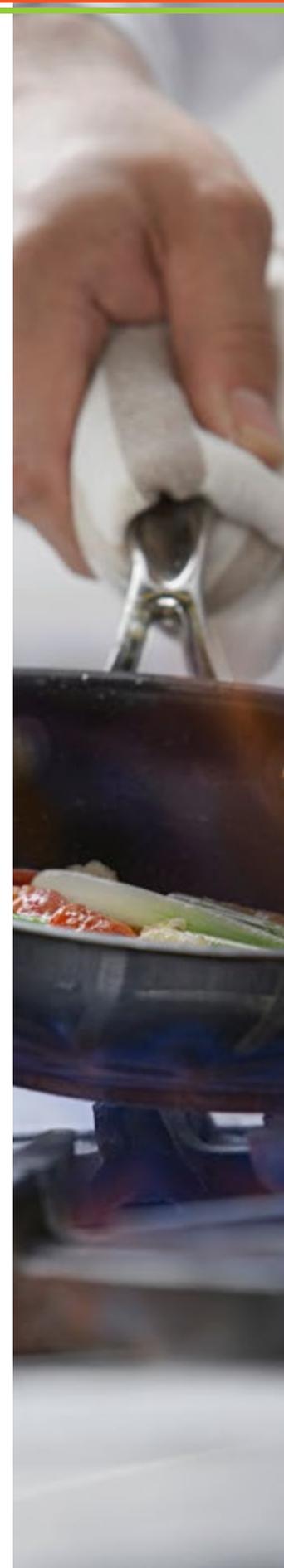
Ages 15 & Up: You will cook with the experts and learn how to prepare 2 weeks worth of food at a time AND how to save money in the process. How to schedule your every-other-Saturday cook day; shop, cook, package, label and store a 2 week supply of Really Good Food for your family. A heavy emphasis is placed on organization, food safety and safe food storage. Take home recipes for 2 weeks worth of meals including side dishes. \$20 food fee due instructor at class time.

1 Session \$55
 Instructor: James Davis
 412703 Holiday Park Sr Ctr 8/15 Sa 10:30am-1:30pm

Summer Fun Wine and Wine Coolers

Ages 21 & Up: It's been a while since we devoted an entire class to just fun wines, so this will be the one! We'll select some fun sipping wine. We will have seafood salad with a couple of really good chilled white summer time pleasers. We lived in Puerto Rico for several years before moving here so I assure you I know how to make a real red wine Sangria, and you will leave this class having had a sample to taste along with a perfectly matched food to go with it, along with a copy of the recipe that you can take home and prepare it for your friends. We'll be preparing a Baked Brie with Caramelized Onions in Puff Pastry and a Brie Baked in Puff Pastry with Fruit Preserves. Our light summer white wine will be matched with a traditional Shrimp Cocktail. Our summer reds will match perfectly with some real Cajun Cookin', so come on in for some down home Louisiana style cookin' that will set your taste buds to going crazy. In this class, we cook first, then clean up, then taste the foods we have prepared along with wines for each dish. You will prepare the food and taste it with nine different wines. Take home recipes. \$25 food and wine fee due instructor at class time.

1 Session \$55
 Instructor: James Davis
 412715 White Oak CRC 7/10 F 7:00pm-10:00pm





FITNESS & WELLNESS

AEROBIC DANCE

Dance & Fitness

Ages 16 & Up (13-15 if accompanied by parent or guardian): Complete cardiovascular aerobic workout for all those who love music and movement-women and men! Includes flexibility and leg routines leading into a full aerobic workout and final cool down, weights, abdominal work and cool down stretch. Varied music and interesting choreography from trained, experienced and CPR certified instructors. Wear supportive athletic shoes, bring a mat/blanket for floor work, and hand weights (optional). Questions? Email dancenfitness@verizon.net.

12 Sessions \$84
Instructor: Jinjér Azurée
412424 Jane E. Lawton CRC 6/22 M, W 6:00pm-7:00pm

Pump It!

Ages 16 & Up (13-15 if accompanied by parent or guardian): Hit the dance floor for hot intervals of cool funk dance moves infused with body sculpt and tone. Go at your own pace and add your personal flavor and style to this energetic, full-body workout. With easy to learn moves like 'Hip Me with your Best Shot' and 'Pec Fly Girl', you'll tone, tighten, and pump up the calorie burn while having fun! For more information visit: www.pumpitfit.com.

3 Sessions \$24
Instructor: Jeanne M. Lieder
412293 Bauer Drive CRC 7/14 Tu 7:15pm-8:15pm
412294 Bauer Drive CRC 7/16 Th 7:15pm-8:15pm

Zumba-DanceFIT by Mel

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 caloric-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 \$42
Instructor: DanceFit by Mel
412432 Bauer Drive CRC 6/20 Sa 9:00am-10:00am
412430 Marilyn J. Praisner CRC 6/22 M 6:00pm-7:00pm
412433 Germantown CRC 6/23 Tu 7:15pm-8:15pm
412434 Germantown CRC 6/25 Th 7:15pm-8:15pm

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, 301-775-8933 or go to zumba.com. There's a Party going on in this Zumba class, so come and join us!!!!

6 Sessions \$35
Instructor: Step-n-Sweat
412502 White Oak CRC 6/20 Sa 10:15am-11:15am
412500 White Oak CRC 6/23 Tu 7:00pm-8:00pm
412503 White Oak CRC 6/25 Th 7:00pm-8:00pm

Zumba-Groove with Jonelle

Ages 16 & Up: A Latin-inspired dance fitness program that blends red-hot international music and contagious steps to form a fitness party that is fun, energetic and addictive. For more information contact Jonelle at: jonellet.zumba@gmail.com or 240-498-3943.

5 Sessions \$30
Instructor: Jonelle Thom
412415 Mid County CRC 6/29 M 6:15pm-7:15pm
412416 Mid County CRC 7/1 W 6:15pm-7:15pm

Zumba

Zumba is a fitness class that combines dance and fitness moves. Inspired by Latin dance and music, Zumba uses a variety of styles in its routines, including Cumbia, Merengue, Salsa, Reggaeton, Mambo, Rumba, Flamenco, and a Hip Hop. Music selections include both fast and slow rhythms to help tone and sculpt the body. Come Join The Party! This class is not done in the water.

11 Sessions \$58
Instructor: Network, Inc Wellness
412101 Germantown ISC 6/1 M 7:00pm-7:50pm
412099 Olney Swm Ctr 6/2 Tu 7:00pm-7:50pm
412100 Olney Swm Ctr 6/4 Th 7:00pm-7:50pm

We Want You!

Contractual Instructors are needed to instruct professional quality classes for all ages. Call 240-777-6840 for information.

Send a resume and class proposal to:

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



AEROBIC EXERCISE

Jazzmatazz Aerobics With Pilates Mat

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 Tues. & Thurs. to achieve the best results.

8 Sessions			\$56
Instructor: Betsy Saunders			
412296	Wheaton NRC	6/16 Tu	7:15pm-8:15pm
412297	Wheaton NRC	6/18 Th	7:15pm-8:15pm

Jazzmatazz Low Impact Aerobics

Ages 16 & Up: Dance in an energetic, fun filled workout choreographed to great music! This class emphasizes both cardiovascular strength & endurance (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.

8 Sessions			\$56
Instructor: Betsy Saunders			
412298	Bauer Drive CRC	6/16 Tu	9:30am-10:30am
412299	Bauer Drive CRC	6/18 Th	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 millietrimble3@gmail.com.

7 Sessions			\$54
Instructor: Mildred Norwood Trimble			
412423	Pilgrim Hills LP	6/19 F, Sa	9:30am-10:45am



MEDITATION

Introduction to Mindfulness Meditation

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

1 Session			\$45
Instructor: Jerry Hartman			
412295	Potomac CRC	6/27 Sa	10:00am-2:00pm

MORE FITNESS & WELLNESS

Group Personal Training

Ages 14 & 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. Question call Fred Mosby at (240)552-2227 or email at: fmosby@verizon.net.

4 Sessions			\$70
Instructor: Fred Mosby			
412867	Germantown CRC	6/27 Sa	11:00am-12:00pm
8 Sessions			\$125
Instructor: Fred Mosby			
412868	Germantown CRC	6/22 M, W	6:00pm-7:00pm

YOUTH CLASSES

Youth Strength Training by Fit to Believe

Ages: 12-17: Learn the basics of safe resistance training and the proper nutritional guidelines to strengthen and build muscle. This weight training class is designed for beginners looking to learn the most beneficial lifts, techniques, and rep ranges. Lifts include compound movements such as squats, presses, and rows, as well as isolation movements such as curls, pullovers, and leg extensions. Each participant will receive a t-shirt. For more information contact Sean at: fit2believe@gmail.com.

5 Sessions			\$45
Instructor: Fit to Believe			
412290	Jane E. Lawton CRC	6/27 Sa	11:00am-12:00pm
6 Sessions			\$54
Instructor: Fit to Believe			
412291	Bauer Drive CRC	6/24 W	6:00pm-7:00pm





STRENGTH TRAINING & BODY SCULPTING

Bone Builders-Plus

Ages 18 & Up: Have fun improving and building your bone health, in a coed class designed to improve bone density, while preventing /slowing down further bone loss. The class is organized to strengthen all major muscle groups, to gain better balance and to improve posture. A variety of exercises will be done standing or sitting, using provided weights and exercise bands, while receiving personalized attention tailored to your body's needs. Signing up for two classes per week will achieve optimal results. If you want to improve your bone health, this is the class for you! Questions contact: GettingFitwithJerry@comcast.net.

6 Sessions				\$42
Instructor: Jerry Palazzo				
412303	Jane E. Lawton CRC	6/22	M	10:00am-11:00am
412305	Potomac CRC	6/23	Tu	3:00pm-4:00pm
412304	Jane E. Lawton CRC	6/24	W	10:00am-11:00am
412306	Potomac CRC	6/25	Th	3:00pm-4:00pm

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. Participants will be able to track their individual progress! Instructor ACE & CPR certified. Questions? Call Juliet Rodman at: 301-229-7555 or email at Juliet@wellnesscorporatesolutions.com

12 Sessions				\$84
Instructor: Juliet Rodman				
412267	Clara Barton CRC	6/23	Tu, Th	8:00am-9:00am

Dynaerobics AND Body Sculpting

Ages 16 & Up: (13-15 if accompanied by a parent/guardian). A total program, perfect for cross trainers. Energizing warm up, choreographed, safe high and low impact aerobics. Last 30 min 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				\$52
Instructor: Regina Gaitthers				
412444	Bauer Drive CRC	6/20	Sa	10:15am-11:30am

Dynaerobics Body Sculpting

Ages 16 & Up: (13-15 if accompanied by a parent/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 Kiper Doyle at FerhanDoyle@aol.com.

12 Sessions				\$84
Instructor: Gina Dols				
412445	Bauer Drive CRC	6/22	M, W	6:00pm-7:00pm

Boot Camp for Better Bodies

by Fit 2 Believe

Ages 16 & Up: Fundamental movement patterns these workouts deliver time-tested measurable health and fitness improvements. This technology delivers the most effective broad-based fitness results in the most efficient manner possible. Each workout will have a different objective and the time exposure will also be different. These movements will challenge you, but the format is non-competitive (unless you choose to make it so). After one month, your transformation will be initiated. By month number two; your friends will want to know your secret. Each participant will receive a t-shirt. For more info contact Sean at: fit2believe@gmail.com

6 Sessions				\$54
Instructor: Fit to Believe				
412286	Bauer Drive CRC	6/23	Tu	6:00pm-7:00pm
412287	Marilyn J. Praisner CRC	6/23	Tu	7:00pm-8:00pm

Strength Training by Fit to Believe

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

5 Sessions				\$45
Instructor: Fit to Believe				
412288	Plum Gar CRC	6/27	Sa	10:00am-11:00am
6 Sessions				\$54
Instructor: Fit to Believe				
412289	East County CRC	7/1	W	7:00pm-8:00pm

Category 4 Fitness Boot Camp

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

6 Sessions				\$63
Instructor: Thomas Witz				
414570	Germantown CRC	6/22	M	7:30pm-8:30pm
414571	Germantown CRC	6/24	W	7:30pm-8:30pm

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. Questions? Contact Fred 240-552-2227 or fmosby@verizon.net.

12 Sessions \$120
 Instructor: Fred Mosby
 412865 Germantown CRC 6/23 Tu, Th 6:00pm-7:00pm

Pilates @ 50 by Fit to Believe

Ages 50 & Up: If you are looking for a low impact class that will increase strength, flexibility, and energy levels at your current age, then Pilates @50 is perfect for you. Our goals are to emphasize core strength, increase flexibility and help build stronger bodies. Being a low impact class, our instructors make sure that everyone gets a fulfilling workout in order to reach their fitness goals. Bring a Pilates mat to class. Everyone receives a t-shirt. Questions? Contact Sean at: fit2believe@gmail.com.

6 Sessions \$54
 Instructor: LLC Fit to Believe
 412284 Jane E. Lawton CRC 6/25 Th 11:00am-12:00pm

Pilates for Fitness by Fit 2 Believe

Ages 16 & Up: If you want a workout that will increase strength, flexibility and your energy levels pilates for fitness is for you. Our program is designed to help lengthen, realign and redefine your body while improving posture, balance and coordination, easing chronic pain, and focusing on mental stability as well. It's no better way than to stay in shape than by being focused mentally and physically for a better you! Please bring a Pilates mat to class. Each participant will receive a t-shirt. Questions? Contact Sean at: fit2believe@gmail.com

5 Sessions \$45
 Instructor: Fit to Believe
 412278 Jane E. Lawton CRC 6/27 Sa 10:00am-11:00am
 6 Sessions \$54
 Instructor: Fit to Believe
 412277 White Oak CRC 6/23 Tu 7:00pm-8:00pm
 412276 Bauer Drive CRC 6/25 Th 6:00pm-7:00pm



ACT THE WORKOUT

AEROBIC CONDITIONING AND TONING

3 Month Pass

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

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

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

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

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

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

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





TAI CHI

Tai Chi and Qi Gong I

Adults: 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 & 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 information contact Louise @ 301-528-1174 or louiseliu.taichi@gmail.com.

5 Sessions \$75
Instructor: Louise Liu
412472 Argyle LP 6/23 Tu 6:30pm-7:45pm
412469 Quince Orchard Valley NP 6/25 Th 9:00am-10:15am

3 Sessions \$45
Instructor: Louise Liu
412470 Germantown CRC 6/27 Sa 9:00am-10:15am

Tai Chi and Qi Gong II

Adults: Continuing. This internal martial arts class consists of step-by-step instructions and therapeutic stretch exercises, which enhance internal health & 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 at 301-768-0059 or louiseliu.taichi@gmail.com.

5 Sessions \$75
Instructor: Louise Liu
412488 Argyle LP 6/23 Tu 8:00pm-9:15pm
412486 Quince Orchard Valley NP 6/25 Th 10:15am-11:30am

3 Sessions \$45
Instructor: Louise Liu
412487 Germantown CRC 6/27 Sa 10:15am-11:30am

Tai Chi & Qi Gong III

Adult-For continuing students and any students familiar with entire sequence of the Yang style 24 forms of Tai Chi: In this class students can perfect postures, pay careful attention to detail, and deepen their knowledge of qigong training. For suitably advanced students, additional material (such as fixed-and moving-step sensing hands) may also be included.

5 Sessions \$75
Instructor: Louise Liu
412490 Quince Orchard Valley NP 6/25 Th 10:45am-12:00pm

3 Sessions \$45
Instructor: Louise Liu
412491 Germantown CRC 6/27 Sa 10:45am-12:00pm

Mindfulness Yoga & Meditation for Stress Relief

Ages 18 & Up: Using a variety of formats and techniques to teach the students on how to incorporate mindfulness into their daily lives. Numerous studies have shown that mindfulness decreases stress and increase quality of life. Its benefits includes: pain management, improve concentration, depression and sleep problems. Class includes gentle yoga, yoga nidra, breathing techniques and learning modules. For more information contact Maria at: yogachickinred@gmail.com

6 Sessions \$90
Instructor: Maria Doherty
412311 Longwood CRC 6/22 M 5:45pm-7:00pm

Volunteer This Summer!

- Lead or assist in children's activities
- Support your local Community Center
- Work with individuals with disabilities
- Provide administrative support
- Help with senior adult programs
- Serve on the advisory board
- Make special events successful

Become Part Of Our Team!

Call 240-777-6840.

YOGA

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 Irene with questions or to purchase materials: Irene54@aol.com.

6 Sessions \$60
 Instructor: Irene Bopp
 412450 Bauer Drive CRC 6/23 Tu 6:15pm-7:15pm

Hatha Yoga and Stress Management Beginning/Continuing

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

6 Sessions \$78
 Instructor: Suzana Cooper
 412454 Jane E. Lawton CRC 6/19 F 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 and wear comfortable clothing. Questions? Contact Pat at: 301-251-1058.

4 Sessions \$52
 Instructor: Pat Miller
 412270 Potomac CRC 7/9 Th 9:15am-10:30am
 412271 Potomac CRC 7/9 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.

5 Sessions \$52
 Instructor: Pat Miller
 412275 Potomac CRC 7/6 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.

4 Sessions \$52
 Instructor: Pat Miller
 412269 Potomac CRC 7/9 Th 10:45am-12:00pm

Yoga Basics

Ages 16 & Up (13-15 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. Contact the instructor in advance of first class with any questions or to purchase materials: Irene54@aol.com.

6 Sessions \$60
 Instructor: Irene Bopp
 412446 Bauer Drive CRC 6/23 Tu 7:30pm-8:30pm
 412449 Mid County CRC 6/24 W 7:30pm-8:30pm
 412447 Marilyn J. Praisner CRC 6/25 Th 10:30am-11:30am
 412448 East County CRC 6/25 Th 7:00pm-8:00pm

Evening Yoga

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

6 Sessions \$60
 Instructor: Robin Morris
 412292 Wisconsin Place CRC 6/24 W 6:15pm-7:15pm

Yoga at 50

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

6 Sessions \$78
 Instructor: Suzana Cooper
 412453 Wisconsin Place CRC 6/20 Sa 9:45am-11:00am

Body Balance Yoga

Ages 18 & Up: Blends the wisdom of ancient healing modalities with an in-depth exploration of anatomy and therapeutics. This approach to yoga creates a cutting-edge yoga therapy system based on deep awareness of body-mind integration. Students will explore timeless yoga principles along with present day wellness and medical research. Poses are adapted to serve every student's potential and is open to a variety of levels and abilities. Questions? Email Maria at yogachickinred@gmail.com.

6 Sessions \$90
 Instructor: Maria Doherty
 412309 Longwood CRC 6/24 W 5:30pm-6:45pm





MARTIAL ARTS

KARATE/JUJITSU

Karate/Jujitsu Adults

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

8 Sessions				\$58
Instructor: Company Staff: TKA, Inc.				
412165	Upper County CRC	6/22	M	8:00pm-9:30pm
412166	Wheaton NRC	6/22	M	8:00pm-9:30pm
412167	Germantown CRC	6/23	Tu	8:00pm-9:30pm
412168	Damascus CRC	6/24	W	8:00pm-9:30pm
412169	Bauer Drive CRC	6/24	W	8:00pm-9:30pm
412170	Potomac CRC	6/24	W	8:00pm-9:30pm
412171	Montgomery Village MS	6/24	W	8:00pm-9:30pm
412172	North Bethesda MS	6/25	Th	8:00pm-9:30pm
412173	Marilyn J. Praisner CRC	6/25	Th	8:00pm-9:30pm
412174	DuFief ES	6/25	Th	8:00pm-9:30pm

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 must attend 6pm at Upper County CRC, Bauer CRC, Damascus CRC, Resnik ES, Praisner CRC, & Germantown CRC, Beginners may attend later time at other sites.

8 Sessions				\$48
Instructor: Company Staff: TKA, Inc.				
412115	Longwood CRC	6/22	M	7:00pm-8:00pm
412116	Upper County CRC	6/22	M	6:00pm-7:00pm
412117	Upper County CRC	6/22	M	7:00pm-8:00pm
412118	Wheaton NRC	6/22	M	7:00pm-8:00pm
412120	Germantown CRC	6/23	Tu	7:00pm-8:00pm
412121	Mid County CRC	6/23	Tu	7:00pm-8:00pm
412119	Germantown CRC	6/23	Tu	6:00pm-7:00pm
412122	Damascus CRC	6/24	W	6:00pm-7:00pm
412123	Damascus CRC	6/24	W	7:00pm-8:00pm
412124	Bauer Drive CRC	6/24	W	6:00pm-7:00pm
412125	Bauer Drive CRC	6/24	W	7:00pm-8:00pm
412126	Potomac CRC	6/24	W	7:00pm-8:00pm
412127	Resnik, Judith A. ES	6/24	W	6:00pm-7:00pm
412128	Resnik, Judith A. ES	6/24	W	7:00pm-8:00pm
412129	Clara Barton CRC	6/24	W	7:00pm-8:00pm
412130	Montgomery Village MS	6/24	W	7:00pm-8:00pm
412138	Potomac CRC	6/24	W	6:00pm-7:00pm
412131	Marilyn J. Praisner CRC	6/25	Th	6:00pm-7:00pm
412132	Marilyn J. Praisner CRC	6/25	Th	7:00pm-8:00pm
412134	DuFief ES	6/25	Th	7:00pm-8:00pm
412136	Rolling Terrace ES	6/25	Th	7:00pm-8:00pm
412137	North Bethesda MS	6/25	Th	7:00pm-8:00pm

Karate/Jujitsu Club 2

Ages 13 & Up: Open to brown and black belt TKA students. Practice with each other and develop skills under supervision of select instructors. No formal instruction during Club sessions.

5 Sessions				\$36
Instructor: Company Staff: TKA, Inc.				
412177	Holiday Park Sr Ctr	6/26	F	8:00pm-9:00pm

Karate Do and Iaido Beginners

Ages 6-13: Tues. Ages 16 & Up: Thurs. Discover a way to overcome your daily stress. Iaido is the cultivation of patience to keep you from conflict. Control of body and 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. Questions? Contact Salvador at bskofmc@gmail.com.

7 Sessions				\$59
Instructor: Salvador Cortes				
412282	Kensington-Parkwood ES	6/23	Tu	7:00pm-8:00pm
412283	Kensington-Parkwood ES	6/25	Th	7:00pm-8:00pm

Karate Do and Iaido II Intermediate

Ages 10 & Up: Discover a way to overcome your daily stress. Iaido is the cultivation of patience to keep you from conflict. Control of body and 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. Questions? Contact Salvador at bskofmc@gmail.com.

7 Sessions				\$74
Instructor: Salvador Cortes				
412421	Kensington-Parkwood ES	6/23	Tu	8:00pm-9:00pm

Thunder Taekwondo

Little/ Kid Dragons Beginner

Little: Ages 5-8: Kid: Ages 9-12: Specifically designed to improve the child's focus, motor skills, teamwork, self-confidence, physical fitness in order to perform daily life task as well as develop beginner to intermediate taekwondo techniques, and prepare for competitions. Both age groups have separate curriculum. This class is for any student who has never taken a class with us or has not yet tested for a belt. A material fee of \$25 MUST be paid on the 1st day of class. Uniforms are not required but recommended and available for purchase at \$50.

5 Sessions				\$63
Instructor: Nury Criollo				
412766	Glenmont LP	6/26	F	7:05pm-7:50pm
412765	Rock Creek Valley ES	6/27	Sa	10:50am-11:35am

Thunder Taekwondo

Little/Kid Dragons Intermediate

Little: Ages 5-8: Kid: Ages 9-12: Specifically designed to improve the child's focus, motor skills, teamwork, self-confidence, physical fitness in order to perform daily life task as well as develop beginner to intermediate taekwondo techniques, and prepare for competitions. Both age groups have separate curriculum. This class is for students who have taken classes with us and are white to green belts. A material fee of \$25 MUST be paid on the 1st day of class. Uniforms are required and are available for purchase at \$50 if needed.

5 Sessions				\$60
Instructor: Nury Criollo				
412774	Glenmont LP	6/26	F	8:00pm-9:00pm
412776	Rock Creek Valley ES	6/27	Sa	12:35pm-1:25pm



Thunder Taekwondo

Little/Kid Dragons Advanced

Ages 5-8 & Ages 9-12: Specifically designed to improve the child's focus, motor skills, teamwork, self-confidence, physical fitness in order to perform daily life task as well as develop beginner to intermediate taekwondo techniques, as well as preparing for competitions. Both age groups have separate curriculum. This is to better benefit the age capabilities and understanding of what we will be teaching. This class is for students who have taken classes with us and are yellow, green or blue Belts. Uniforms are required and are available for purchase at \$50 if needed. Sparring gear is also required at this level and available to purchase.

5 Sessions \$55
 Instructor: Nury Criollo
 412791 Glenmont LP 6/26 F 8:00pm-9:00pm
 412790 Rock Creek Valley ES 6/27 Sa 1:30pm-2:30pm

Thunder Dragon Taekwondo & Self-Defense

Ages 13 & Up: Specifically designed to improve the focus, motor skills, physical fitness, teamwork, and self-confidence in order to perform daily life task as well as develop advanced taekwondo techniques build overall fitness with flexibility, strength, conditioning, cardio, and endurance. Instructors will work to perfect student's techniques such as punching, footwork, head movement, as well as techniques dealing with workouts and drills performed. Instructors will focus on a student's physical performance as well as real life defense techniques.

5 Sessions \$50
 Instructor: Nury Criollo
 412797 Glenmont LP 6/26 F 8:00pm-9:00pm
 412796 Rock Creek Valley ES 6/27 Sa 1:30pm-2:30pm

Vovinam Martial Arts

Ages 6 & Up: Be among the first to learn this exotic martial art that is growing rapidly around the world. Learn to defend using your hands, elbows, kicks, throws, escape & leveraging, joints locks, and submissions. Weapons included. Vovinam techniques are simple, effective, and artistic. Parents can join class too. Each 90 minute class will wear you out with extensive warm ups, fall breaks, rolling, strikes/kicks/blocks, forms, and sparring. This course prepares you for real life situations. Questions? Call 301-204-3118 or vovinammd@gmail.com.

3 Sessions \$45
 Instructor: Yanni Nguyen
 412671 Plum Gar CRC 7/11 Sa 10:15am-11:45am

Vovinam Martial Arts Children

Ages 8-14 (Meet twice a week): Be among the firsts to learn this exotic martial art. Vovinam is Vietnamese martial arts. Vietnamese used Vovinam to fight in wars. Learn to defend using your hands, elbows, kicks, throws, escape & leveraging, joints locks, choke holds, and submissions. Weapons included. Vovinam techniques are simple, effective, and artistic. They are realistic and easy to learn. Anybody at 8 and older can learn it. Each 90 minutes section will burn you out with extensive warm ups, fall breaks, rolling, strikes/kicks/blocks, forms, and sparring. This course is prepares you for real life situations and you will train constantly with partners of different sizes. Questions? Call (301) 204-3118 or VovinamMD@gmail.com.

10 Sessions \$85
 Instructor: Yanni Nguyen
 412669 Montgomery Village MS 6/23 Tu, Th 6:00pm-7:30pm

Vovinam Martial Arts Advanced

Ages 6 & Up: For advanced students with instructor's permission only. Continue learning to defend using hands, elbows, kicks, throws, escape & leveraging, joints locks, choke holds, and submissions. Weapons included. Each 90 minutes section will burn you out with extensive warm ups, fall breaks, rolling, strikes/kicks/blocks, forms, and sparring. This course is prepared for real life situations, so you will learn how to fall safely on streets; you will train with partners of different sizes. Questions? Call 301-204-3118 or vovinammd@gmail.com.

3 Sessions \$45
 Instructor: Yanni Nguyen
 412676 Eastern MS 7/11 Sa 1:00pm-2:30pm

Vovinam Martial Arts for Adults

Ages 16 & Up: Learn to defend using your hands, elbows, kicks, throws, escape & leveraging, joints locks, choke holds, and submissions. Weapons included. Vovinam techniques are simple, effective, and artistic. Each class will wear you out with extensive warm ups, fall breaks, rolling, strikes/kicks/blocks, forms, and sparring. This course prepares you for real life situations. Questions? Call 301-204-3118 or vovinammd@gmail.com.

10 Sessions \$85
 Instructor: Yanni Nguyen
 412670 Montgomery Village MS 6/23 Tu, Th 7:30pm-9:00pm

Vovinam Martial Arts Beginner

Ages 6 & Up: Learn to defend using your hands, elbows, kicks, throws, escape & leveraging, joints locks, choke holds, and submissions. Weapons included. Vovinam techniques are simple, effective, and artistic. Each class will wear you out with extensive warm ups, fall breaks, rolling, strikes/kicks/blocks, forms, and sparring. This course prepares you for real life situations. Anybody 6 and older can learn. Parents can join class with kids too. For more information: (301) 204-3118 or VovinamMD@gmail.com.

3 Sessions \$45
 Instructor: Yanni Nguyen
 412678 Eastern MS 7/11 Sa 2:30pm-4:00pm

Vovinam Martial Arts Summer Mini Camp

Ages 6 & Up (Current Vovinam students only): Join Vovinam practitioners from around the world for a 2-day event (Saturday & Sunday June 27 & 28, 2015). Test your skills for forms, dual forms, weapons, and sparring. Don't miss your chance to meet with high ranks/world class masters. Please come and see what Vovinam really is. Visit goKarate.webs.com for schedule.

3 Sessions \$55
 Instructor: Yanni Nguyen
 412691 Eastern MS 6/26 F, Sa, Su 6:00pm-8:00pm

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. Option to purchase shinai for \$30. Questions? Email: tsir.office@verizon.net.

7 Sessions \$72
 Instructor: Shiro Shintaku
 412178 Luxmanor ES 6/25 Th 7:00pm-8:00pm





TINY TOTS

ARTS AND CRAFTS

Sunday Studio with CREATE

Age 4-6: 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.

5 Sessions \$70
Instructor: Create Art Center
412467 Create Arts Center 6/28 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. \$24 material fee due to the instructor. Parent participation required.

4 Sessions \$52
Instructor: Abigail Dion
412706 Germantown CRC 7/7 Tu 10:00am-10:45am
412707 Germantown CRC 7/7 Tu 11:00am-11:45am
412708 Potomac CRC 7/8 W 10:00am-10:45am
412709 Potomac CRC 7/8 W 11:00am-11:45am

DANCE

Hippo Hoppo

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

4 Sessions \$36
Instructor: Variation, Inc Staff
412697 Germantown CRC 7/11 Sa 12:00pm-12:45pm
412698 White Oak CRC 7/11 Sa 10:15am-12:00pm

Kidz Dance

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

6 Sessions \$60
Instructor: Grace Oleson
412682 Gwendolyn Coffield CRC 6/22 M 3:30pm-4:15pm
412679 Potomac CRC 6/23 Tu 3:30pm-4:15pm
412680 Germantown CRC 6/24 W 3:30pm-4:15pm
412681 Wheaton NRC 6/25 Th 3:30pm-4:15pm

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MORE TINY TOTS

Thunder Taekwondo Tiny Dragons

Ages 2-4: Designed to improve focus skill, motor skills, and attention span in order to perform daily life task as well as develop basic taekwondo techniques. Most importantly we teach great discipline through respect and responsibility. A class fee of \$20 is due on the first day of class and all new students must purchase a uniform for \$40. Returning students do not need to purchase a new uniform each session.

5 Sessions \$65
Instructor: Nury Criollo
412835 Germantown CRC 6/24 W 6:00pm-6:30pm
412836 Glenmont LP 6/26 F 6:00pm-6:30pm
412839 Rock Creek Valley ES 6/27 Sa 8:50am-9:20am
412840 Rock Creek Valley ES 6/27 Sa 12:00pm-12:30pm

Thunder Taekwondo Tiny Dragons Advanced

Ages 2½-4: Specifically designed to improve focus skill, motor skills, and attention span in order to perform daily life task as well as develop basic taekwondo techniques. This class is for children who have a yellow, green, or blue belt. A class fee of \$20 MUST be paid on the 1st day of class. Uniforms are required and available for purchase if needed (\$40).

5 Sessions \$60
Instructor: Nury Criollo
412856 Glenmont LP 6/26 F 6:35pm-7:05pm
412858 Rock Creek Valley ES 6/27 Sa 10:05am-10:45am

Thunder Taekwondo Tiny Dragons Intermediate

Ages 2½-4: It is specifically designed to improve focus skill, motor skills, and attention span in order to perform daily life task as well as develop basic taekwondo techniques. This class is for children who HAVE previously taken a class with us and are white to green belts. A class fee of \$20 MUST be paid on the 1st day of class. Uniforms ARE required and available for purchase if needed (\$40).

5 Sessions \$60
Instructor: Nury Criollo
412853 Germantown CRC 6/24 W 6:35pm-7:05pm
412849 Glenmont LP 6/26 F 6:30pm-7:00pm
412851 Rock Creek Valley ES 6/27 Sa 9:25am-10:00am

Thunder Taekwondo Wee-Dragons Parent & Me

Ages 1-2½: Specifically designed to start developing focus skill, motor skills, and basic direction following along side a parent or guardian. This class requires adult participation. A class fee of \$10 is due on the 1st day of class. Uniforms are available but not required at this level.

5 Sessions \$65
Instructor: Nury Criollo
412846 Rock Creek Valley ES 6/27 Sa 8:15am-8:45am



Follow us on Facebook and Twitter!

PERFORMING ARTS

Act It Out (Class)

Ages 4-6: Take an adventure every week through storybooks in this acting class that uses theater arts to teach kids about relevant social issues and character education topics such as respect, truth, peace, etc. Each week, these young actors will learn various improvisation theater games as well as a story that they will act out using costumes and props. This class will present their favorite story on the last day of class!

7 Sessions					\$90
Instructor: Pooja Chawla					
405636	Jane E. Lawton CRC	4/18	Sa	11:15am-12:00pm	
8 Sessions					\$105
Instructor: Pooja Chawla					
405635	Potomac CRC	4/15	W	4:30pm-5:15pm	

Little Stars

Ages 2-3: Introduce your little ones to the wonderful world of arts education in this theater class that does it all! These young minds will explore their creativity and imaginations through music, movement, storytime, acting games, and art. And each week they will have a mini-art project to take home that relates to our theme. A \$20 materials fee is due at the first class.

7 Sessions					\$90
Instructor: Pooja Chawla					
405668	Jane E. Lawton CRC	4/18	Sa	10:15am-11:00am	
8 Sessions					\$105
Instructor: Pooja Chawla					
405667	Potomac CRC	4/21	Tu	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 & up, must register and pay class fee. Adult participation required. \$15 material fee due to instructor.

6 Sessions					\$85
Instructor: Geiza Dourado					
412787	Potomac CRC	6/19	F	10:15am-11:00am	
412784	Wheaton Library	6/22	M	10:30am-11:15am	
412783	Golden School of Music	6/24	W	10:15am-11:00am	
412785	Jane E. Lawton CRC	6/25	Th	10:15am-11:00am	

New Customer Service Hours

Mark Your Calendar!

Beginning July 1, 2015 our Customer Service Window at Recreation's Administrative Office (4010 Randolph Road) will be open Monday thru Friday, 10:00am-2:00pm.

Check our website at montgomerycountymd.gov/rec for a listing of extended hours on key registration days.

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, go to www.musictogethermontgomery.com or call the instructor at 301-879-6988. Infants under 8 months may attend free with a paying sibling, but must register. Please also call 240-777-6870 to let us know you plan to bring a sibling.

6 Sessions					\$150
Instructor: Nancy Nuttle					
412713	Mid County CRC	6/20	Sa	10:15am-11:00am	
412714	Mid County CRC	6/20	Sa	11:15am-12:00pm	

Little Fingers Piano with LNM

Ages 2-5: Students will get an introduction to the piano through age appropriate guided curriculum and structured play. The objective of these classes are to introduce children to music in order to promote a love of music and desire to have music in their lives in a meaningful and productive way. FREE instrument rental and materials included in price. Rental agreement must be signed at first class. Rental instrument must be returned at the last class. Questions? Contact LNM at 1-800-399-6414 or CustomerService@LearnNowMusic.com.

6 Sessions					\$120
Instructor: Shelly Suarez Learn Now Music					
413016	Jane E. Lawton CRC	6/24	W	10:00am-10:30am	
413017	Potomac CRC	6/24	W	10:00am-10:30am	

Pre-school Musical

Exploration with LNM

Ages 2-5: Students will sing, dance, play music instruments play musical games, and develop a love of music through LNM Musical Exploration Classes! Questions? Contact LNM at 1-800-399-6414 or CustomerService@LearnNowMusic.com.

6 Sessions					\$115
Instructor: Shelly Suarez Learn Now Music					
413019	Jane E. Lawton CRC	6/24	W	10:45am-11:15am	
413020	Potomac CRC	6/24	W	10:00am-10:30am	

Exploring Music and Piano Prep

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

6 sessions					\$108
Instructor: Geiza Dourado					
414119	Golden School of Music	6/24	W	5:00pm - 6:00pm	





SPORTS & FITNESS

Coach Doug Pre Wee Wanna Be

Ages 1½-3: Boys and girls get a great start in enjoying sports working with their Moms, Dads, or Guardians. They will be introduced to agility training, sports including soccer, and other age appropriate sports through supervised play sessions with their Moms, Dads or Guardians. Each child is guided thru sports and play sessions and can participate at his/her own pace. A wonderful program to introduce tots to the joy of sports; Adult participation required. \$10.00 materials fee is due to Instructor. Call 301-983-2690 for more information.

5 Sessions \$55
Instructor: Coach Doug Academy, Inc
412804 Flora M. Singer ES 6/27 Sa 9:30am-10:15am
413517 Potomac ES 6/24 W 9:30am-10:15am

Coach Doug Wee Wanna Be Soccer & Tennis

Ages 3-5: By concentrating on these two sports, the children have a greater opportunity to comfortably develop their interest and abilities. They will be introduced to soccer and tennis, through age appropriate skill training in play sessions with their Moms, Dads or Guardian. A great way for children to develop new skills using their arms and legs. Adult participation required. \$10 Materials fee. Call 301-983-2690 for more info.

5 Sessions \$65
Instructor: Coach Doug Academy, Inc
412831 Cold Spring ES 6/27 Sa 2:45pm-3:30pm

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. \$10.00 Materials Fee is due to Instructor. Call 301-983-2690 for information.

5 Sessions \$65
Instructor: Coach Doug Academy, Inc
412811 Flora M. Singer ES 6/27 Sa 10:15am-11:00am
412812 Potomac ES 6/24 W 10:15am-11:00am

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. \$10.00 Materials Fee due to Instructor. Call 301-983-2690 for more information.

5 Sessions \$65
Instructor: Coach Doug Academy, Inc
412815 Flora M. Singer ES 6/27 Sa 11:00am-11:45am

Coach Doug Soccer

Ages 3-6: Based on the winning principles developed by Coach Doug. Kick it off with soccer instruction the Coach Doug way; fundamental soccer skills in a fun and friendly environment with emphasis on building techniques and self confidence. We cover skill development, soccer rules and playing strategies. By concentrating on soccer, children have a greater opportunity to comfortably develop individual skills in a team concept. No adult participation required. Children participate on their own under the guidance of Coach Doug. \$10.00 Materials Fee. Call 301-983-2690 for more info.

5 Sessions \$65
Instructor: Coach Doug Academy, Inc
412819 Flora M. Singer ES 6/27 Sa 11:45am-12:30pm
412820 Cold Spring ES 6/27 Sa 2:00pm-2:45pm

UK Elite Petite Soccer

Ages 2-3 and Ages 3-5: A fun guide to soccer utilizing maximum activity and participation and highly stimulating fantasy games. The focus is creating a fun learning environment in which children develop basic ball manipulation skills, using their feet. Instruction is provided by professional British coaches and teachers. U.K. Elite will provide balls for use by all participants. 2-3 year olds parent participation is required.

6 Sessions \$105
Instructor: U.K. Elite
413024 Wisconsin Place CRC 6/8 M 10:00am-10:45am

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
412781 Upper County CRC 6/22 M 11:00am-11:45am



XCITING XTRAS

XTRA CLASSES

Abacus Mental Math Program

Ages 5-10: The idea of the Komodo Math Program is to teach kids how to work math problems and do the arithmetic operations involved in those problems by visualizing an abacus. The child will learn basic arithmetic starting with simple single digit addition through more advanced operations such as calculation of square roots. The main advantage in using Abacus math is that the student just after a few months, memorizes the image of the abacus in their mind, and can perform calculations mentally, without any tools like pen and paper, calculators or fingers!. Our Math program allows children to master the skill of solving problems mentally, without relying on any external instrument.

4 Sessions					\$135
Instructor: USA KOMODO					
412693	KOMODO Gaithersburg	6/27	Sa	12:00pm-2:00pm	
412694	KOMODO Gaithersburg	6/27	Sa	10:00am-12:00pm	
412695	KOMODO Germantown	6/27	Sa	10:00am-12:00pm	
412696	KOMODO Germantown	6/27	Sa	12:00pm-2:00pm	

NEW Language Arts

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

4 Sessions					\$149
Instructor: USA KOMODO					
412699	KOMODO Gaithersburg	6/24	W	5:30pm-7:00pm	
412700	KOMODO Germantown	6/27	Sa	12:30pm-2:00pm	



When Is the Guide Available?

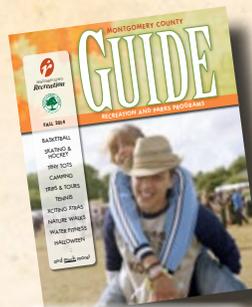
*Dates are approximate and subject to change.



Summer 2015
 May 1, 2015
 Registration begins
 May 11, 2015



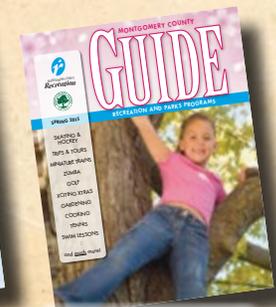
Summer Camps 2015
 January 10, 2015
 Registration begins
 January 20, 2015



Fall 2015
 August 7, 2015
 Registration begins
 August 17, 2015



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



Spring 2015
 Late January, 2016
 Registration begins
 Mid February, 2016

Where Can I Get The Guide?

Online:
www.MontgomeryCountyMD.gov/rec

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

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



The **SPORTS** Pages



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.

6 Sessions \$63
Instructor: Gary Chao
412272 Bauer Drive CRC 6/20 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. \$20 material fee due to instructor.

6 Sessions \$91
Instructor: Gary Chao
412274 Bauer Drive CRC 6/20 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. Students need a prepared racket, \$25 material fee due to instructor.

6 Sessions \$91
Instructor: Gary Chao
412265 Bauer Drive CRC 6/20 Sa 12:45pm-1:45pm



Get in the know...
NOW

RECREATION ALERTS



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

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

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

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



55+ Active Adult Programs

SUMMER 2015

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

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

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

SENIOR CENTERS

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

DAMASCUS SENIOR CENTER

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

HOLIDAY PARK SENIOR CENTER

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

LONG BRANCH SENIOR CENTER

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

MARGARET SCHWEINHAUT SENIOR CENTER

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

WHITE OAK SENIOR CENTER

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



DAMASCUS SENIOR CENTER

240-777-6995

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

Center Cookout

Friday June 5th, 2015 • 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 5th, 2015 • 1:00pm

Enjoy your favorite Gospel Blue Grass Tunes.

Free.

Senorita Sunshine's USO Show

Wednesday June 24th, 2015 • 1:00pm

Senorita Sunshine return to grace us with a fun variety show with many different elements of surprises and intrigue.

Free.

Intergenerational Ice Cream Social

Thursday August 6th, 2015 • 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.

Free.

Montgomery County Senior Fair Day

Tuesday August 11th, 2015 • 10:00am-2:00pm

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

Free.

Senior Center Annual Luau

Friday August 28th, 2015 • 1:00pm

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.

Senorita Sunshine

Luau/Hawaiian Program

Friday August 28th, 2015 • 1:00pm

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

Free.

New Customer Service Hours

Mark Your Calendar!

Beginning July 1, 2015 our Customer Service Window at Recreation's Administrative Office (4010 Randolph Road) will be open Monday thru Friday, 10:00am-2:00pm.

Check our website at montgomerycountymd.gov/rec for a listing of extended hours on key registration days.

Damascus Senior Center Mini Trips

Spirit of Baltimore Cruise and Bingo

Tuesday July 10th, 2015 • 9:30am – 3:00pm

Cost: Call Center for Details.

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

These activities help me keep healthy and mobile.

-customer survey

Follow us on Facebook and Twitter!

HOLIDAY PARK SENIOR CENTER

240-777-4999

Holiday Park welcomes adults 55+ for a variety of social, fitness, educational and enrichment programs. Classes range from yoga, Zumba, ballroom dance, Tai Chi, Digital Photography and Spanish. Learn more about our programs at www.holidaypark.us or drop in for a tour. Grab a cup of coffee in our café, pick up a current schedule of our monthly newsletter and meet some new friends along the way! Holiday Park Seniors, Inc. is a 501c3 non-profit agency that supports programs and classes at Holiday Park. A small optional annual membership fee provides discounts on classes and programs. Sign up at the Reception Desk.

¡Bienvenidos a la Esquina Latina!

Martes

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

Conversación en Inglés-11:00-12:00

Martes y Jueves

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

Jueves

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

*Preguntas o sugerencias-comuníquese
con María Mercedes 240-277-4965.*

The Center will be closed for Summer scheduled maintenance from July 27th through July 31st.

Call 240-777-4999 for the most updated information including the date for registration.

The Center looks forward to welcoming all participants.

Wednesday Evening Highlights

A Sample of our Musical Performances and Dances:

Senior Prom Night

Wednesday, June 3 • 6:30pm

On a school night?! Of Course, our active adults don't have any homework. So we must find new and better ways of playing hooky. Join us for an evening of music, refreshments, and center pieces.

Open Mic Night

June 17 • 6:30pm

Got talent? Passion? Enough musical flair to toot your own horn? Come express yourself through poetry, music, or comedy at our Open Mic Night. You never know what you're capable of until you try.

Midsummer's Night Dream Dance

July 15 • 6:30pm

In an enchanted woodland full butterflies and fairy folk, bathed in the fading twilight, we celebrate the season of summer. Oh, what fun can mortals have; when dreams and dresses reflect the attitude of the merry and the festive...

PJ Dance Party

August 12 • 6:30pm

High Fashion alert: Pink bunny slippers paired with polka dot pajamas. Two step in comfort and style as we showcase sleepwear on the dance floor.

Daytime Highlights

Broadway with Steffi Offutt

June 4 • 1pm

We are bringing Broadway to Holiday Park. Join us as Steffi Offutt weaves a musical review of hit songs from popular Broadway Shows.

Music with Ellis Woodward

July 20 • 1 pm

Ellis Woodward has performed for audiences of all ages and from all walks of life. A talented guitarist and songwriter who knows how to connect with his audience. Don't worry, we'll make sure there is room for dancing.

More music with Jesse Palidofsky

August 5 • 1pm

Known as an "inspired tunesmith" the vocalist and Songwriter Jesse Palidofsky returns to share his gift of folk, blues, and rock interpretations that will leave you feeling the simple truth: music is quite wonderful.

Dance Club Friday:

Almost every Friday!

Live performances. Great music. Good variety. Dancing at the Park never gets old. Meet new friends, create new memories, and then Foxtrot, rumba, or swing into your weekend.

Informative Lectures And Presentations

"Stay in Circulation"

June 16 • 1:00pm

Dr. Greg Kumkumian, Medical Director of the Coronary Care Unit at Suburban Hospital, will review the circulatory system discuss the role of genetics and ways to keep your blood vessels strong and healthy through diet and exercise. Presented by Suburban Hospital.

"The Music Lesson" by Vermeer

July 7 • 1:00pm

The painting by Johannes Vermeer has stirred up an old debate over the artist's technique. Did the 17th century artist use optics and a camera obscura to gain mastery over light in his work? Art Historian Joan Hart guides us through the details.



MARGARET SCHWEINHAUT SENIOR CENTER

240-777-8085

The Margaret Schweinhaut Senior Center is a welcoming, colorful, upbeat place with a wide range of activities and amenities. The Center includes a large auditorium with a full stage, 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.....

A Salute to Great Gentleman of Song by Ed Lanehart

Friday, June 26 • 1:00pm-2:00pm

Featuring hits of Sinatra, Bennett, Darin and other popular male vocalists. It is a trip down memory lane!

Independence Day Picnic with entertainment by Dick

Kaufmann and the Glenn Pearson Trio

Thursday, July 2 • 1:00pm-2:00pm

Come join us as we celebrate America's birthday with a picnic and fantastic entertainment. Tickets \$5.

Sophisticated Lady

Wednesday, August 19 • 1:00pm-2:00pm

Linda Levasseur will entertain with her special brand of musical magic.

Marvelous Mondays at the Movies in the Garden Room.

Mondays • 1:00pm-3:00pm

The Margaret Schweinhaut Senior Center Advisory Council is pleased to present Marvelous Movie Mondays.

Join us for an afternoon of movie greats in a lovely setting. Refreshments are available for purchase to make the experience even more enjoyable. Call the center or check out our monthly newsletter for titles.

HeartWell In Action

Every Wednesday • 10:00am-2:00pm

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, such as:

“Know Your Numbers”

Every Wednesday • 10:00am-2:00pm

(with the exception of the first Wednesday)

Health counseling on the vital numbers for cardiovascular health (Blood pressure, cholesterol, BMI and blood sugar.)

Educational Life-Health Seminar

First Wednesday

See 'Happenings' – Schweinhaut's monthly newsletter for monthly topics or call Center Reception Desk.

Diabetes Support Group

Third Wednesday • 12:45pm-1:15pm

For those living with type 1 or type 2 diabetes, pre-diabetes or those seeking help with family members.

Discussion Group- Maximizing You!

Thursdays • 11:00am

Join this enlightening group to discuss issues on aging.

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

Led by Edie Mahlamann, LCSW-C. Free.

For The Fun Of It.....

Duplicate Bridge

Tuesdays & Thursdays • 12:30pm

Duplicate bridge is the most widely used variation of contract bridge in club and tournament settings. Play in an ACBL sanctioned game open to all seniors. Bring a partner and work together to win! Coordinated by Roz Dixon. Fee: \$5.00

Pool/Billiard League

Tuesdays & Thursdays • 11:00am

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.

Go Safely!

AARP Driver Education Class

Monday, June 15 • 10:00am-3:00pm

Monday, August 17 • 10:00am-3:00pm

A one-day classroom, safe-driving course which focuses on defensive driving. Pre-reg. req. at the Center or by mail. Make \$15.00 check to AARP. No cash please.

LONG BRANCH SENIOR CENTER

240-777-6944

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!

Crochet

Tuesdays • 11:00am

Volunteer Ellen Kwait shares her talents with anyone interested in learning how to crochet. Bring your own hook. We have scrap yarn to get you started, or bring a project you are working on. Beginners or seasoned craftspeople welcome. Free.

Walking Wednesdays

Wednesdays • 11:00am

Join us as we walk the 1/3 mile asphalt path around the field behind the center. The route begins in our garden and includes a short hill.

Tai Chi:

Fridays • 10:00am

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

Independence Day Barbecue

Thursday, July 2 • noon

Sing patriotic songs with piano accompaniment. Join us for barbecue burgers & hot dogs, veggies, chips, beverage and dessert. \$2.00.

Senior Center Summer Closings

Senior Centers Will be closed the following days for maintenance and cleaning:

Damascus Senior Center
July 26-Aug. 2, 2015

Holiday Park Senior Center
July 25-Aug. 2, 2015

Schweinhaut Senior Center
July 19-July 26, 2015

Long Branch Senior Center
Aug. 2-Aug. 16, 2015

White Oak Senior Center
Aug. 2-Aug. 16, 2015

55+ Bone Builders

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

Bone Builders has a strict attendance policy: participants may register for only one class and must consistently attend twice per week to maintain their places in their class.

People interested in Bone Builders are encouraged to observe a class prior to registering. For information, call 240-777-4925.

Course #	Location	Start	Days	Times
412915	Longwood	6/15	M, W	11:00am-12:00pm
412916	Clara Barton	6/15	M, W	2:00pm-3:00pm
412917	Potomac	6/15	M, W	3:00pm-4:00pm
412918	Wisconsin Place	6/15	M, Th	10:00am-11:00am
412927	Potomac	6/15	M, W	11:15am-12:15pm
412919	Wisconsin Place	6/16	T, Th	11:15am-12:15pm
412920	Jane E. Lawton	6/16	T, Th	9:15am-10:15am
412921	Gwendolyn Coffield	6/16	T, Th	9:30am-10:30 am
412922	Potomac	6/16	T, Th	9:00am-10:00am
412923	Potomac	6/16	T, Th	10:00am-11:00am
412924	Mid-County	6/16	T, Th	1:00pm-2:00pm
412925	Wheaton	6/16	T, Th	1:00pm-2:00pm
412926	White Oak	6/17	W, F	2:00pm-3:00pm



WHITE OAK SENIOR CENTER

240-777-6944

The White Oak Senior center offers a wide-variety of programs, classes, and services, for seniors 55 and over. Health & Wellness programs are stressed, and a nutrition program and bus transportation are also offered. Call the center or pick up a copy of our monthly newsletter for more information.

Soul Line Dance Party

Friday, May 8 • 6:00pm-9:00pm

Friday, June 12 • 6:00pm-9:00pm

Friday, July 10 • 6:00pm-9:00pm

Come socialize, dance, and learn the newest dances. Dances sponsored by HPSI.

\$5.00 cost per person. Pay at the door.

White Oak Day!

Saturday, June 6th • 11:00am-2:00pm

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

Survivor Party!

Thursday, June 11th • 1:30pm-2:30pm

This event is held in honor of Cancer Awareness month. We will have a party to honor those that have been affected by the disease. This party is to celebrate you! Join us for a party! Provided by Washington Adventist Hospital

Volunteer Recognition Event

Thursday, July 30th • 1:30pm-3:00pm

This event is to recognize those that have helped our center thrive throughout the year! We appreciate you and would like to let you know how happy we are that you chose us. Please join us for this event to honor our volunteers!

Full Body Stretch Class

Mondays • 10:15am-11:00am

45 minute full body stretch class that will target each specific muscle in your body. This exercise class is created to relieve all stress and stiffness in your body. This class will be performed on the floor and standing. Your muscles will thank you.

Meditation Class

Mondays • 4:00pm-6:00pm (Instructor Guided)

Wednesdays • 2:00pm-4:00pm (Instructor Guided)

Fridays • 2pm-4pm (Self-Guided)

Relax with guided meditation. Bring a yoga mat, pillow or cushion and water.

Pickleball

Thursdays • 10:30am-12:30pm

Whether you have just picked up the game or are more experienced, have fun testing your skills.

Better Balance

Thursdays • 11:00am-11:45am

Low impact movements designed to help improve your ability to control your balance more efficiently in your day-to-day activities.

Chair Strength Training

Mondays & Wednesdays • 11:15am-12:00pm

A class designed to strengthen muscles, flexibility, and improve balance. Balls and therabands will be provided. Exercises are done seated and standing depending on physical endurance.



May is Older American's Month

National Senior Health & Fitness Day Wellness Fair!

May 27 • 10:00am-2:00pm

There will be over 30 vendors to help you succeed on your way to wellness. We will have stress screenings, skin screenings, body fat analysis, Bone density screenings, demonstrations, and much more!

55+ ACTIVE ADULT PROGRAM HIGHLIGHTS

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

BAUER DRIVE COMMUNITY RECREATION CENTER

14625 Bauer Drive
Rockville, MD 20853

240-777-6922

This program does not meet in the summer, but they do offer:

Volleyball*

Thursdays • 6:00pm-8:00pm

July 25 through August 13

*Participants must obtain a MCR Gym pass.

CLARA BARTON NEIGHBORHOOD RECREATION CENTER

Mondays & Wednesdays • 10:30am-3:00pm

7425 MacArthur Blvd.
Cabin John, MD 20818

240-777-4910

Active, friendly, fun and Young at Heart! Come to Clara Barton's Senior Sensations Programs to discuss mutual interests. We visit museums and art galleries; enjoy picnics and nature walks; monthly birthday and holiday parties; see the latest movies in theatres and movies at the Center. Speakers take us on trips around the world. Professionals discuss important issues on health and nutrition; Wills and Estates; aging in place; personal safety in the home and outside. Hear about important people and events in our history through oral and visual presentations. What else do you want to do and see? Let us know!

Blood Pressure Screening

Third Wednesday of every Month

Senior Ping Pong

Tuesday and Thursday • 2:30pm-3:30pm

CLARKSBURG PARK ACTIVITY BUILDING

Wednesdays • 11:00am-3:00pm

22501 Wims Road
Clarksburg, MD 20871

301-916-3899

Clarksburg Super Seniors have been meeting for 40 years, and always make room for new faces. This one day a week program offers a variety of activities and fellowship. Bring a bag lunch and stay for a while or drop in for a specific program of your interest. Clarksburg motto: "Life is Great When You Participate."

+ Limited transportation available on program meeting days.

* Includes a nutrition lunch program on meeting days.

GWENDOLYN E. COFFIELD COMMUNITY RECREATION CENTER

Tuesdays & Thursdays • 10:00am-1:00pm

2450 Lyttonsville Road
Silver Spring, MD 20910

240-777-4900

Coffield CRC active adults enjoy Zumba Gold classes, computer classes, circuit training, health discussions, diabetes workshops, flu shot clinic, mini bus trips, self-defense classes, Baby Boomer Boogie class, and open gym (basketball, walking & table tennis).

EAST COUNTY * + COMMUNITY RECREATION CENTER

Tuesdays & Fridays • 10:00am-2:00pm

3310 Gateshead Manor Way
Silver Spring, MD 20904

240-777-8093

Additional weekly programs, social activities and special events are scheduled for the summer.

Bingo

Last Friday of the Month

Line Dancing

Monday • 11:45am-12:45pm

Additional weekly programs, social activities and special events are scheduled for the summer.

Mini Trips

Every 3 months. Contact center for details.

GERMANTOWN+ COMMUNITY RECREATION CENTER

Mondays & Thursdays • 10:00am-2:00pm

18905 Kingsview Road
Germantown, MD 20874

240-777-8098

A variety of fun activities are offered including luncheons, Mah Jongg, arts & crafts, health & wellness classes and lectures. Come make new friends!

LAWTON/ BETHESDA AREA

Tuesdays, Thursdays & Fridays • 10:00am-2:00pm

Jane E. Lawton Community Recreation Center
4301 Willow Lane

Chevy Chase, MD 20815

240-777-6855

A variety of exercise classes are provided.

Bone Builders Plus

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

Widowers Group

Thursdays • 2:00pm-3:00pm



LONGWOOD COMMUNITY RECREATION CENTER

Mondays & Wednesdays • 10:00am-2:00pm
19300 Georgia Avenue
Brookeville, MD 20833
240-777-6920

A variety of exercise classes, entertainment, lectures and presentations are planned for the spring. Come join us!

Zumba Gold

Mondays • 9:00am
Wednesdays • 9:00am
Registration Required. Designed to encourage cardio activity and exercise with Latin and Intl. music and dance. (Instructor Lead)

Just My Two Cents!

Wednesdays • 10:00am
This time is designated for active adults, age 55+, to come together and spark conversation on events, people, places and things. Your opinion is important and will be heard. (Volunteer Lead)

MARILYN J. PRASNER* + COMMUNITY RECREATION CENTER

Tuesdays & Thursdays • 10:00am-2:00pm
14906 Old Columbia Pike
Burtonsville, MD 20866
240-777-4970

The program includes leisure, wellness learning, arts & crafts, guest speakers, entertainers and fitness activities. Periodic mini-trips to local points of interest add another dimension to the array of carefully planned activities and events.

Chair Yoga

2nd Tuesday of the month • 10:00am-11:00am
Stretch muscles, improve circulation and decrease stress.

Bridge

Mondays & Wednesdays • 1:00pm-4:00pm
For beginning, intermediate and advanced players

MID-COUNTY* COMMUNITY RECREATION CENTER

Tuesdays & Thursdays • 10:00am-2:00pm
2004 Queensguard Road
Silver Spring, MD 20906
240-777-6820

Exciting program offerings for the summer!

PLUM GAR COMMUNITY RECREATION CENTER

Tuesdays & Fridays • 10:00am-2:00pm
19561 Scenery Drive
Germantown, MD 20876
240-777-4919

POTOMAC COMMUNITY RECREATION CENTER

Tuesdays & Fridays • 10:00am-1:30pm
11315 Falls Road
Potomac, MD 20854
240-777-6960

Seniors from the community come together to discuss current events and other topics of interest. This program also includes chair exercise, games, movies, guest speakers and entertainers. Come join us!

ROSS BODDY/SANDY SPRING * + SENIORS

Wednesdays & Thursdays • 10:00am-2:00pm
Longwood Community Recreation Center
19300 Georgia Avenue
Brookeville, MD 20833
240-777-6920

WHEATON NEIGHBORHOOD RECREATION CENTER

11711 Georgia Ave
Silver Spring, MD 20902
240-777-8057

Several programs are offered on a regular basis for 55+ active adults.

SENIOR CENTER SHUTTLES

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

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



EXERCISE CLASS HIGHLIGHTS

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

Senior Fit by Holy Cross Health

A partnership with Holy Cross Hospital and Montgomery County Recreation, these free classes help participants to improve strength, endurance, and flexibility. Participants must have a doctor's permission note. Call 301-754-8800 for registration information.

Bauer CRC

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

F • 9:15am-10:00am

Coffield CRC

T, Th • 10:30am-11:15am

East County CRC

M, W, F • 10:15am-11:30am

Germantown CRC

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

Mid-County CRC

F • 11:00pm-11:45pm

Long Branch SC

M, W • 12:00pm-12:45pm

Praisner CRC

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

Ross Boddy (Meets at Emmanuel Brinklow Church)

T, Th • 9:00am-9:45am

Schweinhaut SC

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

T • 9:00am-9:45am; Sa • 9:30am-10:15am

Wheaton NRC

M, W • F 11:00am-11:45am

White Oak SC

T, Th • 9:00am-9:45am

Better Bones

Long Branch SC W, F • 1:00pm-2:00pm

Schweinhaut SC M, Th • 2:00pm-3:00pm

Suburban Hospital Senior Shape Exercise Programs

The Senior Shape program is designed to improve the overall health of seniors. The program consists of strength, flexibility, and aerobic exercise training classes. Register online at events.suburbanhospital.org or call 301-896-3939. The fee is \$30 per class for 3-month session.

Weight Training

Margaret Schweinhaut Senior Center

Tuesdays • 10:00am-10:45am

Holiday Park Senior Center

Fridays • 11:00am-11:45am

Clara Barton Community Recreation Center

Fridays • 1:00pm-1:45pm

Jane E. Lawton Community Recreation Center

Tuesdays & Fridays • 12:15pm-1:00pm

Aerobics/Strength Training/Stretching

Clara Barton Community Recreation Center

Mondays & Wednesdays • 11:00am-11:45am

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

Potomac Community Recreation Center

Tuesdays & Fridays • 10:00am-10:45am

Advanced Aerobics/Strength Training/Stretching:

Wisconsin Place Community Recreation Center

Tuesdays • 10:00am-10:45am

Potomac Community Recreation Center

Mondays • 11:00am-11:45pm

Stability Ball

Holiday Park Senior Center

Mondays • 9:00am-9:45am

Margaret Schweinhaut Senior Center

Tuesdays • 11:00am-11:45am

Advanced Weight Training

Holiday Park Senior Center

Fridays • 10:00am-10:45am

MedStar Montgomery Medical Center

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

Senior Exercise

Have fun, feel better and get fit with a free 45 minute fitness active aging group exercise class, designed to help older adults increase muscular strength, flexibility, range of motion and maintain their cardiovascular health.

Sign up today! Classes are ongoing and a physician's consent form is required to participate.

Longwood CRC

Tuesday • 9:00am | Wednesday • 10:00am

Mid-County CRC

Wednesdays • 1:00pm

Tai Chi

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

Longwood CRC

Mondays • 9:30am | Thursdays • 10:30am

Mid-County CRC

Tuesdays • 11:00am

NEW-Gentle Flow Yoga for Seniors

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

Longwood CRC

Call for dates

\$40 for 8 sessions

What to Bring: Yoga mat, water and comfortable shoes



SENIOR SPORTS ACTIVITIES

Did You Know???...that Recreation offers many opportunities for individuals 55+ to participate in volleyball, basketball, badminton, table tennis, billiards and other individual and team sports? Drop-In Gym programs only require individuals to get a \$30.00 a year open gym pass. There are also leagues offered at several locations that are co-sponsored with the Montgomery County Senior Sports Association (MCSSA).

Open Gym Basketball:

Bauer Drive Community Recreation Center
Tuesdays & Thursdays • 9:00am-12:00pm

Open Gym Sports:

Longwood Community Recreation Center
Monday-Thursday • 12:00pm-3:00pm

Open Gym Volleyball:

Bauer Drive Community Recreation Center
Thursdays • 6:00pm-8:00pm(7/25-8/13)

Mid-County Community Recreation Center
Fridays • 12:00pm-2:00pm

Wheaton Neighborhood Recreation Center
Mondays & Thursdays • 12:30pm-2:30pm

SENIOR SNEAKER EXERCISE PROGRAM

Montgomery County Recreation's popular Senior Sneaker Program helps adults age 55 and older have access to quality exercise/weight rooms across the County at a very affordable \$50 annual membership fee. For this low fee, members can use the exercise/weight rooms until 3:00pm Monday through Friday.

For those wanting more flexibility, a full Exercise/Weight Rooms Membership is available. Call 240-777-4925 for details.

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



BAUER DRIVE CRC

CLARA BARTON NRC

COFFIELD CRC

DAMASCUS CRC

EAST COUNTY CRC

GERMANTOWN CRC

LAWTON CRC

LONG BRANCH CRC

LONGWOOD CRC

MARILYN J. PRAISNER CRC

MID-COUNTY CRC

PLUM GAR CRC

POTOMAC CRC

SCOTLAND NRC

UPPER COUNTY CRC

WHEATON NRC

WHITE OAK CRC

WISCONSIN PLACE CRC



MARYLAND SENIOR OLYMPICS

Montgomery County Recreation is working with the Maryland Senior Olympics to facilitate the 2015 events. These events will take place at various locations in and out of Montgomery County during late summer and early fall. Registration is under way!

Visit www.mdseniorolympics.org
or call 240-777-4930 for information.





TEEN WORKS
MONTGOMERY COUNTY RECREATION

Teen Works

Teen Works is a year round employment program for Montgomery County high school students aged 16 to graduation. Teens are placed in public sector and nonprofit jobs throughout the county. Participants gain valuable educational and employment experience using the community's resources to expose youth to potential educational or career paths.

Youth Development Office: 240-777-8080



YOUTH DEVELOPMENT
Montgomery County Recreation



*Sports Academies
Have a New Name!*

REC ZONE

Join Us and Become a Part
of a New Experience!



Follow us on
Facebook
and Twitter
@mocorec for
Special Events!

Montgomery County Recreation's Youth Development Team is generating an enhanced and vibrant approach to service delivery that reaches out to all young people. We use recreation to ensure young people are productive, healthy, and connected during out-of-school time. Our positive youth development strategies include opportunities, programs, and services which emphasize health & wellness, youth leadership & social equity, workforce development, and connection to caring adult role models. The Recreation Department is built on a foundation for serving youth, and we are committed to building on this tradition.

It is our aim to ensure the Recreation Department is a place where young people:

- Make friends and maintain relationships
- Gain a sense of Independence and rely less on adults
- Build teamwork skills and become more effective in groups
- Foster attributes important to being a members of family & community
- Perceive competence and believe they can be successful
- Acquire an interest in exploration and are eager to learn new things
- Develop a sense of responsibility and learn to be accountable
- Enhance their affinity for nature and attraction toward the outdoors
- Grow confidence and try to solve problems on their own
- Establish a connection and feel safe & welcomed in their environment
- Boost physical activity and increase healthy eating habits

REC XTRA
MONTGOMERY COUNTY RECREATION

Rec Extra-Middle Schools

Not ready for the day to end? Need a little more time with your friends or working after school with a teacher? Rec Extra, available at select MCPS middle schools, may offer sports, arts, baby-sitting instruction, chess, improv theatre, sewing, step dance, tennis, weight training, poms and other fun, engaging activities. Check with your school's After-School Activities Coordinator (ASAC) for more information.



Youth Advisory Committee

Get involved. Make a difference in your community. The Youth Advisory Committee sponsors community service projects and provides your voice to Montgomery County decision-makers. Y.A.C. committee members meet at local community recreation centers throughout Montgomery County. Teens CAN and DO make a difference!



THERAPEUTIC RECREATION & INCLUSION SERVICES

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

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

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

REASONABLE ACCOMMODATION ENABLES SUCCESSFUL PARTICIPATION.



TR AQUATICS

ADULT SWIM

Ages 18 and 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 provided.

8 Sessions			\$40
409800	MLK Swm Ctr	6/2	Tu 8:00pm-9:00pm
409801	Germantown ISC	6/3	W 8:30pm-9:30pm
409802	Olney Swm Ctr	6/5	F 7:00pm-8:00pm
409803	Olney Swm Ctr	6/5	F 8:00pm-9:00pm

TR SWIMMING FOR ADULTS WITH PHYSICAL DISABILITIES

This is a swimming and aquatic exercise class for people with MS and/or physical disabilities who want to work on their fitness and flexibility in an aquatic environment. Staff Ratio 1:6. No personal care provided.

8 Sessions			\$48
409823	Kennedy Shriver Aq Ctr	6/4	Th 8:30pm-9:30pm

VOLUNTEERS NEEDED!

Support an individual with a disability in a mainstream recreation program.

Provide assistance in a Therapeutic Recreation program.

Student volunteers are eligible for SSL hours.

Training provided.

Call the Volunteer Coordinator at 240-777-6870
or email rec.mainstream@montgomerycountymd.gov

FITNESS AND WELLNESS

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				\$54
409811	Holiday Park Sr Ctr	6/27	Sa	9:00am-9:45am
412718	Holiday Park Sr Ctr	6/27	Sa	10:00am-10:45am

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				\$30
409830	Upper County CRC	6/24	W	7:00pm-8:00pm
409831	Wheaton NRC	6/25	Th	7:00pm-8:00pm
409832	Holiday Park Sr Ctr	6/27	Sa	11:00am-11:50am

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				\$30
409816	Wheaton NRC	6/22	M	7:00pm-8:00pm
409818	Damascus CRC	6/25	Th	7:00pm-8:00pm
409819	Bauer Drive CRC	6/25	Th	7:00pm-8:00pm

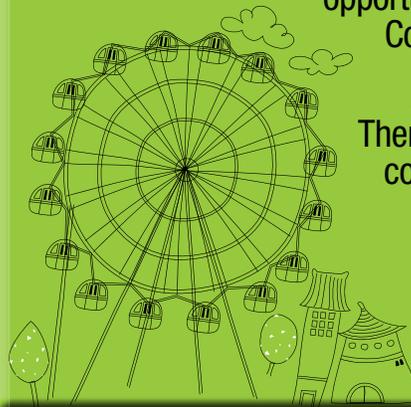
TR ZUMBA

Ages 13 & Up with disabilities: Every class is a party! Lat-in-based dance fitness class taught by a licensed Zumba instructor. Participants should be able to follow one-and two-step instructions. 1 staff to 10 participants. Dress in comfortable clothing and shoes for active movement.

6 Sessions				\$30
Instructor:				
409827	Damascus CRC	6/23	Tu	6:00pm-6:50pm
409828	Wheaton NRC	6/25	Th	6:00pm-6:50pm
409829	Holiday Park Sr Ctr	6/27	Sa	10:00am-10:50am

VIP Children's Day at the Fair

This co-sponsored program designed to support children with severe disability or life threatening illness the opportunity to attend the Montgomery County Fair with a 4H escort.



All applications go to the Therapeutic Recreation office for committee recommendation.

**Monday August 17
9:00am-2:00pm**

Course # 409833

SPECIAL EVENTS

BACKYARD BBQ

Teens and adults, ages 15 & Up with disabilities. Come and have lots of fun, food, games, and a DJ with dancing. Pre-registration Required.

GWENDOLYN COFFIELD CRC

**Sunday, July 12
1:00pm-4:00pm**



**\$10.00
Course# 409804**

Sharks and Minnows: Lazy River Family Pool Party

For individuals with disabilities, their families and friends. The Lazy River gently carries you around the pool while you relax, socialize and keep cool on an oversized tube. Make a splash down the outdoor slide for a fun time. Snacks and water provided. No personal care provided. Don't wait in line, pre-register!

MARTIN LUTHER KING POOL

**Saturday, August 15
9:30am-11:30am**



**\$4.00
Course# 410383**

KINGS DOMINION TRIP

For individuals with disabilities, their families and friends. Spend a fun, sun filled day at King's Dominion. Rides, shows, and a water park to keep you busy all day. Lunch is included at the Picnic in the Park with an all you can eat buffet.

DEPARTS FROM MCR OFFICES

**Saturday, August 12
9:30am-11:30am**



**\$60.00
Course# 409821**



SOAR

SENIOR OUTDOOR ADVENTURES IN RECREATION

PLAN TO SOAR THIS SUMMER!

Day trips are designed for the active, vigorous senior adult, age 55 and older. Each trip involves a lot of walking and/or exercise. Travel by motorcoach for trips unless otherwise specified.

All trips depart from and return to the Olney Manor Recreational Park. The address is 16605 Georgia Avenue, Olney, Maryland. This is at the traffic light at Georgia Avenue and Emory Lane. It is accessible by both automobile and public bus. Turn into Emory Lane and take the second left and follow signs for Skate Park and Ballfield #1.

SUMMER REGISTRATION BEGINS MONDAY, MAY 4, 2015 AT 8:30AM



THE TREASURE OF WASHINGTON COUNTY, MD

Begin in Williamsport, MD, which was first settled in 1740, and is situated at the confluence of Conococheague Creek and the Potomac River. In 1790 George Washington considered it for the capital city of the United States. Next, travel to the Washington County Rural Heritage Museum which displays an amazing collection of transportation and agriculture related treasures. We'll also visit Pry House Field House Museum, which served as Union Commander General George B. McClellan's Headquarters. Also visit an overlook where you can view the battlefield as General McClellan did in 1862. Complete the day with homemade ice cream at famous South Mountain Creamery. Enjoy lunch, included, at Bonnies at Red Byrd, a favorite dining spot among locals.

Fee: \$69
Trip number: 407445
Trip number: 407446

Leave 8:45 am, Return 5:00 pm
Wednesday, June 24, 2015
Thursday, June 25, 2015

CRAB FEAST PADDLEWHEEL RIVERBOAT CRUISE AROUND BALTIMORE

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 are included.

Fee: \$95
Trip number: 407450

Leave 1:15 pm, Return 6:30 pm
Thursday, July 9, 2015

SKIPJACK BOAT TOUR ON CHESAPEAKE BAY & ST. MICHAEL'S

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
Trip number: 407451

Leave 7:30 am, Return 5:30 pm
Thursday, July 16, 2015



BOAT TOUR OF CHESAPEAKE BAY LIGHTHOUSES

Embark from Tilghman Island on a voyage of discovery aboard a 36 foot former US Navy special operations vessel with professional captain and mate. Hear a narration of the storied history of the bay and its lighthouses on a 2 ½ hour boat tour of the Sharps Island or Bloody Point, and Thomas Point lighthouses. There is ample shade and a restroom on board. Coast Guard certified. Lunch (on own) and sightsee in St. Michaels when not boating.

Fee: \$80 **Leave 7:15 am, Return 5:30 pm**
Trip number: 407452 **Thursday, July 23, 2015**

TOUR POPLAR ISLAND IN CHESAPEAKE BAY

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, when not touring.

Fee: \$45 **Leave 7:15 am, Return 5:30 pm**
Trip number: 407454 **Wednesday, July 29, 2015**
Trip number: 407455 **Thursday, July 30, 2015**

BOAT TRIP TO TANGIER ISLAND ON THE CHESAPEAKE BAY

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

Fee: \$80 **Leave 8:45 am, Return 8:30 pm**
Trip number: 407456 **Thursday, August 6, 2015**

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: \$39 **Leave 8:15 am, Return 3:30 pm**
Trip number: 407458 **Wednesday, August 12, 2015**
Trip number: 407459 **Thursday, August 13, 2015**

RIVERBOAT CRUISE WITH LUNCH ON PADDLEWHEELER DOROTHY MEGAN

We'll begin our trip with a tour of Layton's Chance Vineyard and Winery, and participate in a wine tasting. We will then board the paddlewheeler for a two-hour cruise that includes a chicken and crab cake lunch with dessert, and a non-alcoholic beverage. Our guide on board will relate tales of the old steamboating days on the river.

Fee: \$87 **Leave 7:45 am, Return 5:00 pm**
Trip no: 407460 **Thursday, August 20, 2015**

LEGENDS OF MARITIME BALTIMORE A CRUISE AROUND INNER HARBOR

Come and enjoy a legendary journey around historic and revitalized Baltimore. The city of Baltimore was founded in 1729 and incorporated in 1797, and named for the Calvert family. As we cruise around the harbor, your master storyteller will narrate historic facts about the founding of Fells Point and the red light district, Edgar Allen Poe's presence in Baltimore, the development of the Clipper Ships, ghost stories about Fort McHenry as well as the historical facts, stories about Francis Scott Key, with facts about the Stars and Stripes, narration about the Domino plant that produces not only sugar but also over forty essential products. We will also hear stories as we pass other sites. Lunch, on own, in Baltimore Inner Harbor after the cruise, or bring your own for the cruise.

Fee: \$ 70 **Leave 9:45 am, Return 5:00 pm**
Trip number: 407461 **Wednesday, August 26, 2015**





VISIT TO GLEN BURNIE MANOR HOUSE
GARDENS AND MUSEUM

Enjoy a tour of this 18th century Georgian manor house in Winchester, VA whose interior contains the finest early craftsmanship in the lower Shenandoah Valley. The house has been restored and is furnished with vintage 18th century furniture and decorative arts by famous artists and artisans of that period. Then, explore the 25 acres of formal gardens enlivened by statuary, fountains, and a limestone waterfall, and visit the Museum of the Shenandoah Valley. Lunch (included) at Museum of Shenandoah Valley.

Fee: \$57
Trip number: 407462

Leave 8:00 am, Return 5:15 pm
Thursday, September 3, 2015



WALKING TOUR OF WHITE HOUSE IN HOLIDAY DECOR
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 at the end of November when the White House sets the date and time. Subject to SOAR's request for a group tour being accepted. Photo ID is required for admission. Early registration needed to meet White House requirements.

Fee: \$45
Trip number: 407463

Time To Be Determined
December, 9, 10, 15, 16, or 17
(We will be assigned one of these dates)



Baseball
2015 *BATTER UP!*
IT'S BASEBALL TIME AGAIN!



Join us for one or more of our baseball game trips this year. We will enjoy trips to two Nationals and two Orioles games this season. **All games this year are \$49.00 per person** and include upper deck reserved seating (between first or third base and home plate) and chartered motor coach transportation. All trips return immediately after the games are concluded.
NOTE: THERE IS WALKING AND STEP CLIMBING REQUIRED AT EACH GAME.

Trip No.	Date	Teams	Depart
402059	Thursday, May 21	Orioles vs. Seattle Mariners (Afternoon Game)	10:00 am
402060	Tuesday, June 9	Orioles vs. Boston Red Sox (Night Game)	4:30 pm
402061	Thursday, June 25	Nationals vs. Atlanta Braves (Twilight Game)	2:00 pm
402062	Wednesday, July 22	Nationals vs. NY Mets (Afternoon Game)	10:30 am

feet

FAMILY ENTERTAINMENT AND EXCITING TRIPS

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

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

SUMMER REGISTRATION BEGINS MONDAY, MAY 4, 2015 AT 8:30AM

HORSESHOE CASINO BALTIMORE, MD

You will find super-sized excitement at the casino, along with all the excitement that Baltimore's Inner Harbor has to offer. Experience an array of products and benefits that our competitors can only dream about. At Horseshoe Baltimore, you will find over 2,500 of the newest, hottest slots, including more than 150 video poker machines. Whether you enjoy the latest penny slots or want to explore our \$500 slot machines in our high-limit area, we have your game. Passengers will receive a \$15.00 slot play bonus! Price is for transportation! Meals and gambling on your own

Fee: \$39 **Leave 9:00 am, Return 3:00 pm**
Trip number: 411962 **Friday, July 10, 2015**



THE AMERICAN MUSIC THEATRE PRESENTS INSPIRE LANCASTER, PA

A single note rings out, then quickly fades away but many notes together have the power to transcend. Come experience American Music Theatre's Original Show, Inspire and celebrate the moving power of music. Inspire features beautiful songs in the style of Josh Groban, Celine Dion, Sarah Brightman, Il Divo, Andrea Bocelli, Celtic Woman and many others. Witness the magic of stunning costumes, elegant sets, and breathtaking scenery, while our remarkable singers, dancers, and orchestra delight your spirit live on stage. Experience heart-warming music that inspires the imagination, as American Music Theatre presents the songs and voices with the power to uplift, enchant and inspire! Before the show enjoy Miller's Smorgasbord & Shopping at The Quilt Shop, Gift & Bake Shop, The Tee Parlour, The Bible History Exhibit, Twin Brook Winery, and Ruthie's. Price includes Transportation, lunch and the show!

Fee: \$109 **Leave 10:30 am, Return 7:30 pm**
Trip number: 411964 **Saturday, July 18, 2015**



ARTSCAPE 2015 *BALTIMORE, MD*

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. Price is for transportation, meals are on your own.

Fee: \$39 **Leave 10:00 am, Return 4:00 pm**
Trip number: 411965 **Sunday, July 19, 2015**

MURDER THROUGH THE AGES *AT THE GRAND HISTORIC VENUE*

Do or Die Mysteries invites you to try and solve a mystery with more twists and turns than a labyrinth. All Do or Die Mysteries are comic, interactive shows, and you can participate as much or little as you like. Whether you're an innocent bystander or a usual suspect, the important thing is that you are having a great time! Murder through the Ages-By CJ Crowe; It's always intriguing to have a resident ghost... except when the ghost seems to be growing increasingly violent. Will the Psychic Studies Institute be able to exorcise the ghost before it takes a life....or is there a more earthly cause for the violence? Served Dinner-Tremont Salad, Spinach and Boursin filled Chicken, Yukon Mashed Potatoes, Chef's choice of vegetable and dessert. Make your own history in the Grand Historic Venue amidst breathtaking decor carefully re-created and restored to its original grandeur. Price includes transportation, served dinner and show!

Fee: \$89 **Leave 5:00 pm, Return 11:00 pm**
Trip number: 411966 **Saturday, July 25, 2015**

QVC TOUR AND SHADY MAPLE RESTAURANT *WEST CHESTER, PA*

The QVC Studio Tour is a one-of-a-kind guided walking tour through the fantastic world of electronic retailing. At this state-of-the-art broadcasting facility, you will see and experience firsthand how QVC products are sourced, tested, brought to life on air, and delivered to millions of QVC customers. Along the tour there will be glimpses into the broadcast studio, including a spectacular view from an observation deck. The tour includes time for shopping in the QVC Studio Store. After our tour we depart for East Earl, Pennsylvania. Upon our arrival, we enjoy a delicious lunch at Shady Maple Smorgasbord. After lunch visit the Shady Maple Gift Shop which features over 20,000 square feet of unique gift items, collectibles, dolls, Fenton Glassware, accessories, Amish crafted oak furniture, baskets, and much, much more! Price includes transportation, tour and lunch!

Fee: \$89 **Leave 7:00 am, Return 5:00 pm**
Trip number: 411967 **Friday, July 31, 2015**

FIRST SUNDAY ARTS & CRAFTS FESTIVAL *HISTORIC ANNAPOLIS, MD*

What's First Sunday Arts Festival? It's where community and art fuse. Experience street festivals, an art market, an entertainment venue and an arts and craft fair all rolled into ONE! Be inspired and green, shop from 100 local and regional artists and crafters. Be entertained with live music, dance, theatre, and street performers. Be fed with cafe dining as well as food and beverage vendors. Be here! It's fun!! Price includes transportation. Meals are on your own.

Fee: \$39 **Leave 11:00 am, Return 4:00 pm**
Trip number: 411963 **Sunday, August 2, 2015**



CHESAPEAKE BAY'S PREMIER SEASIDE FESTIVAL
HARVE DE GRACE, MD

Come and Experience the True Taste The Chesapeake Bay at the Area's Premier Seaside Festival. It is the Longest Running Seafood Festival in Maryland. This family event is set in Tydings Park in historic Havre de Grace, MD overlooking the Chesapeake Bay. Festivities Include: Over 32 vendors serving more than 180 different foods with an abundance of mouthwatering seafood delicacies and other great foods; 120 Arts & Craft and Commercial Vendors featuring locally made products; A Charity Raffle with a great prize; Over 50 Hours of live entertainment; Classic Car Show; Silent Auction with interesting items; A historic City located where the Chesapeake Bay begins; Our wooden promenade on the waterfront; Decoy Museum; Maritime Museum; The Concord Point Lighthouse; Local storefronts to browse; Come and enjoy a relaxed day with your family. Price is for transportation.

Fee: \$39 **Leave 9:00 am, Return 5:00 pm**
Trip number: 411968 **Saturday, August 8, 2015**

MIEVEAL TIMES MATINEE & FEAST
HARUNDEL MILLS, MD

Be swept away to an age of bravery and honor and witness epic battles of steel and steed. From ringside seats, discover a feast of the eyes and appetite with all the splendor and romance of 11th Century Spain. As you thrill to a rousing, two-hour live jousting tournament, marvel at awe-inspiring horsemanship and falconry. Medieval Times serves a four-course meal fit for royalty. Price includes transportation, four course lunch and tournament.

Fee: \$59 **Leave 9:30 am, Return 3:30 pm**
Trip number: 411969 **Friday, August 13, 2015**

HERSHEY AMUSEMENT PARK
HERSHEY, PA

Hershey Amusement Park 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 an adult. The park or MCR does not assume any responsibility for unattended minors. Price includes transportation and park admission. Meals and games are on your own!

Fee: \$79 **Leave 7:30 am, Return 7:30 pm**
Trip number: 411970 **Friday, August 14, 2015**



WALKERSVILLE SOUTHERN RAILROAD
CHARTERED DINING TRAIN, MD

Welcome! All aboard for a trip back in time . . . on the Walkersville Southern. Travel over track that the Pennsylvania Railroad originally built in 1872. Come see our turn-of-the-century railroad station and tool house. Your rail excursion runs past a 100-year-old lime kiln, and then out into picturesque Maryland farm country. Dine in grand style on our two hour tour as we will ride in a first class dining car and enjoy a delicious Hot Catered Lunch catered by The Carriage House Inn, Emmitsburg, MD, which offers quality cuisine and gracious service not to be missed. The dining car is equipped with a restroom, serving bar, and player piano! Price includes transportation, two hour train ride and Hot catered lunch!

Fee: \$89 **Leave 11:00 am, Return 4:00 pm**
Trip number: 411971 **Sunday, August 16, 2015**

AMERICAN VISIONARY MUSEUM
BALTIMORE'S INNER HARBOR

Explore a guided tour of the AVAM and experience this unexpected place with unusual, fascinating things at every turn. 'Visionary' is a term used to describe art that is created by people who use ordinary media to express their own intensely personal ideas about life. This museum has assembled a wonderful collection of this very Visionary art. Since Visionary artists generally lack formal training, and work outside of established art traditions, their works are as bold, innovative and inspirational as the visions that spawned them. Enjoy lunch on your own at the Inner Harbor nearby restaurants! Trip includes transportation and Museum admission. Enjoy lunch on your own onsite or at the Inner Harbor's nearby restaurants!

Fee: \$49 **Leave 9:00 am, Return 4:00 pm**
Trip number: 411972 **Tuesday, August 18, 2015**



**"JOSEPH" AT SIGHT & SOUND THEATRE
LANCASTER, PA**

Soar with Joseph as his inspiring story unfolds in front, beside and above you! Using innovative dream sequences, lavish Egyptian staging, colorful characters, live animals and memorable songs, this energy-packed show will leave you laughing, crying and uplifted with the life-changing message of God's forgiveness. Of all the characters in the Bible, perhaps Joseph is the best parallel to the character of Jesus. During a time of an eye-for-an-eye and tooth-for-a-tooth mentality, Joseph's story of forgiveness and integrity has made this Bible story a timeless truth, inspiring generations of men and women to walk upright in the midst of great temptation. Sight & Sound's depiction of this classic story magnifies the many qualities that make Joseph appeal to people of all ages. Where the Bible comes to life! Enjoy a delicious Buffet lunch at Hershey Farms Restaruant before the show. Price includes transportation, lunch and the show ticket!

Fee: \$129
Trip number: 411974

Leave 10:00 am, Return 8:00 pm
Saturday, August 22, 2015

**C & O CANAL DAYS-BYRON MEMORIAL PARK
WILLIAMSPORT, MD**

Celebrate the history of the C&O Canal and its influence on the Town of Williamsport, MD with events all over town. Maryland Events will be taking place in various areas of the town. Petting zoo, little canal boat races, music, food, arts & crafts. The main event is held in Byron Memorial Park where craft and food vendors sell their wares, enjoy live musical performances, civil war re-enactors set up camp, and people from all over gather and socialize. There is also canal educational tours, parade, trolley & mules. Price is for transportation! Meals are on your own!

Fee: \$39
Trip number: 411973

Leave 9:00 am, Return 4:00 pm
Sunday, August 23, 2015

**"RAGTIME" THE MUSICAL
TOBY'S DINNER THEATRE, COLUMBIA, MD**

Ragtime is a world and a society encapsulated in the three families of E.L. Doctorow's tale: one upper middle class WASP, one European-Jewish immigrant, and one Black who is a generation removed from slavery. Time Magazine calls it a triumph for the stage. This acclaimed musical is filled with pageantry, emotion and hope, bursting onto the stage like no other musical. Toby's matinee brunch offers a breakfast and lunch buffet, salad bar and ice cream sundae bar. Price includes transportation, brunch buffet and show.

Fee: \$79
Trip number: 411975

Leave 9:30 am, Return 4:30 pm
Sunday, September 13, 2015

**ROCKETTES CHRISTMAS SPECTACULAR
RADIO CITY MUSIC HALL, NY**

Every year, the Rockettes push themselves further to put on a show that's more dynamic, more challenging and more magical than the last. Take in cherished moments and create new memories-generations of families that have made this cherished show a holiday tradition. Since 1933, the Christmas Spectacular has played at the famed Radio City Music Hall and still features beloved fan-favorite numbers, including Parade of the Wooden Soldiers and the Living Nativity, which have both been in the show since its inception. Take a thrilling 3D ride through the skies of New York with Santa, and be whisked up to the North Pole, as state-of-the-art technology transforms Radio City Music Hall into a magical, immersive wonderland.-There is no better place to be during the holidays than at the Radio City Christmas Spectacular. Price includes transportation and show admission. Meals are on your! The date & time TBD possible date Dec. 12, 2015 Saturday 2:00pm Matinee.

Fee: \$189
Trip number: 411976

Leave 7:00 am, Return 11:00 pm
Saturday, December 12, 2015

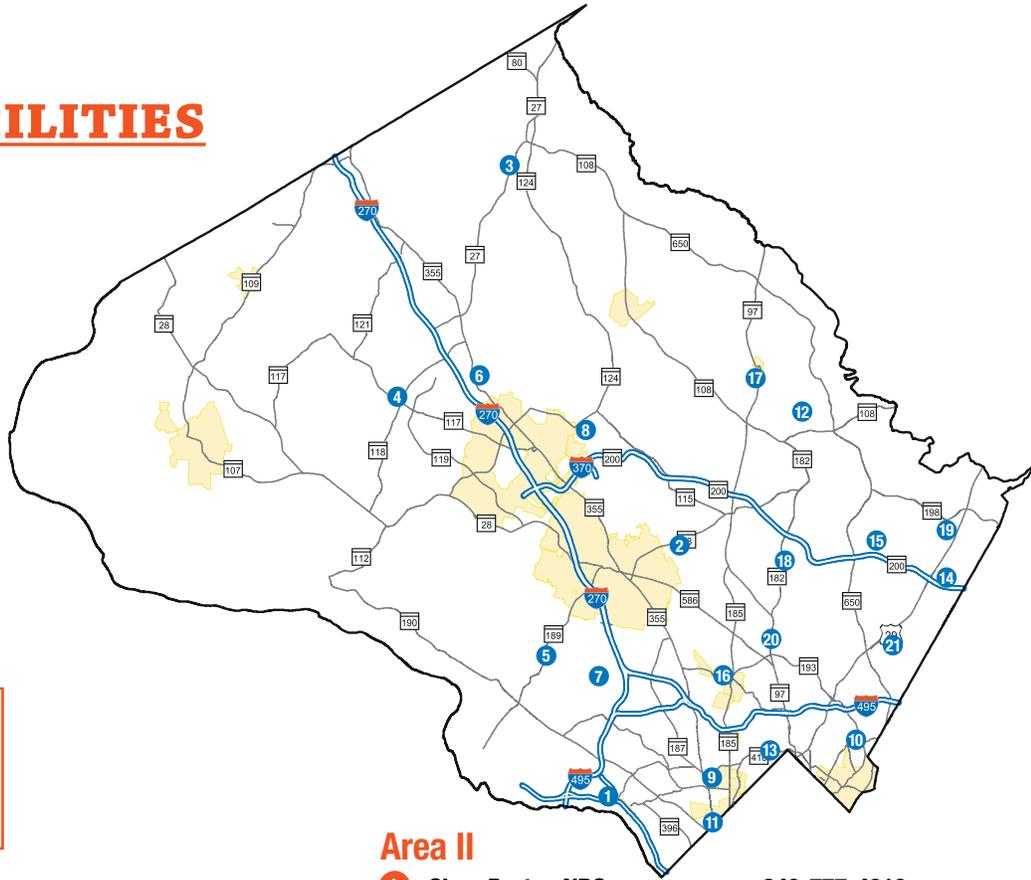


RECREATION COMMUNITY FACILITIES

COMMUNITY FACILITIES AND PROGRAMS

Mid-County CRC

2004 Queensguard Road, Silver Spring
240-777-4980



Aquatics Centers: see page 12
Senior Centers: see page 57
Senior Neighborhood Centers: see page 63
Program locations: see page 78

RECREATION CENTERS

Community Recreation Centers (CRC) and Neighborhood Recreation Centers (NRC) are located throughout Montgomery County. A variety of activities and programs are offered for participants of all ages. Each center is unique and may have some or all of the following: gymnasium, social hall with dance floor and kitchen, game and billiards room or area, weight and exercise room, arts and craft room, and meeting room. Rooms of various sizes at the CRC/NRCs can also be rented. Call for specific hours and availability.

Area I

- 3 Damascus CRC** 240-777-6930
25520 Oak Drive, Damascus
- 4 Germantown CRC** 240-777-8095
18905 Kingsview Road, Germantown
- 17 Longwood CRC** 240-777-6920
19300 Georgia Avenue, Brookeville
- 6 Plum Gar CRC** 240-777-4919
19561 Scenery Drive, Germantown
- 12 Ross J. Boddy CRC** 240-777-8077
18529 Brooke Road, S Closed for Renovations
- 8 Upper County CRC** 240-777-8077
8201 Emory Grove Road, Gaithersburg

Area II

- 1 Clara Barton NRC** 240-777-4910
7425 MacArthur Boulevard, Cabin John
- 13 Gwendolyn Coffield CRC** 240-777-4900
2450 Lyttonsville Road, Silver Spring
- 9 Jane E. Lawton CRC** 240-777-6855
4301 Willow Lane, Chevy Chase
- 10 Long Branch CRC** 240-777-6965
8700 Piney Branch Road, Silver Spring
- 5 Potomac CRC** 240-777-6960
11315 Falls Road, Potomac
- 7 Scotland NRC** 240-777-8075
7700 Scotland Drive, Potomac
- 11 Wisconsin Place CRC** 240-777-8088
5311 Friendship Boulevard, Chevy Chase

Area III

- 2 Bauer Drive CRC** 240-777-6922
14625 Bauer Drive, Rockville
- 14 East County CRC** 240-777-8090
3310 Gateshead Manor Way, Silver Spring
- 15 Good Hope NRC** 240-777-8055
14715 Good Hope Road, Silver Spring
- 16 Ken Gar Center**
4111 Plyers Mill Road, Kensington, MD
- 18 Mid-County CRC** 240-777-6820
2004 Queensguard Road, Silver Spring
- 19 Marilyn J. Praisner CRC** 240-777-4970
14906 Old Columbia Pike, Burtonsville
- 20 Wheaton NRC** 240-777-8057
11711 Georgia Avenue, Wheaton
- 21 White Oak CRC** 240-777-6940
1700 April Lane, Silver Spring



PROGRAM LOCATIONS

Argyle Local Park

Tai Chi and Qi Gong II.....	48
Tai Chi and Qigong Beginning, Part I.....	48

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Dance Center

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Juniors Ballroom Dance.....	40
Latin Club Dancing.....	40
Little Ballroom Dancer.....	40
Quince Ready Dance.....	40

Bauer Drive CRC

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Badminton Advanced.....	56
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Kidz Sew and Tell.....	37
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Gentle Yoga.....	49
Youth Strength Training by Fit to Believe.....	45
Zumba-DanceFIT by Mel.....	44

Clara Barton NRC

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Definition Body Sculpting.....	46
Karate/Jujitsu.....	50

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Coach Doug Soccer.....	54
Coach Doug Wee Wanna Be Soccer & Tennis....	54

Create Arts Center

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Sunday Studio with CREATE.....	52

Damascus CRC

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Gwendolyn Coffield CRC

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Flora M Singer ES

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Coach Doug Sports School.....	54
Coach Doug Wee Wanna Be.....	54
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Aqua Lite	13
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Water Exercise	14
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KOMODO USA Germantown

Abacus Mental Math Program	55
Language Arts	55

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Longwood CRC

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Violinist Within with LNM	42
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Luxmanor ES

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Marilyn J. Praisner CRC

ACT The Workout	47
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Lessons-MLK-Pre-Beginner-Level 4	29
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Lessons-MLK-Youth-Level 1	30
Lessons-MLK-Youth-Level 2	31
Lessons-MLK-Youth-Level 3	32
Lessons-MLK-Youth-Level 4	33
Lessons-MLK-Youth-Level 5	33
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Lessons-MLK-Adult-Level 3	35
Lessons-MLK-Adult-Level 4	35
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Lessons-MLK-Pre-Beginner-Level 2	27
Lessons-MLK-Pre-Beginner-Level 3	28
Lessons-MLK-Pre-Beginner-Level 4	29
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Lessons-MLK-Waterbabies	22
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Lessons-MLK-Youth-Level 2	32
Lessons-MLK-Youth-Level 3	33
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Montgomery Village MS

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North Bethesda MS

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Karate/Jujitsu Adults	50

Olney Swim Center

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Coach Doug Wee Wanna Be 54

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Rock Creek Valley ES

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MCSL Swim Teams..... 15

Wheaton NRC

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Turn the Beat Around 69

Urban Line Dance 41

Wheaton Regional Library

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White Oak CRC

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Pilates for Fitness by Fit 2 Believe 47

Zumba with Step-n-Sweat Fitness 44

Wisconsin Place CRC

55+ Bone Builders 61

UK Elite Petite Soccer..... 54

Yoga at 50 49

Evening Yoga 49

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

LOCATIONS

Elementary Schools

Cold Spring ES.....	9201 Falls Chapel WAY, Potomac, 20854
DuFief ES.....	15001 DuFief DR, Gaithersburg, 20878
Kensington-Parkwood ES.....	710 Saul RD, Kensington, 20895
Luxmanor ES.....	6201 Tilden LN, Rockville, 20852
Oakland Terrace ES.....	2720 Plyers Mill RD, Silver Spring, 20902
Olney ES.....	3401 Queen Mary DR, Olney, 20832
Potomac ES.....	10311 River RD, Rockville, 20854
Resnik, Judith A. ES.....	7301 Hadley Farms DR, Gaithersburg, 20879
Rock Creek Valley ES.....	5121 Russett RD, Rockville, 20853
Rolling Terrace ES.....	705 Bayfield ST, Takoma Park, 20912
Sligo Creek ES.....	500 Schuyler RD, Silver Spring, 20910

Middle Schools

Eastern MS.....	300 University BLVD, Silver Spring, 20901
Montgomery Village MS.....	19300 Watkins Mill RD, Gaithersburg, 20879
North Bethesda MS.....	8935 Bradmoor ST, Bethesda, 20817

Parks

Argyle LP.....	1030 Forest Glen RD, Silver Spring, 20901
Cabin John RP.....	7400 Tuckerman LN, Rockville, 20852
Glenmont LP.....	3201 Randolph RD, Wheaton, 20902
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

Libraries

Wheaton Regional Library.....	11701 Georgia AVE, Wheaton, 20902
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Other Facilities

Avant Garde.....	5268 M Nicholson LN, N. Bethesda, 20895
Create Arts Center.....	816 Thayer AVE, Silver Spring, 20910
Golden School of Music.....	8004 A Norfolk AVE, Bethesda, 20814
KOMODO USA Gaithersburg.....	402 Main ST # 200B, Gaithersburg, 20878
KOMODO USA Germantown.....	19727 Executive Park Cir, Germantown, 20874
Kritt Studio.....	14817 Brownstone DR, Burtonsville, 20866

Recreation Facilities

Bauer Drive CRC.....	14625 Bauer DR, Rockville, 20853
Bethesda Pool.....	Little Falls PKY, Bethesda, 20816
Clara Barton CRC.....	7425 MacArthur BLVD, Cabin John, 20818
Damascus CRC.....	25520 Oak DR, Damascus, 20872
East County CRC.....	3310 Gateshead Manor WAY, Silver Spring, 20904
Germantown CRC.....	18905 Kingsview DR, Germantown, 20874
Germantown ISC.....	18000 Central Park Cir, Boyds, 20841
Germantown Outdoor Pool.....	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 Senior Center.....	3950 Ferrara DR, Wheaton, 20906
Jane E. Lawton CRC.....	4301 Willow LN, Chevy Chase, 20815
Kennedy Shriver AC.....	5900 Executive BLVD, N. Bethesda, 20814
Long Branch 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
MCRD Offices.....	4010 Randolph RD, Silver Spring, 20902
Mid County CRC.....	2004 Queensguard RD, Silver Spring, 20906
Olney Swim Center.....	16601 Georgia AVE, Olney, 20832
Plum Gar CRC.....	19561 Scenery Drive, Germantown, 20874
Potomac CRC.....	11315 Falls RD, Potomac, 20854
Scotland CRC.....	7700 Scotland Drive, Potomac, 20854
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

New Customer Service Hours

Mark Your Calendar!

Beginning July 1, 2015 our Customer Service Window at Recreation's Administrative Office (4010 Randolph Road) will be open Monday thru Friday, 10:00am-2:00pm.

Check our website at montgomerycountymd.gov/rec for a listing of extended hours on key registration days.



MONTGOMERY COUNTY
Recreation

2015

SUMMER CAMPS

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 Friday, July 3rd.

IMPORTANT NOTICE

The extension of the Montgomery County Public School year has resulted in adjustments to the start dates for many Recreation Department summer programs.

The first day of camps held in MCPS locations will be Tuesday, June 17. Please double check the start date for all your program selections. You may contact the Countywide Programs Team at 240-777-6870 with any questions.

LITTLE PEOPLE CENTERS

Ages 4-5:

DuFief ES				Longwood CRC			
399727	6/17-7/2	9:00am-1:00pm	\$156.44	399755	6/22-7/2	9:00am-1:00pm	\$176
399728	7/6-7/17	9:00am-1:00pm	\$195	399756	7/6-7/17	9:00am-1:00pm	\$195
399729	7/20-7/31	9:00am-1:00pm	\$195	399757	7/20-7/31	9:00am-1:00pm	\$195



PRESCHOOL & KINDERGARTEN CAMPS

Challenger Space Camp Jr.

Ages 3-5: This Coach Doug program combines the creative and age appropriate activities of Challenger Space & Rocketry with the non-competitive Sports/Fitness activities of Wee Wanna Be.

Instructor: Coach Doug Academy, Inc

Potomac ES			
402123	6/17-6/19	9:00am-12:00pm	\$59.25
402124	6/22-6/26	9:00am-12:00pm	\$99
402125	6/29-7/2	9:00am-12:00pm	\$79
402126	7/6-7/10	9:00am-12:00pm	\$99
402127	7/13-7/17	9:00am-12:00pm	\$99
402128	7/20-7/24	9:00am-12:00pm	\$99
402129	7/27-7/31	9:00am-12:00pm	\$99

Scribbles and Works: Little Scientist Camp

Ages 3-6: Bring your child to this exciting and hands on science and art camp! Based on our child centered science curriculum, we will explore several science experiments.

Instructor: Scribbles and Works

Capital View-Homewood LP			
402238	8/10-8/14	9:30am-12:30pm	\$185
Potomac CRC			
402232	7/6-7/10	9:30am-12:30pm	\$185
402234	7/20-7/24	9:30am-12:30pm	\$185
White Oak CRC			
402233	6/16-6/19	9:30am-12:30pm	\$148
Wisconsin Place CRC			
402231	7/14-7/20	9:30am-12:30pm	\$185

Abakadoodle: Pirate Island

Ages 3-5: Come aboard to create pirate ships, parrots, treasure maps and chests, sea monsters, ship flags, doubloon necklaces, and more!

Instructor: Nancy Delasos

Kensington ES			
402267	7/6-7/10	9:00am-12:00pm	\$200
Luxmanor ES			
402143	7/27-7/31	9:00am-12:00pm	\$200

Act It Out! (Summer Camp)

Ages 3-5: We act out storybooks and make our costumes and props using a variety of materials!

Instructor: Pooja Chawla

Damascus CRC			
400619	8/3-8/7	9:00am-12:00pm	\$150
Flower Valley ES			
400617	7/13-7/17	9:00am-12:00pm	\$150
Jane E. Lawton CRC			
400618	8/10-8/14	9:00am-12:00pm	\$150
North Bethesda MS			
400615	7/20-7/24	9:00am-12:00pm	\$150
Wayside ES			
400616	7/6-7/10	9:00am-12:00pm	\$150

Mini Musical Notions N' Motions

Ages 3-5: Explore musical aspects and concepts using percussion and melodic instruments.

Instructor: Golden School of Music

Golden School of Music			
401123	7/27-7/31	9:00am-12:00pm	\$150
401124	8/3-8/7	9:00am-12:00pm	\$150

UK Elite Soccer Summer Petite

Ages 3-5: A fun introduction to soccer utilizing maximum activity and participation with games.

Instructor: U.K. Elite

Bradley Hills ES			
402204	7/6-7/10	10:00am-11:00am	\$99
Darnestown LP			
402206	6/29-7/2	10:00am-11:00am	\$80
Seven Locks ES			
402208	6/22-6/26	10:00am-11:00am	\$99
Gwendolyn Coffield CRC			
402209	7/13-7/17	10:00am-11:00am	\$99
Maplewood-Alta Vista LP			
402210	6/16-6/19	10:00am-11:00am	\$79.20
Meadowbrook LP			
402212	8/3-8/7	10:00am-11:00am	\$99

Challenger British Soccer Lions

Ages 4-6: Young players are introduced to game basics through fundamental activities, games and fun soccer challenges.

Instructor: Challenger Sports British Soccer

Darnestown LP			
401968	7/20-7/24	10:00am-11:00am	\$105
Potomac CRC			
401970	7/13-7/17	10:00am-11:00am	\$105
Meadowbrook LP			
401972	7/27-7/31	10:00am-11:00am	\$105
Olney Family NP			
401971	6/22-6/26	10:00am-11:00am	\$105

Challenger British Soccer Cubs

Ages 2-3: Program uses soccer as the medium for children to develop their balance, agility, coordination, color recognition and numerical learning along with increasing their confidence and social skills in a fun and relaxed environment.

Instructor: Challenger Sports British Soccer

Darnestown LP			
402063	7/20-7/24	9:00am-9:45am	\$105
Potomac CRC			
402066	7/13-7/17	9:00am-9:45am	\$105
Meadowbrook LP			
402069	7/27-7/31	9:00am-9:45am	\$105
Farquhar MS			
402068	6/22-6/26	9:00am-9:45am	\$105





SPECIALTY CAMPS

LEGO Engineering FUNdamentals

Ages 7-12: Power-up your engineering skills with Play-Well TEKnologies and over 100,000 pieces of LEGO!

Instructor: Nate Play-Well TEKnologies

Damascus CRC

400733 8/10-8/14 1:00pm-4:00pm \$209

Luxmanor ES

400732 7/27-7/31 1:00pm-4:00pm \$209

Potomac ES

400730 6/22-6/26 1:00pm-4:00pm \$209

Westover ES

400731 7/6-7/10 1:00pm-4:00pm \$209

LEGO PRE Engineering

Ages 5-6: Let your imagination run wild with over 100,000 pieces of LEGO!

Instructor: Nate Play-Well TEKnologies

Damascus CRC

400738 8/10-8/14 9:00am-12:00pm \$209

DuFief ES

400739 7/13-7/17 9:00am-12:00pm \$209

Luxmanor ES

400737 7/27-7/31 9:00am-12:00pm \$209

Potomac ES

400735 6/22-6/26 9:00am-12:00pm \$209

Westover ES

400736 7/6-7/10 9:00am-12:00pm \$209

LEGO Robotics Olympics

Ages 7-12: Campers design and program robots to compete in simulated Olympic events.

Instructor: Engineering for Kids

Bethesda ES

401435 7/27-7/31 9:00am-12:00pm \$220

Damascus CRC

400308 6/15-6/19 9:00am-12:00pm \$220

Germantown CRC

401438 8/3-8/7 9:00am-12:00pm \$220

Gibbs, William B. ES

401439 7/13-7/17 9:00am-12:00pm \$220

Matsunaga ES

400307 7/6-7/10 9:00am-12:00pm \$220

Mad Science: 321 Blast-Off!

Ages 6-12: Campers will build a number of different rockets and participate in the launching, mission control, propulsion and finally recovery of the rockets they build.

Instructor: Ali Kilpatrick Mad Science

Stone Mill ES

401702 7/20-7/24 9:00am-4:00pm \$379

Mad Science Eureka!: The Inventor's

Ages 6-12: Each day you'll be given a series of challenges which must be overcome using basic materials, simple machines, tips from world famous inventors and the most important thing of all-your mind.

Instructor: Ali Kilpatrick Mad Science

Travilah ES

401695 7/6-7/10 9:00am-4:00pm \$379

401696 7/6-7/10 9:00am-12:00pm \$199

401697 7/6-7/10 1:00pm-4:00pm \$199

Mad Science: EARTH, SPACE, AND BEYOND!

Ages 6-12: As young astronauts, we will explore the mysteries of the solar system. How do astronauts live and work in space? The sun, moon and the stars are only a few of the things that must be dealt with on this space mission!

Instructor: Ali Kilpatrick Mad Science

Wayside ES

401686 7/13-7/17 9:00am-4:00pm \$379

401687 7/13-7/17 9:00am-12:00pm \$199

401688 7/13-7/17 1:00pm-4:00pm \$199

Mad Science: Secret Agent Lab Camp

Ages 6-12: Suspects! Schematics! Sleuths! Connect the dots using science to help solve a crime in this hands on investigation of the science of sleuthing.

Instructor: Ali Kilpatrick Mad Science

North Bethesda MS

401692 7/27-7/31 9:00am-4:00pm \$379

401693 7/27-7/31 9:00am-12:00pm \$199

401694 7/27-7/31 1:00pm-4:00pm \$199

EIS (Explorations in Science) Camp

Ages 5-8: Slime, eruption and gravity, oh my! In this hands-on camp campers will learn about the amazing science they can do with basic household materials.

DuFief ES

399711 6/17-6/26 9:00am-3:30pm \$236.44

399712 6/29-7/10 9:00am-3:30pm \$266

399713 7/13-7/24 9:00am-3:30pm \$295

399714 7/27-7/31 9:00am-3:30pm \$148

Germantown ES

399773 6/17-6/26 9:00am-3:30pm \$236.44

399774 6/29-7/10 9:00am-3:30pm \$266

399775 7/13-7/24 9:00am-3:30pm \$295

399776 7/27-7/31 9:00am-3:30pm \$148

Electronic Game Design: Invader Defense Games

Ages 8-12: Campers will use Multimedia Fusion 2 to create their own video game. Whether students wish to fire marshmallows or missiles, they build a complete game from start to finish.

Instructor: Engineering for Kids

Gibbs, William B. ES

400311 7/13-7/17 1:00pm-4:00pm \$220

Matsunaga ES

400310 7/6-7/10 1:00pm-4:00pm \$220

Electronic Game Design: Platform Games

Ages 8-13: Students will use Multimedia Fusion 2 to create their own platform video game.

Instructor: Engineering for Kids

Damascus CRC

400305 6/16-6/19 1:00pm-4:00pm \$176

Olney ES

400306 6/29-7/2 1:00pm-4:00pm \$176

Bethesda ES

401436 7/27-7/31 1:00pm-4:00pm \$220

Germantown CRC

401437 8/3-8/7 1:00pm-4:00pm \$220

Robotics 101

Age 8-12: During Robotics 101, students will learn the basics of designing, programming, and controlling a fully functional robot.

Instructor: Engineering for Kids

Olney ES

400309 6/29-7/2 9:00am-12:00pm \$176

SPECIALTY CAMPS

**MATERIAL FEES ARE PAYABLE TO THE INSTRUCTOR
ON THE FIRST DAY OF THE PROGRAM**

Challenger Space & Rocketry Camp

Ages 5-12: A Coach Doug camp that combines sports, space science and astronomy with a focus on teambuilding and you get-Challenger!

Instructor: Coach Doug Academy, Inc

Potomac ES

400979	6/17-6/19	9:00am-3:30pm	\$119.25
400980	6/22-6/26	9:00am-3:30pm	\$199
400981	6/29-7/2	9:00am-3:30pm	\$159
400982	7/6-7/10	9:00am-3:30pm	\$199
400983	7/13-7/17	9:00am-3:30pm	\$199
400984	7/20-7/24	9:00am-3:30pm	\$199
400985	7/27-7/31	9:00am-3:30pm	\$199

Challenger Extended Camp

Ages 5-12: Children registered for the Challenger Space Rocketry and Kids, Keys 'n Sports are eligible to register for the extended day program offered morning and afternoon.

Instructor: Coach Doug Academy, Inc

Potomac ES

400987	6/17-6/19	7:00am-9:00am	\$24
400994	6/17-6/19	3:30pm-6:00pm	\$30
400989	6/22-6/26	7:00am-9:00am	\$39
400996	6/22-6/26	3:30pm-6:00pm	\$49
400991	6/29-7/2	7:00am-9:00am	\$32
400998	6/29-7/2	3:30pm-6:00pm	\$40
400993	7/6-7/10	7:00am-9:00am	\$39
401000	7/6-7/10	3:30pm-6:00pm	\$49
400995	7/13-7/17	7:00am-9:00am	\$39
402119	7/13-7/17	3:30pm-6:00pm	\$49
400997	7/20-7/24	7:00am-9:00am	\$39
400990	7/20-7/24	3:30pm-6:00pm	\$49
400999	7/27-7/31	7:00am-9:00am	\$39
402121	7/27-7/31	3:30pm-6:00pm	\$49

Kids, Keys 'n Sports

Ages 8-12: Wow! A Coach Doug camp that exercises your child's body as well as his/her mind! The program alternates self-paced and entertaining computer keyboarding practice with instruction in your child's favorite sports.

Instructor: Coach Doug Academy, Inc

Potomac ES

402144	6/17-6/19	9:00am-3:30pm	\$119.25
402145	6/22-6/26	9:00am-3:30pm	\$199

Coach Doug Endless Summer

Ages 5-12: Full day. Ages 3-5: Half Day option also available. Here's an exciting opportunity to enjoy age appropriate sports, games, arts & crafts and more in this supercharged environment.

Instructor: Coach Doug Academy, Inc

Bauer Drive CRC

402166	8/10-8/14	9:30am-3:30pm	\$199
402167	8/10-8/14	9:30am-12:30pm	\$99

Germantown CRC

402170	8/3-8/7	9:30am-3:30pm	\$199
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Potomac CRC

402168	8/17-8/21	9:30am-3:30pm	\$199
402169	8/17-8/21	9:30am-12:30pm	\$99

Coach Doug Endless Extended

Ages 5-12: Children registered for Endless Summer, are eligible to register for an extended day program for an additional fee.

Instructor: Coach Doug Academy, Inc

Bauer Drive CRC

402186	8/10-8/14	7:30am-9:30am	\$39
402187	8/10-8/14	3:30pm-6:00pm	\$49

Germantown CRC

402190	8/3-8/7	7:30am-9:30am	\$39
402191	8/3-8/7	3:30pm-6:00pm	\$49

Potomac CRC

402188	8/17-8/21	7:30am-9:30am	\$39
402189	8/17-8/21	3:30pm-6:00pm	\$49

On-the-Go

Ages 8-12: Daily activities in and around the Montgomery County area may include swimming, water parks, roller-skating, bowling and more!

Potomac CRC

399730	6/16-6/26	9:00am-3:30pm	\$320
399731	6/29-7/9	9:00am-3:30pm	\$320
399732	7/13-7/24	9:00am-3:30pm	\$355
399733	7/27-7/31	9:00am-3:30pm	\$178

Mystery Academy: Circus Fun

Ages 5-7: Campers learn to speak through a puppet, play a carnival game, juggle handkerchiefs, paint your face to look like a tiger, or even learn a magic trick!

Instructor: Christopher McCauley Bowers

Rock Creek Valley ES

401443	6/22-6/26	9:00am-3:30pm	\$235
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Mystery Academy: Magical Fun

Ages 5-7: This program is a less intensive magic camp for younger children who are just becoming wizards! They learn magic tricks as well as puppetry and magic-themed craft projects.

Instructor: Christopher McCauley Bowers

Germantown CRC

402367	8/10-8/14	9:00am-3:30pm	\$235
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Mid County CRC

402368	8/10-8/14	9:00am-3:30pm	\$235
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North Bethesda MS

402366	7/6-7/10	9:00am-3:30pm	\$235
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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 ES

401442	6/22-6/26	9:00am-3:30pm	\$235
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Mystery Academy: Magic Performance Camp

Ages 8-12: Students train in a variety of forms of magic, sleight of hand, mentalism, apparatus, coin, card, wand and handkerchief magic, learning the basics of what it means to be a magician.

Instructor: Christopher McCauley Bowers

Germantown CRC

401226	8/10-8/14	9:00am-3:30pm	\$235
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Mid County CRC

401227	8/10-8/14	9:00am-3:30pm	\$235
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North Bethesda MS

401225	7/6-7/10	9:00am-3:30pm	\$235
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SPECIALTY CAMPS

Adventure Theatre's Musical Theatre Camp

Ages 8-11: This is a full-scale Junior Broadway musical production with costumes and props at a 200 seat Main Stage Auditorium!

Instructor: Adventure Theater

MCR Offices

400614 8/10-8/21 9:00am-4:00pm \$500

DRAMATIC KIDS! (Summer Camp)

Ages 6-11: Young artists combine their theatrical and artistic know how in activities such as storytelling, character development, set design and costume design.

Instructor: Pooja Chawla

Damascus CRC

400623 8/3-8/7 9:00am-3:00pm \$275

Flower Valley ES

400622 7/13-7/17 9:00am-3:00pm \$275

Theatrical Teens! (Summer Camp)

Ages 11-15: Teens will learn improvisational theater techniques, engage in art projects, and write their own dramatic sketches.

Instructor: Pooja Chawla

Damascus CRC

400628 8/3-8/7 9:00am-3:00pm \$275

Flower Valley ES

400627 7/13-7/17 9:00am-3:00pm \$275

Jane E. Lawton CRC

400629 8/10-8/14 9:00am-3:00pm \$275

North Bethesda MS

400625 7/20-7/24 9:00am-3:00pm \$275

Wayside ES

400626 7/6-7/10 9:00am-3:00pm \$275

Jane E. Lawton CRC

400624 8/10-8/14 9:00am-3:00pm \$275

North Bethesda MS

400620 7/20-7/24 9:00am-3:00pm \$275

Wayside ES

400621 7/6-7/10 9:00am-3:00pm \$275



Horseback Riding: Camp

Ages 8-15: Children will ride twice a day 4 times per week, swim every day, and do various un-mounted horse activities including leading horses, unsaddling, grooming, bathing, cleaning tack, etc

Instructor: Camp Olympia

Camp Olympia

401449 6/16-6/19 9:15am-3:30pm \$372

401450 6/22-6/26 9:15am-3:30pm \$465

401451 6/30-7/6 9:15am-3:30pm \$374

401452 7/27-7/31 9:15am-3:30pm \$465

401453 8/10-8/14 9:15am-3:30pm \$465

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

401444 6/16-6/19 9:15am-3:30pm \$296

401445 6/22-6/26 9:15am-3:30pm \$370

401446 6/29-7/2 9:15am-3:30pm \$301

401447 7/27-7/31 9:15am-3:30pm \$370

401448 8/10-8/14 9:15am-3:30pm \$370

Money Matters Camp

Ages 5-12: Money Matters Camp teaches campers the importance of budgeting, saving, and practical spending using fun and engaging finance games.

Instructor: Global Children's Center

Johnson, Walter HS

400717 6/22-6/26 12:30pm-4:00pm \$155

Matsunaga ES

400715 7/27-7/31 12:30pm-4:00pm \$155

Potomac ES

400716 7/13-7/17 9:00am-12:30pm \$155

Quince Orchard Valley NP

400719 7/27-7/31 12:30pm-4:00pm \$155

Stonegate ES

400718 7/21-7/27 12:30pm-4:00pm \$155

Kid's Kitchen: Food, Fitness, Fun!

Ages 8-14: Campers learn kid-friendly messages about nutrition, physical activity, and good health that are simple, interactive and fun.

Instructor: Renee Prioleau

Norbeck-Muncaster Mill NP

402018 8/3-8/7 9:00am-12:00pm \$150

Veirs Mill LP

402017 6/16-6/19 9:00am-12:00pm \$120

Wisconsin Place CRC

402016 7/6-7/10 9:00am-12:00pm \$150

Let's Cook Camp

Ages 5-12: Campers will make delicious desserts and mouth-watering main courses.

Instructor: Global Children's Center

Damascus CRC

400712 8/10-8/14 12:30pm-4:00pm \$155

Little Bennett ES

400711 7/20-7/24 12:30pm-4:00pm \$155

Meadowbrook LP

400713 6/16-6/19 9:00am-12:30pm \$124

Quince Orchard Valley NP

400709 7/27-7/31 9:00am-12:30pm \$155

Stonegate ES

400714 7/20-7/24 9:00am-12:30pm \$155

Etiquette Camp: Minding your Manners

Ages 5-12: Campers will learn essential etiquette rules and norms like appropriate greetings, table manners, good sportsmanship, phone etiquette, thank you cards, and more!

Instructor: Global Children's Center

Little Bennett ES

400706 7/20-7/24 9:00am-12:30pm \$155

Matsunaga ES

400705 7/27-7/31 9:00am-12:30pm \$155

Meadowbrook LP

400708 6/16-6/19 12:30pm-4:00pm \$124

Potomac ES

400707 7/13-7/17 12:30pm-4:00pm \$155

SPECIALTY CAMPS

Red Sprinkle Fashion Beauty Course

Ages 6-13: The Red Sprinkle Fashion Beauty Course is the first step to a gorgeous future! Discover skincare, makeup, and beauty trends, in a fun environment, and receive hands-on training to adopt your own beauty regimen.

Instructor: Red Sprinkle

King, Martin Luther MS			
401224	7/6-7/10	12:30pm-3:30pm	\$200
North Bethesda MS			
401222	6/22-6/26	12:30pm-3:30pm	\$200
Olney ES			
401223	7/20-7/24	9:00am-12:00pm	\$200

Red Sprinkle Fashion Style Course

Ages 6-13: Consider the Fashion Style Course as the first 'stitch' in your very stylish future! Discover the secrets of top stars, by learning the most popular fashion styling, fashion design, and runway trends.

Instructor: Red Sprinkle

King, Martin Luther MS			
401221	7/6-7/10	9:00am-12:00pm	\$200
North Bethesda MS			
401219	6/22-6/26	9:00am-12:00pm	\$200
Olney ES			
401220	7/20-7/24	12:30pm-3:30pm	\$200

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

Capital View-Homewood LP			
400724	6/16-6/19	9:00am-12:00pm	\$80
Mid County CRC			
400723	8/10-8/14	9:00am-12:00pm	\$100
Potomac CRC			
400721	8/17-8/21	9:00am-12:00pm	\$100

Chess Camp: Intermediate/Advanced

Ages 5-12: Intermediate/Advanced. The emphasis is on developing advanced skills and strategies.

Instructor: Arkadiy Frenkel

Capital View-Homewood LP			
400728	6/16-6/19	12:00pm-3:00pm	\$80
Germantown CRC			
400726	8/3-8/7	12:00pm-3:00pm	\$100
Mid County CRC			
400727	8/10-8/14	12:00pm-3:00pm	\$100
Potomac CRC			
400725	8/17-8/21	12:00pm-3:00pm	\$100

Silver Knights Chess Camp

Ages 5-12: Activities include learning openings, tactics and endgames; studying master games; playing games against fellow students.

Instructor: Silver Knights Chess

Chevy Chase ES			
402073	7/13-7/17	9:00am-4:00pm	\$336
402074	7/13-7/17	9:00am-12:00pm	\$173
402075	7/13-7/17	12:00pm-4:00pm	\$173
Little Bennett ES			
402070	7/6-7/10	9:00am-4:00pm	\$336
402071	7/6-7/10	9:00am-12:00pm	\$173
402072	7/6-7/10	12:00pm-4:00pm	\$173
Luxmanor ES			
402076	7/20-7/24	9:00am-4:00pm	\$336
402077	7/20-7/24	9:00am-12:00pm	\$173
402078	7/20-7/24	12:00pm-4:00pm	\$173
North Bethesda MS			
402033	6/22-6/26	9:00am-4:00pm	\$336
402034	6/22-6/26	9:00am-12:00pm	\$173
402035	6/22-6/26	12:00pm-4:00pm	\$173
Pyle, Thomas W. MS			
402079	7/27-7/31	9:00am-4:00pm	\$336
402080	7/27-7/31	9:00am-12:00pm	\$173
402081	7/27-7/31	12:00pm-4:00pm	\$173

KEEP YOUR TUMMY HAPPY ON THOSE LONG DAYS...DON'T FORGET YOUR LUNCH AND A SNACK!



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. Campers swim at an MCR pool twice per week and have a field trip during the first 3 sessions.

Extended Camp: Potomac CRC

Potomac CRC			
399743	6/29-7/10	9:00am-3:30pm	\$266
399744	7/13-7/24	9:00am-3:30pm	\$295
399745	7/27-7/31	9:00am-3:30pm	\$148

Little Creek

Ages 5-8: Stalk dinosaurs, chase fairies or explore the deep ocean in this imagination-based camp. Campers will stretch their minds in this exciting camp that includes crafts, skits, stories, experiments, special events, games and oodles of imagination and creativity. Campers swim at an MCR pool twice per week and have a field trip during the first 3 sessions.

Extended Camp: DuFief ES

DuFief Elementary School			
399723	6/17-6/26	9:00am-3:30pm	\$236
399724	6/29-7/10	9:00am-3:30pm	\$266
399725	7/13-7/24	9:00am-3:30pm	\$295
399726	7/27-7/31	9:00am-3:30pm	\$148



AQUATICS SPORTS CAMPS

Aqua Sports Camp

Instructor: Michael Tober

GERMANTOWN INDOOR SWIM CENTER

Ages 7-11

402869	6/15-6/19	8:45am-4:00pm	\$255
402870	6/22-6/26	8:45am-4:00pm	\$255
402871	6/29-7/3	8:45am-4:00pm	\$255
402872	7/6-7/10	8:45am-4:00pm	\$255
402873	7/13-7/17	8:45am-4:00pm	\$255
402874	7/20-7/24	8:45am-4:00pm	\$255
402875	7/27-7/31	8:45am-4:00pm	\$255
402876	8/3-8/7	8:45am-4:00pm	\$255
402881	8/10-8/14	8:45am-4:00pm	\$255
402882	8/17-8/21	8:45am-4:00pm	\$255

Ages 12-15 (Teen Camp)

404060	6/15-6/19	8:45am-4:00pm	\$255
402897	6/22-6/26	8:45am-4:00pm	\$255
402898	6/29-7/3	8:45am-4:00pm	\$255
402899	7/6-7/10	8:45am-4:00pm	\$255
402900	7/13-7/17	8:45am-4:00pm	\$255
402901	7/20-7/24	8:45am-4:00pm	\$255
402902	7/27-7/31	8:45am-4:00pm	\$255
402903	8/3-8/7	8:45am-4:00pm	\$255
402891	8/10-8/14	8:45am-4:00pm	\$255
403726	8/17-8/21	8:45am-4:00pm	\$255

MARTIN LUTHER KING SWIM CENTER

Ages 7-11

402877	6/15-6/19	8:45am-4:00pm	\$255
402878	6/22-6/26	8:45am-4:00pm	\$255
402879	7/27-7/31	8:45am-4:00pm	\$255
402880	8/3-8/7	8:45am-4:00pm	\$255

Ages 12-15 (Teen Camp)

402896	6/15-6/19	8:45am-4:00pm	\$255
402893	6/22-6/26	8:45am-4:00pm	\$255
402895	7/27-7/31	8:45am-4:00pm	\$255
402892	8/3-8/7	8:45am-4:00pm	\$255

OLNEY SWIM CENTER

Ages 7-11

402860	6/15-6/19	8:45am-4:00pm	\$255
402861	6/22-6/26	8:45am-4:00pm	\$255
402862	6/29-7/3	8:45am-4:00pm	\$255
402863	7/6-7/10	8:45am-4:00pm	\$255
402864	7/13-7/17	8:45am-4:00pm	\$255
402865	7/20-7/24	8:45am-4:00pm	\$255
402866	7/27-7/31	8:45am-4:00pm	\$255
402868	8/3-8/7	8:45am-4:00pm	\$255
404058	8/10-8/14	8:45am-4:00pm	\$255

Ages 12-15 (Teen Camp)

402883	6/15-6/19	8:45am-4:00pm	\$255
402884	6/22-6/26	8:45am-4:00pm	\$255
402885	6/29-7/3	8:45am-4:00pm	\$255
402886	7/6-7/10	8:45am-4:00pm	\$255
402887	7/13-7/17	8:45am-4:00pm	\$255
402888	7/20-7/24	8:45am-4:00pm	\$255
402889	7/27-7/31	8:45am-4:00pm	\$255
402894	8/3-8/7	8:45am-4:00pm	\$255
404059	8/10-8/14	8:45am-4:00pm	\$255

Aqua Sports Before Care

Child care before Aqua Sports Camp

Instructor: Michael Tober

GERMANTOWN INDOOR SWIM CENTER

402847	6/15-6/19	7:30am-8:45am	\$30
402848	6/22-6/26	7:30am-8:45am	\$30
402849	6/29-7/3	7:30am-8:45am	\$30
402850	7/6-7/10	7:30am-8:45am	\$30
402851	7/13-7/17	7:30am-8:45am	\$30
402852	7/20-7/24	7:30am-8:45am	\$30
402853	7/27-7/31	7:30am-8:45am	\$30
402859	8/3-8/7	7:30am-8:45am	\$30
402846	8/10-8/14	7:30am-8:45am	\$30
402854	8/17-8/21	7:30am-8:45am	\$30

MARTIN LUTHER KING SWIM CENTER

402855	6/15-6/19	7:30am-8:45am	\$30
402856	6/22-6/26	7:30am-8:45am	\$30
402857	7/27-7/31	7:30am-8:45am	\$30
402858	8/3-8/7	7:30am-8:45am	\$30

OLNEY SWIM CENTER

402838	6/15-6/19	7:30am-8:45am	\$30
402839	6/22-6/26	7:30am-8:45am	\$30
402840	6/29-7/3	7:30am-8:45am	\$30
402841	7/6-7/10	7:30am-8:45am	\$30
402842	7/13-7/17	7:30am-8:45am	\$30
402843	7/20-7/24	7:30am-8:45am	\$30
402844	7/27-7/31	7:30am-8:45am	\$30
402845	8/3-8/7	7:30am-8:45am	\$30
404008	8/10-8/14	7:30am-8:45am	\$30

Aqua Sports After Care

Child Care for After Aqua Sports Camp.

Instructor: Michael Tober

GERMANTOWN INDOOR SWIM CENTER

402823	6/15-6/19	4:00pm-6:00pm	\$30
402824	6/22-6/26	4:00pm-6:00pm	\$30
402826	6/29-7/3	4:00pm-6:00pm	\$30
402827	7/6-7/10	4:00pm-6:00pm	\$30
402828	7/13-7/17	4:00pm-6:00pm	\$30
402829	7/20-7/24	4:00pm-6:00pm	\$30
402830	7/27-7/31	4:00pm-6:00pm	\$30
402831	8/3-8/7	4:00pm-6:00pm	\$30
402832	8/10-8/14	4:00pm-6:00pm	\$30
402837	8/17-8/21	4:00pm-6:00pm	\$30

MARTIN LUTHER KING SWIM CENTER

402833	6/15-6/19	4:00pm-6:00pm	\$30
402834	6/22-6/26	4:00pm-6:00pm	\$30
402835	7/27-7/31	4:00pm-6:00pm	\$30
402836	8/3-8/7	4:00pm-6:00pm	\$30

OLNEY SWIM CENTER

402816	6/15-6/19	4:00pm-6:00pm	\$30
402817	6/22-6/26	4:00pm-6:00pm	\$30
402818	6/29-7/3	4:00pm-6:00pm	\$30
402819	7/6-7/10	4:00pm-6:00pm	\$30
402820	7/13-7/17	4:00pm-6:00pm	\$30
402821	7/20-7/24	4:00pm-6:00pm	\$30
402822	7/27-7/31	4:00pm-6:00pm	\$30
402825	8/3-8/7	4:00pm-6:00pm	\$30
402919	8/10-8/14	4:00pm-6:00pm	\$30

REMINDER:
AQUA SPORTS
CAMP MEETS
FRIDAY, JULY 3.

ARTS, DANCE, AND MUSIC CAMPS

Arts in the Park

Ages 5-10: Artwork may include paper mache, mobiles, sculptures from natural and recycled materials, mosaics, painting in the style of famous artists, collage, fabric painting, and lots more!

Instructor: Sandra Aresta

Norwood LP

401440 6/22-6/26 8:30am-3:30pm \$249

Young Rembrandts: Kings & Queens of the Castle

Ages 6-12: Join Young Rembrandts as we travel back in time to the Middle Ages for our Castle Workshop. Princesses, knights, castles and even dragons highlight the spectacular drawings our students will produce.

Instructor: Michele Young Rembrandts

Greenwood ES

402096 7/6-7/10 9:00am-12:00pm \$179

Kingsview MS

402095 6/22-6/26 9:00am-12:00pm \$179

North Bethesda MS

402097 7/13-7/17 9:00am-12:00pm \$179

Shady Grove MS

402132 7/27-7/31 9:00am-12:00pm \$179

Wood MS

402098 7/20-7/24 9:00am-12:00pm \$179

Young Rembrandts: Creative Critters

Ages 6-12: Animal lovers rejoice: an all new animal workshop is here! Students will learn drawing and texturing techniques to illustrate whimsical bees, a fanciful army of frogs, a striking owl and more artistic critters filled with detail.

Instructor: Michele Young Rembrandts

Greenwood ES

402136 7/6-7/10 12:30pm-3:30pm \$179

Kingsview MS

402135 6/22-6/26 12:30pm-3:30pm \$179

North Bethesda MS

402137 7/13-7/17 12:30pm-3:30pm \$179

Shady Grove MS

402142 7/27-7/31 12:30pm-3:30pm \$179

Wood MS

402138 7/20-7/24 12:30pm-3:30pm \$179

Art Destinations Specialty Camp

Ages 6-12: Use many mediums including clay (regular and polymer), wood items to build or paint, and more.

Instructor: Abigail Dion

Kingsview MS

401131 6/17-6/19 9:00am-3:30pm \$149.25

401132 6/22-6/26 9:00am-3:30pm \$249

401133 6/29-7/2 9:00am-3:30pm \$199

401134 7/6-7/10 9:00am-3:30pm \$249

401135 7/13-7/17 9:00am-3:30pm \$249

401136 7/20-7/24 9:00am-3:30pm \$249

Wood MS

401125 6/17-6/19 9:00am-3:30pm \$149.25

401126 6/22-6/26 9:00am-3:30pm \$249

401127 6/29-7/2 9:00am-3:30pm \$199

401128 7/6-7/10 9:00am-3:30pm \$249

401129 7/13-7/17 9:00am-3:30pm \$249

401130 7/20-7/24 9:00am-3:30pm \$249

Little Linguists Spanish Camp

Ages 5-10: Are we in Mexico? You would think you were with all the fun Mexican crafts, games, sports and music.

Instructor: Sandra Aresta

Norwood LP

401441 6/16-6/19 8:30am-3:30pm \$249

Princess Dance Camp

Ages 5-8: Inspired by Disney Princesses, in this dance camp dancers will have daily Ballet and Theatre dance classes in dance wonderland.

Instructor: Kahina Haynes

Flower Valley ES

401268 7/6-7/10 9:00am-3:30pm \$249

401272 7/6-7/10 12:30pm-3:30pm \$149

Kingsview MS

401270 6/22-6/26 9:00am-3:30pm \$249

401273 6/22-6/26 9:00am-12:00pm \$149

401274 6/22-6/26 12:30pm-3:30pm \$149

So You Think You Can Dance Camp

Ages 6-9: In this week long dance camp, come and explore a variety of the latest and greatest styles of dance including jazz, lyrical, contemporary and hip hop.

Instructor: Kahina Haynes

Belmont ES

401318 7/27-7/31 9:00am-3:30pm \$249

401430 7/27-7/31 9:00am-12:00pm \$149

401431 7/27-7/31 12:30pm-3:30pm \$149

Kingsview MS

401316 7/13-7/17 9:00am-3:30pm \$249

401426 7/13-7/17 9:00am-12:00pm \$149

401427 7/13-7/17 12:30pm-3:30pm \$149

North Bethesda MS

401317 7/20-7/24 9:00am-3:30pm \$249

401428 7/20-7/24 9:00am-12:00pm \$149

401429 7/20-7/24 12:30pm-3:30pm \$149

Creative Theatre

Ages 9-13: Lights, camera, drama! Leap into an unforgettable theater experience as we plan and produce a real stage production.

Kingsview MS

4 Week Session

399746 6/17-7/10 9:00am-3:30pm \$552.50

3 Week Session

399747 7/13-7/31 9:00am-3:30pm \$490

Enchanted Musical Theatre

Ages 7-12: Here's an exciting opportunity for aspiring musical theatre artists. We'll create an original musical and explore the camaraderie of the ensemble spirit and other music theatre skills while developing individual creative talent.

Instructor: International School of Music

International School of Music

401667 8/3-8/14 9:30am-3:00pm \$498





ARTS, DANCE, AND MUSIC CAMPS

**RECASSIST
CANNOT BE USED TO PAY
FOR MATERIAL FEES**

Musical Notions N' Motions

Ages 5-12: Here's something to sing about! 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

401118	7/6-7/10	9:00am-3:00pm	\$199
401119	7/13-7/17	9:00am-3:00pm	\$199
401120	7/20-7/24	9:00am-3:00pm	\$199
401121	7/27-7/31	9:00am-3:00pm	\$199
401122	8/3-8/7	9:00am-3:00pm	\$199

Musical Jungle Adventures

Ages 3-6: Come and visit our 'Orchestra Jungle Party' and learn about music, rhythms, song, dance and instrument families.

Instructor: International School of Music

International School of Music

401684	6/29-7/2	10:00am-12:00pm	\$220
401685	7/27-7/31	10:00am-12:00pm	\$275

Ultimate Music Experience by LNM

Ages 5-12: Campers will be introduced to the musical instruments and concepts of piano, guitar, violin, drums, voice and movement.

Instructor: Learn Now Music

Bells Mill ES

402025	7/6-7/10	9:00am-5:00pm	\$350
402051	7/6-7/10	9:00am-1:00pm	\$199
402052	7/6-7/10	1:00pm-5:00pm	\$199

Burning Tree ES

402026	7/13-7/17	9:00am-5:00pm	\$350
402053	7/13-7/17	9:00am-1:00pm	\$199
402054	7/13-7/17	1:00pm-5:00pm	\$199

Flower Valley ES

401974	6/22-6/26	9:00am-5:00pm	\$350
402030	6/22-6/26	9:00am-1:00pm	\$199
402031	6/22-6/26	1:00pm-5:00pm	\$199

Germantown ES

401975	6/29-7/2	9:00am-5:00pm	\$279
402049	6/29-7/2	9:00am-1:00pm	\$199
402050	6/29-7/2	1:00pm-5:00pm	\$199

Jackson Road ES

402028	7/27-7/31	9:00am-5:00pm	\$350
402057	7/27-7/31	9:00am-1:00pm	\$199
402058	7/27-7/31	1:00pm-5:00pm	\$199

Kensington-Parkwood ES

402027	7/20-7/24	9:00am-5:00pm	\$350
402055	7/20-7/24	9:00am-1:00pm	\$199
402056	7/20-7/24	1:00pm-5:00pm	\$199



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. And just in case that is not enough, we will add to the fun by having special events and field trips (first three sessions). Campers will be divided into age appropriate groups. Each child must bring a bag lunch. Camps will not meet on Friday, July 3.

Wayside ES

399802	6/29-7/10	8:00am-6:00pm	\$270
399803	7/13-7/24	8:00am-6:00pm	\$270
399804	7/27-7/31	8:00am-6:00pm	\$270

OUTDOOR CAMPS

Valley Mill Girls Adventure Sports Horseback Riding

Ages 8-14: Campers participate in horseback riding or a horse activity once per day plus participate in other camp activities such as canoeing, kayaking, air rifle, swimming, archery, gymnastics, and more.

Instructor: Camp Valley Mill

Valley Mill Camp

401709 6/15-6/19 9:00am-4:00pm \$525

Valley Mill Adventure Sports & Water

Ages 6-14: This exciting new camp offers canoeing, kayaking, swimming, rock climbing, archery, air rifle, gymnastics, and more.

Instructor: Camp Valley Mill

Valley Mill Camp

401706 6/15-6/19 9:00am-4:00pm \$525

Adventure Inclusion Camp

Ages 13-18: Are you ready for daily adventures like canoeing, white water kayaking, sea kayaking, and more?

Pick-Up/Drop-Off at 4010 Randolph Rd.

402087 6/16-6/19 8:30am-6:00pm \$280

402089 8/3-8/7 8:30am-6:00pm \$350

402093 8/10-8/14 8:30am-6:00pm \$350

Pick-Up/Drop-Off at Germantown CRC

402088 6/16-6/19 8:30am-6:00pm \$280

402090 8/3-8/7 8:30am-6:00pm \$350

402092 8/10-8/14 8:30am-6:00pm \$350

SPORTS CAMPS

MD Sports Summer Basketball Camp

Ages 6-17: Join us for an exciting sports experience where fun and learning never stop. Every camper will receive a T-shirt, evaluation report and workout program to continue after the camp.

Instructor: Jazz Perazic's MD Sports

Johnson, Walter HS

400966 6/22-6/26 9:00am-4:00pm \$250

400967 7/6-7/10 9:00am-4:00pm \$250

400968 7/13-7/17 9:00am-4:00pm \$250

400969 7/20-7/24 9:00am-4:00pm \$250

400970 7/27-7/31 9:00am-4:00pm \$250

One-on-One Basketball Clinic

Ages 9-16: Clinics are directed by enthusiastic and experienced coaches, and boys and girls of all ability levels are welcome.

Instructor: Inc One on One Basketball

Kingsview MS

400975 6/15-6/19 3:45pm-5:45pm \$103

400976 6/22-6/26 3:45pm-5:45pm \$103

400977 6/29-7/2 3:45pm-5:45pm \$83

400978 7/6-7/10 3:45pm-5:45pm \$103

White Oak MS

400972 7/13-7/17 3:30pm-5:30pm \$103

400973 7/20-7/24 3:30pm-5:30pm \$103

400974 7/27-7/31 3:30pm-5:30pm \$103

One-on-One Multi-Sport Camp

Ages 6-12: A mix of drills, contests, and games. Sports will include basketball, soccer, kickball, funball, capture the flag, and more.

Instructor: Inc One on One Basketball

Luxmanor ES

401002 7/20-7/24 9:00am-3:00pm \$195

White Oak CRC

401001 7/6-7/10 9:00am-3:00pm \$195

Wisconsin Place CRC

401003 7/13-7/17 9:00am-3:00pm \$195

All Stars

Ages 8-13: Swoop, bang, swish! These sounds and more will fill the air in this fun, sports-themed camp.

DuFief ES

399707 6/17-6/26 9:00am-3:30pm \$236

399708 6/29-7/10 9:00am-3:30pm \$266

399709 7/13-7/24 9:00am-3:30pm \$295

399710 7/27-7/31 9:00am-3:30pm \$148

Capital Ultimate Frisbee Camp

Ages 11-15: Capital Ultimate Frisbee Camp is a fun alternative for kids who want an active camp but are tired of the same old sports.

Instructor: Capital Ultimate Camp, LLC

Ashburton ES

402266 7/27-7/31 9:00am-3:30pm \$325

Karate Clinics

Ages 6-12: Come and diversify and intensive Tang Soo Do style Korean karate and jujitsu instruction for all ability levels.

Instructor: Company Staff: TKA, Inc.

Weller Road ES

401704 6/16-6/19 9:00am-11:30am \$53

401705 6/22-6/25 9:00am-11:30am \$53

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 enhance poise and develop confidence.

Instructor: Julianna Duda

Kingsview MS

398607 7/27-7/31 9:00am-3:30pm \$145

Fencing School

Ages 7-16: The Fencing School is geared to students who have a strong commitment to physical fitness and skill building.

Instructor: Gitty Mohebban

McAuliffe, S. Christa ES

402020 6/29-7/10 10:00am-12:00pm \$155

402021 7/13-7/24 10:00am-12:00pm \$171

STAY HYDRATED!
REMEMBER TO BRING A
WATER BOTTLE TO CAMP!





SPORTS CAMPS

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 HS

402202 6/22-6/26 9:00am-12:00pm \$125

Wisconsin Place CRC

402203 7/20-7/24 9:00am-12:00pm \$125

The Ultimate Boxing and Boot Camp-Youth

Ages 11-17: Introduction to a boxer's workout designed to teach student's eye, hand and foot coordination.

Instructor: Larry Johnson

Jane E. Lawton CRC

402048 8/3-8/7 10:00am-1:00pm \$150

Shady Grove MS

402032 6/22-6/26 10:00am-1:00pm \$150

White Oak CRC

402029 7/13-7/17 10:00am-1:00pm \$150

Challenger Sports: Player Development

Ages 6-16: Full Day. Ages 5-16: Half Day. This program, coached by a specialized British Soccer instructor, provides technical and tactical instruction, placing emphasis on skill development, fundamental tactical awareness, and FUN.

Instructor: Challenger Sports British Soccer

Damascus CRC

402184 8/3-8/7 9:00am-12:00pm \$195

402185 8/3-8/7 9:00am-4:00pm \$275

Darnestown LP

402182 7/20-7/24 9:00am-12:00pm \$195

402183 7/20-7/24 9:00am-4:00pm \$275

Potomac CRC

402178 7/13-7/17 9:00am-12:00pm \$195

402179 7/13-7/17 9:00am-4:00pm \$275

Meadowbrook LP

402176 7/6-7/10 9:00am-12:00pm \$195

402177 7/6-7/10 9:00am-4:00pm \$275

402180 7/27-7/31 9:00am-12:00pm \$195

402181 7/27-7/31 9:00am-4:00pm \$275

Farquhar MS

402174 6/22-6/26 9:00am-12:00pm \$195

402175 6/22-6/26 9:00am-4:00pm \$275



Challenger Sports: Tetra Brazil Academy

Ages 8-16: The TetraBrazil curriculum has been designed by our professional coaches to provide players with the same expert level of training received by professional clubs in Brazil.

Instructor: Challenger Sports British Soccer

Darnestown LP

402192 7/20-7/24 9:00am-4:00pm \$275

402194 7/20-7/24 9:00am-12:00pm \$195

Meadowbrook LP

402193 7/6-7/10 9:00am-4:00pm \$275

402195 7/6-7/10 9:00am-12:00pm \$195

Farquhar MS

402198 6/22-6/26 9:00am-4:00pm \$275

402199 6/22-6/26 9:00am-12:00pm \$195

UK Elite Soccer Half Day Clinic

Ages 5-14: Half Day Camp. Welcome to a fun environment which stimulates learning, developing, practicing and polishing soccer skills.

Instructor: U.K. Elite

Bradley Hills ES

402222 7/6-7/10 9:00am-12:00pm \$185

402226 7/27-7/31 9:00am-12:00pm \$185

Damascus CRC

402227 7/20-7/24 9:00am-12:00pm \$185

Darnestown LP

402223 6/29-7/2 9:00am-12:00pm \$148

Seven Locks ES

402228 6/22-6/26 9:00am-12:00pm \$185

Gwendolyn Coffield CRC

402224 7/13-7/17 9:00am-12:00pm \$185

Maplewood-Alta Vista LP

402229 6/16-6/19 9:00am-12:00pm \$148

Meadowbrook LP

402230 8/3-8/7 9:00am-12:00pm \$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.

Instructor: U.K. Elite

Bradley Hills ES

402215 7/6-7/10 9:00am-3:00pm \$250

402217 7/27-7/31 9:00am-3:00pm \$250

Damascus CRC

402213 7/20-7/24 9:00am-3:00pm \$250

Darnestown LP

402218 6/29-7/2 9:00am-3:00pm \$200

Seven Locks ES

402214 6/22-6/26 9:00am-3:00pm \$250

Gwendolyn Coffield CRC

402216 7/13-7/17 9:00am-3:00pm \$250

Maplewood-Alta Vista LP

402220 6/16-6/19 9:00am-3:00pm \$200

Meadowbrook LP

402219 8/3-8/7 9:00am-3:00pm \$250

UK Elite Soccer-Travel Player

8-14yrs old: 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

Damascus CRC

402236 7/20-7/24 9:00am-3:00pm \$300

Gwendolyn Coffield CRC

402235 7/13-7/17 9:00am-3:00pm \$300

Meadowbrook LP

402237 8/3-8/7 9:00am-3:00pm \$300



Follow us on Facebook and Twitter!

THERAPEUTIC RECREATION CAMPS

Camp Pines

Ages 6-10: Youth with learning disabilities, ADD/ADHD, Asperger's. Instructional sports and cooperative games are part of the camp experience.

Parkland MS

401720	6/22-7/2	9:00am-3:30pm	\$225
401721	7/6-7/17	9:00am-3:30pm	\$250
401722	7/20-7/31	9:00am-3:30pm	\$250

Camp Bullseye

Ages 11-13: Middle school youth with learning disabilities, ADD/ADHD, Asperger's. A transition from Camp Big Pines to the TR Summer Teen Center.

Parkland MS

401724	6/22-7/2	9:00am-3:30pm	\$225
401725	7/6-7/17	9:00am-3:30pm	\$250
401726	7/20-7/31	9:00am-3:30pm	\$250

Camp Apollo

Ages 6-12: Children within the autism spectrum. Campers experience community trips that include swimming, nature centers and stream hikes.

Rock Terrace HS

401718	7/6-7/17	12:30pm-6:00pm	\$180
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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.

Wood MS

401716	7/6-7/17	12:30pm-6:00pm	\$180
401717	7/20-7/31	12:30pm-6:00pm	\$180

Camp Cherokee

Ages 6-12; youth with developmental disabilities. Games, crafts, swimming, local field trips, special events and theme weeks.

Rock Terrace HS

401728	7/6-7/17	12:30pm-6:00pm	\$180
401729	7/20-7/31	12:30pm-6:00pm	\$180

Camp Odyssey

Ages 11-21: with developmental disabilities. Designed for middle school and high school teens who require a low-sensory camp environment.

Wood MS

401740	6/22-7/2	9:00am-3:30pm	\$250
401741	7/6-7/17	12:30pm-6:00pm	\$180
401742	7/20-7/31	12:30pm-6:00pm	\$180
401743	8/3-8/14	9:00am-3:30pm	\$250

Camp Personal Pursuits

Ages 13-21: teens with developmental disabilities. Group games, crafts, sports, swimming, local field trips, special events and theme weeks to enhance socialization and peer interaction.

Rock Terrace HS

401745	7/6-7/17	12:30pm-6:00pm	\$180
401746	7/20-7/31	12:30pm-6:00pm	\$180

Camp Creative Afternoons

Ages 5-21: Designed for children and teens with severe disabilities. Campers are grouped according to age and ability.

Knolls, Stephen ES

401735	7/7-7/31	12:00pm-3:30pm	\$350
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Longview School

401734	7/7-7/31	12:00pm-3:30pm	\$350
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Camp Chesapeake

Ages 14-21; teens with developmental disabilities. Daily travel camp to regional parks and recreation facilities, swimming, and canoeing.

Bauer Drive CRC

401730	6/22-7/2	9:00am-3:30pm	\$225
401731	8/3-8/14	9:00am-3:30pm	\$250

Camp Project Discovery

Ages 4-18: 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.

Wood MS

401747	7/7-7/31	9:40am-1:10pm	\$250
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TR Summer Teen Center

Ages 14-21: active, independent teens with learning disabilities, ADD/ADHD, Asperger's. Activities to enhance social skills and self-esteem, and promote independence and skills.

Wheaton NRC

401756	7/6-7/17	9:00am-3:30pm	\$200
401757	7/20-7/31	9:00am-3:30pm	\$200



TR Extra Summer Fun

Ages 5-14: Youth with learning disabilities and/or ADD/ADHD. Sports, games, crafts, and special events extend the summer camp experience from Little Pines, Big Pines and Bullseye.

Wheaton NRC

401755	6/16-6/19	9:00am-3:30pm	\$93.75
401816	8/3-8/7	9:00am-3:30pm	\$125
401817	8/10-8/14	9:00am-3:30pm	\$125

TR Extended Camp

Afternoon extended camp programs to complement Camp Little Pines, Camp Big Pines, Camp Bullseye, Camp Chesapeake, Camp Odyssey and TR Summer Teen Center programs.

Parkland MS

401752	6/22-7/2	3:30pm-6:00pm	\$45
401753	7/6-7/17	3:30pm-6:00pm	\$50
401754	7/20-7/31	3:30pm-6:00pm	\$50

Wheaton NRC

405885	6/16-6/19	3:30pm-6:00pm	\$15
402468	7/6-7/17	3:30pm-6:00pm	\$50
402469	7/20-7/31	3:30pm-6:00pm	\$50
405886	8/3-8/7	3:30pm-6:00pm	\$20
405887	8/10-8/14	3:30pm-6:00pm	\$20

Wood MS

402466	6/22-7/2	3:30pm-6:00pm	\$50
402467	8/3-8/14	3:30pm-6:00pm	\$50

Adventure Inclusion Camp

Ages 13-18: Are you ready for daily adventures like canoeing, white water kayaking, sea kayaking, and more?

Pick-Up/Drop-Off at 4010 Randolph Rd.

402087	6/16-6/19	8:30am-6:00pm	\$280
402089	8/3-8/7	8:30am-6:00pm	\$350
402093	8/10-8/14	8:30am-6:00pm	\$350

Pick-Up/Drop-Off at Germantown CRC

402088	6/16-6/19	8:30am-6:00pm	\$280
402090	8/3-8/7	8:30am-6:00pm	\$350
402092	8/10-8/14	8:30am-6:00pm	\$350

REMEMBER...
PROGRAMS WILL NOT
MEET ON JULY 3RD.
HAPPY INDEPENDENCE
DAY!!



SUMMER FUN CENTERS

Age Requirements

Summer Fun Centers are for children between the ages of 5 and 12 years. Five-year-olds must be entering first grade in the Fall, and school records may be required for age verification. Children must be no older than 12 throughout the six-week session.

Dates

Summer Fun Centers are scheduled Monday through Friday from June 22 until July 31. All centers will be closed on Friday, July 3.

Fees

\$365 for a six (6) week Summer Fun Center.

Heat & Ozone Alerts

Some program facilities may not be air conditioned. When code red ozone alerts and high temperature warnings are issued, all programs limit their outdoor activity.

Program Site Changes

Due to circumstances beyond our control, the Department of Recreation may need to move a program to an alternate site. If a location is changed, parents will be notified as soon as possible.

NO REFUNDS WILL BE ISSUED AFTER THE COMPLETION OF THE PROGRAM!

Chey Chase ES 399810 6/22-7/31 8:00am-6:00pm \$365	Long Branch CRC 399812 6/22-7/31 8:00am-6:00pm \$365	Plum Gar CRC 399831 6/22-7/31 8:00am-6:00pm \$365
Clara Barton CRC 399818 6/22-7/31 8:00am-6:00pm \$365	Longwood CRC 399806 6/22-7/30 8:00am-6:00pm \$365	Neelsville MS 399815 6/22-7/31 8:00am-6:00pm \$365
Damascus ES 399819 6/22-7/31 8:00am-6:00pm \$365	Montgomery Village MS 399823 6/22-7/31 8:00am-6:00pm \$365	Rocky Hill MS 399817 6/22-7/31 8:00am-6:00pm \$365
East County CRC 399821 6/22-7/31 8:00am-6:00pm \$365	Newport Mill MS 399811 6/22-7/31 8:00am-6:00pm \$365	Upper County CRC 399816 6/22-7/30 8:00am-6:00pm \$365
Gibbs, William B. ES 399830 6/22-7/31 8:00am-6:00pm \$365	Sligo MS 399820 6/22-7/31 8:00am-6:00pm \$365	White Oak CRC 399808 6/22-7/31 8:00am-6:00pm \$365
Good Hope CRC 399824 6/22-7/31 8:00am-6:00pm \$365	Sherwood ES 399828 6/22-7/31 8:00am-6:00pm \$365	
Gwendolyn Coffield CRC 399834 6/22-7/31 8:00am-6:00pm \$365		
Martin Luther King MS 399813 6/22-7/31 8:00am-6:00pm \$365		



EXTENDED CAMPS

DuFief ES 399715 6/17-6/26 7:00am-9:00am \$48 399716 6/17-6/26 3:30pm-6:00pm \$72 399717 6/29-7/10 7:00am-9:00am \$54 399718 6/29-7/10 3:30pm-6:00pm \$81 399719 7/13-7/24 7:00am-9:00am \$60 399720 7/13-7/24 3:30pm-6:00pm \$90 399721 7/27-7/31 7:00am-9:00am \$30 399722 7/27-7/31 3:30pm-6:00pm \$45	Germantown ES: Afternoon Only 399781 6/17-6/26 3:30pm-6:00pm \$72 399782 6/29-7/10 3:30pm-6:00pm \$81 399783 7/13-7/24 3:30pm-6:00pm \$90 399784 7/27-7/31 3:30pm-6:00pm \$45 Kingsview MS 399748 6/17-6/26 7:00am-9:00am \$48 399749 6/17-6/26 3:30pm-6:00pm \$72 399750 6/29-7/10 7:00am-9:00am \$54 399751 6/29-7/10 3:30pm-6:00pm \$81 399752 7/13-7/24 7:00am-9:00am \$60 398608 7/13-7/24 3:30pm-6:00pm \$90 399753 7/27-7/31 7:00am-9:00am \$30 399754 7/27-7/31 3:30pm-6:00pm \$45	Potomac CRC 399789 6/17-6/26 7:00am-9:00am \$48 399790 6/17-6/26 3:30pm-6:00pm \$72 399791 6/29-7/10 7:00am-9:00am \$54 399792 6/29-7/10 3:30pm-6:00pm \$81 399793 7/13-7/24 7:00am-9:00am \$60 399794 7/13-7/24 3:30pm-6:00pm \$90 399795 7/27-7/31 7:00am-9:00am \$30 399796 7/27-7/31 3:30pm-6:00pm \$45
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TEEN SERVICE LEARNING OPPORTUNITIES

Junior Counselor Orientation

Bauer Drive CRC			
402719	4/25-4/25	9:00am-12:00pm	
402720	4/25-4/25	12:00pm-3:00pm	
Germantown CRC			
402721	5/9-5/9	9:00am-12:00pm	
402722	5/9-5/9	12:00pm-3:00pm	
Potomac CRC			
402723	6/2-6/2	6:00pm-9:00pm	

The Junior Counselor Training is a great opportunity for returning volunteers to build on their experiences from the previous summer and get ready for a new summer of leadership and fun. To be eligible to participate in the Junior Counselor Program, you must have successfully completed the Summer Leadership Challenge Program or have been a CIT, Mainstream Companion or TR Camp Assistant last year. The workshop will focus on leadership skills, conflict resolution, communication skills and provide an overview of the summer experience and the expectations for Junior Counselors. This is a mandatory training. Student Service Learning hours may be earned upon successful completion of the program.

JUNIOR COUNSELORS

UP COUNTY REGION

405986	6/22-6/26	9:00am-3:30pm	\$50
406040	6/29-7/2	9:00am-3:30pm	\$40
406041	7/6-7/10	9:00am-3:30pm	\$50
406287	7/13-7/17	9:00am-3:30pm	\$50
406288	7/20-7/24	9:00am-3:30pm	\$50
406289	7/27-7/31	9:00am-3:30pm	\$50

DOWN COUNTY REGION

406042	6/17-6/19	9:00am-3:30pm	\$30
406044	6/29-7/2	9:00am-3:30pm	\$40
406045	7/6-7/10	9:00am-3:30pm	\$50
406290	7/13-7/17	9:00am-3:30pm	\$50
406291	7/20-7/24	9:00am-3:30pm	\$50
406292	7/27-7/31	9:00am-3:30pm	\$50

Ages 14-16:

See what it takes to be a camp counselor by becoming a Junior Counselor! Teens training to become recreation leaders will assist summer staff in planning and leading activities for campers such as games, sports and crafts. Increase your confidence while learning planning, communication, and leadership skills.

Eligible Junior Counselors must have previously served as a Junior Counselor, a TR Mainstream Companion, or completed the Summer Leadership Challenge camp. All registrants must attend the mandatory Junior Counselor Training. Once training has been completed, summer program placements will be made based on your skills, interests, session availability, and location preferences.

- Only two Junior Counselors per session will be placed at each site. Registration is limited to two sessions only.
- Student Service Learning hours may be earned upon successful completion of the program.
- Program sites are subject to change, due to MCPS schedule

MID COUNTY REGION

406047	6/22-6/26	9:00am-3:30pm	\$50
406048	6/29-7/2	9:00am-3:30pm	\$40
406049	7/6-7/10	9:00am-3:30pm	\$50
406293	7/13-7/17	9:00am-3:30pm	\$50
406294	7/20-7/24	9:00am-3:30pm	\$50
406295	7/27-7/31	9:00am-3:30pm	\$50

EAST COUNTY REGION

406051	6/22-6/26	9:00am-3:30pm	\$50
406052	6/29-7/2	9:00am-3:30pm	\$40
406053	7/6-7/10	9:00am-3:30pm	\$50
406296	7/13-7/17	9:00am-3:30pm	\$50
406297	7/20-7/24	9:00am-3:30pm	\$50
406298	7/27-7/31	9:00am-3:30pm	\$50



TEEN SERVICE LEARNING OPPORTUNITIES

TR Camp Assistant

Are you a teen who's interested in teaching special education? Do you go to school with a student with a disability but didn't know how to approach him or her? Gain valuable experience by providing general assistance and support in a Therapeutic Recreation camp designed for children with physical, developmental, or learning disabilities. You must be at least 14 by the start of the program session.

ROCK TERRACE SCHOOL

Camp Apollo
401394 7/6-7/17 12:30pm-6:00pm
401395 7/20-7/31 12:30pm-6:00pm

Camp Personal Pursuits
401399 7/6-7/17 12:30pm-6:00pm
401400 7/20-7/31 12:30pm-6:00pm

PARKLAND MIDDLE SCHOOL

Camp Pines
401397 7/6-7/17 9:00am-3:30pm

Camp Bullseye
401416 6/22-7/2 9:00am-3:30pm
401418 7/20-7/31 9:00am-3:30pm

KNOLLS, STEPHEN ES

Camp Creative Afternoons
402151 7/7-7/17 9:00am-12:00pm
402152 7/20-7/31 9:00am-3:30pm

LONGVIEW SCHOOL

Camp Creative Afternoons
402155 7/7-7/17 9:00am-12:00pm
402156 7/20-7/31 9:00am-3:30pm

WOOD MIDDLE SCHOOL

Camp Achilles
401414 7/6-7/17 12:30pm-6:00pm
401415 7/20-7/31 12:30pm-6:00pm

Camp Odyssey
401405 7/6-7/17 12:30pm-6:00pm
401406 7/20-7/31 12:30pm-6:00pm
401407 8/3-8/14 12:30pm-6:00pm

Camp Project Discovery
401402 7/7-7/17 9:40am-1:10pm
401403 7/20-7/30 9:40am-1:10pm

WHEATON NRC

TR Extra Summer Fun
402139 6/16-6/19 9:00am-3:30pm
402141 8/10-8/14 9:00am-3:30pm
TR Teen Center
402122 7/6-7/17 9:00am-3:30pm
402131 7/20-7/31 9:00am-3:30pm

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 child with a disability the opportunity to integrate into one of the summer camps, clinics or summer fun centers. You must be at least 14 by the start of the program session. If you want to volunteer for multiple sessions, please contact the Volunteer Coordinator at 240-777-6891.

Location TBD by region

UP COUNTY REGION

401367 6/22-6/26 9:00am-3:30pm
401368 6/29-7/2 9:00am-3:30pm
401369 7/6-7/10 9:00am-3:30pm
401370 7/13-7/17 9:00am-3:30pm
401371 7/20-7/24 9:00am-3:30pm
401372 7/27-7/31 9:00am-3:30pm

DOWN COUNTY REGION

401374 6/22-6/26 9:00am-3:30pm
401375 6/29-7/2 9:00am-3:30pm
401376 7/6-7/10 9:00am-3:30pm
401377 7/13-7/17 9:00am-3:30pm
401378 7/20-7/31 9:00am-3:30pm

MID COUNTY REGION

401380 6/22-6/26 9:00am-3:30pm
401381 6/29-7/2 9:00am-3:30pm
401382 7/6-7/10 9:00am-3:30pm
401383 7/13-7/17 9:00am-3:30pm
401384 7/20-7/24 9:00am-3:30pm
401385 7/27-7/31 9:00am-3:30pm

EAST COUNTY REGION

401386 6/22-6/26 9:00am-3:30pm
401387 6/29-7/3 9:00am-3:30pm
401388 7/6-7/10 9:00am-3:30pm
401389 7/13-7/17 9:00am-3:30pm
401390 7/20-7/24 9:00am-3:30pm
401391 7/27-7/31 9:00am-3:30pm



**LOCATIONS MAY CHANGE
BASED ON MCPS SCHEDULING.**

TR Mainstream Companion/Camp Assistant Training

Leadership Training for TR volunteers. This interactive training will help prepare volunteers to work with children with disabilities in our summer programs. The workshop will focus on leadership and communication skills as well as disability and sensitivity awareness. Student Service hours will be awarded for the training when you complete your volunteer service. Select one training session when you register.

BAUER DRIVE CRC

401419 4/18 1:00pm-4:00pm

GERMANTOWN CRC

401420 5/10 10:00am-1:00pm

POTOMAC CRC

4401421 5/21 5:00pm-8:00pm

MCR OFFICES

402718 3/27 2:00pm-5:00pm

401422 6/3 5:00pm-8:00pm

401423 6/12 5:00pm-8:00pm

401424 6/18 5:00pm-8:00pm

401425 7/9 5:00pm-8:00pm

**REMEMBER TO TURN IN
ALL REQUIRED FORMS ON
THE FIRST DAY OF CAMP!**



MONTGOMERY PARKS • SUMMER 2015



Nature Programs

- 107 Black Hill Visitor Center
- 104 Brookside Gardens
- 114 Brookside Nature Center
- 117 Locust Grove Nature Center
- 119 Meadowside Nature Center

Sports Programs

- 136 Golf @ South Germantown Driving Range
- 123 Ice Skating & Hockey @ Cabin John and Wheaton Ice
- 139 Tennis @ Pauline Betz Addie and Wheaton Indoor
- 146 Wheaton Sports Pavilion

More to Do in the Parks

- 122 5 Fun Things to Do This Summer in Montgomery Parks
- 106 2015 Get to Know Contest
- 106 Wings of Fancy at Brookside Gardens
- 99 Boating in Montgomery Parks
- 116 Great Outdoors Festival at Little Bennett Campground
- 103 Picnics & Park Activity Buildings
- 138 Splash Playground & Mini-Golf
- 112, 118 Volunteer Opportunities

Information & Registration

- 98 Chair's Letter
- 113 Connect with Parks!
- 100 Montgomery Parks Facility Directory
- 102 Montgomery Parks Foundation
- 147 Parks Registration Information
- inside back Parks & Recreation Registration Form
- cover *Fill out green section for Parks classes*

REGISTRATION OPENS

...**MAY 14/15** for
BROOKSIDE GARDENS
ALL NATURE CENTERS
GOLF AT SG DRIVING RANGE

...**JUNE 2/3** for
ICE SKATING & HOCKEY,
SUMMER 1 & 2

...**JUNE 22/23** for
INDOOR TENNIS
OUTDOOR TENNIS,
SUMMER 1 & 2

Registration for all sessions is open to Montgomery County residents on first date shown; next day registration is open to all.



MONTGOMERY COUNTY PLANNING BOARD

THE MARYLAND-NATIONAL CAPITAL PARK AND PLANNING COMMISSION

OFFICE OF THE CHAIR

Summer 2015

Dear Montgomery County Resident,

There's so much to do, see and learn in Montgomery Parks, especially in summer. Here are some of my favorite things, and recommendations to you for a summer of fun:

• Go Kayaking

You can rent a kayak (or canoe or rowboat) at Lake Needwood in Rock Creek Regional Park or at Black Hill Boats at Little Seneca Lake in Boyds. Both lakes are beautiful, full of wildlife (herons, eagles, beavers, turtles and more), and offer very affordable rentals. There's also a revitalized self-guided tour of Little Seneca Lake—ask for your Black Hill Water Trail brochure at the boat rental facility, or download a copy online at BlackHillBoats.com. Both boating facilities are open weekends in May, then open full-time beginning Memorial Day weekend.

• Go Hiking, Cycling or Horseback Riding

The trail system in Montgomery Parks is fantastic. There's a hike for every age and ability on the 100+ miles of trails. Check out MontgomeryTrails.org for detailed maps of the whole trail system. For a real treat, sign up for one of the many free or low-cost hikes hosted by our four Nature Centers. The combined knowledge of our Park Naturalists is impressive, and they can't wait to share their love of flora, fauna and history along the trails with you.

• Celebrate Nature and/or History at a Festival

Check out Archaeology Day at Needwood Mansion on Saturday, May 2; Meadowside Nature Center's Raptor Festival on Sunday, May 3; Bats Are Back Festival Friday, May 15 at Locust Grove Nature Center; Bluebirds Forever Festival at Black Hill Visitor Center on Sunday, May 17; Heritage Days at different locations throughout the County on June 27 and 28; the return of Wings of Fancy Live Butterfly and Caterpillar Exhibit at Brookside Gardens, opening July 1; and the 3rd Annual Great Outdoors Festival at Little Bennett Campground on Saturday, July 25. Visit the Montgomery Parks Events Calendar online (click on the middle "button" on our home page—www.MontgomeryParks.org—just below the big photos up top) for a schedule of upcoming events and educational programs.

• In Montgomery Parks, the possibilities just keep coming. Go on a picnic at practically any one of the 420 parks. Hit a bucket of balls at the South Germantown Driving Range. Cool off at the South Germantown Splash Playground. Take a ride on the miniature trains at Cabin John or Wheaton Regional Parks (and don't forget the carousel at Wheaton). Play tennis (indoors or out). And when the weather gets really hot, why not go ice skating at Cabin John or Wheaton? You won't find a cooler place in the Parks.

Happy summer to you and yours,

Casey Anderson
Chair, Montgomery County Planning Board and
Vice-Chair, Maryland-National Capital Park and Planning Commission

8787 Georgia Avenue, Silver Spring, Maryland 20910 Phone: 301.495.4605 Fax: 301.495.1320
www.MCParkandPlanning.org E-Mail: mcp-chairman@mncppc.org

There's a Lake Nearby

in Montgomery Parks

Go Fish!



Get in on the fishy fun at the **7th Annual Kids' Fishing Days!** Prizes for the kids who catch the biggest, smallest, and greatest number of fish. For ages 3-15; \$10



7th Annual Kids' Fishing Days
Saturday, June 20, 8:30-10:30am
Black Hill Boats at Little Seneca Lake
in Boyds, MD | ParkPASS #320599

Saturday, June 6, 8:30-10:30am
Lake Needwood Boats at Lake
Needwood in Rockville, MD | ParkPASS
#320600



Go Boating

Rent kayaks, canoes and rowboats at either lake for just \$10/hour or \$35 for the whole day! Lake Needwood also has pedal boats for rent (\$8/half-hour).



NEW!
Check out the revitalized
Black Hill Water Trail.

Tour the Lakes



Get onboard the **Needwood Queen pontoon boat** at Lake Needwood weekends and holidays from May-September for a tour of Lake Needwood (20 minutes, \$2 per person), or tour **Little Seneca Lake** on the **Kingfisher** (45-60 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
301-528-3492 (Weekend Group Pontoon Boat Tours)
301-528-3466 (Boat House)

LakeNeedwoodBoats.com
Rockville, MD
301-563-7544 (Boat House, In Season)
301-563-7524 (Group Pontoon Tours)
301-563-7540 (Recorded Info)



MONTGOMERY PARKS Directory

BOATING & FISHING

Black Hill Boats • Black Hill Regional Park
20920 Lake Ridge Drive, Boyds, MD 20841
301-528-3466 Boat House
www.BlackHillBoats.com

Lake Needwood Boats • Rock Creek Regional Park
15700 Needwood Lake Circle, Rockville, MD 20855
301-563-7540 recorded info • 301-563-7544 in season
www.LakeNeedwoodBoats.com

CAMPING

Little Bennett Campground • Little Bennett Regional Park
23701 Frederick Road, Clarksburg, MD 20871
301-528-3430 • www.LittleBennettCampground.com

CAROUSEL

Ovid Hazen Wells Carousel • Wheaton Regional Park; see "Trains"

CULTURAL & HISTORIC ATTRACTIONS

Visit www.HistoryintheParks.org for more information and sites.

Oakley Cabin African American Museum
3610 Brookeville Road, Olney, MD 20832
301-650-4373 • www.OakleyCabin.org

Underground Railroad Experience Trail
16501 Norwood Rd., Sandy Spring, MD 20860
301-650-4373 • www.UndergroundRRExperience.org

Agricultural History Farm Park
18400 Muncaster Road, Derwood, MD 20855
301-670-4661 • www.AgHistoryFarm.org

DOG PARKS

Black Hill Regional Park Dog Park
20930 Lake Ridge Drive, Boyds, MD 20841
On Picnic Lane, SE of boat rentals on Lake Ridge Dr.

Cabin John Regional Park Dog Park
10900 Westlake Drive, Bethesda, MD 20876

Olney Manor Recreational Park Dog Park
16601 Georgia Avenue, Olney, MD 20832
Near Ballfield #4, across from the concession stand.

Ridge Road Recreational Park Dog Park
21155 Frederick Road, Germantown, MD 20876
North of the soccer field, west of the in-line hockey rink.

Wheaton Regional Park Dog Park
11717 Orebaugh Avenue, Silver Spring, MD 20902
East of Wheaton Sports Pavilion; use Orebaugh Avenue entrance.

DRIVING RANGE/GOLF COURSES*

South Germantown Driving Range ParkPASS
18045 Central Park Circle, Boyds, MD 20841
301-670-4670 • www.SGDrivingRange.com

Little Bennett Golf Course • 301-253-1515

Needwood Golf Course • 301-948-1075

Northwest Park Golf Course • 301-598-6100

Sligo Creek Golf Course • 301-585-6006
or visit them at www.MCGGolf.com

*Golf courses are operated by the Montgomery County Revenue Authority.

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.

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
301-528-6010 • 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
301-774-1900 • 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 Glenallen 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, party and more.

SPLASH PLAYGROUND

South Germantown Splash Playground

South Germantown Regional Park
18056 Central Park Circle, Boyds, MD 20841
301-670-4680 • www.SplashandGolf.com

CUPF Schedules All Athletic Fields

All scheduling for Montgomery Parks outdoor athletic fields is managed by the Office of Community Use of Public Facilities (CUPF). To reserve a field, visit www.MontgomeryCountyMD.gov/CUPF or call 240-777-0311.

SKATEBOARDING & INLINE

Olney Manor Skate Park ParkPASS

Olney Manor Regional Park
16601 Georgia Avenue, Olney, MD 20832
301-905-3095 • www.OlneyManorSkate.com

NEW! OMSP is now an unsupervised facility and FREE to the public.

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
301-563-7545 • 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: **301-495-2525** www.ParkPermits.org
- 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
- Accessibility Information: **301-495-2477** ProgramAccess @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

This park bench is more than just a place to sit.



This bench is dedicated to the memory of a beloved family member who spent countless hours in this park appreciating the serenity and enjoying nature. Stan walked his dog here and watched his grandchildren play on the playground. This was one of Stan's favorite places and now this bench reminds us of the time he enjoyed here.

The **Montgomery Parks Foundation** can help you honor or memorialize people you love, admire, respect or miss in your life. Your dedication can acknowledge a special birthday, mark a life milestone or create a place of importance for your family.

Make a bench in your park more than just a place to sit!



Montgomery Parks
FOUNDATION

For more information contact: Raleigh Leichter,
Development Program Manager at [RaleighLeichter@
MontgomeryParksFoundation.org](mailto:RaleighLeichter@MontgomeryParksFoundation.org) or call 301-495-2567.
www.MontgomeryParksFoundation.org



Park Activity Buildings

PARK ACTIVITY BUILDINGS MAY BE USED FOR:

Celebrations | Meetings | Parties
Picnics | Receptions | Reunions | Social Events

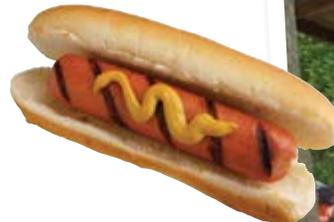
Surrounded by parkland and popular park amenities, our Park Activity Buildings are the perfect place to host birthday parties, family or class reunions, smaller meetings or workshops, and other social or business functions.



Convenient Locations | Scenic Settings | Affordable Rates



Park Picnic Areas



PARK PICNIC AREAS MAY BE USED FOR:

Family Events | Parties | Picnics | Reunions

Our picnic areas are ideal for outdoor gatherings of all kinds. Multiple shelters are located in our regional and recreational parks, where there are a variety of amenities and activities for guests. Smaller shelters, with playgrounds nearby, are located in our local parks. Two large group picnic areas with dedicated athletic fields, playgrounds, volleyball courts, and horseshoe pits, are available for larger, semi-private functions.

Check locations, availability and reserve online 24/7 at
ParkPermits.org or call 301-495-2525.





Brookside GARDENS

1800 Glenallan Avenue • Wheaton, MD 20902
301-962-1400 • www.BrooksideGardens.org



Children's Programs

Flower Buds



On the second Monday of every month, treat your 3-5 year-old to gardening activities, stories, crafts and garden walks. Younger siblings are welcome but crafts are designed for kids age 3-5. Adults must accompany children.

\$5, 10:30am-Noon

313802 Monday, June 8

Adult Programs

Make and Take

Create a garden-inspired masterpiece at Brookside Gardens!



Willow Furniture Workshop

With Bim Willow, Furniture Maker, Artist, Gardener

Come with a hammer and leave with one beautiful piece of completed bent willow furniture! Choose from twelve different projects, including four different styles of chairs, a love-seat, trellis, baker's rack, arbor and more. Bent willow furniture is the perfect rustic accent and an American tradition. Price varies depending on project chosen; choose the extra fee associated with the piece of furniture you'd like to create. Pictures of the furniture choices are available at BrooksideLearning.org. Questions? Call 301-962-1451. FOBG \$55

316549 18 & up 1 Class \$61 5/30 Sa 9:00am- 4:00pm

Herb Container Garden

With just a sunny spot on your porch, patio or front step, you can enjoy fresh herbs in your meals all summer long! Join Joan O'Rourke to pot up a fragrant collection of herbs; learn about their care, harvest and use.

Fee includes all materials for one container. FOBG \$45
316458 18 & up 1 Class \$50 6/3 W 10:00am-11:30am
316499 18 & up 1 Class \$50 6/4 Th 10:00am-11:30am

Succulent Container

Just in time for Father's Day, Joan O'Rourke has selected a new batch of interesting, low-maintenance succulents for this colorful and resilient container garden. A great gift for dad! Fee includes all materials for one container. FOBG \$50

316500 18 & up 1 Class \$56 6/18 Th 10:00am-11:30am
316501 18 & up 1 Class \$56 6/19 F 10:00am-11:30am

Cooking in the GARDENS

Cooking Demonstrations

Take a delectable series of cooking classes at Brookside Gardens! Each class focuses on healthful recipes with seasonal and local fruits, vegetables, and herbs. Enjoy samples of the dishes, prepared as you watch, using easy-to-follow recipes that you can try at home. FOBG \$30

Tarts & Pies, Sweet & Savory

Great on buffets, at picnics and for tailgating, pies and tarts are a great way to make the most of summer's bounty of fruits and veggies. Dress them up in a whole new way!

315952 18 & up 1 Class \$35
6/24 W 12:00pm- 1:30pm

Tomato Extravaganza

What we wait for all year: Sun-kissed, sun-ripened tomatoes off the vine! Enjoy the start of the season's best with four exciting new recipes from the Cook Sisters' repertoire.

315999 18 & up 1 Class \$35
7/8 W 12:00pm- 1:30pm

Garden Photography

Capture the timeless beauty of plants and gardens at Brookside Gardens!

Digital Garden Photography

With Robert E. Lyons, PhD, Professor Emeritus at the University of Delaware

Learn to use your eyes, your mind, and your camera to capture perfect moments in a garden! This hands-on workshop will focus on concepts such as composition and lighting rather than equipment. Photographers of all levels are welcome. Bring your own camera—compact and DSLR welcome—and please be very familiar with its operation. Fee includes lunch. FOBG \$83
316457 18 & up 1 Class \$92 5/21 Th 12:00pm- 4:00pm

Focus on Butterflies

Bring your tripod and enjoy two quiet hours of photography in our "Wings of Fancy" Live Butterfly and Caterpillar Exhibit before it opens to the public.

Register for one session or all of them! FOBG \$27
327299 18 & up 1 Class \$30 7/18 Sa 8:00am- 10:00am
327300 18 & up 1 Class \$30 7/19 Su 8:00am- 10:00am
327302 18 & up 1 Class \$30 8/1 Sa 8:00am- 10:00am
327303 18 & up 1 Class \$30 8/22 Sa 8:00am- 10:00am
327304 18 & up 1 Class \$30 8/23 Su 8:00am- 10:00am

Free Garden Tours

Enjoy free tours of Brookside Gardens in Wheaton or McCrillis Gardens in Bethesda. Brookside Gardens is an award-winning display garden, featuring an abundance of annual and perennial displays throughout the season. McCrillis Gardens is a naturalistic strolling garden, offering shady woodland walks and splashes of color in spring. Highly trained knowledgeable guides offer engaging horticultural tours, focusing on the plants that make each garden unique.

McCrillis Gardens Sunday Afternoon Walks

Free; registration required. Meet at McCrillis House in Bethesda at 6910 Greentree Road.

316218 18 & up 1 Class Free 5/10 Su 2:00pm- 3:00pm
316219 18 & up 1 Class Free 5/17 Su 2:00pm- 3:00pm
316220 18 & up 1 Class Free 5/24 Su 2:00pm- 3:00pm
316250 18 & up 1 Class Free 5/31 Su 2:00pm- 3:00pm

Brookside Gardens Saturday Afternoon Walks

Free; registration required. Meet at the Conservatory Entrance.

316214 18 & up 1 Class Free 5/9 Sa 2:00pm- 3:00pm
316215 18 & up 1 Class Free 5/23 Sa 2:00pm- 3:00pm
316216 18 & up 1 Class Free 6/6 Sa 2:00pm- 3:00pm

Gardening

Explore the diverse and in-depth world of cultivating plants.

Composting: At Home and Behind the Scenes

Keeping up with compost at home can be a challenge, but what about the compost produced by a 53-acre garden? Get an exclusive behind-the-scenes tour of Brookside's composting process and learn simple, practical ways to successfully recycle organic material at home. FOBG: \$20

316449 18 & up 1 Class \$22 6/11 Th 1:00pm-3:30pm

Low Tunnels and Winter Gardening

This hands-on workshop for food gardeners will teach you how to build and maintain a low tunnel and cold frame: the fundamental structures to grow food throughout the winter. Practical tips on growing food through the winter included. FOBG: \$20

316453 18 & up 1 Class \$22 7/25 Sa 10:00am-11:30am

Garden Walks, Talks and Demos

Gain an insider's knowledge on the seasonal happenings at Brookside Gardens and learn more about the areas of horticulture. Our staff will offer you a depth of knowledge that you won't get anywhere else! Dress for the weather and wear comfortable shoes.

Hummingbirds in the Garden

We all love hummingbirds! Although it seems these small birds favor the color red, the flower shape really draws them in. Lisa Tayerle, garden designer of the 2015 Rain Garden hummingbird-themed display, will reveal the importance of flower shape and recommend beautiful tropical and annual plants that will have hummers coming to call in your garden. FOBG \$5

316305 18 & up 1 Class \$6 6/25 Th 10:00am-11:30am

Environmental Gardening

How you care for your garden and yard affects the environment—make sure it's a positive effect! These programs will help you to be a better steward of your yard, garden, or community garden plot.

Conservation Landscaping Techniques

Learn how conservation-based landscaping techniques can beautify your yard and neighborhood, restore native habitats, help improve the environment, and save you time and money. FOBG: \$13

With the Montgomery County Department of Environmental Protection

316107 18 & up 1 Class \$15 5/14 Th 4:00pm-7:00pm

316100 18 & up 1 Class \$15 5/15 F 10:00am-1:00pm

Landscapes for Life

This five-part lecture series teaches you to work with nature in your garden. Conventional gardens often work against nature, damaging the environment's ability to provide natural benefits that support life on earth—including us. The good news is that even one home garden can begin to repair the web of life: healthier for you, your family, your pets, and the environment, while saving you time and money. Fee includes dinner and workbook. FOBG \$50

316150 18 & up 5 Classes \$56 7/9 Th 6:00pm-8:00pm

Xcursions

Come discover the rich horticultural tradition of the mid-Atlantic regions with Brookside Gardens! Visit gardens, public and private, go behind the scenes at nurseries, and explore the unique plants and landscaping of our region. From short, local trips to full day, out-of-state adventures, there is an Xcursion just for you. Please be sure to wear walking shoes and dress for the weather. For ages 18 & up.

Private Gardens of Mink Hollow

Visit some of the most inspiring private gardens in our area at the height of gardening season. This year's featured gardens have been artfully created by their owners over a number of years. Their passions are evident in their creations: a painter's palette of blossoms arranged by room, a veritable botanical library of specimens, gorgeous handcrafted outbuildings, whimsical design and more. Discover your inner horticulturist as you gather creative ideas and practical information for your own garden.

316830 18 & up 1 Class \$20 5/23 Sa 10:00am-4:00pm

A Visit to Ladew Topiary Gardens

Come and see why Architectural Digest named Ladew one of "10 incredible topiary gardens around the world". Gain an insider's knowledge through a tour of both the Manor House and Garden, then continue exploring at your own pace. Marvel at the 100+ topiaries, meander through the Garden Rooms, or just relax on a bench and enjoy Ladew's unique beauty. Cost includes transportation, admission, lunch at Ladew Café and tours. Note: Paths are mulched, not paved.

316802 18 & up 1 Class \$106 6/9 Tu 8:30am-5:00pm

A Permaculture Homestead

Enjoy a summer morning at local author and permaculture expert Michael Judd's homestead. We'll begin with an edible and ecological landscape tour, and a visit to their newly completed straw-bale home. Michael will cover subjects from food forests to outdoor mushroom growing. After the tour, there will be time to enjoy a picnic lunch, relax, converse, and continue exploring. Fee covers transportation, admission, and lunch.

316829 18 & up 1 Class \$65 6/12 F 8:00am-2:00pm



School of Botanical Art & Illustration

The pleasurable pursuit of drawing plants from field, woods or garden opens your eyes to see the true beauty in nature. Even a pesky weed can charm when viewed up close and drawn in detail. Enter the world of the botanical artist!

Start Drawing & Painting

If you enjoy plants and long to paint them, join us! Enter the world of the botanical artist as the teacher shares her botanical art experiences, exhibits preparatory drawings for paintings, teaches you how to draw and finish with a page of painted leaves and flowers using our unique color mixing method. Beginners and experienced artists can be sure they will all learn something new.

316665 18 & up 2 Classes \$166 7/7 Tu 10:00am-3:30pm

316666 18 & up 2 Classes \$166 7/11 Sa 10:00am-3:30pm

Brookside Gardens Children's Day

**Saturday,
September 19
11am-4pm**

BUZZING about Pollinators!

Visit the **Honey Harvest Festival** at Brookside Nature Center on the same day!





Wings of Fancy

LIVE BUTTERFLY & CATERPILLAR EXHIBIT



Wednesday, July 1 – Sunday, October 25
10:00am – 4:00pm daily

Brookside Gardens South Conservatory

Groups of 15 or more by appointment only,
call 301-962-1467 for reservations.

Brookside
GARDENS

Wings of Fancy Info Line: 301-962-1453
BrooksideGardens.org

We regret that we are unable to accommodate strollers in the Exhibit.



Montgomery Parks
FOUNDATION

MAY 1st - NOVEMBER 1st

WWW.GET-TO-KNOW.ORG



Get outside, Get inspired...

With the parks as your muse, your creativity has no bounds!



Nature Programs
in Black Hill Regional Park

Black Hill Visitor Center

20926 Lake Ridge Dr. • Boyds, MD 20841 • 301-528-3492 • www.BlackHillNature.org
Please check our website for Visitor Center hours. Trails open daily, dawn to dusk.

Children

Registration is required, and all children must be accompanied by an adult unless otherwise noted.

Babes in the Park

We'll have nature play materials out to help you explore the exciting natural world around the Visitors Center with your toddler. Siblings are welcome to come, too.

324549	1-3yrs	1 Class	Free	6/1	M	10:00am-11:00am
324550	1-3yrs	1 Class	Free	6/15	M	10:00am-11:00am
324551	1-3yrs	1 Class	Free	6/29	M	10:00am-11:00am
324552	1-3yrs	1 Class	Free	7/13	M	10:00am-11:00am
324553	1-3yrs	1 Class	Free	7/31	F	10:00am-11:00am
324555	1-3yrs	1 Class	Free	8/10	M	10:00am-11:00am
324556	1-3yrs	1 Class	Free	8/28	F	10:00am-11:00am

Fishing with Li'l Ones

Let's go fishin' like Tom Sawyer! We'll provide bamboo poles, line, and bait, then see what we can catch off of the dock at Little Seneca Lake. Meet at the pontoon boat dock located by the boat rentals. FOBH \$6

324699	3-6yrs	1 Class	\$7	6/5	F	9:00am-10:30am
324700	3-6yrs	1 Class	\$7	7/24	F	9:00am-10:30am
324701	3-6yrs	1 Class	\$7	8/14	F	9:00am-10:30am

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 \$6

Little Bennett Regional Park

Today we'll explore Little Bennett Creek. Meet at the Kingsley School House parking area on Clarksburg Road in Little Bennett Regional Park.

324767	2-12yrs	1 Class	\$7	6/14	Su	3:00pm-4:30pm
324770	2-12yrs	1 Class	\$7	8/15	Sa	3:00pm-4:30pm

Black Hill Regional Park

Today we'll explore Little Seneca Creek. Meet at the parking area around the old contact station on Lake Ridge Drive in Black Hill Regional Park.

324768	2-12yrs	1 Class	\$7	7/11	Sa	1:00pm-2:30pm
324769	2-12yrs	1 Class	\$7	7/29	W	3:00pm-4:30pm

Time for Tots

Enjoy a seasonal story, then go outside to explore nature with a Park Naturalist. FOBH \$4

Superworm

Superworm gets kidnapped—oh, no! We'll discover how his friends save him and then have some wormy fun of our own!

324653	2-5yrs	1 Class	\$5	6/4	Th	10:00am-11:00am
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Stellaluna

Stellaluna is a charming, lost little bat who learns a big lesson about friendship while up in the trees. We'll read the story and then have some batty fun together.

324654	2-5yrs	1 Class	\$5	6/16	Tu	10:00am-11:00am
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My Mud Story

Mud is squishy, mud is cool, mud is a wonderful way to spend a day. We'll play in the mud and experience it for ourselves, then tell our very own stories about the mud.

324655	2-5yrs	1 Class	\$5	7/1	W	10:00am-11:00am
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Around the Pond: Who's Been Here?

Cammy and William follow an old deer path around the pond and find lots of clues that tell them what kind of animals have been there. After reading about their adventures, we'll make a pond craft, then head out to see what animals we can find around the lake.

324656	2-5yrs	1 Class	\$5	7/16	Th	10:00am-11:00am
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Camping Day!

Sam, Pam, Will and Jill are crocodile friends with a camping plan but not much know-how. They have a great adventure while setting up their camping day. We'll read the story, make a campfire craft, then head outside to play in our very own campsite.

324657	2-5yrs	1 Class	\$5	7/28	Tu	10:00am-11:00am
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The Very Hungry Caterpillar

We'll enjoy this classic story of a hungry caterpillar and all the things he ate. Then we'll make a caterpillar craft and go outside to see if we can find any caterpillars.

324658	2-5yrs	1 Class	\$5	8/12	W	10:00am-11:00am
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Hurry and the Monarch

This is the story of a beautiful monarch butterfly and her friendship with an old tortoise named Hurry. After we read the story we'll make a monarch craft, then head outside to look for monarch butterflies.

324669	2-5yrs	1 Class	\$5	8/27	Th	10:00am-11:00am
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Advanced Fishing Camp

Babes in the Park Camp

Outdoor Rangers Camp

River Runners' Reunion Camp

Survival Skills Camp:
Following Ancient Pathways

Wild About Water Camp

Visit MontgomeryParks.org/Camps for more info!



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). Please also register adults. Meet at the pontoon boat dock by the boat rental area. FOBH \$4

Canada Goose

324749 3 & up 1 Class \$5 6/11 Th 10:00am-11:00am

Beavers

324750 3 & up 1 Class \$5 6/23 Tu 10:00am-11:00am

Dabblers and Divers

324751 3 & up 1 Class \$5 7/8 W 10:00am-11:00am

Turtles

324752 3 & up 1 Class \$5 7/23 Th 10:00am-11:00am

Dragonflies

324753 3 & up 1 Class \$5 8/4 Tu 10:00am-11:00am

Critters around the Lake

324754 3 & up 1 Class \$5 8/19 W 10:00am-11:00am

Li'l Scientists

Kids make great scientists and nature provides the best laboratory! Join a Park Naturalist as we explore the awesome world of science for little ones, all around the park. FOBH \$4

324799 3-5yrs 1 Class \$5 6/20 Sa 3:00pm- 4:00pm

324802 3-5yrs 1 Class \$5 8/1 Sa 3:00pm- 4:00pm

Science Sunday

Science is awesome, messy, and fun! Join a Park Naturalist as we explore the awesome world of science around the park. FOBH \$6

Stream Scientists

Streams are alive! We'll head out in search of the tiny critters that can tell us all about the health of our streams. Please wear clothes that you don't mind getting wet and dirty. Meet at the Visitor Center.

324861 6-12yrs 1 Class \$7 6/21 Su 3:00pm- 4:30pm

Plant Scene Investigation

We're being invaded by non-native plants! It's up to you to investigate the invasion and try to determine which plants are invaders and which ones are native. All your science skills will be put to the test to solve this scene.

324860 6-12yrs 1 Class \$7 8/2 Su 3:00pm- 4:30pm

NEW! Free Range Kids

Come explore nature your way. We'll head into the woods, the meadow, or the stream to explore and play. Maybe we'll build a fort or maybe we'll snoop in the stream. Whatever we do, you'll get dirty, dusty, wet, and muddy while out on a grand adventure with a Park Naturalist. FOBH \$4

324999 6-12yrs 1 Class \$5 6/24 W 10:00am-11:00am

325000 6-12yrs 1 Class \$5 7/21 Tu 10:00am-11:00am

325001 6-12yrs 1 Class \$5 8/26 W 10:00am-11:00am

Storytime under the Trees

Join us for a story under the trees, followed by outdoor activities together. Bring a blanket, and wear shoes you don't mind getting muddy. FOBH \$4

Mud Pies & Cakes

June is National Mud Month! Let's celebrate by making mud pies and cakes after enjoying a story by John Cage. 325050 2-6yrs 1 Class \$5 6/28 Su 10:00am-11:00am

Natural Yogis

Nature and yoga provide essential therapeutic benefits to children of all ages. Join certified Child Light yoga instructor Lanie Lile and a Park Naturalist monthly to explore varying themes in nature that will help children become more at ease in their world. FOBH \$9

Summer Sun

325053 2-5yrs 1 Class \$10 6/28 Su 1:00pm- 2:00pm

Let's Be Fish

325054 2-5yrs 1 Class \$10 7/19 Su 10:00am-11:00am

Outdoor Classroom Explore-a-Thon

Want to jump like a frog? Dig a hole to China? Search for spineless wonders? Then join us in the outdoor classroom exploration areas at the Black Hill Visitor Center. Staff will guide children through a variety of activities that are sure to be fun and inspiring. Dress for the weather and pack a snack and water.

325150 5-12yrs 1 Class Free 7/12 Su 1:00pm- 3:00pm

325151 5-12yrs 1 Class Free 7/25 Sa 1:00pm- 3:00pm

325152 5-12yrs 1 Class Free 7/26 Su 1:00pm- 3:00pm

325153 5-12yrs 1 Class Free 8/22 Sa 1:00pm- 3:00pm

Programs for All

All attending must register and pay. Children must be accompanied by an adult.

Bats & Beavers Pontoon Boat Cruise

Join us for a sunset cruise aboard the pontoon boat. We'll search for beaver lodges, feeding sites and (hopefully) beavers! As the sun sets, we'll use our bat detector to help us find feeding bats. Please register and pay for all participants. Meet at the pontoon boat dock located by the boat rentals. FOBH \$6

324600 6 & up 1 Class \$7 6/2 Tu 7:00pm- 8:30pm

324601 6 & up 1 Class \$7 6/11 Th 7:00pm- 8:30pm

324602 6 & up 1 Class \$7 6/15 M 7:00pm- 8:30pm

324603 6 & up 1 Class \$7 7/1 W 7:00pm- 8:30pm

324604 6 & up 1 Class \$7 7/6 M 7:30pm- 9:00pm

324605 6 & up 1 Class \$7 7/23 Th 7:00pm- 8:30pm

324606 6 & up 1 Class \$7 7/31 F 7:00pm- 8:30pm

324607 6 & up 1 Class \$7 8/10 M 7:00pm- 8:30pm

324608 6 & up 1 Class \$7 8/20 Th 6:30pm- 8:00pm



Beginning Recreational Kayaking

Kayaking is even more fun than it looks! Come learn how to paddle on flat water in recreational solo kayaks on Little Seneca Lake. Learn basic strokes, entries and exits, boat control, and more, taught by certified American Canoe Association

instructors. We won't roll, but you'll get wet, so dress accordingly. You must be able to swim. All necessary equipment provided. Please wear water-friendly clothing and hat, strap-on water sandals or shoes (no slip-on sandals, please) and bring water and sunscreen. Meet in front of the gazebo by the pontoon boat dock and boat rental area. FOBH \$16

324649	12 & up	1 Class	\$18	6/3	W	6:30pm-8:30pm
324650	12 & up	1 Class	\$18	6/7	Su	9:00am-11:00am
324651	12 & up	1 Class	\$18	7/11	Sa	9:00am-11:00am
324652	12 & up	1 Class	\$18	8/15	Sa	9:00am-11:00am

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 Feeders

324712	All Ages	1 Class	\$2	6/6	Sa	1:30pm-3:30pm
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Butterflies

324713	All Ages	1 Class	\$2	8/23	Su	1:30pm-3:30pm
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Let's Build a Nature Fairy Garden

We're building a nature fairy garden outside of the Visitor Center and we'd love your help! We need to build furniture, houses, walkways and more for the little nature fairies that live in our gardens. Construction will take place all summer long so be sure to come back; each time we'll be doing something new. No registration necessary.

324735	All Ages	1 Class	Free	6/7	Su	1:00pm-3:00pm
324741	All Ages	1 Class	Free	7/5	Su	1:00pm-3:00pm
324745	All Ages	1 Class	Free	8/2	Su	1:00pm-3:00pm

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, get some helpful hints, and then head outside to start looking. When you've finished, come back to the Visitor Center to get a prize. No registration required—drop in any time during program hours!

324747	All Ages	1 Class	Free	6/7	Su	1:30pm-3:30pm
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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

324764	3 & up	1 Class	\$6	6/14	Su	1:00pm-2:00pm
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Bring on the Birds: Birding for Beginners

Come find out why 50 million Americans are birders and bird watchers. Meet in the Visitor Center to go over some bird-watching basics, including using a field guide and binoculars. Then we'll go out and do some birding! FOBH \$9

324793	16 & up	1 Class	\$10	6/20	Sa	9:30am-12:00pm
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Campfires at Black Hill

Nothing is like being at a campfire under the stars. Join a Naturalist for themed songs, stories, games, and of course, s'mores around the fire. Meet at the Visitor Center and bring a chair or blanket. FOBH \$4



Fireflies

Fireflies are amazing insects that tell us summer is truly here. We'll talk about fireflies and see if we can catch a few while we enjoy the campfire and s'mores.

324849	2 & up	1 Class	\$5	6/20	Sa	8:00pm-9:00pm
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Moth Madness

Did you know there are more species of moths than butterflies? Join us for an enlightening campfire and some moth theater!

324850	1 & up	1 Class	\$5	7/18	Sa	8:30pm-9:30pm
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Campfire Songs

Join us for a fun evening of singing around a campfire. It's the perfect way to end summer.

324851	2 & up	1 Class	\$5	8/29	Sa	7:30pm-8:30pm
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Family Fishing Fun!

Fishing is fun for the whole family! We'll show you how to set up a simple bobber rig, bait your hook, and give you some tips on casting. We'll provide the bait and rigging supplies - you just need to catch the fish! We have fishing poles you can borrow, but if you have your own bring it along. Please register only those planning to fish. All registrants 16 and over must have a current Maryland fishing license. Meet at the pontoon boat dock by the boat rentals. FOBH \$9

324855	3 & up	1 Class	\$10	6/21	Su	11:30am-1:30pm
324856	3 & up	1 Class	\$10	7/10	F	9:30am-11:30am
324857	3 & up	1 Class	\$10	8/8	Sa	9:00am-11:00am
324858	3 & up	1 Class	\$10	8/30	Su	9:00am-11:00am

Father's Day Pontoon Boat Ride

It's Father's Day, and Dad deserves a treat. So bring him out for a pontoon tour of Little Seneca Lake and let him enjoy the beauty around him with people he loves. Enjoy a tasty treat while cruising the lake looking for nature activity. Meet at the pontoon boat dock by the boat rental area. FOBH \$6

324899	5 & up	1 Class	\$7	6/21	Su	7:00pm-8:30pm
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Nature Programs
in Black Hill Regional Park



Birthday Parties at Black Hill Visitor Center
Call 301-528-3492 for more information.

Come visit us when we participate in the Little Bennett Campground's Great Outdoors Festival on Saturday July 25





Stargazing at Black Hill

Open skies around the Visitor Center offer spectacular moon- and star- gazing. Join us for seasonal tours of the heavens above—no passport required! See program details for a preview of what we hope to see. Overcast skies usually cancel the program, so be sure to register so we can notify you directly.

Venus and Jupiter Together

Tonight we'll get a preview of the July 1st conjunction of the two brightest planets, Venus and Jupiter. We'll also look for summer constellations such as Lyra the Harp and Cygnus the Swan. Telescopes will be set up to provide close-up views of Jupiter, Venus, Saturn, star clusters, the moon, and more! Rain date is Saturday, June 27.

Family Hike Club

The first rule of Hike Club is to have fun! Bring the kids, Grandma, Grandpa, Cousin Eddie and the dog with you and hike together on the trails. Each family-friendly hike will be around two to three miles long. Please dress for the weather, bring water and be sure to register all hikers; kids hike free! FOBH \$6/Adult

Black Hill: Cabin Branch

Meet at the gravel parking lot across from the boat ramp on Black Hill Road in Black Hill Regional Park.

Black Hill: Little Seneca Creek

Meet at the parking area by the old brown contact station on Lake Ridge Drive; park on either side of the median.

Little Bennett

Meet at the Kingsley School House Parking Lot on Clarksburg Road in Little Bennett Regional Park.

A History of Black Hill's Bald Eagles

Black Hill Regional Park is honored to be a home to our national bird, the bald eagle. Learn the local history behind our resident eagles. We'll also visit a few of their favorite perches and try to catch a glimpse of one of these magnificent birds.

Summer Wildflowers of Little Bennett

Mid-July is peak time for summer wildflowers in Little Bennett Regional Park, with the first explosion of goldenrods in the meadow and some special forest flowers as well. We'll start early to minimize time in the heat. Bring your favorite field guide, water and a camera. Meet at the Wilson Mill Parking area on Clarksburg Road in Little Bennett Regional Park.

Music in the Meadow

Want to experience our beautiful meadow in a whole new way? Bring a blanket, a picnic lunch and enjoy live music in our meadow. No need to register for this free event! Meet in the meadow next to the Visitor Center.



Hike to Cool Spring

Yes, it's hot out there. But why not get some exercise, enjoy the great outdoors and delight in some slightly cooler temperatures along Cool Spring Run? Join a Park Naturalist for a hike to the spring and along the edge of Little Seneca Lake. Meet at the Visitor Center. Wear hiking shoes or boots and a hat, and bring water.

Educator Ice Cream Social

Think ice cream is sweet? Wait 'til you get a taste of the amazingly fun (and educational) programs we can offer your students! Teachers, school administrators and their families are invited to join us for an ice cream social where we'll have information and demonstrations of the excellent programs we can offer your students.

Get Lost!

Are you looking for a family adventure? Then join us for an introduction to getting lost! Okay, not really "lost"... we mean orienteering, geocaching, and letterboxing. We'll teach you a little bit about each activity and let you practice some new skills to get ready for your own fun family adventure.

Adults

Registration required unless otherwise noted.



Nature Grandparents

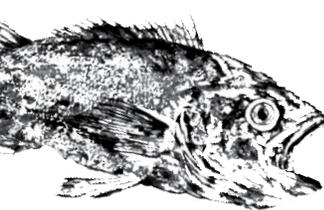
If you love nature and want to encourage your grandkids to do the same, we can help! In these workshops, our Naturalists will share ideas and activities that you can use to motivate your grandchildren to get outside, explore, and love nature as much as you do (whether they're in town or across the country!).

Sharing Nature

Today we'll share a variety of tools (email, snail-mail, Skype, and social media programs like Facebook and Pinterest, etc.) you can use to help your grandkids connect with nature. Plus, fellow nature-loving grandparents will be on hand to share first-hand stories, tips and tricks.

Outdoor Play

In this class we'll explore how kids play in nature and how grandparents can help them learn new skills through nature play. We'll also check out the outdoor classroom areas in our park and talk about ways to incorporate these ideas into everyday play.



Fish Prints

Fish printing started in Japan over one hundred years ago so fishermen could record the size of their catches. We'll use the same time-tested technique and have lots of fun creating beautiful, messy art.

325249 4 & up 1 Class \$5 7/19 Su 1:00pm-2:00pm

325149 6 & up 1 Class \$7 7/12 Su 10:30am-12:00pm

325056 3 & up 1 Class \$7 6/30 Tu 10:00am-11:30am

325057 3 & up 1 Class \$7 7/15 W 10:00am-11:30am

325099 3 & up 1 Class \$7 8/1 Sa 9:00am-10:30am

325250 13 & up 1 Class Free 7/20 M 9:00am-11:00am

325251 All Ages 1 Class Free 8/2 Su 12:00pm-2:00pm

325299 5 & up 1 Class \$5 8/9 Su 10:00am-11:30am

325399 All Ages 1 Class Free 8/26 W 5:00pm-7:30pm

325350 6 & up 1 Class \$10 8/30 Su 1:00pm-3:00pm

325399 All Ages 1 Class Free 8/26 W 5:00pm-7:30pm

325399 All Ages 1 Class Free 8/26 W 5:00pm-7:30pm

325399 All Ages 1 Class Free 8/26 W 5:00pm-7:30pm

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325399 All Ages 1 Class Free 8/26 W 5:00pm-7:30pm

325399 All Ages 1 Class Free 8/26 W 5:00pm-7:30pm



Nature Grandparents (cont.)

Places to Go

There are so many wonderful natural places to take your grandchildren to help them gain a love and appreciation of the natural world. Today we'll talk about what makes a place great to take kids, including some local gems! We'll discuss items to take along with you and things to think about that'll make it a trip to remember.

324599 18 & up 1 Class \$5 8/4 Tu 10:30am-11:30am

Explore a Park

New to the area or just want to get out for a hike? Explore different parks in Montgomery County with an experienced Naturalist. Hike lengths vary with the pace of each group. Please dress for the weather in appropriate hiking gear.

Family Edition in Black Hill

It's National Trails Day! So bring your family or grab a friend and join us for a hike in Black Hill Regional Park, the county's second largest and our home park. Strollers welcome! Meet at the Visitor Center.

324702 1 & up 1 Class Free 6/6 Sa 9:00am-10:30am

Seneca Creek Greenway

Today we'll do an out-and-back hike on a section of the Seneca Creek Greenway Trail. Marvel at a natural rock bridge and get some spectacular views down into the Great Seneca Creek stream valley on this moderately strenuous hike. Meet at the parking area on Watkins Mill Road, Gaithersburg, MD 20879, between Greenriver Terrace and Apple Ridge Road.

324703 18 & up 1 Class Free 8/23 Su 9:00am-11:00am

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 three or four hours on moving water, so you should be proficient at basic strokes and comfortable paddling flat water for a few hours at a time. We'll do a quick review of moving water safety considerations and maneuvers. This is not an instructional course, so if you've never paddled, try Beginning Kayaking first. Fee covers kayak, paddle, PFD, dry bag, and round-trip transportation from Black Hill to river locations. FOBH \$65

324759 18 & up 1 Class \$70 6/13 Sa 8:00am-5:00pm

324760 18 & up 1 Class \$70 7/26 Su 8:00am-5:00pm

324761 18 & up 1 Class \$70 8/22 Sa 8:00am-5:00pm

NEW! Hiking Historic London Town

Let's explore Historic London Town on the South River in Anne Arundel County! We'll get a guided tour of the William Brown House and hike the eight-acre Woodland Gardens, paying special attention to the bio-retention area and green roof at the Visitor Center. Bring water and a bagged lunch for a picnic. Please wear comfortable shoes and expect areas of uneven ground. Van transportation provided; meet at the Visitor Center. FOBH/\$40

324787 18 & up 1 Class \$45 6/18 Th 9:00am-4:00pm

Hike Club

The first rule of Hike Club is to have fun! Get some fresh air and exercise, make new friends, and immerse yourself in trails and scenery we don't often make time to experience. FOBH \$9

Little Bennett Was a Breeze

This 9.8-mile hike through forests, ridgelines, stream valleys, and wetlands will cover most of Little Bennett Regional Park. Meet at the Wilson Mill parking area on Clarksburg Road in Little Bennett Regional Park.

325049 18 & up 1 Class \$10 6/27 Sa 9:00am-1:30pm

PG County Wetlands Tour

Take a trip to visit two unique wetland areas in Prince George's County. Wetlands come in different varieties, and an uncommon type for our area is a bog. Suitland Bog has variety of rare and threatened plants that thrive only in this habitat. A Park Ranger will lead our tour, which will include a stop at Cheltenham Wetlands Park with its boardwalk and scenic overlooks. We'll look for birds and other wildlife that specialize in living in wetlands. We'll finish our day at Clearwater Nature Center exploring the exhibits, gardens and birds of prey, including a bald eagle. Bring a bagged lunch, lots of water, sunscreen and bug repellent, and come ready to hike! Van transportation provided; meet at the Visitor Center. FOBH \$35

325199 18 & up 1 Class \$40 7/14 Tu 8:30am-3:30pm

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. Basic paddling experience necessary (this is not a lesson). We'll supply boats, paddles, and PFDs. Meet in front of the gazebo by the pontoon boat dock and boat rental area. FOBH \$18

325200 18 & up 1 Class \$20 7/15 W 6:30pm-8:30pm

325202 18 & up 1 Class \$20 8/13 Th 6:00pm-8:00pm

325201 18 & up 1 Class \$20 8/21 F 7:30am-9:30am

Hiking Sideling Hill Creek Preserve

The Nature Conservancy's Sideling Hill Creek Preserve is home to one of the most pristine streams in Maryland, as well as twelve rare, endemic plants that grow in its shale barrens community. Join us to hike and explore this amazing 704-acre area. Be sure to dress for the weather and wear hiking shoes. Don't forget a bagged lunch, snacks and plenty of water. Sunscreen and bug repellent are also recommended. Meet at the Visitor Center; van transportation provided. FOBH \$40

325349 18 & up 1 Class \$45 8/12 W 7:30am-4:30pm

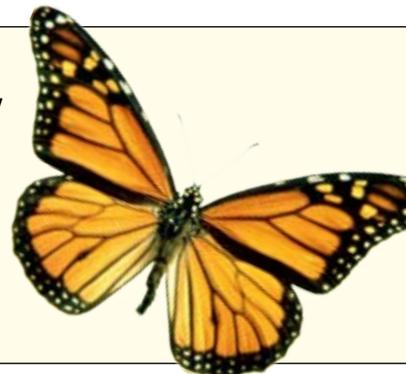
Monarch Fiesta Day!

Join our celebration of the Monarch butterfly and its amazing annual migration to Mexico!

Saturday, September 19, 10am-3pm

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!





in search of Historic Sites volunteers

301-650-4373 ♦ HistoryInTheParks.org

Share your love of history, the great outdoors, agriculture and rusty old buildings with visitors of all ages and become a trained volunteer tour guide!

FREE training (and cool hats) provided. Volunteer opportunities meet SSL requirements. Visit our website for more information.



**Oakley Cabin African American Museum & Park
Underground Railroad Trail ♦ Kingsley Schoolhouse
Josiah Henson Park ♦ Agricultural History Farm Park**



Connect *with* Parks

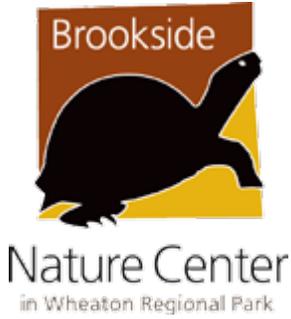
Find out about all kinds of things to do and explore in M-NCPPC Montgomery Parks!



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Tell us how we're doing!
MontgomeryParks.org/connect





Brookside Nature Center

1400 Glenallan Avenue • Wheaton, MD 20902 • 301-962-1480 • www.BrooksideNature.org
Open Tuesday–Saturday, 9am–5pm; Sunday, 1–5pm. Trails open daily, dawn to dusk.

Weekday Programs at Brookside Nature Center

Nature Exploration at Wheaton Regional Park Playground

There's a lot more going on in Wheaton Regional Park than swings and slides! Explore cool things that are happening right in front of you with a Brookside Nature Center naturalist. We'll look at a new nature topic each month. Meet at the playground; rain cancels program. Thursday • June 11, July 9 and August 13 • 10:30-11:30am
Ages 2-12 with parent/adult • FREE



Birthday Parties at Brookside Nature Center
Call 301-962-1480 for more information.



Pond-Side Picnics

What could be better than a picnic and splashing in a stream on a sunny summer day? Bring your favorite picnic lunch for a pond-side picnic, then enjoy a cool hour of fun and exploration with a naturalist-led stream splash. All ages welcome; rain cancels program. Tuesdays • June 16, July 21 and August 18 • 11am-1pm
Ages 4-12 with parent/adult • FREE



Back in Time at the Harper 1870s Homestead

Step back in time and just imagine what life must have been like living in a cabin such as this. Where would you sleep? What would you eat? What would your day be like? Each time you visit, you'll experience a new activity at the cabin. Learn to grind oats, wash clothes by hand, shell corn, make butter, play some old-time games and more! Old-time possibilities abound, so don't miss out! *Please register and pay for children only. Children must be accompanied by an adult.*

324349	4-12yrs	1 Class	\$6	6/23	Tu	10:30am-11:30am
324350	4-12yrs	1 Class	\$6	7/28	Tu	10:30am-11:30am
324351	4-12yrs	1 Class	\$6	8/25	Tu	10:30am-11:30am



Ladies' Hike Out: Summer

Take a free naturalist-led hike with us this summer! Get some fresh air and exercise, and learn something new about the beautiful nature all around you. Please wear suitable hiking garb and bring food, water and binoculars. We'll cover two to three miles on natural surface trails (unless otherwise noted). Directions to hiking sites will be emailed to people who register prior to the date.

Hello, Summer! Magruder Branch Stream Valley

The northeast reaches of Montgomery County have so much to offer in terms of wild places. On this hike we'll follow the meandering Magruder Branch trail as it bisects forest and field. En route on this two- to three-mile hike, we'll attend to the signs of summer, from nesting birds and buzzing insects to lingering spring flowers. Come for the exercise, the comradery and to welcome summer!

Friday, June 5 • 9:30-11:30am • Ages 18 and up
FREE • Register for ParkPASS #324449

Farewell to Summer: Little Bennett Regional Park

The days are gradually edging toward autumn, and in their wake lay summer memories. We'll create just one more memory on our evening walk along Little Bennett Creek. Listening to birds and water, watching the sun set over the field, catching a last glimpse of a retiring butterfly, we'll mark the transition of seasons. Expect to cover about three miles on natural surface, mainly level trails. Bring water and insect repellent if you like.

Saturday, August 29 • 9:30-11:30am • Ages 18 and up
FREE • Register for ParkPASS #324450

Weekends at Brookside Nature Center

Looking for things to do with your family that are fun, educational and exciting? Brookside Nature Center is the place to be! These weekend programs are **FREE** and do **not** require registration.



Brookside Nature Center Walkabouts

Take a walk with a naturalist on nearby trails to discover what's happening in nature around Brookside Nature Center. One day we might learn how to identify

trees, another day we'll go birdwatching. The next week we may learn about and look for invasive plants, or hang out at the pond looking at what lives there. You never know what nature will share, so be here each week for all the fun!

Every Saturday • June 6 through August 29 • 10-11am
Ages 3 & up with parent/adult • FREE



Sunday Storytimes

Your young children will love this adventurous storytime! Each week we'll read a wonderful new story about all kinds of plants and animals, then take a short walk to experience nature first-hand.

Every Sunday • June 7 through August 30 • 3-3:30pm
Especially designed for ages 3-6 with parent/adult • FREE



The Naturalist's Attic

Drop by the nature center any time between 1 and 3pm on Saturdays and have fun learning about all the fascinating (and sometimes just downright odd) things we've collected and kept there over the years. You'll see, touch and smell everything from bird's nest and bones to cool rocks and real beaver skins.

Every Saturday • June 6 through August 29 • 1-3pm
Ages 2 & up with parent/adult • FREE

Meet the Animals

Get to know the animals that call Brookside Nature Center home! Come say hello to our snakes, turtles, frogs, spotted salamander, toad and bees; and learn about each animal's natural habits and habitats from a naturalist. What do they eat? Where did they come from? Come find out! All ages are welcome. FREE.



Every Saturday • June 6 through August 29 • 11-11:30am
Every Sunday • June 7 through August 30 • 1:30-2pm



Nature Programs for Everyone

- Homeschool groups
- Scout groups
- Seniors
- Mommy & Me/Daddy & Me groups
- Church groups

You deserve the very best nature programs! Brookside Nature Center offers hands-on, experiential programs year-round for groups as small as 10 people, from preschool kids to seniors.

Choose from a wide variety of topics, including Meet the Honeybees, Weather Watchers, Feathered Friends, Mammals of Montgomery County, and many more. Programs vary in length from 45 minutes to 1.5 hours, and are tailored to your group's educational level and interests.

Our staff's expertise and love of nature will help your group learn to love and respect nature and have a great time! For kids, these programs will also help increase their problem-solving, language and observational skills.

Visit our website and click on the "Group Programs" tab or call us today for more information.

BrooksideNature.org | 301-962-1480



Saturday,
July 25
10am-2pm

If you love the great outdoors, join us!

Hayrides Tours of the Campgrounds • Guided Hikes • Games & Prizes • Arts & Crafts
Live Music • Rescue Dog Demos • Rock Climbing Wall • STEM Science Van
Corn Hole Tournament • Pitch-a-Tent Contest • Dog Adoptions!

Exhibits & Activities with...

Audubon Naturalist Society
Black Hill Boats & Lake Needwood Boats
Black Hill Visitor Center Naturalists
Boy Scouts of America
(National Capital Area Council, Potomac District)
4H Helping Hands
Friends of Ten Mile Creek Alliance
Go Ape Zip Line & Treetop Adventure
Hyattstown Mill Arts Project
Izaak Walton League of America
Maryland-National Capital Park Police
Maryland Bluebird Society
Montgomery County Animal
Response Team (CART)

Mid-Atlantic D.O.G.S. Search & Rescue
Mid-Atlantic Hiking Group
Montgomery County
Department of Environmental Protection
Montgomery Parks Archaeologists
(Cultural Resources & Stewardship Division)
Montgomery Parks Tree Stewards
Montgomery Parks Volunteer Services
Montgomery Parks
Planning & Stewardship Division
Reach Out Rescue and Resources
Seneca Valley Trout Unlimited
Tails of Hope
Quantico Orienteering Club
Whole Foods Market, Kentlands



Visit our webpage for details about
our great Hike-In Camping Area and
brand-new Horse Trailer Camping Area!



LittleBennettCampground.com

23705 Frederick Road • Clarksburg, MD 20871 • 301-528-3430 • Like us on 



Nature Center
in Cabin John Regional Park

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.

Programs for All

All attending must register and pay.
Children must be accompanied by an adult.

Evening Stream Splash and Campfire

Gather 'round for a campfire cookout! Please bring your own hot dogs and rolls, and we'll provide the s'mores. After dinner, we'll go down to the stream to wade around and see what lives under the rocks and leaves. Please wear closed-toe shoes that you don't mind getting wet. Children must be accompanied by an adult. Please register and pay for adults and children.

325703 4 & up 1 Class \$6 6/26 F 6:00pm-7:30pm
325749 4 & up 1 Class \$6 8/7 F 6:00pm-7:30pm

Campfire and Nature Walk

Join us for a picnic around the campfire, then enjoy an evening walk with one of our naturalists. Please bring your own hot dogs and rolls, and we'll bring the makings for s'mores. Please register and pay for adults and children.

325699 3 & up 1 Class \$6 7/10 F 6:00pm-7:30pm

Summer Firefly Hike

Come learn about everybody's favorite luminous beetle, the firefly. With glowing eggs, luminous larvae, and flashy hindquarters, what's not to love?

Please register and pay for adults and children.

325750 5 & up 1 Class \$3 7/17 F 8:00pm-9:00pm

Katydid What?

Join us to listen to the summer love songs of the insect chorus. We'll learn to tell a katydid from a cricket, and a cicada from a frog as we tune our ears to summer's nocturnal serenade. Please register and pay for adults and children.

325799 3 & up 1 Class \$3 8/21 F 8:00pm-9:00pm



Summer Camp

AT LOCUST GROVE NATURE CENTER

Nature Tykes

These half-day camps are just right for preschool explorers! For Ages 4-5.

Bugs Galore

311399 5 Classes \$165 6/15-19 M-F 9am-Noon

Furry Forest Friends

311649 5 Classes \$165 6/29-7/3 M-F 9am-Noon

Animal Tracks, Tails & Teeth

311700 5 Classes \$165 8/10-14 M-F 9am-Noon

WAITLIST Nature Film School Camp

Award-winning film producer Adam Lubkin teaches campers how to design and document natural subjects, and produce a film to screen for friends and family. Extended care available. For Ages 7-10.

311299 5 Classes \$340 7/6-10 M-F 9am-3:30pm

WAITLIST Creative Critters

Children who love art and nature will have a wonderful time discovering the lives and handiwork of nature's artists, then create their own natural masterpieces.

Extended care available. For Ages 6-10.
311754 5 Classes \$290 7/13-17 M-F 9am-3:30pm

WAITLIST Wild in the Woods Camp

Come to a camp where it's okay to act like a wild animal! We'll prowl, growl, swim and slither to learn about the lives of our wild neighbors. Extended care available. For Ages 6-10.

312449 5 Classes \$290 7/20-24 M-F 9am-3:30pm

WAITLIST Once Upon a Time in a Cabin

Take a trip into the past, when life was wild and food was wilder. Kids will learn how to find food, light up a room, live without electronics, and much more. Extended care available. For Ages 6-10.

312650 5 Classes \$290 7/27-31 M-F 9am-3:30pm

WAITLIST Mysterious Nature

Explore forest and streams to find answers to questions like where do fish go? What do toads do? Do buzzards buzz? Do trees talk? Outdoor fun, nature arts & crafts and games. Extended care available. For Ages 6-10.

311851 5 Classes \$290 8/3-7 M-F 9am-3:30pm

WAITLIST Nature Nuggets

From tiny turtles and miniscule mice to bitty bats and diminutive ducks, we'll explore the natural world to find some of its smallest (and cutest) wonders. Extended care available. For Ages 6-10.

312599 5 Classes \$290 8/10-14 M-F 9am-3:30pm



Should You Volunteer with Montgomery Parks?

Take this simple quiz and find out! Would you rather...

Column A

- Save a forest
- Save a stream
- Garden
- Fix up trails
- Plant native plants
- Observe trees
- Help a Naturalist



OR
OR
OR
OR
OR
OR
OR

Column B

- Help teach ice skating
- Play games
- Lead history tours
- Teach kids
- Hang art shows
- Publicize events & programs
- Get crafty



Good news! If you checked any box in either column, there's a great volunteer opportunity waiting for you in Montgomery Parks. Make friends, get fit, learn things, help out, and have fun!

Here are just a few of the volunteer positions open this summer:



SUMMER CAMP COUNSELORS

At Nature Centers, Ice Arenas and Brookside Gardens.

TOUR/TRAIL GUIDES

At historic sites like the Underground Railroad Experience Trail, Josiah Henson Park, or Oakley Cabin African American Museum & Park.

TRAIL WORKDAY VOLUNTEERS

Pick as many dates as you'd like.

BUTTERFLY EXHIBIT VOLUNTEERS

Ticket Takers and Flight Attendants needed!



WEED WARRIORS

Battle non-native invasive (NNI) plants in the forest!

NATURE CENTER HOSTS

Greet the public, answer questions, help with programs and more!

NATURALIST AIDES

Help with nature programs, events and exhibits.

GARDENERS

At Brookside Gardens or one of the four Nature Centers.



Curious? Go to www.ParksVolunteers.org and click on

“Search and apply for all volunteer opportunities,” then “Search by Interest.”



www.ParksVolunteers.org | 301-495-2504



Meadowside Nature Center

5100 Meadowside Lane • Rockville, MD 20855 • 301-258-4030
 MeadowsideNature.org • Meadowside@montgomeryparks.org
 Open Tuesday–Saturday, 9am–5pm. Trails open daily dawn to dusk.

Children

Registration is required and children must be accompanied by an adult unless otherwise noted.

Tyke Hikes

Come and discover the bustling world around the nature center. Take a nature mini-hike and make a craft to take home.

Fish

324732 2-3yrs 1 Class \$5 6/17 W 10:30am-11:15am

Birds

324733 2-3yrs 1 Class \$5 7/15 W 10:30am-11:15am

Turtles

324734 2-3yrs 1 Class \$5 8/12 W 10:30am-11:15am

Splish-Splash, Drip, Plop

Wade in the water to see what's swimming, diving, and living in the stream. Wear shoes you don't mind getting wet (for your safety, don't wear flip-flops or backless sandals). Registration required.

324659 3-12yrs 1 Class \$5 6/19 F 1:00pm-2:00pm

324661 3-12yrs 1 Class \$5 6/26 F 1:00pm-2:00pm

324662 3-12yrs 1 Class \$5 7/10 F 1:00pm-2:00pm

324663 3-12yrs 1 Class \$5 7/24 F 1:00pm-2:00pm

324664 3-12yrs 1 Class \$5 8/7 F 1:00pm-2:00pm

324665 3-12yrs 1 Class \$5 8/21 F 1:00pm-2:00pm

Explore a Stream

What lives in the stream? We'll wade into the water and use nets to look for crayfish, fish, and insects. Wear shoes that you don't mind getting wet (for your safety, don't wear flip-flops or backless sandals).

324559 3-12yrs 1 Class \$5 6/27 Sa 1:00pm-2:00pm

324561 3-12yrs 1 Class \$5 8/8 Sa 1:00pm-2:00pm

Gone Fishin'

What will you catch from the shore of Lake Needwood? We'll supply fishing poles, bait and fishing tips. Meet at Lake Needwood Boat House (15700 Needwood Lake Circle, Rockville, MD 20855).

324762 7-10yrs 1 Class \$5 7/22 W 6:00pm-7:00pm

324763 7-10yrs 1 Class \$5 8/19 W 6:00pm-7:00pm

Programs for All

All attending must register and pay, unless otherwise noted. Children must be accompanied by an adult.

Early Summer Walk in the Woods

Join us for a leisurely naturalist-led walk through the woods. We'll go on a scavenger hunt while we identify trees, listen for birds, and watch for insects.

324755 3 & up 1 Class \$5 6/13 Sa 9:30am-10:30am

Thursday Night Campfires

Spend your Thursday evenings at our campfire roasting marshmallows and enjoying a movie or a naturalist-led program. Register all participants; fee is for children only.

Campfire for Dads (and Families!)

Enjoy dinner with dad around the campfire just before Father's Day! Then learn about some "wild" fathers. Bring your own hot dogs and drinks; we'll supply buns, fixin's, and s'mores!

324736 3 & up 1 Class \$8 6/18 Th 6:30pm-7:30pm

Amphibians Campfire

Ribbit! Croak! Peep! Get a close-up look at some of our resident frogs and toads.

324737 3 & up 1 Class \$5 6/25 Th 7:00pm-7:45pm

Cricket in Times Square

A movie and marshmallows!

324738 3 & up 1 Class \$5 7/2 Th 8:00pm-8:45pm

Magnificent Moths

Summer nights are a great time to observe and learn about moths. We'll see how many different kinds of moths visit our moth lure, then finish the evening with a toasty treat.

324739 3 & up 1 Class \$5 7/9 Th 8:30pm-9:15pm

Paul Bunyan

A movie and marshmallows!

324740 3 & up 1 Class \$5 7/16 Th 8:00pm-8:45pm

Reptiles

Get a close-up look at some of our resident reptiles.

324742 3 & up 1 Class \$5 7/23 Th 7:00pm-7:45pm

Disney Double Feature:

The Litterbug/The Sorcerer's Apprentice

Two movies and marshmallows!

324743 3 & up 1 Class \$5 7/30 Th 7:30pm-8:15pm

Insects

Get a close-up look at some of our resident insects and bugs.

324744 3 & up 1 Class \$5 8/6 Th 7:00pm-7:45pm

Pawpaw Festival

Sunday,
September 13
Noon–4pm

Apple Festival

Friday,
September 25
6–8pm

Volunteer opportunities exist for both festivals. SSL-approved



Meadowside Nature Center will be closed on **July 4** for **Independence Day**.





Storytime on Lake Needwood

Take a storytime cruise around the lake aboard the *Needwood Queen* pontoon boat. We'll read a story on-board then look for what's swimming, soaring, and standing nearby. You must register and pay for all participants (\$6/child, \$2/adult; no underage siblings). Meet at Lake Needwood Boathouse, 15700 Needwood Lake Circle, Rockville, 20855.

Geese and Ducks

324666	3 & up	1 Class	\$6	6/19	F	10:00am-10:45am
324667	3 & up	1 Class	\$6	7/22	W	10:00am-10:45am

Cranes

324668	3 & up	1 Class	\$6	6/24	W	10:00am-10:45am
324670	3 & up	1 Class	\$6	7/29	W	10:00am-10:45am

Turtles

324726	3 & up	1 Class	\$6	7/1	W	10:00am-10:45am
324727	3 & up	1 Class	\$6	8/5	W	10:00am-10:45am

Signs of a Beaver

324728	3 & up	1 Class	\$6	7/8	W	10:00am-10:45am
324729	3 & up	1 Class	\$6	8/14	F	10:00am-10:45am

Fish

324730	3 & up	1 Class	\$6	7/17	F	10:00am-10:45am
324731	3 & up	1 Class	\$6	8/19	W	10:00am-10:45am

Make It and Take It

Get crafty at Meadowside! Drop by and create a seasonal delight to take home with you. Crafts are easy to make using re-purposed everyday objects and found natural materials. No registration required. Exact change appreciated.

Celebrate Eagles

It's National Bald Eagle Day! Celebrate by making a fun eagle-inspired craft.
324756 2 & up 1 Class \$2 6/20 Sa 11:30am-1:30pm

DIY Binoculars

Make your own binoculars, then step outside for some summer birdwatching.
324757 2 & up 1 Class \$2 7/11 Sa 11:30am-1:30pm

Crazy Click Beetles

You'll flip when you learn about these amazing beetles. Make your own to play with!
324758 2 & up 1 Class \$2 8/15 Sa 1:00pm-3:00pm

Family Geocaching Adventures

Go on a modern-day treasure hunt right here in our park! Using GPS coordinates, we'll search through woods and fields for hidden containers (geocaches) filled with all sorts of interesting "treasures."

We'll teach you how to use a GPS unit (if you don't have a GPS unit, we'll lend you one) and go on a geocaching adventure together in search of local caches. Bring water and be prepared to hike about one mile; long pants and sturdy shoes strongly recommended. Register and pay for all attending.

324853	8 & up	1 Class	\$7	6/26	F	11:00am-12:30pm
324854	8 & up	1 Class	\$7	8/11	Tu	11:00am-12:30pm

Alien Invaders

Our park's native plants are being choked and overgrown by alien invasive plants. Help us remove these non-natives; bring leather work gloves or borrow ours, wear long pants and sleeves and closed-toe shoes. SSL-approved; registration required.

324557	8 & up	1 Class	FREE	6/27	Sa	10:00am-11:00am
324558	8 & up	1 Class	FREE	8/8	Sa	10:00am-11:00am



FREE Saturday Programs

Raptors

Join us every Saturday at 11am and noon for an exciting raptor experience. No registration required and programs are FREE! Groups please call in advance. Programs are held rain or shine! Please note: Though we try to keep our schedule, programs with live animals may be delayed or canceled depending on the animals' health. Meadowside Nature Center will be closed Saturday, July 4.

Vulture Enrichment

Vultures are smart! Come see Meadowside's resident vulture play with her food at our weekly 20 minute vulture enrichment session. Meet at the Raptor Walkway behind the nature center at 11am.

Raptor Lunchtime and Talk

Observe Meadowside's resident raptors during their 30-minute feeding time and learn some of the stories about the raptors on exhibit. Meet at the Raptor Walkway behind the nature center at noon.

Help Enrich Our Vulture!

Looking for a fun activity to do with your family and friends this summer? Make a fun vulture enrichment toy for us to use during our Saturday programs with Precious, our turkey vulture! Go to MeadowsideNature.org for directions and a list of safe materials, and let your imagination soar!



Osprey Encounters on the Patuxent

Spend the afternoon on the Patuxent River and see these magnificent birds of prey up close! Naturalist **Greg Kearns** has been conducting osprey banding research and educational programs for many years, and has lots of great stories and information to share. We'll visit osprey nesting platforms by boat and observe ongoing osprey research. Meet at Meadowside and bring a lunch and water. Van transportation included in fee.

324798 12 & up 1 Class \$40 6/27 Sa 11:00am-4:00pm



Geocaching Night Hike

Let's "glow" geocaching! We'll learn how to use a GPS unit, then venture into the dark to search for geocaches hidden in the woods and trails around Meadowside. Bring water, a flashlight, and be prepared to hike around one mile. Long pants and sturdy shoes are strongly recommended. If you don't have a GPS unit, we'll lend you one. Register and pay for all attending.

324852 8 & up 1 Class \$7 7/28 Tu 7:45pm-9:15pm

Adults

Registration required unless otherwise noted.

Champion Trees Tour & Hike

Montgomery County is home to international, national, state and county champion trees! Find out what makes a tree a champion while you hike through the woods at Montgomery College in Germantown to see the county champion American elm. We'll also see the world champion English elm, the state champion white pine, and the national champion Kentucky coffee tree.

Join **Joe Howard** of the Montgomery County Forestry Board and Montgomery Parks Forest Ecologist **Carole Bergmann** to see these and a dozen other champions on this year's tour. Meet at Meadowside; van transportation included. Bring a drink and plan to do some walking. Registration required.

324554 18 & up 1 Class \$20 6/10 W 9:15am-12:30pm

Evening Critter Hike

Discover which critters lurk at night! We'll take a hike to several track pits, identify tracks, then take a look at trail camera pictures to see which animals came through. Register and pay for all attending.

324746 6 & up 1 Class \$5 8/4 Tu 7:00pm-8:00pm



Summer Camp

AT MEADOWSIDE NATURE CENTER

WAITLIST

Wee Little Farmers Camp

Join us for some down-home fun at the Agricultural History Farm Park! It's a week filled with farm stories, activities and crafts, and visits with real-live farm animals!

309350 3-5yrs 5 Classes \$70 6/8-12 M-F 9:30-11am
309399 3-5yrs 5 Classes \$70 7/6-10 M-F 9:30-11am

Wildlife Caretakers

Wildlife lovers and aspiring vets will love this camp! Get real-life experience in caring for, handling, and preparing food for Meadowside's birds of prey, snakes, turtles and more. Plus! Behind-the-scenes vet clinic visit and more.

309208 10-13yrs 5 Classes \$365 7/6-10 M-F 9am-5pm
309209 10-13yrs 5 Classes \$365 7/13-17 M-F 9am-5pm

American Girl Camp

Enjoy some of the crafts, games, adventures, and cooking that your favorite American Girl characters loved!

309499 8-11yrs 5 Classes \$365 7/20-24 M-F 9am-3:30pm
309500 8-11yrs 5 Classes \$365 7/27-31 M-F 9am-3:30pm

Rock Creek Animal Week

Splash in Rock Creek, poke around in the pond, hike, explore, play games and more! See and learn cool things about birds, fish, reptiles and insects, and learn how to spot and i.d. animal signs and habitats.

309299 6-10yrs 5 Classes \$290 7/20-24 M-F 9am-3:30pm
309300 6-10yrs 5 Classes \$290 7/27-31 M-F 9am-3:30pm

WAITLIST

Grandparent-Grandchild Nature Camp

Fun outdoor activities and field trips for kids 6-11 years old and their grandparents.

309249 6-11yrs 5 Classes \$150 8/4-7 Tu-F 9am-2:30pm

WAITLIST

Chesapeake Week

Explore the Chesapeake Bay and its watershed. We'll sail, canoe, camp overnight and more!

309449 12-14yrs 5 Classes \$450 8/10-14* M-F 8am-5pm*
*Overnight camping Wednesday and Thursday; see web for details.





5 Fun Things to Do This Summer

in Montgomery Parks

1

Cool off at an ice rink! Visit Cabin John Ice or Wheaton Ice and participate in classes or public skating sessions. Fun for the whole family! See page 123 for more details.

MontgomeryParks.org/ice



2

Check out a fun festival or event in one of our 400+ parks! Check MontgomeryParks.org/festivals for upcoming events.



3

Love to skateboard? Visit Olney Manor Skatepark, which is now a FREE and unsupervised facility.

OlneyManorSkate.com

Pop a tent or park your RV at Little Bennett Campground! With 91 wooded campsites and 20 miles of trails to explore, there's plenty to see and do.

LittleBennettCampground.com

4



5

Take the little ones to South Germantown Splash Park & Mini Golf! Open Memorial Day through Labor Day, it's a great place to have fun in the sun!

SplashandGolf.com



Visit here for even more...



MontgomeryParks.org/Activities

Ice Skating & Hockey

Group Lessons



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 Cabin John Ice, Wheaton Ice and Montgomery Parks on  and follow us on  @WheatonIce

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 **Tuesday, June 2** for Montgomery County; **Wednesday, June 3** for all and runs through **Wednesday, June 10**.
- **SUMMER 2** registration opens the same dates as SUMMER 1 but runs through **Thursday, July 30**.
- Beginning **Thursday, June 11** for **SUMMER 1** and **Saturday, August 1** for **SUMMER 2**, you may register in person only at the rink (a non-refundable \$10 service fee applies).
- **SUMMER 1** classes run **June 12-July 26**; **SUMMER 2** classes run **August 1-21**.

COURSE FEES COVER

- Three or six lessons (30 or 45 minutes, depending on class).
- A practice card, good for admission for the registered student only for 3/6/9 public sessions (based on the number of weeks in your course). Practice cards are valid for the duration of your course (3, 6 or 9 weeks), up 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 evaluate each student if he or she is ready to advance to the next course, 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.
- If you see a class you like, register! Classes may be canceled if minimum enrollment number is not met.



Summer 2015

DATES TO NOTE

Holiday Closures

- Closed Saturday, May 23 - Monday, May 25 (Memorial Day Weekend)
- Closed Saturday, July 4

No Classes

- Friday, July 3 - Sunday, July 5 (Independence Day Weekend)

PROGRAM ACCESS (INCLUSION) SERVICES

Montgomery Parks encourages and supports the participation of individuals with disabilities. Register a minimum of five days in advance of the program start date to request and receive a disability accommodation.

Please contact Genevieve Jennai, Program Access Specialist, to request an accommodation at 301-495-2477, or email her at Genevieve.Jennai@MontgomeryParks.org.

ON YOUR FIRST DAY OF CLASS...

- Wear one pair of thin socks.
- Helmets and gloves are highly recommended for your safety.
- Arrive at the rink 30 minutes early for your first lesson, and 15-20 minutes early for subsequent classes.
- Pick up your practice card at the rink.
- Pick up your skates at the skate exchange. Ask for one size *smaller* than your **sneaker size**. You'll have better balance and protection against injuries.





GROUP LESSON GUIDE

Where should I start? Where will I go?

LEARN TO SKATE

AGES 3-5

PARENT & TOT SKATING

PARENT & TOT HOCKEY

SNOWPLOW SAM 1

SNOWPLOW SAM 2

SNOWPLOW SAM 3

AGES 6-12

BASIC 1

BASIC 2
(Passed Snowplow 3)

BASIC 3

BASIC 4

BASIC 5

BASIC 6

BASIC 7

BASIC 8

AGES 12+

TEEN & ADULT 1

TEEN & ADULT 2

TEEN & ADULT 3

TEEN & ADULT 4

FIGURE SKATING

FREE SKATE 1
(Passed Basic 8 or Teen & Adult 4)

FREE SKATE 2

FREE SKATE 3

FREE SKATE 4

FREE SKATE 5

FREE SKATE 6

FREE SKATE PRE TEST

ADVANCED CLASSES

MOVES IN THE FIELD PREPARATION*

EDGE MASTER CLASS*

JUMPING 1*

JUMPING 2

SPINS 1*

SPINS 2

ICE DANCING FUNDAMENTALS 1*

ICE DANCING FUNDAMENTALS 2

*(Passed Free Skate 1)**

TEAM CLASSES

THEATRE ON ICE 1
(Passed Basic 4)

THEATRE ON ICE 2

SYNCHRONIZED SKATING SKILLS
(Passed Basic 6)

ICE HOCKEY

AGES 4-8 & 9-14

HOCKEY 1
(Passed Basic 1 or Snowplow Sam 3)

HOCKEY 2

HOCKEY 3

HOCKEY 4

ADVANCED HOCKEY

AGES 14+

TEEN & ADULT HOCKEY INTRO

TEEN & ADULT HOCKEY ADVANCED

ADVANCED CLASSES

PASSING & SHOOTING*

POWER SKATING FOR HOCKEY*

SCRIMMAGE 1*

SCRIMMAGE 2
*(Passed Hockey 2)**





TEST *the* ICE

Try a single lesson with a skating instructor and learn the basics of skating that will help you have a blast on the ice! This class includes a 30-minute lesson, skate rentals, and admission to the public session Noon-2pm at Cabin John, or the 12:30-2:30pm at Wheaton Ice—all for \$7.00! This lesson is strictly for beginners only who haven't taken classes before. Register in advance only and arrive early 15 minutes before the lesson to sign in and prepare.

Cabin John Ice Rink

326499 4 & up 1 Class \$7 6/6 Sa 11:30am-12:00pm

Wheaton Ice Arena

327649 4-14yrs 1 Class \$7 6/6 Sa 12:30pm- 1:00pm

Parent and Tot Ice Skating

Skating is fun, and great exercise for you and your child! This class teaches toddlers (ages 3-5) beginning skating skills, with Mom or Dad right there to help them feel safe. We'll teach your child how to fall down and get up, march and march while moving on the ice. Parents will need basic skating skills in order to skate with their child. Bicycle helmets recommended. Fee covers one child and one parent; register the child only.

Cabin John Ice Rink

322252 3-5yrs 6 Classes \$99 6/13 Sa 9:30am-10:00am
 322253 3-5yrs 6 Classes \$99 6/13 Sa 11:45am-12:15pm
 322256 3-5yrs 6 Classes \$99 6/13 Sa 1:15pm- 1:45pm
 329178 3-5yrs 6 Classes \$99 6/14 Su 12:30pm- 1:00pm
 322450 3-5yrs 3 Classes \$50 8/1 Sa 12:30pm- 1:00pm
 322451 3-5yrs 3 Classes \$50 8/2 Su 12:30pm- 1:00pm

Wheaton Ice Arena

322257 3-5yrs 6 Classes \$99 6/13 Sa 10:45am-11:15am
 322258 3-5yrs 6 Classes \$99 6/14 Su 1:00pm- 1:30pm
 326308 3-5yrs 3 Classes \$50 8/2 Su 1:00pm- 1:30pm

Snowplow Sam

Snowplow Sam levels are designed to help preschool-age skaters develop the preliminary coordination and strength needed to maneuver on the ice.

Snowplow Sam 1

Learn how to sit and stand up with skates on (off and on the ice); march in place; march forward; march, then glide on two feet; and dip in place. Bicycle helmets are strongly recommended.

Cabin John Ice Rink

322272	3-5yrs	6 Classes	\$99	6/12	F	4:00pm- 4:30pm
329167	3-5yrs	6 Classes	\$99	6/13	Sa	8:30am- 9:00am
322275	3-5yrs	6 Classes	\$99	6/13	Sa	10:30am-11:00am
322276	3-5yrs	6 Classes	\$99	6/13	Sa	12:15pm-12:45pm
329186	3-5yrs	6 Classes	\$99	6/14	Su	11:30am-12:00pm
329176	3-5yrs	6 Classes	\$99	6/14	Tu	1:00pm- 1:30pm
322270	3-5yrs	6 Classes	\$99	6/16	Su	4:00pm- 4:30pm
322271	3-5yrs	6 Classes	\$99	6/17	W	4:30pm- 5:00pm
322273	3-5yrs	6 Classes	\$99	6/18	Th	4:00pm- 4:30pm
322453	3-5yrs	3 Classes	\$50	8/1	Sa	11:15am-11:45am
322454	3-5yrs	3 Classes	\$50	8/2	Su	11:30am-12:00pm
325609	3-5yrs	3 Classes	\$50	8/5	W	4:30pm- 5:00pm
325610	3-5yrs	3 Classes	\$50	8/6	Th	4:00pm- 4:30pm
325611	3-5yrs	3 Classes	\$50	8/7	F	4:00pm- 4:30pm

Wheaton Ice Arena

322280	3-5yrs	6 Classes	\$99	6/12	F	4:30pm- 5:00pm
322279	3-5yrs	6 Classes	\$99	6/13	Sa	10:15am-10:45am
325873	3-5yrs	6 Classes	\$99	6/13	Sa	11:15am-11:45am
322281	3-5yrs	6 Classes	\$99	6/14	Su	1:30pm- 2:00pm
322282	3-5yrs	6 Classes	\$99	6/18	Th	4:30pm- 5:00pm
326309	3-5yrs	3 Classes	\$50	8/2	Su	1:00pm- 1:30pm
326310	3-5yrs	3 Classes	\$50	8/2	Su	2:00pm- 2:30pm
326300	3-5yrs	3 Classes	\$50	8/6	Th	4:30pm- 5:00pm

Snowplow Sam 2

Prerequisite: Passed Snowplow Sam 1

Learn how to march followed by a long glide, how to dip while moving, and backward wiggles. We'll also cover the rocking horse (one forward swizzle, then one backward swizzle), forward two-foot swizzles, and a two-foot hop in place. Bicycle helmets are strongly recommended.

Cabin John Ice Rink

322312	3-5yrs	6 Classes	\$99	6/12	F	4:00pm- 4:30pm
329168	3-5yrs	6 Classes	\$99	6/13	Sa	8:30am- 9:00am
322313	3-5yrs	6 Classes	\$99	6/13	Sa	10:30am-11:00am
322315	3-5yrs	6 Classes	\$99	6/13	Sa	11:45am-12:15pm
329185	3-5yrs	6 Classes	\$99	6/14	Su	11:30am-12:00pm
322310	3-5yrs	6 Classes	\$99	6/17	W	4:30pm- 5:00pm
322311	3-5yrs	6 Classes	\$99	6/18	Th	4:00pm- 4:30pm
322457	3-5yrs	3 Classes	\$50	8/1	Sa	11:15am-11:45am
322456	3-5yrs	3 Classes	\$50	8/2	Su	11:30am-12:00pm
325612	3-5yrs	3 Classes	\$50	8/5	W	4:30pm- 5:00pm
325613	3-5yrs	3 Classes	\$50	8/6	Th	4:00pm- 4:30pm
325614	3-5yrs	3 Classes	\$50	8/7	F	4:00pm- 4:30pm

Wheaton Ice Arena

325899	3-5yrs	6 Classes	\$99	6/13	Sa	11:15am-11:45am
326099	3-5yrs	6 Classes	\$99	6/14	Su	1:00pm- 1:30pm
325849	3-5yrs	6 Classes	\$99	6/18	Th	4:30pm- 5:00pm
326313	3-5yrs	3 Classes	\$50	8/2	Su	1:00pm- 1:30pm
326302	3-5yrs	3 Classes	\$50	8/6	Th	5:00pm- 5:30pm



Ice Skating



CABIN JOHN ICE
spring
show
 sat, may 9 | 6:15p

Come and marvel at the talented figure skaters of Cabin John Ice as they perform at the annual Spring Skating Show.

This free event will feature both individual and exciting group performances.

JOIN US!



Ice Skating

Snowplow Sam 3

Prerequisite: Passed Snowplow Sam 2

Learn forward skating, forward one-foot glides, forward and backward swizzles, a snowplow stop, and curves. Bicycle helmets are strongly recommended.

Cabin John Ice Rink

Table with 7 columns: ID, Age, Classes, Price, Date, Day, Time. Rows include 322499, 329169, 322326, 322327, 329184, 322323, 322324, 322458, 322459, 325615, 325616.

Wheaton Ice Arena

Table with 7 columns: ID, Age, Classes, Price, Date, Day, Time. Rows include 325949, 326100, 326249, 326315, 326304.

Basic Skills 1-8

Basic Skills classes teach the fundamentals of skating. The eight levels of the program introduce these fundamental moves: forward skating, backward skating, stops, edges, crossovers, turns and mohawks. Upon completion of the Basic levels 1-8, skaters will have a basic knowledge of the sport, enabling them to advance to more specialized types of skating.

Basic 1

Learn how to sit on the ice and stand up, march forward across the ice, forward two-foot glide, and dip. We'll also cover forward swizzles, backward wiggles, snowplow stops, a two-foot hop, and the rocking horse. Bicycle helmets are strongly recommended.

Cabin John Ice Rink

Table with 7 columns: ID, Age, Classes, Price, Date, Day, Time. Rows include 322338, 329151, 329170, 322341, 322342, 322343, 322344, 329183, 322346, 322334, 322335, 322336, 322337, 322347, 322460, 322462, 322461, 325617, 325618, 325620, 325619, 325621, 325622.

Basic 1 (cont.) Wheaton Ice Arena

Table with 7 columns: ID, Age, Classes, Price, Date, Day, Time. Rows include 326265, 325999, 326000, 326101, 326102, 325850, 326252, 326311, 326312, 326299, 326306.

Basic 2

Prerequisite: Passed Basic 1 or Snowplow Sam 3

Learn forward one-foot glides, backward two-foot glide, backward swizzles, a two-foot turn from forward to backward in place, moving snowplow stop, and forward alternating half-swizzle pumps in a straight line.

Cabin John Ice Rink

Table with 7 columns: ID, Age, Classes, Price, Date, Day, Time. Rows include 322353, 322501, 322352, 322354, 322355, 322356, 329182, 329177, 322348, 322349, 322351, 322463, 322464, 322465, 325623, 325624, 325625, 325626, 325627.

Wheaton Ice Arena

Table with 7 columns: ID, Age, Classes, Price, Date, Day, Time. Rows include 326266, 326001, 326002, 326103, 326104, 326250, 326349, 326301.



Mother's Day Skate

Bring Mom out to the rink on her big day, and she skates FREE (including skate rental) with one paid admission.

Sunday, May 10

WHEATON ICE 11am-12:45pm CABIN JOHN ICE 12:30-2:30pm



Basic 3

Prerequisite: Passed Basic 2

We'll cover forward stroking, forward half-swizzle pumps on a circle, moving forward to backward two-foot turns, backward one-foot glides, forward slaloms, and two-foot spin.

Cabin John Ice Rink

322359	4-12yrs	6 Classes	\$99	6/12	F	4:30pm- 5:00pm
322363	4-12yrs	6 Classes	\$99	6/13	Sa	10:00am-10:30am
322365	4-12yrs	6 Classes	\$99	6/13	Sa	12:45pm- 1:15pm
329181	4-12yrs	6 Classes	\$99	6/14	Su	12:00pm-12:30pm
322360	4-12yrs	6 Classes	\$99	6/16	Tu	4:30pm- 5:00pm
322361	4-12yrs	6 Classes	\$99	6/17	W	4:00pm- 4:30pm
322362	4-12yrs	6 Classes	\$99	6/18	Th	4:30pm- 5:00pm
322466	4-12yrs	3 Classes	\$50	8/1	Sa	11:45am-12:15pm
322467	4-12yrs	3 Classes	\$50	8/1	Sa	2:15pm- 2:45pm
322468	4-12yrs	3 Classes	\$50	8/2	Su	12:00pm-12:30pm
325629	4-12yrs	3 Classes	\$50	8/4	Tu	4:30pm- 5:00pm
325630	4-12yrs	3 Classes	\$50	8/5	W	4:00pm- 4:30pm
325631	4-12yrs	3 Classes	\$50	8/6	Th	4:30pm- 5:00pm
325628	4-12yrs	3 Classes	\$50	8/7	F	4:30pm- 5:00pm

Wheaton Ice Arena

326003	4-12yrs	6 Classes	\$99	6/13	Sa	10:45am-11:15am
326105	4-12yrs	6 Classes	\$99	6/14	Su	1:00pm- 1:30pm
326251	4-12yrs	6 Classes	\$99	6/18	Th	5:00pm- 5:30pm
326314	4-12yrs	3 Classes	\$50	8/2	Su	1:30pm- 2:00pm
326303	4-12yrs	3 Classes	\$50	8/6	Th	5:00pm- 5:30pm

Basic 4

Prerequisite: Passed Basic 3

Learn forward, outside and inside edges on a circle; forward crossovers; forward outside three-turns; backward half-swizzle pumps on a circle; backward stroking; and a backward snowplow stop.

Cabin John Ice Rink

322369	4-12yrs	6 Classes	\$99	6/12	F	5:00pm- 5:30pm
322370	4-12yrs	6 Classes	\$99	6/13	Sa	10:00am-10:30am
322371	4-12yrs	6 Classes	\$99	6/13	Sa	12:45pm- 1:15pm
329179	4-12yrs	6 Classes	\$99	6/14	Su	12:30pm- 1:00pm
322366	4-12yrs	6 Classes	\$99	6/16	Tu	4:30pm- 5:00pm
322367	4-12yrs	6 Classes	\$99	6/17	W	5:00pm- 5:30pm
322368	4-12yrs	6 Classes	\$99	6/18	Th	5:00pm- 5:30pm
322469	4-12yrs	3 Classes	\$50	8/1	Sa	12:30pm- 1:00pm
322470	4-12yrs	3 Classes	\$50	8/2	Su	12:30pm- 1:00pm
325632	4-12yrs	3 Classes	\$50	8/4	Tu	4:30pm- 5:00pm
325633	4-12yrs	3 Classes	\$50	8/5	W	5:00pm- 5:30pm
325634	4-12yrs	3 Classes	\$50	8/6	Th	5:00pm- 5:30pm
325635	4-12yrs	3 Classes	\$50	8/7	F	5:00pm- 5:30pm

Wheaton Ice Arena

326004	4-12yrs	6 Classes	\$99	6/13	Sa	10:45am-11:15am
326106	4-12yrs	6 Classes	\$99	6/14	Su	1:30pm- 2:00pm
326253	4-12yrs	6 Classes	\$99	6/18	Th	5:45pm- 6:15pm
326316	4-12yrs	3 Classes	\$50	8/2	Su	1:30pm- 2:00pm
326305	4-12yrs	3 Classes	\$50	8/6	Th	5:30pm- 6:00pm



Basic 5

Prerequisite: Passed Basic 4

Skaters will learn backward outside and inside edges on a circle (R and L), backward crossovers, a beginning one-foot spin, a hockey stop, and the side toe hop.

Cabin John Ice Rink

322376	4-12yrs	6 Classes	\$99	6/12	F	5:00pm- 5:30pm
322377	4-12yrs	6 Classes	\$99	6/13	Sa	10:00am-10:30am
322378	4-12yrs	6 Classes	\$99	6/13	Sa	12:45pm- 1:15pm
329180	4-12yrs	6 Classes	\$99	6/14	Su	12:30pm- 1:00pm
322373	4-12yrs	6 Classes	\$99	6/16	Tu	4:30pm- 5:00pm
322374	4-12yrs	6 Classes	\$99	6/17	W	5:00pm- 5:30pm
322375	4-12yrs	6 Classes	\$99	6/18	Th	5:00pm- 5:30pm
322471	4-12yrs	3 Classes	\$50	8/1	Sa	12:30pm- 1:00pm
322472	4-12yrs	3 Classes	\$50	8/2	Su	12:30pm- 1:00pm
325636	4-12yrs	3 Classes	\$50	8/4	Tu	4:30pm- 5:00pm
325637	4-12yrs	3 Classes	\$50	8/5	W	5:00pm- 5:30pm
325638	4-12yrs	3 Classes	\$50	8/6	Th	5:00pm- 5:30pm
325639	4-12yrs	3 Classes	\$50	8/7	F	5:00pm- 5:30pm

Wheaton Ice Arena

326005	4-12yrs	6 Classes	\$99	6/13	Sa	10:45am-11:15am
326107	4-12yrs	6 Classes	\$99	6/14	Su	1:30pm- 2:00pm
326254	4-12yrs	6 Classes	\$99	6/18	Th	5:45pm- 6:15pm
326317	4-12yrs	3 Classes	\$50	8/2	Su	1:30pm- 2:00pm
326307	4-12yrs	3 Classes	\$50	8/6	Th	5:30pm- 6:00pm

Basic 6

Prerequisite: Passed Basic 5

Learn forward inside three-turns, moving backward to forward two-foot turns on a circle, a T-stop, bunny hops, a forward spiral on a straight line, and a forward lunge.

Cabin John Ice Rink

329154	4-12yrs	6 Classes	\$149	6/12	F	5:30pm- 6:15pm
322382	4-12yrs	6 Classes	\$149	6/13	Sa	9:00am- 9:45am
322384	4-12yrs	6 Classes	\$149	6/13	Sa	1:45pm- 2:30pm
322383	4-12yrs	6 Classes	\$149	6/14	Su	1:45pm- 2:30pm
322380	4-12yrs	6 Classes	\$149	6/17	W	5:30pm- 6:15pm
322473	4-12yrs	3 Classes	\$75	8/1	Sa	1:00pm- 1:45pm
322474	4-12yrs	3 Classes	\$75	8/2	Su	1:00pm- 1:45pm
325640	4-12yrs	3 Classes	\$75	8/5	W	5:30pm- 6:15pm
325641	4-12yrs	3 Classes	\$75	8/7	F	5:30pm- 6:15pm

Wheaton Ice Arena

326006	4-12yrs	6 Classes	\$99	6/13	Sa	11:15am-11:45am
326108	4-12yrs	6 Classes	\$99	6/14	Su	1:30pm- 2:00pm
326255	4-12yrs	6 Classes	\$99	6/18	Th	5:45pm- 6:15pm
326318	4-12yrs	3 Classes	\$50	8/2	Su	2:00pm- 2:30pm

FATHER'S DAY SKATE

Sunday, June 21

Dads skate **FREE** with one paid regular price admission!

Enter the Father's Day Raffle at both rinks!

CABIN JOHN
12:30-2:30pm

WHEATON ICE
2:45-4:45pm





Ice Skating



Basic 7

Prerequisite: Passed Basic 6

We'll cover the forward inside open mohawk, the backward outside edge to forward outside edge transition on a circle, ballet jump, backward crossovers to backward outside edge glides, and forward inside pivots.

Cabin John Ice Rink

Table with 8 columns: ID, Age, Classes, Price, Date, Day, Time

Wheaton Ice Arena

Table with 8 columns: ID, Age, Classes, Price, Date, Day, Time

Basic 8

Prerequisite: Passed Basic 7

Skaters will learn moving forward outside and inside three-turns on a circle, combination step sequence, one-foot upright spin, waltz jump, and a mazurka.

Cabin John Ice Rink

Table with 8 columns: ID, Age, Classes, Price, Date, Day, Time

Wheaton Ice Arena

Table with 8 columns: ID, Age, Classes, Price, Date, Day, Time

Teen & Adult Classes

Teen & Adult classes are designed for skaters age 12 and up. Classes teach proper skating techniques, promote physical fitness, and improve balance and coordination.

Teen & Adult 1

Learn falling and recovery, forward strides and gliding, forward swizzles, backward skating, backward swizzles, forward one-foot glides, two-foot turns in place, snowplow stops, forward curves on two feet, and forward half-swizzle pumps on a circle.

Cabin John Ice Rink

Table with 8 columns: ID, Age, Classes, Price, Date, Day, Time

Wheaton Ice Arena

Table with 8 columns: ID, Age, Classes, Price, Date, Day, Time

Teen & Adult 2

Prerequisite: Passed Teen & Adult 1

Learn forward stroking, backward half-swizzle pumps on a circle, moving two-foot turns on a curve, forward edges on a circle, forward crossovers, backward one-foot glide, forward pivot, and forward chassés on a circle.

Cabin John Ice Rink

Table with 8 columns: ID, Age, Classes, Price, Date, Day, Time

Wheaton Ice Arena

Table with 8 columns: ID, Age, Classes, Price, Date, Day, Time

Teen & Adult 3

Prerequisite: Passed Teen & Adult 2

Learn backward edges on a circle, backward crossovers, inside mohawk, basic forward outside and forward inside consecutive edges, forward progressives, beginning two-foot spin, and backward snowplow stops.

Cabin John Ice Rink

Table with 8 columns: ID, Age, Classes, Price, Date, Day, Time

Wheaton Ice Arena

Table with 8 columns: ID, Age, Classes, Price, Date, Day, Time

Teen & Adult 4

Prerequisite: Passed Teen & Adult 3

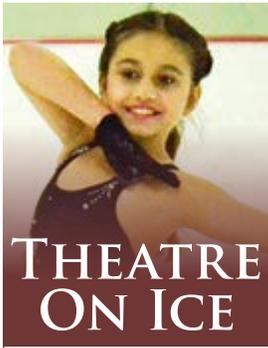
Learn forward three-turns, perimeter stroking with crossover end patterns, forward outside to inside change of edge sequence, alternate backward crossovers with two-foot transition, footwork sequence, power three-turns, and backward chasses on a circle.

Cabin John Ice Rink

Table with 8 columns: ID, Age, Classes, Price, Date, Day, Time

Wheaton Ice Arena

Table with 8 columns: ID, Age, Classes, Price, Date, Day, Time



THEATRE ON ICE

Come see what our skaters have created in just one week at Theatre on Ice Camp! Enjoy a themed show set to music and choreographed by our professional instructors.

Fri., July 24 • 11:30am Wheaton Ice Arena

Sat., August 22 • 6pm Cabin John Ice Rink

FREE ADMISSION

Free Skate Classes

The Free Skate levels are designed to give skaters a strong foundation on which to build their skills. At this point, skaters can choose to pursue either a recreational or competitive track in figure skating.

Free Skate 1

Prerequisite: Passed Basic 8

Skaters will work on advanced forward stroking, basic forward outside and forward inside consecutive edges, advanced back outside three-turns, scratch spin from back crossovers, waltz jump from two or three back crossovers, and half flips.

Cabin John Ice Rink

322402	5 & up	6 Classes	\$149	6/13	Sa	9:00am- 9:45am
322401	5 & up	6 Classes	\$149	6/17	W	6:30pm- 7:15pm
322480	5 & up	3 Classes	\$72	8/1	Sa	10:30am-11:15am
326466	5 & up	3 Classes	\$72	8/5	W	6:30pm- 7:15pm

Wheaton Ice Arena

325852	5 & up	6 Classes	\$99	6/13	Sa	11:45am-12:15pm
326150	5 & up	6 Classes	\$99	6/14	Su	2:00pm- 2:30pm
325853	5 & up	6 Classes	\$99	6/18	Th	6:15pm- 6:45pm

Free Skate 2

Prerequisite: Passed Free Skate 1

Skaters will learn basic back outside and back inside consecutive edges, forward outside and forward inside spirals, continuous forward progressive chaise sequence, waltz threes, beginning back spin, waltz jump, side toe hop, waltz jump sequence, and toe-loop.

Cabin John Ice Rink

322404	5 & up	6 Classes	\$149	6/13	Sa	10:30am-11:15am
322403	5 & up	6 Classes	\$149	6/17	W	6:30pm- 7:15pm
322481	5 & up	3 Classes	\$72	8/1	Sa	10:30am-11:15am
326465	5 & up	3 Classes	\$72	8/5	W	6:30pm- 7:15pm

Wheaton Ice Arena

326052	5 & up	6 Classes	\$99	6/13	Sa	11:45am-12:15pm
326151	5 & up	6 Classes	\$99	6/14	Su	2:00pm- 2:30pm
325854	5 & up	6 Classes	\$99	6/18	Th	6:15pm- 6:45pm

Free Skate 3

Prerequisite: Passed Free Skate 2

We'll cover forward and backward crossovers in figure 8 pattern, waltz 8, advanced forward consecutive swing rolls, backward inside three-turns, backspin with free foot in crossed leg position, salchow, half-lutz jump, and waltz jump—toe loop combo or salchow—toe loop combination sequence on a circle.

Cabin John Ice Rink

322406	5 & up	6 Classes	\$149	6/13	Sa	10:30am-11:15am
322405	5 & up	6 Classes	\$149	6/17	W	7:15pm- 8:00pm
322482	5 & up	3 Classes	\$72	8/1	Sa	10:30am-11:15am
326467	5 & up	3 Classes	\$72	8/5	W	7:15pm- 8:00pm

Wheaton Ice Arena

325855	5 & up	6 Classes	\$99	6/18	Th	6:15pm- 6:45pm
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Free Skating

Free Skate 4

Prerequisite - Passed Free Skate 3.

Learn a spiral sequence, forward power three-turns, continuous backward progressive chaise sequence on a circle, sit spin, loop jump, and a waltz jump—loop jump combination.

Cabin John Ice Rink

322408	5 & up	6 Classes	\$149	6/13	Sa	10:30am-11:15am
322407	5 & up	6 Classes	\$149	6/17	W	7:15pm- 8:00pm
322483	5 & up	3 Classes	\$72	8/1	Sa	9:45am-10:30am
326468	5 & up	3 Classes	\$72	8/5	W	7:15pm- 8:00pm

Wheaton Ice Arena

325856	5 & up	6 Classes	\$99	6/18	Th	6:15pm- 6:45pm
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Free Skate 5

Prerequisite: Passed Free Skate 4

Skaters will learn backward outside three-turns, mohawk into three backward crossovers, a spiral sequence, the forward outside slide chaise swing roll sequence, a camel spin, a forward upright to back scratch spin, loop/loop combination, flip jump and a waltz—falling leaf—toe loop jump sequence.

Cabin John Ice Rink

322410	5 & up	6 Classes	\$149	6/13	Sa	10:30am-11:15am
322409	5 & up	6 Classes	\$149	6/17	W	8:00pm- 8:45pm
322484	5 & up	3 Classes	\$72	8/1	Sa	9:45am-10:30am
326469	5 & up	3 Classes	\$72	8/5	W	8:00pm- 8:45pm

Wheaton Ice Arena

325857	5 & up	6 Classes	\$99	6/18	Th	6:15pm- 6:45pm
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Free Skate 6

Prerequisite: Passed Free Skate 5

We'll cover alternating back crossovers to back outside edges, the five-step mohawk sequence, a camel—sit spin combination, a split or stag jump, a waltz—half loop—salchow, the lutz jump, and preparation for the axel.

Cabin John Ice Rink

326470	5 & up	6 Classes	\$149	6/13	Sa	10:30am-11:15pm
322412	5 & up	6 Classes	\$149	6/17	W	8:00pm- 8:45pm
322485	5 & up	3 Classes	\$72	8/1	Sa	9:45am-10:30am
326471	5 & up	3 Classes	\$72	8/5	W	8:00pm- 8:45pm

Wheaton Ice Arena

325858	5 & up	6 Classes	\$99	6/18	Th	6:15pm- 6:45pm
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Advanced Free Skating Classes

Free Skate Pre-Test

Prerequisite: Passed Free Skate 6
Prepare for the move up into the USFSA testing system. Learn advanced jumps, combination spins, and a footwork sequence as you work to enhance your overall fluidity and grace on the ice.

Cabin John Ice Rink

322415	5 & up	6 Classes	\$149	6/13	Sa	10:30am-11:15am
322414	5 & up	6 Classes	\$149	6/17	W	8:00pm- 8:45pm
326472	5 & up	3 Classes	\$72	8/1	Sa	9:45am-10:30am
326473	5 & up	3 Classes	\$72	8/5	W	8:00pm- 8:45pm

Wheaton Ice Arena

325859	5 & up	6 Classes	\$99	6/18	Th	6:15pm- 6:45pm
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Moves/Edges

In these classes, skaters will work on power, edge quality, extension of line, quick and precise skating movements and USFS Moves in the Field patterns.

All Ages

Prerequisite: Passed Basic 7

Wheaton Ice Arena

325862	4 & up	6 Classes	\$99	6/18	Th	6:45pm- 7:15pm
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Advanced Adult

Prerequisite: Passed Teen & Adult 3, Pre-Preliminary Moves test, or equivalent

Wheaton Ice Arena

325863	12 & up	6 Classes	\$99	6/18	Th	6:45pm- 7:15pm
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Moves in the Field Preparation

Prerequisite: Passed Free Skate 1
This class will help you prepare for the first USFSA Moves in the Field Test. We'll cover stroking, forward outside/inside edges, back outside/inside edges, a forward straight line spiral, and a waltz 8.

Cabin John Ice Rink

322601	5 & up	6 Classes	\$99	6/13	Sa	10:00am-10:30am
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Edge Master Class

Prerequisite: Passed Free Skate 1
Learn to improve the control, speed, quality and depth of your edges while performing sequences. We'll cover forward and backward power pulls, forward and backward cross rolls, power 3-turns, back power 3-turns, 8-step mohawk sequence, and forward inside twizzles.

Cabin John Ice Rink

326476	5 & up	6 Classes	\$99	6/13	Sa	11:15am-11:45am
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Ice Dance Fundamentals 1

Prerequisite: Passed Free Skate 1
This class will introduce you to basic ice dancing steps, posture, dance positions and timing. We'll cover forward outside swing rolls, slide chassés, chassé progressives, the Dutch Waltz ice dance and the Canasta Tango ice dance.

Cabin John Ice Rink

326477	5 & up	6 Classes	\$99	6/13	Sa	11:15am-11:45am
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Ice Dance Fundamentals 2

Prerequisite: Passed Ice Dance Fundamentals 1
In this advanced ice dancing class, you'll work on backward swing rolls, forward inside swing rolls, waltz 3-turns, the Swing Dance and Rhythm Blues ice dances.

Cabin John Ice Rink

326478	5 & up	6 Classes	\$99	6/13	Sa	11:15am-11:45am
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Spins 1

Prerequisite: Passed Free Skate 1
Learn to develop your spins and positions. We'll cover one-foot spins, scratch spins, back spins and sit spins; and work on basic positions for your future spins.

Cabin John Ice Rink

326475	5 & up	6 Classes	\$99	6/13	Sa	10:00am-10:30am
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Wheaton Ice Arena

326262	5 & up	6 Classes	\$99	6/20	Sa	5:45pm- 6:15pm
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Spins 2

Prerequisite: Passed Spins 1 or Free Skate 4
In this advanced spins class, we'll work on change foot spins, back scratch spins, attitude spins, camel spins, and camel-sit spin combinations; and work on new positions for your future spins.

Cabin John Ice Rink

322550	5 & up	6 Classes	\$99	6/13	Sa	11:15am-11:45am
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Wheaton Ice Arena

326263	5 & up	6 Classes	\$99	6/18	Th	5:45pm- 6:15pm
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Power Skating

Prerequisite: Passed Basic 5 or Hockey 3
The half ice course that will focus on increasing the skaters speed and developing more power. Additionally, this course will focus on edge control.

Wheaton Ice Arena

326260	5-50yrs	6 Classes	\$99	6/18	Th	7:15pm- 7:45pm
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Scratch Spins and Spirals

This course is specialized for Freestyle skaters to master the scratch spin and enhance their lines on the ice. We recommend taking it along with your current Freestyle class.

Wheaton Ice Arena

325861 All Ages 6 Classes \$99 6/13 Sa 11:15am-11:45am

Jumping 1

Prerequisite: Passed Free Skate 1

You're ready to begin developing your jumps! We'll work on the waltz jump, salchow jump, toe-loop jump, loop jump and half-loop jump; then learn to build basic combination jumps using toe-loop and half-loop jumps.

Cabin John Ice Rink

322549 5 & up 6 Classes \$99 6/13 Sa 11:15am-11:45am

Wheaton Ice Arena

326258 5 & up 6 Classes \$99 6/18 Th 6:45pm-7:15pm

Jumping 2

Prerequisite: Passed Jumping 1 or Free Skate 4

In this advanced class, we'll work on flip jumps and lutz jumps; prepare for and execute axel jumps and split/stag jumps; and learn to build combination jumps with a loop jump.

Cabin John Ice Rink

326474 5 & up 6 Classes \$99 6/13 Sa 10:00am-10:30am

Wheaton Ice Arena

326259 5 & up 6 Classes \$99 6/18 Th 6:45pm-7:15pm



Synchronized Skating Skills

Prerequisite: Passed Basic 6

Working closely with your classmates, you'll learn and develop Synchronized Skating elements such as wheels, circles, lines, intersections and blocks. We'll also work on perfecting our footwork, posture and presentation.

Wheaton Ice Arena

326261 4 & up 6 Classes \$99 6/18 Th 5:45pm-6:15pm

Theatre on Ice 1

Prerequisite: Passed Basic 4

Learn to work together with the other skaters in this class as you work to hone your skills in presentation, choreography and expression. Together, you'll build a program to music, then perform your group program at a show during the last week of class.

Cabin John Ice Rink

322599 4 & up 6 Classes \$99 6/13 Sa 10:00am-10:30am

Theatre on Ice 2

In this advanced class, we'll take what you've learned about presentation, choreography and expression to a higher level. You'll continue learning from and with other skaters, build a choreographed program to music, and perform it at a show the last week of class.

Cabin John Ice Rink

322600 4 & up 6 Classes \$99 6/13 Sa 10:00am-10:30am



Ice Skating



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.

CABIN JOHN ICE

Offer good at the 4:30 session,
Monday-Friday from
June 15-August 28.



ICE HOCKEY



Ice Hockey Classes • Spring 2015

WHAT DOES "FULL GEAR REQUIRED" MEAN?

Caged hockey helmet | shoulder & elbow pads | hockey pants | shin guards hockey gloves | protective cup | stick cut to skater's height | hockey skates | mouth guard

Rental hockey skates are available at no extra charge with your class!

Hockey Rental Equipment at Cabin John

Rent ice hockey equipment for skaters registered in Hockey 1 or 2. Equipment fits kids age 4-6 and 6-8, and includes shoulder pads, hockey pants and gloves, elbow pads, shin guards, and adjustable helmet. You'll return all equipment after each class. Supply is limited; use the ParkPASS numbers listed to reserve equipment after registering for a Hockey 1 or 2 class.

Cabin John Ice Rink

4-6 years

326405	4-6yrs	6 Classes	\$30	6/12	F	6:15pm- 6:45pm
326449	4-6yrs	6 Classes	\$30	6/13	Sa	8:30am- 9:00am
326451	4-6yrs	6 Classes	\$30	6/13	Sa	11:00am-11:30am
326453	4-6yrs	6 Classes	\$30	6/14	Su	2:30pm- 3:00pm
326401	4-6yrs	6 Classes	\$30	6/16	Tu	5:00pm- 5:30pm
326399	4-6yrs	6 Classes	\$30	6/16	Tu	5:30pm- 6:00pm
326404	4-6yrs	6 Classes	\$30	6/18	Th	6:30pm- 7:00pm
326463	4-6yrs	3 Classes	\$15	8/1	Sa	1:45pm- 2:15pm
326455	4-6yrs	3 Classes	\$15	8/4	Tu	4:30pm- 5:00pm
326457	4-6yrs	3 Classes	\$15	8/4	Tu	5:00pm- 5:30pm
326459	4-6yrs	3 Classes	\$15	8/6	Th	6:30pm- 7:00pm
326461	4-6yrs	3 Classes	\$15	8/7	F	6:15pm- 6:45pm

6-8 years

326406	6-8yrs	6 Classes	\$30	6/12	F	6:15pm- 6:45pm
326450	6-8yrs	6 Classes	\$30	6/13	Sa	8:30am- 9:00am
326452	6-8yrs	6 Classes	\$30	6/13	Sa	11:00am-11:30am
326454	6-8yrs	6 Classes	\$30	6/14	Su	2:30am- 3:00am
326402	6-8yrs	6 Classes	\$30	6/16	Tu	5:00pm- 5:30pm
326400	6-8yrs	6 Classes	\$30	6/16	Tu	5:30pm- 6:00pm
326403	6-8yrs	6 Classes	\$30	6/18	Th	6:30pm- 7:00pm
326464	6-8yrs	3 Classes	\$15	8/1	Sa	1:45pm- 2:15pm
326456	6-8yrs	3 Classes	\$15	8/4	Tu	4:30pm- 5:00pm
326458	6-8yrs	3 Classes	\$15	8/4	Tu	5:00pm- 5:30pm
326460	6-8yrs	3 Classes	\$15	8/6	Th	6:30pm- 7:00pm
326462	6-8yrs	3 Classes	\$15	8/7	F	6:15pm- 6:45pm

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 Hockey 1 or 2 classes. Equipment fits kids age 4-6 and 6-8, and includes shoulder pads, hockey pants and gloves, elbow pads, shin guards, and adjustable helmet. You'll return all equipment after each class. Supply is limited; use the ParkPASS numbers listed to reserve equipment after registering for Hockey 1 or 2 at Wheaton Ice.



Wheaton Ice Arena

4-6 years

325868	4-6yrs	6 Classes	Free	6/13	Sa	10:15am-10:45am
325869	4-6yrs	6 Classes	Free	6/13	Sa	10:15am-10:45am
325864	4-6yrs	6 Classes	Free	6/13	Sa	11:45am-12:15pm
325865	4-6yrs	6 Classes	Free	6/13	Sa	11:45am-12:15pm

6-8 years

325866	6-8yrs	6 Classes	Free	6/14	Su	1:00pm- 1:30pm
325867	6-8yrs	6 Classes	Free	6/14	Su	1:00pm- 1:30pm
325870	6-8yrs	6 Classes	Free	6/14	Su	2:00pm- 2:30pm
325871	6-8yrs	6 Classes	Free	6/14	Su	2:00pm- 2:30pm
326324	6-8yrs	3 Classes	Free	8/2	Su	1:00pm- 1:30pm
326325	6-8yrs	3 Classes	Free	8/2	Su	1:00pm- 1:30pm
326326	6-8yrs	3 Classes	Free	8/2	Su	2:00pm- 2:30pm
326327	6-8yrs	3 Classes	Free	8/2	Su	2:00pm- 2:30pm

Parent & Tot Hockey

Prerequisite: Passed Snowplow Sam 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.

Full gear required (see p. 132).

Cabin John Ice Rink

322249	3-5yrs	6 Classes	\$99	6/13	Sa	8:30am- 9:00am
322250	3-5yrs	6 Classes	\$99	6/14	Su	2:30pm- 3:00pm
325599	3-5yrs	6 Classes	\$99	6/16	Tu	4:30pm- 5:00pm
322449	3-5yrs	3 Classes	\$50	8/1	Sa	1:45pm- 2:15pm



GET A CABIN JOHN HOCKEY JERSEY

Get one child's Cabin John Ice Rink jersey for each paid registration for:

- Hockey 1
- Hockey 2
- Hockey 3
- Hockey 4
- Advanced Hockey
- Scrimmage 1
- Scrimmage 2



Hockey 1

Prerequisite: Basic 1 or Snowplow Sam 3

Learn how to sit on the ice and stand up, proper stance, march forward across the ice, 8-10 steps, forward two-foot glide, dip or squat, scooter pushes or T-push, forward swizzles, snowplow stop, and backward skating. *Full gear required (see p. 132).*

Cabin John Ice Rink *Fee includes a free Cabin John Hockey jersey!*

4-8 years

329163	4-8yrs	6 Classes	\$105	6/13	Sa	8:30am- 9:00am
322266	4-8yrs	6 Classes	\$105	6/13	Sa	11:00am-11:30am
322260	4-8yrs	6 Classes	\$105	6/16	Tu	5:00pm- 5:30pm
322452	4-8yrs	3 Classes	\$56	8/1	Sa	1:45pm- 2:15pm
325601	4-8yrs	3 Classes	\$56	8/4	Tu	4:30pm- 5:00pm

9-14 years

329164	9-14yrs	6 Classes	\$105	6/13	Sa	8:30am- 9:00am
322261	9-14yrs	6 Classes	\$105	6/16	Tu	5:00pm- 5:30pm
325602	9-14yrs	3 Classes	\$56	8/4	Tu	5:00pm- 5:30pm

4 & up

322263	4 & up	6 Classes	\$105	6/12	F	6:15pm- 6:45pm
322267	4 & up	6 Classes	\$105	6/14	Su	2:30pm- 3:00pm
322262	4 & up	6 Classes	\$105	6/18	Th	6:30pm- 7:00pm
325603	4 & up	3 Classes	\$56	8/6	Th	6:30pm- 7:00pm
325604	4 & up	3 Classes	\$56	8/7	F	6:15pm- 6:45pm

Wheaton Ice Arena *Fee includes a free Capitals Practice jersey!*

**See "FREE Hockey Equipment Rentals," p. 132*

322268	4 & up	6 Classes	\$99	6/13	Sa	11:45am-12:15pm
322269	4 & up	6 Classes	\$99	6/14	Su	1:00pm- 1:30pm
326321	4 & up	3 Classes	\$50	8/2	Su	1:00pm- 1:30pm

Hockey 2

Prerequisite: Passed Hockey 1

Learn backward stance, skating forward using full strides, forward one-foot glides, backward hustle, backward swizzles, glide turns, and moving snowplow stops. *Full gear required (see p. 132).*

Cabin John Ice Rink *Fee includes a free Cabin John Hockey jersey!*

4-8 years

329165	4-8yrs	6 Classes	\$105	6/13	Sa	8:30am- 9:00am
322602	4-8yrs	6 Classes	\$105	6/14	Su	2:30pm- 3:00pm
322304	4-8yrs	6 Classes	\$105	6/16	Tu	5:30pm- 6:00pm
322455	4-8yrs	3 Classes	\$56	8/1	Sa	1:45pm- 2:15pm
325605	4-8yrs	3 Classes	\$56	8/4	Tu	5:00pm- 5:30pm

9-14 years

329166	9-14yrs	6 Classes	\$105	6/13	Sa	8:30am- 9:00am
322305	9-14yrs	6 Classes	\$105	6/16	Tu	5:30pm- 6:00pm
325606	9-14yrs	3 Classes	\$56	8/11	Tu	5:00pm- 5:30pm

4 & up years

322307	4 & up	6 Classes	\$105	6/12	F	6:15pm- 6:45pm
322306	4 & up	6 Classes	\$105	6/18	Th	6:30pm- 7:00pm
325607	4 & up	3 Classes	\$56	8/6	Th	6:30pm- 7:00pm
325608	4 & up	3 Classes	\$56	8/7	F	6:15pm- 6:45pm

Wheaton Ice Arena *Fee includes a free Capitals Practice jersey!*

**See "FREE Hockey Equipment Rentals," p. 132*

326053	4 & up	6 Classes	\$99	6/13	Sa	10:15am-10:45am
326199	4 & up	6 Classes	\$99	6/14	Su	2:00pm- 2:30pm
326323	4 & up	3 Classes	\$50	8/2	Su	2:00pm- 2:30pm

Hockey 3

Prerequisite: Passed Hockey 2

Learn forward C-cuts on a circle, hockey turns with speed in and out of turn, forward slalom, forward stop and starts, backward V-stop, and lateral marching crossovers. *Full gear required (see p. 132).*

Cabin John Ice Rink *Fee includes a free Cabin John Hockey jersey!*

4-8 years

329157	4-8yrs	6 Classes	\$153	6/13	Sa	7:45am- 8:30am
322317	4-8yrs	6 Classes	\$153	6/16	Tu	6:30pm- 7:15pm
325652	4-8yrs	3 Classes	\$77	8/4	Tu	5:30pm- 6:15pm

9-14 years

329158	9-14yrs	6 Classes	\$153	6/13	Sa	7:45am- 8:30am
322318	9-14yrs	6 Classes	\$153	6/16	Tu	7:45pm- 8:30pm
325653	9-14yrs	3 Classes	\$77	8/4	Tu	7:15pm- 8:00pm

4 & up years

322322	4 & up	6 Classes	\$153	6/18	Th	5:30pm- 6:15pm
325654	4 & up	3 Classes	\$77	8/6	Th	5:30pm- 6:15pm

Wheaton Ice Arena **See "FREE Hockey Equipment Rentals," p. 132*

326055	4 & up	6 Classes	\$99	6/13	Sa	11:15am-11:45am
326110	4 & up	6 Classes	\$99	6/14	Su	1:30pm- 2:00pm
326322	4 & up	3 Classes	\$50	8/2	Su	1:30pm- 2:00pm

Hockey 4

Prerequisite: Passed Hockey 3

Learn forward one-foot pushes on a circle, forward crossover glides, forward crossovers, alternating backward C-cuts in a line, backward one-foot glide, mohawks, and hockey stop. *Full gear required (see p. 132).*

Cabin John Ice Rink *Fee includes a free Cabin John Hockey jersey!*

4-8 years

329159	4-8yrs	6 Classes	\$153	6/13	Sa	7:45am- 8:30am
322329	4-8yrs	6 Classes	\$153	6/16	Tu	6:30pm- 7:15pm
325655	4-8yrs	3 Classes	\$77	8/4	Tu	6:30pm- 7:15pm

9-14 years

329160	9-14yrs	6 Classes	\$153	6/13	Sa	7:45am- 8:30am
322330	9-14yrs	6 Classes	\$153	6/16	Tu	7:45pm- 8:30pm
325656	9-14yrs	3 Classes	\$77	8/4	Tu	7:15pm- 8:00pm

4 & up years

322331	4 & up	6 Classes	\$153	6/18	Th	5:30pm- 6:15pm
325657	4 & up	3 Classes	\$77	8/6	Th	5:30pm- 6:15pm

Wheaton Ice Arena **See "FREE Hockey Equipment Rentals," p. 132*

326054	4 & up	6 Classes	\$99	6/13	Sa	10:45am-11:15am
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Advanced Hockey

Pre-requisite - Passed Hockey 4

Learn alternating forward crossovers, backward crossovers (on a circle as well as straight down the ice), back V-stops, power turns on proper edges, and mohawks. *Full gear required (see p. 132).*

Cabin John Ice Rink *Fee includes a free Cabin John Hockey jersey!*

4-8 years

329161	4-8yrs	6 Classes	\$153	6/13	Sa	7:45am- 8:30am
322395	4-8yrs	6 Classes	\$153	6/16	Tu	6:30pm- 7:15pm
325658	4-8yrs	3 Classes	\$77	8/4	Tu	6:30pm- 7:15pm

9-14 years

329162	9-14yrs	6 Classes	\$153	6/13	Sa	7:45am- 8:30am
322397	9-14yrs	6 Classes	\$153	6/16	Tu	7:45pm- 8:30pm
325659	9-14yrs	3 Classes	\$77	8/4	Tu	6:30pm- 7:15pm

4 & up years

322399	4 & up	6 Classes	\$153	6/18	Th	5:30pm- 6:15pm
325660	4 & up	3 Classes	\$77	8/6	Th	5:30pm- 6:15pm



GET A FREE CAPITALS HOCKEY JERSEY

Get one child's Washington Capitals practice jersey for each first time paid registration at Wheaton Ice Arena for:
Hockey 1
Hockey 2



ICE HOCKEY



Hockey: Teen/Adult

Prerequisite: Passed Teen & Adult 1 in hockey skates
Learn the fundamentals of hockey skating, including forward and backward crossovers, stops, stick handling and passing. Full gear required (see p. 132).

Table with 2 rows of class information for Cabin John Ice Rink, including class numbers, levels, fees, and schedules.

Advanced Hockey: Teen/Adult

Prerequisite: Passed Teen & Adult 3 in Hockey Skates or Teen/Adult Hockey
This class will emphasize advanced hockey techniques, rules and game play. Skaters will practice skills and elements of the game through a series of scrimmages. Full gear required (see p. 132).

Table with 2 rows of class information for Cabin John Ice Rink, including class numbers, levels, fees, and schedules.

Power Skating for Hockey

Prerequisite: Passed Hockey 2 or Basic 3 in hockey skates
Build on the fundamentals of hockey and take your skating skills to the next level! We'll emphasize speed, quickness, power and technique.

Table with 2 rows of class information for Cabin John Ice Rink, including class numbers, levels, fees, and schedules.

Table with 1 row of class information for Wheaton Ice Arena, including class number, level, fee, and schedule.

Passing & Shooting, Intermediate

Prerequisite: Passed Hockey 2
You've learned the basics of passing and shooting -- now it's time to learn the finer points of stick-handling. We'll also show you how to protect the puck from opponents, and review some fundamental passing skills. Full gear and caged hockey helmets required; no game experience needed.

Table with 2 rows of class information for Cabin John Ice Rink, including class numbers, levels, fees, and schedules.

Scrimmage 1

Prerequisite: Passed Hockey 1
This hands-on instructional class focuses on key elements of hockey. Skaters will learn the rules of the game, enhance their skills, and practice through a series of scrimmages. Full gear required (see p. 132).

Table with 2 rows of class information for Cabin John Ice Rink, including class numbers, levels, fees, and schedules.

Table with 1 row of class information for Wheaton Ice Arena, including class number, level, fee, and schedule.

Scrimmage 2

Prerequisite: Passed Scrimmage 1
Scrimmage 2 gives serious players more real-time, hands-on instruction. Learn the finer points of hockey and continue to sharpen your skills with other players who want to excel. Full gear required (see p. 132).

Table with 1 row of class information for Cabin John Ice Rink, including class number, level, fee, and schedule.



Summer Camp

Ice Hockey Camp Prerequisite: Passed Hockey 1

If your 6-12 year-olds love hockey, why not treat them to a five-day hockey camp? We'll focus on skating, stick handling and off-ice fitness; and incorporate elements of power skating, passing and shooting, and games to make this a fun-filled week. Plus, each camper will get a complimentary hockey jersey! Players will be assigned to groups according to their skill level. Full gear required (see p. 132). Please bring sneakers and workout clothes for off-ice conditioning, and a snack each day.

Table with 2 rows of class information for Cabin John Ice Rink, including class numbers, levels, fees, and schedules.

Table with 2 rows of class information for Wheaton Ice Arena, including class numbers, levels, fees, and schedules.



Rachel & Michael Parsons

Lorraine McNamara & Quinn Carpenter

Home-Grown Champions

Will You Be the Next Olympic Hopeful? They Did It...So Can You!

All four of these talented skaters “grew up” and learned to skate at **Cabin John Ice Rink** and **Wheaton Ice Arena**. And now they’re world champions, and strong contenders for the 2018 Winter Olympics. Will you be the next Olympic hopeful? No matter how well you skate, there’s a class just right for you. Sign up for skating classes today!

P.S. Summer is are a great time of year to start ice skating!



Ice dancers **Rachel & Michael Parsons** won the silver medal at the 2015 U.S. National Junior Championships, and finished fourth as part of Team USA at the 2015 World Junior Championships in Estonia.

Ice dancers **Lorraine McNamara** and **Quinn Carpenter** captured the gold medal at the 2015 U.S. National Junior Championships, and the silver medal at the 2015 World Junior Championships in Tallinn, Estonia.

SUMMER BIRTHDAY \$PECIAL AT WHEATON ICE

Celebrate your summer birthday at Wheaton Ice Arena and stay cool!

RENT A PARTY ROOM
Saturday or Sunday

\$50 per hour for one
\$100 for two adjoining



...AND SKATE!

In June, July and August,
Party guests skate for just **\$5** each
(includes skates)

Birthday boy or girl skates free!

See the “Parties & Rentals” tab on our website for more information. Call us to reserve your party date today!

WheatonIceArena.com | 301-905-3000





SOUTH GERMANTOWN Driving RANGE

18045 Central Park Circle | Boyds, MD 20841 | 301-670-4670

www.SGDrivingRange.com



Driving Range Classes • Summer 2015



Beginning Golf for Women

Golf is a great game for women! It calls for skill and strategy, strength and patience—and if you walk vs. ride, you'll get a good walk in, too. Come get a good introduction to the basics of the game from Montgomery County Golf Academy instructors, including proper stance and grip, chipping, putting, driving, golf etiquette, and more. Fee covers loaner clubs, balls, and a practice card good for two free buckets of balls so that you can practice what you've learned.

324708	18 & up	4 Classes	\$99	7/7	Tu	11:00am-12:00pm
324709	18 & up	4 Classes	\$99	7/9	Th	11:00am-12:00pm
324710	18 & up	4 Classes	\$99	8/11	Tu	11:00am-12:00pm
324711	18 & up	4 Classes	\$99	8/13	Th	11:00am-12:00pm

Beginning Golf for Seniors

Golf is an excellent way for senior adults to keep active and in good health. It's a great workout for the heart and lungs, improves blood circulation, strengthens the knees, enhances bone density, and keeps the body flexible and limber. It's also a great way to alleviate stress and sharpen your powers of concentration. And most importantly, it's fun! We'll teach the basics of golf, including putting, chipping, driving, using irons and woods, and golf etiquette. Fee covers loaner clubs, balls and a practice card for two free buckets to come back and practice your skills.

328805	50 & up	4 Classes	\$99	7/7	Tu	10:00am-11:00am
328806	50 & up	4 Classes	\$99	7/9	Th	10:00am-11:00am
328807	50 & up	4 Classes	\$99	8/4	Tu	10:00am-11:00am
328808	50 & up	4 Classes	\$99	8/6	Th	10:00am-11:00am

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

Hours are weather dependent. If the weather looks iffy, please visit our website or Facebook page before heading out. Buckets of balls are sold until one hour before stated closing time.

Beginning Golf

If you've always wanted to try golf, or haven't played in years and want to pick it up again, this is an easy, inexpensive way to get into the sport. For just \$99, you'll get four weeks of professional instruction from a Montgomery County Golf Academy Instructor, and learn the basics of golf: proper stance, grip, chipping, putting, driving, golf etiquette, and more. Fee covers loaner clubs, balls and a practice card for two free buckets to come back and practice your skills. Class sizes are small (no more than 8 students), so you're sure to get a good bit of personal attention.

328799	18 & up	4 Classes	\$99	7/7	Tu	5:30pm- 6:30pm
328800	18 & up	4 Classes	\$99	7/9	Th	5:30pm- 6:30pm
328801	18 & up	4 Classes	\$99	7/11	Sa	2:30pm- 3:30pm
328802	18 & up	4 Classes	\$99	8/4	Tu	5:30pm- 6:30pm
328803	18 & up	4 Classes	\$99	8/6	Th	5:30pm- 6:30pm
328804	18 & up	4 Classes	\$99	8/8	Sa	2:30pm- 3:30pm



Parent and Child Golf

Golf is a great game for kids to start early, and you'll have a great time learning together. With the help of a Montgomery County Golf Academy instructor, you and your child (age 7- 14) will learn the basics of golf, including proper stance, grip, chipping, putting, driving, and more. If you're already a golfer, the instructor will work with you at your level to help you improve your game. Please register your child; fee covers instruction, balls, loaner clubs and practice cards for both of you.

324704	7-14yrs	5 Classes	\$149	7/11	Sa	11:00am-12:00pm
324722	7-14yrs	5 Classes	\$149	7/11	Sa	11:00am-12:00pm
324705	7-14yrs	5 Classes	\$149	7/11	Sa	4:30pm- 5:30pm
324723	7-14yrs	5 Classes	\$149	7/11	Sa	4:30pm- 5:30pm
324706	7-14yrs	5 Classes	\$149	8/15	Sa	11:00am-12:00pm
324724	7-14yrs	5 Classes	\$149	8/15	Sa	11:00am-12:00pm
324707	7-14yrs	5 Classes	\$149	8/15	Sa	4:30pm- 5:30pm
324725	7-14yrs	5 Classes	\$149	8/15	Sa	4:30pm- 5:30pm

Couples Golf

Learn a new sport that you can play together for the rest of your life! Grab your spouse or partner, best friend or parent, son or daughter and learn to play the great game of golf. In this beginning/intermediate class, you'll get expert instruction from a Montgomery County Golf Academy pro for four weeks. We'll teach the basics of golf, including putting, chipping, driving, using irons and woods, and golf etiquette. Fee covers loaner clubs, balls and a practice card for two free buckets to come back and practice your skills.

Please register one person from your pair, and you'll be prompted as you register to enter your partner's name.

324714	18 & up	4 Classes	\$149	7/7	Tu	7:30pm- 8:30pm
324715	18 & up	4 Classes	\$149	7/11	Sa	9:00am-10:00am
324716	18 & up	4 Classes	\$149	7/11	Sa	5:30pm- 6:30pm
324717	18 & up	4 Classes	\$149	7/12	Su	1:00pm- 2:00pm
324718	18 & up	4 Classes	\$149	8/11	Tu	7:30pm- 8:30pm
324719	18 & up	4 Classes	\$149	8/15	Sa	9:00am-10:00am
324720	18 & up	4 Classes	\$149	8/15	Sa	5:30pm- 6:30pm
324721	18 & up	4 Classes	\$149	8/16	Su	1:00pm- 2:00pm

Junior Golf Mini-Camp

These classes are great way for your child to learn and gradually improve their skills on a month-to-month basis. Each month we'll offer a group of four-five different classes, each focusing on a particular swing or golf skill. You choose which classes you want that month, and register and pay for them at one time.

It's golf à la carte! Visit our website or check the Clubhouse for specific skills schedule.

325558	7-14yrs	1 Class	\$15	7/2	Th	4:30pm- 5:30pm
325566	7-14yrs	1 Class	\$15	7/4	Sa	10:00pm-11:00pm
325575	7-14yrs	1 Class	\$15	7/4	Sa	3:30pm- 4:30pm
325584	7-14yrs	1 Class	\$15	7/5	Su	2:00pm- 3:00pm
325549	7-14yrs	1 Class	\$15	7/7	Tu	4:30pm- 5:30pm
325559	7-14yrs	1 Class	\$15	7/9	Th	4:30pm- 5:30pm
325567	7-14yrs	1 Class	\$15	7/11	Sa	10:00pm-11:00pm
325576	7-14yrs	1 Class	\$15	7/11	Sa	3:30pm- 4:30pm
325585	7-14yrs	1 Class	\$15	7/12	Su	2:00pm- 3:00pm
325550	7-14yrs	1 Class	\$15	7/14	Tu	4:30pm- 5:30pm
325560	7-14yrs	1 Class	\$15	7/16	Th	4:30pm- 5:30pm
325568	7-14yrs	1 Class	\$15	7/18	Sa	10:00pm-11:00pm
325577	7-14yrs	1 Class	\$15	7/18	Sa	3:30pm- 4:30pm
325586	7-14yrs	1 Class	\$15	7/19	Su	2:00pm- 3:00pm
325591	7-14yrs	1 Class	\$15	7/19	Su	2:00pm- 3:00pm
325551	7-14yrs	1 Class	\$15	7/21	Tu	4:30pm- 5:30pm
325561	7-14yrs	1 Class	\$15	7/23	Th	4:30pm- 5:30pm
325569	7-14yrs	1 Class	\$15	7/25	Sa	10:00pm-11:00pm
325578	7-14yrs	1 Class	\$15	7/25	Sa	3:30pm- 4:30pm
325587	7-14yrs	1 Class	\$15	7/26	Su	2:00pm- 3:00pm
325552	7-14yrs	1 Class	\$15	7/28	Tu	4:30pm- 5:30pm
325562	7-14yrs	1 Class	\$15	7/30	Th	4:30pm- 5:30pm
325570	7-14yrs	1 Class	\$15	8/1	Sa	10:00pm-11:00pm
325579	7-14yrs	1 Class	\$15	8/1	Sa	3:30pm- 4:30pm
325588	7-14yrs	1 Class	\$15	8/2	Su	2:00pm- 3:00pm
325553	7-14yrs	1 Class	\$15	8/4	Tu	4:30pm- 5:30pm
325563	7-14yrs	1 Class	\$15	8/6	Th	4:30pm- 5:30pm
325571	7-14yrs	1 Class	\$15	8/8	Sa	10:00pm-11:00pm
325580	7-14yrs	1 Class	\$15	8/8	Sa	3:30pm- 4:30pm
325589	7-14yrs	1 Class	\$15	8/9	Su	2:00pm- 3:00pm
325554	7-14yrs	1 Class	\$15	8/11	Tu	4:30pm- 5:30pm
325564	7-14yrs	1 Class	\$15	8/13	Th	4:30pm- 5:30pm
325572	7-14yrs	1 Class	\$15	8/15	Sa	10:00pm-11:00pm
325581	7-14yrs	1 Class	\$15	8/15	Sa	3:30pm- 4:30pm
325590	7-14yrs	1 Class	\$15	8/16	Su	2:00pm- 3:00pm
325555	7-14yrs	1 Class	\$15	8/18	Tu	4:30pm- 5:30pm
325565	7-14yrs	1 Class	\$15	8/20	Th	4:30pm- 5:30pm
325573	7-14yrs	1 Class	\$15	8/22	Sa	10:00pm-11:00pm
325582	7-14yrs	1 Class	\$15	8/22	Sa	3:30pm- 4:30pm
325592	7-14yrs	1 Class	\$15	8/23	Su	2:00pm- 3:00pm
325556	7-14yrs	1 Class	\$15	8/25	Tu	4:30pm- 5:30pm
325574	7-14yrs	1 Class	\$15	8/29	Sa	10:00pm-11:00pm
325583	7-14yrs	1 Class	\$15	8/29	Sa	3:30pm- 4:30pm
325557	7-14yrs	1 Class	\$15	9/1	Tu	4:30pm- 5:30pm



FACILITY FEATURES

- Montgomery County Golf Academy instructors
- Sand trap training area
Practice your bunker game and hit balls onto the range
- 40 tee boxes (10 covered)
- Synthetic turf putting green
- New heaters and roll-down drop curtains
Great for hitting balls in inclement weather. Protects from wind/rain, keeps in the heat during colder days
- Elevated greens on range
Work on both distance and accuracy as you shoot for the greens instead of distance markers
- Clubhouse with restroom and DirectTV



Mini-Golf and Splash-a-Thon!

Saturday, July 4, 10am-6pm

Celebrate your independence with us! It's just \$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 \$4 admission for them, and you get in free!

Family Memberships

Get unlimited admissions to the Splash Playground for up to four family members—just \$90 for the entire season!

Rent a Tent or the Whole Park!

Now you can book your party at the Splash Playground ONLINE! Visit our website for step-by-step instructions, and make your reservations at ParkPASS.org!



Party options include:

Medium Tents

\$40/hour (2 available, capacity 35 each)

Large Tent

\$50/hour (1 available, capacity 75-100)

Big Splash!

Rent the whole Splash Playground from 6:00-8:00pm; fees start at \$225.

Book online at ParkPASS.org!



SplashPark

SOUTH GERMANTOWN

& MiniGolf

Kids can stay cool and have fun splashing in all the different water features while you *relax* at the Splash Playground. Or challenge the kids to a game of mini-golf on our championship 18-hole course.



www.SplashandGolf.com

10856 Central Park Circle, Boyds, MD 20841 | 301-670-4680 

Open weekends beginning **May 23** • Open daily beginning **June 14**
 Closed for maintenance **August 31-September 4**
 Open Labor Day weekend • Closed for the season **September 7**

Indoor Tennis Group Lessons • Summer 2015



Pauline Betz Addie Tennis Center
7801 Democracy Blvd.
Bethesda, MD 20817
CabinJohnTennis.com
301-765-8650



Wheaton Indoor Tennis
11715 Orebaugh Ave.
Wheaton, MD 20902
WheatonTennis.com
301-905-3030



REGISTRATION DATES: SUMMER

- Registration for **SUMMER 1 & 2** opens Monday, June 22 for Montgomery County residents and Tuesday, June 23 for all.
- **SUMMER 1** classes run Monday, July 6 through Sunday, July 26. **SUMMER 2** classes run Monday, July 27 and run through Sunday, August 16.

DATES TO NOTE

Both Facilities Closed

- Monday, May 25 (Memorial Day)
- Saturday, July 4 (Independence Day)
- Monday, September 7 (Labor Day)

If you see a class you like, register! Classes may be canceled if minimum enrollment number is not met.



Parent & Child Tennis

Bring your 5-8 year-old and have fun learning fundamental tennis skills together! We'll teach Beginner/Beginner Plus level skills and drills that can be continued outside of class. Fee covers one adult and one child; register the child only.

Pauline Betz Addie Tennis/Cabin John

327107	5-8yrs	6 Classes	\$147	7/6	M&W	6:00pm- 7:00pm
327106	5-8yrs	6 Classes	\$147	7/11	Sa	2:00pm- 3:00pm
327111	5-8yrs	6 Classes	\$147	7/27	M&W	6:00pm- 7:00pm

Wheaton Indoor Tennis

325482	5-8yrs	6 Classes	\$129	7/6	M&W	7:00pm- 8:00pm
325481	5-8yrs	6 Classes	\$129	7/7	Tu&Th	7:00pm- 8:00pm
325483	5-8yrs	6 Classes	\$129	7/11	Sa	2:00pm- 3:00pm
325484	5-8yrs	6 Classes	\$129	7/12	Su	1:00pm- 2:00pm
327362	5-8yrs	6 Classes	\$129	7/27	M&W	7:00pm- 8:00pm
327361	5-8yrs	6 Classes	\$129	7/28	Tu&Th	7:00pm- 8:00pm



Parent & Pre-Teen Tennis

For parents and their 9-12 year-old children. Have fun learning fundamental tennis skills together! We'll teach Beginner/Beginner Plus level skills and drills that can be continued outside of class. Fee covers one adult and one child; register the child only.

Pauline Betz Addie Tennis/Cabin John

327100	9-12yrs	6 Classes	\$147	7/6	M&W	6:00pm- 7:00pm
327102	9-12yrs	6 Classes	\$147	7/7	Tu&Th	7:00pm- 8:00pm
327400	9-12yrs	6 Classes	\$147	7/27	M&W	6:00pm- 7:00pm
327401	9-12yrs	6 Classes	\$147	7/28	Tu&Th	7:00pm- 8:00pm

Wheaton Indoor Tennis

325486	9-12yrs	6 Classes	\$129	7/6	M&W	7:00pm- 8:00pm
325485	9-12yrs	6 Classes	\$129	7/7	Tu&Th	7:00pm- 8:00pm
325487	9-12yrs	6 Classes	\$129	7/11	Sa	1:00pm- 2:00pm
325488	9-12yrs	6 Classes	\$129	7/12	Su	2:00pm- 3:00pm
327364	9-12yrs	6 Classes	\$129	7/27	M&W	7:00pm- 8:00pm
327363	9-12yrs	6 Classes	\$129	7/28	Tu&Th	7:00pm- 8:00pm



USTA 10 and Under Tennis

This ground-breaking program from the United States Tennis Association (USTA) gives kids age 10 and under the opportunity to learn real tennis... and have real fun doing it!

Using the QuickStart Tennis play format, classes use racquets, balls and courts that are sized right for kids so they learn, rally, play, compete and enjoy the game right from the start. The courts are smaller (but still to scale); balls are lighter, slower-moving and easier to hit; racquets are smaller and lighter. It's real tennis, tailored to a child's size (other youth sports like soccer, basketball and baseball have done this for years!).

All equipment is provided in the course fee. All classes include warm-up and cool-down activities, skill review and practice, and team games that reinforce tennis skills and tactics. For more information, visit www.10andUnderTennis.com, and sign up for a class today.

USTA 10 and Under Tennis, Beginner

Pauline Betz Addie Tennis/Cabin John

Ages 4-6

327178	4-6yrs	6 Classes	\$135	7/6	M&W	5:00pm- 6:00pm
327206	4-6yrs	6 Classes	\$135	7/11	Sa	2:00pm- 3:00pm
327209	4-6yrs	6 Classes	\$135	7/12	Su	9:00am-10:00am
327217	4-6yrs	6 Classes	\$135	7/27	M&W	5:00pm- 6:00pm

Ages 6-8

327179	6-8yrs	6 Classes	\$135	7/6	M&W	6:00pm- 7:00pm
327205	6-8yrs	6 Classes	\$135	7/11	Sa	9:00am-10:00am
327207	6-8yrs	6 Classes	\$135	7/12	Su	9:00am-10:00am
327218	6-8yrs	6 Classes	\$135	7/27	M&W	6:00pm- 7:00pm

Ages 8-10

327181	8-10yrs	6 Classes	\$135	7/6	M&W	6:00pm- 7:00pm
327208	8-10yrs	6 Classes	\$135	7/12	Su	2:00pm- 3:00pm
327219	8-10yrs	6 Classes	\$135	7/27	M&W	6:00pm- 7:00pm

Wheaton Indoor Tennis

Ages 4-6

325449	4-6yrs	6 Classes	\$111	7/6	M&W	5:00pm- 6:00pm
325450	4-6yrs	6 Classes	\$111	7/7	Tu&Th	5:00pm- 6:00pm
325451	4-6yrs	6 Classes	\$111	7/11	Sa	9:00am-10:00am
325452	4-6yrs	6 Classes	\$111	7/12	Su	10:00am-11:00am
327349	4-6yrs	6 Classes	\$111	7/27	M&W	5:00pm- 6:00pm
327350	4-6yrs	6 Classes	\$111	7/28	Tu&Th	5:00pm- 6:00pm

Ages 6-8

325453	6-8yrs	6 Classes	\$111	7/6	M&W	5:00pm- 6:00pm
325454	6-8yrs	6 Classes	\$111	7/7	Tu&Th	5:00pm- 6:00pm
325455	6-8yrs	6 Classes	\$111	7/11	Sa	9:00am-10:00am
325456	6-8yrs	6 Classes	\$111	7/12	Su	10:00am-11:00am
327351	6-8yrs	6 Classes	\$111	7/27	M&W	5:00pm- 6:00pm
327352	6-8yrs	6 Classes	\$111	7/28	Tu&Th	5:00pm- 6:00pm

Ages 8-10

325457	8-10yrs	6 Classes	\$111	7/6	M&W	5:00pm- 6:00pm
325458	8-10yrs	6 Classes	\$111	7/7	Tu&Th	5:00pm- 6:00pm
325459	8-10yrs	6 Classes	\$111	7/11	Sa	9:00am-10:00am
325460	8-10yrs	6 Classes	\$111	7/12	Su	10:00am-11:00am
327353	8-10yrs	6 Classes	\$111	7/27	M&W	5:00pm- 6:00pm
327354	8-10yrs	6 Classes	\$111	7/28	Tu&Th	5:00pm- 6:00pm

USTA 10 and Under Tennis, Intermediate

Prerequisite: Mastery of Beginner level skills

We'll continue to work on stroke development, and learn specialty shots like lobs, drop shots, slices, topspins, cross-court and down-the-line shots, and both kick and flat serves. You'll also learn when and where to use each stroke, how to play strategic tennis (how to plan your shots, construct points, size up your opponent and play to his/her weaknesses), and work on consistency from both the baseline and net.

Pauline Betz Addie Tennis/Cabin John

Ages 4-6

327146	4-6yrs	6 Classes	\$135	7/7	Tu&Th	5:00pm- 6:00pm
327151	4-6yrs	6 Classes	\$135	7/11	Sa	10:00am-11:00am
327155	4-6yrs	6 Classes	\$135	7/12	Su	10:00am-11:00am

Ages 6-8

327399	6-8yrs	6 Classes	\$135	7/7	Tu&Th	5:00pm- 6:00pm
327152	6-8yrs	6 Classes	\$135	7/11	Sa	9:00am-10:00am
327154	6-8yrs	6 Classes	\$135	7/12	Su	11:00am-12:00pm
327176	6-8yrs	6 Classes	\$135	7/12	Su	9:00am-10:00am

Ages 8-10

327150	8-10yrs	6 Classes	\$135	7/11	Sa	9:00am-10:00am
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Wheaton Indoor Tennis

Ages 4-6

325461	4-6yrs	6 Classes	\$111	7/7	Tu&Th	6:00pm- 7:00pm
325462	4-6yrs	6 Classes	\$111	7/11	Sa	10:00am-11:00am
325463	4-6yrs	6 Classes	\$111	7/12	Su	3:00pm- 4:00pm
327355	4-6yrs	6 Classes	\$111	7/28	Tu&Th	6:00pm- 7:00pm

Ages 6-8

325464	6-8yrs	6 Classes	\$111	7/7	Tu&Th	6:00pm- 7:00pm
325465	6-8yrs	6 Classes	\$111	7/11	Sa	10:00am-11:00am
325466	6-8yrs	6 Classes	\$111	7/12	Su	3:00pm- 4:00pm
327356	6-8yrs	6 Classes	\$111	7/28	Tu&Th	6:00pm- 7:00pm

Ages 8-10

325467	8-10yrs	6 Classes	\$111	7/7	Tu&Th	6:00pm- 7:00pm
325468	8-10yrs	6 Classes	\$111	7/11	Sa	10:00am-11:00am
325469	8-10yrs	6 Classes	\$111	7/12	Su	2:00pm- 3:00pm
327357	8-10yrs	6 Classes	\$111	7/28	Tu&Th	6:00pm- 7:00pm



USTA 10 and Under Tennis, Advanced

Prerequisite: Passed Intermediate level skills

In Advanced Tennis, you'll learn new strategies to win points, games and matches against a variety of players, as well as positioning and shot placement. We'll work on closing points, match play situations analysis, and mental toughness training, too. By the end of this class, you should have a thorough understanding of tennis, including offensive and defensive shots.

Pauline Betz Addie Tennis/Cabin John

Ages 4-6

327122	4-6yrs	6 Classes	\$147	7/6	M&W	5:00pm- 6:00pm
327112	4-6yrs	6 Classes	\$147	7/7	Tu&Th	5:00pm- 6:00pm
327116	4-6yrs	6 Classes	\$147	7/11	Sa	2:00pm- 3:00pm
327120	4-6yrs	6 Classes	\$147	7/12	Su	12:00pm- 1:00pm

Ages 6-8

327123	6-8yrs	6 Classes	\$147	7/6	M&W	6:00pm- 7:00pm
327118	6-8yrs	6 Classes	\$147	7/11	Sa	2:00pm- 3:00pm

Ages 8-10

327115	8-10yrs	6 Classes	\$147	7/7	Tu&Th	6:00pm- 7:00pm
327117	8-10yrs	6 Classes	\$147	7/11	Sa	3:00pm- 4:00pm
327121	8-10yrs	6 Classes	\$147	7/12	Su	2:00pm- 3:00pm

Wheaton Indoor Tennis

Ages 4-6

325472	4-6yrs	6 Classes	\$123	7/6	M&W	6:00pm- 7:00pm
325473	4-6yrs	6 Classes	\$123	7/11	Sa	11:00am-12:00pm
325474	4-6yrs	6 Classes	\$123	7/12	Su	9:00am-10:00am
327358	4-6yrs	6 Classes	\$123	7/27	M&W	6:00pm- 7:00pm

Ages 6-8

325475	6-8yrs	6 Classes	\$123	7/6	M&W	6:00pm- 7:00pm
325476	6-8yrs	6 Classes	\$123	7/11	Sa	11:00am-12:00pm
325477	6-8yrs	6 Classes	\$123	7/12	Su	9:00am-10:00am
327359	6-8yrs	6 Classes	\$123	7/27	M&W	6:00pm- 7:00pm

Ages 8-10

325478	8-10yrs	6 Classes	\$123	7/6	M&W	6:00pm- 7:00pm
325479	8-10yrs	6 Classes	\$123	7/11	Sa	11:00am-12:00pm
325480	8-10yrs	6 Classes	\$123	7/12	Su	9:00am-10:00am
327360	8-10yrs	6 Classes	\$123	7/27	M&W	6:00pm- 7:00pm

Beginner Tennis

These classes are designed for older kids and adults who have never played tennis. Learn warm-up exercises, how to properly grip a racquet; basic stroke techniques for forehands, backhands, volleys, serves and overheads; tennis etiquette and vocabulary; plus safety rules and how to keep score.

Pauline Betz Addie Tennis/Cabin John

327052	11-13yrs	6 Classes	\$135	7/7	Tu&Th	6:00pm- 7:00pm
327056	11-13yrs	6 Classes	\$135	7/11	Sa	10:00am-11:00am
327062	11-13yrs	6 Classes	\$135	7/28	Tu&Th	6:00pm- 7:00pm

Wheaton Indoor Tennis

325489	11-13yrs	6 Classes	\$111	7/6	M&W	7:00pm- 8:00pm
325490	11-13yrs	6 Classes	\$111	7/11	Sa	1:00pm- 2:00pm
325491	11-13yrs	6 Classes	\$111	7/12	Su	1:00pm- 2:00pm
327365	11-13yrs	6 Classes	\$111	7/27	M&W	7:00pm- 8:00pm

Beginner Tennis, Teen

Pauline Betz Addie Tennis/Cabin John

327001	14-17yrs	6 Classes	\$135	7/6	M&W	6:00pm- 7:00pm
326999	14-17yrs	6 Classes	\$135	7/11	Sa	10:00am-11:00am
327005	14-17yrs	6 Classes	\$135	7/12	Su	1:00pm- 2:00pm
327402	14-17yrs	6 Classes	\$135	7/27	M&W	6:00pm- 7:00pm

Wheaton Indoor Tennis

325492	14-17yrs	6 Classes	\$111	7/7	Tu&Th	7:00pm- 8:00pm
325493	14-17yrs	6 Classes	\$111	7/11	Sa	12:00pm- 1:00pm
325494	14-17yrs	6 Classes	\$111	7/12	Su	11:00am-12:00pm
327366	14-17yrs	6 Classes	\$111	7/28	Tu&Th	7:00pm- 8:00pm

Beginner Tennis, Adult

Pauline Betz Addie Tennis/Cabin John

326884	18 & up	6 Classes	\$135	7/6	M&W	8:00pm- 9:00pm
326885	18 & up	6 Classes	\$135	7/6	M&W	9:00am-10:00am
326887	18 & up	6 Classes	\$135	7/7	Tu&Th	11:00am-12:00pm
326888	18 & up	6 Classes	\$135	7/7	Tu&Th	8:00pm- 9:00pm
326902	18 & up	6 Classes	\$135	7/11	Sa	11:00am-12:00pm
326881	18 & up	6 Classes	\$135	7/12	Su	10:00am-11:00am
326912	18 & up	6 Classes	\$135	7/28	Tu&Th	11:00am-12:00pm
326949	18 & up	6 Classes	\$135	7/28	Tu&Th	8:00pm- 9:00pm

Wheaton Indoor Tennis

325504	18 & up	6 Classes	\$111	7/6	M&W	6:00pm- 7:00pm
325507	18 & up	6 Classes	\$111	7/11	Sa	8:00am- 9:00am
325508	18 & up	6 Classes	\$111	7/12	Su	11:00am-12:00pm
327367	18 & up	6 Classes	\$111	7/27	M&W	6:00pm- 7:00pm

**Sign up for
Seasonal
Court Time**

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 **2015-2016 Indoor Tennis Season**. With a seasonal 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 rates, visit WheatonTennis.com or CabinJohnTennis.com or call 301-905-3030 (WIT) or 301-765-8650 (PBA).



Intermediate Tennis

In Intermediate Tennis, we'll begin to focus on the strategies and shots that will help you play winning tennis. We'll continue to work on stroke development, and learn specialty shots like lobs, drop shots, slices, topspins, cross-court and down-the-line shots, and both kick and flat serves. You'll also learn when and where to use each stroke, how to play strategic tennis (how to plan your shots, construct points, size up your opponent and play to his/her weaknesses), and work on consistency from both the baseline and net. During the end of class, we will play matches giving everyone the opportunity to immediately apply what they have learned.

Want to practice but don't have a partner?

RENT THE SMASH!



Now you can rent a SMASH at both Wheaton Indoor Tennis and Pauline Betz Addie Tennis Center! This high-tech ball machine shoots out fast, slow or medium-paced balls; slices, topspins, flat spins and lobs; in one direction or all directions!

You can rent the SMASH for \$10/hour (in addition to regular court time fees). Sign up at the front desk.

Intermediate Tennis, Junior

Pauline Betz Addie Tennis/Cabin John

326865	11-13yrs	6 Classes	\$135	7/7	Tu&Th	5:00pm- 6:00pm
326869	11-13yrs	6 Classes	\$135	7/11	Sa	11:00am-12:00pm
326871	11-13yrs	6 Classes	\$135	7/12	Su	1:00pm- 2:00pm
326877	11-13yrs	6 Classes	\$135	7/28	Tu&Th	5:00pm- 6:00pm

Intermediate Tennis, Teen

Pauline Betz Addie Tennis/Cabin John

326854	14-17yrs	6 Classes	\$135	7/6	M&W	7:00pm- 8:00pm
326861	14-17yrs	6 Classes	\$135	7/11	Sa	11:00am-12:00pm
326852	14-17yrs	6 Classes	\$135	7/12	Su	12:00pm- 1:00pm
327449	14-17yrs	6 Classes	\$135	7/27	M&W	7:00pm- 8:00pm

Wheaton Indoor Tennis

325509	14-17yrs	6 Classes	\$111	7/7	Tu&Th	6:00pm- 7:00pm
325510	14-17yrs	6 Classes	\$111	7/11	Sa	2:00pm- 3:00pm
325511	14-17yrs	6 Classes	\$111	7/12	Su	12:00pm- 1:00pm
327368	14-17yrs	6 Classes	\$111	7/28	Tu&Th	6:00pm- 7:00pm

Intermediate Tennis, Adult

Pauline Betz Addie Tennis/Cabin John

326821	18 & up	6 Classes	\$135	7/6	M&W	10:00am-11:00am
326822	18 & up	6 Classes	\$135	7/6	M&W	8:00pm- 9:00pm
326819	18 & up	6 Classes	\$135	7/12	Su	11:00am-12:00pm
327450	18 & up	6 Classes	\$135	7/27	M&W	10:00am-11:00am
327451	18 & up	6 Classes	\$135	7/27	M&W	8:00pm- 9:00pm

Wheaton Indoor Tennis

325497	18 & up	6 Classes	\$111	7/6	M&W	5:00pm- 6:00pm
325501	18 & up	6 Classes	\$111	7/11	Sa	12:00pm- 1:00pm
325502	18 & up	6 Classes	\$111	7/12	Su	12:00pm- 1:00pm
327369	18 & up	6 Classes	\$111	7/27	M&W	5:00pm- 6:00pm

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 Tennis, Junior

Pauline Betz Addie Tennis/Cabin John

326751	11-13yrs	6 Classes	\$147	7/7	Tu&Th	6:00pm- 7:00pm
326757	11-13yrs	6 Classes	\$147	7/11	Sa	12:00pm- 1:00pm
326758	11-13yrs	6 Classes	\$147	7/11	Sa	1:00pm- 2:00pm
327452	11-13yrs	6 Classes	\$147	7/28	Tu&Th	6:00pm- 7:00pm

Advanced Tennis, Teen

Pauline Betz Addie Tennis/Cabin John

326737	14-17yrs	6 Classes	\$147	7/7	Tu&Th	7:00pm- 8:00pm
326739	14-17yrs	6 Classes	\$294	7/11	Sa	12:00pm- 2:00pm
327453	14-17yrs	6 Classes	\$147	7/28	Tu&Th	7:00pm- 8:00pm

Wheaton Indoor Tennis

325512	14-17yrs	6 Classes	\$123	7/12	Su	12:00pm- 1:00pm
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Advanced Tennis, Adult

Pauline Betz Addie Tennis/Cabin John

326702	18 & up	6 Classes	\$294	7/6	M&W	7:00pm- 9:00pm
326704	18 & up	6 Classes	\$294	7/6	M&W	10:00am-12:00pm
326701	18 & up	6 Classes	\$294	7/11	Sa	8:00am-10:00am
326714	18 & up	6 Classes	\$147	7/12	Su	11:00am-12:00pm
327455	18 & up	6 Classes	\$294	7/27	M&W	10:00am-12:00pm
327454	18 & up	6 Classes	\$294	7/27	M&W	7:00pm- 9:00pm

Wheaton Indoor Tennis

325516	18 & up	6 Classes	\$123	7/11	Sa	3:00pm- 4:00pm
325514	18 & up	6 Classes	\$123	7/12	Su	4:00pm- 5:00pm

Junior Advanced Drill Play Tennis Clinic

Prerequisite: Evaluation by instructor

Designed for players who have the energy and enthusiasm of advanced/older players, but aren't quite ready for sustained play with high school level team players. We'll cover Advanced skill levels and drills, plus strength and endurance training and transitional phase play. Please call 301-765-8650 to schedule your evaluation with an instructor.

Pauline Betz Addie Tennis/Cabin John

326687	9-13yrs	6 Classes	\$294	7/11	Sa	12:00pm- 2:00pm
326689	9-13yrs	6 Classes	\$294	7/12	Su	12:00pm- 2:00pm



Matchplay Tennis

Prerequisite: Instructor review of student's level of play

Matchplay Tennis provides you with an opportunity to compete with other players at the same ability/skill level in a match environment. As you play, an instructor will move around the court, coaching you through different situations and giving on-the-spot tips and things to think about.

For Matchplay Tennis at Pauline Betz Addie/Cabin John, email Justin.Reid@MontgomeryParks.org.

For Matchplay Tennis at Wheaton, email Gino.Tomasello@MontgomeryParks.org.

Pauline Betz Addie Tennis/Cabin John

326658	18 & up	3 Classes	\$74	7/6	M	8:00pm-9:00pm
326664	18 & up	3 Classes	\$74	7/7	Tu	6:00pm-7:00pm
326662	18 & up	3 Classes	\$74	7/7	Tu	7:00pm-8:00pm
326660	18 & up	3 Classes	\$74	7/7	Tu	8:00pm-9:00pm
326666	18 & up	3 Classes	\$74	7/8	W	7:00pm-8:00pm
326668	18 & up	3 Classes	\$74	7/9	Th	10:00am-11:00am
326659	18 & up	3 Classes	\$74	7/27	M	8:00pm-9:00pm
326665	18 & up	3 Classes	\$74	7/28	Tu	6:00pm-7:00pm
326663	18 & up	3 Classes	\$74	7/28	Tu	7:00pm-8:00pm
326661	18 & up	3 Classes	\$74	7/28	Tu	8:00pm-9:00pm
326667	18 & up	3 Classes	\$74	7/29	W	7:00pm-8:00pm
326669	18 & up	3 Classes	\$74	7/30	Th	10:00am-11:00am

Wheaton Indoor Tennis

325523	18 & up	6 Classes	\$123	7/6	M&W	10:00am-11:00am
325521	18 & up	6 Classes	\$123	7/6	M&W	6:00pm-7:00pm
325522	18 & up	6 Classes	\$123	7/7	Tu&Th	10:00am-11:00am
325527	18 & up	6 Classes	\$123	7/11	Sa	12:00pm-1:00pm
325528	18 & up	6 Classes	\$123	7/12	Su	1:00pm-2:00pm
327372	18 & up	6 Classes	\$123	7/27	M&W	10:00am-11:00am
327370	18 & up	6 Classes	\$123	7/27	M&W	6:00pm-7:00pm
327371	18 & up	6 Classes	\$123	7/28	Tu&Th	10:00am-11:00am

Kids Cardio Tennis

This group tennis training activity features action-based tennis drills and games for children ages 6-12 at any skill level. Using music and pedometers, the class emphasizes movement and fun. With age-appropriate equipment and an encouraging environment, this class will help develop tennis and athletic skills, and improve overall health and fitness.

Pauline Betz Addie Tennis/Cabin John

326694	6-12yrs	6 Classes	\$147	7/6	M&W	5:00pm-6:00pm
327456	6-12yrs	6 Classes	\$147	7/27	M&W	5:00pm-6:00pm

Wheaton Indoor Tennis

325517	6-12yrs	6 Classes	\$123	7/11	Sa	3:00pm-4:00pm
325518	6-12yrs	6 Classes	\$123	7/12	Su	4:00pm-5:00pm

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

326652	18 & up	6 Classes	\$147	7/6	M&W	7:00pm-8:00pm
326550	18 & up	6 Classes	\$147	7/11	Sa	10:00am-11:00am
326650	18 & up	6 Classes	\$147	7/12	Su	10:00am-11:00am

Wheaton Indoor Tennis

325519	18 & up	6 Classes	\$123	7/11	Sa	2:00pm-3:00pm
325520	18 & up	6 Classes	\$123	7/12	Su	6:00pm-7:00pm

USTA Junior Team Tennis

Prerequisite: Passed Intermediate Tennis; or mastery of Intermediate level skills

Would your kids like to compete in USTA Junior Team Tennis matches and tournaments? Sign up for this six-week, teach and play course and give them a competitive edge! In the first half of each class, we'll warm up with tennis-specific exercises, then do drills. In the second half, we'll play points (8-12 year olds) or matches (13-17 year olds), giving everyone the opportunity to immediately apply what they've learned. Students will learn tennis matchplay skills and strategy, enjoy plenty of individual attention, and get a great cardio workout to boot. After successful completion of this course, students should be ready to sign up for and compete in JTT matches and tournaments, held regularly at both tennis facilities through the Montgomery County Tennis Association.

Pauline Betz Addie Tennis/Cabin John

Ages 8-10

326673	8-10yrs	3 Classes	\$147	7/7	Tu	4:00pm-6:00pm
326672	8-10yrs	3 Classes	\$147	7/9	Th	5:00pm-7:00pm
326684	8-10yrs	3 Classes	\$147	7/28	Tu	4:00pm-6:00pm
326683	8-10yrs	3 Classes	\$147	7/30	Th	5:00pm-7:00pm

Ages 11-12

327651	11-12yrs	3 Classes	\$147	7/11	Sa	3:00pm-5:00pm
327653	11-12yrs	3 Classes	\$147	7/12	Su	2:00pm-4:00pm
327652	11-12yrs	3 Classes	\$147	8/1	Sa	3:00pm-5:00pm
327654	11-12yrs	3 Classes	\$147	8/2	Su	2:00pm-4:00pm

Ages 13-17

326670	13-17yrs	3 Classes	\$147	7/6	M	3:00pm-5:00pm
326674	13-17yrs	3 Classes	\$147	7/6	M	4:00pm-6:00pm
326671	13-17yrs	3 Classes	\$147	7/9	Th	3:00pm-5:00pm
326675	13-17yrs	3 Classes	\$147	7/11	Sa	12:00pm-2:00pm
326681	13-17yrs	3 Classes	\$147	7/27	M	3:00pm-5:00pm
326685	13-17yrs	3 Classes	\$147	7/27	M	4:00pm-6:00pm
326682	13-17yrs	3 Classes	\$147	7/30	Th	3:00pm-5:00pm
326686	13-17yrs	3 Classes	\$147	8/1	Sa	12:00pm-2:00pm

**SUMMER
SPOT TIME
Special**

\$12

per hour

for all spot time at
both Pauline Betz Addie
Tennis Center and
Wheaton Indoor Tennis

May 1 -
August 31

Reserve your court
time today!





Outdoor Tennis Group Lessons • Summer 2015

REGISTRATION DATES: SPRING

- Registration for **SUMMER 1 & 2** opens Monday, June 22 for Montgomery County residents and Tuesday, June 23 for all.
- **SUMMER 1** classes run Monday, July 6 through Sunday, July 26. **SUMMER 2** classes run Monday, July 27 and run through Sunday, August 16.
- If you see a class you like, register! Classes may be canceled if minimum enrollment number is not met.

LOCATIONS

Cabin John Regional Park
7801 Westlake Dr.
Rockville, MD 20852
301-765-8650

Norwood Local Park
4700 Norwood Rd.
Bethesda, MD 20815



USTA 10 and Under Outdoor Tennis

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.

Cabin John Regional Park

Ages 4-6

322287	4-6yrs	6 Classes	\$90	7/6	M&W	4:00pm- 5:00pm
322288	4-6yrs	6 Classes	\$90	7/7	Tu&Th	4:00pm- 5:00pm
322289	4-6yrs	6 Classes	\$90	7/11	Sa	9:00am-10:00am
327521	4-6yrs	6 Classes	\$90	7/27	M&W	4:00pm- 5:00pm
327522	4-6yrs	6 Classes	\$90	7/28	Tu&Th	4:00pm- 5:00pm

Ages 7-10

322299	7-10yrs	6 Classes	\$90	7/6	M&W	4:00pm- 5:00pm
322298	7-10yrs	6 Classes	\$90	7/7	Tu&Th	4:00pm- 5:00pm
322300	7-10yrs	6 Classes	\$90	7/11	Sa	10:00am-11:00am
327699	7-10yrs	6 Classes	\$90	7/27	M&W	4:00pm- 5:00pm
327700	7-10yrs	6 Classes	\$90	7/28	Tu&Th	4:00pm- 5:00pm

Norwood Local Park

Ages 4-6

322285	4-6yrs	6 Classes	\$90	7/6	M&W	4:00pm- 5:00pm
327501	4-6yrs	6 Classes	\$90	7/7	Tu&Th	4:00pm- 5:00pm
322283	4-6yrs	6 Classes	\$90	7/11	Sa	10:00am-11:00am
322284	4-6yrs	6 Classes	\$90	7/12	Su	10:00am-11:00am
327520	4-6yrs	6 Classes	\$90	7/27	M&W	4:00pm- 5:00pm
327549	4-6yrs	6 Classes	\$90	7/28	Tu&Th	4:00pm- 5:00pm

Ages 7-10

322294	7-10yrs	6 Classes	\$90	7/6	M&W	5:00pm- 6:00pm
322292	7-10yrs	6 Classes	\$90	7/11	Sa	11:00am-12:00pm
322293	7-10yrs	6 Classes	\$90	7/12	Su	11:00am-12:00pm
327701	7-10yrs	6 Classes	\$90	7/27	M&W	5:00pm- 6:00pm

Beginner Outdoor 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 Outdoor Tennis, Juniors

Cabin John Regional Park

327550	11-13yrs	6 Classes	\$90	7/6	M&W	6:00pm- 7:00pm
327552	11-13yrs	6 Classes	\$90	7/11	Sa	12:00pm- 1:00pm
327564	11-13yrs	6 Classes	\$90	7/27	M&W	6:00pm- 7:00pm

Norwood Local Park

327558	11-13yrs	6 Classes	\$90	7/11	Sa	12:00pm- 1:00pm
327556	11-13yrs	6 Classes	\$90	7/12	Su	12:00pm- 1:00pm

Beginner Outdoor Tennis, Adult

Designed for those just getting into tennis for the first time, or back into tennis after an extended break. Learn the proper tennis grips, basic stroke techniques, and tennis etiquette.

Cabin John Regional Park

327702	18 & up	6 Classes	\$90	7/6	M&W	7:00pm- 8:00pm
327569	18 & up	6 Classes	\$90	7/11	Sa	2:00pm- 3:00pm
327570	18 & up	6 Classes	\$90	7/27	M&W	7:00pm- 8:00pm

Norwood Local Park

327567	18 & up	6 Classes	\$90	7/6	M&W	11:00am-12:00pm
327565	18 & up	6 Classes	\$90	7/7	Tu&Th	11:00am-12:00pm
327566	18 & up	6 Classes	\$90	7/12	Su	2:00pm- 3:00pm
327573	18 & up	6 Classes	\$90	7/27	M&W	11:00am-12:00pm
327572	18 & up	6 Classes	\$90	7/28	Tu&Th	11:00am-12:00pm



If the weather's bad on a day you have a tennis lesson scheduled outdoors in Cabin John Regional Park or Norwood Local Park, please call **301-765-8650**.



Intermediate Outdoor Tennis

Ideal for people playing at the 2.0-2.5 skill level of the USTAs 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, top-spins, 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

Ages 11-13

327576	11-13yrs	6 Classes	\$90	7/7	Tu&Th	5:00pm- 6:00pm
327584	11-13yrs	6 Classes	\$90	7/28	Tu&Th	5:00pm- 6:00pm

Ages 13-17

327578	13-17yrs	6 Classes	\$90	7/7	Tu&Th	6:00pm- 7:00pm
327705	13-17yrs	6 Classes	\$90	7/28	Tu&Th	6:00pm- 7:00pm

Ages 18 & up

327582	18 & up	6 Classes	\$90	7/11	Sa	8:00am- 9:00am
327586	18 & up	6 Classes	\$90	7/11	Sa	11:00am-12:00pm

Norwood Local Park

327581	18 & up	6 Classes	\$90	7/7	Tu&Th	12:00pm- 1:00pm
327580	18 & up	6 Classes	\$90	7/12	Su	3:00pm- 4:00pm
327585	18 & up	6 Classes	\$90	7/28	Tu&Th	12:00pm- 1:00pm

Advanced Outdoor Tennis, Teen

Prerequisite: Mastery of Intermediate level skills

Ideal for people playing at the 4.0 skill level of the USA'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.

Cabin John Regional Park

327588	13-17yrs	6 Classes	\$90	7/11	Sa	1:00pm- 2:00pm
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Norwood Local Park

327587	13-17yrs	6 Classes	\$90	7/11	Sa	1:00pm- 2:00pm
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Cardio Outdoor Tennis

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

327591	18 & up	6 Classes	\$90	7/6	M&W	7:00pm- 8:00pm
327596	18 & up	6 Classes	\$90	7/27	M&W	7:00pm- 8:00pm

Norwood Local Park

327592	18 & up	6 Classes	\$90	7/6	M&W	10:00am-11:00am
327590	18 & up	6 Classes	\$90	7/11	Sa	9:00am-10:00am
327597	18 & up	6 Classes	\$90	7/27	M&W	10:00am-11:00am



PARTY AT THE PAVILION!

Have a ball for your birthday or other special occasion at the Wheaton Sports Pavilion!

BASIC PARTY PACKAGE

Receive the following for up to 12 guests:

- 1 hour's use of the covered, lighted turf field (choose full or half-field)
- A party leader (for an hour on the field, who'll rev up your party with fun games and activities)
- 1 hour's use of the party room (tables and chairs set up for you)
- Add up to 8 additional guests for just \$20 more (includes a second party leader for one hour)
- All-inclusive fees: \$200 for the full field, \$150 for the half-field

DELUXE PARTY PACKAGE

An additional \$50 includes the Basic Party Package, plus the following for up to 12 guests:

- Snacks (1 slice of pizza, and small bottle of water or can of soda per child)
- Party favors
- Email party invitations
- Add snacks, party favors and invitations for up to 8 additional guests for just \$35 more.

WANT MORE FIELD TIME?

Reserve an additional hour on the field with either package at a discount: \$100 for an additional hour for the whole field, or \$60 more for an additional hour on the half-field.

CALL US AT 301-905-3070 TO BOOK YOUR PARTY.

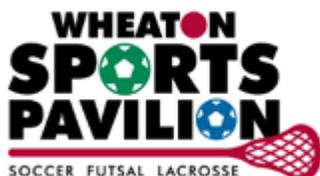


RENT THE FIELD (half- or full-field) for sports, including soccer, lacrosse, other field sports.



RENTAL RATES

- \$125/hour for county residents
- \$150/hour non-county residents
- \$75/hour for half-field (county or non-county residents)



www.WheatonSportsPavilion.com

11751 Orebaugh Ave. | Wheaton, MD 20902 | 301-905-3070



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 MCR. 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 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.

RECASSIST 2015 (FINANCIAL ASSISTANCE)

RecAssist is available for up to 12 months – January 1, 2015 through December 31, 2015 and is available to county residents who are recipients of assistance from specified Montgomery County agencies. Eligibility is based on proof of that assistance. Use of the RecAssist Fund is available on a "first come, first served" based. You may use the amount on your account only until the RecAssist Fund is used up. Once the RecAssist Fund is used up, you must pay full price for all registrations, even if you have not used the RecAssist amount on your account.

A 20% co-payment per class or program, per participant, is required at the time of registration.

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

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.

REGISTRATION FORM



Check here if new address/phone/email. Please print. This form may be copied.

PARENT/GUARDIAN						
Last Name		First Name			Email	
Address				City	State	ZIP
Home Phone		Mobile Phone		Work Phone		

EMERGENCY CONTACT			
Name		Relationship	Phone

Participant's Name (Last, First)	Birthday (mm/dd/yy)	Sex (m/f)	Grade	Activity Name	Course Number	Fees*

Non-County residents include an additional \$15.00 per participant, per activity. **Total Amount Due:**

PAYMENT		If paying by credit card, you may fax your registration form to 240-777-6818. If you need help completing this form, please call 240-777-6840.			
<input type="checkbox"/> Check or Money Order <i>Payable to MCR</i> <input type="checkbox"/> Mastercard	<input type="checkbox"/> Visa	Name on Card		Card Number	Expiration Date
		Payer Address (if Different Than Above)		City	State
MAIL TO: MCR, Attn: Registrar 4010 Randolph Road Silver Spring, MD 20902		Cardholder Signature _____		Date _____	

SIGNATURE REQUIRED

Participant or Parent/Guardian Signature _____ Date _____

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.



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

Free!

Montgomery County Celebrates

INDEPENDENCE DAY

JULY 4, 2015

Raindate: July 5 • Fireworks Only

MID-COUNTY SPARKLES

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

GERMANTOWN GLORY

SOUTH GERMANTOWN RECREATIONAL PARK

18041 Central Park Circle, Boyds, MD

7:00 PM • Live Music | 9:15 PM • Fireworks

Food Vendors On Site



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