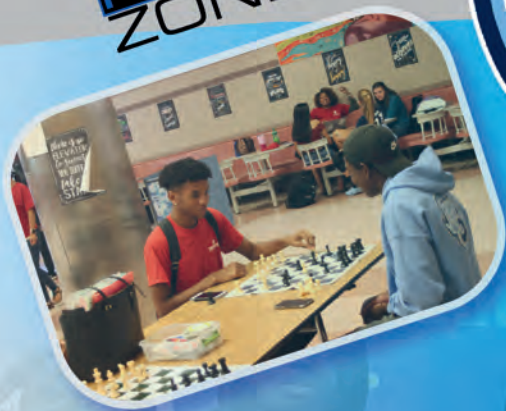




**FREE**



**2026**  
**SPRINGBROOK HIGH SCHOOL**  
**RECZONE**  
**GUIDE**

**January-May 2026**  
**Programs underway.**  
**JOIN US TO HAVE FUN!**

**TUESDAY-THURSDAY**  
**2:30-4:30 P.M.**

**FOR MORE INFORMATION,**  
**CONTACT YOUTH DEVELOPMENT AT 240-777-8080.**



MONTGOMERY COUNTY  
**Recreation**

## Keep This Page

RecZone is your ultimate escape from school stress! Dive into a world where you can chill with friends, get your body moving and connect with some truly awesome adults. It's your go-to spot for fun, relaxation and connection to the community!

RecZone welcomes everyone with open arms! We invite all young people to join in, offering a diverse range of clubs to ensure there's something for everyone. Come find your new favorite thing to do!

Registration gives you access to all RecZone extracurricular activities throughout the year. **Please note that you must complete a separate registration form for each club you wish to join.**

## FAQ about RecZone Registrations

- There is no cost to you.
- Registration is an annual process for previously enrolled participants.
- Registration gives access to all RecZone-organized classes, activities, and events.
- Participants have access to ride the afterschool bus. Bus stop information is available from the school.
- **Return completed RecZone forms to your school main office, club sponsor, visit RecZone during lunch near the gymnasium, or afterschool in the cafeteria, or email a copy to [RecZone.Springbrook@montgomerycountymd.gov](mailto:RecZone.Springbrook@montgomerycountymd.gov)**

## Contact Information

For additional questions, contact your RecZone Specialist at [RecZone.Springbrook@montgomerycountymd.gov](mailto:RecZone.Springbrook@montgomerycountymd.gov) or call: 240-777-8080.

Get your important after-school weather and emergency alerts. Sign-up for Alert Montgomery at [www.alert.montgomerycountymd.gov](http://www.alert.montgomerycountymd.gov). Be sure to click on Department of Recreation (Out of School Time).

## Quese Con Esta Pagina

¡RecZone es tu mejor escape del estrés escolar! Sumérgete en un mundo en el que puedes relajarte con amigos, poner tu cuerpo en movimiento y conectarte con algunos adultos realmente increíbles. ¡Es tu lugar favorito para divertirte, relajarte y conectarte con la comunidad!

¡RecZone da la bienvenida a todos con los brazos abiertos! Invitamos a todos los jóvenes a unirse, ofreciendo una amplia gama de clubes para asegurar que haya algo para todos. ¡Ven y encuentra tu nueva actividad favorita!

Regístrate ahora para obtener acceso a todas las actividades extracurriculares de RecZone durante todo el año. Ten en cuenta que debes completar un formulario de inscripción separado para cada club al que desees unirte.

## Preguntas Frecuentes sobre Inscripciones en RecZone

- No hay costo para usted.
- La inscripción es un proceso anual para los participantes previamente inscritos.
- La inscripción da acceso a todas las clases, actividades y eventos organizados por RecZone.
- Los participantes tienen acceso para usar el autobús después de la escuela. La información sobre las paradas del autobús está disponible en la escuela.
- **Devuelva los formularios completos de RecZone a la oficina principal de su escuela, visite RecZone durante el almuerzo cerca del gimnasio o después de la escuela en la cafetería, o envíe una copia por correo electrónico a [RecZone.Springbrook@montgomerycountymd.gov](mailto:RecZone.Springbrook@montgomerycountymd.gov)**

## Información de Contacto

Para preguntas adicionales, comuníquese con su Especialista de RecZone al correo electrónico [RecZone.Springbrook@montgomerycountymd.gov](mailto:RecZone.Springbrook@montgomerycountymd.gov) o llame al: 240-777-8080.

Reciba alertas importantes sobre el clima y emergencias después de la escuela. Regístrese en Alert Montgomery en [www.alert.montgomerycountymd.gov](http://www.alert.montgomerycountymd.gov). Asegúrese de hacer clic en Departamento de Recreación (Fuera del Horario Escolar).



## Meet Your Recreation Specialist: Robert Kiger

Hello, my name is Rob and I am the Recreation Specialist overseeing the program. I come from a background of a lot of outdoor adventures, coupled with being a gamer. The staff this year is striving to make RecZone a fun place with a lot of varied options that will include new experiences along with several established favorites!

# RECZONE GUIDE

## Lunch Program Opportunities

Don't miss out on the RecZone Lunch Program! Join us now to engage in exciting leagues like basketball, futsal, and volleyball, all while promoting physical fitness and teamwork. Leagues and other workshops will run 4-8 weeks in length.

The program may vary depending on the day, so stop by the gymnasium for an update or text 240-753-2232.

| Activity             | Location | Days | Date     | Time             |
|----------------------|----------|------|----------|------------------|
| 5s Basketball League | Aux Gym  | Tu   | 1/6-5/19 | 11:15-11:54 a.m. |
| Futsal League        | Aux Gym  | Thu  | 1/7-5/21 | 11:15-11:54 a.m. |

## Afterschool Program Opportunities

Join the RecZone Afterschool Program for an action-packed experience! Dive into thrilling community-building activities, learn cool new skills, earn service-learning hours, meet new friends, and explore your interests in a safe, welcoming environment where you can truly be yourself. Our program is designed around four key pillars:

Academic: Enhance your knowledge and skills through engaging workshops and interactive sessions.  
 College and Career: Prepare for your future with career development opportunities and life skills training.  
 Enrichment: Participate in service learning projects and exciting field trips that broaden your horizons.  
 Recreation: Enjoy fun and relaxing activities that promote mental health and wellness.

*Each club must have a minimum of 8 weekly participants to run.*

## ACADEMIC OPPORTUNITIES

| Club          | Location  | Days    | Date     | Time           |
|---------------|-----------|---------|----------|----------------|
| Homework Help | Cafeteria | Tu, Thu | 1/6-5/19 | 3:00-4:30 p.m. |

## COLLEGE AND CAREER READINESS OPPORTUNITIES

## Check-in with RecZone

| Club                 | Location    | Days | Date         | Time |
|----------------------|-------------|------|--------------|------|
| Goucher College Tour | Parking Lot | TBD  | Spring Break | TBD  |
| Towson College Tour  | Parking Lot | TBD  | Spring Break | TBD  |

## ENRICHMENT

| Club                                   | Location  | Days | Date                                                                                                | Time           |
|----------------------------------------|-----------|------|-----------------------------------------------------------------------------------------------------|----------------|
| Culture through Cinema                 | B105      | W    | 2/18, 3/18, 4/2, 5/5                                                                                | 2:45-4:30 p.m. |
| Holiday Events                         | SAC       | Thu  | 3/17, 4/2, 5/5                                                                                      | 2:30-5:00 p.m. |
| Vibe Check Health and Wellness Podcast | Cafeteria | Tu   | 3/17-4/29                                                                                           | 2:45pm-4:15pm  |
| Yoga and Mindfulness                   | Room TBD  | W    | 2/4-5/6                                                                                             | 3:00pm-4:00pm  |
| Young Chefs                            | Cafeteria | W    | 2/4-5/6                                                                                             | 2:45pm-4:00pm  |
| Cultural Foods                         | Cafeteria | Th   | 2/18 - Black Heritage<br>3/18 - Irish Heritage<br>4/2 - National Burrito Day<br>5/5 - Cinco De Mayo | 3:15-4:30 p.m. |

# RECZONE GUIDE

## RECREATIONAL OPPORTUNITIES

| Activity                             | Location        | Days   | Date     | Time              |
|--------------------------------------|-----------------|--------|----------|-------------------|
| Gamers Club                          | Cafeteria       | Tu-Thu | 1/6-5/21 | 2:30–4:30 p.m.    |
| Table Tennis                         | Cafeteria       | Tu-Thu | 1/6-5/21 | 2:30–4:30 p.m.    |
| Soccer Tennis                        | Cafeteria       | Tu-Thu | 1/6-5/21 | 2:30–4:30 p.m.    |
| Skateboarding (All Levels)           | Olney Skatepark | W      | 4/8-4/29 | 3:30–5:30 p.m.    |
| Epic For everyone Family Night event | Midcounty CRC   | Thu    | 2/19     | 5:30p.m.-7:00p.m. |
| Indoor Rock Climbing                 | White Oak CRC   | Thu    | 4/9-5/7  | 5:30–7:00 p.m.    |
| Boxing For Fitness                   | Cafeteria       | Thu    | 2/5-5/7  | 3:00–4:30 p.m.    |

## TRIPS AND EXPERIENCES

| Activity                     | Location  | Days | Date     | Time           |
|------------------------------|-----------|------|----------|----------------|
| Community Service Club       | Cafeteria | W    | 2/4-5/20 | 3:00–4:30 p.m. |
| National Gallery Ice Skating | Cafeteria | W    | 1/21     | 4:30-8:30p.m.  |

**Trips are offered every month, check in with RecZone**

**Have an activity or club idea?**



**Submit your program ideas and suggestions using the QR code.**



## RecZone Registration Form | Formulario de Inscripción

\*Required Information / \*Info Requerida

### Participant Information / información de los Participantes

| Last Name / Apellido* | First Name / Nombre* | Birthday / Fecha de Nacimiento* (mm/dd/yy) | Sex / Sexo* | Grade / Grado* | School / Escuela* | Ethnicity / Etnicidad* | Student ID / Identificación del estudiante* | Cell Phone / Celular* |
|-----------------------|----------------------|--------------------------------------------|-------------|----------------|-------------------|------------------------|---------------------------------------------|-----------------------|
|                       |                      |                                            |             |                |                   |                        |                                             |                       |

### \*\*\* EMERGENCY CONTACT | EMERGENCIA CONTACTO

Name | Nombre\*

Relationship / Relación\*

Phone / Tel.\*

### PARENT/GUARDIAN/PADRE/GUARDIÁN

| Last Name / Apellido* | First Name / Nombre* | Birthday / Fecha de Nacimiento* (mm/dd/yy) | Address / Dirección* | City / Ciudad* | ZIP / Código Postal* |
|-----------------------|----------------------|--------------------------------------------|----------------------|----------------|----------------------|
|                       |                      |                                            |                      |                |                      |

| Cell Phone / Celular | Work Phone / Teléfono de Trabajo | Home Phone / Teléfono de Casa* | Email |
|----------------------|----------------------------------|--------------------------------|-------|
|                      |                                  |                                |       |

| CLUB   Actividad                                                                  | Club #     | Dates   Fechas                    | Time   Hora  | Description   Descripción                                                                                                                                                                                                                             |
|-----------------------------------------------------------------------------------|------------|-----------------------------------|--------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Career Explorer Series - Green Pathways w/ Department of Environmental Protection | R09004-101 | 10/22,11/19,12/17, 1/21,2/18,3/18 | 2:30-4:30 PM | Explore topics of energy, waste, pollution, and how to protect our environment for a better tomorrow while interacting in hands-on activities and real-world scenarios. Discover exciting public service career pathways in Environmental Protection. |

### SIGNATURE IS REQUIRED\* / SE REQUIERE LA FIRMA\*

Participant or Parent/Guardian Signature / Participante o Padre/Guardián Firma

Date | Fecha

The participant assumes all risks associated with participation in the program; neither the County nor Montgomery Parks/M-NCPPC assumes any liability for injury or damages arising from participation in the program. Due to the strenuous nature of some activities, each participant is encouraged to consult his or her physician concerning fitness to participate in the program. The participant consents to emergency treatment. The participant also consents to the County and Montgomery Parks/M-NCPPC's use of the participant's image and likeness as shown in any photographs, videotapes, motion picture film, or electronic images, and any audio recordings made of the participant's voice in whatever way the County and Montgomery Parks/M-NCPPC desires, including television, print and Internet websites. Furthermore, the participant consents that such photographs, films, recordings, electronic images shall be the sole property of the County and Montgomery Parks/M-NCPPC. If the participant is a minor, the parent of guardian approves his or her participation in the program. Neither the instructor nor any staff are responsible for children prior to or after scheduled program.

El participante asume todos los riesgos asociados con la participación en el programa; ni el Condado ni Montgomery Parks/M-NCPPC asume cualquier responsabilidad de lesiones o daños debido a su participación en el programa. Debido a la naturaleza persistente de algunas actividades se alienta a consultar con un médico, se alienta a que cada participante consulte con su doctor sobre su capacidad física de participar en el programa. El participante consiente el tratamiento de emergencia. El participante también consiente que el Condado y Montgomery Parks/M-NCPPC's utilice las imágenes del participante y la posibilidad de mostrar fotografías videos, películas o imágenes electrónicas, y cualquier grabación de audio que se haga de la voz del participante en cualquier forma que el Condado y Montgomery Parks/M-NCPPC desee, incluyendo televisión, impresos, páginas del internet. Además, el participante consiente que las fotos, películas, grabaciones, imágenes electrónicas serán propiedad única del Condado.



# Are You a Montgomery County High School Student Looking to:

- ✓ Build Your Resume
- ✓ Join the Workforce
- ✓ Be a Role Model
- ✓ Try Something New



Join our TeenWorks team!



Employment



**TEEN WORKS**  
MONTGOMERY COUNTY RECREATION

[TeenWorks@MontgomeryCountyMD.gov](mailto:TeenWorks@MontgomeryCountyMD.gov)





# Rec Assist

Financial Assistance Program

Montgomery County Recreation offers financial assistance to those who qualify. **Apply now!**

For more information, visit [WWW.MOCOREC.COM](http://WWW.MOCOREC.COM)  
240-777-6840 • Hablamos Español

