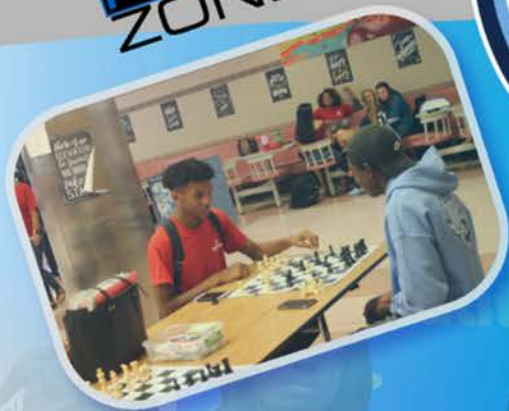




FREE



2025
SPRINGBROOK HIGH SCHOOL
RECZONE
GUIDE

BEGINS TUESDAY, JAN. 7-MAY 22
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 activities 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.

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, visit RecZone during lunch near the gymnasium, or afterschool in the cafeteria, or email a copy to RecZone.Springbrook@montgomerycountymd.gov**

Contact Information

For additional questions, contact your RecZone Specialist at 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.

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 divertirse, relajarte y conectarte con la comunidad!

¡RecZone da la bienvenida a todos con los brazos abiertos! Invitamos a todos los jóvenes a participar, ofreciendo una amplia gama de actividades para garantizar que haya algo para todos. ¡Ven a encontrar tu nueva cosa favorita para hacer!

La inscripción te da acceso a todas las actividades extracurriculares de RecZone durante todo el año.

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**

Información de Contacto

Para preguntas adicionales, comuníquese con su Especialista de RecZone al correo electrónico 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. 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

The RecZone lunch program allows students to engage in basketball, futsal and volleyball, promoting physical fitness and teamwork. Additionally, participants can develop leadership skills through organized activities and peer mentoring.

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

Activity	Location	Days	Date	Time
5s Basketball	Aux Gym	Tu-Th	1/7-5/22	11:15-11:54 a.m.
Futsal	Aux Gym	Tu-Th	1/7-5/22	11:15-11:54 a.m.
Best Buddies	Room #212	Tu-Th	1/7-5/22	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 awesome new friends and explore your interests in a safe, welcoming environment where you can truly be yourself.

*Contractor-led program, a minimum of eight required to run.

DROP-IN ACTIVITIES

Activity	Location	Days	Date	Time
Gamers Club	Cafeteria	Tu-Th	1/7-5/22	2:30-4:30 p.m.
Table Tennis	Cafeteria	Tu-Th	1/7-5/22	2:30-4:30 p.m.
Soccer Tennis	Cafeteria	Tu-Th	1/7-5/22	2:30-4:30 p.m.
DIY and Crafts Corner	Cafeteria	Tu-Th	1/7-5/22	2:30-4:30 p.m.
Chess	Cafeteria	Tu	1/7-5/22	2:30-4:30 p.m.
RecZone Gaming League	Cafeteria	W	1/7-5/22	2:30-4:30 p.m.

FOOD AND NUTRITION OPPORTUNITIES

Activity	Location	Days	Date	Time
*Young Chefs	Cafeteria	W	2/5-5/7	2:30-4 p.m.
Cultural Foods	Cafeteria	Th	2/13, 3/18, 4/23	3:15-4:30 p.m.

CULTURAL ART AND LIFESTYLE OPPORTUNITIES

Activity	Location	Days	Date	Time
Culture through Cinema	B105	W	2/5- The Help 2/12 - Hidden Figures 2/19 - Pursuit of Happyness 2/26 - Remember the Titans 3/19, 4/23 - TBA	2:45-4:30 p.m.
Holiday Events	Cafeteria		2/13, 3/18, 4/23	2:30-4:30 p.m.
*Drum and Hum Drum Circle	Cafeteria	Thu	2/13-5/1	3-4 p.m.

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MENTAL HEALTH AND WELLNESS OPPORTUNITIES

Activity	Location	Days	Date	Time
*Vibe Check	Cafeteria	Tu	2/4-5/6	3-5p.m.
*Yoga and Mindfulness	Room TBD	W	Session 1: 2/6 - 4/16 Session 2: 4/23-5/14	3-4 p.m.
Girls' Mentoring and Activity Group	Cafeteria	Thu	2/20, 3/20, 4/17	3- 4:30 p.m.

LIFE SKILLS AND CAREER DEVELOPMENT OPPORTUNITIES

Activity	Location	Days	Date	Time
Homework Help	Cafeteria	Tu-Thu	1/14-5/6	3-4:30 p.m.

SERVICE-LEARNING OPPORTUNITIES

Activity	Location	Days	Date	Time
Monthly SSL Event	Cafeteria	W	2/19, 3/19, 4/23, 5/7	2:45-4:30 p.m.
MLK Jr. Day of Service	Parking Lot	M	1/20	TBA

FIELD TRIPS AND EXPERIENCES

Activity	Location	Days	Date	Time
*Skateboarding	Olney Skatepark	W	4/2-4/30	2:45-5:30 p.m.
Epic 4 Everyone	Cafeteria	Thu	1/23-2/20	2:30-9:30 p.m.
Ice Skating in DC	Parking Lot	Thu	1/16	5-8:30 p.m.
Go-Karting in Crofton	Cafeteria	F	5/23	2:30-5 p.m.
College Visit - UMBC	Parking Lot	M	3/31	TBD
College Visit - Towson University	Parking Lot	M	4/21	TBD
Smithsonian Air and Space Museum	Parking Lot	TBA	TBA	TBA

Have an activity or club idea?



Submit your program ideas and suggestions using the QR code.



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 Yr / año de graduación *	Student ID/ Identificación del estudiante*	Ethnicity / Etnicidad *	Cell Phone / Celular*

EMERGENCY CONTACT | EMERGENCIA CONTACTO

Name / Nombre*

Relationship / Relación*

Phone / Telf.

PARENT/GUARDIAN/PADRE/GUARDIÁ

Last Name / Apellido*	First Name / Nombre*	Birthday / Fecha de Nacimiento (mm/dd/yy)	Email

Address / Dirección*	City / Ciudad*	State / Estado*	ZIP / Código Postal*

Home Phone / Teléfono de Casa*	Work Phone / Teléfono de Trabajo	Cell Phone / Celular

SIGNATURE IS REQUIRED* / SE REQUIERE LA FIRMA*

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

Date

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

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.



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



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Employment



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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
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