

# MONTGOMERY COUNTY GUIDE

**CLASSES. PROGRAMS. ACTIVITIES. EVENTS.**



View softball leagues on  
page 66

**SPRING 2026**



MONTGOMERY COUNTY  
*Recreation*



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# SPRING 2026

Explore hundreds  
of activities and events  
to help you be healthier  
and happier!

## NOTICE FOR INDIVIDUALS WITH DISABILITIES

Individuals with disabilities are encouraged to register for programs. Early notification allows us to put accommodations in place. For more information, email: [rec.inclusion@montgomerycountymd.gov](mailto:rec.inclusion@montgomerycountymd.gov)



**NEW** Jump to ActiveMONTGOMERY to register for activities.

**REGISTER HERE**

Use the clickable link located on the bottom of the pages.



## Spring 2026 registration begins

**Wednesday, Feb. 18  
6:30 a.m.**

Registration opens for most spring programs and activities.

**9 a.m.**

Registration opens for senior programs.

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### Abbreviation Key

**Indoor Pools**

**GISC** - Germantown Indoor Swim Center  
**MLKSC** - Martin Luther King Jr. Swim Center  
**OSC** - Olney Swim Center  
**SSRAC** - Silver Spring Recreation and Aquatic Center

**Centers**

**CRC** - Community Recreation Center  
**SC** - Senior Center  
**RAC** - Recreation and Aquatic Center

**Parks**

**LP** - Local Park  
**NP** - Neighborhood Park  
**RP** - Regional Park/Recreational Park

**Schools**

**ES** - Elementary School  
**MS** - Middle School  
**HS** - High School







# 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





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

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



Join our TeenWorks team!  
We offer various employment opportunities  
throughout the County.



**TEEN WORKS**  
MONTGOMERY COUNTY RECREATION

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



TeenWorks = REAL-LIFE EXPERIENCE + TRAINING + COACHING



Grades  
K-12



Scan for  
Entry Form

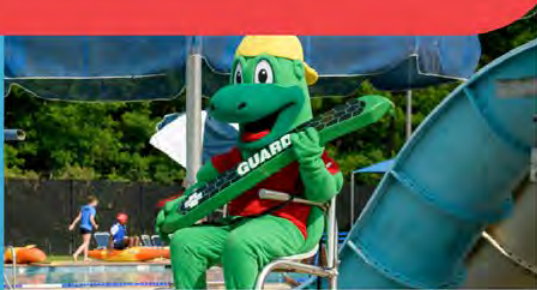


# WATER SAFETY

## POSTER CONTEST

**POSTER SIZE: NO SMALLER THAN 8.5" X 11"  
AND NO LARGER THAN 11" X 17" IN SIZE**

**CALLING ALL  
YOUNG ARTISTS!**



**Create a poster that highlights  
the importance of water safety.**

Posters must be original designs and cannot include any copyrighted, stock or AI-generated content or images.

The top posters in each age group (Elementary, Middle and High School students) will be awarded:

- **First Place:** Annual pool pass
- **Second Place:** Youth 12 Admission Punch Pass
- **Third Place:** Two free family admissions to any Montgomery County Recreation Aquatic Center



**SUBMISSION DEADLINE: SUNDAY, MARCH 15**



MONTGOMERY COUNTY  
*Recreation*



# AQUATIC EGG HUNT

Kids will hunt eggs in the leisure pool for the first hour. Arts and crafts will be available in the meeting room during event time. Children 5 and under require an adult in the water with them. Find the **Golden Egg\*** and receive a free youth 12 punch card.

*\*One Golden Egg prize per family*

| Class                                              | Activity          | Dates | Day | Time               | Age  | Location     | Cost |
|----------------------------------------------------|-------------------|-------|-----|--------------------|------|--------------|------|
| Aquatic Egg Hunt                                   | <b>R01066-305</b> | 3/28  | Sa  | 6:15-7:30 p.m.     | 4-12 | <b>OSC</b>   | \$5  |
| Aquatic Egg Hunt for Individuals with Disabilities | <b>R01066-303</b> | 3/28  | Sa  | 5:30-7:30 p.m.     | 4-17 | <b>OSC</b>   | \$5  |
| Aquatic Egg Hunt                                   | <b>R01066-315</b> | 3/29  | Su  | 11 a.m.-12:30 p.m. | 4-12 | <b>SSRAC</b> | \$5  |
| Aquatic Egg Hunt for Individuals with Disabilities | <b>R01066-309</b> | 3/29  | Su  | 10-11:30 a.m.      | 4-17 | <b>SSRAC</b> | \$5  |

Scan to register:



## Locations:

**Olney Swim Center (OSC)**  
16605 Georgia Avenue, Olney

**Silver Spring Recreation and  
Aquatic Center (SSRAC)**  
1319 Apple Ave., Silver Spring





# AQUATICS

## Indoor Pools

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

**Indoors pools will be closed on April 5.**

**Eunice Kennedy  
Shriver & Sargent  
Shriver Aquatic Center  
(KSAC)**  
240-777-8070  
5900 Executive Boulevard  
N. Bethesda  
**Reopening late 2026**

**Germantown  
Indoor Swim Center  
(GISC)**  
240-777-6830  
18000 Central Park Circle  
Boyds  
**Closed March 21-22**

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

**Olney Indoor  
Swim Center (OSC)**  
240-777-4995  
16605 Georgia Avenue  
Olney  
**Closed March 7-8**

**Silver Spring  
Recreation and Aquatic  
Center (SSRAC)**  
240-777-6900  
1319 Apple Avenue  
Silver Spring



## AQUATIC RULES AND REGULATIONS

View the pool  
rules and regulations.

**VIEW HERE** 🔍



**KENNEDY SHRIVER AQUATIC CENTER  
(KSAC)**

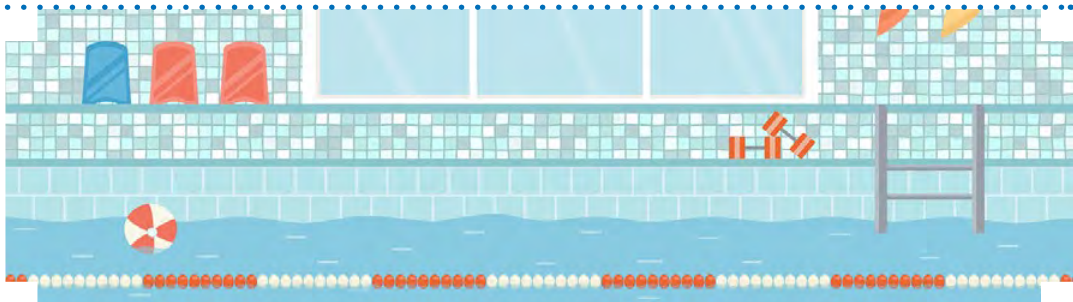
IS  
**CLOSED**  
**FOR RENOVATIONS**  
**UNTIL LATE 2026**

**CLICK HERE FOR MORE INFORMATION**





# WATER FITNESS



## Abs & Glutes & More

**Ages 12 and up**

| Sessions    | Activity    | Location | Start Date | Day(s) | Time                  | Fee  |
|-------------|-------------|----------|------------|--------|-----------------------|------|
| 9 Sessions  | R01001-303  | MLKSC    | 3/16       | M      | 10-10:50 a.m.         | \$72 |
| 10 Sessions | R01001-304  | MLKSC    | 3/18       | W      | 10-10:50 a.m.         | \$80 |
| 11 Sessions | R01001-3500 | SSRAC    | 3/19       | Th     | 11-11:50 a.m.         | \$88 |
| 9 Sessions  | R01001-3002 | WGOP     | 3/17       | Tu     | 11:20 a.m.-12:10 p.m. | \$72 |
| 9 Sessions  | R01001-3003 | WGOP     | 3/19       | Th     | 11:20 a.m.-12:10 p.m. | \$72 |

## Aqua Cardio Challenge

**Ages 12 and up**

| Sessions    | Activity   | Location | Start Date | Day(s) | Time           | Fee  |
|-------------|------------|----------|------------|--------|----------------|------|
| 9 Sessions  | R01004-302 | MLKSC    | 3/15       | Su     | 4-4:50 p.m.    | \$72 |
| 11 Sessions | R01004-301 | MLKSC    | 3/17       | Tu     | 8:30-9:20 p.m. | \$88 |
| 11 Sessions | R01004-303 | MLKSC    | 3/20       | F      | 9-9:50 a.m.    | \$88 |

## Aqua Cardio Dance

**Ages 12 and up**

| Sessions    | Activity    | Location | Start Date | Day(s) | Time           | Fee  |
|-------------|-------------|----------|------------|--------|----------------|------|
| 11 Sessions | R01003-304  | MLKSC    | 3/19       | Th     | 10-10:50 a.m.  | \$88 |
| 9 Sessions  | R01003-302  | OSC      | 3/15       | Su     | 9:05-9:55 a.m. | \$72 |
| 11 Sessions | R01003-301  | OSC      | 3/19       | Th     | 7:20-8:10 p.m. | \$88 |
| 10 Sessions | R01003-3501 | SSRAC    | 3/18       | W      | 10-10:50 a.m.  | \$80 |

## Aqua Fit

**Ages 12 and up**

| Sessions    | Activity    | Location | Start Date | Day(s) | Time          | Fee  |
|-------------|-------------|----------|------------|--------|---------------|------|
| 11 Sessions | R01085-378  | MLKSC    | 3/17       | Tu     | 10-10:50 a.m. | \$88 |
| 9 Sessions  | R01085-3502 | SSRAC    | 3/16       | M      | 1-1:50 p.m.   | \$72 |
| 11 Sessions | R01085-3500 | SSRAC    | 3/17       | Tu     | 6-6:50 p.m.   | \$88 |
| 10 Sessions | R01085-3503 | SSRAC    | 3/18       | W      | 1-1:50 p.m.   | \$80 |
| 11 Sessions | R01085-3501 | SSRAC    | 3/20       | F      | 11-11:50 a.m. | \$88 |



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# WATER FITNESS

## Aqua Lite

Ages 12 and up

| Sessions    | Activity    | Location | Start Date | Day(s) | Time          | Fee  |
|-------------|-------------|----------|------------|--------|---------------|------|
| 9 Sessions  | R01005-303  | OSC      | 3/16       | M      | 10-10:50 a.m. | \$72 |
| 10 Sessions | R01005-304  | OSC      | 3/18       | W      | 10-10:50 a.m. | \$80 |
| 11 Sessions | R01005-305  | OSC      | 3/20       | F      | 10-10:50 a.m. | \$88 |
| 9 Sessions  | R01005-3501 | SSRAC    | 3/16       | M      | 11-11:50 a.m. | \$72 |
| 10 Sessions | R01005-3500 | SSRAC    | 3/18       | W      | 11-11:50 a.m. | \$80 |

## Aqua Spin

Ages 12 and up

| Sessions    | Activity    | Location | Start Date | Day(s) | Time            | Fee   |
|-------------|-------------|----------|------------|--------|-----------------|-------|
| 11 Sessions | R01006-313  | GISC     | 3/17       | Tu     | 8-8:50 a.m.     | \$121 |
| 11 Sessions | R01006-314  | GISC     | 3/19       | Th     | 8-8:50 a.m.     | \$121 |
| 11 Sessions | R01006-315  | MLKSC    | 3/17       | Tu     | 7:30-8:20 a.m.  | \$121 |
| 11 Sessions | R01006-311  | MLKSC    | 3/17       | Tu     | 11-11:50 a.m.   | \$121 |
| 10 Sessions | R01006-307  | MLKSC    | 3/18       | W      | 9-9:50 a.m.     | \$110 |
| 11 Sessions | R01006-306  | MLKSC    | 3/19       | Th     | 11-11:50 a.m.   | \$121 |
| 11 Sessions | R01006-312  | MLKSC    | 3/19       | Th     | 8:30-9:20 p.m.  | \$121 |
| 11 Sessions | R01006-309  | MLKSC    | 3/20       | F      | 7:30-8:20 a.m.  | \$121 |
| 11 Sessions | R01006-310  | MLKSC    | 3/20       | F      | 7:30-8:20 p.m.  | \$121 |
| 10 Sessions | R01006-308  | MLKSC    | 3/21       | Sa     | 5:10-6 p.m.     | \$110 |
| 10 Sessions | R01006-316  | MLKSC    | 3/21       | Sa     | 8:10-9 a.m.     | \$110 |
| 9 Sessions  | R01006-3500 | SSRAC    | 3/16       | M      | 7:30-8:20 p.m.  | \$99  |
| 11 Sessions | R01006-3501 | SSRAC    | 3/17       | Tu     | 12:30-1:20 p.m. | \$121 |
| 10 Sessions | R01006-3502 | SSRAC    | 3/18       | W      | 7:30-8:20 p.m.  | \$110 |
| 11 Sessions | R01006-3503 | SSRAC    | 3/19       | Th     | 9-9:50 a.m.     | \$121 |
| 11 Sessions | R01006-3504 | SSRAC    | 3/19       | Th     | 12:30-1:20 p.m. | \$121 |
| 11 Sessions | R01006-3505 | SSRAC    | 3/20       | F      | 12:30-1:20 p.m. | \$121 |
| 10 Sessions | R01006-3506 | SSRAC    | 3/21       | Sa     | 9:10-10 a.m.    | \$110 |

## Aqua Yo-Lates

Ages 12 and up

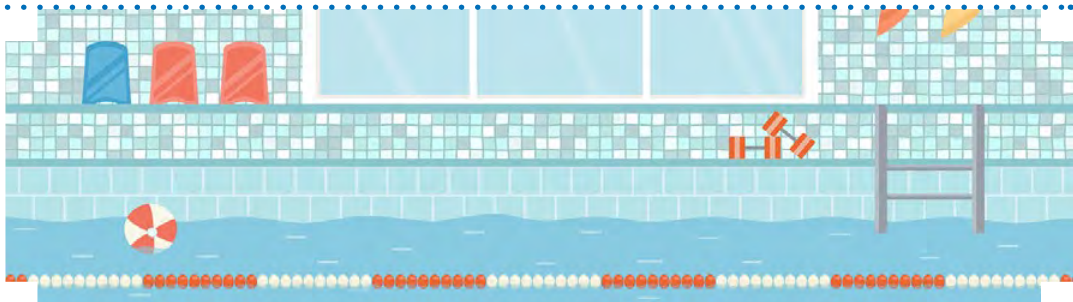
| Sessions    | Activity    | Location | Start Date | Day(s) | Time          | Fee  |
|-------------|-------------|----------|------------|--------|---------------|------|
| 11 Sessions | R01007-301  | MLKSC    | 3/20       | F      | 10-10:50 a.m. | \$88 |
| 11 Sessions | R01007-3500 | SSRAC    | 3/17       | Tu     | 11-11:50 a.m. | \$88 |


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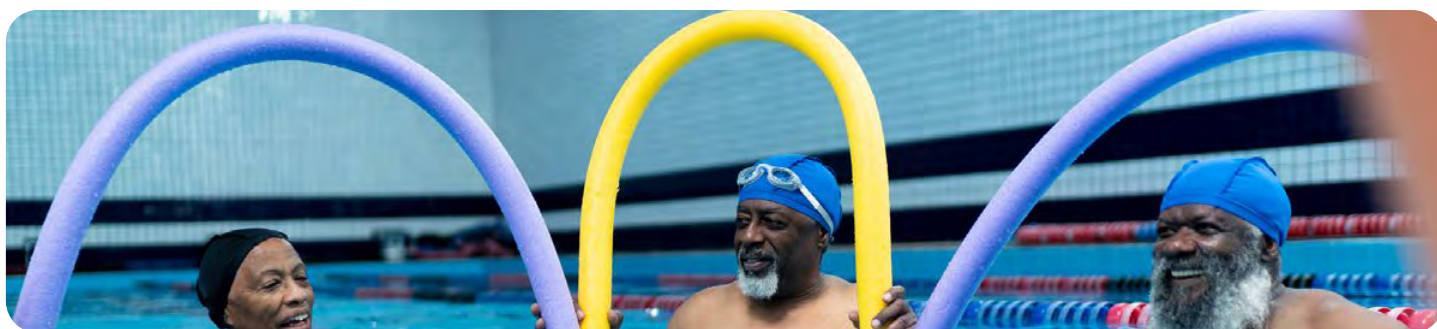
# WATER FITNESS



## Deep Water Running

Ages 12 and up

| Sessions    | Activity   | Location | Start Date | Day(s) | Time             | Fee  |
|-------------|------------|----------|------------|--------|------------------|------|
| 9 Sessions  | R01008-308 | GISC     | 3/16       | M      | 10-10:50 a.m.    | \$72 |
| 9 Sessions  | R01008-311 | GISC     | 3/16       | M      | 7:50-8:40 p.m.   | \$72 |
| 11 Sessions | R01008-307 | GISC     | 3/17       | Tu     | 10-10:50 a.m.    | \$88 |
| 10 Sessions | R01008-309 | GISC     | 3/18       | W      | 10:30-11:20 a.m. | \$80 |
| 11 Sessions | R01008-310 | GISC     | 3/19       | Th     | 10-10:50 a.m.    | \$88 |
| 9 Sessions  | R01008-333 | GISC     | 3/28       | Sa     | 10-10:50 a.m.    | \$72 |
| 9 Sessions  | R01008-323 | MLKSC    | 3/16       | M      | Noon-12:50 p.m.  | \$72 |
| 11 Sessions | R01008-324 | MLKSC    | 3/17       | Tu     | 9-9:50 a.m.      | \$88 |
| 11 Sessions | R01008-327 | MLKSC    | 3/17       | Tu     | 7:30-8:20 p.m.   | \$88 |
| 10 Sessions | R01008-329 | MLKSC    | 3/18       | W      | Noon-12:50 p.m.  | \$80 |
| 11 Sessions | R01008-325 | MLKSC    | 3/19       | Th     | 7:30-8:20 a.m.   | \$88 |
| 11 Sessions | R01008-326 | MLKSC    | 3/19       | Th     | 7:30-8:20 p.m.   | \$88 |
| 11 Sessions | R01008-328 | MLKSC    | 3/20       | F      | 11-11:50 a.m.    | \$88 |
| 10 Sessions | R01008-330 | MLKSC    | 3/21       | Sa     | 9-9:50 a.m.      | \$80 |
| 9 Sessions  | R01008-331 | OSC      | 3/16       | M      | 11-11:50 a.m.    | \$72 |
| 9 Sessions  | R01008-312 | OSC      | 3/16       | M      | 7:20-8:10 p.m.   | \$72 |
| 11 Sessions | R01008-313 | OSC      | 3/17       | Tu     | 8:30-9:20 a.m.   | \$88 |
| 11 Sessions | R01008-314 | OSC      | 3/17       | Tu     | 10:30-11:20 a.m. | \$88 |
| 10 Sessions | R01008-321 | OSC      | 3/18       | W      | 6:30-7:20 a.m.   | \$80 |
| 10 Sessions | R01008-316 | OSC      | 3/18       | W      | 7:20-8:10 p.m.   | \$80 |
| 11 Sessions | R01008-317 | OSC      | 3/19       | Th     | 9-9:50 a.m.      | \$88 |
| 11 Sessions | R01008-318 | OSC      | 3/19       | Th     | 11-11:50 a.m.    | \$88 |
| 11 Sessions | R01008-322 | OSC      | 3/20       | F      | 6:30-7:20 a.m.   | \$88 |
| 11 Sessions | R01008-320 | OSC      | 3/20       | F      | 6:20-7:10 p.m.   | \$88 |
| 10 Sessions | R01008-332 | OSC      | 3/21       | Sa     | 9:05-9:55 a.m.   | \$80 |


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# WATER FITNESS

## Deep Water Running

**Ages 12 and up**

| Sessions    | Activity    | Location | Start Date | Day(s) | Time             | Fee  |
|-------------|-------------|----------|------------|--------|------------------|------|
| 9 Sessions  | R01008-3506 | SSRAC    | 3/15       | Su     | 11:10 a.m.-Noon  | \$72 |
| 9 Sessions  | R01008-3508 | SSRAC    | 3/16       | M      | 10-10:50 a.m.    | \$72 |
| 11 Sessions | R01008-3501 | SSRAC    | 3/17       | Tu     | 10-10:50 a.m.    | \$88 |
| 11 Sessions | R01008-3500 | SSRAC    | 3/17       | Tu     | 7:05-7:55 p.m.   | \$88 |
| 10 Sessions | R01008-3507 | SSRAC    | 3/18       | W      | 1-1:50 p.m.      | \$80 |
| 11 Sessions | R01008-3503 | SSRAC    | 3/19       | Th     | 10-10:50 a.m.    | \$88 |
| 11 Sessions | R01008-3502 | SSRAC    | 3/19       | Th     | 7:15-8:05 p.m.   | \$88 |
| 11 Sessions | R01008-3504 | SSRAC    | 3/20       | F      | 9-9:50 a.m.      | \$88 |
| 10 Sessions | R01008-3505 | SSRAC    | 3/21       | Sa     | 10:10-11 a.m.    | \$80 |
| 9 Sessions  | R01008-3001 | WGOP     | 3/17       | Tu     | 10:20-11:10 a.m. | \$72 |
| 9 Sessions  | R01008-3003 | WGOP     | 3/19       | Th     | 10:20-11:10 a.m. | \$72 |

## Hi/Lo Cardio Fusion

**Ages 12 and up**

| Sessions    | Activity    | Location | Start Date | Day(s) | Time          | Fee  |
|-------------|-------------|----------|------------|--------|---------------|------|
| 11 Sessions | R01009-3500 | SSRAC    | 3/20       | F      | 10-10:50 a.m. | \$88 |

## Water Aerobics

**Ages 12 and up**

| Sessions    | Activity   | Location | Start Date | Day(s) | Time            | Fee  |
|-------------|------------|----------|------------|--------|-----------------|------|
| 10 Sessions | R01010-300 | GISC     | 3/18       | W      | 9:30-10:20 a.m. | \$80 |
| 11 Sessions | R01010-302 | OSC      | 3/17       | Tu     | 9:30-10:20 a.m. | \$88 |
| 11 Sessions | R01010-303 | OSC      | 3/17       | Tu     | 7:20-8:10 p.m.  | \$88 |
| 11 Sessions | R01010-304 | OSC      | 3/19       | Th     | 10-10:50 a.m.   | \$88 |
| 11 Sessions | R01010-308 | GISC     | 3/19       | Th     | 7:50-8:40 p.m.  | \$88 |

## Water Exercise

**Ages 12 and up**

| Sessions    | Activity    | Location | Start Date | Day(s) | Time        | Fee  |
|-------------|-------------|----------|------------|--------|-------------|------|
| 9 Sessions  | R01011-305  | OSC      | 3/16       | M      | 9-9:50 a.m. | \$72 |
| 10 Sessions | R01011-306  | OSC      | 3/18       | W      | 9-9:50 a.m. | \$80 |
| 11 Sessions | R01011-307  | OSC      | 3/20       | F      | 9-9:50 a.m. | \$88 |
| 9 Sessions  | R01011-308  | MLKSC    | 3/16       | M      | 9-9:50 a.m. | \$72 |
| 11 Sessions | R01011-3500 | SSRAC    | 3/17       | Tu     | 9-9:50 a.m. | \$88 |
| 11 Sessions | R01011-3501 | SSRAC    | 3/19       | Th     | 6-6:50 p.m. | \$88 |



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# INFORMATION ABOUT SWIM LESSONS



**Registration will begin Feb. 18 at 6:30 a.m. for County residents.**

## Please note the following:

Parents: In order to assist us in offering a quality program for your child, you may not remain at the class unless it is 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 is not possible at the Martin Luther King Jr. Indoor Swim Center and Silver Spring Recreation and Aquatic Center indoor pools.

Class fee covers lessons only. Participants may enter the locker rooms 10 minutes before the start of class.

Lesson questions should be directed to the facility where you wish to enroll. For a detailed list of skills taught in each class, inquire at the pool where you will be taking lessons.

Courses generally meet for six 30-minute sessions.

Fees range from \$60 to \$66 depending on the level and number of participants.

Read course descriptions carefully and select the level at which the student has mastered all prerequisite skills. Review the guidelines for placement in swim classes on the following page. Level progression is not like school, it is very common for individuals to repeat levels.

If you are unsure of the student's level or ability, evaluations are available at each indoor facility for one hour after the last lesson every Saturday and Sunday. All other times are by appointment.

Registrations will not be accepted after the first lesson. There are no transfers. If you have enrolled in the incorrect level, you will be withdrawn and withdrawal fees will apply.

## Aquatics Lesson Weather Policy

When an indoor lesson is canceled due to inclement weather, a practice pass will be given to each participant at the end of the session. Practice passes can be used for admission to a recreational swim session at any Montgomery County Recreation aquatic center. Practice passes expire six months from the date of issue and are valid for one adult and one child. When two or more lessons are canceled due to inclement weather, a prorated credit will be issued to the payer's ActiveMONTGOMERY account at the end of the session. The credit issued will be for the cost of the canceled lesson(s). The credit can be applied to future aquatic lessons or any other Montgomery County Recreation program.

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.







# GUIDANCE FOR SWIM LESSONS

## Don't know where to start?

Swim lessons may be just the right place. Our facilities offer instruction for all ages and swimming abilities, whether you're a beginner learning the basic principles or a seasoned swimmer seeking to improve the strokes you know.

### Parent-Assisted Lessons

#### Waterbabies (Ages 6-18 months)

#### Aquatots (Ages 18 months-3 years)

#### Preschool (Ages 3-5)

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

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

### Level 1

#### Beginner (Ages 4-6)

#### Youth (Ages 7-13)

#### Adult (Ages 14+)

On the first day of class, students must be able to function well in a group setting without parents.

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

### Level 2

#### Beginner (Ages 4-6)

#### Youth (Ages 7-13)

#### Adult (Ages 14+)

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

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

### Level 3

#### Beginner (Ages 4-6)

#### Youth (Ages 7-13)

#### Adult (Ages 14+)

On the first day of class, students must be able to use basic swimming skills including front and back glides, kicking, arm strokes on front and back and rhythmic breathing. Parents do not accompany children.

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

### Level 4

#### Beginner (Ages 4-6)

#### Youth (Ages 7-13)

#### Adult (Ages 14+)

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.

Students 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 their front crawl, back crawl and treading water.

### Advanced

#### Youth (Ages 6-13)

On the first day of class, students must be able to demonstrate a proficient front crawl (freestyle), back crawl, breaststroke and be comfortable in deep water.

This class is for students who can swim one length of front and back crawl, tread water and swim in deep water. Course is designed to refine front and back crawl as well as introduce breaststroke and butterfly. Swimmers will be divided into subgroups by skill level at the first class. Courses meet for six 35-minute sessions. Group size is limited to 10 students per instructor.

**FOR MORE INFORMATION, CLICK HERE.**



**PARENT-ASSISTED SWIM LESSONS****WATERBABIES****AGES  
6-18** MONTHS

| Sessions   | Activity    | Location | Start Date | Day(s) | Time                  | Fee  |
|------------|-------------|----------|------------|--------|-----------------------|------|
| 6 Sessions | R01063-326  | GISC     | 3/7        | Sa     | 10:35-11:05 a.m.      | \$60 |
| 6 Sessions | R01063-329  | GISC     | 4/7        | Tu,Th  | 5-5:30 p.m.           | \$60 |
| 6 Sessions | R01063-378  | MLKSC    | 2/28       | Sa     | 11:40 a.m.-12:10 p.m. | \$60 |
| 6 Sessions | R01063-379  | MLKSC    | 3/4        | W      | 6:10-6:40 p.m.        | \$60 |
| 6 Sessions | R01063-380  | MLKSC    | 4/25       | Sa     | 11:40 a.m.-12:10 p.m. | \$60 |
| 6 Sessions | R01063-381  | MLKSC    | 4/29       | W      | 6:10-6:40 p.m.        | \$60 |
| 6 Sessions | R01063-352  | OSC      | 3/1        | Su     | 9:10-9:40 a.m.        | \$60 |
| 6 Sessions | R01063-353  | OSC      | 3/3        | Tu     | 5:20-5:50 p.m.        | \$60 |
| 6 Sessions | R01063-355  | OSC      | 3/5        | Th     | 5:20-5:50 p.m.        | \$60 |
| 6 Sessions | R01063-356  | OSC      | 4/28       | Tu     | 5:20-5:50 p.m.        | \$60 |
| 6 Sessions | R01063-357  | OSC      | 4/30       | Th     | 5:20-5:50 p.m.        | \$60 |
| 5 Sessions | R01063-354  | OSC      | 5/3        | Su     | 9:10-9:40 a.m.        | \$50 |
| 6 Sessions | R01063-3502 | SSRAC    | 3/1        | Su     | 9:30-10 a.m.          | \$60 |
| 6 Sessions | R01063-3510 | SSRAC    | 3/3        | Tu     | 9:30-10 a.m.          | \$60 |
| 6 Sessions | R01063-3515 | SSRAC    | 3/5        | Th     | 9:30-10 a.m.          | \$60 |
| 6 Sessions | R01063-3500 | SSRAC    | 3/6        | F      | 10:50-11:20 a.m.      | \$60 |
| 6 Sessions | R01063-3501 | SSRAC    | 3/7        | Sa     | 10:10-10:40 a.m.      | \$60 |
| 6 Sessions | R01063-3505 | SSRAC    | 4/21       | Tu     | 9:30-10 a.m.          | \$60 |
| 6 Sessions | R01063-3504 | SSRAC    | 4/25       | Sa     | 10:50-11:20 a.m.      | \$60 |
| 6 Sessions | R01063-3503 | SSRAC    | 4/26       | Su     | 9:30-10 a.m.          | \$60 |

**PARENT-ASSISTED  
LESSONS**

In parent-assisted classes, only one (1) adult may be in the pool with a child. Observation is not allowed on deck for an additional adult.

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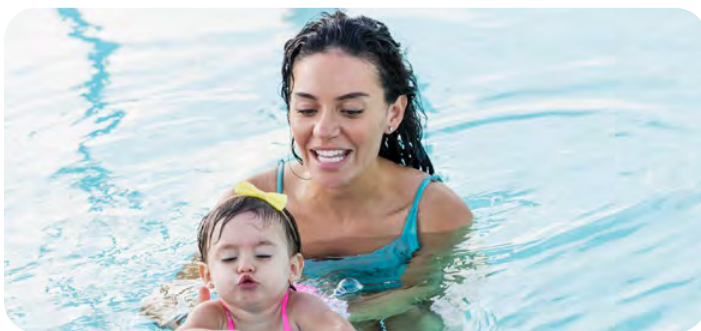


# PARENT-ASSISTED SWIM LESSONS

AQUATOTS

**AGES  
18 MONTHS-  
3 YEARS**

| Sessions   | Activity    | Location | Start Date | Day(s) | Time             | Fee  |
|------------|-------------|----------|------------|--------|------------------|------|
| 6 Sessions | R01038-326  | GISC     | 3/7        | Sa     | 9:55-10:25 a.m.  | \$60 |
| 6 Sessions | R01038-327  | GISC     | 3/7        | Sa     | 11:15-11:45 a.m. | \$60 |
| 6 Sessions | R01038-330  | GISC     | 4/7        | Tu,Th  | 5:40-6:10 p.m.   | \$60 |
| 6 Sessions | R01038-378  | MLKSC    | 2/28       | Sa     | 10:20-10:50 a.m. | \$60 |
| 6 Sessions | R01038-379  | MLKSC    | 3/1        | Su     | 10-10:30 a.m.    | \$60 |
| 6 Sessions | R01038-380  | MLKSC    | 3/4        | W      | 5:30-6 p.m.      | \$60 |
| 6 Sessions | R01038-381  | MLKSC    | 4/25       | Sa     | 10:20-10:50 a.m. | \$60 |
| 6 Sessions | R01038-382  | MLKSC    | 4/26       | Su     | 10-10:30 a.m.    | \$60 |
| 6 Sessions | R01038-383  | MLKSC    | 4/29       | W      | 5:30-6 p.m.      | \$60 |
| 6 Sessions | R01038-352  | OSC      | 3/1        | Su     | 9:50-10:20 a.m.  | \$60 |
| 6 Sessions | R01038-356  | OSC      | 3/3        | Tu     | 6-6:30 p.m.      | \$60 |
| 6 Sessions | R01038-355  | OSC      | 3/5        | Th     | 6-6:30 p.m.      | \$60 |
| 6 Sessions | R01038-353  | OSC      | 4/28       | Tu     | 6-6:30 p.m.      | \$60 |
| 6 Sessions | R01038-357  | OSC      | 4/30       | Th     | 6-6:30 p.m.      | \$60 |
| 5 Sessions | R01038-354  | OSC      | 5/3        | Su     | 9:50-10:20 a.m.  | \$50 |
| 6 Sessions | R01038-3500 | SSRAC    | 3/2        | M      | 5:10-5:40 p.m.   | \$60 |
| 6 Sessions | R01038-3507 | SSRAC    | 3/3        | Tu     | 9:30-10 a.m.     | \$60 |
| 6 Sessions | R01038-3515 | SSRAC    | 3/3        | Tu     | 10:50-11:20 a.m. | \$60 |
| 6 Sessions | R01038-3510 | SSRAC    | 3/5        | Th     | 11:30 a.m.-Noon  | \$60 |
| 6 Sessions | R01038-3508 | SSRAC    | 3/5        | Th     | 6:30-7 p.m.      | \$60 |
| 6 Sessions | R01038-3501 | SSRAC    | 3/6        | F      | 10:10-10:40 a.m. | \$60 |
| 6 Sessions | R01038-3502 | SSRAC    | 3/7        | Sa     | 9:30-10 a.m.     | \$60 |
| 6 Sessions | R01038-3506 | SSRAC    | 3/7        | Sa     | 10:50-11:10 a.m. | \$60 |
| 6 Sessions | R01038-3503 | SSRAC    | 4/20       | M      | 5:10-5:40 p.m.   | \$60 |
| 6 Sessions | R01038-3504 | SSRAC    | 4/24       | F      | 10:10-10:40 a.m. | \$60 |
| 6 Sessions | R01038-3505 | SSRAC    | 4/25       | Sa     | 9:30-10 a.m.     | \$60 |



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## PARENT-ASSISTED SWIM LESSONS

PRESCHOOL

AGES 3-5

| Sessions   | Activity    | Location | Start Date | Day(s) | Time             | Fee  |
|------------|-------------|----------|------------|--------|------------------|------|
| 6 Sessions | R01062-326  | GISC     | 3/7        | Sa     | 9:15-9:45 a.m.   | \$60 |
| 6 Sessions | R01062-329  | GISC     | 4/7        | Tu,Th  | 6:20-6:50 p.m.   | \$60 |
| 6 Sessions | R01062-378  | MLKSC    | 2/28       | Sa     | 1-1:30 p.m.      | \$60 |
| 6 Sessions | R01062-379  | MLKSC    | 3/1        | Su     | Noon-12:30 p.m.  | \$60 |
| 6 Sessions | R01062-380  | MLKSC    | 3/4        | W      | 6:50-7:20 p.m.   | \$60 |
| 6 Sessions | R01062-381  | MLKSC    | 4/25       | Sa     | 1-1:30 p.m.      | \$60 |
| 6 Sessions | R01062-382  | MLKSC    | 4/26       | Su     | Noon-12:30 p.m.  | \$60 |
| 6 Sessions | R01062-383  | MLKSC    | 4/29       | W      | 6:50-7:20 p.m.   | \$60 |
| 6 Sessions | R01062-352  | OSC      | 3/1        | Su     | 10:30-11 a.m.    | \$60 |
| 6 Sessions | R01062-353  | OSC      | 3/3        | Tu     | 6:40-7:10 p.m.   | \$60 |
| 6 Sessions | R01062-354  | OSC      | 3/5        | Th     | 6:40-7:10 p.m.   | \$60 |
| 6 Sessions | R01062-356  | OSC      | 4/28       | Tu     | 6:40-7:10 p.m.   | \$60 |
| 6 Sessions | R01062-357  | OSC      | 4/30       | Th     | 6:40-7:10 p.m.   | \$60 |
| 5 Sessions | R01062-355  | OSC      | 5/3        | Su     | 10:30-11 a.m.    | \$50 |
| 6 Sessions | R01062-3515 | SSRAC    | 3/1        | Su     | 11:30 a.m.-Noon  | \$60 |
| 6 Sessions | R01062-3500 | SSRAC    | 3/2        | M      | 5:50-6:20 p.m.   | \$60 |
| 6 Sessions | R01062-3507 | SSRAC    | 3/3        | Tu     | 10:10-10:40 a.m. | \$60 |
| 6 Sessions | R01062-3508 | SSRAC    | 3/3        | Tu     | 11:30 a.m.-Noon  | \$60 |
| 6 Sessions | R01062-3506 | SSRAC    | 3/5        | Th     | 9:30-10 a.m.     | \$60 |
| 6 Sessions | R01062-3510 | SSRAC    | 3/5        | Th     | 10:50-11:20 a.m. | \$60 |
| 6 Sessions | R01062-3509 | SSRAC    | 3/5        | Th     | 5:10-5:40 p.m.   | \$60 |
| 6 Sessions | R01062-3501 | SSRAC    | 3/6        | F      | 9:30-10 a.m.     | \$60 |
| 6 Sessions | R01062-3502 | SSRAC    | 3/6        | F      | 11:30 a.m.-Noon  | \$60 |
| 6 Sessions | R01062-3525 | SSRAC    | 4/23       | Th     | 11:30 a.m.-Noon  | \$60 |
| 6 Sessions | R01062-3503 | SSRAC    | 4/23       | Th     | 6:30-7 p.m.      | \$60 |
| 6 Sessions | R01062-3504 | SSRAC    | 4/24       | F      | 11:30 a.m.-Noon  | \$60 |
| 6 Sessions | R01062-3505 | SSRAC    | 4/25       | Sa     | 10:10-10:40 a.m. | \$60 |



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# THE REC INSIDER



Stay in the know with everything that's happening at Montgomery County Recreation.

**SIGN UP**

**FOR OUR  
NEWSLETTER TODAY!**



MONTGOMERY COUNTY  
*Recreation*





## BEGINNER SWIM LESSONS

## LEVEL 1

## AGES 4-6

| Sessions   | Activity   | Location | Start Date | Day(s) | Time             | Fee  |
|------------|------------|----------|------------|--------|------------------|------|
| 6 Sessions | R01051-329 | GISC     | 3/2        | M      | 5:40-6:10 p.m.   | \$66 |
| 6 Sessions | R01051-343 | GISC     | 3/3        | Tu,Th  | 5-5:30 p.m.      | \$66 |
| 6 Sessions | R01051-344 | GISC     | 3/3        | Tu,Th  | 5:40-6:10 p.m.   | \$66 |
| 6 Sessions | R01051-345 | GISC     | 3/3        | Tu,Th  | 6:20-6:50 p.m.   | \$66 |
| 6 Sessions | R01051-331 | GISC     | 3/4        | W      | 5:40-6:10 p.m.   | \$66 |
| 6 Sessions | R01051-346 | GISC     | 3/4        | W      | 6:20-6:50 p.m.   | \$66 |
| 6 Sessions | R01051-337 | GISC     | 3/7        | Sa     | 9:15-9:45 a.m.   | \$66 |
| 6 Sessions | R01051-338 | GISC     | 3/7        | Sa     | 9:55-10:25 a.m.  | \$66 |
| 6 Sessions | R01051-327 | GISC     | 3/8        | Su     | 9:15-9:45 a.m.   | \$66 |
| 6 Sessions | R01051-341 | GISC     | 3/8        | Su     | 9:55-10:25 a.m.  | \$66 |
| 6 Sessions | R01051-328 | GISC     | 3/8        | Su     | 10:35-11:05 a.m. | \$66 |
| 6 Sessions | R01051-342 | GISC     | 3/8        | Su     | 11:15-11:45 a.m. | \$66 |
| 6 Sessions | R01051-332 | GISC     | 4/7        | Tu,Th  | 6:20-6:50 p.m.   | \$66 |
| 6 Sessions | R01051-350 | GISC     | 4/27       | M      | 5:40-6:10 p.m.   | \$66 |
| 6 Sessions | R01051-333 | GISC     | 4/27       | M      | 6:20-6:50 p.m.   | \$66 |
| 6 Sessions | R01051-334 | GISC     | 4/29       | W      | 5:40-6:10 p.m.   | \$66 |
| 6 Sessions | R01051-335 | GISC     | 4/29       | W      | 6:20-6:50 p.m.   | \$66 |
| 6 Sessions | R01051-351 | GISC     | 5/5        | Tu,Th  | 5-5:30 p.m.      | \$66 |
| 6 Sessions | R01051-376 | GISC     | 5/5        | Tu,Th  | 5:40-6:10 p.m.   | \$66 |
| 6 Sessions | R01051-377 | GISC     | 5/5        | Tu,Th  | 6:20-6:50 p.m.   | \$66 |

YOUTH  
SWIM  
LESSONS

VIEW YOUTH SWIM LESSONS 🔍



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# BEGINNER SWIM LESSONS

## LEVEL 1

## AGES 4-6

| Sessions   | Activity   | Location | Start Date | Day(s) | Time             | Fee  |
|------------|------------|----------|------------|--------|------------------|------|
| 6 Sessions | R01051-378 | MLKSC    | 2/28       | Sa     | 9:40-10:10 a.m.  | \$66 |
| 6 Sessions | R01051-379 | MLKSC    | 2/28       | Sa     | 10:20-10:50 a.m. | \$66 |
| 6 Sessions | R01051-380 | MLKSC    | 2/28       | Sa     | 11-11:30 a.m.    | \$66 |
| 6 Sessions | R01051-381 | MLKSC    | 2/28       | Sa     | 12:20-12:50 p.m. | \$66 |
| 6 Sessions | R01051-382 | MLKSC    | 2/28       | Sa     | 1-1:30 p.m.      | \$66 |
| 6 Sessions | R01051-383 | MLKSC    | 3/1        | Su     | 10:40-11:10 a.m. | \$66 |
| 6 Sessions | R01051-322 | MLKSC    | 3/1        | Su     | 11:20-11:50 a.m. | \$66 |
| 6 Sessions | R01051-323 | MLKSC    | 3/1        | Su     | Noon-12:30 p.m.  | \$66 |
| 6 Sessions | R01051-384 | MLKSC    | 3/2        | M      | 5:30-6 p.m.      | \$66 |
| 6 Sessions | R01051-385 | MLKSC    | 3/2        | M      | 6:50-7:20 p.m.   | \$66 |
| 6 Sessions | R01051-386 | MLKSC    | 3/3        | Tu     | 5:30-6 p.m.      | \$66 |
| 6 Sessions | R01051-387 | MLKSC    | 3/3        | Tu     | 6:10-6:40 p.m.   | \$66 |
| 6 Sessions | R01051-388 | MLKSC    | 3/4        | W      | 6:10-6:40 p.m.   | \$66 |
| 6 Sessions | R01051-389 | MLKSC    | 3/5        | Th     | 5:30-6 p.m.      | \$66 |
| 6 Sessions | R01051-390 | MLKSC    | 3/5        | Th     | 6:10-6:40 p.m.   | \$66 |
| 6 Sessions | R01051-391 | MLKSC    | 4/25       | Sa     | 9:40-10:10 a.m.  | \$66 |
| 6 Sessions | R01051-392 | MLKSC    | 4/25       | Sa     | 10:20-10:50 a.m. | \$66 |
| 6 Sessions | R01051-393 | MLKSC    | 4/25       | Sa     | 11-11:30 a.m.    | \$66 |
| 6 Sessions | R01051-394 | MLKSC    | 4/25       | Sa     | 12:20-12:50 p.m. | \$66 |
| 6 Sessions | R01051-395 | MLKSC    | 4/25       | Sa     | 1-1:30 p.m.      | \$66 |
| 6 Sessions | R01051-396 | MLKSC    | 4/26       | Su     | 10:40-11:10 a.m. | \$66 |
| 6 Sessions | R01051-374 | MLKSC    | 4/26       | Su     | 11:20-11:50 a.m. | \$66 |
| 6 Sessions | R01051-397 | MLKSC    | 4/26       | Su     | Noon-12:30 p.m.  | \$66 |
| 6 Sessions | R01051-398 | MLKSC    | 4/27       | M      | 5:30-6 p.m.      | \$66 |
| 6 Sessions | R01051-399 | MLKSC    | 4/27       | M      | 6:50-7:20 p.m.   | \$66 |
| 6 Sessions | R01051-348 | MLKSC    | 4/28       | Tu     | 5:30-6 p.m.      | \$66 |
| 6 Sessions | R01051-373 | MLKSC    | 4/28       | Tu     | 6:10-6:40 p.m.   | \$66 |
| 6 Sessions | R01051-347 | MLKSC    | 4/29       | W      | 6:10-6:40 p.m.   | \$66 |
| 6 Sessions | R01051-325 | MLKSC    | 4/30       | Th     | 5:30-6 p.m.      | \$66 |
| 6 Sessions | R01051-349 | MLKSC    | 4/30       | Th     | 6:10-6:40 p.m.   | \$66 |


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## BEGINNER SWIM LESSONS

## LEVEL 1

## AGES 4-6

| Sessions   | Activity    | Location | Start Date | Day(s) | Time             | Fee  |
|------------|-------------|----------|------------|--------|------------------|------|
| 6 Sessions | R01051-353  | OSC      | 3/1        | Su     | 11:10-11:40 a.m. | \$66 |
| 6 Sessions | R01051-352  | OSC      | 3/2        | M      | 6:20-6:50 p.m.   | \$66 |
| 6 Sessions | R01051-354  | OSC      | 3/2        | M      | 7-7:30 p.m.      | \$66 |
| 6 Sessions | R01051-361  | OSC      | 3/3        | Tu     | 6:40-7:10 p.m.   | \$66 |
| 6 Sessions | R01051-365  | OSC      | 3/4        | W      | 9:50-10:20 a.m.  | \$66 |
| 6 Sessions | R01051-358  | OSC      | 3/4        | W      | 6:20-6:50 p.m.   | \$66 |
| 6 Sessions | R01051-359  | OSC      | 3/5        | Th     | 5:20-5:50 p.m.   | \$66 |
| 6 Sessions | R01051-364  | OSC      | 3/14       | Sa     | 11:10-11:40 a.m. | \$66 |
| 6 Sessions | R01051-356  | OSC      | 4/27       | M      | 6:20-6:50 p.m.   | \$66 |
| 6 Sessions | R01051-357  | OSC      | 4/27       | M      | 7-7:30 p.m.      | \$66 |
| 6 Sessions | R01051-362  | OSC      | 4/28       | Tu     | 6:40-7:10 p.m.   | \$66 |
| 6 Sessions | R01051-360  | OSC      | 4/29       | W      | 6:20-6:50 p.m.   | \$66 |
| 6 Sessions | R01051-368  | OSC      | 4/29       | W      | 7-7:30 p.m.      | \$66 |
| 6 Sessions | R01051-369  | OSC      | 4/30       | Th     | 5:20-5:50 p.m.   | \$66 |
| 5 Sessions | R01051-355  | OSC      | 5/3        | Su     | 11:10-11:40 a.m. | \$55 |
| 5 Sessions | R01051-366  | OSC      | 5/9        | Sa     | 9:50-10:20 a.m.  | \$55 |
| 5 Sessions | R01051-367  | OSC      | 5/9        | Sa     | 11:10-11:40 a.m. | \$55 |
| 6 Sessions | R01051-3500 | SSRAC    | 3/2        | M      | 4:30-5 p.m.      | \$66 |
| 6 Sessions | R01051-3501 | SSRAC    | 3/2        | M      | 6:30-7 p.m.      | \$66 |
| 6 Sessions | R01051-3502 | SSRAC    | 3/2        | M      | 7:10-7:40 p.m.   | \$66 |
| 6 Sessions | R01051-3513 | SSRAC    | 3/3        | Tu     | 10:50-11:20 a.m. | \$66 |
| 6 Sessions | R01051-3514 | SSRAC    | 3/5        | Th     | 11:30 a.m.-Noon  | \$66 |
| 6 Sessions | R01051-3503 | SSRAC    | 3/6        | F      | 10:10-10:40 a.m. | \$66 |
| 6 Sessions | R01051-3504 | SSRAC    | 3/7        | Sa     | 10:50-11:20 a.m. | \$66 |
| 6 Sessions | R01051-3505 | SSRAC    | 3/7        | Sa     | 11:30 a.m.-Noon  | \$66 |
| 6 Sessions | R01051-3506 | SSRAC    | 4/20       | M      | 4:30-5 p.m.      | \$66 |
| 6 Sessions | R01051-3507 | SSRAC    | 4/20       | M      | 5:50-6:20 p.m.   | \$66 |
| 6 Sessions | R01051-3508 | SSRAC    | 4/20       | M      | 7:10-7:40 p.m.   | \$66 |
| 6 Sessions | R01051-3518 | SSRAC    | 4/21       | Tu     | 11:30 a.m.-Noon  | \$66 |
| 6 Sessions | R01051-3509 | SSRAC    | 4/24       | F      | 10:10-10:40 a.m. | \$66 |
| 6 Sessions | R01051-3515 | SSRAC    | 4/24       | F      | 11:30 a.m.-Noon  | \$66 |
| 6 Sessions | R01051-3510 | SSRAC    | 4/25       | Sa     | 10:50-11:20 a.m. | \$66 |
| 6 Sessions | R01051-3511 | SSRAC    | 4/25       | Sa     | 11:30 a.m.-Noon  | \$66 |


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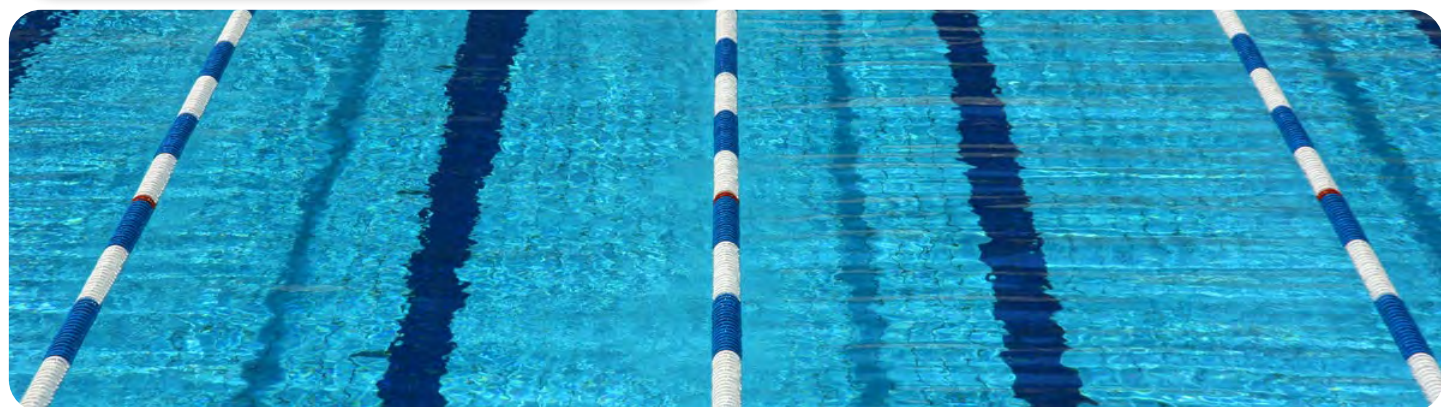



# BEGINNER SWIM LESSONS

## LEVEL 2

## AGES 4-6

| Sessions   | Activity   | Location | Start Date | Day(s) | Time             | Fee  |
|------------|------------|----------|------------|--------|------------------|------|
| 6 Sessions | R01052-329 | GISC     | 3/2        | M      | 6:20-6:50 p.m.   | \$66 |
| 6 Sessions | R01052-330 | GISC     | 3/3        | Tu,Th  | 5-5:30 p.m.      | \$66 |
| 6 Sessions | R01052-338 | GISC     | 3/4        | W      | 5:40-6:10 p.m.   | \$66 |
| 6 Sessions | R01052-326 | GISC     | 3/7        | Sa     | 9:55-10:25 a.m.  | \$66 |
| 6 Sessions | R01052-327 | GISC     | 3/7        | Sa     | 11:15-11:45 a.m. | \$66 |
| 6 Sessions | R01052-336 | GISC     | 3/8        | Su     | 9:15-9:45 a.m.   | \$66 |
| 6 Sessions | R01052-328 | GISC     | 3/8        | Su     | 9:55-10:25 a.m.  | \$66 |
| 6 Sessions | R01052-331 | GISC     | 4/7        | Tu,Th  | 5-5:30 p.m.      | \$66 |
| 6 Sessions | R01052-332 | GISC     | 4/27       | M      | 5:40-6:10 p.m.   | \$66 |
| 6 Sessions | R01052-339 | GISC     | 4/29       | W      | 6:20-6:50 p.m.   | \$66 |
| 6 Sessions | R01052-334 | GISC     | 5/5        | Tu,Th  | 6:20-6:50 p.m.   | \$66 |


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## BEGINNER SWIM LESSONS

## LEVEL 2

## AGES 4-6

| Sessions   | Activity   | Location | Start Date | Day(s) | Time                  | Fee  |
|------------|------------|----------|------------|--------|-----------------------|------|
| 6 Sessions | R01052-379 | MLKSC    | 2/28       | Sa     | 9:40-10:10 a.m.       | \$66 |
| 6 Sessions | R01052-378 | MLKSC    | 2/28       | Sa     | 11-11:30 a.m.         | \$66 |
| 6 Sessions | R01052-381 | MLKSC    | 2/28       | Sa     | 11:40 a.m.-12:10 p.m. | \$66 |
| 6 Sessions | R01052-380 | MLKSC    | 2/28       | Sa     | 12:20-12:50 p.m.      | \$66 |
| 6 Sessions | R01052-323 | MLKSC    | 3/1        | Su     | 10-10:30 a.m.         | \$66 |
| 6 Sessions | R01052-382 | MLKSC    | 3/1        | Su     | 10:40-11:10 a.m.      | \$66 |
| 6 Sessions | R01052-383 | MLKSC    | 3/1        | Su     | Noon-12:30 p.m.       | \$66 |
| 6 Sessions | R01052-384 | MLKSC    | 3/2        | M      | 5:30-6 p.m.           | \$66 |
| 6 Sessions | R01052-385 | MLKSC    | 3/2        | M      | 6:10-6:40 p.m.        | \$66 |
| 6 Sessions | R01052-386 | MLKSC    | 3/3        | Tu     | 5:30-6 p.m.           | \$66 |
| 6 Sessions | R01052-387 | MLKSC    | 3/3        | Tu     | 6:10-6:40 p.m.        | \$66 |
| 6 Sessions | R01052-388 | MLKSC    | 3/4        | W      | 6:50-7:20 p.m.        | \$66 |
| 6 Sessions | R01052-389 | MLKSC    | 3/5        | Th     | 6:10-6:40 p.m.        | \$66 |
| 6 Sessions | R01052-390 | MLKSC    | 3/5        | Th     | 6:50-7:20 p.m.        | \$66 |
| 6 Sessions | R01052-391 | MLKSC    | 4/25       | Sa     | 9:40-10:10 a.m.       | \$66 |
| 6 Sessions | R01052-392 | MLKSC    | 4/25       | Sa     | 11-11:30 a.m.         | \$66 |
| 6 Sessions | R01052-393 | MLKSC    | 4/25       | Sa     | 11:40 a.m.-12:10 p.m. | \$66 |
| 6 Sessions | R01052-394 | MLKSC    | 4/25       | Sa     | 12:20-12:50 p.m.      | \$66 |
| 6 Sessions | R01052-347 | MLKSC    | 4/26       | Su     | 10-10:30 a.m.         | \$66 |
| 6 Sessions | R01052-395 | MLKSC    | 4/26       | Su     | 10:40-11:10 a.m.      | \$66 |
| 6 Sessions | R01052-396 | MLKSC    | 4/26       | Su     | Noon-12:30 p.m.       | \$66 |
| 6 Sessions | R01052-397 | MLKSC    | 4/27       | M      | 5:30-6 p.m.           | \$66 |
| 6 Sessions | R01052-398 | MLKSC    | 4/27       | M      | 6:10-6:40 p.m.        | \$66 |
| 6 Sessions | R01052-399 | MLKSC    | 4/28       | Tu     | 5:30-6 p.m.           | \$66 |
| 6 Sessions | R01052-324 | MLKSC    | 4/28       | Tu     | 6:10-6:40 p.m.        | \$66 |
| 6 Sessions | R01052-325 | MLKSC    | 4/29       | W      | 6:50-7:20 p.m.        | \$66 |
| 6 Sessions | R01052-348 | MLKSC    | 4/30       | Th     | 6:10-6:40 p.m.        | \$66 |
| 6 Sessions | R01052-349 | MLKSC    | 4/30       | Th     | 6:50-7:20 p.m.        | \$66 |



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# BEGINNER SWIM LESSONS

## LEVEL 2

## AGES 4-6

| Sessions   | Activity    | Location | Start Date | Day(s) | Time             | Fee  |
|------------|-------------|----------|------------|--------|------------------|------|
| 6 Sessions | R01052-352  | OSC      | 3/2        | M      | 5:40-6:10 p.m.   | \$66 |
| 6 Sessions | R01052-365  | OSC      | 3/3        | Tu     | 5:20-5:50 p.m.   | \$66 |
| 6 Sessions | R01052-354  | OSC      | 3/3        | Tu     | 6-6:30 p.m.      | \$66 |
| 6 Sessions | R01052-357  | OSC      | 3/4        | W      | 5:40-6:10 p.m.   | \$66 |
| 6 Sessions | R01052-362  | OSC      | 3/4        | W      | 7-7:30 p.m.      | \$66 |
| 6 Sessions | R01052-359  | OSC      | 3/5        | Th     | 6-6:30 p.m.      | \$66 |
| 6 Sessions | R01052-358  | OSC      | 3/5        | Th     | 6:40-7:10 p.m.   | \$66 |
| 6 Sessions | R01052-353  | OSC      | 3/14       | Sa     | 10:30-11 a.m.    | \$66 |
| 6 Sessions | R01052-355  | OSC      | 4/27       | M      | 5:40-6:10 p.m.   | \$66 |
| 6 Sessions | R01052-366  | OSC      | 4/28       | Tu     | 5:20-5:50 p.m.   | \$66 |
| 6 Sessions | R01052-356  | OSC      | 4/28       | Tu     | 6-6:30 p.m.      | \$66 |
| 6 Sessions | R01052-361  | OSC      | 4/29       | W      | 5:40-6:10 p.m.   | \$66 |
| 6 Sessions | R01052-363  | OSC      | 4/29       | W      | 7-7:30 p.m.      | \$66 |
| 6 Sessions | R01052-360  | OSC      | 4/30       | Th     | 6-6:30 p.m.      | \$66 |
| 5 Sessions | R01052-364  | OSC      | 5/9        | Sa     | 10:30-11 a.m.    | \$55 |
| 6 Sessions | R01052-3500 | SSRAC    | 3/2        | M      | 4:30-5 p.m.      | \$66 |
| 6 Sessions | R01052-3501 | SSRAC    | 3/2        | M      | 5:50-6:20 p.m.   | \$66 |
| 6 Sessions | R01052-3510 | SSRAC    | 3/3        | Tu     | 11:30 a.m.-Noon  | \$66 |
| 6 Sessions | R01052-3513 | SSRAC    | 3/5        | Th     | 10:50-11:20 a.m. | \$66 |
| 6 Sessions | R01052-3502 | SSRAC    | 3/5        | Th     | 7:10-7:40 p.m.   | \$66 |
| 6 Sessions | R01052-3503 | SSRAC    | 3/6        | F      | 10:50-11:20 a.m. | \$66 |
| 6 Sessions | R01052-3504 | SSRAC    | 3/7        | Sa     | 10:50-11:20 a.m. | \$66 |
| 6 Sessions | R01052-3505 | SSRAC    | 3/7        | Sa     | 11:30 a.m.-Noon  | \$66 |
| 6 Sessions | R01052-3506 | SSRAC    | 4/21       | Tu     | 4:30-5 p.m.      | \$66 |
| 6 Sessions | R01052-3518 | SSRAC    | 4/23       | Th     | 10:50-11:20 a.m. | \$66 |
| 6 Sessions | R01052-3507 | SSRAC    | 4/23       | Th     | 5:50-6:20 p.m.   | \$66 |
| 6 Sessions | R01052-3508 | SSRAC    | 4/23       | Th     | 7:10-7:40 p.m.   | \$66 |
| 6 Sessions | R01052-3522 | SSRAC    | 4/24       | F      | 9:30-10 a.m.     | \$66 |
| 6 Sessions | R01052-3509 | SSRAC    | 4/24       | F      | 10:50-11:20 a.m. | \$66 |
| 6 Sessions | R01052-3511 | SSRAC    | 4/25       | Sa     | 11:30 a.m.-Noon  | \$66 |
| 6 Sessions | R01052-3512 | SSRAC    | 4/26       | Su     | 10:10-10:40 a.m. | \$66 |


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## BEGINNER SWIM LESSONS

## LEVEL 3

## AGES 4-6

| Sessions   | Activity    | Location | Start Date | Day(s) | Time             | Fee  |
|------------|-------------|----------|------------|--------|------------------|------|
| 6 Sessions | R01053-330  | GISC     | 3/7        | Sa     | 9:15-9:45 a.m.   | \$66 |
| 6 Sessions | R01053-332  | GISC     | 3/7        | Sa     | 10:35-11:05 a.m. | \$66 |
| 6 Sessions | R01053-326  | GISC     | 3/8        | Su     | 11:15-11:45 a.m. | \$66 |
| 6 Sessions | R01053-333  | GISC     | 4/27       | M      | 6:20-6:50 p.m.   | \$66 |
| 6 Sessions | R01053-378  | MLKSC    | 2/28       | Sa     | 12:20-12:50 p.m. | \$66 |
| 6 Sessions | R01053-379  | MLKSC    | 3/1        | Su     | 11:20-11:50 a.m. | \$66 |
| 6 Sessions | R01053-380  | MLKSC    | 3/3        | Tu     | 6:50-7:20 p.m.   | \$66 |
| 6 Sessions | R01053-381  | MLKSC    | 3/5        | Th     | 7:30-8 p.m.      | \$66 |
| 6 Sessions | R01053-382  | MLKSC    | 4/25       | Sa     | 12:20-12:50 p.m. | \$66 |
| 6 Sessions | R01053-383  | MLKSC    | 4/26       | Su     | 11:20-11:50 a.m. | \$66 |
| 6 Sessions | R01053-384  | MLKSC    | 4/28       | Tu     | 6:50-7:20 p.m.   | \$66 |
| 6 Sessions | R01053-385  | MLKSC    | 4/30       | Th     | 7:30-8 p.m.      | \$66 |
| 6 Sessions | R01053-355  | OSC      | 3/1        | Su     | 9:50-10:20 a.m.  | \$66 |
| 6 Sessions | R01053-356  | OSC      | 3/2        | M      | 7-7:30 p.m.      | \$66 |
| 6 Sessions | R01053-360  | OSC      | 3/4        | W      | 6:20-6:50 p.m.   | \$66 |
| 6 Sessions | R01053-354  | OSC      | 3/14       | Sa     | 9:10-9:40 a.m.   | \$66 |
| 6 Sessions | R01053-352  | OSC      | 3/14       | Sa     | 10:30-11 a.m.    | \$66 |
| 6 Sessions | R01053-359  | OSC      | 4/27       | M      | 7-7:30 p.m.      | \$66 |
| 5 Sessions | R01053-358  | OSC      | 5/3        | Su     | 10:30-11 a.m.    | \$55 |
| 5 Sessions | R01053-357  | OSC      | 5/9        | Sa     | 9:10-9:40 a.m.   | \$55 |
| 5 Sessions | R01053-353  | OSC      | 5/9        | Sa     | 10:30-11 a.m.    | \$55 |
| 6 Sessions | R01053-3501 | SSRAC    | 3/1        | Su     | 10:50-11:20 a.m. | \$66 |
| 6 Sessions | R01053-3502 | SSRAC    | 3/1        | Su     | 11:30 a.m.-Noon  | \$66 |
| 6 Sessions | R01053-3500 | SSRAC    | 3/2        | M      | 5:10-5:40 p.m.   | \$66 |
| 6 Sessions | R01053-3510 | SSRAC    | 3/6        | F      | 11:30 a.m.-Noon  | \$66 |
| 6 Sessions | R01053-3503 | SSRAC    | 4/23       | Th     | 5:10-5:40 p.m.   | \$66 |
| 6 Sessions | R01053-3512 | SSRAC    | 4/24       | F      | 10:50-11:20 p.m. | \$66 |
| 6 Sessions | R01053-3504 | SSRAC    | 4/26       | Su     | 10:50-11:20 a.m. | \$66 |
| 6 Sessions | R01053-3505 | SSRAC    | 4/26       | Su     | 11:30 a.m.-Noon  | \$66 |



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# BEGINNER SWIM LESSONS

## LEVEL 4

## AGES 4-6

| Sessions   | Activity    | Location | Start Date | Day(s) | Time             | Fee  |
|------------|-------------|----------|------------|--------|------------------|------|
| 6 Sessions | R01054-326  | GISC     | 3/8        | Su     | 9:15-9:45 a.m.   | \$66 |
| 6 Sessions | R01054-328  | GISC     | 3/8        | Su     | 10:35-11:05 a.m. | \$66 |
| 6 Sessions | R01054-378  | MLKSC    | 3/1        | Su     | 11:20-11:50 a.m. | \$66 |
| 6 Sessions | R01054-379  | MLKSC    | 3/3        | Tu     | 7:30-8 p.m.      | \$66 |
| 6 Sessions | R01054-380  | MLKSC    | 3/5        | Th     | 7:30-8 p.m.      | \$66 |
| 6 Sessions | R01054-381  | MLKSC    | 4/26       | Su     | 11:20-11:50 a.m. | \$66 |
| 6 Sessions | R01054-382  | MLKSC    | 4/28       | Tu     | 7:30-8 p.m.      | \$66 |
| 6 Sessions | R01054-383  | MLKSC    | 4/30       | Th     | 7:30-8 p.m.      | \$66 |
| 6 Sessions | R01054-353  | OSC      | 3/1        | Su     | 9:10-9:40 a.m.   | \$66 |
| 6 Sessions | R01054-352  | OSC      | 3/14       | Sa     | 9:50-10:20 a.m.  | \$66 |
| 5 Sessions | R01054-355  | OSC      | 5/3        | Su     | 11:10-11:40 a.m. | \$55 |
| 5 Sessions | R01054-354  | OSC      | 5/9        | Sa     | 9:50-10:20 a.m.  | \$55 |
| 6 Sessions | R01054-3501 | SSRAC    | 3/1        | Su     | 10:10-10:40 a.m. | \$66 |
| 6 Sessions | R01054-3502 | SSRAC    | 3/1        | Su     | 11:30 a.m.-Noon  | \$66 |
| 6 Sessions | R01054-3500 | SSRAC    | 3/3        | Tu     | 4:30-5 p.m.      | \$66 |
| 6 Sessions | R01054-3503 | SSRAC    | 4/23       | Th     | 4:30-5 p.m.      | \$66 |
| 6 Sessions | R01054-3504 | SSRAC    | 4/26       | Su     | 10:10-10:40 a.m. | \$66 |
| 6 Sessions | R01054-3505 | SSRAC    | 4/26       | Su     | 11:30 a.m.-Noon  | \$66 |


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## YOUTH SWIM LESSONS

LEVEL 1

AGES 7-13

| Sessions   | Activity   | Location | Start Date | Day(s) | Time                  | Fee  |
|------------|------------|----------|------------|--------|-----------------------|------|
| 6 Sessions | R01045-333 | GISC     | 3/2        | M      | 5:40-6:10 p.m.        | \$66 |
| 6 Sessions | R01045-328 | GISC     | 3/3        | Tu,Th  | 5:40-6:10 p.m.        | \$66 |
| 6 Sessions | R01045-326 | GISC     | 3/8        | Su     | 9:55-10:25 a.m.       | \$66 |
| 6 Sessions | R01045-335 | GISC     | 3/8        | Su     | 10:35-11:05 a.m.      | \$66 |
| 6 Sessions | R01045-329 | GISC     | 4/7        | Tu,Th  | 5:40-6:10 p.m.        | \$66 |
| 6 Sessions | R01045-331 | GISC     | 5/5        | Tu,Th  | 5-5:30 p.m.           | \$66 |
| 6 Sessions | R01045-378 | MLKSC    | 2/28       | Sa     | 10:20-10:50 a.m.      | \$66 |
| 6 Sessions | R01045-379 | MLKSC    | 2/28       | Sa     | 11:40 a.m.-12:10 p.m. | \$66 |
| 6 Sessions | R01045-380 | MLKSC    | 3/1        | Su     | 10:40-11:10 a.m.      | \$66 |
| 6 Sessions | R01045-381 | MLKSC    | 3/2        | M      | 6:10-6:40 p.m.        | \$66 |
| 6 Sessions | R01045-382 | MLKSC    | 3/3        | Tu     | 6:50-7:20 p.m.        | \$66 |
| 6 Sessions | R01045-383 | MLKSC    | 3/5        | Th     | 5:30-6 p.m.           | \$66 |
| 6 Sessions | R01045-384 | MLKSC    | 4/25       | Sa     | 10:20-10:50 a.m.      | \$66 |
| 6 Sessions | R01045-389 | MLKSC    | 4/25       | Sa     | 11:40 a.m.-12:10 p.m. | \$66 |
| 6 Sessions | R01045-385 | MLKSC    | 4/26       | Su     | 10:40-11:10 a.m.      | \$66 |
| 6 Sessions | R01045-386 | MLKSC    | 4/27       | M      | 6:10-6:40 p.m.        | \$66 |
| 6 Sessions | R01045-387 | MLKSC    | 4/28       | Tu     | 6:50-7:20 p.m.        | \$66 |
| 6 Sessions | R01045-388 | MLKSC    | 4/30       | Th     | 5:30-6 p.m.           | \$66 |



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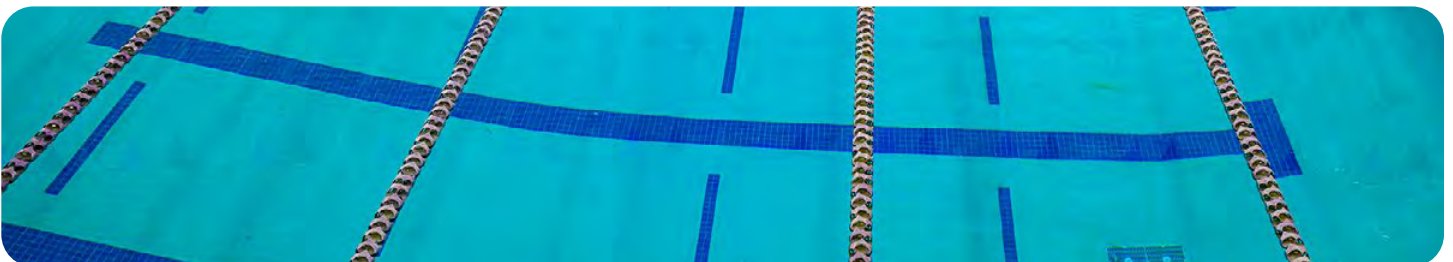




# YOUTH SWIM LESSONS

**LEVEL 1**
**AGES 7-13**

| Sessions   | Activity    | Location | Start Date | Day(s) | Time             | Fee  |
|------------|-------------|----------|------------|--------|------------------|------|
| 6 Sessions | R01045-358  | OSC      | 3/2        | M      | 5:40-6:10 p.m.   | \$66 |
| 6 Sessions | R01045-354  | OSC      | 3/3        | Tu     | 5:20-5:50 p.m.   | \$66 |
| 6 Sessions | R01045-352  | OSC      | 3/4        | W      | 5:40-6:10 p.m.   | \$66 |
| 6 Sessions | R01045-353  | OSC      | 3/4        | W      | 7-7:30 p.m.      | \$66 |
| 6 Sessions | R01045-359  | OSC      | 3/5        | Th     | 6-6:30 p.m.      | \$66 |
| 6 Sessions | R01045-365  | OSC      | 3/14       | Sa     | 9:10-9:40 a.m.   | \$66 |
| 6 Sessions | R01045-361  | OSC      | 4/27       | M      | 5:40-6:10 p.m.   | \$66 |
| 6 Sessions | R01045-357  | OSC      | 4/28       | Tu     | 5:20-5:50 p.m.   | \$66 |
| 6 Sessions | R01045-355  | OSC      | 4/29       | W      | 5:40-6:10 p.m.   | \$66 |
| 6 Sessions | R01045-360  | OSC      | 4/29       | W      | 6:20-6:50 p.m.   | \$66 |
| 6 Sessions | R01045-356  | OSC      | 4/29       | W      | 7-7:30 p.m.      | \$66 |
| 6 Sessions | R01045-362  | OSC      | 4/30       | Th     | 6-6:30 p.m.      | \$66 |
| 6 Sessions | R01045-364  | OSC      | 4/30       | Th     | 6:40-7:10 p.m.   | \$66 |
| 5 Sessions | R01045-367  | OSC      | 5/9        | Sa     | 9:10-9:40 a.m.   | \$55 |
| 6 Sessions | R01045-3500 | SSRAC    | 3/2        | M      | 6:30-7 p.m.      | \$66 |
| 6 Sessions | R01045-3501 | SSRAC    | 3/3        | Tu     | 5:50-6:20 p.m.   | \$66 |
| 6 Sessions | R01045-3502 | SSRAC    | 3/3        | Tu     | 7:10-7:40 p.m.   | \$66 |
| 6 Sessions | R01045-3503 | SSRAC    | 3/5        | Th     | 6:30-7 p.m.      | \$66 |
| 6 Sessions | R01045-3504 | SSRAC    | 3/7        | Sa     | 9:30-10 a.m.     | \$66 |
| 6 Sessions | R01045-3505 | SSRAC    | 3/7        | Sa     | 11:30 a.m.-Noon  | \$66 |
| 6 Sessions | R01045-3512 | SSRAC    | 4/20       | M      | 4:30-5 p.m.      | \$66 |
| 6 Sessions | R01045-3513 | SSRAC    | 4/20       | M      | 5:50-6:20 p.m.   | \$66 |
| 6 Sessions | R01045-3506 | SSRAC    | 4/20       | M      | 6:30-7 p.m.      | \$66 |
| 6 Sessions | R01045-3507 | SSRAC    | 4/21       | Tu     | 5:50-6:20 p.m.   | \$66 |
| 6 Sessions | R01045-3508 | SSRAC    | 4/21       | Tu     | 7:10-7:40 p.m.   | \$66 |
| 6 Sessions | R01045-3509 | SSRAC    | 4/23       | Th     | 6:30-7 p.m.      | \$66 |
| 6 Sessions | R01045-3510 | SSRAC    | 4/25       | Sa     | 9:30-10 a.m.     | \$66 |
| 6 Sessions | R01045-3511 | SSRAC    | 4/25       | Sa     | 11:30 a.m.-Noon  | \$66 |
| 6 Sessions | R01045-3514 | SSRAC    | 4/26       | Su     | 10:50-11:20 a.m. | \$66 |


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## YOUTH SWIM LESSONS

LEVEL 2

AGES 7-13

| Sessions   | Activity   | Location | Start Date | Day(s) | Time             | Fee  |
|------------|------------|----------|------------|--------|------------------|------|
| 6 Sessions | R01046-333 | GISC     | 3/2        | M      | 6:20-6:50 p.m.   | \$66 |
| 6 Sessions | R01046-327 | GISC     | 3/3        | Tu,Th  | 6:20-6:50 p.m.   | \$66 |
| 6 Sessions | R01046-328 | GISC     | 3/4        | W      | 6:20-6:50 p.m.   | \$66 |
| 6 Sessions | R01046-329 | GISC     | 4/7        | Tu,Th  | 5-5:30 p.m.      | \$66 |
| 6 Sessions | R01046-330 | GISC     | 4/7        | Tu,Th  | 6:20-6:50 p.m.   | \$66 |
| 6 Sessions | R01046-335 | GISC     | 4/7        | Tu,Th  | 5:40-6:10 p.m.   | \$66 |
| 6 Sessions | R01046-331 | GISC     | 4/27       | M      | 6:20-6:50 p.m.   | \$66 |
| 6 Sessions | R01046-336 | GISC     | 4/29       | W      | 5:40-6:10 p.m.   | \$66 |
| 6 Sessions | R01046-332 | GISC     | 5/5        | Tu,Th  | 5:40-6:10 p.m.   | \$66 |
| 6 Sessions | R01046-378 | MLKSC    | 2/28       | Sa     | 11-11:30 a.m.    | \$66 |
| 6 Sessions | R01046-379 | MLKSC    | 2/28       | Sa     | 1-1:30 p.m.      | \$66 |
| 6 Sessions | R01046-380 | MLKSC    | 3/1        | Su     | 11:20-11:50 a.m. | \$66 |
| 6 Sessions | R01046-381 | MLKSC    | 3/3        | Tu     | 7:30-8 p.m.      | \$66 |
| 6 Sessions | R01046-382 | MLKSC    | 3/4        | W      | 5:30-6 p.m.      | \$66 |
| 6 Sessions | R01046-383 | MLKSC    | 3/5        | Th     | 6:50-7:20 p.m.   | \$66 |
| 6 Sessions | R01046-384 | MLKSC    | 4/25       | Sa     | 11-11:30 a.m.    | \$66 |
| 6 Sessions | R01046-386 | MLKSC    | 4/25       | Sa     | 1-1:30 p.m.      | \$66 |
| 6 Sessions | R01046-385 | MLKSC    | 4/26       | Su     | 11:20-11:50 a.m. | \$66 |
| 6 Sessions | R01046-387 | MLKSC    | 4/28       | Tu     | 7:30-8 p.m.      | \$66 |
| 6 Sessions | R01046-388 | MLKSC    | 4/29       | W      | 5:30-6 p.m.      | \$66 |
| 6 Sessions | R01046-389 | MLKSC    | 4/30       | Th     | 6:50-7:20 p.m.   | \$66 |



## QUESTIONS?

### CONTACT CUSTOMER SERVICE

Call customer service  
or send an email.

**240-777-6840**



RECREATION.CUSTOMERSERVICE  
@MONTGOMERYCOUNTYMD.GOV



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# YOUTH SWIM LESSONS

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**AGES 7-13**

| Sessions   | Activity    | Location | Start Date | Day(s) | Time                  | Fee  |
|------------|-------------|----------|------------|--------|-----------------------|------|
| 6 Sessions | R01046-357  | OSC      | 3/2        | M      | 6:20-6:50 p.m.        | \$66 |
| 6 Sessions | R01046-365  | OSC      | 3/3        | Tu     | 6-6:30 p.m.           | \$66 |
| 6 Sessions | R01046-354  | OSC      | 3/3        | Tu     | 6:40-7:10 p.m.        | \$66 |
| 6 Sessions | R01046-356  | OSC      | 3/4        | W      | 5:40-6:10 p.m.        | \$66 |
| 6 Sessions | R01046-361  | OSC      | 3/4        | W      | 6:20-6:50 p.m.        | \$66 |
| 6 Sessions | R01046-362  | OSC      | 3/5        | Th     | 5:20-5:50 p.m.        | \$66 |
| 6 Sessions | R01046-363  | OSC      | 3/5        | Th     | 6:40-7:10 p.m.        | \$66 |
| 6 Sessions | R01046-352  | OSC      | 3/14       | Sa     | 9:50-10:20 a.m.       | \$66 |
| 6 Sessions | R01046-358  | OSC      | 3/14       | Sa     | 11:50 a.m.-12:20 p.m. | \$66 |
| 6 Sessions | R01046-359  | OSC      | 4/27       | M      | 6:20-6:50 p.m.        | \$66 |
| 6 Sessions | R01046-366  | OSC      | 4/28       | Tu     | 6-6:30 p.m.           | \$66 |
| 6 Sessions | R01046-360  | OSC      | 4/28       | Tu     | 6:40-7:10 p.m.        | \$66 |
| 6 Sessions | R01046-367  | OSC      | 4/29       | W      | 5:40-6:10 p.m.        | \$66 |
| 6 Sessions | R01046-355  | OSC      | 4/29       | W      | 6:20-6:50 p.m.        | \$66 |
| 6 Sessions | R01046-364  | OSC      | 4/30       | Th     | 5:20-5:50 p.m.        | \$66 |
| 6 Sessions | R01046-368  | OSC      | 4/30       | Th     | 6:40-7:10 p.m.        | \$66 |
| 5 Sessions | R01046-353  | OSC      | 5/9        | Sa     | 11:50 a.m.-12:20 p.m. | \$55 |
| 6 Sessions | R01046-3505 | SSRAC    | 3/1        | Su     | 10:10-10:40 a.m.      | \$66 |
| 6 Sessions | R01046-3500 | SSRAC    | 3/2        | M      | 7:10-7:40 p.m.        | \$66 |
| 6 Sessions | R01046-3501 | SSRAC    | 3/3        | Tu     | 6:30-7 p.m.           | \$66 |
| 6 Sessions | R01046-3502 | SSRAC    | 3/5        | Th     | 5:50-6:20 p.m.        | \$66 |
| 6 Sessions | R01046-3503 | SSRAC    | 3/7        | Sa     | 10:10-10:40 a.m.      | \$66 |
| 6 Sessions | R01046-3504 | SSRAC    | 3/7        | Sa     | 10:50-11:20 a.m.      | \$66 |
| 6 Sessions | R01046-3512 | SSRAC    | 4/20       | M      | 5:10-5:40 p.m.        | \$66 |
| 6 Sessions | R01046-3513 | SSRAC    | 4/20       | M      | 6:30-7 p.m.           | \$66 |
| 6 Sessions | R01046-3506 | SSRAC    | 4/20       | M      | 7:10-7:40 p.m.        | \$66 |
| 6 Sessions | R01046-3507 | SSRAC    | 4/21       | Tu     | 6:30-7 p.m.           | \$66 |
| 6 Sessions | R01046-3508 | SSRAC    | 4/23       | Th     | 5:50-6:20 p.m.        | \$66 |
| 6 Sessions | R01046-3509 | SSRAC    | 4/25       | Sa     | 10:10-10:40 a.m.      | \$66 |
| 6 Sessions | R01046-3510 | SSRAC    | 4/25       | Sa     | 10:50-11:20 a.m.      | \$66 |
| 6 Sessions | R01046-3515 | SSRAC    | 4/26       | Su     | 9:30-10 a.m.          | \$66 |
| 6 Sessions | R01046-3511 | SSRAC    | 4/26       | Su     | 10:10-10:40 a.m.      | \$66 |


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## YOUTH SWIM LESSONS

LEVEL 3

AGES 7-13

| Sessions   | Activity    | Location | Start Date | Day(s) | Time                  | Fee  |
|------------|-------------|----------|------------|--------|-----------------------|------|
| 6 Sessions | R01047-330  | GISC     | 3/7        | Sa     | 11:15-11:45 a.m.      | \$66 |
| 6 Sessions | R01047-327  | GISC     | 3/8        | Su     | 10:35-11:05 a.m.      | \$66 |
| 6 Sessions | R01047-328  | GISC     | 3/8        | Su     | 11:15-11:45 a.m.      | \$66 |
| 6 Sessions | R01047-378  | MLKSC    | 2/28       | Sa     | 1-1:30 p.m.           | \$66 |
| 6 Sessions | R01047-379  | MLKSC    | 3/1        | Su     | 10:40-11:10 a.m.      | \$66 |
| 6 Sessions | R01047-380  | MLKSC    | 3/2        | M      | 6:50-7:20 p.m.        | \$66 |
| 6 Sessions | R01047-381  | MLKSC    | 3/3        | Tu     | 8:50-9:20 p.m.        | \$66 |
| 6 Sessions | R01047-382  | MLKSC    | 3/5        | Th     | 8:10-8:40 p.m.        | \$66 |
| 6 Sessions | R01047-383  | MLKSC    | 4/25       | Sa     | 1-1:30 p.m.           | \$66 |
| 6 Sessions | R01047-384  | MLKSC    | 4/26       | Su     | 10:40-11:10 a.m.      | \$66 |
| 6 Sessions | R01047-385  | MLKSC    | 4/27       | M      | 6:50-7:20 p.m.        | \$66 |
| 6 Sessions | R01047-386  | MLKSC    | 4/28       | Tu     | 8:50-9:20 p.m.        | \$66 |
| 6 Sessions | R01047-387  | MLKSC    | 4/30       | Th     | 8:10-8:40 p.m.        | \$66 |
| 6 Sessions | R01047-355  | OSC      | 3/1        | Su     | 11:10-11:40 a.m.      | \$66 |
| 6 Sessions | R01047-354  | OSC      | 3/14       | Sa     | 11:50 a.m.-12:20 p.m. | \$66 |
| 5 Sessions | R01047-357  | OSC      | 5/3        | Su     | 9-9:30 a.m.           | \$55 |
| 5 Sessions | R01047-353  | OSC      | 5/9        | Sa     | 11:50 a.m.-12:20 p.m. | \$55 |
| 6 Sessions | R01047-3502 | SSRAC    | 3/1        | Su     | 9:30-10 a.m.          | \$66 |
| 6 Sessions | R01047-3500 | SSRAC    | 3/3        | Tu     | 5:10-5:40 p.m.        | \$66 |
| 6 Sessions | R01047-3501 | SSRAC    | 3/5        | Th     | 5:10-5:40 p.m.        | \$66 |
| 6 Sessions | R01047-3503 | SSRAC    | 4/21       | Tu     | 5:10-5:40 p.m.        | \$66 |
| 6 Sessions | R01047-3504 | SSRAC    | 4/23       | Th     | 5:10-5:40 p.m.        | \$66 |
| 6 Sessions | R01047-3505 | SSRAC    | 4/26       | Su     | 9:30-10 a.m.          | \$66 |



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# YOUTH SWIM LESSONS

**LEVEL 4**
**AGES 7-13**

| Sessions   | Activity    | Location | Start Date | Day(s) | Time             | Fee  |
|------------|-------------|----------|------------|--------|------------------|------|
| 6 Sessions | R01048-328  | GISC     | 3/7        | Sa     | 10:35-11:05 a.m. | \$66 |
| 6 Sessions | R01048-326  | GISC     | 3/8        | Su     | 9:55-10:25 a.m.  | \$66 |
| 6 Sessions | R01048-327  | GISC     | 3/8        | Su     | 11:15-11:45 a.m. | \$66 |
| 6 Sessions | R01048-378  | MLKSC    | 2/28       | Sa     | 12:20-12:50 p.m. | \$66 |
| 6 Sessions | R01048-379  | MLKSC    | 3/1        | Su     | 10-10:30 a.m.    | \$66 |
| 6 Sessions | R01048-380  | MLKSC    | 3/3        | Tu     | 8:10-8:40 p.m.   | \$66 |
| 6 Sessions | R01048-381  | MLKSC    | 4/25       | Sa     | 12:20-12:50 p.m. | \$66 |
| 6 Sessions | R01048-382  | MLKSC    | 4/26       | Su     | 10-10:30 a.m.    | \$66 |
| 6 Sessions | R01048-383  | MLKSC    | 4/28       | Tu     | 8:10-8:40 p.m.   | \$66 |
| 6 Sessions | R01048-354  | OSC      | 3/1        | Su     | 10:30-11 a.m.    | \$66 |
| 6 Sessions | R01048-352  | OSC      | 3/14       | Sa     | 11:10-11:40 a.m. | \$66 |
| 5 Sessions | R01048-355  | OSC      | 5/3        | Su     | 9:50-10:20 a.m.  | \$55 |
| 5 Sessions | R01048-357  | OSC      | 5/9        | Sa     | 11:10-11:40 a.m. | \$55 |
| 6 Sessions | R01048-3502 | SSRAC    | 3/1        | Su     | 10:50-11:20 a.m. | \$66 |
| 6 Sessions | R01048-3500 | SSRAC    | 3/4        | W      | 4:30-5 p.m.      | \$66 |
| 6 Sessions | R01048-3501 | SSRAC    | 3/5        | Th     | 4:30-5 p.m.      | \$66 |
| 6 Sessions | R01048-3503 | SSRAC    | 4/22       | W      | 4:30-5 p.m.      | \$66 |
| 6 Sessions | R01048-3504 | SSRAC    | 4/23       | Th     | 4:30-5 p.m.      | \$66 |
| 6 Sessions | R01048-3505 | SSRAC    | 4/26       | Su     | 10:50-11:20 a.m. | \$66 |



## KAYAKING

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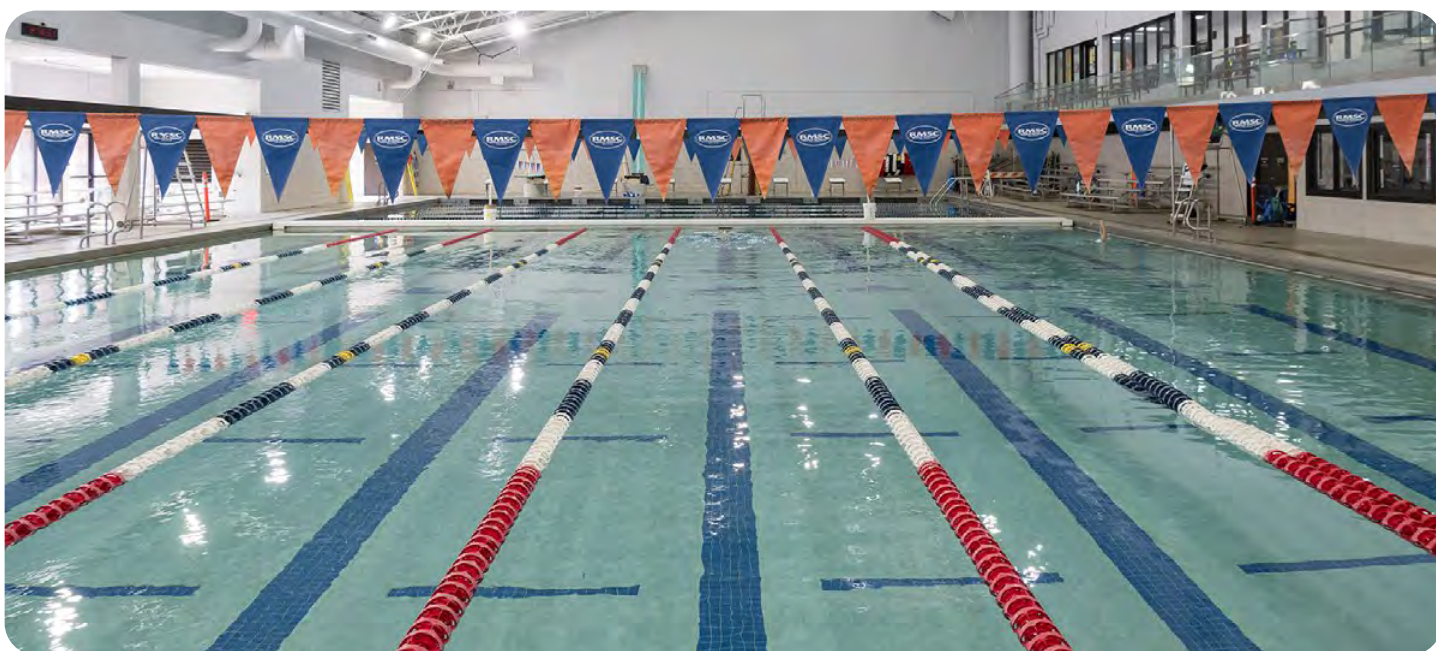


## YOUTH SWIM LESSONS

ADVANCED

AGES 6-13

| Sessions   | Activity    | Location | Start Date | Day(s) | Time             | Fee  |
|------------|-------------|----------|------------|--------|------------------|------|
| 6 Sessions | R01057-309  | GISC     | 3/7        | Sa     | 9:15-9:50 a.m.   | \$90 |
| 6 Sessions | R01057-310  | GISC     | 3/7        | Sa     | 9:55-10:30 a.m.  | \$90 |
| 6 Sessions | R01057-311  | GISC     | 3/7        | Sa     | 10:35-11:10 a.m. | \$90 |
| 6 Sessions | R01057-303  | MLKSC    | 3/1        | Su     | 11:20-11:55 a.m. | \$90 |
| 6 Sessions | R01057-305  | MLKSC    | 3/5        | Th     | 7:20-7:55 p.m.   | \$90 |
| 6 Sessions | R01057-315  | MLKSC    | 4/26       | Su     | 11:20-11:55 a.m. | \$90 |
| 6 Sessions | R01057-321  | MLKSC    | 4/30       | Th     | 7:20-7:55 p.m.   | \$90 |
| 6 Sessions | R01057-312  | OSC      | 3/1        | Su     | 10:40-11:15 a.m. | \$90 |
| 6 Sessions | R01057-301  | OSC      | 3/1        | Su     | 11:20-11:55 a.m. | \$90 |
| 6 Sessions | R01057-302  | OSC      | 3/3        | Tu     | 7:20-7:55 p.m.   | \$90 |
| 6 Sessions | R01057-322  | OSC      | 4/28       | Tu     | 7:20-7:55 p.m.   | \$90 |
| 5 Sessions | R01057-313  | OSC      | 5/3        | Su     | 10:40-11:15 a.m. | \$75 |
| 5 Sessions | R01057-320  | OSC      | 5/3        | Su     | 11:20-11:55 a.m. | \$75 |
| 6 Sessions | R01057-3501 | SSRAC    | 3/1        | Su     | 9:30-10:05 a.m.  | \$90 |
| 6 Sessions | R01057-3504 | SSRAC    | 3/1        | Su     | 10:10-10:45 a.m. | \$90 |
| 6 Sessions | R01057-3500 | SSRAC    | 3/2        | M      | 5:15-5:50 p.m.   | \$90 |
| 6 Sessions | R01057-3502 | SSRAC    | 4/20       | M      | 5:15-5:50 p.m.   | \$90 |
| 6 Sessions | R01057-3503 | SSRAC    | 4/26       | Su     | 9:30-10:05 a.m.  | \$90 |
| 6 Sessions | R01057-3505 | SSRAC    | 4/26       | Su     | 10:10-10:45 a.m. | \$90 |



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# ADULT SWIM LESSONS

## LEVEL 1

## AGES 14 AND UP

| Sessions   | Activity    | Location | Start Date | Day(s) | Time             | Fee  |
|------------|-------------|----------|------------|--------|------------------|------|
| 6 Sessions | R01039-327  | GISC     | 3/2        | M      | 5:40-6:10 p.m.   | \$66 |
| 6 Sessions | R01039-330  | GISC     | 3/4        | W      | 5:40-6:10 p.m.   | \$66 |
| 6 Sessions | R01039-326  | GISC     | 3/7        | Sa     | 9:15-9:45 a.m.   | \$66 |
| 6 Sessions | R01039-329  | GISC     | 3/8        | Su     | 9:15-9:45 a.m.   | \$66 |
| 6 Sessions | R01039-331  | GISC     | 4/29       | W      | 5:40-6:10 p.m.   | \$66 |
| 6 Sessions | R01039-378  | MLKSC    | 2/28       | Sa     | 11-11:30 a.m.    | \$66 |
| 6 Sessions | R01039-379  | MLKSC    | 3/1        | Su     | 10-10:30 a.m.    | \$66 |
| 6 Sessions | R01039-380  | MLKSC    | 3/3        | Tu     | 8:50-9:20 p.m.   | \$66 |
| 6 Sessions | R01039-381  | MLKSC    | 4/25       | Sa     | 11-11:30 a.m.    | \$66 |
| 6 Sessions | R01039-382  | MLKSC    | 4/26       | Su     | 10-10:30 a.m.    | \$66 |
| 6 Sessions | R01039-383  | MLKSC    | 4/28       | Tu     | 8:50-9:20 p.m.   | \$66 |
| 6 Sessions | R01039-352  | OSC      | 3/14       | Sa     | 9:10-9:40 a.m.   | \$66 |
| 5 Sessions | R01039-353  | OSC      | 5/9        | Sa     | 9:10-9:40 a.m.   | \$55 |
| 6 Sessions | R01039-3500 | SSRAC    | 3/3        | Tu     | 10:10-10:40 a.m. | \$66 |
| 6 Sessions | R01039-3501 | SSRAC    | 3/4        | W      | 5:10-5:40 p.m.   | \$66 |
| 6 Sessions | R01039-3502 | SSRAC    | 4/21       | Tu     | 10:10-10:40 a.m. | \$66 |
| 6 Sessions | R01039-3503 | SSRAC    | 4/22       | W      | 5:10-5:40 p.m.   | \$66 |
| 6 Sessions | R01039-3504 | SSRAC    | 4/26       | Su     | 11:30 a.m.-Noon  | \$66 |


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## ADULT SWIM LESSONS

## LEVEL 2

## AGES 14 AND UP

| Sessions   | Activity    | Location | Start Date | Day(s) | Time             | Fee  |
|------------|-------------|----------|------------|--------|------------------|------|
| 6 Sessions | R01040-327  | GISC     | 3/2        | M      | 6:20-6:50 p.m.   | \$66 |
| 6 Sessions | R01040-330  | GISC     | 3/4        | W      | 6:20-6:50 p.m.   | \$66 |
| 6 Sessions | R01040-326  | GISC     | 3/7        | Sa     | 9:55-10:25 a.m.  | \$66 |
| 6 Sessions | R01040-332  | GISC     | 4/29       | W      | 6:20-6:50 p.m.   | \$66 |
| 6 Sessions | R01040-378  | MLKSC    | 2/28       | Sa     | 10:20-10:50 a.m. | \$66 |
| 6 Sessions | R01040-379  | MLKSC    | 3/3        | Tu     | 8:10-8:40 p.m.   | \$66 |
| 6 Sessions | R01040-380  | MLKSC    | 3/5        | Th     | 8:50-9:20 p.m.   | \$66 |
| 6 Sessions | R01040-381  | MLKSC    | 4/25       | Sa     | 10:20-10:50 a.m. | \$66 |
| 6 Sessions | R01040-382  | MLKSC    | 4/28       | Tu     | 8:10-8:40 p.m.   | \$66 |
| 6 Sessions | R01040-383  | MLKSC    | 4/30       | Th     | 8:50-9:20 p.m.   | \$66 |
| 6 Sessions | R01040-352  | OSC      | 3/14       | Sa     | 9:50-10:20 a.m.  | \$66 |
| 5 Sessions | R01040-353  | OSC      | 5/9        | Sa     | 9:50-10:20 a.m.  | \$55 |
| 6 Sessions | R01040-3510 | SSRAC    | 3/1        | Su     | 10:50-11:20 a.m. | \$66 |
| 6 Sessions | R01040-3500 | SSRAC    | 3/4        | W      | 5:50-6:20 p.m.   | \$66 |
| 6 Sessions | R01040-3501 | SSRAC    | 3/5        | Th     | 10:10-10:40 a.m. | \$66 |
| 6 Sessions | R01040-3502 | SSRAC    | 4/22       | W      | 5:50-6:20 p.m.   | \$66 |
| 6 Sessions | R01040-3503 | SSRAC    | 4/23       | Th     | 10:10-10:40 a.m. | \$66 |



## WATER POLO

VIEW WATER POLO SECTION 🔍



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# ADULT SWIM LESSONS

## LEVEL 3

## AGES 14 AND UP

| Sessions   | Activity    | Location | Start Date | Day(s) | Time                  | Fee  |
|------------|-------------|----------|------------|--------|-----------------------|------|
| 6 Sessions | R01041-326  | GISC     | 3/7        | Sa     | 10:35-11:05 a.m.      | \$66 |
| 6 Sessions | R01041-378  | MLKSC    | 2/28       | Sa     | 11:40 a.m.-12:10 p.m. | \$66 |
| 6 Sessions | R01041-379  | MLKSC    | 3/5        | Th     | 8:10-8:40 p.m.        | \$66 |
| 6 Sessions | R01041-380  | MLKSC    | 4/25       | Sa     | 11:40 a.m.-12:10 p.m. | \$66 |
| 6 Sessions | R01041-382  | MLKSC    | 4/30       | Th     | 8:10-8:40 p.m.        | \$66 |
| 6 Sessions | R01041-352  | OSC      | 3/14       | Sa     | 10:30-11 a.m.         | \$66 |
| 5 Sessions | R01041-353  | OSC      | 5/9        | Sa     | 10:30-11 a.m.         | \$55 |
| 6 Sessions | R01041-3500 | SSRAC    | 3/4        | W      | 6:30-7 p.m.           | \$66 |
| 6 Sessions | R01041-3502 | SSRAC    | 4/22       | W      | 6:30-7 p.m.           | \$66 |
| 6 Sessions | R01041-3503 | SSRAC    | 4/24       | F      | 9:30-10 a.m.          | \$66 |


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## ADULT SWIM LESSONS

LEVEL 4

AGES 14 AND UP

| Sessions   | Activity    | Location | Start Date | Day(s) | Time             | Fee  |
|------------|-------------|----------|------------|--------|------------------|------|
| 6 Sessions | R01042-326  | GISC     | 3/7        | Sa     | 11:15-11:45 a.m. | \$66 |
| 6 Sessions | R01042-378  | MLKSC    | 3/1        | Su     | Noon-12:30 p.m.  | \$66 |
| 6 Sessions | R01042-379  | MLKSC    | 3/5        | Th     | 8:50-9:20 p.m.   | \$66 |
| 6 Sessions | R01042-380  | MLKSC    | 4/26       | Su     | Noon-12:30 p.m.  | \$66 |
| 6 Sessions | R01042-381  | MLKSC    | 4/30       | Th     | 8:50-9:20 p.m.   | \$66 |
| 6 Sessions | R01042-352  | OSC      | 3/14       | Sa     | 11:10-11:40 a.m. | \$66 |
| 5 Sessions | R01042-353  | OSC      | 5/9        | Sa     | 11:10-11:40 a.m. | \$55 |
| 6 Sessions | R01042-3500 | SSRAC    | 3/4        | W      | 7:10-7:40 p.m.   | \$66 |
| 6 Sessions | R01042-3501 | SSRAC    | 3/6        | F      | 9:15-9:45 a.m.   | \$66 |
| 6 Sessions | R01042-3502 | SSRAC    | 4/22       | W      | 7:10-7:40 p.m.   | \$66 |



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## ADAPTED SWIM LESSONS

### Swim Lessons for Individuals with Disabilities

Ages 4-17

This is a learn-to-swim program for children ages 4 to 17 who have disabilities.

| Sessions   | Activity    | Assistance Available | Location | Start Date | Day(s) | Time             | Fee  |
|------------|-------------|----------------------|----------|------------|--------|------------------|------|
| 6 Sessions | R01061-352  | Parent-Assisted      | OSC      | 3/14       | Sa     | 12:30-1 p.m.     | \$66 |
| 6 Sessions | R01061-353  | Parent-Assisted      | OSC      | 3/14       | Sa     | 1:10-1:40 p.m.   | \$66 |
| 5 Sessions | R01061-354  | Parent-Assisted      | OSC      | 5/9        | Sa     | 12:30-1 p.m.     | \$55 |
| 5 Sessions | R01061-355  | Parent-Assisted      | OSC      | 5/9        | Sa     | 1:10-1:40 p.m.   | \$55 |
| 6 Sessions | R01061-3500 | Volunteer-Assisted   | SSRAC    | 3/7        | Sa     | 10:30-11 a.m.    | \$66 |
| 6 Sessions | R01061-3501 | Volunteer-Assisted   | SSRAC    | 3/7        | Sa     | 11:10-11:40 a.m. | \$66 |
| 6 Sessions | R01061-3502 | Volunteer-Assisted   | SSRAC    | 4/25       | Sa     | 10:30-11 a.m.    | \$66 |
| 6 Sessions | R01061-3503 | Volunteer-Assisted   | SSRAC    | 4/25       | Sa     | 11:10-11:40 a.m. | \$66 |



## WE SUPPORT ACCESSIBILITY

Individuals with disabilities are encouraged to register for MCR programs. Early notification allows us time to put accommodations in place.

For more info, email:  
[rec.inclusion@montgomerycountymd.gov](mailto:rec.inclusion@montgomerycountymd.gov)



## Looking for more THERAPEUTIC RECREATION activities?

VIEW TR ACTIVITIES

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## DEVELOPMENTAL SWIM

### SwiMontgomery

Ages 6-13

SwiMontgomery is a developmental program for kids 13 and under who have an interest in competitive swimming.

| Sessions    | Activity    | Location | Start Date | Day(s) | Time           | Fee   |
|-------------|-------------|----------|------------|--------|----------------|-------|
| 18 Sessions | R01032-302  | GISC     | 3/17       | Tu,Th  | 7:45-8:30 p.m. | \$360 |
| 18 Sessions | R01032-304  | MLKSC    | 3/2        | M,W    | 7:30-8:15 p.m. | \$360 |
| 18 Sessions | R01032-303  | OSC      | 3/2        | M,W    | 7:15-8 p.m.    | \$360 |
| 18 Sessions | R01032-3500 | SSRAC    | 3/2        | M,W    | 6:15-7 p.m.    | \$360 |



**MSTC**



**Montgomery Stroke and Turn Clinic**

**Registration  
Underway**

**View Offerings**



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# DIVING

## Level 1: Learn to Dive

Ages 5-10

Diving consists of a diver jumping from a springboard or platform and performing acrobatic maneuvers before plunging into water.

| Sessions   | Activity    | Location | Start Date | Day(s) | Time           | Fee  |
|------------|-------------|----------|------------|--------|----------------|------|
| 6 Sessions | R01012-311  | GISC     | 3/2        | M      | 4:30-5:15 p.m. | \$96 |
| 6 Sessions | R01012-312  | GISC     | 3/4        | W      | 4:30-5:15 p.m. | \$96 |
| 6 Sessions | R01012-313  | GISC     | 3/6        | F      | 4:30-5:15 p.m. | \$96 |
| 6 Sessions | R01012-301  | GISC     | 4/27       | M      | 4:30-5:15 p.m. | \$96 |
| 6 Sessions | R01012-302  | GISC     | 4/29       | W      | 4:30-5:15 p.m. | \$96 |
| 6 Sessions | R01012-303  | GISC     | 5/1        | F      | 4:30-5:15 p.m. | \$96 |
| 6 Sessions | R01012-3501 | SSRAC    | 3/2        | M      | 4:15-5 p.m.    | \$96 |
| 6 Sessions | R01012-3500 | SSRAC    | 3/2        | M      | 5-5:45 p.m.    | \$96 |
| 6 Sessions | R01012-3504 | SSRAC    | 3/3        | Tu     | 4:15-5 p.m.    | \$96 |
| 6 Sessions | R01012-3506 | SSRAC    | 3/4        | W      | 4:15-5 p.m.    | \$96 |
| 6 Sessions | R01012-3507 | SSRAC    | 3/4        | W      | 5-5:45 p.m.    | \$96 |
| 6 Sessions | R01012-3505 | SSRAC    | 4/27       | M      | 4:15-5 p.m.    | \$96 |
| 6 Sessions | R01012-3503 | SSRAC    | 4/27       | M      | 5-5:45 p.m.    | \$96 |
| 6 Sessions | R01012-3508 | SSRAC    | 4/28       | Tu     | 4:15-5 p.m.    | \$96 |
| 6 Sessions | R01012-3509 | SSRAC    | 4/29       | W      | 4:15-5 p.m.    | \$96 |
| 6 Sessions | R01012-3510 | SSRAC    | 4/29       | W      | 5-5:45 p.m.    | \$96 |


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## DIVING

Diving consists of a diver jumping from a springboard or platform and performing acrobatic maneuvers before plunging into water.

### Level 2: Intermediate Diving

Ages 7-18

| Sessions    | Activity    | Location | Start Date | Day(s) | Time           | Fee   |
|-------------|-------------|----------|------------|--------|----------------|-------|
| 12 Sessions | R01013-301  | GISC     | 3/2        | M      | 5:15-6:45 p.m. | \$360 |
| 12 Sessions | R01013-302  | GISC     | 3/4        | W      | 5:15-6:45 p.m. | \$360 |
| 12 Sessions | R01013-303  | GISC     | 3/6        | F      | 5:15-6:45 p.m. | \$360 |
| 12 Sessions | R01013-3502 | SSRAC    | 3/4        | W      | 5:45-7:15 p.m. | \$360 |
| 12 Sessions | R01013-3503 | SSRAC    | 3/5        | Th     | 4:15-5:45 p.m. | \$360 |
| 12 Sessions | R01013-3504 | SSRAC    | 3/6        | F      | 4:30-6 p.m.    | \$360 |

### Level 3: Advanced Diving

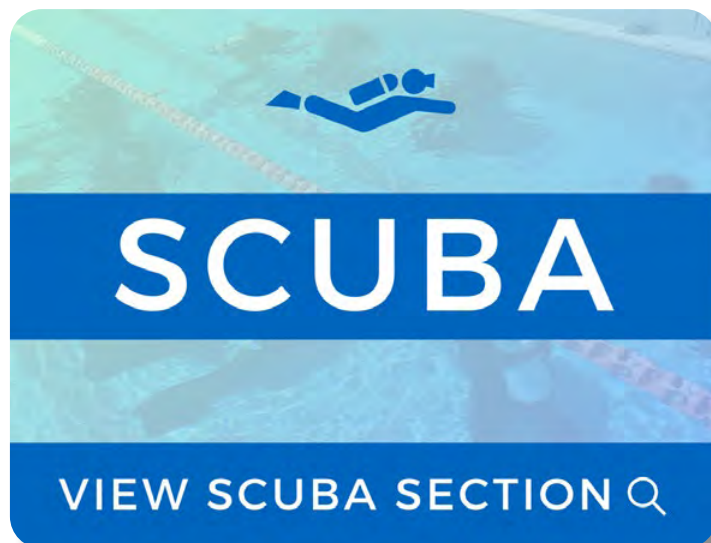
Ages 7-18

| Sessions    | Activity    | Location | Start Date | Day(s) | Time           | Fee   |
|-------------|-------------|----------|------------|--------|----------------|-------|
| 12 Sessions | R01014-3500 | SSRAC    | 3/5        | Th     | 5:45-7:15 p.m. | \$396 |
| 12 Sessions | R01014-3501 | SSRAC    | 3/6        | F      | 6-7:30 p.m.    | \$396 |

### High School Diving

Ages 13-18

| Sessions    | Activity    | Location | Start Date | Day(s) | Time        | Fee   |
|-------------|-------------|----------|------------|--------|-------------|-------|
| 12 Sessions | R01076-302  | GISC     | 3/2        | M      | 6:30-8 p.m. | \$396 |
| 12 Sessions | R01076-303  | GISC     | 3/4        | W      | 6:30-8 p.m. | \$396 |
| 12 Sessions | R01076-3501 | SSRAC    | 3/2        | M      | 7-8:30 p.m. | \$396 |
| 12 Sessions | R01076-3500 | SSRAC    | 3/4        | W      | 7-8:30 p.m. | \$396 |



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## DIVING

### Masters Diving

Ages 19 and up

Diving consists of a diver jumping from a springboard or platform and performing acrobatic maneuvers before plunging into water.

| Sessions    | Activity    | Location | Start Date | Day(s) | Time           | Fee   |
|-------------|-------------|----------|------------|--------|----------------|-------|
| 12 Sessions | R01017-301  | GISC     | 3/4        | W      | 6:30-8 p.m.    | \$396 |
| 12 Sessions | R01017-3500 | SSRAC    | 3/2        | M      | 7:15-8:30 p.m. | \$396 |
| 12 Sessions | R01017-3501 | SSRAC    | 3/4        | W      | 7:15-8:30 p.m. | \$396 |



## MASTERS SWIMMING



### ACTIVITY CODE: R01058

#### Montgomery Ancient Mariners

##### GISC

Su: 10 a.m.-Noon

##### MLK Swim Center

M, W: 8:30-10 p.m.

##### Olney Swim Center

Sa: 7:30-9 a.m.

Tu,Th: 8:30-10 p.m.

##### Silver Spring RAC

Tu,Th: 6:30-8 a.m.

#### Germantown Masters

##### GISC

M,W,F: 6:30-7:30 a.m.

Tu,Th: 8:30-10 p.m.

### SPRING 2026 SCHEDULE

Register on [ActiveMontgomery.org](https://ActiveMontgomery.org)



## MSTC SPRING TUNE-UP

| Activity   | Location | Date | Day | Time     | Fee   |
|------------|----------|------|-----|----------|-------|
| R01033-303 | MLKSC    | 4/18 | Sa  | 5-6 p.m. | \$120 |
| R01033-304 | OSC      | 4/11 | Sa  | 5-6 p.m. | \$120 |



Register on [ActiveMontgomery.org](https://ActiveMontgomery.org)



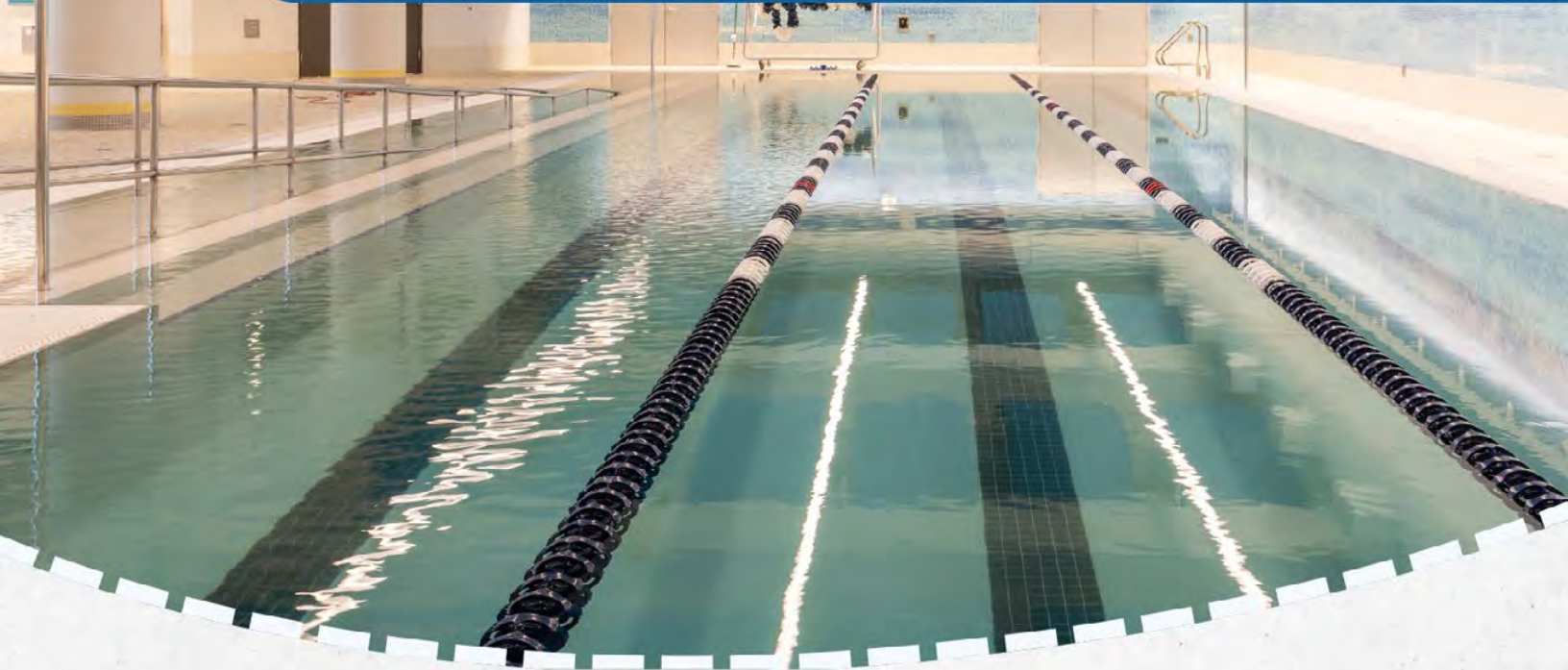
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# POOL LOCATIONS



**Germantown Indoor Swim Center**  
18000 Central Park Circle, Boyds  
240-777-6830



**Silver Spring Recreation and Aquatic Center**  
1319 Apple Ave., Silver Spring  
240-777-6900



**Martin Luther King Jr. Swim Center**  
1201 Jackson Road, Silver Spring  
240-777-8060

**CLOSED UNTIL LATE 2026**

Kennedy Shriver Aquatic Center  
5900 Executive Boulevard, N. Bethesda  
240-777-8070



**Olney Swim Center**  
16605 Georgia Avenue, Olney  
240-777-4995





## HOMESCHOOLING LESSONS

### Ages 4-14

| Sessions   | Levels            | Activity   | Location | Start Date | Day(s) | Time          | Fee  |
|------------|-------------------|------------|----------|------------|--------|---------------|------|
| 6 Sessions | Beginner          | R01060-378 | MLKSC    | 3/4        | W      | 10-10:30 a.m. | \$48 |
| 6 Sessions | Beginner          | R01060-382 | MLKSC    | 4/29       | W      | 10-10:30 a.m. | \$48 |
| 6 Sessions | Intermediate      | R01060-379 | MLKSC    | 3/4        | W      | 10:30-11 a.m. | \$48 |
| 6 Sessions | Intermediate      | R01060-383 | MLKSC    | 4/29       | W      | 10:30-11 a.m. | \$48 |
| 6 Sessions | Advanced          | R01060-380 | MLKSC    | 3/4        | W      | 11-11:30 a.m. | \$48 |
| 6 Sessions | Advanced          | R01060-384 | MLKSC    | 4/29       | W      | 11-11:30 a.m. | \$48 |
| 6 Sessions | Recreational Swim | R01060-381 | MLKSC    | 3/4        | W      | 10-11:30 a.m. | \$54 |
| 6 Sessions | Recreational Swim | R01060-385 | MLKSC    | 4/29       | W      | 10-11:30 a.m. | \$54 |

## KAYAKING

### Ages 10 and up

| Sessions  | Activity   | Location | Start Date | Day(s) | Time            | Fee  |
|-----------|------------|----------|------------|--------|-----------------|------|
| 1 Session | R01077-385 | MLKSC    | 3/28       | Sa     | 9:40-10:50 a.m. | \$15 |
| 1 Session | R01077-386 | MLKSC    | 4/4        | Sa     | 9:40-10:50 a.m. | \$15 |

## SCUBA

### Ages 14 and up

| Sessions   | Activity   | Location | Start Date | Day(s) | Time         | Fee   |
|------------|------------|----------|------------|--------|--------------|-------|
| 8 Sessions | R01028-301 | MLKSC    | 4/1        | W      | 7:15-10 p.m. | \$265 |
| 8 Sessions | R01028-302 | OSC      | 4/6        | M      | 7:15-10 p.m. | \$265 |

## WATER POLO

### Splashball: Learn to Play

### Ages 10-14

| Sessions   | Activity    | Location | Start Date | Day(s) | Time        | Fee   |
|------------|-------------|----------|------------|--------|-------------|-------|
| 8 Sessions | R01079-3503 | SSRAC    | 3/8        | Su     | 3:45-5 p.m. | \$215 |

## Adult Water Polo

### Ages 18 and up

| Sessions    | Activity    | Location      | Start Date | Dates/Times                       | Fee   |
|-------------|-------------|---------------|------------|-----------------------------------|-------|
| 28 Sessions | R01079-3500 | WGOP*   SSRAC | 3/8        | W*- 7:15-9 p.m.   Su- 5:15-7 p.m. | \$125 |

\*Wednesday practice at WGOP is weather-contingent. Location subject to change.

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MONTGOMERY COUNTY RECREATION

# IS HIRING

## WORK WITH US IN AQUATICS

LIFEGUARD



SCAN THE QR



MONTGOMERY COUNTY  
*Recreation*





# LIFEGUARDING TRAINING

Montgomery County Recreation Aquatics offers American Red Cross courses for potential aquatic professionals. Participants must meet all prerequisites and attend and complete all sessions. Blended learning courses require completion of an online component and in-person sessions. This course will train you to be certified in American Red Cross Lifeguarding, First Aid and CPR/AED for Professional Rescuers. Certifications are valid for two years. Attendance is required at all sessions and the online component must be completed 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 is the pre-course.

You must pass the pre-course to continue.

## The pre-course consists of:

1. 150 meter swim (front crawl or breaststroke), tread water for two minutes using only legs, and swim 50 meters.
  2. 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 minute, 40 seconds.
- Enrollment in this course does not guarantee certification. Students must pass written and physical exams.

**Cost for the course is \$195.**

## Lifeguarding: In-Person

| Activity    | Location | Start Date | Day(s)    |
|-------------|----------|------------|-----------|
| R01034-6219 | GISC     | 2/22       | W,Su      |
| R01034-6220 | GISC     | 3/13       | M-Su      |
| R01034-6223 | GISC     | 6/7        | M,W,Sa,Su |
| R01034-303  | OSC      | 3/3        | Tu,F,Sa   |
| R01034-306  | OSC      | 4/10       | F-Su      |
| R01034-307  | OSC      | 4/21       | Tu,F,Sa   |

The date listed is the pre-course swim session only.

Scan the QR code on page 42 to see complete class information.

## Lifeguarding: Blended Learning

| Activity    | Location | Start Date | Day(s)     |
|-------------|----------|------------|------------|
| R01034-6221 | GISC     | 4/11       | W,Sa,Su    |
| R01034-6222 | GISC     | 4/25       | W,Sa,Su    |
| R01034-6224 | GISC     | 6/20       | M,Tu,Sa,Su |
| R01034-6225 | GISC     | 7/19       | M,Tu,Sa,Su |
| R01034-6303 | MLKSC    | 3/6        | F-Su       |
| R01034-6304 | MLKSC    | 3/25       | Tu-Th      |
| R01034-6305 | MLKSC    | 4/17       | F-Su       |
| R01034-6306 | MLKSC    | 5/1        | F-Su       |
| R01034-6307 | MLKSC    | 6/3        | W,Su       |
| R01034-304  | OSC      | 3/18       | M-W,Sa,Su  |
| R01034-305  | OSC      | 3/25       | M,W,F,Sa   |
| R01034-308  | OSC      | 5/27       | W,F-Su     |
| R01034-6538 | SSRAC    | 2/27       | Th-Su      |
| R01034-6539 | SSRAC    | 5/1        | Th-Su      |
| R01034-6540 | SSRAC    | 5/29       | Th-Su      |





# ARTS

## CRAFTS, DRAWING AND PAINTING



| Ages      | Sessions | Class Title                                         | Activity   | Location    | Start Date | Day(s) | Time                  | Fee   |
|-----------|----------|-----------------------------------------------------|------------|-------------|------------|--------|-----------------------|-------|
| 6-12      | 6        | <a href="#">Abrakadoodle Let's Go Camping</a>       | R05001-303 | Wheaton     | 5/2        | Sa     | 12:15-1 p.m.          | \$164 |
| 3-5       | 6        | <a href="#">Abrakadoodle One Sweet World</a>        | R05001-302 | Wheaton     | 5/2        | Sa     | 11:15 a.m.-Noon       | \$164 |
| 5-10      | 8        | <a href="#">Adventures in Art</a>                   | R05004-301 | Bauer Drive | 4/11       | Sa     | 10:30-11:30 a.m.      | \$130 |
| 10-16     | 8        | <a href="#">Art Studio</a>                          | R05006-301 | Bauer Drive | 4/11       | Sa     | Noon-1 p.m.           | \$130 |
| 12-18     | 8        | <a href="#">Art Studio II</a>                       | R05006-303 | Bauer Drive | 4/11       | Sa     | 1:15-2:15 p.m.        | \$130 |
| 5-12      | 8        | <a href="#">Cartooning with Young Rembrandts</a>    | R05129-301 | Germantown  | 4/8        | W      | 6-7 p.m.              | \$186 |
| 5-12      | 7        | <a href="#">Cartooning with Young Rembrandts</a>    | R05129-302 | N. Potomac  | 4/13       | M      | 6-7 p.m.              | \$164 |
| 4-9       | 7        | <a href="#">Draw and Clay</a>                       | R05037-304 | N. Potomac  | 4/25       | Sa     | 10-11 a.m.            | \$159 |
| 4-9       | 6        | <a href="#">Draw and Clay</a>                       | R05037-301 | Germantown  | 4/28       | Tu     | 5:15-6:15 p.m.        | \$141 |
| 4-9       | 7        | <a href="#">Draw and Clay</a>                       | R05037-302 | Bauer Drive | 4/29       | W      | 5:45-6:45 p.m.        | \$159 |
| 6-14      | 6        | <a href="#">Learning Art from the Masters</a>       | R05087-302 | N. Potomac  | 4/25       | Sa     | 11:30 a.m.-12:30 p.m. | \$141 |
| 6-14      | 6        | <a href="#">Learning Art from the Masters</a>       | R05087-301 | Germantown  | 4/28       | Tu     | 6:30-7:30 p.m.        | \$141 |
| 18 and up | 7        | <a href="#">Oil or Acrylic Painting Open Studio</a> | R05002-301 | Lawton      | 4/13       | M      | 1-4 p.m.              | \$63  |
| 16 and up | 6        | <a href="#">Right Brained Drawing All Levels</a>    | R05038-301 | Potomac     | 4/27       | M      | 5:45-7:15 p.m.        | \$180 |
| 18 and up | 6        | <a href="#">The Art of Drawing</a>                  | R05038-302 | Bauer Drive | 4/20       | M      | 6-8 p.m.              | \$180 |
| 4-7       | 6        | <a href="#">Young Rembrandts Early Learners</a>     | R05129-303 | Wheaton     | 5/5        | Tu     | 6:30-7:30 p.m.        | \$120 |



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## ARTS

## POTTERY AND CERAMICS

| Ages      | Sessions | Class Title                                     | Activity   | Location       | Start Date | Day(s) | Time                 | Fee   |
|-----------|----------|-------------------------------------------------|------------|----------------|------------|--------|----------------------|-------|
| 18 and up | 9        | <b>Beginner Pottery Wheel and Hand Building</b> | R05093-310 | N. Potomac     | 4/7        | Tu     | 10 a.m.-1 p.m.       | \$345 |
| 18 and up | 9        | <b>Beginner Pottery Wheel and Hand Building</b> | R05093-311 | N. Potomac     | 4/7        | Tu     | 6-8 p.m.             | \$305 |
| 18 and up | 9        | <b>Beginner Pottery Wheel and Hand Building</b> | R05093-312 | Ross Boddy     | 4/8        | W      | 6-8 p.m.             | \$305 |
| 17 and up | 2        | <b>Ceramic Wall Art Workshop</b>                | R05093-316 | Sligo Creek ES | 6/9        | Tu     | 10 a.m.-2 p.m.       | \$125 |
| 18 and up | 9        | <b>Handcrafted Pottery</b>                      | R05093-309 | Wheaton        | 4/7        | Tu     | 6-8 p.m.             | \$280 |
| 17 and up | 10       | <b>Handcrafted Pottery Open Studio</b>          | R05093-301 | Ross Boddy     | 4/8        | W      | 10:30 a.m.-1:30 p.m. | \$345 |
| 17 and up | 10       | <b>Handcrafted Pottery Open Studio</b>          | R05093-302 | N. Potomac     | 4/8        | W      | 5:30-8:30 p.m.       | \$345 |
| 18 and up | 9        | <b>Handcrafted Pottery Open Studio</b>          | R05093-307 | Wheaton        | 4/8        | W      | 10 a.m.-1 p.m.       | \$350 |
| 18 and up | 9        | <b>Handcrafted Pottery Open Studio</b>          | R05093-313 | N. Potomac     | 4/8        | W      | 10 a.m.-1 p.m.       | \$345 |
| 17 and up | 10       | <b>Handcrafted Pottery Open Studio</b>          | R05093-303 | Ross Boddy     | 4/9        | Th     | 5:30-8:30 p.m.       | \$345 |
| 18 and up | 9        | <b>Handcrafted Pottery Open Studio</b>          | R05093-308 | Wheaton        | 4/9        | Th     | 6-9 p.m.             | \$350 |
| 17 and up | 9        | <b>Handcrafted Pottery Open Studio</b>          | R05093-317 | Sligo Creek ES | 4/9        | Th     | 10 a.m.-2 p.m.       | \$470 |
| 18 and up | 8        | <b>Handcrafted Pottery Open Studio</b>          | R05093-304 | N. Potomac     | 4/13       | M      | 6-8:45 p.m.          | \$280 |
| 18 and up | 8        | <b>Handcrafted Pottery Open Studio</b>          | R05093-306 | White Oak      | 4/13       | M      | 5:45-8:45 p.m.       | \$280 |
| 18 and up | 9        | <b>Introduction to Pottery</b>                  | R05093-320 | Ross Boddy     | 4/7        | Tu     | 5:30-8:30 p.m.       | \$405 |
| 18 and up | 8        | <b>Introduction to Pottery</b>                  | R05093-319 | Ross Boddy     | 4/11       | Sa     | 10:30 a.m.-1:30 p.m. | \$360 |
| 18 and up | 7        | <b>Introduction to Pottery</b>                  | R05093-321 | Ross Boddy     | 4/13       | M      | 5:30-8:30 p.m.       | \$315 |
| 18 and up | 6        | <b>Introduction to Pottery</b>                  | R05093-305 | N. Potomac     | 4/23       | Th     | 6-8:45 p.m.          | \$220 |
| 17 and up | 9        | <b>Pottery at Sligo</b>                         | R05093-314 | Sligo Creek ES | 4/7        | Tu     | 10 a.m.-2 p.m.       | \$470 |
| 17 and up | 9        | <b>Pottery at Sligo</b>                         | R05093-318 | Sligo Creek ES | 4/7        | Tu     | 6-9 p.m.             | \$360 |
| 17 and up | 9        | <b>Pottery at Sligo</b>                         | R05093-315 | Sligo Creek ES | 4/8        | W      | 10 a.m.-2 p.m.       | \$470 |



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# CPR, AED AND FIRST AID



| Ages      | Sessions | Class Title                   | Activity   | Location             | Start Date | Day(s) | Time              | Fee   |
|-----------|----------|-------------------------------|------------|----------------------|------------|--------|-------------------|-------|
| 13 and up | 1        | <b>CPR, AED and First Aid</b> | R05032-301 | Wheaton              | 3/14       | Sa     | 10 a.m.-2 p.m.    | \$89  |
| 13 and up | 1        | <b>CPR, AED and First Aid</b> | R05032-302 | Life Rescue Training | 4/11       | Sa     | 10 a.m.-2 p.m.    | \$89  |
| Ages      | Sessions | Class Title                   | Activity   | Location             | Start Date | Day(s) | Time              | Fee   |
| 10-14     | 1        | <b>Safe Sitter</b>            | R05099-302 | Wheaton              | 6/13       | Sa     | 10 a.m.-2:30 p.m. | \$123 |

## COMMUNITY PERKS AND PROGRAMS

These programs are offered as our gift to the community at low to no cost. On-site registration may be required.

### CLASSES

| Ages      | Sessions | Class Title                            | Activity   | Location    | Start Date | Day(s) | Time               | Fee  |
|-----------|----------|----------------------------------------|------------|-------------|------------|--------|--------------------|------|
| 18 and up | 6        | <b>Hip-Hop Aerobics</b>                | R03033-307 | Coffield    | 3/4        | W      | 6-7 p.m.           | FREE |
| 6-9       | 6        | <b>Hoop Clinic 1</b>                   | R03012-300 | Coffield    | 3/14       | Sa     | 10-10:45 a.m.      | FREE |
| 10-13     | 6        | <b>Hoop Clinic 2</b>                   | R03012-310 | Coffield    | 3/14       | Sa     | 11-11:45 a.m.      | FREE |
| 3-5       | 7        | <b>Toddlers Dance</b>                  | R03025-300 | Coffield    | 3/7        | Sa     | 10-10:45 a.m.      | FREE |
| 13 and up | 9        | <b>Vovinam Martial Arts For Adults</b> | R05126-302 | Long Branch | 4/8        | W      | 7-8:30 p.m.        | FREE |
| 13 and up | 8        | <b>Vovinam Martial Arts For Adults</b> | R05126-304 | Long Branch | 4/11       | Sa     | 11 a.m.-12:30 p.m. | FREE |
| 13 and up | 7        | <b>Vovinam Martial Arts For Adults</b> | R05126-306 | Plum Gar    | 4/13       | M      | 7-8:30 p.m.        | FREE |
| 6-13      | 9        | <b>Vovinam Martial Arts For Kids</b>   | R05126-301 | Long Branch | 4/8        | W      | 6-7 p.m.           | FREE |
| 6-13      | 8        | <b>Vovinam Martial Arts For Kids</b>   | R05126-303 | Long Branch | 4/11       | Sa     | 10-11 a.m.         | FREE |
| 6-13      | 7        | <b>Vovinam Martial Arts For Kids</b>   | R05126-305 | Plum Gar    | 4/13       | M      | 6-7 p.m.           | FREE |
| 18 and up | 5        | <b>Yoga with Sunny</b>                 | R03023-300 | Coffield    | 4/6        | M      | 6-7 p.m.           | FREE |
| 11-17     | 7        | <b>Youth Boxing for Fitness</b>        | R03036-302 | Mid-County  | 4/9        | Th     | 6:30-7:30 p.m.     | FREE |

### LEAGUES

| Ages      | # of weeks | League Division                                 | Activity   | Location             | Start Date | Day(s) | Time              | Fee  |
|-----------|------------|-------------------------------------------------|------------|----------------------|------------|--------|-------------------|------|
| 6-16      | Year Round | <b>Girls Youth Cricketball Academy</b>          | R05364-208 | Calverton- Galway LP | 4/4        | Sa     | 10 a.m.-1 p.m.    | FREE |
| 6-8       | Year Round | <b>Youth Cricketball Academy</b>                | R05364-202 | Calverton- Galway LP | 4/4        | Sa     | 10 a.m.-1 p.m.    | FREE |
| 9-12      | Year Round | <b>Youth Cricketball Academy</b>                | R05364-203 | Calverton- Galway LP | 4/4        | Sa     | 10 a.m.-1 p.m.    | FREE |
| 13-16     | Year Round | <b>Youth Cricketball Academy</b>                | R05364-204 | Calverton- Galway LP | 4/4        | Sa     | 10 a.m.-1 p.m.    | FREE |
| 18 and up | 6          | <b>Pickleball Doubles Social League 2.5-3.0</b> | R05351-310 | Damascus             | 4/21       | Tu     | 10 a.m.-2:30 p.m. | FREE |

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## DANCE

## BALLET

| Ages | Sessions | Class Title | Activity   | Location   | Start Date | Day(s) | Time           | Fee   |
|------|----------|-------------|------------|------------|------------|--------|----------------|-------|
| 3-5  | 7        | Ballet      | R05010-301 | N. Potomac | 4/7        | Tu     | 10-10:45 a.m.  | \$119 |
| 4-5  | 7        | Ballet      | R05010-302 | N. Potomac | 4/8        | W      | 4:30-5:15 p.m. | \$119 |
| 5-6  | 7        | Ballet      | R05010-303 | N. Potomac | 4/8        | W      | 5:20-6:05 p.m. | \$119 |
| 6-8  | 7        | Ballet      | R05010-304 | N. Potomac | 4/8        | W      | 6:15-7:05 p.m. | \$126 |

## BALLROOM

| Ages      | Sessions | Class Title  | Activity   | Location | Start Date | Day(s) | Time           | Fee  |
|-----------|----------|--------------|------------|----------|------------|--------|----------------|------|
| 16 and up | 8        | Ballroom I   | R05011-301 | Wheaton  | 4/16       | Th     | 7-7:55 p.m.    | \$88 |
| 16 and up | 8        | Ballroom II  | R05011-304 | Lawton   | 4/13       | M      | 8-8:55 p.m.    | \$88 |
| 16 and up | 8        | Ballroom II  | R05011-302 | Wheaton  | 4/16       | Th     | 8-8:55 p.m.    | \$88 |
| 16 and up | 8        | Ballroom III | R05011-303 | Coffield | 4/14       | Tu     | 7:30-8:30 p.m. | \$88 |

## LINE DANCING

| Ages      | Sessions | Class Title      | Activity   | Location  | Start Date | Day(s) | Time     | Fee  |
|-----------|----------|------------------|------------|-----------|------------|--------|----------|------|
| 18 and up | 7        | Urban Line Dance | R05121-302 | Good Hope | 4/8        | W      | 6-7 p.m. | \$70 |

## PLAYTIME AND MOVEMENT

| Ages | Sessions | Class Title                | Activity   | Location        | Start Date | Day(s) | Time                  | Fee   |
|------|----------|----------------------------|------------|-----------------|------------|--------|-----------------------|-------|
| 3-5  | 8        | Ballet Tap Jazz            | R05338-302 | N. Potomac      | 4/11       | Sa     | 10:30-11:15 a.m.      | \$220 |
| 3-5  | 8        | Ballet Tap Jazz 2          | R05338-311 | N. Potomac      | 4/11       | Sa     | 12:30-1:15 p.m.       | \$220 |
| 3-5  | 8        | Ballet Tap Jazz            | R05338-305 | White Oak       | 4/11       | Sa     | 10:30-11:15 a.m.      | \$220 |
| 3-5  | 8        | Ballet Tap Jazz            | R05338-310 | Wisconsin Place | 4/11       | Sa     | 10:45-11:30 a.m.      | \$220 |
| 7-9  | 6        | Creative Dance             | R05010-307 | N. Potomac      | 4/13       | M      | 5:30-6:20 p.m.        | \$126 |
| 6-10 | 8        | Pop Stars                  | R05338-303 | N. Potomac      | 4/11       | Sa     | 11:30 a.m.-12:15 p.m. | \$220 |
| 6-10 | 8        | Pop Stars                  | R05338-306 | White Oak       | 4/11       | Sa     | 11:30 a.m.-12:15 p.m. | \$220 |
| 6-10 | 8        | Pop Stars                  | R05338-308 | Wisconsin Place | 4/11       | Sa     | 11:45 a.m.-12:30 p.m. | \$220 |
| 1-3  | 8        | Toddler & Me               | R05338-301 | N. Potomac      | 4/11       | Sa     | 9:30-10:15 a.m.       | \$220 |
| 1-3  | 8        | Toddler & Me               | R05338-304 | White Oak       | 4/11       | Sa     | 9:30-10:15 a.m.       | \$220 |
| 1-3  | 8        | Toddler & Me               | R05338-307 | Wisconsin Place | 4/11       | Sa     | 9:45-10:30 a.m.       | \$220 |
| 3-4  | 8        | Jazzmatazz Preschool Dance | R05010-308 | Long Branch     | 4/11       | Sa     | 10:15-11 a.m.         | \$120 |
| 5-8  | 8        | Jazzmatazz Pre Ballet      | R05010-309 | Long Branch     | 4/11       | Sa     | 11:15 a.m.-12:15 p.m. | \$136 |

## TAP

| Ages      | Sessions | Class Title  | Activity   | Location | Start Date | Day(s) | Time           | Fee  |
|-----------|----------|--------------|------------|----------|------------|--------|----------------|------|
| 18 and up | 7        | Tap Dance I  | R05336-301 | Lawton   | 4/9        | Th     | 4:50-5:50 p.m. | \$77 |
| 18 and up | 7        | Tap Dance II | R05336-302 | Lawton   | 4/9        | Th     | 6-7 p.m.       | \$77 |

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## FITNESS

## AEROBIC DANCE



| Ages      | Sessions | Class Title                           | Activity   | Location      | Start Date | Day(s) | Time            | Fee   |
|-----------|----------|---------------------------------------|------------|---------------|------------|--------|-----------------|-------|
| 18 and up | 18       | <b>Dance and Fitness</b>              | R05035-303 | Rock View ES  | 4/7        | Tu,Th  | 6:30-7:30 p.m.  | \$144 |
| 18 and up | 18       | <b>Dance and Fitness</b>              | R05035-302 | Veirs Mill LP | 4/7        | Tu,Th  | 9:30-10:30 a.m. | \$144 |
| 18 and up | 15       | <b>Dance and Fitness</b>              | R05035-307 | Bauer Drive   | 4/8        | M,W    | 5-6 p.m.        | \$120 |
| 18 and up | 15       | <b>Dance and Fitness</b>              | R05035-306 | Rock View ES  | 4/8        | M,W    | 6:30-7:30 p.m.  | \$120 |
| 18 and up | 7        | <b>Dance and Fitness</b>              | R05035-304 | Wheaton       | 4/11       | Sa     | 9:15-10:15 a.m. | \$56  |
| 18 and up | 9        | <b>Jacki Sorensen's Aerobic Dance</b> | R05059-301 | Potomac       | 4/7        | Tu     | 9-10 a.m.       | \$99  |
| 18 and up | 9        | <b>Jacki Sorensen's Aerobic Dance</b> | R05059-302 | Potomac       | 4/9        | Th     | 9-10 a.m.       | \$99  |

## BODY SCULPTING

| Ages      | Sessions | Class Title                                            | Activity   | Location     | Start Date | Day(s) | Time         | Fee   |
|-----------|----------|--------------------------------------------------------|------------|--------------|------------|--------|--------------|-------|
| 35 and up | 18       | <b>Definition Body Sculpting-Virtual and In-Person</b> | R05016-301 | Clara Barton | 4/7        | Tu,Th  | 9:15-10 a.m. | \$180 |
| 35 and up | 9        | <b>Definition Body Sculpting-Virtual and In-Person</b> | R05016-302 | Clara Barton | 4/7        | Tu     | 9:15-10 a.m. | \$90  |
| 35 and up | 9        | <b>Definition Body Sculpting-Virtual and In-Person</b> | R05016-303 | Clara Barton | 4/9        | Th     | 9:15-10 a.m. | \$90  |

## PILATES

| Ages      | Sessions | Class Title                                | Activity   | Location      | Start Date | Day(s) | Time           | Fee   |
|-----------|----------|--------------------------------------------|------------|---------------|------------|--------|----------------|-------|
| 16 and up | 9        | <b>Jazzmatazz Aerobics w/Pilates Mat</b>   | R05061-301 | Wheaton       | 4/7        | Tu     | 7:15-8:30 p.m. | \$108 |
| 16 and up | 9        | <b>Jazzmatazz Aerobics w/Pilates Mat</b>   | R05061-302 | Wheaton       | 4/9        | Th     | 7:15-8:30 p.m. | \$108 |
| 16 and up | 18       | <b>Jazzmatazz Aerobics w/Pilates Mat</b>   | R05061-303 | Wheaton       | 4/7        | Tu,Th  | 7:15-8:30 p.m. | \$198 |
| 16 and up | 9        | <b>Pilates with WBG Sports and Fitness</b> | R05091-304 | Silver Spring | 4/9        | Th     | 7-8 a.m.       | \$90  |



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## FITNESS

## TOTAL BODY CONDITIONING

| Ages      | Sessions | Class Title                                                     | Activity   | Location      | Start Date | Day(s) | Time             | Fee  |
|-----------|----------|-----------------------------------------------------------------|------------|---------------|------------|--------|------------------|------|
| 18 and up | 8        | <b>Basic Barre</b>                                              | R05327-302 | Wheaton       | 4/7        | Tu     | 7:15-8:15 p.m.   | \$96 |
| 18 and up | 8        | <b>Basic Barre</b>                                              | R05327-301 | Wheaton       | 4/11       | Sa     | 9:15-10:15 a.m.  | \$96 |
| 18 and up | 8        | <b>Basic Barre</b>                                              | R05327-303 | Wheaton       | 4/11       | Sa     | 10:25-11:25 a.m. | \$96 |
| 16 and up | 9        | <b>Boxing with WBG Sports and Fitness</b>                       | R05342-303 | Silver Spring | 4/7        | Tu     | 5-6 p.m.         | \$90 |
| 7 and up  | 9        | <b>Family Boxing and Kickboxing with WBG Sports and Fitness</b> | R05342-306 | Bauer Drive   | 4/9        | Th     | 7-8 p.m.         | \$90 |
| 16 and up | 9        | <b>HIIT (High Intensity Interval Training)</b>                  | R05018-308 | Silver Spring | 4/9        | Th     | 6-7 p.m.         | \$90 |
| 18 and up | 8        | <b>Kelley's Complete Fitness</b>                                | R05072-303 | Bauer Drive   | 4/8        | W      | 9:15-10:25 a.m.  | \$80 |
| 50 and up | 9        | <b>Kelley's 50+ Complete Fitness</b>                            | R05072-304 | Wheaton       | 4/9        | Th     | 9:15-10:30 a.m.  | \$90 |
| 50 and up | 7        | <b>Kelley's 50+ Complete Fitness</b>                            | R05072-305 | Wheaton       | 4/13       | M      | 9:15-10:30 a.m.  | \$70 |
| 18 and up | 8        | <b>Kickboxing with WBG Sports and Fitness</b>                   | R05342-307 | Clara Barton  | 4/8        | W      | Noon-1 p.m.      | \$80 |

## ZUMBA

| Ages      | Sessions | Class Title                   | Activity   | Location    | Start Date | Day(s) | Time             | Fee  |
|-----------|----------|-------------------------------|------------|-------------|------------|--------|------------------|------|
| 16 and up | 7        | <b>Zumba Gold with Sharon</b> | R05132-322 | Lawton      | 4/13       | M      | 11:15am-12:15pm. | \$70 |
| 16 and up | 9        | <b>Zumba with Andria</b>      | R05132-311 | Germantown  | 4/9        | Th     | 7-8 p.m.         | \$81 |
| 16 and up | 7        | <b>Zumba with Ingrid</b>      | R05132-304 | Wheaton     | 4/11       | Sa     | 10:30-11:30 a.m. | \$70 |
| 16 and up | 8        | <b>Zumba with Michelle</b>    | R05132-301 | Mid-County  | 4/6        | M      | 6:15-7:15 p.m.   | \$80 |
| 16 and up | 8        | <b>Zumba with Michelle</b>    | R05132-302 | Mid-County  | 4/8        | W      | 6:15-7:15 p.m.   | \$80 |
| 16 and up | 7        | <b>Zumba with Michelle</b>    | R05132-303 | Bauer Drive | 4/11       | Sa     | 9:15-10:15 a.m.  | \$70 |



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# HEALTH AND WELLNESS

## YOGA

| Ages      | Sessions | Class Title                                         | Activity   | Location   | Start Date | Day(s) | Time            | Fee   |
|-----------|----------|-----------------------------------------------------|------------|------------|------------|--------|-----------------|-------|
| 18 and up | 9        | <b>All Levels Yoga (Beginner/Continuing)</b>        | R05128-320 | Potomac    | 4/9        | Th     | 5:15-6:15 p.m.  | \$162 |
| 16 and up | 9        | <b>Essential Yoga for Beginners with Tamara</b>     | R05128-310 | Coffield   | 4/9        | Th     | 6-7 p.m.        | \$99  |
| 18 and up | 8        | <b>Gentle Yoga with Nancy</b>                       | R05128-309 | Mid-County | 4/8        | W      | 10:45 a.m.-Noon | \$120 |
| 55 and up | 9        | <b>Hatha Yoga and Stress Management with Suzana</b> | R05128-308 | Lawton     | 4/10       | F      | 9:45-11 a.m.    | \$126 |
| 18 and up | 7        | <b>Level I/II Yoga with Hannah</b>                  | R05128-318 | Wheaton    | 4/8        | W      | 7:15-8:15 p.m.  | \$126 |
| 18 and up | 9        | <b>Yoga for Vitality</b>                            | R05128-312 | N. Potomac | 4/9        | Th     | 9:30-10:30 a.m. | \$117 |
| 18 and up | 7        | <b>Yoga I: Restore and Recharge with Hannah</b>     | R05128-301 | Wheaton    | 4/13       | M      | 7-8 p.m.        | \$126 |
| 18 and up | 9        | <b>Yogalates (Yoga and Pilates)</b>                 | R05128-315 | Wheaton    | 4/7        | Tu     | 6-7 p.m.        | \$99  |



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## MARTIAL ARTS



## AIKIDO

| Ages      | Sessions | Class Title              | Activity   | Location   | Start Date | Day(s) | Time        | Fee   |
|-----------|----------|--------------------------|------------|------------|------------|--------|-------------|-------|
| 11 and up | 7        | <b>Aikido</b>            | R05005-301 | Ross Boddy | 4/13       | M      | 7-8:30 p.m. | \$63  |
| 14 and up | 9        | <b>Suenaka-ha Aikido</b> | R05005-302 | Lawton     | 4/8        | W      | 6-8 p.m.    | \$100 |

## KARATE-JUJITSU

| Ages      | Sessions | Class Title                                                   | Activity   | Location      | Start Date | Day(s) | Time           | Fee   |
|-----------|----------|---------------------------------------------------------------|------------|---------------|------------|--------|----------------|-------|
| 18 and up | 16       | <b>Okinawan Karate</b>                                        | R05357-301 | Silver Spring | 4/9        | M,Th   | 7-8:30 p.m.    | \$150 |
| 13 and up | 10       | <b>TKA Adult Karate</b>                                       | R05070-303 | Germantown    | 4/7        | Tu     | 8-9:30 p.m.    | \$120 |
| 13 and up | 9        | <b>TKA Adult Karate</b>                                       | R05070-304 | Mid-County    | 4/7        | Tu     | 7:30-9 p.m.    | \$108 |
| 13 and up | 9        | <b>TKA Adult Karate</b>                                       | R05070-305 | Damascus      | 4/8        | W      | 8-9:30 p.m.    | \$108 |
| 13 and up | 10       | <b>TKA Adult Karate</b>                                       | R05070-306 | Bauer Drive   | 4/8        | W      | 8-9:30 p.m.    | \$120 |
| 13 and up | 10       | <b>TKA Adult Karate</b>                                       | R05070-308 | Bethesda ES   | 4/9        | Th     | 8-9:30 p.m.    | \$120 |
| 13 and up | 10       | <b>TKA Adult Karate</b>                                       | R05070-309 | Praisner      | 4/9        | Th     | 7:30-9 p.m.    | \$120 |
| 13 and up | 8        | <b>TKA Adult Karate</b>                                       | R05070-301 | Upper County  | 4/13       | M      | 8-9:30 p.m.    | \$96  |
| 13 and up | 8        | <b>TKA Adult Karate</b>                                       | R05070-302 | Wheaton       | 4/13       | M      | 7:30-9 p.m.    | \$96  |
| 13 and up | 9        | <b>TKA Karate Jujitsu Club</b>                                | R05070-310 | White Oak     | 4/10       | F      | 7:30-9:30 p.m. | \$45  |
| 6-12      | 8        | <b>TKA Youth Karate Advanced White Belt and Higher</b>        | R05066-317 | Wheaton       | 4/13       | M      | 6:30-7:30 p.m. | \$80  |
| 6-12      | 10       | <b>TKA Youth Karate All Levels</b>                            | R05066-309 | Clara Barton  | 4/8        | W      | 6:30-7:30 p.m. | \$100 |
| 6-12      | 10       | <b>TKA Youth Karate All Levels</b>                            | R05066-313 | Praisner      | 4/9        | Th     | 6:30-7:30 p.m. | \$100 |
| 6-12      | 10       | <b>TKA Youth Karate All Levels</b>                            | R05066-314 | Bethesda ES   | 4/9        | Th     | 7-8 p.m.       | \$100 |
| 6-12      | 10       | <b>TKA Youth Karate Beginner through Advanced White Belts</b> | R05066-312 | Potomac       | 4/8        | W      | 6-7 p.m.       | \$100 |
| 6-12      | 10       | <b>TKA Youth Karate Beginner through Orange Belts</b>         | R05066-304 | Germantown    | 4/7        | Tu     | 6-7 p.m.       | \$100 |
| 6-12      | 9        | <b>TKA Youth Karate Beginner through Orange Belts</b>         | R05066-306 | Mid-County    | 4/7        | Tu     | 6:30-7:30 p.m. | \$90  |
| 6-12      | 9        | <b>TKA Youth Karate Beginner through Orange Belts</b>         | R05066-307 | Damascus      | 4/8        | W      | 6-7 p.m.       | \$90  |
| 6-12      | 8        | <b>TKA Youth Karate Beginner through Orange Belts</b>         | R05066-301 | Upper County  | 4/13       | M      | 6-7 p.m.       | \$80  |
| 6-12      | 10       | <b>TKA Youth Karate Beginner through White Belts</b>          | R05066-310 | Bauer Drive   | 4/8        | W      | 6-7 p.m.       | \$100 |
| 6-12      | 10       | <b>TKA Youth Karate Intermediate</b>                          | R05066-305 | Germantown    | 4/7        | Tu     | 7-8 p.m.       | \$100 |
| 6-12      | 9        | <b>TKA Youth Karate Intermediate</b>                          | R05066-308 | Damascus      | 4/8        | W      | 7-8 p.m.       | \$90  |
| 6-12      | 10       | <b>TKA Youth Karate Intermediate</b>                          | R05066-311 | Bauer Drive   | 4/8        | W      | 7-8 p.m.       | \$100 |
| 6-12      | 8        | <b>TKA Youth Karate New Beginners</b>                         | R05066-303 | Wheaton       | 4/13       | M      | 5:45-6:30 p.m. | \$80  |
| 6-12      | 10       | <b>TKA Youth Karate Orange Belt and Higher</b>                | R05066-315 | Potomac       | 4/8        | W      | 7-8 p.m.       | \$100 |
| 6-12      | 9        | <b>TKA Youth Karate Yellow Belt and Higher</b>                | R05066-316 | Mid-County    | 4/7        | Tu     | 6:30-7:30 p.m. | \$90  |
| 6-12      | 8        | <b>TKA Youth Karate Yellow Belt and Higher</b>                | R05066-302 | Upper County  | 4/13       | M      | 7-8 p.m.       | \$80  |
| 6-12      | 11       | <b>Zen Budo Youth Karate</b>                                  | R05352-310 | Silver Spring | 4/2        | Th     | 6:30-7:30 p.m. | \$98  |

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# MARTIAL ARTS

## SELF-DEFENSE

| Ages      | Sessions | Class Title                   | Activity   | Location        | Start Date | Day(s) | Time     | Fee  |
|-----------|----------|-------------------------------|------------|-----------------|------------|--------|----------|------|
| 14 and up | 16       | <b>Practical Self Defense</b> | R05095-301 | Wisconsin Place | 4/9        | M,Th   | 7-8 p.m. | \$80 |

## TAEKWONDO

| Ages | Sessions | Class Title                   | Activity   | Location | Start Date | Day(s) | Time             | Fee  |
|------|----------|-------------------------------|------------|----------|------------|--------|------------------|------|
| 2-3  | 8        | <b>Taekwondo Wee Dragons</b>  | R05360-310 | Damascus | 4/14       | Tu     | 10-10:30 a.m.    | \$88 |
| 2-3  | 8        | <b>Taekwondo Wee Dragons</b>  | R05360-312 | Lawton   | 4/16       | Th     | 10:45-11:15 a.m. | \$88 |
| 4-5  | 8        | <b>Taekwondo Tiny Dragons</b> | R05360-311 | Damascus | 4/14       | Tu     | 10:45-11:15 a.m. | \$88 |
| 4-5  | 8        | <b>Taekwondo Tiny Dragons</b> | R05360-313 | Lawton   | 4/16       | Th     | 11:30 a.m.-Noon  | \$88 |

## TAI CHI

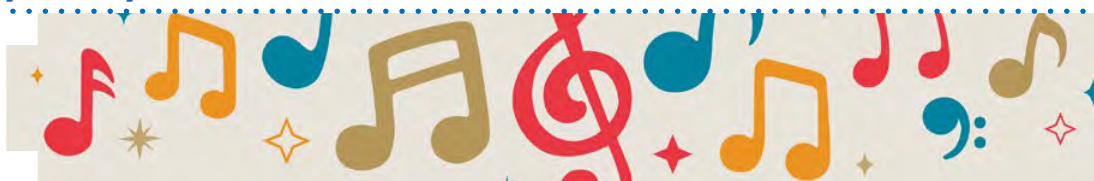
| Ages      | Sessions | Class Title              | Activity   | Location    | Start Date | Day(s) | Time     | Fee  |
|-----------|----------|--------------------------|------------|-------------|------------|--------|----------|------|
| 16 and up | 7        | <b>Tai Chi Beginning</b> | R05112-301 | Bauer Drive | 4/13       | M      | 7-8 p.m. | \$70 |


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# MUSIC

## GUITAR



| Ages      | Sessions | Class Title                      | Activity   | Location        | Start Date | Day(s) | Time           | Fee   |
|-----------|----------|----------------------------------|------------|-----------------|------------|--------|----------------|-------|
| 8-12      | 8        | <b>Beginner Guitar for Kids</b>  | R05053-302 | School of Music | 4/17       | F      | 5:30-6:20 p.m. | \$120 |
| 5-12      | 8        | <b>Beginner Guitar</b>           | R05053-303 | Mid-County      | 4/16       | Th     | 7-8 p.m.       | \$218 |
| 13 and up | 8        | <b>Beginner Adult Guitar</b>     | R05053-304 | School of Music | 4/13       | M      | 8-8:50 p.m.    | \$120 |
| 13 and up | 8        | <b>Intermediate Adult Guitar</b> | R05053-305 | School of Music | 4/16       | Th     | 8-8:50 p.m.    | \$120 |

## PIANO

| Ages | Sessions | Class Title           | Activity   | Location      | Start Date | Day(s) | Time     | Fee   |
|------|----------|-----------------------|------------|---------------|------------|--------|----------|-------|
| 5-12 | 8        | <b>Beginner Piano</b> | R05089-302 | Damascus      | 4/13       | M      | 7-8 p.m. | \$218 |
| 5-12 | 8        | <b>Beginner Piano</b> | R05089-301 | Bauer Drive   | 4/22       | W      | 7-8 p.m. | \$218 |
| 5-12 | 8        | <b>Beginner Piano</b> | R05089-303 | Silver Spring | 4/24       | F      | 7-8 p.m. | \$218 |

## PLAYTIME AND MUSIC

| Ages       | Sessions | Class Title                 | Activity   | Location        | Start Date | Day(s) | Time                  | Fee   |
|------------|----------|-----------------------------|------------|-----------------|------------|--------|-----------------------|-------|
| 3mos.-5yrs | 8        | <b>Instrument Explorers</b> | R05379-302 | Silver Spring   | 4/13       | M      | 10-10:50 a.m.         | \$184 |
| 3mos.-5yrs | 8        | <b>Instrument Explorers</b> | R05379-301 | Silver Spring   | 4/18       | Sa     | 11-11:50 a.m.         | \$184 |
| 3mos.-5yrs | 8        | <b>Instrument Explorers</b> | R05379-303 | Silver Spring   | 4/18       | Sa     | 10-10:50 a.m.         | \$184 |
| 1-5        | 8        | <b>Musical Munchkins</b>    | R05288-301 | Wisconsin Place | 4/9        | Th     | 11-11:45 a.m.         | \$250 |
| 3mos.-4yrs | 10       | <b>Music Together</b>       | R05085-304 | Mid-County      | 4/11       | Sa     | 10-10:45 a.m.         | \$305 |
| 3mos.-4yrs | 10       | <b>Music Together</b>       | R05085-305 | Mid-County      | 4/11       | Sa     | 11-11:45 a.m.         | \$305 |
| 3mos.-4yrs | 10       | <b>Music Together</b>       | R05085-301 | Wheaton         | 4/16       | Th     | 10:30-11:15 a.m.      | \$305 |
| 3mos.-4yrs | 10       | <b>Music Together</b>       | R05085-302 | Wheaton         | 4/16       | Th     | 11:30 a.m.-12:15 p.m. | \$305 |
| 3mos.-4yrs | 10       | <b>Music Together</b>       | R05085-306 | Silver Spring   | 4/18       | Sa     | 10:15-11 a.m.         | \$305 |
| 3mos.-4yrs | 10       | <b>Music Together</b>       | R05085-307 | Silver Spring   | 4/18       | Sa     | 9:15-10 a.m.          | \$305 |
| 3mos.-4yrs | 10       | <b>Music Together</b>       | R05085-308 | Silver Spring   | 4/18       | Sa     | 11:15 a.m.-Noon       | \$305 |

## VIOLIN

| Ages | Sessions | Class Title            | Activity   | Location | Start Date | Day(s) | Time       | Fee   |
|------|----------|------------------------|------------|----------|------------|--------|------------|-------|
| 5-12 | 8        | <b>Beginner Violin</b> | R05359-301 | Longwood | 4/11       | Sa     | 10-11 a.m. | \$218 |



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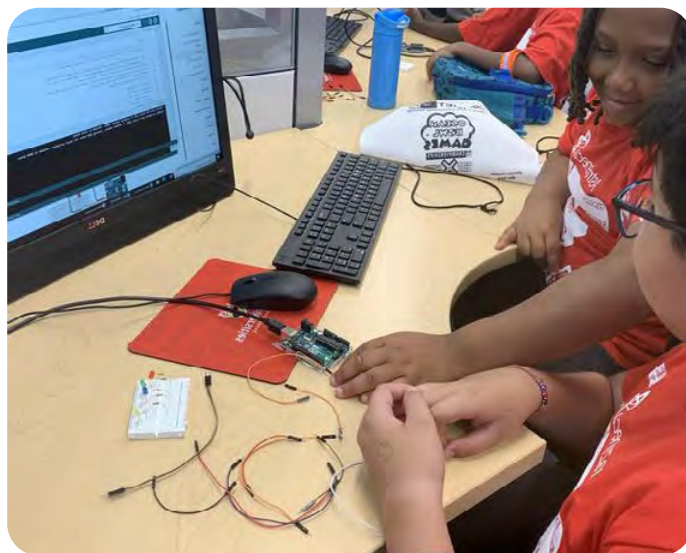
## S.T.E.A.M.

## ENGINEERING

| Ages | Sessions | Class Title                                     | Activity   | Location | Start Date | Day(s) | Time            | Fee   |
|------|----------|-------------------------------------------------|------------|----------|------------|--------|-----------------|-------|
| 6-12 | 6        | <b>Snapology Gamebots: Robotics</b>             | R05039-301 | Damascus | 4/11       | Sa     | 10:30 a.m.-Noon | \$250 |
| 6-12 | 7        | <b>Snapology Prehistoric Creatures Robotics</b> | R05039-303 | Wheaton  | 4/13       | M      | 6:30-7:30 p.m.  | \$189 |
| 6-12 | 6        | <b>Snapology Super Structures Architecture</b>  | R05039-302 | Damascus | 4/13       | M      | 6-7 p.m.        | \$200 |

## GEMOLOGY

| Ages      | Sessions | Class Title                 | Activity   | Location | Start Date | Day(s) | Time               | Fee   |
|-----------|----------|-----------------------------|------------|----------|------------|--------|--------------------|-------|
| 18 and up | 10       | <b>Gemology II Advanced</b> | R05049-302 | Potomac  | 4/8        | W      | 10 a.m.-12:15 p.m. | \$108 |



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## SPORTS



## BADMINTON

| Ages      | Sessions | Class Title                                 | Activity   | Location    | Start Date | Day(s) | Time                  | Fee   |
|-----------|----------|---------------------------------------------|------------|-------------|------------|--------|-----------------------|-------|
| 9 and up  | 8        | <b>Badminton Beginner/Advanced Beginner</b> | R05008-301 | Bauer Drive | 4/11       | Sa     | 9:30-10:30 a.m.       | \$115 |
| 10 and up | 8        | <b>Badminton Intermediate</b>               | R05008-302 | Bauer Drive | 4/11       | Sa     | 10:30 a.m.-12:30 p.m. | \$185 |
| 11 and up | 8        | <b>Badminton Advanced</b>                   | R05008-303 | Bauer Drive | 4/11       | Sa     | 12:45-1:45 p.m.       | \$185 |

## BASEBALL

| Ages | Sessions | Class Title               | Activity   | Location           | Start Date | Day(s) | Time           | Fee   |
|------|----------|---------------------------|------------|--------------------|------------|--------|----------------|-------|
| 3-4  | 6        | <b>T-Ball Foundations</b> | R05323-303 | Layhill Village LP | 4/11       | Sa     | 3:30-4:30 p.m. | \$135 |

## BASKETBALL

| Ages | Sessions | Class Title                             | Activity   | Location         | Start Date | Day(s) | Time                  | Fee   |
|------|----------|-----------------------------------------|------------|------------------|------------|--------|-----------------------|-------|
| 4-5  | 6        | <b>Early Basketball Foundations</b>     | R05012-331 | Silver Spring    | 4/11       | Sa     | Noon-12:55 p.m.       | \$135 |
| 6-8  | 6        | <b>Basketball Foundations</b>           | R05012-332 | Silver Spring    | 4/11       | Sa     | 1-2 p.m.              | \$135 |
| 9-12 | 6        | <b>MCR Basketball Skills and Drills</b> | R05012-303 | Cabin John MS    | 4/16       | Th     | 6:15-7:45 p.m.        | \$90  |
| 5-8  | 6        | <b>MCR Basketball Skills and Drills</b> | R05012-304 | Forest Knolls ES | 4/14       | Tu     | 6:15-7:15 p.m.        | \$75  |
| 9-12 | 6        | <b>MCR Basketball Skills and Drills</b> | R05012-305 | Forest Knolls ES | 4/14       | Tu     | 7:30-8:30 p.m.        | \$75  |
| 5-8  | 6        | <b>MCR Basketball Skills and Drills</b> | R05012-301 | Good Hope        | 4/14       | Tu     | 5:30-6:30 p.m.        | \$75  |
| 9-12 | 6        | <b>MCR Basketball Skills and Drills</b> | R05012-302 | Good Hope        | 4/14       | Tu     | 6:45-7:45 p.m.        | \$75  |
| 5-8  | 6        | <b>MCR Basketball Skills and Drills</b> | R05012-307 | N. Potomac       | 4/18       | Sa     | 11:45 a.m.-12:45 p.m. | \$75  |
| 9-12 | 6        | <b>MCR Basketball Skills and Drills</b> | R05012-308 | N. Potomac       | 4/18       | Sa     | 1-2:30 p.m.           | \$90  |
| 9-12 | 6        | <b>MCR Basketball Skills and Drills</b> | R05012-306 | Tilden MS        | 4/15       | W      | 6:15-7:45 p.m.        | \$90  |

## CHEER AND POMS

| Ages | Sessions | Class Title               | Activity   | Location   | Start Date | Day(s) | Time           | Fee   |
|------|----------|---------------------------|------------|------------|------------|--------|----------------|-------|
| 5-10 | 8        | <b>Elementary PomPons</b> | R05021-301 | Wootton HS | 4/13       | M      | 5:30-6:30 p.m. | \$160 |

## LACROSSE

| Ages  | Sessions | Class Title                          | Activity   | Location       | Start Date | Day(s) | Time               | Fee  |
|-------|----------|--------------------------------------|------------|----------------|------------|--------|--------------------|------|
| 6-10  | 5        | <b>Instructional Lacrosse Clinic</b> | R05341-301 | Bauer Drive LP | 4/25       | Sa     | 11 a.m.-12:15 p.m. | \$25 |
| 10-14 | 5        | <b>Instructional Lacrosse Clinic</b> | R05341-302 | Bauer Drive LP | 4/25       | Sa     | 12:30-1:45 p.m.    | \$25 |



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## SPORTS

## MULTI-SPORTS

| Ages | Sessions | Class Title                                | Activity   | Location           | Start Date | Day(s) | Time             | Fee   |
|------|----------|--------------------------------------------|------------|--------------------|------------|--------|------------------|-------|
| 3-8  | 8        | <a href="#">Coach Doug Seasonal Sports</a> | R05025-315 | Oakland Terrace ES | 4/11       | Sa     | 11-11:45 a.m.    | \$116 |
| 3-8  | 8        | <a href="#">Coach Doug Seasonal Sports</a> | R05025-303 | Germantown         | 4/14       | Tu     | 4:15-5 p.m.      | \$116 |
| 3-8  | 8        | <a href="#">Coach Doug Seasonal Sports</a> | R05025-309 | Potomac            | 4/16       | Th     | 4:15-5 p.m.      | \$116 |
| 3-6  | 8        | <a href="#">Coach Doug Wee Wanna Be</a>    | R05025-313 | Oakland Terrace ES | 4/11       | Sa     | 9:30-10:15 a.m.  | \$116 |
| 3-6  | 8        | <a href="#">Coach Doug Wee Wanna Be</a>    | R05025-314 | Oakland Terrace ES | 4/11       | Sa     | 10:15-11 a.m.    | \$116 |
| 3-6  | 8        | <a href="#">Coach Doug Wee Wanna Be</a>    | R05025-312 | Potomac            | 4/12       | Su     | 10:15-11 a.m.    | \$116 |
| 3-6  | 8        | <a href="#">Coach Doug Wee Wanna Be</a>    | R05025-302 | Germantown         | 4/14       | Tu     | 10:45-11:30 a.m. | \$116 |
| 3-6  | 8        | <a href="#">Coach Doug Wee Wanna Be</a>    | R05025-305 | Bauer Drive        | 4/15       | W      | 9:30-10:15 a.m.  | \$116 |
| 3-6  | 8        | <a href="#">Coach Doug Wee Wanna Be</a>    | R05025-308 | Potomac            | 4/16       | Th     | 10:45-11:30 a.m. | \$116 |



## IMPORTANT CLOSURE NOTICE

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## SPORTS

## PICKLEBALL CLASSES AND CLINICS



| Ages      | Sessions | Class Title                                        | Activity   | Location      | Start Date | Day(s) | Time               | Fee  |
|-----------|----------|----------------------------------------------------|------------|---------------|------------|--------|--------------------|------|
| 18 and up | 2        | <b>Beginner</b>                                    | R05261-313 | Silver Spring | 4/20       | M      | 6-8 p.m.           | \$80 |
| 18 and up | 2        | <b>Beginner</b>                                    | R05261-317 | Potomac       | 4/21       | Tu     | Noon-2 p.m.        | \$80 |
| 18 and up | 2        | <b>Beginner</b>                                    | R05261-318 | Potomac       | 5/5        | Tu     | Noon-2 p.m.        | \$80 |
| 18 and up | 3        | <b>Beginner 1.0</b>                                | R05261-305 | Lawton        | 4/22       | W      | 11 a.m.-12:30 p.m. | \$90 |
| 18 and up | 3        | <b>Beginner 1.0</b>                                | R05261-315 | N. Potomac    | 5/11       | M      | Noon-1:30 p.m.     | \$90 |
| 18 and up | 3        | <b>Beginner Skills and Drills</b>                  | R05261-316 | N. Potomac    | 4/20       | M      | Noon-1:30 p.m.     | \$90 |
| 18 and up | 1        | <b>Better Volleys</b>                              | R05263-302 | Potomac       | 6/2        | Tu     | Noon-2 p.m.        | \$40 |
| 18 and up | 3        | <b>Advanced Beginner</b>                           | R05262-307 | Lawton        | 4/22       | W      | 12:30-2 p.m.       | \$90 |
| 18 and up | 3        | <b>Advanced Beginner</b>                           | R05262-304 | Coffield      | 6/3        | W      | 6-7:15 p.m.        | \$75 |
| 18 and up | 3        | <b>Advanced Beginner 1.5-2.0</b>                   | R05262-309 | Lawton        | 5/13       | W      | 11 a.m.-12:30 p.m. | \$90 |
| 16 and up | 3        | <b>Advanced Beginner Skills and Drills</b>         | R05261-307 | Lawton        | 4/22       | W      | 12:30-2 p.m.       | \$90 |
| 16 and up | 3        | <b>Advanced Beginner Skills and Drills</b>         | R05261-310 | Coffield      | 4/22       | W      | 6-7:15 p.m.        | \$75 |
| 18 and up | 3        | <b>Advanced Beginner Skills and Drills</b>         | R05262-312 | Silver Spring | 5/4        | M      | 6-7:15 p.m.        | \$75 |
| 16 and up | 2        | <b>Advanced Beginner Skills and Drills</b>         | R05261-309 | Coffield      | 5/13       | W      | 11 a.m.-12:30 p.m. | \$80 |
| 18 and up | 3        | <b>Advanced Beginner/Interm. Skills and Drills</b> | R05262-320 | Longwood      | 4/25       | Sa     | 10-11 a.m.         | \$60 |
| 18 and up | 3        | <b>Advanced Beginner/Interm. Skills and Drills</b> | R05262-321 | Longwood      | 5/16       | Sa     | 10-11 a.m.         | \$60 |
| 18 and up | 3        | <b>Advanced Beginner/Interm. Skills and Drills</b> | R05262-318 | Silver Spring | 6/1        | M      | 6-7 p.m.           | \$60 |
| 18 and up | 3        | <b>Advanced Beginner/Interm. Skills and Drills</b> | R05262-303 | Silver Spring | 6/22       | M      | 6-7 p.m.           | \$60 |
| 18 and up | 1        | <b>NVZ/Short Game</b>                              | R05262-315 | Potomac       | 5/19       | Tu     | Noon-2 p.m.        | \$40 |
| 3-6       | 4        | <b>Pickleball Palooza</b>                          | R05261-352 | Potomac       | 4/26       | Su     | 2-3 p.m.           | \$92 |



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## SPORTS

## SOCCER

| Ages       | Sessions | Class Title                          | Activity   | Location           | Start Date | Day(s) | Time                  | Fee   |
|------------|----------|--------------------------------------|------------|--------------------|------------|--------|-----------------------|-------|
| 3-6        | 8        | <b>Coach Doug Soccer</b>             | R05025-316 | Oakland Terrace ES | 4/11       | Sa     | 11:45 a.m.-12:30 p.m. | \$116 |
| 3-6        | 8        | <b>Coach Doug Soccer</b>             | R05025-311 | Potomac            | 4/12       | Su     | 9:30-10:15 a.m.       | \$116 |
| 3-6        | 8        | <b>Coach Doug Soccer</b>             | R05025-301 | Germantown         | 4/14       | Tu     | 10-10:45 a.m.         | \$116 |
| 3-6        | 8        | <b>Coach Doug Soccer</b>             | R05025-304 | Germantown         | 4/14       | Tu     | 5-5:45 p.m.           | \$116 |
| 3-6        | 8        | <b>Coach Doug Soccer</b>             | R05025-306 | Bauer Drive        | 4/15       | W      | 10:15-11 a.m.         | \$116 |
| 3-6        | 8        | <b>Coach Doug Soccer</b>             | R05025-307 | Potomac            | 4/16       | Th     | 10-10:45 a.m.         | \$116 |
| 3-5        | 5        | <b>Coach Doug Soccer</b>             | R05025-310 | Potomac            | 4/16       | Th     | 5-5:45 p.m.           | \$116 |
| 3-5        | 5        | <b>CORE Grassroots Soccer Clinic</b> | R05103-307 | Damascus           | 4/11       | Sa     | 2-2:45 p.m.           | \$115 |
| 3-5        | 5        | <b>CORE Grassroots Soccer Clinic</b> | R05103-309 | Bauer Drive        | 4/11       | Sa     | 10-10:45 a.m.         | \$115 |
| 3-5        | 5        | <b>CORE Grassroots Soccer Clinic</b> | R05103-305 | Germantown         | 4/12       | Su     | 10-10:45 a.m.         | \$115 |
| 6-8        | 5        | <b>CORE Grassroots Soccer Clinic</b> | R05103-304 | Potomac            | 4/11       | Sa     | 3-3:50 p.m.           | \$115 |
| 6-8        | 5        | <b>CORE Grassroots Soccer Clinic</b> | R05103-308 | Damascus           | 4/11       | Sa     | 3-3:50 p.m.           | \$115 |
| 6-8        | 5        | <b>CORE Grassroots Soccer Clinic</b> | R05103-310 | Bauer Drive        | 4/11       | Sa     | 11-11:50 a.m.         | \$115 |
| 6-8        | 5        | <b>CORE Grassroots Soccer Clinic</b> | R05103-306 | Germantown         | 4/12       | Su     | 11-11:50 a.m.         | \$115 |
| 3-4        | 6        | <b>Indoor Soccer Foundations</b>     | R05103-311 | Silver Spring      | 4/11       | Sa     | 9:30-10:25 a.m.       | \$135 |
| 5-6        | 6        | <b>Indoor Soccer Foundations</b>     | R05103-315 | Silver Spring      | 4/11       | Sa     | 10:30-11:30 a.m.      | \$135 |
| 18-36 mos. | 6        | <b>Parent and Toddler Soccer</b>     | R05103-355 | Lawton             | 4/11       | Sa     | 10-10:40 a.m.         | \$115 |



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# SPORTS

## VOLLEYBALL



| Ages  | Sessions | Class Title                                       | Activity   | Location    | Start Date | Day(s) | Time           | Fee   |
|-------|----------|---------------------------------------------------|------------|-------------|------------|--------|----------------|-------|
| 13-17 | 6        | <a href="#">Level 1 Skills Development Clinic</a> | R05124-307 | Bauer Drive | 5/15       | F      | 7:45-8:45 p.m. | \$119 |
| 14-17 | 6        | <a href="#">Level 1 Skills Development Clinic</a> | R05124-333 | Mid-County  | 5/11       | M      | 8-9 p.m.       | \$119 |
| 14-17 | 5        | <a href="#">Level 1 Skills Development Clinic</a> | R05124-319 | Potomac     | 5/12       | Tu     | 7:30-8:30 p.m. | \$100 |
| 14-17 | 6        | <a href="#">Level 1 Skills Development Clinic</a> | R05124-303 | Wheaton     | 5/14       | Th     | 7:45-8:45 p.m. | \$119 |
| 13-17 | 5        | <a href="#">Level 2 Skills Development Clinic</a> | R05124-320 | Potomac     | 5/12       | Tu     | 7:30-8:30 p.m. | \$116 |
| 13-17 | 6        | <a href="#">Level 2 Skills Development Clinic</a> | R05124-304 | Wheaton     | 5/14       | Th     | 7:45-8:45 p.m. | \$139 |
| 14-17 | 6        | <a href="#">Level 2 Skills Development Clinic</a> | R05124-316 | Mid-County  | 5/11       | M      | 8-9 p.m.       | \$139 |
| 14-17 | 6        | <a href="#">Level 2 Skills Development Clinic</a> | R05124-308 | Bauer Drive | 5/15       | F      | 7:45-8:45 p.m. | \$139 |
| 7-11  | 6        | <a href="#">Skills Development Clinic</a>         | R05124-305 | Bauer Drive | 5/15       | F      | 5:45-6:45 p.m. | \$119 |
| 8-11  | 6        | <a href="#">Skills Development Clinic</a>         | R05124-331 | Mid-County  | 5/11       | M      | 6-7 p.m.       | \$119 |
| 8-11  | 5        | <a href="#">Skills Development Clinic</a>         | R05124-317 | Potomac     | 5/12       | Tu     | 6:30-7:30 p.m. | \$100 |
| 8-11  | 5        | <a href="#">Skills Development Clinic</a>         | R05124-341 | Germantown  | 5/13       | W      | 5:45-6:45 p.m. | \$100 |
| 8-11  | 6        | <a href="#">Skills Development Clinic</a>         | R05124-301 | Wheaton     | 5/14       | Th     | 5:45-6:45 p.m. | \$119 |
| 11-13 | 5        | <a href="#">Skills Development Clinic</a>         | R05124-342 | Germantown  | 5/13       | W      | 6:45-7:45 p.m. | \$100 |
| 11-13 | 6        | <a href="#">Skills Development Clinic</a>         | R05124-306 | Bauer Drive | 5/15       | F      | 6:45-7:45 p.m. | \$119 |
| 11-14 | 6        | <a href="#">Skills Development Clinic</a>         | R05124-302 | Wheaton     | 5/14       | Th     | 6:45-7:45 p.m. | \$119 |
| 12-13 | 6        | <a href="#">Skills Development Clinic</a>         | R05124-314 | Mid-County  | 5/11       | M      | 7-8 p.m.       | \$119 |
| 12-13 | 5        | <a href="#">Skills Development Clinic</a>         | R05124-318 | Potomac     | 5/12       | Tu     | 6:30-7:30 p.m. | \$100 |
| 14-17 | 5        | <a href="#">Skills Development Clinic</a>         | R05124-343 | Germantown  | 5/13       | W      | 7:45-8:45 p.m. | \$100 |



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## SPORTS LEAGUES

## BASKETBALL

## 3v3 Spring Basketball - Boys

| Activity   | # of Weeks | League Division              | Location | Ages  | Start Date | Day(s) | Time      | Fee  |
|------------|------------|------------------------------|----------|-------|------------|--------|-----------|------|
| R05293-301 | 4          | <b>10U Boys - Free Agent</b> | Wheaton  | 8-10  | 4/10       | F      | 6-10 p.m. | \$45 |
| R05295-301 | 4          | <b>12U Boys - Free Agent</b> | Wheaton  | 10-12 | 4/10       | F      | 6-10 p.m. | \$45 |
| R05297-301 | 4          | <b>14U Boys - Free Agent</b> | Wheaton  | 12-14 | 4/10       | F      | 6-10 p.m. | \$45 |

## 3v3 Spring Basketball - Girls

| Activity   | # of Weeks | League Division               | Location   | Ages  | Start Date | Day(s) | Time      | Fee  |
|------------|------------|-------------------------------|------------|-------|------------|--------|-----------|------|
| R05294-301 | 4          | <b>10U Girls - Free Agent</b> | Coffield   | 8-10  | 4/10       | F      | 6-10 p.m. | \$45 |
| R05296-301 | 4          | <b>12U Girls - Free Agent</b> | N. Potomac | 10-12 | 4/10       | F      | 6-10 p.m. | \$45 |
| R05298-301 | 4          | <b>14U Girls - Free Agent</b> | N. Potomac | 12-14 | 4/10       | F      | 6-10 p.m. | \$45 |

## Adult - Ages 18 and up

| Activity   | # of Games  | League Division            | Location    | Start Date | Day(s) | Time        | Fee   |
|------------|-------------|----------------------------|-------------|------------|--------|-------------|-------|
| R05232-301 | 6+1 playoff | <b>Men's Spring/Summer</b> | Bauer Drive | 5/17       | Sa     | 3-9:45 p.m. | \$725 |

## CRICKET

## Youth - Ages 6-16

| Activity   | # of weeks | League Division                        | Location             | Ages  | Start Date | Day(s) | Time           | Fee  |
|------------|------------|----------------------------------------|----------------------|-------|------------|--------|----------------|------|
| R05364-208 | Year Round | <b>Girls Youth Cricketball Academy</b> | Calverton- Galway LP | 6-16  | 4/4        | Sa     | 10 a.m.-1 p.m. | FREE |
| R05364-202 | Year Round | <b>Youth Cricketball Academy</b>       | Calverton- Galway LP | 6-8   | 4/4        | Sa     | 10 a.m.-1 p.m. | FREE |
| R05364-203 | Year Round | <b>Youth Cricketball Academy</b>       | Calverton- Galway LP | 9-12  | 4/4        | Sa     | 10 a.m.-1 p.m. | FREE |
| R05364-204 | Year Round | <b>Youth Cricketball Academy</b>       | Calverton- Galway LP | 13-16 | 4/4        | Sa     | 10 a.m.-1 p.m. | FREE |



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# SPORTS LEAGUES

## NFL FLAG FOOTBALL LEAGUE

### Youth - Ages 6-14

| Activity   | # of Games | League Division               | Location   | Ages  | Start Date | Day(s) | Time          | Fee  |
|------------|------------|-------------------------------|------------|-------|------------|--------|---------------|------|
| R05287-301 | 5          | <b>8U - Free Agent</b>        | Kennedy HS | 6-8   | 4/12       | Su     | 8 a.m.-5 p.m. | \$60 |
| R05287-306 | 5          | <b>8U - Free Agent</b>        | Damascus   | 6-8   | 4/12       | Su     | 8 a.m.-5 p.m. | \$60 |
| R05287-302 | 5          | <b>10U - Free Agent</b>       | Kennedy HS | 9-10  | 4/12       | Su     | 8 a.m.-5 p.m. | \$60 |
| R05287-307 | 5          | <b>11U - Free Agent</b>       | Damascus   | 9-11  | 4/12       | Su     | 8 a.m.-5 p.m. | \$60 |
| R05287-303 | 5          | <b>12U - Free Agent</b>       | Wheaton HS | 11-12 | 4/12       | Su     | 8 a.m.-5 p.m. | \$60 |
| R05287-305 | 5          | <b>14U Girls - Free Agent</b> | Wheaton HS | 12-14 | 4/12       | Su     | 8 a.m.-5 p.m. | \$60 |
| R05287-308 | 5          | <b>14U - Free Agent</b>       | Damascus   | 12-14 | 4/12       | Su     | 8 a.m.-5 p.m. | \$60 |
| R05287-304 | 5          | <b>14U - Free Agent</b>       | Wheaton HS | 13-14 | 4/12       | Su     | 8 a.m.-5 p.m. | \$60 |

## PICKLEBALL

### Adult - Ages 18 and up

| Activity   | # of Games | League Division                         | Location      | Start Date | Day(s) | Time               | Fee  |
|------------|------------|-----------------------------------------|---------------|------------|--------|--------------------|------|
| R05351-301 | 6          | <b>Doubles Social League 25-30</b>      | Damascus      | 4/21       | Tu     | 6:15-8:30 p.m.     | \$80 |
| R05348-301 | 6          | <b>Ladder League</b>                    | Ross Boddy    | 4/21       | Tu     | 6-8:55 p.m.        | \$65 |
| R05348-307 | 6          | <b>Ladder League</b>                    | Longwood      | 4/25       | Sa     | 11 a.m.-12:30 p.m. | \$65 |
| R05384-301 | 6          | <b>Ladder League</b>                    | Silver Spring | 6/1        | M      | 7-8:30 p.m.        | \$65 |
| R05310-301 | 6          | <b>Ladder League Beginner 20-25</b>     | Bauer Drive   | 4/27       | M      | 6-10 p.m.          | \$65 |
| R05314-301 | 6          | <b>Ladder League Beginner 20-25</b>     | Longwood      | 4/30       | Th     | 6-9:30 p.m.        | \$65 |
| R05314-302 | 6          | <b>Ladder League Beginner 20-25</b>     | Longwood      | 6/11       | Th     | 6-9:30 p.m.        | \$65 |
| R05310-302 | 6          | <b>Ladder League Beginner 20-25</b>     | Bauer Drive   | 6/15       | M      | 6-10 p.m.          | \$65 |
| R05311-301 | 6          | <b>Ladder League Intermediate 25-30</b> | Bauer Drive   | 4/27       | M      | 6-10 p.m.          | \$65 |
| R05315-301 | 6          | <b>Ladder League Intermediate 25-30</b> | Longwood      | 4/30       | Th     | 6-9:30 p.m.        | \$65 |
| R05315-302 | 6          | <b>Ladder League Intermediate 25-30</b> | Longwood      | 6/11       | Th     | 6-9:30 p.m.        | \$65 |
| R05311-302 | 6          | <b>Ladder League Intermediate 25-30</b> | Bauer Drive   | 6/15       | M      | 6-10 p.m.          | \$65 |
| R05312-301 | 6          | <b>Ladder League Expert 3.0-3.5</b>     | Bauer Drive   | 4/27       | M      | 6-10 p.m.          | \$65 |
| R05316-301 | 6          | <b>Ladder League Expert 3.0-3.5</b>     | Longwood      | 4/30       | Th     | 6-9:30 p.m.        | \$65 |
| R05316-302 | 6          | <b>Ladder League Expert 3.0-3.5</b>     | Longwood      | 6/11       | Th     | 6-9:30 p.m.        | \$65 |
| R05312-302 | 6          | <b>Ladder League Expert 3.0-3.5</b>     | Bauer Drive   | 6/15       | M      | 6-10 p.m.          | \$65 |


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## SPORTS LEAGUES



## SOCCER

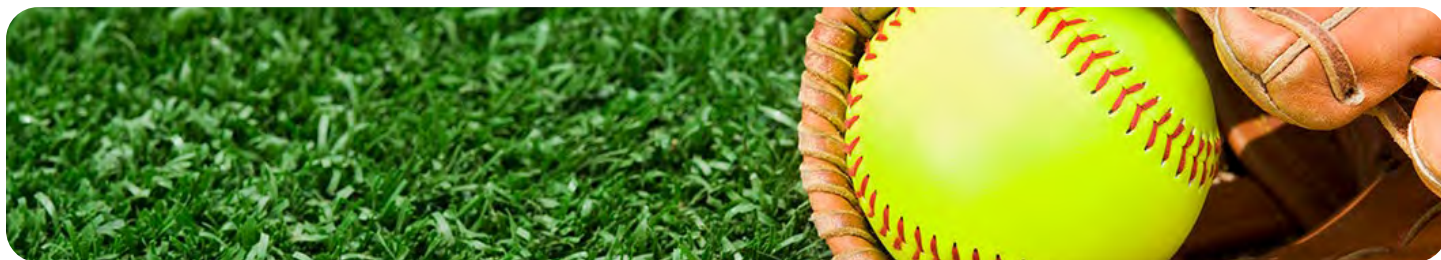
## Adults - Ages 18 and up

| Activity   | # of Weeks | League Division                       | Location      | Ages      | Start Date | Day(s) | Time          | Fee     |
|------------|------------|---------------------------------------|---------------|-----------|------------|--------|---------------|---------|
| R05282-301 | 7          | <b>Men's 18+</b>                      | TBD           | 18 and up | 3/22       | Su     | 9 a.m.-6 p.m. | \$1,199 |
| R05282-316 | 7          | <b>Men's 18+ Free Agent Pool</b>      | TBD           | 18 and up | 3/22       | Su     | 9 a.m.-6 p.m. | FREE    |
| R05276-301 | 7          | <b>Men's 40+</b>                      | Ridge Road RP | 40 and up | 4/12       | Su     | 9 a.m.-5 p.m. | \$1,199 |
| R05276-304 | 7          | <b>Men's 40+ Free Agent Pool</b>      | Ridge Road RP | 40 and up | 4/12       | Su     | 9 a.m.-5 p.m. | FREE    |
| R05349-302 | 7          | <b>Men's 55+ Free Agent Pool</b>      | TBD           | 55 and up | 3/14       | Sa     | 9 a.m.-5 p.m. | FREE    |
| R05349-301 | 7          | <b>Men's 55+</b>                      | Ridge Road RP | 55 and up | 3/14       | Sa     | 9 a.m.-5 p.m. | \$1,025 |
| R05281-302 | 8          | <b>Men's 65+</b>                      | N. Potomac    | 65 and up | 3/15       | Su     | 9 a.m.-3 p.m. | \$1,099 |
| R05281-303 | 8          | <b>Men's 65+ Free Agent Sign Up</b>   | N. Potomac    | 65 and up | 3/15       | Su     | 9 a.m.-3 p.m. | FREE    |
| R05285-301 | 8          | <b>Women's 25+</b>                    | N. Potomac    | 25 and up | 4/11       | Sa     | 9 a.m.-5 p.m. | \$962   |
| R05285-302 | 8          | <b>Women's 25+ Free Agent Sign Up</b> | N. Potomac    | 25 and up | 4/11       | Sa     | 9 a.m.-5 p.m. | FREE    |
| R05286-301 | 8          | <b>Women's 40+ Free Agent Sign Up</b> | Laytonia RP   | 40 and up | 4/1        | W      | 7-10:30 p.m.  | FREE    |
| R05286-302 | 8          | <b>Women's League 40+</b>             | Laytonia RP   | 40 and up | 4/1        | W      | 7-10:30 p.m.  | \$1,299 |

## SOFTBALL

## Adults - Ages 18 and up

| Activity   | # of Games | League Division                     | Location       | Start Date | Day(s) | Time         | Fee     |
|------------|------------|-------------------------------------|----------------|------------|--------|--------------|---------|
| R05245-301 | 18         | <b>Co-Rec DH</b>                    | Cabin John RP  | 4/20       | M      | 6-10:30 p.m. | \$1,440 |
| R05246-301 | 18         | <b>Co-Rec DH</b>                    | Cabin John RP  | 4/22       | W      | 6-10:30 p.m. | \$1,440 |
| R05248-301 | 18         | <b>Co-Rec DH</b>                    | Ridge Road RP  | 4/23       | Th     | 6-10:30 p.m. | \$1,440 |
| R05242-301 | 18         | <b>Men's C/D</b>                    | Cabin John RP  | 4/23       | Th     | 6-10:30 p.m. | \$1,440 |
| R05237-301 | 18         | <b>Men's C/D &amp; D</b>            | Olney Manor RP | 4/22       | W      | 6-10:30 p.m. | \$1,440 |
| R05239-301 | 18         | <b>Men's C/D &amp; D</b>            | Ridge Road RP  | 4/22       | W      | 6-10:30 p.m. | \$1,440 |
| R05240-301 | 18         | <b>Men's D</b>                      | Olney Manor RP | 4/23       | Th     | 6-10:30 p.m. | \$1,440 |
| R05252-301 | 20         | <b>Senior Men's 50+ Tu</b>          | Olney Manor RP | 4/21       | Tu     | 6-10:30 p.m. | \$1,470 |
| R05251-301 | 14         | <b>Senior Men's 55+ Th</b>          | Olney Manor RP | 4/16       | Th     | 6-10:30 p.m. | \$1,489 |
| R05236-301 | 18         | <b>Men's Free Agent Sign Up</b>     | N/A            | April-July | M-Th   | 6-10:30 p.m. | FREE    |
| R05309-301 | 18         | <b>Women's Free Agent Sign Up</b>   | N/A            | April-July | M-Th   | 6-10:30 p.m. | FREE    |
| R05236-307 | 18         | <b>Men's Free Agent Sign Up 50+</b> | N/A            | April-July | M-Th   | 6-10:30 p.m. | FREE    |



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## SPORTS LEAGUES

## VOLLEYBALL

## Youth - Ages 10-17

| Activity   | # of Games | League Division      | Location   | Ages  | Start Date | Day(s) | Time           | Fee  |
|------------|------------|----------------------|------------|-------|------------|--------|----------------|------|
| R05319-308 | 8          | HERtime2shine Co-Rec | N. Potomac | 10-11 | 4/11       | Sa     | 1-5 p.m.       | \$80 |
| R05319-306 | 8          | HERtime2shine Co-Rec | Plum Gar   | 12-13 | 4/11       | Sa     | 10 a.m.-6 p.m. | \$80 |
| R05319-311 | 8          | HERtime2shine Co-Rec | Mid-County | 14-17 | 4/12       | Su     | 10 a.m.-6 p.m. | \$80 |
| R05319-312 | 8          | HERtime2shine Girls  | N. Potomac | 14-17 | 4/11       | Sa     | 9 a.m.-1 p.m.  | \$80 |

## Adult - Ages 18 and up

| Activity   | # of Games | League Division                                  | Location      | Ages      | Start Date | Day(s) | Time        | Fee   |
|------------|------------|--------------------------------------------------|---------------|-----------|------------|--------|-------------|-------|
| R05255-203 | 8          | Coed Beginner/Intermediate                       | Silver Spring | 18 and up | 4/26       | Su     | Noon-5 p.m. | \$460 |
| R05255-204 | 8          | Coed Beginner/Intermediate<br>Free Agent Sign Up | Silver Spring | 18 and up | 4/26       | Su     | Noon-5 p.m. | \$75  |
| R05255-201 | 8          | Coed Advanced                                    | Silver Spring | 18 and up | 4/26       | Su     | Noon-5 p.m. | \$460 |
| R05255-202 | 8          | Coed Advanced Free Agent Sign Up                 | Silver Spring | 18 and up | 4/26       | Su     | Noon-5 p.m. | \$75  |



MONTGOMERY COUNTY RECREATION

REC REFEREES  
& SCOREKEEPERS WANTED

2026

The Recreation Department is seeking officials for the **2026** season.For more information, contact  
[Rec.Sports@montgomerycountymd.gov](mailto:Rec.Sports@montgomerycountymd.gov).

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# THERAPEUTIC RECREATION

Programs for Individuals with Disabilities

## ARTS, DRAMA AND GAMES

| Ages      | Sessions | Class Title                         | Activity   | Location     | Start Date | Day(s) | Time           | Fee  |
|-----------|----------|-------------------------------------|------------|--------------|------------|--------|----------------|------|
| 6-14      | 6        | <b>Brain Games</b>                  | R06020-301 | Germantown   | 4/12       | Su     | 2:30-3 p.m.    | \$30 |
| 18 and up | 8        | <b>Day Games</b>                    | R06052-303 | White Oak    | 4/6        | M      | 10-11 a.m.     | \$10 |
| 6-14      | 6        | <b>Drama and Facial Expressions</b> | R06020-303 | Upper County | 4/16       | Th     | 6:30-7:15 p.m. | \$30 |
| 15 and up | 6        | <b>Drama and Facial Expressions</b> | R06020-305 | Upper County | 4/16       | Th     | 7:15-8 p.m.    | \$30 |
| 6-14      | 6        | <b>Kaleidoscope Art</b>             | R06009-310 | Good Hope    | 4/8        | W      | 6-6:50 p.m.    | \$30 |
| 15 and up | 6        | <b>Kaleidoscope Art</b>             | R06009-311 | Good Hope    | 4/8        | W      | 7-7:50 p.m.    | \$30 |
| 6-14      | 6        | <b>Paint and Punch</b>              | R06009-300 | Germantown   | 4/12       | Su     | 1-1:45 p.m.    | \$30 |



## WE SUPPORT ACCESSIBILITY

Individuals with disabilities are encouraged to register for MCR programs. Early notification allows us time to put accommodations in place.

For more info, email:

[rec.inclusion@montgomerycountymd.gov](mailto:rec.inclusion@montgomerycountymd.gov)



## ADAPTED SWIM LESSONS

Montgomery County Recreation offers swim lessons for individuals with disabilities.

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## THE REC INSIDER



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# THERAPEUTIC RECREATION

## Programs for Individuals with Disabilities

### COOKING

| Ages | Sessions | Class Title              | Activity   | Location      | Start Date | Day(s) | Time        | Fee  |
|------|----------|--------------------------|------------|---------------|------------|--------|-------------|------|
| 6-18 | 1        | <b>Parents Night Off</b> | R06046-302 | Bauer Drive   | 3/27       | F      | 6-8:30 p.m. | \$25 |
| 6-18 | 1        | <b>Parents Night Off</b> | R06046-301 | Silver Spring | 5/29       | F      | 6-8:30 p.m. | \$25 |

### DANCE, FITNESS AND WELLNESS

| Ages     | Sessions | Class Title                                                                               | Activity   | Location      | Start Date | Day(s) | Time           | Fee  |
|----------|----------|-------------------------------------------------------------------------------------------|------------|---------------|------------|--------|----------------|------|
| 18and up | 10       | <b>Dancing Stars of Montgomery County: Ballroom Dancing for Adults with Down Syndrome</b> | R06053-300 | Wheaton       | 3/18       | W      | 6-7 p.m.       | \$50 |
| 6-14     | 6        | <b>Dance Creation</b>                                                                     | R06020-300 | Germantown    | 4/12       | Su     | 2-2:30 p.m.    | FREE |
| 7-12     | 8        | <b>Neural Movement: Fitness and Focus</b>                                                 | R06045-301 | Wheaton       | 4/12       | Su     | 1-1:50 p.m.    | \$40 |
| 13-18    | 8        | <b>Neural Movement: Fitness and Focus</b>                                                 | R06045-302 | Wheaton       | 4/12       | Su     | 2-2:50 p.m.    | \$40 |
| 19and up | 8        | <b>Neural Movement: Fitness and Focus</b>                                                 | R06045-303 | N. Potomac    | 4/16       | Th     | 6-6:50 p.m.    | \$40 |
| 18and up | 9        | <b>Virtual Moving with Mike: Seated Exercise</b>                                          | R06015-300 | Virtual Class | 4/12       | Su     | 1-2 p.m.       | \$45 |
| 6-15     | 6        | <b>Yoga for Beginners</b>                                                                 | R06024-300 | Germantown    | 4/15       | W      | 6:30-7:15 p.m. | \$30 |
| 15and up | 6        | <b>Yoga for Beginners</b>                                                                 | R06024-301 | Germantown    | 4/15       | W      | 7:15-8 p.m.    | \$30 |
| 15and up | 8        | <b>ZamDance</b>                                                                           | R06030-301 | Bauer Drive   | 4/14       | Tu     | 5-6 p.m.       | \$40 |
| 10and up | 8        | <b>ZamDance</b>                                                                           | R06030-302 | N. Potomac    | 4/16       | Th     | 5-6 p.m.       | \$40 |
| 15and up | 8        | <b>Zumba</b>                                                                              | R06025-301 | Germantown    | 4/14       | Tu     | 7-7:50 p.m.    | \$40 |
| 18and up | 3        | <b>Zumba Dance Party Fun</b>                                                              | R06025-302 | White Oak     | 4/13       | M      | 1-1:45 p.m.    | \$15 |
| 18and up | 4        | <b>Zumba Dance Party Fun</b>                                                              | R06025-303 | White Oak     | 5/4        | M      | 1-1:45 p.m.    | \$20 |


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# THERAPEUTIC RECREATION

Programs for Individuals with Disabilities

## MUSIC

| Ages | Sessions | Class Title                              | Activity   | Location      | Start Date | Day(s) | Time           | Fee  |
|------|----------|------------------------------------------|------------|---------------|------------|--------|----------------|------|
| 8-13 | 8        | <b>Musical Games</b>                     | R06040-303 | Silver Spring | 4/18       | Sa     | 11-11:50 a.m.  | \$40 |
| 6-15 | 6        | <b>Sensory Beat Bash! Group Drumming</b> | R06036-310 | Praisner      | 4/10       | F      | 5:30-6:20 p.m. | \$30 |
| 6-12 | 8        | <b>Sing and Swim</b>                     | R06040-301 | Silver Spring | 4/18       | Sa     | Noon-2 p.m.    | \$40 |



## ENJOY RECREATION WITHOUT BARRIERS

Montgomery County Recreation's Therapeutic Recreation (TR) programs offer a wide range of activities and events for individuals with disabilities and their families to enjoy throughout the year.



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# THERAPEUTIC RECREATION

## Programs for Individuals with Disabilities

### SPORTS

| Ages      | Sessions | Class Title                                                                      | Activity   | Location           | Start Date | Day(s) | Time            | Fee  |
|-----------|----------|----------------------------------------------------------------------------------|------------|--------------------|------------|--------|-----------------|------|
| 9-13      | 7        | <b>Adaptive Athletes Basketball Skills and Drills Clinic (Elementary/Middle)</b> | R06044-301 | N. Potomac         | 4/8        | W      | 6-6:50 p.m.     | \$35 |
| 14-21     | 7        | <b>Adaptive Athletes Basketball Skills and Drills Clinic (High School)</b>       | R06044-302 | N. Potomac         | 4/8        | W      | 7-7:50 p.m.     | \$35 |
| 12-21     | 6        | <b>Poms/Dance Coed</b>                                                           | R06038-301 | Wootton HS         | 4/13       | M      | 6:45-7:30 p.m.  | \$30 |
| 18 and up | 8        | <b>Adult Kickball</b>                                                            | R06013-301 | Bauer Drive        | 4/19       | Su     | 1-2:30 p.m.     | \$35 |
| 9-12      | 1        | <b>Indoor Rock Climbing</b>                                                      | R06043-301 | N. Potomac         | 3/25       | W      | 6-6:50 p.m.     | \$10 |
| 13-18     | 1        | <b>Indoor Rock Climbing</b>                                                      | R06043-302 | N. Potomac         | 3/25       | W      | 7-7:50 p.m.     | \$10 |
| 9-12      | 1        | <b>Indoor Rock Climbing</b>                                                      | R06043-303 | White Oak          | 5/13       | W      | 6-6:50 p.m.     | \$10 |
| 13-18     | 1        | <b>Indoor Rock Climbing</b>                                                      | R06043-304 | White Oak          | 5/13       | W      | 7-7:50 p.m.     | \$10 |
| 6-14      | 3        | <b>Kickin' Kickball</b>                                                          | R06020-304 | Germantown         | 5/2        | Sa     | 1-1:45 p.m.     | \$15 |
| 15 and up | 3        | <b>Kickin' Kickball</b>                                                          | R06020-306 | Germantown         | 5/2        | Sa     | 2-2:45 p.m.     | \$15 |
| 12-18     | 8        | <b>Pickleball</b>                                                                | R06042-301 | Potomac            | 4/11       | Sa     | 11-11:50 a.m.   | \$40 |
| 19 and up | 8        | <b>Pickleball</b>                                                                | R06042-302 | Potomac            | 4/11       | Sa     | Noon-12:50 p.m. | \$40 |
| 6-14      | 8        | <b>Seasonal Sports Skills</b>                                                    | R06019-301 | Oakland Terrace ES | 4/11       | Sa     | 12:30-1:15 p.m. | \$40 |
| 15 and up | 8        | <b>Seasonal Sports Skills</b>                                                    | R06019-302 | Potomac            | 4/12       | Su     | 11-11:45 p.m.   | \$40 |
| 12-18     | 8        | <b>Tennis</b>                                                                    | R06049-301 | Layhill Village LP | 4/12       | Su     | 11-11:50 a.m.   | \$40 |
| 19 and up | 8        | <b>Tennis</b>                                                                    | R06049-302 | Layhill Village LP | 4/12       | Su     | Noon-12:50 p.m. | \$40 |


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# SPECIAL EVENTS



Join us this spring for various special events designed for individuals with disabilities.

## Youth

| Ages | Class Title                                                        | Activity   | Location    | Start Date | Day(s) | Time           | Fee |
|------|--------------------------------------------------------------------|------------|-------------|------------|--------|----------------|-----|
| 4-17 | <a href="#">Aquatic Egg Hunt for Individuals with Disabilities</a> | R01066-303 | OSC         | 3/28       | Sa     | 5:30-7:30 p.m. | \$5 |
| 4-17 | <a href="#">Aquatic Egg Hunt for Individuals with Disabilities</a> | R01066-309 | SSRAC       | 3/29       | Su     | 10-11:30 a.m.  | \$5 |
| 6-17 | <a href="#">TGIF - Totally Great Inclusive Fun Night</a>           | R06005-301 | Bauer Drive | 5/1        | F      | 6-8 p.m.       | \$5 |

## Adults

| Ages      | Class Title                                                              | Activity   | Location       | Start Date | Day(s) | Time           | Fee  |
|-----------|--------------------------------------------------------------------------|------------|----------------|------------|--------|----------------|------|
| 18 and up | <a href="#">Pie Day Celebration</a>                                      | R06006-203 | Bauer Drive    | 3/14       | Sa     | 1-4 p.m.       | \$10 |
| 21 and up | <a href="#">Baltimore and Ohio Ellicott City Station Museum Day Trip</a> | R06050-201 | Olney Manor RP | 3/18       | W      | 9 a.m.-3 p.m.  | \$20 |
| 18 and up | <a href="#">BIG Game Night</a>                                           | R06004-203 | White Oak      | 3/20       | F      | 6:30-8:30 p.m. | \$10 |
| 21 and up | <a href="#">National Harbor</a>                                          | R06050-301 | Olney Manor RP | 4/14       | Tu     | 9 a.m.-3 p.m.  | \$20 |
| 18 and up | <a href="#">BIG Game Night</a>                                           | R06004-301 | White Oak      | 4/17       | F      | 6:30-8:30 p.m. | \$10 |
| 18 and up | <a href="#">Day Dances - Western Dance</a>                               | R06051-301 | Lawton         | 4/17       | F      | 1-2:30 p.m.    | \$5  |
| 18 and up | <a href="#">Social - Bingo Bonanza</a>                                   | R06006-301 | Plum Gar       | 4/18       | Sa     | 1:30-4:30 p.m. | \$10 |
| 18 and up | <a href="#">Saturday Night Social - Spring Fiesta Dance</a>              | R06014-301 | Long Branch    | 4/25       | Sa     | 6-9 p.m.       | \$10 |
| 18 and up | <a href="#">Social - Flower Power Art</a>                                | R06006-302 | Wheaton        | 5/9        | Sa     | 1-4 p.m.       | \$10 |
| 21 and up | <a href="#">North Beach, MD</a>                                          | R06050-303 | Olney Manor RP | 5/12       | Tu     | 9 a.m.-3 p.m.  | \$20 |
| 18 and up | <a href="#">BIG Game Night</a>                                           | R06004-302 | White Oak      | 5/15       | F      | 6:30-8:30 p.m. | \$10 |
| 18 and up | <a href="#">Day Dances - Tropical Party Dance</a>                        | R06051-302 | N. Potomac     | 5/15       | F      | 1-2:30 p.m.    | \$5  |
| 18 and up | <a href="#">Saturday Night Social - Aloha Dance</a>                      | R06014-302 | Germantown     | 5/30       | Sa     | 6-9 p.m.       | \$10 |
| 18 and up | <a href="#">80's Dance</a>                                               | R06051-303 | White Oak      | 6/12       | F      | 1-2:30 p.m.    | \$5  |

## Family

| Ages     | Class Title                | Activity   | Location | Start Date | Day(s) | Time     | Fee  |
|----------|----------------------------|------------|----------|------------|--------|----------|------|
| 2 and up | <a href="#">Swim Party</a> | R01066-313 | GISC     | 3/7        | Sa     | 6-8 p.m. | \$10 |
| 2 and up | <a href="#">Swim Party</a> | R01066-314 | GISC     | 4/25       | Sa     | 6-8 p.m. | \$10 |

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OF OPEN  
POSITIONS  
ONLINE**





# 55+ PROGRAMS

All 55+ programs are free unless noted otherwise.

## ARTS AND CRAFTS

| Sessions | Class Title                             | Activity   | Location      | Start Date | Day(s) | Time                |
|----------|-----------------------------------------|------------|---------------|------------|--------|---------------------|
| 3        | <b>Card Making</b>                      | R07095-322 | Schweinhaut   | 3/14       | Sa     | 9:30 a.m.-2:30 p.m. |
| 26       | <b>Ceramic Class</b>                    | R07098-306 | Schweinhaut   | 3/3        | Tu,Th  | 9:30 a.m.-1 p.m.    |
| 8        | <b>Ceramics (Painting)*</b>             | R07098-302 | Silver Spring | 3/4        | W      | Noon-3:30 p.m.      |
| 2        | <b>Crafty Companions</b>                | R07095-354 | N. Potomac    | 3/23       | M      | 4-5:15 p.m.         |
| 13       | <b>Drawing Club</b>                     | R07052-311 | Damascus      | 3/4        | W      | 2-3 p.m.            |
| 3        | <b>Evening Crafters</b>                 | R07095-336 | N. Potomac    | 3/11       | W      | 4-5:30 p.m.         |
| 13       | <b>Fun with Art</b>                     | R07052-306 | Schweinhaut   | 3/4        | W      | 10 a.m.-Noon        |
| 13       | <b>Intro to Drawing</b>                 | R07095-302 | Wheaton       | 3/5        | Th     | 11 a.m.-Noon        |
| 3        | <b>Origami Class</b>                    | R07096-305 | Schweinhaut   | 3/2        | M      | 1-3 p.m.            |
| 6        | <b>Kwandi Quilts</b>                    | R03061-301 | Coffield      | 3/5        | Th     | 11 a.m.-Noon        |
| 10       | <b>Painting with Acrylics</b>           | R07095-301 | Wheaton       | 3/6        | F      | 11 a.m.-1:30 p.m.   |
| 6        | <b>Quilt Portraits: My Life Matters</b> | R03061-300 | Lawton        | 3/3        | Tu     | 1-2:30 p.m.         |
| 13       | <b>Watercolor Painting</b>              | R07052-308 | Long Branch   | 3/3        | Tu     | 1:30-2:30 p.m.      |
| 8        | <b>Watercolor Painting*</b>             | R07095-312 | Silver Spring | 3/9        | M      | Noon-2 p.m.         |

\*This activity has a fee.



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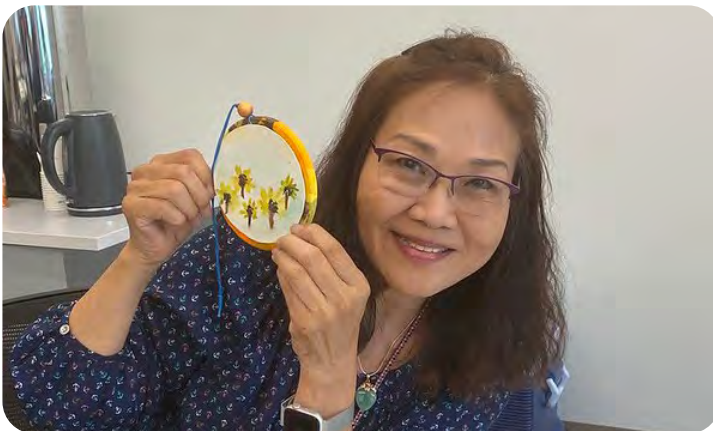


# ARTS AND CRAFTS

## KNIT, CROCHET AND MORE

| Sessions | Class Title                                 | Activity   | Location      | Start Date | Day(s) | Time                  |
|----------|---------------------------------------------|------------|---------------|------------|--------|-----------------------|
| 13       | <b>Beginning Knitting</b>                   | R07003-307 | Long Branch   | 3/4        | W      | 1-2 p.m.              |
| 13       | <b>Knit and Crochet Group</b>               | R07003-308 | N. Potomac    | 3/3        | Tu     | 1-3 p.m.              |
| 13       | <b>Knit and Crochet Group</b>               | R07003-310 | N. Potomac    | 3/6        | F      | 12:30-2 p.m.          |
| 13       | <b>Knit and Crochet Workshop</b>            | R07003-301 | Holiday Park  | 3/4        | W      | 10-11:30 a.m.         |
| 13       | <b>Needlecraft Club</b>                     | R07053-320 | Damascus      | 3/5        | Th     | 10:30 a.m.-12:30 p.m. |
| 11       | <b>Needlecraft, Crochet and Sewing Club</b> | R07053-302 | Silver Spring | 3/6        | F      | 2-4 p.m.              |
| 24       | <b>Needles and Yarn</b>                     | R07003-304 | Wheaton       | 3/2        | M,Tu   | 1-3 p.m.              |
| 6        | <b>Photography Club</b>                     | R07001-301 | Holiday Park  | 3/4        | W      | 10 a.m.-Noon          |
| 12       | <b>Quilting Club</b>                        | R07053-321 | Damascus      | 3/2        | M      | 2-3:45 p.m.           |
| 12       | <b>Reader's Theater</b>                     | R07056-304 | Damascus      | 3/2        | M      | 2:30-3:30 p.m.        |
| 6        | <b>Seasoned Players</b>                     | R07056-302 | Schweinhaut   | 3/4        | W      | 1:30-3:30 p.m.        |
| 12       | <b>Sewing-Level 2*</b>                      | R07095-313 | Silver Spring | 3/10       | Tu     | 10:30 a.m.-12:30 p.m. |
| 13       | <b>Stitchers' Corner</b>                    | R07003-305 | Schweinhaut   | 3/4        | W      | 1-3 p.m.              |

\*This activity has a fee.


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# DANCE



| Sessions | Class Title                                      | Activity   | Location      | Start Date | Day(s) | Time            |
|----------|--------------------------------------------------|------------|---------------|------------|--------|-----------------|
| 13       | <b>Ballet</b>                                    | R07012-307 | Wheaton       | 3/3        | Tu     | 1:30-2:30 p.m.  |
| 13       | <b>Ballet</b>                                    | R07012-306 | Wheaton       | 3/4        | W      | 2:15-3:15 p.m.  |
| 12       | <b>Beginner Ballet</b>                           | R07012-333 | Silver Spring | 3/4        | W      | 10-11 a.m.      |
| 13       | <b>Ballroom Dance</b>                            | R07050-301 | Schweinhaut   | 3/4        | W      | Noon-1:30 p.m.  |
| 13       | <b>Ballroom Dance (non-instructional)</b>        | R07129-311 | Damascus      | 3/5        | Th     | 1-2:30 p.m.     |
| 13       | <b>Ballroom/Line Dance</b>                       | R07011-303 | Wheaton       | 3/4        | W      | 1-2 p.m.        |
| 13       | <b>Ballroom/Line Dance</b>                       | R07011-305 | Wheaton       | 3/5        | Th     | 1-2 p.m.        |
| 9        | <b>Cardio Dance Fitness</b>                      | R07012-301 | Wheaton       | 4/1        | W      | 9:05-9:55 a.m.  |
| 13       | <b>Chinese Classical Folk Dance</b>              | R07009-333 | N. Potomac    | 3/3        | Tu     | 2-3:30 p.m.     |
| 13       | <b>Chinese Dance and Fitness</b>                 | R07012-311 | Wheaton       | 3/4        | W      | 9-10:45 a.m.    |
| 11       | <b>Chinese Folk Dance</b>                        | R07012-308 | Wheaton       | 3/2        | M      | 1-2 p.m.        |
| 12       | <b>Chinese Folk Dance</b>                        | R07009-316 | Long Branch   | 3/2        | M      | 10:30 a.m.-Noon |
| 13       | <b>Chinese Folk Dance</b>                        | R07009-325 | White Oak     | 3/3        | Tu     | 10:30 a.m.-Noon |
| 13       | <b>Chinese Folk Dance</b>                        | R07009-331 | N. Potomac    | 3/4        | W      | 2-3 p.m.        |
| 13       | <b>Chinese Folk Dance</b>                        | R07009-302 | Holiday Park  | 3/6        | F      | 1-2 p.m.        |
| 12       | <b>Dance Fitness</b>                             | R07012-322 | Schweinhaut   | 3/2        | M      | 9:30-10:30 a.m. |
| 13       | <b>Dance for Posture and Elegance (Mandarin)</b> | R07009-334 | N. Potomac    | 3/5        | Th     | 1-3 p.m.        |
| 13       | <b>Dance Fusion and Chair Fit</b>                | R07066-318 | Damascus      | 3/4        | W      | 2:30-3:30 p.m.  |
| 11       | <b>Dance with Me!</b>                            | R07011-318 | Wheaton       | 3/2        | M      | 9:05-9:55 a.m.  |
| 8        | <b>Grooves and Moves Dance Fitness</b>           | R07012-339 | Silver Spring | 3/5        | Th     | 2-3 p.m.        |
| 13       | <b>International Folk Dance</b>                  | R07009-332 | N. Potomac    | 3/6        | F      | 12:15-1:15 p.m. |
| 7        | <b>Jazz Dance</b>                                | R07012-304 | Silver Spring | 4/17       | F      | 2-3 p.m.        |



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## DANCE

| Sessions | Class Title                              | Activity   | Location      | Start Date | Day(s) | Time               |
|----------|------------------------------------------|------------|---------------|------------|--------|--------------------|
| 10       | <b>LaBlast</b>                           | R03052-305 | Longwood      | 4/2        | Th     | 10-11 a.m.         |
| 11       | <b>Line Dance</b>                        | R07011-308 | Schweinhaut   | 3/7        | Sa     | 10:30 a.m.-Noon    |
| 11       | <b>Line Dance</b>                        | R03048-301 | Potomac       | 4/7        | Tu     | 10:15-11:15 a.m.   |
| 11       | <b>Line Dance</b>                        | R03048-303 | Potomac       | 4/8        | W      | 10:30-11:30 a.m.   |
| 11       | <b>Line Dance</b>                        | R03048-304 | Potomac       | 4/9        | Th     | 10:30-11:30 a.m.   |
| 10       | <b>Line Dance</b>                        | R03048-302 | Potomac       | 4/10       | F      | 10:15-11:15 a.m.   |
| 13       | <b>Martial Arts Health Dance</b>         | R07010-312 | N. Potomac    | 3/7        | Sa     | 9:30-11 a.m.       |
| 12       | <b>Martial Arts Health Dance and Fan</b> | R03052-304 | Potomac       | 4/4        | Sa     | 2-4 p.m.           |
| 11       | <b>Martial Arts Health Dance and Fan</b> | R03052-303 | Potomac       | 4/6        | M      | 10:30-11:30 a.m.   |
| 11       | <b>Move and Groove Dance Fitness</b>     | R03052-306 | East County   | 4/7        | Tu     | 11 a.m.-Noon       |
| 12       | <b>Sacred Circle Dance</b>               | R07012-303 | Wheaton       | 3/4        | W      | 3:05-4:35 p.m.     |
| 8        | <b>Salsa Dance</b>                       | R07012-305 | Silver Spring | 3/5        | Th     | 10-11 a.m.         |
| 7        | <b>Salsa Dance</b>                       | R03052-301 | Mid-County    | 4/7        | Tu     | 10:30-11:30 a.m.   |
| 13       | <b>Soul Line Dance Class</b>             | R07005-300 | White Oak     | 3/5        | Th     | 10:15-11:15 a.m.   |
| 2        | <b>Soul Line Dance Party</b>             | R07005-325 | White Oak     | 3/13       | F      | 6-9 p.m.           |
| 13       | <b>Superpower Dance Circle</b>           | R07012-334 | Long Branch   | 3/3        | Tu     | 10-11 a.m.         |
| 13       | <b>Superpower Dance Circle</b>           | R07012-337 | Wheaton       | 3/4        | W      | 11-11:50 a.m.      |
| 13       | <b>Superpower Dance Circle</b>           | R07012-325 | White Oak     | 3/5        | Th     | 12:45-1:45 p.m.    |
| 10       | <b>Superpower Dance Circle</b>           | R07012-338 | Silver Spring | 3/7        | Sa     | 11 a.m.-Noon       |
| 12       | <b>Superpower Dance Circle</b>           | R07012-342 | Schweinhaut   | 3/11       | W      | 9-10 a.m.          |
| 8        | <b>Superpower Dance Circle</b>           | R03052-300 | Mid-County    | 3/16       | M      | 1-2 p.m.           |
| 12       | <b>Tap Dance*</b>                        | R07007-323 | Damascus      | 3/2        | M      | 11 a.m.-12:30 p.m. |
| 10       | <b>Trail Line Dance</b>                  | R07011-319 | N. Potomac    | 3/13       | F      | 1:30-2:30 p.m.     |
| 5        | <b>Urban Line Dance</b>                  | R03048-300 | Mid-County    | 4/23       | Th     | 1-2 p.m.           |
| 11       | <b>Yuan Chi Dance</b>                    | R07012-318 | Wheaton       | 3/2        | M      | 2:30-4 p.m.        |

\*This activity has a fee.



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# EDUCATIONAL COMPUTER

| Sessions | Class Title                         | Activity   | Location     | Start Date | Day(s) | Time            |
|----------|-------------------------------------|------------|--------------|------------|--------|-----------------|
| 10       | <b>Using Google Workspace Tools</b> | R07084-300 | Holiday Park | 4/7        | Tu,Th  | 10-11:15 a.m.   |
| 13       | <b>Virtual Reality Class</b>        | R07094-312 | N. Potomac   | 3/5        | Th     | 12:30-1:30 p.m. |

# DISCUSSIONS

| Sessions | Class Title                                                      | Activity   | Location      | Start Date | Day(s) | Time                  |
|----------|------------------------------------------------------------------|------------|---------------|------------|--------|-----------------------|
| 26       | <b>Active Golden Meet and Greet</b>                              | R07092-301 | Holiday Park  | 3/3        | Tu,F   | 9-10 a.m.             |
| 12       | <b>Active Living in Spanish - Cafecito y Amistad</b>             | R07087-301 | Holiday Park  | 3/2        | M      | 10-11 a.m.            |
| 3        | <b>Book Club</b>                                                 | R07065-301 | Holiday Park  | 3/18       | W      | 3-4 p.m.              |
| 3        | <b>Book Discussion</b>                                           | R07065-305 | Virtual Class | 3/10       | Tu     | 1-2:30 p.m.           |
| 3        | <b>Chat with the Director</b>                                    | R07314-312 | N. Potomac    | 3/5        | Th     | 11-11:45 a.m.         |
| 3        | <b>Chat with the Director</b>                                    | R07314-301 | Wheaton       | 3/31       | Tu     | 1-2 p.m.              |
| 3        | <b>Coffee and Conversation with Staff</b>                        | R07092-310 | Schweinhaut   | 3/19       | Th     | 9:30-10:15 a.m.       |
| 13       | <b>Coffee House Social</b>                                       | R03058-300 | Lawton        | 3/5        | Th     | 9:30 a.m.-12:30 p.m.  |
| 65       | <b>Coffee Social</b>                                             | R07092-318 | Damascus      | 3/2        | M-F    | 9-11 a.m.             |
| 64       | <b>Coffee Social</b>                                             | R07092-319 | Long Branch   | 3/2        | M-F    | 9-10:30 a.m.          |
| 10       | <b>Community Roundtable</b>                                      | R03058-301 | Mid-County    | 3/3        | Tu     | 11:45 a.m.-12:15 p.m. |
| 13       | <b>Coping with Change</b>                                        | R07076-301 | Holiday Park  | 3/5        | Th     | 10:30-11:30 a.m.      |
| 13       | <b>Coping with Change</b>                                        | R07076-379 | Damascus      | 3/5        | Th     | 11 a.m.-Noon          |
| 13       | <b>Coping with Change</b>                                        | R07076-315 | N. Potomac    | 3/6        | F      | 10-11 a.m.            |
| 13       | <b>Current Events Discussion</b>                                 | R07063-323 | N. Potomac    | 3/5        | Th     | 10-11:30 a.m.         |
| 13       | <b>Ethiopian Coffee and Chat "Brewing Healthy Relationships"</b> | R07111-303 | Schweinhaut   | 3/6        | F      | 10:30 a.m.-Noon       |



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## DISCUSSIONS

| Sessions | Class Title                                                    | Activity   | Location      | Start Date | Day(s) | Time              |
|----------|----------------------------------------------------------------|------------|---------------|------------|--------|-------------------|
| 13       | <b>Grupo de Apoyo Emocional<br/>(Spanish Language Program)</b> | R07076-302 | Holiday Park  | 3/3        | Tu     | 11 a.m.-Noon      |
| 7        | <b>Health and Wellness Presentations</b>                       | R07028-352 | N. Potomac    | 3/4        | W      | 12:15-1 p.m.      |
| 12       | <b>Jai Ho Discussion and Social Group</b>                      | R07312-314 | N. Potomac    | 3/2        | M      | 11:30 a.m.-1 p.m. |
| 13       | <b>Morning Chat and Chew</b>                                   | R07063-325 | White Oak     | 3/4        | W      | 9:30-10:30 a.m.   |
| 3        | <b>Reader's Delight Book Club</b>                              | R07078-300 | White Oak     | 3/10       | Tu     | 10:30-11:30 a.m.  |
| 8        | <b>Real-Talk Circle</b>                                        | R07028-325 | Silver Spring | 3/4        | W      | 10-11:30 a.m.     |
| 12       | <b>Senior Circle<br/>(Formerly Coping with Change)</b>         | R07076-300 | White Oak     | 3/2        | M      | 10:30-11:30 a.m.  |
| 13       | <b>Share and Care</b>                                          | R07043-301 | Holiday Park  | 3/3        | Tu     | 10:30-11:30 a.m.  |
| 10       | <b>Social Club</b>                                             | R03056-301 | Mid-County    | 3/5        | Th     | 12:15-1 p.m.      |
| 13       | <b>Spiritual Support</b>                                       | R07111-325 | White Oak     | 3/3        | Tu     | 10 a.m.-Noon      |
| 3        | <b>Veterans Discussion Group</b>                               | R07312-301 | Schweinhaut   | 3/11       | W      | 1-2 p.m.          |
| 12       | <b>Views on the News</b>                                       | R07063-301 | Holiday Park  | 3/2        | M      | 10-11:25 a.m.     |
| 8        | <b>Wellness Matters</b>                                        | R07028-311 | Silver Spring | 3/10       | Tu     | 9-10:30 a.m.      |


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# EDUCATIONAL

## LANGUAGE

| Sessions | Class Title                                  | Activity   | Location     | Start Date | Day(s) | Time             |
|----------|----------------------------------------------|------------|--------------|------------|--------|------------------|
| 13       | <b>Conversational English</b>                | R07061-303 | Holiday Park | 3/4        | W      | 11-11:50 a.m.    |
| 26       | <b>Cultural and Positive English Classes</b> | R07061-305 | Holiday Park | 3/3        | Tu,Th  | 10 a.m.-Noon     |
| 25       | <b>English Conversation Group</b>            | R07021-304 | Schweinhaut  | 3/2        | M,Th   | 1-2:30 p.m.      |
| 26       | <b>Everyday English</b>                      | R07061-301 | Holiday Park | 3/3        | Tu,Th  | 9:50-10:40 a.m.  |
| 12       | <b>Basic French Conversation and Culture</b> | R07019-302 | N. Potomac   | 3/2        | M      | 12:15-1:15 p.m.  |
| 6        | <b>French Conversation</b>                   | R07019-300 | Schweinhaut  | 3/14       | Sa     | 10:30 a.m.-Noon  |
| 13       | <b>Beginner Italian Class</b>                | R07021-311 | Schweinhaut  | 3/4        | W      | 1-2 p.m.         |
| 13       | <b>Intermediate Italian Class</b>            | R07021-312 | Schweinhaut  | 3/4        | W      | 2-3 p.m.         |
| 13       | <b>Japanese, Intermediate and Up</b>         | R07021-313 | N. Potomac   | 3/3        | Tu     | 10:30 a.m.-Noon  |
| 13       | <b>Beginner Spanish Conversation Group</b>   | R07015-325 | White Oak    | 3/4        | W      | 9:45-10:45 a.m.  |
| 12       | <b>Conversational Spanish</b>                | R07061-302 | Wheaton      | 3/6        | F      | 10-11 a.m.       |
| 13       | <b>Spanish Class Level I</b>                 | R07015-305 | Schweinhaut  | 3/5        | Th     | 9:30-10:30 a.m.  |
| 13       | <b>Spanish Class Level II</b>                | R07015-306 | Schweinhaut  | 3/5        | Th     | 10:30-11:30 a.m. |
| 12       | <b>Spanish Class Level III</b>               | R07015-307 | Schweinhaut  | 3/2        | M      | 11 a.m.-Noon     |
| 13       | <b>Spanish Class Level IV</b>                | R07015-308 | Schweinhaut  | 3/5        | Th     | 10:30-11:30 a.m. |
| 6        | <b>Spanish Conversation for Beginners</b>    | R07016-301 | N. Potomac   | 3/18       | W      | 4-5:30 p.m.      |



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# EDUCATIONAL

## WORKSHOP OR SPEAKER SERIES

| Sessions | Class Title                                                                                    | Activity   | Location      | Start Date | Day(s) | Time            |
|----------|------------------------------------------------------------------------------------------------|------------|---------------|------------|--------|-----------------|
| 1        | <b>Brain Support with Essential Oils</b>                                                       | R07028-341 | Silver Spring | 4/7        | Tu     | 12:30-1:30 p.m. |
| 1        | <b>Essential Oils (Specialty Workshop)</b>                                                     | R07028-354 | Schweinhaut   | 3/24       | Tu     | 10-11 a.m.      |
| 3        | <b>Fire Safety, One Cup Coffee (or Hot Cocoa) at a Time</b>                                    | R07092-306 | Holiday Park  | 3/18       | W      | 9:30-11 a.m.    |
| 1        | <b>History Alive Presents:<br/>Rosalie Calvert's War of 1812-<br/>The Star-Spangled Banner</b> | R07105-357 | Damascus      | 5/19       | Tu     | 1-2 p.m.        |
| 9        | <b>Lunch and Learn</b>                                                                         | R07028-305 | Long Branch   | 3/4        | W      | Noon-12:30 p.m. |
| 1        | <b>Montgomery History Presents:<br/>The History of Sugarloaf Mountain</b>                      | R07105-367 | Damascus      | 5/6        | W      | 1-2 p.m.        |
| 1        | <b>Montgomery History Presents:<br/>The War of 1812</b>                                        | R07105-356 | Damascus      | 4/14       | Tu     | 1-2 p.m.        |
| 25       | <b>Nutrition 101</b>                                                                           | R07024-308 | Schweinhaut   | 3/3        | Tu,Th  | 1-2 p.m.        |
| 1        | <b>Senior Nutrition Program Update</b>                                                         | R07028-306 | Virtual Class | 4/13       | M      | 1-2 p.m.        |
| 1        | <b>Skin Care Using Essential Oils</b>                                                          | R07028-342 | Silver Spring | 5/26       | Tu     | 12:30-1:30 p.m. |
| 1        | <b>Spring Detox with Essential Oils</b>                                                        | R07028-340 | Silver Spring | 3/10       | Tu     | 12:30-1:30 p.m. |

## WRITING

| Sessions | Class Title                         | Activity   | Location      | Start Date | Day(s) | Time          |
|----------|-------------------------------------|------------|---------------|------------|--------|---------------|
| 8        | <b>Memoir Writing</b>               | R07058-303 | Silver Spring | 3/5        | Th     | 1-2:30 p.m.   |
| 13       | <b>Memoir Writing for Beginners</b> | R07058-307 | Wheaton       | 3/4        | W      | 10-11:30 a.m. |
| 6        | <b>Writers Group</b>                | R07058-312 | Virtual Class | 3/3        | Tu     | 10 a.m.-Noon  |
| 13       | <b>Writing Group</b>                | R07058-301 | Holiday Park  | 3/6        | F      | 10-11:30 a.m. |


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# FITNESS

## LOW IMPACT



| Sessions | Class Title                                 | Activity   | Location      | Start Date | Day(s) | Time                  |
|----------|---------------------------------------------|------------|---------------|------------|--------|-----------------------|
| 12       | <b>Balance and Mobility</b>                 | R07039-312 | Silver Spring | 3/3        | Tu     | 3-4 p.m.              |
| 10       | <b>Balance Boom</b>                         | R07039-325 | Silver Spring | 3/2        | M      | 10:15-11:15 a.m.      |
| 6        | <b>Basic Functional Balance Exercise</b>    | R07030-300 | Schweinhaut   | 3/6        | F      | 9:30-10:30 a.m.       |
| 13       | <b>Cardio Fit</b>                           | R07012-343 | N. Potomac    | 3/4        | W      | 9:15-10:15 a.m.       |
| 13       | <b>Chairobics</b>                           | R07066-313 | Damascus      | 3/3        | Tu     | 10-10:45 a.m.         |
| 13       | <b>Chairobics</b>                           | R07066-314 | Damascus      | 3/4        | W      | 10-10:45 a.m.         |
| 13       | <b>Chairobics</b>                           | R07066-315 | Damascus      | 3/5        | Th     | 10-10:45 a.m.         |
| 13       | <b>Chairobics</b>                           | R07066-317 | Damascus      | 3/5        | Th     | 11-11:45 a.m.         |
| 13       | <b>Chairobics</b>                           | R07066-316 | Damascus      | 3/6        | F      | 10-10:45 a.m.         |
| 10       | <b>Fitness Boot Camp</b>                    | R07039-319 | Silver Spring | 3/7        | Sa     | 9:30-10:30 a.m.       |
| 13       | <b>Full Body Workout</b>                    | R07041-303 | Wheaton       | 3/3        | Tu     | 9:05-9:55 a.m.        |
| 13       | <b>Gentle Exercise</b>                      | R07039-330 | Holiday Park  | 3/6        | F      | 10:30-11:20 a.m.      |
| 12       | <b>Gentle Spin</b>                          | R07039-350 | White Oak     | 3/2        | M      | 10-11 a.m.            |
| 12       | <b>Gentle Spin</b>                          | R07039-351 | White Oak     | 3/2        | M      | 11:15 a.m.-12:15 p.m. |
| 13       | <b>Heart Plus Exercise</b>                  | R07041-304 | N. Potomac    | 3/3        | Tu     | 3:30-4:30 p.m.        |
| 13       | <b>Heart Plus Exercise</b>                  | R07041-305 | N. Potomac    | 3/5        | Th     | 3:30-4:30 p.m.        |
| 3        | <b>Low Impact Exercise</b>                  | R07060-310 | Schweinhaut   | 3/13       | F      | 9:30-10:30 a.m.       |
| 26       | <b>Low Impact Exercise Video</b>            | R07060-330 | White Oak     | 3/5        | Th,F   | 10:30 a.m.-Noon       |
| 11       | <b>Muscle Up!</b>                           | R07039-306 | Silver Spring | 3/1        | Su     | 1-2 p.m.              |
| 12       | <b>Muscle Up!</b>                           | R07030-301 | Wheaton       | 3/6        | F      | 1:30-2:30 p.m.        |
| 13       | <b>Music and Fun Exercise Active Golden</b> | R07039-310 | Holiday Park  | 3/3        | Tu     | 10:30-11:15 a.m.      |
| 11       | <b>Sit and Be Fit</b>                       | R07039-326 | Silver Spring | 3/6        | F      | 1-2 p.m.              |
| 12       | <b>Sit and Stretch</b>                      | R07066-308 | N. Potomac    | 3/4        | W      | 10:45-11:30 a.m.      |
| 12       | <b>Stretch to Music Exercises</b>           | R07040-311 | N. Potomac    | 3/2        | M      | 9:30-10:15 a.m.       |
| 13       | <b>Stretch to Music Exercises</b>           | R07040-313 | N. Potomac    | 3/4        | W      | 9:30-10:15 a.m.       |
| 13       | <b>Stretch to Music Exercises</b>           | R07040-315 | N. Potomac    | 3/6        | F      | 9:30-10:15 a.m.       |
| 12       | <b>Stretch to Music - Seated Exercises</b>  | R07040-312 | N. Potomac    | 3/2        | M      | 10:30-11 a.m.         |
| 13       | <b>Stretch to Music - Seated Exercises</b>  | R07040-314 | N. Potomac    | 3/4        | W      | 10:30-11 a.m.         |
| 13       | <b>Stretch to Music - Seated Exercises</b>  | R07040-316 | N. Potomac    | 3/6        | F      | 10:30-11 a.m.         |



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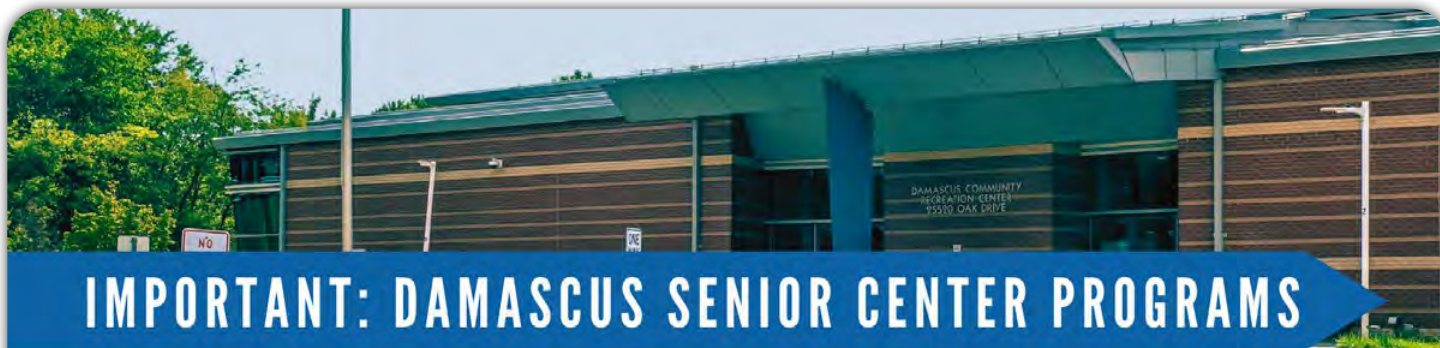




# FITNESS

## STRENGTH TRAINING

| Sessions | Class Title                                 | Activity   | Location    | Start Date | Day(s) | Time            |
|----------|---------------------------------------------|------------|-------------|------------|--------|-----------------|
| 13       | <b>Balance Boom</b>                         | R07060-300 | White Oak   | 3/4        | W      | 11 a.m.-Noon    |
| 13       | <b>Fall Prevention and Balance Exercise</b> | R07060-316 | Long Branch | 3/4        | W      | 11 a.m.-Noon    |
| 1        | <b>Fitness Room Orientation</b>             | R07060-331 | Damascus    | 3/9        | M      | 11 a.m.-Noon    |
| 1        | <b>Fitness Room Orientation</b>             | R07060-332 | Damascus    | 4/13       | M      | 11 a.m.-Noon    |
| 1        | <b>Fitness Room Orientation</b>             | R07060-333 | Damascus    | 5/11       | M      | 11 a.m.-Noon    |
| 3        | <b>Kickboxing</b>                           | R07060-308 | Schweinhaut | 3/20       | F      | 9:30-10:30 a.m. |
| 4        | <b>Strength and Balance Class</b>           | R07060-390 | N. Potomac  | 3/3        | Tu     | 6-7 p.m.        |
| 4        | <b>Strength and Balance Class</b>           | R07060-391 | N. Potomac  | 3/31       | Tu     | 6-7 p.m.        |
| 4        | <b>Strength and Balance Class</b>           | R07060-389 | N. Potomac  | 4/28       | Tu     | 6-7 p.m.        |
| 12       | <b>Strength with Resistance Bands</b>       | R07060-392 | Damascus    | 3/2        | M      | 11-11:45 a.m.   |



### IMPORTANT: DAMASCUS SENIOR CENTER PROGRAMS

## DAMASCUS SENIOR CENTER PROGRAMMING IS AVAILABLE AT THE DAMASCUS COMMUNITY RECREATION CENTER

**Damascus Senior Center is closed for renovations.**

.....

**Damascus Senior Center programs and activities will be held at  
Damascus Community Recreation Center  
25520 Oak Drive, Damascus**

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# FITNESS



## WALKING

| Sessions | Class Title                        | Activity   | Location    | Start Date | Day(s) | Time               |
|----------|------------------------------------|------------|-------------|------------|--------|--------------------|
| 13       | <b>Indoor/Outdoor Walking Club</b> | R07035-325 | White Oak   | 3/4        | W      | 1:15-1:45 p.m.     |
| 1        | <b>Sligo Creek Fun Walk</b>        | R07035-303 | White Oak   | 3/20       | F      | 10 a.m.-12:30 p.m. |
| 13       | <b>Trail Walking Club</b>          | R07035-322 | Damascus    | 3/4        | W      | 9:15-10:15 a.m.    |
| 8        | <b>Walking Club</b>                | R07035-305 | Long Branch | 4/7        | Tu     | 10-11 a.m.         |
| 13       | <b>Wheaton Walks</b>               | R07035-301 | Wheaton     | 3/4        | W      | 9:30-10:30 a.m.    |



## SENIOR OPEN GYM

Open gym activities are available for individuals 55 and up.



[VIEW OPEN GYM SCHEDULE](#)



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# FITNESS

## ZUMBA

| Sessions | Class Title                 | Activity   | Location      | Start Date | Day(s) | Time                  |
|----------|-----------------------------|------------|---------------|------------|--------|-----------------------|
| 12       | <a href="#">Zumba</a>       | R07070-325 | N. Potomac    | 3/2        | M      | 9:15-10:15 a.m.       |
| 13       | <a href="#">Zumba</a>       | R07070-326 | Long Branch   | 3/3        | Tu     | 2-3 p.m.              |
| 13       | <a href="#">Zumba</a>       | R07070-301 | Wheaton       | 3/3        | Tu     | 11-11:50 a.m.         |
| 12       | <a href="#">Zumba</a>       | R07070-313 | Silver Spring | 3/5        | Th     | 6:30-7:30 p.m.        |
| 13       | <a href="#">Zumba</a>       | R07070-302 | Wheaton       | 3/5        | Th     | 11-11:50 a.m.         |
| 13       | <a href="#">Zumba</a>       | R07070-324 | Damascus      | 3/6        | F      | 12:15-1:15 p.m.       |
| 12       | <a href="#">Zumba</a>       | R07070-306 | Wheaton       | 3/6        | F      | 9:45-10:45 a.m.       |
| 9        | <a href="#">Zumba</a>       | R03050-301 | Clara Barton  | 3/11       | W      | 3-4 p.m.              |
| 11       | <a href="#">Zumba</a>       | R03050-304 | Longwood      | 3/25       | W      | 12:30-1:30 p.m.       |
| 11       | <a href="#">Zumba Gold</a>  | R07070-309 | Wheaton       | 3/2        | M      | 1:30-2:30 p.m.        |
| 26       | <a href="#">Zumba Gold</a>  | R07070-310 | White Oak     | 3/3        | Tu,Th  | 9-10 a.m.             |
| 13       | <a href="#">Zumba Gold</a>  | R07070-375 | Damascus      | 3/5        | Th     | 5-6 p.m.              |
| 11       | <a href="#">Zumba Gold</a>  | R07071-304 | Silver Spring | 3/6        | F      | 10-11 a.m.            |
| 8        | <a href="#">Zumba Gold</a>  | R03050-300 | Mid-County    | 3/12       | Th     | 11:15 a.m.-12:15 p.m. |
| 10       | <a href="#">Zumba Gold</a>  | R03050-302 | Longwood      | 3/31       | Tu     | 11:15 a.m.-12:15 p.m. |
| 13       | <a href="#">Zumba Video</a> | R07070-320 | N. Potomac    | 3/3        | Tu     | 9:30-10:15 a.m.       |
| 13       | <a href="#">Zumba Video</a> | R07070-321 | N. Potomac    | 3/5        | Th     | 9:30-10:15 a.m.       |

## 55+ PROGRAMS

# SOAR AND DAYTRIPPERS

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# GAMES



| Sessions | Class Title                 | Activity   | Location      | Start Date | Day(s) | Time              |
|----------|-----------------------------|------------|---------------|------------|--------|-------------------|
| 26       | Active Golden Bingo         | R07085-301 | Holiday Park  | 3/3        | Tu,F   | 1-2:30 p.m.       |
| 12       | American Mah Jongg          | R07047-320 | N. Potomac    | 3/2        | M      | 10 a.m.-Noon      |
| 24       | American Mah Jongg          | R07047-306 | Wheaton       | 3/2        | M,W    | 1-4 p.m.          |
| 13       | American Mah Jongg          | R07047-303 | N. Potomac    | 3/4        | W      | 10 a.m.-Noon      |
| 13       | American Mah Jongg          | R07047-322 | N. Potomac    | 3/5        | Th     | 1-4 p.m.          |
| 13       | American Mah Jongg          | R07047-350 | White Oak     | 3/6        | F      | 12:30-3:30 p.m.   |
| 12       | American Mah Jongg          | R03054-301 | Potomac       | 3/29       | Su     | Noon-2 p.m.       |
| 12       | American Mah Jongg          | R03054-302 | Potomac       | 3/31       | Tu     | 6:30-8:30 p.m.    |
| 12       | American Mah Jongg Club     | R07047-301 | Holiday Park  | 3/2        | M      | 1-4 p.m.          |
| 13       | American Mah Jongg Club     | R07047-362 | Damascus      | 3/3        | Tu     | 11:30 a.m.-3 p.m. |
| 6        | Beginner American Mah Jongg | R07047-325 | White Oak     | 4/9        | Th     | 10:15-11:30 a.m.  |
| 12       | Beginners Bridge            | R07074-306 | Silver Spring | 3/4        | W      | 12:30-2:30 p.m.   |
| 13       | Beginners Bridge Play       | R07074-363 | N. Potomac    | 3/3        | Tu     | 1-3 p.m.          |
| 13       | Beginners Bridge Play       | R07074-364 | N. Potomac    | 3/5        | Th     | 1-3 p.m.          |
| 13       | Bid Whist                   | R07112-325 | White Oak     | 3/5        | Th     | Noon-4 p.m.       |
| 25       | Bingo                       | R07085-302 | Schweinhaut   | 3/2        | M,Th   | 10:30-11:30 a.m.  |
| 13       | Bingo                       | R07085-306 | Long Branch   | 3/3        | Tu     | 11 a.m.-Noon      |
| 12       | Bingo                       | R07085-307 | Silver Spring | 3/5        | Th     | 12:30-1:30 p.m.   |
| 13       | Bingo Blast                 | R07085-300 | White Oak     | 3/3        | Tu     | 1-1:45 p.m.       |
| 6        | Bingo: Participant's Choice | R07085-325 | White Oak     | 3/11       | W      | 1-1:45 p.m.       |
| 10       | Board Games                 | R07112-307 | Silver Spring | 3/2        | M      | 1-3 p.m.          |
| 10       | Brain Games                 | R07090-304 | Silver Spring | 3/2        | M      | 9:30-10:30 a.m.   |
| 12       | Brain Games                 | R07090-309 | White Oak     | 3/2        | M      | 10-11 a.m.        |
| 13       | Brainworks                  | R07023-308 | Long Branch   | 3/4        | W      | 10:30-11:30 a.m.  |
| 13       | Bridge Club                 | R07074-373 | Damascus      | 3/3        | Tu     | 11:30 a.m.-3 p.m. |
| 13       | Canasta Club                | R07112-364 | Damascus      | 3/5        | Th     | 12:30-3:30 p.m.   |
| 13       | Cards and Board Games       | R03056-300 | Lawton        | 3/5        | Th     | 1-3:30 p.m.       |
| 12       | Chess Club                  | R07110-303 | Schweinhaut   | 3/2        | M      | 10:30 a.m.-1 p.m. |
| 12       | Chinese Mahjong             | R07047-326 | Long Branch   | 3/2        | M      | 9:30 a.m.-Noon    |
| 13       | Chinese Mahjong             | R07047-307 | N. Potomac    | 3/3        | Tu     | 10 a.m.-Noon      |
| 13       | Chinese Mahjong             | R07047-304 | Wheaton       | 3/4        | W      | 1-3 p.m.          |



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# GAMES

| Sessions | Class Title                                       | Activity   | Location      | Start Date | Day(s) | Time                 |
|----------|---------------------------------------------------|------------|---------------|------------|--------|----------------------|
| 13       | <a href="#">Duplicate Bridge</a>                  | R07074-303 | Holiday Park  | 3/4        | W      | 12:30-3:45 p.m.      |
| 12       | <a href="#">Game Day Play</a>                     | R07086-304 | Schweinhaut   | 3/2        | M      | 12:30-2 p.m.         |
| 13       | <a href="#">Open Party Bridge</a>                 | R07075-301 | Holiday Park  | 3/6        | F      | 12:30-3:30 p.m.      |
| 13       | <a href="#">Pinochle Card Game</a>                | R07099-310 | White Oak     | 3/3        | Tu     | 11:30 a.m.-1:30 p.m. |
| 13       | <a href="#">Pinochle Card Game</a>                | R07099-305 | Schweinhaut   | 3/4        | W      | 1-3 p.m.             |
| 12       | <a href="#">Rummikub</a>                          | R07086-310 | N. Potomac    | 3/2        | M      | 1-3 p.m.             |
| 12       | <a href="#">Rummikub</a>                          | R07086-303 | Silver Spring | 3/5        | Th     | 9:30-11 a.m.         |
| 13       | <a href="#">Rummikub</a>                          | R07086-300 | White Oak     | 3/6        | F      | 9:30-11:30 a.m.      |
| 64       | <a href="#">Rummikub Club</a>                     | R07086-352 | Damascus      | 3/2        | M-F    | 9 a.m.-Noon          |
| 13       | <a href="#">Rummikub Club</a>                     | R07086-302 | Holiday Park  | 3/3        | Tu     | 11 a.m.-2 p.m.       |
| 13       | <a href="#">Scrabble</a>                          | R07073-301 | Holiday Park  | 3/4        | W      | 1-4 p.m.             |
| 12       | <a href="#">Social Bridge</a>                     | R07074-300 | White Oak     | 3/2        | M      | 1-3:30 p.m.          |
| 65       | <a href="#">Table Games and Creative Coloring</a> | R07112-302 | Long Branch   | 3/2        | M-F    | 9-10:30 a.m.         |

## 55+ PROGRAMS

# BONE BUILDERS

## VIEW BONE BUILDERS CLASSES


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# HEALTH AND WELLNESS

## HEALTH SCREENINGS

| Sessions | Class Title                     | Activity   | Location    | Start Date | Day(s) | Time                |
|----------|---------------------------------|------------|-------------|------------|--------|---------------------|
| 10       | <b>Blood Pressure Screening</b> | R07108-313 | Long Branch | 3/4        | W      | 9:30-11:30 a.m.     |
| 7        | <b>Blood Pressure Screening</b> | R07108-320 | N. Potomac  | 3/4        | W      | 9:30 a.m.-2:30 p.m. |
| 13       | <b>Blood Pressure Screening</b> | R07108-319 | Schweinhaut | 3/6        | F      | 1-2 p.m.            |
| 3        | <b>Blood Pressure Screening</b> | R07108-335 | Damascus    | 3/11       | W      | 10:30-11:30 a.m.    |

## MEDITATION

| Sessions | Class Title                           | Activity   | Location     | Start Date | Day(s) | Time            |
|----------|---------------------------------------|------------|--------------|------------|--------|-----------------|
| 12       | <b>Healthy Body, Peaceful Mind</b>    | R07077-323 | N. Potomac   | 3/2        | M      | 2-3:30 p.m.     |
| 13       | <b>Mindfulness Coloring</b>           | R07077-302 | N. Potomac   | 3/6        | F      | 12:45-1:45 p.m. |
| 9        | <b>Mindfulness Fitness</b>            | R07077-344 | N. Potomac   | 3/4        | W      | 1-1:45 p.m.     |
| 13       | <b>Mindfulness Meditation</b>         | R07077-301 | Holiday Park | 3/6        | F      | 11-11:50 a.m.   |
| 10       | <b>Seated Meditation and Movement</b> | R07077-303 | Long Branch  | 3/4        | W      | 10-10:45 a.m.   |

## YOGA

| Sessions | Class Title             | Activity   | Location      | Start Date | Day(s) | Time            |
|----------|-------------------------|------------|---------------|------------|--------|-----------------|
| 12       | <b>Yin Yoga</b>         | R07032-307 | Schweinhaut   | 3/7        | Sa     | 9:15-10:15 a.m. |
| 11       | <b>Yoga</b>             | R07032-304 | Wheaton       | 3/2        | M      | 10-11 a.m.      |
| 13       | <b>Yoga</b>             | R07029-317 | Damascus      | 3/4        | W      | 11 a.m.-Noon    |
| 13       | <b>Yoga</b>             | R07029-318 | Damascus      | 3/6        | F      | 11 a.m.-Noon    |
| 11       | <b>Yoga</b>             | R07032-317 | Long Branch   | 3/9        | M      | 1-2 p.m.        |
| 13       | <b>Yoga for All</b>     | R07029-300 | White Oak     | 3/6        | F      | 9-10 a.m.       |
| 12       | <b>Yogalates</b>        | R07032-315 | Silver Spring | 3/3        | Tu     | 6:30-7:30 p.m.  |
| 13       | <b>Yogalates</b>        | R07032-303 | Wheaton       | 3/4        | W      | 10-10:50 a.m.   |
| 10       | <b>Yogalates</b>        | R07032-316 | Long Branch   | 3/20       | F      | 1-2 p.m.        |
| 12       | <b>Yoga - Slow Flow</b> | R07032-318 | Long Branch   | 3/5        | Th     | 1-2 p.m.        |
| 13       | <b>Yoga - Slow Flow</b> | R07029-316 | N. Potomac    | 3/5        | Th     | 2-3 p.m.        |



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# MARTIAL ARTS

| Sessions | Class Title                                             | Activity   | Location      | Start Date | Day(s) | Time             |
|----------|---------------------------------------------------------|------------|---------------|------------|--------|------------------|
| 13       | <b>Self-Defense Tae Kwon Do</b>                         | R07026-301 | Holiday Park  | 3/6        | F      | 2-3 p.m.         |
| 13       | <b>Beginners Tai Chi</b>                                | R07025-315 | Holiday Park  | 3/4        | W      | 9:30-10:20 a.m.  |
| 13       | <b>Integral Tai Chi</b>                                 | R07025-333 | White Oak     | 3/6        | F      | 1-2 p.m.         |
| 12       | <b>Qigong</b>                                           | R07059-303 | Wheaton       | 3/6        | F      | 1-2 p.m.         |
| 12       | <b>Qigong</b>                                           | R07059-305 | Schweinhaut   | 3/7        | Sa     | Noon-1 p.m.      |
| 13       | <b>Qigong Flow-Beginners Practice</b>                   | R07059-313 | N. Potomac    | 3/5        | Th     | 9:30-10:15 a.m.  |
| 22       | <b>Seniors Tai Chi</b>                                  | R03046-302 | Potomac       | 4/7        | Tu,Th  | 10:30-11:45 a.m. |
| 27       | <b>Tai Chi</b>                                          | R07025-309 | White Oak     | 3/1        | Tu,Th  | 2-3 p.m.         |
| 38       | <b>Tai Chi</b>                                          | R07025-331 | White Oak     | 3/2        | M,W,F  | 9-10 a.m.        |
| 12       | <b>Tai Chi</b>                                          | R07025-321 | Long Branch   | 3/2        | M      | 10-11 a.m.       |
| 13       | <b>Tai Chi</b>                                          | R07025-330 | Damascus      | 3/3        | Tu     | 11-11:45 a.m.    |
| 26       | <b>Tai Chi</b>                                          | R07025-332 | White Oak     | 3/3        | Tu,Th  | 2-3 p.m.         |
| 13       | <b>Tai Chi</b>                                          | R07025-329 | Long Branch   | 3/4        | W      | 2-3 p.m.         |
| 13       | <b>Tai Chi</b>                                          | R07025-302 | Wheaton       | 3/4        | W      | 2-3 p.m.         |
| 12       | <b>Tai Chi</b>                                          | R07025-322 | Wheaton       | 3/6        | F      | 10:45-11:45 a.m. |
| 3        | <b>Tai Chi</b>                                          | R07025-308 | White Oak     | 3/7        | M,W,F  | 9-10 a.m.        |
| 13       | <b>Tai Chi Chen 18</b>                                  | R07027-322 | N. Potomac    | 3/6        | F      | 2:30-3:30 p.m.   |
| 13       | <b>Tai Chi Chuan</b>                                    | R07025-316 | Schweinhaut   | 3/3        | Tu     | 2-3 p.m.         |
| 11       | <b>Tai Chi CMC 37 Yang Style and Chi Gong Exercises</b> | R07025-320 | N. Potomac    | 4/15       | W      | 9:30-10:45 a.m.  |
| 13       | <b>Tai Chi Exercises</b>                                | R07025-310 | Holiday Park  | 3/3        | Tu     | 9:30-10:20 a.m.  |
| 13       | <b>Tai Chi for Beginners</b>                            | R07025-327 | N. Potomac    | 3/3        | Tu     | 9:30-11 a.m.     |
| 12       | <b>Tai Chi for Beginners</b>                            | R07025-311 | Silver Spring | 3/4        | W      | 12:30-1:30 p.m.  |
| 13       | <b>Tai Chi - Intermediate</b>                           | R07025-317 | Silver Spring | 3/6        | F      | 9-10 a.m.        |
| 12       | <b>Tai Chi Practice for Beginners</b>                   | R07025-334 | N. Potomac    | 3/2        | M      | 9:15-10 a.m.     |
| 13       | <b>Tai Chi Practice for Beginners</b>                   | R07025-336 | N. Potomac    | 3/4        | W      | 9:15-10 a.m.     |
| 13       | <b>Tai Chi Practice for Beginners</b>                   | R07025-335 | N. Potomac    | 3/6        | F      | 9:15-10 a.m.     |
| 11       | <b>Tai Chi Review</b>                                   | R03046-301 | Clara Barton  | 3/2        | M      | 9:30-10:30 a.m.  |
| 12       | <b>Tai Chi Sword</b>                                    | R07027-301 | Holiday Park  | 3/2        | M      | 2:30-3:30 p.m.   |
| 13       | <b>Tai Chi Sword Practice for Beginners</b>             | R07025-337 | N. Potomac    | 3/3        | Tu     | 9:15-10 a.m.     |



**All centers  
closed on  
Sunday, April 5**

# BONEBUILDERS

Spring 2026

MARCH 16-MAY 28

| Location        | Activity   | Start Date | Day(s) | Time                  |
|-----------------|------------|------------|--------|-----------------------|
| Bauer Drive 1   | R03010-302 | 3/16       | M,W    | 11:30 a.m.-12:30 p.m. |
| Bauer Drive 2   | R03010-303 | 3/17       | Tu,Th  | 1:30-2:30 p.m.        |
| Clara Barton    | R03010-304 | 3/16       | M,W    | 1:30-2:30 p.m.        |
| Coffield 1      | R03010-324 | 3/16       | M,W    | 9:15-10:15 a.m.       |
| Coffield 2      | R03010-305 | 3/17       | Tu,Th  | 9:15-10:15 a.m.       |
| Damascus        | R03010-322 | 3/17       | Tu,Th  | 2:30-3:30 p.m.        |
| Germantown 1    | R03010-306 | 3/16       | M,Th   | 1-2 p.m.              |
| Germantown 2    | R03010-325 | 3/16       | M,Th   | 2:15-3:15 p.m.        |
| Lawton          | R03010-307 | 3/17       | Tu,Th  | 9:30-10:30 a.m.       |
| Long Branch     | R03010-323 | 3/16       | M,W    | 9:45-10:45 a.m.       |
| Longwood 1      | R03010-308 | 3/16       | M,W    | 11:15 a.m.-12:15 p.m. |
| Longwood 2      | R03010-309 | 3/16       | M,W    | 2-3 p.m.              |
| Mid-County      | R03010-310 | 3/17       | Tu,Th  | 1-2 p.m.              |
| N. Potomac 1    | R03010-311 | 3/16       | M,W    | 10:45-11:45 a.m.      |
| N. Potomac 2    | R03010-312 | 3/17       | Tu,Th  | 10:40-11:40 a.m.      |
| N. Potomac 3    | R03010-313 | 3/17       | Tu,Th  | 11:50 a.m.-12:50 p.m. |
| Potomac 1       | R03010-314 | 3/16       | M,W    | 9-10 a.m.             |
| Potomac 2       | R03010-317 | 3/16       | M,W    | Noon-1 p.m.           |
| Praisner        | R03010-315 | 3/16       | M,W    | 11 a.m.-Noon          |
| Praisner        | R03010-327 | 3/16       | M,W    | 1-2 p.m.              |
| Ross Boddy      | R03010-328 | 3/17       | Tu,Th  | Noon-1 p.m.           |
| Schweinhaut     | R03010-319 | 3/17       | Tu,Th  | 10:30-11:30 a.m.      |
| Silver Spring 1 | R03010-326 | 3/16       | M,W    | 1-2 p.m.              |
| Silver Spring 2 | R03010-321 | 3/17       | Tu,Th  | 10-11 a.m.            |
| Wheaton 1       | R03010-320 | 3/16       | M,W    | 11 a.m.-Noon          |
| Wheaton 2       | R03010-316 | 3/17       | Tu,Th  | 9:15-10:15 a.m.       |
| Wisconsin Place | R03010-318 | 3/17       | Tu,Th  | 1-2 p.m.              |

FREE  
AGES 55+

CLASSES ARE  
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# Senior Neighborhood Programs

Multiple locations throughout the County

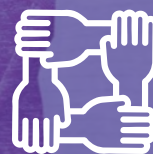
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# MUSIC



| Sessions | Class Title                         | Activity   | Location      | Start Date | Day(s) | Time                  |
|----------|-------------------------------------|------------|---------------|------------|--------|-----------------------|
| 13       | <b>Active Golden Karaoke</b>        | R07080-301 | Holiday Park  | 3/3        | Tu     | 11:20 a.m.-12:10 p.m. |
| 13       | <b>Active Golden Karaoke</b>        | R07080-302 | Holiday Park  | 3/6        | F      | 11 a.m.-Noon          |
| 12       | <b>Angklung Music Lessons</b>       | R07109-304 | Schweinhaut   | 3/7        | Sa     | Noon-2 p.m.           |
| 13       | <b>Chinese Karaoke</b>              | R07080-360 | N. Potomac    | 3/3        | Tu     | 2-3:30 p.m.           |
| 12       | <b>Karaoke</b>                      | R07080-361 | Long Branch   | 3/2        | M      | 11 a.m.-Noon          |
| 13       | <b>Let's Practice Ukulele! Club</b> | R07115-302 | Wheaton       | 3/5        | Th     | 1-2 p.m.              |
| 10       | <b>Piano</b>                        | R07115-310 | Silver Spring | 3/3        | Tu     | 1:30-2:30 p.m.        |
| 3        | <b>Piano Club</b>                   | R07115-307 | Holiday Park  | 3/2        | M      | 2-3:45 p.m.           |
| 12       | <b>Sing Along</b>                   | R07080-312 | Long Branch   | 3/2        | M      | 11 a.m.-Noon          |
| 3        | <b>Song Circle</b>                  | R07080-307 | Schweinhaut   | 3/13       | F      | 1:30-3:30 p.m.        |



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# SPECIAL EVENTS

| Sessions | Class Title                                                                     | Activity   | Location     | Start Date | Day(s) | Time              |
|----------|---------------------------------------------------------------------------------|------------|--------------|------------|--------|-------------------|
| 64       | <b>1:00 Program</b>                                                             | R07107-372 | Damascus     | 3/2        | M-F    | 1-2 p.m.          |
| 1        | <b>250th Happy Birthday America Tea</b>                                         | R07089-301 | Wheaton      | 3/14       | Sa     | 1-3 p.m.          |
| 1        | <b>Arabian Night</b>                                                            | R07107-319 | Holiday Park | 5/14       | Th     | 1-3 p.m.          |
| 1        | <b>Asian American Pacific Islander Heritage Celebration</b>                     | R07107-316 | Holiday Park | 5/15       | F      | 1-3 p.m.          |
| 1        | <b>Blue Day Party</b>                                                           | R07107-304 | Holiday Park | 3/6        | F      | 1-3 p.m.          |
| 1        | <b>Cinco de Mayo</b>                                                            | R07107-307 | Holiday Park | 5/5        | Tu     | 1-3 p.m.          |
| 1        | <b>Cinco de Mayo Paint and Socialize</b>                                        | R07095-331 | N. Potomac   | 5/5        | Tu     | 10:30 a.m.-Noon   |
| 8        | <b>Dance Club Friday</b>                                                        | R07081-304 | Holiday Park | 3/13       | F      | 1-3 p.m.          |
| 1        | <b>Dance Party</b>                                                              | R07106-326 | Schweinhaut  | 4/17       | F      | 12:30-2 p.m.      |
| 28       | <b>Entertainment Series/1 P.M. Show</b>                                         | R07106-302 | Holiday Park | 3/2        | M-F    | 1-2 p.m.          |
| 1        | <b>Holi Celebration of Colors</b>                                               | R07107-342 | N. Potomac   | 3/6        | F      | 10-11:30 a.m.     |
| 1        | <b>"La Esmeralda" (Hunchback of Notre Dame) with Ballet Theater of Maryland</b> | R07107-302 | Holiday Park | 4/9        | Tu     | 1-2:30 p.m.       |
| 1        | <b>Line Dance Party</b>                                                         | R07107-303 | Holiday Park | 4/17       | F      | 1-3 p.m.          |
| 1        | <b>Mother's Day Brunch</b>                                                      | R07107-359 | N. Potomac   | 5/7        | Th     | 10:45 a.m.-Noon   |
| 1        | <b>Mother's Day Brunch</b>                                                      | R07089-306 | Wheaton      | 5/8        | F      | 11:45 a.m.-1 p.m. |
| 1        | <b>Mother's Day Piano</b>                                                       | R07107-366 | Damascus     | 5/13       | W      | 1-2 p.m.          |
| 12       | <b>New Movie Monday</b>                                                         | R07088-310 | White Oak    | 3/2        | M      | 12:45-2:45 p.m.   |
| 1        | <b>St. Patrick's Day Party</b>                                                  | R07107-324 | Holiday Park | 3/12       | Th     | 1-3 p.m.          |
| 1        | <b>Strawberry Festival</b>                                                      | R07107-315 | Holiday Park | 5/20       | W      | 1-2 p.m.          |

**2026 CARDBOARD BOAT REGATTA**

**AGES 55+**

**March 11**  
10:15 - 11:30 a.m.

**Martin Luther King Jr. Swim Center**  
1201 Jackson Road, Silver Spring

**Scan the QR to sign up with your local senior center.**



# SPORTS



| Sessions | Class Title                             | Activity   | Location      | Start Date | Day(s) | Time                  |
|----------|-----------------------------------------|------------|---------------|------------|--------|-----------------------|
| 13       | <b>Advanced Beginners Pickleball</b>    | R07091-312 | Schweinhaut   | 3/5        | Th     | 2-3 p.m.              |
| 11       | <b>Beginner Pickleball</b>              | R03065-300 | East County   | 4/6        | M      | 12:30-2:30 p.m.       |
| 39       | <b>Billiards Club</b>                   | R07103-313 | Damascus      | 3/3        | Tu-Th  | 10:30 a.m.-12:30 p.m. |
| 11       | <b>Intermediate Pickleball</b>          | R03065-301 | East County   | 4/8        | W      | 12:30-2:30 p.m.       |
| 13       | <b>Intermediate Pickleball</b>          | R07091-313 | Schweinhaut   | 3/5        | Th     | 3-4 p.m.              |
| 13       | <b>Newbies and Beginners Pickleball</b> | R07091-310 | Schweinhaut   | 3/5        | Th     | 1-2 p.m.              |
| 7        | <b>Pickleball Outdoors</b>              | R07091-314 | N. Potomac    | 4/16       | Th     | 3:30-5:30 p.m.        |
| 1        | <b>Pickleball Demo</b>                  | R07091-316 | Silver Spring | 3/12       | Th     | 12:30-2 p.m.          |
| 13       | <b>Soccer</b>                           | R07128-301 | N. Potomac    | 3/4        | W      | 9:45 a.m.-Noon        |
| 13       | <b>Soccer</b>                           | R07128-302 | N. Potomac    | 3/6        | F      | 9:45 a.m.-Noon        |
| 6        | <b>Soccer</b>                           | R07128-305 | N. Potomac    | 4/22       | Th     | 5:45-7:45 p.m.        |
| 12       | <b>Table Tennis</b>                     | R07097-308 | Schweinhaut   | 3/2        | M      | Noon-2 p.m.           |
| 13       | <b>Table Tennis</b>                     | R07097-309 | Schweinhaut   | 3/6        | F      | 10:30 a.m.-Noon       |
| 12       | <b>Walking Soccer</b>                   | R07128-304 | N. Potomac    | 3/2        | M      | 9:45 a.m.-Noon        |



## 2026 | INFORMATION & REGISTRATION GUIDE



# Maryland Senior Olympics



**WELCOME TO THE 2026 SEASON!**

**"TO PARTICIPATE IS TO WIN!"**



LOCATION KEY

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REGISTER HERE





## MINI TRIPS

| Trip                                          | Activity   | Location   | Start Date | Day(s) | Time                 |
|-----------------------------------------------|------------|------------|------------|--------|----------------------|
| <a href="#">Germantown Library Trip</a>       | R07101-349 | Damascus   | 3/6        | F      | 9:30-11:30 a.m.      |
| <a href="#">Harwood House Trip</a>            | R07101-350 | Damascus   | 3/20       | F      | 9:30-11:30 a.m.      |
| <a href="#">India Bazaar Trip</a>             | R07101-377 | Damascus   | 3/13       | F      | 9:30-11:45 a.m.      |
| <a href="#">India Bazaar Trip</a>             | R07101-378 | Damascus   | 4/10       | F      | 9:30-11:45 a.m.      |
| <a href="#">India Bazaar Trip</a>             | R07101-379 | Damascus   | 5/8        | F      | 9:30-11:45 a.m.      |
| <a href="#">Josiah Henson Museum and Park</a> | R07101-334 | N. Potomac | 4/17       | F      | 9:45 a.m.-Noon       |
| <a href="#">Milestone Trip</a>                | R07101-373 | Damascus   | 3/16       | M      | 9:30-11:30 a.m.      |
| <a href="#">Montgomery Mall Mini Trip</a>     | R07101-304 | Wheaton    | 5/21       | Th     | 9:30 a.m.-12:30 p.m. |
| <a href="#">Mount Airy Walmart Trip</a>       | R07101-366 | Damascus   | 4/6        | M      | 9:30-11:45 a.m.      |
| <a href="#">Sugarloaf Mountain Trip</a>       | R07101-345 | Damascus   | 5/20       | W      | 9:30-11:30 a.m.      |

# SENIORS ON STRIKE BOWLING TRIP

MONDAY, APRIL 20 | 10:30 A.M. - 12:30 P.M. | \$5 FEE

Registration must be completed in person with your local senior center.

AGES:  
**55+**



### Participating Senior Centers\*:

- Damascus SC
- Holiday Park SC
- Long Branch SC
- North Potomac SC
- Margaret Schweinhaut SC
- Silver Spring SC
- Wheaton SC
- White Oak SC

\* Transportation is available through each center.

**LUCKY STRIKE GAITHERSBURG | 1101 CLOPPER ROAD, GAITHERSBURG, MD 20878**



[LOCATION KEY](#)

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[REGISTER HERE](#)

# Senior Center Locations

Several Locations for Adults 55 and up

**Damascus Senior Center is closed for renovations.**

Senior Center programming is available at the  
**Damascus Community Recreation Center**  
25520 Oak Drive, Damascus • 240-777-6930

**Holiday Park Senior Center**

3950 Ferrara Drive, Silver Spring • 240-777-4999

**Long Branch Senior Center**

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

**Margaret Schweinhaut Senior Center**

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

**North Potomac Senior Center**

13850 Travilah Road, Rockville • 240-773-4805

**Silver Spring Senior Center**

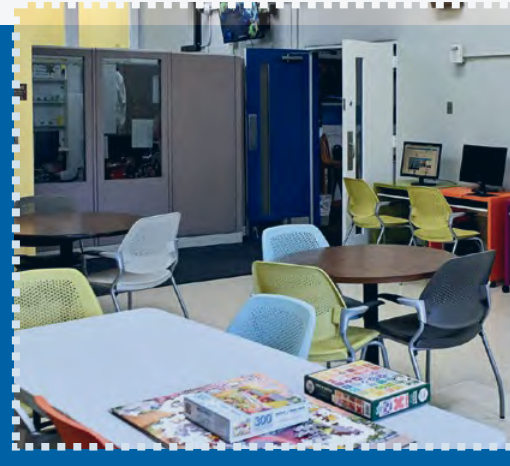
1319 Apple Ave., Silver Spring • 240-777-6900

**White Oak Senior Center**

1700 April Lane, Silver Spring • 240-777-6944

**Wheaton Senior Center**

11701 Georgia Ave., Wheaton • 240-773-4830



Visit [mcorec.com/seniors](https://mcorec.com/seniors)  
for more information





DISCOVERY AWAITS

# SENIOR ADVENTURES

SUMMER 2026

REGISTRATION BEGINS TUESDAY, MAY 12

3-DAY CAMPS • MULTIPLE LOCATIONS • 9 A.M. - 2 P.M.

**\$25**  
PER PERSON

June 2-4 • White Oak SC  
July 14-16 • Ross Boddy CRC  
July 28-30 • Margaret Schweinhaut SC  
Aug. 18-20 • North Potomac SC

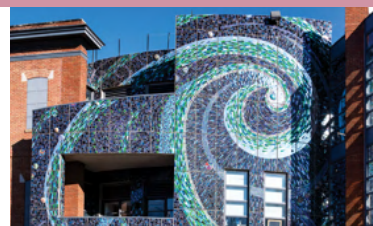


For more information about our Senior Adventures Camp, email [rec.seniors@montgomerycountymd.gov](mailto:rec.seniors@montgomerycountymd.gov)



# REGISTRATION BEGINS WEDNESDAY, FEB. 18 AT 9 A.M.

FOR MORE INFORMATION, VISIT [MOCOREC.COM/TRIPSTOURS](http://MOCOREC.COM/TRIPSTOURS) or call 240-777-4933.



MONTGOMERY COUNTY RECREATION

## SOAR

SENIOR OUTDOOR ADVENTURES IN RECREATION

SOAR offers day trips designed for active adults 55 and older. Travel by motorcoach for trips unless otherwise specified. All trips depart and return to Olney Manor Recreational Park, 16605 Georgia Ave., Olney.

**R07082-301 Cherry Blossom Cruise and Lunch, Washington, D.C. .... Th, April 2 • Leave 9 a.m., Return 4 p.m. • Fee: \$142**

We will cruise along the Potomac River and enjoy a plated lunch aboard the Odyssey cruise ship, taking in the sights. The Captain will narrate about historic sites and music will be provided for dancing. Fee includes transportation, cruise and lunch. Trip will be held as scheduled, rain or shine, regardless of the bloom status of the cherry blossoms.

**R07082-302 Guided Tour of York, PA ..... Th, April 16 • Leave 7:15 a.m., Return 6:15 p.m. • Fee: \$89**

We will tour many sites, including the newly opened York County History Center Museum, a 15,000-square-foot state-of-the-art experience for 21st-century museumgoers, the Colonial Complex and the Creation Station at the Sunrise Soap Company. We will have lunch on our own at Central Market York nearby. Fee includes transportation, museum tours and Sunrise Soap Company's Creation Station. Trip will be held, rain or shine.

**R07082-303 Ladew Topiary Gardens and Manor House, Monkton, MD ..... F, April 24 • Leave 9:15 a.m., Return 4:15 p.m. • Fee: \$82**

Enjoy the Manor House at your own pace on "Come Inside" Open House Day, with docents stationed inside for an interactive experience. You will also get to experience the incredible topiary garden. Enjoy lunch on your own at the Ladew Cafe. Fee includes transportation and admission. Trip will be held, weather permitting.

**R07082-304 Hillwood Estate, Museum and Gardens, Washington, D.C. .... W, May 20 • Leave 8:30 a.m., Return 3:30 p.m. • Fee: \$76**

Experience a self-guided tour at your leisure. Allow time to view special exhibitions, tour the greenhouse and find collections-related gifts in the museum shop. Purchase lunch on your own from the Merriweather Café To-Go takeout window and enjoy your meal at the tent tables. Fee includes transportation and admission. Trip will be held, weather permitting.

**R07082-305 Lake Tobias Wildlife Park, Halifax, PA ..... Th, June 4 • Leave 7 a.m., Return 5 p.m. • Fee: \$82**

Experience exotic encounters, wildlife that you can touch and adventure you can feel at Lake Tobias Wildlife Park. Lunch is on your own at the park's food stands. Fee includes transportation, admission and safari ride. Trip will be held, weather permitting.

**R07082-306 American Visionary Art Museum and Baltimore Inner Harbor, Baltimore, MD ..... Th, June 11 • Leave: 8:45 a.m., Return 3:45 p.m. • Fee: \$82**

Experience a guided tour of the American Visionary Art Museum and enjoy unexpected, unusual and fascinating art by bold, innovative and inspirational artists who use ordinary media to express their intensely personal ideas about life. Enjoy lunch on your own at the Inner Harbor nearby. Fee includes transportation, admission and guided tour. Trip will be held, rain or shine.

**R07082-307 Blue Angels Air Show and Cruise, Baltimore, MD ..... F, June 26 • Leave 11 a.m., Return 6 p.m. • Fee: \$165**

Celebrate the nation's 250th anniversary with an air show in Baltimore. The Blue Angels will be the star of the show, and the best viewing location will be on the water aboard a Watermark cruise. Passengers on board will be able to view a variety of visiting ships docked within the Inner Harbor while enjoying the professionalism, excellence and teamwork of the Navy's precision flight demonstration. A full bar is available on board, with packaged snacks and popcorn available for purchase. You may also bring a bagged lunch to eat. Fee includes transportation and cruise. The cruise will take place, rain or shine, and will not be canceled if the Blue Angels are unable to fly due to weather or mechanical conditions during this practice day.

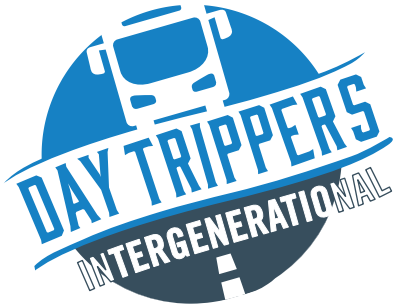
Ladew Topiary Gardens and Manor House, Monkton, MD  
Activity **R07082-303**, Friday, April 24







*Flower Mart at Washington National Cathedral, Washington, D.C.  
Activity R07083-303, Friday, May 1*



## MAKE EVERY DAY UNFORGETTABLE!

Day Trippers offers intergenerational trips to a variety of destinations. A day trip is planned with your interests in mind.

Join us for exciting trips and leave the driving to us. Children under 18 must be accompanied by an adult. Trips leave from and return to Olney Manor Recreational Park, 16605 Georgia Ave., Olney.

- R07083-301 Riverdance at American Music Theatre, Lancaster, PA ..... Su, March 22 • Leave 9 a.m., Return 6 p.m. • Fee: \$169**  
This show's Grammy Award-winning music, combined with the infectious energy of its mesmerizing choreography and breathtaking performances, has left many audiences in awe, establishing Riverdance as a global cultural sensation. Audiences will enjoy a unique and memorable performance which blends the traditional and the contemporary, showcasing the skills and passion of the world-class dancers, musicians and singers. We will enjoy lunch at Miller's Smorgasbord before the show. Fee includes transportation, lunch and show. Trip will be held, rain or shine.
- R07083-302 Glenn Miller Orchestra at Weinberg Center for the Arts, Frederick, MD ..... Su, April 19 • Leave: 11:30 a.m., Return 5:30 p.m. • Fee: \$89**  
The world-famous Glenn Miller Orchestra brings timeless classics like "In the Mood," "Moonlight Serenade," "Chattanooga Choo Choo," "Pennsylvania 6-5000," "String of Pearls" and "Tuxedo Junction" back to the stage. More than 18 musicians and singers will bring the unforgettable Glenn Miller sound to the stage. This is a show not to miss for jazz and swing fans alike. Enjoy time on your own and grab a quick bite to eat or shop in Downtown Frederick before the show. Fee includes transportation and show. Trip will be held, rain or shine.
- R07083-303 Flower Mart at Washington National Cathedral, Washington, D.C. .... F, May 1 • Leave 9 a.m., Return 3 p.m. • Fee: \$56**  
There is something for everyone at Flower Mart. Purchase spring plants for your garden, find treasures and shop from a wide array of merchandise at more than 65 boutique booths. Flower Mart is the perfect place to find gifts for Mother's Day, graduation or something special just for you! Great food and music as well. Explore the international floral displays in the great hall of the cathedral. Meals are on your own. Fee includes transportation. Trip will be held, weather permitting.
- R07083-304 The Kitchen Shoppe, Carlisle, PA ..... Th, May 7 • Leave 9 a.m., Return 5 p.m. • Fee: \$102**  
We will enjoy a full gourmet lunch demonstration served to us from all courses, along with shopping at the 20,000-item retail store. Fee includes transportation, full demo and lunch service. Trip will be held, rain or shine.
- R07083-305 Mother's Day Event at the Carroll County Farmers Market, Westminster, MD ..... Sa, May 9 • Leave 9 a.m., Return 3 p.m. • Fee: \$54**  
The Carroll County Farmers Market will be holding its annual Mother's Day Show. A free giveaway of a flowering plant will be given to the first 500 moms to arrive. The indoor market features more than 60 vendors. There will be a variety of beautiful hanging baskets, potted plants, spring garden plants, herbs and flowering plants available to purchase for Mother's Day gifts. You will also be able to check out crafts, arts, baked goods, gourmet food items, wine and cheese. Fee includes transportation. Trip will be held, weather permitting.
- R07083-306 The Kate Pearl Tea Room at Gypsy's, Westminster, MD ..... Th, May 14 • Leave 9:30 a.m., Return 4:30 p.m. • Fee: \$102**  
Join us as we will enjoy a full Royal Tea service. The tearoom is a place to unwind, slow down, celebrate, connect and be pampered. We like to think of it as a spa for the soul. Fee includes transportation and tea service. Trip will be held, rain or shine.
- R07083-307 Summer Concert Series at Baker Park Bandshell, Frederick, MD ..... Su, June 7 • Leave 5 p.m., Return 10 p.m. • Fee: \$54**  
Enjoy an evening of high-quality entertainment from a wide range of musical backgrounds at this outdoor venue with seating. You will have time to enjoy the food trucks before the show. The headlining group will be announced in March when schedule is finalized. Fee includes transportation. Trip will be held, weather permitting.



# PAYMENT AND REFUND INFORMATION

## WAYS TO REGISTER

### ONLINE

Credit Card payment only. Register 24 hours a day, seven days a week for all activities at [www.ActiveMONTGOMERY.org](http://www.ActiveMONTGOMERY.org).

### BY MAIL

Check or money order payment only.

Fill out and sign the registration form and mail it to:

ActiveMONTGOMERY

2425 Reedie Drive

10th Floor

Wheaton, MD 20902

### DROP-OFF

Customers may drop off their registration form and payment at: Montgomery County Recreation

Administrative Office

2425 Reedie Drive

10th Floor

Wheaton, MD 20902

Monday - Friday

9 a.m. - 3:30 p.m.

## PAYMENT INFORMATION

- Full payment must be made at time of registration.
- Do not submit registrations and/or payments to Recreation instructors.
- For Montgomery County Recreation activities, non-county residents must pay an additional \$15 per activity per participant.

### CHECKS and MONEY ORDERS

- Make checks and money orders payable to ActiveMONTGOMERY.
- Checks and money orders must include name, address, and telephone number.
- If your check is returned unpaid, your account will be debited for the original check amount, and electronically or via paper for the state's maximum allowable service fee. Payment by check constitutes authorization of these transactions. You may revoke your authorization by calling 800-666-5222, ext. 2 to arrange payment for any outstanding checks and service fees due.
- Please allow two weeks to receive a refund by check.

### CREDIT CARDS

- Visa, MasterCard, American Express and Discover are accepted.
- Registration form must include correct credit card number, expiration date, authorized signature and authorized total amount.
- Montgomery County Recreation reserves the right to pursue all available options to collect any funds owed as a result of a dishonored check or credit card, charge incurred due to unsubstantiated credit card disputes, or any outstanding debt.

## WITHDRAWALS AND REFUNDS

| Service Type                                     | Withdrawal Time Frame                                            | Withdrawal Reason & Method             | Refund Amount                                                                                                                                                            |
|--------------------------------------------------|------------------------------------------------------------------|----------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Camps, Classes, Leagues, and Trips & Tours       | At least <b>14 (fourteen)</b> calendar days before start date    | Any reason, ONLINE, EMAIL or IN PERSON | <b>Full refund</b>                                                                                                                                                       |
|                                                  | Less than <b>14 (fourteen)</b> calendar days before start date   | Any reason, ONLINE, EMAIL or IN PERSON | <b>Refund less 50% of the total fee</b>                                                                                                                                  |
|                                                  | On activity start date or later; After league schedule is posted | N/A                                    | <b>No refund will be issued</b>                                                                                                                                          |
| Rentals                                          | At least <b>30 (thirty)</b> calendar days before start date      | Any reason, ONLINE, EMAIL or IN PERSON | <b>Full refund</b>                                                                                                                                                       |
|                                                  | Less than 30 (thirty) calendar days before start date            | Any reason, ONLINE, EMAIL or IN PERSON | <b>Refund less 50% of the total fee</b>                                                                                                                                  |
|                                                  | On rental date                                                   | N/A                                    | <b>No refund will be issued</b>                                                                                                                                          |
|                                                  |                                                                  |                                        |                                                                                                                                                                          |
| For classes/sessions/games missed by participant |                                                                  | <b>No refund will be issued</b>        | For more information visit <a href="http://www.mocorec.com">www.mocorec.com</a><br> |
| When make up sessions are offered                |                                                                  |                                        |                                                                                                                                                                          |
| Memberships                                      |                                                                  |                                        |                                                                                                                                                                          |

### Withdrawal Methods:

Online: at [www.ActiveMONTGOMERY.org](http://www.ActiveMONTGOMERY.org)

Email: [Rec.FinanceOffice@MontgomeryCountyMD.gov](mailto:Rec.FinanceOffice@MontgomeryCountyMD.gov)

In Person with signature:

Recreation Administrative Office

2425 Reedie Drive

10<sup>th</sup> Floor

Wheaton, MD 20902

### Refund Methods:

Refunds will be issued in the same form as payment rendered, except cash. Credit card payments are returned to the original credit card used for payment. Credit card refunds that cannot be returned to the original credit card used for payment will be returned by check. All other forms of payment are returned by check.

### Questions:

Call 240-777-6806 (8:30 a.m.-4:30 p.m.)

Email: [Rec.FinanceOffice@MontgomeryCountyMD.gov](mailto:Rec.FinanceOffice@MontgomeryCountyMD.gov)



## CONTACT CUSTOMER SERVICE

### Customer Service Available

8:30 a.m.-4:30 p.m.

Phone: 240-777-6840

Email: [recreation.customerservice@montgomerycountymd.gov](mailto:recreation.customerservice@montgomerycountymd.gov)

2425 Reedie Drive, 10th Floor, Wheaton, MD 20902





# Facility Addresses

Registration begins Wednesday, Feb. 18 for spring programs.



## Looking for Senior Centers?

[Click here to view senior center locations.](#)



## Looking for pool locations?

[Click here to view aquatic facilities.](#)

### ELEMENTARY SCHOOLS

Bethesda ES..... 7600 Arlington Road, Bethesda 20814  
Forest Knolls ES..... 10830 Eastwood Ave., Silver Spring, 20901  
Oakland Terrace ES..... 2720 Payers Mill Road, Silver Spring 20902  
Rock View ES..... 3901 Denfeld Ave., Kensington, 20895

### MIDDLE SCHOOLS

Cabin John MS..... 10701 Gainsborough Road, Potomac 20854  
Tilden MS..... 6300 Tilden Lane, Rockville, 20852

### HIGH SCHOOLS

Kennedy HS..... 1901 Randolph Road, Wheaton 20902  
Wootton HS..... 2100 Wootton Pkwy, Rockville, 20850  
Wheaton HS..... 12401 Dalewood Drive, Silver Spring, 20906

### PARKS

Bauer Drive LP..... 14625 Bauer Drive, Rockville, 20853  
Cabin John RP..... 7400 Tuckerman Lane, Bethesda, 20817  
Calverton-Galway LP..... 3039 Fairland Road, Silver Spring, 20904  
Layhill Village LP..... 1920 Queensguard Road, Wheaton, 20906  
Laytonia RP..... 7300 Airpark Road, Gaithersburg, 20879  
Olney Manor RP..... 16601 Georgia Ave., Olney 20832  
Ridge Road RP..... 21155 Frederick Road, Germantown, 20876  
Veirs Mill LP..... 4425 Garrett Park Road, Silver Spring, 20906  
Wheaton RP..... 2000 Shorefield Road, Silver Spring, 20902

### OTHER FACILITIES

Life Rescue Training..... 12105 Nebel St., Rockville, 20852  
School of Music..... 1331 Rockville Pike, Ste. Q, Rockville, 20852



**All centers closed on  
Sunday, April 5**



### RECREATION FACILITIES

Recreation Administrative Office..... 2425 Reedie Drive, 10th Floor, Wheaton, 20902  
Bauer Drive CRC..... 14625 Bauer Drive, Rockville, 20853  
Clara Barton NRC..... 7425 MacArthur Blvd., Cabin John, 20818  
Damascus CRC..... 25520 Oak Drive, Damascus, 20872  
East County CRC..... 3310 Gateshead Manor Way, Silver Spring, 20904  
Germantown CRC..... 18905 Kingsview Drive, Germantown, 20874  
Good Hope NRC..... 14715 Good Hope Road, Silver Spring, 20905  
Gwendolyn E. Coffield CRC..... 2450 Lyttonsville Road, Silver Spring, 20910  
Lawton CRC..... 4301 Willow Lane, Chevy Chase, 20815  
Long Branch CRC..... 8700 Piney Branch Road, Silver Spring, 20901  
Longwood CRC..... 19300 Georgia Ave., Brookeville, 20833  
Marilyn J. Praisner CRC..... 14906 Old Columbia Pike, Burtonsville, 20866  
Mid-County CRC..... 2004 Queensguard Road, Silver Spring, 20906  
Nancy H. Dacek North Potomac CRC..... 13850 Travilah Road, Rockville, 20850  
Plum Gar CRC..... 19561 Scenery Drive, Germantown, 20874  
Potomac CRC..... 11315 Falls Road, Potomac, 20854  
Ross Boddy NRC..... 18529 Brooke Road, Sandy Spring, 20860  
Scotland NRC..... 7000 Scotland Drive, Potomac, 20854  
Silver Spring RAC..... 1319 Apple Ave., Silver Spring, 20910  
Upper County CRC..... 8201 Emory Grove Road, Gaithersburg, 20877  
Wheaton CRC..... 11701 Georgia Ave., Wheaton, 20902  
White Oak CRC..... 1700 April Lane, Silver Spring, 20904  
Wisconsin Place CRC..... 5311 Friendship Blvd., Chevy Chase, 20815

## Abbreviation Key

### Indoor Pools

**GISC** - Germantown Indoor Swim Center  
**MLKSC** - Martin Luther King Jr. Swim Center  
**OSC** - Olney Swim Center  
**SSRAC** - Silver Spring Recreation and Aquatic Center

### Centers

**CRC** - Community Recreation Center  
**SC** - Senior Center  
**RAC** - Recreation and Aquatic Center

### Parks

**LP** - Local Park  
**NP** - Neighborhood Park  
**RP** - Regional Park/Recreational Park

### Schools

**ES** - Elementary School  
**MS** - Middle School  
**HS** - High School





Montgomery County Board of Elections

# ELECTION WORKERS NEEDED!

**2026 PRIMARY  
EARLY VOTING  
JUNE 11-18**

**2026 PRIMARY  
ELECTION  
JUNE 23**

**Earn Up To**

**\$250**

**OR Up To  
25 SSL Hours  
per day of  
service!**

**Individuals who served in the 2024 elections will receive a \$100 bonus per full day served (\$50 for half-day shifts).**

**HELP MONTGOMERY COUNTY VOTE!**

## REQUIREMENTS

**Volunteers must be U.S. citizens, registered to vote in Maryland and at least 16 years old.**

**TO APPLY!**

Email: [election.judge@montgomerycountymd.gov](mailto:election.judge@montgomerycountymd.gov)

Call: 240-777-8533 Visit: [www.777vote.org](http://www.777vote.org)



# WHERE THE FUN BEGINS

## Have questions?

The customer service and outreach teams  
are here to help!



## HOURS OF OPERATION

**Monday - Friday**

8:30 a.m.-4:30 p.m.



## CALL US

Customer Service Available

8:30 a.m.-4:30 p.m.

240-777-6840



## VISIT US

8:30 a.m.-4:30 p.m.

Administrative Office

2425 Reedie Drive

10th Floor

Wheaton, MD 20902

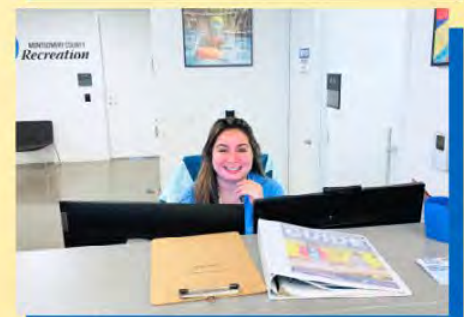
# SPRING 2026

Registration begins  
**Wednesday, Feb. 18**

Public Outreach Team



Customer Service Team



[www.mocorec.com](http://www.mocorec.com)



[240-777-6840](tel:240-777-6840)



[recreation.customerservice@montgomerycountymd.gov](mailto:recreation.customerservice@montgomerycountymd.gov)



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