

MONTGOMERY COUNTY RECREATION



55 ✨ ❄️
& Better

ACTIVITIES FOR SENIORS

WINTER 2025-2026



MONTGOMERY COUNTY
Recreation

Bauer Drive Community Recreation Center

Holiday Craft Show

46th Year!

Sat., Dec. 6 • 10 a.m.-4 p.m.
Free Admission



Featuring local and regional artists' original works of art, photography, fabric arts, jewelry, candles, holiday decorations, woodwork and more. Food vendors on-site. Free parking.

Bauer Drive CRC
14625 Bauer Drive, Rockville
240-777-6922 • Hablamos Español



MONTGOMERY COUNTY
Recreation





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55+ PROGRAMS

All 55+ programs are free unless noted otherwise.

ARTS AND CRAFTS

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
3	Card Making	R07095-227	Schweinhaut	12/13	Sa	11:30 a.m.-2:30 p.m.
23	Ceramic Class	R07098-204	Schweinhaut	12/2	Tu,Th	9:30 a.m.-1 p.m.
8	Ceramics (Painting)*	R07098-203	Silver Spring	12/3	W	Noon-3:30 p.m.
3	Crafty Companions	R07095-233	North Potomac	12/8	M	4-5 p.m.
11	Drawing Club	R07052-211	Damascus	12/3	W	2-3 p.m.
2	Evening Crafters	R07095-218	North Potomac	12/10	W	4-5:30 p.m.
12	Fun with Art	R07052-204	Schweinhaut	12/3	W	10 a.m.-Noon
11	Intro to Drawing	R07095-202	Wheaton	12/4	Th	11 a.m.-Noon
11	Jewelry Club (Non-Instructional)	R07117-201	Wheaton	12/4	Th	1-2:30 p.m.
8	Mosaics*	R07095-238	Damascus	1/6	Tu	9:30-11:30 a.m.
3	Origami Class	R07096-202	Schweinhaut	12/8	M	1-3 p.m.
2	Painting	R07095-232	North Potomac	12/3	W,Th	3-4 p.m.
13	Painting with Acrylics	R07095-203	Wheaton	12/5	F	11 a.m.-Noon
6	Watercolor	R03061-200	Lawton	12/16	Tu	1-2:30 p.m.
6	Watercolor Painting*	R07095-263	Damascus	1/12	M	10 a.m.-12:30 p.m.
8	Watercolor Painting	R07052-201	Long Branch	12/2	Tu	10-11 a.m.
8	Watercolor Painting*	R07095-228	Silver Spring	12/1	M	Noon-2 p.m.
5	Watercolor Painting Practice	R07052-202	Long Branch	12/2	Tu	10-11 a.m.

*This activity has a fee.

KNIT, CROCHET AND MORE

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
13	Beginning Knitting	R07003-210	Long Branch	12/3	W	1:15-2:15 p.m.
13	Knit and Crochet Group	R07003-201	North Potomac	12/2	Tu	1-3 p.m.
12	Knit and Crochet Group	R07003-208	North Potomac	12/5	F	12:30-2:30 p.m.
8	Knit and Crochet Workshop	R07003-204	Holiday Park	1/7	W	10-11:30 a.m.
11	Needlecraft, Crochet and Sewing Club	R07053-203	Silver Spring	12/5	F	2-4 p.m.
11	Needlecraft Club	R07053-220	Damascus	12/4	Th	10:30 a.m.-12:30 p.m.
24	Needles and Yarn	R07003-203	Wheaton	12/1	M,Tu	1-3 p.m.
6	Quilting Club	R07053-221	Damascus	1/5	M	2-3:45 p.m.
12	Sewing for Beginners*	R07095-234	Silver Spring	12/2	Tu	10 a.m.-Noon
12	Stitchers	R07003-205	Schweinhaut	12/3	W,F	1-3 p.m.



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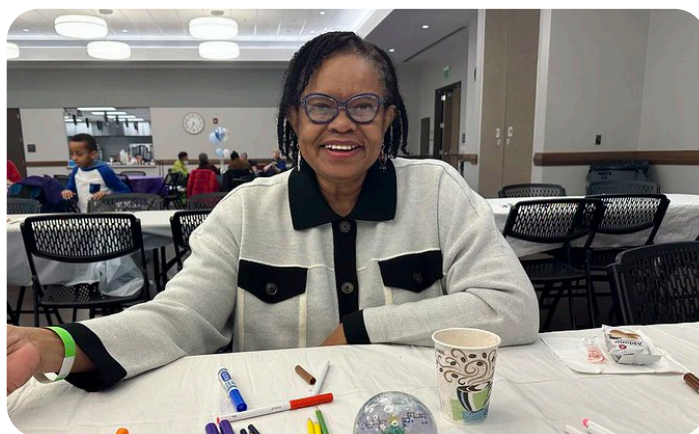
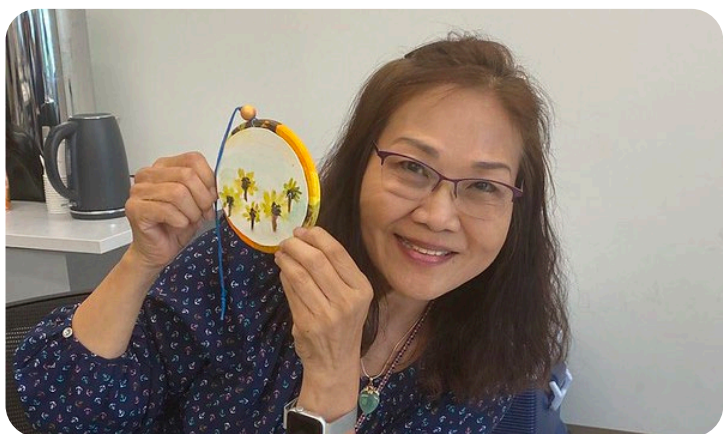
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ARTS AND COOKING

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
8	Cooking for Beginners	R07048-201	Silver Spring	12/2	Tu	12:30-2:30 p.m.
4	Photography Club	R07001-202	Holiday Park	1/7	W	10 a.m.-Noon
12	Reader's Theater	R07056-204	Damascus	12/1	M	2:30-3:30 p.m.
3	Seasoned Players	R07056-203	Schweinhaut	12/3	W	1:30-3:30 p.m.
8	Woodcarving	R07002-202	Holiday Park	1/9	F	1-3 p.m.



QUESTIONS?

CONTACT CUSTOMER SERVICE



Call customer service or send an email.
240-777-6840

✉ RECREATION.CUSTOMERSERVICE@MONTGOMERYCOUNTYMD.GOV

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DANCE



Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
13	Ballet	R07012-202	Wheaton	12/2	Tu	1:30-2:30 p.m.
11	Ballet	R07012-227	Silver Spring	12/3	W	10-11 a.m.
12	Ballet	R07012-201	Wheaton	12/3	W	2:15-3:15 p.m.
12	Ballroom Dance	R07050-206	Schweinhaut	12/3	W	Noon-1 p.m.
11	Ballroom Dancing Practice	R07129-211	Damascus	12/4	Th	1-2:30 p.m.
23	Ballroom/Line Dance	R07011-202	Wheaton	12/3	W,Th	1-2 p.m.
8	BIODANZA	R07028-202	Holiday Park	12/5	F	9:45-10:50 a.m.
12	Cardio Dance Fitness	R07012-239	Wheaton	12/3	W	9:05-9:50 a.m.
13	Cardio Fit	R07012-238	North Potomac	12/3	W	9:15-10:15 a.m.
13	Chinese Classical Folk Dance	R07009-203	North Potomac	12/2	Tu	1-3 p.m.
12	Chinese Dance and Fitness	R07012-206	Wheaton	12/3	W	9-10:45 a.m.
13	Chinese Folk Dancing	R07009-201	North Potomac	12/3	W	1-2 p.m.
11	Chinese Folk Dancing	R07012-205	Wheaton	12/1	M	1-2 p.m.
13	Chinese Folk Dancing	R07009-200	White Oak	12/2	Tu	10:30 a.m.-Noon
8	Chinese Folk Dancing (Beginner)	R07009-207	Holiday Park	1/9	F	1-2 p.m.
11	Chinese Line Dancing	R07009-219	Long Branch	12/1	M	9:30-10:30 a.m.
10	Dance Fitness	R07012-204	Schweinhaut	12/1	M	9:30-10:30 a.m.
8	Dance for Fun and Fitness	R07012-241	Silver Spring	12/4	Th	2-3 p.m.
13	Dance for Posture and Elegance (Mandarin)	R07009-204	North Potomac	12/4	Th	1-3 p.m.
10	Dance with Me!	R07011-208	Wheaton	12/1	M	9:05-9:55 a.m.
13	International Ballroom Dancing	R07057-202	North Potomac	12/3	W	1-3 p.m.
11	International Folk Dance Instruction	R07009-202	North Potomac	12/5	F	12:15-1:15 p.m.



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DANCE

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
8	Jazz Dance	R07012-242	Silver Spring	12/5	F	2-3 p.m.
10	LaBlast	R03052-205	Longwood	1/15	Th	10-11 a.m.
12	Line Dance	R03048-201	Potomac	1/6	Tu	10:15-11:15 a.m.
12	Line Dance	R03048-203	Potomac	1/7	W	10:30-11:30 a.m.
12	Line Dance	R03048-204	Potomac	1/8	Th	10:30-11:30 a.m.
12	Line Dance	R03048-202	Potomac	1/9	F	10:15-11:15 a.m.
12	Line Dancing	R07011-207	Schweinhaut	12/6	Sa	10:30 a.m.-Noon
10	Line Dancing - Trail Ride	R07011-205	North Potomac	12/12	F	1:30-2:15 p.m.
11	Martial Arts Health and Dance	R07010-202	North Potomac	12/6	Sa	9:30-11 a.m.
12	Martial Arts Health and Dance	R03052-203	Potomac	1/5	M	10:30-11:30 a.m.
12	Martial Arts Health and Dance	R03052-204	Potomac	1/10	Sa	2-4 p.m.
10	Move and Groove Fitness	R03027-2021	Germantown	1/3	Sa	10-11 a.m.
12	Sacred Circle Dance	R07012-203	Wheaton	12/3	W	3:05-4:35 p.m.
11	Soul Line Dance	R07005-210	White Oak	12/4	Th	10:15-11:15 a.m.
13	Superpower Dance Circle	R07012-236	Long Branch	12/2	Tu	10-11 a.m.
12	Superpower Dance Circle	R07012-217	Wheaton	12/3	W	11-11:45 a.m.
11	Superpower Dance Circle	R07012-233	White Oak	12/4	Th	12:45-1:45 p.m.
9	Superpower Dance Circle	R07012-226	Silver Spring	12/6	Sa	11 a.m.-Noon
12	Superpower Line Dance	R07005-212	Silver Spring	12/2	Tu	12:30-1:30 p.m.
12	Tap Dance*	R07007-223	Damascus	12/1	M	11 a.m.-12:30 p.m.
11	Yuan Chi Dance	R07012-240	Wheaton	12/1	M	2:30-4 p.m.



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EDUCATIONAL COMPUTER

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
10	Tech Resources for Everyday Life	R07084-201	Holiday Park	1/13	Tu,Th	10-11:15 a.m.
3	Tech Tutoring	R07105-207	North Potomac	12/4	Th	3:30-4:30 p.m.

DISCUSSIONS

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
16	Active Golden Meet and Greet	R07092-207	Holiday Park	1/6	Tu, F	9-10 a.m.
6	Active Living in Spanish- Cafecito y Amistad	R07087-204	Holiday Park	1/5	M	10-10:50 a.m.
2	Book Club	R07065-201	Holiday Park	1/21	W	3-4 p.m.
3	Book Discussion	R07065-203	Schweinhaut	12/9	Tu	1-2:30 p.m.
3	Chat with the Senior Center Director	R07314-202	North Potomac	12/5	F	11-11:45 a.m.
3	Chat with the Senior Center Director	R07314-201	Wheaton	12/30	Tu	10-11 a.m.
3	Coffee and Conversation with Staff	R07092-206	Schweinhaut	12/18	Th	9:30-10:15 a.m.
8	Coffee House Social	R03058-200	Lawton	1/8	Thu	9:30 a.m.-12:30 p.m.
61	Coffee Social	R07092-201	Long Branch	12/1	M-F	9-10 a.m.
62	Coffee Social	R07092-218	Damascus	12/1	M-F	9-11 a.m.
8	Coping with Change	R07076-204	Holiday Park	1/8	Th	10:30-11:30 a.m.
11	Coping with Change	R07076-205	North Potomac	12/5	F	10-11 a.m.
11	Coping with Change	R07076-208	Damascus	12/4	Th	11 a.m.-Noon
13	Current Events	R07063-203	North Potomac	12/4	Th	10-11:30 a.m.
2	Fire Safety	R07092-204	Holiday Park	1/21	W	9:30-11:30 a.m.
	One Cup Coffee (or Hot Cocoa) at a Time					
8	Grupo de Apoyo Emocional	R07076-206	Holiday Park	1/6	Tu	11-11:50 a.m.
13	Jai Ho Discussion and Social Group	R07312-204	North Potomac	12/1	M	11:30 a.m.-1 p.m.
13	Morning Chat and Chew	R07063-200	White Oak	12/3	W	9:30-10:30 a.m.
3	Reader's Delight Book Club	R07078-200	White Oak	12/9	Tu	10:30-11:30 a.m.
13	Senior Circle (Formerly Coping with Change)	R07076-200	White Oak	12/1	M	10:30-11:30 a.m.
8	Share and Care	R07043-202	Holiday Park	1/6	Tu	10:30-11:30 a.m.
3	Veterans Discussion Group	R07312-203	Schweinhaut	12/10	W	1-2 p.m.
6	Views on the News	R07063-201	Holiday Park	1/5	M	10-11:25 a.m.



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EDUCATIONAL

LANGUAGE

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
16	Cultural and Positive English Exercise	R07061-203	Holiday Park	1/6	Tu,Th	10 a.m.-Noon
9	English Class	R03027-2004	Germantown	1/6	Tu	9:30 a.m.-Noon
20	English Conversation Group	R07021-204	Schweinhaut	12/1	M,Th	1-2:30 p.m.
16	Everyday English (Basic)	R07061-202	Holiday Park	1/6	Tu,Th	9:50-10:40 a.m.
13	Everyday English for Chinese Natives	R07061-205	North Potomac	12/1	M	9:30-10:30 a.m.
12	Bonjour! Basic French Conversation and Culture	R07019-203	North Potomac	12/8	M	12:15-1:15 p.m.
8	Conversational English	R07061-206	Holiday Park	1/7	W	11-11:50 a.m.
6	French Conversation	R07019-200	Schweinhaut	12/13	Sa	10:30 a.m.-Noon
12	Beginner Italian	R07021-203	Schweinhaut	12/3	W	1-2 p.m.
12	Intermediate Italian	R07021-205	Schweinhaut	12/3	W	2-3 p.m.
13	Japanese, Intermediate and Up	R07021-201	North Potomac	12/2	Tu	10:30 a.m.-Noon
6	Superpower Sign: Learn ASL Through Music and Movement	R07015-225	White Oak	1/9	F	1-1:45 p.m.
11	Beginner Spanish	R07015-205	Schweinhaut	12/4	Th	9:30-10:30 a.m.
11	Beginner Spanish	R07118-202	Wheaton	12/1	M	10-11 a.m.
11	Beginner Plus Spanish	R07015-206	Schweinhaut	12/4	Th	10:30-11:30 a.m.
13	Beginner Spanish Conversation Group	R07015-200	White Oak	12/3	W	9:45-10:45 a.m.
13	Conversational Spanish	R07118-201	Wheaton	12/5	F	10-11 a.m.
10	Conversational Spanish Practice	R07118-205	North Potomac	12/10	W	3:15-4 p.m.
13	Intermediate Spanish	R07118-204	Wheaton	12/2	Tu	10-11 a.m.
12	Intermediate Spanish	R07015-207	Schweinhaut	12/3	W	10:30-11:30 a.m.


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EDUCATIONAL SPECIALTY PROGRAMS

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
13	Brain Games	R07090-202	White Oak	12/1	M	10-11 a.m.
10	Brain Games	R07090-203	Silver Spring	12/1	M	9:30-10:30 a.m.
13	Brainworks	R07023-208	Long Branch	12/3	W	10:30-11:30 a.m.
13	Mental Movements	R07090-200	White Oak	12/5	F	11 a.m.-Noon



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EDUCATIONAL

WORKSHOP OR SPEAKER SERIES

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
16	1 PM Educational Lectures	R07105-202	Holiday Park	12/4	M-Th	1-2 p.m.
1	Fire Safety for You in Your Home: It's About Time!	R07116-203	North Potomac	12/3	W	10:30-11:30 a.m.
5	Lunch and Learn	R07028-203	Long Branch	1/28	W	Noon-12:30 p.m.
26	Nutrition 101	R07024-204	Schweinhaut	12/2	Tu,Th	1:30-2:30 p.m.
2	Senior Nutrition Program Update	R07028-204	Virtual Class	1/12	M	1-2 p.m.
8	Wellness Matters	R07028-213	Silver Spring	1/6	Tu	9-10:30 a.m.

WRITING

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
8	Memoir Writing	R07058-206	Silver Spring	12/4	Th	1-2:30 p.m.
12	Memoir Writing for Beginners	R07058-201	Wheaton	12/3	W	10-11:30 a.m.
8	Writers Group	R07058-202	Holiday Park	1/9	F	10-11:25 a.m.
6	Writers Group	R07058-205	Schweinhaut	12/2	Tu	10 a.m.-Noon



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FITNESS

LOW IMPACT



Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
12	Balance and Mobility	R07039-205	Silver Spring	12/2	Tu	3-4 p.m.
3	Basic Functional Balance Exercise	R07030-205	Schweinhaut	12/5	F	9:30-10:30 a.m.
13	Chairobics	R07066-213	Damascus	12/2	Tu	10-10:45 a.m.
11	Chairobics	R07066-214	Damascus	12/3	W	10-10:45 a.m.
11	Chairobics	R07066-215	Damascus	12/4	Th	10-10:45 a.m.
11	Chairobics	R07066-216	Damascus	12/5	F	10-10:45 a.m.
9	Fitness Boot Camp	R07039-216	Silver Spring	12/6	Sat	9:30-10:30 a.m.
13	Full Body Workout	R07041-201	Wheaton	12/2	Tu	9:05-9:55 a.m.
8	Gentle Exercise	R07039-215	Holiday Park	1/9	F	11-11:50 a.m.
13	Gentle Spin	R07039-200	White Oak	12/1	M	10-11 a.m.
6	Heart Plus Exercise	R07041-203	North Potomac	12/2	Tu	3:15-4 p.m.
7	Heart Plus Exercise	R07041-204	North Potomac	12/4	Th	3:15-4 p.m.
8	Low Impact Exercise	R03053-204	Clara Barton	1/5	M	11:30 a.m.-12:30 p.m.
12	Low Impact Exercise	R03053-203	Potomac	1/7	W	10:30-11:30 a.m.
8	Muscle Up!	R07039-217	Silver Spring	12/7	Sun	1-2 p.m.
13	Muscle Up!	R07030-201	Wheaton	12/5	F	1:30-2:30 p.m.
8	Music and Fun Exercise Active Golden	R07039-221	Holiday Park	1/6	Tu	10:30-11:15 a.m.
5	Seated Meditation and Movement	R07041-208	Long Branch	1/28	W	10-10:45 a.m.
11	Sit and Be Fit	R07039-220	Silver Spring	12/5	F	1-2 p.m.
13	Sit and Be Fit	R07066-202	North Potomac	12/3	W	11-11:45 a.m.
12	Sit and Stretch	R03053-201	East County	1/9	F	11 a.m.-Noon
13	Stretch and Mobility	R03053-200	Lawton	12/3	W	12:30-1:30 p.m.
10	Stretch and Mobility	R03053-205	Longwood	1/15	Th	11:15 a.m.-12:15 p.m.
11	Stretching Exercise	R07041-205	North Potomac	12/1	M	9:30-10:45 a.m.
13	Stretching Exercise	R07041-206	North Potomac	12/3	W	9:30-10:45 a.m.
12	Stretching Exercise	R07041-207	North Potomac	12/5	F	9:30-10:45 a.m.
3	Low Impact Exercise	R07060-205	Schweinhaut	12/12	F	9:30-10:30 a.m.
23	Low Impact Exercise Video	R07060-215	White Oak	12/4	Th,F	10:30 a.m.-Noon



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STRENGTH TRAINING

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
10	Balance Boom	R07039-218	Silver Spring	12/1	M	10:15-11:15 a.m.
13	Balance Boom	R07060-200	White Oak	12/3	W	11 a.m.-Noon
12	Fall Prevention and Balance Exercise	R07060-201	Long Branch	12/3	W	11 a.m.-Noon
3	Kickboxing	R07060-204	Schweinhaut	12/19	F	9:30-10:30 a.m.
1	Fitness Room Orientation	R07060-231	Damascus	12/8	M	11-11:45 a.m.
1	Fitness Room Orientation	R07060-232	Damascus	1/12	M	11 a.m.-Noon
1	Fitness Room Orientation	R07060-233	Damascus	2/9	M	11 a.m.-Noon
10	Strength with Resistance Bands	R07060-292	Damascus	12/1	M	11-11:45 a.m.
11	Steady Strength	R07060-299	Damascus	12/4	Th	6:15-7:15 p.m.

TAI CHI

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
9	Intermediate Yang Style Tai Chi and Chi Gong*	R05112-202	Potomac	1/14	W	2-3:15 p.m.
11	Tai Chi	R07025-219	Long Branch	12/1	M	10-11 a.m.
39	Tai Chi	R07025-210	White Oak	12/1	M,W,F	9-10 a.m.
13	Tai Chi	R07025-230	Damascus	12/2	Tu	11-11:45 a.m.
26	Tai Chi	R07025-211	White Oak	12/2	Tu,Th	2-3 p.m.
11	Tai Chi	R07025-222	Long Branch	12/3	W	2-3 p.m.
11	Tai Chi	R07025-222	Long Branch	12/3	W	2-3 p.m.
12	Tai Chi	R07025-223	Wheaton	12/3	W	2-3 p.m.
13	Tai Chi	R07025-220	Wheaton	12/5	F	10:45-11:45 a.m.
20	Tai Chi	R03046-201	Potomac	1/13	Tu,Th	10:30-11:45 a.m.
10	Tai Chi Beginners	R07025-221	Silver Spring	12/3	W	12:30-1:30 p.m.
8	Tai Chi Beginners	R07025-205	Holiday Park	1/7	W	9:30-10:20 a.m.
7	Tai Chi Beginners	R03046-202	Clara Barton	1/7	W	Noon-1 p.m.
5	Tai Chi Beginners	R03046-203	Clara Barton	1/19	M	10-11 a.m.
11	Tai Chi Chen 18	R07027-202	North Potomac	12/12	F	2:30-3:30 p.m.
12	Tai Chi Chuan	R07025-207	Schweinhaut	12/2	Tu	2-3 p.m.
10	Tai Chi CMC 37 Yang Style and Chi Gong Exercises	R07025-215	North Potomac	1/14	W	9:15-10:45 a.m.
8	Tai Chi Exercises	R07025-202	Holiday Park	1/6	Tu	9:30-10:20 a.m.
11	Tai Chi Intermediate	R07025-218	Silver Spring	12/5	F	9-10 a.m.
13	Tai Chi Practice	R07025-217	North Potomac	12/2	Tu	9:30-11 a.m.
11	Tai Chi Practice (Mandarin)	R07025-204	North Potomac	12/1	M	9:45-11 a.m.
11	Tai Chi Practice for Beginners	R07025-224	North Potomac	12/1	M	9:15-10 a.m.
6	Tai Chi Sword	R07027-203	Holiday Park	1/5	M	2:30-3:25 p.m.

*This activity has a fee.

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FITNESS



WALKING

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
13	Indoor/Outdoor Walking Club	R07035-225	White Oak	12/3	W	1:15-1:45 p.m.
4	Indoor Walking Club	R07035-206	Wheaton	2/4	W	10-11 a.m.
13	Trail Walking Club	R07035-222	Damascus	12/3	W	9:15-10:15 a.m.
11	Walking Club	R03057-201	East County	1/6	Tu	11 a.m.-Noon
12	Wheaton Walks	R07035-202	Wheaton	12/3	W	9:30-11 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
8	Zumba	R03050-201	Clara Barton	1/7	W	3-4 p.m.
10	Zumba	R03050-203	Longwood	1/14	W	12:45-1:45 p.m.
13	Zumba	R07070-205	North Potomac	12/1	M	9:15-10:15 a.m.
13	Zumba	R07070-201	Wheaton	12/2	Tu	11-11:50 a.m.
13	Zumba	R07070-221	Long Branch	12/2	Tu	2-3 p.m.
8	Zumba	R07070-224	Damascus	12/3	W	11 a.m.-Noon
11	Zumba	R07070-202	Wheaton	12/4	Th	11-11:50 a.m.
10	Zumba	R07070-222	Silver Spring	12/4	Th	6:30-7:30 p.m.
13	Zumba	R07070-209	Wheaton	12/5	F	9:45-10:45 a.m.
10	Zumba Gold	R03050-202	Longwood	1/13	Tu	11:15 a.m.-12:15 p.m.
11	Zumba Gold	R07070-208	Wheaton	12/1	M	1:30-2:30 p.m.
26	Zumba Gold	R07070-210	White Oak	12/2	Tu,Th	9-10 a.m.
8	Zumba Gold	R07070-225	Damascus	12/4	Th	5-6 p.m.
11	Zumba Gold	R07071-202	Silver Spring	12/5	F	10-11 a.m.
13	Zumba Video	R07070-206	North Potomac	12/2	Tu	9:30-10:15 a.m.
11	Zumba Video	R07070-207	North Potomac	12/4	Th	9:30-10:15 a.m.

55+ PROGRAMS

SOAR AND DAYTRIPPERS

VIEW SOAR AND DAYTRIPPER INFORMATION

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GAMES



Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
16	Active Golden Bingo	R07085-206	Holiday Park	1/6	Tu,F	1-2:30 p.m.
13	American Mah Jongg	R07047-200	White Oak	12/5	F	12:30-3:30 p.m.
11	American Mah Jongg	R07047-210	North Potomac	12/1	M	10 a.m.-Noon
13	American Mah Jongg	R07047-212	North Potomac	12/4	Th	1-4 p.m.
12	American Mah Jongg	R07047-262	Damascus	12/2	Tu	11:30 a.m.-3 p.m.
12	American Mah Jongg	R03054-201	Potomac	1/4	Su	Noon-2 p.m.
23	American Mah Jongg	R07047-201	Wheaton	12/1	M,W	1-4 p.m.
6	American Mah Jongg Club	R07047-202	Holiday Park	1/5	M	1-4 p.m.
11	Bid Whist	R07112-210	White Oak	12/4	Th	Noon-4 p.m.
12	Bingo	R07085-201	Long Branch	12/2	Tu	11 a.m.-Noon
13	Bingo	R07085-207	White Oak	12/2	Tu	1-2 p.m.
21	Bingo	R07085-212	Schweinhaut	12/1	M,Th	10:30-11:30 a.m.
10	Bingo	R07085-213	Silver Spring	12/4	Th	12:30-1:30 p.m.
6	Bingo: Participant's Choice	R07085-200	White Oak	12/10	W	1-2 p.m.
10	Board Games	R07112-206	Silver Spring	12/1	M	1-3 p.m.
8	Bridge	R07074-211	North Potomac	1/8	Th	1-2:30 p.m.
12	Bridge Club (with instruction)	R07074-263	Damascus	12/2	Tu	11:30 a.m.-3 p.m.
10	Bridge Lessons for Beginners	R07074-210	North Potomac	12/2	Tu,Th	2-3:30 p.m.
6	Bridge Lessons for Beginners	R07074-212	North Potomac	12/4	Th	2-3:30 p.m.
11	Canasta Club	R07112-264	Damascus	12/4	Th	12:30-3:30 p.m.
8	Cards and Board Games	R03056-200	Lawton	1/8	Th	1-3:30 p.m.
10	Chess Club	R07110-204	Schweinhaut	12/1	M	10:30 a.m.-1 p.m.
13	Chinese Mahjong	R07047-207	North Potomac	12/3	W	10 a.m.-Noon
12	Chinese Mahjong	R07047-209	North Potomac	12/5	F	Noon-2 p.m.
11	Chinese Mahjong	R07047-204	Long Branch	12/1	M	9:30 a.m.-Noon
12	Chinese Mahjong	R07047-206	Wheaton	12/3	W	1-3 p.m.

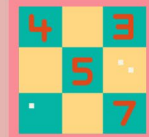


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GAMES

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
65	Creative Coloring and Board Games	R07112-203	Long Branch	12/1	M-F	9-10:30 a.m.
8	Duplicate Bridge	R07074-203	Holiday Park	1/7	W	12:30-3:45 p.m.
11	Gaming Club	R03058-202	East County	1/9	F	1-3 p.m.
1	Introduction to Rummikub	R07086-210	Wheaton	12/2	Tu	10-11 a.m.
1	Introduction to Rummikub	R07086-211	Wheaton	12/16	Tu	10-11 a.m.
11	Introduction to the Game of Pluck	R03058-201	East County	1/6	Tu	1-3 p.m.
8	Open Party Bridge	R07075-201	Holiday Park	1/9	F	12:30-3:30 p.m.
13	Pinochle	R07099-210	White Oak	12/2	Tu	11:30 a.m.-1:30 p.m.
12	Pinochle Card Game	R07099-205	Schweinhaut	12/3	W	1-3 p.m.
11	Play for Fun	R07117-204	Wheaton	12/1	M	11 a.m.-Noon
57	Rummikub Club	R07086-252	Damascus	12/1	M-F	9 a.m.-Noon
38	Rummikub Club	R07086-201	Holiday Park	1/5	M-F	1-4 p.m.
8	Rummikub Club	R07086-202	Holiday Park	1/6	Tu	11 a.m.-2 p.m.
13	Rummikub Game	R07086-208	North Potomac	12/1	M	1:15-3:15 p.m.
10	Rummikub Play	R07086-203	Schweinhaut	12/1	M	Noon-2:30 p.m.
1	Rummikub Tournament	R07086-206	Schweinhaut	1/21	W	9:30 a.m.-12:30 p.m.
1	Rummikub Tournament	R07086-207	Silver Spring	12/18	Th	9:30-11:30 a.m.
8	Scrabble	R07073-201	Holiday Park	1/7	W	1-3:45 p.m.
13	Social Bridge	R07074-200	White Oak	12/1	M	1-3:30 p.m.
1	Wii Bowling Fun!	R07130-202	North Potomac	2/24	Tu	10-11:30 a.m.
1	Wii Bowling Fun!	R07130-203	White Oak	12/12	F	10:30-11:30 a.m.

55+ PROGRAMS

BONE BUILDERS

VIEW BONE BUILDERS CLASSES

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HEALTH AND FITNESS

HEALTH SCREENINGS

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
3	Blood Pressure Screening	R07108-235	Damascus	12/3	W	10:30-11:30 a.m.
12	Blood Pressure Screening	R07108-204	Schweinhaut	12/5	F	1-2 p.m.
5	Blood Pressure Screening	R07024-205	Long Branch	1/28	W	9:30-11:30 a.m.
5	Blood Pressure Screening	R07108-206	North Potomac	1/28	W	9:30 a.m.-2:30 p.m.
5	Health and Wellness Presentations	R07108-207	North Potomac	1/28	W	12:15-1 p.m.

MEDITATION

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
8	Healthy Body, Peaceful Mind	R07077-203	North Potomac	12/1	M	2-3:30 p.m.
11	Mindfulness Art	R07077-201	North Potomac	12/4	Th	10:30-11:30 a.m.
5	Mindfulness Fitness	R07108-208	North Potomac	1/28	W	9:30-10:15 a.m.
8	Mindfulness Meditation	R07077-205	Holiday Park	1/9	F	11-11:50 a.m.

YOGA

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
11	Chair Yoga	R07029-225	Damascus	12/1	M	9:45-10:45 a.m.
13	Chair Yoga	R07032-200	White Oak	12/1	M	12:45-1:45 p.m.
10	Chair Yoga	R07029-213	Silver Spring	12/1	M	3-4 p.m.
13	Chair Yoga	R07032-204	Wheaton	12/2	Tu	3-4 p.m.
13	Chair Yoga	R07032-207	Long Branch	12/4	Th	9-10 a.m.
11	Laughter Yoga	R07032-205	Wheaton	12/4	Th	10-11 a.m.
12	Yin Yoga	R07032-211	Schweinhaut	12/6	Sa	9:15-10:15 a.m.
10	Yoga	R07032-201	Wheaton	12/1	M	10-11 a.m.
11	Yoga	R07032-202	Long Branch	12/1	M	1-2 p.m.
8	Yoga	R03049-202	Lawton	12/2	Tu	11 a.m.-Noon
12	Yoga	R07029-216	Damascus	12/2	Tu	Noon-1 p.m.
8	Yoga	R07029-217	Damascus	12/3	W	2-3 p.m.
6	Yoga	R03049-201	Lawton	12/4	Th	10:30-11:30 a.m.
8	Yoga	R07029-218	Damascus	12/5	F	11 a.m.-Noon
12	Yoga	R03049-205	Potomac	1/6	Tu	Noon-1 p.m.
12	Yoga	R03049-204	East County	1/7	W	11 a.m.-Noon
8	Yoga	R03049-206	Clara Barton	1/8	Th	12:30-1:30 p.m.
12	Yoga for All	R07029-210	White Oak	12/5	F	9-10 a.m.
12	Yogalates	R07032-212	Silver Spring	12/2	Tu	6:30-7:30 p.m.
12	Yogalates	R07032-203	Wheaton	12/3	W	10-10:50 a.m.
13	Yogalates	R07032-208	Long Branch	12/5	F	1-2 p.m.
11	Yoga - Slow Flow	R07029-211	North Potomac	12/4	Th	2-3 p.m.

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MARTIAL ARTS

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
10	Low Impact Aikido	R07028-223	Wheaton	12/4	Th	2-3 p.m.
12	Qigong	R07059-204	Schweinhaut	12/6	Sa	Noon-1 p.m.
13	Qigong	R07059-201	Wheaton	12/5	F	1-2 p.m.
11	Qigong Flow - Beginner	R07059-203	North Potomac	12/4	Th	9:30-10:15 a.m.
7	Self Defense	R07028-222	Wheaton	12/5	F	10:55-11:55 a.m.
8	Self-Defense Tae Kwon Do	R07026-202	Holiday Park	1/9	F	2-3 p.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



LOCATION KEY

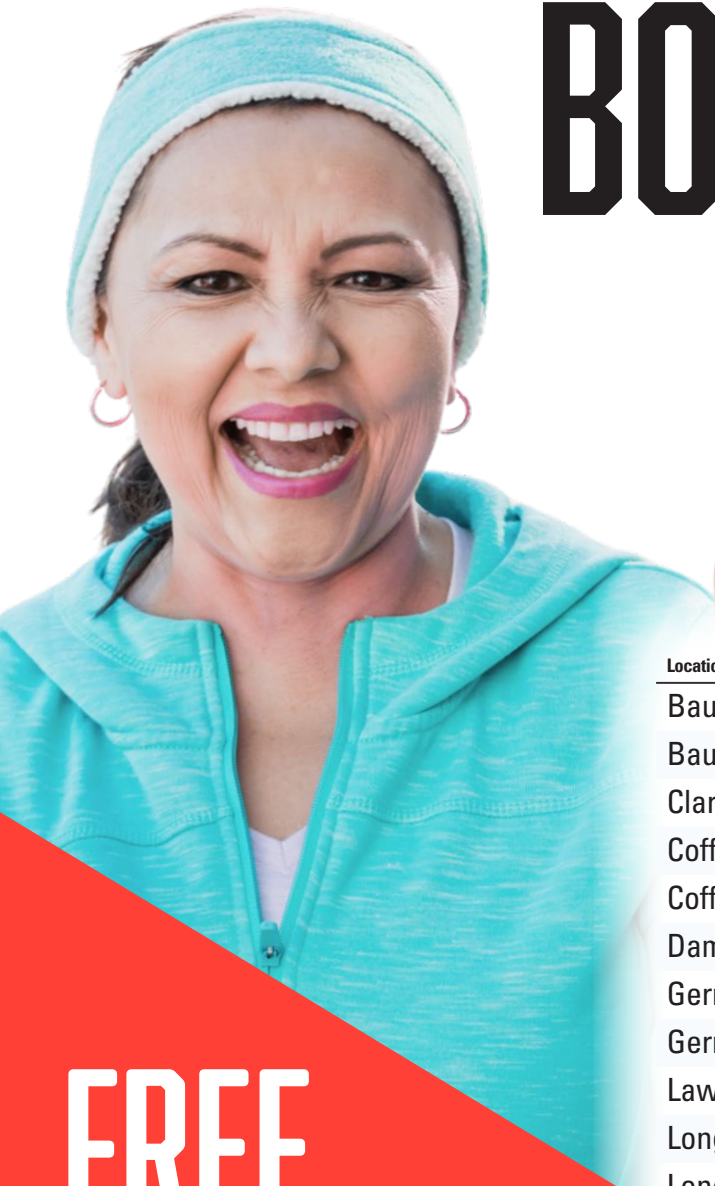
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BONEBUILDERS

Winter 2026

DEC. 1-MARCH 5



FREE
AGES 55+

CLASSES ARE
DESIGNED TO INCREASE
BONE DENSITY.

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Location	Activity	Start Date	Day(s)	Time
Bauer Drive 1	R03010-202	12/1	M,W	11:30 a.m.-12:30 p.m.
Bauer Drive 2	R03010-203	12/2	Tu,Th	1:30-2:30 p.m.
Clara Barton	R03010-204	12/1	M,W	1:30-2:30 p.m.
Coffield 1	R03010-205	12/2	Tu,Th	9:15-10:15 a.m.
Coffield 2	R03010-224	12/1	M,W	9:15-10:15 a.m.
Damascus	R03010-222	12/2	Tu,Th	2:30-3:30 p.m.
Germantown	R03010-206	12/1	M,Th	1-2 p.m.
Germantown 2	R03010-225	12/4	M,Th	2:15-3:15 p.m.
Lawton	R03010-207	12/2	Tu,Th	9:30-10:30 a.m.
Long Branch	R03010-223	12/1	M,W	10-11 a.m.
Longwood 1	R03010-208	12/1	M,W	11:15 a.m.-12:15 p.m.
Longwood 2	R03010-209	12/1	M,W	2-3 p.m.
Mid-County	R03010-210	12/2	Tu,Th	1-2 p.m.
North Potomac 1	R03010-211	12/1	M,W	10:45-11:45 a.m.
North Potomac 2	R03010-212	12/2	Tu,Th	10:40-11:40 a.m.
North Potomac 3	R03010-213	12/2	Tu,Th	11:50 a.m.-12:50 p.m.
Potomac 1	R03010-214	12/1	M,W	9-10 a.m.
Potomac 2	R03010-217	12/1	M,W	Noon-1 p.m.
Praisner 1	R03010-215	12/1	M,W	11 a.m.-Noon
Praisner 2	R03010-227	12/3	M,W	2-3 p.m.
Ross Body	R03010-228	12/9	Tu,Th	Noon-1 p.m.
Schweinhaut	R03010-219	12/2	Tu,Th	10:30-11:30 a.m.
Silver Spring	R03010-221	12/2	Tu,Th	10-11 a.m.
Silver Spring	R03010-226	12/3	M,W	1-2 p.m.
Wheaton 1	R03010-216	12/2	Tu,Th	9:15-10:15 a.m.
Wheaton 2	R03010-220	12/1	M,W	11 a.m.-Noon
Wisconsin Place	R03010-218	12/2	Tu,Th	1-2 p.m.

Senior Neighborhood Programs

Multiple locations throughout the County

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Fitness and Wellness



Sports and Games



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MUSIC



Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
8	Active Golden Karaoke	R07080-202	Holiday Park	1/9	F	11 a.m.-Noon
8	Active Golden Karaoke	R07080-201	Holiday Park	1/6	Tu	11:20 a.m.-12:10 p.m.
11	Angklung Music Lessons	R07109-202	Schweinhaut	12/6	Sa	Noon-2 p.m.
12	Chinese Karaoke	R07080-225	North Potomac	12/2	Tu	1:30-3 p.m.
13	Sing Along	R07080-224	Long Branch	12/1	M	11 a.m.-Noon
3	Song Circle	R07080-208	Schweinhaut	12/12	F	1:30-3:30 p.m.
4	Jam Session	R07115-203	Holiday Park	1/7	Th	2-3:30 p.m.
11	Let's Practice Ukulele! Club	R07115-202	Wheaton	12/4	Th	1-2 p.m.
10	Piano	R07115-205	Silver Spring	12/2	Tu	1:30-2:30 p.m.
2	Piano Club	R07115-201	Holiday Park	1/5	M	2-3:45 p.m.



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SPECIAL EVENTS

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
1	Akhmedova Ballet Presents "Mini Nutcracker"	R07094-202	Schweinhaut	12/6	Sa	1-2:30 p.m.
1	Candles and Wreaths Event with MCPD	R07094-201	Wheaton	12/3	W	10:30 a.m.-12:30 p.m.
9	Cardboard Boat Regatta Design and Build	R07107-231	North Potomac	1/9	F	1-3:30 p.m.
1	Celebrate Puerto Rico Fiesta Calle San Sebastian	R07107-217	Holiday Park	1/16	F	1-3 p.m.
1	Chinese New Year	R07107-214	Holiday Park	2/20	F	1-3 p.m.
1	Cocoa and Crafts	R07107-257	Silver Spring	1/9	F	2-4 p.m.
4	Dance Club Friday	R07081-201	Holiday Park	12/5	F	1-3 p.m.
1	Down County Fitness Fun Day	R07107-267	White Oak	1/16	F	9:30-11:30 a.m.
26	Entertainment Series/ 1 P.M. Show	R07106-202	Holiday Park	12/1	M-Th	1-2 p.m.
1	Gospel with Mel	R07107-216	Holiday Park	2/11	W	1-3 p.m.
1	Hanukkah, A Festival of Lights	R07107-221	North Potomac	12/16	Tu	12:30-1:30 p.m.
1	Holiday Ballroom Dance Showcase	R07107-203	North Potomac	12/5	F	1-5 p.m.
1	Holiday Party	R07107-219	Holiday Park	12/9	Tu	1-2 p.m.
1	International Holiday Bash	R07107-208	Long Branch	12/3	W	10:30 a.m.-1:30 p.m.
1	In the Love of Mike Surrett	R07107-218	Holiday Park	1/9	F	1-3 p.m.
1	Jigsaw Puzzle Competition	R07107-206	North Potomac	1/26	M	10:30 a.m.-4:30 p.m.
1	Jingle Bel Canto and Cookie Decorating	R07107-299	Damascus	12/16	Tu	12:30-2 p.m.
1	Lunar New Year Celebration	R07107-211	North Potomac	2/24	Tu	1:30-3:30 p.m.
1	Mardi Gras	R07107-243	Holiday Park	2/12	Th	1-3 p.m.
1	Mingle and Jingle Holiday Party	R07107-260	North Potomac	12/17	W	1:30-3:30 p.m.
13	New Movie Monday	R07088-200	White Oak	12/1	M	12:30-2 p.m.
1	Scale Model Exhibit	R07107-204	North Potomac	12/8	M	10:30 a.m.-1:30 p.m.
1	TET Lunar Vietnamese New Year Festival	R07107-205	Holiday Park	2/6	F	1-3 p.m.
1	Valentine's Paint Mixer	R07107-220	North Potomac	2/13	F	10:30 a.m.-12:30 p.m.
1	Valentine's Party	R07107-258	Silver Spring	2/13	F	2-4 p.m.
1	Valentine's Party	R07107-215	Holiday Park	2/13	F	1-3 p.m.
1	Winter Celebration	R07089-201	Wheaton	12/19	F	11:45 a.m.-1 p.m.



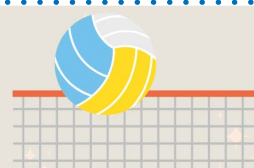
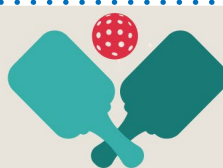
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SPORTS



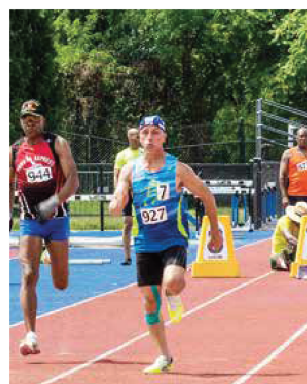
Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
1	Basketball Skills	R07122-201	White Oak	12/19	F	10:30-11:30 a.m.
35	Billiards Club	R07103-213	Damascus	12/2	Tu-Th	10:30 a.m.-12:30 p.m.
11	Beginner Pickleball	R03065-200	East County	1/5	M	12:30-2:30 p.m.
11	Newbies and Beginners Pickleball	R07091-212	Schweinhaut	12/4	Th	1-2 p.m.
11	Advanced Beginners Pickleball	R07091-213	Schweinhaut	12/4	Th	2-3 p.m.
11	Intermediate Pickleball	R03065-201	East County	1/7	W	12:30-2:30 p.m.
11	Intermediate Pickleball	R07091-214	Schweinhaut	12/4	Th	3-4 p.m.
12	Indoor Shuffleboard	R07121-203	Schweinhaut	12/2	Tu	12:30-2 p.m.
10	Table Tennis (Ping Pong)	R07097-203	Schweinhaut	12/1	M	Noon-2 p.m.
11	Table Tennis (Ping Pong)	R07097-204	Schweinhaut	12/5	F	10:30 a.m.-Noon



2026 | COMING SOON



Maryland Senior Olympics



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MINI TRIPS

Class Title	Activity	Location	Start Date	Day(s)	Time
Amish Market	R07101-214	North Potomac	12/12	F	9:30-11:30 a.m.
Amish Market	R07101-291	Damascus	12/19	F	9:30-11:30 a.m.
Brookside Conservatory	R07101-209	Long Branch	1/8	Th	9:45-11:45 a.m.
Deleplane Arts	R07101-295	Damascus	1/28	W	9:30-11:45 a.m.
Dollar Tree Store	R07101-219	Long Branch	1/21	W	9:45-11:45 a.m.
Dollar Tree Store	R07101-217	North Potomac	2/9	M	9:30-11:30 a.m.
Down County Fitness Fun Day	R07101-268	White Oak	1/16	F	9:30-11:30 a.m.
Down County Fitness Fun Day	R07101-269	White Oak	1/16	F	9:30-11:30 a.m.
Germantown Library	R07101-297	Damascus	2/13	F	9:30-11:30 a.m.
International Holiday Bash: Trip to Long Branch	R07107-210	Schweinhaut	12/3	W	10 a.m.-2 p.m.
International Holiday Bash: Trip to Long Branch	R07107-207	Silver Spring	12/3	W	10 a.m.-2 p.m.
International Holiday Bash: Trip to Long Branch	R07107-209	White Oak	12/3	W	10 a.m.-1 p.m.
Lidl Grocery Store	R07101-218	North Potomac	1/5	M	9:30-11:30 a.m.
Milestone	R07101-288	Damascus	12/1	M	9:30-11:30 a.m.
Mt Airy Walmart	R07101-298	Damascus	2/2	M	9:30-11:45 a.m.
Silver Spring Recreation and Aquatic Center	R07101-211	Wheaton	1/14	W	9:30 a.m.-1 p.m.
Trader Joe's Grocery Store	R07101-215	North Potomac	12/4	Th	9:30-11 a.m.
Unique Thrift Store	R07101-245	Wheaton	12/18	Th	9:30-11:30 a.m.
Wegmans Grocery Store	R07101-240	North Potomac	12/16	Tu	9:30-11:30 a.m.


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MONTGOMERY COUNTY RECREATION

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A SPRING SNEAK PEEK



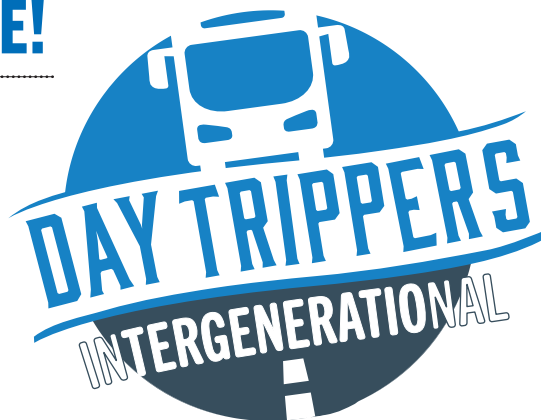
Cherry Blossom Lunch Cruise, D.C. • Ladew Topiary Gardens, MD
• Guided Tour of York, PA • Hillwood Estate, Museum and Gardens, D.C.
• Annual Sailing, MD • Lake Tobias Wildlife Park, PA • American Visionary Art Museum, MD and more.



MAKE EVERY DAY UNFORGETTABLE!

Day Trippers offers intergenerational trips to a variety of destinations. A day trip program 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 depart from and return to Olney Manor Recreational Park, 16605 Georgia Ave., Olney, MD.



A SPRING SNEAK PEEK

Riverdance — American Music Theatre, PA • Glenn Miller Orchestra
— Weinberg Center for the Arts, MD • The Kitchen Shoppe, PA •
Carroll County Farmers Market — Mother's Day Show, MD
• Washington National Cathedral Flower Mart, D.C. • Baker Park
Bandshell Concert Series, MD and more.



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

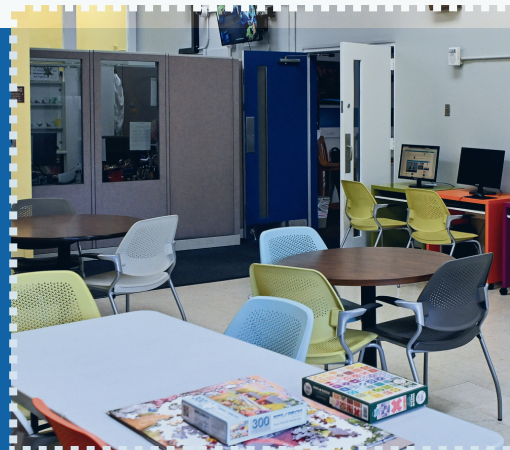
1319 Apple Ave., Silver Spring • 240-777-6900

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
for more information

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.

BY MAIL

Check or money order payment only.

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

ActiveMONTGOMERY

2425 Reddie Drive

10th Floor

Wheaton, MD 20902

DROP-OFF

Customers may drop off their registration form and payment at:

Montgomery County Recreation

Administrative Office

2425 Reddie 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 14 (fourteen) calendar days before start date	Any reason, ONLINE, EMAIL or IN PERSON	Full refund
	Less than 14 (fourteen) calendar days before start date	Any reason, ONLINE, EMAIL or IN PERSON	Refund less 50% of the total fee
	On activity start date or later; After league schedule is posted	N/A	No refund will be issued
Rentals	At least 30 (thirty) calendar days before start date	Any reason, ONLINE, EMAIL or IN PERSON	Full refund
	Less than 30 (thirty) calendar days before start date	Any reason, ONLINE, EMAIL or IN PERSON	Refund less 50% of the total fee
	On rental date	N/A	No refund will be issued
For classes/sessions/games missed by participant		No refund will be issued	For more information visit www.mocorec.com 
When make up sessions are offered			
Memberships			

Withdrawal Methods:

Online: at www.ActiveMONTGOMERY.org

Email: Rec.FinanceOffice@MontgomeryCountyMD.gov

In Person with signature:

Recreation Administrative Office

2425 Reddie Drive

10th 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



CONTACT CUSTOMER SERVICE

Customer Service Available

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

Phone: 240-777-6840

Email: recreation.customerservice@montgomerycountymd.gov

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



MONTGOMERY COUNTY
Recreation

Facility Addresses

Registration begins Tuesday, Nov. 18 for winter programs.



Looking for Senior Centers?

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



Looking for pool locations?

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

ELEMENTARY SCHOOLS

Arcola ES.....	1820 Franwall Ave, Silver Spring 20902
Bethesda ES.....	7600 Arlington Rd, Bethesda 20814
Oakland Terrace ES.....	2720 Plyers Mill Rd, Silver Spring 20902
Kemp Mill ES.....	411 Sisson St, Silver Spring 20902
Kensington Parkwood ES.....	4710 Saul Rd, Kensington, 20895
Rock View ES.....	3901 Denfeld Ave, Kensington, 20895

MIDDLE SCHOOLS

Cabin John MS.....	10701 Gainsborough Rd, Potomac 20854
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HIGH SCHOOLS

Churchill HS.....	11300 Gainsborough Rd, Potomac 20854
Kennedy HS.....	1901 Randolph Rd, Wheaton 20902
Wootton HS.....	2100 Wootton Pkwy, Rockville, 20850
Wheaton HS.....	12401 Dalewood Dr, Silver Spring, 20906

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 Lyttonville 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

PARKS

Cabin John RP.....	7400 Tuckerman Ln, Bethesda, 20817
Bauer Drive LP.....	14625 Bauer Dr, Rockville, 20853
Olney Manor RP.....	16601 Georgia Ave, Olney 20832
Veirs Mill LP.....	4425 Garrett Park Rd, Silver Spring, MD 20906
Wheaton RP.....	2000 Shorefield Rd, Silver Spring, 20902



OTHER FACILITIES

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

Abbreviation Key

Outdoor Pools

BOP - Bethesda Outdoor Pool
GOP - Germantown Outdoor Pool
LBOP - Long Branch Outdoor Pool
MLKOP - Martin Luther King Jr. Outdoor Pool
UCOP - Upper County Outdoor Pool
WCOP - Sarah E. Auer Western County Outdoor Pool
WGOP - Sergeant Hector I. Ayala Wheaton/Glenmont Outdoor Pool

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

Parks

LP - Local Park
RP - Regional Park/ Recreational Park

Centers

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

Schools

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



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 Reddie Drive

10th Floor

Wheaton, MD 20902

[See Map](#)

WINTER 2025 -26

Registration begins

Tuesday, Nov. 18



Public Outreach Team



Customer Service Team

Montgomery County Recreation
2425 Reddie Drive
10th Floor
Wheaton, MD 20902



www.mocorec.com



240-777-6840



recreation.customerservice@montgomerycountymd.gov



MONTGOMERY COUNTY
Recreation