

MONTGOMERY COUNTY GUIDE

CLASSES. PROGRAMS. ACTIVITIES. EVENTS.



FALL 2019



MONTGOMERY COUNTY
Recreation

WHEATON COMMUNITY RECREATION CENTER

Ribbon Cutting

COMING SOON

For more information including hours
of operation visit

WWW.MOCOREC.COM

11701 GEORGIA AVE., WHEATON
240-777-4980 | Hablamos Español



MONTGOMERY COUNTY
Recreation

POOCH POOL PARTY



SERGEANT HECTOR I. AYALA
WHEATON-GLENMONT OUTDOOR POOL
12621 DALEWOOD DRIVE, WHEATON

11 A.M. – 3 P.M. • \$10

SAT., SEPT. 7
SUN., SEPT. 8

ACTIVITY 71362
ACTIVITY 71363

Pre-registration is required. Written proof of current rabies vaccination required for admission. Rabies tag not accepted.

Register online at
ActiveMONTGOMERY.org



MONTGOMERY COUNTY
Recreation

A look Inside...

Fall 2020
Recreation and Parks Programs



Registration
For Fall
Classes & Swim
Lessons Begins

August 12

Active 55+ Adults Programs77

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Active Adults
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Dance
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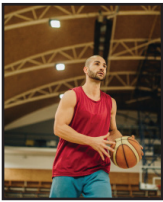


Welcome to the fall issue of the Montgomery County Guide. As summer winds down, Montgomery County is preparing to open the new Wheaton Library and Recreation Center. We hope you will join us for the grand opening celebration as well as the many upcoming events and festivals that Montgomery County Recreation hosts this fall at locations around the County. I encourage you to stay active and engaged by discovering a Montgomery County Recreation program that fits your lifestyle and schedule. From arts to aquatics to active 55+ programs to classes for tiny tots, there's something for all ages and interests. Enjoy exploring the Guide!

Marc Elrich
Montgomery County Executive

Montgomery County Recreation
4010 Randolph Road, Silver Spring, MD 20902
240-777-6840 | Hablamos Español
WWW.MOCOREC.COM

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Sports
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HABLAMOS ESPAÑOL

Si desea obtener información de Montgomery County Recreación sobre los programas, proceso de asistencia financiera, actividades, centros recreativos, clases, eventos especiales, y oportunidades de empleo, por favor llame al 240-777-6840. Ofrecemos una variedad de actividades para que personas de todas las edades puedan participar. Si tiene alguna sugerencia sobre otro tipo de programas, llámenos al 240-777-6840.

- GAMES • CRAFTS • MOVIES • SPORTS • DJ/DANCING
- SPECIAL EVENTS • PRIZES • SNACK BAR • RAFFLES



CLUB
FRIDAY
FOR GRADES 3-6
CO-ED

Fridays from October 2019 to May 2020.

Registration begins on August 12, 2019. Check locations for more specific details.

Clara Barton Neighborhood Recreation Center	MEMBERSHIP FEE \$62	ACTIVITY 71754
Germantown Community Recreation Center	MEMBERSHIP FEE \$72	ACTIVITY 71738
Jane. E Lawton Community Recreation Center	MEMBERSHIP FEE \$72	ACTIVITY 71734
Longwood Community Recreation Center	MEMBERSHIP FEE \$72	ACTIVITY 71737
Nancy H. Dacek North Potomac Community Recreation Center	MEMBERSHIP FEE \$72	ACTIVITY 71739
Potomac Community Recreation Center	MEMBERSHIP FEE \$100	ACTIVITY 71735
Upper County Community Recreation Center	MEMBERSHIP FEE \$72	ACTIVITY 71736

Register online at ActiveMONTGOMERY.org
240-777-4980 | Hablamos Español | WWW.MOGOREC.COM





MONTGOMERY COUNTY RECREATION

SOAR

SENIOR OUTDOOR ADVENTURES IN RECREATION



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

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

FALL REGISTRATION BEGINS TUESDAY, AUGUST 13, 2019 AT 8:30 A.M.

<u>Activity</u>	<u>Name</u>	<u>Day</u>	<u>Date</u>	<u>Start Time</u>	<u>Cost</u>
64651	Walking Tour of Harper's Ferry, W.Va.	Th	9/5	7:45 a.m.	\$59
64652	Tour of Port Deposit, Md.	W	9/11	7:45 a.m.	\$75
64653	Tour of Port Deposit, Md.	Th	9/12	7:45 a.m.	\$75
64654	Walking Tour of Capitol Hill	W	9/18	8:15 a.m.	\$45
64655	Walking Tour of Capitol Hill	Th	9/19	8:15 a.m.	\$45
64656	Sailing on the Sultana, Chestertown, Md.	Th	9/26	7:30 a.m.	\$89
64657	A Passport to History in Charles County, Md.	Th	10/3	7:45 a.m.	\$85
64658	Potomac Eagle Scenic Vintage Railroad Trip in W.Va.	W	10/16	9:30 a.m.	\$90
64659	Potomac Eagle Scenic Vintage Railroad Trip in W.Va.	Th	10/17	9:30 a.m.	\$90
64660	Tour Thomas Jefferson's Estate in Monticello, Va.	Th	10/24	7 a.m.	\$89
64661	Winfield Parker & His Band in Concert	W	11/6	1 p.m.	\$45
64662	Guided & Narrated Walking Tour of the U.S. Naval Academy	Th	11/14	8 a.m.	\$49
64663	Longwood Gardens Holiday Lights	Th	12/5	10:30 a.m.	\$63

FIRST DAY, IN PERSON REGISTRATION ON AUGUST 13 WILL BE HELD AT THE HOLIDAY PARK SENIOR CENTER FROM 8:30 - 10:30 A.M.



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

Join us for our fun family and adult trips offered throughout each season and leave the driving to us. Children under 18 must be accompanied by an adult. Trips leave from and return to the Olney Manor Recreational Park, 16605 Georgia Ave., Olney. This is at the traffic light at Georgia Avenue and Emory Lane. It is accessible by both automobile and public bus. Turn onto Emory Lane, take the second left and follow signs for Skate Park and Ballfield #1.

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<u>Activity</u>	<u>Name</u>	<u>Day</u>	<u>Date</u>	<u>Start Time</u>	<u>Cost</u>
64664	Zip & Sip - Terrapin Adventures, Savage, Md.	Sa	9/21	10:30 a.m.	\$79
64665	"Annie" at the Riverside Theatre	Su	9/29	10:15 a.m.	\$109
64666	Bridge Bust-Veterans Memorial Bridge, Pa.	Sa	10/5	8 a.m.	\$59
64667	Tudor House Tour, Tea & D.C. Neighborhood Shopping	Th	10/10	10 a.m.	\$79
64668	Tudor House Tour, Tea & D.C. Neighborhood Shopping	F	10/11	10 a.m.	\$79
64669	Fells Point Fun Festival, Baltimore, Md.	Sa	10/12	10 a.m.	\$46
64670	Oysterfest, St. Michael's, Md.	Sa	10/26	8 a.m.	\$71
64671	Frank Lloyd Wright's Fallingwater & Kentuck Knob	Sa	11/2	6:30 a.m.	\$119
64672	"Newsies" at Arena Stage	Sa	11/16	11:45 a.m.	\$119
64673	"Joy to the World" at the American Music Theatre Pa.	Sa	11/23	9 a.m.	\$119
64674	Christmas Tea at the Red Brick Tea Room, Pa.	Tu	11/26	9:15 a.m.	\$82
64675	A Tea Affair Tea Room, Tea and Shops, Lititz, Pa.	F	12/6	9 a.m.	\$89
68453	"Holiday Inn" at the Dutch Apple Theatre	Su	12/8	9 a.m.	\$104
64676	A Tea Affair Tea Room, Tea and Shops, Lititz, Pa.	F	12/13	9 a.m.	\$89
68454	Christmas Village in Baltimore, Lights on the Bay	Sa	12/14	2:30 p.m.	\$104
68455	"Jesus Christ Superstar" at the Hippodrome, Baltimore, Md.	W	12/18	5:30 p.m.	\$149
69402	"Miracle on 34 Street" at the Allenberry Playhouse, Pa.	Sa	12/21	9:30 a.m.	\$139

FIRST DAY, IN PERSON REGISTRATION ON AUGUST 13 WILL BE HELD AT THE HOLIDAY PARK SENIOR CENTER FROM 8:30 - 10:30 A.M.



Excel
Beyond
the Bell



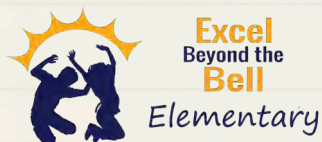
YOUTH DEVELOPMENT

Montgomery County Recreation

Youth Development Office: 240-777-8080

The Youth Development Team is generating an enhanced and vibrant approach to service delivery that reaches out to all young people. We use recreation to ensure young people are productive, healthy, and connected during out-of-school time. Our positive youth development strategies include opportunities, programs, and services which emphasize health & wellness, youth leadership & social equity, workforce development, and connection to caring adult role models.

Excel Beyond the Bell - Elementary



A high-quality after-school program that provides opportunities for academic and recreational enrichment. Participants power up with a healthy,

hot meal. Students are part of a great afterschool experience, fostering a sense of community and belonging. Check our website for participating schools.

Rec Extra - Middle Schools



Discover new opportunities! Meet students you might not otherwise meet! Get to know your teachers outside of the academic setting.

RecXtra offers exciting after-school activities that make school a more exciting place to be. Check our website for participating schools.

Soccer4Change



Soccer4Change is a referral based outreach soccer program that runs seasonally. The program is designed to connect high school youth to critical developmental assets through team play. Throughout this league, coaches work with our youth to instill four core team values: Accountability,

Respect, Trust and Teamwork. Contact our office to find out how to make a referral.

Excel Beyond the Bell - Middle



Students at Excel Beyond the Bell schools get expanded access to after school! Members can power up with an after school meal before

heading off to an activity of their choice. Need a ride home? Membership includes access to a 5:45 p.m. activity bus. You might come for the extracurricular activities, but you will stay for the people you meet! Check our website for participating schools.

RecZone - High Schools



RecZone brings the excitement you crave to your time after school. Get away from school pressures, be active, hang out with friends and even meet some cool adults.

RecZone provides a wide variety of opportunities: Employment Help, Creative Arts, Mentoring, Dance, Leadership, College Tours, Homework Help, lunch time programs and more! Check our website for participating schools.

TeenWorks



TeenWorks is a year-round employment program for high school-aged youth in

Montgomery County. Volunteering with TeenWorks is the initial state of the process for those looking for their first job. Participants gain valuable employment experience while working in your Youth Development programs, and through the job-readiness trainings that are offered. Check out our webpage to find out how to become a member of the TeenWorks team.



CLUB ADVENTURE

Sports & Games, Arts & Crafts,
Special Events And More!

Visit ACTIVEMONTGOMERY.org to register.

**Damascus Community
Recreation Center**
25520 Oak Drive
Damascus, MD 20872
240-777-6930

Grades K- 5

71406	September
71407	October
71408	November
71440	December
71441	January
71442	February
71443	March
71444	April
71445	May
71446	June

**East County Community
Recreation Center**
3310 Gateshead Manor Way
Silver Spring, MD 20904
240-777-8090

Grades K- 5

71409	September
71410	October
71411	November
71447	December
71448	January
71449	February
71450	March
71451	April
71452	May
71453	June

**Gwendolyn Coffield Community
Recreation Center**
2450 Lyttonsville Road
Silver Spring, MD 20910
240-777-4900

Grades K- 5

71403	September
71404	October
71405	November
71433	December
71434	January
71435	February
71436	March
71437	April
71438	May
71439	June

**Long Branch Community
Recreation Center**
8700 Piney Branch Road
Silver Spring, MD 20901
240-777-6965

Grades K- 5

71412	September
71413	October
71414	November
71454	December
71455	January
71456	February
71457	March
71458	April
71459	May
71460	June

**Mid-County Community
Recreation Center**
2004 Queensguard Road
Silver Spring, MD 20906
240-777-6820

Grades K- 5

71418	September
71419	October
71420	November
71468	December
71469	January
71470	February
71471	March
71472	April
71473	May
71474	June

**Marilyn J. Praisner Community
Recreation Center**
14906 Old Columbia Pike
Burtonsville, MD 20866
240-777-4970

Grades K- 5

71415	September
71416	October
71417	November
71461	December
71462	January
71463	February
71464	March
71465	April
71466	May
71467	June

**North Potomac Community
Recreation Center**
13850 Travilah Road
Rockville, MD 20850
240-773-4800

Grades K- 5

71421	September
71422	October
71423	November
71475	December
71476	January
71477	February
71478	March
71479	April
71480	May
71481	June

**Plum Gar Community
Recreation Center**
19561 Scenery Drive
Germantown, MD 20876
240-777-4919

Grades K- 5

71424	September
71425	October
71426	November
71482	December
71483	January
71484	February
71485	March
71486	April
71487	May
71488	June

**Upper County Community
Recreation Center**
8201 Emory Grove Road
Gaithersburg, MD 20877
240-777-8077

Grades K- 5

71427	September
71428	October
71429	November
71489	December
71490	January
71491	February
71492	March
71493	April
71494	May
71495	June

**White Oak Community
Recreation Center**
1700 April Lane
Silver Spring, MD 20904
240-777-6940

Grades K- 5

71430	September
71431	October
71432	November
71496	December
71497	January
71498	February
71499	March
71500	April
71501	May
71502	June

There will be time allotted for self-directed learning. For more information please contact
the Recreation Centers listed above.



Saturday, September 21, 2019

10 a.m. : Parade
Old Columbia Pike
Rain or Shine

11 a.m. - 3 p.m. : Festival
Marilyn J. Praisner
Community Recreation Center

Music • Food • Vendors • Children's Activities

For more information visit Burtonsvilleday.org



Aquatics

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

INDOOR POOLS

**Martin Luther King, Jr
Swim Center (MLK)**
240-777-8060
1201 Jackson Road
Silver Spring, MD 20904
Closed: Nov. 2-3, 2019

**Eunice Kennedy Shriver &
Sargent Shriver Aquatic
Center (KSAC)**
240-777-8070
5900 Executive Boulevard
N. Bethesda, MD 20852
Closed: Oct. 5, 2019

**Olney Indoor
Swim Center (OSC)**
240-777-4995
16605 Georgia Avenue
Olney, MD 20832
Closed: Nov. 9-10, 2019

**Germantown
Indoor Swim Center (GISC)**
240-777-6830
18000 Central Park Circle
Boyd's, MD 20841
*Closed: Oct. 12-13, 2019
Nov. 15-17, 2019
Dec. 12-15, 2019*

All facilities closed Thanksgiving Day, Nov. 28, 2019.

Family Recreational Swims

Recreational and lap-swim sessions are available daily at each pool. Patrons may pay admission for each entry or purchase a family, pair, senior or individual pool pass. Groups of more than six must contact pool management for additional information.

Swimming Instruction

Please check each pool's listing for lesson schedule changes. Lessons will be held on all other days the facility is open. Please register accordingly.

Rentals and Parties

Groups can rent space at GISC, KSAC, OSC and MLK for events. Party rooms are available as well. Contact the facility or visit www.mocorec.com for available times and fees.

Website Information

Find schedules online for swim lessons, safety training (lifeguard training), masters swim training, diving, water fitness classes and swim team, as well as general pool use. Visit www.mocorec.com for more information.

REGISTRATION NOTICE



BEGINNING FALL 2019

In-person registration for aquatic programs between 6:30-8:30 a.m. will be held at all indoor aquatics centers only.

The Montgomery County Recreation administrative office will open at 8:30 a.m. on the first day of registration.



WATER FITNESS CLASSES

- The program fee covers only the class and locker room use. If you wish to use the facility before or after class you must pay the admission fee.
- No swimming experience is required. For Deep Water Running student must be comfortable in deep water.
- Entrance to locker rooms is permitted 10 minutes prior to class.
- Physician release form is required if pregnant.
- Physician consultation is recommended prior to participation in any exercise program.
- MCR does not schedule make-up classes for inclement weather. Make-up passes are available from instructors. Withdrawal policies are listed on page 164.
- For more information, contact Linda Costello at 301-924-3488 or wellnet1@aol.com, or Teresa Shelton at 410-491-3000 or tsshelton100@yahoo.com.



WATER FITNESS

Water Fitness

Abs & Glutes & More

Ages 12 & Up: This shallow-water aerobics class is high-energy and packed with power to sculpt your abs, glutes and more. Gloves are recommended and can be purchased in class.

13 Sessions \$85

Instructor: H2O Fitness

68365	KSAC	9/10	Tu	9 a.m.-9:50 a.m.
68366	KSAC	9/12	Th	9 a.m.-9:50 a.m.

14 Sessions \$91

Instructor: H2O Fitness

68367	MLK	9/16	M	10 a.m.-10:50 a.m.
68368	MLK	9/18	W	10 a.m.-10:50 a.m.
68369	MLK	9/19	Th	8:30 p.m.-9:20 p.m.

Aqua Cardio Challenge

Ages 12 & Up: This class offers a vigorous, shallow-water workout with a cardio challenge. Participants will build muscle, endurance and stamina.

12 Sessions \$78

Instructor: H2O Fitness

68371	MLK	9/15	Su	5 p.m.-5:50 p.m.
68370	MLK	9/17	Tu	8:30 p.m.-9:20 p.m.

Aqua Cardio Dance

Ages 12 & Up: This workout integrates dance and exercise! Aqua Cardio Dance adds all of the benefits of aquatic exercise to popular high-energy dance workouts.

13 Sessions \$85

Instructor: Wellness Network

68372	OSC	9/8	Su	9:05 a.m.-9:55 a.m.
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Instructor: H2O Fitness

68374	MLK	9/17	Tu	9:30 a.m.-10:20 a.m.
68375	MLK	9/19	Th	9:30 a.m.-10:20 a.m.

Aqua Lite

Ages 12 & Up: This low-intensity, low-impact class will improve joint flexibility, balance and coordination. For those with arthritis, or recovering from injury or surgery, this class will help reduce muscle weakness, pain and stiffness.

14 Sessions \$91

Instructor: Wellness Network

68376	OSC	9/9	M	10 a.m.-10:50 a.m.
68379	KSAC	9/9	M	11 a.m.-11:50 a.m.
68377	OSC	9/11	W	10 a.m.-10:50 a.m.
68380	KSAC	9/11	W	11 a.m.-11:50 a.m.
68378	OSC	9/13	F	10 a.m.-10:50 a.m.

Aqua Spin

Ages 12 & Up: Participants of all fitness levels can spin their wheels on a stationary bike in the water. This invigorating class combines the best of a cycle spinning class with a water exercise class. Some of these benefits include high intensity workout using the water to cushion and protect the joints as well as facilitate high caloric burn, lean muscle building of upper and lower body, and cardio conditioning. Get ready to have fun. Aqua shoes are required.

9 Sessions \$77

Instructor: H2O Fitness

68384	MLK	9/14	Sa	7 p.m.-7:50 p.m.
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13 Sessions \$111

Instructor: H2O Fitness

68387	MLK	9/16	M	6:30 a.m.-7:20 a.m.
68382	MLK	9/17	Tu	10:30 a.m.-11:20 a.m.
68385	MLK	9/18	W	7:30 a.m.-8:20 a.m.
68381	MLK	9/19	Th	10:30 a.m.-11:20 a.m.
68388	MLK	9/20	F	6:30 a.m.-7:20 a.m.
68383	MLK	9/20	F	7:30 p.m.-8:20 p.m.
68386	MLK	9/20	F	9 a.m.-9:50 a.m.

14 Sessions \$119

Instructor: H2O Fitness

68444	KSAC	9/11	W	12:30 p.m.-1:20 p.m.
68443	KSAC	9/11	W	8:30 p.m.-9:20 p.m.
68445	KSAC	9/12	Th	1 p.m.-1:50 p.m.
71978	KSAC	9/13	F	8 a.m.-8:50 a.m.
68447	KSAC	9/13	F	8 p.m.-8:50 p.m.





WATER FITNESS



Aqua YO-Lates

Ages 12 & Up: Aqua Yo-Lates blends yoga and Pilates exercises in the water. The gentle movement sequences will improve range of motion and help strengthen the whole body.

13 Sessions \$85

Instructor: H2O Fitness
68389 MLK 9/20 F 10 a.m.-10:50 a.m.

Deep Water Running

Ages 12 & Up: Running in deep water is an ideal cardiovascular exercise with no weight-bearing stress. This exercise is beneficial for cross training and rehabilitating. Deep water belt is required and can be purchased for \$20.

9 Sessions \$59

Instructor: Wellness Network
68394 GISC 9/7 Sa 9:30 a.m.-10:20 a.m.
Instructor: H2O Fitness
68419 MLK 9/14 Sa 9 a.m.-9:50 a.m.

11 Sessions \$72

Instructor: Wellness Network
68404 OSC 9/7 Sa 9:05 a.m.-9:55 a.m.

13 Sessions \$85

Instructor: H2O Fitness
68413 MLK 9/16 M 1 p.m.-1:50 p.m.
68414 MLK 9/17 Tu 7:30 a.m.-8:20 a.m.
68415 MLK 9/17 Tu 7:30 p.m.-8:20 p.m.
68420 MLK 9/18 W 1 p.m.-1:50 p.m.
68416 MLK 9/19 Th 7:30 a.m.-8:20 a.m.
68417 MLK 9/19 Th 7:30 p.m.-8:20 p.m.
68418 MLK 9/20 F 11 a.m.-11:50 a.m.

14 Sessions \$91

Instructor: Wellness Network
68391 GISC 9/9 M 10:30 a.m.-11:20 a.m.
68395 GISC 9/9 M 7:50 p.m.-8:40 p.m.
68405 GISC 9/10 Tu 10 a.m.-10:50 a.m.
68392 GISC 9/11 W 10:30 a.m.-11:20 a.m.
68393 GISC 9/12 Th 9:30 a.m.-10:20 a.m.
71992 GISC 9/13 F 10:30 a.m.-11:20 a.m.
68407 KSAC 9/10 Tu 7:45 p.m.-8:35 p.m.
68390 KSAC 9/12 Th 7:30 p.m.-8:20 p.m.
68396 OSC 9/9 M 7:15 p.m.-8:05 p.m.
68398 OSC 9/10 Tu 10:30 a.m.-11:20 a.m.
68408 OSC 9/10 Tu 8:15 p.m.-9:05 p.m.
68397 OSC 9/10 Tu 8:30 a.m.-9:20 a.m.
68409 OSC 9/11 W 6:30 a.m.-7:20 a.m.
68399 OSC 9/11 W 7:15 p.m.-8:05 p.m.
68401 OSC 9/12 Th 11 a.m.-11:50 a.m.
68402 OSC 9/12 Th 8:15 p.m.-9:05 p.m.
68400 OSC 9/12 Th 9 a.m.-9:50 a.m.
71976 OSC 9/13 F 6:30 a.m. - 7:20 a.m.
68403 OSC 9/13 F 6:20 p.m.-7:10 p.m.

Instructor: H2O Fitness

68410 KSAC 9/10 Tu 10 a.m.-10:50 a.m.
68411 KSAC 9/12 Th 10 a.m.-10:50 a.m.
68412 KSAC 9/13 F 9 a.m.-9:50 a.m.

Hi/Lo Cardio Fusion

Ages 12 & Up: Combine yoga and Pilates exercises for an interesting cardio workout.

14 Sessions \$91

Instructor: H2O Fitness
68421 KSAC 9/13 F 11:30 a.m.-12:20 p.m.

Water Aerobics

Ages 12 & Up: This fast-paced, shallow-water aerobics class uses water to cushion feet, knees and back, with an emphasis on cardiovascular conditioning.

13 Sessions \$85

Instructor: Wellness Network
68423 GISC 9/12 Th 7:50 p.m.-8:40 p.m.

14 Sessions \$91

Instructor: Wellness Network
68424 KSAC 9/9 M 10 a.m.-10:50 a.m.
68431 OSC 9/9 M 8:15 p.m.-9:05 p.m.
68426 OSC 9/10 Tu 7:15 p.m.-8:05 p.m.
68425 OSC 9/10 Tu 9:30 a.m.-10:20 a.m.
68430 KSAC 9/11 W 10 a.m.-10:50 a.m.
68422 OSC 9/11 W 8:15 p.m.-9:05 p.m.
68427 OSC 9/12 Th 10 a.m.-10:50 a.m.
68428 OSC 9/12 Th 7:15 p.m.-8:05 p.m.
68373 KSAC 9/13 F 10 a.m.-10:50 a.m.

Instructor: H2O Fitness

68373 KSAC 9/13 F 10 a.m.-10:50 a.m.

Water Exercise

Ages 12 & Up: This multi-level aerobics workout uses water resistance to increase range of motion, strengthen muscles and improve cardiovascular fitness. It is not necessary to get your face wet.

13 Sessions \$85

Instructor: H2O Fitness
68441 MLK 9/16 M 9 a.m.-9:50 a.m.
68442 MLK 9/18 W 9 a.m.-9:50 a.m.

14 Sessions \$91

Instructor: Wellness Network
68434 OSC 9/9 M 9 a.m.-9:50 a.m.
68435 OSC 9/11 W 9 a.m.-9:50 a.m.
68432 GISC 9/11 W 9:30 a.m.-10:20 a.m.
68436 OSC 9/13 F 9 a.m.-9:50 a.m.
Instructor: H2O Fitness
68437 KSAC 9/9 M 8:30 p.m.-9:20 p.m.
8438 KSAC 9/10 Tu 11:30 a.m.-12:20 p.m.
68439 KSAC 9/11 W 8:30 p.m.-9:20 p.m.
68440 KSAC 9/12 Th 11:30 a.m.-12:20 p.m.

Diving

AAU National Team

Ages 6-17: This is an invitation-only program designed to prepare athletes for AAU and collegiate competition. Participants will train for and compete in AAU Diving meets around the area, with the goal of qualifying for the AAU National Championships. All participants must pay a \$300 team fee each year and sign up for the email newsletter at www.montgomerycountydivclub.org.

27 Sessions \$709

Instructor: Built By Beavers

68736 MLK 9/16 M,W,F 7 p.m.-9 p.m.

High School Diving

Ages 6-17: Our high school group is perfect for divers interested in trying out for their high school diving team, or who want to improve their performance at METROS, regional, and State championship meets. Primary focus is on one-meter springboard, but other equipment is used to build skills. All participants must pay a \$15 team fee and sign up for the email newsletter at www.montgomerydivclub.org.

10 Sessions \$289

Instructor: Built By Beavers

68699 KSAC 9/9 M 8 p.m.-9:30 p.m.

8702 GISC 9/9 M 8:30 p.m.-10 p.m.

68701 GISC 9/11 W 8:30 p.m.-10 p.m.

68700 KSAC 9/12 Th 8 p.m.-9:30 p.m.

Level 1: Human Springs

Ages 5-11: This 45-minute class is designed for absolute beginners, or kids who might like a shorter class format. Participants must be comfortable swimming in deep water and be able to dive in head-first. All participants must pay a \$15 team fee per quarter and sign up for the email newsletter to stay informed at www.montgomerydivclub.org.

10 Sessions \$153

Instructor: Built By Beavers

68706 KSAC 9/9 M 4:15 p.m.-5 p.m.

68712 GISC 9/9 M 4:30 p.m.-5:15 p.m.

68704 KSAC 9/9 M 5 p.m.-5:45 p.m.

68703 KSAC 9/10 Tu 4:15 p.m.-5 p.m.

68710 KSAC 9/11 W 4:15 p.m.-5 p.m.

68711 GISC 9/11 W 4:30 p.m.-5:15 p.m.

68709 OSC 9/11 W 5 p.m.-5:45 p.m.

68708 GISC 9/12 Th 4:30 p.m.-5:15 p.m.

68707 KSAC 9/13 F 4:15 p.m.-5 p.m.

68737 MLK 9/15 Su 10:30 a.m.-11:15 a.m.

68738 MLK 9/15 Su 11:15 a.m.-Noon

Level 2/3: Human Springs

Ages 8-18: This is a combined Level 2 and 3 class. These 90-minute classes are for participants with some experience in summer diving, trampoline, gymnastics, or dance. This class is appropriate for participants who are interested in improving their diving skills. Divers will be offered the opportunity to learn skills on the one meter and three meter springboards as well as poolside. Divers must be comfortable jumping off the one meter springboard and swimming in deep water. All participants must pay a \$15 team fee each quarter and sign up for the email newsletter to stay informed at www.montgomerydivclub.org.

10 Sessions \$289

Instructor: Built By Beavers

68722 GISC 9/9 M 5:15 p.m.-6:45 p.m.

68716 GISC 9/10 Tu 5 p.m.-6:30 p.m.

68718 KSAC 9/10 Tu 5 p.m.-6:30 p.m.

68705 KSAC 9/11 W 5 p.m.-6:30 p.m.

68720 GISC 9/11 W 5:15 p.m.-6:45 p.m.

68714 OSC 9/11 W 5:45 p.m.-7:15 p.m.

68715 KSAC 9/12 Th 4:30 p.m.-6 p.m.

68717 GISC 9/12 Th 5:15 p.m.-6:45 p.m.

68719 KSAC 9/13 F 5 p.m.-6:30 p.m.

68721 GISC 9/13 F 5:15 p.m.-6:45 p.m.

68739 MLK 9/15 Su 9 a.m.-10:30 a.m.

68713 KSAC 9/15 Su 8:30 a.m.-10 a.m.

Now Hiring: Part Time Staff

Part-time temporary work is available at our indoor pools for Lifeguards, Instructors, Cashiers and Swim Coaches. Training and certification is available.

For more information, contact a facility supervisor at the indoor pool nearest you or call the Aquatics Office at 240-777-6860.



DIVING





DIVING

Level 3: Human Springs

Ages 8-18: These 90-minute classes are for participants with past diving experience from summer diving or level 2. This class is appropriate for kids who can already perform an inward dive and a front 1 1/2. All participants must pay a \$15 team fee per quarter and sign up for the email newsletter at www.montgomerydiveclub.org.

10 Sessions \$289

Instructor: Built By Beavers

68723	KSAC	9/9	M	6:30 p.m.-8 p.m.
68726	KSAC	9/10	Tu	6:30 p.m.-8 p.m.
68724	KSAC	9/11	W	6:30 p.m.-8 p.m.
68725	KSAC	9/12	Th	6 p.m.-7:30 p.m.
68727	KSAC	9/13	F	6:30 p.m.-8 p.m.

Masters Diving

Ages 19 & Up: It's never too late to learn to dive. This program is for adults who want to try diving or former competitive divers. All participants must pay a \$15 team fee and sign up for the email newsletter at www.montgomerydiveclub.org.

10 Sessions \$289

Instructor: Built By Beavers

71570	GISC	9/11	W	8:30 p.m.-10 p.m.
68728	KSAC	9/9	M	8 p.m.-9:30 p.m.
68729	KSAC	9/12	Th	8 p.m.-9:30 p.m.

National Development Program (NDP)

Ages 6-13: This is an invitation only program. It is designed for young, highly talented athletes who aspire to compete at the highest levels in USA Diving competition. All participants must pay a \$300 team fee, a quarterly club fee each year and sign up for the email newsletter at montgomerydiveclub.org.

19 Sessions \$420

Instructor: Built By Beavers

68730	KSAC	9/13	M,F	4:15 p.m.-8:15 p.m.
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20 Sessions \$420

Instructor: Built By Beavers

68731	GISC	9/10	Tu,Th	4:30 p.m.-6:30 p.m.
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Springs Diving Team - Homeschool Edition

Ages 7-18: This class is designed for absolute beginners through advanced divers. Participants will learn fundamental springboard diving skills under the instruction of professional diving coaches from the Montgomery Dive Club. The students will spend half of their practice time on trampoline, tumbling mats, and dry diving boards in our in our specialized trampoline room right next to KSAC. The other half of each practice will take place in the world class diving pool at KSAC on both one meter and three meter springboards. Diving is a terrific way to build confidence, mental focus, and courage. These classes are taught in a positive, encouraging atmosphere by trained instructors. Students must be comfortable swimming in deep water. Additional diving experience is not needed. Participant must also pay an additional \$180 fee to Montgomery Dive Club.

10 Sessions \$189

Instructor: Built By Beavers

68734	KSAC	9/9	M	Noon-2 p.m.
68732	KSAC	9/11	W	Noon-2 p.m.
68733	KSAC	9/13	F	Noon-2 p.m.

USAD National Team

Ages 6-17: This is an invitation only program designed to prepare athletes for USA DIVING and collegiate competition. This is a year round program focused on the highest levels of personal and team achievement. All participants must pay a \$300 team fee and a quarterly club fee each year and sign up for the email newsletter at www.montgomerydiveclub.org.

USAD National Team - 3 Days \$447

Instructor: Built By Beavers

68693	KSAC	9/9	Su-F	3:30 p.m.-8:30 p.m.
68694	GISC	9/9	Su-F	3:30 p.m.-8:30 p.m.

USAD National Team - 4 Days \$552

Instructor: Built By Beavers

68695	GISC	9/9	Su-F	3:30 p.m.-8:30 p.m.
68696	KSAC	9/9	Su-F	3:30 p.m.-8:30 p.m.

USAD National Team - 5 Days \$657

Instructor: Built By Beavers

68697	KSAC	9/9	Su-F	3:30 p.m.-8:30 p.m.
68698	GISC	9/9	Su-F	3:30 p.m.-8:30 p.m.

Masters

Masters Swimming

Ages 18 & Up: Designed specifically for adult swimmers who seek a structured workout with a professional coach. Local or national competition is available for those who wish to compete. Triathletes welcome. Swimmers need to be proficient in most strokes and advanced enough to circle swim a workout. Training is offered at all indoor pools.

1 Day per Week \$120

69372 9/1

2 Days per Week \$180

69374 9/1

3 Days per Week \$220

69376 9/1

4 Days per Week \$260

69377 9/1

5 Days per Week \$300

69379 9/1

Fall/Winter/Spring Master's Swimming Schedule	
GISC	KSAC
M: 6:30-7:30 a.m.	Su: 8:00-10:00 a.m.
Tu: 8:30-10:00 p.m.	Tu: 8:30-10:00 p.m.
W: 6:30-7:30 a.m.	Th: 8:30-10:00 p.m.
Th: 8:30-10:00 p.m.	F: 8:30-9:30 p.m.
F: 6:30-7:30 a.m.	
MLK	OSC
M: 8:30-10:00 p.m.	Tu: 8:30-10:00 p.m.
W: 8:30-10:00 p.m.	Th: 8:30-10:00 p.m.
	Sa: 7:30-9:00 a.m.

Developmental

SwiMontgomery

Ages 5-13: This is a developmental program for those who have an interest in competitive swimming and want to build a foundation of related skills. Swimmers must be able to swim 25 yards/meters without stopping.

18 Sessions \$295

Instructor: Montgomery Stroke And Turn Clinic

67936 GISC 9/24 Tu,Th 7:45 p.m.-8:30 p.m.

67935 KSAC 9/24 Tu,Th 7:45 p.m.-8:30 p.m.

67937 MLK 9/16 M,W 7:30 p.m.-8:15 p.m.

67934 OSC 9/16 M,W 7:15 p.m.-8 p.m.



MASTERS

REMINDER

All prices, dates, times, and locations are current as of the time the Guide goes to press. They are subject to change due to unforeseen circumstances.

WWW.RMSCSWIMMING.COM



INDIVIDUAL PROGRESS
TEAM UNITY

NATIONALLY RECOGNIZED
5 PRACTICE SITES

Rockville, Silver Spring, Bethesda, Olney, and Germantown





SCUBA

Stroke and Turn Clinic

Ages 5-18: Montgomery Stroke and Turn Clinic is designed for swimmers who wish to improve their ability to swim the four competitive strokes, learn correct starts and turns, gain strength and have fun. This is not a training program, but coaches will work on proper stroke mechanics and techniques to prepare swimmers for the upcoming summer season. Swimmers must be able to swim 25 yards or 25 meters without stopping.

24 Sessions**\$425**

67653	KSAC	10/6	Su	5:30 p.m.-6:20 p.m.
67654	KSAC	10/6	Su	6:20 p.m.-7:10 p.m.
67655	KSAC	10/6	Su	7:10 p.m.-8 p.m.
67996	GISC	10/6	Su	5:30 p.m.-6:20 p.m.
67656	GISC	10/6	Su	6:20 p.m.-7:10 p.m.
67657	GISC	10/6	Su	7:10 p.m.-8 p.m.
67658	OSC	10/6	Su	5:30 p.m.-6:20 p.m.
67659	OSC	10/6	Su	6:20 p.m.-7:10 p.m.
67660	OSC	10/6	Su	7:10 p.m.-8 p.m.
67997	MLK	10/6	Su	5:30 p.m.-6:20 p.m.
67661	MLK	10/6	Su	6:20 p.m.-7:10 p.m.
67662	MLK	10/6	Su	7:10 p.m.-8 p.m.

Scuba

Ages 14 & Up: Scuba training includes lectures and swimming pool sessions covering safe snorkeling and SCUBA diving techniques. Use of all SCUBA equipment is included in the course fee, such as, SCUBA tanks, air, regulators and buoyancy compensators. A mandatory swim evaluation will be conducted at the first class, and students must demonstrate comfort in the water. Successful completion of the course, written evaluation, and required open water certification dives will earn the student an internationally recognized SCUBA Diver certification card. Bring a swimsuit and towel to the first session and all remaining pool sessions. Students must bring their personal equipment beginning with the second class, all required equipment will be described at the first nights lecture. Additional fees apply and will be discussed at the first class session.

8 Sessions**\$265**

Instructor: Scott Hagedorn

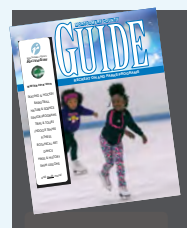
71339	OSC	9/9	Tu	7:15 p.m.-10:15 p.m.
71338	GISC	9/10	M	7 p.m.-10 p.m.

Instructor: Joseph M. Lodmell

71340	MLK	9/18	W	7 p.m.-10 p.m.
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**Check out our
Yoga-Pilates Fusion
Class at KSAC at the
same time!**

See page 46 for details!

**When Is the
Guide Available?****Winter
2019/2020**

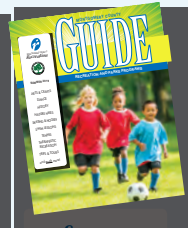
Early November 2019
Registration begins
November 12, 2019

**Summer Camps
2020**

Early January 2020
Registration begins
Mid-January 2020

**Spring
2020**

Late January 2020
Registration begins
Mid-February 2020

**Summer
2020**

Early May 2020
Registration begins
Mid-May 2020

**Fall
2020**

Early August 2020
Registration begins
Mid-August 2020

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Montgomery County Recreation facilities
Montgomery Parks facilities

LIFEGUARD TRAINING

MCR-Aquatics offers American Red Cross courses for potential aquatics professionals. Participants must meet all prerequisites and attend all sessions. Call the facility for further information.

This course will train students to be certified in American Red Cross Lifeguarding, First Aid and CPR/AED for Professional Rescuer. Certifications are valid for two years. Attendance is required at all sessions to earn certification. Students must be at least 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, which takes place on the first date listed for each Lifeguard Training course. Participants must pass the pre-course to continue. The pre-course consists of three parts:

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

Enrollment in this course does not guarantee certification. Students must pass written and physical exams. Course length is based on number of instructional hours, not the number of sessions. Each pool conducts courses based on the pool schedule. Cost of the course is \$135.

Germantown Indoor Swim Center

Session	Date	Begins	Ends
LGT 1: Course 68928 October 2019			
Pre-Course	Friday, Oct. 18	7:30pm	10:00pm
Session 1	Friday, Oct. 25	6:00pm	9:00pm
Session 2	Saturday, Oct. 26	9:30am	4:00pm
Session 3	Sunday, Oct. 27	9:30am	4:00pm
Session 4	Friday, Nov. 1	6:00pm	9:00pm
Session 5	Saturday, Nov. 2	9:30am	4:00pm
Session 6	Sunday, Nov. 3	9:30am	4:00pm
LGT 2: Course 68929 February/March 2020			
Pre-Course	Friday, Feb. 14	7:30pm	10:00pm
Session 1	Friday, Feb. 21	6:00pm	9:00pm
Session 2	Saturday, Feb. 22	9:30am	4:00pm
Session 3	Sunday, Feb. 23	9:30am	4:00pm
Session 4	Saturday, Feb. 29	9:30am	4:00pm
Session 5	Sunday, Mar. 1	9:30am	4:00pm
LGT 3: Course 68930 March 2020			
Pre-Course	Friday, Feb. 28	6:00pm	9:00pm
Session 1	Friday, Mar. 6	6:00pm	9:00pm
Session 2	Saturday, Mar. 7	9:30am	4:00pm
Session 3	Sunday, Mar. 8	9:30am	4:00pm
Session 4	Saturday, Mar. 14	9:30am	4:00pm
Session 5	Sunday, Mar. 15	9:30am	4:00pm
LGT 4: Course 68231 April 2020			
<i>MCPS Spring Break</i>			
Pre-Course	Friday, Mar. 27	7:30pm	10:00pm
Session 1	Friday, Apr. 3	6:00pm	9:00pm
Session 2	Saturday, Apr. 4	9:30am	4:00pm
Session 3	Sunday, Apr. 5	9:30am	4:00pm
Session 4	Wednesday, Apr. 8	9:00am	4:00pm
Session 5	Thursday, Apr. 9	9:00am	4:00pm
LGT5: Course 68932 June 2020			
Pre-Course	Friday, Jun. 12	6:00pm	7:30pm
Session 1	Friday, Jun. 12	7:30pm	9:30pm
Session 2	Saturday, Jun. 13	9:30am	4:00pm
Session 3	Sunday, Jun. 14	9:30am	4:00pm
Session 4	Monday, Jun. 15	2:00pm	8:30pm
Session 5	Tuesday, Jun. 16	2:00pm	8:30pm

Kennedy Shriver Aquatic Center

Session	Date	Begins	Ends
LGT 1: Course 69406 October 2019			
Pre-Course	Wednesday, Oct. 9	6:30pm	9:30pm
Session 1	Saturday, Oct. 12	9:00am	4:00pm
Session 2	Wednesday, Oct. 16	6:30pm	9:30pm
Session 3	Saturday, Oct. 19	9:00am	4:00pm
Session 4	Wednesday, Oct. 23	6:30pm	9:30pm
Session 5	Saturday, Oct. 26	9:00am	4:00pm
Session 6	Wednesday, Oct. 30	6:30pm	9:30pm
LGT 2: Course 69407 Dec. 2019			
<i>MCPS Winter Break</i>			
Pre-Course	Wednesday, Dec. 18	6:30pm	9:30pm
Session 1	Saturday, Dec. 21	9:00am	4:00pm
Session 2	Sunday, Dec. 22	9:00am	4:00pm
Session 3	Monday, Dec. 23	9:00am	4:00pm
Session 4	Thursday, Dec. 26	9:00am	4:00pm
Session 5	Friday, Dec. 27	9:00am	12:00pm
LGT 3: Course 69408 February/March 2020			
Pre-Course	Wednesday, Feb. 26	6:30pm	9:30pm
Session 1	Saturday, Feb. 29	9:00am	4:00pm
Session 2	Wednesday, Mar. 4	6:30pm	9:30pm
Session 3	Saturday, Mar. 7	9:00am	4:00pm
Session 4	Wednesday, Mar. 11	6:30pm	9:30pm
Session 5	Saturday, Mar. 14	9:00am	4:00pm
Session 6	Wednesday, Mar. 18	6:30pm	9:30pm
LGT 4: Course 69410 March/April 2020			
Pre-Course	Friday, Mar. 25	6:30pm	9:30pm
Session 1	Saturday, Mar. 28	9:00am	4:00pm
Session 2	Wednesday, Apr. 1	6:30pm	9:30pm
Session 3	Saturday, Apr. 4	9:00am	4:00pm
Session 4	Monday, Apr. 6	9:00am	4:00pm
Session 5	Tuesday, Apr. 7	9:00am	4:00pm
Session 6	Wednesday, Apr. 8	6:30pm	9:30pm
Session 7	Thursday, Apr. 9	9:00am	1:00pm





LIFEGUARD TRAINING

LGT 5: Course 69424

Pre-Course	Wednesday, Apr. 8	6:30pm	9:30pm
Session 1	Saturday, Apr. 11	9:00am	4:00pm
Session 2	Wednesday, Apr. 15	6:30pm	9:30pm
Session 3	Saturday, Apr. 18	9:00am	4:00pm
Session 4	Wednesday, Apr. 22	6:30pm	9:30pm
Session 5	Saturday, Apr. 25	9:00am	4:00pm
Session 6	Wednesday, Apr. 29	6:30pm	9:30pm

April 2020**LGT 6: Course 69425**

Pre-Course	Wednesday, Jun. 10	6:30pm	9:30pm
Session 1	Saturday, Jun. 13	9:00am	4:00pm
Session 3	Sunday, Jun. 14	9:00am	4:00pm
Session 5	Monday, Jun. 15	9:00am	4:00pm
Session 7	Tuesday, Jun. 16	9:00am	4:00pm
Session 9	Wednesday, Jun. 17	6:30pm	9:30pm
Session 10	Thursday, Jun. 18	9:00am	12:00pm

June 2020**Martin Luther King, Jr. Swim Center**

Session	Date	Begins	Ends
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LGT 1: Course 70223

Pre-course	Friday, Dec. 20	10:00am	12:00pm
Session 1	Friday, Dec. 27	10:00am	6:00pm
Session 2	Saturday, Dec. 28	10:00am	6:00pm
Session 3	Sunday, Dec. 29	10:00am	6:00pm
Session 4	Monday, Dec. 30	10:00am	6:00pm
Session 5	Tuesday, Dec. 31	10:00am	6:00pm

December 2019**LGT 2: Course 70224**

Pre-course	Sunday, Mar. 8	1:00pm	3:00pm
Session 1	Friday, Mar. 13	6:30pm	10:00pm
Session 2	Saturday, Mar. 14	9:00am	5:30pm
Session 3	Sunday, Mar. 15	9:00pm	5:00pm
Session 4	Friday, Mar. 20	6:30pm	10:00pm
Session 5	Saturday, Mar. 21	9:00am	5:30pm
Session 6	Sunday, Mar. 22	9:00am	5:00pm

March 2020**LGT 3: Course 70225**

Pre-course	Sunday, Mar. 29	11:30am	1:30pm
Session 1	Saturday, Apr. 4	10:00pm	6:00pm
Session 2	Sunday, Apr. 5	10:00am	6:00pm
Session 3	Monday, Apr. 6	10:00pm	6:00pm
Session 4	Tuesday, Apr. 7	10:00am	6:00pm
Session 5	Wednesday, Apr. 8	10:00pm	6:00pm

April 2020**LGT 4: Course 70227**

Pre-course	Wednesday, Apr. 29	7:00pm	9:00pm
Session 1	Friday, May 1	6:30pm	10:00pm
Session 2	Saturday, May 2	10:00am	6:00pm
Session 3	Sunday, May 3	10:00pm	6:00pm
Session 4	Friday, May 8	6:30pm	10:00pm
Session 5	Saturday, May 9	10:00pm	6:00pm
Session 6	Sunday, May 10	10:00am	6:00pm

May 2020**LGT 5: Course 70228**

Pre-course	Sunday, Jun. 7	10:00am	12:00pm
Session 1	Saturday, Jun. 13	10:00pm	6:00pm
Session 2	Tuesday, Jun. 16	10:00am	6:00pm
Session 3	Wednesday, Jun. 17	10:00pm	6:00pm
Session 4	Thursday, Jun. 18	10:00am	6:00pm
Session 5	Friday, Jun. 19	10:00pm	6:00pm

June 2020**LGT 6: Course 70349**

Pre-course	Wednesday, Jul. 1	11:00am	1:00pm
Session 1	Wednesday, Jul. 8	11:00am	2:30pm
Session 2	Friday, Jul. 10	11:00am	2:30pm
Session 3	Saturday, Jul. 11	11:00pm	6:00pm
Session 4	Monday, Jul. 13	11:00am	2:30pm
Session 5	Tuesday, Jul. 14	11:00am	2:30pm
Session 6	Wednesday, Jul. 15	11:00am	2:30pm
Session 7	Friday, Jul. 17	11:00am	2:30pm
Session 8	Saturday, Jul. 18	11:00am	6:00pm

July 2020**Olney Swim Center**

Session	Date	Begins	Ends
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LGT 1: Course 70679

Pre-course	Saturday, Dec. 21	9:00pm	12:30pm
Session 1	Sunday, Dec. 22	9:00am	4:30pm
Session 2	Monday, Dec. 23	9:00pm	4:30pm
Session 3	Tuesday, Dec. 24	9:00am	4:30pm
Session 4	Thursday, Dec. 26	9:00am	4:30pm
Session 5	Friday, Dec. 27	9:00am	12:30pm

December 2019**LGT 2: Course 70680**

Pre-course	Wednesday, Feb. 12	6:30pm	10:00pm
Session 1	Sunday, Feb. 16	9:00am	4:30pm
Session 2	Wednesday, Feb. 19	6:30pm	10:00pm
Session 3	Sunday, Feb. 23	9:30am	4:30pm
Session 4	Wednesday, Feb. 26	6:30pm	10:00pm
Session 5	Sunday, Mar. 1	9:00am	4:30pm
Session 6	Wednesday, Mar. 4	6:30pm	10:00pm

February 2020**LGT 3: Course 70681**

Pre-course	Wednesday, Apr. 1	6:30pm	10:00pm
Session 1	Saturday, Apr. 4	9:00am	4:30pm
Session 2	Sunday, Apr. 5	9:00am	4:30pm
Session 3	Monday, Apr. 6	9:00am	4:30pm
Session 4	Tuesday, Apr. 7	9:00am	4:30pm
Session 5	Wednesday, Apr. 8	9:00am	12:30pm

April 2020**LGT 4: Course 70682**

Pre-course	Wednesday, May 27	6:30pm	10:00pm
Session 1	Saturday, May 30	9:00am	4:30pm
Session 3	Sunday, May 31	9:00am	4:30pm
Session 4	Wednesday, Jun. 3	6:30pm	10:00pm
Session 5	Saturday, Jun. 6	9:00am	4:30pm
Session 6	Sunday, Jun. 7	9:00pm	5:00pm

May - June 2020**LGT 5: Course 70683**

Pre-course	Saturday, Jun. 27	9:30am	12:30pm
Session 1	Monday, Jun. 29	9:00am	4:30pm
Session 2	Tuesday, Jun. 30	9:00am	4:30pm
Session 3	Wednesday, Jul. 1	9:00am	4:30pm
Session 4	Thursday, Jul. 2	9:00am	4:30pm
Session 5	Friday, Jul. 3	9:00am	1:00pm

June - July 2020

Lifeguard Training– Accelerated

\$230

Instructor: Aquatic Training and Consulting Services

Martin Luther King, Jr. Swim Center

Session	Date	Begins	Ends
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LGT 1: Course 70738 **May 2020**

Session 1	Tuesday, May 12	9:00am	7:00pm
Session 2	Wednesday, May 13	9:00am	7:00pm
Session 3	Thursday, May 14	9:00am	7:00pm

LGT 2: Course 69720 **May 2020**

Session 1	Tuesday, May 19	9:00am	7:00pm
Session 2	Wednesday, May 20	9:00am	7:00pm
Session 3	Thursday, May 21	9:00am	7:00pm

LGT 3: Course 69717 **May 2020**

Session 1	Tuesday, May 26	9:00am	7:00pm
Session 2	Wednesday, May 27	9:00am	7:00pm
Session 3	Thursday, May 28	9:00am	7:00pm

LGT 4: Course 69718 **June 2020**

Session 1	Tuesday, Jun. 2	9:00am	7:00pm
Session 2	Wednesday, Jun. 3	9:00am	7:00pm
Session 3	Thursday, Jun. 4	9:00am	7:00pm

Upper County Outdoor Pool

Session	Date	Begins	Ends
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LGT 1: Course 69721 **June 2020**

Session 1	Tuesday, Jun. 16	9:00am	7:00pm
Session 2	Wednesday, Jun. 17	9:00am	7:00pm
Session 3	Thursday, Jun. 18	9:00am	7:00pm

Lifeguard Training Review

Students looking to renew their lifeguard certification are eligible to do a review provided their certification is still current or recently expired.

\$160

Instructor: Aquatic Training and Consulting Services

Germantown Indoor Swim Center

Session	Date	Begins	Ends
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LGT 1: Course 70772 **December 2019**

Session 1	Saturday, Dec. 29	9:00am	10:00pm
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Martin Luther King, Jr. Swim Center

Session	Date	Begins	Ends
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LGT 1: Course 70777 **December 2019**

Session 1	Sunday, Dec. 22	9:00am	10:00pm
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LGT 2: Course 69724 **April 2020**

Session 1	Saturday, Apr. 11	9:00am	10:00pm
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LGT 3: Course 69725 **May 2020**

Session 1	Friday, May 22	9:00am	10:00pm
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LGT 4: Course 69726 **May 2020**

Session 1	Saturday, May 23	9:00am	10:00pm
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Olney Swim Center

Session	Date	Begins	Ends
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LGT 1: Course 70776 **May 2020**

Session 1	Saturday, May 9	9:00am	10:00pm
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Lifeguard Instructor Course

This course will train you to be certified as an American Red Cross Lifeguard Instructor including, First Aid and CPR/AED for Professional Rescuer. Certifications are valid for 2 years. Attendance is required at all sessions to be certified. Students must be 17 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 pre-course consists of successful completion of the American Red Cross Lifeguard Review. You must pass the pre-course to continue to the Lifeguard Instructor Course.

\$290

Kennedy Shriver Aquatic Center

Session	Date	Begins	Ends
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LGI 1: Course 55179 **Dec. 2019/Jan. 2020**

Pre-Course	Friday, Dec. 20	5:00pm	9:00pm
Pre-Course	Saturday, Dec. 28	9:30am	4:00pm
Pre-Course	Sunday, Dec. 29	9:30am	4:00pm
Session 1	Tuesday, Dec. 31	5:00pm	9:00pm
Session 2	Saturday, Jan. 4	9:30am	2:30pm
Session 3	Sunday, Jan. 5	9:30am	2:30pm
Session 4	Saturday, Jan. 11	9:30am	2:30pm
Session 5	Sunday, Jan. 12	9:30am	2:30pm

Pool Operator Course

This course will prepare the student to take the Montgomery County Pool Operators test. Students must be at least 17 years of age. The student must attend all classes. Note: The student must apply to the Department of Health and Human Services for the County Pool Operators License. Pool Operator Review Course also available. For further information, call 240-777-6860.

LIFEGUARD TRAINING



Swim Lessons



Indoor Swim Lesson
Registration will begin

August 12
at 6:30 a.m.
for residents

August 13 at 6:30 a.m.
for non-residents

Registrations will not be processed
before this time. In person registration
between 6:30 and 8:30 a.m. will be held at
the indoor aquatic centers only.

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 otherwise stated in the description. Experience has shown that children are easily distracted.

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

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

Participants may enter the locker rooms ten 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, please inquire at the pool where you will be taking lessons.



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.

Indoor courses meet for six 30-minute sessions. Fees range from \$58 to \$67 depending on the level and the number of participants. Non-county residents are charged an additional \$15 fee.

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.

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 pro-rated 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 aquatics lessons or any other Montgomery County Recreation program.



Guidelines for Placement in Swim Classes

Parent-Assisted Lessons

Waterbabies (Ages 6-18 months)

Aquatots (Ages 18 months-3)

Pre-School (Ages 3-5)

Class Requirements:

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.

Class Objectives:

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+)

Class Requirements:

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

Class Objectives:

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+)

Class Requirements:

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

Class Objectives:

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+)

Class Requirements:

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.

Class Objectives:

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+)

Class Requirements:

On the first day of class, students must be able to swim a coordinated front crawl for 15 yards and swim back crawl for 5 yards. Students should be comfortable in deep water.

Class Objectives:

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.

Level 5

Youth (Ages 7-13)

Adult (Ages 14+)

Class Requirements:

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

Class Objectives:

Students can swim one pool length of front and back crawl, tread water and dive into and swim in deep water. Students will begin learning sidestroke and fine-tune breaststroke. Students will also work on refining all previous strokes.

Level 6

Youth (Ages 7-13)

Adult (Ages 14+)

Class Requirements:

On the first day of class, students must be proficient in all previous strokes (front crawl, back crawl and breaststroke).

Class Objectives:

Students can swim two pool lengths of front and back crawl and 15 yards of breaststroke in good form. Students will be introduced to turns, dolphin kick and surface dives. Students will also work on endurance, sidestroke and refining all other strokes.



SWIM LESSONS



Waterbabies

Ages 6m-18m: Participants work on basic water adjustment skills. Infants and children who are not toilet trained must wear a swim diaper and separate rubber or vinyl pants. An adult must accompany each student in the water. Courses meet for six 30-minute sessions. Class size is limited to 10 students.

6 Sessions \$58

Germantown Indoor Swim Center

69247	9/21	Sa	10:25 a.m.-10:55 a.m.
69246	9/21	Sa	9:45 a.m.-10:15 a.m.
69248	9/22	Su	9:45 a.m.-10:15 a.m.

Kennedy Shriver Aquatic Center

69107	9/14	Sa	10:20 a.m.-10:50 a.m.
69108	9/14	Sa	11:40 a.m.-12:10 p.m.
69110	9/15	Su	11:40 a.m.-12:10 p.m.
69109	9/15	Su	9:40 a.m.-10:10 a.m.
69105	9/16	M	9:30 a.m.-10 a.m.
69106	9/17	Tu	10 a.m.-10:30 a.m.
69113	11/9	Sa	10:20 a.m.-10:50 a.m.
69114	11/9	Sa	11:40 a.m.-12:10 p.m.
69116	11/10	Su	11:40 a.m.-12:10 p.m.
69115	11/10	Su	9:40 a.m.-10:10 a.m.
69111	11/11	M	9:30 a.m.-10 a.m.
69112	11/12	Tu	10 a.m.-10:30 a.m.

Martin Luther King Jr Swim Center

69938	9/21	Sa	11:40 a.m.-12:10 p.m.
69940	11/4	M	6:50 p.m.-7:20 p.m.
69939	11/10	Su	10 a.m.-10:30 a.m.

Olney Swim Center

70022	9/7	Sa	10:30 a.m.-11 a.m.
70057	9/8	Su	10:30 a.m.-11 a.m.
70074	9/10	Tu	5:20 p.m.-5:50 p.m.
70111	10/26	Sa	10:30 a.m.-11 a.m.
70144	10/27	Su	10:30 a.m.-11 a.m.
70158	10/29	Tu	5:20 p.m.-5:50 p.m.

Aquatots

Ages 18m-3 years: Participants work on basic water adjustment skills and simple water skills. Infants and children who are not toilet trained must wear a swim diaper and separate rubber or vinyl pants. An adult must accompany each student in the water. Courses meet for six 30-minute sessions. Class size is limited to 10 students.

6 Sessions \$58

Germantown Indoor Swim Center

69172	9/18	W	6:10 p.m.-6:40 p.m.
69174	9/21	Sa	11:45 a.m.-12:15 p.m.
69175	9/21	Sa	12:25 p.m.-12:55 p.m.
69176	9/22	Su	11:05 a.m.-11:35 a.m.
69177	9/22	Su	12:25 p.m.-12:55 p.m.
69173	10/30	W	6:10 p.m.-6:40 p.m.

Kennedy Shriver Aquatic Center

68980	9/14	Sa	12:20 p.m.-12:50 p.m.
68979	9/14	Sa	9 a.m.-9:30 a.m.
68982	9/15	Su	11 a.m.-11:30 a.m.
68981	9/15	Su	9 a.m.-9:30 a.m.
68975	9/17	Tu	9:30 a.m.-10 a.m.
68976	9/18	W	6:10 p.m.-6:40 p.m.
68977	9/19	Th	10 a.m.-10:30 a.m.
68978	9/19	Th	5:30 p.m.-6 p.m.
68988	11/9	Sa	12:20 p.m.-12:50 p.m.
68987	11/9	Sa	9 a.m.-9:30 a.m.
68990	11/10	Su	11 a.m.-11:30 a.m.
68989	11/10	Su	9 a.m.-9:30 a.m.
68983	11/12	Tu	9:30 a.m.-10 a.m.
68984	11/13	W	6:10 p.m.-6:40 p.m.
68985	11/14	Th	10 a.m.-10:30 a.m.
68986	11/14	Th	5:30 p.m.-6 p.m.

Martin Luther King Jr. Swim Center

69923	9/21	Sa	10:15 a.m.-10:45 a.m.
69924	9/22	Su	10 a.m.-10:30 a.m.
69925	9/25	W	6:10 p.m.-6:40 p.m.
69929	11/4	M	5:30 p.m.-6 p.m.
69926	11/9	Sa	10:15 a.m.-10:45 a.m.
69927	11/9	Sa	11:40 a.m.-12:10 p.m.
69928	11/10	Su	11:20 a.m.-11:50 a.m.

Reminder



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

Olney Swim Center

70037	9/7	Sa	1:10 p.m.-1:40 p.m.
70017	9/7	Sa	9:50 a.m.-10:20 a.m.
70059	9/8	Su	11:10 a.m.-11:40 a.m.
70042	9/8	Su	8:30 a.m.-9 a.m.
70049	9/8	Su	9:50 a.m.-10:20 a.m.
70075	9/10	Tu	6 p.m.-6:30 p.m.
70085	9/11	W	6:20 p.m.-6:50 p.m.
70195	9/12	Th	6:40 p.m.-7:10 p.m.
70105	10/26	Sa	9:50 a.m.-10:20 a.m.
70126	10/26	Sa	1:10 p.m.-1:40 p.m.
70130	10/27	Su	8:30 a.m.-9 a.m.
70137	10/27	Su	9:50 a.m.-10:20 a.m.
70147	10/27	Su	11:10 a.m.-11:40 a.m.
70159	10/29	Tu	6 p.m.-6:30 p.m.
70169	10/30	W	6:20 p.m.-6:50 p.m.

Pre-School

Ages 3-5: Basic water adjustment continues, but simple water skills are now emphasized. Infants and children who are not toilet trained must wear a swim diaper and separate rubber or vinyl pants. An adult must accompany each student in the water. Courses meet for six 30-minute sessions. Class size is limited to 10 students.

6 Sessions \$58

Germantown Indoor Swim Center

69240	9/18	W	5:30 p.m.-6 p.m.
69242	9/21	Sa	11:05 a.m.-11:35 a.m.
69243	9/21	Sa	1:05 p.m.-1:35 p.m.
69244	9/22	Su	10:25 a.m.-10:55 a.m.
69245	9/22	Su	11:45 a.m.-12:15 p.m.
69241	10/30	W	5:30 p.m.-6 p.m.

Kennedy Shriver Aquatic Center

69094	9/14	Sa	1 p.m.-1:30 p.m.
69093	9/14	Sa	11 a.m.-11:30 a.m.
69096	9/15	Su	1 p.m.-1:30 p.m.
69095	9/15	Su	10:20 a.m.-10:50 a.m.
69089	9/17	Tu	10:30 a.m.-11 a.m.
69090	9/17	Tu	3:30 p.m.-4 p.m.
69091	9/17	Tu	6:10 p.m.-6:40 p.m.
69092	9/19	Th	9:30 a.m.-10 a.m.
69102	11/9	Sa	1 p.m.-1:30 p.m.
69101	11/9	Sa	11 a.m.-11:30 a.m.
69104	11/10	Su	1 p.m.-1:30 p.m.
69103	11/10	Su	10:20 a.m.-10:50 a.m.
69097	11/12	Tu	10:30 a.m.-11 a.m.
69098	11/12	Tu	3:30 p.m.-4 p.m.
69099	11/12	Tu	6:10 p.m.-6:40 p.m.
69100	11/14	Th	9:30 a.m.-10 a.m.

Martin Luther King Jr. Swim Center

69930	9/21	Sa	9:40 a.m.-10:10 a.m.
69931	9/21	Sa	1 p.m.-1:30 p.m.
69932	9/22	Su	Noon-12:30 p.m.
69937	9/25	W	5:30 p.m.-6 p.m.
69936	11/4	M	6:10 p.m.-6:40 p.m.
69933	11/9	Sa	9:40 a.m.-10:10 a.m.
69934	11/9	Sa	1 p.m.-1:30 p.m.
69935	11/10	Su	Noon-12:30 p.m.

Olney Swim Center

70026	9/7	Sa	11:10 a.m.-11:40 a.m.
70015	9/7	Sa	9:10 a.m.-9:40 a.m.
70047	9/8	Su	9:10 a.m.-9:40 a.m.
70077	9/10	Tu	6:40 p.m.-7:10 p.m.
70084	9/11	W	5:40 p.m.-6:10 p.m.
70095	9/12	Th	6 p.m.-6:30 p.m.
70102	10/26	Sa	9:10 a.m.-9:40 a.m.
70114	10/26	Sa	11:10 a.m.-11:40 a.m.
70123	10/26	Sa	12:30 p.m.-1 p.m.
70135	10/27	Su	9:10 a.m.-9:40 a.m.
70155	10/28	M	6:20 p.m.-6:50 p.m.
70161	10/29	Tu	6:40 p.m.-7:10 p.m.
70168	10/30	W	5:40 p.m.-6:10 p.m.
70177	10/31	Th	6 p.m.-6:30 p.m.

**SWIM LESSONS**



SWIM LESSONS

Beginner 1

Ages 4-6: This class is for students who need to learn basic water adjustment skills. Parents do not accompany children. Courses meet for six 30-minute sessions. Class size is limited to five students.

6 Sessions \$67

Germantown Indoor Swim Center

69183	9/16	M	5:30 p.m.-6 p.m.
69184	9/18	W	5:30 p.m.-6 p.m.
69188	9/21	Sa	9:45 a.m.-10:15 a.m.
69189	9/21	Sa	10:25 a.m.-10:55 a.m.
69190	9/21	Sa	11:05 a.m.-11:35 a.m.
69191	9/21	Sa	11:45 a.m.-12:15 p.m.
69192	9/21	Sa	12:25 p.m.-12:55 p.m.
69193	9/21	Sa	1:05 p.m.-1:35 p.m.
69194	9/22	Su	9:45 a.m.-10:15 a.m.
69195	9/22	Su	10:25 a.m.-10:55 a.m.
69196	9/22	Su	11:05 a.m.-11:35 a.m.
69197	9/22	Su	11:45 a.m.-12:15 p.m.
69198	9/22	Su	12:25 p.m.-12:55 p.m.
69179	9/24	Tu,Th	5 p.m.-5:30 p.m.
69178	9/24	Tu,Th	5:40 p.m.-6:10 p.m.
69180	9/24	Tu,Th	6:20 p.m.-6:50 p.m.
69181	10/22	Tu,Th	5 p.m.-5:30 p.m.
69187	10/22	Tu,Th	5:40 p.m.-6:10 p.m.
69182	10/22	Tu,Th	6:20 p.m.-6:50 p.m.
69185	10/28	M	5:30 p.m.-6 p.m.
69186	10/30	W	5:30 p.m.-6 p.m.
69201	11/12	Tu,Th	5 p.m.-5:30 p.m.
69200	11/12	Tu,Th	5:40 p.m.-6:10 p.m.
69199	11/12	Tu,Th	6:20 p.m.-6:50 p.m.

Kennedy Shriver Aquatic Center

68998	9/14	Sa	9:40 a.m.-10:10 a.m.
68999	9/14	Sa	10:20 a.m.-10:50 a.m.
69000	9/14	Sa	1 p.m.-1:30 p.m.
69001	9/15	Su	9 a.m.-9:30 a.m.
69002	9/15	Su	10:20 a.m.-10:50 a.m.
69003	9/15	Su	12:20 p.m.-12:50 p.m.
68991	9/16	M	10 a.m.-10:30 a.m.
69004	9/15	Su	1 p.m.-1:30 p.m.
68992	9/16	M	6:10 p.m.-6:40 p.m.
68993	9/17	Tu	4:50 p.m.-5:20 p.m.
68994	9/17	Tu	6:10 p.m.-6:40 p.m.
68995	9/19	Th	10:30 a.m.-11 a.m.
68996	9/19	Th	3:30 p.m.-4 p.m.
68997	9/19	Th	5:30 p.m.-6 p.m.
69012	11/9	Sa	9:40 a.m.-10:10 a.m.
69013	11/9	Sa	10:20 a.m.-10:50 a.m.
69014	11/9	Sa	1 p.m.-1:30 p.m.
69015	11/10	Su	9 a.m.-9:30 a.m.
69016	11/10	Su	10:20 a.m.-10:50 a.m.
69017	11/10	Su	12:20 p.m.-12:50 p.m.
69018	11/10	Su	1 p.m.-1:30 p.m.
69005	11/11	M	10 a.m.-10:30 a.m.
69006	11/11	M	6:10 p.m.-6:40 p.m.
69007	11/12	Tu	4:50 p.m.-5:20 p.m.
69008	11/12	Tu	6:10 p.m.-6:40 p.m.
69009	11/14	Th	10:30 a.m.-11 a.m.
69010	11/14	Th	3:30 p.m.-4 p.m.
69011	11/14	Th	5:30 p.m.-6 p.m.

Martin Luther King Jr. Swim Center

69941	9/21	Sa	9:40 a.m.-10:10 a.m.
69942	9/21	Sa	11 a.m.-11:30 a.m.
69943	9/21	Sa	12:20 p.m.-12:50 p.m.
69944	9/21	Sa	1 p.m.-1:30 p.m.
69945	9/22	Su	10:40 a.m.-11:10 a.m.
69972	9/22	Su	11:20 a.m.-11:50 a.m.
69946	9/22	Su	Noon-12:30 p.m.
69947	9/23	M	5:30 p.m.-6 p.m.
69948	9/23	M	6:50 p.m.-7:20 p.m.
69949	9/24	Tu	5:30 p.m.-6 p.m.
69950	9/24	Tu	6:50 p.m.-7:20 p.m.
69951	9/25	W	6:50 p.m.-7:20 p.m.
69952	9/26	Th	5:30 p.m.-6 p.m.
69953	9/26	Th	6:10 p.m.-6:40 p.m.
69962	11/5	Tu	5:30 p.m.-6 p.m.
69963	11/5	Tu	6:50 p.m.-7:20 p.m.
69961	11/6	W	5:30 p.m.-6 p.m.
69964	11/6	W	6:10 p.m.-6:40 p.m.
69965	11/7	Th	5:30 p.m.-6 p.m.
69954	11/9	Sa	9:40 a.m.-10:10 a.m.
69955	11/9	Sa	11 a.m.-11:30 a.m.
69956	11/9	Sa	11:40 a.m.-12:10 p.m.
69957	11/9	Sa	12:20 p.m.-12:50 p.m.
69958	11/9	Sa	1 p.m.-1:30 p.m.
69959	11/10	Su	10:40 a.m.-11:10 a.m.
69960	11/10	Su	Noon-12:30 p.m.

Olney Swim Center

70038	9/7	Sa	1:10 p.m.-1:40 p.m.
70029	9/7	Sa	11:50 a.m.-12:20 p.m.
70033	9/7	Sa	12:30 p.m.-1 p.m.
70014	9/7	Sa	9:10 a.m.-9:40 a.m.
70018	9/7	Sa	9:50 a.m.-10:20 a.m.
70060	9/8	Su	11:10 a.m.-11:40 a.m.
70044	9/8	Su	9:10 a.m.-9:40 a.m.
70050	9/8	Su	9:50 a.m.-10:20 a.m.
70065	9/9	M	5:40 p.m.-6:10 p.m.
70189	9/9	M	6:20 p.m.-6:50 p.m.
70070	9/9	M	7 p.m.-7:30 p.m.
70076	9/10	Tu	6 p.m.-6:30 p.m.
70083	9/11	W	5:40 p.m.-6:10 p.m.
70086	9/11	W	6:20 p.m.-6:50 p.m.
70094	9/12	Th	6 p.m.-6:30 p.m.
70210	10/19	Sa	9:10 a.m.-9:40 a.m.
70109	10/26	Sa	10:30 a.m.-11 a.m.
70117	10/26	Sa	11:50 a.m.-12:20 p.m.
70121	10/26	Sa	12:30 p.m.-1 p.m.
70127	10/26	Sa	1:10 p.m.-1:40 p.m.
70132	10/27	Su	9:10 a.m.-9:40 a.m.
70138	10/27	Su	9:50 a.m.-10:20 a.m.
70142	10/27	Su	10:30 a.m.-11 a.m.
70148	10/27	Su	11:10 a.m.-11:40 a.m.
70152	10/28	M	5:40 p.m.-6:10 p.m.
70156	10/28	M	7 p.m.-7:30 p.m.
70157	10/29	Tu	5:20 p.m.-5:50 p.m.
70167	10/30	W	5:40 p.m.-6:10 p.m.
70170	10/30	W	6:20 p.m.-6:50 p.m.

Beginner 2

Ages 4-6: Parents do not accompany children. This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front and back without support. Courses meet for six 30-minute sessions. Class size is limited to six students.

6 Sessions \$65

Germantown Indoor Swim Center

69208	9/16	M	6:10 p.m.-6:40 p.m.
69209	9/18	W	6:10 p.m.-6:40 p.m.
69212	9/21	Sa	10:25 a.m.-10:55 a.m.
69213	9/21	Sa	11:05 a.m.-11:35 a.m.
69214	9/21	Sa	12:25 p.m.-12:55 p.m.
69215	9/21	Sa	1:05 p.m.-1:35 p.m.
69216	9/22	Su	9:45 a.m.-10:15 a.m.
69217	9/22	Su	10:25 a.m.-10:55 a.m.
69218	9/22	Su	11:45 a.m.-12:15 p.m.
69219	9/22	Su	12:25 p.m.-12:55 p.m.
69204	9/24	Tu,Th	5 p.m.-5:30 p.m.
69202	9/24	Tu,Th	5:40 p.m.-6:10 p.m.
69203	9/24	Tu,Th	6:20 p.m.-6:50 p.m.
69205	10/22	Tu,Th	5 p.m.-5:30 p.m.
69206	10/22	Tu,Th	5:40 p.m.-6:10 p.m.
69207	10/22	Tu,Th	6:20 p.m.-6:50 p.m.
69210	10/28	M	6:10 p.m.-6:40 p.m.
69211	10/30	W	6:10 p.m.-6:40 p.m.
69222	11/12	Tu,Th	5 p.m.-5:30 p.m.
69220	11/12	Tu,Th	5:40 p.m.-6:10 p.m.
69221	11/12	Tu,Th	6:20 p.m.-6:50 p.m.

Kennedy Shriver Aquatic Center

69023	9/14	Sa	9 a.m.-9:30 a.m.
69024	9/14	Sa	9:40 a.m.-10:10 a.m.
69025	9/14	Sa	11:40 a.m.-12:10 p.m.
69026	9/14	Sa	12:20 p.m.-12:50 p.m.
69027	9/15	Su	9:40 a.m.-10:10 a.m.
69028	9/15	Su	11:40 a.m.-12:10 p.m.
69029	9/15	Su	12:20 p.m.-12:50 p.m.
69019	9/16	M	5:30 p.m.-6 p.m.
69020	9/17	Tu	5:30 p.m.-6 p.m.
69021	9/18	W	5:30 p.m.-6 p.m.
69022	9/19	Th	4:10 p.m.-4:40 p.m.
69034	11/9	Sa	9 a.m.-9:30 a.m.
69035	11/9	Sa	9:40 a.m.-10:10 a.m.
69036	11/9	Sa	11:40 a.m.-12:10 p.m.
69037	11/9	Sa	12:20 p.m.-12:50 p.m.
69038	11/10	Su	9:40 a.m.-10:10 a.m.
69039	11/10	Su	11:40 a.m.-12:10 p.m.
69040	11/10	Su	12:20 p.m.-12:50 p.m.
69030	11/11	M	5:30 p.m.-6 p.m.
69031	11/12	Tu	5:30 p.m.-6 p.m.
69032	11/13	W	5:30 p.m.-6 p.m.
69033	11/14	Th	4:10 p.m.-4:40 p.m.

Martin Luther King Jr. Swim Center

69966	9/21	Sa	9:40 a.m.-10:10 a.m.
69967	9/21	Sa	10:15 a.m.-10:45 a.m.
69968	9/21	Sa	11 a.m.-11:30 a.m.
69969	9/21	Sa	11:40 a.m.-12:10 p.m.
69970	9/21	Sa	12:20 p.m.-12:50 p.m.
69971	9/22	Su	10 a.m.-10:30 a.m.
69972	9/22	Su	Noon-12:30 p.m.
69993	9/23	M	5:30 p.m.-6 p.m.
69973	9/23	M	6:50 p.m.-7:20 p.m.
69974	9/24	Tu	6:10 p.m.-6:40 p.m.
69975	9/24	Tu	6:50 p.m.-7:20 p.m.
69976	9/25	W	5:30 p.m.-6 p.m.
69977	9/26	Th	5:30 p.m.-6 p.m.
69978	9/26	Th	6:50 p.m.-7:20 p.m.
69986	11/4	M	5:30 p.m.-6 p.m.
69994	11/4	M	6:50 p.m.-7:20 p.m.
69987	11/5	Tu	6:50 p.m.-7:20 p.m.
69988	11/6	W	5:30 p.m.-6 p.m.
69989	11/6	W	6:10 p.m.-6:40 p.m.
69990	11/7	Th	5:30 p.m.-6 p.m.
69991	11/7	Th	6:10 p.m.-6:40 p.m.
69992	11/7	Th	6:50 p.m.-7:20 p.m.
69979	11/9	Sa	9:40 a.m.-10:10 a.m.
69980	11/9	Sa	10:15 a.m.-10:45 a.m.
69981	11/9	Sa	11:40 a.m.-12:10 p.m.
69982	11/9	Sa	1 p.m.-1:30 p.m.
69983	11/10	Su	10 a.m.-10:30 a.m.
69984	11/10	Su	11:20 a.m.-11:50 a.m.
69985	11/10	Su	Noon-12:30 p.m.

Olney Swim Center

70025	9/7	Sa	11:10 a.m.-11:40 a.m.
70030	9/7	Sa	11:50 a.m.-12:20 p.m.
70034	9/7	Sa	12:30 p.m.-1 p.m.
70055	9/8	Su	10:30 a.m.-11 a.m.
70061	9/8	Su	11:10 a.m.-11:40 a.m.
70045	9/8	Su	9:10 a.m.-9:40 a.m.
70051	9/8	Su	9:50 a.m.-10:20 a.m.
70066	9/9	M	5:40 p.m.-6:10 p.m.
70067	9/9	M	6:20 p.m.-6:50 p.m.
70073	9/10	Tu	5:20 p.m.-5:50 p.m.
70194	9/11	W	5:40 p.m.-6:10 p.m.
70088	9/11	W	7 p.m.-7:30 p.m.
70091	9/12	Th	5:20 p.m.-5:50 p.m.
70113	10/26	Sa	11:10 a.m.-11:40 a.m.
70118	10/26	Sa	11:50 a.m.-12:20 p.m.
70122	10/26	Sa	12:30 p.m.-1 p.m.
70106	10/26	Sa	9:50 a.m.-10:20 a.m.
70149	10/27	Su	11:10 a.m.-11:40 a.m.
70133	10/27	Su	9:10 a.m.-9:40 a.m.
70139	10/27	Su	9:50 a.m.-10:20 a.m.
70153	10/28	M	5:40 p.m.-6:10 p.m.
70154	10/28	M	6:20 p.m.-6:50 p.m.
70160	10/29	Tu	6 p.m.-6:30 p.m.
70172	10/30	W	7 p.m.-7:30 p.m.
70175	10/31	Th	5:20 p.m.-5:50 p.m.
70179	10/31	Th	6:40 p.m.-7:10 p.m.



SWIM LESSONS





SWIM LESSONS

Beginner 3

Ages 4-6: Parents do not accompany children. This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of five yards. Courses meet for six 30-minute sessions. Class size is limited to six students.

6 Sessions \$65

Germantown Indoor Swim Center

69228	9/16	M	5:30 p.m.-6 p.m.
69230	9/21	Sa	9:45 a.m.-10:15 a.m.
69231	9/21	Sa	11:05 a.m.-11:35 a.m.
69232	9/21	Sa	1:05 p.m.-1:35 p.m.
69233	9/22	Su	10:25 a.m.-10:55 a.m.
69234	9/22	Su	11:05 a.m.-11:35 a.m.
69235	9/22	Su	11:45 a.m.-12:15 p.m.
69223	9/24	Tu,Th	5 p.m.-5:30 p.m.
69224	9/24	Tu,Th	5:40 p.m.-6:10 p.m.
69225	10/22	Tu,Th	5 p.m.-5:30 p.m.
69226	10/22	Tu,Th	5:40 p.m.-6:10 p.m.
69227	10/22	Tu,Th	6:20 p.m.-6:50 p.m.
69229	10/28	M	5:30 p.m.-6 p.m.
69236	11/12	Tu,Th	5 p.m.-5:30 p.m.
69237	11/12	Tu,Th	5:40 p.m.-6:10 p.m.

Kennedy Shriver Aquatic Center

69048	9/14	Sa	1 p.m.-1:30 p.m.
69046	9/14	Sa	11 a.m.-11:30 a.m.
69047	9/14	Sa	11:40 a.m.-12:10 p.m.
69045	9/14	Sa	9 a.m.-9:30 a.m.
69051	9/15	Su	11 a.m.-11:30 a.m.
69049	9/15	Su	9 a.m.-9:30 a.m.
69050	9/15	Su	9:40 a.m.-10:10 a.m.
69041	9/17	Tu	4:10 p.m.-4:40 p.m.
69042	9/18	W	5:30 p.m.-6 p.m.
69043	9/19	Th	4:50 p.m.-5:20 p.m.
69044	9/19	Th	6:10 p.m.-6:40 p.m.
69059	11/9	Sa	1 p.m.-1:30 p.m.
69057	11/9	Sa	11 a.m.-11:30 a.m.
69058	11/9	Sa	11:40 a.m.-12:10 p.m.
69056	11/9	Sa	9 a.m.-9:30 a.m.
69062	11/10	Su	11 a.m.-11:30 a.m.
69060	11/10	Su	9 a.m.-9:30 a.m.
69061	11/10	Su	9:40 a.m.-10:10 a.m.
69052	11/12	Tu	4:10 p.m.-4:40 p.m.
69053	11/13	W	5:30 p.m.-6 p.m.
69054	11/14	Th	4:50 p.m.-5:20 p.m.
69055	11/14	Th	6:10 p.m.-6:40 p.m.

Martin Luther King Jr. Swim Center

69995	9/21	Sa	10:15 a.m.-10:45 a.m.
69996	9/22	Su	10:40 a.m.-11:10 a.m.
69997	9/22	Su	11:20 a.m.-11:50 a.m.
69998	9/23	M	6:10 p.m.-6:40 p.m.
69999	9/25	W	6:50 p.m.-7:20 p.m.
70004	11/4	M	6:10 p.m.-6:40 p.m.
70005	11/5	Tu	6:10 p.m.-6:40 p.m.
70006	11/5	Tu	7:30 p.m.-8 p.m.
70007	11/6	W	6:50 p.m.-7:20 p.m.
70008	11/7	Th	6:50 p.m.-7:20 p.m.
70000	11/9	Sa	11 a.m.-11:30 a.m.
70001	11/9	Sa	12:20 p.m.-12:50 p.m.
70002	11/10	Su	10 a.m.-10:30 a.m.
70003	11/10	Su	10:40 a.m.-11:10 a.m.

Olney Swim Center

70019	9/7	Sa	9:50 a.m.-10:20 a.m.
70021	9/7	Sa	10:30 a.m.-11 a.m.
70031	9/7	Sa	11:50 a.m.-12:20 p.m.
70052	9/8	Su	9:50 a.m.-10:20 a.m.
70056	9/8	Su	10:30 a.m.-11 a.m.
70071	9/9	M	7 p.m.-7:30 p.m.
70089	9/11	W	7 p.m.-7:30 p.m.
70173	10/16	W	7 p.m.-7:30 p.m.
70107	10/26	Sa	9:50 a.m.-10:20 a.m.
70110	10/26	Sa	10:30 a.m.-11 a.m.
70119	10/26	Sa	11:50 a.m.-12:20 p.m.
70140	10/27	Su	9:50 a.m.-10:20 a.m.
70143	10/27	Su	10:30 a.m.-11 a.m.

Four Ways to Register

1. ONLINE

Register 24 hours a day, seven days a week for all activities at www.ActiveMONTGOMERY.org.

2. BY MAIL

Fill out and sign the registration form and mail it to: ActiveMONTGOMERY, 4010 Randolph Rd., Silver Spring, MD 20902

3. VIA FAX

If paying by credit card, you may fax your completed, signed registration form to 240-777-6818.

4. IN PERSON

Stop by any Montgomery County Recreation location, including our Headquarters at 4010 Randolph Road, Silver Spring, MD 20902 (M-F, 9:30 a.m.-4 p.m.).

Beginner 4

Ages 4-6: Parents do not accompany children. This class is for students who can already swim a coordinated front crawl for 15 yards (across the width of the pool), back crawl for five yards and are comfortable in deep water. Courses meet for six 30-minute sessions. Class size is limited to six students.

6 Sessions \$65

Germantown Indoor Swim Center

69238	9/21	Sa	11:45 a.m.-12:15 p.m.
69239	9/22	Su	11:05 a.m.-11:35 a.m.

Kennedy Shriver Aquatic Center

69066	9/14	Sa	11 a.m.-11:30 a.m.
69067	9/14	Sa	12:20 p.m.-12:50 p.m.
69068	9/15	Su	10:20 a.m.-10:50 a.m.
69069	9/15	Su	11 a.m.-11:30 a.m.
69070	9/15	Su	11:40 a.m.-12:10 p.m.
69071	9/15	Su	1 p.m.-1:30 p.m.
69063	9/16	M	5:30 p.m.-6 p.m.
69064	9/18	W	6:10 p.m.-6:40 p.m.
69065	9/19	Th	6:10 p.m.-6:40 p.m.
69075	11/9	Sa	11 a.m.-11:30 a.m.
69076	11/9	Sa	12:20 p.m.-12:50 p.m.
69080	11/10	Su	1 p.m.-1:30 p.m.
69077	11/10	Su	10:20 a.m.-10:50 a.m.
69078	11/10	Su	11 a.m.-11:30 a.m.
69079	11/10	Su	11:40 a.m.-12:10 p.m.
69072	11/11	M	5:30 p.m.-6 p.m.
69073	11/13	W	6:10 p.m.-6:40 p.m.
69074	11/14	Th	6:10 p.m.-6:40 p.m.

Martin Luther King Jr. Swim Center

70009	9/21	Sa	11:40 a.m.-12:10 p.m.
70010	9/24	Tu	7:30 p.m.-8 p.m.
70013	11/7	Th	7:30 p.m.-8 p.m.
70011	11/9	Sa	10:15 a.m.-10:45 a.m.
70012	11/10	Su	11:20 a.m.-11:50 a.m.

Olney Swim Center

70046	9/8	Su	9:10 a.m.-9:40 a.m.
70134	10/27	Su	9:10 a.m.-9:40 a.m.

Youth Level 1

Ages 7-13: This class is for students who need to learn basic water adjustment skills. Courses meet for six 30-minute sessions. Class size is limited to eight students.

Sessions 6 \$60

Germantown Indoor Swim Center

69255	9/16	M	6:10 p.m.-6:40 p.m.
69252	9/21	Sa	10:25 a.m.-10:55 a.m.
69251	9/21	Sa	9:45 a.m.-10:15 a.m.
69253	9/22	Su	11:05 a.m.-11:35 a.m.
69249	9/24	Tu,Th	6:20 p.m.-6:50 p.m.
69250	10/28	M	6:10 p.m.-6:40 p.m.
69254	11/12	Tu,Th	6:20 p.m.-6:50 p.m.

Kennedy Shriver Aquatic Center

69119	9/14	Sa	1 p.m.-1:30 p.m.
69118	9/14	Sa	10:20 a.m.-10:50 a.m.
69120	9/15	Su	9:40 a.m.-10:10 a.m.
69117	9/16	M	6:10 p.m.-6:40 p.m.
69123	11/9	Sa	1 p.m.-1:30 p.m.
69122	11/9	Sa	10:20 a.m.-10:50 a.m.
69124	11/10	Su	9:40 a.m.-10:10 a.m.
69121	11/11	M	6:10 p.m.-6:40 p.m.

Martin Luther King Jr. Swim Center

69865	9/21	Sa	10:15 a.m.-10:45 a.m.
69866	9/21	Sa	11:40 a.m.-12:10 p.m.
69867	9/21	Sa	12:20 p.m.-12:50 p.m.
69868	9/22	Su	10:40 a.m.-11:10 a.m.
69869	9/22	Su	Noon-12:30 p.m.
69872	9/23	M	6:10 p.m.-6:40 p.m.
69870	9/24	Tu	6:10 p.m.-6:40 p.m.
69871	9/24	Tu	7:30 p.m.-8 p.m.
69878	9/26	Th	6:50 p.m.-7:20 p.m.
69875	11/5	Tu	5:30 p.m.-6 p.m.
69877	11/6	W	6:50 p.m.-7:20 p.m.
69876	11/7	Th	6:10 p.m.-6:40 p.m.
69879	11/9	Sa	11 a.m.-11:30 a.m.
69873	11/9	Sa	12:20 p.m.-12:50 p.m.
69874	11/10	Su	10:40 a.m.-11:10 a.m.

Olney Swim Center

70023	9/7	Sa	10:30 a.m.-11 a.m.
70186	9/7	Sa	9:10 a.m.-9:40 a.m.
70043	9/8	Su	8:30 a.m.-9 a.m.
70187	9/9	M	5:40 p.m.-6:10 p.m.
70069	9/9	M	6:20 p.m.-6:50 p.m.
70078	9/10	Tu	6:40 p.m.-7:10 p.m.
70087	9/11	W	6:20 p.m.-6:50 p.m.
70090	9/11	W	7 p.m.-7:30 p.m.
70092	9/12	Th	5:20 p.m.-5:50 p.m.
70103	10/12	Sa	9:10 a.m.-9:40 a.m.
70131	10/13	Su	8:30 a.m.-9 a.m.
70162	10/29	Tu	6:40 p.m.-7:10 p.m.
70212	10/30	W	5:40 p.m.-6:10 p.m.
70171	10/30	W	6:20 p.m.-6:50 p.m.
70174	10/30	W	7 p.m.-7:30 p.m.
70176	10/31	Th	5:20 p.m.-5:50 p.m.
70178	10/31	Th	6 p.m.-6:30 p.m.



SWIM LESSONS





SWIM LESSONS

Youth Level 2

Ages 7-13: This class is for students who are already water adjusted. Students must be able to submerge for three seconds and float on their front and back. Courses meet for six 30-minute sessions. Class size is limited to eight students.

Sessions 6 \$60

Germantown Indoor Swim Center

69256	9/18	W	5:30 p.m.-6 p.m.
69258	9/21	Sa	11:05 a.m.-11:35 a.m.
69259	9/21	Sa	11:45 a.m.-12:15 p.m.
69260	9/21	Sa	9:45 a.m.-10:15 a.m.
69262	9/22	Su	11:45 a.m.-12:15 p.m.
69261	9/22	Su	9:45 a.m.-10:15 a.m.
69257	10/30	W	5:30 p.m.-6 p.m.

Kennedy Shriver Aquatic Center

69126	9/14	Sa	12:20 p.m.-12:50 p.m.
69127	9/15	Su	11:40 a.m.-12:10 p.m.
69128	9/15	Su	12:20 p.m.-12:50 p.m.
69125	9/17	Tu	5:30 p.m.-6 p.m.
69130	11/9	Sa	12:20 p.m.-12:50 p.m.
69131	11/10	Su	11:40 a.m.-12:10 p.m.
69132	11/10	Su	12:20 p.m.-12:50 p.m.
69129	11/12	Tu	5:30 p.m.-6 p.m.

Martin Luther King Jr. Swim Center

69881	9/21	Sa	1 p.m.-1:30 p.m.
69880	9/21	Sa	11 a.m.-11:30 a.m.
69882	9/22	Su	11:20 a.m.-11:50 a.m.
69883	9/24	Tu	5:30 p.m.-6 p.m.
69884	9/24	Tu	8:10 p.m.-8:40 p.m.
69885	9/26	Th	6:10 p.m.-6:40 p.m.
69889	11/5	Tu	6:10 p.m.-6:40 p.m.
69890	11/5	Tu	7:30 p.m.-8 p.m.
69891	11/7	Th	7:30 p.m.-8 p.m.
69886	11/9	Sa	11:40 a.m.-12:10 p.m.
69887	11/9	Sa	12:20 p.m.-12:50 p.m.
69888	11/10	Su	11:20 a.m.-11:50 a.m.

Olney Swim Center

70024	9/7	Sa	10:30 a.m.-11 a.m.
70016	9/7	Sa	9:10 a.m.-9:40 a.m.
70020	9/7	Sa	9:50 a.m.-10:20 a.m.
70048	9/8	Su	9:10 a.m.-9:40 a.m.
70072	9/9	M	7 p.m.-7:30 p.m.
70097	9/12	Th	6:40 p.m.-7:10 p.m.
70112	10/26	Sa	10:30 a.m.-11 a.m.
70104	10/26	Sa	9:10 a.m.-9:40 a.m.
70108	10/26	Sa	9:50 a.m.-10:20 a.m.
70136	10/27	Su	9:10 a.m.-9:40 a.m.
70180	10/31	Th	6:40 p.m.-7:10 p.m.

Youth Level 3

Ages 7-13: This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of five yards. Courses meet for six 30-minute sessions. Class size is limited to 10 students.

Sessions 6 \$58

Germantown Indoor Swim Center

69263	9/18	W	6:10 p.m.-6:40 p.m.
69266	9/21	Sa	1:05 p.m.-1:35 p.m.
69265	9/21	Sa	12:25 p.m.-12:55 p.m.
69267	9/22	Su	10:25 a.m.-10:55 a.m.
69268	9/22	Su	12:25 p.m.-12:55 p.m.
69264	10/30	W	6:10 p.m.-6:40 p.m.

Kennedy Shriver Aquatic Center

69134	9/14	Sa	11 a.m.-11:30 a.m.
69135	9/14	Sa	11:40 a.m.-12:10 p.m.
69133	9/14	Sa	9:40 a.m.-10:10 a.m.
69136	9/15	Su	10:20 a.m.-10:50 a.m.
69137	9/15	Su	11 a.m.-11:30 a.m.
69139	11/9	Sa	11 a.m.-11:30 a.m.
69140	11/9	Sa	11:40 a.m.-12:10 p.m.
69138	11/9	Sa	9:40 a.m.-10:10 a.m.
69141	11/10	Su	10:20 a.m.-10:50 a.m.
69142	11/10	Su	11 a.m.-11:30 a.m.

Martin Luther King Jr. Swim Center

69893	9/21	Sa	1 p.m.-1:30 p.m.
69892	9/21	Sa	11 a.m.-11:30 a.m.
69894	9/22	Su	10 a.m.-10:30 a.m.
69895	9/22	Su	10:40 a.m.-11:10 a.m.
69896	9/24	Tu	8:10 p.m.-8:40 p.m.
69897	9/26	Th	7:30 p.m.-8 p.m.
69902	11/5	Tu	8:10 p.m.-8:40 p.m.
69899	11/9	Sa	1 p.m.-1:30 p.m.
69898	11/9	Sa	11:40 a.m.-12:10 p.m.
69900	11/10	Su	11:20 a.m.-11:50 a.m.
69901	11/10	Su	Noon-12:30 p.m.

Olney Swim Center

70040	9/7	Sa	1:10 p.m.-1:40 p.m.
70027	9/7	Sa	11:10 a.m.-11:40 a.m.
70053	9/8	Su	9:50 a.m.-10:20 a.m.
70099	9/12	Th	7:20 p.m.-7:50 p.m.
70128	10/26	Sa	1:10 p.m.-1:40 p.m.
70115	10/26	Sa	11:10 a.m.-11:40 a.m.
70145	10/27	Su	10:30 a.m.-11 a.m.
70141	10/27	Su	9:50 a.m.-10:20 a.m.
70181	10/31	Th	7:20 p.m.-7:50 p.m.



Youth Level 4

Ages 7-13: This class is for students who can already swim a coordinated front and back crawl for 15 yards (the width of the pool) and are comfortable in deep water. Courses meet for six 30-minute sessions. Class size is limited to 10 students.

6 Sessions **\$58**

Germantown Indoor Swim Center

69270	9/21	Sa	1:05 p.m.-1:35 p.m.
69269	9/21	Sa	12:25 p.m.-12:55 p.m.
69271	9/22	Su	12:25 p.m.-12:55 p.m.

Kennedy Shriver Aquatic Center

69143	9/14	Sa	11:40 a.m.-12:10 p.m.
69146	9/15	Su	1 p.m.-1:30 p.m.
69144	9/15	Su	11 a.m.-11:30 a.m.
69145	9/15	Su	12:20 p.m.-12:50 p.m.
69147	11/9	Sa	11:40 a.m.-12:10 p.m.
69150	11/10	Su	1 p.m.-1:30 p.m.
69148	11/10	Su	11 a.m.-11:30 a.m.
69149	11/10	Su	12:20 p.m.-12:50 p.m.

Martin Luther King Jr. Swim Center

69903	9/21	Sa	12:20 p.m.-12:50 p.m.
69904	9/22	Su	10 a.m.-10:30 a.m.
69905	9/22	Su	11:20 a.m.-11:50 a.m.
69906	9/26	Th	8:10 p.m.-8:40 p.m.
69910	11/5	Tu	8:10 p.m.-8:40 p.m.
69907	11/9	Sa	10:15 a.m.-10:45 a.m.
69908	11/9	Sa	12:20 p.m.-12:50 p.m.
69909	11/10	Su	Noon-12:30 p.m.

Olney Swim Center

70028	9/7	Sa	11:10 a.m.-11:40 a.m.
70032	9/7	Sa	11:50 a.m.-12:20 p.m.
70058	9/8	Su	10:30 a.m.-11 a.m.
70062	9/8	Su	11:10 a.m.-11:40 a.m.
70116	10/26	Sa	11:10 a.m.-11:40 a.m.
70120	10/26	Sa	11:50 a.m.-12:20 p.m.
70146	10/27	Su	10:30 a.m.-11 a.m.

Youth Level 5

Ages 7-13: This class is for students who can swim one length of front and back crawl, 15 yards of elementary backstroke in good form, tread water and dive into and swim in deep water. Courses meet for six 30-minute sessions. Class size is limited to 10 students.

6 Sessions **\$58**

Germantown Indoor Swim Center

69272	9/21	Sa	11:45 a.m.-12:15 p.m.
69273	9/21	Sa	12:25 p.m.-12:55 p.m.
69274	9/22	Su	11:05 a.m.-11:35 a.m.

Kennedy Shriver Aquatic Center

69151	9/14	Sa	1 p.m.-1:30 p.m.
69152	9/15	Su	1 p.m.-1:30 p.m.
69153	11/9	Sa	1 p.m.-1:30 p.m.
69154	11/10	Su	1 p.m.-1:30 p.m.

Martin Luther King Jr. Swim Center

69911	9/21	Sa	12:20 p.m.-12:50 p.m.
69912	9/22	Su	10:40 a.m.-11:10 a.m.
69913	9/26	Th	8:10 p.m.-8:40 p.m.
69916	11/7	Th	8:10 p.m.-8:40 p.m.
69914	11/9	Sa	11 a.m.-11:30 a.m.
69915	11/10	Su	10 a.m.-10:30 a.m.

Olney Swim Center

70041	9/7	Sa	1:10 p.m.-1:40 p.m.
70035	9/7	Sa	12:30 p.m.-1 p.m.
70063	9/8	Su	11:10 a.m.-11:40 a.m.
70080	9/10	Tu	7:20 p.m.-7:50 p.m.
70129	10/26	Sa	1:10 p.m.-1:40 p.m.
70124	10/26	Sa	12:30 p.m.-1 p.m.
70150	10/27	Su	11:10 a.m.-11:40 a.m.
70164	10/29	Tu	7:20 p.m.-7:50 p.m.



SWIM LESSONS





SWIM LESSONS

Youth Level 6

Ages 7-13: This class is for students who can swim two lengths of front and back crawl in good form and 15 yards of breaststroke. Courses meet for six 30-minute sessions. Class size is limited to 10 students.

Sessions 6 **\$58**

Germantown Indoor Swim Center

69275	9/21	Sa	10:25 a.m.-10:55 a.m.
69276	9/22	Su	9:45 a.m.-10:15 a.m.

Kennedy Shriver Aquatic Center

69155	9/14	Sa	12:20 p.m.-12:50 p.m.
69156	9/15	Su	12:20 p.m.-12:50 p.m.
69157	11/9	Sa	12:20 p.m.-12:50 p.m.
69158	11/10	Su	12:20 p.m.-12:50 p.m.

Martin Luther King Jr. Swim Center

69917	9/21	Sa	1 p.m.-1:30 p.m.
69922	9/22	Su	11:20 a.m.-11:50 a.m.
69918	9/26	Th	7:30 p.m.-8 p.m.
69921	11/7	Th	8:10 p.m.-8:40 p.m.
69919	11/9	Sa	1 p.m.-1:30 p.m.
69920	11/10	Su	10:40 a.m.-11:10 a.m.

Olney Swim Center

70036	9/7	Sa	12:30 p.m.-1 p.m.
70125	10/26	Sa	12:30 p.m.-1 p.m.
70151	10/27	Su	11:10 a.m.-11:40 a.m.

Adult Level 1

Ages 14 & Up: This class is designed for those students who are fearful of the water and/or may have had a bad experience in the water. Basic water adjustment skills will be taught. Course meet for six 30 minute sessions. Class size is limited to 6 students.

6 Sessions **\$67**

Germantown Indoor Swim Center

69160	9/16	M	5:30 p.m.-6 p.m.
69162	9/21	Sa	11:05 a.m.-11:35 a.m.
69163	9/22	Su	10:25 a.m.-10:55 a.m.
69161	10/28	M	5:30 p.m.-6 p.m.

Kennedy Shriver Aquatic Center

68958	9/14	Sa	11 a.m.-11:30 a.m.
68959	9/15	Su	10:20 a.m.-10:50 a.m.
68957	9/19	Th	8:30 p.m.-9 p.m.
68961	11/9	Sa	11 a.m.-11:30 a.m.
68962	11/10	Su	10:20 a.m.-10:50 a.m.
68960	11/14	Th	8:30 p.m.-9 p.m.

Martin Luther King Jr. Swim Center

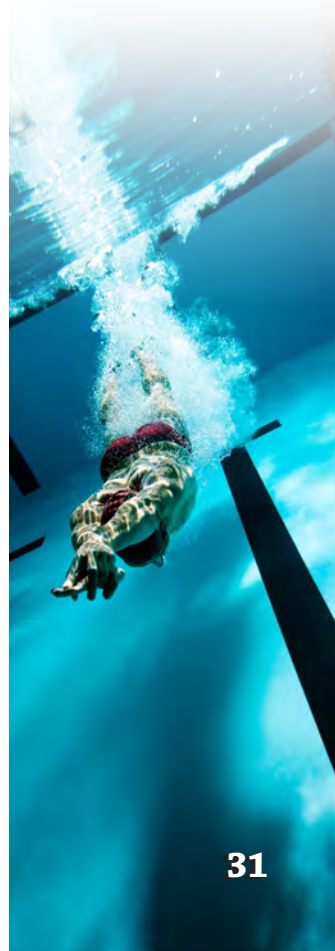
69848	9/21	Sa	11 a.m.-11:30 a.m.
69849	9/22	Su	10 a.m.-10:30 a.m.
69850	9/24	Tu	8:50 p.m.-9:20 p.m.
69852	11/5	Tu	8:50 p.m.-9:20 p.m.
69851	11/10	Su	10 a.m.-10:30 a.m.

Olney Swim Center

70193	9/10	Tu	8 p.m.-8:30 p.m.
70098	9/12	Th	7:20 p.m.-7:50 p.m.
70211	10/29	Tu	7:20 p.m.-7:50 p.m.
70101	10/31	Th	8 p.m.-8:30 p.m.



SWIM LESSONS



Adult Level 2

Ages 14 & Up: Designed for teenagers and adults who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front and back without support. Courses meet for six 30 minute sessions. Class size is limited to 10 students.

6 Sessions **\$65**

Germantown Indoor Swim Center

69164	9/16	M	6:10 p.m.-6:40 p.m.
69166	9/21	Sa	10:25 a.m.-10:55 a.m.
69167	9/22	Su	9:45 a.m.-10:15 a.m.
69165	10/28	M	6:10 p.m.-6:40 p.m.

Kennedy Shriver Aquatic Center

68963	9/14	Sa	10:20 a.m.-10:50 a.m.
68964	11/9	Sa	10:20 a.m.-10:50 a.m.

Martin Luther King Jr. Swim Center

69853	9/21	Sa	10:15 a.m.-10:45 a.m.
69854	9/22	Su	Noon-12:30 p.m.
69855	9/24	Tu	8:50 p.m.-9:20 p.m.
69858	11/5	Tu	8:50 p.m.-9:20 p.m.
69856	11/9	Sa	10:15 a.m.-10:45 a.m.
69857	11/10	Su	10:40 a.m.-11:10 a.m.

Olney Swim Center

70192	9/10	Tu	7:20 p.m.-7:50 p.m.
70197	9/12	Th	8 p.m.-8:30 p.m.
70165	10/29	Tu	8 p.m.-8:30 p.m.

Adult Level 3

Ages 14 & Up: Designed for teenagers and adults who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of five yards. Courses meet for six 30-minute sessions. Class size is limited to six students.

6 Sessions **\$65**

Germantown Indoor Swim Center

69168	9/21	Sa	9:45 a.m.-10:15 a.m.
69169	9/22	Su	12:25 p.m.-12:55 p.m.

Kennedy Shriver Aquatic Center

68965	9/14	Sa	9:40 a.m.-10:10 a.m.
68966	11/9	Sa	9:40 a.m.-10:10 a.m.

Martin Luther King Jr. Swim Center

69859	9/21	Sa	11:40 a.m.-12:10 p.m.
69860	9/26	Th	8:50 p.m.-9:20 p.m.
69862	10/31	Th	8:50 p.m.-9:20 p.m.
69861	11/9	Sa	11 a.m.-11:30 a.m.

Adult Level 4

Ages 14 & Up: Designed for teenagers and adults who can already swim a coordinated front and back crawls for 15 yards (width of the pool) and are comfortable in deep water. Courses meet for six 30-minute sessions. Class size is limited to 10 students.

6 Sessions **\$65**

Germantown Indoor Swim Center

69170	9/21	Sa	11:45 a.m.-12:15 p.m.
69171	9/22	Su	11:45 a.m.-12:15 p.m.

Kennedy Shriver Aquatic Center

68968	9/15	Su	11:40 a.m.-12:10 p.m.
68967	9/17	Tu	8:30 p.m.-9 p.m.
68970	11/10	Su	11:40 a.m.-12:10 p.m.
68969	11/12	Tu	8:30 p.m.-9 p.m.

Martin Luther King Jr. Swim Center

69863	9/26	Th	8:50 p.m.-9:20 p.m.
69864	11/7	Th	8:50 p.m.-9:20 p.m.

Adult Level 5

Ages 14 & Up: Designed for teenagers and adults who can already swim one length front and back crawls, 15 yards elementary backstroke with good form, tread water, and dive into deep water. Courses meet for six 30 minute sessions. Class size is limited to 10 students.

6 Sessions **\$65**

Kennedy Shriver Aquatic Center

68971	9/18	W	8:30 p.m.-9 p.m.
68972	11/13	W	8:30 p.m.-9 p.m.

Adult Swim for Conditioning

Ages 14 & Up: Designed for teenagers and adults who can swim 50 meters of freestyle. This class will provide technical training and is an opportunity for prospective lifeguards to establish swimming proficiency. Courses meet for six 30 minute sessions. Class size is limited to 10 students.

6 Sessions **\$65**

Kennedy Shriver Aquatic Center

68973	9/16	M	8:30 p.m.-9 p.m.
68974	11/11	M	8:30 p.m.-9 p.m.



SWIM LESSONS

THERAPEUTIC RECREATION

Adapted Aquatics Lesson - Level 1

Ages 18 & Up: This is a learn-to-swim program for those individuals with physical and developmental disabilities. This success-oriented program targets individuals who do not currently meet the prerequisites for participating in an inclusive environment. The program is designed to develop basic swim skills in a structured setting under the guidance of an instructor with the support of a family member or caregiver in the water with the student. Participants must be accompanied in the water by a caregiver and in arms reach as all times.

6 Sessions		\$65			
68951	KSAC	9/16	M	10:45 a.m.-11:15 a.m.	
68952	KSAC	11/11	M	10:45 a.m.-11:15 a.m.	

PERSONAL CARE

Montgomery County Recreation aquatics staff does not provide personal assistance with toileting, feeding or dressing in our programs.

Adapted Aquatics Lesson - Volunteer Assisted

Ages 4-17: This is a learn-to-swim program for children who have special needs. These classes are taught in a small group environment. Each child will have an assigned volunteer at all times. All participants must fill out and sign the information and release form at the first class. Students are allowed to register for one (1) class per session. Class size is limited to eight students.

6 Sessions		\$65			
68954	KSAC	9/14	Sa	10:35 a.m.-11:05 a.m.	
68953	KSAC	9/14	Sa	9:45 a.m.-10:15 a.m.	
68956	KSAC	11/9	Sa	10:35 a.m.-11:05 a.m.	
68955	KSAC	11/9	Sa	9:45 a.m.-10:15 a.m.	

Water Exercise - Adaptive

Ages 12 & Up: This course is designed for individuals with physical and developmental disabilities. The workout includes using balls and noodles to encourage movement and improve cardiovascular conditioning. Participants must be accompanied by a caregiver in the water and within arm's reach at all times.

12 Sessions		\$138			
Instructor: H2O Fitness					
69404	MLK	9/15	Su	4 p.m.-4:50 p.m.	
14 Sessions		\$161			
Instructor: Wellness Network					
69403	GISC	9/11	W	11:30 a.m.-12:20 p.m.	



Classes **CLASSES**



**Classes Will Not Meet On
September 30, October 9, November 11,
and November 28-December 1***

**Does not apply to Aquatic activities*



ARTS & CRAFTS

ARTS

Acrylic Painting Techniques

Ages 14 & Up: Discover a step-by-step approach that makes acrylics resemble the lush look of oils. Bring several pictures of what you would like to paint. All ability levels welcome. Material fee included in price.

8 Sessions \$152

Instructor: Margaret Deskin
69336 Bauer Dr. CRC 9/21 Sa 10:30 a.m.-12:30 p.m.

Advanced Right Brained Drawing

Ages 13 & Up: Build on your knowledge and skills in drawing, and explore new techniques in pencil, colored pencil, pastel or watercolor. For students with drawing experience. Material fee included in price.

9 Sessions \$145

Instructor: Yolanda Prinsloo
68784 Potomac CRC 9/23 M 7:15 p.m.-9 p.m.

Adventures in Art

Ages 5-10: Create exciting works of art using several different techniques and media with emphasis on drawing, painting and composition. Material fee included in price.

11 Sessions \$121

Instructor: Tatiana Martin
68835 Longwood CRC 9/21 Sa 10:15 a.m.-11:15 a.m.

Art Studio

Ages 10-17: In this dynamic class students will gain and reinforce creative skills and produce high-quality art work with special attention to composition, perspective and color application. Material fee included in price.

11 Sessions \$121

Instructor: Tatiana Martin
68836 Longwood CRC 9/21 Sa 11:30 a.m.-12:30 p.m.

Draw and Clay-Dinosaurs and Dragons

Ages 4-10: In this session we will explore the difference between the myths and the real science of dinosaurs and dragons. We will draw, paint and sculpt in clay. Material fee included in price.

8 Sessions \$127

Instructor: Yolanda Prinsloo
68786 Germantown CRC 9/24 Tu 5:15 p.m.-6:15 p.m.
68788 Bauer Drive CRC 9/25 W 5:40 p.m.-6:40 p.m.

Drawing with Young Rembrandts

Ages 5-12: Your child will learn about basic design and composition as they draw the Fish Below Ice and Great Wall of China. If your child is fond of sports, they will enjoy drawing our illustration featuring a Hockey Player. Besides strengthening your child's drawing and coloring skills, he or she will also learn about art history as we present lessons featuring master artists Leonardo Da Vinci and Franz Marc.

5 Sessions \$75

Instructor: Young Rembrandts
68764 Germantown CRC 11/6 W 6 p.m.-7 p.m.
68756 Glenallan ES 11/4 M 6 p.m.-7 p.m.

6 Sessions \$90

Instructor: Young Rembrandts
68752 Glenallan ES 9/16 M 6 p.m.-7 p.m.
68753 Damascus CRC 9/17 Tu 6 p.m.-7 p.m.
68754 Germantown CRC 9/18 W 6 p.m.-7 p.m.
68755 Bauer Drive CRC 9/19 Th 6 p.m.-7 p.m.
68757 Damascus CRC 10/29 Tu 6 p.m.-7 p.m.

Learning Art from the Masters

Ages 7-16: What do you know about the Impressionists? Come and discover the artists who painted the light. We will draw, paint and sculpt in clay. Material fee included in price.

8 Sessions \$127

Instructor: Yolanda Prinsloo
68790 Germantown CRC 9/24 Tu 6:30 p.m.-7:30 p.m.

Right Brained Drawing

Ages 13 & Up: Unhinge preconceptions and draw what you see. Sharpen your powers of observation with a variety of exercises and see what you can create. Beginner level. Material fee included in price.

9 Sessions \$135

Instructor: Yolanda Prinsloo
68783 Potomac CRC 9/23 M 5:15 p.m.-7 p.m.

ARTS & CRAFTS



Mini Doodlers: Tell Me a Story

Ages 3-5: Using Model Magic, participants will create their own storyteller dolls that reflect the tradition of passing down stories. Participants will learn about Patrick Benson, the award-winning illustrator of "Owl Babies" as they create their own soft owl babies. Also featured are Lisa Kowalski's colors, dabs and doodles, and beautiful indigo cloth designs. Artwork will take on a three-dimensional effect with shapes that pop off the page and use architectural design. Material fee included in the price.

11 Sessions \$176

Instructor: Nancy Delasos

70708 Clara Barton NRC 9/16 M 11 a.m.-11:45 a.m.

12 Sessions \$192

Instructor: Nancy Delasos

70709 Lawton CRC 9/17 Tu 9:30 a.m.-10:15 a.m.

Twoosy Doodlers: My First Art Class

Ages 1y 8m-3: This "My First" series introduces new art experiences to our Twoosy Doodlers. The focus is on exploration. This special series of "My Firsts" includes sculpture, printing, finger painting, wax resist with oil pastels, monoprinting, repetition and rubbings. The activities are designed to provide opportunities for our Twoosys to touch, feel, hear, see and explore while building fine motor skills, language, creativity and cognitive skills.

11 Sessions \$176

Instructor: Stephanie Burke

68123 Mid-County CRC 9/18 W 11:15 a.m.-Noon

68124 White Oak CRC 9/19 Th 11:30 a.m.-12:15 p.m.

70706 Potomac CRC 9/20 F 9:30 a.m.-10:15 a.m.

12 Sessions \$192

Instructor: Stephanie Burke

68122 Coffield CRC 9/17 Tu 10:15 a.m.-11 a.m.

Instructor: Nancy Delasos

70707 N. Potomac CRC 9/17 Tu 4:30 p.m.-5:15 p.m.

CRAFTS

It's a Stitch

Ages 18 & Up: Craft projects and garments as you learn sewing terms, pattern layout, cutting out fabric, hemming, making a slit and measuring. Sewing machines will be available or you can bring your own. Supply list will be on your receipt. All ability levels welcome. Material fee included in price.

4 Sessions \$145

Instructor: Nora Elias

69300 Lawton CRC 9/19 Th 10:30 a.m.-1:30 p.m.

69304 Lawton CRC 10/24 Th 10:30 a.m.-1:30 p.m.

6 Sessions \$145

Instructor: Nora Elias

69301 Holiday Park SC 9/20 F 10:30 a.m.-12:30 p.m.

69302 Bauer Dr. CRC 9/21 Sa 10:30 a.m.-12:30 p.m.

Kids Sew and Tell

Ages 9 -16: Learn how to make your own projects and garments. This class will teach you sewing terms and skills like pattern layout, cutting out fabric, hem, making a slit and measuring, just to name a few. A supply list will be on your receipt. All ability levels welcome. Material fee included in price.

6 Sessions \$145

Instructor: Nora Elias

69303 Bauer Dr. CRC 9/21 Sa 11:15 a.m.-1:15 p.m.

FINE ARTS

Beginning Drawing With Kritt

Ages 18 & Up: Learn a few simple skills that will help you draw anything, from people and pets to buildings and landscapes. All ability levels welcome.

6 Sessions \$110

Instructor: Penny Kritt

69397 Kritt Studio 9/17 Tu 10 a.m.-Noon

Beginning Painting with Kritt

Ages 18 & Up: Learn the foundations of watercolor and acrylic painting. Start with a few simple skills and get your brush to make the magic happen. All ability levels welcome.

6 Sessions \$110

Instructor: Penny Kritt

69396 Kritt Studio 9/16 M 7 p.m.-9 p.m.

Draw in a Day with Kritt Workshop

Ages 18 & Up: Learn how to draw buildings, people, pets, and landscapes in one day.

1 Session \$50

Instructor: Penny Kritt

69400 Kritt Studio 9/21 Sa 10 a.m.-3 p.m.



ARTS & CRAFTS





Drawing Animals with Kritt

Ages 18 & Up: They're all in your pencil. Draw a cat, dog, lion or turtle. Create great animal portraits. Do subjects who pose or quick sketches of those who won't sit or stay. Work from photos. All levels.

6 Sessions \$110

Instructor: Penny Kritt
69398 Kritt Studio 11/5 Tu 10 a.m.-Noon.

Mix the Perfect Color with Kritt Workshop

Ages 18 & Up: Learn a few simple rules to get the precise color you want. Don't settle for close enough. Buy fewer colors and get better results. material fee included in price.

1 Session \$50

Instructor: Penny Kritt
69401 Kritt Studio 10/19 Sa 10 a.m.-3 p.m.

Oil or Acrylic Painting – Open Studio

Ages 18 & up: Students can paint with oil or acrylics. Instructor available for demonstrations and assistance. Intermediate level and above.

10 sessions \$120

Instructor: Karen Helfert
71740 Lawton CRC 9/23 M 1 p.m.-4 p.m.
71741 Lawton CRC 9/24 Tu 1 p.m.-4 p.m.

Painting Autumn with Kritt

Ages 18 & Up: Catch fall at its finest. Watercolors or acrylics. Paint trees that look real, not like lollipops. Learn the quick way to paint perfect clouds. We'll even paint reflections in water. Work from photos. All levels.

6 Sessions \$110

Instructor: Penny Kritt
69399 Kritt Studio 11/4 M 7 p.m.-9 p.m.

JEWELRY

Basic Beading

Ages 12 & Up: Learn beading and stringing techniques for making jewelry. You will complete earrings and a necklace by the end of class. Bring a basic tool kit of flat nose pliers, round nose pliers and wire cutters. Material fee included in price.

1 Session \$56

Instructor: Renee Prioleau
68888 Wisconsin Pl. CRC 11/2 Sa 10 a.m.-3 p.m.

Intermediate Beading

Ages 12 & Up: Learn to work with new techniques that use chain and wire in your beading to expand skills learned in the beginner class and take you to the next level. You will complete earrings and a bracelet by the end of class. Bring a basic tool kit of flat nose pliers, round nose pliers and wire cutters. material fee included in price.

1 Session \$56

Instructor: Renee Prioleau
68889 Wisconsin Pl. CRC 11/2 Sa 10 a.m.-Noon

PERFORMING ARTS

Playwriting: Write Together Play Together

Ages 9 - 12: Students will develop fundamental skills in improvisation, playwriting and performance techniques. Students collaborate not only in the writing of the play, but also in choosing / creating the costumes, props and set pieces necessary for their original production. At the end of each session, students will perform in a showcase featuring their original scene for parents and family.

10 Session \$200

Instructor: Olney Theater
70222 Potomac CRC 9/21 Sa 10 a.m.-11:20 a.m.

PHOTOGRAPHY

Intro to Digital Photography

Ages 16 & Up: Delve into DSLR basics and achieve your photographic vision by learning what goes into making a great image. Learn about your cameras functions, composition and lighting in order to best capture your desired outcome. Must bring your own DSLR camera.

4 Sessions \$125

Instructor: Haneine Ramadan
71116 N. Potomac CRC 9/11 W 7 p.m.-8:15 p.m.

CERAMICS

Ceramics Introductory Wheel

Ages 16 & Up: In this beginners ceramics class students will learn clay preparation, throwing techniques, firing and glazing. Material fee included in price.

8 Sessions \$230

Instructor: Robin Ziek
68770 Ross Boddy NRC 9/21 Sa 10:30 a.m.-1:30 p.m.



ARTS & CRAFTS



Handcrafted Pottery

Ages 17 & Up: Develop techniques for hand building pieces of functional and decorative pottery. Practice techniques on the potter's wheel, including centering, and learn about clay, drying, firing and glazing. Bring clay tools and an old towel. Material fee included in price.

8 Sessions \$235

Instructor: Valerie Haber

68885 N. Potomac CRC 9/18 W 6 p.m.-9 p.m.

68887 N. Potomac CRC 9/19 Th 6 p.m.-9 p.m.

8 Sessions \$230

Instructor: Susan Mapp

69307 Ross Boddy NRC 9/19 Th 6 p.m.-9 p.m.

8 Sessions \$205

Instructor: Pamela Reid

68690 White Oak CRC 10/1 Tu 6 p.m.-8:30 p.m.

Handcrafted Pottery Open Studio

Ages 16 & Up: Experienced potters can practice hand building, wheel throwing, decorating and glazing techniques. Instructor available for demonstration and assistance. Intermediate and advanced levels. Material fee included in price.

8 Sessions \$230

Instructor: Robin Ziek

68771 Ross Boddy NRC 9/17 Tu 6 p.m.-9 p.m.

Instructor: Susan Mapp

69306 Ross Boddy NRC 9/18 W 10:30 a.m.-1:30 p.m.

Instructor: Pamela Reid

68687 White Oak CRC 10/1 Tu 10 a.m.-2 p.m.

8 Sessions \$270

Instructor: Valerie Haber

68884 N. Potomac CRC 9/17 Tu 6 p.m.-9 p.m.

Pottery at Sligo

Ages 16 & Up: Explore hand building, wheel-throwing and glazing techniques by using mid-range stoneware (cone 6) with the instructor's guidance. A fully equipped studio affords you the opportunity to work toward your own creative goals. All artists have access to a potter's wheel. All ability levels welcome. Material fee included in price.

6 Sessions \$171

Instructor: Margaret Dickerson

68834 Sligo Creek ES 9/16 M 7 p.m.-10 p.m.

7 Sessions \$178

Instructor: Angela M. Schreiber

68844 Sligo Creek ES 9/3 Tu 9:30 a.m.-12:30 p.m.

68845 Sligo Creek ES 9/3 Tu 7 p.m.-10 p.m.

68843 Sligo Creek ES 9/5 Th 9:30 a.m.-12:30 p.m.

SEWING

Halloween Boo Bags Workshop

Ages 4-14: Learn hand and machine sewing techniques while preparing for a ghoulishly fun Halloween. Begin by constructing and customizing your very own trick or treat bag to match your Halloween costume. Finish by adding festive embellishments.

1 Session \$50

Instructor: Madiana Margao

70781 Potomac CRC 10/12 Sa 10 a.m.-Noon

Holiday Sew Spectacular Workshop

Ages 4-14: Learn the basics of sewing through this fun and interactive workshop. Create and decorate your very own Christmas stocking.

1 Session \$65

Instructor: Madiana Margao

70783 Potomac CRC 12/7 Sa 10 a.m.-Noon

Round Loom Knitting

Ages 13 & Up: Learn a fun and easy new way of making different types of knitted apparel. Winter is around the corner so we'll make hats, scarves or blankets to use or give as gifts.

5 Sessions \$60

Instructor: Mary Kate Griffith

69351 Germantown CRC 9/28 Sa 10 a.m.-Noon

Sew Spectacular Workshop

Ages 4-14: Learn the basics of sewing through this fun and interactive workshop. Students will adopt hand and machine sewing techniques while also producing a customized holiday pillow.

1 Session \$65

Instructor: Madiana Margao

70782 Potomac CRC 11/9 Sa 10 a.m.-Noon

SPECIAL INTEREST

Fashion Sketching Workshop

Ages 4-14: Learn the latest fashion illustration techniques with a "Fashion Around the World" themed class. Conclude this creative drawing course by creating a croquis tote.

1 Session \$50

Instructor: Madiana Margao

70780 Potomac CRC 9/21 Sa 10 a.m.-Noon



ARTS & CRAFTS





COOKING

COOKING

COOKING TECHNIQUES

Fun Ways to Cook Eggs

Ages 15 & Up: Learn how to cook eggs using a variety of methods. Menu includes celery soup topped with a poached egg; deviled eggs; kedgeriee (a breakfast masterpiece using leftover rice and fish); pasta, asparagus and cheese frittata; and a dessert omelet with fresh strawberries.

1 Session \$75

Instructor: Sheila Crye

71154 Ross Boddy NRC 12/7 Sa 9:30 a.m.-12:30 p.m.

Indian Instant Pot

Ages 15 & Up: We will learn from social media's Butter Chicken Lady the basics of cooking with an Instant Pot while we prepare and enjoy dining on a classic Punjabi menu including butter chicken, chickpea stew, spinach with fresh cheese, flatbreads and a banana yogurt drink. As foods are cooking in the pressure cookers, we will make Indian pantry staples including ghee, Punjabi garam masala spice mix, fresh ginger garlic paste and mango chutney to take home as you continue exploring Indian cuisine.

1 Session \$75

Instructor: Sheila Crye

71153 N. Potomac CRC 10/17 Th 6:30 p.m.-9:30 p.m.

Magic Beans

Ages 15 & Up: Learn how a variety of cooking methods and seasonings can change the flavor of bean dishes. We will cook dry beans without pre-soaking them in an Instant Pot and compare them to ones we simmer on the stove. Menu includes beans on bread; a shared platter of beans for flatbread; green lentil salad; silky hummus; and leblebi, a North African soup of spiced chickpeas, toasted bread chunks, onion and cilantro.

1 Session \$75

Instructor: Sheila Crye

71155 N. Potomac CRC 9/26 Th 6:30 p.m.-9:30 p.m.

Recipes 1-2-3

Ages 15 & Up: Cook and dine on a full dinner made with recipes that have three ingredients or less. We will also discuss time-saving methods and prepare pantry items for you to take home including garlic oil, chili oil, rosemary oil, tapenade, vanilla sugar and ginger sugar. Menu includes pepper confit with sherry vinegar, manchego chicken with prosciutto, warm onion gratin and quince-glazed fresh fruit kabobs.

1 Session \$75

Instructor: Sheila Crye

71156 Ross Boddy NRC 10/22 Tu 6:30 p.m.-9:30 p.m.

WINE AND DINING

Wine and Dine-The French Chef

Ages 21 & Up: Learn how to take simple ingredients and transform them into something heavenly. There will be great value wines curated for the meal. Menu includes consommé with fresh tomatoes and herbs, casserole of pork chops with potatoes, carrots and artichoke hearts, tossed green salad vinaigrette, and chocolate cream custard.

1 Session \$75

Instructor: Sheila Crye

71119 Ross Boddy NRC 12/13 F 6:30 p.m.-9:30 p.m.

Wine and Dine-Flavors of Greece

Ages 21 & Up: Learn to cook a fantastic Greek meal with great value wines curated for this meal. Menu includes island eggplant, baker's lamb, rice pilaf with currants and pine nuts and fruits in sweet wine and honey. Material and food fee included in price.

1 Session \$75

Instructor: Sheila Crye

71117 N. Potomac CRC 11/22 F 6:30 p.m.-9:30 p.m.

YOUTH COOKING

Breakfast for Dinner

Ages 5-12: Turn your favorite breakfast dishes into the main event as dinner options. Breads, turnovers, quiche: any way you slice it your little chef will love tucking into these comforting breakfast classics.

6 Sessions \$225 Ages 3-5

Instructor: Tiny Chefs

71128 Clara Barton NRC 9/24 Tu 10 a.m.-11 a.m.

8 Sessions \$245 Ages 5-12

Instructor: Tiny Chefs

71120 Clara Barton NRC 9/25 W 5 p.m.-6 p.m.

Breakfast for Dinner - Breakfast Burritos

Ages 5-12: Turn your favorite breakfast dishes into the main event as dinner options. Learn to make breakfast burritos.

1 Session \$35

Instructor: Tiny Chefs

71121 White Oak CRC 9/28 Sa 10 a.m.-11 a.m.

Breakfast for Dinner- Crepes

Ages 5-12: Turn your favorite breakfast dishes into the main event as dinner options. Learn to make basic crepes with strawberry filling.

1 Session \$35

Instructor: Tiny Chefs

71127 Mid-County CRC 12/14 Sa 10 a.m.-11 a.m.



Breakfast for Dinner- Pumpkin Pancakes

Ages 5-12: Turn your favorite breakfast dishes into the main event as dinner options. Learn to make pumpkin pancakes with apple cider syrup.

1 Session \$35

Instructor: Tiny Chefs

71124 N. Potomac CRC 10/26 Sa 10 a.m.-11 a.m.

Breakfast for Dinner- Turnovers

Ages 5-12: Turn your favorite breakfast dishes into the main event as dinner options. Learn to make ham and gruyere turnovers.

1 Session \$35

Instructor: Tiny Chefs

71126 N. Potomac CRC 11/23 Sa 10 a.m.-11 a.m.

DANCE

Ballet

Ages 5-10: Young dancers get an introduction to basic ballet movements and terminology. This class is perfect for the dancer that needs fundamental introductory training. Beginner level.

10 Sessions \$90

Instructor: Grace Oleson

68602 Arcola ES 9/19 Th 5:15 p.m.-6 p.m.

68601 Germantown CRC 9/18 W 4:30 p.m.-5:15 p.m.

68599 Coffield CRC 9/16 M 4:30 p.m.-5:15 p.m.

68600 N Potomac CRC 9/17 Tu 4:30 p.m.-5:15 p.m.

Ballet for Adults

Ages 16 & Up: It's never too late to learn to dance, while improving posture and flexibility in a social atmosphere. Students will focus on developing a basic understanding of the foundations of ballet with exercises at the barre, in the center of the floor and moving across the floor. Clothing should be loose and comfortable, no denim. Bare feet or flat ballet shoes recommended.

10 Sessions \$109

Instructor: Robyn Lindsey

68874 Potomac CRC 9/19 Th 7 p.m.-8 p.m.

Contemporary Dance I

Ages 9-12: Learn combinations that include floor work, lyrical movements and techniques that include modern dance, jazz dance and ballet. This class is sure to get you moving to the music.

11 Sessions \$230

Instructor: Bonnie Slawson

70220 Commotion FS 9/21 Sa Noon-1 p.m.

Creative Combo Dance

Ages 6-12: Students will combine a range of dance forms including modern, ballet and African dance while also learning to dance with flags. Material fee includes personal flag and T-shirt for final class performance.

8 Sessions \$138

Instructor: Venterprises Inc

71157 White Oak CRC 9/17 Tu 6 p.m.-7 p.m.

Fairy Tale Ballet

Ages 3-6 ½: Fairy Tale Ballet is a unique and creative program catered to the imaginations of children. The class incorporates the fundamentals of proper ballet technique in a fun environment complete with rotating storybooks, costuming and props. Instructors bring each of the storybooks to life through movement, costuming and creative imagination.

10 Sessions \$220

Instructor: Jennifer Ferrigno

Ages 3 - 4 1/2

69348 Claridge LP 9/14 Sa 9 a.m.-9:45 a.m.

68894 N Potomac CRC 9/14 Sa 9:10 a.m.-9:55 a.m.

68899 Lawton CRC 9/14 Sa 9:30 a.m.-10:15 a.m.

69350 Claridge LP 9/14 Sa 10:40 a.m.-11:25 a.m.

68896 N Potomac CRC 9/14 Sa 10:50 a.m.-11:35 a.m.

68902 Lawton CRC 9/14 Sa 11:10 a.m.-11:55 a.m.

Ages 4 - 5 1/2

69349 Claridge LP 9/14 Sa 9:50 a.m.-10:35 a.m.

68895 N Potomac CRC 9/14 Sa 10 a.m.-10:45 a.m.

68901 Lawton CRC 9/14 Sa 10:20 a.m.-11:05 a.m.

68897 N Potomac CRC 9/14 Sa 11:40 a.m.-12:25 p.m.

68903 Lawton CRC 9/14 Sa Noon-12:45 p.m.

Ages 5 - 6 1/2

68898 N Potomac CRC 9/14 Sa 12:30 p.m.-1:15 p.m.

Jazzmatazz Pre Ballet

Ages 5-7: This introductory class includes creative movement, beginning technical exercises, floor exercise and a performance dance. Dancers should wear leotards, tights and well fitted all leather ballet slippers, in the colors of your choice.

12 Sessions \$120

Instructor: Betsy Saunders

68795 Long Branch CRC 9/21 Sa 11:15 a.m.-Noon

Jazzmatazz Preschool Dance

Ages 3-4: This class provides an introduction to dance through creative movement using a variety of musical styles that children love. Wear leotards, tights, and well-fitted all-leather ballet slippers. No lace tutus and only short dance skirts. Children must be toilet trained.

12 Sessions \$120

Instructor: Betsy Saunders

71970 Long Branch CRC 9/21 Sa 10:15 a.m.-11 a.m.



DANCE





DANCE

Kidz Dance

Ages 3- 5: Children will love this introduction to ballet dance. Students will explore dance, rhythm and coordination. Parent participation may be required. Ballet slippers are required.

10 Sessions \$110

Instructor: Grace Oleson

68556 Coffield CRC 9/16 M 3:30 p.m.-4:15 p.m.

68559 N Potomac CRC 9/17 Tu 3:30 p.m.-4:15 p.m.

68557 Germantown CRC 9/18 W 3:30 p.m.-4:15 p.m.

68558 Arcola ES 9/19 Th 4:15 p.m.-5 p.m.

Little Royals Ballet

Ages 4-9: Ballet princesses and princes will cover the fundamentals of classic ballet vocabulary and technique. Students will learn the importance of strength, flexibility, rhythm and musicality in a fun, informal setting. The last class will conclude with a short dance presentation.

10 Sessions \$109

Instructor: Robyn Lindsey

68877 Germantown CRC 9/21 Sa 10 a.m.-10:45 a.m.

68878 Germantown CRC 9/21 Sa 11 a.m.-11:45 a.m.

Pre-Ballet

Ages 2-5: This class introduces students to dance, movements and basic ballet techniques and terminology while emphasizing rhythm and coordination. We create a fun environment to motivate toddlers in learning effectively. Classes are taught in French. Ballet slippers are required.

8 Sessions \$110

Instructor: Sabine Philippe

69366 Dansez! 9/25 W 10 a.m.-10:30 a.m.

Dansez! DS

69367 Dansez! 9/26 Th 10 a.m.-10:30 a.m.

Dansez! DS

BALLROOM

Ballroom I (Couples)

Ages 16 & Up: Learn proper dance position, how to lead and follow and at least three patterns for waltz, foxtrot, rumba, cha cha and swing. Registration is per student; must have a partner registered in the class to attend. Beginner level.

11 Sessions \$110

Instructor: Rebecca McKinney

68744 Bethesda ES 9/16 M 7 p.m.-8 p.m.

10 Sessions \$110

Instructor: Ann Basso

68791 Holiday Park SC 9/19 Th 7 p.m.-8 p.m.

Ballroom II (Couples)

Ages 16 & Up: After a brief review of Ballroom I dances, build your confidence by learning additional variations of tango and merengue. Instructors emphasize proper dance position and improved pattern execution to perfect each move. Registration is per student; must have a partner registered in the class to attend. Intermediate level; prerequisite: Ballroom I.

11 Sessions \$110

Instructor: Rebecca McKinney

68745 Bethesda ES 9/16 M 8 p.m.-9 p.m.

10 Sessions \$110

Instructor: Ann Basso

68792 Holiday Park SC 9/19 Th 8 p.m.-9 p.m.

11 Sessions \$110

Instructor: Rebecca McKinney

68746 Lawton CRC 9/19 Th 7 p.m.-8 p.m.

Ballroom III (Couples)

Ages 16 & Up: Students further develop a foundation in the dances covered in Ballroom I and II. Classes may specialize in three or four dances per session. Registration is per student and you must have a partner registered in the class to attend. Intermediate and advanced level; prerequisite: Ballroom II or equivalent.

10 Sessions \$110

Instructor: Ann Basso

68794 Coffield CRC 9/17 Tu 7:45 p.m.-8:45 p.m.

Ballroom IV (Couples)

Ages 16 & Up: Students build on their ballroom dance abilities by learning additional patterns in each dance and improving dancing technique and execution. Classes may specialize in three or four dances per session. Registration is per student and you must have a partner registered in the class to attend. Intermediate and advanced level; prerequisite: Ballroom III or equivalent.

10 Sessions \$110

Instructor: Ann Basso

68793 Holiday Park SC 9/19 Th 9 p.m.-10 p.m.

Strictly Ballroom Rumba/Foxtrot

Ages 18 & Up: Couples only. Students will learn the basics of three popular social, ballroom dances. Get comfortable social dancing with your partner and get ready for your next family celebration, wedding, or special event.

8 Sessions \$96

Instructor: Avant Garde Ballroom Dance Center

69335 Avant Garde DC 9/19 Th 7:45 p.m.-8:30 p.m.



CHEER AND POMES

Poms

Ages 7-12: Are you ready for Poms try outs? We will teach you how to audition as well as teach you the technical skills that you will need to be prepared. Learn how to kick, leap and turn like the poms squads do.

11 Sessions \$230

Instructor: Bonnie Slawson

70217 Commotion FS 9/21 Sa Noon-1 p.m.

Acro Dance

Ages 3-5: Acrobatic skills are taught in a safe well supervised setting. Individualized attention provides individualized growth. From proper stretching to learning front rolls, back rolls and log rolls your little one will learn the acro basics. Students will increase coordination, balance and strength that will provide them with a great base for all types of sports and dance.

11 Sessions \$198

Instructor: Bonnie Slawson

70219 Commotion FS 9/18 W 5 p.m.-5:45 p.m.

HIP-HOP

Hip-Hop Dance

Ages 5-8: Hit the beat and move to the music with this class that uses urban movement and strong rhythms. Participants will learn how to pop, lock and six-step.

11 Sessions \$230

Instructor: Bonnie Slawson

70221 Commotion FS 9/19 Th 6 p.m.-7 p.m.

Hip-Hop Fitness

Ages 18 & Up: This high energy class will have you moving your hips to old and new hip-hop jams while dancing your calories away. This is a non-stop dynamic cardio workout that will get you ready for your next dance party.

7 Sessions \$85

Instructor: Shannon Jones

69363 Plum Gar CRC 9/20 F 6:30 p.m.-7:15 p.m.

Hip-Hop for Kids

Ages 5-8: A high-energy, fun-filled dance program, packed with the latest hip-hop choreography. Students will learn new moves and freestyle skills, unlocking creativity while embracing an active lifestyle. The course will include a final performance showcasing a fun routine for family and friends.

9 Sessions \$99

Instructor: Robyn Lindsey

68875 White Oak CRC 9/18 W 6 p.m.-6:45 p.m.

10 Sessions \$99

Instructor: Robyn Lindsey

68879 Germantown CRC 9/21 Sa 1 p.m.-1:45 p.m.

68880 Potomac CRC 9/19 Th 6 p.m.-6:45 p.m.

Hip-Hop for Teens and Adults

Ages 13 & Up: A high-energy, fun-filled dance program packed with the latest hip-hop choreography. Students will learn new moves and freestyle skills, unlocking creativity while embracing an active lifestyle.

9 Sessions \$99

Instructor: Robyn Lindsey

68876 White Oak CRC 9/18 W 7 p.m.-7:45 p.m.

Hip-Hop I

Ages 8-12: Learn the hottest moves from South Beach and New York City. We will break down the ABC's of basic break dancing, popping, locking, funk and other unique hip-hop combinations. No dance experience required.

12 Sessions \$144

Instructor: Avant Garde Ballroom Dance Center

69334 Avant Garde DC 9/14 Sa 2 p.m.-2:45 p.m.



DANCE

INTERNATIONAL

Folk Dancing

Montgomery County Recreation partners with the Diamond Dance Circle to offer an International Folk Dance program at the Lawton CRC.

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

The intermediate/advanced level adds dances from Macedonia, Turkey, Slovakia, Croatia, Serbia, and others.

Cost is \$7 per week.

Contact Phyllis at 301-871-8788 or e-mail diamonddancecircle@comcast.net.

Location	Day	Time:
Lawton CRC	Monday	7:30-9:45 p.m.
Social Hall		

Program is ongoing.

The Center Director may cancel a date if it conflicts with a community event or maintenance issues.





DANCE

Hip-Hop Kids

Ages 5-9: Get ready to pop, lock and rock your body in this action-packed dance program. Learn the latest hip-hop dance moves using old-school tunes and the latest hits. Family and friends will get to see the students showcase their talents on the last day of class in a final performance. All ability levels welcome.

Ages 5-6

7 Sessions \$85

Instructor: Shannon Jones
69360 Plum Gar CRC 9/21 Sa 10 a.m.-10:45 a.m.

Ages 7-9

7 Sessions \$85

Instructor: Shannon Jones
69361 Plum Gar CRC 9/21 Sa 11 a.m.-11:45 a.m.

Hippo Hoppo

Ages 3-5: This class is perfect for introducing your little one to hip-hop. Using games and music, the class focuses on rhythm, musicality and basic footwork. We only use age-appropriate music and hip-hop dance moves to create a love for dance. No dance experience is necessary.

4 Sessions \$45

68164 N Potomac CRC 9/16 M 5:30 p.m.-6:15 p.m.
68168 Potomac CRC 11/2 Sa 10:15 a.m.-11 a.m.
68169 White Oak CRC 11/2 Sa 10:15 a.m.-11 a.m.
68170 Germantown CRC 11/2 Sa Noon-12:45 p.m.

5 Sessions \$55

Instructor: Robyn Lindsey
71367 Good Hope NRC 9/17 Tu 5:30 p.m.-6:15 p.m.
68165 Potomac CRC 9/21 Sa 10:15 a.m.-11 a.m.
68166 White Oak CRC 9/21 Sa 10:15 a.m.-11 a.m.
68167 Germantown CRC 9/21 Sa Noon-12:45 p.m.
68171 N Potomac CRC 10/28 M 5:30 p.m.-6:15 p.m.
71368 Good Hope NRC 10/29 Th 5:30 p.m.-6:15 p.m.

Pre Hip-Hop

Ages 2-5: This high-energy, fun & upbeat dance class allows your child to move freely, using their own body movement styles. Children participate at their own pace.

8 Sessions \$110

Instructor: Sabine Philippe
69368 Dansez! DS 9/25 W 10:30 a.m.-11 a.m.
Dansez!
69369 Dansez! DS 9/26 Th 10:30 a.m.-11 a.m.
Dansez!

Step Dance for Kids

Ages 7-14: Students will learn how to use their body as an instrument to create complex rhythms and sounds using a combination of hand claps, foot stomps and spoken word while also including other genres of dance such as hip-hop, tap and modern dance.

6 Sessions \$90

Instructor: Craig Perry
71176 Mid-County CRC 9/19 Th 6:30 p.m.-7:30 p.m.
71179 Mid-County CRC 11/7 Th 6:30 p.m.-7:30 p.m.

LATIN

Afro Latin Grooves Dance

Ages 15 & Up: Students will blend the pocket of afro style dancing with the fun found in Latin footwork. Learn body control, musicality and basic steps to your favorite Latin dances.

6 Sessions \$90

Instructor: Craig Perry
71180 Mid-County CRC 9/19 Th 7:30 p.m.-8:30 p.m.
71181 Mid-County CRC 11/7 Th 7:30 p.m.-8:30 p.m.

LINE DANCING

Urban Line Dance

Ages 17 & Up: This class introduces you to the basic patterns and steps for line dancing by a certified line dancing instructor. Start with beginner-level step patterns and gradually progress to intermediate dances with slightly more complex patterns. Beginner level.

6 Sessions \$54

Instructor: Peytrienne McCormick
68839 Holiday Park SC 9/17 Tu 6:15 p.m.-7:15 p.m.
68841 Good Hope NRC 9/18 W 6:30 p.m.-7:30 p.m.
68840 Holiday Park SC 10/29 Tu 6:15 p.m.-7:15 p.m.
68842 Good Hope NRC 11/6 W 6:30 p.m.-7:30 p.m.

PERFORMING ARTS

Bollywood Bhangra Dance Fitness

Ages 14 & Up: Students will enjoy the fast and energizing movements of Bollywood and Bhangra dance. Increase your heart rate while getting exercise through innovative choreography and exotic steps to the rhythmic drums of South Asia.

7 Sessions \$95

Instructor: Kumud Mathur
68883 N Potomac CRC 9/18 W 7 p.m.-7:45 p.m.

Bollywood Dance Fitness

Ages 14 & Up: Learn the latest in Bollywood dance while getting a great cardio workout. Techniques include hand, feet and body movements set to romantic popular music with a fast beat. Stay in shape while learning a fun art. Beginner and intermediate levels.

7 Sessions \$95

Instructor: Kumud Mathur
68882 Potomac CRC 9/17 Tu 7:15 p.m.-8 p.m.

Bollywood Dance for Toddlers

Ages 2-5: Dance movements in the class will teach participants better motor coordination, concentration, a sense of rhythm, self-confidence and team work. Participants will also practice math by forming rhythmic patterns through dance. Adult participation is welcomed.

7 Sessions \$109

Instructor: Kumud Mathur
69431 Potomac CRC 9/17 Tu 5:15 p.m.-6 p.m.



Bollywood Kids

Ages 6-14: Experience Bollywood style dance with its catchy tunes and fast, vibrant beat. Students will also improve their motor coordination, focus and confidence.

7 Sessions \$95

Instructor: Kumud Mathur

68881 Potomac CRC 9/17 Tu 6:15 p.m.-7 p.m.

Lyrical Interpretive Dance

Ages 13 & Up: Students will learn to utilize movement to enhance the message of a song. Incorporates contemporary-modern, ballet and jazz dance styles.

Ages 13-17

10 Sessions \$150

Instructor: Venterprises Inc

71185 East County CRC 9/18 W 6 p.m.-7:30 p.m.

Ages 18 & Up

10 Sessions \$150

Instructor: Venterprises Inc

71158 White Oak CRC 9/17 Tu 7 p.m.-8:30 p.m.

PLAYTIME & MOVEMENT FOR TOTS

Tiny Toes

Ages 2½-3½: Music, movement, balance and basic dance steps are introduced in a fun, friendly and positive manner. This class is for children who are able to participate in class without assistance from a parent. Our teachers will keep the music and curriculum moving along in a way that is fun, positive and appropriate.

8 Sessions \$144

Instructor: Tippi Toes DC

68145 Lawton CRC 9/19 Th 11 a.m.-11:45 a.m.

68144 White Oak CRC 9/21 Sa 10 a.m.-10:30 a.m.

Toddler and Me Dance

Ages 1½-3: Music, movement, balance and basic dance steps are introduced in a fun, friendly and positive manner. This class includes a parent or loved one participating in the class along with the little dancer. Our teachers will keep the music and curriculum moving along while parents take an active role in encouraging, supporting and keeping the little dancer on track.

8 Sessions \$144

Instructor: Tippi Toes DC

68146 Lawton CRC 9/19 Th 10:20 a.m.-10:50 a.m.

68147 White Oak CRC 9/21 Sa 9:15 a.m.-9:45 a.m.

Salsa Club Dancing I

Ages 17 & Up: Salsa sizzles with rhythm and movement making it a popular dance for beginners. This class includes partner dance, solo freestyle and the basic techniques of lead and follow. Students will change partners frequently. No partner required.

8 Sessions \$96

Instructor: Avant Garde Ballroom Dance Center

69332 Avant Garde DC 9/17 Tu 7 p.m.-7:45 p.m.

SWING

Swing (couples)

Ages 16 & Up: Get an introduction to East Coast swing, starting with single swing and progressing to a triple swing. Learn underarm turns and swivels using swing variations. Registration is per student and you must have a partner registered in the class to attend. Beginner level.

11 Sessions \$110

Instructor: Rebecca McKinney

68747 Lawton CRC 9/19 Th 8 p.m.-9 p.m.

TAP

Theatre Dance & Tap

Ages 5-8: Is your child theatrical? Here is a class that prepares you for being part of musical theatre shows and talent shows. Learn how to make music with your feet and dance for musicals.

12 Sessions \$250

Instructor: Bonnie Slawson

70218 Commotion FS 9/17 Tu 5 p.m.-6 p.m.

WEDDING DANCE

Wedding Ready

Ages 17 & Up: Wedding ready is an eight-week course offered not only for the bride and groom, but also for mom, dad and anyone in the bridal party. Designed to help you learn basic footwork, it is the best first step in perfecting your first dance.

8 Sessions \$96

Instructor: Avant Garde Ballroom Dance Center

69333 Avant Garde DC 9/17 Tu 7:15 p.m.-8 p.m.



DANCE





FITNESS

AEROBIC DANCE

Dance & Fitness

Ages 18 & Up: A complete aerobic workout for men and women who love music and movement. Dance in an energetic, fun-filled hour, choreographed to all styles of music. This class includes flexibility and leg routines, weights, abdominal work and cool down stretch. Wear supportive athletic shoes and bring a mat or blanket for floor work. Hand weights are optional.

24 Sessions \$192

Instructor: Lois Antos

68350 Veirs Mill LP 9/10 Tu,Th 9:30 a.m.-10:30 a.m.

Instructor: Yencia Bell

68351 Lawton CRC 9/9 M,W 6 p.m.-7 p.m.

Instructor: Katie Wiemers

68352 Rock View ES 9/10 Tu,Th 7 p.m.-8 p.m.

Instructor: Elaine Waldstreicher

68353 Mid-County CRC 9/9 M,W 7:30 p.m.-8:30 p.m.

Dance & Fitness Add a Class

Ages 18 & Up: Add a third day to your workout routine and see your strength and endurance improve. Pick any day Monday through Thursday (listed above) or Saturday and add more dancing at a different location.

12 Sessions \$96

Instructor: Katie Wiemers

68354 Holiday Park SC 9/14 Sa 9 a.m.-10 a.m.

Jacki Sorensen's Aerobic Dance

Ages 18 & Up: Move your body with this complete, safe, effective and fun choreographed fitness program, created by Jacki Sorensen in the early 1970s. Each class includes strength work, flexibility and floor work routines followed by aerobic routines that can be done at low- or no-impact levels. Heart rate monitoring throughout the class measures student progress. Bring a mat. Hand weights (1-6 pounds) and ankle weights (1-2.5 pounds) are recommended, but optional.

14 Sessions \$119

Instructor: Karin Baker

68339 Potomac CRC 9/10 Tu 9 a.m.-10 a.m.

68340 Potomac CRC 9/12 Th 9 a.m.-10 a.m.

Aerobic Exercise

Jacki Sorensen's Aerobic Workout

Ages 18 & Up: Jacki Sorensen created this program in the 1980s as a more vigorous program than her dance classes. Each class includes floor work, strength work with hand and ankle weights, stretching and aerobic routines. Heart rate monitoring throughout the class measures student progress. Bring a mat, hand weights (1-6 pounds) and ankle weights (1-2.5 pounds).

13 Sessions \$111

Instructor: Karin Baker

68341 Damascus CRC 9/11 W 7 p.m.-8 p.m.

Jacki Sorensen's Strong Step

Ages 18 & Up: This high-energy, low-impact fitness class blends exercise and bench and resistance training to provide a full-body workout. Students can adjust step level to vary intensity. Bring a step and exercise mat. Hand weights (1-6 pounds) are optional. Limited steps available for class use.

14 Sessions \$119

Instructor: Karin Baker

68342 Potomac CRC 9/13 F 9 a.m.-10 a.m.

Jazzmatazz Low-Impact Aerobics

Ages 18 & Up: Dance in an energetic, fun-filled workout, choreographed to music. This class emphasizes cardiovascular strength and endurance with low-impact aerobic dancing, muscular strength using light hand weights and flexibility with floor exercises. To achieve best results, students are strongly encouraged to register for both Tuesday and Thursday.

13 Sessions \$104

Instructor: Betsy Saunders

68678 Bauer Dr. CRC 9/17 Tu 9:30 a.m.-10:30 a.m.

12 Sessions \$96

68679 Bauer Dr. CRC 9/19 Th 9:30 a.m.-10:30 a.m.

Movin' with Millie' Aerobics

Ages 18 & Up: Set to positive, upbeat music, this class is a unique exercise experience beginning with a total body warmup, aerobic conditioning for cardiovascular fitness and floor exercise for toning hips, thighs, abdominals and glutes. Bring a mat, exercises bands and hand weights.

13 Sessions \$104

Instructor: Mildred Trimble

68325 Good Hope NRC 9/13 F 10a.m.-11a.m.

12 Sessions \$96

71641 Good Hope NRC 9/11 W 10a.m.-11a.m.



FITNESS



BODY SCULPTING

Definition Body Sculpting

Ages 16 & Up: Gain body strength, flexibility and endurance using free weights. A perfect opportunity to learn proper form for weight bearing exercises. Initial five-minute body warm-up with 40 minutes of strength training, five-minute abdominal work and 10-minute cool down using stretching and yoga positions. Bring mat/towel and light hand weights. Participants will be able to track their individual progress. Instructor is ACE and CPR certified.

23 Sessions \$207

Instructor: Juliet Rodman
68125 Clara Barton NRC 9/17 Tu,Th 9 a.m.-10 a.m.

Body Sculpt

Ages 16 & Up: This fun-filled workout focuses on strengthening and toning all major muscle groups while using elements of yoga, Pilates, kickboxing and traditional exercises that are choreographed to great music. Each participant will receive a T-shirt. For all ability levels.

10 Sessions \$100

Instructor: Fit 2 Believe
68614 N Potomac CRC 9/21 Sa 9 a.m.-10 a.m.

11 Sessions \$110

Instructor: Fit 2 Believe
68637 N Potomac CRC 9/16 M 7 p.m.-8 p.m.
68613 Bauer Dr. CRC 9/18 W 7 p.m.-8 p.m.

We Want You!

Part-time Staff are needed to lead a wide variety of activities.

Become part of our team.

Call 240-777-6840 for information.

Contractual Instructors are needed to instruct professional quality classes for all ages. Send a resume and class proposal to:

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

PILATES

Ballet Workout + Pilates Mat

Ages 18 & Up: This unique class with classical music combines basic ballet posture and alignment with Pilates, low-impact cardio, weight-bearing exercises and other techniques. Participants will learn a combination of stretches and movements to improve energy, flexibility, core strength and balance. Bring light hand weights, a mat and workout shoes.

11 Sessions \$110

Instructor: Esther Brunner
68148 Wisconsin Pl. CRC 9/12 Th 10:15 a.m.-11:15 a.m.

12 Sessions \$120

Instructor: Esther Brunner
68149 Tilden MS 9/10 Tu 7:15 p.m.-8:15 p.m.

Jazzmatazz Aerobics W/Pilates Mat

Ages 18 & Up: Work out with a combination of Pilates mat work and a low-impact, high-intensity aerobic workout using light hand weights. Gain core strength, general muscular strength and flexibility in addition to cardiovascular and respiratory improvement through lively music and carefully choreographed routines. Students are strongly urged to register for both Tuesday and Thursday to achieve the best results.

12 Sessions \$96

Instructor: Betsy Saunders
68676 Holiday Park SC 9/19 Th 7:15 p.m.-8:15 p.m.

13 Sessions \$104

68677 Holiday Park SC 9/17 Tu 7:15 p.m.-8:15 p.m.

Pilates for Fitness

Ages 16 & Up: This workout will increase strength, flexibility and energy levels and is designed to help lengthen, realign and redefine your body while improving posture, balance and coordination, easing chronic pain, and focusing on mental stability. Each participant will receive a T-shirt.

11 Sessions \$110

Instructor: Fit 2 Believe
68638 Potomac CRC 9/16 M 7 p.m.-8 p.m.
68610 Lawton CRC 9/21 Sa 10 a.m.-11 a.m.
68611 Bauer Dr. CRC 9/19 Th 7:15 p.m.-8:15 p.m.

12 Sessions \$120

68612 White Oak CRC 9/17 Tu 7 p.m.-8 p.m.
68636 N Potomac CRC 9/18 W 7 p.m.-8 p.m.



FITNESS





FITNESS

Yoga-Pilates Fusion

Ages 10 & Up: Move through mat-based exercises to build strength, especially in the core. Then the entire body is stretched and relaxed through Yoga poses. Breath is used first to energize, then calm. Participants will need to bring their own sticky Yoga mat.

8 Sessions \$52

Instructor: H2O Fitness

68448 KSAC	10/13 Su	5:30 p.m.-6:20 p.m.
68451 KSAC	10/13 Su	6:20 p.m.-7:10 p.m.
68452 KSAC	10/13 Su	7:10 p.m.-8 p.m.

PLAYTIME & MOVEMENT FOR TOTS

Funfit Tots

Ages 11m-2: A high-energy exercise class for children and adults to work out together with songs, stories, parachutes, games, balls, music and more. Students develop motor skills, coordination, socialization and cooperation while reinforcing cognitive development. Child must be walking. Adult participation required. A material fee is included in the price.

6 Sessions \$94

Instructor: Celia Kibler

68187 Bauer Dr. CRC	9/17 Tu	9:30 a.m.-10:15 a.m.
68189 Tilden MS	9/21 Sa	9:30 a.m.-10:15 a.m.
68230 Bauer Dr. CRC	11/5 Tu	9:30 a.m.-10:15 a.m.
68231 Tilden MS	11/2 Sa	9:30 a.m.-10:15 a.m.

Funfit Tots Family Class

Ages 1 ½-4: A fun-filled, high-energy activity class that includes games, songs, stories, music, parachute balls and more, providing a great workout for the whole family. Adult participation required. Child must be walking. Class price is per child. A material fee is included in the price.

6 Sessions \$94

Instructor: Celia Kibler

68188 Bauer Dr. CRC	9/17 Tu	10:15 a.m.-11 a.m.
68190 Tilden MS	9/21 Sa	10:15 a.m.-11 a.m.
68191 Tilden MS	9/21 Sa	11 a.m.-11:45 a.m.
68233 Tilden MS	11/2 Sa	10:15 a.m.-11 a.m.
68234 Tilden MS	11/2 Sa	11 a.m.-11:45 a.m.
68232 Bauer Dr. CRC	11/5 Tu	10:15 a.m.-11 a.m.

NEW! Tots Movement

Ages 11m-4: Crawl through tunnels, roll on balls and build big towers all while developing fine and gross motor skills; increasing hand-eye coordination; and engaging in socialization and self-expression. Parents/caregivers participation required.

5 Sessions \$95

Instructor: Nu-You Wellness And Fitness

69355 Mid-County CRC	10/5 Sa	10:15 a.m.-11 a.m.
69354 Potomac CRC	10/16 W	10:30 a.m.-11:15 a.m.
69429 Praisner CRC	10/16 W	5 p.m.-5:45 p.m.

STRENGTH TRAINING

Bone Builders - Plus

Ages 18 & Up: Strengthen all major muscle groups, gain better balance and improve posture in a co-ed class designed to improve bone density while preventing or slowing further bone loss. Participants will complete a variety of exercises standing or sitting, using provided weights and exercise bands, while receiving personalized attention tailored to the body's needs. Sign up for two classes per week to achieve optimal results. Due to instructor's asthma, do not wear perfume or cologne to class.

12 Sessions \$108

Instructor: Jaroslawa Palazzo

68248 Lawton CRC	9/9 M	10 a.m.-11 a.m.
68252 Lawton CRC	9/9 M	11:30 a.m.-12:30 p.m.
68250 Potomac CRC	9/10 Tu	3 p.m.-4 p.m.
68249 Lawton CRC	9/11 W	10 a.m.-11 a.m.
71944 Lawton CRC	9/11 W	11:30 a.m.-12:30 p.m.
68251 Potomac CRC	9/12 Th	3 p.m.-4 p.m.

Boot Camp

Ages 18 & Up: Non-traditional way to get in shape and feel great! Workout consists of cardiovascular conditioning (running or walking, plyometrics), strength training (free weights, stability balls, resistance bands, glides, and kettle bells. The coaches vary the exercises and format for every workout so no two boot camp sessions are the same.

4 Sessions \$60

Instructor: Nu-You Wellness And Fitness

69392 Potomac CRC	10/3 Th	6 p.m.-7 p.m.
69428 Mid-County CRC	10/5 Sa	9 a.m.-10 a.m.
69390 Potomac CRC	10/16 W	9:15 a.m.-10:15 a.m.
69391 Praisner CRC	10/16 W	6 p.m.-7 p.m.



Boot Camp and Strength Training

Ages 16 & Up: Accept the challenge and get maximum results. Participants will complete sit-ups, curls, squats and other weight-lifting exercises to get fit in a circuit-style class. Each participant will receive a T-shirt.

11 Sessions \$110

Instructor: Fit 2 Believe

71801 Bauer Dr. CRC 9/10 Tu 7 p.m.-8 p.m.

71966 Ross Body NRC 9/14 Sa 10:30 a.m.-11:30 a.m.

68609 White Oak CRC 9/19 Th 7 p.m.-8 p.m.

Category 4 Fitness Boot Camp

Ages 18 & Up: Instructed by an ISSA-certified fitness trainer, this 60-minute program incorporates cardio, resistance and core training. This class utilizes a specific interval training system broken down into segments of 30 seconds to one minute that challenge all fitness levels.

12 Sessions \$96

Instructor: Thomas Witz

68172 Germantown CRC 9/16 M 7:30 p.m.-8:30 p.m.

68173 Germantown CRC 9/18 W 7:30 p.m.-8:30 p.m.

Dynaerobics and Body Sculpting

Ages 18 & Up: This program is perfect for cross trainers. Class includes an energizing warm-up, a choreographed aerobics workout and a relaxing cool down. The last 30 minutes of class gives special attention to the arms, abdominals, hips, thighs and gluteal muscles, including strength and toning exercises with resistance bands. Bring a mat. Hand weights are optional. Resistance bands are provided.

11 Sessions \$99

Instructor: Regina Gaithers

68769 Bauer Dr. CRC 9/21 Sa 10:15 a.m.-11:30 a.m.

Dynaerobics

Ages 18 & Up: This vigorous and challenging conditioning program combines cardio, core and resistance exercises for a safe, total-body workout. Class includes an energizing warm-up, a choreographed aerobics workout and a relaxing cool down. The last 45 minutes of class gives special attention to the arms, abdominals, hips, thighs and gluteal muscles, including strength and toning exercises with resistance bands. Bring a mat. Hand weights are optional. Resistance bands are provided.

11 Sessions \$99

Instructor: Gina Dols

68768 Bauer Dr. CRC 9/19 Th 6 p.m.-7:15 p.m.

71800 Bauer Dr. CRC 9/17 Tu 6 p.m.-7:15 p.m.



FITNESS

ACT

Three Month Pass

To register click on the membership tab on ActiveMONTGOMERY.org and search for "ACT."

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

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

Passes are available for 12, 18, and 24 classes.

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

Take your access card and receipt to any class location and check-in with the front desk staff. Give a copy of the registration to the ACT instructor.

Location	Days	Times:
Holiday Park SC	M, Tu, W, Th Sa	6-7 p.m. 9-10 a.m.
Bauer Drive CRC	M, W	5-6 p.m.
Praisner CRC	M, W	7-8 p.m.
Potomac CRC	Tu, Th	7-8 p.m.

24 Passes-\$162

18 Passes-\$126

12 Passes-\$87

THE WORKOUT

AEROBIC CONDITIONING AND TONING





Fitness Kickboxing

Ages 13 & Up: Are you looking for a fast-paced, kick-butt, calorie-burning workout? Combine high-energy music with the kicks, punches and strikes of kickboxing for the ultimate conditioning workout. You'll improve muscular definition, cardiovascular fitness, flexibility and the ability to protect yourself. Fee includes a free pair of boxing gloves

5 Sessions \$79

Instructor: Kicks Karate

68506	Kicks Karate NB	9/21	Sa	8 a.m.-8:50 a.m.
68507	Kicks - Potomac	9/21	Sa	8 a.m.-8:50 a.m.
68508	Kicks Karate SG	9/21	Sa	8 a.m.-8:50 a.m.

10 Sessions \$129

Instructor: Kicks Karate

68502	Kicks Karate NB	9/16	M/W	7:20 p.m.-8:10 p.m.
68503	Kicks - Potomac	9/16	M/W	6:05 p.m.-6:55 p.m.
68504	Kicks - Potomac	9/17	TuTh	7 p.m.-7:50 p.m.
68509	Kicks Karate SG	9/17	Tu,Th	8 p.m.-8:50 p.m.
68510	Kicks Karate NB	9/17	TuTh	8:10 p.m.-9 p.m.
68505	Kicks Karate SG	9/16	M/W	6:15 p.m.-7:05 p.m.

NEW! Tone It Up Boot Camp

Ages 18 & Up: Come tone it up with your instructor who is a current track and field coach and former track athlete. Your tone it up coach will show you all the drills and exercises that will tone up your body in a matter of weeks. Let us work together to achieve your toning up goal by joining a group of like-minded individuals and a coach who will help you get the results. Get ready to do resistance bands, Penalty Box Training, medicine ball strength drills, abdominal muscle strengthening and much more. With a positive attitude, you will have fun and get results.

10 Sessions \$100

Instructor: Elite Quality Sports

68640	Bauer Dr. CRC	9/16	M	6 p.m.-7 p.m.
68642	Bauer Dr. CRC	9/18	W	6 p.m.-7 p.m.
68643	Bauer Dr. CRC	9/21	Sa	10 a.m.-11 a.m.

BODY CONDITIONING

NEW! 20-20-20

Ages 18 & Up: Total body conditioning with 20-minute intervals of cardio, strength training with resistance bands, and floor core, ending with a cooldown stretch. You will burn calories, sculpt your muscles, and tone your abs in this fast-paced, fun workout. Questions? Contact Jeanne@JeanneFit.com. Resistance bands will be provided or bring your own. Bring a yoga mat.

10 Sessions \$100

Instructor: Jeanne Lieder

70704	Bauer Dr. CRC	9/18	W	6 p.m.-7 p.m.
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Kelley's Complete Fitness Workout

Ages 18 & Up: This safe, effective, co-ed program strengthens and tones all major muscle groups. The instructor incorporates elements of yoga, Pilates, kickboxing and traditional exercises into a total-body workout, choreographed to music. Emphasis is placed on proper execution, body alignment and posture. Each class concludes with a relaxation segment. Bring a towel or mat. Light hand weights are optional.

10 Sessions \$80

Instructor: Pamela Kelley

68562	Glenmont LP	9/23	M	9:15 a.m.-10:30 a.m.
68563	Longwood CRC	9/23	M	7:15 p.m.-8:30 p.m.

11 Sessions \$88

68564	Bauer Dr. CRC	9/18	W	9:10 a.m.-10:25 a.m.
68565	Longwood CRC	9/18	W	7:15 p.m.-8:30 p.m.

12 Sessions \$96

68566	Glenmont LP	9/19	Th	9:15 a.m.-10:30 a.m.
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WORKSHOPS

NEW! Fitness 101

Ages 16 & Up: With a smaller group you get a more personalized training experience, similar to personal training, but you also get the benefits of group training (accountability, motivation, dynamic interactions and camaraderie). This program will teach you how to properly use gym machines and challenge your body with new moves and routines.

1 Session \$15

Instructor: Nu-You Wellness And Fitness

70183	Praisner CRC	10/16	W	7 p.m.-8:30 p.m.
70184	Mid-County CRC	10/5	Sa	11:15 a.m.-12:45 p.m.
70185	N Potomac CRC	10/15	Tu	7 p.m.-8:30 p.m.
70711	Praisner CRC	11/6	W	7 p.m.-8:30 p.m.
70712	Mid-County CRC	11/2	Sa	11:15 a.m.-12:45 p.m.
70713	N Potomac CRC	11/5	Tu	7 p.m.-8:30 p.m.

Community Basic First Aid and CPR-AED

Ages 13 & Up: This class offers hands-on first aid and CPR-AED training and certification. Learn skills that can be used to save a life and to obtain employment. Certifications and material will be from EMS Safety Service unless a specific request is made prior to training. Material fee is included in price.

1 Session \$95

Instructor: Tiquia Bennett

68758	Bauer Dr. CRC	9/25	W	5 p.m.-9 p.m.
68760	Germantown CRC	9/28	Sa	10 a.m.-1 p.m.
68759	Potomac CRC	10/16	W	5 p.m.-8 p.m.
68762	Bauer Dr. CRC	10/26	Sa	10 a.m.-1 p.m.
68761	Germantown CRC	11/13	W	5 p.m.-8 p.m.
68763	Potomac CRC	12/4	W	5 p.m.-8 p.m.

ZUMBA

Dance Fit Zumba

Ages 16 & Up: Combine mesmerizing Latin rhythms with easy-to-follow moves in an invigorating, calorie-burning, body-energizing program. Beginner and intermediate levels.

12 Sessions \$96

Instructor: Dance Fit

69385 Germantown CRC 9/17 Tu 7:15 p.m.-8:15 p.m.

11 Sessions \$88

Instructor: Dance Fit

69386 Germantown CRC 9/19 Th 7:15 p.m.-8:15 p.m.

69387 Praisner CRC 9/16 M 6 p.m.-7 p.m.

69388 N Potomac CRC 9/14 Sa 10 a.m.-11 a.m.

69389 Potomac CRC 9/17 Tu 6 p.m.-7 p.m.

Dance Fit Zumba

Ages 16 & Up: Get your whole body moving and burn calories through a mixture of Latin and international rhythms, music and cardiovascular aerobic exercise. A great workout and interesting choreography from experienced CPR-certified instructors.

22 Sessions \$167

Instructor: Juliet Rodman

68126 Clara Barton NRC 9/16 M,F 9 a.m.-10 a.m.

Glow Zumba

Ages 18 & Up: This workout is a dynamic fitness program using Latin dance flavor. Not only will you experience the exhilaration of moving your body to the rhythm of the music, it will be kicked up a notch with participants glowing in the dark! This class features easy-to-follow moves in interval training sessions with fast and slow rhythms, stretching, and most importantly FUN. Participants should come dressed in their neon-colored exercise attire. The first 2-3 classes will be instructional and then be prepared to experience Zumba as you have never experienced it before.

10 Sessions \$100

Instructor: Elite Quality Sports

68639 Good Hope NRC 9/17 Tu 6:30 p.m.-7:30 p.m.

Zumba Fitness

Ages 16 & Up: Ditch the typical work out and join the Latin dance fitness phenomenon sweeping the nation. Zumba is an explosively fun and addictive fitness dance party combining Caribbean, hip-hop and Latin beats that move your hips.

11 Sessions \$90

Instructor: Michelle Johnson-Lancaster

69382 Mid-County CRC 9/16 M 6:15 p.m.-7:15 p.m.

69384 Mid-County CRC 9/18 W 6:15 p.m.-7:15 p.m.

69383 Bauer Dr. CRC 9/21 Sa 9 a.m.-10 a.m.

HEALTH/ WELLNESS

MEDITATION

Developing the Intention to Live Mindfully

Ages 18 & Up: Mindfulness is more than a state of mind; it's an intention. Join us as we explore how to make loving-kindness, compassion for others, compassion for yourself, and equanimity part of your life. We'll use short talks, guided meditations and group discussions to increase your ability to support yourself and others under all conditions. No prior meditation experience is required.

1 Session \$49

Instructor: Jerry Hartman

68331 Lawton CRC 10/19 Sa 10 a.m.-2 p.m.

Using Meditation to Deal w/ Holiday Stress

Ages 18 & Up: Family reunions, outings with friends, parties, presents and food. The period from Thanksgiving to New Years is supposed to be the happiest time of the year. For all too many of us, the stress generated during the holidays makes it a time to dread rather than a time to look forward to. Join us as we discuss some of the issues that make these six weeks less than they could be. We'll explore stress, gratitude, generosity, dealing with expectations, and New Year's resolutions, and give you some ways to reduce stress and create a happiness that does not depend on outside conditions. No prior meditation experience is needed to enroll in this class.

1 Session \$49

Instructor: Jerry Hartman

68330 Potomac CRC 11/23 Sa 10 a.m.-2 p.m.

Mindfulness of the Body

Ages 18 & Up: Of the four foundations of mindfulness, the first and most important is mindfulness of the body. As infants, we learn unconsciously to interpret everything that happens in our lives as pleasant or unpleasant based on how we experience it through the five senses in our body. And yet, as we grow, most of us forget this and live our lives from the neck up. Join us for a half day of meditation, short talks, and group discussions which will increase your awareness of the body and its relationship to the mind. No prior meditation experience is needed to enroll in this class.

1 Session \$49

Instructor: Jerry Hartman

68329 Germantown CRC 9/28 Sa 10 a.m.-2 p.m.

HEALTH/ WELLNESS





HEALTH/WELLNESS



Introduction to Mindfulness Meditation

Ages 18 & Up: Cultivate a greater awareness of the unity of mind and body. Mindfulness meditation helps practitioners stop worrying about forces not under their control, using mindfulness techniques including a full-body scan, seated meditation, walking meditation and eating meditation. No prior meditation experience is needed to enroll in this class.

1 Session \$49

Instructor: Jerry Hartman
68327 N Potomac CRC 9/21 Sa 10 a.m.-2 p.m.

Meditation for Beginners

Ages 18 & Up: This is a meditation class suitable for beginners, as well as for developed and sustained practitioners. You have the capacity to be whole in your mind, body and spirit. Students will learn simple and practical methods to cultivate mindfulness, inner connection and wisdom. Sign up for Gentle Therapeutic Yoga following at 6:45pm for a complete relaxation experience.

7 Sessions \$109

Instructor: Gayatri Mohan-Iyengar
68514 N Potomac CRC 9/12 Th 6:15 p.m.-6:45 p.m.

SPECIALITY PROGRAMS

Laughter Fitness

Ages 13 & Up: This workout includes laughing exercise, breathing and memory enhancement techniques which rejuvenate brain power and enrich overall health. It reduces stress, anxiety and depression, calms the mind, increases energy level and improves concentration.

7 Sessions \$65

Instructor: Kumud Mathur
68182 Potomac CRC 9/19 Th 11:15 a.m.-Noon

TAI CHI

Tai Chi - Beginning

Ages 18 & Up: An ancient Chinese exercise form practiced by millions for both physical and spiritual development. Tai Chi benefits everyone from active athletes to those recovering from injuries or back problems. Wear loose clothing. Prospective students may observe a class before registering.

8 Sessions \$77

Instructor: Andy Schettino
68114 Bauer Dr. CRC 9/16 M 7 p.m.-8 p.m.

10 Sessions \$99

Instructor: Lon Holland
68115 Norbeck NP 9/18 W 6:30 p.m.-7:30 p.m.

Tai Chi - Continuing

Ages 18 & Up: Students in this class have already taken Tai Chi - Beginning and will continue to learn this graceful, flowing form.

8 Sessions \$77

Instructor: Andy Schettino
68116 Bauer Dr. CRC 9/16 M 8 p.m.-9 p.m.

10 Sessions \$87

Instructor: Lon Holland
68117 Norbeck NP 9/18 W 7:30 p.m.-8:30 p.m.

TRACK AND FIELD

NEW! Girls on the Run

Ages 8-12: Girls on the Run is a physical activity based positive youth development program. Meeting twice per week for 10 weeks, trained coaches lead small teams of 3rd-5th grade girls through the program's intentional curriculum which includes dynamic discussions, activities and running games. Girls develop essential skills to help them navigate their worlds and establish a lifetime appreciation for health and fitness. The program culminates with the girls positively impacting their communities through a service project and being physically and emotionally prepared to complete a celebratory 5K event on November 23 at Westfield Montgomery in Bethesda.

20 Sessions \$120

Instructor: Girls On The Run Of Montgomery County
69345 Good Hope NRC 9/24 Tu,Th 5:30 p.m.-7 p.m.

NEW! Heart & Sole

Ages 11-14: A positive, structured space for middle school girls to learn about themselves, explore new ideas, cultivate empathy, strengthen connections and develop life skills that will help them as they move through adolescence and beyond. The season culminates with a Girls on the Run 5K, a celebratory event that underscores the skills girls have been developing in Heart & Sole.

20 Sessions \$120

Instructor: Girls On The Run Of Montgomery County
68105 Germantown CRC 9/24 Tu,Th 3:10 p.m.-4:40 p.m.

WORKSHOPS

Building Strength & Healthy Prostate

Ages 18 & Up: Do you have any difficulty with going to the bathroom? Do you have pain between your legs or gluteals? Do you have erectile dysfunction? Knowing the warning signs for prostate and pelvic floor health issues becomes an important part of taking care of your overall health. Part of keeping yourself healthy, especially as we get older, starts to get more complicated than lifting weights and keeping up with the cardio. This workshop will give you the tools to start getting answers to the questions that are tough to talk about and practical advice to a healthier and stronger pelvic floor.

1 Session \$30

Instructor: Restore Motion

68515 Restore Motion 9/24 Tu 6:30 p.m.-8 p.m.
68516 Restore Motion 10/12 Sa 10:30 a.m.-Noon
68551 Restore Motion 11/9 Sa 10:30 a.m.-Noon
68552 Restore Motion 11/14 Th 5:30 p.m.-7 p.m.
68553 Restore Motion 12/4 W 6:30 p.m.-8 p.m.

Pelvic Floor-Keeping it Healthy

Ages 18 & Up: Led by a physical therapist with pelvic floor rehabilitation experience, this class addresses common pelvic floor problems. Learn exercises to improve the strength and function of the pelvic floor, including alternatives to Kegels. An exercise band and exercise handouts are included in the class fee.

1 Session \$30

Instructor: Restore Motion

68517 Restore Motion 9/19 Th 2 p.m.-3:30 p.m.
68518 Restore Motion 10/15 Tu 6:30 p.m.-8 p.m.
68554 Restore Motion 11/12 Tu 6:30 p.m.-8 p.m.
68555 Restore Motion 12/5 Th 2 p.m.-3:30 p.m.

YOGA

Baby and Me Yoga

Ages 1m-5 yrs: Baby and Me Yoga offers confidence, movement milestones, and mind and body awareness while deepening the bond between you and baby.

10 Sessions \$120

Instructor: Om Shanti DC

68886 RSC-B-CC 9/17 Tu 11 a.m.-Noon

Itsy Bitsy Yoga

Ages 2w-10m : Come have fun and meet new friends in a calm and nurturing class for you and your baby. Improve baby's sleep, digestion and more with easy to learn techniques that you can incorporate into your daily routine. Wear comfortable clothes and bring a yoga mat and/or blanket.

8 Sessions \$96

Instructor: Laura Lunking

70755 Mid-County CRC 9/17 Tu 11 a.m.-11:45 a.m.

Preschool Yoga

Ages 2-4: Toddler yoga combines the perfect dose of yoga and play.

10 Sessions \$120

Instructor: Om Shanti DC

69308 RSC-B-CC 9/21 Sa 11 a.m.-Noon

NEW! Tiny Tot Yogis and Parent Yoga

Ages 2-5: This is a 45-minute class is designed for parents and young toddlers to share yoga time. The toddlers and their parents will stretch, dance, sing and play simple yoga games.

7 Sessions \$145

Instructor: Gayatri Mohan-Iyengar

68181 N Potomac CRC 9/11 W 6 p.m.-6:45 p.m.

Easy Yoga

Ages 18 & Up: Yoga at a slower pace for mixed levels that modifies basic poses to enhance each individual experience. Increase energy, stamina and muscle strength and flexibility, and learn to release tension using relaxation techniques and easy, dynamic movement coordinated with simple, rhythmic breathing. Introduction to meditation. Bring a mat or towel and wear comfortable clothing.

11 Sessions \$118

Instructor: Moira Martin

68244 Lawton CRC 9/19 Th 9:30 a.m.-10:45 a.m.

Evening Yoga

Ages 18 & Up: Learn to bring your mind, body and spirit into harmony and balance. Relax, relieve tension and create a sense of calmness and wellbeing as you improve flexibility, strength and energy. Classes begin with warm-up movements and breath awareness followed by a sequence of yoga postures and end with deep relaxation. Bring a yoga mat and wear comfortable clothing.

12 Sessions \$125

Instructor: Robin Morris

68128 RSC-B-CC 9/17 Tu 6:15 p.m.-7:15 p.m.

68127 Wisconsin Pl. CRC 9/18 W 6:15 p.m.-7:15 p.m.



HEALTH/WELLNESS





HEALTH/WELLNESS



Gentle Therapeutic Yoga

Ages 14 & Up: Yoga has been practiced for over a millennia as a gentle and effective form of exercise that benefits body and mind alike. You will feel energetic and invigorated after each session. Bring a yoga mat and wear comfortable clothing. Beginner and continuing levels.

7 Sessions \$109

Instructor: Gayatri Mohan-Iyengar
68513 N Potomac CRC 9/12 Th 6:45 p.m.-7:45 p.m.

Gentle Yoga

Ages 18 & Up: This class combines warm-ups, gentle postures and yogic breathing to improve mobility and reduce stress. You will learn the basic principles of body alignment and breath awareness inspired by a meaningful intention and a joyful attitude. The instructor encourages students to listen to their bodies and progress at their own pace. Bring a yoga mat and blanket and wear comfortable clothing. Students must practice with bare feet. Beginner and continuing levels.

10 Sessions \$105

Instructor: Irene Bopp
68343 Bauer Dr. CRC 9/17 Tu 6:15 p.m.-7:15 p.m.

12 Sessions \$120

Instructor: Amy Branson
69346 Longwood CRC 9/19 Th 5 p.m.-6 p.m.

Hatha Yoga and Stress Management

Ages 18 & Up: Learn to handle the stresses of daily life with breathing exercises that help connect body and mind. Become better acquainted with your body through yoga poses (asanas) that increase flexibility and strength and help keep the body in good alignment. Bring a mat or towel, a belt and a block and wear comfortable clothing. Beginner and continuing levels.

13 Sessions \$135

Instructor: Suzana Cooper
68141 Lawton CRC 9/13 F 9:45 a.m.-11 a.m.
68142 Wisconsin Pl. CRC 9/14 Sa 9:45 a.m.-11 a.m.

Yoga Basics

Ages 18 & Up: This class introduces students to yogic principles of body alignment and breathing awareness, inspired by a meaningful intention and a joyful attitude. The instructor emphasizes standing poses and strengthening and stretching the legs, back, and shoulders. Benefits of this practice include improved muscle tone, increased circulation, better concentration, and deeper relaxation. Bring a yoga mat and a yoga blanket and wear comfortable clothing. Students must practice with bare feet. Beginner and continuing levels.

9 Sessions \$95

Instructor: Irene Bopp
68344 Mid-County CRC 9/18 W 7:30 p.m.-8:30 p.m.

10 Sessions \$105

Instructor: Irene Bopp
68345 Bauer Dr. CRC 9/17 Tu 7:30 p.m.-8:30 p.m.
68346 Praisner CRC 9/19 Th 10:30 a.m.-11:30 a.m.
68347 East County CRC 9/19 Th 7 p.m.-8 p.m.

Yoga for Beginners and Continuing

Ages 18 & Up: Brings together the philosophy and practice of yoga from a long lineage of great Yogis. Class incorporates, intention, breath practice, alignment, breath guided creative sequences of asana (posture), qi gong, meditations and rejuvenating rest with aromatherapy. Bring a mat or towel and wear comfortable clothing. Continuing levels welcomed.

10 Sessions \$135

Instructor: Om Shanti DC
68246 Potomac CRC 9/16 M 6:15 p.m.-7:30 p.m.
68247 Potomac CRC 9/19 Th 10:15 a.m.-11:30 a.m.

Yoga for Life

Ages 18 & Up: Through body awareness, simple and non-threatening yoga postures and mindfulness strategies, this class will provide skills to use at home and at work to feel stronger, more grounded and more in-tune with your physical body. No yoga experience is necessary. Bring a yoga mat. Instructor will supply blankets, blocks and straps.

12 Sessions \$120

Instructor: Amy Branson
69347 Longwood CRC 9/19 Th 6:30 p.m.-7:45 p.m.

Yoga Fundamentals

Ages 18 & Up: Enjoy a balanced practice with benefits for your body, mind and spirit. Classes begin with warmup movements and breathing awareness to prepare you for yoga postures. The heart of each class is a sequence of postures that stretch, strengthen and balance your body. Each class ends with deep relaxation and meditation. This physically challenging class is designed for individuals who are free of serious injuries or physical vulnerabilities. Bring a yoga mat and blanket. Students must practice with bare feet. Beginner and continuing levels.

12 Sessions \$180

Instructor: Nancy Neves
68185 Bauer Dr. CRC 9/17 Tu 10:45 a.m.-Noon

Yoga/Stretching for Your Relaxation

Ages 18 & Up: Practice gentle stretching and learn basic yoga postures to increase energy, flexibility, strength and balance. Class includes a focus on breathing and relaxation techniques. Those with injuries should consult a physician prior to registration. Bring a yoga mat and blanket. Students must practice with bare feet.

11 Sessions \$132

Instructor: Nancy Neves

68186 Mid-County CRC 9/18 W 11 a.m.-Noon

Yoga4Kidz

Ages 7-11: Participants will run, jump and laugh, as they strengthen their minds and hearts with deep breathing techniques and basic yoga poses that are developmentally appropriate. One hour of basic yoga instruction and mindfulness practice increases self-confidence in school-aged children.

4 Sessions \$75

Instructor: Maya Albert

68688 Lawton CRC 10/26 Sa 10 a.m.-11 a.m.

Yoga4Tweenz

Ages 11-13: A new yoga class exclusively for tweens. This class will focus on promoting body positivity, stress management and respect for each other and oneself through yoga. Yoga allows middle-schoolers to express, challenge and set goals for themselves.

4 Sessions \$75

Instructor: Maya Albert

68689 Lawton CRC 10/22 Tu 6:30 p.m.-7:30 p.m.

YOUTH COOKING

NEW! Kids Kitchen: Food, Fitness, Fun

Ages 5-15yrs: Participants learn kid-friendly messages about nutrition, physical activity, and good health that are simple, interactive and fun. Participants engage in hands-on cooking/food and fitness activities and prepare delicious recipes from all food groups to develop a healthy lifestyle of eating and exercise. Material fee included in price.

2 Sessions \$55

Instructor: Kids Kitchen

68683 White Oak CRC 10/19 Sa 10 a.m.-Noon

68684 N Potomac CRC 9/28 Sa 10 a.m.-Noon

MARTIAL ARTS

AIKIDO/IADO

Aikido

Ages 11 & Up: Known as the gentle martial art aikido is defensive yet powerful discipline that redirects an attacker's energy through evasions, throws, escapes, and pins. By learning the principles and practices of Aikido, one can learn to manage conflict in one's personal life, be non-aggressive without being a victim, become empowered by learning to coordinate mind and body, and deal effectively with stress in one's daily life. This class will also introduce, healing with KI energy and meditative breathing.

11 Sessions \$95

Instructor: Christopher Rowe

68118 Ross Boddy NRC 9/16 M 7 p.m.-8:30 p.m.

Iaido

Ages 18 & Up: Iaido is described as cultivation of patience to keep you from conflict. Increase control of the body and mind. Additional benefits include discipline and respect, balance, patience, fitness and energy. A uniform is required.

11 Sessions \$109

Instructor: Salvador Cortes

68947 Ken Gar Center 9/19 Th 8:20 p.m.-9:10 p.m.

Karate Do/Iaido - Beginners

Ages 6-14: Japanese classical martial arts strive to understand, learn and incorporate the samurai philosophy. Develop inner strength, self-assurance, physical strength and reflexes. A uniform is required.

11 Sessions \$109

Instructor: Salvador Cortes

68949 Ken Gar Center 9/19 Th 6:30 p.m.-7:20 p.m.

Karate Do/Iaido - Intermediate

Ages 10 & Up: Japanese classical martial arts strive to understand, learn and incorporate the samurai philosophy. Develop inner strength, self-assurance, physical strength and reflexes. A uniform is required.

11 Sessions \$109

Instructor: Salvador Cortes

68948 Ken Gar Center 9/19 Th 7:25 p.m.-8:15 p.m.



MARTIAL ARTS





JUDO

Judo

Ages 7-15: This class emphasizes the various basic techniques of judo, Japanese martial arts, including the aspects of self-control, discipline, respect, politeness, balance, and coordination. Japanese terms are taught and used throughout the class. Judo is a good way to promote health in daily life. At the end of each class, the participant is given a symbol to remind team of an aspect of judo. If you need a uniform, see the instructor directly.

11 Sessions \$330

Instructor: Frederic Hocde

68175 Ken Gar Center 9/17 Tu 6:30 p.m.-7:30 p.m.

KARATE/JUJITSU

Karate/Jujitsu

Ages 6-12: Develop confidence, fitness, mental focus, and self-discipline in a fun and safe environment learning martial arts. Class offers instruction in Tang Soo Do Korean karate and jujitsu. Promotional exams, camps, and competitions are available. If available at the preferred location, beginners must attend the 6 p.m. class.

11 Sessions \$83

Instructor: TKA Inc.

68201 Damascus CRC 9/18 W 6 p.m.-7 p.m.

68202 Damascus CRC 9/18 W 7 p.m.-8 p.m.

68203 Clara Barton NRC 9/18 W 7 p.m.-8 p.m.

68204 Bauer Dr. CRC 9/18 W 6 p.m.-7 p.m.

68205 Bauer Dr. CRC 9/18 W 7 p.m.-8 p.m.

68206 Potomac CRC 9/18 W 6 p.m.-7 p.m.

68207 Resnik ES 9/18 W 6 p.m.-7 p.m.

68208 Resnik ES 9/18 W 7 p.m.-8 p.m.

68209 Potomac CRC 9/18 W 7 p.m.-8 p.m.

68210 Stedwick ES 9/18 W 7 p.m.-8 p.m.

12 Sessions \$90

Instructor: TKA Inc.

68194 Upper County CRC 9/16 M 6 p.m.-7 p.m.

68195 Longwood CRC 9/16 M 7 p.m.-8 p.m.

68196 Upper County CRC 9/16 M 7 p.m.-8 p.m.

68197 Glenallan ES 9/16 M 7 p.m.-8 p.m.

68211 Praisner CRC 9/19 Th 6 p.m.-7 p.m.

68212 Praisner CRC 9/19 Th 7 p.m.-8 p.m.

68213 DuFief ES 9/19 Th 7 p.m.-8 p.m.

68214 Bethesda ES 9/19 Th 7 p.m.-8 p.m.

68215 Rolling Terrace ES 9/19 Th 7 p.m.-8 p.m.

13 Sessions \$98

68198 Germantown CRC 9/17 Tu 6 p.m.-7 p.m.

68199 Germantown CRC 9/17 Tu 7 p.m.-8 p.m.

68200 Mid-County CRC 9/17 Tu 6:30 p.m.-7:30 p.m.

Karate/Jujitsu Adult

Ages 13 & Up: Develop confidence, fitness, mental focus, and make new friends in a fun and safe environment learning martial arts. Class offers instruction in Tang Soo Do Korean karate and jujitsu. Promotional exams, camps, and competitions are available. All skill levels are welcome.

11 Sessions \$94

Instructor: TKA Inc.

68218 Damascus CRC 9/18 W 8 p.m.-9:30 p.m.

68219 Bauer Dr. CRC 9/18 W 8 p.m.-9:30 p.m.

68220 Potomac CRC 9/18 W 8 p.m.-9:30 p.m.

68221 Stedwick ES 9/18 W 8 p.m.-9:30 p.m.

12 Sessions \$102

Instructor: TKA Inc.

68216 Upper County CRC 9/16 M 8 p.m.-9:30 p.m.

68217 Glenallan ES 9/16 M 8 p.m.-9:30 p.m.

68222 Bethesda ES 9/19 Th 8 p.m.-9:30 p.m.

68223 Praisner CRC 9/19 Th 8 p.m.-9:30 p.m.

68224 DuFief ES 9/19 Th 8 p.m.-9:30 p.m.

68225 Rolling Terrace ES 9/19 Th 8 p.m.-9:30 p.m.

13 Sessions \$111

Instructor: TKA Inc.

68226 Germantown CRC 9/17 Tu 8 p.m.-9:30 p.m.

68227 Mid-County CRC 9/17 Tu 7:30 p.m.-9 p.m.

Karate/Jujitsu Club

Ages 13 & Up: This program is open to brown belt and black belt TKA students. Practice with each other and develop skills under supervision of select instructors. No formal instruction during Club sessions. Participants must be registered in a regular TKA class during the same season.

12 Sessions \$43

Instructor: TKA Inc.

68228 Holiday Park SC 9/20 F 7:30 p.m.-8:30 p.m.

Karate/Jujitsu Club 2

Ages 13 & Up: Develop skills under supervision of select instructors. No formal instruction during Club sessions.

12 Sessions \$58

Instructor: TKA Inc.

68229 Holiday Park SC 9/20 F 8:30 p.m.-9:30 p.m.

Little Ninjas

Ages 5-7: Through the concept of edutainment children will develop the skills of concentration and self-control. Help gain confidence through learning the basic skills of karate in a safe, clean, and professional environment. Our low student-to-teacher ratio and safe training mats will ensure that your child has a comfortable and exciting experience. Uniform and belt are included.

5 Sessions \$79

Instructor: Kicks Karate

68311	Kicks - Shady Grove	9/21 Sa	8:55 a.m.-9:25 a.m.
68310	Kicks - Potomac	9/21 Sa	9:30 a.m.-10 a.m.
68318	Kicks - Silver Spring	9/21 Sa	9:30 a.m.-10 a.m.
68357	Kicks - Kensington	9/21 Sa	9:40 a.m.-10:10 a.m.
68308	Kicks - Bethesda	9/21 Sa	10 a.m.-10:30 a.m.
68313	Kicks - Clarksburg	9/21 Sa	10 a.m.-10:30 a.m.
68309	Kicks - N. Bethesda	9/21 Sa	10 a.m.-10:30 a.m.

10 Sessions \$129

Instructor: Kicks Karate

68322	Kicks - Silver Spring	9/16 M,W	4:30 p.m.-5 p.m.
68324	Kicks - Kensington	9/16 M,W	4:45 p.m.-5:15 p.m.
68323	Kicks - Bethesda	9/16 M,W	5 p.m.-5:30 p.m.
68307	Kicks - Clarksburg	9/16 M,W	5 p.m.-5:30 p.m.
68306	Kicks - Potomac	9/16 M,W	5 p.m.-5:30 p.m.
68314	Kicks - Shady Grove	9/16 M,W	6 p.m.-6:30 p.m.
68305	Kicks - N. Bethesda	9/16 M,W	6:20 p.m.-6:50 p.m.
68317	Kicks - Silver Spring	9/17 Tu,Th	6 p.m.-6:30 p.m.
68356	Kicks - Kensington	9/17 Tu,Th	6:15 p.m.-6:45 p.m.
68304	Kicks - Bethesda	9/17 Tu,Th	6:20 p.m.-6:50 p.m.
68321	Kicks - Clarksburg	9/17 Tu,Th	6:20 p.m.-6:50 p.m.
68320	Kicks - Potomac	9/17 Tu,Th	6:20 p.m.-6:50 p.m.
68319	Kicks - N. Bethesda	9/18 W,F	1 p.m.-1:30 p.m.

Super Samurais

Ages 8-12: This high energy class develops physical, mental, and emotional self-defense skills. Students will sharpen their mental focus and learning ability through developing eye contact, enhancing concentration, and improving listening skills in a fun-filled atmosphere for learning. Life skills such as respect and good citizenship will also be reinforced. Students will learn basic karate skills in a safe and professional training environment. Our low student to teacher ratio and age-specific grouping maximize learning and fun. Uniform and belt are included.

5 Sessions \$79

Instructor: Kicks Karate

68544	Kicks - Potomac	9/21 Sa	9 a.m.-9:50 a.m.
68549	Kicks - Germantown	9/21 Sa	10 a.m.-10:50 a.m.
68547	Kicks - Silver Spring	9/21 Sa	10:10 a.m.-11 a.m.
68550	Kicks - Kensington	9/21 Sa	10:15 a.m.-11:05 a.m.
68548	Kicks - Shady Grove	9/21 Sa	11:20 a.m.-12:10 p.m.
68545	Kicks - Bethesda	9/21 Sa	Noon-12:50 p.m.
68546	Kicks - Clarksburg	9/21 Sa	Noon-12:50 p.m.
68349	Kicks - N. Bethesda	9/21 Sa	12:20 p.m.-1:10 p.m.

Tiny Tigers

Ages 3-5: This action-packed class will enhance hand-eye coordination, agility and balance as students learn basic karate techniques. We also focus on important life-skills such as improving eye contact, concentration and first-time listening skills. Our full-time instructors work with kids in a safe, clean environment that features top quality equipment and padded floors for extra safety. Uniform and white belt are included.

5 Sessions \$79

Instructor: Kicks Karate

68616	Kicks - Bethesda	9/21 Sa	9 a.m.-9:30 a.m.
68620	Kicks - Kensington	9/21 Sa	9 a.m.-9:30 a.m.
68623	Kicks - N. Bethesda	9/21 Sa	9 a.m.-9:30 a.m.
68627	Kicks - Potomac	9/21 Sa	9 a.m.-9:30 a.m.
68633	Kicks - Silver Spring	9/21 Sa	9 a.m.-9:30 a.m.
68685	Kicks - Clarksburg	9/21 Sa	9 a.m.-9:30 a.m.
68629	Kicks - Shady Grove	9/21 Sa	10 a.m.-10:30 a.m.

10 Sessions \$129

Instructor: Kicks Karate

68615	Kicks - Bethesda	9/17 Tu,Th	5:20 p.m.-5:50 p.m.
68617	Kicks - Bethesda	9/18 W,F	4 p.m.-4:30 p.m.
68619	Kicks - Clarksburg	9/16 M,F	4:30 p.m.-5 p.m.
68618	Kicks - Clarksburg	9/17 Tu,Th	5:20 p.m.-5:50 p.m.
68621	Kicks - Kensington	9/17 Tu,Th	5:30 p.m.-6 p.m.
68622	Kicks - N. Bethesda	9/17 Tu,Th	5:50 p.m.-6:20 p.m. Th 6 p.m.-6:30 p.m.
68625	Kicks - N. Bethesda	9/18 W,F	1 p.m.-1:30 p.m.
68624	Kicks - N. Bethesda	9/18 W,F	4 p.m.-4:30 p.m.
68628	Kicks - Potomac	9/17 Tu,Th	1 p.m.-1:30 p.m.
68626	Kicks - Potomac	9/17 Tu,Th	4:15 p.m.-4:45 p.m.
68630	Kicks - Shady Grove	9/16 M,W	4 p.m.-4:30 p.m.
68631	Kicks - Shady Grove	9/17 Tu,Th	5:50 p.m.-6:20 p.m.
68634	Kicks - Silver Spring	9/16 M,W	6 p.m.-6:30 p.m.
68632	Kicks - Silver Spring	9/17 Tu,Th	5:30 p.m.-6 p.m.
68766	Kicks - Potomac	9/16 M,W	10:15 a.m.-10:45 a.m.
68765	Kicks - Potomac	9/16 M,W	5:40 p.m.-6:10 p.m.

Tiny Tigers / Little Ninjas

Ages 3 ½-7: This high-energy class is the perfect setting for your child to develop concentration and listening skills while having a blast. Help your child gain confidence through learning the basic skills of karate in a safe, clean, and professional environment. Uniform and white belt are included.

5 Sessions \$79

Instructor: Kicks Karate

68312	Kicks - Germantown	9/21 Sa	9 a.m.-9:30 a.m.
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10 Sessions \$129

Instructor: Kicks Karate

68315	Kicks - Germantown	9/16 M,W	5:40 p.m.-6:10 p.m.
68355	Kicks - Germantown	9/17 Tu,Th	4 p.m.-4:30 p.m.



MARTIAL ARTS





MUSIC

Traditional Karate - Kids

Ages 6-12: We teach traditional Shotokan Karate for kids in which we cover the three building blocks of Karate: Kihon (fundamentals), Kata (forms) and Kumite (sparring). We place an emphasis on learning karate for self defense, improving health and forging a good character.

12 Sessions \$150

Instructor: Rockville Traditional Karate

71097 Beverly Farms ES 9/18 W 7 p.m.-8 p.m.

71098 Beverly Farms ES 9/21 Sa 10:30 a.m.-11:30 a.m.

Traditional Karate - Adult

Ages 13 & Up: We teach two different aspects of traditional Karate; the Shotokan and Goju-Ryu (hard and soft) styles of Karate. The latter style introduces various open hand techniques and breathing methods, whereas the former style offers a wide array of fast-paced, dynamic techniques.

12 Sessions \$105

Instructor: Rockville Traditional Karate

71099 Beverly Farms ES 9/18 W 8 p.m.-9:30 p.m.

71100 Beverly Farms ES 9/21 Sa 11:30 a.m.-1 p.m.

Zen Budo Martial Arts: Kids

Ages 7-10: Goshin Jutsu karate is a holistic martial arts program that teaches the basics of self defense including throws, joint locks, pressure points and sparring practice. Emphasis is on realistic and practical partner work. If you need a uniform, see the instructor directly.

10 Sessions \$125

Instructor: Christopher Bowers

68657 White Oak CRC 9/9 M 6:30 p.m.-7:30 p.m.

VOVINAM

Classic Vovinam Martial Arts

Ages 8 & Up: Vovinam is a martial art developed by the Vietnamese. Learn defense using your hands, elbows, kicks, throws, escape and leveraging, joint locks, choke holds and submissions. Vovinam techniques are simple, effective, and artistic. Each session includes extensive warm-ups, fall breaks, rolling, strikes, kicks, blocks, forms, and sparring. This course prepares you for real life situations and you will train with partners of different sizes.

24 Sessions \$205

Instructor: Yanni Nguyen

68176 Plum Gar CRC 9/16 M,W 7 p.m.-8:30 p.m.

26 Sessions \$215

Instructor: Yanni Nguyen

68177 Eastern MS 9/17 Tu,Sa Tu: 6 p.m.-7:15 p.m.
Sa: 2:45 p.m.-4 p.m.

Classic Vovinam Martial Arts - Advanced

Ages 8 & Up: Continue learning defense using your hands, elbows, kicks, throws, escape and leveraging, joint locks, choke holds and submissions in the Vovinam martial art style. Instructor permission is required for taking the advanced class.

25 Sessions \$215

Instructor: Yanni Nguyen

68178 Eastern MS 9/17 Tu,Sa T: 7:15 p.m.-8:30 p.m.
Sa: 1 p.m.-2:45 p.m.

MUSIC

DRUMS

Steel Pan with Josanne

Ages 10 & Up: Come move and groove to the beat as you learn to play the steel pans - the only chromatic acoustic instrument to be invented in the 20th century. Apart from learning the basics of steelpan playing technique, you will also learn about the history of the instrument. By the end of the course you will know about the function of each different type of steelpan, and you will be able to perform, as a steel band, different genres of music.

6 Sessions \$60

Instructor: Strathmore

69281 Good Hope NRC 10/16 W 6 p.m.-8 p.m.

GUITAR

Learn Now Music: HeroeZ of Guitar

Ages 5-13: Be a hero on a guitar by learning to read musical symbols, play basic chords and even play some well-known songs. Instrument rental and materials included.

9 Sessions \$244

Instructor: Learn Now Music

69287 Bauer Dr. CRC 9/18 W 7 p.m.-8 p.m.



PERFORMING ARTS

Learn to DJ

Ages 12 & Up: Come learn everything you need to know about DJ'ing from the basics of setting up the equipment to mixing, beat matching and basic scratching techniques. At the end of this course you will perform a 10 to 15 minute set in front of your peers and instructors to showcase what you've learned. All DJ equipment included.

6 Sessions \$240

Instructor: Craig Perry

71183 N Potomac CRC 9/18 W 6:30 p.m.-7:30 p.m.

71184 N Potomac CRC 11/6 W 6:30 p.m.-7:30 p.m.

PIANO

Adult Group Piano I

Ages 17 & Up: Explore theory, technique and analysis of music through individual and ensemble practice and performance. Reading, rhythm, beginning technique of five-finger position and harmonization of simple melodies are covered. Theory is taught at all levels in conjunction with music performed. You must have a piano or keyboard available for practice. Instructor reserves the right to reassign students to another level and/or combine programs to ensure an optimum learning environment for all. No previous musical background is needed. Beginner level. Material fee included in price.

8 Sessions \$150

Instructor: Judith Duerk-Habeck

70214 Holiday Park SC 9/16 M 1 p.m.-1:50 p.m.

12 Sessions \$260

Instructor: Joyce Oliver

69337 Holiday Park SC 9/17 Tu 9 a.m.-9:50 a.m.

69341 Holiday Park SC 9/17 Tu 6:30 p.m.-7:20 p.m.

Adult Group Piano II

Ages 17 & Up: Advanced Beginner level. Students should have a basic knowledge of reading music, playing easy rhythms and playing with both hands with the use of chords in the C and G hand positions. Covers progression toward playing in the major keys of C, G, and F and the minor keys of A and D.

8 Sessions \$125

Instructor: Judith Duerk-Habeck

70215 Holiday Park SC 9/16 M 2 p.m.-2:50 p.m.

12 Sessions \$255

Instructor: Joyce Oliver

69338 Holiday Park SC 9/17 Tu 10 a.m.-10:50 a.m.

69342 Holiday Park SC 9/17 Tu 7:30 p.m.-8:20 p.m.

Adult Group Piano III

Ages 17 & Up: Improve your ability to move freely over the keyboard and develop rhythmic, harmonic and theoretical concepts. Major and minor scales are taught progressively. Duet, ensemble and solo literature will be performed in all classes. Intermediate level - some piano skills and knowledge of note reading, theory and rhythm patterns required.

8 Sessions \$125

Instructor: Judith Duerk-Habeck

70216 Holiday Park SC 9/16 M 3 p.m.-3:50 p.m.

12 Sessions \$255

Instructor: Joyce Oliver

69339 Holiday Park SC 9/17 Tu 11 a.m.-11:50 a.m.

Adult Group Piano IV

Ages 17 & Up: Continued development of performance techniques in advanced literature through the study of stylistic differences of master composers from various periods. Emphasis on duet and two piano literature as well as solo performance. Advanced level.

12 Sessions \$255

Instructor: Joyce Oliver

69340 Holiday Park SC 9/17 Tu Noon-12:50 p.m.

Exploring Music and Piano Level I A

Ages 6-10: This is a progressive program. Participants should plan to continue throughout the fall, winter and spring sessions in order to obtain optimum benefits. Digital pianos are provided in class. Adult participation is required, and children should have access to piano for practice outside of class. Material fee included in the price.

10 Sessions \$260

Instructor: Geiza Dourado Carvalho

69295 Norwood LP 9/16 M 5 p.m.-6 p.m.

Exploring Music and Piano Level I B

Ages 6 & Up: This is a progressive program. Participants should plan to continue throughout the fall, winter and spring sessions in order to obtain optimum benefits. Digital pianos are provided in class. Adult participation is required, and children should have access to piano for practice outside of class. Material fee included in the price.

10 Sessions \$260

Instructor: Geiza Dourado Carvalho

69296 Norwood LP 9/16 M 5:30 p.m.-6:30 p.m.



MUSIC





MUSIC

Exploring Music and Piano Level I C

Ages 6 & Up: This is a progressive program. Participants should plan to continue throughout the fall, winter and spring sessions in order to obtain optimum benefits. Digital pianos are provided in class. Adult participation is required, and children should have access to piano for practice outside of class. Material fee included in the price.

10 Sessions \$260

Instructor: Geiza Dourado Carvalho
69297 Norwood LP 9/16 M 6:30 p.m.-7:30 p.m.

Learn Now Music: KeyZ to Piano

Ages 5-12: Children learn basic piano layout, technique, note names, fingerings and more in this introductory piano class.

9 Sessions \$244

Instructor: Learn Now Music
69290 Mid-County CRC 9/16 M 6:30 p.m.-7:30 p.m.
69289 Bauer Dr. CRC 9/18 W 7 p.m.-8 p.m.

PLAYTIME & MUSIC

Discovering Music for Toddlers

Ages 1-4: Develop coordination and gross motor skills, an inner beat for music, balance and reinforce cognitive learning. Activities include singing, rhyming and moving to different rhythms, and playing simple percussion and melodic instruments. Adult participation required. Siblings of registered participants, eight months old and older must register and pay class fee. Material fee is included in the price.

9 Sessions \$155

Instructor: Geiza Dourado Carvalho
68605 Rec. Admin Office 9/16 M 10 a.m.-10:45 a.m.
68607 Rec Admin Office 9/16 M 11 a.m.-11:45 a.m.
68603 Wisconsin Pl. CRC 9/17 Tu 10:15 a.m.-11 a.m.
68606 Longwood CRC 9/18 W 10:10 a.m.-10:55 a.m.
68604 Potomac CRC 9/20 F 10:15 a.m.-11 a.m.

Learn Now Music: My First Music Class

Ages 2-5: Students will explore fun topics such as the farm, cooks in the kitchen, the sea, birds, animals, parts of the body and other surprises. Students and parents will participate in language repetition speech development, greetings and goodbyes, verbal and physical counting, memory and reaction exercises, gross and fine motor skills, instrument manipulation handling, rhythm exercises, listening and melody development. Small manipulatives such as scarves, bean bags and small percussive instruments will be supplied and utilized in class.

8 Sessions \$159

Instructor: Learn Now Music
69357 N Potomac CRC 9/16 M 10:30 a.m.-11 a.m.
69356 Bauer Dr. CRC 9/18 W 10:30 a.m.-11 a.m.

Mini Musicians, Movers & Shakers

Ages 2-5: Have fun while participating in activities that involve music and encourage socialization and cooperation. Play percussive instruments in a drum circle; sing; express yourself through movement; act out simple stories and rhymes; and dance, skip, and march around a colorful parachute.

8 Sessions \$150

Instructor: Music In Me Foundation International
69352 N Potomac CRC 10/2 W 10:30 a.m.-11:15 a.m.
69353 Mid-County CRC 10/3 Th 9:30 a.m.-10:15 a.m.

Music Together

Ages 5 & Under: This fun, interactive family music experience includes a variety of musical styles, tonalities and rhythms. Activities include singing, chanting, props, instrument exploration, improvisation and large movement. Adults discover their power as role models for their children by having fun and making music regardless of their musical ability. A per family material fee is included in the price. Participants will receive an award-winning Music Together CD and songbook per family.

10 Sessions \$250

Instructor: Nancy Nuttle
68138 Mid-County CRC 9/21 Sa 10 a.m.-10:45 a.m.
68139 Mid-County CRC 9/21 Sa 11 a.m.-11:45 a.m.

UKULELE

Beginner Ukulele with Maureen

Ages 7 & Up: Join us as we learn ukulele basics and get strumming. We will learn to strum along with some of today's greatest pop hits with joy and flair. The class will cover beginning chords, basic strum patterns, and easy songs. No experience with musical instruments required just an open mind and a desire to try something new.

6 Sessions \$60

Instructor: Strathmore
69280 Good Hope NRC 9/19 Th 6 p.m.-7 p.m.



VIOLIN

Learn Now Music: The Violinist Within

Ages 5-13: Students learn musical symbols and violin basics, including exercises, holding the bow and finding the balance point. Instrument rental and materials included in price.

9 Sessions \$244

Instructor: Learn Now Music

69292 Longwood CRC 9/21 Sa 11 a.m.-Noon

SCHOOL BREAK PROGRAMS

WINTER BREAK

Coach Doug Club Holiday

Ages 5-12: Club Holiday features sports, games, arts and crafts, plus time to visit with friends. Participants choose the activities they want to participate in based on their own needs.

2 Sessions \$75

Instructor: Coach Doug Academy

68871 Potomac CRC 12/26 Th-F 8 a.m.-3:30 p.m.

71395 Potomac CRC 12/30 M-Tu 8 a.m.-3:30 p.m.

Coach Doug Club Holiday Half Day

Ages 3-12: This program offers all the fun of Coach Doug Club Holiday, for just the morning and includes participants age three and four.

2 Sessions \$35

Instructor: Coach Doug Academy

68872 Potomac CRC 12/26 Th-F 8 a.m.-12:30 p.m.

71396 Potomac CRC 12/30 M-Tu 8 a.m.-12:30 p.m.

Coach Doug Club Holiday PM

Ages 5-12: This program offers extended care and all the fun of Coach Doug Club Holiday.

2 Sessions \$15

Instructor: Coach Doug Academy

68873 Potomac CRC 12/26 Th-F 3:30 p.m.-6 p.m.

71398 Potomac CRC 12/30 M-Tu 3:30 p.m.-6 p.m.

Karate Winter Break Clinic

Ages 6-12: This clinic provides diversified and intensive Tang Soo Do style Korean karate and jujitsu instruction for all ability levels. It includes basic motion, kata, one-step sparring, falling, take downs, throwing, exam preparation, and more. Students are grouped by belt level and age where appropriate. An optional exam will be offered.

4 Sessions \$55

Instructor: TKA Inc.

68241 Bauer Dr. CRC 12/26 Th-F, M-Tu

9 a.m.-11:30 a.m.

Countywide Programs 240.777.6870

STEAM

Entrepreneurs Club

Ages 10-13: Students select a business idea, learn to develop a business plan and make a pitch presentation on the last day. Students also role play as CEO's for leading companies and work in groups to make strategic recommendations to address real business issues. Students will enhance their problem solving skills, develop business savvy and cultivate a strategic mindset as future leaders.

8 Sessions \$189

Instructor: Spark Business Academy

70771 Potomac CRC 9/25 W 6 p.m.-7 p.m.

Finance Club

Ages 10-13: Get money smart. Learn fundamental personal finance concepts in money management, credit and investing. Through simulations and hands on activities, students explore financial decisions they will have to make in the future. A solid step towards future financial independence.

8 Sessions \$189

Instructor: Spark Business Academy

70760 Potomac CRC 10/1 Tu 6 p.m.-7 p.m.

My First Hot Cocoa Stand

Ages 6-10: Learn how to make yummy hot cocoa and how to earn money selling it. A hot cocoa stand is a great way to introduce our young entrepreneurs to the world of business and fun. This program empowers kids with an entrepreneurial mindset for their business, drawing from such disciplines as marketing, finance and strategy while in a supportive environment fostering team work. From designing marketing flyers to estimating profits to experimenting with recipes, students have fun while developing business savvy.

8 Sessions \$189

Instructor: Spark Business Academy

70757 Potomac CRC 10/1 Tu 5 p.m.-6 p.m.



STEAM





STEAM

ENGINEERING

Animation using Minecraft®

Ages 6-9: Students will learn how characters move and look alive in movies and video games. They will be introduced to basic 2D and 3D animation techniques using Minecraft® characters and stages. Students will learn how animators work by completing a variety of short animation exercises and projects.

6 Sessions \$139

Instructor: C3 Cyber Club

69316 N Bethesda MS 9/24 Tu 6 p.m.-7 p.m.

69331 N Bethesda MS 9/24 Tu 7:15 p.m.-8:15 p.m.

Game Design

Ages 6-9: This class is specifically designed for younger children to cultivate their interest to become game designers, multimedia artists, engineers and more. Give your child the opportunity to see how indie games are made. In this exciting class, children will use 3D geometry to create their very own video game level. Students will create puzzles and challenges using jump pads, elevators, lava, and more. Students will acquire computer skills, mathematics, creativity and problem solving skills.

6 Sessions \$139

Instructor: C3 Cyber Club

69358 Wood MS 9/26 Th 6 p.m.-7 p.m.

Game Design Using Unreal®

Ages 10-15: Aspiring game designers will love this class as learn how to utilize the industry-standard game design software Unreal® Editor, among other software, used to create games such as Batman: Arkham Asylum® and Mass Effect 3®. Students will learn how to create exterior environments, and apply different procedures of modeling and texturing. Students create their own outdoor terrain using advanced tools such as terrain sculpting, particle creation, and dynamic lighting. Learn how to import pre-set 3D models, control dynamic lighting, add interactive vehicles and weapons.

6 Sessions \$139

Instructor: C3 Cyber Club

69359 Wood MS 9/26 Th 7:15 p.m.-8:15 p.m.

NATURAL SCIENCES

Gemology I

Ages 18 & Up: Beginning gemology, organized around the Mohs' scale of hardness, is an introduction to gemstone study. Hands-on specimens and examples to examine during each class.

11 Sessions \$99

Instructor: Timothy Morgan

68890 Potomac CRC 9/19 Th 10 a.m.-12:15 p.m.

Gemology II

Ages 18 & Up: This class examines gemstones and gemstone groups with examples and hands-on specimens. Guest speaker and field trip possible. Prerequisite: Gemology I.

11 Sessions \$99

Instructor: Timothy Morgan

68892 Potomac CRC 9/18 W 10 a.m.-12:15 p.m.

PLAYTIME & LANGUAGE

NEW! The Art of Handwriting Level 1

Ages 4-6: This fun handwriting clinic will use movement, music and multi-sensory strategies for students to work on grasp development, eye-hand coordination, letter and number formation, coloring, scissor skills, fine motor control and hand and finger strengthening skills. Students will work in small groups taught by licensed occupational therapist who are also handwriting specialists.

6 Sessions \$270

Instructor:

71020 N. Potomac CRC 9/17 Tu 5 p.m.-6 p.m.

71990 Ashburton ES 10/29 Tu 5 p.m.-6 p.m.

5 Sessions \$225

71991 Ashburton ES 10/31 Th 5:30 p.m.-6:30 pm

TRADEMARKS

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PLAYTIME & MOVEMENT FOR TOTS

Mama Goose on the Loose

Ages 6m-2 yrs: Enrich your child's language, large motor skills and social development with stories, games, music and movement. Price includes all materials. Adult participation required.

8 Sessions \$96

Instructor: Laura Lunking
70748 Mid-County CRC 9/17 Tu 10 a.m.-10:45 a.m.

Spanish Toddlers

Ages 1 ½-3: Children will be fully immersed in the target language through songs, chanting, storytelling, and movement exercises in a circle time approach. All classes are taught using tangible material that is attractive and age appropriate. Adult participation is required. A material fee is include in the price.

8 Sessions \$130

Instructor: Maria Rhoe
68809 Lawton CRC 9/19 Th 4 p.m.-4:45 p.m.
68810 Lawton CRC 9/21 Sa 10 a.m.-10:45 a.m.

Preschool Spanish

Ages 4-7: Classes are taught in a full immersion program using Comprehensible Input and Total Physical Response "TPRS" methodologies. All sessions are carefully planned with clear goals and objectives to ensure students learn key vocabulary and improve oral communication in a natural and fun way. Children will be participating in interactive, high energy games and activities that are attractive and age appropriate. Adult participation is not required. A material fee is included in the price.

8 Sessions \$130

Instructor: Maria Rhoe
68807 Lawton CRC 9/19 Th 5 p.m.-5:50 p.m.
68808 Lawton CRC 9/21 Sa 11 a.m.-11:45 a.m.



STEAM



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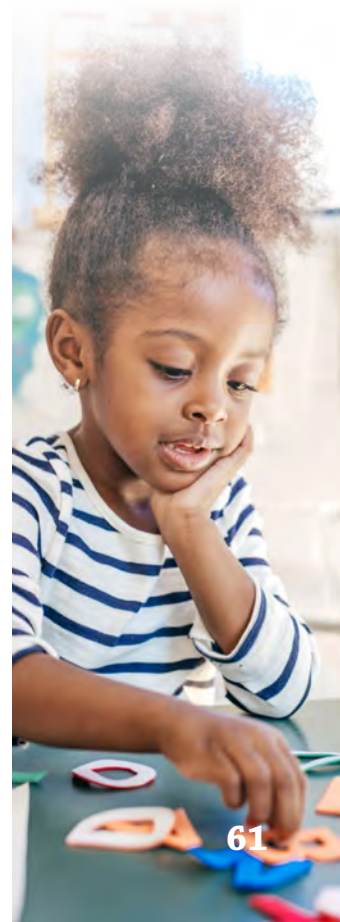
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The SPORTS Pages

BADMINTON

Badminton - Beginner

Ages 9 & Up: Students learn various elements of badminton, including individual skills, body movement, concepts, tactics, strategies, history, rules, court etiquette and athletic psychology. Instructors share competitive techniques of both singles and doubles play. Players are required to bring a badminton racquet.

12 Sessions \$118

Instructor: Yen-Ping Chao
68120 Bauer Dr. CRC 9/14 Sa 9:30 a.m.-10:30 a.m.

Badminton - Intermediate

Ages 10 & Up: Students continue to learn individual badminton skills, body movement, concepts, tactics, strategies, history, rules, court etiquette, athletic psychology and competitive techniques of singles and doubles play in this intermediate class. The first class will be an assessment of the players' level. The instructor may reassign students to another level if necessary. Players are required to bring a badminton racquet.

12 Sessions \$172

Instructor: Yen-Ping Chao
68121 Bauer Dr. CRC 9/14 Sa 10:30 a.m.-12:30 p.m.

Badminton - Advanced

Ages 12 & Up: This small class emphasizes advanced individual skills, body movement, concepts, tactics, strategies, athletic psychology and competitive techniques of both singles and doubles play. The first class will be an assessment of the player's level. The instructor may reassign students to another level if necessary. Players are required to bring a badminton racquet. Prerequisite: Badminton Intermediate.

12 Sessions \$172

Instructor: Yen-Ping Chao
68119 Bauer Dr. CRC 9/14 Sa 12:45 p.m.-1:45 p.m.

NEW! MCR Badminton Tournament

Ages 18 & Up: Recreational doubles badminton tournament for players of all skill levels. Three game guarantee. Team registration only. Players must provide their own rackets.

1 Session \$25

Men's Doubles

71122 Wheaton CRC 12/7 Sa 9 a.m.-6 p.m.

Mixed Doubles

71125 Wheaton CRC 12/7 Sa 9 a.m.-6 p.m.

Women's Doubles

71123 Wheaton CRC 12/7 Sa 9 a.m.-6 p.m.

BASEBALL/SOFTBALL

Men's Softball League

Ages 18 & Up: Twelve game regular season, double-header games, plus playoffs. Game times will vary each night.

Ages 18 & Up:

5 Sessions \$875

65641 Olney Manor RP 9/5 Th 6:15 p.m.-10:45 p.m.

6 Sessions \$875

65642 Olney Manor RP 9/4 W 6:15 p.m.-10:45 p.m.

65639 Cabin John RP 9/5 Th 6:15 p.m.-10:45 p.m.

65644 Cabin John RP 9/8 Su 9:30 a.m.-2 p.m.

Ages 55 & Up:

6 Sessions \$875

65645 Olney Manor RP 9/3 Tu 6:15 p.m.-10:45 p.m.

65646 Cabin John RP 9/5 Th 6:15 p.m.-10:45 p.m.



Co-Rec Softball Leagues

Ages 18 & Up: Twelve game regular season, double-header games, plus playoffs. Game times will vary.

6 Sessions \$875

65635 Cabin John RP 9/3 Tu 6:15 p.m.-10:45 p.m.
 65637 Cabin John RP 9/4 W 6:15 p.m.-10:45 p.m.
 65636 Wheaton RP 9/5 Th 6:15 p.m.-10:45 p.m.
 65633 Ridge Road RP 9/5 Th 6:15 p.m.-10:45 p.m.
 65632 Cabin John RP 9/9 M 6:15 p.m.-10:45 p.m.

Women's Softball League

Ages 40 & Up: Ten game regular season, double-header games, plus playoffs. Game times will vary.

5 Sessions \$730

65647 Wheaton RP 9/9 M 6:30 p.m.-9 p.m.

Rookie League Baseball

Ages 5-7: Players will receive instruction in all basics of coach-pitch baseball, and will apply what they have learned in non-competitive games. Players who are not able to hit a pitched ball will be able to use a tee while learning. Players receive a Major League Baseball hat, team T-shirt, and baseball medal.

6 Sessions \$95

Instructor: Jump Start Sports

68583 Ayrilawn LP 9/21 Sa 12:15 p.m.-1:30 p.m.
 68584 Q. Orchard NP 9/21 Sa 11 a.m.-12:15 a.m.
 68585 Layhill Village LP 9/22 Su 2:30 p.m.-3:45 p.m.

T-Birds T-Ball

Ages 3-4: Players learn the basics of throwing, catching, fielding, batting and base running, and apply what they have learned in non-competitive games. Schedules will be emailed to all participants one week prior to the start of the season. Players receive a Major League Baseball hat, team T-shirt, and baseball medal.

6 Sessions \$95

Instructor: Jump Start Sports

68589 Ayrilawn LP 9/21 Sa 10 a.m.-Noon
 68590 Q. Orchard NP 9/21 Sa 10 a.m.-11 a.m.
 68591 Layhill Village LP 9/22 Su 1:30 p.m.-2:30 p.m.

BASKETBALL

NEW! BasketBALLER Clinic

Ages 5-12: Learn the basics of offense and defense, including correct technique and form, and focus on fundamental skill development in a fun environment. Participants at the beginner level will receive instruction catered to their skill level. Advanced participants will focus on building their skills. Coaches will referee scrimmages and enforce good sportsmanship.

8 Sessions \$130

Instructor: KIDspired LLC

Ages 5-8:

68816 Clarksburg ES 9/17 Tu 6 p.m.-7 p.m.

Ages 9-12:

68818 Clarksburg ES 9/17 Tu 7:15 p.m.-8:15 p.m.

Hoop Stars

Ages 6-8: Learn the basics of dribbling, passing, shooting, positioning, defense, and rebounding in a fun-oriented program. Following the instructional portion, players will apply skills in low competition games. Includes team T-shirt and award.

6 Sessions \$95

Instructor: Jump Start Sports

68592 Travilah ES 11/2 Sa 11 a.m.-Noon
 68593 Flower Valley ES 11/2 Sa 2:30 p.m.-3:30 p.m.
 68594 Kensington 11/3 Su Noon-1 p.m.
 Parkwood ES
 68653 Wilson Wims ES 11/3 Su Noon-1 p.m.

NEW! Lil' Hoopers

Ages 3-5: Learn the basics of dribbling, passing, shooting, rebounding, and defense using gameplay and skills stations. Focus on the fundamentals of basketball and the concepts of teamwork.

8 Sessions \$100

Instructor: William Doyle

68801 Wyngate ES 9/21 Sa 9 a.m.-10 a.m.

NEW! Little Hoop Stars

Ages 4-6: Learn the basics of dribbling, passing, shooting, positioning, defense, and rebounding in a fun-oriented program. Following the instructional portion, players will apply skills in low competition games. Includes team T-shirt and award. All sessions are one-hour within the timeframe listed.

6 Sessions \$95

Instructor: Jump Start Sports

68595 Travilah ES 11/2 Sa 9 a.m.-11 a.m.
 68596 Flower Valley ES 11/2 Sa 1:30 p.m.-2:30 p.m.
 68597 Kensington 11/3 Su 10 a.m.-Noon
 Parkway ES
 68652 Wilson Wims ES 11/3 Su 10 a.m.-Noon



SPORTS





SPORTS



NEW! Men's Basketball Nights

Ages 18 & Up: Enjoy a friendly, organized, non-competitive men's league. Stay active and spend time with your friends in this fun community activity. Each participant will receive a jersey. Basketballs will be provided.

8 Sessions \$80

Instructor: KIDspired LLC

69291 Wells MS 9/10 Tu 8 p.m.-10 p.m.

Women's Drop-In Basketball

Ages 18 & Up: A non-competitive, drop-in basketball program, just for women. Teams will be created from the individual ladies that join the drop-in and play 11 minute games. Once the game is completed, a new game will begin and new teams created. A great way to meet new people and have fun. All skill levels encouraged.

5 Sessions \$30

65690 Bauer Dr. CRC 9/15 Su 11 a.m.-1 p.m.

65691 Bauer Dr. CRC 10/20 Su 11 a.m.-1 p.m.

10 Sessions \$60

65689 Bauer Dr. CRC 9/15 Su 11 a.m.-1 p.m.

Men's Basketball League

Ages 18 & Up: Six weeks of regular season games plus two game guarantee playoffs, competing in a seeding tournament. Games are scheduled on the hour.

9 Sessions \$645

65662 Lawton CRC 9/18 W 6:15 p.m.-9:45 p.m.

10 Sessions \$645

65648 Bauer Dr. CRC 9/15 Su 4 p.m.-9 p.m.

65649 Lawton CRC 9/15 Su 5:15 p.m.-9:45 p.m.

Montgomery County Basketball Clinic

Ages 9-12: Learn the concepts of basketball, develop skills, and play in live games. This clinic introduces young athletes to the game, improves their skills, and develops their talent by teaching basic practice drills and emphasizing the fundamentals. Players will be assigned groups based on age. Sessions are one-hour within the timeframe listed.

6 Sessions \$95

Instructor: Jump Start Sports

68598 Kensington 11/3 Su 1 p.m.-3 p.m.

Parkwood ES

68654 Wilson Wims ES 11/3 Su 1 p.m.-3 p.m.

NEW! Overtime Hoops Academy

Ages 6-12: Learn dribbling, passing, shooting, rebounding, and defense using gameplay and skills stations. Be ready to take that last second shot, make that extra pass, and block that go-ahead basket while learning the fundamentals of basketball and the concepts of teamwork.

8 Sessions \$100

Instructor: William Doyle

Ages 6-8:

68802 Wyngate ES 9/21 Sa 10:15 a.m.-11:15 a.m.

Ages 9-12:

68803 Wyngate ES 9/21 Sa 11:30 a.m.-12:30 p.m.

NEW! Pre-Season Basketball Skills & Conditioning I

Ages 11-14: This program will prepare young athletes for school team and AAU/Rising Star tryouts and in-season competitions. Learn tips and tricks to improve performance and compete for a spot on the team. Expert basketball development coaches will fine tune shot mechanics, fundamental ball-handling skills, individual defense principles, and team strategies.

2 Sessions \$99

Instructor: Coach Parker Basketball Academy

69343 Westland MS 9/21 Sa,Su 9 a.m.-Noon

NEW! Pre-Season Basketball Skills & Conditioning II

Ages 11-15: This program will prepare young athletes for school team and AAU/Rising Star tryouts and in-season competitions. Learn tips and tricks to improve performance and compete for a spot on the team. Expert basketball development coaches will fine tune shot mechanics, fundamental ball-handling skills, individual defense principles, and team strategies.

2 Sessions \$99

Instructor: Coach Parker Basketball Academy

69344 Wisconsin Pl. CRC 10/19 Sa,Su 9 a.m.-Noon

Train Like a Pro Basketball

Ages 10-17: Develop elite basketball skills for boys and girls of all abilities. Coaches are former professional and college athletes who focus on position-specific fundamentals and advanced drill sequences for all phases of the game, game-simulation drills, scrimmages, and basketball-specific physical and mental conditioning.

6 Sessions \$125

Instructor: Fit 2 Believe

68805 Ross Boddy NRC 9/16 M 7 p.m.-8:30 p.m.

68804 Cabin John MS 9/18 W 7 p.m.-8:30 p.m.

68907 White Oak MS 9/19 Th 7 p.m.-8:30 p.m.

69279 N Potomac CRC 9/21 Sa 1:30 p.m.-3:00 p.m.

NEW! Winter Break Basketball Camp

Ages 5-14: Winter Break Basketball Camps are designed keep kids active, sharpen their skills, and promote teamwork and fun. Our certified coaches will lead dribbling, shooting and other defensive and offensive drills and will facilitate daily scrimmages. We will also work on player speed, agility, and endurance. For all ability levels.

3 Sessions \$275

Instructor: KIDspired LLC

Winter Break Basketball Camp - All 3 Days

69288 Hallie MS 12/26 Th,F,M 9 a.m.-3:30 p.m.

1 Session \$100

Winter Break Basketball Camp - Day 1

69284 Hallie MS 12/26 Th 9 a.m.-3:30 p.m.

Winter Break Basketball Camp - Day 2

69285 Hallie MS 12/27 F 9 a.m.-3:30 p.m.

Winter Break Basketball Camp - Day 3

69286 Hallie MS 12/30 M 9 a.m.-3:30 p.m.

FENCING

Fencing - Beginner I

Ages 8 & Up: Learn basic fencing and foil techniques. Foil, mask, and jacket provided. Beginner level.

12 Sessions \$174

Instructor: Gitty Mohebban

68130 Clemente MS 9/18 W 5:45 p.m.-6:45 p.m.

68131 Parkland MS 9/20 F 6:30 p.m.-7:30 p.m.

Fencing - Beginner I / II

Ages 8 & Up: Learn basic fencing and foil techniques. Foil, mask, and jacket provided. Beginner level.

12 Sessions \$174

Instructor: Gitty Mohebban

68129 Frost MS 9/16 M 5:45 p.m.-6:45 p.m.

Fencing - Beginner II

Ages 8 & Up: For advanced beginners to learn basic fencing and foil techniques. Foil, mask, and jacket provided. Prerequisite: Beginner I.

12 Sessions \$174

Instructor: Gitty Mohebban

68133 Clemente MS 9/18 W 6:45 p.m.-7:45 p.m.

68134 Parkland MS 9/20 F 7:30 p.m.-8:30 p.m.

Fencing - Intermediate

Ages 8 & Up: Students learn more advanced fencing and foil techniques including riposte direct, doublement, compound attacks with footwork, beat disengage, compound riposte and pris de fer opposition, lier, croise, and envelopment. Foil, mask, and jacket provided.

12 Sessions \$174

Instructor: Gitty Mohebban

68137 Parkland MS 9/20 F 8:30 p.m.-9:30 p.m.

FIELD HOCKEY

NEW! Field Hockey

Ages 11-13: Learn the basics of field hockey with an emphasis on skills and drills. Each session will end with a scrimmage. For all ability levels.

4 Sessions \$72

70705 Plum Gar CRC 9/7 Sa 9 a.m.-10 a.m.

70710 Plum Gar CRC 10/5 Sa 9 a.m.-10 a.m.

FLAG FOOTBALL

NEW! Flag Football

Ages 5-12: Learn basic skills and concepts of football in a non-contact environment. Advanced players will fine tune their existing skills. Participants will build self-esteem, improve skills and promote an active lifestyle while having fun and making new friends. All skill levels welcome.

8 Sessions \$130

Instructor: KIDspired LLC

68813 Gibbs ES 9/16 M 3:40 p.m.-4:40 p.m.

68815 Kings LP 9/17 Tu 3:40 p.m.-4:40 p.m.

68814 Sally Ride ES 9/18 W 3:40 p.m.-4:40 p.m.

68812 Wilson Wims ES 9/19 Th 3:40 p.m.-4:40 p.m.



SPORTS





SPORTS

**Flag Football Clinic**

Ages 4-6: Have a blast learning the basics of football in a safe environment. Players will learn the fundamentals of offense and defense and will be introduced to speed and agility training. Small-sided scrimmages will ensure equal playing time, a rotation of players in various positions, and will help teach within the context of the game. Players are grouped by age, coached at their level of understanding, and play fun, low competition games. Players receive a T-shirt.

6 Sessions \$95

Instructor: Jump Start Sports
68571 Germantown CRC 9/22 Su 11 a.m.-Noon

National Flag Football Youth League

Ages 4-14: National Flag Football and Montgomery County Recreation have partnered to provide boys and girls a fun and exciting opportunity to engage in a non-contact, recreational activity while learning the fundamentals of football. The emphasis of this league is participation, teamwork, sportsmanship, and fun. Players will be divided into teams of 7-10 children. Teams are formed by player's school, grade, and buddy/coach requests. A one hour practice followed by a one hour game will be scheduled for each team. All players will receive an NFL flag, jersey representing one of the NFL's 32 teams, matching team shorts, mouthguard, and flag belt.

6 Sessions \$165

Instructor: National Flag Football Association
68183 Laytonia RP 9/29 Su Noon - 5p.m.

GYMNASTICS**Gymnastics I**

Ages 5-6: This class will introduce students to tumbling, balance beam, bar and trampoline skills. Children will develop strength, coordination, flexibility, mental processing and self-confidence.

6 Sessions \$165

Instructor: Dobre Gymnastics Academy
68658 Dobre Gymnastics 9/16 M 5:15 p.m.-6:15 p.m.
68659 Dobre Gymnastics 9/18 W 5:15 p.m.-6:15 p.m.
68660 Dobre Gymnastics 9/20 F 5:15 p.m.-6:15 p.m.

Gymnastics II

Ages 7-12: This introduction to gymnastics utilizes all apparatus including floor, balance beam, vault, uneven bars and trampoline. Skills include cartwheel, roundoff and walkovers.

6 Sessions \$165

Instructor: Dobre Gymnastics Academy
68661 Dobre Gymnastics 9/17 Tu 7 p.m.-8 p.m.
68662 Dobre Gymnastics 9/18 W 7 p.m.-8 p.m.
68663 Dobre Gymnastics 9/19 Th 7 p.m.-8 p.m.
68664 Dobre Gymnastics 9/20 F 7 p.m.-8 p.m.

HOCKEY**NEW! Introductory Street Hockey**

Ages 4-10: Introductory street hockey program for children of all skill levels, including those with little or no hockey experience. Players are taught forehand and backhand passing and trapping, stick handling, shooting, defending, and goalkeeping through fun, age-appropriate drills. Drills are followed by small-sided scrimmages. No equipment is necessary to participate.

6 Sessions \$95

Instructor: Jump Start Sports

Ages 4-6

68655 N Potomac CRC 9/21 Sa 10 a.m.-11 a.m.

Ages 7-10

68656 N Potomac CRC 9/21 Sa 11 a.m.-Noon

LACROSSE**Introductory Lacrosse**

Ages 7-12: Learn fundamentals of lacrosse including passing, catching, spacing, positioning and defense. Checking and poking will not be permitted. All equipment will be provided for use during instructional program. Helmets and shoulder pads will not be used. Players receive a T-shirt.

6 Sessions \$95

Instructor: Jump Start Sports

Ages 7-9:

68578 Mid-County CRC 9/21 Sa 10 a.m.-11 a.m.

68650 Poolesville ES 9/21 Sa 10 a.m.-11 a.m.

Ages 10-12:

68579 Mid-County CRC 9/21 Sa 11 a.m.-Noon

68651 Poolesville ES 9/21 Sa 11 a.m.-Noon



MULTI-SPORTS

Coach Doug Pre Wee Wanna Be

Ages 1½-3: Children get a great start in sports while working with their moms, dads or guardians. They will be introduced to agility training with soccer and other age appropriate sports through supervised play sessions. Adult participation required.

12 Sessions \$142

Instructor: Coach Doug Academy

68820 Germantown CRC 9/17 Tu 9:30 a.m.-10:15 a.m.

68821 Bauer Dr. CRC 9/18 W 9:30 a.m.-10:15 a.m.

68822 Potomac CRC 9/19 Th 9:30 a.m.-10:15 a.m.

Coach Doug Seasonal Sports

Ages 4-7: Join us as we build self-esteem, enhance cooperation and focus on skills and fitness. Each class focuses on a specific sport so children can comfortably develop their interests and abilities. Sports change each session and include agility training, soccer, T-ball, lacrosse and more. Adult participation not required.

12 Sessions \$142

Instructor: Coach Doug Academy

68823 Germantown CRC 9/17 Tu 4 p.m.-4:45 p.m.

68824 Potomac CRC 9/19 Th 4 p.m.-4:45 p.m.

68825 Oakland Terr. ES 9/21 Sa 11 a.m.-11:45 a.m.

Coach Doug We Wanna Be

Ages 2-5: Kids and their parents/guardians will be introduced to agility training, soccer, T-ball, lacrosse and other seasonal sports through supervised, non-competitive play sessions. Each child can participate at his or her own pace.

12 Sessions \$142

Instructor: Coach Doug Academy

68833 Germantown CRC 9/17 Tu 10:30 a.m.-11:15 a.m.

68830 Bauer Dr. CRC 9/18 W 10:30 a.m.-11:15 a.m.

68829 Potomac CRC 9/19 Th 10:30 a.m.-11:15 a.m.

68831 Oakland Terr. ES 9/21 Sa 9:30 a.m.-10:15 a.m.

68832 Oakland Terr. ES 9/21 Sa 10:15 a.m.-11 a.m.

PICKLEBALL

Pickleball Class Beginners

Ages 18 & Up: Learn various serves, drills and techniques on returns, different shots, volley and dinks. Discussion topics include game strategy and how to improve with your partner. At the conclusion of your four-day session, individuals will have greater understanding of the game and will be ready to participate in drop-in programs and leagues.

4 Sessions \$28

Instructor:

68774 White Oak CRC 9/11 W 1:30 p.m.-3 p.m.

68767 Potomac CRC 9/12 Th 12:30 p.m.-2 p.m.

68775 White Oak CRC 10/9 W 1:30 p.m.-3 p.m.

68778 Potomac CRC 10/10 Th 12:30 p.m.-2 p.m.

Pickleball Skills & Drills

Ages 18 & Up: This class is for advanced beginners that know how to volley, keep score and have good knowledge of the game. You will learn various serves, drills and techniques on returns, different shots, volley and dinks. Discussion topics include game strategy and how to improve with your partner. At the conclusion of your four-day session, individuals will have greater understanding of the game and will be ready to participate in drop-in programs and leagues.

3 Sessions \$55

68779 Bauer Dr. CRC 9/12 Th 6 p.m.-7:45 p.m.

68780 Bauer Dr. CRC 10/3 Th 6 p.m.-7:45 p.m.

4 Sessions \$28

68772 N Potomac CRC 9/9 M 1 p.m.-2:30 p.m.

68776 East County CRC 9/11 W 10:30 a.m.-Noon

68846 Ross Boddy NRC 9/12 Th 10 p.m.-11:30 p.m.

68773 N Potomac CRC 10/7 M 1 p.m.-2:30 p.m.

68777 East County CRC 10/9 W 10:30 a.m.-Noon

68849 Ross Boddy NRC 10/10 Th 10 p.m.-11:30 p.m.



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**Pickleball Ladder League**

Ages 18 & Up: This individual gender neutral ladder league is designed for players to play with others of similar skill levels. This is a performance based league that ranks each player based upon their combined point total from each game played week to week.

6 Sessions \$50

Beginner:

68787 Bauer Dr. CRC 10/7 M 6 p.m.-9:30 p.m.
68798 Bauer Dr. CRC 11/18 M 6 p.m.-9:30 p.m.

Intermediate:

68796 Bauer Dr. CRC 10/7 M 6 p.m.-9:30 p.m.
68799 Bauer Dr. CRC 11/18 M 6 p.m.-9:30 p.m.

Advanced:

68797 Bauer Dr. CRC 10/7 M 6 p.m.-9:30 p.m.
68800 Bauer Dr. CRC 11/18 M 6 p.m.-9:30 p.m.

8 Sessions \$30

Daytime:

69315 East County CRC 9/20 F Noon-3:30 p.m.

Pickleball League Advance Beginner

Ages 18 & Up: Doubles teams should be above a 2.0, have knowledge of the game and be able to keep score. This is a fun social sport, enjoyable for all age groups. This Adult Pickleball League consists of doubles pool play during the regular season. Doubles teams will consist of any type of doubles (men/men, women/women or mix). Teams will play five games each night, 15 points, or 14 minutes. Teams will compete against each other in the league play, standings will be recorded. No playoffs for these leagues.

Individual:

4 Sessions \$22

68819 Bauer Dr. CRC 9/9 M 6 p.m.-9:30 p.m.

Team:

4 Sessions \$44

68817 Bauer Dr. CRC 9/9 M 6 p.m.-9:30 p.m.

SOCCER**Coach Doug Soccer**

Ages 3-7: Learn fundamental soccer skills, soccer rules and playing strategies. By concentrating on soccer, children have a greater opportunity to comfortably develop individual skills in a team environment. Adult participation not required.

12 Sessions \$142

Instructor: Coach Doug Academy

68826 Germantown CRC 9/17 Tu 5 p.m.-5:45 p.m.
68827 Potomac CRC 9/19 Th 5 p.m.-5:45 p.m.
68828 Oakland Terr. ES 9/21 Sa 11:45 a.m.-12:30 p.m.

Co-Rec Soccer League

Ages 18 & Up: Eight weeks of regular season games. No playoffs. Individuals that are interested in playing, but do not already have a team, please register for our free agent list, activity 44066. Placement on a team is not guaranteed. If a team manager is interested in adding you to their roster, they will contact you directly. Registration for the league is a team fee. The team manager will indicate your portion of the team fee based on the number of players the team has on their roster. Payment plans are available.

8 Sessions \$899

67889 Division 2 9/8 Su 9 a.m.-5 p.m.
67890 Division 3 9/8 Su 9 a.m.-5 p.m.
67891 Division 4 9/8 Su 9 a.m.-5 p.m.

Damascus Futsal

Ages 6-18: Players will have a great time improving technical foot skills, speed, coordination and agility with the ball through an eight-week indoor futsal program. Participants will be paired with other players of similar ages to play fast-paced games against other teams. Each team will stay together for the duration of the season, get to compete and rank in local standings, and learn from the game in a safe, low-to-no contact environment. The games are played in two 20-minute halves with a five minute half-time and feature licensed futsal referees. Instructors and coaches provided through the Damascus Soccer Club.

11 Sessions \$100

68691 Damascus CRC 1/5 Su Noon-7 p.m.
& Germantown CRC

Hummingbirds Soccer

Ages 3-6: Participants learn the basics of soccer: dribbling, passing, trapping, shooting, defense and positioning. Each session consists of instruction in all aspects of the game, with fun drills and non-competitive games. Includes team T-shirt and award.

5 Sessions \$75

Instructor: Jump Start Sports

Ages 3-4:

68645 Good Hope LP 9/22 Su 1 p.m.-2 p.m.

Ages 5-6:

68646 Good Hope LP 9/22 Su 2 p.m.-3 p.m.

6 Sessions \$90

Instructor: Jump Start Sports

Ages 3-4:

68572 Germantown CRC 9/22 Su 1 p.m.-2 p.m.
68573 Bauer Dr. CRC 9/21 Sa 10 a.m.-11 a.m.
68647 Poolesville ES 9/21 Sa 10 a.m.-11 a.m.
68574 Cabin John RP 9/21 Sa 2 p.m.-3 p.m.

Ages 5-6:

68576 Bauer Dr. CRC 9/21 Sa 11 a.m.-Noon
68648 Poolesville ES 9/21 Sa 11 a.m.-Noon
68575 Germantown CRC 9/22 Su 2 p.m.-3 p.m.
68577 Cabin John RP 9/21 Sa 3 p.m.-4 p.m.

Follow us on Facebook and Twitter!

Men's Soccer League

Ages 18 & Up: Eight weeks of regular season games. No playoffs. Individuals that are interested in playing, but do not already have a team, please register for our free agent list, activity 44064. Placement on a team is not guaranteed. If a team manager is interested in adding you to their roster, they will contact you directly. Registration for the league is a team fee. The team manager will indicate your portion of the team fee based on the number of players the team has on their roster. Payment plans are available.

Ages 18 & Up:

8 Sessions \$1299
67880 Division 1 9/8 Su 9 a.m.-5 p.m.
67881 Division 2 9/8 Su 9 a.m.-5 p.m.

8 Sessions \$1099
67882 Division 3 9/8 Su 9 a.m.-5 p.m.

Ages 45 & Up:

8 Sessions \$1299
67883 Division 1 9/8 Su 9 a.m.-5 p.m.

8 Sessions \$1099
67884 Division 2 9/8 Su 9 a.m.-5 p.m.
67885 Division 3 9/8 Su 9 a.m.-5 p.m.

Ages 55 & Up:

8 Sessions \$925
67887 Division 1 9/7 Sa 9 a.m.-5 p.m.
67888 Division 2 9/7 Sa 9 a.m.-5 p.m.

Ages 65 & Up:

8 Sessions \$899
67886 9/8 Su 10 a.m.-2 p.m.

Recreational Soccer

Ages 7-8: Boys and girls learn the fundamentals of soccer as well as more complex aspects of the sport in a course for experienced players and novices alike. Each session includes skill instruction and gameplay that includes an equal measure of healthy competition and learning opportunities. Shin guards are highly recommended and cleats are preferred, but players may also wear regular athletic shoes. All participants receive a T-shirt.

6 Sessions \$90
Instructor: Jump Start Sports

68569 Bauer Dr. CRC 9/21 Sa Noon-1 p.m.
68649 Poolesville ES 9/21 Sa Noon-1 p.m.
68568 Cabin John RP 9/21 Sa 4 p.m.-5 p.m.
68567 Germantown CRC 9/22 Su 3 p.m.-4 p.m.

Route 29 Soccer

Ages 3-8: Participants learn the basics of soccer: dribbling, passing, trapping, shooting, defense and positioning. Each session consists of instruction in all aspects of the game, with fun drills and non-competitive games. Includes team T-shirt and award.

5 Sessions \$75
Instructor: Jump Start Sports

Ages 3-4:
68586 White Oak CRC 9/21 Sa 10 a.m.-11 a.m.

Ages 5-6:
68587 White Oak CRC 9/21 Sa 11 a.m.-Noon

Ages 7-8:
68588 White Oak CRC 9/21 Sa Noon-1 p.m.

Soccer Petite

Ages 3-6: Our unique games based approach to teaching soccer provides every child the opportunity to develop motor skills, social skills, coordination and general athletic ability.

8 Sessions \$120
Instructor: UK Elite Soccer
70778 Bauer Dr. CRC 10/6 Su 10 a.m.-10:45 a.m.

Soccer Petite Parent and Child

Ages 2-4: Our unique games based approach to teaching soccer provides every child the opportunity to develop motor skills, social skills, coordination and general athletic ability.

8 Sessions \$110
Instructor: UK Elite Soccer
70779 Bauer Dr. CRC 10/6 Su 9 a.m.-9:45 a.m.

Train Like a Pro Soccer

Ages 10-17: Elite soccer skills development training featuring core soccer training methods that have been created to accelerate individual development and on-field production. Coaches are former professional and college athletes that focus on position-specific fundamentals and advanced drill sequences for all phases of the game. Training sessions will have game-simulation drills and scrimmages, as well as soccer-specific physical conditioning and mental conditioning. Participants will receive a T-shirt. For boys and girls of all ability levels.

6 Sessions \$125
Instructor: Fit 2 Believe
68806 Bauer Dr. LP 9/17 Tu 6 p.m.-7:30 p.m.



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**Women's Soccer League**

Ages 24 & Up: Eight game league. Game times will vary. Team registration/payment only, but all team members must sign up for the team roster online and sign off on the waiver using the team code provided by your team manager. Individuals interested in playing, but do not already have a team, please register for our free agent list, activity 25411. Placement on a team is not guaranteed. If a team manager is interested in adding you to their roster, they will contact you directly.

Ages 24 & Up:

8 Sessions \$925
67892 9/7 Sa 9 a.m.-5 p.m.

Ages 40 & Up:

9 Sessions \$1299
67893 9/4 W 6 p.m.-10:30 p.m.

Youth Fall Soccer Clinic

Ages 9-12: This soccer clinic increases participants' basic soccer skills by incorporating agility drills to develop hand/eye coordination, field awareness, and critical thinking. Sessions occur every other Saturday and will include drills and skills instruction plus a scrimmage.

5 Sessions \$5
69282 N Potomac CRC 9/14 Sa 7:15 a.m.-8:25 a.m.

TABLE TENNIS**NEW! MCR Table Tennis Tournament - Recreational**

Ages 18 & Up: Recreational level table tennis tournament for players who have never played a USATT sanctioned tournament and do not participate at a local table tennis club. Round robin play on Saturday followed by a single elimination round on Sunday. Players are responsible for bringing their own paddle.

2 Sessions \$25
71101 White Oak CRC 10/26 Sa,Su 1 p.m.-5 p.m.

NEW! MCR Table Tennis Tournament - Advanced

Ages 18 & Up: Advanced level table tennis tournament for players that have participated at local table tennis clubs and/or have played in a USATT sanctioned tournament. Round robin play on Saturday followed by finals on Sunday. Players are responsible for bringing their own paddle.

2 Sessions \$25
71118 White Oak CRC 10/26 Sa,Su 9 a.m.-1 p.m.

Table Tennis/Ping Pong

Ages 7-18: Develop your table tennis skills from professional coaches. Class covers all aspects of the game including rules, equipment, strokes (forehand, backhand, pushing, blocking, looping, smashing), footwork and serving. Classes will be roughly two-thirds instructional and one-third games.

8 Sessions \$159
Instructor: Maryland TTC
68143 Maryland TTC 10/3 Th 6:30 p.m.-7:30 p.m.

ULTIMATE FRISBEE**NEW! Ultimate Frisbee Introductory League**

Ages 6-10: Players will learn the basic skills and game play of Ultimate Frisbee, one of the fastest growing team sports in the world. Players will be divided each week into teams and create new friends. All players will receive equal playing time and instruction from top college players in the area. No previous experience required.

4 Sessions \$35
Instructor: American Ultimate Academy

Ages 6-7:
68245 Rosemary Hills LP 9/9 M 6 p.m.-7 p.m.

Ages 8-10:
68253 Rosemary Hills LP 9/9 M 6 p.m.-7 p.m.



Ultimate Frisbee Middle School League

Ages 10-14: American Ultimate Academy welcomes players of all skill levels to play in a co-ed middle school ultimate league. Over the course of six Sunday mornings, players will learn to play ultimate Frisbee, one of the fastest growing team sports in the world. Players will be divided into teams. All players will receive professional coaching, ample playing time, reversible jerseys, and a disc. The league wraps up with a special playoff format on the last week.

6 Sessions \$65

Instructor: American Ultimate Academy
68243 Timberlawn LP 9/8 Su 10 a.m.-Noon

Ultimate Frisbee High School League

Ages 14-18: 7v7 league for players in grades 9-12 with seven regular season games and playoffs. Team managers must register the team first by emailing the league coordinator at Stephanie.McKay@montgomerycountymd.gov to create the team online. Then all team members must enroll for his/her particular team's roster. If you are a player in need of a team, please register as a free agent and you will be notified of your team placement prior to the start of the league.

8 Sessions \$69

Instructor: American Ultimate Academy
68242 Laytonia RP, 9/8 Su Noon-6 p.m.
Timberlawn LP

VOLLEYBALL

Introductory Volleyball

Ages 7-12: Learn fundamentals of volleyball including serves, sets, spikes, blocks, returns, positioning, and team strategy. Includes team T-shirt.

6 Sessions \$95

Instructor: Jump Start Sports

Ages 7-9:

68580 Longwood CRC 9/21 Sa 10 a.m.-11 a.m.

Ages 8-12:

68582 Damascus CRC 9/17 Tu 6:30 p.m.-7:30 p.m.

68581 White Oak CRC 9/18 W 6:30 p.m.-7:30 p.m.

Ages 10-12:

68641 Longwood CRC 9/21 Sa 11 a.m.-Noon



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THERAPEUTIC RECREATION PROGRAMS AND INCLUSION SERVICES

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

Therapeutic Recreation programs are designed for people with disabilities. Therapeutic Recreation groups are smaller than those in general recreation programs and the staff is trained to work with individuals with disabilities. The programs provide skill development and leisure education while encouraging participation and socialization. Available activities include aquatics, arts, general fitness, sports and special events.

Inclusion Services provide accommodations such as sign language interpreters, large print, hearing aids and companions support to facilitate equal access to general recreation programs. To request accommodations call 240-777-6870 or email rec.mainstream@montgomerycountymd.gov. Placements are limited and are not guaranteed. Personal care is not provided for any program. If you plan to bring a personal care assistant, please let us know.

Cooking

TR Cooking

Ages 6 & Up: This class is for an individual with a disability and one family member to cook together. Make yummy creations that will satisfy your tummies. All food ingredients are supplied. Bring an apron or wear clothes that you don't mind getting messy. Cost includes one participant and one parent.

1 Session \$10

69731 Holiday Park SC 9/28 Sa 1 p.m.-2:30 p.m.
69732 Holiday Park SC 10/12 Sa 1 p.m.-2:30 p.m.
69733 Holiday Park SC 10/26 Sa 1 p.m.-2:30 p.m.

General Fitness

Cardio 'n Core

Ages 15 & Up: Get fit through movement, stretching, and aerobics to improve your cardio and strengthen your core.

8 Sessions \$40

68458 Damascus CRC 10/10 Th 7p.m.-8p.m.

Karate for Individuals with Disabilities

Ages 6 & Up: Introduction to traditional Korean Karate (Tang So Do) with emphasis on improving motor coordination. Classes will include stretching, arm and leg movements and drills. Wear loose fitting clothes or white GI (uniform). New students must attend 9 a.m. class.

10 Sessions \$75

Instructor: TKA Inc.

68466 Holiday Park SC 9/28 Sa 9 a.m.-9:45 a.m.
68467 Holiday Park SC 9/28 Sa 10 a.m.-10:45 a.m.

Stretch 'n Tone

Ages 15 & Up: Tone your muscles and encourage flexibility through stretching exercises. This class is ideal for beginners.

8 Sessions \$40

68476 Potomac CRC 10/8 Tu 7 p.m.-8 p.m.
68477 Damascus CRC 10/10 Th 6 p.m.-7 p.m.

Turn the Beat Around

Ages 13 & Up: Introduction to basic rhythm and movement for social dancing. Learn fun group dances and line dances for all occasions.

8 Sessions \$40

68494 Holiday Park SC 10/5 Sa 11 a.m.-Noon
68495 East County CRC 10/9 W 7 p.m.-8 p.m.

TR Zumba

Ages 13 & Up: Experience the fitness craze of Zumba. An exciting mix of Latin and international rhythms with aerobic dance moves. Dress in comfortable clothing and shoes for active movement.

8 Sessions \$40

68492 Holiday Park SC 10/5 Sa 10 a.m.-10:50 a.m.
68491 Upper County CRC 10/10 Th 7 p.m.-7:50 p.m.

Moving with Mike

Ages 18 & Up: This is a class for people who want to get a work out while seated. It is designed for individuals with mobility issues, but its great for anyone who wants to maintain joint flexibility and muscle strength in a small supportive group setting. Discussions will focus on ways to keep exercising outside of the class.

8 Sessions \$50

68469 Germantown CRC 9/29 Su 1 p.m.-2 p.m.

Walk This Way

Ages: Each month enjoy a different walking trail. Trails vary from one to three miles and are very scenic. Dress in comfortable clothing and sneakers. Bring water in a reusable bottle. Counselor(s), guardian(s), or parent(s) required to participate.

1 Session Free

69734 10/5 Sa 10:30 a.m.-Noon
69735 11/2 Sa 10:30 a.m.-Noon
69736 12/7 Sa 10:30 a.m.-Noon

Arts

Handbuilt Pottery

Ages 18 & Up: Hand building techniques include decorating, firing, slab, coil and pinch methods. Participants must be able to indicate wants and needs. One staff to eight participants. No personal care provided. Material fee included in price.

6 Sessions \$75

Instructor: Pamela Reid

68463 White Oak CRC 10/16 W 10:30 a.m.-11:30 a.m.
68464 White Oak CRC 10/16 W 1:30 p.m.-2:30 p.m.

Kaleidoscope Art Workshops

Ages 14 & Up: Use various materials to create one-of-a-kind art. Create, socialize and show off your work with others. Participants should be able to follow simple instructions, understand basic rules and express needs. One staff to five participants. No personal care provided.

4 Sessions \$18

68465 Plum Gar CRC 10/5 Sa 11 a.m.-12:30 p.m.
70278 Holiday Park SC 10/12 Sa 1 p.m.-2:30 p.m.



THE THERAPEUTIC RECREATION



Sports

Let's Play Ball at the Miracle League Field

Ages 15 & Up: Let's Play Ball gives players with disabilities the chance to play baseball. The field has the look and feel of a professional stadium with bleachers that are covered for sun protection. During each game, everyone is given an opportunity to hit and score a run. Team members' coaches assist players in hitting, running and catching the ball. Restricted balls are used to keep everyone safe.

6 Sessions \$38

68468 S Germantown RP 9/21 Sa Noon-1:30 p.m.

Soccer League TR

Ages 18 & Up: Soccer league for teens and adults with developmental disabilities. Team registration is required. A registration form must be submitted for each participant. Each agency must provide a team manager/coach to oversee individual practices and official league game days.

8 Sessions \$42

68475 Recreation 9/8 Su Noon-3 p.m.
Administrative Office

Therapeutic Recreation Programs

Drumming - Rock Out

Ages 15 & Up: Rock out with drumsticks to the beat of great music. Get creative with the rhythm using drums, boxes, balls, or cans. Drumsticks are provided or bring your own. No experience necessary. One staff to seven participants.

8 Sessions \$40

68460 Bauer Dr. CRC 10/10 Th 7 p.m.-8 p.m.

Canoe and Kayak Trip

Ages 10 & Up: Join us for a canoe trip down the Potomac River. We may see eagles, herons, ospreys, egrets, hawks ducks and geese. Bring a lunch, plenty of water, wear water shoes, and dress for the weather. This trip is for individuals with disabilities and friends and family members. We will be in flat or gently moving water. Cost is per person. Canoes, kayaks and equipment provided. Swimming ability required.

1 Session \$35

68457 Seneca Landing 9/14 Sa 9 a.m.-5 p.m.
Boat Ramp

TR BIG Game Nights

Ages 13 & Up: Play oversized board games, gym games, group games, bingo, and more every second and fourth Friday of the month. Themes make each night a new adventure: 10/11: Football Fan Night - wear your favorite team jersey or colors. 10/25: Spooktacular Night - wear a costume or funny mask. 11/8: Patriotic Night - wear red, white and blue for Veterans. 11/22: Pajama Night - wear pajamas, robes and slippers. 12/13: Ugly Sweater Night - wear a funny sweater or shirt.

5 Sessions \$40

68487 Bauer Dr. CRC 10/11 F 7 p.m.-9:30 p.m.

TGIF-Family Nights

Ages 5 & Up: TGIF- Totally Great Inclusive Fun - for families of individuals with disabilities. Enjoy ZamDance and games and network with other families. All individuals must register separately.

1 Session \$5

70279 Bauer Dr. CRC 9/20 F 6:30 p.m.-8:30 p.m.
70280 Bauer Dr. CRC 10/18 F 6:30 p.m.-8:30 p.m.
70281 Bauer Dr. CRC 11/15 F 6:30 p.m.-8:30 p.m.
70282 Bauer Dr. CRC 12/20 F 6:30 p.m.-8:30 p.m.

THE RAPID RECREATION

TGIF-Totally Great Inclusive Fun - First Fridays

Ages 15 & Up: TGIF- Totally Great Inclusive Fun. Start the night with ZamDance! Followed by snacks and group activity. First Friday of the month is an opportunity to exercise and make new friends. One staff to 12 participants. Personal care not provided, but caregivers are welcome.

1 Session		\$10			
68478	Bauer Dr. CRC	9/6	F	6:30 p.m.-8:30 p.m.	
68479	Bauer Dr. CRC	10/4	F	6:30 p.m.-8:30 p.m.	
68480	Bauer Dr. CRC	11/1	F	6:30 p.m.-8:30 p.m.	
68481	Bauer Dr. CRC	12/6	F	6:30 p.m.-8:30 p.m.	

Aquatics

TR Adult Social Swim

Ages 18 & Up: Adapted aquatics and exercise in a group setting. Have fun, meet new friends and get some exercise. One staff to seven participants. No personal care assistance provided.

8 Sessions		\$40			
68482	MLK	9/24	Tu	8 p.m.-9 p.m.	
68483	GISC	9/25	W	8:30 p.m.-9:30 p.m.	
68484	OSC	9/27	F	7:15 p.m.-8:15 p.m.	
68485	OSC	9/27	F	8:15 p.m.-9 p.m.	

Special Events



TR PROGRAMS EXPO

FREE

Saturday, September 21, 2019
1-3 p.m.

Holiday Park Senior Center

A fun opportunity for individuals with disabilities and their families to experience some of our programs. Come participate in mini demonstrations that include karate, Zumba, kaleidoscope art, and drumming. There will be games and art activities. Snacks provided. Pre-registration encouraged.

Activity 68489



PAJAMA Party Palooza

Saturday, October 12, 2019
6 - 9 p.m.

Ross Boddy Neighborhood Recreation Center

For individuals with disabilities. Come dressed in your favorite pajamas, robes and slippers. Staff supervision provided, but no personal care. Pre-registration encouraged.

Activity 68489 COST: \$10



SANTA'S HOLIDAY WORKSHOP

Saturday, December 14, 2019
6:30-9:30 p.m.

Holiday Park Senior Center

For families of individuals with disabilities and their friends. Take your picture with Santa and our holiday backdrops. Play fun games and make holiday crafts with Elves. Relax in our Sensory Room. Pizza and other refreshments provided. Pre-registration encouraged.

COST: FREE Activity 68471



Weekend Adult Social Clubs

Looking to meet new people – we've got it. Looking to take some fun group trips – we've got it. Looking for a place to hang out with your friends – we've got it. You are welcome to register for more than one club to give you more weekend social opportunities.

Weekend Adult Social Club membership fees are \$40 each for the year - October 2019 thru June 2020. Activity fees are not included in the membership fee. Activity fees range from free (game night) to \$60 (dinner theatre). Club trips depart from the Montgomery County Recreation Administrative Office.

Therapeutic Recreation social clubs offer the opportunity for individuals with disabilities (18 & Up) to participate in leisure activities in community recreation centers and/or in the community. Get out of the house and make new friends. Choose a club that fits your style. Game nights, theme parties, craft workshops are center based. Ball games, hiking and hayrides are for the more active individual. Staff ratios vary by club.

Call our Therapeutic Recreation staff at 240-777-6870 to discover the club that's right for you. We look forward to meeting you.

Saturday Night Socials



FALL FIESTA

Saturday, September 28, 2019
6:30-9:30 p.m.
Holiday Park Senior Center

For ages 15 and up with disabilities. Shake your maracas on the dance floor for a night of fun. Enjoy a DJ, dancing, games, pizza and other refreshments. Pre-registration encouraged.

Activity 68472 COST: \$10



Haunted House Party

Saturday, October 26, 2019
6:30-9:30 p.m.
Holiday Park Senior Center

For ages 15 and up with disabilities. Take your picture with spooky fun decorations at our annual Halloween costume party. Enjoy a DJ, dancing, games, pizza and other refreshments. Pre-registration encouraged.

Activity 68473 COST: \$10



New Year's Party

Saturday, December 28, 2019
6:30-9:30 p.m.
Holiday Park Senior Center

For ages 15 and up with disabilities. Celebrate the excitement of the new decade - 2020. Party favors provided for everyone. Dress nice. Enjoy a DJ, dancing, games, pizza and other refreshments. Pre-registration encouraged.

Activity 68474 COST: \$10



55+ Active Adult Programs

Fall 2019

Montgomery County Recreation has many ways for independent adults, 55 and over to stay active and healthy. Whether you are still working, semi-retired, or fully retired, we have a large variety of programs, activities, classes, and events for you to choose from. For a full listing of activities visit www.mocorec.com or call 240-777-4925.

Damascus Senior Center

M-F: 9 a.m.-4 p.m.
9701 Main Street, Damascus
240-777-6995

Holiday Park Senior Center

M-F: 8:45 a.m.-4 p.m.
3950 Ferrara Drive, Wheaton
240-777-4999

Long Branch Senior Center

M-F: 9:30 a.m.-2:30 p.m.
8700 Piney Branch Road, Silver Spring
240-777-6975

Margaret Schweinhaut Senior Center

M-F: 8:15 a.m.-4 p.m.
Sat: 9 a.m.-3 p.m.
1000 Forest Glen Road, Silver Spring
240-777-8085

North Potomac Senior Center*

M-F: 9 a.m.-3 p.m.
13850 Travilah Road, Rockville
240-773-4805

White Oak Senior Center

M-F: 9 a.m.-3 p.m.
1700 April Lane, Silver Spring
240-777-6944



55+ PROGRAMS

White Oak SC

Annual Welcome Back Fall Barbecue

Wednesday, September 4

12:30 p.m.

Socialize and enjoy musical entertainers while you eat. Register at the center. Donations for beverages and desserts are welcome.

Holiday Park SC

Hispanic Heritage Festival

Thursday, September 19

1 p.m.

A multicultural event showcasing this County's rich Hispanic heritage with traditional dances, music and costumes. Pre-registration required. Sponsored by HPSI. Free.

Long Branch SC

LGBTB History Month

Throughout the month of October, the Long Branch Senior Center will hold activities in recognition of the contributions made by gay, lesbian, transgender and bisexual individuals. The schedule of events will be published in September 2019.

North Potomac SC

Anniversary Fall Ball

Thursday, October 24

6:30-8:30 p.m.

Join us as we celebrate our third anniversary at this semi-formal event. Enjoy live music, hors d'oeuvres and pictures. Register at the center. \$10 per person

Margaret Schweinhaut SC

Halloween Costume Party

Tuesday, October 29

Noon – 2 p.m.

Celebrate Halloween by coming in costume, or just as you are. Entertainment provided by Dick Kaufmann and the Glenn Pearson Band. Lunch provided by the Nutrition Program. Pre-registration required. Price for lunch for ages 55-59 is \$5.79; suggested donation of \$2 for ages 60+.

Damascus SC

Holiday Cheer and Memories

Wednesday, November 6

1 p.m.

Christiana Drapkin and her trio will perform some wonderful tunes to get ready for holidays. Cost: \$2

MARYLAND SENIOR OLYMPICS



Montgomery County Recreation is the host agency for the Maryland Senior Olympics with many of the events happening right here in Montgomery County. Events run from May to October. Visit www.mdseniorolympics.com or call 240-777-4930 for 2020 event details and registration information.

55+ ACTIVE ADULT PROGRAM HIGHLIGHTS

Montgomery County Recreation offers a variety of senior programs at thirteen recreation center locations throughout the county. Please call the center nearest you for more information, view the monthly newsletters on our website, or call 240-777-4925 for general program information. Each center offers a variety of programming including sports, exercise, games, concerts and special events. Locations that include a nutrition lunch program are designated with an *. Locations with limited transportation on program meeting days are designated with +.

Bauer Drive CRC

Monday and Wednesday, 10 a.m.-3 p.m.
14625 Bauer Drive, Rockville
240-777-6922

Clara Barton NRC

Monday and Wednesday, 10 a.m.-3 p.m.
7425 MacArthur Blvd., Cabin John
240-777-4910

Clarksburg Park Activity Building

Wednesday, noon-3 p.m.
22501 Wims Road, Clarksburg
240-777-4925

Gwendolyn E. Coffield CRC

Tuesday and Thursday, 10 a.m.-1 p.m.
2450 Lyttonville Road, Silver Spring
240-777-4900

East County CRC * +

Tuesday and Friday, 10 a.m.-2 p.m.
3310 Gateshead Manor Way, Silver Spring
240-777-8093

Germantown CRC+

Monday and Thursday, 10 a.m.-2 p.m.
18905 Kingsview Road, Germantown
240-777-8098

Jane E. Lawton CRC

Tuesday and Thursday, 10 a.m.-2 p.m.
4301 Willow Lane, Chevy Chase
240-777-6855

Longwood CRC

Monday and Wednesday, 10 a.m.-2 p.m.
19300 Georgia Ave., Brookeville
240-777-6920

Marilyn J. Praisner CRC +

Tuesday and Thursday, 10 a.m.-2 p.m.
14906 Old Columbia Pike, Burtonsville
240-777-4970

Mid-County CRC*

Tuesday and Thursday, 10 a.m.-2 p.m.
2004 Queensguard Road, Silver Spring
240-777-6820

Plum Gar CRC

Tuesday and Friday, 10 a.m.-2 p.m.
19561 Scenery Drive, Germantown
240-777-4919

Potomac CRC

Tuesday and Friday, 10 a.m.-1:30 p.m.
11315 Falls Road, Potomac
240-777-6960

Ross Boddy NRC

Tuesday and Thursday, 10 a.m.-2 p.m.
18529 Brooke Road, Sandy Spring
240-777-8050

Senior Sneaker Exercise Program



Montgomery County Recreation's popular Senior Sneaker program gives adults 55+ access to quality

exercise and weight rooms across the county for a membership fee of just \$50 annually. Members can use the exercise and weight rooms at any of our centers anytime during normal operating hours.

55+ PROGRAMS



* Includes a nutrition lunch program.

+ Limited transportation available on program meeting days.

Countywide Programs 240.777.6870



Senior Sports Activities

Montgomery County Recreation offers many opportunities for individuals 55+ to participate in volleyball, basketball, badminton, pickleball, table tennis, billiards and other individual and team sports. Drop-in gym programs require an open gym pass for just \$30 a year. Several locations also offer league play co-sponsored by the Montgomery County Senior Sports Association (MCSSA). Call 240-777-6810 for more information on league play. Aquatics also offers many programs and classes for 55+ individuals. Call 240-777-6860 for more information on aquatics programs.

Open Gym Badminton

Damascus CRC
Thursday, 6-8 p.m.

Potomac CRC
Saturday, 2-5 p.m.
(Until November 10)

North Potomac CRC
Thursday, 9 a.m.-noon
Thursday, 6:15-8:45 p.m.**

Open Gym Basketball

Coffield CRC
Tuesday, Wednesday, Thursday
9:30 a.m.-noon

Damascus CRC
Monday, 7:30-8:50 p.m.*

Potomac CRC
Monday, 8-8:50 p.m.
Sunday, noon-4:50 p.m.

North Potomac CRC
Monday, 6:15-8:45 p.m.**
Wednesday, 9 a.m.-noon

Open Gym Pickleball

Bauer Drive CRC
Monday, 12:30-2:30 p.m.
Friday, 10:15 a.m.-12:30 p.m.
(Instructional),
12:30-2:30 p.m.(Intermediate)

Clara Barton CRC
Monday, noon-1:30 p.m.

Damascus CRC*
Tuesday, Thursday, Saturday
10:00 a.m.-noon

East County CRC*
Friday, 12:30-2:30 p.m.

Germantown CRC
Sunday, noon-2 p.m.

Good Hope NRC
Wednesday, 6-9 p.m.

Jane E. Lawton CRC
Monday, 10 a.m.-noon
(beginners/introduction)
Thursday, 12:30-2:30 p.m.
Friday, 10 a.m.-2 p.m.

Long Branch CRC
Friday, 10 a.m.-1 p.m.

Longwood CRC
Tuesday, 10 a.m.-noon
Thursday, 12:30 p.m.-2:30 p.m.

Mid-County CRC
Monday and Wednesday,
Noon-2:30 p.m.
Thursday 6-8:45 p.m.**

North Potomac CRC
Monday, 9 a.m.-noon
Monday, 6:15-8:45 p.m.**

Plum Gar CRC
Wednesday, 7:15-8:45 p.m.

Potomac CRC
Monday, 6-7:50 p.m.
Tuesday, 10:30 a.m.-2 p.m.**
Friday, 11:30 a.m.-2 p.m.

Praisner CRC
Monday, 6:30-8:45 p.m.**
Tuesday, 10:30 a.m.-noon*

Ross Boddy NRC
Monday and Wednesday,
12:30-2:30 p.m.
Tuesday, 6-8:30 p.m.

Schweinhaut SC
Monday, noon-1:45 p.m.
(Intermediate)
Friday, 10:30 a.m.-12:30 p.m.
(Beginner)

White Oak SC
Tuesday, Friday 6-9 p.m.
Thursday, 10 a.m.-2:00 p.m.

Open Gym Sports

Damascus SC
During Center Hours

Holiday Park SC
During Center Hours

Longwood CRC
Monday, noon-3 p.m.
Tuesday, 12:30-3 p.m.

Plum Gar CRC
Friday, 1-2:30 p.m.*

Schweinhaut SC
During Center Hours

Open Gym Table Tennis

Holiday Park SC
During Center Hours

North Potomac CRC
Tuesday, 6:15-8:45p.m.**
Wednesday, 9:30 a.m.-noon

Plum Gar CRC
Friday, 10 a.m.-noon

Schweinhaut SC
Monday, noon -1:45 p.m.
Friday, 10:30 a.m.-12:30 p.m.

White Oak SC
Monday- Friday, 9 a.m.- 3 p.m.

Open Gym Volleyball

Bauer Drive CRC
Monday, Wednesday
10:30 a.m.-12:30 p.m.

Coffield CRC
Thursday 9:30 a.m.-noon

Damascus CRC
Monday, 6:15-7:15 p.m.*

Mid-County CRC
Friday, noon-2 p.m.

North Potomac CRC
Tuesday, 9 a.m.-noon
Tuesday, 6:15-8:45 p.m.**

Potomac CRC
Sunday, 9:30-11:30 a.m.

White Oak CRC
Monday, 10:30 a.m.-1:30 p.m.

Billiards

Damascus SC
During center hours

Holiday Park SC
During center hours

Schweinhaut SC
During center hours

White Oak SC
9 a.m.- 3 p.m.

* Open to all ages **Open to ages 18 & up

Follow us on Facebook and Twitter!

55+ PROGRAMS

EXERCISE CLASS HIGHLIGHTS

In addition to exercise classes offered at our Senior Centers, many community and neighborhood recreation centers offer 55+ exercise classes. For more information and registration call the recreation center you are interested in attending. We partner with many of our local hospitals to provide exercise classes, health services and informational classes and seminars. These include:

Senior Fit by Holy Cross Health

These free classes help participants improve strength, endurance and flexibility. Call 301-754-8800 for registration information.

Bauer Dr. CRC

Monday and Wednesday, 9:15-10 a.m. and 10:15-11:00 a.m.

Friday, 9:15-10:00 a.m.

Coffield CRC

Tuesday and Thursday, 10:30-11:15 a.m.

East County CRC

Monday, Wednesday and Friday, 10:45-11:30 a.m.

Germantown CRC

Tuesday, 1:45-2:30 p.m.

Thursday, 11:30 a.m.-12:15 p.m.

Mid-County CRC

Monday, Wednesday and Friday, 11-11:45 a.m.

Long Branch SC

Monday and Wednesday, noon-12:45 p.m.

Plum Gar CRC

Monday and Wednesday, 10:30-11:15 a.m.

North Potomac SC

Monday and Wednesday, 1-1:45 p.m.

Praisner CRC

Monday-Friday, 9-9:45 a.m.

Monday, Wednesday and Friday, 10-10:45 a.m.

Ross Boddy NRC

Tuesday and Thursday, 9-9:45 a.m.

Schweinhaut SC

Monday, Wednesday and Friday, 8:30-9:15 a.m. and 9:30-10:15 a.m.

Tuesday, 9-9:45 a.m.

Saturday, 9:30-10:15 a.m.

White Oak SC

Tuesday and Thursday, 9-9:45 a.m.

Better Bones

Long Branch SC

Wednesday and Friday, 1-2 p.m.

Schweinhaut SC

Monday and Thursday, 2-3 p.m.



55+ PROGRAMS

Suburban Hospital Senior Shape Exercise Programs

The Senior Shape program is designed to improve participants' overall health. The program consists of strength, flexibility and aerobic exercise classes. Register online at events.suburbanhospital.org or call 301-896-3939. Class fee is \$40 per three-month session.

Weight Training

Margaret Schweinhaut SC

Tuesday, 10-10:45 a.m.

Holiday Park SC

Friday, 11-11:45 a.m.

Clara Barton Neighborhood Recreation Center

Friday, 1-1:45 p.m.

Aerobics/Strength Training/ Stretching

Clara Barton Neighborhood Recreation Center

Tuesday and Thursday, 11:30 a.m.-12:15 p.m.

North Potomac SC

Friday, 9:30-10:15 a.m.

Advanced Aerobics/Strength Training/Stretching:

Wisconsin Place CRC

Tuesday, 10-10:45 a.m.

Potomac CRC

Monday, 11-11:45 a.m.

Wednesday, 9:15-10 a.m.

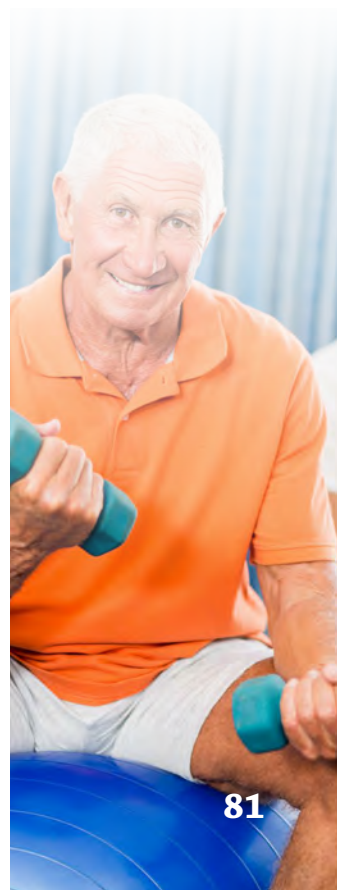
Stability Ball

Holiday Park SC

Monday, 9-9:45 a.m.

Margaret Schweinhaut SC

Tuesday, 11-11:45 a.m.





EXERCISE CLASS HIGHLIGHTS

MedStar Montgomery Medical Center

Please register at MedStarMontgomery.org/classes or call 301-774-8881, option 4.

Senior Strength & Balance

Increase muscular strength, flexibility and range of motion, and maintain your cardiovascular health. Classes are ongoing and a physician's consent form is required in order to participate.

Longwood CRC

Tuesday, 9 a.m.

Mid-County CRC

Wednesday, 1 p.m.

Tai Chi

This free, meditative exercise program is designed for seniors. Improve balance, strength, coordination, flexibility and range of motion. Wear comfortable, loose clothing and flat shoes. Students should be able to stand for 30 minutes at a time.

Longwood CRC

Monday, 9:45 a.m.

Mid-County CRC

Tuesday, 11 a.m.

Ross Boddy NRC

Thursday, 10 a.m.

Gentle Flow Yoga for Seniors

Use yoga poses to increase strength, balance and flexibility. The class ends with a wonderful meditation that soothes the mind and body. Bring a yoga mat, water and comfortable shoes.

Longwood CRC

Call for dates/times, \$40 for eight sessions

Zumba Gold

MedStar Montgomery Medical Center is pleased to sponsor Zumba Gold. Please contact Longwood CRC at 240-777-6920 for registration cost and details.

Longwood CRC

Mondays, Wednesdays, 8:45 a.m.-9:45 a.m.

INDOOR WALKING

Many recreation and senior centers provide space for indoor walking. Call the center nearest you for additional information.

55+ Bone Builders

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

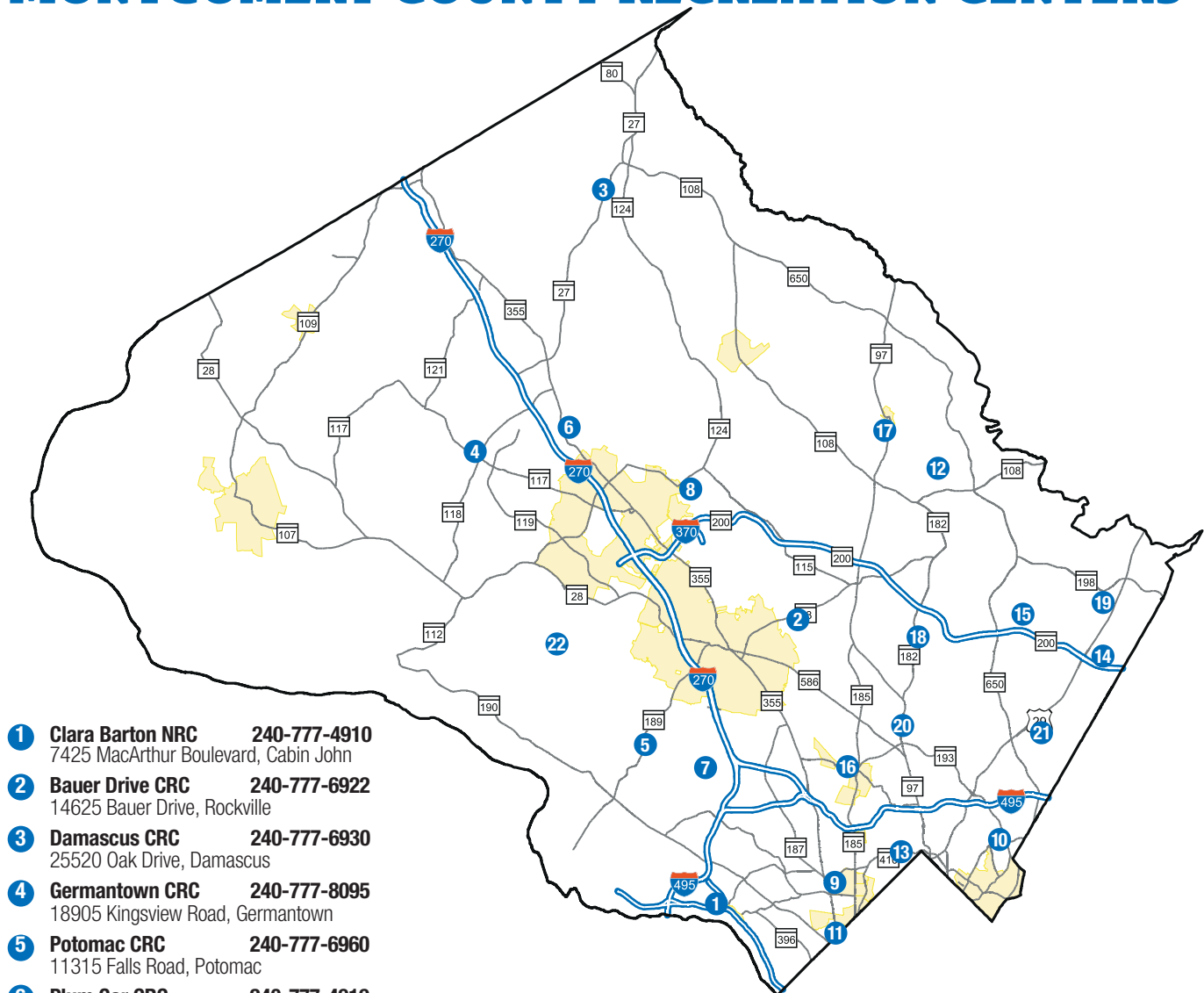
Bone Builders has a strict attendance policy. Participants may register for only one class and must consistently attend twice per week to keep their spot.

Interested participants are encouraged to observe a class prior to registering. For more information call 240-777-4925.

Registration begins May 13 at 8:30 a.m.

Activity	Location	Start	Days	Times
70996	Bauer	Sep. 30	M,W	1 p.m.-2 p.m.
70997	Bauer	Oct. 1	Tu,Th	1 p.m.-2 p.m.
70998	Clara Barton	Sep. 30	M,W	2 p.m.-3 p.m.
70999	Gwendolyn Coffield	Oct. 1	Tu,Th	9:15 a.m. - 10:15 a.m.
71000	Damascus CRC	Sep. 30	M,W	10:30-11:30 a.m.
71001	Germantown	Sep. 30	M,Th	1 p.m. - 2 p.m.
71002	Lawton	Oct. 1	Tu,Th	9:15 a.m. - 10:15 a.m.
71003	Longwood	Sep. 30	M,W	11 a.m. - Noon
71004	Longwood	Sep. 30	M,W	2 p.m.-3 p.m.
71005	Mid-County	Oct. 1	Tu,Th	1 p.m. - 2 p.m.
71006	Mid-County	Oct. 1	Tu,Th	2:15 p.m. - 3:15 p.m.
71007	North Potomac	Oct. 1	Tu,Th	10:45 a.m.-11:45 a.m.
71008	North Potomac	Oct. 1	Tu,Th	Noon-1 p.m.
71009	North Potomac	Sep. 30	M,W	11:45 a.m.-12:45 p.m.
71010	Plum Gar	Oct. 1	Tu,Th	11:30 a.m.; 1 p.m.
71011	Potomac	Oct. 1	Tu,Th	9 a.m. - 10 a.m.
71012	Potomac	Oct. 1	Tu,Th	10 a.m. - 11 a.m.
71013	Potomac	Sep. 30	M,W	11:15 a.m. - 12:15 p.m.
71014	Potomac	Sep. 30	M,W	3 p.m. - 4 p.m.
71015	Praisner	Sep. 30	M,W	11 a.m.-Noon
71016	Scotland	Oct. 2	W,F	2:30 p.m. - 3:30 p.m.
71017	White Oak	Oct. 1	Tu,Th	11 a.m.-Noon
71018	Wisconsin Place	Sep. 30	M,Th	10 a.m. - 11 a.m.
71019	Wisconsin Place	Oct. 1	Tu,Th	11:15 a.m. - 12:15 p.m.

MONTGOMERY COUNTY RECREATION CENTERS



- 1 Clara Barton NRC** **240-777-4910**
7425 MacArthur Boulevard, Cabin John
- 2 Bauer Drive CRC** **240-777-6922**
14625 Bauer Drive, Rockville
- 3 Damascus CRC** **240-777-6930**
25520 Oak Drive, Damascus
- 4 Germantown CRC** **240-777-8095**
18905 Kingsview Road, Germantown
- 5 Potomac CRC** **240-777-6960**
11315 Falls Road, Potomac
- 6 Plum Gar CRC** **240-777-4919**
19561 Scenery Drive, Germantown
- 7 Scotland NRC** **240-777-8075**
7700 Scotland Drive, Potomac
- 8 Upper County CRC** **240-777-8077**
8201 Emory Grove Road, Gaithersburg
- 9 Jane E. Lawton CRC** **240-777-6855**
4301 Willow Lane, Chevy Chase
- 10 Long Branch CRC** **240-777-6965**
8700 Piney Branch Road, Silver Spring
- 11 Wisconsin Place CRC** **240-777-8088**
5311 Friendship Boulevard, Chevy Chase
- 12 Ross J. Boddy NRC** **240-777-8050**
18529 Brooke Road, Sandy Spring
- 13 Gwendolyn Coffield CRC** **240-777-4900**
2450 Lyttonsville Road, Silver Spring
- 14 East County CRC** **240-777-8090**
3310 Gateshead Manor Way, Silver Spring

- 15 Good Hope NRC** **240-777-8055**
14715 Good Hope Road, Silver Spring
- 16 Ken Gar Center** **240-777-8099**
4111 Plyers Mill Road, Kensington
- 17 Longwood CRC** **240-777-6920**
19300 Georgia Avenue, Brookeville
- 18 Mid-County CRC** **240-777-6820**
2004 Queensguard Road, Silver Spring
- 19 Marilyn J. Praisner CRC** **240-777-4970**
14906 Old Columbia Pike, Burtonsville
- 20 Wheaton CRC** **240-777-8057**
11701 Georgia Ave., Wheaton
- 21 White Oak CRC** **240-777-6940**
1700 April Lane, Silver Spring
- 22 Nancy H. Dacek North Potomac CRC** **240-773-4800**
13850 Travilah Road, Rockville

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



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TR Cooking	73
TR Programs Expo	75
TR Zumba	73
Turn the Beat Around	73
Urban Line Dance.....	42

PROGRAM LOCATIONS

Jane E. Lawton Community Rec Center

55+ FREE Bone Builders	82
Ballroom II (Couples).....	40
Bone Builders - Plus	46
Dance & Fitness	44
Developing the Intention to Live Mindfully	49
Easy Yoga	51
Fairy Tale Ballet	39
Hatha Yoga and Stress Management	52
It's a Stitch.....	35
Men's Basketball League.....	64
Mini Doodlers: Tell Me a Story.....	35
Oil or Acrylic Painting - Open Studio	36
Pilates for Fitness	45
Preschool Spanish.....	61
Spanish Toddlers	61
Swing (couples)	43
Tiny Toes.....	43
Toddler and Me Dance.....	43
Yoga4Kidz	53
Yoga4Tweenz.....	53

Kennedy Shriver Aquatic Center

Abs & Glutes & More	11
Adapted Aquatics Lesson - Level 1	32
Adapted Aquatics Lesson - Volunteer Assisted	32
Adult Level 1	30
Adult Level 2	31
Adult Level 3	31
Adult Level 4	31
Adult Level 5	31
Adult Swim for Conditioning.....	31
Aqua Lite	11
Aqua Spin	11
Aquatots.....	22
Beginner 1	24

Beginner 2.....	25
Beginner 3.....	26
Beginner 4.....	27
Deep Water Running.....	12
Diving National Team - 3 Days	14
Diving National Team - 4 Days	14
Diving National Team - 5 Days	14
Hi/Lo Cardio Fusion.....	12
High School Diving	13
Level 1: Human Springs.....	13
Level 2/3: Human Springs.....	13
Level 3: Human Springs.....	14
Lifeguard Training.....	17
Lifeguard Instructor Course	19
Masters Diving	14
Masters Swimming - 1 Day/Week	15
Masters Swimming - 5 Days/Week....	15
National Development Program.....	14
Pre-School.....	23
Springs Diving Team - Homeschool Edition.....	14
Stoke and Turn Clinic.....	16
SwiMontgomery	15
Water Aerobics	12
Water Exercise	12
Waterbabies.....	22
Yoga-Pilates Fusion	46
Youth Level 1	27
Youth Level 2	28
Youth Level 3	28
Youth Level 4	29
Youth Level 5	29
Youth Level 6	30

Kensington Parkwood Elementary School

Hoop Stars.....	63
Little Hoop Stars.....	63
Montgomery County Basketball Clinic	64

Kicks Karate Bethesda

Little Ninjas.....	55
Super Samurais.....	55
Tiny Tigers	55

Kicks Karate Clarksburg

Little Ninjas.....	55
Super Samurais.....	55
Tiny Tigers	55

Kicks Karate Germantown

Super Samurais.....	55
Tiny Tigers / Little Ninjas	55

Kicks Karate Kensington

Little Ninjas.....	55
Super Samurais.....	55
Tiny Tigers	55

Kicks Karate North Bethesda

Fitness Kickboxing	48
Little Ninjas.....	55
Super Samurais.....	55
Tiny Tigers	55

Kicks Karate Potomac

Fitness Kickboxing	48
Little Ninjas.....	55
Super Samurais.....	55
Tiny Tigers	55

Kicks Karate Shady Grove

Fitness Kickboxing	48
Little Ninjas.....	55
Super Samurais.....	55
Tiny Tigers	55

Kicks Karate Silver Spring

Little Ninjas.....	55
Super Samurais.....	55
Tiny Tigers	55



Kings Local Park

Flag Football	65
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Kritt Studio

Beginning Drawing With Kritt	35
Beginning Painting With Kritt	35
Draw in a Day with Kritt Workshop ..	35
Drawing Animals with Kritt	36
Mix the Perfect Color with Kritt Workshop	36
Painting Autumn with Kritt	36

Layhill Village Local Park

Rookie League Baseball	63
T-Birds T-Ball	63

Laytonia Recreational Park

National Flag Football Youth League	66
Ultimate Frisbee High School League	71

Leonard D. Jackson Ken Gar Center

Iaido	53
Judo	54
Karate Do / Iaido - Beginners	53
Karate Do / Iaido - Intermediate	53

Long Branch Community Recreation Center

Jazzmatazz Pre Ballet	39
Jazzmatazz Preschool Dance	39

Longwood Community Recreation Center

55+ FREE Bone Builders	82
Adventures in Art	34
Art Studio	34
Discovering Music for Toddlers	58
Gentle Yoga	52
Introductory Volleyball	71
Karate/Jujitsu	54
Kelley's Complete Fitness Workout ...	48
Learn Now Music: The Violinist Within	59
Yoga for Life	52

Marilyn J. Praisner Community Rec Center

55+ FREE Bone Builders	82
ACT The Workout-Fitness	47
Boot Camp	46
Dance Fit Zumba	49
Fitness 101	48
Karate/Jujitsu	54
Karate/Jujitsu Adult	54
Tots Movement	46
Yoga Basics	52

Martin Luther King Jr. Swim Center

AAU National team	13
Abs & Glutes & More	11
Adult Level 1	30
Adult Level 2	31
Adult Level 3	31
Adult Level 4	31
Aqua Cardio Challenge	11
Aqua Cardio Dance	11
Aqua Spin	11
Aqua YO-Lates	12
Aquatots	22
Beginner 1	24
Beginner 2	25
Beginner 3	26

Beginner 4	27
Deep Water Running	12
Level 1: Human Springs	13
Level 2/3: Human Springs	13
Lifeguard Training	18
Lifeguard Training - Accelerated	19
Lifeguard Training - Review	19
Masters Swimming - 3 Days per Week	15
Pre-School	23
SCUBA	16
Stroke and Turn Clinic	16
SwiMontgomery	15
TR Adult Social Swim	75
Water Exercise	12
Water Exercise - Adaptive	32
Waterbabies	22
Youth Level 1	27
Youth Level 2	28
Youth Level 3	28
Youth Level 4	29
Youth Level 5	29
Youth Level 6	30

Maryland Table Tennis Center

Table Tennis/Ping Pong	70
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Mid County Community Rec Center Field

Introductory Lacrosse	66
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PROGRAM LOCATIONS

Mid County Community Recreation Center

55+ FREE Bone Builders	82
Afro Latin Grooves Dance	42
Boot Camp	46
Breakfast for Dinner- Crepes.....	38
Dance & Fitness	44
Fitness 101	48
Itsy Bitsy Yoga.....	51
Karate/Jujitsu	54
Karate/Jujitsu Adult.....	54
Learn Now Music: KeyZ to Piano	58
Mama Goose on the Loose.....	61
Mini Musicians, Movers & Shakers....	58
Music Together	58
Step Dance for Kids	42
Tots Movement	46
Twoosy Doodlers:	
My First Art Class	35
Yoga Basics	52
Yoga/Stretching for Your Relaxation ..	53
Zumba Fitness	49

Nancy H. Dacek North Potomac Community Rec Center

55+ FREE Bone Builders	82
Ballet	39
Body Sculpt	45
Bollywood Bhangra Dance Fitness	42
Breakfast for Dinner-	
Pumpkin Pancakes	38
Breakfast for Dinner- Turnovers.....	38
Dance Fit Zumba	49
Fairy Tale Ballet	39
Fitness 101	48
Flavors of Greece	38
Gentle Therapeutic Yoga.....	52
Handcrafted Pottery	37
Handcrafted Pottery Open Studio	37
Hippo Hoppo.....	42
Indian Instant Pot.....	38

Intro to Digital Photography	36
Introduction to Mindfulness	
Meditation	50
Introductory Street Hockey	66
Kids Kitchen: Food, Fitness, Fun	53
Kidz Dance.....	40
Learn Now Music:	
My First Music Class.....	58
Learn to DJ	57
Magic Beans.....	38
Meditation for Beginners.....	50
Mini Musicians, Movers & Shakers....	58
Pickleball Class Skills & Drills.....	67
Pilates for Fitness	45
The Art of Handwriting Level 1	60
Tiny Tot Yogis and Parent Yoga.....	51
Train Like a Pro Basketball.....	64
Twoosy Doodlers: My First Art Class..	35
Youth Fall Soccer Clinic	70

Norbeck-Muncaster Mill Neighborhood Park

Tai Chi - Beginning.....	50
Tai Chi - Continuing	50

North Bethesda Middle School

Animation using Minecraft	60
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Norwood Local Park

Exploring Music and Piano Level I A ..	57
Exploring Music and Piano Level I B ..	57
Exploring Music and Piano Level I C ..	58

Oakland Terrace Elementary School

Coach Doug Seasonal Sports	67
Coach Doug Soccer	68
Coach Doug Wee Wanna Be.....	67

Olney Swim Center

Adult Level 1	30
Adult Level 2	31
Aqua Cardio Dance	11
Aqua Lite	11
Aquatots.....	22
Beginner 1	24
Beginner 2.....	25
Beginner 3.....	26
Beginner 4.....	27
Deep Water Running.....	12
Level 1: Human Springs.....	13
Level 2/3: Human Springs	13
Lifeguard Training.....	18
Pre-School.....	23
SCUBA	16
Stroke and Turn Clinic	16
SwiMontgomery	15
TR Adult Social Swim	
Water Aerobics	12
Water Exercise	12
Waterbabies.....	22
Youth Level 1	27
Youth Level 2	28
Youth Level 3	28
Youth Level 4	29
Youth Level 5	29
Youth Level 6	30

Olney Manor Regional Park

Men's Softball League.....	62
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Parkland Middle School

Fencing - Beginner I	65
Fencing - Beginner II	65
Fencing - Intermediate.....	65



Plum Gar Community Recreation Center

55+ FREE Bone Builders	82
Classic Vovinam Martial Arts	56
Club Adventure - Plum Gar	
Field Hockey	65
Hip Hop Fitness	41
Hip Hop Kids	42
Kaleidoscope Art Workshops	73

Poolesville Elementary School

Hummingbirds Soccer	68
Introductory Lacrosse	66
Recreational Soccer	69

Potomac Community Recreation Center

55+ FREE Bone Builder	82
ACT The Workout-Fitness	47
Advanced Right Brained Drawing	34
Ballet for Adults	39
Right Brained Drawing	34
Bollywood Dance Fitness	42
Bollywood Dance for Toddlers	42
Bollywood Kids	43
Bone Builders - Plus	46
Boot Camp	46
Club Friday - Potomac	
Coach Doug Club Holiday	59
Coach Doug Club Holiday Half Day	59
Coach Doug Club Holiday PM	59
Coach Doug Pre Wee Wanna Be	67
Coach Doug Seasonal Sports	67
Coach Doug Soccer	68
Coach Doug We Wanna Be	67
Community Basic First Aid and CPR-AED	48
Dance Fit Zumba	49
Discovering Music for Toddlers	58
Entrepreneurs Club	59
Fashion Sketching Workshop	37

Finance Club	59
Gemology I	60
Gemology II	60
Halloween Boo Bags Workshop	37
Hip Hop for Kids	41
Hippo Hoppo	42
Holiday Sew Spectacular Workshop ..	37
Jacki Sorensen's Aerobic Dance	44
Jacki Sorensen's Strong Step	44
Karate/Jujitsu	54
Karate/Jujitsu Adult	54
Laughter Fitness	50
My First Hot Cocoa Stand	59
Pickleball Class Beginners	67
Pilates for Fitness	45
Playwriting: Write Together	
Play Together	36
Sew Spectacular Workshop	37
Stretch 'n Tone	73
Tots Movement	46
Twoosy Doodlers: My First Art Class ..	35
Using Meditation to Deal w/Holiday Stress	49
Yoga for Beginners and Continuing	52

Quince Orchard Valley Neighborhood Park

Rookie League Baseball	63
T-Birds T-Ball	63

Recreation Administrative Office

Discovering Music for Toddlers	58
Soccer League TR	74

Regional Services Center-B-CC

Baby and Me Yoga	51
Evening Yoga	51
Preschool Yoga	51

Resnik, Judith A. Elementary School

Karate/Jujitsu	54
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Restore Motion

Building Strength & Healthy Prostate ..	51
Pelvic Floor-Keeping it Healthy	51

Ride, Dr. Sally K. Elementary School

Flag Football	65
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Ridge Road Regional Park

Co-Rec Softball League	63
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Rock View Elementary School

Dance & Fitness	44
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Rolling Terrace Elementary School

Karate/Jujitsu	54
Karate/Jujitsu Adult	54

Rosemary Hills-Lyttonsville Local Park

Ultimate Frisbee	
Introductory League	70

Ross Boddy Community Recreation Center

Aikido	53
Boot Camp and Strength Training	47
Ceramics Introductory Wheel	36
Fun Ways to Cook Eggs	38
Handcrafted Pottery	37
Handcrafted Pottery Open Studio	37
Pajama Party Palooza	75
Pickleball Class Skills & Drills	67
Recipes 1-2-3	38
The French Chef	38
Train Like a Pro Basketball	64

Scotland Neighborhood Recreation Center

55+ FREE Bone Builders	82
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Seneca Landing Boat Ramp

Canoe and Kayak Trip..... 74

Sligo Creek Elementary School

Pottery at Sligo..... 37

South Germantown Recreational Park

Let's Play Ball at the Miracle League Field 74

Stedwick Elementary School

Karate/Jujitsu 54

Karate/Jujitsu Adult..... 54

Tilden Middle School

Ballet Workout + Pliates Mat 45

Funfit Tots 46

Funfit Tots Family Class 46

Timberlawn Local Park

Ultimate Frisbee Middle School League 71

Ultimate Frisbee High School League 71

Travilah Elementary School

Hoop Stars..... 63

Little Hoop Stars..... 63

Upper County Community Recreation Center

Karate/Jujitsu 54

Karate/Jujitsu Adult..... 54

TR Zumba 73

Upper County Outdoor Pool

Lifeguard Training - Accelerated 19

Veirs Mill Local Park

Dance & Fitness 44

Wells, Hallie Middle School

Men's Basketball Nights..... 64

Winter Break Basketball Camp 65

Westland Middle School

Pre-Season Basketball Skills & Conditioning I 64

Wheaton Claridge Local Park

Fairy Tale Ballet 39

Wheaton Community Recreation Center

MCR Badminton Tournament..... 62

Wheaton/Glenmont Outdoor Pool

Pooch Pool Party 1

Wheaton Regional Park

Co-Rec Softball League 63

Women's Softball League 63

White Oak Community Recreation Center

55+ FREE Bone Builders 82

Boot Camp and Strength Training..... 47

Breakfast for Dinner-
Breakfast Burritos 38

Creative Combo Dance 39

Handbuilt Pottery..... 73

Handcrafted Pottery 37

Handcrafted Pottery Open Studio 37

Hip Hop for Kids 41

Hip Hop for Teens and Adults 41

Hippo Hoppo..... 42

Introductory Volleyball 71

Kids Kitchen: Food, Fitness, Fun 53

Lyrical Interpretive Dance 43

MCR Table Tennis Tournament -
Advanced 70

MCR Table Tennis Tournament -
Recreational 70

Pickleball Class Beginners 67

Pilates for Fitness 45

Route 29 Soccer 69

Tiny Toes..... 43

Toddler and Me Dance..... 43

Twoosy Doodlers:
My First Art Class 35

Zen Budo Martial Arts: Kids 56

White Oak Middle School

Train Like a Pro Basketball..... 64

Wims, Wilson Elementary School

Flag Football..... 65

Hoop Stars..... 63

Little Hoop Stars..... 63

Montgomery County
Basketball Clinic 64

Wisconsin Place Community Rec Center

55+ FREE Bone Builders 82

Ballet Workout + Pilates Mat 45

Basic Beading 36

Discovering Music for Toddlers..... 58

Evening Yoga 51

Hatha Yoga and
Stress Management..... 52

Intermediate Beading 36

Pre-Season Basketball Skills
& Conditioning II 64

Wood, Earle B. Middle School

Game Design 60

Game Design Using Unreal 60

Wyngate Elementary School

Lil' Hoopers 63

Overtime Hoops Academy..... 64



FACILITY ADDRESSES

Elementary Schools

Arcola ES.....	1820 Franwall Ave., Silver Spring, 20902
Bethesda ES	7600 Arlington Rd., Bethesda, 20814
Chevy Chase ES.....	4015 Rosemary St., Chevy Chase, 20815
DuFief ES.....	15001 DuFief Drive, Gaithersburg, 20878
Flower Valley ES.....	4615 Sunflower Drive, Rockville, 20853
Glenallan ES.....	12520 Heurich Rd., Silver Spring, 20902
Kensington Parkwood ES	34710 Saul Rd, Kensington, 20895
Oakland Terrace ES.....	2720 Plyers Mill Rd., Silver Spring, 20902
Resnik, Judith A. ES.....	7301 Hadley Farms Drive, Gaithersburg, 20879
Rock View ES	3901 Denfeld Ave, Kensington, 20895
Rolling Terrace ES.....	705 Bayfield St., Takoma Park, 20912
Stedwick ES	10631 Stedwick Rd., Montgomery Village, 20886
Travilah ES.....	13801 Dufief Mill Rd., North Potomac, 20878
Wayside ES	10011 Glen Rd., Potomac, 20854

Middle Schools

Clemente, Roberto MS	18808 Waring Station Rd., Germantown, 20874
Eastern MS	300 University Blvd., Silver Spring, 20901
Frost, Robert MS.....	9210 Scott Drive, Rockville, 20850
North Bethesda MS.....	8935 Bradmoor Drive, Bethesda, 20817
Parkland MS.....	4610 W Frankfort Drive, Rockville, 20853
Tilden MS	11211 Old Georgetown Rd., Rockville, 20852
Wood, Earle B. MS.....	14615 Bauer Drive, Rockville, 20853

High Schools

Walter Johnson HS	6400 Rock Spring Drive, Bethesda, 20814
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Parks

Glenmont LP	3201 Randolph Rd., Wheaton-Glenmont, 20906
Norbeck-Muncaster Mill NP	4101 Muncaster Mill Rd., Rockville, 20853
Norwood LP	4700 Norwood Drive, Chevy Chase, 20815
Pilgrim Hills LP	1615 E Randolph Rd., Silver Spring, 20904
Viers Mill LP.....	4425 Garrett Park RD at Beach Drive, Veirs Mill, 20906

Other Facilities

Avant Garde Ballroom Dance Center.....	268 Nicholson Ln., Bethesda, 20852
Danse! Dansez! Dance Studio	5050-D Nicholson Ln., Bethesda, 20852
Dobre Gymnastics	9168 Gaither Rd., Gaithersburg, 20877
Kicks Karate - Bethesda.....	Glen Echo, 2508, 4701 Sangamore Rd., Bethesda, 20816
Kicks Karate - Clarksburg	12101 Chestnut Branch Way, Clarksburg, 20871
Kicks Karate - Germantown	13020 Middlebrook Rd., Germantown, 20874
Kicks Karate - North Bethesda ..	10400, Old Georgetown Rd., Bethesda, 20814
Kicks Karate - Potomac.....	9812 Falls Rd., Potomac, 20854
Kicks Karate - Shady Grove.....	9737 Traville Gateway Dr., Rockville, 20854
Kicks Karate Silver Spring	2257 Bel Pre Rd., Silver Spring, 20906
Komodo USA Gaithersburg ..	402 Main St., Gaithersburg, 20878
Komodo USA Germantown.....	19727 Executive Park Cr., Germantown, 20874
Kritt Studio	14817 Brownstone Dr., Burtonsville, 20866
Maryland Table Tennis Center...	18761 N. Frederick Ave., Gaithersburg, 20879
Regional Services Center-B-CC	4805 Edgemoor Ln., Bethesda, 20814
Restore Motion.....	5410 Edson Ln., Rockville, 20852

Recreation Facilities

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
Germantown ISC	18000 Central Park Cir., Boyds, 20841
Good Hope NRC	14715 Good Hope Rd., Silver Spring, 20905
Gwendolyn Coffield CRC.....	2450 Lyttonsville Rd., Silver Spring, 20910
Holiday Park SC	3950 Ferrara Drive, Wheaton, 20906
Jane E. Lawton CRC	4301 Willow Ln., Chevy Chase, 20815
Kennedy Shriver AC	5900 Executive Blvd., N.Bethesda, 20814
Leonard D. Jackson Ken Gar	4111 Plyers Mill Rd., Kensington, 20895
Long Branch CRC	8700 Piney Branch Rd., Silver Spring, 20901
Longwood CRC.....	19300 Georgia Ave., Brookeville, 20833
Marilyn J. Praisner CRC.....	14906 Old Columbia Pwky., Burtonsville, 20866
Martin Luther King SC	1201 Jackson Rd., Silver Spring, 20904
Mid-County CRC	2004 Queensguard Rd., Silver Spring, 20906
Nancy H. Dacek North Potomac CRC.....	13850 Travilah Rd., Rockville, 20850
Olney Swim Center.....	16601 Georgia Ave., Olney, 20832
Plum Gar CRC.....	19561 Scenery Drive, Germantown, 20874
Potomac CRC	11315 Falls Rd., Potomac, 20854
Recreation Administrative Office	4010 Randolph Rd., Silver Spring 20902
Ross Boddy NRC.....	18529 Brooke Rd., Sandy Spring, 20860
Scotland NRC	7000 Scotland Drive, Potomac, 20854
Upper County CRC.....	8201 Emory Grove Rd., Gaithersburg, 20877
White Oak CRC.....	1700 April Ln., Silver Spring, 20904
Wisconsin Place CRC	5311 Friendship Blvd., Chevy Chase, 20815