MONTGOMERY COUNTY
GUIDE
CLASSES. PROGRAMS. ACTIVITIES. EVENTS.
FALL 2019
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
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 ACTIVITY 71362
SUN., SEPT. 8 ACTIVITY 71363

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

Register online at ActiveMONTGOMERY.org
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
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.

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
Germantown Community Recreation Center
Jane E. Lauton Community Recreation Center
Longwood Community Recreation Center
Nancy H. Dacek North Potomac Community Recreation Center
Potomac Community Recreation Center
Upper County Community Recreation Center

MEMBERSHIP FEE $62
MEMBERSHIP FEE $72
MEMBERSHIP FEE $72
MEMBERSHIP FEE $72
MEMBERSHIP FEE $100
MEMBERSHIP FEE $72

ACTIVITY 71754
ACTIVITY 71738
ACTIVITY 71734
ACTIVITY 71737
ACTIVITY 71739
ACTIVITY 71735
ACTIVITY 71736

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

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

**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.

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

<table>
<thead>
<tr>
<th>Activity</th>
<th>Name</th>
<th>Day</th>
<th>Date</th>
<th>Start Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>64664</td>
<td>Zip &amp; Sip - Terrapin Adventures, Savage, Md.</td>
<td>Sa</td>
<td>9/21</td>
<td>10:30 a.m.</td>
<td>$79</td>
</tr>
<tr>
<td>64665</td>
<td>&quot;Annie&quot; at the Riverside Theatre</td>
<td>Su</td>
<td>9/29</td>
<td>10:15 a.m.</td>
<td>$100</td>
</tr>
<tr>
<td>64666</td>
<td>Bridge Bust-Veterans Memorial Bridge, Pa.</td>
<td>Sa</td>
<td>10/5</td>
<td>8 a.m.</td>
<td>$59</td>
</tr>
<tr>
<td>64667</td>
<td>Tudor House Tour, Tea &amp; D.C. Neighborhood Shopping</td>
<td>Th</td>
<td>10/10</td>
<td>10 a.m.</td>
<td>$79</td>
</tr>
<tr>
<td>64668</td>
<td>Tudor House Tour, Tea &amp; D.C. Neighborhood Shopping</td>
<td>F</td>
<td>10/11</td>
<td>10 a.m.</td>
<td>$79</td>
</tr>
<tr>
<td>64669</td>
<td>Fells Point Fun Festival, Baltimore, Md.</td>
<td>Sa</td>
<td>10/12</td>
<td>10 a.m.</td>
<td>$46</td>
</tr>
<tr>
<td>64670</td>
<td>Oysterfest, St. Michael's, Md.</td>
<td>Sa</td>
<td>10/26</td>
<td>8 a.m.</td>
<td>$71</td>
</tr>
<tr>
<td>64671</td>
<td>Frank Lloyd Wright's Fallingwater &amp; Kentuck Knob</td>
<td>Sa</td>
<td>11/2</td>
<td>6:30 a.m.</td>
<td>$119</td>
</tr>
<tr>
<td>64672</td>
<td>&quot;Newsies&quot; at Arena Stage</td>
<td>Sa</td>
<td>11/16</td>
<td>11:45 a.m.</td>
<td>$119</td>
</tr>
<tr>
<td>64673</td>
<td>&quot;Joy to the World&quot; at the American Music Theatre Pa.</td>
<td>Sa</td>
<td>11/23</td>
<td>9 a.m.</td>
<td>$119</td>
</tr>
<tr>
<td>64674</td>
<td>Christmas Tea at the Red Brick Tea Room, Pa.</td>
<td>Tu</td>
<td>11/26</td>
<td>9:15 a.m.</td>
<td>$82</td>
</tr>
<tr>
<td>64675</td>
<td>A Tea Affair Tea Room, Tea and Shops, Lititz, Pa.</td>
<td>F</td>
<td>12/6</td>
<td>9 a.m.</td>
<td>$89</td>
</tr>
<tr>
<td>68453</td>
<td>&quot;Holiday Inn&quot; at the Dutch Apple Theatre</td>
<td>Su</td>
<td>12/8</td>
<td>9 a.m.</td>
<td>$104</td>
</tr>
<tr>
<td>64676</td>
<td>A Tea Affair Tea Room, Tea and Shops, Lititz, Pa.</td>
<td>F</td>
<td>12/13</td>
<td>9 a.m.</td>
<td>$89</td>
</tr>
<tr>
<td>68454</td>
<td>Christmas Village in Baltimore, Lights on the Bay</td>
<td>Sa</td>
<td>12/14</td>
<td>2:30 p.m.</td>
<td>$104</td>
</tr>
<tr>
<td>68455</td>
<td>&quot;Jesus Christ Superstar&quot; at the Hippodrome, Baltimore, Md.</td>
<td>W</td>
<td>12/18</td>
<td>5:30 p.m.</td>
<td>$149</td>
</tr>
<tr>
<td>69402</td>
<td>&quot;Miracle on 34 Street&quot; at the Allenberry Playhouse, Pa.</td>
<td>Sa</td>
<td>12/21</td>
<td>9:30 a.m.</td>
<td>$139</td>
</tr>
</tbody>
</table>

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

Excel Beyond the Bell Elementary offers a high-quality afterschool 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**

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.
2019

CLUB ADVENTURE
Sports & Games, Arts & Crafts, Special Events And More!
Visit ACTIVEMONTGOMERY.org to register.

Monday-Friday 3:30 - 6:30 p.m.
$75/month

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
Boyds, 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**

**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.
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.

**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 $85**
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 $85**
Instructor: Wellness Network
68404 OSC 9/7 Sa 9:05 a.m.-9:55 a.m.

**Aqua YO-Lates Hi/Lo Cardio Fusion**
Ages 12 & Up: This fast-paced, shallow-water aerobic class uses water to cushion feet, knees and back, with an emphasis on cardiovascular conditioning.

**13 Sessions $85**
Instructor: Wellness Network
68423 GISC 9/9 Sa 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: Aqua 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.

**13 Sessions $85**
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.

**Water Exercise**
Ages 12 & Up: Ages 12 & Up: This multi-level aerobic 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: Wellness Network
68411 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.

Follow us on Facebook and Twitter!
## 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.montgomerycountydiveclub.org](http://www.montgomerycountydiveclub.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.montgomerydiveclub.org](http://www.montgomerydiveclub.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.

### 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.montgomerydiveclub.org](http://www.montgomerydiveclub.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

### 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.
**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.

<table>
<thead>
<tr>
<th>10 Sessions</th>
<th>$289</th>
</tr>
</thead>
<tbody>
<tr>
<td>Instructor: Built By Beavers</td>
<td></td>
</tr>
<tr>
<td>68723 KSAC 9/9 M 6:30 p.m.-8 p.m.</td>
<td></td>
</tr>
<tr>
<td>68726 KSAC 9/10 Tu 6:30 p.m.-8 p.m.</td>
<td></td>
</tr>
<tr>
<td>68724 KSAC 9/11 W 6:30 p.m.-8 p.m.</td>
<td></td>
</tr>
<tr>
<td>68725 KSAC 9/12 Th 6 p.m.-7:30 p.m.</td>
<td></td>
</tr>
<tr>
<td>68727 KSAC 9/13 F 6:30 p.m.-8 p.m.</td>
<td></td>
</tr>
</tbody>
</table>

**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.

<table>
<thead>
<tr>
<th>10 Sessions</th>
<th>$289</th>
</tr>
</thead>
<tbody>
<tr>
<td>Instructor: Built By Beavers</td>
<td></td>
</tr>
<tr>
<td>71570 GISC 9/11 W 8:30 p.m.-10 p.m.</td>
<td></td>
</tr>
<tr>
<td>68728 KSAC 9/9 M 8 p.m.-9:30 p.m.</td>
<td></td>
</tr>
<tr>
<td>68729 KSAC 9/12 Th 8 p.m.-9:30 p.m.</td>
<td></td>
</tr>
</tbody>
</table>

**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.

<table>
<thead>
<tr>
<th>19 Sessions</th>
<th>$420</th>
</tr>
</thead>
<tbody>
<tr>
<td>Instructor: Built By Beavers</td>
<td></td>
</tr>
<tr>
<td>68730 KSAC 9/13 M,F 4:15 p.m.-8:15 p.m.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>20 Sessions</th>
<th>$420</th>
</tr>
</thead>
<tbody>
<tr>
<td>Instructor: Built By Beavers</td>
<td></td>
</tr>
<tr>
<td>68731 GISC 9/10 Tu,Th 4:30 p.m.-6:30 p.m.</td>
<td></td>
</tr>
</tbody>
</table>

**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.

<table>
<thead>
<tr>
<th>10 Sessions</th>
<th>$189</th>
</tr>
</thead>
<tbody>
<tr>
<td>Instructor: Built By Beavers</td>
<td></td>
</tr>
<tr>
<td>68734 KSAC 9/9 M Noon-2 p.m.</td>
<td></td>
</tr>
<tr>
<td>68732 KSAC 9/11 W Noon-2 p.m.</td>
<td></td>
</tr>
<tr>
<td>68733 KSAC 9/13 F Noon-2 p.m.</td>
<td></td>
</tr>
</tbody>
</table>

**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.

<table>
<thead>
<tr>
<th>USAD National Team - 3 Days</th>
<th>$447</th>
</tr>
</thead>
<tbody>
<tr>
<td>Instructor: Built By Beavers</td>
<td></td>
</tr>
<tr>
<td>68693 KSAC 9/9 Su-F 3:30 p.m.-8:30 p.m.</td>
<td></td>
</tr>
<tr>
<td>68694 GISC 9/9 Su-F 3:30 p.m.-8:30 p.m.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>USAD National Team - 4 Days</th>
<th>$552</th>
</tr>
</thead>
<tbody>
<tr>
<td>Instructor: Built By Beavers</td>
<td></td>
</tr>
<tr>
<td>68695 GISC 9/9 Su-F 3:30 p.m.-8:30 p.m.</td>
<td></td>
</tr>
<tr>
<td>68696 KSAC 9/9 Su-F 3:30 p.m.-8:30 p.m.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>USAD National Team - 5 Days</th>
<th>$657</th>
</tr>
</thead>
<tbody>
<tr>
<td>Instructor: Built By Beavers</td>
<td></td>
</tr>
<tr>
<td>68697 KSAC 9/9 Su-F 3:30 p.m.-8:30 p.m.</td>
<td></td>
</tr>
<tr>
<td>68698 GISC 9/9 Su-F 3:30 p.m.-8:30 p.m.</td>
<td></td>
</tr>
</tbody>
</table>
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

<table>
<thead>
<tr>
<th>GISC</th>
<th>KSAC</th>
</tr>
</thead>
<tbody>
<tr>
<td>M: 6:30-7:30 a.m.</td>
<td>Su: 8:00-10:00 a.m.</td>
</tr>
<tr>
<td>Tu: 8:30-10:00 p.m.</td>
<td>Tu: 8:30-10:00 p.m.</td>
</tr>
<tr>
<td>W: 6:30-7:30 a.m.</td>
<td>Th: 8:30-10:00 p.m.</td>
</tr>
<tr>
<td>Th: 8:30-10:00 p.m.</td>
<td>F: 8:30-9:30 p.m.</td>
</tr>
<tr>
<td>F: 6:30-7:30 a.m.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>MLK</th>
<th>OSC</th>
</tr>
</thead>
<tbody>
<tr>
<td>M: 8:30-10:00 p.m.</td>
<td>Tu: 8:30-10:00 p.m.</td>
</tr>
<tr>
<td>W: 8:30-10:00 p.m.</td>
<td>Th: 8:30-10:00 p.m.</td>
</tr>
<tr>
<td></td>
<td>Sa: 7:30-9:00 a.m.</td>
</tr>
</tbody>
</table>

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.

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.RMSSC SWIMMING.COM

INDIVIDUAL PROGRESS
TEAM UNITY
NATIONALLY RECOGNIZED
5 PRACTICE SITES
Rockville, Silver Spring, Bethesda, Olney, and Germantown
**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 night’s lecture. Additional fees apply and will be discussed at the first class session.

**8 Sessions $265**

- 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.

---

**When Is the Guide Available?**

- **Winter 2019-2020**
  - Early November 2019
  - Registration begins November 12, 2019
- **Spring 2020**
  - Late January 2020
  - Registration begins Mid-February 2020
- **Summer Camps 2020**
  - Early May 2020
  - Registration begins Mid-May 2020
- **Fall 2020**
  - Early August 2020
  - Registration begins Mid-August 2020

---

**Where Can I Get The Guide?**

**Online:**
WWW.MOCOREC.COM/GUIDE

**Subscribe:**
We’ll mail all five Guides to you for just $5.

**Pick One Up:**
Print copies of the Guide are available while supplies last:
- Montgomery County Recreation facilities
- Montgomery Parks facilities

---

Follow us on Facebook and Twitter!
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.

<table>
<thead>
<tr>
<th>Germantown Indoor Swim Center</th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>LGT 1: Course 68928</strong></td>
<td><strong>October 2019</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pre-Course</td>
<td>Friday, Oct. 18</td>
<td>7:30pm</td>
<td>10:00pm</td>
<td></td>
</tr>
<tr>
<td>Session 1</td>
<td>Friday, Oct. 25</td>
<td>6:00pm</td>
<td>9:00pm</td>
<td></td>
</tr>
<tr>
<td>Session 2</td>
<td>Saturday, Oct. 26</td>
<td>9:30am</td>
<td>4:00pm</td>
<td></td>
</tr>
<tr>
<td>Session 3</td>
<td>Sunday, Oct. 27</td>
<td>9:30am</td>
<td>4:00pm</td>
<td></td>
</tr>
<tr>
<td>Session 4</td>
<td>Friday, Nov. 1</td>
<td>6:00pm</td>
<td>9:00pm</td>
<td></td>
</tr>
<tr>
<td>Session 5</td>
<td>Saturday, Nov. 2</td>
<td>9:30am</td>
<td>4:00pm</td>
<td></td>
</tr>
<tr>
<td>Session 6</td>
<td>Sunday, Nov. 3</td>
<td>9:30am</td>
<td>4:00pm</td>
<td></td>
</tr>
<tr>
<td><strong>LGT 2: Course 68929</strong></td>
<td><strong>February/March 2020</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pre-Course</td>
<td>Friday, Feb. 14</td>
<td>7:30pm</td>
<td>10:00pm</td>
<td></td>
</tr>
<tr>
<td>Session 1</td>
<td>Friday, Feb. 21</td>
<td>6:00pm</td>
<td>9:00pm</td>
<td></td>
</tr>
<tr>
<td>Session 2</td>
<td>Saturday, Feb. 22</td>
<td>9:30am</td>
<td>4:00pm</td>
<td></td>
</tr>
<tr>
<td>Session 3</td>
<td>Sunday, Feb. 23</td>
<td>9:30am</td>
<td>4:00pm</td>
<td></td>
</tr>
<tr>
<td>Session 4</td>
<td>Saturday, Feb. 29</td>
<td>9:30am</td>
<td>4:00pm</td>
<td></td>
</tr>
<tr>
<td>Session 5</td>
<td>Sunday, Mar. 1</td>
<td>9:30am</td>
<td>4:00pm</td>
<td></td>
</tr>
<tr>
<td><strong>LGT 3: Course 68930</strong></td>
<td><strong>March 2020</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pre-Course</td>
<td>Friday, Feb. 28</td>
<td>6:00pm</td>
<td>9:00pm</td>
<td></td>
</tr>
<tr>
<td>Session 1</td>
<td>Friday, Mar. 6</td>
<td>6:00pm</td>
<td>9:00pm</td>
<td></td>
</tr>
<tr>
<td>Session 2</td>
<td>Saturday, Mar. 7</td>
<td>9:30am</td>
<td>4:00pm</td>
<td></td>
</tr>
<tr>
<td>Session 3</td>
<td>Sunday, Mar. 8</td>
<td>9:30am</td>
<td>4:00pm</td>
<td></td>
</tr>
<tr>
<td>Session 4</td>
<td>Saturday, Mar. 14</td>
<td>9:30am</td>
<td>4:00pm</td>
<td></td>
</tr>
<tr>
<td>Session 5</td>
<td>Sunday, Mar. 15</td>
<td>9:30am</td>
<td>4:00pm</td>
<td></td>
</tr>
<tr>
<td><strong>LGT 4: Course 68231</strong></td>
<td><strong>April 2020</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pre-Course</td>
<td>Friday, Mar. 27</td>
<td>7:30pm</td>
<td>10:00pm</td>
<td></td>
</tr>
<tr>
<td>Session 1</td>
<td>Friday, Apr. 3</td>
<td>6:00pm</td>
<td>9:00pm</td>
<td></td>
</tr>
<tr>
<td>Session 2</td>
<td>Saturday, Apr. 4</td>
<td>9:30am</td>
<td>4:00pm</td>
<td></td>
</tr>
<tr>
<td>Session 3</td>
<td>Sunday, Apr. 5</td>
<td>9:30am</td>
<td>4:00pm</td>
<td></td>
</tr>
<tr>
<td>Session 4</td>
<td>Wednesday, Apr. 8</td>
<td>9:00am</td>
<td>4:00pm</td>
<td></td>
</tr>
<tr>
<td>Session 5</td>
<td>Thursday, Apr. 9</td>
<td>9:00am</td>
<td>4:00pm</td>
<td></td>
</tr>
<tr>
<td><strong>LGT5: Course 68932</strong></td>
<td><strong>June 2020</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pre-Course</td>
<td>Friday, Jun. 12</td>
<td>6:00pm</td>
<td>7:30pm</td>
<td></td>
</tr>
<tr>
<td>Session 1</td>
<td>Friday, Jun. 12</td>
<td>6:00pm</td>
<td>7:30pm</td>
<td></td>
</tr>
<tr>
<td>Session 2</td>
<td>Saturday, Jun. 13</td>
<td>9:30am</td>
<td>4:00pm</td>
<td></td>
</tr>
<tr>
<td>Session 3</td>
<td>Sunday, Jun. 14</td>
<td>9:30am</td>
<td>4:00pm</td>
<td></td>
</tr>
<tr>
<td>Session 4</td>
<td>Monday, Jun. 15</td>
<td>2:00pm</td>
<td>8:30pm</td>
<td></td>
</tr>
<tr>
<td>Session 5</td>
<td>Tuesday, Jun. 16</td>
<td>2:00pm</td>
<td>8:30pm</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Kennedy Shriver Aquatic Center</th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>LGT 1: Course 69406</strong></td>
<td><strong>October 2019</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pre-Course</td>
<td>Wednesday, Oct. 9</td>
<td>6:30pm</td>
<td>9:30pm</td>
<td></td>
</tr>
<tr>
<td>Session 1</td>
<td>Saturday, Oct. 12</td>
<td>9:00am</td>
<td>4:00pm</td>
<td></td>
</tr>
<tr>
<td>Session 2</td>
<td>Wednesday, Oct. 16</td>
<td>9:00am</td>
<td>4:00pm</td>
<td></td>
</tr>
<tr>
<td>Session 3</td>
<td>Saturday, Oct. 19</td>
<td>9:00am</td>
<td>4:00pm</td>
<td></td>
</tr>
<tr>
<td>Session 4</td>
<td>Wednesday, Oct. 23</td>
<td>9:00am</td>
<td>4:00pm</td>
<td></td>
</tr>
<tr>
<td>Session 5</td>
<td>Saturday, Oct. 26</td>
<td>9:00am</td>
<td>4:00pm</td>
<td></td>
</tr>
<tr>
<td>Session 6</td>
<td>Wednesday, Oct. 30</td>
<td>9:00am</td>
<td>4:00pm</td>
<td></td>
</tr>
<tr>
<td><strong>LGT 2: Course 69407</strong></td>
<td><strong>Dec. 2019</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pre-Course</td>
<td>Wednesday, Dec. 18</td>
<td>6:30pm</td>
<td>9:30pm</td>
<td></td>
</tr>
<tr>
<td>Session 1</td>
<td>Saturday, Dec. 21</td>
<td>9:00am</td>
<td>4:00pm</td>
<td></td>
</tr>
<tr>
<td>Session 2</td>
<td>Sunday, Dec. 22</td>
<td>9:00am</td>
<td>4:00pm</td>
<td></td>
</tr>
<tr>
<td>Session 3</td>
<td>Monday, Dec. 23</td>
<td>9:00am</td>
<td>4:00pm</td>
<td></td>
</tr>
<tr>
<td>Session 4</td>
<td>Thursday, Dec. 26</td>
<td>9:00am</td>
<td>4:00pm</td>
<td></td>
</tr>
<tr>
<td>Session 5</td>
<td>Friday, Dec. 27</td>
<td>9:00am</td>
<td>12:00pm</td>
<td></td>
</tr>
<tr>
<td><strong>LGT 3: Course 69408</strong></td>
<td><strong>February/March 2020</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pre-Course</td>
<td>Wednesday, Feb. 26</td>
<td>6:30pm</td>
<td>9:30pm</td>
<td></td>
</tr>
<tr>
<td>Session 1</td>
<td>Saturday, Feb. 29</td>
<td>9:00am</td>
<td>4:00pm</td>
<td></td>
</tr>
<tr>
<td>Session 2</td>
<td>Wednesday, Mar. 4</td>
<td>9:00am</td>
<td>4:00pm</td>
<td></td>
</tr>
<tr>
<td>Session 3</td>
<td>Saturday, Mar. 7</td>
<td>9:00am</td>
<td>4:00pm</td>
<td></td>
</tr>
<tr>
<td>Session 4</td>
<td>Wednesday, Mar. 11</td>
<td>9:00am</td>
<td>4:00pm</td>
<td></td>
</tr>
<tr>
<td>Session 5</td>
<td>Saturday, Mar. 14</td>
<td>9:00am</td>
<td>4:00pm</td>
<td></td>
</tr>
<tr>
<td>Session 6</td>
<td>Wednesday, Mar. 18</td>
<td>9:00am</td>
<td>4:00pm</td>
<td></td>
</tr>
<tr>
<td><strong>LGT 4: Course 69410</strong></td>
<td><strong>March/April 2020</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pre-Course</td>
<td>Friday, Mar. 25</td>
<td>6:30pm</td>
<td>9:30pm</td>
<td></td>
</tr>
<tr>
<td>Session 1</td>
<td>Saturday, Mar. 28</td>
<td>9:00am</td>
<td>4:00pm</td>
<td></td>
</tr>
<tr>
<td>Session 2</td>
<td>Wednesday, Apr. 1</td>
<td>9:00am</td>
<td>4:00pm</td>
<td></td>
</tr>
<tr>
<td>Session 3</td>
<td>Saturday, Apr. 4</td>
<td>9:00am</td>
<td>4:00pm</td>
<td></td>
</tr>
<tr>
<td>Session 4</td>
<td>Monday, Apr. 6</td>
<td>9:00am</td>
<td>4:00pm</td>
<td></td>
</tr>
<tr>
<td>Session 5</td>
<td>Tuesday, Apr. 7</td>
<td>9:00am</td>
<td>4:00pm</td>
<td></td>
</tr>
<tr>
<td>Session 6</td>
<td>Wednesday, Apr. 8</td>
<td>9:00am</td>
<td>4:00pm</td>
<td></td>
</tr>
<tr>
<td>Session 7</td>
<td>Thursday, Apr. 9</td>
<td>9:00am</td>
<td>1:00pm</td>
<td></td>
</tr>
</tbody>
</table>
Montgomery County Recreation

Session 10
Session 5
Session 1 Saturday, Jun. 13
Pre-Course

Session 4
Session 3
Session 2
Pre-course
LGT 1: Course 70223

Session 4
Session 3
Pre-course
LGT 6: Course 69425
Pre-Course Wednesday, Jun. 10 6:30pm 9:30pm
Session 1 Saturday, Jun. 13 9:00am 4:00pm
Session 2 Sunday, Jun. 14 9:00am 4:00pm
Session 3 Monday, Jun. 15 9:00am 4:00pm
Session 4 Tuesday, Jun. 16 9:00am 4:00pm
Session 5 Wednesday, Jun. 17 6:30pm 9:30pm
Session 6 Thursday, Jun. 18 9:00am 12:00pm

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

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

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 Monday, Mar. 16 9:00am 6:00pm
Session 5 Saturday, Mar. 21 9:00am 5:30pm
Session 6 Sunday, Mar. 22 9:00am 5:00pm

LGT 3: Course 70225
Pre-course Sunday, Mar. 29 11:30am 1:30pm
Session 1 Saturday, Apr. 4 10:00am 6:00pm
Session 2 Sunday, Apr. 5 10:00am 6:00pm
Session 3 Monday, Apr. 6 10:00am 6:00pm
Session 4 Tuesday, Apr. 7 10:00am 6:00pm
Session 5 Wednesday, Apr. 8 10:00pm 6:00pm

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

LGT 5: Course 70228
Pre-course Sunday, Jun. 7 10:00am 12:00pm
Session 1 Saturday, Jun. 13 10:00am 6:00pm
Session 2 Tuesday, Jun. 16 10:00am 6:00pm
Session 3 Wednesday, Jun. 17 10:00am 6:00pm
Session 4 Thursday, Jun. 18 10:00am 6:00pm
Session 5 Friday, Jun. 19 10:00pm 6:00pm

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 11:00am 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

Olney Swim Center

Session Date Begins Ends
LGT 1: Course 70679 December 2019 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

LGT 2: Course 70680 February 2020 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

LGT 3: Course 70681 April 2020 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

LGT 4: Course 70682 May - June 2020 Pre-course Tuesday, 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

LGT 5: Course 70683 June - July 2020 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

Martin Luther King, Jr. Swim Center

Session Date Begins Ends
LGT 5: Course 70223 December 2019 Pre-course Friday, Dec. 20 10:00am 12:00pm
Session 1 Friday, Dec. 27 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

LGT 6: Course 70349 July 2020 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 11:00am 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

Follow us on Facebook and Twitter!
Lifeguard Training–Accelerated

$230
Instructor: Aquatic Training and Consulting Services

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

<table>
<thead>
<tr>
<th>Session</th>
<th>Date</th>
<th>Begins</th>
<th>Ends</th>
</tr>
</thead>
<tbody>
<tr>
<td>LGT 1: Course 70738</td>
<td>May 2020</td>
<td>9:00am</td>
<td>7:00pm</td>
</tr>
<tr>
<td>Session 1</td>
<td>Tuesday, May 12</td>
<td>9:00am</td>
<td>7:00pm</td>
</tr>
<tr>
<td>Session 2</td>
<td>Wednesday, May 13</td>
<td>9:00am</td>
<td>7:00pm</td>
</tr>
<tr>
<td>Session 3</td>
<td>Thursday, May 14</td>
<td>9:00am</td>
<td>7:00pm</td>
</tr>
</tbody>
</table>

**LGT 2: Course 69720**

<table>
<thead>
<tr>
<th>Session</th>
<th>Date</th>
<th>Begins</th>
<th>Ends</th>
</tr>
</thead>
<tbody>
<tr>
<td>Session 1</td>
<td>Tuesday, May 19</td>
<td>9:00am</td>
<td>7:00pm</td>
</tr>
<tr>
<td>Session 2</td>
<td>Wednesday, May 20</td>
<td>9:00am</td>
<td>7:00pm</td>
</tr>
<tr>
<td>Session 3</td>
<td>Thursday, May 21</td>
<td>9:00am</td>
<td>7:00pm</td>
</tr>
</tbody>
</table>

**LGT 3: Course 69717**

<table>
<thead>
<tr>
<th>Session</th>
<th>Date</th>
<th>Begins</th>
<th>Ends</th>
</tr>
</thead>
<tbody>
<tr>
<td>Session 1</td>
<td>Tuesday, May 26</td>
<td>9:00am</td>
<td>7:00pm</td>
</tr>
<tr>
<td>Session 2</td>
<td>Wednesday, May 27</td>
<td>9:00am</td>
<td>7:00pm</td>
</tr>
<tr>
<td>Session 3</td>
<td>Thursday, May 28</td>
<td>9:00am</td>
<td>7:00pm</td>
</tr>
</tbody>
</table>

**LGT 4: Course 69718**

<table>
<thead>
<tr>
<th>Session</th>
<th>Date</th>
<th>Begins</th>
<th>Ends</th>
</tr>
</thead>
<tbody>
<tr>
<td>Session 1</td>
<td>Tuesday, Jun. 2</td>
<td>9:00am</td>
<td>7:00pm</td>
</tr>
<tr>
<td>Session 2</td>
<td>Wednesday, Jun. 3</td>
<td>9:00am</td>
<td>7:00pm</td>
</tr>
<tr>
<td>Session 3</td>
<td>Thursday, Jun. 4</td>
<td>9:00am</td>
<td>7:00pm</td>
</tr>
</tbody>
</table>

**Upper County Outdoor Pool**

<table>
<thead>
<tr>
<th>Session</th>
<th>Date</th>
<th>Begins</th>
<th>Ends</th>
</tr>
</thead>
<tbody>
<tr>
<td>LGT 1: Course 69721</td>
<td>June 2020</td>
<td>9:00am</td>
<td>7:00pm</td>
</tr>
<tr>
<td>Session 1</td>
<td>Tuesday, Jun. 16</td>
<td>9:00am</td>
<td>7:00pm</td>
</tr>
<tr>
<td>Session 2</td>
<td>Wednesday, Jun. 17</td>
<td>9:00am</td>
<td>7:00pm</td>
</tr>
<tr>
<td>Session 3</td>
<td>Thursday, Jun. 18</td>
<td>9:00am</td>
<td>7:00pm</td>
</tr>
</tbody>
</table>

**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**

<table>
<thead>
<tr>
<th>Session</th>
<th>Date</th>
<th>Begins</th>
<th>Ends</th>
</tr>
</thead>
<tbody>
<tr>
<td>LGT 1: Course 70772</td>
<td>December 2019</td>
<td>9:00am</td>
<td>10:00pm</td>
</tr>
<tr>
<td>Session 1</td>
<td>Saturday, Dec. 29</td>
<td>9:00am</td>
<td>10:00pm</td>
</tr>
</tbody>
</table>

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

**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**

<table>
<thead>
<tr>
<th>Session</th>
<th>Date</th>
<th>Begins</th>
<th>Ends</th>
</tr>
</thead>
<tbody>
<tr>
<td>LGI 1: Course 55179</td>
<td>Dec. 2019/Jan. 2020</td>
<td>5:00pm</td>
<td>9:00pm</td>
</tr>
<tr>
<td>Pre-Course</td>
<td>Friday, Dec. 20</td>
<td>5:00pm</td>
<td>9:00pm</td>
</tr>
<tr>
<td>Pre-Course</td>
<td>Saturday, Dec. 28</td>
<td>9:30am</td>
<td>4:00pm</td>
</tr>
<tr>
<td>Pre-Course</td>
<td>Sunday, Dec. 29</td>
<td>9:30am</td>
<td>4:00pm</td>
</tr>
<tr>
<td>Session 1</td>
<td>Tuesday, Dec. 31</td>
<td>5:00pm</td>
<td>9:00pm</td>
</tr>
<tr>
<td>Session 2</td>
<td>Saturday, Jan. 4</td>
<td>9:30am</td>
<td>2:30pm</td>
</tr>
<tr>
<td>Session 3</td>
<td>Sunday, Jan. 5</td>
<td>9:30am</td>
<td>2:30pm</td>
</tr>
<tr>
<td>Session 4</td>
<td>Saturday, Jan. 11</td>
<td>9:30am</td>
<td>2:30pm</td>
</tr>
<tr>
<td>Session 5</td>
<td>Sunday, Jan. 12</td>
<td>9:30am</td>
<td>2:30pm</td>
</tr>
</tbody>
</table>

**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.
Montgomery County Recreation

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.

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.

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.

Follow us on Facebook and Twitter!
# Guidelines for Placement in Swim Classes

## Parent-Assisted Lessons

<table>
<thead>
<tr>
<th>Class Requirements:</th>
<th>Waterbabies (Ages 6-18 months)</th>
<th>Class Objectives:</th>
<th>Aquatots (Ages 18 months-3)</th>
<th>Pre-School (Ages 3-5)</th>
</tr>
</thead>
<tbody>
<tr>
<td>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.</td>
<td>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.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## Level 1

<table>
<thead>
<tr>
<th>Class Requirements:</th>
<th>Beginner (Ages 4-6)</th>
<th>Youth (Ages 7-13)</th>
<th>Adult (Ages 14+)</th>
</tr>
</thead>
<tbody>
<tr>
<td>On the first day of class, students must be able to function well in a group setting without parents.</td>
<td>Students learn water-adjustment skills. Students will be introduced to water entry, front and back floating, kicking, bobbing, blowing bubbles and arm strokes.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## Level 2

<table>
<thead>
<tr>
<th>Class Requirements:</th>
<th>Beginner (Ages 4-6)</th>
<th>Youth (Ages 7-13)</th>
<th>Adult (Ages 14+)</th>
</tr>
</thead>
<tbody>
<tr>
<td>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.</td>
<td>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.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## Level 3

<table>
<thead>
<tr>
<th>Class Requirements:</th>
<th>Beginner (Ages 4-6)</th>
<th>Youth (Ages 7-13)</th>
<th>Adult (Ages 14+)</th>
</tr>
</thead>
<tbody>
<tr>
<td>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.</td>
<td>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.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## Level 4

<table>
<thead>
<tr>
<th>Class Requirements:</th>
<th>Beginner (Ages 4-6)</th>
<th>Youth (Ages 7-13)</th>
<th>Adult (Ages 14+)</th>
</tr>
</thead>
<tbody>
<tr>
<td>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.</td>
<td>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.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## Level 5

<table>
<thead>
<tr>
<th>Class Requirements:</th>
<th>Youth (Ages 7-13)</th>
<th>Adult (Ages 14+)</th>
</tr>
</thead>
<tbody>
<tr>
<td>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.</td>
<td>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.</td>
<td></td>
</tr>
</tbody>
</table>

## Level 6

<table>
<thead>
<tr>
<th>Class Requirements:</th>
<th>Youth (Ages 7-13)</th>
<th>Adult (Ages 14+)</th>
</tr>
</thead>
<tbody>
<tr>
<td>On the first day of class, students must be proficient in all previous strokes (front crawl, back crawl and breaststroke).</td>
<td>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.</td>
<td></td>
</tr>
</tbody>
</table>
## 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.

<table>
<thead>
<tr>
<th>6 Sessions</th>
<th>$58</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Germantown Indoor Swim Center</strong></td>
<td></td>
</tr>
<tr>
<td>69247 9/21 Sa</td>
<td>10:25 a.m.-10:55 a.m.</td>
</tr>
<tr>
<td>69246 9/21 Sa</td>
<td>9:45 a.m.-10:15 a.m.</td>
</tr>
<tr>
<td>69248 9/22 Su</td>
<td>9:45 a.m.-10:15 a.m.</td>
</tr>
<tr>
<td><strong>Kennedy Shriver Aquatic Center</strong></td>
<td></td>
</tr>
<tr>
<td>69107 9/14 Sa</td>
<td>10:20 a.m.-10:50 a.m.</td>
</tr>
<tr>
<td>69108 9/14 Sa</td>
<td>11:40 a.m.-12:10 p.m.</td>
</tr>
<tr>
<td>69110 9/15 Su</td>
<td>11:40 a.m.-12:10 p.m.</td>
</tr>
<tr>
<td>69109 9/15 Su</td>
<td>9:40 a.m.-10:10 a.m.</td>
</tr>
<tr>
<td>69105 9/16 M</td>
<td>9:30 a.m.-10 a.m.</td>
</tr>
<tr>
<td>69106 9/17 Tu</td>
<td>10 a.m.-10:30 a.m.</td>
</tr>
<tr>
<td>69113 11/9 Sa</td>
<td>10:20 a.m.-10:50 a.m.</td>
</tr>
<tr>
<td>69114 11/9 Sa</td>
<td>11:40 a.m.-12:10 p.m.</td>
</tr>
<tr>
<td>69116 11/10 Su</td>
<td>11:40 a.m.-12:10 p.m.</td>
</tr>
<tr>
<td>69115 11/10 Su</td>
<td>9:40 a.m.-10:10 a.m.</td>
</tr>
<tr>
<td>69111 11/11 M</td>
<td>9:30 a.m.-10 a.m.</td>
</tr>
<tr>
<td>69112 11/12 Tu</td>
<td>10 a.m.-10:30 a.m.</td>
</tr>
</tbody>
</table>

## 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.

<table>
<thead>
<tr>
<th>6 Sessions</th>
<th>$58</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Germantown Indoor Swim Center</strong></td>
<td></td>
</tr>
<tr>
<td>69172 9/18 W</td>
<td>6:10 p.m.-6:40 p.m.</td>
</tr>
<tr>
<td>69174 9/21 Sa</td>
<td>11:45 a.m.-12:15 p.m.</td>
</tr>
<tr>
<td>69175 9/21 Sa</td>
<td>12:25 p.m.-12:55 p.m.</td>
</tr>
<tr>
<td>69176 9/22 Su</td>
<td>11:05 a.m.-11:35 a.m.</td>
</tr>
<tr>
<td>69177 9/22 Su</td>
<td>12:25 p.m.-12:55 p.m.</td>
</tr>
<tr>
<td>69173 10/30 W</td>
<td>6:10 p.m.-6:40 p.m.</td>
</tr>
<tr>
<td><strong>Kennedy Shriver Aquatic Center</strong></td>
<td></td>
</tr>
<tr>
<td>68980 9/14 Sa</td>
<td>12:20 p.m.-12:50 p.m.</td>
</tr>
<tr>
<td>68979 9/14 Sa</td>
<td>9 a.m.-9:30 a.m.</td>
</tr>
<tr>
<td>68982 9/15 Su</td>
<td>11 a.m.-11:30 a.m.</td>
</tr>
<tr>
<td>68981 9/15 Su</td>
<td>9 a.m.-9:30 a.m.</td>
</tr>
<tr>
<td>68975 9/17 Tu</td>
<td>9:30 a.m.-10 a.m.</td>
</tr>
<tr>
<td>68976 9/18 W</td>
<td>6:10 p.m.-6:40 p.m.</td>
</tr>
<tr>
<td>68977 9/19 Th</td>
<td>10 a.m.-10:30 a.m.</td>
</tr>
<tr>
<td>68978 9/19 Th</td>
<td>5:30 p.m.-6 p.m.</td>
</tr>
<tr>
<td>68988 11/9 Sa</td>
<td>12:20 p.m.-12:50 p.m.</td>
</tr>
<tr>
<td>68987 11/9 Sa</td>
<td>9 a.m.-9:30 a.m.</td>
</tr>
<tr>
<td>68990 11/10 Su</td>
<td>11 a.m.-11:30 a.m.</td>
</tr>
<tr>
<td>68989 11/10 Su</td>
<td>9 a.m.-9:30 a.m.</td>
</tr>
<tr>
<td>68983 11/12 Tu</td>
<td>9:30 a.m.-10 a.m.</td>
</tr>
<tr>
<td>68984 11/13 W</td>
<td>6:10 p.m.-6:40 p.m.</td>
</tr>
<tr>
<td>68985 11/14 Th</td>
<td>10 a.m.-10:30 a.m.</td>
</tr>
<tr>
<td>68986 11/14 Th</td>
<td>5:30 p.m.-6 p.m.</td>
</tr>
</tbody>
</table>

## 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.
### 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

<table>
<thead>
<tr>
<th>Code</th>
<th>Date</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>69240</td>
<td>9/18</td>
<td>W</td>
<td>5:30 p.m.-6 p.m.</td>
</tr>
<tr>
<td>69242</td>
<td>9/21</td>
<td>Sa</td>
<td>11:05 a.m.-11:35 a.m.</td>
</tr>
<tr>
<td>69243</td>
<td>9/21</td>
<td>Sa</td>
<td>1:05 p.m.-1:35 p.m.</td>
</tr>
<tr>
<td>69244</td>
<td>9/22</td>
<td>Su</td>
<td>10:25 a.m.-10:55 a.m.</td>
</tr>
<tr>
<td>69245</td>
<td>9/22</td>
<td>Su</td>
<td>11:45 a.m.-12:15 p.m.</td>
</tr>
<tr>
<td>69241</td>
<td>10/30</td>
<td>W</td>
<td>5:30 p.m.-6 p.m.</td>
</tr>
</tbody>
</table>

#### Kennedy Shriver Aquatic Center

<table>
<thead>
<tr>
<th>Code</th>
<th>Date</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>69094</td>
<td>9/14</td>
<td>Sa</td>
<td>1 p.m.-1:30 p.m.</td>
</tr>
<tr>
<td>69093</td>
<td>9/14</td>
<td>Sa</td>
<td>11 a.m.-11:30 a.m.</td>
</tr>
<tr>
<td>69096</td>
<td>9/15</td>
<td>Su</td>
<td>1 p.m.-1:30 p.m.</td>
</tr>
<tr>
<td>69095</td>
<td>9/15</td>
<td>Su</td>
<td>10:20 a.m.-10:50 a.m.</td>
</tr>
<tr>
<td>69089</td>
<td>9/17</td>
<td>Tu</td>
<td>10:30 a.m.-11 a.m.</td>
</tr>
<tr>
<td>69090</td>
<td>9/17</td>
<td>Tu</td>
<td>3:30 p.m.-4 p.m.</td>
</tr>
<tr>
<td>69091</td>
<td>9/17</td>
<td>Tu</td>
<td>6:10 p.m.-6:40 p.m.</td>
</tr>
<tr>
<td>69092</td>
<td>9/19</td>
<td>Th</td>
<td>9:30 a.m.-10 a.m.</td>
</tr>
<tr>
<td>69102</td>
<td>11/9</td>
<td>Sa</td>
<td>1 p.m.-1:30 p.m.</td>
</tr>
<tr>
<td>69101</td>
<td>11/9</td>
<td>Sa</td>
<td>11 a.m.-11:30 a.m.</td>
</tr>
<tr>
<td>69104</td>
<td>11/10</td>
<td>Su</td>
<td>1 p.m.-1:30 p.m.</td>
</tr>
<tr>
<td>69103</td>
<td>11/10</td>
<td>Su</td>
<td>10:20 a.m.-10:50 a.m.</td>
</tr>
<tr>
<td>69097</td>
<td>11/12</td>
<td>Tu</td>
<td>10:30 a.m.-11 a.m.</td>
</tr>
<tr>
<td>69098</td>
<td>11/12</td>
<td>Tu</td>
<td>3:30 p.m.-4 p.m.</td>
</tr>
<tr>
<td>69099</td>
<td>11/12</td>
<td>Tu</td>
<td>6:10 p.m.-6:40 p.m.</td>
</tr>
<tr>
<td>69100</td>
<td>11/14</td>
<td>Th</td>
<td>9:30 a.m.-10 a.m.</td>
</tr>
</tbody>
</table>
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

Montgomery County Recreation

<table>
<thead>
<tr>
<th>Center</th>
<th>9/16</th>
<th>M</th>
<th>5:30 p.m.-6 p.m.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kennedy Shriver Aquatic Center</td>
<td>9/17</td>
<td>Tu</td>
<td>4:50 p.m.-5:20 p.m.</td>
</tr>
<tr>
<td>Germantown Indoor Swim Center</td>
<td>9/18</td>
<td>W</td>
<td>5:30 p.m.-6 p.m.</td>
</tr>
<tr>
<td>Kennedy Shriver Aquatic Center</td>
<td>9/19</td>
<td>Th</td>
<td>6:10 p.m.-6:40 p.m.</td>
</tr>
<tr>
<td>Kennedy Shriver Aquatic Center</td>
<td>9/20</td>
<td>M</td>
<td>6:10 p.m.-6:40 p.m.</td>
</tr>
<tr>
<td>Kennedy Shriver Aquatic Center</td>
<td>9/21</td>
<td>Sa</td>
<td>9:45 a.m.-10:15 a.m.</td>
</tr>
<tr>
<td>Kennedy Shriver Aquatic Center</td>
<td>9/22</td>
<td>Su</td>
<td>12:25 p.m.-12:55 p.m.</td>
</tr>
<tr>
<td>Kennedy Shriver Aquatic Center</td>
<td>9/23</td>
<td>M</td>
<td>5:30 p.m.-6 p.m.</td>
</tr>
<tr>
<td>Kennedy Shriver Aquatic Center</td>
<td>9/24</td>
<td>Tu</td>
<td>5:30 p.m.-6 p.m.</td>
</tr>
<tr>
<td>Kennedy Shriver Aquatic Center</td>
<td>9/25</td>
<td>W</td>
<td>5:30 p.m.-6 p.m.</td>
</tr>
<tr>
<td>Kennedy Shriver Aquatic Center</td>
<td>9/26</td>
<td>Th</td>
<td>5:30 p.m.-6 p.m.</td>
</tr>
<tr>
<td>Kennedy Shriver Aquatic Center</td>
<td>9/27</td>
<td>F</td>
<td>5:30 p.m.-6 p.m.</td>
</tr>
<tr>
<td>Kennedy Shriver Aquatic Center</td>
<td>9/28</td>
<td>Su</td>
<td>5:30 p.m.-6 p.m.</td>
</tr>
<tr>
<td>Kennedy Shriver Aquatic Center</td>
<td>9/29</td>
<td>M</td>
<td>5:30 p.m.-6 p.m.</td>
</tr>
<tr>
<td>Kennedy Shriver Aquatic Center</td>
<td>9/30</td>
<td>Tu</td>
<td>5:30 p.m.-6 p.m.</td>
</tr>
<tr>
<td>Kennedy Shriver Aquatic Center</td>
<td>10/1</td>
<td>W</td>
<td>5:30 p.m.-6 p.m.</td>
</tr>
<tr>
<td>Kennedy Shriver Aquatic Center</td>
<td>10/2</td>
<td>Th</td>
<td>5:30 p.m.-6 p.m.</td>
</tr>
</tbody>
</table>

Martin Luther King Jr. Swim Center

| 9/21 | Sa | 9:40 a.m.-10:10 a.m. |
| 9/22 | Su | 10:20 a.m.-10:50 a.m. |
| 9/23 | M | 5:30 p.m.-6 p.m. |
| 9/24 | Tu | 5:30 p.m.-6 p.m. |
| 9/25 | W | 5:30 p.m.-6 p.m. |
| 9/26 | Th | 5:30 p.m.-6 p.m. |
| 9/27 | F | Noon-12:30 p.m. |
| 9/28 | M | 5:30 p.m.-6 p.m. |
| 9/29 | Tu | 5:30 p.m.-6 p.m. |

Olney Swim Center

| 9/21 | Sa | 1:10 p.m.-1:40 p.m. |
| 9/22 | Su | 11:50 a.m.-12:20 p.m. |
| 9/23 | M | 12:30 p.m.-1 p.m. |
| 9/24 | Tu | 9:10 a.m.-9:40 a.m. |
| 9/25 | W | 9:40 a.m.-10:10 a.m. |
| 9/26 | Th | 10:20 a.m.-10:50 a.m. |
| 9/27 | F | 11:10 a.m.-11:40 a.m. |
| 9/28 | M | 12:20 p.m.-12:50 p.m. |
| 9/29 | Tu | 1 p.m.-1:30 p.m. |
| 9/30 | W | Noon-12:30 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**

<table>
<thead>
<tr>
<th>Course</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beginner 2</td>
<td>9/13</td>
<td>5:30 p.m.-6 p.m.</td>
</tr>
<tr>
<td>Beginner 2</td>
<td>9/20</td>
<td>5:30 p.m.-6 p.m.</td>
</tr>
<tr>
<td>Beginner 2</td>
<td>9/27</td>
<td>5:30 p.m.-6 p.m.</td>
</tr>
<tr>
<td>Beginner 2</td>
<td>10/4</td>
<td>5:30 p.m.-6 p.m.</td>
</tr>
<tr>
<td>Beginner 2</td>
<td>10/11</td>
<td>5:30 p.m.-6 p.m.</td>
</tr>
<tr>
<td>Beginner 2</td>
<td>10/18</td>
<td>5:30 p.m.-6 p.m.</td>
</tr>
</tbody>
</table>

**Kennedy Shriver Aquatic Center**

<table>
<thead>
<tr>
<th>Course</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beginner 2</td>
<td>9/13</td>
<td>4:40 p.m.-5:10 p.m.</td>
</tr>
<tr>
<td>Beginner 2</td>
<td>9/20</td>
<td>4:40 p.m.-5:10 p.m.</td>
</tr>
<tr>
<td>Beginner 2</td>
<td>9/27</td>
<td>4:40 p.m.-5:10 p.m.</td>
</tr>
<tr>
<td>Beginner 2</td>
<td>10/4</td>
<td>4:40 p.m.-5:10 p.m.</td>
</tr>
<tr>
<td>Beginner 2</td>
<td>10/11</td>
<td>4:40 p.m.-5:10 p.m.</td>
</tr>
<tr>
<td>Beginner 2</td>
<td>10/18</td>
<td>4:40 p.m.-5:10 p.m.</td>
</tr>
</tbody>
</table>

**Martin Luther King Jr. Swim Center**

<table>
<thead>
<tr>
<th>Course</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beginner 2</td>
<td>9/13</td>
<td>5:30 p.m.-6:00 p.m.</td>
</tr>
<tr>
<td>Beginner 2</td>
<td>9/20</td>
<td>5:30 p.m.-6:00 p.m.</td>
</tr>
<tr>
<td>Beginner 2</td>
<td>9/27</td>
<td>5:30 p.m.-6:00 p.m.</td>
</tr>
<tr>
<td>Beginner 2</td>
<td>10/4</td>
<td>5:30 p.m.-6:00 p.m.</td>
</tr>
<tr>
<td>Beginner 2</td>
<td>10/11</td>
<td>5:30 p.m.-6:00 p.m.</td>
</tr>
<tr>
<td>Beginner 2</td>
<td>10/18</td>
<td>5:30 p.m.-6:00 p.m.</td>
</tr>
</tbody>
</table>

**Olney Swim Center**

<table>
<thead>
<tr>
<th>Course</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beginner 2</td>
<td>9/13</td>
<td>4:40 p.m.-5:10 p.m.</td>
</tr>
<tr>
<td>Beginner 2</td>
<td>9/20</td>
<td>4:40 p.m.-5:10 p.m.</td>
</tr>
<tr>
<td>Beginner 2</td>
<td>9/27</td>
<td>4:40 p.m.-5:10 p.m.</td>
</tr>
<tr>
<td>Beginner 2</td>
<td>10/4</td>
<td>4:40 p.m.-5:10 p.m.</td>
</tr>
<tr>
<td>Beginner 2</td>
<td>10/11</td>
<td>4:40 p.m.-5:10 p.m.</td>
</tr>
<tr>
<td>Beginner 2</td>
<td>10/18</td>
<td>4:40 p.m.-5:10 p.m.</td>
</tr>
</tbody>
</table>

Register online at ActiveMONTGOMERY.org
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 5:40 p.m.-6:10 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
69046 9/14 Sa 1 p.m.-1:30 p.m.
69047 9/14 Sa 11 a.m.-11:30 a.m.
69048 9/14 Sa 11:40 a.m.-12:10 p.m.
69049 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.).

Follow us on Facebook and Twitter!
### 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.

<table>
<thead>
<tr>
<th>Sessions</th>
<th>$65</th>
</tr>
</thead>
<tbody>
<tr>
<td>6</td>
<td></td>
</tr>
</tbody>
</table>

**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.

**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.    |
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 a.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 a.m.-9:40 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.

Follow us on Facebook and Twitter!
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.
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.
### 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.

<table>
<thead>
<tr>
<th>Sessions</th>
<th>$58</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Germantown Indoor Swim Center</strong></td>
<td></td>
</tr>
<tr>
<td>69275</td>
<td>9/21</td>
</tr>
<tr>
<td>69276</td>
<td>9/22</td>
</tr>
<tr>
<td><strong>Kennedy Shriver Aquatic Center</strong></td>
<td></td>
</tr>
<tr>
<td>69155</td>
<td>9/14</td>
</tr>
<tr>
<td>69156</td>
<td>9/15</td>
</tr>
<tr>
<td>69157</td>
<td>11/9</td>
</tr>
<tr>
<td>69158</td>
<td>11/10</td>
</tr>
<tr>
<td><strong>Martin Luther King Jr. Swim Center</strong></td>
<td></td>
</tr>
<tr>
<td>69917</td>
<td>9/21</td>
</tr>
<tr>
<td>69922</td>
<td>9/22</td>
</tr>
<tr>
<td>69918</td>
<td>9/26</td>
</tr>
<tr>
<td>69921</td>
<td>11/7</td>
</tr>
<tr>
<td>69919</td>
<td>11/9</td>
</tr>
<tr>
<td>69920</td>
<td>11/10</td>
</tr>
<tr>
<td><strong>Olney Swim Center</strong></td>
<td></td>
</tr>
<tr>
<td>70036</td>
<td>9/7</td>
</tr>
<tr>
<td>70125</td>
<td>10/26</td>
</tr>
<tr>
<td>70151</td>
<td>10/27</td>
</tr>
</tbody>
</table>

### 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.

<table>
<thead>
<tr>
<th>Sessions</th>
<th>$67</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Germantown Indoor Swim Center</strong></td>
<td></td>
</tr>
<tr>
<td>69160</td>
<td>9/16</td>
</tr>
<tr>
<td>69162</td>
<td>9/21</td>
</tr>
<tr>
<td>69163</td>
<td>9/22</td>
</tr>
<tr>
<td>69161</td>
<td>10/28</td>
</tr>
<tr>
<td><strong>Kennedy Shriver Aquatic Center</strong></td>
<td></td>
</tr>
<tr>
<td>68958</td>
<td>9/14</td>
</tr>
<tr>
<td>68959</td>
<td>9/15</td>
</tr>
<tr>
<td>68957</td>
<td>9/19</td>
</tr>
<tr>
<td>68961</td>
<td>11/9</td>
</tr>
<tr>
<td>68962</td>
<td>11/10</td>
</tr>
<tr>
<td>68960</td>
<td>11/14</td>
</tr>
<tr>
<td><strong>Martin Luther King Jr. Swim Center</strong></td>
<td></td>
</tr>
<tr>
<td>69848</td>
<td>9/21</td>
</tr>
<tr>
<td>69849</td>
<td>9/22</td>
</tr>
<tr>
<td>69850</td>
<td>9/24</td>
</tr>
<tr>
<td>69852</td>
<td>11/5</td>
</tr>
<tr>
<td>69851</td>
<td>11/10</td>
</tr>
<tr>
<td><strong>Olney Swim Center</strong></td>
<td></td>
</tr>
<tr>
<td>70193</td>
<td>9/10</td>
</tr>
<tr>
<td>70098</td>
<td>9/12</td>
</tr>
<tr>
<td>70211</td>
<td>10/29</td>
</tr>
<tr>
<td>70101</td>
<td>10/31</td>
</tr>
</tbody>
</table>

Follow us on Facebook and Twitter!
### 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.

<table>
<thead>
<tr>
<th>6 Sessions</th>
<th>$65</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Germantown Indoor Swim Center</strong></td>
<td></td>
</tr>
<tr>
<td>69164 9/16 M</td>
<td>6:10 p.m.-6:40 p.m.</td>
</tr>
<tr>
<td>69166 9/21 Sa</td>
<td>10:25 a.m.-10:55 a.m.</td>
</tr>
<tr>
<td>69167 9/22 Su</td>
<td>9:45 a.m.-10:15 a.m.</td>
</tr>
<tr>
<td>69165 10/28 M</td>
<td>6:10 p.m.-6:40 p.m.</td>
</tr>
</tbody>
</table>

| **Kennedy Shriver Aquatic Center** |
| 68963 9/14 | 10:20 a.m.-10:50 a.m. |
| 68964 11/9 | 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. |
| 70163 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.

<table>
<thead>
<tr>
<th>6 Sessions</th>
<th>$65</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Germantown Indoor Swim Center</strong></td>
<td></td>
</tr>
<tr>
<td>69168 9/21 Sa</td>
<td>9:45 a.m.-10:15 a.m.</td>
</tr>
<tr>
<td>69169 9/22 Su</td>
<td>12:25 p.m.-12:55 p.m.</td>
</tr>
</tbody>
</table>

| **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 crawl 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.

<table>
<thead>
<tr>
<th>6 Sessions</th>
<th>$65</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Germantown Indoor Swim Center</strong></td>
<td></td>
</tr>
<tr>
<td>69170 9/21 Sa</td>
<td>11:45 a.m.-12:15 p.m.</td>
</tr>
<tr>
<td>69171 9/22 Su</td>
<td>11:45 a.m.-12:15 p.m.</td>
</tr>
</tbody>
</table>

| **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.

<table>
<thead>
<tr>
<th>6 Sessions</th>
<th>$65</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Kennedy Shriver Aquatic Center</strong></td>
<td></td>
</tr>
<tr>
<td>68971 9/18 W</td>
<td>8:30 p.m.-9 p.m.</td>
</tr>
<tr>
<td>68972 11/13 W</td>
<td>8:30 p.m.-9 p.m.</td>
</tr>
</tbody>
</table>

### 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.

<table>
<thead>
<tr>
<th>6 Sessions</th>
<th>$65</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Kennedy Shriver Aquatic Center</strong></td>
<td></td>
</tr>
<tr>
<td>68973 9/16 M</td>
<td>8:30 p.m.-9 p.m.</td>
</tr>
<tr>
<td>68974 11/11 M</td>
<td>8:30 p.m.-9 p.m.</td>
</tr>
</tbody>
</table>
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**

<table>
<thead>
<tr>
<th>Code</th>
<th>Location</th>
<th>Date</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>68951</td>
<td>KSAC</td>
<td>9/16</td>
<td>M</td>
<td>10:45 a.m.-11:15 a.m.</td>
</tr>
<tr>
<td>68952</td>
<td>KSAC</td>
<td>11/11</td>
<td>M</td>
<td>10:45 a.m.-11:15 a.m.</td>
</tr>
</tbody>
</table>

**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**

<table>
<thead>
<tr>
<th>Code</th>
<th>Location</th>
<th>Date</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>68954</td>
<td>KSAC</td>
<td>9/14</td>
<td>Sa</td>
<td>10:35 a.m.-11:05 a.m.</td>
</tr>
<tr>
<td>68953</td>
<td>KSAC</td>
<td>9/14</td>
<td>Sa</td>
<td>9:45 a.m.-10:15 a.m.</td>
</tr>
<tr>
<td>68956</td>
<td>KSAC</td>
<td>11/9</td>
<td>Sa</td>
<td>10:35 a.m.-11:05 a.m.</td>
</tr>
<tr>
<td>68955</td>
<td>KSAC</td>
<td>11/9</td>
<td>Sa</td>
<td>9:45 a.m.-10:15 a.m.</td>
</tr>
</tbody>
</table>

**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

<table>
<thead>
<tr>
<th>Code</th>
<th>Location</th>
<th>Date</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>69404</td>
<td>MLK</td>
<td>9/15</td>
<td>Su</td>
<td>4 p.m.-4:50 p.m.</td>
</tr>
</tbody>
</table>

**14 Sessions $161**

Instructor: Wellness Network

<table>
<thead>
<tr>
<th>Code</th>
<th>Location</th>
<th>Date</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>69403</td>
<td>GISC</td>
<td>9/11</td>
<td>W</td>
<td>11:30 a.m.-12:20 p.m.</td>
</tr>
</tbody>
</table>

**PERSONAL CARE**

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

Follow us on Facebook and Twitter!
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.
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.
Montgomery County Recreation

**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.

**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**

- **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
  68888 Wisconsin Pl. CRC 11/2 Sa 10 a.m.-Noon

- **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.

Follow us on Facebook and Twitter!
**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.

- **8 Sessions**  $200
- Instructor: Susan Mapp
  69306 Ross Boddy NRC  9/18  W  10:30 a.m.-1:30 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
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; kedgeree (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

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.

Countywide Programs 240.777.6870
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.
69367 Dansez! DS 9/26 Th 10 a.m.-10:30 a.m.

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.

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

Follow us on Facebook and Twitter!
**CHEER AND POMS**

**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.

<table>
<thead>
<tr>
<th>Sessions</th>
<th>Cost</th>
<th>Instructor</th>
<th>Location</th>
<th>Days</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>11</td>
<td>$230</td>
<td>Bonnie Slawson</td>
<td>Commotion FS</td>
<td>9/21</td>
<td>Sa Noon-1 p.m.</td>
</tr>
</tbody>
</table>

**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.

<table>
<thead>
<tr>
<th>Sessions</th>
<th>Cost</th>
<th>Instructor</th>
<th>Location</th>
<th>Days</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>11</td>
<td>$198</td>
<td>Bonnie Slawson</td>
<td>Commotion FS</td>
<td>9/18</td>
<td>W 5 p.m.-5:45 p.m.</td>
</tr>
</tbody>
</table>

**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.

<table>
<thead>
<tr>
<th>Sessions</th>
<th>Cost</th>
<th>Instructor</th>
<th>Location</th>
<th>Days</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>11</td>
<td>$230</td>
<td>Bonnie Slawson</td>
<td>Commotion FS</td>
<td>9/19</td>
<td>Th 6 p.m.-7 p.m.</td>
</tr>
</tbody>
</table>

**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.

<table>
<thead>
<tr>
<th>Sessions</th>
<th>Cost</th>
<th>Instructor</th>
<th>Location</th>
<th>Days</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>7</td>
<td>$85</td>
<td>Shannon Jones</td>
<td>Plum Gar CRC</td>
<td>9/20</td>
<td>F 6:30 p.m.-7:15 p.m.</td>
</tr>
</tbody>
</table>

**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.

<table>
<thead>
<tr>
<th>Sessions</th>
<th>Cost</th>
<th>Instructor</th>
<th>Location</th>
<th>Days</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>9</td>
<td>$99</td>
<td>Robyn Lindsey</td>
<td>White Oak CRC</td>
<td>9/18</td>
<td>W 6 p.m.-6:45 p.m.</td>
</tr>
<tr>
<td>10</td>
<td>$99</td>
<td>Robyn Lindsey</td>
<td>Germantown CRC</td>
<td>9/21</td>
<td>Sa 1 p.m.-1:45 p.m.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Potomac CRC</td>
<td>9/19</td>
<td>Th 6 p.m.-6:45 p.m.</td>
</tr>
</tbody>
</table>

**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.

<table>
<thead>
<tr>
<th>Sessions</th>
<th>Cost</th>
<th>Instructor</th>
<th>Location</th>
<th>Days</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>9</td>
<td>$99</td>
<td>Robyn Lindsey</td>
<td>White Oak CRC</td>
<td>9/18</td>
<td>W 7 p.m.-7:45 p.m.</td>
</tr>
</tbody>
</table>

**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.

<table>
<thead>
<tr>
<th>Sessions</th>
<th>Cost</th>
<th>Instructor</th>
<th>Location</th>
<th>Days</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>12</td>
<td>$144</td>
<td>Avant Garde Ballroom Dance Center</td>
<td>Plum Gar DC</td>
<td>9/14</td>
<td>Sa 2 p.m.-2:45 p.m.</td>
</tr>
</tbody>
</table>

**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.

Cost is $7 per week.

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

<table>
<thead>
<tr>
<th>Location</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lawton CRC</td>
<td>Monday</td>
<td>7:30-9:45 p.m.</td>
</tr>
<tr>
<td>Social Hall</td>
<td>Program is ongoing.</td>
<td></td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Sessions</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>7</td>
<td>$85</td>
</tr>
</tbody>
</table>

Instructor: Shannon Jones

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

**Ages 7-9**

<table>
<thead>
<tr>
<th>Sessions</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>7</td>
<td>$85</td>
</tr>
</tbody>
</table>

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.

Follow us on Facebook and Twitter!
**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.
# 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
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 10 a.m.-11 a.m.

**12 Sessions $96**

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

Follow us on Facebook and Twitter!
**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**

Instructor: Betsy Saunders
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**

Instructor: Fit 2 Believe
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.

Register online at ActiveMONTGOMERY.org
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.

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.

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 1½-4: 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.

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 9/3 Th 6 p.m.-7 p.m.
69390 Potomac 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.

Follow us on Facebook and Twitter!
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 $110**
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.

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.

<table>
<thead>
<tr>
<th>Location</th>
<th>Days</th>
<th>Times</th>
<th>Passes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Holiday Park SC</td>
<td>M, Tu, W, Th Sa</td>
<td>6-7 p.m.</td>
<td>24 Passes-$162</td>
</tr>
<tr>
<td>Bauer Drive CRC</td>
<td>M, W</td>
<td>5-6 p.m.</td>
<td>18 Passes-$126</td>
</tr>
<tr>
<td>Praisner CRC</td>
<td>M, W</td>
<td>7-8 p.m.</td>
<td>12 Passes-$87</td>
</tr>
<tr>
<td>Potomac CRC</td>
<td>Tu, Th</td>
<td>7-8 p.m.</td>
<td></td>
</tr>
</tbody>
</table>
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.

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.

 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.

NEW! 20-20-20 Body Conditioning
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.

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 Prausner 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 Prausner 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.

Follow us on Facebook and Twitter!
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.
**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.

Follow us on Facebook and Twitter!
**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

**Itsby 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 Th 6:30 p.m.-7:30 p.m.

**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.
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.
68346 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

Follow us on Facebook and Twitter!
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
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
68948 Ken Gar Center 9/19 Th 7:25 p.m.-8:15 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
68949 Ken Gar Center 9/19 Th 6:30 p.m.-7:20 p.m.
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. All skill levels are welcome.

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.

Follow us on Facebook and Twitter!
**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.

**10 Sessions $129**
Instructor: Kicks Karate

- 68515 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.

**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

- 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 3½-7: 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.

**10 Sessions $129**
Instructor: Kicks Karate

- 68315 Kicks - Germantown 9/16 M,W 5:40 p.m.-6:10 p.m.
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.

Classic Vovinam Martial Arts - Advanced
Ages 8 & Up: Continue learning defense using your hands, elbows, kicks, throws, escape and levering, 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.

Steel Pan with Josanne
Ages 10 & Up: Come move and groove to the beat as you learn to play the steelpans - 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 steelpan 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 Noon-12:50 p.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.
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.

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.

Follow us on Facebook and Twitter!
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.-12:30 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.

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.

Countywide Programs 240.777.6870
**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.

**5 Sessions**  **$225**
Instructor:
71990 Ashburn ES  10/31 Th  5:30 p.m.-6:30 pm

**TRADEMARKS**
Product and company names are registered trademarks of their respective holders. Use of them does not imply any affiliation with or endorsement by them.

Follow us on Facebook and Twitter!
**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, chantig, 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 included 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.

@MOCOREC
@MOCORECREATION
@MONTGOMERYCOUNTYRECREATION
@MOCORECREATION

Countywide Programs 240.777.6870
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.

Follow us on Facebook and Twitter!
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 Ayrlawn 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 Ayrlawn 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
Montgomery County Recreation

**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.
- 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.

Follow us on Facebook and Twitter!
NEW! Winter Break Basketball Camp
Ages 5-14: Winter Break Basketball Camps are designed to 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.

Register online at ActiveMONTGOMERY.org

Countywide Programs 240.777.6870
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 - 5 p.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

Follow us on Facebook and Twitter!
**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.
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.
- 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
- 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

**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

**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

**Countywide Programs 240.777.6870**

Register online at ActiveMONTGOMERY.org
**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
- 71118 White Oak CRC 10/26 Sa,Su 9 a.m.-1 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
- 68143 Maryland TTC 10/3 Th 6:30 p.m.-7:30 p.m.

**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.

Follow us on Facebook and Twitter!
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.
68243 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
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  7 p.m.-8 p.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.
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.

**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.

**TR BIG Game Nights**


**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.
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
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

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

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

Saturday, December 28, 2019
6:30-9:30 p.m.
Holiday Park Senior Center

Activity 68474  COST: $10

Follow us on Facebook and Twitter!
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
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
LGBT 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.mdsenioryolympics.com or call 240-777-4930 for 2020 event details and registration information.

Follow us on Facebook and Twitter!
**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 +.

<table>
<thead>
<tr>
<th>Location</th>
<th>Days and Times</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Bauer Drive CRC</strong></td>
<td>Monday and Wednesday, 10 a.m.-3 p.m.</td>
<td>14625 Bauer Drive, Rockville</td>
<td>240-777-6922</td>
</tr>
<tr>
<td><strong>Clara Barton NRC</strong></td>
<td>Monday and Wednesday, 10 a.m.-3 p.m.</td>
<td>7425 MacArthur Blvd., Cabin John</td>
<td>240-777-4910</td>
</tr>
<tr>
<td><strong>Clarksburg Park Activity Building</strong></td>
<td>Wednesday, noon-3 p.m.</td>
<td>22501 Wims Road, Clarksburg</td>
<td>240-777-4925</td>
</tr>
<tr>
<td><strong>Gwendolyn E. Coffield CRC</strong></td>
<td>Tuesday and Thursday, 10 a.m.-1 p.m.</td>
<td>2450 Lyttonsville Road, Silver Spring</td>
<td>240-777-4900</td>
</tr>
<tr>
<td><strong>East County CRC +</strong></td>
<td>Tuesday and Friday, 10 a.m.-2 p.m.</td>
<td>3310 Gateshead Manor Way, Silver Spring</td>
<td>240-777-8093</td>
</tr>
<tr>
<td><strong>Germantown CRC +</strong></td>
<td>Monday and Thursday, 10 a.m.-2 p.m.</td>
<td>18905 Kingsview Road, Germantown</td>
<td>240-777-8098</td>
</tr>
<tr>
<td><strong>Jane E. Lawton CRC</strong></td>
<td>Tuesday and Thursday, 10 a.m.-2 p.m.</td>
<td>4301 Willow Lane, Chevy Chase</td>
<td>240-777-6855</td>
</tr>
<tr>
<td><strong>Longwood CRC</strong></td>
<td>Monday and Wednesday, 10 a.m.-2 p.m.</td>
<td>19300 Georgia Ave., Brookeville</td>
<td>240-777-6920</td>
</tr>
<tr>
<td><strong>Marilyn J. Praisner CRC +</strong></td>
<td>Tuesday and Thursday, 10 a.m.-2 p.m.</td>
<td>14906 Old Columbia Pike, Burtonsville</td>
<td>240-777-4970</td>
</tr>
<tr>
<td><strong>Mid-County CRC</strong></td>
<td>Tuesday and Thursday, 10 a.m.-2 p.m.</td>
<td>2004 Queensguard Road, Silver Spring</td>
<td>240-777-6820</td>
</tr>
<tr>
<td><strong>Plum Gar CRC</strong></td>
<td>Tuesday and Friday, 10 a.m.-2 p.m.</td>
<td>19561 Scenery Drive, Germantown</td>
<td>240-777-4919</td>
</tr>
<tr>
<td><strong>Potomac CRC</strong></td>
<td>Tuesday and Friday, 10 a.m.-1:30 p.m.</td>
<td>11315 Falls Road, Potomac</td>
<td>240-777-6960</td>
</tr>
<tr>
<td><strong>Ross Boddy NRC</strong></td>
<td>Tuesday and Thursday, 10 a.m.-2 p.m.</td>
<td>18529 Brooke Road, Sandy Spring</td>
<td>240-777-8050</td>
</tr>
</tbody>
</table>

* Includes a nutrition lunch program.
+ Limited transportation available on program meeting days.

**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.

*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-Country 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.**
Potomac CRC
Wednesday, 7:15-8:45 p.m.
Plum Gar 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.
Friday, 10:30 a.m.-12:30 p.m.
White Oak SC
Monday, 10:30 a.m.-1:30 p.m.

Open Gym Table Tennis
Holiday Park SC
During Center Hours
North Potomac CRC
Tuesday, 6:15-8:45 p.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, Thursday 9:30 a.m.-noon
Coffield CRC
Thursday 9:30 a.m.-noon
North Potomac CRC
Monday, 6:15-7:15 p.m.*
Mid-Country 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!
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, 1-1:45 p.m.

- **Schweinhaut SC**
  - Monday and Thursday, 2-3 p.m.

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.

<table>
<thead>
<tr>
<th>Activity</th>
<th>Location</th>
<th>Start</th>
<th>Days</th>
<th>Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>70996</td>
<td>Bauer</td>
<td>Sep. 30</td>
<td>M,W</td>
<td>1 p.m.-2 p.m.</td>
</tr>
<tr>
<td>70997</td>
<td>Bauer</td>
<td>Oct. 1</td>
<td>Tu,Th</td>
<td>1 p.m.-2 p.m.</td>
</tr>
<tr>
<td>70998</td>
<td>Clara Barton</td>
<td>Sep. 30</td>
<td>M,W</td>
<td>2 p.m.-3 p.m.</td>
</tr>
<tr>
<td>70999</td>
<td>Gwendolyn Coffield</td>
<td>Oct. 1</td>
<td>Tu,Th</td>
<td>9:15 a.m.-10:15 a.m.</td>
</tr>
<tr>
<td>71000</td>
<td>Damascus CRC</td>
<td>Sep. 30</td>
<td>M,W</td>
<td>10:30-11:30 a.m.</td>
</tr>
<tr>
<td>71001</td>
<td>Germantown</td>
<td>Sep. 30</td>
<td>M,Th</td>
<td>1 p.m.-2 p.m.</td>
</tr>
<tr>
<td>71002</td>
<td>Lawton</td>
<td>Oct. 1</td>
<td>Tu,Th</td>
<td>9:15 a.m.-10:15 a.m.</td>
</tr>
<tr>
<td>71003</td>
<td>Longwood</td>
<td>Oct. 1</td>
<td>Tu,Th</td>
<td>11 a.m.-Noon</td>
</tr>
<tr>
<td>71004</td>
<td>Longwood</td>
<td>Sep. 30</td>
<td>M,W</td>
<td>2 p.m.-3 p.m.</td>
</tr>
<tr>
<td>71005</td>
<td>Mid-County</td>
<td>Oct. 1</td>
<td>Tu,Th</td>
<td>1 p.m.-2 p.m.</td>
</tr>
<tr>
<td>71006</td>
<td>Mid-County</td>
<td>Oct. 1</td>
<td>Tu,Th</td>
<td>2:15 p.m.-3:15 p.m.</td>
</tr>
<tr>
<td>71007</td>
<td>North Potomac</td>
<td>Oct. 1</td>
<td>Tu,Th</td>
<td>10:45 a.m.-11:45 a.m.</td>
</tr>
<tr>
<td>71008</td>
<td>North Potomac</td>
<td>Oct. 1</td>
<td>Tu,Th</td>
<td>Noon-1 p.m.</td>
</tr>
<tr>
<td>71009</td>
<td>North Potomac</td>
<td>Sep. 30</td>
<td>M,W</td>
<td>11:45 a.m.-12:45 p.m.</td>
</tr>
<tr>
<td>71010</td>
<td>Plum Gar</td>
<td>Oct. 1</td>
<td>Tu,Th</td>
<td>11:30 a.m.; 1 p.m.</td>
</tr>
<tr>
<td>71011</td>
<td>Potomac</td>
<td>Oct. 1</td>
<td>Tu,Th</td>
<td>9 a.m.-10 a.m.</td>
</tr>
<tr>
<td>71012</td>
<td>Potomac</td>
<td>Oct. 1</td>
<td>Tu,Th</td>
<td>10 a.m.-11 a.m.</td>
</tr>
<tr>
<td>71013</td>
<td>Potomac</td>
<td>Sep. 30</td>
<td>M,W</td>
<td>11:15 a.m.-12:15 p.m.</td>
</tr>
<tr>
<td>71014</td>
<td>Potomac</td>
<td>Sep. 30</td>
<td>M,W</td>
<td>3 p.m.-4 p.m.</td>
</tr>
<tr>
<td>71015</td>
<td>Praisner</td>
<td>Sep. 30</td>
<td>M,W</td>
<td>11 a.m.-Noon</td>
</tr>
<tr>
<td>71016</td>
<td>Scotland</td>
<td>Oct. 2</td>
<td>W,F</td>
<td>2:30 p.m.-3:30 p.m.</td>
</tr>
<tr>
<td>71017</td>
<td>White Oak</td>
<td>Oct. 1</td>
<td>Tu,Th</td>
<td>11 a.m.-Noon</td>
</tr>
<tr>
<td>71018</td>
<td>Wisconsin Place</td>
<td>Sep. 30</td>
<td>M,Th</td>
<td>10 a.m.-11 a.m.</td>
</tr>
<tr>
<td>71019</td>
<td>Wisconsin Place</td>
<td>Oct. 1</td>
<td>Tu,Th</td>
<td>11:15 a.m.-12:15 p.m.</td>
</tr>
</tbody>
</table>

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.
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.
Montgomery County Recreation

Program Locations

Arcola Elementary School
Ballet ..............................................39
Kidz Dance ....................................40

Ashburnton Elementary School
The Art of Handwriting Level 1 ..............60

Avant Garde Ballroom Dance Center
Hip Hop I .........................................41
Salsa Club Dancing I ..........................43
Strictly Ballroom Rumba/Foxtrot ..........40
Wedding Ready .................................43

Ayrlawn Local Park
Rookie League Baseball ....................63
T-Birds T-Ball ................................63

Bauer Drive Community Recreation Center
20-20-20 ........................................84
55+ FREE Bone Builders .................82
Acrylic Painting Techniques ............34
ACT The Workout-Fitness ..............47
Badminton - Advanced ....................62
Badminton - Beginner ......................62
Badminton - Intermediate ...............62
Body Sculpt .................................45
Boot Camp and Strength Training .......47
Coach Doug Pre Wee Wanna Be ........67
Coach Doug Wee Wanna Be ..............67
Community Basic First Aid and CPR-AED ..................48
Draw and Clay - Dinosaurs and Dragons 34
Drawing with Young Rembrandts .......34
Drumming - Rock Out ......................74
Dynaerobics ..................................47
Dynaerobics and Body Sculpting .......47
Funfit Tots ....................................46
Funfit Tots Family Class .................46
Gentle Yoga ....................................52
Hummingbirds Soccer .....................68
It’s a Stitch ......................................35
Jazmatazz Low-Impact Aerobics ........44
Karate Winter Break Clinic ...............59
Karate/Jujitsu .................................54
Karate/Jujitsu Adult .........................54
Kelley’s Complete Fitness Workout ... 48
Kids Sew and Tell .........................35
Learn Now Music: HeroeZ of Guitar ....56
Learn Now Music: KeyZ to Piano ......58
Learn Now Music: My First Music Class 58
Men’s Basketball League .................64
Pickleball Class Skills & Drills ..........67
Pickleball Ladder League .................68
Pickleball League Advance Beginner ....68
Pilates for Fitness .........................45
Recreational Soccer .......................69
Soccer Petite ..................................69
Soccer Petite Parent and Child .........36
Tai Chi - Beginning .........................50
Tai Chi - Continuing .......................50
TGIF-Family Nights .........................74
TGIF - Totally Great Inclusive Fun - First Fridays ..................75
Tone It Up Boot Camp .....................48
TR BIG Game Nights .......................74
Women’s Drop-In Basketball ..........64
Yoga Basics ..................................52
Yoga Fundamentals .......................52
Zumba Fitness ..............................49

Bauer Drive Local Park
Train Like a Pro Soccer .....................69

Bethesda Elementary School
Ballroom I (Couples) .........................40
Ballroom II (Couples) ......................40
Karate/Jujitsu .................................54
Karate/Jujitsu Adult .........................54

Beverly Farms Elementary School
Traditional Karate - Adult ...............56
Traditional Karate - Kids ..................56

Black Hill Visitor Center
Walk This Way ................................73

Cabin John Middle School
Train Like a Pro Basketball ..............64

Cabin John Regional Park
Co-Rec Softball League .....................63
Hummingbirds Soccer .....................68
Men’s Softball League .....................62
Recreational Soccer .......................69

Clara Barton Neighborhood Rec Center
55+ FREE Bone Builders ..................82
Breakfast for Dinner ......................38
Definition Body Sculpting ...............45
Karate/Jujitsu ................................54
Mini Doodlers: Tell Me a Story ..........35

84
<table>
<thead>
<tr>
<th>Program Locations</th>
</tr>
</thead>
</table>

**Clarksburg Elementary School**
- BasketBALLER Clinic 63

**Clemente, Roberto Middle School**
- Fencing - Beginner I 65
- Fencing - Beginner II 65

**Commotion Fitness Studio**
- Acro Dance 41
- Contemporary Dance I 39
- Hip Hop Dance 41
- Poms 41
- Theatre Dance & Tap 43

**Damascus Community Recreation Center**
- 55+ FREE Bone Builders 82
- Cardio ‘n Core 73
- Drawing with Young Rembrandts 34
- Damascus Futsal 68
- Introductory Volleyball 71
- Jacki Sorensen’s Aerobic Workout 44
- Karate/Jujitsu 54
- Karate/Jujitsu Adult 54
- Stretch ‘n Tone 73

**Dobré Gymnastics**
- Gymnastics I 66
- Gymnastics II 66

**DuFief Elementary School**
- Karate/Jujitsu 54
- Karate/Jujitsu Adult 54

**East County Community Recreation Center**
- Lyrical Interpretive Dance 43
- Pickleball Class Skills & Drills 67
- Pickleball Day Ladder League 68
- Turn the Beat Around 73
- Yoga Basics 52

**Eastern Middle School**
- Classic Vovinam Martial Arts 56
- Classic Vovinam Martial Arts - Advanced 56

**Flower Valley Elementary School**
- Hoop Stars 63
- Little Hoop Stars 63

**Frost, Robert Middle School**
- Fencing - Beginner I / II 65

**Germantown Community Recreation Center**
- 55+ FREE Bone Builders 82
- Ballet 39
- Category 4 Fitness Boot Camp 47
- Coach Doug Pre Wee Wanna Be 67
- Coach Doug Seasonal Sports 67
- Coach Doug Soccer 68
- Coach Doug Wee Wanna Be 67
- Community Basic First Aid and CPR-AED 48
- Dance Fit Zumba 49
- Draw and Clay - Dinosaurs and Dragons 34
- Drawing with Young Rembrandts 34
- Flag Football Clinic 66
- Heart & Sole 50
- Hip Hop for Kids 41
- Hippo Hoppo 42
- Hummingbirds Soccer 68
- Karate/Jujitsu 54
- Karate/Jujitsu Adult 54
- Kidz Dance 40
- Learning Art from the Masters 34
- Little Royals Ballet 40
- Mindfulness of the Body 49
- Moving with Mike 73
- Recreational Soccer 69
- Round Loom Knitting 37

**Dansez! Dansez! Dansez! Dance Studio**
- PRE Ballet 40
- PRE Hip-Hop 42
**Program Locations**

<table>
<thead>
<tr>
<th>Program</th>
<th>Location</th>
<th>Start</th>
<th>End</th>
</tr>
</thead>
<tbody>
<tr>
<td>Germantown Indoor Swim Center</td>
<td>Adult Level 1</td>
<td>30</td>
<td>30</td>
</tr>
<tr>
<td>Germantown Indoor Swim Center</td>
<td>Adult Level 2</td>
<td>31</td>
<td>31</td>
</tr>
<tr>
<td>Germantown Indoor Swim Center</td>
<td>Adult Level 3</td>
<td>31</td>
<td>31</td>
</tr>
<tr>
<td>Germantown Indoor Swim Center</td>
<td>Adult Level 4</td>
<td>31</td>
<td>31</td>
</tr>
<tr>
<td>Germantown Indoor Swim Center</td>
<td>Aquatots</td>
<td>22</td>
<td>22</td>
</tr>
<tr>
<td>Germantown Indoor Swim Center</td>
<td>Beginner 1</td>
<td>24</td>
<td>24</td>
</tr>
<tr>
<td>Germantown Indoor Swim Center</td>
<td>Beginner 2</td>
<td>25</td>
<td>25</td>
</tr>
<tr>
<td>Germantown Indoor Swim Center</td>
<td>Beginner 3</td>
<td>26</td>
<td>26</td>
</tr>
<tr>
<td>Germantown Indoor Swim Center</td>
<td>Beginner 4</td>
<td>27</td>
<td>27</td>
</tr>
<tr>
<td>Germantown Indoor Swim Center</td>
<td>Damascus Futsal</td>
<td>68</td>
<td>68</td>
</tr>
<tr>
<td>Germantown Indoor Swim Center</td>
<td>Deep Water Running</td>
<td>12</td>
<td>12</td>
</tr>
<tr>
<td>Germantown Indoor Swim Center</td>
<td>Diving National Team - 3 Days</td>
<td>14</td>
<td>14</td>
</tr>
<tr>
<td>Germantown Indoor Swim Center</td>
<td>Diving National Team - 4 Days</td>
<td>14</td>
<td>14</td>
</tr>
<tr>
<td>Germantown Indoor Swim Center</td>
<td>Diving National Team - 5 Days</td>
<td>14</td>
<td>14</td>
</tr>
<tr>
<td>Germantown Indoor Swim Center</td>
<td>High School Diving</td>
<td>13</td>
<td>13</td>
</tr>
<tr>
<td>Germantown Indoor Swim Center</td>
<td>Level 1: Human Springs</td>
<td>13</td>
<td>13</td>
</tr>
<tr>
<td>Germantown Indoor Swim Center</td>
<td>Lifeguard Training</td>
<td>17</td>
<td>17</td>
</tr>
<tr>
<td>Germantown Indoor Swim Center</td>
<td>Lifeguard Training - Review</td>
<td>18</td>
<td>18</td>
</tr>
<tr>
<td>Germantown Indoor Swim Center</td>
<td>Masters Div</td>
<td>14</td>
<td>14</td>
</tr>
<tr>
<td>Germantown Indoor Swim Center</td>
<td>Masters Swimming - 2 Days/Week</td>
<td>15</td>
<td>15</td>
</tr>
<tr>
<td>Germantown Indoor Swim Center</td>
<td>Masters Swimming - 4 Days/Week</td>
<td>15</td>
<td>15</td>
</tr>
<tr>
<td>Germantown Indoor Swim Center</td>
<td>National Development Program</td>
<td>14</td>
<td>14</td>
</tr>
<tr>
<td>Germantown Indoor Swim Center</td>
<td>Pre-School</td>
<td>23</td>
<td>23</td>
</tr>
<tr>
<td>Germantown Indoor Swim Center</td>
<td>SCUBA</td>
<td>16</td>
<td>16</td>
</tr>
<tr>
<td>Germantown Indoor Swim Center</td>
<td>Stroke and Turn Clinic</td>
<td>16</td>
<td>16</td>
</tr>
<tr>
<td>Germantown Indoor Swim Center</td>
<td>SwiMontgomery</td>
<td>15</td>
<td>15</td>
</tr>
<tr>
<td>Germantown Indoor Swim Center</td>
<td>TR Adult Social Swim</td>
<td>75</td>
<td>75</td>
</tr>
<tr>
<td>Germantown Indoor Swim Center</td>
<td>Water Aerobics</td>
<td>12</td>
<td>12</td>
</tr>
<tr>
<td>Germantown Indoor Swim Center</td>
<td>Water Exercise</td>
<td>12</td>
<td>12</td>
</tr>
<tr>
<td>Germantown Indoor Swim Center</td>
<td>Water Exercise - Adaptive</td>
<td>32</td>
<td>32</td>
</tr>
<tr>
<td>Germantown Indoor Swim Center</td>
<td>Waterbabies</td>
<td>22</td>
<td>22</td>
</tr>
<tr>
<td>Germantown Indoor Swim Center</td>
<td>Youth Level 1</td>
<td>27</td>
<td>27</td>
</tr>
<tr>
<td>Germantown Indoor Swim Center</td>
<td>Youth Level 2</td>
<td>28</td>
<td>28</td>
</tr>
<tr>
<td>Germantown Indoor Swim Center</td>
<td>Youth Level 3</td>
<td>28</td>
<td>28</td>
</tr>
<tr>
<td>Germantown Indoor Swim Center</td>
<td>Youth Level 4</td>
<td>29</td>
<td>29</td>
</tr>
<tr>
<td>Germantown Indoor Swim Center</td>
<td>Youth Level 5</td>
<td>29</td>
<td>29</td>
</tr>
<tr>
<td>Germantown Indoor Swim Center</td>
<td>Youth Level 6</td>
<td>30</td>
<td>30</td>
</tr>
<tr>
<td>Gibbs Jr., William B. Elementary School</td>
<td>Flag Football</td>
<td>65</td>
<td>65</td>
</tr>
<tr>
<td>Gibbs Jr., William B. Elementary School</td>
<td>Karate/Jujitsu</td>
<td>54</td>
<td>54</td>
</tr>
<tr>
<td>Gibbs Jr., William B. Elementary School</td>
<td>Karate/Jujitsu Adult</td>
<td>54</td>
<td>54</td>
</tr>
<tr>
<td>Glenallan Elementary School</td>
<td>Drawing with Young Rembrandts</td>
<td>34</td>
<td>34</td>
</tr>
<tr>
<td>Glenmont Local Park</td>
<td>Kelley’s Complete Fitness Workout</td>
<td>48</td>
<td>48</td>
</tr>
<tr>
<td>Good Hope Neighborhood Recreation Center</td>
<td>Beginner Ukulele with Maureen</td>
<td>58</td>
<td>58</td>
</tr>
<tr>
<td>Good Hope Neighborhood Recreation Center</td>
<td>Girls on the Run</td>
<td>50</td>
<td>50</td>
</tr>
<tr>
<td>Good Hope Neighborhood Recreation Center</td>
<td>Glow Zumba</td>
<td>49</td>
<td>49</td>
</tr>
<tr>
<td>Good Hope Neighborhood Recreation Center</td>
<td>Hippo Hoppo</td>
<td>42</td>
<td>42</td>
</tr>
<tr>
<td>Good Hope Neighborhood Recreation Center</td>
<td>Movin’ with Millie’ Aerobics</td>
<td>44</td>
<td>44</td>
</tr>
<tr>
<td>Good Hope Neighborhood Recreation Center</td>
<td>Steel Pan with Josanne</td>
<td>56</td>
<td>56</td>
</tr>
<tr>
<td>Good Hope Neighborhood Recreation Center</td>
<td>Urban Line Dance</td>
<td>42</td>
<td>42</td>
</tr>
<tr>
<td>Gwendolyn Coffield Community Rec Center</td>
<td>55+ FREE Bone Builders</td>
<td>82</td>
<td>82</td>
</tr>
<tr>
<td>Gwendolyn Coffield Community Rec Center</td>
<td>Ballet</td>
<td>39</td>
<td>39</td>
</tr>
<tr>
<td>Gwendolyn Coffield Community Rec Center</td>
<td>Ballroom III (Couples)</td>
<td>40</td>
<td>40</td>
</tr>
<tr>
<td>Gwendolyn Coffield Community Rec Center</td>
<td>Kidz Dance</td>
<td>40</td>
<td>40</td>
</tr>
<tr>
<td>Gwendolyn Coffield Community Rec Center</td>
<td>Twoosy Doodle</td>
<td>35</td>
<td>35</td>
</tr>
<tr>
<td>Holiday Park Senior Center</td>
<td>ACT The Workout-Fitness</td>
<td>47</td>
<td>47</td>
</tr>
<tr>
<td>Holiday Park Senior Center</td>
<td>Adult Group Piano I</td>
<td>57</td>
<td>57</td>
</tr>
<tr>
<td>Holiday Park Senior Center</td>
<td>Adult Group Piano II</td>
<td>57</td>
<td>57</td>
</tr>
<tr>
<td>Holiday Park Senior Center</td>
<td>Adult Group Piano III</td>
<td>57</td>
<td>57</td>
</tr>
<tr>
<td>Holiday Park Senior Center</td>
<td>Adult Group Piano IV</td>
<td>57</td>
<td>57</td>
</tr>
<tr>
<td>Holiday Park Senior Center</td>
<td>Ballroom I (Couples)</td>
<td>40</td>
<td>40</td>
</tr>
<tr>
<td>Holiday Park Senior Center</td>
<td>Ballroom II (Couples)</td>
<td>40</td>
<td>40</td>
</tr>
<tr>
<td>Holiday Park Senior Center</td>
<td>Ballroom IV (Couples)</td>
<td>40</td>
<td>40</td>
</tr>
<tr>
<td>Holiday Park Senior Center</td>
<td>Dance &amp; Fitness Add a Class</td>
<td>44</td>
<td>44</td>
</tr>
<tr>
<td>Holiday Park Senior Center</td>
<td>It’s a Stitch</td>
<td>35</td>
<td>35</td>
</tr>
<tr>
<td>Holiday Park Senior Center</td>
<td>Jazzmatazz Aerobics W/ Pilates Mat</td>
<td>45</td>
<td>45</td>
</tr>
<tr>
<td>Holiday Park Senior Center</td>
<td>Kaleidoscope Art Workshops</td>
<td>73</td>
<td>73</td>
</tr>
<tr>
<td>Holiday Park Senior Center</td>
<td>Karate for Individuals with Disabilities</td>
<td>73</td>
<td>73</td>
</tr>
<tr>
<td>Holiday Park Senior Center</td>
<td>Karate/Jujitsu Club</td>
<td>54</td>
<td>54</td>
</tr>
<tr>
<td>Holiday Park Senior Center</td>
<td>Karate/Jujitsu Club 2</td>
<td>54</td>
<td>54</td>
</tr>
<tr>
<td>Holiday Park Senior Center</td>
<td>Santa’s Holiday Workshop</td>
<td>75</td>
<td>75</td>
</tr>
<tr>
<td>Holiday Park Senior Center</td>
<td>Saturday Night Social - Fall Fiesta</td>
<td>75</td>
<td>75</td>
</tr>
<tr>
<td>Holiday Park Senior Center</td>
<td>Saturday Night Social - Haunted House Party</td>
<td>75</td>
<td>75</td>
</tr>
<tr>
<td>Holiday Park Senior Center</td>
<td>Saturday Night Social - New Year’s Party</td>
<td>75</td>
<td>75</td>
</tr>
<tr>
<td>Holiday Park Senior Center</td>
<td>TR Cooking</td>
<td>73</td>
<td>73</td>
</tr>
<tr>
<td>Holiday Park Senior Center</td>
<td>TR Programs Expo</td>
<td>75</td>
<td>75</td>
</tr>
<tr>
<td>Holiday Park Senior Center</td>
<td>TR Zumba</td>
<td>73</td>
<td>73</td>
</tr>
<tr>
<td>Holiday Park Senior Center</td>
<td>Turn the Beat Around</td>
<td>73</td>
<td>73</td>
</tr>
<tr>
<td>Holiday Park Senior Center</td>
<td>Urban Line Dance</td>
<td>42</td>
<td>42</td>
</tr>
</tbody>
</table>
## 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

Register online at ActiveMONTGOMERY.org
<table>
<thead>
<tr>
<th>Kings Local Park</th>
<th>65</th>
</tr>
</thead>
<tbody>
<tr>
<td>Flag Football</td>
<td></td>
</tr>
<tr>
<td><strong>Kritt Studio</strong></td>
<td></td>
</tr>
<tr>
<td>Beginning Drawing With Kritt</td>
<td>35</td>
</tr>
<tr>
<td>Beginning Painting With Kritt</td>
<td>35</td>
</tr>
<tr>
<td>Draw in a Day with Kritt Workshop</td>
<td>35</td>
</tr>
<tr>
<td>Drawing Animals with Kritt</td>
<td>36</td>
</tr>
<tr>
<td>Mix the Perfect Color with Kritt</td>
<td>36</td>
</tr>
<tr>
<td>Painting Autumn with Kritt</td>
<td>36</td>
</tr>
<tr>
<td><strong>Layhill Village Local Park</strong></td>
<td></td>
</tr>
<tr>
<td>Rookie League Baseball</td>
<td>63</td>
</tr>
<tr>
<td>T-Birds T-Ball</td>
<td>63</td>
</tr>
<tr>
<td><strong>Laytonia Recreational Park</strong></td>
<td></td>
</tr>
<tr>
<td>National Flag Football Youth League</td>
<td>66</td>
</tr>
<tr>
<td>Ultimate Frisbee High</td>
<td></td>
</tr>
<tr>
<td>School League</td>
<td>71</td>
</tr>
<tr>
<td><strong>Leonard D. Jackson Ken Gar Center</strong></td>
<td></td>
</tr>
<tr>
<td>Iaido</td>
<td>53</td>
</tr>
<tr>
<td>Judo</td>
<td>54</td>
</tr>
<tr>
<td>Karate Do / Iaido - Beginners</td>
<td>53</td>
</tr>
<tr>
<td>Karate Do / Iaido - Intermediate</td>
<td>53</td>
</tr>
<tr>
<td><strong>Long Branch Community Recreation Center</strong></td>
<td></td>
</tr>
<tr>
<td>Jazzmatazz Pre Ballet</td>
<td>39</td>
</tr>
<tr>
<td>Jazzmatazz Preschool Dance</td>
<td>39</td>
</tr>
<tr>
<td><strong>Longwood Community Recreation Center</strong></td>
<td></td>
</tr>
<tr>
<td>55+ FREE Bone Builders</td>
<td>82</td>
</tr>
<tr>
<td>Adventures in Art</td>
<td>34</td>
</tr>
<tr>
<td>Art Studio</td>
<td>34</td>
</tr>
<tr>
<td>Discovering Music for Toddlers</td>
<td>58</td>
</tr>
<tr>
<td>Gentle Yoga</td>
<td>52</td>
</tr>
<tr>
<td>Introductory Volleyball</td>
<td>71</td>
</tr>
<tr>
<td>Karate/Jujitsu</td>
<td>54</td>
</tr>
<tr>
<td>Kelley’s Complete Fitness Workout</td>
<td>48</td>
</tr>
<tr>
<td>Learn Now Music: The Violinist Within</td>
<td>59</td>
</tr>
<tr>
<td>Yoga for Life</td>
<td>52</td>
</tr>
<tr>
<td><strong>Marilyn J. Praisner Community Rec Center</strong></td>
<td></td>
</tr>
<tr>
<td>55+ FREE Bone Builders</td>
<td>82</td>
</tr>
<tr>
<td>ACT The Workout-Fitness</td>
<td>47</td>
</tr>
<tr>
<td>Boot Camp</td>
<td>46</td>
</tr>
<tr>
<td>Dance Fit Zumba</td>
<td>49</td>
</tr>
<tr>
<td>Fitness 101</td>
<td>48</td>
</tr>
<tr>
<td>Karate/Jujitsu</td>
<td>54</td>
</tr>
<tr>
<td>Karate/Jujitsu Adult</td>
<td>54</td>
</tr>
<tr>
<td>Tots Movement</td>
<td>46</td>
</tr>
<tr>
<td>Yoga Basics</td>
<td>52</td>
</tr>
<tr>
<td><strong>Martin Luther King Jr. Swim Center</strong></td>
<td></td>
</tr>
<tr>
<td>AAU National team</td>
<td>13</td>
</tr>
<tr>
<td>Abs &amp; Glutes &amp; More</td>
<td>11</td>
</tr>
<tr>
<td>Adult Level 1</td>
<td>30</td>
</tr>
<tr>
<td>Adult Level 2</td>
<td>31</td>
</tr>
<tr>
<td>Adult Level 3</td>
<td>31</td>
</tr>
<tr>
<td>Adult Level 4</td>
<td>31</td>
</tr>
<tr>
<td>Aqua Cardio Challenge</td>
<td>11</td>
</tr>
<tr>
<td>Aqua Cardio Dance</td>
<td>11</td>
</tr>
<tr>
<td>Aqua Spin</td>
<td>11</td>
</tr>
<tr>
<td>Aqua YO-Lates</td>
<td>12</td>
</tr>
<tr>
<td>Aquatots</td>
<td>22</td>
</tr>
<tr>
<td>Beginner 1</td>
<td>24</td>
</tr>
<tr>
<td>Beginner 2</td>
<td>25</td>
</tr>
<tr>
<td>Beginner 3</td>
<td>26</td>
</tr>
<tr>
<td><strong>Maryland Table Tennis Center</strong></td>
<td></td>
</tr>
<tr>
<td>Table Tennis/Ping Pong</td>
<td>70</td>
</tr>
<tr>
<td><strong>Mid County Community Rec Center Field</strong></td>
<td></td>
</tr>
<tr>
<td>Introductory Lacrosse</td>
<td>66</td>
</tr>
</tbody>
</table>
### Program Locations

<table>
<thead>
<tr>
<th>Mid County Community Recreation Center</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>55+ FREE Bone Builders .................. 82</td>
<td></td>
</tr>
<tr>
<td>Afro Latin Grooves Dance .................. 42</td>
<td></td>
</tr>
<tr>
<td>Boot Camp .................................. 46</td>
<td></td>
</tr>
<tr>
<td>Breakfast for Dinner-Crepes.............. 38</td>
<td></td>
</tr>
<tr>
<td>Dance &amp; Fitness .......................... 44</td>
<td></td>
</tr>
<tr>
<td>Fitness 101 .................................. 48</td>
<td></td>
</tr>
<tr>
<td>Itsy Bitsy Yoga ............................ 51</td>
<td></td>
</tr>
<tr>
<td>Karate/Jujitsu ................................ 54</td>
<td></td>
</tr>
<tr>
<td>Karate/Jujitsu Adult ....................... 54</td>
<td></td>
</tr>
<tr>
<td>Learn Now Music: KeyZ to Piano ......... 58</td>
<td></td>
</tr>
<tr>
<td>Mama Goose on the Loose .................. 61</td>
<td></td>
</tr>
<tr>
<td>Mini Musicians, Movers &amp; Shakers ........ 58</td>
<td></td>
</tr>
<tr>
<td>Music Together ................................ 58</td>
<td></td>
</tr>
<tr>
<td>Step Dance for Kids ....................... 42</td>
<td></td>
</tr>
<tr>
<td>Tots Movement ................................ 46</td>
<td></td>
</tr>
<tr>
<td>Twoosy Doodlers: My First Art Class .... 35</td>
<td></td>
</tr>
<tr>
<td>Yoga Basics .................................. 52</td>
<td></td>
</tr>
<tr>
<td>Yoga/Stretching for Your Relaxation ..... 53</td>
<td></td>
</tr>
<tr>
<td>Zumba Fitness ................................ 49</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Nancy H. Dacek North Potomac Community Rec Center</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>55+ FREE Bone Builders .................. 82</td>
<td></td>
</tr>
<tr>
<td>Ballet ........................................ 39</td>
<td></td>
</tr>
<tr>
<td>Body Sculpt ................................... 45</td>
<td></td>
</tr>
<tr>
<td>Bollywood Bhangra Dance Fitness ........ 42</td>
<td></td>
</tr>
<tr>
<td>Breakfast for Dinner-Pumpkin Pancakes .......... 38</td>
<td></td>
</tr>
<tr>
<td>Breakfast for Dinner-Turnovers ............ 38</td>
<td></td>
</tr>
<tr>
<td>Dance Fit Zumba ............................ 49</td>
<td></td>
</tr>
<tr>
<td>Fairy Tale Ballet ........................... 39</td>
<td></td>
</tr>
<tr>
<td>Fitness 101 .................................. 48</td>
<td></td>
</tr>
<tr>
<td>Flavors of Greece ........................... 38</td>
<td></td>
</tr>
<tr>
<td>Gentle Therapeutic Yoga .................... 52</td>
<td></td>
</tr>
<tr>
<td>Handcrafted Pottery ......................... 37</td>
<td></td>
</tr>
<tr>
<td>Handcrafted Pottery Open Studio .......... 37</td>
<td></td>
</tr>
<tr>
<td>Hippo Hoppo .................................. 42</td>
<td></td>
</tr>
<tr>
<td>Indian Instant Pot ........................... 38</td>
<td></td>
</tr>
</tbody>
</table>

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
Pickelball 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 |  |

#### 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 ....................... 12 |  |
| 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 |  |

#### Parkland Middle School

| Fencing - Beginner I ....................... 65 |  |
| Fencing - Beginner II ....................... 65 |  |
| Fencing - Intermediate ..................... 65 |  |

Register online at ActiveMONTGOMERY.org
Plum Gar Community Recreation Center

55+ FREE Bone Builders ........................................ 82
Classic Vovinam Martial Arts ................................ 56
Club Adventure - Plum Gar .................................... 65
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 .......................................... 46
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
Pickelball Class Beginners ................................... 67
Pilates for Fitness ................................................. 45
Playwriting: Write Together ................................ 36
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

Ride, Dr. Sally K. Elementary School

Flag Football ...................................................... 65

Ridge Road Regional Park

Co-Rec Softball League ........................................ 63

Rock View 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

Resnik, Judith A. Elementary School

Karate/Jujitsu ..................................................... 54

Restore Motion

Building Strength & Healthy Prostate 51
Pelvic Floor-Keeping it Healthy ............................. 51

Train Like a Pro Basketball ................................. 64
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 + Pilates 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 Mid...
**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, Rockville, 20853
- 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 Pylers 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

**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! Danse! Dance Studio ....................... 5050-D Nicholson Ln., Bethesda, 20852
- Dobre Gymnastics ....................................... 9168 Gather Rd, Gaithersburg, 20877
- Kicks Karate - Bethesda ......................... 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 Triville 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 Ct, 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 Dr, Damascus, 20872
- East County CRC ....................................... 3310 Gateshead Manor Way, Silver Spring, 20904
- Germantown North ...................................... 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 Pylers Mill Rd., Kensington, 20895
- Long Branch CRC ......................................... 8700 Piney Branch Rd., Silver Spring, 20901
- Longwood CRC ............................................ 19300 Georgia Ave., Brookeville, 20833
- Marilyn J. Praiser NRC ................................ 14906 Old Columbia Pkwy, 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, 20850
- 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