Registration NOW UNDERWAY
Register at ActiveMONTGOMERY.org

AGES 3–12.
FULL DAY & HALF DAY OPTIONS.
WHEATON SENIOR CENTER

NOW OPEN

FOR MORE INFORMATION VISIT
WWW.MOCOREC.COM/55

Wheaton Senior Center
11701 Georgia Avenue, Wheaton
240-773-4830 | Hablamos Español
Welcome to the spring issue of the Montgomery County Guide. Montgomery County is especially beautiful in the springtime, and many of us are excited about getting outdoors more now that the weather is warming up. This is also the time to register for one or more of the exciting Recreation classes and programs offered around the County this spring. From arts to sports to trips and tours, you are sure to find something of interest in this issue. We are excited about the new Wheaton senior center, and hope you get a chance to stop by. If you are looking for a job this summer, Montgomery County Recreation is hiring. Apply today! Registration for summer camps is also underway. Don’t delay because some of our affordable camps fill up quickly. Finally, don’t miss the third annual Sergeant Hector I. Ayala Water Safety Day in June at the Wheaton/Glenmont Pool. I look forward to seeing you out and about in Montgomery County this spring. Stay active and engaged!

Marc Elrich
Montgomery County Executive
MAKE A DIFFERENCE

BECOME A TEENWORKS VOLUNTEER

Are you?

- At least 14 years old and currently enrolled in a Montgomery County High School?
- Interested in volunteering for a diverse set of youth development programs?
- Want to earn student service learning (SSL) hours?

Then we are looking for you!

Volunteers will assist Youth Development staff in providing fun and safe programming to all participants. For more information call Chass Seymour at 240-777-6969 or email chass.seymour@montgomerycountymd.gov.
Join us for free, fun, family-friendly events every month at Good Hope Neighborhood Recreation Center! Admission is free and everyone is welcome. Saturdays March-August!

March 14 at 2pm
Lucas Ashby
**Percussionist & Composer.** Lucas Ashby’s genre-bending compositions are rooted in his musical worldliness. He’s played with masters of Afrofunk, Brazilian jazz, Ghanaian highlife, and more, bringing a plethora of sounds and textures to all his work.

April 11 at 2pm
Cecily
**Vocalist & Songwriter.** Cecily Bumbray’s sweet soprano voice and honest lyrics are rooted in a deep appreciation for mid-century soul and jazz, 90’s R&B, and re-imagined folk music.

May 9 at 2pm
Josanne Francis
**Steelpan Fusion.** Born and raised in the twin-island Republic of Trinidad & Tobago, Francis is an internationally known steelpan performer. Her music blends traditional Calypso music, Jazz, Indian, Funk, Rock, and Classical.

June 13 at 6pm
Nataly Merezhuk
**Jazz Violinist.** Though Nataly Merezhuk’s musicianship is rooted in classical training, she embraced the role of the violin in jazz after being drawn to its improvisational nature.

July 11 at 6pm
Bumper Jacksons
**Roots Jazz + Country Swing.** Bumper Jacksons are hot and sweet, painting America’s story from the streets of New Orleans to Appalachian hollers. Unafraid to scrap together new sounds, Bumper Jacksons balance traditions while fashioning their own unique style.

August 8 at 6pm
Dante Pope
**Soul Vocalist.** Dante’ Pope uses various aspects of gospel and swing to create his signature multi-genre, soulful sound. He attended the Merit school of Music and studied under distinguished musicians such as Yo Yo Ma, Evelyn Glennie and Robin Eubanks.

Learn more and RSVP at strathmore.org/bloom
**Aquatics**

Live a Little ... Swim a Lot!

---

**INDOOR POOLS**

All facilities closed on Sunday, April 12, 2020.

**Martin Luther King, Jr Swim Center (MLK)**
240-777-8060
1201 Jackson Road
Silver Spring, MD 20904
Closed:
Feb. 22-23, 2020

**Eunice Kennedy Shriver & Sargent Shriver Aquatic Center (KSAC)**
240-777-8070
5900 Executive Boulevard
N. Bethesda, MD 20852
Closed:
May 1-3, 2020

**Olney Indoor Swim Center (OSC)**
240-777-4995
16605 Georgia Avenue
Olney, MD 20832
Closed:
Mar. 7-8, 2020

**Germantown Indoor Swim Center (GISC)**
240-777-6830
18000 Central Park Circle
Boyds, MD 20841
Closed:
Feb. 7-8, 2020
Feb. 13-16, 2020
Mar. 20-22, 2020

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**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.

**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.
WATER FITNESS CLASSES

No Classes April 6-12, 2020

Water exercise, deep water running, and water aerobics classes are offered at each indoor pool.

- 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 15 minutes prior to class.
- Physician release form is required for pregnant participants.
- 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.

Water Fitness

Abs & Glutes & More
Ages 12 & Up: Shallow water aerobics class with high energy and packed with power that will sculpt your abs, glutes, and more.

10 Sessions $65
Instructor: H2O Fitness
77424 MLK 3/23 M 10-10:50 a.m.

11 Sessions $72
Instructor: H2O Fitness
77427 KSAC 3/24 Tu 9-9:50 a.m.
77425 MLK 3/25 W 10-10:50 a.m.
77426 MLK 3/26 Th 8:30-9:20 p.m.
77428 KSAC 3/26 Th 9-9:50 a.m.

Aqua Cardio Challenge
Ages 12 & Up: This class offers a vigorous shallow water workout giving you the cardio challenge you want. It is a power-packed class where you will build muscle, endurance and stamina.

10 Sessions $65
Instructor: H2O Fitness
77430 MLK 3/22 Su 5-5:50 p.m.

11 Sessions $72
Instructor: H2O Fitness
77429 MLK 3/24 Tu 8:30-9:20 p.m.

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

8 Sessions $52
Instructor: Wellness Network
77433 MLK 3/26 Th 9:30-10:20 a.m.

11 Sessions $72
Instructor: H2O Fitness
77432 MLK 3/24 Tu 9:30-10:20 a.m.
77433 MLK 3/26 Th 9:30-10:20 a.m.
77431 KSAC 3/27 F 10-10:50 a.m.

Aqua Lite
Ages 12 & Up: This class is low intensity and low impact, and 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 in the upper and lower body.

10 Sessions $65
Instructor: Wellness Network
77435 OSC 3/23 M 10-10:50 a.m.
77438 KSAC 3/23 M 11-11:50 a.m.

11 Sessions $72
Instructor: Wellness Network
77436 OSC 3/25 W 10-10:50 a.m.
77439 KSAC 3/25 W 11-11:50 a.m.
77437 OSC 3/27 F 10-10:50 a.m.
Aqua Spin
Ages 12 & Up: Patrons 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 mandatory.

10 Sessions $90
Instructor: H2O Fitness
77443 MLK 3/21 Sa 7-7:50 p.m.

11 Sessions $99
Instructor: H2O Fitness
77441 MLK 3/24 Tu 10:30-11:20 a.m.
77444 MLK 3/25 W 7:30-8:20 a.m.
77448 KSAC 3/25 W 8:30-9:20 p.m.
77449 KSAC 3/25 W 12:30-1:20 p.m.
77440 MLK 3/26 Th 10:30-11:20 a.m.
77450 KSAC 3/26 Th 1-1:50 p.m.
77447 MLK 3/27 F 6:30-7:20 a.m.
77445 MLK 3/27 F 9:00-9:50 a.m.
77442 MLK 3/27 F 7:30-8:20 p.m.
77452 KSAC 3/27 F 8-8:50 p.m.

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

11 Sessions $72
Instructor: H2O Fitness
77453 MLK 3/27 F 10-10:50 a.m.
### Water Fitness

#### 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. A deep water belt is required and may be available for purchase at the indoor pool.

<table>
<thead>
<tr>
<th>Sessions</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td>9 Sessions</td>
<td>$59</td>
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<tr>
<td>10 Sessions</td>
<td>$65</td>
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<tr>
<td>11 Sessions</td>
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<table>
<thead>
<tr>
<th>Instructor</th>
<th>77481 GISC</th>
<th>3/28</th>
<th>Sa</th>
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<tbody>
<tr>
<td>H2O Fitness</td>
<td>77457 MLK</td>
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<td>M</td>
<td>1-1:50 p.m.</td>
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<td>MLK</td>
<td>77469 OSC</td>
<td>3/23</td>
<td>M</td>
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<td>77470 GISC</td>
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<tr>
<td>MLK</td>
<td>77471 OSC</td>
<td>3/23</td>
<td>M</td>
<td>7:50-8:40 p.m.</td>
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<tr>
<td>Wellness Network</td>
<td>77482 OSC</td>
<td>3/28</td>
<td>Sa</td>
<td>9:50 a.m.</td>
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</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Sessions</th>
<th>Price</th>
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<tbody>
<tr>
<td>10 Sessions</td>
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<tr>
<td>11 Sessions</td>
<td>$72</td>
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<table>
<thead>
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<th>Instructor</th>
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<th>3/23</th>
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<td>Wellness Network</td>
<td>77544 OSC</td>
<td>3/24</td>
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<td>MLK</td>
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<td>77539 OSC</td>
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<td>77542 K SAC</td>
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<td>77545 OSC</td>
<td>3/26</td>
<td>Th</td>
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<td>77546 OSC</td>
<td>3/26</td>
<td>Th</td>
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<td>GISC</td>
<td>77540 GISC</td>
<td>3/26</td>
<td>Th</td>
<td>7:50-8:40 p.m.</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Sessions</th>
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<tbody>
<tr>
<td>10 Sessions</td>
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<tr>
<td>11 Sessions</td>
<td>$72</td>
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<table>
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<tr>
<td>H2O Fitness</td>
<td>77549 K SAC</td>
<td>3/23</td>
<td>M</td>
<td>8:30-9:20 p.m.</td>
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<tr>
<td>Wellness Network</td>
<td>77553 OSC</td>
<td>3/23</td>
<td>M</td>
<td>9-9:50 a.m.</td>
</tr>
</tbody>
</table>

#### Hi/Lo Cardio Fusion
Ages 12 & Up: A unique class that gives you a cardio workout with a blend of yoga and pilates exercises infused into the workout.

<table>
<thead>
<tr>
<th>Sessions</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>11 Sessions</td>
<td>$72</td>
</tr>
</tbody>
</table>

| Instructor | 77491 K SAC | 3/27 | F | 11:30 a.m.-12:20 p.m. |

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Aquatics 240.777.6860
Diving

**AAU National Team**
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. Our goal will be to qualify for the AAU National Championships each summer. All participants must pay a $300 team fee each year and sign up for the email newsletter at www.montgomerycountydiveclub.org.

**$675**
Instructor: Built By Beavers
77423  KSAC  3/9  Su-Tu, F-Sa  7-2 p.m.

**Diving 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, a quarterly club fee and sign up for the email newsletter at www.montgomerydiveclub.org.

**3 Days Per Week  $425**
Instructor: Built By Beavers
77486  GISC  3/9  Su-F  3:30-8:30 p.m.
77485  KSAC  3/9  Su-F  3:30-8:30 p.m.

**4 Days Per Week  $525**
Instructor: Built By Beavers
77487  GISC  3/9  Su-F  3:30-8:30 p.m.
77488  KSAC  3/9  Su-F  3:30-8:30 p.m.

**5 Days Per Week  $625**
Instructor: Built By Beavers
77490  GISC  3/9  Su-F  3:30-8:30 p.m.
77489  KSAC  3/9  Su-F  3:30-8:30 p.m.

**High School Diving**
Ages 13-17: 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 a 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.

**$275**
Instructor: Built By Beavers.
77495  GISC  3/9  M  8:30-10 p.m.
77494  GISC  3/11  W  8:30-10 p.m.
77493  KSAC  3/12  Th  8-9:30 p.m.
77492  KSAC  3/9  M  8-9:30 p.m.

**Level 1: Human Springs**
Ages 5-11: This 45-minute class is designed for absolute beginners or participants who might like a shorter class format. Participants must be comfortable swimming in deep water and be able to dive in head-first. All springs participants must pay a $15 team fee per quarter and sign up for the email newsletter at www.montgomerydiveclub.org.

**$145**
Instructor: Built By Beavers.
77504  GISC  3/9  M  4:30-5:15 p.m.
77505  GISC  3/11  W  4:30-5:15 p.m.
77501  GISC  3/12  Th  4:30-5:15 p.m.
77499  KSAC  3/9  M  4:15-5 p.m.
77497  KSAC  3/9  M  5-5:45 p.m.
77496  KSAC  3/10  Tu  4:30-5:15 p.m.
77503  KSAC  3/11  W  4:30-5:15 p.m.
77498  KSAC  3/11  Th  5-5:45 p.m.
77500  KSAC  3/12  F  4:15-5 p.m.
77502  OSC  3/11  W  5-5:45 p.m.

**Level 2: Human Springs**
Ages 8-18: These 90-minute classes are great for participants with some experience in summer diving, trampoline, gymnastics or dance. This class is appropriate for participants who cannot yet perform an inward dive or a 1½. All participants must pay a $15 team fee per quarter and sign up for the email newsletter at www.montgomerydiveclub.org.

**$275**
Instructor: Built By Beavers.
77510  GISC  3/12  Th  5:15-6:45 p.m.
77509  GISC  3/10  Tu  5-6:30 p.m.
77508  KSAC  3/12  Th  4:30-6 p.m.
77511  KSAC  3/10  Tu  5-6:30 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.
Level 2/3: Human Springs
Ages 8-17: This is a combined level 2 and 3 class. These 90-minute classes are for participants with some experience in summer diving, trampoline, gymnastics or dance. Divers will be offered the opportunity to learn skills on the one-meter and three-meter springboards as well as poolside. Divers must be comfortable jumping off the one-meter springboard and swimming in deep water. Participants must pay a $15 team fee each quarter and sign up for the email newsletter at www.montgomerydiveclub.org.

$275
Instructor: Built By Beavers
77512 GISC 3/9 M 5:15-6:45 p.m.
77514 GISC 3/11 W 5:15-6:45 p.m.
77515 GISC 3/13 F 5:15-6:45 p.m.
77506 KSAC 3/15 S 8:30-10 a.m.
77513 KSAC 3/13 F 5-6:30 p.m.
77507 OSC 3/11 W 5:45-7:15 p.m.

Level 3: Human Springs
Ages 8-17: These 90-minute classes are for participants with past diving experience from summer diving or Level 2. This class is appropriate for participants who can already perform an inward dive and a front one and a half. Participants must pay a $15 fee per quarter and sign up for the email newsletter at www.montgomerydiveclub.org.

$275
Instructor: Built By Beavers
77516 KSAC 3/9 M 6:30-8 p.m.
77517 KSAC 3/11 W 6:30-8 p.m.
77519 KSAC 3/10 Tu 6:30-8 p.m.
77518 KSAC 3/12 Th 6-7:30 p.m.
77520 KSAC 3/13 F 6:30-8 p.m.

Masters Diving
Ages 19 & up: This program is for adults who want to try diving or former competitive divers who aren’t quite ready to hang up the speedo. All participants must pay a $15 team fee and sign up for the email newsletter at www.montgomerydiveclub.org.

$275
Instructor: Built By Beavers
77522 KSAC 3/12 Th 8-9:30 p.m.
77521 KSAC 3/9 M 8-9:30 p.m.

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. Participants will spend half of their practice time on trampolines, tumbling mats and dry diving boards 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. Participants must be comfortable swimming in deep water. Additional diving experience is not needed. The fee for the classes is in two parts. In addition to the registration fee, participants will pay an additional $180 fee to Montgomery Dive Club for a total of $360.

$180
Instructor: Built By Beavers
77536 KSAC 3/9 M Noon-2 p.m
77537 KSAC 3/11 W 10 a.m.-Noon
77538 KSAC 3/13 F Noon-2 p.m.
Montgomery County Recreation

Masters

Masters Swimming

Ages 18 & Up: Competitive swimming adults get a structured workout with a professional coach. Those who wish to compete can do so at local or national competitions. 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. Current membership in US Masters Swimming is required to participate in this activity.

<table>
<thead>
<tr>
<th>Plan</th>
<th>Cost</th>
<th>Dates</th>
<th>Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Day per Week</td>
<td>$120</td>
<td>12/29</td>
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<tr>
<td>2 Days per Week</td>
<td>$180</td>
<td>12/29</td>
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</tr>
<tr>
<td>3 Days per Week</td>
<td>$220</td>
<td>12/29</td>
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</tr>
<tr>
<td>4 Days per Week</td>
<td>$260</td>
<td>12/29</td>
<td></td>
</tr>
<tr>
<td>5 Days per Week</td>
<td>$300</td>
<td>12/29</td>
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</tbody>
</table>

Developmental

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.

<table>
<thead>
<tr>
<th>Plan</th>
<th>Cost</th>
<th>Dates</th>
<th>Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>24 Sessions</td>
<td>$425</td>
<td>10/6-5/17</td>
<td>Su 5:30 p.m.-6:20 p.m.</td>
</tr>
<tr>
<td>24 Sessions</td>
<td>$425</td>
<td>10/6-5/17</td>
<td>Su 6:20 p.m.-7:10 p.m.</td>
</tr>
<tr>
<td>24 Sessions</td>
<td>$425</td>
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<td>$425</td>
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<td>Su 7:10 p.m.-8 p.m.</td>
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Fall/Winter/Spring Master's Swimming Schedule

<table>
<thead>
<tr>
<th>Facility</th>
<th>Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>GISC</td>
<td>Su: 8-10 a.m.</td>
</tr>
<tr>
<td>KSAC</td>
<td>Tu: 8:30-10 p.m.</td>
</tr>
<tr>
<td>MLK</td>
<td>Tu: 8:30-10 p.m.</td>
</tr>
<tr>
<td>OSC</td>
<td>Th: 8:30-10 p.m.</td>
</tr>
<tr>
<td>OSC</td>
<td>F: 7:45-9 p.m.</td>
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www.rmscswimming.com

INDIVIDUAL PROGRESS  NATIONALLY RECOGNIZED
TEAM UNITY  5 PRACTICE SITES
Rockville, Silver Spring, Bethesda, Olney, and Germantown
**SwiMontgomery**

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

**18 Sessions**

$295

Instructor: Montgomery Stroke And Turn Clinic

- 78156 MLK: 3/2 M,W 7:30-8:15 p.m.
- 78157 OSC: 3/2 M,W 7:15-8 p.m.
- 78158 GISC: 3/17 Tu,Th 7:45-8:30 p.m.
- 78159 KSAC: 3/17 Tu,Th 7:45-8:30 p.m.

**Kayak Rolling**

Ages 8 & Up: Practice kayak rolling and other skills in the pool. Must be able to wet exit a kayak and provide own kayak and equipment.

**1 Session**

$15

- 78337 OSC: 2/2 Su 5:15-7:15 p.m.
- 77700 GISC: 3/1 Su 9:30-11:30 a.m.

**Kayak Rolling with Instruction**

Ages 8 & Up: For novice kayakers who wish to develop a roll. Participants must supply own equipment and safety gear including kayak, paddle, spray skirt, pfd and helmet. Nose plug advised. Participants will work on wet exits, hip snaps, bow rescues and paddle placement.

**1 Session**

$50

- 78338 OSC: 2/2 Su 5:30-6:30 p.m.
- 78337 GISC: 3/1 Su 10-11 a.m.

**Spring Tuneup**

Ages 5-18: This class 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. Rather, coaches will work on proper stroke mechanics and techniques with swimmers to better prepare them for the upcoming summer season. Swimmers must be able to swim 25 yards/meters without stopping.

**5 Sessions**

$100

Instructor: Montgomery Stroke And Turn Clinic

- 77535 OSC: 4/11 Sa 4-5 p.m.
- 79889 MLK: 4/18 Sa 4-5 p.m.

**Scuba**

**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 participants 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. Participants must bring their personal equipment (mask, snorkel, fins, fin boots and weight belt) beginning with the second class, all required equipment will be described at the first night’s lecture.

**6 Sessions**

$232

Instructor: Joseph M. Lodmell

- 79110 MLK: 5/4 M,W 7-10 p.m.

**8 Sessions**

$265

Instructor: Scott Hagedorn

- 77533 GISC: 4/14 Tu 7-10 p.m.
- 77534 OSC: 4/13 M 7:15-10:15 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
Montgomery County Recreation 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 the number of instructional hours, not the number of sessions. Each pool conducts courses based on the pool schedule. Cost of the course is $135.

### Germantown Indoor Swim Center

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<thead>
<tr>
<th>Session</th>
<th>Date</th>
<th>Begins</th>
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<td>February/March 2020</td>
<td>7:30 a.m.</td>
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<tr>
<td>Session 1</td>
<td>Friday, Mar. 6</td>
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<td>Session 2</td>
<td>Saturday, Mar. 7</td>
<td>9:30 a.m.</td>
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<td>Session 3</td>
<td>Sunday, Mar. 8</td>
<td>9:30 a.m.</td>
<td>4 p.m.</td>
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<td>Session 4</td>
<td>Saturday, Mar. 14</td>
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<td>March 2020</td>
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<td>4 p.m.</td>
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<td>Saturday, Apr. 4</td>
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<td>Sunday, Apr. 5</td>
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<td>Session 4</td>
<td>Wednesday, Apr. 8</td>
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<td>Session 1</td>
<td>Friday, Jun. 12</td>
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<td>Session 2</td>
<td>Saturday, Jun. 13</td>
<td>9:30 a.m.</td>
<td>4 p.m.</td>
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<td>Sunday, Jun. 14</td>
<td>9:30 a.m.</td>
<td>4 p.m.</td>
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<td>Session 4</td>
<td>Monday, Jun. 15</td>
<td>2 p.m.</td>
<td>8:30 p.m.</td>
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<tr>
<td>Session 5</td>
<td>Tuesday, Jun. 16</td>
<td>2 p.m.</td>
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## Aquatics 240.777.6860

**Session 8**
**Session 7**
**Session 6**
**Session 5**
**Session 4**
**Session 2**
**Session 1**
**Pre-course**

**LGT 6: Course 69425**
Pre-Course Wednesday, Jun. 10 6:30 p.m.  9:30 p.m.
Session 1 Saturday, Jun. 13  9 a.m.  5 p.m.
Session 2 Sunday, Jun. 14  9 a.m.  5 p.m.
Session 3 Monday, Jun. 15  9 a.m.  1 p.m.
Session 4 Tuesday, Jun. 16  9 a.m.  5 p.m.
Session 5 Wednesday, Jun. 17  6:30 p.m.  9:30 p.m.
Session 6 Thursday, Jun. 18  9 a.m. Noon

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

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<td>Session 1 Friday, May 1</td>
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<td><strong>LGT 6: Course 70349</strong></td>
<td><strong>July 2020</strong></td>
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<td>Session 8 Saturday, Jul. 18</td>
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### Olney Swim Center

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<td><strong>LGT 4: Course 70682</strong></td>
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### Lifeguard Training–Accelerated

$230
Instructor: Aquatic Training and Consulting Services

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

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LGT 3: Course 69717  
Session 1  Tuesday, May 26  9 a.m.  7 p.m.  
Session 2  Wednesday, May 27  9 a.m.  7 p.m.  
Session 3  Thursday, May 28  9 a.m.  7 p.m.

LGT 4: Course 69718  
Session 1  Tuesday, Jun. 2  9 a.m.  7 p.m.  
Session 2  Wednesday, Jun. 3  9 a.m.  7 p.m.  
Session 3  Thursday, Jun. 4  9 a.m.  7 p.m.

Upper County Outdoor Pool

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<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></td>
<td></td>
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<tr>
<td>Session 1</td>
<td>Tuesday, Jun. 16</td>
<td>9 a.m.</td>
<td>7 p.m.</td>
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<tr>
<td>Session 2</td>
<td>Wednesday, Jun. 17</td>
<td>9 a.m.</td>
<td>7 p.m.</td>
</tr>
<tr>
<td>Session 3</td>
<td>Thursday, Jun. 18</td>
<td>9 a.m.</td>
<td>7 p.m.</td>
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</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

Martin Luther King, Jr. Swim Center

<table>
<thead>
<tr>
<th>Session</th>
<th>Date</th>
<th>Begins</th>
<th>Ends</th>
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<tbody>
<tr>
<td>LGT 2: Course 69724</td>
<td>April 2020</td>
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<td>Session 1</td>
<td>Saturday, Apr. 11</td>
<td>9 a.m.</td>
<td>10 p.m.</td>
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LGT 3: Course 69725  
Session 1  Friday, May 22  9 a.m.  10 p.m.

LGT 4: Course 69726  
Session 1  Saturday, May 23  9 a.m.  10 p.m.

Olney Swim Center

<table>
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<th>Ends</th>
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<tr>
<td>LGT 1: Course 70776</td>
<td>May 2020</td>
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<tr>
<td>Session 1</td>
<td>Saturday, May 9</td>
<td>9 a.m.</td>
<td>10 p.m.</td>
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</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.

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

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.
Swim Lessons

Indoor Swim Lesson
Registration will begin

February 10
at 6:30 a.m.
for residents

February 11 at 6:30 a.m.
for non-residents
Registrations will not be processed before this time.

Please note the following:

Parents: in order to assist us in offering a quality program for your child, we ask that you do 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
Inclement Weather Policy

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

### Parent-Assisted Lessons

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

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

---

### Level 1

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

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

---

### Level 2

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

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

---

### Level 3

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

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

---

### Level 4

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

**Class Objectives:** Students can already swim a coordinated front crawl for 15 yards (across the width of the pool), back crawl for five yards and are comfortable in deep water. Students will be introduced to elementary backstroke and breaststroke. Students will also work on perfecting their front crawl, back crawl and treading water.

---

### Level 5

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

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

---

### Level 6

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

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

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

6 Sessions $58

Germantown Indoor Swim Center
77710 GISC 3/7 Sa 9:45-10:15 a.m.
77711 GISC 3/7 Sa 10:25-10:55 a.m.
77712 GISC 3/8 Su 9:15-9:45 a.m.
77713 GISC 5/2 Sa 9:45-10:15 a.m.
77714 GISC 5/2 Sa 10:25-10:55 a.m.
77715 GISC 5/3 Su 9:15-9:45 a.m.

Kennedy Shriver Aquatic Center
77375 KSAC 2/22 Sa 10:20-10:50 a.m.
77376 KSAC 2/22 Sa 11:40 a.m.-12:10 p.m.
77377 KSAC 2/23 Su 9:40-10:10 a.m.
77378 KSAC 2/23 Su 11:40 a.m.-12:10 p.m.
77373 KSAC 2/24 M 9:30-10 a.m.
77374 KSAC 2/25 Tu 10:10-10:30 a.m.
77381 KSAC 4/4 Sa 10:20-10:50 a.m.
77382 KSAC 4/4 Sa 11:40 a.m.-12:10 p.m.
77383 KSAC 4/5 Su 9:40-10:10 a.m.
77384 KSAC 4/5 Su 11:40 a.m.-12:10 p.m.
77379 KSAC 4/13 M 9:30-10 a.m.
77380 KSAC 4/14 Tu 10-10:30 a.m.

MLK Swim Center
77948 MLK 2/29 Sa 10:20-10:50 a.m.
77949 MLK 4/18 Sa 10:20-10:50 a.m.
77950 MLK 4/20 M 5:30-6 p.m.

Olney Swim Center
78169 OSC 2/22 Sa 10:30-11 a.m.
78203 OSC 2/23 Su 10:30-11 a.m.
78258 OSC 4/14 Tu 5:10-5:40 p.m.
78295 OSC 4/18 Sa 10:30-11 a.m.
78328 OSC 4/19 Su 10:30-11 a.m.

Aquatots

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

6 Sessions $58

Germantown Indoor Swim Center
77611 GISC 3/4 W 6:10-6:40 p.m.
77607 GISC 3/7 Sa 11:45 a.m.-12:15 p.m.
77608 GISC 3/7 Sa 12:25-12:55 p.m.
77609 GISC 3/8 Su 10:35-11:05 a.m.
77616 GISC 4/15 W 6:10-6:40 p.m.
77612 GISC 5/2 Sa 11:45 a.m.-12:15 p.m.
77613 GISC 5/2 Sa 12:25-12:55 p.m.
77614 GISC 5/3 Su 10:35-11:05 a.m.

Kennedy Shriver Aquatic Center
77243 KSAC 2/25 Tu 9:30-10 a.m.
77244 KSAC 2/26 W 6:10-6:40 p.m.
77245 KSAC 2/27 Th 10:10-10:30 a.m.
77246 KSAC 2/27 Th 5:30-6 p.m.
77247 KSAC 2/22 Sa 9:30-9:50 a.m.
77248 KSAC 2/22 Sa 12:20-12:50 p.m.
77249 KSAC 2/23 Su 9:30-9:50 a.m.
77250 KSAC 2/23 Su 11:10-11:30 a.m.
77255 KSAC 4/4 Sa 9:30-9:50 a.m.
77256 KSAC 4/4 Sa 12:20-12:50 p.m.
77257 KSAC 4/5 Su 9-9:30 a.m.
77258 KSAC 4/5 Su 11-11:30 a.m.
77251 KSAC 4/14 Tu 9:30-10 a.m.
77252 KSAC 4/15 W 6:10-6:40 p.m.
77253 KSAC 4/16 Th 10-10:30 a.m.
77254 KSAC 4/16 Th 5:30-6 p.m.

MLK Swim Center
77855 MLK 2/29 Sa 1-1:30 p.m.
77856 MLK 3/1 Su 10:10-10:30 a.m.
77857 MLK 3/1 Su 11:20-11:50 a.m.
77858 MLK 3/4 W 5:30-6 p.m.
77859 MLK 4/18 Sa 1-1:30 p.m.
77860 MLK 4/19 Su 10-10:30 a.m.
77861 MLK 4/19 Su 11:20-11:50 a.m.
77862 MLK 4/19 Su Noon-12:30 p.m.
77863 MLK 4/20 M 6:50-7:20 p.m.
77864 MLK 4/22 W 6:10-6:40 p.m.

Reminder

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

Register online at ActiveMONTGOMERY.org

Aquatics 240.777.6860
### 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.

<table>
<thead>
<tr>
<th>Session</th>
<th>Fee</th>
</tr>
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<tbody>
<tr>
<td>6 Sessions</td>
<td>$58</td>
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### Germantown Indoor Swim Center

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<th>Time</th>
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<td>3/7</td>
<td>Sa 11:05-11:35 a.m.</td>
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<td>77702 GISC</td>
<td>3/7</td>
<td>Su 1:05-1:35 p.m.</td>
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<td>77703 GISC</td>
<td>3/8</td>
<td>Su 9:55-10:25 a.m.</td>
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<td>77704 GISC</td>
<td>3/8</td>
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<td>77709 GISC</td>
<td>4/15</td>
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<td>77706 GISC</td>
<td>5/2</td>
<td>Sa 11:05-11:35 a.m.</td>
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<td>77707 GISC</td>
<td>5/3</td>
<td>Su 11:15-11:45 a.m.</td>
</tr>
<tr>
<td>77708 GISC</td>
<td>5/3</td>
<td>Su 9:55-10:25 a.m.</td>
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### Kennedy Shriver Aquatic Center

<table>
<thead>
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<td>77361 KSAC</td>
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<td>Sa 11-11:30 a.m.</td>
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<td>77362 KSAC</td>
<td>2/22</td>
<td>Sa 1-1:30 p.m.</td>
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<td>77363 KSAC</td>
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<td>77364 KSAC</td>
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<td>Su 1-1:30 p.m.</td>
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<td>77357 KSAC</td>
<td>2/25</td>
<td>Tu 10:30-11 a.m.</td>
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<td>77358 KSAC</td>
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<td>Tu 3:30-4 p.m.</td>
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<td>77368 KSAC</td>
<td>4/16</td>
<td>Th 9:30-10 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

Germantown Indoor Swim Center

<table>
<thead>
<tr>
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<td>77625</td>
<td>Tu, Th</td>
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<td>77626</td>
<td>Tu, Th</td>
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<tr>
<td>77627</td>
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<tr>
<td>77632</td>
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<td>77617</td>
<td>Sa</td>
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<td>77619</td>
<td>Sa</td>
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<td>77624</td>
<td>Sa</td>
<td>11:45 a.m.-1215 p.m.</td>
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<td>78116</td>
<td>Sa</td>
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<td>Sa</td>
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<td>77630</td>
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<td>77645</td>
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Kennedy Shriver Aquatic Center

<table>
<thead>
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<th>Time</th>
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<tbody>
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<td>77259</td>
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<tr>
<td>77263</td>
<td>27</td>
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<tr>
<td>77264</td>
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<td>77265</td>
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Martin Luther King Jr. Swim Center

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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.
### Olney Swim Center

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### Beginner 2

Ages 4-6: 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 without support. Parents do not accompany children. Courses meet for six 30-minute sessions. Class size is limited to six students.

**6 Sessions $65**

### Kennedy Shriner Aquatic Center

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### Germantown Indoor Swim Center

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### Beginner 3

Ages 4-6: 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. Parents do not accompany children. Courses meet for six 30-minute sessions. Class size is limited to six students.

**6 Sessions**  
**$65**

### Germantown Indoor Swim Center

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<tr>
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</tbody>
</table>

### Olney Swim Center

**Register online at ActiveMONTGOMERY.org**

### 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 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 facility.
### Kennedy Shriver Aquatic Center

<table>
<thead>
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<th>Days</th>
<th>Times</th>
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### Martin Luther King Jr. Swim Center

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<td>7:30-8 p.m.</td>
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### Olney Swim Center

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### Beginner 4

Ages 4-6: 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. Parents do not accompany children. Courses meet for six 30-minute sessions. Class size is limited to six students.

### Germantown Indoor Swim Center

<table>
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### Kennedy Shriver Aquatic Center

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<td>Su</td>
<td>1-1:30 p.m.</td>
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<td>Th</td>
<td>6:10-6:40 p.m.</td>
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<td>Sa</td>
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### Martin Luther King Jr. Swim Center

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**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.

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| **Kennedy Shriver Aquatic Center** | |
| 77386 KSAC | 2/22 Sa 10:20-10:50 a.m. |
| 77387 KSAC | 2/22 Sa 1:10-1:30 p.m. |
| 77388 KSAC | 2/23 Su 10:40-10:10 a.m. |
| 77385 KSAC | 2/24 M 6:10-6:40 p.m. |
| 77390 KSAC | 4/4 Sa 10:20-10:50 a.m. |
| 77391 KSAC | 4/4 Sa 1:10-1:30 p.m. |
| 77392 KSAC | 4/5 Su 9:40-10:10 a.m. |
| 77389 KSAC | 4/13 M 6:10-6:40 p.m. |

| **Martin Luther King Jr. Swim Center** | |
| 77951 MLK | 2/29 Sa 12:20-12:50 p.m. |
| 77960 MLK | 2/29 Sa 11:40 a.m.-12:10 p.m. |
| 77952 MLK | 3/1 Su 10:40-11:10 a.m. |
| 77953 MLK | 3/3 Tu 6:50-7:20 p.m. |
| 77954 MLK | 3/4 W 6:10-6:40 p.m. |
| 77961 MLK | 3/5 Th 5:30-6 p.m. |
| 77955 MLK | 4/18 Sa 11:10-11:30 a.m. |
| 77956 MLK | 4/19 Su 10:40-11:10 a.m. |
| 77957 MLK | 4/21 Tu 5:30-6 p.m. |
| 77958 MLK | 4/23 Th 5:30-6 p.m. |
| 77959 MLK | 4/23 Th 6:10-6:40 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.

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| **Kennedy Shriver Aquatic Center** | |
| 77394 KSAC | 2/22 Sa 12:20-12:50 p.m. |
| 77395 KSAC | 2/23 Su 11:40 a.m.-12:10 p.m. |
| 77396 KSAC | 2/23 Su 12:20-12:50 p.m. |
| 77393 KSAC | 2/25 Tu 5:30-6 p.m. |
| 77398 KSAC | 4/4 Sa 12:20-12:50 p.m. |
| 77399 KSAC | 4/5 Su 11:40 a.m.-12:10 p.m. |
| 77400 KSAC | 4/5 Su 12:20-12:50 p.m. |
| 77397 KSAC | 4/14 Tu 5:30-6 p.m. |
**Martin Luther King Jr. Swim Center**

- 77962 MLK
  - 2/29 Sa 11-11:30 a.m.
- 77963 MLK
  - 2/29 Sa 1-1:30 p.m.
- 77964 MLK
  - 3/1 Su Noon-12:30 p.m.
- 77970 MLK
  - 3/3 Tu 5:30-6 p.m.
- 77965 MLK
  - 3/4 W 5:30-6 p.m.
- 77966 MLK
  - 3/5 Th 6:50-7:20 p.m.
- 77967 MLK
  - 4/18 Sa 11:40 a.m.-12:10 p.m.
- 77971 MLK
  - 4/19 Su 11:20-11:50 a.m.
- 77969 MLK
  - 4/23 Th 6:50-7:20 p.m.

**Kennedy Shriver Aquatic Center**

- 77401 KSAC
  - 2/22 Sa 9:40-10:10 a.m.
- 77402 KSAC
  - 2/22 Sa 11-11:30 a.m.
- 77403 KSAC
  - 2/22 Sa 11:40 a.m.-12:10 p.m.
- 77404 KSAC
  - 2/23 Su 10:20-10:50 a.m.
- 77405 KSAC
  - 2/23 Su 11-11:30 a.m.
- 77406 KSAC
  - 4/4 Sa 9:40-10:10 a.m.
- 77407 KSAC
  - 4/4 Sa 11-11:30 a.m.
- 77408 KSAC
  - 4/4 Sa 11:40 a.m.-12:10 p.m.
- 77409 KSAC
  - 4/5 Su 10:20-10:50 a.m.
- 77410 KSAC
  - 4/5 Su 11-11:30 a.m.

**Olney Swim Center**

- 78163 OSC
  - 2/22 Sa 9:10-9:40 a.m.
- 78167 OSC
  - 2/22 Sa 9:50-10:20 a.m.
- 78171 OSC
  - 2/22 Sa 10:30-11 a.m.
- 78194 OSC
  - 2/23 Su 9:10-9:40 a.m.
- 78218 OSC
  - 2/24 M 7:30-7 p.m.
- 78243 OSC
  - 2/27 Th 6:30-7 p.m.
- 78250 OSC
  - 4/13 M 5:40-6:10 p.m.
- 78256 OSC
  - 4/13 M 7-7:30 p.m.
- 78269 OSC
  - 4/15 W 5:40-6:10 p.m.
- 78277 OSC
  - 4/16 Th 5:10-5:40 p.m.
- 78289 OSC
  - 4/18 Sa 9:10-9:40 a.m.
- 78293 OSC
  - 4/18 Sa 9:50-10:20 a.m.
- 78297 OSC
  - 4/18 Sa 10:30-11 a.m.
- 78320 OSC
  - 4/19 Su 9:10-9:40 a.m.
- 78324 OSC
  - 4/19 Su 9:50-10:20 a.m.

**Germantown Indoor Swim Center**

- 77747 GISC
  - 3/4 W 6:10-6:40 p.m.
- 77737 GISC
  - 3/7 Sa 12:25-12:55 p.m.
- 77738 GISC
  - 3/7 Sa 1:05-1:35 p.m.
- 77739 GISC
  - 3/8 Su 9:55-10:25 a.m.
- 77740 GISC
  - 3/8 Su 9:15-9:45 a.m.
- 77741 GISC
  - 5/2 Sa 9:45-10:15 a.m.
- 77742 GISC
  - 5/2 Sa 11:05-11:35 a.m.
- 77743 GISC
  - 5/3 Su 9:55-10:25 a.m.
- 77744 GISC
  - 5/3 Su 10:35-11:05 a.m.
- 77745 GISC
  - 4/15 W 6:10-6:40 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.

**Germantown Indoor Swim Center**

- 6 Sessions $58

**Martin Luther King Jr. Swim Center**

- 77972 MLK
  - 2/29 Sa 10:20-10:50 a.m.
- 77973 MLK
  - 2/29 Sa 11:40 a.m.-12:10 p.m.
- 77974 MLK
  - 3/1 Su 11:20-11:50 a.m.
- 77975 MLK
  - 3/5 Th 8:20-8:50 a.m.
- 77976 MLK
  - 4/18 Sa 9:40-10:10 a.m.
- 77977 MLK
  - 4/18 Sa 11:40 a.m.-12:10 p.m.
- 77978 MLK
  - 4/18 Sa 1-1:30 p.m.
- 77979 MLK
  - 4/19 Su 10:40-11:10 a.m.
- 77980 MLK
  - 4/19 Su 11:20-11:50 a.m.
- 77982 MLK
  - 4/23 Th 8:20-8:50 p.m.

**Olney Swim Center**

- 78174 OSC
  - 2/22 Sa 11:10-11:40 a.m.
- 78186 OSC
  - 2/22 Sa 12:30-1 p.m.
- 78199 OSC
  - 2/23 Su 9:50-10:20 a.m.
- 78245 OSC
  - 2/27 Th 7:15-7:45 p.m.
- 78282 OSC
  - 4/16 Th 7:15-7:45 p.m.
- 78300 OSC
  - 4/18 Sa 11:10-11:40 a.m.
- 78312 OSC
  - 4/18 Sa 12:30-1 p.m.
- 78325 OSC
  - 4/19 Su 9:50-10:20 a.m.
- 78329 OSC
  - 4/19 Su 10:30-11 a.m.

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**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.
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
77748 GISC 3/7 Sa 11:45am-12:15p.m.
77749 GISC 3/7 Sa 12:25-12:55 p.m.
77750 GISC 3/8 Su 11:15-11:45 a.m.
77751 GISC 3/8 Su 10:35-11:05 a.m.
78406 GISC 5/2 Sa 10:25-10:55 p.m.
78407 GISC 5/2 Sa 12:25-12:55 p.m.

Kennedy Shriver Aquatic Center
77411 KSAC 2/22 Sa 11:40a.m-12:10 p.m.
77412 KSAC 2/23 Su 11-11:30 a.m.
77413 KSAC 2/23 Su 12:20-12:50 p.m.
77414 KSAC 2/23 Su 1-1:30 p.m.
77415 KSAC 4/4 Sa 11:40am-12:10 p.m.
77416 KSAC 4/5 Su 11-11:30 a.m.
77417 KSAC 4/5 Su 12:20-12:50 p.m.
77418 KSAC 4/5 Su 1-1:30 p.m.

Martin Luther King Jr. Swim Center
77983 MLK 2/29 Sa 12:20-12:50 p.m.
77984 MLK 3/1 Su 10-10:30 a.m.
77985 MLK 3/1 Su Noon-12:30 p.m.
77987 MLK 4/18 Sa 10:20-10:50 a.m.
77988 MLK 4/18 Sa 12:20-12:50 p.m.
77989 MLK 4/19 Su 10-10:30 a.m.

Olney Swim Center
78175 OSC 2/22 Sa 11:10-11:40 a.m.
78179 OSC 2/22 Sa 11:50am-12:20 p.m.
78204 OSC 2/23 Su 10:30-11 a.m.
78330 OSC 4/1 Su 10:30-11 a.m.
78301 OSC 4/18 Sa 11:10-11:40 a.m.
78305 OSC 4/18 Sa 11:50am-12:20 p.m.

Youth Advanced

Ages 7-13: This class is for students who can swim one length of front and back crawl, tread water and swim in deep water. Course is designed to refine front and back crawl as well as introduce breast stroke and butterfly. Swimmers will be divided into subgroups by skill level at the first class. Courses meet for six 40-minute sessions. Group size is limited to 10 students per instructor.

6 Sessions $77

Germantown Indoor Swim Center
80009 GISC 3/7 Sa 10:25-11:05 a.m.
80010 GISC 3/7 Sa 11:05-11:45 a.m.
80017 GISC 5/2 Sa 9:45-10:25 a.m.
80018 GISC 5/2 Sa 10:25-11:05 a.m.
80019 GISC 5/2 Sa 11:05-11:45 a.m.

Kennedy Shriver Aquatic Center
80013 KSAC 2/4 Sa 10:20-11 a.m.
80006 KSAC 2/4 Sa 11-11:40 a.m.
80005 KSAC 2/22 Sa 10:20-11 a.m.
80007 KSAC 2/22 Sa 11:40am-12:20 p.m.

Martin Luther King Jr. Swim Center
80014 MLK 4/19 Su 11:30am-12:10 p.m.
80015 MLK 4/19 Su 12:10-12:50 p.m.
80016 MLK 4/23 Th 7:30-8:10 p.m.

Olney Swim Center
79999 OSC 2/23 Su 11:30am:12:10 p.m.
80000 OSC 2/23 Su 12:10-12:50 p.m.
80001 OSC 2/25 Tu 7:20-8 p.m.
80013 OSC 4/14 Tu 7:20-8 p.m.
80011 OSC 4/19 Su 11:30am:12:10 p.m.
80012 OSC 4/19 Su 12:10-12:50 p.m.
### Adult Level 1

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

<table>
<thead>
<tr>
<th>6 Sessions</th>
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**Germantown Indoor Swim Center**
- 77589 GISC 3/2 M 5:30-6 p.m.
- 77587 GISC 3/7 Sa 11:05-11:35 a.m.
- 77588 GISC 3/8 Su 9:55-10:25 a.m.
- 77592 GISC 4/13 M 5:30-6 p.m.
- 77590 GISC 5/2 Sa 11:05-11:35 a.m.
- 77591 GISC 5/3 Su 9:55-10:25 a.m.

**Kennedy Shriver Aquatic Center**
- 77226 KSAC 2/22 Sa 11-11:30 a.m.
- 77227 KSAC 2/23 Su 10:20-10:50 a.m.
- 77225 KSAC 2/27 Th 8:30-9 p.m.
- 77229 KSAC 4/4 Sa 11-11:30 a.m.
- 77230 KSAC 4/5 Su 10:20-10:50 a.m.
- 77228 KSAC 4/16 Th 8:30-9 p.m.

**Martin Luther King Jr. Swim Center**
- 77840 MLK 2/29 Sa 10:20-10:50 a.m.
- 77843 MLK 3/1 Su 10:20-11:50 a.m.
- 78005 MLK 3/5 Th 8:20-8:50 p.m.

**Olney Swim Center**
- 78248 OSC 4/16 Th 7:50-8:20 p.m.

### Adult Level 2

Ages 14 & Up: Designed for participants who are already water adjusted. Students must be able to submerge for three seconds and float on their front. Courses meet for six (6) 30-minute sessions. Class size is limited to 10 students.

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<tr>
<th>6 Sessions</th>
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**Germantown Indoor Swim Center**
- 77596 GISC 3/2 M 6:10-6:40 p.m.
- 77593 GISC 3/7 Sa 10:25-10:55 a.m.
- 77594 GISC 3/8 Su 10:35-11:05 a.m.
- 77598 GISC 4/13 M 6:10-6:40 p.m.
- 77595 GISC 5/2 Sa 12:25-12:55 p.m.
- 77597 GISC 5/3 Su 9:15-9:45 a.m.

**Kennedy Shriver Aquatic Center**
- 77231 KSAC 2/22 Sa 10:20-10:50 a.m.
- 77232 KSAC 4/4 Sa 10:20-10:50 a.m.

### Adult Level 3

Ages 14 & Up: Designed for participants 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 (6) 30-minute sessions. Class size is limited to 10 students.

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<th>6 Sessions</th>
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**Germantown Indoor Swim Center**
- 77599 GISC 3/7 Sa 9:45-10:15 a.m.
- 77600 GISC 3/8 Su 9:15-9:45 a.m.
- 77601 GISC 5/2 Sa 9:45-10:15 a.m.
- 77602 GISC 5/3 Su 11:15-11:45 a.m.

**Kennedy Shriver Aquatic Center**
- 77233 KSAC 2/22 Sa 9:40-10:10 a.m.
- 77234 KSAC 4/4 Sa 9:40-10:10 a.m.

**Martin Luther King Jr. Swim Center**
- 77849 MLK 2/29 Sa 11-11:30 a.m.
- 77851 MLK 4/18 Sa 11-11:30 a.m.
Adult Level 4
Ages 14 & Up: Designed for participants 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.

6 Sessions $65

Germantown Indoor Swim Center
77603 GISC 3/7 Sa 11:45 a.m.-12:15 p.m.
77604 GISC 3/8 Su 11:15-11:45 a.m.
77606 GISC 5/2 Sa 11:45 a.m.-12:15 p.m.

Kennedy Shriver Aquatic Center
77236 KSAC 2/23 Su 11:40 a.m.-12:10 p.m.
77235 KSAC 2/25 Tu 8:30-9 p.m.
77238 KSAC 4/5 Su 11:40 a.m.-12:10 p.m.
77237 KSAC 4/14 Tu 8:30-9 p.m.

Martin Luther King Jr. Swim Center
77853 MLK 3/5 Th 9-9:30 p.m.
77854 MLK 4/23 Th 9-9:30 p.m.

Olney Swim Center
78247 OSC 2/27 Th 7:50-8:20 p.m.

Adult Level 5
Ages 14 & Up: Designed for participants who can already swim one length front and back crawl, 15 yards elementary backstroke with good form, tread water and dive into deep water. Courses meet for six (6) 30-minute sessions. Class size is limited to 10 students.

6 Sessions $65

Kennedy Shriver Aquatic Center
77239 KSAC 2/26 W 8:30-9 p.m.
77240 KSAC 4/15 W 8:30-9 p.m.

Adult Swim for Conditioning
Ages 14 & Up: Designed for participants 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 (6) 30-minute sessions. Class size is limited to 10 students.

6 Sessions $65

Kennedy Shriver Aquatic Center
77241 KSAC 2/24 M 8:30-9 p.m.
77242 KSAC 4/13 M 8:30-9 p.m.
Adaptive Aquatics

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 at all times.

6 Sessions $65

Kennedy Shriver Aquatic Center

77219 KSAC 2/24 M 10:45-11:15 a.m.
77220 KSAC 4/13 M 10:45-11:15 a.m.

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 only one (1) class per session. Class size is limited to eight students.

6 Sessions $65

Kennedy Shriver Aquatic Center

77221 KSAC 2/22 Sa 9:45-10:15 a.m.
77222 KSAC 2/22 Sa 10:35-11:05 a.m.
77223 KSAC 4/4 Sa 9:45-10:15 a.m.
77224 KSAC 4/4 Sa 10:35-11:05 a.m.

Water Exercise - Adaptive

Ages 14 & 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 arms reach at all times.

10 Sessions $115
Instructor: H2O Fitness

Martin Luther King Jr. Swim Center

77556 MLK 3/22 Su 4-4:50 p.m.

REMINDER

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Classes Will Not Meet On
April 6-13, April 28
& May 23-25*
*This does not apply to aquatic activities
Arts & Crafts

Twoosy Doodlers
Ages 1½-3: Zoom into developing fine motor and visual perception skills by rolling and shaking paint, scribbling, wiggling, cutting and bending. Have a fabulous time and develop fine motor skills with these fantastic projects.

8 Sessions $129
Instructor: Stephanie Burke
78361 Coffield CRC 4/14 Tu 10:15-11 a.m.
78363 Mid-County CRC 4/15 W 11:15 a.m.-Noon
78362 White Oak CRC 4/16 Th 11-11:45 a.m.
78364 Wheaton CRC 4/18 Sa 11:30am-12:15pm.
Instructor: Nancy Delasos
78372 N. Potomac CRC 4/14 Tu 4:30-5:15 p.m.
78371 Potomac CRC 4/24 F 9:30-10:15 a.m.

Mini Doodlers
Ages 3-5: Participants will use Model Magic to create their own storyteller dolls that reflect the tradition of passing down stories from generation to generation. Your artwork will take on a three-dimensional effect with shapes that pop off the page and use architectural design. Also featured are Lisa Kowalski and her colors, dabs and doodles, beautiful indigo cloth designs using styluses and more.

8 Sessions $129
Instructor: Stephanie Burke
78360 Wheaton CRC 4/18 Sa 12:30-1:15 p.m.
Instructor: Nancy Delasos
78370 Lawton CRC 4/14 Tu 9:30-10:15 a.m.
78369 Clara Barton NRC 4/20 M 11-11:45 a.m.

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.

7 Sessions $134
Instructor: Margaret Deskin
78603 Bauer Drive CRC 4/18 Sa 10:30am-12:30p.m.

Right Brained Drawing-Beginner
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.

6 Sessions $95
Instructor: Yolanda Prinsloo
78059 Potomac CRC 4/27 M 5:15-7 p.m.

Right Brained Drawing-Advanced
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.

6 Sessions $105
Instructor: Yolanda Prinsloo
78060 Potomac CRC 4/27 M 7:15-9 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.

7 Sessions $84
Instructor: Tatiana Martin
77755 Longwood CRC 4/18 Sa 10:15-11:15 a.m.

Art Studio
Ages 10-16: 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.

7 Sessions $84
Instructor: Tatiana Martin
77756 Longwood CRC 4/18 Sa 11:30am-12:30p.m.

Cartooning with Young Rembrandts
Ages 5-12: Participants will learn how to personify inanimate objects, as they breathe life into everyday clocks. Popular pets will also see the cartoon treatment as they’re transformed into colorful characters. Then we will imagine ourselves traveling to faraway worlds as we illustrate amazing alien beings. We will also demonstrate to our participants that drawing toys can be just as much fun as playing with them.

6 Sessions $90
Instructor: Young Rembrandts
78382 Damascus CRC 4/14 Tu 6-7 p.m.
78383 Germantown CRC 4/15 W 6-7 p.m.
78385 Bauer Drive CRC 4/16 Th 6-7 p.m.
78380 Glenallan ES 4/20 M 6-7 p.m.
**Draw and Clay - Animals**

Ages 4-9: Join us for a fun filled session where we will study all animals that emerge and migrate during spring and summer. We will look at their habitats and migration patterns as well as draw, paint and sculpt in clay.

7 Sessions $113
Instructor: Yolanda Prinsloo
78077 Germantown CRC 4/14 Tu 5:15-6:15 p.m.
78078 Bauer Drive CRC 4/15 W 5:40-6:40 p.m.

**Learning Art from the Masters - Picasso and Friends**

Ages 7-15: In this session we will look at the various artists who were friends of Pablo Picasso and emulate their different artistic styles in drawings, paintings and clay sculpture.

7 Sessions $113
Instructor: Yolanda Prinsloo
78080 Germantown CRC 4/14 Tu 6:30-7:30 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. Supply list will be on your receipt. All ability levels welcome.

6 Sessions $145
Instructor: Nora Elias
78393 Lawton CRC 4/23 Th 10:30am-12:30p.m.
78394 Holiday Park SC 4/24 F 10:30 am-12:30 p.m.
78396 Bauer Drive CRC 4/25 Sa 1:30-3:30 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, hemming, making a slit and measuring, just to name a few. A supply list will be on your receipt. All ability levels welcome.

6 Sessions $145
Instructor: Nora Elias
78397 Bauer Drive CRC 4/25 Sa 10:15am-1:15p.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 $108
Instructor: Penny Kritt
78497 Kritt Studio 4/20 M 10 a.m.-Noon
78498 Kritt Studio 4/20 M 7-9 p.m.

**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.

7 Sessions $126
Instructor: Penny Kritt
78501 Kritt Studio 4/14 Tu 7-9 p.m.
78502 Kritt Studio 4/14 Tu 10 a.m.-Noon

**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.

7 Sessions $84
Instructor: Karen Helfert
77761 Lawton CRC 4/20 M 1-4 p.m.

8 Sessions $96
Instructor: Karen Helfert
77762 Lawton CRC 4/14 Tu 1-4 p.m.

**Jewelry**

**Fiber Art**

Ages 15 & Up: Learn the techniques to create jewelry using beads with fibers. Participants will make a unique beaded bracelet embellished with buttons, charms, ribbons and yarn. Bring a basic toolkit of flat nose pliers, round nose pliers and wire cutters.

1 Session $56
Instructor: Renee Prioleau
78736 Wisconsin Place CRC 6/6 Sa Noon-2 p.m.
Vintage Jewelry
Ages 15 & Up: Learn the techniques to create beautiful vintage and victorian inspired jewelry. Participants will develop the skills to apply antique finishes to create earrings and bracelet designs. Bring a basic toolkit of flat nose pliers, round nose pliers and wire cutters.

1 Session $56
Instructor: Renee Prioleau
78729 Wisconsin Place CRC 6/6 Sa 10 a.m.-Noon

Performing Arts

Playwriting: Write Together Play Together
Ages 9-12: Participants will develop fundamental skills in improvisation, playwriting and performance techniques. Participants 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, participants will perform in a showcase featuring their original scene for parents and family.

7 Sessions $140
Instructor: Olney Theatre
78400 Potomac CRC 4/25 Sa 10-11:20 a.m.

Photography

NEW Creative Photography
Ages 10 & Up: Learn how to use your camera, subject selection, aperture, shutter speed, and ISO to improve exposure to capture images. Participants are encouraged to shoot and bring pictures to present during class discussions. iPhone cameras ok. For all ability levels.
Instructor: Lew Berry
Ages 10-17
8 Sessions $100
78453 Wisconsin Place CRC 4/18 Sa 9:30-10:30 a.m.

Ages 18 & Up
8 Sessions $150
78460 Wisconsin Place CRC 4/18 Sa 10:30am-1:30p.m.

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 camera’s functions, composition and lighting in order to best capture your desired outcome. Must bring your own DSLR camera.

4 Sessions $125
Instructor: Haneine Ramadan
78493 N. Potomac CRC 5/6 W 7-8:15 p.m.

Pottery/Ceramics

Ceramics Introductory Wheel
Ages 16 & Up: In this beginners ceramics class students will learn clay preparation, throwing techniques, firing and glazing.

8 Sessions $250
Instructor: Robin Ziek
78087 Ross Boddy CRC 4/18 Sa 10:30a.m.-1:30 p.m.

8 Sessions $205
Instructor: Joan Vander Walde
80078 Wheaton CRC 4/20 M 9:30a.m.-12:30 p.m.

Handcrafted Pottery
Ages 18 & Up: Develop techniques for hand building pieces of functional and decorative pottery. Practice techniques on the potter’s wheel including centering and learning about clay, drying, firing and glazing. Bring clay tools and an old towel.

7 Sessions $210
Instructor: Valerie Haber
78427 N. Potomac CRC 4/15 W 6-9 p.m.
78426 N. Potomac CRC 4/16 Th 10 a.m.-1 p.m.

8 Sessions $220
Instructor: Margaret Dickerson
78365 Wheaton CRC 4/14 Tu 6-9 p.m.

8 Sessions $250
Instructor: Susan Mapp
78099 Ross Boddy CRC 4/16 Th 6-9 p.m.

9 Sessions $245
Instructor: Margaret Dickerson
78368 Wheaton CRC 4/16 Th 9:30a.m.-12:30 p.m.
**Handcrafted Pottery Open Studio**

Ages 18 & Up: Experienced potters can practice hand building, wheel throwing, decorating and glazing techniques. Instructor available for demonstration and assistance. Intermediate and advanced levels.

**7 Sessions** $215  
Instructor: Valerie Haber  
78425 N. Potomac CRC  
4/14 Tu 6-9 p.m.

**8 Sessions** $250  
Instructor: Robin Ziek  
78090 Ross Boddy CRC  
4/14 Tu 6-9 p.m.

**8 Sessions** $250  
Instructor: Susan Mapp  
78100 Ross Boddy CRC  
4/15 W 10:30 a.m.-1:30 p.m.

**9 Sessions** $245  
Instructor: Margaret Dickerson  
78366 Wheaton CRC  
4/15 W 9:30 a.m.-12:30 p.m.

**Pottery at Sligo**

Ages 18 & 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. Material fee included in cost. All ability levels welcome.

**7 Sessions** $195  
Instructor: Roger Kirk  
78405 Sligo Creek ES  
4/14 Tu 7-10 p.m.

**8 Sessions** $220  
Instructor: Margaret Dickerson  
78373 Sligo Creek ES  
4/20 M 7-10 p.m.

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**COOKING**

**Preschool Sprouts Healthy Hands Cooking Classes**

Ages 2-5: Plant the seeds of healthy cooking with interactive classes designed specifically for the youngest chefs. Each 45-minute class gives participants the opportunity to learn about where healthy food comes from as they dance, build, color, sing and create a simple and yummy recipe.

**4 Sessions** $132  
Instructor: Rachel Smith  
78713 Germantown CRC  
4/16 Sa 10:30-11:15 a.m.

**Wine and Dine**

**California Style Spring Dinner**

Ages 15 & Up: Celebrate spring by cooking delicious, easy to make recipes inspired by nature’s seasonal bounty. Menu: warm asparagus with eggs mimosa, sugar snap pea and mint salad, roasted cornish hens with rhubarb chutney, rice pilaf, and crème brûlée with fresh raspberry garnish.

**1 Session** $75  
Instructor: Sheila Crye  
78868 Ross Boddy CRC  
5/20 W 6-9 p.m.

**Hungarian Spring Dinner**

Ages 15 & Up: Enjoy a wonderfully spicy and aromatic meal full of variety due to Hungary’s location as the trade crossroad between east and west. Menu: asparagus soup, chicken paprikas, nockerl, cucumber salad and pancakes with sweet fillings.

**1 Session** $75  
Instructor: Sheila Crye  
78866 Ross Boddy NRC  
4/15 W 6-9 p.m.

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**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.

Countywide Programs 240.777.6870
Spring Dinner from Jerusalem
Ages 21 & Up: Explore the culinary DNA of Jerusalem and experience the flavors and smells of a city with 4000 years of history. Menu: Israeli salad, burnt eggplant with garlic lemon and pomegranate seeds, pan fried sea bass with harissa and rose, couscous with tomato and onion, and poached pears in white wine and cardamom.

1 Session $75
Instructor: Sheila Crye
78869 N. Potomac CRC 6/10 W 6-9 p.m.

Youth Cooking
Cooking Around the World
Ages 5-12: Tiny chefs will learn how to create the cuisines of multiple countries. We will be cooking up some of the fabulous flavors of Italian, Indian, Vietnamese, Mexican and French foods while also learning about some of the cooking techniques and ingredients that make them unique.

8 Sessions $245
Instructor: Tiny Chefs
78705 Wheaton CRC 4/18 Sa 10-11:15 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 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 facility.

DANCE

Playtime & Movement

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 leotard, tights and well-fitted all-leather ballet slippers. No lace tutus. Only short dance skirts.

9 Sessions $90
Instructor: Betsy Saunders
78095 Long Branch CRC 4/18 Sa 10:15-11 a.m.

Kidz Dance
Ages 3-4: Children will love this introduction to ballet dance. Students will explore dance, rhythm and coordination. Parent participation may be required. Ballet slippers are required.

8 Sessions $110
Instructor: Grace Oleson
78414 N. Potomac CRC 4/14 Tu 3:30-4:15 p.m.
78413 Wheaton CRC 4/16 Th 4:15-5 p.m.
78411 Coffield CRC 4/20 M 3:30-4:15 p.m.
78412 Germantown CRC 4/29 W 3:30-4:15 p.m.

Tiny Toes
Ages 2 ½-3 ½: 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.

7 Sessions $126
Instructor: Tippi Toes DC
78407 White Oak CRC 4/18 Sa 10:15-10:45 a.m.

8 Sessions $144
Instructor: Tippi Toes DC
78408 Lawton CRC 4/16 Th 11-11:30 a.m.
Toddler and Me Dance
Ages 1 ½-3 ½: 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.

7 Sessions $126
Instructor: Tippi Toes DC
78410 White Oak CRC 4/18 Sa 9:15-10 a.m.

8 Sessions $144
Instructor: Tippi Toes DC
78409 Lawton CRC 4/16 Th 10-10:45 a.m.

Ballet
Twinkle Tots Ballet
Ages 3-4: Twinkle Tots is filled with learning opportunities. Your young dancers will learn the dance positions, developmentally appropriate steps and stretches so that they will have a great foundation for dance and for participating in other group activities. Your young dancer will be excited to grow in confidence, balance, strength and poise.

7 Sessions $119
Instructor: Bonnie Slawson
78890 Commotion 4/15 W 5:15-6 p.m.

Youth Ballet
Ages 5-12: Participants get an introduction to basic ballet movements and terminology. This class is perfect for the dancer that needs fundamental introductory training. Beginner level.

8 Sessions $88
Instructor: Grace Oleson
78445 Coffield CRC 4/20 M 4:30-5:15 p.m.
78446 N. Potomac CRC 4/14 Tu 4:30-5:15 p.m.
78447 Germantown CRC 4/29 W 4:30-5:15 p.m.
78448 Wheaton CRC 4/16 Th 5:15-6 p.m.

Adult Ballet
Ages 18 & Up: Ballet is the study of movement created to emphasize balance, strength, coordination and a beautiful line. This class consists of ballet exercises, steps, barre, choreography and conditioning. Benefits include increased balance, coordination, better posture and improved focus. It’s great for working out your mind and your muscle memory.

6 Sessions $120
Instructor: Bonnie Slawson
78893 Commotion 4/17 F 1:30-2:30 p.m.
Fitness Studio

Fairy Tale Ballet
At least 3-6: 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.

Ages 3-4
7 Sessions $140
Instructor: Jennifer Ferrigno
79116 Wheaton CRC 4/25 Sa 9-9:45 a.m.
79118 Wheaton CRC 4/25 Sa 10:40-11:25 a.m.

8 Sessions $190
Instructor: Jennifer Ferrigno
79111 N. Potomac CRC 4/18 Sa 9-9:55 a.m.
79113 N. Potomac CRC 4/18 Sa 10:50-11:35 a.m.

Ages 4-5
7 Sessions $140
Instructor: Jennifer Ferrigno
79117 Wheaton CRC 4/25 Sa 9:50-10:35 a.m.

8 Sessions $190
Instructor: Jennifer Ferrigno
79112 N. Potomac CRC 4/18 Sa 10-10:45 a.m.
79114 N. Potomac CRC 4/18 Sa 11:40 a.m.-12:25 p.m.

Ages 5-6
8 Sessions $190
Instructor: Jennifer Ferrigno
79115 N. Potomac CRC 4/18 Sa 12:30-1:15 p.m.

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

9 Sessions $90
Instructor: Betsy Saunders
78098 Long Branch CRC 4/18 Sa 11:15 a.m.-Noon
**Creative Combo Dance**
Ages 6-12: Participants will combine a range of dance forms including modern, ballet and African dance while also learning to dance with flags. Personal flag and T-shirt for final class performance included.

*8 Sessions* $138  
Instructor: Venterprises Inc  
78876 Wheaton CRC  4/15 W  4:30-5:30 p.m.

**Ballroom**

**Ballroom I (Couples)**
Ages 18 & 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.

*7 Sessions* $70  
Instructor: Rebecca McKinney  
78093 Bethesda ES  4/20 M  7-8 p.m.  
*8 Sessions* $88  
Instructor: Ann Basso  
77757 Wheaton CRC  4/16 Th  7-8 p.m.

**Ballroom II (Couples)**
Ages 18 & 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. Prerequisite: Ballroom I.

*7 Sessions* $77  
Instructor: Rebecca McKinney  
78094 Bethesda ES  4/20 M  8-9 p.m.  
*8 Sessions* $88  
Instructor: Rebecca McKinney  
78096 Lawton CRC  4/16 Th  7-8 p.m.  
Instructor: Ann Basso  
77758 Wheaton CRC  4/16 Th  8-9 p.m.

**Ballroom III (Couples)**
Ages 18 & 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; must have a partner registered in the class to attend. Prerequisite: Ballroom II or equivalent.

*8 Sessions* $88  
Instructor: Ann Basso  
77760 Coffield CRC  4/14 Tu  7:45-8:45 p.m.

**Ballroom IV (Couples)**
Ages 18 & 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; must have a partner registered in the class to attend. Prerequisite: Ballroom III or equivalent.

*8 Sessions* $88  
Instructor: Ann Basso  
77759 Wheaton CRC  4/16 Th  9-10 p.m.

**Social Dance**
Ages 18 & Up: These classes will cover the three popular social, ballroom dances. Be ready for your next family celebration, wedding or special event. Participants will change partners frequently. No partner required. Beginner level.

*8 Sessions* $96  
Instructor: Avant Garde Ballroom Dance Center  
78030 Avant Garde  4/20 M  7:15-8 p.m.

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**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
Cheer and Poms

Poms
Ages 7-15: Participants will learn to audition as well as the technical skills needed to be prepared. Learn how to kick, leap and turn like the poms squads do.

**Ages 7-12**
- **6 Sessions**
  - $132
- Instructor: Bonnie Slawson
  - 78591 Commotion Fitness Studio 4/18 Sa Noon-1 p.m.

**Ages 10-15**
- **8 Sessions**
  - $176
- Instructor: Bonnie Slawson
  - 78592 Commotion Fitness Studio 4/16 Th 6:30-7:30 p.m.

Hip-Hop

Hip-Hop Bitty’s
Ages 3-5: Participants will enjoy this high energy class as they are introduced to hip-hop. Participants will be able to move at their own pace while playing games to learn rhythm and beats. In this low intensity and kid-friendly environment. Participants will discover a love for dance while exploring their creative juices.

- **6 Sessions**
  - $70
- Instructor: Shannon Jones
  - 78149 Germantown CRC 4/30 Th 10-10:30 a.m.

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

- **8 Sessions**
  - $96
- Instructor: Avant Garde Ballroom Dance Center
  - 78036 Avant Garde 4/4 Sa 2-2:45 p.m.

Hip-Hop Kids
Ages 5-12: 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 5-7**
  - **7 Sessions**
    - $85
- Instructor: Shannon Jones
  - 78147 Germantown CRC 4/25 Sa 10-10:45 a.m.

- **Ages 8-12**
  - **7 Sessions**
    - $85
- Instructor: Shannon Jones
  - 78148 Germantown CRC 4/25 Sa 11-11:45 a.m.

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.

- **8 Sessions**
  - $120
- Instructor: Craig Perry
  - 78896 Wheaton CRC 4/20 M 6:30-7:30 p.m.

Twinkle Tots Hip-Hop/Jazz
Ages 4-6: Twinkle Tots class is filled with learning opportunities. Participants will learn dance positions, developmentally appropriate steps and stretches so that they will have a great foundation for all dance and for participating in other group activities. Participants will be excited to grow in confidence, balance, strength and musicality.

- **6 Sessions**
  - $102
- Instructor: Bonnie Slawson
  - 78892 Commotion Fitness Studio 4/18 Sa 1-1:45 p.m.

Latin

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

- **8 Sessions**
  - $120
- Instructor: Craig Perry
  - 78897 Wheaton CRC 4/20 M 8-9 p.m.

Bachata I
Ages 18 & Up: Learning bachata is essential to becoming a well-rounded Latin dancer. All Latin dance students are encouraged to attend this beginner Bachata course and add this fun, easy dance to your repertoire. All ability levels welcome. No partner required.

- **8 Sessions**
  - $96
- Instructor: Avant Garde Ballroom Dance Center
  - 78035 Avant Garde 4/14 Tu 7-7:45 p.m.

Salsa Club Dancing I
Ages 18 & 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. Participants will change partners frequently. No partner required.

- **8 Sessions**
  - $96
- Instructor: Avant Garde Ballroom Dance Center
  - 78031 Avant Garde 4/14 Tu 7-7:45 p.m.
Line Dancing

Urban Line Dance
Ages 17 & Up: This class introduces participants 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.

8 Sessions $72
Instructor: Peytrienne McCormick
77812 Wheaton CRC 4/14 Tu 6:15-7:15 p.m.
77813 Good Hope NRC 4/15 W 6:30-7:30 p.m.

Performing Arts

Bollywood Dance for Toddlers
Ages 2-5: This high-energy, fun and upbeat dance class allows participants to move freely, at their own pace, using their own body movement styles.

7 Sessions $109
Instructor: Kumud Mathur
78486 Potomac CRC 4/14 Tu 5:15-6 p.m.

Afrofusion Dance for Kids
Ages 6-12: A program that seeks to broaden the awareness of various forms of African dance, along with exposing its participants to the many genres of African traditional movements to West African drum sounds and rhythms. Participants will enjoy this mid-to up tempo, intense, but equally fun-filled class that incorporates the combination of Afro fusion steps, traditional African dance, hip-hop, contemporary, ballet and modern dance movements.

6 Sessions $72
Instructor: Kulture Shock Movement
78900 Wheaton CRC 4/18 Sa Noon-1 p.m.

Bollywood Bhangra Dance Fitness
Ages 14 & Up: Participants 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
77769 N. Potomac CRC 4/15 W 7-7:45 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
77772 Potomac CRC 4/14 Tu 7:15-8 p.m.

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.

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

Program is ongoing.
The Center Director may cancel a date if it conflicts with a community event or maintenance issues.
Bollywood Kids
Ages 6-13: 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
77771 Potomac CRC 4/14 Tu 6:15-7 p.m.

Interpretive Dance
Ages 18 & Up: Students will learn to utilize movement to enhance the message of a song. Incorporates contemporary-modern, ballet and jazz dance styles.

8 Sessions $120
Instructor: Venterprises Inc
78904 East County CRC 4/15 W 7-8:30 p.m.

Swing
Swing (Couples)
Ages 18 & Up: Get an introduction to east coast swing, starting with single swing and progressing to triple swing. Learn underarm turns and swirls using swing variations. Registration is per student and you must have a partner registered in the class to attend. Beginner level.

8 Sessions $80
Instructor: Rebecca McKinney
78097 Lawton CRC 4/16 Th 8-9 p.m.

Wedding Dance
Wedding Ready
Ages 18 & 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
78034 Avant Garde 4/14 Tu 7:15-8 p.m.

Playtime & Music
Discovering Music for Toddlers
Ages 1-3: 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 or older, must register and pay class fee.

7 Sessions $135
Instructor: Geiza Dourado Carvalho
77562 Wheaton CRC 4/20 M 10-10:45 a.m.
77564 Wheaton CRC 4/20 M 11-11:45 a.m.

8 Sessions $150
77563 Longwood CRC 4/15 W 10:10-10:55 a.m.
77561 Potomac CRC 4/24 F 10:15-11 a.m.

Learn Now Music: My First Music Class
Ages 2-5: Participants will explore fun topics such as the farm, cooks in the kitchen, the sea, birds, animals, parts of the body and other surprises. Participants 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. Manipulatives such as scarves, bean bags and small percussive instruments will be supplied and utilized in class.

8 Sessions $159
Instructor: Learn Now Music
75748 Bauer Drive CRC 4/15 W 10-10:30 a.m.

7 Sessions $140
Instructor: Learn Now Music
75749 N. Potomac CRC 4/20 M 10:30-11 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 $129
Instructor: Music In Me Foundation International
77557 N. Potomac CRC 4/15 W 10:30-11:15 a.m.
77558 Mid-County CRC 4/16 Th 9:30-10:15 a.m.
77559 Wheaton CRC 4/19 Su Noon-12:45 p.m.

Music Together
Ages 0-5: 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. Participants will receive an award-winning Music Together CD and songbook per family.

10 Sessions $250
Instructor: Nancy Nuttle
78356 Mid-County CRC 3/28 Sa 10-10:45 a.m.
78357 Mid-County CRC 3/28 Sa 11-11:45 a.m.
78358 Wheaton CRC 3/27 F 10-10:45 a.m.
78359 Wheaton CRC 3/27 F 11-11:45 a.m.

Guitar
Learn Now Music: Heroes of Guitar
Ages 5-12: 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 in price.

8 Sessions $219
Instructor: Learn Now Music
78376 Bauer Drive CRC 4/15 W 7-8 p.m.

Beginner Ukulele with Maureen
Ages 7 & Up: Learn ukulele basics and get strumming. 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. We always laugh a lot in this class. The lighthearted spirit of the Uke rules. No experience with musical instruments required, just an open mind and a desire to try something new.

6 Sessions $60
Instructor: Strathmore Hall Foundation
78864 Good Hope NRC 4/30 Th 6-7 p.m.

Performing Arts
Learn to DJ
Ages 12 & Up: 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.

4 Sessions $160
Instructor: Craig Perry
78898 Wheaton CRC 4/29 W 6:30-7:30 p.m.
Piano

Adult Group Piano I
Ages 14 & Up: Explore theory, technique and analysis of music through individual and ensemble practice and performance. Note 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.

**8 Sessions** $180
Instructor: Joyce Oliver
78401 Holiday Park SRC 4/14 Tu 9-9:50 a.m.

Adult Group Piano II
Ages 14 & Up: Participants 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. Advanced beginner level.

**8 Sessions** $175
Instructor: Joyce Oliver
78402 Holiday Park SRC 4/14 Tu 10-10:50 a.m.

Adult Group Piano III
Ages 14 & Up: Some piano skills and knowledge of note reading, theory and rhythm patterns required. 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.

**8 Sessions** $175
Instructor: Joyce Oliver
78403 Holiday Park SRC 4/14 Tu 11-11:50 a.m.

Adult Group Piano IV
Ages 14 & 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.

**8 Sessions** $175
Instructor: Joyce Oliver
78404 Holiday Park SRC 4/14 Tu Noon-12:50 p.m.

Exploring Music and Piano
Ages 6-12: 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.

Instructor: Geiza Dourado Carvalho

**7 Sessions** $195
**Level 1A**
78715 Norwood LP 4/20 M 5-6 p.m.

**Level 1B**
Instructor: Geiza Dourado Carvalho
78720 Norwood LP 4/20 M 5:30-6:30 p.m.

Learn Now Music: Keys to Piano
Ages 5-12: Children learn basic piano layout, technique, note names, fingerings and more in this introductory piano class.

**7 Sessions** $194
Instructor: Learn Now Music
78374 Mid-County CRC 4/20 M 6:30-7:30 p.m.

**8 Sessions** $219
Instructor: Learn Now Music
78375 Bauer Drive CRC 4/15 W 7-8 p.m.
78378 Wheaton CRC 4/16 Th 6-7 p.m.

Violin

Learn Now Music: The Violinist Within
Ages 5-12: Participants learn musical symbols and violin basics, including exercises, holding the bow and finding the balance point. Instrument rental and materials included in price.

**7 Sessions** $194
Instructor: Learn Now Music
78377 Longwood CRC 4/18 Sa 11 a.m.-Noon
**Fitness**

**Playtime & Movement**

**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. Participants develop motor skills, coordination, socialization and cooperation while reinforcing cognitive development. Child must be walking. Adult participation required.

- **8 Sessions** $124
  - Instructor: Funfit Foundation
  - 75743 Bauer Drive CRC 4/14 Tu 9:30-10:15 a.m.
  - 75744 Tilden MS 4/18 Sa 9:30-10:15 a.m.

**Funfit Tots Family**
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.

- **8 Sessions** $124
  - Instructor: Funfit Foundation
  - 75745 Bauer Drive CRC 4/14 Tu 10:15-11 a.m.
  - 75746 Tilden MS 4/18 Sa 10:15-11 a.m.
  - 75747 Tilden MS 4/18 Sa 11:15-11:45 a.m.

**Tots Movement Kid Fit 101**
At least 11m - 5: 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: Future Resource Learning
  - 78716 Mid-County CRC 5/2 Sa 10:15-11 a.m.
  - 78717 Praisner CRC 4/29 W 5-5:45 p.m.

**Aerobic Dance**

**Moms, Babies & Afrobeats**
Ages 1m-5: A program that caters to all the mothers looking to get fit and bond with their little ones all while moving to the rhythmic tunes from Africa. This class includes an energizing warm up, along with mid- to up tempo movements to build on cardio and core resulting in a total body workout. Participants must provide their own yoga mats and baby carriers for comfort.

- **8 Sessions** $96
  - Instructor: Kulture Shock Movement
  - 78899 Wheaton CRC 4/14 Tu 11 a.m.-Noon

**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.

- **16 Sessions** $120
  - Instructor: Lois Antos
    - 77996 Veirs Mill LP 4/14 Tu,Th 9:30-10:30 a.m.
  - Instructor: Yecenia Bell
    - 77997 Lawton CRC 4/15 M,W 6-7 p.m.
  - Instructor: Katy Wiemers
    - 77998 Rock View ES 4/14 Tu,Th 7-8 p.m.
  - Instructor: Elaine Waldstreicher
    - 77999 Mid-County CRC 4/15 M,W 7:30-8:30 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) and add more dancing at a different location.

- **8 Sessions** $60
  - Instructor: Katy Wiemers
    - 78000 Wheaton CRC 4/18 Sa 9-10 a.m.
Jacki Sorensen’s Aerobic Dance
Ages 40 & 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.

7 Sessions $60
Instructor: Karin Baker
78554 Potomac CRC 5/5 Tu 9-10 a.m.
78555 Potomac CRC 4/30 Th 9-10 a.m.

Aerobic Exercise

Jacki Sorensen’s Aerobic Workout
Ages 40 & Up: Jacki Sorensen created this program in the 1980s as a more vigorous program than her dance classes. Each class includes floor work, strength work with hand and ankle weights, stretching and aerobic routines. Heart rate monitoring throughout the class measures student progress. Bring a mat, hand weights (1-6 pounds) and ankle weights (1-2.5 pounds).

7 Sessions $60
Instructor: Karin Baker
78556 Damascus CRC 4/29 W 7-8 p.m.

Jacki Sorensen’s Strong Step
Ages 40 & Up: This high-energy, low-impact fitness class blends exercise and bench and resistance training to provide a full-body workout. Participants can adjust step level to vary intensity. Bring a step and exercise mat. Hand weights (one to six pounds) are optional. Limited steps available for class use.

7 Sessions $60
Instructor: Karin Baker
78557 Potomac CRC 5/1 F 9-10 a.m.

Jazzmatazz
Low-Impact Aerobics
Ages 40 & 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.

9 Sessions $72
Instructor: Betsy Saunders
76816 Bauer Drive CRC 4/14 Tu 9:30-10:30 a.m.
10 Sessions $80
Instructor: Betsy Saunders
76817 Bauer Drive CRC 4/16 Th 9:30-10:30 a.m.

Movin’ with Millie’ Aerobics
50 & 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.

9 Sessions $72
Instructor: Mildred Trimble
78566 Good Hope NRC 4/15 W 10-11:15 a.m.
78565 Good Hope NRC 4/17 F 10-11:15 a.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

Countywide Programs 240.777.6870
### Pilates

#### Ballet Workout + Pilates Mat

**Ages 18 & Up:** This unique class 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.

<table>
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<th>Sessions</th>
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<td>9</td>
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**Instructor:** Esther Brunner  
77567, Wisconsin Place CRC  
4/2, 10:15-11:15 a.m.

### NEW Essentrics Classical Stretching

**Ages 35 & Up:** This dynamic full body workout activates all your 650 muscles, frees your 360 joints and increases mobility through full motion and fluid choreography. The Essentrics technique builds great posture and a lean body shape, as well as increased strength, balance and energy. Program built on principles of ballet elongation and physiotherapy healing. Workout has standing, floor and barre parts. Please bring yoga mat for floor exercises.

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**Instructor:** Elena Detailer  
78473, Potomac CRC  
4/14, 10:15-11:15 a.m.

### Jazzmatazz Aerobics with 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. Participants are strongly urged to register for both Tuesday and Thursday to achieve the best results.

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**Instructor:** Betsy Saunders  
76815, Wheaton CRC  
4/14, 7:15-8:15 p.m.  
4/30, 7:15-8:15 p.m.

### Pilates for Fitness

**Ages 18 & Up:** This workout will increase strength, flexibility and energy levels. This program 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.

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**Instructor:** Fit 2 Believe  
78459, N. Potomac CRC  
4/29, W 7-8 p.m.  
78458, White Oak CRC  
4/14, Tu 7-8 p.m.  
78456, Lawton CRC  
4/18, Sa 10-11 a.m.

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**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 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 facility.

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**REMEMBER**

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.
**Strength Training**

**Bone Builders - Plus**

Ages 55 & Up: An advanced fitness class to strengthen all major muscle groups, gain better balance and improve posture and bone density while preventing or slowing further bone loss. Participants will complete 240.777.6870 a variety of exercises standing or sitting, using provided weights and exercise bands, while receiving personalized attention tailored to the body’s needs. Register for two classes per week to achieve optimal results. Due to instructor’s asthma, do not wear perfume or cologne to class.

5 Sessions $45  
Instructor: Jerry Palazzo  
76820 Potomac CRC 5/5 Tu 3-4 p.m.

6 Sessions $54  
Instructor: Jerry Palazzo  
76822 Lawton CRC 4/20 M 11:30am-12:30p.m.  
76821 Potomac CRC 4/30 Th 3-4 p.m.

8 Sessions $72  
Instructor: Jerry Palazzo  
76819 Lawton CRC 4/15 W 10-11 a.m.  
76823 Lawton CRC 4/15 W 11:30am-12:30p.m.  
76818 Lawton CRC 4/20 M 10-11 a.m.

**Boot Camp and Strength Training**

Ages 18 & 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.

8 Sessions $80  
Instructor: Fit 2 Believe  
78455 Bauer Drive CRC 4/14 Tu 7-8 p.m.  
78454 White Oak CRC 4/16 Th 7-8 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.

7 Sessions $56  
Instructor: Thomas Witz  
78003 Germantown CRC 4/20 M 7:30-8:30 p.m.

8 Sessions $64  
Instructor: Thomas Witz  
78004 Germantown CRC 4/22 W 7:30-8:30 p.m.

**Definition Body Sculpting**

Ages 18 & 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.

15 Sessions $135  
Instructor: Juliet Rodman  
76421 Clara Barton NRC 4/14 Tu, Th 9-10 a.m.

**Dynaerobics and Body Sculpting**

Ages 18 & Up: This program is perfect for cross trainers. Class includes an energizing warmup, 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.

9 Sessions $81  
Instructor: Regina Garther  
78023 Bauer Drive CRC 4/18 Sa 10:15-11:30 a.m.

**Fitness Kickboxing**

Ages 13 & Up: This class combines 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 pair of boxing gloves.

5 Sessions $79  
Instructor: Kicks Karate  
78573 Shady Grove 4/18 Sa 8-8:50 a.m.

10 Sessions $129  
Instructor: Kicks Karate  
78571 Kicks Karate North Bethesda 4/20 M, W 7:20-8:10 p.m.  
78572 Kicks Karate Potomac 4/21 Tu, Th 7-7:50 p.m.
**Tone It Up Boot Camp**
Ages 18 & Up: Your tone it up coach will show you all the drills and exercises that will tone up your body in a matter of weeks. Achieve your toning up goals 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.

5 Sessions $50
Instructor: Elite Quality Sports
77578 Bauer Drive CRC 4/25 Sa 10-11 a.m.

**Dynaerobics Body Sculpting**
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 warmup, 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.

9 Sessions $81
Instructor: Gina Dols
78021 Bauer Drive CRC 4/30 Th 6-7:15 p.m.
78022 Bauer Drive CRC 5/5 Tu 6-7:15 p.m.

**Kelley’s 50+ Complete Workout**
Ages 50 & Up: This is a safe, effective program that strengthens and tones all major muscle groups. The class incorporates elements of yoga, Pilates, kickboxing and traditional exercise into a low-impact total body workout. Bring a mat to class. Light hand weights are encouraged, but not required.

7 Sessions $56
Instructor: Pamela Kelley
78008 Wheaton CRC 4/20 M 9:15-10:30 a.m.

9 Sessions $72
Instructor: Pamela Kelley
78009 Wheaton CRC 4/16 Th 9:15-10:30 a.m.

**Kelley’s Complete Fitness Workout**
Ages 18 & Up: This safe, effective program to strengthen and tone all major muscle groups. The instructor incorporates elements of yoga, Pilates, kickboxing and traditional exercise into a total body workout which is choreographed to appropriate music. Emphasis is placed on proper body alignment, posture and execution. Each class concludes with a relaxation segment. Please bring a mat to class. Light hand weights are encouraged, but not required.

9 Sessions $72
Instructor: Pamela Kelley
78011 Bauer Drive CRC 4/15 W 9:10-10:25 a.m.
78012 Longwood CRC 4/15 W 7:15-8:30 p.m.

7 Sessions $56
Instructor: Pamela Kelley
78100 Longwood CRC 4/20 M 7:15-8:30 p.m.

**Powerblast**
Ages 18 & Up: Bootcamp class that challenges and develops all ages and levels of fitness. Classes follow a structure designed to prepare individuals’ bodies for intense activity, while preventing major injury.

8 Sessions $80
Instructor: Julien Elie
78435 Wheaton CRC 4/15 W 7-8 p.m.
78575 Wheaton CRC 4/18 Sa 10-11 a.m.
80252 Bauer Drive CRC 4/20 M 7-8 p.m.

**Workshops**

**Fitness 101**
Ages 18 & Up: This program will teach you how to properly use gym machines and challenge your body with new moves and routines. 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).

1 Sessions $15
Instructor: Future Resource Learning
78440 N. Potomac CRC 4/14 Tu 7-8:30 p.m.
78442 Wheaton CRC 4/15 W 10-11:30 a.m.
78441 Mid-County CRC 5/2 Sa 11:15am-12:45 p.m.
78443 Wheaton CRC 5/20 W 10-11:30 a.m.
78439 Praisner CRC 5/20 W 7-8:30 p.m.
78444 Wheaton CRC 6/10 W 10-11:30 a.m.
Zumba

**Dance Fit Zumba**
Ages 18 & Up: Combine mesmerizing Latin rhythms with easy-to-follow moves in an invigorating, calorie-burning, body-energizing program. Beginner and intermediate levels. 

Instructor: Dance Fit

**9 Sessions** $72
80251 Bauer Drive CRC 4/15 W 7-8 p.m.
80264 Plum Gar CRC 4/15 W 7:30-8:30 p.m.
78578 Germantown CRC 4/16 Th 7:15-8:15 p.m.

**7 Sessions** $56
78580 N. Potomac CRC 4/25 Sa 10-11 a.m
78584 East County CRC 4/25 Sa 10:30-11:30 a.m.

**6 Sessions** $48
80265 Plum Gar CRC 4/20 M 7:30-8:30 p.m.
78581 Potomac CRC 5/5 Tu 6-7 p.m.
78577 Germantown CRC 5/5 Tu 7:15-8:15 p.m.

**5 Sessions** $40
78579 Praisner CRC 5/4 M 6-7 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.

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

**ACT • 24 Passes-$162**
**ACT • 18 Passes-$126**
**ACT • 12 Passes-$87**
**Definition Zumba**

Ages 18 & 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 instructors.

**15 Sessions** $135  
Instructor: Juliet Rodman  
76422 Clara Barton NRC  4/17  M,F  9-10 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.

**6 Sessions** $60  
Instructor: Elite Quality Sports  
77575 Good Hope NRC  4/28  Tu  6:30-7:30 p.m.

**Zumba**

Ages 18 & Up: We take the work out of workout by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Get a total workout that combines all elements of fitness, cardio, muscle conditioning, balance and flexibility.

**9 Sessions** $80  
Instructor: Ingrid Higgins  
78585 Wheaton CRC  4/14  Tu  7:30-8:30 p.m.

**Zumba Fitness**

Ages 18 & 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.

**7 Sessions** $58  
Instructor: Michelle Johnson-Lancaster  
78590 Mid-County CoRC  4/29  W  6:15-7:15 p.m.

**8 Sessions** $66  
Instructor: Michelle Johnson-Lancaster  
78589 Bauer Drive CRC  4/18  Sa  9-10 a.m.  
78588 Mid-County CRC  4/27  M  6:15-7:15 p.m.

**Zumba Toning**

Ages 18 & Up: Take Zumba to the next level by adding resistance using Zumba® Toning Sticks. Lightweight maraca-like Toning Sticks enhance your sense of rhythm and coordination, while toning target zones including the arms, core and lower body.

**7 Sessions** $60  
Instructor: Ingrid Higgins  
78432 Wheaton CRC  4/20  M  7:30-8:30 p.m.

### WELLNESS

#### Meditation

**Silent Meditation Retreat**

Ages 18 & Up: Enjoy a half day of silent retreat from the turmoil of daily life. At the beginning of the class, the instructor will provide guidance to help you settle into silence. As the day goes on, there will be less guidance as you learn to explore on your own. We will alternate periods of seated and walking meditation. Both beginning and experienced mindfulness practitioners are welcome.

**1 Session** $49  
Instructor: Jerry Hartman  
77579 Potomac CRC  6/6  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  
77580 Potomac CRC  4/25  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. Enjoy 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
77581 Lawton CRC 5/16 Sa 10 a.m.-2 p.m.

Using Mindfulness to Increase Happiness
Ages 18 & Up: For most of us, happiness is dependent on outside conditions. We suffer from the if only disease and never have enough to be satisfied. Possessions, jobs or relationships - we’re always looking for the next big thing that will finally make us happy. Eventually we realize that approach doesn’t work. Mindfulness meditation gives us tools to create a lasting happiness that doesn’t rely on others. We’ll explore how clinging to our attitudes and possessions create dissatisfaction, and how loving kindness, generosity and gratitude can help change your outlook on life. No prior meditation experience is required to participate in this class.

1 Session $49
Instructor: Jerry Hartman
77582 Germantown CRC 5/2 Sa 10 a.m.-2 p.m.

Specialty 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.

5 Sessions $45
Instructor: Kumud Mathur
78491 Potomac CRC 5/2 Sa 10 a.m.-2 p.m.

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.

7 Sessions $69
Instructor: Andy Schettino
76810 Bauer Drive CRC 4/20 M 7-8 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.

7 Sessions $69
Instructor: Andy Schettino
76812 Bauer Drive CRC 4/20 M 8-9 p.m.

8 Sessions $79
Instructor: Lon Holland
76813 Wheaton CRC 4/15 W 7:30-8:30 p.m.
NEW TaijiFit
Ages 40 & Up: TaijiFit, a program developed by Tai Chi Master David-Dorian Ross, welcomes people of all ages and fitness levels to the Tai Chi experience. This serene workout of continuous flowing movement gently yet effectively works many systems of the body. In this class, there is no specific form to memorize or get right. All movements can be done standing or seated. Excellent for beginners and intermediate Tai Chi players.

8 Sessions $80
Instructor: Move Well, Eat Better
78490 Poolesville ES 4/18 Sa 9-9:45 a.m.
78489 Germantown CRC 4/23 Th 10-10:45 a.m.

Workshops
NEW Embracing Your Appetite
Ages 18 & Up: Most of us think our appetite is our enemy, but that only makes eating healthy harder. Learn how embracing your appetite is essential to adopting a sustainable healthy lifestyle that doesn’t restrict you. Your appetite can actually help you eat better and push you to take better care of yourself. This four-week class incorporates mindful eating, explores where cravings come from and teaches the formula for making healthy your lifestyle.

4 Sessions $67
Instructor: Natalie Stephens
78875 Wheaton CRC 4/25 Sa 10-11 a.m.
78873 Bauer Drive CRC 5/5 Tu 7-8 p.m.

Yoga
Baby and Me Yoga
Ages 1m-5: 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
75750 Regional Services 4/14 Tu 11 a.m.-Noon Center-B-CC

Preschool Yoga
Ages 2-5: Toddler yoga combines the perfect dose of yoga and play.

10 Sessions $120
Instructor: Om Shanti DC
75751 Regional Services 4/18 Sa 11 a.m.-Noon Center-B-CC

Easy Yoga
Ages 18 & Up: Yoga at a slower pace for mixed levels that modify 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.

7 Sessions $76
Instructor: Moira Martin
76426 Lawton CRC 4/16 Th 9:30-10:45 a.m.

Essential Yoga
Ages 18 & Up: This class focuses on the fundamentals of yoga including posture, body alignment, breath and foundational yogic concepts; and is perfect for first-time and experienced students. Bring a yoga mat and blanket and wear comfortable clothing. Participants must practice with bare feet.

8 Sessions $85
Instructor: Tamara Lewis Johnson
76425 Coffield CRC 4/16 Th 6-7 p.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 warmup movements and breath awareness followed by a sequence of yoga postures and end with deep relaxation. Bring a yoga mat and wear comfortable clothing.

9 Sessions $95
Instructor: Robin Morris
78518 Regional Services 4/14 Tu 6:15-7:15 p.m.
Center-B-CC
78517 Wisconsin Place CRC 4/15 W 6:15-7:15 p.m.
**Gentle Yoga**
Ages 18 & Up: This class combines warmups, gentle postures and yogic breathing to improve mobility and reduce stress. Participants will learn the basic principles of body alignment and breath awareness inspired by a meaningful intention and a joyful attitude. The instructor encourages participants to listen to their bodies and progress at their own pace. Bring a yoga mat and blanket and wear comfortable clothing. Participants must practice with bare feet. No experience necessary.

- **9 Sessions** $95
- Instructor: Irene Bopp
- 78015 Bauer Drive CRC 4/14 Tu 6:15-7:15 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 keep the body in good alignment. Bring a mat or towel, a belt and a block; and wear comfortable clothing. Beginner and continuing levels.

- **9 Sessions** $135
- Instructor: Suzana Cooper
- 77565 Lawton CRC 4/17 F 9:45-11 a.m.
- **8 Sessions** $120
- Instructor: Suzana Cooper
- 77566 Wisconsin Place CRC 4/18 Sa 9:45-11 a.m.

**Restore and Recharge Yoga**
Ages 18 & Up: Balancing warmth and discipline, alongside opening and ease, you’ll have the opportunity to reset, while also leaving refreshed and ready to move through your week. The sequences will be fluid, alignment-focused and easy to follow for all. Classes in this series are designed to challenge your inner and outer strength, connecting breath and movement for a nourishing yoga flow. 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. Participants must practice with bare feet. Beginner and continuing levels.

- **7 Sessions** $75
- Instructor: Hannah Davis
- 78430 Wheaton CRC 4/20 M 7-8 p.m.
- 78431 Wheaton CRC 4/21 Tu Noon-1 p.m.

**NEW Silent Yoga**
Ages 55 & Up: Your ears need a break from any sound. Silent yoga gives you an opportunity to learn by watching the yoga instructor show you the yoga pose first in a slow pace. Watching her hand gestures will be a unique experience for you. Develop your own self-awareness helps you to recognize your body is changing for the better. For beginners and continuing students. Bring sticky mat.

- **6 Sessions** $63
- Instructor: Barbara Eger-Klatt
- 78438 Wheaton CRC 4/30 Th 10:30-11:30 a.m.

**Yoga Basics**
Ages 18 & Up: This class introduces participants 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. Participants must practice with bare feet. Beginner and continuing levels.

- **9 Sessions** $95
- Instructor: Irene Bopp
- 78017 Bauer Drive CRC 4/14 Tu 7:30-8:30 p.m.
- 78016 Mid-County CRC 4/15 W 7:30-8:30 p.m.
- **10 Sessions** $105
- Instructor: Irene Bopp
- 78018 Praisner CRC 4/16 Th 10:30-11:30 a.m.
- 78019 East County CRC 4/16 Th 7-8 p.m.

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**REMINDER**
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NEW Yoga for Active Retirees
(Or Those Who Wannabe)
Ages 40 & Up: Yoga postures, breathing techniques and meditation geared to aging bodies that may not be as flexible as they once were. Adults of all ages who find themselves sitting at their computers and need to get up and stretch and strengthen in a setting that also leaves time for rest and meditation. We will practice yoga postures in a way that increases strength and emphasizes stability as a platform for exploration of flexibility.
8 Sessions $85
Instructor: Martha Hare
78424 Wheaton CRC 4/15 W 10:15-11:30 a.m.

Yoga
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.
8 Sessions $108
Instructor: Om Shanti DC
76434 Potomac CRC 4/27 M 5:30-6:45 p.m.
76435 Potomac CRC 4/30 Th 10:15-11:30 a.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. Participants must practice with bare feet. Beginner and continuing levels.
7 Sessions $105
Instructor: Nancy Neves
76423 Bauer Drive CRC 4/14 Tu 10:45 a.m.-Noon

Yoga/Stretching for Your Relaxation
Ages 18 & Up: Practice gentle stretching and learn basic yoga postures to increase energy, flexibility, strength and balance. Class includes a focus on breathing and relaxation techniques. Those with injuries should consult a physician prior to registration. Bring a yoga mat and blanket. Students must practice with bare feet.
8 Sessions $120
Instructor: Nancy Neves
76424 Mid-County CRC 4/15 W 11 a.m.-Noon

NEW YogaAlign’s for ASL
Deaf Seniors
Ages 55 & Up: Focus on spinal alignment and practice breathing together. There are no separate parts on the body. It moves together like a weave and it is impossible to separate one muscle/bone/fascia from one another while you move from one position to another. You will learn about spinal alignment, breathing, muscles contraction and increase your body sensory awareness. This is a gentle class. The instructor will take two photos of you on the first day and on the last day of class for postural comparison.
8 Sessions $84
Instructor: Barbara Eger-Klatt
78437 Wheaton CRC 4/20 M 10:30-11:30 a.m.

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2. BY MAIL
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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 facility.
MARTIAL ARTS

Aikido

Aikido

Ages 12 & 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.

7 Sessions $62
Instructor: Christopher Rowe
77156 Ross Boddy NRC 4/20 M 7-8:30 p.m.
77157 Ross Boddy NRC 4/22 W 7-8:30 p.m.

Iaido

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 needed.

8 Sessions $80
Instructor: Salvador Cortes
77763 Ken Gar Center 4/16 Th 8:30-9:20 p.m.

Karate Do / Iaido - Beginners

Ages 7-14: 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 needed.

8 Sessions $80
Instructor: Salvador Cortes
77764 Ken Gar Center 4/16 Th 6:30pm-7:20pm

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 needed.

8 Sessions $80
Instructor: Salvador Cortes
77765 Ken Gar Center 4/16 Th 7:30pm-8:20pm

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 them of an aspect of judo.

8 Sessions $240
Instructor: Frederic Hocde
77149 Ken Gar Center 4/14 Tu 6:30-7:30 p.m.

We Want You

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4010 Randolph Road
Silver Spring, MD 20902

Register online at ActiveMONTGOMERY.org
# Karate/Jujitsu

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

<table>
<thead>
<tr>
<th>Ages 6-12</th>
<th>8 Sessions</th>
<th>$60</th>
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</thead>
<tbody>
<tr>
<td>Instructor: TKA Inc.</td>
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<tr>
<td>77173 Upper County CRC 3/30 M</td>
<td>6-7 p.m.</td>
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<td>77174 Longwood CRC 3/30 M</td>
<td>7-8 p.m.</td>
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<tr>
<td>77175 Upper County CRC 3/30 M</td>
<td>7-8 p.m.</td>
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<tr>
<td>77176 Wheaton CRC 3/30 M</td>
<td>6:30-7:30 p.m.</td>
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</tbody>
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**9 Sessions** $68

| Instructor: TKA Inc. |
| 77177 Germantown CRC 3/31 Tu | 6-7 p.m. |
| 77178 Germantown CRC 3/31 Tu | 7-8 p.m. |
| 77179 Mid-County CRC 3/31 Tu | 6:30-7:30 p.m. |

**10 Sessions** $75

| Instructor: TKA Inc. |
| 77180 Damascus CRC 4/1 W | 6-7 p.m. |
| 77181 Damascus CRC 4/1 W | 7-8 p.m. |
| 77182 Clara Barton NRC 4/1 W | 7-8 p.m. |
| 77183 Bauer Drive CRC 4/1 W | 6-7 p.m. |
| 77184 Bauer Drive CRC 4/1 W | 7-8 p.m. |
| 77185 Potomac CRC 4/1 W | 6-7 p.m. |
| 77186 Resnik, Judith A. ES 4/1 W | 7-8 p.m. |
| 77187 Potomac CRC 4/1 W | 7-8 p.m. |
| 77188 Stedwick ES 4/1 W | 7-8 p.m. |
| 77189 Praisner CRC 4/2 Th | 6-7 p.m. |
| 77190 Praisner CRC 4/2 Th | 7-8 p.m. |
| 77191 N. Potomac CRC 4/2 Th | 6:30-7:30 p.m. |
| 77192 Bethesda ES 4/2 Th | 7-8 p.m. |
| 77193 Long Branch CRC 4/2 Th | 7-8 p.m. |

**Ages 13 & Up**

| 8 Sessions | $68 |
| Instructor: TKA Inc. |
| 77194 Upper County CRC 3/30 M | 8-9:30 p.m. |
| 77195 Wheaton CRC 3/30 M | 7:30-9 p.m. |

**9 Sessions** $77

| Instructor: TKA Inc. |
| 77204 Germantown CRC 3/31 Tu | 8-9:30 p.m. |
| 77205 Mid-County CRC 3/31 Tu | 7:30-9 p.m. |

**10 Sessions** $85

| Instructor: TKA Inc. |
| 77196 Damascus CRC 4/1 W | 8-9:30 p.m. |
| 77197 Bauer Drive CRC 4/1 W | 8-9:30 p.m. |
| 77198 Potomac CRC 4/1 W | 8-9:30 p.m. |
| 77199 Stedwick ES 4/1 W | 8-9:30 p.m. |
| 77200 Bethesda ES 4/2 Th | 8-9:30 p.m. |
| 77201 Praisner CRC 4/2 Th | 8-9:30 p.m. |
| 77202 N. Potomac CRC 4/2 Th | 7:30-9 p.m. |
| 77203 Long Branch CRC 4/2 Th | 8-9:30 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.

**10 Sessions** $36

| Instructor: TKA Inc. |
| 77206 East County CRC 4/3 F | 7:30-8:30 p.m. |

**Karate/Jujitsu Club 2**

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

**10 Sessions** $48

| Instructor: TKA Inc. |
| 77207 East County CRC 4/3 F | 8:30-9:30 p.m. |
**Little Ninjas**

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

**10 Sessions**
Instructor: Kicks Karate
- **78039** Kicks Karate Potomac
  - 4/15 M, W 5:30-6:30 p.m.
- **78045** Kicks Karate Shady Grove
  - 4/15 M, W 6-6:30 p.m.
- **78046** Kicks Karate Silver Spring
  - 4/14 Tu, Th 6-6:30 p.m.
- **78049** Kicks Karate Kensington
  - 4/14 Tu, Th 6:15-6:45 p.m.
- **78038** Kicks Karate North Bethesda
  - 4/15 M, W 6:20-6:50 p.m.
- **78037** Kicks Karate Bethesda
  - 4/14 Tu, Th 6:20-6:50 p.m.
- **78048** Kicks Karate Clarksburg
  - 4/14 Tu, Th 6:20-6:50 p.m.

**$129**

**Super Samurais**

Ages 8-12: This high energy class develops physical, mental, and emotional self-defense skills. Participants 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, like respect and good citizenship will also be reinforced. Participants 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**
Instructor: Kicks Karate
- **78052** Kicks Karate Potomac
  - 4/18 Sa 9-9:50 a.m.
- **78055** Kicks Karate Silver Spring
  - 4/18 Sa 10:10-11 a.m.
- **78057** Kicks Karate Gaithersburg
  - 4/18 Sa 10-10:50 a.m.
- **78058** Kicks Karate Kensington
  - 4/18 Sa 10:15-11:05 a.m.
- **78056** Kicks Karate Shady Grove
  - 4/18 Sa 11:20 am-12:10 p.m.
- **78053** Kicks Karate Bethesda
  - 4/18 Sa Noon-12:50 p.m.
- **78054** Kicks Karate Clarksburg
  - 4/18 Sa Noon-12:50 p.m.
- **78051** Kicks Karate North Bethesda
  - 4/18 Sa 12:20-1:10 p.m.

**$79**

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Tiny Tigers

Ages 3-4: 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.

10 Sessions $129
Instructor: Kicks Karate
78071 Kicks Karate 4/14 Tu,Th 4:15-4:45 p.m.
78069 Kicks Karate 4/14 Tu,Th 5:20-5:50 p.m.
78070 Kicks Karate 4/14 Tu,Th 5:30-6 p.m.
78072 Kicks Karate 4/14 Tu,Th 5:50-6:20 p.m.
78074 Kicks Karate 4/15 W,F 4-4:30 p.m.
78073 Kicks Karate 4/15 M,W 6-6:30 p.m.

Tiny Tigers / Little Ninjas

Ages 3 - 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
78075 Kicks Karate 4/18 Sa 9-9:30 a.m.
78069 Kicks Karate 4/18 Sa 9-9:30 a.m.
78064 Kicks Karate 4/18 Sa 9-9:30 a.m.
78065 Kicks Karate 4/18 Sa 9-9:30 a.m.
78070 Kicks Karate 4/18 Sa 9-9:30 a.m.
78067 Kicks Karate 4/18 Sa 9-9:30 a.m.
78068 Kicks Karate 4/18 Sa 9-9:30 a.m.
78066 Kicks Karate 4/18 Sa 10-10:30 a.m.

Specialty Programs

Bagua

Ages 13 & Up: Bagua is a Chinese internal martial art that explores body mechanics, posture, mobility and breathing through circle walking. All ages and physical fitness levels welcome.

8 Sessions $50
Instructor: Finding Your Breath
77210 Wheaton CRC 4/15 W 8-9:30 p.m.

NEW Kung Fu / Wushu

Ages 5 & Up: This class will introduce participants to the basics, fundamentals and nuances of Wushu/Kung Fu or Chinese Martial Arts. This includes basic exercises, stretches, stances, punches and kicks that will develop the participant’s coordination, strength and agility in a fun, engaging and rigorous environment.

Ages 5-17 8 Sessions $120
Instructor: Ching-Yin Lee
78492 Wheaton CRC 4/17 F 5:30-6:30 p.m.

Ages 18 & Up 8 Sessions $120
Instructor: Ching-Yin Lee
78494 Wheaton CRC 4/17 F 6:30-7:30 p.m.

Naginata

Ages 13 & Up: Naginata is an ancient Japanese martial art that uses a wooden glaive. Participants learn movement patterns and forms to increase mobility, body mechanics and breathing. All physical fitness levels welcome.

8 Sessions $50
Instructor: Finding Your Breath
77211 White Oak CRC 4/14 Tu 7-8:30 p.m.
Vovinam

Classic Vovinam Martial Arts
Ages 6 & Up: Vovinam is a martial art developed by the Vietnamese. Learn defense using your hands, elbows, kicks, throws, escape and levering, joint locks, choke holds and submissions. Vovinam techniques are simple, effective and artistic. Each session includes extensive warmups, fall breaks, rolling, strikes, kicks, blocks, forms, and sparring. This course prepares you for real life situations and you will train with partners of different sizes.

16 Sessions $144
Instructor: Yanni Nguyen
77826 Long Branch CRC 4/14 Tu 6-7:30 p.m.
                                  Sa 11:30 a.m.-1 p.m.

Classic Vovinam Martial Arts - Advanced
Ages 6 & 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.

16 Sessions $144
Instructor: Yanni Nguyen
77827 Long Branch CRC 4/14 Tu 7:30-9 p.m.
                                  Sa 10-11:30 a.m.

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School Break Programs

Spring Break

Coach Doug Club Holiday
Ages 3-12: 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.

Full Day Ages 5-12
5 Sessions $249
Instructor: Coach Doug Academy
72204 Potomac CRC 4/6 M-F 8 a.m.-3:30 p.m.

Half Day Ages 3-12
5 Sessions $140
Instructor: Coach Doug Academy
72206 Potomac CRC 4/6 M-F 8 a.m.-12:30 p.m.

Afternoon Extended Care Ages 5-12
5 Sessions $39
Instructor: Coach Doug Academy
72208 Potomac CRC 4/6 M-F 3:30 p.m.-6 p.m.
**STEAM**

**Playtime & Language**

**Baby and Tot Sign Language**
Ages 1m-5: Baby sign language is borrowed from American Sign Language (ASL) which is the native language for deaf people living in the United States. Participants will learn basic signs to communicate with their parents, siblings and other family members. It is a wonderful way for deaf babies to learn early language exposure to ASL and the same way for baby who can hear. Both have equal access to ASL for the communication and early language acquisition. Parent participation required.

- **5 Sessions**
- **$70**
- 78496 Wheaton CRC 4/30 Th 9-10 a.m.

**Spanish-Toddlers**
Ages 1 ½ -3: Children will be fully immersed in the target language through songs, chanting, storytelling and movement exercises in a circle time approach. All classes are taught using tangible material that is attractive and age appropriate. Adult participation is required.

- **8 Sessions**
- **$130**
- Instructor: Maria Rhoe
  - 78420 Wheaton CRC 4/14 Tu 4-4:45 p.m.
  - 78418 Bauer Drive CRC 4/16 Th 4-4:45 p.m.
  - 78419 Lawton CRC 4/18 Sa 10-10:45 a.m.

**Spanish-Preschool**
Ages 4-7: Classes are taught in a full immersion program using Comprehensible Input and Total Physical Response methodologies. All sessions are carefully planned with clear goals and objectives to ensure participants 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.

- **8 Sessions**
- **$130**
- Instructor: Maria Rhoe
  - 78417 Wheaton CRC 4/14 Tu 5-5:45 p.m.
  - 78415 Bauer Drive CRC 4/16 Th 5-5:45 p.m.
  - 78416 Lawton CRC 4/18 Sa 11-11:45 a.m.

**The Art of Handwriting**
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. Participants will work in small groups taught by licensed occupational therapist who are also handwriting specialists.

- **6 Sessions**
- **$270**
- Instructor: Art of Handwriting
  - 78659 N. Potomac CRC 5/5 Tu 5:30-6:30 p.m.
  - 78660 Ashburton ES 5/7 Th 5:30-6:30 p.m.

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Junior Business

Entrepreneurs Club
Ages 10-13: Participants select a business idea, learn to develop a business plan and make a pitch presentation on the last day. Participants also role play as CEO’s for leading companies and work in groups to make strategic recommendations to address real business issues. Participants will enhance their problem solving skills, develop business savvy and cultivate a strategic mindset as future leaders.

8 Sessions $189
Instructor: Spark Business Academy
78428 Potomac CRC 4/15 W 6-7 p.m.

Finance Club
Ages 10-13: Learn fundamental personal finance concepts in money management, credit and investing. Through simulations and hands on activities, participants 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
78434 Potomac CRC 4/14 Tu 6-7 p.m.

My First Lemonade Stand
Ages 6-9: Learn where you learn how to make yummy lemonade and how to earn money selling it. Fun sessions empower students with an entrepreneurial mindset for their lemonade stand. Participants learn about marketing, finance and strategy in a supporting environment fostering teamwork. From designing marketing flyers to estimating profits to experimenting with recipes, participants have fun while developing business savvy. As a showcase event, participants launch their lemonade stand in the spring and donate profits to a charity they select.

8 Sessions $189
Instructor: Spark Business Academy
78429 Potomac CRC 4/14 Tu 5-6 p.m.
Board Games

Dungeons and Dragons
Ages 9-17: They creep through the twilight, quiet as shadows muttering a language long forgotten, a language only spoken by ghosts. Use your imagination and storytelling ability in this classic fantasy role playing game. Roll dice to cast spells, solve mysteries and battle monsters. Creativity and cooperation help the group survive.

4 Sessions: $65
78872  Wheaton CRC  4/15  W  5-7 p.m.
78874  Wheaton CRC  5/13  W  5-7 p.m.

Engineering

Robotics & Coding with EV3
Ages 10-14: Software: This class combines the exciting world of Lego® with programming to manipulate and program your own personal robot. Learn how to use the simple, but powerful software to create commands with drag and-drop visual programming. Configure different sensors that track motion, light and touch to create the ultimate robot. Participants will work together as a small team of young engineers to build and program their designs. This class is great for children who are hands on and like working together in small teams.

6 Sessions  $139
Instructor: C3 Cyber Club
78752  N. Potomac CRC  4/18  Sa  10-11 a.m.

Robotics & Coding with Lego® Wedo
Ages 5-9: This class combines the exciting world of Lego® with programming to manipulate and program your own personal robots. This class is tailored to younger children who want to learn the basics of visual programming. Participants create commands for their robots to follow by using an application with a drag-and-drop interface that is visually simple to use, but capable of complex instructions. Participants learn the importance of teamwork by working together with a partner in order to accomplish the build assignment for the day.

6 Sessions  $139
Instructor: C3 Cyber Club
78750  N. Potomac CRC  4/18  Sa  9-10 a.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.

8 Sessions  $72
Instructor: Timothy Morgan
77814  Potomac CRC  4/30  Th 10 a.m.-12:15p.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.

8 Sessions  $72
Instructor: Timothy Morgan
77816  Potomac CRC  4/29  W 10 a.m.-12:15p.m.

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Badminton

Badminton - Beginner
Ages 9 & Up: Participants 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. Participants are required to bring a badminton racquet.

8 Sessions $90
Instructor: Yen-Ping Chao
77215 Bauer Drive CRC 4/25 Sa 9:30-10:30 a.m.

Badminton - Intermediate
Ages 10 & Up: Participants 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 participant’s level. The instructor may reassign participant’s to another level if necessary. Participants are required to bring a badminton racquet.

8 Sessions $118
Instructor: Yen-Ping Chao
77216 Bauer Drive CRC 4/25 Sa 10:30-11:30 a.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 participant’s level. The instructor may reassign participants to another level if necessary. Participants are required to bring a badminton racquet. Prerequisite: Badminton-Intermediate.

8 Sessions $118
Instructor: Yen-Ping Chao
77214 Bauer Drive CRC 4/25 Sa 12:45-1:45 p.m.

Baseball/Softball

Rookie League Baseball
Ages 5-8: Participants will receive instruction in all basics of coach-pitch baseball, and will apply what they have learned in non-competitive games. Participants who are not able to hit a pitched ball will be able to use a tee while learning. Participants receive a Major League Baseball hat, team T-shirt and baseball medal. Sessions are one-hour and 15 minutes within the listed timeframe.

6 Sessions $95
Instructor: Jump Start Sports
77802 Aylaw LP 4/18 Sa 12:15-2:45 p.m.
77803 Quince Orchard 4/18 Sa 12:15-2:45 p.m.
77804 Layhill Village LP 4/19 Su 2:15-4:45 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. Participants receive a Major League Baseball hat, team T-shirt and baseball medal. Sessions are one-hour within the listed timeframe.

6 Sessions $95
Instructor: Jump Start Sports
77809 Quince Orchard 4/18 Sa 10 a.m.-Noon
77808 Aylaw LP 4/18 Sa 10 a.m.-Noon
77810 Layhill Village LP 4/19 Su Noon-2 p.m.
Basketball

Youth Basketball League
Ages 9-16: This is a six-week youth basketball league. Games are played throughout Montgomery County between 6 and 10 p.m. Games will not be played Memorial Day weekend or during MCPS Spring Break. Team registration only.

Boys
6 Sessions $520
Ages 9-10
78878 3/27 F 6-10 p.m.

Ages 11-12
78880 3/27 F 6-10 p.m.

Ages 13-14
78882 3/27 F 6-10 p.m.

Ages 15-16
78884 3/27 F 6-10 p.m.

Girls
6 Sessions $520
Ages 9-10
78879 3/27 F 6-10 p.m.

Ages 11-12
78881 3/27 F 6-10 p.m.

Ages 13-14
78883 3/27 F 6-10 p.m.

Ages 15-16
78885 3/27 F 6-10 p.m.

NEW Basketball Relay
Ages 7-11: Players will develop, practice and reinforce the fundamental basketball skills of dribbling, shooting, guarding and passing. Initial games focus on individual skill development and promoting a positive atmosphere. The program advances by combining two skill-sets within one game and adding obstacles for the players to maneuver around.

4 Sessions $98
Instructor: Team Askew Basketball Academy
77212 Wayside ES 4/19 Su 9-10 a.m.

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
77146 Wyngate ES 4/18 Sa 9-10 a.m.

Men’s Basketball League
Ages 18 & Up: Competitive men's basketball league. Games scheduled on the hour. Four weeks of regular season games plus two game guarantee playoffs, competing in a seeding tournament. Team registration only. Payment plans available.

7 Sessions $570
77831 Wheaton CRC 4/1 W 6-10:30 p.m.
77829 Bauer Drive CRC 4/19 Su 3-9 p.m.

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

NEW Team Askew Hot Shots
Ages 12-14: Participants will learn team basketball fundamentals with an emphasis on individual skills and the introduction of defensive and offensive team formations. The second portion of the class will be three vs. three competitions and full court games.

4 Sessions $110
Instructor: Team Askew Basketball Academy
77213 WAYSIDE ES 4/19 Su 10:30 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
77823 White Oak MS 4/16 Th 7-8:30 p.m.
77821 N. Potomac CRC 4/18 Sa 1-3:30 p.m.
77820 Longwood CRC 4/21 Tu 6-7:30 p.m.
79966 Lawton CRC 4/29 W 7-8:30 p.m.
Women's Drop-In Basketball
Ages 18 & Up: A non-competitive, drop-in basketball program, just for women. A great way to meet new people and have fun. All skill levels encouraged.

4 Sessions $25
77839 Bauer Drive CRC 4/19 Su 10 a.m.-Noon
8 Sessions $50
77838 Bauer Drive CRC 4/19 Su 10 a.m.-Noon

Cheer and Poms

NEW Tumbling-Beginner
Ages 6-15: This class will focus on beginner tumbling skills including forward and backward rolls, handstands, bridges, cartwheels, roundoffs and backbends. It will build a foundation for proper alignment, power, strength and timing needed to be a successful tumbler.

8 Sessions $180
78006 Cheer Prodigy 4/14 Tu 6-6:45 p.m.
78007 Cheer Prodigy 4/15 W 6:15-7 p.m.

NEW Tumbling-Intermediate
Ages 6-15: This class pays close attention to body awareness and understanding how the body performs through tumbling skills. Along with the tumbling skills from the beginner level, this class will work on back/front walkers, connecting cartwheels/roundoffs, back extension rolls, handstand forward rolls and back handsprings.

8 Sessions $180
78013 Cheer Prodigy 4/15 W 7:15-8 p.m.

NEW Introductory Cheer
Ages 5-8: This class will expose participants to all the components of cheer: tumbling, jumps, motions, and stunting. Participants will create a routine that will allow them to combine basic cheer components with a dance. T-shirt and bow is included.

8 Sessions $185
78002 Cheer Prodigy All-Star 4/14 Tu 6-6:45 p.m.
7 Sessions $165
77995 Cheer Prodigy All-Star 4/20 M 6:15-7 p.m.
78001 Cheer Prodigy All-Star 4/20 M 7:15-8 p.m.

NEW Introductory Poms
Ages 6-15: Work with poms and your teammates to learn basic techniques and skills to help advance your passion for dance. Perfect for athletes interested in joining their local high school poms team. T-shirt and bow are included.

8 Sessions $185
78014 Cheer Prodigy All-Star 4/15 W 7:15-8 p.m.

NEW Wiggles and Giggles
Ages 2-4: Your tot will flip for this class. Participants will build self confidence, motor skills, proper body positions and coordination. Learn basic techniques using mats, hoops, and other fun props and games

7 Sessions $120
78103 Cheer Prodigy All-Star 4/14 Tu 5-5:45 p.m.
78104 Cheer Prodigy All-Star 4/20 M 5-5:45 p.m.

NEW Wiggles and Giggles-with Parent
Ages 1 ½-3: This class features age-appropriate games and stations that will teach coordination, balance and other gymnastics skills along with fun guided activities developed with young athletes in mind. Parent participation required.

7 Sessions $105
78101 Cheer Prodigy All-Star 4/20 M 10-10:45 a.m.

Fencing

Fencing - Beginner I
Ages 8 & Up: Learn basic fencing and foil techniques. Foil, mask, and jacket provided.

9 Sessions $150
Instructor: Gitty Mohebban
77570 Bauer Drive CRC 4/3 F 6:30-7:30 p.m.
77569 Germantown CRC 4/15 W 5:30-6:30 p.m.

Fencing - Beginner I / II
Ages 8 & Up: Learn basic fencing and foil techniques. Foil, mask, and jacket provided.

8 Sessions $126
Instructor: Gitty Mohebban
77571 N. Potomac CRC 3/30 M 5:45-6:45 p.m.
Fencing - Beginner II
Ages 8 & Up: Learn basic fencing and foil techniques. Foil, mask, and jacket provided. Prerequisite: Fencing-Beginner I.
9 Sessions $150
Instructor: Gitty Mohebban
77573 Bauer Drive CRC 4/3 F 7:30-8:30 p.m.
77572 Germantown CRC 4/15 W 6:30-7:30 p.m.

Fencing - Intermediate
Ages 8 & Up: Participants 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.
9 Sessions $150
Instructor: Gitty Mohebban
77574 Bauer Drive CRC 4/3 F 8:30-9:30 p.m.

Field Hockey
Field Hockey-Love The Game
Ages 8 & Up: Our program will give participants an opportunity to learn the popular sport of field hockey. They will learn the basics of the game with an emphasis on skills and drills. We will end each session with a scrimmage. Whether the participant is new to the game or have had a little exposure to field hockey this program will be for them. Participants are sure to love the game after you take this exciting new program. Participants will need to bring shinguards, mouthguards and hockey stick.
4 Sessions $72
78775 Plum Gar CRC 4/18 Sa 10-11 a.m.
78790 Plum Gar CRC 5/16 Sa 10-11 a.m.

Flag Football
Flag Football Clinic
Ages 4-6: Have a blast learning the basics of football in a safe environment. Participants 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. Participants are grouped by age, coached at their level of understanding, and play fun, low competition games. Participants receive a T-shirt.
6 Sessions $95
Instructor: Jump Start Sports
77781 Germantown CRC 4/19 Su 11 a.m.-Noon

National Flag Football Youth League
Ages 4-14: The emphasis of this non-contact, recreational league is participation, teamwork, sportsmanship and fun. Participants will be divided into teams of seven to 10 children. Teams are formed by participant's school, grade and buddy/coach requests. A one hour practice followed by a one hour game will be scheduled for each team. The first Sunday will be a meet and greet with the coach and the first practice. All player registrations will include a NFL Flag jersey representing one of the NFL's 32 teams, matching team shorts, mouthguard and flag belt.
7 Sessions $165
Instructor: National Flag Football Association
77171 Timberlawn LP 4/26 Su Noon-6 p.m.
77172 Nike Missile LP 4/26 Su Noon-6 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.
Golf

Golf Swing Fundamentals
Ages 18 & Up: If you want to give golf a try, now is your chance to learn the fundamentals. The golf swing motion is taught using everyday language and easy steps for long lasting results. Fundamentals include: grip, posture, stance and swing rhythm. Fee includes use of equipment. Class size is small (no more that 10 students) so you will have personal attention. Please wear athletic shoes.

4 Sessions $149
Ages 18 & Up
Instructor: Mark Diley
77775 Wheaton CRC 4/14 Tu 6:30-7:30 p.m.
Ages 50 & Up
Instructor: Mark Diley
77776 Wheaton CRC 4/16 Th 10-11 a.m.

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
77792 Mid-County CRC Field 4/18 Sa 10-11 a.m.
Ages 10-12
77793 Mid-County CRC Field 4/18 Sa 11 a.m.-Noon

Multi-Sports

Coach Doug Pre Wee Wanna Be
Ages 1 ¼-3: Participants 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.

8 Sessions $109
Instructor: Coach Doug Academy
75754 Germantown CRC 4/14 Tu 9:30-10:15 a.m.
75755 Bauer Drive CRC 4/15 W 9:30-10:15 a.m.
75756 Potomac CRC 4/23 Th 9:30-10:15 a.m.

Coach Doug Wee Wanna Be
Ages 2-5: Participants 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. Adult participation required.

8 Sessions $109
Instructor: Coach Doug Academy
75767 Germantown CRC 4/14 Tu 10:30-11:15 a.m.
75764 Bauer Drive CRC 4/15 W 10:30-11:15 a.m.
75765 Oakland Terrace ES 4/18 Sa 9:30-10:15 a.m.
75766 Oakland Terrace ES 4/18 Sa 10:15-11 a.m.

7 Sessions $85
Instructor: Coach Doug Academy
75763 Potomac CRC 4/30 Th 10:30-11:15 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, tee ball, lacrosse and more. Adult participation not required.

**7 Sessions** $85
Instructor: Coach Doug Academy
75758 Potomac CRC  4/30 Th  4-4:45 p.m.

**8 Sessions** $109
Instructor: Coach Doug Academy
75757 Germantown CRC  4/14 Tu  4-4:45 p.m.
75759 Oakland Terrace ES  4/18 Sa  11-11:45 a.m.

**NEW KIDspired Multi-Sports**
Ages 5-11: Multi-Sports club focuses on the importance of exercise, speed and agility through games and challenges. Coaches are certified personal trainers and will focus on getting kids to enjoy being active. KIDspired programs are designed to build participant’s self esteem, improve skills and promote an active lifestyle while having fun and making new friends.

**7 Sessions** $115
Instructor: KIDspired LLC
78421 Little Bennett ES  4/14 Tu  3:40-4:40 p.m.

**8 Sessions** $130
Instructor: KIDspired LLC
78423 Clarksburg ES  4/15 W  4-5 p.m.
78422 Gibbs Jr., William B. ES  4/16 Th  4-5 p.m.

Pickleball

**Pickleball Class Beginners**
Ages 18 & Up: Learn various serves, drills and techniques on returns, different shots, volley and dinks. Topics like game strategy and how to improve with your partner will be discussed. At the conclusion of your three-day session, individuals will have greater understanding of the game and will be ready to participate at a better level in drop-in programs or leagues.

**3 Sessions** $30:
78109 Damascus CRC  3/11 W  10:30 a.m.-Noon
78488 Damascus CRC  4/8 W  10:30 a.m.-Noon
78379 Damascus CRC  5/6 W  10:30 a.m.-Noon
78465 Praisner CRC  5/26 Tu  10:30 a.m.-Noon
78464 White Oak CRC  5/27 W  1:30-3 p.m.

**Pickleball Dinking & Drop Shot Clinic**
Ages 18 & Up: Improve your dinking and drop shots. This class is for participants of more intermediate to advance level play that have a good knowledge of the game. Drill for 60 minutes while you concentrate on third shot drops, transition area drops and dinking. Follow it by 30 minutes of play incorporating your new skills while being watched and critiqued point-by-point to include tips for court strategy and partner work. Smaller class size. Participants will be mentored in a more personalize experience from the instructor.

**1 Session** $25
78461 White Oak CRC  4/1 W  1:30-3 p.m.
79971 Wheaton CRC  4/1 W  6-7 p.m.
79972 Wheaton CRC  4/8 W  6-7 p.m.
78124 Ross Boddy NRC  4/30 Th  10-11:30 a.m.
78123 Potomac CRC  4/30 Th  1:2-3:00 p.m.
78387 N. Potomac CRC  6/1 M  1:2-3:00 p.m.
78389 Ross Boddy NRC  6/4 Th  10-11:30 a.m.
78388 Potomac CRC  6/4 Th  1-2:30 p.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 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 facility.
Pickleball Punch Volley & Transition Area Clinic
Ages 18 & Up: Improve your no-man-land navigation and volleying from the NVZ line. This class is for participants of more intermediate to advance level play that have a good knowledge of the game. Drill for 60 minutes while you concentrate on these skill sets. Follow it by 30 minutes of play incorporating your new skills while being watched and critiqued point-by-point to include tips for court strategy and partner work. Participants will be mentored in a more personalized experience from the instructor.

1 Session $25
78463 White Oak CRC 4/29 W 1:30-3 p.m.
78395 N. Potomac CRC 6/15 M 1-2:30 p.m.
78398 Potomac CRC 6/18 Th 12:30-2 p.m.
78399 Ross Boddy NRC 6/18 Th 12:30-2 p.m.

Pickleball Serving & Ground Stroke Clinic
Ages 18 & Up: Improve your serving and ground stroke. Drill for 60 minutes while you concentrate on serving, returns and ground strokes. Follow it by 30 minutes of play incorporating your new skills while being watched and critiqued point-by-point to include tips for court strategy and partner work. Participants will be mentored in a more personalized experience from the instructor.

1 Session $25
79973 Wheaton CRC 4/1 W 7:45-8:45 p.m.
78462 White Oak CRC 4/8 W 1:30-3 p.m.
79974 Wheaton CRC 4/8 W 7:45-8:45 p.m.
78126 Ross Boddy NRC 4/9 W 10-11:30 a.m.
78120 Potomac CRC 4/9 Th 1-2:30 p.m.
78390 N. Potomac CRC 6/8 M 1-2:30 p.m.
78392 Ross Boddy NRC 6/11 Th 10-11:30 a.m.
78391 Potomac CRC 6/11 Th 12:30-2 p.m.
78386 Damascus CRC 6/17 W 12:15-1:45 p.m.

Pickleball Skills & Drills Class
Ages 18 & Up: This class is for advanced beginners that know how to volley, keep score and have good knowledge of the game. Participants will learn various serves, drills and techniques on returns, different shots, volley and dinks. Topics like game strategy and how to improve with your partner will be discussed. At the conclusion of your three-day session, participants will have greater understanding of the game and will be ready to participate at a better level in drop-in programs or leagues.

3 Sessions $30
78367 Damascus CRC 5/6 W 12:15-1:45 p.m.
78487 Damascus CRC 3/11 W 12:15-1:45 p.m.
78105 East County CRC 4/8 W 10:30 a.m.-Noon
78108 Damascus CRC 4/8 W 12:15-1:45 p.m.
78106 N. Potomac CRC 4/13 M 1-2:30 p.m.
78107 Praisner CRC 4/14 Tu 10:30 a.m.-Noon
78381 N. Potomac CRC 5/4 M 1-2:30 p.m.
78111 White Oak CRC 5/6 W 1:30-3 p.m.
78384 Ross Boddy NRC 5/7 Th 10-11:30 a.m.
78117 Potomac CRC 5/7 Th 12:30-2 p.m.
78467 East County CRC 5/27 W 10:30 a.m.-Noon

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
Pickleball Leagues
Ages 18 & Up: These leagues have various competition levels that are appealing to all skill levels. All league formats are doubles teams and can consist of any type of doubles mixtures (men/men, women/women or mix). Teams will play four to five games each night, 15 points, or 14 minutes. Ladder leagues play for weekly seedings. Doubles leagues do not record standings. No playoffs for these leagues.

**Doubles League-Individual Registration** $30
79982 Longwood CRC 4/1 W 6-9:30 p.m.
78815 Bauer Drive CRC 5/7 Th 6-8 p.m.
77993 Bauer Drive CRC 6/22 M 6-10 p.m.

**Doubles League-Team Registration** $60
79981 Longwood CRC 4/1 W 6-9:30 p.m.
78813 Bauer Drive CRC 5/7 Th 6-8 p.m.
77994 Bauer Drive CRC 6/22 M 6-10 p.m.

**Ladder League- Advanced 3.5** $50
77992 Bauer Drive CRC 5/4 M 6-9:30 p.m.

**Ladder League- Intermediate 2.5-3.0** $50
77991 Bauer Drive CRC 5/4 M 6-9:30 p.m.

**Ladder League- Beginners 2.0-2.5** $50
77990 Bauer Drive CRC 5/4 M 6-9:30 p.m.

Rugby

**NEW Introductory Rugby**
Ages 6-13: Participants will develop physical, cognitive and social skills required in rugby and improve their skills and knowledge of the sport. Course includes drills, skills development, team work and good sportsmanship. For all ability levels.

**6 Sessions** $85
Instructor: Bethesda Roosters Rugby Club

**Ages 6-7**
77777 Bauer Drive CRC 4/20 M 6-7 p.m.

**Ages 8-9**
77778 Bauer Drive CRC 4/20 M 7-8 p.m.

**Ages 10-11**
77779 Bauer Drive CRC 4/22 W 6-7 p.m.

**Ages 12-13**
77780 Bauer Drive CRC 4/22 W 7-8 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.

**8 Sessions** $109
Instructor: Coach Doug Academy
75760 Germantown CRC 4/14 Tu 5-5:45 p.m.
75762 Oakland 4/18 Sa 11:45am-12:30p.m.
Terrace ES

**NEW Coach Reggie’s Ultra Soccer Academy**
Ages 4-16: Have fun learning soccer basics: dribbling, passing, trapping, shooting and defense. Each session will consist of instructional drills that will teach the fundamental skills of soccer as well as game time.

**7 Sessions** $100
Instructor: Ultra Soccer Academy

**Ages 4-8**
77774 Plumgar LP 4/18 Sa 9-10 a.m.

**Ages 11-13**
77770 Damascus CRC 4/20 M 5-6 p.m.

**Ages 14-16**
77773 Damascus CRC 4/23 Th 5-6 p.m.

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2. **BY MAIL**
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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 facility.
Co-Rec Soccer
Ages 18 & Up: Competitive adult soccer league. Eight week of regular season games followed by playoffs. Games are played throughout Montgomery County. Individuals interested in playing that do not already have a team, please register as a free agent. Registration for the league is a team fee. The team manager will indicate individual fees based on the number of players a team has on their roster. Payment plans available.

**Open South - Division 2**
- **Price:** $899
- **Location:** Various
- **Dates:** 4/12, Su 9 a.m.-5 p.m.

**Open World - Division 3**
- **Price:** $899
- **Location:** Various
- **Dates:** 4/12, Su 9 a.m.-5 p.m.

**Open Metro - Division 4**
- **Price:** $899
- **Location:** Various
- **Dates:** 4/12, Su 9 a.m.-5 p.m.

**Free Agent**
- **Price:**
- **Location:** Various
- **Dates:** 4/12, Su 9 a.m.-5 p.m.

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.

Instructor: Jump Start Sports

**5 Sessions**
- **Ages 3-4**
  - **Price:** $75
  - **Location:** Good Hope NRC
  - **Dates:** 4/19, Su 1-2 p.m.

**6 Sessions**
- **Ages 3-4**
  - **Price:** $90
  - **Location:** Bauer Drive CRC
  - **Dates:** 4/18, Sa 10-11 a.m.
  - **Location:** Fernwood LP
  - **Dates:** 4/18, Sa 2-3 p.m.
  - **Location:** Pooleville ES
  - **Dates:** 4/18, Sa 10-11 a.m.
  - **Location:** Damascus CRC
  - **Dates:** 4/19, Su Noon-1 p.m.
  - **Location:** Germantown CRC
  - **Dates:** 4/19, Su 1-2 p.m.

**5 Sessions**
- **Ages 5-6**
  - **Price:** $75
  - **Location:** Good Hope NRC
  - **Dates:** 4/19, Su 2-3 p.m.

**6 Sessions**
- **Ages 5-6**
  - **Price:** $90
  - **Location:** Bauer Drive CRC
  - **Dates:** 4/18, Sa 11 a.m.-Noon
  - **Location:** Pooleville ES
  - **Dates:** 4/18, Sa 11 a.m.-Noon
  - **Location:** Fernwood LP
  - **Dates:** 4/18, Sa 3-4 p.m.
  - **Location:** Damascus CRC
  - **Dates:** 4/19, Su 1-2 p.m.
  - **Location:** Germantown CRC
  - **Dates:** 4/19, Su 2-3 p.m.

Men's Soccer League
Ages: 18 & Up: Competitive adult soccer league. Eight week of regular season games followed by playoffs. Games are played throughout Montgomery County. Individuals interested in playing that do not already have a team, please register as a free agent. Registration for the league is a team fee. The team manager will indicate individual fees based on the number of players a team has on their roster. Payment plans available.

**Ages 18 & Up:**

- **Division 1**
  - **Price:** $1299
  - **Location:** 68254
  - **Dates:** 4/5, Su 9 a.m.-5 p.m.

- **Division 2**
  - **Price:** $1299
  - **Location:** 68255
  - **Dates:** 4/5, Su 9 a.m.-5 p.m.

- **Division 3**
  - **Price:** $1099
  - **Location:** 68256
  - **Dates:** 4/5, Su 9 a.m.-5 p.m.

- **Free Agent**
  - **Price:**
  - **Location:** 44063
  - **Dates:** 4/12, Su 9 a.m.-5 p.m.

- **Ages 45 & Up:**

  - **Red Division 1**
    - **Price:** $1299
    - **Location:** 68257
    - **Dates:** 4/12, Su 9 a.m.-7:30 p.m.

  - **Blue Division 1**
    - **Price:** $1099
    - **Location:** 68258
    - **Dates:** 4/12, Su 9 a.m.-7:30 p.m.

  - **Green Division 3**
    - **Price:** $1099
    - **Location:** 68259
    - **Dates:** 4/12, Su 9 a.m.-7:30 p.m.

  - **Free Agent**
    - **Price:**
    - **Location:** 44064
    - **Dates:** 4/12, Su 9 a.m.-7:30 p.m.

- **Ages 55 & Up:**

  - **Division 1**
    - **Price:** $1099
    - **Location:** 68260
    - **Dates:** 4/11, Sa 9 a.m.-5 p.m.

  - **Division 2**
    - **Price:** $1099
    - **Location:** 68261
    - **Dates:** 4/11, Sa 9 a.m.-5 p.m.

  - **Free Agent**
    - **Price:**
    - **Location:** 44065
    - **Dates:** 4/11, Sa 9 a.m.-5 p.m.

- **Ages 65 & Up:**

  - **Open Division**
    - **Price:** $899
    - **Location:** 68262
    - **Dates:** 4/12, Su 10 a.m.-2 p.m.

  - **Free Agent**
    - **Price:**
    - **Location:** 44067
    - **Dates:** 4/12, Su 10 a.m.-2 p.m.
Recreational Soccer
Ages 7-8: Boys and girls learn the fundamentals of soccer as well as more complex aspects of the sport in a course for experienced players and novices alike. Each session includes skill instruction and gameplay that includes an equal measure of healthy competition and learning opportunities. Shin guards are highly recommended and cleats are preferred, but players may also wear regular athletic shoes. All participants receive a T-shirt.

6 Sessions $90
Instructor: Jump Start Sports
77799 Fernwood LP 4/18 Sa 4-5 p.m.
77800 Bauer Drive CRC 4/18 Sa Noon-1 p.m.
77801 Poolesville ES 4/18 Sa Noon-1 p.m.
77817 Damascus CRC 4/19 Su 2-3 p.m.
77798 Germantown CRC 4/19 Su 3-4 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
77805 Jackson Road ES 4/18 Sa 10-11 a.m.
Ages 5-6
77806 Jackson Road ES 4/18 Sa 11 a.m.-Noon
Ages 7-8
77807 Jackson Road ES 4/18 Sa Noon-1 p.m.

Soccer Petite
Ages 3-6: Soccer Petite is the perfect introduction to the world’s most popular sport. Our unique games based approach to teaching soccer provides every child the opportunity to develop motor skills, social skills, coordination and general athletic ability.

6 Sessions $120
Instructor: Steel Soccer
78657 Bauer Drive CRC 4/26 Su 10-10:45 a.m.

Soccer Petite Parent and Child
Ages 2-4: Soccer Petite is the perfect introduction to the world’s most popular sport. Our unique games based approach to teaching soccer provides every child the opportunity to develop motor skills, social skills, coordination and general athletic ability.

6 Sessions $110
Instructor: Steel Soccer
78658 Bauer Drive CRC 4/26 Su 9-9:45 a.m.

Train Like a Pro Soccer
Ages 10-17: Elite soccer skills development training featuring core soccer training methods that have been created to accelerate individual development and on-field production. Coaches are former professional and college athletes that focus on position-specific fundamentals and advanced drill sequences for all phases of the game. Training sessions will have game-simulation drills and scrimmages, as well as soccer-specific physical conditioning and mental conditioning. Participants will receive a T-shirt. For boys and girls of all ability levels.

6 Sessions $125
Instructor: Fit 2 Believe
77822 Bauer Drive CRC 4/14 Tu 6:30-8 p.m.

Women’s Soccer
Ages 24 & Up: Competitive soccer league. Eight weeks of regular season games followed by playoffs. Games are played throughout Montgomery County. Individuals interested in playing that do not already have a team, please register as a free agent. Registration for the league is a team fee. The team manager will indicate individual fees based on the number of players a team has on their roster. Payment plans available.

Ages 24 & Up:
9 Sessions $925
68266 4/11 Sa 9 a.m.-5 p.m.
Free Agent 25411
4/11 Sa 9 a.m.-5 p.m.

Ages 40 & Up:
8 Sessions $1299
68267 4/8 W 6-10:30 p.m.
Free Agent 25411
4/8 W 6-10:30 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.
Softball

Co-Rec Softball Leagues
Ages 18 & Up: Recreational leagues. Game times vary each night. Registration for the league is a team fee. Payment plans available.

16 Games – Double Headers $950
78528 Olney Manor LP 4/21 Tu 6-10:30 p.m.
78583 Ridge Road RP 4/22 W 6-10:30 p.m.

20 Games – Double Headers $1190
78576 Cabin John RP 4/20 M 6-10:30 p.m.
78582 Cabin John RP 4/22 W 6-10:30 p.m.

16 Games – Double Headers $760
78605 Down County LP 4/22 W 6-10:30 p.m.
78606 Down County LP 4/22 W 6-10:30 p.m.

10 Games – Social League $525
78607 Local Parks 4/30 Th 6-8:30 p.m.

Men’s Softball Leagues
Recreational league. Game times vary each night. Individuals interested in playing that do not already have a team, please register as a free agent. Registration for the league is a team fee. Payment plans available.

Ages 18 & Up:
Level D $1190
78562 Olney Manor RP 4/23 Th 6-10:30 p.m.
78569 Cabin John RP 4/23 Th 6-10:30 p.m.
78574 Cabin John RP 4/24 F 6-10:30 p.m.

Level C/D $1190
78529 Olney Manor RP 4/22 W 6-10:30 p.m.
78530 Ridge Road RP 4/22 W 6-10:30 p.m.
78567 Olney Manor RP 4/23 Th 6-10:30 p.m.
78570 Cabin John RP 4/23 Th 6-10:30 p.m.

Ages 50 & Up: $1190
78610 Olney Manor LP/Cabin John RP 4/21 Tu 6-10:30 p.m.

Ages 55 & Up: $1190
78612 Olney Manor LP/Cabin John RP 4/23 Th 6-10:30 p.m.

Ages 60 & Up: $1190
78614 Wheaton RP 4/29 W 6-8:30 p.m.

Free Agents
78622 Countywide 4/20 M-F 6-10:30 p.m.

Women Softball Leagues
Ages 40 & Up: Recreational league with designated hitter. Game times vary each night. Individuals interested in playing that do not already have a team, please register as a free agent. Registration for the league is a team fee. Payment plans available.

Free Agents
78617 Wheaton RP 4/20 M 6-8:30 p.m.
78624

Table Tennis

Table Tennis / Ping Pong
Ages 7-18: Develop your table tennis skills from professional coaches at the Maryland Table Tennis Center. 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.

9 Sessions $169
Instructor: Maryland Table Tennis Center
77158 Maryland 4/16 Th 6:30-7:30 p.m.
Table Tennis Center

Track and Field

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 Family Fun event.

20 Sessions $120
Instructor: Girls On The Run Of Montgomery County
78599 Wheaton CRC 3/17 Tu, Th 5:30-7 p.m.
80237 Damascus CRC 3/17 Tu, Th 5:30-7 p.m.
Ultimate Frisbee

Ultimate Frisbee Elementary School League
Ages 6-10: Participants will learn the basic skills and game play of Ultimate Frisbee, one of the fastest growing team sports in the world. Participants 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.

6 Sessions $50
Instructor: American Ultimate Academy
77170 Sligo Creek 4/19 Su 11 a.m.-Noon
SVU LP

Ultimate Frisbee Middle School League
Ages 10-15: Over the course of seven weeks, participants will play weekly games of Ultimate Frisbee. 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.

7 Sessions $65
Instructor: American Ultimate Academy
77169 Rosemary Hills 4/20 M 6-7:30 p.m.
Lyttonsville LP

Ultimate Frisbee High School League
Ages 14-18: This league plays seven versus seven with rosters up to 25 players. The schedule includes seven weeks of games and one week of playoff games. Individuals interested in playing that do not already have a team, please register as a free agent.

8 Sessions $69
Instructor: American Ultimate Academy
77168 Sligo Creek 4/19 Su Noon-6 p.m.
SVU 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.
Instructor: Jump Start Sports

6 Sessions $95
Ages 7-9
77794 Longwood CRC 4/18 Sa 10-11 a.m.
77796 Damascus CRC 5/5 Tu 6:30-7:30 p.m.
Ages 8-12
77795 White Oak CRC 4/15 W 6:30-7:30 p.m.
Ages 10-12
77797 Longwood CRC 4/18 Sa 11 a.m.-Noon
77811 Damascus CRC 5/5 Tu 7:30-8:30 p.m.

NEW Co-Ed Volleyball Leagues
Ages 18 & Up: These leagues play six vs. six with rosters of up to 15 players. The schedule includes eight weeks of games and awards for the highest ranked team. Individuals interested in playing that do not already have a team, please register as a free agent. Registration for the league is a team fee.
Instructor: Ofer Levy
Division A $380
78110 East County CRC 4/17 F 6-11 p.m.
Division BB $380
78088 East County CRC 4/17 F 6-11 p.m.
Free Agent
78092 East County CRC 4/17 F 6-11 p.m.

NEW Men’s Volleyball League
Ages 18 & Up: This competitive league plays six vs. six with rosters of up to 15 players. The schedule includes eight weeks of games and awards for the highest ranked team. Individuals interested in playing that do not already have a team, please register as a free agent. Registration for the league is a team fee.
Instructor: Ofer Levy
Division AA $380
78150 Ross Boddy CRC 4/16 Th 6-9 p.m.
Free Agent
78112 Ross Boddy CRC 4/16 Th 6-9 p.m.
NEW Volleyball Skills Development

Ages 8-17: This clinic is intended for new to intermediate players who want to develop and improve their skills in a supportive team atmosphere. Lessons emphasize sportsmanship, skill technique, hard work and fun. Skills development clinics will focus on teaching and improving fundamental skills such as passing, setting, spiking and serving.

Instructor: Ofer Levy

Ages 8-12
6 Sessions $99
77832 N. Potomac CRC 4/18 Sa 3:30-4:30 p.m.
77835 Wheaton CRC 4/30 Th 6-7 p.m.

Ages 12-13
6 Sessions $99
77833 N. Potomac CRC 4/18 Sa 4:30-5:30 p.m.
77836 Wheaton CRC 4/30 Th 7-8 p.m.

2 Sessions $35
78354 East County CRC 5/5 Tu 6-7 p.m.

Ages 14-17
6 Sessions $99
77834 N. Potomac CRC 4/18 Sa 5:30-6:30 p.m.
77837 Wheaton CRC 4/30 Th 8-9 p.m.

2 Sessions $35
78355 East County CRC 5/5 Tu 7-8 p.m.

NEW Women’s Volleyball League

Ages 18 & Up: These leagues play six vs. six with rosters of up to 15 players. The schedule includes eight weeks of games and awards for the highest ranked team. Individuals interested in playing that do not already have a team, please register as a free agent. Registration for the league is a team fee.

Instructor: Ofer Levy

Division A $380
78152 Mid-County CRC 4/20 M 6-9 p.m.

Division BB $380
78151 Mid-County CRC 4/20 M 6-9 p.m.

Free Agent
78113 Mid-County CRC 4/20 M 6-9 p.m.
Therapeutic Recreation & Inclusion Services

Montgomery County Recreation welcomes and encourages individuals with disabilities to participate in recreation programs through Therapeutic Recreation Programs or Inclusion Services.

**Therapeutic Recreation** programs provide skill development, leisure education and recreation participation for individuals with various disabilities. The programs encourage socialization in order to nurture relationship between all participants. Specific target populations are included in the descriptions for each program.

**Inclusion** is an opportunity for participation in recreation programs alongside individuals without disabilities. Inclusion support encourages the facilitation of meaningful relationships between all participants involved in MCR Programs. Inclusion Services, such as interpreters, large print, auxiliary aids and/or companions, support individuals with disabilities to participate in programs and facilities in an inclusive environment.

### 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**
  - 78686 MLK  
  - 78687 GISC  
  - 78688 OSC  
  - 78689 OSC

  - $40  
  - 3/17 Tu 7:45-8:45 p.m.  
  - 3/18 W 8:30-9:30 p.m.  
  - 3/20 F 7:15-8 p.m.  
  - 3/20 F 8:15-9 p.m.

### Arts

**Imaginative Art**

Ages 15 & Up: Time to use your imagination. This art class will get you to think about new and exciting ways to make art. Each week you will work on a new project to take home that you made yourself.

- **8 Sessions**
  - 78668 N. Potomac CRC  
  - 78669 Plum Gar CRC

  - $48  
  - 3/30 M  7-8:30 p.m.  
  - 3/14 Sa 11 a.m.-12:30 p.m.

**Kaleidoscope Art Workshops**

Ages 13 & Up: Use various materials to create one-of-a-kind art. Come out to create, socialize and show off your work with others. Participants should be able to follow simple instructions, understand basic rules and express needs. Class meets on March 14, March 28, April 18 and May 2, 2020. One staff to five participants. No personal care provided.

- **4 Sessions**
  - 78669 Plum Gar CRC

  - $24  
  - 3/14 Sa 11 a.m.-12:30 p.m.
**Baseball/Softball**

**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.

<table>
<thead>
<tr>
<th>6 Sessions</th>
<th>$38</th>
</tr>
</thead>
<tbody>
<tr>
<td>78697 South</td>
<td>4/18 Sa Noon-1:30 p.m. Germantown RP</td>
</tr>
</tbody>
</table>

**Cooking**

**Creative Cooking**

Ages 6 & Up: Let’s get cooking and creating. This class is for an individual with a disability and one family member to cook together yummy creations that will satisfy your tummies. All food ingredients are supplied. Cost includes one participant and one parent.

<table>
<thead>
<tr>
<th>1 Session</th>
<th>$10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ages 6-12</td>
<td>78664 Holiday Park SC 5/9 Sa 1-2:30 p.m.</td>
</tr>
<tr>
<td>Ages 13-22</td>
<td>78662 Holiday Park SC 4/4 Sa 1-2:30 p.m.</td>
</tr>
<tr>
<td>Ages 18 &amp; Up</td>
<td>78663 Holiday Park SC 4/25 Sa 1-2:30 p.m.</td>
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</tbody>
</table>

**Karate/Jujitsu**

**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).

<table>
<thead>
<tr>
<th>10 Sessions</th>
<th>$75</th>
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</thead>
<tbody>
<tr>
<td>Instructor: TKA Inc.</td>
<td>78670 Holiday Park SC 3/14 Sa 9:45 a.m.</td>
</tr>
<tr>
<td>78671 Holiday Park SC 3/14 Sa 10-10:45 a.m.</td>
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**General Fitness**

**Cardio ‘n Core**

13 & Up: For teens and adults with disabilities. Get fit through movement, stretching and aerobics to improve your cardio and strengthen your core.

<table>
<thead>
<tr>
<th>6 Sessions</th>
<th>$30</th>
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<tbody>
<tr>
<td>78661 Damascus CRC 4/30 Th 7-8 p.m.</td>
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</table>

**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 it’s 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.

<table>
<thead>
<tr>
<th>8 Sessions</th>
<th>$50</th>
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<tbody>
<tr>
<td>78672 Germantown CRC 3/15 Su 1-2 p.m.</td>
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</table>

**Stretch ‘n Tone**

13 & Up: For teens and adults with disabilities. Tone your muscles and encourage flexibility through stretching exercises. Ideal for beginners.

<table>
<thead>
<tr>
<th>6 Sessions</th>
<th>$30</th>
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<tbody>
<tr>
<td>78678 Damascus CRC 4/30 Th 6-7 p.m.</td>
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</table>

**Turn the Beat Around**

Ages 13 & Up: For teens and adults with disabilities. Introduction to basic rhythm and movement for social dancing. Learn line and group dance for all occasions.

<table>
<thead>
<tr>
<th>8 Sessions</th>
<th>$40</th>
</tr>
</thead>
<tbody>
<tr>
<td>78695 Holiday Park SC 4/4 Sa 11-11:50 a.m.</td>
<td></td>
</tr>
<tr>
<td>78696 East County CRC 4/15 W 7-7:50 p.m.</td>
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**Walk This Way**

All Ages: Each month (three dates total) 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.

<table>
<thead>
<tr>
<th>1 Session</th>
<th>Free</th>
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<tbody>
<tr>
<td>78698</td>
<td>4/4 Sa 10:30 a.m.-Noon</td>
</tr>
<tr>
<td>78699</td>
<td>5/9 Sa 10:30 a.m.-Noon</td>
</tr>
<tr>
<td>78700</td>
<td>5/30 Sa 10:30 a.m.-Noon</td>
</tr>
</tbody>
</table>
TR Zumba
Ages 7 & Up: Every class is a party. Experience the fitness craze of Zumba with an exciting mix of Latin and international rhythms with aerobic dance moves. Dress in comfortable clothing and shoes for active movement.

Ages 13 & up
8 Sessions $40
78693 Holiday Park SC 4/11 Sa 10-10:50 a.m.

6 Sessions $30
78692 Upper County CRC 4/9 Th 7-7:50 p.m.

Special Events
TR Skills Clinic: Basketball
Ages 6-9: For individuals with disabilities and their family and friends. This one-day clinic will provide basic basketball skills while having fun.

1 Session Free
78706 Potomac CRC 5/17 Su 11:30am-12:20pm.
78708 Potomac CRC 5/17 Su 12:20-1:10 p.m.

TR Skills Clinic: Soccer
Ages 6-9: For individuals with disabilities and their family and friends. This one-day clinic will provide basic soccer skills while having fun.

1 Session Free
78728 Potomac CRC 5/31 Su 1-2 p.m.
78733 Potomac CRC 5/31 Su 2:15-3:15 p.m.

Therapeutic Recreation Programs

Drumming - Rock Out
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
78665 Bauer Drive CRC 4/2 Th 7-8 p.m.

TGIF-Totally Great Inclusive Fun - First Fridays
15 & Up: TGIF- Totally Great Inclusive Fun. Start the night with ZamDance, followed by snacks and a group activity. This is a collaboration program with Upcounty Community Resources. 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
78683 Bauer Drive CRC 4/3 F 6:30-8:30 p.m.
78684 Bauer Drive CRC 5/8 F 6:30-8:30 p.m.
78685 Bauer Drive CRC 6/5 F 6:30-8:30 p.m.

TR BIG Game Night Luau
13 & Up: For one night only this season. Play oversized board games, gym games, group games, bingo and more. Wear a Hawaiian shirt or bright colors.

3 Sessions $10
78690 Bauer Drive CRC 6/12 F 7-9:30 p.m.

TGIF FAMILY NIGHTS
Ages 5 & Up: Totally Great Inclusive Fun. For families and friends of individuals with disabilities. Enjoy ZamDance, games and the opportunity to network with other families. No personal care provided. Parent/caregiver admitted free with a registered participant; all others must register separately.

1 Session $5
78680 Bauer Drive CRC 4/17 F 6:30-8:30 p.m.
78681 Bauer Drive CRC 5/15 F 6:30-8:30 p.m.
78682 Bauer Drive CRC 6/19 F 6:30-8:30 p.m.

REMINDER
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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

Let It Glow

Saturday, May 30, 2020
6:30-9:30 p.m.
Holiday Park Senior Center
Ages 15 and up with disabilities. We’ll light up the dance floor with glow necklaces for everyone, it will be a night of bright colorful fun. Enjoy a DJ, dancing, games, pizza and other refreshments. Pre-registration encouraged.
Activity 78675  COST: $10

Under the Sea

Saturday, June 27, 2020
6:30-9:30 p.m.
Holiday Park Senior Center
Ages 15 and up with disabilities. Look for Ariel and her friends at our magical night of fun - Under the Sea. Enjoy a DJ, dancing, games, pizza and other refreshments. Pre-registration encouraged.
Activity 78676  COST: $10
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

**Wheaton Senior Center***
M-F: 9 a.m.-3 p.m.
11701 Georgia Avenue, Wheaton
240-773-4830

**White Oak Senior Center**
M-F: 9 a.m.-3 p.m.
1700 April Lane, Silver Spring
240-777-6944

* Includes a nutrition lunch program Wednesday and Friday.
SPECIAL EVENTS

Here is a sample of the many special events our Senior Center does each season. Newsletters are available at www.mocorec.com/55 and at each center.

**Damascus Senior Center**

**St. Patrick’s Day Luncheon**
Tuesday, March 17, 2020, Noon
Chef Shannon will make this day memorable to all. The menu will be available one month prior to the event. Call the Damascus Senior Center for reservations. Price for the meal for ages 55 – 59 is $7, ages 60+ donation requested.

**Holiday Park Senior Center**

**Japan-in-a-Suitcase**
Wednesday, April 29, 2020, 1 p.m.
Join us and learn all about Japan and its culture. A team from The Japan-American Society of Washington, D.C. will come to Holiday Park with a suitcase filled with a traditional Japanese backpack with its contents, Kimono and yukata, newspapers, maps and more. Free.

**Long Branch Senior Center**

**Classy Sassy Fashion Show**
Wednesday, April 22, 2020, 11 a.m.-1 p.m.
Whether as a model or an audience member you won’t want to miss it. Both men and women may model. Clothing categories include casual, sporty, thrift store, dressy or ethnic. Up to two outfits per person. Reserve your space at the reception desk or call 240-777-6975. Free.

**Margaret Schweinhaut Senior Center**

**Mother’s Day Tea**
Friday, May 8, 2020, 1-2 p.m.
Please join us to celebrate moms with a special afternoon tea. Light refreshments will be served while listening to music written and performed by Li-Ly Chang. Pre-registration required as space is limited. $5.

**North Potomac Senior Center**

**Celebrating Older Americans Month**
Friday, May 8, 2020, 2 p.m.
A day honoring those who have paved the way. Free.

**White Oak Senior Center**

**National Senior Health and Fitness Day Wellness Fair**
Wednesday, May 27, 2020, 10 a.m. - 2 p.m.
May is Older American’s Month. Activities include vendors to help you succeed on your way to wellness, screenings, demonstrations and much more.

**Wheaton Senior Center**

**St. Patrick’s Day Celebration**
Tuesday, March 17, 2020, 1 p.m.
Join us for music and refreshments as we enjoy this international holiday. Free.

MARYLAND SENIOR OLYMPICS

Montgomery County Recreation is the host agency for the Maryland Senior Olympics with many of the events happening right here in Montgomery County. Events run from May to October. Visit www.mdseniorolympics.com or call 240-777-4930 for 2020 event details and registration information.
55+ Active Adult Program

Highlights

Montgomery County Recreation offers a variety of senior programs at thirteen recreation center locations throughout the county. Please call the center nearest you for more information, view the monthly newsletters on our website, or call 240-777-4925 for general program information. Each center offers a variety of programming including sports, exercise, games, concerts and special events. Locations that include a nutrition lunch program are designated with an *. Locations with limited transportation on program meeting days are designated with +.

Bauer Drive CRC
Monday and Wednesday, 10 a.m.-3 p.m.
14625 Bauer Drive, Rockville
240-777-6922

Clara Barton NRC
Monday and Wednesday, 10 a.m.-3 p.m.
7425 MacArthur Blvd., Cabin John
240-777-4910

Clarksburg Park Activity Building
Wednesday, 11 a.m.-3 p.m.
22501 Wims Road, Clarksburg
240-777-4925

Gwendolyn E. Coffield CRC
Tuesday and Thursday, 10 a.m.-1 p.m.
2450 Lyttonsville Road, Silver Spring
240-777-4900

East County CRC *
Tuesday and Friday, 10 a.m.-2 p.m.
3310 Gateshead Manor Way, Silver Spring
240-777-8093

Germantown CRC *
Monday and Thursday, 10 a.m.-2 p.m.
18905 Kingsview Road, Germantown
240-777-8098

Jane E. Lawton CRC
Tuesday, Thursday and Friday, 10 a.m.-2:30 p.m.
4301 Willow Lane, Chevy Chase
240-777-6855

Longwood CRC
Monday and Wednesday, 10 a.m.-2 p.m.
19300 Georgia Ave., Brookeville
240-777-6920

Marilyn J. Praisner CRC +
Tuesday and Thursday, 10 a.m.-2 p.m.
14906 Old Columbia Pike, Burtonsville
240-777-4970

Mid-County CRC *
Tuesday and Thursday, 10 a.m.-2 p.m.
2004 Queensguard Road, Silver Spring
240-777-6820

Plum Gar CRC
Tuesday and Friday, 10 a.m.-2 p.m.
19561 Scenery Drive, Germantown
240-777-4919

Potomac CRC
Tuesday and Friday, 10 a.m.-1:30 p.m.
11315 Falls Road, Potomac
240-777-6960

Ross Boddy NRC
Tuesday and Thursday, 10 a.m.-2 p.m.
18529 Brooke Road, Sandy Spring
240-777-8050

Senior Sneaker Exercise Program

Montgomery County Recreation’s popular Senior Sneaker program gives adults 55+ access to quality exercise and weight rooms across the county for a membership fee of just $50 annually. Members can use the exercise and weight rooms at any of our centers anytime during normal operating hours.

* Includes a nutrition lunch program.
+ Limited transportation available on program meeting days.
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
Th, 6-8 p.m.
Potomac CRC
Sa, 2-5 p.m.
North Potomac CRC
Th, 9 a.m.-noon
Th, 6:15-8:45 p.m.**

Open Gym Basketball
Coffield CRC
Tu, W, Th 9:30 a.m.-noon
Damascus CRC
M, 7:30-8:50 p.m.*
Potomac CRC
M, 8-8:50 p.m.
Su, noon-4:50 p.m.
North Potomac CRC
M, 6:15-8:45 p.m.**
W, 9 a.m.-noon
Wheaton CRC
Tu, 11:30 a.m-2:30 p.m.

Open Gym Pickleball
Bauer Drive CRC
M, W, 10:30 a.m.-12:30 p.m.
(Male)
W, 12:30-2:30 p.m. (Advanced)
Clara Barton CRC
M, Noon-1:30 p.m.
Tu, 4:30-6 p.m.**
F, 12:30-2:30 p.m.
Damascus CRC*
Tu, Th, Sa, 10:00 a.m.-Noon
East County CRC*
F, 12:30-2:30 p.m.
Germantown CRC
Su, Noon-2 p.m.
Good Hope NRC
W, 6-9 p.m.
Jane E. Lawton CRC
M, 10 a.m.-Noon
(Beginners/Introduction)
Tu, Noon-12:30 p.m.
W, 6-8:45 p.m. (Subject to Change)
Th, 12:30-2:30 p.m.
F, 10 a.m.-2 p.m.

Open Gym Volleyball
Bauer Drive CRC
M, W, 10:30 a.m.-12:30 p.m.
Damascus CRC
M, 6:15-7:15 p.m.*
Mid-County CRC
F, noon-2 p.m.
North Potomac CRC
Tu, 9 a.m.-Noon
Tu, 6:15-8:45 p.m.**
Potomac CRC
Su 9:30-11:30 a.m.
Wheaton CRC
Th, 10:30 a.m-12:30 p.m.
White Oak CRC
M, 10:30 a.m.-1:30 p.m.

Billiards
Damascus CRC
During Center Hours
Holiday Park SC
During Center Hours
Longwood CRC
During Center Hours
Plum Gar CRC
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
Indoor Walking

Many community and senior centers provide space for indoor walking during inclement weather. Call the center nearest you for additional information.

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. Participants must have a doctor’s permission to participate. Call 301-754-8800 for registration information.

Bauer CRC
M, W, 9:15-10 a.m., 10:15-11 a.m.
F, 9:15-10 a.m.

Coffield CRC
Tu, Th, 10:30-11:15 a.m.

East County CRC
M, W, F, 10:45-11:30 a.m.

Germantown CRC
Tu, 1:45-2:30 p.m.
Th, 11:30 a.m.-12:15 p.m.

Mid-County CRC
M, W, F, 11-11:45 a.m.

Long Branch Senior Center
M, W, Noon-12:45 p.m.

Plum Gar CRC
M, W, 10:30-11:15 a.m.

North Potomac Senior Center
M, W, 1-1:45 p.m.

Praisner CRC
M-F, 9-9:45 a.m.
M, W, F, 10-10:45 a.m.

Ross Boddy NRC
Tu, Th, 9-9:45 a.m.

Schweinhaut Senior Center
M, W, 8:30-9:15 a.m., 9:30-10:15 a.m.
Tu, 9-9:45 a.m.
Sa, 9:30-10:15 a.m.

Wheaton Senior Center
Tu, Th, 1-1:45 p.m.

White Oak Senior Center
Tu, Th, 1-1:45 p.m.

Better Bones
Long Branch Senior Center
W, F, 1-2 p.m.

Schweinhaut Senior Center
M, Th, 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 Senior Center
Tu, 10-10:45 a.m.

Holiday Park Senior Center
F, 11-11:45 a.m.

Clara Barton Neighborhood Recreation Center
F, 1-1:45 p.m.

Aerobics/Strength Training/Stretching

Clara Barton Neighborhood Recreation Center
Tu, Th, 11:30 a.m.-12:15 p.m.

North Potomac Senior Center
F, 9:30-10:15 a.m.

Advanced Aerobics/Strength Training/Stretching

Wisconsin Place CRC
Tu, 10-10:45 a.m.

Potomac CRC
M, 11-11:45 a.m.
W, 9:15-10 a.m.

Stability Ball

Holiday Park Senior Center
M, 9-9:45 a.m.
Margaret Schweinhaut Senior Center
Tu, 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**
  - Tu, 9 a.m.
  - W, 10 a.m.
- **Mid-County CRC**
  - W, 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**
  - M, 10 a.m.
- **Mid-County CRC**
  - Tu, 11 a.m.
- **Ross Boddy NRC**
  - Th, 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**
  - M, W, 9-10 a.m.

**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 February 10 at 8:30 a.m.

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<th>Activity</th>
<th>Location</th>
<th>Start</th>
<th>Days</th>
<th>Times</th>
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<td>79400</td>
<td>Bauer Drive</td>
<td>3/30</td>
<td>M</td>
<td>11:30 a.m.</td>
</tr>
<tr>
<td>79401</td>
<td>Bauer Drive</td>
<td>3/31</td>
<td>M</td>
<td>1 p.m.</td>
</tr>
<tr>
<td>79402</td>
<td>Clara Barton</td>
<td>3/30</td>
<td>M</td>
<td>2 p.m.</td>
</tr>
<tr>
<td>79403</td>
<td>Coffield</td>
<td>3/31</td>
<td>Tu</td>
<td>9:15 a.m.</td>
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<td>79404</td>
<td>Damascus CRC</td>
<td>3/30</td>
<td>M</td>
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<td>79405</td>
<td>Germantown</td>
<td>3/30</td>
<td>M</td>
<td>1 p.m.</td>
</tr>
<tr>
<td>79406</td>
<td>Lawton</td>
<td>3/31</td>
<td>Tu</td>
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<tr>
<td>79407</td>
<td>Longwood</td>
<td>3/30</td>
<td>M</td>
<td>11 a.m.</td>
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<td>79408</td>
<td>Longwood</td>
<td>3/30</td>
<td>M</td>
<td>2 p.m.</td>
</tr>
<tr>
<td>79409</td>
<td>Mid-County</td>
<td>3/31</td>
<td>Tu</td>
<td>10:45 a.m.</td>
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<tr>
<td>79410</td>
<td>North Potomac</td>
<td>3/31</td>
<td>Tu</td>
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<td>79411</td>
<td>North Potomac</td>
<td>3/30</td>
<td>M</td>
<td>11:30 a.m.</td>
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<tr>
<td>79412</td>
<td>North Potomac</td>
<td>3/31</td>
<td>Tu</td>
<td>9 a.m.</td>
</tr>
<tr>
<td>79413</td>
<td>Plum Gar</td>
<td>3/30</td>
<td>M</td>
<td>10 a.m.</td>
</tr>
<tr>
<td>79414</td>
<td>Potomac</td>
<td>3/31</td>
<td>Tu</td>
<td>11:15 a.m.</td>
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<tr>
<td>79415</td>
<td>Potomac</td>
<td>3/30</td>
<td>M</td>
<td>3 p.m.</td>
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<tr>
<td>79416</td>
<td>Potomac</td>
<td>3/30</td>
<td>M</td>
<td>11 a.m.</td>
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<tr>
<td>79417</td>
<td>Potomac</td>
<td>4/1</td>
<td>W</td>
<td>2:30 p.m.</td>
</tr>
<tr>
<td>79418</td>
<td>Praisner</td>
<td>3/30</td>
<td>M</td>
<td>2 p.m.</td>
</tr>
<tr>
<td>79419</td>
<td>Scotland</td>
<td>3/31</td>
<td>Tu</td>
<td>11 a.m.</td>
</tr>
<tr>
<td>79420</td>
<td>Wheaton</td>
<td>3/31</td>
<td>M</td>
<td>10 a.m.</td>
</tr>
<tr>
<td>79421</td>
<td>White Oak</td>
<td>3/31</td>
<td>Tu</td>
<td>11:15 a.m.</td>
</tr>
<tr>
<td>79422</td>
<td>Wisconsin Place</td>
<td>3/30</td>
<td>T</td>
<td>11:15 a.m.</td>
</tr>
</tbody>
</table>

55+ Programs 240.777.4925
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.

**Activity** | **Name** | **Day** | **Date** | **Start Time** | **Cost**
--- | --- | --- | --- | --- | ---
75933 | Shadowing Md. Senator Kagan-State Capitol, Annapolis, Md. | W | 3/18 | 8 a.m. | $40
75934 | Cherry Blossom Cruise & Lunch, Spirit Cruise Line, DC | Th | 4/2 | 10 a.m. | $90
75935 | Tour of Famous Hillwood Museum & Gardens, DC | W | 4/15 | 8:45 a.m. | $70
75936 | Spies of Washington Tour, with Gary Powers Jr. | W | 4/22 | 8:15 a.m. | $55
75937 | Wyeth Story: Andrew Wyeth, N.C. Wyeth & Brandwine Museum, Pa. | W | 4/29 | 7:15 a.m. | $93
75938 | Wyeth Story: Andrew Wyeth, N.C. Wyeth & Brandwine Museum, Pa. | Th | 4/30 | 7:15 a.m. | $93
75939 | Walking Tour of Historic St. Mary’s City, Md. | Th | 5/7 | 7:15 a.m. | $70
75940 | Go Wild And Take A Safari, Halifax, Pa. | W | 5/13 | 7:15 a.m. | $59
75941 | Harriet Tubman Riding Tour, Maryland Eastern Shore | W | 5/20 | 7:15 a.m. | $77
75942 | Harriet Tubman Riding Tour, Maryland Eastern Shore | Th | 5/21 | 7:15 a.m. | $77
75943 | Walking Tour of Pres. Lincoln’s Assassination, DC | W | 5/27 | 8:15 a.m. | $40
75944 | Annual Sailing Trip, Chesapeake Bay | W | 6/3 | 8:15 a.m. | $85
75945 | Annual Sailing Trip, Chesapeake Bay | W | 6/3 | 12:30 p.m. | $85
75946 | Walking Tour of the Pentagon & Caisson Platoon, Va. | Th | 7/30 | 7:30 a.m. | $60

**SOMETHING REGISTRATION BEGINS TUESDAY, FEBRUARY 11, 2020 AT 8:30 A.M.**

FIRST DAY, IN PERSON REGISTRATION ON FEBRUARY 11 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.

**SPRING REGISTRATION BEGINS TUESDAY, FEBRUARY 11, 2020 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>75917</td>
<td>2020 Philadelphia Flower Show-Riviera Holiday, Pa.</td>
<td>Th</td>
<td>3/5</td>
<td>7:30 a.m.</td>
<td>$89</td>
</tr>
<tr>
<td>,75919</td>
<td>Law Enforcement Museum Tour, DC</td>
<td>F</td>
<td>3/13</td>
<td>8:30 a.m.</td>
<td>$82</td>
</tr>
<tr>
<td>75920</td>
<td>Kinky Boots -Toby’s Columbia, Md.</td>
<td>S</td>
<td>3/22</td>
<td>9:45 a.m.</td>
<td>$99</td>
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<tr>
<td>75921</td>
<td>Sweet Rembrances Tea Room and Rosemary House, Pa.</td>
<td>F</td>
<td>3/27</td>
<td>9:30 a.m.</td>
<td>$82</td>
</tr>
<tr>
<td>75922</td>
<td>Sweet Rembrances Tea Room and Rosemary House, Pa.</td>
<td>F</td>
<td>4/3</td>
<td>9:30 a.m.</td>
<td>$82</td>
</tr>
<tr>
<td>75923</td>
<td>&quot;Queen Esther&quot;-New Show at Sight &amp; Sound, Pa.</td>
<td>Sa</td>
<td>4/18</td>
<td>9:30 a.m.</td>
<td>$149</td>
</tr>
<tr>
<td>75924</td>
<td>Kitchen Shoppe Gourmet Lunch, Demo and Shopping, Pa.</td>
<td>F</td>
<td>4/24</td>
<td>9 a.m.</td>
<td>$84</td>
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<tr>
<td>75925</td>
<td>National Cathedral Flower Mart Festival, DC</td>
<td>Sa</td>
<td>5/2</td>
<td>9 a.m.</td>
<td>$46</td>
</tr>
<tr>
<td>75926</td>
<td>Garden House Tea-Elkridge Furnace Inn</td>
<td>F</td>
<td>5/8</td>
<td>9:30 a.m.</td>
<td>$89</td>
</tr>
<tr>
<td>75927</td>
<td>Tour Maymont &amp; Lewis Ginter Gardens, Va.</td>
<td>F</td>
<td>5/15</td>
<td>7:30 a.m.</td>
<td>$94</td>
</tr>
<tr>
<td>75928</td>
<td>&quot;Livin' In the USA,&quot; Dale &amp; Kip Young, Green Grove Gardens, Pa.</td>
<td>Th</td>
<td>5/28</td>
<td>9 a.m.</td>
<td>$74</td>
</tr>
<tr>
<td>75929</td>
<td>&quot;Shear Madness,&quot; Kennedy Center, DC</td>
<td>S</td>
<td>6/7</td>
<td>1 p.m.</td>
<td>$72</td>
</tr>
<tr>
<td>75930</td>
<td>Maryland Lavender Festival, Springfield Manor, Md.</td>
<td>Sa</td>
<td>6/13</td>
<td>9:30 a.m.</td>
<td>$72</td>
</tr>
<tr>
<td>75931</td>
<td>Medieval Times, Dinner &amp; Tournament Baltimore, Md.</td>
<td>Sa</td>
<td>6/20</td>
<td>2:45 p.m.</td>
<td>$79</td>
</tr>
</tbody>
</table>

**FIRST DAY, IN PERSON REGISTRATION ON FEBRUARY 11 WILL BE HELD AT THE HOLIDAY PARK SENIOR CENTER FROM 8:30 - 10:30 A.M.**
Montgomery County, Maryland
Early Voting Centers for 2020

Presidential Primary Election Early Voting
Thursday, April 16, 2020 - Thursday, April 23, 2020
10 a.m. - 8 p.m.

Presidential General Election Early Voting
Thursday, October 22, 2020 - Thursday, October 29, 2020
8 a.m. - 8 p.m.

Activity Center at Bohrer Park
506 South Frederick Ave
Gaithersburg, MD 20877

Damascus
Community Recreation Center
25520 Oak Dr
Damascus, MD 20872

Executive Office Building
101 Monroe St
Rockville, MD 20850

Germantown
Community Recreation Center
18905 Kingsview Rd
Germantown, MD 20874

Jane E. Lawton
Community Recreation Center
4301 Willow Ln
Chevy Chase, MD 20815

Marilyn J. Praisner
Community Recreation Center
14906 Old Columbia Pike
Burtonsville, MD 20866

Mid-County
Community Recreation Center
2004 Queensguard Rd
Silver Spring, MD 20906

Potomac
Community Recreation Center
11315 Falls Rd
Potomac, MD 20854

Sandy Spring Volunteer Fire Dept
The Ballroom
17921 Brooke Rd
Sandy Spring, MD 20860

Silver Spring Civic Building
1 Veterans Pl
Silver Spring, MD 20910

Wheaton Library &
Community Recreation Center
11701 Georgia Ave
Wheaton, MD 20902

El Condado de Montgomery, Maryland
Centros para la Votación Anticipada del 2020

Votación Anticipada para la Elección Presidencial Primaria
jueves, 16 de abril del 2020 al jueves, 23 de abril del 2020
10 a.m. – 8 p.m.

Votación Anticipada para la Elección Presidencial General
jueves, 22 de octubre del 2020 al jueves, 29 de octubre del 2020
8 a.m. – 8 p.m.

List of Early Voting Centers are subject to change.
Please visit 777vote.org for additional information.
RespectFEST

WHEATON COMMUNITY RECREATION CENTER
MARCH 29, 2020 • 1 - 4 P.M.

🌟 Learn about healthy and unhealthy relationships
🌟 Learn about resources in the community
🌟 For Middle and High School Students and Parents

Choose Respect Montgomery
choose_Respect
@chooserespectmontgomery

Activities! Raffle Prizes! Earn SSL Hours!

ENTER OUR VIDEO CONTEST!

ENTER BY FEBRUARY 28, 2020

► Create a 60-second video about dating violence prevention and getting help.
► English or Spanish entries accepted
► Winners will be announced at RespectFest

1st Place Wins $1000!

Choose Respect Montgomery is an initiative through the Montgomery County Domestic Violence Coordinating Council
https://tinyurl.com/respectfest2020
Community Recreation Centers (CRC) and Neighborhood Recreation Centers (NRC) are located throughout Montgomery County. A variety of activities and programs are offered for participants of all ages. Each center is unique and may have some or all of the following: gymnasium, social hall with dance floor and kitchen, game and billiards room or area, weight and exercise room, arts and craft room, and meeting room. Rooms of various sizes at the CRC/NRCs can also be rented. Call for specific hours and availability.
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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.

Register online at ActiveMONTGOMERY.org

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REMEMBER
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Montgomery County Recreation Contracts
4010 Randolph Road
Silver Spring, MD 20902
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## Facility Addresses

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- **Arcola ES**............................ 1820 Franwall Ave., Silver Spring, 20902
- **Bethesda ES**.......................... 7600 Arlington Road, Bethesda, 20814
- **Chevy Chase ES**.................... 4015 Rosemary St., Chevy Chase, 20815
- **DuFief ES**............................ 15001 DuFief Drive, Gaithersburg, 20878
- **Flower Valley ES**.................. 4615 Sunflower Drive, Rockville, 20853
- **Glenallan ES**....................... 12520 Heurich Road, Silver Spring, 20902
- **Kensington Parkwood ES**......... 34710 Saul Road, Kensington, 20895
- **Oakland Terrace ES**.............. 2720 Pyleys Mill Road, Silver Spring, 20902
- **Resnik, Judith A. ES**............. 7301 Hadley Farms Drive, Gaithersburg, 20879
- **Rock View ES**..................... 3901 Denfield Ave., Kensington, 20895
- **Rolling Terrace ES**.............. 705 Bayfield St., Takoma Park, 20912
- **Stedwick ES**....................... 10631 Stedwick Road, Montgomery Village, 20886
- **Travilah ES**........................ 13801 DuFief Mill Road, North Potomac, 20878
- **Wayside ES**.......................... 10011 Glen Road, Potomac, 20854

### Middle Schools
- **Clemente, Roberto MS**........... 18808 Waring Station Road, 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 Road, 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 Road, Rockville, 20853
- **Norwood LP**.......................... 4700 Norwood Drive, Chevy Chase, 20815
- **Pilgrim Hills LP**................... 1615 E Randolph Road, Silver Spring, 20904
- **Viers Mill LP**...................... 4425 Garrett Park Road at Beach Drive, Veirs Mill, 20906

### Other Facilities
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- **Komodo USA Germantown**........... 20874
- **Kritt Studio**....................... 14817 Brownstone Drive, Burtonsville, 20866
- **Maryland Table Tennis Center**..... 18761 N. Frederick Ave., Gaithersburg, 20879
- **Regional Services Center-B-CC**.... 4805 Edgemoor Lane, Bethesda, 20814
- **Restore Motion**..................... 5410 Edson Lane, Rockville, 20852

### Recreation Facilities
- **Bauer Drive CRC**.................... 14625 Bauer Drive, Rockville, 20853
- **Clara Barton NRC**.................. 7425 MacArthur Blvd., Cabin John, 20818
- **Damascus CRC**..................... 25520 Oak Drive, Damascus, 20872
- **East County CRC**................... 3310 Gateshead Manor Way, Silver Spring, 20904
- **Germantown CRC**................... 18905 Kingsview Drive, Germantown, 20874
- **Germantown ISC**.................... 18000 Central Park Circle, Boyds, 20841
- **Good Hope NRC**.................... 14715 Good Hope Road, Silver Spring, 20905
- **Gwendolyn Coffield CRC**........... 2450 Lyttonsville Road, Silver Spring, 20910
- **Holiday Park SC**................... 3950 Ferrara Drive, Wheaton, 20906
- **Jane E. Lawton CRC**.............. 4301 Willow Lane, Chevy Chase, 20815
- **Kennedy Shriver AC**.............. 5900 Executive Blvd., N.Bethesda, 20814
- **Leonard D. Jackson Ken Gar**...... 4111 Pyleys Mill Road, Kensington, 20895
- **Long Branch CRC**.................. 8700 Piney Branch Road, Silver Spring, 20901
- **Longwood CRC**..................... 19300 Georgia Ave., Brookeville, 20833
- **Marilyn J. Prairner CRC**.......... 14906 Old Columbia Parkway, Burtonsville, 20866
- **MARTIN Luther King SC**............ 1201 Jackson Road, Silver Spring, 20904
- **Mid-County CRC**................... 2004 Queensguard Road, Silver Spring, 20906
- **Olney Swim Center**................ 16601 Georgia Ave., Olney, 20832
- **Plum Gar CRC**..................... 19561 Scenery Drive, Germantown, 20874
- **Potomac CRC**....................... 11315 Falls Road, Potomac, 20854
- **Recreation Administrative Office**... 4010 Randolph Road, Silver Spring 20902
- **Ross Boddy NRC**................... 18529 Brooke Road, Sandy Spring, 20860
- **Scotland NRC**...................... 7000 Scotland Drive, Potomac, 20854
- **Upper County CRC**................ 8201 Emory Grove Road, Gaithersburg, 20877
- **Wheaton CRC**....................... 11701 Georgia Ave., Wheaton, 20902
- **White Oak CRC**..................... 1700 April Lane, Silver Spring, 20904
- **Wisconsin Place CRC**............. 5311 Friendship Blvd., Chevy Chase, 20815