

MONTGOMERY COUNTY

GUIDE



MONTGOMERY COUNTY
Recreation



SUMMER 2016

RECREATION AND PARKS PROGRAMS

TENNIS

SWIM LESSONS

CAMPING

TRIPS & TOURS

KAYAKING

ARTS & CRAFTS

BUTTERFLIES

KARATE

NATURE HIKES

TINY TOTS

and much more!



POOLS OPEN!

Saturday, May 28

BETHESDA

GERMANTOWN

LONG BRANCH

MARTIN LUTHER KING, JR.

UPPER COUNTY

WESTERN

WHEATON/GLENMONT

Convenient

Seven Outdoor Pools Located Throughout Montgomery County, You Can Be Here In No Time.

Fun

Including Flume And Kiddie Slides, Water Play Equipment, Lap Lanes, Leisure Swim Areas, Baby Pools, Dive Areas, Bath Houses, Lawn Areas And Even A "Lazy River"!*

Affordable

We Offer Daily Admissions, 12 Punch Passes And Season Passes

Call 240-777-6860 or visit montgomerycountymd.gov/rec

Note: Amenities differ at each location

FROM THE COUNTY EXECUTIVE



Summer 2016

Dear Montgomery County Resident:

Now with the warmer weather, this is the perfect time to start planning fun activities with family and friends, or to join activities that will allow you to meet others and make new friends. I hope you will take time to look through the pages of the Summer Guide to find just the right classes and other adventures for you.

The summer outdoor pool season is scheduled to kick off on Memorial Day weekend, Saturday, May 28, with a ribbon cutting ceremony at our Western County Outdoor Pool, which will reopen with a modernized bath house, deck areas, zero depth spray pad, playground, and much more. As is Memorial Day tradition, all other six pools will open at noon that day.

In addition to the popular summer day programs, and the large selection of sports, classes, and therapeutic recreation programs, the Recreation Department has some great special events. The Silver Spring Summer Concert Series will kick off in mid-June. A highpoint of the summer is always Montgomery County's fabulous 4th of July celebrations. The events are held in two convenient locations: Germantown Glory will be held at the South Germantown Recreational Park and Mid-County Sparkles will be at Albert Einstein High School in Kensington. These free events include family entertainment, food vendors, and spectacular fireworks shows.

With so many options to choose from there is something fun happening every day this summer. I look forward to seeing you out and about at our Centers, Aquatics facilities, or one of the special events this summer. We all know the value of staying active and engaged.

Many of our County residents take advantage of our Recreation Department programs. It is always a pleasure for me to hear from those of you who enjoy and benefit from our programs, classes, camps, trips, and tours.

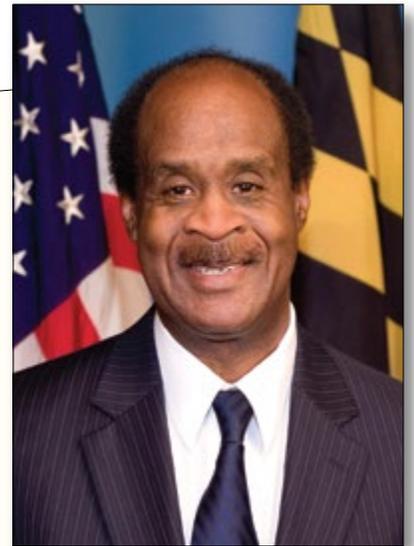
Also, congratulations to our Recreation Department for winning four Maryland Recreation and Parks Association Awards this year. I am proud of our department's accomplishments in this friendly competition with our colleagues in other counties, but you are the real winners when you take part in the activities listed in the Guide.

Best wishes for a happy Summer!

Sincerely,

A handwritten signature in black ink that reads "Isiah Leggett".

Isiah Leggett,
County Executive



NEW! EASIER ONLINE REGISTRATION

Active MONTGOMERY

ACTIVITIES, FACILITIES & MEMBERSHIP



... AND MORE!

One account is all you need to register for activities,
reserve available facilities and purchase memberships offered by
Montgomery Parks, Montgomery County Recreation and CUPF!

ActiveMONTGOMERY.org



CONTACT US: PARKS 301-495-2580
RECREATION 240-777-6840 / CUPF 240-777-2725



Q: Can I still use ParkPASS (for Montgomery Parks) or RecWeb (for the Recreation Department)?

A: Nope. ActiveMONTGOMERY.org replaces both of these. Now there's one system and one website for all your Recreation Department and Montgomery Parks activity registrations, rentals and memberships.

Q: What credit cards can I use online?

A: You can use your Visa, MasterCard, American Express and Discover cards on ActiveMONTGOMERY.

Q: What will ActiveMONTGOMERY charges look like on my credit card statement?

A: If you used a credit card to register for a course, buy something at a facility, book a facility, or purchase a membership with Montgomery Parks or the Recreation Department on or after August 17, 2015 here's what you'll see on your credit card statement: **"ACT*Regist"** or **"ACT*ACTIVE MONTGOMERY"**

SEP 10	CHECK CARD PURCHASE ACT*ACTIVE MONTGOMERY 877-228-4881 CA	-\$3.00
SEP 21	CHECK CARD PURCHASE ACT*ACTIVE MONTGOMERY 877-228-4881 TX	-\$240.00

Q: Can I keep a credit card number on file?

A: Yes, you can store a credit card number online with ActiveMONTGOMERY. The number is not visible to anyone but you.

Q: Can I withdraw from a class online?

A: Yes! You may withdraw from a class and get a full refund with no fee as long as you withdraw online at ActiveMONTGOMERY.org at least five (5) business days before the class begins. If it's less than five business days, you may email your withdrawal request to rec.refund@montgomerycountymd.gov or come in person to the Recreation Department headquarters (for Rec) or at the hosting facility (for Parks). A \$25 withdrawal fee will be charged.

Q: What's with the "WISH LIST"?

A: If you see an upcoming class or program that looks interesting, but you're not sure if it works with your schedule, add it to your ActiveMONTGOMERY "Wish List." When you log back in, you can register for the class, or delete it from the list. Adding a class to your wish list does not register you for the class.



If you haven't registered for a free ActiveMONTGOMERY account, why not do it today?

Sign up today at www.ActiveMONTGOMERY.org!



A look Inside...

Summer 2016
Recreation and Parks Programs



Montgomery County Recreation
4010 Randolph Rd., Silver Spring, MD 20902
240-777-6840
www.montgomerycountymd.gov/rec

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For Summer
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Like
Montgomery
County
Recreation
on Facebook

Follow
@mocreco
on Twitter

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Montgomery Parks

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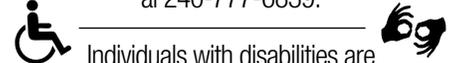
Outdoor
Movies at
Black Hill
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HABLAMOS ESPAÑOL

Si desea obtener información de Montgomery County Recreación sobre los programas, proceso de asistencia financiera, actividades, centros recreativos, clases, eventos especiales, y oportunidades de empleo, por favor llame al 240-777-6839. Ofrecemos una variedad de actividades para que personas de todas las edades puedan participar. Si tiene alguna sugerencia sobre otro tipo de programas, llámenos al 240-777-6839.



Individuals with disabilities are encouraged to register for programs offered by Montgomery Parks and Montgomery County Recreation. To facilitate inclusion, you may request auxiliary aids or services. Interpreters, Braille or large print, or other accommodations should be requested prior to the start of programs. Early notification allows us time to put accommodations in place. If you are registering for a Montgomery County Recreation program, please contact a Therapeutic Recreation Specialist at 240-777-6870, or email rec.mainstream@montgomerycountymd.gov. If you're registering for a Montgomery Parks program, please call the Parks Program Access Office at 301-495-2477; email ProgramAccess@MontgomeryParks.org; or visit MontgomeryParks.org/access for more information.



Registration
for many
Montgomery Parks
Summer classes opens
MAY 16
Ice opens June 12
Tennis opens June 20

Montgomery Parks
9500 Brunett Ave., Silver Spring, MD 20901
301-495-2595 | MontgomeryParks.org



Like
[Montgomery
Parks](https://www.facebook.com/MontgomeryParks)



Follow
[@MontgomeryParks](https://twitter.com/MontgomeryParks)

SUMMER CAMPS



DON'T MISS OUT ON THE FUN!

Recreation Summer Camps start June 27.

It's not too late to register!

Go online to ActiveMONTGOMERY.com for information and to register.

STEM • ARTS • DANCE • MUSIC • SPORTS • COOKING • ON-THE-GO





**FULL DAY &
HALF DAY
OPTIONS!**

Extend the Fun with End of Season Summer Camps

August 8 - August 19

- AquaSports
- Coach Doug Endless Summer
- Tame Your Kayak
- TR Extra Summer Fun
- Ultimate Frisbee
- Chess
- Drama
- Electronic Game Design
- Horseback Riding
- Cooking
- LEGOs
- UK Elite Soccer
- Mystery Academy Magical Fun



Just for the

BIKE TO Work DAY

Friday, May 20
6:30am - 9:00pm

Co-hosted by: Montgomery County
Commuter Services.
Adjacent to Metro Station.

Wisconsin Place CRC
Wisconsin Place Plaza
(Wisconsin & Western Avenues)
5311 Friendship Blvd
Chevy Chase, MD 20815

CINEMA UNDER THE STARS

Friday, June 10 • 8:00pm

Rain date is June 11. Free to all ages, pre-registration required; Activity #20272. Bring the family and join us for our version of an old fashion drive-in (without the car). Don't forget to bring your blankets and chairs and get comfortable for our double-feature of "The Peanuts Movie" followed by "The Good Dinosaur." Pre-registration is required. Popcorn and drinks will be available for purchase. Call 240-777-6920 with questions.

Longwood CRC
19300 Georgia Ave, Brookeville, MD 20833

END OF SCHOOL CELEBRATION

Friday, June 3 • 7:00pm-9:00pm

Free to 3rd to 8th graders. To register, please call 240-777-8095 or drop by the center Music, arts and crafts, games, free food, and prizes

Germantown CRC
18905 Kingsview Road
Germantown, MD 20874

Audacity of HOOPS

Single elimination tournament for high school girls and boys in 9-12 grade. 3-5 players pre-roster. Pre-registration required.

Contact Carlos Castro for more information: 240-777-8080 or Carlos.Castro@montgomerycountymd.gov.



RECOOD

DAMASCUS DAY PARADE

Friday, July 8 • 7:00pm

Starts at 6:00pm at Damascus High School for line up. Road also closes at 6:00pm. Parade travels down Route 27 to Lewis Drive. Free to all. Please register to be in the parade if you are interested, applications available at Damascus Community Recreation Center, 25520 Oak Drive Damascus, MD 20872. The theme is THEN and NOW, celebrating Damascus's 200th anniversary.

CELEBRATE Damascus

**Saturday, July 9
10:00am - 4:00pm**

Enjoy giant bubble ball soccer, a car show, hero dogs, entertainment, scouts demonstrations, a bike race, or catch a ride with our local tour bus. Free for everyone.

Main Street, 124/108
(from Damascus Community Bank to
Damascus Motors)

WHITE OAK SENIOR CENTER

Health & Wellness Fair

**Wednesday, May 25
10:00am-1:00pm**

Free for Seniors 55+. Come join our annual health and wellness fair. This day is National Senior Fitness Day and we celebrate fitness by having our 40 health-related vendors, screenings, food demonstrations, presentations, entertainment, and more! Shawn Perry from the Senior Zone Radio Station will be here as a featured guest. Join us!

White Oak Senior Center
1700 April Lane, Silver Spring MD 20904

KEEP SENIORS SAFE

Tuesday, May 17 • 12:30pm-1:30pm

Free to all, but geared to seniors. Topics to be discussed: scams, fraud, identity theft, safe shopping habits, home safety, personal preparedness for an emergency, legal resources, county resources for seniors, and more.

Plum Gar CRC
19561 Scenery Drive
Germantown, MD 21701

Discovery
COMMUNICATIONS™
Presents

LIVE NATION®

Thursdays • 7:00pm-9:00pm

**Veterans Plaza
@ the Civic Building**

montgomerycountymd.gov/rec



SILVER SPRING

Summer Concert Series



June 16 *Funk, Blues*
Anthony "Swamp Dog" Clark and the Blues Allstars



June 23 *Motown, Pop*
Bobby & the Believers



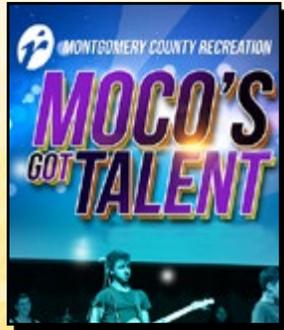
June 30 *'80s, '90's*
The Lloyd Dobler Effect



July 7 *Zydeco*
Jeffrey Broussard and the Creole Cowboys



July 14 *Oldies*
Rock & Roll Relics



July 21 *Various*
MoCo's Got Talent 2015 & 2016 Winners



July 28 *Classic Rock*
Appaloosa



August 4 *Blues*
Moxie Blues Band

Silver Spring
JAZZ FEST
13th ANNUAL SILVER SPRING JAZZ FESTIVAL

SEPT. 10, 2016

3:00 - 10:00PM

VETERANS PLAZA

Starring

DAVID SANBORNE



Summer Fun... With A Paycheck!

Seasonal
Part-time
Positions
Available!

If you are looking for a summer job to make a difference in a child's life, enhance your leadership experience, and be part of a professional team – Montgomery County Recreation is the place for you.

We are hiring for a variety of summer part-time positions including Counselors, Directors, Lifeguards and more.

Call 240-777-6840 for more information, or apply online at www.montgomerycountymd.gov/ohr/



Where else can you build a robot, experiment with 3D printing and construct a flying machine all in one visit?

- **Build robots**
- **Design video games**
- **Make wearable art**
- **Create a toy of your own design**
- **Produce electronic music**
- **Experiment with circuits**
- **Print 3D objects**
- **Tinker in the woodshop**

Half and full-day maker camps for ages 7 - 14 in July. One-day camps in August.

www.kid-museum.org

KID Museum at Davis Library is open Saturdays and Sundays, 10 a.m. - 5 p.m., and on weekdays for after-school programs, drop-in sessions, and school & group visits.

6400 Democracy Blvd. Bethesda, MD 20817 PHONE: (301) 897-5437 EMAIL: info@kid-museum.org

www.kid-museum.org

5 Fun Things to Do in RECREATION

1

SWIM! SWIM! SWIM! DIVE! DIVE! DIVE! SCUBA! SCUBA! SCUBA!

It's Summer and time to get in the water. Outdoor pools open on May 28...you will have seven pools to choose from. Check out all of the amazing and wonderful opportunities in the Aquatics section starting on page 14.



2

Cooking Can Be on the Menu!

Check out the new class "Allergy-Free Cooking: Healthy, Delicious Food." Read all about the class and food tastings on page 48.



3

Get those Tiny Feet Dancing!

Want to get an early start on your youngster learning an instrument? There's piano, guitar, and even discovering music for toddlers as young as one year old. See pages 56-57.



4

Roll Into...Gymnastics

Learn the basic tumbling and motor skills in a fun environment. See page 61.



5

Get Fit! Stay Fit! Life is a Marathon, Not a Sprint!

55+ Active Adult Programs are here for those who are still working, semi-retired, or fully retired. We have hundreds of ways for you to THRIVE.



Aquatics

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

INDOOR POOLS

**Martin Luther King, Jr
Swim Center (MLK)**
240-777-8060
1201 Jackson Road
Silver Spring, MD 20904
Closed:
8/22 – 9/5 • 2016

**Eunice Kennedy Shriver
& Sargent Shriver Aquatic
Center (KSAC)**
240-777-8070
5900 Executive Boulevard
N. Bethesda, MD 20852
Closed:
5/13-5/15 • 2016
8/22 – 9/5 • 2016

**Olney
Indoor Swim Center (OSC)**
240-777-4995
16605 Georgia Avenue
Olney, MD 20832
Closed:
8/15-8/28 • 2016

**Germantown
Indoor Swim Center (GISC)**
240-777-6830
18000 Central Park Circle
Boyd, MD 20841
Closed:
8/20-9/5 • 2016

OUTDOOR POOLS

**Bethesda Outdoor Pool
(BOP)**
301-652-1598
Little Falls Pkwy &
Hillandale Rd
Bethesda, MD 20815

**Long Branch Outdoor Pool
(LB)**
301-431-5700
8700 Piney Branch Road
Silver Spring, MD 20912

**Upper County Outdoor
Pool (UC)**
301-840-2446
8211 Emory Grove Road
Gaithersburg, MD 20877

**Wheaton/Glenmont
Outdoor Pool (GL)**
301-929-5460
12621 Dalewood Drive
Wheaton, MD 20906

**Germantown Outdoor Pool
(GOP)**
240-777-8067
18905 Kingsview Road
Germantown, MD 20874

**Martin Luther King, Jr.
Outdoor Pool (MLKOP)**
240-777-8066
1201 Jackson Road
Silver Spring, MD 20904

**Western County Outdoor
Pool (WEST)**
301-349-2217
20151 Fisher Avenue
Poolesville, MD 20837

Family Recreational Swims

Recreational and Lap Swim Sessions for the entire family are available daily at each pool. Patrons have the option of paying an admission for each entry, or purchasing a Family, Pair, Senior, or Individual Pool Pass. Groups of more than 6 people must contact the pool management for additional information.

Swimming Instruction

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

Rentals-Parties!

GISC, KSAC, OSC, and MLK have times available for rental by groups. Party Rooms are available for rent. Contact the facility for available times and fees.

Website Info

Information about MCR pools is available online. For indoor swim centers this includes schedules for general pool use, swim lessons, safety training (lifeguard training), masters swim training, diving, water fitness classes, and swim team.

WATER FITNESS CLASSES

Water Exercise, Deep Water Running & Exercise, Water Aerobics, Arthritis Exercise, Abs & Glutes, and Body Sculpting 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 necessary. For Deep Water Running & Exercise, must be comfortable in deep water.
- Men and women of all ages are welcome.
- Physician release form is required if pregnant.
- Physician consultation is recommended prior to participation in any exercise program.
- MCR does not schedule make-up classes. Please speak to instructors for possible options. Withdrawal policies are listed on page 148.

Wellness Network: Linda Costello 301-924-3488
 H2O Fitness: Peggy Brower 301-603-1328

wellnet1@aol.com
browsers4@aol.com

No Classes: After 6:00pm on July 4

Abs & Glutes & More

Ages 12 & Up: Shallow water aerobics class with high energy packed with power that will sculpt your abs, glutes, and more. Gloves are recommended and can be purchased at class.

10 Sessions \$65
 Instructor: Peggy Brower
 19727 KSAC 6/7 T 9:00am-9:50am
 19731 KSAC 6/9 Th 9:00am-9:50am
 19741 MLK Swm Ctr 6/6 M 10:15am-11:05am
 19747 MLK Swm Ctr 6/8 W 10:15am-11:05am
 19748 MLK Swm Ctr 6/9 Th 8:00pm-8:50pm

Against the Current

Ages 12 & Up: A power water walking class that walks against the current in the OUTDOOR lazy river. Lo-impact with high intensity that will sculpt the inches. Shoes are a must, gloves are recommended and can be purchased from instructor. Dyna bands will be provided for upper body strength training in this co-ed class.

10 Sessions \$65
 Instructor: Peggy Brower
 19797 MLK Outdoor Pool 6/13 M 9:00am-9:50am
 19832 MLK Outdoor Pool 6/15 W 9:00am-9:50am
 19833 MLK Outdoor Pool 6/11 Sa 10:00am-10:50am

Aqua Cardio Challenge

Ages 12 & Up: This class offers a vigorous workout giving you the cardio challenge you want. It meets in the shallow end of the pool. It is a power packed class where you will build muscle, endurance and stamina.

10 Sessions \$65
 Instructor: Peggy Brower
 19746 MLK Swm Ctr 6/4 Sa 8:00am-8:50am

Aqua Cardio Dance

Ages 12 & Up: A Latin-based workout that integrates dance and exercise! Aqua Dance adds all of the benefits of aquatic exercise to these popular high-energy dance workouts.

10 Sessions \$65
 Instructor: Peggy Brower
 19729 KSAC 6/10 F 10:00am-10:50am
 19743 MLK Swm Ctr 6/7 T 9:00am-9:50am
 19749 MLK Swm Ctr 6/9 Th 9:00am-9:50am
 Instructor: Wellness Network
 19565 GISC 6/6 M 9:30am-10:20am
 19691 OSC 6/8 W 8:15pm-9:05pm
 19692 OSC 6/5 S 9:00am-9:50am

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: Peggy Brower
 19750 MLK Swm Ctr 6/9 Th 10:30am-11:20am
 Instructor: Wellness Network
 19719 KSAC 6/6 M 11:00am-11:50am
 19720 KSAC 6/8 W 11:00am-11:50am
 19687 OSC 6/6 M 10:00am-10:50am
 19693 OSC 6/8 W 10:00am-10:50am
 19694 OSC 6/10 F 10:00am-10:50am

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.

10 Sessions \$65
 Instructor: Peggy Brower
 19738 MLK Outdoor Pool 6/17 F 10:00am-10:50am



WATER FITNESS





WATER FITNESS

Check Out Our Land Fitness Classes Too!

Held at Aquatic Facilities Zumba pg. 49

Deep Water Running

Ages 12 & Up: Ideal cardiovascular exercise with no weight bearing stress. Beneficial for cross-training and/or rehabilitating persons requiring cushioning of deep water. Deep water belt is required and may be purchased at the pool \$20.

Table with 4 columns: Sessions, Price, Instructor, and Class Details (Location, Date, Day, Time). Includes sections for 9 Sessions (\$58) and 10 Sessions (\$65) with various instructors like Wellness Network and Peggy Brower.

Hi/Lo Cardio Fusion

Ages 12 & Up: A unique class that gives a cardio workout with a blend of yoga and pilates exercises infused into the workout.

Table with 4 columns: Sessions, Price, Instructor, and Class Details (Location, Date, Day, Time). Includes 10 Sessions for \$65 with instructor Peggy Brower.

NEW New Water Exercise location offering at Long Branch Outdoor Pool!

Power Water Walking Plus

Ages 12 & Up: This non impact, intense water workout helps put your body in the fat burning zone. It incorporates strength, toning and cardiovascular movements while pushing through chest deep water.

Table with 4 columns: Sessions, Price, Instructor, and Class Details (Location, Date, Day, Time). Includes 10 Sessions for \$65 with instructor Peggy Brower.

Water Aerobics

Ages 12 & Up: Fast-paced aerobics class done in shallow water. High intensity workout uses water to cushion feet, knees and back. Emphasis on cardiovascular conditioning.

Table with 4 columns: Sessions, Price, Instructor, and Class Details (Location, Date, Day, Time). Includes sections for 9 Sessions (\$58) and 10 Sessions (\$65) with various instructors.

Water Exercise

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

Table with 4 columns: Sessions, Price, Instructor, and Class Details (Location, Date, Day, Time). Includes a 'NEW' section for 6 Sessions (\$40) and a 9 Sessions (\$58) section.

DIVING

AAU National Team

Ages 6-18: This is an invitation only program designed to prepare athletes for collegiate competition. Participants will train for and compete in AAU Diving meets around the area. Our competitive goal will be to qualify for the AAU National Championships each summer. Contact MDCBeavers@gmail.com for info on how to try out for the program. Participants pay an annual membership fee of \$300 directly to MDC in addition to the training fee listed here. Admission into this class requires the permission of the program director, Doug Beavers. Practices are offered 3x a week: Monday-Wednesday-Friday, 7-9pm at MLK.

\$680

Instructor: Built by Beavers

20218 MLK Swm Ctr 6/20 M,W,F 7:00pm-9:00pm



Follow @mocreco on Twitter



Like Montgomery County Recreation on Facebook



Diving National Team

Ages 6-18: The MDC USA Diving National Training Program is reserved for exceptional athletes who have demonstrated both skill and commitment to the sport. Admission into these programs requires permission from the Program Director, and will involve a tryout process. This is a year round program focused on the highest levels of personal and team achievement. All participants must pay a \$300 annual fee, as well as quarterly dryland fees. Contact MDCBeavers@gmail.com or go to montgomerydiveclub.org for more information.

Instructor: Built By Beavers

3 Days Per Week		\$425	
20048	GISC 6/20	M-F	7:00am-1:00pm
20047	KSAC 6/20	M-F	7:00am-1:00pm
4 Days Per Week		\$525	
20050	GISC 6/20	M-F	7:00am-1:00pm
20049	KSAC 6/20	M-F	7:00am-1:00pm
5 Days Per Week		\$625	
20052	GISC 6/20	M-F	7:00am-1:00pm
20051	KSAC 6/20	M-F	7:00am-1:00pm

Human Springs Training Clinic

Ages 8-17: Human Springs Training Clinics are one-week intensive clinics designed to help summer league divers enhance their skills and learn new dives for competition. The clinics are open to divers ages 8 - 18. Weekly clinics will consist of three 90 minute in-water training sessions, three 60-minute dryland sessions, and two 90-minute dryland training sessions. Participants are expected to take part in all sessions. Training will focus on the use of trampoline, tumbling mats, dry diving boards, and the 1-meter springboard. Instructors will work with athletes to develop a plan to reach specific goals, and then use the world class diving facilities at either the Kennedy-Shriver Aquatic Center or the Germantown Indoor Swim Center. There will be an additional fee of \$120.00 for the use of the Dryland Training Center which participants will pay directly to Montgomery Dive Club.

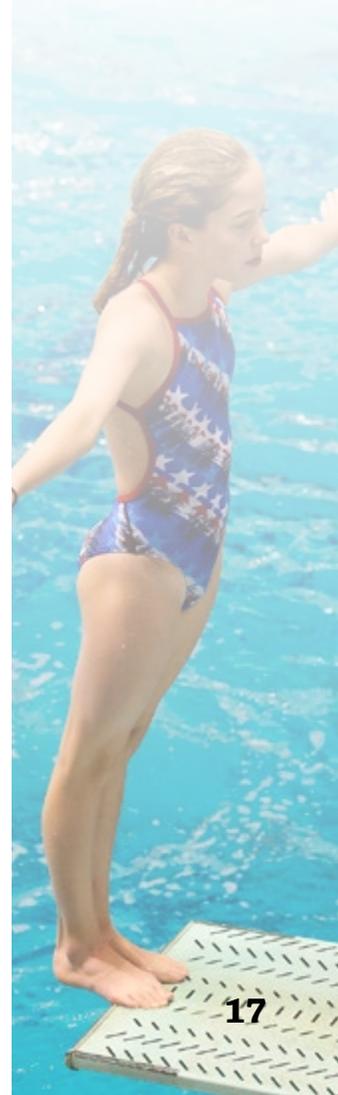
\$95

Instructor: Built By Beavers

19992	GISC	6/6	M,W,F	4:00pm-5:30pm
19993	GISC	6/13	M,W,F	4:00pm-5:30pm
19994	GISC	6/20	M,W,F	4:00pm-5:30pm
19995	GISC	6/27	M,W,F	4:00pm-5:30pm
19996	GISC	7/11	M,W,F	4:00pm-5:30pm
19997	GISC	7/18	M,W,F	4:00pm-5:30pm
19986	KSAC	6/7	T-W,F	5:00pm-6:30pm
19987	KSAC	6/14	T-W,F	5:00pm-6:30pm
19988	KSAC	6/21	T-W,F	5:00pm-6:30pm
19989	KSAC	6/28	T-W,F	5:00pm-6:30pm
19990	KSAC	7/12	T-W,F	5:00pm-6:30pm
19991	KSAC	7/19	T-W,F	5:00pm-6:30pm



DIVING





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. Personal equipment (mask, snorkel, fins) will be provided by each student by the second class. Please bring a swim suit and towel to the first session for the swim evaluation. Comfort in the water must be demonstrated. Successful completion of the course, the exam, and the "checkout dives" will earn the student a NAUI SCUBA Diver certification card. Additional fees apply, to be discussed at the first class session. For MLK please contact Joe at 301-873-4327 or diveeatsleep@yahoo.com. For Olney please contact Scott at 301-610-4988 or training@scubaadventure.org.

6 Sessions	\$265
Instructor: Joseph M. Lodmell	
19857 MLK Swm Ctr	8/1 M,W 6:00pm-9:30pm
8 Sessions	\$265
Instructor: Scott Hagedorn	
19858 OSC	7/14 T,Th 7:00pm-10:00pm

MASTERS SWIMMING

Designed specifically for competitive swimming adults who seek a structured workout with a professional coach. Local or national competition is available for those who wish to compete. Triathletes welcome. Swimmers need to be proficient in most strokes and advanced enough to circle swim a workout, with an eye toward entering US Masters Swimming competitions. Training is offered at all indoor pools. For more information, contact Clay Britt at 301-996-7946 or clay@claybrittswimming.com.

18980	1 day per week	4/24-8/27	\$120
18984	2 days per week	4/24-8/27	\$175
18995	3 days per week	4/24-8/27	\$220
18997	4 days per week	4/24-8/27	\$260
19141	5 days per week	4/24-8/27	\$300

MCSL SWIM TEAM

Ages 5-18: This summer swim team program, sponsored by Montgomery County Recreation, is part of the Montgomery County Swim League (MCSL). Daily practices and weekly meets on Saturday mornings or Wednesday evenings, depending on the participant's skill level. To join, swimmers must be able to complete one length of the pool using a coordinated stroke and rhythmic breathing. We do NOT offer Pre-Team. Materials and other team fees are not included in the registration fee. Parents and swimmers should attend the pre-season parent meeting held at the pool on Tuesday, May 31, 7:00 PM, RAIN or SHINE. Practices begin on Wednesday, June 1st and run weekdays through Friday, July 22. More details will be available at the pre-season parent meeting. Final day to register or request a refund is June 30th.

\$185			
19921	Bethesda OP	6/1	M-Sa
19922	Germantown OP	6/1	M-Sa
19924	Long Branch OP	6/1	M-Sa
19926	Upper County OP	6/1	M-Sa
19923	Wheaton/Glenmont OP	6/1	M-Sa
19925	Western/Poolsville OP	6/1	M-Sa

MONTGOMERY STROKE AND TURN CLINIC

The Montgomery Stroke and Turn Clinic has served the Montgomery County swimming community for over 22 years. MSTC is designed for swimmers 5 - 19 years old 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. Registration begins July 6, 2016. MUST be able to swim 25 meters of freestyle without stopping. Program meets for 22 sessions. There will be no clinic on Dec. 25, Jan. 1, Feb. 5, Apr. 9, Apr. 16 and 4 other Sundays which will be announced at the first session.

22 Sessions	\$370		
Instructor: Clinics MSTC			
20278	KSAC	10/23 Su	5:00pm-6:00pm
20280	KSAC	10/23 Su	6:00pm-7:00pm
20281	KSAC	10/23 Su	7:00pm-8:00pm
20282	GISC	10/23 Su	6:00pm-7:00pm
20283	GISC	10/23 Su	7:00pm-8:00pm
20284	OSC	10/23 Su	5:00pm-6:00pm
20285	OSC	10/23 Su	6:00pm-7:00pm
20286	OSC	10/23 Su	7:00pm-8:00pm
20287	MLK	10/23 Su	6:00pm-7:00pm
20288	MLK	10/23 Su	7:00pm-8:00pm

COMPETITIVE





SAFETY TRAINING

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 is also available. For further information call 240-777-6860.

SAFETY TRAINING

WWW.RMSCSWIMMING.COM



INDIVIDUAL PROGRESS
TEAM UNITY

NATIONALLY RECOGNIZED
5 PRACTICE SITES

Rockville, Silver Spring, Bethesda, Olney, and Germantown

Fall 2016/Winter 2017 Tryouts
Season Begins September 12, 2016

Swimmers new to the program must attend a tryout. Participants only need to attend 1 date. Group placement is specific to the site of the tryout. Please arrive on time for all tryouts. Late arrivals may not be allowed to participate. The following criteria is used to determine possible group placement, age, technique and endurance. Pre-registration is required. Please visit the team website for details.

Germantown ISC, Kennedy Shriver Aquatic Center,
MLK Swim Center, or Olney Swim Center

Monday, July 18, 2016	or	Monday, July 25, 2016	13-18yrs - 3:45pm 9-10yrs - 5:00pm 8 & Under - 6:00pm 11-12yrs - 6:45pm
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Note: Tryout is based on your age as of December 2, 2016.
Tryout decisions will be made by email no later than July 27, 2016.





Lifeguard Training

\$205

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

This course will train you to be certified in American Red Cross Lifeguarding, First Aid and CPR/AED for Professional Rescuer. Certifications are valid for 2 years. Attendance is required at ALL sessions in order to be certified. Students MUST be 15 years old by the last day of the course. Proof of age is required at the first class. This course includes a pre-course check. The first date listed for every Lifeguard Training course is a pre-course. You MUST pass the pre-course to continue. The pre-course consists of 3 parts.

1. 300 meter swim (front crawl or breaststroke).
2. Tread water for 2 minutes using only the legs.
3. Swim 20 yards (free or breast), surface dive to 7-10 feet, retrieve a 10-pound object, return to the surface and swim 20 yards on your back to starting position, exit the water on your own in under 1 min 40 seconds.

Enrollment in course does not guarantee certification. Students must pass written and physical exams.

LIFEGUARD TRAINING

Germantown Indoor Swim Center

Session	Date	Begins	End
LGT 5: Course 8546		June 2016	
Pre-Course	June 17, 2016	6:00pm	9:00pm
Session 1	June 19, 2016	9:30am	1:00pm
Session 2	June 20, 2016	1:00pm	4:00pm
Session 3	June 21, 2016	1:00pm	4:00pm
Session 4	June 21, 2016	5:00pm	8:00pm
Session 5	June 22, 2016	1:00pm	4:00pm
Session 6	June 22, 2016	5:00pm	8:00pm
Session 7	June 23, 2016	1:00pm	4:00pm
Session 8	June 24, 2016	1:00pm	4:00pm
Session 9	June 27, 2016	1:00pm	4:00pm

Martin Luther King, Jr. Swim Center

Session	Date	Begins	End
LGT 6: Course 8790		June 2016	
Pre-Course	June 7, 2016	7:30pm	10:00pm
Session 1	June 10, 2016	6:30pm	10:00pm
Session 2	June 13, 2016	9:00am	12:30pm
Session 3	June 13, 2016	1:00pm	4:00pm
Session 4	June 14, 2016	6:30pm	10:00pm
Session 5	June 17, 2016	6:30pm	10:00pm
Session 6	June 20, 2016	9:00am	12:30pm
Session 7	June 20, 2016	1:00pm	4:00pm
Session 8	June 21, 2016	6:30pm	10:00pm
Session 9	June 24, 2016	9:00am	1:00pm

Kennedy Shriver Aquatic Center

Session	Date	Begins	Ends
LGT 7: Course 8867		June 2016	
Pre-Course	June 16, 2016	7:00pm	9:00pm
Session 1	June 17, 2016	9:00am	12:00pm
Session 2	June 17, 2016	1:00pm	5:00pm
Session 3	June 20, 2016	9:00am	12:00pm
Session 4	June 20, 2016	1:00pm	5:00pm
Session 5	June 21, 2016	9:00am	12:00pm
Session 6	June 21, 2016	1:00pm	5:00pm
Session 7	June 22, 2016	9:00am	12:00pm
Session 8	June 22, 2016	1:00pm	5:00pm
Session 9	June 24, 2016	9:00am	12:00pm

Olney Swim Center

Session	Date	Begins	Ends
LGT 8: Course 8745		June 2016	
Pre-Course	June 15, 2016	7:00pm	9:30pm
Session 1	June 18, 2016	8:00am	12:00pm
Session 2	June 18, 2016	12:30pm	4:00pm
Session 3	June 19, 2016	8:00am	12:00pm
Session 4	June 19, 2016	12:30pm	4:00pm
Session 5	June 20, 2016	8:00am	12:00pm
Session 6	June 20, 2016	12:30pm	4:00pm
Session 7	June 21, 2016	8:00am	12:00pm
Session 8	June 21, 2016	12:30pm	4:00pm
Session 9	June 22, 2016	8:00am	12:00pm
Session 10	June 22, 2016	12:30pm	4:00pm
LGT 9: Course 8746		July 2016	
Pre-Course	July 6, 2016	7:00pm	9:30pm
Session 1	July 8, 2016	6:30pm	10:00pm
Session 2	July 9, 2016	9:00am	12:30pm
Session 3	July 9, 2016	1:00pm	5:00pm
Session 4	July 10, 2016	9:00am	12:30pm
Session 5	July 10, 2016	1:00pm	5:00pm
Session 6	July 13, 2016	6:30pm	10:00pm
Session 7	July 15, 2016	6:30pm	10:00pm
Session 8	July 16, 2016	9:00am	12:30pm
Session 9	July 16, 2016	1:00pm	5:00pm





WATER SAFETY DAY

FRIDAY, JUNE 3

3:30PM - 6:30PM

**GAITHERSBURG
WATER PARK**

512 S. Frederick Ave
Gaithersburg, MD 20877

Stay safe at the pool this summer.

Learn about:

- **How to Prevent Drowning**
- **Proper Use of Life Jackets**
- **Water Rescue Skills**
- **Skin Cancer Prevention**
- **Swim Lessons** (evaluations offered)

Free Event

Food will be available for purchase.

**FREE SWIMMING EVENT
PRESENTATIONS EVERY HALF HOUR.**

For more information, visit gaithersburgmd.gov/waterpark
montgomerycountymd.gov/rec or rockvillemd.gov/swimcenter

Hosted By





Swim Lessons

Indoor Swim Lesson
Registration will begin

May 16
at 6:30am
for Residents

May 17 at 6:30am
for Non-Residents

No registrations will be processed
before this time.

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.

Please read the course descriptions carefully. Select the course level for which the student has mastered all the prerequisite skills. By choosing the appropriate level, the student will be more likely to succeed. Please check all course dates to determine which classes will best accommodate the student's needs.

There are no makeups or refunds due to weather related closings/delays.

Outdoor facilities will not be open until May 28. Outdoor lessons are scheduled for 8 sessions to allow for inclement weather.

Ways to Register for Swim Lessons



ACTIVEMONTGOMERY Online registration at ActiveMONTGOMERY.org. Internet users must pay their account in full. Online registration is recommended.



WALK IN AT AQUATIC FACILITIES Registrations can be processed at any of our pools.

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 at the MLK pool is not possible.

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

Participants may enter the locker rooms only 10 minutes before the start of class.

Lesson questions should be directed to the facility where you wish to enroll.

Withdrawal policies will be STRICTLY followed and applies to class transfers.

At each level of swim instruction, various skills will be taught. For a detailed list of specific skills, please inquire at the pool where you will be taking lessons. You may also view our skill cards at montgomerycountymd.gov/rec

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. IF THERE IS AN OPENING IN THE CORRECT LEVEL, YOU MAY REGISTER THE PARTICIPANT IF THE FIRST CLASS HAS NOT OCCURRED YET. THE FULL FEE FOR THE CLASS WILL BE CHARGED FOR THE NEW ENROLLMENT. PLEASE CHECK EACH POOL'S LISTINGS FOR LESSON SCHEDULE CHANGES, DUE TO FACILITY CONFLICTS. LESSONS WILL BE HELD ON ALL OTHER DAYS THE FACILITY IS OPEN. PLEASE REGISTER ACCORDINGLY. THERE ARE NO MAKE-UPS OR REFUNDS FOR MISSED CLASSES.

Screening is available to evaluate the student's abilities at each pool if you are unsure of which class to register for. Call the pool of your choice and speak to the Lesson Supervisor for evaluation times (bring a suit and towel).

Guidelines for Placement in Swim Classes

Parent-Assisted Lessons

Waterbabies (Ages 6 mo-18 mo) Aquatots (Ages 18 mo-3yr)

Pre-School (Ages 3yr-5yr)

Class Requirements:

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

Class Objectives:

Parent-assisted water orientation classes. 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

Pre-Beginner (Ages 4-6)

Youth (Ages 7-13)

Adult (Ages 14+)

Class Requirements:

On the first day of class, students must be able to:
Function well in a group setting without parents since parents DO NOT accompany children.

Class Objectives:

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

Level 2

Pre-Beginner (Ages 4-6)

Youth (Ages 7-13)

Adult (Ages 14+)

Class Requirements:

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

Class Objectives:

Students who are already water adjusted. Students must be able to submerge for 3 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

Pre-Beginner (Ages 4-6)

Youth (Ages 7-13)

Adult (Ages 14+)

Class Requirements:

On the first day of class, students must be able to:
Use basic swimming skills: front and back glides, kicking, arm strokes on front and back, and rhythmic breathing. Parents DO NOT accompany children.

Class Objectives:

Students who can already swim a combined stroke on the front and back, using a kick and arm stroke for a minimum of 5 yards. Students will be introduced to back crawl, elementary backstroke kick, treading water and rhythmic breathing. Students will also work on improving front crawl.

Level 4

Pre-Beginner (Ages 4-6)

Youth (Ages 7-13)

Adult (Ages 14+)

Class Requirements:

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

Class Objectives:

Students who can already swim a coordinated front crawl for 15 yards (across the width of the pool), back crawl for 5 yards, and are comfortable in deep water. Students will be introduced to elementary backstroke and breaststroke. Students will also work on perfecting front crawl, back crawl and treading water.

Level 5

Youth (Ages 7-13)

Adult (Ages 14+)

Class Requirements:

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

Class Objectives:

Students who can swim 1 length of front and back crawl, tread water, and dive into and swim in deep water. Students will be introduced to sidestroke and fine tune breaststroke. Students will also work on refining all previous strokes.

Level 6

Youth (Ages 7-13)

Adult (Ages 14+)

Class Requirements:

On the first day of class, students must be able to:
Have achieved a proficient level in all previous strokes (front crawl, back crawl, breaststroke)

Class Objectives:

Students who can swim 2 lengths of front and back crawl in good form and 15 yards of breaststroke. Students will be introduced to turns, dolphin kick and surface dives. Students will also work on sidestroke, refining all other strokes and endurance.



SWIM LESSONS

Waterbabies

Ages 6m -18m: Basic water adjustment skills are taught. Infants/children who are not toilet trained MUST wear a swim diaper and separate rubber/vinyl pants. An adult must accompany EACH student in the water. Class size is limited to 10 students.

6 Sessions \$58

Germantown Indoor Swim Center

18992	6/18	Sa	10:50am-11:20am
19305	6/19	S	10:50am-11:20am
19306	6/20	M-W	11:00am-11:30am
19308	7/4	M-W	11:00am-11:30am

Kennedy Shriver Aquatic Center

18307	6/18	Sa	9:40am-10:10am
18308	6/19	S	9:00am-9:30am
18310	6/19	S	10:20am-10:50am
18300	6/20	M,W,F	10:20am-10:50am
18303	6/21	T,Th	9:00am-9:30am
18304	6/21	T,Th	11:00am-11:30am
18301	7/4	M,W,F	10:20am-10:50am
18305	7/12	T,Th	9:00am-9:30am
18306	7/12	T,Th	11:00am-11:30am
18302	7/18	M,W,F	10:20am-10:50am

Martin Luther King Swim Center

19093	6/18	Sa	9:40am-10:10am
19094	6/20	M,W,F	10:20am-10:50am
19095	6/23	Th	5:00pm-5:30pm

Olney Swim Center

18643	6/13	M-W	5:00pm-5:30pm
18639	6/18	Sa	8:40am-9:10am
18640	6/18	Sa	10:40am-11:10am
18641	6/19	S	8:40am-9:10am
18642	6/19	S	10:40am-11:10am
18637	6/20	M-W	9:45am-10:15am
18638	6/23	Th	10:30am-11:00am
18647	6/23	Th	6:20pm-6:50pm
18644	6/27	M-W	5:40pm-6:10pm
18645	7/18	M-W	5:00pm-5:30pm
18646	8/1	M-W	5:40pm-6:10pm

Four Ways to Register



ACTIVEMONTGOMERY.ORG

Online registration at activemontgomery.org.



FAX 240-777-6818

Faxed registrations must be paid by Credit Card. Due to high volume, we are unable to confirm receipt of faxes. To avoid duplication, do not mail your original form.



MAIL OR DROP OFF



FULL SERVICE IN PERSON

Montgomery County Recreation
Attention: Registrar
4010 Randolph Road
Silver Spring, MD 20902-1099
Phone: 240-777-6840
Monday-Friday, 10:00am-2:00pm



Aquatots

Ages 18m-3: Basic water adjustment skills and simple water skills are taught. Infants/children who are not toilet trained MUST wear a swim diaper and separate rubber/vinyl pants. An adult must accompany EACH student in the water. Class size is limited to 10 students.

6 Sessions

\$58

Germantown Indoor Swim Center

18994	6/18	Sa	10:10am-10:40am
19247	6/18	Sa	11:30am-12:00pm
19295	6/19	S	10:10am-10:40am
19298	6/19	S	11:30am-12:00pm
19300	6/20	M-W	10:20am-10:50am
19301	6/21	T	6:10pm-6:40pm
19302	6/15	W	5:30pm-6:00pm
19303	7/4	M-W	10:20am-10:50am
19304	7/18	M-W	10:20am-10:50am

Kennedy Shriver Aquatic Center

18316	6/18	Sa	10:20am-10:50am
18317	6/19	S	9:40am-10:10am
18311	6/20	M,W,F	9:40am-10:10am
18314	6/21	T,Th	9:40am-10:10am
18312	7/4	M,W,F	9:40am-10:10am
18315	7/12	T,Th	9:40am-10:10am
18313	7/18	M,W,F	9:40am-10:10am

Martin Luther King Swim Center

19037	6/18	Sa	9:00am-9:30am
19040	6/20	M,W,F	9:00am-9:30am
19043	6/23	Th	5:40pm-6:10pm
19041	7/4	M,W,F	9:40am-10:10am
19042	7/18	M,W,F	9:00am-9:30am

Olney Swim Center

18609	6/18	Sa	9:20am-9:50am
18610	6/18	Sa	11:20am-11:50am
18611	6/19	S	9:20am-9:50am
18612	6/19	S	11:20am-11:50am
18613	6/20	M-W	9:00am-9:30am
18617	6/23	Th	9:45am-10:15am
18618	6/27	M-W	5:00pm-5:30pm
18614	7/4	M-W	10:30am-11:00am
18615	7/18	M-W	9:45am-10:15am
18616	8/1	M-W	10:30am-11:00am
18619	7/18	M-W	5:40pm-6:10pm

6 Sessions

\$58

Martin Luther King Outdoor Pool

19038	6/19	S	9:00am-9:30am
19039	6/19	S	10:20am-10:50am

8 Sessions

\$58

Bethesda Outdoor Pool

18377	6/18	Sa	9:00am-9:30am
18381	6/18	Sa	9:40am-10:10am
18383	6/18	Sa	10:20am-10:50am
18384	6/18	Sa	11:00am-11:30am
18391	6/19	S	11:00am-11:30am
18393	6/19	S	10:20am-10:50am
18394	6/19	S	9:40am-10:10am
18395	6/19	S	9:00am-9:30am
18966	6/20	M-Th	9:00am-9:30am
18969	6/20	M-Th	9:40am-10:10am
18974	6/20	M-Th	10:20am-10:50am
18967	7/4	M-Th	9:00am-9:30am
18970	7/4	M-Th	9:40am-10:10am
18973	7/4	M-Th	10:20am-10:50am
18968	7/18	M-Th	9:00am-9:30am
18971	7/18	M-Th	9:40am-10:10am
18972	7/18	M-Th	10:20am-10:50am

Germantown Outdoor Pool

17936	6/18	Sa	9:40am-10:10am
17947	6/18	Sa	10:20am-10:50am
17948	6/19	S	9:00am-9:30am

Long Branch Outdoor Pool

19762	6/19	S	10:20am-10:50am
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Upper County Outdoor Pool

18486	6/19	S	10:30am-11:00am
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Wheaton/Glenmont Outdoor Pool

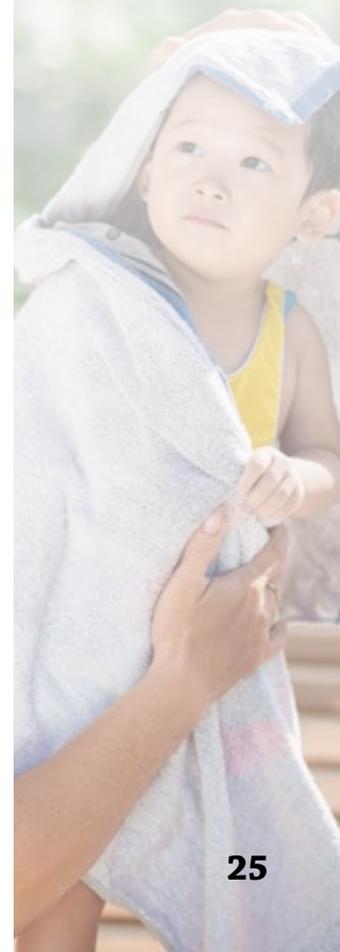
18114	6/18	Sa	9:40am-10:10am
18159	6/18	Sa	9:00am-9:30am
18160	6/18	Sa	10:20am-10:50am
18161	6/18	Sa	11:00am-11:30am
18162	6/19	S	9:00am-9:30am
18163	6/19	S	10:20am-10:50am
18164	6/20	M-Th	9:15am-9:45am
18165	6/20	M-Th	9:50am-10:20am
18167	7/4	M-Th	10:30am-11:00am
18168	7/18	M-Th	9:50am-10:20am
18169	8/1	M-Th	9:15am-9:45am

Western County Outdoor Pool

19502	6/18	Sa	9:40am-10:10am
19509	6/20	M	6:00pm-6:30pm



SWIM LESSONS





SWIM LESSONS

Pre-School

Ages 3-5: Basic water adjustment continues, but simple water skills are now emphasized. Infants/children who are not toilet trained MUST wear a swim diaper and separate rubber/vinyl pants. An adult must accompany EACH student in the water. Class size is limited to 10 students.

6 Sessions \$58

Germantown Indoor Swim Center

Table with 4 columns: ID, Date, Day, Time. Rows include 19286, 18996, 19255, 19266, 19269, 19274, 19283, 19289, 19290.

Martin Luther King Swim Center

Table with 4 columns: ID, Date, Day, Time. Rows include 19087, 19088, 19092, 19091.

Olney Swim Center

Table with 4 columns: ID, Date, Day, Time. Rows include 18631, 18632, 18625, 18626, 18627, 18628, 18629, 18630, 18620, 18624, 18636, 18633, 18621, 18622, 18634, 18623, 18635.

8 Sessions \$58

Kennedy Shriver Aquatic Center

Table with 4 columns: ID, Date, Day, Time. Rows include 18327, 18328, 18320, 18323, 18324, 18321, 18325, 18326, 18322.

6 Sessions \$58

Martin Luther King Outdoor Pool

Table with 4 columns: ID, Date, Day, Time. Rows include 19089, 19090.

8 Sessions \$58

Bethesda Outdoor Pool

Table with 4 columns: ID, Date, Day, Time. Rows include 18942, 18943, 18944, 18945, 18946, 18947, 18948, 18949, 19230, 19231, 19233.

Germantown Outdoor Pool

Table with 4 columns: ID, Date, Day, Time. Rows include 17941, 17971, 17972.

Long Branch Outdoor Pool

Table with 4 columns: ID, Date, Day, Time. Row includes 19779.

Upper County Outdoor Pool

Table with 4 columns: ID, Date, Day, Time. Row includes 18503.

Western County Outdoor Pool

Table with 4 columns: ID, Date, Day, Time. Rows include 19415, 19510.

Wheaton/Glenmont Outdoor Pool

Table with 4 columns: ID, Date, Day, Time. Rows include 18115, 18171, 18172, 18174, 18175, 18176.

Beginner Level 1

Ages 4-6: Parents DO NOT accompany children. This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front and back without support. Class size is limited to 5 students.

6 Sessions

\$67

Germantown Indoor Swim Center

19429	6/15	W	5:30pm-6:00pm
18999	6/18	Sa	9:30am-10:00am
19314	6/18	Sa	10:10am-10:40am
19315	6/18	Sa	10:50am-11:20am
19417	6/18	Sa	11:30am-12:00pm
19418	6/18	Sa	12:10pm-12:40pm
19419	6/19	S	9:30am-10:00am
19420	6/19	S	10:10am-10:40am
19421	6/19	S	10:50am-11:20am
19422	6/19	S	11:30am-12:00pm
19423	6/19	S	12:10pm-12:40pm
19424	6/20	M-W	9:00am-9:30am
19425	6/20	M-W	9:40am-10:10am
19426	6/20	M-W	10:20am-10:50am
19427	6/20	M-W	11:00am-11:30am
19428	6/21	T	5:30pm-6:00pm
19430	6/23	Th	5:30pm-6:00pm
19431	7/4	M-W	9:00am-9:30am
19432	7/4	M-W	9:40am-10:10am
19433	7/4	M-W	10:20am-10:50am
19434	7/18	M-W	9:00am-9:30am
19435	7/18	M-W	9:40am-10:10am
19436	7/18	M-W	10:20am-10:50am
19437	8/1	M-W	10:20am-10:50am
19438	8/1	M-W	11:00am-11:30am

Kennedy Shriver Aquatic Center

18550	6/18	Sa	9:00am-9:30am
18551	6/18	Sa	9:40am-10:10am
18553	6/19	S	9:00am-9:30am
18554	6/19	S	9:40am-10:10am
18555	6/19	S	10:20am-10:50am
18556	6/19	S	11:00am-11:30am
18557	6/20	M,W,F	9:40am-10:10am
18558	6/20	M,W,F	9:00am-9:30am
18559	6/20	M,W,F	11:00am-11:30am
18566	6/21	T,Th	9:00am-9:30am
18567	6/21	T,Th	9:40am-10:10am
18568	6/21	T,Th	11:00am-11:30am
18569	6/21	T,Th	5:45pm-6:15pm
18570	6/21	T,Th	6:25pm-6:55pm
18560	7/4	M,W,F	9:40am-10:10am
18561	7/4	M,W,F	9:00am-9:30am
18562	7/4	M,W,F	11:00am-11:30am
18571	7/12	T,Th	9:00am-9:30am
18572	7/12	T,Th	9:40am-10:10am
18573	7/12	T,Th	11:00am-11:30am
18574	7/12	T,Th	5:45pm-6:15pm

18575	7/12	T,Th	6:25pm-6:55pm
18563	7/18	M,W,F	9:00am-9:30am
18564	7/18	M,W,F	10:20am-10:50am

Martin Luther King Swim Center

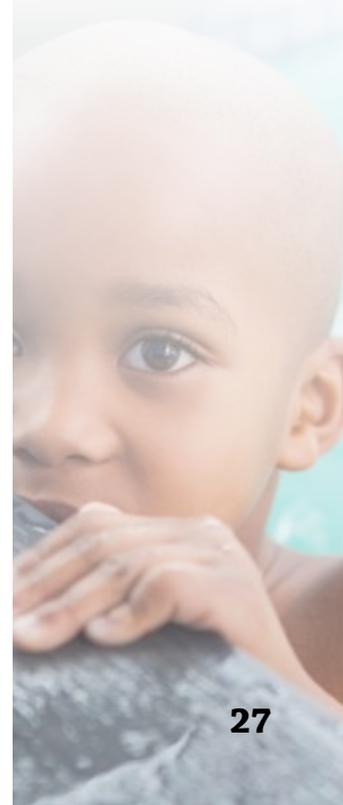
19044	6/18	Sa	9:00am-9:30am
19045	6/18	Sa	10:20am-10:50am
19046	6/18	Sa	11:00am-11:30am
19049	6/20	M,W,F	9:00am-9:30am
19050	6/20	M,W,F	9:40am-10:10am
19055	6/21	T	5:00pm-5:30pm
19056	6/22	W	5:00pm-5:30pm
19057	6/23	Th	5:00pm-5:30pm
19051	7/4	M,W,F	9:00am-9:30am
19052	7/4	M,W,F	10:20am-10:50am
19053	7/12	T,Th	10:10am-10:40am
19054	7/18	M,W,F	10:20am-10:50am

Olney Swim Center

18864	6/13	M-W	5:00pm-5:30pm
18865	6/13	M-W	5:40pm-6:10pm
18866	6/13	M-W	6:20pm-6:50pm
18850	6/18	Sa	8:00am-8:30am
18851	6/18	Sa	8:40am-9:10am
18852	6/18	Sa	9:20am-9:50am
18853	6/18	Sa	10:00am-10:30am
18854	6/18	Sa	10:40am-11:10am
18855	6/18	Sa	11:20am-11:50am
18856	6/18	Sa	12:00pm-12:30pm
18857	6/19	S	8:00am-8:30am
18858	6/19	S	8:40am-9:10am
18859	6/19	S	9:20am-9:50am
18860	6/19	S	10:00am-10:30am
18861	6/19	S	10:40am-11:10am
18862	6/19	S	11:20am-11:50am
18863	6/19	S	12:00pm-12:30pm
18838	6/20	M-W	9:00am-9:30am
18839	6/20	M-W	9:45am-10:15am
18840	6/20	M-W	10:30am-11:00am
18848	6/23	Th	9:00am-9:30am
18849	6/23	Th	9:45am-10:15am
18876	6/23	Th	5:00pm-5:30pm
18877	6/23	Th	5:40pm-6:10pm
18867	6/27	M-W	5:00pm-5:30pm
18868	6/27	M-W	5:40pm-6:10pm
18869	6/27	M-W	6:20pm-6:50pm
18841	7/4	M-W	9:00am-9:30am
18842	7/4	M-W	9:45am-10:15am
18843	7/4	M-W	10:30am-11:00am
18844	7/18	M-W	9:00am-9:30am
18845	7/18	M-W	9:45am-10:15am
18870	7/18	M-W	5:00pm-5:30pm
18871	7/18	M-W	5:00pm-5:30pm
18872	7/18	M-W	5:40pm-6:10pm
18846	8/1	M-W	9:00am-9:30am
18847	8/1	M-W	9:45am-10:15am
18873	8/1	M-W	5:00pm-5:30pm
18874	8/1	M-W	5:40pm-6:10pm
18875	8/1	M-W	5:40pm-6:10pm



SWIM LESSONS





Beginner Level 1

6 Sessions \$67

Martin Luther King Outdoor Pool

19047	6/19	S	9:00am-9:30am
19048	6/19	S	10:20am-10:50am

8 Sessions \$67

Bethesda Outdoor Pool

18453	6/18	Sa	9:00am-9:30am
18455	6/18	Sa	9:40am-10:10am
18457	6/18	Sa	10:20am-10:50am
18467	6/19	S	10:20am-10:50am
18471	6/19	S	9:40am-10:10am
18473	6/19	S	9:00am-9:30am
19144	6/20	M-Th	9:00am-9:30am
19149	6/20	M-Th	9:40am-10:10am
19145	7/4	M-Th	9:00am-9:30am
19148	7/4	M-Th	9:40am-10:10am
19150	7/4	M-Th	10:20am-10:50am
18491	7/4	M-Th	5:45pm-6:15pm
19146	7/18	M-Th	9:00am-9:30am
19147	7/18	M-Th	9:40am-10:10am

Germantown Outdoor Pool

17937	6/18	Sa	9:00am-9:30am
17949	6/18	Sa	10:20am-10:50am
17950	6/18	Sa	11:00am-11:30am
17951	6/19	S	9:00am-9:30am
17952	6/19	S	11:00am-11:30am
17953	6/20	M-Th	9:00am-9:30am
17954	6/20	M-Th	9:40am-10:10am
17955	6/20	M-Th	10:20am-10:50am
17956	7/4	M-Th	9:00am-9:30am
17957	7/4	M-Th	9:40am-10:10am
17958	7/4	M-Th	10:20am-10:50am
17959	7/18	M-Th	9:00am-9:30am
17960	7/18	M-Th	9:40am-10:10am
17961	7/18	M-Th	10:20am-10:50am
17962	8/1	M-Th	9:00am-9:30am

Long Branch Outdoor Pool

19763	6/19	S	9:40am-10:10am
19764	6/19	S	11:00am-11:30am
19765	6/20	M-Th	9:00am-9:30am
19766	6/20	M-Th	9:40am-10:10am
19767	7/4	M-Th	9:40am-10:10am
19768	7/4	M-Th	10:20am-10:50am
19769	7/18	M-Th	9:00am-9:30am
19770	7/18	M-Th	9:40am-10:10am
19771	8/1	M-Th	9:00am-9:30am
19796	8/1	M-Th	10:20am-10:50am

Upper County Outdoor Pool

18333	6/19	S	9:00am-9:30am
18374	6/19	S	9:45am-10:15am
18353	6/19	S	11:15pm-11:45pm
18376	6/20	M-Th	5:00pm-5:30pm
18389	6/20	M-Th	10:15am-10:45am
18354	6/20	M-Th	11:00am-11:30am
18356	7/4	M-Th	11:00am-11:30am
18355	7/18	M-Th	10:15am-10:45am

Western County Outdoor Pool

19503	6/20	M	6:00pm-6:30pm
19511	6/20	M-Th	9:40am-10:10am
19514	6/21	T	6:00pm-6:30pm
19512	7/4	M-Th	9:40am-10:10am
19513	7/18	M-Th	11:00am-11:30am

Wheaton/Glenmont Outdoor Pool

18116	6/18	Sa	9:00am-9:30am
18178	6/18	Sa	9:40am-10:10am
18179	6/18	Sa	10:20am-10:50am
18180	6/18	Sa	11:00am-11:30am
18181	6/19	S	9:00am-9:30am
18182	6/19	S	9:40am-10:10am
18183	6/19	S	11:00am-11:30am
18184	6/20	M-Th	9:15am-9:45am
18185	6/20	M-Th	9:50am-10:20am
18186	6/20	M-Th	10:30am-11:00am
18187	7/4	M-Th	9:15am-9:45am
18188	7/4	M-Th	9:50am-10:20am
18189	7/4	M-Th	10:30am-11:00am
18190	7/18	M-Th	9:15am-9:45am
18191	7/18	M-Th	9:50am-10:20am
18192	7/18	M-Th	10:30am-11:00am
18193	8/1	M-Th	9:15am-9:45am
18194	8/1	M-Th	9:50am-10:20am
18195	8/1	M-Th	10:30am-11:00am

Note

All Outdoor Pool lesson (except for Martin Luther King Outdoor Pool) are scheduled for 8 sessions to allow for inclement weather.

SWIM LESSONS



Beginner Level 2

Ages 4-6: Parents DO NOT accompany children. This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front and back without support. Class size is limited to 6 students.

6 Sessions \$65

Germantown Indoor Swim Center

19447	6/15	W	6:10pm-6:40pm
19000	6/18	Sa	10:10am-10:40am
19439	6/18	Sa	10:50am-11:20am
19440	6/18	Sa	11:30am-12:00pm
19441	6/19	S	9:30am-10:00am
19442	6/19	S	10:10am-10:40am
19443	6/19	S	11:30am-12:00pm
19444	6/20	M-W	9:00am-9:30am
19445	6/20	M-W	9:40am-10:10am
19446	6/21	T	6:10pm-6:40pm
19448	6/23	Th	6:10pm-6:40pm
19449	7/4	M-W	9:00am-9:30am
19450	7/4	M-W	9:40am-10:10am
19451	7/18	M-W	9:00am-9:30am
19452	7/18	M-W	9:40am-10:10am
19453	8/1	M-W	9:00am-9:30am

Kennedy Shriver Aquatic Center

18588	6/18	Sa	9:00am-9:30am
18589	6/18	Sa	11:00am-11:30am
18590	6/19	S	9:00am-9:30am
18591	6/19	S	9:40am-10:10am
18593	6/19	S	11:00am-11:30am
18594	6/20	M,W,F	9:00am-9:30am
18595	6/20	M,W,F	10:20am-10:50am
18596	6/20	M,W,F	11:00am-11:30am
18603	6/21	T,Th	9:00am-9:30am
18604	6/21	T,Th	10:20am-10:50am
18605	6/21	T,Th	6:25pm-6:55pm
18597	7/4	M,W,F	9:00am-9:30am
18598	7/4	M,W,F	10:20am-10:50am
18599	7/4	M,W,F	11:00am-11:30am
18606	7/12	T,Th	9:00am-9:30am
18607	7/12	T,Th	10:20am-10:50am
18608	7/12	T,Th	6:25pm-6:55pm
18600	7/18	M,W,F	9:00am-9:30am
18601	7/18	M,W,F	10:20am-10:50am
18602	7/18	M,W,F	11:00am-11:30am

Martin Luther King Jr. Swim Center

19059	6/18	Sa	9:40am-10:10am
19060	6/18	Sa	11:00am-11:30am
19063	6/20	M,W,F	9:40am-10:10am
19064	6/21	T,Th	10:10am-10:40am
19065	6/21	T,Th	10:10am-10:40am
19071	6/21	T	5:40pm-6:10pm
19072	6/21	T	6:20pm-6:50pm
19073	6/22	W	5:00pm-5:30pm
19074	6/23	Th	5:40pm-6:10pm
19075	6/23	Th	6:20pm-6:50pm
19066	7/4	M,W,F	9:00am-9:30am
19067	7/4	M,W,F	10:20am-10:50am
19068	7/12	T,Th	9:30am-10:00am
19069	7/18	M,W,F	9:00am-9:30am
19070	7/18	M,W,F	9:40am-10:10am

Olney Swim Center

18896	6/13	M-W	5:00pm-5:30pm
18897	6/13	M-W	5:40pm-6:10pm
18898	6/13	M-W	6:20pm-6:50pm
18887	6/18	Sa	8:40am-9:10am
18888	6/18	Sa	9:20am-9:50am
18889	6/18	Sa	10:00am-10:30am
18890	6/18	Sa	12:00pm-12:30pm
18891	6/19	S	8:00am-8:30am
18892	6/19	S	8:40am-9:10am
18893	6/19	S	9:20am-9:50am
18894	6/19	S	10:00am-10:30am
18895	6/19	S	12:00pm-12:30pm
18379	6/20	M-W	9:45am-10:15am
18380	6/20	M-W	10:30am-11:00am
18908	6/23	Th	9:45am-10:15am
18886	6/23	Th	10:30am-11:00am
18906	6/23	Th	5:40pm-6:10pm
18907	6/23	Th	6:20pm-6:50pm
18899	6/27	M-W	5:00pm-5:30pm
18900	6/27	M-W	5:40pm-6:10pm
18901	6/27	M-W	6:20pm-6:50pm
18386	7/4	M-W	9:00am-9:30am
18878	7/4	M-W	9:45am-10:15am
18879	7/4	M-W	10:30am-11:00am
18880	7/18	M-W	9:00am-9:30am
18881	7/18	M-W	9:45am-10:15am
18882	7/18	M-W	10:30am-11:00am
18902	7/18	M-W	5:40pm-6:10pm
18903	7/18	M-W	6:20pm-6:50pm
18883	8/1	M-W	9:00am-9:30am
18884	8/1	M-W	9:45am-10:15am
18885	8/1	M-W	10:30am-11:00am
18904	8/1	M-W	5:00pm-5:30pm
18905	8/1	M-W	6:20pm-6:50pm



SWIM LESSONS





SWIM LESSONS

6 Sessions \$65
Martin Luther King Outdoor Pool

19061	6/19	S	9:40am-10:10am
19062	6/19	S	11:00am-11:30am

8 Sessions \$65
Bethesda Outdoor Pool

18474	6/18	Sa	9:00am-9:30am
18475	6/18	Sa	9:40am-10:10am
18476	6/19	S	9:00am-9:30am
18477	6/19	S	9:40am-10:10am
19151	6/20	M-Th	9:00am-9:30am
19156	6/20	M-Th	9:40am-10:10am
19152	7/4	M-Th	9:00am-9:30am
19155	7/4	M-Th	9:40am-10:10am
19153	7/18	M-Th	9:00am-9:30am
19154	7/18	M-Th	9:40am-10:10am

Germantown Outdoor Pool

17938	6/18	Sa	9:40am-10:10am
17963	6/20	M-Th	9:40am-10:10am
17964	7/4	M-Th	9:40am-10:10am
17965	7/4	M-Th	10:20am-10:50am
17966	7/18	M-Th	9:00am-9:30am
17967	7/18	M-Th	10:20am-10:50am
17968	8/1	M-Th	9:00am-9:30am
17969	8/1	M-Th	10:20am-10:50am

Long Branch Outdoor Pool

19772	6/19	S	10:20am-10:50am
19772	6/19	S	10:20am-10:50am
19774	6/20	M-Th	10:20am-10:50am
19774	6/20	M-Th	10:20am-10:50am
19773	6/20	M-Th	9:40am-10:10am
19775	7/4	M-Th	9:00am-9:30am
19776	7/18	M-Th	10:20am-10:50am
19777	8/1	M-Th	9:40am-10:10am

Upper County Outdoor Pool

18385	6/19	S	9:00am-9:30am
18458	6/20	M-Th	10:15am-10:45am
18495	7/4	M-Th	10:15am-10:45am
18378	7/18	M-Th	5:45pm-6:15pm

Western County Outdoor Pool

19504	6/18	Sa	10:20am-10:50am
19515	6/20	M-Th	10:20am-10:50am
19517	6/20	M	6:40pm-7:10pm
19518	6/21	T	6:00pm-6:30pm
19516	7/4	M-Th	11:00am-11:30am

Wheaton/Glenmont Outdoor Pool

18117	6/18	Sa	9:00am-9:30am
18196	6/18	Sa	10:20am-10:50am
18197	6/19	S	9:00am-9:30am
18198	6/19	S	9:40am-10:10am
18200	6/20	M-Th	9:50am-10:20am
18201	6/20	M-Th	10:30am-11:00am
18202	7/4	M-Th	9:15am-9:45am
18203	7/4	M-Th	10:30am-11:00am
18204	7/18	M-Th	9:50am-10:20am
18205	7/18	M-Th	10:30am-11:00am
18206	8/1	M-Th	9:15am-9:45am



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Now Hiring Part Time Staff!



Part time temporary work is available at our indoor pools for Lifeguards, Instructors, Cashiers and Swim Coaches. Training and certification is available. For more information, contact a facility supervisor at the indoor pool nearest you, or call the Aquatics Office at 240-777-6860.

Beginner Level 3

Ages 4-6: Parents DO NOT accompany children. This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 6 students.

6 Sessions \$65 Germantown Indoor Swim Center

19461	6/15	W	5:30pm-6:00pm
19001	6/18	Sa	10:50am-11:20am
19454	6/18	Sa	11:30am-12:00pm
19455	6/18	Sa	12:10pm-12:40pm
19456	6/19	S	10:50am-11:20am
19457	6/19	S	11:30am-12:00pm
19458	6/19	S	12:10pm-12:40pm
19459	6/20	M-W	9:00am-9:30am
19460	6/20	M-W	10:20am-10:50am
19462	7/4	M-W	9:00am-9:30am
19463	7/4	M-W	11:00am-11:30am
19464	7/18	M-W	9:00am-9:30am
19465	7/18	M-W	11:00am-11:30am
19466	8/1	M-W	11:00am-11:30am

Kennedy Shriver Aquatic Center

18673	6/18	Sa	9:00am-9:30am
18674	6/19	S	9:00am-9:30am
18675	6/19	S	10:20am-10:50am
18676	6/20	M,W,F	9:40am-10:10am
18679	6/21	T,Th	9:40am-10:10am
18680	6/21	T,Th	11:00am-11:30am
18681	6/21	T,Th	5:45pm-6:15pm
18677	7/4	M,W,F	9:40am-10:10am
18682	7/12	T,Th	9:40am-10:10am
18683	7/12	T,Th	11:00am-11:30am
18684	7/12	T,Th	5:45pm-6:15pm
18678	7/18	M,W,F	9:40am-10:10am

Martin Luther King Swim Center

19076	6/18	Sa	10:20am-10:50am
19079	6/19	S	10:20am-10:50am
19081	6/21	T	5:40pm-6:10pm
19082	6/22	W	5:40pm-6:10pm
19080	7/4	M,W,F	9:40am-10:10am

Olney Swim Center

18914	6/18	Sa	8:00am-8:30am
18915	6/18	Sa	8:40am-9:10am
18916	6/18	Sa	10:40am-11:10am
18917	6/18	Sa	12:00pm-12:30pm
18918	6/19	S	8:40am-9:10am
18919	6/19	S	10:40am-11:10am
18909	6/20	M-W	10:30am-11:00am
18913	6/23	Th	10:30am-11:00am
18910	7/4	M-W	9:00am-9:30am
18911	7/18	M-W	10:30am-11:00am
18912	8/1	M-W	10:30am-11:00am

6 Sessions \$65 Martin Luther King Outdoor Pool

19077	6/19	S	9:00am-9:30am
19078	6/19	S	9:40am-10:10am

8 Sessions \$65 Bethesda Outdoor Pool

18478	6/18	Sa	10:20am-10:50am
18479	6/19	S	9:00am-9:30am
18480	6/19	S	10:20am-10:50am
19157	6/20	M-Th	9:00am-9:30am
19194	6/20	M-Th	10:20am-10:50am
19158	7/4	M-Th	9:00am-9:30am
19160	7/4	M-Th	10:20am-10:50am
19159	7/18	M-Th	9:00am-9:30am

Germantown Outdoor Pool

17939	7/4	M-Th	9:00am-9:30am
17970	8/1	M-Th	10:20am-10:50am

Long Branch Outdoor Pool

19778	6/19	S	11:00am-11:30am
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Upper County Outdoor Pool

18505	7/18	M-Th	5:45pm-6:15pm
18584	8/1	M-Th	5:00pm-5:30pm

Western County Outdoor Pool

19505	6/20	M-Th	11:00am-11:30am
19519	7/18	M-Th	9:40am-10:10am

Wheaton/Glenmont Outdoor Pool

18120	6/20	M-Th	9:50am-10:20am
18210	7/4	M-Th	9:50am-10:20am
18211	7/18	M-Th	9:15am-9:45am
18212	8/1	M-Th	9:15am-9:45am

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





Beginner Level 4

Ages 4-6: Parents DO NOT accompany children. This class is for students who can already swim a coordinated front crawl for 15 yards (across the width of the pool), back crawl for 5 yards and are comfortable in deep water. Class size is limited to 6 students.

6 Sessions \$65 Germantown Indoor Swim Center

19002	6/18	Sa	10:50am-11:20am
19467	6/19	S	10:50am-11:20am
19468	6/20	M-W	11:00am-11:30am
19469	7/4	M-W	10:20am-10:50am
19470	7/18	M-W	10:20am-10:50am
19477	8/1	M-W	9:40am-10:10am

Kennedy Shriver Aquatic Center

18686	6/18	Sa	11:00am-11:30am
18688	6/19	S	10:20am-10:50am
18689	6/20	M,W,F	10:20am-10:50am
18691	7/4	M,W,F	10:20am-10:50am
18692	7/18	M,W,F	10:20am-10:50am

Martin Luther King Jr. Swim Center

19083	6/18	Sa	9:40am-10:10am
19084	6/19	S	11:00am-11:30am
19085	6/21	T	7:00pm-7:30pm
19086	6/23	Th	7:00pm-7:30pm

Olney Swim Center

18931	6/18	Sa	8:40am-9:10am
18932	6/18	Sa	9:20am-9:50am
18933	6/18	Sa	10:40am-11:10am
18934	6/19	S	9:20am-9:50am
18928	7/4	M-W	9:00am-9:30am
18929	7/18	M-W	9:00am-9:30am
18930	8/1	M-W	10:30am-11:00am

8 Sessions \$65 Bethesda Outdoor Pool

18937	6/18	Sa	10:20am-10:50am
18938	6/18	Sa	11:00am-11:30am
18940	6/19	S	10:20am-10:50am
18941	6/19	S	11:00am-11:30am
19808	6/20	M-Th	9:40am-10:10am
19809	7/4	M-Th	9:40am-10:10am

Youth Level 1

Ages 7-14: This class is for students who need to learn basic water adjustment skills. Class size is limited to 8 students.

6 Sessions \$60 Germantown Indoor Swim Center

19003	6/18	Sa	9:30am-10:00am
19471	6/18	Sa	12:10pm-12:40pm
19472	6/19	S	10:10am-10:40am
19473	6/19	S	12:10pm-12:40pm
19474	6/20	M-W	9:00am-9:30am
19475	6/23	Th	6:10pm-6:40pm
19476	8/1	M-W	9:40am-10:10am

Kennedy Shriver Aquatic Center

18695	6/18	Sa	9:40am-10:10am
18696	6/18	Sa	11:00am-11:30am
18697	6/19	S	9:00am-9:30am
18698	6/20	M,W,F	9:00am-9:30am
18713	6/21	T,Th	10:20am-10:50am
18714	6/21	T,Th	5:45pm-6:15pm
18699	7/4	M,W,F	9:00am-9:30am
18700	7/18	M,W,F	9:00am-9:30am
18715	7/12	T,Th	10:20am-10:50am
18716	7/12	T,Th	5:45pm-6:15pm

Martin Luther King Swim Center

19096	6/18	Sa	9:00am-9:30am
19097	6/18	Sa	9:40am-10:10am
19098	6/18	Sa	10:20am-10:50am
19100	6/20	M,W,F	9:00am-9:30am
19101	6/21	T,Th	9:30am-10:00am
19103	6/21	T	5:00pm-5:30pm
19104	6/21	T	6:20pm-6:50pm
19105	6/22	W	6:20pm-6:50pm
19102	7/12	T,Th	9:30am-10:00am

Olney Swim Center

18421	6/18	Sa	10:40am-11:10am
18422	6/18	Sa	11:20am-11:50am
18423	6/19	S	10:40am-11:10am
18425	6/19	S	11:20am-11:50am
18407	6/20	M-W	9:00am-9:30am
18417	6/23	Th	9:00am-9:30am
18418	6/23	Th	10:30am-11:00am
18419	6/23	Th	5:00pm-5:30pm
18420	6/23	Th	5:40pm-6:10pm
18408	7/4	M-W	9:45am-10:15am
18409	7/18	M-W	9:45am-10:15am
18410	7/18	M-W	10:30pm-11:00pm
18411	7/18	M-W	6:20pm-6:50pm
18412	8/1	M-W	9:00am-9:30am
18414	8/1	M-W	10:30am-11:00am
18415	8/1	M-W	5:00pm-5:30pm
18416	8/1	M-W	6:20pm-6:50pm

SWIM LESSONS



6 Sessions

\$60

Martin Luther King Outdoor Pool

19099	6/19	S	10:20am-10:50am
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8 Sessions

\$60

Germantown Outdoor Pool

17943	6/18	Sa	9:00am-9:30am
17973	6/18	Sa	11:00am-11:30am
17974	6/19	S	11:00am-11:30am
17975	6/20	M-Th	9:00am-9:30am
17976	6/20	M-Th	10:20am-10:50am
17977	7/18	M-Th	9:00am-9:30am
17978	8/1	M-Th	9:40am-10:10am

Bethesda Outdoor Pool

18950	6/18	Sa	9:00am-9:30am
18951	6/18	Sa	11:00am-11:30am
18952	6/19	S	9:00am-9:30am
18953	6/19	S	9:40am-10:10am
19200	6/20	M-Th	9:00am-9:30am
19204	6/20	M-Th	10:20am-10:50am
19201	7/4	M-Th	9:00am-9:30am
19202	7/18	M-Th	9:00am-9:30am
19203	7/18	M-Th	10:20am-10:50am

Long Branch Outdoor Pool

19780	6/19	S	10:20am-10:50am
19781	6/20	M-Th	9:00am-9:30am
19782	6/20	M-Th	10:20am-10:50am
19783	6/21	T,Th	7:30pm-8:00pm
19784	7/4	M-Th	9:00am-9:30am
19785	7/18	M-Th	9:40am-10:10am
19786	8/1	M-Th	9:40am-10:10am

Upper County Outdoor Pool

18439	6/19	S	9:00am-9:30am
20263	6/19	S	10:30am-11:00am
18406	6/20	M-Th	11:00am-11:30am
18413	6/20	M-Th	5:45pm-6:15pm
18438	7/4	M-Th	5:00pm-5:30pm
18434	7/18	M-Th	11:00am-11:30am

Western County Outdoor Pool

19506	6/21	T	6:40pm-7:10pm
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Wheaton/Glenmont Outdoor Pool

18136	6/18	Sa	9:40am-10:10am
18213	6/18	Sa	10:20am-10:50am
18214	6/18	Sa	11:00am-11:30am
18215	6/19	S	9:40am-10:10am
18216	6/19	S	10:20am-10:50am
18217	6/19	S	11:00am-11:30am
18218	6/20	M-Th	10:30am-11:00am
18219	7/4	M-Th	9:50am-10:20am
18220	7/18	M-Th	10:30am-11:00am
18221	8/1	M-Th	10:30am-11:00am

Youth Level 2

Ages 7-14: Designed for children at least 7 years old. This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front and back. Class size is limited to 8 students.



6 Sessions

\$60

Germantown Indoor Swim Center

19004	6/18	Sa	10:10am-10:40am
19478	6/19	S	9:00am-9:30am
19479	6/20	M-W	9:40am-10:10am
19480	6/23	Th	5:30pm-6:00pm
19481	7/4	M-W	11:00am-11:30am
19482	7/18	M-W	11:00am-11:30am
19483	8/1	M-W	10:20am-10:50am

Kennedy Shriver Aquatic Center

18722	6/18	Sa	10:20am-10:50am
18723	6/19	S	11:00am-11:30am
18724	6/20	M,W,F	9:40am-10:10am
18725	6/20	M,W,F	10:20am-10:50am
18726	6/20	M,W,F	11:00am-11:30am
18734	6/21	T,Th	9:00am-9:30am
18727	7/4	M,W,F	9:40am-10:10am
18728	7/4	M,W,F	10:20am-10:50am
18729	7/4	M,W,F	11:00am-11:30am
18735	7/12	T,Th	9:00am-9:30am
18730	7/18	M,W,F	9:40am-10:10am
18733	7/18	M,W,F	11:00am-11:30am

Martin Luther King Jr. Swim Center

19106	6/18	Sa	9:00am-9:30am
19107	6/18	Sa	10:20am-10:50am
19110	6/20	M,W,F	9:40am-10:10am
19111	6/21	T,Th	10:10am-10:40am
19400	6/21	T	7:00pm-7:30pm
19401	6/22	W	6:20pm-6:50pm
19402	6/23	Th	7:00pm-7:30pm
19112	7/4	M,W,F	10:20am-10:50am
19113	7/12	T,Th	9:30am-10:00am
19114	7/18	M,W,F	9:40am-10:10am

Olney Swim Center

18450	6/18	Sa	8:00am-8:30am
18799	6/18	Sa	8:40am-9:10am
18800	6/18	Sa	9:20am-9:50am
18801	6/19	S	8:00am-8:30am
18802	6/19	S	8:40am-9:10am
18803	6/19	S	9:20am-9:50am
18443	6/20	M-W	9:45am-10:15am
18449	6/23	Th	9:00am-9:30am
18444	7/4	M-W	10:30am-11:00am
18445	7/18	M-W	9:00am-9:30am
18446	8/1	M-W	9:45am-10:15am

SWIM LESSONS





Youth Level 2

6 Sessions \$60 Martin Luther King Outdoor Pool

19108	6/19	S	9:00am-9:30am
19109	6/19	S	11:00am-11:30am

8 Sessions \$60 Bethesda Outdoor Pool

18954	6/18	Sa	9:40am-10:10am
18955	6/19	S	9:40am-10:10am
18956	6/19	S	11:00am-11:30am
19205	6/20	M-Th	9:40am-10:10am
19206	7/4	M-Th	9:40am-10:10am
19207	7/18	M-Th	9:40am-10:10am

Germantown Outdoor Pool

17944	6/18	Sa	9:40am-10:10am
17979	6/19	S	10:20am-10:50am
17980	6/20	M-Th	9:00am-9:30am
17981	6/20	M-Th	9:40am-10:10am
17982	7/4	M-Th	9:00am-9:30am
17983	7/18	M-Th	9:40am-10:10am
17984	7/18	M-Th	10:20am-10:50am
17985	8/1	M-Th	9:40am-10:10am

Long Branch Outdoor Pool

19787	6/19	S	11:00am-11:30am
19788	6/21	T,Th	7:30pm-8:00pm
19789	7/4	M-Th	9:40am-10:10am
19790	7/4	M-Th	10:20am-10:50am
19791	8/1	M-Th	10:20am-10:50am

Upper County Outdoor Pool

18451	6/19	S	9:45am-10:15am
18452	6/19	S	11:15am-11:45am
18456	6/20	M-Th	5:00pm-5:30pm
18454	7/4	M-Th	11:00am-11:30am
18447	7/18	M-Th	10:15am-10:45am
18448	8/1	M-Th	5:45pm-6:15pm

Western County Outdoor Pool

19507	6/21	T	6:40pm-7:10pm
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Wheaton/Glenmont Outdoor Pool

18137	6/18	Sa	9:40am-10:10am
18222	6/19	S	10:20am-10:50am
18223	6/20	M-Th	9:15am-9:45am
18224	7/4	M-Th	9:15am-9:45am
18225	7/4	M-Th	10:30am-11:00am
18226	7/18	M-Th	9:15am-9:45am
18227	7/18	M-Th	9:50am-10:20am
18228	8/1	M-Th	10:30am-11:00am

Youth Level 3

Ages 7-14: 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 5 yards. Class size is limited to 10 students.

6 Sessions \$58 Germantown Indoor Swim Center

19486	6/15	W	6:10pm-6:40pm
19005	6/18	Sa	10:10am-10:40am
19484	6/19	S	10:10am-10:40am
19485	6/20	M-W	10:20am-10:50am
19487	7/4	M-W	9:40am-10:10am
19488	7/18	M-W	9:40am-10:10am

Kennedy Shriver Aquatic Center

18736	6/18	Sa	9:40am-10:10am
18737	6/19	S	9:40am-10:10am
18738	6/20	M,W,F	9:00am-9:30am
18744	6/21	T,Th	9:40am-10:10am
18745	6/21	T,Th	11:00am-11:30am
18740	7/4	M,W,F	9:00am-9:30am
18767	7/12	T,Th	9:40am-10:10am
18768	7/12	T,Th	11:00am-11:30am
18742	7/18	M,W,F	9:00am-9:30am
18743	7/18	M,W,F	9:40am-10:10am

Martin Luther King Swim Center

19115	6/18	Sa	9:40am-10:10am
19117	6/20	M,W,F	9:00am-9:30am
19118	6/21	T,Th	10:10am-10:40am
19122	6/21	T	7:40pm-8:10pm
19123	6/22	W	5:40pm-6:10pm
19119	7/4	M,W,F	9:40am-10:10am
19120	7/12	T,Th	10:10am-10:40am
19121	7/18	M,W,F	10:20am-10:50am

Olney Swim Center

18463	6/18	Sa	8:00am-8:30am
18806	6/18	Sa	9:20am-9:50am
18807	6/18	Sa	11:20am-11:50am
18808	6/19	S	8:00am-8:30am
18809	6/19	S	10:40am-11:10am
18810	6/19	S	9:20am-9:50am
18811	6/19	S	11:20am-11:50am
18459	6/20	M-W	9:45am-10:15am
18812	6/23	Th	9:45am-10:15am
18460	7/4	M-W	9:45am-10:15am
18461	7/18	M-W	9:00am-9:30am
18805	7/18	M-W	9:45am-10:15am
18462	8/1	M-W	9:45am-10:15am

SWIM LESSONS



6 Sessions

\$58

Martin Luther King Outdoor Pool

19116	6/19	S	9:40am-10:10am
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8 Sessions

\$58

Bethesda Outdoor Pool

18958	6/18	Sa	9:40am-10:10am
18959	6/18	Sa	10:20am-10:50am
18960	6/19	S	10:20am-10:50am
19211	6/20	M-Th	9:00am-9:30am
19213	6/20	M-Th	10:20am-10:50am
19210	7/4	M-Th	9:00am-9:30am
19216	7/4	M-Th	10:20am-10:50am
19218	7/18	M-Th	10:20am-10:50am

Germantown Outdoor Pool

17945	6/18	Sa	10:20am-10:50am
17986	6/19	S	9:40am-10:10am
17987	7/4	M-Th	9:40am-10:10am
17988	7/18	M-Th	9:40am-10:10am

Long Branch Outdoor Pool

19792	6/19	S	9:40am-10:10am
19793	7/18	M-Th	10:20am-10:50am
19794	8/1	M-Th	9:00am-9:30am

Upper County Outdoor Pool

18466	6/19	S	9:45am-10:15am
18464	7/4	M-Th	5:00pm-5:30pm
18468	7/18	M-Th	11:00am-11:30am
18469	7/4	M-Th	10:15am-10:45am
18472	7/18	M-Th	5:00pm-5:30pm

Western County Outdoor Pool

19508	7/4	M-Th	10:20am-10:50am
19520	7/18	M-Th	10:20am-10:50am

Wheaton/Glenmont Outdoor Pool

18140	7/4	M-Th	9:50am-10:20am
18229	7/18	M-Th	10:30am-11:00am
18230	8/1	M-Th	9:50am-10:20am

Youth Level 4

Ages 7-14: 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 5 yards. Class size is limited to 10 students.

6 Sessions

\$58

Germantown Indoor Swim Center

19006	6/18	Sa	10:50am-11:20am
19489	6/19	S	10:50am-11:20am
19490	6/19	S	12:10pm-12:40pm
19491	6/20	M-W	11:00am-11:30am
19492	7/4	M-W	10:20am-10:50am
19493	7/18	M-W	10:20am-10:50am

Kennedy Shriver Aquatic Center

18782	6/19	S	10:20am-10:50am
18786	6/21	T,Th	10:20am-10:50am
18787	7/12	T,Th	10:20am-10:50am
18785	7/18	M,W,F	11:00am-11:30am

Martin Luther King Swim Center

19125	6/18	Sa	9:00am-9:30am
19127	6/20	M,W,F	10:20am-10:50am
19128	6/21	T,Th	9:30am-10:00am
19414	6/21	T	7:40pm-8:10pm
19129	7/12	T,Th	10:10am-10:40am
19130	7/18	M,W,F	9:00am-9:30am

Olney Swim Center

18820	6/18	Sa	12:00pm-12:30pm
18821	6/18	Sa	11:20am-11:50am
18822	6/19	S	8:40am-9:10am
18823	6/19	S	11:20am-11:50am
18815	6/20	M-W	10:30am-11:00am
18819	6/23	Th	9:45am-10:15am
18816	7/18	M-W	7:00pm-7:30pm
18817	8/1	M-W	9:45am-10:15am
18818	8/1	M-W	7:00pm-7:30pm



SWIM LESSONS





Youth Level 4

6 Sessions **\$58**
Martin Luther King Outdoor Pool

19126 6/19 S 9:40am-10:10am

8 Sessions **\$58**
Bethesda Outdoor Pool

18962	6/18	Sa	9:00am-9:30am
18963	6/18	Sa	11:00am-11:30am
18961	6/19	S	11:00am-11:30am
19229	6/20	M-Th	9:40am-10:10am
19228	7/4	M-Th	9:40am-10:10am
19227	7/18	M-Th	9:40am-10:10am

Germantown Outdoor Pool

17946	6/18	Sa	11:00am-11:30am
17989	6/20	M-Th	10:20am-10:50am
17990	7/4	M-Th	10:20am-10:50am

Long Branch Outdoor Pool

19795 7/18 M-Th 9:00am-9:30am

Upper County Outdoor Pool

18508 8/1 M-Th 5:00pm-5:30pm

Wheaton/Glenmont Outdoor Pool

18141	6/19	S	11:00am-11:30am
18231	7/18	M-Th	9:15am-9:45am



Youth Level 5

Ages 7-14: This class is for students who can swim 1 length of front and back crawl, 15 yards of elementary backstroke in good form, tread water, and dive into and swim in deep water. Class size is limited to 10 students.

6 Sessions **\$58**
Germantown Indoor Swim Center

19007	6/18	Sa	9:30am-10:00am
19494	6/18	Sa	11:30am-12:00pm
19495	6/19	S	9:30am-10:00am
19496	6/19	S	11:30am-12:00pm
19497	7/4	M-W	11:00am-11:30am
19498	7/18	M-W	11:00am-11:30am

Kennedy Shriver Aquatic Center

18779	6/18	Sa	10:20am-10:50am
18780	6/19	S	11:00am-11:30am

Martin Luther King Swim Center

19131	6/18	Sa	11:00am-11:30am
19135	6/23	Th	7:40pm-8:10pm
19133	7/4	M,W,F	9:00am-9:30am
19134	7/18	M,W,F	9:40am-10:10am

Olney Swim Center

18830	6/18	Sa	10:00am-10:30am
18831	6/19	S	10:00am-10:30am
18829	6/23	Th	7:00pm-7:30pm
18826	6/27	M-W	7:45pm-8:15pm
18825	7/4	M-W	10:30am-11:00am
18827	7/18	M-W	7:00pm-7:30pm
18828	8/1	M-W	7:45pm-8:15pm

6 Sessions **\$58**
Martin Luther King Outdoor Pool

19132 6/19 S 10:20am-10:50am

8 Sessions **\$58**
Bethesda Outdoor Pool

18964	6/18	Sa	11:00am-11:30am
18965	6/19	S	11:00am-11:30am
19810	6/20	M-Th	10:20am-10:50am
19812	7/4	M-Th	10:20am-10:50am
19813	7/18	M-Th	10:20am-10:50am

Wheaton/Glenmont Outdoor Pool

18144 8/1 M-Th 10:30am-11:00am

SWIM LESSONS



Youth Level 6

Ages 7-14: This class is for students who can swim 2 lengths of front and back crawl in good form and 15 yards of breaststroke. Class size is limited to 10 students.

6 Sessions \$58

Germantown Indoor Swim Center

18998	6/18	Sa	12:10pm-12:40pm
19499	6/19	S	12:10pm-12:40pm
19500	7/4	M-W	9:00am-9:30am
19501	7/18	M-W	9:00am-9:30am

Kennedy Shriver Aquatic Center

18771	6/18	Sa	10:20am-10:50am
18772	6/19	S	9:40am-10:10am

Martin Luther King Jr. Swim Center

19136	6/18	Sa	11:00am-11:30am
19139	6/23	Th	7:40pm-8:10pm

Olney Swim Center

18835	6/18	Sa	10:00am-10:30am
18836	6/19	S	10:00am-10:30am
18837	6/19	S	12:00pm-12:30pm
18834	6/23	Th	7:00pm-7:30pm
18832	6/27	M-W	7:00pm-7:30pm
18833	8/1	M-W	7:00pm-7:30pm

6 Sessions \$58

Martin Luther King Jr. Outdoor Pool

19137	6/19	S	9:00am-9:30am
19138	6/19	S	11:00am-11:30am

8 Sessions \$58

Wheaton/Glenmont Outdoor Pool

18146	8/1	M-Th	9:50am-10:20am
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Adult Level 1

Ages 14 & Up: Designed for teenagers and adults. This class is designed for those students who are fearful of the water and/or may have had a bad experience in the water. Basic water adjustment skills will be taught. Please read the course descriptions carefully. Class size is limited to 6 students.

6 Sessions \$67

Germantown Indoor Swim Center

18936	6/18	Sa	9:30am-10:00am
18977	6/19	S	9:30am-10:00am
18982	6/21	T	5:30pm-6:00pm
18990	7/18	M-W	11:00am-11:30am

Kennedy Shriver Aquatic Center

18792	6/23	Th	8:30pm-9:00pm
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Martin Luther King Swim Center

19025	6/18	Sa	9:00am-9:30am
19026	6/18	Sa	11:00am-11:30am
19028	6/21	T	8:20pm-8:50pm

Olney Swim Center

18650	6/13	M-W	7:00pm-7:30pm
18653	6/23	Th	7:45pm-8:15pm
18651	6/27	M-W	7:45pm-8:15pm
18652	7/18	M-W	7:45pm-8:15pm

6 Sessions \$67

Martin Luther King Outdoor Pool

19027	6/19	S	9:40am-10:10am
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8 Sessions \$67

Long Branch Outdoor Pool

19760	6/21	T,Th	7:30pm-8:00pm
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Upper County Outdoor Pool

18485	6/19	S	10:30am-11:00am
18488	6/20	M-Th	5:45pm-6:15pm
18935	7/18	M-Th	5:00pm-5:30pm

Wheaton/Glenmont Outdoor Pool

18150	6/18	Sa	11:00am-11:30am
18232	6/19	S	9:00am-9:30am
18233	6/19	S	9:40am-10:10am



SWIM LESSONS





SWIM LESSONS

Adult Level 2

Ages 14 & Up: Designed for teenagers and adults (14 years and older). This class is designed for those students who are fearful of the water and/or may have had a bad experience in the water. Basic water adjustment skills will be taught. Class size is limited to 6 students.

6 Sessions \$65
Germantown Indoor Swim Center

18939	6/18	Sa	10:10am-10:40am
18978	6/19	S	10:10am-10:40am
18986	6/21	T	6:10pm-6:40pm
18991	8/1	M-W	9:00am-9:30am

Martin Luther King Swim Center

19029	6/18	Sa	9:40am-10:10am
19031	6/23	Th	8:20pm-8:50pm

Olney Swim Center

18661	6/13	M-W	7:45pm-8:15pm
18670	6/23	Th	7:45pm-8:15pm
18662	6/27	M-W	7:00pm-7:30pm
18669	7/18	M-W	7:45pm-8:15pm
19140	8/1	M-W	7:45pm-8:15pm

6 Sessions \$65
Martin Luther King Outdoor Pool

19030	6/19	S	11:00am-11:30am
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8 Sessions \$65
Long Branch Outdoor Pool

19761	6/21	T,Th	8:00pm-8:30pm
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Upper County Outdoor Pool

18483	7/4	M-Th	5:45pm-6:15pm
18484	8/1	M-Th	5:45pm-6:15pm

Wheaton/Glenmont

18151	6/19	S	11:00am-11:30am
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Adult Level 3

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

6 Sessions \$65
Germantown Indoor Swim Center

18975	6/18	Sa	11:30am-12:00pm
18981	6/19	S	10:50am-11:20am
18987	6/23	Th	5:30pm-6:00pm

Martin Luther King Swim Center

19032	6/18	Sa	10:20am-10:50am
19034	6/21	T	8:20pm-8:50pm

Kennedy Shriver Aquatic Center

18794	6/18	Sa	11:00am-11:30am
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Olney Swim Center

18663	6/13	M-W	7:00pm-7:30pm
18671	6/19	S	10:00am-10:30am
18664	8/1	M-W	7:45pm-8:15pm

Martin Luther King Jr. Outdoor Pool

19033	6/19	S	10:20am-10:50am
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Adult Level 4

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

6 Sessions \$65
Kennedy Shriver Aquatic Center

18796	6/21	T	8:30pm-9:00pm
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Germantown Indoor Swim Center

18976	6/18	Sa	12:10pm-12:40pm
18979	6/19	S	11:30am-12:00pm
18989	6/23	Th	6:10pm-6:40pm

Martin Luther King Swim Center

19036	6/23	Th	8:20pm-8:50pm
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Olney Swim Center

18666	6/13	M-W	7:45pm-8:15pm
18665	6/18	Sa	10:00am-10:30am

Martin Luther King Jr. Outdoor Pool

19035	6/19	S	9:00am-9:30am
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Classes CLASSES



**Classes Will Not Meet On
May 28-30 & July 4***

*** This does not apply to aquatic activities**



YOUTH ARTS & CRAFTS

Adventures in Art

Ages 5-10: Create exciting works of art using different types of media and techniques. Focus on drawing, painting, and composition. \$5 material fee due on first day. Additional supply list provided on first day.

4 Sessions \$38
Instructor: Tatiana Martin
19896 Longwood CRC 6/25 Sa 10:15am-11:15am

Art Studio

Ages 8-14: Students will work with a variety of media and techniques while creating exciting projects. Special attention will be paid to composition, perspective, and color application. During this dynamic class students will gain and reinforce many skills which help them to produce high quality art work. \$5 material fee is due to instructor on first day. Additional supply list will be provided at the first class.

4 Sessions \$38
Instructor: Tatiana Martin
19897 Longwood CRC 6/25 Sa 11:30am-12:30pm

Draw and Clay

Ages 4-9: Join us for a fun filled and popular class based on drawing, paintings and sculptures of monkeys and other primates! \$10 dollar material fee due to instructor.

6 Sessions \$60
Instructor: Yolanda Prinsloo
20007 Germantown CRC 6/21 T 5:15pm-6:15pm

Kidz Sew and Tell

Ages 9-16: Do you have little to no sewing experience if so this class is for you! We welcome all levels. Learn how to sew and make your own projects and garments. This class will teach you sewing terms, pattern layout, cutting out fabric, hem, make a slit, and measuring just to name a few. Sewing machines will be available or you can bring your own. Supply list will be in your receipt.

5 Sessions \$107
Instructor: Nora Elias
19919 Bauer Drive CRC 6/25 Sa 10:45am-12:45pm

Learning Art from the Masters

Ages 6-13: In this new class we will learn about the Master Artist Picasso! Students will render inspirations with paint and clay sculpture. \$10 dollar material fee due to instructor.

6 Sessions \$80
Instructor: Yolanda Prinsloo
20011 Germantown CRC 6/21 T 6:30pm-7:30pm

ARTS & CRAFTS

Arts

Acrylic Painting Techniques

Ages 14 & Up: All ability levels are welcome. Discover a step by step approach that makes acrylics resemble the lush look of oils. You will love the results! Please bring several pictures of what you would like to paint. Material fee of \$8 due to the instructor. Fee covers palette, paper, and extra paints. Please call Margaret at 301-318-8319 for supply list.

6 Sessions \$107
Instructor: Margaret Deskin
19985 Bauer Drive CRC 6/25 Sa 10:30am-12:30pm

Advanced Right Brained Drawing

Ages 13 & Up: For those who have taken a beginner class with Yolanda Prinsloo in the past or who have drawing experience. Build on perceptions of drawing and explore new techniques in pencil, color pencil and or watercolor. \$25 material fee due to instructor.

5 Sessions \$90
Instructor: Yolanda Prinsloo
20009 Potomac CRC 6/20 M 7:15pm-8:45pm

Beginner Right Brained Drawing

Ages 13 & Up: Discover how to unhone preconception and draw what you see. Sharpen your powers of observation with a variety of exercises and see what you can create. Bring drawing paper, pencils (HB, B1, B4), ruler, erasers or \$25 for material fee.

5 Sessions \$90
Instructor: Yolanda Prinsloo
20010 Potomac CRC 6/20 M 5:30pm-7:00pm

It's a Stitch

Ages 18 & Up: Do you have little to no sewing experience? If so, this class is for you! We welcome all levels. Learn how to sew and make your own projects and garments. This class will teach you sewing terms, pattern layout, cutting out fabric, hem, make a slit, and measuring just to name a few. Sewing machines will be available or you can bring your own. Supply list will be in your receipt.

5 Sessions \$107
Instructor: Nora Elias
19917 Holiday Park SC 6/24 F 10:30am-12:30pm
19918 Bauer Drive CRC 6/25 Sa 1:15pm-3:15pm
19920 Lawton CRC 6/23 Th 10:30am-12:30pm

ARTS & CRAFTS

Fine Arts

Color Recipes with Kritt Workshop

Ages 18 & Up: 1 day workshop - All levels: For Crafters and Painters (oil, acrylic, watercolor). Use the perfect color every time. You'll buy less paint and get better results. Learn some simple rules and don't settle for "close enough." All materials provided. \$5 material fee due to instructor.

1 Session \$50
 Instructor: Penny Kritt
 19930 Kritt Studio 7/12 T 10:00am-3:00pm
 19931 Kritt Studio 7/23 Sa 10:00am-3:00pm

Draw in a Day with Kritt Workshop

Ages 18 & Up: 1 day workshop - All Levels: Learn in one day - that's all it takes! Buildings, people, pets and landscapes, you draw them all the same way. This skill will give you a lifetime of pleasure. For supplies, call Penny at 301-989-1799

1 Session \$50
 Instructor: Penny Kritt
 19928 Kritt Studio 6/21 T 10:00am-3:00pm
 19929 Kritt Studio 6/25 Sa 10:00am-3:00pm

Entering Art Shows with Kritt

Ages 18 & Up: 1 day workshop - For all artists. For experienced artists and those who are building their career. Learn from an art show judge and prize winning artist what will increase your odds, get in and how to win art shows! From composition to framing and what judges look for. You can't afford to miss this!

1 Session \$30
 Instructor: Penny Kritt
 19932 Kritt Studio 7/18 M 1:00pm-4:00pm
 19933 Kritt Studio 7/30 Sa 1:00pm-4:00pm

Oil or Acrylic Painting - Your Choice!

Ages 18 & Up: Beginners/Intermediate. Learn how to prepare the palette, start a painting and mix and blend colors. Subjects include still life, landscape, figure or abstract. Demonstrations and care of materials also included. This popular class fills quickly! Materials discussed at first class.

5 Sessions \$92
 Instructor: Doris Haskell
 19893 Lawton CRC 6/20 M 2:00pm-4:00pm
 6 Sessions \$110
 19892 Lawton CRC 6/21 T 2:00pm-4:00pm

Countywide Programs 240.777.6870

Jewelry

Beaded Necklaces and Bracelets

Ages 12 & Up: Want to learn how to make jewelry? Do you aspire to become a jewelry designer? This is a beginner class for those who want to make sure they are using the right techniques. Learn stringing techniques and how to attach clasps to create basic necklaces and bracelets. After this class you will be ready to make your own jewelry! \$20 material fee due to instructor in class.

1 Session \$36
 Instructor: Renee Prioleau
 19889 Wisconsin Pl. CRC 7/16 Sa 12:00pm-2:00pm

Jewel Girlz: Make Your Own Bling!

Ages 12 & Up: Learn the trendy style techniques to create fashion jewelry! Learn to make earrings, bracelets and necklaces embellished with charms, trinkets and beads. Once you have mastered these techniques you will be able to create multiple pieces of jewelry that everyone loves to wear. \$25 material fee is due to instructor in class.

1 Session \$36
 Instructor: Renee Prioleau
 19888 Wisconsin Pl. CRC 6/25 Sa 12:00pm-3:00pm



ARTS & CRAFTS





Pottery

Handcrafted Pottery

Ages 15 & Up: For all levels, use a combination of wheel and hand-building pottery. Discover clay's plasticity, try wedging and throwing, build slabs and coils, pinching and modeling. Take home finished pieces completely glazed and fired. Bring an old towel. Material fee of \$30 due to the instructor at first class.

6 Sessions \$155
Instructor: Valerie Haber
19903 Germantown CRC 6/22 W 6:00pm-9:00pm

Handcrafted Pottery Open Studio

Ages 16 & Up: Intermediate / advanced - Hand-building, wheel throwing, decorating and glazing techniques for experienced students. Studio is equipped with wheels, extruders and slab roller. Instructor is available for demonstration and assistance. A \$30 material fee is due to the instructor.

6 Sessions \$102
Instructor: Pamela Reid
19895 White Oak CRC 6/21 T 6:00pm-9:00pm
6 Sessions \$135
19894 White Oak CRC 6/21 T 10:00am-2:00pm

Pottery at Sligo

Ages 17 & Up: For all levels and experience, explore hand-building, wheel-throwing and glazing techniques by using mid-range stoneware (cone 6) with the instructor's guidance. Fully equipped studio affords you the opportunity to discover and work toward your own creative goals. All artists have access to a potter's wheel. A \$10 material fee is due to instructor.

4 Sessions \$99
Instructor: Angela M. Schreiber
20015 Sligo Creek ES 6/14 T 9:30am-12:30pm
20016 Sligo Creek ES 6/14 T 7:00pm-10:00pm
20018 Sligo Creek ES 6/16 Th 9:30am-12:30pm
19904 Sligo Creek ES 6/20 M 7:00pm-10:00pm
20017 Sligo Creek ES 7/12 T 7:00pm-10:00pm
20019 Sligo Creek ES 7/14 Th 9:30am-12:30pm
Instructor: Margaret Dickerson
19904 Sligo Creek ES 6/20 M 7:00pm-10:00pm



YOUTH DANCE

Ballet

Ballet

Ages 5-9: Beginner level - This class introduces young dancers to the basic movements of ballet and ballet terminology. This class is perfect for the dancer that needs the fundamental introductory training to begin a ballet program.

6 Sessions \$62
 Instructor: Grace Oleson
 19905 Potomac CRC 6/21 T 4:30pm-5:15pm
 19906 Germantown CRC 6/22 W 4:30pm-5:15pm
 19907 Arcola ES 6/23 Th 4:30pm-5:15pm

Ballet and Dance Series I

Ages 5-6: Beginner Level - Students are taught classical ballet movements along with creative expression through the RAD method of training. Props are used to enhance childrens' ability to understand movement and sound. Uniform - Girls - black short-sleeved leotard, pink footed tights, pink leather ballet slippers and black dance skirt. Boys - Black sweat pants (no pockets), white t-shirt and socks with black oxfords.

6 Sessions \$60
 Instructor: Kim Williams Bell
 19884 Lawton CRC 6/25 Sa 10:00am-10:45am

Ballet and Dance Series II

Ages 7-10: Advanced Beginner - Students are carefully trained through graduated ballet exercises, floor barrel and ballet terminology. Ballet posture and turnout are highly emphasized. Uniform - Girls - black short-sleeved leotard, pink footed tights, pink leather ballet slippers and black dance skirt. Boys - Black sweat pants (no pockets), white t-shirt and socks with black oxfords.

6 Sessions \$60
 Instructor: Kim Williams Bell
 19885 Lawton CRC 6/25 Sa 11:00am-11:45am

General Dance

Hip Hop For Youth

Ages 8-12: Rhythmic and creative dance that will work on muscle strength, flexibility and creativity. 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. Create routines that can be used for any dance in the future. No dance experience required. Questions? Call Avant Garde Ballroom at 301-881-1436

6 Sessions \$58
 Instructor: Avant Garde Ballroom Dance Center
 19972 Avant Garde 6/25 Sa 4:00pm-4:45pm

Hip Hop For Teens

Ages 13-19: Rhythmic and creative dance that will work on muscle strength, flexibility and creativity. 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. Create routines that can be used for any dance in the future. No dance experience required. Questions? Call Avant Garde Ballroom at 301-881-1436

6 Sessions \$58
 Instructor: Avant Garde Ballroom Dance Center
 19971 Avant Garde 6/25 Sa 3:00pm-3:45pm

Juniors I Ballroom Dance

Ages 8-12: Acquire dance skills while developing discipline, teamwork, and communication. Last, but not least, these dance lessons are meant to be fun! This class will cover basics of 5 popular social ballroom dances. Social etiquette, manners, and ballroom technique are taught in a structured, yet fun environment. Questions? Call Avant Garde Ballroom at 301-881-1436

6 Sessions \$58
 Instructor: Avant Garde Ballroom Dance Center
 19973 Avant Garde 6/22 W 5:15pm-6:00pm

Performing Arts

Bollywood Dance

Ages 7-12: Beginners/Intermediate: One week /5 day dance class. Bollywood dance is the latest craze among young kids! Learn a dance to a popular movie soundtrack. These dances are set to very catchy tunes and have a fast, vibrant beat. The dance moves help with motor coordination, focusing and confidence.

5 Sessions \$79
 Instructor: Kumud Mathur
 19916 Potomac CRC 6/20-6/24 6:00pm-6:45pm



DANCE



Check Out Pg. 56 for
 Tiny Tot Dance



DANCE

ADULT DANCE

Ballet

Ballet for Adults

Ages 16 & Up: Beginner level - It's never too late to learn to dance and our adult ballet classes are a great way to keep fit and improve posture and flexibility in a social atmosphere. No experience necessary. This class will focus on developing a basic understanding of the foundations of ballet with exercises at the barre, in the center and moving across the floor. The core emphasis of this level will be on understanding and improving proper alignment, posture, rotation and flexibility. Clothing should be loose and comfortable so that you can move easily. No denim. We recommend that students have bare feet or flat ballet shoes.

6 Sessions \$56
Instructor: Robyn Lindsey
19902 Potomac CRC 6/23 Th 7:15pm-8:15pm

General Dance

Bachata I

Ages 18 & Up: Learn the latest dance and burn the floor. Bachata classes are essential to becoming a well-rounded Latin dancer. All students are encouraged to attend at least this Beginner Bachata course to add to your Latin dance repertoire. Fast, easy and fun to learn. No previous experience needed and no partner required. Questions? Call Avant Garde Ballroom at 301-881-1436

6 Sessions \$58
Instructor: Avant Garde Ballroom Dance Center
19969 Avant Garde 6/22 W 7:30pm-8:15pm

Bachata / Cha Cha II Intermediate

Ages 18 & Up: For those who have been dancing bachata socially and are looking to extend on their bachata social moves, this is the course for you. Here we teach easily lead turn patterns as well as extending on other more advanced techniques and styling. We will also introduce club cha cha which is one of the latest crazes in the latin clubs! Questions? Call Avant Garde Ballroom at 301-881-1436

6 Sessions \$58
Instructor: Avant Garde Ballroom Dance Center
19980 Avant Garde 6/23 Th 7:45pm-8:30pm

Ballroom I (Couples)

Ages 16 & Up: Beginner Level - Gain the basics for students with no prior level of instruction. 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.

5 Sessions \$50
Instructor: Antonio Seleme
19886 Bauer Drive CRC 6/20 M 7:15pm-8:15pm
Instructor: Woll/Basso
19911 Holiday Park SC 6/20 M 8:00pm-9:00pm

Ballroom II (Couples)

Ages 16 & Up: Intermediate Level - Prerequisite: Ballroom I. After a brief review of Ballroom I dances, reinforce and build your confidence by learning additional variations of tango and merengue. Emphasis on 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.

5 Sessions \$50
Instructor: Antonio Seleme
19887 Bauer Drive CRC 6/20 M 8:15pm-9:15pm
Instructor: Woll/Basso
19912 Holiday Park SC 6/20 M 9:00pm-10:00pm

Ballroom III (Couples)

Ages 16 & Up: Intermediate / Advanced levels - Prerequisite: Ballroom II or equivalent. 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.

6 Sessions \$60
Instructor: Woll/Basso
19913 Coffield CRC 6/21 T 7:45pm-8:45pm

Ballroom IV (Couples)

Ages 16 & Up: Intermediate / Advanced levels - Prerequisite: Ballroom III or equivalent. Students further develop by learning additional patterns in each dance, 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.

6 Sessions \$60
Instructor: Woll/Basso
19914 Mid County CRC 6/23 Th 7:45pm-8:45pm



Beginner Social Dance

Ages 18 & Up: Beginner Social Dance is offered to individuals or couples. This class will teach you the basics of the foxtrot, swing and salsa, the most popular formal event dances. Beginner Social Dance class will surely get you into shape! Questions? Call Avant Garde Ballroom at 301-881-1436

5 Sessions \$48
 Instructor: Avant Garde Ballroom Dance Center
 19970 Avant Garde 6/20 M 7:00pm-7:45pm

Intermediate Social Dance II

Ages 18 & Up: You have mastered the first few steps and now it's time to kick it up a notch. This class is for those who have mastered the beginner social dance and are looking to increase their knowledge of steps, lead and follow as you progress through the next level. Questions? Call Avant Garde Ballroom at 301-881-1436

6 Sessions \$58
 Instructor: Avant Garde Ballroom Dance Center
 19983 Avant Garde 6/23 Th 7:00pm-7:45pm

Salsa Club Dancing

Ages 18 & Up: Learn today's hottest dances. This dance sizzles with rhythm and movement making Salsa a fun and popular dance for beginners. This class includes partner dance, solo free style and the basic techniques of lead and follow. Make your next night out special. Students will change partners frequently. No partner required. Questions? Call Avant Garde Ballroom at 301-881-1436

6 Sessions \$58
 Instructor: Avant Garde Ballroom Dance Center
 19975 Avant Garde 6/21 T 7:00pm-7:45pm

Salsa Club Dancing II Intermediate

Ages 18 & Up: It's time to kick it up a notch! You've mastered the foundational beginner salsa steps. It's time to move up and explore our Intermediate salsa steps and the various patterns that complement them. Questions? Call Avant Garde Ballroom at 301-881-1436

6 Sessions \$58
 Instructor: Avant Garde Ballroom Dance Center
 19981 Avant Garde 6/21 T 7:45pm-8:30pm

Urban Line Dance

Ages 16 & Up: For beginner - This class introduces you to the basic patterns and steps for line dancing by a certified line dancing instructor. You'll dance with plenty of zeal and zest, while learning basic beginner level step patterns. Students will gradually progress to intermediate with slightly more complex patterns. Exercise, socialize and have fun in one setting! For more information, call Petrienne at 301-379-5937.

6 Sessions \$49
 Instructor: Peytrienne McCormick
 19908 Holiday Park SC 6/21 T 6:00pm-7:00pm
 19909 Scotland NRC 6/22 W 6:15pm-7:15pm

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thousands
of possibilities!*



ActiveMONTGOMERY.org



DANCE

INTERNATIONAL

Folk Dancing

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

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

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

Cost is \$7 per week.

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

Location	Day	Time:
Lawton CRC Social Hall	Monday	7:30pm-9:45pm

Program is ongoing.

The Center Director also has the option to cancel a date not listed if it conflicts with a community event or maintenance issues.





DANCE



Wedding Ready

Ages 18 & Up: Wedding Ready is a six-week class offered to not only the Bride and Groom, but also to Mom, Dad, and anyone in the bridal party. Learn the most popular Ballroom dances used at Weddings. Designed to help you learn basic footwork, it is the best first step in perfect your "First Dance." Questions? Call Avant Garde Ballroom at 301-881-1436

6 Sessions \$58
Instructor: Avant Garde Ballroom Dance Center
19976 Avant Garde 6/21 T 7:00pm-7:45pm

West Coast Swing Beginners

Ages 18 & Up: Learn the latest dance trend. Best known in the Country/Western world but is taking over the social dance scene and is becoming one of the most popular dances for all ages. Learn the basic patterns in WCS, defined as: Sugar Push, Left Side Pass; Right Side Pass; Tuck Turn; and Whip. It's never too late to learn something new. Come join us! Questions? Call Avant Garde Ballroom at 301-881-1436

6 Sessions \$58
Instructor: Avant Garde Ballroom Dance Center
19977 Avant Garde 6/22 W 8:15pm-9:00pm

West Coast Swing II Intermediate

Ages 18 & Up: Are you ready for more? Now that your comfortable with basic techniques and patterns, add some style to your dance with some intermediate moves. Learn syncopation's, arm styling and variations that will elevate your dancing! Come join us! Questions? Call Avant Garde Ballroom at 301-881-1436

6 Sessions \$58
Instructor: Avant Garde Ballroom Dance Center
19978 Avant Garde 6/23 Th 8:30pm-9:15pm

Tap

Adult Tap Dance

Ages 16 & Up: Intermediate level - A continuation for anyone who has had the beginner class. For clarification call Rowena at 301-467-3535.

6 Sessions \$56
Instructor: Rowena Riggs DeLuca
19910 Praisner CRC 6/21 T 7:00pm-8:00pm

Cancellation Policy:

When Montgomery County Recreation (MCR) must close or cancel programs due to inclement weather or other circumstances related to participant and staff, the first notification is made through Montgomery County's emergency notification system, Alert Montgomery. Alert Montgomery provides accurate, immediate emergency notifications from Montgomery County to your cell, work or home phone, via text, email or voice message.

Real-time emergency updates can also be accessed at montgomerycountymd.gov/rec, by calling the Inclement Weather Line at 240-777-6889, through the departments's Facebook and Twitter sites or by calling the facilities directly.

Given that participants and employees often travel distances and weather conditions may vary considerable across the county, residents are advised to exercise caution and consider personal safety as the first priority.



Follow @mocrecreation on Twitter



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YOUTH MUSIC

General Music

Learn Now Music: The Violinist Within

Ages 5-11: Students learn musical symbols and violins basics, exercises, holding the bow, balance point and all the fundamentals. FREE instrument rental and materials included in price. Questions? Contact LNM/Shelly Suarez at 1-800-399-6414 or CustomerService@LearnNowMusic.com

6 Sessions \$145
 Instructor: Learn Now Music
 19998 Longwood CRC 6/18 Sa 11:00am-12:00pm

Guitar

Learn Now Music: Heroes of Guitar

Ages 5-19: Have your child be a hero on a guitar by learning to read musical symbols, play basic chords and ease into playing songs. FREE instrument rental and materials included in price. Questions? Contact LNM - Shelly Suarez at 1-800-399-6414 or CustomerService@LearnNowMusic.com

6 Sessions \$145
 Instructor: Learn Now Music

Ages 5-12

19999 Bauer Drive CRC 6/22 W 7:00pm-8:00pm
 20001 Germantown CRC 6/22 W 5:00pm-6:00pm

Ages 13-19

20003 Bauer Drive CRC 6/22 W 8:00pm-9:00pm

Piano

Exploring Music and Piano Level I

Ages 5-10: This is a progressive program. Participants should plan to continue throughout the fall, winter and spring sessions in order to obtain optimum benefits. Contains all the elements of Exploring Music and Piano classes with additional emphasis on expressive technique. Digital pianos are provided for participants use. Adult participation is required and children should have access to piano for practice outside of class. A \$10 material fee is due to instructor.

11 Sessions \$285
 Instructor: Geiza Dourado Carvalho
 19915 Norwood LP 6/20 M,Th 6:00pm-7:00pm

Learn Now Music: Keys to Piano

Ages 5-19: Intro to children by teaching basic piano layout, technique, note names, fingerings and more. Questions? Contact LNM at 1-800-399-6414 or CustomerService@LearnNowMusic.com.

6 Sessions \$145
 Instructor: Learn Now Music

Ages 5-12

20000 Bauer Drive CRC 6/22 W 7:00pm-8:00pm
 20004 Longwood CRC 6/18 Sa 10:00am-11:00am

Ages 13-19

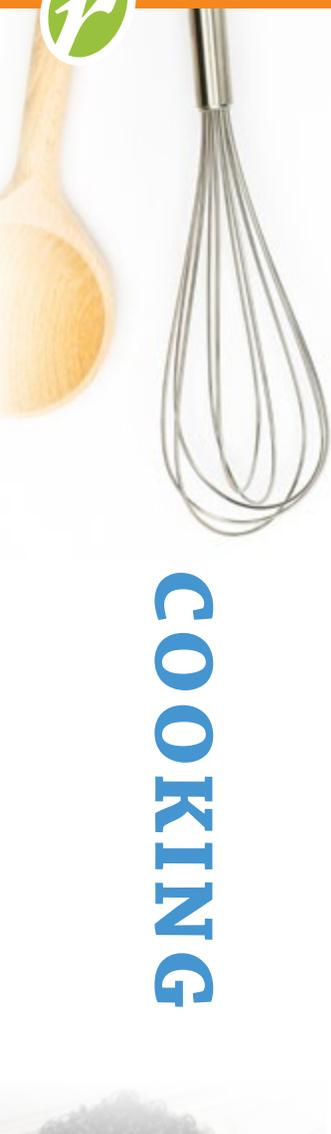
20002 Bauer Drive CRC 6/22 W 8:00pm-9:00pm



MUSIC



Check Out Pg. 56-57 for
 Tiny Tot
 Music Classes



COOKING



COOKING

General Cooking

NEW Allergy-Free Cooking: Healthy, Delicious Food

Ages 18 & Up: Do you want to eat more veggies? Need to cook for a vegetarian or vegan? Maybe friends or relatives with food allergies? You are in a quandary; you haven't got a clue what to make that everyone can enjoy? Recipes are nut free, dairy free, gluten free & sugar-free. All meals take into account almost all allergies, and yet taste delicious. Food will be from various countries I lived in, or traveled to: Taiwan, China, Malaysia, Thailand, as well as French, Italian, Moroccan and Middle Eastern. A series of demonstration cooking classes food tasting will include: Main course Casseroles & Gluten-Free Seitan (usually a wheat-based meat alternative) Salads, Dips, Spreads & Sauces using milk alternatives, seed or nut milks (Dairy-free), cheese alternatives, seed or nut Cheeses (Dairy-free) Desert Gluten-free, Dairy-free & Sugar-free, Black Bean Brownies. Material fee paid to instructor on the first day of class: \$20.00. For more information contact Juliet at jcverdi@gmail.com

5 Sessions \$50
 Instructor: Juliet Verdi
 20005 White Oak CRC 6/22 W 6:45pm-7:45pm
 20006 Long Branch CRC 6/25 Sa 11:30am-12:30pm

Four Ways to Register

-  **ACTIVEMONTGOMERY.ORG**
Online registration at activemontgomery.org.
-  **FAX 240-777-6818**
Faxed registrations must be paid by Credit Card. Due to high volume, we are unable to confirm receipt of faxes. To avoid duplication, do not mail your original form.
-  **MAIL OR DROP OFF**
-  **FULL SERVICE IN PERSON**
Montgomery County Recreation
Attention: Registrar
4010 Randolph Road
Silver Spring, MD 20902-1099
Phone: 240-777-6840
Monday-Friday, 10:00am-2:00pm

EXERCISE, FITNESS & WELLNESS

Aerobic Dance

Dance & Fitness

Ages 16 & Up: For men and women, a complete aerobic workout for all those who love music and movement. Includes flexibility and leg routines, weights, abdominal work and cool-down stretch. Wear supportive athletic shoes, bring a mat/blanket for floor work and hand weights (optional). Questions? Email: dancenfitness@verizon.net

11 Sessions \$80
 Instructor: Jinjer Azuree
 19538 Lawton CRC 6/20 M,W 6:00pm-7:00pm

Dance Fit Zumba

Ages 16 & Up: For beginner/intermediate levels, combine mesmerizing Latin rhythms with easy-to-follow moves in an invigorating calorie-burning, body-energizing program. For more information: Melissa Moreira at 301-318-9379 or myzumba.n.u@gmail.com

5 Sessions \$37
 Instructor: Dance Fit by Mel
 19863 Praisner CRC 6/20 M 6:00pm-7:00pm

6 Sessions \$44
 19864 Germantown CRC 6/21 T 7:15pm-8:15pm
 19865 Germantown CRC 6/23 Th 7:15pm-8:15pm
 19891 Praisner CRC 6/22 W 6:00pm-7:00pm

Jazzmatazz Aerobics W/Pilates Mat

Ages 16 & Up: A terrific combination of Pilates Mat Work/plus a low impact/high intensity aerobic workout using light hand weights. Gain core strength, general muscular strength and flexibility in addition to cardiovascular and respiratory improvement through lively music and carefully choreographed routines. Students are strongly urged to register for both Tuesday & Thursday to achieve the best results.

7 Sessions \$49
 Instructor: Betsy Saunders
 19859 Holiday Park SC 6/23 Th 7:15pm-8:15pm
 19860 Holiday Park SC 6/21 T 7:15pm-8:15pm

Jazzmatazz Low-Impact Aerobics

Ages 16 & Up: Dance in an energetic, fun filled workout choreographed to great music. This class emphasizes both cardiovascular strength & endurance (low impact aerobic dancing) along with muscular strength (using light hand weights) & flexibility (floor exercises). To achieve best results, students are strongly encouraged to register for both Tuesday & Thursday.

7 Sessions \$49
 Instructor: Betsy Saunders
 19861 Bauer Drive CRC 6/21 T 9:30am-10:30am
 19862 Bauer Drive CRC 6/23 Th 9:30am-10:30am

Step-n-Sweat Zumba

Ages 13 & Up: (13-15 if accompanied by parent or guardian): Join the Zumba party with this Latin-based cardio workout that will have you burning up to 1,000 calories an hour. If you like to dance and shake, then this is the class for you. The instructor brings 33 years of energetic experience to every class. For more information, contact Cheryl Hicks at dmvonfire@gmail.com or 301-775-8933

4 Sessions \$25
 Instructor: Step-n-Sweat
 19845 White Oak CRC 6/21 T 7:00pm-8:00pm
 19846 White Oak CRC 6/23 Th 7:00pm-8:00pm

Zumba

Ages 14 & Up: Zumba is a fitness class that combines dance and fitness moves. Inspired by Latin dance and music, Zumba uses a variety of styles in its routines, including Cumbia, Merengue, Salsa, Reggaeton, Mambo, Rumba, Flamenco, and Hip Hop. Music selections include both fast and slow rhythms to help tone and sculpt the body. Come Join the Party!

10 Sessions \$65
 Instructor: Wellness Network
 19690 OSC 6/7 T 7:15pm-8:05pm
 19711 OSC 6/9 Th 7:15pm-8:05pm

*One website...
thousands
of possibilities!*

Active
MONTGOMERY

ActiveMONTGOMERY.org

Zumba Fitness

Ages 16 & Up: Are you Ready?? For what? Glad you asked? "Zumba Fitness" Are you ready to ditch the work out and join the Latin dance fitness phenomenon that has been sweeping the nation? "Zumba" is an explosively fun and addictive fitness dance party all by itself combined with the Carribean, Hip-hop and Latin beats that move your hips. Before you know it the hour zips away. I will bring the salsa and you won't even miss the chips!! I can't wait to party with you.

5 Sessions \$30
 Instructor: Michelle Johnson-Lancaster
 19866 Mid County CRC 6/20 M 6:15pm-7:15pm
 6 Sessions \$36
 Instructor: Michelle Johnson-Lancaster
 19867 Bauer Drive CRC 6/25 Sa 9:00am-10:00am
 19868 Mid County CRC 6/22 W 6:15pm-7:15pm

Aerobic Exercise

Ballet Dance Workout

Ages 18 & Up: You will practice low-impact Ballet steps and Yoga and Pilates stretches. This class is based on the New York City Ballet Workout for adults who want a good workout, but are not dancers. You will be moving, extending, reaching through the legs and arms, which helps build long, learn muscles. Great class to help with balance. For more information contact Juliet at: jcverdi@gmail.com

5 Sessions \$45
 Instructor: Juliet Verdi
 19395 White Oak CRC 6/20 M 6:00pm-7:00pm



EXERCISE, FITNESS & WELLNESS





Group Personal Training

Ages 16 & Up: For youth and adults. Small group instruction designed to teach individuals safe & effective exercises that work all major muscle groups using machines, free weights and dumbbells. Assistance in developing a personal program, monitoring clients progress, motivating clients and more. Instructor is a certified trainer. Questions call Fred at 240-552-2227 or email at fmosby@Verizon.net

4 Sessions \$72
Instructor: Fred Mosby
19843 Germantown CRC 6/29 W 6:00pm-7:00pm

Movin with Millie

Ages 16 & Up: Set to positive, upbeat music. A unique exercise experience beginning with a total body warm up, aerobic conditioning for cardiovascular fitness, and floor exercise for toning hips, thighs, abdominals, and glutes. Program provides flexibility, endurance and strength training. Please bring a mat, exercise bands, and hand weights to class. Questions call Millie at 301-588-3577 or email at millietrimble3@gmail.com

7 Sessions \$56
Instructor: Mildred Trimble
19551 Pilgrim Hills LP 6/24 F 9:30am-10:45am

ACT THE WORKOUT

AEROBIC CONDITIONING AND TONING

3 Month Pass

ACT provides a vigorous, easy to follow coed class for ages 16 & Up. Choreographed to strengthen and tone all muscle groups and improve cardiovascular fitness. 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 available for 12, 18, 24, and 36 classes-your choice!

Pass is valid for 3 months from the first class attended.

Take your access card and receipt to any class location and check-in with front desk staff.

Registration can be found under the "membership" tab online.

Location	Days	Times:
Holiday Park SC	M, T, W, Th & Sa	6:00pm-7:00pm 9:00am-10:00am
Bauer Drive CRC	M, W	5:00pm-6:00pm
Praisner CRC	M, W	7:00pm-8:00pm
Potomac CRC	T, Th	7:00pm-8:00pm

- ACT • 36 Passes-\$189.00
- ACT • 24 Passes-\$132.00
- ACT • 18 Passes-\$103.50
- ACT • 12 Passes-\$72.00



Meditation

Introduction to Mindfulness Meditation

Ages 18 & Up: Cultivate greater awareness of the unity of mind and body. Students achieve a better understanding of what is happening right now- whether positive, negative or neutral-not what they want to happen or what they think should be happening. Mindfulness meditation helps practitioners stop worrying about forces out of their control. Indeed, we learn that the idea of control is an illusion. We'll use mindfulness techniques including full body scan, seated meditation, walking meditation and even eating meditation to give students an introduction to the possibilities inherent in these techniques. For more information contact Jerry at 301-540-8091 or email at mongo2@usa.net

1 Sessions \$46
 Instructor: Jerry Hartman
 19398 Potomac CRC 6/25 Sa 10:00am-2:00pm

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 tools to create lasting happiness not reliant 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. For more information contact Jerry at 301-540-8091 or email at mongo2@usa.net

1 Sessions \$46
 Instructor: Jerry Hartman
 19399 Potomac CRC 7/16 Sa 10:00am-2:00pm

Pilates

Stability Ball Workout

Ages 16 & Up: A non-aerobic, new and different approach to total fitness. Experience balance, core stabilization, flexibility, plyometric, weight loss and strength training through an integrated training model designed to systematically process the student. Instructor is a certified personal trainer. Bring a mat/towel and a 65cm exercise ball to class. For more information contact Fred at 240-552-2227 or email fmosby@verizon.net

12 Sessions \$124
 Instructor: Fred Mosby
 19844 Germantown CRC 6/21 T,Th 6:00pm-7:00pm

Countywide Programs 240.777.6870

Strength Training

Bone Builders - Plus

Ages 18 & Up: Have fun improving and building your bone health, in a coed class designed to improve bone density, while preventing/slowing down further bone loss. The class is organized to strengthen all major muscle groups, to gain better balance and to improve posture. A variety of exercises will be done standing or sitting, using provided weights and exercise bands, while receiving personalized attention tailored to your body's needs. Signing up for two classes per week will achieve optimal results. If you want to improve your bone health, this is the class for you! Due to instructor's asthma, please do not wear perfume or cologne to class.) Questions contact: jpalazzo1@comcast.net

5 Sessions \$36
 Instructor: Jerry Palazzo
 19405 Jane E. Lawton CRC6/20 M 10:00am-11:00am
 6 Sessions \$44
 19407 Potomac CRC 6/21 T 3:00pm-4:00pm
 19406 Lawton CRC 6/22 W 10:00am-11:00am
 19408 Potomac CRC 6/23 Th 3:00pm-4:00pm

Category 4 Fitness Boot Camp

Ages 16 & Up: Do you feel like you are doing the same fitness routine week after week? Are you ready to get re-energized? Spice it up with Category 4 Fitness Boot Camp! Get out and enjoy this experience with family, friends and neighbors. Team work and encouragement from your fellow boot campers will help you achieve your fitness goals. It will simply push you to limits not capable in an ordinary gym. Category 4 Fitness Boot Camp is a fitness program instructed by an ISSA certified fitness trainer. This is a 60 minute program that incorporates cardio, resistance and core exercise training. We use a very specific interval training system that is broken down into 30 seconds to 1 minute segments that simply challenge all fitness levels, to get the results you desire. For more information visit: <http://www.category4fitness.com> or contact Tommy at tommywitz@category4fitness.com or call 301-370-0279.

5 Sessions \$38
 Instructor: Thomas Witz
 19547 Germantown CRC 6/20 M 7:30pm-8:30pm
 6 Sessions \$45
 19548 Germantown CRC 6/22 W 7:30pm-8:30pm



EXERCISE, FITNESS & WELLNESS





EXERCISE, FITNESS & WELLNESS



Definition Body Sculpting

Ages 16 & Up: Gain body strength, flexibility and endurance using free weights. A perfect opportunity to learn proper form for weight bearing exercises. Initial 5 min. body warm-up with 40 min. of strength training, 5 min. abdominal work and 10 min. cool down using stretching and yoga positions. Bring mat/towel and light hand weights. Body composition (body fat) measurements will be offered at the beginning and end of classes for free. Participants will be able to track their individual progress! Instructor ACE and CPR certified. Questions call Juliet Rodman at: 301-229-7555 or e-mail at Juliet@wellnesscorporatesolutions.com

12 Sessions \$100
Instructor: Juliet Rodman
19558 Clara Barton NRC 6/21 T,Th 8:00am-9:00am

Dynaerobics AND Body Sculpting

Ages 16 & Up: (Ages 13-15 if accompanied by a parent/guardian.) A total program, perfect for cross trainers. Energizing warm up, choreographed, safe high and low impact aerobics. Last 30 minutes of class gives special attention to the abdominals, hips, thighs and gluteals. Includes strength and toning exercises with resistance bands and a relaxing cool down stretch. Bring a mat. Resistance bands provided and hand weights optional. Owned and choreographed by Ferhan Kiper Doyle. Questions contact Ferhan Kiper Doyle at FerhanDoyle@aol.com

6 Sessions \$45
Instructor: Regina Gaither
19396 Bauer Drive CRC 6/25 Sa 10:15am-11:30am

Dynaerobics Body Sculpting

Ages 16 & Up: A serious workout to firm all major muscle groups. Special attention given to the abdominal, hips, thighs and gluteals. Includes strength and toning exercises with resistance bands and a relaxing cool down stretch. Bring a mat. Resistance bands provided and hand weights optional. Owned and choreographed by Ferhan Kiper Doyle. Questions contact Ferhan Kiper Doyle at FerhanDoyle@aol.com

10 Sessions \$71
Instructor: Gina Dols
19397 Bauer Drive CRC 6/20 M,W 6:15pm-7:15pm

Yoga

Beginner/Intermediate Vinyasa Yoga

Ages 18 & Up: Beginners/Intermediate: This program will help build strength, flexibility, balance and endurance. A flowing yoga that gives you a cardio-strength-building workout and a powerful mind and body experience. Poses will be flow from one to another in conjunction with your breathing. Beginners-bring yoga blocks and mats. Intermediate-bring mat. For more information contact Juliet at: jcvardi@gmail.com

5 Sessions \$45
Instructor: Juliet Verdi
19394 White Oak CRC 6/25 Sa 9:00am-10:00am

Evening Yoga

Ages 18 & Up: (for beginning and continuing students). Learn to bring your mind, body and spirit into harmony and balance. Relax, relieve tension and create a sense of calmness and well being as you improve flexibility, strength and energy. Classes begin with warm-up movements and breath awareness, followed by a sequence of yoga postures and end with deep relaxation. Students should wear comfortable clothing and bring a yoga mat. Contact the instructor in advance of first class with any questions at: robin.michele.morris@gmail.com.

6 Sessions \$62
Instructor: Robin Morris
19357 Wisconsin Pl. CRC 6/22 W 6:15pm-7:15pm

Gentle Yoga

Ages 18 & Up: For beginning and continuing students. Combines warm-ups, gentle postures, and yogic breathing to improve mobility and reduce stress. We will learn the basic principles of body alignment and breathe awareness, inspired by a meaningful intention and a joyful attitude. Each class consists of gentle postures that stretch, strengthen, and balance your body, ending in deep relaxation. The instructor encourages students to listen to their bodies and progress at their own pace. Wear non-restrictive comfortable clothes. Bare feet are essential. Bring a yoga mat and blanket. Contact the instructor in advance of first class with any questions or to purchase materials: Irene at Irene54@aol.com

6 Sessions \$62
Instructor: Irene Bopp
19409 Bauer Drive CRC 6/21 T 6:15pm-7:15pm



Mindfulness Yoga & Meditation for Stress Relief

Ages 16 & Up: Using a variety of formats and techniques to teach the students on how to incorporate mindfulness into their daily lives. Numerous studies have shown that mindfulness decreases stress and increase quality of life. Its benefits includes: pain management, improve concentration, depression and sleep problems. Class includes gentle yoga, yoga nidra, breathing techniques and learning modules. For more information contact Maria at: yogachickinred@gmail.com

4 Sessions \$62
 Instructor: Maria Doherty
 19546 Longwood CRC 6/27 M 5:45pm-7:00pm

Yoga Basics

Ages 18 & Up: Introduces beginning and continuing students to yogic principles of body alignment and breathing awareness, inspired by a meaningful intention and a joyful attitude. Emphasis is placed on 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. Wear comfortable clothes such as t-shirts, shorts, tights, or leggings. Bare feet are essential. Bring a sticky yoga mat and a yoga blanket. Contact the instructor in advance of first class with any questions or to purchase materials: (Irene Bopp) Irene54@aol.com

6 Sessions \$62
 Instructor: Irene Bopp
 19411 Bauer Drive CRC 6/21 T 7:30pm-8:30pm
 19410 Mid County CRC 6/22 W 7:30pm-8:30pm
 19412 Praisner CRC 6/23 Th 10:30am-11:30am
 19413 East County CRC 6/23 Th 7:00pm-8:00pm

Yoga at 50

Ages 50 & Up: Tailored to active 50 plus yrs. Learn yoga exercise that stretches muscles, improve circulation, and realign the body. Yoga postures (asanas) and flows (vinyasas) will help keep and increase strength of muscle and bone. You will enjoy breathing exercises that diminish stress and reconnect body and spirit. Count on finding humor and friendly people in every class. Wear comfortable clothing. Please bring a mat or towel, a belt and a block to class. Contact Suzana at 301-326-4276 or suzanacooper@yahoo.com

6 Sessions \$90
 Instructor: Suzana Cooper
 20422 Wisconsin Pl. CRC 6/25 Sa 9:45am-11:00am

Hatha Yoga and Stress Mangement Beg/Con

Ages 18 & Up: Learn to deal with stresses of daily life with breathing exercises that help connect body and mind. Become better acquainted with your body through yoga poses (asanas) that will increase your flexibility and strength. Learning to keep the body in good alignment will stimulate your health and promote well-being. Count on finding humor and friendly people in every class. Wear comfortable clothing. Please bring a mat or towel, a belt and a block to class. Contact Suzana at 301-326-4276 or suzanacooper@yahoo.com

6 Sessions \$90
 Instructor: Suzana Cooper
 20420 Jane Lawton CRC 6/24 F 9:45am-11:00am



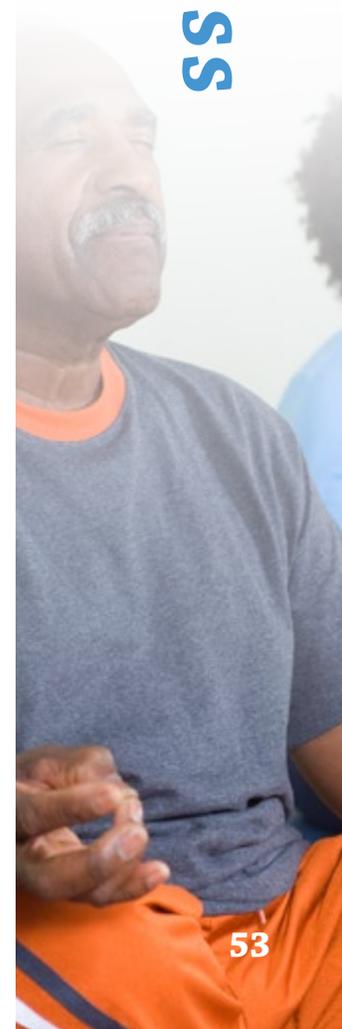
EXERCISE, FITNESS & WELLNESS

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





MARTIAL ARTS CLASSES

General Martial Arts

Aikido

Ages 12 & Up: "The Gentle Martial Art," a defensive yet powerful martial art 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, and become empowered by learning to coordinate mind and body. Deal effectively with stress in one's daily life. This class will also introduce, healing with "Ki" energy and meditative breathing.

6 Sessions \$49
Instructor: Christopher Rowe
20500 Mid County CRC 6/20 M 7:30pm-9:00pm

Classic Vovinam Martial Art

Ages 8 & Up: Be among the first to learn this exotic martial art. Vovinam is a martial art used by the Vietnamese to fight in wars and is growing rapidly in popularity around the world. Learn defense using your hands, elbows, kicks, throws, escape & levering, joint locks, choke holds, and submissions. Vovinam techniques are simple, effective, and artistic. They are realistic and easy to learn, suitable for anyone 8 and older. Each 90 minute section will burn you out with extensive warm ups, fall breaks, rolling, strikes/kicks/blocks, forms, and sparring. This course prepares you for real life situations, such as how to fall safely on streets, and you will train constantly with partners of different sizes. For more information call: (301) 204-3118 or email: VovinamMD@gmail.com

12 Sessions \$105
Instructor: Yanni Nguyen
19837 M Village MS 6/21 T,Th 6:00pm-7:30pm
19839 Eastern MS 6/22 W,Sa 6:00pm-7:30pm
19838 Plum Gar NRC 6/23 Th,Sa 6:00pm-7:30pm

Classic Vovinam Martial Arts Adults

Ages 15 & Up: Be among the first to learn this exotic martial art. Vovinam is a martial art used by the Vietnamese to fight in wars and is growing rapidly in popularity around the world. Learn defense using your hands, elbows, kicks, throws, escape & levering, joint locks, choke holds, and submissions. Vovinam techniques are simple, effective, and artistic. Each 90 minute section will burn you out with extensive warm ups, fall breaks, rolling, strikes/kicks/blocks, forms, and sparring. This course prepares you for real life situations, such as how to fall safely on streets, and you will train constantly with partners of different sizes. For more information call: (301) 204-3118 or email: VovinamMD@gmail.com

12 Sessions \$105
Instructor: Yanni Nguyen
19840 M Village MS 6/21 T,Th 7:30pm-9:00pm

Classic Vovinam Martial Arts Advanced

Ages 8 & Up: (For advanced students with instructor permission only) Continue learning defense using your hands, elbows, kicks, throws, escape & levering, joint locks, choke holds, and submissions. Vovinam techniques are simple, effective, and artistic. They are realistic and easy to learn, suitable for anyone 8 and older. Each 90 minute section will burn you out with extensive warm ups, fall breaks, rolling, strikes/kicks/blocks, forms, and sparring. This course prepares you for real life situations, such as how to fall safely on streets, and you will train constantly with partners of different sizes. For more information call: (301) 204-3118 or email: VovinamMD@gmail.com

12 Sessions \$105
Instructor: Yanni Nguyen
19841 Eastern MS 6/22 W,Sa 7:30pm-9:00pm

Iaido

Ages 18 & Up: Japanese Classical Martial Arts are the version of Martial Arts that tries to understand, learn and incorporate the samurai philosophy, to follow and emulate their ability in the martial arts. The purpose of our training is the development of inner strength to put it to the service of our families, schools and community. In the process, by the training, we'll develop confidence, self-assurance and physical strength but also instinctive reactions or reflexes. Competition is a matter of sports. Classical Martial Arts is not a sport. It is a way of life. That is what the 'DO' means. Further inquire: bskofmc@gmail.com

7 Sessions \$68
Instructor: Salvador Cortes
19852 KParkwood ES 6/23 Th 8:05pm-9:00pm



MARTIAL ARTS



Karate Do and Iaido Beginners

Ages 6 & Up: Discover a way to overcome your daily stress. Iaido is described as cultivation of patience to keep you from conflict. Control of body, as well as mind, are the desired results. Additional benefits include discipline and respect, balance and patience and fitness and energy. Participants will need to purchase a GI.

7 Sessions	\$68		
Instructor: Salvador Cortes			
19854	KParkwood ES	6/21 T	7:00pm-7:55pm
19853	KParkwood ES	6/21 T	8:05pm-9:00pm
19855	KParkwood ES	6/23 Th	7:00pm-7:55pm

Karate/Jujitsu

Ages 6-12: (Students must be 6 at the start of class): Instruction in the physical and psychological aspects of Tang Soo Do style Korean Karate and Jujitsu. Lecture, exercise, drills and competition with promotional exams available. Instructors from Tompkins Karate Association (TKA). New students accepted prior to the 3rd class of each session. Beginners; if your chosen location offers a 6pm class, you must register for that 6pm class time. Beginners must attend 6pm at Upper County CC, Bauer CC, Damascus CC, Resnik ES, Praisner CC, and Germantown CC. Beginners may attend the later time at all other sites.

7 Sessions	\$45		
Instructor: TKA Inc.			
19358	Upper County CRC	6/20 M	6:00pm-7:00pm
19359	Longwood CRC	6/20 M	7:00pm-8:00pm
19360	Upper County CRC	6/20 M	7:00pm-8:00pm
19361	Glenallan ES	6/20 M	7:00pm-8:00pm
8 Sessions	\$52		
19362	Germantown CRC	6/21 T	6:00pm-7:00pm
19363	Germantown CRC	6/21 T	7:00pm-8:00pm
19364	Mid County CRC	6/21 T	6:30pm-7:30pm
19365	Damascus CRC	6/22 W	6:00pm-7:00pm
19366	Damascus CRC	6/22 W	7:00pm-8:00pm
19367	Clara Barton NRC	6/22 W	7:00pm-8:00pm
19368	Bauer Drive CRC	6/22 W	6:00pm-7:00pm
19369	Bauer Drive CRC	6/22 W	7:00pm-8:00pm
19370	Potomac CRC	6/22 W	6:00pm-7:00pm
19371	Resnik ES	6/22 W	6:00pm-7:00pm
19372	Resnik ES	6/22 W	7:00pm-8:00pm
19373	Potomac CRC	6/22 W	7:00pm-8:00pm
19374	Stedwick ES	6/22 W	7:00pm-8:00pm
19375	Praisner CRC	6/23 Th	6:00pm-7:00pm
19376	Praisner CRC	6/23 Th	7:00pm-8:00pm
19377	DuFief ES	6/23 Th	7:00pm-8:00pm
19378	Bethesda ES	6/23 Th	7:00pm-8:00pm
19379	NH Estates ES	6/23 Th	7:00pm-8:00pm

Karate/Jujitsu Adult

Ages 13 & Up: Instruction in the physical and psychological aspects of Tang Soo Do style Korean Karate and Jujitsu. Lecture, exercise, drills and competition with promotional exams available. Instructors from Tompkins Karate Association (TKA). All locations accept beginning through advanced students. New students accepted before the 3rd class of each session.

7 Sessions	\$63		
Instructor: TKA Inc.			
19380	Upper County CRC	6/20 M	8:00pm-9:30pm
19381	Glenallan ES	6/20 M	8:00pm-9:30pm
8 Sessions	\$72		
19390	Germantown CRC	6/21 T	8:00pm-9:30pm
19391	Mid County CRC	6/21 T	7:30pm-9:00pm
19382	Damascus CRC	6/22 W	8:00pm-9:30pm
19383	Bauer Drive CRC	6/22 W	8:00pm-9:30pm
19384	Potomac CRC	6/22 W	8:00pm-9:30pm
19385	Stedwick ES	6/22 W	8:00pm-9:30pm
19386	Bethesda ES	6/23 Th	8:00pm-9:30pm
19387	Praisner CRC	6/23 Th	8:00pm-9:30pm
19388	DuFief ES	6/23 Th	8:00pm-9:30pm
19389	NH Estates ES	6/23 Th	8:00pm-9:30pm

Karate/Jujitsu Club

Ages 13 & Up: Open to brown and black belt TKA students. Practice with each other and develop skills under supervision of select instructors. No formal instruction during Club sessions. Note: Participants registering for 7pm class must be registered in a regular TKA class during the same season.

8 Sessions	\$38		
Instructor: TKA Inc.			
19392	Holiday Park SC	6/24 F	7:00pm-8:00pm

Karate/Jujitsu Club 2

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

8 Sessions	\$51		
Instructor: TKA Inc.			
19393	Holiday Park SC	6/24 F	8:00pm-9:00pm



MARTIAL ARTS





TINY TOTS

TINY TOTS

Ballet

Kidz Dance

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

6 Sessions \$76
 Instructor: Grace Oleson
 19974 Potomac CRC 6/21 T 3:30pm-4:15pm
 19979 Germantown CRC 6/22 W 3:30pm-4:15pm
 19982 Arcola ES 6/23 Th 3:30pm-4:15pm

PRE Ballet

Ages 2-5: The class introduces students to dance, movements and basic ballet techniques and terminology. Rhythm and coordination are emphasized. We create a fun environment to motivate toddlers in learning effectively. Classes are taught in French. Ballet slippers are required. Dance outfit is optional and can be purchased at studio for \$53.

5 Sessions \$50
 Instructor: Sabine Philippe
 19937 Dansez! Studio 6/21 T 10:00am-10:30am
 19939 Dansez! Studio 6/22 W 10:00am-10:30am
 19941 Dansez! Studio 6/23 Th 10:00am-10:30am

General Dance

Hippo Hoppo

Ages 3-5: (HIP HOP FOR TOTS) This class is perfect for introducing your little one to hip hop. Using games and music, the class focuses on rhythm, musicality and basic footwork. It is great way to get kids moving! A great class for those energetic little ones who just love to move! We only use age appropriate music and hip hop dance moves to create a love for dance! No prior dance experience necessary.

6 Sessions \$60
 Instructor: Kahina Haynes
 20024 Germantown CRC 6/25 Sa 12:00pm-12:45pm
 20025 White Oak CRC 6/25 Sa 10:15am-11:00am
 20026 Potomac CRC 6/19 S 10:00am-10:45am

PRE HipHop

Ages 2-5: This is a high energy dance class, fun and upbeat. This class allows your children to move freely, using their own body movements styles. Children participate at their own pace.

5 Sessions \$50
 Instructor: Sabine Philippe
 19938 Dansez! Studio 6/21 T 10:30am-11:00am
 19940 Dansez! Studio 6/22 W 10:30am-11:00am
 19942 Dansez! Studio 6/23 Th 10:30am-11:00am

General Music

Discovering Music for Toddlers

Ages 1-3: A fun, creative and enjoyable way to develop coordination and gross motor skills, an inner beat for music, balance and reinforce cognitive learning. Activities include singing, rhyming, moving to different rhythms, playing simple percussion and melodic instruments. Siblings of registered participants, 8 months old and up, must register and pay class fee. Adult participation required. \$10 material fee due to instructor.

5 Sessions \$75
 Instructor: Geiza Dourado Carvalho
 19984 W Claridge LP 6/20 M 10:30am-11:15am
 20012 Lawton CRC 6/23 Th 10:30am-11:15am
 20013 Potomac CRC 6/24 F 10:30am-11:15am

Exploring Music and Piano Prep

Ages 3-5: Discover and explore musical aspects and concepts. Covers rhythm, singing, ear training, movement, motor coordination and motor skills. Children play more complex percussion and melodic instruments as class progresses. Full parent participation and attention is required. \$10 material fee due to instructor.

6 Sessions \$105
 Instructor: Geiza Dourado Carvalho
 20014 Norwood LP 6/23 Th 5:00pm-5:55pm



Learn Now Music: Little Fingers Guitar

Ages 2-5: Our youngest musicians will participate in musical instruction and age-appropriate theory as well as musical games, special extension curriculum based activities, musical listening excerpts, related projects and more! Each student will be issued a FREE rental instrument & materials to borrow for the duration of the class; materials are intended for in-class and at-home exploration, as well. A rental agreement must be signed by the parent at the first class. Instruments must be returned at the end of the program on the last scheduled class day. For specific questions please contact LNM at 1-800-399-6414 or CustomerService@learnnowmusic.com

6 Sessions \$120
 Instructor: Learn Now Music
 19964 Lawton CRC 6/22 W 10:30am-11:00am
 20267 Potomac CRC 6/22 W 10:30am-11:00am

Learn Now Music: Little Fingers Piano

Ages 2-5: Our youngest musicians will participate in musical instruction and age-appropriate theory as well as musical games, special extension curriculum based activities, musical listening excerpts, related projects and more! Each student will be issued a FREE rental instrument & materials to borrow for the duration of the class; materials are intended for in-class and at-home exploration, as well. A rental agreement must be signed by the parent at the first class. Instruments must be returned at the end of the program on the last scheduled class day. For specific questions please contact LNM at 1-800-399-6414 or CustomerService@learnnowmusic.com

6 Sessions \$120
 Instructor: Learn Now Music
 19963 Lawton CRC 6/22 W 10:00am-10:30am
 20268 Potomac CRC 6/22 W 10:00am-10:30am

Music Together

Ages 0-5: A fun, interactive family music experience, which 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 just by having fun, making music themselves, regardless of their musical ability. Each child is free to participate at his/ her own level in this mixed-age, developmentally appropriate setting. Award-winning Music Together CDs and Songbook are required for each family at a cost of \$40 payable by cash or check to Music Together Montgomery and are due to the instructor at the first class. For more information, go to www.musictogethermontgomery.com or call the instructor at 301-879-6988. Infants under 8 months may attend free with a paying sibling, but must register. Please also call 240-777-6870 to let us know you plan to bring a sibling.

6 Sessions \$128
 Instructor: Nancy Nuttle
 19934 Mid County CRC 6/18 Sa 10:15am-11:00am
 19936 Mid County CRC 6/18 Sa 11:15am-12:00pm

General Sports

Coach Doug Sports

Ages 4-7: Join us as we have kept our victorious formula of offering classes which treat each child as a winner building self-esteem, enhancing cooperation, focusing on skills and fitness in a fun and positive environment. Classes will focus on specific sports for a longer period of time to allow children an opportunity to comfortably develop their interest and abilities. Sports change each session and include agility training, soccer, tee ball, lacrosse and more. Adult participation required. \$10.00 materials fee due to instructor. Call 301-983-2690 for more information.

6 Sessions \$66
 Instructor: Coach Doug Academy
 20022 Oakland Terrace ES 6/25 Sa 11:00am-11:45am



TINY TOTS



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.

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 thousands
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ActiveMONTGOMERY.org



TINY TOTS

Playtime & Movement for Tots

Coach Doug Wee Wanna Be

Ages 2-5: Which sports players do your kids pretend to be? Kids and their parents/guardians will be introduced to agility training, soccer, Tee ball, lacrosse and other seasonal sports through supervised non-competitive play sessions with their moms, dads, or guardians. Each child can participate at his or her own pace. \$10.00 materials fee is due to instructor. Call 301-983-2690 for additional information.

6 Sessions \$66
Instructor: Coach Doug Academy
20496 Potomac ES 6/23 Th 10:15am-11:00am
20020 Oakland Terrace ES 6/25 Sa 9:30am-10:15am
20021 Oakland Terrace ES 6/25 Sa 10:15am-11:00am

Funfit Tots 11m to 2yr

Ages 11m-2: A fun-filled adult/child high-energy exercise class that includes songs, stories, parachutes, games, balls, music and more. Develops motor skills, coordination, socialization, cooperation and reinforces cognitive development. A great workout for both you and your child. Child must be walking. Adult participation required! A \$5.00 material fee is due to instructor on the first day of class.

6 Sessions \$75
Instructor: Celia Kibler
20035 Germantown CRC 6/21 T 5:15pm-6:00pm
20037 Potomac CRC 6/22 W 9:30am-10:15am
20039 Wisconsin PI CRC 6/23 Th 10:00am-10:45am
20041 Lawton CRC 6/24 F 9:45am-10:30am

Funfit Tots 2yr to 3yr

Ages 2-3: A fun-filled adult/child high-energy exercise class that includes songs, stories, parachutes, games, balls, music and more. Develops motor skills, coordination, socialization, cooperation and reinforces cognitive development. A great workout for both you and your child. Adult participation required. Child must be walking. \$5.00 material fee is due to instructor on the first day of class.

6 Sessions \$75
Instructor: Celia Kibler
20038 Potomac CRC 6/22 W 10:15am-11:00am
20042 Lawton CRC 6/24 F 10:30am-11:15am

Funfit Tots Family Class

Ages 1-4: A fun-filled, high energy activity class that includes games, songs, stories, music, parachute balls and more! A great workout for the whole family! Adult participation required. Child must be walking. Class price is per child. \$5.00 material fee is due to instructor on the first day of class.

6 Sessions \$75
Instructor: Celia Kibler
20036 Germantown CRC 6/21 T 6:00pm-6:45pm
20040 Wisconsin PI CRC 6/23 Th 10:45am-11:30am

Mama Goose on the Loose

Ages 6m-2: What a time for a rhyme! Stories, games, music, movement and much more! Have fun and meet new friends while enriching your child's language, large motor skills and social development. Price includes all materials. Adult participation required. For more information email mamagoose@verizon.net

8 Sessions \$83
Instructor: Laura Lunking
19647 Bauer Drive CRC 7/14 Th 10:00am-10:45am

Soccer

Coach Doug Soccer

Ages 3-7: Coach Doug Soccer is based on the winning principles developed by Coach Doug. Kick it off with soccer instruction the Coach Doug way learning fundamental soccer skills in a fun and friendly environment with emphasis on building techniques and self confidence. We cover skill development, soccer rules and playing strategies. By concentrating on soccer, children have a greater opportunity to comfortably develop individual skills in a team concept. No adult participation required. Children participate on their own under the guidance of Coach Doug. \$10.00 materials fee due to instructor. Call 301-983-2690 for more information.

6 Sessions \$66
Instructor: Coach Doug Academy
20495 Potomac ES 6/23 Th 4:15pm-5:00pm
20023 Oakland Terrace ES 6/25 Sa 11:45am-12:30pm



XCITING XTRAS

Specialty Programs

Abacus Math

Ages 5-9: The Komodo Math Program teaches kids how to work math problems by visualizing an abacus. The child learns basic arithmetic, starting with simple single digit addition through more advanced operations such as calculation of square roots. After a few months, the student masters calculations mentally, without external tools such as pen and paper, calculators or fingers.

4 Sessions	\$149
Instructor: Komodo	
20027 Komodo/ Gaithersburg	6/25 Sa 10:00am-12:00pm
20028 Komodo/ Germantown	6/24 F 5:00pm-7:00pm
20029 Komodo/ Germantown	6/20 M 5:00pm-7:00pm

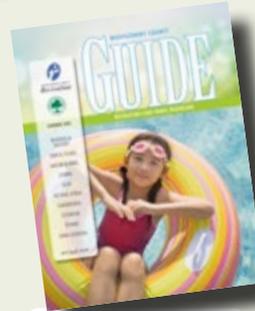
Creative Writing

Ages 5-9: The goal of this program is to nurture reading and writing proficiency through theme based instruction. The program will focus on reading comprehension strategies, vocabulary and grammar development, critical and analytical thinking and phonetics.

4 Sessions	\$149
Instructor: Komodo	
20031 Komodo/ Gaithersburg	6/23 Th 5:30pm-7:00pm
20032 Komodo/ Germantown	6/25 Sa 9:00am-10:30am
20033 Komodo/ Gaithersburg	6/26 S 10:00am-11:30am

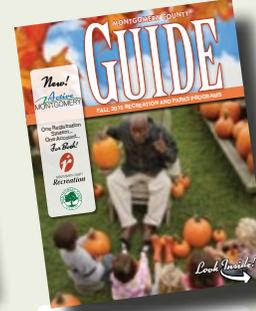


When Is the Guide Available?



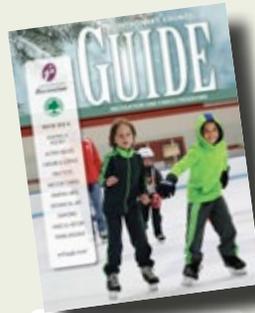
**Summer
2016**

Early May, 2016
Registration begins
Mid May, 2016



**Fall
2016**

August 7, 2016
Registration begins
August 17, 2016



**Winter
2016/2017**

Early November 2016
Registration begins
Mid November 2016



**Summer Camps
2017**

Early January, 2017
Registration begins
Mid January, 2017



**Spring
2017**

Late January, 2017
Registration begins
Mid February, 2017

**Where Can
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Guide?**

Online:
www.MontgomeryCountyMD.gov/rec

Subscribe:
We'll mail all five Guides to you for just \$5.

Pick One Up:

Print copies of the Guide are available while supplies last at:
Montgomery County Recreation facilities
Montgomery Parks facilities
Most Montgomery County government buildings
Most Montgomery County libraries



The SPORTS *Pages*

SPORTS

Basketball



Men's Sunday Basketball League

Ages 18 & Up: Competitive Adult Basketball League. Games are scheduled on the hour, last game starting at 9:00 p.m. Six weeks of regular season games plus single elimination playoff, competing in a seeding tournament against teams other Community Center Leagues. Please call Pat Sullivan at 240-777-6893 or email patrick.sullivan@montgomerycountymd.gov for more information. Payment plans are available.

7 Sessions	\$620		
19882	Bauer Drive CRC	6/12 S	4:00pm-10:00pm
19881	Germantown CRC	6/12 S	6:00pm-10:00pm
19880	Lawton CRC	6/12 S	4:00pm-10:00pm
19883	Lawton CRC	6/15 W	6:15pm-10:45pm

General Sports

Badminton Beginner/ Advanced Beginner

Ages 9 & Up: Emphasis on learning individual skills, body movement, concepts, tactics, strategies, history, rules, court etiquette and athletic psychology. Competitive techniques of both singles and doubles play. Students must provide their own racquet. \$10 material fee due to the instructor. No class on July 2.

8 Sessions	\$72
Instructor: Yen-Ping Chao	
19842	Bauer Drive CRC 6/18 Sa 9:30am-10:30am

Badminton Intermediate

Ages 10 & Up: Continued emphasis on learning individual skills, body movement, concepts, tactics, strategies, history, rules, court etiquette and athletic psychology. Competitive techniques of both singles and doubles play. The first class will be an assessment of the player's levels. The instructor reserves the right to reassign students to another level. Students must provide their own racquet. \$25 material fee due to the instructor. No class on July 2.

8 Sessions	\$104
Instructor: Yen-Ping Chao	
19851	Bauer Drive CRC 6/18 Sa 10:30am-12:30pm

Badminton Advanced

Ages 12 & Up: Prerequisite intermediate/advance level. Small class instruction. Continued emphasis on learning advanced individual skills, body movement, concepts, tactics, strategies and athletic psychology. Competitive techniques of both singles and doubles play. The first class will be an assessment of the player's levels. The instructor reserves the right to reassign student to another level. Students must provide their own racquet. \$25 material fee due to instructor. No class on July 2.

8 Sessions	\$104
Instructor: Yen-Ping Chao	
19856	Bauer Drive CRC 6/18 Sa 12:45pm-1:45pm

**Early Bird
DISCOUNT**

Register by May 27, 2016 on ActiveMONTGOMERY and get \$25 off select Recreation classes. No coupon needed!



Gymnastics - Beginners

Ages 5-6: Tumbling skills such as front & back rolls, cartwheel, bridge and handstand, balance beam skills such as front and backward walk and more, bar skills such as: skin cat, front roll and more. Also trampoline skills such as tuck jump, straddle jump, sit drop and more. This class will develop children's strength, coordination, flexibility, mental processing and self confidence.

6 Sessions \$125
 Instructor: Dobre Gymnastics Academy
 19877 Dobre Gymnastics 7/11 M 5:30pm-6:30pm

Gymnastics - Beginners

Ages 7-14: Tumbling skills such as front & back rolls, cartwheel, bridge and handstand, balance beam skills such as front and backward walk and more, bar skills such as: skin cat, front roll and more. Also trampoline skills such as tuck jump, straddle jump, sit drop and more. This class will develop children's strength, coordination, flexibility, mental processing and self confidence.

6 Sessions \$125
 Instructor: Dobre Gymnastics Academy
 19879 Dobre Gymnastics 7/13 W 7:00pm-8:00pm
 19878 Dobre Gymnastics 7/14 Th 5:30pm-6:30pm

Adult Table Tennis League - Recreational

Ages 14 & Up: This a round robin league. Matches will be best of three to 11 points. Players will be grouped according to the match results from the previous week. Players should have a concept to table tennis rules. All players at a recreational level. Matches will be played on Wednesday evenings. Please arrive at 7:20pm for warm-ups.

5 Sessions \$49
 Instructor: Maryland Table Tennis Center
 20274 MD T Tennis Ctr 8/3 W 7:30pm-9:00pm
 20273 MD T Tennis Ctr 6/22 W 7:30pm-9:00pm



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Sign up and get the most up-to-date information on pools, senior and community centers closings, program cancellations, out of school time programs/activities, and/or special events notices.

We can send Recreation Alerts messages to you via email, cell phone, or pager.

Please be aware that text message and data rate charges through your cell phone provider will apply.

SIGN UP NOW for this free service at montgomerycountymd.gov





55+ Active Adult Programs

Summer 2016

Montgomery County Recreation has many ways for adults, 55 and over, to stay active. Whether you are still working, semi-retired, or fully retired, we have many opportunities for you to **THRIVE** in our programs. Take a look at what we have to offer:

- Trip programs-we travel both close and far in the mid-Atlantic region
- Health & Wellness programs and services
- Recreation programs-from Aerobics to Zumba and everything in between!
- Information & Referral Assistance-if we can't help you, we'll direct you to someone who can
- Volunteer opportunities abound-talk to us about how we can put your talents to use
- Exercise & fitness facilities, and educational programs to keep you feeling both physically & mentally fit and active

Check us out. If you don't find anything here in the 55+ section, check out the aquatics, classes, and/or SOAR/FEET sections. There are programs in each geared to those 55 and over. Oh, and did we mention fun??? Be prepared to laugh and have a good time when you're visiting with us. For more information, contact the senior center or Active Adult Program location nearest you.

SENIOR CENTERS

Senior Centers are full-service facilities with a wide range of activities that are open five days a week. They provide a weekday lunch program, educational seminars, entertainment, and fitness classes. Transportation is available on a limited basis to all Senior Centers and 55+Active Adult programs that serve nutrition lunches. Call 240-777-4925 for more information.

Damascus Senior Center

M-F: 9:00am-4:00pm
9701 Main Street, Damascus
240-777-6995

Long Branch Senior Center

M-F: 9:30am-2:30pm
8700 Piney Branch Road, Silver Spring
240-777-6975

White Oak Senior Center

M-F: 9:00am-3:00pm
1700 April Lane, Silver Spring
240-777-6944

Holiday Park Senior Center

M-F: 8:45am-4:00pm,
W: 8:45am-9:00pm
3950 Ferrara Drive, Wheaton
240-777-4999

Margaret Schweinhaut Senior Center

M-F: 8:15am-4:00pm; S: 9:00am-3:00pm
1000 Forest Glen Road, Silver Spring
240-777-8085

Damascus Senior Center

240-777-6995

The Damascus Senior Center provides a variety of programs, classes, and services, for seniors 55 and over. Health & Wellness programs and social activities are stressed. A nutrition program is offered daily and bus transportation is also available. Call the center or pick up a copy of our monthly newsletter for more information. Summer highlights include:

Center Cookout

Friday, June 10, 2016 • Noon

Chef Sue will provide a meal fit for a wonderful beginning to summer. The menu will be available at the reception desk one month prior to the event! Call the Damascus Senior Center for reservations. Price for the Meal age 55 – 59 is \$7.00. 60+ Donations requested.

First Fruits Gospel Blue Grass Band

Friday, June 10, 2016 • 1:00pm

First Fruits Gospel Blue Grass Band will be here to perform your favorite tunes. Cost: FREE

Seniorita Sunshine's USO Show

Thursday, June 23, 2016 • 1:00pm

Seniorita Sunshine returns to grace us with a fun variety show with many different elements of surprises and intrigue. Cost: FREE

Intergenerational Ice Cream Social

Thursday, August 11, 2016 • 1:00pm

Sponsored by the Damascus Senior Center Sponsors Inc (DSCSI). Seniors should bring their grandchildren for some ice cream and social fun. Cost: FREE

Montgomery County Senior Fair Day

Tuesday, August 16, 2016 • 10:00am-2:00pm

Montgomery County will have its annual Senior Fair day in Gaithersburg at the Fair Grounds. Cost: FREE

Annual Luau

Friday, August 26, 2016 • Noon

Damascus Senior Center and Chef Sue will have our annual Luau. The menu will be available at the reception desk one month prior to the event! Call the Damascus Senior Center for reservations. Price for the Meal age 55 – 59 is \$7.00 60+ Donations requested.

Seniorita Sunshine Luau/Hawaiian Program

Friday, August 26, 2016 • 1:00pm

Seniorita Sunshine makes her return to grace you with a program for our annual Luau. There will be a lot of fun, dancing and singing for your viewing pleasure. Cost: FREE

Damascus Senior Center Sponsors Incorporated (DSCSI) Trip Information

Casino Trip

Friday, July 15, 2016 • 9:30am - 3:00pm

The Damascus Senior Center Sponsors Incorporated (DSCSI) will sponsor the trip to the Maryland Live Casino in Hanover, MD. For pricing and other information please contact Beth Coffman and Zuleyma Gamboa at 240-777-6995.



55+ ACTIVE ADULTS





Holiday Park Senior Center

240-777-4999

Holiday Park welcomes adults 55+ for a variety of social, fitness, educational and enrichment programs. Classes range from Yoga, Zumba, Ballroom dance, Tai Chi, Digital Photography and Spanish. Learn more about our programs at www.holidaypark.us or drop in for a tour. Grab a cup of coffee in our café, pick up a current schedule of our monthly newsletter, and meet some new friends along the way! Holiday Park Seniors, Inc. is a 501c3 non-profit agency that supports programs and classes at Holiday Park. The \$20.00 annual membership includes discounts on classes and programs. Sign up at the Reception Desk.



55+ ACTIVE ADULTS

¡Bienvenidos a la Esquina Latina!

Martes

Clases de tejido en telares con la Sra. Peggy de 10:30am-11:30am

Conversación en Inglés 11:00am- 12:00am

Martes y Jueves

Artes manuales con Carmen Sánchez de 10:30am- 12:00pm

Jueves

Clases de ESOL con Roxana Ready a las 10:30am

Preguntas o sugerencias- comuníquese con Maria Mercedes 240-777-4965

Daytime Highlights

Sample our Musical Performances and Entertainment:

Christiana Drapkin presents "Skylark and the Johnny Mercer Songbook"

June 9 • 1:00pm-2:00pm

\$1 at the door or free with HPSI card.

Live Music with Ellis Woodward

August 16 • 1:00pm-2:00pm

\$1 at the door or free with HPSI card.



Live Music with Dale Jarrett

August 25 • 1:00pm-2:00pm

\$1 at the door or free with HPSI card.

Dance Club Friday

Fridays • 1:00pm-3:00pm

\$6 at the door or \$4 with HPSI card.

Almost every Friday! Live performances. Great music. Good variety. Dancing at the Park never gets old. Meet new friends, create new memories, and then Foxtrot, rumba, or swing into your weekend. Check our newsletter for specific dates.

Engage in Informative Lectures and Presentations

Holiday Park's Got Talent

July 7 • 1:00pm-3:00pm

Do you sing? Dance? Play an instrument? Have a gift for magic tricks or jokes? Sign up to perform at Holiday Park's Talent Show. Free for all participants and audience members. Call 240-777-4999 for more info.

Summer Camp for Seniors!

August 1 through 5 • 1:00pm-2:00pm

A week of various summer activities. Games, arts and crafts, music, dancing and more! Why should your grandkids have all the fun? No bugspray required!

Mini-Trip

National Arboretum

May 4, 2016 • 9:45am - 2:00pm

STOP! It's time to smell the flowers. Spring has sprung and the azaleas' are blooming. Join us for a trip to the National Arboretum. We'll view the beautiful azalea collection, smell the Herb Garden and meet a 400 year old Bonsai tree slightly taller than your knee. And don't forget to bring a brown bag lunch with you! Cost is \$10.

Holiday Park Senior Center

Wednesday Evening Highlights

Senior Prom Night with Night and Day Band

May 25 • 5:30pm-8:30pm

Dinner 5:30 - 6:30 pm, Dance 6:30 - 8:30 pm. Go back in time and relive your Senior Prom. Dress up for the occasion, bring your date and enjoy a light dinner and dance party. Menu options and fees will be available by calling 240-777-4999. Pre-registration required

Open Mic Night

June 15 • 6:30pm

Got talent? Passion? Enough musical flair to toot your own horn? Come express yourself through poetry, music, or comedy at our Open Mic Night. You never know what you're capable of until you try!

Lectures and Presentations

Appalachian Trail General Overview and Preparations

May 18 • 6:30pm

Join Rush Williamson from Appalachian Trail Conservancy and Potomac Appalachian Trail Club and learn all about Preparation, equipment, food, ways to hike the trail, and general overview. Learn about high points and his experiences on the trail. Cost: FREE

Wine Tasting

June 29 • 6:30pm

Holiday Park, together with Great Shoals Winery, welcomes you to join a wine tasting evening while learning about the wine from it's makers. Enjoy cheese and crackers and sip your wine. Information will be available from 5/11/2016. Call 240-777-4999. Pre-registration required.

End of Summer BBQ with Live Music by Tim Amann of Pet Rock

August 31 • 5:30pm-8:30pm

Come in your flip flops and dance to the rhythm of beach music including Jimmy Buffett, Beach Boys and many more. Enjoy the BBQ! Dinner 5:30 - 6:30 pm, Dance 6:30 - 8:30 pm. Menu options and fees will be available from 7/6/2016. Call 240-777-4999. Pre-registration required.

Historical Egypt and Tourism

July 20 • 6:30pm

Get to know ancient Egypt through illustrations from our own nutrition manager, Sherine Dimitri, along with Gamil Tadros, with a focus on Hurghada, Sharm El Sheikh, and Upper Egypt Nile Cruises. Cost: FREE

55+ Bone Builders

Bone Builders is a free volunteer-led exercise program brought to you by the Montgomery County Departments of Health and Human Services, Recreation, and the RSVP Volunteer Program. One-hour classes held twice per week are designed to increase bone density. Participants lift ankle weights and hand weights, and participate in warm-up, cool-down 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 maintain their places in their class.

People interested in Bone Builders are encouraged to observe a class prior to registering. For information, call 240-777-4925.

Course #	Location	Start	Days	Times
20117	Clara Barton	6/27	M,W	2:00pm-3:00pm
20118	Gwendolyn Coffield	6/28	T,Th	9:15am - 10:15am
20119	Jane E. Lawton	6/28	T,Th	9:15am - 10:15am
20120	Longwood	6/27	M,W	11:00am - 12:00pm
20121	Longwood	6/28	T,Th	11:00am - 12:00pm
20122	Mid-County	6/28	T,Th	1:00pm - 2:00pm
20123	Plum Gar	6/28	T Th	11:30am-12:30pm 12:30-1:30pm
20124	Potomac	6/27	M,W	3:00pm - 4:00pm
20125	Potomac	6/28	T,Th	9:00am - 10:00am
20126	Potomac	6/28	T,Th	10:00am - 11:00am
20127	Potomac	6/27	M,W	11:15am - 12:15pm
20128	White Oak	6/29	W,F	2:00pm - 3:00pm
20129	Wisconsin Place	6/27	M,Th	10:00am - 11:00am



Margaret Schweinhaut Senior Center

240-777-8085

The Margaret Schweinhaut Senior Center is a welcoming, colorful, upbeat place with a wide range of activities and amenities. Besides having an attractive and accommodating setting with ample parking, Schweinhaut Senior Center offers an array of programs daily, including fitness, life enrichment, social, health and much more! Please see below for a snippet of some of the great programs we are offering in the Summer. To find out more details, please visit our website at <http://montgomerycountymd.gov/rec/where/seniors/margaret.html> or stop by to pick up our monthly newsletter called "Happenings."



55+ ACTIVE ADULTS

Life Enrichment

FREE, unless otherwise stated

- **Ask a Lawyer**
Wednesday, June 1 • 1:00pm-2:30pm
- **Agree to Disagree Presented by CRCMC**
Wednesday, June 8 • 1:00pm-2:00pm
- **Just Enough Spanish**
Tuesdays, beginning June 7 • 10:30am-12:30pm • Taught by Montgomery College
• Must pre-register with Montgomery College • FEE
- **AARP Safe Driving Course**
Monday, June 20 & August 15 • 10:00am-3:00pm • FEE
- **Ride Smart: Go Where Life Takes You! Presented by JCA**
June 22 & 23 • 10:00am-1:30pm
- **The Theatre Scene: Montgomery College Speaker's Bureau**
Tuesday, June 28 • 1:00pm-2:00pm
- **Keeping Seniors Safe**
Friday, July 15 • 1:00pm-2:00pm
- **Getting to Know You**
Wednesday, July 27 • 1:00pm-2:00pm
- **Communication and Intimacy Seminar**
Wednesday, August 10 • 1:00pm-1:50pm

Social Activities

Afternoon Music Series

FREE performances in our Garden Room.

- **Song Circle**
3rd Wednesday • 1:00pm-3:00pm
- **Chyp and Andrea**
Friday, June 10 • 1:00pm-2:00pm
- **Linda Levasseur**
Friday, June 24 • 1:00pm-2:00pm
- **Jessie Palidofsky**
Monday, July 25 • 1:00pm-2:00pm
- **Nat King Karaoke**
Wednesday, August 24 • 1:00pm-2:00pm

Health and Wellness

- **Widowed Persons Support Group Sponsored by AARP**
Mondays • 1:00pm-2:30pm
- **Senior Services in Montgomery County**
2nd Tuesday of the Month • 10:30am-11:30am • Call Anita Joseph at 240-777-1062 to make an appointment
- **Coping with Change**
Tuesdays • 1:00pm-2:00pm
- **Diabetes Support Group**
Wednesdays • 12:45pm-1:45pm
- **Maximizing You!**
Thursdays • 11:00am-12:00pm

Games

- **Pickleball**
Fridays • 10:30am-12:30pm • FREE
- **Bingo**
Mondays & Thursdays • 10:30am-12:30pm • FEE
- **Duplicate Bridge**
Tuesdays and Thursdays • 12:30pm • FEE
- **Mah Jongg**
Tuesdays • 10:00am • FREE

Event Series

Pre-registration is required for each event, unless stated. Space is limited.

- **Grandparent & Me: Ronald McDonald Book Time Show**
Thursday, June 30 • 1:00pm • FREE
- **Fourth of July BBQ**
Friday, July 1 • 1:00pm-3:00pm • \$5 per person
- **Intergenerational Performance**
Thursday, July 14 • 1:00pm • FREE, No Pre-registration required
- **MSSC Talent Show and Art Exhibit**
Tuesday, August 9 • 1:00pm • FREE



Long Branch Senior Center

240-777-6975

The Long Branch Senior Center provides ample social opportunities, health and wellness programs, lifelong learning and educational programs, exercise classes and fun! Take a look below at a sampling of our upcoming programs and classes, or stop by and visit with us! Look for our monthly newsletter.

Walking Weekdays

The Long Branch Senior Center has a 1/3 mile asphalt path around the field behind the center. The route begins in our garden and includes a short hill. Enjoy the birds, Community Garden and other wildlife as you build your endurance. The first 15 to complete a lap beginning July 1 will get a free pedometer.

Tai Chi

Fridays • 10:00am

Peter Mosher and Dr. Hame Watt lead the class with breathing exercises and slow and gentle movements that improve balance and concentration. All levels of skill and mobility are welcome. Free

4th of July Barbecue

Tuesday, July 5 • Noon

Sing patriotic songs with piano accompaniment. Join us for barbecue burgers & hot dogs, veggies, chips, beverage and dessert. \$2

Zumba Gold Drop In Class

Thursdays • Noon

Have fun and get a great workout at the same time. \$2 per class. Pay at the registration desk on the second floor. All abilities welcome.

August Closing

Sunday, August 6 - Sunday, August 21

The Long Branch Community Center and Senior program will be closed from Sunday, August 6th through Sunday, August 21st, for cleaning and repairs. The Senior program will resume on Monday, August 22nd.

Senior Fit

Mondays and Wednesdays • Noon

Patricia Smith is the instructor of this 45 minute class which focuses on increasing strength and muscle endurance while improving balance and flexibility. Co-sponsored by Holy Cross Hospital and Kaiser Permanente. Free.



55+ ACTIVE ADULTS

SENIOR CENTER SHUTTLES

Montgomery County Recreation provides a combination of curb-to-curb and fixed route transportation, Monday-Friday, to our five senior centers and four Active Adult program locations.

If you are interested please call your local senior center or the Seniors Team at 240-777-4924 for more information.





White Oak Senior Center

240-777-6944

The White Oak Senior Center offers a wide-variety of programs, classes, and services, for seniors 55 and over. Health & Wellness programs are stressed, and a nutrition program and bus transportation are also offered. Call the center or pick up a copy of our monthly newsletter for more information.



55+ ACTIVE ADULTS

Soul Line Dance Party

Friday, May 13 • 6:00pm-9:00pm
Friday, June 10 • 6:00pm-9:00pm
Friday, July 8 • 6:00pm-9:00pm

Every 2nd Friday of the month. Come socialize, dance, and learn the newest dances. \$5.00 cost per person. Pay at the door.

National Senior Health & Fitness Day Wellness Fair!

Wednesday, May 25 • 10:00am-2:00pm

There will be over 40 vendors to help you succeed on your way to wellness. We will have stress, skin, and health screenings, body fat analyses, give-a-ways, mobile dentist, health lectures, food demonstrations, and much more!

White Oak Day

Saturday, June 4 • 11:00am-2:00pm

Enjoy entertainment, food, games and fun for all ages. This intergenerational event allows us to bring the community together to serve a purpose of valuing one another.

Seniorita Sunshine Is Back!

Tuesday, July 5 • 1:00pm-2:00pm

Come enjoy a live show of singing and dancing with Seniorita Sunshine.

Hairspray at Toby's Dinner Theater

Wednesday, June 22 • 10:00am-4:00pm

Come see the Broadway musical Hairspray at Toby's Dinner Theater in Columbia, MD while enjoying a full course meal! Price is \$48.45 and \$12.00 for the bus. You will not be disappointed!

AARP Driver Safety Course

Wednesday, July 27 • 10:00am-3:00pm

Please arrive by 9:45 for administrative matters. The classroom course is \$15 for AARP members (bring membership card) and \$20 for nonmembers. Checks are payable to AARP the day of the class. Feel free to bring bottled water and a light snack. You may pay at the center in person or call 240-777-6944 to register. Maximum class size is 25.

Super Senior Bingo Lunch Cruise

Thursday, August 11 • 10:15-3:30pm

\$64.00; \$32.50 deposit due by Friday, May 27
Balance of \$32.50 due by Thursday, June 30

Join us for 2- hour cruise with an ALL YOU CAN EAT BUFFET on the Spirit of Washington. Thursday, August 11th 10:15am 3:30pm. We cruise from 12pm – 2 pm. Cost \$63.71 per person and \$12.00 for the bus. Must pay in full at the front desk by Friday, July 1st. Bus provided 20 seats available.

Full Body Stretch Class

Mondays • 10:15am-11:00am

45 minute full body stretch class that will target each specific muscle in your body. This exercise class is created to relieve all stress and stiffness in your body. This class will performed on the floor and standing. Your muscles will thank you.

Pickleball

Thursdays • 10:30am-12:30pm

Whether you have just picked up the game or are more experienced, have fun testing your skills.

One website...
thousands
of possibilities!



ActiveMONTGOMERY.org



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Like Montgomery County Recreation on Facebook

55+ ACTIVE ADULT PROGRAM HIGHLIGHTS

The Department of Recreation offers a variety of classes, programs, and special events, at thirteen community center locations throughout the county. Here is a sampling of the many programs we will be offering this summer. Please call the center for more information.

Bauer Drive Community Recreation Center

14625 Bauer Drive
Rockville, MD 20853

240-777-6922

55+ individuals participate in a wide range of activities including seminars and workshops, zumba gold and soul line dancing.

Pickleball

Fridays • 9:00am-11:00am (Outdoor courts begin June 17)

Pickleball is a fun racquet sport that combines elements of badminton, tennis and table tennis. Perfect for Active 55+ers who want to stay in the game!

Clara Barton Neighborhood Recreation Center

Mondays & Wednesdays • 10:30am-3:00pm

7425 MacArthur Blvd.
Cabin John, MD 20818

240-777-4910

Senior Sensations

Senior Sensations are celebrating 20 years of Active, Friendly, Fun, and Young at Heart programs. Our monthly programs include field trips to area sites; lunches out and luncheons at the Center; pre-exercise breakfast chats with post exercise programs & events; professional speakers. We see the latest award winning movies and requested classics. Join us on game day and win a prize.

Clarksburg Park Activity Building

Wednesdays • 11:00am-3:00pm

22501 Wims Road
Clarksburg, MD 20871

301-916-3899

Clarksburg Super Seniors have been meeting for over 40 years, and always make room for new faces. This one day a week program offers a variety of activities and fellowship. Bring a bag lunch and stay for a while or drop in for a specific program of your interest. Clarksburg motto: "Life is Great When You Participate."

Senior Programs 240.777.4925

Gwendolyn E. Coffield Community Recreation Center

Tuesdays & Thursdays • 10:00am-1:00pm

2450 Lyttonsville Road
Silver Spring, MD 20910

240-777-4900

Coffield CC active adults enjoy health discussions, diabetes workshops, flu shot clinic, mini bus trips, and open gym (basketball, walking & table tennis). Please call the Center for information on registration requirements, fees, etc.

East County*+ Community Recreation Center

Tuesdays & Fridays • 10:00am-2:00pm

3310 Gateshead Manor Way
Silver Spring, MD 20904

240-777-8093

Additional weekly programs, social activities and special events are scheduled for the summer. Contact center for details.

Longwood Community Recreation Center

Mondays & Wednesdays • 10:00am-2:00pm

19300 Georgia Avenue
Brookeville, MD 20833

240-777-6920

Zumba Gold

Mondays • 9:00am

Wednesdays • 9:00am

Registration Required. Designed to encourage cardio activity and exercise with Latin and Intl. music and dance. (Instructor Lead)

Just My Two Cents!

Wednesdays • 10:00am

This time is designated for active adults, age 55+, to come together and spark conversation on events, people, places and things. Your opinion is important and will be heard. (Volunteer Lead)

* Includes a nutrition lunch program.

+ Limited transportation available on program meeting days.



55+ ACTIVE ADULTS





55+ ACTIVE ADULTS



Lawton/ Bethesda Area

Tuesdays, Thursdays & Fridays • 10:00am-2:00pm

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

240-777-6855

55+ individuals are offered a wide variety of programs including wellness seminars, Senior Shape exercise and weight training classes, zumba gold and Tai Chi.

Pickleball (Indoor)

Thursdays • Noon-3:00pm

Participants set up and break down equipment.

Germantown+ Community Recreation Center

Mondays & Thursdays • 10:00am-2:00pm

18905 Kingsview Road
Germantown, MD 20874

240-777-8098

A variety of fun activities are offered including luncheons, Mah Jongg, arts & crafts, health & wellness classes and lectures. Come make new friends!

Marilyn J. Praisner*+ Community Recreation Center

Tuesdays & Thursdays • 10:00am-2:00pm

14906 Old Columbia Pike
Burtonsville, MD 20866

240-777-4970

The program includes leisure, wellness learning, arts and crafts, guest speakers, entertainers and fitness activities. Periodic mini-trips to local points of interest add another dimension to the array of carefully planned activities and events.

Mid-County* Community Recreation Center

Tuesdays & Thursdays • 10:00am-2:00pm

2004 Queensguard Road
Silver Spring, MD 20906

240-777-6820

Exciting program offerings for the Summer! Call the center for details.

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

Ross Boddy/Sandy Spring + Seniors

Thursdays • 10:00am-2:00pm

Longwood Community Recreation Center
19300 Georgia Avenue
Brookeville, MD 20833

240-777-6920

Exciting program offerings for the Summer! Call the center for details.

Plum Gar Community Recreation Center

Tuesdays & Fridays • 10:00am-2:00pm

19561 Scenery Drive
Germantown, MD 20876

240-777-4919

Exciting program offerings for the Summer! Call the center for details.

Potomac Community Recreation Center

Tuesdays & Fridays • 10:00am-1:30pm

11315 Falls Road
Potomac, MD 20854

240-777-6960

Seniors from the community come together to discuss current events and other topics of interest. This program also includes chair exercise, games, movies, guest speakers and entertainers. Come join us! In addition Potomac Recreation Center offers a wide variety of exercise classes for Seniors and these classes are available to all members of the community. Some are free and some require a nominal fee.



Senior Sneaker Exercise Program

Montgomery County Recreation's popular Senior Sneaker Program helps adults age 55 and older have access to quality exercise/ weight rooms across the County at a very affordable \$50 annual membership fee. For this low fee, members can use the exercise/ weight rooms until 3:00pm Monday through Friday.

For those wanting more flexibility, a full Exercise/Weight Rooms Membership is available. Call 240-777-4925 for details. The Senior Sneakers Program is available at the following Community Centers:

BAUER DRIVE CRC	LAWTON CRC	POTOMAC CRC
CLARA BARTON NRC	LONG BRANCH CRC	SCOTLAND NRC
COFFIELD CRC	LONGWOOD CRC	UPPER COUNTY CRC
DAMASCUS CRC	MARILYN J. PRAISNER CRC	WHITE OAK CRC
EAST COUNTY CRC	MID-COUNTY CRC	WISCONSIN PLACE CRC
GERMANTOWN CRC	PLUM GAR CRC	



MARYLAND SENIOR OLYMPICS



Montgomery County Recreation is the host agency for the Maryland Senior Olympics. 2016 event registration is open! These events are taking place at various locations in and outside of Montgomery County from now through the early fall of 2016.

For more information and to check event dates: visit www.mdseniorolympics.org or call 240-777-4930 for information.

EVENTS IN MONTGOMERY COUNTY

Sport	Venue	Date
Badminton	Bauer Drive Community Center	9/10
Basketball 3 on 3, Skills	Maryland SoccerPlex & Discovery Sports Center	8/27
Billiards	Schweinhaut Senior Center	5/12, 5/13
Bocce	Rockville Senior Center	6/8, 6/9
Lawn Bowling	Leisure World	5/21, 5/22
Road Race 5K	Kentlands/Lakelands 5K	9/3
Shuffleboard	Leisure World	9/10
Softball	Olney Manor Regional Parks	9/8-9/11
Swimming	Germantown Aquatic Center	9/17
Table Tennis	Potomac Community Center	7/30
Tennis	Olney Manor Regional Parks	9/15-9/17





EXERCISE CLASS HIGHLIGHTS

In addition to exercise classes offered at our Senior Centers, many Community Centers offer senior exercise classes. To learn about availability and to sign up, call the Community Center for which you are interested.

Senior Fit by Holy Cross Health

A partnership with Holy Cross Hospital and Montgomery County Recreation, these free classes help participants to improve strength, endurance, and flexibility. Participants must have a doctor's permission note. Call 301-754-8800 for registration information.

Bauer CRC

M, W • 9:00am-9:45am and 10:00am-10:45am
F • 9:15am-10:00am

Coffield CRC

T, Th • 10:30am-11:15am

East County CRC

M, W, F • 10:45am-11:30am

Germantown CRC

T • 1:45pm-2:30pm; Th • 11:30am-12:15pm

Mid-County CRC

M,W,F • 11:00am-11:45am

Long Branch SC

M, W • 12:00pm-12:45pm

Plum Gar CRC

M, W • 10:30am-11:15am

Praisner CRC

M-F • 9:00am-9:45am, M, W, F • 10:00am-10:45am

Ross Boddy (Meets at Emmanuel Brinklow Church)

T, Th • 9:00am-9:45am

Schweinhaut SC

M, W, F • 8:30am-9:15am and 9:30am-10:15am

T • 9:00am-9:45am; Sa • 9:30am-10:15am

White Oak SC

T, Th • 9:00am-9:45am

Better Bones

Long Branch SC W, F • 1:00pm-2:00pm

Schweinhaut SC M, Th • 2:00pm-3:00pm

Suburban Hospital Senior Shape Exercise Programs

The Senior Shape program is designed to improve the overall health of seniors. The program consists of strength, flexibility, and aerobic exercise training classes. Register online at events.suburbanhospital.org or call 301-896-3939. The fee is \$40 per class for 3-month session.

Weight Training

Margaret Schweinhaut Senior Center

Tuesdays • 10:00am-10:45am

Holiday Park Senior Center

Fridays • 11:00am-11:45am

Clara Barton Community Recreation Center

Fridays • 1:00pm-1:45pm

Advanced Aerobics/Strength Training/Stretching:

Wisconsin Place Community Recreation Center

Tuesdays • 10:00am-10:45am

Potomac Community Recreation Center

Mondays • 11:00am-11:45am

Wednesdays • 9:15am-10:00am

Aerobics/Strength Training/ Stretching

Clara Barton Community Recreation Center

Tuesdays & Thursdays • 11:30am-12:15am

Stability Ball

Holiday Park Senior Center

Mondays • 9:00am-9:45am

Margaret Schweinhaut Senior Center

Tuesdays • 11:00am-11:45am

MedStar Montgomery Medical Center

Please register at MedStarMontgomery.org/classes or call 301-774-8881.

Senior Strength & Balance

Have fun, feel better and get fit with a free 45 minute fitness active aging group exercise class, designed to help older adults increase muscular strength, flexibility, range of motion and maintain their cardiovascular health. Sign up today! Classes are ongoing and a physician's consent form is required to participate.

Longwood CRC

Tuesdays • 9:00am

Wednesdays • 10:00am

Mid-County CRC

Wednesdays • 1:00pm

Tai Chi

This free meditative exercise program is designed for seniors age 55 and older. Improving balance, and coordination, flexibility, and range of motion and the program will increase strength by making your movements more efficient. Wear comfortable, loose fitting clothing and flat shoes. Students should be able to stand for 30 minutes at a time.

Longwood CRC

Mondays • 10:00am

Thursdays • 10:00am

Mid-County CRC

Tuesdays • 11:00am

Gentle Flow Yoga for Seniors

A variety of yoga poses to increase strength, balance and flexibility. The class ends with a wonderful meditation that soothes the mind and body.

Longwood CRC

Call for dates

\$40 for 8 sessions

What to Bring: Yoga mat, water and comfortable shoes



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.

Reasonable accomodation enables successful participation.

Aquatics

TR Adult Swim

Ages 18 & Up: For people with disabilities. Adapted aquatics and swim instruction in a group setting. Participants should be able to indicate basic wants and needs and have minimal self-help skills. 1 staff to 7 participants. No personal care assistance provided.

8 Sessions		\$42	
19946	MLK Swm Ctr	6/14 T	8:00pm-9:00pm
19947	Germantown ISC	6/15 W	8:30pm-9:30pm
19948	Olney Swm Ctr	6/17 F	7:15pm-8:15pm
19949	Olney Swm Ctr	6/17 F	8:15pm-9:15pm

TR Swimming for Adults with Physical Disabilities

Ages 18 & Up: This is a swimming and aquatic exercise class for people with MS and/or physical disabilities who want work on their fitness and flexibility in an aquatic environment. 1 staff to 6 participants. No personal care provided.

8 Sessions		\$42	
19958	Kennedy Shriver AC	6/16 Th	8:00pm-9:00pm





Aerobic Exercise

Cardio 'n Core

Ages 15 & Up: Teens and adults with disabilities. Get fit through movement, stretching, and aerobics for your cardio and core and so much more! 1 staff to 10 participants.

6 Sessions \$30
19950 Damascus CRC 6/30 Th 7:00pm-8:00pm
19951 Upper County CRC 6/30 Th 7:00pm-8:00pm

Stretch 'N Tone

Ages 15 & Up: Teens and adults with disabilities. Help tone your body's muscles and encourage flexibility through stretching exercises. Participants should be able to follow one and two step instructions. 1 staff to 10 participants.

6 Sessions \$30
19956 Glenmont LP 6/27 M 7:00pm-8:00pm
19957 Bauer Drive CRC 6/30 Th 7:00pm-8:00pm

TR Zumba

Ages 13 & Up: Every class is a party. Latin-based dance fitness class taught by a licensed Zumba instructor. Participants should be able to follow one and two-step instructions. 1 staff to 10 participants. Dress in comfortable clothing and shoes for active movement.

6 Sessions \$30
19959 Holiday Park SC 6/25 Sa 10:00am-10:50am

General Dance

Turn the Beat Around

Ages 13 & Up: Introduction to basic rhythm and movement for social dancing. Learn line and group dances for all occasions. Participants should be able to follow two-step instructions. 1 staff to 10 participants.

6 Sessions \$30
19961 Holiday Park SC 6/25 Sa 11:00am-12:00pm

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.

General Martial Arts

Karate for Individuals with Disabilities

Ages 6 & Up: Youth and adults with disabilities: Introduction to traditional Korean Karate (Tang So Do) with emphasis on improving motor coordination. Classes will include stretching, arm and leg movements and drills. Wear loose fitting clothes or white GI (uniform). New students attend 9am class.

6 Sessions \$56
Instructor: TKA Inc.
19954 Holiday Park SC 6/25 Sa 9:00am-9:45am
19955 Holiday Park SC 6/25 Sa 10:00am-10:45am

Outdoor Adventure

Inclusion Canoe Trip

Ages 12 & Up: This is a program for a person with a disability and a family member or friend without a disability. You will work together to learn the basic skills of canoeing and river safety. We will then take a canoe trip down the Potomac River. Please bring closed toe shoes (old sneakers, water shoe, etc), lunch and extra water and a complete change of clothes. Please call 240-777-6895 for details or email matt.rowe@montgomerycountymd.gov. Swimming ability is required

1 Sessions \$50
19952 Seneca Landing BR 7/16 Sa 9:00am-3:00pm

Inclusion Kayak Trip

Ages 12 & Up: This is a program for a person with a disability and a family member or friend without a disability. You will work together to learn the basic skills of kayaking and river safety. We will then take a kayak down the Potomac River. Please bring closed toe shoes (old sneakers, water shoe, etc), lunch and extra water and a complete change of clothes. Please call 240-777-6895 for details or email matt.rowe@montgomerycountymd.gov. Swimming ability is required

1 Sessions \$50
19953 Seneca Landing BR 7/23 Sa 9:00am-3:00pm

One website...
thousands
of possibilities



ActiveMONTGOMERY.org

THE THERAPUTIC RECREATION



Special Events

Backyard BBQ

Ages 15 & Up with disabilities: Celebrate summer with your friends! DJ and dancing, games and FOOD! **Pre-registration is required.**

1 Sessions \$10
19944 Mid-County CRC 7/16 Sa 1:00pm-4:00pm

Hershey Park Trip

Ages 18 & Up with disabilities, their family and friends. Spend the day in Hershey, PA - oh how sweet it is! Amusement park rides, a water park, and shows to entertain...and don't forget Hershey's Chocolate World! Park admission, one meal voucher, and bus transportation included in fee. Trip departs from and returns to MCR Administration Offices.

1 Sessions \$60
19945 Rec Admin Office 8/20 Sa 9:00am-9:00pm

Sharks and Minnows Lazy River Family Pool Party

For individuals with disabilities, their families and friends. Everyone is invited - parents and caregivers admitted free with registered participants. Grab an inner tube and float around the lazy river, swim in the open pool, splash down the water slides - it's your time for fun! No personal care provided. Pre-registration preferred for safety.

1 Sessions \$4
19962 MLK Outdoor Pool 8/14 Su 9:30am-11:30am

Upcoming Dances

Save the dates... mark your calendar for the Therapeutic Recreation Dances scheduled from Fall 2016 to Spring 2017. Bonus: If you are a Social Club member, your dances are included as part of your membership. Membership registration starts in August.

October 29, 2016 • Halloween "Enchanted Forest" Dance

December 10, 2016 • "Sequins and Bow Ties" Semi Formal Dance

January 27, 2017 • "Icicle" Ball

March 17, 2017 • St. Patrick's "Shamrock Shimmy" Dance

April 22, 2017 • 70'S "Flower Power" Dance

June 10, 2017 • "Summer Night" Dance

Countywide Programs 240.777.6870



Monday, August 15, 2016

Co-sponsored by the Montgomery County Agricultural Fair, the City of Gaithersburg and Montgomery County Recreation. The VIP Day Committee is asking for your help in identifying children who would benefit from this program. In order to be selected as a VIP, the child must be a resident of Montgomery County between the ages of 5 & 14, must have a disability or a life threatening illness. The family must be able to attend the Fair on Monday, August 15, as honored guest. If you know of a child or children, who have not previously been a VIP and would benefit from this special program, please call 240-777-6870 for an application. All applications are due by July 5, 2016.

Weekend Adult Social Clubs

Adult Clubs are designed to be FUN. Activities at community centers or in the community promote friendships. Outings include Festivals, performances at Toby's Dinner Theatre, sporting events at the University of Maryland, baseball games at the Bowie Baysox and more. Social Clubs also have Wellness Activities, Game Nights, Craft Activities and Dinner parties. Events require members to actively participate. Membership fee now includes **FREE ADMISSION** to the TR Special Events Dances.



THE THERAPEUTIC RECREATION





TEEN WORKS

MONTGOMERY COUNTY RECREATION

Teen Works

Teen Works is a year round employment program for Montgomery County high school students aged 16 to graduation. Teens are placed in public sector and nonprofit jobs throughout the county. Participants gain valuable educational and employment experience using the community's resources to expose youth to potential educational or career paths.

Youth Development Office: 240-777-8080



YOUTH DEVELOPMENT

Montgomery County Recreation



High School

REC ZONE

Join Us and Become a Part of a New Experience!



Follow us on Facebook and Twitter @mocorec for Special Events!

Montgomery County Recreation's Youth Development Team is generating an enhanced and vibrant approach to service delivery that reaches out to all young people. We use recreation to ensure young people are productive, healthy, and connected during out-of-school time. Our positive youth development strategies include opportunities, programs, and services which emphasize health & wellness, youth leadership & social equity, workforce development, and connection to caring adult role models. The Recreation Department is built on a foundation for serving youth, and we are committed to building on this tradition.

It is our aim to ensure the Recreation Department is a place where young people:

- Make friends and maintain relationships
- Gain a sense of Independence and rely less on adults
- Build teamwork skills and become more effective in groups
- Foster attributes important to being a members of family & community
- Perceive competence and believe they can be successful
- Acquire an interest in exploration and are eager to learn new things
- Develop a sense of responsibility and learn to be accountable
- Enhance their affinity for nature and attraction toward the outdoors
- Grow confidence and try to solve problems on their own
- Establish a connection and feel safe & welcomed in their environment
- Boost physical activity and increase healthy eating habits



MONTGOMERY COUNTY RECREATION

Rec Extra-Middle Schools

Not ready for the day to end? Need a little more time with your friends or working after school with a teacher? Rec Extra, available at select MCPS middle schools, may offer sports, arts, baby-sitting instruction, chess, improv theatre, sewing, step dance, tennis, weight training, poms and other fun, engaging activities. Check with your school's After-School Activities Coordinator (ASAC) for more information.



Youth Advisory Committee

Get involved. Make a difference in your community. The Youth Advisory Committee sponsors community service projects and provides your voice to Montgomery County decision-makers. Y.A.C. committee members meet at local community recreation centers throughout Montgomery County. Teens CAN and DO make a difference!

MONTGOMERY COUNTY RECREATION

Make your first job a TeenWorks experience!

On the job training • Build memories that last • Variety of work locations



MONTGOMERY COUNTY
Recreation



Summer Jobs &
Seasonal Apprenticeships

Young Montgomery
County Residents

APPLY NOW

IRC #20041 <http://www.montgomerycountymd.gov/careers>



YOUTH DEVELOPMENT
Montgomery County Recreation



TEEN WORKS
MONTGOMERY COUNTY RECREATION



Requirements: Young Montgomery County Residents, Ages 15 - 24

FOR MORE INFORMATION CALL THE YOUTH DEVELOPMENT TEAM AT 240-777-8080



MONTGOMERY COUNTY RECREATION

SOAR

SENIOR OUTDOOR ADVENTURES IN RECREATION

PLAN TO SOAR THIS SUMMER!

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. The address is 16605 Georgia Avenue, Olney, Maryland. This is at the traffic light at Georgia Avenue and Emory Lane. It is accessible by both automobile and public bus. Turn into Emory Lane and take the second left and follow signs for Skate Park and Ballfield #1.

SUMMER REGISTRATION BEGINS TUESDAY, MAY 10, 2016 AT 8:30AM



THE WOMAN HE LOVED: THE DUCHESS, THE KING AND THE BALTIMORE CONNECTION

THE DUCHESS OF WINDSOR STORY

Trip number: 17243 Wednesday, June 29
Trip number: 17244 Thursday, June 30
Fee: \$65 Leave 8:45am, Return 4:00pm

In 1936 when King Edward VIII of England gave up his throne to marry an American, his choice to walk away from the family, the wealth and the tradition nearly brought the British Empire to its knees. Edward's abdication paved the way for his next-in-line brother George, whose daughter Elizabeth is the present Queen. Some Brits say, "We got the right Queen in the end." Blamed for it all was Wallis Warfield, who grew up in Baltimore where she learned and practiced the Southern ways that intrigued the man who was born to rule England. The story was first told nearly 25 years ago for the Resident Associates of the Smithsonian Institution. We will tour the sites relevant to our tour, "The Woman He Loved: the Duchess, the King and the Baltimore Connection." A family style lunch, at famous Ikaros restaurant in Baltimore is **included**.

SACRED SPACES – CATHEDRALS IN WASHINGTON, D.C.

Trip number: 17245 Tuesday, July 5
Trip number: 17246 Wednesday, July 6
Fee: \$45 Leave 8:45am, Return 5:00pm

A NEW TOUR! The Sacred Places Tour will include four of the most important religious sites in Washington, D.C. The Washington National Cathedral is emblematic of the great gothic cathedrals of Europe. Unlock the secrets of the spires, gargoyles and stained glass that make this cathedral a D.C. icon. See the final resting places of President Herbert Hoover, the only president buried in Washington, Helen Keller and her teacher Annie Sullivan, whose story was immortalized in "The Miracle Worker." Located on the campus of Catholic University, The Basilica of the National Shrine of the Immaculate Conception is the great cathedral founded to represent the "universality" of the Catholic Church. With more than 20 nationalities and 13 religious orders represented in its chapels, it is among the ten largest churches in the world. The Synagogue at 6th and I St. NW has a long and storied history. We'll visit the beautifully restored structure, which was built in 1906 and at one point, was being sold to be a nightclub! The House of the Temple (Scottish Rite of Freemasonry) has been open to the public since it was built in 1915. Designed by the famed John Russell Pope, it is an adaptation of the Mausoleum at Halicarnassus, one of the "Seven Wonders of the Ancient World." Lunch, **on own**, at Union Station.

CRAB FEAST PADDLEWHEEL RIVERBOAT CRUISE AROUND BALTIMORE'S INNER HARBOR

Trip number: 17248 Thursday, July 14
 Fee: \$96 Leave 1:00pm, Return 6:00pm

Enjoy a sumptuous crab feast (**included**) aboard the Black-Eyed Susan paddlewheel riverboat as we take a two-and-a-half hour narrated cruise around the historic sights of Baltimore's Inner Harbor. Enjoy crab soup, a cubed cheese display, and warm spinach and artichoke dip with French baguettes upon boarding. A buffet of roast beef, fried chicken, corn on the cob, garden salad, and rolls is next. World famous Maryland style spicy steamed hard shell crabs (US #1) will be served family style. Dessert will be seasonal fresh fruit. Iced tea, lemonade, and fresh brewed Columbian coffee are **included**.

TIME AND TIDE" CRUISE AROUND ANNAPOLIS

Trip number: 17249 Wednesday, July 20
 Fee: \$82 Leave 9:45am, Return 4:00pm

A NEW TOUR! Take a 3-hour boat tour around Annapolis. A live interpreter delivers a connection with the waters of Annapolis, the crown jewel of the Bay, through rich and diverse legends and lore. Hear tales of smuggling, rum running, and piracy and the legend of Chessie, the Chesapeake Sea Monster. Also included will be a short history of Kent Island including information on its original North American inhabitants. A box lunch on the boat is **included**.



SKIPJACK BOAT TOUR ON CHESAPEAKE BAY & ST. MICHAELS

Trip number: 17250 Thursday, July 28
 Fee: \$60 Leave 7:30am, Return 5:30pm

Take a two-hour sail on a sloop-rigged skipjack which is used as an oyster dredger during the oyster season. Enjoy the Bay's wild beauty, experience an oyster dredging demonstration, listen to the Captain discuss the Bay's ecology and the culture of the waterman. All this, aboard a Coast Guard Certified wooden sailing ship whose type has been designated as the official Maryland State boat. Lunch, (**on own**) and sightsee in St. Michael's when not sailing. Wear sneakers, or boat shoes (no slippery soled shoes, please!)

BOAT TRIP TO TANGIER ISLAND ON THE CHESAPEAKE BAY

Trip number: 17251 Thursday, August 4
 Fee: \$82 Leave 8:45am, Return 8:30pm

Enjoy a leisurely drive to Crisfield, MD on the eastern shore of the Chesapeake Bay. Then board the super cruise ship, the Steven Thomas, for a relaxing one-hour-and-fifteen minute trip to historic Tangier Island, which was discovered by Captain John Smith. Tangier is an unspoiled fishing village with quaint narrow streets and is the "soft shell crab capital" of the United States. Take a stroll through the narrow streets of this unique and picturesque island or be guided on a golf cart, for a nominal fee. A family style seafood lunch, featuring crab cakes, clam fritters, Virginia Ham, corn pudding, vegetables, homemade rolls and pound cake, and coffee/tea, is **included**.



BOAT TOUR OF CHESAPEAKE BAY LIGHTHOUSES

Trip number: 17252 Thursday, August 11
 Fee: \$82 Leave 7:15am, Return 5:30pm

Embark from Tilghman Island on a voyage of discovery aboard a 36 foot former US Navy special operations vessel with professional captain and mate. Hear a narration of the storied history of the bay and its lighthouses on a 2½ hour boat tour of the Sharps Island or Bloody Point, and Thomas Point lighthouses. There is ample shade and a restroom on board. Coast Guard certified. Lunch (**on own**) and sightsee in St. Michaels when not boating.

RIVERBOAT CRUISE ON PADDLEWHEELER DOROTHY MEGAN PLUS TOUR AND TASTING AT BLACKWATER DISTILLING COMPANY

Trip no: 17254 Thursday, August 18
 Fee: \$79 Leave 7:45am, Return 5:00pm

We will begin our trip with a tour of the Blackwater Distilling Company that produces "Sloop Betty," a hand-crafted wheat vodka, "Sloop Betty Rum," and participate in a tasting. You will learn about the science and art of fermentation, distillation, and barrel aging. We will then board the paddlewheeler for a two-hour cruise on the Choptank River on the Eastern Shore that **includes** a chicken and crab cake lunch with dessert, and a non-alcoholic beverage.



CANOE TRIP THROUGH THE JUG BAY WILDLIFE SANCTUARY

Trip number: 17256 Wednesday, August 24
Trip number: 17257 Thursday, August 25
Fee: \$39 Leave 8:15am, Return 3:30pm

Guided by a Park Naturalist, take a 2-3 hour canoe tour through this 500 acre wildlife sanctuary bordering the Patuxent River in Anne Arundel County. The naturalist will make commentaries on the waterfowl and plant life of the wetlands as we canoe. For experienced, or less experienced canoeists. **Bring a bag lunch** and enjoy the peace and solitude of this lovely area. Travel by air-conditioned van.

“CRAB-O-RAMA” ON THE EASTERN SHORE - GUIDED TOUR OF EASTERN SHORE CRAB PROCESSING PLANT PLUS EASTERN SHORE LUNCH

Trip number: 17258 Thursday, September 1
Fee: \$60 Leave 7:45am, Return 5:00pm

Travel to Hoopers Island, MD, where we will take a guided tour of the Phillips Crab Processing plant. Witness the workers pick the crab meat and separate the lump meat, back-fin crab meat, and claws. See the crabs brought to the dock by the watermen. Watch as the steamed crabs are taken from the steaming room. We will enjoy an Eastern Shore traditional lunch, **included**, at Historic Old Salty’s Restaurant.

SAILING TRIP ON THE SULTANA, A REPRODUCED 18TH CENTURY SCHOONER IN CHESTERTOWN, MD

Trip number: 17259 Thursday, September 8
Fee: \$85 Leave 7:30am, Return 5:30pm

Sail on the Sultana, the full-scale reproduction of an 18th Century Royal Navy schooner that we witnessed being built on previous trips to Chestertown. Experience life on board ship as it was in the 18th Century. Coast Guard certified with a professional crew. When not sailing, enjoy a guided tour of Chestertown, one of the best preserved colonial ports in America. Crab cake lunch is **included**.

WALKING TOUR OF THE WHITE HOUSE IN HOLIDAY DÉCOR IN MID-DECEMBER

Trip number: 17261 December 13, 14, or 15
(We will be assigned one of these dates)
Fee: \$45 Time to be determined

A walking tour of the White House decorated in its Christmas splendor! Also take a guided tour of the exhibits in the Thomas Jefferson Building of the Library of Congress and lunch (**on own**) at Union Station. **Date of trip, departure and return times, will be announced at the end of November when the White House sets the date and time. Subject to SOAR’s request for a group tour being accepted. Photo ID is required for admission.** Early registration needed to meet White House requirements.



Baseball

2016



Join us for one or more of our baseball game trips this year. We will enjoy trips to two Nationals and two Orioles games this season. **All games this year are \$53.00 per person** and include upper deck reserved seating (between first or third base and home plate) and chartered motor coach transportation. All trips return immediately after the games are concluded.

NOTE: THERE IS WALKING AND STEP CLIMBING REQUIRED AT EACH GAME.

Trip No.	Date	Teams	Depart
14252	Monday, June 27	Nationals vs. NY Mets (Night Game)	5:00pm
14253	Thursday, July 21	Nationals vs. LA Dodgers (Day Game)	10:00am
14256	Tuesday, August 16	Orioles vs. Boston Red Sox (Night Game)	4:30pm



feet

FAMILY ENTERTAINMENT AND EXCITING TRIPS

FEET 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 and return from the Olney Manor Recreational Park.

SUMMER REGISTRATION BEGINS TUESDAY, MAY 10, 2016 AT 8:30AM

NORTH BEACH FRIDAY NIGHT: BAND CONCERT, ART FAIR, FARMERS' MARKET & CLASSIC CAR CRUISE-IN NORTH BEACH, MD

Trip number: 17716 Friday, July 8th
Fee: \$46 Leave 3:00pm, Return 10:00pm

Listen to the music of “Back Pages Band” featuring songs from rock’s “Golden Decade” the ten year period from 1963-1973 during a three-hour concert at the Pavilion. Grab a bench on the boardwalk, put a chair in the sand, or dance on the pavilion to the musical talent. Experience the North Beach Art Fair comprised of artists who design and produce creative and unique art. Savor the weekly farmers market offering seasonal delights including, flavorful fruits and vegetables, fresh herbs, cheese, meat, seafood, fresh-baked goods, cut flowers, and bedding plants. Sample wines from our very own Calvert County wineries and purchase by the glass or bottle. You may also satisfy your appetite with various food vendors! Classic car enthusiasts will enjoy viewing some of the coolest vehicles in the area at the Classic Car Cruise-In. All of this takes place on the water’s edge on the Chesapeake Bay where you can walk the Boardwalk, enjoy the Shops & Restaurants and take in breathtaking views of the bay! **Meals on own. Fee is for transportation.**

“THE MUSIC OF ANDREW LLOYD WEBBER” THE RIVERSIDE DINNER THEATER FREDERICKSBURG, VA

Trip number: 17717 Sunday, July 10
Fee: \$99 Leave 10:15am, Return 8:15pm

The Riverside Dinner Theater in Fredericksburg, Virginia presents “The Music of Andrew Lloyd Webber,” a tribute to Sir Andrew Lloyd Webber and the songs of this legendary master of the musical theatre. Andrew Lloyd Webber has penned some of the most widely recognized and beloved music of all time which has thrilled audiences around the world. Show-stoppers from musicals like Phantom of the Opera, Evita, Joseph and the Amazing Technicolor Dreamcoat, Starlight Express, Jesus Christ Superstar, Cats, Sunset Boulevard and more will take center stage as the Riverside Dinner Theater actors, singers and dancers celebrate the work of this master of Broadway! Relive the beautiful melodies, the words, and the spectacular moments from some of Andrew Lloyd Webber’s most extraordinary shows as “The Music of Andrew Lloyd Webber” salutes this theatrical treasure! Before the show enjoy a delicious 3-course served luncheon. **Fee includes transportation, luncheon and show!**



**THE AMERICAN TREASURE TOUR
OAKS, PA**

Trip number: 17718 Saturday, July 16
Fee: \$95 Leave 7:00am, Return 5:00pm

The American Treasure Tour is an all indoor massive collection of Americana from antiques to kitsch to pop culture. Two of our major exhibits are mechanical music and classic preserved automobiles. The mechanical music display includes hundreds of machines such as nickelodeons, band organs and music boxes. (The largest collection in the world) In addition to seeing the sights you will hear the great sounds of the music of days gone by. Additionally we have a jam packed display of animated store window advertising, dolls, doll houses, model airplanes, circus, patriotic, holiday items and many surprises. Group tours ride the tram to experience the vast collection as well as enjoy a seated presentation in our Music Room. Enjoy touring the gift shop as well as a catered hot buffet lunch included on the premises. *We are taking a more in depth tour than the previous visit in the Spring of 2015. Fee includes transportation, American Treasure tram tour and buffet lunch.*

**ARTSCAPE 2016
SPACE: EXPLORE WHAT'S OUT THERE!
BALTIMORE, MD**

Trip number: 17719 Sunday, July 17
Fee: \$43 Leave 10:00am, Return 4:00pm

The Artscape team is excited to officially announce our theme for Artscape 2016. Space: Explore What's Out There! Offering wondrous possibilities for festival-goers to experience visual and performing arts, Artscape is America's largest free arts festival, attracting 350,000+ attendees over three days. The festival features 150+ fine artists, fashion designers, craftspeople, visual art exhibits, outdoor sculpture, art, cars, photography, live concerts, dance, opera, theater, film, experimental music and the Baltimore Symphony Orchestra; It features family events such as hands-on projects, demonstrations, competitions, children's entertainers and street theater. An international menu of food and beverages can be found throughout the festival. **Price is for transportation, meals are on your own.**

**THE SECOND CITY'S "ALMOST ACCURATE
GUIDE TO AMERICA"
JOHN F. KENNEDY CENTER FOR THE PERFORMING ARTS,
WASHINGTON, D.C.**

Trip number: 17720 Sunday, July 24
Fee: \$89 Leave 1:00pm, Return 6:00pm

What if the history of America was written by comedians? The Second City looks back at the Founding Fathers, the Industrial Revolution, and the individuals and movements that have defined the way America sees itself. And some of it will even be true. Come celebrate the greatest country in the universe: America™! The Second City's Almost Accurate Guide to America is a look at how freedom was born and what it's doing now that it's all grown up. It's sure to be revolutionary. The Second City is the world's premier club for comedy/theater and school of improvisation, with a unique way of creating and performing comedy. Notably the most influential and prolific comedy theater in the world, The Second City has produced impressive comedic alums including Keegan Michael Key, Steve Carell, Stephen Colbert, Tim Meadows, Jim Belushi, Chris Farley, Tina Fey, Bill Murray, Amy Poehler, Joan Rivers, Jane Lynch, and many more. Recommended for age 16 and up. **Fee includes transportation and show. Meals on your own at the Kennedy Center Café before the performance and concessions preshow and during intermission!**

**CURL UP AND DIE, BY CJ CROWE
GRAND HISTORIC VENUE, BALTIMORE MD**

Trip number: 17721 Saturday, July 30
Fee: \$89 Leave 5:00pm, Return 11:00pm

Do or Die Mysteries invites you to try and solve a mystery with more twists and turns than a labyrinth. All Do or Die Mysteries are comic, interactive shows, and you can participate as much or little as you like. Whether you're an innocent bystander or a usual suspect, the important thing is that you are having a great time! Curl up and Die is a hairy situation at a style-off hosted by fashion's bad boy, Brock Cade. Oh what a tangled web we weave... This competition has started a media buzz, as it is not the normal competition. The last winner of the contest, Harold Lochs, walked out of his contract a little over a year ago. So Urban Legends has set up a competition between the current and former stylists. The contest is to be judged by fashion house Urban Legends' top fashion designer, young hot-shot Brock Cade. Cade is known to be neurotic and highly unstable. He is the reason Harold Lochs walked out on his contract. Before the show enjoy a served dinner. The chef's choices are TBD. Make your own history in the Grand Historic Venue amidst breathtaking décor carefully re-created and restored to its original grandeur. **Fee includes transportation, served dinner and show!**

PENNSYLVANIA GUILD FINE CRAFT FAIR
CHASE CENTER ON THE RIVERFRONT
WILMINGTON, DE

Trip number: 17722 Sunday, July 31
 Fee: \$63 Leave 8:00am, Return 5:00pm

Handmade fine crafts return to Wilmington's Riverfront with the acclaimed Pennsylvania Guild Fine Craft Fair at the Chase Center. More than 190 expert craftspeople present a rich variety of one of a kind craft including designer fashions, furniture and home furnishings, premium jewelry, and much more! Meet and talk with the artists, try the great food and watch on site demonstrations. After experiencing the show visit the many shops, Restaurants and historic places along the Riverfront! **Fee includes transportation and admission. Meals are on your own!**



CIRQUE DU SOLEIL
"KURIOS: CABINET OF CURIOSITIES"
LERNER TOWN SQUARE AT TYSONS II, MCLEAN, VIRGINIA

Trip number: 17723 Sunday, August 7
 Fee: \$99 Leave 10:15am, Return 5:15pm

Cirque du Soleil returns to the nation's capital this summer with "Kurios: Cabinet of Curiosities!" Written and directed by Michel Laprise, the new touring production will premiere under the iconic blue-and-yellow Grand Chapiteau (Big Top) at Lerner Town Square at Tysons II. The show is a tale in which time comes to a complete stop, transporting the audience inside a fantasy world where everything is possible. Step into the curio cabinet of an ambitious inventor who defines the laws of time, space, and dimension in order to reinvent everything around him. With the use of creative sets, unusual talent, incomparable athleticism, lots of drama (and a little laughter too), the show is sure to entertain all family members. The attention to the details makes the awe-inspiring show a hit. From the dramatic live music, intricate costumes and theatrical make up, scene-setting stage, and colorful, rich characters, this is a show not to be missed. The seating is stadium steps in Grand Chapiteau. We will visit the Westfield Eatery to enjoy a preshow meal, coffee, snacks whatever you desire to eat on the premises or take along for your day. Concessions and souvenirs are available for purchase inside the tent before the show and during intermission. **Price includes transportation and show admission. Meals and snacks are on your own!**



MEDIEVAL TIMES MATINEE & FEAST
ARUNDEL MILLS, MD

Trip number: 17724 Thursday, August 11
 Fee: \$59 Leave 9:30am, Return 3:30pm

Enjoy being swept away to an age of bravery and honor and witness epic battles of steel and steed. From ringside seats, discover a feast of the eyes and appetite with all the splendor and romance of 11th century Spain. As you thrill to a rousing, Two-hour live jousting tournament, marvel at awe-inspiring horsemanship and falconry. Medieval Times serves a four course meal fit for royalty. **Price includes transportation, four course lunch and tournament.**



HERSHEY AMUSEMENT PARK
HERSHEY, PA

Trip number: 17725 Friday, August 12
 Fee: \$79 Leave 7:30am, Return 7:30pm

Hershey Amusement Park this fabulous theme park is in the heart of Hershey, PA. Children and adults alike are always in for a good time with all the rides, shows and attractions. Minors (anyone under the age of 18) must be accompanied by an adult. The park or MCR does not assume any responsibility for unattended minors. Fee includes transportation and park admission. **Meals and games are on your own!**



“THE PHANTOM OF THE OPERA”
JOHN F. KENNEDY CENTER FOR THE PERFORMING ARTS,
WASHINGTON, D.C.

Trip number: 17727 Saturday, August 20
Fee: \$155 Leave 11:00am, Return 5:00pm

The Phantom of the Opera, Cameron Mackintosh’s spectacular new production of Andrew Lloyd Webber’s original comes to D.C. as part of a brand-new North American tour. Critics are raving that this breathtaking production is “bigger and better than ever before” with its brilliant new scenic design by Paul Brown, Tony Award-winning original costume design by Maria Björnson, lighting design by Tony Award winner Paule Constable, new choreography by Scott Ambler, and a new staging by director Laurence Connor. The production boasts many exciting special effects including the show’s legendary chandelier. The beloved story and thrilling score—with songs like “Music of the Night,” “All I Ask of You,” and “Masquerade”—is performed by a cast and orchestra of 52, making this Phantom one of the largest productions now on tour. Recommended for age 6 and up. **Fee includes transportation and show! Meals on your own at the Kennedy Center Café before the performance and concessions preshow and during intermission!**

MOUNT GREтна OUTDOOR ART SHOW
CHAUTAUQUA GROUNDS, MOUNT GREтна, PA

Trip number: 17729 Sunday, August 21
Fee: \$63 Leave 8:00am, Return 5:00pm

Fine art and craft show, sponsored by the Pennsylvania Chautauqua. Located in Mount Gretna, a small Victorian community founded in the late 1800s as a summer resort, the quaint atmosphere attracts many visitors every summer for music, theater, a visit to the local ice cream shop and lake, or just a walk in the woods. Held in a lovely wooded setting surrounded by Victorian cottages, patrons can enjoy gourmet food, entertainment and fine art. Food and beverages are available from the food court and several restaurants are located near the show. Outstanding local musicians add to the festivities with Jazz, Bluegrass, Folk, and Pop music performed on a stage adjacent to the food court patron seating area. Enjoy lunch or a snack while listening to some of your favorite songs. Strolling performers will delight children of all ages. **Fee is for transportation and admission. Meals are on your own!**

AMERICAN MUSIC THEATRE SHOW “CROONERS” & MILLER’S SMORGASBORD
LANCASTER, PENNSYLVANIA

Trip number: 17730 Saturday, August 27
Fee: \$113 Leave 9:30am, Return 7:30pm

The American Music Theatre presents an original show, “Crooners” . . . those suave gentlemen and sophisticated ladies who define musical cool with their powerful, tender, romantic and emotional charged singing styles. In this all-new, original show, the singers, dancers, and orchestra celebrate iconic crooners like Rosemary Clooney, Frank Sinatra, Tony Bennett, Ella Fitzgerald, and Bing Crosby, along with current crooners like Michael Buble, Harry Connick, Jr. Diana Krall, and more. Let us take you on a musical journey from the showrooms of Las Vegas where “The Rat Pack” ruled the evening, to the stylish sounds of today’s contemporary crooners. Experience the smooth sounds of these larger than life entertainers with American Music Theatre’s 2016 Show: Crooners! Before the show enjoy a delicious buffet lunch at Miller’s Smorgasbord and shopping at The Quilt Shop, Gift and Bake Shop, The Tee Parlour, The Bible History Exhibit, Twin Brook Winery, and Ruthie’s. **Fee includes transportation, lunch and show!**

ROCKETTES CHRISTMAS SPECTACULAR
RADIO CITY MUSIC HALL, NEW YORK CITY

Trip number: 17731 Saturday, December 10 (possible date)
Fee: \$199 Leave 7:00am, Return 11:00pm

Every year, the Rockettes push themselves further to put on a show that’s more dynamic, more challenging and more magical than the last. Take in cherished moments and create new memories - generations of families that have made this cherished show a holiday tradition. Since 1933, the Christmas Spectacular has played at the famed Radio City Music Hall and still features beloved fan-favorite numbers, including Parade of the Wooden Soldiers and the Living Nativity, which have both been in the show since its inception. Take a thrilling 3D ride through the skies of New York with Santa, and be whisked up to the North Pole, as state-of-the-art technology transforms Radio City Music Hall into a magical, immersive wonderland. There is no better place to be during the holidays than at the Radio City Christmas Spectacular. The date and time are TBD (possibly Saturday, Dec. 10, 2016 with a 2:00pm Matinee). **Fee includes transportation and show admission. Meals are on your own!**





Celebrate with Recreation

Excited about your upcoming Quinceañera?

Montgomery County Recreation's Community Recreation Centers are the perfect venue for hosting your Quinceañera.

Have an awesome party and make memories that will last a lifetime with Montgomery County Recreation. Our Community Recreation Centers are nearby, convenient, and best of all, surprisingly affordable.

If you live in Montgomery County, there is a Community Recreation Center near you.

Get started by visiting montgomerycountymd.gov/rec or call 240.777.4980.

Será un placer celebrar con usted



Montgomery County Board of Elections Election Worker Program

In Maryland, we call poll workers “Election Judges.” We recruit several thousand community-minded and motivated voters for each election. Each Election Judge completes a training program to prepare them for Election Day. They give their time and talents to ensure that each voter has a successful experience.

DO MORE THAN VOTE, SERVE! BECOME A POLL WORKER!

WE ARE LOOKING FOR:

- Community-minded citizens
- Retirees
- College students
- Team players
- Bilingual speakers
- People available in the morning, evening or all day
- And you!

SERVING AS AN ELECTION JUDGE IS A REWARDING EXPERIENCE

- Serve your community
- Support democracy
- Earn money or SSL hours
- Learn something new
- Work close to home
- Meet your neighbors
- Bilingual speakers needed
(Se necesitan personas que hablen español)

**Have questions?
Let us answer them!**

240-777-8533
election.judge@montgomerycountymd.gov

www.777vote.org



Montgomery County Board of Elections Future Vote Program



★★★★ HIGH SCHOOL JUNIOR AND SENIORS ★★★★★ **YOU CAN SERVE AS A PAID ELECTION JUDGE!**

- Must be 17 years old by November 8, 2016 and registered to vote
- Students with bilingual language skills, particularly in Spanish, Chinese, Korean, Vietnamese, Amharic and French, are encouraged to participate
- Online quiz and completion of hands-on training is required
- Selected applicants will be compensated at rates (\$60-\$180 per election day service) that varies based on the position as advertised at www.777vote.org.
- Individuals may earn 16-25 Student Service Learning (SSL) credits in lieu of a stipend, if preferred

TO REGISTER CALL 240-777-8533 OR EMAIL ELECTION.JUDGE@MONTGOMERYCOUNTYMD.GOV

ATTENTION FUTURE VOTERS!

★★★★★★ STUDENTS IN GRADES 6-12 ★★★★★★ **PARTICIPATE IN THE "FUTURE VOTE" PROGRAM**

- Future Vote Ambassadors will serve as Election Day student aides during the 2016 Presidential General Election on Tuesday, November 8
- Students and their guardians must attend mandatory training to participate in the Future Vote Program and, if applicable, students will receive Student Service Learning (SSL) credits
- Program is available to all Montgomery County youth grades 6-12

TO REGISTER EMAIL FUTURE.VOTE@MONTGOMERYCOUNTYMD.GOV

www.777vote.org





RECREATION COMMUNITY FACILITIES

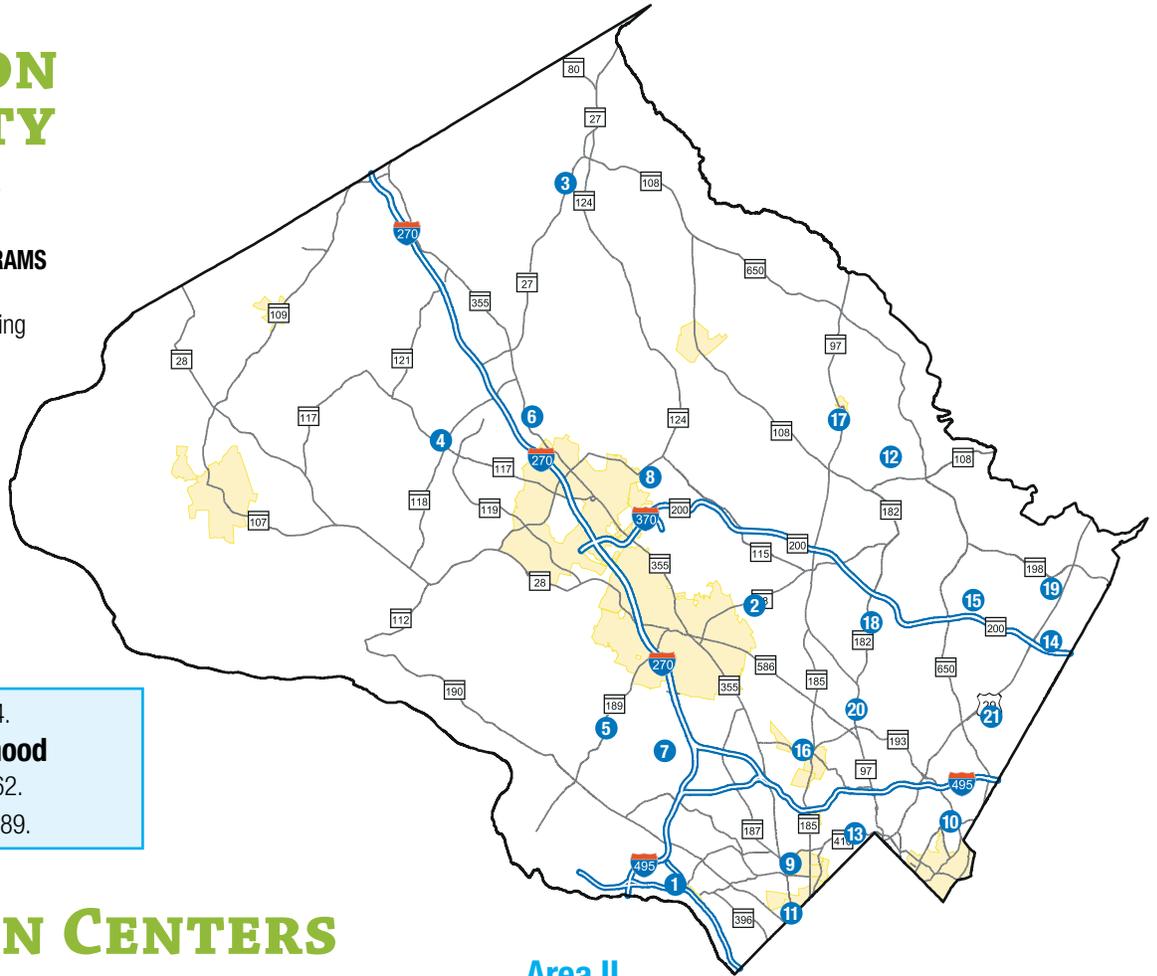
COMMUNITY FACILITIES AND PROGRAMS

Mid-County CRC

2004 Queensguard Road, Silver Spring

240-777-4980

Community Facilities and programs consists of Senior and Senior Neighborhood Centers, Recreation Centers, Camps, Summer Fun Centers, and Regional Youth Sports.



Aquatic Centers: See page 14.
Senior & Senior Neighborhood Centers: Starting on page 62.
Facility Locations: See page 89.

RECREATION CENTERS

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.

Area I

- 1 Clara Barton NRC** 240-777-4910
7425 MacArthur Boulevard, Cabin John
- 2 Bauer Drive CRC** 240-777-6922
14625 Bauer Drive, Rockville
- 3 Damascus CRC** 240-777-6930
25520 Oak Drive, Damascus
- 4 Germantown CRC** 240-777-8095
18905 Kingsview Road, Germantown
- 5 Potomac CRC** 240-777-6960
11315 Falls Road, Potomac
- 6 Plum Gar CRC** 240-777-4919
19561 Scenery Drive, Germantown
- 7 Scotland NRC** 240-777-8075
7700 Scotland Drive, Potomac
- 8 Upper County CRC** 240-777-8077
8201 Emory Grove Road, Gaithersburg

Area II

- 9 Jane E. Lawton CRC** 240-777-6855
4301 Willow Lane, Chevy Chase
- 10 Long Branch CRC** 240-777-6965
8700 Piney Branch Road, Silver Spring
- 11 Wisconsin Place CRC** 240-777-8088
5311 Friendship Boulevard, Chevy Chase

Area III

- 12 Ross J. Boddy CRC** **Closed for Renovations**
18529 Brooke Road, Sandy Spring
- 13 Gwendolyn Coffield CRC** 240-777-4900
2450 Lyttonville Road, Silver Spring
- 14 East County CRC** 240-777-8090
3310 Gateshead Manor Way, Silver Spring
- 15 Good Hope NRC** **Closed for Renovations**
14715 Good Hope Road, Silver Spring
- 16 Ken Gar Center**
4111 Plyers Mill Road, Kensington, MD
- 17 Longwood CRC** 240-777-6920
19300 Georgia Avenue, Brookeville
- 18 Mid-County CRC** 240-777-6820
2004 Queensguard Road, Silver Spring
- 19 Marilyn J. Praisner CRC** 240-777-4970
14906 Old Columbia Pike, Burtonsville
- 20 Wheaton NRC** **Closed for Renovations**
11711 Georgia Avenue, Wheaton
- 21 White Oak CRC** 240-777-6940
1700 April Lane, Silver Spring

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Komodo USA - Germantown

- Abacus Math 59
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LOCATIONS

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- Arcola ES..... 1820 Franwall AVE, Silver Spring, 20902
- Bethesda ES..... 5011 Moorland LN, Bethesda, 20814
- DuFief ES..... 15001 DuFief DR, Gaithersburg, 20878
- Glenallan ES..... 12520 Heurich Rd, Silver Spring, 20902
- Kensington-Parkwood ES..... 710 Saul RD, Kensington, 20895
- New Hampshire Estates ES... 850 Hungerford DR, Rockville, 20850
- Oakland Terrace ES..... 2720 Plyers Mill RD, Silver Spring, 20902
- Olney ES..... 3401 Queen Mary DR, Olney, 20832
- Potomac ES 10311 River RD, Potomac, 20854
- Resnik, Judith A. ES 7301 Hadley Farms DR, Gaithersburg, 20879
- Sligo Creek ES..... 500 Schuyler RD, Silver Spring, 20910
- Stedwick ES..... 10631 Stedwick Rd, Montgomery Village, 20886

Middle Schools

- Eastern MS..... 300 University BLVD, Silver Spring, 20901
- Montgomery Village MS..... 19300 Watkins Mill RD, Gaithersburg, 20879

Other Facilities

- Avant Garde..... 5268 M Nicholson LN, N. Bethesda, 20895
- Dansez! Dansez! 4907 Rugby AVE, Bethesda, 20814
- Dobre Gymnastics..... 9168 Gaither RD, Gaithersburg, 20877
- Kritt Studio..... 14817 Brownstone DR, Burtonsville, 20866
- Komodo USA Gaithersburg ... 402 Main St., Suite #200 B, Gaithersburg, 20878
- Komodo USA Germantown..... 19727 Executive Park CR, Germantown, 20874
- Maryland Table Tennis Center 18761 Q Frederick RD, Gaithersburg, 20879
- Restore Motion..... 5410 Edson LN, #350, Rockville, 20850
- Thunder Taekwondo..... 9507 Lawnsberry Ter, Silver Spring, 20901
- Yoga Plus Bethesda 8200 Hamilton Springs CT, Bethesda, 20817
- Yoga Plus Potomac 9908 S Glen RD, Potomac, 20854

Parks

- Glenmont LP..... 3201 Randolph RD, Wheaton, 20906
- Norwood LP 4700 Norwood DR, Chevy Chase, 20815
- Seneca Landing Boat Ramp.. 13300 Riley's Lock RD, Darnestown, 20837
- Pilgrim Hills LP..... 1615 E Randolph RD, Colesville, 20904
- Wheaton Claridge LP 11901 Claridge RD, Silver Spring, 20902

Recreation Facilities

- Bauer Drive CRC..... 14625 Bauer DR, Rockville, 20853
- Bethesda OP..... Little Falls PKY, Bethesda, 20816
- Clara Barton NRC..... 7425 MacArthur BLVD, Cabin John, 20818
- Damascus CRC 25520 Oak DR, Damascus, 20872
- Damascus SC..... 9701 Main Street, Damascus, 20872
- East County CRC..... 3310 Gateshead Manor WAY, Silver Spring, 20904
- Germantown CRC..... 18905 Kingsview DR, Germantown, 20874
- Germantown ISC..... 18000 Central Park Cir, Boyds, 20841
- Germantown OP 18905 Kingsview DR, Germantown, 20874
- Gwendolyn Coffield CRC 2450 Lyttonsville RD, Silver Spring, 20910
- Holiday Park SC 3950 Ferrara DR, Wheaton, 20906
- Jane E. Lawton CRC 4301 Willow LN, Chevy Chase, 20815
- Kennedy Shriver AC 5900 Executive BLVD, N. Bethesda, 20814
- Long Branch CRC 8700 Piney Branch RD, Silver Spring, 20901
- Long Branch OP 8700 Piney Branch RD, Silver Spring, 20901
- Long Branch SC..... 8700 Piney Branch RD, Silver Spring, 20901
- Longwood CRC..... 19300 Georgia AVE, Brookeville, 20833
- Margaret Schweinhaut SC 1000 Forest Glen Rd, Silver Spring, 20901
- Marilyn J. Praisner CRC 14906 Old Columbia PKY, Burtonsville, 20866
- Martin Luther King OP..... 1201 Jackson RD, Silver Spring, 20904
- Martin Luther King SC..... 1201 Jackson RD, Silver Spring, 20904
- MCR Offices 4010 Randolph RD, Silver Spring, 20902
- Mid County CRC 2004 Queensguard RD, Silver Spring, 20906
- Olney Swim Center 16601 Georgia AVE, Olney, 20832
- Plum Gar CRC 19561 Scenery Drive, Germantown, 20874
- Potomac CRC 11315 Falls RD, Potomac, 20854
- Scotland NRC 7700 Scotland Drive, Potomac, 20854
- Upper County CRC..... 8201 Emory Grove RD, Gaithersburg, 20877
- Upper County OP 8211 Emory Grove RD, Gaithersburg, 20879
- Western County OP..... 20151 Fisher AVE, Poolesville, 20837
- Wheaton/Glenmont OP 12621 Dalewood DR, Wheaton, 20906
- Wheaton NRC 11711 Georgia AVE, Wheaton, 20902
- White Oak CRC..... 1700 April LN, Silver Spring, 20904
- White Oak SC 1700 April LN, Silver Spring, 20904
- Wisconsin Place CRC..... 5311 Friendship BLVD, Chevy Chase, 20815



MONTGOMERY PARKS • SUMMER 2016



Nature & Horticulture Programs

- 105 Black Hill Nature Programs & Events
- 99 Brookside Gardens Programs & Events
- 112 Brookside Nature Center Programs & Events
- 115 Locust Grove Nature Center Programs & Events
- 117 Meadowside Nature Center Programs & Events

Sports Programs

- 136 Golf and Archery @ South Germantown Driving Range
- 123 Ice Skating and Hockey @ Cabin John and Wheaton Ice
- 139 Lacrosse & Other Field Sports @Wheaton Sports Pavilion
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REGISTRATION OPENS

...Monday, **MAY 16** for
BROOKSIDE GARDENS
ALL NATURE CENTERS
S. GERMANTOWN DRIVING RANGE
WHEATON SPORTS PAVILION

...Sunday, **JUNE 12** for
ICE SKATING & HOCKEY
SUMMER 1 & 2 Sessions

...Monday, **JUNE 20** for
INDOOR TENNIS
SUMMER 1 & 2 Sessions

Registration Open NOW
for **ALL SUMMER CAMPS**



From the Chair



MONTGOMERY COUNTY PLANNING BOARD THE MARYLAND-NATIONAL CAPITAL PARK AND PLANNING COMMISSION OFFICE OF THE CHAIR

Summer 2016

Dear Montgomery County neighbor,

We're right in the middle of the busiest time of year for parks—peak time for cookouts, cycling, walking, hiking, playing, climbing, bird-watching, creek wading, rock climbing, running and simply relaxing in the 430 parks that comprise Montgomery Parks. Here are some summer-fun-in-the-parks highlights:

- Go listen to free live music Tuesday nights in June at **Brookside Gardens**. This year's lineup includes Cajun and Zydeco, blues, funk, Latin rock, Americana and roots-rock music.
- Join us at **Woodlawn Manor Cultural Center** in Sandy Spring on **Saturday, June 11** for a full day of events that will honor history, promote health, and celebrate the grand opening of the new **Stone Barn Visitor Center** at Woodlawn.

The day begins at 8am with the 2016 **Health Freedom Walk**, hosted by Circle of Friends walking groups and the African American Health Program. Participants will walk 3.7 miles along the Underground Railroad Trail—an historic route similar to the one used by people who were enslaved as they escaped to freedom. Visit HealthFreedomInc.org for more information about this great partner event.

Then from noon to 4pm, we'll celebrate the opening of the new **Woodlawn Manor Visitor Center**. Elected officials and key players in the renovation of the historic Stone Barn will share remarks and cut the ceremonial ribbon. Washington Revels Jubilee Voices will sing. Kids can play old-time games and make crafts reminiscent of Civil War days. There'll be live animals, refreshments, more live music, storytellers, giveaways, door prizes, and tours of the renovated barn and its fascinating, hands-on exhibits.

- Little Bennett Campground will host their free 4th Annual **Great Outdoors Festival** on **Saturday, August 20** from 10am-2pm. Enjoy live music, games, giveaways, and outdoor activities, and talk to folks with groups/businesses that are all about having fun in (and taking care of) the great outdoors. While you're there, check out the new yurts, jumping pillow and pedal carts at Little Bennett.

- There are new ways to have fun this summer at Lake Needwood and Little Seneca Lake/Black Hill Boats. You can host a fishing or boating birthday party for your child at Lake Needwood. And Black Hill Boats will have both pedal boats and stand-up paddle boards (SUPs) available to rent.

I'm always out cycling and exploring in the parks and on the trails, so I hope to see you soon!

All the best,

Casey Anderson
Chair, Montgomery County Planning Board
and Chair, Maryland-National Capital Park and Planning Commission

8787 Georgia Avenue, Silver Spring, Maryland 20910 Phone: 301.495.4605 Fax: 301.495.1320
www.MontgomeryPlanningBoard.org E-Mail: mcp-chair@mncppc.org



Great
OUTDOORS
 FESTIVAL

Saturday, August 20
10am-2pm • FREE!



Enjoy Little Bennett Campground's biggest event of the year!

Come for a full day of outdoor activities, games, hands-on learning, music, food and fun! Meet and talk with local outdoor enthusiasts and retailers, conservation organizations, and Montgomery Parks staff. This is a truly outstanding event for folks of all ages.

Make a weekend of it! Rent a campsite Friday night and walk to the festival on Saturday.

Visit our website for details about camping opportunities, the hike-in camping area, equestrian sites, and group camping accommodations.

Try our new *pedal carts* and *jumping pillow*, and check out our new *yurts*!



LittleBennettCampground.com

23705 Frederick Road • Clarksburg, MD 20871 • 301-528-3430 • Like us on



MONTGOMERY PARKS Directory

ARCHERY

Classes offered in **South Germantown Recreational Park**
See contact information under "Driving Range/Golf" with questions.

BOATING & FISHING

Black Hill Boats • Black Hill Regional Park
20920 Lake Ridge Drive, Boyds, MD 20841
301-528-3466 Boat House
www.BlackHillBoats.com

Lake Needwood Boats • Rock Creek Regional Park
15700 Needwood Lake Circle, Rockville, MD 20855
301-563-7540 recorded info • 301-563-7544 in season
www.LakeNeedwoodBoats.com

CAMPING

Little Bennett Campground • Little Bennett Regional Park
23701 Frederick Road, Clarksburg, MD 20871
301-528-3430 • www.LittleBennettCampground.com

CAROUSEL

Ovid Hazen Wells Carousel • Wheaton Regional Park; see "Trains"

CULTURAL & HISTORIC ATTRACTIONS

Visit www.HistoryintheParks.org for more information and sites.

Agricultural History Farm Park
18400 Muncaster Road, Derwood, MD 20855
301-670-4661 • www.AgHistoryFarm.org

Oakley Cabin African American Museum
3610 Brookeville Road, Olney, MD 20832
301-650-4373 • www.OakleyCabin.org

Underground Railroad Experience Trail
16501 Norwood Rd., Sandy Spring, MD 20860
301-650-4373 • www.UndergroundRRExperience.org

Woodlawn Manor Cultural Park
16501 Norwood Road, Sandy Spring, MD 20860
301-650-4373 • www.HistoryintheParks.org

DOG PARKS

Black Hill Regional Park Dog Park
20930 Lake Ridge Drive, Boyds, MD 20841
On Picnic Lane, SE of boat rentals on Lake Ridge Dr.

Cabin John Regional Park Dog Park
10900 Westlake Drive, Bethesda, MD 20876

Olney Manor Recreational Park Dog Park
16601 Georgia Avenue, Olney, MD 20832
Near Ballfield #4, across from the concession stand

Ridge Road Recreational Park Dog Park
21155 Frederick Road, Germantown, MD 20876
North of the soccer field, west of the in-line hockey rink

Wheaton Regional Park Dog Park
11717 Orebaugh Avenue, Silver Spring, MD 20902
East of Wheaton Sports Pavilion; use Orebaugh Avenue entrance

DRIVING RANGE/GOLF

South Germantown Driving Range 
18045 Central Park Circle, Boyds, MD 20841
301-670-4670 • www.SGDrivingRange.com

EVENT CENTERS

Montgomery Parks Event Centers are the natural choice for a wedding, anniversary, family reunion, retirement party, business meeting or retreat! Visit www.ParkEventCenters.org for more information.

Brookside Gardens • Wheaton Regional Park
1800 Glenallen Avenue, Wheaton, MD 20902
301-962-1404 • Event.Manager@MontgomeryParks.org
www.ParkEventCenters.org or www.BrooksideGardens.org

Lodge at Little Seneca Creek
14500-A Clopper Road, Boyds, MD 20841
301-528-6010 • SenecaLodge@MontgomeryParks.org
www.ParkEventCenters.org or www.LodgeatSeneca.org

Rockwood Manor
11001 MacArthur Boulevard, Potomac, MD 20854
301-563-7510 • RockwoodManor@MontgomeryParks.org
www.ParkEventCenters.org or www.RockwoodManor.org

Woodlawn Manor
16501 Norwood Road, Sandy Spring, MD 20860
301-774-1900 • WoodlawnManor@MontgomeryParks.org
www.ParkEventCenters.org or www.WoodlawnManor.org

GARDENS

Brookside Gardens • Wheaton Regional Park 
1800 Glenallen Ave., Wheaton, MD 20902
301-962-1400 general information • 301-962-1404 event rentals
www.BrooksideGardens.org

McCrillis Gardens
6910 Greentree Road, Bethesda, MD 20817
301-962-1455 • www.McCrillisGardens.org

GOLF*

*Golf courses are operated by the Montgomery County Revenue Authority. Visit www.MCGolf.com for information.

Little Bennett Golf Course • 301-253-1515

Needwood Golf Course • 301-948-1075

Northwest Park Golf Course • 301-598-6100

Sligo Creek Golf Course • 301-585-6006

HORSEBACK RIDING & STABLES*

Callithea Farm Park
15000 River Rd., Potomac, MD 20854 • 301-977-8010

Meadowbrook Riding Stables
8200 Meadowbrook Lane, Chevy Chase, MD 20815
301-589-9026 • www.MeadowbrookStables.com

Potomac Horse Center
14211 Quince Orchard Rd., N. Potomac, MD 20878
301-208-0200 • www.PotomacHorse.com

Rickman Farm Horse Park
17320 Moore Rd., Boyds, MD 20841
1-301-349-0075 • www.GreatandSmallDC.org

Wheaton Regional Park Stables
1101 Glenallen Ave., Wheaton, MD 20902
301-622-2424 • www.WheatonParkStables.com

Woodstock Equestrian Park
20100 Darnestown Rd., Beallsville, MD 20839
301-767-0002 • www.EquestrianPark.org

*Equestrian facilities are managed by private operators through partnerships with the Maryland-National Capital Park and Planning Commission.

ICE SKATING

Cabin John Ice Rink

Cabin John Regional Park
10610 Westlake Drive, Rockville, MD 20852
301-765-8620 • www.CabinJohnIce.com

Classes for all ages and skill levels, private instruction, camps, public skating sessions, party rooms and more.

Wheaton Ice Arena

Wheaton Regional Park
11717 Orebaugh Avenue, Wheaton, MD 20902
301-905-3000 • www.WheatonIceArena.com

Classes for all ages and skill levels, private instruction, camps, public skating sessions, party rooms, fitness/exercise center.

LACROSSE

Wheaton Sports Pavilion

in Wheaton Regional Park; see "Soccer"

MINIATURE GOLF

South Germantown Miniature Golf

South Germantown Recreational Park
18056 Central Park Circle, Boyds, MD 20841
301-670-4680 • www.SplashandGolf.com

NATURE CENTERS

Black Hill Visitor Center

Black Hill Regional Park
20926 Lake Ridge Dr., Boyds, MD 20841
301-528-3492 • www.BlackHillNature.org

Brookside Nature Center

Wheaton Regional Park
1400 Glenallan Avenue, Wheaton, MD 20902
301-962-1480 • www.BrooksideNature.org

Locust Grove Nature Center

Cabin John Regional Park
7777 Democracy Boulevard, Bethesda, MD 20817
301-765-8660 • www.LocustGroveNature.org

Meadowside Nature Center

Rock Creek Regional Park
5100 Meadowside Lane, Rockville, MD 20855
301-258-4030 • www.MeadowsideNature.org

SOCCER

Wheaton Sports Pavilion

Wheaton Regional Park
11751 Orebaugh Avenue, Wheaton, MD 20902
301-905-3070 • www.WheatonSportsPavilion.com
200' x 85' covered synthetic turf playing field;
rent for soccer, lacrosse, futsal, parties and more.

SPLASH PLAYGROUND

South Germantown Splash Playground

South Germantown Regional Park
18056 Central Park Circle, Boyds, MD 20841
301-670-4680 • www.SplashandGolf.com

CUPF Schedules All Athletic Fields

All scheduling for Montgomery Parks outdoor athletic fields is managed by the Office of Community Use of Public Facilities (CUPF). To reserve a field, visit www.MontgomeryCountyMD.gov/CUPF or call 240-777-0311.

SKATEBOARDING, INLINE SKATING & BMX

Olney Manor Skate Park

Olney Manor Regional Park
16601 Georgia Avenue, Olney, MD 20832
301-905-3095 • www.OlneyManorSkate.com

OMSP is an unsupervised facility; admission is free. See web for details.

TENNIS (INDOOR)

Montgomery TennisPlex*

in South Germantown Recreational Park
18010 Central Park Cir., Boyds, MD 20841
240-477-4430 • www.MontgomeryTennisPlex.com

**This facility is managed by a private operator through a partnership with the Maryland-National Capital Park and Planning Commission. Please contact them directly for more information about their classes and programs.*

Pauline Betz Addie Tennis Center

Cabin John Regional Park
7801 Democracy Blvd., Bethesda, MD 20817
301-765-8650 • www.CabinJohnTennis.com

Wheaton Indoor Tennis

Wheaton Regional Park
11715 Orebaugh Avenue, Wheaton, MD 20902
301-905-3030 • www.WheatonTennis.com

TENNIS (OUTDOOR)

Outdoor courts are available to use at no cost on a first-come, first-served basis in 127 different Montgomery Parks (unless they've been reserved through Park Permits). Group lessons are held on select courts in the spring, summer and fall through Montgomery Parks—see "Indoor Tennis" above.

Outdoor tennis lesson info: ActiveMONTGOMERY.org
Complete court list: www.MontgomeryParks.org
Reserve a court: www.ActiveMONTGOMERY.org

TRAILS

Visit www.MontgomeryTrails.org for maps and detailed information about the 200 miles of trails in Montgomery Parks.

TRAINS (MINIATURE)

Cabin John Miniature Train

Cabin John Regional Park
7410 Tuckerman Lane, Rockville, MD 20852
301-765-8670 • 301-650-2880 party rentals
www.CabinJohnTrain.com

Wheaton Miniature Train

Wheaton Regional Park
2000 Shorefield Road, Wheaton, MD 20902
301-563-7545 • 301-650-2880 party rentals
www.WheatonTrainandCarousel.com

 = Get full-service help with ActiveMONTGOMERY registration at this facility!

CONTACT INFORMATION

- To report maintenance issues or problems in a park: **301-670-8080**
- To reserve a picnic shelter or Park Activity building: **301-495-2525** ActiveMONTGOMERY.org
- Athletic Field Rainout number: **301-765-8787**
- Park Police: **301-949-3010**
- To volunteer in the Parks: **www.ParksVolunteers.org**
- General Information: **301-495-2595** MontgomeryParks.org
- Accessibility Information: **301-495-2477 | 301-439-0579** TTY ProgramAccess @MontgomeryParks.org MontgomeryParks.org/access
- ActiveMONTGOMERY** Info@ActiveMONTGOMERY.org Call 301-495-2580 (10am-4:30pm) for Parks, or 240-777-6840 (8:30am-4:30pm) for Rec
- For info about a specific park: **MontgomeryParks.org** Click on "Contact Us"
- Become a fan of **Montgomery Parks** on Facebook
- Follow MontgomeryParks on Twitter at <http://twitter.com/MontgomeryParks>
- Support MontgomeryParks! Visit **MontgomeryParks Foundation.org**



THE BEST PARTIES START AT WHEATON REGIONAL PARK!

Planning a birthday or other celebration? Wheaton Regional Park offers unique and affordable places to party, including Wheaton Train and Carousel, Wheaton Sports Pavilion, and Wheaton Ice Arena.



PARTY... ON THE TRAIN!

Rent the Train Station Party Room (cap. 50) or Carousel Party Room (cap. 15).
Party packages at Wheaton Train include:

- Party Room rental
- Train tickets (20 for 2-hour party; 40 for 5-hour party)
- Carousel tickets (10 for 2-hour party; 20 for 5-hour party)
- No-wait priority seating
- Photo ops with the locomotive!
- Choose from 2-hour (**\$200** Train Party Room; **\$50** Carousel Party Room) or 5-hour (**\$400** Train Party Room; **\$100** Carousel Party Room) parties.

Reserve your date online at
[ActiveMONTGOMERY.org!](http://ActiveMONTGOMERY.org)

WheatonTrainandCarousel.com
301-650-2880

PARTY... ON THE ICE!

Party packages at Wheaton Ice Arena include:

- Rental of one (cap. 25, **\$75/hour**) or two (cap. 50, **\$150/hour**) party rooms at the rink
- Use of tables and chairs
- Birthday boy or girl skates free!
- Rent the whole rink for a huge party (up to 450 people) for only **\$340/hour!**

Schedule your party before or after a Public Skating Session (**\$9** covers admission and skates for party guests)

WheatonIceArena.com ♦ 301-905-3000

PARTY... AT THE SPORTS PAVILION!

Party packages at Wheaton Sports Pavilion include:

- One hour's use of a covered, lighted turf field (choose from half-field or full-field rental)
- A party leader to help run field games and activities
- One hour's use of the party room
- All-inclusive fees for up to 12 guests: **\$200** for full field rental package; **\$150** for half-field

WheatonSportsPavilion.com
301-905-3070

VISIT EACH FACILITY'S WEBSITE OR CALL FOR MORE DETAILS!





1800 Glenallan Avenue • Wheaton, MD 20902
301-962-1400 • www.BrooksideGardens.org



Children's Programs



Saturday Morning Story Time

Encourage your young children's imagination and creativity! Bring them every Saturday to enjoy a different nature or seasonally themed story, followed by a hands-on craft. Registration not required. Meet in the Visitors Center Children's Classroom. Ages 3-6. Free. Saturdays through June 11, 10-11am



Flower Buds

On the second Monday of every month, treat your 3-5-year-old to gardening activities, stories, crafts and garden walks. Younger siblings are welcome, but the crafts are designed for older kids. Adults must accompany children. Meet in the Visitors Center Children's Classroom. Ages 3-5. Fee: \$7/child (accompanying adult free). Mondays, 10:30am-noon.
Course #14832, Monday, June 13
Course #14833, Monday, July 11
Course #14834, Monday, August 8



Treat Your Child to a Brookside Gardens Summer Camp!



Botanical Art Camp

For kids 8-11 • \$155 • M-F, June 25-29
9:30am-12:30pm • #12584



Butterfly Flutterby Fun

For kids 8-11 • \$290 • M-F, June 27-July 1
9am-3:30pm • #12466
Extended care available
3:30-5:30pm • \$80 for five days • #12465



Farms, Food, Fun and Sun

For kids 8-11 • \$290 • M-F, July 18-22
9am-3:30pm • #12583
Extended care available
3:30-5:30pm • \$80 for five days • #12581



Garden Detectives and Discoveries

For kids 8-11 • \$230 • Tu-F, July 5-8
9:30am-3:30pm • #12577
Extended care available
3:30-5:30pm • \$64 for four days • #12574



Garden Fairies and Gnomes

For kids 6-8 • \$290 • M-F, June 20-24
9am-3:30pm • #12458
Extended care available
3:30-5:30pm • \$80 for five days • #12460



Grow Together Gardening Camp

For kids 3-5 • \$155 • M-F, June 13-17
9:30am-12:30pm • #12446

Visit MontgomeryParks.org/Camps for more info, and register at ActiveMONTGOMERY.org



Photography

Butterfly Photography



Joshua Taylor, Archiphoto Workshops
Learn how to capture striking images of butterflies in this two-session workshop. You'll spend time in the Conservatory photographing butterflies under Josh Taylor's expert guidance, and benefit from a sharing/critique session afterwards.

Learn optimum camera settings, close-up techniques, and flash techniques best suited for your subjects. You'll receive online instruction before the workshop as well. A working knowledge of your camera functions will be helpful; a tripod is optional but highly recommended. Intermediate level. Ages 18 & up. Fee: \$65 (FOBG \$58). 8-10am. Course #14900 • Saturdays, June 18 & 25

Focus on Butterflies

Bring your tripod and enjoy two quiet hours of photography in our "Wings of Fancy" Live Butterfly and Caterpillar Exhibit before it opens to the public. Register for as many sessions as you like. Ages 18 & up. Fee: \$30 (FOBG \$27). 8-10am
Course #14911 • Saturday, June 4
Course #14912 • Sunday, June 12
Course #14913 • Sunday, July 10
Course #14914 • Saturday, July 23
Course #14915 • Sunday, July 31
Course #14916 • Saturday, August 13
Course #14917 • Sunday, August 21
Course #14918 • Saturday, September 10



Brookside Gardens School of Botanical Art & Illustration

The pleasurable pursuit of drawing plants from field, woods or garden opens your eyes to see the true beauty in nature. Even a pesky weed can charm when viewed up close and drawn in detail. Enter the world of the botanical artist! Ages 18 & up.

Fibonacci Spiral Patterning with Joan Ducore
Nature has many examples of this spiral pattern: pine cones, sunflowers and many succulents, to name a few. The pattern is a common technique to maximize space and exposure to light and water. Learn how to break down and simplify the pattern to reproduce it artistically in these complex subjects. Fee: \$60 (FOBG \$54). 10am-1:30pm. Course #14864 • Saturday, May 14
Visitors Center Adult Classroom

Painting Peonies with Barbara Hanft
Join Barbara in an illustrative exploration of the peony. Using fresh material, she will break this complex flower down petal by petal and leaf by leaf. You will leave with an intricate painting of a peony, and the confidence to artistically approach other complex flowers. Fee: \$190 (FOBG \$170). 10am-3:30pm. Course #14865 • Friday, June 3 & Saturday June 4

Start Drawing and Painting with Joan Ducore
Botanical art is a fascinating combination of both art and science. Try it out with this two-part class. You will be introduced to the world of botanical art, and learn introductory drawing and painting techniques especially suited to plants. Fee: \$170 (FOBG \$155). 10am-3:30pm. Course #14866 • 2 Classes: Tuesdays, July 12 & 19



Visit BrooksideArtSchool.org
for more classes and information



CHILDREN'S DAY 2016: HONEY HARVEST FESTIVAL

Saturday,
September 17
11am-4pm



Celebrate honeybees and other pollinators. Talk to beekeepers, watch honey being harvested, buy local honey and bee products and enjoy family-friendly activities and crafts. We'll be buzzing about pollinators all day long!

Cooking in the GARDENS



Cooking Demonstrations

Take a delectable series of cooking classes at Brookside Gardens! Each class focuses on healthful recipes with seasonal and local fruits, vegetables, and herbs. Enjoy samples of the dishes, prepared as you watch, using easy-to-follow recipes that you can try at home. Ages 18 & up. Noon-1:30pm. Fee: \$35 (FOBG \$31). Registration required.

Summer Sweets with the Cook Sisters
Savor the dulcet flavors of blueberries and melon in this summer cooking class. Join the Cook Sisters and Brookside staff to learn more about these and other summer fruits. Course #14876. Wednesday, June 1.

Marvelous 'matoes with the Cook Sisters
The Cook Sisters will feature all-new recipes for tomatoes, summer's favorite fruit—or is it a vegetable? Find out with the help of Brookside staff! Course #14877. Wednesday, July 13.

Horticultural Workshops

Get to know the experts in your own backyard!

Grow a Miniature Garden

Joan O'Rourke, Friends of Brookside Gardens

Joan has found miniature perennial plants that are just like the grown-up ones, including tiny dianthus and the smallest heuchera. Come learn how to design and maintain a very small garden of your own.

Ages 18 & up. Fee: \$60 (FOBG \$54).

Registration required. 10-11:30am.

Course #14897 • Wednesday, June 8

Course #14898 • Thursday, June 9

Floral Arranging from the Garden

Gerri Hall and Sheryl Freishtat, Brookside Gardens Staff

From garden to table: find inspiration and ingredients to create beautiful arrangements from your own garden and backyard. Gerri and Sheryl will

start with a stroll through the garden,

pointing out flowers, grasses, and other natural materials best suited for floral arranging. Then it's back to the classroom for floral arranging demonstrations!

Ages 18 & up. 1-3pm.

Fee \$15 (FOBG \$13). Registration required.

Course #14899 • Friday, June 10



Xcursions

Come discover the rich horticultural tradition of the mid-Atlantic region with Brookside Gardens! Visit gardens public and private, go behind the scenes at nurseries, and explore the unique plants and landscaping of our region. From short local trips to full-day, out-of-state adventures, there is an Xcursion just for you. Please be sure to wear walking shoes and dress for the weather. Ages 18 & up.

A Delaware Gardens Sampler

This small state is home to many beautiful gardens. We'll begin the day with a guided tour of Mount Cuba Center.

This former estate of Mr. and Mrs. Lamont du Pont Copeland is a verdant woodland garden replete with native plants. After a picnic lunch on the property, we'll travel to the University of Delaware Botanic Gardens.

The diversity of plants and design here serves as a living laboratory for students, and as inspiration for the public.

Before we return, there will be time for a stop at the University of Delaware Creamery ...a delicious end to a summer trip! Fee \$90.

Registration required. 7am-4pm.

Course #14884 • Thursday, June 16



Brookside
GARDENS

Wings OFFANCY

Live Butterfly & Caterpillar Exhibit

April 27 - September 25, 2016

10am- 4pm daily

\$8.00 adults • \$5.00 ages 3-12

Save money by purchasing your FREQUENT VISITOR PASS and enjoy unlimited return visits this season!

1800 Glenallan Avenue, Wheaton, MD 20902 • BrooksideGardens.org

Groups of 15 or more by appointment only. Call 301-962-1467 for reservations.

We regret that we are unable to accommodate strollers in the Exhibit.





Garden Walks, Talks & Demos

Gain an insider's knowledge on the seasonal happenings at Brookside Gardens and learn more about the many areas of horticulture. Our staff will offer you a depth of knowledge that you won't get anywhere else! Dress for the weather and wear comfortable shoes.

Behind the Scenes at Brookside Gardens

Are you a regular visitor to Brookside Gardens, but wish you knew more about our beautiful gardens and plants? If so, these programs are for you! Learn how to recognize the plants you see as you visit, and discover how we keep the Gardens beautiful by going behind the scenes with staff. After taking these classes, you'll enjoy visits to Brookside and other gardens even more!

Wings of Fancy

with Cheryl Beagle, Brookside Gardens Staff

Discover the hard work that goes into our annual butterfly show. Cheryl Beagle, one of our Conservatory gardeners, will lead you behind the scenes through all life stages of this wonderful insect. You will enjoy the show all the more on your next visit! Ages 18 & up. Fee \$7 (FOBG \$6). 8-9:30am.

Course #16461 • Thursday, June 30

Meet at Conservatory

Some Like It Wet... the New Marsh Garden

with Lisa Tayerle, Brookside Gardens Staff

A new marsh area was added in the Gude Garden last fall, and it has been thriving! Gardener Lisa Tayerle will take you on a tour of this beautiful and functional garden, and explain more about what types of plants thrive in a wet environment. Ages 18 & up. Fee \$7 (FOBG \$6). 10-11:30am.

Course #16462 • Thursday, July 21

Meet at Visitor Center Entrance

Garden Tours

Enjoy free tours of Brookside Gardens in Wheaton, or McCrillis Gardens in Bethesda. Highly trained, knowledgeable guides offer engaging horticultural tours, focusing on the plants that make each garden unique. Free; registration required. Ages 18 and up.

Brookside Gardens Saturday Walks

Brookside Gardens is an award-winning display garden, featuring an abundance of annual and perennial displays throughout the year. Meet at Visitors Center entrance. Ages 18 & up. Free. 10-11am.

Course #14906 • Saturday, May 21

Course #14907 • Saturday, June 4

Course #14908 • Saturday, June 18

McCrillis Gardens Sunday Walks

McCrillis Gardens is a naturalistic strolling garden, offering shady woodland walks and splashes of color in spring. Meet at McCrillis House in Bethesda at 6910 Greentree Rd. Ages 18 & up. Free. 2-3pm.

Course #14903 • Sunday, May 15

Course #14904 • Sunday, May 22

Garden After Dark

You need a night out every once in a while, but what to do? Whether it's with a friend, sibling, or sweetheart, let Brookside Gardens take care of the details!

Each fee covers the cost of two people. Ages 21 & up.

Wings and Wine

What do butterflies do when the sun sets? Find out with exclusive evening access to our "Wings of Fancy" exhibit! Sample local wines as butterflies and music swirl around you, and learn more about the fascinating extended family of butterflies (*Lepidoptera*).

Finish off the evening by potting up a butterfly container garden to take home. Meet in the Brookside Gardens Conservatory. Fee \$60 for 2 (FOBG \$54). 7-9pm.

Course #14886 • Thursday, July 7

Cocktail Flower

Enjoy an evening in our beautiful new cocktail garden with gardener and designer Kelley Heim as your guide. Kelley will talk about her design process and point out some of the unusual specimens growing there.

We'll harvest some key ingredients, then return to the Visitors Center where our bartender for the evening will demonstrate how to create a few tasty botanical cocktails. You'll leave equipped with a bouquet of fresh ingredients and cocktail recipes to try at home.

Meet in the Visitor Center Auditorium.

Fee \$60 for 2 (FOBG \$54). 6-8pm.

Course #14887 • Tuesday, August 2

Brookside Gardens Speaker Series

The mid-Atlantic is home to a wide range of well-known horticulturists, botanists, authors, and speakers. Get to know the experts in your own backyard!

Hometown Habitat: Lecture and Screening

Catherine Zimmerman, documentary filmmaker, author and landscape designer

Learn how and why native plants are critical to the survival and vitality of local eco-systems with author, landscape designer and documentary filmmaker Catherine Zimmerman. Talk will be followed by a screening of her latest documentary, *Hometown Habitat*, made in partnership with the Chesapeake Conservation Landscaping Council and featuring

Doug Tallamy, entomologist and author of *Bringing Nature Home*. Meet in the Visitors Center Auditorium. Fee \$15 (FOBG \$13). 10am-Noon.

Course #14879 • Saturday, May 14

Native Bees in Your Garden

Sam Droege, Head of the United States Geological Survey Bee Monitoring Lab

Open your eyes to an entirely new world in your own backyard. Sam Droege, biologist and macro photographer extraordinaire, collects and photographs the thousands of native bee species that thrive locally and around the nation. These small and often overlooked organisms are incredibly vital to your garden and our local ecosystem; Sam will show you how to welcome them to your property. Meet in the Visitors Center Auditorium. Fee \$15 (FOBG \$13). 10-11:30am.

Course #14880 • Tuesday, June 21

Parking Lot Party



Don't miss Brookside Gardens' Parking Lot Party, where you can claim a parking spot to decorate, then tailgate in our beautiful new park. Pick your Best decorations win a prize! Relax with family and friends to the sounds of the **Sons of Pirates**, Maryland's favorite beach band (with slashes of classic hits thrown in).

Enjoy food truck cuisine and beer from **Danville Brewing Co.** (both available for purchase). Lawn games, lawn furniture, and friendly faces, too.



Register at ActiveMontgomery.org for **Friday, June 3, 6-10pm**

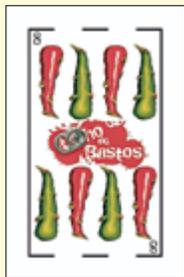
Visitors Center Parking Garden

Parking space set-up 5-6pm; party begins at 6pm

Fee: \$50 per parking space; \$45 FOBG; registration required



Summer Twilight Concert Series



Join us Tuesday evenings in June for a series of musical performances set in the beauty of the Gardens! Bring your friends and family, and don't forget your chairs, blankets and picnics (allowed in the Gardens on concert evenings only).

Every Tuesday in June • 6:30 – 8:30pm • FREE • Visitor Center Lawn

June 7
Crawdaddies
Cajun, Zydeco,
Blues & Ska

June 14
Damon Foreman
Blues & Funk

June 21
Ocho de Bastos
Latin Rock

June 28
U-Liners
Americana & Roots-Rock



Brookside Gardens
1800 Glenallan Avenue, Wheaton, MD 20902 | 301-962-1400
BrooksideGardens.org





Grand Opening

WOODLAWN

VISITOR CENTER

Saturday, June 11

Woodlawn Manor Cultural Park
16501 Norwood Road, Sandy Spring, MD 20860

FREE • Noon to 4:00 pm • Dedication Ceremony - Noon to 2:00 pm

Something old, something new . . .

Montgomery Parks is excited to open this historic gem to the public. Explore the Stone Barn exhibits where echoes of the past will tell the story of a bustling farm, its community, and those who made a bold bid for freedom on the Underground Railroad. Learn about Woodlawn's earliest residents and their neighbors.

Throughout the afternoon, enjoy living history demonstrations, tours, activities for children, food, live music and a special performance by the **Washington Revel Jubilee Voices**.

in search of Historic Sites volunteers

Share your love of history, the great outdoors, agriculture and rusty old buildings with visitors of all ages. Become a trained volunteer tour guide!

FREE training (and cool hats) provided.
Volunteer opportunities meet
SSL requirements.

HistoryintheParks.org • 301-650-4373





Nature Programs
in Black Hill Regional Park

BLACK HILL VISITOR CENTER

20926 Lake Ridge Dr. • Boyds, MD 20841 • 301-528-3492 • www.BlackHillNature.org
Please check our website for Visitor Center hours. Trails open daily, dawn to dusk.

JUNE 2016



6/1 Storytime on the Lake: Canada Geese #17997

Join us aboard the pontoon boat to hear a story and scout out the wonders of Little Seneca Lake! Designed for children ages 3-6, accompanied by an adult (no younger siblings, please). Please also register and pay for adults. Meet at the pontoon boat dock by the boat rental area. FOBH \$5
3 & up • \$6 • Wednesday, June 1 • 10-11am

6/2 Beginning Recreational Kayaking #18010

Kayaking is even more fun that it looks! Come learn how to paddle on flat water in recreational solo kayaks on Little Seneca Lake. Learn basic strokes, entries and exits, boat control, and more, taught by certified American Canoe Association instructors. We won't roll, but you'll get wet, so dress accordingly. You must be able to swim. All necessary equipment provided. Please wear water-friendly clothing and hat, strap-on water sandals or shoes (no flip-flops, please) and bring water and sunscreen. Meet in front of the gazebo by the pontoon boat dock and boat rental area. FOBH \$30
12 & up • \$32 • Thursday, June 2 • 6:30-8:30pm

6/3 Fishing with Li'l Ones #18017

Let's go fishin' like Tom Sawyer! We'll provide poles, line, and bait, then see what we can catch off the dock at Little Seneca Lake. Meet at the pontoon boat dock by the boat rentals. FOBH \$6
3-6yrs • \$7 • Friday, June 3 • 9:30-11am



6/4 Something Awesome! #18023

Nature is awesome, cool, and super-fun! We'll celebrate the summer wonders around us with awesome activities around the Visitor Center. Check our Facebook page before the program to find out what's happening today and how to dress.
1 & up • Free • Saturday, June 4 • 10-11am

6/4 Junior Naturalist Day #18261

Calling all nature-loving 9- to 12-year olds! Join the team and explore park lands with us, discovering new things about the natural world. Each season brings a new theme and a different Junior Naturalist patch to collect. How do you become a Black Hill Junior Naturalist? You can drop by the Visitor Center to pick up a seasonal Junior Naturalist packet and follow the steps on your own. Or you can earn it all in one day with us, today! For questions or more info, please contact Katrina Fauss at Katrina.Fauss@MontgomeryParks.org. FOBH \$17
9-12yrs • \$18 • Saturday, June 4 • Noon-3pm

6/4 Campfires at Black Hill #18033

There's nothing like sitting around a campfire under the stars! Join a naturalist for themed songs, stories, games, and of course, s'mores around the fire. Meet at the Visitor Center and bring a chair or blanket. Fee: \$6 (FOBH \$5). Ages 1 & up. 8-9pm
Course #18033 • Saturday, June 4
Course #18034 • Saturday, June 18
Course #18035 • Saturday, July 2
Course #18036 • Saturday, July 16
Course #18037 • Saturday, Aug. 6
Course #18038 • Saturday, Aug. 20



6/5 Beginning Recreational Kayaking #18011

See June 2 listing for all the details. FOBH \$30
12 & up • \$32 • Sunday, June 5 • 9-11am

6/5 Science Sunday: Worm Science #18043

Science is awesome, messy, and fun! Join a park naturalist as we explore the awesome world of science around the park. Worms are wonderful, wiggly, and wondrous. We'll explore our very own composting worm bin and look at cool things worms do. Then we'll do some worm-inspired experiments. FOBH \$6
6-12yrs • \$7 • Sunday, June 5 • 3-4:30pm



MONARCH FIESTA DAY

**Saturday,
September 17
10am-3pm**

Join our celebration of the Monarch butterfly and its amazing annual migration to Mexico!





6/6 Time for Tots: Sunflower House #18083

Enjoy a seasonal story, make a craft to go with the story, then go outside to explore nature with a park naturalist. Today's story is *Sunflower House* by Eve Bunting. FOBH \$5
2-5yrs • \$6 • Monday, June 6 • 10-11am

6/7 Nature Babies #18090

Let's get your infant off to a nature-loving start. Park naturalists will use the amazing colors, textures and patterns of nature to help develop your baby's sense of the world around them. Siblings under 6 are welcome, too. FOBH \$5
3-18mos • \$6 • Tuesday, June 7 • 10-11am

A 6/7 Wildflowers in Little Bennett #18093

Explore trails in Little Bennett looking for the flowering shrubs and late spring/early summer meadow plants. Expect gravel trails, with some muddy areas depending on the weather. Bring a camera! Meet at Black Hill Visitor Center; van transportation provided. FOBH \$11
18 & up • \$12 • Tuesday, June 7 • 1-3pm

A 6/11 Lake Tour by Kayak #18094

Want to watch wildlife, or just enjoy a peaceful paddle? Then join us this summer for one of our semi-monthly kayak tours on Little Seneca Lake. Basic paddling experience necessary (this is not a lesson). We'll supply boats, paddles, and PFDs. Meet in front of the gazebo by the pontoon boat dock and boat rental area. Fee: \$20 (FOBH \$19). Ages 18 & up. 9-11am
Course #18094 • Saturday, June 11
Course #18095 • Sunday, June 26
Course #18096 • Saturday, July 9
Course #18097 • Sunday, July 24
Course #18098 • Saturday, Aug. 13
Course #18099 • Sunday, Aug. 28



6/11 Mud Is Magic #18100

Feeling mud squish between your fingers or toes is magical and a must-do in life. If you haven't tried it, or even if it's already a favorite pastime of yours, join us to celebrate International Mud Month! We'll jump in mud puddles, make mud pies, and have a rollicking, filthy time. You'll definitely want to bring a change of clothes and shoes to wear after we're done having our fun in the mud. FOBH \$5
1-12yrs • \$6 • Saturday, June 11 • 1:30-2:30pm

A 6/12 Explore a Park: Rachel Carson Conservation Park #18101

New to the area, or just want to get out for a hike? Explore different parks in Montgomery County with an experienced naturalist. Today we'll explore Rachel Carson Conservation Park, one of the county's premier conservation areas, containing some of the best examples of park natural resources. The length of the hike depends on the pace and size of the group. Meet at the parking area, 22201 Zion Road, Brookeville, MD. 18 & up • Free • Sunday, June 12 • 9-11am

6/12 Sprinklers, Bubbles and Rainbows! #18102

Come play in our backyard! Dance and run through sprinklers, make bubbles with giant bubble wands, and splash in water play stations designed for the littlest of revelers. This is what summer's all about! Bring a towel and change of clothes.
6mos & up • Free • Sunday, June 12 • 1:30-2:30pm

6/14 Storytime on the Lake: Herons #18000

See June 1 listing for all the details. Fee: \$6 (FOBH \$5)
3 & up • Tuesday, June 14 • 10-11am

6/18 Natural Yogis: Mud #18108

Nature and yoga provide essential therapeutic benefits to children of all ages. Join certified Child Light yoga instructor Lanie Lile and a park naturalist to explore varying themes in nature that will help children become more at ease in their world. FOBH \$9
2-5yrs • \$10 • Saturday, June 18 • 10-11am

6/19 Daddy & Me Fishing #18123

It's Father's Day, and there's no better way to spend time with Dad than fishing! We'll show you how to set up a simple bobber rig, bait your hook, and give you some tips on casting. We'll provide the bait and rigging supplies—you just need to catch the fish! We have fishing poles you can borrow, but if you have your own, please bring it along. Please register only those planning to fish. All registrants 16 and over must have a current Maryland fishing license. Meet at the pontoon boat dock by the boat rentals. FOBH \$9
3 & up • \$10 • Sunday, June 19 • 9-10:30am

A : Activities for Adults



Movies in the Meadow

Celebrate the summer season by gathering with friends and family to enjoy a FREE family-friendly movie by the lake's edge, under the stars. Please arrive by 8pm to get a comfy spot in the meadow next to the Visitor Center, and bring your own blanket or chair. Be sure to say "hi" to the park naturalists by the roaring campfire. S'mores and popcorn will be available for purchase. Movie begins 30 minutes after event start time. *Registration appreciated.* Ages 6 months & up. Free!

The Parent Trap (1961)

#18106 **G**

Friday, June 17 • 8-10pm

The Goonies (1985)

#18107 **PG**

Friday, August 26 • 7:30-9:30pm

6/19 Harpists at the Visitor Center #18110

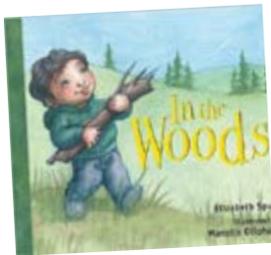
Join us for an afternoon of beautiful harp music, with the natural beauty of Black Hill all around you. No need to register; just come to the Visitor Center and enjoy. All ages • Free • Sunday, June 19 • Noon-2pm

6/19 Let's Build a Nature Fairy Garden #18124

We're building a nature fairy garden outside the Visitor Center, and we'd love your help! We need to build furniture, houses, walkways and more for the little nature fairies who live in our gardens. Construction will take place all summer long, so be sure to come back—we'll be doing something new each time. No registration needed. All ages • Free • Sunday, June 19 • 1-3pm

6/20 Babes in the Park #18127

We'll have nature play materials out to help you explore the exciting natural world around the Visitors Center with your toddler. Siblings are welcome, too. 1-3yrs • Free • Monday, June 20 • 10-11am



6/21 Time for Tots: In the Woods #18084

Enjoy a seasonal story, make a craft to go with the story, then go outside to explore nature with a park naturalist. Today's story is *In the Woods* by Elizabeth Spurr. FOBH \$5

2-5yrs • \$6 • Tuesday, June 21 • 10-11am

6/23 Bats & Beavers Pontoon Boat Cruise #18130

Join us for a sunset cruise aboard the pontoon boat. We'll search for beaver lodges and feeding sites, and hopefully see some beavers! As the sun sets, we'll use our bat detector to help us find feeding bats. Please register and pay for all participants. Meet at the pontoon boat dock by the boat rentals. You may want to bring a jacket or sweater, as it's often cooler on the boat. FOBH \$6

6 & up • \$7 • Thursday, June 23 • 7:30-9pm

6/24 Family Fishing Fun! #18119

Fishing is fun for the whole family! We'll show you how to set up a simple bobber rig, bait your hook, and give you some tips on casting. We'll provide the bait and rigging supplies—you just need to catch the fish! We have fishing poles you can borrow, but if you have your own please bring it along. Please register only those planning to fish. All registrants 16 and over must have a current Maryland fishing license. Meet at the pontoon boat dock by the boat rentals. FOBH \$9

3 & up • \$10 • Friday, June 24 • 9-11am



A 6/25 Potomac River Heritage Kayak Trip: Mallows Bay #18139

The "Nation's River" is an amazing waterway that maintains a near-wilderness quality as it flows between Maryland and Virginia to Georgetown and beyond. Each of our kayaking trips focus on a section of the Potomac or a tributary, giving us the time and luxury to take a closer look at its natural and cultural history. Today we'll visit Mallows Bay, part of the Lower Potomac River Water Trail, where a vast ship graveyard sits on the western shore of Charles County. We'll paddle around and over more than 230 wrecked ships, including 81 wooden steamships built by the U.S. government during World War I. The ships sit in a tidal marsh habitat where numerous water birds, osprey and eagles make their homes. Because of the historical and ecological significance of this area, Mallows Bay is currently under consideration as a National Marine Sanctuary. Expect to paddle for three or four hours on slow-moving water; you should be proficient at basic strokes and comfortable paddling flat water for a few hours at a time. We'll do a quick review of moving water safety considerations and maneuvers. This is not an instructional course, so if you've never paddled, please try Beginning Kayaking first. Fee covers kayak, paddle, PFD, a dry bag, and round-trip transportation from Black Hill Regional Park to the river location. FOBH \$68

18 & up • \$70 • Saturday, June 25 • 8am-7pm

A 6/25 Birding for Beginners #18138

Come find out why almost 50 million Americans are birders and bird-watchers. Meet at the Visitor Center, where we'll go over the basics, including how to select and use binoculars. Then we'll go outside and do some birding! FOBH \$13

16 & up • \$14 • Saturday, June 25 • 9:30am-Noon

6/26 Stream Adventures: Black Hill #18145

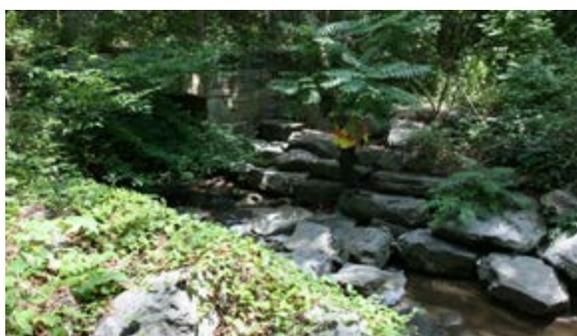
What lives in a stream? Let's wade into the water and use nets to see what insects, fish, frogs and other animals we can find. Please wear boots or closed-toe shoes that you don't mind getting wet (no flip-flops, please). All children must be accompanied by an adult. Meet at the parking area next to the greenhouse, across from the Park Office on Lake Ridge Drive. Trail map. FOBH \$6

2-12yrs • \$7 • Sunday, June 26 • 1:30-3pm



Birthday Parties at Black Hill

Visitor Center
Call 301-528-3492 for more information.



A 6/27 Suitland Bog & Cheltenham Wetlands Visit #18153

Join us for a day trip to visit two unique wetlands in Prince George's County. Suitland Bog, a most distinctive type of wetland, celebrates its 40th anniversary with the M-NCPPC park system. It has a variety of rare and threatened plants that thrive in its unique habitat. After a picnic lunch, we'll head to Cheltenham Wetland Park with its boardwalk and scenic overlooks for some birding. Bring a bagged lunch, water, sunscreen, bug repellent and good hiking shoes. Meet at the Visitor Center. FOBH \$25 18 & up • \$30 • Mon., June 27 • 8:30am-3:30pm

6/27 Family Canoe Adventure #18234

Come have your very own family canoe adventure on Little Seneca Lake. We'll head out on the lake in our canoes to explore and see the sites, maybe catch a glimpse of a cool critter, and have good family fun. Paddling experience is not necessary, but you must be comfortable being on the water and be able to swim. You may get wet, so dress accordingly. All necessary equipment is provided. Please wear a hat, sunglasses with a strap, water sandals or shoes (no flip-flops, please) and bring water. Meet in front of the gazebo by the pontoon boat dock and boat rental area. Children age 14 and under must be accompanied by an adult. No fee for children ages 6-14. FOBH \$19 6 & up • \$20/age 15 & up • Mon., June 27 • 5:30-7:30pm

6/28 Bats & Beavers Pontoon Boat Cruise #18131

See June 23 listing for all the details. FOBH \$6 6 & up • \$7 • Tuesday, June 28 • 7:30-9pm

6/29 Storytime on the Lake: Beavers #18003

See June 1 listing for all the details. FOBH \$5 3 & up • \$6 • Wednesday, June 29 • 10-11am

JULY 2016

7/2 DIY Nature #18267

Stop by the Visitor Center Information Desk and borrow a nature knapsack to help you explore Black Hill Regional Park. Contents of the bag will change, but could include scavenger hunts, magnifying glasses, nature journals and activities. Let your imagination and curiosity lead you! Supplies are limited; bags are loaned out on a first-come, first-serve basis. Please return bags by 5:30pm. All ages • Free • Saturday, July 2 • 1-4pm

7/3 DIY Nature #18269

See July 2 listing for all the details. All ages • Free • Sunday, July 3 • 1-4pm

7/5 Nature Babies #18091

See June 7 listing for all the details. FOBH \$5 3-18mos • \$6 • Tuesday, July 5 • 10-11am

7/7 Time for Tots: Beneath the Sun #18085

Enjoy a seasonal story, make a craft to go with the story, then go outside to explore nature with a park naturalist. Today's story is *Beneath the Sun* by Melissa Stewart and Constance Bergum. FOBH \$5 2-5yrs • \$6 • Thursday, July 7 • 10-11am

7/8 Fishing with Li'l Ones #18018

See June 3 listing for all the details. FOBH \$6 3-6yrs • \$7 • Friday, July 8 • 9-10:30am

7/9 Nature Architects #18156

Erect a tower, build a boat, make a mud pie...it's time to let your inner architect out! We'll venture into different park habitats to design and construct things using natural objects and materials. What we do will depend on the weather and the things we can find. But no matter what we do, come dressed for the weather and ready to get dirty. FOBH \$5 3-12yrs • \$6 • Saturday, July 9 • 1:30-2:30pm

A 7/10 Ladies' Trek: Cabin Branch #18157

Want to hike but don't quite know where to go? Meet other women and hike park trails with a park naturalist. Hike lengths vary with the pace of each group. Today we'll hike in the Cabin Branch Area of Black Hill Regional Park. We'll have views of the lake but also the cover of the forest. Bring along binoculars in case we see something really cool. Meet at the gravel parking area by the boat launch on Black Hill Road in Black Hill Regional Park. FOBH \$11 18 & up • \$12 • Sunday, July 10 • 9-11am

7/10 Stream Adventures: Black Hill #18147

See June 26 listing for all the details. Trail map. FOBH \$6 2-12yrs • \$7 • Sunday, July 10 • 1-2:30pm

7/11 Family Canoe Adventure #18262

See June 27 listing for all the details. No fee for children ages 6-14. FOBH \$19 6 & up • \$20/age 15 & up • Mon., July 11 • 5:30-7:30pm

7/13 Bats & Beavers Pontoon Boat Cruise #18132

See June 23 listing for all the details. FOBH \$6 6 & up • \$7 • Wednesday, July 13 • 7:30-9pm

7/14 Storytime on the Lake: Dabblers and Divers #18004

See June 1 listing for all the details. FOBH \$5 3 & up • \$6 • Thursday, July 14 • 10-11am

A : Activities for Adults

7/16 Bats at the Beach Storytime #18166



Grab your moon-tan lotion and a cozy blanket and listen to this whimsical tale by Brian Lies. If the weather cooperates, we'll make a blanket tent in the shade the read our story together. We'll talk about what bats really do on a summer's evening, and make a batty craft. FOBH \$5
2-6yrs • \$6 • Saturday, July 16 • 10-11am

7/16 Sprinklers, Bubbles and Rainbows! #18103

See June 12 listing for all the details.
6mos & up • Free • Saturday, July 16 • 2-3pm

7/17 Harpists at the Visitor Center #18111

See June 19 listing for all the details.
All ages • Free • Sunday, July 17 • Noon-2pm

7/17 Let's Build a Nature Fairy Garden #18125

See June 19 listing for all the details.
All ages • Free • Sunday, July 17 • 1-3pm

7/18 Babes in the Park #18128

See June 20 listing for all the details.
1-3yrs • Free • Monday, July 18 • 10-11am

7/19 Time for Tots: A Log's Life #18086

Enjoy a seasonal story, make a craft to go with the story, then go outside to explore nature with a park naturalist. Today's story is *A Log's Life* by Wendy Pfeffer. FOBH \$5
2-5yrs • \$6 • Tuesday, July 19 • 10-11am

7/19 Bats & Beavers Pontoon Boat Cruise #18133

See June 23 listing for all the details. FOBH \$6
6 & up • \$7 • Tuesday, July 19 • 7:30-9pm

7/21 Beginning Recreational Kayaking #18012

See June 2 listing for all the details. FOBH \$30
12 & up • \$32 • Thursday, July 21 • 6:30-8:30pm

7/23 DIY Nature #18271

See July 2 listing for all the details.
All ages • Free • Saturday, July 23 • 1-4pm

7/24 Stream Adventures: Black Hill #18148

See June 26 listing for all the details. Trail map. FOBH \$6
2-12yrs • \$7 • Sunday, July 24 • 1-2:30pm

7/28 Storytime on the Lake: Turtles #18005

See June 1 listing for all the details. FOBH \$5
3 & up • \$6 • Thursday, July 28 • 10-11am

7/28 Stream Adventures: Black Hill #18149

See June 26 listing for all the details. Trail map. FOBH \$6
2-12yrs • \$7 • Thursday, July 28 • 6-7:30pm

7/29 Family Fishing Fun! #18121

See June 24 listing for all the details. FOBH \$9
3 & up • \$10 • Friday, July 29 • 9-11am

7/30 Beginning Recreational Kayaking #18014

See June 2 listing for all the details. FOBH \$30
12 & up • \$32 • Saturday, July 30 • 9-11am

7/30 Get Lost! #18170

Are you looking for a family adventure? Then join us for an introduction to getting lost! Okay, not "lost"—we really mean geocaching and letterboxing. We'll teach you a little bit about each activity and let you practice some new skills to get ready for your own fun family adventure. Please register everyone attending; kids are free. FOBH \$11/Adults
6 & up • \$12/Adults • Saturday, July 30 • 2-4pm

7/31 Wetland Wonders: Germantown Town Center Urban Park #18173

Wildlife in the city? You bet! Come join us as we explore the wetlands life at the new Germantown Town Center Urban Park. We'll look for frogs, salamanders, bugs and more as we learn about these awesome wetlands. Please wear shoes and clothes that you don't mind getting muddy. Meet at the entrance to the park closest to the Germantown Library, 19840 Century Blvd., Germantown, MD 20874. FOBH \$5
3-12yrs • \$6 • Sunday, July 31 • Noon-1pm



Nature Programs
in Black Hill Regional Park



A 7/23 Potomac River Heritage Kayak Trip #18142

The "Nation's River" is an amazing waterway that maintains a near-wilderness quality as it flows between Maryland and Virginia to Georgetown and beyond. Each of our kayaking trips focus on a section of the Potomac or a tributary, giving us the time and luxury to take a closer look at its natural and cultural history. Expect to paddle for three or four hours on slow-moving water; you should be proficient at basic strokes and comfortable paddling flat water for a few hours at a time. We'll do a quick review of moving water safety considerations and maneuvers. This is not an instructional course, so if you've never paddled, please try Beginning Kayaking first. Fee covers kayak, paddle, PFD, a dry bag, and round-trip transportation from Black Hill Regional Park to the river location. FOBH \$68
18 & up • \$70 • Saturday, July 23 • 8am-5pm





7/31 Science Sunday: Stream Scientists #18044

Science is awesome, messy, and fun! Join a park naturalist as we explore the awesome world of science around the park. Streams are alive! We'll head out in search of tiny critters that can tell us all about the health of our streams. Please wear clothes you don't mind getting wet and dirty (no flip-flops, please). Meet at the Visitor Center. FOBH \$6
6-12yrs • \$7 • Sunday, July 31 • 3-4:30pm

AUGUST 2016

8/1 Family Canoe Adventure #18263

See June 27 listing for all the details. No fee for children ages 6-14. FOBH \$19
6 & up • \$20/age 15 & up • Mon., Aug. 1 • 5:30-7:30pm

8/2 Nature Babies #18092

See June 7 listing for all the details. FOBH \$5
3-18mos • \$6 • Tuesday, Aug. 2 • 10-11am



8/3 Time for Tots: Some Bugs #18087

Enjoy a seasonal story, make a craft to go with the story, then go outside to explore nature with a park naturalist. Today's story is *Some Bugs* by Angela DiTerlizzi and Brendan Wenzel. FOBH \$5
2-5yrs • \$6 • Wednesday, Aug. 3 • 10-11am

8/5 Fishing with Li'l Ones #18019

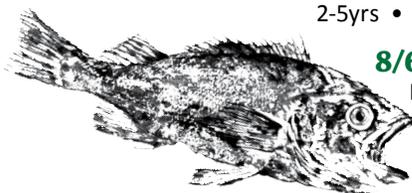
See June 3 listing for all the details. FOBH \$6
3-6yrs • \$7 • Friday, Aug. 5 • 9-10:30am

8/5 Stargazing at Black Hill #18177

The planets Mars and Saturn will be the highlights of tonight's stargazing. They'll be close to the constellation Scorpius, whose brightest star (the red super giant Antares) is called the "rival of Mars." The bright Summer Triangle, formed by the stars Altair, Vega and Deneb, will be rising in the east. We'll learn about the upcoming Perseids meteor shower and, if we're lucky, maybe even spot one tonight! We'll start indoors with a half-hour preview of tonight's sky, then head outside to join our volunteers and their telescopes under the stars to see what we can find. Rain date Saturday, August 6.
5 & up • \$2 • Friday, Aug. 5 • 8:30-10pm

8/6 Natural Yogis: Summer Sun #18109

See June 18 listing for all the details. FOBH \$9
2-5yrs • \$10 • Saturday, Aug. 6 • 10-11am



8/6 Fish Prints #18207

Fish printing started in Japan more than one hundred years ago, so fisherman could record the size of their catches. We'll use the same time-tested technique and have lots of fun creating beautiful, messy art. FOBH \$5
4 & up • \$6 • Saturday, Aug. 6 • 1-2pm

8/7 Hike to Cool Springs #18208

Yes, it's hot out there. But why not get some exercise, enjoy the great outdoors and delight in the slightly cooler temperatures along Cool Spring Run? Join a park naturalist for a hike to the spring and along the edge of Little Seneca Lake. Meet at the Visitor Center. Wear hiking shoes/boots and a hat; bring water. FOBH \$9
5 & up • \$10 • Sunday, Aug. 7 • 9-11am

8/7 Sprinklers, Bubbles and Rainbows! #18104

See June 12 listing for all the details.
6 mos & up • Free • Sunday, Aug. 7 • 1-2pm

8/9 Beginning Recreational Kayaking #18015

See June 2 listing for all the details. FOBH \$30
12 & up • \$32 • Tuesday, Aug. 9 • 6:30-8:30pm

8/10 Storytime on the Lake: Dragonflies #18006

See June 1 listing for all the details. FOBH \$5
3 & up • \$6 • Wednesday, Aug. 10 • 10-11am



8/11 Bats & Beavers Pontoon Boat Cruise #18134

See June 23 listing for all the details. FOBH \$6
6 & up • \$7 • Thursday, Aug. 11 • 7-8:30pm

8/13 Stream Adventures: Little Bennett #18152

What lives in a stream? Wade into the water and use nets to see what insects, fish, frogs and other animals we can find. Please wear boots or closed-toe shoes that you don't mind getting wet (no flip-flops, please). All children must be accompanied by an adult. Today we'll explore Little Bennett Creek. Meet at the Kingsley School House parking area on Clarksburg Road in Little Bennett Regional Park. FOBH \$9
2-12yrs • \$10 • Saturday, Aug. 13 • 1-3pm

8/14 A History of Eagles at Black Hill #18209

Black Hill Regional Park is honored to be a home to the bald eagle, our national bird. Join us to learn the local history behind our resident eagles. We'll also visit a few of their favorite perches and try to catch a glimpse of one of these magnificent birds. FOBH \$6
6 & up • \$7 • Sunday, Aug. 14 • 10:30am-Noon

8/14 Something Awesome! #18024

See June 4 listing for all the details.
1 & up • Free • Sunday, Aug. 14 • 1-2:30pm

8/15 Babes in the Park #18129

See June 20 listing for all the details.
1-3yrs • Free • Monday, Aug. 15 • 10-11am

8/18 Time for Tots: The Rainbow Fish #18088

Enjoy a seasonal story, make a craft to go with the story, then go outside to explore nature with a park naturalist. Today's story is *The Rainbow Fish* by Marcus Pfister and J. Alison James. FOBH \$5
2-5yrs • \$6 • Thursday, Aug. 18 • 10-11am

8/20 Beginning Recreational Kayaking #18016

See June 2 listing for all the details. FOBH \$30
12 & up • \$32 • Saturday, Aug. 20 • 9-11am

8/20 Sprinklers, Bubbles and Rainbows! #18105

See June 12 listing for all the details.
6mos & up • Free • Saturday, Aug. 20 • 1:30-2:30pm

A 8/21 Potomac River Heritage Kayak Trip #18143

See July 23 listing for details. The exact location of this trip will depend on weather and river conditions on that day. FOBH \$68
18 & up • \$70 • Sunday, Aug. 21 • 8am-5pm

8/21 Harpists at the Visitor Center #18112

See June 19 listing for all the details.
All ages • Free • Sunday, Aug. 21 • Noon-2pm

8/21 Let's Build a Nature Fairy Garden #18126

See June 19 listing for all the details.
All ages • Free • Sunday, Aug. 21 • 1-3pm

8/25 Storytime on the Lake: Monarch Butterflies #18007

See June 1 listing for all the details. FOBH \$5
3 & up • \$6 • Thursday, Aug. 25 • 10-11am

8/26 Family Fishing Fun! #18122

See June 24 listing for all the details. FOBH \$9
3 & up • \$10 • Friday, Aug. 26 • 9-11am

8/27 DIY Nature #18273

See July 2 listing for all the details.
All ages • Free • Saturday, Aug. 27 • 1-4pm

8/28 DIY Nature #18275

See July 2 listing for all the details.
All ages • Free • Sunday, Aug. 28 • 1-4pm

8/31 Time for Tots: A Butterfly Is Patient #18089

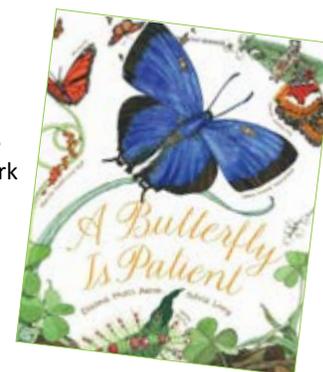
Enjoy a seasonal story, make a craft to go with the story, then go outside to explore nature with a park naturalist. Today's story is *A Butterfly Is Patient* by Dianna Hutts Aston. FOBH \$5
2-5yrs • \$6 • Wednesday, Aug. 31 • 10-11am

8/31 Bats & Beavers Pontoon Boat Cruise #18135

See June 23 listing for all the details. FOBH \$6
6 & up • \$7 • Wednesday, Aug. 31 • 6:30-8pm



Nature Programs
in Black Hill Regional Park



A: Activities for Adults



Montgomery Parks
FOUNDATION

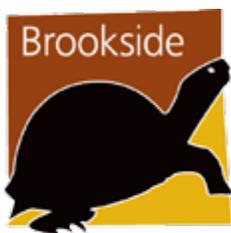
MAY 1st - NOVEMBER 1st WWW.GET-TO-KNOW.ORG

Get To Know
2016 CONTEST



Get outside, Get inspired...

With the parks as your muse, your creativity has no bounds!



Nature Center
in Wheaton Regional Park

BROOKSIDE NATURE CENTER

1400 Glenallan Avenue • Wheaton, MD 20902 • 301-962-1480 • www.BrooksideNature.org
Open Tuesday–Saturday, 9am–5pm; Sunday, 1–5pm. Trails open daily, dawn to dusk.

Free Programs at Brookside Nature Center

*Looking for things to do with your family that are fun, educational and exciting?
Brookside Nature Center is the place to be! These weekend programs are **FREE** and do **not** require registration.*



A Ladies Hike Out: Agricultural History Farm Park #18081

Friday, June 17, 10:30-11:30am

Before the summer heat settles in, we'll walk around the expansive open fields of the Ag Farm, enjoying a view of what Montgomery County looked like before 1950 (when most of it was still farm and dairy land). Expect to cover up to three miles on natural surface trails as we welcome summer and learn about the county's rural past. Directions to the meeting site will be emailed to registered participants. Rain cancels program. 18 & up • Free • Friday, June 17 • 9:30-11:30am

Nature Exploration in Wheaton Regional Park

Tuesdays, 10:30-11:30am

Join a naturalist at the Wheaton Regional Park playground (off Shorefield Road) to explore what's happening outside! New topics will be introduced every session. Look for Brookside Nature Center's banner by the main playground, and discover what's going on in the park—and maybe even your backyard! No registration required; rain cancels program. 1 & up • Free • June 21, July 19, August 16

Get Outside! Saturdays, 10-11am

Head outside with a naturalist at Brookside Nature Center to connect with what's happening in the woods, in the meadows, or around the ponds. Sometimes we'll explore the trails around the nature center, and other times we'll explore other areas in Wheaton Regional Park or Maydale Nature Center. Children over 3 and adults must register. Rain cancels program. 3 & up • FREE.

Brookside Nature Center

June 4, 11, 18, 25; July 2, 9, 23, 30; August 6, 13, 20, 27

Maydale Nature Center

July 16

Brookside Nature Challenge

Saturdays, 2-3pm

Are you looking for a family activity to help you reconnect with nature and friends? This weekend program is for you! We might search for native wildlife one weekend, then track the motion of the sun on another. The activities are designed to help you have fun in nature. Play, discover, and connect at Brookside Nature Center! 4 & up • FREE
Every Saturday • June 4–August 27

Creature Feature Sundays, 1:30-2pm

Join a naturalist every Sunday to learn about the animals who live in and around Wheaton Regional Park. Discover the amazing adaptations and features of the different animals on display in the nature center. This free program doesn't require registration. 1 & up • FREE • Every Sunday • June 5–August 28

Storytimes Sundays, 3-3:30pm

Join our volunteers every Sunday to enjoy a wonderful story that highlights the nature found in and around the nature center: be it plants, animals, rocks, sun or weather. After the story, we'll take a short stroll to find examples of what was highlighted in the story (if weather permits). 3-6yrs • FREE • Every Sunday • June 5–August 28

What Are You Missing? Sundays, 4-4:30pm

Look around...listen...breathe deep...touch! Our understanding of the world around us is based on what we can sense, and what we can imagine. As humans, we have limited senses of hearing and sight—and our sense of time also has an effect on what we understand. Join a Brookside naturalist to learn how to use different tools to expand your powers of observation and sharpen your senses. You never know what you'll discover when you take a closer look! Ages 5 & up • FREE • Every Sunday • June 5–August 28



CHILDREN'S DAY 2016: HONEY HARVEST FESTIVAL

Saturday,
September 17
11am–4pm



Celebrate honeybees and other pollinators. Talk to beekeepers, watch honey being harvested, buy local honey and bee products and enjoy family-friendly activities and crafts. We'll be buzzing about pollinators all day long!

A : Activities for Adults

Weekday Programs at Brookside Nature Center



© Sue Lisk

Back in Time at the Harper 1870s Homestead Thursdays, 10-11am

Step back in time and experience what life might have been like for a family living off the land. Where would you sleep? What would you eat? What would your day have been like? Each time you visit, you'll experience a new activity at the cabin. We'll tackle the daily chores and enjoy the social pastimes, with hands-on activities and interactive fun. 4-11yrs • \$8.

Course #17996 • July 14 Course #18001 • August 11
Course #17999 • July 28 Course #18002 • August 25



Birthday Parties at Brookside Nature Center
Call 301-962-1480 for more information.

JUNE 2016

6/12 Nature Detectives: The Case of the Missing Honeybee #19253

Hollie the Honeybee is missing! Help us find her as we walk along the grounds of the nature center in search of the places and foods that honeybees like.
3-12yrs • \$6 • Sunday, June 12 • 10-11am

JULY 2016

7/9 Junior Bird Hike #19309

Join us for a hike around Brookside Nature Center as we look for and identify common birds in our area, and explore where they live and what they eat.
3-12yrs • \$6 • Saturday, July 9 • 10-11am

7/10 Nature Detectives: The Case of the Mysterious Bone #19258

We've found a set of bones by the pond of the nature center! Help us identify what happened and what they're from as we explore life on the pond and the reptiles and animals that live there.
3-12yrs • \$6 • Sunday, July 10 • 10-11am

AUGUST 2016

8/13 Junior Tree ID #19310

Join us for a hike around Brookside Nature Center as we look for and identify common trees in our area and learn how important they are to wildlife.
3-12yrs • \$6 • Saturday, August 13 • 10-11am

8/14 Nature Detectives: The Case of the Mystery Prints #19307

Who left those footprints by the Maydale ponds? Learn how to make plaster casts of footprints and identify the animals that might have left them behind at Maydale Nature Center.
3-12yrs • \$6 • Sunday, August 14 • 10-11am

8/21 Cricket Crawl #19248

How do you tell the difference between a cricket, a katydid, and a frog? Join us as we learn and listen for the sounds of summer as we walk along the grounds of the nature center. Rain will cancel program. *Adults and children ages 3 and up must register for this program.*
3 & up • \$6 • Sunday, August 21 • 8-9pm



Nature Programs for Everyone

- Homeschool groups
- Scout groups
- Mommy & Me/Daddy & Me groups
- Church groups
- Camp-Inns: An overnight experience
- Seniors

You deserve the very best nature programs! Brookside Nature Center offers hands-on, experiential programs year-round for groups as small as 10, from preschool children to seniors.

Choose from a wide variety of topics. Programs vary in length from 45 minutes to three hours, and are tailored to your group's educational level and interests.

Our staff's expertise and love of nature will help your group learn to love and respect nature, increase problem-solving, language and observational skills, and have a lot of fun!

Visit our website and click on the "Group Programs" tab or call us today for more information.

BrooksideNature.org | 301-962-1480

THE BEST PARTIES START AT CABIN JOHN REGIONAL PARK!

Planning a birthday or other celebration? Cabin John Regional Park offers unique and affordable places to party, including Cabin John Train and Cabin John Ice Rink.



PARTY... ON THE TRAIN!

Party packages at Cabin John Train include:

- Train Station Party Room rental (cap. 50) with tables, chairs and refrigerator.
- Train tickets (20 for 2-hour party; 40 for 5-hour party)
- No-wait priority seating
- Photo ops on the locomotive!
- Choose from 2-hour (**\$200**) or 5-hour (**\$400**) parties

Reserve your date online at ActiveMONTGOMERY.org

CabinJohnTrain.com ♦ 301-650-2880

PARTY... ON THE ICE!

Party packages at Cabin John Ice Rink include:

- Rental of one (cap. 25, **\$75/hour**), two (cap. 50, **\$150/hour**) or three (cap. 75, **\$225/hour**) party rooms at the rink
- Use of tables and chairs
- Birthday boy or girl skates free!
- Birthday party food packages available

Schedule your party before or after a Public Skating Session (**\$9** covers admission and skates for party guests) or rent a whole rink! Rent the Studio Rink (**\$200/hour**), NHL Rink or Olympic Rink (each **\$340/hour**). Prices effective through August 31, 2016.

CabinJohnIce.com ♦ 301-765-8620
CJIceParties@MontgomeryParks.org

VISIT EACH FACILITY'S WEBSITE OR CALL FOR MORE DETAILS!





Nature Center
in Cabin John Regional Park

LOCUST GROVE NATURE CENTER

7777 Democracy Blvd. • Bethesda, MD 20817 • 301-765-8660 • www.LocustGroveNature.org

Open Wednesday 9am-4pm; Saturday 9am-5pm; Sunday 1-5pm.

Trails open daily, dawn to dusk.

JUNE 2016

6/3 Evening Stream Splash and Campfire #17991

Have a blast exploring Cabin John Creek's pools and riffles after enjoying a campfire cookout. We'll wade around to see what lives under the rocks and in the cool water, and look for animals that live nearby. Please bring your own hot dogs and rolls, and we'll provide s'mores. Everyone needs footwear for the stream (like aqua shoes—no flip-flops, please!) Please register and pay for everyone.

3 & up • \$7 • Friday, June 3 • 5:30-7pm

A 6/11 Explore Wild Montgomery #17994

Explore Wild Montgomery with a Locust Grove Park Naturalist. Today we'll take a 3-mile hike in Black Hill Regional Park, observing wildlife on the lake and in the forest. Meet at Black Hill Regional Park in the parking lot by the visitor center.

18 & up • Free • Saturday, June 11 • 10-11:45am

6/17 Evening Stream Splash and Campfire #17992

See June 3 listing for all the details.

3 & up • \$7 • Friday, June 17 • 5:30-7pm

6/19 Summer Solstice #17995

Come celebrate the eve of the first day of summer by taking a naturalist-led hike and enjoying a campfire! We'll explore the woods around Locust Grove to see what flora and fauna are out welcoming summer, then roast marshmallows over an open fire. Please register and pay for everyone.

2 & up • \$6 • Sunday, June 19 • 7-8pm

AUGUST 2016

8/19 Evening Stream Splash and Campfire #17993

See June 3 listing for all the details.

3 & up • \$7 • Friday, Aug. 19 • 5:30-7pm

8/26 Friday Night Hike and Campfire #17998

Enjoy a nature walk under the night sky with one of our naturalists, then roast marshmallows over a campfire. Please register and pay for everyone.

2 & up • \$6 • Friday, Aug. 26 • 7-8pm

A : Activities for Adults

*There are still a few openings left in these wonderful **Locust Grove Summer Camps**. Register soon—summer will be here before you know it!*

Camping Camp
Ages 8-12 • Fee: \$290 • 9am-3:30pm
Course #12370 • July 11-15

Going Buggy
Ages 6-10 • Fee: \$290 • 9am-3:30pm
Course #12371 • July 18-22

Nature Film School Camp
Ages 8-12 • Fee: \$350 • 9am-3:30pm
Course #12352 • June 27-July 1

Nature Nuggets
Ages 6-10 • Fee: \$290 • 9am-3:30pm
Course #12381 • August 8-12

Nature Tykes
Ages 4-5 • 9am-Noon
Wild Child, June 20-24, \$165 • Course #12345
Water Fun, July 5-8, \$132 • Course #12347
Furry Forest Friends, July 25-29, \$165 • Course #12348

Wild in the Woods
Ages 6-10 • Fee: \$290 • 9am-3:30pm
Course #12380 • August 1-5

Visit MontgomeryParks.org/Camps for more info, and register at ActiveMONTGOMERY.org



Birthday Parties at Locust Grove Nature Center
Call 301-765-8668 for more information.

5 Fun Things to Do This Summer

in Montgomery Parks

1

Rediscover Brookside Gardens! The new entrance and parking garden are complete, and some beautiful new features have been added. To celebrate, we're hosting parties and events all summer. BrooksideGardens.org

2

Check out a fun summer event! There's the Flocks & Farms Festival May 22, live music at Brookside Gardens in June, and the Great Outdoors Festival at Little Bennett Campground August 20, to name a few. With more than 400+ parks, there's probably something fun going on in a park near you! MontgomeryParks.org/festivals



3

Get fit for free! Walk, run or ride on more than 100 miles of trails in Montgomery Parks. Take a step toward fitness on the HeartSmart Trails in South Germantown, Brookside Gardens and MLK Park. Or get an open-air workout on the fitness equipment located in many of our parks. MontgomeryTrails.org



Party in the parks! We have lots of great places for birthday parties: train stations, nature centers, Brookside Gardens, Wheaton Sports Pavilion, ice rinks, tennis centers, park activity buildings, South Germantown Splash Playground, Lake Needwood (throw a fishing b'day party!) and more. MontgomeryParks.org

4



5

Kayak, canoe, fish, paddle and picnic at Lake Needwood or Little Seneca Lake! These two beautiful lakes are a great place to spend a lazy summer day. MontgomeryParks.org/boats



Visit here for even more...

MontgomeryParks.org/Activities





MEADOWSIDE NATURE CENTER

5100 Meadowside Lane • Rockville, MD 20855 • 301-258-4030
 MeadowsideNature.org • Meadowside@MontgomeryParks.org
 Open Tuesday–Saturday, 9am–5pm. Trails open daily dawn to dusk.

Earn Boy Scout Badges this Summer at Meadowside Nature Center!

Get some hands-on fun and earn your Boy Scout badges at the same time! For more information, please visit MontgomeryParks.org/Camps. Ages 10-17. *Please bring a bag lunch.*



Mammal Study Merit Badge #12586

What do humans, cats, bats, whales, elephants, horses and anteaters have in common? They're all mammals! Learn the characteristics of our animal class in this hands-on workshop. We'll work on all five requirements for this badge, including a project that will benefit some of the mammals in Rock Creek Regional Park.

Wednesday, July 6 • 10am-2:30pm • Fee: \$50

Bird Study Merit Badge #12587

Earning your Bird Study merit badge is a great beginning to a fun and fulfilling lifelong hobby! Scouts will look for native birds at a local birding hot spot, learn about bird identification and calls and more in this two-day class.

2 Classes • Thursday, July 7 and Friday, July 8
 10am-2:30pm each day • Fee: \$100

The classes listed below are full, but you can get on the waitlist at ActiveMONTGOMERY.org
 Chemistry Merit Badge • Environmental Science Merit Badge • Geology Merit Badge: Wild Cave Excursion

JUNE 2016



6/11 Osprey Banding on the Patuxent #18364

Spend the morning visiting osprey nesting platforms by boat with naturalist **Greg Kearns**. Greg has been conducting osprey research for close to 30 years! He'll share his research and lots of great stories as we travel along the Patuxent River banding juvenile osprey. *Meet at Meadowside and bring a snack, water and sunscreen. Van transportation included in fee.*
 12 & up • \$40 • Saturday, June 11 • 7:30am-12:30pm



A 6/15 Champion Trees Tour and Hike #18549

Montgomery County is home to international, national, state, and county champion trees. Half the trees on this year's tour are newly designated champions! We'll see redbud, ginkgo, pin oak, pignut hickory, black willow and more on our loop tour through Kensington and Bethesda. Join guests **Joe Howard** of the Montgomery County Forestry Board and Montgomery Parks Forest Ecologist **Carole Bergmann** to learn about each tree and what makes them champions. *Van transportation included in fee; meet at Meadowside. Bring a drink and snack, and plan to do some walking. Registration required.*
 18 & up • \$20 • Wednesday, June 15 • 10am-1pm

A : Activities for Adults



6/16 Thursday Night Campfires: Father's Day Campfire #18264

Spend your Thursday evening at our campfire learning about some "wild" fathers as we enjoy dinner with our Dads. Bring your own hot dogs and drinks. We'll supply buns and the fixin's, and s'mores for dessert! Please register all participants; fee is for children only. 2 & up • \$8 • Thursday, June 16 • 6:30-7:30pm

6/18 Make It Take It: Celebrate Eagles #18299

It's almost National Bald Eagle Day! Celebrate by making a fun eagle-inspired craft. 2 & up • \$2 • Saturday, June 18 • 11:30am-1:30pm

6/22 Tyke Hike: Fish #18541

Take a nature mini-hike and make a craft to take home. Registration required; children must be accompanied by an adult. 2-3yrs • \$5 • Wednesday, June 22 • 10:30-11:15am

6/22 Gone Fishin' #18382

Let's try our luck catching fish on the shoreline of Lake Needwood. We'll supply the fishing poles! Meet at Lake Needwood Boat House (15700 Needwood Lake Circle, Rockville, MD 20855). 7-9yrs • \$6 • Wednesday, June 22 • 6-7pm

6/23 Thursday Night Campfires: Amphibians #18578

Spend your Thursday evening at our campfire roasting marshmallows and enjoying a naturalist-led program. Tonight we'll take a look at some of our resident amphibians. Please register all participants; fee is for children only. 3 & up • \$6 • Thursday, June 23 • 7:30-8:15pm

6/24 Storytime on Lake Needwood: Geese and Herons #18534

Take a storytime cruise around the lake aboard the Needwood Queen pontoon boat. We'll read a story onboard, then look for what's swimming, soaring, and standing nearby. You must register and pay for all participants (no underage siblings, please). Meet at Lake Needwood Boathouse (15700 Needwood Lake Circle, Rockville, MD 20855). 3 & up • \$3/adult, \$7/child • Fri., June 24 • 11-11:45am

6/24 Splish-Splash, Drip, Plop #18527

Wade in the water to see what's swimming, diving, and living in the stream. Wear shoes you don't mind getting wet (for your safety, don't wear flip-flops or backless sandals). Registration required. 3-12yrs • \$6 • Friday, June 24 • 1-2pm

6/25 Alien Invaders #18576

Our park's native plants are being choked and overgrown by alien invasive plants. Help us remove these non-natives! Bring leather work gloves or borrow ours; wear long pants and sleeves, and closed-toe shoes. SSL-approved. Registration required. 8 & up • Free • Saturday, June 25 • 10-11am

6/25 Explore a Stream #18577

What lives in the stream? We'll wade into the water and use nets to look for crayfish, fish, and insects. Wear shoes you don't mind getting wet (for your safety, don't wear flip-flops or backless sandals). Registration required. 3-12yrs • \$6 • Saturday, June 25 • 1-2pm

6/29 Storytime on Lake Needwood: Turtles #18535

See June 24 listing for all the details. 3 & up • \$3/adult, \$7/child • Wed., June 29 • 11-11:45am

Nature Matters Lecture Series

This intriguing free lecture series focuses on local nature and conservation topics of interest to all. Check-in and refreshments (including adult beverages) begin at 6:45pm, and the one-hour lecture followed by Q&A begins at 7pm.



6/29 Nature Matters: Climate Change on Native Plants #18329

Our local native flora is essentially tied to other aspects of the ecosystem including weather patterns. While many animals have the ability to move when conditions become rapidly unfavorable, plants don't have that option. Dr. Sara Via with the University of Maryland examines the effects our changing climate has on native plant communities and the animal populations they support. 14 & up • Free • Wednesday, June 29 • 6:45-8:15pm

JULY 2016

7/5 Lost Ladybug Project #18330

Over the past twenty years, native ladybugs that were common have become extremely rare, while non-native ladybug populations are increasing in numbers and range. Become a citizen scientist as we take on the Lost Ladybug Project to help find out which ladybugs are living in the meadows surrounding Meadowside Nature Center. Join us as we collect, identify and take pictures in order to help scientists save these beautiful creatures! We'll provide all of the necessary supplies. Children must be accompanied by an adult.

3 & up • Free • Tuesday, July 5 • 10-11am



7/6 Storytime on Lake Needwood: Geese and Herons #19699

See June 24 listing for all the details.

3 & up • \$3/adult, \$7/child • Wed., July 6 • 11-11:45am

7/7 Thursday Night Campfires: Creatures of the Night #18331

Spend your Thursday evening with us and enjoy a naturalist-led night hike to search for signs of Meadowside's resident night-time creatures. Afterwards, we'll roast marshmallows at the campfire and listen to a story. Please register all participants; fee is for children only.

3 & up • \$6 • Thursday, July 7 • 8-9:15pm

7/8 Splish-Splash, Drip, Plop #18528

See June 24 listing for all the details.

3-12yrs • \$6 • Friday, July 8 • 1-2pm

7/13 Storytime on Lake Needwood: Signs of Beaver #18537

See June 24 listing for all the details.

3 & up • \$3/adult, \$7/child • Wed., July 13 • 11-11:45am

7/14 Thursday Night Campfires: Moths Campfire #18294

Spend your Thursday evening at our campfire enjoying a naturalist-led program. Tonight we'll observe and learn about some of our local moths. We'll see how many different kinds of moths visit our moth lure, and finish the evening with a toasty treat. Please register all participants; fee is for children only.

2 & up • \$6 • Thursday, July 14 • 8:30-9:15pm

7/15 Splish-Splash, Drip, Plop #18529

See June 24 listing for all the details.

3-12yrs • \$6 • Friday, July 15 • 1-2pm



7/16 Morning Bird Walk #18334

Join us on a naturalist-guided bird walk through our park. Bring some binoculars, or borrow ours. We're sure to see and hear a variety of birds. Beginners are welcome!

6 & up • \$6 • Saturday, July 16 • 7:30-9am

7/16 Make It Take It: Twirling Ladybug #18318

Craft a twirling ladybug and learn more about the Lost Ladybug Project. (See listing on July 5 for more info.)

2 & up • \$2 • Saturday, July 16 • 11:30am-1:30pm

7/20 Tyke Hike: Birds #18542

Take a nature mini-hike and make a craft to take home. Registration required; children must be accompanied by an adult.

2-3yrs • \$5 • Wednesday, July 20 • 10:30-11:15am

7/21 Thursday Night Campfires: Paul Bunyan #18373

Spend your Thursday evening at our campfire roasting marshmallows and enjoying Walt Disney's 1958 cartoon *Paul Bunyan*. Please register all participants; fee is for children only.

3 & up • \$6 • Thursday, July 21 • 8-8:45pm

7/22 Storytime on Lake Needwood: Turtles #18536

See June 24 listing for all the details.

3 & up • \$3/adult, \$7/child • Fri., July 22 • 11-11:45am

7/22 Splish-Splash, Drip, Plop #18530

See June 24 listing for all the details.

3-12yrs • \$6 • Friday, July 22 • 1-2pm

7/27 Storytime on Lake Needwood: Fish #18539

See June 24 listing for all the details.

3 & up • \$3/adult, \$7/child • Wed., July 27 • 11-11:45am

7/28 Thursday Night Campfires: Insects #18366

Spend your Thursday evening at our campfire roasting marshmallows and enjoying a naturalist-led program. Tonight we'll take a look at some of our resident insects. Please register all participants; fee is for children.

3 & up • \$6 • Thursday, July 28 • 7-7:45pm

7/29 Splish-Splash, Drip, Plop #18531

See June 24 listing for all the details.

3-12yrs • \$6 • Friday, July 29 • 1-2pm



Birthday Parties at Meadowside Nature Center
Visit [Meadowside Nature.org](http://MeadowsideNature.org) for more information.



AUGUST 2016

8/2 Tree ID Hike #18332

Have you ever looked up and wondered what kind of tree was in front of you? Well, now you can find out! Join a naturalist and learn to identify some of the native tree species of Montgomery County so you're never left wondering again.

6 & up • \$6 • Tuesday, August 2 • 10-11am

8/3 Storytime on Lake Needwood: Turtles #19712

See June 24 listing for all the details.

3 & up • \$3/adult, \$7/child • Wed., Aug. 3 • 11-11:45am

8/5 Splish-Splash, Drip, Plop #18532

See June 24 listing for all the details.

3-12yrs • \$6 • Friday, August 5 • 1-2pm

8/10 Storytime on Lake Needwood: Fish #18540

See June 24 listing for all the details.

3 & up • \$3/adult, \$7/child • Wed., Aug. 10 • 11-11:45am

8/11 Thursday Night Campfires: Reptiles #18579

Spend your Thursday evening at our campfire roasting marshmallows and enjoying a naturalist-led program. Tonight we'll take a look at some of our resident reptiles. Please register all participants; fee is for children only.

3 & up • \$6 • Thursday, August 11 • 7-7:45pm

8/12 Splish-Splash, Drip, Plop #18533

See June 24 listing for all the details.

3-12yrs • \$6 • Friday, August 12 • 1-2pm

8/13 Make It Take It: Animal Fan #18319

It sure is hot—an animal fan will help keep you cool!

2 & up • \$2 • Saturday, August 13 • 11:30am-1:30pm

8/17 Tyke Hike: Turtles #18543

Take a nature mini-hike and make a craft to take home. Registration required; children must be accompanied by an adult.

2-3yrs • \$5 • Wednesday, August 17 • 10:30-11:15am

8/17 Gone Fishin' #18387

See June 22 listing for all the details.

7-9yrs • \$6 • Wednesday, August 17 • 6-7pm

8/19 Storytime on Lake Needwood: Signs of Beaver #18538

See June 24 listing for all the details.

3 & up • \$3/adult, \$7/child • Fri. August 19 • 11-11:45am

8/23 Explore a Stream #18358

See June 25 listing for all the details.

3-12yrs • \$6 • Tuesday, August 23 • 10:30-11:30am

8/31 Trail Mix Day #18361

Join us for a short end-of-summer hike!

After the hike, we'll make and enjoy snacking on homemade trail mix. (Parents—no worries—this trail mix will be peanut-free.) Please call ahead to notify us of any food allergies.

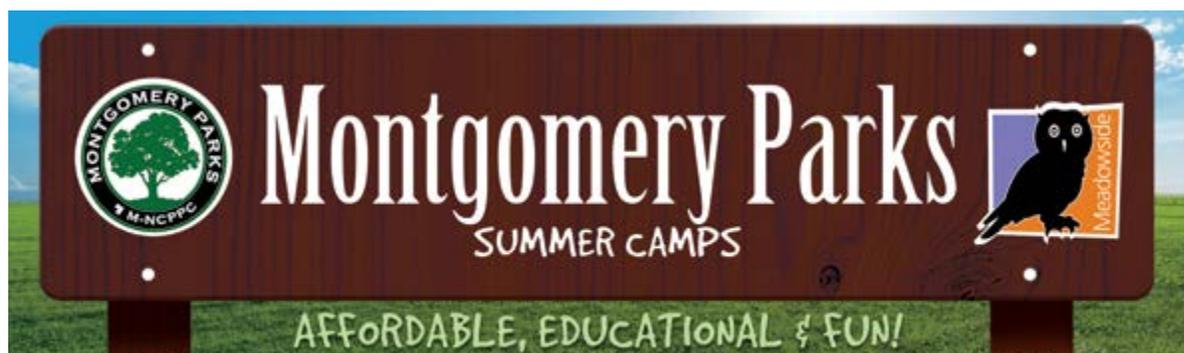
3-5yrs \$4 • Wednesday, August 31 • 10-10:45am



Pawpaw Festival
Saturday,
September 10
Noon-4pm

Apple Festival
Friday,
September 23
6-8pm

Volunteer opportunities exist for both of these fun festivals! SSL-approved



There are still a few openings left in these wonderful **Meadowside Nature Center Summer Camps**. Register soon—summer will be here before you know it!

Wee Little Farmers Camp

Ages 3-5yrs. Fee: \$75. 9:30-11am
Course #12407 • June 6-10

Go Wild!

Ages 9-11yrs. Fee: \$365. 9am-3:30pm
Course #12600 • July 11-15

Rock Creek Animal Week Camp

Ages 6-10yrs. Fee: \$300. 9am-3:30pm
Course #12602 • July 18-22
Course #12606 • August 15-19

Chesapeake Week

Ages 12-14yrs. Fee: \$475.
Course #12605 • August 8-12

These camps are full, but you can get on the waitlist at ActiveMONTGOMERY.org:

**American Girl Camp • Animal Caretakers Camp
Grandparent-Grandchild Nature Camp • Wee Little Farmers Camp (July)**

Visit MontgomeryParks.org/Camps for more info, and register at ActiveMONTGOMERY.org

This park bench is more than just a place to sit.



This bench is dedicated to the memory of a beloved family member who spent countless hours in this park appreciating the serenity and enjoying nature. Stan walked his dog here and watched his grandchildren play on the playground. This was one of Stan's favorite places and now this bench reminds us of the time he enjoyed here.

The **Montgomery Parks Foundation** can help you honor or memorialize people you love, admire, respect or miss in your life. Your dedication can acknowledge a special birthday, mark a life milestone or create a place of importance for your family.

Make a bench in your park more than just a place to sit!



Montgomery Parks
FOUNDATION

For more information contact: Raleigh Leichter,
Development Program Manager at [RaleighLeichter@
MontgomeryParksFoundation.org](mailto:RaleighLeichter@MontgomeryParksFoundation.org) or call 301-495-2567.

www.MontgomeryParksFoundation.org



WE OUR VOLUNTEERS



Volunteering in Montgomery Parks is such a natural thing to do! We love the folks in our communities who get involved—and we think you'll love working with us, too. Some of the many spring volunteer opportunities are shown below, and you'll find even more on our website. Visit ParksVolunteers.org today, and apply!

YOU'LL OUR SUMMER VOLUNTEER OPPORTUNITIES!

TRAIL WORKDAY VOLUNTEERS

March—June, Weekends

Trail work is a great way to enjoy the outdoors and the company of great people, while improving a valuable community resource. There are natural surface trail workdays almost every weekend through June.

NATURE CAMP COUNSELORS

Summer, Monday—Friday

Summer Camps at the Nature Centers are great fun, and require just a one-week commitment.

NATURE CENTER HOSTS

Greet the public, answer questions, help with programs, and more! Weekday and weekend slots available.

NATURE CENTER GARDENERS

Help us keep the gardens at our Nature Centers looking lovely.

WEED WARRIOR FOR A DAY

Work with Weed Warrior supervisors and help save the forest from invasive plants! Take what you learn and keep native plants in *your* neighborhood alive and growing.

BROOKSIDE GARDENS OPPORTUNITIES

Brookside Gardens is looking for new volunteers as it opens its new "Garden Gateway" area and hosts new—and old favorite—events for all to enjoy!

CHILDREN'S CLASSROOM PROGRAM ASSISTANT

April—June

Help the Brookside staff with school kids attending interpretive garden programs. Shifts available Tuesdays-Fridays.

BUTTERFLY EXHIBIT VOLUNTEERS

May—September

The annual "Wings of Fancy" Live Butterfly and Caterpillar Exhibit needs lots of volunteer support! "Flight attendants" help visitors experience the live butterflies inside the Conservatory; ticket-takers welcome and help visitors outside the exhibit.

GIFT SHOP ASSISTANTS

Help Brookside Gardens run their très chic gift shops! Cash register skills needed; weekday and weekend shifts available.

INFORMATION DESK

Kindly greet and provide visitors with information about the gardens' seasonal displays. One four-hour shift per week.

STORYTIME VOLUNTEERS

Read storybooks, lead a song or a help stage a puppet show for children. Saturday mornings through June.

GARDENER ASSISTANTS

Help plant and care for a wide variety of ornamental plants. Weekday mornings.

For more information, please visit our website or call us!

www.ParksVolunteers.org | 301-495-2504





Cabin John Ice Rink
10610 Westlake Drive
Rockville, MD 20852
301-765-8620
www.CabinJohnIce.com



Wheaton Ice Arena
11717 Orebaugh Avenue
Wheaton, MD 20902
301-905-3000
www.WheatonIceArena.com



Ice Skating & Hockey Group Lessons



Like and follow @CabinJohnIce, @WheatonIce, and @MontgomeryParks on   

THREE WAYS TO REGISTER

- Online at ActiveMONTGOMERY.org
- In person at the rinks until 9pm daily. No phone registrations can be taken at the rinks.
- Fill out, sign, and mail or fax registration form and payment to: **ActiveMONTGOMERY**, 4010 Randolph Road, Silver Spring, MD 20902. Fax: 240-777-6818. Checks, money order and credit cards are accepted. See the last page of this Guide for new ActiveMONTGOMERY registration information.

REGISTRATION DATES

- **Summer 1** (6 weeks) registration opens **Sunday, June 12** (12:01 am) and runs through **Friday, June 17**. **Summer 2** (3 weeks) registration also opens **Sunday, June 12** (12:01 am), and runs through **Sunday, July 31**.
- Late registrations are accepted in person (only) at the rinks when online registrations are closed (**June 18** for **Summer 1**, **August 1** for **Summer 2**). A non-refundable \$10 service fee will be added.

CLASS DATES

- **Summer 1** classes run **June 19–August 1**. **Summer 2** classes run **August 2–22**.

COURSE FEES COVER

- Six (6) or three (3) lessons (30 or 45 minutes, depending on the class).
- A practice card, good for admission for the registered student only. Practice cards are valid for the duration of your course, up until the start of the next lesson period. Number of practice sessions are based on the number and length of classes. Practice cards are non-transferable and non-refundable, and lost cards cannot be replaced.
- Use of rental skates for lessons and practices.

PLEASE NOTE

- No make-ups/refunds for missed lessons.
- Please read course descriptions carefully, and select courses that match students' ability and experience. At the end of each class, the instructor will evaluate each student to determine if he or she is ready to advance to the next course, or would benefit from taking the same level again before moving ahead.
- Transfer requests will incur a \$5 processing fee. No transfers can be made after the second class has met.
- If you see a class you like, register! Classes may be canceled if minimum enrollment number is not met.



Summer 2016

DATES TO NOTE

Holiday Closures

- Saturday, May 28–Monday, 30
- Monday, July 4

No Classes

- Sunday, July 3–Monday, July 4



PROGRAM ACCESS (INCLUSION) SERVICES

If you are registering for a Montgomery Parks program, please call the Montgomery Parks Program Access Office at 301-495-2477 or 301-439-05979 (TTY), or email ProgramAccess@MontgomeryParks.org. Visit MontgomeryParks.org/access for more information.

ON YOUR FIRST DAY OF CLASS...

- Wear one pair of thin socks.
- Helmets and gloves are highly recommended for your safety.
- Arrive at the rink 30 minutes early for your first lesson, and 15-20 minutes early for subsequent classes.
- Pick up your practice card at the rink.
- Pick up your skates at the skate exchange. Ask for one size *smaller* than your **sneaker size**. You'll have better balance and protection against injuries.





Ice Skating



Parent and Tot Ice Skating

Skating is fun, and great exercise for you and your child! This class teaches toddlers (ages 3-5) beginning skating skills with Mom or Dad right there to help them feel safe. We'll teach your child how to fall down and get up, and march while moving on the ice. Parents will need basic skating skills in order to skate with their child. Fee covers one child and one parent; register child only. *Equipment required: Helmet and gloves.*

Cabin John Ice Rink

17503	3-5yrs	6 Classes	\$99	Sunday, June 19	2:15-2:45pm
17504	3-5yrs	6 Classes	\$99	Saturday, June 25	9:30-10am
17505	3-5yrs	6 Classes	\$99	Saturday, June 25	11:45am-12:15pm
17862	3-5yrs	3 Classes	\$50	Saturday, August 6	12:30-1pm

Wheaton Ice Arena

17287	3-5yrs	6 Classes	\$99	Sunday, June 19	2:15-2:45pm
17286	3-5yrs	6 Classes	\$99	Saturday, June 25	10:45-11:15am
17625	3-5yrs	3 Classes	\$50	Saturday, August 6	11:45am-12:15pm

Snowplow Sam

Snowplow Sam classes are designed to help preschool-age children develop the preliminary coordination and strength needed to maneuver on the ice.

Snowplow Sam 1

Learn how to sit and stand up on skates (off and on the ice); march in place; march forward; glide on two feet; and dip in place. *Equipment required: Helmet and gloves.*

Cabin John Ice Rink

17419	3-5yrs	6 Classes	\$99	Sunday, June 19	11:30am-Noon
17420	3-5yrs	6 Classes	\$99	Sunday, June 19	2:30-3pm
17421	3-5yrs	6 Classes	\$99	Wednesday, June 22	4-4:30pm
17422	3-5yrs	6 Classes	\$99	Thursday, June 23	4-4:30pm
17423	3-5yrs	6 Classes	\$99	Friday, June 24	4-4:30pm
17424	3-5yrs	6 Classes	\$99	Friday, June 24	5-5:30pm
17425	3-5yrs	6 Classes	\$99	Saturday, June 25	10:15-10:45am
17426	3-5yrs	6 Classes	\$99	Saturday, June 25	11:45am-12:15pm
17809	3-5yrs	3 Classes	\$50	Wednesday, August 3	4-4:30pm
17821	3-5yrs	3 Classes	\$50	Thursday, August 4	4-4:30pm
17829	3-5yrs	3 Classes	\$50	Friday, August 5	4-4:30pm
17830	3-5yrs	3 Classes	\$50	Friday, August 5	5-5:30pm
17831	3-5yrs	3 Classes	\$50	Saturday, August 6	12:30-1pm
17764	3-5yrs	3 Classes	\$50	Sunday, August 7	11:30am-Noon

Wheaton Ice Arena

17293	3-5yrs	6 Classes	\$99	Sunday, June 19	11:15-11:45am
17292	3-5yrs	6 Classes	\$99	Sunday, June 19	1:45-2:15pm
17288	3-5yrs	6 Classes	\$99	Thursday, June 23	4:45-5:15pm
17289	3-5yrs	6 Classes	\$99	Friday, June 24	4:45-5:15pm
17290	3-5yrs	6 Classes	\$99	Saturday, June 25	10:15-10:45am
17291	3-5yrs	6 Classes	\$99	Saturday, June 25	12:30-1pm
17626	3-5yrs	3 Classes	\$50	Thursday, August 4	4:45-5:15pm
17627	3-5yrs	3 Classes	\$50	Friday, August 5	5:15-5:45pm
17628	3-5yrs	3 Classes	\$50	Saturday, August 6	12:30-1pm

Snowplow Sam 2

Prerequisite: Passed Snowplow Sam 1

Learn how to march followed by a long glide, dip while moving, backward wiggles, rocking horse (one forward swizzle, then one backward swizzle), forward two-foot swizzles, and a two-foot hop in place.

Equipment required: Helmet and gloves.

Cabin John Ice Rink

17427	3-5yrs	6 Classes	\$99	Sunday, June 19	11:30am-Noon
17428	3-5yrs	6 Classes	\$99	Wednesday, June 22	4-4:30pm
17429	3-5yrs	6 Classes	\$99	Thursday, June 23	4-4:30pm
17430	3-5yrs	6 Classes	\$99	Saturday, June 25	10:15-10:45am
17445	3-5yrs	6 Classes	\$99	Saturday, June 25	11:45am-12:15pm
17810	3-5yrs	3 Classes	\$50	Wednesday, August 3	4-4:30pm
17822	3-5yrs	3 Classes	\$50	Thursday, August 4	4-4:30pm
17850	3-5yrs	3 Classes	\$50	Saturday, August 6	12:30-1pm
17765	3-5yrs	3 Classes	\$50	Sunday, August 7	11:30am-Noon

Wheaton Ice Arena

17299	3-5yrs	6 Classes	\$99	Sunday, June 19	11:15-11:45am
17298	3-5yrs	6 Classes	\$99	Sunday, June 19	1:45-2:15pm
17294	3-5yrs	6 Classes	\$99	Thursday, June 23	4:45-5:15pm
17295	3-5yrs	6 Classes	\$99	Friday, June 24	4:45-5:15pm
17296	3-5yrs	6 Classes	\$99	Saturday, June 25	10:15-10:45am
17297	3-5yrs	6 Classes	\$99	Saturday, June 25	12:30-1pm
17629	3-5yrs	3 Classes	\$50	Thursday, August 4	4:45-5:15pm
17630	3-5yrs	3 Classes	\$50	Friday, August 5	5:45-6:15pm
17631	3-5yrs	3 Classes	\$50	Saturday, August 6	12:30-1pm

Snowplow Sam 3

Prerequisite: Passed Snowplow Sam 2

Learn forward skating, forward one-foot glides, forward and backward swizzles, a snowplow stop, and curves. *Equipment required: Helmet & gloves.*

Cabin John Ice Rink

17431	3-5yrs	6 Classes	\$99	Sunday, June 19	11:30am-Noon
17432	3-5yrs	6 Classes	\$99	Wednesday, June 22	4-4:30pm
17433	3-5yrs	6 Classes	\$99	Thursday, June 23	4-4:30pm
17434	3-5yrs	6 Classes	\$99	Saturday, June 25	10:15-10:45am
17811	3-5yrs	3 Classes	\$50	Wednesday, August 3	4-4:30pm
17823	3-5yrs	3 Classes	\$50	Thursday, August 4	4-4:30pm
17851	3-5yrs	3 Classes	\$50	Saturday, August 6	12:30-1pm
17766	3-5yrs	3 Classes	\$50	Sunday, August 7	11:30am-Noon

Wheaton Ice Arena

17305	3-5yrs	6 Classes	\$99	Sunday, June 19	11:15-11:45am
17304	3-5yrs	6 Classes	\$99	Sunday, June 19	1:45-2:15pm
17302	3-5yrs	6 Classes	\$99	Thursday, June 23	4:45-5:15pm
17300	3-5yrs	6 Classes	\$99	Friday, June 24	4:45-5:15pm
17303	3-5yrs	6 Classes	\$99	Saturday, June 25	10:15-10:45am
17301	3-5yrs	6 Classes	\$99	Saturday, June 25	12:30-1pm
17632	3-5yrs	3 Classes	\$50	Thursday, August 4	4:45-5:15pm
17633	3-5yrs	3 Classes	\$50	Friday, August 5	5:45-6:15pm
17634	3-5yrs	3 Classes	\$50	Saturday, August 6	12:30-1pm



Mother's Day Skate

Bring Mom out to the rink on her big day, and she skates FREE (including skate rental) with one paid admission.

Sunday, May 8

CABIN JOHN ICE

12:30-2:30pm

WHEATON ICE

2:45-4:45pm



Basic Skills 1-8

Basic Skills classes teach the fundamentals of skating. The eight levels of the program introduce these fundamental moves: forward skating, backward skating, stops, edges, crossovers, turns and mohawks. Upon completion of the Basic levels 1-8, skaters will have a basic knowledge of the sport, enabling them to advance to more specialized types of skating.

Basic 1

Learn how to sit on the ice and stand up, march forward across the ice, forward two-foot glide, forward swizzles, backward wiggles, snowplow stop, rocking horse, and a two-foot hop. *Recommended equipment: Helmet and gloves.*

Cabin John Ice Rink

17435	6-12yrs	6 Classes	\$99	Sunday, June 19	Noon-12:30pm
17436	6-12yrs	6 Classes	\$99	Sunday, June 19	2:30-3pm
17437	6-12yrs	6 Classes	\$99	Tuesday, June 21	4-4:30pm
17438	6-12yrs	6 Classes	\$99	Wednesday, June 22	4:30-5pm
17439	6-12yrs	6 Classes	\$99	Thursday, June 23	4:30-5pm
17440	6-12yrs	6 Classes	\$99	Friday, June 24	4-4:30pm
17441	6-12yrs	6 Classes	\$99	Friday, June 24	5-5:30pm
17452	6-12yrs	6 Classes	\$99	Saturday, June 25	8:30-9am
17442	6-12yrs	6 Classes	\$99	Saturday, June 25	9:30-10am
17443	6-12yrs	6 Classes	\$99	Saturday, June 25	11:15-11:45am
17444	6-12yrs	6 Classes	\$99	Saturday, June 25	12:30-1pm
17781	6-12yrs	3 Classes	\$50	Tuesday, August 2	4-4:30pm
17812	6-12yrs	3 Classes	\$50	Wednesday, August 3	4:30-5pm
17824	6-12yrs	3 Classes	\$50	Thursday, August 4	4:30-5pm
17832	6-12yrs	3 Classes	\$50	Friday, August 5	4-4:30pm
17833	6-12yrs	3 Classes	\$50	Friday, August 5	5-5:30pm
17834	6-12yrs	3 Classes	\$50	Saturday, August 6	10:45-11:15am
17767	6-12yrs	3 Classes	\$50	Sunday, August 7	Noon-12:30pm

Wheaton Ice Arena

17313	6-12yrs	6 Classes	\$99	Sunday, June 19	11:45am-12:15pm
17309	6-12yrs	6 Classes	\$99	Sunday, June 19	1:15-1:45pm
17310	6-12yrs	6 Classes	\$99	Sunday, June 19	3-3:30pm
17312	6-12yrs	6 Classes	\$99	Thursday, June 23	5:15-5:45pm
17306	6-12yrs	6 Classes	\$99	Friday, June 24	5:15-5:45pm
17307	6-12yrs	6 Classes	\$99	Saturday, June 25	10:15-10:45am
17311	6-12yrs	6 Classes	\$99	Saturday, June 25	11:15-11:45am
17308	6-12yrs	6 Classes	\$99	Saturday, June 25	1-1:30pm
17635	6-12yrs	3 Classes	\$50	Thursday, August 4	5:15-5:45pm
17636	6-12yrs	3 Classes	\$50	Friday, August 5	4:45-5:15pm
17637	6-12yrs	3 Classes	\$50	Saturday, August 6	11:45am-12:15pm
17638	6-12yrs	3 Classes	\$50	Saturday, August 6	1-1:30pm

Basic 2

Prerequisite: Passed Basic 1 or Snowplow Sam 3

Learn forward one-foot glides, backward two-foot glide, backward swizzles, a two-foot turn from forward to backward in place, moving snowplow stop, and forward alternating half-swizzle pumps in a straight line. *Recommended equipment: Helmet and gloves.*

Cabin John Ice Rink

17446	4-12yrs	6 Classes	\$99	Sunday, June 19	Noon-12:30pm
17447	4-12yrs	6 Classes	\$99	Sunday, June 19	2:30-3pm
17448	4-12yrs	6 Classes	\$99	Tuesday, June 21	4-4:30pm
17449	4-12yrs	6 Classes	\$99	Wednesday, June 22	4:30-5pm
17450	4-12yrs	6 Classes	\$99	Thursday, June 23	4:30-5pm
17451	4-12yrs	6 Classes	\$99	Friday, June 24	4-4:30pm
17453	4-12yrs	6 Classes	\$99	Saturday, June 25	8:30-9am
17454	4-12yrs	6 Classes	\$99	Saturday, June 25	9:30-10am
17455	4-12yrs	6 Classes	\$99	Saturday, June 25	11:15-11:45am
17456	4-12yrs	6 Classes	\$99	Saturday, June 25	1-1:30pm
17782	4-12yrs	3 Classes	\$50	Tuesday, August 2	4-4:30pm
17813	4-12yrs	3 Classes	\$50	Wednesday, August 3	4:30-5pm
17825	4-12yrs	3 Classes	\$50	Thursday, August 4	4:30-5pm
17835	4-12yrs	3 Classes	\$50	Friday, August 5	4-4:30pm
17836	4-12yrs	3 Classes	\$50	Saturday, August 6	10:45-11:15am
17768	4-12yrs	3 Classes	\$50	Sunday, August 7	Noon-12:30pm

Wheaton Ice Arena

17321	4-12yrs	6 Classes	\$99	Sunday, June 19	11:45am-12:15pm
17322	4-12yrs	6 Classes	\$99	Sunday, June 19	1:15-1:45pm
17324	4-12yrs	6 Classes	\$99	Sunday, June 19	3-3:30pm
17317	4-12yrs	6 Classes	\$99	Thursday, June 23	5:15-5:45pm
17318	4-12yrs	6 Classes	\$99	Friday, June 24	5:15-5:45pm
17319	4-12yrs	6 Classes	\$99	Saturday, June 25	10:15-10:45am
17323	4-12yrs	6 Classes	\$99	Saturday, June 25	11:15-11:45am
17320	4-12yrs	6 Classes	\$99	Saturday, June 25	1-1:30pm
17639	4-12yrs	3 Classes	\$50	Thursday, August 4	5:15-5:45pm
17640	4-12yrs	3 Classes	\$50	Friday, August 5	4:45-5:15pm
17641	4-12yrs	3 Classes	\$50	Saturday, August 6	11:45am-12:15pm
17642	4-12yrs	3 Classes	\$50	Saturday, August 6	1-1:30pm



Ice Skating

Check out two of our most popular camps!

Full-day, 5-day camps for kids 6-12 years old.
Both camps run nine different weeks, June through August.



Ice Skating Summer Fun Camp

Cabin John Ice Rink \$295



Week in the Park

Wheaton Ice Arena \$260

Visit MontgomeryParks.org/Camps for more info, and register at ActiveMONTGOMERY.org



Ice Skating



skating shows

Come and marvel at the talented figure skaters of Cabin John and Wheaton Ice as they perform at their annual spring Skating Shows.

These two free events will feature exciting individual and group performances.

JOIN US!

CABIN JOHN ICE
sat., may 21 | 6:30p

WHEATON ICE
sat., june 11 | 6:15p

Basic 3

Prerequisite: Passed Basic 2

Learn forward stroking, forward half-swizzle pumps on a circle, moving forward to backward two-foot turns, backward one-foot glides, forward slaloms, and two-foot spin.

Cabin John Ice Rink

17457	4-12yrs	6 Classes	\$99	Sunday, June 19	Noon-12:30pm
17458	4-12yrs	6 Classes	\$99	Tuesday, June 21	4-4:30pm
17459	4-12yrs	6 Classes	\$99	Wednesday, June 22	4:30-5pm
17460	4-12yrs	6 Classes	\$99	Thursday, June 23	4:30-5pm
17461	4-12yrs	6 Classes	\$99	Friday, June 24	4:30-5pm
17506	4-12yrs	6 Classes	\$99	Saturday, June 25	8:30-9am
17462	4-12yrs	6 Classes	\$99	Saturday, June 25	10:45-11:15am
17463	4-12yrs	6 Classes	\$99	Saturday, June 25	1-1:30pm
17783	4-12yrs	3 Classes	\$50	Tuesday, August 2	4-4:30pm
17814	4-12yrs	3 Classes	\$50	Wednesday, August 3	4:30-5pm
17826	4-12yrs	3 Classes	\$50	Thursday, August 4	4:30-5pm
17837	4-12yrs	3 Classes	\$50	Friday, August 5	4:30-5pm
17838	4-12yrs	3 Classes	\$50	Saturday, August 6	10:45-11:15am
17769	4-12yrs	3 Classes	\$50	Sunday, August 7	Noon-12:30pm

Wheaton Ice Arena

17332	4-12yrs	6 Classes	\$99	Sunday, June 19	1:15-1:45pm
17328	4-12yrs	6 Classes	\$99	Sunday, June 19	2:15-2:45pm
17329	4-12yrs	6 Classes	\$99	Thursday, June 23	5:45-6:15pm
17330	4-12yrs	6 Classes	\$99	Friday, June 24	5:45-6:15pm
17331	4-12yrs	6 Classes	\$99	Saturday, June 25	10:15-10:45am
17643	4-12yrs	3 Classes	\$50	Thursday, August 4	5:15-5:45pm
17644	4-12yrs	3 Classes	\$50	Friday, August 5	5:15-5:45pm
17645	4-12yrs	3 Classes	\$50	Saturday, August 6	11:45am-12:15pm

Basic 4

Prerequisite: Passed Basic 3

Learn forward outside and inside edges on a circle (R and L), forward crossovers, forward outside three-turns, backward half-swizzle pumps on a circle, backward stroking, and backward snowplow stop.

Cabin John Ice Rink

17464	4-12yrs	6 Classes	\$99	Sunday, June 19	12:30-1pm
17465	4-12yrs	6 Classes	\$99	Tuesday, June 21	4:30-5pm
17467	4-12yrs	6 Classes	\$99	Wednesday, June 22	5-5:30pm
17468	4-12yrs	6 Classes	\$99	Thursday, June 23	5-5:30pm
17469	4-12yrs	6 Classes	\$99	Friday, June 24	4:30-5pm
17470	4-12yrs	6 Classes	\$99	Saturday, June 25	10:45-11:15am
17471	4-12yrs	6 Classes	\$99	Saturday, June 25	1-1:30pm
17784	4-12yrs	3 Classes	\$50	Tuesday, August 2	4:30-5pm
17815	4-12yrs	3 Classes	\$50	Wednesday, August 3	5-5:30pm
17827	4-12yrs	3 Classes	\$50	Thursday, August 4	5-5:30pm
17839	4-12yrs	3 Classes	\$50	Friday, August 5	4:30-5pm
17840	4-12yrs	3 Classes	\$50	Saturday, August 6	11:15-11:45am
17775	4-12yrs	3 Classes	\$50	Sunday, August 7	12:30-1pm

Wheaton Ice Arena

17337	4-12yrs	6 Classes	\$99	Sunday, June 19	1:15-1:45pm
17335	4-12yrs	6 Classes	\$99	Thursday, June 23	5:45-6:15pm
17338	4-12yrs	6 Classes	\$99	Friday, June 24	5:45-6:15pm
17336	4-12yrs	6 Classes	\$99	Saturday, June 25	10:45-11:15am
17646	4-12yrs	3 Classes	\$50	Thursday, August 4	5:45-6:15pm
17647	4-12yrs	3 Classes	\$50	Friday, August 5	5:15-5:45pm
17648	4-12yrs	3 Classes	\$50	Saturday, August 6	11:45am-12:15pm

Basic 5

Prerequisite: Passed Basic 4

Learn backward outside and inside edges on a circle (R and L), backward crossovers, beginning one-foot spin, hockey stop, and side toe hop.

Cabin John Ice Rink

17473	4-12yrs	6 Classes	\$99	Sunday, June 19	12:30-1pm
17474	4-12yrs	6 Classes	\$99	Tuesday, June 21	4:30-5pm
17475	4-12yrs	6 Classes	\$99	Wednesday, June 22	5-5:30pm
17476	4-12yrs	6 Classes	\$99	Friday, June 24	4:30-5pm
17477	4-12yrs	6 Classes	\$99	Saturday, June 25	10:45-11:15am
17817	4-12yrs	3 Classes	\$50	Tuesday, August 2	4:30-5pm
17816	4-12yrs	3 Classes	\$50	Wednesday, August 3	5-5:30pm
17841	4-12yrs	3 Classes	\$50	Friday, August 5	4:30-5pm
17842	4-12yrs	3 Classes	\$50	Saturday, August 6	11:15-11:45am
17776	4-12yrs	3 Classes	\$50	Sunday, August 7	12:30-1pm

Wheaton Ice Arena

17343	4-12yrs	6 Classes	\$99	Sunday, June 19	1:45-2:15pm
17341	4-12yrs	6 Classes	\$99	Thursday, June 23	6:30-7pm
17342	4-12yrs	6 Classes	\$99	Saturday, June 25	10:45-11:15am
17649	4-12yrs	3 Classes	\$50	Thursday, August 4	5:45-6:15pm
17650	4-12yrs	3 Classes	\$50	Saturday, August 6	11:45am-12:15pm

Basic 6

Prerequisite: Passed Basic 5

Learn forward inside three-turns, moving backward to forward two-foot turns on a circle, T-stop, bunny hops, forward spiral on a straight line, and forward lunge.

Cabin John Ice Rink

17478	4-12yrs	6 Classes	\$99	Sunday, June 19	12:30-1pm
17479	4-12yrs	6 Classes	\$99	Tuesday, June 21	4:30-5pm
17480	4-12yrs	6 Classes	\$99	Wednesday, June 22	5-5:30pm
17481	4-12yrs	6 Classes	\$99	Friday, June 24	5-5:30pm
17482	4-12yrs	6 Classes	\$99	Saturday, June 25	11:15-11:45am
17785	4-12yrs	3 Classes	\$50	Tuesday, August 2	4:30-5pm
17818	4-12yrs	3 Classes	\$50	Wednesday, August 3	5-5:30pm
17843	4-12yrs	3 Classes	\$50	Friday, August 5	5-5:30pm
17844	4-12yrs	3 Classes	\$50	Saturday, August 6	11:15-11:45am
17777	4-12yrs	3 Classes	\$50	Sunday, August 7	12:30-1pm

Wheaton Ice Arena

17347	4-12yrs	6 Classes	\$99	Sunday, June 19	1:45-2:15pm
17345	4-12yrs	6 Classes	\$99	Thursday, June 23	6:30-7pm
17346	4-12yrs	6 Classes	\$99	Saturday, June 25	10:45-11:15am
17651	4-12yrs	3 Classes	\$50	Thursday, August 4	5:45-6:15pm
17652	4-12yrs	3 Classes	\$50	Saturday, August 6	11:45am-12:15pm





Basic 7

Prerequisite: Passed Basic 6

Learn forward inside open mohawk, backward outside edge to forward outside edge transition on a circle, ballet jump, backward crossovers to backward outside edge glides, and forward inside pivots.

Cabin John Ice Rink

17483	4-12yrs	6 Classes	\$149	Sunday, June 19	1-1:45pm
17484	4-12yrs	6 Classes	\$149	Wednesday, June 22	5:30-6:15pm
17485	4-12yrs	6 Classes	\$149	Friday, June 24	5:30-6:15pm
17486	4-12yrs	6 Classes	\$149	Saturday, June 25	9am-9:45am
17819	4-12yrs	3 Classes	\$75	Wednesday, August 3	5:30-6:15pm
17845	4-12yrs	3 Classes	\$75	Friday, August 5	5:30-6:15pm
17846	4-12yrs	3 Classes	\$75	Saturday, August 6	11:45am-12:30pm
17778	4-12yrs	3 Classes	\$75	Sunday, August 7	1-1:45pm

Wheaton Ice Arena

17350	4-12yrs	6 Classes	\$99	Sunday, June 19	2:15-2:45pm
17348	4-12yrs	6 Classes	\$99	Thursday, June 23	6:30-7pm
17349	4-12yrs	6 Classes	\$99	Saturday, June 25	11:15-11:45am
17661	4-12yrs	3 Classes	\$75	Thursday, August 4	6:30-7:15pm
17662	4-12yrs	3 Classes	\$75	Saturday, August 6	11-11:45am

Basic 8

Prerequisite: Passed Basic 7

Learn moving forward outside and inside three-turns on a circle, combination step sequence, one-foot upright spin, waltz jump, and mazurka.

Cabin John Ice Rink

17488	4-12yrs	6 Classes	\$149	Sunday, June 19	1-1:45pm
17489	4-12yrs	6 Classes	\$149	Wednesday, June 22	5:30-6:15pm
17490	4-12yrs	6 Classes	\$149	Friday, June 24	5:30-6:15pm
17491	4-12yrs	6 Classes	\$149	Saturday, June 25	9am-9:45am
17820	4-12yrs	3 Classes	\$75	Wednesday, August 3	5:30-6:15pm
17847	4-12yrs	3 Classes	\$75	Friday, August 5	5:30-6:15pm
17848	4-12yrs	3 Classes	\$75	Saturday, August 6	11:45am-12:30pm
17779	4-12yrs	3 Classes	\$75	Sunday, August 7	1-1:45pm

Wheaton Ice Arena

17353	4-12yrs	6 Classes	\$99	Sunday, June 19	2:15-2:45pm
17351	4-12yrs	6 Classes	\$99	Thursday, June 23	6:30-7pm
17352	4-12yrs	6 Classes	\$99	Saturday, June 25	11:15-11:45am
17663	4-12yrs	3 Classes	\$75	Thursday, August 4	6:30-7:15pm
17664	4-12yrs	3 Classes	\$75	Saturday, August 6	11-11:45am



Ice Skating



Therapeutic Ice Skating

NEW!

These skating classes follow the U.S. Figure Skating Therapeutic program, and are specifically designed for people with cognitive and/or developmental disabilities. Medical and sports professionals agree that ice skating can help participants improve balance, breathing, posture and circulation; build strength; and increase overall physical fitness. It's a great way to meet new friends, build confidence and have fun. Try skating...it does a body good!

Therapeutic Ice Skating 1

This beginning ice skating class is for people with cognitive and/or developmental disabilities who want to learn how to skate. Skaters will learn the right way to fall on the ice and recover, skate forward, and stop safely. *Recommended equipment: Helmet and gloves.*

Cabin John Ice Rink

17884	5-18	6 Classes	\$99	Monday, June 20	5-5:30 pm
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Therapeutic Ice Skating 2

This skating class is for people with cognitive and/or developmental disabilities who have previous skating experience. Skaters will learn basic skills, including skating forward, gliding on one foot, and skating backwards. *Recommended equipment: Helmet and gloves.*

Cabin John Ice Rink

17885	5-18	6 Classes	\$99	Monday, June 20	6-6:30 pm
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FATHER'S DAY SKATE

Sunday, June 19

Bring Dad out to the rink on his big day, and he skates **FREE** (including skate rental) with one paid admission!

CABIN JOHN
All Public Skates on 6/19

WHEATON ICE
3-5pm Public Skate on 6/19





Ice Skating

Teen & Adult Classes

Teen & Adult classes are designed for skaters age 12 and up. Classes teach proper skating techniques, promote physical fitness, and improve balance and coordination. Skaters will be challenged and motivated as they progress through the program's four levels. If you're looking for a fun and exciting way to get (or stay!) healthy and fit, this skating program is custom-made for you.

Teen & Adult 1

Learn falling and recovery, forward strides and gliding, forward swizzles, backward skating, backward swizzles, forward one-foot glides, two-foot turns in place, snowplow stops, forward curves on two feet, and forward half-swizzle pumps on a circle.

Recommended equipment: Helmet and gloves.

Cabin John Ice Rink

17493	12 & up	6 Classes	\$149	Sunday, June 19	1-1:45pm
17494	12 & up	6 Classes	\$149	Thursday, June 23	6:45-7:30pm
17495	12 & up	6 Classes	\$149	Saturday, June 25	9-9:45am
17828	12 & up	3 Classes	\$75	Thursday, August 4	6:15-7pm
17849	12 & up	3 Classes	\$75	Saturday, August 6	11:45am-12:30pm
17780	12 & up	3 Classes	\$75	Sunday, August 7	1-1:45pm

Wheaton Ice Arena

17316	12 & up	6 Classes	\$99	Sunday, June 19	12:15-12:45pm
17314	12 & up	6 Classes	\$99	Thursday, June 23	7:30-8pm
17315	12 & up	6 Classes	\$99	Saturday, June 25	10:15-10:45am
17665	12 & up	3 Classes	\$75	Thursday, August 4	7:15-8pm
17666	12 & up	3 Classes	\$75	Saturday, August 6	10:15-11am

Teen & Adult 2

Prerequisite: Passed Teen & Adult 1

Learn forward stroking, backward half-swizzle pumps on a circle, moving two-foot turns on a curve, forward edges on a circle, forward crossovers, backward one-foot glide, forward pivot, and forward chassés on a circle.

Cabin John Ice Rink

17496	12 & up	6 Classes	\$149	Thursday, June 23	6:45-7:30pm
17497	12 & up	6 Classes	\$149	Saturday, June 25	9-9:45am
17863	12 & up	3 Classes	\$75	Thursday, August 4	6:15-7pm

Wheaton Ice Arena

17325	12 & up	6 Classes	\$99	Sunday, June 19	12:15-12:45pm
17326	12 & up	6 Classes	\$99	Thursday, June 23	7:30-8pm
17327	12 & up	6 Classes	\$99	Saturday, June 25	10:15-10:45am
17667	12 & up	3 Classes	\$75	Thursday, August 4	7:15-8pm
17668	12 & up	3 Classes	\$75	Saturday, August 6	10:15-11am

Teen & Adult 3

Prerequisite: Passed Teen & Adult 2

Learn backward edges on a circle, backward crossovers, inside mohawk, basic forward outside and forward inside consecutive edges, forward progressives, beginning two-foot spin, and backward snowplow stops.

Cabin John Ice Rink

17530	12 & up	6 Classes	\$149	Thursday, June 23	7:30-8:15pm
17498	12 & up	6 Classes	\$149	Saturday, June 25	9-9:45am
17532	12 & up	3 Classes	\$75	Thursday, August 4	7-7:45pm

Wheaton Ice Arena

17333	12 & up	6 Classes	\$99	Thursday, June 23	7:30-8pm
17334	12 & up	6 Classes	\$99	Saturday, June 25	10:45-11:15am
17669	12 & up	3 Classes	\$75	Thursday, August 4	7:15-8pm
17670	12 & up	3 Classes	\$75	Saturday, August 6	10:15-11am

Teen & Adult 4

Prerequisite: Passed Teen & Adult 3

Learn forward three-turns, perimeter stroking with crossover end patterns, forward outside to inside change of edge sequence, alternate backward crossovers with two-foot transition, footwork sequence, power three-turns, and backward chassés on a circle.

Cabin John Ice Rink

17499	12 & up	6 Classes	\$149	Thursday, June 23	7:30-8:15pm
17500	12 & up	6 Classes	\$149	Saturday, June 25	9-9:45am
17864	12 & up	3 Classes	\$75	Thursday, August 4	7-7:45pm

Wheaton Ice Arena

17339	12 & up	6 Classes	\$99	Thursday, June 23	7:30-8pm
17340	12 & up	6 Classes	\$99	Saturday, June 25	10:45-11:15am
17677	12 & up	3 Classes	\$75	Thursday, August 4	7:15-8pm
17673	12 & up	3 Classes	\$75	Saturday, August 6	10:15-11am

Teen & Adult Advanced

Prerequisite: Passed Teen & Adult 4

Beginning ice skating class for children with cognitive and developmental disabilities who want to learn how to skate. Skaters will learn proper technique to fall and recover, skate forward, and stop. Helmets are strongly recommended.

Cabin John Ice Rink

17501	12 & up	6 Classes	\$149	Thursday, June 23	7:30-8:15pm
17502	12 & up	6 Classes	\$149	Saturday, June 25	9-9:45am
17865	12 & up	3 Classes	\$149	Thursday, August 4	7-7:45pm

Wheaton Ice Arena

17344	12 & up	6 Classes	\$99	Saturday, June 25	11:45am-12:15pm
17675	12 & up	3 Classes	\$75	Thursday, August 4	7:15-8pm
17676	12 & up	3 Classes	\$75	Saturday, August 6	10:15-11am



JUNE, JULY & AUGUST (June 20—August 28)
\$7 gets you in the door *and* in skates...very cool!

WHEATON ICE ARENA

Offer good at *all* Public Sessions,
Weekdays & Weekends!

CABIN JOHN ICE

Offer good 4:30-6:30pm, Monday-Friday.



Ice Skating

Free Skate Classes

The Free Skate levels are designed to give skaters a strong foundation on which to build their skills. At this point, skaters can choose to pursue either a recreational or competitive track in figure skating.

Free Skate 1

Prerequisite: Passed Basic 8

Learn advanced forward stroking, basic forward outside and forward inside consecutive edges, advanced back outside three-turns, scratch spin from back crossovers, waltz jump from two or three back crossovers, and half-flip.

Cabin John Ice Rink

17507	5 & up	6 Classes	\$149	Wednesday, June 22	5:30-6:15pm
17508	5 & up	6 Classes	\$149	Friday, June 24	5:30-6:15pm
17509	5 & up	6 Classes	\$149	Saturday, June 25	10:30-11:15am
17866	5 & up	3 Classes	\$75	Wednesday, August 3	5:30-6:15pm
17877	5 & up	3 Classes	\$75	Friday, August 5	5:30-6:15pm
17878	5 & up	3 Classes	\$75	Saturday, August 6	9-9:45am

Wheaton Ice Arena

17356	5 & up	6 Classes	\$99	Sunday, June 19	2:15-2:45pm
17354	5 & up	6 Classes	\$99	Thursday, June 23	7-7:30pm
17355	5 & up	6 Classes	\$99	Saturday, June 25	11:15-11:45am
17678	5 & up	3 Classes	\$75	Thursday, August 4	6:30-7:15pm
17679	5 & up	3 Classes	\$75	Saturday, August 6	11-11:45am

Free Skate 2

Prerequisite: Passed Free Skate 1

Learn basic back outside and back inside consecutive edges, forward outside and forward inside spirals, continuous forward progressive chassé sequence, waltz threes, beginning back spin, waltz jump/side toe hop/waltz jump combo sequence, and toe-loop.

Cabin John Ice Rink

17510	5 & up	6 Classes	\$149	Wednesday, June 22	7-7:45pm
17511	5 & up	6 Classes	\$149	Saturday, June 25	10:30-11:15am
17867	5 & up	3 Classes	\$75	Wednesday, Aug 3	6:45-7:30pm
17879	5 & up	3 Classes	\$75	Saturday, Aug. 6	9-9:45am

Wheaton Ice Arena

17359	5 & up	6 Classes	\$99	Sunday, June 19	2:15-2:45pm
17357	5 & up	6 Classes	\$99	Thursday, June 23	7-7:30pm
17358	5 & up	6 Classes	\$99	Saturday, June 25	11:15-11:45am
17680	5 & up	3 Classes	\$75	Thursday, August 4	6:30-7:15pm
17681	5 & up	3 Classes	\$75	Saturday, August 6	11-11:45am

Free Skate 3

Prerequisite: Passed Free Skate 2

Learn forward and backward crossovers in figure-eight pattern, waltz-eight, advanced forward consecutive swing rolls, backward inside three-turns, backspin with free foot in crossed leg position, salchow, half-lutz jump, and waltz jump/toe loop combo or salchow/toe loop combo.

Cabin John Ice Rink

17512	5 & up	6 Classes	\$149	Wednesday, June 22	7-7:45pm
17513	5 & up	6 Classes	\$149	Saturday, June 25	10:30-11:15am
17868	5 & up	3 Classes	\$75	Wednesday, August 3	6:45-7:30pm
17880	5 & up	3 Classes	\$75	Saturday, August 6	9-9:45am

Wheaton Ice Arena

17361	5 & up	6 Classes	\$99	Thursday, June 23	7-7:30pm
17360	5 & up	6 Classes	\$99	Saturday, June 25	11:45am-12:15pm
17682	5 & up	3 Classes	\$75	Thursday, August 4	6:30-7:15pm
17685	5 & up	3 Classes	\$75	Saturday, August 6	11-11:45am

Free Skate 4

Prerequisite: Passed Free Skate 3

Learn spiral sequence, forward power three-turns, continuous backward progressive chassé sequence on a circle, sit spin, loop jump, and waltz jump/loop jump combo.

Cabin John Ice Rink

17514	5 & up	6 Classes	\$149	Wednesday, June 22	7-7:45pm
17515	5 & up	6 Classes	\$149	Saturday, June 25	10:30-11:15am
17869	5 & up	3 Classes	\$75	Wednesday, August 3	6:45-7:30pm
17881	5 & up	3 Classes	\$75	Saturday, August 6	9:45-10:30am

Wheaton Ice Arena

17363	5 & up	6 Classes	\$99	Thursday, June 23	7-7:30pm
17362	5 & up	6 Classes	\$99	Saturday, June 25	11:45am-12:15pm
17683	5 & up	3 Classes	\$75	Thursday, August 4	6:30-7:15pm
17684	5 & up	3 Classes	\$75	Saturday, August 6	10:15-11am

Free Skate 5

Prerequisite: Passed Free Skate 4

Learn backward outside three-turn/mohawk/three backward crossovers sequence, spiral sequence, forward outside slide chassé/swing roll sequence, camel spin, forward upright to back scratch spin, loop/loop combo, flip jump and waltz/falling leaf/toe loop jump combo sequence.

Cabin John Ice Rink

17516	5 & up	6 Classes	\$149	Wednesday, June 22	7:45-8:30pm
17517	5 & up	6 Classes	\$149	Saturday, June 25	10:30-11:15am
17870	5 & up	3 Classes	\$75	Wednesday, August 3	7:30-8:15pm
17882	5 & up	3 Classes	\$75	Saturday, August 6	9:45-10:30am

Wheaton Ice Arena

17365	5 & up	6 Classes	\$99	Thursday, June 23	7-7:30pm
17364	5 & up	6 Classes	\$99	Saturday, June 25	11:45am-12:15pm
17686	5 & up	3 Classes	\$75	Thursday, August 4	6:30-7:15pm
17689	5 & up	3 Classes	\$75	Saturday, August 6	10:15-11am

Free Skate 6

Prerequisite: Passed Free Skate 5

Learn alternating back crossovers to back outside edges, five-step mohawk sequence, camel/sit spin combo, split or stag jump, waltz jump/half loop/salchow combo, lutz jump, and axel jump preparation.

Cabin John Ice Rink

17519	5 & up	6 Classes	\$149	Wednesday, June 22	7:45-8:30pm
17521	5 & up	6 Classes	\$149	Saturday, June 25	10:30-11:15am
17871	5 & up	3 Classes	\$75	Wednesday, August 3	7:30-8:15pm
17883	5 & up	3 Classes	\$75	Saturday, August 6	9:45-10:30am

Wheaton Ice Arena

17367	5 & up	6 Classes	\$99	Thursday, June 23	7-7:30pm
17366	5 & up	6 Classes	\$99	Saturday, June 25	11:45am-12:15pm
17687	5 & up	3 Classes	\$75	Thursday, August 4	6:30-7:15pm
17690	5 & up	3 Classes	\$75	Saturday, August 6	10:15-11am



THEATRE ON ICE SHOW

SAT., AUGUST 20

Come see what our skaters have created in just one week at Theatre on Ice Camp! Enjoy a themed show set to music and choreographed by our professional instructors.

Cabin John • 6pm
Wheaton • 6:15pm

FREE ADMISSION



Ice Skating

Advanced Free Skating Classes

Free Skate Pre-Test

Prerequisite: Passed Free Skate 6

Prepare for the move up into the U.S. Figure Skating Association (USFSA) testing program. Work on all single jumps including axel preparation, combination spins, and footwork.

Cabin John Ice Rink

17523	5 & up	6 Classes	\$149	Wednesday, June 22	7:45-8:30pm
17524	5 & up	6 Classes	\$149	Saturday, June 25	10:30-11:15am
17872	5 & up	3 Classes	\$75	Wednesday, August 3	7:30-8:15pm

Wheaton Ice Arena

17369	5 & up	6 Classes	\$99	Thursday, June 23	7-7:30pm
17368	5 & up	6 Classes	\$99	Saturday, June 25	11:45am-12:15pm
17688	5 & up	3 Classes	\$75	Thursday, August 4	6:30-7:15pm
17691	5 & up	3 Classes	\$75	Saturday, August 6	10:15-11am

Ice Dance Fundamentals 1

Prerequisite: Passed Free Skate 1

This class will introduce you to basic ice dancing steps, posture, dance positions and timing. We'll cover forward outside swing rolls, slide chassés, chassé progressives, the Dutch Waltz ice dance and the Canasta Tango ice dance.

Cabin John Ice Rink

17750	5 & up	6 Classes	\$99	Saturday, June 25	10-10:30am
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Ice Dance Fundamentals 2

Prerequisite: Passed Ice Dance Fundamentals 1

In this advanced ice dancing class, you'll work on backward swing rolls, forward inside swing rolls, waltz 3-turns, the Swing Dance and Rhythm Blues ice dances.

Cabin John Ice Rink

17751	5 & up	6 Classes	\$99	Saturday, June 25	10-10:30am
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Intro to Synchro

Prerequisite: Must have passed Basic 4

This class will focus on learning the basic skills of synchronized skating. Elements to be learned include circles, lines, blocks, wheels, holds, intersections, and transitions.

Cabin John Ice Rink

17617	5-15yrs	6 Classes	\$99	Wednesday, June 22	6:15-6:45pm
17618	5-15yrs	6 Classes	\$99	Thursday, June 23	5:30-6pm



Jumping 1

Prerequisite: Passed Free Skate 1

Work on waltz jump, salchow jump, toe-loop jump, loop jump and half-loop jumps. Build basic combo jumps using toe-loop and half-loop jumps.

Cabin John Ice Rink

17621	5 & up	6 Classes	\$99	Thursday, June 23	6:15-6:45pm
17753	5 & up	6 Classes	\$99	Saturday, June 25	11:15-11:45am
17875	5 & up	3 Classes	\$50	Thursday, August 4	5:30-6pm

Wheaton Ice Arena

17385	5 & up	6 Classes	\$99	Thursday, June 23	6:30-7pm
17692	5 & up	3 Classes	\$75	Thursday, August 4	7:15-8pm

Jumping 2

Prerequisite: Passed Jumping 1 or Free Skate 4

In this advanced class, work on split or stag jump, flip, lutz, and axel preparation and jump. Build combo jumps with a loop jump.

Cabin John Ice Rink

17622	5 & up	6 Classes	\$99	Thursday, June 23	6:15-6:45pm
17754	5 & up	6 Classes	\$99	Saturday, June 25	11:15-11:45am
17876	5 & up	3 Classes	\$50	Thursday, August 4	5:30-6pm

Wheaton Ice Arena

17386	5 & up	6 Classes	\$99	Thursday, June 23	6:30-7pm
17693	5 & up	3 Classes	\$75	Thursday, August 4	7:15-8pm



Spins 1

Prerequisite: Passed Free Skate 1

Learn to develop your spins and positions. Work on one-foot spin, scratch spin, back spin and sit spin.

Cabin John Ice Rink

17619	5 & up	6 Classes	\$99	Thursday, June 23	6:15-6:45pm
17748	5 & up	6 Classes	\$99	Saturday, June 25	10-10:30am
17873	5 & up	3 Classes	\$50	Thursday, August 4	5:30-6pm

Spins 2

Prerequisite: Passed Spins 1 or Free Skate 4

In this advanced spins class, we'll work on change foot spins, back scratch spins, attitude spins, camel spins, and camel-sit spin combinations; and work on new positions for your future spins.

Cabin John Ice Rink

17620	5 & up	6 Classes	\$99	Thursday, June 23	6:15-6:45pm
17749	5 & up	6 Classes	\$99	Saturday, June 25	10-10:30am
17874	5 & up	3 Classes	\$50	Thursday, August 4	5:30-6pm

Artistry in Motion

Prerequisite: Passed Basic 6

This class will help skaters learn the basic principles of choreography and style. Skaters will learn movements to different styles of music while incorporating skating elements.

Cabin John Ice Rink

17756	5 & up	6 Classes	\$99	Saturday, June 25	11:15-11:45am
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Power Skating Courses

Power Skating

Prerequisite: Passed Basic 5 or Hockey 3

This half-ice course will focus on increasing skaters' speed, and developing more power. Additionally, this course will focus on edge control.

Wheaton Ice Arena

17387	5 & up	6 Classes	\$99	Thursday, June 23	7:30-8pm
17695	5 & up	3 Classes	\$75	Thursday, August 4	7:15-8pm

Moves/Edges

In this class, skaters will work on power, edge quality, extension of line, quick and precise skating movements, and U.S. Figure Skating "Moves in the Field" patterns.

Wheaton Ice Arena

17388	5 & up	6 Classes	\$99	Thursday, June 23	6:30-7pm
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Moves/Edges: Advanced Adult

Prerequisite: Passed Teen & Adult 3 or the Pre-Preliminary Moves test, or equivalent.

In this class, skaters will work on power, edge quality, extension of line, quick and precise skating movements, and U.S. Figure Skating "Moves in the Field" patterns.

Wheaton Ice Arena

17389	12 & up	6 Classes	\$99	Thursday, June 23	7:30-8pm
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Edges & Power Skating

Prerequisite: Passed Free Skate 1

Improve your endurance, speed, control, quality and depth of your edges while performing sequences of steps. We'll do forward and backward power pulls, forward and backward cross rolls, power three-turns, back power three-turns and other steps.

Cabin John Ice Rink

17752	5 & up	6 Classes	\$99	Saturday, June 25	10-10:30am
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Moves in the Field Preparation

Prerequisite: Passed Free Skate 1

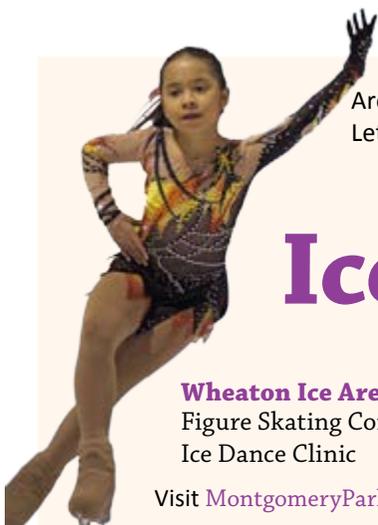
This class will help you prepare for your U.S. Figure Skating "Moves in the Field" tests. We'll cover forward stroking, forward and backward outside and inside edges, spiral and waltz-eight from the Pre-Preliminary test, and introductory Preliminary moves.

Cabin John Ice Rink

17755	5 & up	6 Classes	\$99	Saturday, June 25	11:15-11:45am
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Ice Skating



Are your kids looking for a more challenging skating camp?
Let us help them take their skating to the next level at one of our...

Specialized Ice Skating Camps

All camps are 8:30am-12:30pm, Monday-Friday.

Wheaton Ice Arena

Figure Skating Competitions Camp
Ice Dance Clinic

Cabin John Ice Rink

Synchronized Skating Camp

Both Arenas

Freestyle Camp
Theatre on Ice Camp

Visit MontgomeryParks.org/Camps for more info, and register at ActiveMONTGOMERY.org

*Calvin Johns
Ice Ring*

SUMMER on ICE



<p>may</p>  <p>MOTHER'S DAY SKATE (see pg. 124) Sunday, 5/8 CABIN JOHN & WHEATON ICE</p>		<p>CABIN JOHN SPRING ICE SHOW (see pg. 126) Saturday, 5/21</p>	<p>BOTH ARENAS CLOSED MEMORIAL DAY WEEKEND 5/28-30</p> 
<p>june</p> <p>WHEATON ICE SPRING ICE SHOW (see pg. 126) Saturday, 6/11</p>	<p>SUMMER 1 & 2 SKATING & HOCKEY REGISTRATION OPENS Sunday, 6/12</p> 	<p>Friday, June 17: Last day to register online for Summer 1 classes!</p> <p>SUMMER 1 CLASSES BEGIN Sunday, 6/19 (6-week sessions)</p> 	<p>FATHER'S DAY SKATE (see pg. 127) Sunday, 6/19 CABIN JOHN & WHEATON ICE</p> 
<p>july</p>  <p>BOTH ARENAS CLOSED INDEPENDENCE DAY Monday, 7/4</p>	 	<p>SUMMER CAMPS (see pgs: 125, 131 & 135) ICE DANCE CLINIC (WIA: 7/5-8 & 18-22) ICE SKATING SUMMER FUN CAMP (CI: 7/5-8, 11-15, 18-22 & 25-29) FREESTYLE ICE SKATING CAMP (CI: 7/5-8 & 18-22; WIA: 7/11-15 & 25-29) WEEK IN THE PARK (WIA: 7/5-8, 11-15, 18-22 & 25-29) SYNCHRONIZED SKATING CAMP (CI: 7/11-15) ICE HOCKEY CAMP (CI: 7/25-29)</p>	<p>SUMMER CAMPS (see pgs: 125, 131 & 135) ICE DANCE CLINIC (WIA: 7/5-8 & 18-22) ICE SKATING SUMMER FUN CAMP (CI: 7/5-8, 11-15, 18-22 & 25-29) FREESTYLE ICE SKATING CAMP (CI: 7/5-8 & 18-22; WIA: 7/11-15 & 25-29) WEEK IN THE PARK (WIA: 7/5-8, 11-15, 18-22 & 25-29) SYNCHRONIZED SKATING CAMP (CI: 7/11-15) ICE HOCKEY CAMP (CI: 7/25-29)</p>
<p>aug</p>  <p>Sunday, July 31: Last day to register online for Summer 2 classes!</p> <p>SUMMER 2 CLASSES BEGIN Tuesday, 8/2 (3-week sessions)</p>	<p>SUMMER CAMPS (see pgs: 125, 131 & 135) ICE HOCKEY CAMP (WIA: 8/1-5) ICE SKATING SUMMER FUN CAMP (CI: 8/1-5, 8-12, 15-19) FREESTYLE ICE SKATING CAMP (CI: 8/1-5) WEEK IN THE PARK (WIA: 8/1-5, 8-12, 15-19) FIGURE SKATING COMPETITIONS (WIA: 8/8-12) THEATRE ON ICE CAMP (CI & WIA: 8/15-19)</p>	<p>SUMMER CAMPS (see pgs: 125, 131 & 135) ICE HOCKEY CAMP (WIA: 8/1-5) ICE SKATING SUMMER FUN CAMP (CI: 8/1-5, 8-12, 15-19) FREESTYLE ICE SKATING CAMP (CI: 8/1-5) WEEK IN THE PARK (WIA: 8/1-5, 8-12, 15-19) FIGURE SKATING COMPETITIONS (WIA: 8/8-12) THEATRE ON ICE CAMP (CI & WIA: 8/15-19)</p>	<p>THEATRE ON ICE SHOWS (see pg. 129) Saturday, 8/20 CABIN JOHN & WHEATON ICE</p> 

Please check our websites for specific times of

Summer Public Skating Sessions.

For full details on summer skating classes, visit ActiveMONTGOMERY.org

CabinJohnIce.com

10610 Westlake Drive
Rockville, MD 20852
301-765-8620



WheatonIceArena.com

11717 Orebaugh Avenue
Wheaton, MD 20902
301-905-3000





Ice Hockey Classes • Summer 2016

WHAT DOES "FULL GEAR" INCLUDE?

Caged hockey helmet | shoulder & elbow pads | hockey pants | shin guards
hockey gloves | protective cup | stick cut to skater's height | hockey skates | mouth guard

Rental hockey skates are available for use at no extra charge with your class!



ICE HOCKEY



Hockey Equipment Rental at Cabin John

Rent ice hockey equipment for skaters registered in Hockey 1 or 2 at Cabin John Ice. Equipment fits kids age 4-6 and 6-8, and includes shoulder pads, hockey pants, gloves, elbow pads, shin guards, and adjustable helmet (hockey stick and socks not included).

You'll return all equipment after each class.

Register for your Hockey 1 or 2 class at Cabin John *first*. Then use the ActiveMONTGOMERY activity number shown below for that same date/time to reserve equipment for your child. Supply is limited, so register soon!

Cabin John Ice Rink

4-6 years

17565	4-6yrs	6 Classes	\$30	Sunday, June 19	2-2:30pm
17572	4-6yrs	6 Classes	\$30	Tuesday, June 21	5-5:30pm
17609	4-6yrs	6 Classes	\$30	Thursday, June 23	5-5:30pm
17610	4-6yrs	6 Classes	\$30	Friday, June 24	6:15-6:45pm
17611	4-6yrs	6 Classes	\$30	Saturday, June 25	8:30-9am
17612	4-6yrs	6 Classes	\$30	Saturday, June 25	12:30-1pm
17789	4-6yrs	3 Classes	\$15	Tuesday, August 2	5-5:30pm
17852	4-6yrs	3 Classes	\$15	Thursday, August 4	5-5:30pm
17853	4-6yrs	3 Classes	\$15	Friday, August 5	6:15-6:45pm

6-8 years

17566	6-8yrs	6 Classes	\$30	Sunday, June 19	2-2:30pm
17573	6-8yrs	6 Classes	\$30	Tuesday, June 21	5-5:30pm
17613	6-8yrs	6 Classes	\$30	Thursday, June 23	5-5:30pm
17614	6-8yrs	6 Classes	\$30	Friday, June 24	6:15-6:45pm
17615	6-8yrs	6 Classes	\$30	Saturday, June 25	8:30-9am
17616	6-8yrs	6 Classes	\$30	Saturday, June 25	12:30-1pm
17790	6-8yrs	3 Classes	\$15	Tuesday, August 2	5-5:30pm
17854	6-8yrs	3 Classes	\$15	Thursday, August 4	5-5:30pm
17855	6-8yrs	3 Classes	\$15	Friday, August 5	6:15-6:45pm



FREE Hockey Equipment Rental at Wheaton Ice!

Thanks to the Washington Capitals, you can reserve ice hockey equipment at no additional cost for skaters registered in Hockey 1 or 2 at Wheaton Ice Arena. Equipment fits kids age 4-6 and 6-8, and includes shoulder pads, hockey pants, gloves, elbow pads, shin guards, and adjustable helmet (hockey stick and socks not included). You'll return all equipment after each class. Register for your Hockey 1 or 2 class at Wheaton Ice *first*. Then use the ActiveMONTGOMERY activity number shown below for that same date/time to reserve equipment for your child. The supply of free equipment is limited, so register soon!



Wheaton Ice Arena

4-6 years

17381	4-6yrs	6 Classes	Free	Sunday, June 19	1:15-1:45pm
17380	4-6yrs	6 Classes	Free	Saturday, June 25	10:45-11:15am
17655	4-6yrs	3 Classes	Free	Saturday, August 6	11:45am-12:15pm

6-8 years

17383	6-8yrs	6 Classes	Free	Sunday, June 19	1:15-1:45pm
17382	6-8yrs	6 Classes	Free	Saturday, June 25	10:45-11:15am
17656	6-8yrs	3 Classes	Free	Saturday, August 6	11:45am-12:15pm



GET A CABIN JOHN HOCKEY JERSEY

Get one child's Cabin John Ice Rink jersey for each paid registration for:

- Hockey 1
- Hockey 2
- Hockey 3
- Hockey 4
- Advanced Hockey



ICE HOCKEY



Hockey 1

Prerequisite: Passed Basic 1 or Snowplow 3

Learn falling and getting up in hockey skates, proper stance, march forward across the ice, 8-10 steps, forward two-foot glide, dip or squat, scooter pushes or T-push, forward swizzles, snowplow stop, and backward skating. *Full gear required (see p.133)*

Cabin John Ice Rink

17564	4-8yrs	6 Classes	\$105	Sunday, June 19	2-2:30pm
17568	4-8yrs	6 Classes	\$105	Tuesday, June 21	5-5:30pm
17599	4-8yrs	6 Classes	\$105	Thursday, June 23	5-5:30pm
17600	4-8yrs	6 Classes	\$105	Friday, June 24	6:15-6:45pm
17602	4-8yrs	6 Classes	\$105	Saturday, June 25	8:30-9am
17601	4-8yrs	6 Classes	\$105	Saturday, June 25	12:30-1pm
17788	4-8yrs	3 Classes	\$53	Tuesday, August 2	5-5:30pm
17856	4-8yrs	3 Classes	\$53	Thursday, August 4	5-5:30pm
17857	4-8yrs	3 Classes	\$53	Friday, August 5	6:15-6:45pm

17569	9-14yrs	6 Classes	\$105	Tuesday, June 21	5-5:30pm
17603	9-14yrs	6 Classes	\$105	Saturday, June 25	8:30-9am
17792	9-14yrs	3 Classes	\$53	Tuesday, August 2	5-5:30pm

Wheaton Ice Arena

17371	4 & up	6 Classes	\$99	Sunday, June 19	1:15-1:45pm
17370	4 & up	6 Classes	\$99	Saturday, June 25	10:45-11:15am
17653	4 & up	3 Classes	\$50	Saturday, August 6	11:45am-12:15pm

Hockey 2

Prerequisite: Passed Hockey 1

Learn backward stance, skating forward using full strides, forward one-foot glides, backward hustle, backward swizzles, glide turns, and moving snowplow stops. *Full gear required (see p.133)*

Cabin John Ice Rink

17567	4-8yrs	6 Classes	\$105	Sunday, June 19	2-2:30pm
17570	4-8yrs	6 Classes	\$105	Tuesday, June 21	5-5:30pm
17605	4-8yrs	6 Classes	\$105	Thursday, June 23	5-5:30pm
17606	4-8yrs	6 Classes	\$105	Friday, June 24	6:15-6:45pm
17608	4-8yrs	6 Classes	\$105	Saturday, June 25	8:30-9am
17607	4-8yrs	6 Classes	\$105	Saturday, June 25	12:30-1pm
17795	4-8yrs	3 Classes	\$53	Tuesday, August 2	5-5:30pm
17858	4-8yrs	3 Classes	\$53	Thursday, August 4	5-5:30pm
17859	4-8yrs	3 Classes	\$53	Friday, August 5	6:15-6:45pm

17571	9-14yrs	6 Classes	\$105	Tuesday, June 21	5-5:30pm
17604	9-14yrs	6 Classes	\$105	Saturday, June 25	8:30-9am
17796	9-14yrs	3 Classes	\$53	Tuesday, August 2	5-5:30pm

Wheaton Ice Arena

17372	4 & up	6 Classes	\$99	Sunday, June 19	1:15-1:45pm
17373	4 & up	6 Classes	\$99	Saturday, June 25	10:45-11:15am
17654	4 & up	3 Classes	\$50	Saturday, August 6	11:45am-12:15pm

Hockey 3

Prerequisite: Passed Hockey 2

Learn forward C-cuts on a circle, hockey turns with speed in and out of turn, forward slalom, forward stop and starts, backward V-stop, and lateral marching crossovers. *Full gear required (see p.133)*

Cabin John Ice Rink

17578	4-8yrs	6 Classes	\$155	Tuesday, June 21	6:15-7pm
17579	4-8yrs	6 Classes	\$155	Saturday, June 25	7:45-8:30am
17580	4-8yrs	6 Classes	\$155	Saturday, June 25	1:30-2:15pm
17800	4-8yrs	3 Classes	\$78	Tuesday, August 2	6:15-7pm
17581	9-14yrs	6 Classes	\$155	Tuesday, June 21	7:30-8:15pm
17585	9-14yrs	6 Classes	\$155	Saturday, June 25	7:45-8:30am
17805	9-14yrs	3 Classes	\$78	Tuesday, August 2	7-7:45pm

Wheaton Ice Arena

17375	4 & up	6 Classes	\$99	Sunday, June 19	1:45-2:15pm
17374	4 & up	6 Classes	\$99	Saturday, June 25	11:15-11:45am
17657	4 & up	3 Classes	\$75	Saturday, August 6	11-11:45am

Hockey 4

Prerequisite: Passed Hockey 3

Learn forward one-foot pushes on a circle, forward crossover glides, forward crossovers, alternating backward C-cuts in a line, backward one-foot glide, mohawks, and hockey stop. *Full gear required (see p.133)*

Cabin John Ice Rink

17582	4-8yrs	6 Classes	\$155	Tuesday, June 21	6:15-7pm
17583	4-8yrs	6 Classes	\$155	Saturday, June 25	7:45-8:30am
17584	4-8yrs	6 Classes	\$155	Saturday, June 25	1:30-2:15pm
17801	4-8yrs	3 Classes	\$78	Tuesday, August 2	6:15-7pm

17586	9-14yrs	6 Classes	\$155	Tuesday, June 21	7:30-8:15pm
17587	9-14yrs	6 Classes	\$155	Saturday, June 25	7:45-8:30am
17806	9-14yrs	3 Classes	\$78	Tuesday, August 2	7-7:45pm

Wheaton Ice Arena

17377	4 & up	6 Classes	\$99	Sunday, June 19	1:45-2:15pm
17376	4 & up	6 Classes	\$99	Saturday, June 25	11:15-11:45am
17658	4 & up	3 Classes	\$75	Saturday, August 6	11-11:45am



**GET A FREE
CAPITALS
HOCKEY
JERSEY**

Get one child's
Washington Capitals
practice jersey for each
first-time paid
registration at
**Wheaton Ice Arena for:
Hockey 1
Hockey 2**

Advanced Hockey

Prerequisite: Passed Hockey 4

Learn alternating forward crossovers, backward crossovers (on a circle as well as straight down the ice), back V-stops, power turns on proper edges, and mohawks. *Full gear required (see p.133)*

Cabin John Ice Rink

17588	4-8yrs	6 Classes	\$155	Tuesday, June 21	6:15-7pm
17589	4-8yrs	6 Classes	\$155	Saturday, June 25	7:45-8:30am
17590	4-8yrs	6 Classes	\$155	Saturday, June 25	1:30-2:15pm
17802	4-8yrs	3 Classes	\$78	Tuesday, August 2	6:15-7pm
17591	9-14yrs	6 Classes	\$155	Tuesday, June 21	7:30-8:15pm
17592	9-14yrs	6 Classes	\$155	Saturday, June 25	7:45-8:30am
17807	9-14yrs	3 Classes	\$78	Tuesday, August 2	7-7:45pm

Wheaton Ice Arena

17378	4 & up	6 Classes	\$99	Sunday, June 19	2:15-2:45pm
17379	4 & up	6 Classes	\$99	Saturday, June 25	11:45am-12:15pm
17659	4 & up	3 Classes	\$75	Saturday, August 6	11-11:45am

Teen & Adult Introductory Hockey

Prerequisite: Passed Teen & Adult 1 in hockey skates

Learn the fundamentals of hockey skating, including forward and backward crossovers, stops, stick handling and passing. *Full gear required (see p.133)*

Cabin John Ice Rink

17593	14 & up	6 Classes	\$149	Tuesday, June 21	8:15-9pm
17594	14 & up	6 Classes	\$149	Saturday, June 25	7:45-8:30am
17808	14 & up	3 Classes	\$75	Tuesday, August 2	7:45-8:30pm

Teen & Adult Hockey Scrimmage

Prerequisite: Passed Teen & Adult 3

in hockey skates or Teen & Adult Introductory Hockey

This class will emphasize advanced hockey techniques, rules and game play. Skaters will practice skills and elements of the game through a series of scrimmages.

Full gear required (see p.133)

Cabin John Ice Rink

20064	14 & up	6 classes	\$149	Thursday June 23	8:15-9pm
20065	14 & up	3 classes	\$75	Thursday, August 4	7:45-8:30pm

Scrimmage 1

Prerequisite: Passed Hockey 2

This hands-on instructional class focuses on key elements of hockey. Skaters will learn the rules of the game, enhance their skills, and practice through a series of scrimmages. *Full gear required (see p.133)*

Cabin John Ice Rink

17595	6 & up	6 Classes	\$99	Tuesday, June 21	7-7:30pm
17596	6 & up	6 Classes	\$99	Saturday, June 25	9-9:30am
17803	6 & up	3 Classes	\$50	Tuesday, August 2	5:30-6pm
17860	6 & up	3 Classes	\$50	Saturday, August 6	8:30-9am



ICE HOCKEY

Scrimmage 2

Prerequisite: Passed Scrimmage 1 or Advanced Hockey

Scrimmage 2 gives serious players more real-time, hands-on instruction. Learn the finer points of hockey and continue to sharpen your skills with other players who want to excel. *Full gear required (see p.133)*

Cabin John Ice Rink

17597	6 & up	6 Classes	\$99	Tuesday, June 21	7-7:30pm
17598	6 & up	6 Classes	\$99	Saturday, June 25	9-9:30am
17804	6 & up	3 Classes	\$50	Tuesday, August 2	5:30-6pm
17861	6 & up	3 Classes	\$50	Saturday, August 6	8:30-9am

Power Skating for Hockey

Prerequisite: Passed Hockey 2 or Basic 3 in hockey skates

Build on the fundamentals of hockey and take your skating skills to the next level! We'll emphasize speed, quickness, power and technique.

Full gear required (see p.133)

Cabin John Ice Rink

17577	4 & up	6 Classes	\$99	Tuesday, June 21	5:30-6pm
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Wheaton Ice Arena

17384	4 & up	6 Classes	\$99	Sunday, June 19	2:15-2:45pm
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Passing & Shooting

Prerequisite: Passed Hockey 2

You've learned the basics of passing and shooting—now it's time to learn the finer points of stick-handling. We'll also show you how to protect the puck from opponents, and review some fundamental passing skills.

Full gear required (see p.133); no game experience needed.

Cabin John Ice Rink

17575	4 & up	6 Classes	\$99	Tuesday, June 21	5:30-6pm
17576	4 & up	6 Classes	\$99	Saturday, June 25	8:30-9am

If your kids love hockey, why not treat them this summer to...

Ice Hockey Camp!

Offered at both rinks (CJI: Week of 6/27 & 7/25 • WIA: Week of 6/20 & 8/1)

Visit MontgomeryParks.org/Camps for more info,
and register at ActiveMONTGOMERY.org!





SOUTH GERMANTOWN
Driving RANGE

18045 Central Park Circle | Boyds, MD 20841 | 301-670-4670

www.SGDrivingRange.com



NOW OPEN YEAR-ROUND!

With the recent installation of heaters in tee boxes, South Germantown Driving Range is now open year-round. Hours are weather-dependent, so please be sure to call us or check our Facebook page before heading out.

May 1 - August 31: Monday-Friday, 9am-10pm; Saturday & Sunday, 7am-10pm
Buckets of balls are sold until one hour before stated closing time.

Driving Range Classes • Summer 2016



Parent and Child Golf

Golf is a great game for kids to start early, and you'll have a great time learning together. With the help of a Montgomery County Golf certified instructor, you and your child (age 7-14) will learn the basics of golf, including proper stance, grip, chipping, putting, driving, and more. If you're already a golfer, the instructor will work with you at your level to help you improve your game. Please register the child; fee covers instruction, balls, loaner clubs and practice cards for both of you.

South Germantown Driving Range

19259	7-14yrs	5 Classes	\$149	Saturday, June 11	11am-Noon
19262	7-14yrs	5 Classes	\$149	Sunday, June 12	Noon-1pm
19260	7-14yrs	5 Classes	\$149	Saturday, July 16	11am-Noon
19263	7-14yrs	5 Classes	\$149	Sunday, July 17	Noon-1pm



SOUTH GERMANTOWN DRIVING RANGE FEATURES

- Montgomery County Golf Academy instructors
- Sand trap training area
Practice your bunker game and hit balls onto the range
- 40 tee boxes (10 covered)
- Synthetic turf putting green
- New heaters and roll-down drop curtains
Great for hitting balls in inclement weather. Protects from wind/rain, keeps in the heat during colder days
- Elevated greens on range
Work on both distance and accuracy as you shoot for the greens instead of distance markers
- Clubhouse with restroom and DirectTV

GREAT PRICES!

Get this year's **Range Ball Discount Cards** at last year's prices. Visit our website for more information on how you can save up to 40%!



Beginning Golf

If you've always wanted to try golf, or haven't played in years and want to pick it up again, this is an easy, inexpensive way to get into the sport. For just \$99, you'll get four weeks of professional instruction from a Montgomery County Golf Academy Instructor, and learn the basics of golf: proper stance, grip, chipping, putting, driving, golf etiquette, and more. Fee covers loaner clubs, balls and a practice card for two free buckets to come back and practice your skills. Class sizes are small (no more than 8 students), so you're sure to get a good bit of personal attention.

South Germantown Driving Range

19270	18 & up	4 Classes	\$99	Thursday, May 26	5:30-6:30pm
19275	18 & up	4 Classes	\$99	Saturday, June 4	2:30-3:30pm
19265	18 & up	4 Classes	\$99	Tuesday, June 14	5:30-6:30pm
19271	18 & up	4 Classes	\$99	Thursday, June 23	5:30-6:30pm
19276	18 & up	4 Classes	\$99	Saturday, July 9	2:30-3:30pm
19267	18 & up	4 Classes	\$99	Tuesday, July 12	5:30-6:30pm
19272	18 & up	4 Classes	\$99	Thursday, July 21	5:30-6:30pm
19268	18 & up	4 Classes	\$99	Tuesday, August 9	5:30-6:30pm
19273	18 & up	4 Classes	\$99	Thursday, August 18	5:30-6:30pm

Couples Golf

Learn a new sport that you can play together for the rest of your life! Grab your spouse or partner, best friend or parent, son or daughter and learn to play the great game of golf. In this beginning/intermediate class, you'll get expert instruction from a Montgomery County Golf Academy pro for four weeks. We'll teach the basics of golf, including putting, chipping, driving, using irons and woods, and golf etiquette. Fee covers loaner clubs, balls and a practice card for two free buckets to come back and practice your skills.

Please register one person from your pair, and you'll be prompted as you register to enter your partner's name.

South Germantown Driving Range

19277	18 & up	4 Classes	\$149	Saturday, June 11	9-10am
19281	18 & up	4 Classes	\$149	Sunday, June 12	1-2pm
19278	18 & up	4 Classes	\$149	Saturday, July 9	9-10am
19282	18 & up	4 Classes	\$149	Sunday, July 10	1-2pm
19279	18 & up	4 Classes	\$149	Saturday, August 6	5:30-6:30pm
19822	18 & up	4 Classes	\$149	Sunday, August 7	1-2pm
19280	18 & up	4 Classes	\$149	Saturday, September 3	5:30-6:30pm
19823	18 & up	4 Classes	\$149	Sunday, September 4	1-2pm

Archery 101

Interested in learning archery? Participants will learn basic skills and safety instruction. You'll learn how to hold, aim, draw, and shoot a bow. We'll introduce or build on participant's current knowledge/skills or Archery and provide time to practice each new skill. We'll provide all of the equipment, a safe place to shoot, and a Level 1 Certified Instructor to guide you. Please bring a water bottle and dress for the weather.

South Germantown Driving Range

19284	8-14yrs	4 Classes	\$50	Saturday, May 28	4-5:30pm
19287	8-14yrs	4 Classes	\$50	Saturday, May 28	5:30-7pm
14051	8-14yrs	4 Classes	\$50	Sunday, May 29	10-11:30am
19296	8-14yrs	4 Classes	\$50	Sunday, May 29	11:30am-1pm
19285	8-14yrs	4 Classes	\$50	Saturday, June 25	4-5:30pm
19288	8-14yrs	4 Classes	\$50	Saturday, June 25	5:30-7pm
19293	8-14yrs	4 Classes	\$50	Sunday, June 26	10-11:30am
19297	8-14yrs	4 Classes	\$50	Sunday, June 26	11:30am-1pm
19291	8-14yrs	4 Classes	\$50	Saturday, July 23	4-5:30pm
19292	8-14yrs	4 Classes	\$50	Saturday, July 23	5:30-7pm
19294	8-14yrs	4 Classes	\$50	Sunday, July 24	10-11:30am
19299	8-14yrs	4 Classes	\$50	Sunday, July 24	11:30am-1pm





Make a BIG SPLASH!

at South Germantown Splash Playground

- Rent the ENTIRE **SPLASH PLAYGROUND!**
Splash, relax and have a blast any day of the week from 6-8pm.
Only \$225 for up to 20 guests
- Add Unlimited **MINI-GOLF** Just \$50 more
More than 20 people in your party?
Add \$4.50 (Splash Park only) per person or \$6.50 (Splash Park + unlimited Mini-Golf)
- Keep the party going for another hour (to 9pm) for just \$100 more.
- Reserve your party online today at ActiveMONTGOMERY.org



www.SplashandGolf.com

10856 Central Park Circle, Boyds, MD 20841 | 301-670-4680 

Open Memorial Day Weekend through Labor Day Weekend.
Please visit our website for specific days, hours and fees.



Let's Go to the Lake Today!

in Montgomery Parks

Boating

Rent kayaks, canoes and rowboats at both lakes for a cool, affordable adventure. Enjoy pedal boats (now at both lakes!), or new stand-up paddle boards at Black Hill. Or sit back, relax and enjoy the view on a pontoon boat ride at either lake.



NEW! SUPs @ Black Hill

Fishing

Both Lake Needwood and Little Seneca Lake are stocked with bass, catfish, crappie, and more! Fish from a boat, fish from the shore, or join us for **Kids Fishing Day** and we'll teach you how to fish!



KIDS' FISHING DAYS @
Lake Needwood 6/11
Black Hill 6/25

Birthdays!

At Lake Needwood, you can host a **fishing b'day party** (\$225/2hrs.; includes pavilion rental and fishing lessons for 12!), or a **pontoon boat party** (\$125/2hrs., includes pavilion rental and guided pontoon boat tour of the lake for 16 guests). See web for details.



BlackHillBoats.com

Little Seneca Lake
20920 Lake Ridge Drive
Boyd's, MD 20841



LakeNeedwoodBoats.com

Lake Needwood
15700 Needwood Lake Circle
Derwood, MD 20855



Wheaton Sports Pavilion
 11751 Orebaugh Avenue, Wheaton, MD 20902
 301-905-3070
www.WheatonSportsPavilion.com

Sports Pavilion Classes • Summer 2016

WHAT DOES "FULL GEAR" INCLUDE?

The following equipment is required for all lacrosse clinic participants:

For Boys: Helmet, gloves, stick, shoulder & elbow pads, protective cup and mouth guard
For Girls: Stick, eye protection and mouth guard

General Sports

Sports Conditioning: HS Sports

Pre-season is all about conditioning! Prepare yourself for grueling tryouts and the upcoming season so that you can shine. This program focuses on flexibility, strength, power, speed and cardiovascular techniques.

Wheaton Sports Pavilion

18499	13-16yrs	6 Classes	\$60	Saturday, July 9	Noon-1pm
18501	13-16yrs	6 Classes	\$60	Saturday, July 9	1-2pm

Intro to Lacrosse

This clinic is for first-time players, or players who want to improve their skills. It focuses on the basics of lacrosse, with primary emphasis on stick skills (passing, catching, cradling, scooping, and shooting), defense, and overall team play. *Full gear required (see above).*

Wheaton Sports Pavilion

19828	6-11yrs	6 Classes	\$120	Tuesday, July 5	7-8pm
19827	6-11yrs	6 Classes	\$120	Wednesday, July 6	6-7pm

Lacrosse Skills Clinic

Wheaton Sports Pavilion

Continue your skills development from the spring season! These clinics are specifically designed for attack and defensive players, and for players who want to improve their face-off skills. Experienced coaches will work closely with players to hone skills and tactics to be successful on the field.

Full gear required (see above)

LAX Attack Skills Clinic: Girls

18490	6-12yrs	6 Classes	\$120	Wednesday, July 6	6-7pm
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LAX Attack Skills Clinic: Boys

18494	6-12yrs	6 Classes	\$120	Thursday, July 7	7-8pm
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LAX Defense Skills Clinic: Girls

18492	6-12yrs	6 Classes	\$120	Wednesday, July 6	7-8pm
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LAX Defense Skills Clinic: Boys

18496	6-12yrs	6 Classes	\$120	Thursday, July 7	7-8pm
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LAX Face-Off Clinic: Boys

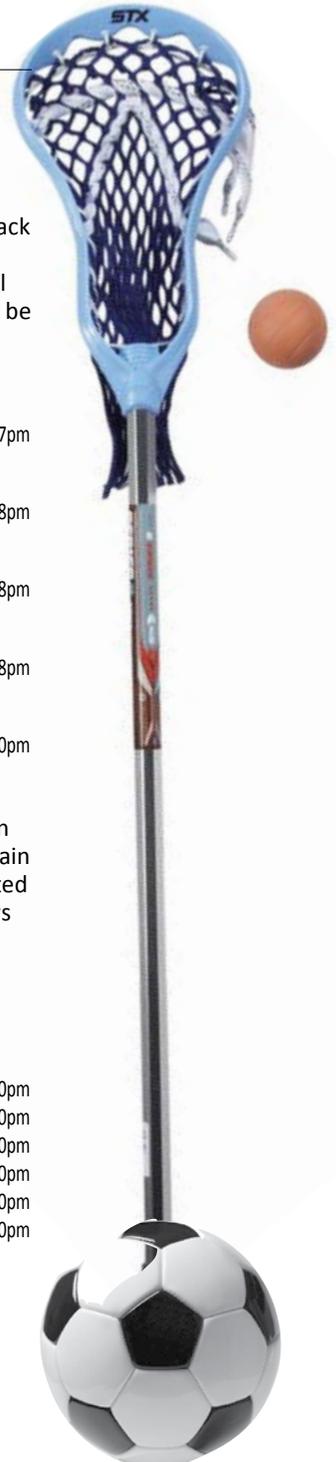
18498	8-12yrs	6 Classes	\$120	Friday, July 8	5:30-6:30pm
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Indoor Soccer Drop-In

Bring your friends, neighbors and co-workers and join us on the pitch! (Remember, the field is covered, so rain won't stop us!). Pre-register and receive the discounted rates shown below, or drop in as your schedule allows and pay just \$15 for 90 minutes on the field. It's a great way to get in some fun and exercise before the weekend starts! *Pre-register for a package of 4 or 5 evenings, and save \$3 per session.*

Wheaton Sports Pavilion

18506	18 & up	5 Evenings	\$60	Thursday, June 2	9-10:30pm
18507	18 & up	4 Evenings	\$48	Friday, June 3	9-10:30pm
18509	18 & up	5 Evenings	\$60	Friday, July 1	9-10:30pm
18510	18 & up	4 Evenings	\$48	Thursday, July 7	9-10:30pm
18511	18 & up	4 Evenings	\$48	Thursday, August 4	9-10:30pm
18514	18 & up	4 Evenings	\$48	Friday, August 5	9-10:30pm



Check out our Party Packages at WheatonSportsPavilion.com

Park Activity Buildings

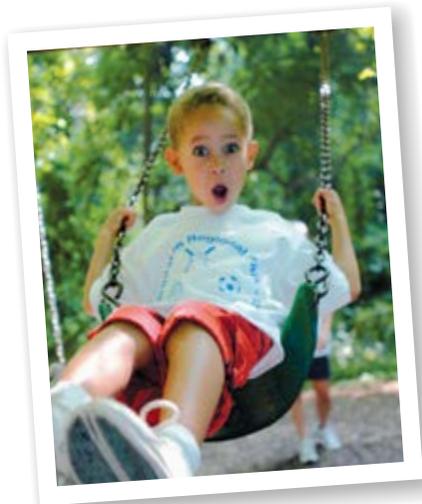
PARK ACTIVITY BUILDINGS MAY BE USED FOR:

Celebrations | Meetings | Parties
Picnics | Receptions | Reunions | Social Events

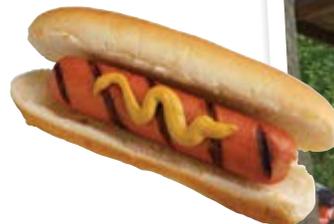
Surrounded by parkland and popular park amenities, our Park Activity Buildings are the perfect place to host birthday parties, family or class reunions, smaller meetings or workshops, and other social or business functions.



Convenient Locations | Scenic Settings | Affordable Rates



Park Picnic Areas



PARK PICNIC AREAS MAY BE USED FOR:

Family Events | Parties | Picnics | Reunions

Our picnic areas are ideal for outdoor gatherings of all kinds. Multiple shelters are located in our regional and recreational parks, where there are a variety of amenities and activities for guests. Smaller shelters, with playgrounds nearby, are located in our local parks. Two large group picnic areas with dedicated athletic fields, playgrounds, volleyball courts, and horseshoe pits, are available for larger, semi-private functions.

Check locations, availability and reserve online 24/7 at
ActiveMontgomery.org or call 301-495-2525.



Indoor Tennis Group Lessons • Summer 2016



Pauline Betz Addie Tennis Center
7801 Democracy Blvd.
Bethesda, MD 20817
CabinJohnTennis.com
301-765-8650



Wheaton Indoor Tennis
11715 Orebaugh Ave.
Wheaton, MD 20902
WheatonTennis.com
301-905-3030



TENNIS REGISTRATION DATES

- **SUMMER 1 & 2**
Summer Registration runs Monday, June 20 through Monday, July 4 for both sessions.

DATES TO NOTE

Holiday Hours & Closures

- Monday, May 30
- Monday, July 4

Don't Delay!

If you see a class you like, register! Classes may be canceled if the minimum enrollment number is not met.



USTA 10 and Under Tennis, Beginner

Pauline Betz Addie Tennis

4-6 years

18672	4-6yrs	6 Classes	\$135	Saturday, July 9	9-10am
18690	4-6yrs	6 Classes	\$135	Sunday, July 10	1-2pm

6-10 years

19525	6-10yrs	6 Classes	\$135	Tuesday, July 5 (T,Th)	6-7pm
18756	6-10yrs	6 Classes	\$135	Saturday, July 9	9-10am
18685	6-10yrs	6 Classes	\$135	Sunday, July 10	1-2pm

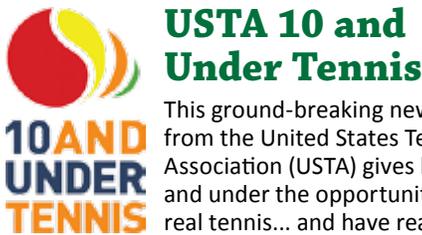
Wheaton Indoor Tennis

4-6 years

18363	4-6yrs	6 Classes	\$111	Tuesday, July 5 (T,Th)	5-6pm
18270	4-6yrs	6 Classes	\$111	Saturday, July 9	9-10am
18345	4-6yrs	6 Classes	\$111	Sunday, July 10	1-2pm
18362	4-6yrs	6 Classes	\$111	Monday, July 11 (M,W)	5-6pm
19800	4-6yrs	6 Classes	\$111	Tuesday, July 26 (T,Th)	5-6pm
18758	4-6yrs	6 Classes	\$111	Monday, August 1 (M,W)	5-6pm

6-10 years

19526	6-10yrs	6 Classes	\$111	Tuesday, July 5 (T,Th)	5-6pm
18272	6-10yrs	6 Classes	\$111	Saturday, July 9	9-10am
18346	6-10yrs	6 Classes	\$111	Sunday, July 10	1-2pm
19527	6-10yrs	6 Classes	\$111	Monday, July 11 (M,W)	6-7pm
18777	6-10yrs	6 Classes	\$111	Tuesday, July 26 (T,Th)	6-7pm
19801	6-10yrs	6 Classes	\$111	Monday, August 1 (M,W)	6-7pm



USTA 10 and Under Tennis

This ground-breaking new program from the United States Tennis Association (USTA) gives kids age 10 and under the opportunity to learn real tennis... and have real fun doing it!

Using the QuickStart Tennis play format, classes use racquets, balls and courts that are sized right for kids so they learn, rally, play, compete and enjoy the game right from the start. The courts are smaller (but still to scale); balls are lighter, slower-moving and easier to hit; racquets are smaller and lighter. All equipment is provided in the course fee.

All classes include warm-up and cool-down activities, skill review and practice, and team games that reinforce tennis skills and tactics. For more information, visit www.10andUnderTennis.com, and sign up for a class today.





USTA 10 and Under Tennis, Intermediate

Prerequisite: Passed Beginner level.

We'll continue to work on stroke development, and learn specialty shots like lobs, drop shots, slices, topspins, cross-court, down-the-line shots, kick and flat serves. You'll also learn when and where to use each stroke, how to play strategic tennis (how to plan your shots, construct points, size up your opponent and play to his/her weaknesses), and work on consistency from both the baseline and net.

Pauline Betz Addie Tennis

4-6 years

18693	4-6yrs	6 Classes	\$135	Saturday, July 9	10-11am
19528	4-6yrs	6 Classes	\$135	Sunday, July 10	2-3pm

6-10 years

19530	6-10yrs	6 Classes	\$135	Tuesday, July 5 (T,Th)	6-7pm
18245	6-10yrs	6 Classes	\$135	Saturday, July 9	10-11am
19529	6-10yrs	6 Classes	\$135	Sunday, July 10	2-3pm

Wheaton Indoor Tennis

4-6 years

19532	4-6yrs	6 Classes	\$111	Tuesday, July 5 (T,Th)	5-6pm
18276	4-6yrs	6 Classes	\$111	Saturday, July 9	10-11am
18347	4-6yrs	6 Classes	\$111	Sunday, July 10	2-3pm
19531	4-6yrs	6 Classes	\$111	Monday, July 11 (M,W)	5-6pm

6-10 years

19534	6-10yrs	6 Classes	\$111	Tuesday, July 5 (T,Th)	5-6pm
18277	6-10yrs	6 Classes	\$111	Saturday, July 9	10-11am
18348	6-10yrs	6 Classes	\$111	Sunday, July 10	2-3pm
19533	6-10yrs	6 Classes	\$111	Monday, July 11 (M,W)	5-6pm

USTA 10 and Under Tennis, Advanced

Prerequisite: Passed Intermediate level.

Learn new strategies to win points, games and matches against a variety of players, as well as positioning and shot placement. Work on closing points, match play situations analysis, and mental toughness training. By the end of this class, you should have a thorough understanding of tennis, including offensive and defensive shots.

Pauline Betz Addie Tennis

4-6 years

18243	4-6yrs	6 Classes	\$147	Saturday, July 9	11am-Noon
19535	4-6yrs	6 Classes	\$147	Sunday, July 10	3-4pm

6-10 years

19802	6-10yrs	6 Classes	\$147	Tuesday, July 5 (T,Th)	6-7pm
18246	6-10yrs	6 Classes	\$147	Saturday, July 9	11am-Noon
19536	6-10yrs	6 Classes	\$147	Sunday, July 10	3-4pm

Wheaton Indoor Tennis

4-6 years

18279	4-6yrs	6 Classes	\$123	Saturday, July 9	11am-Noon
18350	4-6yrs	6 Classes	\$123	Sunday, July 10	3-4pm

6-10 years

18278	6-10yrs	6 Classes	\$123	Saturday, July 9	11am-Noon
18351	6-10yrs	6 Classes	\$123	Sunday, July 10	3-4pm



Beginner 1 Tennis

Beginner 1 Tennis, Teen

Prerequisite: For beginners who have never played before or have not played recently up to 1.0 – 2.5 NTRP level.

Learn warm-up exercises, how to properly grip a racquet; tennis etiquette and vocabulary; plus safety rules and how to keep score. The fundamentals of the modern tennis game will be taught including how to hit open stance ground-strokes, volleys and overheads. The serve will also be taught as well as court position and basic strategies.

Pauline Betz Addie Tennis

18746	11-15yrs	6 Classes	\$135	Saturday, July 9	Noon-1pm
19540	11-15yrs	6 Classes	\$135	Sunday, July 10	9-10am
19162	11-15yrs	6 Classes	\$135	Monday, July 11 (M,W)	6-7pm
19319	11-15yrs	6 Classes	\$135	Monday, August 1 (M,W)	6-7pm

Wheaton Indoor Tennis

19541	11-15yrs	6 Classes	\$111	Tuesday, July 5 (T,Th)	7-8pm
18280	11-15yrs	6 Classes	\$111	Saturday, July 9	Noon-1pm
18298	11-15yrs	6 Classes	\$111	Sunday, July 10	9-10am
19542	11-15yrs	6 Classes	\$111	Monday, July 11 (M,W)	7-8pm

Beginner 1 Tennis, Adult

Prerequisite: For beginners who have never played before or have not played recently up to 1.0-2.5 NTRP level.

Learn warm-up exercises, how to properly grip a racquet; tennis etiquette and vocabulary; plus safety rules and how to keep score. The fundamentals of the modern tennis game will be taught including how to hit open stance ground-strokes, volleys and overheads. The serve will also be taught as well as court position and basic strategies.

Pauline Betz Addie Tennis

18284	16 & up	6 Classes	\$135	Saturday, July 9	8-9am
18797	16 & up	6 Classes	\$135	Saturday, July 9	3-4pm
19569	16 & up	6 Classes	\$135	Sunday, July 10	11am-Noon
19023	16 & up	6 Classes	\$135	Monday, July 11 (M,W)	7-8pm
19320	16 & up	6 Classes	\$135	Monday, August 1 (M,W)	7-8pm

Wheaton Indoor Tennis

19804	16 & up	6 Classes	\$111	Tuesday, July 5 (T,Th)	6-7pm
18266	16 & up	6 Classes	\$111	Saturday, July 9	8-9am
18282	16 & up	6 Classes	\$111	Saturday, July 9	Noon-1pm
18296	16 & up	6 Classes	\$111	Sunday, July 10	9-10am
18340	16 & up	6 Classes	\$111	Sunday, July 10	11am-Noon
19803	16 & up	6 Classes	\$111	Monday, July 11 (M,W)	6-7pm



Check out the brand-new **CENTRAL AIR CONDITIONING** at PBA Tennis Center! (you'll thank us in August)





Beginner 2 Tennis

Beginner 2 Tennis, Teen

Prerequisite: Passed Beginner 1 Teen or a 2.5-3.0 NTRP level player who has recent playing experience and wants a refresher on the fundamentals of tennis.

Modern footwork will be covered as well as techniques on hitting ground strokes with natural spin and directional control. Volleys, overheads and serves will be critiqued. Proper court position and basic strategies will be taught in addition to tennis etiquette and vocabulary, safety rules and how to keep score.

Pauline Betz Addie Tennis

18761	11-15yrs	6 Classes	\$135	Saturday, July 9	Noon-1pm
19543	11-15yrs	6 Classes	\$135	Sunday, July 10	10-11am
19163	11-15yrs	6 Classes	\$135	Monday, July 11 (M,W)	6-7pm
19318	11-15yrs	6 Classes	\$135	Monday, August 1 (M,W)	6-7pm

Wheaton Indoor Tennis

19544	11-15yrs	6 Classes	\$111	Tuesday, July 5 (T,Th)	7-8pm
18281	11-15yrs	6 Classes	\$111	Saturday, July 9	Noon-1pm
18335	11-15yrs	6 Classes	\$111	Sunday, July 10	10-11am
19545	11-15yrs	6 Classes	\$111	Monday, July 11 (M,W)	7-8pm

Beginner 2 Tennis, Adult

Prerequisite: Passed Beginner 1 Adult or a 2.5-3.0 NTRP level player who has recent playing experience and wants a refresher on the fundamentals of tennis.

Modern footwork will be covered as well as modern techniques on hitting ground strokes with natural spin and directional control. Volleys, overheads and serves will be critiqued. Proper court position and basic strategies will be taught in addition to tennis etiquette and vocabulary, safety rules and how to keep score.

Pauline Betz Addie Tennis

19805	16 & up	6 Classes	\$135	Saturday, July 9	8-9am
18770	16 & up	6 Classes	\$135	Saturday, July 9	Noon-1pm
18798	16 & up	6 Classes	\$135	Saturday, July 9	3-4pm
18580	16 & up	6 Classes	\$135	Sunday, July 10	11am-Noon
19024	16 & up	6 Classes	\$135	Monday, July 11 (M,W)	7-8pm
19321	16 & up	6 Classes	\$135	Monday, August 1 (M,W)	7-8pm

Wheaton Indoor Tennis

19549	16 & up	6 Classes	\$111	Tuesday, July 5 (T,Th)	6-7pm
19806	16 & up	6 Classes	\$111	Saturday, July 9	8-9am
18283	16 & up	6 Classes	\$111	Saturday, July 9	Noon-1pm
18297	16 & up	6 Classes	\$111	Sunday, July 10	9-10am
18341	16 & up	6 Classes	\$111	Sunday, July 10	11am-Noon
18265	16 & up	6 Classes	\$111	Monday, July 11 (M,W)	6-7pm

Intermediate Tennis

Intermediate 1 Tennis, Teen

Prerequisite: Passed Beginner 2, Teen or 3.0 -3.5 NTRP level player.

Players should already have a foundation of the fundamentals of tennis but would like to improve consistency, accuracy and greater technical mastery of the modern strokes and footwork. The focus will be on the strategies and shots that will help you play percentage tennis. Instruction will include winning strategies and shot making to include: lobs, drop shots, slices, topspins, cross-court and down-the-line shots, in addition to a variety of serves to enhance your game.

Pauline Betz Addie Tennis

18781	11-15yrs	6 Classes	\$135	Saturday, July 9	1-2pm
19553	11-15yrs	6 Classes	\$135	Sunday, July 10	10-11am
19170	11-15yrs	6 Classes	\$135	Monday, July 11 (M,W)	6-7pm
19327	11-15yrs	6 Classes	\$135	Monday, August 1 (M,W)	6-7pm

Wheaton Indoor Tennis

19556	11-15yrs	6 Classes	\$111	Tuesday, July 5 (T,Th)	6-7pm
18285	11-15yrs	6 Classes	\$111	Saturday, July 9	1-2pm
19554	11-15yrs	6 Classes	\$111	Sunday, July 10	10-11am
19555	11-15yrs	6 Classes	\$111	Monday, July 11 (M,W)	8-9pm

Intermediate 1 Tennis, Adult

Prerequisite: Passed Beginner 2, Adult or 3.0-3.5 NTRP level player.

Players should already have a foundation of the fundamentals of tennis but would like to improve consistency, accuracy and greater technical mastery of the modern strokes and footwork. The focus will be on the strategies and shots that will help you play percentage tennis. Instruction will include winning strategies and shot making to include: lobs, drop shots, slices, topspins, cross-court and down-the-line shots, in addition to a variety of serves to enhance your game.

Pauline Betz Addie Tennis

19186	16 & up	6 Classes	\$135	Tuesday, July 5 (T,Th)	7-8pm
18813	16 & up	6 Classes	\$135	Saturday, July 9	4-5pm
19557	16 & up	6 Classes	\$135	Sunday, July 10	Noon-1pm
19166	16 & up	6 Classes	\$135	Monday, July 11 (M,W)	8-9pm
19341	16 & up	6 Classes	\$135	Tuesday, July 26 (T,Th)	7-8pm
19323	16 & up	6 Classes	\$135	Monday, August 1	8-9pm

Wheaton Indoor Tennis

19807	16 & up	6 Classes	\$111	Tuesday, July 5 (T,Th)	8-9pm
18290	16 & up	6 Classes	\$111	Saturday, July 9	4-5pm
18337	16 & up	6 Classes	\$111	Sunday, July 10	Noon-1pm



Want to practice but don't have a partner?

RENT THE **SMASH!**



The "SMASH" is a high-tech ball machine that shoots out fast, slow or medium-paced balls; slices, topspins, flat spins and lobs; in one direction or all directions.

Rent a SMASH for \$10/hour (plus court time fee) at both Wheaton Indoor Tennis and Pauline Betz Addie Tennis Centers. Sign up at the front desk or call in to reserve at either facility.



Intermediate 2 Tennis, Teen

Prerequisite: Passed Intermediate 1, Teen or a 3.5 NTRP level player.

Players should already have a foundation of the fundamentals of tennis but would like to improve consistency, accuracy and greater technical mastery of the modern strokes and footwork. The focus will be on the strategies and shots that will help you play percentage tennis. To enhance your game, a deeper exploration of winning strategies will be covered including lobs, drop shots, slices, topspins, cross-court and down-the-line shots plus a variety of serves.

Pauline Betz Addie Tennis

18788	11-15yrs	6 Classes	\$135	Saturday, July 9	1-2pm
19560	11-15yrs	6 Classes	\$135	Sunday, July 10	10-11am
19171	11-15yrs	6 Classes	\$135	Monday, July 11 (M,W)	6-7pm
19328	11-15yrs	6 Classes	\$135	Monday, August 1 (M,W)	6-7pm

Wheaton Indoor Tennis

19563	11-15yrs	6 Classes	\$111	Tuesday, July 5 (T,Th)	8-9pm
18286	11-15yrs	6 Classes	\$111	Saturday, July 9	1-2pm
19561	11-15yrs	6 Classes	\$111	Sunday, July 10	10-11am
19562	11-15yrs	6 Classes	\$111	Monday, July 11 (M,W)	8-9pm

Intermediate 2 Tennis, Adult

Prerequisite: Passed Intermediate 1, Adult or a 3.5 NTRP level player.

Players should already have a foundation of the fundamentals of tennis but would like to improve consistency, accuracy and greater technical mastery of the modern strokes and footwork. The focus will be on the strategies and shots that will help you play percentage tennis. To enhance your game, a deeper exploration of winning strategies will be covered including lobs, drop shots, slices, topspins, cross-court and down-the-line shots plus a variety of serves.

Pauline Betz Addie Tennis

19821	16 & up	6 Classes	\$135	Tuesday, July 5 (T,Th)	7-8pm
19188	16 & up	6 Classes	\$135	Saturday, July 9	4-5pm
19559	16 & up	6 Classes	\$135	Sunday, July 10	Noon-1pm
19332	16 & up	6 Classes	\$135	Monday, July 11 (M,W)	8-9pm
19342	16 & up	6 Classes	\$135	Tuesday, July 26 (T,Th)	7-8pm
19333	16 & up	6 Classes	\$135	Monday, August 1 (M,W)	8-9pm

Wheaton Indoor Tennis

18372	16 & up	6 Classes	\$111	Tuesday, July 5 (T,Th)	8-9pm
18291	16 & up	6 Classes	\$111	Saturday, July 9	4-5pm
18338	16 & up	6 Classes	\$111	Sunday, July 10	Noon-1pm
18371	16 & up	6 Classes	\$111	Monday, July 11 (M,W)	6-7pm
18778	16 & up	6 Classes	\$111	Tuesday, July 26 (T,Th)	8-9pm
18762	16 & up	6 Classes	\$111	Monday, August 1 (M,W)	6-7pm

For
HOURS OF
OPERATION,
visit

CabinJohnTennis.com -and-
WheatonTennis.com

Advanced Tennis

Advanced Tennis, Teen

Prerequisite: Passed Intermediate 2, Teen or for 4.0 level NTRP players.

Players should already have a solid foundation of the fundamentals of tennis with match play or competitive backgrounds but are seeking increased consistency, accuracy and greater technical mastery of the modern strokes and footwork. Learn new strategies to win points, games and matches against a variety of players, as well as positioning and shot placement. Work on closing points, match play situations analysis, and mental toughness training. By the end of this class, you should have a thorough understanding of tennis, including offensive and defensive shots.

Pauline Betz Addie Tennis

18790	11-15yrs	6 Classes	\$147	Saturday, July 9	2-3pm
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Wheaton Indoor Tennis

18288	11-15yrs	6 Classes	\$123	Saturday, July 9	2-3pm
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Advanced Tennis, Adult

Prerequisite: Passed Intermediate 2, Adult or for 4.0 and above level NTRP players.

Players should already have a solid foundation of the fundamentals of tennis with match play or competitive backgrounds but are seeking increased consistency, accuracy and greater technical mastery of the modern strokes and footwork. Learn new strategies to win points, games and matches against a variety of players, as well as positioning and shot placement. Work on closing points, match play situations analysis, and mental toughness training. By the end of this class, you should have a thorough understanding of tennis, including offensive and defensive shots.

Pauline Betz Addie Tennis

19189	16 & up	6 Classes	\$147	Tuesday, July 5 (T,Th)	8-9pm
18824	16 & up	6 Classes	\$147	Saturday, July 9	5-6pm
19567	16 & up	6 Classes	\$147	Sunday, July 10	1-2pm
19343	16 & up	6 Classes	\$147	Tuesday, July 26	8-9pm

Wheaton Indoor Tennis

18292	16 & up	6 Classes	\$123	Saturday, July 9	5-6pm
18336	16 & up	6 Classes	\$123	Sunday, July 10	1-2pm





Intermediate Jr Match Play Development

Prerequisite: For players with limited experience playing tournaments, Junior Team Tennis, or Junior Varsity High School Tennis.

Class is designed to be a hitting class with many drills, and point play. Emphasis will be on point construction and learning how to play percentage tennis using advanced grips, footwork and technique. Conditioning drills are included and players must provide a jump rope and bring a water bottle.

Pauline Betz Addie Tennis

19019	11-18yrs	6 Classes	\$294	Tuesday, July 5(T,Th)	3-5pm
19018	11-18yrs	6 Classes	\$294	Monday, July 11	3-5pm

Advanced Jr Match Play Development

Prerequisite: For players playing tournaments, Junior Team Tennis, High School Varsity or have prior instructor approval.

This is our most advanced Junior class designed to be a hitting class with many drills, and point play. Emphasis will be on point construction and learning how to play percentage tennis using advanced grips, footwork and technique. Conditioning drills are included and players must provide a jump rope and bring a water bottle.

Pauline Betz Addie Tennis

19014	11-18yrs	6 Classes	\$294	Tuesday, July 5 (T,Th)	1-3pm
18804	11-18yrs	6 Classes	\$294	Saturday, July 9	3-5pm
19013	11-18yrs	6 Classes	\$294	Monday, July 11 (M,W)	1-3pm

Wheaton Indoor Tennis

18789	11-18yrs	6 Classes	\$246	Tuesday, July 5 (T,Th)	6-8pm
18289	11-18yrs	6 Classes	\$246	Saturday, July 9	3-5pm
18694	11-18yrs	6 Classes	\$246	Monday, July 11	6-8pm
18775	11-18yrs	6 Classes	\$246	Tuesday, July 26 (T,Th)	6-8pm
18769	11-18yrs	6 Classes	\$246	Monday, August 1 (M,W)	6-8pm

Matchplay Tennis

Matchplay Tennis is a small class limited to 4 players. The focus will be on drills and skills specifically designed to get players playing their best the first half of class followed by supervised Matchplay with an instructor. *Please check the NTRP guide to see which Matchplay class fits your level. Instructor reserves the right to transfer you up or down a level if you are not closely matched in skill level.*



Matchplay 3.0 Tennis

Pauline Betz Addie Tennis

19161	17 & up	6 Classes	\$147	Tuesday, July 5 (T,Th)	5-6pm
19169	17 & up	6 Classes	\$147	Tuesday, July 5 (T,Th)	6-7pm
19322	17 & up	6 Classes	\$147	Tuesday, July 26 (T,Th)	5-6pm
19326	17 & up	6 Classes	\$147	Tuesday, July 26 (T,Th)	6-7pm

Wheaton Indoor Tennis

18369	17 & up	6 Classes	\$123	Tuesday, July 5 (T,Th)	8-9pm
18367	17 & up	6 Classes	\$123	Monday, July 11 (M,W)	8-9pm
18795	17 & up	6 Classes	\$123	Tuesday, July 26 (T,Th)	8-9pm
18760	17 & up	6 Classes	\$113	Monday, August 1 (M,W)	8-9pm

Matchplay 3.5 Tennis

Pauline Betz Addie Tennis

19175	17 & up	6 Classes	\$147	Tuesday, July 5 (T,Th)	7-8pm
19174	17 & up	6 Classes	\$147	Tuesday, July 5 (T,Th)	8-9pm
19172	17 & up	6 Classes	\$147	Monday, July 11 (M,W)	7-8pm
19173	17 & up	6 Classes	\$147	Monday, July 11 (M,W)	8-9pm
19346	17 & up	6 Classes	\$147	Tuesday, July 26 (T,Th)	7-8pm
19347	17 & up	6 Classes	\$147	Tuesday, July 26 (T,Th)	8-9pm
19334	17 & up	6 Classes	\$147	Monday, August 1 (M,W)	7-8pm
19329	17 & up	6 Classes	\$147	Monday, August 1 (M,W)	8-9pm





Parent & Child Tennis

Bring your 4-8 year-old and have fun learning fundamental tennis skills together! We'll teach Beginner level skills and drills that can be continued outside of class. *Fee covers one adult and one child; register the child only.*

Pauline Betz Addie Tennis

19521	4-8yrs	6 Classes	\$147	Saturday, July 9	10-11am
18791	4-8yrs	6 Classes	\$147	Saturday, July 9	2-3pm
19522	4-8yrs	6 Classes	\$147	Sunday, July 10	2-3pm
19523	4-8yrs	6 Classes	\$147	Monday, July 11 (M,W)	5-6pdm

Wheaton Indoor Tennis

18360	4-8yrs	6 Classes	\$129	Tuesday, July 5 (T,Th)	5-6pm
19524	4-8yrs	6 Classes	\$129	Saturday, July 9	10-11am
18287	4-8yrs	6 Classes	\$129	Saturday, July 9	2-3pm
18295	4-8yrs	6 Classes	\$129	Sunday, July 10	2-3pm
18359	4-8yrs	6 Classes	\$129	Monday, July 11 (M,W)	5-6pm
18776	4-8yrs	6 Classes	\$129	Tuesday, July 26 (T,Th)	5-6pm
18757	4-8yrs	6 Classes	\$129	Monday, August 1 (M,W)	5-6pm

Family Cardio Tennis

Prerequisite: All adult levels welcome. Kids must be Intermediate level or above.
Class encompasses moving, hitting and some competitive play. This class is a great way for multiple generations to play together and get a great workout with instruction in a fun, social setting.

Pauline Betz Addie Tennis

19009	11 & up	6 Classes	\$147	Tuesday, July 5 (T, Th)	Noon-1pm
19008	11 & up	6 Classes	\$147	Monday, July 11 (M,W)	Noon-1pm
19311	11 & up	6 Classes	\$147	Tuesday, July 26 (T, Th)	Noon-1pm
19250	11 & up	6 Classes	\$147	Monday, August 1 (M,W)	Noon-1pm

Wheaton Indoor Tennis

18368	11 & up	6 Classes	\$123	Tuesday, July 5 (T, Th)	7-8pm
18365	11 & up	6 Classes	\$123	Monday, July 11 (M,W)	7-8pm
18793	11 & up	6 Classes	\$123	Tuesday, July 26 (T, Th)	7-8pm
18759	11 & up	6 Classes	\$123	Monday, August 1 (M,W)	7-8pm

Cardio Tennis

This is a high energy class that combines the best features of the sport of tennis with cardiovascular exercise, delivering the ultimate, full body, calorie burning aerobic workout.

Pauline Betz Addie Tennis

19168	16 & up	6 Classes	\$147	Monday, July 11 (M,W)	7-8pm
19325	16 & up	6 Classes	\$147	Monday, August 1 (M,W)	7-8pm

Tennis Round Robin

Prerequisite: 3.0 NTRP level or above.

Test your tennis prowess, meet new people and have fun. You'll play up to three sets in a 2 hour period rotating every 40 minutes. This gives most people time to finish one set. Winners move up a court, losers move down a court.

Tennis Round Robin–Juniors 3.0 & Up

Prerequisite: 3.0 NTRP level or above.

Pauline Betz Addie Tennis

19192	8-12yrs	1 Class	\$24	Friday, July 8	6-8pm
19193	8-12yrs	1 Class	\$24	Friday, July 22	6-8pm
19195	8-12yrs	1 Class	\$24	Friday, August 5	6-8pm
19196	8-12yrs	1 Class	\$24	Friday, August 19	6-8pm
19197	13-18yrs	1 Class	\$24	Friday, July 15	6-8pm
19198	13-18yrs	1 Class	\$24	Friday, July 29	6-8pm
19199	13-18yrs	1 Class	\$24	Friday, August 12	6-8pm

Tennis Round Robin–Adult 3.0 & Up

Prerequisite: 3.0 NTRP level or above.

Pauline Betz Addie Tennis

19191	18 & up	1 Class	\$24	Tuesday, July 5	9-11pm
19208	18 & up	1 Class	\$24	Friday, July 8	8-10pm
18649	18 & up	1 Class	\$24	Saturday, July 9	10am-Noon
19348	18 & up	1 Class	\$24	Tuesday, July 12	9-11pm
19209	18 & up	1 Class	\$24	Friday, July 15	8-10pm
18654	18 & up	1 Class	\$24	Saturday, July 16	10am-Noon
19349	18 & up	1 Class	\$24	Tuesday, July 19	9-11pm
19212	18 & up	1 Class	\$24	Friday, July 22	8-10pm
18655	18 & up	1 Class	\$24	Saturday, July 23	10am-Noon
19350	18 & up	1 Class	\$24	Tuesday, July 26	9-11pm
19214	18 & up	1 Class	\$24	Friday, July 29	8-10pm
18656	18 & up	1 Class	\$24	Saturday, July 30	10am-Noon
19351	18 & up	1 Class	\$24	Tuesday, August 2	9-11pm
19215	18 & up	1 Class	\$24	Friday, August 5	8-10pm
18667	18 & up	1 Class	\$24	Saturday, August 6	10am-Noon
19352	18 & up	1 Class	\$24	Tuesday, August 9	9-11pm
19217	18 & up	1 Class	\$24	Friday, August 12	8-10pm
18668	18 & up	1 Class	\$24	Saturday, August 13	10am-Noon
19219	18 & up	1 Class	\$24	Friday, August 19	8-10pm

Wheaton Indoor Tennis

18259	18 & up	1 Class	\$20	Saturday, July 9	8-10am
18260	18 & up	1 Class	\$20	Sunday, July 10	8-10am
18708	18 & up	1 Class	\$20	Saturday, July 16	8-10am
18702	18 & up	1 Class	\$20	Sunday, July 17	8-10am
18709	18 & up	1 Class	\$20	Saturday, July 23	8-10am
18703	18 & up	1 Class	\$20	Sunday, July 24	8-10am
18710	18 & up	1 Class	\$20	Saturday, July 30	8-10am
18704	18 & up	1 Class	\$20	Sunday, July 31	8-10am
18711	18 & up	1 Class	\$20	Saturday, August 6	8-10am
18717	18 & up	1 Class	\$20	Sunday, August 7	8-10am
18712	18 & up	1 Class	\$20	Saturday, August 13	8-10am
18718	18 & up	1 Class	\$20	Sunday, August 14	8-10am



Tennis Round Robin-Adult 3.5 & Up

Prerequisite: 3.5 NTRP level or above.

Pauline Betz Addie Tennis

19180	18 & up	1 Class	\$24	Wednesday, July 6	9-11pm
19183	18 & up	1 Class	\$24	Thursday, July 7	9-11pm
18581	18 & up	1 Class	\$24	Saturday, July 9	8-10am
19177	18 & up	1 Class	\$24	Monday, July 11	9-11pm
19178	18 & up	1 Class	\$24	Wednesday, July 13	9-11pm
19184	18 & up	1 Class	\$24	Thursday, July 14	9-11pm
18582	18 & up	1 Class	\$24	Saturday, July 16	8-10am
19181	18 & up	1 Class	\$24	Monday, July 18	9-11pm
19179	18 & up	1 Class	\$24	Wednesday, July 20	9-11pm
19185	18 & up	1 Class	\$24	Thursday, July 21	9-11pm
18583	18 & up	1 Class	\$24	Saturday, July 23	8-10am
19182	18 & up	1 Class	\$24	Monday, July 25	9-11pm
19335	18 & up	1 Class	\$24	Wednesday, July 27	9-11pm
19354	18 & up	1 Class	\$24	Thursday, July 28	9-11pm
18585	18 & up	1 Class	\$24	Saturday, July 30	8-10am
19336	18 & up	1 Class	\$24	Monday, August 1	9-11pm
19337	18 & up	1 Class	\$24	Wednesday, August 3	9-11pm
19355	18 & up	1 Class	\$24	Thursday, August 4	9-11pm
18586	18 & up	1 Class	\$24	Saturday, August 6	8-10am
19338	18 & up	1 Class	\$24	Monday, August 8	9-11pm
19339	18 & up	1 Class	\$24	Wednesday, August 10	9-11pm
19356	18 & up	1 Class	\$24	Thursday, August 11	9-11pm
18587	18 & up	1 Class	\$24	Saturday, August 13	8-10am
19340	18 & up	1 Class	\$24	Monday, August 15	9-11pm

Wheaton Indoor Tennis

18293	18 & up	1 Class	\$20	Sunday, July 10	10am-Noon
18924	18 & up	1 Class	\$20	Sunday, July 10	6-8pm
18705	18 & up	1 Class	\$20	Sunday, July 17	10am-Noon
18925	18 & up	1 Class	\$20	Sunday, July 17	6-8pm
18706	18 & up	1 Class	\$20	Sunday, July 24	10am-Noon
18926	18 & up	1 Class	\$20	Sunday, July 24	6-8pm
18707	18 & up	1 Class	\$20	Sunday, July 31	10am-Noon
18927	18 & up	1 Class	\$20	Sunday, July 31	6-8pm
18720	18 & up	1 Class	\$20	Sunday, August 7	10am-Noon
18719	18 & up	1 Class	\$20	Sunday, August 7	6-8pm
18721	18 & up	1 Class	\$20	Sunday, August 14	10am-Noon
19818	18 & up	1 Class	\$20	Sunday, August 14	6-8pm

Tennis Round Robin-Advanced 4.0 & Up

Prerequisite: 4.0 NTRP level or above.

Wheaton Indoor Tennis

18920	18 & up	1 Class	\$20	Saturday, July 9	6-8pm
18921	18 & up	1 Class	\$20	Saturday, July 16	6-8pm
18922	18 & up	1 Class	\$20	Saturday, July 23	6-8pm
18923	18 & up	1 Class	\$20	Saturday, July 30	6-8pm

Tennis Round Robin-Adult Men's 4.0 & Up

Prerequisite: This one is for the guys only.

You must be a 4.0 NTRP level player or above.

Test your tennis prowess in our most advanced Round Robin. Meet new people and have fun! You'll play up to three sets in a 2 hour period rotating every 40 minutes. This gives most people time to finish one set. Winners move up a court, losers move down a court. The best players will make it to the top court. This Round Robin Doubles is more competitive but is still friendly. Bring a friend or make new ones!

Pauline Betz Addie Tennis

19220	18 & up	1 Class	\$24	Friday, July 8	8-10pm
19221	18 & up	1 Class	\$24	Friday, July 15	8-10pm
19222	18 & up	1 Class	\$24	Friday, July 22	8-10pm
19223	18 & up	1 Class	\$24	Friday, July 29	8-10pm
19224	18 & up	1 Class	\$24	Friday, August 5	8-10pm
19225	18 & up	1 Class	\$24	Friday, August 12	8-10pm
19226	18 & up	1 Class	\$24	Friday, August 19	8-10pm

Senior Round Robin

Prerequisite: For Seniors, 50 and older.

This Round Robin is a fun way to play doubles without having to worry about finding three other people to play with. Make new friends and enjoy playing doubles for 40 minutes before mixing it up with a new partner. Winning teams play each other but trade partners. Everyone plays 3 rounds in 2 hours.

Senior Round Robin 3.0 & Up

Pauline Betz Addie Tennis

19232	50 & up	1 Class	\$24	Monday, July 11	9-11am
19234	50 & up	1 Class	\$24	Monday, July 18	9-11am
19235	50 & up	1 Class	\$24	Monday, July 25	9-11am
19236	50 & up	1 Class	\$24	Monday, August 1	9-11am
19237	50 & up	1 Class	\$24	Monday, August 8	9-11am
19238	50 & up	1 Class	\$24	Monday, August 15	9-11am

Senior Round Robin 3.5 & Up

Pauline Betz Addie Tennis

19240	50 & up	1 Class	\$24	Wednesday, July 13	9-11am
19241	50 & up	1 Class	\$24	Wednesday, July 20	9-11am
19242	50 & up	1 Class	\$24	Wednesday, July 27	9-11am
19243	50 & up	1 Class	\$24	Wednesday, August 3	9-11am
19244	50 & up	1 Class	\$24	Wednesday, August 10	9-11am
19245	50 & up	1 Class	\$24	Wednesday, August 17	9-11am



Save Time, Money and Trouble...

New Summer contract options are available at both Wheaton Indoor Tennis and the Pauline Betz Addie Tennis Center! Patrons can book a seasonal contract from May to August with a minimum 6 week commitment. **Special rates available!** With a seasonal contract, you save money over regular spot time fees, and enjoy the convenience of having a reserved court each week!

To download an application and check out our **2016-2017** rates, visit WheatonTennis.com or CabinJohnTennis.com or call 301-905-3030 or 301-765-8650 respectively.

REGISTRATION INFORMATION

for Montgomery Parks AND Montgomery County Recreation

4 WAYS TO REGISTER

1. ONLINE

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

2. BY MAIL

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

3. VIA FAX

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

4. IN PERSON

Stop by any Montgomery County Recreation location, including their Headquarters at 4010 Randolph Road, Silver Spring, MD 20902 (M-F, 10am-2pm), or visit Montgomery Parks locations offering activities that require registration. See the Parks "Facility Directory" for these locations.



CREATE YOUR NEW ACCOUNT TODAY!

Your ActiveMONTGOMERY account will replace both your ParkPASS (Parks) and RecWeb (Recreation) accounts. Use ActiveMONTGOMERY.org to register for activities (courses, camps, etc.); to reserve community centers, park activity buildings, and other facilities; and to purchase memberships offered by Montgomery Parks and Montgomery County Recreation.

WITHDRAWALS & REFUNDS

Withdrawal Time Frame	Withdrawal Reason & Method	Refund Amount	Refund Form
Any	Activity Canceled by Parks or Recreation	Full Refund	Refund may be applied to customer's ActiveMONTGOMERY account; or returned in same form as payment rendered.
At least 5 (five) business days before activity begins	Any reason, ONLINE	Full Refund	<p>If payment was made by credit card...Refund will be applied to credit card.</p> <p>If payment was made by check, cash, or money order...Refund will be applied to customer's ActiveMONTGOMERY account.</p>
	Any reason, IN PERSON	Full Refund	<p>Activity fee is \$25 or less...Refund will be applied to customer's ActiveMONTGOMERY account.</p> <p>Activity fee is \$26 or more...Refund may be applied to customer's ActiveMONTGOMERY account, or refund check may be requested.</p>
Less than 5 business days before activity begins	<p>Parks: Withdraw in person at the hosting facility.</p> <p>Recreation: Email Rec.Refund@MontgomeryCountyMD.gov or withdraw in person at Rec HDQ.</p> <p><i>No withdrawals may be made ONLINE less than five days before activity begins.</i></p>	Refund Less \$25 Withdrawal Fee	<p>Activity fee is \$49 or less: Refund will be applied to customer's ActiveMONTGOMERY account.</p> <p>Activity fee is \$50 or more: Refund may be applied to customer's ActiveMONTGOMERY account, or customer may request a refund check.</p>
For classes/sessions missed by participant	No refund of any type will be issued		
After second session/class of activity has met			
After the final session of activity has met			



The withdrawal and refund policies above pertain to all Parks and Recreation activities and rentals, unless otherwise noted in the activity description or facility rental agreement.

PAYMENT INFORMATION

- Full payment must be made at time of registration. Do not submit registrations and/or payments to Parks or Recreation instructors.
- For Montgomery County Recreation activities, non-county residents must pay an additional \$15 per activity per participant. This fee does not apply to Montgomery Parks activities.
- **CHECKS & MONEY ORDERS**
 - Make checks and money orders payable to ActiveMONTGOMERY.
 - Checks and money orders must include name, address, and phone number.
 - If your check is returned unpaid, your account will be debited for the original check amount, and electronically or via paper for the state's maximum allowable service fee. Payment by check constitutes authorization of these transactions. You may revoke your authorization by calling 800-666-5222, ext. 2 to arrange payment for any outstanding checks and service fees due.
 - Please allow 2 weeks to receive a refund by check.
- **CREDIT CARDS:** Visa, MasterCard, American Express and Discover are accepted. Registration form must include correct credit card number, expiration date, authorized signature and authorized total amount.
- Montgomery Parks and Montgomery County Recreation reserve the right to pursue all available options to collect any funds owed as a result of a dishonored check or credit card, charges incurred due to unsubstantiated credit card disputes, or any outstanding debt.



Use this form to register for **BOTH Montgomery Parks AND Montgomery County Recreation activities.***
 Use este formulario para activides de **LOS DOS Montgomery Parks Y Montgomery County Recreation.***

*** Required Info | Info Requerida REGISTRATION FORM | FORMULARIO DE INSCRIPCIÓN**

Check here if this is a new address, phone number or email address. Please print. This form may be copied. Marque aquí si esta es una dirección nueva, teléfono o dirección de correo electrónico. Por favor imprima. Este formulario puede ser reproducido.

PARENT/GUARDIAN PADRE/GUARDIÁN			
Last Name Apellido *	First Name Nombre *	Birthday Fecha de nacimiento (mm/dd/yy) *	Email
Address Dirección *		City Ciudad *	State Estado * ZIP Código Postal *
Home Phone Teléfono de Casa *	Work Phone Teléfono de Trabajo	Cell Phone Celular	

EMERGENCY CONTACT EMERGENCIA CONTACTO		
For participants under 18 Participantes de-18		
Name Nombre	Relationship Relación	Phone Telf.

Participant's Name (Last, First) Apellido y Nombre del Participante	Birthday (mm/dd/yy) Fecha de Nacimiento (mm/dd/yy)	Sex Sexo	Activity Name Nombre de la Actividad	Activity Number Número	Fees * Costo *
*Non-County residents include an additional \$15 per participant, per activity for Montgomery County Recreation Department activities (not applicable for Parks activities) *Incluya \$15 por participante, por actividades de Montgomery County Recreation si vive fuera del Condado (no aplica por actividades de Parques)					Total Amount Due: Cantidad Total:

* Required Info | Información requerida

PAYMENT PAGO			
Name on Card Nombre en la tarjeta	Credit Card Number Número en la Tarjeta de Crédito	Security Code Código de Seguridad	Expiration Date Fecha de Expiración
Payer Address (If different than above) Dirección del Pagador (si es diferente que la de arriba)	City Ciudad	State Estado	ZIP Código Postal

- Visa
- MasterCard
- Check or Money Order
- AmEx
- Discover

MAIL Your Completed, Signed Form to: **ActiveMONTGOMERY • 4010 Randolph Rd. • Silver Spring, MD 20902**
 If paying by credit card, you may fax your registration form to **240-777-6818**.
 If you need help completing this form, please call **240-777-6840**.

Make payable to:
 Hacerlo a nombre de:
ActiveMONTGOMERY

Envíe su formulario completo y firmado a: **ActiveMONTGOMERY • 4010 Randolph Rd. • Silver Spring, MD 20902**
 Si paga con tarjeta de crédito, puede enviar su formulario a **240-777-6818**.
 Si necesita ayuda para llenar este formulario, por favor llame al **240-777-6840**.

Cardholder Signature | Firma del Dueño de la Tarjeta _____

SIGNATURE IS REQUIRED *SE REQUIERE LA FIRMA*	
Participant or Parent/Guardian Signature Participante o Padre/Guardián Firma _____	Date Fecha _____
<p>The participant assumes all risks associated with participation in the program; neither the County nor Montgomery Parks/M-NCPPC assumes any liability for injury or damages arising from participation in the program. Due to the strenuous nature of some activities, each participant is encouraged to consult his or her physician concerning fitness to participate in the program. The participant consents to emergency treatment. The participant also consents to the County and Montgomery Parks/M-NCPPC's use of the participant's image and likeness as shown in any photographs, videotapes, motion picture film, or electronic images, and any audio recordings made of the participant's voice in whatever way the County and Montgomery Parks/M-NCPPC desires, including television, print and Internet websites. Furthermore, the participant consents that such photographs, films, recordings, electronic images shall be the sole property of the County and Montgomery Parks/M-NCPPC. If the participant is a minor, the parent of guardian approves his or her participation in the program. Neither the instructor nor any staff are responsible for children prior to or after scheduled program.</p> <p>El participante asume todos los riesgos asociados con la participación en el programa; ninguno ni el Condado ni Montgomery Parks/M-NCPPC asume cualquier responsabilidad de lesiones o daños debido a su participación en el programa. Debido a la naturaleza persistente de algunas actividades se alienta a consultar con un médico, se alienta a que cada participante consulte con su doctor sobre su capacidad física de participar en el programa. El participante consiente el tratamiento de emergencia. El participante también consiente que el Condado y Montgomery Parks/M-NCPPC utilice las imágenes del participante y la posibilidad de mostrar fotografías videos, películas o imágenes electrónicas, y cualquier grabación de audio que se haga de la voz del participante en cualquier forma que el Condado y Montgomery Parks/M-NCPPC desee, incluyendo televisión, impresos, páginas del internet. Además, el participante consiente que las fotos, películas, grabaciones, imágenes electrónicas serán propiedad única del Condado.</p>	



Montgomery County
 Department of Recreation
 4010 Randolph Road
 Silver Spring, MD 20902

PRSR STD
 US Postage Paid
 Rockville, MD
 Permit No.138

or current resident



Free!

MONTGOMERY COUNTY CELEBRATES INDEPENDENCE DAY

THE **4TH** *of* **JULY** 2016

MID-COUNTY SPARKLES

7:30PM - Live Music

Featuring: Quiet Fire

9:15PM - Fireworks

Albert Einstein High School*
 11135 Newport Mill Road
 Kensington, MD

GERMANTOWN GLORY

7:00PM - Live Music

Featuring: Gingo Jingo

9:15PM - Fireworks

South Germantown Recreational Park
 18041 Central Park Circle
 Boyds, MD

*Shuttle bus at Westfield Wheaton Plaza - JCP. Handicap parking only available at Einstein HS.

*Raindate for
 Both Events is July 5*



*Food Vendors
 on Site*

FOR MORE INFORMATION CALL 311 OR VISIT MONTGOMERYCOUNTYMD.GOV/REC