FITNESS

Moving with Mike: Seated Exercise
Ages 18 & Up                 10 Sessions          $65
126450 Virtual Class         9/12 Su             1-2 p.m.

Stretch ’n Tone
Ages 13 & Up                 8 Sessions          $40
129667 East County CRC       10/6 W             7-7:50 p.m.
129648 Damascus CRC          10/7 Th             7-7:50 p.m.
129649 Holiday Park SC       10/9 Sa             10-10:50 a.m.

Turn the Beat Around
Ages 13 & Up                 8 Sessions          $40
129666 Holiday Park SC       10/2 Sa             11-11:50 a.m.

TR Yoga
Ages 13 & Up                 8 Sessions          $40
129665 Upper County CRC      10/7 Th             7:30-8:15 p.m.

SPORTS

Let’s Play Ball at the Miracle League Field
Ages 15 & Up                 6 Sessions          $30
129643 S. Germantown RP      9/25 Sa             Noon-1:30 p.m.

Soccer League TR
Ages 18 & Up                 10 Sessions         $50
128750 Mid-County CRC        9/12 Su             Noon-3 p.m.

TR Sports Skills: Soccer Clinic
Ages 7-14                     5 Sessions          $25
130512 Bauer Drive CRC       9/18 Sa             3-3:45 p.m.
Ages 15-25                    5 Sessions          $25
130511 Bauer Drive CRC       9/18 Sa             2-2:45 p.m.

TR Adult Social Swim
Ages 18 & Up                 8 Sessions          $40
128751 MLK                    9/14 Tu            7:45-8:30 p.m.
128752 GISC                   9/15 W             8:30-9:15 p.m.
128753 OSC                     9/17 F            7:15-8 p.m.
128754 OSC                     9/17 F            8:15-9 p.m.

SOCIAL EVENTS

TGIF-Totally Great Inclusive Fun
First Fridays
Ages 15 & Up                 1 Sessions          $10
128633 Bauer Drive CRC        9/10 F              6:30-8:30 p.m.
128634 Bauer Drive CRC        10/1 F              6:30-8:30 p.m.
128635 Bauer Drive CRC        11/5 F              6:30-8:30 p.m.
128636 Bauer Drive CRC        12/3 F              6:30-8:30 p.m.

TR Sip ’n Paint - Adults
Ages 18 & Up                 1 Sessions          $10
129650 Holiday Park SC        10/16 Sa            3-4:30 p.m.

TR Tailgate Party
Ages 18 & Up                 1 Sessions          $10
129661 Wheaton CRC           10/17 Su            12:30-4:30 p.m.

TR Thanksgiving Celebration
Ages 18 & Up                 1 Sessions          $10
129656 Holiday Park SC        11/20 Sa            5:30-8:30 p.m.

TO REGISTER VISIT ACTIVEMONTGOMERY.ORG

Montgomery County Recreation is committed to compliance with the Americans with Disabilities Act (ADA). Please contact a Therapeutic Recreation Specialist at 240-777-6870 or rec.inclusion@montgomerycountymd.gov to request accommodations.
### THERAPEUTIC RECREATION

#### Santa’s Holiday Workshop
- **Families**
- 1 Sessions
- Free
- 129645 Holiday Park SC
- 12/11 Sa
- 1-3 p.m.

#### TR Holiday and Ugly Sweater Party
- **Ages 18 & Up**
- 1 Sessions
- $10
- 129659 Holiday Park SC
- 12/11 Sa
- 4-6:30 p.m.

#### GREAT OUTDOORS

#### Adventure Sea Kayak Excursion
- **Ages 11 & Up**
- 1 Sessions
- $50
- 129183 Riley’s Lock
- 9/25 Sa
- 8-11 a.m.
- 130353 Riley’s Lock
- 10/2 Sa
- 8-11 a.m.

#### Canoe Trip
- **Ages 11 & Up**
- 1 Sessions
- $50
- 130354 Riley’s Lock
- 9/11 Sa
- 8 a.m.-Noon
- 130355 Riley’s Lock
- 10/16 Sa
- 8 a.m.-Noon

#### SPECIALTY PROGRAMS

#### Drumming - Basic Beats
- **Ages 15 & Up**
- 8 Sessions
- $40
- 129636 Bauer Drive CRC
- 10/7 Th
- 7-8 p.m.

#### Kaleidoscope Art
- **Ages 14 & Up**
- 8 Sessions
- $48
- 129642 Plum Gar CRC
- 9/10 Sa
- 11 a.m.-12:30 p.m.
Therapeutic Recreation Guide

FALL 2021

Montgomery County Recreation

Programs for People with Disabilities

Big Family Games

Ages 5 & Up | FREE
Activity 129651 | Sept. 18
Activity 129652 | Oct. 23
Saturdays | 1-3 p.m.

Monster Mash

Ages 15 & Up | $10
Activity 129646
Oct. 30
6:30-9:30 p.m.

TR Kids Zone

A DRAMA Experience: Facial Expressions & Games
Ages 6-12
Holiday Park SC

- 130345 10/3 Sunday 10:30-11:20 a.m. $10
- Simple Science 130346 10/3 Sunday 11:30 a.m.-12:20 p.m. $10
- Dance Creation 130348 10/3 Sunday 12:30-1 p.m. $10

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