

MONTGOMERY COUNTY

# GUIDE



MONTGOMERY COUNTY  
*Recreation*



WINTER 2016-17

RECREATION AND PARKS PROGRAMS

SKATING &  
HOCKEY

BASKETBALL

NATURE & SCIENCE

AEROBICS

INDOOR TENNIS

MUSIC

BOTANICAL ART

DANCE

HIKES & HISTORY

SWIM LESSONS

and much more!





2016



# MONTGOMERY COUNTY THANKSGIVING PARADE

**DOWNTOWN SILVER SPRING**  
FROM ELLSWORTH DR. TO SILVER SPRING AVE.

**Saturday, November 19**  
**10 a.m.**



**EMCEE**  
**BRIAN VAN DE GRAFF**  
ABC7 METEOROLOGIST

**240-777-0311**

**En Español 240-777-6839**  
[montgomerycountymd.gov/rec](http://montgomerycountymd.gov/rec)  
[silverspringdowntown.com](http://silverspringdowntown.com)

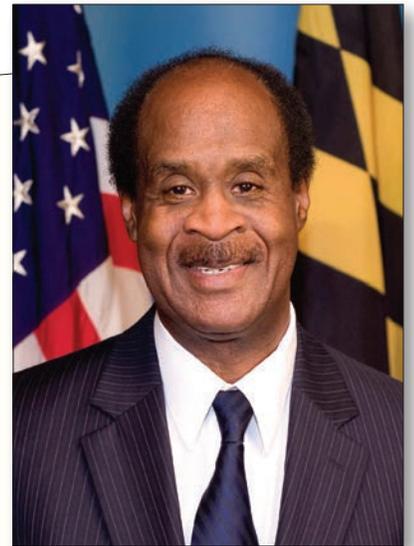


Montgomery County Recreation is committed to compliance with the Americans with Disabilities Act (ADA).  
Please contact a Therapeutic Recreation Specialist at 240-777-6870 or [rec.mainstream@montgomerycountymd.gov](mailto:rec.mainstream@montgomerycountymd.gov) to request accommodations.

# FROM THE COUNTY EXECUTIVE



Winter 2016-17



Dear Montgomery County Resident,

As 2016 comes to a close, we begin a new season and the Recreation Department once again has planned a special array of classes and activities, trips, senior programs, and so much more ... all to make your life well-balanced and richer for the experience. You will want to take time to look through this issue of the Recreation and Parks Guide to see the many new opportunities and the traditional recreation programs and activities available to you.

Our weight rooms, gyms and indoor aquatic facilities are excellent opportunities to keep moving during the winter. If you have not had a chance, you will want to stop by the recently-opened Nancy H. Dacek North Potomac Community Recreation Center and the newly-renovated Ross Boddy Neighborhood Recreation Center. These dynamic new centers, along with any of our other centers, always have something fun going on and are perfect when the weather outside is cold and blustery.

The 19th Annual Montgomery County Thanksgiving Parade kicks off the holiday season on Saturday, November 19, from 10 a.m. to noon, in downtown Silver Spring. And for those special holiday gifts, the Bauer Holiday Craft Show on Saturday, December 3, from 10 a.m. to 4 p.m. at the Bauer Drive Community Recreation Center on 14625 Bauer Drive in Rockville, is a must! Be sure to check out all the other holiday-themed events throughout the Guide.

Montgomery County Recreation is in high gear for the tip-off of our basketball season, beginning in January. Registration for youth leagues continues through November.

Our Recreation Department will bring back the "Move More Montgomery – 100 Mile Challenge," which offers an opportunity for everyone to be active and keep moving as the new year begins.

I send you the warmest holiday wishes to you and your family for a happy and healthy 2017. Thank you for helping to make Montgomery County an extraordinary community in which to live, work and play.

Sincerely,

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

Isiah Leggett,  
County Executive

# A look Inside...

Winter 2016  
Recreation and Parks Programs



Montgomery County Recreation  
4010 Randolph Rd., Silver Spring, MD 20902  
240-777-6840  
[www.montgomerycountymd.gov/rec](http://www.montgomerycountymd.gov/rec)

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Swim Lessons  
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Tiny Tots  
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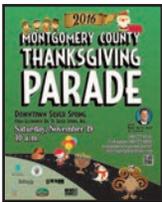
**Closing Notice:**

Our recreation administrative office at:  
4010 Randolph Road,  
Silver Spring, MD 20902  
will be closed on  
**Thursday,  
December 8, 2016**

Registration  
For Winter  
Classes & Swim  
Lessons Begins  
**November 14**

Like Montgomery County Recreation on Facebook

Follow @mocrecrec on Twitter



Thanksgiving Parade  
Inside Cover



Active Adults  
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# Montgomery Parks

The Maryland-National Capital Park and Planning Commission

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Club Adventure  
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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](mailto: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](mailto:ProgramAccess@MontgomeryParks.org); or visit [MontgomeryParks.org/access](http://MontgomeryParks.org/access) for more information.



Registration for many Montgomery Parks WINTER classes opens **NOVEMBER 14**

Montgomery Parks  
9500 Brunett Ave., Silver Spring, MD 20901  
301-495-2595 | [MontgomeryParks.org](http://MontgomeryParks.org)



Like  
Montgomery  
Parks



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@MontgomeryParks

*Give* THE GIFT  
OF *Fun*



Get your ActiveMONTGOMERY gift cards now.  
Go to [ActiveMONTGOMERY.org](http://ActiveMONTGOMERY.org) to download yours today.



*Bauer Drive*  
**HOLIDAY  
CRAFT SHOW**

Saturday, December 3  
10 a.m. - 4 p.m.

---

**FREE ADMISSION**

There will be an assortment of wonderful vendors showcasing their artistic talents and creativity. Items for purchase include fiber arts, holiday items jewelry, photography, woodwork and more!

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**MORE INFO**

Contact Alex Taylor at (240) 777-8058 or  
[Winston.Taylor@MontgomeryCountyMD.gov](mailto:Winston.Taylor@MontgomeryCountyMD.gov)

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**LOCATION**

Bauer Drive Community Recreation Center  
14625 Bauer Drive, Rockville, MD 20853

[montgomerycountymd.gov/rec](http://montgomerycountymd.gov/rec)  
En Español 240-777-6839



# Community

November



Nov.  
15 & 23

## COOKING WITH RON at Scotland CRC

**6 p.m. - 8 p.m.**

Do you like to cook?  
Join us for a cooking class.  
Call 240-777-8097 for  
more information.



Dec. 3  
Bauer Holiday  
Craft Show  
pg. 4

Dec.  
4

## 10TH ANNIVERSARY HOLIDAY CRAFT FAIR at Clara Barton CRC

**1 p.m. - 6 p.m.**

Handmade, creative and artistic  
crafts from local artists.  
Free for all ages! Call 240-777-4910 for  
more information.

Dec.  
5

## CIRCLE TIME WITH FRIENDS at Mid County CRC

**10 a.m. - 10:30 a.m. • Birth to 3 yrs**  
**10:45 a.m.-11:15 a.m. • 3 to 5 yrs**  
Storytime for toddlers and preschoolers.  
Space is limited! Free! Call 240-777-6820  
for more information.

December



Dec. 4  
Dive with  
Scuba Santa  
pg. 27

Dec.  
10

## WINTER WONDERLAND at Mid County CRC

**Noon - 3:30 p.m.**

Holiday games and puppet show.  
Free for all ages -  
accepting toy donations. Call 240-777-6820  
for more information.



Dec.  
16

## HOLIDAY NIGHT OUT at Long Branch CRC

**6 p.m. - 10 p.m.**

Concert and Dinner. Free. Call  
240-777-6965  
for more information.

# CALENDAR

Nov.

18

## WINTER CARNIVAL at Long Branch CRC

**6 p.m. - 10 p.m.**

Get your picture taken with Santa for only \$5 per person. Free event!  
Call 240-777-6965 for more information.



Nov.

19

## FAMILY TURKEY TROT FUN RUN & FOOD DRIVE at Mid County CRC

**9 a.m. - 11 a.m.**

Admission: Food donations for the Manna Food Center. Call 240-777-6820 for more information.

Dec.

9

## MAGICAL HOLIDAYS at Upper County CRC

**6:30 p.m. - 8:30 p.m.**

Join Santa's helpers for an evening of magic, crafts, and caroling for all ages. Free Admission. Call 240-777-8077 for more information.



Dec.

10

## SCOTLAND COMMUNITY FASHION SHOW at Scotland NRC

**5 p.m. - 8 p.m.**

Dinner after the show. Free.  
Ages 6 & Up. Call 240-777-8097 for more information.

Dec.

16

## HOLIDAY PUPPET SHOW at Wisconsin Place CRC

**2 p.m. - 4 p.m.**

Enjoy a show geared toward ages 4 and under. Free. Call 240-777-8088 for more information.



Dec.

18

## AN AFTERNOON WITH SANTA & MISS MARYLAND at Marilyn J. Praisner CRC

**Noon - 2 p.m.**

Pictures with Santa and Miss Maryland (bring your own camera). Ages 11 and under. \$5 (cash only). Call 240-777-4971 for more information.



**Monday-Friday**  
**4 - 6 p.m.**  
**\$62/month**

# CLUB ADVENTURE

Homework Time, Sports & Games, Arts & Crafts,  
Computer Access,★ Special Events And More!

**Damascus Community Recreation Center**  
25520 Oak Drive  
Damascus, MD 20872

**Grades K- 8**

21882 November  
21907 December  
21908 January  
21909 February

**East County Community Recreation Center**  
3310 Gateshead Manor Way  
Silver Spring, MD 20904

**Grades K- 5**

21885 November  
21910 December  
21911 January  
21912 February

**Gwendolyn Coffield Community Recreation Center**  
2450 Lyttonsville Road  
Silver Spring, MD 20910

**Grades K- 5**

21879 November  
21904 December  
21905 January  
21906 February

**Long Branch Community Recreation Center**  
8700 Piney Branch Road  
Silver Spring, MD 20901

**Grades K- 5**

21888 November  
21913 December  
21914 January  
21915 February

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

**Grades K- 5**

21894 November  
21919 December  
21920 January  
21921 February

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

**Grades K - 5**

21891 November  
21916 December  
21917 January  
21918 February

**Plum Gar Community Recreation Center**  
19561 Scenery Drive  
Germantown, MD 20876

**Grades K - 5**

21897 November  
21922 December  
21923 January  
21924 February

**Upper County Community Recreation Center**  
8201 Emory Grove Road  
Gaithersburg, MD 20877

**Grades K- 8**

21900 November  
21925 December  
21926 January  
21927 February

**White Oak Community Recreation Center**  
1700 April Lane  
Silver Spring, MD 20904

**Grades K - 5**

21902 November  
21903 December  
21928 January  
21929 February

\*EAST COUNTY, LONG BRANCH AND MID-COUNTY DO NOT HAVE COMPUTER ACCESS.

FOR MORE INFORMATION PLEASE CONTACT THE COMMUNITY CENTERS LISTED ABOVE. VISIT [ACTIVEMONTGOMERY.ORG](http://ACTIVEMONTGOMERY.ORG) TO REGISTER.



# 5 Ways to Have Fun with **RECREATION**

**1**

## ***Just in time for the Holidays: Youth Cooking.***

Kids learn about food, fitness and how to get a dish on the table in four different classes: Superhero Adventures, Chopped!, Kids Cook-Off and Kid's Kitchen all on page 45.

**2**

## ***A Myriad of Holiday parties, events and activities – November through December.***

Visit the Guide's Community Calendar on pages 6 and 7 for nearly a dozen fun things to do.

**3**

## ***Komodo Abacus Mental Math and/or Reading & Writing.***

Not just for dragons, the Komodo Math Program teaches kids how to work math problems by visualizing an abacus. The goal of the Komodo Reading/Writing program is to nurture reading and writing proficiency through theme-based instruction. Info for both is on page 71.

**4**

## ***Soul Line Dancing at Bauer Drive Community Recreation Center***

Back to the days of American Bandstand! Join in this fun, lively, rhythmic dance session that teaches the Active 55+ community all the latest and old school dances. November through February. Check out page 81 for details.

**5**

## ***Participate in the 100 Mile Challenge!***

Walk 100 Miles in 100 Days. For all ages and doggies, too! Kickoff is on Saturday, January 21 at Holiday Park Senior Center. See our ad in the Guide on page 11.





# *Celebrate with Recreation*

**Thrilled 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](http://montgomerycountymd.gov/rec) or call 240.777.4980.**



**Será un placer celebrar con usted**



# 100 MILE *Challenge*



Start 2017 off with a healthy challenge for you, your family and your dog. Log 100 miles in 100 days!!

*Register  
Now*  
for the 2017  
100 Mile  
Challenge!



## *Dates*

Kickoff: January 21, 2017 at the Holiday Park Senior Center 2 to 4 p.m.

Challenge: January 26, 2017 to May 5, 2017

Festival: May 6, 2017

## *Prizes*

Registered participants receive a swag bag.

**Grand Prizes:** \$500 in Rec Bucks, Annual Family Pool Pass, Annual Individual Pool Pass, and many others!

**Weekly Prizes:** Fitness class passes, fitness equipment, activity trackers and more!

## *Cost*

Adults: \$15

Seniors (Over 55): \$5

Youth (18 & Under): \$5

Dogs (includes bandanna): \$5

## *Registration*

Online at  
ActiveMONTGOMERY.org  
Activity No. 26595



# Montgomery County Board of Elections

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 THEN VOTE, SERVE! ★★★★★**  
**BECOME A POLL WORKER!**

- Must 17 years old by Tuesday, November 6, 2018
- Have U.S. Citizenship
- Registered to vote
- Individuals with bilingual capabilities encouraged to apply

**TO SIGN-UP EMAIL [ELECTION.JUDGE@MONTGOMERYCOUNTYMD.GOV](mailto:ELECTION.JUDGE@MONTGOMERYCOUNTYMD.GOV)**

**★★★★★ STUDENTS IN GRADES 6-12 ★★★★★**  
**PARTICIPATE IN THE “FUTURE VOTE” PROGRAM**

- Program is available to all Montgomery County youth grades 6-12 during the 2017-2018 academic year
- Earn SSL credits

**TO PRE-REGISTER EMAIL [FUTURE.VOTE@MONTGOMERYCOUNTYMD.GOV](mailto:FUTURE.VOTE@MONTGOMERYCOUNTYMD.GOV)**

**Have questions?  
Let us answer them!**

**240-777-8533**  
**[election.judge@montgomerycountymd.gov](mailto:election.judge@montgomerycountymd.gov)**  
**[future.vote@montgomerycountymd.gov](mailto:future.vote@montgomerycountymd.gov)**

**ARE YOU REGISTERED TO VOTE?**

**[www.777vote.org](http://www.777vote.org)**

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EXPLORE THE WORLD  INVENT THE FUTURE



DISCOVER  
WHAT YOU  
CAN MAKE!

ROBOT- BUILDING  
ELECTRONICS  
VIDEO-GAME DESIGN  
3D DESIGN & PRINT  
WOODSHOP

TEXTILES  
TOY-MAKING  
WIND TUBES  
ANIMATION  
CODING



Programs designed  
for kids ages 6-14  
and for the whole  
family to enjoy.

please visit: [www.kid-museum.org](http://www.kid-museum.org)

**KID Museum is open seven days a week:**

Mondays - Fridays  
Open for after-school  
programs & group visits

Saturdays & Sundays  
Drop-in 10a.m. - 5p.m.





# 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:**  
2/24-2/26 • 2017

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

**Closed:**  
2/4-2/5 • 2017

**Olney  
Indoor Swim Center (OSC)**  
240-777-4995  
16605 Georgia Avenue  
Olney, MD 20832

**Germantown  
Indoor Swim Center (GISC)**  
240-777-6830  
18000 Central Park Circle  
Boyd, MD 20841

**Closed:**  
11/18-11/20 • 2016  
12/8-12/11 • 2016  
1/27-1/29 • 2017  
2/10-2/11 • 2017  
2/16-2/19 • 2017

### 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 six 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 or [montgomerycountymd.gov/rec](http://montgomerycountymd.gov/rec) 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 required. For Deep Water Running and Exercise, must be comfortable in deep water.
- Men and women over 12 years old 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 for inclement weather. Make-up passes are available from instructors. Withdrawal policies are listed on page 160.



WATER FITNESS

Wellness Network: Linda Costello 301-924-3488  
 H2O Fitness and More: Teresa Shelton 410-491-3000

[wellnet1@aol.com](mailto:wellnet1@aol.com)  
[tsshelton100@yahoo.com](mailto:tsshelton100@yahoo.com)

## Water Fitness

### 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.

8 Sessions	\$52			
Instructor: H2O Fitness				
27701 MLK	1/9	M	10:00am-10:50am	
9 Sessions \$59				
Instructor: H2O Fitness				
27702 MLK	1/4	W	10:00am-10:50am	
27703 MLK	1/5	Th	8:30pm-9:20pm	
27704 MLK	1/3	T	9:00am-9:50am	
27705 KSAC	1/5	Th	9:00am-9:50am	

### Aqua Cardio Challenge

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

8 Sessions	\$52			
Instructor: H2O Fitness				
27707 MLK	1/8	Su	5:00pm-5:50pm	

### 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.

8 Sessions	\$52			
Instructor: Wellness Network				
27708 GISC	1/9	M	9:30am-10:20am	
27709 OSC	1/8	Su	9:00am-9:50am	
9 Sessions	\$59			
Instructor: H2O Fitness				
27711 KSAC	1/6	F	10:00am-10:50am	
27712 MLK	1/3	T	9:30am-10:20am	
27713 MLK	1/5	Th	9:30am-10:20am	
Instructor: Wellness Network				
27710 OSC	1/4	W	8:15pm-9:05pm	

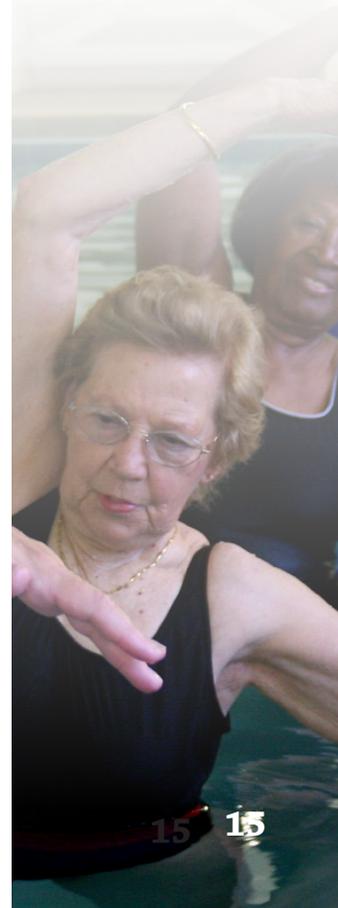
### Aqua Lite

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.

8 Sessions	\$52			
Instructor: Wellness Network				
27715 OSC	1/9	M	10:00am-10:50am	
27718 KSAC	1/9	M	11:00am-11:50am	
9 Sessions	\$59			
Instructor: H2O Fitness				
27714 MLK	1/5	Th	10:30am-11:20am	
27754 MLK	1/3	T	10:30am-11:20am	
Instructor: Wellness Network				
27716 OSC	1/4	W	10:00am-10:50am	
27717 OSC	1/6	F	10:00am-10:50am	
27719 KSAC	1/4	W	11:00am-11:50am	

**Check Out Our Land Fitness Classes Too!**

Held at Aquatic Facilities  
 Zumba pg. 49





WATER FITNESS

**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.

9 Sessions \$59  
Instructor: H2O Fitness  
27720 MLK 1/6 F 10:00am-10:50am

**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 a limited number are available for purchase at the pool \$20.

8 Sessions \$52  
Instructor: H2O Fitness  
27745 MLK 1/9 M 1:00pm-1:50pm

8 Sessions \$52  
Instructor: Wellness Network  
27723 KSAC 1/5 Th 7:30pm-8:20pm  
27725 GISC 1/9 M 10:30am-11:20am  
27728 GISC 1/6 F 10:30am-11:20am  
27730 GISC 1/9 M 7:50pm-8:40pm  
27731 OSC 1/9 M 7:15pm-8:05pm

9 Sessions \$59  
Instructor: H2O Fitness  
27742 KSAC 1/3 T 10:00am-10:50am  
27743 KSAC 1/5 Th 10:00am-10:50am  
27744 KSAC 1/6 F 9:00am-9:50am  
27746 MLK 1/3 T 7:30am-8:20am  
27747 MLK 1/3 T 7:30pm-8:20pm  
27748 MLK 1/5 Th 7:30am-8:20am  
27749 MLK 1/5 Th 7:30pm-8:20pm  
27750 MLK 1/6 F 11:00am-11:50am  
27752 MLK 1/4 W 1:00pm-1:50pm

Instructor: Wellness Network  
27722 KSAC 1/3 T 7:45pm-8:35pm  
27724 GISC 1/3 T 10:00am-10:50am  
27726 GISC 1/4 W 10:30am-11:20am  
27727 GISC 1/5 Th 9:30am-10:20am  
27732 OSC 1/3 T 8:30am-9:20am  
27733 OSC 1/3 T 10:30am-11:20am  
27734 OSC 1/3 T 8:15pm-9:05pm  
27735 OSC 1/4 W 1:30pm-2:20pm  
27736 OSC 1/4 W 7:15pm-8:05pm  
27737 OSC 1/5 Th 9:00am-9:50am  
27738 OSC 1/5 Th 11:00am-11:50am  
27739 OSC 1/5 Th 8:15pm-9:05pm  
27740 OSC 1/6 F 6:15pm-7:05pm

**Hi/Lo Cardio Fusion**

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

9 Sessions \$59  
Instructor: H2O Fitness  
27753 KSAC 1/6 F 11:30am-12:20pm

**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.

8 Sessions \$52  
Instructor: Wellness Network  
27756 GISC 1/5 Th 7:50pm-8:40pm  
27757 KSAC 1/9 M 10:00am-10:50am  
27759 OSC 1/9 M 8:15pm-9:05pm  
27762 OSC 1/5 Th 10:00am-10:50am

9 Sessions \$59  
Instructor: H2O Fitness  
27764 MLK 1/6 F 7:30pm-8:20pm  
Instructor: Wellness Network  
27755 GISC 1/3 T 7:50pm-8:40pm  
27758 KSAC 1/4 W 10:00am-10:50am  
27760 OSC 1/3 T 9:30am-10:20am  
27761 OSC 1/3 T 7:15pm-8:05pm  
27763 OSC 1/5 Th 7:15pm-8:05pm

**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.

8 Sessions \$52  
Instructor: H2O Fitness  
27765 MLK 1/9 M 9:00am-9:50am  
27768 KSAC 1/9 M 8:30pm-9:20pm  
Instructor: Wellness Network  
27773 GISC 1/6 F 9:30am-10:20am  
27774 OSC 1/9 M 9:00am-9:50am

9 Sessions \$59  
Instructor: H2O Fitness  
27766 MLK 1/4 W 9:00am-9:50am  
27767 MLK 1/6 F 9:00am-9:50am  
27769 KSAC 1/3 T 11:30am-12:20pm  
27770 KSAC 1/4 W 8:30pm-9:20pm  
27771 KSAC 1/5 Th 11:30am-12:20pm  
Instructor: Wellness Network  
27772 GISC 1/4 W 9:30am-10:20am  
27775 OSC 1/4 W 9:00am-9:50am  
27776 OSC 1/6 F 9:00am-9:50am

**Water Exercise - Adaptive**

Ages 14 & Up: Designed for those individuals with physical and developmental disabilities. Participants will enjoy exercise in the water. Workout includes using balls and noodles to encourage movement. Emphasis is on fun and improving your cardiovascular conditioning. Participants MUST be accompanied in the water by a caregiver and in arms reach at all times.

8 Sessions \$92  
Instructor: H2O Fitness  
28376 MLK 1/8 Su 4:00pm-4:50pm  
9 Sessions \$104  
Instructor: Wellness Network  
28377 GISC 1/4 W 11:30am-12:20pm



# Diving

## AAU Developmental Group

Ages 8-14: This is an invitation only program designed to prepare athletes for AAU competition. Participants will train once a week in the water and once a week for dryland ( a separate fee) Divers will learn excellent basics on 1 meter and 3 meter. Participants must pay a \$15.00 Team Fee each quarter at [www.montgomerydiveclub.org](http://www.montgomerydiveclub.org) for details. Contact [MDCBeavers@gmail.com](mailto:MDCBeavers@gmail.com) for info on how to try out for the program.

\$675  
 Instructor: Built By Beavers  
 28421 MLK 12/3 Sa 7:00pm-8:30pm

## 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](mailto: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 a training fee listed here. Admission requires the permission of the program director, Doug Beavers.

\$675  
 Instructor: Built By Beavers  
 27697 MLK 11/28 M,W,F 7:00pm-9:00pm

## Diving National Team

Ages 6-18: Montgomery Dive Club has long been recognized as a consistent producer of nationally and internationally competitive divers. Admission into the MDC National Training Programs requires the permission of the Program Director. This is a year-round program focused on the highest levels of personal and team achievement. All participants must pay a \$300 fee, payable to the Built by Beavers, per session. To complete your registration, visit [www.montgomerydiveclub.org](http://www.montgomerydiveclub.org).

<b>3 Days Per Week</b>	<b>\$425</b>	
27872 KSAC	11/28 S-F	7:00am-9:00am
27925 GISC	11/28 S-F	7:00am-9:00am
<b>4 Days Per Week</b>	<b>\$525</b>	
27926 KSAC	11/28 S-F	7:00am-9:00am
27927 GISC	11/28 S-F	7:00am-9:00am
<b>5 Days Per Week</b>	<b>\$625</b>	
27928 KSAC	11/28 S-F	7:00am-9:00am
27929 GISC	11/28 S-F	7:00am-9:00am

## High School Diving

Ages 13-19: Our group is perfect for divers interested in trying out for their High School diving team, or who want to improve their performance at Metro, Regional, and State Championship Meets. Primary focus is on 1-meter springboard, but other equipment is used to build skills. Additional fees include \$15 for SPRINGS participants. To complete your registration, visit [www.montgomerydiveclub.org](http://www.montgomerydiveclub.org).

\$275  
 Instructor: Built By Beavers  
 27931 KSAC 12/1 Th 8:00pm-9:30pm  
 27930 KSAC 11/28 M 8:00pm-9:30pm  
 27932 GISC 11/30 W 8:30pm-10:00pm

## Level 1: Human Springs

Ages 5-11: This 45 minute class is designed for absolute beginners or kids who might benefit from a shorter format. Participants must be comfortable swimming in deep water and be able to dive in head-first. All SPRINGS participants must pay a \$15 fee per session. To complete your registration, visit [www.montgomerydiveclub.org](http://www.montgomerydiveclub.org).

\$145  
 Instructor: Built By Beavers  
 27938 GISC 12/2 Th 4:30pm-5:15pm  
 20420 GISC 12/3 F 4:30pm-5:15pm  
 27934 KSAC 11/28 M 4:30pm-5:15pm  
 27933 KSAC 11/29 T 4:15pm-5:00pm  
 27935 KSAC 12/2 F 4:15pm-5:00pm  
 27936 MLK 12/4 S 10:30am-11:15am  
 27937 MLK 12/4 S 10:30am-11:15am  
 27959 OSC 11/28 M 5:00pm-5:45pm  
 27960 OSC 12/1 W 5:30pm-6:15pm

## Level 2: Human Springs

Ages 8-18: This is where the majority of our divers sign up. These 90 minute classes are great for kids with some experience in summer diving, trampoline, gymnastics or dance. This is class is appropriate for kids who cannot yet perform an inward dive or a front 1 ½. Participants must pay a \$15 team fee each quarter at [www.montgomerydiveclub.org](http://www.montgomerydiveclub.org).

\$275  
 Instructor: Built By Beavers  
 27943 GISC 11/28 M 4:30pm-6:00pm  
 27940 GISC 11/29 T 5:30pm-7:00pm  
 27946 GISC 11/30 W 5:30pm-7:00pm  
 27941 GISC 12/1 Th 5:15pm-6:45pm  
 28418 GISC 12/2 F 5:15pm-6:45pm  
 27942 KSAC 11/29 T 4:30pm-6:00pm  
 27939 KSAC 12/1 Th 4:30pm-6:00pm  
 27944 KSAC 12/2 F 5:00pm-6:30pm  
 27945 KSAC 12/4 S 8:30am-10:00am  
 28417 OSC 11/30 W 5:45pm-7:15pm



**DIVING**





DIVING/OTHER

Level 3: Human Springs

Ages 7-18: These 90 minute classes are for kids with past diving experience from summer diving or Level 2. Divers must have the ability to do forward, backward, and inward dive tuck, a hurdle, back press, as well as safe come-out skills. Participants must pay a \$15.00 fee per session. Visit www.montgomerydiveclub.org to complete your registration.

\$275

Instructor: Built By Beavers

Table with 4 columns: ID, Location, Date, Time. Rows include 27952 GISC, 27947 KSAC, 27948 KSAC, 27949 KSAC, 27950 KSAC, 27951 KSAC, 27953 MLK.

Masters Diving

Ages 19 & Up: It's never too late to learn to dive! For adults who want to see what it's all about, or for former competitive divers who aren't ready to hang up the speedo, we suggest you join Rusty Springs! Additional fees include \$15 for a SPRINGS participants. Visit www.montgomerydiveclub.org to complete your registration.

\$275

Instructor: Built By Beavers

Table with 4 columns: ID, Location, Date, Time. Rows include 27954 KSAC, 27955 KSAC.

Springs Diving Team - Homeschool Edition

Ages 7-18: All SPRINGS participants must pay a \$15.00 fee per session. To complete your registration, visit www.montgomerydiveclub.org.

\$275

Instructor: Built By Beavers

Table with 4 columns: ID, Location, Date, Time. Rows include 27956 MLK, 27957 MLK, 27958 MLK.

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. Please contact Joe at 301-873-4327 or diveeatsleep@yahoo.com.

8 Sessions \$265

Instructor: Scott Hagedorn

Table with 4 columns: ID, Location, Date, Time. Rows include 28373 OSC, 28374 MLK, 28372 GISC.

Master's Swimming

Ages 18 & Up: 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.

\$110

Instructor: Montgomery Ancient Mariners

Table with 4 columns: ID, Frequency, Dates, Price. Rows include 24486, 24488, 24490, 24491, 24493.

One website... thousands of possibilities!



ActiveMONTGOMERY.org

## Developmental Swim

### SwiMontgomery

Ages 5-12: A developmental program for kids who have an interest in competitive swimming and want to build a foundation of related skills.

16 Sessions	\$220		
Instructor: Montgomery Stroke And Turn Clinic			
27587 MLK	12/5	M,W	7:30pm-8:15pm
27589 GISC	1/10	T,Th	7:45pm-8:30pm
27590 KSAC	1/10	T,Th	7:45pm-8:30pm
27588 OSC	12/5	M,W	7:15pm-8:45pm

**\*The group times at OSC are 7:15-7:55pm or 7:55-8:45pm. Instructors evaluate swimmers on the first night and will place in proper groups.**

## Montgomery Stroke and Turn Clinic

The Montgomery Stroke and Turn Clinic has served the Montgomery County swimming community for over 25 years. MSTC is designed for swimmers 5 - 18 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. Swimmers 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. 16 and 5 other Sundays which will be announced at the first session. Vist [www.mstcswim.com](http://www.mstcswim.com) for more information.

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**

### *Closing Notice:*

Our recreation administrative office at:

4010 Randolph Road,  
Silver Spring, MD 20902  
will be closed on

**Thursday,  
December 8, 2016**

**WWW.RMSCSWIMMING.COM**



**INDIVIDUAL PROGRESS  
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# Lifeguard Training

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

This course will train 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 and 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.

Cost of the course is \$205.

## Germantown Indoor Swim Center

Session	Date	Begins	End
<b>LGT 2: Course 24547 January 2017</b>			
Pre-Course	Friday, January 6	7:00pm	9:30pm
Session 1	Sunday, January 8	9:30am	12:30pm
Session 2	Sunday, January 8	1:00pm	4:00pm
Session 3	Wednesday, January 11	6:30pm	9:30pm
Session 4	Sunday, January 15	9:30am	12:30pm
Session 5	Sunday, January 15	1:00pm	4:00pm
Session 6	Wednesday, January 18	6:30pm	9:30pm
Session 7	Sunday, January 22	9:30am	12:30pm
Session 8	Sunday, January 22	1:00pm	4:00pm
Session 9	Wednesday, January 25	6:30pm	9:30pm
Session 10	Wednesday, Feb 1	6:30pm	9:30pm

Session	Date	Begins	End
<b>LGT 3: Course 24548 March 2017</b>			
Pre-Course	Friday, March 10	7:00pm	9:30pm
Session 1	Sunday, March 12	9:30am	12:30pm
Session 2	Sunday, March 12	1:00pm	4:00pm
Session 3	Wednesday, March 15	6:30pm	9:30pm
Session 4	Wednesday, March 22	6:30pm	9:30pm
Session 5	Sunday March 26	9:30am	12:30pm
Session 6	Wednesday, March 29	6:30pm	9:30pm
Session 7	Sunday, April 2	9:30am	12:30pm
Session 8	Sunday, April 2	1:00pm	4:00pm
Session 9	Wednesday, April 5	6:30pm	9:30pm
Session 10	Friday, April 14	6:30pm	9:30pm

Session	Date	Begins	End
<b>LGT 4: Course 24549 April 2017</b>			
Pre-Course	Friday, April 7	7:00pm	9:30pm
Session 1	Sunday, April 9	9:30am	12:30pm
Session 2	Sunday, April 9	1:00pm	4:00pm
Session 3	Monday, April 10	2:00pm	5:00pm
Session 4	Monday, April 10	6:00pm	9:00pm
Session 5	Tuesday, April 11	2:00pm	5:00pm
Session 6	Tuesday, April 11	6:00pm	9:00pm
Session 7	Wednesday, April 12	2:00pm	5:00pm
Session 8	Wednesday, April 12	6:00pm	9:00pm
Session 9	Thursday, April 13	6:00pm	9:00pm
Session 10	Friday, April 14	6:30pm	9:30pm

Session	Date	Begins	End
<b>LGT 5: Course 24550 April 2017</b>			
Pre-Course	Friday, April 21	7:00pm	9:30pm
Session 1	Sunday, April 23	9:30am	12:30pm
Session 2	Sunday, April 23	1:00pm	4:00pm
Session 3	Wednesday, April 26	6:30pm	9:30pm
Session 4	Sunday, April 30	9:30am	12:30pm
Session 5	Sunday, April 30	1:00pm	4:00pm
Session 6	Wednesday, May 3	6:30pm	9:30pm
Session 7	Sunday, May 7	9:30am	12:30pm
Session 8	Sunday, May 7	1:00pm	4:00pm
Session 9	Wednesday, May 10	6:30pm	9:30pm
Session 10	Sunday, May 14	9:30am	12:30pm

Session	Date	Begins	End
<b>LGT 6: Course 24557 June 2017</b>			
Pre-Course	Friday, June 16	7:00pm	9:30pm
Session 1	Sunday, June 18	9:30am	12:30pm
Session 2	Sunday, June 18	1:00pm	4:00pm
Session 3	Monday, June 19	2:00pm	5:00pm
Session 4	Monday, June 19	6:00pm	9:00pm
Session 5	Tuesday, June 20	2:00pm	5:00pm
Session 6	Tuesday, June 20	6:00pm	9:00pm
Session 7	Wednesday, June 21	2:00pm	5:00pm
Session 8	Wednesday, June 21	6:00pm	9:00pm
Session 9	Thursday, June 22	6:00pm	9:00pm
Session 10	Friday, June 23	6:30pm	9:30pm

LIFEGUARD TRAINING



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## Kennedy Shriver Aquatic Center

Session	Date	Begins	End
<b>LGT 2: Course 25319 December 2016</b>			
Pre-Course	Friday, Dec. 23	7:00pm	9:00pm
Session 1	Monday, Dec. 26	9:00am	12:00pm
Session 2	Monday, Dec. 26	1:00pm	5:00pm
Session 3	Tuesday, Dec. 27	9:00am	12:00pm
Session 4	Tuesday, Dec. 27	1:00pm	5:00pm
Session 5	Wednesday, Dec. 28	9:00am	12:00pm
Session 6	Wednesday, Dec. 28	1:00pm	5:00pm
Session 7	Thursday, Dec. 29	9:00am	12:00pm
Session 8	Thursday, Dec. 29	1:00pm	5:00pm
Session 9	Friday, Dec. 30	9:00am	12:00pm
Session 10	Friday, Dec. 30	1:00pm	5:00pm
<b>LGT 3: Course 25320 January 2017</b>			
Pre-Course	Friday, Jan. 6	7:00pm	9:00pm
Session 1	Sunday, Jan. 8	9:00am	12:00pm
Session 2	Sunday, Jan. 8	1:00pm	5:00pm
Session 3	Wednesday, Jan. 11	6:30pm	9:30pm
Session 4	Sunday, Jan. 15	9:00am	12:00pm
Session 5	Sunday, Jan. 15	1:00pm	5:00pm
Session 6	Wednesday, Jan. 18	6:30pm	9:30pm
Session 7	Sunday, Jan. 22	9:00am	12:00pm
Session 8	Sunday, Jan. 22	1:00pm	5:00pm
Session 9	Wednesday, Jan. 25	6:30pm	9:30pm
<b>LGT 4: Course 24538 Feb./March 2017</b>			
Pre-Course	Friday, Feb. 24	7:00pm	9:00pm
Session 1	Sunday, Feb. 26	9:00am	12:00pm
Session 2	Sunday, Feb. 26	1:00pm	5:00pm
Session 3	Tuesday, Feb. 28	6:30pm	9:30pm
Session 4	Thursday, Mar. 2	6:30pm	9:30pm
Session 5	Saturday, Mar. 4	9:00am	12:00pm
Session 6	Saturday, Mar. 4	1:00pm	5:00pm
Session 7	Tuesday, Mar. 7	6:30pm	9:30pm
Session 8	Saturday, Mar. 11	9:00am	12:00pm
Session 9	Saturday, Mar. 11	1:00pm	5:00pm

Session	Date	Begins	End
<b>LGT 5: Course 25322 April 2017</b>			
Pre-Course	Friday, Apr. 7	7:00pm	9:00pm
Session 1	Monday, Apr. 10	8:00am	12:00pm
Session 2	Monday, Apr. 10	1:00pm	4:00pm
Session 3	Tuesday, Apr. 11	8:00am	12:00pm
Session 4	Tuesday, Apr. 11	1:00pm	4:00pm
Session 5	Wednesday, Apr. 12	8:00am	12:00pm
Session 6	Wednesday, Apr. 12	1:00pm	4:00pm
Session 7	Thursday, Apr. 13	8:00am	12:00pm
Session 8	Thursday, Apr. 13	1:00pm	4:00pm
Session 9	Friday, Apr. 14	8:00am	12:00pm
<b>LGT 6: Course 25323 April 2017</b>			
Pre-Course	Friday, Apr. 7	7:00pm	9:00pm
Session 1	Sunday, Apr. 9	9:00am	12:00pm
Session 2	Sunday, Apr. 9	1:00pm	5:00pm
Session 3	Monday, Apr. 10	4:30pm	9:30pm
Session 4	Tuesday, Apr. 11	4:30pm	9:30pm
Session 5	Wednesday, Apr. 12	4:30pm	9:30pm
Session 6	Thursday, Apr. 13	4:30pm	9:30pm
Session 7	Friday, Apr. 14	12:30pm	5:30pm
Session 8	Saturday, Apr. 15	9:00am	12:00pm
<b>LGT 7: Course 25324 June 2017</b>			
Pre-Course	Thursday, Jun. 15	7:00pm	9:00pm
Session 1	Monday, Jun. 19	9:00am	12:00pm
Session 2	Monday, Jun. 19	1:00pm	5:00pm
Session 3	Tuesday, Jun. 20	9:00am	12:00pm
Session 4	Tuesday, Jun. 20	1:00pm	5:00pm
Session 5	Wednesday, Jun. 21	9:00am	12:00pm
Session 6	Wednesday, Jun. 21	1:00pm	5:00pm
Session 7	Thursday, Jun. 22	9:00am	12:00pm
Session 8	Thursday, Jun. 22	1:00pm	5:00pm
Session 9	Friday, Jun. 23	9:00am	12:00pm

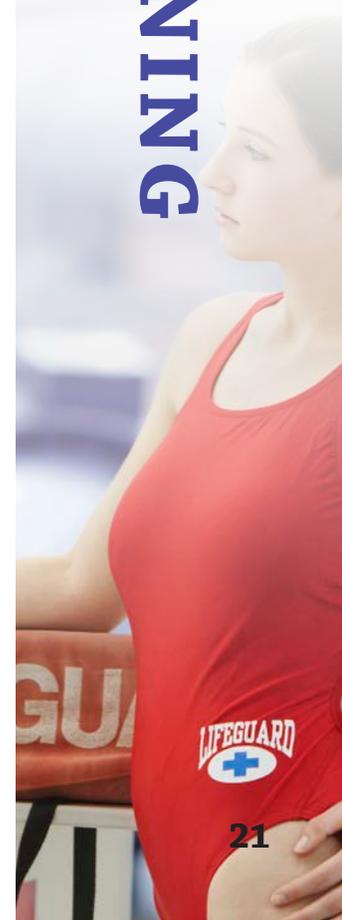
## Martin Luther King, Jr. Swim Center

Session	Date	Begins	End
<b>LGT 2: Course 24527 December 2016</b>			
Pre-course	Monday, Dec 19	7:30pm	9:30pm
Session 1	Friday, Dec 23	6:30pm	10:00pm
Session 2	Monday, Dec 26	9:00am	12:30pm
Session 3	Monday, Dec 26	1:00pm	4:00pm
Session 4	Tuesday, Dec 27	9:00am	12:30pm
Session 5	Tuesday, Dec 27	1:00pm	4:00pm
Session 6	Wednesday, Dec 28	9:00am	12:30pm
Session 7	Wednesday, Dec 28	1:00pm	4:00pm
Session 8	Thursday, Dec 29	9:00am	12:30pm
Session 9	Thursday, Dec 29	1:00pm	4:00pm
<b>LGT 3: Course 24534 January 2017</b>			
Pre-course	Thursday, January 5	7:30pm	10:00pm
Session 1	Sunday, January 8	9:00am	12:30pm
Session 2	Sunday, January 8	1:00pm	4:00pm
Session 3	Monday, January 9	6:30pm	10:00pm
Session 4	Thursday, January 12	6:30pm	10:00pm
Session 5	Sunday, January 15	9:00am	12:30pm
Session 6	Sunday, January 15	1:00pm	4:00pm
Session 7	Monday, January 16	6:30pm	10:00pm
Session 8	Thursday, January 19	6:30pm	10:00pm
Session 9	Sunday, January 22	9:00am	1:00pm

Session	Date	Begins	End
<b>LGT 4: Course 24538 Feb./March 2017</b>			
Pre-course	Monday, Feb 20	7:30pm	10:00pm
Session 1	Saturday, Feb 25	9:00am	12:30pm
Session 2	Saturday, Feb 25	1:00pm	4:00pm
Session 3	Monday, Feb 27	6:30pm	10:00pm
Session 4	Thursday, Mar 2	6:30pm	10:00pm
Session 5	Saturday, Mar 4	9:00am	12:30pm
Session 6	Saturday, Mar 4	1:00pm	4:00pm
Session 7	Monday, Mar 6	6:30pm	10:00pm
Session 8	Thursday, Mar 9	6:30pm	10:00pm
Session 9	Saturday, Mar 11	9:00am	1:00pm
<b>LGT 5: Course 24541 April 2017</b>			
Pre-course	Monday, Apr 4	7:30pm	10:00pm
Session 1	Thursday, Apr 6	6:30pm	10:00pm
Session 2	Monday, Apr 10	9:00am	12:30pm
Session 3	Monday, Apr 10	1:00pm	4:00pm
Session 4	Tuesday, Apr 11	9:00am	12:30pm
Session 5	Tuesday, Apr 11	1:00pm	4:00pm
Session 6	Wednesday, Apr 12	9:00am	12:30pm
Session 7	Wednesday, Apr 12	1:00pm	4:00pm
Session 8	Thursday, Apr 13	9:00am	12:30pm
Session 9	Thursday, Apr 13	1:00pm	4:00pm



# LIFEGUARD TRAINING





### Martin Luther King, Jr. Swim Center Cont..

Session	Date	Begins	End
<b>LGT 6: Course 25020 April 2017</b>			
Pre-course	Monday, Apr 10	7:30pm	10:00pm
Session 1	Saturday, Apr 15	9:00am	12:30pm
Session 2	Saturday, Apr 15	1:00pm	4:00pm
Session 3	Monday, Apr 17	6:30pm	10:00pm
Session 4	Thursday, Apr 20	6:30pm	10:00pm
Session 5	Saturday, Apr 22	9:00am	12:30pm
Session 6	Saturday, Apr 22	1:00pm	4:00pm
Session 7	Monday, Apr 24	6:30pm	10:00pm
Session 8	Thursday, Apr 27	6:30pm	10:00pm
Session 9	Saturday, Apr 29	9:00am	12:30pm

Session	Date	Begins	End
<b>LGT 7: Course 25021 June 2017</b>			
Pre-course	Monday, Jun 5	7:30pm	10:00pm
Session 1	Thursday, Jun 8	6:30pm	10:00pm
Session 2	Sunday, Jun 11	9:00am	12:30pm
Session 3	Sunday, Jun 11	1:00pm	4:00pm
Session 4	Monday, Jun 12	6:30pm	10:00pm
Session 5	Thursday, Jun 15	6:30pm	10:00pm
Session 6	Sunday, Jun 18	9:00am	12:30pm
Session 7	Sunday, Jun 18	1:00pm	4:00pm
Session 8	Monday, Jun 19	6:30pm	10:00pm
Session 9	Thursday, Jun 22	6:30pm	10:00pm

### Olney Swim Center

Session	Date	Begins	End
<b>LGT 2: Course 24518 December 2016</b>			
Pre-course	Sunday, Dec 18	1:30pm	3:30pm
Session 1	Monday, Dec 26	9:00am	12:30pm
Session 2	Monday, Dec 26	1:00pm	5:00pm
Session 3	Tuesday, Dec 27	9:00am	12:30pm
Session 4	Tuesday, Dec 27	1:00pm	5:00pm
Session 5	Wednesday, Dec 28	9:00am	12:30pm
Session 6	Wednesday, Dec 28	1:00pm	5:00pm
Session 7	Thursday, Dec 29	9:00am	12:30pm
Session 8	Thursday, Dec 29	1:00pm	5:00pm
Session 9	Friday, Dec 30	9:00am	3:00pm

Session	Date	Begins	End
<b>LGT 6: Course 24521 April 2017</b>			
Pre-course	Wednesday, Apr 19	6:30pm	10:00pm
Session 1	Saturday, Apr 22	9:00am	12:30pm
Session 2	Saturday, Apr 22	1:00pm	5:00pm
Session 3	Sunday, Apr. 23	9:00am	12:30pm
Session 4	Sunday, Apr. 23	1:00pm	5:00pm
Session 5	Wednesday, Apr 26	6:30pm	10:00pm
Session 6	Saturday, Apr 29	9:00am	12:30pm
Session 7	Saturday, Apr 29	1:00pm	5:00pm
Session 8	Sunday, Apr. 30	9:00am	12:30pm
Session 9	Sunday, Apr. 30	1:00pm	5:00pm
Session 10	Wednesday, May 3	6:30pm	10:00pm

Session	Date	Begins	End
<b>LGT 3: Course 24519 February 2017</b>			
Pre-course	Wednesday, Feb. 1	6:30pm	9:00pm
Session 1	Sunday, Feb.5	9:00am	12:30pm
Session 2	Sunday, Feb.5	1:00pm	5:00pm
Session 3	Wednesday, Feb. 8	6:30pm	10:00pm
Session 4	Sunday, Feb. 12	9:00am	12:30pm
Session 5	Sunday, Feb. 12	1:00pm	5:00pm
Session 6	Wednesday, Feb. 15	6:30pm	10:00pm
Session 7	Sunday, Feb. 19	9:00am	12:30pm
Session 8	Sunday, Feb. 19	1:00pm	5:00pm
Session 9	Wednesday, Feb. 22	6:30pm	10:00pm
Session 10	Sunday, Feb. 26	9:00am	1:30pm

Session	Date	Begins	End
<b>LGT 7: Course: 24523 June 2017</b>			
Pre-course	Sunday, June 11	1:30pm	3:30pm
Session 1	Saturday, June 17	9:00am	12:30pm
Session 2	Saturday, June 17	1:00pm	5:00pm
Session 3	Sunday, June 18	9:00am	12:30pm
Session 4	Sunday, June 18	1:00pm	5:00pm
Session 5	Monday, June 19	9:00am	12:30pm
Session 6	Monday, June 19	1:00pm	5:00pm
Session 7	Tuesday, June 20	9:00am	12:30pm
Session 8	Tuesday, June 20	1:00pm	5:00pm
Session 9	Wednesday, June 21	9:00am	12:30pm
Session 10	Wednesday, June 21	1:00pm	5:00pm

Session	Date	Begins	End
<b>LGT 4: Course 24520 March 2017</b>			
Pre-course	Wednesday, Mar. 1	6:30pm	9:00pm
Session 1	Wednesday, Mar 8	6:30pm	10:00pm
Session 2	Saturday, Mar. 11	9:00am	12:30pm
Session 3	Saturday, Mar. 11	1:00pm	5:00pm
Session 4	Sunday, Mar. 12	9:00am	12:30pm
Session 5	Sunday, Mar. 12	1:00pm	5:00pm
Session 6	Wednesday, Mar 15	6:30pm	10:00pm
Session 7	Saturday, Mar. 18	9:00am	12:30pm
Session 8	Saturday, Mar. 18	1:00pm	5:00pm
Session 9	Sunday, Mar. 19	9:00am	12:30pm
Session 10	Sunday, Mar. 19	1:00pm	5:00pm

Session	Date	Begins	End
<b>LGT 8: Course: 24524 July 2017</b>			
Pre-course	Wednesday, June 28	6:30pm	8:30pm
Session 1	Wednesday, July 5	6:30pm	10:00pm
Session 2	Friday, July 7	6:30pm	10:00pm
Session 3	Saturday, July 8	9:00am	12:30pm
Session 4	Saturday, July 8	1:00pm	5:00pm
Session 5	Sunday, July 9	9:00am	12:30pm
Session 6	Sunday, July 9	1:00pm	5:00pm
Session 7	Wednesday, July 12	6:30pm	10:00pm
Session 8	Friday, July 14	6:30pm	10:00pm
Session 9	Saturday, July 15	9:00am	12:30pm
Session 10	Saturday, July 15	1:00pm	5:00pm

Session	Date	Begins	End
<b>LGT 5: Course 24522 Spring Break 2017</b>			
Pre-course	Saturday, Apr. 1	3:30pm	5:00pm
Session 1	Friday, April 7	9:00am	12:30pm
Session 2	Friday, April 7	1:00pm	5:00pm
Session 3	Saturday April 8	9:00am	12:30pm
Session 4	Saturday April 8	1:00pm	5:00pm
Session 5	Sunday, April 9	9:00am	12:30pm
Session 6	Sunday, April 9	1:00pm	5:00pm
Session 7	Monday, April 10	9:00am	12:30pm
Session 8	Monday, April 10	1:00pm	5:00pm
Session 9	Tuesday April 11	9:00am	12:30pm
Session 10	Tuesday April 11	1:00pm	5:00pm



LIFEGUARD TRAINING



## Lifeguard Training - Accelerated

This class only meets for 3 days. Class meets all day from 9am - 7pm.

\$225  
Instructor: Aquatic Training and Consulting Services

### Martin Luther King Jr.

Session	Date	Begins	End
<b>LGT 1: Course 25075</b>			
May 2017			
Session 1	May 16, 2017	9:00am	7:00pm
Session 2	May 17, 2017	9:00am	7:00pm
Session 3	May 18, 2017	9:00am	7:00pm
<b>LGT 2: Course 25076</b>			
May 2017			
Session 1	May 23, 2017	9:00am	7:00pm
Session 2	May 24, 2017	9:00am	7:00pm
Session 3	May 25, 2017	9:00am	7:00pm
<b>LGT 3: Course 25077</b>			
May/June 2017			
Session 1	May 30, 2017	9:00am	7:00pm
Session 2	May 31, 2017	9:00am	7:00pm
Session 3	June 1, 2017	9:00am	7:00pm
<b>LGT 4: Course 25078</b>			
June 2017			
Session 1	June 6, 2017	9:00am	7:00pm
Session 2	June 7, 2017	9:00am	7:00pm
Session 3	June 8, 2017	9:00am	7:00pm

## Upper County Outdoor Pool

Session	Date	Begins	End
<b>LGT 1: Course 25079</b>			
June 2017			
Session 1	June 21, 2017	9:00am	7:00pm
Session 2	June 22, 2017	9:00am	7:00pm
Session 3	June 23, 2017	9:00am	7:00pm



## Lifeguard Training Review

Ages 15 & Up: Students looking to renew their lifeguard certification are eligible to do a blended learning review class provided that their certification is still current or recently expired. Students will receive a link to the blended learning material shortly after registration. This course work will require 4-5 hours of learning prior to the class date. There is a \$35 fee paid directly to the Red Cross in order to access the online material. This fee is in addition to the \$125 paid at the time of registration for the skill evaluation session. Students should bring their on-line completion certificate to class. Failure to complete the on-line portion prior to the skill session will result in the student being unable to complete their certification renewal. Students will receive their e-cert directly from the Red Cross usually within seven days of the class completion.

\$125  
Instructor: Aquatic Training and Consulting Services

### Martin Luther King Jr. Swim Center

<b>LGT 1: Course 25080</b>		December 2016	
Session 1	December 30, 2016	9:00am	6:00pm
<b>LGT 2: Course 25081</b>		February 2017	
Session 1	February 20, 2017	9:00am	6:00pm
<b>LGT 3: Course 25082</b>		April 2017	
Session 1	April 14, 2017	9:00am	6:00pm
<b>LGT 4: Course 25083</b>		May 2017	
Session 1	May 13, 2017	9:00am	6:00pm
<b>LGT 5: Course 25084</b>		May 2017	
Session 1	May 26, 2017	9:00am	6:00pm
<b>LGT 6: Course 25085</b>		May 2017	
Session 1	May 27, 2017	9:00am	6:00pm
<b>LGT 7: Course 25086</b>		June 2017	
Session 1	June 16, 2017	9:00am	6:00pm

## 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 information call 240-777-6860.



LIFEGUARD TRAINING





# Swim Lessons

Indoor Swim Lesson  
Registration will begin

**November 14**  
**at 6:30am**  
for Residents

**November 15 at 6:30am**  
for Non-Residents

Registrations will not 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.**

## Ways to Register for Swim Lessons



**ACTIVEMONTGOMERY** Online registration at [ActiveMONTGOMERY.org](http://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 applied 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](http://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 MAKEUPS 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.



## 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. Courses meet for six (6) 30 minute sessions. Class size is limited to 10 students.

6 Sessions \$58

### Germantown Indoor Swim Center

25812	1/7	Sa	10:25am-10:55am
25813	1/8	S	9:45am-10:15am

### Kennedy Shriver Aquatic Center

27450	1/7	Sa	10:20am-10:50am
27451	1/7	Sa	11:40am-12:10pm
27452	1/8	S	9:40am-10:10am
27453	1/8	S	11:40am-12:10pm
27454	1/9	M	9:30am-10:00am
27455	1/10	T	10:00am-10:30am

### Martin Luther King Swim Center

27557	1/8	S	10:00am-10:30am
27558	1/8	S	10:40am-11:10am

### Olney Swim Center

27661	1/7	Sa	10:30am-11:00am
27662	1/8	S	10:30 am-11:00 am
27663	1/10	T	5:20pm-5:50pm

*Aquatots are a great way to teach your child some important developmental skills and have fun together. That's right....you join your toddler in the water for the swim class!*

*-Customer*

## 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. Courses meet for six (6) 30 minute sessions. Class size is limited to 10 students.

6 Sessions \$58

### Germantown Indoor Swim Center

25693	1/7	Sa	11:45am-12:15pm
25694	1/7	Sa	12:25pm-12:55pm
25695	1/8	S	11:05am-11:35am
25696	1/8	S	12:25pm-12:55pm
25697	1/4	W	6:10pm-6:40pm

### Kennedy Shriver Aquatic Center

27456	1/7	Sa	9:00am-9:30am
27457	1/7	Sa	12:20pm-12:50pm
27458	1/8	S	9:00am-9:30am
27459	1/8	S	11:00am-11:30am
27460	1/10	T	9:30am-10:00am
27461	1/11	W	6:10pm-6:40pm
27462	1/12	Th	10:00am-10:30am
27463	1/12	Th	5:30pm-6:00pm

### Martin Luther King Swim Center

27524	1/9	M	5:50pm-6:20pm
27525	1/11	W	5:10pm-5:40pm
27526	1/8	S	11:20am-11:50am

### Olney Swim Center

27596	1/7	Sa	9:50am-10:20am
27597	1/7	Sa	1:10pm-1:40pm
27598	1/8	S	9:50am-10:20am
27599	1/8	S	8:30am-9:00am
27600	1/8	S	11:10am-11:40am
27601	1/10	T	6:00pm-6:30pm
27602	1/11	W	6:20pm-6:50pm

SWIM LESSONS

## 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.

## 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. Courses meet for six (6) 30 minute sessions. Class size is limited to 10 students.

6 Sessions \$58

### Germantown Indoor Swim Center

25698	1/7	Sa	11:05am-11:35am
25699	1/7	Sa	1:05pm-1:35pm
25700	1/8	S	10:25am-10:55am
25701	1/8	S	11:45am-12:15pm
25702	1/4	W	5:30pm-6:00pm

### Kennedy Shriver Aquatic Center

27464	1/7	Sa	11:00am-11:30am
27465	1/7	Sa	1:00pm-1:30pm
27466	1/8	S	10:20am-10:50am
27467	1/8	S	1:00pm-1:30pm
27468	1/10	T	10:30am-11:00am
27469	1/10	T	3:30pm-4:00pm
27470	1/10	T	6:10pm-6:40pm
27471	1/12	Th	9:30am-10:00am

## Martin Luther King Swim Center

27556	1/8	S	12:00pm-12:30pm
27554	1/9	M	6:30pm-7:00pm
27555	1/11	W	6:30pm-7:00pm

## Olney Swim Center

27654	1/7	Sa	9:10am-9:40am
27655	1/7	Sa	11:10am-11:40am
27656	1/7	Sa	12:30pm-1:00pm
27657	1/8	S	9:10am-9:40am
27658	1/10	T	6:40pm-7:10pm
27659	1/11	W	5:40pm-6:10pm
27660	1/12	Th	6:00pm-6:30pm



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

*Dive with*  
**SCUBA SANTA**

Sunday, December 4, 2016 • Noon - 4 p.m.  
**Olney Swim Center**

All ages welcome! Ages 10+ may use provided scuba equipment after receiving instruction. Those 9 and younger can hold their breath and swim down for a quick action shot with Santa.

Or, Santa will go to the concrete steps leading into the pool's shallow end and they can sit on his lap above the surface.

**Call 240-777-4995 for details.**

Fee: Non-perishable food or a donation of \$5 or is suggested. All contributions benefit MUM Capt. Joseph A. Mattingly Jr. Food Pantry.





SWIM LESSONS

Beginner 1

Ages 4-6: Parents DO NOT accompany children. This class is for students who need to learn basic water adjustment skills. Courses meet for six (6) 30 minute sessions. Class size is limited to 5 students.

6 Sessions \$67

Germantown Indoor Swim Center

Table with 4 columns: ID, Frequency, Day, Time. Rows include 25703-25786.

Kennedy Shriver Aquatic Center

Table with 4 columns: ID, Frequency, Day, Time. Rows include 27472-27485.

Martin Luther King Swim Center

Table with 4 columns: ID, Frequency, Day, Time. Rows include 27539-27538.

Olney Swim Center

Table with 4 columns: ID, Frequency, Day, Time. Rows include 27603-27624.

Beginner 2

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

6 Sessions \$65

Germantown Indoor Swim Center

Table with 4 columns: ID, Frequency, Day, Time. Rows include 25787-25801.



### Kennedy Shriver Aquatic Center

27486	1/7	Sa	9:00am-9:30am
27487	1/7	Sa	9:40am-10:10am
27488	1/7	Sa	11:40am-12:10pm
27489	1/7	Sa	12:20pm-12:50pm
27490	1/8	S	9:00am-9:30am
27491	1/8	S	9:40am-10:10am
27492	1/8	S	11:40am-12:10pm
27493	1/8	S	12:20pm-12:50pm
27494	1/9	M	5:30pm-6:00pm
27495	1/10	T	5:30pm-6:00pm
27496	1/11	W	5:30pm-6:00pm
27497	1/12	Th	4:10pm-4:40pm

### Martin Luther King Swim Center

27547	1/8	S	12:00pm-12:30pm
27540	1/9	M	5:10pm-5:40pm
27541	1/9	M	5:50pm-6:20pm
27542	1/9	M	6:30pm-7:00pm
27543	1/10	T	5:30pm-6:00pm
27544	1/11	W	5:50pm-6:20pm
27545	1/12	Th	6:10pm-6:40pm

### Olney Swim Center

27625	1/7	Sa	9:10am-9:40am
27626	1/7	Sa	9:50am-10:20am
27627	1/7	Sa	11:10am-11:40am
27628	1/7	Sa	11:50am-12:20pm
27629	1/7	Sa	12:30pm-1:00pm
27630	1/8	S	9:10am-9:40am
27631	1/8	S	9:50am-10:20am
27632	1/8	S	10:30am-11:00am
27633	1/8	S	11:10am-11:40am
27634	1/9	M	6:20pm-6:50pm
27635	1/9	M	5:40pm-6:10pm
27636	1/10	T	6:00pm-6:30pm
27637	1/10	T	5:20pm-5:50pm
27638	1/10	T	6:40pm-7:10pm
27639	1/11	W	7:00pm-7:30pm
27640	1/12	Th	5:20pm-5:50pm
27641	1/12	Th	6:40pm-7:10pm



### Beginner 3

Ages 4-6: Parents DO NOT accompany children. This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Courses meet for six (6) 30 minute sessions. Class size is limited to 6 students.

6 Sessions \$65

### Germantown Indoor Swim Center

25802	1/7	Sa	9:45am-10:15am
25803	1/7	Sa	10:25am-10:55am
25804	1/8	S	11:05am-11:35am
25805	1/10	T,Th	5:40pm-6:10pm
25806	1/10	T,Th	5:40pm-6:10pm
25807	2/7	T,Th	5:40pm-6:10pm
25808	2/7	T,Th	5:40pm-6:10pm
25809	1/9	M	5:30pm-6:00pm

### Kennedy Shriver Aquatic Center

27498	1/7	Sa	9:00am-9:30am
27499	1/7	Sa	11:00am-11:30am
27500	1/7	Sa	11:40am-12:10pm
27501	1/7	Sa	1:00pm-1:30pm
27502	1/8	S	9:00am-9:30am
27503	1/8	S	9:40am-10:10am
27504	1/8	S	11:00am-11:30am
27505	1/10	T	4:10pm-4:40pm
27506	1/11	W	5:30pm-6:00pm
27507	1/12	Th	4:50pm-5:20pm
27508	1/12	Th	6:10pm-6:40pm

### Martin Luther King Swim Center

27548	1/10	T	6:50pm-7:20pm
27549	1/11	W	5:10pm-5:40pm
27550	1/8	S	11:20am-11:50am

### Olney Swim Center

27642	1/7	Sa	9:10am-9:40am
27643	1/7	Sa	9:50am-10:20am
27644	1/7	Sa	11:50am-12:20pm
27645	1/8	S	9:50am-10:20am
27646	1/8	S	10:30am-11:00am
27647	1/7	Sa	10:30am-11:00am
27648	1/9	M	7:00pm-7:30pm
27649	1/11	W	7:00pm-7:30pm
27650	1/9	M	6:20pm-6:50pm



# SWIM LESSONS





SWIM LESSONS

### Beginner 4

Ages 4-6: Parents DO NOT accompany children. This class is for students who can already swim a coordinated front crawl for 15 yards (across the width of the pool), back crawl for 5 yards and are comfortable in deep water. Courses meet for six (6) 30 minute sessions. Class size is limited to 6 students.

6 Sessions \$65

#### Germantown Indoor Swim Center

25810	1/7	Sa	11:05am-11:35am
25811	1/8	S	11:05am-11:35am

#### Kennedy Shriver Aquatic Center

27513	1/7	Sa	11:00am-11:30am
27514	1/7	Sa	12:20pm-12:50pm
27515	1/8	S	10:20am-10:50am
27516	1/8	S	11:00am-11:30am
27517	1/8	S	11:40am-12:10pm
27961	1/8	S	1:00pm-1:30pm
27962	1/9	M	5:30pm-6:00pm
27963	1/11	W	6:10pm-6:40pm
27964	1/12	Th	6:10pm-6:40pm

#### Martin Luther King Swim Center

27552	1/12	Th	6:50pm-7:20pm
27553	1/8	S	10:00am-10:30am

#### Olney Swim Center

27651	1/7	Sa	11:50am-12:20pm
27652	1/8	S	9:10am-9:40am
27653	1/11	W	7:40pm-8:10pm

### Youth Level 1

Ages 7-13: This class is for students who need to learn basic water adjustment skills. Courses meet for six (6) 30 minute sessions. Class size is limited to 8 students.

6 Sessions \$60

#### Germantown Indoor Swim Center

25814	1/7	Sa	9:45am-10:15am
25815	1/7	Sa	1:05pm-1:35pm
25816	1/8	S	10:25am-10:55am
25817	1/8	S	12:25pm-12:55pm
25818	1/10	T,Th	5:40pm-6:10pm
25819	2/7	T,Th	5:40pm-6:10pm
25824	1/9	M	6:10pm-6:40pm

#### Kennedy Shriver Aquatic Center

27965	1/7	Sa	10:20am-10:50am
27966	1/7	Sa	1:00pm-1:30pm
27967	1/8	S	9:40am-10:10am
27968	1/9	M	6:10pm-6:40pm

### Martin Luther King Swim Center

27559	1/10	T	6:50pm-7:20pm
27560	1/12	Th	6:10pm-6:40pm
27562	1/8	S	10:00am-10:30am

### Olney Swim Center

27664	1/7	Sa	10:30am-11:00am
27665	1/8	S	8:30am-9:00am
27666	1/9	M	6:20pm-6:50pm
27667	1/10	T	6:40pm-7:10pm
27668	1/11	W	6:20pm-6:50pm
27669	1/11	W	7:00pm-7:30pm
27670	1/12	Th	5:20pm-5:50pm
27671	1/12	Th	6:00pm-6:30pm

### Youth Level 2

Ages 7-13: 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. Course meet for six (6) 30 minute sessions. Class size is limited to 8 students.

6 Sessions \$60

#### Germantown Indoor Swim Center

25820	1/7	Sa	12:25pm-12:55pm
25821	1/7	Sa	1:05pm-1:35pm
25822	1/8	S	11:45am-12:15pm
25823	1/4	W	5:30pm-6:00pm

#### Kennedy Shriver Aquatic Center

27969	1/7	Sa	12:20pm-12:50pm
27970	1/8	S	11:40am-12:10pm
27971	1/8	S	12:20pm-12:50pm
27972	1/10	T	5:30pm-6:00pm

#### Martin Luther King Swim Center

27563	1/10	T	6:10pm-6:40pm
27564	1/10	T	8:10pm-8:40pm
27566	1/8	S	11:20am-11:50am
27567	1/8	S	12:00pm-12:30pm
27857	1/12	Th	5:30pm-6:00pm
27858	1/12	Th	8:10pm-8:40pm

#### Olney Swim Center

27672	1/7	Sa	9:50am-10:20am
27673	1/7	Sa	10:30am-11:00am
27674	1/7	Sa	9:10am-9:40am
27675	1/8	S	9:10am-9:40am
27676	1/9	M	7:00pm-7:30pm
27677	1/11	W	7:40pm-8:10pm
27678	1/12	Th	5:20pm-5:50pm
27679	1/12	Th	6:40pm-7:10pm



## Youth Level 3

Ages 7-13: 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. Course meet for (6) six 30 minute sessions. Class size is limited to 10 students.

6 Sessions \$58

### Germantown Indoor Swim Center

25825	1/7	Sa	11:05am-11:35am
25826	1/8	S	11:45am-12:15pm
25827	1/4	W	6:10pm-6:40pm

### Kennedy Shriver Aquatic Center

27973	1/7	Sa	9:40am-10:10am
27974	1/7	Sa	11:00am-11:30am
27975	1/7	Sa	11:40am-12:10pm
27976	1/8	S	10:20am-10:50am
27977	1/8	S	11:00am-11:30am

### Martin Luther King Swim Center

27568	1/10	T	7:30pm-8:00pm
27569	1/12	Th	7:30pm-8:00pm
27570	1/12	Th	8:10pm-8:40pm
27571	1/8	S	10:40am-11:10am

### Olney Swim Center

27680	1/7	Sa	1:10pm-1:40pm
27681	1/7	Sa	11:10am-11:40am
27682	1/8	S	9:50am-10:20am
27683	1/9	M	7:40pm-8:10pm
27684	1/12	Th	7:20pm-7:50pm

## Youth Level 4

Ages 7-13: This class is for students who can already swim a coordinated front and back crawl for 15 yards (the width of the pool) and are comfortable in deep water. Course meet for six (6) 30 minute sessions. Class size is limited to 10 students.

6 Sessions \$58

### Germantown Indoor Swim Center

25830	1/7	Sa	12:25pm-12:55pm
25831	1/8	S	11:05am-11:35am
25832	1/8	S	12:25pm-12:55pm

### Kennedy Shriver Aquatic Center

27978	1/7	Sa	11:40am-12:10pm
27979	1/8	S	11:00am-11:30am
27980	1/8	S	12:20pm-12:50pm
27981	1/8	S	1:00pm-1:30pm

### Martin Luther King Swim Center

27572	1/10	T	8:10pm-8:40pm
27573	1/8	S	10:40am-11:10am
27574	1/8	S	12:00pm-12:30pm

## Olney Swim Center

27685	1/7	Sa	11:10am-11:40am
27686	1/7	Sa	11:50am-12:20pm
27687	1/8	S	10:30am-11:00am
27688	1/8	S	11:10am-11:40am
27689	1/9	M	7:40pm-8:10pm
27690	1/11	W	7:40pm-8:10pm

## Youth Level 5

Ages 7-13: 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. Course meet for six (6) 30 minute sessions. Class size is limited to 10 students.

6 Sessions \$58

### Germantown Indoor Swim Center

25833	1/7	Sa	11:45am-12:15pm
28375	1/8	Su	12:25am-12:55pm

### Kennedy Shriver Aquatic Center

27982	1/7	Sa	1:00pm-1:30pm
27983	1/8	S	1:00pm-1:30pm

### Martin Luther King Swim Center

27575	1/10	T	7:30pm-8:00pm
27576	1/8	S	10:00am-10:30am

### Olney Swim Center

27691	1/7	Sa	1:10pm-1:40pm
27692	1/7	Sa	12:30pm-1:00pm
27693	1/8	S	11:10am-11:40am
27694	1/10	T	7:20pm-7:50pm

## Youth Level 6

Ages 7-13: This class is for students who can swim 2 lengths of front and back crawl in good form and 15 yards of breaststroke. Course meet for six (6) 30 minute sessions. Class size is limited to 10 students.

6 Sessions \$58

### Germantown Indoor Swim Center

25828	1/7	Sa	1:05pm-1:35pm
25829	1/8	S	9:45am-10:15am

### Kennedy Shriver Aquatic Center

27984	1/7	Sa	12:20pm-12:50pm
27985	1/8	S	12:20pm-12:50pm

### Martin Luther King Swim Center

27577	1/12	Th	7:30pm-8:00pm
27578	1/8	S	11:20 am-11:50am

### Olney Swim Center

27695	1/7	Sa	12:30pm-1:00pm
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# SWIM LESSONS





SWIM LESSONS



### Adult Level 1

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

6 Sessions \$67

#### Germantown Indoor Swim Center

25683	1/7	Sa	11:05am-11:35am
25684	1/9	M	5:30pm-6:00pm
25685	1/8	S	10:25am-10:55am

#### Martin Luther King Swim Center

27518	1/12	Th	8:50pm-9:20pm
27519	1/8	S	12:00pm-12:30pm

#### Kennedy Shriver Aquatic Center

27986	1/7	Sa	11:00am-11:30am
27987	1/8	S	10:20am-10:50am
27988	1/12	Th	8:30pm-9:00pm

#### Olney Swim Center

27591	1/9	M	7:40pm-8:10pm
27592	1/12	Th	7:20pm-7:50pm

### Adult Level 2

Ages 14 & Up: Designed for teenagers and adults who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Courses meet for six (6) 30 minute sessions. Class size is limited to 10 students.

6 Sessions \$65

#### Germantown Indoor Swim Center

25686	1/7	Sa	10:25am-10:55am
25687	1/8	S	9:45am-10:15am
25688	1/9	M	6:10pm-6:40pm

#### Kennedy Shriver Aquatic Center

27989	1/7	Sa	10:20am-10:50am
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#### Martin Luther King Swim Center

27520	1/10	T	8:50pm-9:20pm
27521	1/8	S	10:40am-11:10am

#### Olney Swim Center

27593	1/10	T	8:00pm-8:30pm
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### Adult Level 3

Ages 14 & Up: Designed for teenagers and adults who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Courses meet for six (6) 30 minute sessions. Class size is limited to 10 students.

6 Sessions \$65

#### Germantown Indoor Swim Center

25689	1/7	Sa	9:45am-10:15am
25690	1/8	S	11:45am-12:15pm

#### Kennedy Shriver Aquatic Center

27990	1/7	Sa	9:40am-10:10am
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#### Martin Luther King Swim Center

27522	1/10	T	8:50pm-9:20pm
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#### Olney Swim Center

27594	1/10	T	7:20pm-7:50pm
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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. Courses meet for six (6) 30 minute sessions. Class size is limited to 10 students.

6 Sessions \$65

#### Germantown Indoor Swim Center

25691	1/7	Sa	11:45am-12:15pm
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#### Kennedy Shriver Aquatic Center

27991	1/8	S	11:40am-12:10pm
27992	1/10	T	8:30pm-9:00pm

#### Martin Luther King Swim Center

27523	1/12	Th	8:50pm-9:20pm
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#### Olney Swim Center

27595	1/12	Th	8:00pm-8:30pm
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## Adult Level 5

Ages 14 & Up: Designed for teenagers and adults who can already swim 1 length front and back crawls, 15 yards elementary backstroke with good form, tread water, and dive into deep water. Courses meet for six (6) 30 minute sessions. Class size is limited to 10 students.

6 Sessions \$65

### Kennedy Shriver Aquatic Center

27993 1/11 W 8:30pm-9:00pm

## Adult Swim for Conditioning 1

Ages 14 & Up: Designed for teenagers and adults who can swim 50 meters of freestyle. This class will provide technical training and is an opportunity for prospective lifeguards to establish swimming proficiency. Courses meet for six (6) 30 minute sessions. Class size is limited to 10 students.

6 Sessions \$65

### Kennedy Shriver Aquatic Center

27994 1/9 M 8:30pm-9:00pm

## Adult Swim for Conditioning 2

Ages 14 & Up: Designed for teenagers and adults who can swim 50 meters of freestyle. This class will provide technical training and is an opportunity for prospective lifeguards to establish swimming proficiency. Courses meet for six (6) 30 minute sessions. Class size is limited to 10 students.

6 Sessions \$65

### Kennedy Shriver Aquatic Center

27995 1/9 M 8:30pm-9:00pm

*"Montgomery Rec has so many things to choose from. Wish we had time to do more."*

*-Jennifer C.*

Aquatics 240.777.6860

## Closing Notice:

Our recreation administrative office at:

4010 Randolph Road,  
Silver Spring, MD 20902  
will be closed on

**Thursday,  
December 8, 2016**

## Adaptive Aquatics

### Adapted Aquatics Lesson - Level 1

Ages 14 & Up: This is a learn-to-swim program for individuals with physical and developmental disabilities. This program targets individuals who do not currently meet the prerequisites for participating in an inclusive environment. Designed to develop basic swim skills in a structured setting under the guidance of an instructor with the support of a family member or caregiver in the water with the student. Participants MUST be accompanied in the water by a caregiver and in arms reach at all times.

6 Sessions \$65  
27996 KSAC 1/9 M 10:45am-11:15am

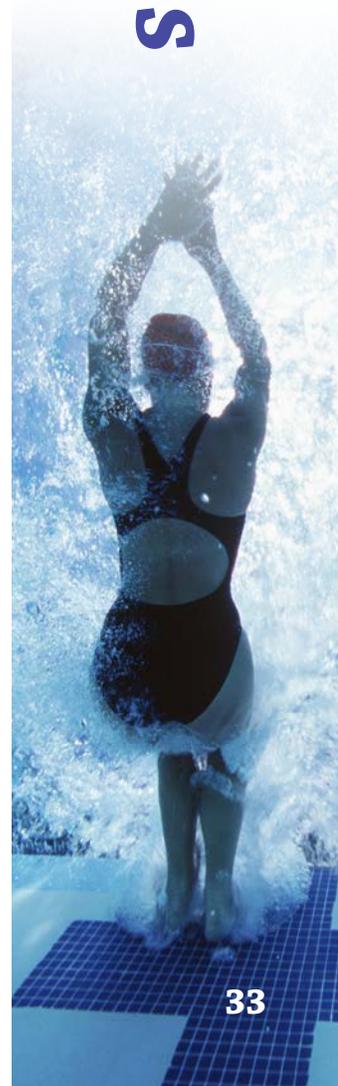
### Adapted Aquatics Lesson - Volunteer Assisted

Ages 4-15: A learn-to-swim program for children ages 4 to 15 who have special needs. Classes are taught in a small group environment. Each child will have an assigned volunteer at all times. All participants must fill out and sign the information and release form at the first class. Students are allowed to register for ONLY one class per session. Class size is limited to 8 students.

6 Sessions \$65  
27997 KSAC 1/7 Sa 9:45am-10:15am  
27998 KSAC 1/7 Sa 10:35am-11:05am

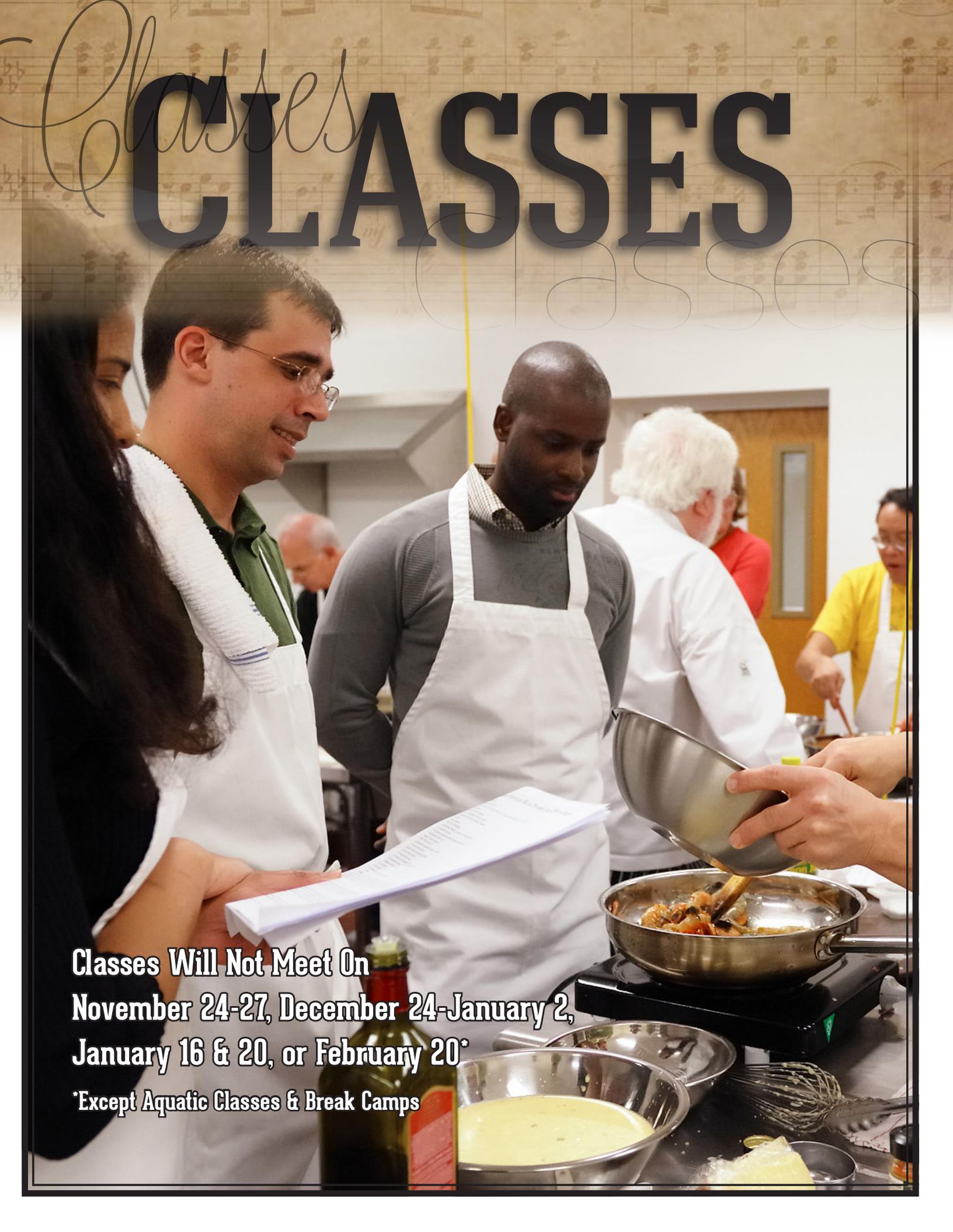


**SWIM LESSONS**



# Classes

# CLASSES



**Classes Will Not Meet On  
November 24-27, December 24-January 2,  
January 16 & 20, or February 20\***

**\*Except Aquatic Classes & Break Camps**

# YOUTH ARTS & CRAFTS

## Abrakadoodle: Drawsters - Sketcher Kids

Ages 6-12: Learn how to draw and sketch what you see and even what you don't see! Sketcher Kids will create their own personal sketchbooks just like professional artists. They'll learn a variety of techniques and secrets that make drawing both easy and entertaining. At the end they'll have their own personal sketchbook to take home and use again! \$20 material fee due the first day.

8 Sessions \$105

Instructor: Nancy Delasos

23359 Luxmanor ES 1/21 Sa 9:30am-10:30am

23360 Garrett Park ES 1/17 T 4:10pm-5:10pm

## 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.

8 Sessions \$75

Instructor: Tatiana Martin

21811 Longwood CRC 1/21 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.

8 Sessions \$75

Instructor: Tatiana Martin

21812 Longwood CRC 1/21 Sa 11:30am-12:30pm

## Draw and Clay: Aquarium Fish

Ages 4-9: Students will learn about Aquarium Fish. We will draw, paint and sculpt them in clay. This is a great class to improve artistic expression and skill. \$10 material fee due to instructor.

4 Sessions \$40

Instructor: Yolanda Prinsloo

23231 Germantown CRC 1/17 T 5:15pm-6:15pm

23233 Bauer Drive CRC 1/18 W 5:30pm-6:30pm

25360 Upper County CRC 1/21 Sa10:00am-11:00am

25361 Upper County CRC 2/25 Sa10:00am-11:00am

## Draw and Clay: Tropical Birds

Ages 4-9: Students will learn about Tropical birds while drawing, painting and sculpting them in clay. This is a great class to improve your artistic expression and skill. \$10 material fee due to instructor.

4 Sessions \$40

Instructor: Yolanda Prinsloo

23232 Germantown CRC 2/21 T 5:15pm-6:15pm

23234 Bauer Drive CRC 2/22 W 5:30pm-6:30pm

## 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.

6 Sessions \$125

Instructor: Nora Elias

22617 Bauer Drive CRC 1/21 Sa 10:45am-12:45pm

## Learning Art from the Masters

Ages 6-11: In this session students will learn from Henri Rousseau. We will work in paint and clay. \$10 material fee due to instructor.

4 Sessions \$54

Instructor: Yolanda Prinsloo

23238 Germantown CRC 2/21 T 6:30pm-7:30pm

## Learning Art from the Masters

Ages 6-11: In this session students will learn from Vincent Van Gogh. We will work in paint and clay. \$10 material fee due to instructor.

4 Sessions \$54

Instructor: Yolanda Prinsloo

23237 Germantown CRC 1/17 T 6:30pm-7:30pm

## Young Rembrandts: Cartoon Drawing

Ages 6-12: A creative and nurturing environment where children learn to draw and explore the world around them through simple approaches. Each week, we present fun new cartoon lessons, including funny animals, goofy expressions, and silly scenarios. Creative, positive, encouraging environment. All supplies included.

6 Sessions \$83

Instructor: Young Rembrandts

23311 Glenallan ES 1/23 M 6:30pm-7:30pm

23313 N. Potomac CRC 1/24 T 6:00pm-7:00pm

23315 Germantown CRC 1/25 W 6:00pm-7:00pm

23317 Bauer Drive CRC 1/26 Th 6:00pm-7:00pm



ARTS & CRAFTS





# 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.

8 Sessions \$144  
Instructor: Margaret Deskin  
21025 Bauer Drive CRC 1/21 Sa 10:30am-12:30pm

### 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.

7 Sessions \$123  
Instructor: Yolanda Prinsloo  
23236 Potomac CRC 1/23 M 5:15pm-7:00pm

### 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.

7 Sessions \$123  
Instructor: Yolanda Prinsloo  
23235 Potomac CRC 1/23 M 7:15pm-9:00pm

### **NEW** Adult Coloring Book Workshop

Ages 13 & Up: 1.5 hour workshop - No experience necessary. Now is your chance to explore the new trend of adult coloring books! You need to bring your own coloring book and a set of 24 color pencils and one blending pencil. You will learn the basics of layering colors, shading and blending to create some beautiful effects. Contact Nancy Loomis at 301-897-8367 with any questions.

1 Session \$20  
Instructor: Nancy Loomis  
28048 Holiday Park SC 2/13 M 7:00pm-8:30pm

### Drawing People With Kritt

Ages 18 & Up: You'll be thrilled at how easy this is. Start with quick sketches, then learn to capture more detail. We'll work from photos. Do a close up portrait or draw your entire favorite team on the field. Call Penny at 301-989-1799 for supply list.

7 Sessions \$122  
Instructor: Penny Kritt  
23425 Kritt Studio 1/23 M 10:00am-12:00pm  
23427 Kritt Studio 1/23 M 7:00pm-9:00pm

### 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.

6 Sessions \$125  
Instructor: Nora Elias  
22616 Bauer Drive CRC 1/21 Sa 1:15pm-3:15pm  
22619 Lawton CRC 1/19 Th 10:30am-12:30pm  
22621 Holiday Park SC 1/27 F 10:30am-12:30pm

### 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.

8 Sessions \$147  
Instructor: Doris Haskell  
21934 Lawton CRC 1/23 M 2:00pm-4:00pm

9 Sessions \$166  
Instructor: Doris Haskell  
21935 Lawton CRC 1/17 T 2:00pm-4:00pm

### Painting Nature With Kritt

Ages 18 & Up: Start painting spring now! Simple steps make flowering trees and bright blossoms. Add a pond and a few rocks and you've just created a landscape. Maybe you want your pets or some wildlife? You can do it all! Call Penny at 301-989-1799 for a supply list.

4 Sessions \$70  
Instructor: Penny Kritt  
23440 Kritt Studio 2/21 T 10:00am-12:00pm  
23443 Kritt Studio 2/21 T 7:00pm-9:00pm

ARTS & CRAFTS



## Painting Sky and Water With Kritt

Ages 18 & Up: For all landscape painters and those who just need a realistic background. easy techniques get you fluffy or stormy clouds and blazing sunset skies. Then do calm ponds, raging rivers and huge ocean waves. For supplies, call Penny at 301-989-1799

5 Sessions \$88  
Instructor: Penny Kritt  
23438 Kritt Studio 1/17 T 10:00am-12:00pm  
23439 Kritt Studio 1/17 T 7:00pm-9:00pm

## **NEW** Valentines Card Crafting Workshop

Ages 13 & Up: 2 hour workshop - No experience necessary. We will make up to 6 Valentine's and related cards. You will learn basic card layout and design, stamping, stenciling, punching, embossing, die cutting and a wide variety of embellishment methods. \$5 supply fee due to instructor at class. Instructor provides all supplies. Contact Nancy Loomis at 301-897-8367 with any questions.

1 Session \$25  
Instructor: Nancy Loomis  
28045 Holiday Park SC 1/21 Sa 10:00am-12:00pm

## Jewelry

### Fiber Art Jewelry

Ages 15 & Up: Learn the techniques to create jewelry using beads with fibers. Students will make a unique beaded necklace embellished with fabric and ribbon. Bring a basic tool kit of flat nose pliers, round nose pliers and wire cutters. \$20 material fee due to instructor at class.

1 Sessions \$36  
Instructor: Renee Prioleau  
21443 Wisconsin PI CRC 3/18 Sa 12:00pm-2:00pm

### Metal Jewelry Design

Ages 15 & Up: Learn to make jewelry using metals and wire techniques. Students will design and create a trendy modern pair of earrings and a pendant necklace. Bring a basic tool kit of flat nose pliers, round nose pliers and wire cutters. \$20 material fee due to instructor at class.

1 Session \$36  
Instructor: Renee Prioleau  
21444 Wisconsin PI CRC 3/18 Sa 2:00pm-4:00pm

## Pottery

### Handcrafted Pottery: Beginner/Intermediate Level

Ages 16 & Up: Beginner / Intermediate level Introduction to techniques used in hand-building pieces of functional and decorative pottery and use of potter's wheel. Basic information on clay bodies, firing, glazing, under glazes and slips. Material fee of \$30 due to instructor.

10 Sessions \$175  
Instructor: Pamela Reid  
21389 White Oak CRC 1/17 T 6:30pm-8:30pm

### Handcrafted Pottery: All Levels

Ages 17 & Up: Introduction and development of techniques used in hand building pieces of functional and decorative potters; use of the potter's wheel, including centering, etc. Basic info on clay, drying, firing and glazing. Bring clay tools and an old towel. Material fee of \$35 due to the instructor at first class. This covers clay, glazes and firing.

8 Sessions \$140  
Instructor: Valerie Haber  
28035 N Potomac CRC 1/27 F 10:30am-12:30pm  
8 Sessions \$210  
Instructor: Valerie Haber  
28034 N Potomac CRC 1/18 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.

10 Sessions \$225  
Instructor: Pamela Reid  
21390 White Oak CRC 1/17 T 10:00am-2:00pm

### Handcrafted Pottery Open Studio

Ages 17 & Up: Intermediate / Advanced - Hand building, wheel throwing, decorating and glazing techniques for experienced students. Instructor available for demonstration and assistance. Material fee of \$35 due to the instructor at first class. This covers clay, glazes and firing.

8 Sessions \$205  
Instructor: Valerie Haber  
28036 N Potomac CRC 1/23 M 6:00pm-9:00pm



# ARTS & CRAFTS





# 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.

8 Sessions	\$82
Instructor: Grace Oleson	
21668 Coffield CRC	1/23 M 4:30pm-5:15pm
21670 N Potomac CRC	1/24 T 4:30pm-5:15pm
21671 Germantown CRC	1/25 W 4:30pm-5:15pm
21672 Arcola ES	1/26 Th 5:15pm-6:00pm

### 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 children's 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.

8 Sessions	\$80
Instructor: Kim Williams Bell	
23072 Lawton CRC	1/21 Sa10:00am-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.

8 Sessions	\$80
Instructor: Kim Williams Bell	
23073 Lawton CRC	1/21 Sa11:00am-11:45am

## Little Royals Ballet

Ages 5-9: Beginner level (formerly Princess Ballet). Dancers will cover fundamentals of classic ballet vocabulary and technique. An informal setting will introduce students to the importance of strength, flexibility, rhythm and musicality in a fun safe environment. Ballerina princesses will practice memorization games and the basics of performance will be introduced. The last class will conclude with a short dance presentation and an official princess crowning ceremony. For questions contact Variations Inc at variationsincco@gmail.com

8 Sessions	\$80
Instructor: Robyn Lindsey	
22431 Potomac CRC	1/19 Th 6:00pm-6:45pm
22432 Germantown CRC	1/21 Sa11:00am-11:45am

## General Dance

### Breakdancing 4 Kids

Ages 6-10: Beginner level - Breakdancing, breaking, b-boying or b-girling is a popular style of hip hop dance that incorporates intricate body movements, strong acrobatic moves, coordination, style and fashion. Dancers will learn the latest and coolest moves in a fun and safe environment. Our talented, energetic and friendly instructors will have you breakdancing in no time at all. For questions contact Variations Inc at variationsincco@gmail.com

8 Sessions	\$78
Instructor: Robyn Lindsey	
22429 Potomac CRC	1/19 Th 7:00pm-7:45pm

### Hip Hop for Kids

Ages 9-13: A high energy fun filled dance program, packed with the latest hip-hop choreography. Students dance to current hip-hop music while learning new moves, freestyle skills and much more. This fun class will unlock creativity all while embracing an active lifestyle. The course will include a final performance showcasing a fun routine for family and friends. For questions contact Variations Inc at variationsincco@gmail.com

8 Sessions	\$78
Instructor: Robyn Lindsey	
22430 Germantown CRC	1/21 Sa 1:00pm-1:45pm



DANCE



## 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

8 Sessions \$96  
 Instructor: Avant Garde Ballroom Dance Center  
 22142 Avant Garde 1/21 Sa 3:00pm-3:45pm

## 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

8 Sessions \$96  
 Instructor: Avant Garde Ballroom Dance Center  
 22143 Avant Garde 1/21 Sa 4:00pm-4:45pm

## Jazzmatazz Pre Ballet

Ages 5-6: An introductory class that includes creative movement, beginning technical exercises, floor exercise and a performance dance. Leotards, tights and well fitted all leather ballet slippers, in the colors of your choice, are the dress requirements for class. No lace tutus, and only short dance skirts.

9 Sessions \$105  
 Instructor: Betsy Saunders  
 22409 Long Branch CRC 1/14 Sa 11:15am-12:15pm

## Performing Arts

### Bollywood Kids

Ages 6-13: Bollywood style dance is the latest craze among the young kids. Learn a dance on Oscar winning sound track 'Jai ho' from movie Slumdog Millionaire or other current popular soundtracks. These dances are set to very catchy tunes and have a fast, vibrant beat. The dance moves also help kids with motor coordination, better focus, and confidence. Questions: Call Kumud Mathur at 301-299-3334.

7 Sessions \$95  
 Instructor: Kumud Mathur  
 22789 Potomac CRC 1/24 T 6:15pm-7:00pm

## Tap

### Tap, Ballet, Jazz Dance Beginner

Ages 4-15: Combination class introducing tap, ballet and jazz dance. Class requires comfortable clothes to move in. Soft slippers for ballet and jazz, and hard, closed toed shoes for tap. A performance for family and friends will be held on the last day of class. Questions call Rowena at 301-467-3535.

8 Sessions \$75  
 Instructor: Rowena Riggs DeLuca

#### Ages 4-6

21088 White Oak CRC 1/15 S 1:00pm-2:00pm  
 21126 White Oak CRC 1/15 S 3:00pm-4:00pm

#### Ages 7-15

21089 White Oak CRC 1/15 S 2:00pm-3:00pm



DANCE

**Closing Notice:**

Our recreation administrative office at:  
 4010 Randolph Road,  
 Silver Spring, MD 20902  
 will be closed on  
**Thursday,  
 December 8, 2016**





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. For questions, contact Variations Inc at variationsincco@gmail.com

8 Sessions \$75  
Instructor: Robyn Lindsey  
22428 Potomac CRC 1/19 Th 8:00pm-9:00pm

### Ballet for Adults

Ages 16 & Up: One level - floor exercises based in classical ballet technique, stretch and alignment. Uniform - ladies - any solid colored leotard with comfortable bottoms. Men - White t-shirt and sweat pants.

8 Sessions \$75  
Instructor: Kim Williams Bell  
28064 N Potomac CRC 1/17 T 6:15pm-7:15pm

# 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 Latin 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

8 Sessions \$96  
Instructor: Avant Garde Ballroom Dance Center  
22141 Avant Garde 1/18 W 7:30pm-8:15pm

## 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.

8 Sessions \$80  
Instructor: Phyllis McKinney  
21379 Bethesda ES 1/23 M 7:00pm-8:00pm  
Instructor: Joe Kim  
21697 Olney ES 1/27 F 7:30pm-8:30pm  
Instructor: Thomas P. Woll/Ann Basso  
21654 Holiday Park SC 1/19 Th 7:00pm-8:00pm

## INTERNATIONAL

# Folk Dancing

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

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

The intermediate/advanced level 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](mailto:diamonddancecircle@comcast.net).

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

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.



## 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.

8 Sessions \$80  
 Instructor: Phyllis McKinney  
 21380 Bethesda ES 1/23 M 8:00pm-9:00pm  
 Instructor: Joe Kim  
 21698 Olney ES 1/27 F 8:30pm-9:30pm  
 Instructor: Thomas P. Woll/Ann Basso  
 21655 Holiday Park SC 1/19 Th 8:00pm-9:00pm

## 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.

8 Sessions \$80  
 Instructor: Thomas P. Woll/Ann Basso  
 21656 Coffield CRC 1/17 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.

8 Sessions \$80  
 Instructor: Thomas P. Woll/Ann Basso  
 21657 Holiday Park SC 1/19 Th 9:00pm-10:00pm

## 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

8 Sessions \$96  
 Instructor: Avant Garde Ballroom Dance Center  
 22139 Avant Garde 1/23 M 7:30pm-8:15pm

## Latin Dances (Couples)

Ages 16 & Up: Beginner Level - terrific fun learning rumba and chacha variations with great choreography and styling. Registration is per student; must have a partner registered in the class to attend.

8 Sessions \$78  
 Instructor: Phyllis McKinney  
 21381 Lawton CRC 1/26 Th 7:00pm-8:00pm

## 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

8 Sessions \$96  
 Instructor: Avant Garde Ballroom Dance Center  
 22140 Avant Garde 1/17 T 7:00pm-7:45pm

## Salsa Intermediate (Couples)

Ages 16 & Up: Prerequisite - Solid basic Salsa knowledge. Initially review basic salsa and quickly add on advanced Salsa skills with an emphasis on turning technique and shine steps. Registration is per student - must have a partner registered in the class to attend.

8 Sessions \$80  
 Instructor: Joe Kim  
 21700 Barnsley, Lucy ES 1/25 W 8:30pm-9:30pm

## Swing (Couples)

Ages 16 & Up: Beginner level - learn underarm turns and swivels using swing variations. This class is an east coast swing starting with single swing, then progressing to triple swing. Registration is per student - must have a partner registered in the class to attend.

8 Sessions \$78  
 Instructor: Phyllis McKinney  
 21382 Lawton CRC 1/26 Th 8:00pm-9:00pm

## Swing (Couples)

Ages 16 & Up: This class is an East Coast Swing starting with Single Swing, then progressing to Triple Swing. Registration is per student - must have a partner registered in the class to attend.

8 Sessions \$80  
 Instructor: Joe Kim  
 21706 Barnsley, Lucy ES 1/25 W 7:30pm-8:30pm



DANCE





DANCE

Urban Line Dance

Ages 17 & Up: For beginner - This class introduces you to the basic patterns and steps for line dancing by a certified line dancing instructor. Get basic beginner level step patterns and gradually progress to intermediate with slightly more complex patterns. Exercise, socialize and have fun with plenty of zeal and zest in one setting. For more information, call Petrienne at 301-379-5937.

8 Sessions \$65
Instructor: Peytrienne McCormick
21143 Holiday Park SC 1/17 T 6:00pm-7:00pm

Performing Arts

Bollywood Dance Fitness

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

7 Sessions \$95
Instructor: Kumud Mathur
21736 Potomac CRC 1/24 T 7:15pm-8:00pm

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.

8 Sessions \$75
Instructor: Rowena Riggs DeLuca
21087 Praisner CRC 1/17 T 6:30pm-7:30pm



YOUTH MUSIC

General Music

Learn Now Music: The Violinist Within

Ages 5-12: 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

8 Sessions \$195
Instructor: Learn Now Music
22820 Longwood CRC 1/21 Sa11:00am-12:00pm

Guitar

Learn Now Music: Beginner Rock Band

Ages 5-12: Our budding musicians will participate in rockin' musical instruction and theory as well as musical games, special extension curriculum based activities, musical listening excerpts, related projects and more! Each student is issued a free rental instrument and materials to borrow for the duration of the class. Students can choose either piano, guitar or drums. Contact LNM - Shelly Suarez at 1-800-399-6414 or CustomerService@LearnNowMusic.com

8 Sessions \$195
Instructor: Learn Now Music
22841 Bannockburn ES 1/19 Th 4:10pm-5:10pm
22843 Goshen ES 1/17 T 4:10pm-5:10pm

Learn Now Music: HeroeZ of Guitar

Ages 5-12: Have your child be a hero on a guitar by learning to read musical symbols, play basic chords and ease into play songs. FREE instrument rental and materials included in price. Questions? Contact LNM - Shelly Suarez at 1-800-399-6414 or CustomerService@LearnNowMusic.com

8 Sessions \$195
Instructor: Learn Now Music
22813 Bauer Drive CRC 1/18 W 7:00pm-8:00pm
22817 Germantown CRC 1/18 W 5:00pm-6:00pm





## Piano

### Exploring Music and Piano Level I A

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 \$15 material fee is due to instructor.

8 Sessions \$205  
 Instructor: Geiza Dourado Carvalho  
 21954 Norwood LP 1/23 M 5:00pm-6:00pm

### Exploring Music and Piano Level I B

Ages 5-10: This is a progressive program. Students must have completed level I A. 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 \$15 material fee is due to instructor.

8 Sessions \$205  
 Instructor: Geiza Dourado Carvalho  
 21955 Norwood LP 1/23 M 5:30pm-6:30pm

### Learn Now Music: KeyZ to Piano

Ages 5-12: 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.

8 Sessions \$195  
 Instructor: Learn Now Music  
 22818 Bauer Drive CRC 1/18 W 7:00pm-8:00pm

Countywide Programs 240.777.6870

## Solfege - Music Theory

Ages 5-10: The Solfege class gives your students practical skills and deeper understanding of the structure and fundamental process of music. The class will give the foundation of ear training, singing melodies and conducting, intervals, dictation, etc. We also explore the study of the theoretical elements of music, which include rhythm, notation, sound and written scales.

#### Level 2:

8 Sessions \$48  
 Instructor: Geiza Dourado Carvalho  
 21993 Norwood LP 1/23 M 5:45pm-6:30pm

#### Level 3: Must have completed level 2.

9 Sessions \$54  
 21994 Norwood LP 1/17 T 5:30pm-6:15pm

#### Level 4: Must have completed level 3.

9 Sessions \$54  
 21995 Norwood LP 1/17 T 6:15pm-7:15pm

#### Level 5: Must have completed level 4.

9 Sessions \$54  
 21996 Norwood LP 1/19 Th 6:15pm-7:30pm



MUSIC

## 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





MUSIC



# ADULT MUSIC

## Piano

### Adult Group Piano I

Ages 17 & Up: Beginner level - Explore theory, technique and analysis of music through individual and ensemble practice and performance. Note reading, rhythm, beginning technique of five-finger position and harmonization of simple melodies are covered. Theory is taught at all levels in conjunction with music performed. You must have a piano or keyboard available for practice. Important: Instructor reserves the right to reassign students to another level and/or combine programs to ensure an optimum learning environment for all. Note: Textbooks are required and used in all courses. \$25 book costs are in addition to course fees. Books will be available for purchase at first class. No previous musical background is needed.

7 Sessions \$110  
 Instructor: Judith Duerk-Habeck  
 21718 Holiday Park SC 1/23 M 2:00pm-2:50pm

9 Sessions \$140  
 Instructor: Joyce Oliver  
 22117 Holiday Park SC 1/17 T 9:15am-10:05am  
 22039 Holiday Park SC 1/17 T 6:15pm-7:05pm

### Adult Group Piano II

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

9 Sessions \$140  
 Instructor: Joyce Oliver  
 22118 Holiday Park SC 1/17 T 10:15am-11:05am  
 22040 Holiday Park SC 1/17 T 7:15pm-8:05pm

### Adult Group Piano III

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

7 Sessions \$110  
 Instructor: Judith Duerk-Habeck  
 21721 Holiday Park SC 1/23 M12:00pm-12:50pm

9 Sessions \$140  
 Instructor: Joyce Oliver  
 22119 Holiday Park SC 1/17 T 11:15am-12:05pm  
 22038 Holiday Park SC 1/17 T 5:15pm-6:05pm

### Adult Group Piano IV

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

7 Sessions \$110  
 Instructor: Judith Duerk-Habeck  
 21723 Holiday Park SC 1/23 M 1:00pm-1:50pm

9 Sessions \$140  
 Instructor: Joyce Oliver  
 22120 Holiday Park SC 1/17 T 12:15pm-1:05pm  
 22041 Holiday Park SC 1/17 T 8:15pm-9:05pm

## Four Ways to Register

### ACTIVEMONTGOMERY.ORG

Online registration at [activemontgomery.org](http://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

Montgomery County Recreation  
 Attention: Registrar  
 4010 Randolph Road  
 Silver Spring, MD 20902-1099

### FULL SERVICE IN PERSON

Phone: 240-777-6840  
 Monday-Friday, 10:00am-2:00pm

# YOUTH COOKING

## Superhero Adventures

Ages 5-8: Superheroes have to eat too and we are going to let our Tiny Chefs make their favorite character's meals! Does Spiderman like Make-your-Own Spider Web Pizza best? Does Hulk like our Smashing Mac and Cheese with Broccoli because it has green in it or would he and Iron Man share some of Captain America's Apple Pie? Students will design their own super heroes and create dishes that they will love (appetizer, entree, dessert). Come join us for some heroic culinary adventures! A \$20 material fee is due at time of class.

1 Sessions \$45  
 Instructor: Tiny Chefs  
 28050 N Potomac CRC 1/28 Sa 12:00pm-3:00pm

## Chopped!®

Ages 9-12: Never before have food challenge reality shows been so popular and Chopped!® is a favorite here at Tiny Chefs! Classes will be separated into teams and given a theme such as French, Italian, Mexican, Asian or "All-American." Using those ingredients and working within those cuisines, they will challenge themselves to make mouthwatering specialities, traditional favorites and explore new ingredients, tastes and combinations. The winning team will be awarded with gift cards that can be applied towards upcoming registration fees for Montgomery County Recreation classes and camps. A \$20 material fee is due at time of class.

1 Session \$45  
 Instructor: Tiny Chefs  
 28052 N Potomac CRC 2/11 Sa 12:00pm-3:00pm

## Kids Cook-Off

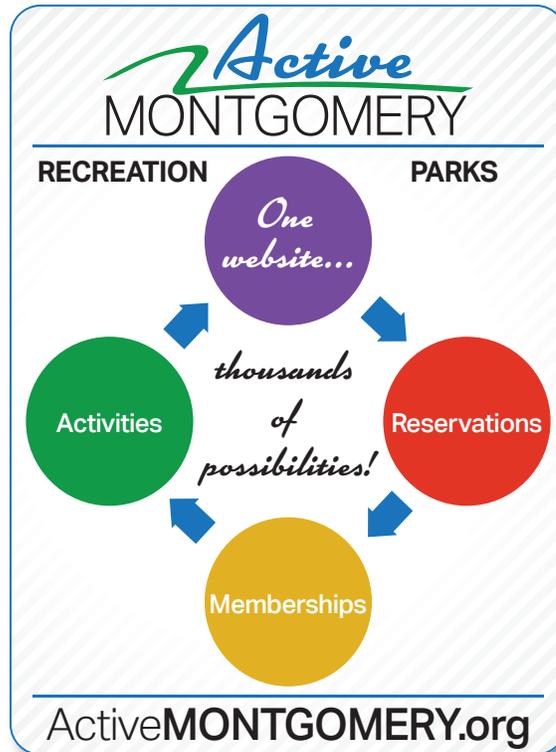
Ages 9-12: Kids cooks, bakers and chefs have joined the ranks of elimination style cooking contests and here at Tiny Chefs we are getting in on action! In this exciting session, classes will be separated into teams and each team will create recipes that are judged by the instructors in a blind taste test. Sometimes the teams will create the same item, and compete head to head, other times they will create different recipes within a theme such as Snack Attack or Sweet and Savory Pies. May the best team win! The winning team will be awarded with gift cards that can be applied towards upcoming registration fees for Montgomery County Recreation classes and camps. A \$20 material fee is due at time of class.

1 Sessions \$45  
 Instructor: Tiny Chefs  
 28054 N Potomac CRC 3/11 Sa 12:00pm-3:00pm

## Kid's Kitchen: Food, Fitness Fun!

Ages 8-14: Participants learn kid-friendly messages about nutrition, physical activity, and good health that are simple, interactive and fun. Participants engage in hands-on cooking/food and fitness activities and prepare delicious recipes from all food groups (grains, fruits, vegetables, dairy, and meat) to develop a healthy lifestyle of eating and exercise. A \$15 material fee is required.

1 Session \$40  
 Instructor: Renee Prioleau  
 28020 White Oak CRC 3/18 Sa 10:00am-12:30pm  
 28021 Wisconsin Pl CRC 3/18 Sa 10:00am-12:30pm



COOKING





COOKING



# ADULT COOKING

## 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 including: 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 first day of class: \$20. For more information contact Juliet at: [jcverdi@gmail.com](mailto:jcverdi@gmail.com)

5 Sessions \$50  
 Instructor: Juliet Verdi  
 25334 White Oak CRC 1/11 W 6:45pm-7:45pm  
 25335 White Oak CRC 3/1 W 6:45pm-7:45pm

## Skills Dinner: Superbowl Party Foods

Ages 18 & Up: Skills Dinners are designed to introduce you to basic cooking skills as you prepare affordable, quick, healthy and yummy meals. Classes begin with a brief overview demonstration by Chef Sheila. We will then divide into recipe groups to cook. A wine paired with the entree will be served with dinner. You will go home with all the recipes. This week we will marinate, mince, slice, dice, use the food processor, bake and sift. \$20 materials fee is due to instructor at time of class.

Menu: Chipotle drumsticks, creamy cilantro dip with crudites, black bean, corn and salsa dip with chips, lime coconut bar cookies. Note: Menu items may change based on the availability of seasonal ingredients.

1 Sessions \$30  
 Instructor: Shelia Crye  
 28055 N Potomac CRC 2/1 W 6:30pm-8:30pm

## Skills Dinner: Vegetarian French

Ages 18 & Up: Skills Dinners are designed to introduce you to basic cooking skills as you prepare affordable, quick, healthy and yummy meals. Classes begin with a brief overview demonstration by Chef Sheila. We will then divide into recipe groups to cook. A wine paired with the entree will be served with dinner. You will go home with all the recipes. This week we will use the food processor, saute, make a roux, make a sauce, grate, bake, emulsify, peel julienne, blanch, make a syrup, make orange supremes. bake and sift. \$20 materials fee is due to instructor at time of class.

Menu: Cheese and mushroom ramequin (like a cross between a souffle and quiche), tossed green salad, vinaigrette, French bread, fresh oranges glazed with orange peel. Note: Menu items may change based on the availability of seasonal ingredients.

1 Sessions \$30  
 Instructor: Shelia Crye  
 28056 N Potomac CRC 2/22 W 6:30pm-8:30pm

## Skills Dinner: Italian

Ages 18 & Up: Skills Dinners are designed to introduce you to basic cooking skills as you prepare affordable, quick, healthy and yummy meals. Classes begin with a brief overview demonstration by Chef Sheila. We will then divide into recipe groups to cook. A wine paired with the entree will be served with dinner. You will go home with all the recipes. This week we will slice with the mandoline, enrobe, bake, blanch, make a skillet sauce, boil, poach, use the food processor, whip and layer. \$20 materials fee is due to instructor at time of class.

Menu: Baked Zucchini Crisps, Pasta Primavera, Apple Crisp Parfait. Note: Menu items may change based on the availability of seasonal ingredients.

1 Sessions \$30  
 Instructor: Shelia Crye  
 28057 N Potomac CRC 3/15 W 6:30pm-8:30pm

# EXERCISE, FITNESS & WELLNESS

## Aerobic Dance

### Dance & Fitness

Ages 16 & Up: A complete aerobic workout for men and women 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

20 Sessions	\$145		
Instructor: Elaine Walstreicher			
20598	Mid County CRC	1/9	M,W 7:30pm-8:30pm
Instructor: Jinjer Azuree			
20599	Lawton CRC	1/9	M,W 6:00pm-7:00pm
Instructor: Lois Antos			
20600	Veirs Mill LP	1/10	T,Th 9:30am-10:30am
Instructor: Alice Donnelly			
20601	Potomac CRC	1/10	T,Th 6:00pm-7:00pm
Instructor: Kathy Weimers			
20602	Rock View ES	1/10	T,Th 7:00pm-8:00pm

### Dance & Fitness Add a Class

Ages 16 & Up: Add a third day to your workout routine and see your strength and endurance improve. Pick any day, Monday through Thursday or Saturday during our regular classes, and keep dancing at the location that suits you. Questions? Email: dancenfitness@verizon.net

10 Sessions	\$66		
Instructor: Kathy Weimers			
20603	Holiday Park SC	1/14	Sa 9:00am-10:00am

### Dance Fit Zumba

Ages 16 & Up: (13-15 if accompanied by parent or guardian): 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

9 Sessions	\$58		
Instructor: Dance Fit by Mel			
21372	Praisner CRC	1/16	M 6:00pm-7:00pm
10 Sessions	\$73		
Instructor: Dance Fit by Mel			
20604	Praisner CRC	1/11	W 6:00pm-7:00pm
20605	Germantown CRC	1/10	T 7:15pm-8:15pm
20606	Germantown CRC	1/12	Th 7:15pm-8:15pm
28432	N Potomac CRC	1/14	S 10:00am-11:00am

### Definition Zumba

Ages 16 & Up: Get your whole body moving and burn calories through a mixture of Latin and international rhythms and cardiovascular aerobic exercise. A great workout and interesting choreography from experienced CPR-certified instructors. Questions? Contact Juliet at 301-229-7555 or juliet@wellnesscorporatesolutions.com

16 Sessions	\$132		
Instructor: Juliet Rodman			
20608	Clara Barton NRC	1/13	M,F 9:00am-10:00am

### Jacki Sorensen's Aerobic Workout

Ages 16 & Up: Complete, safe, effective and fun fitness program that burns calories and increases flexibility, strength and endurance. All routines are adaptable to low-impact and low-intensity levels. Heart rate monitoring and on your feet muscle strengthening. Bring a mat and hand and/or ankle weights (optional). Questions? Call Karin at 240-207-3091.

11 Sessions	\$87		
Instructor: Karin Baker			
20623	Potomac CRC	1/3	T 9:00am-10:00am
20624	Potomac CRC	1/5	Th 9:00am-10:00am
20625	Damascus CRC	1/4	W 7:00pm-8:00pm

### 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 and Thursday classes to achieve best results.

11 Sessions	\$81		
Instructor: Betsy Saunders			
20628	Holiday Park SC	1/10	T 7:15pm-8:15pm
20627	Holiday Park SC	1/12	Th 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 and endurance (low impact aerobic dancing) along with muscular strength (using light hand weights) and flexibility (floor exercises). To achieve best results, students are strongly encouraged to register for both Tuesday and Thursday classes for best results.

11 Sessions	\$81		
Instructor: Betsy Saunders			
20629	Bauer Drive CRC	1/10	T 9:30am-10:30am
20630	Bauer Drive CRC	1/12	Th 9:30am-10:30am



# EXERCISE, FITNESS & WELLNESS





### 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, this is the class for you. The instructor brings 29 years of energetic experience to every class. For more information, contact Cheryl Hicks at [dmvonfire@gmail.com](mailto:dmvonfire@gmail.com) or 301-775-8933 or visit <http://www.zumba.com>

4 Sessions	\$25
Instructor: Cheryl Hicks	
20654 White Oak CRC	1/17 T 7:00pm-8:00pm
20656 White Oak CRC	1/19 Th 7:00pm-8:00pm
20657 White Oak CRC	2/21 T 7:00pm-8:00pm
20659 White Oak CRC	2/23 Th 7:00pm-8:00pm

### Zumba Fitness

Ages 16 & Up: Are you Ready?? For what? Glad you asked? "Zumba Fitness!" Are you ready to ditch the workout 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 Caribbean, Hip-hop and Latin beats that move your hips. Before you know it the hour zips away. Get ready to party!

8 Sessions	\$58
Instructor: Michelle Johnson-Lancaster	
20701 Bauer Drive CRC	1/14 Sa 9:00am-10:00am
20700 Mid County CRC	1/23 M 6:15pm-7:15pm
10 Sessions	\$73
Instructor: Michelle Johnson-Lancaster	
20702 Mid County CRC	1/11 W 6:15pm-7:15pm

# ACT THE WORKOUT

## AEROBIC CONDITIONING AND TONING

### 3 Month Pass

To register click on the membership tab on [ActiveMONTGOMERY.org](http://ActiveMONTGOMERY.org) and search for "ACT."

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, and 24 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.

<u>Location</u>	<u>Days</u>	<u>Times:</u>	
Holiday Park SC	M, Tu, W, Th & Sa	6:00pm-7:00pm 9:00am-10:00am	ACT • 24 Passes-\$162
Bauer Drive CRC	M, W	5:00pm-6:00pm	ACT • 18 Passes-\$126
Praisner CRC	M, W	7:00pm-8:00pm	ACT • 12 Passes-\$87
Potomac CRC	Tu, Th	7:00pm-8:00pm	



## Zumba

Ages 12 & 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!

9 Sessions \$59  
 Instructor: Wellness Network  
 27777 OSC 1/3 T 7:15pm-8:05pm  
 27778 OSC 1/5 Th 7:15pm-8:05pm

## Aerobic Exercise

### A New Me Fitness

Ages 16 & Up: This class is for all levels who want to have a fun-filled workout with positive results. Focus on strengthening and toning all major muscle groups while using elements of Yoga, Pilates, Kickboxing, and traditional exercises teamed with high energy music. Enjoy a positive group atmosphere, a great workout and we guarantee that you will be pushed to your maximum ability for an extreme and exciting workout. All participants will receive a Fit 2 Believe shirt. Looking forward to you joining the class and enjoying the Fit 2 Believe experience. For questions and concerns, please contact fit2believe@gmail.com

8 Sessions \$65  
 Instructor: Fit 2 Believe  
 22739 Lawton CRC 1/14 Sa 11:00am-12:00pm

### Balance In Motion

Ages 18 & Up: Designed to help those concerned about keeping their balance in all situations. A unique blend of exercises and stretches are used to help improve and regain motor skills needed to improve stability. If you're concerned about falling, want to improve sports performance, or just want to feel in control of your surroundings with regards to balance, this is the class for you! For more information, contact Victoria Giorgi at 301-740-0977, email: fitgirlg@yahoo.com

4 Sessions \$55  
 Instructor: Victoria Giorgi  
 22766 Mid County CRC 1/23 M 1:15pm-2:00pm  
 22767 Mid County CRC 2/27 M 1:15pm-2:00pm

## Group Personal Training

Ages 16 & Up: Small group instruction designed to teach individuals safe and 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  
 20618 Germantown CRC 1/25 W 6:00pm-7:00pm  
 20619 Germantown CRC 3/1 W 6:00pm-7:00pm

### Jacki Sorensen's Strong Step

Ages 16 & Up: A high energy low impact fitness class; a blend of exercise, bench and resistance training providing a full body workout. Students can adjust step level to vary intensity. Participants provide own step and exercise mat 1-6 lbs. hand weights (optional). Limited steps available for class use. Call instructor to verify availability at 240-207-3091

11 Sessions \$87  
 Instructor: Karin Baker  
 20626 Potomac CRC 1/6 F 9:00am-10:00am

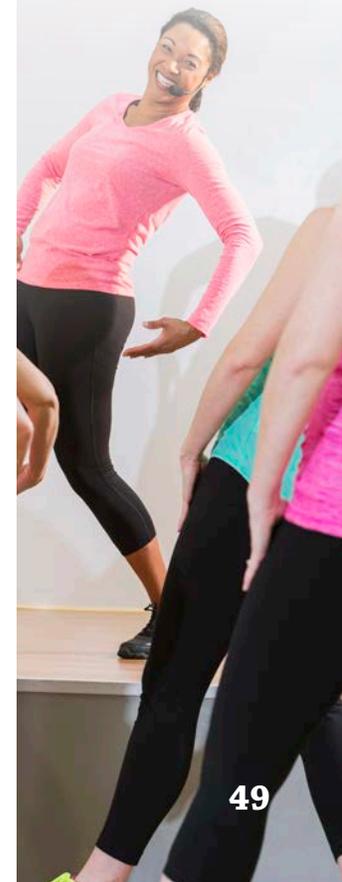
### Kelley's Complete Fitness Workout

Ages 16 & Up: A safe, effective co-rec program that strengthens and tones ALL major muscle groups. The instructor incorporates elements of yoga, Pilates, kickboxing, and traditional exercise into a total body workout that is choreographed to appropriate music. Emphasis is placed on proper execution, body alignment, and posture. Each class concludes with a relaxation segment. Bring a towel or mat to class. Light hand weights are optional. Instructor has a BS degree in PE and over 20 years of experience. Questions contact Pam at: 301-774-6342

9 Sessions \$74  
 Instructor: Pamela Kelley  
 20631 Glenmont LP 1/9 M 9:15am-10:30am  
 20632 Longwood CRC 1/9 M 7:15pm-8:30pm  
 11 Sessions \$90  
 Instructor: Pamela Kelley  
 20633 Bauer Drive CRC 1/11 W 9:00am-10:15am  
 20634 Longwood CRC 1/11 W 7:15pm-8:30pm  
 20635 Glenmont LP 1/12 Th 9:15am-10:30am



EXERCISE, FITNESS & WELLNESS





EXERCISE, FITNESS & WELLNESS



**Movin' with Millie' Aerobics**

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

- 9 Sessions \$72  
Instructor: Millie Trimble  
20642 Pilgrim Hills LP 1/27 F 9:30am-10:45am
- 10 Sessions \$80  
Instructor: Millie Trimble  
20641 Pilgrim Hills LP 1/18 W 9:30am-10:45am

**NY Workout-Ballet Dance**

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, lean muscles. Great class to help with balance. For more information contact Juliet at: jcvardi@gmail.com

- 8 Sessions \$64  
Instructor: Juliet Verdi  
20643 White Oak CRC 1/23 M 6:00pm-7:00pm

**Body Sculpting**

**Body Sculpt with Step-n-Sweat**

Ages 16 & Up: Devoted to the sculpting and toning of our large and small muscle groups. Upper body (triceps, biceps, chest, shoulders and backs), gluts, hips and thighs. We will be using light weights, mats and exercise balls. There is no cardio in this class. This sculpting class is a very important part of any exercise program because it works together with the cardio classes. For more information, contact Cheryl Hicks: dmvonfire@gmail.com or 301-775-8933

- 4 Sessions \$20  
Instructor: Cheryl Hicks  
21635 White Oak CRC 1/17 T 6:15pm-7:00pm  
21637 White Oak CRC 2/21 T 6:15pm-7:00pm

**Jillian Michael's Body SHRED**

**NEW** Ages 18 & Up: SHRED is an acronym for Synergetic, High Intensity, Resistance, Endurance and Dynamic, which describes the primary elements and variables you'll demand of your body each time you participate in this class. Jillian's fun and effective high intensity, metabolic conditioning workout provides the ultimate challenge. Participants need to bring light hand weights (3-5lb suggested) and yoga mat. For more information contact VF Dance and Fitness at: vfarkas@vfdanceandfitness.com

- 10 Sessions \$150  
Instructor: VF Dance and Fitness  
28367 Commotion 1/10 T 6:30pm-7:30pm  
Fitness Studio  
28368 Imagination 1/11 W 6:00pm-7:00pm  
Stage Dance Studio

**CPR/FRP/AED**

**Community Basic First Aid and CPR/AED**

Ages 13 & Up: Community CPR/AED is for people who have a duty to respond, including firefighters, police officers, security guards, lifeguards, and personal trainers, as well as anyone who wants to possess this important lifesaving skill. This course also teaches Basic First Aid. With hands-on training, you will learn how to communicate with a victim until help arrives. This course will take approximately three hours to complete. Certifications are good for two years. The material fee is \$20

- 1 Sessions \$60  
Instructor: Tiquia Bennett  
22129 Germantown CRC 2/21 T 6:00pm-9:00pm  
22131 Bauer Drive CRC 2/25 Sa 10:00am-1:00pm  
22132 Bauer Drive CRC 3/14 T 6:00pm-9:00pm  
22130 Bauer Drive CRC 3/18 Sa 10:00am-1:00pm  
22125 Bauer Drive CRC 1/17 T 6:00pm-9:00pm  
22126 Holiday Park SC 1/21 Sa 10:00am-1:00pm  
22127 Potomac CRC 1/24 T 6:00pm-9:00pm  
22128 Holiday Park SC 2/11 Sa 10:00am-1:00pm

## General Fitness

### Adult Wellness

Ages 55 & Up: Have you ever wondered what you can do to help maintain or get to a healthy weight and be better prepared for aging well? Be proactive and work on staying or getting in shape. You will have a blast while breaking a sweat with our heart-pumping energy program. You will work on overall fitness including cardio, balance, perception, visual motor function, strength, mental processing and more. Using our state-of-the-art equipment will help you get fit, feel good, and get healthy. Have fun while burning calories and improving your health! For more information, contact Fitness for Health at 301-231-7138, email: info@fitnessforhealth.org

8 Sessions \$200  
 Instructor: Fitness for Health  
 25309 Fitness for Health 1/19 Th 11:00am-11:50am

### Better Balance Preventing Falls

Ages 60 & Up: Falls are the number one reason for injury and death among those over the age of 65. This class will address the environmental, physical, and psychological reasons for falling and help you lower your risk of falling. For more information, contact Gina Deavers at 301-740-0977, or email at: ginadeavers@gmail.com

16 Sessions \$64  
 Instructor: Gina Deavers  
 22768 Praisner CRC 1/23 M,W 1:30pm-2:30pm

### Healthy Heart Adult

Ages 18-64: Have you ever wondered what you can do to help stay at or get to a healthy weight? Looking to be motivated to get off the couch? Using our state-of-the-art equipment, kids will get fit, feel good, get healthy, and have fun while burning calories. Join the fight against childhood obesity with our Healthy Heart program! For more information, contact Fitness for Health at 301-231-7138, email: info@fitnessforhealth.org

8 Sessions \$200  
 Instructor: Fitness for Health  
 25303 Fitness for Health 1/19 Th 7:00pm-7:50pm

### Healthy Heart Youth

Ages 9-17: Your child will have a blast while breaking a sweat with our heart-pumping "exergaming" program. Using our state-of-the-art equipment kids will get fit, feel good and get healthy. This program helps children to fight the obesity epidemic through this successful collaboration with a local pediatric practice. For more information, contact Fitness for Health at 301-231-7138, email: info@fitnessforhealth.org

8 Sessions \$200  
 Instructor: Fitness for Health  
 25300 Fitness for Health 1/19 Th 5:00pm-5:50pm

Countywide Programs 240.777.6870

### Slip and Fall Prevention

Ages 45-98: This program will concentrate on balance, proprioception, visual motor awareness and more. For more information, contact Fitness for Health at 301-231-7138, email: info@fitnessforhealth.org

8 Sessions \$200  
 Instructor: Fitness for Health  
 25306 Fitness for Health 1/19 Th 10:00am-10:50am

## Meditation

### Introduction to Mindfulness Meditation

Ages 18 & Up: Cultivate greater awareness of the unity of mind and body. Mindfulness meditation helps practitioners stop worrying about forces beyond their control. We will 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 Session \$46  
 Instructor: Jerry Hartman  
 20622 Potomac CRC 1/21 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. Mindfulness meditation gives us tools to create a lasting happiness that doesn't rely on others. We'll explore how clinging to our attitudes and possessions creates 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 mailto:mongo2@usa.net

1 Session \$46  
 Instructor: Jerry Hartman  
 20683 Potomac CRC 2/4 Sa 10:00am-2:00pm  
 22107 Potomac CRC 2/11 Sa 10:00am-2:00pm



EXERCISE, FITNESS & WELLNESS





EXERCISE, FITNESS & WELLNESS

## Pilates

### Ballet Workout

Ages 16 & Up: A unique class that includes classical music with basic ballet (posture and alignment), Pilates, low impact cardio, weight-bearing exercises and other techniques. Participants learn a combination of stretches and movements to improve energy, flexibility, core strength, and balance. Bring light hand weights, a mat, and workout shoes. Instructor: former dancer, ACE certified owner of Fitness Care LLC with 35+ years experience. Questions, call 301-942-5168

8 Sessions \$72  
Instructor: Esther Brunner  
20646 Luxmanor ES 1/3 T 7:15pm-8:15pm

### Pilates for Fitness

Ages 16 & Up: If you want a workout that will increase strength, flexibility and your energy levels, Pilates for Fitness is for you. Our programs is designed to help lengthen, realign and redefine your body while improving posture, balance and coordination, easing chronic pain, and focusing on mental stability. Each participant will receive a t-shirt. For more information contact Sean at: fit2believe@gmail.com

8 Sessions \$65  
Instructor: Fit 2 Believe  
22743 Bauer Drive CRC 1/19 Th 7:00pm-8:00pm  
22744 Lawton CRC 1/28 Sa 10:00am-11:00am

### PiYo

Ages 16 & Up: Participants will be guided through a medium pace yoga and Pilates vinyasa flow that includes upper and lower body strengthening using your own body weight. Bring a yoga mat. For more information contact Monique at: fitaddictM@gmail.com

4 Sessions \$40  
Instructor: Monique Tyes  
21942 Bauer Drive CRC 1/18 W 6:00pm-7:00pm  
21943 Bauer Drive CRC 2/22 W 6:00pm-7:00pm

### 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 65 cm exercise ball to class. For more information contact Fred at 240-552-2227 or email fmosby@Verizon.net

12 Sessions \$124  
Instructor: Fred Mosby  
20653 Germantown CRC 1/31 T,Th 6:00pm-7:00pm

## Specialty Programs

### Laughter Fitness

Ages 13 & Up: As we know, laughter is the best medicine. This workout includes laughing exercise, breathing and memory enhancement techniques which rejuvenate brain power and enrich overall health. This is the fun way to be happy and healthy. It reduces stress, anxiety and depression, calms mind, increase energy level and improves concentration. This is not a traditional yoga class.

7 Sessions \$59  
Instructor: Kumud Mathur  
28059 Potomac CRC 1/24 T 11:15am-12:00pm

## 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

8 Sessions \$58  
Instructor: Jerry Palazzo  
20580 Lawton CRC 1/23 M 10:00am-11:00am

10 Sessions \$72  
Instructor: Jerry Palazzo  
20582 Potomac CRC 1/17 T 3:00pm-4:00pm  
20581 Lawton CRC 1/18 W 10:00am-11:00am  
20583 Potomac CRC 1/19 Th 3:00pm-4:00pm

*Doing these exercise classes have lowered my blood pressure and given me more flexibility and energy.*

*-customer survey*

Follow us on Facebook and Twitter!

## Boot Camp for Better Bodies by Fit 2 Believe

Ages 16 & Up: Boot camp fitness is great way to get positive results in a fun filled healthy atmosphere. These training's allow participants to work in a circuit style training for maximum results. Participants will enjoy exercises such as sit-ups, curls, squats, and other weight lifting exercises within this class to make sure that positive results are made week in and week out. So if you are ready to accept the challenge and try something new this class is for you. Each participant will receive a t-shirt. For more information contact Sean at: fit2believe@gmail.com

8 Sessions \$65  
 Instructor: Fit 2 Believe  
 20585 Bauer Drive CRC 1/17 T 6:00pm-7:00pm

## Boxing 4 Fitness @ 50yrs

Ages 16 & Up: Pilates at Boxing 4 Fitness @50 classes, you will receive beginner boxing training. You will get in top notch condition through core training, body weight exercises, jumping rope, heavy bag training, and more. All participants will receive a Fit 2 Believe shirt. Come and enjoy the Fit 2 Believe experience. Questions? Contact: fit2believe@gmail.com

8 Sessions \$65  
 Instructor: Fit 2 Believe  
 22742 Lawton CRC 1/19 Th 11:00am-12:00pm

## Category 4 Fitness Boot Camp

Ages 18 & 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 and push you to limits not possible in an ordinary gym. Category 4 Fitness Boot Camp is given by an ISSA certified fitness trainer. This 60 minute-program incorporates cardio, resistance and core exercise training using a very specific interval training system broken down into 30 seconds to 1 minute segments that challenge all fitness levels and get the results you desire. For more information, please call Tommy at 301-300-4196, email: tomwitz77@gmail.com; or visit our Facebook page, Category 4 Fitness Bootcamp

8 Sessions \$60  
 Instructor: Thomas Witz  
 20586 Germantown CRC 1/23 M 7:30pm-8:30pm

9 Sessions \$68  
 Instructor: Thomas Witz  
 20587 Germantown CRC 1/18 W 7:30pm-8:30pm  
 20588 Germantown CRC 1/21 Sa 9:00am-10:00am

## 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 minute body warm-up with 40 minutes of strength training, 5 minutes abdominal work and a 10 minute 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 Juliet@wellnesscorporatesolutions.com

20 Sessions \$165  
 Instructor: Juliet Rodman  
 20607 Clara Barton NRC 1/10 T,Th 9:00am-10:00am

## 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, choreography, and safe high and low impact aerobics. Last 30 minutes of class gives special attention to abdominals, hips, thighs and glutes. 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

8 Sessions \$60  
 Instructor: Regina Gaithers  
 20609 Bauer Drive CRC 1/21 Sa 10:15am-11:30am

## Dynaerobics Body Sculpting

Ages 16 & Up: (Ages 13-15 if accompanied by a parent/guardian.) A serious workout to firm all major muscle groups. Special attention given to 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 FerhanDoyle@aol.com

16 Sessions \$120  
 Instructor: Gina Dols  
 20610 Bauer Drive CRC 1/18 M,W 6:15pm-7:15pm



EXERCISE, FITNESS & WELLNESS





EXERCISE, FITNESS & WELLNESS



### Kickboxing

Ages 18 & Up: Strengthen your entire body, release everyday stress and improve your self-confidence. Fight to be fit by packing cardio and total body toning into one punch with this authentic, kickboxing inspired workout. Participants have to bring their own boxing gloves. For more information contact VF Dance and Fitness at: [vfarkas@vfdanceandfitness.com](mailto:vfarkas@vfdanceandfitness.com)

10 Sessions \$150  
Instructor: VF Dance and Fitness  
28437 Commotion Studio 1/12 Th 6:30pm-7:30pm

### R.I.P.P.E.D

Ages 18 & Up: Resistance, Interval, Power, Plyometrics, Endurance, Diet (R.I.P.P.E.D). Participants will be guided through a cardio interval strength training class utilizing free weights, resistance bands and/or body weight. Participants need to bring 5 to10 lb hand weights or resistance bands and a yoga mat. For more information contact Monique at: [fitaddictm@gmail.com](mailto:fitaddictm@gmail.com)

4 Sessions \$32  
Instructor: Monique Selene Tyes  
21689 White Oak CRC 1/23 M 6:00pm-7:00pm  
23674 White Oak CRC 1/28 Sa 10:00am-11:00am  
23675 White Oak CRC 2/25 Sa 10:00am-11:00am  
21941 White Oak CRC 2/27 M 6:00pm-7:00pm

### Strength Training 101 Live Longer/Better

Ages 55 & Up: Address one of the most alarming issues of aging: Loss of muscle mass! This course offers an introduction to strength training for muscle tone and overall health. Students learn proven techniques to develop and maintain muscle mass, bone density, and overall strength, while increasing mental acuity and longevity. For more information contact Gina Deavers at: 301-588-9447 or email at: [ginadeavers@gmail.com](mailto:ginadeavers@gmail.com)

16 Sessions \$64  
Instructor: Gina Deavers  
22776 Coffield CRC 1/23 M,W 10:15am-11:15am



### Strength Training by Fit to Believe

Ages 16 & Up: Shape and tone your body for a total-body workout. This is a great strength training class, for both men and women who want to get stronger, look better and feel healthier. Lifts include compound movements such as squats, presses, and rows, as well as isolation movements such as curls, pullovers, and leg extensions. Each participant will receive a t-shirt. For more information contact Sean at: [fit2believe@gmail.com](mailto:fit2believe@gmail.com)

8 Sessions \$65  
Instructor: Fit 2 Believe  
28378 Bauer Drive CRC 1/17 T 7:00pm-8:00pm

### The Ultimate Boxing Boot Camp for Youth and Adults

Ages 10 & Up: Beginners-Advanced Students. Introduction to a boxer's workout and continued skill development. Teaches students offense and self-defense techniques, allowing students to gain confidence and improve skill level by working at several skill stations. No physical contact. Instructor is a former kickboxing champion with 28 plus years experience. Light sparring with instructor ONLY. All protective equipment provided. Use it alone or as a complement to The Dynamic Ab Workout for Youth and Adults. Questions, call Larry Johnson at: 240-424-1306 or email [Johnson-L@hotmail.com](mailto:Johnson-L@hotmail.com)

8 Sessions \$85  
Instructor: Larry D. Johnson  
22149 B-CC HS 1/23 M 5:45pm-7:00pm  
22150 White Oak CRC 1/17 T 5:45pm-7:00pm  
22151 Praisner CRC 1/21 Sa 11:15am-12:30pm

### Tai Chi

#### Qi Gong & Meditation

Ages 19 & Up: Tai Chi Beginners & Continuing Students: These exercises are low-impact, so anyone, including senior citizens with existing ailments, can benefit. The concept of qi or vital life energy is at the root of Chinese medicine. To activate qi and balance yin and yang, a combination of rhythmic breathing and slow, fluid movements contribute to a serene, but aware state of mind. The graceful movements stretch and massage the acupuncture points and meridians; therefore, Qi Gong is also known as "acupuncture" without the needles. For more information contact Instructor Liu at: 240-618-8879 or [louiseliu.taichi@gmail.com](mailto:louiseliu.taichi@gmail.com)

8 Sessions \$120  
Instructor: Louise Liu  
20651 Garrett Park ES 1/18 W 7:30pm-8:30pm  
20652 Wisconsin PI CRC 1/27 F 10:30am-11:30am

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## Tai Chi, Beginning

Ages 16 & Up: Tai Chi (Ages 13-15 if accompanied by a parent/guardian.) An ancient Chinese exercise form practiced by millions for both physical and spiritual development. Benefits the top athlete or someone recovering from injuries or back problems. Tai Chi is a graceful, flowing form benefiting posture, strength and overall vitality. Wear loose clothing. People interested in observing a class before registering are welcome. For more info contact Elizabeth at 240-676-8428

7 Sessions \$73  
Instructor: Andy Schettino  
20663 Bauer Drive CRC 1/23 M 7:00pm-8:00pm  
10 Sessions \$104  
Instructor: Lon Holland  
20665 Norbeck- 1/18 W 6:30pm-7:30pm  
Muncaster Mill NP

## Tai Chi, Continuing

Ages 16 & Up: Tai Chi (13-15 if accompanied by a parent/guardian.) Continuing Students Level II.

7 Sessions \$73  
Instructor: Andy Schettino  
20666 Bauer Drive CRC 1/23 M 8:00pm-9:00pm  
10 Sessions \$104  
Instructor: Lon Holland  
20667 Norbeck- 1/18 W 7:30pm-8:30pm  
Muncaster Mill NP

## Tai Chi, Part I

Ages 18 & Up: (Beginners) These exercises are low impact, so anyone, including senior citizens with existing ailments, can benefit. This internal martial arts class consists of step-by-step instructions and therapeutic stretch exercises, which enhance internal health and unblock the meridians in the body. Students feel more grounded and balanced. Regular practice relieves insomnia, arthritis, headaches, and stress. For more information contact Louise at 240-618-8879 or louiseliu.taichi@gmail.com

8 Sessions \$120  
Instructor: Louise Liu  
20669 Garrett Park ES 1/18 W 6:30pm-7:30pm  
20670 Wisconsin PI CRC 1/27 F 9:30am-10:30am

## Tai Chi, Part II

Ages 18 & Up: Tai Chi Adult-Continuing students at Beginner level: Continuation of Tai Chi Part I, final section of the Solo form. The second part in a series of lessons focuses on movements 13 through 24 and deepens student knowledge of qi gong training. For more information contact louiseliu.taichi@gmail.com or 240-618-8879

8 Sessions \$120  
Instructor: Louise Liu  
20672 Wisconsin PI CRC 1/27 F 11:30am-12:30pm

Countywide Programs 240.777.6870

## Wellness

### Eat Well/Be Well: Disease Prevention through Nutrition

Ages 18 & Up: Prevent disease using nutrition. Discover any food sensitivities you may have that you are unaware of and use this knowledge to increase your quality of life. Reduce pain, inflammation, and lethargy while enjoying nutritious and delicious whole food. For more information, contact Gina Deavers at 301-740-0977 or email at: ginadeavers@gmail.com

18 Sessions \$72  
Instructor: Gina Deavers  
22769 Praisner CRC 1/17 T,Th 1:30pm-2:30pm

### How to Have a Healthy Pregnancy

Ages 18 & Up: This workshop is designed for those who are pregnant or are planning to be and desire clarification. This class will sort through the do's and don'ts with regards to obtaining a healthy pregnancy. We will examine how foods, behavioral habits, and exercise can impact pregnancy. Women and Men are encouraged to attend. This class will serve as the bridge that connects the gap between the prenatal client and their doctor helping to understand how varying factors of daily living can influence the outcome of the mother and baby's health. For more information, contact Victoria Giorgi at 301-556-6902, email: fitgirlg@yahoo.com

1 Session \$75  
Instructor: Victoria Giorgi  
22770 Potomac CRC 12/8 Th 7:00pm-8:00pm  
22771 Germantown CRC 1/5 Th 7:00pm-8:00pm  
22774 Mid County CRC 1/10 T 7:00pm-8:00pm  
22772 Bauer Drive CRC 2/2 Th 7:00pm-8:00pm  
23135 Potomac CRC 3/9 Th 7:00pm-8:00pm  
22775 Lawton CRC 3/14 T 7:00pm-8:00pm  
23138 Wisconsin PI CRC 3/14 T 7:00pm-8:00pm

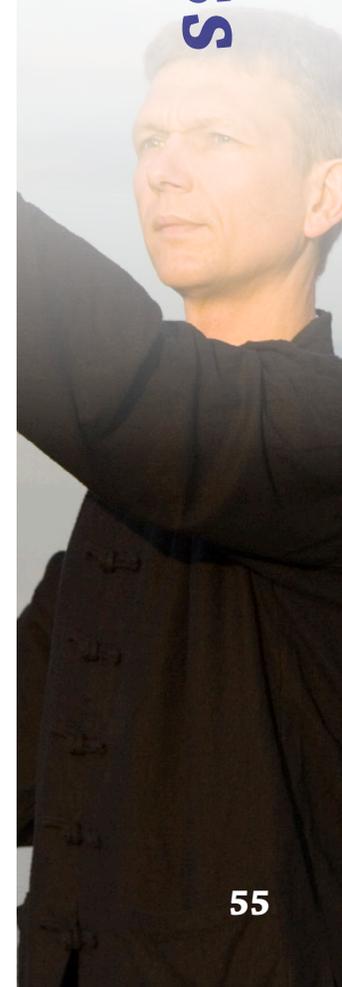
### Postpartum Strong

Ages 18 & Up: Postpartum Strong is a unique musculoskeletal program developed for post-delivery women to regain the strength of their abdominal and pelvic floor muscles. Clinical research now supports rehabilitation after a normal or challenging birth or pregnancy to prevent incontinence, prolapse and/or dysfunction. The class emphasizes education on abdominal and pelvic floor anatomy, posture, and body mechanics when lifting your baby, and exercise instruction.

1 Session \$60  
Instructor: Restore Motion  
20650 Restore Motion 1/7 Sa 9:00am-12:00pm



EXERCISE, FITNESS  
& WELLNESS





EXERCISE, FITNESS & WELLNESS



### Stretch and Release

Ages 18 & Up: This class utilizes functional principles to target tight muscles throughout the body. Participants will see improved joint motion allowing increased freedom of movement. This class is designed for anyone who desires to decrease stress, improve posture, alleviate joint pain, and improve overall function with respect to daily activities. Participants will feel a difference after the first class. Seniors welcome! For more information, contact Victoria Giorgi at 301-556-6902, email: fitgirlg@yahoo.com

4 Sessions \$55  
Instructor: Victoria Giorgi  
22778 Holiday Park SC 1/18 W 7:30pm-8:00pm  
22777 Holiday Park SC 2/22 W 7:30pm-8:00pm

### Yoga

#### Easy Yoga

Ages 16 & Up: A slower pace for mixed levels that modifies basic yoga poses to enhance each individual experience. Relaxation techniques and easygoing dynamic movement coordinated with simple rhythmic breathing. Increase energy, stamina, muscle strength and flexibility, and learn to release tension. Introduction to meditation. Bring a mat/towel and wear comfortable clothing. Questions call Moira at 301-493-9065

9 Sessions \$96  
Instructor: Moira Martin  
20611 Lawton CRC 1/19 Th 9:30am-10:45am

#### Essential Yoga For Beginner

Ages 16 & Up: Class focus on the fundamentals, including posture, alignment, breath and foundation yogic concepts. Bring a yoga mat and blanket. Wear comfortable clothes. Bare feet are essential. Contact Tamara at 301-891-1247 or tlijhealth@earthlink.net for further information.

10 Sessions \$103  
Instructor: Tamara Lewis Johnson  
20613 Coffield CRC 1/12 Th 6:00pm-7:00pm

### 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 wellbeing as you improve flexibility, strength and energy. Classes begin with warm-up movements and breath awareness, followed by a sequence of yoga postures, and end with deep relaxation. Students should wear comfortable clothing and bring a yoga mat. Contact the instructor in advance of the first class with any questions at: robin.michele.morris@gmail.com.

9 Sessions \$93  
Instructor: Robin Morris  
20614 Wisconsin PI CRC 1/18 W 6:15pm-7:15pm

### Gentle 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 flow from one to the next in conjunction with your breathing. Beginners-bring yoga blocks and a mat. Intermediates-bring a mat. For more information contact Juliet at: jcverdi@gmail.com

10 Sessions \$90  
Instructor: Juliet Verdi  
20616 White Oak CRC 1/14 Sa 9:15am-10:15am

### Gentle Yoga

Ages 16 & Up: (14-15 if accompanied by a parent/guardian). For beginning and continuing students. Combines warm-ups, gentle postures, and yogic breathing to improve mobility and reduce stress. You will learn the basic principles of body alignment and breath awareness inspired by a meaningful intention and a joyful attitude. 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 the first class with any questions or to purchase materials: Irene at Irene54@aol.com

9 Sessions \$92  
Instructor: Irene Bopp  
20617 Bauer Drive CRC 1/17 T 6:15pm-7:15pm



## Hatha Yoga and Stress Management Beg/Cont.

Ages 18 & Up: Learn to deal with the stresses of daily life through 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](mailto:suzanacooper@yahoo.com)

8 Sessions \$120  
 Instructor: Suzana Cooper  
 20620 Lawton CRC 1/18 W 9:45am-11:00am  
 20621 Lawton CRC 1/13 F 9:45am-11:00am

## Massage Ball Workshop

Ages 16 & Up: This workshop is on the use of massage ball for relieving pain and increasing neck, shoulder and spine mobility. Massage ball provides self-help measures for achieving deep tissue massage. The workshop also employs stretches to improve the range of motion of shoulders and back. A material fee of \$22 is to be paid to instructor. Please wear non-restrictive clothing and bring a water bottle to class. For more information please call Maggie Wong 301-365-2424, email [Maggie@yogaplus.com](mailto:Maggie@yogaplus.com) or visit [www.yogaplus.com](http://www.yogaplus.com)

1 Session \$41  
 Instructor: Maggie Wong  
 22108 Yoga Plus 1/22 S 3:00pm-5:00pm  
 Potomac

## Mindfulness Yoga & Meditation for Stress Relief

Ages 16 & Up: Use a variety of formats and techniques to learn how to incorporate mindfulness into your daily lives. Numerous studies have shown that mindfulness decreases stress and increases quality of life. Its benefits include pain management, improved concentration, reduced depression and sleep problems. Class includes gentle yoga, yoga nidra, breathing techniques and learning modules. For more information contact Maria at [yogachickinred@gmail.com](mailto:yogachickinred@gmail.com)

8 Sessions \$124  
 Instructor: Mildred Doherty  
 20639 Longwood CRC 1/23 M 5:45pm-7:00pm

## Morning 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 wellbeing as you improve flexibility, strength and energy. Classes begin with warm-up movements and breath awareness, followed by a sequence of yoga postures and end with deep relaxation. Students should wear comfortable clothing and bring a yoga mat. Contact the instructor in advance of the first class with any questions at: [robin.michele.morris@gmail.com](mailto:robin.michele.morris@gmail.com)

9 Sessions \$93  
 Instructor: Robin Morris  
 20640 Wisconsin Pl CRC 1/18 W 9:40am-10:40am

## PLYOGA

Ages 18 & Up: Your body is POWER, and we want to show you. This innovative workout blends two essential fitness disciplines to give you results on a whole new level. PLYOGA incorporates energetic, low to no impact plyometric intervals to accelerate your workout while simple yoga postures act as a transitional, active recovery. Complete with modifications, enables you to go one step further than you thought possible. Bring a yoga mat. Questions? Contact: Jeanne@JFit.fit visit [www.PLYOGAFitness.com](http://www.PLYOGAFitness.com)

8 Sessions \$80  
 Instructor: Jeanne Lieder  
 23196 Potomac CRC 1/26 Th 6:30pm-7:30pm  
 28672 Ross Boddy CRC 1/23 M 10:00am-11:00am

## Vini Yoga Intermediate

Ages 14 & Up: For continuing students. Previous yoga experience required. More emphasis on sequences, breathing, and meditation. Bring a mat or towel and wear comfortable clothing. Questions contact Pat: 301-251-1058

8 Sessions \$108  
 Instructor: Neva Ingalls  
 20687 Potomac CRC 1/23 M 6:30pm-7:45pm

## Vinyasa Yoga

Ages 14 & Up: For continuing and beginning students. Relaxation techniques and easy going movements coordinated with simple rhythmic breathing. Increase energy, stamina, muscle strength and flexibility; release tension. Introduces meditation. Bring a mat or towel and wear comfortable clothing. Questions contact Pat: 301-251-1058

9 Sessions \$121  
 Instructor: Neva Ingalls  
 20686 Potomac CRC 1/26 Th 10:15am-11:30am



EXERCISE, FITNESS & WELLNESS





EXERCISE, FITNESS & WELLNESS



### Yoga at 50

Ages 50 & Up: Tailored to those who are active 50 plus. Learn yoga exercise that stretches muscles, improves circulation, and realigns the body. Yoga postures (asanas) and flows (vinyasas) will help keep and increase muscle and bone strength. 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](mailto:suzanacooper@yahoo.com)

8 Sessions \$120  
Instructor: Suzana Cooper  
20690 Wisconsin Pl CRC 1/21 Sa 9:45am-11:00am

### Yoga Basics

Ages 14 & Up: (14-15 years if accompanied by parent/guardian.) 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 the first class with any questions or to purchase materials: (Irene Bopp) [Irene54@aol.com](mailto:Irene54@aol.com)

9 Sessions \$92  
Instructor: Irene Bopp  
20691 Mid County CRC 1/18 W 7:30pm-8:30pm  
20692 Bauer Drive CRC 1/17 T 7:30pm-8:30pm  
20693 Praisner CRC 1/19 Th 10:30am-11:30am  
20694 East County CRC 1/19 Th 7:00pm-8:00pm

### Yoga for Everybody

Ages 16 & Up: For beginning and continuing students. Whether you practice consistently or this is your first encounter, yoga is for everybody. Yoga is more than just physical exercise- it's a transformation practice that integrates body, mind and spirit. Each class consists of breath awareness, warm-ups, yoga postures and guided relaxation techniques to create a sense of calm and well-being. Students are encouraged to listen to their bodies and progress at their own pace. Bring a yoga mat, water and a blanket and wear comfortable clothing. Contact Robin in advance for first class with any questions at: [firstcounteryoga@yahoo.com](mailto:firstcounteryoga@yahoo.com)

8 Sessions \$105  
Instructor: Robin Bruckner  
28533 Ross Boddy CRC 1/14 Sa 10:00am-11:15am  
28668 Ross Boddy CRC 1/11 W 10:00am-11:15am

### Yoga for Mobility & Strength

Ages 18 & Up: Improve flexibility and mobility when you walk, run, sit and move the way your body was intended, without tension or pain. The class sequence begins with gentle warmup stretches and movements, then progresses to core strengthening exercises and the use of light weights for upper body toning. This is followed by simple yoga movements to improve whole body functionality: strength, flexibility and balance. The class concludes with gentle stretching to calm the mind and prepare for the day. Class locations: Carderock Springs Clubhouse. 8200 Hamilton Spring Ct. Bethesda or Potomac Methodist Church, 9908 S. Glen Road, Potomac, MD 20854. Questions call Maggie: 301-365-2424 or email at: [Maggie@yogaplus.com](mailto:Maggie@yogaplus.com)

6 Sessions \$139  
Instructor: Maggie Wong  
22109 Yoga Plus -Bethesda 1/17 T 9:00am-10:30am  
22110 Yoga Plus -Bethesda 1/19 Th 9:00am-10:30am  
22111 Yoga Plus-Potomac 1/19 Th 7:30pm-9:00pm

### Yoga Fundamentals

Ages 16 & Up: (For beginning and continuing students.) Enjoy a balanced practice with benefits for your body, mind and spirit. Stretch and tone muscle, release chronic tension, de-stress and refresh. Calm restless thoughts, cultivate concentration, and support mental clarity and confidence. Encourage self-acceptance, honor inner wisdom, and invite deep peace. Classes begin with warmup movements and breathing awareness to prepare you for yoga postures. The heart of each class is a sequence of postures that stretch, strengthen and balance your body. Each class ends with deep relaxation and meditation. This physically challenging class is designed for individuals who are free of serious injuries or physical vulnerabilities. Bring a yoga mat, blanket and bare feet to class. Questions contact Nancy at: [yogawithnancy@gmail.com](mailto:yogawithnancy@gmail.com)

9 Sessions \$93  
Instructor: Nancy Neves  
20696 Bauer Drive CRC 1/17 T 10:45am-12:00pm

### Yoga/Stretching for Your Relaxation

Ages 18 & Up: Practice gentle stretching and learn basic yoga postures to increase energy, flexibility, strength and balance. Class includes a focus on breathing and relaxation techniques. Those with injuries should consult a physician prior to registration. Bring a yoga mat, blanket and bare feet to class. Questions contact Nancy at: [yogawithnancy@gmail.com](mailto:yogawithnancy@gmail.com)

9 Sessions \$83  
Instructor: Nancy Neves  
20697 Mid County CRC 1/18 W 11:00am-12:00pm

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# MARTIAL ARTS CLASSES

## General Martial Arts

### Aikido

Ages 16 & 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.

7 Sessions \$58  
 Instructor: Christopher Rowe  
 28047 Ross Boddy CRC 1/23 M 7:00pm-8:30pm

### 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. They are realistic and easy to learn. 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

20 Sessions \$180  
 Instructor: Yanni Nguyen  
 22699 Plum Gar NRC 1/18 M,W 7:30pm-9:00pm



# MARTIAL ARTS

### 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

20 Sessions \$180  
 Instructor: Yanni Nguyen  
 22700 Eastern MS 1/17 T,Sa 7:30pm-9:00pm

### Classic Vovinam Martial Arts - Beginners

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

20 Sessions \$180  
 Instructor: Yanni Nguyen  
 22701 Eastern MS 1/17 T,Sa 6:00pm-7:30pm





### Classic Vovinam Martial Arts - Children

Ages 8-14: 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 & leveraging, 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

16 Sessions \$144  
Instructor: Yanni Nguyen  
22702 Plum Gar NRC 1/18 M,W 6:00pm-7:30pm

### 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

9 Sessions \$88  
Instructor: Salvador Cortes  
24304 Kensington 1/19 Th 8:05pm-9:00pm  
Parkwood ES



### Four Ways to Register

#### ACTIVE MONTGOMERY.ORG

Online registration at [activemontgomery.org](http://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

Montgomery County Recreation  
Attention: Registrar  
4010 Randolph Road  
Silver Spring, MD 20902-1099

#### FULL SERVICE IN PERSON

Phone: 240-777-6840  
Monday-Friday, 10:00am-2:00pm

### Judo

Ages 5-15: The class emphasizes the various basic techniques of judo - Japanese martial arts - including the aspects of self-control, discipline, respect, politeness, balance, and coordination. Japanese terms are taught and used throughout the class. Judo is a good way to be healthy in daily life. At the end of each class, the participant is given a symbol to remind them of some aspect of judo. A material fee of \$40 is due on the first day of class.

6 Sessions \$210  
Instructor: Frederic Hocde

#### Ages 5-10

22446 Tilden MS 1/17 T 5:30pm-6:30pm

#### Ages 7-15

22447 Tilden MS 1/17 T 6:30pm-7:30pm

### Karate and Iaido

Ages 10 & 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.

9 Sessions \$88  
Instructor: Salvador Cortes

#### Ages 6-13 (Beginners)

24306 Kensington 1/17 T 7:00pm-7:55pm

#### Ages 10 & Up

24305 Kensington 1/17 T 8:05pm-9:00pm  
Parkwood ES

MARTIAL ARTS



## Karate/Jujitsu

Ages 6-13: (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.

10 Sessions \$72

Instructor: TKA Inc.

21090 Upper County CRC 1/9 M 6:00pm-7:00pm

21091 Longwood CRC 1/9 M 7:00pm-8:00pm

21093 Glenallan ES 1/9 M 7:00pm-8:00pm

12 Sessions \$87

Instructor:TKA Inc.

21094 Germantown CRC 1/10 T 6:00pm-7:00pm

21095 Germantown CRC 1/10 T 7:00pm-8:00pm

21096 Mid County CRC 1/10 T 6:30pm-7:30pm

21097 Damascus CRC 1/11 W 6:00pm-7:00pm

21098 Damascus CRC 1/11 W 7:00pm-8:00pm

21099 Clara Barton NRC 1/11 W 7:00pm-8:00pm

21100 Bauer Drive CRC 1/11 W 6:00pm-7:00pm

21101 Bauer Drive CRC 1/11 W 7:00pm-8:00pm

21102 Potomac CRC 1/11 W 6:00pm-7:00pm

21103 Resnik ES 1/11 W 6:00pm-7:00pm

21104 Resnik ES 1/11 W 7:00pm-8:00pm

21105 Potomac CRC 1/11 W 7:00pm-8:00pm

21106 Stedwick ES 1/11 W 7:00pm-8:00pm

21107 Praisner CRC 1/12 Th 6:00pm-7:00pm

21108 Praisner CRC 1/12 Th 7:00pm-8:00pm

21109 DuFief ES 1/12 Th 7:00pm-8:00pm

21110 Bethesda ES 1/12 Th 7:00pm-8:00pm

21111 Rolling Terrace ES 1/12 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.

10 Sessions \$85

Instructor: TKA Inc.

21112 Upper County CRC 1/9 M 8:00pm-9:30pm

21113 Glenallan ES 1/9 M 8:00pm-9:30pm

12 Sessions \$102

Instructor: TKA Inc.

21114 Damascus CRC 1/11 W 8:00pm-9:30pm

21116 Potomac CRC 1/11 W 8:00pm-9:30pm

21117 Stedwick ES 1/11 W 8:00pm-9:30pm

21118 Bethesda ES 1/12 Th 8:00pm-9:30pm

21119 Praisner CRC 1/12 Th 8:00pm-9:30pm

21120 DuFief ES 1/12 Th 8:00pm-9:30pm

21121 Rolling Terrace ES 1/12 Th 8:00pm-9:30pm

13 Sessions \$102

Instructor: TKA Inc.

21115 Bauer Drive CRC 1/4 W 8:00pm-9:30pm

## Karate/Jujitsu Adults

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.

12 Sessions \$102

Instructor: TKA Inc.

21122 Germantown CRC 1/10 T 8:00pm-9:30pm

21123 Mid County CRC 1/10 T 7:30pm-9:00pm

## 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 this class must be registered in a regular TKA class during the same season.

11 Sessions \$39

Instructor: TKA Inc.

21124 Holiday Park SC 1/13 F 7:30pm-8:30pm

## Karate/Jujitsu Club 2

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

11 Sessions \$52

Instructor: TKA Inc.

21125 Holiday Park SC 1/13 F 8:30pm-9:30pm



# MARTIAL ARTS





TINY TOTS

# TINY TOTS

## Arts

### Abrakadoodle: Twoosy Doodlers

Ages 21m-3: Our youngest artists get the chance to explore paints modeling compounds, oil pastels, watercolors and other wonderful art materials. They roll, scribble, shake and pound as they learn about color, shape and form while building the hand-eye coordination and fine motor skills that they'll need later in school to write and draw. They will build confidence while exploring creative and innovative materials. Your budding artist will shine! A \$24 material fee is due to the instructor on the first day of class.

8 Sessions \$105  
Instructor: Nancy Delasos  
21468 Coffield CRC 1/19 Th 9:45am-10:30am  
21470 N Potomac CRC 1/17 T 4:30pm-5:15pm  
21469 Potomac CRC 1/27 F 9:30am-10:15am

### Little Stars

Ages 2-3: Introduce your little ones to the wonderful world of arts education in this theater class that does it all! These young minds will explore their creativity and imaginations through music, movement, story time, acting games, and art. And each week they will have a mini-art project to take home that relates to our theme. A \$20.00 materials fee is due at the first class.

9 Sessions \$135  
Instructor: CARE Actor  
21548 Potomac CRC 1/24 T 10:15am-11:00am

### Young Rembrandts: PreSchool Drawing

Ages 3 1/2-5: Let Young Rembrandt help prepare your preschooler for Kindergarten. We teach your children skills that will help them grow, develop and excel all while having fun! We'll concentrate on the skills of drawing and coloring while we develop fine motor skills, focus, listening, staying on task, patience and spatial organization. Each session contains all new lessons. Adult Participation not Required.

6 Sessions \$69  
Instructor: Young Rembrandts  
21564 Germantown CRC 1/25 W 10:15am-11:00am  
21565 Holiday Park SC 1/23 M 10:15am-11:00am  
21566 N Potomac CRC 1/24 T 10:15am-11:00am  
21567 Upper County CRC 1/23 M 10:15am-11:00am

# General Dance

## 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.

8 Sessions \$102  
Instructor: Grace Oleson  
21536 Coffield CRC 1/23 M 3:30pm-4:15pm  
21537 Germantown CRC 1/25 W 3:30pm-4:15pm  
21538 Arcola ES 1/26 Th 4:15pm-5:00pm  
21539 N Potomac CRC 1/24 T 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.

6 Sessions \$60  
Instructor: Sabine Philippe  
21556 Dansez! Studio 1/17 T 10:00am-10:30am  
21557 Dansez! Studio 1/18 W 10:00am-10:30am  
21558 Dansez! Studio 1/19 Th 10:00am-10:30am

## Dawn Crafton Dance Connection's Mommy & Me

Ages 3-5: Dawn Crafton Dance Connection's (DCDC) Mommy & Me, Daddy, Nanny and Grandparents too classes introduce energetic toddlers & preschoolers to dance through music, rhythm, games and creative dance movements. It's a fun escape for both adult and little one and a wonderful adult-child bonding experience.

8 Sessions \$174  
Instructor: Dawn Crafton Dance Connection  
21487 Dawn Crafton DS 1/18 W 9:30am-10:15am

*"Perfect activity for a toddler and parent or caregiver."*

*-Sarah E.*



## Dawn Crafton Dance Connection's PRE-BALLET

Ages 3-4: Dawn Crafton Dance Connection's (DCDC) pre-ballet classes offer your preschooler the opportunity to discover the joy of dance, music and movement in a supportive and nurturing environment. Our classes will help to build a foundation of independence, self-confidence and body awareness.

8 Sessions \$174  
Instructor: Dawn Crafton Dance Connection

### Ages 2-3

21489 Dawn Crafton DS 1/18 W 11:30am-12:15pm

### Ages 3-4

21490 Dawn Crafton DS 1/18 W 1:00pm-1:45pm

### Ages 3-5

21491 Dawn Crafton DS 1/27 F 11:30am-12:15pm

## Dawn Crafton Dance Connection's TAP/BALLET

Ages 3-5: Dawn Crafton Dance Connection's (DCDC) tap/ballet classes offer your dancer the opportunity to discover the joy of dance, music and movement in a supportive and nurturing environment. Our classes will help to build a foundation of independence, self-confidence and body awareness and our new state of the art performing arts facility is certain to enrich your child's dance experience!

8 Sessions \$174  
Instructor: Dawn Crafton Dance Connection  
21495 Dawn Crafton DS 1/17 T 5:45pm-6:30pm  
21496 Dawn Crafton DS 1/19 Th 5:45pm-6:30pm

## 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.

4 Sessions \$40  
Instructor: Robyn Lindsey  
21528 Germantown CRC 1/21 Sa 12:00pm-12:45pm  
21529 Potomac CRC 1/15 S 10:00am-10:45am  
21530 Germantown CRC 2/25 Sa 12:00pm-12:45pm  
21531 Potomac CRC 2/19 S 10:00am-10:45am  
21532 White Oak CRC 1/21 Sa 10:15am-11:00am  
21533 White Oak CRC 2/25 Sa 10:15am-11:00am

## Jazzmatazz Preschool Dance

Ages 3-4: An introduction to dance through creative movement using a variety of musical styles that children love. Children must be toilet trained. Dress code for class are any color leotards, tights, and well fitted all leather ballet slippers. No lace tutus and only short dance skirts please.

10 Sessions \$94  
Instructor: Betsy Saunders  
20836 Long Branch CRC 1/14 Sa 10:15am-11:00am

## LiLBollywood

Ages 2-5: The dance movements provide Tots better motor coordination and concentration, sense of rhythm and self confidence. They also learn math by forming rhythmic patterns and team work. Bollywood is named after a Bombay industry that produces 500 musical movies every year. Learn a dance on Oscar winning sound track "Jai Ho" from movie Slumdog Millionaire or any other current popular soundtrack. Adult participation is welcomed. For more information call Kumud Mathur at 301-299-3334.

7 Sessions \$109  
Instructor: Kumud Mathur  
21546 Potomac CRC 1/24 T 5:15pm-6:00pm  
21547 Potomac CRC 1/23 M 11:15am-12:00pm

## 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.

6 Sessions \$60  
Instructor: Sabine Philippe  
21559 Dansez! Studio 1/18 W 10:30am-11:00am  
21560 Dansez! Studio 1/19 Th 10:30am-11:00am

## PRE Tap

Ages 2-5  
6 Sessions \$60  
Instructor: Sabine Philippe  
21561 Dansez! Studio 1/17 T 10:30am-11:00am



TINY TOTS





TINY TOTS



## 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. \$15 material fee due to instructor.

9 Sessions \$134  
Instructor: Geiza Dourado Carvalho  
21502 Veirs Mill Local Park 1/23 M 10:30am-11:15am  
21499 Wisconsin Pl CRC 1/17 T 10:15am-11:00am  
21500 Longwood CRC 1/18 W 10:15am-11:00am  
21501 Potomac CRC 1/13 F 10:15am-11:00am

### 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. \$15 material fee due to instructor.

9 Sessions \$169  
Instructor: Geiza Dourado Carvalho  
21503 Norwood LP 1/17 T 4:45pm-5:40pm

### 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

8 Sessions \$144  
Instructor: Learn Now Music  
21542 Bauer Drive CRC 1/18 W 10:00am-10:30am  
21543 Potomac CRC 1/18 W 10:00am-10:30am

## Learn Now Music: My First Music Class

Ages 2-5: Enjoy Music with your child while they experience their FIRST Music class! We will explore fun topics such as the farm, cooks in the kitchen, the sea, birds, animals, parts of the body and some other surprises! Students and parents will participate in language repetition & speech development, greetings and goodbyes, verbal and physical counting, memory & reaction exercises, gross & fine motor skills, instrument manipulation & handling, rhythm exercises, and listening & melody development. Small manipulatives such as scarves, bean bags & small percussive instruments will be supplied and utilized in class. For specific questions please contact LNM at 1-800-399-6414 or CustomerService@learnnowmusic.com

8 Sessions \$144  
Instructor: Learn Now Music  
21544 Potomac CRC 1/18 W 10:30am-11:00am  
21545 Bauer Drive CRC 1/18 W 10:30am-11:00am

## Music Together

Ages 6m - 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. Each family is required to pay a \$42 material fee that will be assessed at the time of registration, and will receive an award-winning Music Together CDs and Songbook are required for each family. For more information, go to www.musictogethermontgomery.com or call the instructor at 301-879-6988.

10 Sessions \$193 (Plus \$42 material fee)  
Instructor: Nancy Nuttle  
21667 Mid County CRC 1/7 Sa 11:00am-11:45am  
21666 Mid County CRC 1/7 Sa 10:00am-10:45am

## General Sports

### Coach Doug Pre Wee Wanna Be

Ages 18m-3: Boys and Girls get a great start in enjoying sports working with their Moms, Dads, or Guardians. They will be introduced to agility training, sports including soccer, and other age appropriate sports through supervised play sessions with their Moms, Dads or Guardians. Each child is guided thru sports and play sessions and can participate at his/her own pace. A wonderful program to introduce tots to the joy of sports; Adult participation required.. \$10 materials fee is due to Instructor. Call 301-983-2690 for more information.

10 Sessions \$110  
 Instructor: Coach Doug Academy  
 21474 Germantown CRC 1/17 T 9:30am-10:15am  
 21475 Bauer Drive CRC 1/18 W 9:30am-10:15am  
 21476 Potomac CRC 1/19 Th 9:30am-10:15am

### Coach Doug Seasonal 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. No parent Participation required. \$10 materials fee due to instructor. Call 301-983-2690 for more information.

10 Sessions \$110  
 Instructor: Coach Doug Academy  
 21477 Germantown CRC 1/17 T 4:15pm-5:00pm  
 21479 Potomac CRC 1/19 Th 4:15pm-5:00pm  
 21478 Oakland Terrace ES 1/21 Sa 11:00am-11:45am

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### Coach Doug Soccer

Ages 3-6: 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 materials fee due to instructor. Call 301-983-2690 for more information.

10 Sessions \$110  
 Instructor: Coach Doug Academy  
 21480 Germantown CRC 1/17 T 5:15pm-6:00pm  
 21481 Potomac CRC 1/19 Th 5:00pm-5:45pm  
 22293 Oakland Terrace ES 1/21 Sa 11:45am-12:30pm

### Petite Soccer

Ages 3-5: U.K. Elite recruits top British professional soccer coaches all the way from Europe to provide your little one with the best instruction. This program is a fun guide to soccer utilizing maximum activity and participation and high stimulating fantasy games. The focus is creating a fun learning environment in which children develop basic ball manipulation skills, using their feet. U.K. Elite will provide balls for use by all participants.

8 Sessions \$115  
 Instructor: UK Elite Soccer  
 21553 Bauer Drive CRC 1/15 S 10:00am-11:00am  
 21552 Wisconsin PI CRC 1/27 F 11:00am-12:00pm

### Petite Soccer Parent and Child

Ages 2-3: U.K. Elite recruits top British professional soccer coaches all the way from Europe to provide your little one with the best instruction. This program is a fun guide to soccer utilizing maximum activity and participation and high stimulating fantasy games. The focus is creating a fun learning environment in which children develop basic ball manipulation skills, using their feet. U.K. Elite will provide balls for use by all participants.

8 Sessions \$105  
 Instructor: UK Elite Soccer  
 21555 Bauer Drive CRC 1/15 S 9:00am-9:45am  
 21554 Wisconsin PI CRC 1/27 F 9:45am-10:30am



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 materials fee is due to instructor. Call 301-983-2690 for additional information.

10 Sessions \$110  
Instructor: Coach Doug Academy  
21485 Oakland Terrace ES 1/21 Sa 9:30am-10:15am  
21486 Oakland Terrace ES 1/21 Sa 10:15am-11:00am

## Coach Doug Wee Wanna Be

Ages 3-5: 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 materials fee is due to instructor. Call 301-983-2690 for additional information.

10 Sessions \$110  
Instructor: Coach Doug Academy  
21482 Germantown CRC 1/17 T 10:15am-11:00am  
21483 Bauer Drive CRC 1/18 W 10:30am-11:15am  
21484 Potomac CRC 1/19 Th 10:30am-11:15am

## Funfit Tots

Ages 11m-4: 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 material fee is due to instructor on the first day of class.

8 Sessions \$100  
Instructor: Celia Kibler

### Ages 11m-2

21518 Tilden MS 1/21 Sa 10:15am-11:00am  
21504 Germantown CRC 1/23 M 9:30am-10:15am  
21505 Bauer Drive CRC 1/24 T 9:30am-10:15am  
21511 Potomac CRC 1/25 W 9:30am-10:15am  
21506 Wisconsin PI CRC 1/26 Th 10:00am-10:45am

### Ages 1-4

21507 Tilden MS 1/21 Sa 9:30am-10:15am  
21520 Germantown CRC 1/23 M 10:15am-11:00am  
21517 Bauer Drive CRC 1/24 T 10:15am-11:00am  
21519 Potomac CRC 1/25 W 10:15am-11:00am  
21516 Wisconsin PI CRC 1/26 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](mailto:mamagoose@verizon.net)

5 Sessions \$55  
Instructor: Laura Lunking  
21551 Bauer Drive CRC 1/21 Sa 10:00am-10:45am  
8 Sessions \$88  
Instructor: Laura Lunking  
22133 N Potomac CRC 1/17 T 10:00am-10:45am  
21549 Mid County CRC 1/18 W 10:00am-10:45am  
21550 Bauer Drive CRC 1/19 Th 10:00am-10:45am

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.



TINY TOTS



## Specialty Programs

### Kinderstunde

Ages 11m-6: Spaß + Spiel + Basterei, Lieder + Tänze: Wer ist mit dabei? Ein neues Programm für Eltern mit Kindern (12 monate & up), um auf altersgerechte Weise ihre deutsche Sprachentwicklung zu unterstützen & zu stärken. Lernt andere deutschsprachige Freunde kennen. This course is based on learning German through a variety of games, stories and much more. Different themes will be implemented on a weekly basis. Meet German speaking friends through this class. This class welcomes children at all levels from beginners to native speakers. A \$5 materials fee is due to the instructor at the first class.

4 Sessions \$75

Instructor: Ines Kuperberg

21540 Germantown CRC 1/19 Th 5:00pm-5:45pm

21541 Germantown CRC 2/23 Th 5:00pm-5:45pm

### Preschool Spanish

Ages 3 1/2-5 1/2: This class has it all! Children will be fully immersed in the target language. Classes are composed of a variety of high energy games, sports, obstacle courses, experiments, and more! All activities are grouped by thematic units, with very clear goals and objectives for their immersion in the Spanish language. A \$10 material fee will be due to the instructor the at the first class. For additional questions please contact Miss Cristina at 240-550-2797.

8 Sessions \$85

Instructor: Maria Rhoe

21562 Wisconsin Pl CRC 1/17 T 11:30am-12:20pm

### Spanish Toddlers

Ages 1 1/2-3 1/2: This class has it all! Children will be fully immersed in the target language. Classes are composed of a variety of high energy games, sports, obstacle courses, experiments, and more! All activities are grouped by thematic units, with very clear goals and objectives for their immersion in the Spanish language. A \$10 material fee will be due to the instructor the at the first class. For additional questions please contact Miss Cristina at 240-550-2797.

8 Sessions \$85

Instructor: Maria Rhoe

21563 Wisconsin Pl CRC 1/17 T 10:30am-11:20am

## When Is the Guide Available?



**Winter  
2016/2017**  
Early November 2016  
Registration begins  
November 14, 2016



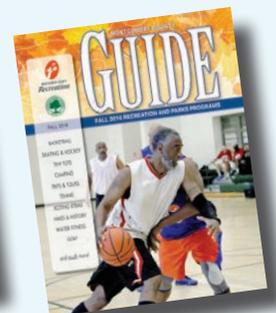
**Summer Camps  
2017**  
Early January, 2017  
Registration begins  
Mid January, 2017



**Spring  
2017**  
Late January, 2017  
Registration begins  
Mid February, 2017



**Summer  
2017**  
Early May, 2017  
Registration begins  
Mid May, 2017



**Fall  
2017**  
Early August 2017  
Registration begins  
Mid August, 2017

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SCHOOL BREAK

# SCHOOL BREAK PROGRAMS

## Chess Camp - Beginners

Ages 5-13: This is the perfect camp for players with basic understanding of chess to begin to expand their skills and learn strategies and rules to play effectively. Please bring a beverage and snack. There are scheduled breaks but campers will need to sit and focus during chess play. Arkadiy Frenkel is a national chess master and full time chess coach.

4 Sessions \$83  
Instructor: Arkadiy Frenkel  
28423 Potomac CRC 12/27 Tu-F 9:00am-12:00pm

## Chess Camp - Intermediate/Advanced

Ages 5-13: The emphasis is on developing advanced skills and strategies. Players will advance skills necessary to participate competitively in chess tournaments. Campers will participate within their peer group to sharpen their skills. Please bring a beverage and snack. There will be scheduled breaks but kids need to be able to sit quietly during chess game play. Arkadiy Frenkel is a national chess master and full time chess coach.

4 Sessions \$83  
Instructor: Arkadiy Frenkel  
28424 Potomac CRC 12/27 Tu-F 12:00pm-3:00pm

## Coach Doug Club Holiday

Ages 5-12: Your Camp Director will provide time to enjoy age appropriate sports, games, arts and crafts and more plus time to chat and visit with your friends. Club Holiday will feature organized activities as well as special events. Participants choose the activities they want to participate in based on their own needs. Sports include soccer, basketball, hockey and others. In addition, we'll have games as well as non-competitive activities designed for everyone's enjoyment. \$10.00 Materials Fee is due to Instructor. Call 301-983-2690 for more information.

4 Sessions \$214  
Instructor: Coach Doug Academy  
21445 Potomac CRC 12/27 M-F 8:00am-3:30pm

## Coach Doug Club Holiday Half Day

Ages 3-12: Your Camp Director will provide time to enjoy age appropriate sports, games, arts & crafts and more plus time to chat and visit with your friends. Club Holiday will feature organized activities as well as special events. Participants choose the activities they want to participate in based on their own needs. Sports include soccer, basketball, hockey and others. In addition, we'll have games as well as non-competitive activities designed for everyone's enjoyment. \$10 material fee is due to Instructor. Call 301-983-2690 for more information.

**Ages 3-12**  
4 Sessions \$99  
Instructor: Coach Doug Academy  
21446 Potomac CRC 12/27 M-F 8:00am-12:30pm

**Ages 5-12**  
4 Sessions \$49  
Instructor: Coach Doug Academy  
21447 Potomac CRC 12/27 M-F 3:30pm-6:00pm

## Karate Clinics Winter Break

Ages 6-12: This clinic provides diversified and intensive Tang Soo Do style Korean karate and jujitsu instruction for all ability levels. It includes basic motion, kata, one-step sparring, falling, take downs, throwing, exam preparation, and more. Students are grouped by belt level and age where appropriate. An optional exam will be offered for an additional \$35, payable to TKA.

4 Sessions \$53  
Instructor: TKA Inc.  
21086 Bauer Dr CRC 12/27 T-F 9:00am-11:30am

## Live Action & Imaginary Flix Winter Break

Ages 7-13: School's out, so come have a blast making some winter themed movies. In the morning, you will create a live-action winter themed movie. Will your movie be about a snow day, a huge winter storm, or going to the beach in California? This is your chance to write, direct, film, and star in your very own movie. After lunch, let your imagination run wild by creating your very own Claymation stop-motion movie. What's better than building a snowman? How about building one out of clay that that you bring to life on screen! You'll create a story, create your clay character, build your set, and film. Once your movie masterpieces are complete, you'll have a movie you created to share and enjoy forever! Start your year with your movie premiere!

4 Sessions \$280  
Instructor: Incrediflix Inc  
28069 Potomac CRC 12/27 T-F 9:00am-4:00pm



# XCITING XTRAS

## Performing Arts

### Act It Out!

Ages 4-6: Awaken creativity & boost self-confidence through this theater arts class that draws out positive values using storybooks! Each week students will explore their imaginations and artistic talents through theater games and acting out stories using costumes and props. This class provides a fun and dynamic space to build confidence, courage and character. Students in this class will showcase their favorite story to family & friends on the last day!

10 Sessions                      \$150  
 Instructor: CARE Actor  
 28018 Potomac CRC      1/17 T 4:15pm-5:00pm  
 24298 Flower Valley ES   1/19 Th 3:50pm-4:35pm

### Dramatic Kids!

Ages 7-11: Awaken creativity and boost self-confidence in this theater arts class that has it all! Each week students in this class will explore their imaginations and artistic talents by participating in fun, improvisational acting games and theatrical techniques while learning the fundamentals of dramatic storytelling facilitated by one of our talented Teaching Artists. This class provides a fun and dynamic space to build confidence, courage and character. A showcase of students' original work will be performed for their friends and family on the last day of class!

10 Sessions                      \$150  
 Instructor: CARE Actor  
 28019 Potomac CRC      1/17 T 5:15pm-6:15pm  
 24295 Flower Valley ES   1/19 Th 3:50pm-4:35pm

*"Great fun and excellent instructor!"*

**-Alexis K**

## Special Interest

### "American Girl" Fashion Design

Ages 5-9: This class offers the basics to fashion illustration and design for your "American Girl" doll! Students learn about creative sketching, textiles, colorization, and even how to design their own mini-collections! Hands-on training is done during the duration this course, in a fun and lively environment. Materials fee: \$25

2 Sessions                      \$40  
 Instructor: Madiana Margao  
 28065 Potomac CRC      12/17 Sa 12:00pm-1:00pm

### Bricks4Kidz: Construction Craze

Ages 6-10: Put on your hard hat in this Bricks 4 Kidz® program and head on over to our construction site! Using LEGO® bricks make your own motorized models of tools of the trade from a hand-held power drill and power saw to a tough, all-terrain bulldozer and giant dump truck. Would you be surprised to learn that one of these objects has a history stretching from the Stone Age to the Space Age? And who thought of making a saw blade in the shape of a circle? Where does the word bulldozer come from? How big is the biggest dump truck? Dump trucks, jackhammers, drills, power saws? build motorized models of these and other powerful tools and create your own LEGO® construction site. Join us for lots of high-impact learning and fun!

4 Sessions                      \$68  
 Instructor: Bricks 4 Kidz  
 28041 Cold Spring ES      2/21 T 3:30pm-4:30pm  
 28042 Bells Mill ES      2/22 W 3:55pm-4:55pm  
 28043 Poolesville ES      2/23 Th 3:30pm-4:30pm

### Bricks4Kidz: Winter Fun

Ages 6-10: Don't get left out in the cold! Bring the winter fun indoors with interactive Bricks 4 Kidz® models of some popular winter activities from the hair-raising thrill of the luge to the more relaxing pace of the horse and sleigh. We'll use LEGO® Bricks to build the all-business snowplow as well as the all-fun snow mobile. And our winter theme wouldn't be complete without ice hockey and skiing. No snow? No problem! All you need to create these winter memories are our bricks and your imagination.

4 Sessions                      \$68  
 Instructor: Bricks 4 Kidz  
 28038 Cold Spring ES      1/17 T 3:30pm-4:30pm  
 28039 Bells Mill ES      1/18 W 3:55pm-4:55pm  
 28040 Poolesville ES      1/19 Th 3:30pm-4:30pm



XCITING XTRAS





EXCITING XTRAS

### Create-Your-Own Looks Fashion Design

Ages 6-12: This class offers the basics to fashion illustration and design! Students learn about creative sketching, textiles, colorization, and even how to design their own collection! Hands-on training is done during the duration of this course, in a fun and lively environment. Materials fee: \$25

2 Sessions \$40  
Instructor: Madiana Margao  
28066 Potomac CRC 12/17 Sa 1:00pm-2:00pm

### Engineering FUNDamentals Using LEGO®

Age 8-10: Power-up your engineering skills with Play-Well TEKologies and over 100,000 pieces of LEGO!® Kids apply real-world concepts in physics, engineering, and architecture through projects designed by engineers. Instructors provide inspiration for students to take their creations further, and each day's projects are geared uniquely to challenge each student's abilities. We will explore motorized, mechanized, and architectural projects in a fun way.

8 Sessions \$200  
Instructor: Play-Well TEKologies  
24171 Mid County CRC 1/18 W 6:00pm-7:30pm

### Glam Diva Hair

Ages 6-12: Glam Diva Hair is the next step to achieving fabulous hair! Learn all about hair care, styling, and the latest hair artistry trends, using amazing tools and products. Materials fee: \$25

2 Sessions \$40  
Instructor: Madiana Margao  
28067 White Oak CRC 1/21 Sa 1:00pm-2:00pm

### Glam Diva Makeup

Ages 6-12: Glam Diva Makeup is the first step to a gorgeous future! Adopt your own beauty regimen, while creating your very own products. Spark your interest age-appropriate makeup, by learning all of the latest beauty trends in a fun environment! Materials fee: \$25

2 Sessions \$40  
Instructor: Madiana Margao  
28068 White Oak CRC 1/21 Sa 12:00pm-1:00pm



### PRE-Engineering Using LEGO®

Ages 5-7: Let your imagination run wild with over 100,000 pieces of LEGO!® In this fun-filled creative class, kids learn building techniques that help make their ideas a reality with the guidance of an experienced Play-Well instructor. Instructors demonstrate new projects daily and provide inspiration for students to take their creations further. Each course is geared uniquely to the kids but will include motorized, architectural, and fanciful projects.

8 Sessions \$200  
Instructor: Play-Well TEKologies  
24170 Potomac ES 1/17 T 4:15pm-5:45pm

## Closing Notice:

Our recreation administrative office at:

4010 Randolph Road,  
Silver Spring, MD 20902

will be closed on

**Thursday,  
December 8, 2016**

## Specialty Programs

### Gemology I Introductory

Ages 18 & Up: Want to know those gems you are wearing on your rings, necklaces, bracelets, brooches? Curious about how gemstones came to be? Beginning Gemology, organized around the Mohs' scale of hardness, is an introduction to gemstone study. Hands-on specimens and examples to examine during each class.

9 Sessions \$81  
Instructor: Timothy Morgan  
28023 Potomac CRC 1/19 Th 10:00am-12:15pm

### Gemology II Advanced

Ages 18 & Up: Prerequisite - Beginner or Intro class. Interested in gemstones, but already know a little something about them? Want to learn more? This class examines gemstones and gemstone groups with examples and hands-on specimens. Guest speaker and field trip possible.

9 Sessions \$81  
Instructor: Timothy Morgan  
28022 Potomac CRC 1/18 W 10:00am-12:15pm

### Komodo Abacus Mental Math

Ages 5-12: 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 \$121  
Instructor:  
28060 Komodo USA 1/21 Sa 6:00pm-7:00pm  
- Gaithersburg  
28061 Komodo USA 1/22 S 6:00pm-7:00pm  
- Germantown

### Komodo Reading & Writing

Ages 6-12: The goal of the Komodo Reading/Writing 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 \$121  
Instructor: KOMODO USA  
28062 Komodo USA 1/17 T 9:00am-10:00am  
- Gaithersburg  
28063 Komodo USA 1/19 Th 9:00am-10:00am  
- Germantown

### Programming Using Minecraft

Ages 6-9: Using a custom mod called "Computercraft", students will learn how to program robots called "Turtles" inside the world of Minecraft. Kids will utilize problem solving skills by learning how to program their robots to complete various tasks and objectives such as programming their turtles to automatically build, mine, and craft items and structures. They will be introduced to programming if-then-else statements, for-while loops, and implement their own functions using Lua, a simple scripting language. Looking for a fun way to introduce your child to programming? Why not do it using a game they love! Note: Basic reading skills required. Experience playing Minecraft preferred, but not required. Please email info@c3cyberclub.com for details.

6 Sessions \$179  
Instructor: C3 Cyber Club  
28028 Wood MS 1/21 Sa 9:00am-10:00am

### Programming Using Minecraft

Ages 10-14: Using a custom mod called "Computercraft," students will learn how to program robots called "Turtles" inside the world of Minecraft. In this class, students will be introduced to LUA, a simple scripting language used to develop games such as Angry Birds, where they will learn how to programming if-then-else statements, for-while loops, and implement their own functions. Kids will utilize problem-solving skills by learning how to program their robots to complete various tasks and objectives.

6 Sessions \$179  
Instructor: C3 Cyber Club  
28029 Wood MS 1/21 Sa 10:15am-11:15am



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# The SPORTS *Pages*



## SPORTS

### SPORTS

#### Basketball

##### Hoops & Homework

Ages 6-11: This program is designed to provide after school educational and recreational activities where kids can learn and grow both physically and socially. Hoops & Homework, through its team of high character coaches and role models partners with schools, parents, and the community to develop student-athletes. Some of the programs' highlights are development of skill through games, strength and endurance training. Home work sessions will include reading, writing, math and computer programing stations. Snacks will be provided.

16 Sessions	\$200
22380 Little Bennett ES	2/21 T,Th 3:30pm-5:30pm
22381 Strawberry Knoll ES	2/21 T,Th 3:30pm-5:30pm
20 Sessions	\$250
Instructor: Coach Jamil's Basketball Camp	
22290 Little Bennett ES	1/17 T,Th 3:30pm-5:30pm
22291 Strawberry Knoll ES	1/17 T,Th 3:30pm-5:30pm

##### Men's Sunday Basketball League

Ages 18 & Up: Competitive Adult Basketball Games start at 5:00 p.m. or 6:00 p.m., and are schedule on the hour, last game starting at 9:00 p.m. Six weeks of regular season games plus playoffs. Please call Pat Sullivan at 240-777-6893 or email patrick.sullivan@montgomerycountymd.gov for more information. Payment plans are available.

6 Sessions	\$715
26982 Bauer Drive CRC	1/8 S 6:00pm-10:30pm
26985 Lawton CRC	1/8 S 6:00pm-10:30pm
26988 Tilden MS	1/8 S 5:00pm-10:30pm
26989 WJHS	1/8 S 5:00pm-10:30pm

##### Men's Wednesday Basketball League

Ages 18 & Up: Competitive Adult Basketball League Games start at 6:20 p.m., and are schedule on the hour, last game starting at 9:20 p.m. Six weeks of regular season games plus playoffs. Please call Pat Sullivan at 240-777-6893 or email patrick.sullivan@montgomerycountymd.gov for more information. Payment plans are available.

6 Sessions	\$685
26993 Lawton CRC	1/11 W 6:00pm-10:30pm
26990 Tilden MS	1/11 W 6:00pm-10:30pm

##### Men's 40+ Drop-In Basketball

Ages 40 & Up: A non-competitive, drop-in basketball program, just for Men ages 40 and over. A great way to meet new people and have fun! All skill levels encouraged. Individual players will form teams of five and play full court pick up games. A Recreation Staff person will be operating a score clock and monitoring the game time. Once the game is completed, new teams are formed. No officials.

5 Sessions	\$35
28433 Bauer Drive CRC	1/8 S 10:00am-12:00pm
28434 Bauer Drive CRC	2/12 S 10:00am-12:00pm
10 Sessions	\$65
28431 Bauer Drive CRC	1/8 S 10:00am-12:00pm

##### Women's 18+ Drop-In Basketball

Ages 18 & Up: 5 or 10 sessions can be used at anytime during the Winter season. A non-competitive, drop-in basketball program, just for women. A great way to meet new people and have fun! All skill levels encouraged.

5 Sessions	\$35
27892 Mid County CRC	1/8 S 10:00am-12:00pm
27903 Mid County CRC	2/12 S 10:00am-12:00pm
10 Sessions	\$65
27889 Mid County CRC	1/8 S 10:00am-12:00pm



## General Sports

### Baton

Ages 4-10: Beginner: Fundamental twirling, marching, and basic dance techniques. Batons for class use are provided by instructor, however, purchase is recommended. Custom fit batons may be ordered at first class. Participants will demonstrate their skills in an informal parent performance at last class. Questions: Call Juli Duda at 240-422-6789 (cell), 301-865-5553 (phone) or email at: zipjld@aol.com

7 Sessions \$44  
 Instructor: Julianna Duda  
 20577 Germantown CRC 1/23 M 4:30pm-5:15pm  
 8 Sessions \$50  
 20576 Damascus CRC 1/26 Th 5:45pm-6:30pm

### Cheerleading

Ages 6-10: Basic beginning cheerleading skills will include motions, formations, chants, and cheers, with simple stunts and dance. Skills build confidence, self esteem, coordination, and team work. Poms will be supplied for use at class.

6 Sessions \$121  
 Instructor: Lori Zagami  
 20589 Longwood CRC 1/17 T 5:00pm-6:00pm

### Fencing Beginner I

Ages 8 & Up: For beginners, learn basic foil techniques. Foil, mask, and jacket provided. Instructor is former Olympian Gitty Mohebban and husband Mike. No age exceptions without instructor approval. \$30 material fee is due to the instructor.

8 Sessions \$95  
 Instructor: Gitty Mohebban  
 22004 Frost MS 1/23 M 5:45pm-6:45pm  
 22010 Parkland MS 1/27 F 6:30pm-7:30pm  
 9 Sessions \$108  
 22007 Clemente MS 1/18 W 5:45pm-6:45pm

### Fencing Beginner II

Age 8 & Up: Students must have taken beginner I with Instructor Mohebban or have the approval from Instructor to enroll in this class. For Advanced beginners, Basic foil techniques but curriculum will be student skill dependent. Foil, mask, and jacket provided. Instructor is former Olympian Gitty Mohebban and husband Mike. No age exceptions without instructor approval. \$30 material fee is due to the instructor.

8 Sessions \$95  
 Instructor: Gitty Mohebban  
 22005 Frost MS 1/23 M 6:45pm-7:45pm  
 22012 Parkland MS 1/27 F 7:30pm-8:30pm  
 9 Sessions \$108  
 22008 Clemente MS 1/18 W 6:45pm-7:45pm

### Fencing Intermediate

Age 8 & Up: For more advanced foil techniques: riposte direct, doublement, compound attacks with footwork, beat disengage, compound riposte and pris de fer opposition, lie, croise, and envelopment. No age exceptions without instructor approval. Foil, mask, and jacket provided. Instructor is former Olympian Gitty Mohebban and husband Mike. No age exceptions without instructor approval. \$30 material fee is due to the instructor.

8 Sessions \$95  
 Instructor: Gitty Mohebban  
 22006 Frost MS 1/23 M 7:45pm-8:45pm  
 22013 Parkland MS 1/27 F 8:30pm-9:30pm  
 9 Sessions \$108  
 22009 Clemente MS 1/18 W 7:45pm-8:45pm

### Ping Pong/Table Tennis

Ages 4-13: Develop your table tennis skills from professional coaches at the Maryland Table Tennis Center. Class covers all aspects of the game, including rules, equipment, strokes (forehand, backhand, pushing, blocking, looping, smashing), footwork and serving. Classes will be roughly two-thirds instructional, one-third games. \$10 material fee is due to the instructor at the first class.

10 Sessions \$165  
 Instructor: Maryland Table Tennis Center  
 21948 MD Table Tennis Ctr 1/19 Th 6:00pm-7:00pm

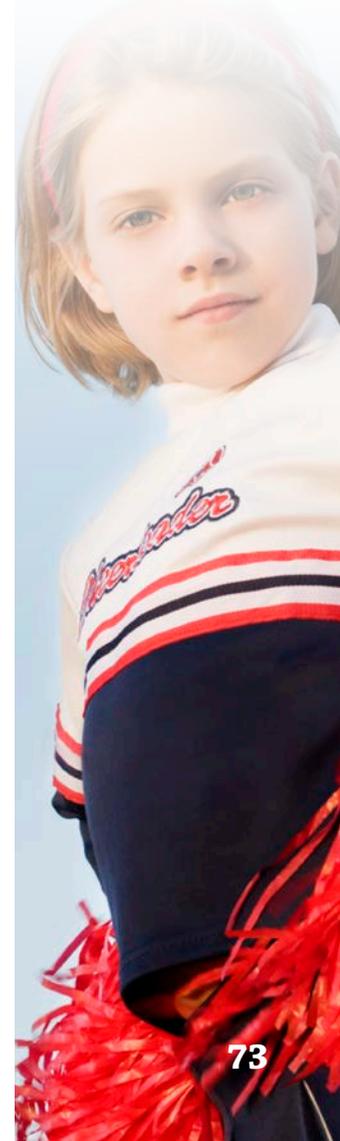
### Ultimate Frisbee Indoor League

Ages 18 & Up: Co-rec Ultimate Frisbee played in a gym. This is our version of indoor Ultimate Frisbee. The play is fast and non-stop. Regular Season will run 7 weeks with 2 playoff games to follow

11 Sessions \$30  
 21789 Wisconsin PI CRC 1/9 M 7:00pm-10:00pm  
 21790 Wisconsin PI CRC 1/9 M 7:00pm-10:00pm



SPORTS



# HOOP IT UP THIS WINTER!

- Instructional Basketball
  - Youth-Kids Leagues
  - High School Leagues
  - Adult & Senior Leagues
  - Rising Star Leagues
- Grades K-2
  - Grades 3-8
  - Grades 9-12
  - Team Registration Only
  - Team Registration Only

Programs located throughout Montgomery County

For more information visit us at [montgomerycountymd.gov/rec](http://montgomerycountymd.gov/rec) or contact the Adult Sports Programs Office at (240) 777-6870 or the Youth Sports Programs Office at (240) 777-6810



## SPRING SPORTS

LOOK FOR MORE DETAILS  
IN THE 2017 SPRING GUIDE



### ADULT SOFTBALL LEAGUE

Men's, CoRec, Seniors,  
Women's 40+, Social



### ADULT SOCCER

Men's Open, Men's 45+,  
Men's 55+, Men's 65+,  
Women's 25+, Women's 40+



### T-BALL

Youth  
Ages 4-7



# 55+ Active Adult Programs

## Winter 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 and join us at our newest Senior Center in North Potomac.

- Travel programs-we travel both close and far throughout the mid-Atlantic region
- Health and Wellness programs and services
- Recreation programs-from Aerobics to Zumba and everything in between!
- Information and Referral Assistance-Need help? 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 and fitness facilities, and educational programs to keep you feeling both physically and 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 section geared to those 55 and over. Oh, and did we mention fun? Be prepared to have a good time when you're visiting with us. For more information, contact the senior center or Active Adult Program location nearest you.



55+ PROGRAMS

**OUR MISSION**

Montgomery County Recreation 55+ Programs Team mission is to provide inclusive, exceptional programs and services to residents of Montgomery County, which reflect our uncompromising standards of excellence and dedication to connect, learn and thrive.

**SENIOR CENTERS**

Senior Centers are full-service facilities with a wide range of programs and activities that are open five to six days a week. They provide a weekday lunch program, educational seminars, entertainment, fitness classes and more. Transportation is available on a limited basis to most 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

**Holiday Park Senior Center**

M-F: 8:45am-4:00pm,  
W: 8:45am-9:00pm (open evenings through  
Nov. 23)  
3950 Ferrara Drive, Wheaton  
240-777-4999

**Long Branch Senior Center**

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

**Margaret Schweinhaut Senior Center**

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



**North Potomac Senior Center**

M-F: 9:00am-3:00pm  
13850 Travilah Road, Rockville  
240-773-4805

Visit our website at [montgomerycountymd.gov/rec](http://montgomerycountymd.gov/rec) for more information.

**White Oak Senior Center**

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



Follow @mocrecrec on Twitter



Like Montgomery County Recreation on Facebook

**Now Open! North Potomac Senior Center**

Exciting news! This fantastic new facility is now open, providing a wide array of classes, programs, services and special events. Stop by the center for a tour and to see the exciting things that are starting to happen. Please visit our website or call 240-773-4805 for more information.



# Damascus Senior Center

240-777-6995

The Damascus Senior Center provides a variety of programs, classes, and services, for seniors 55 and over. Health and 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. Highlights include:

## Annual Holiday Sale

**Saturday, November 5 - Friday, December 16, 2016 • 9:00am - 4:00pm**

The Holiday Sale officially begins on Nov. 5, with items ranging from 25 cents to \$25.

## Chef Sue's Holiday Luncheon

**Thursday, December 8, 2016 • Noon**

The menu will be available at the reception desk one month prior to the event! Call for reservations. Price for the Meal age 55 – 59 is \$7.00. 60+ Donations requested.

## Organ Grinder Lola

**Thursday, December 8, 2016 • 1:00pm**

Organ Grinder Lola and Master Bob return to sing holiday cheer into your lives. Cost: FREE

## Holiday Party

**Thursday, December 15, 2016 • 1:00pm**

Come and join the Damascus Staff as we celebrate the holiday season and the New Year. We will have light refreshments and a toast to the New Year. Cost: FREE

## Friday Basic Spanish Class

**Begins January 8, 2017 • 1:00pm**

Class time could change due to an event. A staff or volunteer will lead this class. Learn to speak basic conversational Spanish that is easy and fun to learn. The class may have a small fee to cover the purchase of materials.

## 4th Annual Fundraiser for Wounded Veterans Zumbathon

**Monday, January 16, 2017 • 10:00am - 12:30pm**

The Damascus Senior Center Sponsors Incorporated (DSCSI) will pay honor to our Wounded Veterans with a Zumbathon and raise money for these veterans through the Fisher House Foundation of MD. There will be a number of dynamic instructors who will donate their time. Suggested donation is \$20.00 or whatever you can afford to give to this worthwhile cause. For more information, contact Tony Edghill at 240-777-6995

## Chef Sue's Valentine's Day Luncheon

**Tuesday, February 14, 2017 • Noon**

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.

## Music with Mike Surratt

**Tuesday February 14, 2017 • 1:00pm**

Mike Surratt returns to the Damascus Senior Center after a few years to sing love songs for Valentine's Day. 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, participate in warm-ups, 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
28463	Bauer	3-Jan	T,Th	1:00pm-2:00pm
28383	Bauer	4-Jan	M,W	1:00pm-2:00pm
28384	Clara Barton	4-Jan	M,W	2:00pm-3:00pm
28385	Gwendolyn Coffield	3-Jan	T,Th	9:15am - 10:15am
28386	Damascus	6-Jan	M,W	4:00pm-5:00pm
28387	Germantown	5-Jan	M,Th	1:00pm - 2:00pm
28388	Jane E. Lawton	3-Jan	T,Th	9:15am - 10:15am
28389	Longwood	4-Jan	M,W	11:00am - 12:00pm
28390	Longwood	4-Jan	M,W	2:00pm-3:00pm
28398	Marilyn J. Praisner	4-Jan	M,W	11:00am-12:00pm
28391	Mid-County	3-Jan	T,Th	1:00pm - 2:00pm
28392	Mid-County	3-Jan	T,Th	2:15pm - 3:15pm
28393	North Potomac	3-Jan	T,Th	11:00am-12:00pm
28394	Plum Gar	3-Jan	T,Th	11:30am-1:00pm
28395	Potomac	3-Jan	T,Th	9:00am - 10:00am
28396	Potomac	3-Jan	T,Th	10:00am - 11:00am
28397	Potomac	4-Jan	M,W	11:15am - 12:15pm
28403	Potomac	4-Jan	M,W	3:00pm - 4:00pm
28399	Scotland	4-Jan	W,F	2:45pm - 3:45pm
28400	White Oak	3-Jan	T,Th	11:00am - 12:00pm
28401	Wisconsin Place	5-Jan	M,Th	10:00am - 11:00am
28402	Wisconsin Place	3-Jan	T,Th	11:15am - 12:15pm



# 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](http://www.holidaypark.us) or drop in for a tour. Grab a cup of coffee in our café, pick up a current schedule in 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 voluntary annual membership provides discounts on classes and programs. Sign up at the Reception Desk.



55+ PROGRAMS

## ¡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- 12:00pm

### Martes y Jueves

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

### Jueves

Clases de ESOL con Roxana Ready a las 10:30am  
Max You en Español: Grupo de crecimiento emocional

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

## Daytime Highlights

Sample our Musical Performances and Entertainment:

### Live Music with Christiana Drapkin Trio

**Thursday, November 10 • 1:00pm**  
Join us for some great music honoring Veterans!

### Live Music with Dale Jarrett

**Thursday, December 1 • 1:00pm**  
Dale is back with his extensive repertoire of melodic tunes and danceable songs.

### Chinese New Year Festival

**Thursday, January 26 • 1:00pm**  
Ming Shan and the Holiday Park dancers will delight you in this multicultural program that celebrates the Chinese New Year!

### Mardi Gras Dance Party

**Friday, February 24 • 1:00pm**  
You can come in costume, or with your metallic bead necklaces and enjoy our Dance Party!

### Dance Club Friday

**Fridays • Check Our Newsletter for specific times and dates!**  
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.

## Engage in Informative Lectures and Presentations

### The Pearl Harbor Attack

**Wednesday, December 7 • 1:00pm-2:00pm**  
Presented by Gerald Schneider, Ph.D.  
The December 7, 1941 attack on Pearl Harbor by Japan brought the U.S. into World War II. Dr. Schneider will review the events of the day, and lead a conversation about how it might have been avoided.

### The Syrian Refugee Crisis

**Monday, January 30 • 1:00pm-2:00pm**  
Join us to learn about the impact of the Syrian civil war on its population and its long term effects.

### Black History Month: Movie and Discussion

**Thursday, February 2 & Monday, February 6 • 1:00pm**  
In observation of Black History month we will be having a discussion on history and culture. We will watch the Award-winning movie "The Help" on Thursday, and meet again on Monday to discuss it.



**Notice**

Holiday Park will be closed on Wednesday evenings starting November 23, 2016 through March 30, 2017. We will be reopening for evening programs in April 2017!

# 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 program information in our monthly newsletter.

## Celebrations

### Jingle Bell Breakfast

**Wednesday, December 21 • 10:30am**

Enjoy holiday music and a delicious continental breakfast of eggs, sausage, bagels and muffins, spreads, juice, coffee and tea. Free

### Holiday Yard Sale and Gift Wrap

**December 5-9 • 11:00am-1:00pm**

Pick up a holiday gift at our affordable Yard Sale and Gift Wrap. Donations of items for sale and wrapping paper appreciated.

## Challenge

### January is Physical Exercise Month at the Long Branch Senior Center

Start the New Year by reaching your fitness potential! Every M - F at noon, we will offer a free exercise class adaptable to all levels. Join us for seated volleyball, Zumba, Tai Chi and more. In addition, an instructor will be in the exercise room to guide you on your use of the equipment, every Tuesday at 11 am in the month of January. FREE

### February is "Brain Exercise" Month

Give your brain a good workout every day in February. Mondays will be puzzle contest days in English and Spanish with prizes for the top 3 finishers in each category. Tuesdays will be "new game day" where we'll teach you a board or card game. Guest speakers and other brain challenges will fill out the rest of every week.

## Create

### Art Painting to Therapy

**Wednesdays • 10:30am-Noon**

Creative expression encourages self-expression, exercises the brain, and reduces stress. No art experience needed to explore your creative voice. Bring your imagination and leave self judgement at the door. Local/regional artist Carol Clatterbuck helps you explore the world of painting through various ideas using acrylics, paper, ink, etc... in both traditional and creative ways! Each 8 week session will cover a different topic and technique. Wednesdays 10:30 – 12. (check with the center for starting date) Cost is \$24 per session. Register at second floor Welcome Desk.

### Raw Clay

**Mondays • 10:30am-Noon**

Have fun creating vessels and artwork using low fire clay with artist Carol Clatterbuck, award winning ceramics teacher, starting with pinch and coil pots, graffiti, and slabwork. Strong hands, fingers, and creativity are the only requirements! Mondays from 10:30 – 12:00 (check with the center for starting dates). Cost is \$24 for an 8 week Class. Register at second floor Welcome Desk.



**55+ PROGRAMS**



## SENIOR CENTER SHUTTLES

Montgomery County Recreation provides a combination of curb-to-curb and fixed route transportation, Monday-Friday, to five senior centers and four Active Adult 55+ program locations.

If you are interested, please call your local senior center or the Seniors Team at 240-777-4925 for more information.





# 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 more! Please see below for a snippet of some of the great programs we are offering this Winter. To find out more details, please visit our website at [montgomerycountymd.gov/rec/where/seniors/margaret.html](http://montgomerycountymd.gov/rec/where/seniors/margaret.html) or stop by to pick up our monthly newsletter called "Happenings."

**NEW** Sign-up for our e-subscription service at <http://www.montgomerycountymd.gov/mcg/esubscribe.html>. Enter your email address and select the Schweinhaut Senior Center Newsletter under the Recreation Department.



55+ PROGRAMS

## Social Activities

### Afternoon Music Series

FREE performances. Please see our Monthly Newsletter or call us at 240-777-8085 for more details.

- **Handbells with Allie**  
Wednesday, December 7  
• 1:00pm-2:00pm
- **Encore Chorale Holiday Concert**  
Monday, December 19 • 1:00pm-2:30pm
- **Cabaret with Elaine Hughes**  
Monday, January 9 • 1:00pm-2:00pm
- **Seniorita Sunshine Valentine's Day Special**  
Tuesday, February 14 • 1:00pm-2:00pm
- **Frank and Trish Curreri**  
Wednesday, March 1 • 1:00pm-2:00pm

### Event Series

Monthly events in our Auditorium, please see our Monthly Newsletter or call us at 240-777-8085 for more details. Pre-registration is required for each event, unless stated. Space is limited.

- **Thanksgiving Lunch with Dixieland Express**  
Wednesday, November 23  
• Noon-2:00pm • Donations for lunch
- **Akhemdova Ballet**  
Friday, December 2 • 2:00pm  
• FREE, No registration required.
- **Holiday Party with Dick Kaufmann**  
Tuesday, December 20 • Noon-2:00pm  
• Donations for lunch
- **Chinese New Year with Splendid Rockville Dancers**  
Thursday, February 23 • Noon-2:00pm  
• Donation for lunch
- **African Dance Group**  
Friday, March 3 • 1:00pm-3:00pm  
• FREE, No registration required

## Special Programs

- **Portraits by Paul**  
Monday, December 5 • 11:00am-1:00pm
- **Aromatherapy and Brain Health**  
Tuesday, December 13 • 1:00pm-2:00pm
- **Presenting Your Best Self**  
Tuesday, January 10 • 1:00pm-2:00pm
- **Writers and Their Dogs**  
Tuesday, January 17 • 1:00pm-2:00pm
- **Washington Ear**  
Friday, January 20 • 1:00pm-2:00pm
- **MC Office of Consumer Protections**  
Wednesday, January 25 • 1:00pm-2:00pm

## Health and Wellness

### Coping with Change

Every Tuesday • 1:00pm-2:00pm

A discussion group on dealing with life changes and positively coping with them. Facilitated by Jamie Lomison from Sante Affiliated.

### Maximizing You!

Every Thursday • 11:00am-12:00pm

Do something for yourself! Join this enlightening discussion group to discuss issues on aging. Learn to live better, be nicer to yourself, and take care of yourself. Facilitated by Edie Mahlmann, LCSW.

### Widowed Persons Support Group

Every Monday • 1:00pm-2:30pm

Co-sponsored by the AARP Widowed Persons Service. This group provides support and understanding for people who have lost a spouse during the last two years.



# 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 winter. Please call the center nearest you for more information.

## Bauer Drive CRC

**Daily**  
14625 Bauer Drive  
Rockville, MD 20853

**240-777-6922**

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

## Soul Line Dancing

**November-December • 11:45am-12:45pm**

**Wednesdays, January 4, - February 8 • 11:45am-12:45pm**

**Wednesdays, February 22 - March 29 • 11:45am-12:45pm**

A fun, lively, rhythmic dance session that teaches the Active 55+ community all the latest and old school dances.

## Zumba Gold

**November-December • 1:30pm to 2:15pm**

**Tuesdays, January 3- February 7 • 1:30pm to 2:15pm • #28524**

**Tuesdays, February 21 - March 28 • 1:30pm to 2:15pm • #28696**

Our not too fast Latin-inspired, fun, dance fitness class is reworked for those 55+.

## Tai Chi

**Mondays • 10:00am-10:45am**

Walk-in classes. Meditation in motion that's great for balance and focus.

## Mahjong

**Mondays • 1:15pm-3:15pm**

Ongoing, brain stimulating board game that's mentally stimulating, engaging and fun.

## Diabetes Class

**Wednesdays, January 4, 2017 - January 2018 • 6:30 pm - 8:00pm**

Change Your Lifestyle, Change Your Life (CYL) is a once a week year long diabetes prevention program. Group classes are led by a lifestyle coach who teaches participants how to eat healthier and increase their physical activity. Program manual cost: \$50.

Senior Programs 240.777.4925

## Microflyers

**Wednesday • 12:30pm-2:30pm**

This is a model plane flying group for the active adult community.

## Sports Fitness (Game On)\*

**Senior Volleyball • Monday & Wednesday • 10:30am-12:30pm**

**Senior Basketball • Tuesday & Thursday • 9:00am-12:00pm**

**Senior Pickleball • Monday • 12:30pm-2:30pm (indoor court)**

\* Activities are free, but participants are required to have a gym membership.

## Clara Barton NRC

**Mondays & Wednesdays • 10:30am-3:00pm**

7425 MacArthur Blvd.  
Cabin John, MD 20818

**240-777-4910**

## Senior Sensations

Senior Sensations are celebrating over 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 and events as well as 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

**240-777-4925**

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".



**55+ PROGRAMS**





55+ PROGRAMS



### Gwendolyn E. Coffield CRC

**Tuesdays & Thursdays • 10:00am-1:00pm**

2450 Lyttonville Road  
Silver Spring, MD 20910

**240-777-4900**

Coffield CRC 55+ Active Adult Program will be offering a new Winter 2017 program series to include fun, challenging (Move IT, Baby Boomer Boogie) and relaxing (yoga, tai chi, meditation) exercises, individual instruction on how to use exercise equipment, computer and smartphone/equipment classes, musical and other entertainment. Topic-specific workshops on food, social issues, health discussions, photo club, flu shot clinic; mini-bus trips to local museums, shows and local venues, and open gym (basketball, walking and table tennis). Please contact the Center for information on activities, registration requirements, fees, etc.

### East County CRC \* +

**Tuesdays & Fridays • 10:00am-2:00pm**

3310 Gateshead Manor Way  
Silver Spring, MD 20904

**240-777-8093**

Weekly programs, social activities, exercise classes, and special events are scheduled for the fall. Contact the center for details. The center also offers a lunch program.

### Longwood CRC

**Mondays & Wednesdays • 10:00am-2:00pm**

19300 Georgia Avenue  
Brookeville, MD 20833

**240-777-6920**

### Zumba Gold

**Mondays • 9:00am**

**Wednesdays • 9:00am**

Registration is required. Designed to encourage cardio activity and exercise with Latin and Intl. music and dance. (instructor led)

### 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 led)

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

### Chair Exercise

**Mondays • 10:30am**

Stretch muscles, improve circulation and decrease stress. (Video led)

### Pickleball

**Tuesdays • 10:00am - 12:00pm**

**Thursdays • 12:30pm - 2:30pm**

### Lawton/ Bethesda Area

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

Jane E. Lawton CRC  
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 and tai chi.

### Diabetes Class

**Tuesday, January 3, 2017 - January 2018 • 6:30 pm - 8:00pm**

Change Your Lifestyle, Change Your Life (CYL) is a once a week year long diabetes prevention program. Group classes are led by a lifestyle coach who teaches participants how to eat healthier and increase their physical activity. Program manual cost: \$50.

### Tai Chi

**January 4, 2017 - February 8, 2017 (Six week session)**

Tai Chi is a wonderful relaxed workout, but it is a workout. Consistent practice improves balance and flexibility as it is practiced in the west today. It is often thought of as a moving form of yoga and meditation combined. Instructor: Juliet Verdi. Cost is \$45.

### Bone Builders Plus

**Mondays & Wednesdays • 10:00am-11:00am**

For more info see the strength training section of The Guide. This is a fee class.

### Open Gym

**Pickleball • Thursdays • 12:00pm-2:30pm**

This is a vigorous net game that gets the body moving across the court (indoor court).

### Spring Mini Trip

Spring Mini Trip to the African American Museum of History and Culture. Please call the center after the new year for updated trip information.

## Germantown CRC+

**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 Jong, arts and crafts, health and wellness classes and lectures. Come make new friends!

## Marilyn J. Praisner CRC+

**Tuesdays & Thursdays • 10:00am-2:00pm**

14906 Old Columbia Pike  
Burtonsville, MD 20866

**240-777-4970**

Programs include something for every senior, such as health and wellness learning, on-site movies, arts and crafts, guest speakers, entertainers and fitness activities for every level. Select from fitness classes, many free of charge, with modified exercises to accommodate beginners or advanced participants, including Tai Chi, Senior Fit and Bone Builders. Periodic mini-trips to local points of interest add another dimension to the array of carefully planned activities and events for active adults who love to be on-the-go!

## Chair Yoga

**2<sup>nd</sup> Thursday of the Month • 10:00am-11:00am**

A very gentle form of yoga designed for all levels. Stretch muscles, improve circulation and decrease stress.

## Bridge

**Mondays & Wednesdays • 1:00pm-4:00pm**

Beginners, intermediate, advanced alike. Want to play or want to learn to play; we have a table just for you.

## Line Dance

**Wednesdays • Noon-1:00pm**

Old school and new school line dances are a part of this fun filled class that teaches beginning and intermediate levels.

## Tai Chi

**Wednesdays • Noon-1:00pm**

Qi Gong/Tai Chi. Relaxing, moving and meditating is the focus of this class.

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

## Discussion Group

**Tuesdays • 10:30am-Noon**

Enjoy stimulating discussions on current events. Each session is conducted by a moderator so that everyone gets equal opportunity to speak and weekly topics are planned by participants.

## Mid-County CRC\*

**Tuesdays & Thursdays • 10:00am-2:00pm**

2004 Queensguard Road  
Silver Spring, MD 20906

**240-777-6820**

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

## Ross Boddy/Sandy Spring +

**Tuesdays & Thursdays • 10:00am-2:00pm**

Ross Body NRC  
18529 Brooke Road  
Sandy Spring, MD 20860

**240-777-8050**

Call us for exciting program offerings for the Winter! Call the center for details.

## Plum Gar CRC

**Tuesdays & Fridays • 10:00am-2:00pm**

19561 Scenery Drive  
Germantown, MD 20876

**240-777-4919**

Exciting program offerings for the Winter including tai chi, ballroom dancing and karaoke! Call the center for details.

## Ukulele Class

Please call the center for more details.

## CASSA (Chinese American Senior Services Association)

**Thursdays • 10:00am-2:00pm**

## Potomac CRC

**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. In addition, we offer a wide variety of exercise classes. Some are free and some require a nominal fee. Come join us!



**55+ PROGRAMS**





## Senior Sneakers Exercise Program

Montgomery County Recreation’s popular Senior Sneakers 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 at all of the centers below during their normal operating hours.

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

## Senior Sports Activities

Recreation offers many opportunities for individuals 55+ to participate in volleyball, basketball, badminton, pickleball, table tennis, billiards and other individual and team sports. Drop-In Gym programs only require individuals to get a \$30 a year open gym pass. There are also leagues offered at several locations that are co-sponsored with the Montgomery County Senior Sports Association (MCSSA). Call the sports team at 240-777-6810 for more information on league play. Aquatics offers many programs and classes. Call the aquatics team at 240-777-6860 for additional information.

### Open Gym Basketball

**Bauer Drive CRC**  
Tu, Th • 9:00am-Noon

### Open Gym Pickleball

**Bauer Drive CRC**  
M • 12:30pm-2:30pm  
**Clara Barton**  
M • Noon-1:30pm  
**Damascus CRC\***  
Tu, Th, Sa • 10:00am-Noon  
**East County**  
F • 12:30pm-2:30pm  
**Germantown CRC**  
W • 10:00am-Noon  
Su • Noon-2:00pm

**Jane E. Lawton CRC**  
Th • Noon-2:30pm  
**Longwood CRC**  
Tu • 10:00am-Noon  
Th • 6:00pm-8:45pm  
**Mid County CRC**  
M, W • 12:00pm-2:00pm  
Th • 6:00pm-8:45pm  
**Plum Gar CRC**  
W • 6:30pm-8:45pm  
**Potomac**  
Tu • 11:00am-1:00pm  
**Ross Boddy**  
M,W • 12:30pm-2:30pm  
Th • 6:00pm-8:30pm

**White Oak CRC**  
Th • 10:30am-12:30pm  
F • 6:00pm-8:45pm (call when available)

### Open Gym Sports

**Longwood CRC**  
M, W • Noon-3:00pm

### Open Gym Volleyball

**Bauer Drive CRC**  
M, W • 10:30am-12:30pm  
**Mid-County CRC**  
F • Noon-2:00pm  
**White Oak CRC**  
M • 10:30am-1:30pm

\* Open to all ages

# MARYLAND SENIOR OLYMPICS



Montgomery County Recreation is the host agency for the Maryland Senior Olympics. 2016 events are now over. They ran from the end of July through the first weekend of October. Congratulations to all of the athletes who competed and especially to those that qualified to compete in the National Senior Games next June in Alabama!

For more information visit [www.mdseiorolympics.org](http://www.mdseiorolympics.org) or call 240-777-4930

## 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

Tu, Th • 10:30am-11:15am

#### East County CRC

M, W, F • 10:45am-11:30am

#### Germantown CRC

Tu • 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)

Tu, Th • 9:00am-9:45am

#### Schweinhaut SC

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

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

#### White Oak SC

Tu, 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](http://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

#### Aerobics/Strength Training/Stretching

##### Clara Barton Community Recreation Center

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

### MedStar Montgomery Medical Center

Please register at [MedStarMontgomery.org/classes](http://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

Senior Programs 240.777.4925

#### 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

#### 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

#### Stability Ball

##### Holiday Park Senior Center

Mondays • 9:00am-9:45am

##### Margaret Schweinhaut Senior Center

Tuesdays • 11:00am-11:45am

#### 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 accommodation enables successful participation.**

## Water Fitness

### TR Adult Social Swim

Ages 18 & Up: For people with disabilities. Adapted aquatic exercise in a fun social setting. Get wet, get some exercise, make new friends then relax in the hot tub. 1 staff to 7 participants. No personal care provided.

8 Sessions	\$40		
Instructor:			
25220 MLK	1/10	T	8:00pm-9:00pm
25221 GISC	1/10	T	8:30pm-9:30pm
25237 KSAC	1/12	Th	8:00pm-9:00pm
25222 OSC	1/13	F	7:15pm-8:05pm
25223 OSC	1/13	F	8:00pm-9:00pm



## Check Out Our Adaptive Aquatic Classes Too!

Water Exercise - Adaptive  
pg. 16

Adaptive Aquatics Swim Lessons  
pg. 33

## General Fitness

### 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.

8 Sessions \$40  
25197 Damascus CRC 1/12 Th 7:00pm-8:00pm

### Funfit: Active Fitness Fun

Ages 14 & Up: Individuals with disabilities. A FUN-filled teen and adult high energy active class that includes group games, parachutes, music and more. This class reinforces group cooperation, balance, coordination, all while you're receiving a great workout. A \$5.00 materials fee is due to instructor at the first class. Participants must be able to indicate wants and needs. No personal care provided.

8 Sessions \$75  
Instructor: Celia Kibler  
25203 White Oak CRC 1/10 T 10:00am-10:45am

### 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.

8 Sessions \$40  
25241 Mid County CRC 1/12 Th 6:00pm-6:50pm  
25198 Upper County CRC 1/12 Th 7:00pm-7:50pm  
10 Sessions \$50  
25240 Holiday Park SC 1/7 Sa 10:00am-10:50am

### Moving with Mike

Ages 18 & Up: This is a class for people who want to get a work out while seated. It is designed for individuals with mobility issues but its great for anyone who wants to maintain joint flexibility and muscle strength in a small supportive group setting. Discussions will focus on ways to keep exercising outside of the class.

8 Sessions \$50  
Instructor: Mike Alalof  
25211 Germantown CRC 1/15 S 1:00pm-2:00pm



### **NEW** Spirit Club

Ages 14 & Up: S.P.I.R.I.T: Social-Physical-Interactive-Respectful-Integrated-Teamwork. This NEW specialized program for all abilities, led by a certified fitness instructor, focuses on balance, stability, flexibility, strength, endurance, agility, and social skills.

8 Sessions \$99  
Instructor: Spirit Club  
25216 Mid County CRC 1/12 Th 7:00pm-8:00pm  
25217 Quince Orchard Valley NP 1/23 M 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.

8 Sessions \$40  
25218 Glenmont LP 1/9 M 7:00pm-8:00pm  
25219 Bauer Drive CRC 1/12 Th 7:00pm-8:00pm

### TR Yoga Basics

Ages 15 & Up: Introduces beginning and continuing students to yoga principles of body alignment and breath awareness. Emphasis is placed on stretching the legs, back, and shoulders. Movements can be adapted by using a chair for seated poses and for balance for standing poses. Wear non-restrictive comfortable clothing. Bare feet are essential. Bring a yoga mat and blanket.

8 Sessions \$82  
Instructor: Irene Bopp  
25238 Bauer Drive CRC 1/10 T 4:30pm-5:30pm  
25239 White Oak CRC 1/12 Th 1:30pm-2:30pm

## Arts

### Beginning Handbuilt Pottery for Adults

Ages 18 & +Up: For people with disabilities. Hand building techniques includes decorating, firing, slab, coil and pinch methods. Participants must be able to indicate wants and needs. \$20 materials fee due to instructor. 1 staff 10 participants. No personal care provided.

8 Sessions \$73  
Instructor: Pamela Reid  
25194 White Oak CRC 1/11 W 10:30am-11:30am  
25195 White Oak CRC 1/11 W 12:00pm-1:00pm  
25196 White Oak CRC 1/11 W 1:30pm-2:30pm



# THE THERAPEUTIC RECREATION





THE THERAPEUTIC RECREATION

**Kaleidoscope Art**

Ages 16 & Up with disabilities: Fun always happens at this structured program offering arts and crafts using various media to create one of a kind art. Class is taught by certified art teacher with experience working with individuals with disabilities. Participants should be able to follow simple instructions, understand basic rules and express needs. 1 staff to 5 participants.

8 Sessions \$50  
25206 Plum Gar NRC 1/14 Sa 11:00am-12:30pm

**NEW Relaxation Through Coloring**

Ages 16 & Up with disabilities: Coloring is now the new way to relax, calm down and reenergize with an array of markers, crayons or pencils. Books and coloring mediums are provided. Class is taught by certified art teacher with experience working with individuals with disabilities. Participants should be able to follow simple instructions, understand basic rules and express needs. 1 staff to 5 participants.

8 Sessions \$50  
25212 Plum Gar NRC 1/14 Sa 1:00pm-2:30pm

**Valentines Card Crafting Workshop**

Ages 13 & Up: 2 hour workshop for people with disabilities - No experience necessary. We will make up to 6 Valentine's and related cards. You will learn basic card layout and design, stamping, stenciling, punching, embossing, die cutting and a wide variety of embellishment methods. \$5 supply fee due to instructor at class. Instructor provides all supplies. Contact Nancy Loomis at 301-897-8367 with any questions.

1 Session \$25  
Instructor: Nancy Loomis  
28046 Holiday Park SC 1/21 Sa 12:30pm-2:30pm

**Basketball**

**TR Basketball**

Ages 18 & Up: This is a Basketball program for individuals with disabilities. Each Team needs a minimum of 8 participant with a max of 15. A registration must be submitted for each team member. Each agency must provide a team manager/coach. Participants who are not with an agency should contact Matt Rowe 240-777-6895 to be placed on a team.

8 Sessions \$52  
28032 Mid County CRC 1/29 S 12:00pm-2:30pm

**General Dance**

**TR Intro to Ballet**

Ages 5-9: Youth with physical disabilities. Discover the basics and fundamentals of classic ballet vocabulary and technique. An informal and nurturing setting will introduce students to the importance of strength, flexibility, rhythm and musicality in a fun safe environment. Basics of performance will be covered over an 8 week session. A parent performance on the last day of class.

8 Sessions \$75  
Instructor: Robyn Lindsey  
25235 Germantown CRC 1/7 Sa 10:00am-10:45am  
25236 White Oak CRC 1/7 Sa 12:00pm-12:45pm

**Turn the Beat Around**

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

8 Sessions \$40  
25243 East County CRC 1/11 W 7:00pm-8:00pm  
10 Sessions \$50  
25242 Holiday Park SC 1/7 Sa 11:00am-12:00pm

**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.

10 Sessions \$93  
Instructor: TKA Inc.  
25207 Holiday Park SC 1/7 Sa 9:00am-9:45am  
25208 Holiday Park SC 1/7 Sa 10:00am-10:45am



## Specialty Programs

### **NEW** Brain Benders

Ages 7 & Up: Entertain and challenge your brain with fun games that test visual perception; pattern recognition; spatial relations; problem solving; matching and memory skills; and brain teasers. This program has varying degrees of challenging games. One staff to four participants.

6 Sessions \$30

#### **Ages 7-13**

25201 Mid County CRC 1/14 Sa 11:00am-11:50am

#### **Ages 14 & Up**

25200 Mid County CRC 1/14 Sa 10:00am-10:50am

## TR BIG Game Nights

Ages 13 & Up: Have fun playing over-sized games with your friends, and come make new friends too! Gym games, group games, board games, bingo, and more! Program meets second and fourth Friday of the month. 1 staff to 5 participants; no personal care. Theme nights make each night a new adventure:

1/13 Freaky Friday - wear fun mixed patterns and bright colors

1/27 Super Bowl Celebration - wear your favorite team jersey or colors

2/10 Cupid Shuffle - wear pink and red

2/24 Mardi Gras Night - wear purple, green and gold

3/10 St. Patty's Surprise - wear lots of green

5 Sessions \$40

25224 Bauer Drive CRC 1/13 F 7:00pm-9:30pm



**THE THERAPEUTIC  
RECREATION**





Get in the know...  
**NOW**

**RECREATION  
ALERTS**



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](http://montgomerycountymd.gov)!



## Special Events

### Icicle Ball

Ages 15 & Up: The snow and ice will sparkle outside while we light up the dance floor inside! All dancers pay \$10 at the door.

**January 28, 2017**  
**7:00pm-10:00pm**  
**Holiday Park Senior Center**  
**Activity #25199**



### POLAR BEAR Indoor Family Swim Pool Party

All Ages: Everyone is invited to enjoy an evening of water slides, floating in the leisure pool or relaxing in the spas! Parents and caregivers admitted free! Swim attire is required. No personal care provided. Cost \$4.

**March 3, 2017**  
**7:30pm-9:00pm**  
**Germantown Indoor Swim Center**  
**Activity #28461**



### SHAMROCK SHIMMEY

Ages 15 & Up: Celebrate St. Patrick's Day early with us! Wear your favorite green outfit and come look for the pot of gold. All dancers pay \$10 at the door.

**March 11, 2016**  
**7:00pm-10:00pm**  
**Holiday Park Senior Center**  
**Activity #25214**



## 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, Bowie Baysox baseball games 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.**

To be a club member, simply fill in the name of the club on the registration form, and pay the amount. You will receive a Calendar of Events that will have barcodes for each activity. All registrations should be sent to: MCR, Attn: Registrar, 4010 Randolph Road, Silver Spring, MD 20902

**New Fee: Annual membership (October-June) ONLY \$40, individual activity fees will vary.**

### Leisure Times Club

Adults, ages 18 and older with developmental disabilities.  
1 staff to 4 participants.

### Weekenders Club

Adults, ages 18 and older with learning disabilities, ADD/ADHD, and Asperger's.  
1 staff to 6 participants.

### Socializers

Adults, ages 21 and older with learning disabilities, physical disabilities, vision and/or hearing impairments. 1 staff to 10 participants.  
Base meeting site: Inwood House. Accessible Van transportation provided to activities



MONTGOMERY COUNTY RECREATION  
**SOAR**  
SENIOR OUTDOOR ADVENTURES IN RECREATION



SOAR offers day trips 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 will depart from and return to the Olney Manor Recreational Park.

**COMING THIS SPRING**

- Cherry Blossom Cruise · Tour of York, PA (includes the Harley Davidson Factory Tour) · Tours of Mormon Temple (visitor center and exterior) and the Museum of Health & Medicine · Baltimore Mansions Tour · Safari Tour at Lake Tobias Wildlife Park
- Ed Bears - John Wilkes Booth Escape · Then & Now Guided Tour of Baltimore · Harriet Tubman Tour on the Eastern Shore · Tour of Ladew Topiary Gardens & Mansions · and much more!

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!



**COMING THIS SPRING**

- The Philadelphia Flower Show · “Chicago” at the Kennedy Center
- Tours of JFK Center for the Performing Arts & U.S. Botanic Garden
  - Chanticleer Estate and Gardens, PA
  - “Jonah” at Sight & Sound Theatre
  - Front Porch Tea in Bloom, Hallam, PA
  - “Dover Days”, 300 Years Celebration, DE
  - Vintage Virginia, Centerville, VA
- First Sunday Arts Festival, Annapolis · Celebrate Lancaster, PA
- Shepherdstown Street Festival · and many more exciting trips!





## 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!

## Program Overview

Activities include creative arts, recreational sports, science, technology, engineering, mathematics, and more. Program days end at 5:30pm, Monday-Thursday.

Get involved NOW! After-School meals keep students energized, and EBB participants receive access to the 5:45pm Activity Bus.

Don't wait to sign up. Space is limited and there are NO registration fees!

## Locations

A. Mario Loiederman Middle School  
Argyle Middle School  
Col. E. Brooke Lee Middle School  
Forest Oak Middle School  
Francis Scott Key Middle School\*  
Roberto Clemente Middle School  
Montgomery Village Middle School  
Neelsville Middle School

\*starting February 2017



## Why Excel Beyond the Bell?

Excel Beyond the Bell provides youth with a safe, fun and engaging setting where they can discover their talents, and strengthen their life skills so they can succeed in school and life!

- Young people are productive, healthy and connected during out of school time.
- Staff are on-site daily to ensure your child is safe when you can't be with them.
- Youth can learn new skills, get help with their school work and enjoy leisure time with friends.

To learn more about Excel Beyond the Bell: visit [excelbeyondthebell.org](http://excelbeyondthebell.org), [montgomerycountymd.gov/rec](http://montgomerycountymd.gov/rec) or call 240-777-8080.

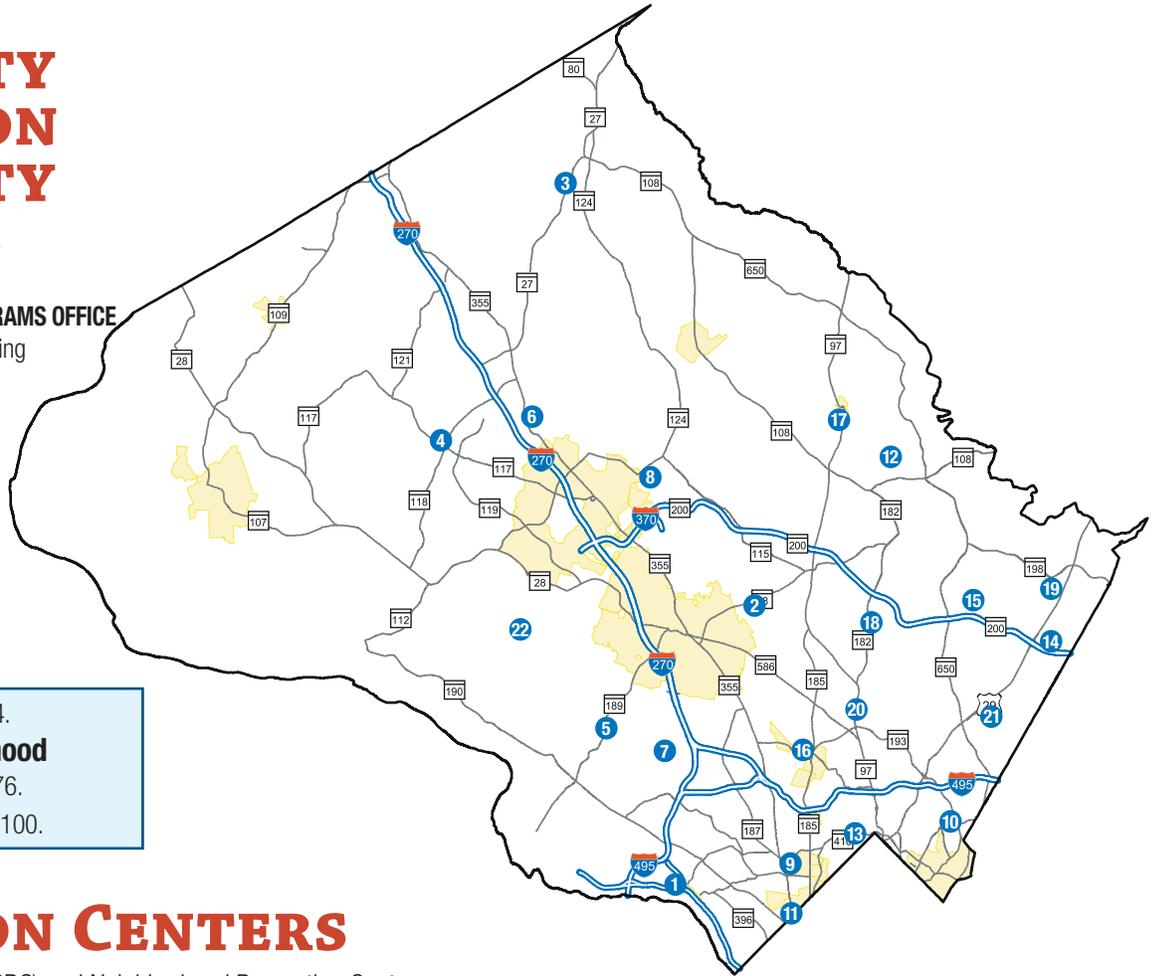




# COMMUNITY RECREATION COMMUNITY FACILITIES

**COMMUNITY FACILITIES AND PROGRAMS OFFICE**  
2004 Queensguard Road, Silver Spring  
240-777-4980

Community Facilities and programs consists of Senior and Senior Neighborhood Centers, Community Recreation and Neighborhood Recreation Centers



**Aquatic Centers:** See page 14.  
**Senior & Senior Neighborhood Centers:** Starting on page 76.  
**Facility Locations:** See page 100.

## 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.

- 1 Clara Barton NRC** 240-777-4910  
7425 MacArthur Boulevard, Cabin John
- 2 Bauer Drive CRC** 240-777-6922  
14625 Bauer Drive, Rockville
- 3 Damascus CRC** 240-777-6930  
25520 Oak Drive, Damascus
- 4 Germantown CRC** 240-777-8095  
18905 Kingsview Road, Germantown
- 5 Potomac CRC** 240-777-6960  
11315 Falls Road, Potomac
- 6 Plum Gar CRC** 240-777-4919  
19561 Scenery Drive, Germantown
- 7 Scotland NRC** 240-777-8075  
7700 Scotland Drive, Potomac
- 8 Upper County CRC** 240-777-8077  
8201 Emory Grove Road, Gaithersburg
- 9 Jane E. Lawton CRC** 240-777-6855  
4301 Willow Lane, Chevy Chase
- 10 Long Branch CRC** 240-777-6965  
8700 Piney Branch Road, Silver Spring

- 11 Wisconsin Place CRC** 240-777-8088  
5311 Friendship Boulevard, Chevy Chase
- 12 Ross J. Boddy CRC** 240-777-8050  
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**
- 16 Ken Gar Center**  
4111 Plyers Mill Road, Kensington
- 17 Longwood CRC** 240-777-6920  
19300 Georgia Avenue, Brookeville
- 18 Mid-County CRC** 240-777-6820  
2004 Queensguard Road, Silver Spring
- 19 Marilyn J. Praisner CRC** 240-777-4970  
14906 Old Columbia Pike, Burtonsville
- 20 Wheaton NRC** **Closed for Renovations**
- 21 White Oak CRC** 240-777-6940  
1700 April Lane, Silver Spring
- 22 Nancy H. Dacek North Potomac CRC** 240-773-4800  
13850 Travilah Road, Rockville

# PROGRAM LOCATIONS

## Arcola ES

Ballet .....	38
Kidz Dance .....	62

## Avant Garde Ballroom Dance Center

Bachata I .....	40
Beginner Social Dance .....	41
Hip Hop For Teens .....	39
Hip Hop For Youth .....	39
Salsa Club Dancing.....	41

## Bannockburn ES

Learn Now Music: Beginner Rock Band .....	42
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## Barnsley, Lucy ES

Salsa Intermediate (Couples).....	41
Swing (Couples) .....	41

## Bauer Drive CRC

55+ Bone Builders .....	77
Acrylic Painting Techniques .....	36
ACT The Workout-Fitness .....	48
Boot Camp for Better Bodies by Fit 2 Believe .....	53
Coach Doug Pre Wee Wanna Be.....	65
Coach Doug Wee Wanna Be.....	66
Community Basic First Aid and CPR_AED.....	50
Draw and Clay.....	35
Dynaerobics AND Body Sculpting .....	53
Dynaerobics Body Sculpting .....	53
Funfit Tots.....	66
Gentle Yoga.....	56
How to Have a Healthy Pregnancy .....	55
It's a Stitch .....	36
Jazzmatazz Low-Impact Aerobics .....	47
Karate/Jujitsu.....	61
Karate/Jujitsu Adult .....	61
Kelley's Complete Fitness Workout .....	49
Kidz Sew and Tell .....	35
Karate Clinics Winter Break .....	68
Learn Now Music: HeroeZ of Guitar .....	42
Learn Now Music: KeyZ to Piano .....	43
Learn Now Music: Little Fingers Piano ..	64
Learn Now Music: My First Music Class .....	64
Mama Goose on the Loose.....	66
Men's 40+ Drop-In Basketball.....	72
Men's Sunday Basketball League.....	72
Petite Soccer.....	65

Petite Soccer Parent and Child .....	65
Pilates for Fitness .....	52
PIYo .....	52
Strength Training by Fit to Believe.....	54
Stretch 'n Tone .....	87
Tai Chi, Beginning .....	55
Tai Chi, Continuing.....	55
TR BIG Game Nights .....	89
TR Yoga Basic .....	87
Yoga Basics .....	58
Yoga Fundamentals .....	58
Young Rembrandts: Cartoon Drawing ..	35
Zumba Fitness .....	48

## Bells Mill ES

Bricks4Kids: Construction Craze .....	69
Bricks4Kids: Winter Fun.....	69

## Bethesda ES

Ballroom I (Couples) .....	40
Ballroom II (Couples) .....	41
Karate/Jujitsu.....	61
Karate/Jujitsu Adult .....	61

## Bethesda-Chevy Chase HS

The Ultimate Boxing Boot Camp for Youth and Adults .....	54
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## Clara Barton NRC

55+ Bone Builders .....	77
Definition Body Sculpting .....	53
Definition Zumba.....	47
Karate/Jujitsu.....	61

## Clemente, Roberto MS

Fencing Beginner I.....	73
Fencing Beginner II .....	73
Fencing Intermediate .....	73

## Cold Spring ES

Bricks4Kids: Construction Craze .....	69
Bricks4Kids: Winter Fun.....	69

## Commotion Fitness Studio

Jillian Michael's Body Shred .....	50
Kickboxing .....	54

## Damascus CRC

55+ Bone Builders .....	77
Baton .....	73
Cardio 'n Core.....	87
Club Adventure.....	8

Jacki Sorensen's Aerobic Workout.....	47
Karate/Jujitsu.....	61
Karate/Jujitsu Adult .....	61

## Dansez! Dansez! Dansez! Dance Studio

PRE Ballet .....	62
PRE HipHop .....	63
PRE Tap .....	63

## Dawn Crafton Dance Studio

Dawn Crafton Dance Connection's Mommy & Me .....	62
Dawn Crafton Dance Connection's PRE-BALLET.....	63
Dawn Crafton Dance Connection's TAP/BALLET.....	63

## DuFief ES

Karate/Jujitsu.....	61
Karate/Jujitsu Adult .....	61

## East County CRC

Club Adventure - East County.....	8
Turn the Beat Around .....	88
Yoga Basics .....	58

## Eastern MS

Classic Vovinam Martial Arts - Advanced.....	59
Classic Vovinam Martial Arts - Beginners.....	59

## Fitness for Health

Adult Wellness.....	51
Healthy Heart Adult.....	51
Healthy Heart Youth .....	51
Slip and Fall Prevention .....	51

## Flower Valley ES

Act It Out!.....	69
Dramatic Kids! .....	69

## Frost, Robert MS

Fencing Beginner I.....	73
Fencing Beginner II .....	73
Fencing Intermediate .....	73

## Garrett Park ES

Abrakadoodle: Drawsters - Sketcher Kids .....	35
Qi Gong & Meditation .....	54
Tai Chi, Part I.....	55



# PROGRAM LOCATIONS

## Germantown CRC

55+ Bone Builders .....	77
Ballet .....	38
Baton .....	73
Category 4 Fitness Boot Camp .....	53
Coach Doug Pre Wee Wanna Be.....	65
Coach Doug Seasonal Sports .....	65
Coach Doug Soccer.....	65
Coach Doug Wee Wanna Be.....	66
Community Basic First Aid and CPR/AED .....	50
Dance Fit Zumba.....	47
Draw and Clay.....	35
Funfit Tots.....	66
Group Personal Training .....	49
Hip Hop for Kids.....	38
Hippo Hoppo .....	63
How to Have a Healthy Pregnancy.....	55
Karate/Jujitsu.....	61
Karate/Jujitsu Adults .....	61
Kidz Dance .....	62
Kinderstunde .....	67
Learn Now Music: HeroeZ of Guitar.....	42
Learning Art from the Masters.....	35
Little Royals Ballet .....	38
Moving with Mike.....	87
Stability Ball Workout.....	52
TR Intro to Ballet .....	88
Young Rembrandts: Cartoon Drawing .....	35
Young Rembrandts: PreSchool Drawing .....	62

## Germantown Indoor Swim Center

Adult Level 1.....	32
Adult Level 2.....	32
Adult Level 3.....	32
Adult Level 4.....	32
Aqua Cardio Dance.....	15
Aquatots .....	26
Beginner 1 .....	28
Beginner 2 .....	28
Beginner 3 .....	29
Beginner 4 .....	30
Deep Water Running .....	16
Diving National Team.....	17
High School Diving.....	17
Level 1: Human Springs .....	17
Level 2: Human Springs .....	17
Level 3: Human Springs .....	18

Lifeguard Training .....	20
Masters Swimming.....	18
Montgomery Stroke and Turn Clinic.....	19
Polar Bear Swim .....	90
Pre-School .....	27
Scuba .....	18
SwiMontgomery .....	19
TR Adult Swim .....	86
Water Aerobics.....	16
Water Exercise.....	16
Water Exercise - Adaptive.....	16
Waterbabies .....	26
Youth Level 1 .....	30
Youth Level 2 .....	30
Youth Level 3 .....	31
Youth Level 4 .....	31
Youth Level 5 .....	31
Youth Level 6 .....	31

## Glenallen ES

Karate/Jujitsu.....	61
Karate/Jujitsu Adult .....	61
Young Rembrandts: Cartoon Drawing .....	35

## Glenmont Local Park

Kelley's Complete Fitness Workout .....	49
Stretch 'N Tone .....	87

## Goshen ES

Learn Now Music: Beginner Rock Band.....	42
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## Gwendolyn Coffield CRC

55+ Bone Builders .....	77
Abrakadoodle: Twoosy Doodlers.....	62
Ballet .....	38
Ballroom III (Couples).....	41
Club Adventure.....	8
Essential Yoga For Beginner.....	56
Kidz Dance .....	62
Strength Training 101 Live Longer/Better .....	54

## Holiday Park Senior Center

ACT The Workout-Fitness .....	48
Adult Coloring Book Workshop .....	36
Adult Group Piano I .....	44
Adult Group Piano II .....	44
Adult Group Piano III .....	44
Adult Group Piano IV .....	44
Ballroom I (Couples).....	40

Ballroom II (Couples).....	41
Ballroom IV (Couples).....	41
Community Basic First Aid and CPR/AED .....	50
Dance & Fitness Add a Class.....	47
Icicle Ball.....	90
It's a Stitch .....	36
Jazzmatazz Aerobics W/Pilates Mat .....	47
Karate for Individuals with Disabilities .....	88
Karate/Jujitsu Club.....	61
Karate/Jujitsu Club 2.....	61
Shammrock Shimey .....	90
Stretch and Release .....	56
TR Zumba .....	87
Turn the Beat Around.....	88
Urban Line Dance .....	42
Valentines Card Crafting Workshop.....	37
Young Rembrandts: PreSchool Drawing .....	62

## Imagination Stage Dance Studio

Jillian Michael's Body Shred .....	50
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## Jane E. Lawton CRC

55+ Bone Builders .....	77
A New Me Fitness.....	49
Ballet and Dance Series I .....	38
Ballet and Dance Series II .....	38
Bone Builders - Plus.....	52
Boxing 4 Fitness @ 50yrs.....	53
Dance & Fitness.....	47
Easy Yoga .....	56
Hatha Yoga and Stress Mangement Beg/Con.....	57
How to Have a Healthy Pregnancy .....	55
It's a Stitch .....	36
Latin Dances (Couples) .....	41
Men's Sunday Basketball League.....	72
Men's Wednesday Basketball League...	72
Oil or Acrylic Painting - Your Choice! ....	36
Pilates for Fitness .....	52
Swing (couples) .....	41

## Johnson, Walter HS

Men's Sunday Basketball League.....	72
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## PROGRAM LOCATIONS

### Kennedy Shriver Aquatic Center

Abs & Glutes & More.....	15
Adapted Aquatics Lesson - Level 1 .....	33
Adapted Aquatics Lesson - Volunteer Assisted.....	33
Adult Level 1.....	32
Adult Level 2.....	32
Adult Level 3.....	32
Adult Level 4.....	32
Adult Level 5.....	33
Adult Swim for Conditioning 1 .....	33
Adult Swim for Conditioning 2 .....	33
Aqua Cardio Dance.....	15
Aqua Lite .....	15
Aquatots.....	26
Beginner 1 .....	28
Beginner 2 .....	29
Beginner 3 .....	29
Beginner 4 .....	30
Deep Water Running.....	16
Diving National Team.....	17
Hi/Lo Cardio Fusion .....	16
High School Diving.....	17
Level 1: Human Springs.....	17
Level 2: Human Springs.....	17
Level 3: Human Springs.....	18
Masters Diving.....	18
Pre-School .....	27
SwiMontgomery.....	19
TR Adult Swim .....	86
Water Aerobics.....	16
Water Exercise.....	16
Waterbabies .....	26
Youth Level 1 .....	30
Youth Level 2 .....	30
Youth Level 3 .....	31
Youth Level 4 .....	31
Youth Level 5 .....	31
Youth Level 6 .....	31

### Kensington Parkwood ES

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Karate and Iaido .....	60
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### Komodo USA - Gaithersburg

Komodo Abacus Mental Math.....	71
Komodo Reading & Writing.....	71

### Komodo USA - Germantown

Komodo Abacus Mental Math.....	71
Komodo Reading & Writing.....	71

### Kritt Studio

Drawing People With Kritt.....	36
Painting Nature With Kritt .....	36
Painting Sky and Water With Kritt .....	37

### Little Bennett ES

Hoops & Homework.....	72
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### Long Branch CRC

Club Adventure.....	8
Jazzmatazz Pre Ballet.....	39
Jazzmatazz Preschool Dance .....	63

### Longwood CRC

55+ Bone Builders .....	77
Adventures in Art .....	35
Art Studio .....	35
Cheerleading .....	73
Discovering Music for Toddlers.....	64
Karate/Jujitsu.....	61
Kelley's Complete Fitness Workout .....	49
Learn Now Music: The Violinist Within .....	42
Mindfulness Yoga & Meditation for Stress Relief .....	57

### Luxmanor ES

Abakadoodle: Drawsters - Sketcher Kids .....	35
Ballet Workout.....	52

### Marilyn J. Praisner CRC

55+ Bone Builders .....	77
ACT The Workout-Fitness .....	48
Adult Tap Dance .....	42
Better Balance Preventing Falls .....	51
Club Adventure.....	8
Dance Fit Zumba.....	47
Eat Well/Be Well: Disease Prevnt through Nutrition .....	55
Karate/Jujitsu.....	xx
Karate/Jujitsu Adult .....	xx
The Ultimate Boxing Boot Camp for Youth and Adults .....	xx
Yoga Basics .....	xx

### Martin Luther King Jr. Swim Center

AAU Developmental Group .....	17
AAU National Team .....	17
Abs & Glutes & More.....	15
Adult Level 1.....	32
Adult Level 2.....	32
Adult Level 3.....	32
Adult Level 4.....	32
Aqua Cardio Challenge .....	15
Aqua Cardio Dance.....	15
Aqua Lite .....	15
Aqua YO-Lates .....	16
Aquatots.....	26
Beginner 1 .....	28
Beginner 2 .....	29
Beginner 3 .....	29
Beginner 4 .....	30
Deep Water Running .....	16
Level 1: Human Springs.....	17
Level 3: Human Springs.....	18
Lifeguard Training .....	21
Masters Swimming .....	18
Montgomery Stroke and Turn Clinic.....	19
Pre-School .....	27
Scuba.....	18
Springs Diving Team - Homeschool Edition .....	18
SwiMontgomery.....	19
TR Adult Swim .....	86
Water Aerobics.....	16
Water Exercise.....	16
Water Exercise - Adaptive.....	16
Waterbabies .....	26
Youth Level 1 .....	30
Youth Level 2 .....	30
Youth Level 3 .....	31
Youth Level 4 .....	31
Youth Level 5 .....	31
Youth Level 6 .....	31

### Maryland Table Tennis Center

Ping Pong/Table Tennis.....	73
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# PROGRAM LOCATIONS

## Mid County CRC

- 55+ Bone Builders ..... 77
- Balance In Motion ..... 49
- Brain Benders ..... 89
- Club Adventure - Mid County ..... 8
- Dance & Fitness ..... 47
- Engineering FUNdamentals Using LEGO ..... 70
- How to Have a Healthy Pregnancy ..... 55
- Karate/Jujitsu ..... 61
- Karate/Jujitsu Adults ..... 61
- Mama Goose on the Loose ..... 66
- Music Together ..... 64
- Spirit Club ..... 87
- TR Basketball ..... 88
- TR Zumba ..... 87
- Women’s 18+ Drop-In Basketball ..... 72
- Yoga Basics ..... 58
- Yoga/Stretching for Your Relaxation ..... 58
- Zumba Fitness ..... 48

## North Potomac CRC

- 55+ Bone Builders ..... 77
- Abrakadoodle: Twoosy Doodlers ..... 62
- Ballet ..... 38
- Ballet for Adults ..... 40
- Chopped ..... 45
- Dance Fit Zumba ..... 47
- Handcrafted Pottery ..... 37
- Handcrafted Pottery Open Studio ..... 37
- Kids Cook-Off ..... 45
- Kidz Dance ..... 62
- Mama Goose on the Loose ..... 66
- Skills Dinner ..... 46
- Superhero Adventures ..... 45
- Young Rembrandts: Cartoon Drawing .. 35
- Young Rembrandts: PreSchool Drawing ..... 62

## Norbeck-Muncaster Mill Neighborhood Park

- Tai Chi, Beginning ..... 55
- Tai Chi, Continuing ..... 55

## Norwood Local Park

- Exploring Music and Piano Level I A ..... 43
- Exploring Music and Piano Level I B ..... 43
- Exploring Music and Piano Prep ..... 64
- Solfège ..... 43

## Oakland Terrace ES

- Coach Doug Seasonal Sports ..... 65
- Coach Doug Soccer ..... 65
- Coach Doug Wee Wanna Be ..... 66

## Olney ES

- Ballroom I (Couples) ..... 40
- Ballroom II (Couples) ..... 41

## Olney Swim Center

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Closing Notice:

Our recreation administrative office at:  
4010 Randolph Road,  
Silver Spring, MD 20902  
will be closed on  
**Thursday,  
December 8, 2016**



# LOCATIONS

## Elementary Schools

Arcola ES.....1820 Franwall AVE, Silver Spring, 20902  
 Bannockburn ES..... 6520 Dalroy LN, Bethesda 20817  
 Barnsley, Lucy ES.....14516 Nadine DR, Rockville 20853  
 Bells Mill ES .....8225 Bells Mill RD, Potomac 20854  
 Bethesda ES ..... 5011 Moorland LN, Bethesda, 20814  
 Cold Springs ES..... 9201 Falls Chapel WY, Potomac, 20854  
 DuFief ES..... 15001 DuFief DR, Gaithersburg, 20878  
 Flower Valley ES.....4615 Sunflower DR, Rockville, 20853  
 Garrett Park ES.....4810 Oxford ST, Kensington, 20895  
 Glenallan ES.....12520 Heurich RD, Silver Spring, 20902  
 Goshen ES .....8701 Warfield RD, Gaithersburg, 20882  
 Kensington-Parkwood ES..... 710 Saul RD, Kensington, 20895  
 Little Bennett ES ..... 23930 Burdette Forest RD, Clarksburg, 20871  
 Luxmanor ES ..... 6201 Tilden LN, Rockville, 20852  
 Oakland Terrace ES.....2720 Plyers Mill RD, Silver Spring, 20902  
 Olney ES.....3401 Queen Mary DR, Olney, 20832  
 Poolesville ES.....19565 Fisher AVE, Poolesville, 20837  
 Potomac ES ..... 10311 River RD, Potomac, 20854  
 Resnik, Judith A. ES..... 7301 Hadley Farms DR, Gaithersburg, 20879  
 Rock View ES.....3901 Denfeld AVE, Kensington, 20895  
 Rolling Terrace ES..... 705 Bayfield ST, Takoma Park, 20912  
 Stedwick ES .....10631 Stedwick RD, Montgomery Village, 20886  
 Strawberry Knoll ES ..... 18820 Strawberry Knoll RD, Gaithersburg, 20879

## Middle Schools

Clemente MS .....18808 Waring Station RD, Germantown, 20874  
 Eastern MS .....300 University BLVD, Silver Spring, 20901  
 Frost, Robert MS.....9201 Scott DR, Rockville, 20850  
 Parkland MS.....4610 W Frankfort DR, Rockville, 20853  
 Tilden MS .....11211 Old Georgetown RD, Rockville, 20852  
 Wood, Earl B. MS.....14615 Bauer DR, Rockville, 20853

## High Schools

Bethesda-Chevy Chase HS.....4301 Eastwest HWY, Bethesda, 20814  
 Johnson, Walter HS ..... 6400 Rock Spring DR, Bethesda, 20814

## Parks

Glenmont LP .....3201 Randolph RD, Wheaton, 20906  
 Norwood LP .....4700 Norwood DR, Chevy Chase, 20815  
 Norbeck-Muncaster Mill NP .....4101 Muncaster Mill RD, Norbeck, 20853  
 Quince Orchard Valley NP..... 12015 Suffolk TER, Gaithersburg, 20878  
 Viers Mill LP..... 4425 Garrett Park RD at Beach DR, Veirs Mill, 20906

## Other Facilities

Avant Garde .....5268 M Nicholson LN, N. Bethesda, 20895  
 Dansez! Dansez! ..... 4907 Rugby AVE, Bethesda, 20814  
 Dawn Crafton Dance Studio ..... 152 Gibbs ST, Rockville, 20850  
 Commotion Fitness Studio .....13097 Wisteria DR, Germantown, 20874  
 Fitness for Health..... 11140 Rockville Pike, Rockville, 20852  
 Imagination Stage Dance Studio ..... 4908 Auburn AVE, Bethesda, 20814  
 Komodo USA Gaithersburg .. 402 Main St., Suite #200 B, Gaithersburg, 20878  
 Komodo USA Germantown.....19727 Executive Park CR, Germantown, 20874  
 Kritt Studio ..... 14817 Brownstone DR, Burtonsville, 20866  
 Maryland Table Tennis Center.....18761 Q Frederick RD, Gaithersburg, 20879  
 Restore Motion..... 5410 Edson LN, #350, Rockville, 20850  
 Yoga Plus Bethesda.....8200 Hamilton Springs CT, Bethesda, 20817  
 Yoga Plus Potomac.....9908 S Glen RD, Potomac, 20854

## Recreation Facilities

Bauer Drive CRC.....14625 Bauer DR, Rockville, 20853  
 Clara Barton NRC .....7425 MacArthur BLVD, Cabin John, 20818  
 Damascus CRC .....25520 Oak DR, Damascus, 20872  
 Damascus SC.....9701 Main ST, 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  
 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 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 SC..... 1201 Jackson RD, Silver Spring, 20904  
 MCR Offices .....4010 Randolph RD, Silver Spring, 20902  
 Mid County CRC.....2004 Queensguard RD, Silver Spring,20906  
 North Potomac CRC ..... 13850 Travilah RD, Rockville, 20850  
 Olney Swim Center..... 16601 Georgia AVE, Olney, 20832  
 Plum Gar CRC..... 19561 Scenery DR, Germantown, 20874  
 Potomac CRC ..... 11315 Falls RD, Potomac, 20854  
 Ross Boddy NRC.....18529 Brooke RD, Sandy Spring, 20860  
 Scotland NRC ..... 7700 Scotland DR, Potomac, 20854  
 Upper County CRC..... 8201 Emory Grove RD, Gaithersburg,20877  
 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



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)					<b>Total Amount Due: Cantidad Total:</b>

\* 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
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 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**.

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 Si necesita ayuda para llenar este formulario, por favor llame al **240-777-6840**.

Cardholder Signature | Firma del Dueño de la Tarjeta \_\_\_\_\_

<b>*SIGNATURE IS REQUIRED*   *SE REQUIERE LA FIRMA*</b>	
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>	



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