

MONTGOMERY COUNTY

GUIDE



MONTGOMERY COUNTY
Recreation



WINTER 2018-2019

RECREATION AND PARKS PROGRAMS

SKATING & HOCKEY

BASKETBALL

NATURE & SCIENCE

SENIOR PROGRAMS

TRIPS & TOURS

INDOOR TENNIS

FITNESS

BOTANICAL ART

DANCE

HIKES & HISTORY

SWIM LESSONS

and much more!





SUMMER CAMPS FAIR

Saturday, January 26, 2019
Noon - 3 p.m.

Free

- Information on hundreds of camps offered by Montgomery County Recreation
- Interactive demos for kids
- Raffles and prizes

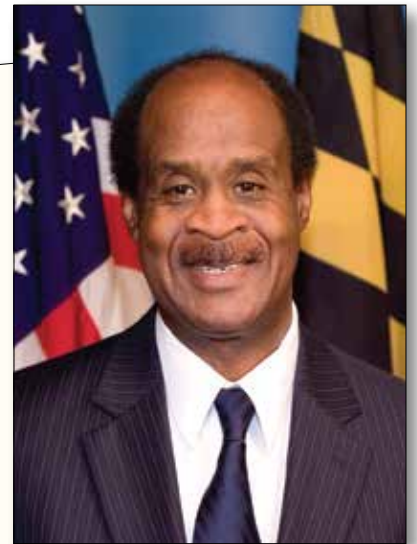
NANCY H. DACEK NORTH POTOMAC
COMMUNITY RECREATION CENTER
13850 Travilah Road, Rockville
240-777-6811 | Hablamos Español



FROM THE COUNTY EXECUTIVE



Winter 2018-2019



Dear Montgomery County Resident:

The winter issue of the Montgomery County Guide for Recreation and Parks programs features a variety of activities and programs to keep you active and engaged during these colder months.

Check out the indoor, walking programs at one of our community or senior centers, or swim lessons at any of our four, indoor aquatic centers. As you turn the pages of the guide, I invite you to explore the Montgomery County Recreation activity or program that fits both your schedule and your lifestyle.

Special events include the 21st annual Montgomery County Thanksgiving Parade at 10 a.m. Saturday, November 17, in downtown Silver Spring. You will find more holiday-related celebrations and family fun events in this guide to take you through late fall and into the new year of 2019!

If your new year's resolution is to lead a healthier and more active life, the Recreation programming in this guide offers many options. Staying active is essential to maintaining both our physical and mental health. Social activity is just as vital to our overall well-being as physical activity. To encourage us to stay active and socially engaged, this issue of the guide features many opportunities, including the annual juried Holiday Craft Show at Bauer Drive Community Center, the popular Senior Sneaker exercise program for boomers 55 and older, and our popular youth and adult basketball leagues.

Finally, as I conclude 12 years as your County Executive, I sincerely wish you and your family a wonderful holiday season and a happy, healthy New Year! I want to thank you for allowing me the privilege to serve you. It has truly been an honor. I hope to see you out and about during the upcoming year; and remember: Be safe, be healthy and be active, Montgomery!

Sincerely,

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

Isiah Leggett,
County Executive

A look Inside...

Winter 2018-2019
Recreation and Parks Programs



Active 55+ Adults Programs69

Aquatics12

Adaptive Aquatics15

Water Fitness Classes13

Diving16

Masters Swimming17

Scuba17

Developmental Swim18

Swim Team18

Lifeguard Training19

Swim Lessons23

Classes33

Arts and Crafts34

Dance38

Music43

Cooking46

Fitness47

Wellness53

Martial Arts59

School Break61

STEAM62

Employment Opportunities

Contractors & Staff22

Aquatics Part-Time Staff34

Extras

Summer Camps Fair Inside Front Cover

Thanksgiving Parade4

Good Hope Opening5

Holiday Craft Show6

Active Gift Cards7

Montgomery County Recreation
4010 Randolph Rd., Silver Spring, MD 20902

240-777-6840
mocrecom.com



Swim
Lessons
pg. 23



Bauer Drive Holiday Craft Show



Holiday
Craft
Show
pg. 6



STEAM
pg. 62



Active Adults
pg. 69



Dance
pg. 38

Community Calendar	8
Kid Museum	10
Scuba Santa	32
Maryland Senior Olympics	70
Facility Addresses	88
Programs by Location	83
Recreation Centers	82
Registration Form	Inside Back Cover
Sports	64
Adult Leagues	67
Therapeutic Recreation	75
Trips and Tours	79
Youth Development	80



Montgomery Parks

The Maryland-National Capital Park and Planning Commission

Montgomery Parks Info Begins	89
Josiah Henson Park Pavers	91
Montgomery Parks Facility Directory	92
Woodlawn Manor Cultural Park Programs	94
Brookside Garden Programs	96
Garden of Lights	99
Nature Center Programs	100
Forest to Fitness	102
Homeschool Science Social	115
Montgomery Parks Summer Camps	118
Ice Skating and Hockey Classes	121
National Skating Month/Hockey Weekend	131
Indoor Tennis Classes	139
Wheaton Party Packages	145
ACEing Autism	146
South Germantown Driving Range	149
Volunteer Opportunities	150
Montgomery Parks Foundation	151



Sports
pg. 64



Youth
Development
pg. 98



Maple
Sugaring
pg. 108



Winter Solstice
Campfire
pg. 116



Public Skating
Sessions
pg. 126

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 240-777-6840. Ofrecemos una variedad de actividades para que personas de todas las edades puedan participar. Si tiene alguna sugerencia sobre otro tipo de programas, llámenos al 240-777-6840.



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



**Registration
for many
Montgomery Parks
Winter classes opens
November 13**

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



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Montgomery
Parks



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Montgomery County

Thanksgiving PARADE

Saturday, November 17, 2018 . 10 AM

Downtown Silver Spring
On Georgia Avenue from
Ellsworth Drive to Silver Spring Avenue

Free!
¡Gratis!

silverspringdowntown.com mcorec.com 240.777.0311 Hablamos Español 240.777.6840 @mcorec





GOOD HOPE NEIGHBORHOOD RECREATION CENTER

Now Open

FOR MORE INFORMATION INCLUDING
HOURS OF OPERATION VISIT
MOCOREC.COM/CENTERS

14715 GOOD HOPE ROAD, SILVER SPRING
240-777-8055 | Hablamos Español
mocorec.com



Bauer Drive Community Recreation Center

Holiday Craft Show

Saturday, December 1, 2018 / 10 a.m.-4 p.m.
Free Admission

Featuring local and regional artists' original works of fine art, photography, fabric arts, jewelry, candles, holiday decorations, wood work and more. Food vendors on-site.
Free parking.

Bauer Drive Community Recreation Center
14625 Bauer Drive, Rockville
240-777-6922 | Hablamos Español

www.mocorec.com



MONTGOMERY COUNTY
Recreation





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HEALTH.WELLNESS.
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& MORE.**

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at **ActiveMONTGOMERY.org**

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MONTGOMERY

Celebrate the holidays



MONTGOMERY COUNTY THANKSGIVING PARADE

at Downtown Silver Spring

10 a.m.

Free. All ages. Parade begins on Georgia Avenue and runs from Ellsworth Drive to Silver Spring Avenue.



HOLIDAY CRAFT SHOW at Bauer Drive CRC

10 a.m. - 4 p.m.

Free. All ages. Local and regional artists' original works of fine art.



WINTER WONDERLAND SKATE AND KARAOKE PARTY at Plum Gar CRC

5 - 8:30 p.m.

Free. All ages. Children under eight must be accompanied by an adult. Skating, karaoke, refreshments and more. Activity 59875.



HOLIDAY NIGHT OUT & CONCERT at Longbranch CRC

6 - 10 p.m.

Free, pictures with Santa \$10. Enjoy a night of music and holiday cheer. Activity 58999.



SANTA'S WORKSHOP & WINTER WONDERLAND at Damascus CRC

6:30 - 9 p.m.

Free. All ages. Ice skating, music, and stories of the winter wonderland.



COCOA AND CRAFTS at Ross Boddy NRC

1 - 3 p.m.

Free. Gingerbread house contest, crafts and games, sweet treats, cocoa and hot cider. Activity 59071



Days with Recreation

Dec.

2

BREAKFAST WITH SANTA at North Potomac CRC

9:30 - 11:30 a.m.

\$5 per person. All ages welcome.
Enjoy crafts, breakfast and a picture
with Santa. Activity 59435.

Dec.

2

SCUBA DIVE WITH SANTA at Olney Swim Center

Noon - 4 p.m.

All ages. Donations of \$5 or
nonperishable food
item suggested.



Dec.

8

WINTER AT LONGWOOD at Longwood CRC

6 - 9 p.m.

Free. All ages. Children under 12 must
be accompanied by adult. Indoor ice-less
skating rink, moon bounce, photo booth,
and hot chocolate bar. Activity 56516.

Dec.

8

WINTER WONDERLAND at Mid-County CRC

Noon - 3 p.m.

Free. All ages. Moon bounce, games,
prizes, arts and crafts, hot cocoa, pictures
with Santa, puppet show. Explore
handmade goods for sale by local artisans
and crafters. Activity 51948.



Dec.

15

SANTA'S WORKSHOP at Holiday Park SC

Noon - 2 p.m.

Free. For individuals with disabilities and
their family. Pictures with Santa and Mrs.
Claus, craft activities and games in a sensory
friendly environment. Activity 53218.

Dec.

15

SANTA'S WORKSHOP & HOLIDAY FAIR at Coffield CRC

11 a.m. - 2 p.m.

Free. All ages. Breakfast, sugar cookie
decoration, games and more.
Activity 59241.



Register at www.ActiveMONTGOMERY.org



INSPIRING & EMPOWERING THE NEXT GENERATION TO INVENT THE FUTURE.

KID Museum is an innovative learning space unlike any other in the Washington, DC region. The museum provides hands-on learning that incorporates STEM, art, and culture with 21st century skills like creativity and critical thinking.

Engineering • Coding • Robotics • 3D Design
Woodshop • Textiles & much more!

Saturdays & Sundays
Drop-In 10am–5pm

Mondays–Fridays
*Group Visits &
After-School Programs*



EASIER TO NAVIGATE

MOBILE/TABLET FRIENDLY

UPDATED INFORMATION

— VISIT US AT —
WWW.MOCOREC.COM



Aquatics

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

INDOOR POOLS

*All pools closed November 22, December 25, and January 1.

*All pools will close at 3 p.m. on December 24 and 31.

**Martin Luther King, Jr
Swim Center (MLK)**
240-777-8060
1201 Jackson Road
Silver Spring, MD 20904

Closed:
Feb. 22-24

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

**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
Boyds, MD 20841

Closed:
**Dec. 13-16, Jan. 18-20,
Feb. 8-9 & Feb. 15-17**

Family Recreational Swims

Recreational and lap-swim sessions are available daily at each pool. Patrons may pay admission for each entry or purchase a family, pair, senior or individual pool pass. Groups of more than six must contact pool management for additional information.

Swimming Instruction

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

Rentals and Parties

Groups can rent space at GISC, KSAC, OSC and MLK for events. Party rooms are available as well. Contact the facility or visit www.mocorec.com for available times and fees.

Website Information

Find schedules online for swim lessons, safety training (lifeguard training), masters swim training, diving, water fitness classes and swim team, as well as general pool use. Visit www.mocorec.com for more information.

WATER FITNESS CLASSES

Water Exercise, Deep Water Running, and Water Aerobics classes are offered at each indoor pool.

- The program fee covers only the class and locker room use. If you wish to use the facility before or after class you must pay the admission fee.
- No swimming experience is required. For Deep Water Running student must be comfortable in deep water.
- Entrance to locker rooms is permitted 10 minutes prior to class.
- Physician release form is required if pregnant.
- Physician consultation is recommended prior to participation in any exercise program.
- MCR does not schedule make-up classes for inclement weather. Make-up passes are available from instructors. Withdrawal policies are listed on page 152.
- For more information, contact Linda Costello at 301-924-3488 or wellnet1@aol.com, or Teresa Shelton at 410-491-3000 or tsshelton100@yahoo.com.



WATER FITNESS

Water Fitness

Abs & Glutes & More

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

9 Sessions \$59

Instructor: H2O Fitness

58621 MLK	1/7	M	10:00am-10:50am
58624 KSAC	1/8	T	9:00am-9:50am
58622 MLK	1/9	W	10:00am-10:50am
58623 MLK	1/10	Th	8:30pm-9:20pm
58625 KSAC	1/10	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.

9 Sessions \$52

Instructor: H2O Fitness

58627 MLK	1/6	S	5:00pm-5:50pm
58626 MLK	1/8	T	8:30pm-9:20pm

"Great fun and excellent instructor!"

-Alexis K

Aqua Cardio Dance

Ages 12 & Up: A 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: H2O Fitness

58628 KSAC	1/11	F	10:00am-10:50am
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9 Sessions \$59

Instructor: Wellness Network

58661 OSC	1/6	S	9:00am-9:50am
Instructor: H2O Fitness			
58629 MLK	1/8	T	9:30am-10:20am
58630 MLK	1/10	Th	9:30am-10:20am

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.

9 Sessions \$59

Instructor: Wellness Network

58662 OSC	1/7	M	10:00am-10:50am
58665 KSAC	1/7	M	11:00am-11:50am
58663 OSC	1/9	W	10:00am-10:50am
58666 KSAC	1/9	W	11:00am-11:50am
58664 OSC	1/11	F	10:00am-10:50am

One website...
thousands
of possibilities!

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ActiveMONTGOMERY.org



WATER FITNESS

**Aqua Spin**

Ages 12 & Up: Patrons of all fitness levels can spin their wheels on a stationary bike in the water. This invigorating class combines the best of a cycle spinning class with a water exercise class. Some of these benefits include: high intensity workout using the water to cushion and protect the joints as well as facilitate high caloric burn, lean muscle building of upper and lower body, and cardio conditioning. Get ready to have fun! Aqua shoes are mandatory.

7 Sessions \$60

Instructor: H2O Fitness

59786 KSAC 1/11 F 8:00pm-8:50pm

8 Sessions \$68

Instructor: H2O Fitness

59784 KSAC 1/10 Th 1:00pm-1:50pm

58633 MLK 1/11 F 7:30pm-8:20pm

58635 MLK 1/12 Sa 7:00pm-7:50pm

9 Sessions \$77

Instructor: Wellness Network

59785 KSAC 1/7 M 8:00am-8:50am

Instructor: H2O Fitness

58632 MLK 1/8 T 10:30am-11:20am

58636 MLK 1/9 W 7:30am-8:20am

59783 KSAC 1/9 W 12:30pm-1:20pm

58656 KSAC 1/9 W 8:30pm-9:20pm

58631 MLK 1/10 Th 10:30am-11:20am

58634 MLK 1/11 F 9:00am-9:50am

60311 MLK 1/11 F 6:30am-7:20am

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

58637 MLK 1/11 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 may be purchased at the pool for \$20.

8 Sessions \$52

Instructor: H2O Fitness

58641 KSAC 1/11 F 9:00am-9:50am

Instructor: Wellness Network

58668 KSAC 1/10 Th 7:30pm-8:20pm

58672 GISC 1/10 Th 9:30am-10:20am

9 Sessions \$59

Instructor: H2O Fitness

58642 MLK 1/7 M 1:00pm-1:50pm

58639 KSAC 1/8 T 10:00am-10:50am

58643 MLK 1/8 T 7:30am-8:20am

58644 MLK 1/8 T 7:30pm-8:20pm

58648 MLK 1/9 W 1:00pm-1:50pm

58640 KSAC 1/10 Th 10:00am-10:50am

58645 MLK 1/10 Th 7:30am-8:20am

58646 MLK 1/10 Th 7:30pm-8:20pm

58647 MLK 1/11 F 11:00am-11:50am

Instructor: Wellness Network

58670 GISC 1/7 M 10:30am-11:20am

58675 OSC 1/7 M 7:15pm-8:05pm

58674 GISC 1/7 M 7:50pm-8:40pm

58676 OSC 1/8 T 8:30am-9:20am

58669 GISC 1/8 T 10:00am-10:50am

58677 OSC 1/8 T 10:30am-11:20am

58667 KSAC 1/8 T 7:45pm-8:35pm

58678 OSC 1/8 T 8:15pm-9:05pm

58684 OSC 1/9 W 6:30am-7:20am

58671 GISC 1/9 W 10:30am-11:20am

58679 OSC 1/9 W 7:15pm-8:05pm

58680 OSC 1/10 Th 9:00am-9:50am

58681 OSC 1/10 Th 11:00am-11:50am

58682 OSC 1/10 Th 8:15pm-9:05pm

58683 OSC 1/11 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.

8 Sessions \$52

Instructor: H2O Fitness

58649 KSAC 1/11 F 11:30am-12:20pm



ADAPTIVE AQUATICS

Water Exercise - Adaptive

Ages 14 & Up: This course is designed for those individuals with physical and developmental disabilities. Participant will have the opportunity to enjoy exercise in the water. Workout includes using balls and noodles to encourage movement and exercise. 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.

9 Sessions \$104

Instructor: H2O Fitness

58658 MLK 1/6 S 4:00pm-4:50pm

Instructor: Wellness Network

58699 GISC 1/9 W 11:30am-12:20pm

Adapted Aquatics Lesson - Level 1

Ages 18 & Up: This is a learn-to-swim program for those individuals with physical and developmental disabilities. This success-oriented program targets individuals who do not currently meet the prerequisites for participating in an inclusive environment. The program is designed to develop basic swim skills in a structured setting under the guidance of an instructor with the support of a family member or caregiver in the water with the student. Participants must be accompanied in the water by a caregiver and in arms reach at all times.

6 Sessions \$65

60417 KSAC 1/7 M 10:45am-11:15am

Adapted Aquatics Lesson - Volunteer Assisted

Ages 4-17: This is a learn-to-swim program for children who have special needs. These classes are taught in a small group environment. Each child will have an assigned volunteer at all times. All participants must fill out and sign the information and release form at the first class. Students are allowed to register for only one (1) class per session. Class size is limited to 8 students.

6 Sessions \$65

60418 KSAC 1/5 Sa 9:45am-10:15am

60419 KSAC 1/5 Sa 10:35am-11:05am

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.

7 Sessions \$46

Instructor: Wellness Network

58687 GISC 1/10 Th 7:50pm-8:40pm

9 Sessions \$59

Instructor: Wellness Network

58685 GISC 1/7 M 9:30am-10:20am

58688 KSAC 1/7 M 10:00am-10:50am

58691 OSC 1/8 T 9:30am-10:20am

58692 OSC 1/8 T 7:15pm-8:05pm

58689 KSAC 1/9 W 10:00am-10:50am

58686 OSC 1/9 W 8:15pm-9:05pm

58693 OSC 1/10 Th 10:00am-10:50am

58694 OSC 1/10 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.

9 Sessions \$59

Instructor: H2O Fitness

58652 MLK 1/7 M 9:00am-9:50am

58654 KSAC 1/7 M 8:30pm-9:20pm

58655 KSAC 1/8 T 11:30am-12:20pm

58653 MLK 1/9 W 9:00am-9:50am

58657 KSAC 1/10 Th 11:30am-12:20pm

Instructor: Wellness Network

58696 OSC 1/7 M 9:00am-9:50am

58697 OSC 1/9 W 9:00am-9:50am

58695 GISC 1/9 W 9:30am-10:20am

58698 OSC 1/11 F 9:00am-9:50am



ADAPTIVE AQUATICS





DIVING

High School Diving

Ages 13-18: This group is perfect for divers interested in trying out for a 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. All participants must pay a \$15 team fee and sign up for the email newsletter at www.montgomerydiveclub.org.

\$275

Instructor: Built By Beavers

59197	KSAC	12/3	M	8:00pm-9:30pm
59200	GISC	12/3	M	8:30pm-10:00pm
59199	GISC	12/5	W	8:30pm-10:00pm
59198	KSAC	12/6	Th	8:00pm-9:30pm

Level 1: Human Springs

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

\$145

Instructor: Built By Beavers

59202	KSAC	12/3	M	4:15pm-5:00pm
59211	GISC	12/3	M	4:30pm-5:15pm
59203	KSAC	12/3	M	5:00pm-5:45pm
59201	KSAC	12/4	T	4:15pm-5:00pm
59210	KSAC	12/5	W	4:15pm-5:00pm
59212	GISC	12/5	W	4:30pm-5:15pm
59204	KSAC	12/5	W	5:00pm-5:45pm
59209	OSC	12/5	W	5:00pm-5:45pm
59208	GISC	12/6	Th	4:30pm-5:15pm
59205	KSAC	12/7	F	4:15pm-5:00pm

Level 2: Human Springs

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

\$275

Instructor: Built By Beavers

59220	GISC	12/3	M	5:15pm-6:45pm
59217	GISC	12/4	T	5:00pm-6:30pm
59219	KSAC	12/4	T	5:00pm-6:30pm
59222	GISC	12/5	W	5:15pm-6:45pm
59216	KSAC	12/6	Th	4:30pm-6:00pm
59218	GISC	12/6	Th	5:15pm-6:45pm
59221	KSAC	12/7	F	5:00pm-6:30pm
59223	GISC	12/7	F	5:15pm-6:45pm

Level 2/3: Human Springs

Ages 8-18: This is a combined Level 2 and Level 3 class. These 90-minute classes are for students with some experience in summer diving, trampoline, gymnastics or dance, who are interested in improving their diving skills. Divers will learn skills on the 1-meter and 3-meter springboards as well as poolside. Divers must be comfortable jumping off the 1-meter springboard and swimming in deep water. All participants must pay a \$15 team fee per quarter and sign up for the email newsletter at www.montgomerydiveclub.org.

\$275

Instructor: Built By Beavers

59215	OSC	12/5	W	5:45pm-7:15pm
59214	KSAC	12/9	S	8:30am-10:00am

Level 3: Human Springs

Ages 8-18: These 90-minute classes are for students with past diving experience from summer diving or Level 2. Participants can already perform an inward dive and a front 1½. All participants must pay a \$15 team fee per quarter and sign up for the email newsletter at www.montgomerydiveclub.org.

\$275

Instructor: Built By Beavers

59224	KSAC	12/3	M	6:30pm-8:00pm
59227	KSAC	12/4	T	6:30pm-8:00pm
59225	KSAC	12/5	W	6:30pm-8:00pm
59226	KSAC	12/6	Th	6:00pm-7:30pm
59228	KSAC	12/7	F	6:30pm-8:00pm

Masters Diving

Ages 19 & Up: It's never too late to learn to dive. This program is for adults who want to try diving, or former competitive divers. All participants must pay a \$15 team fee and sign up for the email newsletter at www.montgomerydiveclub.org.

14 Sessions

\$275

Instructor: Built By Beavers

59229	KSAC	12/3	M	8:00pm-9:30pm
59230	KSAC	12/6	Th	8:00pm-9:30pm

Springs Diving Team - Homeschool Edition

Ages 6-18: This class is appropriate for Level 2 and 3 divers who are homeschooled. All participants must pay a \$15 team fee each quarter and sign up for the email newsletter at www.montgomerycountymd.org.

\$275

Instructor: Built By Beavers

59826	KSAC	12/3	M	11:30am-1:00pm
59827	KSAC	12/5	W	11:30am-1:00pm
59828	KSAC	12/7	F	11:30am-1:00pm

DIVING



USAD Developmental Group

Ages 6-12: 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 on dry land (for a separate fee). Divers will learn basics on 1-meter and 3-meter. Participants must pay a \$300 team fee each year and sign up for the email newsletter at www.montgomerydiveclub.org. For more information and to try out contact info@montgomerydiveclub.org.

\$400

Instructor: Built By Beavers

59234 KSAC 12/4 T,Th 5:00pm-7:00pm

59235 GISC 12/4 T,Th 4:30pm-6:30pm

SPECIAL INTEREST

Kayak Rolling

Ages 5 & Up: Practice kayak rolling and other skills in the main and deep pools. Must provide own kayak and safety equipment. This is not an instructional course. For all skill levels.

1 Session

\$15

55987 OSC 11/25 S 5:15pm-7:45pm

55992 OSC 12/23 S 5:15pm-7:45pm

55989 OSC 12/30 S 5:15pm-7:45pm

60339 OSC 2/3 S 5:15pm-7:45pm

Masters

Ages 18 & Up: Designed specifically for adult swimmers who seek a structured workout with a professional coach. Local or national competition is available for those who wish to compete. Triathletes welcome. Swimmers need to be proficient in most strokes and advanced enough to circle swim a workout. Training is offered at all indoor pools. For more information, contact Clay Britt at 301-996-7946 or clay@claybrittswimming.com.

59495 1 day per week 12/30-4/20 \$120

59497 2 days per week 12/30-4/20 \$175

59499 3 days per week 12/30-4/20 \$220

59500 4 days per week 12/30-4/20 \$260

59502 5 days per week 12/30-4/20 \$295



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on Twitter



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County
Recreation
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on Instagram



Fall/Winter/Spring Master's Swimming Schedule	
GISC	KSAC
M: 6:30am-7:30am	Su: 8:00am-10:00am
Tu: 8:30pm-10:00pm	Tu: 8:30pm-10:00pm
W: 6:30am-7:30am	Th: 8:30pm-10:00pm
Th: 8:30pm-10:00pm	F: 8:30pm-9:30pm
F: 6:30am-7:30am	
MLK	OSC
M: 8:30pm-10:00pm	Tu: 8:30pm-10:00pm
W: 8:30pm-10:00pm	Th: 8:30pm-10:00pm
	Sa: 7:30am-9:00am

Scuba

Ages 14 & Up: Includes lectures and swimming pool sessions covering safe snorkeling and SCUBA diving techniques. Use of all SCUBA equipment is included in the course fee. A mandatory swim evaluation will be conducted at the first class, and students must demonstrate comfort in the water. Successful completion of the course, written evaluation, and required open water certification dives will earn the student an internationally recognized SCUBA Diver certification card. Bring a swimsuit and towel to all sessions. Students must bring their personal equipment (mask, snorkel, fins, fin boots and weight belt) beginning with the second class. Required equipment and additional fees will be described at first class session. Please contact Joe at 301-873-4327 or diveeatsleep@yahoo.com or Scott Hagedorn at 240-372-9691 or Training@scubaadventure.org.

8 Sessions

\$265

Instructor: Joe M. Lodmell

58797 MLK 2/6 W 7:00pm-10:00pm

Instructor: Scott Hagedorn

58796 OSC 2/11 M 7:00pm-10:00pm

58795 GISC 2/12 T 7:00pm-10:00pm

SPECIAL INTEREST





DEVELOPMENTAL SWIM

SwiMontgomery

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

18 Sessions

\$280

Instructor: Montgomery Stroke And Turn Clinic

59506	OSC	1/7	M,W	7:15pm-8:00pm
59505	MLK	1/7	M,W	7:30pm-8:15pm
59507	GISC	1/8	T,Th	7:45pm-8:30pm
59508	KSAC	1/8	T,Th	7:45pm-8:30pm

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.

Montgomery Stroke and Turn Clinic

Ages 5-18: The Montgomery Stroke and Turn Clinic has served the swimming community for over 22 years. MSTC is designed for swimmers who wish to improve their ability to swim the four competitive strokes, learn correct starts and turns, gain strength and have fun. This is not a training program, but coaches will work on proper stroke mechanics and techniques to prepare swimmers for the upcoming summer season. Swimmers must be able to swim 25 yards or 25 meters without stopping. Program meets for 22 sessions. There will be no clinic on Dec. 23, Dec. 30, Feb. 3, Apr. 21 and five other Sundays which will be announced at the first session. Please visit www.mstcswim.com for more information.

Instructor: Montgomery Stroke And Turn Clinic

22 Sessions

\$400

52031	GISC	10/21-5/19	S	6:00pm-6:55pm
52032	GISC	10/21-5/19	S	7:00pm-7:55pm
52028	KSAC	10/21-5/19	S	5:00pm-5:55pm
52029	KSAC	10/21-5/19	S	6:00pm-6:55pm
52030	KSAC	10/21-5/19	S	7:00pm-7:55pm
52036	MLK	10/21-5/19	S	6:00pm-6:55pm
52037	MLK	10/21-5/19	S	7:00pm-7:55pm
52033	OSC	10/21-5/19	S	5:00pm-5:55pm
52034	OSC	10/21-5/19	S	6:00pm-6:55pm
52035	OSC	10/21-5/19	S	7:00pm-7:55pm

WWW.RMSCSWIMMING.COM



INDIVIDUAL PROGRESS
TEAM UNITY

NATIONALLY RECOGNIZED
5 PRACTICE SITES

Rockville, Silver Spring, Bethesda, Olney, and Germantown



LIFEGUARD TRAINING

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

This course will train students to be certified in American Red Cross Lifeguarding, First Aid and CPR/AED for Professional Rescuer. Certifications are valid for two years. Attendance is required at all sessions to earn certification. Students must be at least 15 years old by the last day of the course. Proof of age is required at the first class. This course includes a pre-course check, which takes place on the first date listed for each Lifeguard Training course. Participants must pass the pre-course to continue. The pre-course consists of three parts:

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

Enrollment in this course does not guarantee certification. Students must pass written and physical exams. Cost of the course is \$195.

Germantown Indoor Swim Center

Session Date Begins End

LGT 2: Course 55158 Feb./March 2019

Pre-Course	Friday, Feb. 22	6:00pm	7:30pm
Session 1	Friday, Feb. 22	7:30am	9:30pm
Session 2	Saturday, Feb. 23	9:30am	12:30pm
Session 3	Saturday, Feb. 23	1:00pm	4:00pm
Session 4	Sunday, Feb. 24	9:30am	12:30pm
Session 5	Sunday, Feb. 24	1:00pm	4:00pm
Session 6	Saturday, Mar. 2	9:30am	12:30pm
Session 7	Saturday, Mar. 2	1:00pm	4:00pm
Session 8	Sunday, Mar. 3	9:30am	12:30pm
Session 9	Sunday, Mar. 3	1:00pm	4:00pm

LGT 3: Course 55159 March 2019

Pre-Course	Friday, Mar. 8	6:00pm	7:30pm
Session 1	Friday, Mar. 8	7:30am	9:30pm
Session 2	Saturday, Mar. 9	9:30am	12:30pm
Session 3	Saturday, Mar. 9	1:00pm	4:00pm
Session 4	Sunday, Mar. 10	9:30am	12:30pm
Session 5	Sunday, Mar. 10	1:00pm	4:00pm
Session 6	Saturday, Mar. 16	9:30am	12:30pm
Session 7	Saturday, Mar. 16	1:00pm	4:00pm
Session 8	Sunday, Mar. 17	9:30am	12:30pm
Session 9	Sunday, Mar. 17	1:00pm	4:00pm

LGT 4: Course 55160 April 2019 MCPS Spring Break

Pre-Course	Friday, Apr. 12	6:00pm	7:30pm
Session 1	Friday, Apr. 12	7:30pm	9:30pm
Session 2	Saturday, Apr. 13	9:30am	12:30pm
Session 3	Saturday, Apr. 13	1:00pm	4:00pm
Session 4	Sunday, Apr. 14	9:30am	12:30pm
Session 5	Sunday, Apr. 14	1:00pm	4:00pm
Session 6	Wednesday, Apr. 17	2:00pm	5:00pm
Session 7	Wednesday, Apr. 17	5:30pm	8:30pm
Session 8	Thursday, Apr. 18	2:00pm	5:00pm
Session 9	Thursday, Apr. 18	5:30pm	8:30pm

Session Date Begins End

LGT5: Course 55161 June 2019

Pre-Course	Friday, June 14	6:00pm	7:30pm
Session 1	Friday, June 14	7:30am	9:30pm
Session 2	Saturday, June 15	9:30am	12:30pm
Session 3	Saturday, June 15	1:00pm	4:00pm
Session 4	Sunday, June 16	9:30am	12:30pm
Session 5	Sunday, June 16	1:00pm	4:00pm
Session 6	Monday, June 17	2:00pm	5:00pm
Session 7	Monday, June 17	5:30pm	8:30pm
Session 8	Tuesday, June 18	2:00pm	5:00pm
Session 9	Tuesday, June 18	5:30pm	8:30pm

Kennedy Shriver Aquatic Center

Session Date Begins End

LGT 2: Course 55542 December 2018

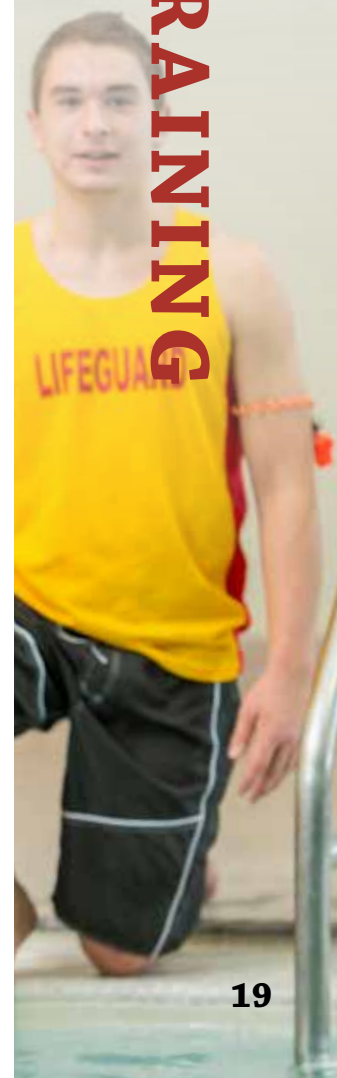
Pre-Course	Friday, Dec. 21	7:30pm	9:00pm
Session 1	Saturday, Dec. 22	9:00am	12:00pm
Session 2	Saturday, Dec. 22	1:00pm	5:00pm
Session 3	Sunday, Dec. 23	9:00am	12:00pm
Session 4	Sunday, Dec. 23	1:00pm	5:00pm
Session 5	Wednesday, Dec. 26	9:00am	12:00pm
Session 6	Wednesday, Dec. 26	1:00pm	5:00pm
Session 7	Thursday, Dec. 27	9:00am	12:00pm
Session 8	Thursday, Dec. 27	1:00pm	5:00pm
Session 9	Friday, Dec. 28	9:00am	12:00pm

LGT 3: Course 55543 Feb./March 2019

Pre-Course	Friday, Feb. 22	7:30pm	9:00pm
Session 1	Saturday, Feb. 23	9:00am	12:00pm
Session 2	Saturday, Feb. 23	1:00pm	5:00pm
Session 3	Wednesday, Feb. 27	6:30pm	9:30pm
Session 4	Saturday, Mar. 2	9:00am	12:00pm
Session 5	Saturday, Mar. 2	1:00pm	5:00pm
Session 6	Wednesday, Mar. 6	6:30pm	9:30pm
Session 7	Saturday, Mar. 9	9:00am	12:00pm
Session 8	Saturday, Mar. 9	1:00pm	5:00pm
Session 9	Sunday, Mar. 10	9:00am	12:00pm



LIFEGUARD TRAINING





Kennedy Shriver Aquatic Center

Session	Date	Begins	End
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LGT 4: Course 55544 *March/April 2019*

Pre-Course	Friday, Mar. 29	7:30pm	9:00pm
Session 1	Saturday, Mar. 30	9:00am	12:00pm
Session 2	Saturday, Mar. 30	1:00pm	5:00pm
Session 3	Wednesday, Apr. 3	6:30pm	9:30pm
Session 4	Saturday, Apr. 6	9:00am	12:00pm
Session 5	Saturday, Apr. 6	1:00pm	5:00pm
Session 6	Wednesday, Apr. 10	6:30pm	9:30pm
Session 7	Saturday, Apr. 13	9:00am	12:00pm
Session 8	Saturday, Apr. 13	1:00pm	5:00pm
Session 9	Sunday, Apr. 14	9:00am	12:00pm

LGT 5: Course 55545 *June 2019*

Pre-Course	Friday, June 14	7:30pm	9:00pm
Session 1	Saturday, June 15	9:00am	12:00pm
Session 2	Saturday, June 15	1:00pm	5:00pm
Session 3	Monday, June 17	9:00am	12:00pm
Session 4	Monday, June 17	1:00pm	5:00pm
Session 5	Wednesday, June 19	9:00am	12:00pm
Session 6	Wednesday, June 19	1:00pm	5:00pm
Session 7	Friday, June 21	9:00am	12:00pm
Session 8	Friday, June 21	1:00pm	5:00pm
Session 9	Saturday, June 22	9:00am	12:00pm

MLK Swim Center

Session	Date	Begins	End
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LGT 3: Course 55473 *Dec. 2018*

MCPS Winter Break

Pre-course	Monday, Dec 17	7:00pm	9:30pm
Session 1	Thursday, Dec 20	6:30pm	10:00pm
Session 2	Monday, Dec 24	9:00am	12:30pm
Session 3	Monday, Dec 24	1:00pm	4:00pm
Session 4	Wednesday, Dec 26	9:00am	12:30pm
Session 5	Wednesday, Dec 26	1:00pm	4:00pm
Session 6	Thursday, Dec 27	9:00am	12:30pm
Session 7	Thursday, Dec 27	1:00pm	4:00pm
Session 8	Friday, Dec 28	9:00am	12:30pm
Session 9	Friday, Dec 28	1:00pm	4:00pm

LGT 4: Course 55475 *April 2019*

MCPS Spring Break

Pre-course	Thursday, April 11	7:00pm	9:30pm
Session 1	Monday, April 15	6:30pm	10:00pm
Session 2	Wednesday, Apr 17	9:00am	12:30pm
Session 3	Wednesday, Apr 17	1:00pm	4:00pm
Session 4	Thursday, Apr 18	9:00am	12:30pm
Session 5	Thursday, Apr 18	1:00pm	4:00pm
Session 6	Friday, Apr 19	9:00am	12:30pm
Session 7	Friday, Apr 19	1:00pm	4:00pm
Session 8	Saturday, Apr 20	9:00am	12:30pm

Olney Swim Center

Session	Date	Begins	End
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LGT 2: Course 55833 *Dec. 2018*

MCPS Winter Break

Pre-course	Wednesday, Dec 19	7:00pm	9:30pm
Session 1	Thursday, Dec 27	9:00am	12:30pm
Session 2	Thursday, Dec 27	1:00pm	5:00pm
Session 3	Friday, Dec 28	9:00am	12:30pm
Session 4	Friday, Dec 28	1:00pm	5:00pm
Session 5	Saturday, Dec 29	9:00am	12:30pm
Session 6	Saturday, Dec 29	1:00pm	5:00pm
Session 7	Sunday, Dec 30	9:00am	12:30pm
Session 8	Sunday, Dec 30	1:00pm	5:00pm
Session 9	Monday, Dec 31	9:00am	3:30pm

LGT 3: Course 55834 *Feb. 2019*

Pre-course	Wednesday, Feb 13	7:00pm	9:30pm
Session 1	Saturday Feb 16	9:00am	12:30am
Session 2	Saturday Feb 16	1:00pm	5:00pm
Session 3	Sunday, Feb 17	9:00am	12:30am
Session 4	Sunday, Feb 17	1:00pm	5:00pm
Session 5	Wednesday, Feb 20	6:30pm	10:00pm
Session 6	Saturday Feb 23	9:00am	12:30am
Session 7	Saturday Feb 23	1:00pm	5:00pm
Session 8	Sunday, Feb.24	9:00am	12:30am
Session 9	Sunday, Feb.24	1:00pm	5:00pm

LGT 5: Course 55836 *April 2019*

MCPS Spring Break

Pre-course	Sunday, April 7	1:30pm	3:30pm
Session 1	Saturday, Apr 13	9:00am	12:30pm
Session 2	Saturday, Apr 13	1:00pm	5:00pm
Session 3	Sunday, Apr 14	9:00am	12:30pm
Session 4	Sunday, Apr 14	1:00pm	5:00pm
Session 5	Wednesday, Apr 17	9:00am	12:30pm
Session 6	Wednesday, Apr 17	1:00pm	5:00pm
Session 7	Thursday, Apr 18	9:00am	12:30pm
Session 8	Thursday, Apr 18	1:00pm	5:00pm
Session 9	Friday, Apr 19	9:00am	3:30pm

LGT 6: Course 55837 *June 2019*

Pre-course	Sunday, June 9	1:30pm	3:30pm
Session 1	Saturday, June 15	9:00am	12:30pm
Session 2	Saturday, June 15	1:00pm	5:00pm
Session 3	Sunday, June 16	9:00am	12:30pm
Session 4	Sunday, June 16	1:00pm	5:00pm
Session 5	Monday, June 17	9:00am	12:30pm
Session 6	Monday, June 17	1:00pm	5:00pm
Session 7	Tuesday, June 18	9:00am	12:30pm
Session 8	Tuesday, June 18	1:00pm	5:00pm
Session 9	Wednesday, June 19	9:00am	3:30pm

LGT 7: Course 55838 *July 2019*

Pre-course	Saturday, July 13	2:30pm	4:30pm
Session 1	Monday, July 15	9:00am	12:30pm
Session 2	Monday, July 15	1:00pm	5:00pm
Session 3	Tuesday, July 16	9:00am	12:30pm
Session 4	Tuesday, July 16	1:00pm	5:00pm
Session 5	Wednesday, July 17	9:00am	12:30pm
Session 6	Wednesday, July 17	1:00pm	5:00pm
Session 7	Thursday, July 18	9:00am	12:30pm
Session 8	Thursday, July 18	1:00pm	5:00pm
Session 9	Friday, July 19	9:00am	3:30pm

LIFEGUARD TRAINING



BE A HERO!

OUR LIFEGUARDING CLASSES
OFFER THE TRAINING YOU
NEED TO BECOME A
RED CROSS CERTIFIED
LIFEGUARD.



Lifeguard Training - Accelerated

This class meets for three days from 9 a.m. to 7 p.m.

\$230

Instructor: Aquatic Training and Consulting Services

MLK Swim Center

Session	Date	Begins	Ends
LGT 1: Course 55564		May 2019	
Session 1	Tuesday, May 14	9:00am	7:00pm
Session 2	Wednesday, May 15	9:00am	7:00pm
Session 3	Thursday, May 16	9:00am	7:00pm

Olney Swim Center

Session	Date	Begins	Ends
LGT 1: Course 55561		May 2019	
Session 1	Tuesday, May 21	9:00am	7:00pm
Session 2	Wednesday, May 22	9:00am	7:00pm
Session 3	Thursday, May 23	9:00am	7:00pm
LGT 2: Course 55562		May 2019	
Session 1	Tuesday, May 28	9:00am	7:00pm
Session 2	Wednesday, May 29	9:00am	7:00pm
Session 3	Thursday, May 30	9:00am	7:00pm

LGT 3: Course 55563

June 2019

Session 1	Tuesday, June 4	9:00am	7:00pm
Session 2	Wednesday, June 5	9:00am	7:00pm
Session 3	Thursday, June 6	9:00am	7:00pm

Upper County Outdoor Pool

Session	Date	Begins	Ends
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LGT 1: Course 55565

June 2019

Session 1	Tuesday, June 18	9:00am	7:00pm
Session 2	Wednesday, June 19	9:00am	7:00pm
Session 3	Thursday, June 20	9:00am	7:00pm

Lifeguard Training Review

Ages 15 & Up: Students looking to renew their lifeguard certification can take this review class if their certification is still current or recently expired. Students will receive their e-cert directly from the Red Cross usually within seven days of class completion.

\$160

Instructor: Aquatic Training and Consulting Services

Kennedy Shriver Aquatic Center

Session	Date	Begins	Ends
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LGT 1: Course 55573

June 2019

Session 1	Saturday, June 15	8:00am	10:00pm
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Martin Luther King Jr. Swim Center

Session	Date	Begins	Ends
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LGT 1: Course 55566

Dec. 2018

Session 1	Saturday, December 30	8:00am	10:00pm
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LGT 2: Course 55567

Feb. 2019

Session 1	Saturday, February 23	8:00am	10:00pm
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LGT 3: Course 55568

March 2019

Session 1	Saturday, March 30	8:00am	10:00pm
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LGT 4: Course 55569

April 2019

Session 1	Saturday, April 20	8:00am	10:00pm
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LGT 5: Course 55570

May 2019

Session 1	Saturday, May 11	8:00am	10:00pm
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Olney Swim Center

Session	Date	Begins	Ends
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LGT 1: Course 55571

May 2019

Session 1	Friday, May 24	8:00am	10:00pm
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LGT 2: Course 55572

May 2019

Session 1	Saturday, May 25	8:00am	10:00pm
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LIFEGUARD TRAINING





Lifeguard Instructor Course

This course will train you to be certified as an American Red Cross Lifeguard Instructor including, First Aid and CPR/AED for Professional Rescuer. Certifications are valid for 2 years. Attendance is required at all sessions in order to be certified. Students must be 17 years old by the last day of the course. Proof of age is required at the first class. This course includes a pre-course check. The pre-course consists of successful completion of the American Red Cross Lifeguard Review. You must pass the pre-course to continue on to the Lifeguard Instructor Course.

\$290

Germantown Indoor Swim Center

Session	Date	Begins	Ends
LGI 1: Course 55179		Dec. 2018 - Jan. 2019	
Pre-Course	Friday, December 28	5:00pm	9:00pm
Pre-Course	Saturday, December 29	9:30am	4:00pm
Pre-Course	Sunday, December 30	9:30am	4:00pm
Session 1	Wednesday, January 2	5:00pm	9:00pm
Session 2	Saturday, January 5	9:30am	2:30pm
Session 3	Sunday, January 6	9:30am	2:30pm
Session 4	Saturday, January 12	9:30am	2:30pm
Session 5	Sunday, January 13	9:30am	2:30pm

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.



Pool Operator Course

This course will prepare participants to take the Montgomery County pool operators test. Students must be at least 17 years old and must attend all classes. Note: students must apply to the Department of Health and Human Services for the County Pool Operators License. A pool operator review course is also available. For more information visit www.aquatictrainingservice.com.

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LIFEGUARD TRAINING

Swim Lessons



Indoor Swim Lesson
Registration will begin

November 13
at 6:30 a.m.
for residents

November 14 at 6:30 a.m.
for non-residents

Registrations will not be processed
before this time.

Please note the following:

Parents: in order to assist us in offering a quality program for your child, we ask that you do not remain at the class unless it is otherwise stated in the description. Experience has shown that children are easily distracted.

Observation is allowed from designated areas only. At some facilities, clear observation may not be possible. Observation is not possible at the MLK pool.

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

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

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

For a detailed list of skills taught in each class, please inquire at the pool where you will be taking lessons.



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.

Indoor courses meet for six 30-minute sessions. Fees range from \$58 to \$67 depending on the level and the number of participants. Non-county residents are charged an additional \$15 fee.

Read course descriptions carefully and select the level at which the student has mastered all prerequisite skills. Review the Guidelines for Placement in Swim Classes on the following page.

If you are unsure of the student's level or ability, evaluations are available at each indoor facility for one hour after the last lesson every Saturday and Sunday. All other times are by appointment.

Registrations will not be accepted after the first lesson. There are no transfers. If you have enrolled in the incorrect level, you will be withdrawn and withdrawal fees will apply.

Ways to Register for Swim Lessons



ActiveMONTGOMERY.org

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



Walk in at Aquatic Facilities

Registrations can be processed at any of our pools.



Guidelines for Placement in Swim Classes

Parent-Assisted Lessons

Waterbabies (Ages 6-18 months) Aquatots (Ages 18 months-3) Pre-School (Ages 3-5)

Class Requirements:

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

Class Objectives:

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

Level 1

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.

Class Objectives:

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

Level 2

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 do arm strokes. Parents do not accompany children.

Class Objectives:

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

Level 3

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 including front and back glides, kicking, arm strokes on front and back and rhythmic breathing. Parents do not accompany children.

Class Objectives:

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

Level 4

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

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) and backstroke, and be comfortable in deep water.

Class Objectives:

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

Level 6

Youth (Ages 7-13)

Adult (Ages 14+)

Class Requirements:

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

Class Objectives:

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

Waterbabies

Ages 6m-18m: 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 30 minute sessions. Class size is limited to 10 students.

6 Sessions

\$58

Germantown Indoor Swim Center

59306	1/5	Sa	10:25am-10:55am
59307	1/6	S	9:45am-10:15am

Kennedy Shriver Aquatic Center

59678	1/5	Sa	10:20am-10:50am
59679	1/5	Sa	11:40am-12:10pm
59680	1/6	S	9:40am-10:10am
59681	1/6	S	11:40am-12:10pm
59682	1/7	M	9:30am-10:00am
59683	1/8	T	10:00am-10:30am

Martin Luther King Jr. Swim Center

59561	1/6	S	10:00am-10:30am
59562	1/6	S	10:40am-11:10am

Olney Swim Center

59400	1/5	Sa	10:30am-11:00am
59401	1/6	S	10:30am-11:00am
59402	1/8	T	5:20pm-5:50pm

Reminder



In parent assisted classes, only one adult may be in the pool with a child. Observation

is not allowed on deck for an additional adult.

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 30 minute sessions. Class size is limited to 10 students.

6 Sessions

\$58

Germantown Indoor Swim Center

59253	1/5	Sa	11:45am-12:15pm
59254	1/5	Sa	12:25pm-12:55pm
59255	1/6	S	11:05am-11:35am
59256	1/6	S	12:25pm-12:55pm
59257	1/9	W	6:10pm-6:40pm

Kennedy Shriver Aquatic Center

59613	1/5	Sa	9:00am-9:30am
59614	1/5	Sa	12:20pm-12:50pm
59615	1/6	S	9:00am-9:30am
59616	1/6	S	11:00am-11:30am
59617	1/8	T	9:30am-10:00am
59618	1/9	W	6:10pm-6:40pm
59619	1/10	Th	10:00am-10:30am
59620	1/10	Th	5:30pm-6:00pm

Martin Luther King Jr. Swim Center

59535	1/6	S	11:20am-11:50am
59533	1/7	M	5:50pm-6:20pm
59534	1/9	W	5:10pm-5:40pm

Olney Swim Center

59330	1/5	Sa	9:50am-10:20am
59331	1/5	Sa	1:10pm-1:40pm
59332	1/6	S	9:50am-10:20am
59333	1/6	S	8:30am-9:00am
59334	1/6	S	11:10am-11:40am
59335	1/8	T	6:00pm-6:30pm
59336	1/9	W	6:20pm-6:50pm



SWIM LESSONS





Pre-School

Ages 3-5: Basic water adjustment continues, but simple water skills are now emphasized. Infants/children who are not toilet trained MUST wear a swim diaper and separate rubber/vinyl pants. An adult must accompany EACH student in the water. Courses meet for six 30 minute sessions. Class size is limited to 10 students.

6 Sessions

\$58

Germantown Indoor Swim Center

59301	1/5	Sa	11:05am-11:35am
59302	1/5	Sa	1:05pm-1:35pm
59303	1/6	S	10:25am-10:55am
59304	1/6	S	11:45am-12:15pm
59305	1/9	W	5:30pm-6:00pm

Kennedy Shriver Aquatic Center

59670	1/5	Sa	11:00am-11:30am
59671	1/5	Sa	1:00pm-1:30pm
59672	1/6	S	10:20am-10:50am
59673	1/6	S	1:00pm-1:30pm
59674	1/8	T	10:30am-11:00am
59675	1/8	T	3:30pm-4:00pm
59676	1/8	T	6:10pm-6:40pm
59677	1/10	Th	9:30am-10:00am

Martin Luther King Jr. Swim Center

59560	1/6	S	12:00pm-12:30pm
59558	1/7	M	6:30pm-7:00pm
59559	1/9	W	6:30pm-7:00pm

Olney Swim Center

59393	1/5	Sa	9:10am-9:40am
59394	1/5	Sa	11:10am-11:40am
59395	1/5	Sa	12:30pm-1:00pm
59396	1/6	S	9:10am-9:40am
59397	1/8	T	6:40pm-7:10pm
59398	1/9	W	5:40pm-6:10pm
59399	1/10	Th	6:00pm-6:30pm

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 30 minute sessions. Class size is limited to 5 students.

6 Sessions

\$67

Germantown Indoor Swim Center

59258	1/5	Sa	9:45am-10:15am
59259	1/5	Sa	10:25am-10:55am
59260	1/5	Sa	11:05am-11:35am
59261	1/5	Sa	11:45am-12:15pm
59262	1/5	Sa	12:25pm-12:55pm
59263	1/5	Sa	1:05pm-1:35pm
59264	1/6	S	9:45am-10:15am
59265	1/6	S	10:25am-10:55am
59266	1/6	S	11:05am-11:35am
59267	1/6	S	12:25pm-12:55pm
59274	1/7	M	5:30pm-6:00pm
59268	1/8	T,Th	5:00pm-5:30pm
59269	1/8	T,Th	5:00pm-5:30pm
59270	1/8	T,Th	6:20pm-6:50pm
59275	1/9	W	5:30pm-6:00pm
59271	2/5	T,Th	5:00pm-5:30pm
59272	2/5	T,Th	6:20pm-6:50pm
59273	2/5	T,Th	6:20pm-6:50pm

Kennedy Shriver Aquatic Center

59621	1/5	Sa	9:40am-10:10am
59622	1/5	Sa	10:20am-10:50am
59623	1/5	Sa	1:00pm-1:30pm
59624	1/6	S	9:00am-9:30am
59625	1/6	S	10:20am-10:50am
59626	1/6	S	12:20pm-12:50pm
59627	1/6	S	1:00pm-1:30pm
59628	1/7	M	10:00am-10:30am
59629	1/7	M	6:10pm-6:40pm
59630	1/8	T	4:50pm-5:20pm
59631	1/8	T	6:10pm-6:40pm
59632	1/10	Th	10:30am-11:00am
59633	1/10	Th	3:30pm-4:00pm
59634	1/10	Th	5:30pm-6:00pm

Martin Luther King Jr. Swim Center

59543	1/6	S	10:00am-10:30am
59544	1/6	S	10:40am-11:10am
59545	1/6	S	11:20am-11:50am
59536	1/7	M	5:10pm-5:40pm
59537	1/8	T	5:30pm-6:00pm
59538	1/8	T	6:10pm-6:40pm
59539	1/9	W	5:50pm-6:20pm
59540	1/9	W	6:30pm-7:00pm
59541	1/10	Th	5:30pm-6:00pm
59542	1/10	Th	6:50pm-7:20pm

SWIM LESSONS



Olney Swim Center

59342	1/5	Sa	9:10am-9:40am
59343	1/5	Sa	9:50am-10:20am
59344	1/5	Sa	10:30am-11:00am
59345	1/5	Sa	11:10am-11:40am
59346	1/5	Sa	11:50am-12:20pm
59347	1/5	Sa	12:30pm-1:00pm
59348	1/5	Sa	1:10pm-1:40pm
59597	1/6	S	8:30am-9:00am
59350	1/6	S	9:10am-9:40am
59351	1/6	S	9:50am-10:20am
59352	1/6	S	10:30am-11:00am
59353	1/6	S	11:10am-11:40am
59358	1/7	M	5:40pm-6:10pm
59354	1/7	M	6:20pm-6:50pm
59355	1/7	M	7:00pm-7:30pm
59357	1/8	T	5:20pm-5:50pm
59360	1/9	W	5:40pm-6:10pm
59359	1/9	W	6:20pm-6:50pm
59362	1/10	Th	6:00pm-6:30pm
59363	1/10	Th	6:40pm-7:10pm

**Kennedy Shriver Aquatic Center**

59635	1/5	Sa	9:00am-9:30am
59636	1/5	Sa	9:40am-10:10am
59637	1/5	Sa	11:40am-12:10pm
59638	1/5	Sa	12:20pm-12:50pm
59639	1/6	S	9:40am-10:10am
59640	1/6	S	11:40am-12:10pm
59641	1/6	S	12:20pm-12:50pm
59642	1/7	M	5:30pm-6:00pm
59643	1/8	T	5:30pm-6:00pm
59644	1/9	W	5:30pm-6:00pm
59645	1/10	Th	4:10pm-4:40pm

Martin Luther King Jr. Swim Center

59552	1/6	S	12:00pm-12:30pm
59546	1/7	M	5:10pm-5:40pm
59547	1/7	M	5:50pm-6:20pm
59548	1/7	M	6:30pm-7:00pm
59549	1/8	T	5:30pm-6:00pm
59550	1/9	W	5:50pm-6:20pm
59551	1/10	Th	6:10pm-6:40pm

Olney Swim Center

59364	1/5	Sa	9:10am-9:40am
59365	1/5	Sa	9:50am-10:20am
59366	1/5	Sa	11:10am-11:40am
59367	1/5	Sa	11:50am-12:20pm
59368	1/5	Sa	12:30pm-1:00pm
59589	1/5	Sa	1:10pm-1:40pm
59369	1/6	S	8:30am-9:00am
59599	1/6	S	8:30am-9:00am
59370	1/6	S	9:50am-10:20am
59371	1/6	S	10:30am-11:00am
59372	1/6	S	11:10am-11:40am
59374	1/7	M	5:40pm-6:10pm
59389	1/7	M	6:20pm-6:50pm
59375	1/8	T	6:00pm-6:30pm
59377	1/8	T	6:40pm-7:10pm
59378	1/9	W	7:00pm-7:30pm
59594	1/9	W	5:40pm-6:10pm
59379	1/10	Th	5:20pm-5:50pm

Beginner 2

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

6 Sessions**\$65****Germantown Indoor Swim Center**

59276	1/5	Sa	9:45am-10:15am
59277	1/5	Sa	10:25am-10:55am
59278	1/5	Sa	11:45am-12:15pm
59279	1/5	Sa	12:25pm-12:55pm
59280	1/6	S	9:45am-10:15am
59281	1/6	S	10:25am-10:55am
59282	1/6	S	11:45am-12:15pm
59289	1/7	M	6:10pm-6:40pm
59283	1/8	T,Th	5:00pm-5:30pm
59284	1/8	T,Th	6:20pm-6:50pm
59285	1/8	T,Th	6:20pm-6:50pm
59290	1/9	W	6:10pm-6:40pm
59286	2/5	T,Th	5:00pm-5:30pm
59287	2/5	T,Th	5:00pm-5:30pm
59288	2/5	T,Th	6:20pm-6:50pm

SWIM LESSONS



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 30 minute sessions. Class size is limited to 6 students.

6 Sessions

\$65

Germantown Indoor Swim Center

59291	1/5	Sa	9:45am-10:15am
59292	1/5	Sa	10:25am-10:55am
59293	1/6	S	11:05am-11:35am
59298	1/7	M	5:30pm-6:00pm
59294	1/8	T,Th	5:40pm-6:10pm
59295	1/8	T,Th	5:40pm-6:10pm
59296	2/5	T,Th	5:40pm-6:10pm
59297	2/5	T,Th	5:40pm-6:10pm

Kennedy Shriver Aquatic Center

59646	1/5	Sa	9:00am-9:30am
59647	1/5	Sa	11:00am-11:30am
59648	1/5	Sa	11:40am-12:10pm
59649	1/5	Sa	1:00pm-1:30pm
59650	1/6	S	9:00am-9:30am
59651	1/6	S	9:40am-10:10am
59652	1/6	S	11:00am-11:30am
59653	1/8	T	4:10pm-4:40pm
59654	1/9	W	5:30pm-6:00pm
59655	1/10	Th	4:50pm-5:20pm
59656	1/10	Th	6:10pm-6:40pm

Martin Luther King Jr. Swim Center

59555	1/6	S	11:20am-11:50am
59553	1/8	T	6:50pm-7:20pm
59554	1/9	W	5:10pm-5:40pm

Olney Swim Center

59381	1/5	Sa	9:10am-9:40am
59382	1/5	Sa	9:50am-10:20am
59386	1/5	Sa	10:30am-11:00am
59383	1/5	Sa	11:50am-12:20pm
59384	1/6	S	9:50am-10:20am
59385	1/6	S	10:30am-11:00am
59387	1/7	M	7:00pm-7:30pm
59388	1/9	W	7:00pm-7:30pm

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 30 minute sessions. Class size is limited to 6 students.

6 Sessions

\$65

Germantown Indoor Swim Center

59299	1/5	Sa	11:05am-11:35am
59300	1/6	S	11:05am-11:35am

Kennedy Shriver Aquatic Center

59657	1/5	Sa	11:00am-11:30am
59658	1/5	Sa	12:20pm-12:50pm
59659	1/6	S	10:20am-10:50am
59660	1/6	S	11:00am-11:30am
59661	1/6	S	11:40am-12:10pm
59662	1/6	S	1:00pm-1:30pm
59663	1/7	M	5:30pm-6:00pm
59664	1/9	W	6:10pm-6:40pm
59665	1/10	Th	6:10pm-6:40pm

Martin Luther King Jr. Swim Center

59557	1/6	S	10:00am-10:30am
59556	1/10	Th	6:50pm-7:20pm

Olney Swim Center

59390	1/5	Sa	11:50am-12:20pm
59391	1/6	S	9:10am-9:40am

Four Ways to Register

1. ONLINE

Register 24 hours a day, seven days a week for **all** activities at www.ActiveMONTGOMERY.org.

2. BY MAIL

Fill out and sign the registration form and mail it to: ActiveMONTGOMERY • 4010 Randolph Rd. • Silver Spring, MD 20902

3. VIA FAX

If paying by credit card, you may fax your completed, signed registration form to 240-777-6818.

4. IN PERSON

Stop by any Montgomery County Recreation location, including our Headquarters at 4010 Randolph Road, Silver Spring, MD 20902 (M-F, 9:30 a.m.-4 p.m.).

SWIM LESSONS



Youth Level 1

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

6 Sessions

\$60

Germantown Indoor Swim Center

59308	1/5	Sa	9:45am-10:15am
59309	1/5	Sa	1:05pm-1:35pm
59310	1/6	S	10:25am-10:55am
59311	1/6	S	12:25pm-12:55pm
59315	1/7	M	6:10pm-6:40pm
59312	1/8	T,Th	5:40pm-6:10pm
59313	2/5	T,Th	5:40pm-6:10pm
59314	2/5	T,Th	5:40pm-6:10pm

Kennedy Shriver Aquatic Center

59684	1/5	Sa	10:20am-10:50am
59685	1/5	Sa	1:00pm-1:30pm
59686	1/6	S	9:40am-10:10am
59687	1/7	M	6:10pm-6:40pm

Martin Luther King Jr. Swim Center

59565	1/6	S	10:00am-10:30am
59563	1/8	T	6:50pm-7:20pm
59564	1/10	Th	6:10pm-6:40pm

Olney Swim Center

59403	1/5	Sa	10:30am-11:00am
59592	1/5	Sa	1:10pm-1:40pm
59404	1/6	S	8:30am-9:00am
59601	1/7	M	5:40pm-6:10pm
59405	1/7	M	6:20pm-6:50pm
59407	1/9	W	6:20pm-6:50pm
59408	1/9	W	7:00pm-7:30pm
59409	1/10	Th	5:20pm-5:50pm

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 30 minute sessions. Class size is limited to 8 students.

6 Sessions

\$60

Germantown Indoor Swim Center

59316	1/5	Sa	12:25pm-12:55pm
59317	1/5	Sa	1:05pm-1:35pm
59318	1/6	S	11:45am-12:15pm
59319	1/9	W	5:30pm-6:00pm

Kennedy Shriver Aquatic Center

59688	1/5	Sa	12:20pm-12:50pm
59689	1/6	S	11:40am-12:10pm
59690	1/6	S	12:20pm-12:50pm
59691	1/8	T	5:30pm-6:00pm

Martin Luther King Jr. Swim Center

59569	1/6	S	12:00pm-12:30pm
59568	1/6	S	11:20am-11:50am
59566	1/8	T	6:10pm-6:40pm
59567	1/8	T	8:10pm-8:40pm
59570	1/10	Th	5:30pm-6:00pm
59571	1/10	Th	8:10pm-8:40pm

Olney Swim Center

59411	1/5	Sa	9:50am-10:20am
59412	1/5	Sa	10:30am-11:00am
59413	1/5	Sa	9:10am-9:40am
59414	1/6	S	9:10am-9:40am
59415	1/7	M	7:00pm-7:30pm
59418	1/10	Th	6:40pm-7:10pm

Youth Level 3

Ages 7-13: This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Course meet for six 30 minute sessions. Class size is limited to 10 students.

6 Sessions

\$58

Germantown Indoor Swim Center

59320	1/5	Sa	11:05am-11:35am
59321	1/6	S	11:45am-12:15pm
59322	1/9	W	6:10pm-6:40pm

Kennedy Shriver Aquatic Center

59692	1/5	Sa	9:40am-10:10am
59693	1/5	Sa	11:00am-11:30am
59694	1/5	Sa	11:40am-12:10pm
59695	1/6	S	10:20am-10:50am
59696	1/6	S	11:00am-11:30am

Martin Luther King Jr. Swim Center

59575	1/6	S	10:40am-11:10am
59572	1/8	T	7:30pm-8:00pm
59573	1/10	Th	7:30pm-8:00pm
59574	1/10	Th	8:10pm-8:40pm

Olney Swim Center

59420	1/5	Sa	11:10am-11:40am
59421	1/6	S	9:50am-10:20am
59423	1/10	Th	7:20pm-7:50pm



SWIM LESSONS





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 30 minute sessions. Class size is limited to 10 students.

6 Sessions

\$58

Germantown Indoor Swim Center

59323	1/5	Sa	12:25pm-12:55pm
59324	1/6	S	11:05am-11:35am
59325	1/6	S	12:25pm-12:55pm

Kennedy Shriver Aquatic Center

59697	1/5	Sa	11:40am-12:10pm
59698	1/6	S	11:00am-11:30am
59699	1/6	S	12:20pm-12:50pm
59700	1/6	S	1:00pm-1:30pm

Martin Luther King Jr. Swim Center

59577	1/6	S	10:40am-11:10am
59578	1/6	S	12:00pm-12:30pm
59576	1/8	T	8:10pm-8:40pm

Olney Swim Center

59424	1/5	Sa	11:10am-11:40am
59425	1/5	Sa	11:50am-12:20pm
59428	1/5	Sa	12:30pm-1:00pm
59426	1/6	S	10:30am-11:00am
59427	1/6	S	11:10am-11:40am

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 30 minute sessions. Class size is limited to 10 students.

6 Sessions

\$58

Germantown Indoor Swim Center

59326	1/5	Sa	11:45am-12:15pm
59327	1/6	S	12:25pm-12:55pm

Kennedy Shriver Aquatic Center

59701	1/5	Sa	1:00pm-1:30pm
59702	1/6	S	1:00pm-1:30pm

Martin Luther King Jr. Swim Center

59580	1/6	S	10:00am-10:30am
59579	1/8	T	7:30pm-8:00pm

Olney Swim Center

59432	1/6	S	11:10am-11:40am
59433	1/8	T	7:20pm-7:50pm
59595	1/10	Th	8:00pm-8:30pm

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. Please read the course descriptions carefully. Course meet for six 30 minute sessions. Class size is limited to 10 students.

6 Sessions

\$58

Germantown Indoor Swim Center

59328	1/5	Sa	1:05pm-1:35pm
59329	1/6	S	9:45am-10:15am

Kennedy Shriver Aquatic Center

59703	1/5	Sa	12:20pm-12:50pm
59704	1/6	S	12:20pm-12:50pm

Martin Luther King Jr. Swim Center

59582	1/6	S	11:20am-11:50am
59581	1/10	Th	7:30pm-8:00pm

Olney Swim Center

59705	1/8	T	8:00pm-8:30pm
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SWIM LESSONS



Adult Level 1

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

6 Sessions \$67

Martin Luther King Jr. Swim Center

59528	1/6	S	12:00pm-12:30pm
59527	1/10	Th	8:50pm-9:20pm

Germantown Indoor Swim Center

59244	1/5	Sa	11:05am-11:35am
59246	1/6	S	10:25am-10:55am
59245	1/7	M	5:30pm-6:00pm

Kennedy Shriver Aquatic Center

59603	1/5	Sa	11:00am-11:30am
59604	1/6	S	10:20am-10:50am
59605	1/10	Th	8:30pm-9:00pm

Olney Swim Center

59337	1/5	Sa	12:30pm-1:00pm
59338	1/10	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 30 minute sessions. Class size is limited to 10 students.

6 Sessions \$65

Germantown Indoor Swim Center

59247	1/5	Sa	10:25am-10:55am
59248	1/6	S	9:45am-10:15am
59249	1/7	M	6:10pm-6:40pm

Kennedy Shriver Aquatic Center

59606	1/5	Sa	10:20am-10:50am
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Martin Luther King Jr. Swim Center

59530	1/6	S	10:40am-11:10am
59529	1/8	T	8:50pm-9:20pm

Olney Swim Center

59593	1/5	Sa	1:10pm-1:40pm
59339	1/8	T	8:00pm-8:30pm

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 30 minute sessions. Class size is limited to 10 students.

6 Sessions \$65

Germantown Indoor Swim Center

59250	1/5	Sa	9:45am-10:15am
59251	1/6	S	11:45am-12:15pm

Martin Luther King Jr. Swim Center

59531	1/8	T	8:50pm-9:20pm
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Olney Swim Center

59340	1/8	T	7:20pm-7:50pm
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7 Sessions \$65

Kennedy Shriver Aquatic Center

59607	1/5	Sa	9:40am-10:10am
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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 30 minute sessions. Class size is limited to 10 students.

6 Sessions \$65

Germantown Indoor Swim Center

59252	1/5	Sa	11:45am-12:15pm
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Kennedy Shriver Aquatic Center

59608	1/6	S	11:40am-12:10pm
59609	1/8	T	8:30pm-9:00pm

Martin Luther King Jr. Swim Center

59532	1/10	Th	8:50pm-9:20pm
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Olney Swim Center

59341	1/10	Th	8:00pm-8:30pm
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SWIM LESSONS





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

59610

1/9

W

8:30pm-9:00pm

Adult Swim for Conditioning

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

6 Sessions

\$65

Kennedy Shriver Aquatic Center

59611

1/7

M

8:30pm-9:00pm

SWIM LESSONS



Dive with
SCUBA SANTA

December 2, 2018 | Noon-4 P.M.

HAVE YOUR PHOTO TAKEN WITH SANTA

All ages welcome! Ages 10+ may use provided SCUBA equipment after receiving instruction. Those nine and younger can hold their breath and swim down for a quick action shot with Santa or visit with Santa in the shallow end.

DONATIONS

Bringing a non-perishable food item or a donation of \$5 or more is suggested. All contributions benefit MUM Capt. Joseph A. Mattingly Jr. Food Pantry.

LOCATION

Olney Swim Center
16605 Georgia Ave., Olney
240-777-4995
Hablamos Español

Sponsored by the Olney SCUBA Adventure Dive Club and Montgomery County Recreation

A young person with dark hair, wearing safety goggles and a red and blue plaid shirt, is focused on working on a mechanical device. The background is a workshop with various tools and equipment. The word "CLASSES" is prominently displayed in large, bold, black letters at the top of the image. The word "Classes" is written in a cursive font above "CLASSES".

CLASSES

**Classes Will Not Meet On
Nov. 22-25, Dec. 23-Jan. 1,
Jan. 21 & Feb. 18***

***This does not apply to aquatic activities
or Break Camps.**



TOT/YOUTH ARTS & CRAFTS

Arts

Abakadoodle: Twoosy Doodlers

Ages 2-3: Our youngest artists explore paints, modeling compounds, oil pastels, watercolors and other 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 they'll need later in school to write and draw. A \$30 material is included in the class price.

8 Sessions \$135

Instructor: Nancy Delasos

58995 N. Potomac CRC 1/15 T 4:15pm-5:00pm

58993 Wisconsin Pl. CRC 1/17 Th 9:30am-10:15am

58994 Potomac CRC 1/18 F 9:30am-10:15am

Instructor: Stephanie Burke

59000 Coffield CRC 1/17 Th 11:15am-12:00pm

59001 Mid County CRC 1/16 W 10:15am-11:00am

59002 White Oak CRC 1/18 F 11:30am-12:15pm

Adventures in Art

Ages 5-10: Create exciting works of art using several different techniques and media with emphasis on drawing, painting and composition. \$7 material fee due at first session.

8 Sessions \$80

Instructor: Tatiana Martin

58991 Longwood CRC 1/19 Sa 10:15am-11:15am

American Girl/Barbie 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.

1 Session \$65

Instructor: Madiana Margao

59821 Potomac CRC 1/26 Sa 12:00pm-2:30pm

Art Studio

Ages 9-14: In this dynamic class students will gain and reinforce creative skills and produce high-quality art work with special attention to composition, perspective and color application. \$7 material fee due at first session

8 Sessions \$80

Instructor: Tatiana Martin

58992 Longwood CRC 1/19 Sa 11:30am-12:30pm

Crochet and Wool Works

Ages 9-16: Learn the basics of crocheting or round loom knitting. Make a hat or scarf for yourself or a gift for friends and family. Bring a size G crochet hook or medium 7 inch round loom and a skein of yarn.

1 Session \$30

59776 Germantown CRC 1/26 Sa 10:30am-12:30pm

59777 Germantown CRC 2/23 Sa 10:30am-12:30pm

Customizable Screen-Print Fashion Design

Ages 8-13: This course teaches participants basic fashion construction and artistic techniques, in a fun and inventive manner through screen-printing designs! Participants will demonstrate various printing procedures to produce customized fabric reflecting unique and personalized designs. This material will then be used to produce an item of the participant's choice. In addition, participants will learn all about fashion illustration, pattern-making, and sewing methods.

1 Session \$65

Instructor: Madiana Margao

59822 Potomac CRC 1/12 Sa 12:30pm-3:00pm

Draw and Clay - The Arctic

Ages 4-9: In this session we will combine math and science through art as we learn about the arctic regions of our planet. We will draw, paint and sculpt in clay. \$15 material fee due at first session.

7 Sessions \$95

Instructor: Yolanda Prinsloo

59057 Germantown CRC 1/22 T 5:15pm-6:15pm

59058 Bauer Drive CRC 1/23 W 5:40pm-6:40pm

59059 Upper County CRC 1/26 Sa 10:00am-11:00am

Drawing with Young Rembrandts

Ages 6-13: Your child will learn about basic design and composition as they draw the Fish Below Ice and Great Wall of China. If your child is fond of sports, they will enjoy drawing our illustration featuring a hockey player. Besides strengthening your child's drawing and coloring skills, he or she will also learn about art history as we present lessons featuring master artists Leonardo Da Vinci and Franz Marc.

6 Sessions \$90

Instructor: Young Rembrandts

58951 Glenallen ES 1/14 M 6:30pm-7:30pm

58954 N. Potomac CRC 1/15 T 6:30pm-7:30pm

58959 Germantown CRC 1/16 W 6:00pm-7:00pm

58960 Bauer Drive CRC 1/17 Th 6:00pm-7:00pm

Kids Sew and Tell

Ages 9-16: Learn how to make your own projects and garments. This class will teach you sewing terms and skills like pattern layout, cutting out fabric, hem, making a slit and measuring, just to name a few. A supply list will be on your receipt. \$10 material fee due at first session. All ability levels welcome.

6 Sessions \$125

Instructor: Nora Elias
59088 Bauer Drive CRC 1/19 Sa 11:15am-1:15pm

Learning Art from the Masters - Diego Rivera

Ages 5-13: Learn about and discover the life of artist Diego Rivera. We will draw, paint and sculpt in clay. \$15 material fee due at first session.

7 Sessions \$95

Instructor: Yolanda Prinsloo
59060 Germantown CRC 1/22 T 6:30pm-7:30pm

Mini Doodlers: Tell Me a Story

Ages 2-3: Participants will learn to tell stories through art. Using Model Magic modeling dough and other art mediums, mini doodlers will create art based on the story and illustrations of books read in class. Artwork will take on a three-dimensional effect with shapes that pop off the page and other architectural designs. A \$30 material fee is included in the class price.

6 Sessions \$96

Instructor: Nancy Delasos
58996 Clara Barton NRC 1/14 M 4:00pm-4:45pm

8 Sessions \$135

Instructor: Nancy Delasos
58997 Lawton CRC 1/15 T 9:30am-10:15am
58998 RSC-B-CC 1/18 F 4:30pm-5:15pm

"Sew" Simple Fashion Design

Ages 8-13: The "Sew" Simple Fashion Design workshop proves that fashion never looked so good, and yummy! Learn basic pattern-making, illustration, and stitching techniques, while creating pillows inspired by some of your favorite treats including: candy, donuts, and even pizza!

1 Session \$65

Instructor: Madiana Margao
59820 N. Potomac CRC 2/16 Sa 12:00pm-2:30pm

ADULT ARTS & CRAFTS

Arts

Acrylic Painting Techniques

Ages 14 & Up: Discover a step-by-step approach that makes acrylics resemble the lush look of oils. Bring several pictures of what you would like to paint. For supply list contact Margaret at 301-318-8319. \$8 material fee due at first session. All ability levels welcome.

8 Sessions \$144

Instructor: Margaret Deskin
58897 Bauer Drive CRC 1/19 Sa 10:30am-12:30pm

Beginner Right Brained Drawing

Ages 12 & Up: Unhinge preconceptions 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 \$5 material fee to first session.

8 Sessions \$112

Instructor: Yolanda Prinsloo
59055 Potomac CRC 1/14 M 5:15pm-7:00pm

Advanced Right Brained Drawing

Ages 12 & Up: Build on your knowledge and skills in drawing, and explore new techniques in pencil, colored pencil or watercolor. For students with drawing experience.

8 Sessions \$112

Instructor: Yolanda Prinsloo
59056 Potomac CRC 1/14 M 7:15pm-9:00pm

Beginning Painting with Brandi

Ages 18 & Up: This beginners painting class is designed to enhance socialization skills, promote creativity at any level and simply have fun while learning to paint.

8 Sessions \$80

Instructor: Brandi Seaborn
59600 Potomac CRC 1/16 W 7:00pm-8:00pm

ARTS & CRAFTS



ARTS & CRAFTS

Crafts

It's a Stitch

Ages 18 & Up: Craft projects and garments as you learn sewing terms, pattern layout, cutting out fabric, hemming, making a slit and measuring. Sewing machines will be available or you can bring your own. Supply list will be on your receipt. \$10 material fee due at first session. All ability levels welcome.

2 Sessions \$60

Instructor: Nora Elias

59099 Lawton CRC 3/7 Th 10:30am-1:30pm

6 Sessions \$125

Instructor: Nora Elias

59092 Lawton CRC 1/17 Th 10:30am-12:30pm

59093 Holiday Park SC 1/18 F 10:30am-12:30pm

59090 Bauer Drive CRC 1/19 Sa 1:30pm-3:30pm

Fine Arts

Color For Artists With Kritt

Ages 18 & Up: Here's a system for color; which ones to buy, how to make custom colors and then where to use them. Get the exact color you want. We'll use watercolor or acrylics, but oil painters can join us. For a supply list contact Penny at 301-989-1799. All ability levels.

3 Sessions \$55

Instructor: Penny Kritt

59177 Kritt Studio 3/4 M 10:00am-12:00pm

59178 Kritt Studio 3/4 M 7:00pm-9:00pm

Drawing City Life With Kritt

Ages 18 & Up: You've always wanted to sketch, haven't you? Learn to draw what you see on city streets; people passing by, impressive buildings, cars and the dogs that chase them. It's easy! For a supply list contact Penny at 301-989-1799. We'll work from photos. All ability levels welcome.

5 Sessions \$90

Instructor: Penny Kritt

59171 Kritt Studio 1/15 T 10:00am-12:00pm

59176 Kritt Studio 1/15 T 7:00pm-9:00pm



Drawing Landscapes With Kritt

Ages 18 & Up: It's easy to draw trees and flowers, mountains, little ponds and ocean waves. Learn a simple system to draw anything you see. It's a hobby you'll enjoy for your whole life. For a supply list contact Penny at 301-989-1799. We'll work from photos. All ability levels welcome.

4 Sessions \$75

Instructor: Penny Kritt

59179 Kritt Studio 2/26 T 10:00am-12:00pm

59182 Kritt Studio 2/26 T 7:00pm-9:00pm

Oil or Acrylic Painting - Open Studio

Ages 18 & Up: Students can paint with oil or acrylics. Instructor available for demonstrations and assistance. Intermediate level and above.

7 Sessions \$70

Instructor: Karen Helfert

59186 Lawton CRC 1/14 M 1:00pm-4:00pm

9 Sessions \$90

Instructor: Karen Helfert

59187 Lawton CRC 1/15 T 1:00pm-4:00pm

Painting Plants With Kritt

Ages 18 & Up: Use watercolors or acrylics to create anything in a garden. From flowers to trees, a few simple tips will make magic! Learn to paint dew drops and daffodils. For a supply list contact Penny at 301-989-1799. We'll work from photos. All ability levels welcome.

4 Sessions \$75

Instructor: Penny Kritt

59169 Kritt Studio 1/14 M 10:00am-12:00pm

59170 Kritt Studio 1/14 M 7:00pm-9:00pm



Jewelry

Advanced Beading

Ages 12 & Up: Learn to work with multi strand beading techniques that use advanced skills to create designer jewelry. You will complete earrings and a necklace by the end of class. Bring a basic tool kit of flat nose pliers, round nose pliers and wire cutters. \$20 material fee due on the day of class.

1 Session **\$36**

Instructor: Renee Prioleau
59079 Wisconsin Pl. CRC 3/2 Sa 10:00am-12:00pm

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
59084 Wisconsin Pl. CRC 3/2 Sa 12:00pm-2:00pm

Pottery

Advanced Pottery

Ages 16 & Up: Take your pottery to the next level. Both wheel and hand building will be explored as we challenge you to create teapots, casseroles and sculptures. Explore slips, textures and glaze. A \$30 dollar material fee is due to the instructor.

9 Sessions **\$170**

Instructor: Pamela Reid
58892 White Oak CRC 1/17 Th 6:00pm-8:30pm

Ceramics Introductory Wheel

Ages 16 & Up: In this beginners ceramics class students will learn clay preparation, throwing techniques, firing and glazing. \$25 material fee due to instructor on first day.

8 Sessions **\$180**

Instructor: Robin Ziek
59773 Ross Boddy CRC 1/19 Sa 10:15am-1:15pm

Handcrafted Pottery

Ages 17 & Up: Develop techniques for hand building pieces of functional and decorative pottery. Practice techniques on the potter's wheel including centering, and learn about clay, drying, firing and glazing. Bring clay tools and an old towel. Material fee due at first session.

8 Sessions **\$205**

Instructor: Valerie Haber
58906 N. Potomac CRC 1/16 W 10:00am-1:00pm
58905 N. Potomac CRC 1/16 W 6:00pm-9:00pm

9 Sessions **\$170**

Instructor: Pamela Reid
58895 White Oak CRC 1/15 T 6:00pm-8:30pm

Handcrafted Pottery Open Studio

Ages 16 & Up: Experienced potters can practice hand building, wheel throwing, decorating and glazing techniques. Instructor available for demonstration and assistance. Material fee due at first session. Intermediate and advanced levels.

8 Sessions **\$200**

Instructor: Robin Ziek
59772 Ross Boddy CRC 1/16 W 6:00pm-9:00pm
Instructor: Valerie Haber
58904 N. Potomac CRC 1/14 M 6:00pm-9:00pm

9 Sessions **\$180**

Instructor: Pamela Reid
58896 White Oak CRC 1/15 T 10:00am-2:00pm



ARTS & CRAFTS



TOT/YOUTH DANCE

Ballet

Ballet

Ages 5-10: Young dancers get an introduction to basic ballet movements and terminology. This class is perfect for the dancer that needs fundamental introductory training. Beginner level.

8 Sessions \$80

Instructor: Grace Oleson

58843	Coffield CRC	1/14	M	4:30pm-5:15pm
58844	N. Potomac CRC	1/15	T	4:30pm-5:15pm
58845	Germantown CRC	1/16	W	5:15pm-6:00pm
58846	Arcola ES	1/17	Th	5:15pm-6:00pm

Fairy Tale Ballet

Ages 3-6: Fairy Tale Ballet is a unique and creative program catered to the imaginations of children between the ages of 3 and 6. The class incorporates the fundamentals of proper ballet technique in a fun environment complete with rotating storybooks, costuming and props. Instructors bring each of the storybooks to life through movement, costuming and creative imagination. For more information contact the instructor at 484-431-0849 or jsferrigno86@gmail.com.

10 Sessions \$200

Instructor: Jennifer Ferrigno

Age 3

59448	N. Potomac CRC	1/12	Sa	9:10am-9:55am
59449	N. Potomac CRC	1/12	Sa	10:00am-10:45am

Age 3-5

59451	RSC-B-CC	1/12	Sa	9:10am-9:55am
59452	RSC-B-CC	1/12	Sa	10:00am-10:45am

Age 4-5

59450	N. Potomac CRC	1/12	Sa	10:50am-11:35am
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Age 5-6

59752	N. Potomac CRC	1/12	Sa	11:50am-12:35am
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Jazzmatazz Pre-Ballet

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

10 Sessions \$100

Instructor: Betsy Saunders

58973	Long Branch CRC	1/12	Sa	11:15am-12:00pm
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Jazzmatazz Preschool Dance

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

10 Sessions \$100

Instructor: Betsy Saunders

58967	Long Branch CRC	1/12	Sa	10:15am-11:00am
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Kidz Dance

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

8 Sessions \$105

Instructor: Grace Oleson

59172	Coffield CRC	1/14	M	3:30pm-4:15pm
59175	N. Potomac CRC	1/15	T	3:30pm-4:15pm
59173	Germantown CRC	1/16	W	3:30pm-4:15pm
59174	Arcola ES	1/17	Th	4:15pm-5:00pm

Little Royals Ballet

Ages 4-9: Ballet princesses and princes will cover the fundamentals of classic ballet vocabulary and technique. Students will learn the importance of strength, flexibility, rhythm and musicality in a fun, informal setting. The last class will conclude with a short dance presentation. For more information contact Robyn at info@rldancecompany.com.

8 Sessions \$69

Instructor: Robyn Lindsey

59135	Germantown CRC	1/19	Sa	11:00am-11:45am
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Pre-Ballet

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

8 Sessions \$110

Instructor: Sabine Philippe

58346	Danse! Studio	1/15	T	10:00am-10:30am
58347	Danse! Studio	1/16	W	10:00am-10:30am
58348	Danse! Studio	1/17	Th	10:00am-10:30am

DANCE

Youth Ballet

Ages 5-6: Develop proper ballet techniques while fostering student creativity, concentration and class etiquette. Instructors will introduce steps and combinations at the barre and across the floor in a fun, motivating environment. For more information contact the instructor at ferrignoballet@gmail.com or 484-431-0849.

10 Sessions **\$180**

Instructor: Jennifer Ferrigno

Age 5-7

59751 RSC-B-CC 1/12 Sa 11:00am-11:45am

Ballroom

Juniors I Ballroom Dance

Ages 8-12: Learn social etiquette, manners, and ballroom technique in a structured, yet fun environment. Acquire dance skills and the steps of five popular ballroom dances while developing discipline, teamwork, and communication. For more information contact Avant Garde Ballroom at 301-881-1436.

10 Sessions **\$120**

Instructor: Avant Garde Ballroom Dance Center
58828 Avant Garde 1/16 W 4:30pm-5:15pm

Hip-Hop

Hip-Hop for Kids

Ages 5-8: A high-energy, fun-filled dance program, packed with the latest hip-hop choreography. Students will learn new moves and freestyle skills, unlocking creativity while embracing an active lifestyle. The course will include a final performance showcasing a fun routine for family and friends. For more information contact Robyn at info@rldancecompany.com.

8 Sessions **\$69**

Instructor: Robyn Lindsey

Age 5-8

59133 White Oak CRC 1/16 W 6:00pm-6:45pm

Age 9-14

59134 White Oak CRC 1/16 W 7:00pm-7:45pm

59136 Germantown CRC 1/19 Sa 1:00pm-1:45pm

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

-Jennifer C.

Hip-Hop Kids

Ages 4-8: Get ready to pop, lock and rock your body in this action-packed dance program. Learn the latest hip-hop dance moves using old-school tunes and the latest hits. Family and friends will get to see the students showcase their talents on the last day of class in a final performance. All ability levels welcome.

8 Sessions **\$80**

Instructor: Shannon Jones

Age 4-8

59077 Plum Gar CRC 1/19 Sa 10:00am-10:45am

Age 9-13

59078 Plum Gar CRC 1/19 Sa 11:00am-11:45am

Hip-Hop I

Ages 8-12: Learn the hottest moves from South Beach and New York City. We will break down the ABC's of basic break dancing, popping, locking, funk and other unique hip-hop combinations. For more information contact Avant Garde Ballroom at 301-881-1436. No dance experience required.

10 Sessions **\$120**

Instructor: Avant Garde Ballroom Dance Center
58829 Avant Garde 1/12 Sa 2:00pm-2:45pm

Hip-Hop II

Ages 8-12: This class incorporates a variety of old and new urban dance styles. There will be a combination of different genres of hip-hop dancing and breaking. This class was designed for your child to freely express his/her love of moving to the beat and showing off his/her skills while keeping it "cool". For more information, contact Avant Garde Ballroom at 301-881-1436.

10 Sessions **\$120**

Instructor: Avant Garde Ballroom Dance Center
58832 Avant Garde 1/12 Sa 2:45pm-3:30pm



DANCE





DANCE



Hippo Hoppo

Ages 3-5: This class is perfect for introducing your little one to hip-hop. Using games and music, the class focuses on rhythm, musicality and basic footwork. We only use age-appropriate music and hip-hop dance moves to create a love for dance. No dance experience is necessary.

3 Sessions	\$29
Instructor: Robyn Lindsey	
59518 Germantown CRC	1/19 Sa 12:00pm-12:45pm
59519 Potomac CRC	1/17 Th 6:00pm-6:45pm
59522 White Oak CRC	1/19 Sa 10:15am-11:00am
59524 N. Potomac CRC	1/14 M 6:00pm-6:45pm
59525 N. Potomac CRC	2/25 M 6:00pm-6:45pm

4 Sessions	\$38
Instructor: Robyn Lindsey	
59520 Germantown CRC	2/16 Sa 12:00pm-12:45pm
59521 Potomac CRC	2/14 Th 6:00pm-6:45pm
59523 White Oak CRC	2/16 Sa 10:15am-11:00am

Pre Hip-Hop

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

8 Sessions	\$110
Instructor: Sabine Philippe	
58349 Dansez! Studio	1/15 T 10:30am-11:00am
58350 Dansez! Studio	1/16 W 10:30am-11:00am
58351 Dansez! Studio	1/17 Th 10:30am-11:00am

Performing Arts

Bollywood Dance for Toddlers

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

7 Sessions	\$109
Instructor: Kumud Mathur	
58923 Potomac CRC	1/15 T 5:15pm-6:00pm

Bollywood Kids

Ages 6-13: Experience Bollywood style dance with its catchy tunes and fast, vibrant beat. Students will also improve their motor coordination, focus and confidence. For more information contact Kumud Mathur at 301-299-3334.

7 Sessions	\$95
Instructor: Kumud Mathur	
58913 Potomac CRC	1/15 T 6:15pm-7:00pm

RECREATION ALERTS

SIGN UP NOW for this free service at montgomerycountymd.gov

Playtime & Movement for Tots

Tiny Toes

Ages 2.5-3.5: Music, movement, balance and basic dance steps are introduced in a fun, friendly and positive manner. This class is for children who are able to participate in class without assistance from a parent. Our teachers will keep the music and curriculum moving along in a way that is fun, positive and appropriate!

8 Sessions	\$144
Instructor: Tippi Toes	
58956 N. Potomac CRC	1/17 Th 10:20am-10:50am
58955 White Oak CRC	1/19 Sa 10:00am-10:30am

Toddler and Me Dance

Ages 1.5-3: Music, movement, balance and basic dance steps are introduced in a fun, friendly and positive manner. This class includes a parent or loved one participating in the class along with the little dancer. Our teachers will keep the music and curriculum moving along while parents take an active role in encouraging, supporting and keeping the little dancer on track.

8 Sessions	\$144
Instructor: Claire Portolese	
58957 N. Potomac CRC	1/17 Th 11:00am-11:45am
58958 White Oak CRC	1/19 Sa 9:15am-10:00am

ADULT DANCE

Bachata

Bachata I

Ages 17 & Up: Learning Bachata is essential to becoming a well-rounded Latin dancer. All Latin dance students are encouraged to attend this beginner Bachata course and add this fun, easy dance to your repertoire. For more information contact Avant Garde Ballroom at 301-881-1436. All ability levels welcome. No partner required.

8 Sessions \$96

Instructor: Avant Garde Ballroom Dance Center
58827 Avant Garde 1/15 T 7:00pm-7:45pm

Bachata II

Ages 17 & Up: Pre requisite Bachata I - For more information contact Avant Garde Ballroom at 301-881-1436. No partner required.

8 Sessions \$96

Instructor: Avant Garde Ballroom Dance Center
58834 Avant Garde 1/17 Th 7:00pm-7:45pm



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Ballet

Ballet for Adults

Ages 16 & Up: It's never too late to learn to dance, while improving posture and flexibility in a social atmosphere. Students will focus on developing a basic understanding of the foundations of ballet with exercises at the barre, in the center of the floor and moving across the floor. Clothing should be loose and comfortable, no denim. Bare feet or flat ballet shoes recommended. For more information contact Robyn at info@rldancecompany.com.

8 Sessions \$69

Instructor: Robyn Lindsey
59132 Potomac CRC 1/17 Th 7:00pm-8:00pm

Ballroom

Ballroom I (Couples)

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

7 Sessions \$70

Instructor: Rebecca McKinney
59035 Bethesda ES 1/14 M 7:00pm-8:00pm

8 Sessions \$88

Instructor: Thomas P. Woll
59004 Holiday Park SC 1/24 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 adds dances from Macedonia, Turkey, Slovakia, Croatia, Serbia, and others.

Cost is \$7 per week.

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

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

Program is ongoing.

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



DANCE





DANCE

Ballroom II (Couples)

Ages 16 & Up: After a brief review of Ballroom I dances, build your confidence by learning additional variations of tango and merengue. Instructors emphasize proper dance position and improved pattern execution to perfect each move. Registration is per student; must have a partner registered in the class to attend. Intermediate level; Prerequisite: Ballroom I.

7 Sessions \$70

Instructor: Rebecca McKinney

59036 Bethesda ES 1/14 M 8:00pm-9:00pm

59037 Lawton CRC 1/17 Th 7:00pm-8:00pm

8 Sessions \$88

Instructor: Thomas P. Woll

59005 Holiday Park SC 1/24 Th 8:00pm-9:00pm

Ballroom III (Couples)

Ages 16 & Up: Students further develop a foundation in the dances covered in Ballroom I and II. Classes may specialize in three or four dances per session. Registration is per student and you must have a partner registered in the class to attend. Intermediate and advanced levels; Prerequisite: Ballroom II or equivalent.

8 Sessions \$88

Instructor: Thomas P. Woll

59007 Coffield CRC 1/22 T 7:45pm-8:45pm

Ballroom IV (Couples)

Ages 16 & Up: Students build on their ballroom dance abilities by learning additional patterns in each dance and improving dancing technique and execution. Classes may specialize in three or four dances per session. Registration is per student and you must have a partner registered in the class to attend. Intermediate and advanced levels. Prerequisite: Ballroom III or equivalent.

8 Sessions \$88

Instructor: Thomas P. Woll

59006 Holiday Park SC 1/24 Th 9:00pm-10:00pm

Beginner Social Dance

Ages 17 & Up: These classes will cover the three popular social, ballroom dances. Be ready for your next family celebration, wedding or special event. Students will change partners frequently. No partner required. For questions contact Avant Garde Ballroom at 301-881-1436. Beginner level.

8 Sessions \$96

Instructor: Avant Garde Ballroom Dance Center

58821 Avant Garde 1/14 M 7:15pm-8:00pm

Wedding Ready

Ages 17 & Up: Wedding ready is an eight-week course offered not only for the bride and groom, but also for mom, dad and anyone in the bridal party. Designed to help you learn basic footwork, it is the best first step in perfecting your first dance. For more information contact Avant Garde Ballroom at 301-881-1436.

8 Sessions \$96

Instructor: Avant Garde Ballroom Dance Center

58826 Avant Garde 1/15 T 7:15pm-8:00pm

Line Dancing**Urban Line Dance**

Ages 17 & Up: This class introduces you to the basic patterns and steps for line dancing by a certified line dancing instructor. Start with beginner-level step patterns and gradually progress to intermediate dances with slightly more complex patterns. For more information contact Peytrienne at 301-379-5937. Beginner level.

8 Sessions \$65

Instructor: Peytrienne McCormick

58819 Holiday Park SC 1/15 T 6:15pm-7:15pm

58820 Good Hope NRC 1/16 W 6:30pm-7:30pm

Performing Arts**Bollywood Bhangra Dance Fitness**

Ages 14 & Up: Students will enjoy the fast and energizing movements of Bollywood and Bhangra dance. Increase your heart rate while getting exercise through innovative choreography and exotic steps to the rhythmic drums of South Asia.

7 Sessions \$95

Instructor: Kumud Mathur

58911 N. Potomac CRC 1/16 W 6:30pm-7:15pm

Bollywood Dance Fitness

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

7 Sessions \$95

Instructor: Kumud Mathur

58912 Potomac CRC 1/15 T 7:15pm-8:00pm

Salsa

Salsa Club Dancing I

Ages 17 & Up: Salsa sizzles with rhythm and movement making it a popular dance for beginners. This class includes partner dance, solo freestyle and the basic techniques of lead and follow. Students will change partners frequently. For more information contact Avant Garde Ballroom at 301-881-1436. No partner required.

8 Sessions \$96

Instructor: Avant Garde Ballroom Dance Center
58825 Avant Garde 1/15 T 7:00pm-7:45pm

Salsa Club Dancing II

Ages 17 & Up: Prerequisite Salsa Club I For more information contact Avant Garde Ballroom at 301-881-1436. No partner required.

8 Sessions \$96

Instructor: Avant Garde Ballroom Dance Center
58833 Avant Garde 1/15 T 7:45pm-8:30pm

Swing

Swing (couples)

Ages 16 & Up: Get an introduction to East Coast swing, starting with single swing and progressing to triple swing. Learn underarm turns and swivels using swing variations. Registration is per student and you must have a partner registered in the class to attend. Beginner level.

7 Sessions \$70

Instructor: Rebecca McKinney
59038 Lawton CRC 1/17 Th 8:00pm-9:00pm

All prices, dates, times and locations are current as of the time the Guide goes to press. They are subject to change due to unforeseen circumstances.

TOT/YOUTH MUSIC

General Music

Learn Now Music: The Violinist Within

Ages 5-12: Students learn musical symbols and violin basics, including exercises, holding the bow and finding the balance point. Instrument rental and materials included in price. For more information contact Shelly Suarez at 1-800-399-6414 or CustomerService@LearnNowMusic.com.

9 Sessions \$225

Instructor: Learn Now Music
59044 Longwood CRC 1/19 Sa 11:00am-12:00pm

Guitar

Learn Now Music: HeroeZ of Guitar

Ages 5-12: Be a hero on a guitar by learning to read musical symbols, play basic chords and even play some well-known songs. Instrument rental and materials included in price. For questions contact Shelly Suarez at 1-800-399-6414 or CustomerService@LearnNowMusic.com.

9 Sessions \$225

Instructor: Learn Now Music
59040 Bauer Drive CRC 1/16 W 7:00pm-8:00pm

Piano

Exploring Music and Piano

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. Digital pianos are provided in class. Adult participation is required, and children should have access to piano for practice outside of class. \$15 material fee due at first session.

7 Sessions \$175
Instructor: Geiza Dourado Carvalho

Level I A

58969 Norwood LP 1/14 M 5:00pm-6:00pm

Level I B - Must complete Level I A

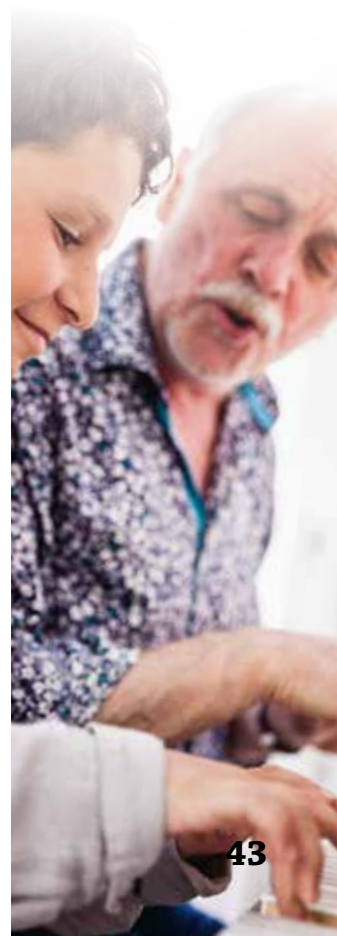
58970 Norwood LP 1/14 M 5:30pm-6:30pm

Level 2 - Must complete Level I B

58971 Norwood LP 1/14 M 6:45pm-7:45pm



MUSIC





MUSIC



Learn Now Music: KeyZ to Piano

Ages 5-12: Children learn basic piano layout, technique, note names, fingerings and more in this introductory piano class. For more information contact Learn Now Music at 1-800-399-6414 or CustomerService@LearnNowMusic.com.

7 Sessions \$175

Instructor: Learn Now Music
59043 Mid County CRC 1/14 M 6:30pm-7:30pm

9 Sessions \$225

Instructor: Learn Now Music
59042 Bauer Drive CRC 1/16 W 7:00pm-8:00pm

Learn Now Music: Little Fingers Piano

Ages 2-5: Our youngest musicians participate in musical instruction and age-appropriate theory as well as musical games, special extension curriculum-based activities, musical listening excerpts and more. Each student will be issued a free rental instrument and materials to borrow for the duration of the class. Materials are intended for in-class and at-home exploration. 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 more information contact LNM at 1-800-399-6414 or CustomerService@learnnowmusic.com.

8 Sessions \$149

Instructor: Learn Now Music
59456 N. Potomac CRC 1/14 M 10:00am-10:30am
59457 White Oak CRC 1/15 T 10:00am-10:30am
59455 Bauer Drive CRC 1/16 W 10:00am-10:30am

Playtime & Music

Discovering Music for Toddlers

Ages 1-3: Develop coordination and gross motor skills, an inner beat for music, balance and reinforce cognitive learning. Activities include singing, rhyming and moving to different rhythms, playing simple percussion and melodic instruments. Adult participation required. Siblings of registered participants, 8 months old and up, must register and pay class fee. \$15 material fee due at first session.

7 Sessions \$104

Instructor: Geiza Dourado Carvalho
59130 Rec Admin Office 1/14 M 10:00am-10:45am

9 Sessions \$134

Instructor: Geiza Dourado Carvalho
59128 Wisconsin Pl. CRC 1/15 T 10:15am-11:00am
59129 Potomac CRC 1/18 F 10:15am-11:00am
60318 Longwood CRC 1/16 W 10:10am-10:55am

Learn Now Music: My First Music Class

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

8 Sessions \$149

Instructor: Learn Now Music
59459 N. Potomac CRC 1/14 M 10:30am-11:00am
59460 White Oak CRC 1/15 T 10:30am-11:00am
59458 Bauer Drive CRC 1/16 W 10:30am-11:00am

Mini Musicians, Movers & Shakers

Ages 2-5: Have fun while participating in activities that involve music and encourage socialization and cooperation. Play percussive instruments in a drum circle; sing; express yourself through movement; act out simple stories and rhymes; and dance, skip, and march around a colorful parachute. The instructor is an acclaimed children's picture book author and a professional entertainer who performs and teaches in schools throughout the area, television and venues such as The Kennedy Center for the Performing Arts.

8 Sessions \$150

Instructor: Music In Me Foundation International
59180 N. Potomac CRC 1/16 W 10:30am-11:15am
59181 Mid-County CRC 1/17 Th 9:30am-10:15am

Music Together

Ages 0-6: This fun, interactive family music experience includes a variety of musical styles, tonalities and rhythms. Activities include singing, chanting, props, instrument exploration, improvisation and large movement. Adults discover their power as role models for their children by having fun and making music. Participants will receive a Music Together CD and songbook. For more information contact the instructor at 301-879-6988 or visit www.musictogethertomontgomery.com. \$45 material fee per family is included in the class price.

10 Sessions \$245

Instructor: Nancy Nuttle
58932 Mid-County CRC 1/5 Sa 10:00am-10:45am
58933 Mid-County CRC 1/5 Sa 11:00am-11:45am

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. Instructor reserves the right to reassign students to another level and/or combine programs to ensure an optimum learning environment for all. No previous musical background is needed. \$25 material fee due at first session.

8 Sessions \$125

Instructor: Judith Duerk-Habeck

58907 Holiday Park SC 1/14 M 1:00pm-1:50pm

9 Sessions \$180

Instructor: Joyce Oliver

59062 Holiday Park SC 1/15 T 9:00am-9:50am

59063 Holiday Park SC 1/15 T 6:00pm-6:50pm

Adult Group Piano II

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

8 Sessions \$125

Instructor: Judith Duerk-Habeck

58908 Holiday Park SC 1/14 M 2:00pm-2:50pm

9 Sessions \$180

Instructor: Joyce Oliver

59064 Holiday Park SC 1/15 T 10:00am-10:50am

59065 Holiday Park SC 1/15 T 7:00pm-7:50pm

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

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.

8 Sessions \$125

Instructor: Judith Duerk-Habeck

58909 Holiday Park SC 1/14 M 3:00pm-3:50pm

9 Sessions \$180

Instructor: Joyce Oliver

59066 Holiday Park SC 1/15 T 11:00am-11:50am

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.

9 Sessions \$180

Instructor: Joyce Oliver

59068 Holiday Park SC 1/15 T 12:00pm-12:50pm

59069 Holiday Park SC 1/15 T 8:00pm-8:50pm



MUSIC





COOKING

YOUTH COOKING

Bake Lab

Ages 12-15: "Cooking is an art, but baking is a science." Students will spend the session whipping up delicious treats and exploring the chemistry that is involved in making them. We will find out what important functions things like eggs, oil, and baking powder serve in various baked goods. While we make things like biscuits, chocolate croissants, fruit pastries, pizzas, cookies, we will practice key baking techniques such as measuring, folding, sifting, zesting and beyond.

4 Sessions \$85

Instructor: Poach Sizzle Stir
59823 Ken Gar Center 1/16 W 7:00pm-8:30pm

Instaworthy

Ages 12-15: If you've ever wondered how food bloggers and celebrity chefs make dishes look perfect on Instagram, this is the class for you. We will explore and create fun desserts and dishes, and students will learn to Quenelle, create tuiles, and other fun techniques to take dishes up a notch and create beautiful plates.

4 Sessions \$85

Instructor: Poach Sizzle Stir
59824 Ken Gar Center 2/13 W 7:00pm-8:30pm

Kids Kitchen: Food, Fitness, Fun

Ages 5-15: Participants learn kid-friendly messages about nutrition, physical activity, and good health that are simple, interactive and fun. Participants engage in hands-on cooking/food and fitness activities and prepare delicious recipes from all food groups to develop a healthy lifestyle of eating and exercise.

1 Session \$55

Instructor: Kids Kitchen
59808 White Oak CRC 1/19 Sa 10:00am-12:00pm
59815 Wisconsin Pl. CRC 1/19 Sa 10:00am-12:00pm

ADULT COOKING

Knife Skill Basics

Ages 18 & Up: Practice basic knife skills while preparing a tasty international fusion meal that is also gluten-free, dairy-free and soy-free. Menu: French Onion Soup, Lemon Chicken Stir Fry with Rice, and Moroccan Orange Dessert.

1 Session \$58

Instructor: Sheila Crye
59806 Ross Boddy CRC 1/31 Th 6:30pm-8:30pm

Indian Tandoori Cooking

Ages 18 & Up: Come explore Indian Barbecue, Tandoori cooking. Learn how to replicate the flavors of Indian barbecue, seasoning, and techniques at home without the need of a Tandoori oven. Menu: Tandoori Murgli (chicken); Tandoori Jeengha (shrimp); Dhana-Podina Chutney (Coriander Mint); Keela Raita (Banana Yogurt)

1 Session \$58

Instructor: Drew Faulkner
59809 N. Potomac CRC 3/14 Th 6:30pm-8:30pm

Italian Piedmont Dinner

Ages 18 & Up: Enjoy a northern Italian menu perfect for a winter night. The Piedmont region in the north of Italy is known for it's sophisticated cuisine. Bold yet comforting flavors and textures result in a delicious menu perfect for the season. Menu: Bagna Cauda with Winter Vegetables; Potato Gnocchi with Wild Mushrooms; Beef Short Ribs Braised in Red Wine; Chocolate Flan.

1 Session \$87

Instructor: Drew Faulkner
59807 Ross Boddy CRC 2/22 F 6:30pm-9:30pm

Valentine's Day Treats

Ages 18 & Up: After an afternoon of baking, you will go home with a big box of goodies for someone special. Menu: Chocolate Ganache Tart with Hazelnut Crust for Two, Espresso Brownies, Caramel Butterscotch Squares, and Grandma Sophie's Butter Cookies.

1 Session \$87

Instructor: Sheila Crye
59805 N. Potomac CRC 2/9 Sa 1:00pm-4:00pm

YOUTH/TOT FITNESS

Aerobic Dance

Fiesta Fit Kids Jr.

Ages 3-5: Get the chance to be active and jam out to your favorite music. Kid-friendly routines to choreography. Break down the steps, add fun games, activities and cultural exploration elements into the class structure. Help develop a healthy lifestyle and incorporate fitness as a natural part of children's lives. Activity 58535 Fiesta Fit for Adults at the same time, same place. For more information contact Fiesta Sisters at 301-312-0302 or info@fiestafitdance.com.

8 Sessions **\$88**

Instructor: Veronica Legarreta

58537 Ross Boddy CRC 1/28 M 10:30am-11:30am

Playtime & Movement for Tots

Cheer Madness: Pommies

Ages 3-6: In this class participants will learn the basics of cheerleading and dance. Skills include flexibility and strengthening exercises, beginner stunting, beginner gymnastics, fun choreography, team building and ways to build endurance, eat healthy, and stay fit.

6 Sessions **\$99**

Instructor: Cheer Madness

59100 Ross Boddy CRC 2/5 T 10:00am-10:45am

59102 Praisner CRC 2/6 W 10:00am-10:45am

59101 N. Potomac CRC 2/7 Th 9:30am-10:15am

Funfit Tots

Ages 11m-2: A high-energy exercise class for children and adults to work out together with songs, stories, parachutes, games, balls, music and more. Students develop motor skills, coordination, socialization and cooperation while reinforcing cognitive development. Child must be walking. Adult participation required. \$5 material fee due at first session.

8 Sessions **\$109**

Instructor: Celia Kibler

58368 Germantown CRC 1/14 M 9:45am-10:30am

58370 Bauer Drive CRC 1/15 T 9:30am-10:15am

58372 Tilden MS 1/19 Sa 9:30am-10:15am

60236 Longwood CRC 1/17 Th 10:00am-10:45am

Funfit Tots Family Class

Ages 18m-4: A fun-filled, high-energy activity class that includes games, songs, stories, music, parachute balls and more, providing a great workout for the whole family. Adult participation required. Child must be walking. Class price is per child. \$5 material fee due at first session.

8 Sessions **\$109**

Instructor: Celia Kibler

Ages 18m-4

58369 Germantown CRC 1/14 M 10:30am-11:15am

58371 Bauer Drive CRC 1/15 T 10:15am-11:00am

60236 Longwood CRC 1/17 Th 10:45am-11:30am

58373 Tilden MS 1/19 Sa 10:15am-11:00am

Ages 3-4

58374 Tilden MS 1/19 Sa 11:00am-11:45pm

ADULT FITNESS

Aerobic Dance

Dance & Fitness

Ages 18 & Up: A complete aerobic workout for men and women who love music and movement. This class includes flexibility and leg routines, weights, abdominal work and cool down stretch. Wear supportive athletic shoes and bring a mat or blanket for floor work. Hand weights are optional. For more information contact dancenfitness05@gmail.com.

18 Sessions **\$134**

Instructor: Wendy Eckenrode

58539 Lawton CRC 1/7 M,W 6:00pm-7:00pm

Instructor: Elaine Walstretcher

58541 Mid-County CRC 1/7 M,W 7:30pm-8:30pm

20 Sessions **\$148**

Instructor: Lois Antos

58538 Veirs Mill LP 1/8 T,Th 9:30am-10:30am

Instructor: Kathy Wiemers

58540 Rock View ES 1/8 T,Th 7:00pm-8:00pm

Dance & Fitness Add a Class

Ages 18 & Up: Add a third day to your workout routine and see your strength and endurance improve. Pick any day Monday through Thursday (listed above) or Saturday and add more dancing at a different location. For more information contact dancenfitness05@gmail.com.

10 Sessions **\$74**

Instructor: Kathy Wiemers

58542 Holiday Park SC 1/12 Sa 9:00am-10:00am



FITNESS





FITNESS

Dance Fit Zumba

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

7 Sessions \$53

Instructor: Dance Fit

58927 Praisner CRC 1/14 M 6:00pm-7:00pm

58929 N. Potomac CRC 1/14 M 7:00pm-8:00pm

9 Sessions \$68

Instructor: Dance Fit

58924 Praisner CRC 1/16 W 6:00pm-7:00pm

58925 Germantown CRC 1/15 T 7:15pm-8:15pm

58926 Germantown CRC 1/17 Th 7:15pm-8:15pm

58928 N. Potomac CRC 1/19 Sa 10:00am-11:00am

58930 Potomac CRC 1/17 Th 10:30am-11:30am

58931 Potomac CRC 1/15 T 6:00pm-7:00pm

Definition Zumba

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

17 Sessions \$149

Instructor: Juliet Rodman

59442 Clara Barton NRC 1/14 M,F 9:00am-10:00am

Fiesta Fit

Ages 16 & Up: A fun calorie burning dance and fitness workout consisting of a full body workout through dancing and toning routines. Focus on making it fun and positive so you feel relax and happy. Check out activity 58537 Fiesta Fit Kids Jr. at the same time, same place. For more information contact Fiesta Sisters at 301-312-0302 or info@fiestafitdance.com. Beginner and intermediate levels.

8 Sessions \$72

Instructor: Veronica Legarreta

58535 Ross Boddy CRC 1/28 M 10:30am-11:30am

12 Sessions \$96

Instructor: Veronica Legarreta

58533 Ross Boddy CRC 1/8 T 6:15pm-7:15pm

58534 Ross Boddy CRC 1/10 Th 6:15pm-7:15pm

NEW Glow Zumba

Ages 16 & Up: Ready for the ultimate experience in a Zumba class? This workout is a dynamic fitness program using Latin dance flavor. Not only will you experience the exhilaration of moving your body to the rhythm of the music, it will be kicked up a notch with participants glowing in the dark. This class features easy-to-follow moves in interval training sessions with fast and slow rhythms, stretching, and most importantly fun. Participants should come dressed in their neon-colored exercise attire. The first two to three sessions will be instructional and then be prepared to experience Zumba as you've never experienced it before. For more information contact Elite Quality Sports at 301-537-9992 or elitequalitysports@gmail.com

9 Sessions \$90

Instructor: Elite Quality Sports

59436 Good Hope NRC 1/15 T 6:30pm-7:30pm

Jacki Sorensen's Aerobic Dance

Ages 18 & Up: Move your body with this complete, safe, effective and fun choreographed fitness program, created by Jacki Sorensen in the early 1970s. Each class includes strength work, flexibility and floor work routines followed by aerobic routines that can be done at low-or no-impact levels. Heart rate monitoring throughout the class measures student progress. Bring a mat. Hand weights (1-6 pounds) and ankle weights (1-2.5 pounds) are recommended, but optional. For more information contact Karin Baker at 240-207-3091 or Karin1047@aol.com.

11 Sessions \$88

Instructor: Karin Baker

58851 Potomac CRC 1/8 T 9:00am-10:00am

58852 Potomac CRC 1/10 Th 9:00am-10:00am

NEW Zumba

Ages 16 & Up: This workout is a dynamic fitness program using Latin dance flavor. Come experience the exhilaration of moving your body to the rhythm of the music. This class features easy-to-follow moves in interval training sessions with fast and slow rhythms, stretching, and most importantly fun. For more information contact Elite Quality Sports at 301-537-9992 or elitequalitysports@gmail.com.

9 Sessions \$90

Instructor: Elite Quality Sports

59437 White Oak CRC 1/17 Th 6:30pm-7:30pm



Zumba Fitness

Ages 16 & Up: Ditch the typical work out and join the Latin dance fitness phenomenon sweeping the nation. Zumba is an explosively fun and addictive fitness dance party combining Caribbean, hip-hop and Latin beats that move your hips.

7 Sessions \$53

Instructor: Michelle Johnson-Lancaster
58343 Mid-County CRC 1/14 M 6:15pm-7:15pm

9 Sessions \$68

Instructor: Michelle Johnson-Lancaster
58344 Bauer Drive CRC 1/19 Sa 9:00am-10:00am
58345 Mid-County CRC 1/16 W 6:15pm-7:15pm

Total Body Conditioning

Dynaerobics

Ages 18 & Up: This vigorous and challenging conditioning program combines cardio, core and resistance exercises for a safe, total-body workout. Class includes an energizing warmup, a choreographed aerobics workout and a relaxing cool down. The last 30 minutes of class gives special attention to the arms, abdominals, hips, thighs and gluteal muscles, including strength and toning exercises with resistance bands. Bring a mat. Hand weights are optional. Resistance bands are provided. For more information contact Gina at Gina.bodysculpt@gmail.com.

18 Sessions \$145

Instructor: Gina Dols
59438 Bauer Drive CRC 1/15 T,Th 6:00pm-7:15pm

Jacki Sorensen's Aerobic Workout

Ages 18 & Up: Jacki Sorensen created this program in the 1980s as a more vigorous program than her dance classes. Each class includes floor work, strength work with hand and ankle weights, stretching and aerobic routines. Heart rate monitoring throughout the class measures student progress. Bring a mat, hand weights (1-6 pounds) and ankle weights (1-2.5 pounds). For more information contact Karin Baker at 240-207-3091 or Karin1047@aol.com.

11 Sessions \$88

Instructor: Karin Baker
58853 Damascus CRC 1/9 W 7:00pm-8:00pm

Jacki Sorensen's Strong Step

Ages 18 & Up: This high-energy, low-impact fitness class blends exercise and bench and resistance training to provide a full-body workout. Students can adjust step level to vary intensity. Bring a step and exercise mat. Hand weights (1-6 pounds) are optional. Limited steps available for class use. Contact instructor to verify availability at 240-207-3091.

11 Sessions \$88

Instructor: Karin Baker
58854 Potomac CRC 1/11 F 9:00am-10:00am

Jazzmatazz Aerobics W/Pilates Mat

Ages 18 & Up: Workout with a combination of Pilates mat work and a low-impact, high-intensity aerobic workout using light hand weights. Gain core strength, general muscular strength and flexibility in addition to cardiovascular and respiratory improvement through lively music and carefully choreographed routines. Students are strongly urged to register for both Tuesday and Thursday to achieve the best results.

10 Sessions \$78

Instructor: Betsy Saunders
58530 Holiday Park SC 1/8 T 7:15pm-8:15pm
58529 Holiday Park SC 1/10 Th 7:15pm-8:15pm

Jazzmatazz Low-Impact Aerobics

Ages 18 & Up: Dance in an energetic, fun-filled workout, choreographed to music. This class emphasizes cardiovascular strength and endurance with low-impact aerobic dancing, muscular strength using light hand weights and flexibility with floor exercises. To achieve best results, students are strongly encouraged to register for both Tuesday and Thursday.

10 Sessions \$78

Instructor: Betsy Saunders
58531 Bauer Drive CRC 1/8 T 9:30am-10:30am
58532 Bauer Drive CRC 1/10 Th 9:30am-10:30am



FITNESS





Kelley's Complete Fitness Workout

Ages 18 & Up: This safe, effective, co-ed program strengthens and tones all major muscle groups. The instructor incorporates elements of yoga, Pilates, kickboxing and traditional exercises into a total-body workout, choreographed to music. Emphasis is placed on proper execution, body alignment and posture. Each class concludes with a relaxation segment. Bring a towel or mat. Light hand weights are optional. For more information contact Pam at 301-774-6342.

8 Sessions \$64

Instructor: Pamela Kelley

58940 Glenmont LP 1/7 M 9:15am-10:30am

58941 Longwood CRC 1/7 M 7:15pm-8:30pm

10 Sessions \$80

Instructor: Pamela Kelley

58942 Bauer Drive CRC 1/9 W 9:10am-10:25am

58943 Longwood CRC 1/9 W 7:15pm-8:30pm

58944 Glenmont LP 1/10 Th 9:15am-10:30am

Movin' with Millie' Aerobics

Ages 16 & Up: Set to positive, upbeat music, this class is a unique exercise experience beginning with a total body warmup, aerobic conditioning for cardiovascular fitness and floor exercise for toning hips, thighs, abdominals and glutes. Bring a mat, exercise bands and hand weights. For more information contact Millie at 301-588-3577 or millietrimble3@gmail.com.

10 Sessions \$80

Instructor: Mildred Trimble

60224 Pilgrim Hills LP 1/9 W 9:30am-10:45am

60223 Pilgrim Hills LP 1/11 F 9:30am-10:45am

ACT THE WORKOUT

Three Month Pass

To register click on the membership tab on **ActiveMONTGOMERY.org** and search for "ACT."

ACT provides a vigorous, easy to follow co-ed class for ages 16 & up. Choreographed to strengthen and tone all muscle groups and improve cardiovascular fitness, the program is designed to allow self pacing for those who wish to work at low impact steps.

Plan your workout around your schedule and attend class at any of our convenient locations.

Passes are available for 12, 18, and 24 classes.

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

Take your access card and receipt to any class location and check-in with the front desk staff. Give a copy of the registration to the ACT instructor.

AEROBIC CONDITIONING AND TONING

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

ACT • 24 Passes-\$162

ACT • 18 Passes-\$126

ACT • 12 Passes-\$87



Pilates

Ballet Workout + Pilates Mat

Ages 18 & Up: This unique class with classical music combines basic ballet posture and alignment with Pilates, low-impact cardio, weight-bearing exercises and other techniques. Participants will learn a combination of stretches and movements to improve energy, flexibility, core strength and balance. Bring light hand weights, a mat and workout shoes. For more information contact 301-942-5168.

9 Sessions \$90

Instructor: Esther Brunner

58824 Tilden MS 1/8 T 7:15pm-8:15pm
58823 Wisconsin Pl. CRC 1/10 Th 10:15am-11:15am

Pilates for Fitness

Ages 16 & Up: This workout will increase strength, flexibility and energy levels. This program is designed to help lengthen, realign and redefine your body while improving posture, balance and coordination, easing chronic pain, and focusing on mental stability. Each participant will receive a T-shirt. For more information contact fit2believe@gmail.com.

9 Sessions \$73

Instructor: Fit 2 Believe

59097 Bauer Drive CRC 12/20 Th 7:15pm-8:15pm
59098 White Oak CRC 1/15 T 7:00pm-8:00pm
59096 Lawton CRC 1/19 Sa 10:00am-11:00am

PiYo

Ages 18 & Up: Combine the muscle-sculpting, core-firming benefits of Pilates with the flow and flexibility of Yoga. Energetic and fun, this low-impact workout burns calories and tones your body. Bring a yoga mat. For more information contact jeanne@jfitclub.com or visit www.jfitclub.com.

6 Sessions \$60

Instructor: Jeanne Lieder

58830 Bauer Drive CRC 1/23 W 6:00pm-7:00pm

Power Flow

Ages 18 & Up: High energy, full-body sculpt and tone workout. You will use unique weighted rings with resist and assist cords throughout the class for Pilates-inspired standing and mat exercises. Increase strength and endurance, and improve balance and flexibility in this easy yet highly effective workout for beginners to advanced. Bring a yoga mat. 3X3FIT Sculpting Rings supplied and available for purchase. For more information contact jeanne@jfitclub.com or visit www.jfitclub.com.

6 Sessions \$60

Instructor: Jeanne Lieder

58831 Potomac CRC 1/24 Th 6:00pm-7:00pm

Strength Training

Bone Builders - Plus

Ages 18 & Up: Strengthen all major muscle groups, gain better balance and improve posture in a co-ed class designed to improve bone density while preventing or slowing further bone loss. Participants will complete a variety of exercises standing or sitting, using provided weights and exercise bands, while receiving personalized attention tailored to the body's needs. Sign up for two classes per week to achieve optimal results. Due to instructor's asthma, do not wear perfume or cologne to class. For more information contact jpalazzo1@comcast.net.

8 Sessions \$72

Instructor: Jerry Palazzo

58847 Lawton CRC 1/7 M 10:00am-11:00am
60120 Lawton CRC 1/7 M 11:30am-12:30pm
60121 Lawton CRC 1/9 W 11:30am-12:30pm

10 Sessions \$90

Instructor: Jerry Palazzo

58849 Potomac CRC 1/8 T 3:00pm-4:00pm
58848 Lawton CRC 1/9 W 10:00am-11:00am
58850 Potomac CRC 1/10 Th 3:00pm-4:00pm

Boot Camp for Better Bodies

Ages 16 & Up: Accept the challenge and get maximum results. Participants will complete sit-ups, curls, squats and other weight-lifting exercises to get fit in a circuit-style class. Each participant will receive a T-shirt. For more information contact Sean at fit2believe@gmail.com.

9 Sessions \$73

Instructor: Fit 2 Believe

59094 Bauer Drive CRC 1/15 T 7:15pm-8:15pm
59095 White Oak CRC 1/17 Th 7:00pm-8:00pm

Category 4 Fitness Boot Camp

Ages 18 & Up: Instructed by an ISSA-certified fitness trainer, this 60-minute program incorporates cardio, resistance and core training. This class utilizes a specific interval training system broken down into segments of 30 seconds to 1 minute that challenge all fitness levels. For more information or contact Tommy at tomwitz77@gmail.com or 301-300-4196 or visit us on Facebook at Category 4 Fitness Bootcamp.

9 Sessions \$72

Instructor: Thomas Witz

58898 Germantown CRC 1/14 M 7:30pm-8:30pm
58899 Germantown CRC 1/16 W 7:30pm-8:30pm



FITNESS





FITNESS

Definition Body Sculpting

Ages 16 & Up: Gain body strength, flexibility and endurance using free weights. A perfect opportunity to learn proper form for weight bearing exercises. Initial 5 min. body warm-up with 40-minutes of strength training, five-minute abdominal work and 10-minute cool down using stretching and yoga positions. Bring mat/towel and light hand weights. Participants will be able to track their individual progress. Instructor ACE and CPR certified. For questions contact Juliet Rodman at 301-229-7555 or Juliet@wellnesscorporatesolutions.com

17 Sessions \$140

Instructor: Juliet Rodman

59441 Clara Barton NRC 1/17 T,Th 9:00am-10:00am

Dynaerobics and Body Sculpting

Ages 18 & Up: This program is perfect for cross trainers. Class includes an energizing warm-up, a choreographed aerobics workout and a relaxing cool down. The last 30 minutes of class gives special attention to the arms, abdominals, hips, thighs and gluteal muscles, including strength and toning exercises with resistance bands. Bring a mat. Hand weights are optional. Resistance bands are provided.

9 Sessions \$72

Instructor: Gina Dols

59439 Bauer Drive CRC 1/19 Sa 10:15am-11:30am

Dynaerobics Body Sculpting

Ages 18 & Up: This class provides a serious workout to firm all major muscle groups, giving special attention to the arms, abdominals, hips, thighs and gluteal muscles. Class includes strength and toning exercises with resistance bands and a relaxing cool-down stretch. Bring a mat. Hand weights are optional. Resistance bands are provided.

15 Sessions \$120

Instructor: Gina Dols

59440 Bauer Drive CRC 1/16 M,W 6:15pm-7:15pm

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

-customer survey

Fitness Kickboxing

Ages 13 & Up: Are you looking for a fast-paced, kick-butt, calorie-burning, adrenaline-pumping, action-packed workout? This class combines high-energy music with the kicks, punches and strikes of kickboxing for the ultimate conditioning workout. You'll improve muscular definition, cardiovascular fitness, flexibility and the ability to protect yourself. Fee includes a free pair of boxing gloves. For more information contact Kicks Karate at Lbussard@kickskarate.com.

5 Sessions \$79

Instructor: Kicks Karate

59471 Kicks - N. Bethesda 1/26 Sa 8:00am-8:50am

59472 Kicks - Potomac 1/26 Sa 8:00am-8:50am

59473 Kicks - Shady Grove 1/26 Sa 8:00am-8:50am

10 Sessions \$129

Instructor: Kicks Karate

59467 Kicks - N. Bethesda 1/28 M,W 7:20pm-8:10pm

59468 Kicks - Potomac 1/28 M,W 6:05pm-6:55pm

59469 Kicks - Potomac 1/29 T,Th 7:00pm-7:50pm

59470 Kicks - Shady Grove 1/28 M,W 6:15pm-7:05pm

59474 Kicks - Shady Grove 1/29 T,Th 5:15pm-6:05pm

59475 Kicks - N. Bethesda 1/29 T,Th 8:10pm-9:00pm

**TOT/YOUTH
WELLNESS****Playtime &
Movement for Tots****Mama Goose on the Loose**

Ages 6m-2: What a time for a rhyme! Enrich your child's language, large motor skills and social development with stories, games, music and movement. Price includes all materials. Adult participation required. For more information contact mamagoose@verizon.net.

5 Sessions \$60

Instructor: Laura Lunking

59239 Bauer Drive CRC 1/26 Sa 10:00am-10:45am

8 Sessions \$96

Instructor: Laura Lunking

59237 Mid County CRC 1/16 W 10:00am-10:45am

59238 Bauer Drive CRC 1/17 Th 10:00am-10:45am

Yoga

Baby and Me Yoga

Ages 1m-5: Baby and Me Yoga offers confidence, movement milestones, and mind and body awareness while deepening the bond between you and baby. For more information contact Om Shanti DC at info@omshantidc.com.

8 Sessions \$136

Instructor: Om Shanti DC

58981 RSC-B-CC 1/29 T 11:00am-12:00pm

Children Yoga

Ages 6-9: Stretching, breathing techniques, meditation and play while each child connects with their body. Class helps children to focus on and off the yoga mat. Bring yoga mat and towel. Students must practice with bare feet. For more information contact Om Shanti DC at info@omshantidc.com.

8 Sessions \$128

Instructor: Om Shanti DC

58983 RSC-B-CC 1/26 Sa 11:00am-12:00pm

NEW Yoga4Kidz

Ages 7-12: Participants will run, jump and laugh, as they strengthen their minds and hearts with deep breathing techniques and basic yoga poses that are developmentally appropriate. One hour of basic yoga instruction and mindfulness practice increases self-confidence in school-aged children. For more information contact Maya at ellawellnessllc@gmail.com or 914-610-0674

4 Sessions \$75

Instructor: Maya Albert

59526 Lawton CRC 1/15 T 5:30pm-6:30pm

59779 Lawton CRC 2/19 T 5:30pm-6:30pm

NEW Yoga4Tweenz

Ages 11-15: A new yoga class exclusively for tweens. This class will focus on promoting body positivity, stress management and respect for each other and oneself through yoga. Yoga allows middle-schoolers to express, challenge and set goals for themselves. For more information contact Maya at ellawellnessllc@gmail.com or 914-610-0674

4 Sessions \$75

Instructor: Maya Albert

59583 Lawton CRC 1/15 T 6:30pm-7:30pm

59778 Lawton CRC 2/19 T 6:30pm-7:30pm

ADULT WELLNESS

CPR/FRP/AED

Community Basic First Aid and CPR_AED

Ages 13 & Up: This class offers hands-on First Aid and CPR-AED training and certification. This certification can be used to save a life and to obtain employment. Our mission is to provide the community with the skills and knowledge needed to potentially save a life. Certifications and material will be from EMS Safety Service unless a specific request is made prior to training. \$20 material fee is due at first session. For more information contact Tiquia.bennett@gmail.com.

1 Session \$75

Instructor: Tiquia Bennett

59080 Bauer Drive CRC 1/12 Sa 10:00am-1:00pm

59081 Potomac CRC 2/6 W 5:00pm-8:00pm

59082 Germantown CRC 2/16 Sa 10:00am-1:00pm

59087 Potomac CRC 2/23 Sa 10:00am-1:00pm

59083 Germantown CRC 3/6 W 5:00pm-8:00pm

59086 Bauer Drive CRC 3/16 Sa 10:00am-1:00pm

Meditation

NEW Developing the Intention to Live Mindfully

Ages 18 & Up: Mindfulness is more than a state of mind; it's an intention. Join us as we explore how to make loving-kindness, compassion for others, compassion for yourself, and equanimity part of your life. We'll use short talks, guided meditations and group discussions to increase your ability to support yourself and others under all conditions. No prior meditation experience is required. For more information contact Jerry at 301-540-8091 or mongo2@usa.net.

1 Session \$46

Instructor: Jerry Hartman

59444 Potomac CRC 3/9 Sa 10:00am-2:00pm



WELLNESS





WELLNESS

Introduction to Mindfulness Meditation

Ages 18 & Up: Cultivate a greater awareness of the unity of mind and body. Mindfulness meditation helps practitioners stop worrying about forces not under their control, using mindfulness techniques including a full-body scan, seated meditation, walking meditation and eating meditation. No prior meditation experience is needed to enroll in this class. For more information contact Jerry at 301-540-8091 or mongo2@usa.net.

1 Session **\$46**

Instructor: Jerry Hartman
59443 Potomac CRC 1/26 Sa 10:00am-2:00pm

Mindfulness of the Body

Ages 18 & Up: Of the four foundations of mindfulness, the first and most important is mindfulness of the body. As infants, we learn unconsciously to interpret everything that happens in our lives as pleasant or unpleasant based on how we experience it through the five senses in our body. And yet, as we grow, most of us forget this and live our lives from the neck up. Join us for a half day of meditation, short talks, and group discussions which will increase your awareness of the body and its relationship to the mind. No prior meditation experience is needed to enroll in this class. For more information contact Jerry at 301-540-8091 or email at mongo2@usa.net.

1 Session **\$46**

Instructor: Jerry Hartman
59445 Germantown CRC 2/9 Sa 10:00am-2:00pm

Using Mindfulness to Increase Happiness

Ages 18 & Up: For most of us, happiness is dependent on outside conditions. We suffer from the "if only" disease and never have enough to be satisfied. Possessions, jobs or relationships - we're always looking for the next big thing that will finally make us happy. Eventually we realize that approach doesn't work. Mindfulness meditation gives us tools to create a lasting happiness that doesn't rely on others. We'll explore how clinging to our attitudes and possessions create dissatisfaction, and how love, kindness, generosity and gratitude can help change your outlook on life. For more information contact Jerry at 301-540-8091 or mongo2@usa.net.

1 Session **\$46**

Instructor: Jerry Hartman
59446 RSC-B-CC 2/23 Sa 10:00am-2:00pm

Tai Chi**Tai Chi - Beginning**

Ages 18 & Up: An ancient Chinese exercise form practiced by millions for both physical and spiritual development. Tai Chi benefits everyone from active athletes to those recovering from injuries or back problems. Wear loose clothing. Prospective students may observe a class before registering. For more information contact Elizabeth at 240-676-8428.

7 Sessions **\$70**

Instructor: Andy Schettino
58364 Bauer Drive CRC 1/14 M 7:00pm-8:00pm

10 Sessions **\$97**

Instructor: Lon Holland
58365 Norbeck- 1/9 W 6:30pm-7:30pm
Muncaster Mill NP

Tai Chi - Continuing

Ages 18 & Up: Students in this class have already taken Tai Chi - Beginning and will continue to learn this graceful, flowing form.

7 Sessions **\$70**

Instructor: Andy Schettino
58366 Bauer Drive CRC 1/14 M 8:00pm-9:00pm

10 Sessions **\$97**

Instructor: Lon Holland
58367 Norbeck- 1/9 W 7:30pm-8:30pm
Muncaster Mill NP

Workshops**Building Strength & Healthy Prostate**

Ages 18 & Up: Do you have any difficulty with going to the bathroom? Do you have pain between your legs or gluteals? Do you have erectile dysfunction? Knowing the warning signs for prostate and pelvic floor health issues becomes an important part of taking care of your overall health. Part of keeping yourself healthy, especially as we get older, starts to get more complicated than lifting weights and keeping up with the cardio. This workshop will give you the tools to start getting answers to the questions that are tough to talk about and practical advice for a healthier and stronger pelvic floor. For question email info@restoremotion.com or call 301-881-9313.

1 Session **\$30**

Instructor: Restore Motion
58353 Restore Motion 2/12 T 6:30pm-8:00pm
58352 Restore Motion 2/23 Sa 10:30am-12:00pm

Postpartum Workshop

Ages 18 & Up: Regain muscle strength of the abdominal and pelvic floor muscles through Postpartum Strong, a program developed specifically for women post-delivery. This class emphasizes education on abdominal and pelvic floor anatomy, posture and body mechanics when lifting your baby, and exercise instruction. For questions email info@restoremotion.com or call 301-881-9313.

1 Session \$30

Instructor: Restore Motion

58354 Restore Motion 1/26 Sa 1:00pm-2:30pm
58355 Restore Motion 2/19 T 4:30pm-6:00pm

Your Pelvic Floor-Keeping it Healthy

Ages 18 & Up: Led by a physical therapist with pelvic floor rehabilitation experience, this class addresses common pelvic floor problems. Learn exercises to improve the strength and function of the pelvic floor, including alternatives to Kegels. An exercise band and exercise handouts are included in the class fee. For questions email info@restoremotion.com or call 301-881-9313.

1 Session \$30

Instructor: Restore Motion

58356 Restore Motion 1/31 Th 2:00pm-3:30pm
58357 Restore Motion 2/26 T 6:00pm-7:30pm

Yoga

After-Work Yoga

Ages 18 & Up: Great after-work stress release. Introduces foundational yoga postures, teaches pranayama breathing and helps deepen your understanding of yoga. This is a mix vinyasa style class, open to all levels. Bring a yoga mat and a yoga blanket and wear comfortable clothing. Students must practice with bare feet. For more information contact info@omshantidc.com.

8 Sessions \$136

Instructor: Om Shanti DC

58979 RSC-B-CC 1/14 M 6:15pm-7:15pm
58977 RSC-B-CC 1/30 W 6:15pm-7:15pm

Early Morning Yoga and Meditation

Ages 18 & Up: Meditation and gentle stretching and poses to soften, strengthen, and open muscles and joints. Incorporating Pranayama breathing during each session allows for a more mindful and restorative practice to help begin your day. Bring a yoga mat and a yoga blanket and wear comfortable clothing. Students must practice with bare feet. For more information contact at info@omshantidc.com.

8 Sessions \$136

Instructor: Om Shanti DC

58986 RSC-B-CC 1/14 M 6:00am-7:00am

Easy Yoga

Ages 18 & Up: Yoga at a slower pace for mixed levels that modifies basic poses to enhance each individual experience. Increase energy, stamina and muscle strength and flexibility, and learn to release tension using relaxation techniques and easy, dynamic movement coordinated with simple, rhythmic breathing. Introduction to meditation. Bring a mat or towel and wear comfortable clothing. For more information contact Moira at 301-493-9065.

9 Sessions \$97

Instructor: Moira Martin

58837 Lawton CRC 12/20 Th 9:30am-10:45am

Essential Yoga For Beginners

Ages 18 & Up: This class focuses on the fundamentals of yoga, including posture, body alignment, breath and foundational yogic concepts, and is perfect for first-time and experienced students. Bring a yoga mat and blanket and wear comfortable clothing. Students must practice with bare feet. For more information contact Tamara at 301-891-1247 or tijhealth@earthlink.net.

10 Sessions \$104

Instructor: Tamara Lewis Johnson

58922 Coffield CRC 1/17 Th 6:00pm-7:00pm

Evening Yoga

Ages 18 & Up: Learn to bring your mind, body and spirit into harmony and balance. Relax, relieve tension and create a sense of calmness and wellbeing as you improve flexibility, strength and energy. Classes begin with warmup movements and breath awareness followed by a sequence of yoga postures and end with deep relaxation. Bring a yoga mat and wear comfortable clothing. For more information contact the instructor at robin.michele.morris@gmail.com.

10 Sessions \$105

Instructor: Robin Morris

58836 RSC-B-CC 1/8 T 6:15pm-7:15pm
58835 Wisconsin Pl. CRC 1/9 W 6:15pm-7:15pm



WELLNESS





WELLNESS

Gentle Yoga

Ages 18 & Up: This class combines warm-ups, gentle postures and yogic breathing to improve mobility and reduce stress. You will learn the basic principles of body alignment and breath awareness inspired by meaningful intention and a joyful attitude. The instructor encourages students to listen to their bodies and progress at their own pace. Bring a yoga mat and blanket and wear comfortable clothing. Students must practice with bare feet. For more information contact Irene at Irene54@aol.com. Beginner and continuing levels.

9 Sessions \$94

Instructor: Irene Bopp
58838 Bauer Drive CRC 1/15 T 6:15pm-7:15pm
Instructor: Amy Branson
60314 Longwood CRC 1/17 Th 5:00pm-6:00pm

Hatha Yoga and Stress Management Beg/Con

Ages 18 & Up: Learn to handle the stresses of daily life with breathing exercises that help connect body and mind. Become better acquainted with your body through yoga poses (asanas) that increase flexibility and strength and help keep the body in good alignment. Bring a mat or towel, a belt and a block and wear comfortable clothing. For more information contact Suzana at 301-326-4276 or suzanacooper@yahoo.com. Beginner and continuing levels.

9 Sessions \$135

Instructor: Suzana Cooper
58504 Lawton CRC 1/16 W 9:45am-11:00am
58505 Lawton CRC 1/18 F 9:45am-11:00am
58506 Wisconsin Pl. CRC 1/19 Sa 9:45am-11:00am

Yoga Basics

Ages 18 & Up: This class introduces students to yogic principles of body alignment and breathing awareness, inspired by a meaningful intention and a joyful attitude. The instructor emphasizes standing poses and strengthening and stretching the legs, back, and shoulders. Benefits of this practice include improved muscle tone, increased circulation, better concentration, and deeper relaxation. Bring a yoga mat and a yoga blanket and wear comfortable clothing. Students must practice with bare feet. For more information contact Irene Bopp at Irene54@aol.com. Beginner and continuing levels.

9 Sessions \$94

Instructor: Irene Bopp
58840 Bauer Drive CRC 1/15 T 7:30pm-8:30pm
58839 Mid-County CRC 1/16 W 7:30pm-8:30pm
58841 Praisner CRC 1/17 Th 10:30am-11:30am
58842 East County CRC 1/17 Th 7:00pm-8:00pm

Yoga for Beginners and Continuing

Ages 18 & Up: Brings together the philosophy and practice of yoga from a long lineage of great Yogis. Class incorporates intention, breath practice, alignment, breath guided creative sequences of asana (posture), qi gong, meditations and rejuvenating rest with aromatherapy. Bring a mat or towel and wear comfortable clothing. For more information contact Om Shanti DC at info@omshantidc.com. Continuing levels welcomed.

8 Sessions \$150

Instructor: Om Shanti DC
58987 Potomac CRC 1/14 M 6:15pm-7:30pm

9 Sessions \$165

Instructor: Om Shanti DC
60111 RSC-B-CC 1/15 T 12:15pm-1:00pm
58988 Potomac CRC 1/17 Th 10:15am-11:30am
60112 RSC-B-CC 1/19 Sa 9:45am-10:45am

Yoga Flow

Ages 10 & Up: Breathing into poses and holding them builds both strength and calm. Deep stretches help free the body and mind from stress. Then comes Savasana, a few moments of bliss when everything falls away but the breath. Participants will need to bring their own sticky Yoga mat.

13 Sessions \$85

Instructor: H2O Fitness
58659 KSAC 1/6 S 7:05pm-7:55pm
60261 KSAC 1/6 S 7:05pm-7:55pm

Yoga for Everybody

Ages 18 & 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 with any questions at firstencounteryoga@yahoo.com.

8 Sessions \$115

Instructor: Robin Bruckner
58544 Ross Boddy CRC 1/16 W 10:15am-11:30am
58543 Ross Boddy CRC 1/19 Sa 10:15am-11:30am

Yoga for Life

Ages 18 & Up: Through body awareness, simple and non-threatening yoga postures and mindfulness strategies, this class will provide skills to use at home and at work to feel stronger, more grounded and more in-tune with your physical body. No yoga experience is necessary. Bring a yoga mat. Instructor will supply blankets, blocks and straps. For more information contact Amy at amyelizabethbranson@gmail.com.

9 Sessions \$112

Instructor: Amy Branson
58363 Longwood CRC 1/17 Th 6:30pm-7:45pm

Yoga Fundamentals

Ages 18 & Up: Enjoy a balanced practice with benefits for your body, mind and spirit. Classes begin with warm-up movements and breathing awareness to prepare you for yoga postures. The heart of each class is a sequence of postures that stretch, strengthen and balance your body. Each class ends with deep relaxation and meditation. This physically challenging class is designed for individuals who are free of serious injuries or physical vulnerabilities. Bring a yoga mat and blanket. Students must practice with bare feet. For more information contact Nancy at yogawithnancy@gmail.com. Beginner and continuing levels.

9 Sessions \$135

Instructor: Nancy Neves
58948 Bauer Drive CRC 1/15 T 10:45am-12:00pm

Yoga-Pilates Fusion

Ages 10 & Up: Move through mat-based exercises to build strength, especially in the core. Then the entire body is stretched and relaxed through Yoga poses. Breath is used first to energize, then calm. Participants will need to bring their own sticky Yoga mat.

13 Sessions \$85

Instructor: H2O Fitness
60260 KSAC 1/6 S 6:05pm-6:55pm

Yoga/Stretching for Your Relaxation

Ages 18 & Up: Practice gentle stretching and learn basic yoga postures to increase energy, flexibility, strength and balance. Class includes a focus on breathing and relaxation techniques. Those with injuries should consult a physician prior to registration. Bring a yoga mat and blanket. Students must practice with bare feet. For more information contact Nancy at yogawithnancy@gmail.com.

9 Sessions \$108

Instructor: Nancy Neves
58949 Mid-County CRC 1/16 W 11:00am-12:00pm

When Is the Guide Available?



**Winter
2018/2019**

Early November 2018
Registration begins
Mid-November 2019



**Summer Camps
2019**

Early January 2019
Registration begins
Mid-January 2019



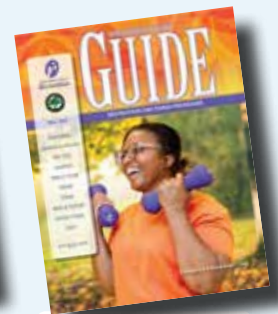
**Spring
2019**

Late January 2019
Registration begins
Mid-February 2019



**Summer
2019**

Early May 2019
Registration begins
Mid-May 2019



**Fall
2019**

Early August 2019
Registration begins
Mid-August 2019

**Where Can
I Get The
Guide?**

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www.mocorec.com

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

Pick One Up:

Print copies of the Guide are available while supplies last at:

Montgomery County Recreation facilities

Montgomery Parks facilities

Most Montgomery County government buildings

Most Montgomery County libraries



TOT/YOUTH MARTIAL ARTS

Judo

Judo

Ages 5-15: The class emphasizes the various basic techniques of judo, a Japanese martial art that includes 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.

9 Sessions \$270

Instructor: Frederic Hocde

Ages 5-10

59798 Ken Gar Center 1/15 T 5:30pm-6:30pm

Ages 7-15

59799 Ken Gar Center 1/15 T 6:30pm-7:30pm

Karate/Jujitsu

Karate Do and Iaido Beginners

Ages 6-13: Iaido is described as cultivation of patience to keep you from conflict. Increase control of the body and mind. Additional benefits include discipline and respect, balance, patience, fitness and energy. Participants will need to purchase a gi (uniform).

9 Sessions \$89

Instructor: Salvador Cortes

59796 Kensington 1/15 T 7:00pm-7:55pm
Parkwood ES

59797 Kensington 1/17 Th 7:00pm-7:55pm
Parkwood ES

Karate/Jujitsu

Ages 6-13: Learn the physical and psychological aspects of Tang Soo Do-style Korean Karate and Jujitsu with instructors from Tompkins Karate Association. Class offers exercise, drills, lecture and competition with promotional exams available. Beginners must attend the 6 p.m. class at Upper County, Bauer, Damascus, Resnik, Potomac, Praisner and Germantown locations. Beginners may attend the later time at all other sites.

9 Sessions \$68

Instructor: TKA Inc.

58855 Upper County CRC 1/7 M 6:00pm-7:00pm

58856 Longwood CRC 1/7 M 7:00pm-8:00pm

58857 Upper County CRC 1/7 M 7:00pm-8:00pm

58858 Glenallan ES 1/7 M 7:00pm-8:00pm

11 Sessions

\$83

Instructor: TKA Inc.

58859 Germantown CRC 1/8 T 6:00pm-7:00pm

58861 Mid County CRC 1/8 T 6:30pm-7:30pm

58860 Germantown CRC 1/8 T 7:00pm-8:00pm

58865 Bauer Drive CRC 1/9 W 6:00pm-7:00pm

58862 Damascus CRC 1/9 W 6:00pm-7:00pm

58867 Potomac CRC 1/9 W 6:00pm-7:00pm

58866 Bauer Drive CRC 1/9 W 7:00pm-8:00pm

58864 Clara Barton NRC 1/9 W 7:00pm-8:00pm

58863 Damascus CRC 1/9 W 7:00pm-8:00pm

58870 Potomac CRC 1/9 W 7:00pm-8:00pm

58869 Resnik ES 1/9 W 7:00pm-8:00pm

58871 Stedwick ES 1/9 W 7:00pm-8:00pm

58872 Praisner CRC 1/10 Th 6:00pm-7:00pm

58875 Bethesda ES 1/10 Th 7:00pm-8:00pm

58873 Praisner CRC 1/10 Th 7:00pm-8:00pm

58876 Rolling Terrace ES 1/10 Th 7:00pm-8:00pm

58868 Resnik ES 1/16 W 6:00pm-7:00pm

58874 DuFief ES 1/17 Th 7:00pm-8:00pm

Little Ninjas

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

5 Sessions

\$65

Instructor: Kicks Karate

59761 Kicks - Bethesda 1/26 Sa 10:00am-10:40am

59762 Kicks - N. Bethesda 1/26 Sa 10:00am-10:40am

59764 Kicks - Shady Grove 1/26 Sa 8:55am-9:25am

59765 Kicks - Germantown 1/26 Sa 9:00am-9:30am

59763 Kicks - Potomac 1/26 Sa 9:30am-10:10am

59771 Kicks - Silver Spring 1/26 Sa 9:30am-10:10am

59766 Kicks - Clarksburg 1/26 Sa 10:00am-10:40am

10 Sessions

\$129

Instructor: Kicks Karate

59759 Kicks - Potomac 1/28 M,W 4:20pm-5:00pm

60322 Kicks - Silver Spring 1/28 M,W 4:50pm-5:30pm

60323 Kicks - Bethesda 1/28 M,W 5:00pm-5:40pm

59767 Kicks - Shady Grove 1/28 M,W 6:00pm-6:30pm

59768 Kicks - Germantown 1/28 M,W 6:10pm-6:40pm

59758 Kicks - N. Bethesda 1/28 M,W 6:20pm-7:00pm

59760 Kicks - Clarksburg 1/29 T,Th 5:00pm-5:40pm

59757 Kicks - Bethesda 1/29 T,Th 6:20pm-7:00pm

59769 Kicks - Clarksburg 1/29 T,Th 6:20pm-7:00pm

59770 Kicks - Silver Spring 1/29 T,Th 6:20pm-7:00pm

60320 Kicks - Potomac 1/29 T,Th 6:20pm-7:00pm

60321 Kicks - Clarksburg 1/29 T,Th 6:20pm-7:00pm

60319 Kicks - N. Bethesda 1/30 W,F 1:00pm-1:30pm



MARTIAL ARTS



Tiny Tigers

Ages 3-4: This action-packed class will enhance hand-eye coordination, agility and balance as students learn basic karate techniques. We also focus on important life-skills such as improving eye contact, concentration and first-time listening skills. Our full-time instructors work with kids in a safe, clean environment that features top quality equipment and padded floors for extra safety. An official Kicks Karate uniform and white belt are included in the class fee.

5 Sessions \$65

Instructor: Kicks Karate

58511	Kicks - Bethesda	1/26	Sa	9:00am-9:30am
58512	Kicks - N. Bethesda	1/26	Sa	9:00am-9:30am
58513	Kicks - Potomac	1/26	Sa	9:00am-9:30am
58520	Kicks - Silver Spring	1/26	Sa	9:00am-9:30am
58515	Kicks - Germantown	1/26	Sa	10:00am-10:30am
58514	Kicks - Shady Grove	1/26	Sa	10:00am-10:30am

10 Sessions \$129

Instructor: Kicks Karate

58517	Kicks - Shady Grove	1/28	M,W	4:00pm-4:30pm
58525	Kicks - Silver Spring	1/28	M,W	4:20pm-4:50pm
58518	Kicks - Germantown	1/28	M,W	5:40pm-6:10pm
58526	Kicks - Bethesda	1/28	M,F	4:00pm-4:30pm
58516	Kicks - Clarksburg	1/28	M,F	4:30pm-5:00pm
58523	Kicks - Potomac	1/29	T,Th	1:00pm-1:30pm
58527	Kicks - Germantown	1/29	T,Th	4:00pm-4:30pm
58509	Kicks - Potomac	1/29	T,Th	4:15pm-4:45pm
58519	Kicks - Silver Spring	1/29	T,Th	5:00pm-5:30pm
58507	Kicks - Bethesda	1/29	T,Th	5:20pm-5:50pm
58510	Kicks - Clarksburg	1/29	T,Th	5:20pm-5:50pm
58508	Kicks - N. Bethesda	1/29	T,Th	5:50pm-6:30pm
58524	Kicks - Shady Grove	1/29	T,Th	5:50pm-6:20pm
58522	Kicks - N. Bethesda	1/30	W,F	1:00pm-1:30pm
58521	Kicks - N. Bethesda	1/30	W,F	4:00pm-4:30pm
58528	Kicks - Silver Spring	1/30	W,F	5:30pm-6:00pm

Zen Budo Karate: Kids Karate

Ages 7-10: "Goshin Jutsu" Karate is a holistic martial arts program that teaches the basics of self defense including throws, joint locks, pressure points and sparring practice. Emphasis in the class is on realistic and practical partner work participation. Students must pay the materials fee each session which goes towards testing fees, equipment and uniforms.

7 Sessions \$109

Instructor: Christopher Bowers

59810	White Oak CRC	1/14	M	6:30pm-7:30pm
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8 Sessions \$121

Instructor: Christopher Bowers

59811	Ken Gar Center	1/19	Sa	11:15am-12:15pm
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Zen Budo Karate: Little Dragons

Ages 4-6: This exciting martial arts program teaches students the basics of hand-eye coordination, rolling, falling, throwing a partner, Kata and Yoga. Students stretch, hit pads, kick, punch, complete obstacle courses and earn a new belt after completion of the requirements.

7 Sessions \$80

Instructor: Christopher Bowers

59793	White Oak CRC	1/14	M	5:45pm-6:30pm
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ADULT MARTIAL ARTS

Aikido

Aikido

Ages 12 & Up: Known as "the gentle martial art" aikido is defensive yet powerful discipline that redirects an attacker's energy through evasions, throws, escapes, and pins. By learning the principles and practices of Aikido, one can learn to manage conflict in one's personal life, be non-aggressive without being a victim, become empowered by learning to coordinate mind and body, and deal effectively with stress in one's daily life. This class will also introduce, healing with "Ki" energy and meditative breathing.

7 Sessions \$63

Instructor: Christopher Rowe

59453	Ross Boddy CRC	1/14	M	7:00pm-8:30pm
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Aikido Intermediate/Advanced

Ages 12 & Up: Known as "the gentle martial art" aikido is defensive yet powerful discipline that redirects an attacker's energy through evasions, throws, escapes, and pins. By learning the principles and practices of Aikido, one can learn to manage conflict in one's personal life, be non-aggressive without being a victim, become empowered by learning to coordinate mind and body, and deal effectively with stress in one's daily life. This class will also introduce, healing with "Ki" energy and meditative breathing.

9 Sessions \$81

Instructor: Christopher Rowe

59454	Ross Boddy CRC	1/16	W	7:00pm-8:30pm
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MARTIAL ARTS





Vovinam

Classic Vovinam Martial Arts

Ages 8 & Up: Vovinam is a martial art developed by the Vietnamese. Learn defense using your hands, elbows, kicks, throws, escape and levering and joint locks. Vovinam techniques are simple, effective, and artistic. Each 90-minute section includes 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 with partners of different sizes. For more information contact 301-204-3118 or VovinamMD@gmail.com.

18 Sessions \$162

Instructor: Yanni Nguyen

59585 Plum Gar CRC 1/14 M,W 7:00pm-8:30pm

59586 Eastern MS 1/15 T 6:00pm-7:15pm
& Sa 2:45pm-4:00pm

Classic Vovinam Martial Arts - Advanced

Ages 8 & Up: Continue learning defense using your hands, elbows, kicks, throws, escape and levering and joint locks in the Vovinam martial art style. For more information contact (301) 204-3118 or VovinamMD@gmail.com. Advanced level; instructor permission required.

18 Sessions \$162

Instructor: Yanni Nguyen

59587 Eastern MS 1/15 T 7:15pm-9:00pm
& Sa 1:00pm-2:45pm

Karate/Jujitsu

Iaido

Ages 18 & Up: Japanese classical martial arts attempt to understand, learn and incorporate the samurai philosophy. Develop inner strength, confidence, self-assurance and physical strength, as well as instinctive reactions and reflexes. Classical martial arts are not a sport, but a way of life. For more information contact bskofmc@gmail.com.

9 Sessions \$89

Instructor: Salvador Cortes

59794 Kensington 1/17 Th 8:05pm-9:00pm
Parkwood ES

Karate and Iaido

Ages 10 & Up: Students who already have an introduction to Iaido can continue to learn the martial art in this class.

9 Sessions \$89

Instructor: Salvador Cortes

59795 Kensington 2/18 T 8:05pm-9:00pm
Parkwood ES

Karate/Jujitsu Adult

Ages 13 & Up: Learn the physical and psychological aspects of Tang Soo Do-style Korean Karate and Jujitsu with instructors from Tompkins Karate Association. Class offers exercise, drills, lecture and competition with promotional exams available. This class is geared toward participants 13 and older. Beginner through advanced levels.

9 Sessions \$77

Instructor: TKA Inc.

58878 Glenallen ES 1/7 M 8:00pm-9:30pm

58877 Upper County CRC 1/7 M 8:00pm-9:30pm

11 Sessions \$94

Instructor: TKA Inc.

58888 Mid County CRC 1/8 T 7:30pm-9:00pm

58887 Germantown CRC 1/8 T 8:00pm-9:30pm

58880 Bauer Drive CRC 1/9 W 8:00pm-9:30pm

58879 Damascus CRC 1/9 W 8:00pm-9:30pm

58881 Potomac CRC 1/9 W 8:00pm-9:30pm

58882 Stedwick ES 1/9 W 8:00pm-9:30pm

58885 DuFief ES 1/10 Th 8:00pm-9:30pm

58884 Praisner CRC 1/10 Th 8:00pm-9:30pm

58886 Rolling Terrace ES 1/10 Th 8:00pm-9:30pm

58883 Bethesda ES 1/17 Th 8:00pm-9:30pm

Karate/Jujitsu Club

Ages 13 & Up: This program is open to brown belt and black belt TKA students. Practice with each other and develop skills under supervision of select instructors. No formal instruction during club sessions. Participants must be registered in a regular TKA class during the same season.

11 Sessions \$39

Instructor: TKA Inc.

58889 Holiday Park SC 1/11 F 7:30pm-8:30pm

Karate/Jujitsu Club 2

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

11 Sessions \$53

Instructor: TKA Inc.

58890 Holiday Park SC 1/11 F 8:30pm-9:30pm



Zen Budo Karate: Self-Defense

Ages 11 & Up: ZBK Self Defense combines the most practical and simple methods of self defense found primarily in Karate but also in other styles. The style incorporates joint locks, throws, submissions, and pressure points. It teaches you to defend yourself against single and multiple opponents, weapons and how to escape holds and grabs. Students must pay the materials fee each session which goes towards belt testing fees, equipment and uniforms.

7 Sessions \$121

Instructor: Christopher Bowers
59812 White Oak CRC 1/14 M 7:30pm-9:00pm

SCHOOL BREAK PROGRAMS

Winter Break

Coach Doug Club Holiday

Ages 5-12: Club Holiday features sports, games, arts and crafts, plus time to visit with friends. Participants choose the activities they want to participate in based on their own needs. \$10 material fee due at first session. For more information contact 301-983-2690.

3 Sessions \$149

Instructor: Coach Doug Academy
53736 Potomac CRC 12/26 W-F 8:00am-3:30pm

Coach Doug Club Holiday Half Day

Ages 3-12: This program offers all the fun of Coach Doug Club Holiday, for just the morning and includes participants age 3 and 4. \$5 material fee due at first session. For more information contact 301-983-2690.

3 Sessions \$65

Instructor: Coach Doug Academy
53737 Potomac CRC 12/26 W-F 8:00am-12:30pm

Coach Doug Club Holiday PM

Ages 5-12: This program offers all the fun of Coach Doug Club Holiday, for just the afternoon. \$10 material fee due at first session. For more information contact 301-983-2690.

5 Sessions \$29

Instructor: Coach Doug Academy
53738 Potomac CRC 12/26 W-F 3:30pm-6:00pm

Karate Clinic 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 \$55

Instructor: TKA
56456 Bauer Drive CRC 12/26 W-M 9:00am-11:30am

Spring Break

Coach Doug Club Holiday

Ages 5-12: Club Holiday features sports, games, arts and crafts, plus time to visit with friends. Participants choose the activities they want to participate in based on their own needs. \$10 material fee due at first session. For more information contact 301-983-2690.

3 Sessions \$149

Instructor: Coach Doug Academy
58974 Potomac CRC 4/17 W-F 9:00am-3:30pm

Coach Doug Club Holiday AM

Ages 5-12: This program offers all the fun of Coach Doug Club Holiday, for just the morning. For more information contact 301-983-2690.

3 Sessions \$19

Instructor: Coach Doug Academy
58990 Potomac CRC 4/17 W-F 7:30am-9:00am

Coach Doug Club Holiday Half Day

Ages 3-12: This program offers all the fun of Coach Doug Club Holiday, for just the morning and including participants age 3-4. \$5 material fee due at first session. For more information contact 301-983-2690.

3 Sessions \$65

Instructor: Coach Doug Academy
58975 Potomac CRC 4/17 W-F 9:00am-12:30pm

Coach Doug Club Holiday PM

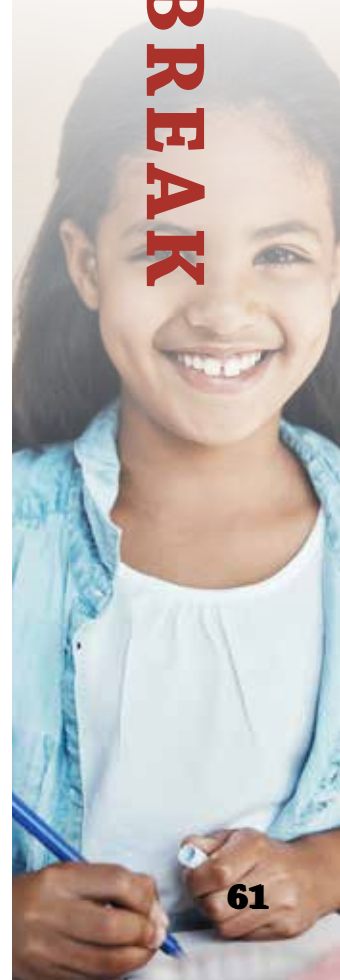
Ages 5-12: This program offers all the fun of Coach Doug Club Holiday, for just the afternoon. For more information contact 301-983-2690.

3 Sessions \$29

Instructor: Coach Doug Academy
58976 Potomac CRC 4/17 W-F 3:30pm-6:00pm



SCHOOL BREAK





STEAM

Computer Science

3D Character Modeling and Sculpting

Ages 10-14: In this class students will learn how to digitally sculpt characters in a 3D space. Using a pen tablet, and software called Sculpttris students learn how to digitally design, develop, and sculpt characters and objects. Students will be introduced to very basic anatomy. Students must bring own sketchbook (standard 8.5x10 in).

8 Sessions **\$150**

Instructor: C3 Cyber Club
59816 Wood MS 1/19 Sa 10:15am-11:15am

Visual Programming with Scratch

Ages 6-9: Students will learn basic programming concepts using a simple drag-and-drop interface within the software Scratch, a project developed by the MIT Media Lab. Students will use their imaginations and implement creative thinking, while learning how to create and program simple games. Use pre-made art assets or create your own, and learn how to program them to walk, talk, and interact with objects. The course will teach students logic and visual programming in order to create a simple, 2D video game in Scratch 2.

8 Sessions **\$150**

Instructor: C3 Cyber Club
59819 Wood MS 1/19 Sa 9:00am-10:00am

Engineering

3D Modeling for 3D Printing

Ages 10-14: Learn how to 3D model in efficient and constructive ways that will allow for objects they design to be printed out, while also learning about the terminology of 3D modeling and the printer.

8 Sessions **\$150**

Instructor: C3 Cyber Club
59818 N. Bethesda MS 1/15 T 7:15pm-8:15pm

Jr Lego Mechanics and Engineering

Ages 6-9: This class is tailored to younger children who want to learn the basics of visual programming. Students create commands for their robots to follow by using an application with a drag-and-drop interface that is visually simple to use, but capable of complex instructions. Students learn the importance of teamwork by working together with a partner in order to accomplish the build assignment for the day.

8 Sessions **\$150**

Instructor: C3 Cyber Club
59817 N. Bethesda MS 1/15 T 6:00pm-7:00pm

Natural Sciences

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.

7 Sessions **\$63**

Instructor: Timothy Morgan
59590 Potomac CRC 1/17 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.

7 Sessions **\$63**

Instructor: Timothy Morgan
59591 Potomac CRC 1/16 W 10:00am-12:15pm

STEAM



Playtime & Movement for Tots

Preschool Spanish

Ages 4-7: Children will be fully immersed in the Spanish language through high energy games and activities. Students will learn the Spanish language in a natural way through "TPRS" (Total Physical Response) activities to encourage children to develop a passion for the Spanish language and improve their listening comprehension and oral communication skills. All sessions are carefully designed and use age-appropriate material that is fun and exciting to the children. No parent or guardian participation required for this class. For more information, please contact Maria Rhoe at 240-550-2797. \$6 material fee is due at the first session.

8 Sessions \$115

Instructor: Maria Rhoe

60316 Upper County CRC 1/15 T 5:30pm-6:20pm
59801 Bauer Drive CRC 1/17 Th 5:30pm-6:20pm
59800 Lawton CRC 1/19 Sa 11:00am-11:45am

Spanish Toddlers

Ages 18m-3: Children will be fully immersed in Spanish classes with a variety of high-energy games, obstacle courses and experiments. All activities are grouped by thematic units, with clear goals and objectives for immersion in the Spanish language. Parent participation is required. For more information contact the instructor at 240-550-2797. \$6 material fee due at first session.

8 Sessions \$115

Instructor: Maria Rhoe

60317 Upper County CRC 1/15 T 4:30pm-5:15pm
59803 Bauer Drive CRC 1/17 Th 4:30pm-5:15pm
59802 Lawton CRC 1/19 Sa 10:00am-10:45am

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Specialty Programs

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.

8 Sessions \$242

Instructor: KOMODO USA

59462 Komodo USA 1/18 F 5:30pm-7:00pm
- Germantown
59461 Komodo USA 1/19 Sa 12:30pm-2:00pm
- Gaithersburg

Komodo Advanced Grade Level Math

Ages 5-12: Build confidence and develop skills and habits to succeed in math. We provide a customized training program for each student to enjoy and succeed in math at school beyond their grade level. Stop classroom boredom and challenge your young scholar to reach greater heights. This is an acceleration program for students who are ready to move on to the next grade level. Curriculum is aligned to common core standards and students will have 24/7 access to online practice tests, receive progress reports and additional help with school homework.

8 Sessions \$242

Instructor: KOMODO USA

59464 Komodo USA 1/18 F 5:30pm-7:00pm
- Gaithersburg
59463 Komodo USA 1/19 Sa 10:30am-12:00pm
- Germantown

Komodo Language Arts and Creative Writing

Ages 5-12: 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.

8 Sessions \$242

Instructor: KOMODO USA

59465 Komodo USA 1/19 Sa 12:15pm-1:45pm
- Germantown
59466 Komodo USA 1/19 Sa 10:00am-11:30am
- Gaithersburg



STEAM





The SPORTS *Pages*



SPORTS

TOT/YOUTH SPORTS

Basketball

Hoop Stars

Ages 4-8: Learn the basics of dribbling, passing, shooting, positioning, defense, and rebounding in a fun-oriented program. Following the instructional portion, players will apply skills in low competition games. Includes team T-shirt and award. Sessions are one hour within the listed timeframe.

6 Sessions **\$95**

Instructor: Jump Start Sports

Ages 4-5

56379	Flower Valley ES	1/19	Sa	12:00pm-2:00pm
56378	Travilah ES	1/19	Sa	3:30pm-5:30pm
56380	Wayside ES	1/19	Sa	3:30pm-5:30pm
56381	Chevy Chase ES	1/20	S	12:00pm-2:00pm

Ages 6-8

56382	Chevy Chase ES	1/20	S	2:00pm-4:00pm
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Train Like a Pro Basketball

Ages 10-17: Develop elite basketball skills for boys and girls of all abilities. Coaches are former professional and college athletes who focus on position-specific fundamentals and advanced drill sequences for all phases of the game, game-simulation drills, scrimmages, and basketball-specific physical and mental conditioning.

6 Sessions **\$125**

Instructor: Fit 2 Believe

56354	Longwood CRC	1/16	W	7:00pm-8:30pm
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Gymnastics

Gymnastics - Pre-School

Ages 4-6: This class will introduce students to tumbling, balance beam, bar and trampoline skills. Children will develop strength, coordination, flexibility, mental processing and self-confidence.

6 Sessions **\$150**

Instructor: Dobre Gymnastics Academy

59139	Dobre Gymnastics	1/26	Sa	2:30pm-3:15pm
59137	Dobre Gymnastics	1/29	T	3:45pm-4:30pm
59138	Dobre Gymnastics	1/31	Th	3:45pm-4:30pm

Gymnastics For Girls and Boys

Ages 7-12: This introduction to gymnastics utilizes all apparatus including floor, balance beam, vault, uneven bars and trampoline. Skills include cartwheel, roundoff and walkovers.

6 Sessions **\$165**

Instructor: Dobre Gymnastics Academy

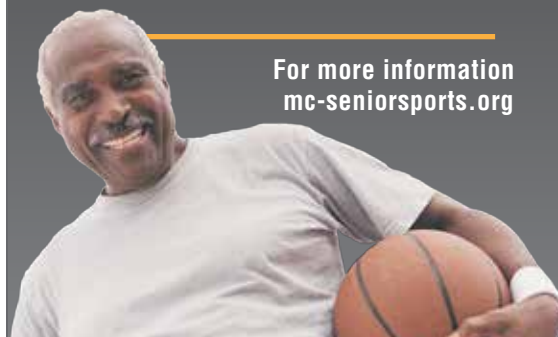
59166	Dobre Gymnastics	1/25	F	7:00pm-8:00pm
59167	Dobre Gymnastics	1/26	Sa	2:30pm-3:30pm
59165	Dobre Gymnastics	1/28	M	7:00pm-8:00pm
59168	Dobre Gymnastics	1/31	Th	7:00pm-8:00pm

MCSSA

Montgomery County
Senior Sports Association

SENIOR BASKETBALL LEAGUES ARE NOW FORMING.

For more information
mc-seniorsports.org



Multi-Sports

Coach Doug Pre Wee Wanna Be

Ages 1.5-3: Children get a great start in sports while working with their moms, dads or guardians. They will be introduced to agility training with soccer and other age appropriate sports through supervised play sessions. Adult participation required. For more information contact 301-983-2690. \$10 material fee due at first session.

8 Sessions \$110

Instructor: Coach Doug Academy

58467 Germantown CRC 1/22 T 9:30am-10:15am
58468 Bauer Drive CRC 1/23 W 9:30am-10:15am
58469 Potomac CRC 1/24 Th 9:30am-10:15am

Coach Doug Wee Wanna Be

Ages 2-5: Kids and their parents/guardians will be introduced to agility training, soccer, T-ball, lacrosse and other seasonal sports through supervised, non-competitive play sessions. Each child can participate at his or her own pace. For more information contact 301-983-2690. \$10 material fee due at first session.

8 Sessions \$110

Instructor: Coach Doug Academy

58481 Germantown CRC 1/22 T 10:30am-11:15am
58478 Bauer Drive CRC 1/23 W 10:30am-11:15am
58476 Potomac CRC 1/24 Th 10:30am-11:15am
58477 N. Potomac CRC 1/25 F 10:30am-11:15am
58479 Oakland Terrace ES 1/26 Sa 9:30am-10:15am
58480 Oakland Terrace ES 1/26 Sa 10:15am-11:00am

Coach Doug Seasonal Sports

Ages 4-7: Join us as we build self-esteem, enhance cooperation and focus on skills and fitness. Each class focuses on a specific sport so children can comfortably develop their interests and abilities. Sports change each session and include agility training, soccer, T-ball, lacrosse and more. Adult participation not required. For more information contact 301-983-2690. \$10 material fee due at first session.

8 Sessions \$110

Instructor: Coach Doug Academy

58470 Germantown CRC 1/22 T 4:00pm-4:45pm
58471 Potomac CRC 1/24 Th 4:15pm-5:00pm
58472 Oakland Terrace ES 1/26 Sa 11:00am-11:45am

Soccer

Coach Doug Soccer

Ages 3-6: Learn fundamental soccer skills, soccer rules and playing strategies. By concentrating on soccer, children have a greater opportunity to comfortably develop individual skills in a team environment. Adult participation not required. For more information contact 301-983-2690. \$10 material fee due at first session.

8 Sessions \$110

Instructor: Coach Doug Academy

58473 Germantown CRC 1/22 T 5:00pm-5:45pm
58474 Potomac CRC 1/24 Th 5:00pm-5:45pm
58475 Oakland Terrace ES 1/26 Sa 11:45am-12:30pm

Petite Soccer Parent and Child

Ages 2-3: This program offers all the fun and learning of Petite Soccer, for younger children and with parent participation. U.K. Elite will provide soccer balls.

6 Sessions \$110

Instructor: UK Elite Soccer

59184 Bauer Drive CRC 1/20 S 9:00am-9:45am

Petite Soccer

Ages 3-5: U.K. Elite recruits top British professional soccer coaches to provide your little one with the best instruction. Children will develop basic ball manipulation skills, using their feet. U.K. Elite will provide soccer balls.

6 Sessions \$120

Instructor: UK Elite Soccer

59183 Bauer Drive CRC 1/20 S 10:00am-10:45am

Table Tennis

Ping Pong/Table Tennis

Ages 7-13: 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 due at first session.

9 Sessions \$158

Instructor: Maryland Table Tennis Center

59588 MD Table 1/17 Th 6:30pm-7:30pm
Tennis Center



SPORTS





Volleyball

Introductory Volleyball

Ages 7-12: Learn fundamentals of volleyball including serves, sets, spikes, blocks, returns, positioning, and team strategy. Includes team T-shirt.

6 Sessions **\$95**

Instructor: Jump Start Sports

Ages 7-9

56383 Longwood CRC 1/19 Sa 10:00am-11:00am

Ages 10-12

56384 Longwood CRC 1/19 Sa 11:00am-12:00pm

ADULT SPORTS

Fencing

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. A \$30 material fee is due to the instructor.

8 Sessions **\$93**

Instructor: Gitty Mohebban

59509 Frost MS 1/14 M 5:45pm-6:45pm

59510 Clemente MS 1/16 W 5:45pm-6:45pm

59511 Parkland MiS 1/18 F 6:30pm-7:30pm

Fencing Beginner II

Ages 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. A \$30 material fee is due to the instructor.

8 Sessions **\$93**

Instructor: Gitty Mohebban

59512 Frost MS 1/14 M 6:45pm-7:45pm

59513 Clemente MS 1/16 W 6:45pm-7:45pm

59514 Parkland MS 1/18 F 7:30pm-8:30pm

Fencing Intermediate

Ages 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. No age exceptions without instructor approval. A \$30 material fee is due to the instructor.

8 Sessions **\$93**

Instructor: Gitty Mohebban

59515 Frost MS 1/14 M 7:45pm-8:45pm

59516 Clemente MS 1/16 W 7:45pm-8:45pm

59517 Parkland MS 1/18 F 8:30pm-9:30pm

Pickleball

Pickleball for Beginners

Ages 18 & Up: Pickleball is a combination of tennis, badminton, and table tennis with less running and wear and tear on the body, which provides a lifelong hobby. This class is designed to offer an introduction and overview of how pickleball is played, basic rules, scoring and game play. The students will learn court setup and layout, practice various serves, returns, third shots, volleying, and dinks. Class will also include discussions on proper warm-up, game strategies and how to play with a partner.

3 Sessions **\$55**

59009 Bauer Drive CRC 1/14 M 6:30pm-9:00pm

59011 Bauer Drive CRC 3/11 M 6:30pm-9:00pm

4 Sessions **\$15**

59028 Ross Boddy CRC 1/15 T 11:30am-2:00pm

59026 East County CRC 1/16 W 10:00am-12:00pm

59029 Ross Boddy CRC 1/17 Th 11:30am-2:00pm

59027 East County CRC 1/18 F 10:00am-12:00pm

59236 White Oak CRC 1/21 M 1:30pm-3:30pm

59030 East County CRC 2/20 W 10:00am-12:00pm

59031 Ross Boddy CRC 2/21 Th 11:30am-2:00pm



Winter Adult Leagues

Adult Basketball Leagues

Adult basketball leagues offer a recreation environment at multiple levels of play. All leagues are team registration, but individuals looking for a team are encouraged to register online as a free agent. Registration begins Nov. 13 and closes Jan. 3. Register at ActiveMONTGOMERY.org. For more information visit www.mocorec.com/sports.



SPORTS

Men's Basketball Leagues					
Activity	League	Start Date	Day	Number of Games	Fee
58799	Men's Sunday League	1/13	Su	8	\$725/\$775
58800	Men's Sunday League	1/13	Su	8	\$725/\$775
58801	Men's Sunday League	1/13	Su	8	\$725/\$775
58802	Men's Wednesday League	1/16	W	8	\$725/\$775
Women's Basketball Leagues					
Activity	League	Start Date	Day	Number of Weeks	Fee
58805	Women's Drop In Sunday	1/13	Su	10	\$60/\$75
58806	Women's Drop In Sunday	1/13	Su	5	\$30/\$45
58807	Women's Drop In Sunday	2/17	Su	5	\$30/\$45

Adult Pickleball Leagues

Adult pickleball leagues offer a recreation environment at multiple levels of play. All leagues are individual registration. Registration begins Nov. 13. Register at ActiveMONTGOMERY.org. For more information visit www.mocorec.com/sports.

Adult Pickleball Leagues						
Activity	League	Location	Start Date	Day	Number of Weeks	Fees
59015	Beginner	East County CRC	1/16	W	8	\$45
59016	Intermediate	East County CRC	1/16	W	8	\$45
59012	Beginner	Bauer CRC	2/4	M	5	\$45
59013	Intermediate	Bauer CRC	2/4	M	5	\$45



LOOK WHAT'S COMING SPRING 2019



SPORTS CLASSES AND CLINICS

VOLLEYBALL
LACROSSE
BADMINTON
FENCING

FLAG FOOTBALL
BASKETBALL
PICKLEBALL
GYMNASTICS

SOCCER T-BALL
ULTIMATE FRISBEE
TABLE TENNIS
TRACK & FIELD



CHECK OUT THE SPRING 2019 GUIDE FOR MORE DETAILS.

ADULT LEAGUES

PICKLEBALL SOFTBALL
BASKETBALL SOCCER



VISIT WWW.MOCOREC.COM FOR DETAILS.

YOUTH LEAGUES

ULTIMATE FRISBEE
COMPETITIVE BASKETBALL



VISIT WWW.MOCOREC.COM FOR DETAILS.

HOOP IT UP

THIS WINTER

INSTRUCTIONAL BASKETBALL

GRADES K-2 | DEADLINE TO REGISTER NOV. 30, 2018

YOUTH LEAGUES

GRADES 3-8 | DEADLINE TO REGISTER NOV. 16, 2018

HIGH SCHOOL LEAGUES

GRADES 9-12 | DEADLINE TO REGISTER NOV. 30, 2018

RIISING STAR LEAGUES

TEAM REGISTRATION ONLY
DEADLINE NOV. 17, 2018

ADULT & SENIOR LEAGUES

TEAM REGISTRATION ONLY
DEADLINE NOV. 16, 2018

PROGRAMS LOCATED THROUGHOUT MONTGOMERY COUNTY

FOR MORE INFORMATION VISIT WWW.MOCOREC.COM OR CONTACT THE ADULT SPORTS PROGRAMS OFFICE AT (240) 777-6870 OR THE YOUTH SPORTS PROGRAMS OFFICE AT (240) 777-6810.





55+ Active Adult Programs

Winter 2018-2019

Montgomery County Recreation has many ways for independent adults, 55 and over to stay active and healthy. Whether you are still working, semi-retired, or fully retired, we have a large variety of programs, activities, classes, and events for you to choose from. For a full listing of activities visit www.mocorec.com or call 240-777-4925.

Damascus Senior Center

M-F: 9 a.m.-4 p.m.
9701 Main Street, Damascus
240-777-6995

Holiday Park Senior Center

M-F: 8:45 a.m.-4 p.m.
3950 Ferrara Drive, Wheaton
240-777-4999

Long Branch Senior Center

M-F: 9:30 a.m.-2:30 p.m.
8700 Piney Branch Road, Silver Spring
240-777-6975

Margaret Schweinhaut Senior Center

M-F: 8:15 a.m.-4 p.m.
Sat: 9 a.m.-3 p.m.
1000 Forest Glen Road, Silver Spring
240-777-8085

North Potomac Senior Center*

M-F: 9 a.m.-3 p.m.
13850 Travilah Road, Rockville
240-773-4805

White Oak Senior Center

M-F: 9 a.m.-3 p.m.
1700 April Lane, Silver Spring
240-777-6944

* Meals served M, W, & F



55+ PROGRAMS

SPECIAL EVENTS

Damascus SC

Holiday Celebration

Thursday, December 6 • 1 p.m.

Christina Drapkin will perform jazz holiday music.
Cost: \$2

Holiday Park SC

Chai Tea Social and Bollywood Dancing

Thursday, January 24, 2019, 1 p.m.

Enjoy an afternoon of spiced Chai tea and treats while you appreciate the art of Bollywood dancing, exotic costumes and exposure to a far-away culture.

North Potomac SC

Holiday Sing-a-long and Concert

Friday, December 14, 2018, 1-2:30 p.m.

We will celebrate the holiday season singing all of your favorites and also enjoy a special concert featuring the Hometown U.S.A. Barbershop Quartet & The North Potomac Senior Singers.

Long Branch SC

January is Exercise Month

Start the new year off by reaching your fitness potential. We will offer a free exercise class adaptable to all levels at 11 a.m. each day. Enjoy yoga, seated volleyball, Zumba, Tai Chi and much more. Sign up for our Walk Around the World contest where each lap of the gym adds up to miles traveled. Prizes given to all participants.

Margaret Schweinhaut SC

Thanksgiving Lunch with Dixieland Express

Tuesday, November 20, 2018, Noon – 2 p.m.

Celebrate Thanksgiving with your friends at the center. Our Nutrition Program will be serving turkey with fixings. Entertainment by Dixieland Express. Registration required. Price for lunch for ages 55-59 is \$5.79. Suggested donation of \$2 for ages 60+.

White Oak SC

Thanksgiving Celebration

Tuesday, November 20, 2018, Noon

Celebrate and give thanks with friends by enjoying a meal and live entertainment! Free Turkeys will be given away as well. Turkey giveaway is sponsored by the non-profit organization Nourish Now. Please call Nourish Now to reserve your turkey. Event cost \$4.

MARYLAND SENIOR OLYMPICS



Montgomery County Recreation is the host agency for the Maryland Senior Olympics with many of the events happening right here in Montgomery County. We had a very successful 2018 season and congratulate all of our athletes on their participation. Best of luck to our athletes who qualified for the National Senior Games in Albuquerque, New Mexico being held in June 2019. Visit www.mdseniorolympics.org for results, photos and details on the upcoming 2019 season. Call 240-777-4930 for more information.

55+ ACTIVE ADULT PROGRAM HIGHLIGHTS

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

Bauer Drive CRC

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

Clara Barton NRC

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

Clarksburg Park Activity Building

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

Gwendolyn E. Coffield CRC

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

East County CRC * +

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

Germantown CRC+

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

Jane E. Lawton CRC

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

Longwood CRC

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

Marilyn J. Praisner CRC+

Tuesday and Thursday, 10 a.m.-2 p.m.
14906 Old Columbia Pike, Burtonsville
240-777-4970

Mid-County CRC*

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

Plum Gar CRC

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

Potomac CRC

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

Ross Boddy NRC

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

Senior Sneaker Exercise Program



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



55+ PROGRAMS



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



Senior Sports Activities

Montgomery County Recreation offers many opportunities for individuals 55+ to participate in volleyball, basketball, badminton, pickleball, table tennis, billiards and other individual and team sports. Drop-in gym programs require an open gym pass for just \$30 a year. Several locations also offer league play co-sponsored by the Montgomery County Senior Sports Association (MCSSA). Call 240-777-6810 for more information on league play. Aquatics also offers many programs and classes for 55+ individuals. Call 240-777-6860 for more information on aquatics programs.

Open Gym Badminton

Damascus CRC
Thursday, 6-8 p.m.

Potomac CRC
Saturday, 2-5 p.m.
(Until November 10)

North Potomac CRC
Thursday, 9 a.m.-noon
Thursday, 6:15-8:45 p.m. **

Open Gym Basketball

Coffield CRC
Tuesday, Wednesday, Thursday
9:30 a.m.-noon

Damascus CRC
Monday, 7:30-8:50 p.m. *

Potomac CRC
Monday, 8-8:50 p.m.
Sunday, noon-4:50 p.m.

North Potomac CRC
Monday, 6:15-8:45 p.m. **
Wednesday, 9 a.m.-noon

Open Gym Pickleball

Bauer Drive CRC
Monday, 12:30-2:30 p.m.
Friday, 10:30 a.m.-12:30 p.m. (Instructional), 12:30-2:30 p.m. (Intermediate)

Clara Barton CRC
Monday, noon-1:30 p.m.

Damascus CRC*
Tuesday, Thursday, Saturday
10:30 a.m.-12:30 p.m.

East County CRC*
Friday, 12:30-2:30 p.m.

Germantown CRC
Sunday, noon-2 p.m.

Jane E. Lawton CRC
Monday, 10 a.m.-noon
(beginners/introduction)
Thursday, noon-2:30 p.m.
Friday, 10 a.m.-2 p.m.

Long Branch CRC
Friday, 10 a.m.-1 p.m.

Longwood CRC
Tuesday, 10 a.m.-12:30 p.m.
Thursday, 12:30 p.m.-3 p.m.

North Potomac CRC
Monday, 9 a.m.-noon
Monday, 6:15-8:45 p.m. **

Mid-County CRC
Monday and Wednesday,
Noon-2 p.m.

Tuesday 6-8:45 p.m. **

Plum Gar CRC
Wednesday, 6:30-8:45 p.m.

Potomac CRC
Monday, 6-7:50 p.m.
Tuesday, 10:30 a.m.-1 p.m. **
Friday, 11:30 a.m.-2 p.m.

Ross Boddy NRC
Monday and Wednesday,
12:30-2:30 p.m. Tuesday,
6-8:30 p.m.

Schweinhaut SC
Monday, noon-1:45 p.m.
(Intermediate)
Friday, 10:30 a.m.-12:30 p.m.
(Beginner)

White Oak SC
Thursdays, 10 a.m.- noon

Open Gym Sports

Damascus SC
During Center Hours

Holiday Park SC
During Center Hours

Longwood CRC
Monday, noon-3 p.m.
Tuesday, 12:30-3 p.m.

Plum Gar CRC
Friday, 1-2:30 p.m. *

Schweinhaut SC
During Center Hours

Open Gym Table Tennis

Holiday Park SC
During Center Hours

North Potomac CRC
Tuesday, 6:15-8:45p.m. **
Wednesday, 9:30 a.m.-noon

Plum Gar CRC
Friday, 10 a.m.-noon

Schweinhaut SC
Monday, noon -1:45 p.m.
Friday, 10:30 a.m.-12:30 p.m.

White Oak SC
Monday- Friday, 9 a.m.- 3 p.m.

Open Gym Volleyball

Bauer Drive CRC
Monday, Wednesday
10:30 a.m.-12:30 p.m.

Coffield CRC
Thursday 9:30 a.m.-noon

Damascus CRC
Monday, 6:15-7:15 p.m. *

Mid-County CRC
Friday, noon-2 p.m.
North Potomac CRC
Tuesday, 9 a.m.-noon
Tuesday, 6:15-8:45 p.m. **

Potomac CRC
Sunday, 9:30-11:30 a.m.

White Oak CRC
Monday, 10:30 a.m.-1:30 p.m.

Billiards

Damascus SC
During center hours

Holiday Park SC
During center hours

Schweinhaut SC
During center hours

White Oak SC
9 a.m.- 3 p.m.

* Open to all ages **Open to ages 18 & up

Follow us on Facebook and Twitter!

55+ PROGRAMS

Indoor Walking

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

EXERCISE CLASS HIGHLIGHTS

In addition to exercise classes offered at our senior centers, many community and neighborhood recreation centers offer 55+ exercise classes. For more information and registration call the recreation center you are interested in attending. We partner with many of our local hospitals to provide exercise classes, health services and informational classes and seminars. These include:

Senior Fit by Holy Cross Health

These free classes help participants improve strength, endurance and flexibility. Participants must have a doctor's permission to participate. Call 301-754-8800 for registration information.

Bauer CRC

Monday and Wednesday, 9-9:45 a.m. and 10-10:45 a.m.

Friday, 9:00-9:45 a.m.

Coffield CRC

Tuesday and Thursday, 10:30-11:15 a.m.

East County CRC

Monday, Wednesday and Friday, 10:45-11:30 a.m.

Germantown CRC

Tuesday, 1:45-2:30 p.m.

Thursday, 11:30 a.m.-12:15 p.m.

Mid-County CRC

Monday, Wednesday and Friday, 11-11:45 a.m.

Long Branch Senior Center

Monday and Wednesday, noon-12:45 p.m.

Plum Gar CRC

Monday and Wednesday, 10:30-11:15 a.m.

North Potomac Senior Center

Monday and Wednesday, 1-1:45 p.m.

Praisner CRC

Monday-Friday, 9-9:45 a.m.

Monday, Wednesday and Friday, 10-10:45 a.m.

Ross Boddy NRC

Tuesday and Thursday, 9-9:45 a.m.

Schweinhaut Senior Center

Monday, Wednesday and Friday, 8:30-9:15 a.m. and 9:30-10:15 a.m.

Tuesday, 9-9:45 a.m.

Saturday, 9:30-10:15 a.m.

White Oak Senior Center

Tuesday and Thursday, 9-9:45 a.m.

Better Bones

Long Branch Senior Center

Wednesday and Friday, 1-2 p.m.

Schweinhaut Senior Center

Monday and Thursday, 2-3 p.m.

Suburban Hospital Senior Shape Exercise Programs

The Senior Shape program is designed to improve participants' overall health. The program consists of strength, flexibility and aerobic exercise classes. Register online at events.suburbanhospital.org or call 301-896-3939. Class fee is \$40 per three-month session.

Weight Training

Margaret Schweinhaut Senior Center

Tuesday, 10-10:45 a.m.

Holiday Park Senior Center

Friday, 11-11:45 a.m.

Clara Barton Neighborhood Recreation Center

Friday, 1-1:45 p.m.

Aerobics/Strength Training/ Stretching

Clara Barton Neighborhood Recreation Center

Tuesday and Thursday, 11:30 a.m.-12:15 p.m.

North Potomac Senior Center

Friday, 9:30-10:15 a.m.

Advanced Aerobics/Strength Training/Stretching:

Wisconsin Place Community Recreation Center

Tuesday, 10-10:45 a.m.

Potomac Community Recreation Center

Monday, 11-11:45 a.m.

Wednesday, 9:15-10 a.m.

Stability Ball

Holiday Park Senior Center

Monday, 9-9:45 a.m.

Margaret Schweinhaut Senior Center

Tuesday, 11-11:45 a.m.



55+ PROGRAMS





EXERCISE CLASS HIGHLIGHTS

MedStar Montgomery Medical Center

Please register at MedStarMontgomery.org/classes or call 301-774-8881, option 4.

Senior Strength & Balance

Increase muscular strength, flexibility and range of motion, and maintain your cardiovascular health. Classes are ongoing and a physician's consent form is required in order to participate.

Longwood CRC

Tuesday, 9 a.m.

Wednesday, 10 a.m.

Mid-County CRC

Wednesday, 1 p.m.

Tai Chi

This free, meditative exercise program is designed for seniors. Improve balance, strength, coordination, flexibility and range of motion. Wear comfortable, loose clothing and flat shoes. Students should be able to stand for 30 minutes at a time.

Longwood CRC

Monday, 10 a.m.

Mid-County CRC

Tuesday, 11 a.m.

Ross Boddy NRC

Thursday, 10 a.m.

Gentle Flow Yoga for Seniors

Use yoga poses to increase strength, balance and flexibility. The class ends with a wonderful meditation that soothes the mind and body. Bring a yoga mat, water and comfortable shoes.

Longwood CRC

Call for dates/times, \$40 for eight sessions

Zumba Gold

MedStar Montgomery Medical Center is pleased to sponsor Zumba Gold. Please contact Longwood CRC at 240-777-6920 for registration cost and details.

Longwood CRC

Mondays and Wednesdays, 9-10am

55+ Bone Builders

Bone Builders is a free, volunteer-led exercise program brought to you by Montgomery County Recreation, Health and Human Services and the RSVP Volunteer Program. One-hour classes twice per week are designed to increase bone density. Participants lift ankle weights and hand weights and participate in warm-ups, cool-downs and balance exercises.

Bone Builders has a strict attendance policy. Participants may register for only one class and must consistently attend twice per week to keep their spot.

Interested participants are encouraged to observe a class prior to registering. For more information call 240-777-4925.

Registration begins November 13 at 8:30 a.m.

Activity	Location	Start	Days	Times
59140	Bauer	Jan. 2	M,W	1-2 p.m.
59141	Bauer	Jan. 3	Tu,Th	1-2 p.m.
59142	Clara Barton	Jan. 2	M,W	2-3 p.m.
59143	Gwendolyn Coffield	Jan. 3	Tu,Th	9:15-10:15 a.m.
59144	Damascus CRC	Jan. 2	M,W	10:30-11:30 a.m.
59145	Germantown	Jan. 2	M,Th	1- 2 p.m.
59146	Jane E. Lawton	Jan. 3	Tu,Th	9:15- 10:15 a.m.
59147	Longwood	Jan. 2	M,W	11 a.m.-Noon
59148	Longwood	Jan. 2	M,W	11 a.m.-Noon
59149	Longwood	Jan. 2	M,W	2-3 p.m.
59150	Mid-County	Jan. 3	Tu,Th	1-2 p.m.
59151	Mid-County	Jan. 3	Tu,Th	2:15 - 3:15 p.m.
59152	North Potomac	Jan. 3	Tu,Th	10:45-11:45 a.m.
59153	North Potomac	Jan. 3	Tu,Th	Noon -1:00 p.m.
59154	North Potomac	Jan. 2	M,W	11:45 a.m.-12:45 p.m.
59155	Plum Gar	Jan. 3	Tu,Th	11:30 a.m., 1 p.m.
59156	Potomac	Jan. 3	Tu,Th	9- 10 a.m.
59157	Potomac	Jan. 3	Tu,Th	10-11:00 a.m.
59158	Potomac	Jan. 2	M,W	11:15 a.m.-12:15 p.m.
59159	Potomac	Jan. 2	M,W	3-4 p.m.
59160	Paisner	Jan. 2	M,W	11 a.m.- Noon
59161	Scotland	Jan. 2	W,F	2:30- 3:30 p.m.
59162	White Oak	Jan. 3	Tu,Th	11 a.m.-Noon
59163	Wisconsin Place	Jan. 3	M,Th	10-11 a.m.
59164	Wisconsin Place	Jan. 2	Tu,Th	11:15 a.m.-12:15 p.m.



Therapeutic Recreation & Inclusion Services

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

Therapeutic Recreation programs are designed for people with disabilities. Therapeutic Recreation groups are smaller than those in general recreation programs and the staff is trained to work with individuals with disabilities. The programs provide skill development and leisure education while encouraging participation and socialization. Available activities include aquatics, arts, general fitness, sports and special events.

Inclusion Services provide accommodations such as sign language interpreters, large print, auxiliary aids and companions support to facilitate equal access to general recreation programs. To request accommodations call 240-777-6870 or email rec.mainstream@montgomerycountymd.gov. Placements are limited and are not guaranteed. Personal care is not provided for any program. If you plan to bring a personal care assistant, please let us know.

Arts

Handbuilt Pottery

Ages 18 & Up: Learn hand building techniques including decorating, firing, slab, coil and pinch methods. Participants must be able to express wants and needs. One staff to eight participants. No personal care provided. \$20 material fee due at first session.

8 Sessions **\$70**

Instructor: Pamela Reid

59710 White Oak CRC 1/16 W 1:30pm-2:30pm

59709 White Oak CRC 1/16 W 10:30am-11:30am

Kaleidoscope Art

Ages 14 & Up: Fun always happens at this structured program offering arts and crafts using various media to create one-of-a-kind art. Participants should be able to follow simple instructions, understand basic rules and express needs. One staff to five participants.

8 Sessions **\$32**

59711 Plum Gar CRC 1/12 Sa 11:00am-12:30pm

Countywide Programs 240.777.6870

General Fitness

Cardio 'n Core

Ages 15 & Up: For individuals with disabilities. Get fit through movement, stretching, and aerobics to improve your cardio and strengthen your core.

8 Sessions **\$40**

59706 Damascus CRC 1/17 Th 7:00pm-8:00pm

Cheer Aerobics

Ages 13 & Up: For individuals with disabilities. Cheer your way to fun and fitness. Shake pom poms and dance to music to get your heart pumping and your body moving. Pom poms provided for use during class.

8 Sessions **\$40**

Instructor:

59707 Holiday Park SC 1/14 M 6:00pm-7:00pm



THE THERAPEUTIC RECREATION

Karate for Individuals with Disabilities

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

10 Sessions \$75

Instructor: TKA Inc.

59712 Holiday Park SC 1/12 Sa 9:00am-9:45am

59713 Holiday Park SC 1/12 Sa 10:00am-10:45am

Laughter Fitness

Ages 13 & Up: This workout includes laughing exercise, breathing and memory enhancement techniques which rejuvenate brain power and enrich overall health. It reduces stress, anxiety and depression, calms the mind, increases energy level and improves concentration.

7 Sessions \$65

Instructor: Kumud Mathur

58891 Potomac CRC 1/17 Th 11:15am-12:00pm

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

59714 Germantown CRC 1/20 S 1:00pm-2:00pm

Stretch 'n Tone

Ages 15 & Up: For individuals with disabilities. Tone your muscles and encourage flexibility through stretching exercises. This class is ideal for beginners.

8 Sessions \$40

59723 Potomac CRC 1/15 T 7:00pm-8:00pm

59724 Damascus CRC 1/17 Th 6:00pm-7:00pm

TR Basketball

Ages 18 & Up: This is a basketball program for individuals with disabilities. Each team needs a minimum of eight participants 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 at 240-777-6895 to be placed on a team.

8 Sessions \$52

Instructor:

59745 Mid-County CRC 1/20 S 12:00pm-2:30pm

TR Zumba

Ages 13 & Up: For individuals with disabilities. Experience the fitness craze of Zumba. An exciting mix of Latin and international rhythms with aerobic dance moves. Dress in comfortable clothing and shoes for active movement.

8 Sessions \$40

59740 Holiday Park SC 1/19 Sa 10:00am-10:50am

59739 Upper County CRC 1/17 Th 7:00pm-7:50pm

TR Zumba for Youth

Ages 7-12: For individuals with disabilities. Experience the fitness craze of Zumba. An exciting mix of Latin and international rhythms with aerobic dance moves. Dress in comfortable clothing and shoes for active movement.

8 Sessions \$30

Instructor:

59741 Holiday Park SC 1/19 Sa 12:00pm-12:45pm

Turn the Beat Around

Ages 13 & Up: For individuals with disabilities. Introduction to basic rhythm and movement for social dancing. Learn fun group dances and line dances for all occasions.

8 Sessions \$40

59743 East County CRC 1/16 W 7:00pm-8:00pm

59742 Holiday Park SC 1/19 Sa 11:00am-12:00pm



Specialty Programs

Drumming - Rock Out

Ages 15 & Up: Rock out with drumsticks to the beat of great music. Get creative with the rhythm using boxes, balls, bottles or cans. Drumsticks are provided or bring your own. No experience necessary. One staff to seven participants.

8 Sessions **\$40**
59708 Bauer Drive CRC 1/17 Th 7:00pm-8:00pm

TR BIG Game Nights

Ages 13 & Up: For individuals with disabilities. Play oversized board games, gym games, group games, bingo, and more. Held every second and fourth Friday of the month. Themes make each night a new adventure:

- 1/11 Winter Whiteout Night - wear white
- 1/25 Football Fan Night - wear your favorite team jersey or colors
- 2/8 Sweetheart Celebration Night - wear red
- 2/22 Pajama Party Night - wear pajamas, robes, and slippers
- 3/8 March Madness Night - wear your favorite basketball team colors

5 Sessions **\$40**
59738 Bauer Drive CRC 1/11 F 7:00pm-9:30pm

Therapeutic Recreation Programs

TGIF-Totally Great Inclusive Fun - First Fridays

Ages 15 & Up: Start the night with ZamDance followed by a snack and group activity. First Friday of the month is an opportunity to exercise and make new friends. One staff to 12 participants. Personal care not provided, but caregivers are welcome.

1 Session **\$10**
59729 Bauer Drive CRC 1/4 F 6:30pm-8:30pm
59730 Bauer Drive CRC 2/1 F 6:30pm-8:30pm
59731 Bauer Drive CRC 3/1 F 6:30pm-8:30pm

Water Fitness

TR Adult Social Swim

Ages 18 & Up: Adapted aquatics and exercise in a group setting. Have fun, meet new friends and get some exercise. One staff to seven participants. No personal care assistance provided.

8 Sessions **\$40**
59733 MLK 1/15 T 8:00pm-9:00pm
59734 GISC 1/16 W 8:30pm-9:30pm
59737 KSAC 1/17 Th 8:30pm-9:30pm
59735 OSC 1/18 F 7:15pm-8:15pm
59736 OSC 1/18 F 8:15pm-9:00pm

Special Event



There's a Noodle Party and you are invited. Have fun with family friendly floats and colorful noodles. Don't forget the water slides, leisure pool, open diving or relaxing in the spas. All attendees must register and have swim attire to be on the pool deck. Parents and caregivers register and are admitted free, but must dress in swim attire to be on deck or in pool with your child/participant. No personal care provided. \$5.

March 16, 2019
7:30-9:00 p.m.
Olney Swim Center
Activity 59744



Therapeutic RECREATION





Saturday Night Socials

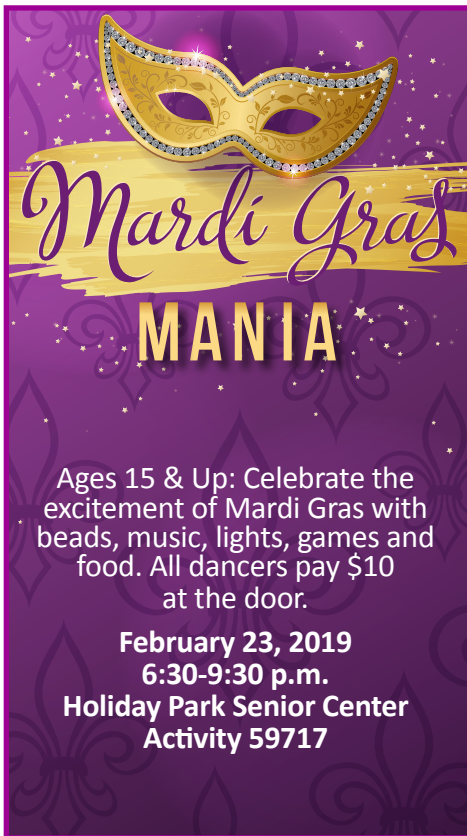
Ages 15 & Up with disabilities: Enjoy a DJ, dancing, games, pizza and other refreshments. Dances are from 6:30-9:30 p.m. on the last Saturday of the month. The schedule may vary for holidays. Pre-registration is encouraged.



★ ALL STAR ★
FOOTBALL FEVER

Ages 15 & Up: Join the football party zone. Dress in your favorite team's jersey and colors. All dancers pay \$10 at the door.

January 26, 2019
6:30-9:30 p.m.
Holiday Park Senior Center
Activity 59716



Mardi Gras MANIA

Ages 15 & Up: Celebrate the excitement of Mardi Gras with beads, music, lights, games and food. All dancers pay \$10 at the door.

February 23, 2019
6:30-9:30 p.m.
Holiday Park Senior Center
Activity 59717



Springtime SURFIN' SAFARI

Ages 15 & Up: "Let's go surfin' now. Everybody's learning how. Come on and safari with me." Dress in Hawaiian shirts and bright colors. All dancers pay \$10 at the door.

March 30, 2019
6:30-9:30 p.m.
Holiday Park Senior Center
Activity 59718

Weekend Adult Social Clubs

Looking to meet new people – we've got it! Looking for taking some fun group trips – we've got it! Looking for a place to hang out with your friends – we've got it! You are welcome to register for more than one club to give you more weekend social opportunities.

Weekend Adult Social Club membership fees are \$40 each for the year - October 2018 thru July 2019. Activity fees are not included in the membership fee. Activity fees range from free (game night) to \$60 (dinner theatre). Club trips depart from the Recreation Administrative Office.

Insiders Club

Ages 18 and Up with disabilities: Get out of the house and get in some fun with your friends. Game nights, holiday parties, potlucks and more to give you an opportunity to socialize and hang out together. Activities based at Holiday Park Senior Center so you can easily plan your transportation and be familiar with your environment. Staff supervision provided.

Weekenders Club

Ages 18 & Up with disabilities: Be actively involved with your friends on trips - amusement parks, hayride and bonfire, hiking, and more. A great opportunity for those that like to be on the move. Staff supervision provided.

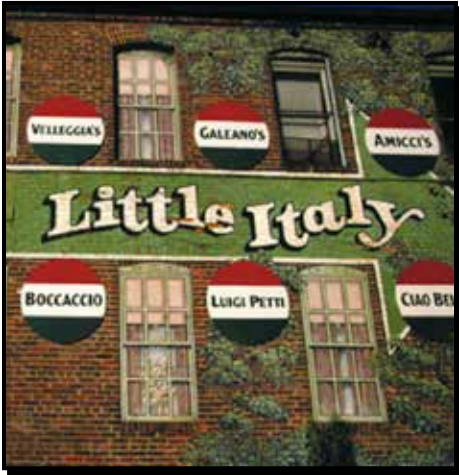
Socializers

Ages 21 & Up with disabilities: Adults who live independently and are looking to meet other people in planned social activities and day trips - ballgames, cooking workshops, dinner theaters. Staff supervision provided, but members have an opportunity to independently explore on some trips. Members must be able to meet at designated area/time (i.e. annual holiday shopping trip to outlet mall).



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 · Taste of Little Italy · St. Mary's City
- "Give Me Liberty or Give Me Death" – A Patrick Henry Tour
- Cold War Museum · Museum of the American Revolution



MAKE EVERY DAY UNFORGETTABLE!

Day Trippers offers trips for all ages with a variety of destinations – a day trip program planned with your interests in mind.

Join us for exciting trips offered throughout each season and leave the driving to us. Children under 18 must be accompanied by an adult. Trips leave from and return to Olney Manor Recreational Park.

COMING THIS SPRING

- Philadelphia Flower Show
- "Jesus" at the Sight & Sound Theatre
- Chanticleer Garden & Estate Tour
- A Tea Affair, Lititz, PA
- Shen Yun Performing Arts at the Kennedy Center
- Blooming Hill Lavender Farm
- and many more exciting trips.





YOUTH DEVELOPMENT

Montgomery County Recreation

Youth Development Office: 240-777-8080

www.mocorec.com/youth



Facebook:
montgomerycountyrecreation



Twitter:
@mocorec



Instagram:
mocorecreation



RecZone County Cup



Fashion BOOTCAMP

For teens, ages 12-18, interested in modeling, dancing and theater production.

**REGISTRATION BEGINS
JANUARY 2019.**

For more information call
240-777-8080.

MAKE A DIFFERENCE

BE A VOLUNTEER WITH YOUTH DEVELOPMENT



ARE YOU?

- ☒ 14-16 YEARS OLD?
- ☒ INTERESTED IN VOLUNTEERING FOR A DIVERSE SET OF YOUTH DEVELOPMENT PROGRAMS?
- ☒ WANT TO EARN STUDENT SERVICE LEARNING (SSL) HOURS?

THEN WE ARE LOOKING FOR YOU!

Volunteers will assist Youth Development staff in providing fun and safe programming to all participants. For more information call Chass Seymour at 240-777-6969, or email chass.seymour@montgomerycountymd.gov.



www.mocorec.com | Hablamos Español



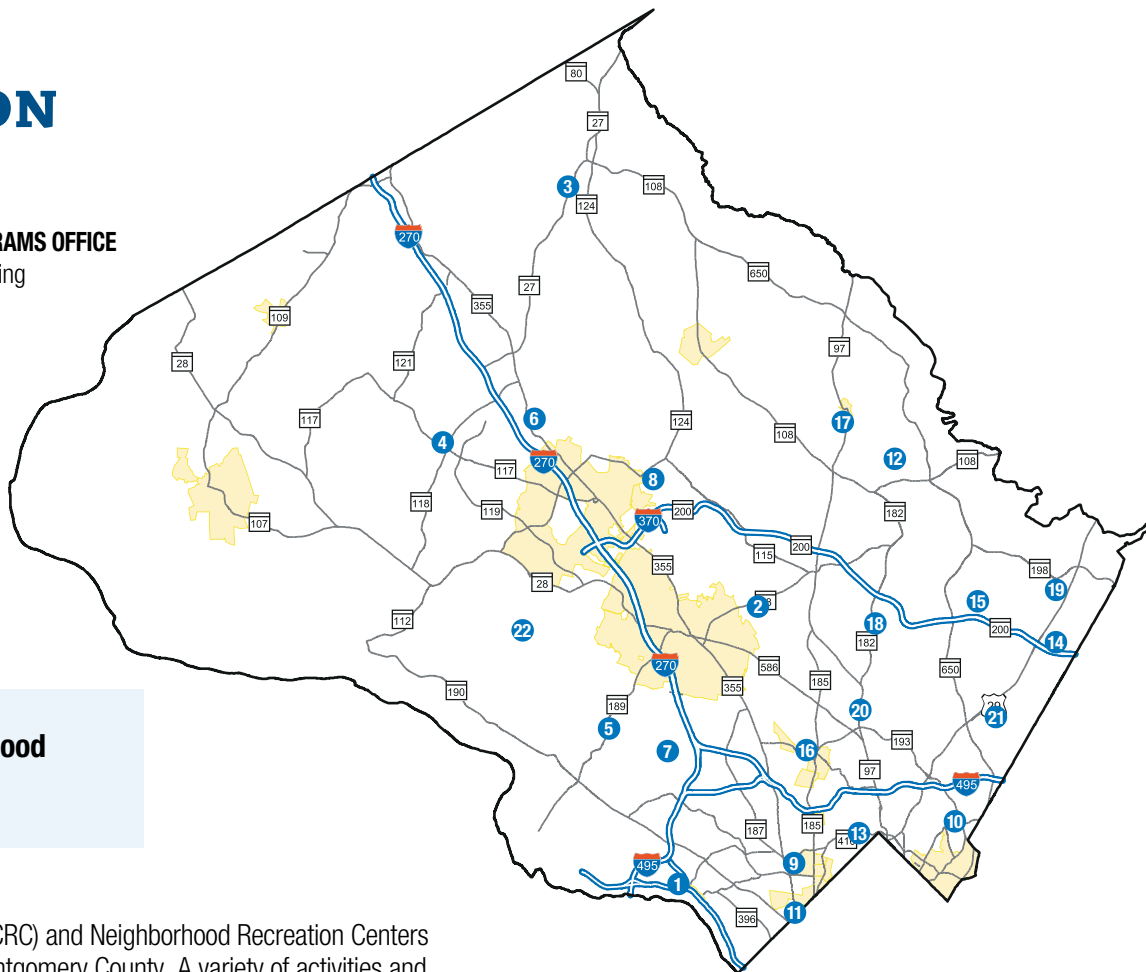
RECREATION CENTERS

COMMUNITY FACILITIES AND PROGRAMS OFFICE

2004 Queensguard Road, Silver Spring

240-777-4980

Aquatic Centers: Page 12.
**Senior & Senior Neighborhood
Centers:** Page 69.
Facility Addresses: Page 88.



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, weight and exercise room, arts and craft room, and meeting room. Rooms of various sizes can be rented. Call for specific hours and availability. Visit www.mocorec.com/centers for more information.

- 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 NRC** 240-777-8050
18529 Brooke Road, Sandy Spring
- 13 Gwendolyn Coffield CRC** 240-777-4900
2450 Lyttonsville Road, Silver Spring
- 14 East County CRC** 240-777-8090
3310 Gateshead Manor Way, Silver Spring
- 15 Good Hope NRC** 240-777-8055
14715 Good Hope Road, Silver Spring
- 16 Ken Gar Center** 240-777-8099
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 CRC** 240-777-8057
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 Elementary School

Ballet	38
Kidz Dance	38

Avant Garde Ballroom Dance Center

Bachata I	41
Bachata II	41
Beginner Social Dance	42
Hip Hop I	39
Hip Hop II	39
Juniors I Ballroom Dance	39
Salsa Club Dancing I	43
Salsa Club Dancing II	43
Wedding Ready	42

Bauer Drive CRC

55+ FREE Bone Builders	74
Acrylic Painting Techniques	35
ACT The Workout-Fitness	50
Adult Pickleball Leagues	67
Boot Camp for Better Bodies	51
Coach Doug Pre Wee Wanna Be	65
Coach Doug Wee Wanna Be	65
Community Basic First Aid and CPR_AED	53
Draw and Clay - The Arctic	34
Drawing with Young Rembrandts	34
Drumming - Rock Out	77
Dynaerobics	49
Dynaerobics AND Body Sculpting	52
Dynaerobics Body Sculpting	52
Funfit Tots	47
Funfit Tots Family Class	47
Gentle Yoga	56
It's a Stitch	36
Jazzmatazz Low-Impact Aerobics	49
Karate/Jujitsu	58
Karate/Jujitsu Adult	60
Karate Winter Break	61
Kelley's Complete Fitness Workout	50
Kids Sew and Tell	35
Learn Now Music: HeroeZ of Guitar	43
Learn Now Music: KeyZ to Piano	44
Learn Now Music: Little Fingers Piano	44
Learn Now Music: My First Music Class	44
Mama Goose on the Loose	52
Petite Soccer	65
Petite Soccer Parent and Child	65
Pickleball Class for Beginners	66

Pilates for Fitness	51
PiYo	51
Preschool Spanish	63
Spanish Toddlers	63
Tai Chi - Beginning	54
Tai Chi - Continuing	54
TGIF-Totally Great Inclusive Fun - First Fridays	77
TR BIG Game Nights	77
Yoga Basics	56
Yoga Fundamentals	57
Zumba Fitness	49

Bethesda ES

Ballroom I (Couples)	41
Ballroom II (Couples)	42
Karate/Jujitsu	58
Karate/Jujitsu Adult	60

Chevy Chase ES

Hoop Stars	64
Little Hoop Stars	64

Clara Barton NRC

55+ FREE Bone Builders	74
Definition Body Sculpting	52
Definition Zumba	48
Karate/Jujitsu	58
Mini Doodlers: Tell Me a Story	35

Clemente, Roberto Middle School

Fencing Beginner I	66
Fencing Beginner II	66
Fencing Intermediate	66

Damascus CRC

55+ FREE Bone Builders	74
Cardio 'n Core	75
Jacki Sorensen's Aerobic Workout	49
Karate/Jujitsu	58
Karate/Jujitsu Adult	60
Stretch 'n Tone	76

DanseZ! Dansez! Dance Studio

PRE Ballet	38
PRE Hip Hop	40

Dobre Gymnastics

Gymnastics - Pre School	64
Gymnastics For Girls and Boys	64

DuFief ES

Karate/Jujitsu	58
Karate/Jujitsu Adult	60

East County CRC

Pickleball Class for Beginners	66
Pickleball League	67
Turn the Beat Around	76
Yoga Basics	56

Eastern MS

Classic Vovinam Martial Arts	60
Classic Vovinam Martial Arts - Advanced	60

Flower Valley ES

Little Hoop Stars	64
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Frost, Robert MS

Fencing Beginner I	66
Fencing Beginner II	66
Fencing Intermediate	66

Germantown CRC

55+ FREE Bone Builders	74
Ballet	38
Category 4 Fitness Boot Camp	51
Coach Doug Pre Wee Wanna Be	65
Coach Doug Seasonal Sports	65
Coach Doug Soccer	65
Coach Doug Wee Wanna Be	65
Community Basic First Aid and CPR_AED	53
Crochet and Wool Works	34
Dance Fit Zumba	48
Draw and Clay - The Arctic	34
Drawing with Young Rembrandts	34
Funfit Tots	47
Funfit Tots Family Class	47
Hip Hop for Kids	39
Hippo Hoppo	40
Karate/Jujitsu	58
Karate/Jujitsu Adult	60
Kidz Dance	38
Learning Art from the Masters - Diego Rivera	35
Little Royals Ballet	38
Mindfulness of the Body	54
Moving with Mike	76



PROGRAM LOCATIONS

Germantown Indoor Swim Center

Adult Level 1	31
Adult Level 2	31
Adult Level 3	31
Adult Level 4	31
Aquatots	25
Beginner 1	26
Beginner 2	27
Beginner 3	28
Beginner 4	28
Deep Water Running	14
High School Diving	16
Level 1: Human Springs	16
Level 2: Human Springs	16
Lifeguard Training	19
Masters Swimming	17
Montgomery Stroke and Turn Clinic	18
Pre-School	26
Scuba	17
SwiMontgomery	18
TR Adult Social Swim	77
USAD Developmental Group	17
Water Aerobics	15
Water Exercise	15
Water Exercise - Adaptive	15
Waterbabies	25
Youth Level 1	29
Youth Level 2	29
Youth Level 3	29
Youth Level 4	30
Youth Level 5	30
Youth Level 6	30

Glenallan ES

Drawing with Young Rembrandts	34
Karate/Jujitsu	58
Karate/Jujitsu Adult	60

Glenmont Local Park

Kelley's Complete Fitness Workout	50
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Good Hope NRC

Glow Zumba	48
Urban Line Dance	42

Gwendolyn Coffield CRC

55+ FREE Bone Builders	74
Abrakadoodle: Twoosy Doodlers	34
Ballet	38
Ballroom III (Couples)	42

Essential Yoga For Beginners	55
Kidz Dance	38

Holiday Park Senior Center

ACT The Workout-Fitness	50
Adult Group Piano I	45
Adult Group Piano II	45
Adult Group Piano III	45
Adult Group Piano IV	45
Ballroom I (Couples)	41
Ballroom II (Couples)	42
Ballroom IV (Couples)	42
Cheer Aerobics	75
Dance & Fitness Add a Class	47
It's a Stitch	36
Jazzmatazz Aerobics W/Pilates Mat	49
Karate for Individuals with Disabilities	76
Karate/Jujitsu Club	60
Karate/Jujitsu Club 2	60
TR Saturday Night Socials	78
TR Zumba	76
TR Zumba for Youth	76
Turn the Beat Around	76
Urban Line Dance	42

Jane E. Lawton CRC

55+ FREE Bone Builders	74
Ballroom II (Couples)	42
Bone Builders - Plus	51
Dance & Fitness	47
Easy Yoga	55
Hatha Yoga and Stress Management	56
Beg/Con	56
International Folk Dancing	41
It's a Stitch	36
Mini Doodlers: Tell Me a Story	35
Oil or Acrylic Painting - Open Studio	36
Pilates for Fitness	51
Preschool Spanish	63
Spanish Toddlers	63
Swing (Couples)	43
Yoga4Kidz	53
Yoga4Tweenz	53

Kennedy Shriver Aquatic Center

Abs & Glutes & More	13
Adaptive Aquatics Lesson - Level 1	15
Adaptive Aquatics Lesson - Volunteer Assisted	15

Adult Level 1	31
Adult Level 2	31
Adult Level 3	31
Adult Level 4	31
Adult Level 5	32
Adult Swim for Conditioning	32
Aqua Cardio Dance	13
Aqua Lite	13
Aqua Spin	14
Aquatots	25
Beginner 1	26
Beginner 2	27
Beginner 3	28
Beginner 4	28
Deep Water Running	14
Hi/Lo Cardio Fusion	14
High School Diving	16
Level 1: Human Springs	16
Level 2/3: Human Springs	16
Level 2: Human Springs	16
Level 3: Human Springs	16
Lifeguard Training	19
Masters Diving	16
Masters Swimming	17
Montgomery Stroke and Turn Clinic	18
Pre-School	26
Springs Diving Team - Homeschool Edition	16
SwiMontgomery	18
TR Adult Social Swim	77
USAD Developmental Group	17
Water Aerobics	15
Water Exercise	15
Waterbabies	25
Yoga Flow	56
Yoga-Pilates Fusion	57
Youth Level 1	29
Youth Level 2	29
Youth Level 3	29
Youth Level 4	30
Youth Level 5	30
Youth Level 6	30

Kensington Parkwood ES

Iaido	60
Karate and Iaido	60
Karate Do and Iaido Beginners	58

PROGRAM LOCATIONS

Kicks Karate Bethesda

Little Ninjas	58
Tiny Tigers	59

Kicks Karate Clarksburg

Little Ninjas	58
Tiny Tigers	59

Kicks Karate Germantown

Little Ninjas	58
Tiny Tigers	59

Kicks Karate North Bethesda

Fitness Kickboxing	52
Little Ninjas	58
Tiny Tigers	59

Kicks Karate Potomac

Fitness Kickboxing	52
Little Ninjas	58
Tiny Tigers	59

Kicks Karate Shady Grove

Fitness Kickboxing	52
Little Ninjas	58
Tiny Tigers	59

Kicks Karate Silver Spring

Little Ninjas	58
Tiny Tigers	59

Komodo USA - Gaithersburg

Komodo Abacus Mental Math	63
Komodo Advanced Grade Level Math	63
Komodo Language Arts and Creative Writing	63

Komodo USA - Germantown

Komodo Abacus Mental Math	63
Komodo Advanced Grade Level Math	63
Komodo Language Arts and Creative Writing	63

Kritt Studio

Color For Artists With Kritt	36
Drawing City Life With Kritt	36
Drawing Landscapes With Kritt	36
Painting Plants With Kritt	36

Leonard D. Jackson Ken Gar Center

Bake Lab	46
Instaworthy	46
Judo	58
Zen Budo Karate: Kids Karate	59

Long Branch CRC

Jazzmatazz Pre Ballet	38
Jazzmatazz Preschool Dance	38

Longwood CRC

55+ FREE Bone Builders	74
Adventures in Art	34
Art Studio	34
Discovering Music for Toddlers	44
Gentle Yoga	56
Funfit Tots	47
Funfit Tots Family Class	47
Introductory Volleyball	66
Karate/Jujitsu	58
Kelley's Complete Fitness Workout ...	50
Learn Now Music:	
The Violinist Within	43
Train Like a Pro Basketball	64
Yoga for Life	57

Marilyn J. Praisner CRC

55+ FREE Bone Builders	74
ACT The Workout-Fitness	50
Cheer Madness: Pommies	47
Dance Fit Zumba	48
Karate/Jujitsu	58
Karate/Jujitsu Adult	60
Yoga Basics	56

Martin Luther King Jr. Swim Center

Abs & Glutes & More	13
Adult Level 1	31
Adult Level 2	31
Adult Level 3	31
Adult Level 4	31
Aqua Cardio Challenge	13
Aqua Cardio Dance	13
Aqua Spin	14
Aqua YO-Lates	14
Aquatots	25
Beginner 1	26

Beginner 2	27
Beginner 3	28
Beginner 4	28
Deep Water Running	14
Lifeguard Training	19
Masters Swimming	17
Montgomery Stroke and Turn Clinic ..	18
Pre-School	26
Scuba	17
SwiMontgomery	18
TR Adult Social Swim	77
Water Exercise	15
Waterbabies	25
Youth Level 1	29
Youth Level 2	29
Youth Level 3	29
Youth Level 4	30
Youth Level 5	30
Youth Level 6	30

Maryland Table Tennis Center

Ping Pong/Table Tennis	65
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Mid-County CRC

55+ FREE Bone Builders	74
Abrakadoodle: Twoosy Doodlers	34
Dance & Fitness	47
Karate/Jujitsu	58
Karate/Jujitsu Adult	60
Learn Now Music: KeyZ to Piano	44
Mama Goose on the Loose	52
Mini Musicians, Movers & Shakers ...	44
Music Together	44
TR Basketball	76
Yoga Basics	56
Yoga/Stretching for Your Relaxation ..	57
Zumba Fitness	49



PROGRAM LOCATIONS

Nancy H. Dacek North Potomac CRC

"Sew" Simple Fashion Design.....	35
55+ FREE Bone Builders.....	74
Abakadoodle: Twoosy Doodlers.....	34
Ballet.....	38
Bollywood Bhangra Dance Fitness.....	42
Cheer Madness: Pommies.....	47
Coach Doug We Wanna Be.....	65
Dance Fit Zumba.....	48
Drawing with Young Rembrandts.....	34
Fairy Tale Ballet.....	38
Handcrafted Pottery.....	37
Handcrafted Pottery Open Studio.....	37
Hippo Hoppo.....	40
Indian Tandoori Cooking.....	46
Kidz Dance.....	38
Learn Now Music: Little Fingers Piano.....	44
Learn Now Music: My First Music Class.....	44
Mini Musicians, Movers & Shakers.....	44
Tiny Toes.....	40
Toddler and Me Dance.....	40
Valentine's Day Treats.....	46

Norbeck-Muncaster Mill Neighborhood Park

Tai Chi - Beginning.....	54
Tai Chi - Continuing.....	54

North Bethesda MS

3D Modeling for 3D Printing.....	62
Jr Lego Mechanics and Engineering.....	62

Norwood Local Park

Exploring Music and Piano Level 2.....	43
Exploring Music and Piano Level I A.....	43
Exploring Music and Piano Level I B.....	43

Oakland Terrace ES

Coach Doug Seasonal Sports.....	65
Coach Doug Soccer.....	65
Coach Doug Wee Wanna Be.....	65

Olney Swim Center

Adult Level 1.....	31
Adult Level 2.....	31
Adult Level 3.....	31
Adult Level 4.....	31
Aqua Cardio Dance.....	13
Aqua Lite.....	13
Aquatots.....	25
Beginner 1.....	27
Beginner 2.....	27
Beginner 3.....	28
Beginner 4.....	28
Deep Water Running.....	14
Kayak Rolling.....	17
Level 1: Human Springs.....	16
Level 2/3: Human Springs.....	16
Lifeguard Training.....	19
Masters Swimming.....	17
Montgomery Stroke and Turn Clinic.....	18
Oodles of Pool Noodles Family Swim Party.....	77
Pre-School.....	26
Scuba.....	17
SwiMontgomery.....	18
TR Adult Social Swim.....	77
Water Aerobics.....	15
Water Exercise.....	15
Waterbabies.....	25
Youth Level 1.....	29
Youth Level 2.....	29
Youth Level 3.....	29
Youth Level 4.....	30
Youth Level 5.....	30
Youth Level 6.....	30

Parkland MS

Fencing Beginner I.....	66
Fencing Beginner II.....	66
Fencing Intermediate.....	66

Pilgrim Hill LP

Movin' with Millie: Aerobics.....	50
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Plum Gar CRC

55+ FREE Bone Builders.....	74
Classic Vovinam Martial Arts.....	60
Hip Hop Kids.....	39
Kaleidoscope Art.....	75

Potomac CRC

55+ FREE Bone Builders.....	74
Abakadoodle: Twoosy Doodlers.....	34
ACT The Workout-Fitness.....	50
Advanced Right Brained Drawing.....	35
American Girl/Barbie Fashion Design.....	34
Ballet for Adults.....	41
Beginner Right Brained Drawing.....	35
Beginning Painting with Brandi.....	35
Bollywood Dance Fitness.....	42
Bollywood Dance for Toddlers.....	40
Bollywood Kids.....	40
Bone Builders - Plus.....	51
Coach Doug Club Holiday.....	61
Coach Doug Club Holiday AM.....	61
Coach Doug Club Holiday Half Day.....	61
Coach Doug Club Holiday PM.....	61
Coach Doug Pre Wee Wanna Be.....	65
Coach Doug Seasonal Sports.....	65
Coach Doug Soccer.....	65
Coach Doug Wee Wanna Be.....	65
Community Basic First Aid and CPR_AED.....	53
Customizable Screen-Print Fashion Design.....	34
Dance Fit Zumba.....	48
Developing the Intention to Live Mindfully.....	53
Discovering Music for Toddlers.....	44
Gemology I Introductory.....	62
Gemology II Advanced.....	62
Hippo Hoppo.....	40
Introduction to Mindfulness Meditation.....	54
Jacki Sorensen's Aerobic Dance.....	48
Jacki Sorensen's Strong Step.....	49
Karate/Jujitsu.....	58
Karate/Jujitsu Adult.....	60
Laughter Fitness.....	76
Power Flow.....	51
Stretch 'n Tone.....	76
Yoga for Beginners and Continuing.....	56

Recreation Administrative Office

Discovering Music for Toddlers.....	44
-------------------------------------	----

PROGRAM LOCATIONS

Regional Services Center-B-CC

After-Work Yoga	55
Baby and Me Yoga	53
Children Yoga	53
Early Morning Yoga and Meditation ..	55
Evening Yoga	55
Fairy Tale Ballet	38
Mini Doodlers: Tell Me a Story	35
Using Mindfulness to Increase Happiness	54
Yoga for Beginners and Continuing.....	56
Youth Ballet	39

Resnik, Judith A. Elementary School

Karate/Jujitsu.....	58
---------------------	----

Restore Motion

Building Strength & Healthy Prostate	54
Postpartum Workshop.....	55
Your Pelvic Floor-Keeping it Healthy	55

Rock View ES

Dance & Fitness.....	47
----------------------	----

Rolling Terrace ES

Karate/Jujitsu.....	58
Karate/Jujitsu Adult	60

Ross Boddy NRC

Aikido	59
Aikido Intermediate/Advanced	59
Ceramics Introductory Wheel.....	37
Cheer Madness: Pommies.....	47
Fiesta Fit	48
Fiesta Fit Kids Jr.....	47
Handcrafted Pottery Open Studio	37
Italian Piedmont Dinner	46
Knife Skill Basics.....	46
Pickleball Class for Beginner at Ross Boddy CRC	66
Yoga for Everybody	56

Scotland NRC

55+ FREE Bone Builders.....	74
-----------------------------	----

Stedwick Elementary School

Karate/Jujitsu.....	58
Karate/Jujitsu Adult	60

Tilden Middle School

Ballet Workout + Pilates Mat.....	51
Funfit Tots 11mons to 2yr.....	47
Funfit Tots Family Class.....	47

Travilah Elementary School

Little Hoop Stars - Pre-K.....	64
--------------------------------	----

Upper County CRC

Draw and Clay - The Arctic.....	34
Karate/Jujitsu.....	58
Karate/Jujitsu Adult	60
Preschool Spanish	63
Spanish Toddlers.....	63
TR Zumba	76

Veirs Mill Local Park

Dance & Fitness.....	47
----------------------	----

Wayside ES

Little Hoop Stars - Pre-K.....	64
--------------------------------	----

White Oak CRC

55+ FREE Bone Builders.....	74
Abrakadoodle: Twoosy Doodlers.....	34
Advanced Pottery	37
Boot Camp for Better Bodies.....	51
Handbuilt Pottery	75
Handcrafted Pottery	37
Handcrafted Pottery Open Studio	37
Hip Hop for Kids.....	39
Hippo Hoppo	40
Kids Kitchen: Food, Fitness, Fun	46
Learn Now Music: Little Fingers Piano.....	44
Learn Now Music: My First Music Class	44
Pickleball Class for Beginners	66
Pilates for Fitness	51
Tiny Toes.....	40
Toddler and Me Dance	40
Zen Budo Karate: Kids Karate	59
Zen Budo Karate: Little Dragons	59

Zen Budo Karate: Self-Defense	61
Zumba	48

Wisconsin Place CRC

55+ FREE Bone Builders.....	74
Abrakadoodle: Twoosy Doodlers.....	34
Advanced Beading.....	37
Ballet Workout + Pilates Mat.....	51
Discovering Music for Toddlers.....	44
Evening Yoga.....	55
Hatha Yoga and Stress Management Ben/Con.....	56
Kids Kitchen: Food, Fitness, Fun	46
Metal Jewelry Design	37

Wood, Earle B. MS

3D Character Modeling and Sculpting.....	62
Visual Programming with Scratch.....	62



FACILITY ADDRESSES

Elementary Schools

Arcola ES.....	1820 Franwall Ave., Silver Spring, 20902
Bethesda ES.....	7600 Arlington Rd., Bethesda, 20814
Chevy Chase ES.....	4015 Rosemary St., Chevy Chase, 20815
DuFief ES.....	15001 DuFief Dr., Gaithersburg, 20878
Flower Valley ES.....	4615 Sunflower Dr., Rockville, 20853
Glenallan ES.....	12520 Heurich Rd., Silver Spring, 20902
Kensington Parkwood ES.....	34710 Saul Rd, Kensington, 20895
Oakland Terrace ES.....	2720 Plyers Mill Rd., Silver Spring, 20902
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
Travilah ES.....	13801 Dufief Mill Rd., North Potomac, 20878
Wayside ES.....	10011 Glen Rd., Potomac, 20854

Middle Schools

Clemente, Roberto MS.....	18808 Waring Station Rd., Germantown, 20874
Eastern MS.....	300 University Blvd., Silver Spring, 20901
Frost, Robert MS.....	9210 Scott Dr., Rockville, 20850
North Bethesda MS.....	8935 Bradmoor Dr., Bethesda, 20817
Parkland MS.....	4610 W Frankfort Dr., Rockville, 20853
Tilden MS.....	11211 Old Georgetown Rd., Rockville, 20852
Wood, Earle B. MS.....	14615 Bauer Dr., Rockville, 20853

High Schools

Walter Johnson HS.....	6400 Rock Spring Dr., Bethesda, 20814
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Parks

Glenmont LP.....	3201 Randolph Rd., Wheaton-Glenmont, 20906
Norbeck-Muncaster Mill NP.....	4101 Muncaster Mill Rd., Rockville, 20853
Norwood LP.....	4700 Norwood Dr., Chevy Chase, 20815
Pilgrim Hills LP.....	1615 E Randolph Rd., Silver Spring, 20904
Viers Mill LP.....	4425 Garrett Park RD at Beach Dr., Veirs Mill, 20906

Other Facilities

Avant Garde Ballroom Dance Center.....	268 Nicholson Ln., Bethesda, 20852
DanseZ! Dansez! Dance Studio.....	5050-D Nicholson Ln., Bethesda, 20852
Dobre Gymnastics.....	9168 Gaither Rd., Gaithersburg, 20877
Kicks Karate - Bethesda.....	Glen Echo, 2508, 4701 Sangamore Rd., Bethesda, 20816
Kicks Karate - Clarksburg.....	12101 Chestnut Branch Way, Clarksburg, 20871
Kicks Karate - Germantown.....	13020 Middlebrook Rd., Germantown, 20874
Kicks Karate - North Bethesda..	10400, Old Georgetown Rd., Bethesda, 20814
Kicks Karate - Potomac.....	9812 Falls Rd., Potomac, 20854
Kicks Karate - Shady Grove.....	9737 Traville Gateway Dr., Rockville, 20854
Kicks Karate Silver Spring.....	2257 Bel Pre Rd., Silver Spring, 20906
Komodo USA Gaithersburg ..	402 Main St., Gaithersburg, 20878
Komodo USA Germantown.....	19727 Executive Park Cr., Germantown, 20874
Kritt Studio.....	14817 Brownstone Dr., Burtonsville, 20866
Maryland Table Tennis Center...	18761 N. Frederick Ave., Gaithersburg, 20879
Regional Services Center-B-CC.....	4805 Edgemoor Ln., Bethesda, 20814
Restore Motion.....	5410 Edson Ln., Rockville, 20852

Recreation Facilities

Bauer Drive CRC.....	14625 Bauer Dr., Rockville, 20853
Clara Barton NRC.....	7425 MacArthur Blvd., Cabin John, 20818
Damascus CRC.....	25520 Oak Dr., Damascus, 20872
East County CRC.....	3310 Gateshead Manor Way, Silver Spring, 20904
Germantown CRC.....	18905 Kingsview Dr., Germantown, 20874
Germantown ISC.....	18000 Central Park Cir., Boyds, 20841
Good Hope NRC.....	14715 Good Hope Rd., Silver Spring, 20905
Gwendolyn Coffield CRC.....	2450 Lyttonsville Rd., Silver Spring, 20910
Holiday Park SC.....	3950 Ferrara Dr., Wheaton, 20906
Jane E. Lawton CRC.....	4301 Willow Ln., Chevy Chase, 20815
Kennedy Shriver AC.....	5900 Executive Blvd., N.Bethesda, 20814
Leonard D. Jackson Ken Gar.....	4111 Plyers Mill Rd., Kensington, 20895
Long Branch CRC.....	8700 Piney Branch Rd., Silver Spring, 20901
Longwood CRC.....	19300 Georgia Ave., Brookeville, 20833
Marilyn J. Praisner CRC.....	14906 Old Columbia Pwky., Burtonsville, 20866
Martin Luther King SC.....	1201 Jackson Rd., Silver Spring, 20904
Mid-County CRC.....	2004 Queensguard Rd., Silver Spring, 20906
Nancy H. Dacek North Potomac CRC.....	13850 Travilah Rd., Rockville, 20850
Olney Swim Center.....	16601 Georgia Ave., Olney, 20832
Plum Gar CRC.....	19561 Scenery Dr., Germantown, 20874
Potomac CRC.....	11315 Falls Rd., Potomac, 20854
Recreation Administrative Office.....	4010 Randolph Rd., Silver Spring 20902
Ross Boddy NRC.....	18529 Brooke Rd., Sandy Spring, 20860
Scotland NRC.....	7000 Scotland Dr., Potomac, 20854
Upper County CRC.....	8201 Emory Grove Rd., Gaithersburg, 20877
White Oak CRC.....	1700 April Ln., Silver Spring, 20904
Wisconsin Place CRC.....	5311 Friendship Blvd., Chevy Chase, 20815

REGISTRATION INFORMATION

for Montgomery Parks AND Montgomery County Recreation

4 WAYS TO REGISTER

1. ONLINE

Register 24 hours a day, seven days a week for all activities at www.ActiveMONTGOMERY.org.

2. BY MAIL

Fill out and sign the registration form and mail it to: ActiveMONTGOMERY • 4010 Randolph Rd.

• Silver Spring, MD 20902

3. VIA FAX

If paying by credit card, you may fax your completed, signed registration form to 240-777-6818.

4. IN PERSON

Stop by any Montgomery County Recreation location, including their Headquarters at 4010 Randolph Road, Silver Spring, MD 20902 (M-F, 9:30am-4pm), or visit Montgomery Parks locations offering activities that require registration. See the Parks "Facility Directory" for these locations.



Use **ActiveMONTGOMERY.org** to register for activities (courses, camps, etc.); to reserve community centers, park activity buildings, and other facilities; and to purchase memberships offered by Montgomery Parks and Montgomery County Recreation.

ACTIVITY WITHDRAWALS & REFUNDS

Withdrawal Time Frame	Withdrawal Reason & Method	Refund Amount	Refund Form
Any	Activity Canceled by Parks or Recreation	Full Refund	Refund may be applied to customer's ActiveMONTGOMERY account; or returned in same form as payment rendered.
At least 5 (five) business days before activity begins	Any reason, ONLINE	Full Refund	If payment was made by credit card...Refund will be applied to credit card.
			If payment was made by check, cash, or money order...Refund will be applied to customer's ActiveMONTGOMERY account.
	Any reason, IN PERSON	Full Refund	Activity fee is \$25 or less...Refund will be applied to customer's ActiveMONTGOMERY account.
			Activity fee is \$26 or more...Refund may be applied to customer's ActiveMONTGOMERY account, or refund check may be requested.
Less than 5 business days before activity begins <i>No withdrawals may be made ONLINE less than five days before activity begins.</i>	Parks: Withdraw in person at the hosting facility. Recreation: Email Rec.FinanceOffice@MontgomeryCountyMD.gov or withdraw in person at Rec HDQ.	Refund Less \$25 Withdrawal Fee	Activity fee is \$49 or less: Refund will be applied to customer's ActiveMONTGOMERY account.
			Activity fee is \$50 or more: Refund may be applied to customer's ActiveMONTGOMERY account, or customer may request a refund check.
For classes/sessions missed by participant	No refund of any type will be issued		
After second session/class of activity has met			
After the final session of activity has met			



The withdrawal and refund policies above pertain to all Parks and Recreation activities and rentals, unless otherwise noted in the activity description or facility rental agreement.

PAYMENT INFORMATION

- Full payment must be made at time of registration. Do not submit registrations and/or payments to Parks or Recreation instructors.
- For Montgomery County Recreation activities, non-county residents must pay an additional \$15 per activity per participant. This fee does not apply to Montgomery Parks activities.
- **CHECKS & MONEY ORDERS**
 - Make checks and money orders payable to ActiveMONTGOMERY.
 - Checks and money orders must include name, address, and phone number.
 - If your check is returned unpaid, your account will be debited for the original check amount, and electronically or via paper for the state's maximum allowable service fee. Payment by check constitutes authorization of these transactions. You may revoke your authorization by calling 800-666-5222, ext. 2 to arrange payment for any outstanding checks and service fees due.
 - Please allow 2 weeks to receive a refund by check.
- **CREDIT CARDS:** Visa, MasterCard, American Express and Discover are accepted. Registration form must include correct credit card number, expiration date, authorized signature and authorized total amount.
- Montgomery Parks and Montgomery County Recreation reserve the right to pursue all available options to collect any funds owed as a result of a dishonored check or credit card, charges incurred due to unsubstantiated credit card disputes, or any outstanding debt.



Use this form to register for BOTH **Montgomery Parks** AND **Montgomery County Recreation** activities.*
Use este formulario para activides de **LOS DOS Montgomery Parks** Y **Montgomery County Recreation**.*

* Required Info | Info Requerida

REGISTRATION FORM | FORMULARIO DE INSCRIPCIÓN

☐ Check here if this is a new address, phone number or email address. Please print. This form may be copied.

☐ Marque aquí si esta es una dirección nueva, teléfono o dirección de correo electrónico.

Por favor imprima. Este formulario puede ser reproducido.

PARENT/GUARDIAN | PADRE/GUARDIÁN

Last Name Apellido *	First Name Nombre *	Birthday Fecha de nacimiento (mm/dd/yy) *	Email
Address Dirección *		City Ciudad *	State Estado * ZIP Código Postal *
Home Phone Teléfono de Casa *	Work Phone Teléfono de Trabajo	Cell Phone Celular	

EMERGENCY CONTACT | EMERGENCIA CONTACTO

For participants under 18 | Participantes de 18

Name Nombre	Relationship Relación	Phone Teléfono
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Participant's Name (Last, First) Apellido y Nombre del Participante	Birthday (mm/dd/yy) Fecha de Nacimiento (mm/dd/yy)	Sex Sexo	Activity Name Nombre de la Actividad	Activity Number Número	Fees * Costo *
*Non-County residents include an additional \$15 per participant, per activity for Montgomery County Recreation Department activities (not applicable for Parks activities) *Incluya \$15 por participante, por actividades de Montgomery County Recreation si vive fuera del Condado (no aplica por actividades de Parques)					Total Amount Due: Cantidad Total:

* Required Info | Información requerida

PAYMENT | PAGO

Name on Card Nombre en la tarjeta	Credit Card Number Número en la Tarjeta de Crédito	Security Code Código de Seguridad	Expiration Date Fecha de Expiración
Payer Address (If different than above) Dirección del Pagador (si es diferente que la de arriba)	City Ciudad	State Estado	ZIP Código Postal

- ☐ Visa
☐ MasterCard
☐ Check or Money Order

- ☐ AmEx
☐ Discover

MAIL Your Completed, Signed Form to: **ActiveMONTGOMERY • 4010 Randolph Rd. • Silver Spring, MD 20902**

If paying by credit card, you may fax your registration form to **240-777-6818**.

If you need help completing this form, please call **240-777-6840**.

Make payable to:
Hacerlo a nombre de:
ActiveMONTGOMERY

Envíe su formulario completo y firmado a: **ActiveMONTGOMERY • 4010 Randolph Rd. • Silver Spring, MD 20902**

Si paga con tarjeta de crédito, puede enviar su formulario a **240-777-6818**.

Si necesita ayuda para llenar este formulario, por favor llame al **240-777-6840**.

Cardholder Signature | Firma del Dueño de la Tarjeta _____

SIGNATURE IS REQUIRED* | *SE REQUIERE LA FIRMA

Participant or Parent/Guardian Signature | Participante o Padre/Guardián Firma _____ Date | Fecha _____

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.

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.



Montgomery County
Department of Recreation
4010 Randolph Road
Silver Spring, MD 20902

PRSRT STD
US Postage Paid
Rockville, MD
Permit No.138

or current resident

 Look for our brochure in early January for detailed listings of camps throughout the County.

MONTGOMERY COUNTY RECREATION SUMMER CAMPS



Registration begins
JANUARY 22, 2019
Register at ActiveMONTGOMERY.org