

Ways to Register

Online

Click the Course # link next to each program in this guide to register for that program or visit ActiveMONTGOMERY.org

By Mail

Fill out and sign the registration form and mail it to:
ActiveMONTGOMERY/Recreation
2425 Reddie Drive, 10th Floor.
Wheaton, MD 20902

In-person registration is currently suspended.

About This Guide

The program information in this guide is only valid at the time it was created. Program availability is not guaranteed and may change at any time. Register now to ensure space is still available.

Wait List

Many of our programs do fill up. You can be put on a wait list and notified if a space becomes available.

Questions?

[240-777-6840](tel:240-777-6840)

Monday - Friday, 8:30 a.m. – 4:30 p.m.

info@ActiveMONTGOMERY.org

Program Access & Inclusion Services

For inquiries regarding inclusion services, programs, and accommodations, please contact us at:

Phone: 240-777-6840

Email: rec.inclusion@montgomerycountymd.gov to request accommodations.

Online Programs

Montgomery County Recreation Department is providing unique activities and programs online at Mocorec.com

Your Montgomery Recreation Program Categories

After School Programs

Aquatics

Art

CPR and First Aid

Camps

Cooking

Dance

Educational

Fitness

Games

Health and Wellness

Martial Arts

Music

Professional Development and Adult Studies

STEAM

Social Services

Special Events

Sports

Therapeutic Recreation

Trips and Tours

Virtual

Volunteer

Youth Development

Your Montgomery Recreation Program Locations

Arcola Elementary School

1820 Franwall AVE, Silver Spring, MD, 20902

Argyle Local Park

1030 Forest Glen RD, Silver Spring, MD, 20901

Argyle Middle School

2400 Bel Pre RD, Silver Spring, MD, 20906

Ashburton Elementary School

6314 Lone Oak DR, Bethesda, MD, 20817

Ayrlawn Local Park

5652 Oakmont AVE, Bethesda, MD, 20817

Bauer Drive Community Recreation Center

14625 Bauer Drive, Rockville, MD, 20853

Bauer Drive Local Park

14625 Bauer DR, Aspen Hill, MD, 20853

Bethesda Elementary School

7600 Arlington RD, Bethesda, MD, 20814

Bethesda Outdoor Pool

Little Falls Parkway & Hillandale Road, Bethesda, MD, 20816

Black Hill Regional Park

20930 Lake Ridge DR, Boyds, MD, 20841

Blair Montgomery High School

51 University BLVD E, Silver Spring, MD, 20901

Blair Montgomery High School Field

51 University BLVD E, Silver Spring, MD, 20901

Bradley Hills Elementary School

8701 Hartsdale AVE, Bethesda, MD, 20817

Briggs Chaney Middle School

1901 Rainbow DR, Silver Spring, MD, 20904

Cabin John Middle School

10701 Gainsborough RD, Potomac, MD, 20854

Capitol View-Homewood Local Park

2929 Edgewood RD, Kensington, MD, 20895

Carderock Springs Elementary School

7401 Persimmon Tree LN, Bethesda, MD, 20817

Chevy Chase Elementary School

4015 Rosemary ST, Chevy Chase, MD, 20815

Clara Barton Neighborhood Recreation Center

7425 MacArthur Boulevard, Cabin John, MD, 20818

Clarksburg Neighborhood Park

22501 Wims Rd, Clarksburg, MD, 20871

Damascus Community Rec Center Field

25520 Oak DR, Damascus, MD, 20872

Damascus Community Recreation Center

25520 Oak Drive, Damascus, MD, 20872

East County Community Recreation Center

3310 Gateshead Manor Way, Silver Spring, MD, 20904

Eastern Middle School

300 University BLVD, Silver Spring, MD, 20901

Fox Chapel Elementary School

19315 Archdale RD, Germantown, MD, 20874

Frost Robert Middle School

9201 Scott DR, Rockville, MD, 20850

Germantown Community Rec Center Field

18905 Kingsview Road, Germantown, MD, 20874

Germantown Community Recreation Center

18905 Kingsview Road, Germantown, MD, 20874

Germantown Elementary School

19110 Liberty Mill RD, Germantown, MD, 20874

Germantown Indoor Swim Center

18000 Central Park Circle, Boyds, MD, 20841

Germantown Outdoor Pool

18905 Kingsview Road, Germantown, MD, 20874

Glenallan Elementary School

12520 Heurich RD, Silver Spring, MD, 20902

Good Hope Local Park

14715 Good Hope RD, Silver Spring, MD, 20905

Good Hope Neighborhood Recreation Center

14715 Good Hope Road, Silver Spring, MD, 20905

Gwendolyn Coffield Community Recreation Center

2450 Lyttonsville Road, Silver Spring, MD, 20910

Highland View Elementary School

9010 Providence AVE, Silver Spring, MD, 20901

Holiday Park Senior Center

3950 Ferrara Drive, Wheaton, MD, 20906

Jane E Lawton Community Recreation Center

4301 Willow Lane, Chevy Chase, MD, 20815

Kemp Mill Estates Local Park

120 Claybrook DR, Wheaton, MD, 20902

Kennedy Shriver Aquatic Center

5900 Executive Boulevard, N Bethesda, MD, 20852

Kingsview Middle School

18909 Kingsview RD, Germantown, MD, 20874

Layhill Local Park

14901 Layhill RD, Wheaton, MD, 20906

Layhill Village Local Park

1920 Queensguard RD, Wheaton, MD, 20906

Laytonia Recreational Park

7300 Airpark Road, Gaithersburg, MD, 20879

Leonard D Jackson Ken Gar Center

4111 Plyers Mill Road, Kensington, MD, 20895

Life Rescue Training

12105 Nebel St, Rockville, MD, 20852

Long Branch Community Recreation Center

8700 Piney Branch Road, Silver Spring, MD, 20901

Long Branch Outdoor Pool

8700 Piney Branch Road, Silver Spring, MD, 20901

Longwood Community Recreation Center

19300 Georgia Avenue, Brookeville, MD, 20833

Margaret Schweinhaut Senior Center

1000 Forest Glen Road, Silver Spring, MD, 20901

Marilyn J Praisner Community Recreation Center

14906 Old Columbia Pike, Burtonsville, MD, 20866

Martin Luther King Jr Outdoor Pool

1201 Jackson Road, Silver Spring, MD, 20904

Martin Luther King Jr Swim Center

1201 Jackson Road, Silver Spring, MD, 20904

Martin Luther King Recreational Park

1100 Jackson RD, White Oak, MD, 20904

Meadowbrook Local Park

7901 Meadowbrook LN, Chevy Chase, MD, 20815

Mid County Community Recreation Center

2004 Queensguard Road, Silver Spring, MD, 20906

Montgomery Village Middle School

19300 Watkins Mill RD, Gaithersburg, MD, 20879

Nancy H Dacek North Potomac Community Recreation Center

13850 Travilah Road, Rockville, MD, 20850

North Creek Community Center

20125 Arrowhead Road, Montgomery Village, MD, 20866

Oakland Terrace Elementary School

2720 Plyers Mill RD, Silver Spring, MD, 20902

Olney Manor Recreational Park

16601 Georgia Avenue, Olney, MD, 20832

Olney Swim Center

16605 Georgia Avenue, Olney, MD, 20832

Parks Rosa Middle School

19200 Olney Mill RD, Olney, MD, 20832

Pine Crest Elementary School

201 Woodmoor DR, Silver Spring, MD, 20901

Pinecrest Local Park

301 ST. Lawrence DR, Silver Spring, MD, 20901

Plum Gar Community Recreation Center

19561 Scenery Drive, Germantown, MD, 20874

Potomac Community Rec Center Field

11315 Falls RD, Potomac, MD, 20854

Potomac Community Recreation Center

11315 Falls Road, Potomac, MD, 20854

Quince Orchard Valley Neighborhood Park

12015 Suffolk TER, Gaithersburg, MD, 20878

Recreation Placeholder Location

Activity Location To Be Determined, MD

Recreation Virtual Room

VT

Ridge Road Recreational Park

21155 Frederick RD, Germantown, MD, 20874

Rock Creek Regional Park

15700 Needwood Lake Circle, Rockville, MD, 20855

Rock View Elementary School

3901 Denfeld AVE, Kensington, MD, 20895

Rockville High School

2100 Baltimore RD, Rockville, MD, 20851

Ross Boddy Community Recreation Center

18529 Brooke Road, Sandy Spring, MD, 20860

School of Music

1331 Rockville Pike, Rockville, MD, 20852

Sequoyah Elementary School

17301 Bowie Mill RD, Derwood, MD, 20855

Shannon Odessa Middle School

11800 Monticello AVE, Silver Spring, MD, 20902

Silver Spring Recreation and Aquatic Center

Silver Spring Recreation and Aquatic Center, Silver Spring, MD, 20910

Sligo - Dennis Avenue Local Park

10200 Sligo Creek PKY, Silver Spring, MD, 20901

Sligo Avenue Neighborhood Park

500 Sligo AVE, Silver Spring, MD, 20910

Sligo Creek Elementary School

500 Schuyler RD, Silver Spring, MD, 20910

Snowden Farm Elementary School

22500 Sweetspire Drive, Clarksburg, MD, 20871

South Germantown Recreational Park

17920 Germantown Park DR, Germantown, MD, 20874

Spencerville Local Park

15701 Good Hope RD, Spencerville, MD, 20905

Stone Mill Elementary School

14323 Stonebridge View DR, North Potomac, MD, 20878

Takoma Park Middle School

7611 Piney Branch RD, Silver Spring, MD, 20910

Tilden Middle School - Rock Terrace Center

6300 Tilden Lane, Rockville, MD, 20852

Tilden Woods Local Park

6800 Tilden LN, Potomac, MD, 20852

Travilah Elementary School

13801 Dufief Mill RD, Gaithersburg, MD, 20878

Upper County Community Recreation Center

8201 Emory Grove Road, Gaithersburg, MD, 20877

Upper County Outdoor Pool

8211 Emory Grove Road, Gaithersburg, MD, 20877

Veirs Mill Local Park

4425 Garrett Park RD, Wheaton, MD, 20906

Western County Outdoor Pool

20151 Fisher Avenue, Poolesville, MD, 20837

Wheaton Claridge Local Park

11901 Claridge RD, Wheaton, MD, 20906

Wheaton Community Recreation Center

11701 Georgia Avenue, Wheaton, MD, 20902

Wheaton High School

12401 Dalewood DR, Silver Spring, MD, 20906

Wheaton-Glenmont Outdoor Pool

12621 Dalewood Drive, Wheaton, MD, 20906

White Oak Community Recreation Center

1700 April Lane, Silver Spring, MD, 20904

White Oak Middle School

12201 New Hampshire AVE, Silver Spring, MD, 20904

Wims Wilson Elementary School

12520 Blue Sky Drive, Clarksburg, MD, 20871

Wisconsin Place Community Recreation Center

5311 Friendship Boulevard, Chevy Chase, MD, 20815

Wood Earle B Middle School

14615 Bauer DR, Rockville, MD, 20853

Wood Local Park

14601 Bauer DR, Norbeck, MD, 20853

Woodfield Elementary School

24200 Woodfield RD, Gaithersburg, MD, 20882

Wootton Thomas S High School

2100 Wootton PKY, Rockville, MD, 20850

Your Montgomery Recreation Programs

After School Programs

After School Programs - Other (After School Programs)

Clara Barton After School Programs

Join us for a fun Art Class for Kids, where imagination meets hands-on creativity! Ages 7-12 can learn with step-by-step guidance and enjoy an exciting opportunity to create their very own masterpieces. This class is all about self-expression, whether your child is a budding Picasso or just loves to be creative.

Clara Barton Neighborhood Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/25 - 05/13	Tu	5:00 pm - 6:30 pm	Art Expressions	\$ 0.00	7 - 12	R03026_301

Club Adventure (After School Programs)

Club Adventure

Club Adventure is a monthly program taking place in our Recreation Centers. The program is for youth in grades K-5 after school. During Club Adventure, participants will have the opportunity to have fun in an organized, well planned environment. Participants have the option to learn and participate in a variety of recreational activities including sports, crafts and dance. Join the fun at Club Adventure! Call program site for more information.

Damascus Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
05/01 - 05/30	Mo, Tu, We, Th, Fr	3:30 pm - 6:30 pm	Club Adventure - Damascus	\$ 75.00	5 - 11	R03001_112
06/02 - 06/13	Mo, Tu, We, Th, Fr	3:30 pm - 6:30 pm	Club Adventure - Damascus	\$ 75.00	5 - 11	R03001_113

East County Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
05/01 - 05/30	Mo, Tu, We, Th, Fr	3:30 pm - 6:30 pm	Club Adventure - East County	\$ 75.00	5 - 11	R03001_519
06/02 - 06/13	Mo, Tu, We, Th, Fr	3:30 pm - 6:30 pm	Club Adventure - East County	\$ 75.00	5 - 11	R03001_520

Gwendolyn Coffield Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
05/01 - 05/30	Mo, Tu, We, Th, Fr	3:30 pm - 6:30 pm	Club Adventure - Coffield	\$ 75.00	5 - 11	R03001_158
06/02 - 06/13	Mo, Tu, We, Th, Fr	3:30 pm - 6:30 pm	Club Adventure - Coffield	\$ 75.00	5 - 11	R03001_159

Long Branch Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
05/01 - 05/30	Mo, Tu, We, Th, Fr	3:30 pm - 6:30 pm	Club Adventure - Long Branch	\$ 75.00	5 - 11	R03001_168
06/02 - 06/13	Mo, Tu, We, Th, Fr	3:30 pm - 6:30 pm	Club Adventure - Long Branch	\$ 75.00	5 - 11	R03001_169

Marilyn J Praisner Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
05/01 - 05/30	Mo, Tu, We, Th, Fr	3:30 pm - 6:30 pm	Club Adventure - Praisner	\$ 75.00	5 - 11	R03001_144
06/02 - 06/13	Mo, Tu, We, Th, Fr	3:30 pm - 6:30 pm	Club Adventure - Praisner	\$ 75.00	5 - 11	R03001_145

Mid County Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
05/01 - 05/30	Mo, Tu, We, Th, Fr	3:30 pm - 6:30 pm	Club Adventure - Mid County	\$ 75.00	5 - 11	R03001_178
06/02 - 06/13	Mo, Tu, We, Th, Fr	3:30 pm - 6:30 pm	Club Adventure - Mid County	\$ 75.00	5 - 11	R03001_179

Nancy H Dacek North Potomac Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
05/01 - 05/30	Mo, Tu, We, Th, Fr	3:30 pm - 6:30 pm	Club Adventure - North Potomac	\$ 75.00	5 - 11	R03001_140
06/02 - 06/13	Mo, Tu, We, Th, Fr	3:30 pm - 6:30 pm	Club Adventure - North Potomac	\$ 75.00	5 - 11	R03001_141

Plum Gar Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
05/01 - 05/30	Mo, Tu, We, Th, Fr	3:30 pm - 6:30 pm	Club Adventure - Plum Gar	\$ 75.00	5 - 11	R03001_188
06/02 - 06/13	Mo, Tu, We, Th, Fr	3:30 pm - 6:30 pm	Club Adventure - Plum Gar	\$ 75.00	5 - 11	R03001_189

Upper County Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
05/01 - 05/30	Mo, Tu, We, Th, Fr	3:30 pm - 6:30 pm	Club Adventure - Upper County	\$ 75.00	5 - 11	R03001_198
06/02 - 06/13	Mo, Tu, We, Th, Fr	3:30 pm - 6:30 pm	Club Adventure - Upper County	\$ 75.00	5 - 11	R03001_199

White Oak Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
05/01 - 05/30	Mo, Tu, We, Th, Fr	3:30 pm - 6:30 pm	Club Adventure - White Oak	\$ 75.00	5 - 11	R03001_136
06/02 - 06/13	Mo, Tu, We, Th, Fr	3:30 pm - 6:30 pm	Club Adventure - White Oak	\$ 75.00	5 - 11	R03001_137

Aquatics

Adapted Swim Lessons (Aquatics)

Adapted Swim Lessons

MCR-Aquatics is now offering both learn-to-swim and water exercise programs for those with special needs. Our classes are geared for swimmers that need 1 on 1 support because of any one or combination for the following: physical assistance, behavioral, sensory, cognitive, expressive or receptive language needs. Instructors will lead participants through a range of water experiences that encourage independence in the water, socializing and specific swimming or exercise skills and routines. To ensure success in these programs, we do need families/caregivers to commit their assistance. It is important that you arrive and report to your instructor on time and ready to enter the water. This is a learn-to-swim program for children ages 4 to 17 who have special needs. These classes are taught in a small group environment. 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.

Bethesda Outdoor Pool

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/28 - 08/02	Sa	9:30 am - 10:00 am	Adapted Swim Lesson	\$ 66.00	-	R01061_501
06/28 - 08/02	Sa	10:15 am - 10:45 am	Adapted Swim Lesson	\$ 66.00	-	R01061_503
06/28 - 08/02	Sa	11:00 am - 11:30 am	Adapted Swim Lesson	\$ 66.00	-	R01061_504

Olney Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/26 - 06/07	Sa	12:30 pm - 1:00 pm	Adapted Swim Lesson	\$ 66.00	-	R01061_354
04/26 - 06/07	Sa	1:10 pm - 1:40 pm	Adapted Swim Lesson	\$ 66.00	-	R01061_355

Silver Spring Recreation and Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/26 - 05/31	Sa	10:30 am - 11:00 am	Adapted Swim Lesson	\$ 66.00	-	R01061_3502
04/26 - 05/31	Sa	11:10 am - 11:40 am	Adapted Swim Lesson	\$ 66.00	-	R01061_3503

Adult Swim Lessons (Aquatics)

Adult Level 1 Swim Lessons

This class is designed for those students who are fearful of the water and/or may have had a bad experience in the water. Basic water adjustment skills will be taught. Please read the course descriptions carefully. Select the course level for which the student has mastered all prerequisite skills. By choosing the appropriate level, the student will be more likely to succeed. Please check all course dates to determine which classes will best accommodate their needs. THERE ARE NO MAKE-UPS OR REFUNDS FOR MISSED CLASSES. Course meet for six 30-minute sessions. Class size is limited to eight students. Screening is available to evaluate the student's abilities at each pool if you are unsure of which class to register for. Call the pool of your choice and speak with the lesson supervisor for evaluation dates and times (bring a swimsuit and towel).

Germantown Indoor Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/21 - 06/02	Mo	5:40 pm - 6:10 pm	Adult Level 1	\$ 66.00	-	R01039_328
04/23 - 05/28	We	5:40 pm - 6:10 pm	Adult Level 1	\$ 66.00	-	R01039_331
06/21 - 07/26	Sa	9:00 am - 9:30 am	Adult Level 1	\$ 66.00	14+	R01039_530
06/22 - 07/27	Su	9:00 am - 9:30 am	Adult Level 1	\$ 66.00	14+	R01039_532
06/23 - 07/28	Mo	5:40 pm - 6:10 pm	Adult Level 1	\$ 66.00	14+	R01039_531

Long Branch Outdoor Pool

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/22 - 08/03	Su	9:00 am - 9:30 am	Adult Level 1	\$ 66.00	14+	R01039_581
06/24 - 07/10	Tu, Th	6:00 pm - 6:30 pm	Adult Level 1	\$ 66.00	14+	R01039_583
07/15 - 07/31	Tu, Th	6:00 pm - 6:30 pm	Adult Level 1	\$ 66.00	14+	R01039_584

Martin Luther King Jr Outdoor Pool

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/15 - 07/20	Su	11:00 am - 11:30 am	Adult Level 1	\$ 66.00	14+	R01039_582

Martin Luther King Jr Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/27 - 06/08	Su	10:00 am - 10:30 am	Adult Level 1	\$ 66.00	-	R01039_382
04/29 - 06/03	Tu	8:50 pm - 9:20 pm	Adult Level 1	\$ 66.00	-	R01039_383
06/14 - 07/19	Sa	11:00 am - 11:30 am	Adult Level 1	\$ 66.00	14+	R01039_580
06/17 - 07/22	Tu	6:20 pm - 6:50 pm	Adult Level 1	\$ 66.00	14+	R01039_579
06/17 - 07/22	Tu	8:20 pm - 8:50 pm	Adult Level 1	\$ 66.00	14+	R01039_578

Olney Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/27 - 06/01	Su	9:00 am - 9:30 am	Adult Level 1	\$ 66.00	-	R01039_353
06/23 - 07/09	Mo, We	11:00 am - 11:30 am	Adult Level 1	\$ 66.00	14+	R01039_553
06/24 - 07/10	Tu, Th	10:20 am - 10:50 am	Adult Level 1	\$ 66.00	14+	R01039_556

Silver Spring Recreation and Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/22 - 05/27	Tu	10:10 am - 10:40 am	Adult Level 1	\$ 66.00	14+	R01039_3502
04/23 - 05/28	We	4:40 pm - 5:10 pm	Adult Level 1	\$ 66.00	14+	R01039_3503
04/27 - 06/01	Su	10:10 am - 10:40 am	Adult Level 1	\$ 66.00	-	R01039_3505
04/27 - 06/01	Su	11:30 am - 12:00 pm	Adult Level 1	\$ 66.00	-	R01039_3504
06/16 - 07/02	Mo, & We	4:40 pm - 5:10 pm	Adult Level 1	\$ 66.00	14+	R01039_5500
06/16 - 07/02	Mo, & We	6:40 pm - 7:10 pm	Adult Level 1	\$ 66.00	14+	R01039_5501
06/24 - 07/10	Tu, Th	10:10 am - 10:40 am	Adult Level 1	\$ 66.00	14+	R01039_5502
07/07 - 07/23	Mo, & We	4:40 pm - 5:10 pm	Adult Level 1	\$ 66.00	14+	R01039_5503

Upper County Outdoor Pool

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/22 - 07/27	Su	10:20 am - 10:50 am	Adult Level 1	\$ 66.00	14+	R01039_5399
06/24 - 07/03	Tu, We, Th	5:30 pm - 6:00 pm	Adult Level 1	\$ 66.00	14+	R01039_5398

Wheaton-Glenmont Outdoor Pool

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/24 - 07/03	Tu, We, Th	9:00 am - 9:30 am	Adult Level 1	\$ 66.00	14+	R01039_5300
07/08e 07/17	Tu, We, Th	9:00 am - 9:30 am	Adult Level 1	\$ 66.00	14+	R01039_5302
07/22 - 07/31	Tu, We, Th	9:00 am - 9:30 am	Adult Level 1	\$ 66.00	14+	R01039_5304

Adult Level 2 Swim Lessons

Designed for teenagers and adults (14yrs and older) who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Please read the course descriptions carefully. Select the course level for which the students have mastered all prerequisite skills. By choosing the appropriate level, the student will be more likely to succeed. Please check all course dates to determine which classed will best accommodate their needs. THERE ARE NO MAKE-UPS OR REFUNDS FOR MISSED CLASSES. Courses meet for six (6) 30-minute sessions. Class size is limited to 10 students. Screening is available to evaluate the student's abilities at each pool. If you are unsure of which class to register for, call the pool of your choice and speak with the lesson supervisor for evaluation dates and times (bring a swimsuit and towel).

Germantown Indoor Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/21 - 06/02	Mo	6:20 pm - 6:50 pm	Adult Level 2	\$ 66.00	14+	R01040_328
04/23 - 05/28	We	6:20 pm - 6:50 pm	Adult Level 2	\$ 66.00	14+	R01040_332
06/21 - 07/26	Sa	9:40 am - 10:10 am	Adult Level 2	\$ 66.00	14+	R01040_530
06/22 - 07/27	Su	9:40 am - 10:10 am	Adult Level 2	\$ 66.00	14+	R01040_534
06/23 - 07/28	Mo	6:20 pm - 6:50 pm	Adult Level 2	\$ 66.00	14+	R01040_533

Long Branch Outdoor Pool

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/22 - 08/03	Su	9:40 am - 10:10 am	Adult Level 2	\$ 66.00	14+	R01040_580
06/24 - 07/10	Tu, Th	6:00 pm - 6:30 pm	Adult Level 2	\$ 66.00	14+	R01040_583
07/15 - 07/31	Tu, Th	6:00 pm - 6:30 pm	Adult Level 2	\$ 66.00	14+	R01040_582

Martin Luther King Jr Outdoor Pool

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/15 - 07/20	Su	9:00 am - 9:30 am	Adult Level 2	\$ 66.00	14+	R01040_581

Martin Luther King Jr Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/26 - 06/07	Sa	10:20 am - 10:50 am	Adult Level 2	\$ 66.00	14+	R01040_381
04/29 - 06/03	Tu	8:10 pm - 8:40 pm	Adult Level 2	\$ 66.00	14+	R01040_382
05/01 - 06/05	Th	8:50 pm - 9:20 pm	Adult Level 2	\$ 66.00	14+	R01040_383
06/14 - 07/19	Sa	9:40 am - 10:10 am	Adult Level 2	\$ 66.00	14+	R01040_579
06/26 - 07/31	Th	8:20 pm - 8:50 pm	Adult Level 2	\$ 66.00	14+	R01040_578

Olney Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/27 - 06/01	Su	9:40 am - 10:10 am	Adult Level 2	\$ 66.00	14+	R01040_353
06/24 - 07/10	Tu, Th	11:00 am - 11:30 am	Adult Level 2	\$ 66.00	14+	R01040_553
07/15 - 07/31	Tu, Th	11:00 am - 11:30 am	Adult Level 2	\$ 66.00	14+	R01040_555

Silver Spring Recreation and Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/23 - 05/28	We	5:20 pm - 5:50 pm	Adult Level 2	\$ 66.00	14+	R01040_3502
04/24 - 05/29	Th	10:10 am - 10:40 am	Adult Level 2	\$ 66.00	14+	R01040_3503
06/16 - 07/02	Mo, & We	5:20 pm - 5:50 pm	Adult Level 2	\$ 66.00	14+	R01040_5500
06/16 - 07/02	Mo, & We	6:40 pm - 7:10 pm	Adult Level 2	\$ 66.00	-	R01040_5504
07/07 - 07/23	Mo, & We	10:10 am - 10:40 am	Adult Level 2	\$ 66.00	14+	R01040_5503
07/15 - 07/31	Tu, Th	10:10 am - 10:40 am	Adult Level 2	\$ 66.00	14+	R01040_5501

Upper County Outdoor Pool

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/24 - 07/03	Tu, We, Th	6:10 pm - 6:40 pm	Adult Level 2	\$ 66.00	14+	R01040_5399
07/08e 07/17	Tu, We, Th	5:30 pm - 6:00 pm	Adult Level 2	\$ 66.00	14+	R01040_5398

Wheaton-Glenmont Outdoor Pool

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/24 - 07/03	Tu, We, Th	9:40 am - 10:10 am	Adult Level 2	\$ 66.00	14+	R01040_5300
07/08 - 07/17	Tu, We, Th	9:40 am - 10:10 am	Adult Level 2	\$ 66.00	14+	R01040_5301
07/22 - 07/31	Tu, We, Th	9:40 am - 10:10 am	Adult Level 2	\$ 66.00	14+	R01040_5302

Adult Level 3 Swim Lessons

Designed for teenagers and adults (14yrs and older) who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Please read the course descriptions carefully. Select the course level for which the students have mastered all prerequisite skills. By choosing the appropriate level, the student will be more likely to succeed. Please check all course dates to determine which classed will best accommodate their needs. THERE ARE NO MAKE-UPS OR REFUNDS FOR MISSED CLASSES. Courses meet for six (6) 30-minute sessions. Class size is limited to 10 students. Screening is available to evaluate the student's abilities at each pool. If you are unsure of which class to register for, call the pool of your choice and speak with the lesson supervisor for evaluation dates and times (bring a swimsuit and towel).

Germantown Indoor Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/21 - 07/26	Sa	10:20 am - 10:50 am	Adult Level 3	\$ 66.00	14+	R01041_530
06/22 - 07/27	Su	11:00 am - 11:30 am	Adult Level 3	\$ 66.00	14+	R01041_531

Long Branch Outdoor Pool

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/24 - 07/10	Tu, Th	6:40 pm - 7:10 pm	Adult Level 3	\$ 15.00	14+	R01041_581
07/15 - 07/31	Tu, Th	6:40 pm - 7:10 pm	Adult Level 3	\$ 15.00	14+	R01041_582

Martin Luther King Jr Outdoor Pool

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/15 - 07/20	Su	9:40 am - 10:10 am	Adult Level 3	\$ 66.00	14+	R01041_580

Martin Luther King Jr Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/26 - 06/07	Sa	11:40 am - 12:10 pm	Adult Level 3	\$ 66.00		R01041_380
05/01 - 06/05	Th	8:10 pm - 8:40 pm	Adult Level 3	\$ 66.00		R01041_382
06/14 - 07/19	Sa	10:20 am - 10:50 am	Adult Level 3	\$ 66.00	14+	R01041_579
06/17 - 07/22	Tu	8:20 pm - 8:50 pm	Adult Level 3	\$ 66.00	14+	R01041_578

Olney Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/27 - 06/01	Su	10:20 am - 10:50 am	Adult Level 3	\$ 66.00	14+	R01041_353
07/14 - 07/30	Mo, We	11:00 am - 11:30 am	Adult Level 3	\$ 66.00	14+	R01041_552

Silver Spring Recreation and Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/23 - 05/28	We	6:00 pm - 6:30 pm	Adult Level 3	\$ 66.00	14+	R01041_3502
04/25 - 05/30	Fr	9:30 am - 10:00 am	Adult Level 3	\$ 66.00	14+	R01041_3503
06/16 - 07/02	Mo, We	6:00 pm - 6:30 pm	Adult Level 3	\$ 66.00	14+	R01041_5500
07/07 - 07/23	Mo, We	6:00 pm - 6:30 pm	Adult Level 3	\$ 66.00	14+	R01041_5501

Upper County Outdoor Pool

Dates	Days	Time	Title	Cost	Ages	Link to Register
07/08e 07/17	Tu, We, Th	6:10 pm - 6:40 pm	Adult Level 3	\$ 15.00	14+	R01041_5398

Wheaton-Glenmont Outdoor Pool

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/24 - 07/03	Tu, We, Th	10:20 am - 10:50 am	Adult Level 3	\$ 66.00	14+	R01041_5300
07/08 - 07/17	Tu, We, Th	10:20 am - 10:50 am	Adult Level 3	\$ 66.00	14+	R01041_5301
07/22 - 07/31	Tu, We, Th	10:20 am - 10:50 am	Adult Level 3	\$ 66.00	14+	R01041_5302

Adult Level 4 Swim Lessons

Designed for teenagers and adults (14yrs and older) who can already swim a coordinated front and back crawls for 15 yards(width of the pool) and are comfortable in deep water. Please read the course descriptions carefully. Select the course level for which the students has mastered all prerequisite skills. By choosing the appropriate level, the student will be more likely to succeed. Please check all course dates to determine which classed will best accommodate their needs. THERE ARE NO MAKE-UPS OR REFUNDS FOR MISSED CLASSES. Courses meet for six (6) 30 minute sessions. Class size is limited to 10 students. Screening is available to evaluate the student's abilities at each pool if you are unsure of which class to register for. Call the pool of your choice and speak with the Lesson Supervisor for evaluation dates and times (bring a swim suit and towel). THIS CLASS MAY BE FREE TO residence in the 20901 zip code but registration MUST occur at the pool or by calling 240.777.6860

Germantown Indoor Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/21 - 07/26	Sa	11:00 am - 11:30 am	Adult Level 4	\$ 66.00	14+	R01042_530

Long Branch Outdoor Pool

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/24 - 07/10	Tu, Th	6:40 pm - 7:10 pm	Adult Level 4	\$ 66.00	14+	R01042_581

Martin Luther King Jr Outdoor Pool

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/15 - 07/20	Su	10:20 am - 10:50 am	Adult Level 4	\$ 66.00	14+	R01042_580

Martin Luther King Jr Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/27 - 06/08	Su	12:00 pm - 12:30 pm	Adult Level 4	\$ 66.00	-	R01042_380
05/01 - 06/05	Th	8:50 pm - 9:20 pm	Adult Level 4	\$ 66.00	-	R01042_381
06/26 - 07/31	Th	8:20 pm - 8:50 pm	Adult Level 4	\$ 66.00	14+	R01042_578

Olney Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/27 - 06/01	Su	11:00 am - 11:30 am	Adult Level 4	\$ 66.00	14+	R01042_353

Silver Spring Recreation and Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/23 - 05/28	We	6:40 pm - 7:10 pm	Adult Level 4	\$ 66.00	14+	R01042_3502
04/25 - 05/30	Fr	8:50 am - 9:20 am	Adult Level 4	\$ 66.00	14+	R01042_3503
04/25 - 05/30	Fr	10:10 am - 10:40 am	Adult Level 4	\$ 66.00	-	R01042_3505
04/25 - 05/30	Fr	11:30 am - 12:00 pm	Adult Level 4	\$ 66.00	-	R01042_3512
06/16 - 07/02	Mo, & We	5:20 pm - 5:50 pm	Adult Level 4	\$ 66.00	14+	R01042_5500
06/27 - 08/08	Fr	8:50 am - 9:20 am	Adult Level 4	\$ 66.00	14+	R01042_5501

Upper County Outdoor Pool

Dates	Days	Time	Title	Cost	Ages	Link to Register
07/08e 07/17	Tu, We, Th	6:10 pm - 6:40 pm	Adult Level 4	\$ 66.00	14+	R01042_5399

Beginner Swim Lessons (Aquatics)

Beginner Level 1 Swim Lessons

This class is for students who need to learn basic water adjustment skills. Parents DO NOT accompany children. Please read the course descriptions carefully. Select the course level for which the student has mastered all prerequisite skills. By choosing the appropriate level, the student will be more likely to succeed. Please check all course dates to determine which class will best accommodate their needs. THERE ARE NO MAKE-UPS OR REFUNDS FOR MISSED CLASSES. Courses meet for six 30-minute sessions. Class size is limited to six students. Screening is available to evaluate the student's abilities at each pool if you are unsure of which class to register for. Call the pool of your choice and speak with the lesson supervisor for evaluation dates and times (bring a swimsuit and towel).

Bethesda Outdoor Pool

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/28 - 08/02	Sa	9:00 am - 9:30 am	Beginner Level 1	\$ 66.00	4 - 6	R01051_501
06/29 - 08/03	Su	9:40 am - 10:10 am	Beginner Level 1	\$ 66.00	4 - 6	R01051_502
07/01 - 07/10	Tu, We, Th	9:00 am - 9:30 am	Beginner Level 1	\$ 66.00	4 - 6	R01051_503
07/15 - 07/24	Tu, We, Th	11:00 am - 11:30 am	Beginner Level 1	\$ 66.00	4 - 6	R01051_504
07/29 - 08/07	Tu, We, Th	9:00 am - 9:30 am	Beginner Level 1	\$ 66.00	4 - 6	R01051_505

Germantown Indoor Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/21 - 06/02	Mo	5:40 pm - 6:10 pm	Beginner Level 1	\$ 66.00	-	R01051_350
04/21 - 06/02	Mo	6:20 pm - 6:50 pm	Beginner Level 1	\$ 66.00	-	R01051_333
04/23 - 05/28	We	5:40 pm - 6:10 pm	Beginner Level 1	\$ 66.00	-	R01051_334
04/23 - 05/28	We	6:20 pm - 6:50 pm	Beginner Level 1	\$ 66.00	-	R01051_335
06/21 - 07/26	Sa	9:00 am - 9:30 am	Beginner Level 1	\$ 66.00	4 - 6	R01051_530
06/21 - 07/26	Sa	9:40 am - 10:10 am	Beginner Level 1	\$ 66.00	4 - 6	R01051_531
06/21 - 07/26	Sa	11:00 am - 11:30 am	Beginner Level 1	\$ 66.00	4 - 6	R01051_532

Germantown Outdoor Pool

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/24 - 07/03	Tu, We, Th	9:00 am - 9:30 am	Beginner Level 1	\$ 66.00	4 - 6	R01051_533
06/24 - 07/03	Tu, We, Th	9:40 am - 10:10 am	Beginner Level 1	\$ 66.00	4 - 6	R01051_534
06/24 - 07/03	Tu, We, Th	10:20 am - 10:50 am	Beginner Level 1	\$ 66.00	4 - 6	R01051_535
06/29 - 08/03	Su	9:15 am - 9:45 am	Beginner Level 1	\$ 66.00	4 - 6	R01051_539
06/29 - 08/03	Su	11:15 am - 11:45 am	Beginner Level 1	\$ 66.00	4 - 6	R01051_540
07/22 - 07/31	Tu, We, Th	9:00 am - 9:30 am	Beginner Level 1	\$ 66.00	4 - 6	R01051_536
07/22 - 07/31	Tu, We, Th	10:20 am - 10:50 am	Beginner Level 1	\$ 66.00	4 - 6	R01051_537
08/05 - 08/14	Tu, We, Th	10:20 am - 10:50 am	Beginner Level 1	\$ 66.00	4 - 6	R01051_538

Long Branch Outdoor Pool

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/22 - 08/03	Su	9:40 am - 10:10 am	Beginner Level 1	\$ 66.00	-	R01051_594
06/22 - 08/03	Su	10:20 am - 10:50 am	Beginner Level 1	\$ 66.00	-	R01051_595
06/24 - 07/03	Tu, We, Th	9:00 am - 9:30 am	Beginner Level 1	\$ 66.00	4 - 6	R01051_589
06/24 - 07/03	Tu, We, Th	10:20 am - 10:50 am	Beginner Level 1	\$ 66.00	-	R01051_590
07/08 - 07/17	Tu, We, Th	9:00 am - 9:30 am	Beginner Level 1	\$ 66.00	-	R01051_592
07/08 - 07/17	Tu, We, Th	9:40 am - 10:10 am	Beginner Level 1	\$ 66.00	-	R01051_591
07/22 - 07/31	Tu, We, Th	10:20 am - 10:50 am	Beginner Level 1	\$ 66.00	-	R01051_593
07/29 - 08/07	Tu, We, Th	9:00 am - 9:30 am	Beginner Level 1	\$ 66.00	4 - 6	R01051_577
07/29 - 08/07	Tu, We, Th	10:20 am - 10:50 am	Beginner Level 1	\$ 66.00	4 - 6	R01051_576

Martin Luther King Jr Outdoor Pool

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/15 - 07/20	Su	9:00 am - 9:30 am	Beginner Level 1	\$ 66.00	-	R01051_596
06/15 - 07/20	Su	10:20 am - 10:50 am	Beginner Level 1	\$ 66.00	-	R01051_597

Martin Luther King Jr Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/26 - 06/07	Sa	9:40 am - 10:10 am	Beginner Level 1	\$ 66.00	4 - 6	R01051_391
04/26 - 06/07	Sa	10:20 am - 10:50 am	Beginner Level 1	\$ 66.00	4 - 6	R01051_392
04/26 - 06/07	Sa	11:00 am - 11:30 am	Beginner Level 1	\$ 66.00	4 - 6	R01051_393
04/26 - 06/07	Sa	12:20 pm - 12:50 pm	Beginner Level 1	\$ 66.00	4 - 6	R01051_394
04/26 - 06/07	Sa	1:00 pm - 1:30 pm	Beginner Level 1	\$ 66.00	4 - 6	R01051_395
04/27 - 06/08	Su	10:40 am - 11:10 am	Beginner Level 1	\$ 66.00	4 - 6	R01051_396
04/27 - 06/08	Su	11:20 am - 11:50 am	Beginner Level 1	\$ 66.00	4 - 6	R01051_374
04/27 - 06/08	Su	12:00 pm - 12:30 pm	Beginner Level 1	\$ 66.00	4 - 6	R01051_397
04/28 - 06/09	Mo	5:30 pm - 6:00 pm	Beginner Level 1	\$ 66.00	4 - 6	R01051_398
04/28 - 06/09	Mo	6:50 pm - 7:20 pm	Beginner Level 1	\$ 66.00	4 - 6	R01051_399
04/29 - 06/03	Tu	5:30 pm - 6:00 pm	Beginner Level 1	\$ 66.00	4 - 6	R01051_348
04/29 - 06/03	Tu	6:10 pm - 6:40 pm	Beginner Level 1	\$ 66.00	4 - 6	R01051_373
04/30 - 06/04	We	6:10 pm - 6:40 pm	Beginner Level 1	\$ 66.00	4 - 6	R01051_347
05/01 - 06/05	Th	5:30 pm - 6:00 pm	Beginner Level 1	\$ 66.00	4 - 6	R01051_325
05/01 - 06/05	Th	6:10 pm - 6:40 pm	Beginner Level 1	\$ 66.00	4 - 6	R01051_349
06/14 - 07/19	Sa	9:00 am - 9:30 am	Beginner Level 1	\$ 66.00	4 - 6	R01051_584
06/14 - 07/19	Sa	10:20 am - 10:50 am	Beginner Level 1	\$ 66.00	4 - 6	R01051_585
06/14 - 07/19	Sa	11:00 am - 11:30 am	Beginner Level 1	\$ 66.00	4 - 6	R01051_586
06/16 - 07/02	Mo, We	9:00 am - 9:30 am	Beginner Level 1	\$ 66.00	4 - 6	R01051_578
06/16 - 07/02	Mo, We	9:40 am - 10:10 am	Beginner Level 1	\$ 66.00	4 - 6	R01051_579
06/17 - 07/08	Tu, Th	9:40 am - 10:10 am	Beginner Level 1	\$ 66.00	4 - 6	R01051_587
06/17 - 07/22	Tu	5:40 pm - 6:10 pm	Beginner Level 1	\$ 66.00	4 - 6	R01051_582
06/26 - 07/31	Th	6:20 pm - 6:50 pm	Beginner Level 1	\$ 66.00	4 - 6	R01051_583
07/14 - 07/30	Mo, We	9:00 am - 9:30 am	Beginner Level 1	\$ 66.00	4 - 6	R01051_581

07/14 - 07/30	Mo, We	9:40 am - 10:10 am	Beginner Level 1	\$ 66.00	4 - 6	R01051_580
07/15 - 07/31	Tu, Th	9:40 am - 10:10 am	Beginner Level 1	\$ 66.00	4 - 6	R01051_588

Olney Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/22 - 05/27	Tu	6:40 pm - 7:10 pm	Beginner level 1	\$ 66.00	4 - 6	R01051_362
04/23 - 05/28	We	6:20 pm - 6:50 pm	Beginner Level1	\$ 66.00	4 - 6	R01051_360
04/26 - 05/31	Sa	9:40 am - 10:10 am	Beginner Level 1	\$ 66.00	4 - 6	R01051_366
04/26 - 05/31	Sa	11:00 am - 11:30 am	Beginner Level 1	\$ 66.00	4 - 6	R01051_367
04/27 - 06/01	Su	11:00 am - 11:30 am	Beginner level 1	\$ 66.00	4 - 6	R01051_355
04/28 - 06/02	Mo	6:20 pm - 6:50 pm	Beginner level 1	\$ 66.00	4 - 6	R01051_356
04/28 - 06/02	Mo	7:00 pm - 7:30 pm	Beginner level 1	\$ 66.00	4 - 6	R01051_357
06/21 - 07/26	Sa	9:40 am - 10:10 am	Beginner level 1	\$ 66.00	4 - 6	R01051_554
06/22 - 07/27	Su	11:00 am - 11:30 am	Beginner level 1	\$ 66.00	4 - 6	R01051_567
06/24 - 07/10	Tu, Th	9:40 am - 10:10 am	Beginner level 1	\$ 66.00	4 - 6	R01051_569
06/24 - 07/10	Tu, Th	11:00 am - 11:30 am	Beginner level 1	\$ 66.00	4 - 6	R01051_570
07/14 - 07/30	Mo, We	9:00 am - 9:30 am	Beginner level 1	\$ 66.00	4 - 6	R01051_566
07/15 - 07/31	Tu, Th	9:40 am - 10:10 am	Beginner level 1	\$ 66.00	4 - 6	R01051_571
07/15 - 07/31	Tu, Th	11:00 am - 11:30 am	Beginner level 1	\$ 66.00	4 - 6	R01051_572

Silver Spring Recreation and Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/21 - 06/02	Mo	4:00 pm - 4:30 pm	Beginner Level 1	\$ 66.00	4 - 6	R01051_3506
04/21 - 06/02	Mo	6:00 pm - 6:30 pm	Beginner Level 1	\$ 66.00	4 - 6	R01051_3507
04/21 - 06/02	Mo	6:40 pm - 7:10 pm	Beginner Level 1	\$ 66.00	4 - 6	R01051_3508
04/25 - 05/30	Fr	10:10 am - 10:40 am	Beginner Level 1	\$ 66.00	4 - 6	R01051_3509
04/25 - 05/30	Fr	11:30 am - 12:00 pm	Beginner Level 1	\$ 66.00		R01051_3515
04/26 - 05/31	Sa	10:50 am - 11:20 am	Beginner Level 1	\$ 66.00	4 - 6	R01051_3510
04/26 - 05/31	Sa	11:30 am - 12:00 pm	Beginner Level 1	\$ 66.00	4 - 6	R01051_3511
06/18 - 06/30	Mo, We, Fr	9:30 am - 10:00 am	Beginner Level 1	\$ 65.00		R01051_5506
06/22 - 07/27	Su	9:30 am - 10:00 am	Beginner Level 1	\$ 66.00	4 - 6	R01051_5501
06/24 - 07/10	Tu, Th	10:10 am - 10:40 am	Beginner Level 1	\$ 66.00	4 - 6	R01051_5503
06/24 - 07/10	Tu, Th	10:50 am - 11:20 am	Beginner Level 1	\$ 66.00	4 - 6	R01051_5505
06/24 - 07/10	Tu, Th	11:30 am - 12:00 pm	Beginner Level 1	\$ 66.00	4 - 6	R01051_5504
06/28 - 08/02	Sa	9:30 am - 10:00 am	Beginner Level 1	\$ 66.00	4 - 6	R01051_5500
07/07 - 07/18	Mo, We, Fr	9:30 am - 10:00 am	Beginner Level 1	\$ 66.00	4 - 6	R01051_5502
07/15 - 07/31	Tu, Th	10:50 am - 11:20 am	Beginner Level 1	\$ 66.00	4 - 6	R01051_5508

Upper County Outdoor Pool

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/22 - 07/27	Su	9:00 am - 9:30 am	Beginner level 1	\$ 66.00	4 - 6	R01051_558
06/24 - 07/03	Tu, We, Th	9:00 am - 9:30 am	Beginner Level 1	\$ 66.00	4 - 6	R01051_5302
06/24 - 07/03	Tu, We, Th	5:30 pm - 6:00 pm	Beginner Level 1	\$ 66.00	4 - 6	R01051_5306
07/08 - 07/17	Tu, We, Th	9:00 am - 9:30 am	Beginner Level 1	\$ 66.00	4 - 6	R01051_5321

Wheaton-Glenmont Outdoor Pool

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/24 - 07/03	Tu, We, Th	9:40 am - 10:10 am	Beginner Level 1	\$ 66.00	4 - 6	R01051_516
07/08 - 07/17	Tu, We, Th	9:40 am - 10:10 am	Beginner Level 1	\$ 66.00	4 - 6	R01051_520
07/22 - 07/31	Tu, We, Th	9:00 am - 9:30 am	Beginner Level 1	\$ 66.00	4 - 6	R01051_522
07/22 - 07/31	Tu, We, Th	10:20 am - 10:50 am	Beginner Level 1	\$ 66.00	4 - 6	R01051_521

Beginner Level 2 Swim Lessons

This class is for students who are already water adjusted. Parents DO NOT accompany children. Students must be able to submerge for three seconds and float on their front and back without support. Please read the course descriptions carefully. Select the course level for which the student has mastered all prerequisite skills. By choosing the appropriate level, the student will be more likely to succeed. Please check all course dates to determine which class will best accommodate their needs. THERE ARE NO MAKE-UPS OR REFUNDS FOR MISSED CLASSES. Courses meet for six 30-minute sessions. Class size is limited to six students. Screening is available to evaluate the student's abilities at each pool if you are unsure of which class to register for. Call the pool of your choice and speak with the lesson supervisor for evaluation dates and times (bring a swimsuit and towel).

Bethesda Outdoor Pool

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/28 - 08/02	Sa	9:40 am - 10:10 am	Beginner Level 2	\$ 66.00	-	R01052_507
07/01e 07/10	Tu, We, Th	11:00 am - 11:30 am	Beginner Level 2	\$ 66.00	-	R01052_509

Germantown Indoor Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/21 - 06/02	Mo	5:40 pm - 6:10 pm	Beginner Level 2	\$ 66.00	-	R01052_332
04/23 - 05/28	We	6:20 pm - 6:50 pm	Beginner Level 2	\$ 66.00	-	R01052_339
06/21 - 07/26	Sa	9:40 am - 10:10 am	Beginner Level 2	\$ 66.00	-	R01052_530

Germantown Outdoor Pool

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/24 - 07/03	Tu, We, Th	10:20 am - 10:50 am	Beginner Level 2	\$ 66.00	4 - 6	R01052_534
06/29 - 08/03	Su	10:35 am - 11:05 am	Beginner Level 2	\$ 66.00	4 - 6	R01052_535
07/08e 07/17	Tu, We, Th	9:00 am - 9:30 am	Beginner Level 2	\$ 66.00	4 - 6	R01052_531
07/08e 07/17	Tu, We, Th	10:20 am - 10:50 am	Beginner Level 2	\$ 66.00	4 - 6	R01052_532
07/22 - 07/31	Tu, We, Th	9:40 am - 10:10 am	Beginner Level 2	\$ 66.00	4 - 6	R01052_533

Long Branch Outdoor Pool

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/22 - 08/03	Su	9:00 am - 9:30 am	Beginner level 2	\$ 66.00	4 - 6	R01052_599
06/22 - 08/03	Su	11:00 am - 11:30 am	Beginner level 2	\$ 66.00	4 - 6	R01052_595
06/24 - 07/03	Tu, We, Th	9:40 am - 10:10 am	Beginner level 2	\$ 66.00	4 - 6	R01052_586
07/08 - 07/17	Tu, We, Th	10:20 am - 10:50 am	Beginner level 2	\$ 66.00	4 - 6	R01052_587
07/22 - 07/31	Tu, We, Th	9:00 am - 9:30 am	Beginner level 2	\$ 66.00	4 - 6	R01052_588
07/22 - 07/31	Tu, We, Th	9:40 am - 10:10 am	Beginner level 2	\$ 66.00	4 - 6	R01052_589
08/05 - 08/14	Tu, We, Th	9:00 am - 9:30 am	Beginner level 2	\$ 66.00	4 - 6	R01052_596
08/05 - 08/14	Tu, We, Th	9:40 am - 10:10 am	Beginner level 2	\$ 66.00	4 - 6	R01052_597

Martin Luther King Jr Outdoor Pool

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/15 - 07/20	Su	9:40 am - 10:10 am	Beginner level 2	\$ 66.00	4 - 6	R01052_591
06/15 - 07/20	Su	11:00 am - 11:30 am	Beginner level 2	\$ 66.00	4 - 6	R01052_598

Martin Luther King Jr Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/26 - 06/07	Sa	9:40 am - 10:10 am	Beginner level 2	\$ 66.00	5 - 18	R01052_391
04/26 - 06/07	Sa	11:00 am - 11:30 am	Beginner level 2	\$ 66.00	5 - 18	R01052_392
04/26 - 06/07	Sa	11:40 am - 12:10 pm	100	\$ 66.00	5 - 18	R01052_393
04/26 - 06/07	Sa	12:20 pm - 12:50 pm	Beginner level 2	\$ 66.00	5 - 18	R01052_394
04/27 - 06/08	Su	10:00 am - 10:30 am	Beginner level 2	\$ 66.00	5 - 18	R01052_347
04/27 - 06/08	Su	10:40 am - 11:10 am	Beginner level 2	\$ 66.00	5 - 18	R01052_395
04/27 - 06/08	Su	12:00 pm - 12:30 pm	Beginner level 2	\$ 66.00	5 - 18	R01052_396
04/28 - 06/09	Mo	5:30 pm - 6:00 pm	Beginner level 2	\$ 66.00	5 - 18	R01052_397
04/28 - 06/09	Mo	6:10 pm - 6:40 pm	Beginner level 2	\$ 66.00	5 - 18	R01052_398
04/29 - 06/03	Tu	5:30 pm - 6:00 pm	Beginner level 2	\$ 66.00	5 - 18	R01052_399
04/29 - 06/03	Tu	6:10 pm - 6:40 pm	Beginner level 2	\$ 66.00	5 - 18	R01052_324
04/30 - 06/04	We	6:50 pm - 7:20 pm	Beginner level 2	\$ 66.00	5 - 18	R01052_325
05/01 - 06/05	Th	6:10 pm - 6:40 pm	Beginner level 2	\$ 66.00	5 - 18	R01052_348
05/01 - 06/05	Th	6:50 pm - 7:20 pm	Beginner level 2	\$ 66.00	5 - 18	R01052_349
06/14 - 07/19	Sa	9:40 am - 10:10 am	Beginner level 2	\$ 66.00	5 - 18	R01052_584
06/14 - 07/19	Sa	11:00 am - 11:30 am	Beginner level 2	\$ 66.00	5 - 18	R01052_585
06/16 - 07/02	Mo, We	9:00 am - 9:30 am	Beginner level 2	\$ 66.00	5 - 18	R01052_578
06/16 - 07/02	Mo, We	9:40 am - 10:10 am	Beginner level 2	\$ 66.00	5 - 18	R01052_579
06/17 - 07/08	Tu, Th	9:00 am - 9:30 am	Beginner level 2	\$ 66.00	5 - 18	R01052_580
06/17 - 07/22	Tu	5:40 pm - 6:10 pm	Beginner level 2	\$ 66.00	5 - 18	R01052_582
06/19 - 07/31	Th	5:40 pm - 6:10 pm	Beginner level 2	\$ 66.00	5 - 18	R01052_583
07/14 - 07/30	Mo, We	9:00 am - 9:30 am	Beginner level 2	\$ 66.00	5 - 18	R01052_593
07/15 - 07/31	Tu, Th	9:40 am - 10:10 am	Beginner level 2	\$ 66.00	5 - 18	R01052_581

Olney Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/22 - 05/27	Tu	5:20 pm - 5:50 pm	Beginner Level 2	\$ 66.00	4 - 6	R01052_366
04/22 - 05/27	Tu	6:00 pm - 6:30 pm	Beginner Level 2	\$ 66.00		R01052_356
04/23 - 05/28	We	5:40 pm - 6:10 pm	Beginner Level 2	\$ 65.00		R01052_361
04/23 - 05/28	We	7:00 pm - 7:30 pm	Beginner Level 2	\$ 66.00		R01052_363
04/26 - 05/31	Sa	10:20 am - 10:50 am	Beginner Level 2	\$ 66.00		R01052_364
04/27 - 06/01	Su	10:20 am - 10:50 am	Beginner Level 2	\$ 66.00	4 - 6	R01052_360
04/28 - 06/02	Mo	5:40 pm - 6:10 pm	Beginner Level 2	\$ 66.00		R01052_355
06/21 - 07/26	Sa	11:00 am - 11:30 am	Beginner Level 2	\$ 66.00		R01052_555
06/23 - 07/09	Mo, & We	9:40 am - 10:10 am	Beginner Level 2	\$ 66.00		R01052_554
06/23 - 07/09	Mo, & We	10:20 am - 10:50 am	Beginner Level 2	\$ 66.00		R01052_562
06/23 - 07/09	Mo, & We	11:00 am - 11:30 am	Beginner Level 2	\$ 66.00		R01052_563
06/24 - 07/10	Tu, Th	9:00 am - 9:30 am	Beginner Level 2	\$ 66.00		R01052_564
06/24 - 07/10	Tu, Th	11:00 am - 11:30 am	Beginner Level 2	\$ 66.00		R01052_561
07/14 - 07/30	Mo, & We	9:40 am - 10:10 am	Beginner Level 2	\$ 66.00		R01052_553
07/15 - 07/31	Tu, Th	9:00 am - 9:30 am	Beginner Level 2	\$ 66.00		R01052_565

Silver Spring Recreation and Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/21 - 06/02	Mo	4:00 pm - 4:30 pm	Beginner level 2	\$ 66.00	4 - 6	R01052_3506
04/21 - 06/02	Mo	5:20 pm - 5:50 pm	Beginner level 2	\$ 66.00	4 - 6	R01052_3507
04/21 - 06/02	Mo	6:40 pm - 7:10 pm	Beginner level 2	\$ 66.00	4 - 6	R01052_3512
04/24 - 05/29	Th	6:40 pm - 7:10 pm	Beginner level 2	\$ 66.00	4 - 6	R01052_3508
04/25 - 05/30	Fr	9:30 am - 10:00 am	Beginner level 2	\$ 66.00		R01052_3522
04/25 - 05/30	Fr	10:50 am - 11:20 am	Beginner level 2	\$ 66.00	4 - 6	R01052_3509
04/26 - 05/31	Sa	10:50 am - 11:20 am	Beginner level 2	\$ 66.00	4 - 6	R01052_3510
04/26 - 05/31	Sa	11:30 am - 12:00 pm	Beginner level 2	\$ 66.00	4 - 6	R01052_3511
06/18 - 06/30	Mo, We, Fr	10:10 am - 10:40 am	Beginner level 2	\$ 66.00		R01052_5504
06/18 - 06/30	Mo, We, Fr	10:50 am - 11:20 am	Beginner level 2	\$ 66.00		R01052_5503
06/22 - 07/27	Su	11:30 am - 12:00 pm	Beginner level 2	\$ 65.00		R01052_5501
06/28 - 08/02	Sa	10:10 am - 10:40 am	Beginner level 2	\$ 66.00		R01052_5500
07/07 - 07/18	Mo, We, Fr	10:10 am - 10:40 am	Beginner level 2	\$ 66.00		R01052_5502
07/21 - 08/01	Mo, We, Fr	10:10 am - 10:40 am	Beginner level 2	\$ 66.00		R01052_5507

Upper County Outdoor Pool

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/22 - 07/27	Su	9:40 am - 10:10 am	Beginner Level 2	\$ 66.00		R01052_5326
06/24 - 07/03	Tu, We, Th	9:40 am - 10:10 am	Beginner Level 2	\$ 66.00		R01052_5304
07/08 - 07/17	Tu, We, Th	10:20 am - 10:50 am	Beginner Level 2	\$ 66.00		R01052_5325

Wheaton-Glenmont Outdoor Pool

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/22 - 07/27	Su	9:00 am - 9:30 am	Beginner Level 2	\$ 66.00	5 - 12	R01052_5300
06/24 - 07/03	Tu, We, Th	9:00 am - 9:30 am	Beginner Level 2	\$ 66.00	5 - 12	R01052_520
07/08 - 07/17	Tu, We, Th	9:00 am - 9:30 am	Beginner Level 2	\$ 66.00	5 - 12	R01052_517
07/08 - 07/17	Tu, We, Th	10:20 am - 10:50 am	Beginner Level 2	\$ 66.00	5 - 12	R01052_523
07/22 - 07/31	Tu, We, Th	9:00 am - 9:30 am	Beginner Level 2	\$ 66.00	5 - 12	R01052_524

Beginner Level 3 Swim Lessons

This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of five yards. Parents DO NOT accompany children. Please read the course descriptions carefully. Select the course level for which the student has mastered all prerequisite skills. By choosing the appropriate level, the student will be more likely to succeed. Please check all course dates to determine which classed will best accommodate their needs. THERE ARE NO MAKE-UPS OR REFUNDS FOR MISSED CLASSES. Courses meet for six 30-minute sessions. Class size is limited to six students. Screening is available to evaluate the student's abilities at each pool if you are unsure of which class to register for. Call the pool of your choice and speak with the lesson supervisor for evaluation dates and times (bring a swimsuit and towel).

Bethesda Outdoor Pool

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/28 - 08/02	Sa	10:20 am - 10:50 am	Beginner Level 3	\$ 66.00	5 - 12	R01053_506
07/15 - 07/24	Tu, We, Th	9:40 am - 10:10 am	Beginner Level 3	\$ 66.00	5 - 12	R01053_507
07/29 - 08/07	Tu, We, Th	9:40 am - 10:10 am	Beginner Level 3	\$ 66.00	5 - 12	R01053_510

Germantown Indoor Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/21 - 06/02	Mo	6:20 pm - 6:50 pm	Beginner Level 3	\$ 66.00	5 - 12	R01053_333
04/23 - 05/28	We	5:40 pm - 6:10 pm	Beginner Level 3	\$ 66.00	5 - 12	R01053_331

Germantown Outdoor Pool

Dates	Days	Time	Title	Cost	Ages	Link to Register
07/08 - 07/17	Tu, We, Th	9:40 am - 10:10 am	Beginner Level 3	\$ 66.00	5 - 18	R01053_530
08/05 - 08/14	Tu, We, Th	9:00 am - 9:30 am	Beginner Level 3	\$ 66.00	5 - 18	R01053_534

Long Branch Outdoor Pool

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/22 - 08/03	Su	10:20 am - 10:50 am	Beginner level 3	\$ 66.00	5 - 18	R01053_584
06/24 - 07/03	Tu, We, Th	10:20 am - 10:50 am	Beginner level 3	\$ 66.00	5 - 18	R01053_582
07/08 - 07/17	Tu, We, Th	9:00 am - 9:30 am	Beginner Level 3 Swim Lessons	\$ 66.00	5 - 18	R01053_583

Martin Luther King Jr Outdoor Pool

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/15 - 07/20	Su	9:00 am - 9:30 am	Beginner level 3	\$ 66.00	5 - 18	R01053_585

Martin Luther King Jr Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/26 - 06/07	Sa	12:20 pm - 12:50 pm	Beginner level 3	\$ 66.00	5 - 18	R01053_382
04/27 - 06/08	Su	11:20 am - 11:50 am	Beginner level 3	\$ 66.00	5 - 18	R01053_383
04/29 - 06/03	Tu	6:50 pm - 7:20 pm	Beginner level 3	\$ 66.00	5 - 18	R01053_384
05/01 - 06/05	Th	7:30 pm - 8:00 pm	Beginner level 3	\$ 66.00	5 - 18	R01053_385
06/14 - 07/19	Sa	10:20 am - 10:50 am	Beginner level 3	\$ 66.00	5 - 18	R01053_581
06/16 - 07/02	Mo, We	10:20 am - 10:50 am	Beginner level 3	\$ 66.00	5 - 18	R01053_579
06/26 - 07/31	Th	6:20 pm - 6:50 pm	Beginner level 3	\$ 66.00	5 - 18	R01053_580
07/14 - 07/30	Mo, We	10:20 am - 10:50 am	Beginner level 3	\$ 66.00	5 - 18	R01053_578

Olney Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/26 - 05/31	Sa	9:00 am - 9:30 am	Beginner Level 3	\$ 66.00		R01053_357
04/26 - 05/31	Sa	10:20 am - 10:50 am	Beginner Level 3	\$ 66.00		R01053_353
04/27 - 06/01	Su	10:20 am - 10:50 am	Beginner Level 3	\$ 66.00		R01053_358
04/28 - 06/02	Mo	7:00 pm - 7:30 pm	Beginner Level 3	\$ 66.00	4 - 6	R01053_359
06/21 - 07/26	Sa	11:00 am - 11:30 am	Beginner Level 3	\$ 66.00		R01053_554
06/23 - 07/09	Mo, We	9:00 am - 9:30 am	Beginner Level 3	\$ 66.00		R01053_555
07/14 - 07/30	Mo, We	10:20 am - 10:50 am	Beginner Level 3	\$ 66.00		R01053_552
07/15 - 07/31	Tu, Th	11:00 am - 11:30 am	Beginner Level 3	\$ 66.00		R01053_558

Silver Spring Recreation and Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/21 - 06/02	Mo	4:40 pm - 5:10 pm	Beginner level 3	\$ 66.00	4 - 6	R01053_3503
04/25 - 05/30	Fr	10:50 am - 11:20 pm	Beginner level 3	\$ 66.00		R01053_3512
04/27 - 06/01	Su	10:50 am - 11:20 am	Beginner level 3	\$ 66.00	4 - 6	R01053_3504
04/27 - 06/01	Su	11:30 am - 12:00 pm	Beginner level 3	\$ 66.00	4 - 6	R01053_3505
06/16 - 07/02	Mo, We	6:00 pm - 6:30 pm	Beginner level 3	\$ 66.00		R01053_5503
06/22 - 07/27	Su	10:10 am - 10:40 am	Beginner level 3	\$ 66.00		R01053_5501
06/28 - 08/02	Sa	10:50 am - 11:20 am	Beginner level 3	\$ 65.00		R01053_5500
07/07 - 07/18	Mo, We, Fr	10:50 am - 11:20 am	Beginner level 3	\$ 66.00		R01053_5504
07/15 - 07/31	Tu, Th	11:30 am - 12:00 pm	Beginner level 3	\$ 66.00		R01053_5502
07/21 - 08/01	Mo, We, Fr	10:50 am - 11:20 am	Beginner level 3	\$ 66.00		R01053_5505

Upper County Outdoor Pool

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/22 - 07/27	Su	10:20 am - 10:50 am	Beginner Level 3	\$ 66.00		R01053_5327

Wheaton-Glenmont Outdoor Pool

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/24 - 07/03	Tu, We, Th	10:20 am - 10:50 am	Beginner Level 3	\$ 66.00	5 - 12	R01053_522
07/22 - 07/31	Tu, We, Th	9:40 am - 10:10 am	Beginner Level 3	\$ 66.00	5 - 12	R01053_524

Beginner Level 4 Swim Lessons

This class is for students who can already swim a coordinated front crawl for 15 yards (across the width of the pool), back crawl for five yards and are comfortable in deep water. Parents DO NOT accompany children. Please read the course descriptions carefully. Select the course level for which the student has mastered all prerequisite skills. By choosing the appropriate level, the student will be more likely to succeed. Please check all course dates to determine which classed will best accommodate their needs. THERE ARE NO MAKE-UPS OR REFUNDS FOR MISSED CLASSES. Courses meet for six 30-minute sessions. Class size is limited to six students. Screening is available to evaluate the student's abilities at each pool if you are unsure of which class to register for. Call the pool of your choice and speak with the lesson supervisor for evaluation dates and times (bring a swimsuit and towel).

Bethesda Outdoor Pool

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/28 - 08/02	Sa	11:00 am - 11:30 am	Beginner Level 4	\$ 66.00	5 - 12	R01054_501
07/29 - 08/07	Tu, We, Th	11:00 am - 11:30 am	Beginner Level 4	\$ 66.00	5 - 12	R01054_502

Germantown Indoor Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/21 - 07/26	Sa	10:20 am - 10:50 am	Beginner Level 4	\$ 66.00	5 - 12	R01054_530

Germantown Outdoor Pool

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/29 - 08/03	Su	9:55 am - 10:25 am	Beginner Level 4	\$ 66.00	5 - 12	R01054_531

Martin Luther King Jr Outdoor Pool

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/15 - 07/20	Su	11:00 am - 11:30 am	Beginner Level 4	\$ 66.00	5 - 12	R01054_583

Martin Luther King Jr Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/27 - 06/08	Su	11:20 am - 11:50 am	Beginner Level 4	\$ 66.00	4 - 6	R01054_381
04/29 - 06/03	Tu	7:30 pm - 8:00 pm	Beginner Level 4	\$ 66.00	4 - 6	R01054_382
05/01 - 06/05	Th	7:30 pm - 8:00 pm	Beginner Level 4	\$ 66.00	4 - 6	R01054_383
06/17 - 07/22	Tu	7:00 pm - 7:30 pm	Beginner Level 4	\$ 66.00	4 - 6	R01054_579
06/26 - 07/31	Th	7:00 pm - 7:30 pm	Beginner Level 4	\$ 66.00	4 - 6	R01054_580
07/14 - 07/30	Mo, We	10:20 am - 10:50 am	Beginner Level 4	\$ 66.00	4 - 6	R01054_578

Olney Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/26 - 05/31	Sa	9:40 am - 10:10 am	Beginner Level 4	\$ 66.00	4 - 6	R01054_354
04/27 - 06/01	Su	11:00 am - 11:30 am	Beginner Level 4	\$ 66.00	4 - 6	R01054_355
06/21 - 07/26	Sa	10:20 am - 10:50 am	Beginner Level 4	\$ 66.00	4 - 6	R01054_553

Silver Spring Recreation and Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/22 - 05/27	Tu	4:00 pm - 4:30 pm	Beginner Level 4	\$ 66.00	4 - 6	R01054_3503
04/27 - 06/01	Su	10:10 am - 10:40 am	Beginner Level 4	\$ 66.00	4 - 6	R01054_3504
04/27 - 06/01	Su	11:30 am - 12:00 pm	Beginner Level 4	\$ 66.00	4 - 6	R01054_3505
06/28 - 08/02	Sa	11:30 am - 12:00 pm	Beginner Level 4	\$ 66.00	4 - 6	R01054_5500
07/07 - 07/18	Mo, We, Fr	11:30 am - 12:00 pm	Beginner Level 4	\$ 66.00	4 - 6	R01054_5504

Wheaton-Glenmont Outdoor Pool

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/22 - 07/27	Su	9:40 am - 10:10 am	Beginner Level 4	\$ 66.00	4 - 6	R01054_523

Developmental Swim (Aquatics)

Montgomery Stroke and Turn Clinic

The Montgomery Stroke and Turn Clinic Spring Tune-up has served the swimming community for over 23 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. Please visit www.mstcswim.com for more information.

Germantown Indoor Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
10/06 - 05/18	Su	5:05 pm - 5:55 pm	Montgomery Stroke and Turn Clinic	\$ 545.00	5 - 18	R01033_6103
10/06 - 05/18	Su	6:00 pm - 6:50 pm	Montgomery Stroke and Turn Clinic	\$ 545.00	5 - 18	R01033_6109
10/06 - 05/18	Su	6:55 pm - 7:45 pm	Montgomery Stroke and Turn Clinic	\$ 545.00	5 - 18	R01033_6110

Martin Luther King Jr Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
10/06 - 05/18	Su	5:05 pm - 5:55 pm	Montgomery Stroke and Turn Clinic	\$ 545.00	5 - 18	R01033_6104
10/06 - 05/18	Su	6:00 pm - 6:50 pm	Montgomery Stroke and Turn Clinic	\$ 545.00	5 - 18	R01033_6111
10/06 - 05/18	Su	6:55 pm - 7:45 pm	Montgomery Stroke and Turn Clinic	\$ 545.00	5 - 18	R01033_6112
04/26 - 05/17	Sa	5:00 pm - 6:00 pm	MSTC: Spring Tune-up	\$ 100.00	-	R01033_303

Olney Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
10/06 - 05/18	Su	5:05 pm - 5:55 pm	Montgomery Stroke and Turn Clinic	\$ 545.00	5 - 18	R01033_6101
10/06 - 05/18	Su	6:00 pm - 6:50 pm	Montgomery Stroke and Turn Clinic	\$ 545.00	5 - 18	R01033_6105
10/06 - 05/18	Su	6:55 pm - 7:45 pm	Montgomery Stroke and Turn Clinic	\$ 545.00	5 - 18	R01033_6016
04/26 - 05/24	Sa	5:00 pm - 6:00 pm	MSTC: Spring Tune-up	\$ 100.00	-	R01033_304

SwiMontgomery

This is a developmental program for those who have an interest in competitive swimming and want to build a foundation of related skills. Swimmers must be able to swim 25 yards or 25 meters without stopping. SWIMontgomery is a developmental program for children, 6 to 13 years old, who have an interest in competitive swimming and want to build a foundation of related skills. It is divided into three levels serving the beginner, intermediate and advanced swimmers, within its boundaries. This is a non-competitive program, but many students, especially at the advanced level, are already participating on swim teams. SWIMontgomery operates as a series of lessons working toward realizing full swimming potential. Students will learn how to control breathing, body positioning and propulsion independent of the competitive strokes. Once this has been accomplished, learning stroke form is easier and more fun, and the progression into more advanced techniques is accelerated.

Germantown Indoor Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/18 - 05/22	Tu, Th	7:45 pm - 8:30 pm	SwiMontgomery	\$ 355.00	6 - 13	R01032_302

Martin Luther King Jr Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/03 - 05/14	Mo, We	7:30 pm - 8:15 pm	SwiMontgomery	\$ 355.00	6 - 13	R01032_304

Olney Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/03 - 05/14	Mo, We	7:15 pm - 8:00 pm	SwiMontgomery	\$ 355.00	6 - 13	R01032_303

Silver Spring Recreation and Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/03 - 05/14	Mo, We	6:15 pm - 7:00 pm	SwiMontgomery	\$ 355.00	6 - 13	R01032_3500

Diving (Aquatics)

Diving Clinics

This clinic is designed to help divers to increase their difficulty and prepare them for meets.

Silver Spring Recreation and Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
07/07 - 07/10	Mo, Tu, We, Th	11:00 am - 12:00 pm	Diving Summer 4 day Clinic	\$ 175.00	-	R01078_501
07/07 - 07/10	Mo, Tu, We, Th	12:00 pm - 1:00 pm	Diving Summer 4 day Clinic	\$ 175.00	-	R01078_502
07/14 - 07/17	Mo, Tu, We, Th	11:00 am - 12:00 pm	Diving Summer 4 Day Clinic	\$ 175.00	-	R01078_503
07/14 - 07/17	Mo, Tu, We, Th	12:00 pm - 1:00 pm	Diving Summer 4 Day Clinic	\$ 175.00	-	R01078_504

High School Diving

Our high school group is perfect for divers interested in trying out for their high school diving team, or who want to improve their performance at METROS, regional and State championship meet. Primary focus is on one-meter springboard, but other equipment is used to build skills.

Germantown Indoor Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/10 - 06/02	Mo	6:30 pm - 8:00 pm	High School Diving	\$ 363.00	-	R01076_302
03/12 - 06/04	We	6:30 pm - 8:00 pm	High School Diving	\$ 396.00	-	R01076_303

Silver Spring Recreation and Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/10 - 06/02	Mo	7:15 pm - 8:30 pm	High School Diving	\$ 363.00	13 - 18	R01076_3501
03/12 - 06/04	We	7:15 pm - 8:30 pm	High School Diving	\$ 396.00	13 - 18	R01076_3500

JO National Dive Team

This is an invitation only level designed to prepare athletes for USA Diving and collegiate competition. This is a year round program focused on the highest levels of personal and team achievement. Please note: Divers must be on the coaches invite list to register.

Germantown Indoor Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
08/26 - 07/19	Mo, Tu, We, Th, Fr, Sa	4:30 pm - 9:30 pm	JO Red - 4 days	\$ 8.00	6 - 18	R01015_6014
08/26 - 07/19	Mo, Tu, We, Th, Fr, Sa	4:30 pm - 9:30 pm	JO Blue - 5 days	\$ 4.00	6 - 18	R01015_6016
08/26 - 07/19	Mo, Tu, We, Th, Fr, Sa	4:30 pm - 9:30 pm	JO Silver - 3 days	\$ 1.00	6 - 18	R01015_6012

Level 1: Learn to Dive

This is a novice class designed for 10 and under divers who are either just starting to learn diving or have started but only know basic dives. Participants MUST be able to swim 25 yards independently to participate in this program. A swim test will be given on the first day.

Germantown Indoor Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/21 - 05/19	Mo	4:30 pm - 5:15 pm	Level 1: Learn to Dive	\$ 80.00	-	R01012_301
04/23 - 05/28	We	4:30 pm - 5:15 pm	Level 1: Learn to Dive	\$ 96.00	-	R01012_302
05/02 - 05/30	Fr	4:30 pm - 5:15 pm	Level 1: Learn to Dive	\$ 80.00	-	R01012_303

Silver Spring Recreation and Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/21 - 05/19	Mo	4:15 pm - 5:00 pm	Level 1: Learn to Dive	\$ 80.00	5 - 10	R01012_3505
04/21 - 05/19	Mo	5:00 pm - 5:45 pm	Level 1: Learn to Dive	\$ 80.00	5 - 10	R01012_3503
04/22 - 05/27	Tu	4:15 pm - 5:00 pm	Level 1: Learn to Dive	\$ 96.00	5 - 10	R01012_3508
04/23 - 05/28	We	4:15 pm - 5:00 pm	Level 1: Learn to Dive	\$ 96.00	5 - 10	R01012_3509
04/23 - 05/28	We	5:00 pm - 5:45 pm	Level 1: Learn to Dive	\$ 96.00	5 - 10	R01012_3510

Level 2: Intermediate Dive

This class is for divers who are 11+ or 7-10 (with good attention spans) who have front dive tuck, back dive tuck and front flip tuck. This class will work through to inward action and flips in each direction. This class will work through to inward action and flips in each direction Participants MUST be able to swim 25 yards independently to participate in this program. A swim test will be given on the first day.

Germantown Indoor Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/10 - 06/02	Mo	5:15 pm - 6:45 pm	Level 2: Intermediate Diving	\$ 330.00	-	R01013_301
03/12 - 06/04	We	5:15 pm - 6:45 pm	Level 2: Intermediate Diving	\$ 360.00	-	R01013_302

Silver Spring Recreation and Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/12 - 06/04	We	5:45 pm - 7:15 pm	Level 2: Intermediate Diving	\$ 360.00	7 - 18	R01013_3502
03/13 - 06/05	Th	4:15 pm - 5:45 pm	Level 2: Intermediate Diving	\$ 360.00	7 - 18	R01013_3503
03/14 - 06/06	Fr	4:30 pm - 6:00 pm	Level 2: Intermediate Diving	\$ 360.00	7 - 18	R01013_3504

Level 3: Advanced Dive

This is a class for divers who are 11+ or 7 - 10 (with good attention spans) who wish to advance to multiple flip progressions. The focus will be on advancing the dive list to achieve 104C, 105C, 203C, 303C, 403 and twist progressions. This is a perfect class for those getting ready for high school or wanting to reach JO level.

Silver Spring Recreation and Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/13 - 06/05	Th	5:45 pm - 7:15 pm	Level 3: Advanced Diving	\$ 396.00	7 - 18	R01014_3500
03/14 - 06/06	Fr	6:00 pm - 7:30 pm	Level 3: Advanced Diving	\$ 396.00	7 - 18	R01014_3501

Masters Diving

It's never too late to learn to dive. This program is for adults who want to try diving or former competitive divers.

Germantown Indoor Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/12 - 06/04	We	6:30 pm - 8:00 pm	Masters Diving	\$ 396.00	-	R01017_301

Silver Spring Recreation and Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/10 - 06/02	Mo	7:15 pm - 8:30 pm	Masters Diving	\$ 363.00	19+	R01017_3500
03/12 - 06/04	We	7:15 pm - 8:30 pm	Masters Diving	\$ 396.00	19+	R01017_3501

National Development Program - Dive

This is an invitation only program. It is designed for young, highly talented athletes who aspire to compete at the highest levels in USA Diving competition. Practices are 1.5 hours. Please note: Divers must be on the coaches invite list to register. Divers sign up for individual days, however they may be asked to come two-three days a week at the designated time.

Germantown Indoor Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
08/27 - 07/17	Tu, We, Th	6:00 pm - 7:30 pm	National Development Program - Competitive	\$ 6.00	6 - 18	R01016_6200
03/11 - 06/05	Tu, Th	6:00 pm - 7:30 pm	National Development Program - Seasonal	\$ 864.00	6 - 18	R01016_3200

Lifeguard Training (Aquatics)

Lifeguarding Class: Blended Learning

The American Red Cross Lifeguard Training Course will provide entry-level lifeguard students the skills and knowledge to prevent, recognize, and respond to emergencies and to provide care for injuries, sudden illnesses, and life-threatening conditions until advanced medical personnel arrive and take over. Students must be 15 years old by the last day of the course (proof of age required) and pass a pre-screen test on the first day of the course in order to participate in the remaining course dates. The pre-screen test consists of:

- 150-yard continuous swim with rhythmic breathing using front crawl or breast stroke
- Tread water using legs only for two minutes
- 50-yard continuous swim with rhythmic breathing using front crawl or breast stroke
- Timed 10 lbs. brick retrieval in 7 to 10 feet of water with 20-yard swim within one minute forty seconds

Germantown Indoor Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/01 - 06/16	Su, Mo, We, Sa	9:00 am - 4:00 pm	Lifeguarding Class: In-Person	\$ 195.00	15+	R01034_6207
06/13 - 06/29	Su, Tu, We, Th, Fr, Sa	9:00 am - 4:00 pm	Lifeguarding Class: In-Person	\$ 195.00	15+	R01034_6208
07/14 - 07/24	Su, Mo, We, Th	9:00 am - 5:00 pm	Lifeguarding Class: Blended Learning	\$ 195.00	15+	R01034_6209

Silver Spring Recreation and Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/06 - 06/15	Su, Th, Fr, Sa	5:00 pm - 8:00 pm	Lifeguarding Class: Blended Learning	\$ 195.00	15+	R01034_6532
06/20 - 06/29	Su, Th, Fr, Sa	5:00 pm - 8:00 pm	Lifeguarding Class: Blended Learning	\$ 195.00	15+	R01034_6533
07/11 - 07/20	Su, Th, Fr, Sa	5:00 pm - 8:00 pm	Lifeguarding Class: Blended Learning	\$ 195.00	15+	R01034_6534
08/01 - 08/10	Su, Th, Fr, Sa	5:00 pm - 8:00 pm	Lifeguarding Class: Blended Learning	\$ 195.00	15+	R01034_6535

Parent-Assisted Swim Lessons (Aquatics)

Aquatots

Designed for children 18 months - 3 years of age. 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. Please read the course descriptions carefully. Select the course level for which the students has mastered all prerequisite skills. By choosing the appropriate level, the student will be more likely to succeed. Please check all course dates to determine which classed will best accommodate their needs. THERE ARE NO MAKE-UPS OR REFUNDS FOR MISSED CLASSES. Courses meet for six (6) 30 minute sessions. Class size is limited to 10 students. Screening is available to evaluate the student's abilities at each pool if you are unsure of which class to register for. Call the pool of your choice and speak with the Lesson Supervisor for evaluation dates and times (bring a swim suit and towel).

Germantown Indoor Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/21 - 07/26	Sa	9:40 am - 10:10 am	Aquatots	\$ 60.00	1 - 3	R01038_532
06/21 - 07/26	Sa	11:00 am - 11:30 am	Aquatots	\$ 60.00	1 - 3	R01038_533
06/22 - 07/27	Su	9:40 am - 10:10 am	Aquatots	\$ 60.00	1 - 3	R01038_530
06/22 - 07/27	Su	11:00 am - 11:30 am	Aquatots	\$ 60.00	1 - 3	R01038_531

Martin Luther King Jr Outdoor Pool

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/15 - 07/20	Su	9:40 am - 10:10 am	Aquatots	\$ 60.00	1 - 3	R01038_581

Martin Luther King Jr Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/26 - 06/07	Sa	10:20 am - 10:50 am	Aquatots	\$ 60.00	1 - 3	R01038_381
04/27 - 06/08	Su	10:00 am - 10:30 am	Aquatots	\$ 60.00	1 - 3	R01038_382
04/30 - 06/04	We	5:30 pm - 6:00 pm	Aquatots	\$ 60.00	1 - 3	R01038_383
06/14 - 07/19	Sa	9:00 am - 9:30 am	Aquatots	\$ 60.00	1 - 3	R01038_579
06/17 - 07/08	Tu, Th	9:00 am - 9:30 am	Aquatots	\$ 60.00	1 - 3	R01038_578

Olney Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/24 - 05/29	Th	6:00 pm - 6:30 pm	Aquatots	\$ 58.00	1 - 3	R01038_357
04/27 - 06/01	Su	9:40 am - 10:10 am	Aquatots	\$ 60.00	1 - 3	R01038_354
06/22 - 07/27	Su	9:40 am - 10:10 am	Aquatots	\$ 60.00	1 - 3	R01038_552
06/23 - 07/09	Mo, We	9:40 am - 10:10 am	Aquatots	\$ 60.00	1 - 3	R01038_555
06/24 - 07/10	Tu, Th	9:40 am - 10:10 am	Aquatots	\$ 60.00	1 - 3	R01038_553
07/14 - 07/30	Mo, We	9:40 am - 10:10 am	Aquatots	\$ 60.00	1 - 3	R01038_556
07/15 - 07/31	Tu, Th	9:40 am - 10:10 am	Aquatots	\$ 60.00	1 - 3	R01038_554

Silver Spring Recreation and Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/21 - 06/02	Mo	4:40 pm - 5:10 pm	Aquatots	\$ 60.00	1 - 3	R01038_3503
04/25 - 05/30	Fr	10:10 am - 10:40 am	Aquatots	\$ 60.00	1 - 3	R01038_3504
04/26 - 05/31	Sa	9:30 am - 10:00 am	Aquatots	\$ 60.00	1 - 3	R01038_3505
06/22 - 07/27	Su	10:50 am - 11:20 am	Aquatots	\$ 60.00	1 - 3	R01038_5501
06/24 - 07/10	Tu, Th	10:10 am - 10:40 am	Aquatots	\$ 60.00	1 - 3	R01038_5504
06/28 - 08/02	Sa	10:10 am - 10:40 am	Aquatots	\$ 60.00	1 - 3	R01038_5500
07/07 - 07/18	Mo, We, Fr	9:30 am - 10:00 am	Aquatots	\$ 60.00	1 - 3	R01038_5503
07/21 - 08/01	Mo, We, Fr	9:30 am - 10:00 am	Aquatots	\$ 60.00	1 - 3	R01038_5502

Pre-school Swim Lessons

Designed for children 3-5 years of age. 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. Please read the course descriptions carefully. Select the course level for which the students has mastered all prerequisite skills. By choosing the appropriate level, the student will be more likely to succeed. Please check all course dates to determine which classed will best accommodate their needs. THERE ARE NO MAKE-UPS OR REFUNDS FOR MISSED CLASSES. Courses meet for six (6) 30 minute sessions. Class size is limited to 10 students. Screening is available to evaluate the student's abilities at each pool if you are unsure of which class to register for. Call the pool of your choice and speak with the Lesson Supervisor for evaluation dates and times (bring a swim suit and towel).

Germantown Indoor Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/21 - 07/26	Sa	10:20 am - 10:50 am	Pre-School	\$ 60.00	3 - 5	R01062_532
06/22 - 07/27	Su	10:20 am - 10:50 am	Pre-School	\$ 60.00	3 - 5	R01062_530
06/23 - 07/28	Mo	7:00 pm - 7:30 pm	Pre-School	\$ 60.00	3 - 5	R01062_531

Martin Luther King Jr Outdoor Pool

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/15 - 07/20	Su	11:00 am - 11:30 am	Pre-School	\$ 60.00	3 - 5	R01062_581

Martin Luther King Jr Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/26 - 06/07	Sa	1:00 pm - 1:30 pm	Pre-School	\$ 60.00		R01062_381
04/27 - 06/08	Su	12:00 pm - 12:30 pm	Pre-School	\$ 60.00		R01062_382
04/30 - 06/04	We	6:50 pm - 7:20 pm	Pre-School	\$ 60.00		R01062_383
06/14 - 07/19	Sa	11:00 am - 11:30 am	Pre-School	\$ 60.00		R01062_580
07/14 - 07/30	Mo, We	9:40 am - 10:10 am	Pre-School	\$ 60.00		R01062_579
07/15 - 07/31	Tu, Th	9:00 am - 9:30 am	Pre-School	\$ 60.00		R01062_578

Olney Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/24 - 05/29	Th	6:40 pm - 7:10 pm	Pre-School	\$ 60.00		R01062_357
04/27 - 06/01	Su	10:20 am - 10:50 am	Pre-School	\$ 60.00		R01062_355
06/22 - 07/27	Su	10:20 am - 10:50 am	Pre-School	\$ 60.00		R01062_552
06/23 - 07/09	Mo, We	10:20 am - 10:50 am	Pre-School	\$ 60.00	3 - 5	R01062_555
06/24 - 07/10	Tu, Th	10:20 am - 10:50 am	Pre-School	\$ 60.00		R01062_553
07/14 - 07/30	Mo, We	10:20 am - 10:50 am	Pre-School	\$ 60.00	3 - 5	R01062_556
07/15 - 07/31	Tu, Th	10:20 am - 10:50 am	Pre-School	\$ 60.00		R01062_554

Silver Spring Recreation and Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/21 - 06/02	Mo	5:20 pm - 5:50 pm	Pre-School	\$ 60.00	3 - 5	R01062_3503
04/25 - 05/30	Fr	9:30 am - 10:00 am	Pre-School	\$ 60.00	3 - 5	R01062_3504
04/25 - 05/30	Fr	11:30 am - 12:00 pm	Pre-School	\$ 60.00	3 - 5	R01062_3505
06/22 - 07/27	Su	11:30 am - 12:00 pm	Pre-School	\$ 60.00	3 - 5	R01062_5500
06/24 - 07/10	Tu, Th	9:30 am - 10:00 am	Pre-School	\$ 60.00	3 - 5	R01062_5502
07/07 - 07/18	Mo, We, Fr	10:10 am - 10:40 am	Pre-School	\$ 60.00	3 - 5	R01062_5501
07/15 - 07/31	Tu, Th	10:50 am - 11:20 am	Pre-School	\$ 60.00	3 - 5	R01062_5504
07/21 - 08/01	Mo, We, Fr	9:30 am - 10:00 am	Pre-School	\$ 60.00	3 - 5	R01062_5503

Water Babies

Designed for children 6 to 18 months. 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. Please read the course descriptions carefully. Select the course level for which the students has mastered all prerequisite skills. By choosing the appropriate level, the student will be more likely to succeed. Please check all course dates to determine which classed will best accommodate their needs. THERE ARE NO MAKE-UPS OR REFUNDS FOR MISSED CLASSES. Courses meet for six (6) 30 minute sessions. Class size is limited to 10 students. Screening is available to evaluate the student's abilities at each pool if you are unsure of which class to register for. Call the pool of your choice and speak with the Lesson Supervisor for evaluation dates and times (bring a swim suit and towel).

Germantown Indoor Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/21 - 07/26	Sa	9:00 am - 9:30 am	WaterBabies	\$ 60.00	6 - 18	R01063_532
06/22 - 07/27	Su	9:00 am - 9:30 am	WaterBabies	\$ 60.00	6 - 18	R01063_530
06/23 - 07/28	Mo	5:40 pm - 6:10 pm	WaterBabies	\$ 60.00	6 - 18	R01063_531
06/23 - 07/28	Mo	6:20 pm - 6:50 pm	WaterBabies	\$ 60.00	6 - 18	R01063_533

Martin Luther King Jr Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/26 - 06/07	Sa	11:40 am - 12:10 pm	WaterBabies	\$ 60.00	0 - 1	R01063_380
04/30 - 06/04	We	6:10 pm - 6:40 pm	WaterBabies	\$ 60.00	0 - 1	R01063_381
06/14 - 07/19	Sa	9:40 am - 10:10 am	WaterBabies	\$ 60.00	0 - 1	R01063_578
06/16 - 07/02	Mo, We	10:20 am - 10:50 am	WaterBabies	\$ 60.00	0 - 1	R01063_579

Olney Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/24 - 05/29	Th	5:20 pm - 5:50 pm	WaterBabies	\$ 58.00	0 - 1	R01063_357
04/27 - 06/01	Su	9:00 am - 9:30 am	WaterBabies	\$ 60.00	0 - 1	R01063_354
06/22 - 07/27	Su	9:00 am - 9:30 am	WaterBabies	\$ 60.00	0 - 1	R01063_552
06/23 - 07/09	Mo, We	9:00 am - 9:30 am	WaterBabies	\$ 60.00	0 - 1	R01063_555
06/24 - 07/10	Tu, Th	9:00 am - 9:30 am	WaterBabies	\$ 60.00	0 - 1	R01063_553
07/14 - 07/30	Mo, We	9:00 am - 9:30 am	WaterBabies	\$ 60.00	0 - 1	R01063_556
07/15 - 07/31	Tu, Th	9:00 am - 9:30 am	WaterBabies	\$ 60.00	0 - 1	R01063_554

Silver Spring Recreation and Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/25 - 05/30	Fr	10:50 am - 11:20 am	WaterBabies	\$ 60.00	0 - 1	R01063_3503
04/26 - 05/31	Sa	10:10 am - 10:40 am	WaterBabies	\$ 60.00	0 - 1	R01063_3504
04/27 - 06/01	Su	9:30 am - 10:00 am	WaterBabies	\$ 60.00	0 - 1	R01063_3505

Specialty Activities (Aquatics)

SCUBA

Scuba training includes lectures and swimming pool sessions on safe snorkeling and SCUBA diving techniques. A mandatory swim evaluation will be conducted at the first class, each student must demonstrate comfort in the water. Bring a swimsuit and towel to all sessions, including the first. Students must bring their personal equipment (mask, snorkel, fins, fin boots and weight belt) beginning with the second class, and it will be described at the first lecture. Other SCUBA equipment is included in the course fee, including SCUBA tanks, air, regulators and buoyancy compensators. Additional fees apply for open water certification dive and certification card, and will be discussed at the first class session. After successful completion of the course, written evaluation, and required open water certification dives, the student will earn a BASIC SCUBA Diver certification card.

Martin Luther King Jr Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/09 - 06/04	We	7:00 pm - 10:00 pm	Scuba	\$ 265.00	-	R01028_301

Olney Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/21 - 06/16	Mo	7:15 pm - 10:00 pm	Scuba	\$ 265.00	-	R01028_302

Special Events

Welcome to Candy Land! Step into a world of sweet delights and joyful moments at Candy Land, a whimsical multigenerational social event where fun has no age limit! Bring the whole family for an afternoon bursting with color, creativity, and confections. Indulge your sweet tooth with cupcakes, homemade ice cream, fluffy cotton candy, and a dreamy chocolate fountain that's sure to be the star of the dessert area. Enjoy a variety of family-friendly games designed to bring out laughter, teamwork, and maybe a little friendly competition. Get crafty in our arts and crafts corner where kids and adults alike can unleash their imagination and create keepsake masterpieces. Whether you're 8 or 80, Candy Land promises a sugar-sprinkled celebration of fun, family and memories that are just as sweet as the treats!

Martin Luther King Jr Outdoor Pool

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/13	Fr	6:00 pm - 7:30 pm	Rubber Ducky Derby	\$ 5.00	0+	R01066_400

Silver Spring Recreation and Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
05/24	Sa	8:30 am - 1:00 pm	Men's Paddle Royale	\$ 25.00	18 - 90	R01066_557
05/24	Sa	1:00 pm - 5:30 pm	Women's Paddle Royale	\$ 25.00	18 - 90	R01066_558
05/25	Su	8:30 am - 5:30 pm	Co-ed Paddle Royale	\$ 25.00	18 - 90	R01066_559
06/15	Su	11:00 am - 12:30 pm	Paint & Dip	\$ 50.00	-	R01066_501
06/22	Su	2:00 pm - 5:00 pm	Silver Spring Summer Block Party	\$ 0.00	0+	R01066_502
07/11	Fr	6:30 pm - 8:30 pm	Dive In Movie @ Silver Spring	\$ 5.00	18 - 90	R01066_562
08/22	Fr	4:00 pm - 7:00 pm	Silver Spring's Candy Land	\$ 0.00	0+	R01066_503

Water Polo

This program introduces youth ages 12-14 to water polo. Participants will learn the basic rules of water polo and explore the movements required for the sport, including swimming head-up freestyle and treading water. Participants should be comfortable in the water with basic swimming ability.

Bethesda Outdoor Pool

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/23 - 06/27	Mo, Tu, We, Th, Fr	9:00 am - 11:00 am	Youth Water Polo One Week Summer Clinic	\$ 250.00	9 - 14	R01079_5505

Martin Luther King Jr Outdoor Pool

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/15 - 08/17	Su	9:30 am - 11:30 am	Adult Water Polo	\$ 75.00	18+	R01079_5500

Silver Spring Recreation and Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/09 - 05/18	Su	3:45 pm - 5:00 pm	Youth Water Polo Splashball: Learn to Play (Middle School))	\$ 215.00	10 - 14	R01079_3503
03/12 - 05/21	We	4:45 pm - 6:00 pm	Youth Water Polo Splashball: Learn to Play (Middle School))	\$ 215.00	14 - 18	R01079_3504

Wheaton-Glenmont Outdoor Pool

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/09 - 06/04	Su, We	5:15 pm - 7:00 pm	Adult Water Polo	\$ 125.00	18+	R01079_3500

Swim TEAM (Aquatics)

Masters Swimming

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. Current membership in US Masters Swimming is required to participate in this activity. One day drop in rate available at facility. Cost \$15. Class meets at various times and locations. Olney Swim Center (OSC): Tuesday & Thursday 8:30 - 10 p.m. ; Saturday 7:30 - 9 a.m. Kennedy Shriver Aquatic Center(KSAC): Sunday 8 - 10 a.m. Tuesday & Thursday 8:30 - 10 p.m. Friday 7:45 - 9 p.m. MLK Swim Center (MLK): Monday & Wednesday 8:30 - 10 p.m. Germantown Indoor Swim Center (GISC): Monday & Wednesday & Friday 6:30 - 7:30 a.m. ; Tuesday & Thursday 8:30 - 10 p.m. Registration for the KSAC group includes workouts at OSC and MLK. Registration for the GISC group includes workouts only at GISC. For more information regarding the KSAC, OSC and MLK program contact: Tom Denes at 240-506-0904 or waterproofcoach@gmail.com For more information regarding the GISC program contact: Mark Walters at 301-785-0093 or waltersmrk@aol.com

Germantown Indoor Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
01/02 - 05/23	Mo, Tu, We, Th, Fr	12:00 am - 12:00 am	Masters Swimming - 4 Day per Week	\$ 355.00	18+	R01058_209
01/02 - 05/23	We, Th, Fr	12:00 am - 12:00 am	Masters Swimming - 3 Day per Week	\$ 300.00	18+	R01058_208
01/02 - 05/23	Fr	12:00 am - 12:00 am	Masters Swimming - 1 Day per Week	\$ 170.00	18+	R01058_206
01/02 - 05/23	Th, Fr	12:00 am - 12:00 am	Masters Swimming - 2 Day per Week	\$ 250.00	18+	R01058_207
01/02 - 05/23	Mo, Tu, We, Th, Fr	12:00 am - 12:00 am	Masters Swimming - 5 Day per Week	\$ 400.00	18+	R01058_210

Kennedy Shriver Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
01/02 - 05/23	Mo, Tu	12:00 am - 12:00 am	Masters Swimming - 2 Day per Week	\$ 250.00	18+	R01058_202
01/02 - 05/23	Mo	12:00 am - 12:00 am	Masters Swimming - 1 Day per Week	\$ 170.00	18+	R01058_201
01/02 - 05/23	Mo, Tu, We, Th, Fr	12:00 am - 12:00 am	Masters Swimming - 5 Day per Week	\$ 400.00	18+	R01058_205
01/02 - 05/23	Mo, Tu, We, Th	12:00 am - 12:00 am	Masters Swimming - 4 Day per Week	\$ 355.00	18+	R01058_204
01/02 - 05/23	Mo, Tu, We	12:00 am - 12:00 am	Masters Swimming - 3 Day per Week	\$ 300.00	18+	R01058_203

Montgomery County Swim League

The summer swim team program, sponsored by Montgomery County Recreation, is part of the Montgomery County Swim League (MCSL). The competitive program is for swimmers 5 - 18 years old, age as of June 1. While MCPS is still in session practices are held weekday afternoon/evenings. Once MCPS is out for summer break, practices are held weekday mornings and some weekday late evenings and are dependent on participant's age. Swim meets are held on Saturday mornings or

Wednesday evenings during the summer and participation is dependent on the participant's skill level. The parent meeting will be held the Tuesday after Memorial Day, 7:00 PM. rain or shine at the pool. Additional details regarding practices and meet schedules will be discussed at this meeting. At least one parent should attend. Practices begin on the Wednesday after Memorial Day and run weekdays through Friday, July 18. More details will be available at the parent meeting. The last day to request a pro-rated refund is June 30th. Please email rec.financeoffice@montgomerycountymd.gov with your request. There are 2 required registrations: 1 – register with MOCO Recreation, 2 – Register on the team meet management platform, SWIMTOPIA, after registering with MOCO Recreation. Please visit mcsl.swimtopia.com and select your team. This will take you directly to the team website. Materials and other team fees are not included in the MOCO Recreation registration fee. We do NOT offer Pre-Team. Please check with the facility staff at your pool for information regarding the MCR swim lesson program or visit MOCOREC.com NEW SWIMMERS - Any swimmer who was not on the team during the 2024 summer season must attend one of the team evaluation dates. See the minimum qualification below. Evaluations will be on Tuesday and Friday the week of Memorial Day at 5:00 PM. If a swimmer has been offered placement on the team, registration must be completed before attending any practices and no later than June 15. The last day to register is June 15. Minimum Qualification to join: 8 & Under swimmers: must be able to swim one continuous length (25 meters) of the pool using a coordinated stroke and rhythmic breathing and be able to float on their back. 9-12 Year Old swimmers: must be able to swim one legal length (25 meters) of freestyle with good rhythmic breathing and one length (25 meters) of backstroke. 13 & Over swimmers: must be able to swim two continuous legal lengths (50 meters) of freestyle with good rhythmic breathing and two continuous legal lengths (50 meters) of backstroke.

Bethesda Outdoor Pool

Dates	Days	Time	Title	Cost	Ages	Link to Register
05/28 - 07/18	Mo, Tu, We, Th, Fr	7:30 am - 7:45 am	MCSL - Bethesda Barracudas	\$ 200.00	5 - 18	R01030_501

Germantown Outdoor Pool

Dates	Days	Time	Title	Cost	Ages	Link to Register
05/28 - 07/18	Mo, Tu, We, Th, Fr	7:30 am - 7:45 am	MCSL - Germantown Torpedoes	\$ 200.00	5 - 18	R01030_502

Long Branch Outdoor Pool

Dates	Days	Time	Title	Cost	Ages	Link to Register
05/28 - 07/18	Mo, Tu, We, Th, Fr	7:30 am - 7:45 am	MCSL - Long Branch Water Wizards	\$ 200.00	5 - 18	R01030_504

Upper County Outdoor Pool

Dates	Days	Time	Title	Cost	Ages	Link to Register
05/28 - 07/18	Mo, Tu, We, Th, Fr	7:30 am - 7:45 am	MCSL - Upper County Dolphins	\$ 200.00	5 - 18	R01030_506

Western County Outdoor Pool

Dates	Days	Time	Title	Cost	Ages	Link to Register
05/28 - 07/18	Mo, Tu, We, Th, Fr	7:30 am - 7:45 am	MCSL - Poolesville Piranhas	\$ 200.00	5 - 18	R01030_505

Wheaton-Glenmont Outdoor Pool

Dates	Days	Time	Title	Cost	Ages	Link to Register
05/28 - 07/18	Mo, Tu, We, Th, Fr	7:30 am - 7:45 am	MCSL - Glenmont Gators	\$ 200.00	5 - 18	R01030_503

RMSC: Minis

RMSC is a year-round, United States of America Swimming (USAS) affiliated, age group and senior swim team. The team competes through Potomac Valley Swimming (PVS), which is our local swim committee (LSC) for USAS. RMSC offers a rewarding training and competitive experience to swimmers of all abilities and interest levels through a schedule of flexible practice times. Swimmers new to the program must attend tryouts for skill assessment and group placement. Below are the minimum qualifications used to determine possible group placement. Swimmers may not begin to practice with their designated group until all registration forms have been completed and all fees have been paid. Those who participated in the program this past season may register but only for the group with which they practiced with last season. No swimmer may change group assignments unless instructed to do so by a coach. Entry into advanced level groups is available by coach's invitation only. Please visit our team website at www.rmscswimming.com Minis: Age as of December 6. Ages 8 & under - at a minimum, must swim both a continuous full length of freestyle, using good rhythmic breathing. As well as a continuous full length of backstroke. Swimmers will learn proper stroke technique, including breaststroke and butterfly, starts and turns. Emphasis is on orientation to competitive swimming, participation in swim meets and having a fun experience. Recommended practice attendance: 2/week. In order to secure a space as a returning swimmer, one practice per week is required. Last day to request a withdraw is February 28. Parents must volunteer to work at least 2 meet sessions for each child in the program every season. USA Swimming (USAS) Registration Requirement: In September 2022, USAS began requiring families to register their swimmers with USAS directly. Families will be emailed a unique registration code from RMSC. Once you receive this code you must immediately register with USAS. There is an additional fee, paid by the family, directly to USAS. Failure to do so will result in your swimmer(s) being withdrawn from the program. This is a yearly requirement. Minor Athlete Abuse Prevention Policy (MAAPP): USA Swimming member clubs are required to implement the MAAPP in full. The MAAPP must be reviewed, signed and submitted to RMSC on an annual basis. Safe Sport Education: Our goal, as a team, is to become a "Safe Sport Recognized" club by USAS. a. Parents – visit <https://learn.usaswimming.org/>, register and create a non-member account. Select/complete the Parent's Guide to Misconduct in Sport course b. Athletes - visit www.usaswimming.org/safe-sport/learn i. 12-17 years old complete the Safe Sport for Athletes ii. 18 years & older are REQUIRED to complete Safe Sport Training for Adult Athletes For more information on the MAAPP or Safe Sport visit: www.usaswimming.org/safe-sport or www.rmscswimming.com/safesport

Germantown Indoor Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
09/09 - 05/23	Mo	5:15 pm - 6:15 pm	RMSC GISC Minis	\$ 1.00	5 - 8	R01018_101

Martin Luther King Jr Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
09/09 - 05/23	Mo	6:30 pm - 7:30 pm	RMSC MLK Minis	\$ 1.00	5 - 8	R01018_103

Olney Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
09/09 - 05/23	Tu	6:30 pm - 7:15 pm	RMSC OSC Minis	\$ 1.00	5 - 8	R01018_104

Silver Spring Recreation and Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
09/09 - 05/23	Mo	6:15 pm - 7:00 pm	RMSC KSAC Minis	\$ 1.00	5 - 8	R01018_102

RMSC: Advanced Junior Group

RMSC is a year-round, United States of America Swimming (USAS) affiliated, age group and senior swim team. The team competes through Potomac Valley Swimming (PVS), which is our local swim committee (LSC) for USAS. RMSC offers a rewarding training and competitive experience to swimmers of all abilities and interest levels through a schedule of flexible practice times. Swimmers new to the program must attend tryouts for skill assessment and group placement. Swimmers may not begin to practice with their designated group until all registration forms have been completed and all fees have been paid. Those who participated in the program this past season may register but only for the group with which they practiced with last season. No swimmer may change group assignments unless instructed to do so by a coach. Entry into advanced level groups is available by coach's invitation only. Please visit our team website at www.rmcswwimming.com Advanced Juniors: Age as of December 6. Entry by coach's invitation only. For swimmers ages 9-12 who have achieved a high level of proficiency in all four competitive strokes. The focus is on advanced stroke technique, training for competitions, goal setting and endurance training. Swim meet participation is required. Swimmers will be re-evaluated at various times of the season to ensure they are maintaining the standards of the group. Minimum practices required: 3/week Swimmers/Parents are required to sign a participation agreement which will be given out by the coaches. Last day to request a withdraw is February 28. Parents must volunteer to work at least 2 meet sessions for each child in the program every season. USA Swimming (USAS) Registration Requirement: In September 2022, USAS began requiring families to register their swimmers with USAS directly. Families will be emailed a unique registration code from RMSC. Once you receive this code you must immediately register with USAS. There is an additional fee, paid by the family, directly to USAS. Failure to do so will result in your swimmer(s) being withdrawn from the program. This is a yearly requirement. Minor Athlete Abuse Prevention Policy (MAAPP): USA Swimming member clubs are required to implement the MAAPP in full. The MAAPP must be reviewed, signed and submitted to RMSC on an annual basis. Safe Sport Education: Our goal, as a team, is to become a "Safe Sport Recognized" club by USAS. a. Parents – visit <https://learn.usaswimming.org/>, register and create a non-member account. Select/complete the Parent's Guide to Misconduct in Sport course b. Athletes - visit www.usaswimming.org/safe-sport/learn i. 12-17 years old complete the Safe Sport for Athletes ii. 18 years & older are REQUIRED to complete Safe Sport Training for Adult Athletes For more information on the MAAPP or Safe Sport visit: www.usaswimming.org/safe-sport or www.rmcswwimming.com/safesport

Germantown Indoor Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
09/10 - 07/25	Tu	6:30 pm - 7:45 pm	RMSC GISCA Advanced Juniors	\$ 2.00	9 - 12	R01020_101

Martin Luther King Jr Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
09/09 - 07/25	Mo	6:30 pm - 7:30 pm	RMSC MLK Advanced Juniors	\$ 2.00	9 - 12	R01020_103

Olney Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
09/09 - 07/25	Tu	5:30 pm - 7:15 pm	RMSC OSC Advanced Juniors	\$ 2.00	9 - 12	R01020_104

Silver Spring Recreation and Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
09/10 - 07/25	Tu	6:30 pm - 7:45 pm	RMSC KSAC Advanced Juniors	\$ 2.00	9 - 12	R01020_102

RMSC: Advanced Senior Group

RMSC is a year-round, United States of America Swimming (USAS) affiliated, age group and senior swim team. The team competes through Potomac Valley Swimming (PVS), which is our local swim committee (LSC) for USAS. RMSC offers a rewarding training and competitive experience to swimmers of all abilities and interest levels through a schedule of flexible practice times. Swimmers new to the program must attend tryouts for skill assessment and group placement. Swimmers may not begin to practice with their designated group until all registration forms have been completed and all fees have been paid. Those who participated in the program this past season may register but only for the group with which they practiced with last season. No swimmer may change group assignments unless instructed to do so by a coach. Entry into advanced level groups is available by coach's invitation only. Please visit our team website at www.rmcswwimming.com Advanced Seniors: Age as of December 6. Entry by coach's invitation only. For swimmers ages 13&over who have made a commitment to swimming. Emphasis is on stroke mechanics, conditioning, dryland training, goal setting and participation in required swim meets. Swimmers will be re-evaluated at various times of the season to ensure they are maintaining the standards of the group. Minimum practices required: 6/week, Sundays required. Swimmers/Parents are required to sign a participation agreement which will be given out by the coaches. Last day to request a withdraw is February 28. Parents must volunteer to work at least 2 meet sessions for each child in the program every season. USA Swimming (USAS) Registration Requirement: In September 2022, USAS began requiring families to register their swimmers with USAS directly. Families will be emailed a unique registration code from RMSC. Once you receive this code you must immediately register with USAS. There is an additional fee, paid by the family, directly to USAS. Failure to do so will result in your swimmer(s) being withdrawn from the program. This is a yearly requirement. Minor Athlete Abuse Prevention Policy (MAAPP): USA Swimming member clubs are required to implement the MAAPP in full. The MAAPP must be reviewed, signed and submitted to RMSC on an annual basis. Safe Sport Education: Our goal, as a team, is to become a "Safe Sport Recognized" club by USAS. a. Parents – visit <https://learn.usaswimming.org/>, register and create a non-member account. Select/complete the Parent's Guide to Misconduct in Sport course b. Athletes - visit www.usaswimming.org/safe-sport/learn i. 12-17 years old complete the Safe Sport for Athletes ii. 18 years & older are REQUIRED to complete Safe Sport Training for Adult Athletes For more information on the MAAPP or Safe Sport visit: www.usaswimming.org/safe-sport or www.rmcswwimming.com/safesport

Germantown Indoor Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
09/09 - 07/25	Mo	3:45 pm - 6:00 pm	RMSC GISC Advanced Seniors	\$ 3.00	13 - 18	R01025_101

Martin Luther King Jr Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
09/10 - 07/25	Tu	4:00 pm - 6:00 pm	RMSC MLK Advanced Seniors	\$ 3.00	13 - 18	R01025_103

Olney Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
09/09 - 07/25	Mo	4:45 am - 6:15 am	RMSC OSC Advanced Seniors	\$ 3.00	13 - 18	R01025_104

Silver Spring Recreation and Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
09/09 - 07/25	Mo	3:45 pm - 6:00 pm	RMSC KSAC Advanced Seniors	\$ 3.00	13 - 18	R01025_102

RMSC: Junior 1

RMSC is a year-round, United States of America Swimming (USAS) affiliated, age group and senior swim team. The team competes through Potomac Valley Swimming (PVS), which is our local swim committee (LSC) for USAS. RMSC offers a rewarding training and competitive experience to swimmers of all abilities and interest levels through a schedule of flexible practice times. Swimmers new to the program must attend tryouts for skill assessment and group placement. Below are the minimum qualifications used to determine possible group placement. Swimmers may not begin to practice with their designated group until all registration forms have been completed and all fees have been paid. Those who participated in the program this past season may register but only for the group with which they practiced with last season. No swimmer may change group assignments unless instructed to do so by a coach. Entry into advanced level groups is available by coach's invitation only. Please visit our team website at www.rmscswimming.com

Junior 1: Age as of December 6. 9-10 year olds - at a minimum, must swim two consecutive lengths of freestyle using good rhythmic breathing. In addition, swim one continuous full length of backstroke plus a working knowledge of the breaststroke and butterfly. 11-12 year olds - at a minimum, must swim two consecutive lengths of the pool, legally, in 3 of the 4 competitive strokes (freestyle, backstroke, breaststroke or butterfly). In addition, swimmers need a working knowledge of the 4th competitive stroke. Emphasis is on learning proper stroke technique, starts and turns. Participation in meets is highly recommended but not required. Recommended practice attendance: 2/week. In order to secure a space as a returning swimmer, one practice per week is required. Last day to request a withdraw is February 28. Parents must volunteer to work at least 2 meet sessions for each child in the program every season.

USA Swimming (USAS) Registration Requirement: In September 2022, USAS began requiring families to register their swimmers with USAS directly. Families will be emailed a unique registration code from RMSC. Once you receive this code you must immediately register with USAS. There is an additional fee, paid by the family, directly to USAS. Failure to do so will result in your swimmer(s) being withdrawn from the program. This is a yearly requirement.

Minor Athlete Abuse Prevention Policy (MAAPP): USA Swimming member clubs are required to implement the MAAPP in full. The MAAPP must be reviewed, signed and submitted to RMSC on an annual basis.

Safe Sport Education: Our goal, as a team, is to become a "Safe Sport Recognized" club by USAS.

a. Parents – visit <https://learn.usaswimming.org/>, register and create a non-member account. Select/complete the Parent's Guide to Misconduct in Sport course

b. Athletes - visit www.usaswimming.org/safe-sport/learn

i. 12-17 years old complete the Safe Sport for Athletes

ii. 18 years & older are REQUIRED to complete Safe Sport Training for Adult Athletes

For more information on the MAAPP or Safe Sport visit: www.usaswimming.org/safe-sport or www.rmscswimming.com/safesport

Martin Luther King Jr Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
09/10 - 05/23	Tu	6:00 pm - 7:30 pm	RMSC MLK Junior 1	\$ 1.00	9 - 12	R01021_103

Olney Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
09/09 - 05/23	Tu	6:15 pm - 7:15 pm	RMSC OSC Junior 1	\$ 1.00	9 - 12	R01021_104

RMSC: Junior 2

RMSC is a year-round, United States of America Swimming (USAS) affiliated, age group and senior swim team. The team competes through Potomac Valley Swimming (PVS), which is our local swim committee (LSC) for USAS. RMSC offers a rewarding training and competitive experience to swimmers of all abilities and interest levels through a schedule of flexible practice times. Swimmers new to the program must attend tryouts for skill assessment and group placement. Swimmers may not begin to practice with their designated group until all registration forms have been completed and all fees have been paid. Those who participated in the program this past season may register but only for the group with which they practiced with last season. No swimmer may change group assignments unless instructed to do so by a coach. Entry into advanced level groups is available by coach's invitation only. Please visit our team website at www.rmscswimming.com Junior 2: Age as of December 6. Entry by coach's invitation only. For swimmers ages 9-12 who have achieved proficient skill level in all four competitive strokes. Emphasis is on stroke technique, starts, turns and exposure to endurance training. Swim meet participation is required. Swimmers will be re-evaluated at various times of the season to ensure they are maintaining the standards of the group. Minimum practices required: 2/week Swimmers/Parents are required to sign a participation agreement which will be given out by the coaches. Last day to request a withdraw is February 28. Parents must volunteer to work at least 2 meet sessions for each child in the program every season. USA Swimming (USAS) Registration Requirement: In September 2022, USAS began requiring families to register their swimmers with USAS directly. Families will be emailed a unique registration code from RMSC. Once you receive this code you must immediately register with USAS. There is an additional fee, paid by the family, directly to USAS. Failure to do so will result in your swimmer(s) being withdrawn from the program. This is a yearly requirement. Minor Athlete Abuse Prevention Policy (MAAPP): USA Swimming member clubs are required to implement the MAAPP in full. The MAAPP must be reviewed, signed and submitted to RMSC on an annual basis. Safe Sport Education: Our goal, as a team, is to become a "Safe Sport Recognized" club by USAS. a. Parents – visit <https://learn.usaswimming.org/>, register and create a non-member account. Select/complete the Parent's Guide to Misconduct in Sport course b. Athletes - visit www.usaswimming.org/safe-sport/learn i. 12-17 years old complete the Safe Sport for Athletes ii. 18 years & older are REQUIRED to complete Safe Sport Training for Adult Athletes For more information on the MAAPP or Safe Sport visit: www.usaswimming.org/safe-sport or www.rmscswimming.com/safesport

Martin Luther King Jr Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
09/09 - 05/23	Mo	5:30 pm - 6:30 pm	RMSC MLK Junior 2	\$ 1.00	9 - 12	R01022_103

Olny Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
09/09 - 05/23	Mo	6:15 pm - 7:15 pm	RMSC OSC Junior 2	\$ 1.00	9 - 12	R01022_104

RMSC: Juniors

RMSC is a year-round, United States of America Swimming (USAS) affiliated, age group and senior swim team. The team competes through Potomac Valley Swimming (PVS), which is our local swim committee (LSC) for USAS. RMSC offers a rewarding training and competitive experience to swimmers of all abilities and interest levels through a schedule of flexible practice times. Swimmers new to the program must attend tryouts for skill assessment and group placement. Below are the minimum qualifications used to determine possible group placement. Swimmers may not begin to practice with their designated group until all registration forms have been completed and all fees have been paid. Those who participated in the program this past season may register but only for the group with which they practiced with last season. No swimmer may change group assignments unless instructed to do so by a coach. Entry into advanced level groups is available by coach's invitation only. Please visit our team website at www.rmcswwimming.com

Juniors: Age as of December 6. 9-10 year olds - at a minimum, must swim two consecutive lengths of freestyle using good rhythmic breathing. In addition, swim one continuous full length of backstroke plus a working knowledge of the breaststroke and butterfly. 11-12 year olds - at a minimum, must swim two consecutive lengths of the pool, legally, in 3 of the 4 competitive strokes (freestyle, backstroke, breaststroke or butterfly). In addition, swimmers need a working knowledge of the 4th competitive stroke. Emphasis is on learning proper stroke technique, starts and turns. Participation in meets is highly recommended but not required. Recommended practice attendance: 2/week. In order to secure a space as a returning swimmer, one practice per week is required. Last day to request a withdraw is February 28. Parents must volunteer to work at least 2 meet sessions for each child in the program every season.

USA Swimming (USAS) Registration Requirement: In September 2022, USAS began requiring families to register their swimmers with USAS directly. Families will be emailed a unique registration code from RMSC. Once you receive this code you must immediately register with USAS. There is an additional fee, paid by the family, directly to USAS. Failure to do so will result in your swimmer(s) being withdrawn from the program. This is a yearly requirement.

Minor Athlete Abuse Prevention Policy (MAAPP): USA Swimming member clubs are required to implement the MAAPP in full. The MAAPP must be reviewed, signed and submitted to RMSC on an annual basis.

Safe Sport Education: Our goal, as a team, is to become a "Safe Sport Recognized" club by USAS.

a. Parents – visit <https://learn.usaswimming.org/>, register and create a non-member account. Select/complete the Parent's Guide to Misconduct in Sport course

b. Athletes - visit www.usaswimming.org/safe-sport/learn

i. 12-17 years old complete the Safe Sport for Athletes

ii. 18 years & older are REQUIRED to complete Safe Sport Training for Adult Athletes

For more information on the MAAPP or Safe Sport visit: www.usaswimming.org/safe-sport or www.rmcswwimming.com/safesport

Germantown Indoor Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
09/09 - 05/23	Mo	6:15 pm - 7:15 pm	RMSC GISC Juniors	\$ 1.00	9 - 12	R01019_101

Silver Spring Recreation and Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
09/09 - 05/23	Mo	5:15 pm - 6:15 pm	RMSC KSAC Juniors	\$ 1.00	9 - 12	R01019_102

RMSC: National Development Group

RMSC is a year-round, United States of America Swimming (USAS) affiliated, age group and senior swim team. The team competes through Potomac Valley Swimming (PVS), which is our local swim committee (LSC) for USAS. RMSC offers a rewarding training and competitive experience to swimmers of all abilities and interest levels through a schedule of flexible practice times. Swimmers new to the program must attend tryouts for skill assessment and group placement. Swimmers may not begin to practice with their designated group until all registration forms have been completed and all fees have been paid.

Those who participated in the program this past season may register but only for the group with which they practiced with last season. No swimmer may change group assignments unless instructed to do so by a coach. Entry into advanced level groups is available by coach's invitation only. Please visit our team website at www.rmsscswimming.com National Developmental Group: Age as of December 6. Entry by coach's invitation only. For swimmers ages 11-14 (14-year old's who are in 9th grade are not eligible for this group) who have committed to upper-level swimming in the RMSC program as their primary activity. Emphasis is on stroke mechanics, conditioning and goal setting. Dryland training and swim meet participation is required. Swimmers will be re-evaluated at various times of the season to ensure they are maintaining the standards of the group. Minimum practices required: 5/week Swimmers/Parents are required to sign a participation agreement which will be given out by the coaches. Last day to request a withdraw is February 28. Parents must volunteer to work at least 2 meet sessions for each child in the program every season. USA Swimming (USAS) Registration Requirement: In September 2022, USAS began requiring families to register their swimmers with USAS directly. Families will be emailed a unique registration code from RMSC. Once you receive this code you must immediately register with USAS. There is an additional fee, paid by the family, directly to USAS. Failure to do so will result in your swimmer(s) being withdrawn from the program. This is a yearly requirement. Minor Athlete Abuse Prevention Policy (MAAPP): USA Swimming member clubs are required to implement the MAAPP in full. The MAAPP must be reviewed, signed and submitted to RMSC on an annual basis. Safe Sport Education: Our goal, as a team, is to become a "Safe Sport Recognized" club by USAS. a. Parents – visit <https://learn.usaswimming.org/>, register and create a non-member account. Select/complete the Parent's Guide to Misconduct in Sport course b. Athletes - visit www.usaswimming.org/safe-sport/learn i. 12-17 years old complete the Safe Sport for Athletes ii. 18 years & older are REQUIRED to complete Safe Sport Training for Adult Athletes For more information on the MAAPP or Safe Sport visit: www.usaswimming.org/safe-sport or www.rmsscswimming.com/safesport

Germantown Indoor Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
09/09 - 07/25	Mo	5:30 pm - 7:45 pm	RMSC GISC NDG	\$ 2.00	11 - 14	R01026_101

Martin Luther King Jr Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
09/09 - 07/25	Mo	4:30 pm - 6:30 pm	RMSC MLK NDG	\$ 2.00	11 - 14	R01026_103

Olney Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
09/09 - 07/25	Mo	4:45 pm - 7:15 pm	RMSC OSC NDG	\$ 2.00	11 - 14	R01026_104

Silver Spring Recreation and Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
09/09 - 07/25	Mo	6:15 pm - 8:00 pm	RMSC KSAC NDG	\$ 2.00	11 - 14	R01026_102

RMSC: National Training Group

RMSC is a year-round, United States of America Swimming (USAS) affiliated, age group and senior swim team. The team

competes through Potomac Valley Swimming (PVS), which is our local swim committee (LSC) for USAS. RMSC offers a rewarding training and competitive experience to swimmers of all abilities and interest levels through a schedule of flexible practice times. Swimmers new to the program must attend tryouts for skill assessment and group placement. Swimmers may not begin to practice with their designated group until all registration forms have been completed and all fees have been paid. Those who participated in the program this past season may register but only for the group with which they practiced with last season. No swimmer may change group assignments unless instructed to do so by a coach. Entry into advanced level groups is available by coach's invitation only. Please visit our team website at www.rmscswimming.com National Training Group: Age as of December 6. Entry by coach's invitation only. For swimmers ages 13 & over who have made a commitment to swimming as their primary activity. Athletes are expected to focus on qualification for and participation in the swim meets which lead to National level competition. Participation in dryland training is also required. Swimmers will be re-evaluated at various times of the season to ensure they are maintaining the standards of the group. Minimum practices required: 7/week Swimmers/Parents are required to sign a participation agreement which will be given out by the coaches. Last day to request a withdraw is February 28. Parents must volunteer to work at least 2 meet sessions for each child in the program every season. USA Swimming (USAS) Registration Requirement: In September 2022, USAS began requiring families to register their swimmers with USAS directly. Families will be emailed a unique registration code from RMSC. Once you receive this code you must immediately register with USAS. There is an additional fee, paid by the family, directly to USAS. Failure to do so will result in your swimmer(s) being withdrawn from the program. This is a yearly requirement. Minor Athlete Abuse Prevention Policy (MAAPP): USA Swimming member clubs are required to implement the MAAPP in full. The MAAPP must be reviewed, signed and submitted to RMSC on an annual basis. Safe Sport Education: Our goal, as a team, is to become a "Safe Sport Recognized" club by USAS. a. Parents – visit <https://learn.usaswimming.org/>, register and create a non-member account. Select/complete the Parent's Guide to Misconduct in Sport course b. Athletes - visit www.usaswimming.org/safe-sport/learn i. 12-17 years old complete the Safe Sport for Athletes ii. 18 years & older are REQUIRED to complete Safe Sport Training for Adult Athletes For more information on the MAAPP or Safe Sport visit: www.usaswimming.org/safe-sport or www.rmscswimming.com/safesport

Germantown Indoor Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
09/09 - 07/25	Mo	4:45 am - 6:15 am	RMSC GISC NTG	\$ 4.00	13 - 18	R01027_101

Martin Luther King Jr Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
09/09 - 07/25	Mo	4:45 am - 6:15 am	RMSC MLK NTG	\$ 4.00	13 - 18	R01027_103

Olney Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
09/09 - 07/25	Mo	4:45 am - 6:15 am	RMSC OSC NTG	\$ 4.00	13 - 18	R01027_104

Silver Spring Recreation and Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
09/09 - 07/25	Mo	4:45 am - 6:15 am	RMSC KSAC NTG	\$ 4.00	13 - 18	R01027_102

RMSC: Senior Training Group

RMSC is a year-round, United States of America Swimming (USAS) affiliated, age group and senior swim team. The team competes through Potomac Valley Swimming (PVS), which is our local swim committee (LSC) for USAS. RMSC offers a rewarding training and competitive experience to swimmers of all abilities and interest levels through a schedule of flexible practice times. Swimmers new to the program must attend tryouts for skill assessment and group placement. Swimmers may not begin to practice with their designated group until all registration forms have been completed and all fees have been paid. Those who participated in the program this past season may register but only for the group with which they practiced with last season. No swimmer may change group assignments unless instructed to do so by a coach. Entry into advanced level groups is available by coach's invitation only. Please visit our team website at www.rmcswwimming.com Senior Training Group: Age as of December 6. Entry by coach's invitation only. For swimmers ages 13-15 who have committed to upper-level swimming in the RMSC program as their primary activity. No later than the end of the sophomore year of high school (10th grade) swimmers will move to the next appropriate group. Emphasis is on stroke mechanics, conditioning and goal setting. Dryland training and swim meet participation is required. Swimmers will be re-evaluated at various times of the season to ensure they are maintaining the standards of the group. Minimum practices required: 5/week, Sundays required. Swimmers/Parents are required to sign a participation agreement which will be given out by the coaches. Last day to request a withdraw is February 28. Parents must volunteer to work at least 2 meet sessions for each child in the program every season. USA Swimming (USAS) Registration Requirement: In September 2022, USAS began requiring families to register their swimmers with USAS directly. Families will be emailed a unique registration code from RMSC. Once you receive this code you must immediately register with USAS. There is an additional fee, paid by the family, directly to USAS. Failure to do so will result in your swimmer(s) being withdrawn from the program. This is a yearly requirement. Minor Athlete Abuse Prevention Policy (MAAPP): USA Swimming member clubs are required to implement the MAAPP in full. The MAAPP must be reviewed, signed and submitted to RMSC on an annual basis. Safe Sport Education: Our goal, as a team, is to become a "Safe Sport Recognized" club by USAS. a. Parents – visit <https://learn.usaswimming.org/>, register and create a non-member account. Select/complete the Parent's Guide to Misconduct in Sport course b. Athletes - visit www.usaswimming.org/safe-sport/learn i. 12-17 years old complete the Safe Sport for Athletes ii. 18 years & older are REQUIRED to complete Safe Sport Training for Adult Athletes For more information on the MAAPP or Safe Sport visit: www.usaswimming.org/safe-sport or www.rmcswwimming.com/safesport

Silver Spring Recreation and Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
09/09 - 07/25	Mo	4:45 am - 6:15 am	RMSC KSAC STG	\$ 2.00	13 - 15	R01024_102

RMSC: Seniors - Option A

RMSC is a year-round, United States of America Swimming (USAS) affiliated, age group and senior swim team. The team competes through Potomac Valley Swimming (PVS), which is our local swim committee (LSC) for USAS. RMSC offers a rewarding training and competitive experience to swimmers of all abilities and interest levels through a schedule of flexible practice times. Swimmers new to the program must attend tryouts for skill assessment and group placement. Below are the minimum qualifications used to determine possible group placement. Swimmers may not begin to practice with their designated group until all registration forms have been completed and all fees have been paid. Those who participated in the program this past season may register but only for the group with which they practiced with last season. No swimmer may change group assignments unless instructed to do so by a coach. Entry into advanced level groups is available by coach's invitation only. Please visit our team website at www.rmcswwimming.com Seniors: Age as of December 6. Ages 13-18, at a minimum can swim two consecutive lengths of the pool, legally, in all 4 competitive strokes (freestyles, backstroke, breaststroke and butterfly). Swimmers should have summer swim team or high school competitive experience. Emphasis is on stroke technique,

conditioning and endurance training. Recommended practice attendance: 3/week. Swimmers may only attend practice days/times according to the Option (A or B) they registered for. In order to secure a space as a returning swimmer, one practice per week is required. Last day to request a withdraw is February 28. Parents must volunteer to work at least 2 meet sessions for each child in the program every season. USA Swimming (USAS) Registration Requirement: In September 2022, USAS began requiring families to register their swimmers with USAS directly. Families will be emailed a unique registration code from RMSC. Once you receive this code you must immediately register with USAS. There is an additional fee, paid by the family, directly to USAS. Failure to do so will result in your swimmer(s) being withdrawn from the program. This is a yearly requirement. Minor Athlete Abuse Prevention Policy (MAAPP): USA Swimming member clubs are required to implement the MAAPP in full. The MAAPP must be reviewed, signed and submitted to RMSC on an annual basis. Safe Sport Education: Our goal, as a team, is to become a "Safe Sport Recognized" club by USAS. a. Parents – visit <https://learn.usaswimming.org/>, register and create a non-member account. Select/complete the Parent's Guide to Misconduct in Sport course b. Athletes - visit www.usaswimming.org/safe-sport/learn i. 12-17 years old complete the Safe Sport for Athletes ii. 18 years & older are REQUIRED to complete Safe Sport Training for Adult Athletes For more information on the MAAPP or Safe Sport visit: www.usaswimming.org/safe-sport or www.rmscswimming.com/safesport

Germantown Indoor Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
09/10 - 05/23	Tu	4:45 am - 6:15 am	RMSC GISC Seniors - Option A	\$ 2.00	13 - 18	R01067_101

Martin Luther King Jr Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
09/09 - 05/23	Mo	6:30 pm - 7:30 pm	RMSC MLK Seniors - Option A	\$ 2.00	13 - 18	R01067_103

Olnsey Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
09/09 - 05/23	Mo	4:00 pm - 5:30 pm	RMSC OSC Seniors - Option A	\$ 2.00	13 - 18	R01067_104

Silver Spring Recreation and Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
09/09 - 05/23	Mo	4:45 am - 6:15 am	RMSC KSAC Seniors - Option A	\$ 2.00	13 - 18	R01067_102

RMSC: Seniors - Option B

RMSC is a year-round, United States of America Swimming (USAS) affiliated, age group and senior swim team. The team competes through Potomac Valley Swimming (PVS), which is our local swim committee (LSC) for USAS. RMSC offers a rewarding training and competitive experience to swimmers of all abilities and interest levels through a schedule of flexible practice times. Swimmers new to the program must attend tryouts for skill assessment and group placement. Below are the minimum qualifications used to determine possible group placement. Swimmers may not begin to practice with their designated group until all registration forms have been completed and all fees have been paid. Those who participated in the program this past season may register but only for the group with which they practiced with last season. No swimmer may change group

assignments unless instructed to do so by a coach. Entry into advanced level groups is available by coach's invitation only. Please visit our team website at www.rmsscswimming.com Seniors: Age as of December 6. Ages 13-18, at a minimum can swim two consecutive lengths of the pool, legally, in all 4 competitive strokes (freestyles, backstroke, breaststroke and butterfly). Swimmers should have summer swim team or high school competitive experience. Emphasis is on stroke technique, conditioning and endurance training. Recommended practice attendance: 3/week. Swimmers may only attend practice days/times according to the Option (A or B) they registered for. In order to secure a space as a returning swimmer, one practice per week is required. Last day to request a withdraw is February 28. Parents must volunteer to work at least 2 meet sessions for each child in the program every season. USA Swimming (USAS) Registration Requirement: In September 2022, USAS began requiring families to register their swimmers with USAS directly. Families will be emailed a unique registration code from RMSC. Once you receive this code you must immediately register with USAS. There is an additional fee, paid by the family, directly to USAS. Failure to do so will result in your swimmer(s) being withdrawn from the program. This is a yearly requirement. Minor Athlete Abuse Prevention Policy (MAAPP): USA Swimming member clubs are required to implement the MAAPP in full. The MAAPP must be reviewed, signed and submitted to RMSC on an annual basis. Safe Sport Education: Our goal, as a team, is to become a "Safe Sport Recognized" club by USAS. a. Parents – visit <https://learn.usaswimming.org/>, register and create a non-member account. Select/complete the Parent's Guide to Misconduct in Sport course b. Athletes - visit www.usaswimming.org/safe-sport/learn i. 12-17 years old complete the Safe Sport for Athletes ii. 18 years & older are REQUIRED to complete Safe Sport Training for Adult Athletes For more information on the MAAPP or Safe Sport visit: www.usaswimming.org/safe-sport or www.rmsscswimming.com/safesport

Germantown Indoor Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
09/09 - 05/23	Mo	7:15 pm - 8:15 pm	RMSC GISC Seniors - Option B	\$ 2.00	13 - 18	R01068_101

Martin Luther King Jr Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
09/10 - 05/23	Tu	6:30 pm - 7:30 pm	RMSC MLK Seniors - Option B	\$ 2.00	13 - 18	R01068_103

Olney Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
09/09 - 05/23	Tu	4:00 pm - 5:45 pm	RMSC OSC Seniors - Option B	\$ 2.00	13 - 18	R01068_104

Silver Spring Recreation and Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
09/10 - 05/23	Tu	3:15 pm - 5:15 pm	RMSC KSAC Seniors - Option B	\$ 2.00	13 - 18	R01068_102

RMSC: Seniors - Summer

RMSC is a year-round, United States of America Swimming (USAS) affiliated, age group and senior swim team. The team competes through Potomac Valley Swimming (PVS), which is our local swim committee (LSC) for USAS. RMSC offers a

rewarding training and competitive experience to swimmers of all abilities and interest levels through a schedule of flexible practice times. Swimmers new to the program must attend tryouts for skill assessment and group placement. Below are the minimum qualifications used to determine possible group placement. Swimmers may not begin to practice with their designated group until all registration forms have been completed and all fees have been paid. Those who participated in the program this past season may register but only for the group with which they practiced with last season. No swimmer may change group assignments unless instructed to do so by a coach. Entry into advanced level groups is available by coach's invitation only. Summer Seniors is not available as a stand-alone course option. Swimmers must be signed up for either Option A or B or Juniors (1, 2) during the season. Swimmers in Juniors must be 13 by the December age up date to participate in Summer Seniors. Please visit our team website at www.rmsscswimming.com Seniors: Age as of December 1. Ages 13-18, at a minimum can swim two consecutive lengths of the pool, legally, in all 4 competitive strokes (freestyles, backstroke, breaststroke and butterfly). Swimmers should have summer swim team or high school competitive experience. Emphasis is on stroke technique, conditioning and endurance training. The summer practice schedule for Seniors will change after Memorial Day weekend and then again after the end of the MCPS school year. Schedules will be given out by the coaches once they are confirmed in May. Practices will take place at the Olney Indoor Swim Center (OSC) and the Wheaton/Glenmont Outdoor Pool (WGOP). Recommended practice attendance: 3/week. Last day to request a withdraw is May 31. Parents must volunteer to work at least 2 meet sessions for each child in the program every season. USA Swimming (USAS) Registration Requirement: In September 2022, USAS began requiring families to register their swimmers with USAS directly. Families will be emailed a unique registration code from RMSC. Once you receive this code you must immediately register with USAS. There is an additional fee, paid by the family, directly to USAS. Failure to do so will result in your swimmer(s) being withdrawn from the program. This is a yearly requirement. Minor Athlete Abuse Prevention Policy (MAAPP): USA Swimming member clubs are required to implement the MAAPP in full. The MAAPP must be reviewed, signed and submitted to RMSC on an annual basis. Safe Sport Education: Our goal, as a team, is to become a "Safe Sport Recognized" club by USAS. a. Parents – visit <https://learn.usaswimming.org/>, register and create a non-member account. Select/complete the Parent's Guide to Misconduct in Sport course b. Athletes - visit www.usaswimming.org/safe-sport/learn i. 12-17 years old complete the Safe Sport for Athletes ii. 18 years & older are REQUIRED to complete Safe Sport Training for Adult Athletes For more information on the MAAPP or Safe Sport visit: www.usaswimming.org/safe-sport or www.rmsscswimming.com/safesport

Germantown Indoor Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
05/24 - 07/25	Mo	4:45 am - 6:15 am	RMSC GISC Seniors - Summer	\$ 450.00	13 - 18	R01023_101

Kennedy Shriver Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
05/24 - 07/25	Mo	4:45 am - 6:15 am	RMSC KSAC Seniors - Summer	\$ 450.00	13 - 18	R01023_102

Martin Luther King Jr Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
05/24 - 07/25	Mo	6:30 pm - 7:30 pm	RMSC MLK Seniors - Summer	\$ 450.00	13 - 18	R01023_103

Olney Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
05/24 - 07/25	Mo	3:30 pm - 5:00 pm	RMSC OSC Seniors - Summer	\$ 450.00	13 - 18	R01023_104

Water Fitness (Aquatics)

Aqua Fit

Aqua Fit is an overall, cardio, toning, muscle conditioning class, which incorporates stretching and range of motion exercise performed in chest depth water. This is a great class for all ages and fitness levels.

Martin Luther King Jr Outdoor Pool

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/17 - 08/12	Tu	10:00 am - 10:50 am	AQUA FIT	\$ 63.00	12+	R01085_578

Silver Spring Recreation and Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/10 - 06/02	Mo	1:00 pm - 1:50 pm	AQUA FIT	\$ 77.00	12+	R01085_3502
03/11 - 06/03	Tu	6:00 pm - 6:50 pm	AQUA FIT	\$ 84.00	12+	R01085_3500
03/12 - 06/04	We	1:00 pm - 1:50 pm	AQUA FIT	\$ 84.00	12+	R01085_3503
03/14 - 06/06	Fr	11:00 am - 11:50 am	AQUA FIT	\$ 84.00	12+	R01085_3501
06/16 - 08/25	Mo	1:00 pm - 1:50 pm	AQUA FIT	\$ 77.00	12+	R01085_5502
06/17 - 08/26	Tu	6:00 pm - 6:50 pm	AQUA FIT	\$ 77.00	12+	R01085_5500
06/18 - 08/27	We	1:00 pm - 1:50 pm	AQUA FIT	\$ 77.00	12+	R01085_5503
06/20 - 08/29	Fr	11:00 am - 11:50 am	AQUA FIT	\$ 70.00	12+	R01085_5501

Water Fitness: Aqua Lite

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.

Olney Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/10 - 06/02	Mo	10:00 am - 10:50 am	Water Fitness: Aqua Lite	\$ 77.00		R01005_303
03/12 - 06/04	We	10:00 am - 10:50 am	Water Fitness: Aqua Lite	\$ 84.00		R01005_304
03/14 - 06/06	Fr	10:00 am - 10:50 am	Water Fitness: Aqua Lite	\$ 84.00		R01005_305
06/16 - 08/25	Mo	10:00 am - 10:50 am	Aqua Lite	\$ 63.00	12+	R01005_503
06/18 - 08/27	We	10:00 am - 10:50 am	Aqua Lite	\$ 63.00	12+	R01005_504
06/20 - 08/29	Fr	10:00 am - 10:50 am	Aqua Lite	\$ 56.00	12+	R01005_505

Silver Spring Recreation and Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/10 - 06/02	Mo	11:00 am - 11:50 am	Aqua Lite	\$ 77.00		R01005_3501
03/12 - 06/04	We	11:00 am - 11:50 am	Aqua Lite	\$ 84.00		R01005_3500
03/13 - 06/05	Th	8:00 am - 8:50 am	Aqua Lite	\$ 84.00		R01005_3503
06/16 - 08/25	Mo	11:00 am - 11:50 am	Aqua Lite	\$ 77.00	12+	R01005_5501
06/18 - 08/27	We	11:00 am - 11:50 am	Aqua Lite	\$ 77.00	12+	R01005_5500

Water Fitness: Aqua Spin

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.

Germantown Indoor Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/11 - 06/03	Tu	8:00 am - 8:50 am	Aqua Spin	\$ 120.00	12+	R01006_313
03/13 - 06/05	Th	8:00 am - 8:50 am	Aqua Spin	\$ 120.00	12+	R01006_314
06/17 - 08/12	Tu	8:00 am - 8:50 am	Aqua Spin	\$ 90.00	12+	R01006_517
06/26 - 08/14	Th	8:00 am - 8:50 am	Aqua Spin	\$ 80.00	12+	R01006_518

Martin Luther King Jr Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/08 - 06/07	Sa	8:10 am - 9:00 am	Aqua Spin	\$ 120.00	12+	R01006_316
03/08 - 06/07	Sa	6:10 pm - 7:00 pm	Aqua Spin	\$ 120.00	12+	R01006_308
03/11 - 06/03	Tu	7:30 am - 8:20 am	Aqua Spin	\$ 120.00	12+	R01006_315
03/11 - 06/03	Tu	11:00 am - 11:50 am	Aqua Spin	\$ 120.00	12+	R01006_311
03/13 - 06/05	Th	11:00 am - 11:50 am	Aqua Spin	\$ 120.00	12+	R01006_306
03/13 - 06/05	Th	8:30 pm - 9:20 pm	Aqua Spin	\$ 120.00	12+	R01006_312
03/14 - 06/06	Fr	7:30 am - 8:20 am	Aqua Spin	\$ 120.00	12+	R01006_309
03/14 - 06/06	Fr	7:30 pm - 8:20 pm	Aqua Spin	\$ 120.00	12+	R01006_310
03/19 - 06/04	We	9:00 am - 9:50 am	Aqua Spin	\$ 110.00	12+	R01006_307
06/16 - 08/25	Mo	7:00 pm - 7:50 pm	Aqua Spin	\$ 90.00	12+	R01006_508
06/17 - 08/26	Tu	7:30 am - 8:20 am	Aqua Spin	\$ 90.00	12+	R01006_509
06/17 - 08/26	Tu	11:10 am - 12:00 pm	Aqua Spin	\$ 90.00	12+	R01006_510
06/18 - 08/27	We	9:00 am - 9:50 am	Aqua Spin	\$ 90.00	12+	R01006_511
06/20 - 08/29	Fr	7:30 am - 8:20 am	Aqua Spin	\$ 80.00	12+	R01006_514
06/20 - 08/29	Fr	7:00 pm - 7:50 pm	Aqua Spin	\$ 80.00	12+	R01006_515
06/21 - 08/30	Sa	8:00 am - 8:50 am	Aqua Spin	\$ 90.00	12+	R01006_516
06/26 - 08/28	Th	11:10 am - 12:00 pm	Aqua Spin	\$ 80.00	12+	R01006_512
06/26 - 08/28	Th	7:00 pm - 7:50 pm	Aqua Spin	\$ 80.00	12+	R01006_513

Silver Spring Recreation and Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/08 - 06/07	Sa	9:10 am - 10:00 am	Aqua Spin	\$ 120.00	3+	R01006_3506
03/10 - 06/02	Mo	7:30 pm - 8:20 pm	Aqua Spin	\$ 110.00	3+	R01006_3500
03/11 - 06/03	Tu	12:30 pm - 1:20 pm	Aqua Spin	\$ 120.00	3+	R01006_3501
03/12 - 06/04	We	7:30 pm - 8:20 pm	Aqua Spin	\$ 120.00	3+	R01006_3502
03/13 - 06/05	Th	9:00 am - 9:50 am	Aqua Spin	\$ 120.00	3+	R01006_3503
03/13 - 06/05	Th	12:30 pm - 1:20 pm	Aqua Spin	\$ 120.00	3+	R01006_3504
03/14 - 06/06	Fr	12:30 pm - 1:20 pm	Aqua Spin	\$ 120.00	3+	R01006_3505
06/16 - 08/25	Mo	7:30 pm - 8:20 pm	Aqua Spin	\$ 110.00	12+	R01006_5500
06/17 - 08/26	Tu	12:30 pm - 1:20 pm	Aqua Spin	\$ 110.00	12+	R01006_5501
06/18 - 08/27	We	7:30 pm - 8:20 pm	Aqua Spin	\$ 110.00	12+	R01006_5502
06/20 - 08/29	Fr	12:30 pm - 1:20 pm	Aqua Spin	\$ 100.00	12+	R01006_5505
06/21 - 08/23	Sa	9:10 am - 10:00 am	Aqua Spin	\$ 100.00	12+	R01006_5506
06/26 - 08/28	Th	9:00 am - 9:50 am	Aqua Spin	\$ 100.00	12+	R01006_5503

Water Fitness: Aqua Yo-Lates

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.

Martin Luther King Jr Outdoor Pool

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/20 - 08/15	Fr	10:00 am - 10:50 am	Aqua YO-Lates	\$ 56.00	12+	R01007_501

Martin Luther King Jr Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/14 - 06/06	Fr	10:00 am - 10:50 am	Aqua Yo-Lates	\$ 84.00	-	R01007_301

Silver Spring Recreation and Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/11 - 06/03	Tu	11:00 am - 11:50 am	Aqua Yo-Lates	\$ 84.00	+	R01007_3500
06/17 - 08/26	Tu	11:00 am - 11:50 am	Aqua Yo-Lates	\$ 77.00	12+	R01007_5500

Water Fitness: Deep Water Running

Running in deep water is an ideal cardiovascular exercise with no weight-bearing stress. This exercise is beneficial for cross training and rehabilitating. Deep water belt is required and can be purchased for \$20.

Bethesda Outdoor Pool

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/15 - 08/10	Su	8:00 am - 8:50 am	Deep Water Running	\$ 63.00	12+	R01008_534
06/16 - 08/11	Mo	8:00 pm - 8:50 pm	Deep Water Running	\$ 63.00	12+	R01008_532
06/18 - 08/13	We	8:00 pm - 8:50 pm	Deep Water Running	\$ 63.00	12+	R01008_533

Germantown Indoor Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/08 - 06/07	Sa	10:00 am - 10:50 am	Deep Water Running	\$ 77.00	12+	R01008_333
03/10 - 06/02	Mo	10:00 am - 10:50 am	Deep Water Running	\$ 77.00	12+	R01008_308
03/10 - 06/02	Mo	7:50 pm - 8:40 pm	Deep Water Running	\$ 77.00	12+	R01008_311
03/11 - 06/03	Tu	10:00 am - 10:50 am	Deep Water Running	\$ 84.00	12+	R01008_307
03/12 - 06/04	We	10:30 am - 11:20 am	Deep Water Running	\$ 84.00	12+	R01008_309
03/13 - 06/05	Th	10:00 am - 10:50 am	Deep Water Running	\$ 84.00	12+	R01008_310
06/16 - 08/11	Mo	10:00 am - 10:50 am	Deep Water Running	\$ 63.00	12+	R01008_506
06/16 - 08/11	Mo	7:10 pm - 8:00 pm	Deep Water Running	\$ 63.00	12+	R01008_507
06/17 - 08/12	Tu	10:00 am - 10:50 am	Deep Water Running	\$ 63.00	12+	R01008_508
06/18 - 08/13	We	10:30 am - 11:20 am	Deep Water Running	\$ 63.00	12+	R01008_509
06/21 - 08/09	Sa	10:00 am - 10:50 am	Deep Water Running	\$ 56.00	12+	R01008_511
06/26 - 08/14	Th	10:00 am - 10:50 am	Deep Water Running	\$ 56.00	12+	R01008_510

Martin Luther King Jr Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/08 - 06/07	Sa	9:00 am - 9:50 am	Deep Water Running	\$ 84.00	12+	R01008_330
03/10 - 06/02	Mo	12:00 pm - 12:50 pm	Deep Water Running	\$ 77.00	12+	R01008_323
03/11 - 06/03	Tu	9:00 am - 9:50 am	Deep Water Running	\$ 84.00	12+	R01008_324
03/11 - 06/03	Tu	7:30 pm - 8:20 pm	Deep Water Running	\$ 84.00	12+	R01008_327
03/12 - 06/04	We	12:00 pm - 12:50 pm	Deep Water Running	\$ 84.00	12+	R01008_329
03/13 - 06/05	Th	7:30 am - 8:20 am	Deep Water Running	\$ 84.00	12+	R01008_325
03/13 - 06/05	Th	7:30 pm - 8:20 pm	Deep Water Running	\$ 84.00	12+	R01008_326
03/14 - 06/06	Fr	11:00 am - 11:50 am	Deep Water Running	\$ 84.00	12+	R01008_328
06/16 - 08/25	Mo	12:00 pm - 12:50 pm	Deep Water Running	\$ 63.00	12+	R01008_512
06/17 - 08/26	Tu	9:00 am - 9:50 am	Deep Water Running	\$ 63.00	12+	R01008_513
06/17 - 08/26	Tu	7:00 pm - 7:50 pm	Deep Water Running	\$ 63.00	12+	R01008_514
06/18 - 08/27	We	12:00 pm - 12:50 pm	Deep Water Running	\$ 63.00	12+	R01008_515
06/20 - 08/29	Fr	11:10 am - 12:00 pm	Deep Water Running	\$ 56.00	12+	R01008_518
06/21 - 08/30	Sa	9:00 am - 9:50 am	Deep Water Running	\$ 63.00	12+	R01008_519
06/26 - 08/28	Th	7:30 am - 8:20 am	Deep Water Running	\$ 56.00	12+	R01008_516

Olney Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/10 - 06/02	Mo	11:00 am - 11:50 am	Deep Water Running	\$ 77.00	12+	R01008_331
03/10 - 06/02	Mo	7:20 pm - 8:10 pm	Deep Water Running	\$ 77.00	12+	R01008_312
03/11 - 06/03	Tu	8:30 am - 9:20 am	Deep Water Running	\$ 84.00	12+	R01008_313
03/11 - 06/03	Tu	10:30 am - 11:20 am	Deep Water Running	\$ 84.00	12+	R01008_314
03/12 - 06/04	We	6:30 am - 7:20 am	Deep Water Running	\$ 84.00	12+	R01008_321
03/12 - 06/04	We	7:20 pm - 8:10 pm	Deep Water Running	\$ 84.00	12+	R01008_316
03/13 - 06/05	Th	9:00 am - 9:50 am	Deep Water Running	\$ 84.00	12+	R01008_317
03/13 - 06/05	Th	11:00 am - 11:50 am	Deep Water Running	\$ 84.00	12+	R01008_318
03/14 - 06/06	Fr	6:30 am - 7:20 am	Deep Water Running	\$ 84.00	12+	R01008_322
03/14 - 06/06	Fr	6:20 pm - 7:10 pm	Deep Water Running	\$ 84.00	12+	R01008_320
03/15 - 06/07	Sa	9:05 am - 9:55 am	Deep Water Running	\$ 77.00	12+	R01008_332
06/16 - 08/25	Mo	11:00 am - 11:50 am	Deep Water Running	\$ 63.00	12+	R01008_520
06/16 - 08/25	Mo	7:20 pm - 8:10 pm	Deep Water Running	\$ 63.00	12+	R01008_521
06/17 - 08/26	Tu	8:30 am - 9:20 am	Deep Water Running	\$ 63.00	12+	R01008_522
06/17 - 08/26	Tu	10:30 am - 11:20 am	Deep Water Running	\$ 63.00	12+	R01008_523
06/18 - 08/27	We	6:30 am - 7:20 am	Deep Water Running	\$ 63.00	12+	R01008_524
06/18 - 08/27	We	7:20 pm - 8:10 pm	Deep Water Running	\$ 63.00	12+	R01008_525
06/20 - 08/29	Fr	6:30 am - 7:20 am	Deep Water Running	\$ 56.00	12+	R01008_529
06/20 - 08/29	Fr	6:20 pm - 7:10 pm	Deep Water Running	\$ 56.00	12+	R01008_535
06/21 - 08/30	Sa	9:05 am - 9:55 am	Deep Water Running	\$ 63.00	12+	R01008_531
06/26 - 08/28	Th	9:00 am - 9:50 am	Deep Water Running	\$ 56.00	12+	R01008_526
06/26 - 08/28	Th	11:00 am - 11:50 am	Deep Water Running	\$ 56.00	12+	R01008_527

Silver Spring Recreation and Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/08 - 06/07	Sa	10:10 am - 11:00 am	Deep Water Running	\$ 84.00		R01008_3505
03/09 - 06/01	Su	11:10 am - 12:00 pm	Deep Water Running	\$ 77.00		R01008_3506
03/10 - 06/02	Mo	10:00 am - 10:50 am	Deep Water Running	\$ 77.00	12+	R01008_3508
03/11 - 06/03	Tu	10:00 am - 10:50 am	Deep Water Running	\$ 84.00		R01008_3501
03/11 - 06/03	Tu	7:05 pm - 7:55 pm	Deep Water Running	\$ 84.00		R01008_3500
03/13 - 06/05	Th	10:00 am - 10:50 am	Deep Water Running	\$ 84.00		R01008_3503
03/13 - 06/05	Th	7:15 pm - 8:05 pm	Deep Water Running	\$ 84.00		R01008_3502
03/14 - 06/06	Fr	9:00 am - 9:50 am	Deep Water Running	\$ 84.00		R01008_3504
06/15 - 08/24	Su	11:10 am - 12:00 pm	Deep Water Running	\$ 77.00	12+	R01008_5506
06/16 - 08/25	Mo	10:00 am - 10:50 am	Deep Water Running	\$ 77.00	12+	R01008_5508
06/17 - 08/26	Tu	10:00 am - 10:50 am	Deep Water Running	\$ 77.00	12+	R01008_5501
06/17 - 08/26	Tu	7:05 pm - 7:55 pm	Deep Water Running	\$ 77.00	12+	R01008_5500
06/20 - 08/29	Fr	9:00 am - 9:50 am	Deep Water Running	\$ 70.00	12+	R01008_5504
06/21 - 08/23	Sa	10:10 am - 11:00 am	Deep Water Running	\$ 70.00	12+	R01008_5505
06/26 - 08/28	Th	10:00 am - 10:50 am	Deep Water Running	\$ 70.00	12+	R01008_5503
06/26 - 08/28	Th	7:15 pm - 8:05 pm	Deep Water Running	\$ 70.00	12+	R01008_5502

Wheaton-Glenmont Outdoor Pool

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/17 - 07/08	Tu, Th	10:20 am - 11:10 am	Deep Water Running	\$ 42.00	12+	R01008_5398

Water Fitness: Hi/Lo Cardio Fusion

A unique class that gives you a cardio workout with a blend of Yoga and Pilates exercises infused into the workout.

Silver Spring Recreation and Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/14 - 06/06	Fr	10:00 am - 10:50 am	Hi/Lo Cardio Fusion	\$ 84.00		R01009_3500
06/20 - 08/29	Fr	10:00 am - 10:50 am	Hi/Lo Cardio Fusion	\$ 70.00	12+	R01009_5500

Water Fitness: Water Aerobics

This fast-paced, shallow-water aerobics class uses water to cushion feet, knees and back, with an emphasis on cardiovascular conditioning.

Bethesda Outdoor Pool

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/17 - 08/12	Tu	11:30 am - 12:20 pm	Water Aerobics	\$ 63.00	12+	R01010_501
06/26 - 08/14	Th	11:30 am - 12:20 pm	Water Aerobics	\$ 56.00	12+	R01010_502

Germantown Indoor Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/12 - 06/04	We	9:30 am - 10:20 am	Water Aerobics	\$ 84.00		R01010_300
03/13 - 06/05	Th	7:50 pm - 8:40 pm	Water Aerobics	\$ 84.00		R01010_308
06/18 - 08/13	We	9:30 am - 10:20 am	Water Aerobics	\$ 63.00	12+	R01010_508
06/26 - 08/14	Th	7:10 pm - 8:00 pm	Water Aerobics	\$ 56.00	12+	R01010_503

Olney Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/11 - 06/03	Tu	9:30 am - 10:20 am	Water Aerobics	\$ 84.00	-	R01010_302
03/11 - 06/03	Tu	7:20 pm - 8:10 pm	Water Aerobics	\$ 84.00	-	R01010_303
03/13 - 06/05	Th	10:00 am - 10:50 am	Water Aerobics	\$ 84.00	-	R01010_304
03/13 - 06/05	Th	7:20 pm - 8:10 pm	Water Aerobics	\$ 84.00	-	R01010_305
06/17 - 08/26	Tu	9:30 am - 10:20 am	Water Aerobics	\$ 63.00	12+	R01010_504
06/17 - 08/26	Tu	7:20 pm - 8:10 pm	Water Aerobics	\$ 63.00	12+	R01010_505
06/26 - 08/28	Th	10:00 am - 10:50 am	Water Aerobics	\$ 56.00	12+	R01010_506
06/26 - 08/28	Th	7:20 pm - 8:10 pm	Water Aerobics	\$ 56.00	12+	R01010_507

Water Fitness: Water Exercise

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.

Martin Luther King Jr Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/10 - 06/02	Mo	9:00 am - 9:50 am	Water Exercise	\$ 77.00	12+	R01011_308
06/16 - 08/25	Mo	9:00 am - 9:50 am	Water Exercise	\$ 63.00	12+	R01011_504

Olney Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/10 - 06/02	Mo	9:00 am - 9:50 am	Water Exercise	\$ 77.00	12+	R01011_305
03/12 - 06/04	We	9:00 am - 9:50 am	Water Exercise	\$ 84.00	12+	R01011_306
03/14 - 06/06	Fr	9:00 am - 9:50 am	Water Exercise	\$ 84.00	12+	R01011_307
06/16 - 08/25	Mo	9:00 am - 9:50 am	Water Exercise	\$ 63.00	12+	R01011_501
06/18 - 08/27	We	9:00 am - 9:50 am	Water Exercise	\$ 63.00	12+	R01011_502
06/20 - 08/29	Fr	9:00 am - 9:50 am	Water Exercise	\$ 56.00	12+	R01011_508

Silver Spring Recreation and Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/13 - 06/05	Th	6:00 pm - 6:50 pm	Water Exercise	\$ 84.00	12+	R01011_3501
06/17 - 08/26	Tu	9:00 am - 9:50 am	Water Exercise	\$ 77.00	12+	R01011_5502
06/26 - 08/28	Th	6:00 pm - 6:50 pm	Water Exercise	\$ 70.00	12+	R01011_5501

Water Fitness: Abs & Glutes & More

Shallow water aerobics class with high energy packed with power that will sculpt your abs, glutes, and more.

Martin Luther King Jr Outdoor Pool

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/16 - 08/11	Mo	10:10 am - 11:00 am	Abs & Glutes & More	\$ 63.00	12+	R01001_505
06/18 - 08/13	We	10:10 am - 11:00 am	Abs & Glutes & More	\$ 63.00	12+	R01001_506

Martin Luther King Jr Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/10 - 06/02	Mo	10:00 am - 10:50 am	Water Fitness: Abs & Glutes & More	\$ 77.00	12+	R01001_303
03/19 - 06/04	We	10:00 am - 10:50 am	Water Fitness: Abs & Glutes & More	\$ 77.00	12+	R01001_304

Silver Spring Recreation and Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/13 - 06/05	Th	11:00 am - 11:50 am	Abs & Glutes & More	\$ 84.00	12+	R01001_3500
06/26 - 08/28	Th	11:00 am - 11:50 am	Abs & Glutes & More	\$ 70.00	12+	R01001_5500

Wheaton-Glenmont Outdoor Pool

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/22 - 05/22	Tu, Th	5:30 pm - 6:20 pm	Abs & Glutes & More	\$ 70.00	12+	R01001_3001

Water Fitness: Against the Current

A power water walking class that walks against the current in the OUTDOOR lazy river. Lo-impact with high intensity that will sculpt the inches. Shoes are a must, gloves are recommended and can be purchased from instructor. Various equipment will be provided for upper body strength training.

Martin Luther King Jr Outdoor Pool

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/15 - 08/10	Su	10:00 am - 10:50 am	Against the Current	\$ 90.00	12+	R01002_501
06/16 - 08/11	Mo	9:00 am - 9:50 am	Against the Current	\$ 90.00	12+	R01002_502
06/16 - 08/11	Mo	8:10 pm - 9:00 pm	Against the Current	\$ 90.00	12+	R01002_503
06/17 - 08/12	Tu	9:00 am - 9:50 am	Against the Current	\$ 90.00	12+	R01002_504
06/17 - 08/12	Tu	8:10 pm - 9:00 pm	Against the Current	\$ 90.00	12+	R01002_505
06/18 - 08/13	We	9:00 am - 9:50 am	Against the Current	\$ 90.00	12+	R01002_506
06/18 - 08/13	We	8:10 pm - 9:00 pm	Against the Current	\$ 90.00	12+	R01002_507
06/21 - 08/16	Sa	10:00 am - 10:50 am	Against the Current	\$ 90.00	12+	R01002_510
06/26 - 08/14	Th	9:00 am - 9:50 am	Against the Current	\$ 80.00	12+	R01002_508
06/26 - 08/14	Th	8:10 pm - 9:00 pm	Against the Current	\$ 80.00	12+	R01002_509

Water Fitness: Aqua Cardio Challenge

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.

Martin Luther King Jr Outdoor Pool

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/20 - 08/15	Fr	9:00 am - 9:50 am	Aqua Cardio Challenge	\$ 56.00	12+	R01004_504

Martin Luther King Jr Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/09 - 06/01	Su	4:00 pm - 4:50 pm	Water Fitness: Aqua Cardio Challenge	\$ 77.00	•	R01004_302
03/11 - 06/03	Tu	8:30 pm - 9:20 pm	Water Fitness: Aqua Cardio Challenge	\$ 84.00	•	R01004_301
03/14 - 06/06	Fr	9:00 am - 9:50 am	Water Fitness: Aqua Cardio Challenge	\$ 84.00	•	R01004_303
06/18 - 08/27	We	7:00 pm - 7:50 pm	Aqua Cardio Challenge	\$ 63.00	12+	R01004_503

Water Fitness: Aqua Cardio Dance

This workout integrates dance and exercise! Aqua Dance adds all of the benefits of aquatic exercise to these popular high-energy dance workouts.

Martin Luther King Jr Outdoor Pool

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/26 - 08/14	Th	10:00 am - 10:50 am	Aqua Cardio Dance	\$ 56.00	12+	R01003_502

Martin Luther King Jr Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/11 - 06/03	Tu	10:00 am - 10:50 am	Water Fitness: Aqua Cardio Dance	\$ 84.00	12+	R01003_303
03/13 - 06/05	Th	10:00 am - 10:50 am	Water Fitness: Aqua Cardio Dance	\$ 84.00	12+	R01003_304

Olney Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/16 - 06/01	Su	9:05 am - 9:55 am	Water Fitness: Aqua Cardio Dance	\$ 70.00	12+	R01003_302
06/15 - 08/03	Su	9:05 am - 9:55 am	Aqua Cardio Dance	\$ 56.00	12+	R01003_503

Silver Spring Recreation and Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/11 - 06/03	Tu	9:00 am - 9:50 am	Aqua Cardio Dance	\$ 84.00	12+	R01003_3503
03/12 - 06/04	We	10:00 am - 10:50 am	Aqua Cardio Dance	\$ 84.00	12+	R01003_3501
06/18 - 08/27	We	10:00 am - 10:50 am	Aqua Cardio Dance	\$ 77.00	12+	R01003_5501

Youth Swim Lessons (Aquatics)

Advanced Swim Lessons

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

Martin Luther King Jr Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/27 - 06/08	Su	10:40 am - 11:15 am	Advanced Swim Lessons	\$ 90.00	7 - 13	R01057_316
04/27 - 06/08	Su	11:20 am - 11:55 am	Advanced Lessons	\$ 90.00	-	R01057_315
05/01 - 06/05	Th	7:20 pm - 7:55 pm	Advanced Swim Lessons	\$ 90.00	-	R01057_321

Olney Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/22 - 05/27	Tu	7:20 pm - 7:55 pm	Advanced Swim Lessons	\$ 90.00	-	R01057_322
04/27 - 06/01	Su	10:40 am - 11:15 am	Advanced Swim Lessons	\$ 90.00	7 - 13	R01057_313
04/27 - 06/01	Su	11:20 am - 11:55 am	Advanced Swim Lessons	\$ 90.00	-	R01057_320

Silver Spring Recreation and Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/21 - 06/02	Mo	4:40 pm - 5:15 pm	Advanced Swim Lessons	\$ 90.00	7 - 13	R01057_3502
04/21 - 06/02	Mo	5:20 pm - 5:55 pm	Advanced Lessons	\$ 90.00	7 - 13	R01057_3503

Youth Level 3 Swim Lessons

This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of five yards. Please read the course descriptions carefully. Select the course level for which the student has mastered all prerequisite skills. By choosing the appropriate level, the student will be more likely to succeed. Please check all course dates to determine which class will best accommodate their needs. THERE ARE NO MAKE-UPS OR REFUNDS FOR MISSED CLASSES. Course meet for six 30-minute sessions. Class size is limited to eight students. Screening is available to evaluate the student's abilities at each pool if you are unsure of which class to register for. Call the pool of your choice and speak with the lesson supervisor for evaluation dates and times (bring a swimsuit and towel).

Bethesda Outdoor Pool

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/28 - 08/02	Sa	10:20 am - 10:50 am	Youth Level 3	\$ 66.00	7 - 13	R01047_506
06/29 - 08/03	Su	10:20 am - 10:50 am	Youth Level 3	\$ 66.00	7 - 13	R01047_507
07/01 - 07/10	Tu, We, Th	10:20 am - 10:50 am	Youth Level 3	\$ 66.00	7 - 13	R01047_510

Germantown Indoor Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/23 - 05/28	We	5:40 pm - 6:10 pm	Youth Level 3	\$ 66.00	7 - 13	R01047_331
06/21 - 07/26	Sa	9:00 am - 9:30 am	Youth Level 3	\$ 66.00	7 - 13	R01047_531
06/23 - 07/28	Mo	7:00 pm - 7:30 pm	Youth Level 3	\$ 66.00	7 - 13	R01047_530

Germantown Outdoor Pool

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/24 - 07/03	Tu, We, Th	10:20 am - 10:50 am	Youth Level 3	\$ 66.00	7 - 13	R01047_532
07/22 - 07/31	Tu, We, Th	10:20 am - 10:50 am	Youth Level 3	\$ 66.00	7 - 13	R01047_533
08/05 - 08/14	Tu, We, Th	10:20 am - 10:50 am	Youth Level 3	\$ 66.00	7 - 13	R01047_534

Long Branch Outdoor Pool

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/22 - 08/03	Su	10:20 am - 10:50 am	Youth Level 3	\$ 66.00	7 - 13	R01047_584
07/22 - 07/31	Tu, We, Th	9:00 am - 9:30 am	Youth Level 3	\$ 66.00	7 - 13	R01047_583

Martin Luther King Jr Outdoor Pool

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/15 - 07/20	Su	10:20 am - 10:50 am	Youth Level 3	\$ 66.00	7 - 13	R01047_585

Martin Luther King Jr Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/27 - 06/08	Su	10:40 am - 11:10 am	Youth Level 3	\$ 66.00	7 - 13	R01047_384
04/28 - 06/09	Mo	6:50 pm - 7:20 pm	Youth Level 3	\$ 66.00	7 - 13	R01047_385
04/29 - 06/03	Tu	8:50 pm - 9:20 pm	Youth Level 3	\$ 66.00	7 - 13	R01047_386
05/01 - 06/05	Th	8:10 pm - 8:40 pm	Youth Level 3	\$ 66.00	7 - 13	R01047_387
06/14 - 07/19	Sa	9:40 am - 10:10 am	Youth Level 3	\$ 66.00	7 - 13	R01047_582
06/16 - 07/02	Mo, We	9:00 am - 9:30 am	Youth Level 3	\$ 66.00	7 - 13	R01047_578
06/17 - 07/22	Tu	7:40 pm - 8:10 pm	Youth Level 3	\$ 66.00	7 - 13	R01047_580
06/26 - 07/31	Th	7:00 pm - 7:30 pm	Youth Level 3	\$ 66.00	7 - 13	R01047_581
07/14e 07/30	Mo, We	9:00 am - 9:30 am	Youth Level 3	\$ 66.00	7 - 13	R01047_579

Olney Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/26 - 05/31	Sa	11:40 am - 12:10 pm	Youth Level 3	\$ 66.00	7 - 13	R01047_353
04/27 - 06/01	Su	9:00 am - 9:30 am	Youth Level 3	\$ 66.00	7 - 13	R01047_357
06/21 - 07/26	Sa	9:40 am - 10:10 am	Youth Level 3	\$ 66.00	7 - 13	R01047_555
06/24 - 07/10	Tu, Th	10:20 am - 10:50 am	Youth Level 3	\$ 66.00	7 - 13	R01047_556
07/14e 07/30	Mo, We	11:00 am - 11:30 am	Youth Level 3	\$ 66.00	7 - 13	R01047_552

Silver Spring Recreation and Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/22 - 05/27	Tu	4:40 pm - 5:10 pm	Youth Level 3	\$ 66.00	7 - 13	R01047_3503
04/24 - 05/29	Th	4:40 pm - 5:10 pm	Youth Level 3	\$ 66.00	7 - 13	R01047_3504
04/27 - 06/01	Su	9:30 am - 10:00 am	Youth Level 3	\$ 66.00	7 - 13	R01047_3505
06/16 - 07/02	Mo, We	4:00 pm - 4:30 pm	Youth Level 3	\$ 66.00	7 - 13	R01047_5501
06/18 - 06/30	Mo, We, Fr	10:10 am - 10:40 am	Youth Level 3	\$ 66.00	7 - 13	R01047_5502
07/07 - 07/23	Mo, We	5:20 pm - 5:50 pm	Youth Level 3	\$ 66.00	7 - 13	R01047_5504
07/15 - 07/31	Tu, Th	11:30 am - 12:00 pm	Youth Level 3	\$ 66.00	7 - 13	R01047_5500
07/21 - 08/01	Mo, We, Fr	10:10 am - 10:40 am	Youth Level 3	\$ 66.00	7 - 13	R01047_5503

Upper County Outdoor Pool

Dates	Days	Time	Title	Cost	Ages	Link to Register
07/08 - 07/17	Tu, We, Th	9:40 am - 10:20 am	Youth Level 3	\$ 66.00	7 - 13	R01047_5330

Wheaton-Glenmont Outdoor Pool

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/22 - 07/27	Su	9:00 am - 9:30 am	Youth Level 3	\$ 66.00	7 - 13	R01047_523
06/22 - 07/27	Su	10:20 am - 10:50 am	Youth Level 3	\$ 66.00	7 - 13	R01047_524
06/24 - 07/03	Tu, We, Th	9:40 am - 10:10 am	Youth Level 3	\$ 66.00	7 - 13	R01047_522

Youth Level 4 Swim Lessons

Designed for children at least 7 years old. 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. Please read the course descriptions carefully. Select the course level for which the student had mastered all prerequisite skills. By choosing the appropriate level, the student will be more likely to succeed. Please check all course dates to determine which classes will best accommodate their needs. THERE ARE NO MAKE-UPS OR REFUNDS FOR MISSED CLASSES. Course meet for six 30 minute sessions. Class size is limited to 10 students. Screening is available to evaluate the student's abilities at each pool if you are unsure of which class to register for. Call the pool of your choice and speak with the Lesson Supervisor for evaluation dates and times (bring a swim suit and towel).

Bethesda Outdoor Pool

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/28 - 08/02	Sa	11:00 am - 11:30 am	Youth Level 4	\$ 66.00	6 - 13	R01048_501
06/29 - 08/03	Su	11:00 am - 11:30 am	Youth Level 4	\$ 66.00	7 - 13	R01048_505
07/15 - 07/24	Tu, We, Th	9:00 am - 9:30 am	Youth Level 4	\$ 66.00	7 - 13	R01048_504

Germantown Indoor Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/22 - 07/27	Su	10:20 am - 10:50 am	Youth Level 4	\$ 66.00	7 - 13	R01048_530

Germantown Outdoor Pool

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/29 - 08/03	Su	9:15 am - 9:45 am	Youth Level 4	\$ 66.00	7 - 13	R01048_531

Long Branch Outdoor Pool

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/22 - 08/03	Su	11:00 am - 11:30 am	Youth level 4	\$ 66.00	7 - 13	R01048_585

Martin Luther King Jr Outdoor Pool

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/15 - 07/20	Su	9:40 am - 10:10 am	Youth level 4	\$ 66.00	7 - 13	R01048_583

Martin Luther King Jr Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/26 - 06/07	Sa	12:20 pm - 12:50 pm	Youth level 4	\$ 66.00	-	R01048_381
04/27 - 06/08	Su	10:00 am - 10:30 am	Youth level 4	\$ 66.00	-	R01048_382
04/29 - 06/03	Tu	8:10 pm - 8:40 pm	Youth level 4	\$ 66.00	-	R01048_383
06/17 - 07/08	Tu, Th	9:40 am - 10:10 am	Youth level 4	\$ 66.00	7 - 13	R01048_578
06/17 - 07/22	Tu	7:40 pm - 8:10 pm	Youth level 4	\$ 66.00	7 - 13	R01048_580
06/19 - 07/31	Th	7:40 pm - 8:10 pm	Youth level 4	\$ 66.00	7 - 13	R01048_581
07/15 - 07/31	Tu, Th	10:20 am - 10:50 am	Youth level 4	\$ 66.00	7 - 13	R01048_579

Olney Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/26 - 05/31	Sa	11:00 am - 11:30 am	Youth Level 4	\$ 66.00		R01048_357
04/27 - 06/01	Su	9:40 am - 10:10 am	Youth Level 4	\$ 66.00		R01048_355
06/21 - 07/26	Sa	9:00 am - 9:30 am	Youth level 4	\$ 66.00	7 - 13	R01048_553

Silver Spring Recreation and Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/23 - 05/28	We	4:00 pm - 4:30 pm	Youth level 4	\$ 66.00	7 - 13	R01048_3503
04/24 - 05/29	Th	4:00 pm - 4:30 pm	Youth level 4	\$ 66.00	7 - 13	R01048_3504
04/27 - 06/01	Su	10:50 am - 11:20 am	Youth level 4	\$ 66.00	7 - 13	R01048_3505
06/16 - 07/02	Mo, & We	4:00 pm - 4:30 pm	Youth level 4	\$ 66.00	7 - 13	R01048_5500
06/16 - 07/02	Mo, & We	4:40 pm - 5:10 pm	Youth level 4	\$ 66.00	7 - 13	R01048_5502
07/07 - 07/23	Mo, & We	6:00 pm - 6:30 pm	Youth level 4	\$ 66.00	7 - 13	R01048_5501

Youth Level 1 Swim Lessons

This class is for students who need to learn basic water adjustment skills. Please read the course descriptions carefully. Select the course level for which the student has mastered all prerequisite skills. By choosing the appropriate level, the student will be more likely to succeed. Please check all course dates to determine which class will best accommodate their needs. THERE ARE NO MAKE-UPS OR REFUNDS FOR MISSED CLASSES. Course meet for six 30-minute sessions. Class size is limited to eight students. Screening is available to evaluate the student's abilities at each pool if you are unsure of which class to register for. Call the pool of your choice and speak with the lesson supervisor for evaluation dates and times (bring a swimsuit and towel).

Bethesda Outdoor Pool

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/28 - 08/02	Sa	9:00 am - 9:30 am	Youth Level 1	\$ 66.00	7 - 13	R01045_504
06/29 - 08/03	Su	9:00 am - 9:30 am	Youth Level 1	\$ 66.00	7 - 13	R01045_505
07/01 - 07/10	Tu, We, Th	9:40 am - 10:10 am	Youth Level 1	\$ 66.00	7 - 13	R01045_510
07/15 - 07/24	Tu, We, Th	10:20 am - 10:50 am	Youth Level 1	\$ 66.00	7 - 13	R01045_512
07/29 - 08/07	Tu, We, Th	10:20 am - 10:50 am	Youth Level 1	\$ 66.00	7 - 13	R01045_511

Germantown Indoor Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/21 - 06/02	Mo	5:40 pm - 6:10 pm	Youth Level 1	\$ 66.00	7 - 13	R01045_330
04/23 - 05/28	We	6:20 pm - 6:50 pm	Youth Level 1	\$ 66.00	7 - 13	R01045_332
06/21 - 07/26	Sa	11:00 am - 11:30 am	Youth Level 1	\$ 66.00	7 - 13	R01045_529

Germantown Outdoor Pool

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/24 - 07/03	Tu, We, Th	9:40 am - 10:10 am	Youth Level 1	\$ 66.00	7 - 13	R01045_530
06/29 - 08/03	Su	9:55 am - 10:25 am	Youth Level 1	\$ 66.00	7 - 13	R01045_535
06/29 - 08/03	Su	11:15 am - 11:45 am	Youth Level 1	\$ 66.00	7 - 13	R01045_536
07/08 - 07/17	Tu, We, Th	9:00 am - 9:30 am	Youth Level 1	\$ 66.00	7 - 13	R01045_531
07/08 - 07/17	Tu, We, Th	9:40 am - 10:10 am	Youth Level 1	\$ 66.00	7 - 13	R01045_532
07/22 - 07/31	Tu, We, Th	9:40 am - 10:10 am	Youth Level 1	\$ 66.00	7 - 13	R01045_533
08/05 - 08/14	Tu, We, Th	9:00 am - 9:30 am	Youth Level 1	\$ 66.00	7 - 13	R01045_534

Long Branch Outdoor Pool

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/22 - 08/03	Su	9:00 am - 9:30 am	Youth Level 1	\$ 66.00	7 - 13	R01045_588
06/24 - 07/03	Tu, We, Th	9:00 am - 9:30 am	Youth Level 1	\$ 66.00	7 - 13	R01045_585
07/08e 07/17	Tu, We, Th	9:40 am - 10:10 am	Youth Level 1	\$ 66.00	7 - 13	R01045_586
07/22 - 07/31	Tu, We, Th	9:40 am - 10:10 am	Youth Level 1	\$ 66.00	7 - 13	R01045_587
07/29 - 08/07	Tu, We, Th	9:40 am - 10:10 am	Youth Level 1	\$ 66.00	7 - 13	R01045_591

Martin Luther King Jr Outdoor Pool

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/15 - 07/20	Su	10:20 am - 10:50 am	Youth Level 1	\$ 66.00	7 - 13	R01045_589

Martin Luther King Jr Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/26 - 06/07	Sa	10:20 am - 10:50 am	Youth Level 1	\$ 66.00	-	R01045_384
04/26 - 06/07	Sa	11:40 am - 12:10 pm	Youth Level 1	\$ 66.00	-	R01045_389
04/27 - 06/08	Su	10:40 am - 11:10 am	Youth Level 1	\$ 66.00	-	R01045_385
04/28 - 06/09	Mo	6:10 pm - 6:40 pm	Youth Level 1	\$ 66.00	-	R01045_386
04/29 - 06/03	Tu	6:50 pm - 7:20 pm	Youth Level 1	\$ 66.00	-	R01045_387
05/01 - 06/05	Th	5:30 pm - 6:00 pm	Youth Level 1	\$ 66.00	-	R01045_388
06/14 - 07/19	Sa	9:00 am - 9:30 am	Youth Level 1	\$ 66.00	7 - 13	R01045_584
06/16 - 07/02	Mo,We	10:20 am - 10:50 am	Youth Level 1	\$ 66.00	7 - 13	R01045_578
06/17 - 07/08	Tu, Th	10:20 am - 10:50 am	Youth Level 1 Swim Lessons	\$ 66.00	7 - 13	R01045_579
06/17 - 07/22	Tu	6:20 pm - 6:50 pm	Youth Level 1	\$ 66.00	7 - 13	R01045_582
07/14e 07/30	Mo,We	10:20 am - 10:50 am	Youth Level 1	\$ 66.00	7 - 13	R01045_580
07/15 - 07/31	Tu, Th	9:00 am - 9:30 am	Youth Level 1	\$ 66.00	7 - 13	R01045_581

Olney Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/22 - 05/27	Tu	5:20 pm - 5:50 pm	Youth Level 1	\$ 66.00	7 - 13	R01045_357
04/23 - 05/28	We	5:40 pm - 6:10 pm	Youth Level 1	\$ 66.00	7 - 13	R01045_355
04/23 - 05/28	We	7:00 pm - 7:30 pm	Youth Level 1	\$ 66.00	7 - 13	R01045_356
04/24 - 05/29	Th	6:00 pm - 6:30 pm	Youth Level 1	\$ 66.00	7 - 13	R01045_362
04/24 - 05/29	Th	6:40 pm - 7:10 pm	Youth Level 1	\$ 66.00	7 - 13	R01045_364
04/26 - 05/31	Sa	9:00 am - 9:30 am	Youth Level 1	\$ 66.00	7 - 13	R01045_367
04/27 - 06/01	Su	9:40 am - 10:10 am	Youth Level 1	\$ 66.00	7 - 13	R01045_363
04/28 - 06/02	Mo	5:40 pm - 6:10 pm	Youth Level 1	\$ 66.00	7 - 13	R01045_361
06/21 - 07/26	Sa	9:00 am - 9:30 am	Youth Level 1	\$ 66.00	7 - 13	R01045_559
06/23 - 07/09	Mo, We	9:40 am - 10:10 am	Youth Level 1	\$ 66.00	7 - 13	R01045_561
06/23 - 07/09	Mo, We	10:20 am - 10:50 am	Youth Level 1	\$ 66.00	7 - 13	R01045_560
06/24 - 07/10	Tu, Th	9:00 am - 9:30 am	Youth Level 1	\$ 66.00	7 - 13	R01045_562
07/14e 07/30	Mo, We	9:40 am - 10:10 am	Youth Level 1	\$ 66.00	7 - 13	R01045_552
07/15 - 07/31	Tu, Th	9:00 am - 9:30 am	Youth Level 1	\$ 66.00	7 - 13	R01045_563
07/15 - 07/31	Tu, Th	10:20 am - 10:50 am	Youth Level 1	\$ 66.00	7 - 13	R01045_564

Silver Spring Recreation and Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/21 - 06/02	Mo	4:00 pm - 4:30 pm	Youth Level 1	\$ 66.00	7 - 13	R01045_3512
04/21 - 06/02	Mo	5:20 pm - 5:50 pm	Youth Level 1	\$ 66.00	7 - 13	R01045_3513
04/21 - 06/02	Mo	6:00 pm - 6:30 pm	Youth Level 1	\$ 66.00	7 - 13	R01045_3506
04/22 - 05/27	Tu	5:20 pm - 5:50 pm	Youth Level 1	\$ 66.00	7 - 13	R01045_3507
04/22 - 05/27	Tu	6:40 pm - 7:10 pm	Youth Level 1	\$ 66.00	7 - 13	R01045_3508
04/24 - 05/29	Th	6:00 pm - 6:30 pm	Youth Level 1	\$ 66.00	7 - 13	R01045_3509
04/26 - 05/31	Sa	9:30 am - 10:00 am	Youth Level 1	\$ 66.00	7 - 13	R01045_3510
04/26 - 05/31	Sa	11:30 am - 12:00 pm	Youth Level 1	\$ 66.00	7 - 13	R01045_3511
04/27 - 06/01	Su	10:50 am - 11:20 am	Youth Level 1	\$ 66.00	-	R01045_3514
06/18 - 06/30	Mo, We, Fr	9:30 am - 10:00 am	Youth Level 1	\$ 66.00	-	R01045_5508
06/18 - 06/30	Mo, We, Fr	11:30 am - 12:00 pm	Youth Level 1	\$ 66.00	7 - 13	R01045_5505
06/22 - 07/27	Su	9:30 am - 10:00 am	Youth Level 1	\$ 66.00	7 - 13	R01045_5501
06/22 - 07/27	Su	10:50 am - 11:20 am	Youth Level 1	\$ 65.00	7 - 13	R01045_5504
06/24 - 07/10	Tu, Th	9:30 am - 10:00 am	Youth Level 1	\$ 66.00	7 - 13	R01045_5502
06/28 - 08/02	Sa	10:50 am - 11:20 am	Youth Level 1	\$ 66.00	7 - 13	R01045_5500
07/07 - 07/18	Mo, We, Fr	11:30 am - 12:00 pm	Youth Level 1	\$ 66.00	-	R01045_5507
07/15 - 07/31	Tu, Th	9:30 am - 10:00 am	Youth Level 1	\$ 66.00	-	R01045_5506
07/21 - 08/01	Mo, We, Fr	10:50 am - 11:20 am	Youth Level 1	\$ 66.00	7 - 13	R01045_5503

Upper County Outdoor Pool

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/22 - 07/27	Su	9:00 am - 9:30 am	Youth Level 1	\$ 66.00	7 - 13	R01045_5305
06/24 - 07/03	Tu, We, Th	9:00 am - 9:30 am	Youth Level 1	\$ 66.00	7 - 13	R01045_5301
07/08 - 07/17	Tu, We, Th	5:30 pm - 6:00 pm	Youth Level 1	\$ 66.00	7 - 13	R01045_5329

Wheaton-Glenmont Outdoor Pool

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/22 - 07/27	Su	10:20 am - 10:50 am	Youth Level 1	\$ 66.00	7 - 13	R01045_524
06/24 - 07/03	Tu, We, Th	10:20 am - 10:50 am	Youth Level 1	\$ 66.00	7 - 13	R01045_523
07/08 - 07/17	Tu, We, Th	9:00 am - 9:30 am	Youth Level 1	\$ 66.00	7 - 13	R01045_520
07/08 - 07/17	Tu, We, Th	10:20 am - 10:50 am	Youth Level 1	\$ 66.00	7 - 13	R01045_517
07/22 - 07/31	Tu, We, Th	9:40 am - 10:10 am	Youth Level 1	\$ 66.00	7 - 13	R01045_522

Youth Level 2 Swim Lessons

This class is for students who are already water adjusted. Students must be able to submerge for three seconds and float on their front. Please read the course descriptions carefully. Select the course level for which the student has mastered all prerequisite skills. By choosing the appropriate level, the student will be more likely to succeed. Please check all course dates to determine which classes will best accommodate their needs. THERE ARE NO MAKE-UPS OR REFUNDS FOR MISSED CLASSES. Course meet for six 30-minute sessions. Class size is limited to eight students. Screening is available to evaluate the student's abilities at each pool if you are unsure of which class to register for. Call the pool of your choice and speak with the lesson supervisor for evaluation dates and times (bring a swimsuit and towel).

Bethesda Outdoor Pool

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/28 - 08/02	Sa	9:40 am - 10:10 am	Youth Level 2	\$ 66.00	7 - 13	R01046_501

Germantown Indoor Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/21 - 06/02	Mo	6:20 pm - 6:50 pm	Youth Level 2	\$ 66.00	7 - 13	R01046_331
06/21 - 07/26	Sa	10:20 am - 10:50 am	Youth Level 2	\$ 66.00	7 - 13	R01046_530

Germantown Outdoor Pool

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/24 - 07/03	Tu, We, Th	9:00 am - 9:30 am	Youth Level 2	\$ 66.00	7 - 13	R01046_531
06/29 - 08/03	Su	10:35 am - 11:05 am	Youth Level 2	\$ 66.00	7 - 13	R01046_535
07/08 - 07/17	Tu, We, Th	10:20 am - 10:50 am	Youth Level 2	\$ 66.00	7 - 13	R01046_532
07/22 - 07/31	Tu, We, Th	9:00 am - 9:30 am	Youth Level 2	\$ 66.00	7 - 13	R01046_533
08/05 - 08/14	Tu, We, Th	9:40 am - 10:10 am	Youth Level 2	\$ 66.00	7 - 13	R01046_534

Long Branch Outdoor Pool

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/22 - 08/03	Su	9:40 am - 10:10 am	Youth Level 2	\$ 66.00	7 - 13	R01046_589
06/22 - 08/03	Su	11:00 am - 11:30 am	Youth Level 2	\$ 66.00	7 - 13	R01046_592
06/24 - 07/03	Tu, We, Th	9:40 am - 10:10 am	Youth Level 2	\$ 66.00	7 - 13	R01046_586
07/08 - 07/17	Tu, We, Th	10:20 am - 10:50 am	Youth Level 2	\$ 66.00	7 - 13	R01046_587
07/22 - 07/31	Tu, We, Th	10:20 am - 10:50 am	Youth Level 2	\$ 66.00	7 - 13	R01046_588
08/05 - 08/14	Tu, We, Th	10:20 am - 10:50 am	Youth Level 2	\$ 66.00	7 - 13	R01046_593

Martin Luther King Jr Outdoor Pool

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/15 - 07/20	Su	9:00 am - 9:30 am	Youth Level 2	\$ 66.00	7 - 13	R01046_590

Martin Luther King Jr Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/26 - 06/07	Sa	11:00 am - 11:30 am	Youth Level 2	\$ 66.00	-	R01046_384
04/26 - 06/07	Sa	1:00 pm - 1:30 pm	Youth Level 2	\$ 66.00	-	R01046_386
04/27 - 06/08	Su	11:20 am - 11:50 am	Youth Level 2	\$ 66.00	-	R01046_385
04/29 - 06/03	Tu	7:30 pm - 8:00 pm	Youth Level 2	\$ 66.00	-	R01046_387
04/30 - 06/04	We	5:30 pm - 6:00 pm	Youth Level 2	\$ 66.00	-	R01046_388
05/01 - 06/05	Th	6:50 pm - 7:20 pm	Youth Level 2	\$ 66.00	-	R01046_389
06/14 - 07/19	Sa	9:00 am - 9:30 am	Youth Level 2	\$ 66.00	7 - 13	R01046_584
06/14 - 07/19	Sa	10:20 am - 10:50 am	Youth Level 2	\$ 66.00	7 - 13	R01046_585
06/16 - 07/02	Mo, We	9:40 am - 10:10 am	Youth Level 2	\$ 66.00	7 - 13	R01046_580
06/17 - 07/08	Tu, Th	10:20 am - 10:50 am	Youth Level 2	\$ 66.00	7 - 13	R01046_581
06/17 - 07/22	Tu	7:00 pm - 7:30 pm	Youth Level 2	\$ 66.00	7 - 13	R01046_582
06/26 - 07/31	Th	5:40 pm - 6:10 pm	Youth Level 2	\$ 66.00	7 - 13	R01046_583
07/14 - 07/30	Mo, We	9:40 am - 10:10 am	Youth Level 2	\$ 66.00	7 - 13	R01046_578

Olney Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/22 - 05/27	Tu	6:00 pm - 6:30 pm	Youth Level 2	\$ 66.00	7 - 13	R01046_366
04/22 - 05/27	Tu	6:40 pm - 7:10 pm	Youth Level 2	\$ 66.00	-	R01046_360
04/23 - 05/28	We	6:20 pm - 6:50 pm	Youth Level 2	\$ 66.00	-	R01046_355
04/24 - 05/29	Th	5:20 pm - 5:50 pm	Youth Level 2	\$ 66.00	-	R01046_364
04/26 - 05/31	Sa	11:40 am - 12:10 pm	Youth Level 2	\$ 66.00	-	R01046_353
04/27 - 06/01	Su	9:00 am - 9:30 am	Youth Level 2	\$ 66.00	7 - 13	R01046_362
04/27 - 06/01	Su	11:00 am - 11:30 am	Youth Level 2	\$ 66.00	7 - 13	R01046_363
04/28 - 06/02	Mo	6:20 pm - 6:50 pm	Youth Level 2	\$ 66.00	-	R01046_359
06/21 - 07/26	Sa	10:20 am - 10:50 am	Youth Level 2	\$ 66.00	7 - 13	R01046_558
06/24 - 07/10	Tu, Th	9:40 am - 10:10 am	Youth Level 2	\$ 66.00	7 - 13	R01046_562
07/14e 07/30	Mo,We	9:00 am - 9:30 am	Youth Level 2	\$ 66.00	7 - 13	R01046_559
07/14e 07/30	Mo,We	10:20 am - 10:50 am	Youth Level 2	\$ 66.00	7 - 13	R01046_557
07/15 - 07/31	Tu, Th	9:40 am - 10:10 am	Youth Level 2	\$ 66.00	7 - 13	R01046_563
07/15 - 07/31	Tu, Th	11:00 am - 11:30 am	Youth Level 2	\$ 66.00	7 - 13	R01046_552

Silver Spring Recreation and Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/21 - 06/02	Mo	4:40 pm - 5:10 pm	Youth Level 2	\$ 66.00	7 - 13	R01046_3512
04/21 - 06/02	Mo	6:00 pm - 6:30 pm	Youth Level 2	\$ 66.00	7 - 13	R01046_3513
04/21 - 06/02	Mo	6:40 pm - 7:10 pm	Youth Level 2	\$ 66.00	7 - 13	R01046_3506
04/22 - 05/27	Tu	6:00 pm - 6:30 pm	Youth Level 2	\$ 66.00	7 - 13	R01046_3507
04/24 - 05/29	Th	5:20 pm - 5:50 pm	Youth Level 2	\$ 66.00	7 - 13	R01046_3508
04/26 - 05/31	Sa	10:10 am - 10:40 am	Youth Level 2	\$ 66.00	7 - 13	R01046_3509
04/26 - 05/31	Sa	10:50 am - 11:20 am	Youth Level 2	\$ 66.00	7 - 13	R01046_3510
04/27 - 06/01	Su	9:30 am - 10:00 am	Youth Level 2	\$ 66.00	-	R01046_3515
04/27 - 06/01	Su	10:10 am - 10:40 am	Youth Level 2	\$ 66.00	7 - 13	R01046_3511
06/18 - 06/30	Mo, We, Fr	10:50 am - 11:20 am	Youth Level 2	\$ 66.00	7 - 13	R01046_5503
06/24 - 07/10	Tu, Th	10:50 am - 11:20 am	Youth Level 2	\$ 66.00	7 - 13	R01046_5501
06/28 - 08/02	Sa	10:10 am - 10:40 am	Youth Level 2	\$ 66.00	-	R01046_5502
06/28 - 08/02	Sa	11:30 am - 12:00 pm	Youth Level 2	\$ 66.00	7 - 13	R01046_5500
07/07 - 07/18	Mo, We, Fr	10:50 am - 11:20 am	Youth Level 2	\$ 66.00	-	R01046_5506

Upper County Outdoor Pool

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/22 - 07/27	Su	9:40 am - 10:10 am	Youth Level 2	\$ 66.00	7 - 13	R01046_5310
06/24 - 07/03	Tu, We, Th	10:20 am - 10:50 am	Youth Level 2	\$ 66.00	7 - 13	R01046_5303

Wheaton-Glenmont Outdoor Pool

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/22 - 07/27	Su	9:40 am - 10:10 am	Youth Level 2	\$ 66.00	7 - 13	R01046_521
06/24 - 07/03	Tu, We, Th	9:00 am - 9:30 am	Youth Level 2	\$ 66.00	7 - 13	R01046_516
07/08 - 07/17	Tu, We, Th	9:40 am - 10:10 am	Youth Level 2	\$ 66.00	7 - 13	R01046_522
07/22 - 07/31	Tu, We, Th	10:20 am - 10:50 am	Youth Level 2	\$ 66.00	7 - 13	R01046_524

Art

Art Instruction (Art)

Ceramics

Silver Spring Recreation and Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/12 - 05/28	We	12:00 pm - 3:30 pm	Ceramics	\$ 15.00	5+	R07098_307
06/04 - 08/27	We	12:00 pm - 3:30 pm	Ceramics	\$ 15.00	5+	R07098_503

Origami

Learn the Japanese art of paper folding. Join others to create fun creations to take home or put on display in our library display case.

Margaret Schweinhaut Senior Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/11 - 05/13	Tu	10:00 am - 12:00 pm	Origami Class	\$ 0.00	55+	R07096_306
06/02 - 08/04	Mo	1:00 pm - 3:00 pm	Origami Class	\$ 0.00	55+	R07096_501

Arts (Art)

Art Studio

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. material fee included in price.

Bauer Drive Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/26 - 06/07	Sa	12:00 pm - 1:00 pm	Art Studio	\$ 85.00	10 - 16	R05006_301
04/26 - 06/07	Sa	1:15 pm - 2:15 pm	Art Studio II	\$ 92.00	12 - 18	R05006_303
06/28 - 07/26	Sa	12:00 pm - 1:30 pm	Art Studio	\$ 95.00	10 - 17	R05006_501
06/28 - 07/26	Sa	1:30 pm - 3:00 pm	Art Studio II	\$ 95.00		R05006_502

Drawing 101

Discover a new talent for drawing, with watercolors, acrylic and pastel. ***Please bring your own supplies.***

Damascus Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/30 - 05/28	We	2:00 pm - 3:00 pm	Illustration and Drawing-Spring Session 2	\$ 5.00	55+	R07052_310
06/04 - 06/25	We	2:00 pm - 3:00 pm	Illustration and Drawing	\$ 5.00	55+	R07052_511

Long Branch Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/04 - 05/27	Tu	10:00 am - 11:00 am	Watercolor	\$ 0.00	55+	R07052_308

Margaret Schweinhaut Senior Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/05 - 05/28	We	10:00 am - 12:00 pm	Fun with Art	\$ 0.00	55+	R07052_306
06/04 - 08/27	We	10:00 am - 12:00 pm	Fun with Art	\$ 0.00	55+	R07052_502

Arts and Crafts (Art)

Abrakadoodle

Please click on each individual activity section for more details

Wheaton Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/26 - 06/07	Sa	11:15 am - 12:00 pm	Abrakadoodle Cute and Cuddley	\$ 159.00	3 - 5	R05001_302
04/26 - 06/07	Sa	12:15pm - 1:00pm	Abrakadoodle It's a Jungle Out There	\$ 159.00	6 - 12	R05001_303
06/28 - 08/02	Sa	11:15 am - 12:00 pm	Abrakadoodle Plug Into Your Imagination	\$ 157.00	3 - 5	R05001_503
06/28 - 08/02	Sa	12:15pm - 1:00pm	Abrakadoodle Clayola!	\$ 157.00	6 - 12	R05001_502

Adventures in Art

Create exciting works of art using several different techniques and media with emphasis on drawing, painting and composition. material fee included in price.

Bauer Drive Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/26 - 06/07	Sa	10:30 am - 11:30 am	Adventures In Art	\$ 85.00	5 - 10	R05004_301
06/28 - 07/26	Sa	10:30 am - 12:00 pm	Adventures In Art	\$ 95.00	5 - 10	R05004_501

Upper County Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/11 - 06/06	Fr	5:00 pm - 6:00 pm	Adventures In Art	\$ 105.00	5 - 10	R05004_302

Art Workshop

Explore different styles through different projects using acrylic paint.

Damascus Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/01 - 05/20	Tu	9:30 am - 11:30 am	Mosaics	\$ 5.00	55+	R07095_308
06/03 - 06/24	Tu	9:30 am - 11:30 am	Mosaics	\$ 5.00	55+	R07095_538
07/07 - 07/28	Mo	10:00 am - 12:00 pm	Watercolor	\$ 5.00	55+	R07095_523
07/16	We	9:30 am - 11:30 am	Build Your Own Coaster Workshop	\$ 5.00	55+	R07095_539

Holiday Park Senior Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
05/20 - 05/28	Tu, We	10:00 am - 11:30 am	HP Talent Show Auditions	\$ 0.00	55+	R07095_303

Margaret Schweinhaut Senior Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/14 - 08/09	Sa	11:30 am - 2:30 pm	Card Making	\$ 0.00	55+	R07095_525

Nancy H Dacek North Potomac Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/31 - 06/09	Mo	4:00 pm - 5:00 pm	Crafty Companions	\$ 0.00	55+	R07095_354
05/02 - 05/16	Fr	12:00 pm - 2:00 pm	Illustration with Mixed Medium	\$ 0.00	-	R07095_356
05/23 - 06/06	Fr	12:30 pm - 2:30 pm	Watercolor Wonders	\$ 5.00	55+	R07095_357
06/05	Th	12:30 pm - 2:00 pm	Crafting Hour	\$ 0.00	55+	R07095_515
06/18 - 07/16	We	5:30 pm - 7:00 pm	Evening Crafters	\$ 15.00	55+	R07095_522
07/01	Tu	10:30 am - 11:30 am	Tie Dye with Campers	\$ 0.00	55+	R07095_509
07/01	Tu	12:30 pm - 1:30 pm	Tie Dye with Campers	\$ 0.00	55+	R07095_508

Silver Spring Recreation and Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/02 - 06/23	Mo	12:30 pm - 2:30 pm	Watercolor Painting	\$ 0.00	-	R07095_531
06/06 - 08/29	Fr	2:00 pm - 4:00 pm	Sewing for Beginners	\$ 0.00	55+	R07095_530
07/14 - 08/11	Mo	12:30 pm - 2:30 pm	Watercolor Painting	\$ 0.00	-	R07095_533

Wheaton Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/07 - 05/30	Fr	11:00 am - 1:30 pm	Painting Club (Non-Instructional)	\$ 0.00	55+	R07095_301
06/06 - 08/29	Fr	11:00 am - 12:30 pm	Painting Club	\$ 0.00	55+	R07095_518

Tiny Tots Play and Paint

Long Branch Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
09/09 - 06/09	Mo	10:00 am - 11:15 am	Infant and Toddlers Open Gym	-	0 - 4	R03015_101

Young Rembrandts

art class - click individual course for description

Germantown Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/09 - 06/04	We	6:00 pm - 7:00 pm	Cartooning with Young Rembrandts	\$ 178.00	5 - 12	R05129_301
06/25 - 08/06	We	6:00 pm - 7:00 pm	Drawing with Young Rembrandts	\$ 157.00	5 - 12	R05129_501

Nancy H Dacek North Potomac Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/07 - 06/02	Mo	6:00 pm - 7:00 pm	Cartooning with Young Rembrandts	\$ 136.00	5 - 12	R05129_302
06/23 - 08/04	Mo	6:00 pm - 7:00 pm	Cartoon Drawing with Young Rembrandts	\$ 157.00	5 - 12	R05129_502

Silver Spring Recreation and Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/26 - 06/07	Sa	9:00 am - 10:00 am	Elementary Cartooning with Young Rembrandts	\$ 136.00	5 - 12	R05129_304
04/26 - 06/07	Sa	10:30 am - 11:30 am	Elementary Drawing with Young Rembrandts	\$ 136.00	5 - 12	R05129_305

Drawing (Art)

Draw and Clay

In this class we will draw and sculpt cartoons. Material fee included in price

Bauer Drive Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/09 - 06/04	We	5:45 pm - 6:45 pm	Draw and Clay	\$ 148.00	4 - 9	R05037_302
06/25 - 07/30	We	5:45 pm - 6:45 pm	Draw and Clay	\$ 122.00	4 - 9	R05037_502

Germantown Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/08 - 06/03	Tu	5:15 pm - 6:15 pm	Draw and Clay	\$ 148.00	4 - 9	R05037_301
06/24 - 07/29	Tu	5:15 pm - 6:15 pm	Draw and Clay	\$ 122.00	4 - 9	R05037_501

Nancy H Dacek North Potomac Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/12 - 06/07	Sa	11:00 am - 12:00 pm	Draw and Clay	\$ 129.00	4 - 9	R05037_304
06/28 - 08/02	Sa	11:00 am - 12:00 pm	Draw and Clay	\$ 122.00		R05037_503

Upper County Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/10 - 06/05	Th	6:00 pm - 7:00 pm	Draw and Clay	\$ 148.00	4 - 9	R05037_303
06/26 - 07/31	Th	6:00 pm - 7:00 pm	Draw and Clay	\$ 122.00		R05037_504

Drawing

This class combines all student levels. Step by step observation skills will be taught as well as composition and techniques for various mediums for advanced students. An excellent class to start, restart as well as develop your artistic skills.

Potomac Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/28 - 06/09	Mo	5:45 pm - 7:15 pm	Right Brained Drawing All Levels	\$ 155.00	16+	R05038_301
06/23 - 07/28	Mo	5:45 pm - 7:15 pm	Right Brained Drawing All Levels	\$ 138.00	18+	R05038_501

Knitting and Crochet (Art)

55+ Kniting & Crochet Club

Each program will have a set number of participants for each class. Once a class is full, you can register to be on the waitlist. There will be a cap on the number of spots for waitlist. Once the max number is reached for both, you will not be able to register for that class. We'll be enforcing a no show policy for those registered for the program. After the 3rd missed class, your name will be removed from our roster and we will open up a space for someone on the waitlist. That space will become open. It will be first come first serve for someone on the waitlist. Please make sure to notify the staff doing attendance when you arrive.

Holiday Park Senior Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/26 - 06/11	We	10:00 am - 11:30 am	Knit & Crochet Workshop	\$ 0.00	55+	R07003_301
06/18 - 08/27	We	10:00 am - 11:30 am	Knit and Crochet Workshop	\$ 0.00	55+	R07003_501

Long Branch Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/05 - 05/28	We	1:15 pm - 2:15 pm	Knitting for beginners		55+	R07003_307
06/04 - 08/27	We	1:15 pm - 2:15 pm	Knitting for beginners	 		R07003_508

Margaret Schweinhaut Senior Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/05 - 05/28	We	1:00 pm - 3:00 pm	Knitting Corner	\$ 0.00	55+	R07003_305
03/14 - 05/30	Fr	1:00 pm - 3:00 pm	Learn to Knit Socks & More	\$ 0.00	55+	R07003_309
06/04 - 08/27	We, Fr	1:00 pm - 3:00 pm	Knitting Corner	\$ 0.00	55+	R07003_504

Nancy H Dacek North Potomac Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/04 - 05/27	Tu	1:00 pm - 3:00 pm	Knit and Crochet Group	\$ 0.00	-	R07003_308
06/03 - 08/19	Tu	1:00 pm - 3:00 pm	Knit and Crochet Group	\$ 15.00	55+	R07003_506

Wheaton Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/03 - 05/27	Mo, Tu	1:00 pm - 3:00 pm	Needles & Yarn	\$ 0.00	55+	R07003_304
06/02 - 08/26	Mo, Tu	1:00 pm - 3:00 pm	Needles & Yarn	\$ 15.00	55+	R07003_502

Needlecrafting

Master the art of quilting with friendly tips.

Damascus Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/27 - 05/29	Th	11:00 am - 2:00 pm	Needlecraft	\$ 0.00	55+	R07053_303
04/07 - 05/19	Mo	2:30 pm - 3:30 pm	Quilting Tips	\$ 0.00	55+	R07053_313
06/05 - 08/28	Th	10:30 am - 12:30 pm	Needlecraft Club	\$ 0.00	-	R07053_520
07/07 - 08/25	Mo	2:00 pm - 3:45 pm	Quilting with Peris	\$ 0.00	55+	R07053_515

Silver Spring Recreation and Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/07 - 05/30	Fr	2:00 pm - 4:00 pm	Needlecraft, Crochet, and Sewing Club	\$ 0.00	55+	R07053_302
03/24 - 05/12	Mo	12:30 pm - 2:00 pm	Quilt Portraits: My Life Matters	\$ 0.00	55+	R07053_304
06/06 - 08/29	Fr	2:00 pm - 4:00 pm	Needlecraft, Crochet, and Sewing Club	\$ 0.00	55+	R07053_503

Painting (Art)

Acrylic Painting Techniques

Students can paint with oil or acrylics. Instructor available for demonstrations and assistance. Intermediate level and above.

Jane E Lawton Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/28 - 06/09	Mo	1:00 pm - 4:00 pm	Oil or Acrylic Painting Open Studio	\$ 54.00	18+	R05002_301
06/23 - 08/04	Mo	1:00 pm - 4:00 pm	Oil or Acrylic Painting Open Studio	\$ 63.00	18+	R05002_501

Painting

In this class we will learn about Japanese Master Artists. Material fee included in price.

Germantown Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/08 - 06/03	Tu	6:30 pm - 7:30 pm	Learning Art from the Masters	\$ 148.00	6 - 14	R05087_301
06/24 - 07/29	Tu	6:30 pm - 7:30 pm	Learning Art from the Masters	\$ 122.00	6 - 14	R05087_501

Nancy H Dacek North Potomac Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/28 - 08/02	Sa	1:00 pm - 2:00 pm	Learning Art from the Masters	\$ 122.00	-	R05087_502

Performing Arts (Art)

Acting Club

Join this talented and fun group to practice and perform shows at various nursing homes in the area.

Damascus Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/07 - 05/19	Mo	2:30 pm - 3:30 pm	Readers' Theater	\$ 0.00	55+	R07056_303
06/02 - 08/25	Mo	2:30 pm - 3:30 pm	Readers' Theater	\$ 0.00		R07056_504

Margaret Schweinhaut Senior Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/05 - 05/21	We	1:30 pm - 3:30 pm	Seasoned Players	\$ 0.00	55+	R07056_302
06/04 - 08/20	We	1:30 pm - 3:30 pm	Seasoned Players	\$ 0.00	55+	R07056_502

Photography (Art)

55+ Photography Club

The Photo Club sponsors three galleries at Holiday Park. Exhibits change every month. Free. Drop-in. Led by a Holiday Park volunteer.

Holiday Park Senior Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/02 - 06/04	We	10:00 am - 12:00 pm	Photography Club	\$ 0.00	55+	R07001_301
06/18 - 08/20	We	10:00 am - 12:00 pm	Photography Club	\$ 0.00	55+	R07001_501

Pottery - Ceramics (Art)

Pottery

Pottery Class - Click individual class below for description

Nancy H Dacek North Potomac Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/31 - 06/02	Mo	6:00 pm - 8:45 pm	Handcrafted Pottery Open Studio	\$ 250.00	17+	R05093_308
04/01 - 06/10	Tu	10:00 am - 1:00 pm	Beginner Pottery Wheel and Hand Building	\$ 340.00	17+	R05093_318
04/01 - 06/10	Tu	6:00 pm - 8:00 pm	Beginner Pottery Wheel and Hand Building	\$ 240.00	17+	R05093_317
04/09 - 06/04	We	5:30 pm - 8:30 pm	Handcrafted Pottery Open Studio	\$ 280.00	17+	R05093_302
04/24 - 05/29	Th	6:00 pm - 8:45 pm	Introductory Pottery	\$ 220.00		R05093_309
06/16 - 07/28	Mo	6:00 pm - 8:45 pm	Handcrafted Pottery Open Studio	\$ 250.00	17+	R05093_508
06/17 - 06/19	Tu, Th	11:00 am - 1:00 pm	Pottery Workshop: Serving/Charcuterie Platter and Spoon	\$ 100.00	17+	R05093_513
06/17 - 06/19	Tu, Th	6:00 pm - 8:00 pm	Pottery Workshop: Serving/Charcuterie Platter and Spoon	\$ 100.00	17+	R05093_511
06/25 - 08/06	We	5:30 pm - 8:30 pm	Handcrafted Pottery Open Studio	\$ 250.00		R05093_504
07/08 - 07/17	Tu, Th	11:00 am - 1:00 pm	Pottery Workshop: Garden Fairy House	\$ 120.00	17+	R05093_516
07/08 - 07/17	Tu, Th	6:00 pm - 8:00 pm	Pottery Workshop: Garden Fairy House	\$ 120.00	17+	R05093_515
08/05 - 08/12	Tu	11:00 am - 1:00 pm	Pottery Workshop: Handmade Custom Funky Bowl	\$ 100.00		R05093_519
08/05 - 08/12	Tu	6:00 pm - 8:00 pm	Pottery Workshop: Handmade Custom Funky Bowl	\$ 100.00		R05093_520

Ross Boddy Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/02 - 06/11	We	6:00 pm - 8:00 pm	Beginner Pottery Wheel and Hand Building	\$ 240.00	17+	R05093_320
04/07 - 06/09	Mo	5:30 pm - 8:30 pm	Intro to Wheel and Open Studio	\$ 250.00	17+	R05093_305
04/09 - 06/04	We	10:30 am - 1:30 pm	Handcrafted Pottery Open Studio	\$ 280.00	17+	R05093_301
04/10 - 06/05	Th	5:30 pm - 8:30 pm	Handcrafted Pottery Open Studio	\$ 280.00	17+	R05093_303
04/22 - 06/03	Tu	5:30 pm - 8:30 pm	Handcrafted Pottery Open Studio All Levels	\$ 275.00	17+	R05093_322
04/26 - 06/07	Sa	10:30 am - 1:30 pm	Handcrafted Pottery Open Studio All Levels	\$ 240.00	17+	R05093_321
04/28 - 06/02	Mo	11:00 am - 12:00 pm	TR Create with Clay	\$ 78.00	17+	R05093_323
04/28 - 06/02	Mo	1:30 pm - 2:30 pm	TR Create with Clay	\$ 78.00	17+	R05093_324
06/18 - 06/25	We	6:00 pm - 8:00 pm	Pottery Workshop: Serving/Charcuterie Platter and Spoon	\$ 100.00	17+	R05093_512
06/24 - 08/05	Tu	5:30 pm - 8:30 pm	Intro to Pottery and Open Studio	\$ 255.00	-	R05093_510
06/25 - 08/06	We	10:30 am - 1:30 pm	Handcrafted Pottery Open Studio	\$ 250.00	-	R05093_503
06/26 - 08/07	Th	5:30 pm - 8:30 pm	Handcrafted Pottery Open Studio	\$ 250.00	-	R05093_505
06/28 - 08/09	Sa	10:30 am - 1:30 pm	Intro to Pottery and Open Studio	\$ 255.00	-	R05093_509
07/09e 07/18	We, Fr	3:00 pm - 5:00 pm	Pottery Workshop: Garden Fairy House	\$ 120.00	17+	R05093_517
08/13 - 08/20	We	6:00 pm - 8:00 pm	Pottery Workshop: Handmade Custom Funky Bowl	\$ 100.00	17+	R05093_521

Sligo Creek Elementary School

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/22 - 06/17	Tu	10:00 am - 2:00 pm	Pottery at Sligo	\$ 470.00	17+	R05093_310
04/22 - 06/17	Tu	6:00 pm - 9:00 pm	Pottery at Sligo	\$ 360.00	17+	R05093_313
04/23 - 06/18	We	10:00 am - 2:00 pm	Pottery Wheel Focus at Sligo	\$ 470.00	17+	R05093_311
04/24 - 06/19	Th	10:00 am - 2:00 pm	Handcrafted Pottery Open Studio	\$ 470.00	17+	R05093_312
04/28 - 06/16	Mo	6:30 pm - 9:30 pm	Pottery at Sligo	\$ 285.00	17+	R05093_314
06/24 - 08/12	Tu	10:00 am - 1:00 pm	Pottery at Sligo	\$ 340.00		R05093_522
06/24 - 08/12	Tu	6:00 pm - 9:00 pm	Pottery at Sligo	\$ 340.00	17+	R05093_501
06/25 - 08/13	We	10:00 am - 1:00 pm	Pottery at Sligo	\$ 340.00		R05093_523
06/26 - 08/14	Th	10:00 am - 1:00 pm	Pottery at Sligo	\$ 340.00	17+	R05093_502

Wheaton Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/22 - 06/17	Tu	6:00 pm - 9:00 pm	Handcrafted Pottery Open Studio	\$ 375.00	17+	R05093_315
04/30 - 06/18	We	9:30 am - 12:30 pm	Handcrafted Pottery Open Studio	\$ 375.00	17+	R05093_316
06/24 - 07/29	Tu	6:00 pm - 8:00 pm	Handcrafted Pottery	\$ 185.00		R05093_506
06/25 - 07/30	We	10:00 am - 1:00 pm	Handcrafted Pottery Open Studio	\$ 275.00		R05093_507

White Oak Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/02 - 06/11	We	10:00 am - 1:00 pm	Beginner Pottery Wheel and Hand Building	\$ 340.00	17+	R05093_319
04/28 - 06/16	Mo	6:00 pm - 9:00 pm	Handcrafted Pottery	\$ 250.00	17+	R05093_307
04/29 - 06/10	Tu	10:00 am - 1:00 pm	Handcrafted Pottery Open Studio	\$ 250.00	17+	R05093_306
06/18 - 06/25	We	11:00 am - 1:00 pm	Pottery Workshop: Serving/Charcuterie Platter and Spoon	\$ 100.00		R05093_514
07/09 - 07/16	We	11:00 am - 1:00 pm	Pottery Workshop: Handmade Custom Funky Bowl	\$ 100.00	17+	R05093_518

Wood Carving - Woodworking (Art)

55+ Woodcarving

Experienced hobbyists offer instruction. Ongoing program. Led by Holiday Park volunteer.

Holiday Park Senior Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/20 - 08/29	Fr	1:00 pm - 3:00 pm	Woodcarving	\$ 5.00	55+	R07002_501

CPR and First Aid

Workshop or Speaker Series (CPR and First Aid)

CPR, First Aid and AED

This class provides the knowledge and skills for adult, child, and infant CPR, the use of an AED, relief for choking, along with lecture and practical First Aid component. First Aid covers medical emergencies, injury emergencies, and environmental emergencies. Students are also exposed to the 911 system and the importance of good team dynamics. The classroom setting is ideal for students who prefer group interaction and feedback from an instructor while learning. Material fee is included in price.

Bauer Drive Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/03	Tu	5:30 pm - 9:00 pm	CPR, AED and First Aid for MCR Recreation Contractors	\$ 55.00	13+	R05032_325

Life Rescue Training

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/21	Sa	10:00 am - 2:00 pm	CPR, AED and First Aid	\$ 89.00	13+	R05032_310
07/19	Sa	10:00 am - 2:00 pm	CPR, AED and First Aid	\$ 89.00	-	R05032_501

Camps

Arts and Crafts (Camps)

Abrakadoodle Camp

see below for detailed description

Ashburton Elementary School

Dates	Days	Time	Title	Cost	Ages	Link to Register
07/21 - 07/25	Mo, Tu, We, Th, Fr	9:00 am - 12:00 pm	Abrakadoodle Wild About Animals	\$ 275.00	3 - 5	R05130_413
07/21 - 07/25	Mo, Tu, We, Th, Fr	9:00 am - 12:00 pm	Abrakadoodle Wild About Animals	\$ 275.00	6 - 12	R05130_414
07/21 - 07/25	Mo, Tu, We, Th, Fr	12:30 pm - 3:30 pm	Abrakadoodle Artosaurus	\$ 275.00	6 - 12	R05130_415

Jane E Lawton Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
07/28 - 08/01	Mo, Tu, We, Th, Fr	9:00 am - 12:00 pm	Abrakadoodle Musical Art Camp	\$ 275.00	3 - 5	R05130_417
07/28 - 08/01	Mo, Tu, We, Th, Fr	9:00 am - 12:00 pm	Abrakadoodle Musical Art Camp	\$ 275.00	6 - 12	R05130_416
07/28 - 08/01	Mo, Tu, We, Th, Fr	12:30 pm - 3:30 pm	Abrakadoodle Art Blast STEAM	\$ 275.00	6 - 12	R05130_418

Potomac Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
07/07 - 07/11	Mo, Tu, We, Th, Fr	9:00 am - 12:00 pm	Abrakadoodle Under the Sea	\$ 275.00	3 - 5	R05130_411
07/07 - 07/11	Mo, Tu, We, Th, Fr	9:00 am - 12:00 pm	Abrakadoodle Under the Sea	\$ 275.00	6 - 12	R05130_410
07/07 - 07/11	Mo, Tu, We, Th, Fr	12:30 pm - 3:30 pm	Abrakadoodle Lets Go Camping	\$ 275.00	6 - 12	R05130_412

Silver Spring Recreation and Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/23 - 06/27	Mo, Tu, We, Th, Fr	9:00 am - 12:00 pm	Abrakadoodle It's A Jungle Out There	\$ 275.00	6 - 12	R05130_401
06/23 - 06/27	Mo, Tu, We, Th, Fr	9:00 am - 12:00 pm	Abrakadoodle It's A Jungle Out There	\$ 275.00	-	R05130_402
06/23 - 06/27	Mo, Tu, We, Th, Fr	12:30 pm - 3:30 pm	Abrakadoodle Build It!	\$ 275.00	-	R05130_403
07/14e 07/18	Mo, Tu, We, Th, Fr	9:00 am - 12:00 pm	Abrakadoodle Zoo Safari	\$ 275.00	-	R05130_405
07/14e 07/18	Mo, Tu, We, Th, Fr	9:00 am - 12:00 pm	Abrakadoodle Zoo Safari	\$ 275.00	-	R05130_404
07/14e 07/18	Mo, Tu, We, Th, Fr	12:30 pm - 3:30 pm	Abrakadoodle Cartoon Creations	\$ 275.00	-	R05130_406

Wheaton Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
08/04 - 08/08	Mo, Tu, We, Th, Fr	9:00 am - 12:00 pm	Abrakadoodle Garden Safari	\$ 275.00	-	R05130_407
08/04 - 08/08	Mo, Tu, We, Th, Fr	9:00 am - 12:00 pm	Abrakadoodle Garden Safari	\$ 275.00	-	R05130_408
08/04 - 08/08	Mo, Tu, We, Th, Fr	12:30 pm - 3:30 pm	Abrakadoodle Anime	\$ 275.00	-	R05130_409

Art Camp

art camp - see below for detailed description

Germantown Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
08/04 - 08/08	Mo, Tu, We, Th, Fr	9:00 am - 12:00 pm	Young Rembrandts Character Creation Anime / Manga	\$ 260.00	6 - 12	R05307_407
08/04 - 08/08	Mo, Tu, We, Th, Fr	12:30 pm - 3:30 pm	Young Rembrandts World of Dinosaurs Pastel Drawing	\$ 270.00	6 - 12	R05307_408

Silver Spring Recreation and Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
07/07 - 07/11	Mo, Tu, We, Th, Fr	9:00 am - 12:00 pm	Young Rembrandts Steamy Up	\$ 260.00	6 - 12	R05307_410
08/04 - 08/08	Mo, Tu, We, Th, Fr	9:00 am - 12:00 pm	Young Rembrandts Cartoon Adventures in Space	\$ 260.00	6 - 12	R05307_412

Snowden Farm Elementary School

Dates	Days	Time	Title	Cost	Ages	Link to Register
07/14e 07/18	Mo, Tu, We, Th, Fr	9:00 am - 12:00 pm	Young Rembrandts Baby Animals Drawing	\$ 260.00	6 - 12	R05307_405
07/14e 07/18	Mo, Tu, We, Th, Fr	12:30 pm - 3:30 pm	Young Rembrandts Colorful Critters Pastel Drawing	\$ 270.00	6 - 12	R05307_406

Stone Mill Elementary School

Dates	Days	Time	Title	Cost	Ages	Link to Register
07/07 - 07/11	Mo, Tu, We, Th, Fr	9:00 am - 12:00 pm	Young Rembrandts Coconuts and Crowns A Polynesian Adventure	\$ 260.00	6 - 12	R05307_403
07/07 - 07/11	Mo, Tu, We, Th, Fr	12:30 pm - 3:30 pm	Young Rembrandts Ocean Life Pastel Drawing	\$ 270.00	6 - 12	R05307_404

Wheaton Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/23 - 06/27	Mo, Tu, We, Th, Fr	9:00 am - 12:00 pm	Young Rembrandts Across the Continents Pastel Drawing	\$ 270.00	6 - 12	R05307_409
07/21 - 07/25	Mo, Tu, We, Th, Fr	9:00 am - 12:00 pm	Young Rembrandts World of Dinosaurs Pastel Drawing	\$ 270.00	6 - 12	R05307_411

Wims Wilson Elementary School

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/23 - 06/27	Mo, Tu, We, Th, Fr	9:00 am - 12:00 pm	Young Rembrandts Fantasy Forest Drawing	\$ 260.00	6 - 12	R05307_401
06/23 - 06/27	Mo, Tu, We, Th, Fr	12:30 pm - 3:30 pm	Young Rembrandts Across the Continents Pastel Drawing	\$ 270.00	6 - 12	R05307_402

Basketball (Camps)

Chase Your Dreams Camp

Please click the specific camp links below to see each camp description.

Wisconsin Place Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/30 - 07/03	Mo, Tu, We, Th, Fr	9:00 am - 4:00 pm	Chase Your Dreams Basketball Camp	\$ 235.00	6 - 14	R05381_401
07/07 - 07/11	Mo, Tu, We, Th, Fr	9:00 am - 4:00 pm	Chase Your Dreams Basketball Camp	\$ 295.00	6 - 14	R05381_402
07/14 - 07/18	Mo, Tu, We, Th, Fr	9:00 am - 4:00 pm	Chase Your Dreams Basketball Camp	\$ 295.00	6 - 14	R05381_403
07/21 - 07/25	Mo, Tu, We, Th, Fr	9:00 am - 4:00 pm	Chase Your Dreams Basketball Camp	\$ 295.00	6 - 14	R05381_404
07/28 - 08/01	Mo, Tu, We, Th, Fr	9:00 am - 4:00 pm	Chase Your Dreams Basketball Camp	\$ 295.00	6 - 14	R05381_405

Coach Parker Academy Camps

Most parents struggle to find great summer camp experiences they can trust to be safe and are not “one-size-fits-all” for their K-1st grade basketball player. Our friendly staff members create a fun & engaging atmosphere where kids learn, explore, and grow. At CP Basketball Academy our Mini Hoopers learn movement skills, ball handling confidence, and team strategies. All campers also get a personalized trading card photo, camper motivation t-shirt, and exclusive access to the Basketball Formulas online training library, fun activities, parent workshops, and more.... Learn to play better this summer.

Potomac Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
07/21 - 07/25	Mo, Tu, We, Th, Fr	9:00 am - 4:00 pm	CP Basketball Day Camp	\$ 355.00	6 - 14	R05027_405
07/21 - 07/25	Mo, Tu, We, Th, Fr	9:00 am - 12:00 pm	CP Lil Dribblers Camp	\$ 179.00	5 - 6	R05027_415

Wheaton Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/23 - 06/27	Mo, Tu, We, Th, Fr	9:00 am - 4:00 pm	CP Basketball Day Camp	\$ 355.00	6 - 14	R05027_401
06/23 - 06/27	Mo, Tu, We, Th, Fr	9:00 am - 12:00 pm	CP Lil Dribblers Camp	\$ 179.00	5 - 6	R05027_411
06/30 - 07/03	Mo, Tu, We, Th	9:00 am - 4:00 pm	CP Basketball Day Camp	\$ 292.00	6 - 14	R05027_402
06/30 - 07/03	Mo, Tu, We, Th	9:00 am - 12:00 pm	CP Lil Dribblers Camp	\$ 150.00	5 - 6	R05027_412
07/07 - 07/11	Mo, Tu, We, Th, Fr	9:00 am - 12:00 pm	CP Lil Dribblers Camp	\$ 179.00	5 - 6	R05027_413
07/07 - 07/11	Mo, Tu, We, Th, Fr	9:00 am - 4:00 pm	CP Basketball Day Camp	\$ 355.00	6 - 14	R05027_403
07/14e 07/18	Mo, Tu, We, Th, Fr	9:00 am - 4:00 pm	CP Basketball Day Camp	\$ 355.00	6 - 14	R05027_404
07/14e 07/18	Mo, Tu, We, Th, Fr	9:00 am - 12:00 pm	CP Lil Dribblers Camp	\$ 179.00	5 - 6	R05027_414

Camps - Other (Camps)

Teen Camps

Not your average summer camp! Exclusively designed for middle school teens (rising 6th - rising 8th graders) and full of adventure, this camp gives youth an alternative to just staying home. In addition to fun, the camp fosters leadership development, engages teens in a variety of social and teambuilding activities, supports community service projects and talent exploration. The camp visits a local pool weekly. Off-site field trips and onsite specialty events are hosted alternatively each week. No two days are the same! There will be no camp program on July 4th in observance of the holiday. For more information, contact Youth Development at 240-777-8080 Note: Program location is subject to change based on facility availability

Briggs Chaney Middle School

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/23 - 08/01	Mo, Tu, We, Th, Fr	8:00 am - 6:00 pm	Teen Camp - Briggs Chaney MS	\$ 260.00	11 - 14	R09010_404

Eastern Middle School

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/23 - 08/01	Mo, Tu, We, Th, Fr	8:00 am - 6:00 pm	Teen Camp - Eastern MS	\$ 260.00	11 - 14	R09010_402

Kingsview Middle School

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/23 - 08/01	Mo, Tu, We, Th, Fr	8:00 am - 6:00 pm	Teen Camp - Kingsview MS	\$ 260.00	11 - 14	R09010_403

Karate - Jujitsu (Camps)

Karate Clinic

Four days of fun and martial arts with instructors from TKA. Participants will review and enhance martial arts/karate skills and learn new skills while working together. All skill levels welcome. Promotional exams may be offered.

Argyle Middle School

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/23 - 06/26	Mo, Tu, We, Th	9:00 am - 11:30 am	TKA Karate Clinic	\$ 100.00	6 - 12	R05067_101
07/07 - 07/10	Mo, Tu, We, Th	9:00 am - 11:30 am	TKA Karate Clinic	\$ 100.00	6 - 12	R05067_102

Multi-Sports (Camps)

Jump Start Sports Camps

Campers “enroll” in the college of their choice and have a blast competing in a variety of sports for their “alma mater”. Sports offered this week include basketball, soccer, volleyball and more! We will feature a different sport each day and will play fun, low-key games for school pride! The children will also learn fun facts about their chosen college, and will design pennants to display at “Graduation”. Breaks from sporting activities will be held periodically, during which campers will participate in traditional camp games. Air conditioned spaces will be utilized!

Silver Spring Recreation and Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/23 - 08/15	Mo, Tu, We, Th, Fr	9:00 am - 3:30 pm	Jump Start Sports Camp: Gym, Swim & More! Full Summer 8-Weeks @ SSRAC	\$ 2.00	6 - 12	R05063_401
06/23 - 06/27	Mo, Tu, We, Th, Fr	9:00 am - 3:30 pm	Jump Start Sports Camp: Gym, Swim & More! Week 1 @ SSRAC	\$ 292.00	6 - 12	R05063_402
06/30 - 07/03	Mo, Tu, We, Th	9:00 am - 3:30 pm	Jump Start Sports Camp: Gym, Swim & More! Week 2 @ SSRAC	\$ 232.00	6 - 12	R05063_403
07/07 - 07/11	Mo, Tu, We, Th, Fr	9:00 am - 3:30 pm	Jump Start Sports Camp: Gym, Swim & More! Week 3 @ SSRAC	\$ 292.00	6 - 12	R05063_404
07/14 - 07/18	Mo, Tu, We, Th, Fr	9:00 am - 3:30 pm	Jump Start Sports Camp: Gym, Swim & More! Week 4 @ SSRAC	\$ 292.00	6 - 12	R05063_405
07/21 - 07/25	Mo, Tu, We, Th, Fr	9:00 am - 3:30 pm	Jump Start Sports Camp: Gym, Swim & More! Week 5 @ SSRAC	\$ 292.00	6 - 12	R05063_406
07/28 - 08/01	Mo, Tu, We, Th, Fr	9:00 am - 3:30 pm	Jump Start Sports Camp: Gym, Swim & More! Week 6 @ SSRAC	\$ 292.00	6 - 12	R05063_407
08/04 - 08/08	Mo, Tu, We, Th, Fr	9:00 am - 3:30 pm	Jump Start Sports Camp: Gym, Swim & More! Week 7 @ SSRAC	\$ 292.00	6 - 12	R05063_408
08/11 - 08/15	Mo, Tu, We, Th, Fr	9:00 am - 3:30 pm	Jump Start Sports Camp: Gym, Swim & More! Week 8 @ SSRAC	\$ 292.00	6 - 12	R05063_409

Travilah Elementary School

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/23 - 06/27	Mo, Tu, We, Th, Fr	9:00 am - 3:30 pm	Jump Start Sports Camp: World Cup Soccer - Week 1 @ Travilah ES	\$ 292.00	-	R05063_412
06/23 - 08/01	Mo, Tu, We, Th, Fr	9:00 am - 3:30 pm	Jump Start Sports Camp 6 Week Camp @ Travilah ES	\$ 1.00	6 - 12	R05063_411
06/30 - 07/03	Mo, Tu, We, Th	9:00 am - 3:30 pm	Jump Start Sports Camp: All American Sport Camp - Week 2 @ Travilah ES	\$ 232.00	-	R05063_413
07/07 - 07/11	Mo, Tu, We, Th, Fr	9:00 am - 3:30 pm	Jump Start Sports Camp: Hoop it up Basketball - Week 3@ Travilah ES	\$ 292.00	-	R05063_414
07/14 - 07/18	Mo, Tu, We, Th, Fr	9:00 am - 3:30 pm	Jump Start Sports Camp: Olympic Multi-Sports - Week 4 @ Travilah ES	\$ 292.00	-	R05063_415
07/21 - 07/25	Mo, Tu, We, Th, Fr	9:00 am - 3:30 pm	Jump Start Sports Camp: Color Games Sports Camp- Week 5 @ Travilah ES	\$ 292.00	-	R05063_416
07/28 - 08/01	Mo, Tu, We, Th, Fr	9:00 am - 3:30 pm	Jump Start Sports Camp: College days multi-Sports Camp- Week 6 @ Travilah ES	\$ 292.00	-	R05063_417

KIDspired

KIDspired Summer Camp provides weekly fun-filled programs intended to keep your child active through crafts, camp games, sports, and more. Weekly themes and dress up days provide a safe space for campers to make new friends, stay physically active, and have fun all summer. Activities include organized camp games, onsite water activities, STEAM projects, camp sports, and arts and crafts.

Wims Wilson Elementary School

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/23 - 06/27	Mo, Tu, We, Th, Fr	8:00 am - 4:00 pm	KIDspired Summer Camp	\$ 315.00	5 - 12	R05289_401
06/23 - 06/27	Mo, Tu, We, Th, Fr	8:00 am - 4:00 pm	KIDspired Basketballer Camp	\$ 315.00	5 - 12	R05289_407
06/30 - 07/02	Mo, Tu, We	8:00 am - 4:00 pm	KIDspired Summer Camp	\$ 195.00	5 - 12	R05289_402
07/07 - 07/11	Mo, Tu, We, Th, Fr	8:00 am - 4:00 pm	KIDspired Basketballer Camp	\$ 315.00	5 - 12	R05289_408
07/07 - 07/11	Mo, Tu, We, Th, Fr	8:00 am - 4:00 pm	KIDspired Summer Camp	\$ 315.00	5 - 12	R05289_403
07/14 - 07/18	Mo, Tu, We, Th, Fr	8:00 am - 4:00 pm	KIDspired Summer Camp	\$ 315.00	5 - 12	R05289_404
07/14 - 07/18	Mo, Tu, We, Th, Fr	8:00 am - 4:00 pm	KIDspired GIRLS FLAG Camp	\$ 315.00	5 - 12	R05289_409
07/21 - 07/25	Mo, Tu, We, Th, Fr	8:00 am - 4:00 pm	KIDspired Flag Football Camp	\$ 315.00	5 - 12	R05289_411
07/21 - 07/25	Mo, Tu, We, Th, Fr	8:00 am - 4:00 pm	KIDspired Summer Camp	\$ 315.00	5 - 12	R05289_405
07/21 - 07/25	Mo, Tu, We, Th, Fr	9:00 am - 3:00 pm	KIDspired Baseball Camp	\$ 315.00	5 - 12	R05289_410
07/28 - 08/01	Mo, Tu, We, Th, Fr	8:00 am - 4:00 pm	KIDspired Multi Sports Camp	\$ 315.00	5 - 12	R05289_412
07/28 - 08/01	Mo, Tu, We, Th, Fr	8:00 am - 4:00 pm	KIDspired Summer Camp	\$ 315.00	5 - 12	R05289_406

Overtime Athletics

This camp combines the best parts of a sports camp with a traditional day camp and incorporates the latest trends in youth programming to include scavenger hunts, contests, water games, goofy golf, brain buster projects and more. Sports include basketball, soccer, flag football and more. Whether you come for a week or the whole summer, our expert team understands how to keep camp fresh and fun. Our proven curriculum and programming formula allows us to roll through the day weaving high intensity and low impact activities together so that every camper has their moment to shine.

Sligo - Dennis Avenue Local Park

Dates	Days	Time	Title	Cost	Ages	Link to Register
07/14 - 07/18	Mo, Tu, We, Th, Fr	8:00 am - 4:00 pm	Overtime Athletics Summer Sports Camp	\$ 240.00	6 - 12	R05292_420
07/21 - 07/25	Mo, Tu, We, Th, Fr	8:00 am - 4:00 pm	Overtime Athletics Summer Sports Camp	\$ 240.00	6 - 12	R05292_421
07/28 - 08/01	Mo, Tu, We, Th, Fr	8:00 am - 4:00 pm	Overtime Athletics Summer Sports Camp	\$ 240.00	6 - 12	R05292_422
08/04 - 08/08	Mo, Tu, We, Th, Fr	8:00 am - 4:00 pm	Overtime Athletics Summer Sports Camp	\$ 240.00	6 - 12	R05292_423

Summer Sport Academy

HERtime2Shine Summer Sports Academy with Montgomery County Recreation will provide a girl-centered opportunity to learn and develop a foundation for various sports for every level of play. Campers ages 6-12 will spend their summer learning from an experienced and diverse staff in a motivating, positive learning environment. Montgomery County Recreation will provide the ultimate opportunity for learning skills and gaining confidence while having a fun, memorable, girl-powered summer at HERtime2Shine sports camp. A typical day at camp would include sports instruction and fun games and activities that build on the Sport of the Day. HERtime2Shine Summer Sports Academy is designed to be an outdoor sports program; participants are asked to come prepared to be outdoors ALL day. All genders are welcome at this camp!

Argyle Local Park

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/23 - 08/01	Mo, Tu, We, Th, Fr	8:30 am - 3:30 pm	Summer Sports Academy @ Argyle Local Park	\$ 170.00	6 - 12	R05347_401

Fox Chapel Elementary School

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/23 - 08/01	Mo, Tu, We, Th, Fr	8:30 am - 3:30 pm	Summer Sports Academy @ Fox Chapel ES	\$ 170.00	6 - 12	R05347_402

Highland View Elementary School

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/23 - 08/01	Mo, Tu, We, Th, Fr	8:30 am - 3:30 pm	Summer Sports Academy @ Highland View ES	\$ 170.00	6 - 12	R05347_403

Kemp Mill Estates Local Park

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/23 - 08/01	Mo, Tu, We, Th, Fr	8:30 am - 3:30 pm	Summer Sports Academy @ Kemp Mill Local Park	\$ 170.00	6 - 12	R05347_404

Sligo - Dennis Avenue Local Park

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/23 - 07/11	Mo, Tu, We, Th, Fr	8:30 am - 3:30 pm	HERtime2Shine Summer Sports Academy @ Sligo Dennis Local Park	\$ 85.00	6 - 12	R05347_405

Stone Mill Elementary School

Dates	Days	Time	Title	Cost	Ages	Link to Register
07/14 - 08/01	Mo, Tu, We, Th, Fr	8:30 am - 3:30 pm	HERtime2Shine Summer Sports Academy @ Stone Mill ES	\$ 85.00	6 - 12	R05347_406

Train Like a Pro Camps

Campers are grouped by skill level and divided into groups. The camp will include instructional training and fun games. Upon their participation in Train Like a Pro summer camp, campers will receive a T-shirt. The goal of our basketball camps is to teach participants the fundamentals of basketball and life.

Jane E Lawton Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
07/28 - 08/01	Mo, Tu, We, Th, Fr	9:00 am - 4:00 pm	Train Like a Pro Basketball Camp	\$ 282.00	7 - 14	R05345_401

Potomac Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
08/04 - 08/08	Mo, Tu, We, Th, Fr	9:00 am - 4:00 pm	Train Like a Pro Basketball Camp	\$ 282.00	7 - 14	R05345_402
08/11 - 08/15	Mo, Tu, We, Th, Fr	9:00 am - 4:00 pm	Train Like a Pro Basketball Camp	\$ 282.00	7 - 14	R05345_403

Nature Outdoors Exploration and Skills (Camps)

Summer Outdoor Adventure

Live the life of adventure. We created a camper experience with a variety of new and traditional camp activities all while enjoying spending time in the great outdoors. We have rounded up some of the most thrill-seeking staff around to bring you an action-packed summer. We will have; frisbees, relays, hopsacks, kickball, scarf tag, beach bucket relays, hula hoops and much more. What could be more fun than playing all these games in the sun? Every day will be packed with summer adventure for kids just like you. Summer Outdoor Adventure will not meet on July 4th.

Rock Creek Regional Park

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/23 - 08/01	Mo, Tu, We, Th, Fr	8:30 am - 3:30 pm	Summer Outdoor Adventure @ Rock Creek Recreational Park	\$ 170.00	6 - 12	R05109_401

South Germantown Recreational Park

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/23 - 08/01	Mo, Tu, We, Th, Fr	8:30 am - 3:30 pm	Summer Outdoor Adventure @ South Germantown	\$ 170.00	6 - 12	R05109_402

Performing Arts (Camps)

Dance Camp

Dance camp - see below for description

Germantown Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
08/04 - 08/08	Mo, Tu, We, Th, Fr	9:00 am - 3:00 pm	Hip Hop Dance Camp	\$ 375.00	5 - 12	R05306_406
08/04 - 08/08	Mo, Tu, We, Th, Fr	9:00 am - 12:00 pm	Hip Hop Dance Camp	\$ 250.00	5 - 12	R05306_405
08/11 - 08/15	Mo, Tu, We, Th, Fr	9:00 am - 12:00 pm	Hip Hop Dance Camp	\$ 250.00	5 - 12	R05306_407
08/11 - 08/15	Mo, Tu, We, Th, Fr	9:00 am - 3:00 pm	Hip Hop Dance Camp	\$ 375.00	5 - 12	R05306_408

Silver Spring Recreation and Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
07/21 - 07/25	Mo, Tu, We, Th, Fr	9:00 am - 3:00 pm	Hip Hop Dance Camp	\$ 375.00	5 - 12	R05306_404
07/21 - 07/25	Mo, Tu, We, Th, Fr	9:00 am - 12:00 pm	Hip Hop Dance Camp	\$ 250.00	5 - 12	R05306_403

Wheaton Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
07/07 - 07/11	Mo, Tu, We, Th, Fr	9:00 am - 12:00 pm	Hip Hop Dance Camp	\$ 250.00	5 - 12	R05306_401
07/07 - 07/11	Mo, Tu, We, Th, Fr	9:00 am - 3:00 pm	Hip Hop Dance Camp	\$ 375.00	5 - 12	R05306_402

Magic Camp

Jane E Lawton Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
08/11 - 08/15	Mo, Tu, We, Th, Fr	9:00 am - 3:00 pm	Circus Camp	\$ 275.00	7 - 10	R05302_410

Kingsview Middle School

Dates	Days	Time	Title	Cost	Ages	Link to Register
07/14 - 07/18	Mo, Tu, We, Th, Fr	9:00 am - 3:00 pm	Stage Magic Camp	\$ 275.00	7 - 10	R05302_405
07/21 - 07/25	Mo, Tu, We, Th, Fr	9:00 am - 3:00 pm	Circus Camp	\$ 275.00	7 - 10	R05302_406
07/28 - 08/01	Mo, Tu, We, Th, Fr	9:00 am - 3:00 pm	Superhero Camp	\$ 275.00	7 - 10	R05302_407

Leonard D Jackson Ken Gar Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
07/28 - 08/01	Mo, Tu, We, Th, Fr	9:00 am - 3:00 pm	Magic Camp	\$ 275.00	7 - 10	R05302_408
08/04 - 08/08	Mo, Tu, We, Th, Fr	9:00 am - 3:00 pm	Stage Magic Camp	\$ 275.00	7 - 10	R05302_409
08/11 - 08/15	Mo, Tu, We, Th, Fr	9:00 am - 3:00 pm	Superhero Camp	\$ 275.00	7 - 10	R05302_411

Silver Spring Recreation and Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/23 - 06/27	Mo, Tu, We, Th, Fr	9:00 am - 3:00 pm	Magic Camp	\$ 275.00	7 - 10	R05302_402
07/07 - 07/11	Mo, Tu, We, Th, Fr	9:00 am - 3:00 pm	Circus Camp	\$ 275.00	7 - 10	R05302_403
07/14 - 07/18	Mo, Tu, We, Th, Fr	9:00 am - 3:00 pm	Superhero Camp	\$ 275.00	7 - 10	R05302_404

Playtime and Music (Camps)

Learn Now Music

Learn Now Music introduces campers to a variety of musical instruments and concepts including piano, guitar, violin, drums, voice and movement. Campers participate in musical games, crafts, musical listening excerpts, related projects and MORE!!! Instrument rentals are provided to borrow for in camp use and at-home exploration (LNMG camp agreement must be signed). Instruments must be returned at the end of the week (Instruments in AM session piano, drum. Instruments in PM session guitar and violin). Campers in both morning and afternoon sessions will be supervised during a lunch break. All campers should bring a snack for the AM, a snack for the PM and a drink daily; full-day campers should also bring a bag lunch.

Germantown Elementary School

Dates	Days	Time	Title	Cost	Ages	Link to Register
07/14 - 07/18	Mo, Tu, We, Th, Fr	9:00 am - 4:00 pm	Ultimate Music Experience Camp	\$ 499.00	5 - 12	R05079_404

Jane E Lawton Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
07/07 - 07/11	Mo, Tu, We, Th, Fr	9:00 am - 4:00 pm	Ultimate Music Experience Camp	\$ 499.00	5 - 12	R05079_403

Potomac Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/23 - 06/27	Mo, Tu, We, Th, Fr	9:00 am - 4:00 pm	Ultimate Music Experience Camp	\$ 499.00	5 - 12	R05079_402

Silver Spring Recreation and Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
07/28 - 08/01	Mo, Tu, We, Th, Fr	9:00 am - 4:00 pm	Ultimate Music Experience Camp	\$ 499.00	5 - 12	R05079_406

Wheaton Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
07/21 - 07/25	Mo, Tu, We, Th, Fr	9:00 am - 4:00 pm	Ultimate Music Experience Camp	\$ 499.00	5 - 12	R05079_405

Service Learning Opportunities (SSL) (Camps)

Summer Leadership Challenge

Summer Leadership Challenge (SLC) is a leadership development program that encourages personal exploration,

independence and growth. Young people will participate in interactive workshops that prepare them for leadership roles and employment. Our goal is to empower participants to effect positive changes within themselves and within their community. Young people will learn about employment opportunities they can pursue and become competent in leading others in activities. Each session concludes with participants coordinating and implementing a capstone project benefiting the local community. In addition to developing useful skills, participants will earn service learning hours and receive individual evaluations. At Summer Leadership Challenge, young people will develop friendships, a sense of responsibility, learn to work effectively in groups, build accountability, and gain the confidence to solve problems independently. Participants will also receive an opportunity to earn CPR and First Aid certification. You may only register for and participate in one (1) session of SLC. Participants may earn up to 35 SSL hours for the session. No transportation is available. *Location subject to change

Briggs Chaney Middle School

Dates	Days	Time	Title	Cost	Ages	Link to Register
07/07 - 07/18	Mo, Tu, We, Th, Fr	9:00 am - 4:00 pm	SLC Coaching and Officiating - Briggs Chaney MS	\$ 125.00	13 - 16	R09006_407

Clarksburg Neighborhood Park

Dates	Days	Time	Title	Cost	Ages	Link to Register
07/07e 07/18	Mo, Tu, We, Th, Fr	9:00 am - 4:00 pm	SLC Adventure - Clarksburg PAB	\$ 125.00	14 - 16	R09006_406

Germantown Indoor Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
07/07e 07/18	Mo, Tu, We, Th, Fr	9:00 am - 4:00 pm	SLC Aquatics - Germantown Indoor Swim Center	\$ 125.00	13 - 16	R09006_410

Jane E Lawton Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
07/07 - 07/18	Mo, Tu, We, Th, Fr	9:00 am - 4:00 pm	SLC - Jane E. Lawton CRC	\$ 125.00	13 - 16	R09006_409

Kingsview Middle School

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/23 - 07/03	Mo, Tu, We, Th, Fr	9:00 am - 4:00 pm	SLC Coaching and Officiating - Kingsview MS	\$ 112.50	13 - 16	R09006_401

Oakland Terrace Elementary School

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/23 - 07/03	Mo, Tu, We, Th, Fr	9:00 am - 4:00 pm	SLC - Oakland Terrace ES	\$ 125.00	13 - 16	R09006_405

Parks Rosa Middle School

Dates	Days	Time	Title	Cost	Ages	Link to Register
07/07 - 07/18	Mo, Tu, We, Th, Fr	9:00 am - 4:00 pm	SLC - Rosa Parks	\$ 125.00	13 - 16	R09006_408
07/21 - 08/01	Mo, Tu, We, Th, Fr	9:00 am - 4:00 pm	SLC - Rosa Parks MS	\$ 125.00	13 - 16	R09006_412

Pinecrest Local Park

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/23 - 07/03	Mo, Tu, We, Th, Fr	9:00 am - 4:00 pm	SLC - Pinecrest Local PAB	\$ 112.50	13 - 16	R09006_404

Potomac Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/23 - 07/03	Mo, Tu, We, Th, Fr	9:00 am - 4:00 pm	SLC Adventure - Potomac CRC	\$ 112.50	13 - 16	R09006_403

Quince Orchard Valley Neighborhood Park

Dates	Days	Time	Title	Cost	Ages	Link to Register
07/21 - 08/01	Mo, Tu, We, Th, Fr	9:00 am - 4:00 pm	SLC - Quince Orchard Valley PAB	\$ 125.00	13 - 16	R09006_411

Sequoyah Elementary School

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/23 - 07/03	Mo, Tu, We, Th, Fr	9:00 am - 4:00 pm	SLC - Sequoyah ES	\$ 112.50	14 - 16	R09006_402

Silver Spring Recreation and Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
07/21 - 08/01	Mo, Tu, We, Th, Fr	9:00 am - 4:00 pm	SLC Aquatics - Silver Spring Recreation Aquatic Center	\$ 125.00	15 - 17	R09006_415

Takoma Park Middle School

Dates	Days	Time	Title	Cost	Ages	Link to Register
07/21 - 08/01	Mo, Tu, We, Th, Fr	9:00 am - 4:00 pm	SLC - Takoma Park MS	\$ 125.00	14 - 17	R09006_414

Veirs Mill Local Park

Dates	Days	Time	Title	Cost	Ages	Link to Register
07/21 - 08/01	Mo, Tu, We, Th, Fr	9:00 am - 4:00 pm	SLC - Veirs Mill PAB	\$ 125.00	14 - 17	R09006_413

Skateboarding (Camps)

Goats on Wheels Skate Camp

Learn to skateboard or improve your skills with this outdoor camp and cool down from the summer heat with pool time at the Olney Indoor Swim Center.

Damascus Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/23 - 06/27	Mo, Tu, We, Th, Fr	8:30 am - 12:30 pm	Goats on Wheels Skateboarding Camp AM	\$ 99.00	12 - 14	R05367_401
06/23 - 06/27	Mo, Tu, We, Th, Fr	12:30 pm - 4:30 pm	Goats on Wheels Skateboarding Camp PM	\$ 99.00	6 - 12	R05367_402
07/07 - 07/11	Mo, Tu, We, Th, Fr	8:30 am - 12:30 pm	Goats on Wheels Skateboarding Camp AM	\$ 99.00	6 - 12	R05367_403
07/07 - 07/11	Mo, Tu, We, Th, Fr	12:30 pm - 4:30 pm	Goats on Wheels Skateboarding Camp PM	\$ 99.00	6 - 12	R05367_404
07/14e 07/18	Mo, Tu, We, Th, Fr	8:30 am - 12:30 pm	Goats on Wheels Skateboarding Camp AM	\$ 99.00	6 - 12	R05367_405
07/14e 07/18	Mo, Tu, We, Th, Fr	12:30 pm - 4:30 pm	Goats on Wheels Skateboarding Camp PM	\$ 99.00	6 - 12	R05367_406
07/21 - 07/25	Mo, Tu, We, Th, Fr	8:30 am - 12:30 pm	Goats on Wheels Skateboarding Camp AM	\$ 99.00	6 - 12	R05367_407
07/21 - 07/25	Mo, Tu, We, Th, Fr	12:30 pm - 4:30 pm	Goats on Wheels Skateboarding Camp PM	\$ 99.00	6 - 12	R05367_408

Olney Manor Recreational Park

Dates	Days	Time	Title	Cost	Ages	Link to Register
07/28 - 08/01	Mo, Tu, We, Th, Fr	8:30 am - 3:30 pm	Goats on Wheels Skateboarding Camp w/Swim	\$ 198.00	6 - 12	R05367_409
08/04 - 08/08	Mo, Tu, We, Th, Fr	8:30 am - 3:30 pm	Goats on Wheels Skateboarding Camp w/Swim	\$ 198.00		R05367_410
08/11 - 08/15	Mo, Tu, We, Th, Fr	8:30 am - 3:30 pm	Goats on Wheels Skateboarding Camp w/Swim	\$ 198.00		R05367_411

Soccer (Camps)

Soccer Camps

Our international and domestic coaches team up to incorporate the best coaching methodologies from around the world into our Core Camps to develop well-rounded athletes. It's more than just a soccer camp, but a cultural, educational, and informational program that uses soccer to teach core values of responsibility, integrity, respect, sportsmanship and leadership

Capitol View-Homewood Local Park

Dates	Days	Time	Title	Cost	Ages	Link to Register
07/14e 07/18	Mo, Tu, We, Th, Fr	9:00 am - 4:00 pm	Challenger Soccer Camp - FULL DAY	\$ 265.00	6 - 13	R05102_421
07/14e 07/18	Mo, Tu, We, Th, Fr	9:00 am - 12:00 pm	Challenger Soccer Camp - Half Day AM	\$ 150.00	6 - 13	R05102_422
07/14e 07/18	Mo, Tu, We, Th, Fr	1:00 pm - 4:00 pm	Challenger Soccer Camp - Half Day PM	\$ 150.00	6 - 13	R05102_423
07/21 - 07/25	Mo, Tu, We, Th, Fr	9:00 am - 12:00 pm	Challenger Soccer Camp - Half Day AM	\$ 150.00	6 - 13	R05102_425
07/21 - 07/25	Mo, Tu, We, Th, Fr	9:00 am - 4:00 pm	Challenger Soccer Camp - FULL DAY	\$ 265.00	6 - 13	R05102_424
07/21 - 07/25	Mo, Tu, We, Th, Fr	1:00 pm - 4:00 pm	Challenger Soccer Camp - Half Day PM	\$ 150.00	6 - 13	R05102_426

Carderock Springs Elementary School

Dates	Days	Time	Title	Cost	Ages	Link to Register
07/07 - 07/11	Mo, Tu, We, Th, Fr	1:00 pm - 4:00 pm	CORE All Sports Camp	\$ 210.00	7 - 12	R05102_402

Damascus Community Rec Center Field

Dates	Days	Time	Title	Cost	Ages	Link to Register
07/07 - 07/11	Mo, Tu, We, Th, Fr	9:00 am - 4:00 pm	CORE Elite Soccer Camp	\$ 290.00	11 - 15	R05102_410
07/07 - 07/11	Mo, Tu, We, Th, Fr	9:00 am - 12:00 pm	CORE Elite Soccer Camp- Half Day	\$ 239.00	11 - 15	R05102_411
07/07 - 07/11	Mo, Tu, We, Th, Fr	9:00 am - 4:00 pm	CORE Elite Soccer Camp	\$ 290.00	7 - 10	R05102_409
07/07 - 07/11	Mo, Tu, We, Th, Fr	9:00 am - 12:00 pm	CORE Elite Soccer Camp- Half Day	\$ 239.00	7 - 10	R05102_408

Meadowbrook Local Park

Dates	Days	Time	Title	Cost	Ages	Link to Register
07/28 - 08/01	Mo, Tu, We, Th, Fr	9:00 am - 4:00 pm	Challenger Soccer Camp - FULL DAY	\$ 265.00	6 - 13	R05102_427
07/28 - 08/01	Mo, Tu, We, Th, Fr	9:00 am - 12:00 pm	Challenger Soccer Camp - Half Day AM	\$ 150.00	6 - 13	R05102_428
07/28 - 08/01	Mo, Tu, We, Th, Fr	1:00 pm - 4:00 pm	Challenger Soccer Camp - Half Day PM	\$ 150.00	6 - 13	R05102_429

Potomac Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
08/04 - 08/08	Mo, Tu, We, Th, Fr	9:00 am - 4:00 pm	Challenger Soccer Camp - FULL DAY	\$ 265.00	6 - 13	R05102_430
08/04 - 08/08	Mo, Tu, We, Th, Fr	9:00 am - 12:00 pm	Challenger Soccer Camp - Half Day AM	\$ 150.00	6 - 13	R05102_431
08/04 - 08/08	Mo, Tu, We, Th, Fr	1:00 pm - 4:00 pm	Challenger Soccer Camp - Half Day PM	\$ 150.00	6 - 13	R05102_432

Potomac Community Rec Center Field

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/23 - 06/27	Mo, Tu, We, Th, Fr	9:00 am - 4:00 pm	CORE Elite Soccer Camp	\$ 290.00	11 - 15	R05102_406
06/23 - 06/27	Mo, Tu, We, Th, Fr	9:00 am - 12:00 pm	CORE Elite Soccer Camp- Half Day	\$ 239.00	7 - 10	R05102_405
06/23 - 06/27	Mo, Tu, We, Th, Fr	9:00 am - 12:00 pm	CORE Elite Soccer Camp- Half Day	\$ 239.00	11 - 15	R05102_407
06/23 - 06/27	Mo, Tu, We, Th, Fr	9:00 am - 4:00 pm	CORE Elite Soccer Camp	\$ 290.00	7 - 10	R05102_404

Wheaton Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
07/14 - 07/18	Mo, Tu, We, Th, Fr	1:00 pm - 4:00 pm	CORE All Sports Camp	\$ 210.00	7 - 12	R05102_403

Wood Local Park

Dates	Days	Time	Title	Cost	Ages	Link to Register
07/14 - 07/18	Mo, Tu, We, Th, Fr	9:00 am - 4:00 pm	CORE Elite Soccer Camp	\$ 290.00	7 - 10	R05102_412
07/14 - 07/18	Mo, Tu, We, Th, Fr	9:00 am - 4:00 pm	CORE Elite Soccer Camp	\$ 290.00	11 - 15	R05102_414
07/14 - 07/18	Mo, Tu, We, Th, Fr	9:00 am - 12:00 pm	CORE Elite Soccer Camp- Half Day	\$ 239.00	11 - 15	R05102_415
07/14 - 07/18	Mo, Tu, We, Th, Fr	9:00 am - 12:00 pm	CORE Elite Soccer Camp- Half Day	\$ 239.00	7 - 10	R05102_413

Specialty Programs (Camps)

Business and Entrepreneurship

Frost Robert Middle School

Dates	Days	Time	Title	Cost	Ages	Link to Register
07/07 - 07/11	Mo, Tu, We, Th, Fr	9:00 am - 3:00 pm	Little Inventors	\$ 495.00	9 - 12	R05368_401
07/07 - 07/11	Mo, Tu, We, Th, Fr	9:00 am - 3:00 pm	Chain Reaction Engineers	\$ 495.00	10 - 13	R05368_402
07/14e 07/18	Mo, Tu, We, Th, Fr	9:00 am - 3:00 pm	Jr. CEOs	\$ 495.00	9 - 12	R05368_404
07/14e 07/18	Mo, Tu, We, Th, Fr	9:00 am - 3:00 pm	Little Shoppers	\$ 495.00	9 - 12	R05368_403
07/21 - 07/25	Mo, Tu, We, Th, Fr	9:00 am - 3:00 pm	My First Passport	\$ 495.00	9 - 12	R05368_405
07/21 - 07/25	Mo, Tu, We, Th, Fr	9:00 am - 3:00 pm	Aspiring Fashionistas	\$ 495.00	9 - 12	R05368_406
07/28 - 08/01	Mo, Tu, We, Th, Fr	9:00 am - 3:00 pm	My First Piggy Bank	\$ 495.00	9 - 12	R05368_407
07/28 - 08/01	Mo, Tu, We, Th, Fr	9:00 am - 3:00 pm	Young Debaters	\$ 495.00	9 - 12	R05368_408

Pinecrest Local Park

Dates	Days	Time	Title	Cost	Ages	Link to Register
08/04 - 08/08	Mo, Tu, We, Th, Fr	9:00 am - 12:30 pm	STYLES Girls Empowerment Camp	\$ 200.00	13 - 17	R05368_415

Potomac Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
08/04 - 08/08	Mo, Tu, We, Th, Fr	9:00 am - 3:00 pm	Money Math	\$ 495.00	9 - 12	R05368_409
08/04 - 08/08	Mo, Tu, We, Th, Fr	9:00 am - 3:00 pm	Read All About It!	\$ 495.00	9 - 12	R05368_410
08/11 - 08/15	Mo, Tu, We, Th, Fr	9:00 am - 3:00 pm	Personal Finance	\$ 495.00	9 - 12	R05368_412
08/11 - 08/15	Mo, Tu, We, Th, Fr	9:00 am - 3:00 pm	My First Lemonade Stand	\$ 495.00	9 - 12	R05368_411

Shannon Odessa Middle School

Dates	Days	Time	Title	Cost	Ages	Link to Register
07/07 - 07/11	Mo, Tu, We, Th, Fr	9:00 am - 3:00 pm	STYLES Girls Empowerment Camp	\$ 350.00	10 - 14	R05368_413
07/28 - 08/01	Mo, Tu, We, Th, Fr	9:00 am - 12:30 pm	STYLES Girls Empowerment Camp	\$ 200.00	10 - 14	R05368_414

CORE Specialty Programs

Carderock Springs Elementary School

Dates	Days	Time	Title	Cost	Ages	Link to Register
07/07 - 07/11	Mo, Tu, We, Th, Fr	9:00 am - 12:00 pm	CORE Aerospace Camp	\$ 253.00	-	R05301_406
07/07 - 07/11	Mo, Tu, We, Th, Fr	9:00 am - 12:00 pm	CORE LEGO Motion Camp	\$ 253.00	-	R05301_405
07/07 - 07/11	Mo, Tu, We, Th, Fr	1:00 pm - 4:00 pm	CORE Mad Scientist Camp	\$ 253.00	-	R05301_408
07/07 - 07/11	Mo, Tu, We, Th, Fr	1:00 pm - 4:00 pm	CORE Film & Editing Camp	\$ 253.00	-	R05301_407

Jane E Lawton Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
07/21 - 07/25	Mo, Tu, We, Th, Fr	9:00 am - 12:00 pm	CORE LEGO Motion Camp	\$ 253.00	-	R05301_413
07/21 - 07/25	Mo, Tu, We, Th, Fr	9:00 am - 12:00 pm	CORE Aerospace Camp	\$ 253.00	-	R05301_414
07/21 - 07/25	Mo, Tu, We, Th, Fr	1:00 pm - 4:00 pm	CORE Mad Scientist Camp	\$ 253.00	-	R05301_416
07/21 - 07/25	Mo, Tu, We, Th, Fr	1:00 pm - 4:00 pm	CORE Film & Editing Camp	\$ 253.00	-	R05301_415

Potomac Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/23 - 06/27	Mo, Tu, We, Th, Fr	9:00 am - 12:00 pm	CORE LEGO Motion Camp	\$ 253.00	4 - 6	R05301_401
06/23 - 06/27	Mo, Tu, We, Th, Fr	9:00 am - 12:00 pm	CORE Aerospace Camp	\$ 253.00	-	R05301_402
06/23 - 06/27	Mo, Tu, We, Th, Fr	1:00 pm - 4:00 pm	CORE Film & Editing Camp	\$ 253.00	-	R05301_403
06/23 - 06/27	Mo, Tu, We, Th, Fr	1:00 pm - 4:00 pm	CORE Mad Scientist Camp	\$ 253.00	-	R05301_404
07/28 - 08/01	Mo, Tu, We, Th, Fr	9:00 am - 12:00 pm	CORE Aerospace Camp	\$ 253.00	-	R05301_422
07/28 - 08/01	Mo, Tu, We, Th, Fr	9:00 am - 12:00 pm	CORE LEGO Motion Camp	\$ 253.00	-	R05301_421
07/28 - 08/01	Mo, Tu, We, Th, Fr	1:00 pm - 4:00 pm	CORE Mad Scientist Camp	\$ 253.00	-	R05301_424
07/28 - 08/01	Mo, Tu, We, Th, Fr	1:00 pm - 4:00 pm	CORE Film & Editing Camp	\$ 253.00	-	R05301_423

Shannon Odessa Middle School

Dates	Days	Time	Title	Cost	Ages	Link to Register
07/28 - 08/01	Mo, Tu, We, Th, Fr	9:00 am - 12:00 pm	CORE LEGO Motion Camp	\$ 253.00	-	R05301_428
07/28 - 08/01	Mo, Tu, We, Th, Fr	9:00 am - 12:00 pm	CORE Aerospace Camp	\$ 253.00	-	R05301_429
07/28 - 08/01	Mo, Tu, We, Th, Fr	1:00 pm - 4:00 pm	CORE Mad Scientist Camp	\$ 253.00	-	R05301_431
07/28 - 08/01	Mo, Tu, We, Th, Fr	1:00 pm - 4:00 pm	CORE Film & Editing Camp	\$ 253.00	-	R05301_430

Wheaton Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
07/14 - 07/18	Mo, Tu, We, Th, Fr	9:00 am - 12:00 pm	CORE Aerospace Camp	\$ 253.00	-	R05301_410
07/14 - 07/18	Mo, Tu, We, Th, Fr	9:00 am - 12:00 pm	CORE LEGO Motion Camp	\$ 253.00	-	R05301_409
07/14 - 07/18	Mo, Tu, We, Th, Fr	1:00 pm - 4:00 pm	CORE Mad Scientist Camp	\$ 253.00	-	R05301_412
07/14 - 07/18	Mo, Tu, We, Th, Fr	1:00 pm - 4:00 pm	CORE Film & Editing Camp	\$ 253.00	-	R05301_411

Wood Earle B Middle School

Dates	Days	Time	Title	Cost	Ages	Link to Register
07/21 - 07/25	Mo, Tu, We, Th, Fr	9:00 am - 12:00 pm	CORE LEGO Motion Camp	\$ 253.00	-	R05301_417
07/21 - 07/25	Mo, Tu, We, Th, Fr	9:00 am - 12:00 pm	CORE Aerospace Camp	\$ 253.00	-	R05301_418
07/21 - 07/25	Mo, Tu, We, Th, Fr	1:00 pm - 4:00 pm	CORE Mad Scientist Camp	\$ 253.00	-	R05301_420
07/21 - 07/25	Mo, Tu, We, Th, Fr	1:00 pm - 4:00 pm	CORE Film & Editing Camp	\$ 253.00	-	R05301_419

Coach Doug Adventure Camps

Please Note: This extended care is for participants registered for Coach Doug's full day or 1/2-day PM camp. The camp is developed and directed by Coach Doug himself, this summer camp program has been boosted to meet the needs and interests of today's youth, while guaranteed to bring smiles and fun. Campers will enjoy multi-sport play along with daily enrichment. Campers minds will be challenged. Their creativity will be fueled with art projects and their self-confidence will be built with a variety of sports activities. Campers will rotate through four modules each day with the flexibility to pick from a menu of activities that match their interests. New activities are planned weekly, making this camp ideal for multi-week enrollment.

Tilden Woods Local Park

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/23 - 06/27	Mo, Tu, We, Th, Fr	8:30 am - 12:00 pm	Coach Doug Summer Camp Adventures Wk 1 am halfday	\$ 165.00	3 - 13	R05026_402
06/23 - 06/27	Mo, Tu, We, Th, Fr	8:30 am - 3:30 pm	Coach Doug Summer Camp Adventures Wk 1	\$ 274.00	5 - 13	R05026_401
06/23 - 06/27	Mo, Tu, We, Th, Fr	12:00 pm - 3:30 pm	Coach Doug Summer Camp Adventures Wk 1 pm halfday	\$ 165.00	3 - 13	R05026_403
06/23 - 06/27	Mo, Tu, We, Th, Fr	3:30 pm - 6:00 pm	Coach Doug Summer Camp Adventures Wk 1 Extended PM	\$ 54.00	5 - 13	R05026_404
06/30 - 07/03	Mo, Tu, We, Th	8:30 am - 3:30 pm	Coach Doug Summer Camp Adventures Wk 2	\$ 223.00	5 - 13	R05026_405
06/30 - 07/03	Mo, Tu, We, Th	8:30 am - 12:00 pm	Coach Doug Summer Camp Adventures Wk 2 am halfday	\$ 135.00	3 - 13	R05026_406
06/30 - 07/03	Mo, Tu, We, Th	12:00 pm - 3:30 pm	Coach Doug Summer Camp Adventures Wk 2 pm halfday	\$ 135.00	3 - 13	R05026_407
06/30 - 07/03	Mo, Tu, We, Th	3:30 pm - 6:00 pm	Coach Doug Summer Camp Adventures Wk 2 Extended PM	\$ 43.00	5 - 13	R05026_408
07/07 - 07/11	Mo, Tu, We, Th, Fr	8:30 am - 12:00 pm	Coach Doug Summer Camp Adventures Wk 3 am halfday	\$ 165.00	3 - 13	R05026_410
07/07 - 07/11	Mo, Tu, We, Th, Fr	8:30 am - 3:30 pm	Coach Doug Summer Camp Adventures Wk 3	\$ 274.00	5 - 13	R05026_409
07/07 - 07/11	Mo, Tu, We, Th, Fr	12:00 pm - 3:30 pm	Coach Doug Summer Camp Adventures Wk 3 pm halfday	\$ 165.00	3 - 13	R05026_411
07/07 - 07/11	Mo, Tu, We, Th, Fr	3:30 pm - 6:00 pm	Coach Doug Summer Camp Adventures Wk 3 Extended PM	\$ 54.00	5 - 13	R05026_412
07/14e 07/18	Mo, Tu, We, Th, Fr	8:30 am - 12:00 pm	Coach Doug Summer Camp Adventures Wk 4 am halfday	\$ 165.00		R05026_414
07/14e 07/18	Mo, Tu, We, Th, Fr	8:30 am - 3:30 pm	Coach Doug Summer Camp Adventures Wk 4	\$ 274.00		R05026_413
07/14e 07/18	Mo, Tu, We, Th, Fr	12:00 pm - 3:30 pm	Coach Doug Summer Camp Adventures Wk 4 pm halfday	\$ 165.00		R05026_415
07/14e 07/18	Mo, Tu, We, Th, Fr	3:30 pm - 6:00 pm	Coach Doug Summer Camp Adventures Wk 4 Extended PM	\$ 54.00		R05026_416
07/21 - 07/25	Mo, Tu, We, Th, Fr	8:30 am - 3:30 pm	Coach Doug Summer Camp Adventures Wk 5	\$ 274.00	5 - 13	R05026_417
07/21 - 07/25	Mo, Tu, We, Th, Fr	8:30 am - 12:00 pm	Coach Doug Summer Camp Adventures Wk 5 am halfday	\$ 165.00	3 - 13	R05026_418
07/21 - 07/25	Mo, Tu, We, Th, Fr	12:00 pm - 3:30 pm	Coach Doug Summer Camp Adventures Wk 5 pm halfday	\$ 165.00		R05026_419

07/21 - 07/25	Mo, Tu, We, Th, Fr	3:30 pm - 6:00 pm	Coach Doug Summer Camp Adventures Wk 5 Extended PM	\$ 54.00		R05026_420
07/28 - 08/01	Mo, Tu, We, Th, Fr	8:30 am - 12:00 pm	Coach Doug Summer Camp Adventures Wk 6 am halfday	\$ 165.00		R05026_422
07/28 - 08/01	Mo, Tu, We, Th, Fr	8:30 am - 3:30 pm	Coach Doug Summer Camp Adventures Wk 6	\$ 274.00		R05026_421
07/28 - 08/01	Mo, Tu, We, Th, Fr	12:00 pm - 3:30 pm	Coach Doug Summer Camp Adventures Wk 6 pm halfday	\$ 165.00		R05026_423
07/28 - 08/01	Mo, Tu, We, Th, Fr	3:30 pm - 6:00 pm	Coach Doug Summer Camp Adventures Wk 6 Extended PM	\$ 54.00		R05026_424
08/04 - 08/08	Mo, Tu, We, Th, Fr	8:30 am - 3:30 pm	Coach Doug Summer Camp Adventures Wk 7	\$ 274.00		R05026_425
08/04 - 08/08	Mo, Tu, We, Th, Fr	8:30 am - 12:00 pm	Coach Doug Summer Camp Adventures Wk 7 am halfday	\$ 165.00		R05026_426
08/04 - 08/08	Mo, Tu, We, Th, Fr	12:00 pm - 3:30 pm	Coach Doug Summer Camp Adventures Wk 7 pm halfday	\$ 165.00		R05026_427
08/04 - 08/08	Mo, Tu, We, Th, Fr	3:30 pm - 6:00 pm	Coach Doug Summer Camp Adventures Wk 7 Extended PM	\$ 54.00		R05026_428
08/11 - 08/15	Mo, Tu, We, Th, Fr	8:30 am - 12:00 pm	Coach Doug Summer Camp Adventures Wk 8 am halfday	\$ 165.00		R05026_430
08/11 - 08/15	Mo, Tu, We, Th, Fr	8:30 am - 3:30 pm	Coach Doug Summer Camp Adventures Wk 8	\$ 274.00		R05026_429
08/11 - 08/15	Mo, Tu, We, Th, Fr	12:00 pm - 3:30 pm	Coach Doug Summer Camp Adventures Wk 8 pm halfday	\$ 165.00		R05026_431
08/11 - 08/15	Mo, Tu, We, Th, Fr	3:30 pm - 6:00 pm	Coach Doug Summer Camp Adventures Wk 8 Extended PM	\$ 54.00		R05026_432

STEAM

Stem World is a combination of robotics, engineering, and technology-based projects. The course allows students to explore a wide range of industries that rely on Stem concepts to build, design, and create the things we see in everyday life. Materials provided.

Blair Montgomery High School

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/23 - 06/27	Mo, Tu, We, Th, Fr	9:00 am - 3:00 pm	STEM World	\$ 395.00	6 - 12	R05106_401

Germantown Elementary School

Dates	Days	Time	Title	Cost	Ages	Link to Register
07/21 - 07/25	Mo, Tu, We, Th, Fr	9:00 am - 12:00 pm	Snapology Mining & Building	\$ 245.00	6 - 12	R05106_418
07/21 - 07/25	Mo, Tu, We, Th, Fr	1:00 pm - 4:00 pm	Snapology Creature Creator Robotics	\$ 245.00	6 - 12	R05106_419

Kingsview Middle School

Dates	Days	Time	Title	Cost	Ages	Link to Register
07/14e 07/18	Mo, Tu, We, Th, Fr	9:00 am - 12:00 pm	Snapology Pokemania	\$ 245.00	6 - 12	R05106_416
07/14e 07/18	Mo, Tu, We, Th, Fr	1:00 pm - 4:00 pm	Snapology Gamebots Robotics	\$ 245.00	6 - 12	R05106_417
07/28 - 08/01	Mo, Tu, We, Th, Fr	9:00 am - 3:00 pm	STEM World	\$ 395.00	5 - 10	R05106_403

Silver Spring Recreation and Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
07/07 - 07/11	Mo, Tu, We, Th, Fr	12:30 pm - 4:00 pm	Snapology Mining & Building	\$ 245.00	6 - 12	R05106_412
08/04 - 08/08	Mo, Tu, We, Th, Fr	9:00 am - 3:00 pm	STEM World	\$ 395.00	6 - 12	R05106_411
08/04 - 08/08	Mo, Tu, We, Th, Fr	12:30 pm - 4:00 pm	Snapology Wonderful Wizards	\$ 245.00	6 - 12	R05106_413

Sligo Avenue Neighborhood Park

Dates	Days	Time	Title	Cost	Ages	Link to Register
07/07 - 07/11	Mo, Tu, We, Th, Fr	9:00 am - 3:00 pm	STEM World	\$ 395.00	6 - 12	R05106_404

Snowden Farm Elementary School

Dates	Days	Time	Title	Cost	Ages	Link to Register
07/07 - 07/11	Mo, Tu, We, Th, Fr	9:00 am - 12:00 pm	Snapology Super Structures Architecture	\$ 245.00	6 - 12	R05106_414
07/07 - 07/11	Mo, Tu, We, Th, Fr	1:00 pm - 4:00 pm	Snapology AttackBots Robotics (Battle Robotics)	\$ 245.00	6 - 12	R05106_415
07/28 - 08/01	Mo, Tu, We, Th, Fr	9:00 am - 12:00 pm	Snapology Mega Machines Robotics	\$ 245.00	6 - 12	R05106_420
07/28 - 08/01	Mo, Tu, We, Th, Fr	1:00 pm - 4:00 pm	Snapology Space Wars Robotics	\$ 245.00	6 - 12	R05106_421

Spencerville Local Park

Dates	Days	Time	Title	Cost	Ages	Link to Register
07/14 - 07/18	Mo, Tu, We, Th, Fr	9:00 am - 3:00 pm	STEM World	\$ 395.00	6 - 12	R05106_405

Wheaton Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/23 - 06/27	Mo, Tu, We, Th, Fr	12:30 pm - 4:00 pm	Snapology Superstructures	\$ 245.00	6 - 12	R05106_406
07/21 - 07/25	Mo, Tu, We, Th, Fr	12:30 pm - 4:00 pm	Snapology Science of Superpowers	\$ 245.00	6 - 12	R05106_408

STEM Camps

Campers explore a variety of classic platformers, like Super Mario Bros. and Donkey Kong, before learning how to create a platformer of their own. Instructors will teach several advanced game components, such as keeping score, adding timers, and leveling up. Campers will also learn the basics of video game player movement by making their sprites run, jump, and interact with objects and other sprites. This class is the first step towards creating more advanced, multi-level games!

Bradley Hills Elementary School

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/23 - 06/27	Mo, Tu, We, Th, Fr	9:00 am - 3:30 pm	Veterinarian School	\$ 399.00	6 - 12	R05346_440
06/23 - 06/27	Mo, Tu, We, Th, Fr	3:30 pm - 5:30 pm	Veterinarian School-After Care	\$ 50.00	6 - 12	R05346_441
07/07 - 07/11	Mo, Tu, We, Th, Fr	9:00 am - 3:30 pm	Medical School	\$ 399.00	6 - 12	R05346_442
07/07 - 07/11	Mo, Tu, We, Th, Fr	3:30 pm - 5:30 pm	Medical School-After Care	\$ 50.00	6 - 12	R05346_443

Carderock Springs Elementary School

Dates	Days	Time	Title	Cost	Ages	Link to Register
07/14 - 07/18	Mo, Tu, We, Th, Fr	9:00 am - 4:00 pm	Doctors & Vets Camp	\$ 395.00	6 - 10	R05346_430
07/21 - 07/25	Mo, Tu, We, Th, Fr	9:00 am - 4:00 pm	Slimes & Concoctions Camp	\$ 395.00	6 - 10	R05346_431
07/28 - 08/01	Mo, Tu, We, Th, Fr	9:00 am - 4:00 pm	Magic & Spy Camp	\$ 395.00	6 - 10	R05346_432

Pine Crest Elementary School

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/23 - 06/27	Mo, Tu, We, Th, Fr	9:00 am - 3:00 pm	Storytelling in Scratch (Level 1)	\$ 402.00	7 - 11	R05346_401
06/23 - 06/27	Mo, Tu, We, Th, Fr	9:00 am - 3:00 pm	Getting Started in Python: Turtle Art	\$ 402.00	10 - 13	R05346_402
06/23 - 06/27	Mo, Tu, We, Th, Fr	9:00 am - 3:00 pm	Micro:bit Inventor (Level 1)	\$ 402.00	9 - 13	R05346_410
07/07 - 07/11	Mo, Tu, We, Th, Fr	9:00 am - 3:00 pm	Code Your Own Adventure: Python Level 2	\$ 402.00	10 - 13	R05346_412
07/07 - 07/11	Mo, Tu, We, Th, Fr	9:00 am - 3:00 pm	Program an Artificial in Intelligence in Scratch	\$ 402.00	9 - 13	R05346_413
07/07 - 07/11	Mo, Tu, We, Th, Fr	9:00 am - 3:00 pm	Code Your Own Adventure: Coding in Scratch (Level 2)	\$ 402.00	7 - 11	R05346_411
07/14e 07/18	Mo, Tu, We, Th, Fr	9:00 am - 3:00 pm	Getting Started in Python: Turtle Art	\$ 402.00	9 - 13	R05346_415
07/14e 07/18	Mo, Tu, We, Th, Fr	9:00 am - 3:00 pm	Build Games in Scratch (Level 3)	\$ 402.00	7 - 11	R05346_414
07/14e 07/18	Mo, Tu, We, Th, Fr	9:00 am - 3:00 pm	Micro:bit Robotics	\$ 402.00	7 - 11	R05346_416
07/21 - 07/25	Mo, Tu, We, Th, Fr	9:00 am - 3:00 pm	Storytelling in Scratch (Level 1)	\$ 402.00	7 - 11	R05346_417
07/21 - 07/25	Mo, Tu, We, Th, Fr	9:00 am - 3:00 pm	Python Level 2: Code Your Own Adventure	\$ 402.00	9 - 13	R05346_419
07/21 - 07/25	Mo, Tu, We, Th, Fr	9:00 am - 3:00 pm	Explore Artificial Intelligence Using Scratch	\$ 402.00	10 - 13	R05346_418
07/28 - 08/01	Mo, Tu, We, Th, Fr	9:00 am - 3:00 pm	Micro:bit Inventor	\$ 402.00	7 - 11	R05346_422
07/28 - 08/01	Mo, Tu, We, Th, Fr	9:00 am - 3:00 pm	Getting Started in Python: Turtle Art	\$ 402.00	10 - 13	R05346_421
07/28 - 08/01	Mo, Tu, We, Th, Fr	9:00 am - 3:00 pm	Code Your Own Adventure: Coding in Scratch (Level 2)	\$ 402.00	7 - 11	R05346_420

Senior Adventures

Discover a fantastic opportunity to connect and engage with peers at our three-day camp designed specifically for seniors aged 55 and over. Enjoy delicious lunches, exciting trips to the Air & Space Museum and Brookside Gardens, and a day of "Let the games Begin". A journey through family games, board games, traditional games, indoor/outdoor games and the most popular game shows of the 60s/70s, 80s/90s and 2000 and beyond. Don't miss out on the fun and friendships waiting for you!

Margaret Schweinhaut Senior Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
07/29 - 07/31	Tu, We, Th	9:00 am - 2:00 pm	Senior Adventures Camp: Margaret Schweinhaut Senior Center	\$ 25.00	55+	R07104_425

Nancy H Dacek North Potomac Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/10 - 06/12	Tu, We, Th	9:00 am - 2:00 pm	Senior Adventures Camp: North Potomac Senior Center	\$ 25.00	55+	R07104_424

Ross Boddy Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
08/13 - 08/15	We, Th, Fr	9:00 am - 2:00 pm	Senior Adventures Camp: Ross Boddy	\$ 25.00	55+	R07104_427

Silver Spring Recreation and Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
07/15 - 07/17	Tu, We, Th	9:00 am - 2:00 pm	Senior Adventures Camp: Silver Spring Senior Center	\$ 25.00	55+	R07104_426

Summer Fun Center (Camps)

Summer Fun Centers

Get ready for summer fun! Well-planned and supervised activities. Creative crafts, sports, game, music, pool trips and special events. Every day packed with summer fun for kids just like you! **Campers must have completed kindergarten to participate. Spots are limited - once the program begins there will be no refunds.

Bauer Drive Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/23 - 08/01	Mo, Tu, We, Th, Fr	8:00 am - 6:00 pm	Summer Fun Center - Bauer Drive RC	\$ 200.00	6 - 12	R03006_401

Clara Barton Neighborhood Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/23 - 08/01	Mo, Tu, We, Th, Fr	8:00 am - 6:00 pm	Summer Fun Center - Clara Barton RC	\$ 200.00	6 - 12	R03006_402

East County Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/23 - 08/01	Mo, Tu, We, Th, Fr	8:00 am - 6:00 pm	Summer Fun Center - East County RC	\$ 200.00	6 - 12	R03006_404
08/04 - 08/08	Mo, Tu, We, Th, Fr	8:00 am - 6:00 pm	Summer Fun Center EXTENDED WK 1 - East County RC	\$ 35.00	6 - 12	R03006_417
08/11 - 08/15	Mo, Tu, We, Th, Fr	8:00 am - 6:00 pm	Summer Fun Center EXTENDED WK 2 - East County RC	\$ 35.00	6 - 12	R03006_422

Germantown Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/23 - 08/01	Mo, Tu, We, Th, Fr	8:00 am - 6:00 pm	Summer Fun Center - Germantown RC	\$ 200.00	6 - 12	R03006_405

Good Hope Neighborhood Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/23 - 08/01	Mo, Tu, We, Th, Fr	8:00 am - 6:00 pm	Summer Fun Center - Good Hope RC	\$ 200.00	6 - 12	R03006_406

Gwendolyn Coffield Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/23 - 08/01	Mo, Tu, We, Th, Fr	8:00 am - 6:00 pm	Summer Fun Center - Gwendolyn Coffield RC	\$ 200.00	6 - 12	R03006_407

Long Branch Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/23 - 08/01	Mo, Tu, We, Th, Fr	8:00 am - 6:00 pm	Summer Fun Center - Long Branch RC	\$ 200.00	6 - 12	R03006_408
08/04 - 08/08	Mo, Tu, We, Th, Fr	8:00 am - 6:00 pm	Summer Fun Center EXTENDED WK 1 - Long Branch RC	\$ 35.00	6 - 12	R03006_418
08/11 - 08/15	Mo, Tu, We, Th, Fr	8:00 am - 6:00 pm	Summer Fun Center EXTENDED WK 2 - Long Branch RC	\$ 35.00	6 - 12	R03006_423

Longwood Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/23 - 08/01	Mo, Tu, We, Th, Fr	8:00 am - 6:00 pm	Summer Fun Center - Longwood RC	\$ 200.00	6 - 12	R03006_409

Marilyn J Praisner Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/23 - 08/01	Mo, Tu, We, Th, Fr	8:00 am - 6:00 pm	Summer Fun Center - Marilyn J. Praisner RC	\$ 200.00	6 - 12	R03006_410

Mid County Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/23 - 08/01	Mo, Tu, We, Th, Fr	8:00 am - 6:00 pm	Summer Fun Center - Mid-County RC	\$ 200.00	6 - 12	R03006_411
08/04 - 08/08	Mo, Tu, We, Th, Fr	8:00 am - 6:00 pm	Summer Fun Center EXTENDED WK 1 - Mid-County RC	\$ 35.00	6 - 12	R03006_419
08/11 - 08/15	Mo, Tu, We, Th, Fr	8:00 am - 6:00 pm	Summer Fun Center EXTENDED WK 2 - Mid-County RC	\$ 35.00	6 - 12	R03006_424

Nancy H Dacek North Potomac Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/23 - 08/01	Mo, Tu, We, Th, Fr	8:00 am - 6:00 pm	Summer Fun Center - North Potomac RC	\$ 200.00	6 - 12	R03006_427

Plum Gar Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/23 - 08/01	Mo, Tu, We, Th, Fr	8:00 am - 6:00 pm	Summer Fun Center - Plum Gar RC	\$ 200.00	6 - 12	R03006_412
08/04 - 08/08	Mo, Tu, We, Th, Fr	8:00 am - 6:00 pm	Summer Fun Center EXTENDED WK 1 - Plum Gar RC	\$ 35.00	6 - 12	R03006_420
08/11 - 08/15	Mo, Tu, We, Th, Fr	8:00 am - 6:00 pm	Summer Fun Center EXTENDED WK 2 - Plum Gar RC	\$ 35.00	6 - 12	R03006_425

Ross Boddy Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/23 - 08/01	Mo, Tu, We, Th, Fr	8:00 am - 6:00 pm	Summer Fun Center - Ross Boddy RC	\$ 200.00	6 - 12	R03006_413

Upper County Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/23 - 08/01	Mo, Tu, We, Th, Fr	8:00 am - 6:00 pm	Summer Fun Center - Upper County RC	\$ 200.00	6 - 12	R03006_415

White Oak Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/23 - 08/01	Mo, Tu, We, Th, Fr	8:00 am - 6:00 pm	Summer Fun Center - White Oak RC	\$ 200.00	6 - 12	R03006_416
08/04 - 08/08	Mo, Tu, We, Th, Fr	8:00 am - 6:00 pm	Summer Fun Center EXTENDED WK 1 - White Oak RC	\$ 35.00	6 - 12	R03006_421
08/11 - 08/15	Mo, Tu, We, Th, Fr	8:00 am - 6:00 pm	Summer Fun Center EXTENDED WK 2 - White Oak RC	\$ 35.00	6 - 12	R03006_426

Woodfield Elementary School

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/23 - 08/01	Mo, Tu, We, Th, Fr	8:00 am - 6:00 pm	Summer Fun Center - Damascus @ Woodfield ES	\$ 200.00	6 - 12	R03006_403

Therapeutic Recreation Programs (Camps)

TR Camp - Therapeutic Recreation

Individuals with disabilities will enjoy games, sports, crafts and daily swims. Staff Ratio: 1:4 campers.

Good Hope Neighborhood Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
08/04 - 08/08	Mo, Tu, We, Th, Fr	9:00 am - 4:00 pm	TR Summer Splash Zone 6-12	\$ 65.00	6 - 12	R06016_405
08/04 - 08/08	Mo, Tu, We, Th, Fr	9:00 am - 4:00 pm	TR Summer Splash Zone 13-21	\$ 65.00	13 - 21	R06016_406
08/11 - 08/15	Mo, Tu, We, Th, Fr	9:00 am - 4:00 pm	TR Summer Splash Zone 6-12	\$ 65.00	6 - 12	R06016_407
08/11 - 08/15	Mo, Tu, We, Th, Fr	9:00 am - 4:00 pm	TR Summer Splash Zone 13-21	\$ 65.00	13 - 21	R06016_408

Upper County Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
08/04 - 08/08	Mo, Tu, We, Th, Fr	9:00 am - 4:00 pm	TR Summer Swim Zone 6-12	\$ 65.00	6 - 12	R06016_401
08/04 - 08/08	Mo, Tu, We, Th, Fr	9:00 am - 4:00 pm	TR Summer Swim Zone 13-21	\$ 65.00	13 - 22	R06016_402
08/11 - 08/15	Mo, Tu, We, Th, Fr	9:00 am - 4:00 pm	TR Summer Swim Zone 13-21	\$ 65.00	13 - 22	R06016_404
08/11 - 08/15	Mo, Tu, We, Th, Fr	9:00 am - 4:00 pm	TR Summer Swim Zone 6-12	\$ 65.00	6 - 12	R06016_403

TR Summer Fun Zone

TR Summer Fun Zones are designed specifically for individuals, ages 6-21, with disabilities. The camps offer organized fun, with well-planned and supervised activities in a structured environment. Theme days, water play days, creative crafts, sports, games, music, and more!

Bauer Drive Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
08/04 - 08/08	Mo, Tu, We, Th, Fr	9:00 am - 4:00 pm	TR Summer Fun Mid Zone Extended	\$ 50.00	9 - 14	R06001_414
08/04 - 08/08	Mo, Tu, We, Th, Fr	9:00 am - 4:00 pm	TR Summer Fun Youth Zone Extended	\$ 50.00	6 - 10	R06001_413
08/04 - 08/08	Mo, Tu, We, Th, Fr	9:00 am - 4:00 pm	TR Summer Fun Teen Zone Extended	\$ 50.00	15 - 21	R06001_415

Glenallan Elementary School

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/23 - 06/27	Mo, Tu, We, Th, Fr	9:00 am - 4:00 pm	TR Summer Fun Mid Zone	\$ 50.00	9 - 14	R06001_409
06/23 - 06/27	Mo, Tu, We, Th, Fr	9:00 am - 4:00 pm	TR Summer Fun Youth Zone	\$ 50.00	6 - 10	R06001_407
06/23 - 06/27	Mo, Tu, We, Th, Fr	9:00 am - 4:00 pm	TR Summer Fun Teen Zone	\$ 50.00	15 - 22	R06001_411
06/30 - 07/03	Mo, Tu, We, Th	9:00 am - 4:00 pm	TR Summer Fun Mid Zone	\$ 40.00	10 - 14	R06001_410
06/30 - 07/03	Mo, Tu, We, Th	9:00 am - 4:00 pm	TR Summer Fun Youth Zone	\$ 40.00	6 - 10	R06001_408
06/30 - 07/03	Mo, Tu, We, Th	9:00 am - 4:00 pm	TR Summer Fun Teen Zone	\$ 40.00	15 - 21	R06001_412
07/07 - 08/01	Mo, Tu, We, Th, Fr	9:00 am - 4:00 pm	TR Summer Fun Youth Zone	\$ 200.00	6 - 10	R06001_401
07/07 - 08/01	Mo, Tu, We, Th, Fr	9:00 am - 4:00 pm	TR Summer Fun Mid Zone	\$ 200.00	10 - 14	R06001_402
07/07 - 08/01	Mo, Tu, We, Th, Fr	9:00 am - 4:00 pm	TR Summer Fun Teen Zone	\$ 200.00	15 - 22	R06001_403
07/08 - 08/01	Mo, Tu, We, Th, Fr	12:30 pm - 5:30 pm	TR Summer Fun Youth Zone After ESY	\$ 180.00	6 - 10	R06001_404
07/08 - 08/01	Mo, Tu, We, Th, Fr	12:30 pm - 5:30 pm	TR Summer Fun Teen Zone After ESY	\$ 180.00	15 - 21	R06001_406
07/08 - 08/01	Mo, Tu, We, Th, Fr	12:30 pm - 5:30 pm	TR Summer Fun Mid Zone After ESY	\$ 180.00	11 - 14	R06001_405

Volleyball (Camps)

Volleyball Camp

Join us for a week of volleyball over summer break! Develop fundamental passing, setting, hitting, and serving skills through a variety of drills and game play. Learn the basics of team play, offense, and defense in a positive setting. Camps are open to novice through experienced players. Athletic shoes and clothing are required. Lunch is not provided. Please bring lunch (no peanuts/peanut butter are allowed). Players bringing medication to camp are required to fill out the medication authorization form prior to camp.

Black Hill Regional Park

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/23 - 06/27	Mo, Tu, We, Th, Fr	9:00 am - 4:00 pm	OLVA Volleyball Camp Ages 8-12	\$ 349.00	-	R05123_453
06/23 - 06/27	Mo, Tu, We, Th, Fr	9:00 am - 4:00 pm	OLVA Volleyball Camp Ages 13-17	\$ 349.00	-	R05123_452
06/30 - 07/03	Mo, Tu, We, Th	9:00 am - 4:00 pm	OLVA Volleyball Camp Ages 8-12	\$ 279.00	-	R05123_454
06/30 - 07/03	Mo, Tu, We, Th	9:00 am - 4:00 pm	OLVA Volleyball Camp Ages 13-17	\$ 279.00	-	R05123_455

Jane E Lawton Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/23 - 06/27	Mo, Tu, We, Th, Fr	9:00 am - 4:00 pm	OLVA Volleyball Camp Ages 8-12	\$ 349.00	8 - 12	R05123_408
06/23 - 06/27	Mo, Tu, We, Th, Fr	9:00 am - 4:00 pm	OLVA Volleyball Camp Ages 13-17	\$ 349.00	12 - 17	R05123_429
06/30 - 07/03	Mo, Tu, We, Th	9:00 am - 4:00 pm	OLVA Volleyball Camp Ages 8-12	\$ 279.00	8 - 12	R05123_444
06/30 - 07/03	Mo, Tu, We, Th	9:00 am - 4:00 pm	OLVA Volleyball Camp Ages 13-17	\$ 279.00	13 - 17	R05123_445
07/21 - 07/25	Mo, Tu, We, Th, Fr	9:00 am - 4:00 pm	OLVA Volleyball Camp Ages 13-17	\$ 349.00	13 - 17	R05123_449
07/21 - 07/25	Mo, Tu, We, Th, Fr	9:00 am - 4:00 pm	OLVA Volleyball Camp Ages 8-12	\$ 349.00	8 - 12	R05123_448

Potomac Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
07/07 - 07/11	Mo, Tu, We, Th, Fr	9:00 am - 4:00 pm	OLVA Volleyball Camp Ages 8-12	\$ 349.00	8 - 12	R05123_402
07/07 - 07/11	Mo, Tu, We, Th, Fr	9:00 am - 4:00 pm	OLVA Volleyball Camp Ages 13-17	\$ 349.00	12 - 17	R05123_422
07/14e 07/18	Mo, Tu, We, Th, Fr	9:00 am - 4:00 pm	OLVA Volleyball Camp Ages 8-12	\$ 349.00	8 - 12	R05123_405
07/14e 07/18	Mo, Tu, We, Th, Fr	9:00 am - 4:00 pm	OLVA Volleyball Camp Ages 13-17	\$ 349.00	12 - 17	R05123_426
07/28 - 08/01	Mo, Tu, We, Th, Fr	9:00 am - 4:00 pm	OLVA Volleyball Camp Ages 13-17	\$ 349.00	13 - 17	R05123_450
07/28 - 08/01	Mo, Tu, We, Th, Fr	9:00 am - 4:00 pm	OLVA Volleyball Camp Ages 8-12	\$ 349.00	8 - 12	R05123_451

Wheaton Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
07/21 - 07/25	Mo, Tu, We, Th, Fr	9:00 am - 4:00 pm	OLVA Volleyball Camp Ages 13-17	\$ 349.00	12 - 17	R05123_432
07/21 - 07/25	Mo, Tu, We, Th, Fr	9:00 am - 4:00 pm	OLVA Volleyball Camp Ages 8-12	\$ 349.00	8 - 12	R05123_412
07/28 - 08/01	Mo, Tu, We, Th, Fr	9:00 am - 4:00 pm	OLVA Volleyball Camp Ages 8-12	\$ 349.00	8 - 12	R05123_415
07/28 - 08/01	Mo, Tu, We, Th, Fr	9:00 am - 4:00 pm	OLVA Volleyball Camp Ages 13-17	\$ 349.00	12 - 17	R05123_435
08/04 - 08/08	Mo, Tu, We, Th, Fr	9:00 am - 4:00 pm	OLVA Volleyball Camp Ages 13-17	\$ 349.00	12 - 17	R05123_438
08/04 - 08/08	Mo, Tu, We, Th, Fr	9:00 am - 4:00 pm	OLVA Volleyball Camp Ages 8-12	\$ 349.00	8 - 12	R05123_418
08/11 - 08/15	Mo, Tu, We, Th, Fr	9:00 am - 4:00 pm	OLVA Volleyball Camp Ages 13-17	\$ 349.00	12 - 17	R05123_446
08/11 - 08/15	Mo, Tu, We, Th, Fr	9:00 am - 4:00 pm	OLVA Volleyball Camp Ages 8-12	\$ 349.00	8 - 12	R05123_447
08/18 - 08/22	Mo, Tu, We, Th, Fr	9:00 am - 4:00 pm	OLVA Volleyball Camp Ages 13-17	\$ 349.00		R05123_456
08/18 - 08/22	Mo, Tu, We, Th, Fr	9:00 am - 4:00 pm	OLVA Volleyball Camp Ages 8-12	\$ 349.00		R05123_457

Youth Cooking (Camps)

Cooking - Youth Camp

Helping kids build confidence and life skills through cooking classes. Please click on the individual programs below to see specific program descriptions.

Mid County Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/23 - 06/27	Mo, Tu, We, Th, Fr	9:00 am - 3:00 pm	Future Chefs Cooking Series 1	\$ 465.00	5 - 10	R05030_410
06/30 - 07/03	Mo, Tu, We, Th	9:00 am - 3:00 pm	Tiny Chefs-Culinary Passport	\$ 415.00	6 - 10	R05030_404
07/07 - 07/11	Mo, Tu, We, Th, Fr	9:00 am - 3:00 pm	Tiny Chefs-Kids Baking Championship	\$ 494.00	6 - 10	R05030_416
07/14e 07/18	Mo, Tu, We, Th, Fr	9:00 am - 3:00 pm	Tiny Chefs-Nailed It!	\$ 494.00	10 - 14	R05030_418
07/21 - 07/25	Mo, Tu, We, Th, Fr	9:00 am - 3:00 pm	Tiny Chefs-Chopped!	\$ 494.00	10 - 14	R05030_419
07/28 - 08/01	Mo, Tu, We, Th, Fr	9:00 am - 3:00 pm	Future Chefs Cooking Series 2	\$ 465.00	6 - 12	R05030_414
08/04 - 08/08	Mo, Tu, We, Th, Fr	9:00 am - 3:00 pm	Tiny Chefs-Let's Make Everyday a Holiday	\$ 494.00	6 - 10	R05030_422
08/11 - 08/15	Mo, Tu, We, Th, Fr	9:00 am - 3:00 pm	Tiny Chefs-The Great Cupcake Showdown	\$ 494.00	10 - 14	R05030_424

Ross Boddy Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/23 - 06/27	Mo, Tu, We, Th, Fr	9:00 am - 3:00 pm	Tiny Chefs-Donut Bar	\$ 494.00	5 - 10	R05030_401
06/30 - 07/03	Mo, Tu, We, Th	9:00 am - 3:00 pm	Tiny Chefs-Culinary Passport	\$ 415.00	6 - 10	R05030_403
07/07 - 07/11	Mo, Tu, We, Th, Fr	9:00 am - 3:00 pm	Tiny Chefs-Kids Baking Championship	\$ 494.00	6 - 10	R05030_417
07/14 - 07/18	Mo, Tu, We, Th, Fr	9:00 am - 3:00 pm	Future Chefs Cooking Series 1	\$ 465.00	5 - 10	R05030_407
07/21 - 07/25	Mo, Tu, We, Th, Fr	9:00 am - 3:00 pm	Future Chefs Cooking Series 2	\$ 465.00	5 - 10	R05030_408
07/28 - 08/01	Mo, Tu, We, Th, Fr	9:00 am - 3:00 pm	Tiny Chefs-Chopped Jr!	\$ 494.00	6 - 10	R05030_420
08/04 - 08/08	Mo, Tu, We, Th, Fr	9:00 am - 3:00 pm	Future Chefs Cooking Series 2	\$ 465.00	5 - 10	R05030_409
08/11 - 08/15	Mo, Tu, We, Th, Fr	9:00 am - 3:00 pm	Tiny Chefs-The Great Cupcake Showdown	\$ 494.00	6 - 10	R05030_423

Silver Spring Recreation and Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
08/04 - 08/08	Mo, Tu, We, Th, Fr	9:00 am - 3:00 pm	Tiny Chefs-Cupcake Wars	\$ 494.00	6 - 10	R05030_421

Wheaton Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
07/07 - 07/11	Mo, Tu, We, Th, Fr	9:00 am - 3:00 pm	Future Chefs Cooking Series 1	\$ 465.00	5 - 10	R05030_406
07/28 - 08/01	Mo, Tu, We, Th, Fr	9:00 am - 3:00 pm	Future Chefs Cooking Series 2	\$ 465.00	5 - 10	R05030_411

White Oak Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
07/07 - 07/11	Mo, Tu, We, Th, Fr	9:00 am - 3:00 pm	Future Chefs Cooking Series 1	\$ 465.00	6 - 12	R05030_412

Cooking

Adult Cooking (Cooking)

Cooking for Beginners

Silver Spring Recreation and Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
07/01 - 08/19	Tu	2:30 pm - 4:30 pm	Cooking for Beginners	\$ 0.00	12	R07048_501

Dance

Ballet (Dance)

Ballet

Students are introduced to the basic elements of ballet through fun and creative activities and exercises.

Long Branch Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/05 - 06/14	Sa	10:15 am - 11:00 am	Jazzmatazz Preschool Dance	\$ 144.00	3 - 4	R05010_308
04/05 - 06/14	Sa	11:15 am - 12:00 pm	Jazzmatazz Pre Ballet	\$ 144.00	5 - 7	R05010_309
07/12 - 08/16	Sa	10:15 am - 11:00 am	Jazzmatazz Preschool Dance	\$ 80.00	3 - 4	R05010_506
07/12 - 08/16	Sa	11:15 am - 12:00 pm	Jazzmatazz Pre Ballet	\$ 80.00	5 - 8	R05010_507

Nancy H Dacek North Potomac Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/08 - 06/03	Tu	10:50 am - 11:35 am	Ballet	\$ 136.00	3 - 5	R05010_302
04/09 - 06/04	We	4:30 pm - 5:15 pm	Ballet	\$ 136.00	4 - 5	R05010_303
04/09 - 06/04	We	5:20 pm - 6:05 pm	Ballet	\$ 136.00	5 - 6	R05010_304
04/09 - 06/04	We	6:15 pm - 7:05 pm	Ballet	\$ 136.00	6 - 8	R05010_307
06/25 - 07/30	We	4:30 pm - 5:15 pm	Ballet	\$ 102.00	-	R05010_501
06/25 - 07/30	We	5:20 pm - 6:05 pm	Ballet	\$ 102.00	-	R05010_502
06/25 - 07/30	We	6:15 pm - 7:05 pm	Ballet	\$ 102.00	-	R05010_503

Ballroom (Dance)

Ballroom

Ballroom dance class - click individual course for description

Gwendolyn Coffield Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/08 - 06/03	Tu	7:30 pm - 8:30 pm	Ballroom III	\$ 88.00	16+	R05011_303
06/24 - 07/29	Tu	7:30 pm - 8:30 pm	Ballroom III Couples	\$ 66.00	16+	R05011_503

Wheaton Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/10 - 06/05	Th	7:00 pm - 7:55 pm	Ballroom I	\$ 88.00	16+	R05011_301
04/10 - 06/05	Th	8:00 pm - 8:55 pm	Ballroom II	\$ 88.00	16+	R05011_302
06/26 - 07/31	Th	7:00 pm - 8:00 pm	Ballroom I Couples	\$ 66.00	16+	R05011_501
06/26 - 07/31	Th	8:00 pm - 9:00 pm	Ballroom II Couples	\$ 66.00	16+	R05011_502

Ballroom Basics

Learn the basic steps, lead and follow, and simple routines. Singles and couples are welcome. Instruction followed by Let's Dance from 1:00 - 1:30pm.

Margaret Schweinhaut Senior Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/05 - 05/28	We	12:00 pm - 1:00 pm	Ballroom Dance	\$ 0.00	55+	R07050_301
06/04 - 08/27	We	12:00 pm - 1:00 pm	Ballroom Dance	\$ 0.00	55+	R07050_504

International Ballroom Dance

Nancy H Dacek North Potomac Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/05 - 05/28	We	1:00 pm - 3:00 pm	International Ballroom Dance	\$ 0.00		R07057_312
06/04 - 08/20	We	1:00 pm - 3:00 pm	International Ballroom Dancing	\$ 0.00	55+	R07057_501

Folk Dancing (Dance)

Folk Dance

Chinese Folk Dance

Holiday Park Senior Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/28 - 06/13	Fr	11:00 am - 11:50 am	Chinese Folk Dancing	\$ 0.00	55+	R07009_302
06/20 - 08/29	Fr	11:00 am - 11:50 am	Chinese Folk Dancing (Beginner)	\$ 0.00	55+	R07009_502

Long Branch Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/03 - 05/19	Mo	10:00 am - 12:00 pm	Chinese Folk Dancing		55+	R07009_316

Nancy H Dacek North Potomac Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/04 - 05/27	Tu	2:00 pm - 3:30 pm	Chinese Classical Folk Dance	\$ 0.00	-	R07009_333
03/05 - 05/28	We	10:30 am - 11:30 am	Chinese Folk Dance	\$ 0.00	-	R07009_331
03/06 - 05/29	Th	1:00 pm - 3:00 pm	Dance for Posture & Elegance (Mandarin)	\$ 0.00	-	R07009_334
03/07 - 05/30	Fr	12:30 pm - 2:00 pm	International Folk Dance	\$ 0.00	-	R07009_332
06/03 - 08/19	Tu	2:00 pm - 3:30 pm	Classical Chinese Folk Dance	\$ 0.00	55+	R07009_511
06/04 - 08/20	We	10:30 am - 11:30 am	Chinese Folk Dance	\$ 0.00	55+	R07009_509
06/05 - 08/21	Th	1:00 pm - 3:00 pm	Dance for Posture & Elegance (Mandarin)	\$ 0.00	55+	R07009_506
06/06 - 08/22	Fr	12:15 pm - 1:15 pm	International Folk Dance	\$ 0.00	55+	R07009_510

White Oak Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/04 - 05/27	Tu	10:30 am - 12:00 pm	Chinese Folk Dance	\$ 0.00	55+	R07009_300
06/03 - 08/19	Tu	10:30 am - 12:00 pm	Chinese Folk Dance	\$ 0.00	55+	R07009_507

Line Dancing (Dance)

Line Dance

This class uses motions from Country, Ballroom, and Latin dance. Each lesson is taught step-by-step at your own pace.

Margaret Schweinhaut Senior Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/01 - 05/31	Sa	10:30 am - 12:00 pm	Line Dancing	\$ 0.00	55+	R07011_308
06/07 - 08/30	Sa	10:30 am - 12:00 pm	Line Dancing	\$ 0.00	55+	R07011_508

Nancy H Dacek North Potomac Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/18 - 05/30	Fr	1:40 pm - 2:20 pm	Line Dancing	\$ 0.00	55+	R07011_319
06/13 - 08/15	Fr	1:40 pm - 2:20 pm	Line Dancing	\$ 15.00	55+	R07011_513

Wheaton Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/03 - 05/26	Mo	9:05 am - 9:55 am	Dance with Me!	\$ 0.00	55+	R07011_318
03/05 - 05/28	We	1:00 pm - 2:00 pm	Ballroom/Line Dance	\$ 0.00	55+	R07011_303
03/06 - 05/29	Th	1:00 pm - 2:00 pm	Ballroom/Line Dance	\$ 0.00	55+	R07011_305
06/04 - 08/28	We, Th	1:00 pm - 2:00 pm	Ballroom/Line Dance	\$ 0.00	55+	R07011_504

Soul Line Dance

Silver Spring Recreation and Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/15 - 05/27	Tu	12:30 pm - 1:30 pm	Line Dance	\$ 0.00	55+	R07005_311

White Oak Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/06 - 05/29	Th	10:15 am - 11:15 am	Soul Line Dance	\$ 0.00	55+	R07005_310
06/05 - 08/21	Th	10:15 am - 11:15 am	Soul Line Dance	\$ 0.00	55+	R07005_500

Urban Line Dance

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. Dance with plenty of zest and zeal!

Good Hope Neighborhood Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/09 - 06/04	We	6:00 pm - 7:00 pm	Urban Line Dance	\$ 81.00	18+	R05121_302
06/25 - 08/06	We	6:00 pm - 7:00 pm	Urban Line Dance	\$ 63.00	18+	R05121_502

Wheaton Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/08 - 06/03	Tu	6:00 pm - 7:00 pm	Urban Line Dance	\$ 81.00	18+	R05121_301
06/24 - 08/05	Tu	6:00 pm - 7:00 pm	Urban Line Dance	\$ 63.00	18+	R05121_501

Playtime and Movement (Dance)

Tippy Toes Dance

Get ready to turn the classroom into a stage and dance like your favorite pop stars! In this high energy, age-appropriate class, students in 1st-5th grades will learn popular jazz techniques including turns, jumps and kicks that they see their favorite pop stars doing! Teachers will teach combos and choreography to upbeat, popular music with a great dance beat!

Nancy H Dacek North Potomac Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/26 - 06/21	Sa	9:30 am - 10:15 am	Toddler & Me	\$ 220.00	1 - 3	R05338_301
04/26 - 06/21	Sa	10:30 am - 11:15 am	Ballet Tap Jazz	\$ 220.00	3 - 5	R05338_302
04/26 - 06/21	Sa	11:30 am - 12:15 pm	Pop Stars	\$ 220.00	6 - 10	R05338_303
06/28 - 08/16	Sa	9:30 am - 10:15 am	Toddler & Me	\$ 220.00	1 - 3	R05338_502
06/28 - 08/16	Sa	10:30 am - 11:15 am	Ballet Tap Jazz	\$ 220.00	3 - 5	R05338_503
06/28 - 08/16	Sa	11:30 am - 12:15 pm	Pop Stars	\$ 220.00	6 - 10	R05338_504

White Oak Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/26 - 06/21	Sa	9:30 am - 10:15 am	Toddler & Me	\$ 220.00	1 - 3	R05338_304
04/26 - 06/21	Sa	10:30 am - 11:15 am	Ballet Tap Jazz	\$ 220.00	3 - 5	R05338_305
04/26 - 06/21	Sa	11:30 am - 12:15 pm	Pop Stars	\$ 220.00	6 - 10	R05338_306

Wisconsin Place Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/28 - 08/16	Sa	1:15 pm - 2:00 pm	Toddler & Me	\$ 220.00	1 - 3	R05338_505
06/28 - 08/16	Sa	2:15 pm - 3:00 pm	Ballet Tap Jazz	\$ 220.00	3 - 5	R05338_506
06/28 - 08/16	Sa	3:15 pm - 4:00 pm	Pop Stars	\$ 220.00	6 - 10	R05338_507

Specialty Programs (Dance)

Dance Socials

Bring a partner and come join us for informal ballroom dancing. No lesson to learn. Just have fun dancing for an hour and then join us for a snack. Have fun while getting fit.

Damascus Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/27 - 05/29	Th	1:00 pm - 2:30 pm	Tea Dancing	\$ 0.00	55+	R07129 301
06/05 - 08/28	Th	1:00 pm - 2:30 pm	Ballroom Dancing (non-instructional)	\$ 0.00		R07129 511

Tap (Dance)

Tap Dance

Join us for our 55+ Tap Dance class. Bring your own tap shoes. Welcome to all skill levels.

Damascus Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/24 - 05/19	Mo	11:00 am - 12:30 pm	Tap Dance	\$ 50.00	55+	R07007_302
06/02 - 08/25	Mo	11:00 am - 12:30 pm	Tap Dance	\$ 25.00		R07007_522

Tap Dance

For those comfortable with basic rhythms and able to execute basic tap steps, such as shuffles, flaps. SKIP DATE: 4/17

Jane E Lawton Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/10 - 05/29	Th	4:50 pm - 5:50 pm	Tap Dance I	\$ 77.00	18+	R05336_301
04/10 - 05/29	Th	6:00 pm - 7:00 pm	Tap Dance II	\$ 77.00	18+	R05336_302
06/26 - 07/31	Th	4:50 pm - 5:50 pm	Tap Dance I	\$ 66.00		R05336_501
06/26 - 07/31	Th	6:00 pm - 7:00 pm	Tap Dance II	\$ 66.00		R05336_502

Educational

Community Programs (Educational)

Social Groups

June 2025 Come and hear some great war poetry written by nationally recognized poets and discuss the Vietnam War with a civilian contractor who lived and worked there and two combat veterans who fought there. Montgomery County residents Richard Epstein, Bill Gray and Art Wong will share their experience about life in Viet Nam and discuss why we were there and major milestones throughout the war.

Margaret Schweinhaut Senior Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/05 - 06/04	We	1:00 pm - 2:00 pm	Veterans Discussion Group	\$ 0.00	55+	R07312_301
06/04 - 08/06	We	1:00 pm - 2:00 pm	Veterans Discussion Group	\$ 0.00	55+	R07312_315
06/04 - 08/06	We	1:00 pm - 2:00 pm	Veterans Discussion Group	\$ 0.00	55+	R07312_501

Nancy H Dacek North Potomac Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/03 - 05/19	Mo	11:30 am - 1:00 pm	Jai Ho Discussion and Social Group	\$ 0.00	-	R07312_314

Computer (Educational)

TechConnect

One on one and small group tutoring about smart phones, virtual reality devices and more.

Holiday Park Senior Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
05/21	We	3:00 pm - 6:00 pm	Senior Smart Tech Help Session	\$ 0.00		R07084_312
05/27 - 06/24	Tu	10:00 am - 11:00 am	Senior Planet technology series	\$ 0.00	55+	R07084_313
08/06	We	3:00 pm - 6:00 pm	Senior Smart Tech Help Session	\$ 0.00	55+	R07084_507
08/12 - 09/11	Tu, Th	10:00 am - 11:15 am	Exploring AI with Senior Planet	\$ 0.00	55+	R07084_506

Long Branch Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/04 - 05/27	Tu	1:00 pm - 4:00 pm	Tech Tutoring		55+	R07084_308
06/03 - 06/30	Tu, Th	1:00 pm - 4:00 pm	Tech Tutoring			R07084_516
07/01 - 07/31	Tu, Th	1:00 pm - 4:00 pm	Tech Tutoring			R07084_517
08/01 - 08/29	Tu, Th	1:00 pm - 4:00 pm	Tech Tutoring			R07084_518

Nancy H Dacek North Potomac Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
07/07 - 08/08	Mo, We, Fr	10:30 am - 12:00 pm	TechConnect - Learn How to Register for Montgomery County Programs	\$ 0.00	55+	R07084_511

Discussions (Educational)

Active Living Discussion- Spanish

Charla con Arte (Español) Tener una conversación entre amigos mientras pintas o escuchas música, las conversaciones son en Español. Lunes, Seguido 11am a 12pm - Gratis

Holiday Park Senior Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/24 - 06/09	Mo	10:00 am - 11:00 am	Active Living In Spanish - Cafecito y Amistad	\$ 0.00	55+	R07087_301
03/24 - 06/09	Mo	11:00 am - 12:00 pm	Charla con Arte (Español)	\$ 0.00	55+	R07087_302
06/16 - 08/25	Mo	10:00 am - 10:50 am	Active Living in Spanish- Cafecito y Amistad	\$ 0.00	55+	R07087_501
06/16 - 08/25	Mo	11:00 am - 12:00 pm	Charla con Arte (Español)	\$ 0.00	55+	R07087_502

Behind the Headlines Discussion

Drop-in discussion group about today's headlines. Facilitated by Holiday Park volunteers. Free!

Holiday Park Senior Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/13 - 06/12	Th	11:00 am - 12:00 pm	Rose and Bud - Discussion Group	\$ 0.00	55+	R07063_303
03/24 - 06/09	Mo	10:00 am - 11:25 am	Behind The Headlines - Discussion Group	\$ 0.00	55+	R07063_301
06/16 - 08/25	Mo	10:00 am - 11:25 am	Behind The Headlines - Discussion Group	\$ 0.00	55+	R07063_501
06/26 - 08/28	Th	11:00 am - 12:00 pm	Rose and Bud - Discussion Group	\$ 0.00	-	R07063_504

Nancy H Dacek North Potomac Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/06 - 05/29	Th	10:00 am - 11:30 am	Current Events Discussion	\$ 0.00	-	R07063_323

White Oak Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/05 - 05/28	We	9:30 am - 10:30 am	Morning Chat & Chew	\$ 0.00	55+	R07063_300
06/04 - 08/20	We	9:30 am - 10:30 am	Morning Chat & Chew	\$ 0.00	55+	R07063_502

Book Club

Join our monthly book club on the second Tuesday of the month. Each month a different book will be chosen to read and discuss at the next meeting. This group meets via zoom. For the link contact Karen Maxin at karen.maxin@montgomerycountymd.gov or Michelle Riemer at michelle.riemer@montgomerycountymd.gov.

Holiday Park Senior Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/16 - 06/18	We	4:30 pm - 8:00 pm	Book Club at Holiday Park Senior Center	\$ 0.00	55+	R07065_301
07/16 - 08/20	We	4:30 pm - 7:30 pm	Evening Book Club, A Book & A Movie	\$ 0.00	55+	R07065_501

Margaret Schweinhaut Senior Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/11 - 05/13	Tu	1:00 pm - 2:30 pm	Schweinhaut Book Discussion by Zoom	\$ 0.00	55+	R07065_305
06/10 - 08/12	Tu	1:00 pm - 2:30 pm	Schweinhaut Book Discussion	\$ 0.00	55+	R07065_504

Coffee & Conversations

Join us for a cup of coffee or tea while we enjoy an open discussion. We would like your input on what programs/activities our participants would like to have at MSSC. We will also discuss any concerns you might have at this time.

Damascus Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/17 - 05/30	Mo, Tu, We, Th, Fr	9:00 am - 11:00 am	Coffee Social	\$ 0.00	55+	R07092_304
06/02 - 08/29	Mo, Tu, We, Th, Fr	9:00 am - 11:00 am	Coffee Social	\$ 0.00	55+	R07092_518

Holiday Park Senior Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/25 - 06/13	Tu, Fr	9:15 am - 10:30 am	Active Golden Meet and Greet	\$ 0.00	55+	R07092_301
04/16 - 05/21	We	9:30 am - 11:00 am	Fire Safety, One Cup Coffee (or Hot Cocoa) At A Time	\$ 0.00	55+	R07092_306
05/28	We	5:30 pm - 6:30 pm	Ice Cream Social with HPSC Staff	\$ 0.00	55+	R07092_302
06/18 - 08/20	We	9:30 am - 11:00 am	Fire Safety, One Cup Coffee (or Hot Cocoa) At A Time	\$ 0.00	55+	R07092_506
06/20 - 08/29	Tu, Fr	9:15 am - 10:30 am	Active Golden Meet and Greet	\$ 0.00	55+	R07092_508
07/02	We	5:30 pm - 6:30 pm	Watermelon Everywhere	\$ 0.00	55+	R07092_502

Long Branch Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/02 - 08/29	Mo, Tu, We, Th, Fr	9:00 am - 10:30 am	Coffee Social		55+	R07092_519

Margaret Schweinhaut Senior Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/20 - 05/15	Th	9:30 am - 10:15 am	Coffee & Conversation with Staff	\$ 0.00	55+	R07092_310
07/17 - 08/21	Th	9:30 am - 10:15 am	Coffee & Conversation with Staff	\$ 0.00	55+	R07092_505

Coping with Change

A support group that helps you maintain healthy relationships and navigate the changes related to aging. Led by a therapist from Affiliated Santé Group.

Damascus Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/27 - 05/29	Th	11:00 am - 12:00 pm	Coping with Change	\$ 0.00	55+	R07076_308
06/05 - 08/28	Th	11:00 am - 12:00 pm	Coping with Change	\$ 0.00	-	R07076_508

Holiday Park Senior Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/27 - 06/12	Th	10:30 am - 11:30 am	Coping with Change	\$ 0.00	55+	R07076_301
06/19 - 08/28	Th	10:30 am - 11:30 am	Coping with Change	\$ 0.00	55+	R07076_501

Nancy H Dacek North Potomac Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/06 - 08/15	Fr	10:00 am - 11:00 am	Coping with Change	\$ 0.00	55+	R07076_509

Healthy Hobbies club

Play Brain Challenging Games as a group

Long Branch Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/05 - 05/28	We	10:30 am - 11:30 am	Brainworks	\$ 0.00	55+	R07023_308

Nancy H Dacek North Potomac Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/18 - 05/20	Tu	6:30 pm - 8:30 pm	Scale Modeling Group	\$ 0.00	55+	R07023_304
06/02 - 08/18	Mo	11:30 am - 1:00 pm	Jai Ho Discussion Group	\$ 0.00	55+	R07023_506
06/04 - 08/06	We	10:30 am - 11:30 am	Walk and Plog	\$ 15.00	55+	R07023_519
06/17 - 08/19	Tu	6:30 pm - 8:30 pm	Scale Modeling Group	\$ 0.00	55+	R07023_515

Max You Discussion

A support group that confronts the challenges and options that are presented in the process of aging. Drop-in. Free. Led by a Holiday Park volunteer.

Holiday Park Senior Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/25 - 06/10	Tu	10:30 am - 11:30 am	Max You - Maximize the Quality of Life	\$ 0.00	55+	R07043_301
06/24 - 08/26	Tu	10:30 am - 11:30 am	Max You - Maximize the Quality of Life	\$ 0.00	55+	R07043_501

Educational - Other (Educational)

Educational

Clarksburg Neighborhood Park

Dates	Days	Time	Title	Cost	Ages	Link to Register
08/09 - 09/20	Sa	10:45 am - 11:45 am	Dog Trick Training Class	\$ 125.00	18+	R05372_505

Good Hope Neighborhood Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/14 - 07/26	Sa	10:45 am - 11:45 am	Dog Obedience Class	\$ 125.00	18+	R05372_501

Longwood Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/17 - 07/22	Tu	6:45 pm - 7:45 pm	Dog Obedience Class	\$ 125.00	18+	R05372_503

Wheaton Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/17 - 07/29	Tu	5:00 pm - 6:00 pm	Dog Obedience Class	\$ 125.00	18+	R05372_502
08/05 - 09/16	Tu	5:00 pm - 6:00 pm	Dog Trick Training Class	\$ 125.00	18+	R05372_504

Language (Educational)

Everyday English

This class will focus on everyday conversational ability with support in grammar, vocabulary, reading and writing. Topics will be determined by students' interests and needs. Come chat!

Holiday Park Senior Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/13 - 06/12	Tu, Th	10:00 am - 12:00 pm	Cultural and positive English exercise. with VAN	\$ 0.00	55+	R07061_305
03/25 - 06/12	Tu, Th	9:50 am - 10:40 am	Everyday English with Greg	\$ 0.00	55+	R07061_301
03/26 - 06/11	We	11:00 am - 11:50 am	Everyday English with Deb	\$ 0.00	55+	R07061_304
04/30 - 06/11	We	10:30 am - 11:00 am	Basic English with Deb	\$ 0.00	55+	R07061_303
06/18 - 08/27	We	11:00 am - 11:50 am	Everyday English with Deb	\$ 0.00	55+	R07061_505
06/19 - 08/28	Tu, Th	9:30 am - 12:00 pm	Cultural and positive English exercise. with VAN	\$ 0.00	55+	R07061_506
06/24 - 08/28	Tu, Th	9:50 am - 10:40 am	Everyday English (Basic) with Greg	\$ 0.00	55+	R07061_501

Wheaton Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/07 - 05/30	Fr	10:00 am - 11:00 am	Conversational Spanish	\$ 0.00	55+	R07061_302

French Conversations

If you have knowledge of French, this class is for you. Kodjoui will cover simple conversations and grammar to help you brush up on your skills. He will incorporate music and poems at some of the classes. This class will be held the 2nd and 4th Saturdays of the month.

Margaret Schweinhaut Senior Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/08 - 05/31	Sa	10:30 am - 12:00 pm	French Conversation	\$ 0.00	55+	R07019_300
06/14 - 08/30	Sa	10:30 am - 12:00 pm	French Conversation	\$ 0.00	55+	R07019_502

Nancy H Dacek North Potomac Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/04 - 08/13	We	12:30 pm - 1:30 pm	Bonjour! Basic French Conversation and Culture	\$ 0.00	55+	R07019_503

Language Learning Institute

Nina's class will cover, a variety of things. Such as exercises in grammar, vocabulary, reading short stories, songs, other interest participants would enjoy. She wants it to be fun, relaxing and be able to share experiences with the language. Knowledge of Italian Required

Margaret Schweinhaut Senior Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/03 - 05/29	Mo, Th	1:00 pm - 2:30 pm	English Conversation Group	\$ 0.00	55+	R07021_304
03/05 - 05/28	We	1:00 pm - 2:00 pm	Beginner Italian Class	\$ 0.00	55+	R07021_311
03/05 - 05/28	We	2:00 pm - 3:00 pm	Intermediate Italian Class	\$ 0.00	55+	R07021_312
06/02 - 08/28	Mo, Th	1:00 pm - 2:30 pm	English Conversation Group	\$ 0.00	55+	R07021_508
06/04 - 08/27	We	1:00 pm - 2:00 pm	Beginner Italian Class	\$ 0.00	55+	R07021_504

Nancy H Dacek North Potomac Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/03 - 05/19	Mo	9:30 am - 10:30 am	Everyday English for Chinese Natives	\$ 0.00	55+	R07021_310
03/04 - 05/27	Tu	10:30 am - 12:00 pm	Intermediate Japanese	\$ 0.00	55+	R07021_313
06/03 - 08/19	Tu	10:30 am - 12:00 pm	Intermediate Japanese	\$ 0.00	55+	R07021_501

Spanish 101

This spring session will introduce simple phrases and sentences at a slow pace. Basic questions and answers about participants' surroundings, people they know, things they have, or any other familiar topics will be tried out.

Margaret Schweinhaut Senior Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/06 - 05/29	Th	9:30 am - 10:30 am	Beginner Spanish Class	\$ 0.00	55+	R07015_305
03/06 - 05/29	Th	10:30 am - 11:30 am	Beginner Plus Spanish Class	\$ 0.00	55+	R07015_306
06/05 - 08/28	Th	9:30 am - 10:30 am	Beginner Spanish Class	\$ 0.00	55+	R07015_508
06/05 - 08/28	Th	10:30 am - 11:30 am	Beginner Plus Spanish Class	\$ 0.00	55+	R07015_509

Wheaton Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/06 - 08/29	Fr	10:00 am - 11:00 am	Conversational Spanish	\$ 0.00	55+	R07015_502

White Oak Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/05 - 05/28	We	11:00 am - 12:00 pm	Beginner's Spanish Conversation Group	\$ 0.00	55+	R07015_300
03/07 - 05/30	Fr	11:00 am - 12:00 pm	Intermediate Spanish Conversation Group	\$ 0.00	55+	R07015_302
06/04 - 08/20	We	9:45 am - 10:45 am	Beginner's Spanish Conversation Group	\$ 0.00		R07015_510
06/04 - 08/20	We	11:00 am - 12:00 pm	Intermediate Spanish Conversation Group	\$ 0.00		R07015_511

Specialty Programs (Educational)

Senior Fitness

Nancy H Dacek North Potomac Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/03 - 05/30	Mo, We, Fr	9:30 am - 10:30 am	Stretching Exercises	\$ 0.00	-	R07040_311

Trivia

Start your weekend off with a 60 minutes session of trivia. A great way to start your day and impress your family and friends with a fun fact or two!

Silver Spring Recreation and Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/03 - 05/19	Mo	9:30 am - 10:30 am	Brain Games	\$ 0.00	55+	R07090_304
06/02 - 08/25	Mo	9:30 am - 10:30 am	Brain Games	\$ 0.00	55+	R07090_503

White Oak Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/03 - 05/19	Mo	10:00 am - 11:00 am	Brain Games	\$ 0.00	55+	R07090_300
06/02 - 08/18	Mo	10:00 am - 11:00 am	Brain Games	\$ 0.00	55+	R07090_502
06/06 - 08/22	Fr	11:00 am - 12:00 pm	Mental Movements	\$ 0.00	55+	R07090_500

Workshop or Speaker Series (Educational)

Fall Prevention Workshops

Light exercise, focused on building posterior musculature and developing core strength that is critical in having a well-balanced body. This class meets the 1st & 4th Friday of the month.

Margaret Schweinhaut Senior Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/07 - 05/23	Fr	9:30 am - 10:30 am	Basic Functional Balance Exercise	\$ 0.00	55+	R07030_300
06/06 - 08/29	Fr	9:30 am - 10:30 am	Basic Functional Balance Exercise	\$ 0.00	55+	R07030_500

Wheaton Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/07 - 05/30	Fr	1:30 pm - 2:30 pm	Muscle UP!	\$ 0.00	55+	R07030_301
06/06 - 08/29	Fr	1:30 pm - 2:30 pm	Muscle UP!	\$ 0.00	55+	R07030_501

Nutrition Workshops

Join Nutritionist & Certified Wellness Wave Life Coach, Josephine Tsobgni Djoukeng to discuss how to be your best healthy self.

Margaret Schweinhaut Senior Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/04 - 05/27	Tu	1:30 pm - 2:30 pm	Nutrition 101	\$ 0.00	55+	R07024_308
06/03 - 08/28	Tu, Th	1:30 pm - 2:30 pm	Nutrition 101	\$ 0.00	55+	R07024_503

Safe Sitter

Safe Sitter® prepares participants to be safe when they're home alone, watching younger siblings, or babysitting. Participants learn life-saving skills such as how to rescue someone who's choking, and helpful information like what to do if there is severe weather. The lessons are filled with fun activities and role-playing exercises. Participants will also get to use CPR manikins to practice CPR and choking rescue!

Nancy H Dacek North Potomac Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/21	Sa	10:00 am - 2:30 pm	Safe Sitter	\$ 123.00	10 - 14	R05099_303

Wellness Workshops

Description: Students will learn techniques to stay calm and relaxed so as to identify and avoid dangerous situations. Using movements based on Aikido principles, students will learn to deal with grabs and chokes. They will also learn how to avoid getting hurt in case they lose their balance and fall down. Equipment: Students are encouraged to come to class in comfortable fitting or workout clothes. Please bring a yoga mat to every class. Instructor: Meipo Martin -- 6th Degree Blackbelt in Aikido, Certified Instructor (Shidoi) by United States Aikido Federation, Assistant Chief Instructor of Capitol Hill Aikikai

Holiday Park Senior Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
05/07 - 05/28	We	6:00 pm - 7:00 pm	BioDanza	\$ 0.00	55+	R07028_302
05/20	Tu	11:00 am - 12:00 pm	Dementia Friends Information Session	\$ 0.00	55+	R07028_312

Nancy H Dacek North Potomac Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
05/07 - 05/13	Tu, We	12:30 pm - 1:30 pm	Fitness Room Mini Session	\$ 0.00	55+	R07028_352

Recreation Virtual Room

Dates	Days	Time	Title	Cost	Ages	Link to Register
05/12	Mo	1:00 pm - 2:00 pm	Senior Nutrition Program Update	\$ 0.00	55+	R07028_351
06/12	Th	1:00 pm - 2:00 pm	Senior Nutrition Program Update	\$ 0.00	0+	R07028_537
07/17	Th	1:00 pm - 2:00 pm	Senior Nutrition Program Update	\$ 0.00	55+	R07028_538

Silver Spring Recreation and Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/01 - 05/20	Tu	9:00 am - 10:30 am	Wellness Matters	\$ 0.00	55+	R07028_311
06/03 - 08/05	Tu	9:00 am - 10:30 am	Wellness Matters	\$ 0.00	55+	R07028_528

Wheaton Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
07/18 - 08/29	Fr	10:55 am - 11:55 am	Self Defense	\$ 15.00	55+	R07028_536

Writing (Educational)

Writing Club

Our stories are part of what makes us human. Whether you are a lifelong writer or a beginner, this class is for you. We will help you jump-start your memories, organize your ideas, and edit your work. Bring a notebook or laptop to each class. We use the book Writing the Memoir, by Judith Barrington.

Holiday Park Senior Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/28 - 06/13	Fr	10:00 am - 11:30 am	Writing Group	\$ 0.00	55+	R07058_301
04/15 - 05/21	Tu	2:15 pm - 3:45 pm	Journaling	\$ 0.00	55+	R07058_308
06/20 - 08/29	Fr	10:00 am - 11:30 am	Writing Group	\$ 0.00	55+	R07058_501
06/24 - 08/19	Tu	2:15 pm - 3:45 pm	Journaling	\$ 0.00	55+	R07058_504

Margaret Schweinhaut Senior Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/04 - 05/20	Tu	10:00 am - 12:00 pm	Writers Group	\$ 0.00	55+	R07058_312
06/03 - 08/19	Tu	10:00 am - 12:00 pm	Writer's Group	\$ 0.00	55+	R07058_505

Silver Spring Recreation and Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/06 - 05/29	Th	1:00 pm - 2:30 pm	Memoir Writing for Beginners	\$ 15.00		R07058_314
06/05 - 08/28	Th	1:00 pm - 2:30 pm	Memoir Writing for Beginners	\$ 15.00	55+	R07058_506

Wheaton Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/05 - 05/28	We	10:00 am - 11:30 am	Memoir Writing for Beginners	\$ 0.00	55+	R07058_307
06/04 - 08/27	We	10:00 am - 11:30 am	Memoir Writing for Beginners	\$ 0.00	55+	R07058_503

Fitness

Aerobic Dance (Fitness)

Dance & Fitness

A complete aerobic workout for men and women who love music and movement. Dance in an energetic, fun-filled hour, choreographed to all styles of music. This class includes flexibility and leg routines, weights, abdominal work and cool down stretch. Wear supportive athletic shoes and bring a mat or blanket for floor work. Hand weights are optional.

Bauer Drive Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/07 - 06/09	Mo, We	5:00 pm - 6:00 pm	Dance and Fitness	\$ 120.00	18+	R05035_307
06/23 - 08/06	Mo, We	5:00 pm - 6:00 pm	Dance and Fitness	\$ 112.00	18+	R05035_505

Marilyn J Praisner Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/23 - 06/04	Mo, We	6:30 pm - 7:30 pm	Dance and Fitness	\$ 96.00	18+	R05035_308

Rock View Elementary School

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/07 - 06/09	Mo, We	6:30 pm - 7:30 pm	Dance and Fitness	\$ 120.00	18+	R05035_306
04/08 - 06/05	Tu, Th	6:30 pm - 7:30 pm	Dance and Fitness	\$ 128.00	18+	R05035_303

Veirs Mill Local Park

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/08 - 06/05	Tu, Th	9:30 am - 10:30 am	Dance and Fitness	\$ 128.00	18+	R05035_302

Wheaton Claridge Local Park

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/24 - 08/07	Tu, Th	6:30 pm - 7:30 pm	Dance and Fitness	\$ 112.00	18+	R05035_503

Wheaton Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/26 - 06/14	Sa	9:15 am - 10:15 am	Dance and Fitness	\$ 56.00	18+	R05035_304

Dance Fitness

Instructional dance class.

Holiday Park Senior Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/31 - 06/09	Mo	2:30 pm - 3:30 pm	Move and Groove Dance Fitness	\$ 0.00	55+	R07012_335
04/02 - 06/11	We	2:30 pm - 3:30 pm	Move and Groove Dance Fitness	\$ 0.00	55+	R07012_336
06/16 - 08/25	Mo	2:30 pm - 3:15 pm	Move and Groove Dance Fitness	\$ 0.00	55+	R07012_529
06/18 - 08/27	We	2:30 pm - 3:30 pm	Move and Groove Dance Fitness	\$ 0.00	55+	R07012_530

Long Branch Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/06 - 05/29	Tu, Th	10:00 am - 11:00 am	Super Power Dance Circle	\$ 0.00	55+	R07012_334
03/06 - 05/29	Th	12:45 pm - 1:45 pm	Dance to the Beat	\$ 0.00	55+	R07012_341
06/05 - 08/28	Tu, Th	10:00 am - 11:00 am	Superpower Dance Circle	\$ 0.00	55+	R07012_540
06/05 - 08/14	Th	12:45 pm - 1:45 pm	Move to the Beat	\$ 0.00	55+	R07012_534

Margaret Schweinhaut Senior Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/03 - 05/19	Mo	9:30 am - 10:30 am	Dance Fitness	\$ 0.00	55+	R07012_322
03/12 - 05/28	We	9:00 am - 10:00 am	Superpower Dance Circle	\$ 0.00	55+	R07012_342
06/02 - 08/25	Mo	9:30 am - 10:30 am	Dance Fitness	\$ 0.00	55+	R07012_533

Nancy H Dacek North Potomac Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/05 - 05/28	We	9:15 am - 10:15 am	Cardio Fit	\$ 0.00	55+	R07012_343
03/10 - 05/19	Mo	10:30 am - 11:30 am	Bollywood Dance Fitness	\$ 0.00	55+	R07012_340
06/04 - 08/20	We	9:15 am - 10:15 am	Cardio Fit	\$ 0.00	55+	R07012_524

Silver Spring Recreation and Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/05 - 05/28	We	10:00 am - 11:00 am	Ballet	\$ 0.00	55+	R07012_333
03/08 - 05/31	Sa	11:00 am - 12:00 pm	Superpower Dance Circle	\$ 0.00	55+	R07012_338
06/04 - 08/27	We	10:00 am - 11:00 am	Ballet	\$ 0.00	55+	R07012_536
06/07 - 08/23	Sa	11:00 am - 12:00 pm	Superpower Dance Circle	\$ 0.00	55+	R07012_532
07/03 - 08/21	Th	2:00 pm - 3:00 pm	Grooves and Moves Dance Fitness	\$ 15.00	55+	R07012_541

Wheaton Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/03 - 05/26	Mo	1:00 pm - 2:00 pm	Chinese Folk Dance	\$ 0.00	55+	R07012_308
03/03 - 05/26	Mo	2:30 pm - 4:00 pm	Yuan Chi Dance	\$ 0.00	55+	R07012_318
03/04 - 05/27	Tu	1:30 pm - 2:30 pm	Ballet	\$ 0.00	55+	R07012_307
03/05 - 05/28	We	9:00 am - 10:45 am	Chinese Dance & Fitness	\$ 0.00	55+	R07012_311
03/05 - 05/28	We	11:00 am - 12:00 pm	Superpower Dance Circle	\$ 0.00	55+	R07012_337
03/05 - 05/28	We	2:15 pm - 3:15 pm	Ballet	\$ 0.00	55+	R07012_306
04/02 - 05/28	We	9:05 am - 9:40 am	Cardio Dance Fitness	\$ 0.00	55+	R07012_301
06/02 - 08/25	Mo	1:00 pm - 2:00 pm	Chinese Folk Dance	\$ 0.00	55+	R07012_507
06/02 - 08/25	Mo	2:30 pm - 4:00 pm	Yuan Chi Dance	\$ 0.00	55+	R07012_537
06/03 - 08/26	Tu	1:30 pm - 2:30 pm	Ballet	\$ 0.00	55+	R07012_506
06/04 - 08/27	We	9:00 am - 10:45 am	Chinese Dance & Fitness	\$ 0.00	55+	R07012_508
06/04 - 08/27	We	9:05 am - 9:40 am	Cardio Dance Fitness	\$ 0.00	55+	R07012_502
06/04 - 08/27	We	11:00 am - 11:45 am	Superpower Dance Circle	\$ 0.00	55+	R07012_503
06/04 - 08/27	We	2:15 pm - 3:15 pm	Ballet	\$ 0.00	55+	R07012_505

White Oak Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/06 - 05/29	Th	12:45 pm - 1:45 pm	Super Power Dance Circle	\$ 0.00	55+	R07012_300
06/05 - 08/21	Th	12:45 pm - 1:45 pm	Super Power Dance Circle	\$ 0.00	55+	R07012_525

Jacki Sorensen's Aerobic Dance

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.

Potomac Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/08 - 06/03	Tu	9:00 am - 10:00 am	Jacki Sorensen's Aerobic Dance	\$ 88.00	18+	R05059_301
04/10 - 06/05	Th	9:00 am - 10:00 am	Jacki Sorensen's Aerobic Dance	\$ 88.00	18+	R05059_302

Body Sculpting (Fitness)

Body Sculpting

Definitions Body Sculpting Class: This class includes a full body workout (choose your own weights), plus different level options for every exercise. Work strength, balance, flexibility, mobility, and aerobic conditioning. Join us in-person, virtually, or a combination of both!

Clara Barton Neighborhood Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/08 - 06/05	Tu, Th	9:15 am - 10:00 am	Definition Body Sculpting-Virtual and In Person	\$ 160.00	40+	R05016_301
04/08 - 06/03	Tu	9:15 am - 10:00 am	Definition Body Sculpting-Virtual and In Person	\$ 80.00	40+	R05016_302
04/10 - 06/05	Th	9:15 am - 10:00 am	Definition Body Sculpting-Virtual and In Person	\$ 80.00	40+	R05016_303

Bone Builders (Fitness)

Bone Builders

Damascus Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/24 - 08/21	Tu, Th	2:30 pm - 3:30 pm	Bone Builders Damascus	\$ 0.00		R03010_514

Germantown Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/23 - 08/21	Mo, Th	1:00 pm - 2:00 pm	Bone Builders Germantown 1	\$ 0.00	54+	R03010_504

Gwendolyn Coffield Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/24 - 08/21	Tu, Th	9:15 am - 10:15 am	Bone Builders Coffield	\$ 0.00		R03010_503

Long Branch Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/23 - 08/13	Mo,We	9:45 am - 10:45 am	Bone Builders Long Branch	\$ 0.00	55+	R03010_515

Margaret Schweinhaut Senior Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/23 - 08/20	Mo,We	8:15 am - 9:15 am	Bone Builders Schweinhaut Senior Center 2	\$ 0.00	55+	R03010_518
06/24 - 08/21	Tu, Th	10:30 am - 11:30 am	Bone Builders Schweinhaut Senior Center1	\$ 0.00		R03010_505

Nancy H Dacek North Potomac Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/23 - 08/20	Mo,We	10:45 am - 11:45 am	Bone Builders North Potomac 1	\$ 0.00		R03010_506
06/24 - 08/21	Tu, Th	10:40 am - 11:40 am	Bone Builders North Potomac 2	\$ 0.00	54+	R03010_507

Ross Boddy Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/24 - 08/21	Tu, Th	10:30 am - 11:30 am	Bone Builders Ross Boddy	\$ 0.00	55+	R03010_517

Silver Spring Recreation and Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/23 - 08/20	Mo, We	1:00 pm - 2:00 pm	Bone Builders Silver Spring Recreation Aquatic Center 2	\$ 0.00	-	R03010_516
06/24 - 08/21	Tu, Th	10:00 am - 11:00 am	Bone Builders Silver Spring Recreation and Aquatic Center 1	\$ 0.00	55+	R03010_509

Wheaton Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/24 - 08/21	Tu, Th	9:15 am - 10:15 am	Bone Builders Wheaton 1	\$ 0.00	-	R03010_508

Wisconsin Place Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/24 - 08/21	Tu, Th	1:00 pm - 2:00 pm	Bone Builders Wisconsin Place	\$ 0.00	-	R03010_511

Fitness - Other (Fitness)

Dance & Fitness

Silver Spring Recreation and Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
05/07 - 06/11	We	6:30 pm - 8:00 pm	Argentine Tango	\$ 15.00	18+	R03033_506

HIIT

This is a high-intensity exercise class designed to burn calories, build endurance & sculpt your body.

Mid County Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/24 - 06/05	Th	6:45 pm - 7:45 pm	HIIT	\$ 50.00	13+	R03034_302

Low Impact (Fitness)

Chair Aerobics

Energizing chair-based workout combining gentle stretches, seated cardio, and core strengthening exercises suitable for all fitness levels.

Damascus Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/18 - 05/30	Tu, We, Th, Fr	10:00 am - 10:45 am	Chairobics	\$ 0.00	55+	R07066_303
06/03 - 08/29	Tu, We, Th, Fr	10:00 am - 10:45 am	Chairobics	\$ 0.00	55+	R07066_503

Nancy H Dacek North Potomac Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/04 - 05/20	Tu	10:30 am - 11:15 am	Chair Aerobics	\$ 0.00	55+	R07066_308
06/10 - 08/19	Tu	10:30 am - 11:15 am	Chair Aerobics	\$ 0.00	55+	R07066_504

Senior Fitness

Those from every level are welcome to play. The game is modified for those needing minor accommodations. Friendly and inviting group for all!

Damascus Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/02 - 08/11	Mo	11:00 am - 12:00 pm	Fitness Room Orientation	\$ 0.00	55+	R07039_531

Holiday Park Senior Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/24 - 06/13	Mo, Tu, We, Th, Fr	8:45 am - 4:00 pm	Open Fitness Gym	\$ 0.00	55+	R07039_318
03/28 - 06/13	Fr	10:00 am - 10:50 am	Active Golden Gentle Exercise	\$ 15.00	55+	R07039_330
04/01 - 06/03	Tu	10:30 am - 11:15 am	Music and Fun Exercise Active Golden	\$ 15.00	55+	R07039_310
06/16 - 08/29	Mo, Tu, We, Th, Fr	8:45 am - 4:00 pm	Open Fitness Gym	\$ 0.00	55+	R07039_510
06/20 - 08/29	Fr	10:00 am - 10:50 am	Active Golden Gentle Exercise	\$ 15.00	55+	R07039_520
06/24 - 08/26	Tu	10:30 am - 11:15 am	Active Golden Music and Fun Exercise	\$ 15.00	55+	R07039_519

Silver Spring Recreation and Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/03 - 05/19	Mo	10:00 am - 11:00 am	Balance Boom	\$ 0.00	55+	R07039_325
03/04 - 05/27	Tu	10:30 am - 11:30 am	Kickboxing	\$ 0.00	55+	R07039_328
03/07 - 05/30	Fr	1:00 pm - 2:00 pm	Sit and Be Fit	\$ 0.00	55+	R07039_326
03/08 - 05/31	Sa	9:30 am - 10:30 am	Fitness Boot Camp	\$ 0.00	55+	R07039_324
03/09 - 05/18	Su	1:00 pm - 2:00 pm	Muscle Up!	\$ 0.00	55+	R07039_306
06/01 - 08/24	Su	1:00 pm - 2:00 pm	Muscle Up!	\$ 0.00	55+	R07039_514
06/02 - 08/25	Mo	10:00 am - 11:00 am	Balance Boom	\$ 0.00	55+	R07039_515
06/06 - 08/29	Fr	1:00 pm - 2:00 pm	Sit and Be Fit	\$ 0.00	55+	R07039_517
06/07 - 08/23	Sa	9:30 am - 10:30 am	Fitness Boot Camp	\$ 0.00	55+	R07039_513

White Oak Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/03 - 05/19	Mo	10:00 am - 11:00 am	Gentle Spin Class	\$ 0.00	55+	R07039_300
03/03 - 05/19	Mo	11:00 am - 1:00 pm	Senior Volleyball	\$ 0.00	55+	R07039_302
06/02 - 08/18	Mo	10:00 am - 11:00 am	Gentle Spin	\$ 0.00	55+	R07039_500
06/02 - 08/18	Mo	11:00 am - 1:00 pm	Senior Volleyball	\$ 0.00	55+	R07039_525

Spin

Low to medium impact spin class. Professional instructor led.

White Oak Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/20 - 08/15	Fr	10:15 am - 11:15 am	Gentle Spin	\$ 80.00	55+	R05382_501

Stretch and Tone

This class focuses on developing a wide variety of skills, including strength, balance, and flexibility. Bring yoga mat for class.

Nancy H Dacek North Potomac Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/04 - 05/29	Tu, Th	3:15 pm - 4:00 pm	Heart Plus Exercise	\$ 0.00	55+	R07041_304
06/02 - 08/22	Fr	9:30 am - 10:45 am	Stretching Exercises	\$ 0.00	55+	R07041_503
06/03 - 08/21	Tu, Th	3:15 pm - 4:00 pm	Heart Plus Exercise	\$ 0.00	55+	R07041_505

Wheaton Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/04 - 05/27	Tu	9:05 am - 9:55 am	Full Body Workout	\$ 0.00	55+	R07041_303
06/03 - 08/26	Tu	9:05 am - 9:55 am	Full Body Workout	\$ 0.00	55+	R07041_504

White Oak Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/06 - 05/30	Th, Fr	10:30 am - 12:00 pm	Low Impact Exercise Video	\$ 0.00	55+	R07041_300

Walking Club

Join your peers at your local senior center for a walking club. At the end of the summer, join your peers in a joint center fun 1-mile walk at the Wheaton Senior Center on August 20th.

Damascus Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/17 - 05/26	Mo	10:00 am - 11:00 am	Walking Club	\$ 0.00	55+	R07035_311
06/02 - 08/25	Mo	10:00 am - 11:00 am	Damascus Walking Club	\$ 0.00	55+	R07035_521
06/04 - 08/27	We	9:15 am - 10:15 am	Trail Walking Club	\$ 0.00	55+	R07035_522

Long Branch Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/16 - 07/14	Mo	9:30 am - 10:30 am	Long Branch Walking Club	\$ 0.00	55+	R07035_514

Margaret Schweinhaut Senior Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
07/15 - 08/12	Tu	10:30 am - 11:30 am	Schweinhaut Walking Club	\$ 0.00	55+	R07035_512

Nancy H Dacek North Potomac Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/26 - 08/14	Th	10:30 am - 11:30 am	North Potomac Walking Club	\$ 0.00	55+	R07035_513

Silver Spring Recreation and Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/13 - 08/01	Fr	10:00 am - 11:00 am	Silver Spring Walking Club	\$ 0.00	55+	R07035_500

Wheaton Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/05 - 05/28	We	9:30 am - 10:30 am	Wheaton Walks	\$ 0.00	55+	R07035_301
06/04 - 08/27	We	9:30 am - 10:30 am	Wheaton Walks Walking Club	\$ 0.00	55+	R07035_510
08/20	We	9:30 am - 10:30 am	Walk Together Fun Mile	\$ 0.00	55+	R07035_515

White Oak Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/04 - 08/13	We	1:15 pm - 1:45 pm	WOSC Walking Club	\$ 0.00	55+	R07035_525

Pilates (Fitness)

Jazzmatazz Aerobics W/Pilates Mat

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

Wheaton Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/08 - 06/10	Tu	7:15 pm - 8:30 pm	Jazzmatazz Aerobics W/Pilates Mat	\$ 108.00	16+	R05061_301
04/08 - 06/12	Tu, Th	7:15 pm - 8:30 pm	Jazzmatazz Aerobics W/Pilates Mat	\$ 216.00	16+	R05061_302
04/10 - 06/12	Th	7:15 pm - 8:30 pm	Jazzmatazz Aerobics W/Pilates Mat	\$ 120.00	16+	R05061_303
07/08 - 08/14	Tu, Th	7:15 pm - 8:30 pm	Jazzmatazz Aerobics w/ Pilates Mat	\$ 120.00	16+	R05061_503
07/08 - 08/12	Tu	7:15 pm - 8:30 pm	Jazzmatazz Aerobics w/ Pilates Mat	\$ 60.00	16+	R05061_501
07/10 - 08/14	Th	7:15 pm - 8:30 pm	Jazzmatazz Aerobics w/ Pilates Mat	\$ 60.00	16+	R05061_502

Pilates for Fitness

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.

Bauer Drive Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/10 - 06/05	Th	7:00 pm - 8:00 pm	Pilates for Fitness	\$ 80.00	16+	R05091_302
04/28 - 06/09	Mo	7:00 pm - 8:00 pm	Pilates for Fitness	\$ 60.00	16+	R05091_301

Jane E Lawton Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/26 - 06/14	Sa	10:00 am - 11:00 am	Pilates for Fitness	\$ 60.00	16+	R05091_303

Silver Spring Recreation and Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/26 - 08/07	Th	7:00 am - 8:00 am	Pilates w/ WBG Sports & Fitness	\$ 70.00	16+	R05091_501

Strength Training (Fitness)

Strength Training

Fall Prevention and balance exercise class: Improve your balance,strength and mobility with a variety or equipment and movements.

Holiday Park Senior Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
05/21	We	1:15pm - 2:15pm	Outdoor Fitness Equipment Orientation	\$ 5.00	55+	R07060_302
05/28	We	1:15pm - 2:15pm	Indoor/Outdoor Fitness Equipment Orientation	\$ 5.00	55+	R07060_311
06/10	Tu	1:00 pm - 2:00 pm	Indoor/Outdoor Fitness Equipment Orientation	\$ 5.00	55+	R07060_312
06/24	Tu	1:00 pm - 2:00 pm	Indoor/Outdoor Fitness Equipment Orientation	\$ 5.00	55+	R07060_501

Long Branch Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/05 - 05/28	We	11:00 am - 12:00 pm	Fall Prevention and Balance exercise	\$ 0.00	55+	R07060_316
06/04 - 08/27	We	11:00 am - 12:00 pm	Fall Prevention and Balance exercise	\$ 0.00	55+	R07060_518

Margaret Schweinhaut Senior Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/19 - 05/21	We	10:30 am - 11:30 am	Cardio Drumming with Everest Wellness	\$ 0.00	55+	R07060_325
03/21 - 05/16	Fr	9:30 am - 10:30 am	Kickboxing	\$ 0.00	55+	R07060_308
06/13 - 08/08	Fr	9:30 am - 10:30 am	Low Impact Exercise	\$ 0.00	55+	R07060_512
06/20 - 08/15	Fr	9:30 am - 10:30 am	Kickboxing with Julien	\$ 0.00	55+	R07060_513

Nancy H Dacek North Potomac Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
07/14 - 08/18	Mo	5:15 pm - 6:15 pm	Strength and Balance Class	\$ 0.00	55+	R07060_525

White Oak Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/05 - 05/28	We	11:00 am - 12:00 pm	Balance Boom	\$ 0.00	55+	R07060_301
06/04 - 08/20	We	11:00 am - 12:00 pm	Balance Boom	\$ 0.00	55+	R07060_500
06/05 - 08/22	Th, Fr	10:30 am - 12:00 pm	Low Impact Exercise Video	\$ 0.00	55+	R07060_520

Total Body Conditioning (Fitness)

Barre

Classes build strength and flexibility through a combination of movements similar to what you'd encounter in ballet, Pilates, or yoga class—but they're dynamic and paced to a beat! Barre is excellent for people who want to strengthen core muscles that may be neglected by another exercise (consequently making us more injury-prone) so anyone can benefit from barre! Class begins with a warm-up incorporating arms and abs, moves into a short series of intense exercises focused on legs and glutes, and then finishes with cool-down and stretching. Give it a try! All you need is a pair of grippy socks, a yoga mat, sets of 1 and 3 lb. hand weights, and a 9" Pilates ball (a rolled-up towel works in a pinch). I hope you'll join me in the studio!

Wheaton Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/22 - 06/17	Tu	7:15 pm - 8:15 pm	Basic Barre	\$ 84.00	16+	R05327_302
04/26 - 06/14	Sa	9:15 am - 10:15 am	Basic Barre	\$ 84.00	16+	R05327_301
04/26 - 06/14	Sa	10:25 am - 11:25 am	Basic Barre	\$ 84.00	16+	R05327_303
06/11 - 06/20	Mo, We, Fr	7:00 pm - 8:00 pm	Barre Intensive	\$ 60.00	18+	R05327_502

Boot Camp

This class is for all levels who want to have a fun-filled workout with positive results. We focus on strengthening and toning all major muscle groups while using elements of yoga, Pilates, kickboxing, and traditional exercises that are geared with great music for the perfect workout. Please bring a yoga mat. Enjoy a positive group atmosphere along with a great workout that will guarantee results for your satisfaction. Classes are often “team” based and all fitness levels are welcome.

Bauer Drive Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/09 - 06/04	We	7:00 pm - 8:00 pm	Total Body Conditioning	\$ 80.00	16+	R05018_305
06/25 - 08/06	We	7:00 pm - 8:00 pm	Total Body Conditioning	\$ 70.00	16+	R05018_501

Potomac Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/28 - 08/02	Sa	11:00 am - 12:00 pm	Total Body Conditioning	\$ 50.00	16+	R05018_502

Silver Spring Recreation and Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/10 - 06/05	Th	6:00 pm - 7:00 pm	HIIT (High Intensity Interval Training)	\$ 80.00	14+	R05018_308
06/23 - 08/04	Mo	5:00 pm - 6:00 pm	Lift to Live+: Group Circuit Fitness Training	\$ 105.00	18+	R05018_509
06/25 - 08/06	We	6:30 am - 7:30 am	Lift to Live+: Group Circuit Fitness Training	\$ 105.00	18+	R05018_508
06/25 - 08/06	We	6:30 pm - 7:25 pm	HIIT (High Intensity Interval Training)	\$ 70.00	14+	R05018_504

Wheaton Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/07 - 06/02	Mo	7:00 pm - 8:00 pm	Cardio Blast	\$ 64.00	18+	R05018_315
04/09 - 06/04	We	7:00 pm - 8:00 pm	Cardio Blast	\$ 64.00	18+	R05018_316
06/23 - 08/04	Mo	7:00 pm - 8:00 pm	Cardio Blast	\$ 56.00	-	R05018_506
06/25 - 08/06	We	7:00 pm - 8:00 pm	Cardio Blast	\$ 56.00	-	R05018_507

Boxing

Our Boxing & KickBoxing fitness classes are an excellent way for families and community members to stay in shape but also learn for those who are new or might have some experience with the fundamentals of these workouts. These training sessions are non-contact and will help participants not only get in shape but also strengthen their footwork, along with their hand-eye coordination. The type of exercises in this class will consist of cardio, core training, body weight exercises, jump rope, and mitt work. Participants must ensure they have their own boxing gloves and hand wraps.

Bauer Drive Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/10 - 06/05	Th	7:00 pm - 8:00 pm	Fit Family Boxing and Kickboxing	\$ 80.00	7+	R05342_304
06/26 - 08/07	Th	7:00 pm - 8:00 pm	Fit Family Boxing and Kickboxing	\$ 70.00	7+	R05342_503

Jane E Lawton Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/08 - 06/03	Tu	6:30 pm - 7:30 pm	Fit Family Boxing and Kickboxing	\$ 80.00	7+	R05342_302
06/24 - 08/05	Tu	7:00 pm - 8:00 pm	Fit Family Boxing and Kickboxing	\$ 70.00	7+	R05342_501
06/28 - 08/02	Sa	10:00 am - 11:00 am	Fit Family Boxing and Kickboxing	\$ 60.00	7+	R05342_502

Long Branch Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/27 - 08/08	Fr	6:00 pm - 6:55 pm	Boxing w/ WBG Sports & Fitness	\$ 60.00	16+	R05342_506

Silver Spring Recreation and Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/08 - 06/03	Tu	5:00 pm - 6:00 pm	Boxing w/ WBG Sports & Fitness	\$ 80.00	16+	R05342_303
04/28 - 06/02	Mo	7:00 pm - 8:00 pm	Fit Family Boxing and Kickboxing	\$ 50.00	7+	R05342_305
06/23 - 08/04	Mo	7:00 pm - 8:00 pm	Fit Family Boxing and Kickboxing	\$ 70.00	7+	R05342_505
06/24 - 08/05	Tu	5:00 pm - 6:00 pm	Boxing w/ WBG Sports & Fitness	\$ 70.00	12+	R05342_504

Kelley's Workout

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

Bauer Drive Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/09 - 06/04	We	9:15 am - 10:25 am	Kelley's Complete Fitness	\$ 80.00	18+	R05072_303

Wheaton Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/07 - 06/02	Mo	9:15 am - 10:30 am	Kelley's 50+ Complete Fitness	\$ 60.00	50+	R05072_305
04/10 - 06/05	Th	9:15 am - 10:30 am	Kelley's 50+ Complete Fitness	\$ 80.00	50+	R05072_304

Zumba (Fitness)

Zumba

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

Bauer Drive Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/26 - 06/07	Sa	9:15 am - 10:15 am	Zumba w/ Michelle	\$ 60.00	16+	R05132_303
06/28 - 08/09	Sa	9:15 am - 10:15 am	Zumba w/ Michelle	\$ 70.00	13+	R05132_514

Germantown Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/10 - 06/05	Th	7:00 pm - 8:00 pm	Zumba w/ Andria	\$ 69.00	16+	R05132_311
06/26 - 08/07	Th	7:00 pm - 8:00 pm	Zumba w/ Andria	\$ 63.00	16+	R05132_521

Good Hope Neighborhood Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
05/14 - 06/04	We	6:45 pm - 7:45 pm	Zumba w/ Ingrid	\$ 38.00	16+	R05132_309

Jane E Lawton Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/07 - 05/19	Mo	11:15 am - 12:15 pm	Zumba Gold w/ Sharon	\$ 50.00	16+	R05132_322

Mid County Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/07 - 06/02	Mo	6:15 pm - 7:15 pm	Zumba w/ Michelle	\$ 60.00	16+	R05132_301
04/09 - 06/04	We	6:15 pm - 7:15 pm	Zumba w/ Michelle	\$ 80.00	16+	R05132_302
06/23 - 08/04	Mo	6:15 pm - 7:15 pm	Zumba w/ Michelle	\$ 70.00	13+	R05132_512
06/25 - 08/06	We	6:15 pm - 7:15 pm	Zumba w/ Michelle	\$ 70.00	13+	R05132_513

Silver Spring Recreation and Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/25 - 08/06	We	6:30 pm - 7:30 pm	Zumba w/ Tru 2 Fitness Health	\$ 63.00	16+	R05132_501

Wheaton Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/26 - 06/14	Sa	9:30 am - 10:30 am	Zumba w/ Ingrid	\$ 67.00	16+	R05132_304
06/28 - 07/26	Sa	11:00 am - 12:00 pm	Zumba w/ Ingrid	\$ 50.00	14+	R05132_511

Zumba

This class will provide participants with choreographed Latin influenced and international dance instruction including a variety of exercise styles and dance routines.

Damascus Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/26 - 05/28	We	11:00 am - 12:00 pm	Zumba	\$ 0.00	55+	R07070_304
03/27 - 05/29	Th	5:30 pm - 6:30 pm	Zumba (Evening)	\$ 0.00	55+	R07070_308
06/04 - 08/27	We	11:00 am - 12:00 pm	Zumba	\$ 0.00	55+	R07070_504
06/05 - 08/28	Th	5:30 pm - 6:30 pm	Zumba Gold	\$ 0.00	55+	R07070_518

Long Branch Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/04 - 05/27	Tu	2:00 pm - 3:00 pm	Zumba	\$ 0.00	55+	R07070_326
06/03 - 08/26	Tu	2:00 pm - 3:00 pm	Zumba	\$ 0.00	55+	R07070_515

Nancy H Dacek North Potomac Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/03 - 05/19	Mo	9:15 am - 10:15 am	Zumba	\$ 0.00	55+	R07070_325
03/04 - 05/29	Tu, Th	9:30 am - 10:15 am	Zumba Video	\$ 0.00	55+	R07070_320
06/03 - 08/21	Tu, Th	9:30 am - 10:15 am	Zumba Video	\$ 0.00	55+	R07070_509

Silver Spring Recreation and Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/13 - 05/29	Th	6:30 pm - 7:30 pm	Zumba	\$ 0.00	55+	R07070_313
06/05 - 08/28	Th	6:30 pm - 7:30 pm	Zumba	\$ 0.00	55+	R07070_512

Wheaton Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/03 - 05/26	Mo	1:30 pm - 2:30 pm	Zumba Gold	\$ 0.00	55+	R07070_309
03/04 - 05/27	Tu	11:00 am - 11:50 am	Zumba	\$ 0.00	55+	R07070_301
03/06 - 05/29	Th	11:00 am - 11:50 am	Zumba	\$ 0.00	55+	R07070_302
03/07 - 05/30	Fr	9:45 am - 10:45 am	Zumba	\$ 0.00	55+	R07070_306
06/02 - 08/25	Mo	1:30 pm - 2:30 pm	Zumba Gold	\$ 0.00	55+	R07070_508
06/03 - 08/26	Tu	11:00 am - 11:45 am	Zumba	\$ 0.00	55+	R07070_502
06/05 - 08/28	Th	11:00 am - 11:45 am	Zumba	\$ 0.00	55+	R07070_503
06/06 - 08/29	Fr	9:45 am - 10:45 am	Zumba	\$ 0.00	55+	R07070_507

Zumba Gold

Gwendolyn Coffield Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/02 - 06/11	We	7:00 pm - 8:00 pm	Zumba Gold with Sharon	\$ 0.00	-	R03008_304

Zumba Gold

Join us for Zumba Gold with Amy on Tuesdays and Thursdays from 9-10am.

Silver Spring Recreation and Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/07 - 05/30	Fr	10:00 am - 11:00 am	Zumba Gold	\$ 0.00	55+	R07071_304
06/06 - 08/29	Fr	10:00 am - 11:00 am	Zumba Gold	\$ 0.00	55+	R07071_504

White Oak Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/04 - 05/29	Tu, Th	9:05 am - 10:05 am	Zumba Gold	\$ 0.00	55+	R07071_300
06/03 - 08/21	Tu, Th	9:05 am - 10:05 am	Zumba Gold	\$ 0.00	55+	R07071_500

Games

Bingo (Games)

Bingo

This Bingo class is a multi-lingual class facilitated in Spanish.

Holiday Park Senior Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/25 - 06/13	Tu	1:00 pm - 2:30 pm	Active Golden Bingo - Tuesday	\$ 0.00	55+	R07085_301
03/28 - 06/13	Fr	10:30 am - 12:00 pm	Active Golden Bingo - Friday	\$ 15.00	55+	R07085_309
06/20 - 08/29	Fr	10:30 am - 12:00 pm	Active Golden Bingo - Friday	\$ 15.00	55+	R07085_511
06/24 - 08/26	Tu	1:00 pm - 2:30 pm	Active Golden Bingo - Tuesday	\$ 0.00	55+	R07085_512

Long Branch Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/04 - 05/27	Tu	1:00 pm - 2:00 pm	Bingo	\$ 0.00	55+	R07085_304
06/04 - 08/27	Tu	1:00 pm - 2:00 pm	Bingo	\$ 0.00	55+	R07085_513

Margaret Schweinhaut Senior Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/03 - 05/29	Mo, Th	10:30 am - 11:30 am	Bingo	\$ 0.00	55+	R07085_302
06/02 - 08/28	Mo, Th	10:30 am - 11:30 am	Bingo	\$ 0.00	55+	R07085_502

Nancy H Dacek North Potomac Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/03 - 08/05	Tu	12:15 pm - 1:00 pm	Bingo	\$ 0.00	55+	R07085_503

Silver Spring Recreation and Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/06 - 05/29	Th	12:30 pm - 1:30 pm	Bingo	\$ 0.00	55+	R07085_307
06/05 - 08/28	Th	12:30 pm - 1:30 pm	Bingo	\$ 0.00	55+	R07085_510

White Oak Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/04 - 05/27	Tu	1:00 pm - 2:00 pm	Bingo	\$ 0.00	55+	R07085_315
03/05 - 05/28	We	1:00 pm - 2:00 pm	Bingo	\$ 0.00	55+	R07085_316
06/03 - 08/19	Tu	1:00 pm - 1:45 pm	Bingo Blast	\$ 0.00	55+	R07085_500
06/04 - 08/20	We	1:00 pm - 1:45 pm	Just for Laughs	\$ 0.00	55+	R07085_525
06/11 - 08/20	We	1:00 pm - 2:00 pm	Bingo: Participant's Choice	\$ 0.00	55+	R07085_526

Board Games (Games)

Rummikub

Join us in playing the fun and challenging game Rummikub with your friends on Mondays. Rummikub is a 2-4 player game combining the elements of the card game Rummy and Mahjong. We will have a tournament on July 29th to highlight our skills. Prizes for first place winners will be awarded.

Holiday Park Senior Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/24 - 06/13	Mo, Tu, We, Th, Fr	1:00 pm - 4:00 pm	Rummikub Club with Elsa	\$ 0.00	55+	R07086_301
03/25 - 06/10	Tu	11:00 am - 2:00 pm	Rummikub Club with Evelyn	\$ 0.00	55+	R07086_302
06/16 - 08/29	Mo, Tu, We, Th, Fr	1:00 pm - 4:00 pm	Rummikub with Elsa	\$ 0.00	55+	R07086_502
06/24 - 08/26	Tu	11:00 am - 2:00 pm	Rummikub with Evelyn	\$ 0.00	55+	R07086_501

Margaret Schweinhaut Senior Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/03 - 05/26	Mo	12:30 pm - 2:00 pm	Rummikub Play	\$ 0.00	55+	R07086_304
06/02 - 07/28	Mo	12:30 pm - 2:00 pm	Rummikub Play	\$ 0.00	55+	R07086_504

Silver Spring Recreation and Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/06 - 05/29	Th	9:30 am - 11:00 am	Rummikub (drop-in)	\$ 0.00	55+	R07086_303
06/05 - 08/28	Th	9:30 am - 11:00 am	Rummikub (drop-in)	\$ 0.00	55+	R07086_503

Scrabble 55+

This is an ongoing drop-in program where you can play your favorite board game, with 3-5 tables, weekly. Free! Led by a Holiday Park volunteer.

Holiday Park Senior Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/26 - 06/11	We	1:00 pm - 4:00 pm	Scrabble	\$ 0.00	55+	R07073_301
06/18 - 08/27	We	1:00 pm - 3:45 pm	Scrabble	\$ 0.00	55+	R07073_501

Table Games

Board Games and Adult Coloring Pages

Damascus Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/27 - 05/29	Th	1:00 pm - 3:30 pm	Canasta	\$ 0.00	55+	R07112_303
06/05 - 08/28	Th	12:30 pm - 3:30 pm	Canasta Club	\$ 0.00	-	R07112_513

Long Branch Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/03 - 05/30	Mo, Tu, We, Th, Fr	9:00 am - 10:30 am	Table Games and Creative Coloring	\$ 0.00	55+	R07112_302
06/02 - 08/29	Mo, Tu, We, Th, Fr	9:00 am - 12:00 pm	Table Games and Creative Coloring	\$ 0.00	55+	R07112_509

Silver Spring Recreation and Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/03 - 05/19	Mo	1:00 pm - 3:00 pm	Board Games	\$ 0.00	55+	R07112_307
06/02 - 08/25	Mo	1:00 pm - 3:00 pm	Board Games	\$ 0.00	55+	R07112_508

White Oak Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/06 - 05/29	Th	12:00 pm - 5:00 pm	Bid Whist	\$ 0.00	55+	R07112_300
06/05 - 08/21	Th	12:00 pm - 4:00 pm	55+ Bid Whist	\$ 0.00	55+	R07112_500

Card Games (Games)

Bridge 55+

Beginning to advanced players are welcome to this friendly game of bridge. Basic knowledge of game is necessary.

Damascus Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/25 - 05/27	Tu	11:00 am - 3:00 pm	Bridge	\$ 0.00	55+	R07074_305
06/03 - 08/26	Tu	11:00 am - 3:00 pm	Bridge Club	\$ 0.00		R07074_510

Holiday Park Senior Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/26 - 06/11	We	12:00 pm - 4:00 pm	Duplicate Bridge	\$ 0.00	55+	R07074_303
06/18 - 08/27	We	12:45 pm - 3:45 pm	Duplicate Bridge	\$ 0.00	55+	R07074_502

Nancy H Dacek North Potomac Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/18 - 05/29	Tu, Th	1:30 pm - 3:00 pm	Beginners Bridge Play	\$ 15.00	55+	R07074_363
06/03 - 08/21	Tu, Th	1:00 pm - 3:00 pm	Beginners Bridge Play	\$ 0.00		R07074_508

Silver Spring Recreation and Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/05 - 05/28	We	12:30 pm - 2:30 pm	Beginners Bridge (drop-in)	\$ 0.00	55+	R07074_306

White Oak Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/03 - 05/19	Mo	1:00 pm - 3:30 pm	Social Bridge	\$ 0.00	55+	R07074_302
06/02 - 08/18	Mo	1:00 pm - 3:30 pm	Social Bridge	\$ 0.00	55+	R07074_500

Mah Jongg Club

Stop in to meet and socialize with other players in the area.

Damascus Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/26 - 05/28	We	12:30 pm - 3:30 pm	American Maj Jongg	\$ 0.00	55+	R07047_308
06/04 - 08/27	We	11:30 am - 3:30 pm	American Maj Jongg Club	\$ 0.00	55+	R07047_508

Holiday Park Senior Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/24 - 06/09	Mo	1:00 pm - 4:00 pm	American Mah Jongg Club	\$ 0.00	55+	R07047_301
06/16 - 08/25	Mo	1:00 pm - 4:00 pm	American Mah Jong Club	\$ 0.00	55+	R07047_501

Long Branch Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/03 - 05/26	Mo	9:30 am - 12:00 pm	Mahjong	\$ 0.00	55+	R07047_326

Nancy H Dacek North Potomac Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/03 - 05/19	Mo	10:00 am - 12:00 pm	American Mah Jongg	\$ 0.00	-	R07047_320
03/04 - 05/28	Tu, We	10:00 am - 12:00 pm	Chinese Mahjong	\$ 0.00	-	R07047_307
03/06 - 05/29	Th	1:00 pm - 4:00 pm	American Mah Jongg	\$ 0.00	-	R07047_322
03/07 - 05/30	Fr	12:00 pm - 4:00 pm	Chinese Mahjong	\$ 0.00	-	R07047_317
06/02 - 08/18	Mo	10:00 am - 12:00 pm	American Mah Jongg	\$ 0.00	55+	R07047_511
06/03 - 08/19	Tu	10:00 am - 12:00 pm	Chinese Mahjong	\$ 0.00	-	R07047_526
06/04 - 08/20	We	10:00 am - 12:30 pm	Chinese Mahjong and American Mah Jongg	\$ 0.00	55+	R07047_507
06/05 - 08/21	Th	1:00 pm - 4:00 pm	American Mah Jongg	\$ 0.00	55+	R07047_505
06/06 - 08/22	Fr	12:15 pm - 2:15 pm	Chinese Mahjong	\$ 0.00	55+	R07047_506

Wheaton Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/03 - 05/28	Mo, We	1:00 pm - 4:00 pm	Mahjong	\$ 0.00	55+	R07047_306
06/02 - 08/27	Mo, We	1:00 pm - 4:00 pm	American Mah Jongg	\$ 0.00	55+	R07047_502

White Oak Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/07 - 05/30	Fr	12:30 pm - 3:30 pm	American Mah Jongg	\$ 0.00	55+	R07047_300
06/06 - 08/22	Fr	12:30 pm - 3:30 pm	American Mah Jongg	\$ 0.00	55+	R07047_525

Open Party Bridge

Have fun playing with other Bridge players. Partners not required. Ongoing. Free! Led by a Holiday Park volunteer.

Holiday Park Senior Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/04 - 06/13	Fr	12:45 pm - 3:30 pm	Open Party Bridge	\$ 0.00	55+	R07075_301
06/20 - 08/29	Fr	12:45 pm - 3:30 pm	Open Party Bridge	\$ 0.00	55+	R07075_501

Chess (Games)

Chess

Bauer Drive Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
02/06 - 05/29	Th	4:00 pm - 5:00 pm	Youth Chess Instruction	\$ 0.00	7 - 14	R03041_200

Multi-Sports (Games)

Pinochle

Have you ever wanted to learn Pinochle? Would you like to play with beginning to advanced players? Look no further. Join us for a fun game. All levels welcome.

Margaret Schweinhaut Senior Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/05 - 05/28	We	1:00 pm - 3:00 pm	Pinochle Card Game	\$ 0.00	55+	R07099_305
06/04 - 08/27	We	1:00 pm - 3:00 pm	Pinochle Card Game	\$ 0.00	55+	R07099_501

White Oak Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/04 - 05/27	Tu	11:30 am - 1:30 pm	Pinochle Fun	\$ 0.00	55+	R07099_301
06/03 - 08/19	Tu	11:30 am - 1:30 pm	Pinochle	\$ 0.00	55+	R07099_500

Specialty Programs (Games)

Virtual Reality

Discover Virtual Reality where you can travel to another land, swim with sharks, and more.

Damascus Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
07/01 - 08/01	Tu, Fr	10:30 am - 12:00 pm	Intro to Virtual Reality	\$ 0.00	55+	R07313_512

Wheaton Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
07/16 - 07/30	We	11:00 am - 12:00 pm	Virtual Reality with Meta Quest 3	\$ 0.00	55+	R07313_505

Health and Wellness

Health Screenings (Health and Wellness)

Health Clinics

Take control of your health and get your blood pressure checked weekly by retired nurse, Bernadette Denis.

Damascus Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/26 - 05/28	We	10:30 am - 11:30 am	Blood Pressure Screening	\$ 0.00	55+	R07108_335
06/11 - 08/13	We	10:30 am - 11:30 am	Blood Pressure Screening	\$ 0.00	55+	R07108_535

Margaret Schweinhaut Senior Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/07 - 05/30	Fr	1:00 pm - 2:00 pm	Blood Pressure Screening	\$ 0.00	55+	R07108_319
06/06 - 08/29	Fr	1:00 pm - 2:00 pm	Blood Pressure Screening	\$ 0.00	55+	R07108_505

Meditation (Health and Wellness)

Mindfulness and Mediation

Led by volunteers Doug & Li. We meditate for about 10-15 minutes at the beginning and end of the meeting. In-between we talk about ways to be mindful in our daily life. People may bring in articles, books and videos to discuss. Meditation is a mainstream practice for stress reduction and mental concentration. Please join us for this free class

Holiday Park Senior Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/28 - 06/13	Fr	11:00 am - 12:00 pm	Mindfulness Meditation.	\$ 0.00	55+	R07077_304
06/20 - 08/29	Fr	11:00 am - 12:00 pm	Mindfulness Meditation.	\$ 0.00	55+	R07077_504

Nancy H Dacek North Potomac Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/03 - 05/19	Mo	2:00 pm - 3:30 pm	Healthy Body, Peaceful Mind	\$ 0.00	55+	R07077_323
06/09 - 08/18	Mo	2:00 pm - 3:30 pm	Healthy Body, Peaceful Mind	\$ 0.00	55+	R07077_503

Yoga (Health and Wellness)

Intermediate Yoga

Focus will be on gentle movements for stretching, increasing the body flexibility, deep breathing techniques, balance and deep relaxation. Yoga Mat needed for class.

Long Branch Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/06 - 05/29	Th	9:00 am - 10:00 am	Chair Yoga	\$ 0.00	55+	R07032_314
03/10 - 05/26	Mo	1:00 pm - 2:00 pm	Yoga	\$ 0.00	55+	R07032_317
03/21 - 05/23	Fr	1:00 pm - 2:00 pm	Yogalates	\$ 0.00	55+	R07032_316
06/02 - 08/11	Mo	1:00 pm - 2:00 pm	Yoga	\$ 0.00	-	R07032_520
06/05 - 08/14	Th	9:00 am - 10:00 am	Chair Yoga	\$ 0.00	55+	R07032_518
06/06 - 08/15	Fr	1:00 pm - 2:00 pm	Yogalates	\$ 0.00	55+	R07032_519

Margaret Schweinhaut Senior Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/01 - 05/31	Sa	9:15 am - 10:15 am	Yin Yoga	\$ 0.00	55+	R07032_307
06/07 - 08/30	Sa	9:15 am - 10:15 am	Yin Yoga	\$ 0.00	55+	R07032_517

Silver Spring Recreation and Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/04 - 05/27	Tu	6:30 pm - 7:30 pm	Yogalates	\$ 0.00	-	R07032_315
06/03 - 08/26	Tu	6:30 pm - 7:30 pm	Yogalates	\$ 0.00	55+	R07032_516

Wheaton Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/03 - 05/26	Mo	10:00 am - 11:00 am	Yoga	\$ 0.00	55+	R07032_304
03/04 - 05/27	Tu	3:00 pm - 4:00 pm	Chair Yoga	\$ 0.00	55+	R07032_310
03/05 - 05/28	We	9:45 am - 10:45 am	Yogalates	\$ 0.00	55+	R07032_303
03/06 - 05/29	Th	3:00 pm - 4:00 pm	Yoga	\$ 0.00	54+	R07032_301
06/02 - 08/25	Mo	10:00 am - 11:00 am	Yoga	\$ 0.00	55+	R07032_501
06/03 - 08/26	Tu	3:00 pm - 4:00 pm	Chair Yoga	\$ 0.00	55+	R07032_505
06/04 - 08/27	We	9:45 am - 10:45 am	Yogalates	\$ 0.00	55+	R07032_503
06/05 - 08/28	Th	10:00 am - 10:45 am	Laughter Yoga	\$ 0.00	55+	R07032_508

White Oak Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/10 - 05/26	Mo	12:45 pm - 1:45 pm	Chair Yoga	\$ 0.00	55+	R07032_320
06/02 - 08/18	Mo	12:45 pm - 1:45 pm	Chair Yoga	\$ 0.00	-	R07032_500

NIA Dance

Nancy H Dacek North Potomac Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/01 - 05/31	Sa	9:30 am - 11:00 am	Martial Arts Health Dance	\$ 0.00	-	R07010_312
06/07 - 08/16	Sa	9:30 am - 11:00 am	Martial Arts Health Dance	\$ 0.00	55+	R07010_502

Yoga

The class combines core strengthening movements with yoga postures. The goal is strong core equals a healthy back. A fun and moderately paced class. Please bring mat to class.

Gwendolyn Coffield Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/10 - 06/05	Th	6:00 pm - 7:00 pm	Essential Yoga for Beginners w/ Tamara	\$ 99.00	18+	R05128_310

Jane E Lawton Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/11 - 06/06	Fr	9:45 am - 11:00 am	Hatha Yoga and Stress Management w/ Suzana	\$ 112.00	55+	R05128_308

Mid County Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/09 - 06/04	We	10:45 am - 12:00 pm	Gentle Yoga w/ Nancy	\$ 90.00	18+	R05128_309

Nancy H Dacek North Potomac Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/08 - 06/03	Tu	9:30 am - 10:30 am	Yoga for Vitality	\$ 104.00	18+	R05128_311
04/10 - 06/05	Th	9:30 am - 10:30 am	Yoga for Vitality	\$ 104.00	18+	R05128_312

Plum Gar Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/10 - 06/05	Th	6:00 pm - 7:00 pm	Yoga w/ Sylvia	\$ 64.00	16+	R05128_321
06/26 - 08/07	Th	6:00 pm - 7:00 pm	Yoga w/ Sylvia	\$ 56.00	-	R05128_523

Potomac Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/10 - 06/05	Th	5:15 pm - 6:15 pm	All Levels Yoga (Beginner/Continuing)	\$ 144.00	18+	R05128_320
06/26 - 08/07	Th	5:15 pm - 6:15 pm	All Levels Yoga (Beginner/Continuing)	\$ 126.00	-	R05128_524
06/28 - 08/09	Sa	11:30 am - 12:30 pm	Yoga w/ Tru 2 Fitness Health	\$ 84.00	18+	R05128_525

Silver Spring Recreation and Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/23 - 08/04	Mo	7:00 am - 8:00 am	Yoga w/ Find Your Fit	\$ 84.00	18+	R05128_503

Wheaton Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/07 - 06/16	Mo	7:00 pm - 8:00 pm	Yoga I: Restore and Recharge Yoga w/ Hannah	\$ 144.00	18+	R05128_301
04/08 - 06/03	Tu	6:00 pm - 7:00 pm	Yogalates (Yoga & Pilates)	\$ 88.00	18+	R05128_315
04/09 - 06/04	We	7:15 pm - 8:15 pm	Level I/II Yoga w/ Hannah	\$ 144.00	18+	R05128_318
06/23 - 07/21	Mo	7:00 pm - 8:00 pm	Yoga I: Restore & Recharge w/ Hannah	\$ 90.00	18+	R05128_521
06/24 - 08/05	Tu	6:00 pm - 7:00 pm	Yogalates (Yoga & Pilates)	\$ 77.00	16+	R05128_501
06/25 - 07/23	We	7:00 pm - 8:00 pm	Yoga I/II w/ Hannah	\$ 90.00	18+	R05128_520

Wisconsin Place Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/25 - 08/06	We	6:00 pm - 7:00 pm	Yoga w/ Find Your Fit	\$ 84.00	18+	R05128_502

Yoga

Marilyn J Praisner Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
01/04 - 06/28	Sa	10:00 am - 12:00 pm	Saturday YOGA with Jane		17+	R03023_206

Yoga for beginners

Join Edgar Porras as he guides yogis of all levels to a higher sense of self. Led by professional instructor.

Damascus Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/28 - 05/30	Fr	11:00 am - 12:00 pm	Yoga	\$ 0.00	55+	R07029_307
04/14 - 05/19	Mo	9:45 am - 10:45 am	Chair Yoga	\$ 0.00	55+	R07029_325
06/02 - 08/25	Mo	9:45 am - 10:45 am	Chair Yoga	\$ 0.00	-	R07029_525
06/06 - 08/29	Fr	11:00 am - 12:00 pm	Yoga	\$ 0.00	-	R07029_517

Nancy H Dacek North Potomac Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/03 - 05/19	Mo	2:30 pm - 3:30 pm	Slow Flow Yoga	\$ 0.00	55+	R07029_316
06/02 - 08/18	Mo	2:30 pm - 3:30 pm	Slow Flow Yoga	\$ 0.00	55+	R07029_507

Silver Spring Recreation and Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/03 - 05/19	Mo	3:00 pm - 4:00 pm	Gentle Yoga	\$ 0.00	55+	R07029_311
06/02 - 08/25	Mo	3:00 pm - 4:00 pm	Chair Yoga	\$ 0.00	55+	R07029_510

White Oak Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/07 - 05/30	Fr	9:05 am - 10:05 am	Yoga For All	\$ 15.00	55+	R07029_301
06/06 - 08/22	Fr	9:05 am - 10:05 am	Yoga For All	\$ 15.00	55+	R07029_500

Martial Arts

Aikido (Martial Arts)

Aikido

Aikido class - click each individual class for course descriptions.

Jane E Lawton Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/09 - 06/04	We	6:00 pm - 8:00 pm	Suenaka-ha Aikido	\$ 100.00	14+	R05005_302
06/25 - 08/06	We	6:00 pm - 8:00 pm	Suenaka-ha Aikido	\$ 100.00	14+	R05005_502

Ross Boddy Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/07 - 06/02	Mo	7:00 pm - 8:30 pm	Aikido	\$ 54.00	11+	R05005_301
06/23 - 08/04	Mo	7:00 pm - 8:30 pm	Aikido	\$ 63.00	11+	R05005_501

Karate - Jujitsu (Martial Arts)

Karate - TKA Youth

TKA Youth Karate class

Bauer Drive Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/09 - 06/11	We	6:00 pm - 7:00 pm	TKA Youth Karate Beginner through White Belts	\$ 90.00	6 - 12	R05066_310
04/09 - 06/11	We	7:00 pm - 8:00 pm	TKA Youth karate Intermediate	\$ 90.00	6 - 12	R05066_311
06/18 - 08/06	We	6:00 pm - 7:00 pm	TKA Youth Karate Beginner through White Belts	\$ 80.00	6 - 12	R05066_510
06/18 - 08/06	We	7:00 pm - 8:00 pm	TKA Youth karate Intermediate	\$ 80.00	6 - 12	R05066_511

Bethesda Elementary School

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/10 - 06/12	Th	7:00 pm - 8:00 pm	TKA Youth karate All Levels	\$ 90.00	6 - 12	R05066_314
06/26 - 08/07	Th	7:00 pm - 8:00 pm	TKA Youth karate All Levels	\$ 70.00	6 - 12	R05066_514

Clara Barton Neighborhood Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/09 - 06/11	We	6:30 pm - 7:30 pm	TKA Youth karate All Levels	\$ 90.00	6 - 12	R05066_309
06/18 - 08/06	We	6:30 pm - 7:30 pm	TKA Youth karate All Levels	\$ 80.00	6 - 12	R05066_509

Damascus Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/09 - 06/11	We	6:00 pm - 7:00 pm	TKA Youth karate Beginner through Orange Belts	\$ 90.00	6 - 12	R05066_307
04/09 - 06/11	We	7:00 pm - 8:00 pm	TKA Youth karate Intermediate	\$ 90.00	6 - 12	R05066_308
06/18 - 08/13	We	6:00 pm - 7:00 pm	TKA Youth karate Beginner through Orange Belts	\$ 90.00	6 - 12	R05066_507
06/18 - 08/13	We	7:00 pm - 8:00 pm	TKA Youth karate Intermediate	\$ 90.00	6 - 12	R05066_508

Germantown Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/08 - 06/10	Tu	6:00 pm - 7:00 pm	TKA Youth karate Beginner through Orange Belts	\$ 90.00	6 - 12	R05066_304
04/08 - 06/10	Tu	7:00 pm - 8:00 pm	TKA Youth karate Intermediate	\$ 90.00	6 - 12	R05066_305
06/17 - 08/12	Tu	6:00 pm - 7:00 pm	TKA Youth karate Beginner through Orange Belts	\$ 90.00	6 - 12	R05066_504
06/17 - 08/12	Tu	7:00 pm - 8:00 pm	TKA Youth karate Intermediate	\$ 90.00	6 - 12	R05066_505

Marilyn J Praisner Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/10 - 06/12	Th	6:30 pm - 7:30 pm	TKA Youth karate All Levels	\$ 90.00	6 - 12	R05066_313
06/26 - 08/14	Th	6:30 pm - 7:30 pm	TKA Youth karate All Levels	\$ 80.00	6 - 12	R05066_513

Mid County Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/08 - 06/10	Tu	6:30 pm - 7:30 pm	TKA Youth karate Yellow Belt and Higher	\$ 90.00	6 - 12	R05066_316
04/08 - 06/10	Tu	6:30 pm - 7:30 pm	TKA Youth karate Beginners through Orange Belts	\$ 90.00	6 - 12	R05066_306
06/17 - 08/12	Tu	6:30 pm - 7:30 pm	TKA Youth karate Beginner through Orange Belts	\$ 90.00	6 - 12	R05066_506
06/17 - 08/12	Tu	6:30 pm - 7:30 pm	TKA Youth karate Yellow Belt and Higher	\$ 90.00	6 - 12	R05066_517

Potomac Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/09 - 06/14	We	6:00 pm - 7:00 pm	TKA Youth karate Beginner through Advanced White Belts	\$ 90.00	6 - 12	R05066_312
04/09 - 06/14	We	7:00 pm - 8:00 pm	TKA Youth karate Orange Belt and Higher	\$ 90.00	6 - 12	R05066_315
06/18 - 08/13	We	6:00 pm - 7:00 pm	TKA Youth karate Beginner and Advanced White Belts	\$ 90.00	6 - 12	R05066_512
06/18 - 08/13	We	7:00 pm - 8:00 pm	TKA Youth karate Orange Belt and Higher	\$ 90.00	6 - 12	R05066_515

Upper County Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/07 - 06/09	Mo	6:00 pm - 7:00 pm	TKA Youth Karate Beginner through Orange Belt	\$ 70.00	6 - 12	R05066_301
04/07 - 06/09	Mo	7:00 pm - 8:00 pm	TKA Youth Karate Yellow Belt and Higher	\$ 70.00	6 - 12	R05066_302
06/16 - 08/11	Mo	6:00 pm - 7:00 pm	TKA Youth Karate Beginner through Orange Belts	\$ 90.00	6 - 12	R05066_501
06/16 - 08/11	Mo	7:00 pm - 8:00 pm	TKA Youth Karate Yellow Belt and Higher	\$ 90.00	6 - 12	R05066_502

Wheaton Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/07 - 06/09	Mo	5:45 pm - 6:30 pm	TKA Youth karate New Beginners	\$ 70.00	6 - 12	R05066_303
04/07 - 06/09	Mo	6:30 pm - 7:30 pm	TKA Youth karate Advanced White Belt and Higher	\$ 70.00	6 - 12	R05066_317
06/16 - 08/11	Mo	5:45 pm - 6:30 pm	TKA Youth karate New Beginners	\$ 90.00	6 - 12	R05066_503
06/16 - 08/11	Mo	6:30 pm - 7:30 pm	TKA Youth karate Advance White Belts and Higher	\$ 90.00	6 - 12	R05066_516

Karate -TKA Adult

For all levels beginner and higher. Develop confidence, fitness, mental focus, and make new friends in a fun and safe environment learning martial arts with instructors from Tompkins Karate Association. Class offers instruction in Tang Soo Do Korean karate and jujitsu. One class may consist of observing or participating in a promotional exam. Promotional exams, camps, and competitions are available as conditions allow. This class is geared toward participants 13 years and older, beginner through advanced levels.

Bauer Drive Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/09 - 06/11	We	8:00 pm - 9:30 pm	TKA Adult Karate	\$ 108.00	13+	R05070_306
06/18 - 08/06	We	8:00 pm - 9:30 pm	TKA Adult Karate	\$ 96.00	13+	R05070_506

Bethesda Elementary School

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/10 - 06/12	Th	8:00 pm - 9:30 pm	TKA Adult Karate	\$ 108.00	13+	R05070_308
06/26 - 08/07	Th	8:00 pm - 9:30 pm	TKA Adult Karate	\$ 84.00	13+	R05070_509

Damascus Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/09 - 06/11	We	8:00 pm - 9:30 pm	TKA Adult Karate	\$ 108.00	13+	R05070_305
06/18 - 08/13	We	8:00 pm - 9:30 pm	TKA Adult Karate	\$ 108.00	13+	R05070_505

Germantown Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/08 - 06/10	Tu	8:00 pm - 9:30 pm	TKA Adult Karate	\$ 108.00	13+	R05070_303
06/17 - 08/12	Tu	8:00 pm - 9:30 pm	TKA Adult Karate	\$ 108.00	13+	R05070_503

Marilyn J Praisner Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/10 - 06/12	Th	7:30 pm - 9:00 pm	TKA Adult Karate	\$ 108.00	13+	R05070_309
06/26 - 08/14	Th	7:30 pm - 9:00 pm	TKA Adult Karate	\$ 96.00	13+	R05070_508

Mid County Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/08 - 06/10	Tu	7:30 pm - 9:00 pm	TKA Adult Karate	\$ 108.00	13+	R05070_304
06/17 - 08/12	Tu	7:30 pm - 9:00 pm	TKA Adult Karate	\$ 108.00	13+	R05070_504

Upper County Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/07 - 06/09	Mo	8:00 pm - 9:30 pm	TKA Adult Karate	\$ 84.00	13+	R05070_301
06/16 - 08/11	Mo	8:00 pm - 9:30 pm	TKA Adult Karate	\$ 108.00	13+	R05070_501

Wheaton Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/07 - 06/09	Mo	7:30 pm - 9:00 pm	TKA Adult Karate	\$ 84.00	13+	R05070_302
06/16 - 08/11	Mo	7:30 pm - 9:00 pm	TKA Adult Karate	\$ 108.00	13+	R05070_502

White Oak Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/11 - 06/13	Fr	7:30 pm - 8:30 pm	TKA karate Jujitsu Club	\$ 36.00	13+	R05070_310
04/11 - 06/13	Fr	8:30 pm - 9:30 pm	TKA karate Jujitsu Club 2	\$ 41.00	13+	R05070_311
06/20 - 08/15	Fr	7:30 pm - 8:30 pm	TKA karate Jujitsu Club	\$ 40.00	13+	R05070_510
06/20 - 08/15	Fr	8:30 pm - 9:30 pm	TKA karate Jujitsu Club	\$ 40.00	13+	R05070_511

Okinawan Karate

This class is for adults who want to improve their physical and mental well-being while learning self-defense techniques from the traditional, Okinawan martial art of Uechi-ryu karate. With a focus on individual and partner training and a positive and supportive training approach, you'll gain the confidence to tackle any challenge that comes your way. Sign up today and take the first step towards a stronger, more focused you!

Silver Spring Recreation and Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/07 - 06/05	Mo, Th	7:00 pm - 8:30 pm	Okinawan Karate	\$ 140.00	18+	R05357_301
06/23 - 08/07	Mo, Th	7:00 pm - 8:30 pm	Okinawan Karate	\$ 140.00	18+	R05357_501

Self Defense (Martial Arts)

Practical Self-Defense

Learn the ancient life protection arts of Okinawa. These classes focus on real-life, practical self-defense skills. Participants learn striking, grappling, and the use of pressure-points, which allow a smaller person to defend themselves against a larger attacker. We also emphasize community development and involvement.

Wisconsin Place Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/07 - 06/05	Mo, Th	7:00 pm - 8:00 pm	Practical Self Defense	\$ 70.00	14+	R05095_301
06/23 - 08/07	Mo, Th	7:00 pm - 8:00 pm	Practical Self Defense	\$ 65.00	14+	R05095_501

Tai Chi (Martial Arts)

Qigong & Tai Chi

Consists of a series of orchestrated practices including body posture/movement, breath practice, and meditation, all designed to enhance Qi function (that is, drawing upon natural forces to optimize and balance energy within) through the attainment of deeply focused and relaxed states. The goal of active qigong is to continuously keep your body in flow. Qigong requires no equipment, can be performed just about anywhere. This makes it a good exercise choice for just about anyone who's looking to improve range of motion and relaxation.

Margaret Schweinhaut Senior Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/01 - 05/31	Sa	12:00 pm - 1:00 pm	Qigong	\$ 0.00	55+	R07059_305
06/07 - 08/30	Sa	12:00 pm - 1:00 pm	Qi Gong	\$ 0.00	55+	R07059_503

Nancy H Dacek North Potomac Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/06 - 05/29	Th	9:30 am - 10:15 am	Intro to Qigong Flow	\$ 0.00	-	R07059_313
06/05 - 08/21	Th	9:30 am - 10:15 am	Intro to Qigong Flow	\$ 0.00	55+	R07059_506

Wheaton Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/07 - 05/30	Fr	1:00 pm - 2:00 pm	Qigong	\$ 0.00	55+	R07059_303
06/06 - 08/29	Fr	1:00 pm - 2:00 pm	Let's Practice Qigong	\$ 0.00	55+	R07059_501

Tai Chi

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

Bauer Drive Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/07 - 06/02	Mo	7:00 pm - 8:00 pm	Tai Chi Beginning	\$ 60.00	16+	R05112_301
04/07 - 06/02	Mo	8:00 pm - 9:00 pm	Tai Chi Continuing	\$ 60.00	16+	R05112_302

Tai Chi Intermediate

An ancient form of exercise. This class is designed for students with some experience.

Holiday Park Senior Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/24 - 06/09	Mo	2:30 pm - 3:30 pm	Tai Chi Sword	\$ 0.00	55+	R07027_301
06/16 - 08/25	Mo	2:30 pm - 3:25 pm	Tai Chi Sword	\$ 0.00	55+	R07027_501

Nancy H Dacek North Potomac Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/07 - 05/30	Fr	2:30 pm - 3:30 pm	Tai Chi	\$ 0.00		R07027_322
06/06 - 06/27	Fr	2:30 pm - 3:30 pm	Tai Chi	\$ 0.00	55+	R07027_502

Tai Chi for 55+ Athletes

Learn self-defense through the practice of Tae Kwon Do, a Korean martial art. Develop confidence in the knowledge that you can protect your personal space. Through relaxation and self-defense techniques, increase your mental alertness, flexibility, and range of motion. And have fun while doing it! Drop in. Free! Led by a Holiday Park volunteer.

Holiday Park Senior Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/28 - 06/13	Fr	2:00 pm - 3:00 pm	55+ Self-Defense Tae Kwon Do	\$ 0.00	55+	R07026_301
06/20 - 08/29	Fr	2:00 pm - 2:50 pm	55+ Self-Defense Tae Kwon Do	\$ 0.00	55+	R07026_501

Tai Chi for beginners

Zoom option available. Please email teanna.abraham@montgomerycountymd.gov for additional information.

Damascus Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/25 - 05/27	Tu	11:00 am - 12:00 pm	Tai Chi	\$ 0.00	55+	R07025_302
06/02 - 08/26	Tu	11:00 am - 12:00 pm	Tai Chi	\$ 0.00		R07025_515

Holiday Park Senior Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/25 - 06/03	Tu	9:30 am - 10:20 am	Tai Chi Exercises	\$ 0.00	55+	R07025_315
03/26 - 06/11	We	9:30 am - 10:20 am	Beginners Tai Chi	\$ 0.00	55+	R07025_310
06/18 - 08/27	We	9:30 am - 10:20 am	Beginners Tai Chi	\$ 0.00	55+	R07025_503
06/24 - 08/26	Tu	9:30 am - 10:20 am	Tai Chi Exercises	\$ 15.00	55+	R07025_502

Long Branch Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/03 - 05/26	Mo	10:00 am - 11:00 am	Tai Chi	\$ 0.00	55+	R07025_321
04/02 - 05/28	We	2:00 pm - 3:00 pm	Tai Chi	\$ 0.00	55+	R07025_329
06/04 - 08/13	We	2:00 pm - 3:00 pm	Tai Chi	\$ 0.00	55+	R07025_526

Margaret Schweinhaut Senior Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/04 - 05/27	Tu	2:00 pm - 3:00 pm	Tai Chi Chuan	\$ 0.00	55+	R07025_316
06/03 - 08/26	Tu	2:00 pm - 3:00 pm	Tai Chi Chuan	\$ 0.00	55+	R07025_504

Nancy H Dacek North Potomac Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/11 - 05/27	Tu	9:30 am - 11:00 am	Beginners Tai Chi	\$ 0.00	55+	R07025_327
04/18 - 06/27	Fr	10:00 am - 12:00 pm	Tai Chi CMC 37 Yang Style and Chi Gong Exercises with Kristen	\$ 0.00	55+	R07025_320
06/03 - 08/19	Tu	9:30 am - 11:00 am	Beginners Tai Chi	\$ 0.00	55+	R07025_514

Silver Spring Recreation and Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/07 - 05/30	Fr	9:00 am - 10:00 am	Tai Chi	\$ 0.00	55+	R07025_319
06/04 - 08/27	We	12:00 pm - 1:00 pm	Tai Chi for Beginners	\$ 0.00	55+	R07025_516

Wheaton Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/07 - 05/30	Fr	10:45 am - 11:45 am	Tai Chi	\$ 0.00	55+	R07025_322
06/06 - 08/29	Fr	10:45 am - 11:45 am	Tai Chi	\$ 0.00	55+	R07025_501

White Oak Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/03 - 05/30	Mo, We, Fr	9:00 am - 10:00 am	Tai Chi (In Person - Beginner's Welcome)	\$ 15.00	55+	R07025_300
03/04 - 05/29	Tu, Th	2:00 pm - 3:00 pm	Tai Chi (In Person - Beginner's Welcome)	\$ 0.00	55+	R07025_305
03/07 - 05/30	Fr	1:00 pm - 2:00 pm	Integral Tai Chi	\$ 0.00	55+	R07025_328
06/02 - 08/22	Mo, We, Fr	9:00 am - 10:00 am	Tai Chi (In Person - Beginner's Welcome)	\$ 15.00	55+	R07025_500
06/03 - 08/21	Tu, Th	2:00 pm - 3:00 pm	Tai Chi (In Person - Beginner's Welcome)	\$ 0.00	55+	R07025_508
06/06 - 08/22	Fr	1:00 pm - 2:00 pm	Integral Tai Chi	\$ 0.00	55+	R07025_525

Vovinam (Martial Arts)

Vovinam

Free class - Participants will learn this Vietnamese martial art through defense using hands, elbows, kicks, throws, escape and levering, joint locks, choke holds and submissions. Vovinam techniques are simple, effective, and artistic.

Long Branch Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/23 - 06/04	We	6:00 pm - 7:00 pm	Vovinam Martial Arts For Kids	\$ 0.00	6 - 13	R05126_301
04/23 - 06/04	We	7:00 pm - 8:30 pm	Vovinam Martial Arts For Adults	\$ 0.00	13+	R05126_302
04/26 - 06/07	Sa	10:00 am - 11:00 am	Vovinam Martial Arts For Kids	\$ 0.00	6 - 13	R05126_303
04/26 - 06/07	Sa	11:00 am - 12:30 pm	Vovinam Martial Arts For Adults	\$ 0.00	13+	R05126_304
06/25 - 08/06	We	6:00 pm - 7:00 pm	Vovinam Martial Arts For Kids	\$ 0.00	6 - 13	R05126_501
06/25 - 08/06	We	7:00 pm - 8:30 pm	Vovinam Martial Arts For Adults	\$ 0.00	13+	R05126_502
06/28 - 08/09	Sa	10:00 am - 11:00 am	Vovinam Martial Arts For Kids	\$ 0.00	6 - 13	R05126_503
06/28 - 08/09	Sa	11:00 am - 12:00 pm	Vovinam Martial Arts For Adults	\$ 0.00	13+	R05126_504

Plum Gar Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/28 - 06/02	Mo	6:00 pm - 7:00 pm	Vovinam Martial Arts For Kids	\$ 0.00	6 - 13	R05126_305
04/28 - 06/02	Mo	7:00 pm - 8:30 pm	Vovinam Martial Arts For Adults	\$ 0.00	13+	R05126_306
06/23 - 08/04	Mo	6:00 pm - 7:00 pm	Vovinam Martial Arts For Kids	\$ 0.00	6 - 13	R05126_505
06/23 - 08/04	Mo	7:00 pm - 8:30 pm	Vovinam Martial Arts For Adults	\$ 0.00	13+	R05126_506

Music

Art Instruction (Music)

Angklung Music Lessons

Join other seniors to learn how to play the angklung instrument from Indonesia. The angklung is a musical instrument from the Sundanese people in Indonesia made of a varying number of bamboo tubes attached to a bamboo frame. The tubes are carved to have a resonant pitch when struck and are tuned to octaves, similar to Western handbells.

Margaret Schweinhaut Senior Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/01 - 05/31	Sa	12:00 pm - 2:00 pm	Angklung Music Lessons	-	55+	R07109_304
06/07 - 08/30	Sa	12:00 pm - 2:00 pm	Angklung Music Lessons	-	55+	R07109_503

DJing (Music)

DJing

Welcome to our Introduction to DJ'ing class, a comprehensive 5-week journey designed for aspiring DJs eager to dive into the vibrant world of music mixing. In this course, you will become familiar with the fundamental equipment essential to DJing, including turntables, mixers, and software. You'll learn the art of blending two songs seamlessly, mastering techniques that will elevate your mixing skills. By the end of the course, each student will have the opportunity to showcase their progress by performing a 3-minute mix. Successfully completing this final project will earn you a certificate, marking your achievement and readiness to take the next step in your DJing journey. Get ready to unleash your creativity and start your musical adventure!

Germantown Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/28 - 07/26	Sa	10:30 am - 11:30 am	Intro to DJ'ing for Adults	\$ 175.00	-	R05377_501

Jane E Lawton Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/24 - 07/22	Tu	6:30 pm - 7:30 pm	Intro to DJ'ing for Teens	\$ 175.00	12 - 17	R05377_502

Guitar (Music)

Guitar

Guitar class - click individual class for course description

Bauer Drive Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/25 - 08/06	We	7:00 pm - 8:00 pm	Learn Now Music Groovy Guitar	\$ 185.00	5 - 12	R05053_501

School of Music

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/07 - 05/26	Mo	8:00 pm - 8:50 pm	Beginner Adult Guitar	\$ 100.00	13+	R05053_301
04/10 - 05/29	Th	8:00 pm - 8:50 pm	Intermediate Adult Guitar	\$ 100.00	13+	R05053_305
04/11 - 05/30	Fr	5:30 pm - 6:20 pm	Beginner Kids Guitar	\$ 100.00	8 - 12	R05053_302
06/23 - 07/21	Mo	8:00 pm - 8:50 pm	Beginner Adult Guitar	\$ 85.00	13+	R05053_502
06/26 - 08/07	Th	8:00 pm - 8:50 pm	Intermediate Adult Guitar	\$ 85.00	13+	R05053_504
06/27 - 08/08	Fr	5:30 pm - 6:20 pm	Beginner Kids Guitar	\$ 85.00	8 - 12	R05053_503

Silver Spring Recreation and Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/27 - 08/08	Fr	7:00 pm - 8:00 pm	Learn Now Music Groovy Guitar	\$ 161.00	5 - 12	R05053_505

Piano (Music)

Piano

Piano Class - select class for each description

Bauer Drive Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/09 - 06/04	We	7:00 pm - 8:00 pm	Learn Now Music Poppin Piano	\$ 208.00	5 - 12	R05089_301
06/25 - 08/06	We	7:00 pm - 8:00 pm	Learn Now Music Poppin Piano	\$ 185.00		R05089_502

Mid County Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/07 - 06/02	Mo	10:00 am - 10:30 am	Little Fingers Piano	\$ 150.00	2 - 5	R05089_304

Silver Spring Recreation and Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/10 - 06/05	Th	6:00 pm - 7:00 pm	Learn Now Music Poppin Piano	\$ 208.00	5 - 12	R05089_303
06/27 - 08/08	Fr	6:00 pm - 7:00 pm	Learn Now Music Poppin Piano	\$ 161.00	5 - 12	R05089_501

Play Time and Music (Music)

Music Together

This fun, interactive family music experience includes a variety of musical styles, tonalities and rhythms. Activities include singing, chanting, props, instrument exploration, improvisation and large movement. Adults discover their power as role models for their children by having fun and making music regardless of their musical ability. Participants will receive an award-winning Music Together CD and songbook per family.

Mid County Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/29 - 06/14	Sa	10:00 am - 10:45 am	Music Together	\$ 300.00	0 - 5	R05085_304
03/29 - 06/14	Sa	11:00 am - 11:45 am	Music Together	\$ 300.00	0 - 5	R05085_305
06/21 - 08/02	Sa	10:00 am - 10:45 am	Music Together	\$ 195.00	0 - 5	R05085_503
06/21 - 08/02	Sa	11:00 am - 11:45 am	Music Together	\$ 195.00	0 - 5	R05085_504

Silver Spring Recreation and Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/29 - 06/14	Sa	9:15 am - 10:00 am	Music Together	\$ 300.00	0 - 5	R05085_307
03/29 - 06/14	Sa	10:15 am - 11:00 am	Music Together	\$ 300.00	0 - 5	R05085_306
03/29 - 06/14	Sa	11:15 am - 12:00 pm	Music Together	\$ 300.00	0 - 5	R05085_308
06/21 - 08/02	Sa	9:15 am - 10:00 am	Music Together	\$ 195.00	0 - 5	R05085_505
06/21 - 08/02	Sa	10:15 am - 11:00 am	Music Together	\$ 195.00	0 - 5	R05085_506
06/21 - 08/02	Sa	11:15 am - 12:00 pm	Music Together	\$ 195.00	0 - 5	R05085_507

Wheaton Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/27 - 06/05	Th	10:30 am - 11:15 am	Music Together	\$ 300.00	0 - 5	R05085_301
03/27 - 06/05	Th	11:30 am - 12:15 pm	Music Together	\$ 300.00	0 - 5	R05085_302
06/26 - 07/31	Th	10:30 am - 11:15 am	Music Together	\$ 195.00	0 - 5	R05085_501
06/26 - 07/31	Th	11:30 am - 12:15 pm	Music Together	\$ 195.00	0 - 5	R05085_502

Tiny Sprouts Music

Introduce your child to the exciting world of music with this engaging class that explores rhythm, notes, and diverse musical instruments through hands-on activities and interactive learning. Skip Date: 3/1

Silver Spring Recreation and Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/26 - 06/14	Sa	10:00 am - 11:00 am	Instrument Explorers	\$ 115.00	0 - 5	R05379_303
06/28 - 08/02	Sa	9:15 am - 10:05 am	Instrument Explorers	\$ 120.00		R05379_501
06/28 - 08/02	Sa	10:15 am - 11:05 am	Instrument Explorers	\$ 120.00		R05379_502

Singing (Music)

Singing

You can join this singing group in person or virtually. The link is emailed to participants the Friday morning of the program.

Holiday Park Senior Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/25 - 06/10	Tu	2:30 pm - 3:30 pm	Holiday Park Karaoke Tuesdays	\$ 0.00	55+	R07080_323
03/28 - 06/13	Fr	1:00 pm - 1:45 pm	Holiday Park Karaoke Fridays	\$ 0.00	55+	R07080_324
06/20 - 08/29	Fr	1:00 pm - 1:45 pm	Active Golden Karaoke Fridays	\$ 0.00	55+	R07080_531
06/24 - 08/26	Tu	2:30 pm - 3:30 pm	Active Golden Karaoke Tuesdays	\$ 0.00	55+	R07080_530
06/25	We	6:00 pm - 7:00 pm	Hootenanny Sing Along with Micael and Friends	\$ 0.00	55+	R07080_501

Long Branch Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/03 - 05/19	Mo	11:00 am - 12:00 pm	Karaoke	\$ 0.00	55+	R07080_361
03/03 - 05/19	Mo	11:00 am - 12:00 pm	Sing Along	\$ 0.00	55+	R07080_312
05/29	Th	11:00 am - 12:15 pm	Folk Song Sing Along	\$ 0.00	55+	R07080_363
06/02 - 08/11	Mo	11:00 am - 12:00 pm	Sing Along	\$ 0.00	-	R07080_532

Margaret Schweinhaut Senior Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/13 - 08/08	Fr	1:30 pm - 3:30 pm	Song Circle	\$ 0.00	55+	R07080_516

Nancy H Dacek North Potomac Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/04 - 05/27	Tu	2:00 pm - 3:30 pm	Chinese Karaoke	\$ 0.00	55+	R07080_360

Violin (Music)

Violin

class - select class for each description

Longwood Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/28 - 08/02	Sa	10:00 am - 11:00 am	Learn Now Music Viva Violin	\$ 161.00	5 - 12	R05359_501

Professional Development and Adult Studies

Language (Professional Development and Adult Studies)

Conversational Language

This class will focus on basic English in grammar, vocabulary, reading and writing.

Wheaton Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/03 - 05/26	Mo	10:00 am - 11:00 am	Beginners Spanish	\$ 0.00	55+	R07118_301
03/04 - 05/27	Tu	10:00 am - 11:00 am	Intermediate Spanish	\$ 0.00	55+	R07118_303
06/02 - 08/25	Mo	10:00 am - 11:00 am	Beginners Spanish	\$ 0.00	55+	R07118_501
06/03 - 08/26	Tu	10:00 am - 11:00 am	Intermediate Spanish	\$ 0.00	55+	R07118_503
06/06 - 08/29	Fr	11:00 am - 12:00 pm	Beginners English	\$ 0.00	55+	R07118_502

Musical Performance (Professional Development and Adult Studies)

Musical Instruments for Beginners

Piano Club. Have fun taking turns playing and singing with others simple tunes that you know how to play. A "Piano Show and Tell", at the level of a little more than beginner, to practice and get used to playing in front of people, and to get feedback and help from other players. Intended just to have informal fun (not a class or recital) with piano friends. Hosted by Emmy Vickers.

Holiday Park Senior Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/07 - 06/09	Mo	2:00 pm - 3:45 pm	Piano Club	\$ 0.00	55+	R07115_307
05/07 - 06/11	We	2:00 pm - 3:45 pm	Jam Session	\$ 0.00	55+	R07115_312
06/18 - 08/20	We	2:00 pm - 3:45 pm	Jam Session	\$ 0.00	55+	R07115_508
07/07 - 08/04	Mo	2:00 pm - 3:45 pm	Piano Club	\$ 0.00	55+	R07115_503
07/14 - 08/11	Mo	2:00 pm - 3:45 pm	Practice for Piano Club	\$ 0.00	55+	R07115_507

Silver Spring Recreation and Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/16 - 05/28	We	1:00 pm - 2:00 pm	Ukulele for Beginners	\$ 0.00	55+	R07115_305
06/03 - 08/05	Tu	1:30 pm - 2:30 pm	Piano for Beginners	\$ 0.00	55+	R07115_506
06/04 - 08/27	We	2:00 pm - 3:00 pm	African Drumming	\$ 0.00	55+	R07115_505

Practice Ukulele with other participants in the community! Equipment is limited

Wheaton Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/06 - 05/29	Th	1:00 pm - 2:00 pm	Let's Practice Ukulele! Club	\$ 0.00	55+	r07115_302
06/05 - 08/28	Th	1:00 pm - 2:00 pm	Let's Practice Ukulele! Club (Non-Instructional)	\$ 0.00	55+	r07115_502

Professional Development and Adult Studies - Other (Professional Development and Adult Studies)

Van Training

Holiday Park Senior Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
05/23	Fr	10:00 am - 1:00 pm	Van Training	\$ 0.00	0+	R05122_302

Staff Training (Professional Development and Adult Studies)

Summer Staff Training

Summer Camp Staff Program Division Training For Montgomery County Recreation Staff Only. Staff should arrive by 9:30am (check-in begins at 9:00am).

Mid County Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
05/29	Th	6:00 pm - 7:30 pm	Summer Camp Staff Training: CWP Staff (SOA, SSA, TR)	\$ 0.00	0+	R05110_413
06/17	Tu	4:00 pm - 8:30 pm	Summer Camp Staff Training Director & Asst. Director Training	\$ 0.00	16+	R05110_403

Rockville High School

Dates	Days	Time	Title	Cost	Ages	Link to Register
05/31	Sa	8:30 am - 2:30 pm	Summer Staff Global Training	\$ 0.00	14+	R05110_402

Wheaton High School

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/18	We	9:30 am - 1:30 pm	Summer Camp Staff Program Training	\$ 0.00	14+	R05110_412

Support Group (Professional Development and Adult Studies)

Social Club

This program is non-instructional. If you enjoy jewelry making and socializing with others, register today! Some supplies are available, but participants are encouraged to bring their own.

Wheaton Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/06 - 05/29	Th	1:00 pm - 2:30 pm	Jewelry Club (Non-Instructional)	\$ 0.00	55+	R07117_302
06/05 - 08/28	Th	1:00 pm - 2:30 pm	Jewelry Club (Non-Instructional)	\$ 0.00	55+	R07117_503

White Oak Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/06 - 05/29	Th	9:00 am - 1:00 pm	CASSA	\$ 0.00	55+	R07117_301
06/05 - 08/21	Th	9:00 am - 1:00 pm	CASSA	\$ 0.00	55+	R07117_502

Workshop or Speaker Series (Professional Development and Adult Studies)

Education Workshops

The Montgomery County Office of Emergency Management and Homeland Security (OEMHS) is providing an all-hazards emergency preparedness presentation at the Schweinhaut Senior Center. Join us to discuss various natural and human-caused hazards within the County, to examine practical steps for preparedness, and to explore potential emergency preparedness volunteer opportunities as well! OEMHS representatives will be distributing emergency preparedness workbooks, activity & coloring books, and will answer your questions about emergency preparedness and public safety concerns within the County!

Margaret Schweinhaut Senior Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
05/06 - 06/05	Tu, Th	1:00 pm - 2:00 pm	Senior Planet: "Exploring AI"	\$ 0.00	55+	R07105_338
06/30	Mo	11:00 am - 12:00 pm	Emergency Preparedness Presentation by OEMHS	\$ 0.00	55+	R07105_531

Silver Spring Recreation and Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
05/27	Tu	12:30 pm - 1:30 pm	Senior Planet: Outdoor Adventure Apps	\$ 0.00	*	R07105_340

STEAM

Engineering (STEAM)

Engineering

Please click on each individual activity section for more details

Glenallan Elementary School

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/22 - 06/10	Tu	6:30 pm - 7:30 pm	Snapology Foundational Engineering	\$ 184.00	7 - 14	R05039_302

Wheaton Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/26 - 06/07	Sa	12:30 pm - 1:30 pm	Snapology Foundational Engineering	\$ 138.00	7 - 14	R05039_301

STEAM - Other (STEAM)

STEAM

Damascus Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/23 - 07/28	Mo	6:00 pm - 7:00 pm	STEAM Adventures: Disaster Island	\$ 175.00	7 - 14	R05308_503

Marilyn J Praisner Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/23 - 07/28	Mo	6:00 pm - 7:00 pm	STEAM Adventures: Believe It or Not Island	\$ 175.00	13 - 18	R05308_501

White Oak Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/24 - 07/29	Tu	6:00 pm - 7:00 pm	STEAM Adventures: Believe It or Not Island	\$ 175.00	7 - 14	R05308_502

Social Services

Support (Social Services)

Support Groups

You are invited to connect with your spirituality and others in an open and encouraging environment.

Long Branch Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/07 - 05/23	Fr	10:00 am - 12:30 pm	Vietnamese Discussion Group	\$ 0.00	55+	R07111_302
06/06 - 08/29	Fr	10:00 am - 12:30 pm	VASA Support Group	\$ 0.00	55+	R07111_502

Margaret Schweinhaut Senior Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/07 - 05/30	Fr	10:30 am - 12:00 pm	Ethiopian Ceremony "Brewing Healthy Relationships"	\$ 0.00	55+	R07111_303

White Oak Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/04 - 05/27	Tu	10:00 am - 12:00 pm	Spiritual Support	\$ 0.00	55+	R07111_300
06/03 - 08/19	Tu	10:00 am - 12:00 pm	Spiritual Support	\$ 15.00	55+	R07111_500

Special Events

Chess (Special Events)

Chess

Chess is one of the oldest and most popular board games. It is played by two opponents on a checkered board. The objective of the game is to capture the opponent's king. Beginners are welcome!

Margaret Schweinhaut Senior Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/03 - 05/19	Mo	10:30 am - 1:00 pm	Chess Club	\$ 0.00	55+	R07110_303
06/02 - 08/25	Mo	10:30 am - 1:00 pm	Chess Club	\$ 0.00	55+	R07110_502

Club Friday (Special Events)

Club Friday

Club Fridays are a safe and exhilarating hangout designed exclusively for youth in grades 3-6. Get ready for an epic night of adventure filled with non-stop thrills and excitement. From Laser tag battles, glow-in-the-dark kickball, intense Gaga Ball showdowns, and that's just the beginning! Get creative with arts & crafts activities, shout "Bingo!" for awesome prizes, and dive into party games that will get everyone moving and grooving. Meets select Friday nights October through April.

Clara Barton Neighborhood Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
10/25 - 05/16	Fr	7:00 pm - 9:00 pm	Club Friday	\$ 60.00	8 - 11	R03002_101

Community Programs (Special Events)

55+ Active Adult Programs

This is a lively, fun, and energy-producing group exercise class. Programming is focused on resistance training, core, balance, mobilization, and fall prevention. This class is geared for the 55+ age group. Beginner/Expert levels are welcomed.

Bauer Drive Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
05/08 - 06/12	Th	10:30 am - 11:30 am	Zumba Gold	\$ 5.00	54+	R03027_314

Clara Barton Neighborhood Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
09/16 - 05/19	Mo	10:00 am - 12:00 pm	Clara Barton Bingo and a Movie	\$ 0.00	55+	R03027_149
04/09 - 06/11	We	3:00 pm - 4:00 pm	Zumba 55+	\$ 0.00	55+	R03027_394
04/15 - 06/10	Tu	10:30 am - 11:30 am	Low Impact Exercise Class at Clara Barton	\$ 0.00	0+	R03027_364
04/21 - 06/09	Mo	10:00 am - 11:00 am	Tai Chi w/AC Health & Fitness Beginners 2	\$ 0.00	55+	R03027_392
04/23 - 06/11	We	12:00 pm - 1:00 pm	Tai Chi w/AC Health & Fitness Beginners 1	\$ 0.00	55+	R03027_393

East County Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
01/29 - 05/21	We	11:00 am - 12:00 pm	East County 55+ Yoga	\$ 0.00	54+	R03027_245
04/01 - 05/20	Tu	11:00 am - 12:00 pm	Senior Move and Groove	\$ 0.00		R03027_371
04/07 - 05/19	Mo	12:30 pm - 2:30 pm	Senior Beginners Pickleball	\$ 0.00	54+	R03027_383
04/09 - 05/21	We	12:30 pm - 2:30 pm	Senior Beginners and Advance Beginners Pickleball	\$ 0.00	54+	R03027_384
04/11 - 05/23	Fr	1:00 pm - 3:00 pm	Senior Introduction to Spades	\$ 0.00		R03027_373
05/30 - 09/05	Fr	11:00 am - 12:00 pm	East County Senior Sit and Be Fit	\$ 0.00	54+	R03027_389
06/24 - 09/09	Tu	11:00 am - 12:00 pm	Outdoor Walking Club/Indoor Fitness	\$ 0.00	54+	R03027_521
06/24 - 09/09	Tu	11:00 am - 12:00 pm	Stronger Memory Class for Seniors	\$ 0.00	0+	R03027_518
06/27 - 09/12	Fr	1:00 pm - 3:00 pm	Line 'Em Up!	\$ 0.00	0+	R03027_520

Gwendolyn Coffield Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/04 - 05/13	Tu	10:30 am - 11:30 am	Beginner's Tai Chi	\$ 0.00	-	R03027_379
04/02 - 06/11	We	2:00 pm - 3:00 pm	Zumba Gold with Sharon	\$ 0.00	-	R03027_388
05/08 - 06/12	Th	11:00 am - 12:00 pm	Coffee & Conversation	\$ 0.00	-	R03027_335

Jane E Lawton Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
12/05 - 06/05	Th	1:00 pm - 3:30 pm	Card & Board Game Day at Lawton	\$ 0.00	55+	R03027_257
03/26 - 06/25	We	10:00 am - 11:00 am	Lawton Walking Group	\$ 0.00	-	R03027_312
04/03 - 05/29	Th	10:30 am - 11:30 am	Spring SNP 55+ Yoga	\$ 15.00	55+	R03027_378

Longwood Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/11 - 06/17	Tu	11:15 am - 12:15 pm	Zumba Gold 55+ Longwood	\$ 0.00	54+	R03027_382
03/13 - 06/12	Th	10:00 am - 11:00 am	LaBlast Fitness Adult 55+ Longwood	\$ 0.00	54+	R03027_381
05/14 - 06/18	We	12:45 pm - 1:45 pm	55+ Zumba with Amy Cohen	\$ 0.00	55+	R03027_313

Marilyn J Praisner Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/21 - 06/09	Mo	9:30 am - 10:30 am	Move and Groove Dance Fitness	\$ 0.00	54+	R03027_325

Mid County Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/17 - 05/12	Mo	10:00 am - 11:00 am	Yoga at Mid-County	\$ 0.00	*	R03027_355
04/15 - 06/24	Tu	11:15 am - 12:15 pm	Zumba GOLD at Mid County	\$ 0.00	*	R03027_368
04/17 - 05/22	Th	1:00 pm - 2:00 pm	Urban Line Dancing at Mid County	\$ 0.00	54+	R03027_398
04/30 - 05/28	We	10:30 am - 11:45 am	Watercolor Painting at Mid County	\$ 0.00	54+	R03027_397
05/01 - 06/26	Th	11:15 am - 12:15 pm	Zumba GOLD at Mid County	\$ 0.00	*	R03027_367
07/03 - 08/07	Th	11:15 am - 12:15 pm	Zumba GOLD at Mid County	\$ 0.00	54+	R03027_400

Plum Gar Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
09/26 - 06/12	Th	9:30 am - 10:30 am	Tai Chi with CASSA	\$ 0.00	0+	R03027_136
05/22	Th	10:30 am - 3:00 pm	Plum Gar 55+ Day Trip	\$ 0.00	55+	R03027_395

Potomac Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/31 - 06/16	Mo	10:30 am - 11:30 am	Martial Arts Health Dance & Fan - Monday	\$ 0.00	55+	R03027_358
04/01 - 06/17	Tu	10:15 am - 11:15 am	Line Dance w/ Kam - Tuesday	\$ 0.00	55+	R03027_347
04/01 - 06/17	Tu	6:30 pm - 8:30 pm	Mahjongg w/ Amy - Tuesday	\$ 0.00	45+	R03027_363
04/02 - 06/18	We	10:30 am - 11:30 am	Line Dance w/ Emily	\$ 0.00	55+	R03027_349
04/03 - 06/12	Th	10:30 am - 11:30 am	Line Dance with Helen	\$ 0.00	50+	R03027_357
04/04 - 06/20	Fr	10:15 am - 11:15 am	Line Dance w/ Kam - Friday	\$ 0.00	55+	R03027_348
04/05 - 06/21	Sa	2:00 pm - 4:00 pm	Martial Arts Health Dance & Fan - Saturday	\$ 0.00	55+	R03027_359
04/07 - 06/16	Mo	1:00 pm - 3:00 pm	Mahjongg w/ Amy - Monday	\$ 0.00	45+	R03027_362
04/08 - 06/17	Tu	12:00 pm - 1:00 pm	Gentle Yoga 55+	\$ 0.00	55+	R03027_360
04/09 - 06/18	We	10:30 am - 11:30 am	Low Impact Exercises with Darius	\$ 0.00	55+	R03027_361

Dance Party

A fun filled event celebrating Older American's Month at the White Oak Community and Recreation Center. Registrations and lunch reservations are only taken at the front desk by calling the senior center line at 240-777-6944.

White Oak Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
05/30	Fr	9:00 am - 1:00 pm	Older American's Month Celebration	\$ 0.00	55+	R07013_314

Friday Show

Join us every Friday for music and dance with your friends!

Holiday Park Senior Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/04 - 06/13	Fr	1:00 pm - 3:00 pm	Dance Club Friday	\$ 15.00	55+	R07081_304
06/13 - 08/22	Fr	1:00 pm - 3:00 pm	Dance Club Friday	\$ 0.00	55+	R07081_501

Special Events

LEVEL UP LOUNGE It combines the gaming concept of leveling up with a relaxed, social environment. It has a fun, energetic vibe that appeals to high and middle school students who enjoy gaming and socializing in a laid-back, cool space. Meets Thursdays from 3:30pm-6:30pm from April 24th - May 29th.

East County Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/01 - 06/19	Tu, Th	3:00 pm - 6:00 pm	Basketball Skills Clinic	\$ 0.00	0+	R03003_374
04/25 - 05/16	Fr	6:30 pm - 10:00 pm	East County 3-on-3 Basketball Tournament	\$ 15.00	55+	R03003_384
04/29 - 06/03	Tu	6:30 pm - 7:30 pm	Adult Zumba at East County	\$ 0.00	0+	R03003_344
08/16	Sa	12:00 pm - 3:00 pm	East County Back-2-School STEM Fest	\$ 0.00	0+	R03003_200

Good Hope Neighborhood Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
05/16	Fr	6:00 pm - 9:00 pm	TNO- 3D Art Time	\$ 0.00	0+	R03003_776
06/20	Fr	6:00 pm - 9:00 pm	TNO- Arts Session bowl making	\$ 0.00	0+	R03003_774
08/15	Fr	6:00 pm - 10:00 pm	TNO On The Go- Lets Skate	\$ 0.00	12 - 18	R03003_772

Long Branch Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/13	Fr	6:00 pm - 9:00 pm	Ice Cream Social	\$ 0.00	13 - 18	R03003_535
06/13 - 06/27	Fr	6:00 pm - 9:00 pm	Wanted Quinceañera dresses, Dama Dresses and Chambelanes Suits	\$ 0.00	0+	R03003_810
06/13	Fr	7:00 pm - 9:00 pm	Calling all Quinceañeras and Chambelanes	\$ 0.00	13 - 18	R03003_803
06/13	Fr	7:00 pm - 9:00 pm	Calling all Quinceañeras and Chambelanes	\$ 0.00	13 - 18	R03003_801
07/11	Fr	6:00 pm - 10:00 pm	Indoor Camping Party	\$ 0.00	13 - 18	R03003_806
08/01 - 08/08	Fr	7:00 pm - 9:00 pm	7pm	\$ 0.00	0+	R03003_807

Martin Luther King Jr Outdoor Pool

Dates	Days	Time	Title	Cost	Ages	Link to Register
07/18	Fr	6:00 pm - 10:00 pm	TNO On The Go- Pool Night Under the Stars	\$ 0.00	12 - 18	R03003_773

Nancy H Dacek North Potomac Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/24 - 05/29	Th	3:30 pm - 6:30 pm	Level Up Lounge	\$ 0.00	0+	R03003_387

Silver Spring Recreation and Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/26 - 06/18	We	6:30 pm - 8:00 pm	Bone Health is a Family Affair: Community Talk Series	\$ 0.00	0+	R03003_373
05/03 - 05/31	Sa	1:00 pm - 2:30 pm	B.O.N.E.S. series	\$ 0.00	0+	R03003_372

Upper County Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
08/16	Sa	11:00 am - 3:00 pm	Back to School Celebration			R03003_512

White Oak Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/07 - 05/12	Mo	6:30 pm - 7:30 pm	Trap Soul Cycling		18+	R03003_802
06/07	Sa	11:00 am - 4:00 pm	13th Annual White Oak Day 2024			R03003_805

Special Events

This is the perfect opportunity to showcase your beautiful traditions! We are seeking 10 participants to model quinceañera dresses and 10 chambelanes. The fashion show will take place on September 27. Participants will be required to attend a series of meetings throughout August and September. The fashion show will take place on September 27. It will include a series of meetings in August and September. Applications are due by June 13, 2025. ¡Esta es la oportunidad perfecta para mostrar sus hermosas tradiciones! Buscamos 10 participantes para modelar vestidos de quinceañera y 10 chambelanes. El desfile de modas tendrá lugar el 27 de septiembre. Las participantes deberán asistir a una serie de reuniones durante agosto y septiembre. El desfile de modas tendrá lugar el 27 de septiembre. Incluirá una serie de reuniones durante agosto y septiembre. Las aplicaciones serán recibidas desde ahora hasta el 13 de junio de 2025.

Long Branch Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/13	Fr	7:00 pm - 9:00 pm	Calling all Quinceañeras and Chambelanes		13 - 18	R3003_801

Discussions (Special Events)

Chat with the Director

Nancy H Dacek North Potomac Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/20 - 05/29	Th	12:30 pm - 1:30 pm	Chat with the Senior Center Director	\$ 0.00	55+	R07314_312

Wheaton Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/20 - 05/22	Th	1:00 pm - 2:00 pm	Chat with Senior Center Director	\$ 0.00	55+	R07314_301

Movie Screenings (Special Events)

Afternoon Cinema

Join us for an afternoon movie. Newer titles shown. Ratings with a G, PG or PG-13 are shown only. Call desk to see what title is being shown. 240-777-6944.

White Oak Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/03 - 05/19	Mo	12:30 pm - 2:00 pm	New Movie Monday	\$ 0.00	55+	R07088_300
06/02 - 08/18	Mo	12:30 pm - 2:00 pm	New Movie Monday	\$ 0.00	55+	R07088_500

Movie Nights

Summer Movie Nights

Recreation Placeholder Location

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/23 - 06/22	Fr	7:00 pm - 9:30 pm	East County Summer Movie Night	\$ 0.00	0+	R03005_508

Special Events (Special Events)

Celebrations

You are invited to celebrate the marvelous men of White Oak Senior Center at our Jazzy Brunch. Music and dancing while enjoying brunch favorites. If you have any questions please call the center at 240-777-6944. Hope to see you there!

White Oak Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/13	Fr	11:00 am - 1:00 pm	Jazzy Father's Day Brunch	\$ 0.00	55+	R07089_505

Special Events - Other (Special Events)

Homeschool

Homeschool, open gym, ages 5-18, free, all participants must have a valid Montgomery County Recfit pass. Parent lead activity.

Long Branch Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
09/04 - 06/18	We	10:00 am - 12:00 pm	Long Branch Homeschool Open Gym		5 - 17	R03028_108

Special Programs

Join this special pep rally for Summer Fun Center campers. STEAM (science, technology, engineering, art & math) programming activities will be incorporated into this years camp day. The pep rally will be held at White Oak Community Center. Campers will have an opportunity to compete to represent their camp at the Ocean Bowl Games being held at Universities of Shady Grove on July 24th & 25th. This pep rally will give your camper a sneak peek of what to expect this summer and get them excited about participating. For more information, contact Youth Development at 240-777-8080

Germantown Community Rec Center Field

Dates	Days	Time	Title	Cost	Ages	Link to Register
07/10 - 08/07	Th	5:00 pm - 9:00 pm	Summer Flag Football Series: Germantown CRC Skills Camp and Play		11 - 18	R09018_524

Good Hope Local Park

Dates	Days	Time	Title	Cost	Ages	Link to Register
07/07 - 08/04	Mo	5:00 pm - 9:00 pm	Summer Flag Football Series: Good Hope Skill Camp and Play		11 - 18	R09018_522

Martin Luther King Recreational Park

Dates	Days	Time	Title	Cost	Ages	Link to Register
07/11 - 08/08	Fr	5:00 pm - 8:00 pm	Summer Flag Football Series: Martin Luther King Jr. RP Skills Camp and Play		11 - 18	R09018_525

Mid County Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
07/08 - 08/05	Tu	6:00 pm - 9:00 pm	Summer Streetball Series @ Mid County	\$ 0.00	11 - 18	R09018_526

Nancy H Dacek North Potomac Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
07/08 - 08/05	Tu	5:30 pm - 8:30 pm	Summer Flag Football Series: North Potomac Skills Camp and Play		11 - 18	R09018_523

Plum Gar Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/23 - 08/04	Mo	6:00 pm - 9:00 pm	Summer Streetball Series @ Plum Gar	\$ 0.00	11 - 18	R09018_527
07/09 - 08/06	We	6:00 pm - 9:00 pm	Summer Streetball Series @ East County	\$ 0.00	11 - 18	R09018_528

White Oak Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
05/29	Th	4:00 pm - 6:00 pm	Steam Your Dream Pep Rally	\$ 0.00	10 - 12	R09018_301

Specialty Programs (Special Events)

Entertainment Series

Rita & Richard will be performing songs by some of America's best-loved songwriters and musicians. Included will be a mix of New Orleans dance favorites, folk songs and roots music that will keep your feet tapping. You will not want to miss this performance as they will be having a surprise guest appearance.

Damascus Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
05/20	Tu	11:00 am - 2:00 pm	Movie Day	\$ 15.00	0+	R07106_522
05/20	Tu	11:00 am - 2:00 pm	Movie Day	\$ 0.00	0+	R07106_321

Margaret Schweinhaut Senior Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
05/16	Fr	1:00 pm - 2:00 pm	Glenn Pearson Band	\$ 15.00	55+	R07106_325
05/19	Mo	1:00 pm - 2:00 pm	Rita Clarke & The Masters of Melody	\$ 0.00	55+	R07106_323

Music Entertainment

Description: Tim Briceland-Betts will do a special Father's Day medley of classic American folk songs from the 60's and 70's with a few Beatles favorites added in. Come, sing along and enjoy! Light refreshments will be served.

Margaret Schweinhaut Senior Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/12	Th	1:00 pm - 2:00 pm	Father's Day Celebration with Tim Briceland-Betts	\$ 0.00	55+	R07309_500

Special Events

Come and watch a riveting movie or documentary while enjoying pizza with friends! Brief discussion following for those interested. Pre-registration required. Call the center at 240-777-6944 or email teanna.abraham@montgomerycountymd.gov for registration and viewing titles.

Damascus Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/24 - 05/30	Mo, Tu, We, Th, Fr	1:00 pm - 2:00 pm	1:00 Program	\$ 0.00	55+	R07107_313
06/02 - 08/29	Mo, Tu, We, Th, Fr	1:00 pm - 2:00 pm	1:00 Program	\$ 0.00	55+	R07107_532

Holiday Park Senior Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
05/23	Fr	1:00 pm - 3:00 pm	Aloha Friday, Asian Pacific American Heritage Month	\$ 0.00	55+	R07107_316
05/30	Fr	1:00 pm - 3:00 pm	Friday Kentucky Derby Dance	\$ 0.00	55+	R07107_321
06/04	We	6:00 pm - 7:00 pm	Dr. Daryl Davis Blues Concert	\$ 0.00	55+	R07107_320
06/06	Fr	1:00 pm - 3:00 pm	Friday Summer Line Dance	\$ 15.00	55+	R07107_352
06/11	We	1:00 pm - 2:00 pm	Father's Day Celebration	\$ 15.00	55+	R07107_501
06/11	We	5:00 pm - 8:00 pm	Sport Day at the Park	\$ 0.00	55+	R07107_538
06/17	Tu	8:30 am - 4:00 pm	WEAAD- World Elder Abuse Awareness Day	\$ 15.00	55+	R07107_510
06/27	Fr	1:00 pm - 3:00 pm	Talent Show	\$ 0.00	55+	R07107_555
07/09	We	6:00 pm - 7:00 pm	MOCKTAIL PARTY	\$ 0.00	55+	R07107_502
07/18	Fr	1:00 pm - 3:00 pm	Vietnamese Summer Party	\$ 0.00	55+	R07107_522
07/23	We	6:00 pm - 7:00 pm	Musical concert with Seth Kibel Duo	\$ 15.00	55+	R07107_503
07/24	Th	1:00 pm - 3:00 pm	Rumba Columbiana Day	\$ 15.00	55+	R07107_505
07/30	We	1:00 pm - 2:00 pm	Movement Circle Party	\$ 0.00	55+	R07107_525
07/30	We	5:30 pm - 6:30 pm	Fashion Scarves Day	\$ 15.00	55+	R07107_504
08/06	We	6:30 pm - 7:30 pm	Capital Accord Chorus (a Capella group)	\$ 15.00	55+	R07107_530
08/13	We	6:00 pm - 7:00 pm	ELVIS PARTY with David Kaplow and friend.	\$ 0.00	55+	R07107_533
08/15	Fr	1:00 pm - 2:00 pm	National Cowgirls and Cowboys Day (dance)	\$ 0.00	55+	R07107_516
08/27	We	6:00 pm - 7:00 pm	AFRICAN DRUM CIRCLE	\$ 15.00	55+	R07107_536
08/28	Th	1:00 pm - 2:00 pm	History Alive with Mary Ann Jung	\$ 15.00	55+	R07107_506

Nancy H Dacek North Potomac Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/06	Fr	10:45 am - 12:45 pm	Polynesian Extravaganza	\$ 5.00	0+	R07107_559
06/17	Tu	1:00 pm - 2:00 pm	Juneteenth Social	\$ 0.00	55+	R07107_518
07/03	Th	1:00 pm - 2:00 pm	Ice Cream Social	\$ 0.00	55+	R07107_523
08/22	Fr	1:00 pm - 2:00 pm	Ice Cream Float Social	\$ 0.00	55+	R07107_507

Silver Spring Recreation and Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/06	Fr	5:00 pm - 9:00 pm	Senior Prom	\$ 10.00	55+	R07107_511

White Oak Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
05/23	Fr	10:30 am - 12:00 pm	55+ Amateur Hour Showcase	\$ 15.00	55+	R07107_300
07/18 - 08/22	Fr	6:00 pm - 8:00 pm	Pizza and Movie Night	\$ 0.00	55+	R07107_500

Teens Night Out (Special Events)

Teens Night Out

Many teenagers dream of playing sports at the college level, but often lack the information needed to make that dream a reality. This panel is designed to educate both parents and teens about the recruiting process, tuition assistance, and more. featuring current and former college coaches. athletic directors, and others, the panel will provide valuable insight into navigating the path to collegiate athletics.

East County Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/27 - 09/26	Fr	6:45 pm - 9:30 pm	Friday Night Under the Lights	\$ 0.00	0+	R03043_300

Plum Gar Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
07/25	Fr	6:30 pm - 9:30 pm	TNO Friday Night Frenzy	\$ 0.00	13 - 21	R03043_502
08/02	Sa	4:00 pm - 7:00 pm	TNO College Sports Recruiting Panel	\$ 0.00	12+	R03043_501

White Oak Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/20 - 08/15	Fr	6:00 pm - 8:00 pm	White Oak CRC Teen Movie Night (3 Part Series)	 		R03043_004

Sports

Badminton (Sports)

Badminton

Badminton for Beginners, Intermediate, and Advanced

Bauer Drive Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/05 - 06/14	Sa	9:30 am - 10:30 am	Badminton Beginner/Adv. Beginner	\$ 110.00	9 - 79	R05008_301
04/05 - 06/14	Sa	10:30 am - 12:30 pm	Badminton Intermediate	\$ 175.00	10 - 75	R05008_302
04/05 - 06/14	Sa	12:45 pm - 1:45 pm	Badminton Advanced	\$ 175.00	11 - 75	R05008_303
06/21 - 08/02	Sa	9:30 am - 10:30 am	Badminton Beginner/ Adv Beginner	\$ 95.00	8 - 75	R05008_501
06/21 - 08/02	Sa	10:30 am - 12:30 pm	Badminton Intermediate	\$ 135.00	10 - 75	R05008_502
06/21 - 08/02	Sa	12:45 pm - 1:45 pm	Badminton Beginner/ Adv Beginner	\$ 95.00	11 - 75	R05008_503

Basketball (Sports)

Basketball Clinics Youth

Develop elite basketball skills for boys and girls of all abilities.

Cabin John Middle School

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/10 - 06/12	Th	6:30 pm - 8:00 pm	Train Like a Pro Basketball Skills and Drills	\$ 173.00	8 - 14	R05012_303

Chevy Chase Elementary School

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/26 - 06/07	Sa	10:00 am - 11:30 am	Train Like a Pro Basketball Skills and Drills	\$ 132.00	8 - 14	R05012_305

Germantown Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/23 - 08/04	Mo	6:30 pm - 8:00 pm	Train Like a Pro Basketball Skills and Drills	\$ 154.00	8 - 14	R05012_510

Marilyn J Praisner Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/28 - 08/23	Sa	10:00 am - 12:00 pm	PE Plus: Girls Basketball Clinic	\$ 89.00	3 - 5	R05012_534

Nancy H Dacek North Potomac Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/26 - 06/07	Sa	1:00 pm - 2:00 pm	Train Like a Pro Juniors Basketball Skills and Drills	\$ 98.00	5 - 9	R05012_302
06/28 - 08/02	Sa	12:00 pm - 1:00 pm	Train Like a Pro Juniors Basketball Skills and Drills	\$ 85.00	5 - 9	R05012_501
06/28 - 08/02	Sa	1:00 pm - 2:30 pm	Train Like a Pro Basketball Skills and Drills	\$ 133.00	10 - 14	R05012_502

Potomac Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/27 - 06/08	Su	1:00 pm - 2:30 pm	Train Like a Pro Basketball Skills and Drills	\$ 132.00	8 - 14	R05012_301
06/29 - 08/03	Su	12:30 pm - 1:30 pm	Train Like a Pro Juniors Basketball Skills and Drills	\$ 85.00	5 - 9	R05012_508
06/29 - 08/03	Su	1:30 pm - 3:00 pm	Train Like a Pro Basketball Skills and Drills	\$ 133.00	10 - 14	R05012_509

Silver Spring Recreation and Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/29 - 08/10	Su	10:00 am - 11:00 am	Train Like a Pro Juniors Basketball Skills and Drills	\$ 98.00	5 - 9	R05012_515
06/29 - 08/10	Su	11:00 am - 12:30 pm	Train Like a Pro Basketball Skills and Drills	\$ 154.00	10 - 14	R05012_516

Tilden Middle School - Rock Terrace Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/23 - 06/11	We	6:30 pm - 8:00 pm	Train Like a Pro Basketball Skills and Drills	\$ 173.00	8 - 14	R05012_311

Basketball- Womens Drop-in

Women's Drop-In basketball is a non-competitive, drop-in basketball program, just for women. Teams are made up of individuals and play pick-up games. A staff person will run a clock and keep score for all games. A great way to meet new people and have fun! All skill levels are encouraged. The location is at Bauer Community Center. Starts Sunday mornings, April 27, and ends Sunday, June 22, from 10:00 am to 12:00 pm. Contact Pat Sullivan @ patrick.sullivan@montgomerycountymd.gov R05013-301 8 weeks (April 27-June 29) NO GAMES ON, 5/25 R05013-302 4 weeks (April 27-May 18) R05013-303 4 weeks (June 1-June 22)

Bauer Drive Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/27 - 05/18	Su	10:00 am - 12:00 pm	Adult Basketball - Women's Drop In Basketball @ Bauer CRC	\$ 32.00	18+	R05013_302
04/27 - 06/22	Su	10:00 am - 12:00 pm	Adult Basketball - Women's Drop In Basketball @ Bauer CRC	\$ 64.00	18+	R05013_301
06/01 - 06/22	Su	10:00 am - 12:00 pm	Adult Basketball - Women's Drop In Basketball @ Bauer CRC	\$ 32.00	18+	R05013_303

Boys Varsity HS Summer Basketball League

Boys JV HS Summer Basketball League @ Gym location, game time, and dates will be sent to all registered coaches. This league is only for the High School Basketball Teams.

Recreation Placeholder Location

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/02 - 07/30	Mo, Tu, We, Th	5:30 pm - 10:30 pm	Boys Varsity HS Summer Basketball League	\$ 1.00	0+	R05234_501
06/09 - 07/30	Mo, Tu, We, Th	5:00 pm - 10:30 pm	Boys Junior Varsity HS Summer Basketball League	\$ 860.00	0+	R05234_502

Men's Basketball League @ Bauer

Women's Free Agents for the Spring Basketball League on Saturday mornings. Locations are: Wood Middle School in Rockville *Games are played on Saturdays between 9 am and 1:30 pm *6 regular season games *Single elimination playoff for all teams. *Games are refereed by IABOO officials Players are not guaranteed to be placed on a team.

Recreation Placeholder Location

Dates	Days	Time	Title	Cost	Ages	Link to Register
05/08 - 06/07	Sa	9:00 am - 2:00 pm	Women's Basketball FREE AGENTS @ Wood MS		18+	R05232_302

Bocce (Sports)

Bocce Ball

Bocce Ball Play will teach you the basics of Bocce Ball. We will go over the rules, scoring, and demonstrate techniques to give you a better understanding for your own gameplay. Bring your friends to enjoy playing this great outdoor game.

Margaret Schweinhaut Senior Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/04 - 05/29	Tu, Th	1:00 pm - 2:00 pm	Bocce Ball Play	\$ 0.00	55+	R07124_304

Cheer and Poms (Sports)

Cheer/Pom

This pom class will teach dancers a stretching routine, pom motions, and dance technique. Dancers will begin class by participating in a group stretch. They will then learn a series of pom and dance skills such as leaps, turns, and body movements. These moves will be incorporated into a short dance routine that will change each week using a variety of music and dance genres. SKIP DATES: 4/14, 4/21, 5/26

Wootton Thomas S High School

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/07 - 06/02	Mo	5:30 pm - 6:30 pm	Elementary PomPons	\$ 160.00	5 - 10	R05021_301

Football - Flag Football (Sports)

National Flag Football League

5 Weeks of games and practice on Sundays from 8:00 AM-6:00 PM. Practices will be 1 hour before game time. This section requires a PASSCODE that only the team coach can provide.

Damascus Community Rec Center Field

Dates	Days	Time	Title	Cost	Ages	Link to Register
05/04 - 06/08	Su	8:00 am - 6:00 pm	NFL Flag Football League - Damascus Co-ed 14U/ Hager	\$ 60.00	11 - 14	R05287_317
05/04 - 06/08	Su	8:00 am - 6:00 pm	NFL Flag Football League - Damascus Co-ed 14U / Devin B.	\$ 60.00	11 - 14	R05287_318
05/04 - 06/08	Su	8:00 am - 6:00 pm	NFL Flag Football League - Damascus Co-ed 14U/ Ryan D.	\$ 60.00	11 - 14	R05287_316
05/04 - 06/08	Su	8:00 am - 6:00 pm	NFL Flag Football League - Damascus Coed 9U / Lake	\$ 60.00	0+	R05287_321
05/04 - 06/08	Su	8:00 am - 6:00 pm	NFL Flag Football League - Damascus Coed 9U / Lukacs	\$ 60.00	0+	R05287_320

Montgomery Village Middle School

Dates	Days	Time	Title	Cost	Ages	Link to Register
05/04 - 06/08	Su	8:00 am - 6:00 pm	NFL Flag Football League - Montgomery Village Coed 9U / Ambrah	\$ 60.00	6 - 9	R05287_326
05/04 - 06/08	Su	8:00 am - 6:00 pm	NFL Flag Football League - Montgomery Village Coed 14U Rezwan	\$ 60.00	10 - 14	R05287_336
05/04 - 06/08	Su	8:00 am - 6:00 pm	NFL Flag Football League - Montgomery Village Coed 14U / Tsou	\$ 60.00	10 - 14	R05287_337

Recreation Placeholder Location

Dates	Days	Time	Title	Cost	Ages	Link to Register
05/04 - 06/08	Su	8:00 am - 6:00 pm	NFL Flag Football League - Wheaton Coed 10U / Dorsey	\$ 60.00	8 - 10	R05287_364
05/04 - 06/08	Su	8:00 am - 6:00 pm	NFL Flag Football League - Wheaton Coed 12U / Skoog	\$ 60.00	10 - 12	R05287_371
05/04 - 06/08	Su	8:00 am - 6:00 pm	NFL Flag Football League - Wheaton Coed 14U / Davenport	\$ 60.00	-	R05287_395
05/04 - 06/08	Su	8:00 am - 6:00 pm	NFL Flag Football League - Wheaton Coed 12U / Rodano	\$ 60.00	10 - 12	R05287_374

05/04 - 06/08	Su	8:00 am - 6:00 pm	NFL Flag Football League - Wheaton Coed 10U / Harris	\$ 60.00	8 - 10	R05287_372
05/04 - 06/08	Su	8:00 am - 6:00 pm	NFL Flag Football League - Wheaton Girls 14U / TLAP FA99	\$ 60.00	10 - 14	R05287_398
05/04 - 06/08	Su	8:00 am - 6:00 pm	NFL Flag Football League - Wheaton Coed 14U / Whittaker	\$ 60.00	12 - 14	R05287_369
05/04 - 06/08	Su	8:00 am - 6:00 pm	NFL Flag Football League - Wheaton Girls 14U / Essenmacher	\$ 15.00	10 - 14	R05287_393
05/04 - 06/08	Su	8:00 am - 6:00 pm	NFL Flag Football League - Wheaton Coed 14U / Harris B	\$ 60.00		R05287_378
05/04 - 06/08	Su	8:00 am - 6:00 pm	NFL Flag Football League - Wheaton Coed 12U / Cooper	\$ 60.00	10 - 12	R05287_366
05/04 - 06/08	Su	8:00 am - 6:00 pm	NFL Flag Football League - Wheaton Coed 14U / Kellogg	\$ 60.00	12 - 14	R05287_363
05/04 - 06/08	Su	8:00 am - 6:00 pm	NFL Flag Football League - Wheaton Coed 10U / Finke	\$ 60.00	8 - 10	R05287_365
05/04 - 06/08	Su	8:00 am - 6:00 pm	NFL Flag Football League - Wheaton Girls 14U / Em	\$ 60.00	12 - 14	R05287_362
05/04 - 06/08	Su	8:00 am - 6:00 pm	NFL Flag Football League - Wheaton Coed 8U / Moore	\$ 60.00	6 - 9	R05287_349
05/04 - 06/08	Su	8:00 am - 6:00 pm	NFL Flag Football League - Wheaton Girls 14U / TLAP FA98	\$ 60.00	12 - 14	R05287_397
05/04 - 06/08	Su	8:00 am - 6:00 pm	NFL Flag Football League - Wheaton Coed 12U / TLAP FA7	\$ 60.00	10 - 12	R05287_389
05/04 - 06/08	Su	8:00 am - 6:00 pm	NFL Flag Football League - Wheaton Coed 14U / Anthony	\$ 60.00	12 - 14	R05287_367
05/04 - 06/08	Su	8:00 am - 6:00 pm	NFL Flag Football League - Wheaton Coed 12U / Keller	\$ 60.00	10 - 12	R05287_370
05/04 - 06/08	Su	8:00 am - 6:00 pm	NFL Flag Football League - Wheaton Girls 14U / Swailes	\$ 15.00	10 - 14	R05287_350
05/04 - 06/08	Su	8:00 am - 6:00 pm	NFL Flag Football League - Wheaton Coed 10U / Williams	\$ 60.00	8 - 10	R05287_368
05/04 - 06/08	Su	8:00 am - 6:00 pm	NFL Flag Football League - Wheaton Coed 12U / Hoes	\$ 60.00	10 - 12	R05287_390
05/04 - 06/08	Su	8:00 am - 6:00 pm	NFL Flag Football League - Wheaton Coed 14U / TLAP FA11	\$ 60.00		R05287_394

Lacrosse (Sports)

Lacrosse

Montgomery County Recreation (MCR) is offering a developmental Lacrosse program for children aged 11 - 14. Our goal is to provide an enriching, positive, and informational lacrosse experience that includes learning teamwork, leadership, and the fundamentals of lacrosse for all participants. This program will consist of clinics, practices, and games throughout the six-week period. ALL EQUIPMENT WILL BE PROVIDED BY MCR!

Bauer Drive Local Park

Dates	Days	Time	Title	Cost	Ages	Link to Register
05/03 - 06/07	Sa	11:00 am - 12:15 pm	Instructional Lacrosse Clinic (Ages 6-10)	\$ 25.00	6 - 10	R05341_301
05/03 - 06/07	Sa	12:30 pm - 1:45 pm	Instructional Lacrosse League	\$ 25.00		R05341_302

Multi-Sports (Sports)

Coach Doug

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.

Bauer Drive Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/09 - 06/04	We	9:30 am - 10:15 am	Coach Doug Pre Wee Wanna Be	\$ 116.00	2 - 6	R05025_305
04/09 - 06/04	We	10:15 am - 11:00 am	Coach Doug Soccer	\$ 116.00	2 - 6	R05025_306

Germantown Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/08 - 06/03	Tu	10:00 am - 10:45 am	Coach Doug Soccer	\$ 116.00	2 - 6	R05025_301
04/08 - 06/03	Tu	10:45 am - 11:30 am	Coach Doug Wee Wanna Be	\$ 116.00	3 - 6	R05025_302
04/08 - 06/03	Tu	4:15 pm - 5:00 pm	Coach Doug Seasonal Sports	\$ 116.00	3 - 8	R05025_303
04/08 - 06/03	Tu	5:00 pm - 5:45 pm	Coach Doug Soccer	\$ 116.00	2 - 5	R05025_304

Oakland Terrace Elementary School

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/05 - 06/07	Sa	9:30 am - 10:15 am	Coach Doug Wee Wanna Be	\$ 116.00	3 - 6	R05025_313
04/05 - 06/07	Sa	10:15 am - 11:00 am	Coach Doug Wee Wanna Be	\$ 116.00	3 - 6	R05025_314
04/05 - 06/07	Sa	11:00 am - 11:45 am	Coach Doug Seasonal Sports	\$ 116.00	3 - 8	R05025_315
04/05 - 06/07	Sa	11:45 am - 12:30 pm	Coach Doug Soccer	\$ 116.00	2 - 6	R05025_316
06/21 - 08/02	Sa	9:30 am - 10:15 am	Coach Doug Wee Wanna Be (8 Weeks)	\$ 99.00	3 - 5	R05025_505
06/21 - 08/02	Sa	10:15 am - 11:00 am	Coach Doug Wee Wanna Be (7 Weeks)	\$ 99.00	3 - 5	R05025_506
06/21 - 08/02	Sa	11:00 am - 11:45 am	Coach Doug Seasonal Sports (7 Weeks)	\$ 99.00	2 - 7	R05025_508
06/21 - 08/02	Sa	11:45 am - 12:30 pm	Coach Doug Soccer (7 weeks)	\$ 99.00	2 - 6	R05025_507

Potomac Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/06 - 06/08	Su	9:30 am - 10:15 am	Coach Doug Soccer	\$ 116.00	3 - 6	R05025_311
04/06 - 06/08	Su	10:15 am - 11:00 am	Coach Doug Wee Wanna Be	\$ 116.00	3 - 6	R05025_312
04/10 - 06/05	Th	10:00 am - 10:45 am	Coach Doug Soccer	\$ 116.00	2 - 6	R05025_307
04/10 - 06/05	Th	10:45 am - 11:30 am	Coach Doug Wee Wanna Be	\$ 116.00	3 - 6	R05025_308
04/10 - 06/05	Th	4:15 pm - 5:00 pm	Coach Doug Seasonal Sports	\$ 116.00	3 - 8	R05025_309
04/10 - 06/05	Th	5:00 pm - 5:45 pm	Coach Doug Soccer	\$ 116.00	3 - 7	R05025_310
06/22 - 08/10	Su	9:30 am - 10:15 am	Coach Doug Wee Wanna Be (8 Weeks)	\$ 115.00	3 - 5	R05025_502
06/22 - 08/10	Su	10:15 am - 11:00 am	Coach Doug Wee Wanna Be (8 weeks)	\$ 115.00	3 - 5	R05025_501

Tilden Woods Local Park

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/26 - 08/14	Th	5:00 pm - 5:45 pm	Coach Doug Soccer (8 Weeks)	\$ 115.00	2 - 6	R05025_503

Overtime Athletics Programs

Join Overtime Athletics with one of the fastest growing sports in the world. Join us and learn to Play Pickleball. Classes are capped at 12 participants to ensure plenty of instruction and gameplay. This class will cover: • Hand/Eye Coordination • Dinking/drives/serves/returns/accuracy drills• Focusing on the fun and starting match play/understanding scoring!

Arcola Elementary School

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/12 - 05/17	Sa	9:00 am - 9:45 am	OTA: Lil' Hoopers	\$ 110.00	3 - 5	R05317_304
04/12 - 05/17	Sa	10:00 am - 11:00 am	OTA: Lil' Hoopers	\$ 110.00	6 - 8	R05317_305
04/12 - 05/17	Sa	11:00 am - 12:00 pm	OTA: Basketball Academy	\$ 110.00	9 - 11	R05317_306

Nancy H Dacek North Potomac Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/29 - 08/03	Su	2:00 pm - 2:45 pm	Learn to Play: Pickleball	\$ 130.00	7 - 9	R05317_501
06/29 - 08/03	Su	3:00 pm - 3:45 pm	Learn to Play: Pickleball	\$ 130.00	10 - 12	R05317_502

Pickleball (Sports)

Pickleball

You have developed a strong pickleball foundation. You understand the importance of coming up to the non-volley zone (NVZ) line and can effectively play from that area. The class, using instruction, drills, and recreational play will help you as you advance both your skills and your strategies.

Margaret Schweinhaut Senior Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/06 - 05/29	Th	1:00 pm - 2:00 pm	Newbies and Beginners Pickleball	\$ 0.00	55+	R07091_310
03/06 - 05/29	Th	2:00 pm - 3:00 pm	Advanced Beginners Pickleball	\$ 0.00	55+	R07091_312
03/06 - 05/29	Th	3:00 pm - 4:00 pm	Intermediate Pickleball	\$ 0.00	55+	R07091_313
03/07 - 05/30	Fr	10:30 am - 12:00 pm	Open Pickleball	\$ 0.00	55+	R07091_300
06/05 - 08/28	Th	1:00 pm - 2:00 pm	Newbies and Beginners Pickleball	\$ 0.00	55+	R07091_513
06/05 - 08/28	Th	2:00 pm - 3:00 pm	Advanced Beginners Pickleball	\$ 0.00	55+	R07091_514
06/05 - 08/28	Th	3:00 pm - 4:00 pm	Intermediate Pickleball	\$ 0.00	55+	R07091_515

Nancy H Dacek North Potomac Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/03 - 05/29	Th	4:00 pm - 6:00 pm	Outdoor Pickleball (weather permitting)	\$ 0.00	55+	R07091_314
06/12 - 08/21	Th	4:00 pm - 7:30 pm	Pickleball	\$ 0.00	55+	R07091_512

White Oak Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/06 - 05/29	Th	10:00 am - 12:00 pm	Pickleball	\$ 0.00	55+	R07091_315
06/05 - 08/21	Th	10:00 am - 12:00 pm	55+ Pickleball	\$ 0.00	55+	R07091_500

Pickleball Class Beginners

The New Silver Spring Recreation Recreation & Aquatic Center will hold a Pickleball Class for Beginners. The hottest and fastest-growing sport in the United States. Pickleball is a fun and social 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. Over the three sessions, individuals will gain a better understanding of basic rules, scoring, and gameplay. Learn court setup and layout, and practice various serves, returns, third shots, volleying, and dinks. Class discussions on proper warm-up, game strategies, and how to play with a partner. After your three-day session, individuals will have a great understanding of the game and will be ready to participate in our drop-in programs or leagues. Instructions by Pros To You.

Gwendolyn Coffield Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
05/14 - 05/28	We	6:30 pm - 7:30 pm	Pickleball Class - Beginners 1.0 @ Coffield Comm. Center	\$ 69.00	18+	R05261_310
06/11 - 06/25	We	6:30 pm - 7:30 pm	Pickleball Class - Beginners 1.0 @ Coffield Comm. Center	\$ 69.00	18+	R05261_502
07/09 - 07/23	We	6:30 pm - 7:30 pm	Pickleball Class - Beginners 1.0 @ Coffield Comm. Center	\$ 69.00	18+	R05261_503

Jane E Lawton Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
05/14 - 05/28	We	12:15 pm - 1:15 pm	Pickleball Class - Beginners 1.0 @ Lawton Comm. Center	\$ 69.00	18+	R05261_307

Longwood Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
05/17	Sa	10:00 am - 12:30 pm	Pickleball Class - Beginner 2 @ Longwood Comm. Center	\$ 50.00	18+	R05261_320
05/31	Sa	10:00 am - 12:30 pm	Pickleball Class - Beginner 2 @ Longwood Comm. Center	\$ 50.00	18+	R05261_321
07/31	Th	6:00 pm - 8:00 pm	MoCo Pickleball Class - Advance Beginner Skills & Drills @ Longwood CRC	\$ 40.00	18+	R05261_519

Nancy H Dacek North Potomac Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
05/05 - 05/19	Mo	12:00 pm - 1:30 pm	Pickleball Class - Beginner 2 @ N. Potomac	\$ 90.00	18+	R05261_318
06/09	Mo	12:00 pm - 1:30 pm	MoCo Pickleball Class - Advance Beginner Skills & Drills @ N. Potomac CRC	\$ 30.00	18+	R05261_520

Potomac Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/27 - 05/18	Su	1:00 pm - 2:00 pm	Pickleball Palooza (ages 7 to 10)	\$ 92.00	7 - 10	R05261_351
04/27 - 05/18	Su	2:00 pm - 3:00 pm	Pickleball Palooza (ages 3 to 6)	\$ 92.00	7 - 10	R05261_352
05/06 - 05/13	Tu	12:00 pm - 2:00 pm	Pickleball Class - Beginner 1 @ Potomac Com. Ct.	\$ 80.00	18+	R05261_317

Silver Spring Recreation and Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
05/05 - 05/19	Mo	6:00 pm - 7:00 pm	Pickleball Class - Beginners 1.0 @ SSRAC Comm. Center	\$ 69.00	18+	R05261_314
06/09 - 06/23	Mo	6:00 pm - 7:00 pm	Pickleball Class - Beginners 1.0 @ SSRAC Comm. Center	\$ 69.00	18+	R05261_504
07/07 - 07/21	Mo	6:00 pm - 7:00 pm	Pickleball Class - Beginners 1.0 @ SSRAC Comm. Center	\$ 69.00	18+	R05261_505

Pickleball Class Dinking & Drop Shots

MoCo Pickleball Instructor Emer Daly will teach you the fundamentals of the drop shot. Stop trying to overpower your opponents all the time! Start learning how to neutralize them with soft shots and finesse. This class is for players who have progressed well in gameplay and those who can serve and return well and hold a steady rally. Emer Daly: IPTPA Level 1 Pickleball Instructor. This class is not for Beginners. Intermediates only.

Longwood Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
08/07	Th	6:00 pm - 8:00 pm	MoCo Pickleball Clinic - Drop Shots @ Longwood CRC	\$ 40.00	18+	R05263_518

Potomac Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/03	Tu	12:00 pm - 2:00 pm	MoCo Pickleball Clinic - Drop Shots @ Potomac CRC	\$ 40.00	18+	R05263_519

Pickleball Class Skills & Drills

The new Silver Spring Recreation & Aquatic Center will be offering a Pickleball Class for Advanced Beginners. To take this class you must have either taken a Beginners Class or understand the game of Pickleball: how to score, and the rules of the game. This class is designed to help players sharpen their techniques on serves, returns, various shots, volleys, and drinks. Topics like game strategy and how to improve with your partner. They are suggested for players who want to improve their game. After your session, individuals will understand the game well and be ready to participate better in the drop-in programs or leagues. Instructions by Pros To You

Gwendolyn Coffield Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
05/14 - 05/28	We	7:30 pm - 8:30 pm	Pickleball Advance Beginner 1.5-2.0 Class @ Coffield Com. Center	\$ 69.00	18+	R05262_306
06/11 - 06/25	We	7:31 pm - 8:30 pm	Pickleball Advance Beginner 1.5-2.0 Class @ Coffield Com. Center	\$ 69.00	18+	R05262_502
07/09 - 07/23	We	7:31 pm - 8:30 pm	Pickleball Advance Beginner 1.5-2.0 Class @ Coffield Com. Center	\$ 69.00	18+	R05262_503

Jane E Lawton Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
05/14 - 05/28	We	1:15pm - 2:15pm	Pickleball Advance Beginner 1.5-2.0 Class @ Lawton Com. Center	\$ 69.00	18+	R05262_309

Nancy H Dacek North Potomac Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
05/05 - 05/19	Mo	1:30 pm - 3:00 pm	MoCo Pickleball Interm. Skills & Drills @ N. Potomac	\$ 90.00	18+	R05262_317
06/09	Mo	1:30 pm - 3:00 pm	MoCo Pickleball Interm. Skills & Drills @ N. Potomac	\$ 30.00		R05262_506

Silver Spring Recreation and Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
05/05 - 05/19	Mo	7:00 pm - 8:00 pm	Pickleball Advance Beginner 1.5-2.0 Class @ SSRAC Com. Center	\$ 69.00	18+	R05262_313
06/09 - 06/23	Mo	7:00 pm - 8:00 pm	Pickleball Advance Beginner 1.5-2.0 Class @ SSRAC Com. Center	\$ 69.00	18+	R05262_504
07/07 - 07/21	Mo	7:00 pm - 8:00 pm	Pickleball Advance Beginner 1.5-2.0 Class @ SSRAC Com. Center	\$ 69.00	18+	R05262_505

Pickleball Doubles League

Team Registration- Social Pickleball League, only one person needs to register and pay.

Damascus Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/24 - 05/29	Th	6:15 pm - 8:30 pm	Pickleball Doubles League partner @ Damascus CRC	\$ 0.00	18+	R05351_302
04/24 - 05/29	Th	6:15 pm - 8:30 pm	Pickleball Doubles Social League 2.5-3.0 @ Damascus CRC	\$ 65.00	18+	R05351_301
04/24 - 05/29	Th	6:15 pm - 8:30 pm	Pickleball Doubles Social League 2.5-3.0 @ Damascus CRC-Subs only	\$ 0.00	18+	R05351_310

Pickleball Ladder League Adult Subs

This activity number is for individuals how are interested in subbing for the Adult Pickleball Leagues. If you are registered for any of the league, please DO NOT register for this activity. If registered League Players cancel, the sub list will be used to find player(s) to fill in for that night. By registering under this activity, it does not allow you to participate for the entire session or guarantee playing time. All subs will be contacted by email as need arises. First come, first serve, again, as needed.

Bauer Drive Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/24 - 08/04	Mo, Th	6:00 pm - 10:00 pm	Adult Pickleball Sub List for Bauer & Longwood	\$ 0.00	18+	R05337_301

Skateboarding (Sports)

Skateboarding

Learn basic skateboarding fundamentals with Coach Rick.

Damascus Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/25 - 05/30	Fr	4:00 pm - 5:00 pm	Goats on Wheels Beginner Skateboarding	\$ 25.00	5 - 7	R05363_302
04/25 - 05/30	Fr	5:00 pm - 6:00 pm	Goats on Wheels Beginner Skateboarding	\$ 25.00	8 - 11	R05363_301

Olney Manor Recreational Park

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/14 - 06/02	Mo	4:00 pm - 5:00 pm	Goats on Wheels Beginner Skateboarding	\$ 25.00	5 - 7	R05363_307
04/14 - 06/02	Mo	5:00 pm - 6:00 pm	Goats on Wheels Beginner Skateboarding	\$ 25.00	8 - 11	R05363_306

Soccer (Sports)

Futbol

Youth Soccer Clinics are focused on introducing fundamental Soccer skills for ages 6-15. The program runs for 8 weeks each season during the Winter and Spring. The 2025 Spring Clinic will begin Sunday, April 6th, at White Oak Middle School from 12 noon to 3pm.

White Oak Middle School

Dates	Days	Time	Title	Cost	Ages	Link to Register
01/05 - 05/18	Su	12:00 pm - 3:00 pm	Youth Soccer Clinic (Play Montgomery)	\$ 0.00	6 - 16	R05361_201

Soccer

Nancy H Dacek North Potomac Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/03 - 08/25	Mo	9:45 am - 12:00 pm	Walking Soccer	\$ 0.00	55+	R07128_304
03/05 - 08/27	We	9:45 am - 12:00 pm	Soccer	\$ 0.00	55+	R07128_301
03/07 - 08/29	Fr	9:45 am - 12:00 pm	Soccer	\$ 0.00	55+	R07128_302
04/03 - 05/29	Th	5:45 pm - 8:30 pm	Soccer	\$ 0.00	55+	R07128_305
06/05 - 08/21	Th	5:45 pm - 8:30 pm	Soccer	\$ 0.00	55+	R07128_505

Soccer Clinics Youth

Soccer skills training for boys and girls. For more program details, click on individual activity sections.

Ayrlawn Local Park

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/26 - 06/07	Sa	10:00 am - 10:55 am	Jump Start Hummingbirds Soccer Program 3-4 yo	\$ 135.00	3 - 4	R05103_351
04/26 - 06/07	Sa	11:00 am - 12:00 pm	Jump Start Hummingbirds Soccer Program 5-6 yo	\$ 135.00	5 - 6	R05103_352

Bauer Drive Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/08 - 06/03	Tu	6:30 pm - 8:00 pm	Train Like a Pro Soccer Skills and Drills	\$ 167.00	8 - 14	R05103_301
06/24 - 08/05	Tu	6:30 pm - 8:00 pm	Train Like a Pro Soccer Skills and Drills	\$ 154.00	8 - 14	R05103_506

Bauer Drive Local Park

Dates	Days	Time	Title	Cost	Ages	Link to Register
07/21 - 07/31	Mo, We, Th	5:00 pm - 5:50 pm	Girls Soccer Clinic 6-10 YO	\$ 220.00	6 - 8	R05103_501
07/21 - 07/31	Mo, We, Th	6:00 pm - 7:20 pm	Girls Soccer Clinic 11-16 YO	\$ 249.00		R05103_502

Jane E Lawton Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/26 - 06/07	Sa	10:00 am - 10:40 am	Chickadee Soccer 18-36 month (Parent/Child)	\$ 115.00	1 - 3	R05103_355
04/26 - 06/07	Sa	11:00 am - 11:40 am	Chickadee Soccer 18-36 month (Parent/Child)	\$ 115.00	1 - 3	R05103_356
06/28 - 08/02	Sa	10:00 am - 10:40 am	Chickadee Multi-Sports 18-36 month (Parent/Child)	\$ 115.00	1 - 3	R05103_555
06/28 - 08/02	Sa	11:00 am - 11:40 am	Chickadee Multi-Sports 18-36 month (Parent/Child)	\$ 115.00	1 - 3	R05103_556

Layhill Local Park

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/26 - 06/07	Sa	1:30 pm - 2:25 pm	Jump Start Hummingbirds Soccer Program 3-4 yo	\$ 135.00	3 - 4	R05103_353
04/26 - 06/07	Sa	2:30 pm - 3:30 pm	Jump Start Hummingbirds Soccer Program 5-6 yo	\$ 135.00	5 - 6	R05103_354

Layhill Village Local Park

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/28 - 08/02	Sa	10:00 am - 10:55 am	Jump Start Hummingbirds Soccer Program 3-4 yo - Silver Spring	\$ 135.00	3 - 4	R05103_511
06/28 - 08/02	Sa	11:00 am - 12:00 pm	Jump Start Hummingbirds Soccer Program 5-6 yo	\$ 135.00	5 - 6	R05103_512

Potomac Community Rec Center Field

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/26 - 06/07	Sa	11:00 am - 12:00 pm	Train Like a Pro Juniors Soccer Skills and Drills	\$ 85.00	5 - 9	R05103_312
04/26 - 06/07	Sa	12:00 pm - 1:30 pm	Train Like a Pro Soccer Skills and Drills	\$ 132.00	10 - 14	R05103_302
04/27 - 06/08	Su	9:00 am - 10:00 am	Train Like a Pro Juniors Soccer Skills and Drills	\$ 85.00	5 - 9	R05103_313
04/27 - 06/08	Su	10:00 am - 11:30 am	Train Like a Pro Soccer Skills and Drills	\$ 132.00	10 - 14	R05103_314
06/28 - 08/02	Sa	11:00 am - 12:00 pm	Train Like a Pro Juniors Soccer Skills and Drills	\$ 85.00	5 - 9	R05103_505
06/28 - 08/02	Sa	12:00 pm - 1:30 pm	Train Like a Pro Soccer Skills and Drills	\$ 133.00	10 - 14	R05103_504

Soccer Men's League - 50+

Ridge Road Recreational Park

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/06 - 06/29	Su	9:00 am - 6:30 pm	Soccer Men's 50+ Free Agent Sign Up	\$ 0.00	49+	R05279_302

Soccer Men's League - 55+

Laytonia Recreational Park

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/05 - 06/28	Sa	9:00 am - 5:00 pm	Soccer Men's 55+ Div 2	\$ 999.00	54+	R05349_303

Recreation Placeholder Location

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/05 - 06/28	Sa	12:00 am - 12:00 am	TipNAC player sign up	\$ 0.00	54+	R05349_306
04/05 - 06/28	Sa	12:00 am - 12:00 am	Blue Y Nots player sign up	\$ 0.00	54+	R05349_310
04/05 - 06/28	Sa	12:00 am - 12:00 am	Saints FC team sign up	\$ 0.00	54+	R05349_309
04/05 - 06/28	Sa	12:00 am - 12:00 am	Curmudgeons International player sign up	\$ 0.00	54+	R05349_311
04/05 - 06/28	Sa	12:00 am - 12:00 am	Latin United Player Sign Up	\$ 0.00	54+	R05349_313
04/05 - 06/28	Sa	8:00 am - 6:30 pm	Soccer Men's 55 + Free Agent Pool	\$ 0.00	55+	R05349_302
04/05 - 06/28	Sa	9:00 am - 6:00 pm	Clockwork Oranje Player Sign Up	\$ 0.00	-	R05349_316
04/05 - 06/28	Sa	9:00 am - 6:00 pm	Los Vovos Player Sign Up	\$ 0.00	-	R05349_318
04/05 - 06/28	Sa	9:00 am - 6:00 pm	St. Elmo Soccer Club Player Sign Up	\$ 0.00	54+	R05349_319
04/05 - 06/28	Sa	9:00 am - 6:00 pm	Y Not Red Player Sign Up	\$ 0.00	54+	R05349_315
04/05 - 06/28	Sa	9:00 am - 6:00 pm	Union FC Player Sign Up	\$ 0.00	54+	R05349_317
04/05 - 06/28	Sa	9:00 am - 6:00 pm	FC Peru Men's 55+ Player Sign Up	\$ 0.00	-	R05349_314

Ridge Road Recreational Park

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/05 - 06/28	Sa	9:00 am - 5:00 pm	Soccer Men's 55+ Div 1	\$ 999.00	54+	R05349_301

Soccer Men's League - 65+ Division

Nancy H Dacek North Potomac Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/16 - 06/29	Su	9:00 am - 1:00 pm	Soccer Men's 65+ League	\$ 1.00	65+	R05281_302
03/16 - 06/29	Su	9:00 am - 3:00 pm	Soccer Men's 65+ League Free Agent Sign Up		65+	R05281_303

Soccer Men's League - Open 18+

Recreation Placeholder Location

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/06 - 06/29	Su	12:00 am - 12:00 am	Atletico Team Sign Up (Coach Velasquez)	\$ 0.00	18+	R05282_308
04/06 - 06/29	Su	12:00 am - 12:00 am	Topone Good Fellas Team Sign Up (Coach Yizhen)	\$ 0.00	18+	R05282_305
04/06 - 06/29	Su	12:00 am - 12:00 am	Warriors FC Team Sign Up (Coach Omucheyi)	\$ 0.00	18+	R05282_304
04/06 - 06/29	Su	12:00 am - 12:00 am	CAUPO Sign Up (Coach Orellana)	\$ 0.00	18+	R05282_313
04/06 - 06/29	Su	12:00 am - 12:00 am	Chachi United Sign Up (Coach Chavez)	\$ 0.00	18+	R05282_309
04/06 - 06/29	Su	12:00 am - 12:00 am	Midtown United Sign Up (Coach Cooper)	\$ 0.00	18+	R05282_311
04/06 - 06/29	Su	12:00 am - 12:00 am	Homenetmen DC Sign Up (Coach Topjian)	\$ 0.00	18+	R05282_312
04/06 - 06/29	Su	12:00 am - 12:00 am	Samurai Kids Team Sign Up (Coach Shimizu)	\$ 0.00	18+	R05282_306
04/06 - 06/29	Su	12:00 am - 12:00 am	Diplomats Player Sign Up (Coach Aduhene)	\$ 0.00	18+	R05282_314
04/06 - 06/29	Su	9:00 am - 5:00 pm	United FC Sign Up (Coach Rivas)	\$ 0.00	18+	R05282_319
04/06 - 06/29	Su	9:00 am - 5:00 pm	FC Mundial Sign Up (Coach Martinez)	\$ 0.00	18+	R05282_310
04/06 - 06/29	Su	9:00 am - 6:00 pm	Soccer Men's 18+ Free Agent Pool	\$ 0.00	-	R05282_316
04/06 - 06/29	Su	9:00 am - 5:00 pm	Leenca DC Sign Up (Coach Dagnu)	\$ 0.00	18+	R05282_318
04/06 - 06/29	Su	9:00 am - 6:00 pm	Soccer Men's 18 + Division 2	\$ 1.00	18+	R05282_315
04/06 - 06/29	Su	9:00 am - 6:00 pm	Soccer Men's 18 + Division 1	\$ 1.00	18+	R05282_301
04/06 - 06/29	Su	9:00 am - 5:00 pm	Banfield Sign Up (Coach Lahaye)	\$ 0.00	18+	R05282_321
04/06 - 06/29	Su	9:00 am - 5:00 pm	Crunch FC Sign Up (Coach Lara)	\$ 0.00	-	R05282_317
04/06 - 06/29	Su	9:00 am - 6:00 pm	Ferrocarrill Oeste Team Sign Up (Coach Leon)	\$ 0.00	18+	R05282_303
04/06 - 06/29	Su	9:00 am - 5:30 pm	Silver Spring FC sign up (Manager Rubio)	\$ 0.00	18+	R05282_302
04/06 - 06/29	Su	9:00 am - 5:00 pm	Crown FC Sign Up (Coach Kaskarli)	\$ 0.00	18+	R05282_320

Soccer Men's League 40+

Recreation Placeholder Location

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/06 - 06/29	Su	12:00 am - 12:00 am	MD Inter F.C. Senior Team Sign Up (Coach Bonilla)	\$ 0.00	18+	R05276_311
04/06 - 06/29	Su	12:00 am - 12:00 am	Birunda FC Team Sign Up (Coach Wafula)	\$ 0.00	39+	R05276_307
04/06 - 06/29	Su	12:00 am - 12:00 am	Legends Team Sign Up (Coach Acquaye)	\$ 0.00	39+	R05276_305
04/06 - 06/29	Su	12:00 am - 12:00 am	GreenWave FC Player Sign Up (Coach Kunwar)	\$ 0.00	39+	R05276_309
04/06 - 06/29	Su	12:00 am - 12:00 am	Maryland Internacional FC Team Sign Up (Coach Umanzor)	\$ 0.00	39+	R05276_308
04/06 - 06/29	Su	9:00 am - 5:00 pm	MDVSaintFC Team Sign Up (Coach Musekiwa)	\$ 0.00	40+	R05276_306
04/06 - 06/29	Su	9:00 am - 5:00 pm	Linden United Sign Up (Coach Edwards)	\$ 0.00	40+	R05276_310

Ridge Road Recreational Park

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/06 - 06/29	Su	9:00 am - 6:00 pm	Soccer Men's 40+ Free Agent Pool	\$ 0.00	39+	R05276_304
04/06 - 06/29	Su	9:00 am - 5:00 pm	Soccer Men's 40 +	\$ 1.00	39+	R05276_301

Soccer Women's League - 25+

Nancy H Dacek North Potomac Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/05 - 06/28	Sa	9:00 am - 5:00 pm	Soccer Women's 25 +	\$ 999.00	24+	R05285_301
04/05 - 06/28	Sa	9:00 am - 5:00 pm	Vintage Lightning Player Sign Up	-	22+	R05285_306
04/05 - 06/28	Sa	9:00 am - 5:00 pm	Grapes Player Sign Up	-	22+	R05285_313
04/05 - 06/28	Sa	9:00 am - 6:00 pm	Soccer Women's 25 + Free Agent Sign Up	\$ 0.00	24+	R05285_302
04/05 - 06/28	Sa	9:00 am - 5:00 pm	Red Strikers Player Sign Up	-	-	R05285_312

Recreation Placeholder Location

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/05 - 06/28	Sa	12:00 am - 12:00 am	Freedom Player sign Up	\$ 0.00	23+	R05285_311
04/05 - 06/28	Sa	12:00 am - 12:00 am	Deep Purple Player Sign Up	\$ 0.00	23+	R05285_310
04/05 - 06/28	Sa	12:00 am - 12:00 am	Rebels Team Sign Up	\$ 0.00	23+	R05285_308
04/05 - 06/28	Sa	12:00 am - 12:00 am	Just For Kicks Team Sign Up	\$ 0.00	22+	R05285_304

Soccer Women's League - 40+

Laytonia Recreational Park

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/02 - 06/25	We	6:00 pm - 10:30 pm	Combos Player Sign Up	\$ 0.00	39+	R05286_307
04/02 - 06/25	We	7:00 pm - 10:30 pm	Soccer Women's 40 + Free Agent Sign Up	\$ 0.00	39+	R05286_301
04/02 - 06/25	We	7:00 pm - 11:00 pm	Speed of Dark Player Sign Up	\$ 0.00	39+	R05286_309
04/02 - 06/25	We	7:00 pm - 10:30 pm	Soccer Women's League - 40 +	\$ 1.00	39+	R05286_302
04/02 - 06/25	We	7:00 pm - 11:00 pm	Hurricanes Player Sign Up	\$ 0.00	-	R05286_310
04/02 - 06/25	We	7:00 pm - 11:00 pm	RC Rebels Player Sign Up	\$ 0.00	-	R05286_312
04/02 - 06/25	We	7:00 pm - 11:00 pm	Vintage Lightning Player Sign Up	\$ 0.00	-	R05286_311

Softball (Sports)

Adult Softball - Media League

Adult Softball League. Media League Coed Softball for the Metro Media Organizations Only. Regular season and playoffs.

Recreation Placeholder Location

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/26 - 06/21	Sa	7:00 pm - 10:30 pm	Adult Softball League - Media League	\$ 760.00	-	R05238_301

Adult Softball - Women's Free Agent

Individual women should use this activity number to register themselves if they are interested in getting picked up by a softball team. The following information will be needed when you register: 1. position(s) you play; 2. level of play. 3. phone # 4. email address. This list will be emailed out to all the Softball Managers to see if their team needs additional players. There is no cost with the Recreation Department. Any fees should be worked out with the team that picks you up. The Recreation Department does not guarantee being placed on a team. Season starts the week of April 18.

Recreation Placeholder Location

Dates	Days	Time	Title	Cost	Ages	Link to Register
02/10 - 06/02	Mo, Tu, We, Th	6:00 pm - 10:30 pm	Adult Softball League - Women's Free Agent sign up	\$ 0.00	18+	R05309_301

Adult Softball League - Free Agents Sign Up

Individual Men should use this activity number to register themselves if they are interested in getting picked up by a men's softball team. The following information will be needed when you register: 1. position(s) you play; 2. level of play 3. phone # 4. email address. This list will be emailed out to all the Men's Softball Managers to see if their team needs additional players. There is no cost with the Recreation Department. Any fees should be worked out with the team that picks you up. The Recreation Department does not guarantee placement on a team.

Recreation Placeholder Location

Dates	Days	Time	Title	Cost	Ages	Link to Register
02/03 - 06/27	Mo, Tu, We, Th, Fr	6:00 pm - 10:30 pm	Senior Softball League - Men's 50+ Free Agent Sign Up	\$ 0.00	50+	R05236_307
02/03 - 06/27	Mo, Tu, We, Th, Fr	6:00 pm - 10:30 pm	Adult Softball League - Men's Free Agent sign up	\$ 0.00	18+	R05236_301

Adult Softball League - Men's Th C/D @ Cabin John

Adult Softball League Men's Thursday C/D & D Level at Cabin John Regional Park , 18-game regular season double-header games. Season Starts the week of April 21. All Teams are invited to play in the County's Single Elimination Playoffs on Saturday, July 19. Game times will vary each night (6:15/7:15 or 8:15/9:15pm). Softballs can be picked up on Tuesday, April 8, 2025 at the Recreation Dept. Warehouse (751 Twinbrook Pkwy, Rockville - Old Broome MS location) from 12 noon to 5pm. Schedules will be posted on the Rec's Website. For additional information on the league, please visit www.mocorec.com/sports or email shawn.robinson@montgomerycountymd.gov, or 240-777-6870.

Recreation Placeholder Location

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/24 - 07/10	Th	6:00 pm - 10:30 pm	Adult Softball League - Men's Th C/D& D @ Cabin John	\$ 1.00	18+	R05242_301

Adult Softball League - Men's Th D League @ Olney Manor

Adult Softball League Men's Thursday D Level at Olney Manor Regional Park, 18-game regular season double-header games. Season Starts the week of April 21. All Teams are invited to play in the County's Single Elimination Playoffs on Saturday, July 19. Game times will vary each night (6:15/7:15 or 8:15/9:15pm). Softballs can be picked up on Tuesday, April 8, 2025 at the Recreation Dept. Warehouse (751 Twinbrook Pkwy, Rockville - Old Broome MS location) from 12 noon to 5pm. Schedules will be posted on the Rec's Website. For additional information on the league, please visit www.mocorec.com/sports or email shawn.robinson@montgomerycountymd.gov, or 240-777-6870.

Recreation Placeholder Location

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/24 - 07/10	Th	6:00 pm - 10:30 pm	Adult Softball League - Men's Th D League @ Olney Manor	\$ 1.00	18+	R05240_301

Adult Softball League - Men's Wed C/D & D @ Olney Manor

Adult Softball League Men's Wednesday C/D & D Level at Olney Manor Regional Park, 18-game regular season double-header games. Season Starts the week of April 21. All Teams are invited to play in the County's Single Elimination Playoffs on Saturday, July 19. Game times will vary each night (6:15/7:15 or 8:15/9:15pm). Softballs can be picked up on Tuesday, April 8, 2025 at the Recreation Dept. Warehouse (751 Twinbrook Pkwy, Rockville - Old Broome MS location) from 12 noon to 5pm. Schedules will be posted on the Rec's Website. For additional information on the league, please visit www.mocorec.com/sports or email shawn.robinson@montgomerycountymd.gov, or 240-777-6870.

Recreation Placeholder Location

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/23 - 07/09	We	6:00 pm - 10:30 pm	Adult Softball League - Men's Wed C/D & D @ Olney Manor	\$ 1.00	18+	R05237_301

Adult Softball League -Men's Wed C/D & D @ Ridge Road

Adult Softball League Men's Wednesday C/D & D Level at Ridge Road Regional Park, 18-game regular season double-header games. Season Starts the week of April 21. All Teams are invited to play in the County's Single Elimination Playoffs on Saturday, July 19. Game times will vary each night (6:15/7:15 or 8:15/9:15pm). Softballs can be picked up on Tuesday, April 8, 2025 at the Recreation Dept. Warehouse (751 Twinbrook Pkwy, Rockville - Old Broome MS location) from 12 noon to 5pm. Schedules will be posted on the Rec's Website. For additional information on the league, please visit www.mocorec.com/sports or email shawn.robinson@montgomerycountymd.gov, or 240-777-6870.

Recreation Placeholder Location

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/23 - 07/09	We	7:00 pm - 10:30 pm	Adult Softball League - Men's Wed C/D & D @ Ridge Road	\$ 1.00	18+	R05239_301

Softball League - CoRec Monday DH

Adult Softball League CoRec Mondays at Cabin John Regional Park, 18-game regular season double-header games. Season Starts the week of April 21. All Teams are invited to play in the County's Single Elimination Playoffs on Saturday, July 26. Game times will vary each night (6:15/7:15 or 8:15/9:15pm). Softballs can be picked up on Tuesday, April 8, 2025 at the Recreation Dept. Warehouse (751 Twinbrook Pkwy, Rockville - Old Broome MS location) from 12 noon to 5pm. Schedules will be posted on the Rec's Website. For additional information on the league, please visit www.mocorec.com/sports or email shawn.robinson@montgomerycountymd.gov, or 240-777-6870.

Recreation Placeholder Location

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/21e 07/14	Mo	6:00 pm - 10:30 pm	Adult Softball League - CoRec Monday DH @ Cabin John	\$ 1.00	18+	R05245_301

Softball League - CoRec Th DH @ Ridge Road

Adult Softball League CoRec Thursdays at Ridge Road Regional Park, 18-game regular season double-header games. Season Starts the week of April 21. All Teams are invited to play in the County's Single Elimination Playoffs on Saturday, July 26. Game times will vary each night (6:15/7:15 or 8:15/9:15pm). Softballs can be picked up on Tuesday, April 8, 2025 at the Recreation Dept. Warehouse (751 Twinbrook Pkwy, Rockville - Old Broome MS location) from 12 noon to 5pm. Schedules will be posted on the Rec's Website. For additional information on the league, please visit www.mocorec.com/sports or email shawn.robinson@montgomerycountymd.gov, or 240-777-6870.

Recreation Placeholder Location

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/24 - 07/17	Th	6:00 pm - 10:30 pm	Adult Softball League - CoRec Thur DH @ Ridge Rd	\$ 1.00	18+	R05248_301

Softball League - CoRec Wed DH

Adult Softball League CoRec Wednesday Double Header at Cabin John Regional Park, 18-game regular season double-header games. Season Starts the week of April 21. All Teams are invited to play in the County's Single Elimination Playoffs on Saturday, July 26. Game times will vary each night (6:15/7:15 or 8:15/9:15pm). Softballs can be picked up on Tuesday, April 8, 2025 at the Recreation Dept. Warehouse (751 Twinbrook Pkwy, Rockville - Old Broome MS location) from 12 noon to 5pm. Schedules will be posted on the Rec's Website. For additional information on the league, please visit www.mocorec.com/sports or email shawn.robinson@montgomerycountymd.gov, or 240-777-6870.

Recreation Placeholder Location

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/23 - 07/09	We	6:00 pm - 10:30 pm	Adult Softball League - CoRec Wed DH @ Cabin John	\$ 1.00	-	R05246_301

Softball League - Th Men's 55+

Preformed Team Registration. Password Required.

Recreation Placeholder Location

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/17 - 07/10	Th	6:00 pm - 10:30 pm	Adult Softball League - Senior Men's 55+ Th	\$ 1.00	-	R05251_301
04/17 - 07/10	Th	7:00 pm - 10:30 pm	Adult Softball League - Senior Men's 55+ Th - Dugan/Gaithersburg Rental	-	-	R05251_302
04/17 - 07/10	Th	7:00 pm - 10:30 pm	Adult Softball League - Senior Men's 55+ Th - Schuler/Upper Deckers	-	-	R05251_307
04/17 - 07/24	Th	7:00 pm - 10:30 pm	Adult Softball League - Senior Men's 55+ Th - Casimates Realty Management	-	54+	R05251_305
04/17 - 07/10	Th	7:00 pm - 10:30 pm	Adult Softball League - Senior Men's 55+ Th - Smyrk/Monocacy Brewing	-	-	R05251_309
04/17 - 07/10	Th	7:00 pm - 10:30 pm	Adult Softball League - Senior Men's 55+ Th - Madert/Marauders	-	-	R05251_304
04/17 - 07/10	Th	7:00 pm - 10:30 pm	Adult Softball League - Senior Men's 55+ Th - Creef/Unwanted Guns	-	-	R05251_308
04/17 - 07/10	Th	7:00 pm - 10:30 pm	Adult Softball League - Senior Men's 55+ Th - Entwistle/ Pirtek	-	-	R05251_303

Softball League - Tuesday 8 Men/2 Female CoRec @ Cabin John

Adult Softball League Men's Double Header at Cabin John Regional Park, 8 Men/ 2 Women(Men's Rules) allowed 18-game regular season double-header games. Season Starts the week of April 21. All Teams are invited to play in the County's Single Elimination Playoffs on Saturday, July 19. Game times will vary each night (6:15/7:15 or 8:15/9:15pm). Softballs can be picked up on Tuesday, April 8, 2025 at the Recreation Dept. Warehouse (751 Twinbrook Pkwy, Rockville - Old Broome MS location) from 12 noon to 5pm. Schedules will be posted on the Rec's Website. For additional information on the league, please visit www.mocorec.com/sports or email shawn.robinson@montgomerycountymd.gov, or 240-777-6870.

Recreation Placeholder Location

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/22 - 07/08	Tu	6:00 pm - 10:30 pm	Adult Softball League - Men's D Tues DH @ Cabin John(All Men or 8Men/2Women)	\$ 1.00	18+	R05303 301

Softball League - Tuesday Men's 50+

Preformed team registration. Password required.

Recreation Placeholder Location

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/15 - 07/15	Tu	6:00 pm - 10:30 pm	Adult Softball League - Senior Men's 50+ Tues	\$ 1.00	50+	R05252_301
04/15 - 07/15	Tu	7:00 pm - 10:30 pm	Adult Softball League - Senior Men's 50+ Tues - Williams/ DMV-GQ			R05252_310
04/15 - 07/15	Tu	7:00 pm - 10:30 pm	Adult Softball League - Senior Men's 50+ Tues - Pisano/ Fighting Rays			R05252_309
04/15 - 07/15	Tu	7:00 pm - 10:30 pm	Adult Softball League - Senior Men's 50+ Tues - Mitchell/ Stylers			R05252_308
04/15 - 07/15	Tu	7:00 pm - 10:30 pm	Adult Softball League - Senior Men's 50+ Tues - Rosendall/ Unwanted Guns			R05252_306
04/15 - 07/15	Tu	7:00 pm - 10:30 pm	Adult Softball League - Senior Men's 50+ Tues - Madert/Marauders			R05252_305
04/15 - 07/15	Tu	7:00 pm - 10:30 pm	Adult Softball League - Senior Men's 50+ Tues - Jarosinski/ Raiders			R05252_304
04/15 - 07/15	Tu	7:00 pm - 10:30 pm	Adult Softball League - Senior Men's 50+ Tues - Dechter/ Moy Dentistry			R05252_303
04/15 - 07/15	Tu	7:00 pm - 10:30 pm	Adult Softball League - Senior Men's 50+ Tues - Meyers/ Meyers Wealth			R05252_307

Softball League - Women's 40+ DH

Performed team registration. Password Required.

Recreation Placeholder Location

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/07 - 07/14	Mo	6:00 pm - 10:30 pm	Adult Softball League - Women's 40 + Monday DH @ Wheaton	\$ 964.00	-	R05254_301
04/07 - 07/14	Mo	7:00 pm - 10:30 pm	Adult Softball League - W - Mitchell/ Sparks	-	-	R05254_304
04/07 - 07/14	Mo	7:00 pm - 10:30 pm	Adult Softball League - W - Buck/Mound Visits	-	-	R05254_307
04/07 - 07/14	Mo	7:00 pm - 10:30 pm	Adult Softball League - W - Williams/TST 40	-	-	R05254_302
04/07 - 07/14	Mo	7:00 pm - 10:30 pm	Adult Softball League - W - Saldana/Queen Legends	-	-	R05254_308
04/07 - 07/14	Mo	7:00 pm - 10:30 pm	Adult Softball League - W - Morris/ Tornadoes 40	-	-	R05254_305
04/07 - 07/14	Mo	7:00 pm - 10:30 pm	Adult Softball League - W - Urick/ Like Fine Wine 40+	-	-	R05254_306

Specialty Programs (Sports)

Billiards

Come in and join us for a game of billiards. Pool room is open to everyone during our center hours (M-F 8-4 & Sat 9-3).

Holiday Park Senior Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/24 - 06/13	Mo, Tu, We, Th, Fr	8:45 am - 4:00 pm	Open Billiard	\$ 0.00	55+	R07103_308
06/16 - 08/29	Mo, Tu, We, Th, Fr	9:00 am - 4:00 pm	Open Billiards	\$ 0.00	55+	R07103_506

Margaret Schweinhaut Senior Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/01 - 05/31	Sa	9:00 am - 3:00 pm	Open Billiards	\$ 0.00	55+	R07103_305
03/03 - 05/30	Mo, Tu, We, Th, Fr	8:00 am - 4:00 pm	Billiards All Day	\$ 0.00	55+	R07103_304

Shuffleboard

Whether you're a seasoned player or a beginner learn the basics of Shuffleboard or sharpen your skills. Everyone is welcome to play and have a great time!

Margaret Schweinhaut Senior Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/04 - 05/27	Tu	12:30 pm - 2:00 pm	Indoor Shuffleboard	\$ 0.00	55+	R07121_302
06/03 - 08/26	Tu	12:30 pm - 2:00 pm	Indoor Shuffleboard	\$ 0.00	55+	R07121_502

Sports - Other (Sports)

Baseball, Softball, T-ball

Layhill Village Local Park

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/27 - 06/01	Su	1:30 pm - 2:25 pm	T-Birds T-Ball	\$ 120.00	3 - 4	R05323_303
04/27 - 06/01	Su	2:30 pm - 3:30 pm	Rookie League Baseball	\$ 120.00	5 - 6	R05323_304
06/28 - 08/02	Sa	12:15 pm - 1:10 pm	T-Birds T-Ball	\$ 135.00	3 - 4	R05323_506
06/28 - 08/02	Sa	1:15 pm - 2:15 pm	Rookie League Baseball	\$ 135.00	5 - 6	R05323_507

Table Tennis (Sports)

Table Tennis

Come test your table tennis skills against other players! Drop In format creates the best opportunity for you to play against others.

Holiday Park Senior Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/24 - 06/13	Mo, Tu, We, Th, Fr	8:45 am - 4:00 pm	Open Table Tennis Drop In- Holiday Park	\$ 0.00	55+	R07097_310
06/16 - 08/29	Mo, Tu, We, Th, Fr	8:45 am - 4:00 pm	Open Table Tennis Drop In- Holiday Park	\$ 0.00	55+	R07097_511

Volleyball (Sports)

Adult Volleyball

Silver Spring Recreation and Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/27 - 06/22	Su	12:00 pm - 5:00 pm	Terrapins Player Registration Free Agent Team	\$ 0.00	18+	R05255_325
04/27 - 06/22	Su	12:00 pm - 5:00 pm	Co-Ed Adult Volleyball League Beginner/Intermediate	\$ 425.00	18+	R05255_203
04/27 - 06/22	Su	12:00 pm - 5:00 pm	Co-Ed Adult Volleyball League Advanced	\$ 425.00	18+	R05255_201
04/27 - 06/22	Su	12:00 pm - 5:00 pm	Silver Spikes Player Registration Manager Lauren Boylan	\$ 0.00	-	R05255_323
04/27 - 06/22	Su	12:00 pm - 5:00 pm	Wizards Team Registration Manager Victor Mondine	\$ 0.00	18+	R05255_320
04/27 - 06/22	Su	12:00 pm - 5:00 pm	Co-Ed Adult Volleyball League Advanced Free Agent Sign Up	\$ 50.00	18+	R05255_202
04/27 - 06/22	Su	12:00 pm - 5:00 pm	Together Team Registration Manager Raphael Barbau	\$ 0.00	18+	R05255_319
04/27 - 06/22	Su	12:00 pm - 5:00 pm	Co-Ed Adult Volleyball League Beginner/Intermediate Free Agent Sign Up	\$ 50.00	18+	R05255_204
04/27 - 06/22	Su	12:00 pm - 5:00 pm	Oracles Player Registration Free Agent Team	\$ 0.00	18+	R05255_324
04/27 - 06/22	Su	12:00 pm - 5:00 pm	Falcons Player Registration Free Agent Team	\$ 0.00	18+	R05255_326
04/27 - 06/22	Su	12:00 pm - 5:00 pm	Hawks Team Registration Manager Henry McGrath	\$ 0.00	18+	R05255_318
04/27 - 06/22	Su	1:00 pm - 5:00 pm	Playmakers Player Sign Up Manager Christian Rhone	\$ 0.00	18+	R05255_322

Volleyball

Seated Volleyball and Cornhole

Long Branch Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/07 - 05/30	Fr	10:00 am - 11:00 am	Seated volleyball and cornhole	\$ 0	55+	R07093_302
06/06 - 08/29	Fr	10:00 am - 12:00 pm	Seated volleyball and cornhole	\$ 0	55+	R07093_503

Volleyball Clinic

Level 2 clinics are intended for experienced players who are ready to move on to spiking, blocking, and team offense/defense. No review of fundamentals like passing, setting, and serving will be provided. Level 2 players should be able to consistently pass to target, set, and serve from the end line. Please do not register for this clinic without strong fundamental skills.

Bauer Drive Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/25 - 06/13	Fr	5:45 pm - 6:45 pm	Youth Volleyball Skills Development Clinic Ages 8-11	\$ 158.00	7 - 11	R05124_305
04/25 - 06/13	Fr	6:45 pm - 7:45 pm	Youth Volleyball Skills Development Clinic Ages 12-13	\$ 158.00	11 - 13	R05124_306
04/25 - 06/13	Fr	7:45 pm - 8:45 pm	Youth Volleyball Level 1 Skills Development Clinic Ages 14-17	\$ 158.00	13 - 17	R05124_307
04/25 - 06/13	Fr	7:45 pm - 8:45 pm	Youth Volleyball Level 2 Skills Development Clinic Ages 14-17	\$ 185.00	14 - 17	R05124_308

Germantown Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/23 - 06/04	We	5:45 pm - 6:45 pm	Youth Volleyball Skills Development Clinic Ages 8-11	\$ 138.00	8 - 11	R05124_341
04/23 - 06/04	We	6:45 pm - 7:45 pm	Youth Volleyball Skills Development Clinic Ages 12-13	\$ 138.00	11 - 13	R05124_342
04/23 - 06/04	We	7:45 pm - 8:45 pm	Youth Volleyball Skills Development Clinic Ages 14-17	\$ 138.00	12 - 17	R05124_343

Mid County Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
05/05 - 06/16	Mo	6:00 pm - 7:00 pm	Youth Volleyball Skills Development Clinic Ages 8-11	\$ 119.00	8 - 11	R05124_313
05/05 - 06/16	Mo	7:00 pm - 8:00 pm	Youth Volleyball Skills Development Clinic Ages 12-13	\$ 119.00	11 - 13	R05124_314

Potomac Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/22 - 06/10	Tu	6:30 pm - 7:30 pm	Youth Volleyball Skills Development Clinic Ages 8-11	\$ 158.00	8 - 11	R05124_317
04/22 - 06/10	Tu	6:30 pm - 7:30 pm	Youth Volleyball Skills Development Clinic Ages 12-13	\$ 138.00	12 - 13	R05124_318
04/22 - 06/10	Tu	7:30 pm - 8:30 pm	Youth Volleyball Skills Level 1 Development Clinic Ages 14-17	\$ 158.00	14 - 17	R05124_319
04/22 - 06/10	Tu	7:30 pm - 8:30 pm	Youth Volleyball Skills Level 2 Development Clinic Ages 14-17	\$ 185.00	13 - 17	R05124_320

Wheaton Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/24 - 06/12	Th	5:45 pm - 6:45 pm	Youth Volleyball Skills Development Clinic Ages 8-11	\$ 158.00	8 - 11	R05124_301
04/24 - 06/12	Th	6:45 pm - 7:45 pm	Youth Volleyball Skills Development Clinic Ages 12-13	\$ 158.00	11 - 14	R05124_302
04/24 - 06/12	Th	7:45 pm - 8:45 pm	Youth Volleyball Level 1 Skills Development Clinic Ages 14-17	\$ 158.00	14 - 17	R05124_303
04/24 - 06/12	Th	7:45 pm - 8:45 pm	Youth Volleyball Level 2 Skills Development Clinic Ages 14-17	\$ 185.00	13 - 17	R05124_304

Volleyball League Youth

This program is brought to you by Play Montgomery, Youth Sports Initiative. League Details: Seven-week season + one evaluation day Apply the volleyball skills you've worked so hard to develop with our new Youth Volleyball League! With a good sport atmosphere conducive to player learning and development, our coaches provide a quality recreation environment for players and parents. Weekly practices followed by refereed matches allow players to develop teamwork, learn sportsmanship, and embrace friendly competition! The Youth Volleyball League is open to novice through advanced players, and will include a day of evaluations, five weeks of practices and matches, and a playoff tournament!

East County Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/26 - 06/21	Sa	5:30 pm - 9:30 pm	HERtime2shine Youth Volleyball League Ages 12-13	\$ 80.00	11 - 13	R05319_307
07/12 - 09/13	Sa	1:00 pm - 3:00 pm	HERtime2shine Youth Volleyball League Ages 10-11(Co-Ed)	\$ 80.00	13 - 17	R05319_503
07/12 - 09/13	Sa	3:00 pm - 9:00 pm	HERtime2shine Youth Volleyball League Ages 14-17(Girls Only)	\$ 80.00	12 - 13	R05319_501

Mid County Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/27 - 06/22	Su	10:00 am - 6:00 pm	HERtime2shine Youth Volleyball League Ages 14-17 (Co-Ed League)	\$ 80.00	13 - 18	R05319_311

Plum Gar Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/26 - 06/21	Sa	10:00 am - 4:00 pm	HERtime2shine Youth Volleyball League Ages 14-17 (Girls League)	\$ 80.00	13 - 17	R05319_306
07/12 - 09/13	Sa	10:00 am - 6:00 pm	HERtime2shine Youth Volleyball League Ages 12-13	\$ 80.00	11 - 14	R05319_502

Wheaton Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/27 - 06/22	Su	10:30 am - 3:30 pm	HERtime2shine Youth Volleyball League Ages 12-13 (Co-Ed League)	\$ 80.00		R05319_312
04/27 - 06/22	Su	10:30 am - 2:30 pm	HERtime2shine Youth Volleyball League Ages 10-11(Co-ed)	\$ 80.00	10 - 11	R05319_308

Therapeutic Recreation

Aerobic Dance (Therapeutic Recreation)

TR ZamDance

For individuals with disabilities. ZamDance is a high impact fitness program in a structured environment; participants move at their own pace. Learn different dance steps such as MERENGUE, JAZZ, and HIP-HOP. Instructor: Jackie Zamora

Bauer Drive Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/22 - 06/17	Tu	5:00 pm - 6:00 pm	TR ZamDance	\$ 40.00	15+	R06030_301
06/24 - 07/29	Tu	6:15 pm - 7:15 pm	TR ZamDance	\$ 30.00	11+	R06030_501

Nancy H Dacek North Potomac Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/24 - 06/12	Th	5:00 pm - 6:00 pm	TR ZamDance	\$ 40.00	10+	R06030_302
06/26 - 07/31	Th	6:15 pm - 7:15 pm	TR ZamDance	\$ 30.00	11+	R06030_502

Aquatics (Therapeutic Recreation)

TR Adult Social Swim

Practice swimming styles with supervision during open swim. Kickboards and life jackets available at pool. Personal support or caregivers welcome.

Olney Swim Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/11 - 06/13	Fr	7:30 pm - 8:30 pm	TR Social Swim	\$ 50.00	18+	R06002_302

Arts and Crafts (Therapeutic Recreation)

TR Art

TR Paint & Punch: Enjoy creating staff lead drawings and paintings. You will paint on paper and canvas. Please wear old clothes that may get paint on them. No experience necessary. Parent may need to support.

Germantown Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/30 - 05/18	Su	1:00 pm - 1:45 pm	Sunday Fun: TR Paint & Punch	\$ 30.00	6 - 14	R06009_300

Fitness (Therapeutic Recreation)

TR Stretch 'n Tone

For individuals with disabilities. Tone your muscles and encourage flexibility through stretching exercises. Ideal for beginners; activities are adapted for seated or standing. Virtual class on Zoom.

Recreation Virtual Room

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/23 - 06/11	We	7:00 pm - 7:45 pm	TR Virtual Stretch 'n Tone	\$ 0.00	10+	R06015_306

Musical Performance (Therapeutic Recreation)

TR Drumming

Cardio Drumming: Exercise class for individuals with disabilities

White Oak Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/16 - 06/04	We	12:00 pm - 12:45 pm	TR Drumming	\$ 40.00	-	R06036_303

TR Music

Sing, Dance, and Swim your blues away! TR Sing and Swim is a new class that combines two of our favorite things: Music and Water! Enjoy a 50-minute music class with Splish-Splash-Focused music and songs upstairs at SSRAC. After class, get changed into your swimsuit and hop into the pool for social swim with the other kids from music class. The swimming portion of this class will have a representative from the therapeutic recreation team onsite but is social, not instructional, in nature. The fee for this class includes the music session, plus a pool pass for the participant and one adult companion. **Please note, on 5/4 the music class will occur and then enrolled participants will have access to the Therapeutic Recreation Family Swim Party at SSRAC afterwards instead of traditional open swim time.

Bauer Drive Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/26 - 06/07	Sa	10:00 am - 10:50 am	TR Musical Storytime for Youth with Disabilities	\$ 30.00	5 - 12	R06040_302
04/26 - 06/07	Sa	11:00 am - 11:50 am	TR Musical Games for Teens and Tweens	\$ 30.00	12 - 21	R06040_303

Silver Spring Recreation and Aquatic Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/27 - 05/18	Su	12:00 pm - 2:00 pm	TR Sing and Swim for Youth with Disabilities	\$ 40.00	6 - 12	R06040_301

Pickleball (Therapeutic Recreation)

TR Pickleball

This is a class for youth with disabilities. Come and learn the basic skills required for pickleball in an outdoor setting. This class will be run in a clinic format and will focus on the basics of hitting, serving, and movement across the court. Pickleball paddles will be provided for those who do not have their own. Brand new players welcome! Instruction will be focused on repetition, small group instruction, and slower pacing than a typical pickleball clinic. Racquets will be available for those who do not bring their own. Takes place on an outdoor adaptive sports court that is accessible for those with mobility needs.

Nancy H Dacek North Potomac Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/28 - 08/02	Sa	11:00 am - 11:50 am	TR Pickleball Skills and Drills (Outdoor)	\$ 30.00		R06042_501
06/28 - 08/02	Sa	12:00 pm - 12:50 pm	TR Pickleball Skills and Drills (Outdoor)	\$ 30.00	22+	R06042_502

Potomac Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/27 - 06/01	Su	12:00 pm - 12:45 pm	TR Pickleball Skills and Drills	\$ 25.00	12+	R06042_301

Special Events (Therapeutic Recreation)

TR Adult Social Activities

TR Socials are for adults, ages 18 and older, with disabilities. Activities vary; participants have a chance to socialize, play games, have refreshments, and have fun.

Margaret Schweinhaut Senior Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/14	Sa	1:00 pm - 4:00 pm	TR Social - Backyard BBQ	\$ 10.00	18+	R06006_303

South Germantown Recreational Park

Dates	Days	Time	Title	Cost	Ages	Link to Register
05/17	Sa	3:00 pm - 5:00 pm	TR Social - Kickball Game	\$ 10.00	18+	R06006_302

TR Theme Dances

Ages 15 and Up with disabilities. Our special event dances take place 6:00pm - 9:00 pm on the last Saturday of the month. The schedule may vary for holidays. Enjoy a DJ, dancing, games, pizza and other refreshments. Pre-registration is encouraged.

Bauer Drive Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
07/26	Sa	6:00 pm - 9:00 pm	TR Saturday Night Social - Bahama Blast at Bauer Dance	\$ 10.00	15+	R06014_501

East County Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/28	Sa	6:00 pm - 9:00 pm	TR Saturday Night Social - Summer Safari Dance	\$ 10.00	15+	R06014_303

Sports (Therapeutic Recreation)

TR Kickball League

For individuals with disabilities. Fun opportunity for team building! Teams are formed on an "A" and "B" level for non-competitive game play. Ideal for agencies and group homes to register multiple players.

Bauer Drive Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/27 - 06/08	Su	1:00 pm - 2:30 pm	TR Adult Kickball	\$ 30.00	18+	R06013_301

TR Rock Climbing

Studies show that rock climbing improves mindfulness, executive function, and self-esteem in neurodivergent youth. If you enjoy complex problem solving, active engagement in physical activity, and opportunities for individual growth and progress, come and learn the basics of indoor rock climbing: safety procedures, body mechanics, and motor planning. Our instructors are positive, welcoming, and growth-mindset focused. Participants will be divided into developmentally appropriate groups depending on enrollment and assigned a one hour time slot either 6-7pm or 7-8pm.

Nancy H Dacek North Potomac Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
05/14	We	6:00 pm - 8:00 pm	TR Rock-reation: TR Indoor Rock Climbing	\$ 5.00	9 - 18	R06043_302

TR Skills Clinic: Soccer

For teens and adults, ages 15 and up with disabilities. Learn fundamental soccer skills, soccer rules and other game playing strategies with Coach Doug.

Oakland Terrace Elementary School

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/05 - 06/07	Sa	12:30 pm - 1:15 pm	TR Seasonal Sports Skills	\$ 40.00	6 - 14	R06019_301
06/21 - 08/02	Sa	12:30 pm - 1:15 pm	TR Seasonal Sports Skills	\$ 35.00	6 - 14	R06019_501

Potomac Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/06 - 06/08	Su	11:00 am - 11:45 pm	TR Seasonal Sports Skills	\$ 40.00	15+	R06019_302

TR Soccer League

This is a soccer scrimmage league for youth with disabilities. If your child is ready to learn the rules of soccer and play a pick-up game with other kids, this is the adaptive soccer program for you. Coaches will focus on teaching the basic rules of soccer and improving dribbling and passing skills for the first half. For the last half, youth will be divided into two teams to play a scrimmage soccer game on a shortened field.

Plum Gar Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/28 - 06/02	Mo	5:45 pm - 6:30 pm	TR Soccer Scrimmage	\$ 25.00	0+	R06011_311

TR Tennis

This is a tennis class for youth with disabilities. Introducing our Youth Tennis Program! Tailored for young athletes, our program offers a dynamic blend of skill-building exercises, fun games, and mini-matches, providing a solid foundation in tennis fundamentals while fostering a lifelong love for the sport. This class will feature a lower staff to participant ratio and lots of repetition of skills. Join us for this new and exciting program!

Layhill Village Local Park

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/29 - 08/03	Su	11:00 am - 11:50 am	TR Tennis	\$ 30.00	8 - 12	R06049_502
06/29 - 08/03	Su	12:00 pm - 12:50 pm	TR Tennis	\$ 30.00	0+	R06049_501

Tai Chi (Therapeutic Recreation)

TR Qigong

TR Qigong - Mindful Movements For individuals with disabilities. Similar to Tai Chi, Qigong is meditation via movement and can be done in chairs for those who need support. Benefits of Qigong include lowered stress and anxiety, increased focus, and improved balance and flexibility. It combines controlled breathing, gentle movement and meditation to promote good mental, physical and spiritual health.

Wheaton Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/28 - 06/09	Mo	6:00 pm - 6:45 pm	TR Mindful Movement	\$ 30.00	18+	R06032_301

Therapeutic Recreation - Other (Therapeutic Recreation)

TR Group Exercise

Neural Movement is an innovative fitness class that enhances overall health. It's a great opportunity for individuals struggling with coordination who typically shy away from any outside/sports play to get their body moving. Specializing in the nervous system, Neural Movement classes address motor planning, body/spatial awareness, and coordination skills in a safe, fun and welcoming fitness atmosphere-- All while promoting positive social interaction through awesome creative games! Ideal for kids who can follow group instructions and stay in the designated space for the duration of the class.

Wheaton Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/07 - 07/26	Sa	1:00 pm - 1:50 pm	TR Neural Movement: Fitness and Focus	\$ 35.00	7 - 12	R06045_501
06/07 - 07/26	Sa	2:00 pm - 2:50 pm	TR Neural Movement: Fitness and Focus	\$ 35.00	13 - 21	R06045_502

Therapeutic Recreation Programs (Therapeutic Recreation)

TR Kids Zone

No experience required! Participants will learn basic skills while enjoying kicking, throwing and running the bases. Parent support needed if participants leave field.

Germantown Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/30 - 05/18	Su	2:30 pm - 3:00 pm	Sunday Fun: TR Brain Games	\$ 0.00	6 - 12	R06020_301

South Germantown Recreational Park

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/29 - 05/17	Sa	1:15 pm - 2:00 pm	Saturday Play: TR Kickin' Kickball 6-12	\$ 30.00	6 - 12	R06020_302

TR Dance Creation: Have you ever wanted to create your own dance moves? Here is your chance! No dance experience required. Participants create their own steps and then the staff assist in putting those steps together with the other participants to produce a routine. Parents may need to support.

Germantown Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
03/30 - 05/18	Su	2:00 pm - 2:30 pm	Sunday Fun: TR Dance Creation	\$ 0.00	6 - 14	r06020_300

Zumba (Therapeutic Recreation)

TR Zumba

For teens and adults with disabilities.

Germantown Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/22 - 06/10	Tu	7:00 pm - 8:00 pm	TR Zumba	\$ 40.00	15+	R06025_301

Trips and Tours

Day Trip and Tours (Trips and Tours)

Day Trippers

Make every day Unforgettable! Day trippers offers intergenerational trips to a variety of destinations – a day trip planned with your interests in mind. Children under 18 must be accompanied by an adult. Trips depart and return to Olney Manor Recreational Park, 16605 Georgia Avenue Olney, MD 20832

Olney Manor Recreational Park

Dates	Days	Time	Title	Cost	Ages	Link to Register
05/14	We	8:00 am - 5:00 pm	Virginia Museum of Fine Arts- Richmond- Va	\$ 74.00	12+	R07083_305
06/01	Su	12:45 pm - 5:45 pm	Shear Madness at the Kennedy Center- DC	\$ 89.00	18+	R07083_306
06/08	Su	5:00 pm - 10:00 pm	Baker Park Bandshell - Concert Series- Frederick- MD	\$ 54.00	18+	R07083_307
07/10	Th	10:00 am - 4:00 pm	The Kate Pearl Tea Room on Main- Sykesville-MD	\$ 98.00	18+	R07083_501
07/11	Fr	10:00 am - 4:00 pm	The Kate Pearl Tea Room on Main-Sykesville- MD	\$ 98.00	18+	R07083_502
07/24	Th	9:30 am - 6:30 pm	IMAGINARIUM- Magic & Wonder Dinner Theatre- Paradise- PA.	\$ 119.00	18+	R07083_503
07/26	Sa	8:00 am - 5:00 pm	Lititz Outdoor Fine Art Show,-Downtown Shops & Restaurants- Lititz-PA	\$ 64.00	18+	R07083_504
08/01	Fr	3:30 pm - 9:30 pm	Leesburg First Friday- Leesburg- VA	\$ 58.00	18+	R07083_505
08/03	Su	10:00 am - 4:00 pm	Annapolis First Sunday Arts Festival- Annapolis- MD	\$ 54.00	6+	R07083_506
08/18	Mo	5:00 pm - 10:30 pm	Do or Die-Mystery Dinner & Show- Odenton-MD	\$ 119.00	16+	R07083_507
08/24	Su	9:30 am - 4:00 pm	Toby's Sunday Brunch- Columbia-MD	\$ 119.00	18+	R07083_508

Mini Trips (Trips and Tours)

Mini Trips

We will take our mini bus to Dollar Tree & Aldi located in Laurel, MD. You will have one hour to shop both location before returning back to center. Please call center with any questions 240-777-6944. Thank You!

Damascus Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
05/14	We	9:30 am - 11:30 am	Germantown Library Trip	\$ 15.00	55+	R07101_380
05/19	Mo	9:30 am - 11:30 am	Damascus Dollar Tree Trip	\$ 15.00	55+	R07101_328
05/28	We	9:30 am - 11:30 am	Damascus Safeway Trip	\$ 15.00	55+	R07101_335
06/02	Mo	9:30 am - 11:30 am	Milestone Trip	\$ 15.00	55+	R07101_576
06/10	Tu	9:30 am - 11:30 am	Germantown Library Trip	\$ 15.00	55+	R07101_575
06/16	Mo	9:30 am - 11:30 am	Milestone Trip	\$ 15.00	55+	R07101_574
06/26	Th	9:30 am - 11:30 am	Amish Market Trip	\$ 15.00	55+	R07101_577
06/30	Tu	9:30 am - 11:30 am	Patel Brothers Trip	\$ 15.00	55+	R07101_578
07/07	Mo	9:30 am - 11:30 am	Milestone Trip	\$ 15.00	55+	R07101_579
07/17	Th	9:30 am - 11:30 am	Germantown Library Trip	\$ 15.00	55+	R07101_565
07/21	Mo	9:30 am - 11:30 am	Milestone Trip	\$ 15.00	55+	R07101_566
07/31	Th	9:30 am - 11:30 am	Mt. Airy Walmart Trip	\$ 15.00	55+	R07101_567
08/11	Mo	9:30 am - 11:30 am	Damascus Safeway Shopping Center Trip	\$ 15.00	55+	R07101_568
08/12	Tu	9:30 am - 11:30 am	Montgomery County Fair Trip	\$ 15.00	55+	R07101_580
08/18	Mo	9:30 am - 11:30 am	Milestone Trip	\$ 15.00	55+	R07101_569
08/21	Th	9:30 am - 11:30 am	Germantown Library Trip	\$ 15.00	55+	R07101_563
08/27	We	9:30 am - 11:30 am	Patel Brothers Trip	\$ 15.00	55+	R07101_564

Nancy H Dacek North Potomac Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
05/20	Tu	9:30 am - 1:00 pm	Outing-National Gallery of Art	\$ 0.00	55+	R07101_334
06/09	Mo	9:30 am - 1:00 pm	Silver Spring Recreation and Aquatic Center Outing	\$ 0.00	55+	R07101_516
06/16	Mo	9:30 am - 12:30 pm	Wegmans Trip	\$ 0.00	55+	R07101_549
08/12	Tu	9:15 am - 1:30 pm	Montgomery County Fair Trip	\$ 0.00	55+	R07101_546

Wheaton Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
05/22	Th	9:30 am - 12:30 pm	Montgomery Mall Mini Trip	\$ 0.00	55+	R07101_304
06/11	We	9:30 am - 12:30 pm	Silver Spring Recreation and Aquatic Center Outing	\$ 0.00	-	R07101_501
07/15	Tu	10:00 am - 1:30 pm	Montgomery Mall Outing	\$ 0.00	55+	R07101_502

White Oak Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/20 - 08/08	Fr	9:30 am - 11:30 am	Dollar Tree/Aldi Shopping Trip	\$ 0.00	53+	R07101_514

Senior Outdoor Adventurs in Rec - SOAR (Trips and Tours)

SOAR

SOAR offers day trips designed for active, vigorous adults, ages 55 and older. Travel is by motocoach for all trips. All trips depart and return to Olney Manor Recreation Park, 16605 Georgia Ave. Olney, MD 20832.

Olney Manor Recreational Park

Dates	Days	Time	Title	Cost	Ages	Link to Register
05/22	Th	7:00 am - 5:00 pm	Winterthur Museum, Gardens and Library, DE	\$ 84.00	55+	R07082_304
05/28	We	8:30 am - 3:30 pm	Annual Sailing Trip on the Liberte- Annapolis, MD	\$ 120.00	55+	R07082_305
06/05	Th	8:30 am - 3:30 pm	B&O Railroad Museum- Baltimore -MD	\$ 82.00	55+	R07082_306
06/12	Th	8:45 am - 3:45 pm	The National Museum of the United States Army-VA	\$ 69.00	55+	R07082_307
07/16	We	8:15 am - 4:15 pm	John Wilkes Booth Escape Route Tour- MD	\$ 82.00	55+	R07082_501
07/22	Tu	9:30 am - 4:30 pm	Chesapeake Bay Lighthouse Cruise- Annapolis- MD	\$ 124.00	55+	R07082_502
07/31	Th	8:15 am - 3:30 pm	National Law Enforcement Museum- DC	\$ 76.00	55+	R07082_503
08/05	Tu	7:30 am - 5:00 pm	Skipjack Sailing Tour- St. Michaels- MD	\$ 98.00	55+	R07082_504
08/07	Th	9:15 am - 6:30 pm	Crab Feast Paddlewheel Riverboat Cruise-Choptank River-MD	\$ 126.00	55+	R07082_505
08/13	We	7:00 am - 6:30 pm	Harriett Tubman Guided Tour-Dorchester County-MD	\$ 126.00	55+	R07082_506
08/20	We	9:15 am - 4:15 pm	Maritime Legends & Baltimore Sights Cruise-MD	\$ 124.00	55+	R07082_507

Virtual

Virtual - Other (Virtual)

TR Virtual

TR Virtual programs are for individuals with disabilities and offered on Zoom. Enjoy new places live on ZOOM.

Recreation Virtual Room

Dates	Days	Time	Title	Cost	Ages	Link to Register
04/26 - 06/14	Sa	11:00 am - 11:45 am	TR Undercover Pets	\$ 0.00	0+	R06022_301
04/26 - 06/14	Sa	12:15 pm - 1:15 pm	TR Virtual Travels	\$ 0.00	5+	R06022_302

Volunteer

Program Volunteer (Volunteer)

Contractor Volunteer

For pre-approved Summer 2025 contractor volunteers only.

Recreation Placeholder Location

Dates	Days	Time	Title	Cost	Ages	Link to Register
06/23 - 06/27	Mo, Tu, We, Th, Fr	8:00 am - 4:30 pm	Contractor Volunteer	\$ 0.00	13 - 17	R05322_411
06/30 - 07/04	Mo, Tu, We, Th, Fr	8:00 am - 4:30 pm	Contractor Volunteer	\$ 0.00	13 - 17	R05322_412
07/07 - 07/11	Mo, Tu, We, Th, Fr	8:00 am - 4:30 pm	Contractor Volunteer	\$ 0.00	13 - 17	R05322_413
07/14 - 07/18	Mo, Tu, We, Th, Fr	8:00 am - 4:30 pm	Contractor Volunteer	\$ 0.00	12 - 17	R05322_414
07/21 - 07/25	Mo, Tu, We, Th, Fr	8:00 am - 4:30 pm	Contractor Volunteer	\$ 0.00	13 - 17	R05322_415
07/28 - 08/01	Mo, Tu, We, Th, Fr	8:00 am - 4:30 pm	Contractor Volunteer	\$ 0.00	13 - 17	R05322_416
08/04 - 08/08	Mo, Tu, We, Th, Fr	8:00 am - 4:30 pm	Contractor Volunteer	\$ 0.00	13 - 17	R05322_417
08/11 - 08/15	Mo, Tu, We, Th, Fr	8:00 am - 4:30 pm	Contractor Volunteer	\$ 0.00	13 - 17	R05322_418
08/18 - 08/22	Mo, Tu, We, Th, Fr	8:00 am - 4:30 pm	Contractor Volunteer	\$ 0.00	13 - 17	R05322_419

Youth Development

Soccer (Youth Development)

Soccer 4 Change

Blair Montgomery High School Field

Dates	Days	Time	Title	Cost	Ages	Link to Register
07/02 - 07/30	We	4:00 pm - 5:30 pm	Summer S4C - Middle School Clinics @ Blair Turf Field	\$ 0.00	10-12	R09007_502
07/02 - 08/06	We	6:00 pm - 8:00 pm	Summer S4C - High School Drop-In @ Blair Turf Field	\$ 0.00	13-18	R09007_503

East County Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
07/03 - 08/07	Th	4:30 pm - 8:00 pm	Summer S4C - HS Street Soccer Tournaments @ East County CC	\$ 0.00	10-18	R09007_504

North Creek Community Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
07/01 - 08/05	Tu	4:30 pm - 8:00 pm	Summer S4C - HS Street Soccer Tournaments @ North Creek CC	\$ 0.00	10-18	R09007_501

White Oak Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
07/11 - 08/08	Fr	4:00 pm - 5:30 pm	Summer S4C - Middle School Clinics @ White Oak/North Potomac CRC	\$ 0.00	10-12	R09007_505
07/11 - 08/08	Fr	6:00 pm - 8:00 pm	Summer S4C - High School Drop In @ White Oak/North Potomac CRC	\$ 0.00	13-18	R09007_506

Youth Development - Other (Youth Development)

TeenWorks

Upper County Community Recreation Center

Dates	Days	Time	Title	Cost	Ages	Link to Register
05/14	We	6:30 pm - 8:00 pm	TeenWorks Financial Literacy	\$ 0.00		R09016_302

Registration Information

for Montgomery Parks AND Montgomery County Recreation

Ways to Register

Online

Click the Course # link next to each program in this guide to register for that program or visit

[ActiveMONTGOMERY.org](https://www.active-montgomery.org)

By Mail

Fill out and sign the registration form and mail it to:

ActiveMONTGOMERY

2425 Reddie Drive, 10th Floor.

Wheaton, MD 20902

In-person registration is currently suspended.

Use [ActiveMONTGOMERY.org](https://www.active-montgomery.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.

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 make revoke 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 Park 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.