

MONTGOMERY COUNTY

GUIDE



MONTGOMERY COUNTY
Recreation



SPRING 2015

RECREATION AND PARKS PROGRAMS

SKATING &
HOCKEY

TRIPS & TOURS

NATURE & HIKES

ZUMBA

GOLF

XCITING XTRAS

GARDENING

COOKING

TENNIS

SWIM LESSONS

⋮

and much more!





MONTGOMERY COUNTY
Recreation



COME OUT AND PLAY!

2015

Summer Camps

WE'RE LOCAL...

Our camps and programs are conveniently located throughout Montgomery County and we offer full and half day programs.

AND AFFORDABLE...

We have camps and programs to fit every budget. If you would like to make payments, we'll work out a payment plan with you.

OFFER PROGRAMS FOR A WIDE RANGE OF AGES...

We offer camps & programs for ages 2 to 18, & up to age 21 for Therapeutic Recreation Camps.

AND EVERY INTEREST...

If your child loves sports, rocketry, magic, art, horseback riding, swimming, dance, nature, stage acting, or has other interests, then we have the camp or program for your child.

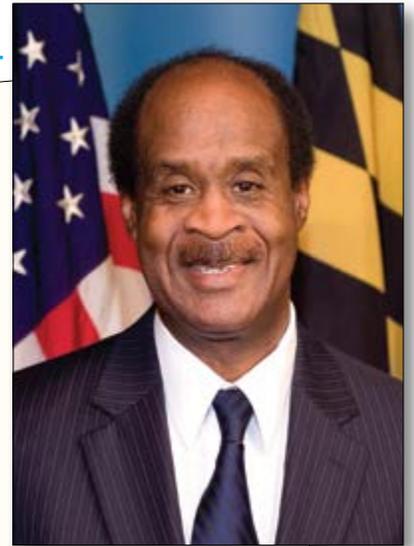
WITH CONVENIENT REGISTRATION

Register online with RecWeb, our 24/7 system which can be used from the comfort of your home or wherever you have access to the internet. With just a few clicks, your child is registered. Visit RecWeb.MontgomeryCountyMD.Gov.

FROM THE COUNTY EXECUTIVE



Spring 2015



Dear Montgomery County Resident:

With the promise of spring right around the corner, it's a good time to make plans for outdoor activities by taking advantage of the hundreds of recreation and leisure activities available in this issue of the Recreation and Parks Programs Guide. Whether discovering a new activity or continuing with a current class or program, you are sure to find something fun and interesting.

Aquatics, art, dance, fitness, senior programs, therapeutic recreation and travel are just a sampling of the many programs offered by the Recreation Department to help enhance the health and well-being of everyone in our community.

Whether you are new to our County or just looking to expand your circle of friends, recreation is a perfect way to meet people and stay connected. With 20 community recreation centers, five full-service senior centers, and four indoor aquatic facilities there is always a place that will welcome you and your family.

I would also like to remind families with school-aged children that summer day program registration is currently underway. Full- and half-day programs are available for all interests and ages. Early registration is encouraged, as many programs will fill quickly.

With so many choices, I am sure you will find an activity to help you stay active. I look forward to seeing you out and about this spring at one of our many facilities.

Sincerely,

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

Isiah Leggett,
County Executive

A look Inside...

Spring 2015
Recreation and Parks Programs



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

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Registration For
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The Maryland-National Capital Park and Planning Commission

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HABLAMOS ESPAÑOL

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



Individuals with disabilities are encouraged to register for programs offered by Montgomery County Recreation. To facilitate inclusion, you may request auxiliary aids or services. Interpreters, Braille or large print, or other accommodations should be requested prior to the start of summer programs. Early notification allows us time to put accommodations in place. If you are registering for a Montgomery County Recreation program (programs listed on pages 1 to 104), please contact a Therapeutic Recreation Specialist at 240-777-6870 or rec.mainstream@montgomerycountymd.gov. If you are registering for a Montgomery Parks program (listed on pages 105 to 155), please call Parks General Information at 301-495-2595.



Registration for many
Montgomery Parks
WINTER classes opens
February 14/15

For Ice & Tennis dates,
please see pg. 105

Montgomery Parks
The Maryland-National Capital Park and Planning Commission
9500 Brunett Ave., Silver Spring, MD 20901
301-495-2595 | www.MontgomeryParks.org



**Monday-Friday
3:00-6:00pm**

\$60/month



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

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

Grades K-8

391398 March
391423 April
391424 May
391425 June

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

Grades K-5

391401 March
391426 April
391427 May
391428 June

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

Grades K-5

391395 March
391420 April
391421 May
391422 June

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

Grades K-5

391404 March
391429 April
391430 May
391431 June

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

Grades K-5

391407 March
391432 April
391433 May
391434 June

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

Grades K-5

391413 March
391438 April
391439 May
391440 June

**Plum Gar Community
Recreation Center**
19561 Scenery Drive
Germantown, MD 20874

Grades K-5

391410 March
391435 April
391436 May
391437 June

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

Grades K-8

391416 March
391441 April
391442 May
391443 June

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

Grades K-5

391419 March
391444 April
391445 May
391446 June

*** East County, Long Branch and Mid-County Do Not Have Computer Access.
For more information, please contact the community centers listed above.
Visit montgomerycountymd.gov/rec to register.**



12 Ways to have Fun this **SPRING**

Explore the World * Invent the Future

at the Kid Museum at the Davis Library in Bethesda on Saturdays and Sundays. Come out and explore what you can make. See page 8.

It's Almost Magic What You Can do with Tools and Materials

when you take Abakadoodle Kids on Canvas for 6 to 11 year olds. Get the details on page 36.

This is the first time you'll want to get a "hot foot"

when you sign up for Dance Heels on Fire! Get an incredible dance workout on high heels and come back wanting more on page 40.

Never Got Around to Piano Lessons as a Kid... or Didn't Practice as You Should Have?

It's never too late with Group Piano Lessons for 18 and Up for all skill levels. All on page 43.

Get Into the "Spirit" of the New Season

when you enroll in the First Annual Spring Beer Fest!! The Top 10 Spring Beers will be matched with three hearty meals you will learn to cook and taste and bring the recipes home. Read more on page 46.

Vee Vant to Pump You Up!

No Hans and Franz, but even better, you can take Pump It! and tone, tighten and pump up the calorie burn. See page 47.

It's All About The Moves...

so why not try the new Zumba – Groove class? It's a fitness party that is fun, energetic and addictive. All on page 48.

Become a Body "Artist" of Your Large and Small Muscle Groups

with the new Body Sculpt with Step-n-Sweat exercise program that is an excellent companion to your cardio workout on page 51.

Youth Isn't Wasted on the Young

If you start with Youth Strength Training by Fit to Believe. This new addition to Youth Classes is designed for beginners ages 12 to 17 looking to learn the basics of safe resistance training. Check out page 53.

Get that "Kendo" Attitude

when you take this Kendo martial arts class. Explore the ancient samurai, their philosophy and values with this modern sword training using bamboo swords. Read more on page 60.

Get Your Little Kiddles Off to a Good Start!

See six pages full of exciting and varied Tiny Tots programs on pages 61 through 66.

Plan to SOAR this Spring with Senior Outdoor Adventures in Recreation!

Day trips are designed for the active, vigorous senior adult, age 55 and older. Lots of trips listed starting on page 92.



MONTGOMERY COUNTY
Recreation
montgomerycountymd.gov/rec

**GOOD HOPE COMMUNITY
RECREATION CENTER .C4**
14715 Good Hope Road | Silver Spring, MD 20905

Rain or Shine!



**COMMUNITY DAY &
Strawberry Festival**

10:00am-4:00pm

Saturday, May 16, 2015

**BULK STRAWBERRY SALES
DRINKS • HOT DOGS
FRESH STRAWBERRIES & ICE CREAM**

**Business Exhibits • Live Auction • Craft Vendors
Kids Games • FREE Face Painting • Entertainment**

Montgomery's Got Talent!

Prizes for 1st, 2nd, and 3rd Place! Do you have the talent it takes to win?

*Proceeds will go to C-4,
the Colesville Council of
Community Congregations.*

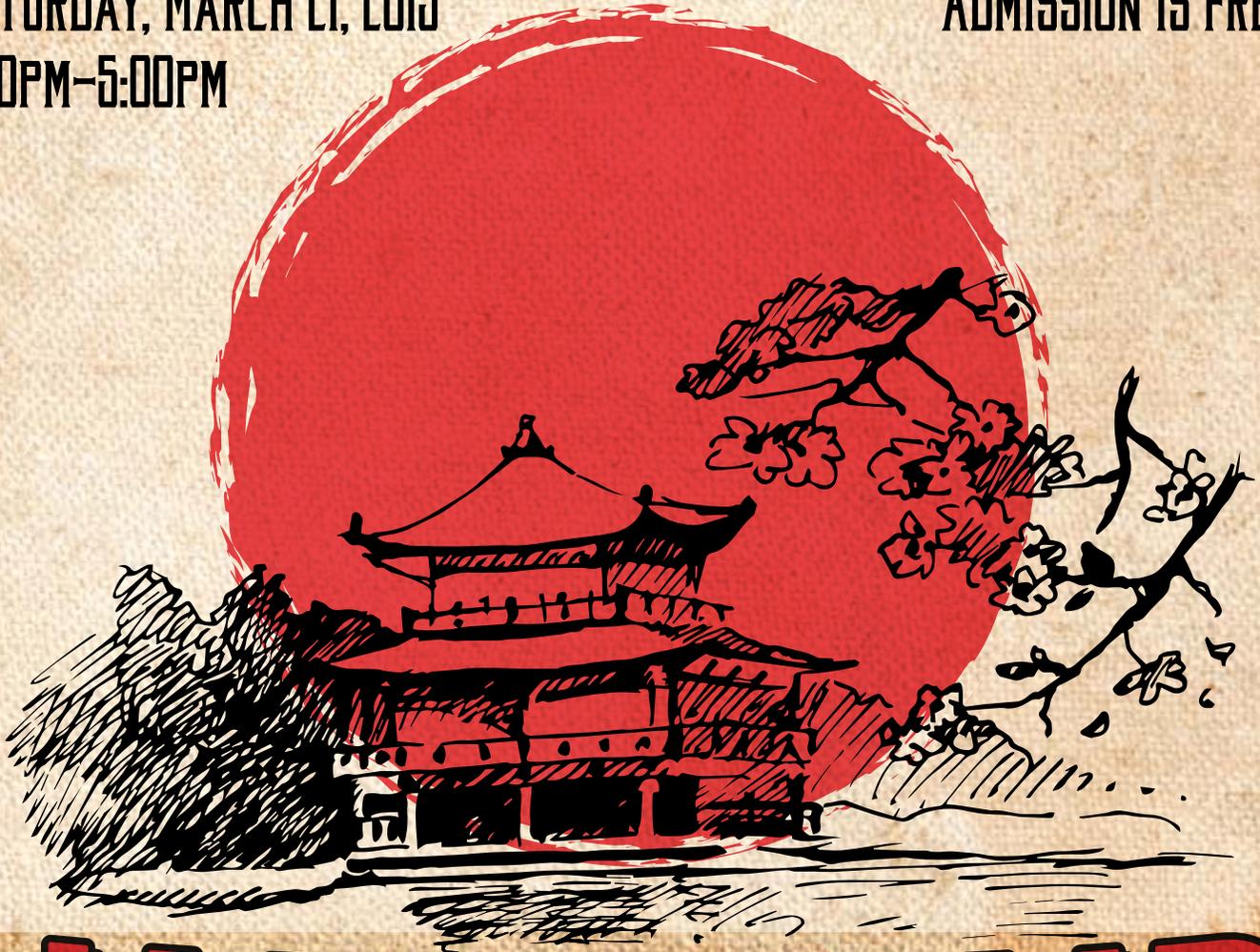
**Questions? Call Jack Sherman at 301-384-8071
For Business/Vendor Info, call Robin Riley at 240-777-6824**

CULTURAL DEMONSTRATION FEATURING PRESENTATIONS BY STUDENTS
FROM YOKOHAMA HAYATO HIGH SCHOOL FROM YOKOHAMA, JAPAN. HOSTED BY MCR AND SAKURA EDUCATIONAL EXCHANGE.

JAPANESE TEA CEREMONY ▪ ORIGAMI ▪ TRADITIONAL JAPANESE GAMES ▪ CALLIGRAPHY
MANGA ▪ ANIME ▪ CARD GAMES ▪ MARTIAL ARTS DEMOS ▪ TRADITIONAL JAPANESE DANCES

SATURDAY, MARCH 21, 2015
1:00PM-5:00PM

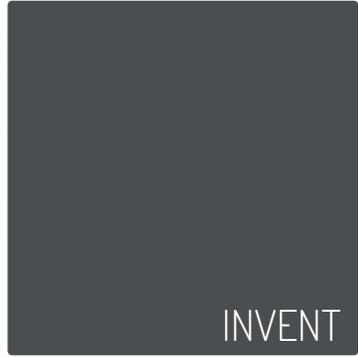
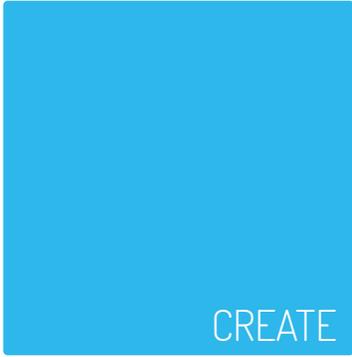
ADMISSION IS FREE!



JAPAN FAIR



BAUER DRIVE COMMUNITY RECREATION CENTER
14625 BAUER DRIVE | ROCKVILLE, MD 20853
240.777.6922 | MONTGOMERYCOUNTYMD.GOV/REC



KID MUSEUM AT DAVIS LIBRARY

Explore what you can make.

- Build Robots
- Create Flying Machines
- Design And Print 3D Objects
- Learn Game Design
- Create Animations
- Produce Electronic Music
- Play With Light And Video
- And Much More!

Weekly summer camps for grades 3-8!
After-school workshops available now!

Visit www.kid-museum.org or email info@kid-museum.org for more information.

Regular Museum Hours:
Saturdays and Sundays
 10:00 a.m. – 5:00 p.m.

General admission:
 \$8.00 per person
Annual memberships available

6400 Democracy Blvd. | Bethesda, MD 20817
 (301) 897-5437

info@kid-museum.org | www.kid-museum.org

EXPLORE THE WORLD  INVENT THE FUTURE

You're

INVITED!

When it's time for your little one's birthday party, and you simply HAVE to invite the entire class, where will you put all those high-energy tykes? Montgomery County Recreation can come to the rescue with convenient and inexpensive space at your closest community recreation center. Montgomery County Recreation party venue rentals are just a phone call or a click away.



240-777-4980
MONTGOMERYCOUNTYMD.GOV/REC

Just for the

JAPAN FAIR

Saturday, March 21, 2015 • 1:00pm-5:00pm

Admission is free!

14625 Bauer Drive | Rockville, MD 20853
240.777.6922 | montgomerycountymd.gov/rec

Recreation is accepting team entries for Adult Softball Leagues through March 26. Divisions are offered for men's, and co-ed teams. Regular-season play begins the week of April 20.

Adult Softball Leagues

For more information or to register, call Pat Sullivan for Men's Softball at 240-777-6893.

Longbranch Senior Center

Thursday, April 23 • 11:00am-1:00pm

Whether as a male or female model or an audience member, you won't want to miss it. Reserve your space at the reception desk, or call 240 777 6975. Free!

Classy Sassy Fashion Show !!!

Good Hope Community Recreation Center • C4

COMMUNITY DAY & Strawberry Festival

10:00am-4:00pm

Saturday, May 16, 2015

Bulk Strawberry Sales
Drinks • Hot Dogs • Ice Cream
Fresh Strawberries

LONG BRANCH UNITY FESTIVAL & BASKETBALL GAME

Saturday, May 2

Festival: 10:00am-4:00pm

The Annual Celebrity Basketball Game Begins at 2:30pm

Fun-filled free family event.

Cultural performers, singers, information booths, food vendors from all cultures, children's entertainment, music.

RECORD

THERAPEUTIC RECREATION DANCES & EVENTS

THERAPEUTIC RECREATION TEEN CENTER

First Friday of the month: 4/3, 5/1, 6/5 • 7:00pm-9:00pm
Wheaton Community Recreation Center

Middle school and high school students with disabilities. Music, gym games, crafts, and more! Refreshments served. One staff to five participants. \$5.00.

SPRING FLING DANCE

Saturday, April 25, 2015 • 7:00pm-10:00pm
Holiday Park Senior Center • Course #401084

Party lights and flowers decorate the center for our spring semi-formal dance.

DAMASCUS ART GALLERY SHOW

Damascus Community Recreation Center
Saturday, May 16 • 10:00am-3:00pm

Come, dress up or not, and join us for an Art Gallery Show featuring commissioned artist David Terrar's 50 paintings of Damascus and various other artists' work.

SPRING ADULT BASKETBALL LEAGUES

Registration will be accepted February 26 through March 26. Leagues are offered for men's, and 55+ senior's starting the week of April 12 and continues through the end of May. For more info, call Pat Sullivan at 240-777-6893

MIRACLE LEAGUE FREE CLINIC DAYS

April 16 & 23 • 6:00 pm-7:30 pm

Course code: #406945

Ages: 4-15

Miracle League Field at South Germantown Recreation Park



Aquatics

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

INDOOR POOLS

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

*Closed For Swim Meets:
February 21-22 • 2015*

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

*Closed For Swim Meets:
February 7, 14-15 • 2015
May 1-3 • 2015*

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

*Closed For Swim Meets:
March 21-22 • 2015*

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

*Closed For Swim Meets:
February 4-7, 12-15 • 2015
March 27-29 • 2015*

Family Recreational Swims

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

Swimming Instruction

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

Rentals-Parties!

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

Website Info

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

WATER FITNESS CLASSES

Water Exercise, Deep Water Running, Water Aerobics, Arthritis Exercise, Abs & Glutes, and Body Sculpting classes are offered at each indoor pool. For course descriptions, dates, days and times see below.

- The program fee covers only the class and locker room use. If you wish to use the facility before or after class you must pay the admission fee.
- No swimming experience is necessary. For Deep Water Running, must be comfortable in deep water.
- Both men and women of all ages are welcome.
- Physician release form is required if you are pregnant.
- Physician consultation is recommended prior to participation in any exercise program.
- MCR does not schedule make-up classes. Please speak to instructors for possible times. Withdrawal policies are listed on page 168.

Instructors:

Wellness Network: Linda Costello 301-924-3488 wellnet1@aol.com
 H2O Fitness: Peggy Brower 301-603-1328 browsers4@aol.com

No Classes April 4-10

Aqua YO-Lates

AQUA YO-Lates blends both yoga and pilates exercises together giving you the best of both worlds. The gentle movement sequences will improve ROM (range of motion) and help strengthen the whole body.

9 Sessions \$48
 Instructor: Peggy Brower
 404256 MLK Swm Ctr 3/20 F 10:00am-10:50am

Aqua Mommy

Designed for moms who stay at home. Mom will get a gentle workout while the child gets used to the water and exercises with mom. Everyone makes new friends and gets some exercise. Child must be at least 6 months old. Your child will be in the class with you. A great class for Pre-Natal Moms.

9 Sessions \$59
 Instructor: Peggy Brower
 404254 MLK Swm Ctr 3/16 M 10:30am-11:20am
 404255 MLK Swm Ctr 3/18 W 10:30am-11:20am
 404253 Germantown ISC 3/20 F 10:30am-11:20am

Abs, Glutes & More

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

9 Sessions \$48
 Instructor: Peggy Brower
 404236 MLK Swm Ctr 3/16 M 10:00am-10:50am
 404238 Kennedy Shriver Aq Ctr 3/17 Tu 9:00am-9:50am
 404237 MLK Swm Ctr 3/18 W 10:00am-10:50am
 404239 Kennedy Shriver Aq Ctr 3/19 Th 9:00am-9:50am

Aqua Cardio Challenge

This CO-ED class offers a vigorous workout giving you the cardio challenge you want. It meets in the shallow end of the pool where the water will be churning. It is a power packed class where you will build muscle, endurance and stamina.

8 Sessions \$42
 Instructor: Peggy Brower
 404240 MLK Swm Ctr 3/22 Su 5:00pm-6:00pm

9 Sessions \$48
 Instructor: Peggy Brower
 405176 MLK Swm Ctr 3/20 F 9:00am-9:50am
 Instructor: Network, Inc Wellness
 404241 Olney Swm Ctr 3/17 Tu 7:00pm-7:50pm

Aqua Cardio Dance

A Latin-based workout that integrates dance and exercise! Aqua Dance adds all of the benefits of aquatic exercise to these popular high-energy dance workouts. No dance background necessary-just a willingness to move and have fun. The workout is a PARTY, come join the fun!

8 Sessions \$42
 Instructor: Peggy Brower
 404247 Kennedy Shriver Aq Ctr 3/20 F 1:00pm-1:50pm
 Instructor: Network, Inc Wellness
 404244 Olney Swm Ctr 3/15 Su 9:00am-9:50am

9 Sessions \$48
 Instructor: Peggy Brower
 404242 Germantown ISC 3/16 M 9:30am-10:20am
 404248 MLK Swm Ctr 3/17 Tu 9:30am-10:20am
 404250 Germantown ISC 3/17 Tu 7:40pm-8:30pm
 404249 MLK Swm Ctr 3/19 Th 9:30am-10:20am
 404251 Germantown ISC 3/19 Th 7:40pm-8:30pm
 404243 MLK Swm Ctr 3/20 F 7:00pm-7:50pm
 Instructor: Network, Inc Wellness
 404246 Olney Swm Ctr 3/16 M 8:00pm-8:50pm
 404380 Olney Swm Ctr 3/16 M 1:30pm-2:20pm
 404245 Olney Swm Ctr 3/18 W 8:00pm-8:50pm



Check Out Our Land Fitness Classes Too!

Held at Aquatic Facilities

Body Sculpting pg. 51 | Pilates pg. 53 | Zumba pg. 48



Deep Water Running & Exercise

Ideal cardiovascular exercise with no weight bearing stress. Beneficial for crosstraining and/or rehabilitating persons requiring the cushioning of deep water. Deep Water belt is required and may be purchased at the pool for \$20.

8 Sessions				\$42
Instructor:Peggy Brower				
404291	Germantown ISC	3/14	Sa	9:30am-10:20am
404268	Kennedy Shriver Aq Ctr	3/20	F	8:30am-9:20am
404264	MLK Swm Ctr	3/21	Sa	9:00am-9:50am
Instructor:Network, Inc Wellness				
404277	Olney Swm Ctr	3/14	Sa	9:00am-9:50am
9 Sessions				\$48
Instructor:Peggy Brower				
404263	MLK Swm Ctr	3/16	M	1:00pm-1:50pm
404290	Germantown ISC	3/16	M	10:30am-11:20am
404266	MLK Swm Ctr	3/17	Tu	7:30am-8:20am
404269	Kennedy Shriver Aq Ctr	3/17	Tu	10:00am-10:50am
404259	MLK Swm Ctr	3/18	W	1:00pm-1:50pm
404289	Germantown ISC	3/18	W	10:30am-11:20am
404262	MLK Swm Ctr	3/19	Th	7:30am-8:20am
404270	Kennedy Shriver Aq Ctr	3/19	Th	10:00am-10:50am
404265	MLK Swm Ctr	3/20	F	11:00am-11:50am
Instructor:Network, Inc Wellness				
404273	Kennedy Shriver Aq Ctr	3/16	M	8:30am-9:20am
404280	Olney Swm Ctr	3/16	M	7:00pm-7:50pm
404285	Germantown ISC	3/16	M	7:40pm-8:30pm
404260	MLK Swm Ctr	3/17	Tu	7:00pm-7:50pm
404271	Kennedy Shriver Aq Ctr	3/17	Tu	7:30pm-8:20pm
404274	Olney Swm Ctr	3/17	Tu	8:30am-9:20am
404278	Olney Swm Ctr	3/17	Tu	10:30am-11:20am
404284	Olney Swm Ctr	3/17	Tu	8:00pm-8:50pm
404287	Germantown ISC	3/17	Tu	9:30am-10:20am
404267	Kennedy Shriver Aq Ctr	3/18	W	8:30am-9:20am
404281	Olney Swm Ctr	3/18	W	7:00pm-7:50pm
404282	Olney Swm Ctr	3/18	W	1:30pm-2:20pm
404286	Germantown ISC	3/18	W	8:30pm-9:20pm
404261	MLK Swm Ctr	3/19	Th	7:00pm-7:50pm
404272	Kennedy Shriver Aq Ctr	3/19	Th	7:30pm-8:20pm
404275	Olney Swm Ctr	3/19	Th	8:00pm-8:50pm
404276	Olney Swm Ctr	3/19	Th	8:30am-9:20am
404279	Olney Swm Ctr	3/19	Th	10:30am-11:20am
404288	Germantown ISC	3/19	Th	9:30am-10:20am
404283	Olney Swm Ctr	3/20	F	6:00pm-6:50pm

Water Aerobics

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

8 Sessions				\$42
Instructor:Network, Inc Wellness				
404346	Kennedy Shriver Aq Ctr	3/20	F	9:30am-10:20am
9 Sessions				\$48
Instructor:Network, Inc Wellness				
404347	Kennedy Shriver Aq Ctr	3/16	M	9:30am-10:20am
404352	Germantown ISC	3/16	M	8:30pm-9:20pm
404343	MLK Swm Ctr	3/17	Tu	8:00pm-8:50pm
404349	Olney Swm Ctr	3/17	Tu	9:30am-10:20am
404345	Kennedy Shriver Aq Ctr	3/18	W	9:30am-10:20am
404351	Germantown ISC	3/18	W	7:40pm-8:30pm
404344	MLK Swm Ctr	3/19	Th	8:00pm-8:50pm
404348	Olney Swm Ctr	3/19	Th	7:00pm-7:50pm
404350	Olney Swm Ctr	3/19	Th	9:30am-10:20am

Water Boot Camp

Are you ready for an X-Treme Workout? Water Boot Camp is a high intensity workout like no other. This class utilizes both traditional water aerobics moves along with modified plyometrics, interval training, running and jumping drills. A great way to burn lots of calories efficiently because your work your entire body, heart and muscles by going from one exercise to another. Enlist today and experience this top notch, effective workout. You might even sweat in the water! All ages and physical levels are welcome. Offered in either shallow water or deep water (belt required).

8 Sessions				\$42
Instructor:Peggy Brower				
405012	MLK Swm Ctr	3/21	Sa	7:00pm-7:50pm
9 Sessions				\$48
Instructor:Peggy Brower				
405013	MLK Swm Ctr	3/20	F	7:00am-7:50am
Instructor:Network, Inc Wellness				
404354	Germantown ISC	3/17	Tu	10:30am-11:20am
404355	Germantown ISC	3/19	Th	10:30am-11:20am
404353	Olney Swm Ctr	3/20	F	1:30pm-2:20pm

Water Exercise for Arthritis

Specially modified class for those who have arthritis and who cannot participate in regular exercise classes.

8 Sessions				\$42
Instructor:Network, Inc Wellness				
404376	Kennedy Shriver Aq Ctr	3/20	F	11:00am-11:50am
9 Sessions				\$48
Instructor:Network, Inc Wellness				
404374	Kennedy Shriver Aq Ctr	3/16	M	11:00am-11:50am
404377	Olney Swm Ctr	3/16	M	10:00am-10:50am
404372	MLK Swm Ctr	3/17	Tu	10:30am-11:20am
404375	Kennedy Shriver Aq Ctr	3/18	W	11:00am-11:50am
404378	Olney Swm Ctr	3/18	W	10:00am-10:50am
404373	MLK Swm Ctr	3/19	Th	10:30am-11:20am
404379	Olney Swm Ctr	3/20	F	10:00am-10:50am

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.

9 Sessions				\$48
Instructor:Peggy Brower				
404358	MLK Swm Ctr	3/16	M	9:00am-9:50am
404365	Kennedy Shriver Aq Ctr	3/16	M	8:30pm-9:20pm
404366	Kennedy Shriver Aq Ctr	3/17	Tu	11:30am-12:20pm
404359	MLK Swm Ctr	3/18	W	9:00am-9:50am
404361	Germantown ISC	3/18	W	9:30am-10:20am
404367	Kennedy Shriver Aq Ctr	3/18	W	8:30pm-9:20pm
404368	Kennedy Shriver Aq Ctr	3/19	Th	11:30am-12:20pm
404362	Germantown ISC	3/20	F	9:30am-10:20am
Instructor:Network, Inc Wellness				
404371	Olney Swm Ctr	3/16	M	9:00am-9:50am
404369	Olney Swm Ctr	3/18	W	9:00am-9:50am
404370	Olney Swm Ctr	3/20	F	9:00am-9:50am

DIVING

Montgomery Dive Club (MDC) offers professional instruction in the olympic sport of diving at GISC, MLK, KSAC, and OSC. Divers prepare to compete in local and national level meets.

An introductory level tower diving program is available at MLK while a full tower training program will be offered at Germantown ISC and KSAC. Additional fees will be charged for insurance and team meet fees. For further information, visit montgomerydiveclub.org or email mcdbeavers@gmail.com.

All SPRINGS participants must pay a \$15.00 fee per session. To complete registration, email mcdbeavers@gmail.com.

Diving National Team

Montgomery Dive Club has long been recognized as a consistent producer of nationally and internationally competitive divers. Admission into the MDC National Training Programs requires the permission of the Program Director. This is a year-round program focused on the highest levels of personal and team achievement. Practices are offered at 3x, 4x, or 5x per week with costs at \$400, \$500, or \$600.00 per session. Additional fees include \$300.00 to the club as an annual family membership fee.

Diving High School

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 Metro, Regional and State Championship Meets. Primary focus is on 1-meter springboard, but other equipment is used to build skills.

\$260

Instructor: Doug Beavers

405179	MLK Swm Ctr	3/13	F	7:00pm-8:30pm
405177	Kennedy Shriver Aq Ctr	3/9	M	8:00pm-9:30pm
405181	Germantown ISC	3/11	W	8:30pm-10:00pm
405178	Kennedy Shriver Aq Ctr	3/12	Th	8:00pm-9:30pm
405180	Germantown ISC	3/9	M	8:30pm-10:00pm

Diving Masters

It's never too late to learn to dive! For adults who want to see what it's all about, or for former competitive divers who aren't ready to hang up the speedo, join the Rusty Springs!

\$260

Instructor: Doug Beavers

404297	Kennedy Shriver Aq Ctr	3/9	M	8:00pm-9:30pm
404298	Kennedy Shriver Aq Ctr	3/12	Th	8:00pm-9:30pm

Diving Springs Team Homeschool Edition

These 90-minute classes are great for kids with experience in summer diving, trampoline, gymnastics or dance. This is also the correct class for kids age 10 and older who are comfortable in deep water, motivated to learn about the sport of diving, and who would otherwise feel uncomfortable in a Lesson class with kids. To complete registration, email mcdbeavers@gmail.com.

\$260

Instructor: Doug Beavers

404341	MLK Swm Ctr	3/13	F	11:30am-1:00pm
404339	MLK Swm Ctr	3/9	M	11:30am-1:00pm
404340	MLK Swm Ctr	3/11	W	11:30am-1:00pm

Diving Springs Team (Open)

This is where the majority of our divers sign up. These 90-minute classes are great for kids with some experience in summer diving, trampoline, gymnastics or dance. This is also the correct class for kids age 10 and older who are comfortable in deep water, motivated to learn about the diving, and who would otherwise feel uncomfortable in a Lesson class with little kids.

\$260

Instructor: Doug Beavers

404323	Kennedy Shriver Aq Ctr	3/13	F	5:00pm-6:30pm
404327	Kennedy Shriver Aq Ctr	3/13	F	6:30pm-8:00pm
404337	Germantown ISC	3/13	F	4:00pm-5:30pm
404338	Germantown ISC	3/13	F	5:30pm-7:00pm
404328	MLK Swm Ctr	3/14	Sa	7:00pm-8:30pm
404320	Kennedy Shriver Aq Ctr	3/15	Su	8:30am-10:00am
404332	MLK Swm Ctr	3/15	Su	9:00am-10:30am
404317	Kennedy Shriver Aq Ctr	3/9	M	6:30pm-8:00pm
404329	Olney Swm Ctr	3/9	M	5:45pm-7:15pm
404333	Germantown ISC	3/9	M	5:30pm-7:00pm
404318	Kennedy Shriver Aq Ctr	3/10	Tu	6:00pm-7:30pm
404319	Kennedy Shriver Aq Ctr	3/10	Tu	4:30pm-6:00pm
404321	Germantown ISC	3/10	Tu	5:30pm-7:00pm
404324	MLK Swm Ctr	3/10	Tu	5:45pm-7:15pm
404326	Kennedy Shriver Aq Ctr	3/11	W	5:00pm-6:30pm
404330	Olney Swm Ctr	3/11	W	5:45pm-7:15pm
404334	Germantown ISC	3/11	W	5:30pm-7:00pm
404335	Kennedy Shriver Aq Ctr	3/11	W	6:30pm-8:00pm
404322	Kennedy Shriver Aq Ctr	3/12	Th	6:00pm-7:30pm
404325	MLK Swm Ctr	3/12	Th	5:45pm-7:15pm
404331	Kennedy Shriver Aq Ctr	3/12	Th	4:30pm-6:00pm
404336	Germantown ISC	3/12	Th	5:30pm-7:00pm
404315	Germantown ISC	3/9	M	4:00pm-5:30pm
404316	Kennedy Shriver Aq Ctr	3/9	M	5:00pm-6:30pm

Diving Springs Lessons

This 45 minute class is designed for absolute beginners, kids age 5-11, or kids who might benefit from a shorter class format. Most participants are age 6-10. Participants must be comfortable in deep water and able to dive in head first.

To complete registration, email mcdbeavers@gmail.com.

\$135

Instructor: Doug Beavers

404314	Kennedy Shriver Aq Ctr	3/13	F	4:15pm-5:00pm
404307	Olney Swm Ctr	3/9	M	5:00pm-5:45pm
404312	Kennedy Shriver Aq Ctr	3/9	M	4:15pm-5:00pm
404306	Germantown ISC	3/10	Tu	4:45pm-5:30pm
404308	Olney Swm Ctr	3/11	W	5:00pm-5:45pm
404313	Kennedy Shriver Aq Ctr	3/11	W	4:15pm-5:00pm
404310	Germantown ISC	3/12	Th	4:45pm-5:30pm
404309	MLK Swm Ctr	3/15	Su	10:30am-11:15am
404311	MLK Swm Ctr	3/15	Su	11:15am-12:00pm



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County
Recreation
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MASTERS SWIMMING

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

398755	1 day per week	12/28-4/18	\$100
398756	2 days per week	12/28-4/18	\$150
398757	3 days per week	12/28-4/18	\$190
398758	4 days per week	12/28-4/18	\$225
398759	5 days per week	12/28-4/18	\$260

SCUBA

Scuba training includes lectures and swimming pool sessions covering safe snorkeling and SCUBA diving techniques. Use of all SCUBA equipment is included in the course fee. Personal equipment (mask, snorkel, fins) will be provided by each student by the second class. Please bring a swim suit and towel to the first session for the swim evaluation. Comfort in the water must be demonstrated. Successful completion of the course, the exam, and the 'checkout dives' will earn the student a NAUI SCUBA Diver certification card. Additional fees apply, to be discussed at the first class session. Please contact the instructor for more information. For Germantown and Olney, contact Scott at 301-610-4988 or Training@scubaadventure.org. For MLK (Silver Spring) contact Joe at 301-873-4327 or diveeatsleep@yahoo.com.

8 Sessions			\$250
Instructor: Scott Hagedorn			
397433	Olney Swm Ctr	4/13 M	7:00pm-10:00pm
397434	Germantown ISC	4/14 Tu	7:00pm-10:00pm
Instructor: Joseph Lodmell			
397432	MLK Swm Ctr	4/1 W	7:00pm-10:00pm

Practice Schedule

GISC	M, W, F	6:30am-7:30am
	Tu, Th	8:30pm-10:00pm
KSAC	Tu, Th	8:30pm-10:00pm
	F	8:30pm-9:30pm
	Su	8:00am-10:00am
OSC	Tu, Th	8:30pm-10:00pm
	Sa	7:30am-9:00am
MLK	M, W	8:30pm-10:00pm

DEVELOPMENTAL SWIM TRAINING

These programs help to provide a transition between swim lessons and swim team participation. They also provide a year-round program for the Winter swim team member.

SwiMontgomery

A developmental program for kids 12 & under who have an interest in competitive swimming and want to build a foundation of related skills. At the Olney Swim Center, all participants and parents should attend the first class at 7:00pm. Students will be evaluated and assigned groups and start times. The group times at Olney are 7:00-7:45 pm or 7:45-8:30 pm.

\$210			
Instructor: Clinics MSTC			
403326	MLK Swm Ctr	3/16 M, W	7:00pm-7:50pm
403324	Germantown ISC	3/24 Tu, Th	7:30pm-8:20pm
403325	Kennedy Shriver Aq Ctr	3/24 Tu, Th	7:30pm-8:20pm
22 Sessions			\$210
Instructor: Clinics MSTC			
403323	Olney Swm Ctr	3/2 M, W	7:00pm-8:20pm



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INDIVIDUAL PROGRESS
TEAM UNITY

NATIONALLY RECOGNIZED
5 PRACTICE SITES

Rockville, Silver Spring, Bethesda, Olney, and Germantown



SAFETY TRAINING

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

LIFEGUARD TRAINING **\$195**

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

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



Germantown Indoor Swim Center

Session	Date	Begins	End
LGT 4: Course 390360 April 2015 (MCPS Spring Break)			
Pre-Course	Wednesday, Apr. 1	7:00pm	9:00pm
Session 1	Friday, Apr. 3	1:00pm	4:00pm
Session 2	Friday, Apr. 3	5:00pm	8:00pm
Session 3	Saturday, Apr. 4	1:00pm	4:00pm
Session 4	Saturday, Apr. 4	5:00pm	8:00pm
Session 5	Monday, Apr. 6	1:00pm	4:00pm
Session 6	Tuesday, Apr. 7	1:00pm	4:00pm
Session 7	Wednesday, Apr. 8	1:00pm	4:00pm
Session 8	Wednesday, Apr. 8	5:00pm	8:00pm
Session 9	Thursday, Apr. 9	1:00pm	4:00pm
LGT 5: Course 390361 April 2015			
Pre-Course	Wednesday, Apr. 15	7:00pm	9:00pm
Session 1	Sunday, Apr. 19	9:30am	12:30pm
Session 2	Sunday, Apr. 19	1:00pm	4:00pm
Session 3	Wednesday, Apr. 22	6:30pm	9:30pm
Session 4	Sunday, Apr. 26	9:30am	12:30pm
Session 5	Sunday, Apr. 26	1:00pm	4:00pm
Session 6	Wednesday, Apr. 29	6:30pm	9:30pm
Session 7	Sunday, May 3	9:30am	12:30pm
Session 8	Sunday, May 3	1:00pm	4:00pm
Session 9	Wednesday, May 6	6:30pm	9:30pm
LGT 6: Course 390362 June 2015			
Pre-Course	Wednesday, June 10	7:00pm	9:00pm
Session 1	Sunday, June 14	9:30am	12:30pm
Session 2	Sunday, June 14	1:00pm	4:00pm
Session 3	Monday, June 15	1:00pm	4:00pm
Session 4	Monday, June 15	5:00pm	8:00pm
Session 5	Tuesday, June 16	1:00pm	4:00pm
Session 6	Tuesday, June 16	5:00pm	8:00pm
Session 7	Wednesday, June 17	1:00pm	4:00pm
Session 8	Wednesday, June 17	5:00pm	8:00pm
Session 9	Thursday, June 18	5:00pm	8:00pm

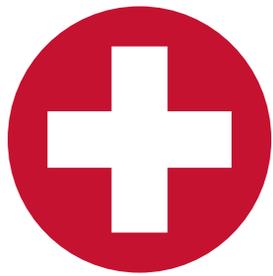
Martin Luther King, Jr. Swim Center

Session	Date	Begins	Ends
LGT 4: Course 388502 March 2015			
Pre-course	Thursday, Mar 5	7:30pm	10:00pm
Session 1	Saturday, Mar 7	9:00am	12:30pm
Session 2	Saturday, Mar 7	1:00pm	4:00pm
Session 3	Monday, Mar 9	6:00pm	9:30pm
Session 4	Thursday, Mar 12	6:00pm	9:30pm
Session 5	Saturday, Mar 14	9:00am	12:30pm
Session 6	Saturday, Mar 14	1:00pm	4:00pm
Session 7	Monday, Mar 16	6:00pm	9:30pm
Session 8	Thursday, Mar 19	6:00pm	9:30pm
Session 9	Saturday, Mar 21	9:00am	1:00pm
LGT 5: Course 388501 April 2015 (MCPS Spring Break)			
Pre-course	Friday, Apr 2	7:30pm	10:00pm
Session 1	Monday, Apr 6	9:00am	12:30pm
Session 2	Monday, Apr 6	1:00pm	4:00pm
Session 3	Tuesday, Apr 7	9:00am	12:30pm
Session 4	Tuesday, Apr 7	1:00pm	4:00pm
Session 5	Wednesday, Apr 8	9:00am	12:30pm
Session 6	Wednesday, Apr 8	1:00pm	4:00pm
Session 7	Thursday, Apr 9	9:00am	12:30pm
Session 8	Thursday, Apr 9	1:00pm	4:00pm
Session 9	Friday, Apr 10	9:00am	4:00pm
LGT 6: Course 388503 May/June 2015			
Pre-course	Thursday, May 28	7:30pm	10:00pm
Session 1	Saturday, May 30	9:00am	12:30pm
Session 2	Saturday, May 30	1:00pm	4:00pm
Session 3	Sunday, May 31	9:00am	12:30pm
Session 4	Sunday, May 31	1:00pm	4:00pm
Session 5	Monday, Jun 1	6:00pm	9:30pm
Session 6	Thursday, Jun 4	6:00pm	9:30pm
Session 7	Saturday, Jun 6	9:00am	12:30pm
Session 8	Saturday, Jun 6	1:00pm	4:00pm
Session 9	Sunday, Jun 7	9:00am	1:00pm

BE A HERO!

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





LIFEGUARD

Kennedy Shriver Aquatic Center

Session	Date	Begins	Ends
LGT 4: Course 382220 Feb. / Mar. 2015			
Pre-Course	Friday, Feb. 27	7:00pm	9:00pm
Session 1	Sunday, Mar. 1	9:00am	12:00pm
Session 2	Sunday, Mar. 1	1:00pm	5:00pm
Session 3	Wednesday, Mar. 4	6:30pm	9:30pm
Session 4	Friday, Mar. 6	6:30pm	9:30pm
Session 5	Sunday, Mar. 8	9:00am	12:00pm
Session 6	Sunday, Mar. 8	1:00pm	5:00pm
Session 7	Wednesday, Mar. 11	6:30pm	9:30pm
Session 8	Sunday, Mar. 15	9:00am	12:00pm
Session 9	Sunday, Mar. 15	1:00pm	5:00pm

LGT 5: Course 382221 April 2015 (MCPS Spring Break)			
Pre-Course	Friday, Apr. 3	7:00pm	9:00pm
Session 1	Monday, Apr. 6	8:00am	12:00pm
Session 2	Monday, Apr. 6	1:00pm	4:00pm
Session 3	Tuesday, Apr. 7	8:00am	12:00pm
Session 4	Tuesday, Apr. 7	1:00pm	4:00pm
Session 5	Wednesday, Apr. 8	8:00am	12:00pm
Session 6	Wednesday, Apr. 8	1:00pm	4:00pm
Session 7	Thursday, Apr. 9	8:00am	12:00pm
Session 8	Thursday, Apr. 9	1:00pm	4:00pm
Session 9	Friday, Apr. 10	8:00am	12:00pm

LGT 6: Course 382223 April 2015			
Pre-Course	Friday, Apr. 3	7:00pm	9:00pm
Session 1	Monday, Apr. 6	4:30pm	9:30pm
Session 2	Tuesday, Apr. 7	4:30pm	9:30pm
Session 3	Wednesday, Apr. 8	4:30pm	9:30pm
Session 4	Thursday, Apr. 9	4:30pm	9:30pm
Session 5	Friday, Apr. 10	12:30pm	5:30pm
Session 6	Saturday, Apr. 11	8:00am	12:00pm
Session 7	Saturday, Apr. 11	1:00pm	5:00pm
Session 8	Sunday, Apr. 12	1:00pm	5:00pm
Session	Date	Begins	End

LGT 7: Course 382219 June 2015			
Pre-Course	Thursday, Jun. 18	7:00pm	9:00pm
Session 1	Friday, Jun. 19	9:00am	12:00pm
Session 2	Friday, Jun. 19	1:00pm	5:00pm
Session 3	Monday, Jun. 22	9:00am	12:00pm
Session 4	Monday, Jun. 22	1:00pm	5:00pm
Session 5	Tuesday, Jun. 23	9:00am	12:00pm
Session 6	Tuesday, Jun. 23	1:00pm	5:00pm
Session 7	Wednesday, Jun. 24	9:00am	12:00pm
Session 8	Wednesday, Jun. 24	1:00pm	5:00pm
Session 9	Friday, Jun. 26	9:00am	12:00pm

Olney Swim Center

Session	Date	Begins	Ends
LGT 4: Course 390407 March 2015			
Pre-course	Sunday, Mar. 1	1:30pm	3:30pm
Session 1	Wednesday, Mar. 4	6:30pm	10:00pm
Session 2	Saturday, Mar. 7	9:00am	12:30pm
Session 3	Saturday, Mar. 7	1:00pm	5:00pm
Session 4	Wednesday, Mar. 11	6:30pm	10:00pm
Session 5	Saturday, Mar. 14	9:00am	12:30pm
Session 6	Saturday, Mar. 14	1:00pm	5:00pm
Session 7	Wednesday, Mar. 18	6:30pm	10:00pm
Session 8	Wednesday, Mar. 25	6:30pm	10:00pm
Session 9	Saturday, Mar. 28	9:00am	12:30pm
Session 10	Saturday, Mar. 28	1:00pm	5:00pm

Session	Date	Begins	Ends
LGT 5: Course 388852 April 2015 (MCPS Spring Break)			
Pre-course	Wednesday, Apr. 1	7:00pm	9:30pm
Session 1	Monday, Apr. 6	9:00am	12:30pm
Session 2	Monday, Apr. 6	1:00pm	5:00pm
Session 3	Tuesday Apr. 7	9:00am	12:30pm
Session 4	Tuesday Apr. 7	1:00pm	5:00pm
Session 5	Wednesday, Apr. 8	9:00am	12:30pm
Session 6	Wednesday, Apr. 8	1:00pm	5:00pm
Session 7	Thursday Apr. 9	9:00am	12:30pm
Session 8	Thursday Apr. 9	1:00pm	5:00pm
Session 9	Friday, Apr. 10	9:00am	12:30pm
Session 10	Friday, Apr. 10	1:00pm	5:00pm

LGT 6: Course 389048 April 2015			
Pre-course	Sunday, Apr. 12	1:30pm	3:30pm
Session 1	Wednesday, Apr. 15	6:30pm	10:00pm
Session 2	Saturday, Apr. 18	9:00am	12:30pm
Session 3	Saturday, Apr. 18	1:00pm	5:00pm
Session 4	Sunday, Apr. 19	9:00am	12:30pm
Session 5	Sunday, Apr. 19	1:00pm	5:00pm
Session 6	Wednesday, Apr. 22	6:30pm	10:00pm
Session 7	Saturday, Apr. 25	9:00am	12:30pm
Session 8	Saturday, Apr. 25	1:00pm	5:00pm
Session 9	Sunday, Apr. 26	9:00am	12:30pm
Session 10	Sunday, Apr. 26	1:00pm	5:00pm

LGT 7: Course 388853 June 2015			
Pre-course	Saturday, June 6	3:30pm	5:30pm
Session 1	Saturday, June 13	9:00am	12:30pm
Session 2	Saturday, June 13	1:00pm	5:00pm
Session 3	Sunday, June 14	12:00pm	3:30pm
Session 4	Sunday, June 14	4:00pm	8:00pm
Session 5	Saturday, June 20	9:00am	12:30pm
Session 6	Saturday, June 20	1:00pm	5:00pm
Session 7	Saturday, June 27	9:00am	12:30pm
Session 8	Saturday, June 27	1:00pm	5:00pm
Session 9	Sunday, June 28	12:00pm	3:30pm
Session 10	Sunday, June 28	4:00pm	8:00pm

LGT 8: Course 389049 June 2015			
Pre-course	Sunday, June 7	1:30pm	3:30pm
Session 1	Monday, June 15	8:00am	12:00pm
Session 2	Monday, June 15	12:30pm	4:00pm
Session 3	Tuesday, June 16	8:00am	12:00pm
Session 4	Tuesday, June 16	12:30pm	4:00pm
Session 5	Wednesday, June 17	8:00am	12:00pm
Session 6	Wednesday, June 17	12:30pm	4:00pm
Session 7	Thursday, June 18	8:00am	12:00pm
Session 8	Thursday, June 18	12:30pm	4:00pm
Session 9	Friday, June 19	8:00am	12:00pm
Session 10	Friday, June 19	12:30pm	4:00pm

LGT 9: Course 388854 July 2015			
Pre-course	Wednesday, July 1	7:00pm	9:00pm
Session 1	Wednesday, July 8	6:30pm	10:00pm
Session 2	Friday, July 10	6:30pm	10:00pm
Session 3	Saturday, July 11	9:00am	12:30pm
Session 4	Saturday, July 11	1:00pm	5:00pm
Session 5	Sunday, July 12	9:00am	12:30pm
Session 6	Sunday, July 12	1:00pm	5:00pm
Session 7	Wednesday, July 15	6:30pm	10:00pm
Session 8	Friday, July 17	6:30pm	10:00pm
Session 9	Saturday, July 18	9:00am	12:30pm
Session 10	Saturday, July 18	1:00pm	5:00pm

SAFETY TRAINING

POOL OPERATOR COURSE **\$150**

This course will prepare the student to take the Montgomery County Pool Operators test. Students must be at least 17 years of age. The student must attend all classes. Classes are held at MCR Building, 4010 Randolph Rd. in the theater. The second class of each session will be held at the Martin Luther King Jr. Indoor Swim Center. Note: The student must apply to the Department of Health and Human Services for the County Pool Operators License. For further information call 240-777-6860.

MCR-Office (Theatre)

Session	Date	Begins	Ends
Course 391864	February-2015		
Session 1	Monday, Feb. 16	8:00am	10:00pm
Course 391866	April-2015		
Session 1	Wednesday, Apr. 8	10:00am	5:00pm
Session 2	Thursday, Apr. 9	10:00am	5:00pm
Course 391867	May-2015		
Session 1	Saturday, May 9	10:00am	5:00pm
Session 2	Sunday, May 10	10:00am	5:00pm
Course 391873	May-2015		
Session 1	Thursday, May 21	8:00am	10:00pm
Course 391874	May-2015		
Session 1	Wednesday, May 27	8:00am	10:00pm
Course 391877	June-2015		
Session 1	Tuesday, June 8	8:00am	10:00pm
Course 391878	June-2015		
Session 1	Tuesday, June 23	10:00am	5:00pm
Session 2	Wednesday, June 24	10:00am	5:00pm
Course 363038	July-2015		
Session 1	Tuesday, July 7	10:00am	5:00pm
Session 2	Wednesday, July 8	10:00am	5:00pm

POOL OPERATOR REVIEW COURSE **\$80**

MCR-Office (Theatre)

Session	Date	Begins	Ends
Course 391870	February-2015		
Session 1	Monday, Feb. 16	10:00am	2:00pm
Course 391871	April-2015		
Session 1	Wednesday, Apr. 8	10:00pm	2:00pm
Course 391872	May-2015		
Session 1	Saturday, May 9	10:00am	2:00pm
Course 391875	May-2015		
Session 1	Thursday, May 21	8:00am	12:00pm
Course 391876	May-2015		
Session 1	Wednesday, May 27	8:00am	12:00pm
Course 391880	June-2015		
Session 1	Wednesday, June 8	8:00am	12:00pm
Course 391881	May-2015		
Session 1	Tuesday, June 23	10:00am	2:00pm
Course 391882	July-2015		
Session 1	Tuesday, July 7	10:00am	2:00pm



TRX

Try An Amazing New Way To Train!

The TRX Suspension Trainer:

- Delivers a fast, effective total-body workout
- Helps build a rock-solid core
- Increases muscular endurance
- Benefits people of all fitness levels (pro athletes to seniors)

By utilizing your own bodyweight, the TRX Suspension Trainer provides greater performance and functionality than large exercise machines.

9 Sessions **\$85**
 400207 Germantown ISC 3/17 T 7:00pm-8:00pm





Swim Lessons

Indoor Swim Lesson
Registration will begin

February 9
at 6:30am
for Residents

February 10 at 6:30am
for Non-Residents

No registrations will be processed
before this time.

Indoor courses meet for six 30-minute sessions. Fees range from \$50 to \$60 depending on the level and the number of participants. Non-County residents are charged an additional \$15 fee.

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

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

WAYS TO REGISTER FOR SWIM LESSONS



RECWEB Online registration at recweb.montgomerycountymd.gov. Internet users must pay their account in full. Online registration is recommended. Please create your account by February 1, 2014.



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

PLEASE CHECK EACH POOL'S LISTINGS FOR LESSON SCHEDULE CHANGES, DUE TO FACILITY CONFLICTS. LESSONS WILL BE HELD ON ALL OTHER DAYS THE FACILITY IS OPEN.

PLEASE REGISTER ACRCORDINGLY. THERE ARE NO MAKE-UPS OR REFUNDS FOR MISSED CLASSES.

Please note the following:

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

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

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

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

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

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

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

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

Guidelines for Placement in Swim Classes

<p>Parent-Assisted Lessons</p> <p><i>(Ages 6 mo-18 mo)</i></p> <p>Class Requirements: On the first day of class, students must be able to: Have one adult participant per child and wear swim diapers and tight-fitting waterproof pants under the suit if not potty-trained</p>	<p><i>Aquatots(Ages 18 mo-3yr)Pre-School (Ages 3yr-5yr)</i></p> <p>Class Objectives: Parent-assisted water orientation classes. Children will learn basic water adjustment skills and begin to master simple swimming skills (submerging, floating, kicking and arm stroking). Parents will gain the knowledge and skills to work comfortably with their child in the water.</p>
<p>Level 1</p> <p><i>Pre-Beginner (Ages 4-6)</i></p> <p>Class Requirements: On the first day of class, students must be able to: Function well in a group setting without parents since parents DO NOT accompany children.</p>	<p><i>Youth (Ages 7-13)</i></p> <p><i>Adult(Ages 14+)</i></p> <p>Class Objectives: Students who need to learn water adjustment skills. Students will be introduced to water entry, front and back floating, kicking, bobbing, blowing bubbles and arm strokes.</p>
<p>Level 2</p> <p><i>Pre-Beginner (Ages 4-6)</i></p> <p>Class Requirements: On the first day of class, students must be able to: Enter water, front and back float without support, kick, blow bubbles and arm strokes. Parents DO NOT accompany children.</p>	<p><i>Youth (Ages 7-13)</i></p> <p><i>Adult (Ages 14+)</i></p> <p>Class Objectives: Students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front and back without support. Students will be introduced to basic swimming skills: front and back glides, kicking, arm strokes on front and back, and rhythmic breathing.</p>
<p>Level 3</p> <p><i>Pre-Beginner (Ages 4-6)</i></p> <p>Class Requirements: On the first day of class, students must be able to: Use basic swimming skills: front and back glides, kicking, arm strokes on front and back, and rhythmic breathing. Parents DO NOT accompany children.</p>	<p><i>Youth (Ages 7-13)</i></p> <p><i>Adult (Ages 14+)</i></p> <p>Class Objectives: Students who can already swim a combined stroke on the front and back, using a kick and arm stroke for a minimum of 5 yards. Students will be introduced to back crawl, elementary backstroke kick, treading water and rhythmic breathing. Students will also work on improving front crawl.</p>
<p>Level 4</p> <p><i>Pre-Beginner (Ages 4-6)</i></p> <p>Class Requirements: On the first day of class, students must be able to: Swim a coordinated front crawl for 15 yards and swim back crawl for 5 yards. Students should be comfortable in deep water.</p>	<p><i>Youth (Ages 7-13)</i></p> <p><i>Adult (Ages 14+)</i></p> <p>Class Objectives: Students who can already swim a coordinated front crawl for 15 yards (across the width of the pool), back crawl for 5 yards, and are comfortable in deep water. Students will be introduced to elementary backstroke and breaststroke. Students will also work on perfecting front crawl, back crawl and treading water.</p>
<p>Level 5</p> <p>Class Requirements: On the first day of class, students must be able to: Demonstrate a proficient front crawl(freestyle, backstroke, and be comfortable in deep water.</p>	<p><i>Youth (Ages 7-13)</i></p> <p><i>Adult (Ages 14+)</i></p> <p>Class Objectives: Students who can swim 1 length of front and back crawl, tread water, and dive into and swim in deep water. Students will be introduced to sidestroke and fine tune breaststroke. Students will also work on refining all previous strokes.</p>
<p>Level 6</p> <p>Class Requirements: On the first day of class, students must be able to: Have achieved a proficient level in all previous strokes (front crawl, back crawl, breaststroke)</p>	<p><i>Youth (Ages 7-13)</i></p> <p><i>Adult (Ages 14+)</i></p> <p>Class Objectives: Students who can swim 2 lengths of front and back crawl in good form and 15 yards of breaststroke. Students will be introduced to turns, dolphin kick and surface dives. Students will also work on sidestroke, refining all other strokes and endurance.</p>



ADAPTED AQUATICS



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MCR-Aquatics is now offering both learn-to-swim and water exercise programs for those with special needs. These courses will be offered in the Fall, Winter and Spring. Our classes are geared for swimmers that need 1 on 1 support because of any one or combination of 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 you arrive and report to your instructor on time and ready to enter the water. On the first day of class, please check in at the front desk and complete the information sheet on the participant. Then head through the locker rooms. There is generally only one Special Needs changing room, so be prepared to wait. Report on deck and find the gathering location for the Adapted Aquatics.

PARENT/CAREGIVER MUST ENTER THE WATER AND PARTICIPATE IN THE CLASS.

Water Exercise-Adaptive

If you need to get into shape, then this slow paced class, done in shallow water is for you. This course will allow the participant the opportunity to enjoy exercise in the water. Workout includes using balls and noodles to encourage movement and exercise. Emphasis is on fun and improving your cardiovascular conditioning. Participants MUST be accompanied in the water by a caregiver and in arms reach at all times. No classes April 4-10.

9 Sessions			\$90		
406080	MLK Swim Ctr	315	Su	4:00pm-4:50pm	
406073	Kennedy Shriver Aq Ctr	3/17	Tu	1:00pm-1:50pm	
406075	Germantown ISC	3/18	W	11:30am-12:20pm	
406074	Kennedy Shriver Aq Ctr	3/19	Th	1:00pm-1:50pm	

Lessons-Level 1

This is a learn-to swim program for those individuals with physical and developmental disabilities. This success-oriented program targets individuals who do not currently meet the prerequisites for participating in an inclusive environment. The program is designed to develop basic swim skills in a structured setting under the guidance of an instructor with the support of a family member or caregiver in the water with the student.

6 Sessions					\$60
406068	Kennedy Shriver Aq Ctr	2/23	M	10:45am-11:15am	
406069	Kennedy Shriver Aq Ctr	2/27	F	10:45am-11:15am	
406078	Kennedy Shriver Aq Ctr	4/17	F	10:45am-11:15am	
406079	Kennedy Shriver Aq Ctr	4/13	M	10:45am-11:15am	

Lessons-Volunteer Assisted

This is a learn-to-swim program for the children ages 4 to 15 who have special needs. These classes are taught in a small group environment. Each child will have an assigned volunteer with them at all times. All participants must fill out and sign the information and release form at the first class. Students will not be able to participate until this form is on file. Students are allowed to be registered for ONLY one (1) class per session. Class size is limited to 8 students.

6 Sessions					\$60
406060	Kennedy Shriver Aq Ctr	2/21	Sa	9:45am-10:25am	
406061	Kennedy Shriver Aq Ctr	2/21	Sa	10:35am-11:15am	
406062	Kennedy Shriver Aq Ctr	4/11	Sa	9:45am-10:25am	
406063	Kennedy Shriver Aq Ctr	4/11	Sa	10:35am-11:15am	




Get in the know...
NOW

RECREATION ALERTS



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

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

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

SIGN UP NOW for this free service at montgomerycountymd.gov!

WATERBABIES

Designed for children 6 to 18 months. Basic water adjustment skills are taught. Infants/children who are not toilet trained MUST wear separate waterproof pants. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

6 Sessions \$50

Germantown Indoor Swim Center

403873	3/1	Su	9:45am-10:15am
403871	3/7	Sa	10:25am-10:55am
403872	3/7	Sa	9:45am-10:15am
403876	4/26	Su	9:45am-10:15am

Kennedy Shriver Aquatic Center

404994	2/21	Sa	10:10am-10:40am
404995	2/21	Sa	12:50pm-1:20pm
404996	2/22	Su	10:10am-10:40am
404997	2/22	Su	11:30am-12:00pm
404998	2/22	Su	12:50pm-1:20pm
404999	2/23	M	9:00am-9:30am
405000	2/23	M	10:10am-10:40am
405001	2/24	Tu	8:45am-9:15am
405002	2/24	Tu	5:30pm-6:00pm
405003	4/11	Sa	10:10am-10:40am
405004	4/11	Sa	12:50pm-1:20pm
405005	4/12	Su	10:10am-10:40am
405006	4/12	Su	11:30am-12:00pm
405007	4/12	Su	12:50pm-1:20pm
405008	4/13	M	9:00am-9:30am
405009	4/13	M	10:10am-10:40am
405010	4/14	Tu	8:45am-9:15am
405011	4/14	Tu	5:30pm-6:00pm

Martin Luther King Swim Center

401599	2/14	Sa	10:15am-10:45am
401601	2/17	Tu	4:30pm-5:00pm
401600	2/19	Th	10:10am-10:40am
401602	2/19	Th	5:50pm-6:20pm
401603	4/11	Sa	10:15am-10:45am
401608	4/12	Su	9:15am-9:45am
401604	4/13	M	5:10pm-5:40pm
401605	4/14	Tu	5:50pm-6:20pm
401606	4/16	Th	10:10am-10:40am
401607	4/16	Th	4:30pm-5:00pm

Olney Swim Center

403595	2/21	Sa	11:00am-11:30am
403597	2/22	Su	10:50am-11:20am
403590	2/23	M	6:40pm-7:10pm
403591	2/24	Tu	5:00pm-5:30pm
403592	2/25	W	5:15pm-5:45pm
403593	2/26	Th	6:30pm-7:00pm
403598	4/13	M	6:40pm-7:10pm
403599	4/14	Tu	5:00pm-5:30pm
403600	4/15	W	5:15pm-5:45pm
403601	4/16	Th	6:30pm-7:00pm
403603	4/18	Sa	11:00am-11:30am
403605	4/19	Su	10:50am-11:20am



AQUATOTS

Designed for children 18 months-3 years of age. Basic water adjustment skills are taught. Infants/children who are not toilet trained MUST wear separate rubber/vinyl pants. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

6 Sessions \$50

Germantown Indoor Swim Center

403757	2/25	W	6:10pm-6:40pm
403755	3/1	Su	11:05am-11:35am
403756	3/1	Su	12:25pm-12:55pm
403753	3/7	Sa	11:45am-12:15pm
403754	3/7	Sa	12:25pm-12:55pm
403762	4/15	W	6:10pm-6:40pm
403760	4/26	Su	11:05am-11:35am
403761	4/26	Su	12:25pm-12:55pm

Olney Swim Center

403377	2/21	Sa	10:15am-10:45am
403378	2/21	Sa	12:30pm-1:00pm
403376	2/22	Su	11:30am-12:00pm
403379	2/22	Su	9:30am-10:00am
403373	2/23	M	5:15pm-5:45pm
403374	2/25	W	6:00pm-6:30pm
403381	4/13	M	5:15pm-5:45pm
403382	4/15	W	6:00pm-6:30pm
403383	4/16	Th	5:45pm-6:15pm
403380	4/19	Su	11:30am-12:00pm

Kennedy Shriver Aquatic Center

403918	2/21	Sa	8:50am-9:20am
403919	2/21	Sa	8:50am-9:20am
403920	2/21	Sa	11:30am-12:00pm
403921	2/22	Su	8:50am-9:20am
403922	2/22	Su	8:50am-9:20am
403923	2/22	Su	12:10pm-12:40pm
403924	2/23	M	9:35am-10:05am
403926	2/25	W	8:45am-9:15am
403927	2/26	Th	8:45am-9:15am
403928	4/11	Sa	8:50am-9:20am
403929	4/11	Sa	8:50am-9:20am
403958	4/11	Sa	11:30am-12:00pm
403959	4/12	Su	8:50am-9:20am
403960	4/12	Su	8:50am-9:20am
403961	4/12	Su	12:10pm-12:40pm
403962	4/13	M	9:35am-10:05am
403964	4/15	W	8:45am-9:15am
403965	4/16	Th	8:45am-9:15am





Martin Luther King Swim Center

401483	2/14	Sa	1:00pm-1:30pm	401500	4/11	Sa	9:30am-10:00am
401484	2/15	Su	10:00am-10:30am	401492	4/12	Su	10:00am-10:30am
401485	2/15	Su	11:20am-11:50am	401493	4/12	Su	11:20am-11:50am
401486	2/17	Tu	5:10pm-5:40pm	401501	4/12	Su	12:00pm-12:30pm
401487	2/17	Tu	5:50pm-6:20pm	401494	4/13	M	6:30pm-7:00pm
401488	2/17	Tu	9:30am-10:00am	401495	4/15	W	4:30pm-5:00pm
401489	2/18	W	4:30pm-5:00pm	401496	4/15	W	5:50pm-6:20pm
401490	2/19	Th	5:10pm-5:40pm	401497	4/16	Th	9:30am-10:00am
401491	2/19	Th	6:30pm-7:00pm	401498	4/16	Th	5:10pm-5:40pm
401499	4/11	Sa	1:00pm-1:30pm				

PRE-SCHOOL

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 separate waterproof pants. An adult in a swim suit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

6 Sessions \$50

Germantown Indoor Swim Center

403864	2/25	W	5:30pm-6:00pm
403862	3/1	Su	10:25am-10:55am
403863	3/1	Su	11:45am-12:15pm
403860	3/7	Sa	11:05am-11:35am
403861	3/7	Sa	1:05pm-1:35pm
403869	4/15	W	5:30pm-6:00pm
403867	4/26	Su	10:25am-10:55am
403868	4/26	Su	11:45am-12:15pm

Kennedy Shriver Aquatic Center

404826	2/21	Sa	9:30am-10:00am
404827	2/21	Sa	10:50am-11:20am
404828	2/21	Sa	12:10pm-1:20pm
404829	2/22	Su	9:30am-10:00am
404830	2/22	Su	10:50am-11:20am
404831	2/23	M	5:30pm-6:00pm
404832	2/23	M	10:10am-10:40am
404833	2/24	Tu	3:30pm-4:00pm
404976	2/24	Tu	9:20am-9:50am
404977	2/25	W	5:30pm-6:00pm
404978	2/26	Th	9:20am-9:50am
404979	2/26	Th	3:30pm-4:00pm
404981	4/11	Sa	9:30am-10:00am
404982	4/11	Sa	10:50am-11:20am
404983	4/11	Sa	12:10pm-1:20pm
404984	4/12	Su	9:30am-10:00am
404985	4/12	Su	10:50am-11:20am
404986	4/13	M	5:30pm-6:00pm
404987	4/13	M	10:10am-10:40am
404988	4/14	Tu	3:30pm-4:00pm
404989	4/14	Tu	9:20am-9:50am
404990	4/15	W	5:30pm-6:00pm
404991	4/16	Th	9:20am-9:50am
404992	4/16	Th	3:30pm-4:00pm

Martin Luther King Swim Center

401582	2/14	Sa	11:40am-12:10pm
401583	2/15	Su	12:00pm-12:30pm
401584	2/16	M	5:10pm-5:40pm
401585	2/16	M	5:50pm-6:20pm
401586	2/17	Tu	6:30pm-7:00pm
401587	2/18	W	5:50pm-6:20pm
401588	2/19	Th	9:30am-10:00am
401597	4/11	Sa	11:00am-11:30am
401598	4/11	Sa	11:40am-12:10pm
401590	4/12	Su	10:40am-11:10am
401591	4/12	Su	12:00pm-12:30pm
401592	4/13	M	5:50pm-6:20pm
401589	4/14	Tu	9:30am-10:00am
401593	4/14	Tu	5:10pm-5:40pm
401594	4/14	Tu	6:30pm-7:00pm
401595	4/15	W	5:10pm-5:40pm
401596	4/16	Th	5:50pm-6:20pm

Olney Swim Center

403396	2/21	Sa	9:30am-10:00am
403397	2/21	Sa	11:45am-12:15pm
403398	2/22	Su	10:10am-10:40am
403399	2/23	M	6:00pm-6:30pm
403391	2/24	Tu	5:45pm-6:15pm
403392	2/24	Tu	6:30pm-7:00pm
403393	2/25	W	6:40pm-7:10pm
403394	2/26	Th	5:00pm-5:30pm
403400	4/14	Tu	5:45pm-6:15pm
403401	4/14	Tu	6:30pm-7:00pm
403402	4/15	W	6:40pm-7:10pm
403403	4/16	Th	5:00pm-5:30pm
403405	4/18	Sa	9:30am-10:00am
403406	4/18	Sa	11:45am-12:15pm
403407	4/19	Su	10:10am-10:40am

PRE-BEGINNER LEVEL 1

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who need to learn basic water adjustment skills. Class size is limited to 5 students.

6 Sessions \$59

Germantown Indoor Swim Center

403771	2/23	M	5:30pm-6:00pm	403791	4/13	M	5:30pm-6:00pm
403772	2/25	W	5:30pm-6:00pm	403776	4/14	Tu, Th	6:20pm-6:50pm
403767	3/1	Su	9:45am-10:15am	403777	4/14	Tu, Th	6:20pm-6:50pm
403768	3/1	Su	10:25am-10:55am	403778	4/14	Tu, Th	5:40pm-6:10pm
403769	3/1	Su	11:05am-11:35am	403792	4/15	W	5:30pm-6:00pm
403770	3/1	Su	12:25pm-12:55pm	403784	4/26	Su	10:25am-10:55am
403763	3/7	Sa	9:45am-10:15am	403785	4/26	Su	11:05am-11:35am
403764	3/7	Sa	10:25am-10:55am	403786	4/26	Su	11:45am-12:15pm
403765	3/7	Sa	11:05am-11:35am	403787	4/26	Su	12:25pm-12:55pm
403766	3/7	Sa	1:05pm-1:35pm	403788	5/5	Tu, Th	5:00pm-5:30pm
403773	3/10	Tu, Th	5:00pm-5:20pm	403789	5/5	Tu, Th	5:00pm-5:30pm
403774	3/10	Tu, Th	5:00pm-5:30pm	403790	5/5	Tu, Th	5:40pm-6:10pm
403775	3/10	Tu, Th	6:20pm-6:50pm				

Kennedy Shriver Aquatic Center

403966	2/21	Sa	9:30am-10:00am	404585	2/25	W	9:20am-9:50am
403967	2/21	Sa	10:10am-10:40am	403988	2/26	Th	3:30pm-4:00pm
403968	2/21	Sa	10:50am-11:20am	404111	2/26	Th	4:10pm-4:40pm
403969	2/21	Sa	11:30am-12:00pm	404112	2/26	Th	4:50pm-5:20pm
403970	2/21	Sa	12:10pm-12:40pm	404113	2/26	Th	5:30pm-6:00pm
403971	2/21	Sa	12:50pm-1:20pm	404114	2/26	Th	9:55am-10:25am
403972	2/22	Su	9:30am-10:00am	404115	4/11	Sa	9:30am-10:00am
403973	2/22	Su	10:10am-10:40am	404116	4/11	Sa	10:10am-10:40am
403974	2/22	Su	10:40am-11:20am	404117	4/11	Sa	10:50am-11:20am
403975	2/22	Su	11:30am-12:00pm	404118	4/11	Sa	11:30am-12:00pm
403976	2/22	Su	12:10pm-12:40pm	404119	4/11	Sa	12:10pm-12:40pm
403977	2/22	Su	12:50pm-1:20pm	404120	4/11	Sa	12:50pm-1:20pm
403978	2/23	M	5:30pm-6:00pm	404121	4/12	Su	9:30am-10:00am
403979	2/23	M	6:10pm-6:50pm	404122	4/12	Su	10:10am-10:40am
403980	2/24	Tu	3:30pm-4:00pm	404123	4/12	Su	10:40am-11:20am
403981	2/24	Tu	4:10pm-4:40pm	404124	4/12	Su	11:30am-12:00pm
403982	2/24	Tu	4:50pm-5:20pm	404161	4/12	Su	12:10pm-12:40pm
403983	2/24	Tu	5:30pm-6:00pm	404162	4/12	Su	12:50pm-1:20pm
403984	2/24	Tu	6:10pm-6:40pm	404163	4/13	M	5:30pm-6:00pm
403985	2/24	Tu	9:55am-10:25am	404164	4/13	M	6:10pm-6:50pm
403986	2/25	W	5:30pm-6:00pm	404165	4/14	Tu	9:55am-10:25am
403987	2/25	W	6:10pm-6:40pm	404586	4/15	W	9:20am-9:50am

Martin Luther King Swim Center

402627	2/14	Sa	11:00am-11:30am	402636	2/19	Th	4:30pm-5:00pm
402628	2/14	Sa	12:20pm-12:50pm	402637	2/19	Th	5:10pm-5:40pm
402639	2/14	Sa	1:00pm-1:30pm	402652	4/11	Sa	11:40am-12:10pm
402658	2/14	Sa	10:15am-10:45am	402653	4/11	Sa	12:20pm-12:50pm
402629	2/15	Su	10:40am-11:10am	402654	4/11	Sa	10:15am-10:45am
402630	2/15	Su	12:00pm-12:30pm	402655	4/11	Sa	1:00pm-1:30pm
402638	2/15	Su	10:00am-10:30am	402656	4/11	Sa	9:30am-10:00am
402657	2/15	Su	9:15am-9:45am	402640	4/12	Su	11:20am-11:50am
402632	2/16	M	5:50pm-6:20pm	402641	4/12	Su	12:00pm-12:30pm
402633	2/16	M	4:30pm-5:00pm	402644	4/12	Su	10:00am-10:30am
402631	2/17	Tu	10:10am-10:40am	402647	4/12	Su	10:40am-11:10am
402634	2/17	Tu	4:30pm-5:00pm	402659	4/12	Su	9:15am-9:45am
402635	2/18	W	5:10pm-5:40pm	402642	4/13	M	4:30pm-5:00pm





PRE-BEGINNER LEVEL 1

Martin Luther King Swim Center

402643	4/13	M	5:50pm-6:20pm	402649	4/15	W	5:50pm-6:20pm
402645	4/14	Tu	4:30pm-5:00pm	402650	4/15	W	6:30pm-7:00pm
402646	4/14	Tu	6:30pm-7:00pm	402651	4/16	Th	4:30pm-5:00pm
402648	4/15	W	5:10pm-5:40pm				

Olney Swim Center

403463	2/21	Sa	9:30am-10:00am	403460	2/26	Th	6:30pm-7:00pm
403464	2/21	Sa	10:15am-10:45am	403473	4/13	M	5:15pm-5:45pm
403465	2/21	Sa	11:00am-11:30am	403474	4/13	M	6:00pm-6:30pm
403466	2/21	Sa	11:45am-12:15pm	403475	4/13	M	6:00pm-6:30pm
403467	2/21	Sa	12:30pm-1:00pm	403476	4/13	M	6:40pm-7:10pm
403469	2/22	Su	9:30am-10:00am	403478	4/13	M	7:20pm-7:50pm
403470	2/22	Su	10:10am-10:40am	403479	4/14	Tu	5:00pm-5:30pm
403471	2/22	Su	10:50am-11:20am	403480	4/14	Tu	5:45pm-6:15pm
403472	2/22	Su	11:30am-12:00pm	403481	4/14	Tu	6:30pm-7:00pm
403445	2/23	M	5:15pm-5:45pm	403482	4/15	W	5:15pm-5:45pm
403447	2/23	M	6:00pm-6:30pm	403483	4/15	W	6:00pm-6:30pm
403448	2/23	M	6:40pm-7:10pm	403484	4/15	W	6:40pm-7:10pm
403449	2/23	M	6:40pm-7:10pm	403485	4/15	W	7:20pm-7:50pm
403450	2/23	M	7:20pm-7:50pm	403487	4/16	Th	5:45pm-6:15pm
403451	2/24	Tu	5:00pm-5:30pm	403488	4/16	Th	6:30pm-7:00pm
403452	2/24	Tu	5:45pm-6:15pm	403491	4/18	Sa	9:30am-10:00am
403453	2/24	Tu	6:30pm-7:00pm	403492	4/18	Sa	10:15am-10:45am
403454	2/25	W	5:15pm-5:45pm	403493	4/18	Sa	11:00am-11:30am
403455	2/25	W	6:00pm-6:30pm	403494	4/18	Sa	11:45am-12:15pm
403456	2/25	W	6:40pm-7:10pm	403497	4/19	Su	9:30am-10:00am
403457	2/25	W	7:20pm-7:50pm	403498	4/19	Su	10:10am-10:40am
403458	2/26	Th	5:00pm-5:30pm	403499	4/19	Su	10:50am-11:20am
403459	2/26	Th	5:45pm-6:15pm	403500	4/19	Su	11:30am-12:00pm

PRE-BEGINNER LEVEL 2

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

6 Sessions \$57

Germantown Indoor Swim Center

403802	2/23	M	6:10pm-6:40pm	403820	4/13	M	6:10pm-6:40pm
403803	2/25	W	6:10pm-6:40pm	403807	4/14	Tu, Th	5:00pm-5:30pm
403798	3/1	Su	9:45am-10:15am	403808	4/14	Tu, Th	5:00pm-5:30pm
403799	3/1	Su	10:25am-10:55am	403809	4/14	Tu, Th	5:40pm-6:10pm
403800	3/1	Su	11:45am-12:15pm	403821	4/15	W	6:10pm-6:40pm
403801	3/1	Su	12:25pm-12:55pm	403815	4/26	Su	9:45am-10:15am
403793	3/7	Sa	9:45am-10:15am	403816	4/26	Su	10:25am-10:55am
403794	3/7	Sa	10:25am-10:55am	403817	4/26	Su	11:05am-11:35am
403795	3/7	Sa	11:05am-11:35am	403818	4/26	Su	11:45am-12:15pm
403796	3/7	Sa	11:45am-12:15pm	403819	4/26	Su	12:25pm-12:55pm
403797	3/7	Sa	1:05pm-1:35pm	403822	5/5	Tu, Th	6:20pm-6:50pm
403804	3/10	Tu, Th	6:20pm-6:50pm	403823	5/5	Tu, Th	6:20pm-6:50pm
403805	3/10	Tu, Th	5:40pm-6:10pm	403824	5/5	Tu, Th	6:20pm-6:50pm
403806	3/10	Tu, Th	5:40pm-6:10pm				

Kennedy Shriver Aquatic Center

404587	2/21	Sa	9:30am-10:00am	404652	4/11	Sa	9:30am-10:00am
404588	2/21	Sa	10:10am-10:40am	404653	4/11	Sa	10:10am-10:40am
404589	2/21	Sa	10:50am-11:20am	404654	4/11	Sa	10:50am-11:20am
404590	2/21	Sa	11:30am-12:00pm	404655	4/11	Sa	11:30am-12:00pm
404591	2/21	Sa	12:10pm-12:40pm	404656	4/11	Sa	12:10pm-12:40pm
404592	2/21	Sa	12:50pm-1:20pm	404657	4/11	Sa	12:50pm-1:20pm
404593	2/22	Su	9:30am-10:00am	404658	4/12	Su	9:30am-10:00am
404594	2/22	Su	10:10am-10:40am	404659	4/12	Su	10:10am-10:40am
404595	2/22	Su	10:50am-11:20am	404660	4/12	Su	10:50am-11:20am
404596	2/22	Su	11:30am-12:00pm	404661	4/12	Su	11:30am-12:00pm
404597	2/22	Su	12:10pm-12:40pm	404662	4/12	Su	12:10pm-12:40pm
404598	2/22	Su	12:50pm-1:20pm	404663	4/12	Su	12:50pm-1:20pm
404599	2/23	M	5:30pm-6:00pm	404664	4/13	M	5:30pm-6:00pm
404600	2/23	M	6:10pm-6:40pm	404665	4/13	M	6:10pm-6:40pm
404601	2/24	Tu	10:30am-11:00am	404666	4/14	Tu	10:30am-11:00am
404643	2/24	Tu	4:10pm-4:40pm	404667	4/14	Tu	4:10pm-4:40pm
404644	2/24	Tu	5:30pm-6:00pm	404668	4/14	Tu	5:30pm-6:00pm
404645	2/24	Tu	6:10pm-6:40pm	404669	4/14	Tu	6:10pm-6:40pm
404646	2/25	W	5:30pm-6:00pm	404670	4/15	W	5:30pm-6:00pm
404647	2/25	W	6:10pm-6:40pm	404671	4/15	W	6:10pm-6:40pm
404648	2/26	Th	10:30am-11:00am	404672	4/16	Th	10:30am-11:00am
404649	2/26	Th	4:10pm-4:40pm	404673	4/16	Th	4:10pm-4:40pm
404650	2/26	Th	5:30pm-6:00pm	404674	4/16	Th	5:30pm-6:00pm
404651	2/26	Th	6:10pm-6:40pm	404675	4/16	Th	6:10pm-6:40pm

Martin Luther King Swim Center

401535	2/14	Sa	11:00am-11:30am	401558	4/11	Sa	11:00am-11:30am
401536	2/14	Sa	11:40am-12:10pm	401559	4/11	Sa	11:40am-12:10pm
401537	2/14	Sa	12:20pm-12:50pm	401560	4/11	Sa	12:20pm-12:50pm
401538	2/15	Su	10:00am-10:30am	401548	4/12	Su	10:00am-10:30am
401539	2/15	Su	11:20am-11:50am	401549	4/12	Su	12:00pm-12:30pm
401540	2/15	Su	10:40am-11:10pm	401550	4/12	Su	9:15am-9:45am
401541	2/16	M	4:30pm-5:00pm	401552	4/13	M	5:10pm-5:40pm
401542	2/16	M	5:10pm-5:40pm	401553	4/13	M	6:30pm-7:00pm
401543	2/17	Tu	5:10pm-5:40pm	401551	4/14	Tu	10:10am-10:40am
401544	2/17	Tu	5:50pm-6:20pm	401554	4/14	Tu	4:30pm-5:00pm
401546	2/18	W	5:50pm-6:20pm	401555	4/14	Tu	5:50pm-6:20pm
401545	2/19	Th	4:30pm-5:00pm	401556	4/15	W	4:30pm-5:00pm
401547	2/19	Th	5:50pm-6:20pm	401557	4/15	W	6:30pm-7:00pm

Olney Swim Center

403518	2/21	Sa	9:30am-10:00am	403509	2/25	W	6:00pm-6:30pm
403519	2/21	Sa	10:15am-10:45am	403510	2/25	W	6:40pm-7:10pm
403520	2/21	Sa	11:00am-11:30am	403511	2/25	W	7:20pm-7:50pm
403521	2/21	Sa	11:45am-12:15pm	403512	2/26	Th	5:00pm-5:30pm
403522	2/21	Sa	12:30pm-1:00pm	403514	2/26	Th	5:45pm-6:15pm
403524	2/22	Su	9:30am-10:00am	403515	2/26	Th	6:30pm-7:00pm
403525	2/22	Su	10:10am-10:40am	403527	4/13	M	5:15pm-5:45pm
403526	2/22	Su	10:50am-11:20am	403528	4/13	M	5:15pm-5:45pm
403501	2/23	M	5:15pm-5:45pm	403529	4/13	M	6:00pm-6:30pm
403502	2/23	M	6:00pm-6:30pm	403530	4/13	M	6:40pm-7:10pm
403503	2/23	M	6:40pm-7:10pm	403531	4/13	M	7:20pm-7:50pm
403504	2/23	M	7:20pm-7:50pm	403532	4/14	Tu	5:00pm-5:30pm
403506	2/24	Tu	5:45pm-6:15pm	403533	4/14	Tu	5:00pm-5:30pm
403507	2/24	Tu	6:30pm-7:00pm	403534	4/14	Tu	5:45pm-6:15pm
403513	2/24	Tu	5:00pm-5:30pm	403535	4/14	Tu	6:30pm-7:00pm
403508	2/25	W	5:15pm-5:45pm	403536	4/15	W	5:15pm-5:45pm





PRE-BEGINNER LEVEL 2

Olney Swim Center

403537	4/15	W	6:00pm-6:30pm
403538	4/15	W	6:40pm-7:10pm
403539	4/15	W	7:20pm-7:50pm
403540	4/16	Th	5:00pm-5:30pm
403541	4/16	Th	5:45pm-6:15pm
403542	4/16	Th	6:30pm-7:00pm
403545	4/18	Sa	9:30am-10:00am

Olney Swim Center

403546	4/18	Sa	10:15am-10:45am
403547	4/18	Sa	11:00am-11:30am
403548	4/18	Sa	11:45am-12:15pm
403551	4/19	Su	9:30am-10:00am
403552	4/19	Su	10:10am-10:40am
405198	4/19	Su	10:50am-11:20am

PRE-BEGINNER LEVEL 3

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

6 Sessions \$57

Germantown Indoor Swim Center

403834	2/23	M	5:30pm-6:00pm	403837	4/14	Tu, Th	5:40pm-6:10pm
403832	3/1	Su	10:25am-10:55am	403838	4/14	Tu, Th	5:00pm-5:30pm
403833	3/1	Su	11:45am-12:15pm	403839	4/14	Tu, Th	6:20pm-6:50pm
403828	3/7	Sa	9:45am-10:15am	403844	4/26	Su	11:05am-11:35am
403829	3/7	Sa	10:25am-10:55am	403845	4/26	Su	11:45am-12:15pm
403830	3/7	Sa	12:25pm-12:55pm	403846	4/26	Su	12:25pm-12:55pm
403831	3/7	Sa	1:05pm-1:35pm	403848	5/5	Tu, Th	5:40pm-6:10pm
403835	3/10	Tu, Th	5:40pm-6:10pm	403849	5/5	Tu, Th	5:40pm-6:10pm
403836	3/10	Tu, Th	6:20pm-6:50pm	403850	5/5	Tu, Th	5:00pm-5:30pm
403847	4/13	M	5:30pm-6:00pm				

Kennedy Shriver Aquatic Center

404776	2/21	Sa	10:10am-10:40am	404791	4/11	Sa	10:10am-10:40am
404777	2/21	Sa	10:50am-11:20am	404792	4/11	Sa	10:50am-11:20am
404778	2/21	Sa	11:30am-12:00pm	404793	4/11	Sa	11:30am-12:00pm
404779	2/21	Sa	12:10pm-12:40pm	404794	4/11	Sa	12:10pm-12:40pm
404780	2/21	Sa	12:50pm-1:20pm	404795	4/11	Sa	12:50pm-1:20pm
404781	2/22	Su	10:10am-10:40am	404796	4/12	Su	10:10am-10:40am
404782	2/22	Su	10:50am-11:20am	404797	4/12	Su	10:50am-11:20am
404783	2/22	Su	11:30am-12:00pm	404798	4/12	Su	11:30am-12:00pm
404784	2/22	Su	12:10pm-12:40pm	404799	4/12	Su	12:10pm-12:40pm
404785	2/22	Su	12:50pm-1:20pm	404800	4/12	Su	12:50pm-1:20pm
404786	2/23	M	6:10pm-6:40pm	404801	4/13	M	6:10pm-6:40pm
404787	2/24	Tu	6:10pm-6:40pm	404802	4/14	Tu	6:10pm-6:40pm
404788	2/25	W	6:10pm-6:40pm	404803	4/15	W	6:10pm-6:40pm
404789	2/26	Th	5:30pm-6:00pm	404804	4/16	Th	5:30pm-6:00pm
404790	2/26	Th	6:10pm-6:40pm	404805	4/16	Th	6:10pm-6:40pm

Martin Luther King Swim Center

401561	2/14	Sa	10:15am-10:45am	401570	4/12	Su	10:40am-11:10am
401562	2/14	Sa	1:00pm-1:30pm	401573	4/12	Su	12:00pm-12:30pm
401574	2/14	Sa	11:40am-12:10pm	401575	4/12	Su	9:15am-9:45am
401563	2/15	Su	11:20am-11:50am	401566	4/14	Tu	7:10pm-7:40pm
401564	2/17	Tu	7:10pm-7:40pm	401567	4/14	Tu	7:50pm-8:20pm
401565	2/19	Th	7:10pm-7:40pm	401571	4/16	Th	5:50pm-6:20pm
401568	4/11	Sa	10:15am-10:45am	401572	4/16	Th	7:10pm-7:40pm
401569	4/11	Sa	12:20pm-12:50pm				

Olney Swim Center

403554	2/21	Sa	9:30am-10:00am	405184	4/14	Tu	5:45pm-6:15pm
403556	2/21	Sa	11:00am-11:30am	403573	4/15	W	7:20pm-7:50pm
403557	2/21	Sa	12:30pm-1:00pm	405186	4/16	Th	5:00pm-5:30pm
403564	2/21	Sa	10:15am-10:45am	403565	4/18	Sa	11:00am-11:30am
403559	2/22	Su	9:30am-10:00am	405187	4/18	Sa	9:30am-10:00am
403560	2/22	Su	10:10am-10:50am	405197	4/18	Sa	10:15am-10:45am
403561	2/22	Su	10:50am-11:20am	403568	4/19	Su	9:30am-10:00am
405182	2/26	Th	5:45pm-6:15pm	403569	4/19	Su	10:10am-10:40am
403572	4/13	M	7:20pm-7:50pm	403570	4/19	Su	10:50am-11:20am
403574	4/13	M	6:40pm-7:10pm	403571	4/19	Su	11:30am-12:00pm
405183	4/13	M	6:00pm-6:30pm				

PRE-BEGINNER LEVEL 4

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

6 Sessions \$57

Germantown Indoor Swim Center

403855	3/1	Su	11:05am-11:35am	403854	3/7	Sa	1:05pm-1:35pm
403853	3/7	Sa	11:45am-12:15pm	403859	4/26	Su	11:05am-11:35am

Kennedy Shriver Aquatic Center

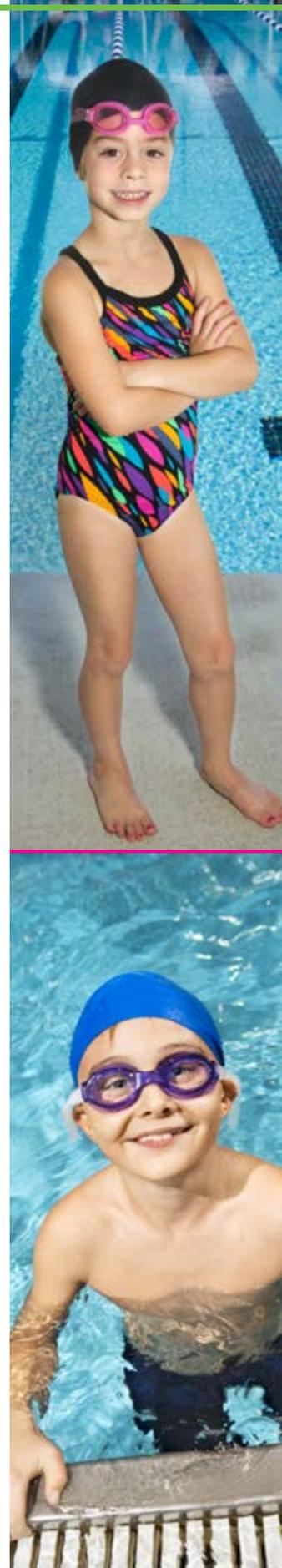
404806	2/21	Sa	9:30am-10:00am	404816	4/11	Sa	9:30am-10:00am
404807	2/21	Sa	10:50am-11:20am	404817	4/11	Sa	10:50am-11:20am
404808	2/21	Sa	11:30am-12:00pm	404818	4/11	Sa	11:30am-12:00pm
404809	2/21	Sa	12:10pm-12:40pm	404819	4/11	Sa	12:10pm-12:40pm
404810	2/21	Sa	12:50pm-1:20pm	404820	4/11	Sa	12:50pm-1:20pm
404811	2/22	Su	9:30am-10:00am	404821	4/12	Su	9:30am-10:00am
404812	2/22	Su	10:50am-12:50pm	404822	4/12	Su	10:50am-11:20am
404813	2/22	Su	11:30am-12:00pm	404823	4/12	Su	11:30am-12:00pm
404814	2/22	Su	12:10pm-12:40pm	404824	4/12	Su	12:10pm-12:40pm
405433	2/22	Su	10:10am-10:40am	405434	4/12	Su	10:10am-10:40am

Martin Luther King Swim Center

401576	2/15	Su	10:40am-11:10am	401581	4/11	Sa	10:15am-10:45am
401577	2/17	Tu	7:10pm-7:40pm	401580	4/12	Su	11:20am-11:50am
401578	2/19	Th	7:10pm-7:40pm	401579	4/16	Th	7:10pm-7:40pm

Olney Swim Center

403576	2/21	Sa	10:15am-10:45am	403587	4/13	M	7:20pm-7:50pm
403577	2/21	Sa	11:45am-12:15pm	403589	4/14	Tu	7:15pm-7:45pm
403578	2/21	Sa	12:30pm-1:00pm	403588	4/15	W	7:20pm-7:50pm
403581	2/21	Sa	9:30am-10:00am	403582	4/18	Sa	10:15am-10:45am
403579	2/22	Su	9:30am-10:00am	403583	4/18	Sa	11:45am-12:15pm
403580	2/22	Su	10:50am-11:20am	403585	4/19	Su	9:30am-10:00am



If you would like to make a tax deductible donation to FRIENDS OF RECREATION, to support MCR facilities and programs, or enable a needy child or teen to enjoy a positive recreation experience, please make your check payable to Community Foundation/MCR and indicate how you want your gift to be used.

Send your check to: Friends of Recreation, 4010 Randolph Road, Silver Spring, MD 20902.

To learn more about FOR, call 240-777-4920 or check our web page at montgomerycountymd.gov/rec.



YOUTH LEVEL 1

Designed for children at least 7 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who need to learn basic water adjustment skills. Class size is limited to 8 students.

6 Sessions

\$52

Germantown Indoor Swim Center

403881	2/23	M	6:10pm-6:40pm
403879	3/1	Su	11:05am-11:35am
403877	3/7	Sa	10:25am-10:55am
403878	3/7	Sa	12:25pm-12:55pm
403880	3/10	Tu, Th	5:00pm-5:30pm
403885	4/13	M	6:10pm-6:40pm
403884	4/26	Su	10:25am-10:55am

Kennedy Shriver Aquatic Center

405026	2/21	Sa	10:50am-11:20am
405027	2/21	Sa	11:30am-12:00pm
405028	2/21	Sa	12:10pm-12:40pm
405029	2/21	Sa	12:50pm-1:20pm
405030	2/22	Su	10:10am-10:40am
405031	2/22	Su	10:50am-11:20am
405032	2/22	Su	11:30am-12:00pm
405033	2/22	Su	12:10pm-12:40pm
405034	2/24	Tu	4:50pm-5:20pm
405035	2/26	Th	4:50pm-5:20pm
405036	4/11	Sa	10:50am-11:20am
405037	4/11	Sa	11:30am-12:00pm
405038	4/11	Sa	12:10pm-12:40pm
405039	4/11	Sa	12:50pm-1:20pm
405040	4/12	Su	10:10am-10:40am
405041	4/12	Su	10:50am-11:20am
405042	4/12	Su	11:30am-12:00pm
405043	4/12	Su	12:10pm-12:40pm
405045	4/14	Tu	4:50pm-5:20pm
405046	4/16	Th	4:50pm-5:20pm

Martin Luther King Swim Center

401609	2/14	Sa	11:40am-12:10pm
401613	2/14	Sa	12:20pm-12:50pm
401610	2/15	Su	10:40am-11:10am
401611	2/17	Tu	6:30pm-7:00pm
401612	2/18	W	5:10pm-5:40pm
401618	4/11	Sa	11:00am-11:30am
401619	4/12	Su	10:40am-11:10am
401614	4/13	M	4:30pm-5:00pm
401615	4/14	Tu	5:10pm-5:40pm
401616	4/16	Th	5:10pm-5:40pm
401617	4/16	Th	6:30pm-7:00pm

Olney Swim Center

403612	2/21	Sa	9:30am-10:00am
403613	2/21	Sa	12:30pm-1:00pm
403614	2/22	Su	11:30am-12:00pm
403617	2/25	W	5:15pm-5:45pm
403618	2/25	W	6:00pm-6:30pm
403619	4/15	W	6:40pm-7:10pm
403620	4/16	Th	5:00pm-5:30pm
403624	4/16	Th	5:45pm-6:15pm
403625	4/16	Th	6:30pm-7:00pm
403621	4/18	Sa	9:30am-10:00am

YOUTH LEVEL 2

Designed for children at least 7 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front and back without support. Class size is limited to 8 students.

6 Sessions

\$52

Germantown Indoor Swim Center

403890	2/25	W	5:30pm-6:00pm
403888	3/1	Su	9:45am-10:15am
403889	3/1	Su	11:45am-12:15pm
403886	3/7	Sa	9:45am-10:15am
403887	3/7	Sa	11:05am-11:35am
403895	4/15	W	5:30pm-6:00pm
403893	4/26	Su	9:45am-10:15am
403894	4/26	Su	11:45am-12:15pm

Olney Swim Center

403629	2/21	Sa	10:15am-10:45am
403630	2/21	Sa	11:00am-11:30am
403631	2/22	Su	10:10am-10:50am
403632	2/22	Su	11:30am-12:00pm
403628	2/23	M	7:20pm-7:50pm
403633	4/18	Sa	10:15am-10:45am
403634	4/18	Sa	11:00am-11:30am
403635	4/19	Su	10:10am-10:50am

Martin Luther King Swim Center

401620	2/14	Sa	11:00am-11:30am
401621	2/14	Sa	1:00pm-1:30pm
401622	2/15	Su	12:00pm-12:30pm
401623	2/18	W	4:30pm-5:00pm
401628	2/19	Th	6:30pm-7:00pm
401627	4/11	Sa	11:40am-12:10pm
401624	4/12	Su	11:20am-11:50am
401625	4/14	Tu	7:10pm-7:40pm
401626	4/16	Th	6:30pm-7:00pm



Kennedy Shriver Aquatic Center

405070	2/21	Sa	9:30am-10:00am	405093	4/11	Sa	9:30am-10:00am
405071	2/21	Sa	10:10am-10:40am	405094	4/11	Sa	10:10am-10:40am
405072	2/21	Sa	10:50am-11:20am	405097	4/11	Sa	10:50am-11:20am
405073	2/21	Sa	11:30am-12:00pm	405101	4/11	Sa	11:30am-12:00pm
405074	2/21	Sa	12:10pm-12:40pm	405103	4/11	Sa	12:10pm-12:40pm
405085	2/21	Sa	12:50pm-1:20pm	405105	4/11	Sa	12:50pm-1:20pm
405087	2/22	Su	9:30am-10:00am	405106	4/12	Su	9:30am-10:00am
405088	2/22	Su	10:10am-10:40am	405107	4/12	Su	10:10am-10:40am
405089	2/22	Su	10:50am-11:20am	405108	4/12	Su	10:50am-11:20am
405090	2/22	Su	11:30am-12:00pm	405109	4/12	Su	11:30am-12:00pm
405091	2/22	Su	12:10pm-12:40pm	405110	4/12	Su	12:10pm-12:40pm
405092	2/22	Su	12:50pm-1:20pm	405111	4/12	Su	12:50pm-1:20pm

YOUTH LEVEL 3

Designed for children at least 7 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 10 students.

6 Sessions \$50

Germantown Indoor Swim Center

403900	2/25	W	6:10pm-6:40pm
403898	3/1	Su	10:25am-10:55am
403899	3/1	Su	12:25pm-12:55pm
403896	3/7	Sa	12:25pm-12:55pm
403897	3/7	Sa	1:05pm-1:35pm
403904	4/15	W	6:10pm-6:40pm
403903	4/26	Su	10:25am-10:55am

Martin Luther King Swim Center

401629	2/14	Sa	10:15am-10:45am
401630	2/14	Sa	11:40am-12:10pm
401631	2/15	Su	11:20am-11:50am
401632	2/19	Th	7:50pm-8:20pm
401635	4/11	Sa	11:40am-12:10pm
401636	4/11	Sa	1:00pm-1:30pm
401638	4/11	Sa	9:30am-10:00am
401633	4/12	Su	11:20am-11:50am
401637	4/12	Su	10:40am-11:10am
401634	4/16	Th	7:50pm-8:20pm

Kennedy Shriver Aquatic Center

405112	2/21	Sa	9:30am-10:00am
405113	2/21	Sa	12:10pm-12:40pm
405114	2/22	Su	9:30am-10:00am
405115	2/22	Su	10:50am-11:20am
405116	4/11	Sa	9:30am-10:00am
405118	4/11	Sa	12:10pm-12:40pm
405119	4/12	Su	9:30am-10:00am
405120	4/12	Su	10:50am-11:20am

Olney Swim Center

403642	2/21	Sa	11:45am-12:15pm
403639	2/23	M	7:20pm-7:50pm
403640	2/25	W	7:20pm-7:50pm
403645	4/18	Sa	11:45am-12:15pm

YOUTH LEVEL 4

Designed for children at least 7 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper), and are for students who can already swim a coordinated front crawl for 15 yards (width of the pool), back crawl for 5 yards and are comfortable in deep water. Class size is limited to 10 students.

6 Sessions \$50

Germantown Indoor Swim Center

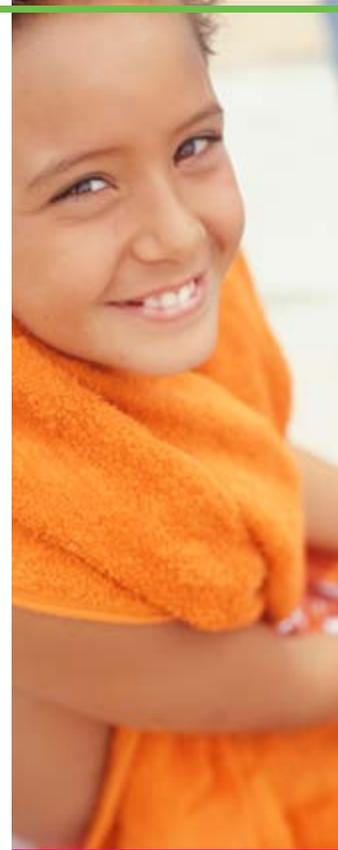
404220	3/1	Su	11:05am-11:35am
404221	3/1	Su	12:25pm-12:55pm
404218	3/7	Sa	11:45am-12:15pm
404219	3/7	Sa	12:25pm-12:55pm
404224	4/26	Su	12:25pm-12:55pm

Martin Luther King Swim Center

401639	2/14	Sa	12:20pm-12:50pm
401640	2/15	Su	10:00am-10:30am
401642	2/15	Su	12:00pm-12:30pm
401641	2/17	Tu	7:50pm-8:20pm
401644	4/11	Sa	12:20pm-12:50pm
401645	4/11	Sa	10:15am-10:45am
401643	4/12	Su	10:00am-10:30am

Olney Swim Center

403649	2/21	Sa	11:00am-11:30am
403648	2/25	W	7:20pm-7:50pm
403655	4/16	Th	7:15pm-7:45pm
403654	4/19	Su	10:50am-11:20am





YOUTH LEVEL 4

Kennedy Shriver Aquatic Center

405121	2/21	Sa	9:30am-10:00am	405128	4/11	Sa	9:30am-10:00am
405122	2/21	Sa	10:10am-10:40am	405129	4/11	Sa	10:10am-10:40am
405123	2/21	Sa	11:30am-12:00pm	405130	4/11	Sa	11:30am-12:00pm
405124	2/22	Su	9:30am-10:00am	405131	4/12	Su	9:30am-10:00am
405125	2/22	Su	11:30am-12:00pm	405132	4/12	Su	11:30am-12:00pm
405126	2/22	Su	12:10pm-12:40pm	405133	4/12	Su	12:10pm-12:40pm
405127	2/22	Su	12:50pm-1:20pm	405134	4/12	Su	12:50pm-1:20pm

YOUTH LEVEL 5

Designed for children at least 7 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can swim 1 length of front and back crawl, tread water, and dive into and swim in deep water. Class size is limited to 10 students.

6 Sessions \$50

Germantown Indoor Swim Center

404227	3/1	Su	9:45am-10:15am
404228	3/1	Su	11:05am-11:35am
404225	3/7	Sa	11:05am-11:35am
404226	3/7	Sa	11:45am-12:15pm
404231	4/26	Su	11:05am-11:35am

Martin Luther King Swim Center

401646	2/14	Sa	12:20pm-12:50pm
401649	2/14	Sa	11:00am-11:30am
401652	2/14	Sa	12:20pm-12:50pm
401647	2/15	Su	10:40am-11:10am
401648	2/19	Th	7:50pm-8:20pm
401651	4/11	Sa	11:00am-11:30am
401650	4/14	Tu	7:50pm-8:20pm

Kennedy Shriver Aquatic Center

405135	2/21	Sa	8:50am-9:20am
405137	4/11	Sa	8:50am-9:20am

Olney Swim Center

403656	2/21	Sa	11:45am-12:15pm
403658	2/21	Sa	11:45am-12:15pm
403660	4/16	Th	7:15pm-7:45pm
403659	4/19	Su	11:30am-12:00pm

YOUTH LEVEL 6

Designed for children at least 7 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can swim 2 lengths of front and back crawl in good form and 15 yards of breaststroke. Class size is limited to 10 students.

6 Sessions \$50

Germantown Indoor Swim Center

404233	3/1	Su	11:45am-12:15pm
404232	3/7	Sa	12:25pm-12:55pm
404235	4/26	Su	9:45am-10:15am

Martin Luther King Swim Center

401653	2/14	Sa	1:00pm-1:30pm
401655	2/15	Su	12:00pm-12:30pm
401654	2/17	Tu	7:50pm-8:20pm
401657	4/11	Sa	1:00pm-1:30pm
401656	4/16	Th	7:50pm-8:20pm

Kennedy Shriver Aquatic Center

405139	2/21	Sa	8:50am-9:20am
405140	2/21	Sa	12:50pm-1:20pm
405141	2/22	Su	10:10am-10:40am
405143	4/11	Sa	8:50am-9:20am
405144	4/11	Sa	12:50pm-1:20pm
405142	4/12	Su	10:10am-10:40am

Olney Swim Center

403663	2/22	Su	11:30am-12:00pm
403665	4/19	Su	11:30am-12:00pm

*The swim lessons instructor was very kind and professional.
I'm very happy*

-customer survey

ADULT LEVEL 1

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

6 Sessions \$59

Germantown Indoor Swim Center

403722	2/23	M	5:30pm-6:00pm
403721	3/1	Su	10:25am-10:55am
403720	3/7	Sa	11:05am-11:35am
403723	4/13	M	5:30pm-6:00pm
403724	4/26	Su	10:25am-10:55am

Martin Luther King Swim Center

401467	2/14	Sa	10:15am-10:45am
401468	2/15	Su	11:20am-11:50am
401466	2/17	Tu	8:30pm-9:00pm
401470	4/11	Sa	9:30am-10:00am
401471	4/12	Su	9:15am-9:45am
401469	4/14	Tu	8:30pm-9:00pm

Kennedy Shriver Aquatic Center

403671	2/21	Sa	10:10am-10:40am
403672	2/22	Su	8:50am-9:20am
403673	2/22	Su	12:50pm-1:20pm
403737	2/24	Tu	8:30pm-9:00pm
403738	2/25	W	8:30pm-9:00pm
403852	4/11	Sa	10:10am-10:40am
403858	4/12	Su	8:50am-9:20am
403870	4/12	Su	12:50pm-1:20pm
403905	4/14	Tu	8:30pm-9:00pm
403906	4/15	W	8:30pm-9:00pm

Olney Swim Center

403411	2/21	Sa	10:15am-10:45am
403412	2/21	Sa	12:30pm-1:00pm
403413	2/22	Su	10:10am-10:40am
403414	2/24	Tu	7:15pm-7:45pm
403419	4/14	Tu	6:30pm-7:00pm
403416	4/18	Sa	10:15am-10:45am
403418	4/19	Su	10:10am-10:40am

ADULT LEVEL 2

Designed for teenagers and adults (14 years and older) who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front and back without support. Class size is limited to 10 students.

6 Sessions \$57

Germantown Indoor Swim Center

403729	2/23	M	6:10pm-6:40pm
403728	3/1	Su	9:45am-10:15am
403727	3/7	Sa	10:25am-10:55am
403732	4/13	M	6:10pm-6:40pm
403731	4/26	Su	9:45am-10:15am

Martin Luther King Swim Center

401473	2/15	Su	10:00am-10:30am
401472	2/19	Th	8:30pm-9:00pm
401476	4/11	Sa	1:00pm-1:30pm
401475	4/12	Su	10:00am-10:30am
401474	4/16	Th	8:30pm-9:00pm

Kennedy Shriver Aquatic Center

403739	2/21	Sa	10:10am-10:40am
403740	2/22	Su	12:50pm-1:20pm
403745	2/26	Th	8:30pm-9:00pm
403908	4/11	Sa	10:10am-10:40am
403909	4/12	Su	12:50pm-1:20pm
403910	4/16	Th	8:30pm-9:00pm

Olney Swim Center

403422	2/22	Su	10:50am-11:20am
403423	2/24	Tu	7:15pm-7:45pm
403427	4/14	Tu	7:15pm-7:45pm
403426	4/19	Su	10:50am-11:20am



Now Hiring Part Time Staff!

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



ADULT LEVEL 3

Designed for teenagers and adults (14 years 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. Class size is limited to 10 students.

6 Sessions \$57

Germantown Indoor Swim Center

403734	3/1	Su	12:25pm-12:55pm
403733	3/7	Sa	9:45am-10:15am
403736	4/26	Su	12:25pm-12:55pm

Martin Luther King Swim Center

401477	2/14	Sa	11:00am-11:30am
401478	2/17	Tu	8:30pm-9:00pm
401480	4/11	Sa	11:00am-11:30am
401479	4/14	Tu	8:30pm-9:00pm

Kennedy Shriver Aquatic Center

403746	2/21	Sa	10:50am-11:20am
403747	2/22	Su	8:50am-9:20am
403748	2/26	Th	8:30pm-9:00pm
403911	4/11	Sa	10:50am-11:20am
403912	4/12	Su	8:50am-9:20am
403913	4/16	Th	8:30pm-9:00pm

Olney Swim Center

403429	2/22	Su	11:30am-12:00pm
403431	2/26	Th	7:15pm-7:45pm
403434	4/16	Th	7:15pm-7:45pm
403432	4/19	Su	11:30am-12:00pm

ADULT LEVEL 4

Designed for teenagers and adults (14 years and older) who can already swim a coordinated front crawl for 15 yards (across the width of the pool), back crawl for 5 yards and are comfortable in deep water. Class size is limited to 10 students.

6 Sessions \$57

Germantown Indoor Swim Center

403750	3/1	Su	11:45am-12:15pm
403749	3/7	Sa	11:45am-12:15pm
403752	4/26	Su	11:45am-12:15pm

Martin Luther King Swim Center

401481	2/19	Th	8:30pm-9:00pm
401482	4/16	Th	8:30pm-9:00pm

Kennedy Shriver Aquatic Center

403826	2/24	Tu	8:30pm-9:00pm
403915	4/14	Tu	8:30pm-9:00pm

Olney Swim Center

403440	4/19	Su	9:30am-10:00am
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ADULT LEVEL 5

Designed for teenagers and adults (14 years and older) who can swim 1 length of front and back crawl, 15 yards of elementary back stroke in good form, tread water, and dive into and swim in deep water. Class size is limited to 10 students.

6 Sessions \$57

Kennedy Shriver Aquatic Center

403827	2/25	W	8:30pm-9:00pm
403916	4/15	W	8:30pm-9:00pm

Olney Swim Center

403442	2/21	Sa	11:00am-11:30am
403441	2/26	Th	7:15pm-7:45pm
403443	4/16	Th	7:15pm-7:45pm
403444	4/18	Sa	11:00am-11:30am

ADULT SWIM FOR CONDITIONING 1

Designed for teenagers and adults (14 years and older) who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water. Class size is limited to 10 students.

6 Sessions \$57

Kennedy Shriver Aquatic Center

402316	2/23	M	8:30pm-9:00pm
402317	4/13	M	8:30pm-9:00pm

ADULT SWIM FOR CONDITIONING 2

Designed for teenagers and adults (14 years and older) who can swim 50 meters of freestyle. This class will provide technical training and is an opportunity for prospective lifeguards to establish swimming proficiency. Class size limited to 15 students.

6 Sessions \$57

Kennedy Shriver Aquatic Center

403851	2/23	M	8:30pm-9:00pm
403917	4/13	M	8:30pm-9:00pm

Classes CLASSES

**Classes Will Not Meet On
April 3-April 12 & May 23-25**



ARTS & CRAFTS

YOUTH

Art Studio

Ages 7-12: Students will work with a variety of media and techniques while creating exciting projects. Special attention will be paid to composition, perspective, and color application. During this dynamic class students will gain and reinforce many skills which help them to produce high quality art work. \$5 material fee is due to instructor on first day. Additional supply list will be provided at the first class.

6 Sessions \$54
Instructor: Tatiana Martin
405465 Longwood CRC 4/25 Sa 12:00pm-1:00pm

Drawing Made Easy

Ages 5-12: Fun lessons guide you step by step to draw awesome pictures and learn important skills. Please bring crayons, colored pencils, No. 2 pencils, erasers and paper to the first class. Warning-this class fills quickly! \$10 material fee due to instructor at first class.

8 Sessions \$72
Instructor: Pyper H. Dixon
406948 Germantown CRC 4/20 M 6:30pm-7:30pm

Adventures in Art

Ages 5-11: Create exciting works of art using different types of media and techniques. Focus on drawing, painting, and composition. \$5 material fee due on first day. Additional supply list provided on first day.

6 Sessions \$54
Instructor: Tatiana Martin
405467 Longwood CRC 4/25 Sa 10:15am-11:15am



Draw and Clay

Ages 4-9: Castles, Princesses, knights and dragons. This is a fun class to trigger the imagination, work on eye hand coordination with step by step instruction and take home drawing, painting and sculptural (clay) masterpieces. Material fee of \$10. Our Projects will include drawing, painting and sculpting in clay. A \$10 material fee is due to instructor for each registered course .

5 Sessions \$49
Instructor: Yolanda Prinsloo
405534 Germantown CRC 4/21 Tu 5:15pm-6:15pm
405533 Bauer Drive CRC 4/22 W 5:30pm-6:30pm

Modern Masterpieces (painting)

Ages 6-13: Use color, shape and line to express emotions and creative ideas; objects are simplified and deconstructed. The art that results is very personal & unique. Draw, paint and voila-a masterpiece! \$10 material fee due to instructor at class.

8 Sessions \$65
Instructor: Pyper H. Dixon
406949 Germantown CRC 4/21 Tu 6:30pm-7:30pm
9 Sessions \$72
Instructor: Pyper H. Dixon
406950 White Oak CRC 4/23 Th 6:30pm-7:30pm

Cartooning with Young Rembrandts

Ages 6-12: Must be six by the start of class. Young Rembrandts provides a creative and nurturing environment where children learn to draw and explore the world around them. We use an innovative step-by-step approach to drawing topics your kids can relate to and learn from. Each week, we will present new, fun cartoon lessons that will teach students the essential skills to create exciting cartoon characters. Students will learn fun, off the wall characters based on people, animals and even food. All this and more await our students. All new lessons each week. All materials included.

6 Sessions \$80
Instructor: Michele Young Rembrandts
405454 Wheaton NRC 4/20 M 6:30pm-7:30pm
405457 Potomac CRC 4/21 Tu 6:00pm-7:00pm
405455 Germantown CRC 4/22 W 6:00pm-7:00pm
405456 Bauer Drive CRC 4/23 Th 6:00pm-7:00pm

Abrakadoodle Kids on Canvas

Ages 6-11: Our Doodlers develop new skills and talents while designing unique creations using a variety of wonderful tools and materials. Children develop skills and confidence, while having a blast! A \$40 Materials Fee is Due to instructor at the first class.

8 sessions \$112
Instructor: Nancy Delasos
406946 White Oak CRC 4/16 Th 6:15pm-7:15pm
406947 Potomac CRC 4/17 F 6:00pm-7:00pm

Paint and Clay

Ages 10-15: This is a continuation of Draw and Clay for older students. In this class we will work with the theme of minecraft in drawing, painting and sculpture. Projects are done step by step to strengthen the students artistic skill. Material fee of \$10.

4 sessions \$40
Instructor: Yolanda Prinsloo
406795 Bauer Drive CRC 5/2 Sa 2:00pm-3:00pm



FINE ARTS

Drawing Gardens with Kritt

Ages 18 and Up: Simple and satisfying, and there's always something new to draw. We'll work from photos so you'll draw your favorite places. Do a portrait of your favorite flower or draw an entire garden scene. Call instructor at 301-989-1799 for supply list.

7 Sessions		\$120		
Instructor:Penny Kritt				
405249 Kritt Studio	4/20 M		10:00am-12:00pm	
405250 Kritt Studio	4/20 M		7:00pm-9:00pm	

Painting Spring with Penny Kritt

Ages 18 & Up: Use watercolors or acrylics to capture the colors of Spring. Join award winning artist Penny Kritt and learn painting tips from a pro! Call 301/989-1799 for supply list.

8 Sessions		\$135		
Instructor:Penny Kritt				
405251 Kritt Studio	4/21 Tu		10:00am-12:00pm	
405252 Kritt Studio	4/21 Tu		7:00pm-9:00pm	

Chinese Watercolors

Ages 18 & Up: All levels are welcome. Join a local Chinese artist as she teaches you the essential brush strokes needed to paint the 'Four Gentlemen' of Chinese art and their variations. \$28 material fee due to instructor at first class.

7 Sessions		\$125		
Instructor:Helene Sze McCarthy				
405935 Blair, Montgomery HS	4/22 W		7:30pm-9:30pm	

Let's Draw! Beginning/Intermediate

Ages 8 & Up: A perfect class for older kids and adults to explore different drawing skills. Come find the artist in you! Great fun for families. Please register quickly for this popular class. Contact Pyper at 240-593-4404 for supply list.

8 Sessions		\$129		
Instructor:Pyper H. Dixon				
406952 East County CRC	4/18 Sa		10:15am-12:15pm	

Oil or Acrylic Painting-Your Choice

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

6 Sessions		\$108		
Instructor:Doris Haskel				
405699 Norwood LP	4/20 M		9:45am-11:45am	
7 Sessions		\$126		
Instructor:Doris Haskel				
405700 Norwood LP	4/21 Tu		9:45am-11:45am	
405701 Norwood LP	4/22 W		9:45am-11:45am	

Acrylic Painting Techniques

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

8 Sessions		\$135		
Instructor:Margaret Deskin				
405696 Bauer Drive CRC	4/18 Sa		10:30am-12:30pm	

Right Brain Drawing Beginner

Ages 11 & Up: Discover how to unhone preconception and draw what you see. Sharpen your powers of observation with a variety of exercises and see what you can create! Bring drawing paper, pencils (HB,B1,B4), ruler, erasers or \$20 for materials fee due to instructor.

6 Sessions		\$102		
Instructor:Yolanda Prinsloo				
405531 Potomac CRC	4/20 M		5:30pm-7:00pm	

Right Brain Drawing Advanced

Ages 13 & Up: For those who have taken a beginner class with Yolanda Prinsloo in the past or have drawing experience. Build on perceptions of drawing and explore new techniques in pencil, color pencil and/or watercolor. \$20 material fee due to instructor at first class.

6 Sessions		\$102		
Instructor:Yolanda Prinsloo				
405530 Potomac CRC	4/20 M		7:15pm-8:45pm	

Paint in Potomac

Ages 12 & Up: We will use the medium of your choice- Acrylic, Oil or Watercolor. You choose the style you like and we will help you reach your goal. There will be a strong emphasis on composition, color theory and technique. \$35 material fee due to instructor or call 240-740-7967 to obtain material list.

4 Sessions		\$66		
Instructor:Yolanda Prinsloo				
405540 Potomac CRC	4/26 Su		2:00pm-4:30pm	





POTTERY

Handcrafted Pottery

Beginner/intermediate

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

8 Sessions \$136
Instructor:Pamela Reid
405542 White Oak CRC 4/14 Tu 6:30pm-8:30pm

Handcrafted Pottery All Levels

Ages 16 & Up: All Levels: Discover clay and glazes in a creative, friendly environment. Work on individual projects with instructor's guidance. Bring clay tools and old towel. \$30 material fee due to instructor at the first class.

8 Sessions \$136
Instructor:Pamela Reid
405543 White Oak CRC 4/15 W 10:00am-12:00pm

Pottery Open Studio

Ages 16 & Up: Intermediate/Advanced. Handbuilding, wheel-throwing, decorating and glazing techniques for experienced students. Studio is equipped with wheels, extruders and slab roller. Instructor is available for demonstration and assistance. \$30 material fee due at first class.

8 Sessions \$176
Instructor:Pamela Reid
405544 White Oak CRC 4/14 Tu 10:00am-2:00pm
8 Sessions \$80
Instructor:Pamela Reid
405545 White Oak CRC 4/16 Th 6:30pm-8:30pm

Pottery at Sligo Creek

Ages 17 & Up: All levels and experience. Explore handbuilding, wheel throwing and glazing techniques using mid-range stoneware (cone 6) with the instructor's guidance. Fully equipped studio affords you the opportunity to discover and work toward your own creative goals. All artists have access to a potter's wheel. \$27 material fee due to instructor at class. Monday class is taught by Dickerson; Tuesday and Thursday classes are taught by Schreiber.

10 Sessions \$240
Instructor:Margaret Dickerson
405777 Sligo Creek ES 4/13 M 7:00pm-10:00pm
11 Sessions \$264
Instructor:Angela Schreiber
405774 Sligo Creek ES 4/14 Tu 7:00pm-10:00pm
405776 Sligo Creek ES 4/14 Tu 9:30am-12:30pm
405775 Sligo Creek ES 4/16 Th 9:30am-12:30pm

JEWELRY CLASSES

Basic Beading

Ages 12 & Up: Learn the basic skills of stringing beads and findings for simple jewelry design to create earrings, bracelets and necklaces. We'll complete several pieces in class. Ideal class for beginners or those who desire to refine their skills. Bring a basic tool kit of flatnose pliers, roundnose pliers and wire cutters. \$10 material fee due to instructor in class.

1 Session \$35
Instructor:Renee Prioleau
405233 Wisconsin Place CRC 5/2 Sa 12:00pm-2:00pm



YOUTH CRAFTS

Kidz Sew and Tell

Ages 8-12: Do you have little to no sewing experience if so this class is for you! We welcome all levels. Learn how to sew and make your own projects and garments. This class will teach you sewing terms, pattern layout, cutting out fabric, hem, make a slit, and measuring just to name a few. Sewing machines will be available or you can bring your own.

5 Sessions \$99
Instructor:Nora Elias
405243 Bauer Drive CRC 5/2 Sa 10:45am-12:45pm

It's a Stitch

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

6 Sessions \$115
Instructor:Nora Elias
405245 Holiday Park Sr Ctr 4/17 F 10:30am-12:30pm



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DANCE

BALLROOM

Ballroom I Beginners (Couples)

Ages 16 & Up: Beginner. Learn the basics of Ballroom Dancing for the student with no prior level of instruction. Learn proper dance position, how to lead and follow, and at least three patterns for Waltz, Foxtrot, Rumba, Cha Cha and Swing. Registration is per student, must have a partner registered in the class to attend.

7 Sessions	\$65
Instructor: Rebecca McKinney	
405438 Bethesda ES	4/20 M 7:00pm-8:00pm
8 Sessions	\$75
Instructor: Joe Kim	
405439 Olney ES	4/24 F 7:30pm-8:30pm
Instructor: Tony Seleme	
406087 Bauer Drive CRC	4/13 M 7:15pm-8:15pm
Instructor: Thomas Woll/Ann Basso	
405437 Wheaton NRC	4/20 M 8:00pm-9:00pm

Ballroom II (Couples)

Ages 16 & Up: Intermediate. Prerequisite: Ballroom I. After a brief review of the Ballroom I Dances, reinforce and build your confidence by learning additional variations for these dances, including Tango and Merengue. Emphasis is placed on maintaining proper dance position and improved pattern execution to perfect each move. For further information please contact your instructor directly. Registration is per student, must have a partner registered in the class to attend.

7 Sessions	\$65
Instructor: Rebecca McKinney	
405737 Bethesda ES	4/20 M 8:00pm-9:00pm
8 Sessions	\$75
Instructor: Joe Kim	
405735 Olney ES	4/24 F 8:30pm-9:30pm
Instructor: Tony Seleme	
405736 Bauer Drive CRC	4/13 M 8:15pm-9:15pm
Instructor: Thomas Woll/Ann Basso	
405734 Wheaton NRC	4/20 M 9:00pm-10:00pm

Ballroom III (Couples)

Ages 16 and up: Intermediate/Advanced: Prerequisite: Ballroom Dance II or equivalent. Students will further develop a firm foundation in dancing ability in the ballroom dances covered in Ballroom I and II. Learn additional patterns in each dance with an emphasis on proper execution and technique. Classes may specialize in 3 or 4 dances per session. Registration fee is per student, each student must have a registered partner to participate in the class.

8 Sessions	\$75
Instructor: Thomas Woll/Ann Basso	
405738 Gwendolyn Coffield CRC	4/21 Tu 7:45pm-8:45pm

Ballroom IV (Couples)

Ages 16 & Up: Prerequisite: Completion of Ballroom I, Intermediate or Intermediate Advanced. Students will further develop dancing skills by learning additional patterns in each dance, improving dancing technique and execution. Classes may specialize in 3 or 4 dances per session. All registration fees are per person, a registered partner is required for this class.

8 Sessions	\$75
Instructor: Thomas Woll/Ann Basso	
405743 Mid County CRC	4/23 Th 7:45pm-8:45pm

Ballroom Practice & Party (Couples)

Age 17 & Up: Learn ballroom variations the first hour and then add to your enjoyment with a two-hour practice and party. One potluck dinner during the course. \$20 per couple parties set-up fee due instructor. For further information please contact your instructor directly. Instructor: Tony Seleme 202-386-2060. Registration is per person, students must have a registered partner to attend the class.

9 Sessions	\$135
Instructor: Tony Seleme	
406092 Holiday Park Sr Ctr	4/17 F 7:00pm-10:00pm

Ballroom Wedding Dance (Couples)

Ages 18 & Up: Beginner: Learn to dance for that special occasion, your wedding, or just take the course to learn the three of most common ballroom wedding dances, the Waltz, Foxtrot, or Rumba. These are the three basic slow dances that couples usually chose for their special first dance together. Instruction will focus on proper dance position, how to lead and follow, and some basic patterns that you can use to form a routine for your dance. Registration fee is per person, must have a registered partner to attend the class.

8 Sessions	\$75
Instructor: Tony Seleme	
406094 Holiday Park Sr Ctr	4/14 Tu 9:00pm-10:00pm

Rumba & Chacha (Couples)

Ages 18 & Up: Intermediate level. Have fun in this class learning Foxtrot and Rumba variations with great choreography and styling. Fee is per person. Must have a partner to be registered in the class.

8 Sessions	\$75
Instructor: Rebecca McKinney	
405492 Jane E. Lawton CRC	4/23 Th 7:00pm-8:00pm

Swing (Couples)

Ages 17 & Up: Beginner: Single and Triple Swing. Learn underarm turns, swivels using swing variations. This class is an East Coast Swing starting with Single Swing for an easy start, then progress to Triple Swing. For further information, please call the instructor Tony Seleme at 202-386-2060 for the Tuesday class or Rebecca McKinney at 202-669-7723 for the Thursday Registration fee is per person, students must have a registered partner to attend.

8 Sessions	\$75
Instructor: Tony Seleme	
405495 Holiday Park Sr Ctr	4/14 Tu 7:00pm-8:00pm
Instructor: Rebecca McKinney	
405494 Jane E. Lawton CRC	4/23 Th 8:00pm-9:00pm





Social Night Club Dancing

Is learning to dance in night clubs what you want? Then this is the class for you! Learn the basic and various patterns for some of the hottest and most common night club dances. Get moving and having fun when you learn how to salsa, jitterbug-swing, cha cha, west coast swing and slow dance. Time permitting, other dances like hustle and merengue may be taught. With the moves that you learn, you'll stand out on the dance floor. Couples recommended, but singles are welcome. Fee is per person.

4 Sessions	\$45
Instructor: Thomas Woll/Tony Dunn	
405740 Germantown CRC	4/22 W 7:00pm-8:00pm
405741 Germantown CRC	5/20 W 7:00pm-8:00pm
8 Sessions	\$80
Instructor: Thomas Woll/Tony Dunn	
405739 Germantown CRC	4/22 W 7:00pm-8:00pm

Dance DC Hand Dancing (Singles and Couples)

Ages 18 and up: Proclaimed the official dance of the Nation's Capital, learn this smooth style of 6-count Swing featuring various circular and slotted patterns. DC Hand Dancing is done to moderate and fast Motown, Blues and Disco music. No partner required. Students change patterns frequently. For singles, couples, trios, and bring your friends.

4 Sessions	\$45
Instructor: Thomas Woll	
405722 Germantown CRC	4/20 M 7:00pm-8:00pm
405723 Germantown CRC	5/18 M 7:00pm-8:00pm
8 Sessions	\$80
Instructor: Thomas Woll	
405721 Germantown CRC	4/20 M 7:00pm-8:00pm

MORE DANCE

Urban Line Dance

Ages 16 & Up: New Location! This introduces you to the basic patterns and steps for line dancing by a certified Line Dancing Instructor. Learn basic beginning level line dance step patterns and gradually progress to intermediate level line dances with slightly more complex patterns. This class will provide the opportunity to exercise, socialize, and have fun all in one setting. For more info, call Peytrienne at 301.379.5937.

7 Sessions	\$63
Instructor: Peytrienne McCormick	
405664 Good Hope CRC	4/20 M 5:45pm-6:45pm
8 Sessions	\$72
Instructor: Peytrienne McCormick	
405660 Wheaton NRC	4/21 Tu 6:00pm-7:00pm
405661 Scotland CRC	4/22 W 6:15pm-7:15pm

Dance Heels on Fire!

Ages 21 & Up: This class takes dance to another level...3inches and higher. Come and unleash a sexier side of you in this elevated fusion of hip-hop, jazz, and exercise! More than just a fashion statement, high heels can change your posture, allowing you to engage the muscles of your legs and pelvis. Class will focus on the lines of the body, maturity of movement, confidence, and sensuality. So come join Heels and be fierce, sexy, and experience a great exercise all at once!

4 Sessions	\$42
Instructor: Kahina Haynes	
405655 Upper County CRC	4/22 W 7:15pm-8:15pm
405656 Upper County CRC	5/20 W 7:15pm-8:15pm
8 Sessions	\$72
Instructor: Kahina Haynes	
405654 Upper County CRC	4/22 W 7:15pm-8:15pm
405653 Potomac CRC	4/23 Th 7:30pm-8:30pm

TAP DANCE

Tap Dance for Adults Intermediate

Ages 16 & Up. A continuation for anyone who has had the beginner class. For further information, or to clarify correct placement, please call Rowena at 301-467-3535.

6 Sessions	\$54
Instructor: Rowena DeLuca	
405503 Marilyn J. Praisner CRC	4/25 Sa 11:00am-12:00pm

INTERNATIONAL DANCE

Folk Bhangra/Bollywood

Ages 11 & Up: Beginner/Intermediate: Enjoy and learn the latest dance craze. Bhangra is a vigorous and rhythmic dance for social parties, while Bollywood is a hip hop low impact dance mixed with classical and folk dances of India. These dances are set to very catchy tunes with romantic lyrics and fast beat. Stay in shape while learning an art. Questions: Call Kumud Mathur at 301-299-3334.

7 Sessions	\$95
Instructor: Kumud Mathur	
405573 Potomac CRC	4/21 Tu 7:30pm-8:15pm



LATIN DANCE

Latin Club Dancing

Ages 18 & Up: Don't be a wallflower any longer. Latin Club Dancing is a ballroom dance class offered to individuals or couples. Designed to teach you the basics of Salsa and Merengue, the most popular Latin nightclub dances. This is a beginner course. Questions? Call Avant Garde at 301-881-1436.

8 Sessions \$75
 Instructor: Nick Short/ Don Beedie
 406995 Avant Garde 4/21 Tu 7:30pm-8:15pm

Latin Salsa (Couples)

Ages 17 & Up: This hot dance sizzles with rhythms and movement making Salsa a fun and popular dance for beginners. For more info, please call Rebecca at 202-669-7723.

8 Sessions \$85
 Instructor: Tony Seleme
 406095 Holiday Park Sr Ctr 4/14 Tu 8:00pm-9:00pm

Latin Salsa (Singles & Couples)

Ages 17 & Up: Beginner. Learn today's hottest dance-Salsa! Learn a unique technique to dance Salsa, the difference between studio and night club styles, lead and follow, the 'get out of jail', steps to get your partner back on beat, and when to do the Mambo instead. Registration fee for singles sign up with a friend to ensure balance. Students change partners frequently. Tom may be reached for further info at 703-591-3839.

4 Sessions \$45
 Instructor: Thomas Woll/Tony Dunn
 405732 Germantown CRC 4/20 M 8:00pm-9:00pm
 405733 Germantown CRC 5/18 M 8:00pm-9:00pm
 8 Sessions \$80
 Instructor: Thomas Woll/Tony Dunn
 405731 Germantown CRC 4/20 M 8:00pm-9:00pm

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Salsa & Merengue with BACHATA!

Ages 17 & Up: Beginner. This class is popular worldwide. The class includes partner dance, solo free style, and practice to mini choreographed routine. Students will be learn night club style, street style, and formal dance style. Students will change partners frequently. Program does not require a partner to attend.

8 Sessions \$75
 Instructor: Joe Kim
 405435 Barnsley, Lucy ES 4/22 W 7:30pm-8:30pm

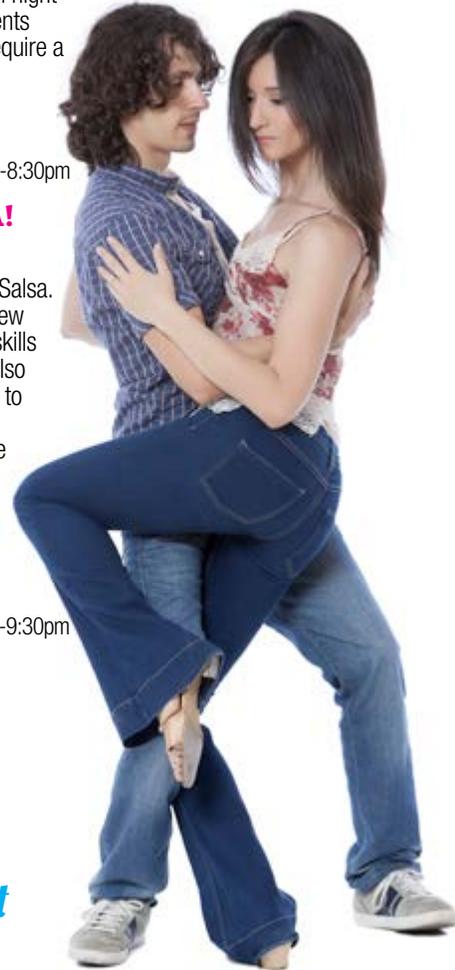
Salsa & Merengue with BACHATA! Inter/Advan

Ages 17 & Up: Intermediate/Advanced: Prerequisite: Salsa, beginner class or solid basic knowledge. Initially review beginner Salsa and quickly add on advanced Salsa skills with emphasis on turning technique. Students will also enjoy fun loaded show off Shine Steps newly added to this class. Students will be taught night club style, street style, and formal dance style. Students change partners frequently. For further information, contact Joe Kim may at 301-602-4760. This class does not require a partner.

8 Sessions \$75
 Instructor: Joe Kim
 405436 Barnsley, Lucy ES 4/22 W 8:30pm-9:30pm

The instructor does a great job teaching us to dance. Different skill levels and interests, she manages to lead a great dance class every week.

-customer survey



INTERNATIONAL Folk Dancing

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

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

Questions? Call Phyllis at 301-871-8788 or e-mail diamonddancecircle@comcast.net.

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

OPEN ENROLLMENT

We've changed our program to a punch pass system. Just buy an admission pass and attend only classes you want.

The more admissions you purchase, the more you save.

Passes are valid 1 year after your purchase.

- | | |
|-----------|---|
| 1 Pass | • \$8.00 (Trial/ Guest Pass Only) |
| 5 Passes | • \$37.50 (resident) \$52.50 (non-resident) |
| 10 Passes | • \$75.00 (resident) \$90.00 (non-resident) |
| 20 Passes | • \$140.00 (resident) \$155.00 (non-resident) |

Program is ongoing.

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





YOUTH

Pre Ballet by Jazzmatazz

Grades K-1: An introductory class that includes creative movement, beginning technical exercises, floor exercise and a performance dance. Leotards, tights and well fitted all leather ballet slippers, in the colors of your choice, are the dress requirements for class. No lace tutus, and only short dance skirts.

7 Sessions \$63
Instructor: Betsy Saunders
405611 Long Branch CRC 4/18 Sa 11:15am-12:15pm

Ballet

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

7 Sessions \$70
Instructor: Grace Oleson
406100 White Oak CRC 4/20 M 4:30pm-5:15pm
406097 Potomac CRC 4/21 Tu 4:30pm-5:15pm
406099 Germantown CRC 4/22 W 4:30pm-5:15pm
406098 Wheaton NRC 4/23 Th 4:30pm-5:15pm

Ballet

Ages 6-8: The main focus of this class will be on developing correct posture, proper alignment, flexibility and strength. In this class students will learn the seven movements in dancing and the ballet vocabulary. We create a safe and fun environment to encourage maximum learning potential.

4 Sessions \$42
Instructor: Kahina Haynes
405658 Potomac CRC 4/23 Th 6:15pm-7:00pm
405659 Potomac CRC 5/21 Th 6:15pm-7:00pm
6 Sessions \$63
Instructor: Kahina Haynes
405612 Germantown CRC 4/18 Sa 11:00am-11:45am
8 Sessions \$72
Instructor: Kahina Haynes
405657 Potomac CRC 4/23 Th 6:15pm-7:00pm

Bollywood Kids

Ages 6-10: Bollywood style dance is the latest craze among the young kids. Learn a dance on Oscar winning sound track 'Jai ho' from movie Slumdog Millionaire or other current popular soundtracks. These dances are set to very catchy tunes and have a fast, vibrant beat. The dance moves also help kids with motor coordination, better focus, and confidence. Questions? Call Kumud Mathur at 301-299-3334.

7 Sessions \$95
Instructor: Kumud Mathur
405571 Potomac CRC 4/21 Tu 6:30pm-7:15pm

Tap, Ballet & Jazz Beginner

Ages 4-6 and 7-15: Introduction to tap, ballet and jazz dance. Class requires comfortable clothes to move in. Soft slippers for ballet and jazz, and hard, closed toed shoes for tap. Some tap/ballet shoes are available for loan, contact Rowena for availability. A performance for family and friends will be held on the last day of class. Questions? Call Rowena at 301-467-3535.

6 Sessions \$54
Instructor: Rowena DeLuca
405497 Marilyn J. Praisner CRC 4/25 Sa 10:00am-11:00am
405499 Marilyn J. Praisner CRC 4/25 Sa 12:00pm-1:00pm

Hip Hop for Kids!

Ages 6-8: Students focus first on the foundation of hip hop dance through fundamental drills and progressions. Choreography and more advanced body movements are incorporated as this class progresses. Each class begins with a basic warm-up to stretch and tone the body, followed by across the floor progressions, concluded with a fun and energetic routine.

4 Sessions \$42
Instructor: Kahina Haynes
405589 White Oak CRC 4/21 Tu 6:00pm-6:45pm
405590 White Oak CRC 5/19 Tu 6:00pm-6:45pm
7 Sessions \$63
Instructor: DanceFit by Mel
405586 Germantown CRC 4/18 Sa 1:00pm-1:45pm
8 Sessions \$72
Instructor: Kahina Haynes
405588 White Oak CRC 4/21 Tu 6:00pm-6:45pm
405587 Upper County CRC 4/22 W 6:15pm-7:00pm

Hip Hop for KidZ!

Ages 9-12: A high energy, fun filled dance class, packed with the latest hip hop choreography. Let your child move and groove to hip hop music while learning this fun style of dance.

3 Sessions \$32
Instructor: Kahina Haynes
405604 Bauer Drive CRC 5/18 M 5:15pm-6:00pm
4 Sessions \$42
Instructor: Kahina Haynes
405602 Bauer Drive CRC 4/20 M 5:15pm-6:00pm
7 Sessions \$63
Instructor: Kahina Haynes
405600 Bauer Drive CRC 4/20 M 5:15pm-6:00pm

Little Ballroom Dancer

Ages 5-7: Avant Garde's Youth Program has been designed to help your child acquire dance skills while also developing discipline, teamwork, and communication. And last, but not least, our dance classes are meant to be fun! Our Little Dancer will be taught timing and rhythm and coordination of their bodies. They will learn the basic steps of ballroom dances by incorporating fun movements in their choreography. Questions? Call Avant Garde (301)881-1436.

8 sessions \$75
Instructor: Nick Short / Jennifer Christophel
406996 Avant Garde Ballroom 4/18 Sa 4:00pm-4:45pm

Juniors Ballroom Dance

Ages 8-12: Avant Garde's Youth Program has been designed to help your child acquire dance skills while also developing discipline, teamwork, and communication. And last, but not least, these dance lessons are meant to be fun! This class will cover the basics of 5 popular social, ballroom dances. Social etiquette, manners, and ballroom technique will be taught in a structured, yet fun environment. Call Avant Garde Ballroom (301) 881-1436.

8 sessions \$75
Instructor: Nick Short / Jennifer Christophel
406997 Avant Garde Ballroom 4/22 W 5:15pm-6:00pm

MUSIC

PIANO

Group Piano Beginner

Ages 18 & Up: Explore theory, technique and analysis of music through individual and ensemble practice and performance. Theory is taught at all levels in conjunction with music performed. You must have a piano or keyboard available for practice. Important: Instructor reserves the right to reassign students to another level and/or combine programs to ensure an optimum learning environment for all. Note: Textbooks are required & used in all courses. Book costs are in addition to course fees. Books will be available for purchase at first class. No previous musical background is needed. Note reading, rhythm, beginning technique of five-finger position and harmonization of simple melodies are covered.

7 Sessions \$105
 Instructor: Elizabeth Duncan
 405521 Holiday Park Sr Ctr 4/21 Tu 10:15am-11:05am
 405522 Holiday Park Sr Ctr 4/21 Tu 6:15pm-7:05pm

Group Piano Advanced Beginner

Ages 18 & Up: Students should have a basic knowledge of reading music, playing easy rhythms and playing with both hands with the use of chords in the C and G hand positions. Covers progression toward playing in the major keys of C, G, and F and the minor keys of A and D.

7 Sessions \$105
 Instructor: Jeffrey Binckes
 405506 Holiday Park Sr Ctr 4/20 M 10:15am-11:05am
 405508 Holiday Park Sr Ctr 4/20 M 2:30pm-3:20pm
 Instructor: Elizabeth Duncan
 405507 Holiday Park Sr Ctr 4/21 Tu 9:15am-10:05am
 405509 Holiday Park Sr Ctr 4/21 Tu 7:15pm-8:05pm
 405525 Holiday Park Sr Ctr 4/21 Tu 2:15pm-3:05pm

Group Piano Intermediate

Ages 18 & Up: Students are required to have some piano skills and knowledge of note reading, theory and rhythm patterns. Improve your ability to move freely over the keyboard and develop rhythmic, harmonic, and theoretical concepts. Major and minor scales are taught progressively. Duet, ensemble and solo literature will be performed in all classes.

7 Sessions \$105
 Instructor: Jeffrey Binckes
 405514 Holiday Park Sr Ctr 4/20 M 7:00pm-7:50pm
 405518 Holiday Park Sr Ctr 4/20 M 11:15am-12:05pm
 405519 Holiday Park Sr Ctr 4/20 M 12:30pm-1:20pm
 Instructor: Elizabeth Duncan
 405515 Holiday Park Sr Ctr 4/21 Tu 11:15am-12:05pm
 405516 Holiday Park Sr Ctr 4/21 Tu 8:15pm-9:05pm
 405517 Holiday Park Sr Ctr 4/21 Tu 1:15pm-2:05pm

Group Piano Advanced

Ages 18 & Up: Continued development of performance techniques in advanced literature through the study of stylistic differences of master composers from various periods. Emphasis on duet and two piano literature as well as solo performance.

7 Sessions \$105
 Instructor: Jeffrey Binckes
 405504 Holiday Park Sr Ctr 4/20 M 1:30pm-2:20pm

Group Piano Popular Favorites

Ages 18 & Up: No need to be able to read music, you'll absorb that as you begin to play easy popular songs. Wherever you fit, come and make music in a relaxed environment. Students should have a piano or keyboard available to them for practice.

7 Sessions \$105
 Instructor: Elizabeth Duncan
 405526 Holiday Park Sr Ctr 4/21 Tu 12:15pm-1:05pm

Exploring Music and Piano Level IA

Ages 5-10: This is a progressive program. Participants should plan to continue throughout the fall, winter and spring sessions in order to obtain optimum benefits. Contains all the elements of Exploring Music and Piano classes with additional emphasis on expressive technique. Digital pianos are provided for participants use. Adult participation is required and children should have access to a piano for practice outside of class. \$15 material fee due to instructor.

9 Sessions \$225
 Instructor: Geiza Dourado
 405681 Golden School of Music 4/13 M 5:00pm-5:55pm
 405682 Golden School of Music 4/18 Sa 12:00pm-12:55pm

Exploring Music and Piano Level IB

Ages 5-10: Prerequisite Level IA. Contains all the elements of Exploring Music and Piano classes with additional emphasis on expressive technique. Digital pianos are provided for participants use. Adult participation is required and children should have access to a piano for practice outside of class. \$15 material fee due to instructor.

9 Sessions \$225
 Instructor: Geiza Dourado
 405684 Golden School of Music 4/13 M 5:30pm-6:25pm
 405683 Golden School of Music 4/18 Sa 12:30pm-1:25pm

Exploring Music and Piano Level IC

Ages 5-10: Prerequisite Level IA & IB. A progressive program for the older participant. Contains all the elements of Exploring Music and Piano classes with additional emphasis on expressive technique. Digital pianos are provided for participants use. Adult participation is required and children should have access to a piano for practice outside of class. \$15 material fee due to instructor.

9 Sessions \$225
 Instructor: Geiza Dourado
 405693 Golden School of Music 4/18 Sa 1:30pm-2:15pm



YOUTH CLASSES

Learn Now Music

Learn to read musical symbols and play songs in a relaxing environment. The objective of these classes is to introduce the participant to music and to promote a love of music and desire to have music in their lives in a meaningful and productive way. FREE instrument rental and materials included. Questions? Call 800-399-6414 or email customerservice@learnnowmusic.com.

Instructor: Learn Now Music

The "Keys" to Piano with LNM

Ages 5-11

6 Sessions

\$144

405558 Longwood CRC

4/25 Sa

9:30am-10:30am

405559 Bauer Drive CRC

4/22 W

7:00pm-8:00pm

Ages 12-18

8 Sessions

\$192

405565 Wisconsin Place CRC

4/25 Sa

9:00am-10:00am

405563 Bauer Drive CRC

4/22 W

8:00pm-9:00pm

Violinist Within with LNM

Ages 5-11

6 Sessions

\$144

405546 Longwood CRC

4/25 Sa

10:30am-11:30am

405547 Wisconsin Place CRC

4/25 Sa

10:00am-11:00am

Ages 12-18

8 Sessions

\$192

405548 Longwood CRC

4/25 Sa

11:45am-12:45pm

405549 Wisconsin Place CRC

5/2 Sa

11:15am-12:15pm

Heroes of Guitar with LNM

Ages 5-11

8 Sessions

\$192

405555 Potomac CRC

4/20 M

6:00pm-7:00pm

405552 Bauer Drive CRC

4/22 W

7:00pm-8:00pm

405554 White Oak CRC

4/23 Th

6:00pm-7:00pm

Ages 12-18

8 Sessions

\$192

405556 Bauer Drive CRC

4/22 W

8:00pm-9:00pm



MONTGOMERY COUNTY Recreation

WE'RE LOCAL...
Our camps and programs are conveniently located throughout Montgomery County and we offer full and half day programs.

AND AFFORDABLE...
We have camps and programs to fit every budget. If you would like to make payments, we'll work out a payment plan with you.

OFFER PROGRAMS FOR A WIDE RANGE OF AGES...
We offer camps & programs for ages 2 to 18, & up to age 21 for Therapeutic Recreation Camps.

AND EVERY INTEREST...
If your child loves sports, rocketry, magic, art, horseback riding, swimming, dance, nature, stage acting, or has other interests, then we have the camp or program for your child.

WITH CONVENIENT REGISTRATION
Register online with RecWeb, our 24/7 system which can be used from the comfort of your home or wherever you have access to the internet. With just a few clicks, your child is registered. Visit RecWeb.MontgomeryCountyMD.Gov.

COME OUT AND PLAY!

2015 Summer Camps

MONTGOMERYCOUNTYMD.GOV/REC • CAMPS: 240-777-6311

COOKING

COOKING SKILLS

Knife Skills

Ages 16 & Up: The proper use of the chef's knife in the kitchen will do as much to improve your cooking ability as anything else you can do. This is a hands-on class that emphasizes proper technique, safety, selection of proper knives and care and upkeep. You can use our knives, bring your own to use (we'll evaluate them for you) or purchase new ones from the complete line of professional knives that we have available (and you even get a discount!). You will peel, slice and chop vegetables and fruits as well as separate and de-bone a chicken. You will use a chef's knife, paring knife, peeler and boning knife during the course of the class. Lunch will be prepared from the fruits of your labors, so bring an appetite. \$20 food fee due instructor at class time.

1 Session \$65
Instructor: James Davis
405713 White Oak CRC 5/16 Sa 10:30am-2:30pm

Cooking Skills I

Your First Step in the Kitchen

Ages 15 & Up: The best way to feel more comfortable in the kitchen is to be more familiar with some of the basic cooking techniques that make all tasks just a little easier. In this class you will learn by doing, including some introductory knife skills including how to slice, dice and chop onions and even how to hone and sharpen your knives. Cooking techniques will include how to know the difference between saute, stew, roast and braise, and when to use each. You will fix a first class lunch of all of your Mexican favorites in the process; the menu includes a wonderful homemade Chili Empanada Appetizer followed by a Black Bean and Corn Salsa and sizzling hot Pork Fajitas. We'll finish with an Apple Berry Cobbler with Whipped Cream. You will learn that instead of just throwing the meat and vegetables in a pot, we will sear the meat and sweat the veggies to improve the flavor of both, what spices to add and when to add them. Improve your skills and take home a wonderful recipe that you can duplicate in your home kitchen with ease. We eat what we fix so bring an appetite and join us for a great time and a good lunch. \$20 food fee due instructor at class time.

1 Session \$55
Instructor: James Davis
405712 White Oak CRC 4/25 Sa 10:30am-1:30pm

Cooking Skills II

Ages 15 & Up: Your Next Best Comfort Step in the Kitchen! With more knife skills along with more techniques to improve your kitchen skills, and great food to go with it. First, you will prepare a delightful new appetizer recipe for a Ham and Leek Tart, then an entree of Homemade Meat Balls in Tomato Sauce served with pasta and a fresh Green Vegetable. Dessert will be your own home made Pear and Walnut Tarte Tatin with a Whipped Cream Topping. Basic Cooking Skills is not a pre-requisite, but this class is a step up from that level. Your friends and family will be amazed when you produce these wonderful dishes in your kitchen; even you will be surprised at how easy they really are. We eat what we fix so bring an appetite. Take home recipes are provided. A \$20 food fee is due to the instructor at class time.

1 Sessions \$55
Instructor: James Davis
405714 White Oak CRC 6/20 Sa 10:30am-1:30pm

GENERAL COOKING

Quick And Easy Class 1:

Spring Soups

Ages 15 & Up: What a great way to start an evening. Soup for dinner! We'll be offering a collection of dinner time soups that can serve as an entree or as an accompanying dish for a sandwich. The most surprising soup of all is going to be a Charred Carrot soup; made with blackened carrots, chicken stock, fresh thyme, garlic and shallots. Then we will make Asparagus Potato Soup made with fresh asparagus and all the other goodies it takes to please the palette before we finish with a made from scratch Chili Con Carne. Your friends and family will be amazed when you produce these wonderful dishes in your kitchen; even you will be surprised at how easy they really are. We eat what we fix so bring an appetite! Don't forget to bring some take home containers because you will not be able to eat all of the soup at one sitting. Take home recipes are provided. A \$20 food fee is due to the instructor at class time.

1 Session \$50
Instructor: James Davis
405708 White Oak CRC 4/21 Tu 6:30pm-9:00pm

Quick and Easy Class 2:

Budget Meal

Ages 15 & Up: Just the class you were looking for when you started looking at the budget and the cost of groceries these days. We'll start with our own homemade salad dressing to dress the fresh greens that we brought home from the store or farmers market. Then, using the recipe that I brought from my mom's kitchen, we'll make real old fashioned Chicken and Dumplings. Your friends and family will be amazed when you produce this wonderful dish in your kitchen; even you will be surprised at how easy it really is. We eat what we fix so bring an appetite. Take home recipes are provided. A \$20 food fee is due to the instructor at class time.

1 Session \$50
Instructor: James Davis
405709 White Oak CRC 5/19 Tu 6:30pm-9:00pm

Quick and Easy Class 3:

Italian One Dish Meals

Ages 15 & Up: Cannellini alla Parma. I brought this recipe home with me from my trip to the professional cooking school in Parma, Italy in 2010. It is a wonderful, tasty recipe of Sausage and Beans that will set your taste buds all aflutter. And it is so easy to prepare that you and your family will never cease to be amazed, no matter how many times you serve it. We'll fix a salad to accompany it, along with some really good crusty bread, and you will be so pleased the way this meal comes together and just how easy it really is. We eat what we fix so bring an appetite. Take home recipes are provided. A \$20 food fee is due to the instructor at class time.

1 Session \$50
Instructor: James Davis
405710 White Oak CRC 6/16 Tu 6:30pm-9:00pm





Thai Cooking

Ages 15 & Up: The real secrets of cooking great Thai dishes at home. We are presenting all new, never before used, recipes in this class. We'll start with a wonderful appetizer of Thai Chicken Satay served with a Peanut Sauce then continue on with a brand new (for us) recipe of making Thai Tom Kha soup. Thai Rice Noodles with Chicken and Asparagus will be the main feature of lunch today and then we'll finish up with Thai Sweet Sticky Rice with Fresh Mango. For those who enjoy Thai food, this is the class for you. Original, real recipes and easy to understand instructions; we make it so easy for you to duplicate your experiences in class in your home kitchen. Family and friends will like your new cooking style so much they will want to pay you to take more classes! Remember, in this class we eat what we fix so bring an appetite. Take home recipes provided. A \$20 food fee due to the instructor at class time.

1 Sessions \$65
Instructor: James Davis
405711 White Oak CRC 4/18 Sa 10:30am-2:30pm



WINE & DINE-ADULTS

The First Annual Spring Beer Fest!!

Ages 21 & Up: If Groundhog Day heralds the end of winter, setting the clocks forward signals the beginning of spring. The additional daylight hours call for brighter flavors and sharper textures to wake up slumbering tastebuds. Choose from crisp saisons to German style rauchbier and American IPA to robust Belgian ales. The Top 10 Spring Beers won't last till summer, so grab some of these favorites that we've selected now while there's still time. And what could we select that would go better with good, spring style beer than a proven pub-style Shepherd's Pie? Maybe we could try a really good Southern-style barbecued pork sandwich topped with mom's best cole slaw. But we still need another dish, how about knockout of a dish with Honey-Soy Glazed Salmon with Bok Choy. Sounds to me like all we need now is 9 beers to match with the three dishes. Make this a Friday date night out so round up a baby sitter and sign up for a class with a reputation for fun and good food, as well as good beer and a little education all in one evening. Take home recipes and extensive beer notes provided. \$25 food and wine fee due instructor at class time.

1 Session \$55
Instructor: James Davis
405715 White Oak CRC 4/10 F 7:00pm-10:00pm

The Food and Wines of South America

21 & Up: "It was like getting a second Ph.D.," says Cuban-born culinary historian and chef Maricel E. Presilla about researching her soon-to-be-released guide to Latin American cooking. "I'd come back from each trip like a packed mule, weighed down by books and pots and artifacts. I didn't want to just get recipes and leave-I wanted to learn how these vastly different cultures are alike, what unifies them." Presilla visited not only kitchens but farms, markets, churches, libraries, museums-even hardware stores. "The book evolved...and evolved...combining my passion for research with my love for the kitchen." That is where our recipes will be selected from for this unique class. First is a rich coconut sauce in a rustic seafood dish; typical of recipes from Brazil's tropical seaside state of Bahia (and we'll have an alternate available for those with shrimp or shellfish problems). We've chosen an Ecuadoran chicken dish that can be made as mild or as hot as you would like, so we'll make it to suit everybody in the class. It is Chicken with Chili, and is made with a full flavored beer. We'll finish with a country Meat Ball dish from Paraguay. Food from South America and 9 wines to match and you will enjoy every one of them. \$25 food and wine fee due instructor at class time.

1 Session \$55
Instructor: James Davis
405716 White Oak CRC 5/1 F 7:00pm-10:00pm

The Food and Wines of Australia

Ages 21 & Up: Australia is one of the world's outstanding wine-producing countries. Some of the world's oldest vines can be found there. Australia has more than 60 wine regions each with its own personality and signature variety. Walk into almost any cellar door, from the Margaret River region to Tasmania's Huon Valley, to the Mornington Peninsula to the Hunter or Barossa Valley, and you are likely to find yourself talking directly to the winemaker, who are often second or third generation vignerons. The wines display the diversity of the early migrants whose skills influenced the industry. One of our dishes will be Pork Chops in a chili sauce served on a bed of pasta. Yummy! BBQ Honeyed Prawns (shrimps) will serve some of our white wines very well and then a real Aussie Meat Pie (chopped blade steak enclosed in real puff pastry and topped with a tomato sauce). We'll have 9 wines chosen from the very wide selection available at Montgomery County Wine and Liquor stores. Remember that we eat what we fix in this class so bring an appetite. Take home recipes and detailed wine notes provided. \$25 food and wine fee due instructor at class time.

1 Session \$55
Instructor: James Davis
405718 White Oak CRC 6/5 F 7:00pm-10:00pm

We Want You!

Part-time Staff are needed to lead a wide variety of activities. Become part of our team! Call 240-777-6840 for information.

Contractual Instructors are needed to instruct professional quality classes for all ages. Send a resume and class proposal to:

Montgomery County Recreation
Contracts
4010 Randolph Road
Silver Spring, MD 20902

FITNESS & WELLNESS

AEROBIC DANCE

Ballet Workout

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

8 Sessions \$64
Instructor: Esther Brunner
404713 Luxmanor ES 3/24 Tu 7:15pm-8:15pm

Dance & Fitness

Ages 16 & Up (13-15 if accompanied by parent or guardian): Complete cardiovascular aerobic workout for all those who love music and movement—women and men! Includes flexibility and leg routines leading into a full aerobic workout and final cool down, weights, abdominal work and cool down stretch. Varied music and interesting choreography from trained, experienced and CPR certified instructors. Wear supportive athletic shoes, bring a mat/blanket for floor work, and hand weights (optional). Questions? Email dancenfitness@verizon.net.

16 Sessions \$112
Instructor: Jinjér Azurée
404551 Jane E. Lawton CRC 4/13 M, W 6:00pm-7:00pm
Instructor: Elaine Waldstrieher
404552 Mid County CRC 4/13 M, W 7:30pm-8:30pm

18 Sessions \$126
Instructor: Lois Antos
404548 Veirs Mill LP 4/14 Tu, Th 9:30am-10:30am
Instructor: Alice Donnelly
404549 Potomac CRC 4/14 Tu, Th 6:00pm-7:00pm
Instructor: Katy Weimers
404550 Rock View ES 4/14 Tu, Th 7:00pm-8:00pm

Dance & Fitness Add a Class

Ages 16 & Up: Add a THIRD day to your workout routine and see your strength and endurance improve! Pick any day Monday-Thursday or Saturday during our regular classes and keep dancing at a different location! Questions contact dancenfitness@verizon.net.

8 Sessions \$56
Instructor: Katy Weimers
404553 Holiday Park Sr Ctr 4/18 Sa 9:00am-10:00am

Jacki Sorensen's Aerobic Dance

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

9 Sessions \$63
Instructor: Karin Baker
404541 Potomac CRC 4/14 Tu 9:00am-10:00am
404543 Little Bennett ES 4/15 W 7:15pm-8:15pm
404542 Potomac CRC 4/16 Th 9:00am-10:00am

NEW MixedFit! Dance Fitness

Ages 16 & Up: Beginner/Intermediate/Advanced: MixedFit! is a people-inspired dance fitness program that is the perfect combination of explosive dancing and boot-camp inspired toning. What makes this different? We play all types of music; it is not influenced by any particular culture; the moves are repetitive and easy to follow; we focus on toning as much as we do dancing and everything is explosive which burns more calories, increase endurance and challenge ourselves mentally and physically. Questions? Contact Tomeria at 804-919-0999 or talleninspires@gmail.com. Learn more at www.mixedfit.com.

9 Sessions \$56
Instructor: Tomeria Allen
404926 Wisconsin Place CRC 4/14 Tu 6:30pm-7:30pm

Pump It!

Ages 16 & Up (13-15 if accompanied by parent or guardian): Hit the dance floor for hot intervals of cool funk dance moves infused with body sculpt and tone. Go at your own pace and add your personal flavor and style to this energetic, full-body workout. With easy to learn moves like 'Hip Me with your Best Shot' and 'Pec Fly Girl', you'll tone, tighten, and pump up the calorie burn while having fun! For more information visit: www.pumpitfit.com.

8 Sessions \$64
Instructor: Jeanne M. Lieder
404539 Bauer Drive CRC 4/14 Tu 7:15pm-8:15pm

Zumba Fitness with Definition

Ages 16 & Up: Zumba is a dance-like type of fitness that gets your whole body moving, is fun, and burns calories! It mixes Latin and International rhythms, music, and steps to get energy levels pumping. It is cardiovascular aerobic exercise that is sure to give you a great workout! Varied music and interesting choreography from trained, experienced and CPR certified instructors. Questions? Please contact Juliet at (301) 229-7555 or Juliet@wellnesscorporatesolutions.com.

18 Sessions \$126
Instructor: Juliet Rodman
404684 Clara Barton CRC 4/13 M, F 9:15am-10:15am

Zumba-DanceFIT by Mel

Ages 16 & Up (13-15 if accompanied by parent or guardian): Beginner/Intermediate: Fitness combine mesmerizing Latin rhythms with easy to follow moves to create a dynamic fitness program. One invigorating hour of caloric-burning, and body-energizing. Zumba provides an opportunity to creatively exercise while dancing your stress away! For more information contact Melissa Moreira at 301-318-9379 or email at myzumba.n.u@gmail.com

8 Sessions \$56
Instructor: DanceFit by Mel
404692 Marilyn J. Praisner CRC 4/13 M 6:00pm-7:00pm
404694 Bauer Drive CRC 4/18 Sa 9:00am-10:00am

9 Sessions \$63
Instructor: DanceFit by Mel
404695 Germantown CRC 4/14 Tu 7:15pm-8:15pm
404693 Marilyn J. Praisner CRC 4/15 W 6:00pm-7:00pm
404696 Germantown CRC 4/16 Th 7:15pm-8:15pm





Zumba with Step-n-Sweat Fitness

Ages 16 & Up (13-15 if accompanied by parent or guardian): It's time to 'Ditch the Workout and Join the Zumba party with Cheryl Hicks and her awesome instructors. This Latin based cardio workout will have you burning up to 1000 calories an hour, while having fun. If you like to dance and shake, then this is the class for you. Move to the sounds of soca, salsa, merengue, hip hop, reggaetone, old and new school and of course line dances. The instructor brings 29 years of energetic experience to every class and incorporates lots of interaction with her students. For more information, contact Cheryl Hicks at chicks2@mindspring.com, 301-775-8933 or go to zumba.com. There's a Party going on in this Zumba class, so come and join us!!!!

4 Sessions		\$24
Instructor:Step-n-Sweat		
404398 White Oak CRC	5/30 Sa	10:15am-11:15am
5 Sessions		\$30
Instructor:Step-n-Sweat		
404392 White Oak CRC	4/14 Tu	7:00pm-8:00pm
404395 White Oak CRC	4/18 Sa	10:15am-11:15am
404394 White Oak CRC	5/19 Tu	7:00pm-8:00pm

NEW Zumba-Groove with Jonelle

Ages 16 & Up: A Latin-inspired dance fitness program that blends red-hot international music and contagious steps to form a fitness party that is fun, energetic and addictive. For more information contact Jonelle at: jonellet.zumba@gmail.com or 240-498-3943.

8 Sessions		\$48
Instructor:Jonelle Thom		
404726 Mid County CRC	4/13 M	6:15pm-7:15pm
9 Sessions		\$54
Instructor:Jonelle Thom		
404727 Mid County CRC	4/15 W	6:15pm-7:15pm

Zumba

Zumba is a fitness class that combines dance and fitness moves. Inspired by Latin dance and music, Zumba uses a variety of styles in its routines, including Cumbia, Merengue, Salsa, Reggaeton, Mambo, Rumba, Flamenco, and a Hip Hop. Music selections include both fast and slow rhythms to help tone and sculpt the body. Come Join The Party! This class is not done in the water.

9 Sessions		\$48
Instructor:Network, Inc Wellness		
404383 Germantown ISC	3/16 M	7:00pm-7:50pm
404381 Olney Swm Ctr	3/17 Tu	7:00pm-7:50pm
404382 Olney Swm Ctr	3/19 Th	7:00pm-7:50pm

AEROBIC EXERCISE

Before & After Fitness

Ages 16 & Up: If you are ready for a change in your body and lifestyle, this class is for you! This class is for all levels who want to have a fun-filled workout with positive results. Focus on strengthening and toning all major muscle groups while using elements of Yoga, Pilates, Kickboxing, and traditional exercises that are choreographed to great music for the perfect workout. Each participant will receive a t-shirt. For more information contact Sean at: fit2believe@gmail.com

8 Sessions		\$72
Instructor:Fit to Believe		
404888 Wisconsin Place CRC	4/13 M	10:00am-11:00am
9 Sessions		\$81
Instructor:Fit to Believe		
404887 Gwendolyn Coffield CRC	4/16 Th	7:00pm-8:00pm

Better Bodies by Jerry

Ages 18 & Up: This fun, effective and safe workout is designed for everyone (co-ed) and incorporates some Zumba, kickboxing and aerobic moves. Participants will burn fat, tone muscles and strengthen bones-all while having FUN! This is a low impact, high energy workout. Bring a mat, hand weights & a resistance band. Questions? Email gettingfitwithjerry@comcast.net.

9 Sessions		\$63
Instructor:Jerry Palazzo		
404690 Churchill, Winston HS	4/14 Tu	5:45pm-6:45pm
404691 Churchill, Winston HS	4/16 Th	5:45pm-6:45pm

Dynaerobics

Ages 16 & Up (13-15 if accompanied by parent or guardian): A total program, perfect for cross trainers. Energizing warm up, choreographed, safe high and low impact aerobics, strengthening and toning exercises with resistance bands and a relaxing cool down stretch. Bring a mat/towel. Questions? Contact Ferhan at FerhanDoyle@aol.com.

16 Sessions		\$112
Instructor: Nancy Dameron		
404705 Cloverly ES	4/13 M, W	6:30pm-7:30pm

HulalaFit!

Ages 16 & Up (13-15 if accompanied by parent or guardian): It's a new revolution in fitness. Add an adult-sized hoop and you've got a body-sculpting fitness tool integrated into your favorite workouts. This class combines hoop moves and skills with cardio dance, pilates, yoga, strength training and stretching for a slender, toned and defined physique. Hoops provided in class, optional to purchase from instructor or bring your own. Bring a mat. For more info, visit www.hulalafit.com.

8 Sessions		\$64
Instructor:Jeanne M. Lieder		
404537 Bauer Drive CRC	4/16 Th	7:15pm-8:15pm



Insanity

Ages 16 & Up (14-15 if accompanied by parent or guardian): This is a strength training fusion class, incorporating functional training and plyometric into a circuit style class. This is the ideal class for those looking to get RESULTS! Insanity will help participants lose fat, increase muscle strength, and promote the development of a lean toned figure. Athletes will love this workout! Questions? Email Jackie at: smilenbaby@hotmail.com.

9 Sessions \$72
 Instructor: Jackie Enos
 404420 Oakland Terrace ES 4/14 Tu 6:30pm-7:30pm

Jacki Sorensen's Strong Step

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

9 Sessions \$63
 Instructor: Karin Baker
 404544 Potomac CRC 4/17 F 9:00am-10:00am

Jazzmatazz Low Impact Aerobics

Ages 16 & Up: A terrific combination of Pilates Mat Work plus a low impact/high intensity aerobic workout. 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 Tues. & Thurs. to achieve the best results.

9 Sessions \$63
 Instructor: Betsy Saunders
 404720 Wheaton NRC 4/14 Tu 7:15pm-8:15pm
 404721 Wheaton NRC 4/16 Th 7:15pm-8:15pm

Jazzmatazz Aerobics

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

9 Sessions \$63
 Instructor: Betsy Saunders
 404722 Bauer Drive CRC 4/14 Tu 9:30am-10:30am
 404723 Bauer Drive CRC 4/16 Th 9:30am-10:30am

Kelley's Complete Fitness Workout

Ages 13 & Up: A safe, effective co-ed program that strengthens and tones ALL major muscle groups. The instructor incorporates elements of Yoga, Pilates, Kickboxing, and traditional exercise into a total body workout that is choreographed to appropriate music. Emphasis is placed on proper execution, body alignment, and posture; each class concludes with a relaxation segment. Bring a towel or mat to class; light hand weights are optional. Instructor has a BS degree in Physical Education and over 20 years of experience. Questions contact Pam at: 301-774-6342

8 Sessions \$67
 Instructor: Pamela Kelley
 404708 Wheaton NRC 4/13 M 9:15am-10:30am
 404712 Longwood CRC 4/13 M 7:15pm-8:30pm
 9 Sessions \$75
 Instructor: Pamela Kelley
 404710 Bauer Drive CRC 4/15 W 9:10am-10:25am
 404711 Longwood CRC 4/15 W 7:15pm-8:30pm
 404709 Wheaton NRC 4/16 Th 9:15am-10:30am

Movin' with Millie: Aerobics & Exercise

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

9 Sessions \$69
 Instructor: Mildred Norwood Trimble
 404702 Pilgrim Hills LP 4/15 W 9:30am-10:45am
 404703 Pilgrim Hills LP 4/17 F 9:30am-10:45am

*The instructor is Fabulous!
 I hate exercising just for its own sake but he is so enthusiastic and knows how to keep us moving along, that the time just flies.*

-customer survey

MEDITATION

Introduction to Mindfulness Meditation

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

1 Session \$45
 Instructor: Jerry Hartman
 404493 Potomac CRC 5/9 Sa 10:00am-2:00pm





MORE FITNESS & WELLNESS

Laughter Fitness

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

7 Sessions \$66
Instructor: Kumud Mathur
405086 Potomac CRC 4/21 Tu 11:15am-12:00pm

Group Personal Training

Ages 14 & Up: For Youth and Adults- Small group instruction designed to teach individuals safe & effective exercises that work all major muscle groups using machines, free weights and dumbbells. Assistance in developing a personal program, monitoring clients progress, motivating clients, and more. Instructors are Certified Trainers. Question call Fred Mosby at (240)552-2227 or email at: fmosby@verizon.net.

4 Sessions \$70
Instructor: Fred Mosby
404428 Germantown CRC 4/25 Sa 11:00am-12:00pm

NEW Healthy Pantry Makeover:

How to Create Yours

Ages 18 & Up: The heart of your health resides in the heart of your home-your kitchen. Selecting and stocking up on healthier foods is the cornerstone to optimize your health, control your weight and lower your risk for chronic conditions, such as heart disease, type 2 diabetes, high blood pressure, and even some cancers. This hands-on class grounds participants with state-of-the-science knowledge about nutrition and making healthy choices while navigating a grocery store to stock their pantry. You will learn how to evaluate food labels and the meaning of nutritional seals to select the healthiest canned sources of protein, pastas, sauces, cereals, snacks, vegetables oils, whole grains, teas, coffees and other beverages. Participants are encouraged to email or bring in a photo of their pantry for class discussion and analysis. Questions? Contact Jayne at 301-433-2201 or jayne@masterscorefitness.com.

1 Session \$99
Instructor: Masters Core Fitness LLC
404678 Wisconsin Place CRC 4/21 Tu 6:00pm-9:00pm
404679 Wisconsin Place CRC 5/5 Tu 6:00pm-9:00pm
404680 Wisconsin Place CRC 5/19 Tu 6:00pm-9:00pm
404681 Wisconsin Place CRC 6/2 Tu 6:00pm-9:00pm
404682 Wisconsin Place CRC 6/16 Tu 6:00pm-9:00pm

ACT ^{THE} WORKOUT

AEROBIC CONDITIONING AND TONING

3 Month Pass

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

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

Passes available for 12, 18, 24, and 36 classes-your choice!

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

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

Location	Days	Times:
Wheaton CRC	M, T, W, Th	6:00pm-7:00pm
Bauer Dr. CRC	M, W	5:00pm-6:00pm
Praisner CRC	M, W	7:00pm-8:00pm
Potomac CRC	T, Th	7:00pm-8:00pm
Wheaton CRC	Sa	9:00am-10:00am

ACT • 36 Passes-\$189.00

ACT • 24 Passes-\$132.00

ACT • 18 Passes-\$103.50

ACT • 12 Passes-\$72.00



STRENGTH TRAINING & BODY SCULPTING

Body Sculpting

A land-based class designed for cross training with water fitness classes. Focus is on Abs, Glutes, legs & Upper body.

9 Sessions \$48

Instructor: Network, Inc Wellness

404257 Kennedy Shriver Aq Ctr 3/17 Tu 6:30pm-7:20pm

404258 Kennedy Shriver Aq Ctr 3/19 Th 6:30pm-7:20pm

NEW Body Sculpt with Step-n-Sweat

Ages 16 & Up: (13-15 if accompanied by a parent/guardian): devoted to the sculpting and toning of our large and small muscle groups. Upper body (triceps, biceps, chest, shoulders and backs), guts, butts and hips and thighs, We will be using light weights, mats and exercise balls. There is no cardio in this class.. This sculpting class is a very important part of any exercise program because it works together with the cardio classes. For more information, contact Cheryl Hicks at chicks@mindspring.com, 301-775-8933.

5 Sessions \$30

Instructor: Step-n-Sweat

404929 White Oak CRC 4/16 Th 7:00pm-8:00pm

404930 White Oak CRC 5/21 Th 7:00pm-8:00pm

Bone Builders-Plus

Ages 18 & Up: Have fun improving and building your bone health, in a coed class designed to improve bone density, while preventing /slowing down further bone loss. The class is organized to strengthen all major muscle groups, to gain better balance and to improve posture. A variety of exercises will be done standing or sitting, using provided weights and exercise bands, while receiving personalized attention tailored to your body's needs. Signing up for two classes per week will achieve optimal results. If you want to improve your bone health, this is the class for you! Questions contact: GettingFitwithJerry@comcast.net.

8 Sessions \$56

Instructor: Jerry Palazzo

404686 Jane E. Lawton CRC 4/13 M 10:00am-11:00am

9 Sessions \$63

Instructor: Jerry Palazzo

404688 Potomac CRC 4/14 Tu 3:00pm-4:00pm

404687 Jane E. Lawton CRC 4/15 W 10:00am-11:00am

404689 Potomac CRC 4/16 Th 3:00pm-4:00pm

Boot Camp for Better Bodies

by Fit 2 Believe

Ages 16 & Up: Fundamental movement patterns these workouts deliver time-tested measurable health and fitness improvements. This technology delivers the most effective broad-based fitness results in the most efficient manner possible. Each workout will have a different objective and the time exposure will also be different. These movements will challenge you, but the format is non-competitive (unless you choose to make it so). After one month, your transformation will be initiated. By month number two; your friends will want to know your secret. Each participant will receive a t-shirt. For more info contact Sean at: fit2believe@gmail.com

9 Sessions \$81

Instructor: Fit to Believe

404889 Bauer Drive CRC 4/14 Tu 6:00pm-7:00pm

404890 Marilyn J. Praisner CRC 4/14 Tu 7:00pm-8:00pm

Category 4 Fitness Boot Camp

Ages 18 & Up: Do you feel like you are doing the same fitness routine week after week? Are you ready to get re-energized? Spice it up with Category 4 Fitness Boot Camp! Get out and enjoy this experience with family, friends and neighbors. Team work and encouragement from your fellow boot campers will help you achieve your fitness goals. It will simply push you to limits not capable in ordinary gym. Category 4 Fitness Boot Camp is a fitness program instructed by an ISSA certified fitness trainer. This is a 60 minute program that incorporates cardio, resistance and core exercise training. We use a very specific interval training system that is broken down into 30 seconds to 1 minute segments that simply challenge all fitness levels, to get the results you desire. Questions? Contact Tommy at tommywitz@category4fitness.com or call 301-370-0279.

8 Sessions \$84

Instructor: Thomas Witz

404876 Germantown CRC 4/13 M 7:30pm-8:30pm

404877 Germantown CRC 4/15 W 7:30pm-8:30pm

404878 Germantown CRC 4/18 Sa 9:15am-10:15am

Definition Body Sculpting

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

18 Sessions \$126

Instructor: Juliet Rodman

404683 Clara Barton CRC 4/14 Tu, Th 9:00am-10:00am

Dynaerobics AND Body Sculpting

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

8 Sessions \$60

Instructor: Regina Gaithers

404706 Bauer Drive CRC 4/18 Sa 10:15am-11:30am

Dynaerobics Body Sculpting

Ages 16 & Up: (13-15 if accompanied by a parent/guardian). A serious workout to firm all major muscle groups. Special attention given to the abdominals, hips, thighs and gluteals. Includes strength and toning exercises with resistance bands and a relaxing cool down stretch. Bring a mat. Resistance bands provided and hand weights optional. Questions? Contact Ferhan Kiper Doyle at FerhanDoyle@aol.com.

16 Sessions \$112

Instructor: Gina Dols

404707 Bauer Drive CRC 4/13 M, W 6:00pm-7:00pm





NEW Flexibility, Stretch and Strength

Ages 16 & Up: Build Strength, Increase Flexibility, and learn Stretching techniques all in one class. Look and feel good in this no-impact program that works your entire body! Your bones and muscles will be stronger and your balance will improve. Energize your body! Bring a mat and hand weights. Customer interested in observing a class before registering are welcome. Call Instructor Karin Baker with any questions (240) 207-3091.

8 Sessions \$56
Instructor: Karin Baker
404545 Damascus CRC 4/13 M 5:45pm-6:30pm

The Ultimate Boxing Boot Camp for Youth and Adults

Youth ages 10-15 and Adult ages 16 & Up: Beginners-Advanced Students. Introduction to a boxer's workout and continued skill development. Teaches students offense and self defense techniques, allowing students to gain confidence and improve skill level by working at several skill stations. No physical contact. Instructor is a former kickboxing champion with 28 years experience. Light sparring with instructor ONLY. All protective equipment provided. Use it alone or as a complement to The Dynamic Ab Workout for Youth and Adults. Questions? Call Larry at: 240-424-1306 or email at Johnson-L@hotmail.com.

8 Sessions \$83
Instructor: Larry Johnson
404935 Bethesda-CC HS 4/13 M 5:45pm-7:00pm
404931 White Oak CRC 4/14 Tu 5:45pm-7:00pm
404932 Wheaton NRC 4/15 W 5:30pm-6:45pm
404933 Plum Gar CRC 4/16 Th 7:30pm-8:45pm
404934 Marilyn J. Praisner CRC 4/18 Sa 11:15am-12:30pm

The Dynamic Ab Challenge for Youth and Adults

Youth ages 6-15 and Adult ages 16 & Up: Beginners-Advanced Students. Improve cardiovascular fitness, strengthen abdominal region, and burn calories through a fun aerobic workout. Learn stretches, crunches and exercise that will focus on Abs. Use of medicine ball and abdominal exercise equipment. An added bonus instructor will also supply jump ropes that will optimize cardiovascular conditioning and maximizes athletic skills combining agility, coordination, timing, and endurance. Both focus on fat burning, calorie-blasting that can easily be incorporated into anyone's lifestyle. A great activity that the whole family can do together and get fit! (Bethesda/Chevy Chase HS-location please bring a mat to class for floor work). Use it alone or as a complement to The Ultimate Boxing Workout for Youth and Adult. Questions call Larry Johnson at: 240-424-1306 or email at Johnson-L@hotmail.com.

8 Sessions \$50
Instructor: Larry Johnson
404939 Bethesda-CC HS 4/13 M 7:00pm-7:45pm
404936 White Oak CRC 4/14 Tu 7:00pm-7:45pm
404937 Wheaton NRC 4/15 W 7:00pm-7:45pm
404940 Plum Gar CRC 4/16 Th 6:00pm-7:15pm
404938 Marilyn J. Praisner CRC 4/18 Sa 12:30pm-1:15pm

NEW! Strength Training by Fit to Believe

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

8 Sessions \$72
Instructor: Fit to Believe
405047 Plum Gar CRC 4/18 Sa 10:00am-11:00am



CPR/FRP/AED

First Aid and CPR Certification

Ages 13 & Up: This class is intended to shine the light on the importance of knowing First Aid and CPR. You will interactively learn how to properly R.E.A.C.T in an emergency situation, accurately perform CPR, and how to administer first aid. By the end of this class you will be educated and certified to potentially save a life. Whether you are doing this for your job, your family or for your own personal reason you have made the right choice. For more information email me atfirstaieducators@gmail.com. A \$10 material fee is due to instructor at class.

1 Session \$45
Instructor: Tiquia Bennett
406037 Plum Gar CRC 4/13 M 6:30pm-9:00pm
405050 Damascus CRC 4/18 Sa 10:00am-12:30pm
406038 Bauer Drive CRC 4/19 Su 10:30am-1:00pm
405051 Damascus CRC 4/21 Tu 6:30pm-9:00pm
405049 Marilyn J. Praisner CRC 4/28 Tu 6:00pm-8:30pm
405048 White Oak CRC 5/2 Sa 10:30am-1:00pm
405053 Wisconsin Place CRC 5/5 Tu 6:00pm-8:30pm
405052 Potomac CRC 5/10 Su 10:00am-12:30pm
405065 White Oak CRC 5/16 Sa 10:30am-1:00pm
405068 Wisconsin Place CRC 5/19 Tu 6:00pm-8:30pm
405067 Damascus CRC 6/2 Tu 6:30pm-9:00pm
405069 Bauer Drive CRC 6/3 W 6:00pm-8:30pm
405066 Germantown CRC 6/9 Tu 6:00pm-8:30pm



PILATES

Stability Ball Workout

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

12 Sessions \$120
 Instructor: Fred Mosby
 404426 Germantown CRC 4/21 Tu, Th 6:00pm-7:00pm

Pilates for Fitness by Fit 2 Believe

Ages 16 & Up: If you want a workout that will increase strength, flexibility and your energy levels pilates for fitness is for you. Our 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 as well. It's no better way than to stay in shape than by being focused mentally and physically for a better you! Please bring a Pilates mat to class. Each participant will receive a t-shirt. Questions? Contact Sean at: fit2believe@gmail.com

8 Sessions \$72
 Instructor: Fit to Believe
 404881 Jane E. Lawton CRC 4/18 Sa 10:00am-11:00am
 9 Sessions \$81
 Instructor: Fit to Believe
 404880 White Oak CRC 4/14 Tu 7:00pm-8:00pm
 404879 Bauer Drive CRC 4/16 Th 6:00pm-7:00pm

Pilates (Stretch & Strengthen)

Ages 16 & Up: This new class combines strengthening poses, breathing techniques and body alignment to strengthen and lengthen the muscles. It is a perfect way to increase mind-body awareness, decrease stress, and relax the spirit. Please bring mat or purchase at class for \$25.00.

7 Sessions \$49
 Instructor: Peggy Brower
 404342 Kennedy Shriver Aq Ctr 3/21 Sa 8:30am-9:30am

Pilates @ 50 by Fit to Believe

Ages 50 & Up: If you are looking for a low impact class that will increase strength, flexibility, and energy levels at your current age, then Pilates @50 is perfect for you. Our goals are to emphasize core strength, increase flexibility and help build stronger bodies. Being a low impact class, our instructors make sure that everyone gets a fulfilling workout in order to reach their fitness goals. Bring a Pilates mat to class. Everyone receives a t-shirt. Questions? Contact Sean at: fit2believe@gmail.com.

9 Sessions \$81
 Instructor: Fit to Believe
 404885 Jane E. Lawton CRC 4/16 Th 11:00am-12:00pm

PiYo

Ages 16 & Up (14-15 if accompanied by parent or guardian): PiYo combines Pilates and Yoga inspired moves at cranked up speeds to give you full throttle cardio, strength, and flexibility training. PiYo packs it ALL into each workout so you can build lean muscle as you're burning calories. Wear comfortable clothes: t-shirts, shorts, tights, & leggings. Bare feet or shoes are fine. Bring a sticky yoga mat and a yoga blanket. All fitness levels! Questions? Contact Jacki at: smilenbaby@hotmail.com.

9 Sessions \$72
 Instructor: Jackie Enos
 404424 Oakland Terrace ES 4/15 W 6:30pm-7:30pm



YOUTH CLASSES

NEW Youth Strength Training by Fit to Believe

Ages: 12-17: Learn the basics of safe resistance training and the proper nutritional guidelines to strengthen and build muscle. This weight training class is designed for beginners looking to learn the most beneficial lifts, techniques, and rep ranges. Lifts include compound movements such as squats, presses, and rows, as well as isolation movements such as curls, pullovers, and leg extensions. Each participant will receive a t-shirt. For more information contact Sean at: fit2believe@gmail.com.

8 Sessions \$72
 Instructor: Fit to Believe
 405044 Jane E. Lawton CRC 4/18 Sa 11:00am-12:00pm
 9 Sessions \$81
 Instructor: Fit to Believe
 405055 Bauer Drive CRC 4/15 W 6:00pm-7:00pm

Volunteer This Spring!

- Lead or assist in children's activities
- Support your local Community Center
- Work with individuals with disabilities
- Provide administrative support
- Help with senior adult programs
- Serve on the advisory board
- Make special events successful

Become Part Of Our Team!

Call 240-777-6840.





TAI CHI

Tai Chi, Beginning

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

8 Sessions	\$80
Instructor:Andy Shettino	
404401 Bauer Drive CRC	4/13 M 7:00pm-8:00pm
9 Sessions	\$90
Instructor:Andy Shettino	
404403 Potomac CRC	4/14 Tu 6:45pm-7:45pm
Instructor:Lom Holland	
404402 Wheaton NRC	4/15 W 7:00pm-8:00pm

Tai Chi, Continuing

Age 16 & Up: (13-15 if accompanied by a parent or guardian). Continuing Students Level II.

8 Sessions	\$80
Instructor:Andy Shettino	
404404 Bauer Drive CRC	4/13 M 8:00pm-9:00pm
9 Sessions	\$90
Instructor:Andy Shettino	
404406 Potomac CRC	4/14 Tu 7:45pm-8:45pm
Instructor:Lom Holland	
404405 Wheaton NRC	4/15 W 8:00pm-9:00pm



Tai Chi and Qi Gong I

Adults: Continuing Students & Beginners. These exercises are low impact, so anyone including senior citizens with existing ailments can benefit. This internal martial arts class consists of step-by-step instructions and therapeutic stretch exercises, which enhance internal health & unblock the meridians in the body. To activate qi and balance yin and yang, a combination of rhythmic breathing and slow, fluid movements contribute to a serene but aware state of mind. Students feel more grounded and balanced. Regular practice relieves insomnia, arthritis, headaches, and stress. For more information contact Louise @ 301-528-1174 or louiseliu.taichi@gmail.com.

8 Sessions	\$120
Instructor:Louise Liu	
405059 Argyle LP	4/14 Tu 6:30pm-7:45pm
405056 Quince Orchard Valley NP	4/16 Th 9:00am-10:15am
405058 Wisconsin Place CRC	4/17 F 9:30am-10:45am
405057 Germantown CRC	4/18 Sa 9:00am-10:15am

Tai Chi and Qi Gong II

Adults: Continuing. This internal martial arts class consists of step-by-step instructions and therapeutic stretch exercises, which enhance internal health & unblock the meridians in the body. Regular practice relieves insomnia, arthritis, headaches, and stress by directing the mind's focus on the flowing movements of Tai Chi. Students will leave the class feeling more grounded and balanced. For more info, contact Louise at 301-768-0059 or louiseliu.taichi@gmail.com.

8 Sessions	\$120
Instructor:Louise Liu	
405060 Quince Orchard Valley NP	4/16 Th 10:15am-11:30am
405062 Wisconsin Place CRC	4/17 F 10:45am-12:00pm
405061 Germantown CRC	4/18 Sa 10:15am-11:30am

Tai Chi & Qi Gong III

Adult-For continuing students and any students familiar with entire sequence of the Yang style 24 forms of Tai Chi: In this class students can perfect postures, pay careful attention to detail, and deepen their knowledge of qigong training. For suitably advanced students, additional material (such as fixed-and moving-step sensing hands) may also be included.

8 Sessions	\$120
Instructor:Louise Liu	
405063 Quince Orchard Valley NP	4/16 Th 10:45am-12:00pm
405064 Germantown CRC	4/18 Sa 10:45am-12:00pm

YOGA

Essential Yoga for Beginners

Ages 16 & Up: This is a beginning yoga class that is suitable for new students and students wanting a simpler class. Classes focus on the fundamentals, including posture, alignment, breath and foundational yogic concepts. Perfect for first time and continuing students. Bring a yoga mat and blanket. Wear comfortable clothes. Bare feet are essential. Contact Tamara at (301) 891-1247 or tjhealth@earthlink.net for further information.

9 Sessions \$90
 Instructor: Tamara Johnson
 404400 Gwendolyn Coffield CRC 4/16 Th 6:00pm-7:00pm

Massage Ball Workshop

Ages 16 & Up: This workshop is on the use of massage ball for relieving pain and increasing neck, shoulder and spine mobility. Massage ball provide self-help measures for achieving deep tissue massage. The workshop also employs stretches to improve the range of motion of shoulders and back. It will address the needs of anyone who experiences body stiffness or pain, including runners and desk-bound workers. The techniques, learned once, are to be used at home or office. Participants are provided with one body massage ball. A material fee of \$22 paid to instructor. Please wear non-restrictive clothing and bring a water bottle to class. The location: Potomac Methodist Church, 9908 South Glen Road. For more information call Maggie 301-365-2424, email Maggie@yogaplus.com or visit her website at: www.yogaplus.com

1 Session \$40
 Instructor: Maggie Wong
 404414 Yoga Plus-Potomac 4/19 Su 3:00pm-5:00pm
 404415 Yoga Plus-Potomac 5/3 Su 3:00pm-5:00pm

Easy Yoga with Moira Martin

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

6 Sessions \$65
 Instructor: Moira Martin
 404546 Jane E. Lawton CRC 4/23 Th 9:30am-10:45am

Gentle Yoga

Ages 16 & Up (14-15 if accompanied by parent or guardian): For beginning and continuing students. Combines warm-ups, gentle postures, and yogic breathing to improve mobility and reduce stress. We will learn the basic principles of body alignment and breathe awareness, inspired by a meaningful intention and a joyful attitude. Each class consists of gentle postures that stretch, strengthen, and balance your body, ending in deep relaxation. The instructor encourages students to listen to their bodies and progress at their own pace. Wear non-restrictive comfortable clothes. Bare feet are essential. Bring a yoga mat and blanket. Contact Irene with questions or to purchase materials: Irene54@aol.com.

9 Sessions \$90
 Instructor: Irene Bopp
 404489 Bauer Drive CRC 4/14 Tu 6:15pm-7:15pm

Hatha Yoga and Stress Management Beginning/Continuing

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

8 Sessions \$104
 Instructor: Suzana Cooper
 404387 Jane E. Lawton CRC 4/15 W 9:45am-11:00am
 404388 Jane E. Lawton CRC 4/17 F 9:45am-11:00am

Vini Yoga

Ages 14 & Up: For continuing and beginning students. Relaxation techniques and easy going dynamic movement coordinated with simple rhythmic breathing. Increase energy, stamina, muscle strength and flexibility, and learn to release tension. Introduction to meditation. Bring a mat or towel and wear comfortable clothing. Questions? Contact Pat at: 301-251-1058.

9 Sessions \$117
 Instructor: Pat Miller
 404417 Potomac CRC 4/16 Th 9:15am-10:30am
 404418 Potomac CRC 4/16 Th 6:30pm-7:45pm

Vini Yoga Intermediate

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

8 Sessions \$104
 Instructor: Pat Miller
 404419 Potomac CRC 4/13 M 6:30pm-7:45pm

Vini Easy Going Yoga

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

9 Sessions \$117
 Instructor: Pat Miller
 404416 Potomac CRC 4/16 Th 10:45am-12:00pm

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

-customer survey





Yoga Basics

Ages 16 & Up (13-15 if accompanied by parent or guardian): Introduces beginning and continuing students to yogic principles of body alignment and breathing awareness, inspired by a meaningful intention and a joyful attitude. Emphasis is placed on standing poses and strengthening and stretching the legs, back, and shoulders. Benefits of this practice include improved muscle tone, increased circulation, better concentration, and deeper relaxation. Wear comfortable clothes such as t-shirts, shorts, tights, or leggings. Bare feet are essential. Bring a sticky yoga mat and a yoga blanket. Contact the instructor in advance of first class with any questions or to purchase materials: Irene54@aol.com.

9 Sessions		\$90		
Instructor: Irene Bopp				
404485	Bauer Drive CRC	4/14	Tu	7:30pm-8:30pm
404488	Mid County CRC	4/15	W	7:30pm-8:30pm
404486	Marilyn J. Praisner CRC	4/16	Th	10:30am-11:30am
404487	East County CRC	4/16	Th	7:00pm-8:00pm



Evening Yoga

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

9 Sessions		\$90		
Instructor: Robin Morris				
404676	Wisconsin Place CRC	4/15	W	6:15pm-7:15pm



Yoga at 50

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

7 Sessions		\$91		
Instructor: Suzana Cooper				
404391	Wisconsin Place CRC	4/18	Sa	9:45am-11:00am



Body Balance Yoga

Ages 18 & Up: Blends the wisdom of ancient healing modalities with an in-depth exploration of anatomy and therapeutics. This approach to yoga creates a cutting-edge yoga therapy system based on deep awareness of body-mind integration. Students will explore timeless yoga principles along with present day wellness and medical research. Poses are adapted to serve every student's potential and is open to a variety of levels and abilities. Questions? Email Maria at yogachickinred@gmail.com.

7 Sessions		\$105		
Instructor: Maria Doherty				
404559	Longwood CRC	4/15	W	5:30pm-6:45pm



Yoga & Light Weights

Ages 16 & Up: This class is well suited for baby boomer. The class sequence begins with movements to warm up the body, then progresses to core strengthening exercises and the use of light weights for upper body toning, followed by simple yoga movements to improve whole body strength, flexibility and balance. The class concludes with gentle stretching to calm the mind and prepare for the day. Class location: Carderock clubhouse. 8200 Hamilton Spring Ct. Bethesda. For more info, contact Maggie at 301-365-2424, Maggie@yogaplus.com or visit www.yogaplus.com.

8 Sessions		\$120		
Instructor: Maggie Wong				
404407	Yoga Plus-Bethesda	4/14	Tu	9:00am-10:30am

Yoga Fundamentals

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

8 Sessions		\$102		
Instructor: Nancy Neves				
40726	Bauer Drive CRC	4/14	Tu	10:45am-12:00pm

Yoga for Stress Relief

Ages 16 & Up: Beginning and continuing students are welcome. Give yourself a mid-week treat with this class through the practice of yoga postures, breath awareness and techniques for calming and focusing your mind. Wear non-restrictive clothing and bring a yoga mat to class. Contact Zeshan at zeshank4000@yahoo.com or 301-455-4388 for further information.

9 Sessions		\$135		
Instructor: Zeshan Mustafa				
404892	Long Branch CRC	4/15	W	6:30pm-7:45pm

Mindfulness Yoga & Meditation for Stress Relief

Ages 18 & Up: Using a variety of formats and techniques to teach the students on how to incorporate mindfulness into their daily lives. Numerous studies have shown that mindfulness decreases stress and increase quality of life. Its benefits includes: pain management, improve concentration, depression and sleep problems. Class includes gentle yoga, yoga nidra, breathing techniques and learning modules. For more information contact Maria at: yogachickinred@gmail.com

7 Sessions		\$105		
Instructor: Maria Doherty				
404557	Longwood CRC	4/13	M	5:45pm-7:00pm

Yoga for Relaxation

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

9 Sessions \$90
 Instructor: Robin Morris
 404677 Wisconsin Place CRC 4/15 W 9:40am-10:40am

Yoga for Scoliosis & Healthy Back

Ages 16 & Up: Instructor Maggie Wong was diagnosed with scoliosis as a teenager, and has learned to manage her condition with yoga, strengthening exercises and movement. She shares this knowledge with people who have come to her with back, shoulder and neck pain issues, be they caused by accidents, arthritis, scoliosis, or simply desk-bound immobility. Emphasizing that these conditions are manageable (as opposed to curable), Maggie uses movements and exercises to promote flexibility, restore range of motion and strengthening core muscles. A segment of this class employs the Body Massage Ball, which is a home-based self massage tool to relieve tension and promote relaxation. Class location: Potomac Methodist Church, 10300 Falls Road. For more information please call Maggie Wong 301-365-2424, email Maggie@yogaplus.com or visit her website at: www.yogaplus.com.

8 Sessions \$120
 Instructor: Maggie Wong
 404412 Yoga Plus-Bethesda 4/14 Tu 7:00pm-8:30pm
 404411 Yoga Plus-Potomac 4/16 Th 7:30pm-9:00pm
 404413 Yoga Plus-Bethesda 4/16 Th 9:00am-10:30am

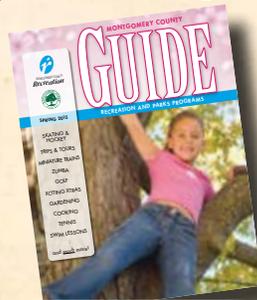
Yoga/Stretching for Your Relaxation

Adults 18 & Up: Practice gentle stretching and learn basic yoga postures to increase energy, flexibility, strength and balance. Class includes a focus on breathing and relaxation techniques. Those with injuries should consult a physician prior to registration. Bring a Yoga mat and blanket to class. Questions? Contact Nancy at: yogawithnancy@gmail.com.

8 Sessions \$72
 Instructor: Nancy Neves
 407244 Mid County CRC 4/15 W 11:00am-12:00pm

When Is the Guide Available?

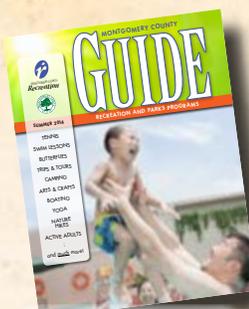
*Dates are approximate and subject to change.



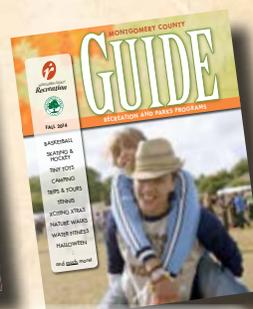
Spring 2015
 January 30, 2015
 Registration begins
 February 9, 2015



Summer Camps 2015
 January 10, 2015
 Registration begins
 January 20, 2015



Summer 2015
 May 1, 2015
 Registration begins
 May 11, 2015



Fall 2015
 August 7, 2015
 Registration begins
 August 17, 2015



Winter 2015/2016
 Early November 2015
 Registration begins
 Mid November 2015

Where Can I Get The Guide?

Teacher is wonderful. She knows her yoga, and can give individual attention in our group class.

-customer survey

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www.MontgomeryCountyMD.gov/rec

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



MARTIAL ARTS

KARATE/JUJITSU

Iaido

Ages 18 & Up: Japanese Classical Martial Arts tries to understand, learn and incorporate the samurai philosophy, to follow and emulate their ability in the martial arts. The purpose of our training is the development of inner strength. We'll develop confidence, self-assurance and physical strength and also instinctive reactions or reflexes. Competition is a matter of sports. Classical Martial Arts is not a sport. It is a way of life. That is what the 'DO' means. Questions? Email bskofmc@gmail.com.

9 Sessions \$81
Instructor: Salvador Cortes
405102 Kensington-Parkwood ES 4/16 Th 8:05pm-9:00pm

Karate Do and Iaido Beginners

Ages 6-13: Tues. Ages 16 & Up: Thurs. Discover a way to overcome your daily stress. Iaido is the cultivation of patience to keep you from conflict. Control of body and mind, are the desired results. Additional benefits include discipline and respect, balance and patience and fitness and energy. Participants will need to purchase a GI. Questions? Contact Salvador at bskofmc@gmail.com.

9 Sessions \$81
Instructor: Salvador Cortes
405098 Kensington-Parkwood ES 4/14 Tu 7:00pm-8:00pm
405099 Kensington-Parkwood ES 4/16 Th 7:00pm-8:00pm

Karate Do and Iaido II Intermediate

Ages 10 & Up: Discover a way to overcome your daily stress. Iaido is the cultivation of patience to keep you from conflict. Control of body and mind, are the desired results. Additional benefits include discipline and respect, balance and patience and fitness and energy. Participants will need to purchase a GI. Questions? Contact Salvador at bskofmc@gmail.com.

9 Sessions \$81
Instructor: Salvador Cortes
405100 Kensington-Parkwood ES 4/14 Tu 8:00pm-9:00pm

Karate/Jujitsu Adults

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

8 Sessions \$58
Instructor: Company Staff: TKA, Inc.
404431 Upper County CRC 4/13 M 8:00pm-9:30pm
404432 Wheaton NRC 4/13 M 8:00pm-9:30pm
9 Sessions \$65
Instructor: Company Staff: TKA, Inc.
404433 Germantown CRC 4/14 Tu 8:00pm-9:30pm
404434 Damascus CRC 4/15 W 8:00pm-9:30pm
404435 Bauer Drive CRC 4/15 W 8:00pm-9:30pm
404436 Potomac CRC 4/15 W 8:00pm-9:30pm
404437 Neelsville MS 4/15 W 8:00pm-9:30pm
404438 Bethesda ES 4/16 Th 8:00pm-9:30pm
404439 Marilyn J. Praisner CRC 4/16 Th 8:00pm-9:30pm
404440 DuFief ES 4/16 Th 8:00pm-9:30pm
404441 Rolling Terrace ES 4/16 Th 8:00pm-9:30pm

Karate/Jujitsu

Ages 6-12 (Students must be 6 at the start of class): Instruction in the physical and psychological aspects of Tang Soo Do style Korean Karate and Jujitsu. Lecture, exercise, drills and competition with promotional exams available. Instructors from Tompkins Karate Association (TKA). New students accepted prior to the 3rd class of each session. *All locations accept Beginning through Advanced students. Beginners must attend 6pm at Upper County CRC, Bauer CRC, Damascus CRC, Resnik ES, Praisner CRC, Germantown CRC & DuFief ES, Beginners may attend later time at other sites.

8 Sessions \$48
Instructor: Company Staff: TKA, Inc.
403020 Longwood CRC 4/13 M 7:00pm-8:00pm
403021 Upper County CRC 4/13 M 6:00pm-7:00pm
403022 Upper County CRC 4/13 M 7:00pm-8:00pm
403023 Wheaton NRC 4/13 M 7:00pm-8:00pm
9 Sessions \$54
Instructor: Company Staff: TKA, Inc.
403024 Germantown CRC 4/14 Tu 6:00pm-7:00pm
403025 Germantown CRC 4/14 Tu 7:00pm-8:00pm
403026 Mid County CRC 4/14 Tu 7:00pm-8:00pm
403027 Damascus CRC 4/15 W 6:00pm-7:00pm
403028 Damascus CRC 4/15 W 7:00pm-8:00pm
403029 Bauer Drive CRC 4/15 W 6:00pm-7:00pm
403030 Bauer Drive CRC 4/15 W 7:00pm-8:00pm
403031 Potomac CRC 4/15 W 6:00pm-7:00pm
403032 Resnik, Judith A. ES 4/15 W 6:00pm-7:00pm
403033 Resnik, Judith A. ES 4/15 W 7:00pm-8:00pm
403034 Clara Barton CRC 4/15 W 7:00pm-8:00pm
403035 Potomac CRC 4/15 W 7:00pm-8:00pm
403036 Marilyn J. Praisner CRC 4/16 Th 6:00pm-7:00pm
403037 Marilyn J. Praisner CRC 4/16 Th 7:00pm-8:00pm
403038 DuFief ES 4/16 Th 6:00pm-7:00pm
403039 DuFief ES 4/16 Th 7:00pm-8:00pm
403040 Poole, John MS 4/16 Th 7:00pm-8:00pm
403041 Rolling Terrace ES 4/16 Th 7:00pm-8:00pm
403042 Bethesda ES 4/16 Th 7:00pm-8:00pm
403043 Neelsville MS 4/22 W 7:00pm-8:00pm

Karate/Jujitsu Club

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

9 Sessions \$33
Instructor: Company Staff: TKA, Inc.
404442 Holiday Park Sr Ctr 4/17 F 7:00pm-8:00pm

Karate/Jujitsu Club 2

Ages 13 & Up: Open to brown and black belt TKA students. Practice with each other and develop skills under supervision of select instructors. No formal instruction during Club sessions.

9 Sessions \$42
Instructor: Company Staff: TKA, Inc.
404443 Holiday Park Sr Ctr 4/17 F 8:00pm-9:00pm





Online Registration...Anytime! Anywhere!

- Check program availability
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Thunder Taekwondo

Little/ Kid Dragons Beginner

Little: Ages 5-8: Kid: Ages 9-12: Specifically designed to improve the child's focus, motor skills, teamwork, self-confidence, physical fitness in order to perform daily life task as well as develop beginner to intermediate taekwondo techniques, and prepare for competitions. Both age groups have separate curriculum. This class is for any student who has never taken a class with us or has not yet tested for a belt. A material fee of \$25 MUST be paid on the 1st day of class. Uniforms are not required but recommended and available for purchase at \$50.

8 Sessions		\$80	
Instructor: Nury Criollo			
405638	Sargent Shriver ES	4/16 Th	4:15pm-5:00pm
405639	Roscoe Nix ES	4/17 F	4:15pm-5:00pm
405637	Rock Creek Valley ES	4/18 Sa	9:40am-10:25am

Thunder Taekwondo

Little/Kid Dragons Intermediate

Little: Ages 5-8: Kid: Ages 9-12: Specifically designed to improve the child's focus, motor skills, teamwork, self-confidence, physical fitness in order to perform daily life task as well as develop beginner to intermediate taekwondo techniques, and prepare for competitions. Both age groups have separate curriculum. This class is for students who have taken classes with us and are white to green belts. A material fee of \$25 MUST be paid on the 1st day of class. Uniforms are required and are available for purchase at \$50 if needed.

8 Sessions		\$80	
Instructor: Nury Criollo			
405647	Sargent Shriver ES	4/16 Th	5:00pm-5:45pm
405648	Roscoe Nix ES	4/17 F	5:00pm-5:45pm
405649	Rock Creek Valley ES	4/18 Sa	10:30am-11:15am

Thunder Dragon Taekwondo & Self-Defense

Ages 13 & Up: Specifically designed to improve the focus, motor skills, physical fitness, teamwork, and self-confidence in order to perform daily life task as well as develop advanced taekwondo techniques build overall fitness with flexibility, strength, conditioning, cardio, and endurance. Instructors will work to perfect student's techniques such as punching, footwork, head movement, as well as techniques dealing with workouts and drills performed. Instructors will focus on a student's physical performance as well as real life defense techniques.

8 Sessions		\$80	
Instructor: Nury Criollo			
405675	Sargent Shriver ES	4/16 Th	7:00pm-8:00pm
405674	Rock Creek Valley ES	4/18 Sa	12:30pm-1:30pm



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ACTIVE MONTGOMERY

Changes are coming!!

The Departments of Recreation, along with the Community Use of Public Facilities (CUPF), and Montgomery County Parks are combining registration systems.

What does this mean to you?

- A single website for one-stop shopping for all your favorite Recreation and Parks programs, and CUPF reservations
- Additional credit card choices – you'll be able to use MasterCard, Visa, Discover, and American Express

Look for these changes in Fall 2015!



Vovinam Martial Arts

Ages 6 & Up: Be among the first to learn this exotic martial art that is growing rapidly around the world. Learn to defend using your hands, elbows, kicks, throws, escape & levering, joints locks, and submissions. Weapons included. Vovinam techniques are simple, effective, and artistic. Parents can join class too. Each 90 minute class will wear you out with extensive warm ups, fall breaks, rolling, strikes/kicks/blocks, forms, and sparring. This course prepares you for real life situations. Questions? Call 301-204-3118 or vovinammd@gmail.com.

9 Sessions \$108
Instructor: Yanni Nguyen
405083 Plum Gar CRC 4/18 Sa 10:15am-11:45am
405084 Eastern MS 4/18 Sa 2:30pm-4:00pm

Vovinam Martial Arts Children

Ages 8-14 (Meet twice a week): Be among the firsts to learn this exotic martial art. Vovinam is Vietnamese martial arts. Vietnamese used Vovinam to fight in wars. Vovinam is growing rapidly around the world. Learn to defend using your hands, elbows, kicks, throws, escape & levering, joints locks, choke holds, and submissions. Weapons included. Vovinam techniques are simple, effective, and artistic. They are realistic and easy to learn. Anybody at 8 and older can learn it. Each 90 minutes section will burn you out with extensive warm ups, fall breaks, rolling, strikes/kicks/blocks, forms, and sparring. This course is prepared for real life situations, so you will learn how to fall safely on streets; you will train constantly with partners of different sizes. For more information: (301) 204-3118 or VovinamMD@gmail.com.

18 Sessions \$189
Instructor: Yanni Nguyen
405079 Montgomery Village MS 4/14 Tu, Th 6:00pm-7:30pm

Vovinam Martial Arts Advanced

Ages 6 & Up: For advanced students with instructor's permission only. Continue learning to defend using hands, elbows, kicks, throws, escape & levering, joints locks, choke holds, and submissions. Weapons included. Each 90 minutes section will burn you out with extensive warm ups, fall breaks, rolling, strikes/kicks/blocks, forms, and sparring. This course is prepared for real life situations, so you will learn how to fall safely on streets; you will train with partners of different sizes. Questions? Call 301-204-3118 or vovinammd@gmail.com.

9 Sessions \$109
Instructor: Yanni Nguyen
405081 Eastern MS 4/18 Sa 1:00pm-2:30pm

Vovinam Martial Arts for Adults

Ages 16 & Up: Learn to defend using your hands, elbows, kicks, throws, escape & levering, joints locks, choke holds, and submissions. Weapons included. Vovinam techniques are simple, effective, and artistic. Each class will wear you out with extensive warm ups, fall breaks, rolling, strikes/kicks/blocks, forms, and sparring. This course prepares you for real life situations. Questions? Call 301-204-3118 or vovinammd@gmail.com.

18 Sessions \$189
Instructor: Yanni Nguyen
405080 Montgomery Village MS 4/14 Tu, Th 7:30pm-9:00pm

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KENDO

Kendo

Ages 12 & Up: Beginner/Intermediate. Modern sword training is done using bamboo swords as opposed to bladed swords. Protection for chest, head and hands are worn. Kendo benefits both mind and body through quick thought, quick reflexes, determination, self control and positive physical expression. The goal is not necessarily to defeat the opponent but to gain inner strength and mental confidence. Explore the ancient samurai, their philosophy and values. Option to purchase shinai for \$30. Questions? Email: tsir.office@verizon.net.

8 Sessions \$82
Instructor: Shiro Shintaku
405104 Tilden MS 4/16 Th 7:00pm-8:00pm



JUDO

Judo Ages 6-8

Ages 6-8: Emphasizes the various basic techniques of judo; including the aspects of self-control, discipline, respect, politeness, balance, and coordination. Japanese terms are taught and used throughout the class. Judo is a very good way to have the best education and be better and healthy in daily life. At the end of each class the participant is given a simple symbol (for example a sticker) that the student can take home to remind him/her of some aspect of judo. A material fee of \$30 is due on the first day of class.

8 Sessions \$160
Instructor: Frederic Hocde
405477 Ashburton ES 4/21 Tu 5:30pm-6:30pm

Judo Ages 9-12

Ages 9-12: Emphasizes the various basic techniques of judo; including the aspects of self-control, discipline, respect, politeness, balance, and coordination. Japanese terms are taught and used throughout the class. Judo is a very good way to have the best education and be better and healthy in daily life. At the end of each class the participant is given a simple symbol (for example a sticker) that the student can take home to remind him/her of some aspect of judo.

8 Sessions \$160
Instructor: Frederic Hocde
405479 Ashburton ES 4/21 Tu 6:30pm-7:30pm

TINY TOTS

ARTS AND CRAFTS

Young Rembrandts for Tiny Tots

Ages 3½-5: Let Young Rembrandts help prepare your preschooler for Kindergarten. We teach your children skills that will help them grow, develop and excel all while having fun! We'll concentrate on the skills of drawing and coloring while we develop fine motor skills, focus, listening, staying on task, patience and spatial organization. We provide a nurturing and strong learning environment that expands preschoolers image vocabulary as they draw familiar images. Each session contains all new lessons. Adult Participation not required.

6 Sessions	\$69			
Instructor: Michele Young Rembrandts				
405502	Bauer Drive CRC	4/20	M	10:15am-11:00am
405501	Potomac CRC	4/21	Tu	10:15am-11:00am
405500	Germantown CRC	4/22	W	10:15am-11:00am

DANCE

Hippo Hoppo

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

5 Sessions	\$45			
Instructor: Kahina Haynes				
407396	Potomac CRC	4/19	Su	10:00am-10:45pm
6 Sessions	\$55			
Instructor: Kahina Haynes				
405758	Germantown CRC	4/18	Sa	12:00pm-12:45pm

Kidz Dance

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

6 Sessions	\$60			
Instructor: Grace Oleson				
406091	Gwendolyn Coffield CRC	4/20	M	3:30pm-4:15pm
7 Sessions	\$70			
Instructor: Grace Oleson				
406088	Potomac CRC	4/21	Tu	3:30pm-4:15pm
406089	Germantown CRC	4/22	W	3:30pm-4:15pm
406090	Wheaton NRC	4/23	Th	3:30pm-4:15pm

Preschool Dance by Jazzmatazz

Ages 3-4: An introduction to dance through creative movement using a variety of musical styles that children love. Children must be toilet trained. Leotards, tights and well fitted all leather ballet slippers, in the colors of your choice, are the dress requirements for class. No lace tutus and only short dance skirts please.

7 Sessions	\$63			
Instructor: Betsy Saunders				
405609	Long Branch CRC	4/18	Sa	10:15am-11:00am

Abrakadoodle: Twoosy Doodlers

Ages 20 months-3 years: Our youngest artists get the chance to explore paints, modeling compounds, oil pastels, watercolors and other wonderful art materials. They roll, scribble, shake and pound as they learn about color, shape and form while building the hand-eye coordination and fine motor skills that they'll need later in school to write and draw. They will build confidence while exploring creative and innovative materials. Your budding artist will shine! A \$30 materials fee is due to instructor at first class.

8 Sessions	\$112			
Instructor: Nancy Delasos				
405568	White Oak CRC	4/16	Th	10:15am-11:00am
405567	Potomac CRC	4/17	F	5:00pm-5:45pm

Pre-Ballet by Dansez! Dansez!

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

6 Sessions	\$60			
Instructor: Sabine Philippe				
405527	Danzez! Dansez! Studio	4/20	M	10:00am-10:30am
7 Sessions	\$70			
Instructor: Sabine Philippe				
405529	Danzez! Dansez! Studio	4/21	Tu	10:00am-10:30am
405528	Danzez! Dansez! Studio	4/22	W	10:00am-10:30am

Pre-Hip Hop by Dansez! Dansez!

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

6 Sessions	\$60			
Instructor: Sabine Philippe				
405536	Danzez! Dansez! Studio	4/20	M	10:30am-11:00am
7 Sessions	\$70			
Instructor: Sabine Philippe				
405537	Danzez! Dansez! Studio	4/21	Tu	10:30am-11:00am
405538	Danzez! Dansez! Studio	4/22	W	10:30am-11:00am

Bollywood for Tots

Ages 1½-3 & 3-5: The dance movements provide Tots better motor coordination and concentration, sense of rhythm and self confidence. They also learn math by forming rhythmic patterns and team work. Learn a dance from Oscar winning soundtrack 'Jai Ho' (Slumdog Millionaire) and more. Adult participation is welcomed. For more info, call Kumud at 301-299-3334.

6 Sessions	\$75			
Instructor: Kumud Mathur				
405204	Potomac CRC	4/20	M	11:15am-12:00pm
405203	Potomac CRC	4/21	Tu	5:30pm-6:15pm
7 Sessions	\$90			
Instructor: Kumud Mathur				
405202	Potomac CRC	4/23	Th	11:15am-12:00pm





Bring Montgomery County Tiny Tot programs to your schools.

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- All Instructors Have Had A Background Check. • Well Established Curriculums

MORE TINY TOTS

Little Scientists:

Markers & Microscopes

Ages 3-5: In this fun and hands-on workshop, your pre-schooler will participate in art and science activities revolving around Biology. Students will investigate plants, the human body and living things. Your child will be actively engaged in science experiments to learn about his environment. Children will learn the process of art by tactile exploration. \$20 Material fee due to instructor. Parent participation not required. Log on to scribblesandworks.com for more info.

6 Sessions		\$165
Instructor: Scribbles and Works		
405705	Jane E. Lawton CRC	4/21 Tu 9:30am-10:30am
405707	Potomac CRC	4/22 W 9:30am-10:30am
405706	White Oak CRC	4/23 Th 4:00pm-5:00pm

Young Scientists:

Markers & Microscopes

Ages 5-7: In this fun and hands-on workshop, your child will participate in art and science activities revolving around Biology. Students will investigate plants, the human body and living things. Your child will be actively engaged in science experiments to learn about his environment. Children will learn the process of art by tactile exploration. \$20 Material Fee due to instructor. Log on to scribblesandworks.com for more information.

5 Sessions		\$140
Instructor: Scribbles and Works		
405720	Potomac CRC	4/30 Th 4:00pm-5:30pm
6 Sessions		\$165
Instructor: Scribbles and Works		
405717	White Oak CRC	4/23 Th 5:15pm-6:45pm

Kinderstunde

Ages 1-6: Kinderstunde: Spaß + Spiel + Basterei, Lieder + Tänze: Wer ist mit dabei? Ein neues Programm für Eltern mit Kindern (12 Monate - 6) um auf altersgerechte Weise ihre deutsche Sprachentwicklung zu unterstützen & zu stärken. Lernt andere deutschsprachige Freunde kennen. This course is based on learning German through a variety of games, stories and much more. Different themes will be implemented on a weekly basis. Meet German speaking friends through this class. Beginners to native speakers are welcome! Parent Participation required. *A \$10 material fee is due to the instructor on the first day.

5 Sessions		\$55
Instructor: Ines Kuperberg		
405550	Germantown CRC	4/30 Th 5:15pm-6:00pm

Spanish Preschool

Ages 3-5: This class has it all! Children will be fully immersed in the target language; while working on fine and gross motor skills. Classes are composed of a variety of high energy games, sports, obstacle courses, experiments and more! They will complete projects and participate in puppetry as well. All activities are grouped by thematic units, with very clear goals and objectives for their immersion in the Spanish language. For more information, contact Miss Cristina at 240-550-2797 or visit www.lcespanol-spanish.com.

6 Sessions		\$85
Instructor: Maria Rho		
405685	Bauer Drive CRC	4/20 M 4:00pm-5:00pm
405671	Wisconsin Place CRC	4/25 Sa 11:15pm-12:15pm

Spanish Toddlers

Ages 18 months-3 yrs & . This class has it all! Children will be fully immersed in the target language; while working on fine and gross motor skills. Classes are composed of a variety of high energy games, sports, obstacle courses, experiments and more! They will complete projects and participate in puppetry as well. All activities are grouped by thematic units, with very clear goals and objectives for their immersion in the Spanish language. Parent Participation Required for 18 months-2 years Mommy and Me course. For more information, please contact Miss Cristina at 240-550-2797 or visit www.lcespanol-spanish.com

6 Sessions		\$85
Instructor: Maria Rho		
405669	Bauer Drive CRC	4/28 Tu 10:00am-11:00am



Thunder Taekwondo Tiny Dragons

Ages 2-4: Designed to improve focus skill, motor skills, and attention span in order to perform daily life task as well as develop basic taekwondo techniques. Most importantly we teach great discipline through respect and responsibility. A class fee of \$20 is due on the first day of class and all new students must purchase a uniform for \$40. Returning students do not need to purchase a new uniform each session.

7 Sessions				\$85
Instructor:Nury Criollo				
405440	White Oak CRC	4/13	M	11:50am-12:20pm
405447	Rock Creek Valley ES	4/18	Sa	8:45pm-9:15pm
8 Sessions				\$100
Instructor:Nury Criollo				
405441	Wheaton NRC	4/14	Tu	9:15am-9:45am
405442	Potomac CRC	4/15	W	9:50am-10:20am
405443	Germantown CRC	4/15	W	6:00pm-6:30pm
405444	Sargent Shriver ES	4/16	Th	4:50pm-5:20pm
405446	Wisconsin Place CRC	4/16	Th	12:00pm-12:30pm
405445	Roscoe Nix ES	4/17	F	4:50pm-5:20pm

Thunder Taekwondo Tiny Dragons Advanced

Ages 2½-4: Specifically designed to improve focus skill, motor skills, and attention span in order to perform daily life task as well as develop basic taekwondo techniques. This class is for children who have a yellow, green, or blue belt. A class fee of \$20 MUST be paid on the 1st day of class. Uniforms are required and available for purchase if needed (\$40).

7 Sessions				\$75
Instructor:Nury Criollo				
405488	Rock Creek Valley ES	4/18	Sa	12:50pm-1:25pm
8 Sessions				\$85
Instructor:Nury Criollo				
405491	Wheaton NRC	4/14	Tu	9:50pm-10:25pm
405493	Potomac CRC	4/15	W	11:10am-11:45am
405486	Sargent Shriver ES	4/16	Th	6:10pm-6:40pm
405487	Roscoe Nix ES	4/17	F	6:10pm-6:45pm

Thunder Taekwondo Tiny Dragons Intermediate

Ages 2½-4: It is specifically designed to improve focus skill, motor skills, and attention span in order to perform daily life task as well as develop basic taekwondo techniques. This class is for children who HAVE previously taken a class with us and are white to green belts. A class fee of \$20 MUST be paid on the 1st day of class. Uniforms ARE required and available for purchase if needed (\$40).

7 Sessions				\$79
Instructor:Nury Criollo				
405472	Rock Creek Valley ES	4/18	Sa	9:20am-9:50am
8 Sessions				\$90
Instructor:Nury Criollo				
405473	Wheaton NRC	4/14	Tu	9:50am-10:20am
405469	Potomac CRC	4/15	W	10:30am-11:00am
405476	Germantown CRC	4/15	W	6:40pm-7:10pm
405470	Sargent Shriver ES	4/16	Th	5:30pm-6:00pm
405471	Roscoe Nix ES	4/17	F	5:30pm-6:00pm

Thunder Taekwondo Wee-Dragons Parent & Me

Ages 1-2½: Specifically designed to start developing focus skill, motor skills, and basic direction following along side a parent or guardian. This class requires adult participation. A class fee of \$10 is due on the 1st day of class. Uniforms are available but not required at this level.

8 Sessions				\$90
Instructor:Nury Criollo				
397707	White Oak CRC	1/12	M	11:15am-11:45am
10 Sessions				\$110
Instructor:Nury Criollo				
397708	Potomac CRC	1/14	W	9:15am-9:45am
397709	Bauer Drive CRC	1/15	Th	2:30pm-3:00pm
397710	Wisconsin Place CRC	1/15	Th	4:00pm-4:30pm
397711	Gwendolyn Coffield CRC	1/16	F	10:00am-10:30am
397722	Rock Creek Valley ES	1/17	Sa	8:00am-8:30am
397723	Rock Creek Valley ES	1/17	Sa	2:30pm-3:00pm



PERFORMING ARTS

Act It Out (Class)

Ages 4-6: Take an adventure every week through storybooks in this acting class that uses theater arts to teach kids about relevant social issues and character education topics such as respect, truth, peace, etc. Each week, these young actors will learn various improvisation theater games as well as a story that they will act out using costumes and props. This class will present their favorite story on the last day of class!

7 Sessions				\$90
Instructor:Pooja Chawla				
405636	Jane E. Lawton CRC	4/18	Sa	11:15am-12:00pm
8 Sessions				\$105
Instructor:Pooja Chawla				
405635	Potomac CRC	4/15	W	4:30pm-5:15pm

Little Stars

Ages 2-3: Introduce your little ones to the wonderful world of arts education in this theater class that does it all! These young minds will explore their creativity and imaginations through music, movement, storytime, acting games, and art. And each week they will have a mini-art project to take home that relates to our theme. A \$20 materials fee is due at the first class.

7 Sessions				\$90
Instructor:Pooja Chawla				
405668	Jane E. Lawton CRC	4/18	Sa	10:15am-11:00am
8 Sessions				\$105
Instructor:Pooja Chawla				
405667	Potomac CRC	4/21	Tu	10:15am-11:00am





MUSIC

Discovering Music for Infants

Age 5 months-1 year (for infants do not walk): A fun, creative, and enjoyable way to expose infants to music. Studies confirm that early exposure can enhance coordination and gross motor skills, inner beat for music, balance and reinforce cognitive learning. Infants, adults and instructors interact in positive and supportive ways. Enjoy singing with percussion instruments, rhymes, rhythmic massage and dancing. Adult participation required. \$15 class fee due to instructor at first class.

6 Sessions \$49
Instructor: Geiza Dourado
405575 Golden School of Music 4/15 W 9:30am-10:15am

Discovering Music for Toddlers

Ages 1-3: A fun, creative, and enjoyable way to develop coordination and gross motor skills, an inner beat for music, balance and reinforce cognitive learning. Activities include singing, rhyming, moving to different rhythms, playing simple percussion and melodic instruments. Siblings of registered participants, 8 months old & Up, must register and pay class fee. Adult participation required. \$15 material fee due to instructor.

6 Sessions \$89
Instructor: Geiza Dourado
405578 Wheaton Regional Library 4/20 M 10:30am-11:15am
405577 Golden School of Music 4/22 W 10:15am-11:00am

7 Sessions \$99
Instructor: Geiza Dourado
405582 Golden School of Music 4/18 Sa 10:00am-10:45am
405579 Wisconsin Place CRC 4/21 Tu 10:15am-11:00am

8 Sessions \$115
Instructor: Geiza Dourado
405581 Potomac CRC 4/17 F 10:15am-11:00am

Exploring Music & Piano Prep

Ages 3-5: Discover and explore musical aspects and concepts. Covers rhythm, singing, ear training, movement, motor coordination and motor skills. Children play more complex percussion and melodic instruments as class progresses. Full parent participation and attention is required. \$15 material fee due to instructor.

6 Sessions \$109
Instructor: Geiza Dourado
405583 Golden School of Music 4/20 M 12:45pm-1:40pm

7 Sessions \$129
Instructor: Geiza Dourado
405585 Golden School of Music 4/18 Sa 11:00am-11:55am

8 Sessions \$149
Instructor: Geiza Dourado
405584 Golden School of Music 4/16 Th 5:00pm-5:55pm

Music Together-Montgomery

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

7 Sessions \$165
Instructor: Nancy Nuttle
405200 Mid County CRC 4/18 Sa 10:15am-11:00am

Little Fingers Piano with LNM

Ages 2-5: Students will get an introduction to the piano through age appropriate guided curriculum and structured play. The objective of these classes are to introduce children to music in order to promote a love of music and desire to have music in their lives in a meaningful and productive way. FREE instrument rental and materials included in price. Rental agreement must be signed at first class. Rental instrument must be returned at the last class. Questions? Contact LNM at 1-800-399-6414 or CustomerService@LearnNowMusic.com.

7 Sessions \$140
Instructor: Learn Now Music
405836 Bauer Drive CRC 4/22 W 10:00am-10:30am
406082 Jane E. Lawton CRC 4/22 W 10:00am-10:30am
406083 Marilyn J. Praisner CRC 4/22 W 10:00am-10:30am

Pre-school Musical

Exploration with LNM

Ages 2-5: Students will sing, dance, play music instruments play musical games, and develop a love of music through LNM Musical Exploration Classes! Questions? Contact LNM at 1-800-399-6414 or CustomerService@LearnNowMusic.com.

7 Sessions \$132
Instructor: Learn Now Music
406084 Bauer Drive CRC 4/22 W 10:45am-11:15am
406085 Jane E. Lawton CRC 4/22 W 10:45am-11:15am
406086 Marilyn J. Praisner CRC 4/22 W 10:45am-11:15am



PLAYTIME & MOVEMENT

Funfit Tots

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

Ages 11 Months-24 Months

Instructor: Celia Kibler

6 Sessions		\$72		
405724	Wheaton NRC	4/20	M	9:30am-10:15am
405725	Germantown CRC	4/20	M	9:30am-10:15am
7 Sessions		\$85		
405730	Tilden MS	4/18	Sa	9:30am-10:15am
405748	QO Valley NP	4/18	Sa	9:30am-10:15am
405726	Bauer Drive CRC	4/21	Tu	9:30am-10:15am
405727	Potomac CRC	4/22	W	9:30am-10:15am
405728	Wisconsin Place CRC	4/23	Th	10:30am-11:15am
405729	Jane E. Lawton CRC	4/24	F	9:45am-10:30am

Ages 2-3 years

Instructor: Celia Kibler

6 Sessions		\$72		
405752	Germantown CRC	4/20	M	10:15am-11:00am
405753	Wheaton NRC	4/20	M	11:00am-11:45am
7 Sessions		\$85		
405755	Tilden MS	4/18	Sa	10:15am-11:00am
405756	Bauer Drive CRC	4/21	Tu	10:15am-11:00am
405757	Potomac CRC	4/22	W	10:15am-11:00am
407469	Jane E. Lawton CRC	4/24	F	11:15am-12:00pm

Ages 1½-4 years

Instructor: Celia Kibler

6 Sessions		\$72		
405750	Wheaton NRC	4/20	M	10:15am-11:00am
7 Sessions		\$85		
405751	QO Valley NP	4/18	Sa	10:15am-11:00am
407468	Tilden MS	4/18	Sa	11:00am-11:45am
405749	Bauer Drive CRC	4/21	Tu	11:00am-11:45am

Mama Goose on the Loose

Ages 6 months-36 months : What a time for a rhyme! Stories, games, music, movement and much more! Have fun and meet new friends while enriching your child's language, large motor skills and social development. Price includes all materials. Adult participation required. For more information go to mamagoose@verizon.net.

5 Sessions		\$50		
Instructor: Laura Lunking				
405594	Bauer Drive CRC	4/18	Sa	9:45am-10:30am
8 Sessions		\$80		
Instructor: Laura Lunking				
405593	Mid County CRC	4/15	W	11:00am-11:45am
405595	Bauer Drive CRC	4/16	Th	9:45am-10:30am

SPORTS & FITNESS

Gymnastics-Parent & Child

Ages 2-3½: Parents learn to help their toddler develop beginning gymnastics skills. Children learn to follow directions and cooperate utilizing an obstacle course, trampoline, balance beam and the foam pit.

8 Sessions		\$140		
Instructor: Gymnastics of America, Inc.				
405607	Dobre Gymnastics	4/17	F	9:45am-10:30am

Gymnastics Tumbling Format

Ages 3-5 Beginner: Practice tumbling skills while gaining self esteem. Animal walks, forward rolls, backward rolls and bridges are taught. Movements will enhance balance, large muscle control, and muscular strength. For purposes of ensuring concentration and focus by preschoolers, parents are requested to wait outside the room during class time.

5 Sessions		\$68		
Instructor: Denise Schattenberg				
406081	Upper County CRC	4/20	M	1:00pm-1:45pm

Gymnastics-Pre School

Ages 4-6: Tumbling skills such as front & back rolls, cartwheel, bridge and handstand, balance beam skills such as front and backward walk and more, bar skills such as skin the cat, front roll and more. Also trampoline skills such as tuck jump, straddle jump, sit drop and more. This class will develop children's strength, coordination, flexibility, mental processing and self confidence.

7 Sessions		\$120		
Instructor: Mofid, Boz Gymnastics of America, Inc.				
405597	Dobre Gymnastics	4/13	M	3:45pm-4:30pm
405598	Dobre Gymnastics	4/18	Sa	2:15pm-3:00pm
8 Sessions		\$140		
Instructor: Mofid, Boz Gymnastics of America, Inc.				
405596	Dobre Gymnastics	4/17	F	4:45pm-5:30pm





SPORTS & FITNESS

Coach Doug Pre Wee Wanna Be

Ages 1½-3: Boys and girls get a great start in enjoying sports working with their Moms, Dads, or Guardians. They will be introduced to agility training, sports including soccer, and other age appropriate sports through supervised play sessions with their Moms, Dads or Guardians. Each child is guided thru sports and play sessions and can participate at his/her own pace. A wonderful program to introduce tots to the joy of sports; Adult participation required. \$10.00 materials fee is due to Instructor. Call 301-983-2690 for more information.

6 Sessions	\$65
Instructor: Coach Doug Academy, Inc	
405769 Jane E. Lawton CRC	4/20 M 9:30am-10:15am
7 Sessions	\$75
Instructor: Coach Doug Academy, Inc	
405770 Germantown CRC	4/21 Tu 9:30am-10:15am
405771 Bauer Drive CRC	4/22 W 9:30am-10:15am
405772 Potomac CRC	4/23 Th 9:30am-10:15am
405773 Damascus CRC	4/24 F 10:00am-10:45am

Coach Doug Wee Wanna Be

Soccer & Tennis

Ages 3-5: By concentrating on these two sports, the children have a greater opportunity to comfortably develop their interest and abilities. They will be introduced to soccer and tennis, through age appropriate skill training in play sessions with their Moms, Dads or Guardian. A great way for children to develop new skills using their arms and legs. Adult participation required. \$10 Materials fee. Call 301-983-2690 for more info.

6 Sessions	\$65
Instructor: Coach Doug Academy, Inc	
405848 Jane E. Lawton CRC	4/20 M 11:00am-11:45am
405853 Cold Spring ES	4/25 Sa 2:45pm-3:30pm
7 Sessions	\$75
Instructor: Coach Doug Academy, Inc	
405849 Germantown CRC	4/21 Tu 11:00am-11:45am
405850 Bauer Drive CRC	4/22 W 11:00am-11:45am
405851 Potomac CRC	4/23 Th 11:00am-11:45am
405852 Damascus CRC	4/24 F 11:30am-12:15pm

Coach Doug Wee Wanna Be

Ages 3-5: Which Sports players do your kids pretend to be? Boys and Girls and their Moms, Dads or Guardians will be introduced to agility training, soccer, T-ball and lacrosse and other seasonal sports through supervised non competitive play sessions with their Moms, Dads, or Guardian. Each child can participate at his/her own pace. \$10.00 Materials Fee is due to Instructor. Call 301-983-2690 for information.

6 Sessions	\$65
Instructor: Coach Doug Academy, Inc	
405779 Jane E. Lawton CRC	4/20 M 10:15am-11:00am
405785 Oakland Terrace ES	4/25 Sa 9:30am-10:15am
405786 Oakland Terrace ES	4/25 Sa 10:15am-11:00am
405787 Cold Spring ES	4/25 Sa 1:15pm-2:00pm
7 Sessions	\$75
Instructor: Coach Doug Academy, Inc	
405780 Germantown CRC	4/21 Tu 10:15am-11:00am
405781 Bauer Drive CRC	4/22 W 10:15am-11:00am
405782 Potomac CRC	4/23 Th 10:15am-11:00am
405783 Potomac CRC	4/23 Th 1:30pm-2:15pm
405784 Damascus CRC	4/24 F 10:45am-11:30am

Coach Doug Sports School

Ages 4-7: Join us as we have kept our victorious formula of offering classes which treat each child as a winner; building self-esteem, enhancing cooperation, focusing on skills and fitness in a fun and positive environment. Classes will focus on specific sports for a longer period of time to allow children an opportunity to comfortably develop their interest and abilities. Sports change each session and include: agility training, soccer, T-ball, lacrosse and more. No Parent Participation required, Children participate on their own under the guidance of Coach Doug. \$10.00 Materials Fee due to Instructor. Call 301-983-2690 for more information.

6 Sessions	\$65
Instructor: Coach Doug Academy, Inc	
405837 Jane E. Lawton CRC	4/20 M 4:15pm-5:00pm
405841 Oakland Terrace ES	4/25 Sa 11:00am-11:45am
405842 Cold Spring ES	4/25 Sa 2:00pm-2:45pm
7 Sessions	\$75
Instructor: Coach Doug Academy, Inc	
405838 Germantown CRC	4/21 Tu 4:15pm-5:00pm
405839 Potomac CRC	4/23 Th 4:15pm-5:00pm
405840 Damascus CRC	4/24 F 4:15pm-5:00pm

Coach Doug Soccer

Ages 3-6: Based on the winning principles developed by Coach Doug. Kick it off with soccer instruction the Coach Doug way; fundamental soccer skills in a fun and friendly environment with emphasis on building techniques and self confidence. We cover skill development, soccer rules and playing strategies. By concentrating on soccer, children have a greater opportunity to comfortably develop individual skills in a team concept. No adult participation required. Children participate on their own under the guidance of Coach Doug. \$10.00 Materials Fee. Call 301-983-2690 for more info.

6 Sessions	\$65
Instructor: Coach Doug Academy, Inc	
405846 Oakland Terrace ES	4/25 Sa 11:45am-12:30pm
7 Sessions	\$75
Instructor: Coach Doug Academy, Inc	
405843 Germantown CRC	4/21 Tu 5:00pm-5:45pm
405844 Potomac CRC	4/23 Th 5:00pm-5:45pm
405845 Damascus CRC	4/24 F 5:00pm-5:45pm



FYI: Open gym time with the toddler in mind ages 4 and under. This free, parent/guardian facilitated program gives children an opportunity to play, socialize, meet new friends and have loads of fun. The program is equipped with indoor playground equipment, ride on toys, balls and mats. A 1 to 5 adult supervision and free access card is required. Tots program does not meet in the summer for specific details please contact your center. This schedule is subject to change at the discretion of the center director.

- | | |
|---|---|
| Coffield Community Recreation Center
M, W, F • 9:30am-11:00am | Praisner Community Recreation Center
M, TH, F • 10:30am-noon |
| East County Community Recreation Center
T • 10:30am-noon | Good Hope Community Recreation Center
Monday-Friday • Noon-2:00pm |
| White Oak Community Recreation Center
M, W • 10:30am-1:30pm | Mid-County Community Center
M, W • 10:30am-noon |
| Longwood Community Recreation Center
W, TH • 10:00am-noon | |

Only On Thursday, March 26! Try a class for only \$5!

Come celebrate life at the Golden School of Music. Discover the fun of singing, doing rhyming, and moving together. Pre-registration is required. Feel free to stay after! Talk to us, ask questions, and have fun! Light refreshments will be served.

Discovering Music for Infants

(Ages: 2 - 12 months)

407470 Golden School of Music 9:45am-10:15am

Discovering Music for Toddlers

(Ages: 1 - 3 years)

407471 Golden School of Music 10:30am-11:00am

407472 Golden School of Music 11:00am-11:30am

407473 Golden School of Music 11:30am-12:00pm

Exploring Music and Piano - Preparatory

(Ages: 3 - 5 years)

407474 Golden School of Music 12:45pm-1:15pm

407475 Golden School of Music 4:00pm-4:30am

407476 Golden School of Music 4:50pm-5:20pm

Exploring Music and Piano

(Ages: 6 - 10 years)

407477 Golden School of Music 5:30pm-6:00pm

407478 Golden School of Music 6:15pm-6:45pm

XCITING XTRAS

XTRA CLASSES

Abacus Mental Math Program

Ages 5-10: The idea of the Komodo Math Program is to teach kids how to work math problems and do the arithmetic operations involved in those problems by visualizing an abacus. The child will learn basic arithmetic starting with simple single digit addition through more advanced operations such as calculation of square roots. The main advantage in using Abacus math is that the student just after a few months, memorizes the image of the abacus in their mind, and can perform calculations mentally, without any tools like pen and paper, calculators or fingers!. Our Math program allows children to master the skill of solving problems mentally, without relying on any external instrument.

4 Sessions	\$149
Instructor: Komodo, USA	
405689 Komodo	4/17 F 5:00pm-7:00pm
405688 Komodo	4/18 Sa 10:00am-12:00pm
8 Sessions	\$149
Instructor:	
405686 Matsunaga ES	4/14 Tu 3:30pm-4:30pm
405687 Marshall, Thurgood ES	4/16 Th 3:30pm-4:30pm

Gemology I Introductory

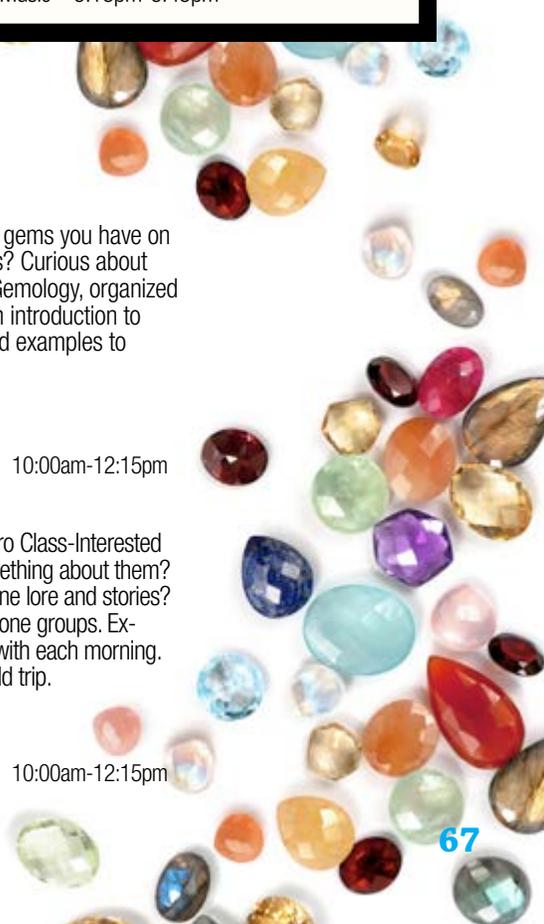
Ages 18 & Up: Want to know about those gems you have on your rings, necklaces, bracelets, brooches? Curious about how gemstones came to be? Beginning Gemology, organized around the Mohs' scale of hardness, is an introduction to gemstone study. Hands-on specimens and examples to examine during each class.

11 Sessions	\$85
Instructor: Timothy Morgan	
405703 Potomac CRC	4/16 Th 10:00am-12:15pm

Gemology (Advanced)

Ages 10 & Up: Prerequisite: Beginner or Intro Class-Interested in gemstones, but already know a little something about them? Want to learn more? Curious about gemstone lore and stories? This class examines gemstones and gemstone groups. Examples and hands-on specimens to 'play' with each morning. Perhaps a guest speaker, maybe even a field trip.

8 Sessions	\$85
Instructor: Timothy Morgan	
405704 Potomac CRC	4/15 W 10:00am-12:15pm





XCITING XTRAS

HORSEBACK RIDING

Horseback Riding: Young Riders

Ages 5-11: An introduction to horseback riding. Learn how to groom, saddle, stop, start, and steer at the walk and trot with the safety of an adult leading the horse. Horse preparation takes time and is an important part of the instruction. One parent or adult (only) must be prepared to walk beside the horse, and jogging is involved. For safety reasons, long pants and smooth, hard soled shoes are required. No sandals or tennis shoes for students or parents, and students/parents without proper footwear and long pants will not be able to participate.

6 Sessions \$240
Instructor: Camp Olympia
404724 Camp Olympia 4/14 Tu 4:30pm-5:15pm

Horseback Riding: Teens and Adult

Ages 12 & Up: This introductory course is perfect for those who have never ridden, have limited experience, or have not ridden in many years. Course will include grooming, saddling, leading, and riding at walk and trot. For safety reasons, long pants and smooth, hard soled shoes are required. No sandals or tennis shoes, and students without proper footwear and long pants will not be able to participate. Weight limit 200 pounds.

6 Sessions \$240
Instructor: Camp Olympia
404725 Camp Olympia 4/14 Tu 5:15pm-6:00pm

Have Fun With Horses

Ages 14 & Up: Have Fun With Horses on Waredaca's 220 acre farm. You will receive an orientation on riding safely and tips for working around horses, get fitted for your helmet, get your trusty steed, help with mounting and stirrup adjustment, and be off for a 45 minute ride. Ride will be either inside the indoor arena or outside on the trail depending on weather. Proper footwear MUST be worn and provided by you (smooth, hard soled shoes or boots with a closed toe--NO tennis shoes or hiking boots please). Weight limit 200 lbs, and all riders must be able to mount the horse on their own. All riders will be responsible for signing a release form, and riders under 18 must have their parent present for signature.

1 Session \$50
Instructor: Farm Waredaca
405702 Waredaca Farms 5/2 Sa 9:00am-10:30am

Horseback Waredaca:

Learn to Ride Teens/Adults

Ages 13 & Up: There's nothing like enjoying a great fall day on the back of a horse. Come join us for some horseback riding FUN in the country! We will teach you the basics of stop, start, steer, and trotting as well as a guided trail ride (weather permitting) in this introductory course. Long pants and smooth, hard soled shoes are required (no hiking boots or tennis shoes). Helmets will be provided. Weight limit 200 lbs.

3 Sessions \$99
Instructor: Farm Waredaca
405697 Waredaca Farms 4/15 W 7:30pm-8:30pm
405698 Waredaca Farms 5/6 W 7:30pm-8:30pm



DOG OBEDIENCE CLASSES

Dog Obedience 1 Puppy Kindergarten

Ages Trainers: 12&Up/Puppies 2-5 months: Prevent problems before they start. The puppy will explore and be trained to adjust to new sights, sounds, people, and dogs. Instruction in housebreaking, lead breaking and general discipline of puppy. No retractable leashes. Questions: Call Wortley Ganoë at 301-946-5645. The MCR Office is located at 4010 Randolph Road, Silver Spring, MD 20902.

8 Sessions \$65
Instructor: Wortley Ganoë
404444 MCR Offices 4/18 Sa 9:30am-10:30am

Dog Obedience 2 Basic

Ages Trainer 12&Up/Dogs 5 months&Up: For the beginning dog and handler. Learn how to teach your dog the following: sit, down, stay, stand, come, heel, and other useful commands. Various training techniques, responsible dog ownership, etc. will be discussed. Students will need to practice outside class for best results. All work on lead. No retractable leashes. Call Wortley Ganoë at 301-946-5645. MCR Office is located at 4010 Randolph Road, Silver Spring 20902.

8 Sessions \$65
Instructor: Wortley Ganoë
404445 MCR Offices 4/18 Sa 10:30am-11:30am



The **SPORTS** Pages

FENCING

Fencing with Mohebban Beginner I

Ages 9 & Up: Beginner. Basic foil techniques. Equipment provided: foil, mask, and jacket. Instructor is former Olympian, Gitty Mohebban. No age exceptions without instructor approval. \$30 material fee due to instructor.

8 Sessions \$95
Instructor: Gitty Mohebban
404554 Frost, Robert MS 4/13 M 5:30pm-6:30pm

9 Sessions \$105
Instructor: Gitty Mohebban
404555 Clemente, Roberto MS 4/15 W 5:30pm-6:30pm
404556 Parkland MS 4/17 F 5:30pm-6:30pm

Fencing with Mohebban Beginner II

Ages 9 & Up: Advanced Beginner. Curriculum will be student skill dependent. \$30 material fee due to instructor.

8 Sessions \$95
Instructor: Gitty Mohebban
404714 Frost, Robert MS 4/13 M 6:30pm-7:30pm

9 Sessions \$105
Instructor: Gitty Mohebban
404715 Clemente, Roberto MS 4/15 W 6:30pm-7:30pm
404716 Parkland MS 4/17 F 6:30pm-7:30pm

Fencing with Mohebban Intermediate

Ages 9 & Up: More advanced foil techniques: riposte direct, doublement, compound attacks with footwork, beat disengage, compound riposte and pris de fer opposition, lier, croise, and envelopment. No age exceptions without instructor approval. \$20 material fee due to the instructor.

8 Sessions \$95
Instructor: Gitty Mohebban
404717 Frost, Robert MS 4/13 M 7:30pm-8:30pm

9 Sessions \$105
Instructor: Gitty Mohebban
404718 Clemente, Roberto MS 4/15 W 7:30pm-8:30pm

Fencing with Mohebban Practices & Club

Ages 13 & Up: An opportunity for the beginner, intermediate and advanced fencer to practice with each other and develop their skills. No formal instruction will be given during Club sessions. Foil, epee and saber fencers welcome. Equipment provided: foil, mask, and jacket. Classes may feature electric fencing apparatus. No age exceptions will be granted without instructor approval. \$20 material fee due to the instructor.

9 Sessions \$115
Instructor: Gitty Mohebban
404719 Parkland MS 4/17 F 7:30pm-8:30pm

BADMINTON

Badminton Beginner/Adv. Beginner

Ages 9 & Up: Emphasis on learning individual skills, body movement, concepts, tactics, strategies, history, rules, court etiquette and athletic psychology. Competitive techniques of both singles and doubles play. Students must provide their own racquet. \$10 material fee due to instructor.

8 Sessions \$65
Instructor: Gary Chao
405451 Bauer Drive CRC 4/18 Sa 9:30am-10:45am

Badminton Intermediate

Ages 12 & Up: Continued emphasis on learning individual skills, body movement, concepts, tactics, strategies, history, rules, court etiquette and athletic psychology. Competitive techniques of both singles and doubles play. The first class will be an assessment of the player's levels. The instructor reserves the right to reassign students to another level. Students must provide their own racquet. \$20 material fee due to instructor.

8 Sessions \$90
Instructor: Gary Chao
405452 Bauer Drive CRC 4/18 Sa 10:45am-12:45pm

Badminton Advanced

Ages 12 & Up: Prerequisite Intermediate/Advanced Level. Small class instruction. Continued emphasis on learning Advanced individual skills, body movement, concepts, tactics, strategies and athletic psychology. Competitive techniques of both singles and doubles play. The first class will be an assessment of the player's levels. The instructor reserves the right to reassign students to another level. Students need a prepared racket, \$25 material fee due to instructor.

8 Sessions \$120
Instructor: Gary Chao
405450 Bauer Drive CRC 4/18 Sa 12:45pm-1:45pm

SPORTS SKILLS

Table Tennis/Ping Pong

Ages 6-14: Learn to play table tennis or improve skills with pro coaches at the Maryland Table Tennis Center. Table tennis is a challenging, tactical sport that is played in the Olympics and around the world. Table tennis is a fun and safe way to exercise, helps kids develop quickness & agility, and improves hand-and-eye coordination, concentration, mental strength and more! All aspects of table tennis will be covered, including the strokes, footwork, and serving. Students will learn rules and about various types of equipment. Classes will be roughly 2/3 instructional, 1/3 games. Players would be grouped by age and ability. Material Fee of \$10 due to the instructor in the first day of class.

8 Sessions \$135
Instructor: Maryland Table Tennis Center
405095 Maryland Table Tennis 4/16 Th 6:00pm-7:00pm





BASKETBALL

Coach Rich Basketball

Ages 7-9: For boys and girls of all experience and skill levels. Coach Rich teaches basketball as a game of specific fundamentals, each with its own name, technique and purpose. The first half of each class will be a specific fundamental skill-building component, with drills and activities designed to teach and develop these primary building blocks. The second half class will be live play, allowing players to apply these skills within real game scenarios. This program equally combines fundamental instruction with live game action!

9 Sessions \$140
Instructor: Rich Sandler
405694 Plum Gar CRC 4/15 W 6:00pm-7:00pm

Coach Rich Basketball

Ages 10-13: For players that have at least some experience and conceptual understanding of basketball; however, this program is appropriate for all skill levels. The first half of class will focus on fundamental skills, and the second will be non-stop live game play! Players will be coached on the primary as well as the 'next level up' skills and fundamentals. Additionally, live game play time will increase as this program progresses.

9 Sessions \$140
Instructor: Rich Sandler
405695 Plum Gar CRC 4/15 W 7:00pm-8:00pm

MD Sports Hoop Star Basketball Clinics

Grades K-5: Jazz Perazic's MD Sports is designed to provide participants with fundamental basketball skills instruction, and exposure to how the game is played through drills and controlled scrimmages. Our goal is to teach basics of the game in a fun environment to for traditional recreation basketball leagues. Our knowledgeable, experienced and caring staff's primary goal is to teach both sports and life skills of respect, commitment and teamwork

6 Sessions \$90
Instructor: Jazz Perazic's MD Sports
405482 Olney ES 4/22 W 3:30pm-4:45pm

MD Sports Rim Rockers

Ages 7-9: Introductory basketball course. Lower baskets will be used. Through innovative and fun drills, every child will learn basic basketball skills. Higher level of confidence and self-esteem will be achieved. Participants will receive a T-shirt and a participation award.

6 Sessions \$90
Instructor: Jazz Perazic's MD Sports
405490 Oakland Terrace ES 4/23 Th 6:00pm-7:00pm

MD Sports All Star Skills Clinic

Ages 8-17: Learn the correct basketball fundamental techniques, brush up on your skills, learn new moves and improve your footwork for a great jump shot. Participants will learn how to improve agility, explosiveness, first step quickness and jumping ability. Team defensive concepts will be covered.

6 Sessions \$140
Instructor: Jazz Perazic's MD Sports
405485 Kingsview MS 4/24 F 7:00pm-9:00pm

One On One After School Hoops

Ages 6-12: Have fun learning to become a better basketball player! Join our experienced and positive One on One instructors for our weekly basketball clinic at your school. Basketball fundamental skills will be taught through proven drills, exercises, fun competitions and games. One on One instructors strive to teach all participants the value of work, respect for authority and how to function as part of a team.

8 Sessions \$100
Instructor: Inc One on One Basketball
405190 Wisconsin Place CRC 4/13 M 4:00pm-5:00pm
405191 Clarksburg ES 4/13 M 4:00pm-5:00pm
405188 Stonegate ES 4/15 W 3:15pm-4:15pm
405194 Sligo Creek ES 4/16 Th 3:30pm-4:30pm
405189 Potomac ES 4/17 F 3:30pm-4:30pm
405195 Woodlin ES 4/17 F 3:15pm-4:15pm

Train Like a Pro Basketball

Development by Fit 2 Believe

Ages 10-17: Our training program features core basketball patterns that have been created to accelerate individual development and on-court production, which is great for self confidence. Fit 2 Believe coaches are former pro and college athletes that focus on position-specific fundamentals and advanced drill sequences for all phases of the game. Our training sessions will have game-simulation drills and scrimmages monitored by our coaches, as well as basketball physical conditioning and mental conditioning. Trainings will be conducted in positive fun filled learning environment for each participant. Each child will receive a t-shirt.

6 Sessions \$153
Instructor: Fit to Believe
405763 Argyle MS 4/14 Tu 6:00pm-7:30pm

8 Sessions \$135
Instructor: Fit to Believe
405761 Farquhar, William H. MS 4/13 M 7:00pm-8:30pm
405759 North Bethesda MS 4/14 Tu 7:00pm-8:30pm

GYMNASTICS

Gymnastics-Girls and Boys

Ages 7-12: Introduction to gymnastics. Utilizes all apparatus including floor, balance beam, vault, uneven bars and trampoline. Examples of skills: Cartwheel, Round off, Walkovers.

8 Sessions \$150
Instructor: Dobre Gymnastics
405453 Dobre Gymnastics 4/13 M 5:15pm-6:15pm
405461 Dobre Gymnastics 4/15 W 5:30pm-6:30pm
405462 Dobre Gymnastics 4/17 F 4:45pm-5:45pm
405463 Dobre Gymnastics 4/17 F 7:00pm-8:00pm
405464 Dobre Gymnastics 4/18 Sa 2:15pm-3:15pm

SOCCER

Challenger Sports Player

Development Soccer

Ages 5-9 Player Development Emphasis is placed upon skill development and mastery of core techniques through individual and small group practices and coached games. (60 minute class)

8 Sessions \$130
Instructor: Gary Hodgson Challenger Sports British Soccer
405744 Olney Family NP 4/14 Tu 5:00pm-6:00pm
405747 Falls Road LP 4/14 Tu 5:00pm-6:00pm
405746 Darnestown LP 4/17 F 5:00pm-6:00pm

55+ Active Adult Programs

SPRING 2015

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

- **T**ravel programs-we travel both close and far in the mid-Atlantic region
- **H**ealth & Wellness programs and services
- **R**ecreation programs-from Aerobics to Zumba and everything in between!
- **I**nformation & Referral Assistance-if we can't help you, we'll direct you to someone who can
- **V**olunteer opportunities abound-talk to us about how we can put your talents to use
- **E**xercise & fitness facilities, and educational programs to keep you feeling both physically & mentally fit and active

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

SENIOR CENTERS

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

DAMASCUS SENIOR CENTER

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

HOLIDAY PARK SENIOR CENTER*

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

LONG BRANCH SENIOR CENTER

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

MARGARET SCHWEINHAUT SENIOR CENTER

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

WHITE OAK SENIOR CENTER

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

* Reopens on Wednesday evenings beginning March 4.



DAMASCUS SENIOR CENTER

240-777-6995

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

St. Patrick's Day Luncheon

Tuesday March 17th, 2015 • Noon

Chef Sue will make this day memorable to all of the Irish who have come to eat and celebrate. The menu will be available at the reception desk one month prior to the event!

Call the Damascus Senior Center for reservations. Free entertainment will follow at 1:00 p.m. Price for the Meal age 55 – 59 is \$7.00
60+ Donations requested.

The Golden Aires Band

Wednesday, April 1st, 2015 • 1:00 pm

The Golden Aires, who play music from the big band era of the 1930's and 40's, will be here to entertain our seniors.
Cost: FREE

Senior Prom at Damascus Senior Center

Friday, April 24th, 2015 • 6:00pm-8:00pm

The Senior Prom Returns To Damascus Senior Center where we have a DJ, food, and the Damascus High School students chaperone our single seniors.
Cost: FREE

Community Health Screening

Wednesday, April 29th, 2015 • 9:30am – 11:30am

Shady Grove Hospital will have its screening here at Damascus Senior Center. You must register in advance by phone 1-800-542-5096. There is no drop-in registration.

Cinco de Mayo Luncheon

Tuesday, May 5th, 2015 • Noon

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

Ice Cream Social

Tuesday May 19th, 2015 • 1:00 pm

The Damascus Senior Center will have an Ice Cream Social with all of your favorite toppings.
Cost: FREE

Garden Party Luncheon

Wednesday, May 20th, 2015 • Noon

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

Anna Pappas "A Class Act"

Wednesday, May 20th, 2015 • 1:00pm

Anna Pappas returns with her friends to perform "A Class Act"
Cost: FREE



Damascus Senior Center Mini Trips

Air and Space Museum

Thursday, March 26th, 2015 • 10:00am-3:00pm

Transportation Cost: \$10
Contact the center for addition costs and information.

Vineyard Trip

Tuesday, May 5th, 2015 • 10:00am-3:00pm

Transportation Cost: \$10
Contact the center for addition costs and information.

These activities help me keep healthy and mobile.

-customer survey

Follow us on Facebook and Twitter!

HOLIDAY PARK SENIOR CENTER

240-777-4999

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

¡Bienvenidos a la Esquina Latina!

Clases de tejido en telares con la Sra. Peggy

Martes • 10:30am-11:30am

Artes Manualidades con Carmen Sánchez

Martes y Jueves • 10:30am-12:00pm

Clases de ESOL con Roxana Ready

Jueves • 10:30 am

Preguntas o sugerencias-comuníquese con Maria Mercedes 240-277-4965.

Ongoing Groups:

Behind The Headlines

Mondays • 10:00am-11:00am

Chinese Senior Citizen Group for Culture & Health

2nd & 4th Tuesday • 10:00am-11:30am

Duplicate Bridge (\$4 per person)

Wednesdays • 12:45pm-3:30pm

Open Party Bridge

Fridays • 12:45pm-3:00pm

Ping Pong/Pool Room

Daily Drop-in • 9:00am-4:00pm

Photography Club

1st & 3rd Wednesday • 10:00am-12:00pm

Plant Care Group

Tuesdays & Fridays • 9:00am-12:00pm

RSVP Knit/Crochet Workshop

Wednesdays • 10:00am-12:00pm

Scrabble

Wednesdays • 1:00pm

Woodcarving

Fridays • 1:00pm-3:00pm

Writing with Frank

Fridays • 10:00 am-11:30am

Yiddish Club

2nd & 4th Tuesday • 10:00am-12:00pm

1:00 Program Highlights

All programs are free.

March 4 • 1:00pm

Taking Control of Your Cash and Eliminating Debt
Presented by The Senior Connection

March 12 • 1:00pm

Genealogy presented by Roberta Benor

March 19 • 1:00 pm

The Monuments Men presented
by Art Historian, Joan Hart

March 17 • 1:00pm

Live music by Steve Gellman including Irish folk music

March 18 • 1:00pm

"Bladder, Bladder, What's the Matter?"
Presented by Suburban Hospital

April 2 • 1:00pm

Washington Piano Society Performance

April 15 • 1:00pm

Music by Ellis Woodward

For additional daily program offerings and dances, visit the center and pick up our monthly newsletter or visit us www.holiday-park.us.

Wednesday Evenings Restarting March 2015!

Holiday Park Senior Center is re-opening Wednesdays until 9:00pm beginning March 4 to provide active seniors with a variety of classes and programs.

The Exercise Room will open for use during this extended period. A wide variety of classes are planned.

The Center will also offer health and wellness talks, dances, lectures and music programs.

Call 240-777-4999 for the most updated information including the date for registration.

The Center looks forward to welcoming all participants.





MARGARET SCHWEINHAUT SENIOR CENTER

240-777-8085

The Margaret Schweinhaut Senior Center is a welcoming, colorful, upbeat place with a wide range of activities and amenities. The Center includes a large auditorium with a full stage, an arts studio, a self-serve library, a colorful Garden Room and a delightful Daisy Room and the best billiard room available to seniors in Montgomery County. Besides having an attractive and accommodating setting with ample parking, Schweinhaut Senior Center offers weekly entertainment programs, a book discussion group, a Brush Up Your Shakespeare group, health screenings and education, exercise and fitness classes, a Work Out Room, art initiatives-ceramics, painting, woodworking, quilting, knitting, origami, a Network Niche and more. The Center also features informational speakers, dances, theme parties, and special events. A visit to the Schweinhaut Center will no doubt prove to be a joy and a very positive experience.

Music, Maestro, If You Please.....

The Good Times Show Band

Friday, April 3 • 1:00pm-2:00pm

Welcome back the festival of rock, folk, and lots of fun music of the Good Times Show Band. An afternoon of entertainment plus a boppin' beat for all to enjoy! Be sure to join us to dance, swing, and do your thing!

Eric Richardson is Dean Martin

Friday, May 22 • 1:00pm-2:00pm

If you want a class act, you might think Sinatra! But, if you want class AND total entertainment, you have gotta think Dean Martin! "Dino-A Tribute to Dean Martin" is Eric Richardson's solo show that combines the best of Dean Martin's music with his legendary Vegas-style humor to create a truly unique solo show experience.

Big Band Music

with Peggy Griffin & Doris Day

Friday, June 5 • 1:00pm-2:00pm

Relive the big band era with Peggy Lee and Doris Day!

A Healthier and More Knowledgeable You....

HeartWell In Action

Every Wednesday • 10:00am-2:00pm

Sponsored by Suburban Hospital/Johns Hopkins Medicine

A free community-based health promotion program focused on cardiovascular health and wellness through screenings, counseling and education programs.

"Know Your Numbers"

Every Wednesday • 10:00am-2:00pm

(with the exception of the first Wednesday)

Suburban Hospital HeartWell Nurse will provide health counseling on the vital numbers for cardiovascular health (Blood pressure, cholesterol, BMI and blood sugar.)

Suburban Hospital introduces an exciting concept in health education. Leni Barry, a nurse of extraordinary knowledge, energy and health promotion will provide an educational life-health-seminar on the first Wednesday of each month.

See 'Happenings' – Schweinhaut's monthly newsletter for monthly topics or call Center Reception Desk.

Discussion Group-Maximizing You!

Thursdays • 11:00am

Join this enlightening group to discuss issues on aging.

- Maximize your quality of life
- Emphasize the positive
- Create satisfaction everyday

Led by Edie Mahlamann, LCSW-C. Free.

For The Fun Of It.....

Duplicate Bridge

Tuesdays & Thursdays • 12:30pm

Duplicate bridge is the most widely used variation of contract bridge in club and tournament settings. Play in an ACBL sanctioned game open to all seniors. Bring a partner and work together to win! Coordinated by Roz Dixon. Fee: \$5.00

Pool/Billiard League

Tuesdays & Thursdays • 11:00am

Join in the fun at Montgomery County's finest pool room! Two 8-ball Pool Leagues are shooting Tuesdays and Thursdays. Free play during other open hours.

Go Safely!

AARP Driver Education Class

Monday, April 20 • 10:00am-3:00pm

A one-day classroom, safe-driving course which focuses on defensive driving. Pre-reg. req. at the Center or by mail. Make \$15.00 check to AARP. No cash please.



Shape Up Now....

Senior Fit

Monday, Wednesday, & Friday • 8:30am & 9:30am
Tuesdays • 9:00am | Saturdays • 9:30am

Designed especially for seniors – this exercise program focuses on increasing strength and muscle endurance while improving balance and flexibility. Sponsored by Holy Cross Hospital and Kaiser Permanente. Call 301-754-7895 to request a permission form to be filled out by your physician in order to participate in Senior Fit. Free.

Tai Chi Chuan

Thursdays • 10:00am

Tai Chi is an ancient system of physical and mental harmony – gentle exercise that emphasizes relaxation, balance, and coordination. This class is designed for beginners, but all levels are welcome. Instructors: Fred Nee and A.M. Carey. Free.

Qi Gong

Saturdays • Noon

Qi Gong aims to relax your body, calm your mind, and refresh your heart with these easy-to-learn exercises that can be done using a chair for balance and stability. Directed meditation ends each session. Instructor: Mike Kornely. Free.



Marvelous Mondays at the Movies in the Garden Room.

Join us for an afternoon of movie greats in a lovely setting. Refreshments available in the lobby.

The Holiday

Monday, April 6 • 1:00pm-3:00pm

A romantic comedy---two women trade homes only to find out that a change of address can change their lives. The two women have never met and live 6000 miles apart, find themselves in the exact same place. Iris (Kate Winslet) moves into Amanda's (Cameron Diaz) house in sunny California as Amanda arrives in the snow covered English countryside. They both find a new romance.

P.S. I Love You

Monday, April 20 • 1:00pm-3:00pm

Based on Cecelia Ahern's joyful bestseller and featuring a top cast led by two-time Academy Award winner Hilary Swank and Gerard Butler is your own message full of fun, love, triumph and romance.

The Help

Monday, May 4 • 1:00pm-3:00pm

This is an inspirational courageous and empowering story about very different women in the 1960s South who build on an unlikely friendship around a secret writing project—one that breaks society's rules and puts them all at risk. It is a timeless triumphant story about the ability to create change. Emma Stone, Cicely Tyson, Sissy Spacek.

The Illusionist

Monday, May 18 • 1:00pm-3:00pm

Eisenheim is a magician in the early 1900's in Vienna, who falls in love with a woman well above his social standing. When she becomes engaged to a Crown Prince, Eisenheim uses his powers to free her and undermine the stability of the royal house of Vienna. Ed Norton, Paul Giamatti, Jessica Biel.

Miss Pettigrew Lives for a Day

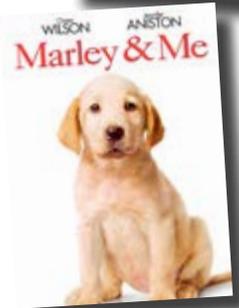
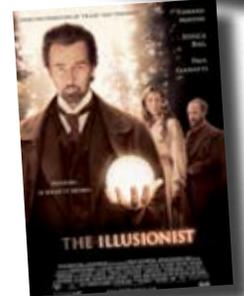
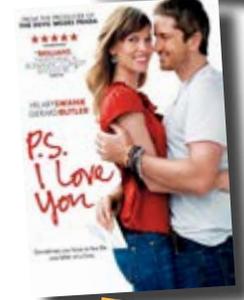
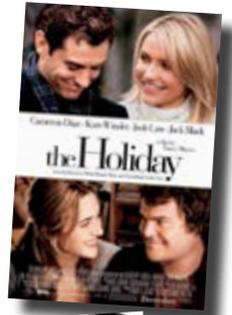
Monday, June 1 • 1:00pm-3:00pm

Guinevere Pettigrew, a middle-aged London governess, finds herself unfairly dismissed from her job. An attempt to gain new employment catapults her into the glamorous world and dizzying whirl of an American actress and singer.

Marley and Me

Monday, June 15 • 1:00pm-3:00pm

After their wedding newspaper writers John and Jennifer move to Florida. In an attempt to stall Jenny's "biological clock", John gives her a puppy (Marley). While growing into a 100 pound dog Marley loses none of his puppy energy. Marley's antics give John rich material for his newspaper column. As John & Jenny mature and have children of their own, Marley continues to test everyone's patience by acting like the world's most impulsive dog. Owen Wilson, Jennifer Anniston, Eric Dane.





WHITE OAK SENIOR CENTER

240-777-6944

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

Living By Design Goal Assessments

As a part of your experience at the White Oak Senior Center, we will offer you an opportunity to share your purpose and ambitions for the year. Our mission is to design programs with you in mind. We ask all of our participants to fill out a goal assessment form to allow us to help you reach your goal. Throughout the year, our staff will check in with you and revisit your yearly goals and see how you've progressed. This process will allow us to help you live your life according to your design.

Living by Design Fitness Assessments

We will offer all of our members an opportunity to have a Senior Fitness Assessment to make you aware of where you are physically. Our classes are designed to help you with your fitness goals. We will design our classes specifically for the need. Our goal is to assess and reassess annually to gauge fitness improvement.

Downsizing & Organization Series

Wednesdays • 1:30pm-3:00pm

February 4, 11, 18 and 25

Four sessions to help you downsize and de-clutter while you organize for a cleaner and clearer space. Learn how to fold that darn fitted sheet and put it neatly in your linen closet. We will have a specialist come in and give you tips on de cluttering and tools to maintain your space.

Soul Line Dance Party

Friday, March 20 • 6:00pm-9:00pm

Friday, April 17 • 6:00pm-9:00pm

Held Every Third Friday

Love Your Sweetheart Campaign

February 12 • 1:00pm-3:00pm

Our Love Your Sweetheart Event will offer: Heart health screenings: Blood Pressure, Body Composition & Body Mass Index. Expert advice and tips on fighting heart disease. Interactive exercise demonstrations. Special prizes, and more!

Mini Trip – National Museum of African American History and Culture

February 20 • 10:00am-2:00pm

\$8.00 for transportation. Please write checks to MCR.

White Oak Golden Award Ceremony!

Thursday, March 26 • 1:30pm-3:30pm

This is a ceremony that celebrates the excellence of our members! Our entire team of staff members and instructors will vote to select the nominees and winners for each of our classes. Some of the categories are: White Oak Woman/Man of the year, Senior Sneaker award, Super woman/ man, can't keep a good man/woman down, best class attendance, most improved, inspirational award and many more! There will be a reception to follow. Join us as we celebrate you!

Culture, Conversation and Cuisine

Wednesday, May 13 • 1:00pm-3:00pm

Enjoy learning about different locations around the world followed by a wine tasting or food from the country. Food tastings will be provided by local restaurants that feature a variety of foods from different cultures. First stop will be Italy. \$10.00 per person



March is National Nutrition Month

Is That Healthy?

Wednesday, March 4 • 1:00pm-2:00pm

Learn about foods you think are healthy but are really not.

Vegan Living Demonstration*

Thursday, March 12 • 10:30am-12:00pm

Helpful information on meal-planning, do's and don'ts of veganism, preparing balanced and nutritional meals without animal meat or animal by-products, benefits of raw foods and "going" organic. Fee: \$5.00 Must sign up by February 27th. Free food tastings.

White Oak Afternoon Tea

March 11 • 1:00pm-3:00pm

Enjoy the soothing sounds of county of Maldives fill the room as you enjoy the Afternoon Tea. Light lunch of delectable tea savories.



April is Stress Awareness Month

Tips on Reducing Stress

Thursday, April 9th 1:30-2:30pm
Washington Adventist Hospital

“National Start Walking Day”

Wednesday, April 1 • 10:00am
We will be walking around the community at leisure for a mile. Healthy refreshments will be provided.

Exercise Your Way Across Hawaii

Begins Wednesday, April 1
All of our exercise classes will be participating in an event where you will travel vicariously through Hawaii. The tour will last throughout the month of April. Each time you exercise, we will track it for you to show you how far you have to finish the tour. Join us and celebrate living well. You never know how much you really exercise until you track it. There will be a reception and an award ceremony to celebrate the miles exercised. Tour begins on National Walking Day.

Spa Day

April 9 • 10:00am-2:00pm
This will be a day to celebrate Stress Awareness month! We will have a spa day for you to help you relieve stress. We will have free pedicures, seated massages, scalp therapy and much more to cater to you. Reservation required.

Earth Day Fair

April 22 • 1:00pm-2:00pm
Eco-friendly Products That Cater To The Senior Population.
Raffle Prizes • Farmers Market • Educational Opportunities. Bring Your Old Cell Phones And Glasses To Recycle!



May is Older American’s Month

National Senior Health & Fitness Day Wellness Fair!

May 28 • 10:00am-2:00pm
There will be over 30 vendors to help you succeed on your way to wellness. We will have stress screenings, skin screenings, body fat analysis, Bone density screenings, demonstrations, and much more!

White Oak Senior Center Transportation Service . . . Just For You!

Limited service will be provided within 5 mile radius of the center. Pickup locations will be determined by addresses of participants. If interested, give your information at the Front Desk or call 240-777-6944.

4 Ways to Register!

 **RECWEB**

Our secure on-line registration is fast and easy and still your most convenient way to register. Available 24 hours a day, 7 days a week.

 **FAX**

240-777-6818. Processed in a secure environment.

 **MAIL**

Registrar, Montgomery County Recreation
4010 Randolph Road, Silver Spring, MD 20902

 **WALK-IN**

While you wait! Registrations will be processed at the following location:
Recreation Administration Building
4010 Randolph Road, Silver Spring, MD 20902



LONG BRANCH SENIOR CENTER

240-777-6944

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

Classy Sassy Fashion Show !!!

Thursday, April 23 • 11:00am-1:00pm

Join us on for our Fashion Show! Whether as a model or an audience member, you won't want to miss it. Both men and women may model. Clothing categories include casual, sporty, thrift store, dressy or ethnic. One or 2 outfits per person and each participant must fill out a model information form. Reserve your space at the reception desk, or call 240 777 6975. Free

Crochet

Tuesdays • 11:00am

Volunteer Ellen Kwait shares her talent with anyone interested in learning how to crochet. Beginners or seasoned craftspeople welcome. Free.

Tai Chi

Fridays • 11:00am

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

Mothers and Fathers Day Luncheon

Wednesday May 13 • 11:00am

We will celebrate a combined Mothers and Fathers day, with a special luncheon catered by Chef Sia and sponsored by the Senior Nutrition Program. \$5.00. Sign up at the second floor reception desk.

Seeking Gardening Volunteers

Our 7 raised flower beds are in need of care and nurturing. Any donations of herbs, seeds, annuals, or organic soil amendments or labor would be appreciated.

Thursday Sing Alongs

Thursdays • Noon

Pianist Hong Tran plays American and international favorite songs every Thursday at noon. Bring your voice and join the chorus. Free.

Indoor Walking/Exercise

Monday through Friday • 10:00am-11:00am

Weekdays, our gym is open to lap walkers. At the end of each month, laps completed are compiled and awards given to the top 5 finishers. If you still have energy to spare, we have a wide offering of exercise classes daily including Senior Fit on Mondays and Wednesdays at noon and Better Bones on Wednesdays and Fridays at 1. Free.

Zumba Gold

Thursdays • Noon.

Walk-ins welcome. All ability levels are invited. \$2.00 Per class. Pay at the registration desk.

Zumba Gold

Monday, Wednesday • 12:00pm-12:45pm



55+ Bone Builders

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

Bone Builders has a strict attendance policy: participants may register for only one class and must consistently attend twice per week to maintain their places in their class.

People interested in Bone Builders are encouraged to observe a class prior to registering. For information, call 240-777-4924.

Course #	Location	Start	Days	Times
406449	Longwood	3/30	M, W	11:00am-12:00pm
406461	Longwood	3/30	M, W	2:00pm-3:00pm
406450	Clara Barton	3/30	M, W	2:00pm-3:00pm
406451	Potomac	3/30	M, W	3:00pm-4:00pm
406452	Wisconsin Place	3/30	M, Th	10:00am-11:00am
406453	Wisconsin Place	3/31	T, Th	11:15am-12:15pm
406454	Jane E. Lawton	3/31	T, Th	9:15am-10:15am
406455	Gwendolyn Coffield	3/31	T, Th	9:30am-10:30 am
406456	Potomac	3/31	T, Th	9:00am-10:00am
406457	Potomac	3/31	T, Th	10:00am-11:00am
406458	Mid-County	3/31	T, Th	1:00pm-2:00pm
406459	Wheaton	3/31	T, Th	1:00pm-2:00pm
406460	White Oak	4/1	W, F	2:00pm-3:00pm

55+ ACTIVE ADULT PROGRAMS

Active Adult Programs are a wonderful opportunity for individuals 55+ to gather for educational, social, sports, and entertainment programs, and places to make new friends. We offer programs at least two days per week at most of the sites listed below with a coordinator on-site during the listed times.

We encourage input and feedback from every source, and new ideas are always welcome. All of our programs are diverse and offer exciting activities for participants in the communities they serve. Along with exercise, dance, educational, and social activities, we also offer a variety of special programs, health services and events. Also, our local hospitals partner with us to offer many stimulating health and wellness programs.

Check us out at any of our locations. We're sure to have something for everyone! Our locations, days & times include:

Bauer Drive

Various Days(Sports & Exercise Emphasis)
Bauer Drive Community Recreation Center
14625 Bauer Drive
Rockville, MD 20853
240-777-6922

Clara Barton

Mondays & Wednesdays • 10:30am-3:00pm
Clara Barton Neighborhood Recreation Center
7425 MacArthur Blvd.
Cabin John, MD 20818
240-777-4910

Clarksburg

Wednesdays • 11:00am-3:00pm
Clarksburg Park Activity Building
22501 Wims Road
Clarksburg, MD 20871
301-916-3899

Coffield

Tuesdays & Thursdays • 10:00am-1:00pm
Gwendolyn Coffield Community Recreation Center
2450 Lyttonsville Road
Silver Spring, MD 20910
240-777-4900

East County* +

Tuesdays & Fridays • 10:00am-2:00pm
East County Community Recreation Center
3310 Gateshead Manor Way
Silver Spring, MD 20904
240-777-8093

Germantown+

Mondays & Thursdays • 10:00am-2:00pm
Germantown Community Recreation Center
18905 Kingsview Road
Germantown, MD 20874
240-777-8098

Lawton/ Bethesda Area

Mondays & Wednesdays • 10:00am-2:00pm
Jane E. Lawton Community Recreation Center
4301 Willow Lane
Chevy Chase, MD 20815
240-777-6855

Longwood/Olney

Mondays & Wednesdays • 10:00am-2:00pm
Longwood Community Recreation Center
19300 Georgia Avenue
Brookeville, MD 20833
240-777-6920

Mid-County*

Tuesdays & Thursdays • 10:00am-2:00pm
Mid-County Community Center
2004 Queensguard Road
Silver Spring, MD 20906
240-777-6820

Plum Gar

Tuesdays & Fridays • 10:00am-2:00pm
Plum Gar Community Recreation Center
19561 Scenery Drive
Germantown, MD 20876
240-777-4919

Potomac

Tuesdays • 10:00am-2:00pm
Fridays • 10:00am-1:00pm
Potomac Community Recreation Center
11315 Falls Road
Potomac, MD 20854
240-777-6960

Praisner* +

Tuesdays & Thursdays • 10:00am-2:00pm
Marilyn J. Praisner Community Recreation Center
14906 Old Columbia Pike
Burtonsville, MD 20866
240-777-4970

Ross Boddy/Sandy Spring Seniors +

Wednesdays & Thursdays • 10:00am-2:00pm
Longwood Community Recreation Center
19300 Georgia Avenue
Brookeville, MD 20833
240-777-6920

+ Limited transportation available on program meeting days.

* Includes a nutrition lunch program on meeting days.



55+ ACTIVE ADULT PROGRAM HIGHLIGHTS

The Department of Recreation offers a variety of classes, programs, and special events, at twelve community center locations throughout the county. (Please see our locations page). Here is a sampling of the many programs we will be offering this winter. Please call the center for more information.

This is a wonderful class in a very convenient location. I am very satisfied - and plan to continue to take this class in future seasons.

-customer survey

BAUER DRIVE COMMUNITY RECREATION CENTER

240-777-6922

A variety of exercise and sports programs for seniors are offered.

Senior Fit

Mon. & Wed. • 9:00am-9:45am | 10:00am-10:45am
Friday • 9:15am-10:00am

Tai Chi

Monday • 10:30am – 12:30pm

Volleyball*

Monday & Wednesday • 10:30am – 12:30pm

Basketball*

Tuesday & Thursday • 9:00am – 12:00pm

Microflyers*

Monday & Wednesday • 12:30pm-2:30pm

A model plane flying group that consists of mainly seniors but is inclusive to anyone interested.

*Participants must obtain a MCR Gym pass.

CLARKSBURG PARK ACTIVITY BUILDING

301-916-3899

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

GWENDOLYN E. COFFIELD COMMUNITY RECREATION CENTER

240-777-4900

Coffield CRC active adults enjoy Zumba Gold classes, computer classes, circuit training, health discussions, diabetes workshops, flu shot clinic, mini bus trips, self-defense classes, Baby Boomer Boogie class, and open gym (basketball, walking & table tennis).

Bone Builders

Tuesdays & Thursdays • 9:30am-10:30am

Senior Fit

Tuesdays & Thursdays • 10:30am-11:15am

CLARA BARTON NEIGHBORHOOD RECREATION CENTER

240-777-4910

Active, friendly, fun and Young at Heart! Come to Clara Barton's Senior Sensations Programs to discuss mutual interests. We visit museums and art galleries; enjoy picnics and nature walks; monthly birthday and holiday parties; see the latest movies in theatres and movies at the Center. Speakers take us trips around the world. Professionals discuss important issues on health and nutrition; Wills and Estates; aging in place; personal safety in the home and outside. Hear about important people and events in our history through oral and visual presentations. What else do you want to do and see? Let us know!

Senior Shape

Monday and Wednesday • 11:00am-11:45am
Tuesday and Thursday • 11:30am-12:15am

Senior Weight Training

Fridays • 1:00pm-1:45pm

Bone Builders

Monday and Wednesday • 2:00pm-3:00pm

Blood Pressure Screening

Third Wednesday of every Month

Board and Card Games, Table Tennis, Pool

Available at the Center during open Hours

EAST COUNTY COMMUNITY RECREATION CENTER

240-777-8090

Senior Fit

Monday, Wednesday, Friday • 10:30am-11:30am

Line Dancing

Monday • 11:45am-12:45pm

Additional weekly programs, social activities and special events are scheduled for the spring.

GERMANTOWN COMMUNITY RECREATION CENTER

240-777-8095

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



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County
Recreation
on Facebook



Follow
@mocorec
on Twitter

**RecWeb . . .
Easy, Fast, Secure!**
montgomerycountymd.gov/rec

**LONGWOOD
COMMUNITY RECREATION CENTER**

240-777-6920

A variety of exercise classes, entertainment, lectures and presentations are planned for the spring. Come join us!

Tai Chi

Mondays • 9:30am

Thursday • 10:30am

A Chinese exercise system that uses slow, smooth body movements to achieve a state of relaxation of both body and mind. Space is limited. Please register at MedStarMontgomery.org/classes or call 301-774-8881.

Knitting Club

Mondays • 10:30am

Social Knitting group coming together to share a common craft skill. Some of the projects will benefit the MedStar Montgomery Medical Center Momma & Me Program.

Mah Jongg

Mondays • 10:00am

Time to showcase your matching skills, Mah Jongg lovers! Join our group to play this game that involves skill, strategy and calculation and a certain degree of chance.

Rummikub

Tuesday • 11:00am-3:00pm

Fun game that combines elements of rummy, dominoes, mahjong and chess.

Bridge

Tuesday • 10:00am to 2:00pm

Space is limited to 3 tables (12 players)

Senior 55+ Exercise Class*

Tuesdays • 9:00am & Wednesdays • 10:00am

Focuses on increasing flexibility, balance, coordination, and cardiovascular endurance. Space is limited. Please register at MedStarMontgomery.org/classes or call 301-774-8881.

Zumba Gold

Wednesdays • 9:00am

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

Bone Builders

Mondays & Wednesdays • 11:00am

Mondays & Wednesdays • 2:00pm

Just My Two Cents!

Wednesdays • 10:00am

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

55+ Active Adults Open Gym

Monday through Thursdays • 12:00pm-3:00pm

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

**JANE E. LAWTON
COMMUNITY RECREATION CENTER**

240-777-6855

A variety of exercise classes are provided.

Zumba Gold

Tuesdays • 11:00am-11:45am

Senior Weight Training

Tuesdays and Fridays • 12:15pm-1:00pm

January 2 – March 31

Pilates @ 50

Thursdays • 11:00am-12:00pm

Bone Builders

Tuesdays and Thursdays • 9:15am-10:15am

FREE but limited to 20 participants.





MID-COUNTY COMMUNITY RECREATION CENTER

240-777-6820

Exciting program offerings for the spring!

Soul Line Dancing

Tuesdays – 10:00am

Soul line dancing is a dance class that allows individuals to learn basic line dances in a fun relaxed environment. Come learn the newest line dances while socializing with friends!

Chair Aerobics

Tuesdays & Thursdays • 10:00am

Chair aerobics in a fun way to get a great cardio workout in a safe and healthy way. (DVD instructed)

Tai Chi

Tuesdays • 11:00am

A Chinese exercise system that uses slow, smooth body movements to achieve a state of relaxation of both the body and mind.

Senior Volleyball

Fridays • 12:00pm-2:00pm

Bone Builders

Tuesdays & Thursdays • 1:00pm

Live Zumba Gold

Thursdays • 10:30am

Join us as we dance and sweat to Latin music! Zumba is a great form of cardio exercise.

Movies

Thursdays • 11:00am

Come watch movies with friends on Thursday mornings. Please call the center the morning of to find out what the feature film will be!

Bridge

Thursdays • 11:00am

This is a great way to play cards with friends.

Rummikub

Tuesdays • 10:30am

Yoga/ Stretching

Wednesday • 11:00am

Practice gentle stretching and learn basic yoga postures to increase energy, flexibility, strength and balance.

Crochet/Knitting

Thursdays • 1:00pm-3:00pm

This knitting group meets every Thursday to make something nice for those who are in need. If you're interested in knitting for a good cause please join us!

Jewelry Making

Jewelry making is fun and economical alternative to the high prices at the craft store! Learn how to make jewelry.

PLUM GAR COMMUNITY RECREATION CENTER

240-777-4919

A variety of activities that keeps our seniors happy, active, and involved! It is a great place to drop-in to meet new friends and share new experiences. The Plum Gar Staff is dedicated to making the Active 55+ Program a second home for its bustling senior population!

Tuesdays

General Fitness and Conditioning

10:15am-12:00pm

Active 55+ Open Gym Activities

11:00am-2:00pm

Thursdays

Chinese American Senior Services

Association (CASSA)

10am-2:00pm

Tai Chi

10:30am-11:45am

Chinese/ESL Classes

10am-11:45am

Ballroom Dancing/karaoke

10am-11:45am

Table Tennis

10am-2:00pm

Fridays

Health and Wellness Workshops

10am-12:00pm

Active 55+ Open Gym Activities

11am-2:00pm

Rain or Shine Walking Club

10am-11:00am

Senior Fit

10:30am-11:30am

Fridays • April 10-May 15

Chronic Disease

Self-Management Program

10:00am-12:00pm

Rain or Shine Walking Club

10:00am-11:00am

**PRAISNER
COMMUNITY RECREATION CENTER**

240-777-4970

Chair Yoga

2nd Tuesday of the month • 10:00am-11:00am
Stretch muscles, improve circulation and decrease stress.

Senior Line Dancing

Wednesdays • 11:30am-12:30pm
Learn basic line dances while socializing with friends.

Qi Gong/Tai Chi

Fridays • 11:30am-12:30am
Combined posture, meditation and breathing techniques provide health benefits to the body and relax the mind.

Bridge

Mondays & Wednesdays • 1:00pm-4:00pm
For beginning, intermediate and advanced players

Senior Fit

Monday-Friday • 9:00am-9:45am
Monday, Wednesday, Friday • 10:00am-10:45am



**POTOMAC
COMMUNITY RECREATION CENTER**

240-777-6960

Seniors from the community come together every Tuesday and Friday to discuss current events and other topics of interest. This program also includes chair exercise, games, movies, guest speakers and entertainers. Come join us!

Bone Builders

Monday and Wednesday, 3-4pm
Tuesday and Thursday, 9-10am
Tuesday and Thursday, 10-11am

Senior Shape Aerobics/Strength Training/Stretching

Tuesdays and Fridays, 10-10:45am

Senior Shape Advance Aerobics/Strength Training/Stretching

Mondays, 11-11:45am

**WHEATON NEIGHBORHOOD
RECREATION CENTER**

240-777-8057

Several programs are offered on a regular basis for 55+ active adults including: volleyball, Senior Fit and Bone Builders.

Senior Volleyball

Mondays & Thursdays • 12:30pm-2:30pm

Bone Builders

Tuesdays & Thursdays • 1:00pm-2:00pm

Senior Fit

Mon, Wed, Fri • 11:00am - 11:45am



SENIOR CENTER SHUTTLES

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

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





EXERCISE CLASS HIGHLIGHTS

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

Senior Fit by Holy Cross Hospital

A partnership with Holy Cross Hospital and Montgomery County Recreation, these free classes help participants to improve strength, endurance, and flexibility. Participants must have a doctor's permission note. Call 301-754-7895 for registration information.

Bauer CRC

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

Coffield CRC

T, Th • 10:30am-11:15am

East County CRC

M, W, F • 10:30am-11:30am

Germantown CRC

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

Mid-County CRC

F • 11:00pm-11:45pm

Long Branch SC

M, W • 12:00pm-12:45pm

Praisner CRC

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

Schweinhaut SC

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

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

Wheaton NRC

M, W • F 11:00am-11:45am

White Oak SC

T, Th • 9:00am-9:45am

Better Bones

Long Branch SC W, F • 1:00pm-2:00pm

Schweinhaut SC M, Th • 2:00pm-3:00pm

Suburban Hospital Senior Shape Exercise Programs

The Senior Shape program is designed to improve the overall health of seniors. The program consists of strength, flexibility, and aerobic exercise training classes. Register online at events.suburbanhospital.org or call 301-896-3939. The fee is \$30 per class for 3-month session.

Weight Training

Margaret Schweinhaut Senior Center

Tuesdays • 10:00am-10:45am

Holiday Park Senior Center

Fridays • 11:00am-11:45am

Clara Barton Community Recreation Center

Fridays • 1:00pm-1:45pm

Jane E. Lawton Community Recreation Center

Tuesdays & Fridays • 12:15pm-1:00pm

Aerobics/Strength Training/Stretching

Clara Barton Community Recreation Center

Mondays & Wednesdays • 11:00am-11:45am

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

Potomac Community Recreation Center

Tuesdays & Fridays • 10:00am-10:45am

Advanced Aerobics/Strength Training/Stretching:

Wisconsin Place Community Recreation Center

Tuesdays • 10:00am-10:45am

Potomac Community Recreation Center

Mondays • 11:00am-11:45pm

Stability Ball

Holiday Park Senior Center

Mondays • 9:00am-9:45am

Margaret Schweinhaut Senior Center

Tuesdays • 11:00am-11:45am

Advanced Weight Training

Holiday Park Senior Center

Fridays • 10:00am-10:45am

MedStar Montgomery Medical Center

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

Senior Exercise

Have fun, feel better and get fit with a free 45 minute fitness active aging group exercise class, designed to help older adults increase muscular strength, flexibility, range of motion and maintain their cardiovascular health.

Sign up today! Classes are ongoing and a physician's consent form is required to participate.

Longwood CRC

Tuesday • 9:00am | Wednesday • 10:00am

Mid-County CRC

Wednesdays • 1:00pm

Tai Chi

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

Longwood CRC

Mondays • 9:30am | Thursdays • 10:30am

Mid-County CRC

Tuesdays • 11:00am

NEW-Gentle Flow Yoga for Seniors

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

Longwood CRC

Call for dates

\$40 for 8 sessions

What to Bring: Yoga mat, water and comfortable shoes

SENIOR SPORTS ACTIVITIES

Did You Know???...that Recreation offers many opportunities for individuals 55+ to participate in volleyball, basketball, badminton, table tennis, billiards and other individual and team sports? Drop-In Gym programs only require individuals to get a \$30.00 a year open gym pass. There are also leagues offered at several locations that are co-sponsored with the Montgomery County Senior Sports Association (MCSSA).

Open Gym Basketball:

Bauer Drive Community Recreation Center
Tuesdays & Thursdays • 9:00am-12:00pm

Open Gym Sports:

Longwood Community Recreation Center
Monday-Thursday • 12:00pm-3:00pm

Open Gym Volleyball:

Bauer Drive Community Recreation Center
Mondays & Wednesdays • 10:30am-12:30pm

Mid-County Community Recreation Center
Fridays • 12:00pm-2:00pm

Wheaton Neighborhood Recreation Center
Mondays & Thursdays • 12:30pm-2:30pm

SENIOR SNEAKER EXERCISE PROGRAM

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

For those wanting more flexibility, a full Exercise/Weight Rooms Membership is available. Call 240-777-4925 for details.

The Senior Sneakers Program is available at the following Community Centers:



BAUER DRIVE CRC

MARILYN J. PRAISNER CRC

CLARA BARTON NRC

MID-COUNTY CRC

COFFIELD CRC

PLUM GAR CRC

DAMASCUS CRC

POTOMAC CRC

EAST COUNTY CRC

SCOTLAND NRC

GERMANTOWN CRC

UPPER COUNTY CRC

LAWTON CRC

WHEATON NRC

LONG BRANCH CRC

WHITE OAK CRC

LONGWOOD CRC

WISCONSIN PLACE CRC



MARYLAND SENIOR OLYMPICS

The Maryland Senior Olympics will be organized by Montgomery County Recreation in 2015 so get ready! Events will take place at various locations late summer and early fall. Recreation will also be hosting clinics and preliminary events for individuals wishing to learn a new sport or to brush up on their skills.

We are still in the planning phase of identifying all locations and dates for the events so visit www.mdseniorolympics.org often or call 240-777-4930 for updates!

What we have so far:

Archery (Sept. 27, 9am at the Genessee Valley Outdoor Learning Center), badminton, basketball, billiards, bocce, bowling (Aug. 31 and Sept. 1, 9am at Brunswick Normandy Lanes), cornhole, croquet, cycling, disc golf, golf, horseshoes, lawn bowling (Sept. 12 and 13, 9am at Leisure World), shuffleboard (Sept. 12, 9am at Leisure World), soft-ball, swimming, table tennis, tennis, track and field, volleyball (Aug. 23, 8:30am at Meadowbrook Athletic Complex and Park, Howard County), 5k and 10k, racquetball and pickle ball.





THERAPEUTIC RECREATION & INCLUSION SERVICES

Montgomery County Recreation welcomes and encourages individuals with disabilities to participate in recreation programs through Therapeutic Recreation Programs or Inclusion Services.

Therapeutic Recreation programs provide skill development, leisure education and recreation participation for individuals with various disabilities. The programs encourage socialization in order to nurture relationship between all participants. Specific target populations are included in the descriptions for each program.

Inclusion is an opportunity for participation in recreation programs alongside individuals without disabilities. Inclusion support encourages the facilitation of meaningful relationships between all participants involved in MCR Programs. Inclusion Services, such as interpreters, large print, auxiliary aids and/or companions, support individuals with disabilities to participate in programs and facilities in an inclusive environment.

REASONABLE ACCOMMODATION ENABLES SUCCESSFUL PARTICIPATION.



ART

KALEIDOSCOPE ART

Ages 16 and Up with disabilities: Fun always happens at this structured program offering arts and crafts using various media to create one of a kind art. Class is taught by certified Art teacher with experience working with individual with disabilities. Participants should be able to follow simple instructions, understand basic rules, and express needs. 1 staff to 5 participants.

8 Sessions \$50
401049 Plum Gar CRC 3/21 Sa 12:30pm-2:00pm

BEGINNING HANDBUILT POTTERY FOR ADULTS

Ages 18 and Up, with disabilities. Hand building techniques includes decorating, firing, slab, coil and pinch methods. Participants must be able to indicate wants and needs. \$20 materials fee due instructor. 1 staff to 10 participants. No personal care provided.

8 Sessions \$70
Instructor: Pamela Reid
401033 White Oak CRC 4/15 W 1:30pm-2:30pm
401035 White Oak CRC 4/16 Th 10:30am-11:30am
401036 White Oak CRC 4/16 Th 1:00pm-2:00pm

VOLUNTEERS NEEDED!

Support an individual with a disability in a mainstream recreation program.

Provide assistance in a Therapeutic Recreation program.

Student volunteers are eligible for SSL hours.

Training provided.

Call the Volunteer Coordinator at 240-777-6870
or email rec.mainstream@montgomerycountymd.gov

FITNESS AND WELLNESS

MOVING WITH MULTIPLE SCLEROSIS

Ages 18 & Up with Multiple Sclerosis: Exercise helps maintain flexibility in joints and muscle strength, relaxes the body, and promotes a sense of well being. Discussions will focus on ways to keep exercising outside of the class.

8 Sessions \$48
401056 Germantown CRC 3/29 Su 1:00pm-2:00pm

KARATE FOR INDIVIDUALS WITH DISABILITIES

Ages 6 & Up; youth and adults with disabilities: Introduction to traditional Korean Karate (Tang So Do) with emphasis on improving motor coordination. Classes will include stretching, arm & leg movements and drills. Wear loose fitting clothes or white GI(uniform). New students attend 9:00 class.

10 Sessions \$90
401051 Holiday Park Sr Ctr 3/28 Sa 9:00am-9:45am
401052 Holiday Park Sr Ctr 3/28 Sa 10:00am-10:45am

TURN THE BEAT AROUND

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

8 Sessions \$40
401098 Upper County CRC 4/2 Th 7:00pm-8:00pm
401099 Wheaton NRC 4/2 Th 7:00pm-8:00pm
10 Sessions \$50
401100 Holiday Park Sr Ctr 3/28 Sa 11:00am-12:00pm

SLOW 'N EASY AEROBICS

Ages 15 & Up with disabilities: Exercise to music and get fit through movement, stretching, and coordination. Participants should be able to follow one-and two-step instructions. 1 staff to 10 participants.

8 Sessions \$40
401070 Wheaton NRC 3/30 M 7:00pm-8:00pm
401072 Damascus CRC 4/2 Th 7:00pm-8:00pm
401073 Bauer Drive CRC 4/2 Th 7:00pm-8:00pm

TR YOGA BASICS

Ages 15 & Up with disabilities: Introduces beginning and continuing students to yoga principles of body alignment and breath awareness. Emphasis is placed on strengthening and stretching the legs, back, and shoulders by using a chair for seated poses and for balance for standing poses. Wear non-restrictive comfortable clothing. Bare feet are essential. Bring a yoga mat and blanket.

8 Sessions \$80
Instructor: Irene Bopp
401090 Bauer Drive CRC 3/31 Tu 4:30pm-5:30pm
401091 White Oak CRC 4/2 Th 1:30pm-2:30pm

TR ZUMBA

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

8 Sessions \$40
401093 Wheaton NRC 4/2 Th 6:00pm-6:50pm
10 Sessions \$50
401094 Holiday Park Sr Ctr 3/28 Sa 10:00am-10:50am

The Washington Nationals Miracle Field, located in South Germantown Park, incorporates a cushioned synthetic turf that accommodates wheelchairs and other walking assistance devices, while helping prevent injuries.



FREE CLINIC!

April 16- April 23
6:00pm- 7:30pm
Ages 4-15
Course #406945

The Miracle League gives hundreds of children with disabilities something few dreamed possible...

the chance to play baseball.

Ages 4-15: Course #401054
10:30am-11:45am

Ages 16 & Up: Course #405117
12:10pm-1:30pm

\$40.00 • 8 Sessions
Saturdays, beginning April 18

South Germantown Recreational Park | 14501 Schaeffer Rd • Boyds, MD 20841
montgomerycountymd.gov/rec | 240.777.6870



SOCIAL SKILL DEVELOPMENT

TR BIG GAME NIGHTS

Ages 13 and Up with disabilities: Have fun playing oversized games with your friends, and come make new friends too! Theme nights, board games, bingo, and more! Program meets second and fourth Friday of the month. 1 staff to 5 participants; no personal care.

5 Sessions			\$40
401081	Wheaton NRC	4/10 F	7:00pm-9:30pm

TR TEEN CENTER

Middle school and high school students with disabilities. Come "shake it off" with your friends in a fun, supervised center. Music, gym games, crafts, and more! Refreshments served. 1 staff to 5 participants. First Friday of the month.

1 Session			\$5
406844	Wheaton CRC	4/3 F	7:00pm-9:00pm
406845	Wheaton CRC	5/1 F	7:00pm-9:00pm
406846	Wheaton CRC	6/5 F	7:00pm-9:00pm



TR AQUATICS

ADULT SWIM

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

8 Sessions			\$40
401029	MLK Swm Ctr	3/24 Tu	8:00pm-9:00pm
401031	Germantown ISC	3/25 W	8:30pm-9:30pm
401030	Olney Swm Ctr	3/27 F	8:00pm-9:00pm
401032	Olney Swm Ctr	3/27 F	7:00pm-8:00pm

TR SWIMMING FOR ADULTS WITH PHYSICAL DISABILITIES

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

8 Sessions			\$48
401089	Kennedy Shriver Aq Ctr	3/26 Th	8:30pm-9:30pm

SEE PAGE 22 FOR ADDITIONAL ADAPTED AQUATICS PROGRAMS

INCLUSION OPPORTUNITIES

Individuals with disabilities are encouraged to register for programs. A general program/activity may be adapted by using auxiliary aids and services, but the structure of the activity, group size, and participant to staff ration remain the same. Companions provide assistance to facilitate the inclusion of individuals with disabilities. Most are trained volunteers who will facilitate participation and integration into the program. Companions do not provide personal care. Placements are limited, and are not guaranteed, so early notification is essential. Please call 240-777-6870, TTY 240-777-6974, for more information and/or to request a companion.

rec.mainstream@montgomerycountymd.gov

WEEKEND ADULT SOCIAL CLUBS

Adult clubs are designed to enhance community participation and socialization. Look at some of the fun Activities that are detailed in a Calendar of Events. Outings to Festivals, Toby's Dinner Theatre, sporting events at the University of Maryland, High School Musicals and more! Social Clubs also have Wellness Activities, Game Nights, Craft Activities and Dinner Parties. Events require members to actively participate in community trips and group activities.

MEMBERSHIP PROCESS

To be a club member, simply fill in the name of the club on the registration form, choose the type of membership, and pay the amount. You will receive a Calendar of Events that will have barcodes for each activity. All registrations should be sent to: MCR, Attn: Registrar, 4010 Randolph Road, Silver Spring, MD 20902

LEISURE TIMES CLUB

Adults, ages 21 and older with developmental disabilities.
1 staff to 5 participants. Average 2-3 activities per month.

Spring Membership only (April-June) \$40.00

WEEKENDERS CLUB

Adults, ages 21 and older with learning disabilities.
1 staff to 6 participants. Average 2-3 activities per month.

Spring Membership only (April-June) \$40.00

SOCIALIZERS

Adults, ages 21 and older with learning disabilities, physical disabilities, vision and/or hearing impairments.
1 staff to 10 participants. Average 1 activity per month.
Base meeting site: Inwood House.

Accessible Van transportation provided to activities

Spring Membership only (April-June) \$20.00

SPECIAL EVENTS

Ages 15 & Up with disabilities: Theme Dances: D.J., light refreshments and opportunities for socialization. Listen to the latest hits! Join in and learn how to line dance. Party decorations make this dance complete. Dressing to the theme is encouraged but not required. Transportation must be arranged prior to the event. Bring ID for check-in. A registration form is required. All dancers pay \$8.00 pre-registered or \$10.00 at the door.

SPRING FLING DANCE

Party lights and flowers decorate the center for our spring semi-formal dance.

Saturday, April 25, 2015
7:00pm-10:00pm
Holiday Park Senior Center
Course #401084



SUMMER SWING DANCE

Get your dancing shoes on and "jump and jive and swing" into summer!

Saturday, June 13, 2015
7:00pm-10:00pm
Holiday Park Senior Center
Course #401085





TEEN WORKS
MONTGOMERY COUNTY RECREATION

Teen Works

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

Youth Development Office: 240-777-8080



YOUTH DEVELOPMENT
Montgomery County Recreation



*Sports Academies
Have a New Name!*

REC ZONE

Join Us and Become a Part
of a New Experience!



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

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

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

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



Rec Extra-Middle Schools

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



Youth Advisory Committee

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

Program Overview

Activities include creative arts, recreational sports, academic support, science, technology, engineering, mathematics, and more. Program days end at 5:15pm, providing an additional hour of programming for students.

Get involved NOW! After-School meals keep students energized, and EBB participants receive access to the 5:15pm Activity Bus.

Don't wait to sign up, space is limited and there are NO registration fees!



Locations

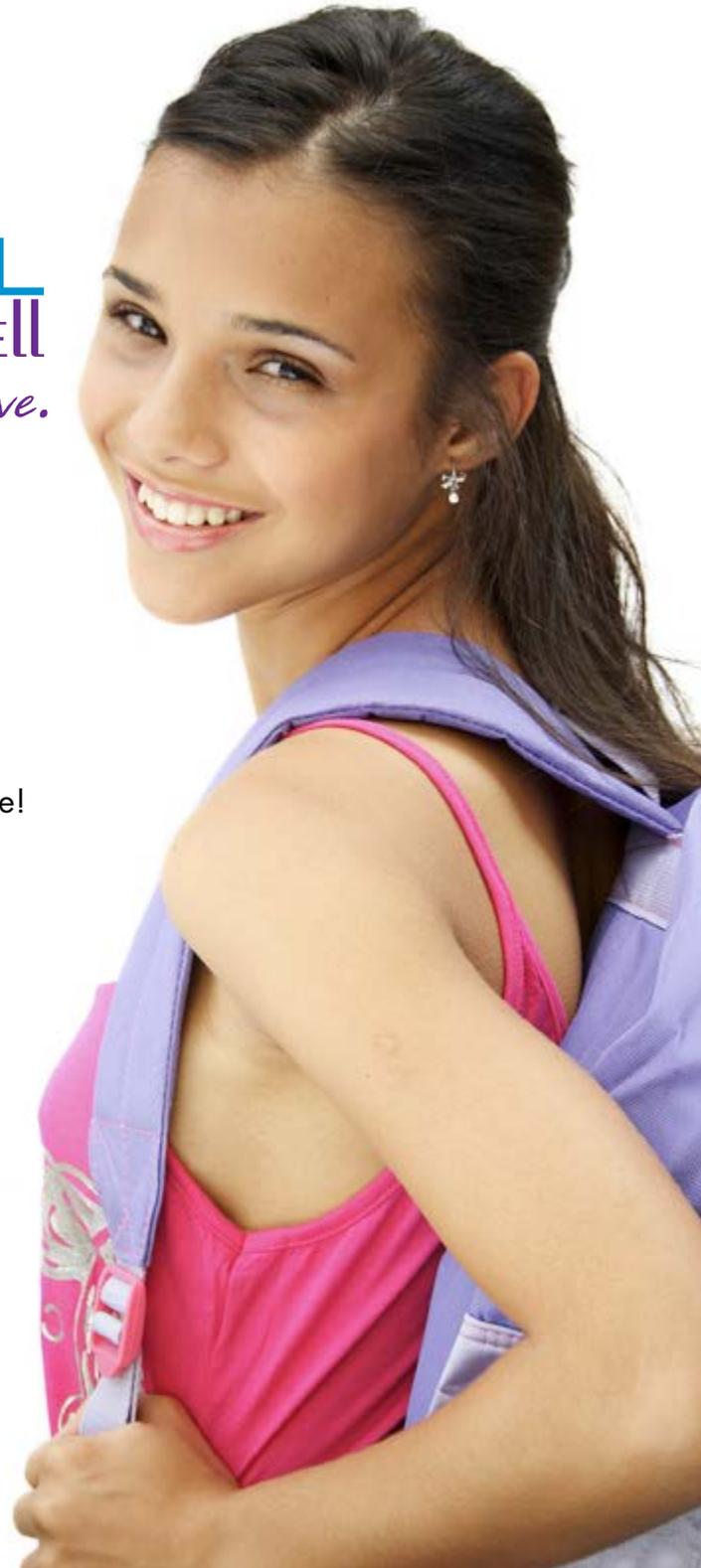
A. Mario Loiederman Middle School
Argyle Middle School
Col. E. Brooke Lee Middle School
Forest Oak Middle School
Roberto Clemente Middle School
Montgomery Village Middle School
Neelsville Middle School

Why Excel Beyond the Bell?

Excel Beyond the Bell provides youth with a safe, fun and engaging setting where they can discover their talents, and strengthen their life skills so they can succeed in school and life!

- Young people are productive, health and connected during out of school time.
- Staff are on-site daily to ensure your child is safe when you can't be with them.
- Youth can learn new skills, get help with their school work and enjoy leisure time with friends.

To learn more about **Excel Beyond the Bell**:
visit excelbeyondthebell.org, montgomerycountymd.gov/rec
or call **240-777-8080**.





SOAR

SENIOR OUTDOOR ADVENTURES IN RECREATION

PLAN TO SOAR THIS SPRING!

Day trips are designed for the active, vigorous senior adult, age 55 and older. Each trip involves a lot of walking and/or exercise. Travel by motorcoach for trips unless otherwise specified.

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

SPRING REGISTRATION BEGINS MONDAY, FEBRUARY 2, 2015 AT 8:30AM

TOUR OF SAGAMORE HORSE TRAINING & BREEDING FARM *OPERATED BY UNDER ARMOURS' OWNER*

A NEW TOUR! Alfred Gwynn Vanderbilt II loved thoroughbred race horses and when he turned 21 years old, his mother gave him Sagamore, a magnificent horse training and breeding farm in a beautiful valley north of Baltimore City. There was concern that the area would be developed, and in a bold and unique move, local residents came up with a plan to save the valley. It was successful enough so that when Kevin Plank came along, his idea picked up where Vanderbilt left off. We will walk this magnificent farm, meet the trainers and see the horses in an idyllic setting so lovely that your guide, Baltimore historian Zippy Larson, wants to retire there, and would eagerly settle for a stable. Lunch is included at nearby Friendly Farm; a huge treat you will enjoy.

Fee: \$65 **Leave 8:45 am, Return 5:00 pm**
Trip number: 400110 **Wednesday April 1**
Trip number: 400111 **Thursday, April 2**

CHERRY BLOSSOM CRUISE AND LUNCH *ON THE SPIRIT CRUISE LINE*

We'll begin our day by cruising along the Potomac River and enjoying an included relaxing lunch buffet on the Spirit Cruise Line as we enjoy the sights of Washington with the Cherry Blossoms in bloom. The captain will narrate the many historic sites as we sail down the Potomac River. There will also be light entertainment by the crew who will sing and dance; along with those who would like to participate.

Fee: \$83 **Leave 10:00am, Return 4:00 pm**
Trip number: 400113 **Thursday, April 9**

TOURS OF THE BARNES FOUNDATION ART GALLERY AND EITHER INDEPENDENCE HALL OR THE NATIONAL MUSEUM OF AMERICAN JEWISH HISTORY *PHILADELPHIA, PA*

Between 1912 and 1951, Albert C. Barnes assembled one of the world's most important holdings of post-impressionist and early modern art, acquiring works by avante-garde European artists such as Paul Cezanne, Henri Matisse, Picasso, Renoir, and Van Gogh to name a few. Also exhibited are old master paintings, American paintings, antiquities from the Mediterranean region and Asia, and more.

Wednesday's guided tour will include Historic Independence Hall where the Declaration of Independence was written in 1776.

Thursday's guided tour will include the National Museum of American Jewish History. The story begins in 1654 and continues through today. The exhibits are: The Foundations of Freedom 1654-1880, the Dreams of Freedom 1880-1945. The Choices and Challenges of Freedom - 1945-today. A box lunch at the Museum of American Jewish History is included for each tour.

Fee: \$90 **Leave 7:00 am, Return 7:00 pm**
Trip number: 400114 **Wednesday, April 15** *Independence Hall*
Trip number: 400115 **Thursday, April 16** *Museum of American Jewish History*





THE CIVIL WAR IN FREDERICK COUNTY

INCLUDING THE BATTLE OF MONOCACY

A NEW TOUR! In many ways, Frederick County was at the crossroads of America's Civil War. Located on the Mason Dixon Line, Frederick County was the site of the Battle of South Mountain (1862) and the Battle of Monocacy (1864). Its towns were alternately occupied by troops from both sides in the days before the nearby battles of Antietam (1862) and Gettysburg (1863). Start your day by visiting the National Museum of Civil War Medicine for a docent led tour. The museum is an historic education institution whose focus involves the medical, surgical and nursing practices during the American Civil War. Begin a 90 minute riding tour of Frederick's historic district with emphasis on the Civil War, including stops at the Evangelical Lutheran Church, one of the many large hospitals during the war and Mt. Olivet Cemetery, burial location for over 400 Confederate soldiers. Enjoy a delicious buffet lunch (included), at the Golden Corral. Spend the remainder of the afternoon at Monocacy National Battlefield where the "Battle that saved Washington" took place on July 9, 1864. Enjoy a guided tour of the various sections of the battlefield including the visitor center, Worthington, Thomas and Best Farms.

Fee: \$66	Leave 8:45 am, Return 5:00 pm
Trip number: 400117	Wednesday, April 22
Trip number: 400118	Thursday, April 23

ROADS, RAILS AND RUNNERS

A TRANSPORTATION HISTORY

A NEW TOUR! Begin your tour at the B&O Railroad Museum in Baltimore City. Next, travel to the Irish Railroad Worker's Museum for a brief tour. Depart Baltimore via the Maryland Historic National Road. Enjoy an included lunch at Old Country Buffet. The Bollman Truss Railroad Bridge is the sole surviving example of a revolutionary design in the history of bridge engineering. See the bridge and other historic buildings on a short walking tour of Savage Mill. In 1820, Amos Williams and his three brothers borrowed \$20,000 from John Savage to start a textile weaving business on the banks of the Little Patuxent River. The water from the river flowed over a huge 30 foot water wheel which powered the machines that wove the cloth. They named the business Savage Mill after their generous friend. It functioned as a textile mill from 1822 to 1947.

Fee: \$80	Leave 8:45 am, Return 5:00 pm
Trip number: 400120	Wednesday, April 29
Trip number: 400121	Thursday, April 30

THE JOHN BROWN RAID ON HARPERS FERRY, WV

WITH ED BEARSS, ACCLAIMED HISTORIAN

A NEW TOUR! This tour will feature the John Brown raid on Harpers Ferry, his trial and execution at Charlestown, WV, and the Kennedy Farm where he organized his army of liberation. The raid, trial, and execution of Brown are arguably some of the most important events leading to the Civil War. These events were forecast by Brown on his December 2, 1850 execution: "I (am) now quite certain that the crimes of this guilty land will never be purged away but with blood." We will begin at Harper's Ferry with Brown related sites and structures. We will visit the Jefferson County Courthouse and the County Historical Society, and finish with the Kennedy Farm. This story will be guided by Ed Bearss, famous historian and retired Chief Historian of the National Park Service. Buffet lunch at Quality Inn Conference Center is included.

Fee: \$70	Leave 7:45am, Return 5:00 pm
Trip number: 400123	Wednesday, May 6
Trip number: 400124	Thursday, May 7

WALKING TOUR OF HISTORIC ST. MARY'S CITY, MD

Experience colorful living history, fascinating archaeology, and great natural beauty at Maryland's first capital. St. Mary's City is located in a beautiful tidewater landscape in Southern Maryland on the western shore of the Potomac River, near where it meets the Chesapeake Bay. Visit a tobacco plantation, the reconstructed State House of 1676, go aboard the re-created square-rigged "Dove" and visit the Woodland Indian Hamlet. Lunch is included at St. Mary's College, which was thoroughly enjoyed by our participants on our previous trips.

Fee: \$65	Leave 7:15 am, Return 5:30 pm
Trip number: 400126	Thursday, May 14

GO WILD AND TAKE A SAFARI!

AT LAKE TOBIAS WILDLIFE PARK IN HALIFAX, PA.

Experience exotic encounters, wild life that you can touch, adventure you can feel on interactive Safaris! Nearly 150 acres of rolling hills are scattered with herds of buffalo, elk, eland, yak, watusi and so much more. Our **guided safari tours** will take you among roaming herds on an adventure you won't forget. Monkeys, tigers, ostriches, zebras and many interesting creatures reside along 50 acres of zoo type settings, continuously educating and entertaining park visitors. For those who wish to get a closer look, we offer the Petting Zoo filled with friendly animals. Alligators, snakes, macaws and other surprises will thrill you in the Reptiles and Exotics building. Eye-opening presentations given throughout the day enlighten you on these fascinating creatures. Lunch, on your own, at the Park food stand, or bring your own.

Fee: \$55	Save 7:15 am, Return 6:30 pm
Trip no: 400127	Wednesday, May 20



WALKING TOUR OF THE LADEW TOPIARY GARDENS AND MANSION IN HARFORD COUNTY

See 22 acres of flower gardens, whose crowning glory is the topiary-trees and shrubs trained and trimmed into ornamental shapes. An exciting balance of topiary and natural plants, water, architecture and sculpture provides an extraordinary horticultural perception. We'll be guided through the spectacular Ladew Mansion, exquisitely decorated with English antiques, paintings and fox hunting memorabilia. Lunch is included and consists of a Classic Boars Head turkey breast sandwich, provolone cheese, and cranberry mayonnaise, house dessert, iced tea or soft drink.

Fee: \$59 Leave 8:15 am, Return 4:30 pm
Trip number: 400128 Thursday, May 28

OUR ANNUAL SAILING TRIP ON CHESAPEAKE BAY BOTH TRIPS ARE ON THURSDAY, JUNE 4

Our ever popular sailing trip out of Annapolis is a great way to spend a relaxing day! Enjoy 4 hours under sail on a 76 foot-long sailboat with a professional captain and crew. A picnic lunch on board is included.

Fee: \$79 Thursday, June 4
Trip number: 400129 Leave 8:15 am, Return 3:30pm
Trip number: 400130 Leave 12:30 pm, Return 7:30pm



WHITE WATER RAFTING TRIP ON THE SHENANDOAH RIVER

This popular two and a half-hour rafting trip on the Shenandoah River is being offered again this year. An expert guide in each raft will lead our group through White Horse Rapids, down the famed Shenandoah Staircase and over Bull Falls (rated class II-III, which are easy to moderate in difficulty). Recommended attire is shorts, t-shirt, and sneakers. No hard-soled shoes. No experience required. Bring sunscreen, a towel, and a change of clothes. A fried chicken lunch is included.

Fee: \$80 Leave 8:00 am, Return 4:15 pm
Trip number: 400131 Thursday, June 11

THE WOMAN HE LOVED: THE DUCHESS, THE KING AND THE BALTIMORE CONNECTION THE DUCHESS OF WINDSOR STORY

A NEW TOUR! In 1936 when King Edward VIII of England gave up his throne to marry an American, his choice to walk away from the crown, the family, the wealth and the tradition nearly brought the British Empire to its knees. Edward's abdication paved the way for his next-in-line brother George, whose daughter Elizabeth is the present Queen. Some Brits say, "We got the right Queen in the end." Blamed for it all was Wallis Warfield, who grew up in Baltimore where she learned and practiced the Southern ways that intrigued the man who was born to rule England. The story was first told nearly 25 years ago for the Resident Associates of the Smithsonian Institution. Historian Zippy Larson was asked to research the Baltimore years of Wallis Warfield Simpson, and create and lead a tour. A family-style lunch, at famous Icarus Restaurant in Baltimore is included.

Fee: \$69 Leave 8:45am, Return 5:00 pm
Trip number: 400132 Tuesday June 16
Trip number: 400133 Thursday, June 18

Baseball

2015 **BATTER UP!**
IT'S BASEBALL TIME AGAIN!



Join us for one or more of our baseball game trips this year. We will enjoy trips to two Nationals and two Orioles games this season. **All games this year are \$49.00 per person** and include upper deck reserved seating (between first or third base and home plate) and chartered motor coach transportation. All trips return immediately after the games are concluded.
NOTE: THERE IS WALKING AND STEP CLIMBING REQUIRED AT EACH GAME.

Trip No.	Date	Teams	Depart
402059	Thursday, May 21	Orioles vs. Seattle Mariners (Afternoon Game)	10:00 am
402060	Tuesday, June 9	Orioles vs. Boston Red Sox (Night Game)	4:30 pm
402061	Thursday, June 25	Nationals vs. Atlanta Braves (Twilight Game)	2:00 pm
402062	Wednesday, July 22	Nationals vs. NY Mets (Afternoon Game)	10:30 am

feet

FAMILY ENTERTAINMENT AND EXCITING TRIPS

FEET offers trips for all ages with a variety of destinations – a day trip program planned with your interests in mind.

Join us for our fun family and adult trips offered throughout each season and leave the driving to us. Children under 18 must be accompanied by an adult. Trips leave and return from the Olney Manor Recreational Park.

SPRING REGISTRATION BEGINS MONDAY, FEBRUARY 2, 2015 AT 8:30AM

THE PHILADELPHIA FLOWER SHOW 2015

CELEBRATE THE MOVIES

Get ready for your moment of fame at the 2015 Philadelphia Flower Show, when we will invite everyone to take a turn on the red carpet. The 2015 Flower Show will contain all the excitement and fun of a movie premiere. Floral and garden designers will create designs inspired by some of the world's favorite films. An expanded gardens section will offer acres of take-home ideas, and the new Design Collections will dazzle with floral excellence. The show offers an on site food court, numerous vendors with flowers and gardening items for sale. You may also want to visit Reading Terminal Market; a fabulous food emporium which includes 80 merchants and a multitude of food options! Price includes transportation and admission to the show. Meals are on your own!

Fee: \$89

Trip number: 401669

Leave 8:30 am, Return 6:30 pm

Friday, March 6

AMERICAN TREASURE TOUR

OAKS, PA

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

Fee: \$95

Trip number: 401670

Leave 8:00 am, Return 5:00 pm

Saturday, March 28





**“MOSES”, SIGHT & SOUND THEATRE
LANCASTER, PA**

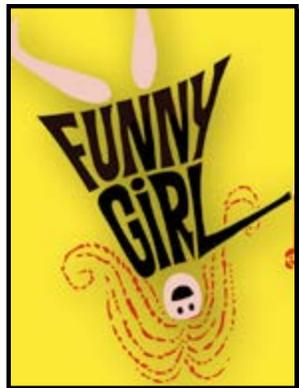
The parting of the Red Sea ... the Burning Bush ... the Plagues ... the Ten Commandments ... finally ... the greatest Biblical epic of the Old Testament comes to life on the Sight & Sound stage! Journey back through time and relive the golden splendor and pride of ancient Egypt, the poverty and oppression of the Hebrew slaves and the humble, broken man that God raised up to become their deliverer. Not only will you be completely immersed in the spectacular, epic events of the story, but you will experience the humanity of Moses and the children of Israel as they struggle for faith, freedom and belonging. This incredible adventure is like none other for this is when God breaks into history and reveals who He is and that He has come to heal the broken-hearted and set the captives free! Enjoy the buffet at Miller's Smorgasbord & Shops before the show. Price includes transportation, buffet lunch and show!

Fee: \$129 **Leave 9:30 am, Return 7:30 pm**
Trip number: 401671 **Tuesday, April 7**

**LEWIS GINTER BOTANICAL GARDEN TOUR
& HERITAGE DAY
RICHMOND, VA**

Voted # 2 in the “Best Public Garden Contest in North America” and one of the most-visited attractions in the Richmond, Va. area. Lewis Ginter Botanical Garden offers year-round spectacular gardens, dining and shopping. It encompasses more than 40 acres and is home to a diverse collection of plants and wildlife. A true “living” museum, the Garden provides a multi-sensory experience with hands-on opportunities to engage all ages and interests. A classical domed Conservatory is the only one of its kind in the mid-Atlantic. More than a dozen themed gardens include a Healing Garden, Fountain Garden, Asian Valley and Victorian Garden. We will have a guided tour with lunch at the self-service Garden Cafe. Shop at the Garden Shop with its distinctive merchandise. Tour the Bloemendaal House during Heritage Weekend full of music and activities that highlight the Garden's past. Price includes transportation, admission, tours and lunch!

Fee: \$79 **Leave 8:30 am, Return 5:30 pm**
Trip number: 401672 **Saturday, April 18**



**“WICKED” AT THE HIPPODROME
BALTIMORE, MD**

Back by popular demand. Variety calls *Wicked* “a cultural phenomenon”, and it continues to break box office records. Winner of over 50 major awards, including a Grammy and three Tony Awards, *Wicked* is “Broadway’s biggest blockbuster” (New York Times). Long before that girl from Kansas arrives in Munchkinland, two girls meet in the land of Oz. One born with emerald green skin-is smart, fiery and misunderstood. The other is beautiful, ambitious and very popular. How these two grow to become the Wicked Witch of the West and Glinda the Good Witch makes for “the most complete-and completely satisfying-new musical in a long time” (USA Today). Enjoy a bite to eat at The Hipp Cafe: the menu is designed for fast service but is not fast food. Price includes transportation and the show. Meals are on your own!

Fee: \$139 **Leave 10:45 am, Return 4:45 pm**
Trip number: 401673 **Sunday, April 19**

**“FUNNY GIRL”
DUTCH APPLE DINNER THEATRE, LANCASTER PA**

The true story of Miss Fanny Brice became a magical movie and Broadway show called *Funny Girl* that starred Barbara Streisand. Fanny Brice ruled Broadway as Ziegfeld’s brightest star and she brought the house down as an outrageous comedienne and singer. Fanny becomes a star, falls in love and marries Nick Arnstein, a handsome gambler whose luck doesn’t hold up. You’ll hear *People, Don’t Rain On My Parade* and *I’m The Greatest Star*. At the Dutch Apple, the show is just part of the package as the Executive Chef and his staff put their own talents to work to create a buffet of classic American cuisine for your dining pleasure. A salad bar, fresh rolls, hot buffet items and a carving station plus over 15 desserts including Turkey Hill ice cream and shoofly pie are all to be enjoyed before the show! Price includes transportation, matinée buffet and the show.

Fee: \$89 **Leave 9:30 am, Return 6:30 pm**
Trip number: 401674 **Sunday, April 26**

DOVER DAYS FESTIVAL

CELEBRATION OF FIRST STATE HISTORY, DE

It is a celebration of history, heritage, culture and the arts. The festival is a blend of traditions and modern attractions that brings people to Delaware from all over the Mid-Atlantic Region. Dover Days is one of Delaware's longest-running events that celebrates First State history. Here are a few fun facts about Dover Days: The event was started in 1933 as a home and garden tour; It is a jam-packed weekend of fun for the whole family—from the Kids Zone to the classic car show and 350 artisans, crafters and food vendors; you'll find something for everyone! You can see 300 children in colonial attire dancing around the maypole on Dover's historic Green and explore Revolutionary War, Civil War and World War II encampments. Visit Woodburn, the home of the Governor. More than 40 food purveyors will serve up everything from barbecue to popcorn, peanuts and pizza. Price is for transportation. Meals are on your own.

Fee: \$39 **Leave 8:00 am, Return 5:00 pm**
Trip number: 401675 **Saturday, May 2**

FORT HUNTER GARDEN FAIRE & MANSION TOUR

HARRISBURG, PA

A Victorian celebration of Fort Hunter Mansion's spring opening. This event features a carriage exhibit, plant sale, cafe, cake walk, garden chats, Victorian dancing, craft show, live music, exhibits & demonstrations, children's activities, and art show & sale. Our group will also have a guided tour of the mansion which includes the Marshmallow Peep Show on display in the interiors of the mansion! Food will be available at the Cafe and food vendors will be on site. Price includes transportation, admission to the event and guided tour of the mansion. Meals are on your own.

Fee: \$49 **Leave 8:00 am, Return 4:00 pm**
Trip number: 401676 **Sunday, May 3**



OCEAN CITY "SPRINGFEST"

OCEAN CITY, MD

Enjoy a day of fun in the sun, great food, entertainment, and arts & crafts. Explore the "Springfest" at your own pace. Visit the four huge big top tents located at the Inlet Lot at the South end of Ocean City's famous Boardwalk. Food vendors will be serving up Eastern Shore delicacies and a wide assortment of foods for your tasting pleasure. Price includes transportation. Meals are on your own.

Fee: \$59 **Leave 7:30 am, Return 6:30 pm**
Trip number: 401677 **Friday, May 8**

EUROPEAN UNION EMBASSY OPEN HOUSE TOURS

WASHINGTON, DC

The European Union Delegation to the U.S. and the embassies of the EU Member States invite visitors inside their stately mansions and exclusive compounds to experience the authentic music, dance, food, film, and art of 28 distinctive nations along with a rare behind-the-scenes look into the European Union embassies. You will receive a Souvenir Passport to get stamped at each embassy visited. Complimentary public shuttle bus service transports visitors between embassy clusters throughout the day as you tour on your own. Food vendors will be available for meals and snacks. Price includes transportation. Meals are on your own.

NOTE: MANY EMBASSIES REQUIRE PHOTO IDENTIFICATION FOR ADMISSION.

Fee: \$39 **Leave 9:00 am, Return 5:00 pm**
Trip number: 401678 **Saturday, May 9**

GROUNDS FOR SCULPTURE GUIDED TOUR "IN BLOOM"

HAMILTON, NJ

Nestled in the heart of central New Jersey lies Grounds For Sculpture, a magical place where art and nature are always at play. At its core are more than 270 sculptures by renowned and emerging contemporary artists, each thoughtfully positioned on meticulously landscaped parkland full of thousands of exotic trees and flowers. It is a feast for the senses. The works, many of them monumental, include those of such distinguished artists as Clement Meadmore, Anthony Caro, Beverly Pepper, Kiki Smith, George Segal, Magdalena Abakanowicz, and Isaac Witkin. They join the enchanting works of our visionary founder Seward Johnson as well as many others by the finest up and coming artists of our time. Join us and discover the beauty, charm, whimsy, and inspiration that our 42 acres hold. Lunch voucher included for the on site cafés. Price includes transportation, grounds guided tour and lunch voucher.

Fee: \$89 **Leave 8:00 am, Return 7:00 pm**
Trip number: 401679 **Friday, May 15**



29TH ANNUAL VIRGINIA WINE & CRAFT FESTIVAL

FRONT ROYAL, VA

Festival gates open on Saturday with activities and musical entertainment all day. Come and enjoy tastings from 20 Virginia wineries, covering more than seven blocks and featuring 100 vendors, artists and crafters from all over the east coast. There won't be anything you can't find to fit your style, mood or need. Fine handmade jewelry, hand painted wine glasses, hand crafted musical instruments, pottery and ceramics, clothing, original paintings and artwork, antiques... the list goes on. Not to be outdone by the wineries and crafters, the food vendors are coming out in full force. With over a dozen to choose from, deciding whether to have funnel cakes, fresh roasted nuts, crabcake sandwiches, steak-n-cheese, shish kabobs, or just burgers and dogs may take you the whole day. Several restaurants will also be open during the festival if you prefer to sit and enjoy a relaxing meal. Price includes transportation and festival admission (tasting included.) Meals are on your own.

Fee: \$69 Leave 9:00 am, Return 5:00 pm
Trip number: 401680 Saturday, May 16

"1776"-THE MUSICAL

TOBY'S DINNER THEATRE, COLUMBIA, MD

The signing of the Declaration of Independence, a groundbreaking event in American history, blazes to vivid life in this most unconventional of Broadway hits. *1776* puts a human face on the pages of history as we see the men behind the national icons: proud, frightened, uncertain, irritable, charming, often petty and ultimately noble figures determined to do the right thing for a fledgling nation. *1776* is a funny, insightful, and compelling drama with a wonderful musical score. Toby's matinee brunch offers a breakfast and lunch buffet, salad bar and ice cream sundae bar. Price includes transportation, brunch buffet and show.

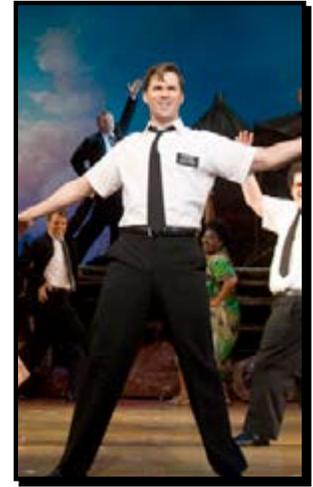
Fee: \$79 Leave 9:30 am, Return 4:30 pm
Trip number: 401681 Sunday, May 31

SPRING OCCOQUAN ARTS & CRAFTS SHOW

HISTORIC OCCOQUAN, VA

In the spring, the Town of Occoquan hosts a two-day arts and crafts fair that boasts more than 300 vendors from a wide-range of arts and crafts. Both contemporary and country crafters and artisans from Occoquan and all around the United States participate in this event along the streets of historic downtown. More than 10,000 people visit Occoquan over the two-day show to browse the crafters and artisans, and visit many unique businesses and restaurants. Price includes transportation. Meals are on your own.

Fee: \$39 Leave 9:00 am, Return 4:00 pm
Trip number: 401682 Saturday, June 6



"THE BOOK OF MORMON"

KENNEDY CENTER, DC

The New York Times calls it "the best musical of this century." The Washington Post says, "It is the kind of evening that restores your faith in musicals." Entertainment Weekly says, "Grade A: the funniest musical of all time." Jon Stewart of The Daily Show calls it "a crowning achievement. So good it makes me angry." It's *The Book of Mormon*, the nine-time Tony Award-winning Best Musical from the creators of South Park. Contains explicit language. *The Book of Mormon* tells the story of two young Mormon missionaries sent to a remote village in northern Uganda, where a brutal warlord is threatening the local population. Naive and optimistic, the two missionaries try to share the Book of Mormon, one of their scriptures but have trouble connecting with the locals, who are more worried about war, famine, poverty, and AIDS than about religion. Parental guidance is advised. Price includes transportation and show. Meals and concessions are on your own.

Fee: \$149 Leave 11:45 am, Return 5:45 pm
Trip number: 401683 Saturday, June 20

66TH ANNUAL KUTZTOWN FOLK FESTIVAL

KUTZTOWN, PA

Bring the whole family to enjoy the finest in traditional crafts, food, music and folk-life memorabilia in Kutztown, PA. A wonderful experience for children with delightful baby animals, puppets, make-and-take crafts and much more. Fun for all ages. Hundreds of America's finest traditional craftsmen will be demonstrating their art. Furniture, pottery, hand painted artworks, quilts and much more are featured. The Festival presents America's largest quilt sale, with over 2500 local handmade quilts on display and for sale! You'll find fascinating demonstrations and treasures that you can take home. Spend the day enjoying the festivities and the Pennsylvania Dutch food of every variety. Price includes transportation and festival entrance fee. Meals are on your own.

Fee: \$69 Leave 7:30 am, Return 6:30 pm
Trip number: 402268 Saturday, June 27

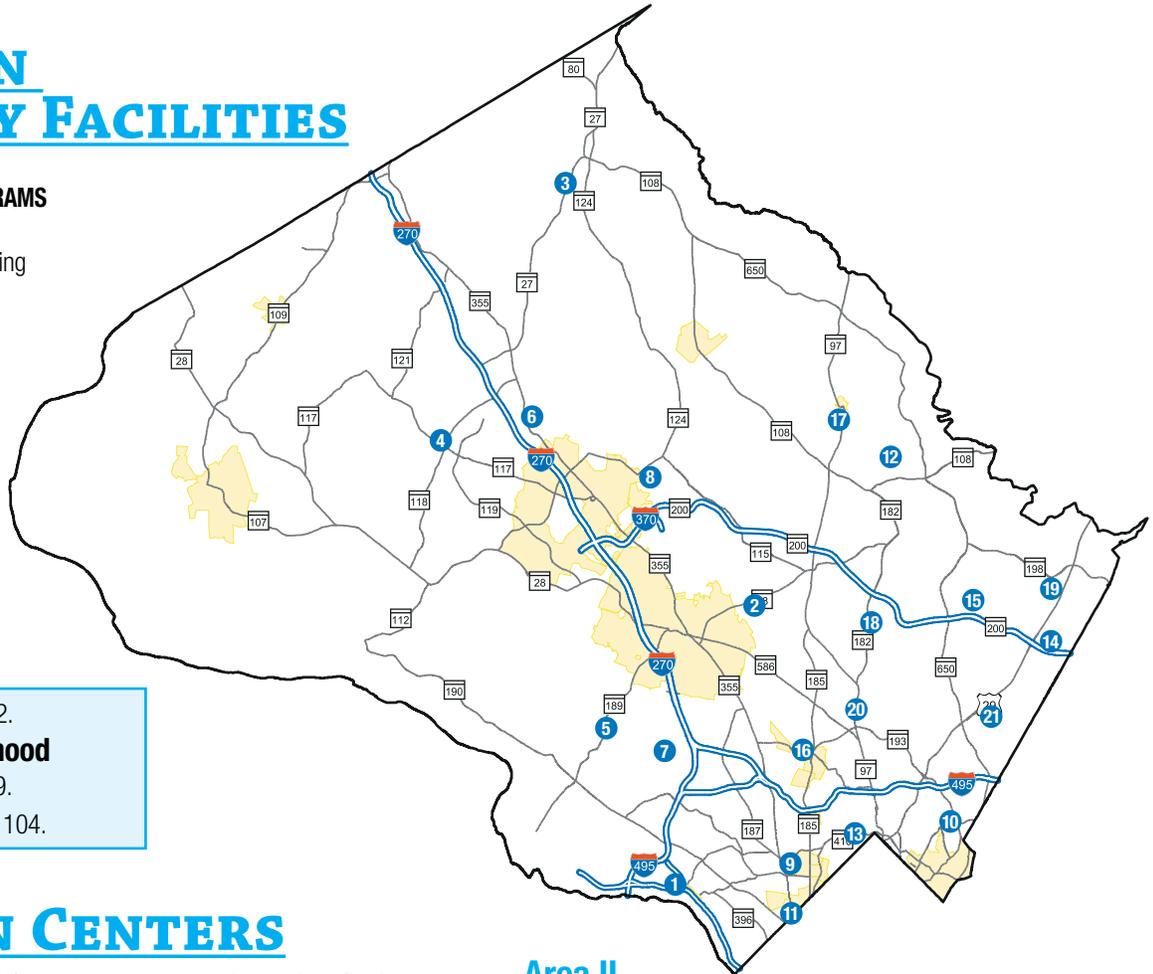
RECREATION COMMUNITY FACILITIES

COMMUNITY FACILITIES AND PROGRAMS

Mid-County CRC

2004 Queensguard Road, Silver Spring
240-777-4980

Community Facilities and programs consists of Senior and Senior Neighborhood Centers, Recreation Centers, Camps, Summer Fun Centers, and Regional Youth Sports.



Aquatic Centers: See page 12.
Senior & Senior Neighborhood Centers: See page 71 & 79.
Facility Locations: See page 104.

RECREATION CENTERS

Community Recreation Centers (CRC) and Neighborhood Recreation Centers (NRC) are located throughout Montgomery County. A variety of activities and programs are offered for participants of all ages. Each center is unique and may have some or all of the following: gymnasium, social hall with dance floor and kitchen, game and billiards room or area, weight and exercise room, arts and craft room, and meeting room. Rooms of various sizes at the CRC/NRCs can also be rented. Call for specific hours and availability.

Area I

- 1 Clara Barton NRC** 240-777-4910
7425 MacArthur Boulevard, Cabin John
- 2 Bauer Drive CRC** 240-777-6922
14625 Bauer Drive, Rockville
- 3 Damascus CRC** 240-777-6930
25520 Oak Drive, Damascus
- 4 Germantown CRC** 240-777-8095
18905 Kingsview Road, Germantown
- 5 Potomac CRC** 240-777-6960
11315 Falls Road, Potomac
- 6 Plum Gar CRC** 240-777-4919
19561 Scenery Drive, Germantown
- 7 Scotland NRC** 240-777-8075
7700 Scotland Drive, Potomac
- 8 Upper County CRC** 240-777-8077
8201 Emory Grove Road, Gaithersburg

Area II

- 9 Jane E. Lawton CRC** 240-777-6855
4301 Willow Lane, Chevy Chase
- 10 Long Branch CRC** 240-777-6965
8700 Piney Branch Road, Silver Spring
- 11 Wisconsin Place CRC** 240-777-8088
5311 Friendship Boulevard, Chevy Chase

Area III

- 12 Ross J. Boddy CRC** Closed for Renovations
18529 Brooke Road,
- 13 Gwendolyn Coffield CRC** 240-777-4900
2450 Lyttonsville Road, Silver Spring
- 14 East County CRC** 240-777-8090
3310 Gateshead Manor Way, Silver Spring
- 15 Good Hope NRC** 240-777-8055
14715 Good Hope Road, Silver Spring
- 16 Ken Gar Center**
4111 Pliers Mill Road, Kensington, MD
- 17 Longwood CRC** 240-777-6920
19300 Georgia Avenue, Brookeville
- 18 Mid-County CRC** 240-777-6820
2004 Queensguard Road, Silver Spring
- 19 Marilyn J. Praisner CRC** 240-777-4970
14906 Old Columbia Pike, Burtonsville
- 20 Wheaton NRC** 240-777-8057
11711 Georgia Avenue, Wheaton
- 21 White Oak CRC** 240-777-6940
1700 April Lane, Silver Spring



PROGRAM LOCATIONS

Argyle Local Park

Tai Chi and Qigong Beginning, Part I..... 54

Argyle MS

Train Like a Pro Basketball by Fit 2 Believe... 70

Ashburton ES

Judo Ages 6-8..... 60

Judo Ages 9-12..... 60

Avant Garde Ballroom

Dance Center

Juniors Ballroom Dance..... 42

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Little Ballroom Dancer..... 42

Barnsley, Lucy ES

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Coach Doug Wee Wanna Be..... 66

Coach Doug Wee Wanna Be Soccer &Tennis 66

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Dynaerobics Body Sculpting..... 51

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Funfit Tots..... 65

Heroes of Guitar with LNM..... 44

Gentle Yoga..... 55

Hip Hop for KidZ!..... 42

HulalaFit!..... 48

Jazzmatazz Aerobics..... 49

Karate/Jujitsu..... 58

Karate/Jujitsu Adults..... 58

Kelley's Complete Fitness Workout..... 49

Kidz Sew and Tell..... 38

Little Fingers Piano with LNM..... 64

Mama Goose on the Loose..... 65

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Pilates for Fitness by Fit 2 Believe..... 53

Pre-school Musical Exploration with LNM.... 64

PUMP IT!..... 47

Slow 'n Easy Aerobics..... 87

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Spanish Toddlers..... 54

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The Keys to Piano with LNM..... 44

Thunder Taekwondo Wee-Dragons Parent & Me.. 63

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Young Rembrandts for Tiny Tots..... 61

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Karate/Jujitsu Adults..... 58

Bethesda-Chevy Chase HS

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Ultimate Boxing Boot Camp for Youth & Adults .. 52

Blair, Montgomery HS

Chinese Watercolors..... 37

Camp Olympia

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Horseback Riding: Young Riders..... 68

Churchill, Winston HS

Better Bodies by Jerry..... 48

Clara Barton NRC

55+ Bone Builders..... 78

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Coach Doug Sports School..... 66

Coach Doug Wee Wanna Be..... 66

Coach Doug Wee Wanna Be Soccer &Tennis 66

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Vovinam Martial Arts..... 60

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Farquhar, William H. MS

Train Like a Pro Basketball by Fit 2 Believe .. 70

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Funfit Tots..... 65

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Hip Hop for Kids!..... 42

Hippo Hoppo..... 61

Karate/Jujitsu..... 58

Karate/Jujitsu Adults..... 58

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Young Rembrandts for Tiny Tots..... 61

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Aqua Mommy	13
Deep Water Running & Exercise	14
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Water Boot Camp	14
Water Exercise	14
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Diving Springs Lessons	15
Diving Springs Team	15
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Lessons-GISC-Adult Level 2	33
Lessons-GISC-Adult Level 3	34
Lessons-GISC-Adult Level 4	34
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Lessons-GISC-Pre-Beginner-Level 1	25
Lessons-GISC-Pre-Beginner-Level 2	26
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Lessons-GISC-Pre-Beginner-Level 4	29
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Thunder Taekwondo Wee-Dragons Parent & Me	63

Holiday Park SC

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Ballroom Wedding Dance (Couples)	39
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Jane E. Lawton CRC

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Coach Doug Sports School	66
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Coach Doug Wee Wanna Be Soccer & Tennis	66
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Funfit Tots	65
Hatha Yoga & Stress Management Beg/Con	55
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Pilates for Fitness by Fit 2 Believe	53
Pre-school Musical Exploration with LNM	64
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Swing (Couples)	39
Youth Strength Training by Fit to Believe	53

Kennedy Shriver Aquatic Center

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Aqua Cardio Dance	13
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Lessons-KSAC-Youth-Level 1	30
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Marshall, Thurgood ES

Abacus Mental Math Program	67
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Martin Luther King Swim Center

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Aqua Mommy	13
Aqua YO-Lates	13
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Lessons-OSC-Youth-Level 2	30
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Broad Acres ES.....	710 Beacon RD, Silver Spring, 20903
Clarksburg ES.....	13530 Redgrave PL, Clarksburg, 20871
Cloverly ES.....	800 Briggs Chaney RD, Silver Spring, 20904
Cold Spring ES.....	9201 Falls Chapel WAY, Potomac, 20854
DuFief ES.....	15001 DuFief DR, Gaithersburg, 20878
Kensington-Parkwood ES.....	710 Saul RD, Kensington, 20895
Little Bennett ES.....	23930 Burdette Forest RD, Clarksburg, 20871
Luxmanor ES.....	6201 Tilden LN, Rockville, 20852
Marshall, Thurgood ES.....	12260 McDonald Chapel DR, Gaithersburg, 20876
Matsunaga ES.....	13902 Broomfield RD, Germantown, 20874
Oakland Terrace ES.....	2720 Plyers Mill RD, Silver Spring, 20902
Olney ES.....	3401 Queen Mary DR, Olney, 20832
Potomac ES.....	10311 River RD, Rockville, 20854
Resnik, Judith A. ES.....	7301 Hadley Farms DR, Gaithersburg, 20879
Rock Creek Valley ES.....	5121 Russett RD, Rockville, 20853
Rock View ES.....	3901 Denfeld AVE, Kensington, 20895
Rolling Terrace ES.....	705 Bayfield ST, Takoma Park, 20912
Roscoe Nix ES.....	1100 Corliss ST, Silver Spring, 20903
Sargent Shriver ES.....	12518 Greenly DR, Silver Spring, 20906
Sligo Creek ES.....	500 Schuyler RD, Silver Spring, 20910
Stonegate ES.....	14811 Notley RD, Silver Spring, 20905
Woodlin ES.....	2101 Luzerne AVE, Silver Spring, 20910

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Argyle MS.....	2400 Bel Pre RD, Silver Spring, 20906
Banneker, Benjamin MS.....	14800 Perrywood DR, Burtonsville, 20866
Clemente, Roberto MS.....	18808 Waring Station RD, Germantown, 20874
Eastern MS.....	300 University BLVD, Silver Spring, 20901
Farquhar, William H. MS.....	16915 Batchellors Forest RD, Olney, 20832
Frost, Robert MS.....	9201 Scott DR, Rockville, 20850
King, Martin Luther MS.....	13737 Wisteria Drive, Germantown, 20876
Kingsview MS.....	18909 Kingsview RD, Germantown, 20874
Loiederman MS.....	12701 Goodhill RD, Silver Spring, 20906
Montgomery Village MS.....	19300 Watkins Mill RD, Gaithersburg, 20879
Neelsville MS.....	11700 Neelsville Church RD, Germantown, 20874
North Bethesda MS.....	8935 Bradmoor ST, Bethesda, 20817
Parkland MS.....	4610 West Frankfort DR, Rockville, 20853
Parks, Rosa MS.....	19200 Olney Mill RD, Olney, 20832
Poole, John MS.....	17014 Tom Fox AVE, Poolesville, 20837
Rocky Hill MS.....	22401 Brickhaven WAY, Clarksburg, 20871
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Sligo MS.....	1401 Dennis AVE, Silver Spring, 20902
Takoma Park MS.....	611 Piney Branch RD, Silver Spring, 20910
Tilden MS.....	11211 Old Georgetown RD, Rockville, 20852
White Oak MS.....	12201 New Hampshire AVE, Silver Spring, 2090

High Schools

Bethesda-Chevy Chase HS ...	4301 East West Highway, Bethesda, 20814
Blair, Montgomery HS.....	51 University BLVD E, Silver Spring, 20901
Churchill, Winston HS.....	11300 Gainsborough RD, Potomac, 20854
Springbrook HS.....	201 Valleybrook DR, Silver Spring, 20904
Watkins Mill HS.....	10301 Apple Ridge RD, Gaithersburg, 20879
Wheaton HS.....	12601 Dalewood DR, Wheaton, 20906

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Falls Road LP.....	12600 Falls Road RD, Potomac, 20854
Norwood LP.....	4700 Norwood DR, Chevy Chase, 20815
Olney Family NP.....	19117 Willow Grove RD, Olney, 20832
Olney Manor RP.....	16601 Georgia AVE, Olney, 20832
Pilgrim Hills LP.....	1615 E Randolph RD, Colesville, 20904
Quince Orchard Valley NP.....	12015 Suffolk TER, Gaithersburg, 20878
South Germantown RP.....	14501 Shaeffer RD, Germantown, 20841
Veirs Mill LP.....	4425 Garrett Park RD, Wheaton, 20906

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Clara Barton NRC.....	7425 MacArthur BLVD, Cabin John, 20818
Damascus CRC.....	25520 Oak DR, Damascus, 20872
East County CRC.....	3310 Gateshead Manor WAY, Silver Spring, 20904
Germantown CRC.....	18905 Kingsview DR, Germantown, 20874
Germantown ISC.....	18000 Central Park Cir, Boyds, 20841
Good Hope NRC.....	14715 Good Hope RD, Silver Spring, 20905
Gwendolyn Coffield CRC.....	2450 Lyttonsville RD, Silver Spring, 20910
Holiday Park Senior Center....	3950 Ferrara DR, Wheaton, 20906
Jane E. Lawton CRC.....	4301 Willow LN, Chevy Chase, 20815
Kennedy Shriver AC.....	5900 Executive BLVD, N.Bethesda, 20814
Long Branch CRC.....	8700 Piney Branch RD, Silver Spring, 20901
Longwood CRC.....	19300 Georgia AVE, Brookeville, 20833
MCR Offices.....	4010 Randolph RD, Silver Spring, 20902
Marilyn J. Praisner CRC.....	14906 Old Columbia PKY, Burtonsville, 20866
Martin Luther King SC.....	1201 Jackson RD, Silver Spring, 20904
Mid County CRC.....	2004 Queensguard RD, Silver Spring, 20906
Olney Swim Center.....	16601 Georgia AVE, Olney, 20832
Plum Gar CRC.....	19561 Scenery Drive, Germantown, 20874
Potomac CRC.....	11315 Falls RD, Potomac, 20854
Ross Boddy CRC.....	18529 Brooke RD, Sandy Spring, 20860
Scotland NRC.....	7700 Scotland Drive, Potomac, 20854
Upper County CRC.....	8201 Emory Grove RD, Gaithersburg, 20877
Wheaton NRC.....	11711 Georgia AVE, Wheaton, 20902
White Oak CRC.....	1700 April LN, Silver Spring, 20904
Wisconsin Place CRC.....	5311 Friendship BLVD, Chevy Chase, 20815

Libraries

Wheaton Regional Library.....	11701 Georgia AVE, Wheaton, 20902
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Other Facilities

Avant Garde.....	5268 M Nicholson LN, N. Bethesda, 20895
Camp Olympia.....	5511 Muncaster Mill RD, Rockville, 20855
Dansez! Dansez!.....	4907 Rugby AVE, Bethesda, 20814
Dobre Gymnastics.....	9168 Gaither RD, Gaithersburg, 20877
Golden School of Music.....	8004 A Norfolk AVE, Bethesda, 20814
Kritt Studio.....	14817 Brownstone DR, Burtonsville, 20866
Komodo.....	402 Main St., Suite #200 B, Gaithersburg, MD 20878
Maryland Table Tennis Center	18761 Q Frederick RD, Gaithersburg, 20879
Waredaca Farms.....	4015 Damascus RD, Laytonsville, 20882
Yoga Plus Bethesda.....	8200 Hamilton Springs CT, Bethesda, 20817
Yoga Plus Potomac.....	9908 S Glen RD, Potomac, 20854



MONTGOMERY PARKS • SPRING 2015



Nature Programs

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- 129 Locust Grove Nature Center
- 133 Meadowside Nature Center

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REGISTRATION OPENS

...**FEBRUARY 14/15** for
BROOKSIDE GARDENS
ALL NATURE CENTERS
GOLF AT SG DRIVING RANGE

...**FEBRUARY 15/16** for
ICE SKATING & HOCKEY, WINTER 2

...**MARCH 8/9** for
INDOOR TENNIS, SPRING 1

...**MARCH 15/16** for
OUTDOOR TENNIS, SPRING 1

...**APRIL 4/5** for
ICE SKATING & HOCKEY, SPRING

...**MAY 17/18** for
INDOOR TENNIS, SPRING 2
OUTDOOR TENNIS, SPRING 2

Registration Open Now for
ALL SPRING BREAK CAMPS
ALL SUMMER CAMPS

Registration for all sessions is open to Montgomery County residents on first date shown; next day registration is open to all.



MONTGOMERY COUNTY PLANNING BOARD

THE MARYLAND-NATIONAL CAPITAL PARK AND PLANNING COMMISSION

OFFICE OF THE CHAIR

Spring 2015

Dear Montgomery County Resident,

The Maryland-National Capital Park and Planning Commission is proud to serve the residents of Montgomery and Prince George's counties with one of the best park systems in the country. In Montgomery County alone, we provide 416 parks covering 35,000 acres of land – that's more than 10 percent of the entire land area of the county.

The best part of our system, though, is not the number or size of our parks but the quality of our programs. And with spring on the way, there's never been a better time to take advantage of Montgomery Parks' award-winning programs, services and facilities.

Check out the Montgomery Parks Events Calendar online (click on the middle "button" on our home page—www.MontgomeryParks.org—just below the banner photos) for a schedule of fun upcoming events and educational programs. Browse this Guide for top-quality ice skating, hockey, and tennis and golf classes and first-class nature programs. Or hop onto www.ParkPermits.org to reserve a picnic shelter or Park Activity Building for your next party, reunion or celebration. Registration for Summer Camps is also open—visit www.MontgomeryParks.org/Camps for a full list of great camps.

There's a lot to do in the Parks this spring! Here are some highlights:

- * Black Hill Visitor Center is now a certified Green Center, and home to the first Earth Bench on the east coast. Join them for a celebration and ribbon-cutting Saturday, April 18 from noon-3pm. Enjoy free activities, meet the Naturalists, and check out all the new features. See page 121 for more details.
- * Brookside Nature Center will host a Drumming Circle on March 12 at 7pm for ages 6 and up. Bring your own drums if you have them, and make some noise around the campfire (see page 125). For adults, there's "The Culture and Science of Brewing" on April 15 (see page 127).
- * Looking for something fun, active and/or educational for your kids during MCPS Spring Break? Check out Locust Grove Nature Center's "Watershed Explorers" Spring Break Camp, Cabin John Ice Rink's Spring Break Ice Skating Camp, Spring Week in the Park at Wheaton Ice Arena, and Spring Break Golf Camp at South Germantown Driving Range! See more Spring Break offerings on page 151.
- * The Raptor Festival at Meadowside Nature Center gives everyone a chance to see live owls, hawks and eagles right up close, and learn about their world through games, crafts and talks. Save Sunday, May 3 (noon-4pm) on your calendar! And don't forget the annual egg hunt! See pages 136 and 133.
- * The Parks seasonal facilities are opening soon! Rent kayaks or rowboats at Little Seneca Lake and Lake Needwood, practice your swing at South Germantown Driving Range, take a ride on a miniature train or carousel (open during Spring Break, too), and go camping at Little Bennett! See page 154.

Happy spring! Get out in your Parks and have an adventure.

Casey Anderson
Chair, Montgomery County Planning Board and
Vice-Chair, Maryland-National Capital Park and Planning Commission

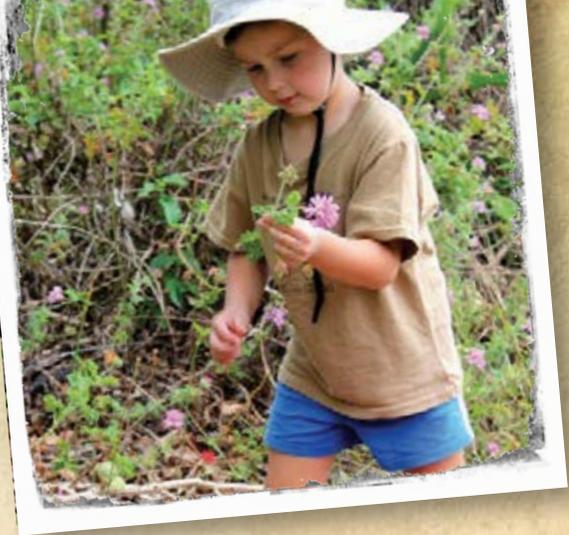
8787 Georgia Avenue, Silver Spring, Maryland 20910 Phone: 301.495.4605 Fax: 301.495.1320
www.MCParkandPlanning.org E-Mail: mcp-chairman@mncppc.org

100% recycled paper



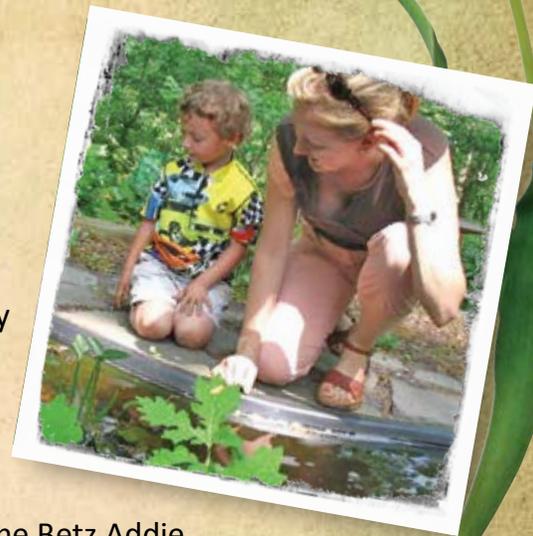
5 Fun Things to Do This Spring

in Montgomery Parks



1 Come out of hibernation and into parks! There are more than **400 parks** in Montgomery County where you can play, learn about nature and connect with neighbors, family and friends. MontgomeryParks.org

2 Visit one of our **four nature centers** located throughout the county and learn all about nature, the environment, wildlife and more. Enjoy campfires, hiking adventures, crafting and more! MontgomeryParks.org/NatureCenters



3 **Game, set, match!** Pauline Betz Addie Tennis Center and Wheaton Indoor Tennis offer year round tennis classes and court rentals for kids, teens and adults. MontgomeryParks.org/Tennis



4 **Get the whole family together for a day in the park!** Rent one of our picnic shelters or park activity buildings and enjoy games, good food and great memories! MontgomeryParks.org/Permits



5 Have tons of fun at one of many **programs** or **special events** held throughout the spring. MontgomeryParks.org/calendar



MontgomeryParks.org



MONTGOMERY PARKS Directory

BOATING & FISHING

Black Hill Boats • Black Hill Regional Park
20920 Lake Ridge Drive, Boyds, MD 20841
301-528-3466 Boat House
www.BlackHillBoats.com

Lake Needwood Boats • Rock Creek Regional Park
15700 Needwood Lake Circle, Rockville, MD 20855
301-563-7540 recorded info • 301-563-7544 in season
www.LakeNeedwoodBoats.com

CAMPING

Little Bennett Campground • Little Bennett Regional Park
23701 Frederick Road, Clarksburg, MD 20871
301-528-3430 • www.LittleBennettCampground.com

CAROUSEL

Ovid Hazen Wells Carousel • Wheaton Regional Park; see "Trains"

CULTURAL & HISTORIC ATTRACTIONS

Visit www.HistoryintheParks.org for more information and sites.

Oakley Cabin African American Museum
3610 Brookeville Road, Olney, MD 20832
301-650-4373 • www.OakleyCabin.org

Underground Railroad Experience Trail
16501 Norwood Rd., Sandy Spring, MD 20860
301-650-4373 • www.UndergroundRRExperience.org

Agricultural History Farm Park
18400 Muncaster Road, Derwood, MD 20855
301-670-4661 • www.AgHistoryFarm.org

DOG PARKS

Black Hill Regional Park Dog Park
20930 Lake Ridge Drive, Boyds, MD 20841
On Picnic Lane, SE of boat rentals on Lake Ridge Dr.

Cabin John Regional Park Dog Park
10900 Westlake Drive, Bethesda, MD 20876

Olney Manor Recreational Park Dog Park
16601 Georgia Avenue, Olney, MD 20832
Near Ballfield #4, across from the concession stand.

Ridge Road Recreational Park Dog Park
21155 Frederick Road, Germantown, MD 20876
North of the soccer field, west of the in-line hockey rink.

Wheaton Regional Park Dog Park
11717 Orebaugh Avenue, Silver Spring, MD 20902
East of Wheaton Sports Pavilion; use Orebaugh Avenue entrance.

DRIVING RANGE/GOLF COURSES*

South Germantown Driving Range ParkPASS
18045 Central Park Circle, Boyds, MD 20841
301-670-4670 • www.SGDrivingRange.com

Little Bennett Golf Course • 301-253-1515

Needwood Golf Course • 301-948-1075

Northwest Park Golf Course • 301-598-6100

Sligo Creek Golf Course • 301-585-6006
or visit them at www.MCGGolf.com

*Golf courses are operated by the Montgomery County Revenue Authority.

EVENT CENTERS

Looking for the perfect spot for a wedding, anniversary, family reunion, retirement party, business meeting or retreat? Montgomery Parks is the natural choice! Visit www.ParkEventCenters.com for more information.

Brookside Gardens • Wheaton Regional Park
1800 Glenallan Avenue, Wheaton, MD 20902
301-962-1404 • Event.Manager@MontgomeryParks.org
www.ParkEventCenters.com or www.BrooksideGardens.org

Lodge at Little Seneca Creek with new event tent!
14500-A Clopper Road, Boyds, MD 20841
301-528-6010 • EventCenters@MontgomeryParks.org
www.ParkEventCenters.com or www.LodgeatSeneca.com

Rockwood Manor ParkPASS
11001 MacArthur Boulevard, Potomac, MD 20854
301-563-7500 • EventCenters@MontgomeryParks.org
www.ParkEventCenters.com or www.RockwoodManor.com

Woodlawn Manor Park
16501 Norwood Road, Sandy Spring, MD 20860
301-774-1900 • EventCenters@MontgomeryParks.org
www.ParkEventCenters.com or www.WoodlawnManor.com

FUTSAL

Wheaton Sports Pavilion in Wheaton Regional Park; see "Soccer"

GARDENS

Brookside Gardens • Wheaton Regional Park **ParkPASS**
1800 Glenallan Ave., Wheaton, MD 20902
301-962-1400 general information • 301-962-1404 event rentals
www.BrooksideGardens.org

McCrillis Gardens
6910 Greentree Road, Bethesda, MD 20817
301-962-1455 • www.McCrillisGardens.org

HORSEBACK RIDING & STABLES*

Callithea Farm Park
15000 River Rd., Potomac, MD 20854 • 301-977-8010

Meadowbrook Riding Stables
8200 Meadowbrook Lane, Chevy Chase, MD 20815
301-589-9026 • www.MeadowbrookStables.com

Potomac Horse Center
14211 Quince Orchard Rd., N. Potomac, MD 20878
301-208-0200 • www.PotomacHorse.com

Rickman Farm Horse Park
17320 Moore Rd., Boyds, MD 20841
1-301-349-0075 • www.GreatandSmallDC.org

Wheaton Regional Park Stables
1101 Glenallan Ave., Wheaton, MD 20902
301-622-2424 • www.WheatonParkStables.com

Woodstock Equestrian Park
20100 Darnestown Rd., Beallsville, MD 20839
301-767-0002 • www.EquestrianPark.org

*Equestrian facilities are managed by private operators through partnerships with the Maryland-National Capital Park and Planning Commission).

ICE SKATING

Cabin John Ice Rink ParkPASS

Cabin John Regional Park
10610 Westlake Drive, Rockville, MD 20852
301-765-8620 • www.CabinJohnIce.com

Classes for all ages and skill levels, private instruction, camps, public skating sessions, party rooms and more.

Wheaton Ice Arena ParkPASS

Wheaton Regional Park
11717 Orebaugh Avenue, Wheaton, MD 20902
301-905-3000 • www.WheatonIceArena.com

Classes for all ages and skill levels, private instruction, camps, public skating sessions, party rooms, fitness/exercise center.

LACROSSE

Wheaton Sports Pavilion

in Wheaton Regional Park; see "Soccer"

MINIATURE GOLF

South Germantown Miniature Golf

South Germantown Recreational Park
18056 Central Park Circle, Boyds, MD 20841
301-670-4680 • www.SplashandGolf.com

NATURE CENTERS

Black Hill Visitor Center ParkPASS

Black Hill Regional Park
20926 Lake Ridge Dr., Boyds, MD 20841
301-528-3492 • www.BlackHillNature.org

Brookside Nature Center ParkPASS

Wheaton Regional Park
1400 Glenallan Avenue, Wheaton, MD 20902
301-962-1480 • www.BrooksideNature.org

Locust Grove Nature Center ParkPASS

Cabin John Regional Park
7777 Democracy Boulevard, Bethesda, MD 20817
301-765-8660 • www.LocustGroveNature.org

Meadowside Nature Center ParkPASS

Rock Creek Regional Park
5100 Meadowside Lane, Rockville, MD 20855
301-258-4030 • www.MeadowsideNature.org

SOCCER

Wheaton Sports Pavilion

Wheaton Regional Park (former Outdoor Rink)
11751 Orebaugh Avenue, Wheaton, MD 20902
301-905-3070 • www.WheatonSportsPavilion.com

200' x 85' covered synthetic turf playing field; rent for soccer, lacrosse, futsal, party and more.

CUPF Schedules All Athletic Fields

All scheduling for Montgomery Parks outdoor athletic fields is managed by the Office of Community Use of Public Facilities (CUPF). To reserve a field, visit www.MontgomeryCountyMD.gov/CUPF or call 240-777-0311.

SPLASH PLAYGROUND

South Germantown Splash Playground

South Germantown Regional Park
18056 Central Park Circle, Boyds, MD 20841
301-670-4680 • www.SplashandGolf.com

SKATEBOARDING & INLINE

Olney Manor Skate Park ParkPASS

Olney Manor Regional Park
16601 Georgia Avenue, Olney, MD 20832
301-905-3095 • www.OlneyManorSkate.com

TENNIS (INDOOR)

Montgomery TennisPlex*

in South Germantown Recreational Park
18010 Central Park Cir., Boyds, MD 20841
240-477-4430 • www.MontgomeryTennisPlex.com

**This facility is managed by a private operator through a partnership with the Maryland-National Capital Park and Planning Commission. Please contact them directly for more information about their classes and programs.*

Pauline Betz Addie Tennis Center ParkPASS

Cabin John Regional Park
7801 Democracy Blvd., Bethesda, MD 20817
301-765-8650 • www.CabinJohnTennis.com

Wheaton Indoor Tennis ParkPASS

Wheaton Regional Park
11715 Orebaugh Avenue, Wheaton, MD 20902
301-905-3030 • www.WheatonTennis.com

TENNIS (OUTDOOR)

Outdoor courts are available to use at no cost on a first-come, first-served basis in 127 different Montgomery Parks (unless they've been reserved through Park Permits). Group lessons are held on select courts in the spring, summer and fall through Montgomery Parks—see "Indoor Tennis" above.

Outdoor tennis lesson info: www.ParkPASS.org
Complete court list: www.MontgomeryParks.org
Reserve a court: www.ParkPermits.org

TRAILS

Visit www.MontgomeryTrails.org for maps and detailed information about the 200 miles of trails in Montgomery Parks.

TRAINS (MINIATURE)

Cabin John Miniature Train

Cabin John Regional Park
7410 Tuckerman Lane, Rockville, MD 20852
301-765-8670 • 301-650-2880 party rentals
www.CabinJohnTrain.com

Wheaton Miniature Train

Wheaton Regional Park
2000 Shorefield Road, Wheaton, MD 20902
301-563-7545 • 301-650-2880 party rentals
www.WheatonTrainandCarousel.com

CONTACT

- To report maintenance issues or problems in a park: **301-670-8080**
- To reserve a picnic shelter or Park Activity building: **www.ParkPermits.org**
301-495-2525
- Athletic Field Rainout number: **301-765-8787**
- Park Police: **301-949-3010**
- For info on a Montgomery Parks class or program: **301-495-2580**
www.ParkPASS.org
MCP-ParkPassHelp
@MontgomeryParks.org
- To volunteer in the Parks: **www.ParksVolunteers.org**
- General Information: **301-495-2595**
www.MontgomeryParks.org
- For info about a specific park: **www.MontgomeryParks.org**
Click on "Contact Us"
- Become a fan of **Montgomery Parks** on Facebook
- Follow MontgomeryParks on Twitter at <http://twitter.com/MontgomeryParks>
- Support MontgomeryParks! Visit **www.MontgomeryParksFoundation.org**

When you see the words
"ParkPASS"...

When you see the words **"ParkPASS"** next to a facility name in this directory, it means there are people at that facility who can help you register for any Parks program using the **ParkPASS** online registration system.

You can also open a new **ParkPASS** account at these locations. Facility hours vary; please call before stopping by.

To open your free **ParkPASS** account online, visit **www.ParkPASS.org**

This park bench is more
than just a place to sit.



This bench is dedicated to the memory of a beloved family member who spent countless hours in this park appreciating the serenity and enjoying nature. Stan walked his dog here and watched his grandchildren play on the playground. This was one of Stan's favorite places and now this bench reminds us of the time he enjoyed here.

The **Montgomery Parks Foundation** can help you honor or memorialize people you love, admire, respect or miss in your life. Your dedication can acknowledge a special birthday, mark a life milestone or create a place of importance for your family.

***Make a bench in your park
more than just a place to sit!***



Montgomery Parks
FOUNDATION

For more information contact: Raleigh Leichter,
Development Program Manager at [RaleighLeichter@
MontgomeryParksFoundation.org](mailto:RaleighLeichter@MontgomeryParksFoundation.org) or call 301-495-2567.

www.MontgomeryParksFoundation.org



Providing Opportunities for People with Disabilities



Great and Small Therapeutic Riding

Rickman Farm Horse Park

Great and Small offers therapeutic horseback riding and horsemanship lessons to riders of all ages with a wide variety of physical, emotional, sensory, and developmental challenges. Therapeutic riding teaches horsemanship and horseback riding skills, and incorporates elements that enhance related goals such as balance, strength, or sequencing.

For more information on programs or volunteering, call Program Director Megan Ferry or email mferry@greatandsmallride.org.

GreatandSmallRide.org
301-349-0075

Red Wiggler Community Farm

Ovid Hazen Wells Recreational Park

The fertile ground at Red Wiggler Community Farm not only grows delicious organic vegetables, it also nourishes a healthy, inclusive community. Since 1996, Red Wiggler has provided meaningful employment for individuals with developmental disabilities, and hands-on educational experience for youth and adults. Working on twelve acres of land in Ovid Hazen Wells Park, "growers" gain confidence, social skills, and a paycheck (by weeding, planting beds, harvesting, and selling) while providing healthy, local food to the community. Here, the work is truly organic—and bountiful. Please visit our website for more information.

RedWiggler.org
301-916-2216

Miracle League

South Germantown Recreational Park

There's something about baseball that lights up a child's face. The Miracle League Field at South Germantown Recreational Park was built specifically to give children with physical or mental challenges the opportunity to "play ball"!

We can't change or cure the medical issues disabled children live with every day. But we can provide them with an opportunity to experience the joy and benefits of playing our "national pastime"...baseball.

Our 2015 season opens on Saturday, April 11. Please bring a child with special needs to play baseball. Visit our website or call us for more information.

MiracleLeagueMontCoMD.com
301-332-6716



For more information, please visit
MontgomeryParks.org/Partners



Think Blue, Act Green

We are all connected to nature, and pollution travels further – and faster – than you think. **Help protect our water** and keep our streams clean by following some **easy tips** in your own backyard – and while visiting parks!



1 Don't Litter!

In the last year, Park volunteers picked up over 158,000 pounds of trash through stream and park cleanups. This trash comes from improperly disposed of trash both in and out of parks. Trash not only makes our parks and communities unattractive, it can also be harmful to our environment and can impact local wildlife that can confuse our litter with food!



2 Pick up your pet's waste!

Thousands of pounds of pet waste left on the ground washes over the land or into storm drains every time it rains. That waste then flows into our local streams, resulting in polluted waterways.



3 Only Rain Down Storm Drains!

Storm drains in Montgomery County all lead directly to our local streams with no water treatment. Anything other than rainwater that makes it into these drains can pollute our local waters and the Chesapeake Bay.



To learn more about how you can protect local water quality visit www.MontgomeryParks.org/Stormwater



1800 Glenallan Avenue • Wheaton, MD 20902
301-962-1400 • www.BrooksideGardens.org

Adult Programs

Gardening

Explore the diverse and in-depth world of cultivating plants. FOBG: \$20



Introduction to Organic Food Gardening

Growing food organically raises many questions: what plants should you grow? How much compost should you use, and when? Do you need a raised bed, and how do you deal with those darned pests? Come to this workshop for your answers! **Gordon Clark**, Project Director of Montgomery Victory Gardens, will discuss best organic methods, site and plant selection, soil preparation, planting with the seasons, dealing with pests and diseases, and more.

316450 18 & up 1 Class \$22 3/24 Tu 6:00pm-7:30pm

Container Gardening Basics and Beyond

Learn the basics of growing successful container plantings with **Kathy Jentz**, Editor/Publisher of *Washington Gardener* magazine. Kathy will cover a wide range of topics, including what type of soils to use, what plants do best in our region, ornamental and edible containers, and the current styles and fashions in container gardening.

316451 18 & up 1 Class \$22 4/2 Th 2:00pm-3:30pm

316452 18 & up 1 Class \$22 4/4 Sa 10:00am-11:30am



Cooking in the GARDENS

Cooking Demonstrations

Take a delectable series of cooking classes at Brookside Gardens! Each class focuses on healthful recipes with seasonal and local fruits, vegetables, and herbs. Enjoy samples of the dishes, prepared as you watch, using easy-to-follow recipes that you can try at home. FOBG \$30

Sensational Sides

Get ready for spring holiday entertaining with recipes that showcase the spring garden! The fresh sides featured in this class will light up the Easter buffet table and make Mom's Day truly special.

315949 18 & up 1 Class \$35 3/18 W 12:00pm-1:30pm

Colors of Spring

There's so much more to this season than green... celebrate the beauty of spring's colors with a rainbow of recipes. Featured ingredients will include multi-hued asparagus, radishes, fruits and more.

315950 18 & up 1 Class \$35 4/22 W 12:00pm-1:30pm

Herb Celebration

Herbs, however unassuming, can take the mundane and transform it into delectable! Easy-to-grow, flavorful, fresh herbs will be showcased in terrific new recipes from the Cook Sisters.

315951 18 & up 1 Class \$35 5/13 W 12:00pm-1:30pm

Environmental Gardening

How you care for your garden and yard affects the environment--make sure it's a *positive* effect! These programs will help you become a better steward of your yard, garden, or community garden plot. Bring a bag lunch or snack, if you like. FOBG \$13

Rain Garden Workshop

Learn techniques to evaluate your yard, and create a rain garden using native plants and enhanced soils to build a watershed-friendly garden full of beauty and life. Develop a planting plan and materials list to create your garden, and learn about the County's rebate program to assist with funding your project.

316059 18 & up 1 Class \$15 3/26 Th 4:00pm-7:00pm

316099 18 & up 1 Class \$15 3/27 F 10:00am-1:00pm

Make & Take Rain Barrels

Gather and store water from your rooftop and help control the stormwater impact to your yard. Learn about watershed health in the County and how you can help, starting at your own home. Rain barrel with fittings and easy instructions provided. Limit one rain barrel per household. Remember you need a vehicle large enough to carry a 55-gallon barrel home!

316108 18 & up 1 Class \$15 4/17 F 10:00am-1:00pm

316109 18 & up 1 Class \$15 4/18 Sa 10:00am-1:00pm

Conservation Landscaping Techniques

Learn how conservation-based landscaping techniques can beautify your yard and neighborhood, restore native habitats, help improve the environment, and save you time and money. We'll go over turf removal techniques, help you develop a site design tailored to your yard, and provide information on the County's rebate program to help fund your project.

316107 18 & up 1 Class \$15 5/14 Th 4:00pm-7:00pm

316100 18 & up 1 Class \$15 5/15 F 10:00am-1:00pm





Free Garden Tours

Enjoy free tours of Brookside Gardens in Wheaton or McCrillis Gardens in Bethesda. Brookside Gardens is an award-winning display garden, featuring an abundance of annual and perennial displays throughout the season. McCrillis Gardens is a naturalistic strolling garden, offering shady woodland walks and splashes of color in spring. Highly trained, knowledgeable guides offer engaging horticultural tours, focusing on the plants that make each garden unique.

Brookside Gardens Saturday Afternoon Walks

Free; registration required.

Meet at the Conservatory entrance.

316213	18 & up	1 Class	Free	4/25	Sa	2:00pm- 3:00pm
316214	18 & up	1 Class	Free	5/9	Sa	2:00pm- 3:00pm
316215	18 & up	1 Class	Free	5/23	Sa	2:00pm- 3:00pm
316216	18 & up	1 Class	Free	6/6	Sa	2:00pm- 3:00pm

McCrillis Gardens Sunday Afternoon Walks

Free; registration required. Meet at McCrillis House at 6910 Greentree Rd. in Bethesda.

316217	18 & up	1 Class	Free	5/3	Su	2:00pm- 3:00pm
316218	18 & up	1 Class	Free	5/10	Su	2:00pm- 3:00pm
316219	18 & up	1 Class	Free	5/17	Su	2:00pm- 3:00pm
316220	18 & up	1 Class	Free	5/24	Su	2:00pm- 3:00pm
316250	18 & up	1 Class	Free	5/31	Su	2:00pm- 3:00pm

Garden Walks, Talks and Demos

Gain an insider's knowledge on the seasonal happenings at Brookside Gardens, and learn more about different areas of horticulture. Our staff will offer you a depth of knowledge you won't get anywhere else! Please dress for the weather and wear comfortable shoes.

Visit to a Woodland Garden

Early spring is boom time for many wildflowers. With food-storage organs like bulbs and corms plump from last year's growing season, these species are prepared for the rapid growth necessary to flower before the canopy of leaves returns overhead, blocking out much photosynthesis. Register for one visit or all three dates to observe the progression of beauties in this private woodland garden in Potomac. Address sent upon registration. FOBG \$5.

316302	18 & up	1 Class	\$6	4/14	Tu	1:00pm- 3:00pm
316303	18 & up	1 Class	\$6	4/21	Tu	1:00pm- 3:00pm
316304	18 & up	1 Class	\$6	4/28	Tu	1:00pm- 3:00pm

See more *Garden Walks*

on p.116...



© Lee D'Zmura

School of Botanical Art & Illustration

The pleasurable pursuit of drawing plants from field, woods or garden opens your eyes to see the true beauty in nature. Even a pesky weed can charm when viewed up-close and drawn in detail. Enter the world of the botanical artist! Take the Core Curriculum in sequence, from Drawing Basics to Art in Watercolor. The classes listed below are open to anyone who has taken the prerequisites listed for each course.

Core Curriculum

Painting Recap - P3

Prerequisite: Botanical Painting - P2

Hone painting skills needed for successful completion of a small botanical painting. The course will include demonstrations in color mixing and botanical watercolor techniques (introduced in P1 and P2), as well as time set aside for individual guidance. Work towards the completion of your P2 assignment or another small botanical painting, and get it ready to enter BOTANICA!

316650	18 & up	2 Classes	\$252	4/16 & 30	Th	10:00am- 1:30pm
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Botany for Artists

No prerequisite

Understand plant structures to see your botanical art come alive! Learn how to observe and identify plants. Appreciate subtle variations found in leaf edges, leaf arrangements, thorns, hairs and much more. Probe, dissect and sketch sections of flowers and fruits. Prepare a "field study page": a reference for future paintings that includes observational sketches and pressed samples.

316651	18 & up	4 Classes	\$252	5/5	Tu	10:00am- 1:30pm
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Workshops

Painting Brilliant Daffodils

The delicate petals of a daffodil are the perfect subject for transparent watercolor, but adding shadows without "muddying" the yellows can be difficult. Learn a useful process to show form with shadows while preserving those brilliant yellow glazes. This class will briefly cover sketching the daffodil flower, with the option to use a provided line drawing for painting. Intermediate level.

316657	18 & up	1 Class	\$66	3/14	Sa	10:00am- 1:30pm
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A Pansy: Wet & Dry Colored Pencil

Prerequisite: Colored Pencil-Introduction (or colored pencil experience)

Capture the intense colors and velvety texture of pansies, using both watercolor and dry colored pencils to build layers of rich color. Ahead of class, complete a detailed tonal drawing of a whole plant or close-up of a pansy face. Alternatively, use a close-up photo provided by the teacher at class. Registration deadline: March 14.

316658	18 & up	2 Classes	\$181	3/28	Sa & Su	10:30am- 4:00pm
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Butterflies, Bees & Botanicals

Butterflies, bees and botanicals share a long historical tradition, from the works of Merian and Redoute through contemporary works of art. Such compositions tell a broader story of the life of a plant, and add a lively element that energizes a painting. Instruction will cover the relationship between butterflies, bees and plants, and exploration of techniques that integrate all into a dynamic botanical composition. Advanced level. Registration deadline: March 30. For an additional \$60, we will provide your lunch each day of the workshop, to include your choice of sandwich or salad, beverage and dessert from Bread and Brew.

316662	18 & up	4 Classes	\$450	4/23	Th-Su	10:00am- 4:00pm
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Xcursions

Come discover the rich horticultural tradition of the mid-Atlantic region with Brookside Gardens! Visit gardens public and private, go behind the scenes at nurseries, and explore the unique plants and landscaping of our region. From short local trips to full day, out-of-state adventures, there is an Xcursion just for you. Please be sure to wear walking shoes and dress for the weather.

A Permaculture Homestead

Enjoy a summer morning at local author and permaculture expert Michael Judd's homestead. We'll begin with an edible and ecological landscape tour, and a visit to their newly completed strawbale home. Michael will cover subjects from food forests to outdoor mushroom growing. After the tour, there will be time to enjoy a picnic lunch, relax, converse, and continue exploring. Fee covers transportation, admission, and lunch.

316829 18 & up 1 Class \$65 6/12 F 8:00am- 2:00pm

A Visit to Ladew Topiary Gardens

Come and see why Architectural Digest named Ladew one of 10 incredible topiary gardens around the world. Gain an insider's knowledge through a tour of both the Manor House and Garden, then continue exploring at your own pace: marvel at more than 100+ topiaries, meander through the Garden Rooms, or just relax on a bench and enjoy Ladew's unique beauty. Cost includes transportation, admission, lunch at Ladew Café and tours. Note: Paths are mulched not paved.

316802 18 & up 1 Class \$106 6/9 Tu 8:30am- 5:00pm

Asian Collections at the U. S. National Arboretum

Celebrate the season of cherry blossoms with a visit to our National Arboretum. We'll begin the day exploring their extensive bonsai collection and museum, then share a leisurely picnic lunch. In the afternoon, enjoy an exclusive walking tour of Asian Valley led by Arboretum staff, taking in spring blooming camellias, magnolias, and of course, cherries. Fee includes transportation and lunch. This trip includes extensive walking.

316799 18 & up 1 Class \$41 4/27 M 9:30am- 4:00pm

Private Gardens of Mink Hollow

Visit some of the most inspiring private gardens in our area at the height of gardening season. This year's featured gardens have been artfully created by their owners over a number of years. Their passions are evident in their creations: a painter's palette of blossoms arranged by room, a veritable botanical library of specimens, gorgeous handcrafted outbuildings, whimsical design and more. Discover your inner horticulturist as you gather creative ideas and practical information for your own garden.

316830 18 & up 1 Class \$20 5/23 Sa 10:00am- 4:00pm



Surreybrooke Gardens and Shopping Trip

Just in time for Mother's Day, enjoy a day at Surreybrooke! Upon arrival, we'll be treated to a walking tour of the beautiful English-style gardens there, paying special attention to the unique collection of plants and trees, as well as the history of the house and historic outbuildings. After the tour, enjoy a picnic lunch, then browse through the greenhouses, garden center, and Amaryllis Gift Shop. Fee includes transportation, tour, and picnic lunch.

316801 18 & up 1 Class \$82 5/5 Tu 9:00am- 4:00pm

Children's Programs

Flower Buds

On the second Monday of every month, treat your 3- to 5-year-old to gardening activities, stories, crafts and garden walks. Younger siblings are welcome, but crafts are designed for older kids. Adults must accompany children.



For ages 3-5 \$5
10:30am-Noon

313799 Mon. March 9

313800 Mon. April 13

313801 Mon. May 11

313802 Mon. June 8

Make and Take

Create a garden-inspired masterpiece at Brookside Gardens!

Grow a Miniature Garden

Miniscule gardens are popular inside the home these days—why not try creating one outside? **Joan O'Rourke**, Friends of Brookside Gardens, has found miniature perennial plants that are just like the grown-up ones, including tiny dianthus, the smallest heuchera, and many others. Learn how to design, grow and keep a very small garden of your own. Fee includes all materials to make your own garden. FOBG: \$55

316456 18 & up 1 Class \$61 4/14 Tu 10:00am-11:30am

316461 18 & up 1 Class \$61 4/15 W 10:00am-11:30am

Hanging Baskets

Create your very own display of flowers and foliage in a hanging basket. Beautiful new plant color introductions will add surprises to this perennially favorite workshop. Instructions will cover lining a 14-inch wire basket with sphagnum moss, and planting tips for best results. Fee includes all materials. FOBG: \$50

316454 18 & up 1 Class \$56 5/7 Th 10:00am-11:30am

316455 18 & up 1 Class \$56 5/8 F 10:00am-11:30am

Digital Garden Photography

Robert E. Lyons, PhD, Professor Emeritus, University of Delaware

Learn to use your eyes, your mind, and your camera to capture perfect moments in a garden! This hands-on workshop will focus on concepts such as composition and lighting rather than equipment. Photographers of all levels are welcome. Bring your own camera- compact and DSLR welcome- you should be very familiar with its operation. Fee includes lunch. FOBG \$83

316457 18 & up 1 Class \$92 5/21 Th 12:00pm- 4:00pm

316457 18 & up 1 Class \$92 5/21 Th 12:00pm- 4:00pm

Willow Furniture Workshop

Bim Willow, Furniture Maker, Artist, Gardener

Come with a hammer and leave with your choice of twelve different projects! Bent willow furniture is an American tradition, and the perfect rustic accent for your home. Price varies depending on project chosen. Choose the extra fee associated with the piece of furniture you would like to create. Pictures of furniture choices are available to view at BrooksideLearning.org. Questions? Call 301-962-1451.

316549 18 & up 1 Class \$61 5/30 Sa 9:00am- 4:00pm





Garden Walks, Talks and Demos (continued from p.114)

EARTH DAY Talks and Tours

In honor of Earth Day, we'll focus on some of Brookside's planet-friendly efforts. Register for one, two, or all three programs.

Spring Wildflowers

Join **Lisa Tayerle** for a tour of the Gardens boardwalk and the beautiful native spring wildflowers found there.

316299 18 & up 1 Class Free 4/22 W 10:00am-11:00am

Woody Natives

Curious about the shrubs and trees that grow naturally in our area? **Diane Lewis** will highlight some beautiful specimens on a stroll through the Gardens.

316300 18 & up 1 Class Free 4/22 W 11:00am-12:00pm

Garden Gateway

Our parking lot construction includes many exciting green initiatives! Join **Phil Normandy** for updates and insights on the creation process.

316301 18 & up 1 Class Free 4/22 W 12:00pm- 1:00pm



Wings of Fancy

LIVE BUTTERFLY & CATERPILLAR EXHIBIT



Wednesday, July 1 – Sunday, October 25
10:00am – 4:00pm daily

Fee: \$6 adults; \$4 ages 3 – 12
Brookside Gardens South Conservatory

Groups of 15 or more by appointment only,
call 301-962-1467 for reservations.



Black Hill Visitor Center

20926 Lake Ridge Dr. • Boyds, MD 20841 • 301-528-3492 • www.BlackHillNature.org
Please check our website for Visitor Center hours. Trails open daily, dawn to dusk.

Nature Programs in Black Hill Regional Park

Children

Registration is required, and all children must be accompanied by an adult unless otherwise noted.

Nature Architects

Erect a tower, build a boat, make a mud pie...it's time to let your inner architect out! We'll venture into different park habitats to design and construct things using natural objects and materials. What we do will depend on the weather and the things we can find. But no matter what we do, come dressed for the weather and ready to get dirty. FOBH \$4

314203 3-12yrs 1 Class \$5 3/8 Su 1:30pm- 2:30pm
314204 3-12yrs 1 Class \$5 4/9 Th 1:30pm- 2:30pm



Babes in the Park

We'll have nature play materials out to help you explore the exciting natural world around the Visitors Center with your toddler. Siblings are welcome to come, too.

314215 1-3yrs 1 Class Free 3/16 M 10:00am-11:00am
314216 1-3yrs 1 Class Free 4/20 M 10:00am-11:00am
314217 1-3yrs 1 Class Free 5/11 M 10:00am-11:00am



Look for Black Hill Nature Programs at the "Kites Over Clarksburg" Festival in Ovid Hazen Wells Park on **Saturday, March 28!**



Time for Tots

Enjoy a seasonal story, then go outside to explore nature with a Park Naturalist. FOBH \$4

Feel the Wind

Have you felt the wind in your hair or seen a bird soar on the wind? Don't you love that feeling? Then join us for this story all about the wind, then head outside to make wind painted kites to fly around the Visitor Center.

314205 2-5yrs 1 Class \$5 3/10 Tu 10:00am-11:00am

My Spring Robin

A little girl goes in search of her beloved spring robin in this tale by Anne and Harlow Rockwell. She finds many wonderful signs of spring along her journey. We'll read this tale, then go outside on our very own search for "My Spring Robin."

314206 2-5yrs 1 Class \$5 3/21 Sa 2:00pm- 3:00pm

An Egg Is Quiet

We'll read this beautiful book and learn all about different kinds of eggs. You'll even make your own nest and eggs to keep! Then we'll head outside to see if we can find any clues of nests and eggs.

314207 2-5yrs 1 Class \$5 3/25 W 10:00am-11:00am

Little Frog's Song

Little frog sings about the beauty of his pond every night, but then a rain washes him away. He must find his way back so he can sing again. We'll read the story, then make our own frog hat before hopping out to inspect our pond to see what we can find.

314208 2-5yrs 1 Class \$5 4/9 Th 10:00am-11:00am

Dear Children of the Earth

Let's celebrate Earth Day by reading a letter from Mother Earth. We'll make an Earth Day craft, then head outside to really celebrate this wonderful world we live in.

314209 2-5yrs 1 Class \$5 4/21 Tu 10:00am-11:00am

The Deep, Deep Puddle

Let's read this fanciful tale of what is in a deep, deep puddle. We'll do a fun weather activity then head outside to play in puddles (natural or man-made).

314210 2-5yrs 1 Class \$5 5/7 Th 10:00am-11:00am

Sunflower House

The young boy in this story creates a summer playhouse by planting sunflowers, and saves the seeds to make another house the next year. After we read the story we'll head outside to plant a sunflower house in our outdoor classroom that you can visit all summer long. You'll also get to plant a sunflower to take home with you to start your own sunflower house.

314211 2-5yrs 1 Class \$5 5/20 W 10:00am-11:00am

Planting a Rainbow

This is the story of a little girl and her mother who plant seeds in their garden and see a rainbow grow right before their eyes. Come read the story with us and plant your very own rainbow to take home.

314212 2-5yrs 1 Class \$5 5/31 Su 1:00pm- 2:00pm



Science Sunday

Science is awesome, messy, and fun! Join a Park Naturalist to explore the awesome world of science around the park. FOBH \$6

World Water Day

Let's celebrate World Water Day by experimenting with water and ways to clean it. We'll experiment with the different properties of water, then see if we can design a way to clean water that people all over the world could use.

314249 6-12yrs 1 Class \$7 3/22 Su 3:00pm-4:30pm

Egg-Speriments

This Science Sunday will be so egg-citing! We'll explore the egg-ceptional properties of eggs and try out lots of egg-stounding egg-speriments.

314250 6-12yrs 1 Class \$7 5/31 Su 3:00pm-4:30pm

Life in a Vernal Pool

Vernal pools are springtime occurrences. Although short-lived, they offer critical breeding grounds for our local amphibians. We'll trek to a vernal pool and look for tadpoles, frogs and salamanders, and talk about the ecology of these fleeting waters. FOBH \$6

Little Bennett Regional Park

Today we'll explore some pools in Little Bennett Regional Park. Meet at the Hyattstown Mill parking area at the intersection of Hyattstown Mill Road and Rt. 355/Frederick Road, across from the fire station.

314255 6-12yrs 1 Class \$7 3/27 F 1:30pm-3:00pm

Black Hill Regional Park

Today we'll explore some pools in Black Hill Regional Park. Meet at the parking area by the old Black Hill maintenance yard; entrance is just before the Park Office on Lake Ridge Drive. The hike leader will email registrants with a map.

314256 6-12yrs 1 Class \$7 4/7 Tu 1:30pm-3:00pm

Natural Yogis

Nature and yoga provide essential therapeutic benefits to children of all ages. Join certified Child Light yoga instructor Lanie Lile and a Park Naturalist monthly as they explore varying themes in nature that will help children become more at ease in their world. FOBH \$9

Movements of the Weather

314301 2-5yrs 1 Class \$10 3/28 Sa 10:00am-11:00am

Frog and the Great Metamorphosis*

314302 2-5yrs 1 Class FREE 4/18 Sa 1:30pm-2:30pm

Flowers

314303 2-5yrs 1 Class \$10 5/23 Sa 10:00am-11:00am



Nature's Egg Hunt

Learn all about what eggs look like in nature and search for the natural-looking eggs we've hidden outside. Then we'll head back in to make our very own natural-looking egg. FOBH \$4

314357 2-8yrs 1 Class \$5 4/3 F 1:00pm-2:00pm

Fabulous Flowers

It's spring time, and all the plants are starting to perk up. We'll take a walk to see what's blooming and find out what makes flowers so fabulous. Then we'll make a colorful flower craft to take home and perk up our homes. FOBH \$5

314399 2-12yrs 1 Class \$6 4/11 Sa 10:00am-11:00am

Hummingbirds on the Move

The hummers are on the move! We'll check on the ruby-throats' progress north using the "Journey North" website, and learn all about these amazing flying jewels. Learn which types of flowers will attract them to your yard, and make a simple feeder to take home with you. FOBH \$5

314400 2-12yrs 1 Class \$6 4/11 Sa 2:00pm-3:00pm

Outdoor Classroom Explore-a-Thon

Want to jump like a frog? Dig a hole to China? Search for spineless wonders? Then join us in the outdoor classroom exploration areas at Black Hill Visitor Center. Staff will guide children through a variety of activities that are sure to be fun and inspiring. Please dress for outdoor weather and pack a snack and water.

314469 5-12yrs 1 Class FREE 5/2 Sa 1:00pm-3:00pm

314470 5-12yrs 1 Class FREE 5/24 Su 1:00pm-3:00pm

Fishing with Lil' Ones

Let's go fishin' like Tom Sawyer! We'll provide bamboo poles, line, and bait, then see what we can catch off of the dock at Little Seneca Lake. Meet at the pontoon boat dock located by the boat rentals. FOBH \$6

314471 3-6yrs 1 Class \$7 5/8 F 9:00am-10:30am

Programs for All

All attending must register and pay.

Children must be accompanied by an adult.

Salamanders Went Out on a Rainy Night!

Once a year, on warm, rainy nights, elusive spotted salamanders migrate to breeding pools to mate and lay eggs.

Sign up now to join us on that *unknown March date* and we'll call you the day of the hike. Meet: Rachel Carson Conservation Park, 22201 Zion Road, Brookeville, MD. Registration

required for all. Please wear shoes or boots that can get muddy, dress for the weather, and bring a flashlight. Children should be comfortable walking in the woods at night. The hike is about 1.5 miles roundtrip.

314149 All Ages 1 Class Free TBA TBA 7:30pm-9:00pm



How Does Your Garden Grow?

Whether you're a novice or an expert, all are welcome for a day of garden talk and practice. Naturalists, gardening pros, Master Gardeners and vendors will share their advice and expertise. Bring your questions or tips to share with other plant lovers. We'll have activities for the whole family! No registration is required for this free event.

314150 All Ages 1 Class FREE 3/1 Su 12:00pm- 4:00pm



Night Hikes

Take a hike by the light of the full moon. We'll look and listen for creatures that are most active at night. Hikes are approximately one mile. Dress warmly and please, no flashlights. Meet at the gravel parking lot across from the boat launch ramp on Black Hill Road. FOBH \$4

314199 8 & up 1 Class \$5 3/4 W 6:30pm- 7:30pm
314200 8 & up 1 Class \$5 4/3 F 7:30pm- 8:30pm

Beautiful Bluebirds

Learn all about where these beautiful native birds live, how they nest, and what you can do to attract them to your yard. Get instructions on how to build and monitor your own bluebird nest box. Homeowners and bluebird fans welcome! FOBH: \$4

314201 5 & up 1 Class \$5 3/7 Sa 1:00pm- 2:00pm

Hike to the Champion Sycamore Tree

Think you've seen big trees? Well, you haven't seen big until you've seen this gem! Hidden away in Dickerson Conservation Park is Maryland's newest State Champion Tree, an American Sycamore. As we hike our way to the state's biggest tree, we'll also look for spring ephemeral wildflowers and keep an eye out for migrant birds. Meet at the Visitor Center and bring binoculars if you like. Please dress for the weather and wear hiking shoes. Transportation is provided. Children 13 and under must be accompanied by an adult. FOBH \$11

314214 8 & up 1 Class \$12 3/15 Su 1:00pm- 4:00pm



Campfires at Black Hill

There's nothing like sitting around a campfire under the stars! Join a Naturalist for themed songs, stories, games and (of course) s'mores around the fire. Meet at the Visitor Center, and bring a chair or blanket. FOBH \$4

Spring Tales

It's time to celebrate the spring equinox! Join us for a cozy campfire, talks of spring beauty and yummy s'mores.

314218 1 & up 1 Class \$5 3/21 Sa 7:00pm- 8:00pm

Nature Stories

Join us around the campfire to share tall tales based on the natural world. Will you be able to figure out which part is fiction or fact?

314219 1 & up 1 Class \$5 4/8 W 7:00pm- 8:00pm

May Day

Come join us to celebrate spring holidays from around the world, like May Day, Walpurgisnacht, Valborg and others. We'll share stories and enjoy customs from around the world while around the campfire circle.

314220 1 & up 1 Class \$5 5/1 F 7:30pm- 8:30pm

Volunteer Days

We need your help at Black Hill Regional Park! Join us and earn Student Service Learning hours, or come out to help because it just feels great to volunteer! As work days draw closer, check our Facebook page for details on that day's project. Can't make it to one of these work days? Watch for other opportunities to be announced on Facebook, or contact us through the Parks' volunteer website at www.ParksVolunteers.org. Groups are welcome, too! Parents must accompany children 13 and under.

Mystery Project

We're just not sure what project might need the most work right now... so as the work day draws closer, please check our Facebook page for detailed information on that day's project.

314251 3 & up 1 Class Free 3/27 F 9:00am-11:00am

314253 3 & up 1 Class Free 4/10 F 2:00pm- 4:00pm

Meadow Work Day

Our meadow needs some springtime sprucing up! We'll be weeding and planting, so please wear your gardening clothes.

314252 3 & up 1 Class Free 4/8 W 12:30pm- 2:30pm

314254 3 & up 1 Class Free 4/22 W 12:30pm- 2:30pm



Family Hike Club

The first rule of Hike Club is to have fun! Bring the kids, Grandma, Grandpa, Cousin Eddie and the dog with you while we hike together on the trails. Each family-friendly hike will be around two—three miles long. Please dress for the weather, bring water and be sure to register all hikers; kids hike free! FOBH \$6 (adults).

Cabin Branch

Meet at the gravel parking lot across from the boat ramp on Black Hill Rd. in Black Hill Regional Park.

314221 3 & up 1 Class \$7 3/22 Su 12:00pm- 1:30pm

Little Bennett Regional Park

Meet at the Kingsley Schoolhouse parking lot on Clarksburg Road, in Little Bennett Regional Park.

314222 3 & up 1 Class \$7 5/30 Sa 1:30pm- 3:00pm



Stargazing at Black Hill

Open skies around the Visitor Center offer spectacular moon- and star-gazing. Join us for seasonal tours of the heavens above—no passport required! See program details for a preview of what we hope to see. Overcast skies usually cancel the program, so be sure to register so we can notify you directly.



Spring Constellations

Tonight we'll look for spring constellations such as Leo the Lion and Ursa Major, the Great Bear, and search for the two brightest planets, Venus and Jupiter. Volunteer-operated telescopes will be set up, so that you can get close-up views of Jupiter's belts, the craters of the moon, and hopefully a few galaxies or star clusters. If we're lucky, we might also spot a satellite or two passing overhead. Rain date is Saturday, March 28 for the 3/27 class, and Saturday, April 25 for the 4/24 class.

314299 5 & up 1 Class \$2 3/27 F 7:30pm-9:00pm
314300 5 & up 1 Class \$2 4/24 F 8:00pm-9:30pm

Mole Salamander Search

Join salamander enthusiast and guest herpetologist Elmore Brown to observe huge spotted and marble salamanders! Meet at Hawk's Reach Nature Center for a brief orientation before heading into the field. Then we'll travel by van to their secret habitats. Wear waterproof boots or shoes you don't mind getting wet! Meet at Hawk's Reach Nature Center in Little Bennett Campground, 23705 Frederick Road, Clarksburg, MD 20871. FOBH \$14

314350 6 & up 1 Class \$15 3/29 Su 12:00pm-3:30pm

A History of Black Hill's Bald Eagles

Black Hill Regional Park is honored to be a home to our national bird, the bald eagle. Learn the local history behind our resident eagles. We'll also visit a few of their favorite perches and try to catch a glimpse of one of these magnificent birds. FOBH \$6/\$4

314349 6 & up 1 Class \$5 3/29 Su 2:30pm-3:30pm

Take a Walk in the Park Day

Need to unwind? Just want to hang out with a Naturalist in this beautiful place? Then join us as we celebrate the most wonderful of "holidays." We'll take a lovely stroll around the lake and see what we can find. Please be sure to register all participants. FOBH \$4

314354 2 & up 1 Class \$5 3/30 M 4:00pm-5:00pm

Snipe Hunt

Are you up to the challenge of searching for the elusive Snipe, Snallygaster, or Little Seneca Lake Creature? Join us for this mythical hike! We'll hike around the lake to see if we can find any of these mythical creatures on this April Fools' Day. If you're in on the joke, bring your unsuspecting friends and family.

314356 3 & up 1 Class Free 4/1 W 6:30pm-7:30pm

Get Lost!

Are you looking for a family adventure? Join us for an introduction to getting lost! Okay, not "lost," really... we mean orienteering, geocaching, and letterboxing. We'll teach you a little bit about each activity, and let you practice some new skills to get ready for your own fun family adventure. Please register everyone attending; kids are free. FOBH \$9

314358 6 & up 1 Class \$10 4/6 M 1:00pm-3:00pm

Afternoon on the Pontoon

Enjoy a leisurely cruise on our pontoon boat around the shoreline looking for beaver, deer, otter, herons, osprey, woodpeckers and other wildlife that might be active. Please register and pay for all participants. Meet at the pontoon boat dock located by the boat rental area. Please be sure to bring an extra jacket or blanket, as it's often cooler on the water. FOBH \$6

314359 3 & up 1 Class \$7 4/8 W 3:00pm-4:30pm

Family Fishing Fun!

Fishing is fun for the whole family! We'll show you how to set up a simple bobber rig, bait your hook, and give you some tips on casting. We'll provide the bait and rigging supplies—you just need to catch the fish! We have fishing poles you can borrow, but if you have your own please bring it along. Please register only those planning to fish. All registrants 16 and over must have a current Maryland fishing license. Meet at the pontoon boat dock located by the boat rentals. FOBH \$9

314360 3 & up 1 Class \$10 4/10 F 9:30am-11:30am



Garlic Mustard Challenge

Ever wanted to combat alien life forms? Here's your chance! Garlic mustard is an invasive plant that is harming our local ecosystem. You can help by coming to our Garlic Mustard Challenge. We'll provide bags and gloves, and educate you on what garlic mustard looks like. We'll have thank-you gifts for everyone, and Student Service Learning hours are available to those who need them. Call 301-528-3482 for more information.

315749 All Ages 1 Class
Free 4/6 M
9:30am-11:30am



Beginning Recreational Kayaking

Kayaking is even more fun that it looks! Come learn how to paddle on flat water in recreational solo kayaks on Little Seneca Lake. Learn basic strokes, entries and exits, boat control, and more, taught by certified American Canoe Association instructors. We won't roll, but you'll get wet, so dress accordingly. You must be able to swim. All necessary equipment provided. Please wear water-friendly clothing and hat, strap-on water sandals or shoes (no slip-on sandals, please), and bring water and sunscreen. Meet in front of the gazebo by the pontoon boat dock and boat rental area. FOBH \$16

314449 12 & up 1 Class \$18 4/14 Tu 6:00pm-8:00pm
314450 12 & up 1 Class \$18 5/1 F 6:00pm-8:00pm
314451 12 & up 1 Class \$18 5/8 F 6:00pm-8:00pm
314452 12 & up 1 Class \$18 5/16 Sa 9:00am-11:00am
314453 12 & up 1 Class \$18 5/28 Th 6:30pm-8:30pm

Bats & Beavers Pontoon Boat Cruise

Join us for a sunset cruise aboard the pontoon boat. We'll search for beaver lodges, feeding sites and (hopefully) beavers! As the sun sets, we'll use our bat detector to help us find feeding bats. Please register and pay for all participants. Meet at the pontoon boat dock located by the boat rentals. FOBH \$6

- 314454 6 & up 1 Class \$7 4/15 W 6:30pm- 8:00pm
- 314455 6 & up 1 Class \$7 4/30 Th 6:30pm- 8:00pm
- 314456 6 & up 1 Class \$7 5/4 M 6:30pm- 8:00pm
- 314457 6 & up 1 Class \$7 5/21 Th 6:30pm- 8:00pm

Wild Encounters *

Enter the wild and wonderful world of amphibians and reptiles with guest herpetologist Elmore Brown. Elmore will share his exotic collection of live frogs, toads, lizards and snakes from all over the world! Please register everyone attending the program.

- 314459 4 & up 1 Class FREE 4/18 Sa 1:00pm- 2:00pm



Hiking on Horseback

It's been said that "Horses lend us the wings we lack." Join a Park Naturalist for a trail ride with an eye towards the natural happenings of spring. We'll look for spring flowers, butterflies and birds from the comfort of our saddles. You'll need to provide your own horse and equipment. Coggins tests need to be on hand, and horses must be well-behaved. We'll meet in the Rickman parking lot in the Woodstock Equestrian Park, 20207 Darnestown Road/Rt. 28, Beallsville, MD 20839, approximately 3/4 mile north of the Beallsville Road/Route 109 intersection. FOBH \$9

- 314460 1 & up 1 Class \$10 4/19 Su 12:00pm- 2:30pm



Native Plant Sale

Shop 'til you drop for nursery-propagated, native wildflowers for your yard and garden, many of which are nectar and host plants for butterflies. The sale is offered by the Friends of Black Hill Nature Programs (FOBH), and all proceeds are donated to Black Hill Nature programs. Look for it across from the Black Hill park office, by the old maintenance yard. Call Lynette Lenz at (301) 528-3484 for information on species and possible pre-orders. No registration required.



- 314461 All Ages 1 Class Free 4/24 F 3:00pm- 7:00pm
- 314462 All Ages 1 Class Free 4/25 Sa 10:00am- 3:00pm
- 314463 All Ages 1 Class Free 4/26 Su 1:00pm- 3:00pm

Black Hill Visitor Center

Ribbon Cutting

Saturday, April 18, Noon-3pm

We've been making changes around here, and now it's time to celebrate! Black Hill Visitor Center is now a certified Green Center and home to the first Earth Bench on the east coast. The Little Seneca Lake water trail has been revitalized, a children's area has been added inside the Visitor Center, and we've revamped some of our exhibits. So if you haven't been by in a while, drop in! Meet staff, enjoy free activities, and explore all the amenities the center has to offer. This is a free event! Some activities require registration. (see "Wild Encounters" #314459, and "Natural Yogis—Frog and the Great Metamorphosis" #314302)

- 314458 All Ages 1 Class Free

Wildflower Van Tours

Join us for a series of two-hour wildflower walks to some truly spectacular natural wildflower displays, all within a one- or two-hour drive of Black Hill. We'll do all the driving; you'll just need a camera, snacks, water and your favorite field guides. A treat for any wildflower enthusiast! Hike difficulty varies for each trip, so be sure to read the details and wear appropriate shoes. Ages 17 and under must have an adult register and accompany them. FOBH \$18/\$25

Ball's Bluff

Today's trip takes us to Ball's Bluff Battlefield Regional Park in Leesburg, Virginia—the site of the first Civil War engagement in Loudoun County. This site is also known for its extraordinary diversity of wildflowers. The hike will be moderate to strenuous with lots of ups and downs, and trails can be muddy and steep in a few spots.

- 314361 13 & up 1 Class \$20 4/11 Sa 9:00am- 1:00pm

Riverbend Park

Riverbend Park in Great Falls, Virginia is tucked away in a remote setting along the Potomac River. It's a naturally unique and sensitive area, and well-known for its Virginia bluebells. Easy hike, on flat trails.

- 314362 13 & up 1 Class \$20 4/29 W 9:00am- 1:00pm

G.R. Thompson WMA

The Thompson Wildlife Management Area in Linden, VA is situated against the quiet eastern slope of the Blue Ridge Mountains. It's celebrated for its yellow lady's slippers and spectacular trillium displays each spring. This hike is moderate to strenuous and a bit hilly, but trail grades aren't too steep. Fee includes required access permit.

- 314363 13 & up 1 Class \$30 5/16 Sa 8:00am- 2:00pm

* This FREE program is part of the Ribbon Cutting celebration at the Visitor Center on April 18! See ad at right...



Spring Birding at Black Hill

Join us as we celebrate spring migration with a relaxed morning of birding. We'll search for everything from ducks to warblers. Sightings of Black Hill's resident bald eagles are also possible. After viewing the lake from the Visitor Center deck, we'll drive to other good birding locations around the park. Beginning birders are welcome. Please bring binoculars if you have them; spotting scope are provided. FOBH \$9
314464 16 & up 1 Class \$10 4/25 Sa 8:30am-11:00am

Storytime on the Lake

Join us aboard the pontoon boat to hear a story and scout out the wonders of Little Seneca Lake! Designed for children ages 3-6, accompanied by an adult (no younger siblings, please). Please also register adults. Meet at the pontoon boat dock by the boat rental area. FOBH \$4



Canada Goose

314465 3 & up 1 Class \$5 4/30 Th 10:30am-11:30am

Bluebirds

314466 3 & up 1 Class \$5 5/12 Tu 10:30am-11:30am

Water Birds

314467 3 & up 1 Class \$5 5/27 W 10:30am-11:30am



Mother's Day Pontoon Ride

It's Mother's Day, and Mom deserves a treat. So bring her out for a pontoon tour of Little Seneca Lake, and let her enjoy the beauty around her with people she loves. Enjoy a tasty treat while cruising the lake, looking for nature activity. Children are free, but please register all participants. Meet at the pontoon boat dock located by the boat rental area. FOBH \$9/Adults

314473 3 & up 1 Class \$10 5/10 Su 10:30am-12:00pm

A Gift for Mothers

Make a beautiful Mother's Day window planter with herbs and native plants. Mom will think the flowers are beautiful; the butterflies will think they're tasty! Please register only those planning to make a planter. FOBH \$9
314474 3 & up 1 Class \$10 5/10 Su 2:00pm-3:30pm

Bluebirds Forever Festival at Black Hill

Celebrate the beautiful Eastern Bluebird with us! See next page for all the details on this free event.
314475 All Ages 1 Class Free 5/17 Su 1:00pm-4:00pm

Campfire Cookery

Mankind has been cooking over open campfires for millennia. But if you're still just roasting hot dogs and marshmallows on a stick, join us to expand your menu options. All food is provided. Please call 301-528-3482 if you have any food allergies or concerns. FOBH \$9
314476 4 & up 1 Class \$10 5/30 Sa 6:30pm-8:00pm

Birthday Parties at Black Hill Nature Programs!
Call 301-528-3492 for more information.

Adults

Registration required unless otherwise noted.

Explore a Park

New to the area or just want to get out for a hike? Explore different parks in Montgomery County with an experienced Naturalist. Hike lengths vary with the pace of each group. Please dress for the weather in appropriate hiking gear.



Rachel Carson Conservation Park

Take a hike in Rachel Carson Conservation Park, one of Montgomery County's "Best Natural Areas." We'll explore open meadows, a maturing mixed deciduous woodland, vernal pools, and other wetland areas teeming with amphibian activity. This is an easy to moderate hike and may have some wet areas to traverse. Meet at the parking area on Zion Road, 22201 Zion Road, Brookeville, MD.

314202 18 & up 1 Class Free 3/8 Su 9:00am-11:00am

Blackwater National Wildlife Refuge Eagle Festival

Spend the day with us at Blackwater National Wildlife Refuge's Annual Eagle Festival on the Eastern Shore. The event offers live raptor programs and demonstrations, an eagle prowling, photography workshop and more. Please dress for the outdoors; it's a rain-or-shine event. Bring a bag lunch and money for a quick dinner on the way home. Round-trip van transportation provided. FOBH \$50

314213 18 & up 1 Class \$55 3/14 Sa 7:00am-6:00pm

Hike Club

The first rule of Hike Club is to have fun! Get some fresh air and exercise, make new friends, and immerse yourself in trails and scenery we don't often make time to experience. FOBH \$9

Magruder Branch

Explore wetlands, lush woodlands, and open fields through the Seneca Creek and Magruder Branch Stream Valleys. Hike will be approximately four miles long, and we'll provide a shuttle back to the parking area. Be sure to bring along water and some snacks. The hike leader will contact registrants with the meeting place.

314351 18 & up 1 Class \$10 3/29 Su 10:00am-1:30pm

Hike to the Ancient Trees

Join us as we travel to Wye Island's School House Woods, an old-growth forest with many trees that are 300 years old—and a holly tree that's over 400! On our way home we'll stop to at the Chesapeake Exploration Center in Kent Narrows. Fee includes transportation from Black Hill Visitor Center. Please bring water and a picnic lunch, and dress for hiking. FOBH \$20

314355 18 & up 1 Class \$25 4/1 W 9:00am-3:30pm



Ladies Trek

Want to hike but don't quite know where to go? Meet other women and hike park trails with a Park Naturalist. Hike lengths vary with the pace of each group. Please wear hiking boots or other sturdy shoes. FOBH \$7

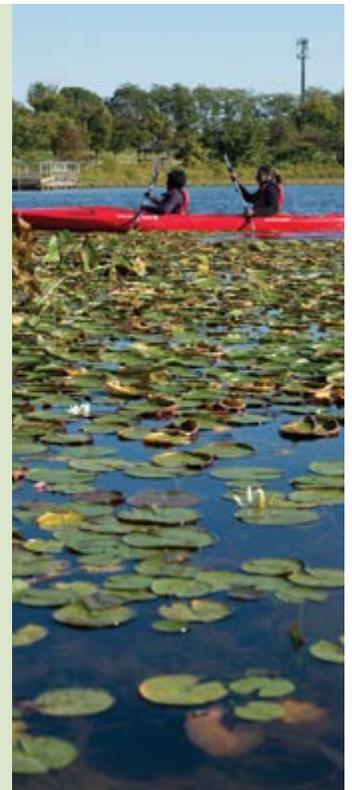
Dickerson Conservation Park

Today we'll explore parts of the C & O

Canal and Dickerson Conservation Park, home to Maryland's Biggest Tree, an American Sycamore. This hike is easy to moderate with a bit of off-trail hiking to see this giant of the forest. Dickerson Conservation Park is located at 20700 Martinsburg Road in Dickerson, MD 20842. Hike leader will contact registrants with detailed meeting/parking instructions. FOBH \$7
314401 18 & up 1 Class \$8 4/12 Su 9:00am-11:00am

Potomac River Heritage Kayak Trip

The "Nation's River" is an amazing waterway that maintains a near-wilderness quality as it flows between Maryland and Virginia to Georgetown and beyond. Each of our kayaking trips focus on a section of the Potomac or a tributary, giving us the time and luxury of taking a closer look at its natural and cultural history. The exact location of this trip will depend on weather and river conditions on that day. We'll paddle for three-four hours on moving water, so you should be proficient at basic strokes and comfortable paddling flat water for a few hours at a time. We'll do a quick review of moving water safety considerations and maneuvers. This is not an instructional course, so if you've never paddled, try Beginning Kayaking first. Fee covers kayak, paddle, PFD, a dry bag, and round-trip transportation from Black Hill Regional Park to the river location. FOBH \$65
314472 18 & up 1 Class \$70 5/9 Sa 8:00am- 5:00pm





BLUEBIRDS FOREVER Festival at Black Hill



Sunday, May 17, 2015 | 1-4pm

Come celebrate the beautiful **Eastern Bluebird** with us at Black Hill Visitor Center! Park Naturalists, Friends and Volunteers of Black Hill Nature Programs, along with members of the Maryland Bluebird Society, have put together an afternoon of fascinating special programs, exhibits, demonstrations and children's activities all designed to enlighten you as they extol the virtues and champion the conservation of this special bird. Enjoy one of our scheduled programs to help you learn about bluebird conservation, or just drop by to check out the displays. For details on the day's events, please visit BlackHillNature.org or "Like" us on Facebook. No registration needed for this **FREE** event!
314475 All Ages 1 Class Free 5/17 Su 1:00pm- 4:00pm

19th Annual

Gas & Steam Engine Show

Saturday, April 11, 10am-5pm
Sunday, April 12, 10am-3pm



Photo © Porter Glendinning

- See gas engines & tractors, antique cars & trucks, and steam tractors
- Live country music
- Hay wagon rides
- Kiddie tractor pull
- Great food for sale



- Door prizes
- Crafts & flea market
- Parade Sat. & Sun.
- Tractor-driving contest
- More fun activities with the Back in Time 4-H Club

Free Admission and Parking • Rain or Shine!

Sponsored by

The Friends of the Agricultural History Farm Park



Agricultural History Farm Park | 18400 Muncaster Rd. Derwood, MD 20855

Call 301-253-2673 for more info | www.FriendsoftheFarmPark.org | www.AgHistoryPark.org

Dig into the past!

ParksArchaeology.org | 301-563-7530

FAMILY ARCHAEOLOGY DAY

Saturday, May 2

10 am - 3 pm

\$8 per person | \$15 family

Bring a bag lunch and stay for the day!

- 19th century Slave Quarters Dig Exhibit
- Mansion Tours
- Simulated Archaeology Dig for Children
- Storytelling, Old-time games, and Crafts



BROUGHT TO YOU BY:

M-NCPPC Montgomery Parks and The Archaeology Society of Maryland, Mid-Potomac Chapter

SUMMER CAMPS FOR KIDS

June 22 through July 24 | 9 am - 3 pm

For ages 9 to 13

EXTENDED CARE

June 22 through July 24 | 3 pm - 5:30 pm

For ages 9 to 13

LEADERSHIP TRAINING

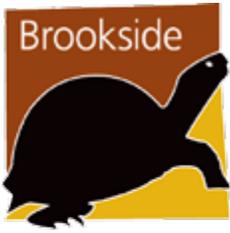
June 15 through June 26 | 8 am - 4 pm

For teens

Check online at ParkPASS.org for ParkPASS # and fees.

Needwood Mansion

6700 Needwood Road, Derwood, MD



Nature Center
in Wheaton Regional Park

Brookside Nature Center

1400 Glenallan Avenue • Wheaton, MD 20902 • 301-962-1480 • www.BrooksideNature.org
Open Tuesday–Saturday, 9am–5pm; Sunday, 1–5pm. Trails open daily, dawn to dusk.

Children

Registration is required and all children must be accompanied by an adult unless otherwise noted.

Trail Buddies

Discover nature and develop important skills together on the nature center trails! Preschoolers will have the opportunity to work on important skills with other preschoolers and their favorite adults. We'll collect, count and sort different natural materials (pre-math), recognize shapes and patterns in nature (art) and invent our own outdoor nature games as we improve and develop social skills like sharing and cooperation.

316599	3-5yrs	1 Class	\$5	3/3	Tu	10:00am-11:00am
316600	3-5yrs	1 Class	\$5	3/17	Tu	10:00am-11:00am
316601	3-5yrs	1 Class	\$5	3/31	Tu	10:00am-11:00am
316603	3-5yrs	1 Class	\$5	4/14	Tu	10:00am-11:00am
316604	3-5yrs	1 Class	\$5	4/28	Tu	10:00am-11:00am
316605	3-5yrs	1 Class	\$5	5/12	Tu	10:00am-11:00am
316606	3-5yrs	1 Class	\$5	5/26	Tu	10:00am-11:00am

Brookside Tot Times

Explore nature with your youngest naturalist! Learn, create, hike and discover our wonder-filled world during these highly interactive sessions.

Forest Expedition

Take an adventurous hike through the woods and return to the Nature Center to map out your experience.

316855	4-6yrs	1 Class	\$6	3/26	Th	11:15am-12:00pm
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Bluebirds in My Backyard

In spring, bluebirds are evaluating suitable real estate and deciding where to raise their young. Come learn about these much-loved birds and how we can help them find a place to build their nest.

316856	4-6yrs	1 Class	\$6	4/22	W	11:15am-12:00pm
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Spring on the Farm

This special tot time will be held at the Agricultural History Farm Park in Derwood; directions to the site will be emailed ahead. Tots will visit with the resident goats and chickens, and learn what's happening on the farm in springtime.

316857	4-6yrs	1 Class	\$6	5/6	W	11:15am-12:00pm
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Frog Foray

It's spring and the frogs and toads are singing! Join this hike to three different ponds in Wheaton Regional Park in search of frog eggs, tadpoles and toads. We'll walk about 1.5 miles on natural surface trails.

316656	6-12yrs	1 Class	\$6	4/8	W	10:00am-11:30am
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Baltimore Oriole Bird Walk

Celebrate International Migratory Bird Day by seeing one of the most colorful migrants in our area: the Baltimore Oriole. Martin Luther King, Jr. Park is a prime spot for viewing our brilliantly colored state bird as it migrates here to nest. We'll walk around the park in search of orioles and other spring arrivals perched in the trees. If time permits, we'll walk a nearby paved trail to Paint Branch stream. Meeting directions: Pass MLK Swim Center (1201 Jackson Rd., Silver Spring, 20904). Turn left into the large parking lot across from the entrance to the outdoor pool lot.

316700	6-18yrs	1 Class	\$5	5/9	Sa	10:00am-11:30am
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Scout Day at Brookside Nature Center



Boy Scout and Girl Scout Troops are invited to join in a day of service at Brookside Nature Center. Projects may cover some badge requirements. Troop leaders will register based on project list and available time slots. Most tools and materials will be provided. Appreciation campfires at noon and 4pm will give volunteers time to meet other scouts, share campfire stories and roast marshmallows.

317499	6-18yrs	1 Class	Free	5/9	Sa	9:30am-11:30am
317500	6-18yrs	1 Class	Free	5/9	Sa	1:30pm-3:30pm

Spring at Pine Lake

Spring is in full swing! Come explore the lake in search of ducks, turtles, frogs, toads, dragonflies and more. We'll meet and end at the Nature Center, and pass through the forest and gardens on this mile-long hike on natural surface trails (no strollers, please).

316701	6-12yrs	1 Class	Free	5/9	Sa	1:00pm-2:30pm
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Programs for All

All attending must register and pay unless otherwise noted. Children must be accompanied by an adult.

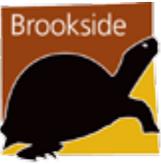
Drumming Circle: All Age Drumming

Calling all ages! Get outdoors and join a drumming circle around the campfire. No experience needed—just be willing to join in and enjoy the sounds you create! This program will be led by a drum circle program facilitator. You can listen first and then join in. We'll have some percussion instruments available, but please feel free to bring your own. All attending must register and pay.

316860	6 & up	1 Class	\$5	3/12	Th	7:00pm-8:00pm
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NEW!



Nature Center
in Wheaton Regional Park



Birthday Parties at Brookside Nature Center

Call 301-962-1480 for more information.

March Mason Bee Madness

Mason bees are friendly native pollinators which are starting to emerge from nests they've been in since last spring! Learn more about these fascinating bees, and help them by putting together nesting tubes they can use this spring. We'll put the nests in our new insect "hotel," so they're ready for a new generation of bees.
316608 3 & up 1 Class Free 3/14 Sa 10:00am-11:00am

School's Out Hike: Pennyfield Lock

Montgomery County schools are out today and your kids are looking for something fun to do. Get them (and yourself) out of the house and take a hike! Hikes are led by experienced Park Naturalists, who will point out all kinds of fascinating things along the way. Today we'll hike along the C & O Canal, river and wetland areas, and look to see which animals are moving about after a long winter. Directions: Head north on River Road, then turn left on Pennyfield Lock Road just after Travilah Road. Meet in the farthest parking lot at the end of Pennyfield Lock Road (12100 Pennyfield Lock Road, Potomac, MD 20854).
316652 6-12yrs 1 Class \$6 3/27 F 10:00am-11:30am

Early Spring Birding at the Agricultural History Farm Park

Let's take the trails around this 410-acre farm park and look for early spring migrants and our resident birds. As we walk along the woods' edge and look across the open grassy areas, we'll search for swallows, warblers, bluebirds, red-winged black birds and other early arrivals. Meet at the Farm Park Activity Building, 18400 Muncaster Road, Derwood, MD.
316864 8 & up 1 Class Free 3/28 Sa 10:00am-11:30am



Maydale Park: Spring Is Here Hike

Enjoy a quiet hike in this wonderful 24-acre environmental conservation park. As we hike around forest, fields and ponds, we'll keep our eyes open for birds, turtles and hopefully a frog or two. Meet at Maydale Park, 1638 Maydale Dr. in Colesville, MD.
316865 4 & up 1 Class Free 4/11 Sa 11:00am-12:00pm

Spring Skies Astronomy Night Hike

Spring is in the air and stars are in the skies. Take an easy night-time hike to the shores of nearby Pine Lake with fellow stargazers from Brookside Nature Center. Use our telescopes and binoculars to spot the stars Regulus and Polaris, or galaxy-gaze at M65 and M66. Participants are encouraged to bring a sit-upon or blanket for comfortable viewing. This program is designed for adults/families with kids age 10 and up.
316800 10 & up 1 Class \$6 4/11 Sa 7:00pm-9:00pm



Coffee & Camera Klatch

Calling all budding and bloomed nature photographers! Join our Volunteer Naturalist/photographer for our first nature photography series. The class is designed for beginners, but intermediate photographers may find new tips and ideas, too—and everyone's welcome to a cup of coffee! Please bring your own cameras and lens.

Nature in the Close-Up

Observing nature through our natural eye is wonderful, but we often miss the details. Looking at the natural world close-up through a camera lens can open up a whole new visual world.
316861 16 & up 1 Class \$5 3/26 Th 10:00am-11:30am



Birds, Birds, Birds

This program will offer all levels of photographers a chance to shoot some of the native birds that frequent the waters and feeding stations around the Nature Center. No matter what equipment you own, you'll be able to use it at one of our stops. Hand-held cameras with short or long lenses as well as tripods all can be used during this program.
316862 16 & up 1 Class \$5 4/23 Th 10:00am-11:30am

May Flowers

Native wildflowers in bloom around the Nature Center will be our focus during this class. If you take the March class (Nature in the Close-Up), you can use what you learned there to full advantage! We'll photograph the landscape as well.
316863 16 & up 1 Class \$5 5/14 Th 10:00am-11:30am



Bug Bonanza!

The bugs are back! Celebrate their spring emergence and see our new insect "hotel" for nesting insects. Help prepare the hotel with nesting material for spring visitors, visit a honeybee hive, watch mason bees build their nests, and use our bug nets to catch a critter and see it up close. Stop by the meadow any time during program hours. Rain will cancel program.
316699 3 & up 1 Class Free 4/25 Sa 1:00pm-4:00pm

Citizen Science for Homeschoolers: Bumble Bee Watch

As some bee species decline and become harder to find, scientists really need our help tracking bumble bees. Before starting our search, we'll learn about interesting behaviors and the life cycle of native bumble bees, and how they differ from honeybees and other social insects. Then we'll develop a virtual bumble bee collection, taking photos of bees, identifying them and sending them to Bumble Bee Watch. Please bring a smart phone or digital camera if you have one.
316749 8-12yrs 1 Class \$6 5/20 W 10:00am-11:30am

Almost Summer Campfire & Hike

Spring is in full swing as we get closer to the Memorial Day holiday weekend. Join us for a campfire (marshmallows included) and a hike around the park to look for night-loving animals. Please register and pay for all who attend.

316866 4 & up 1 Class \$6 5/21 Th 7:00pm- 8:00pm

Bike Along the Canal

Meet at Edwards Ferry and bike along the C & O Canal looking for turtles, spring flowers and birds. We'll make stops along the way, and no one will be left behind—this is a casual, family trip! Total trip out and back is approximately 15 miles on mostly level trails. Meet at Edwards Ferry Road; exact meeting location will be sent to pre-registrants. Please register and pay for all who attend.



316867 8 & up 1 Class Free 5/30 Sa 10:00am-11:30am

Adults

Registration required unless otherwise noted.

Ladies' Hike Out

The signs of spring may be as subtle as the sound of trickling water, or as obvious as a hedge of magenta azaleas. On our hikes this season we'll observe all the signs of spring as we exercise our limbs and breathe in the fresh air. As always, wear suitable hiking garb, bring food, water and binoculars, and plan on covering 2-3 miles on natural surface trails unless otherwise noted. Directions to the hiking sites will be emailed prior to the date.

Rachel Carson Conservation Park

316852 18 & up 1 Class Free 3/13 F 9:30am-11:30am

C & O and Violet's Lock

316853 18 & up 1 Class Free 4/30 Th 9:30am-11:30am

Sugarloaf Mountain

316854 18 & up 1 Class Free 5/22 F 9:30am-11:30am

Friday Foray

Join us for a Friday hike into some of Montgomery County's most special places. Directions will be included on your ParkPASS confirmation, so please print it out.

Equinox Hike on the Potomac Heritage Trail

Celebrate the arrival of spring with a scenic hike along the Potomac. We'll keep an eye out for early spring wildflowers as we make our way through Turkey Run Park and down to the Potomac. The hike will be 3-4 miles on natural surface trails.

316609 18 & up 1 Class Free 3/20 F 10:00am-12:00pm

Carderock Hike

Visit one of the most beautiful spring spots in the county! We'll hike this moderate trail (Section C of the Billy Goat trail) in the Carderock Recreation Area, enjoy great views of the Potomac, and see blooming spring wildflowers and a variety of wildlife.

316610 18 & up 1 Class Free 4/17 F 10:00am-12:00pm

Hughes Hollow

Come hike this spring wildlife wonderland in McKee-Beshers Wildlife Management Area. We'll explore the wetland areas, teeming with reptile, amphibian and bird life; and search for spring migrants in the surrounding woods and farm fields.

316649 18 & up 1 Class Free 5/15 F 10:00am-11:30am



Nature Center
in Wheaton Regional Park

May Day in Annapolis

Discover the beauty and significance of May Day baskets and the flowers found in them on this May Day trip to Annapolis with Brookside Nature Center Naturalists. We'll stroll the streets of Annapolis to enjoy the beautiful flower basket displays, then water taxi down Spa Creek to the Annapolis Maritime Museum where we'll learn about unique aquatic environments and people of the Chesapeake Bay. Time will be included for an on-your-own lunch and exploring. Fee includes van transportation from the Nature Center and round-trip water taxi tickets. Please bring binoculars and dress for the weather. Registration closes Friday, April 17.

316849 18 & up 1 Class \$30 5/1 F 10:00am- 5:00pm



The Culture and Science of Brewing

NEW!



People have been fermenting grains to create alcoholic beverages since ancient times—and one of the oldest brews (enjoyed by Egyptian pharaohs!) is beer. Join us as we board a commercial bus and drive to Mt. Airy, MD where we'll tour the Milkhouse Brewery and learn about the ancient art of fermentation. Our tour, guided by master brewer Tom Barse, will include a tasting session of six varieties of microbrews,

a look at the field of sprouting hops, an informational trip through the hops processing barn, and a buffet lunch of locally grown, fresh vegetables and meat. Participants should wear comfortable walking shoes and dress for the weather. Beer may be purchased to go. Meet at Brookside Nature Center. Registration closes Thursday, March 26.

316859 21 & up 1 Class \$60 4/15 W 10:15am- 2:45pm



April is Earth Month

in Montgomery Parks!



www.ParksVolunteers.org

You can help Montgomery Parks and the environment by joining us to:

- Clean up local parks & streams
- Repair natural surface trails
- Remove non-native invasive plants
- Plant native plants
- Help mark storm drains
- Take part in the Garlic Mustard Pull
- Become a Weed Warrior
- Volunteer at a Nature Center

Go to www.ParksVolunteers.org, click on Earth Day 2015 to see the list of volunteer opportunities, or feel free to call our office at 301-495-2504.

Most Montgomery Parks volunteer activities are Student Service Learning (SSL) approved by MCPS.



Calling all history buffs, inquisitive geeks and the generally curious

Group Historic Sites Tours

Mon - Fri
\$5 Students
\$5 Seniors
\$7 Adults

Oakley Cabin African American Museum & Park
Underground Railroad Trail • Josiah Henson Park

Students grades 4 and up, Seniors, Clubs & Organizations ♦ HistoryInTheParks.org

Locust Grove Nature Center

7777 Democracy Blvd. • Bethesda, MD 20817 • 301-765-8660 • www.LocustGroveNature.org
 Call or visit our webpage for Nature Center hours. Trails open daily, dawn to dusk.



Children

Registration is required, and all children must be accompanied by an adult unless otherwise noted.

Tot Time!

Explore the sights, sounds, textures and movements of the natural world. Outdoor activities are included in this program, so please dress for the weather.

Spring Detectives

We'll search for signs of spring in the park using all of our senses and a special checklist.

315349 2-5yrs 1 Class \$5 3/4 W 10:00am-10:45am
 315350 2-5yrs 1 Class \$5 3/5 Th 10:00am-10:45am

Critter Count

Let's practice counting as we hunt for our wild animal friends.

315351 2-5yrs 1 Class \$5 3/11 W 10:00am-10:45am

Let's Blow in the Wind!

What floats, spins, and flies with the help of spring breezes?

315352 2-5yrs 1 Class \$5 3/18 W 10:00am-10:45am

It's National Wildlife Week!

Learn about the wildlife in your neighborhood and at the Nature Center.

315353 2-5yrs 1 Class \$5 3/19 Th 10:00am-10:45am

Rocks!

Let's hunt for rocks (on and under the ground), look at and feel them (are they smooth, or rough?), and find out some of the many ways people use rocks.

315354 2-5yrs 1 Class \$5 3/25 W 10:00am-10:45am

April Fool's Day

Camouflage helps animals hide; can we find some animals hiding around Locust Grove?

315355 2-5yrs 1 Class \$5 4/1 W 10:00am-10:45am

Web Wonders

Do you know which spiders spin, and why? And which ones stalk their prey like a lion? Come find out the answers to these questions and other cool things about spiders!

315356 2-5yrs 1 Class \$5 4/2 Th 10:00am-10:45am

Yummy Bugs

Maybe we didn't eat bugs for breakfast, but many of our animal friends did. Let's find out who eats what!

315357 2-5yrs 1 Class \$5 4/15 W 10:00am-10:45am

Leapin' and Creepin' Amphibians

Learn about the frogs, toads and salamanders that live around Locust Grove.

315358 2-5yrs 1 Class \$5 4/16 Th 10:00am-10:45am

Earth Day Celebration

Make art out of recycled materials, sing to our animal and plant friends, plant some wildflowers, and more--all to celebrate this special day.

315359 2-5yrs 1 Class \$5 4/22 W 10:00am-10:45am

Bird Watch

What makes a bird a bird? Look at feathers, nests, and eggs, and learn all about birds.

We'll also watch how they fly, and what and how they eat at our bird feeders.

315360 2-5yrs 1 Class \$5 4/29 W 10:00am-10:45am

315361 2-5yrs 1 Class \$5 4/30 Th 10:00am-10:45am

Ants on Parade

Learn about insect behaviors and watch ants up close and personal!

315362 2-5yrs 1 Class \$5 5/6 W 10:00am-10:45am

Toes

Find out how and why animals walk, run, and climb better than we humans do.

315363 2-5yrs 1 Class \$5 5/7 Th 10:00am-10:45am

Over in the Meadow

Let's listen to a song about a meadow full of creatures, then explore the meadow at Locust Grove.

315364 2-5yrs 1 Class \$5 5/13 W 10:00am-10:45am

Leaf Litter

It's yummy for some! Do you know what eats those leaves and other things on the forest floor?

315365 2-5yrs 1 Class \$5

5/14 Th 10:00am-10:45am



Check out
 Locust Grove's
**Summer
 Camps**

MontgomeryParks.org/Camps!

Registration is
 open now.





Programs for All

All attending must register and pay. Children must be accompanied by an adult.

Tuesday in the Park

Join a Naturalist at the Cabin John Regional Park playground to explore what's happening outside! New topics every session FREE, no registration required.

Rain cancels program.

315299	1 & up	1 Class	Free	3/10	Tu	11:00am-12:00pm
315300	1 & up	1 Class	Free	3/17	Tu	11:00am-12:00pm
315301	1 & up	1 Class	Free	3/24	Tu	11:00am-12:00pm

Campfire and Nature Walk

Join us for a picnic around the campfire, then enjoy a nature walk under the night sky with a Locust Grove Naturalist. Please bring your own hotdogs and rolls, and we'll bring the makings for s'mores. Please register and pay for adults and children.

315366	2 & up	1 Class	\$6	4/17	F	6:30pm- 7:30pm
315367	2 & up	1 Class	\$6	5/1	F	6:30pm- 7:30pm

Amazing Amphibians Celebration

Saturday, April 25, Noon-4pm

Come learn all about our vanishing amphibians and why these always-smiling crawlers and hoppers need our help. Sing in a frog chorus, take a walk in a wetland, learn to draw amphibians, make a toad abode and meet some live tadpoles.

All ages are welcome, but crafts are designed for ages 5 and up. Please register both adults and children, and pay fee for everyone age 5 and older (no fee for children under 5).

315399	All Ages	1 Class	\$5	(age 5 & up)
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Bats Are Back Mini-Fest

NEW!

It's spring, and bats are back!

Help welcome our vanishing bats back from winter hibernation and migration at this fun mini-festival. Enjoy crafts, activities, and a video, and explore cool technology used to eavesdrop on bats. We'll finish up our evening with a hike to the meadow to watch the bats fly and feast! All ages are welcome, but crafts are designed for ages 5 and up. Please register both adults and children, and pay \$5 fee for everyone age 5 and older (no fee for children under 5).

315400	All Ages	1 Class	\$5	(age 5 & up)	5/15	F	7:30pm-9:30pm
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Scouts

Webelos Day



Visit our self-guided activity stations where Scouts can meet the requirements for their

Wildlife Conservation Belt Loop and Academics Pin, or the new Elective Adventure "Into the Woods." This ongoing program is open to individual scouts or groups; responsible adults must accompany scouts. A Park Naturalist will be on hand to answer questions and assist leaders with activities. Please register for each badge required.

Into the Woods Elective Adventure

316208	10-12yrs	1 Class	\$7	3/27	F	10:00am- 2:00pm
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Wildlife Conservation Belt Loop

316207	10-12yrs	1 Class	\$7	3/27	F	10:00am- 2:00pm
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Spring Break Camp

Watershed Explorers at Locust Grove Nature Center April 6 - April 10



What exactly is a watershed, and why should you care? We'll learn the answers to these and other questions as we explore the Locust Grove and Potomac watersheds—first on a map, and then in person! We'll spend the week learning mapping techniques, hiking what we've mapped, experimenting with stream science, and playing in nature. We'll take a field trip to another cool spot one of the days, too!

316249	6-11yrs	5 Classes	\$290
4/6-4/10	M-Fr	9am-3:30pm	

Watershed Explorers—Aftercare

316251	6-11yrs	5 Classes	\$80
4/6-4/10	M-Fr	3:30pm-5:30pm	

Should You Volunteer with Montgomery Parks?

Take this simple quiz and find out! Would you rather...

Column A

- Save a forest
- Save a stream
- Garden
- Fix up trails
- Plant native plants
- Observe trees
- Help a Naturalist



Column B

- Help teach ice skating
- Play games
- Lead history tours
- Teach kids
- Hang art shows
- Publicize events & programs
- Get crafty



OR
OR
OR
OR
OR
OR
OR



Good news! If you checked any box in either column, there's a great volunteer opportunity waiting for you in Montgomery Parks. Make friends, get fit, learn things, help out, and have fun!

Here are just a few of the volunteer opportunities for this spring:



TRAIL WORKDAYS

Natural Surface Trails in Parks



WEED WARRIORS

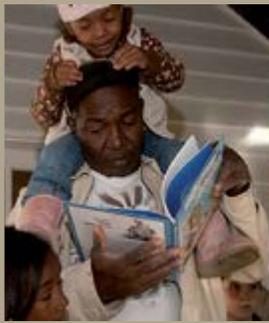
Removing Invasive Plants from Parks

Montgomery Parks Volunteer Services Offices is gearing up for spring! We have lots of events at our Nature Centers and gardens, and we need your help...for the Maple Sugar Festival, Waterfowl Festival, Annual Egg Hunt and more! To find these and more, click on "Special Events & Projects" on our website. We are also looking for volunteers who would like to spend more time in the Parks, like Trail Volunteers, Weed Warriors and Nature Center help. All can be found at www.ParksVolunteers.org!

Curious? Go to www.ParksVolunteers.org and click on "Search and apply for all volunteer opportunities," then "Search by Interest."



www.ParksVolunteers.org | 301-495-2504



in search of Historic Sites volunteers

301-650-4373 ♦ HistoryInTheParks.org

Share your love of history, the great outdoors, agriculture and rusty old buildings with visitors of all ages and become a trained volunteer tour guide!

FREE training (and cool hats) provided. Volunteer opportunities meet SSL requirements. Visit our website for more information.



Oakley Cabin African American Museum & Park
Underground Railroad Trail ♦ Kingsley Schoolhouse
Josiah Henson Park ♦ Agricultural History Farm Park





Meadowside Nature Center

5100 Meadowside Lane • Rockville, MD 20855 • 301-258-4030 • MeadowsideNature.org
 Open Tuesday–Saturday, 9am–5pm. Trails open daily dawn to dusk.

Children

Registration is required and children must be accompanied by an adult unless otherwise noted.

Nature Explorers

On Tuesdays, budding nature explorers will experience the seasonal changes while discovering the woodlands, fields, pond, and stream at Meadowside. Participating in a variety of activities, games, and crafts will enhance children’s learning experiences. Each week will explore a different topic. After each program, expand your visit by bringing a bag lunch to enjoy at our picnic tables under the trees. Registration fee is for all classes within each series. Adults must accompany children.

March Comes to Meadowside

Go on a treasure hunt, discover windy weather, and more!
 314749 3-5yrs 5 Classes \$40 3/3 Tu 10:00am-11:30am

Spring Has Sprung!

Discover animals from eggs, snakes, turtles, and more!
 315449 3-5yrs 5 Classes \$40 4/14 Tu 10:00am-11:30am



Tyke Hikes

Come and discover the bustling world around the Nature Center. Take a nature mini-hike and make a craft to take home.

Wind and Weather

314599 2-3yrs 1 Class \$5 3/11 W 10:30am-11:15am

April Fools’ Hike

314600 2-3yrs 1 Class \$5 4/1 W 10:30am-11:15am

Frogs and Toads

314601 2-3yrs 1 Class \$5 5/13 W 10:30am-11:15am

Homeschool Extravaganza

Calling all homeschoolers! Experience bugs, birds, butterflies and more through outdoor discoveries, live animals and games. Registration required.



Reptiles and Amphibians

Learn about amphibians and reptiles in springtime. Explore the different life cycles and adaptations, and meet some of our live animals.

315601 5-7yrs 1 Class \$5 4/23 Th 9:30am-10:30am



Food, Flight and Feathers

Birds have special adaptations for feeding, flying and migrating. Students can try out different beaks, spread their wings, and take off in our Great Migration Challenge game. Who will finish the journey?

315602 8-10yrs 1 Class \$5 4/23 Th 9:30am-10:30am

All About Owls!

Whoooo is interested in owls? Visit includes a hearing a short story and watching a video about baby owls, looking at the feathers that make owls unique, exploring owl-related items, and visiting with a live owl.

315604 5-7yrs 1 Class \$5 4/23 Th 10:30am-11:30am



Bugs

What makes an insect an insect? Learn about the largest and most diverse group of animals. Examine characteristics, life cycles, and adaptations of insects. Through field explorations, identify what’s hopping, crawling, and flying in the park.

315603 8-10yrs 1 Class \$5 4/23 Th 10:30am-11:30am



Annual Egg Hunt

Search for real eggs through our meadows, then dye and decorate the eggs you find. Event includes other ongoing Spring-related activities throughout the day. Fun for the entire family! Don’t forget to bring a basket to collect your eggs. Reservations are required (we want to be sure we have enough eggs for all!)

315605 2-12yrs 1 Class \$8 4/3 F 10:00am-10:30am

315606 2-12yrs 1 Class \$8 4/3 F 10:30am-11:00am

315607 2-12yrs 1 Class \$8 4/3 F 11:00am-11:30am

315608 2-12yrs 1 Class \$8 4/3 F 11:30am-12:00pm

315609 2-12yrs 1 Class \$8 4/3 F 12:00pm-12:30pm

315610 2-12yrs 1 Class \$8 4/3 F 12:30pm-1:00pm

315611 2-12yrs 1 Class \$8 4/3 F 1:00pm-1:30pm

315612 2-12yrs 1 Class \$8 4/3 F 1:30pm-2:00pm

315613 2-12yrs 1 Class \$8 4/3 F 2:00pm-2:30pm

315614 2-12yrs 1 Class \$8 4/3 F 2:30pm-3:00pm





Squish, Squash, Squirt: Mud!

Spring brings lots of rain showers, and that means mud! From birds to bugs, lots of animals love mud! Discover the fun in mud through stories, and activities, and make some mud art.

315455 3-8yrs 1 Class \$5 3/27 F 1:30pm-2:30pm

Cupcakes with Otus

Our mascot Otus the Owl loves spending time with friends! Read a story, enjoy a "sweet" time decorating owl-inspired cupcakes, and get your picture taken with Otus!

315500 3-6yrs 1 Class \$5 4/10 F 11:00am-11:45am

Animals from Eggs

Learn which animals hatch from eggs, then go on a hike to search for hidden eggs. Registration required.

314551 3-7yrs 1 Class \$5 4/18 Sa 3:00pm-3:45pm

Programs for All

All attending must register and pay, unless otherwise noted. Children must be accompanied by an adult.

Raptors

Join us every Saturday at 11am and noon for an exciting raptor experience. No registration required, and programs are FREE! Groups, please call in advance. Programs are held rain or shine. Please note: Though we try to keep our schedule, programs may be delayed or canceled depending on the health of the live animals.



Don't miss our special Spring Break weekday dates: Tuesday, April 7, Wednesday, April 8, Thursday, April 9, and Friday, April 10.

Vulture Enrichment

Vultures are smart! Come see Meadowside's resident vulture play with her food at our weekly vulture enrichment session. This activity meets at the Raptor Walkway behind the Nature Center from 11-11:20am.

Raptor Lunchtime and Talk

Observe Meadowside's resident raptors during their feeding time and learn some of the stories about the raptors on exhibit. These talks meet at the Raptor Walkway behind the Nature Center from noon-12:30pm.

Animal Encounters

The staff at Meadowside Nature Center cares for a variety of education animals who help us teach about nature. Stop by and meet an animal on Saturdays from 3-3:30pm in the lobby. No registration required, and programs are FREE! Groups, please call in advance.

Scouts

Earn badges! For Brownies, Webelos, and Boy Scouts. Registration required.

Webelo Scientist Activity Badge

We'll do scientific experiments and test some famous laws of science, explore how planes fly, and learn how the brain can play tricks on us.

315597 7-10yrs 1 Class \$25 3/7 Sa 9:30am-12:00pm



Girl Scout Brownies: Hiker Badge

Hit the trail for this badge! We'll look at our trail maps to decide our route, decorate our own hiking backpacks, make our own trail mix, and take a hike to see what kinds of plants and animals we can find on our trails.

315454 6-10yrs 1 Class \$15 3/20 F 3:30pm-5:00pm

Boy Scout Merit Badge: Environmental Science

We'll examine different forms of pollution, and learn what we can do to reduce the negative impact we make on the environment. Please bring a bag lunch.

315598 10-17yrs 1 Class \$50 4/8 W 10:00am-2:30pm

Boy Scout Merit Badge: Bird Study

Earning your Bird Study merit badge is a great beginning to a fun and fulfilling lifelong hobby! Scouts will look for native birds at a local birding "hot spot," learn about bird identification and bird calls, and more. Van transportation provided; don't forget to bring lunch!

315560 10-17yrs 2 Classes \$100 4/9&4/10 Th,F 10:00am-2:30pm

Girl Scout Brownies: Bugs Badge

Explore the amazing world of bugs while earning your Bugs Legacy Badge! Meet some of Meadowside's live bugs up close, explore bug homes by making your own bug habitat, take a bug hike, make a buggy craft, and more.



315549 6-10yrs 1 Class \$15 4/10 F 1:00pm-2:30pm

Alien Invaders

Our park's native plants are being choked and overgrown by alien invasive plants. Help us give the park's native plants room to grow by removing the invasive non-natives. Bring yourself, your family, or your group (please call us if you're bringing a group). Bring leather gloves if you have them, or borrow ours. This is an SSL-approved project.

314499 8 & up 1 Class FREE 3/14 Sa 10:00am-11:00am

314500 8 & up 1 Class FREE 4/18 Sa 10:00am-11:00am

314501 8 & up 1 Class FREE 5/23 Sa 10:00am-11:00am

Amphibians at Maydale

We'll hike a mile or two along a dirt trail searching woodland vernal pools for salamander and frog activity. Dress to get muddy! Meet at Maydale Park, 1638 Maydale Drive, Silver Spring 20905 (off Briggs Chaney Rd. and Claude Lane). Registration required for all; adults are free.

314549 3 & up 1 Class \$5 3/14 Sa 3:00pm-4:00pm



Volunteer Summer Camp Counselors

We're looking for help with our summer camps and programs.

Spring Programs

We're looking for volunteer help for our:

Annual Egg Hunt

Friday, April 3

Raptor Festival

Sunday, May 3

Share Your Green Thumb

We need help with the upkeep of our new interpretive, native gardens. Volunteer gardeners work a few hours a week during the growing season. You must be 18 or older.

SSL-approved. Visit

MeadowsideNature.org for details.

Family Hike to the Planets

Take a tour of the solar system without leaving Earth. Visit each planet in our tiny portion of the universe during this mile-long hike. Children and adults must register and pay. Trail is not suitable for strollers.
315551 5 & up 1 Class \$5 3/27 F
10:00am-11:30am

Otus the Owl Meet-and-Greet

Stop by to meet, greet, and take a photo with our mascot, Otus the Owl!
314550 2 & up 1 Class FREE 3/27 F
1:00pm-1:20pm

Sounds of Spring Campfire

Chirp, howl, squeak, growl! Help tell a story using the sounds of the spring night. Afterwards, we'll enjoy a toasty treat around the campfire. Children and adults must register and pay.
315558 2 & up 1 Class \$5 3/28 Sa 7:00pm-8:00pm

High-Tech Egg Hunt

Join us for a hike and hunt through the woods. Learn how to use a GPS unit, then spend the day on a geocaching adventure to hunt for springtime treats throughout the woods of Meadowside. Be prepared to hike (long pants and sturdy shoes are strongly recommended). If you don't have a GPS unit, we'll lend you one. Please register and pay for all participants.
315499 8 & up 1 Class \$10 4/7 Tu 1:00pm-3:00pm

Birding at Meadowside

This is the busy season for birding! Birds are heading north to their breeding grounds, some of which are right here in Montgomery County. We'll cover some of the most promising birding spots along Meadowside's trails, most of which are gently hilly. Beginners welcome; bring your binoculars or borrow ours.
315561 12 & up 1 Class \$10 5/2 Sa 8:00am-10:00am

Family Geocaching Adventure

Join us for a hike and hunt through the woods. Learn how to use a GPS unit, then spend the day on a geocaching adventure to hunt for springtime treats throughout the woods of Meadowside. Be prepared to hike (long pants and sturdy shoes are strongly recommended). If you don't have a GPS unit, we'll lend you one. Please register and pay for all participants.
315550 8 & up 1 Class \$7 5/9 Sa 9:30am-11:00am

Chalk Play

To celebrate Memorial Day, stop by and use our colorful sidewalk chalk to fill our parking lot with images of things that are memorable! No registration required.
314553 2 & up 1 Class FREE 5/23 Sa 1:00pm-2:00pm

Spring Photo Walk

Take photos and make memories as we enjoy a stroll through the woods and see what's growing in late spring. Please bring a camera or smart phone; registration required.
314552 5 & up 1 Class \$5 5/23 Sa 3:00pm-4:00pm

Make It and Take It

Drop by the Nature Center and have some fun! We'll have easy-to-make seasonal crafts that you can make and take home. No registration required; drop in anytime during program hours! Fee is per craft; exact change is appreciated.

March's Windy Ways

Catch the March wind with a festive wind catcher.
315555 2 & up 1 Class \$2 3/21 Sa 11:30am-1:30pm

Spring Flowers

Let's make a fun bouquet from recycled materials.
315556 2 & up 1 Class \$2 4/18 Sa 11:30am-1:30pm

Mother's Day Cards

Make a Mother's Day card using materials collected from nature.
315557 2 & up 1 Class \$2 5/9 Sa 11:30am-1:30pm



Turtle Fun in the Sun!

The sun helps with turtle shell development, and its warmth encourages digestion. Drop by on sunny days and maybe you'll get to meet and learn about our turtles, if they're exploring their outdoor play space in the Raptor Walkway yard.



Barred Owls on the Canal

Barred owls are frequent nesters along the C & O Canal, often returning to the same location year after year. By May, owlets usually have moved out of the nest, but are still being looked after by their parents. Join us for a short walk along the canal to a location where barred owls have historically been found. Meet at the Monocacy Aqueduct, Mouth of Monocacy Road, Dickerson, MD 20842
315559 12 & up 1 Class \$7 5/29 F 7:30pm-9:00pm



Family Fun Hikes

NEW!

Come hit the trails and discover the bustling world around the Nature Center by taking a short hike. Register and pay for all attendees; children must be accompanied by an adult.

Reptiles and Amphibians

Learn about the wonderful world of reptiles and amphibians with a hike to the pond at Meadowside.
315599 7 & up 1 Class \$3 4/11 Sa 10:00am-10:45am

Wonderful Wildflowers

See what's in bloom as we hike along the Rock Creek steam valley.
315600 7 & up 1 Class \$3 5/16 Sa 10:00am-10:45am



Adults

Registration required unless otherwise noted.



Birthday Parties at Meadowside Nature Center
Call 301-258-4030 for information.

Nature Matters Lecture Series

Spend an evening with researchers and conservationists for an intriguing lecture series focused on local nature and conservation topics. Check-in and refreshments begin at 6:45 pm, and the one-hour lecture begins at 7pm, followed by a Q & A session.

SkyTruth: The Crowd Is Watching!

John Amos, president of the non-profit SkyTruth in West Virginia, will discuss applying satellite imagery and big data to some of today's biggest conservation challenges. Learn how the "skytruthing" movement is bringing people together from all over the world to look at the planet and our impact on it, from a new perspective.

315552 14 & up 1 Class FREE 3/11 W 6:45pm-8:00pm

The Impact of Buildings on Birds

Building collisions kill up to a billion birds per year—but there are some simple solutions that can mitigate this situation. Speaker **Lindsay Jacks** is an Avian Keeper at the Maryland Zoo in Baltimore and the coordinator for Lights Out Baltimore—a non-profit that strives to make that city safe for migratory

birds. Her presentation will highlight building design problems and solutions, and how supporting lights-out programs in cities can save birds.

315553 14 & up 1 Class FREE 4/22 W 6:45pm-8:00pm

Voices of the Next Generation

Join us for an enlightening evening of presentations from the next generation of environmental stewards. Each year, **seniors from Poolesville High School's Global Ecology Program** identify environmental issues, then design and implement projects to address them. Projects are diverse—from research to the arts—and we're very excited to welcome some of the students to share their discoveries with us.

315554 14 & up 1 Class FREE 5/20 W 6:45pm-8:00pm

EXPERIENCE

the thrill of viewing some of Maryland's premier predators live and up-close! Explore the world of **owls, hawks** and **eagles** through games, crafts and talks given by local experts. Our resident birds of prey will be on display, and our mascot **Otus the Owl** will be waiting to greet you! Join a tour of our new habitat gardens and receive a **free native plant** (first 200 families)!

FREE!

No pets (except guide dogs) allowed at festival site.

www.MeadowsideNature.org



MEADOWSIDE NATURE CENTER'S

RAPTOR FESTIVAL

SUNDAY, MAY 3, 2015 | NOON - 4PM





No gear? No problem!

Go CAMPER-READY CAMPING at Little Bennett Campground!

If you'd like to try camping, but don't want to invest in gear until you're sure you like it, try Camper-Ready Camping at Little Bennett Campground! For just \$25 plus the cost of your tent site, we'll set up your campsite for you, with a four-person tent, two camp chairs, a propane stove and lantern. Bring your own bedding, cooking gear and food, and you're ready to enjoy some time in the great outdoors!

Two-night minimum stay and one week's advance notice required for Camper-Ready Camping.

OPEN Friday, February 27 for weekend camping.
Full-time camping begins **Friday, March 27.**

Come enjoy our new Hike-In Camping Area

2nd Annual Great Outdoors Festival coming soon!



Little Bennett Campground
23705 Frederick Rd., Clarksburg, MD 20871
Call 301-528-3430 | www.LittleBennettCampground.com



Saturday, March 28
11:00 am - 4:00 pm

Montgomery College
Takoma Park/Silver Spring
& Jesup Blair Local Park

Free!

**Celebrate the people and environment
of Montgomery County!**

- Workshops
- Exhibitors
- Environmental Films
- Music & Entertainment
- Electric Vehicle Car Show
- Fun for the Whole Family



Shuttle from
Takoma Metro!

montgomerycountygreenfest.org

History in the Spring 2015

Black History Month Celebrations

February 7, 14, 21, 28
Josiah Henson Park*

11420 Old Georgetown Road
North Bethesda, MD 20852 *

Saturday Guided Tours "A Walk in Father Henson's Footsteps"

FREE, 12:00 pm - 4:00 pm+

Retrace the footsteps of Reverend Josiah Henson from his enslavement to escape on the Underground Railroad to freedom in Canada. Walk the grounds where Henson toiled as a slave on the Isaac Riley plantation. Last guided tour begins at 3:00 pm.

"The Search For Josiah Henson" Time Team America Documentary

FREE, Noon, 1:00, 2:00 and 3:00 pm

This PBS documentary brings to life the archaeological discoveries made at Josiah Henson Park.

Saturday, February 28
Josiah Henson Park*

"Lyrical Rhythms: The Sounds of Freedom" Live Spoken Word Poetry Event

FREE, 3:00 pm - 4:00 pm+

Create your own "sounds of freedom" in the form of original poetry.

Come prepared to share your poetry. Reception with light refreshments immediately follows. Details are online at HistoryintheParks.org. The last guided tour begins at 2:00 pm.

Opening Day Celebrations

Woodlawn Manor Cultural Park

16501 Norwood Road
Sandy Spring, MD 20860

Special Night Hike on the Underground Railroad Experience Trail: "Voices of the Underground Railroad"

Friday, April 10

7:00 pm - 9:30 pm

Register at ParkPass.org

\$5 per person | Course # 320549

Journey back to the 1800s during this special night hike and meet persons of the past. Registration required. Tickets NOT available onsite.

Oakley Cabin African American Museum & Park

3610 Brookeville Road
Olney, MD 20832

Guided Cabin Tours and "Celebrating African Rhythms through Dance & Song"

Saturday, April 11

FREE, 12:00 pm - 4:00 pm

Join us at Oakley Cabin for an African dance workshop, crafts and games for children. Explore an archaeology dig site with Park archaeologists.

Montgomery County Heritage Days

Saturday, June 27

Underground Railroad Experience Trail Guided Hikes

FREE, 9:00 am - 1:00 pm

Agricultural History Farm Park

FREE, 12:00 pm - 4:00 pm

Living History Demonstrations, Tours & Activities for children

Blockhouse Point Conservation Park Guided Hikes

FREE, 12:00 pm - 4:00 pm

Harper Cabin at Brookside Nature Center

FREE, 1:00 pm - 4:00 pm

Demonstrations, Crafts & Activities for children

Oakley Cabin African American Museum & Park

FREE, 12:00 pm - 4:00 pm

Guided Tours, Living History Demonstrations, Crafts & Activities for children

Sunday, June 28
Josiah Henson Park*

"A Walk in Father Henson's Footsteps" Guided Tours

FREE, 12:00 pm - 4:00 pm +

Harper Cabin at Brookside Nature Center

FREE, 1:00 pm - 4:00 pm

* Parking for Josiah Henson Park is available ONLY at the **Kennedy Shriver Aquatic Center**, 5900 Executive Boulevard, North Bethesda, MD 20852

+ Last guided tour begins at 3:00 pm.



HistoryInTheParks.org

Parks

Ongoing Activities

Underground Railroad Experience Trail Guided Hikes

Woodlawn Manor Cultural Park
16501 Norwood Road, Sandy Spring, MD 20860

Saturdays | April 4 – November 7

FREE, Hikes begin at 10:00 am

Hikers learn about various strategies that "freedom seekers" used to elude trackers, find food, and navigate their way north to freedom.

Oakley Cabin Guided Tours

Oakley Cabin African American Museum & Park
3610 Brookeville Road, Olney, MD 20832

Second and Fourth Saturdays | April 11 - November 7

FREE, 12:00 pm - 4:00 pm

Enjoy tours of the historic cabin and learn about the African American experience after the Civil War.

Become a part of history!

Share your love of history, the great outdoors, agriculture and rusty old buildings with visitors of all ages and become a trained volunteer tour guide!

FREE training (and cool hats) provided.
Volunteer opportunities meet SSL requirements.

Kingsley Schoolhouse

Open House & Guided Tours

Little Bennett Regional Park

Kingsley Parking Area on Clarksburg Road
Clarksburg, MD 20871

First Sunday each month | April 12 - November 8

FREE, 1:00 pm – 4:00 pm

Come and explore this historic treasure! Kingsley Schoolhouse was built in 1893 and is one of the best remaining examples of a one-room schoolhouse in Montgomery County.

Located in the secluded "Froggy Hollow" section of Little Bennett Regional Park, the schoolhouse is furnished as it appeared in the 1920s. Bring a picnic and enjoy lunch by the stream.



301-650-4373



SPRING ON ICE



feb

SWEETHEART SKATE

(see p. 142)

WHEATON ICE 2/13

CABIN JOHN 2/14



WINTER II SKATING & HOCKEY

REGISTRATION OPENS

2/15 MoCo Residents

2/16 Everyone

PARK PLAY DAYS

(see p. 145)

2/16

CABIN JOHN & WHEATON ICE

Thursday, February 19

Last day to register online!

WINTER II CLASSES BEGIN

2/21



mar

WHEATON WORKOUT CENTER

Work out at our great little gym while the kids skate! Daily passes are \$5; one-month memberships are just \$15



ST. PATRICK'S DAY SKATE

(see p. 143)

WHEATON ICE 3/15

CABIN JOHN 3/17

PARK PLAY DAYS

(see p. 145)

3/27

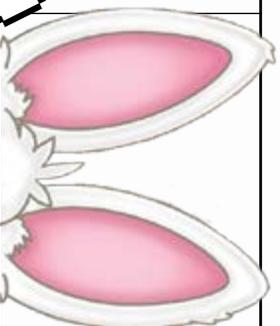
CABIN JOHN & WHEATON ICE

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SPRING SKATING & HOCKEY REGISTRATION OPENS

4/4 MoCo Residents

4/5 Everyone



SPRING BUNNY HOP

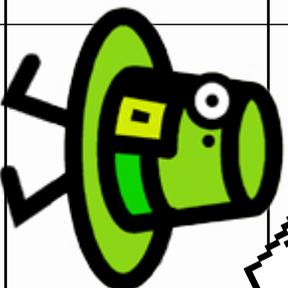
(see p. 144)

4/4

CABIN JOHN & WHEATON ICE

SPRING BREAK 4/6-10

SPRING WEEK IN THE PARK
WHEATON ICE 4/6-10 (see p. 151)



SPRING BREAK ICE SKATING CAMP

(see p. 143)

WHEATON ICE 3/15

CABIN JOHN 3/17

Thursday, April 16
Last day to register online!

SPRING CLASSES BEGIN

4/18



may

CABIN JOHN SPRING SHOW

(see p. 147)

5/9



MOTHER'S DAY SKATE

(see p. 145)

5/10

CABIN JOHN & WHEATON ICE

BOTH ARENAS CLOSED MEMORIAL DAY WEEKEND

5/23-25



Please check our websites for **Spring Public Skating sessions**.
For full details on skating Summer Camps, visit MontgomeryParks.org/Camps.

10610 Westlake Drive
Rockville, MD 20852
301-765-8620
www.CabinJohnIce.com



11717 Orebaugh Avenue
Wheaton, MD 20902
301-905-3000
www.WheatonIceArena.com



Ice Skating & Hockey



Group Lessons



Cabin John Ice Rink
10610 Westlake Drive
Rockville, MD 20852
301-765-8620
www.CabinJohnIce.com



Wheaton Ice Arena
11717 Orebaugh Avenue
Wheaton, MD 20902
301-905-3000
www.WheatonIceArena.com

Like Cabin John Ice, Wheaton Ice and Montgomery Parks on  and follow us on  @WheatonIce

FOUR WAYS TO REGISTER

- Online at www.ParkPASS.org.
- By phone (automated) at 301-670-6858 (have your ParkPASS account information handy).
- In person at the rinks until 9pm daily (no phone registrations can be taken at the rinks).
- Mail registration form and payment to the rinks. (Checks/money orders only; no cash or credit cards)

REGISTRATION DATES

- *Don't forget—you can register for WINTER 2 ice classes from February 15/16 through February 19 at ParkPASS.org!*
- Registration for the SPRING session opens Saturday, April 4 for Montgomery County residents and Sunday, April 5 for all; and runs through Thursday, April 16.
- Beginning Friday, April 17, you may register in person only at the rink (a non-refundable \$10 service fee applies).
- Spring classes run Saturday, April 18 through Monday, June 1.

COURSE FEES COVER

- Six lessons (30 or 45 minutes, depending on class).
- A practice card, good for admission to 6 or 9 public sessions (depending on your class). Practice cards are valid during the 6-week lesson period until the start of the next lesson period. Practice cards are non-transferable and non-refundable, and lost cards cannot be replaced.
- Use of rental skates for lessons and practices.

PLEASE NOTE

- There are no make-ups or refunds for missed lessons.
- Please read course descriptions carefully, and select courses that match students' ability and experience. At the end of each class, the instructor will tell each student if he or she is ready to advance to the next skill level, or would benefit more from taking the same level again before moving ahead.
- Transfer requests will incur a \$5 processing fee. No transfers can be made after the second class has met.
- If you see a class you like, register! Classes may be cancelled if minimum enrollment number is not met.

ON YOUR FIRST DAY OF CLASS...

- Wear one pair of thin socks.
- Helmets and gloves are highly recommended for your safety.
- Arrive at the rink 30 minutes early for your first lesson, and 15-20 minutes early for subsequent classes.
- Pick up your practice card at the rink.
- Pick up your skates at the skate exchange. Ask for one size *smaller* than your **sneaker size**. You'll have better balance and protection against injuries.



Spring 2015

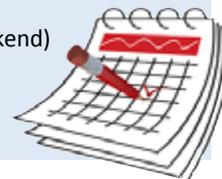
DATES TO NOTE

Holiday Closures

- Closed Sunday, April 5 (Easter)
- Closed Saturday, May 23 through Monday, May 25 (Memorial Day Weekend)

No Classes

- May 23-25



SPECIAL NEEDS

Montgomery Parks encourages and supports the participation of individuals with disabilities. In order to make reasonable accommodations based on individuals' needs and abilities, please contact the Skating Director at least five days before your class starts, and request accommodation at that time.



Parent & Tot Ice Skating

Skating is fun, and great exercise for you and your child! This class teaches toddlers (ages 3-5) beginning skating skills, with Mom or Dad right there to help them feel safe. We'll teach your child how to fall down and get up, march and march while moving on the ice. Parents will need basic skating skills in order to skate with their child. Bicycle helmets recommended. Fee covers one child and one parent; register child only.

Cabin John Ice Rink

313254	3-5yrs	6 Classes	\$99	4/18	Sa	11:45am-12:15pm
313255	3-5yrs	6 Classes	\$99	4/18	Sa	2:00pm- 2:30pm
313101	3-5yrs	6 Classes	\$99	4/19	Su	12:00pm-12:30pm
313102	3-5yrs	6 Classes	\$99	4/19	Su	3:30pm- 4:00pm
313100	3-5yrs	6 Classes	\$99	4/24	F	9:45am-10:15am

Wheaton Ice Arena

316351	3-5yrs	6 Classes	\$99	4/18	Sa	10:45am-11:15am
316353	3-5yrs	6 Classes	\$99	4/19	Su	11:00am-11:30am

Snowplow Sam

"Snowplow Sam" levels are designed to help preschool-age skaters develop the preliminary coordination and strength needed to maneuver on the ice.

Snowplow Sam 1

Learn how to sit and stand up with skates on (off and on the ice); march in place; march forward; march, then glide on two feet; and dip in place. Bicycle helmets are strongly recommended.

Cabin John Ice Rink

313259	3-5yrs	6 Classes	\$99	4/18	Sa	8:30am- 9:00am
313260	3-5yrs	6 Classes	\$99	4/18	Sa	11:00am-11:30am
313261	3-5yrs	6 Classes	\$99	4/18	Sa	12:15pm-12:45pm
313262	3-5yrs	6 Classes	\$99	4/18	Sa	1:15pm- 1:45pm
313117	3-5yrs	6 Classes	\$99	4/19	Su	11:30am-12:00pm
313118	3-5yrs	6 Classes	\$99	4/19	Su	3:00pm- 3:30pm
313110	3-5yrs	6 Classes	\$99	4/20	M	12:30pm- 1:00pm
313109	3-5yrs	6 Classes	\$99	4/20	M	4:00pm- 4:30pm
313111	3-5yrs	6 Classes	\$99	4/22	W	9:45am-10:15am
313112	3-5yrs	6 Classes	\$99	4/22	W	4:30pm- 5:00pm
313113	3-5yrs	6 Classes	\$99	4/23	Th	4:00pm- 4:30pm
313114	3-5yrs	6 Classes	\$99	4/24	F	9:45am-10:15am
313115	3-5yrs	6 Classes	\$99	4/24	F	1:00pm- 1:30pm
313116	3-5yrs	6 Classes	\$99	4/24	F	4:00pm- 4:30pm

Wheaton Ice Arena

316361	3-5yrs	6 Classes	\$99	4/18	Sa	10:15am-10:45am
316363	3-5yrs	6 Classes	\$99	4/18	Sa	12:30pm- 1:00pm
316364	3-5yrs	6 Classes	\$99	4/19	Su	11:00am-11:30am
316365	3-5yrs	6 Classes	\$99	4/19	Su	2:00pm- 2:30pm
316358	3-5yrs	6 Classes	\$99	4/23	Th	4:30pm- 5:00pm
316360	3-5yrs	6 Classes	\$99	4/23	Th	5:30pm- 6:00pm
316359	3-5yrs	6 Classes	\$99	4/24	F	4:45pm- 5:15pm

Snowplow Sam 2

Prerequisite: Passed Snowplow Sam 1

Learn how to march followed by a long glide, how to dip while moving, and backward wiggles. We'll also cover the rocking horse (one forward swizzle, then one backward swizzle), forward two-foot swizzles, and a two-foot hop in place. Bicycle helmets are strongly recommended.

Cabin John Ice Rink

313266	3-5yrs	6 Classes	\$99	4/18	Sa	8:30am- 9:00am
313267	3-5yrs	6 Classes	\$99	4/18	Sa	11:00am-11:30am
313268	3-5yrs	6 Classes	\$99	4/18	Sa	1:15pm- 1:45pm
313130	3-5yrs	6 Classes	\$99	4/19	Su	11:30am-12:00pm
313131	3-5yrs	6 Classes	\$99	4/19	Su	3:00pm- 3:30pm
313124	3-5yrs	6 Classes	\$99	4/20	M	12:30pm- 1:00pm
313125	3-5yrs	6 Classes	\$99	4/20	M	4:00pm- 4:30pm
313126	3-5yrs	6 Classes	\$99	4/22	W	4:30pm- 5:00pm
313127	3-5yrs	6 Classes	\$99	4/22	W	9:45am-10:15am
313128	3-5yrs	6 Classes	\$99	4/23	Th	4:00pm- 4:30pm
313129	3-5yrs	6 Classes	\$99	4/24	F	4:00pm- 4:30pm
313132	3-5yrs	6 Classes	\$99	4/24	F	9:45am-10:15am
313133	3-5yrs	6 Classes	\$99	4/24	F	1:00pm- 1:30pm

Wheaton Ice Arena

316371	3-5yrs	6 Classes	\$99	4/18	Sa	11:15am-11:45am
316373	3-5yrs	6 Classes	\$99	4/19	Su	11:30am-12:00pm
316751	3-5yrs	6 Classes	\$99	4/19	Su	2:45pm- 3:15pm
316370	3-5yrs	6 Classes	\$99	4/23	Th	4:30pm- 5:00pm
316372	3-5yrs	6 Classes	\$99	4/24	F	5:15pm- 5:45pm



Snowplow Sam 3

Prerequisite: Passed Snowplow Sam 2

Learn forward skating, forward one-foot glides, forward and backward swizzles, a snowplow stop, and curves. Bicycle helmets are strongly recommended.

Cabin John Ice Rink

313271	3-5yrs	6 Classes	\$99	4/18	Sa	8:30am- 9:00am
313272	3-5yrs	6 Classes	\$99	4/18	Sa	11:00am-11:30am
313273	3-5yrs	6 Classes	\$99	4/18	Sa	1:15pm- 1:45pm
313145	3-5yrs	6 Classes	\$99	4/19	Su	11:30am-12:00pm
313146	3-5yrs	6 Classes	\$99	4/19	Su	3:00pm- 3:30pm
313139	3-5yrs	6 Classes	\$99	4/20	M	12:30pm- 1:00pm
313140	3-5yrs	6 Classes	\$99	4/20	M	4:00pm- 4:30pm
313141	3-5yrs	6 Classes	\$99	4/22	W	9:45am-10:15am
313142	3-5yrs	6 Classes	\$99	4/22	W	4:30pm- 5:00pm
313143	3-5yrs	6 Classes	\$99	4/24	F	1:00pm- 1:30pm
313144	3-5yrs	6 Classes	\$99	4/24	F	4:00pm- 4:30pm

Wheaton Ice Arena

316377	3-5yrs	6 Classes	\$99	4/18	Sa	11:15am-11:45am
316378	3-5yrs	6 Classes	\$99	4/19	Su	12:00pm-12:30pm
316376	3-5yrs	6 Classes	\$99	4/23	Th	4:30pm- 5:00pm



Sweetheart Skate

Bring your sweetheart to the rink and skate together for just **\$6.50** (admission and skates for two).

**WHEATON ICE
FRIDAY,
FEBRUARY 13
8:15-10:15PM**

**CABIN JOHN ICE
SATURDAY,
FEBRUARY 14
8:30-10:30PM**

Basic Skills 1-8

Basic Skills classes teach the fundamentals of skating. The eight levels of the program introduce these fundamental moves: forward skating, backward skating, stops, edges, crossovers, turns and mohawks. Upon completion of the Basic levels 1-8, skaters will have a basic knowledge of the sport, enabling them to advance to more specialized types of skating.

Basic 1

Learn how to sit on the ice and stand up, march forward across the ice, forward two-foot glide, and dip. We'll also cover forward swizzles, backward wiggles, snowplow stops, a two-foot hop, and the rocking horse. Bicycle helmets are strongly recommended.

Cabin John Ice Rink

313276	6-12yrs	6 Classes	\$99	4/18	Sa	8:30am- 9:00am
313277	6-12yrs	6 Classes	\$99	4/18	Sa	10:30am-11:00am
313278	6-12yrs	6 Classes	\$99	4/18	Sa	11:45am-12:15pm
313279	6-12yrs	6 Classes	\$99	4/18	Sa	12:45pm- 1:15pm
313280	6-12yrs	6 Classes	\$99	4/18	Sa	2:00pm- 2:30pm
313160	6-12yrs	6 Classes	\$99	4/19	Su	12:00pm-12:30pm
313161	6-12yrs	6 Classes	\$99	4/19	Su	2:30pm- 3:00pm
313162	6-12yrs	6 Classes	\$99	4/19	Su	4:00pm- 4:30pm
313152	6-12yrs	6 Classes	\$99	4/20	M	4:30pm- 5:00pm
313153	6-12yrs	6 Classes	\$99	4/20	M	5:00pm- 5:30pm
313154	6-12yrs	6 Classes	\$99	4/21	Tu	4:00pm- 4:30pm
313155	6-12yrs	6 Classes	\$99	4/21	Tu	5:00pm- 5:30pm
313156	6-12yrs	6 Classes	\$99	4/22	W	4:00pm- 4:30pm
313157	6-12yrs	6 Classes	\$99	4/22	W	5:00pm- 5:30pm
313158	6-12yrs	6 Classes	\$99	4/23	Th	4:00pm- 4:30pm
313159	6-12yrs	6 Classes	\$99	4/24	F	4:00pm- 4:30pm
313163	6-12yrs	6 Classes	\$99	4/24	F	6:00pm- 6:30pm

Wheaton Ice Arena

316382	6-12yrs	6 Classes	\$99	4/18	Sa	10:15am-10:45am
316384	6-12yrs	6 Classes	\$99	4/18	Sa	11:45am-12:15pm
316385	6-12yrs	6 Classes	\$99	4/19	Su	11:30am-12:00pm
316387	6-12yrs	6 Classes	\$99	4/19	Su	2:00pm- 2:30pm
316380	6-12yrs	6 Classes	\$99	4/23	Th	5:00pm- 5:30pm
316381	6-12yrs	6 Classes	\$99	4/24	F	5:15pm- 5:45pm

Basic 2 Prerequisite: Passed Basic 1 or Snowplow Sam 3

Learn forward one-foot glides, backward two-foot glide, backward swizzles, a two-foot turn from forward to backward in place, moving snowplow stop, and forward alternating half-swizzle pumps in a straight line.

Cabin John Ice Rink

313281	4-12yrs	6 Classes	\$99	4/18	Sa	10:30am-11:00am
313282	4-12yrs	6 Classes	\$99	4/18	Sa	11:45am-12:15pm
313283	4-12yrs	6 Classes	\$99	4/18	Sa	12:45pm- 1:15pm
313284	4-12yrs	6 Classes	\$99	4/18	Sa	2:00pm- 2:30pm
313169	4-12yrs	6 Classes	\$99	4/19	Su	12:00pm-12:30pm
313170	4-12yrs	6 Classes	\$99	4/19	Su	2:30pm- 3:00pm
313349	4-12yrs	6 Classes	\$99	4/19	Su	4:00pm- 4:30pm
313164	4-12yrs	6 Classes	\$99	4/20	M	4:30pm- 5:00pm
313165	4-12yrs	6 Classes	\$99	4/21	Tu	4:00pm- 4:30pm
313166	4-12yrs	6 Classes	\$99	4/22	W	4:00pm- 4:30pm
313167	4-12yrs	6 Classes	\$99	4/23	Th	4:30pm- 5:00pm
313168	4-12yrs	6 Classes	\$99	4/24	F	4:00pm- 4:30pm
313350	4-12yrs	6 Classes	\$99	4/24	F	6:00pm- 6:30pm

Wheaton Ice Arena

316390	4-12yrs	6 Classes	\$99	4/18	Sa	10:15am-10:45am
316391	4-12yrs	6 Classes	\$99	4/18	Sa	11:15am-11:45am
316392	4-12yrs	6 Classes	\$99	4/19	Su	12:00pm-12:30pm
316393	4-12yrs	6 Classes	\$99	4/19	Su	2:00pm- 2:30pm
316389	4-12yrs	6 Classes	\$99	4/23	Th	5:00pm- 5:30pm
316394	4-12yrs	6 Classes	\$99	4/24	F	4:45pm- 5:15pm

Basic 3 Prerequisite: Passed Basic 2

We'll cover forward stroking, forward half-swizzle pumps on a circle, moving forward to backward two-foot turns, backward one-foot glides, forward slaloms, and two-foot spin.

Cabin John Ice Rink

313289	4-12yrs	6 Classes	\$99	4/18	Sa	10:30am-11:00am
313290	4-12yrs	6 Classes	\$99	4/18	Sa	12:45pm- 1:15pm
313291	4-12yrs	6 Classes	\$99	4/18	Sa	2:30pm- 3:00pm
313186	4-12yrs	6 Classes	\$99	4/19	Su	12:30pm- 1:00pm
313187	4-12yrs	6 Classes	\$99	4/19	Su	2:30pm- 3:00pm
313351	4-12yrs	6 Classes	\$99	4/19	Su	4:00pm- 4:30pm
313181	4-12yrs	6 Classes	\$99	4/20	M	4:30pm- 5:00pm
313182	4-12yrs	6 Classes	\$99	4/21	Tu	4:00pm- 4:30pm
313183	4-12yrs	6 Classes	\$99	4/22	W	4:00pm- 4:30pm
313184	4-12yrs	6 Classes	\$99	4/23	Th	4:30pm- 5:00pm
313185	4-12yrs	6 Classes	\$99	4/24	F	4:00pm- 4:30pm
313352	4-12yrs	6 Classes	\$99	4/24	F	6:00pm- 6:30pm

Wheaton Ice Arena

316404	4-12yrs	6 Classes	\$99	4/18	Sa	10:45am-11:15am
316405	4-12yrs	6 Classes	\$99	4/19	Su	1:30pm- 2:00pm
316406	4-12yrs	6 Classes	\$99	4/19	Su	2:45pm- 3:15pm
316403	4-12yrs	6 Classes	\$99	4/23	Th	5:30pm- 6:00pm

Basic 4 Prerequisite: Passed Basic 3

Learn forward, outside and inside edges on a circle; forward crossovers; forward outside three-turns; backward half-swizzle pumps on a circle; backward stroking; and a backward snowplow stop.

Cabin John Ice Rink

313292	4-12yrs	6 Classes	\$99	4/18	Sa	10:00am-10:30am
313293	4-12yrs	6 Classes	\$99	4/18	Sa	2:30pm- 3:00pm
313193	4-12yrs	6 Classes	\$99	4/19	Su	12:30pm- 1:00pm
313194	4-12yrs	6 Classes	\$99	4/19	Su	3:30pm- 4:00pm
313188	4-12yrs	6 Classes	\$99	4/20	M	5:00pm- 5:30pm
313189	4-12yrs	6 Classes	\$99	4/21	Tu	4:30pm- 5:00pm
313190	4-12yrs	6 Classes	\$99	4/22	W	5:00pm- 5:30pm
313191	4-12yrs	6 Classes	\$99	4/23	Th	4:30pm- 5:00pm
313192	4-12yrs	6 Classes	\$99	4/24	F	4:00pm- 4:30pm

Wheaton Ice Arena

316408	4-12yrs	6 Classes	\$99	4/18	Sa	10:45am-11:15am
316409	4-12yrs	6 Classes	\$99	4/19	Su	1:30pm- 2:00pm
316407	4-12yrs	6 Classes	\$99	4/23	Th	6:15pm- 6:45pm

Basic 5 Prerequisite: Passed Basic 4

Skaters will learn backward outside and inside edges on a circle (R and L), backward crossovers, a beginning one-foot spin, a hockey stop, and the side toe hop.

Cabin John Ice Rink

313294	4-12yrs	6 Classes	\$99	4/18	Sa	10:00am-10:30am
313295	4-12yrs	6 Classes	\$99	4/18	Sa	2:30pm- 3:00pm
313199	4-12yrs	6 Classes	\$99	4/19	Su	12:30pm- 1:00pm
313200	4-12yrs	6 Classes	\$99	4/19	Su	3:30pm- 4:00pm
313195	4-12yrs	6 Classes	\$99	4/20	M	5:00pm- 5:30pm
313196	4-12yrs	6 Classes	\$99	4/22	W	5:00pm- 5:30pm
313197	4-12yrs	6 Classes	\$99	4/23	Th	5:45pm- 6:15pm
313198	4-12yrs	6 Classes	\$99	4/24	F	4:00pm- 4:30pm

Wheaton Ice Arena

316411	4-12yrs	6 Classes	\$99	4/18	Sa	11:45am-12:15pm
316412	4-12yrs	6 Classes	\$99	4/19	Su	1:30pm- 2:00pm
316410	4-12yrs	6 Classes	\$99	4/23	Th	6:15pm- 6:45pm



Ice Skating



ST. PATRICK'S DAY SKATE

Wear something green or Irish and skate for just **\$6.50** (includes admission and skates).

SUNDAY, MARCH 15
WHEATON ICE
2:45-4:45PM

TUESDAY, MARCH 17
CABIN JOHN
4:30-6:15PM &
8:15-10:15PM





Ice Skating



Basic 6 *Prerequisite: Passed Basic 5*
Learn forward inside three-turns, moving backward to forward two-foot turns on a circle, T-stops, bunny hops, forward spiral on a straight line, and a forward lunge.

Cabin John Ice Rink

313296	4-12yrs	6 Classes	\$149	4/18	Sa	9:00am-9:45am
313297	4-12yrs	6 Classes	\$149	4/18	Sa	3:00pm-3:45pm
313205	4-12yrs	6 Classes	\$149	4/19	Su	1:00pm-1:45pm
313201	4-12yrs	6 Classes	\$149	4/20	M	5:30pm-6:15pm
313202	4-12yrs	6 Classes	\$149	4/22	W	5:30pm-6:15pm
313203	4-12yrs	6 Classes	\$149	4/23	Th	6:30pm-7:15pm
313204	4-12yrs	6 Classes	\$149	4/24	F	4:30pm-5:15pm

Wheaton Ice Arena

316414	4-12yrs	6 Classes	\$99	4/18	Sa	11:45am-12:15pm
316415	4-12yrs	6 Classes	\$99	4/19	Su	1:30pm-2:00pm
316413	4-12yrs	6 Classes	\$99	4/23	Th	6:15pm-6:45pm

Basic 7 *Prerequisite: Passed Basic 6*
We'll cover the forward inside open mohawk, the backward outside edge to forward outside edge transition on a circle, ballet jump, backward crossovers to backward outside edge glides, and forward inside pivots.

Cabin John Ice Rink

313298	4-12yrs	6 Classes	\$149	4/18	Sa	9:00am-9:45am
313299	4-12yrs	6 Classes	\$149	4/18	Sa	3:00pm-3:45pm
313210	4-12yrs	6 Classes	\$149	4/19	Su	1:00pm-1:45pm
313206	4-12yrs	6 Classes	\$149	4/20	M	5:30pm-6:15pm
313207	4-12yrs	6 Classes	\$149	4/22	W	5:30pm-6:15pm
313208	4-12yrs	6 Classes	\$149	4/23	Th	6:30pm-7:15pm
313209	4-12yrs	6 Classes	\$149	4/24	F	5:15pm-6:00pm

Wheaton Ice Arena

316417	4-12yrs	6 Classes	\$99	4/18	Sa	11:45am-12:15pm
316418	4-12yrs	6 Classes	\$99	4/19	Su	1:00pm-1:30pm
316416	4-12yrs	6 Classes	\$99	4/23	Th	6:15pm-6:45pm

Basic 8 *Prerequisite: Passed Basic 7*
Skaters will learn moving forward outside and inside three-turns on a circle, combination step sequence, a one-foot upright spin, waltz jump, and a mazurka.

Cabin John Ice Rink

313300	4-12yrs	6 Classes	\$149	4/18	Sa	9:00am-9:45am
313301	4-12yrs	6 Classes	\$149	4/18	Sa	3:00pm-3:45pm
313215	4-12yrs	6 Classes	\$149	4/19	Su	1:00pm-1:45pm
313211	4-12yrs	6 Classes	\$149	4/20	M	5:30pm-6:15pm
313212	4-12yrs	6 Classes	\$149	4/22	W	5:30pm-6:15pm
313213	4-12yrs	6 Classes	\$149	4/23	Th	6:30pm-7:15pm
313214	4-12yrs	6 Classes	\$149	4/24	F	5:15pm-6:00pm

Wheaton Ice Arena

316419	4-12yrs	6 Classes	\$99	4/19	Su	1:00pm-1:30pm
316602	4-12yrs	6 Classes	\$99	4/23	Th	6:45pm-7:15pm

Teen & Adult Classes

Teen & Adult classes are designed for skaters age 12 and up. Classes teach proper skating techniques, promote physical fitness, and improve balance and coordination. Skaters will be challenged and motivated as they progress at their own rate through the program's four levels. If you're looking for a fun and exciting way to get (or stay!) healthy and fit, this skating program is custom-made for you.

Teen & Adult 1

Learn falling and recovery, forward strides and gliding, forward swizzles, backward skating, backward swizzles, forward one-foot glides, two-foot turns in place, snowplow stops, forward curves on two feet, and forward half-swizzle pumps on a circle. Bicycle helmets are strongly recommended.

Cabin John Ice Rink

313313	12 & up	6 Classes	\$149	4/18	Sa	9:00am-9:45am
313238	12 & up	6 Classes	\$149	4/20	M	11:00am-11:45am
313239	12 & up	6 Classes	\$149	4/20	M	8:00pm-8:45pm
313240	12 & up	6 Classes	\$149	4/23	Th	7:15pm-8:00pm

Wheaton Ice Arena

316430	12 & up	6 Classes	\$149	4/18	Sa	10:15am-11:00am
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Teen & Adult 2

Prerequisite: Passed Teen & Adult 1
Learn forward stroking, backward half-swizzle pumps on a circle, moving two-foot turns on a curve, forward edges on a circle, forward crossovers, backward one-foot glide, forward pivot, and forward chassés on a circle.

Cabin John Ice Rink

313314	12 & up	6 Classes	\$149	4/18	Sa	9:00am-9:45am
313241	12 & up	6 Classes	\$149	4/20	M	11:00am-11:45am
313242	12 & up	6 Classes	\$149	4/20	M	8:00pm-8:45pm
313243	12 & up	6 Classes	\$149	4/23	Th	7:15pm-8:00pm

Wheaton Ice Arena

316431	12 & up	6 Classes	\$149	4/18	Sa	10:15am-11:00am
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Teen & Adult 3

Prerequisite: Passed Teen & Adult 2
Learn backward edges on a circle, backward crossovers, inside mohawk, basic forward outside and forward inside consecutive edges, forward progressives, beginning two-foot spin, and backward snowplow stops.

Cabin John Ice Rink

313315	12 & up	6 Classes	\$149	4/18	Sa	9:00am-9:45am
313245	12 & up	6 Classes	\$149	4/20	M	11:45am-12:30pm
313246	12 & up	6 Classes	\$149	4/20	M	8:45pm-9:30pm
313244	12 & up	6 Classes	\$149	4/23	Th	8:00pm-8:45pm

Wheaton Ice Arena

316432	12 & up	6 Classes	\$149	4/18	Sa	11:00am-11:45am
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Teen & Adult 4

Prerequisite: Passed Teen & Adult 3
Learn forward three-turns, perimeter stroking with crossover end patterns, forward outside to inside change of edge sequence, alternate backward crossovers with two-foot transition, footwork sequence, power three-turns, and backward chassés on a circle.

Cabin John Ice Rink

313316	12 & up	6 Classes	\$149	4/18	Sa	9:00am-9:45am
313248	12 & up	6 Classes	\$149	4/20	M	11:45am-12:30pm
313249	12 & up	6 Classes	\$149	4/20	M	8:45pm-9:30pm
313247	12 & up	6 Classes	\$149	4/23	Th	8:00pm-8:45pm

Wheaton Ice Arena

316433	12 & up	6 Classes	\$149	4/18	Sa	11:00am-11:45am
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Spring Bunny Hop

Sat., April 4

Spring surprises and fun for all!
Just \$6.50 gets you in skates and on the ice.

WHEATON ICE 4-6PM

CABIN JOHN Noon-2PM



Ice Skating

Free Skate Classes

The Free Skate levels are designed to give skaters a strong foundation on which to build their skills. At this point, skaters can choose to pursue either a recreational or competitive track in figure skating.

Free Skate 1

Prerequisite: Passed Basic 8

Skaters will work on advanced forward stroking, basic forward outside and forward inside consecutive edges, advanced back outside three-turns, scratch spin from back crossovers, waltz jump from two or three back crossovers, and half-flips.

Cabin John Ice Rink

313304	5 & up	6 Classes	\$149	4/18	Sa	9:00am- 9:45am
313305	5 & up	6 Classes	\$149	4/18	Sa	3:45pm- 4:30pm
313222	5 & up	6 Classes	\$149	4/20	M	6:30pm- 7:15pm
313223	5 & up	6 Classes	\$149	4/22	W	6:30pm- 7:15pm

Wheaton Ice Arena

316422	5 & up	6 Classes	\$99	4/19	Su	1:00pm- 1:30pm
316421	5 & up	6 Classes	\$99	4/23	Th	6:45pm- 7:15pm

Free Skate 2

Prerequisite: Passed Free Skate 1

Skaters will learn basic back outside and back inside consecutive edges, forward outside and forward inside spirals, continuous forward progressive chassé sequence, waltz threes, beginning back spin, waltz jump, side toe hop, waltz jump sequence, and toe loop.

Cabin John Ice Rink

313306	5 & up	6 Classes	\$149	4/18	Sa	10:30am-11:15am
313307	5 & up	6 Classes	\$149	4/18	Sa	3:45pm- 4:30pm
313224	5 & up	6 Classes	\$149	4/20	M	6:30pm- 7:15pm
313225	5 & up	6 Classes	\$149	4/22	W	6:30pm- 7:15pm

Wheaton Ice Rink

316750	5 & up	6 Classes	\$99	4/19	Su	1:00pm- 1:30pm
316423	5 & up	6 Classes	\$99	4/23	Th	6:45pm- 7:15pm

Free Skate 3

Prerequisite: Passed Free Skate 2

We'll cover forward and backward crossovers in figure 8 pattern, waltz 8, advanced forward consecutive swing rolls, backward inside three-turns, backspin with free foot in crossed leg position, salchow, half-lutz jump, and waltz jump—toe loop combo or salchow—toe loop combination sequence on a circle.

Cabin John Ice Rink

313308	5 & up	6 Classes	\$149	4/18	Sa	10:30am-11:15am
313226	5 & up	6 Classes	\$149	4/20	M	6:30pm- 7:15pm
313227	5 & up	6 Classes	\$149	4/22	W	7:15pm- 8:00pm

Wheaton Ice Arena

316424	5 & up	6 Classes	\$99	4/23	Th	7:15pm- 7:45pm
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Free Skate 4

Prerequisite: Passed Free Skate 3

Skaters will learn a spiral sequence, forward power three-turns, continuous backward progressive chassé sequence on a circle, sit spin, loop jump, and a waltz jump—loop jump combination.

Cabin John Ice Rink

313309	5 & up	6 Classes	\$149	4/18	Sa	10:30am-11:15am
313228	5 & up	6 Classes	\$149	4/20	M	7:15pm- 8:00pm
313229	5 & up	6 Classes	\$149	4/22	W	7:15pm- 8:00pm

Wheaton Ice Arena

316425	5 & up	6 Classes	\$99	4/23	Th	7:15pm- 7:45pm
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Free Skate 5

Prerequisite: Passed Free Skate 4

Skaters will learn backward outside three-turns, mohawk into three backward crossovers, a spiral sequence, the forward outside slide chassé swing roll sequence, a camel spin, a forward upright to back scratch spin, loop/loop combination, flip jump and a waltz—falling leaf—toe loop jump sequence.

Cabin John Ice Rink

313310	5 & up	6 Classes	\$149	4/18	Sa	10:30am-11:15am
313230	5 & up	6 Classes	\$149	4/20	M	7:15pm- 8:00pm
313231	5 & up	6 Classes	\$149	4/22	W	8:00pm- 8:45pm

Wheaton Ice Arena

316426	5 & up	6 Classes	\$99	4/23	Th	7:15pm- 7:45pm
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Free Skate 6

Prerequisite: Passed Free Skate 5

We'll cover alternating back crossovers to back outside edges, the five-step mohawk sequence, a camel—sit spin combination, a split or stag jump, a waltz—half-loop—salchow, the lutz jump, and prepare for the axel.

Cabin John Ice Rink

313311	5 & up	6 Classes	\$149	4/18	Sa	10:30am-11:15am
313233	5 & up	6 Classes	\$149	4/20	M	7:15pm- 8:00pm
313234	5 & up	6 Classes	\$149	4/22	W	8:00pm- 8:45pm

Wheaton Ice Arena

316427	5 & up	6 Classes	\$99	4/23	Th	7:15pm- 7:45pm
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No School? **parkplayday** No Problem!

No school? No problem! On many of the days Montgomery County Public Schools are off (teacher training days, etc.), Park Play Days are on. Bring your kids for a Park Play Day full of activities, including an ice skating lesson, arts & crafts, and fun team games and sports. Fee: \$40. For kids age 6-12.

Cabin John Ice Rink

306949	6-12yrs	1 Class	\$40	2/16	M	9:00am- 5:00pm
307599	6-12yrs	1 Class	\$40	3/27	F	9:00am- 5:00pm

Wheaton Ice Arena

303950	6-12yrs	1 Class	\$40	2/16	M	9:00am- 5:00pm
307600	6-12yrs	1 Class	\$40	3/27	F	9:00am- 5:00pm



Mother's Day Skate

Bring Mom out to the rink on her big day, and she skates FREE (including skate rental) with one paid admission.

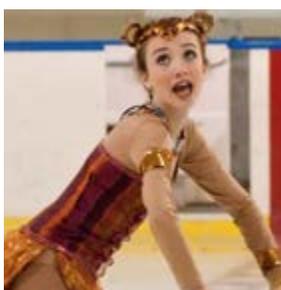
Sunday, May 10

WHEATON ICE
11am-12:45pm

CABIN JOHN ICE
12:30-2:30pm



Advanced Free Skating Classes



Free Skate Pre-Test *Formerly Free Skate 7*

Prerequisite: Passed Free Skate 6

Prepare for the move up into the USFSA testing system. Learn advanced jumps, combination spins, and a foot-work sequence as you work to enhance your overall fluidity and grace on the ice.

Cabin John Ice Rink

313312	5 & up	6 Classes	\$149	4/18	Sa	10:30am-11:15am
313235	5 & up	6 Classes	\$149	4/22	W	8:45pm- 9:30pm

Wheaton Ice Arena

316428	5 & up	6 Classes	\$99	4/23	Th	7:15pm- 7:45pm
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Moves/Edges

In these classes, skaters will work on power, edge quality, extension of line, quick and precise skating movements, and USFS "Moves in the Field" patterns.

All Ages

Prerequisite: Passed Basic 7

Wheaton Ice Arena

316434	4 & up	6 Classes	\$99	4/23	Th	6:45pm- 7:15pm
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Advanced Adult

Prerequisite: Passed Teen & Adult 3, or the Pre-Preliminary Moves test, or equivalent

Wheaton Ice Arena

316435	18 & up	6 Classes	\$99	4/23	Th	6:45pm- 7:15pm
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Moves in the Field Preparation

Prerequisite: Passed Free Skate 1

This class will help you prepare for the first USFSA Moves in the Field Test. We'll cover stroking, forward outside/inside edges, back outside/inside edges, a forward straight line spiral, and a waltz 8.

Cabin John Ice Rink

313325	5 & up	6 Classes	\$99	4/18	Sa	10:00am-10:30am
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Don't Wait 'til Spring to Skate!

Don't wait until spring to take another skating class! We know...this is the *Spring Guide*... but the **WINTER 2** session of classes starts **February 21**.

And registration for **WINTER 2** ice skating lessons opens **February 15/16!**

Take a look through the Winter Guide online at www.MontgomeryParks.org/Guide, and register **February 15/16** through **February 19** at www.ParkPASS.org!



Ice Skating

Edge Master Class

Prerequisite: Passed Free Skate 1

Learn to improve the control, speed, quality and depth of your edges while performing sequences. We'll cover forward and backward power pulls, forward and backward cross rolls, power 3-turns, back power 3-turns, 8-step mohawk sequence, and forward inside twizzles.

Cabin John Ice Rink

313324 5 & up 6 Classes \$99 4/18 Sa 11:15am-11:45am

Ice Dance Fundamentals 1

Prerequisite: Passed Free Skate 1

This class will introduce you to basic ice dancing steps, posture, dance positions and timing. We'll cover forward outside swing rolls, slide chassés, chassé progressives, the Dutch Waltz ice dance and the Canasta Tango ice dance.

Cabin John Ice Rink

313326 5 & up 6 Classes \$99 4/18 Sa 11:15am-11:45am

Ice Dance Fundamentals 2

Prerequisite: Passed Ice Dancing Fundamentals 1

In this advanced ice dancing class, you'll work on backward swing rolls, forward inside swing rolls, waltz 3-turns, the Swing Dance and Rhythm Blues ice dances.

Cabin John Ice Rink

313327 5 & up 6 Classes \$99 4/18 Sa 11:15am-11:45am

Spins 1

Prerequisite: Passed Free Skate 1

Learn to develop your spins and positions. We'll cover one-foot spins, scratch spins, back spins and sit spins; and work on basic positions for your future spins.

Cabin John Ice Rink

313320 5 & up 6 Classes \$99 4/18 Sa 10:00am-10:30am

Spins 2

Prerequisite: Passed Spins 1 or Free Skate 4

In this advanced spins class, we'll work on change foot spins, back scratch spins, attitude spins, camel spins, and camel—sit spin combinations; and work on new positions for your future spins.

Cabin John Ice Rink

313322 5 & up 6 Classes \$99 4/18 Sa 11:15am-11:45am

Power Skating

Prerequisite: Passed Basic 5 or Hockey 3

In this advanced course, skaters will work on increasing their speed and developing more power while maintaining edge control. We'll have half of the ice reserved for this course, to give skaters plenty of room to move.

Wheaton Ice Arena

316607 5-50yrs 6 Classes \$99 4/23 Th 6:15pm-6:45pm

Jumping 1

Prerequisite: Passed Free Skate 1

You're ready to begin developing your jumps! We'll work on the waltz jump, salchow jump, toe-loop jump, loop jump and half-loop jump; then learn to build basic combination jumps using toe-loop and half-loop jump.

Cabin John Ice Rink

313319 5 & up 6 Classes \$99 4/18 Sa 11:15am-11:45am

Wheaton Ice Arena

316653 5 & up 6 Classes \$99 4/23 Th 6:45pm-7:15pm

Jumping 2

Prerequisite: Passed Jumping 1 or Free Skate 4

In this advanced class, we'll work on flip jumps and lutz jumps; prepare for and execute axel jumps and split/stag jumps; and learn to build combination jumps with a loop jump.

Cabin John Ice Rink

313321 5 & up 6 Classes \$99 4/18 Sa 10:00am-10:30am

Wheaton Ice Arena

316655 5 & up 6 Classes \$99 4/23 Th 6:45pm-7:15pm

Synchronized Skating Skills

Prerequisite: Passed Basic 6

Working closely with your classmates, you'll learn and develop Synchronized Skating elements such as wheels, circles, lines, intersections and blocks. We'll also work on perfecting our footwork, posture and presentation.

Cabin John Ice Rink

313323 4 & up 6 Classes \$99 4/18 Sa 9:30am-10:00am

Theatre on Ice 1

Prerequisite: Passed Basic 4

Learn to work together with the other skaters in this class as you work to hone your skills in presentation, choreography and expression. Together, you'll build a program to music, then perform your group program at a show during the last week of class.

Cabin John Ice Rink

313328 5 & up 6 Classes \$99 4/18 Sa 10:00am-10:30am

Theatre on Ice 2

Prerequisite: Passed Theatre on Ice 1 or Free Skate 1

In this advanced class, we'll take what you've learned about presentation, choreography and expression to a higher level. You'll continue learning from and with other skaters, build a choreographed program to music, and perform it at a show the last week of class.

Cabin John Ice Rink

313328 5 & up 6 Classes \$99 4/18 Sa 10:00am-10:30am



CABIN JOHN ICE
spring
show
sat, may 9 | 6:15p

Come and marvel at the talented figure skaters of Cabin John Ice as they perform at the annual Spring Skating Show.

This free event will feature both individual and exciting group performances.

JOIN US!



ICE HOCKEY



Ice Hockey Classes • Spring 2015

WHAT DOES "FULL GEAR REQUIRED" MEAN?

Caged hockey helmet | shoulder & elbow pads | hockey pants | shin guards hockey gloves | protective cup | stick cut to skater's height | hockey skates | mouth guard

Rental hockey skates are available at no extra charge with your class!

Hockey Rental Equipment at Cabin John Ice Rink

Rent ice hockey equipment for skaters registered in Hockey 1 or 2 at Cabin John Ice Rink. Equipment fits kids age 4-6 and 6-8, and includes shoulder pads, hockey pants and gloves, elbow pads, shin guards, and adjustable helmet. You'll return all equipment after each class. Supply is limited; please use the ParkPASS numbers listed below to reserve equipment after you register for a Hockey 1 or 2 class at Cabin John.

Fee is for equipment use for all six sessions.

Cabin John Ice Rink

4-6 years

313285	4-6yrs	6 Classes	\$30	4/18	Sa	8:30am-9:00am
313287	4-6yrs	6 Classes	\$30	4/18	Sa	12:15pm-12:45pm
313174	4-6yrs	7 Sessions	\$30	4/19	Su	2:00pm-2:30pm
313175	4-6yrs	6 Classes	\$30	4/21	Tu	4:30pm-5:00pm
313171	4-6yrs	6 Classes	\$30	4/22	W	3:15pm-3:45pm
313172	4-6yrs	6 Classes	\$30	4/23	Th	5:45pm-6:15pm
313173	4-6yrs	6 Classes	\$30	4/24	F	4:00pm-4:30pm

6-8 years

313286	6-8yrs	6 Classes	\$30	4/18	Sa	8:30am-9:00am
313288	6-8yrs	6 Classes	\$30	4/18	Sa	12:15pm-12:45pm
313180	6-8yrs	6 Classes	\$30	4/19	Su	2:00pm-2:30pm
313179	6-8yrs	6 Classes	\$30	4/21	Tu	4:30pm-5:00pm
313176	6-8yrs	6 Classes	\$30	4/22	W	3:15pm-3:45pm
313177	6-8yrs	6 Classes	\$30	4/23	Th	5:45pm-6:15pm
313178	6-8yrs	6 Classes	\$30	4/24	F	4:00pm-4:30pm

FREE Hockey Equipment Rentals at Wheaton Ice Arena!

Thanks to the Washington Capitals, Wheaton Ice has a supply of hockey equipment for use at no cost for Hockey 1 or 2 classes. Equipment includes shoulder pads, hockey pants and gloves, elbow pads, shin guards, and adjustable helmet. You'll return all equipment after each class. Supply is limited; use the ParkPASS numbers listed to reserve equipment after registering for Hockey 1 or 2 at Wheaton Ice.

Wheaton Ice Arena

4-6 years

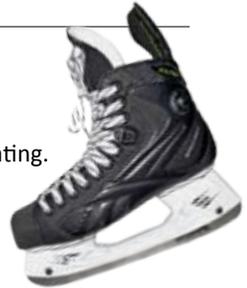
316395	4-6yrs	6 Classes	Free	4/18	Sa	10:15am-10:45am
316397	4-6yrs	6 Classes	Free	4/18	Sa	11:45am-12:15pm
316399	4-6yrs	6 Classes	Free	4/19	Su	1:30pm-2:00pm
316401	4-6yrs	6 Classes	Free	4/19	Su	2:00pm-2:30pm

6-8 years

316396	6-8yrs	6 Classes	Free	4/18	Sa	10:15am-10:45am
316398	6-8yrs	6 Classes	Free	4/18	Sa	11:45am-12:15pm
316400	6-8yrs	6 Classes	Free	4/19	Su	1:30pm-2:00pm
316402	6-8yrs	6 Classes	Free	4/19	Su	2:00pm-2:30pm

Hockey Curriculum

The hockey curriculum is designed to teach the fundamentals of hockey skating. Proper skating techniques are the primary focus. Skaters will learn the fundamentals needed to succeed in game situations, including how to maneuver faster and be more agile on the ice.



Parent & Tot Hockey

Prerequisite: Passed Snowplow Sam 1 or 2

What's more fun than learning to pass the puck to Mom or Dad? This is a great introduction to hockey for parents and their children (ages 3-5). We'll cover basic skating and stick handling skills.

Please register only the child; fee covers one child and one parent. Full gear required (see above for list).

Cabin John Ice Rink

313253	3-5yrs	6 Classes	\$99	4/18	Sa	10:00am-10:30am
313099	3-5yrs	6 Classes	\$99	4/19	Su	2:00pm-2:30pm

Wheaton Ice Arena

316349	3-5yrs	6 Classes	\$99	4/18	Sa	10:45am-11:15am
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Hockey 1 Formerly Pre-Hockey

Learn how to sit on the ice and stand up, proper stance, march forward across the ice, 8-10 steps, forward two-foot glide, dip or squat, scooter pushes or T-push, forward swizzles, snowplow stop, and backward skating.

Full gear required (see above for list).

Cabin John Ice Rink *Fee includes a free Cabin John Hockey jersey!*

313256	4-8yrs	6 Classes	\$115	4/18	Sa	8:30am-9:00am
313257	4-8yrs	6 Classes	\$115	4/18	Sa	12:15pm-12:45pm
313107	4-8yrs	6 Classes	\$115	4/19	Su	2:00pm-2:30pm
313103	4-8yrs	6 Classes	\$115	4/21	Tu	4:30pm-5:00pm
313104	4-8yrs	6 Classes	\$115	4/22	W	3:15pm-3:45pm
313105	4-8yrs	6 Classes	\$115	4/23	Th	5:45pm-6:15pm
313106	4-8yrs	6 Classes	\$115	4/24	F	4:00pm-4:30pm
313258	9-14yrs	6 Classes	\$115	4/18	Sa	8:30am-9:00am
313108	9-14yrs	6 Classes	\$115	4/21	Tu	5:00pm-5:30pm

Wheaton Ice Arena *Fee includes a free Capitals Practice jersey!*

*See "FREE Hockey Equipment Rentals," at left

316356	9 & up	6 Classes	\$99	4/18	Sa	11:45am-12:15pm
316357	9 & up	6 Classes	\$99	4/19	Su	1:30pm-2:00pm



GET A CABIN JOHN HOCKEY JERSEY

Get one child's Cabin John Ice Rink jersey for each paid registration for:

- Hockey 1
- Hockey 2
- Hockey 3
- Hockey 4
- Advanced Hockey
- Scrimmage 1
- Scrimmage 2

10 Fun Things to Do at Our Ice Arenas



1. Parent & Tot Skates

Introduce your toddlers to the fun of ice skating at Cabin John or Wheaton Ice! Our Parent & Tot Skating Sessions are designed especially for you and your toddlers, age 4 & under. See page 142 for more information.



2. Spring Break FUN

Join us for a whole week of springtime fun at Cabin John's Spring Break Ice Skating Camp or Wheaton's Spring Week in the Park! See page 151 for more information.

3. Watch a great ice skating show

Cabin John Ice Rink will host a free show on May 9! See page 147 for details.



4. Celebrate a birthday

Both rinks rent party rooms at reasonable rates, and can coordinate your party time with a public session. You can even rent a whole rink if you like!



5. Take a skate break and get a snack

Both rinks feature snack bars and wireless access. Check the front desks for passwords.



6. Drop off the kids for a Park Play Day

When school's out this spring, your kids can play all day at the rink for just \$40! See page 145.

7. Check out the Pro Shops!

The Pro Shops at both arenas can sharpen skates, mount blades, or fit you in a new pair of skates. You can also find hockey sticks, Zuca bags, skating outfits, full hockey gear, tights, and more. Watch for spring sales at our Pro Shops!



8. Skate for your school

Wheaton Ice Arena's "Skate for Your School" program gives your school 15% of the admissions when you book a date with us! Visit our website for details.



9. Celebrate a holiday on ice

Both arenas host special holiday skates throughout the year, usually at reduced rates. Check out the Sweetheart Skates (p. 142), St. Patrick's Day Skates (p. 143), Spring Bunny Hops (p. 144), and Mother's Day's Skates (p. 145)!



10. Take the whole family skating

Both arenas offer Family Skate Sessions on Sundays (CJI: 12:30pm; WIA: 11:00am). See our websites for more details.



10610 Westlake Drive
Rockville, MD 20852
301-765-8620



11717 Orebaugh Avenue
Wheaton, MD 20902
301-905-3000



Spring Break in Montgomery Parks

Registration open now for all of these great Spring Break activities!



Spring Break Golf Camp

What a fun way to spend Spring Break! Monday through Thursday at the Driving Range, campers will learn how to putt, chip, pitch, drive and use irons and woods with the help of a Montgomery County Golf Academy instructor. On Friday, we'll play a 9-hole tournament at Needwood Golf Course (Friday's hours 8:30am-1pm). *Fee includes instruction, tees, Nike Golf® balls, and transportation on Friday.*

South Germantown Driving Range

308051 6-13yrs 5 Classes \$200
4/6-4/10 M-F 9:00am- 1:00pm

Spring Break Ice Skating Camp

Join us for a whole week of springtime fun at Cabin John Ice! Your kids will enjoy a 30-minute ice skating lesson each day with a professional skating coach, open skating time to practice, arts & crafts activities, outdoor activities, and much more. Skaters are grouped according to age and ability. *Rental skates are provided. Please bring a non-perishable lunch, snack and water bottle each day.*



Cabin John Ice Rink

307649 6-12yrs 5 Classes \$290 4/6-4/10 M-F 9:00am- 4:30pm

Week in the Park

Spring Week in the Park

It's time for spring fun and games at the SPRING Week in the Park! Kids will enjoy professional tennis and ice skating lessons, take nature walks, ride the Wheaton Miniature Train and Ovid Hazen Wells Carousel, and much more. We do a lot of walking, so be sure to wear your most comfortable shoes! *Please bring a water bottle and non-perishable lunch each day.*

Wheaton Ice Arena

316752 6-12yrs 5 Classes \$245 4/6-4/10 M-F 9:00am-5:00pm

Tennis "Boot Days"

School's out today, so why not let your young tennis pros take the day to learn and improve their tennis skills? We'll use games, personal instruction and drills to teach beginning/intermediate level players all the basics: forehand, backhand and overhead strokes, serves and volleys, footwork, scorekeeping, names and meanings of the lines, and more. It's great fun, and great exercise, too!



Pauline Betz Addie Tennis/Cabin John

316102	6-12yrs	1 Class	\$40	4/3	F	9:00am- 5:00pm
316103	6-12yrs	1 Class	\$40	4/6	M	9:00am- 5:00pm
316104	6-12yrs	1 Class	\$40	4/7	Tu	9:00am- 5:00pm
316101	6-12yrs	1 Class	\$40	4/8	W	9:00am- 5:00pm
316105	6-12yrs	1 Class	\$40	4/9	Th	9:00am- 5:00pm
316149	6-12yrs	1 Class	\$40	4/10	F	9:00am- 5:00pm

Tennis "Boot Days" are also available at Wheaton Indoor Tennis. Please see page 162 for more information.



Spring Break Camp: Watershed Explorers

What exactly is a watershed, and why should you care? We'll learn the answers to these and other questions as we explore the Locust Grove and Potomac watersheds—first on a map, and then in person! We'll spend the week learning mapping techniques, hiking what we've mapped, experimenting with stream science, and playing in nature. We'll take a field trip to another cool spot one of the days, too!

Locust Grove Nature Center

316249 6-11yrs 5 Classes \$290 4/6-4/10 M-F 9:00am-3:30pm

e Watershed Explorers—Aftercare

316251 6-11yrs 5 Classes \$80 4/6-4/10 M-F 3:30pm-5:30pm



All Aboard for Spring Break!

The miniature trains at Cabin John and Wheaton Regional Park and the Ovid Hazen Wells Carousel in Wheaton run every day during Spring Break!

Saturday, April 4—Monday, April 12, 10am-6pm

Register today at www.ParkPASS.org!

Most camps require completed Medication and Activity Waiver forms; please print your ParkPASS confirmation for important information.



SOUTH GERMANTOWN Driving RANGE

18045 Central Park Circle | Boyds, MD 20841 | 301-670-4670

www.SGDrivingRange.com



March 1 - April 30: Monday-Friday, 11am-9pm; Saturday & Sunday, 8am-10pm

May 1 - August 31: Monday-Friday, 9am-10pm; Saturday & Sunday, 7am-10pm

Hours are weather dependent. If the weather looks iffy, please visit our website or Facebook page before heading out. Buckets of balls are sold until one hour before stated closing time.

Driving Range Classes • Spring 2015



Beginning Golf for Women

Golf is a great game for women! It calls for skill and strategy, strength and patience—and if you walk vs. ride, you'll get a good walk in, too. Come get a good introduction to the basics of the game from Montgomery County Golf Academy instructors, including proper stance and grip, chipping, putting, driving, golf etiquette, and more. Fee covers loaner clubs, balls, and a practice card good for two free buckets of balls so that you can practice what you've learned.

316905	18 & up	4 Classes	\$99	5/5	Tu	11:00am-12:00pm
316906	18 & up	4 Classes	\$99	5/7	Th	11:00am-12:00pm
316961	18 & up	4 Classes	\$99	6/2	Tu	11:00am-12:00pm
316962	18 & up	4 Classes	\$99	6/4	Th	11:00am-12:00pm



FACILITY FEATURES

- Montgomery County Golf Academy instructors
- 40 tee boxes (10 covered)
- New heaters and roll-down drop curtains
Great for hitting balls in inclement weather. Protects from wind/rain, keeps in the heat during colder days
- Sand trap training area
Practice your bunker game and hit balls onto the range
- Synthetic turf putting green
- Elevated greens on range
Work on both distance and accuracy as you shoot for the greens instead of distance markers
- Clubhouse with restroom and DirectTV

GREAT PRICES!

Get this year's **Range Ball Discount Cards** at last year's prices. Visit our website for more information on how you can save up to 40%!



Junior Golf Mini-Camp

Give your kids a reason to finish their homework as fast as they can! After-school golf is a great way for your child to learn and gradually improve their skills on a month-to-month basis. Each month we'll offer a group of 4-5 different classes, each focusing on a particular swing or golf skill. You choose which classes you want that month, and register and pay for them at one time. It's golf à la carte!



Parent and Child Golf

Golf is a great game for kids to start early, and you'll have a great time learning together. With the help of a Montgomery County Golf Academy instructor, you and your child (age 7- 14) will learn the basics of golf, including proper stance, grip, chipping, putting, driving, and more. If you're already a golfer, the instructor will work with you at your level to help you improve your game. Please register your child; fee covers instruction, balls, loaner clubs and practice cards for both of you.

316899	7-14yrs	5 Classes	\$149	5/2	Sa	11:00am-12:00pm
316900	7-14yrs	5 Classes	\$149	5/2	Sa	4:30pm- 5:30pm
316967	7-14yrs	5 Classes	\$149	6/6	Sa	11:00am-12:00pm
316968	7-14yrs	5 Classes	\$149	6/6	Sa	4:30pm- 5:30pm

Couples Golf

Learn a new sport that you can play together for the rest of your life! Grab your spouse or partner, best friend or parent, son or daughter and learn to play the great game of golf. In this beginning/intermediate class, you'll get expert instruction from a Montgomery County Golf Academy pro for four weeks. We'll teach the basics of golf, including putting, chipping, driving, using irons and woods, and golf etiquette. Fee covers loaner clubs, balls and a practice card for two free buckets to come back and practice your skills. Please register one person from your pair, and you'll be prompted as you register to enter your partner's name.

316901	18 & up	4 Classes	\$149	4/28	Tu	7:30pm- 8:30pm
316902	18 & up	4 Classes	\$149	5/2	Sa	9:00am-10:00am
316903	18 & up	4 Classes	\$149	5/2	Sa	5:30pm- 6:30pm
316904	18 & up	4 Classes	\$149	5/3	Su	1:00pm- 2:00pm
316963	18 & up	4 Classes	\$149	6/2	Tu	7:30pm- 8:30pm
316964	18 & up	4 Classes	\$149	6/6	Sa	9:00am-10:00am
316965	18 & up	4 Classes	\$149	6/6	Sa	5:30pm- 6:30pm
316966	18 & up	4 Classes	\$149	6/7	Su	1:00pm- 2:00pm

316929	7-14yrs	1 Class	\$15	5/2	Sa	10:00am-11:00am
316938	7-14yrs	1 Class	\$15	5/2	Sa	3:30pm- 4:30pm
316947	7-14yrs	1 Class	\$15	5/3	Su	2:00pm- 3:00pm
316912	7-14yrs	1 Class	\$15	5/5	Tu	4:30pm- 5:30pm
316921	7-14yrs	1 Class	\$15	5/7	Th	4:30pm- 5:30pm
316930	7-14yrs	1 Class	\$15	5/9	Sa	10:00am-11:00am
316939	7-14yrs	1 Class	\$15	5/9	Sa	3:30pm- 4:30pm
316948	7-14yrs	1 Class	\$15	5/10	Su	2:00pm- 3:00pm
316913	7-14yrs	1 Class	\$15	5/12	Tu	4:30pm- 5:30pm
316922	7-14yrs	1 Class	\$15	5/14	Th	4:30pm- 5:30pm
316931	7-14yrs	1 Class	\$15	5/16	Sa	10:00am-11:00am
316940	7-14yrs	1 Class	\$15	5/16	Sa	3:30pm- 4:30pm
316949	7-14yrs	1 Class	\$15	5/17	Su	2:00pm- 3:00pm
316914	7-14yrs	1 Class	\$15	5/19	Tu	4:30pm- 5:30pm
316923	7-14yrs	1 Class	\$15	5/21	Th	4:30pm- 5:30pm
316932	7-14yrs	1 Class	\$15	5/23	Sa	10:00am-11:00am
316941	7-14yrs	1 Class	\$15	5/23	Sa	3:30pm- 4:30pm
316950	7-14yrs	1 Class	\$15	5/24	Su	2:00pm- 3:00pm
316915	7-14yrs	1 Class	\$15	5/26	Tu	4:30pm- 5:30pm
316924	7-14yrs	1 Class	\$15	5/28	Th	4:30pm- 5:30pm
316933	7-14yrs	1 Class	\$15	5/30	Sa	10:00am-11:00am
316942	7-14yrs	1 Class	\$15	5/30	Sa	3:30pm- 4:30pm
316951	7-14yrs	1 Class	\$15	5/31	Su	2:00pm- 3:00pm
316916	7-14yrs	1 Class	\$15	6/2	Tu	4:30pm- 5:30pm
316925	7-14yrs	1 Class	\$15	6/4	Th	4:30pm- 5:30pm
316934	7-14yrs	1 Class	\$15	6/6	Sa	10:00am-11:00am
316943	7-14yrs	1 Class	\$15	6/6	Sa	3:30pm- 4:30pm
316952	7-14yrs	1 Class	\$15	6/7	Su	2:00pm- 3:00pm
316917	7-14yrs	1 Class	\$15	6/9	Tu	4:30pm- 5:30pm
316926	7-14yrs	1 Class	\$15	6/11	Th	4:30pm- 5:30pm
316935	7-14yrs	1 Class	\$15	6/13	Sa	10:00am-11:00am
316944	7-14yrs	1 Class	\$15	6/13	Sa	3:30pm- 4:30pm
316953	7-14yrs	1 Class	\$15	6/14	Su	2:00pm- 3:00pm
316918	7-14yrs	1 Class	\$15	6/16	Tu	4:30pm- 5:30pm
316927	7-14yrs	1 Class	\$15	6/18	Th	4:30pm- 5:30pm
316936	7-14yrs	1 Class	\$15	6/20	Sa	10:00am-11:00am
316945	7-14yrs	1 Class	\$15	6/20	Sa	3:30pm- 4:30pm
316954	7-14yrs	1 Class	\$15	6/21	Su	2:00pm- 3:00pm
316919	7-14yrs	1 Class	\$15	6/23	Tu	4:30pm- 5:30pm
316928	7-14yrs	1 Class	\$15	6/25	Th	4:30pm- 5:30pm
316937	7-14yrs	1 Class	\$15	6/27	Sa	10:00am-11:00am
316946	7-14yrs	1 Class	\$15	6/27	Sa	3:30pm- 4:30pm
316955	7-14yrs	1 Class	\$15	6/28	Su	2:00pm- 3:00pm
316920	7-14yrs	1 Class	\$15	6/30	Tu	4:30pm- 5:30pm



OPEN for FUN!



It's SPRING...which means Montgomery Parks' seasonal facilities will open soon...which means it's time for you to go outside and PLAY! Please check facility websites for specific operating schedules, and come play in Montgomery Parks.

South Germantown Driving Range

OPENING SUNDAY, MARCH 1
Open 11am-9pm Monday-Friday,
8am-10pm weekends through April
See page 152 for more info
www.SGDrivingRange.com

Little Bennett Campground

OPENING FRIDAY, FEBRUARY 27
for weekend camping
Full-time camping starts March 27
Online reservations open February 3
at ParkPASS.org!
See page 137 for more info
www.LittleBennettCampground.com

Olney Manor Skatepark

OPENING WEDNESDAY, APRIL 1
www.OlneyManorSkate.com

Lake Needwood Boats

OPENING SATURDAY, MAY 2
Rent boats weekends only in May; full-time
schedule starts Memorial Day weekend.
Mooring sites go on sale February 23
www.LakeNeedwoodBoats.com

Cabin John Train and Wheaton Train & Carousel

OPEN APRIL 4-12, 18, 19, 25 & 26
for Spring Break, 10am-6pm
Visit the websites for full schedules
www.CabinJohnTrain.com
www.WheatonTrainandCarousel.com

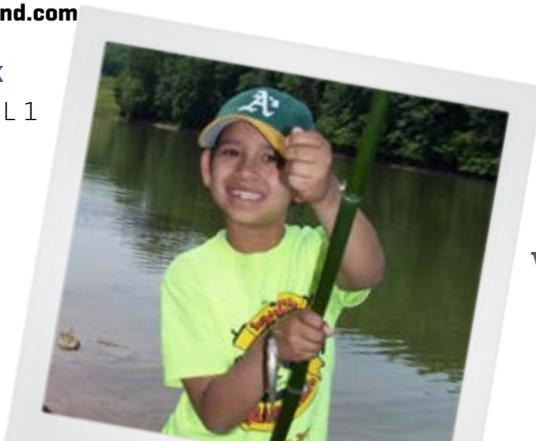
Black Hill Boats

OPENING SATURDAY, MAY 2
Rent boats weekends only in May; full-time
schedule starts Memorial Day weekend.
Mooring sites go on sale February 22
www.BlackHillBoats.com



South Germantown Splash Playground & Mini-Golf

OPENING SATURDAY, MAY 23
Open weekends through June 14,
and daily beginning June 15
www.SplashandGolf.com



www.MontgomeryParks.org



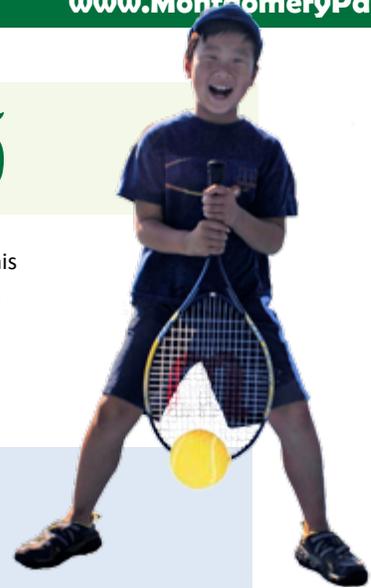
Indoor Tennis Group Lessons • Spring 2015



Pauline Betz Addie Tennis Center
7801 Democracy Blvd.
Bethesda, MD 20817
CabinJohnTennis.com
301-765-8650



Wheaton Indoor Tennis
11715 Orebaugh Ave.
Wheaton, MD 20902
WheatonTennis.com
301-905-3030



REGISTRATION DATES: SPRING

- Registration for **SPRING 1** opens Sunday, March 8 for Montgomery County residents and Monday, March 9 for all.
- Registration for **SPRING 2** opens Sunday, May 17 for Montgomery County residents and Monday, May 18 for all.
- If you see a class you like, register! Classes may be cancelled if minimum enrollment number is not met.

DATES TO NOTE

Holiday Closures

- Closed Sunday, April 5 (Easter)
- Closed Saturday, May 23 through Monday, May 25 (Memorial Day Weekend)

No Classes

- May 23 through May 25 (Memorial Day Weekend)



Parents, give your child a really fun, no-pressure introduction to tennis at a USTA Tennis Play Day! These two-hour events give our youngest players an opportunity to experience the fun of tennis and thrill of competition in a low-key, non-threatening atmosphere. With appropriately sized equipment and courts, kids can build confidence, make friends, improve their skills, get active and have fun! Boys and girls will be placed on informal teams, and racquets will be provided for those who need them. Prizes for everyone who participates!

Red Ball Play Days

Kids 8 and under or brand new to competition play short matches on 36-foot courts with the red ball. The match format is adjusted to allow for lots of tennis, lots of opponents, and lots of fun! Players should be able to attempt serving (underhand or overhand), to rally and to keep score. Racquets will be provided for those who need them. Prizes for everyone! Pick the location and dates that work for you - or play them all!

Wheaton Indoor Tennis

318466	4-8yrs	1 Class	\$12	4/11	Sa	10:00am-12:00pm	318516	4-8yrs	1 Class	\$12	5/30	Sa	10:00am-12:00pm
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Want to take lessons OUTSIDE?
See page 164 for Outdoor Lessons in Montgomery Parks!



USTA 10 and Under Tennis

This ground-breaking new program from the United States Tennis Association (USTA) gives kids age 10 and under the opportunity to learn real tennis... and have real fun doing it!

Using the QuickStart Tennis play format, classes use racquets, balls and courts that are sized right for kids so they learn, rally, play, compete and enjoy the game right from the start. The courts are smaller (but still to scale); balls are lighter, slower-moving and easier to hit; racquets are smaller and lighter. It's real tennis, tailored to a child's size (other youth sports like soccer, basketball and baseball have done this for years!).

All equipment is provided in the course fee. All classes include warm-up and cool-down activities, skill review and practice, and team games that reinforce tennis skills and tactics. For more information, visit www.10andUnderTennis.com, and sign up for a class today.

USTA 10 and Under Tennis: BEGINNER

Pauline Betz Addie Tennis/Cabin John

Ages 4-6

315268	4-6yrs	6 Classes	\$135	4/11	Sa	10:00am-11:00am
315270	4-6yrs	6 Classes	\$135	4/11	Sa	4:00pm- 5:00pm
315279	4-6yrs	6 Classes	\$135	4/12	Su	9:00am-10:00am
315257	4-6yrs	6 Classes	\$135	4/12	Su	4:00pm- 5:00pm
315249	4-6yrs	6 Classes	\$135	4/13	M	5:00pm- 6:00pm
315255	4-6yrs	6 Classes	\$135	4/15	W	4:00pm- 5:00pm
315259	4-6yrs	5 Classes	\$113	5/27	W	4:00pm- 5:00pm
315272	4-6yrs	5 Classes	\$113	5/30	Sa	10:00am-11:00am
315274	4-6yrs	5 Classes	\$113	5/30	Sa	4:00pm- 5:00pm
318549	4-6yrs	5 Classes	\$113	5/31	Su	9:00am-10:00am
315277	4-6yrs	5 Classes	\$113	5/31	Su	4:00pm- 5:00pm
315251	4-6yrs	5 Classes	\$113	6/1	M	5:00pm- 6:00pm

Ages 6-8

315269	6-8yrs	6 Classes	\$135	4/11	Sa	11:00am-12:00pm
315275	6-8yrs	6 Classes	\$135	4/12	Su	9:00am-10:00am
315250	6-8yrs	6 Classes	\$135	4/13	M	6:00pm- 7:00pm
315256	6-8yrs	6 Classes	\$135	4/15	W	5:00pm- 6:00pm
315264	6-8yrs	6 Classes	\$135	4/17	F	5:00pm- 6:00pm
315258	6-8yrs	5 Classes	\$113	5/27	W	5:00pm- 6:00pm
315899	6-8yrs	5 Classes	\$113	5/29	F	5:00pm- 6:00pm
315273	6-8yrs	5 Classes	\$113	5/30	Sa	11:00am-12:00pm
318599	6-8yrs	5 Classes	\$113	5/31	Su	9:00am-10:00am
315252	6-8yrs	5 Classes	\$113	6/1	M	6:00pm- 7:00pm

Ages 8-10

315267	8-10yrs	6 Classes	\$135	4/11	Sa	9:00am-10:00am
315276	8-10yrs	6 Classes	\$135	4/12	Su	10:00am-11:00am
315253	8-10yrs	6 Classes	\$135	4/14	Tu	5:00pm- 6:00pm
315260	8-10yrs	6 Classes	\$135	4/16	Th	5:00pm- 6:00pm
315263	8-10yrs	6 Classes	\$135	4/17	F	5:00pm- 6:00pm
315262	8-10yrs	6 Classes	\$135	4/17	F	6:00pm- 7:00pm
315254	8-10yrs	5 Classes	\$113	5/26	Tu	5:00pm- 6:00pm
315261	8-10yrs	5 Classes	\$113	5/28	Th	5:00pm- 6:00pm
315266	8-10yrs	5 Classes	\$113	5/29	F	5:00pm- 6:00pm
315265	8-10yrs	5 Classes	\$113	5/29	F	6:00pm- 7:00pm
315271	8-10yrs	5 Classes	\$113	5/30	Sa	9:00am-10:00am
315278	8-10yrs	5 Classes	\$113	5/31	Su	10:00am-11:00am



BEGINNER (cont.) Wheaton Indoor Tennis

Ages 4-6

318449	4-6yrs	6 Classes	\$111	4/11	Sa	9:00am-10:00am
318352	4-6yrs	6 Classes	\$111	4/12	Su	10:00am-11:00am
318349	4-6yrs	6 Classes	\$111	4/13	M	5:00pm- 6:00pm
318350	4-6yrs	6 Classes	\$111	4/16	Th	4:00pm- 5:00pm
318468	4-6yrs	5 Classes	\$93	5/26	Tu	5:00pm- 6:00pm
318469	4-6yrs	5 Classes	\$93	5/30	Sa	9:00am-10:00am
318520	4-6yrs	5 Classes	\$93	5/31	Su	10:00am-11:00am
318517	4-6yrs	5 Classes	\$93	6/1	M	5:00pm- 6:00pm

Ages 6-8

318450	6-8yrs	6 Classes	\$111	4/11	Sa	9:00am-10:00am
318353	6-8yrs	6 Classes	\$111	4/13	M	5:00pm- 6:00pm
318470	6-8yrs	5 Classes	\$93	5/26	Tu	5:00pm- 6:00pm
318471	6-8yrs	5 Classes	\$93	5/30	Sa	9:00am-10:00am
318518	6-8yrs	5 Classes	\$93	6/1	M	5:00pm- 6:00pm

Ages 8-10

318451	8-10yrs	6 Classes	\$111	4/11	Sa	9:00am-10:00am
318356	8-10yrs	6 Classes	\$111	4/12	Su	10:00am-11:00am
318354	8-10yrs	6 Classes	\$111	4/13	M	5:00pm- 6:00pm
318355	8-10yrs	6 Classes	\$111	4/14	Tu	5:00pm- 6:00pm
318472	8-10yrs	5 Classes	\$93	5/26	Tu	5:00pm- 6:00pm
318473	8-10yrs	5 Classes	\$93	5/30	Sa	9:00am-10:00am
318521	8-10yrs	5 Classes	\$93	5/31	Su	10:00am-11:00am
318519	8-10yrs	5 Classes	\$93	6/1	M	5:00pm- 6:00pm



USTA 10 and Under Tennis: INTERMEDIATE

Prerequisite: Mastery of Beginner level skills

We'll continue to work on stroke development, and learn specialty shots like lobs, drop shots, slices, topspins, cross-court and down-the-line shots, and both kick and flat serves. You'll also learn when and where to use each stroke, how to play strategic tennis (how to plan your shots, construct points, size up your opponent and play to his/her weaknesses), and work on consistency from both the baseline and net.

Pauline Betz Addie Tennis/Cabin John

Ages 4-6

315154	4-6yrs	6 Classes	\$135	4/11	Sa	10:00am-11:00am
315158	4-6yrs	6 Classes	\$135	4/12	Su	10:00am-11:00am
315159	4-6yrs	6 Classes	\$135	4/13	M	5:00pm- 6:00pm
315149	4-6yrs	6 Classes	\$135	4/16	Th	5:00pm- 6:00pm
315151	4-6yrs	5 Classes	\$113	5/28	Th	5:00pm- 6:00pm
315168	4-6yrs	5 Classes	\$113	5/30	Sa	10:00am-11:00am
315171	4-6yrs	5 Classes	\$113	5/31	Su	10:00am-11:00am
315161	4-6yrs	5 Classes	\$113	6/1	M	5:00pm- 6:00pm

Ages 6-8

315155	6-8yrs	6 Classes	\$135	4/11	Sa	11:00am-12:00pm
315157	6-8yrs	6 Classes	\$135	4/12	Su	11:00am-12:00pm
315160	6-8yrs	6 Classes	\$135	4/13	M	6:00pm- 7:00pm
315165	6-8yrs	6 Classes	\$135	4/15	W	5:00pm- 6:00pm
315167	6-8yrs	5 Classes	\$113	5/27	W	5:00pm- 6:00pm
315169	6-8yrs	5 Classes	\$113	5/30	Sa	11:00am-12:00pm
315170	6-8yrs	5 Classes	\$113	5/31	Su	11:00am-12:00pm
315162	6-8yrs	5 Classes	\$113	6/1	M	6:00pm- 7:00pm

Ages 8-10

315153	8-10yrs	6 Classes	\$135	4/11	Sa	9:00am-10:00am
315166	8-10yrs	6 Classes	\$135	4/12	Su	11:00am-12:00pm
315163	8-10yrs	6 Classes	\$135	4/14	Tu	6:00pm- 7:00pm
315150	8-10yrs	6 Classes	\$135	4/16	Th	6:00pm- 7:00pm
315164	8-10yrs	5 Classes	\$113	5/26	Tu	6:00pm- 7:00pm
315152	8-10yrs	5 Classes	\$113	5/28	Th	6:00pm- 7:00pm
315156	8-10yrs	5 Classes	\$113	5/30	Sa	9:00am-10:00am
315172	8-10yrs	5 Classes	\$113	5/31	Su	11:00am-12:00pm

Wheaton Indoor Tennis

Ages 4-6

318452	4-6yrs	6 Classes	\$111	4/11	Sa	10:00am-11:00am
318359	4-6yrs	6 Classes	\$111	4/12	Su	3:00pm- 4:00pm
318357	4-6yrs	6 Classes	\$111	4/16	Th	5:00pm- 6:00pm
318474	4-6yrs	5 Classes	\$93	5/28	Th	5:00pm- 6:00pm
318475	4-6yrs	5 Classes	\$93	5/30	Sa	10:00am-11:00am
318522	4-6yrs	5 Classes	\$93	5/31	Su	3:00pm- 4:00pm

Ages 6-8

318358	6-8yrs	6 Classes	\$111	4/16	Th	5:00pm- 6:00pm
318476	6-8yrs	5 Classes	\$93	5/28	Th	5:00pm- 6:00pm
318523	6-8yrs	5 Classes	\$93	5/31	Su	3:00pm- 4:00pm

Ages 8-10

318361	8-10yrs	6 Classes	\$111	4/12	Su	3:00pm- 4:00pm
318360	8-10yrs	6 Classes	\$111	4/16	Th	5:00pm- 6:00pm
318477	8-10yrs	5 Classes	\$93	5/28	Th	5:00pm- 6:00pm
318524	8-10yrs	5 Classes	\$93	5/31	Su	12:00pm- 1:00pm

USTA 10 and Under Tennis: ADVANCED

Prerequisite: Passed Intermediate level skills

In Advanced Tennis, you'll learn new strategies to win points, games and matches against a variety of players, as well as positioning and shot placement. We'll work on closing points, match play situations analysis, and mental toughness training, too. By the end of this class, you should have a thorough understanding of tennis, including offensive and defensive shots.

Pauline Betz Addie Tennis/Cabin John

Ages 4-6

315203	4-6yrs	6 Classes	\$147	4/11	Sa	2:00pm- 3:00pm
315207	4-6yrs	6 Classes	\$147	4/12	Su	12:00pm- 1:00pm
315209	4-6yrs	6 Classes	\$147	4/13	M	5:00pm- 6:00pm
315199	4-6yrs	6 Classes	\$147	4/16	Th	5:00pm- 6:00pm
315201	4-6yrs	5 Classes	\$123	5/28	Th	5:00pm- 6:00pm
315206	4-6yrs	5 Classes	\$123	5/30	Sa	2:00pm- 3:00pm
315220	4-6yrs	5 Classes	\$123	5/31	Su	12:00pm- 1:00pm
315211	4-6yrs	5 Classes	\$123	6/1	M	5:00pm- 6:00pm

Ages 6-8

315205	6-8yrs	6 Classes	\$147	4/11	Sa	2:00pm- 3:00pm
315216	6-8yrs	6 Classes	\$147	4/12	Su	12:00pm- 1:00pm
315210	6-8yrs	6 Classes	\$147	4/13	M	6:00pm- 7:00pm
315215	6-8yrs	6 Classes	\$147	4/15	W	5:00pm- 6:00pm
315217	6-8yrs	5 Classes	\$123	5/27	W	5:00pm- 6:00pm
315219	6-8yrs	5 Classes	\$123	5/30	Sa	2:00pm- 3:00pm
315222	6-8yrs	5 Classes	\$123	5/31	Su	12:00pm- 1:00pm
315212	6-8yrs	5 Classes	\$123	6/1	M	6:00pm- 7:00pm

Ages 8-10

315204	8-10yrs	6 Classes	\$147	4/11	Sa	3:00pm- 4:00pm
315208	8-10yrs	6 Classes	\$147	4/12	Su	1:00pm- 2:00pm
315213	8-10yrs	6 Classes	\$147	4/14	Tu	5:00pm- 6:00pm
315200	8-10yrs	6 Classes	\$147	4/16	Th	6:00pm- 7:00pm
315214	8-10yrs	5 Classes	\$123	5/26	Tu	5:00pm- 6:00pm
315202	8-10yrs	5 Classes	\$123	5/28	Th	6:00pm- 7:00pm
315218	8-10yrs	5 Classes	\$123	5/30	Sa	3:00pm- 4:00pm
315221	8-10yrs	5 Classes	\$123	5/31	Su	1:00pm- 2:00pm

Wheaton Indoor Tennis

Ages 4-6

318453	4-6yrs	6 Classes	\$123	4/11	Sa	12:00pm- 1:00pm
318363	4-6yrs	6 Classes	\$123	4/12	Su	9:00am-10:00am
318362	4-6yrs	6 Classes	\$123	4/17	F	5:00pm- 6:00pm
318478	4-6yrs	5 Classes	\$103	5/29	F	5:00pm- 6:00pm
318479	4-6yrs	5 Classes	\$103	5/30	Sa	12:00pm- 1:00pm
318525	4-6yrs	5 Classes	\$103	5/31	Su	9:00am-10:00am

Ages 6-8

318454	6-8yrs	6 Classes	\$123	4/11	Sa	11:00am-12:00pm
318365	6-8yrs	6 Classes	\$123	4/12	Su	12:00pm- 1:00pm
318364	6-8yrs	6 Classes	\$123	4/17	F	5:00pm- 6:00pm
318480	6-8yrs	5 Classes	\$103	5/29	F	5:00pm- 6:00pm
318481	6-8yrs	5 Classes	\$103	5/30	Sa	11:00am-12:00pm
318526	6-8yrs	5 Classes	\$103	5/31	Su	2:00pm- 3:00pm

Ages 8-10

318455	8-10yrs	6 Classes	\$123	4/11	Sa	11:00am-12:00pm
318367	8-10yrs	6 Classes	\$123	4/12	Su	9:00am-10:00am
318366	8-10yrs	6 Classes	\$123	4/17	F	5:00pm- 6:00pm
318482	8-10yrs	5 Classes	\$103	5/29	F	5:00pm- 6:00pm
318483	8-10yrs	5 Classes	\$103	5/30	Sa	11:00am-12:00pm
318527	8-10yrs	5 Classes	\$103	5/31	Su	9:00am-10:00am

SPOT TIME
Special

\$15

per hour
(Monday - Friday)

8am-9am | 2pm-4pm

at **Wheaton
Indoor Tennis**

Visit **ParkPASS.org**
to reserve your court
time today!





Parent & Child Tennis

Have fun learning fundamental tennis skills together with your child! We'll teach Beginner/Beginner Plus level skills and drills that can be continued outside of class. *Fee covers one adult and one child; please register the child only.*

Pauline Betz Addie Tennis/Cabin John

315649	4-8yrs	6 Classes	\$147	4/11	Sa	3:00pm- 4:00pm
315650	4-8yrs	6 Classes	\$147	4/15	W	6:00pm- 7:00pm
315651	4-8yrs	5 Classes	\$123	5/27	W	6:00pm- 7:00pm
315652	4-8yrs	5 Classes	\$123	5/30	Sa	3:00pm- 4:00pm

Wheaton Indoor Tennis

318456	5-8yrs	6 Classes	\$129	4/11	Sa	2:00pm- 3:00pm
318370	5-8yrs	6 Classes	\$129	4/12	Su	2:00pm- 3:00pm
318368	5-8yrs	6 Classes	\$129	4/14	Tu	6:00pm- 7:00pm
318369	5-8yrs	6 Classes	\$129	4/16	Th	6:00pm- 7:00pm
318484	5-8yrs	5 Classes	\$105	5/26	Tu	6:00pm- 7:00pm
318485	5-8yrs	5 Classes	\$105	5/28	Th	6:00pm- 7:00pm
318486	5-8yrs	5 Classes	\$105	5/30	Sa	2:00pm- 3:00pm
318528	5-8yrs	5 Classes	\$105	5/31	Su	1:00pm- 2:00pm

Parent & Pre-Teen Tennis

For parents and their 9-12 year-old children. Have fun learning fundamental tennis skills together! We'll teach Beginner/Beginner Plus level skills and drills that can be continued outside of class. *Fee covers one adult and one child; please register the child only.*

Pauline Betz Addie Tennis/Cabin John

315653	9-12yrs	6 Classes	\$147	4/15	W	6:00pm- 7:00pm
315655	9-12yrs	6 Classes	\$147	4/17	F	7:00pm- 8:00pm
315654	9-12yrs	5 Classes	\$123	5/27	W	6:00pm- 7:00pm
315656	9-12yrs	5 Classes	\$123	5/29	F	7:00pm- 8:00pm

Wheaton Indoor Tennis

318457	9-12yrs	6 Classes	\$129	4/11	Sa	1:00pm- 2:00pm
318373	9-12yrs	6 Classes	\$129	4/12	Su	2:00pm- 3:00pm
318371	9-12yrs	6 Classes	\$129	4/14	Tu	6:00pm- 7:00pm
318372	9-12yrs	6 Classes	\$129	4/16	Th	6:00pm- 7:00pm
318487	9-12yrs	5 Classes	\$105	5/26	Tu	6:00pm- 7:00pm
318488	9-12yrs	5 Classes	\$105	5/28	Th	6:00pm- 7:00pm
318489	9-12yrs	5 Classes	\$105	5/30	Sa	1:00pm- 2:00pm
318529	9-12yrs	5 Classes	\$105	5/31	Su	2:00pm- 3:00pm

Beginner Tennis

These classes are designed for older kids and adults who have never played tennis. Learn warm-up exercises, how to properly grip a racquet; basic stroke techniques for forehands, backhands, volleys, serves and overheads; tennis etiquette and vocabulary; plus safety rules and how to keep score.

Beginner Tennis, JUNIOR

We'll use the slightly larger, slower tennis balls from USTA's 10 and Under Tennis program, which will help 11-13 year-old beginning players connect with the ball, rally and play real games right away.

Pauline Betz Addie Tennis/Cabin John

315661	11-13yrs	6 Classes	\$135	4/11	Sa	12:00pm- 1:00pm
315663	11-13yrs	6 Classes	\$135	4/12	Su	1:00pm- 2:00pm
315665	11-13yrs	6 Classes	\$135	4/14	Tu	6:00pm- 7:00pm
315657	11-13yrs	6 Classes	\$135	4/16	Th	6:00pm- 7:00pm
315659	11-13yrs	6 Classes	\$135	4/17	F	5:00pm- 6:00pm
315666	11-13yrs	5 Classes	\$113	5/26	Tu	6:00pm- 7:00pm
315658	11-13yrs	5 Classes	\$113	5/28	Th	6:00pm- 7:00pm
315660	11-13yrs	5 Classes	\$113	5/29	F	5:00pm- 6:00pm
315662	11-13yrs	5 Classes	\$113	5/30	Sa	12:00pm- 1:00pm
315664	11-13yrs	5 Classes	\$113	5/31	Su	1:00pm- 2:00pm

Wheaton Indoor Tennis

318458	11-13yrs	6 Classes	\$111	4/11	Sa	1:00pm- 2:00pm
318375	11-13yrs	6 Classes	\$111	4/12	Su	1:00pm- 2:00pm
318374	11-13yrs	6 Classes	\$111	4/15	W	5:00pm- 6:00pm
318490	11-13yrs	5 Classes	\$93	5/27	W	5:00pm- 6:00pm
318491	11-13yrs	5 Classes	\$93	5/30	Sa	1:00pm- 2:00pm
318530	11-13yrs	5 Classes	\$93	5/31	Su	1:00pm- 2:00pm

Beginner Tennis, TEEN

Pauline Betz Addie Tennis/Cabin John

315667	14-17yrs	6 Classes	\$135	4/11	Sa	1:00pm- 2:00pm
315673	14-17yrs	6 Classes	\$135	4/12	Su	2:00pm- 3:00pm
315669	14-17yrs	6 Classes	\$135	4/14	Tu	7:00pm- 8:00pm
315671	14-17yrs	6 Classes	\$135	4/16	Th	7:00pm- 8:00pm
315670	14-17yrs	5 Classes	\$113	5/26	Tu	7:00pm- 8:00pm
315672	14-17yrs	5 Classes	\$113	5/28	Th	7:00pm- 8:00pm
315668	14-17yrs	5 Classes	\$113	5/30	Sa	1:00pm- 2:00pm
315674	14-17yrs	5 Classes	\$113	5/31	Su	2:00pm- 3:00pm

Wheaton Indoor Tennis

318459	14-17yrs	6 Classes	\$111	4/11	Sa	2:00pm- 3:00pm
318377	14-17yrs	6 Classes	\$111	4/12	Su	11:00am-12:00pm
318376	14-17yrs	6 Classes	\$111	4/13	M	6:00pm- 7:00pm
318492	14-17yrs	5 Classes	\$93	5/30	Sa	2:00pm- 3:00pm
318532	14-17yrs	5 Classes	\$93	5/31	Su	11:00am-12:00pm
318531	14-17yrs	5 Classes	\$93	6/1	M	6:00pm- 7:00pm





Beginner Tennis, ADULT

Pauline Betz Addie Tennis/Cabin John

315695	18 & up	6 Classes	\$135	4/11	Sa	8:00am- 9:00am
315696	18 & up	6 Classes	\$135	4/11	Sa	11:00am-12:00pm
315675	18 & up	6 Classes	\$135	4/12	Su	10:00am-11:00am
315689	18 & up	6 Classes	\$135	4/12	Su	4:00pm- 5:00pm
315677	18 & up	6 Classes	\$135	4/13	M	9:00am-10:00am
315678	18 & up	6 Classes	\$135	4/13	M	7:00pm- 8:00pm
315681	18 & up	6 Classes	\$135	4/14	Tu	11:00am-12:00pm
315682	18 & up	6 Classes	\$135	4/14	Tu	8:00pm- 9:00pm
315685	18 & up	6 Classes	\$135	4/15	W	1:00pm- 2:00pm
315687	18 & up	6 Classes	\$135	4/16	Th	1:00pm- 2:00pm
315688	18 & up	6 Classes	\$135	4/16	Th	8:00pm- 9:00pm
315691	18 & up	6 Classes	\$135	4/17	F	10:00am-11:00am
315700	18 & up	6 Classes	\$135	4/17	F	1:00pm- 2:00pm
315692	18 & up	6 Classes	\$135	4/17	F	8:00pm- 9:00pm
315683	18 & up	5 Classes	\$113	5/26	Tu	11:00am-12:00pm
315684	18 & up	5 Classes	\$113	5/26	Tu	8:00pm- 9:00pm
315686	18 & up	5 Classes	\$113	5/27	W	1:00pm- 2:00pm
315699	18 & up	5 Classes	\$113	5/28	Th	1:00pm- 2:00pm
315690	18 & up	5 Classes	\$113	5/28	Th	8:00pm- 9:00pm
315693	18 & up	5 Classes	\$113	5/29	F	10:00am-11:00am
315701	18 & up	5 Classes	\$113	5/29	F	1:00pm- 2:00pm
315694	18 & up	5 Classes	\$113	5/29	F	8:00pm- 9:00pm
315697	18 & up	5 Classes	\$113	5/30	Sa	8:00am- 9:00am
315698	18 & up	5 Classes	\$113	5/30	Sa	11:00am-12:00pm
315676	18 & up	5 Classes	\$113	5/31	Su	10:00am-11:00am
315702	18 & up	5 Classes	\$113	5/31	Su	4:00pm- 5:00pm
315679	18 & up	5 Classes	\$113	6/1	M	9:00am-10:00am
315680	18 & up	5 Classes	\$113	6/1	M	7:00pm- 8:00pm

Wheaton Indoor Tennis

318460	18 & up	6 Classes	\$111	4/11	Sa	12:00pm- 1:00pm
318380	18 & up	6 Classes	\$111	4/12	Su	11:00am-12:00pm
318378	18 & up	6 Classes	\$111	4/13	M	10:00am-11:00am
318379	18 & up	6 Classes	\$111	4/13	M	7:00pm- 8:00pm
318493	18 & up	5 Classes	\$93	5/27	W	11:00am-12:00pm
318494	18 & up	5 Classes	\$93	5/28	Th	11:00am-12:00pm
318495	18 & up	5 Classes	\$93	5/30	Sa	10:00am-11:00am
318535	18 & up	5 Classes	\$93	5/31	Su	11:00am-12:00pm
318533	18 & up	5 Classes	\$93	6/1	M	10:00am-11:00am
318534	18 & up	5 Classes	\$93	6/1	M	6:00pm- 7:00pm

Beginner Tennis, SENIOR

Designed for adults 55 and older who have never played tennis or have had minimal instruction. Your instructor will go over basic stance, grip, strokes (hitting technique), and court etiquette. We'll use low-compression balls that don't bounce as high or travel as far as standard tennis balls, making the learning experience even more enjoyable.

Wheaton Indoor Tennis

318381	55 & up	6 Classes	\$111	4/14	Tu	9:00am-10:00am
318497	55 & up	5 Classes	\$93	5/28	Th	9:00am-10:00am

Intermediate Tennis

In Intermediate Tennis, we'll begin to focus on the strategies and shots that will help you play winning tennis. We'll continue to work on stroke development, and learn specialty shots like lobs, drop shots, slices, topspins, cross-court and down-the-line shots, and both kick and flat serves. You'll also learn when and where to use each stroke, how to play strategic tennis (how to plan your shots, construct points, size up your opponent and play to his/her weaknesses), and work on consistency from both the baseline and net.

Intermediate, JUNIOR

Pauline Betz Addie Tennis/Cabin John

315803	11-13yrs	6 Classes	\$135	4/11	Sa	12:00pm- 1:00pm
315805	11-13yrs	6 Classes	\$135	4/12	Su	2:00pm- 3:00pm
315799	11-13yrs	6 Classes	\$135	4/14	Tu	5:00pm- 6:00pm
315801	11-13yrs	6 Classes	\$135	4/17	F	6:00pm- 7:00pm
315800	11-13yrs	5 Classes	\$113	5/26	Tu	5:00pm- 6:00pm
315802	11-13yrs	5 Classes	\$113	5/29	F	6:00pm- 7:00pm
315804	11-13yrs	5 Classes	\$113	5/30	Sa	12:00pm- 1:00pm
315806	11-13yrs	5 Classes	\$113	5/31	Su	2:00pm- 3:00pm

Intermediate, TEEN

Pauline Betz Addie Tennis/Cabin John

315829	14-17yrs	6 Classes	\$135	4/11	Sa	1:00pm- 2:00pm
315835	14-17yrs	6 Classes	\$135	4/12	Su	3:00pm- 4:00pm
315831	14-17yrs	6 Classes	\$135	4/14	Tu	7:00pm- 8:00pm
315833	14-17yrs	6 Classes	\$135	4/16	Th	7:00pm- 8:00pm
315832	14-17yrs	5 Classes	\$113	5/26	Tu	7:00pm- 8:00pm
315834	14-17yrs	5 Classes	\$113	5/28	Th	7:00pm- 8:00pm
315830	14-17yrs	5 Classes	\$113	5/30	Sa	1:00pm- 2:00pm
315836	14-17yrs	5 Classes	\$113	5/31	Su	3:00pm- 4:00pm

Wheaton Indoor Tennis

318462	14-17yrs	6 Classes	\$111	4/11	Sa	1:00pm- 2:00pm
318389	14-17yrs	6 Classes	\$111	4/12	Su	12:00pm- 1:00pm
318388	14-17yrs	6 Classes	\$111	4/15	W	6:00pm- 7:00pm
318502	14-17yrs	5 Classes	\$93	5/27	W	6:00pm- 7:00pm
318503	14-17yrs	5 Classes	\$93	5/30	Sa	12:00pm- 1:00pm
318538	14-17yrs	5 Classes	\$93	5/31	Su	12:00pm- 1:00pm

Intermediate, ADULT

Pauline Betz Addie Tennis/Cabin John

315827	18 & up	6 Classes	\$135	4/11	Sa	12:00pm- 1:00pm
315807	18 & up	6 Classes	\$135	4/12	Su	11:00am-12:00pm
315809	18 & up	6 Classes	\$135	4/13	M	10:00am-11:00am
315810	18 & up	6 Classes	\$135	4/13	M	7:00pm- 8:00pm
315813	18 & up	6 Classes	\$135	4/14	Tu	9:00am-10:00am
315814	18 & up	6 Classes	\$135	4/14	Tu	8:00pm- 9:00pm
315818	18 & up	6 Classes	\$135	4/15	W	11:00am-12:00pm
315817	18 & up	6 Classes	\$135	4/15	W	8:00pm- 9:00pm
315821	18 & up	6 Classes	\$135	4/16	Th	12:00pm- 1:00pm
315822	18 & up	6 Classes	\$135	4/16	Th	8:00pm- 9:00pm
315825	18 & up	6 Classes	\$135	4/17	F	11:00am-12:00pm
315815	18 & up	5 Classes	\$113	5/26	Tu	9:00am-10:00am
315816	18 & up	5 Classes	\$113	5/26	Tu	8:00pm- 9:00pm
315819	18 & up	5 Classes	\$113	5/27	W	11:00am-12:00pm
315820	18 & up	5 Classes	\$113	5/27	W	8:00pm- 9:00pm
315823	18 & up	5 Classes	\$113	5/28	Th	12:00pm- 1:00pm
315824	18 & up	5 Classes	\$113	5/28	Th	8:00pm- 9:00pm
315826	18 & up	5 Classes	\$113	5/29	F	11:00am-12:00pm
315828	18 & up	5 Classes	\$113	5/30	Sa	12:00pm- 1:00pm
315808	18 & up	5 Classes	\$113	5/31	Su	11:00am-12:00pm
315811	18 & up	5 Classes	\$113	6/1	M	10:00am-11:00am
315812	18 & up	5 Classes	\$113	6/1	M	7:00pm- 8:00pm



Intermediate, ADULT (cont.)

Wheaton Indoor Tennis

Table with 8 columns: ID, Age, Classes, Cost, Date, Day, Time, Location. Rows include 318461, 318386, 318382, 318385, 318383, 318384, 318387, 318498, 318499, 318500, 318501, 318537, 318536.

Advanced Tennis

Prerequisite: Mastery of Intermediate level skills

In Advanced Tennis, you'll learn new strategies to win points, games and matches against a variety of players, as well as positioning and shot placement. We'll work on closing points, match play situations analysis, and mental toughness training, too. By the end of this class, you should have a thorough understanding of tennis, including offensive and defensive shots.

Advanced, JUNIOR

Pauline Betz Addie Tennis/Cabin John

Table with 8 columns: ID, Age, Classes, Cost, Date, Day, Time, Location. Rows include 315843, 315844, 315847, 315848, 315837, 315839, 315842, 315838, 315841, 315840, 315845, 315846, 315849, 315850.

Advanced, TEEN

Pauline Betz Addie Tennis/Cabin John

Table with 8 columns: ID, Age, Classes, Cost, Date, Day, Time, Location. Rows include 315955, 315961, 315959, 315953, 315957, 315954, 315958, 315956, 315962, 315960.

Wheaton Indoor Tennis

Table with 8 columns: ID, Age, Classes, Cost, Date, Day, Time, Location. Rows include 318390, 318504, 318539.

Advanced, ADULT

Pauline Betz Addie Tennis/Cabin John

Table with 8 columns: ID, Age, Classes, Cost, Date, Day, Time, Location. Rows include 316803, 316815, 316807, 316804, 316809, 316810, 316806, 316814, 316813, 316819, 316820, 316824, 316823, 316811, 316812, 316816, 316818, 316817, 316821, 316822, 316826, 316825, 316827, 316828, 316808, 316805.

Wheaton Indoor Tennis

Table with 8 columns: ID, Age, Classes, Cost, Date, Day, Time, Location. Rows include 318463, 318391, 318505, 318506.

Tennis Clinic: Junior Advanced Drill Play

Prerequisite: Evaluation by instructor

Designed for players who have the energy and enthusiasm of advanced/older players, but aren't quite ready for sustained play with high school level team players. We'll cover Advanced skill levels and drills, plus strength and endurance training and transitional phase play. Please call 301-765-8650 (PBA) or 301-905-3030 (Wheaton) to schedule your evaluation with an instructor.

Pauline Betz Addie Tennis/Cabin John

Table with 8 columns: ID, Age, Classes, Cost, Date, Day, Time, Location. Rows include 316049, 316052, 316050, 316051.

Wheaton Indoor Tennis

Table with 8 columns: ID, Age, Classes, Cost, Date, Day, Time, Location. Rows include 318393, 318392, 318508, 318507.

Want to practice but don't have a partner?

RENT THE SMASH!



Now you can rent a SMASH at both Wheaton Indoor Tennis and Pauline Betz Addie Tennis Center! This high-tech ball machine shoots out fast, slow or medium-paced balls; slices, topspins, flat spins and lobs; in one direction or all directions!

You can rent the SMASH for \$10/hour (in addition to regular court time fees). Sign up at the front desk.

Kids' Cardio Tennis

This group tennis training activity features action-based tennis drills and games for children ages 6-12 at any skill level. Using music and pedometers, the class emphasizes movement and fun. With age-appropriate equipment and an encouraging environment, this class will help develop tennis and athletic skills, and improve overall health and fitness.

Pauline Betz Addie Tennis/Cabin John

316054	6-12yrs	6 Classes	\$147	4/13	M	4:00pm- 5:00pm
316056	6-12yrs	6 Classes	\$147	4/15	W	6:00pm- 7:00pm
316053	6-12yrs	6 Classes	\$147	4/17	F	4:00pm- 5:00pm
316057	6-12yrs	5 Classes	\$123	5/27	W	6:00pm- 7:00pm
316058	6-12yrs	5 Classes	\$123	5/29	F	4:00pm- 5:00pm
316055	6-12yrs	5 Classes	\$123	6/1	M	4:00pm- 5:00pm

Wheaton Indoor Tennis

318394	6-12yrs	6 Classes	\$123	4/12	Su	4:00pm- 5:00pm
318509	6-12yrs	5 Classes	\$103	5/30	Sa	3:00pm- 4:00pm

Cardio Tennis

This fun group tennis activity gives players of all abilities an ultimate, high-energy workout, with warm-up, cardio workout and cool-down phases. Looking for a great new way to burn calories and get in shape? Cardio Tennis is it!

Pauline Betz Addie Tennis/Cabin John

315049	18 & up	6 Classes	\$147	4/11	Sa	6:00am- 7:00am
315050	18 & up	6 Classes	\$147	4/11	Sa	10:00am-11:00am
315051	18 & up	6 Classes	\$147	4/11	Sa	4:00pm- 5:00pm
315081	18 & up	6 Classes	\$147	4/12	Su	6:00am- 7:00am
315055	18 & up	6 Classes	\$147	4/12	Su	1:00pm- 2:00pm
315057	18 & up	6 Classes	\$147	4/13	M	8:00pm- 9:00pm
315059	18 & up	6 Classes	\$147	4/14	Tu	6:00am- 7:00am
315062	18 & up	6 Classes	\$147	4/14	Tu	12:00pm- 1:00pm
315061	18 & up	6 Classes	\$147	4/15	W	6:00am- 7:00am
315064	18 & up	6 Classes	\$147	4/15	W	12:00pm- 1:00pm
315065	18 & up	6 Classes	\$147	4/15	W	7:00pm- 8:00pm
315069	18 & up	6 Classes	\$147	4/16	Th	6:00am- 7:00am
315070	18 & up	6 Classes	\$147	4/16	Th	11:00am-12:00pm
315073	18 & up	6 Classes	\$147	4/17	F	6:00am- 7:00am
315075	18 & up	6 Classes	\$147	4/17	F	9:00am-10:00am
315074	18 & up	6 Classes	\$147	4/17	F	12:00pm- 1:00pm
315076	18 & up	6 Classes	\$147	4/17	F	8:00pm- 9:00pm
315060	18 & up	5 Classes	\$123	5/26	Tu	6:00am- 7:00am
315063	18 & up	5 Classes	\$123	5/26	Tu	12:00pm- 1:00pm
318649	18 & up	5 Classes	\$123	5/27	W	6:00am- 7:00am
315067	18 & up	5 Classes	\$123	5/27	W	12:00pm- 1:00pm
315068	18 & up	5 Classes	\$123	5/27	W	7:00pm- 8:00pm
315071	18 & up	5 Classes	\$123	5/28	Th	6:00am- 7:00am
315072	18 & up	5 Classes	\$123	5/28	Th	11:00am-12:00pm
315077	18 & up	5 Classes	\$123	5/29	F	6:00am- 7:00am
315079	18 & up	5 Classes	\$123	5/29	F	9:00am-10:00am
315078	18 & up	5 Classes	\$123	5/29	F	12:00pm- 1:00pm
315080	18 & up	5 Classes	\$123	5/29	F	8:00pm- 9:00pm
315052	18 & up	5 Classes	\$123	5/30	Sa	6:00am- 7:00am
315053	18 & up	5 Classes	\$123	5/30	Sa	10:00am-11:00am
315054	18 & up	5 Classes	\$123	5/30	Sa	4:00pm- 5:00pm
315083	18 & up	5 Classes	\$123	5/31	Su	6:00am- 7:00am
315082	18 & up	5 Classes	\$123	5/31	Su	1:00pm- 2:00pm
315056	18 & up	5 Classes	\$123	6/1	M	11:00am-12:00pm
315058	18 & up	5 Classes	\$123	6/1	M	8:00pm- 9:00pm



Matchplay Tennis

Prerequisite: Instructor review of student's level of play
Matchplay Tennis provides you with an opportunity to compete with other players at the same ability/skill level in a match environment. As you play, an instructor will move around the court, coaching you through different situations and giving on-the-spot tips and things to think about. For Matchplay Tennis at Pauline Betz Addie/Cabin John, email Justin.Reid@MontgomeryParks.org or call 301-765-8650. For play at Wheaton, email Gary.Tobias@MontgomeryParks.org or call 301-905-3030.

Pauline Betz Addie Tennis/Cabin John

315100	18 & up	6 Classes	\$147	4/13	M	1:00pm- 2:00pm
315099	18 & up	6 Classes	\$147	4/13	M	8:00pm- 9:00pm
315102	18 & up	6 Classes	\$147	4/14	Tu	1:00pm- 2:00pm
315104	18 & up	6 Classes	\$147	4/15	W	2:00pm- 3:00pm
315106	18 & up	6 Classes	\$147	4/15	W	7:00pm- 8:00pm
315105	18 & up	6 Classes	\$147	4/15	W	8:00pm- 9:00pm
315111	18 & up	6 Classes	\$147	4/16	Th	9:00am-10:00am
315112	18 & up	6 Classes	\$147	4/16	Th	10:00am-11:00am
315103	18 & up	5 Classes	\$123	5/26	Tu	1:00pm- 2:00pm
315108	18 & up	5 Classes	\$123	5/27	W	2:00pm- 3:00pm
315110	18 & up	5 Classes	\$123	5/27	W	7:00pm- 8:00pm
315109	18 & up	5 Classes	\$123	5/27	W	8:00pm- 9:00pm
315113	18 & up	5 Classes	\$123	5/28	Th	9:00am-10:00am
315114	18 & up	5 Classes	\$123	5/28	Th	10:00am-11:00am
315107	18 & up	5 Classes	\$123	6/1	M	1:00pm- 2:00pm
315101	18 & up	5 Classes	\$123	6/1	M	8:00pm- 9:00pm

Wheaton Indoor Tennis

318464	18 & up	6 Classes	\$123	4/11	Sa	10:00am-11:00am
318400	18 & up	6 Classes	\$123	4/12	Su	1:00pm- 2:00pm
318397	18 & up	6 Classes	\$123	4/13	M	10:00am-11:00am
318395	18 & up	6 Classes	\$123	4/13	M	6:00pm- 7:00pm
318396	18 & up	6 Classes	\$123	4/14	Tu	6:00pm- 7:00pm
318398	18 & up	6 Classes	\$123	4/15	W	6:00pm- 7:00pm
318399	18 & up	6 Classes	\$123	4/17	F	6:00pm- 7:00pm
318511	18 & up	5 Classes	\$103	5/27	W	6:00pm- 7:00pm
318513	18 & up	5 Classes	\$103	5/29	F	1:00pm- 2:00pm
318512	18 & up	5 Classes	\$103	5/29	F	6:00pm- 7:00pm
318514	18 & up	5 Classes	\$103	5/30	Sa	12:00pm- 1:00pm
318542	18 & up	5 Classes	\$103	5/31	Su	1:00pm- 2:00pm
318541	18 & up	5 Classes	\$103	6/1	M	10:00am-11:00am
318540	18 & up	5 Classes	\$103	6/1	M	6:00pm- 7:00pm



Round Robin Doubles

Test your tennis prowess, meet new people and have fun at Wheaton Indoor Tennis! You'll play up to three pro sets (eight games per set; winners move up a court, losers move down a court) in a two-hour period. No need to bring a partner; we'll match you up with a player of comparable skill. Round Robin Doubles are offered at two skill levels; please check the course to make sure you're registering for your skill level.

Level 3.0 and above

You play at least once a week and hit medium-paced shots consistently. You've found your strike zone, and can return most balls hit into your strike zone while standing still. Your first serves are good, but you'd like to increase their power. You'd like to work on different strokes, increased control, and better shot placement, depth and power.

Wheaton Indoor Tennis

318401	18 & up	1 Class	\$10	4/12	Su	7:00am- 9:00am
318543	18 & up	1 Class	\$10	5/31	Su	7:00am- 9:00am

Level 3.5 and above

You play at least twice a week, exhibit a strong level of stroke dependability and direction on moderate shots, and want to improve the depth and variety of your shots. You know how to play the net aggressively and cover the court effectively, and have made progress in developing teamwork skills in doubles play. You also know how to maneuver the body and racquet to hit balls in the strike zone, aren't afraid to take chances, are beginning to develop pace and spin, and play a consistent game against others at your level of skill or slightly higher.

Wheaton Indoor Tennis

318465	18 & up	1 Class	\$10	4/11	Sa	7:00am- 9:00am
318515	18 & up	1 Class	\$10	5/30	Sa	7:00am- 9:00am

Tennis "Boot Days"

These one-day tennis "boot camps" will help develop your child's inner champion! School's out today, so why not let your young tennis pros take the day to learn and improve their tennis skills? We'll use games, personal instruction and drills to teach beginning/intermediate level players all the basics: forehand, backhand and overhead strokes, serves and volleys, footwork, scorekeeping, names and meanings of the lines, and more. It's great fun and great exercise, too! Please send a non-perishable lunch with your child.

Pauline Betz Addie Tennis/Cabin John

316102	6-12yrs	1 Class	\$40	4/3	F	9:00am- 5:00pm
316199	6-12yrs	1 Class	\$40	4/4	Sa	9:00am- 5:00pm
316200	6-12yrs	1 Class	\$40	4/5	Su	9:00am- 5:00pm
316103	6-12yrs	1 Class	\$40	4/6	M	9:00am- 5:00pm
316104	6-12yrs	1 Class	\$40	4/7	Tu	9:00am- 5:00pm
316101	6-12yrs	1 Class	\$40	4/8	W	9:00am- 5:00pm
316105	6-12yrs	1 Class	\$40	4/9	Th	9:00am- 5:00pm
316149	6-12yrs	1 Class	\$40	4/10	F	9:00am- 5:00pm

See next column for "Boot Days" at Wheaton Indoor Tennis...

Tennis "Boot Days" (cont.) Wheaton Indoor Tennis

320049	6-12yrs	1 Class	\$40	4/3	F	9:00am- 5:00pm
320050	6-12yrs	1 Class	\$40	4/6	M	9:00am- 5:00pm
320051	6-12yrs	1 Class	\$40	4/7	Tu	9:00am- 5:00pm
320052	6-12yrs	1 Class	\$40	4/8	W	9:00am- 5:00pm
320053	6-12yrs	1 Class	\$40	4/9	Th	9:00am- 5:00pm
320054	6-12yrs	1 Class	\$40	4/10	F	9:00am- 5:00pm

USTA Junior Team Tennis

Prerequisite: Passed Intermediate Tennis; or mastery of Intermediate level skills

Would your kids like to compete in USTA Junior Team Tennis matches and tournaments? Sign up for this six-week, "teach and play" course and give them a competitive edge! In the first half of each class, we'll warm up with tennis-specific exercises, then do drills. In the second half, we'll play points (6-10 year olds) or matches (11-18 year olds), giving everyone the opportunity to immediately apply what they've learned. Students will learn tennis matchplay skills and strategy, enjoy plenty of individual attention, and get a great cardio workout to boot. After successful completion of this course, students should be ready to sign up for and compete in JTT matches and tournaments, held regularly at both tennis facilities through the Montgomery County Tennis Association.

Ages 6-10

In this two-hour* course, students will be led through an hour of tennis-specific exercises (warming up rotator cuffs, arm and leg muscles to maximize performance and minimize injuries) and tennis drills, focusing on both strokes and strategy. In the second hour, they'll play as many matches as time allows, with specific, on-the-spot advice from the coach as they play.

Pauline Betz Addie Tennis/Cabin John

316204	6-10yrs	6 Classes	\$294	4/14	Tu	4:00pm- 6:00pm
316203	6-10yrs	6 Classes	\$294	4/16	Th	5:00pm- 7:00pm
316212	6-10yrs	5 Classes	\$245	5/26	Tu	4:00pm- 6:00pm
316211	6-10yrs	5 Classes	\$245	5/28	Th	5:00pm- 7:00pm

Wheaton Indoor Tennis *(one-hour course)

318403	6-10yrs	6 Classes	\$111	4/15	W	4:00pm- 5:00pm
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Ages 11-18

In this two-hour course, students will be led through an hour of tennis-specific exercises (warming up rotator cuffs, arm and leg muscles to maximize performance and minimize injuries) and tennis drills, focusing on both strokes and strategy. In the second hour, they'll play as many matches as time allows, with specific, on-the-spot advice from the coach as they play.

Pauline Betz Addie Tennis/Cabin John

316206	11-18yrs	6 Classes	\$294	4/11	Sa	5:00pm- 7:00pm
316201	11-18yrs	6 Classes	\$294	4/13	M	3:00pm- 5:00pm
316205	11-18yrs	6 Classes	\$294	4/13	M	4:00pm- 6:00pm
316202	11-18yrs	6 Classes	\$294	4/16	Th	3:00pm- 5:00pm
316210	11-18yrs	5 Classes	\$245	5/28	Th	3:00pm- 5:00pm
316223	11-18yrs	5 Classes	\$245	5/30	Sa	5:00pm- 7:00pm
316209	11-18yrs	5 Classes	\$245	6/1	M	3:00pm- 5:00pm
316222	11-18yrs	5 Classes	\$245	6/1	M	4:00pm- 6:00pm

Wheaton Indoor Tennis

318467	11-18yrs	6 Classes	\$246	4/11	Sa	10:00am- 12:00pm
318402	11-18yrs	6 Classes	\$246	4/15	W	4:00pm- 6:00pm





Park Prescription: Healthy Habits for a Healthy Life

Parks can help create healthy people! There are hundreds of activities that people of all ages can enjoy in parks in every season, including:

- Walking
- Jogging
- Hiking
- Biking
- Ice Skating
- Fishing
- Tennis
- Playground Time
- *And more!*

Spring is a great time to think about your health and find ways to get outdoors and into parks. Montgomery Parks encourages you to talk to your healthcare provider about ways you can use parks, trails and programs to help meet your health goals.

PARK Prescription | *Healthy Habits for a Healthy Life*




Name _____

Birth Date _____

Date _____

- walking
- hiking
- jogging
- fishing
- soccer
- basketball

- tennis
- ice-skating
- playground time
- softball
- camping
- riding a bike

Notes _____

Unlimited Refills

Signature _____ 

 Visit MontgomeryParks.org for a park near you.

Visit – and tell your healthcare professional about – MontgomeryParksPrescription.org



Outdoor Tennis Group Lessons • Spring 2015

REGISTRATION DATES: SPRING

- Registration for **SPRING 1** opens Sunday, March 15 for Montgomery County residents and Monday, March 16 for all.
- Registration for **SPRING 2** opens Sunday, May 17 for Montgomery County residents and Monday, May 18 for all.
- If you see a class you like, register! Classes may be cancelled if minimum enrollment number is not met.

LOCATIONS

- Cabin John Regional Park**
7801 Westlake Dr.
Rockville, MD 20852
301-765-8650
- Norwood Local Park**
4700 Norwood Rd.
Bethesda, MD 20815



USTA 10 and Under Outdoor Tennis

USTA 10 and Under Tennis is a wonderful new program that's changing the way kids 10 and under learn and play tennis. Basketball, soccer and baseball all modify their fields and equipment to fit younger players. But when it comes to tennis, we ask children to play on adult-sized courts with hard, high-flying balls and adult-sized racquets. 10 and Under Tennis uses the QuickStart play format and scales everything to kid-size, making tennis more fun right from the beginning.

Cabin John Regional Park

Ages 4-6

318055	4-6yrs	6 Classes	\$90	4/11	Sa	9:00am-10:00am
318057	4-6yrs	6 Classes	\$90	4/15	W	4:00pm- 5:00pm
318169	4-6yrs	5 Classes	\$75	5/27	W	4:00pm- 5:00pm
318058	4-6yrs	5 Classes	\$75	5/30	Sa	9:00am-10:00am
318056	4-6yrs	5 Classes	\$75	6/1	M	4:00pm- 5:00pm

Ages 7-10

318066	7-10yrs	6 Classes	\$90	4/14	Tu	4:00pm- 5:00pm
318067	7-10yrs	6 Classes	\$90	4/16	Th	4:00pm- 5:00pm
318171	7-10yrs	5 Classes	\$75	5/26	Tu	4:00pm- 5:00pm
318068	7-10yrs	5 Classes	\$75	5/28	Th	4:00pm- 5:00pm

Norwood Local Park

Ages 4-6

318049	4-6yrs	6 Classes	\$90	4/11	Sa	10:00am-11:00am
318050	4-6yrs	6 Classes	\$90	4/12	Su	10:00am-11:00am
318051	4-6yrs	6 Classes	\$90	4/13	M	4:00pm- 5:00pm
318052	4-6yrs	5 Classes	\$75	5/30	Sa	10:00am-11:00am
318053	4-6yrs	5 Classes	\$75	5/31	Su	10:00am-11:00am

Ages 7-10

318060	7-10yrs	6 Classes	\$90	4/11	Sa	11:00am-12:00pm
318061	7-10yrs	6 Classes	\$90	4/12	Su	11:00am-12:00pm
318062	7-10yrs	6 Classes	\$90	4/13	M	5:00pm- 6:00pm
318063	7-10yrs	5 Classes	\$75	5/30	Sa	11:00am-12:00pm
318064	7-10yrs	5 Classes	\$75	5/31	Su	11:00am-12:00pm
318170	7-10yrs	5 Classes	\$75	6/1	M	5:00pm- 6:00pm

Beginner Outdoor Tennis

These classes are designed for students who have never played tennis. You'll learn warm-up exercises, how to properly grip a racquet; basic stroke techniques for forehands, backhands, volleys, serves and overheads; tennis etiquette and vocabulary; plus safety rules and how to keep score.

Beginner Outdoor Tennis, JUNIOR

Cabin John Regional Park

Ages 11-13

318101	11-13yrs	6 Classes	\$90	4/13	M	5:00pm- 6:00pm
318102	11-13yrs	6 Classes	\$90	4/15	W	5:00pm- 6:00pm
318108	11-13yrs	5 Classes	\$75	5/27	W	5:00pm- 6:00pm
318107	11-13yrs	5 Classes	\$75	6/1	M	5:00pm- 6:00pm

Ages 13-17

318099	13-17yrs	6 Classes	\$90	4/13	M	6:00pm- 7:00pm
318100	13-17yrs	6 Classes	\$90	4/15	W	6:00pm- 7:00pm
318106	13-17yrs	5 Classes	\$75	5/27	W	6:00pm- 7:00pm
318105	13-17yrs	5 Classes	\$75	6/1	M	6:00pm- 7:00pm

Norwood Local Park

318104	11-13yrs	6 Classes	\$90	4/11	Sa	12:00pm- 1:00pm
318103	11-13yrs	6 Classes	\$90	4/12	Su	12:00pm- 1:00pm
318110	11-13yrs	5 Classes	\$75	5/30	Sa	12:00pm- 1:00pm
318109	11-13yrs	5 Classes	\$75	5/31	Su	12:00pm- 1:00pm

Beginner Outdoor Tennis, ADULT

Designed for those just getting into tennis for the first time, or back into tennis after an extended break. Learn the proper tennis grips, basic stroke techniques, and tennis etiquette.

Cabin John Regional Park

318116	18 & up	6 Classes	\$90	4/11	Sa	12:00pm- 1:00pm
318117	18 & up	6 Classes	\$90	4/13	M	7:00pm- 8:00pm
318121	18 & up	5 Classes	\$75	5/30	Sa	12:00pm- 1:00pm
318122	18 & up	5 Classes	\$75	6/1	M	7:00pm- 8:00pm

Norwood Local Park

318112	18 & up	6 Classes	\$90	4/12	Su	2:00pm- 3:00pm
318114	18 & up	6 Classes	\$90	4/13	M	11:00am-12:00pm
318111	18 & up	6 Classes	\$90	4/14	Tu	11:00am-12:00pm
318115	18 & up	6 Classes	\$90	4/16	Th	11:00am-12:00pm
318118	18 & up	5 Classes	\$75	5/26	Tu	11:00am-12:00pm
318120	18 & up	5 Classes	\$75	5/28	Th	11:00am-12:00pm
318113	18 & up	5 Classes	\$75	5/31	Su	2:00pm- 3:00pm
318119	18 & up	5 Classes	\$75	6/1	M	11:00am-12:00pm



Want to take lessons INSIDE?
See p. 155 for Indoor Lessons!

Intermediate Outdoor Tennis

Ideal for people playing at the 2.0-2.5 skill level of the USTAs national Tennis Rating System. In Intermediate Tennis, we'll begin to focus on strategies and shots that will help you play winning tennis. We'll continue to work on stroke development, and learn specialty shots like lobs, drop shots, slices, top-spins, cross-court and down-the-line shots, and both kick and flat serves. You'll also learn when and where to use each stroke, how to play strategic tennis (how to plan your shots, construct points, size up your opponent and play to his/her weaknesses), and work on shot consistency from both the baseline and net.

Cabin John Regional Park

Ages 11-17

318152	11-13yrs	6 Classes	\$90	4/14	Tu	5:00pm- 6:00pm
318151	11-13yrs	6 Classes	\$90	4/16	Th	5:00pm- 6:00pm
318162	11-13yrs	5 Classes	\$75	5/26	Tu	5:00pm- 6:00pm
318161	11-13yrs	5 Classes	\$75	5/28	Th	5:00pm- 6:00pm
318153	13-17yrs	6 Classes	\$90	4/14	Tu	6:00pm- 7:00pm
318154	13-17yrs	6 Classes	\$90	4/16	Th	6:00pm- 7:00pm
318163	13-17yrs	5 Classes	\$75	5/26	Tu	6:00pm- 7:00pm
318164	13-17yrs	5 Classes	\$75	5/28	Th	6:00pm- 7:00pm

Ages 18 & up

318157	18 & up	6 Classes	\$90	4/11	Sa	11:00am-12:00pm
318158	18 & up	6 Classes	\$90	4/14	Tu	11:00am-12:00pm
318168	18 & up	5 Classes	\$75	5/26	Tu	11:00am-12:00pm
318167	18 & up	5 Classes	\$75	5/30	Sa	11:00am-12:00pm

Norwood Local Park

Ages 7-10

318149	7-10yrs	6 Classes	\$90	4/17	F	4:00pm- 5:00pm
318159	7-10yrs	5 Classes	\$75	5/29	F	4:00pm- 5:00pm

Ages 11-13

318150	11-13yrs	6 Classes	\$90	4/17	F	5:00pm- 6:00pm
318160	11-13yrs	5 Classes	\$75	5/29	F	5:00pm- 6:00pm

Ages 18 & up

318155	18 & up	6 Classes	\$90	4/12	Su	3:00pm- 4:00pm
318156	18 & up	6 Classes	\$90	4/14	Tu	12:00pm- 1:00pm
318166	18 & up	5 Classes	\$75	5/26	Tu	12:00pm- 1:00pm
318165	18 & up	5 Classes	\$75	5/31	Su	3:00pm- 4:00pm

Second Intermediate Outdoor Tennis

Ideal for people playing at the 3.0-3.5 skill level of the USTA's National Tennis Rating System. Learn how to perfect your ground stroke, forehand and back-hand; develop advanced court strategies; and execute half-volleys. Drills and games will be faster-paced, and we'll use tennis-specific stretching and conditioning exercises to help you increase coordination, flexibility, balance and endurance.

Cabin John Regional Park

318017	18 & up	6 Classes	\$90	4/11	Sa	10:00am-11:00am
318022	18 & up	5 Classes	\$75	5/30	Sa	10:00am-11:00am

Norwood Local Park

318018	18 & up	6 Classes	\$90	4/12	Su	4:00pm- 5:00pm
318019	18 & up	6 Classes	\$90	4/13	M	6:00pm- 7:00pm
318020	18 & up	6 Classes	\$90	4/15	W	12:00pm- 1:00pm
318021	18 & up	6 Classes	\$90	4/17	F	12:00pm- 1:00pm
318025	18 & up	5 Classes	\$75	5/27	W	12:00pm- 1:00pm
318026	18 & up	5 Classes	\$75	5/29	F	12:00pm- 1:00pm
318023	18 & up	5 Classes	\$75	5/31	Su	4:00pm- 5:00pm
318024	18 & up	5 Classes	\$75	6/1	M	6:00pm- 7:00pm

Advanced Outdoor Tennis, Teen

Prerequisite: Mastery of Intermediate level skills

Ideal for people playing at the 4.0 skill level of the USTA's National Tennis Rating System. In Advanced Tennis, you'll learn new strategies to win points, games and matches against a variety of players, as well as positioning and shot placement. We'll work on closing points, match play situations analysis, and mental toughness training, too. By the end of this class, you should have a thorough understanding of tennis, including offensive and defensive shots.

Norwood Local Park

318014	13-17yrs	6 Classes	\$90	4/11	Sa	1:00pm- 2:00pm
318016	13-17yrs	5 Classes	\$75	5/30	Sa	1:00pm- 2:00pm

Advanced Outdoor Tennis, Adult

Prerequisite: Mastery of Intermediate level skills

Ideal for people playing at the 4.0 skill level of the USTA's National Tennis Rating System. In Advanced Tennis, you'll learn new strategies to win points, games and matches against a variety of players, as well as positioning and shot placement. We'll work on closing points, match play situations analysis, and mental toughness training, too. By the end of this class, you should have a thorough understanding of tennis, including offensive and defensive shots.

Norwood Local Park

318010	18 & up	6 Classes	\$90	4/15	W	11:00am-12:00pm
318011	18 & up	6 Classes	\$90	4/17	F	11:00am-12:00pm
318012	18 & up	5 Classes	\$75	5/27	W	11:00am-12:00pm
318013	18 & up	5 Classes	\$75	5/29	F	11:00am-12:00pm

Cardio Outdoor Tennis

For players of all levels (beginner, intermediate, advanced). This is an aerobic activity which includes serves, volleys and overall tennis strategy.

Cabin John Regional Park

318000	18 & up	6 Classes	\$90	4/15	W	7:00pm- 8:00pm
318004	18 & up	5 Classes	\$75	4/16	Th	7:00pm- 8:00pm
318006	18 & up	5 Classes	\$75	5/27	W	7:00pm- 8:00pm

Norwood Local Park

317999	18 & up	6 Classes	\$90	4/11	Sa	9:00am-10:00am
318001	18 & up	6 Classes	\$90	4/13	M	10:00am-11:00am
318002	18 & up	6 Classes	\$90	4/16	Th	12:00pm- 1:00pm
318003	18 & up	6 Classes	\$90	4/17	F	10:00am-11:00am
318008	18 & up	5 Classes	\$75	5/28	Th	12:00pm- 1:00pm
318009	18 & up	5 Classes	\$75	5/29	F	10:00am-11:00am
318005	18 & up	5 Classes	\$75	5/30	Sa	9:00am-10:00am
318007	18 & up	5 Classes	\$75	6/1	M	10:00am-11:00am



If the weather's bad on a day you have a tennis lesson scheduled outdoors in Cabin John Regional Park or Norwood Local Park, please call **301-765-8650**.

Park Activity Buildings

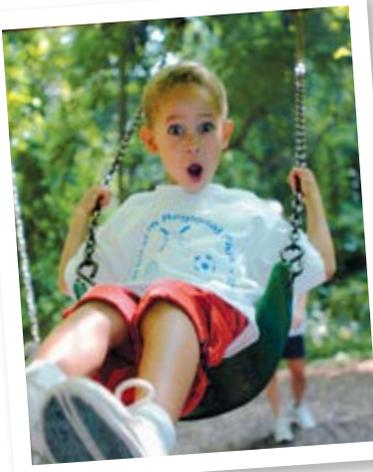
PARK ACTIVITY BUILDINGS MAY BE USED FOR:

Celebrations | Meetings | Parties
Picnics | Receptions | Reunions | Social Events

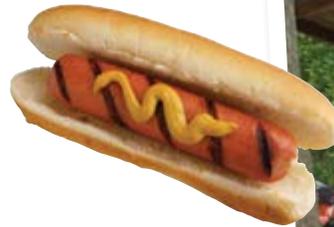
Surrounded by parkland and popular park amenities, our Park Activity Buildings are the perfect place to host birthday parties, family or class reunions, smaller meetings or workshops, and other social or business functions.



Convenient Locations | Scenic Settings | Affordable Rates



Park Picnic Areas



PARK PICNIC AREAS MAY BE USED FOR:

Family Events | Parties | Picnics | Reunions

Our picnic areas are ideal for outdoor gatherings of all kinds. Multiple shelters are located in our regional and recreational parks, where there are a variety of amenities and activities for guests. Smaller shelters, with playgrounds nearby, are located in our local parks. Two large group picnic areas with dedicated athletic fields, playgrounds, volleyball courts, and horseshoe pits, are available for larger, semi-private functions.

Check locations, availability and reserve online 24/7 at ParkPermits.org or call 301-495-2525.



How to register for a **Montgomery Parks Course** or **Program**



BEFORE YOU REGISTER

- Visit www.ParkPASS.org to set up a ParkPASS account if you don't already have one. The ParkPASS online system is the easiest, quickest, most secure way to register for Montgomery Parks classes and program.
- Please allow up to two (2) business days for your new account to activate and receive the ParkPASS email with your new Login ID/Customer Number and Account PIN.
- With a ParkPASS account, you can view and sign up for courses and special programs, make payments, and view your course registration/s.
- Registration for Montgomery Parks classes is open to Montgomery County residents on the first day of any given registration period, then open to all the following day.

READY TO REGISTER?

- **Online:** Register 24 hours a day, seven days a week at www.ParkPASS.org, beginning at 12:01 a.m. the first day of registration. Have your Login ID/Customer Number and Account PIN on hand.
- **In person:** Complete the "PARKS" section of the registration form in this Guide, take it to any ParkPASS facility, and we'll help you get registered. See the "Montgomery Parks Directory" in this Guide for ParkPASS locations.
- **By phone:** Call the ParkPASS automated phone registration system at 301-670-6858, and follow the prompts. Phone registration is available 24 hours a day, beginning at 12:01 a.m. the first day of registration. Have your ParkPASS Login ID/Customer Number, Account PIN for each person you wish to register, and ParkPASS course numbers on hand. Phone registration is not available for all programs.
- **By mail:** Complete the green "PARKS" section of the registration form in this Guide, and mail it with payment to the facility hosting the course you'd like to take. Please note: Mail is the least reliable method of registration—it does not guarantee a spot in the course you want. Call the hosting facility or ParkPASS Help Desk to check availability before mailing your form.

QUESTIONS?

- If you have a question about a specific course or program, please call the facility offering the course. See the "Montgomery Parks Directory" in this Guide for ParkPASS locations. If you have a question about the ParkPASS system or your account, call the Help Desk at 301-495-2580 (M-F, 10am-2pm), or email MCP-ParkPASSHelp@MontgomeryParks.org.

REGISTRATION CONFIRMATION

- If you register online, it's a good idea to print out your ParkPASS registration confirmation. It often contains important details about your course not found elsewhere (e.g. directions to off-site programs, equipment lists, etc.). No confirmation letters are mailed. You may also call the facility hosting your course to confirm your registration. See the "Montgomery Parks Directory" in this Guide for facility info.

PAYMENT INFORMATION

- Full payment must be made at time of registration.
- VISA or MasterCard is accepted in person at ParkPASS facilities, by phone (301-670-6858), or online at ParkPASS.org.
- Make checks and money orders payable to M-NCPPC. Checks and money orders must include name, address, home and work phone numbers, driver's license number, and participant's full name. A \$35 fee will be charged for all returned checks.
- A fee reduction program is available for eligible Montgomery County residents. Please visit www.ParkPASS.org for the application form and more information.
- Remember, you can stop by any Montgomery Parks ParkPASS facility to register and pay for courses in person. Any funds paid to your ParkPASS account will be available to use the next time you call or log on to ParkPASS to register.
- Be assured that your account information is secure. Montgomery Parks uses the latest payment security methods. Collection and retention of customer information is confidential. We do not sell, share, give, transfer or rent personal information to third parties.

MONTGOMERY PARKS REFUND POLICY

- If Montgomery Parks cancels a course, you will be notified and receive a full credit on your ParkPASS account; or, at your request, a full refund.
- In order to withdraw from a Montgomery Parks course, submit a written (letter or email) request to the facility hosting the course. If your written request is received at least **five** business days before the course begins, you may choose to receive a full credit for the course on your ParkPASS account, or a refund less a 20% administrative fee. For courses with fees of less than \$10, you will receive a credit on your ParkPASS account; no refunds will be given.
- If your written withdrawal request is received less than five days before the start of a course, no refund or credit will be given for that course. No credit or refund is issued after the second class in a series has met.
- No refunds or credits will be issued for classes missed by the participant. No refund requests will be considered after the last scheduled date of a course.
- All refunds will be issued to the payer in the same form (check or charge) as the payment that was received. Please allow 3-4 weeks to receive a check refund. Credit card refunds can take from 5-7 days to appear on your account, depending on your bank/credit card company.
- Some activities have different refund/withdrawal policies which may supercede this standard policy.

REGISTRATION INFORMATION

MONTGOMERY COUNTY RECREATION

FOUR WAYS TO REGISTER

 **RECWEB** Online registration at recweb.montgomerycountymd.gov.

 **FAX 240-777-6818**
Faxed registrations must be paid by VISA or MasterCard. Due to high volume, we are unable to confirm receipt of faxes. To avoid duplication, do not mail your original form.

 **MAIL OR DROP OFF**

 **FULL SERVICE IN PERSON**
Montgomery County Recreation
Attention: Registrar
4010 Randolph Road
Silver Spring, MD 20902-1099
Phone: 240-777-6840
Monday-Friday, 8:30am-4:30pm

PAYMENT INFORMATION

Full payment must be made at time of registration. Do not submit registrations and/or payments to the instructor at the program.

Non-county residents must pay an additional \$15.00 per participant per activity.

Make checks and money orders payable to MCR. Checks and money orders must include name, address, home and work telephone numbers, driver's license number, and participant's full name. VISA or MasterCard payments are accepted. Registration form must include correct credit card number, expiration date, authorized signature, and authorized amount.

The Department of Recreation reserves the right to pursue all available options to collect any funds owed as the result of a dishonored check or credit card, charges incurred due to unsubstantiated credit card disputes, or any outstanding debt.

If your check is returned unpaid, your account will be debited electronically for the original check amount and electronically or via paper for the state's maximum allowable service fee. Payment by check constitutes authorization of these transactions. You may revoke your authorization by calling 800-666-5222 ext. 2 to arrange payment due for any outstanding checks and service fees due.

RECASSIST 2015 (FINANCIAL ASSISTANCE)

RecAssist is available for up to 12 months – January 1, 2015 through December 31, 2015 and is available to county residents who are recipients of assistance from specified Montgomery County agencies. Eligibility is based on proof of that assistance. Use of the RecAssist Fund is available on a "first come, first served" based. You may use the amount on your account only until the RecAssist Fund is used up. Once the RecAssist Fund is used up, you must pay full price for all registrations, even if you have not used the RecAssist amount on your account.

A 15% co-payment per class or program, per participant, is required at the time of registration.

All Prices, Dates, Times, & Locations are current as of the time The Guide goes to press. They are subject to change due to unforeseen circumstances.

WITHDRAWAL AND REFUND GUIDELINES

The withdrawal and refund policy pertains to all Recreation Department programs unless otherwise noted in the program description or facility rental agreement.

Withdrawal Request Received:	Submit a <u>Written</u> Request:	Withdrawal Fee Charged:
Eight (8) days or more before the start date of the program...	Mail: MCR, Attention Refund Request 4010 Randolph Road, Silver Spring, MD 20902 Fax: 240-777-6818 E-mail: rec.refund@montgomerycountymd.gov Online: recweb.montgomerycountymd.gov	No Fee
Seven (7) days or less before the start date of the program...	By mail, fax, or e-mail. Online withdrawal not available	\$20 Fee per program
On or after the start date of program...	By mail, fax, or e-mail. Online withdrawal not available.	\$20 Fee per the program plus a prorated charge for the number of classes that have met.
After the last scheduled date of the program...	No requests will be considered.	No Refund

If the Department cancels a program, changes a location or time and you cannot attend, or the program is full, you will receive a full credit to your Recreation Department account or a refund. Your written request must include the participant's name, payer's name, address, phone number, course number, and reason for withdrawal. All credits will be posted to your Recreation Department account unless a refund is specifically requested. All refunds will be issued to the payer in the same form (check or charge) as the payment was received. Refunds will be processed within 2-3 weeks of receipt of your written request.

Cancellation Policy: Montgomery County Recreation (MCR) holds programs in Department community, senior and aquatic centers, public schools, park facilities and private facilities. The cancellation of MCR scheduled programs is determined by the Community Use of Public Facilities (CUPF) and is announced on WTOP FM 103.5 and AM 820 and WMAL AM 630. Weekdays and weekends when schools community activities are closed due to weather conditions or other emergencies all programs are cancelled, regardless of facility. Announcements will be made on the radio stations noted above. Community centers and Aquatic centers will open for drop-in activities as conditions permit. Please call the centers directly for information. The MCR program message line is 240-777-6889. This recording will be updated regarding cancellations for MCR classes, activities and sports programs.

REGISTRATION FORM



Check here if new address/phone/email. Please print. This form may be copied.

PARENT/GUARDIAN						
Last Name		First Name			Email	
Address				City	State	ZIP
Home Phone		Mobile Phone		Work Phone		

EMERGENCY CONTACT			
Name		Relationship	Phone

Participant's Name (Last, First)	Birthday (mm/dd/yy)	Sex (m/f)	Grade	Activity Name	Course Number	Fees*

Non-County residents include an additional \$15.00 per participant, per activity. **Total Amount Due:** _____

PAYMENT		If paying by credit card, you may fax your registration form to 240-777-6818. If you need help completing this form, please call 240-777-6840.				
<input type="checkbox"/> Check or Money Order <i>Payable to MCR</i> <input type="checkbox"/> Mastercard	<input type="checkbox"/> Visa	Name on Card		Card Number		Expiration Date
		Payer Address (if Different Than Above)		City	State	ZIP

MAIL TO: MCR, Attn: Registrar
4010 Randolph Road
Silver Spring, MD 20902

Cardholder Signature _____ Date _____

SIGNATURE REQUIRED

Participant or Parent/Guardian Signature _____ Date _____

The participant assumes all risks associated with participation in the program; the County assumes no liability for injury or damages arising from participation in the program. Due to the strenuous nature of some activities, the County encourages each participant to consult his or her physician concerning fitness to participate in the program. The participant consents to emergency treatment. The participant also consents to the County's use of the participant's image and likeness as shown in any photographs, videotapes, motion picture film, or electronic images and any audio recordings made of the participant's voice in whatever way the County desires, including television print and Internet websites. Furthermore, the participant consents that such photographs, films, recordings, electronic images shall be the sole property of the County. If the participant is a minor, the parent of guardian approves his or her participation in the program. Neither the instructor nor any staff are responsible for children prior to or after scheduled program.



PARKS REGISTRATION FORM

MAIN CONTACT

Last Name _____ First Name _____
 Birth Date (mm/dd/yyyy) _____ Gender _____ Email _____
 Street Address _____ City _____ State _____ ZIP _____
 Home Phone _____ Work Phone _____ Cell Phone _____

PAYER INFORMATION (If different than Main Contact; no third-party payments or credit cards, please)

Last Name _____ First Name _____ Please check if this is a new address/ phone/email.
 Home Phone _____ Email _____
 Street Address _____ City _____ State _____ ZIP _____

PARTICIPANT'S NAME (Last, First)	Birth Date (mm/dd/yyyy)	Gender (M/F)	Title	CLASS/ACTIVITY Number	Location	Fee

Program Fee Total

Save time and money! Register online at ParkPASS.org. To register for a Parks class using this form, fill in the Parks section completely, make your check or money order payable to M-NCPPC, and mail or bring both to the ParkPASS facility offering the course(s) you'd like to take. See the Parks Directory in this Guide for facility locations, or visit www.MontgomeryParks.org for more information. For help with Parks courses or registration, call us at (301) 495-2580 M-F, 10am-2pm.

The participant assumes all risks associated with participation in the program; Montgomery Parks/M-NCPPC assumes no liability for injury or damages arising from participation in the program. Due to the strenuous nature of some activities, Montgomery Parks/M-NCPPC encourages each participant to consult his or her physician concerning fitness to participate in the program. The participant consents to emergency treatment. The participant also consents to Montgomery Parks/M-NCPPC's use of the participant's image and likeness as shown in any photographs, videotapes, motion picture film, or electronic images and any audio recordings made of the participant's voice in whatever way Montgomery Parks/M-NCPPC desires, including television print and Internet websites. Furthermore, the participant consents that such photographs, films, recordings, electronic images shall be the sole property of Montgomery Parks/M-NCPPC. If the participant is a minor, the parent of guardian approves his or her participation in the program. Neither the instructor nor any staff are responsible for children prior to or after scheduled program.

Participant or Parent/Guardian Signature _____ Date _____



Montgomery County
 Department of Recreation
 4010 Randolph Road
 Silver Spring, MD 20902

PRSR STD
 US Postage Paid
 Rockville, MD
 Permit No.138



Montgomery Parks
 Summer Camps
 ParkPASS.org



Early Bird Discount!

Sign up early and get \$25 off
 select summer camps. For details, visit

www.MontgomeryParks.org/Camps

Register at www.ParkPASS.org

