

MONTGOMERY COUNTY

GUIDE



MONTGOMERY COUNTY
Recreation



WINTER 2014-15

RECREATION AND PARKS PROGRAMS

SKATING &
HOCKEY

ACTIVE ADULTS

NATURE & SCIENCE

TINY TOTS

INDOOR TENNIS

MARTIAL ARTS

BOTANICAL ART

DANCING

HIKES & HISTORY

SWIM LESSONS

:

and much more!





**ADMISSION
IS FREE!**

Ample Parking Available

Food And Beverage
Concessions On Site
*Provided By
The MC Police Explorers*



— **BAUER** —
**HOLIDAY
CRAFT
SHOW**

. DECEMBER 6, 2014 .
10:00AM-4:00PM

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

BAUER DRIVE
COMMUNITY RECREATION CENTER

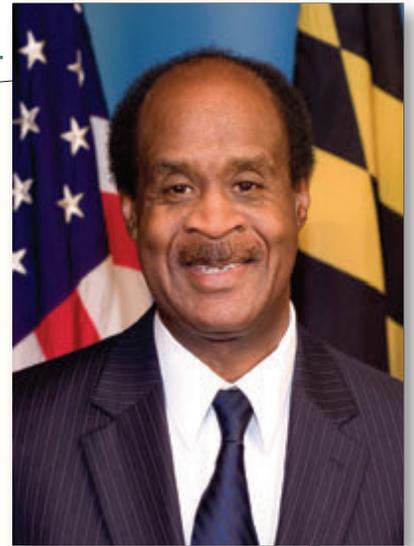
14625 BAUER DRIVE • ROCKVILLE, MD 20853

240.777.6922

FROM THE COUNTY EXECUTIVE



Winter 2014-15



Dear Montgomery County Resident:

The Winter issue of the Montgomery County Recreation and Parks Programs Guide is filled with a wide variety of programs and activities. With cooler temperatures, the timing is perfect to take advantage of all of our indoor recreation facilities. Weight rooms, gymnasiums and indoor aquatic facilities are perfect options for staying active during the winter months.

On November 1, we celebrated the start of construction for the new Ross Boddy Neighborhood Recreation Center in Sandy Spring with a groundbreaking, and, on the same day, cut a ribbon to open the Bette Carol Thompson Scotland Neighborhood Recreation Center. I am very proud that this opening marks the eighth recreation facility project completed in the past four years.

The Recreation Department offers wide-ranging leisure choices to ensure programs are available for residents of all ages, abilities and interests. Art classes, dance, fitness, sports and therapeutic recreation programs are a few of the activities featured in this issue. I encourage you to take time to look through the guide to see all of the options available. With so many choices, I am sure you will find something that fits your interests.

As we quickly approach the annual holiday season, mark your calendar for the Thanksgiving Parade in downtown Silver Spring on Saturday, November 22 beginning at 10 a.m. And, the Bauer Drive Holiday Happening Craft Show is scheduled this year for Saturday, December 6 at 10 a.m. Check out the guide for many more holiday-themed activities.

I wish you and your family the best this holiday season and hope to see you in the coming new year. Thank you for all you do to make Montgomery County a wonderful community in which to live, work and play.

Sincerely,

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

Isiah Leggett,
County Executive

A look Inside...

Winter 2014-15
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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Winter Classes &
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November 17



Craft Fair
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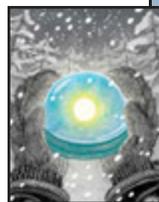
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HABLAMOS ESPAÑOL

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
November 14/15

For Ice & Tennis dates,
please see pg. 89

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



CLUB REC

**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

391363 November
391364 December
391396 January
391397 February
391398 March
391423 April
391424 May
391425 June

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

Grades K- 5

391367 November
391368 December
391399 January
391400 February
391401 March
391426 April
391427 May
391428 June

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

Grades K- 5

391359 November *Full*
391360 December *Full*
391393 January
391394 February
391395 March
391420 April
391421 May
391422 June

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

Grades K- 5

391371 November
391372 December
391402 January
391403 February
391404 March
391429 April
391430 May
391431 June

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

Grades K- 5

391375 November *Full*
391376 December
391405 January
391406 February
391407 March
391432 April
391433 May
391434 June

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

Grades K - 5

391383 November *Full*
391384 December *Full*
391411 January *Full*
391412 February
391413 March
391438 April
391439 May
391440 June

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

Grades K - 5

391379 November
391380 December
391408 January
391409 February
391410 March
391435 April
391436 May
391437 June

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

Grades K- 8

391387 November
391388 December
391414 January
391415 February
391416 March
391441 April
391442 May
391443 June

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

Grades K - 5

391391 November
391392 December
391417 January
391418 February
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 WINTER

Kick off the Holiday Season at the Montgomery County Thanksgiving Parade!

Saturday, November 22, in downtown Silver Spring, 10am to noon. See back cover.

Travel the World with some Fancy Footwork.

International Folk Dancing has changed to a punch pass system. Check it out on page 34.

Enlist Today...this Boot Camp doesn't need boots!

Water Boot Camp is a high intensity workout that works your entire body, heart and muscles. Details on page 12.

Visualize the Abacus

The Abacus Mental Math Program, a new class, teaches kids how to master the skill of solving problems mentally, including visualizing the abacus. See page 59.

Raise Your Voice!

Teens can make a difference. See page 76.

It's Time to go Clubbin'!

There are Club Recs at nine different Recreation Centers on page 4.

Like the Smell of Wet Fur? Scuba with Santa.

Have your picture taken underwater with Scuba gear or a quick photo while you hold your breath. See info on page 22.

Go International with your Art.

Paint the "Four Gentlemen" of Chinese art in the Chinese Watercolors class. Details on page 31.

You Deserve a Hand!

Dance DC Hand Dancing [couples and singles]. Learn the official dance of the Nation's Capital. See page 33.

Like Pulling on a Warm, Fuzzy Comforter for the Tummy...

Winter Comfort Foods and Wines taught by Jim Davis, chef extraordinaire. Read more on page 38.

It May Not be Hans and Franz, But...

Pump It aerobic dance class on page 39 will give you an energetic full body workout.

Instead of Acting Out, Get Your Johnny Depps and Scarlett Johanssons signed up for Act It Out...

an acting class that uses theatre arts to teach kids about relevant social issues and character education. Check out page 54.



CREATE



INVENT

DESIGN



EXPERIMENT



KID MUSEUM AT DAVIS LIBRARY

Come out and 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!

KID Museum offers drop-in
Open Explore sessions, workshops,
field trips, multicultural programs
and birthday party packages.

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

ALL THINGS FROZEN WITH ELSA

Marilyn J. Praisner
Community Recreation Center
Friday, December 5, 2014 • 6:30pm-8:30pm
\$5 per person • Ages 12 & younger
Activities include: pictures with Elsa
frozen crafts, frozen games
and frozen treats.



ANNUAL HOLIDAY CONCERT & DINNER

Long Branch
Community Recreation Center
Friday, December 12 • 7:00pm -10:00pm
For all ages. Choruses from elementary schools will be performing all your favorite holiday songs. Enjoy a hot dinner and dessert, and get your child's picture taken with Santa!! \$5.00 per person for dinner, Santa photos included. Course #393290.

ANNUAL BREAKFAST WITH SANTA

East County Community
Recreation Center
December 20, 2014
9:00am-11:00am
\$3 for youth up to 7 and
\$5 for 8 & over. Santa will be
available for pictures from 9:30
to 11:00 am. Additional
activities include arts and crafts,
and face painting.



MONTGOMERY COUNTY THANKSGIVING PARADE

November 22 • 10:00am - noon

17th Annual Parade in downtown Silver Spring, with News Channel 8 Emcees Brian van de Graff and Kellye Lynn. Steps off from the Silver Spring Civic Building, Fenton Street and Ellsworth Drive. Floats, giant inflatables, marching bands and Santa! FREE

Ross Boddy Magic Show

Saturday, December 13, 2014
1:00pm-2:30pm

Held at Sherwood Elementary School
1403 Olney Sandy Spring Road
due to Ross Boddy's closing and renovations.

DIVE WITH SCUBA SANTA!

Sunday, December 7, 2014
Noon -4:00pm
Olney Swim Center

Call 240-777-4995 or 301.938.6220 for details.



RECORD

Holiday Movie Night

Long Branch
Community
Recreation Center
Friday, December 19
7:00pm-10:00pm

We'll be showing a holiday movie to get everyone in the spirit of the season. All movies are G-rated for all ages. Course # 393291. FREE

SANTA'S WORKSHOP

Wednesday, December 10
6:30pm- 9:00pm
Damascus Community
Recreation Center

Winter wonderland is happening in Damascus. Enjoy a hot chocolate and caroling as we welcome our favorite North Pole friend. Santa Claus! Crafts, games, face painting and a Frozen movie or Polar Express storybook time are a part of this evening.

THERAPEUTIC RECREATION DANCES & EVENTS

MIX-MATCH BASH Saturday, January 24, 2015 • 7:00pm-10:00pm
Holiday Park Senior Center
Dress in a fun combination of stripes, plaids, bright colors, two different shoes, different socks, etc. Course #394790.

DISCO INFERNO DANCE Saturday, March 7, 2015 • 7:00pm-10:00pm
Holiday Park Senior Center
Do the Hustle! Flashback to the 1970s-bright colored lights and disco balls! Course #394791.

POLAR BEAR SWIM Saturday, February 28, 2015 • 7:30pm-9:00pm
Germantown Swim Center
Everyone is invited to enjoy an evening of water slides, floating in the leisure pool or relaxing in the spas! \$4.00. Course #399255.

WINTER CARNIVAL NIGHT

Long Branch Community Recreation Center
Friday, November 14, 2014 7:00pm-10:00pm
Course #393288 • FREE

Join us for our Winter Carnival, featuring performers from different cultures, and from local children's group.

BAUER HOLIDAY CRAFT SHOW

DECEMBER 6, 2014

10:00AM-4:00PM





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:
November 21-23 • 2014
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:
November 29 • 2014
December 6, 13, 20 • 2014
January 10, 17, 24, 31 • 2015
February 7, 14-15 • 2015

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

Closed For Swim Meets:
November 16 • 2014
March 21-22 • 2015

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

Closed For Swim Meets:
November 8-9 • 2014
December 6, 11-14 • 2014
January 11, 17-18 • 2015
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 144.

Instructors:

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

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
 396235 MLK Swm Ctr 1/9 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 \$48
 Instructor: Peggy Brower
 396234 Germantown ISC 1/9 F 10:30am-11:20am
 397698 MLK Swm Ctr 1/9 F 2:30pm-3:20pm

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
 396228 MLK Swm Ctr 1/5 M 10:00am-10:50am
 396230 Kennedy Shriver Aq Ctr 1/6 Tu 9:00am-9:50am
 396229 MLK Swm Ctr 1/7 W 10:00am-10:50am
 396231 Kennedy Shriver Aq Ctr 1/8 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.

9 Sessions \$48
 Instructor: Peggy Brower
 396232 MLK Swm Ctr 1/4 Su 5:00pm-6:00pm
 398805 MLK Swm Ctr 1/9 F 9:00am-9:50am
 Instructor: Network, Inc Wellness
 396233 Olney Swm Ctr 1/6 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!

7 Sessions \$37
 Instructor: Network, Inc Wellness
 397248 Germantown ISC 1/9 F 1:00pm-1:50pm
 9 Sessions \$48
 Instructor: Peggy Brower
 396236 Germantown ISC 1/5 M 9:30am-10:20am
 396242 MLK Swm Ctr 1/6 Tu 9:30am-10:20am
 396631 Germantown ISC 1/6 Tu 7:40pm-8:30pm
 396243 MLK Swm Ctr 1/8 Th 9:30am-10:20am
 396237 MLK Swm Ctr 1/9 F 7:00pm-7:50pm
 397298 Kennedy Shriver Aq Ctr 1/9 F 1:00pm-1:50pm
 Instructor: Network, Inc Wellness
 396238 Olney Swm Ctr 1/4 Su 9:00am-9:50am
 396240 Olney Swm Ctr 1/5 M 8:00pm-8:50pm
 396241 Olney Swm Ctr 1/5 M 1:30pm-2:20pm
 396239 Olney Swm Ctr 1/7 W 8:00pm-8:50pm

Check out our land fitness classes too!

Held at
 Aquatic Facilities
 Body Sculpting pg. 43
 Pilates pg. 44
 Zumba pg. 39





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				\$43
Instructor: Network, Inc Wellness				
396273	Germantown ISC	1/7	W	8:30pm-9:20pm
396260	Kennedy Shriver Aq Ctr	1/8	Th	7:30pm-8:20pm
9 Sessions				\$48
Instructor: Peggy Brower				
396253	MLK Swm Ctr	1/5	M	1:00pm-1:50pm
396277	Germantown ISC	1/5	M	10:30am-11:20am
396251	MLK Swm Ctr	1/6	Tu	7:30am-8:20am
396257	Kennedy Shriver Aq Ctr	1/6	Tu	10:00am-10:50am
396248	MLK Swm Ctr	1/7	W	1:00pm-1:50pm
396276	Germantown ISC	1/7	W	10:30am-11:20am
396252	MLK Swm Ctr	1/8	Th	7:30am-8:20am
396258	Kennedy Shriver Aq Ctr	1/8	Th	10:00am-10:50am
396254	MLK Swm Ctr	1/9	F	11:00am-11:50am
396256	Kennedy Shriver Aq Ctr	1/9	F	8:30am-9:20am
Instructor: Network, Inc Wellness				
396261	Kennedy Shriver Aq Ctr	1/5	M	8:30am-9:20am
396268	Olney Swm Ctr	1/5	M	7:00pm-7:50pm
396272	Germantown ISC	1/5	M	7:40pm-8:30pm
396249	MLK Swm Ctr	1/6	Tu	7:00pm-7:50pm
396259	Kennedy Shriver Aq Ctr	1/6	Tu	7:30pm-8:20pm
396262	Olney Swm Ctr	1/6	Tu	8:30am-9:20am
396265	Olney Swm Ctr	1/6	Tu	8:00pm-8:50pm
396266	Olney Swm Ctr	1/6	Tu	10:30am-11:20am
396274	Germantown ISC	1/6	Tu	9:30am-10:20am
396255	Kennedy Shriver Aq Ctr	1/7	W	8:30am-9:20am
396269	Olney Swm Ctr	1/7	W	7:00pm-7:50pm
396270	Olney Swm Ctr	1/7	W	1:30pm-2:20pm
396250	MLK Swm Ctr	1/8	Th	7:00pm-7:50pm
396263	Olney Swm Ctr	1/8	Th	8:00pm-8:50pm
396264	Olney Swm Ctr	1/8	Th	8:30am-9:20am
396267	Olney Swm Ctr	1/8	Th	10:30am-11:20am
396275	Germantown ISC	1/8	Th	9:30am-10:20am
396271	Olney Swm Ctr	1/9	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				\$43
Instructor: Network, Inc Wellness				
396390	Germantown ISC	1/7	W	7:40pm-8:30pm
9 Sessions				\$48
Instructor: Network, Inc Wellness				
396386	Kennedy Shriver Aq Ctr	1/5	M	9:30am-10:20am
396391	Germantown ISC	1/5	M	8:30pm-9:20pm
396380	MLK Swm Ctr	1/6	Tu	8:00pm-8:50pm
396388	Olney Swm Ctr	1/6	Tu	9:30am-10:20am
396384	Kennedy Shriver Aq Ctr	1/7	W	9:30am-10:20am
396381	MLK Swm Ctr	1/8	Th	8:00pm-8:50pm
396387	Olney Swm Ctr	1/8	Th	7:00pm-7:50pm
396389	Olney Swm Ctr	1/8	Th	9:30am-10:20am
397850	Kennedy Shriver Aq Ctr	1/9	F	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).

7 Sessions				\$37
Instructor: Peggy Brower				
397700	Germantown ISC	1/8	Th	7:40pm-8:30pm
9 Sessions				\$48
Instructor: Peggy Brower				
398707	MLK Swm Ctr	1/5	M	1:00pm-1:50pm
396433	MLK Swm Ctr	1/9	F	7:00am-7:50am
Instructor: Network, Inc Wellness				
396431	Germantown ISC	1/6	Tu	10:30am-11:20am
396432	Germantown ISC	1/8	Th	10:30am-11:20am
396429	Olney Swm Ctr	1/9	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.

9 Sessions				\$48
Instructor: Network, Inc Wellness				
396634	Kennedy Shriver Aq Ctr	1/5	M	11:00am-11:50am
396637	Olney Swm Ctr	1/5	M	10:00am-10:50am
396632	MLK Swm Ctr	1/6	Tu	10:30am-11:20am
396635	Kennedy Shriver Aq Ctr	1/7	W	11:00am-11:50am
396638	Olney Swm Ctr	1/7	W	10:00am-10:50am
396633	MLK Swm Ctr	1/8	Th	10:30am-11:20am
396636	Kennedy Shriver Aq Ctr	1/9	F	11:00am-11:50am
396639	Olney Swm Ctr	1/9	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				
396434	MLK Swm Ctr	1/5	M	9:00am-9:50am
396439	Kennedy Shriver Aq Ctr	1/5	M	8:30pm-9:20pm
396440	Kennedy Shriver Aq Ctr	1/6	Tu	11:30am-12:20pm
396435	MLK Swm Ctr	1/7	W	9:00am-9:50am
396437	Germantown ISC	1/7	W	9:30am-10:20am
396441	Kennedy Shriver Aq Ctr	1/7	W	8:30pm-9:20pm
397701	Kennedy Shriver Aq Ctr	1/8	Th	11:30am-12:20pm
396438	Germantown ISC	1/9	F	9:30am-10:20am
Instructor: Network, Inc Wellness				
396445	Olney Swm Ctr	1/5	M	9:00am-9:50am
396443	Olney Swm Ctr	1/7	W	9:00am-9:50am
396444	Olney Swm Ctr	1/9	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.

Instructor: Doug Beavers

397853	MLK Swm Ctr	12/8	M, W, F	6:30pm-8:30pm
397110	Kennedy Shriver Aq Ctr	12/8	M-F, Su	3:30pm-5:00pm
397111	Kennedy Shriver Aq Ctr	12/8	M-F, Su	3:30pm-5:00pm
397112	Kennedy Shriver Aq Ctr	12/8	M-F, Su	3:30pm-5:00pm
397113	Germantown ISC	12/8	M-F,	3:30pm-5:00pm
397115	Germantown ISC	12/8	M-Su	3:30pm-5:00pm
397114	Germantown ISC	12/8	M-Su	3:30pm-5:00pm

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

397103	Kennedy Shriver Aq Ctr	12/8	M	8:00pm-9:30pm
397106	Germantown ISC	12/8	M	8:30pm-10:00pm
397107	Germantown ISC	12/10	W	8:30pm-10:00pm
397104	Kennedy Shriver Aq Ctr	12/11	Th	8:00pm-9:30pm
399155	MLK Swm Ctr	12/12	Fri	7:00pm-8:30pm

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

397108	Kennedy Shriver Aq Ctr	12/8	M	8:00pm-9:30pm
397109	Kennedy Shriver Aq Ctr	12/11	Th, M	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

397149	MLK Swm Ctr	12/8	M	11:30am-1:00pm
397150	MLK Swm Ctr	12/10	W	11:30am-1:00pm
397151	MLK Swm Ctr	12/12	F	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

397138	MLK Swm Ctr	12/13	Sa	7:00pm-8:30pm
397125	Germantown ISC	12/8	M	4:00pm-5:30pm
397126	Kennedy Shriver Aq Ctr	12/8	M	5:00pm-6:30pm
397127	Kennedy Shriver Aq Ctr	12/8	M	6:30pm-8:00pm
397139	Olney Swm Ctr	12/8	M	5:45pm-7:15pm
397143	Germantown ISC	12/8	M	5:30pm-7:00pm
397128	Kennedy Shriver Aq Ctr	12/9	Tu	6:00pm-7:30pm
397129	Kennedy Shriver Aq Ctr	12/9	Tu	4:30pm-6:00pm
397131	Germantown ISC	12/9	Tu	5:30pm-7:00pm
397134	MLK Swm Ctr	12/9	Tu	5:45pm-7:15pm
397136	Kennedy Shriver Aq Ctr	12/10	W	5:00pm-6:30pm
397140	Olney Swm Ctr	12/10	W	5:45pm-7:15pm
397144	Germantown ISC	12/10	W	5:30pm-7:00pm
397145	Kennedy Shriver Aq Ctr	12/10	W	6:30pm-8:00pm
397132	Kennedy Shriver Aq Ctr	12/11	Th	6:00pm-7:30pm
397135	MLK Swm Ctr	12/11	Th	5:45pm-7:15pm
397141	Kennedy Shriver Aq Ctr	12/11	Th	4:30pm-6:00pm
397146	Germantown ISC	12/11	Th	5:30pm-7:00pm
397133	Kennedy Shriver Aq Ctr	12/12	F	5:00pm-6:30pm
397137	Kennedy Shriver Aq Ctr	12/12	F	6:30pm-8:00pm
397147	Germantown ISC	12/12	F	4:00pm-5:30pm
397148	Germantown ISC	12/12	F	5:30pm-7:00pm
397130	Kennedy Shriver Aq Ctr	12/14	Su	8:30am-10:00am
397142	MLK Swm Ctr	12/14	Su	9:00am-10:30am

Diving Springs Lessons

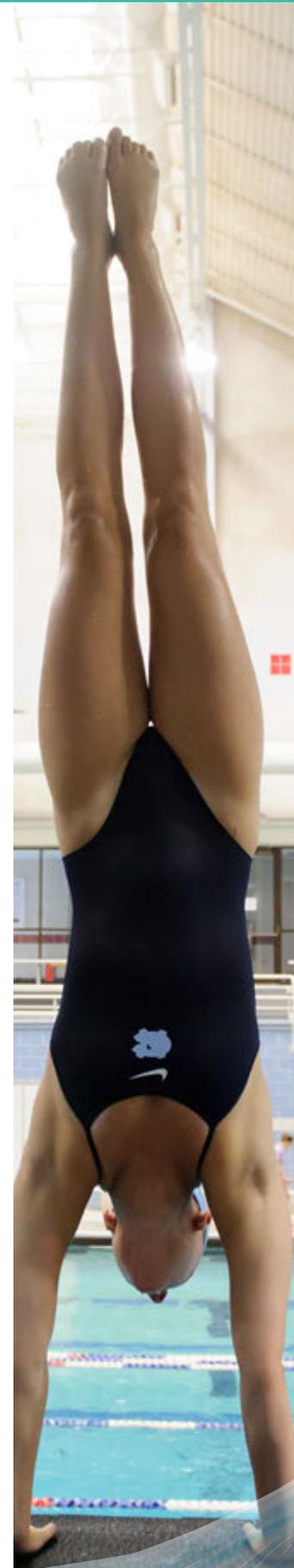
This 45 minute class is designed for absolute beginners, kids age 5-11, or kids who might benefit from a shorter class format. Most participants are age 6-10. Participants must be comfortable in deep water and able to dive in head first.

To complete registration, email mcdbeavers@gmail.com.

\$135

Instructor: Doug Beavers

397117	Olney Swm Ctr	12/8	M	5:00pm-5:45pm
397122	Kennedy Shriver Aq Ctr	12/8	M	4:15pm-5:00pm
397116	Germantown ISC	12/9	Tu	4:45pm-5:30pm
397118	Olney Swm Ctr	12/10	W	5:00pm-5:45pm
397123	Kennedy Shriver Aq Ctr	12/10	W	4:15pm-5:00pm
397120	Germantown ISC	12/11	Th	4:45pm-5:30pm
397124	Kennedy Shriver Aq Ctr	12/12	F	4:15pm-5:00pm
397119	MLK Swm Ctr	12/14	Su	10:30am-11:15am
397121	MLK Swm Ctr	12/14	Su	11:15am-12:00pm





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			
396280	Olney Swm Ctr	2/16 M	7:00pm-10:00pm
396578	Germantown ISC	2/17 Tu	7:00pm-10:00pm
Instructor: Joseph Lodmell			
396279	MLK Swm Ctr	2/4 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					
395978	Olney Swm Ctr	12/1	M, W	7:00pm-8:20pm	
395981	MLK Swm Ctr	1/5	M, W	7:00pm-7:50pm	
395979	Germantown ISC	1/8	Th, Tu	7:30pm-8:20pm	
395980	Kennedy Shriver Aq Ctr	1/8	Th, Tu	7:30pm-8:20pm	



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INDIVIDUAL PROGRESS TEAM UNITY

NATIONALLY RECOGNIZED 5 PRACTICE SITES

Rockville, Silver Spring, Bethesda, Olney, and Germantown



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

9 Sessions \$85
 400207 Germantown ISC 1/6 T 7:00pm-8:00pm



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	Session	Date	Begins	End
LGT 2: Course 390358 January 2015				LGT 4: Course 390360 April 2015 (MCPS Spring Break)			
Pre-Course	Wednesday, Jan. 7	7:00pm	9:00pm	Pre-Course	Wednesday, Apr. 1	7:00pm	9:00pm
Session 1	Sunday, Jan. 11	9:30am	12:30pm	Session 1	Friday, Apr. 3	1:00pm	4:00pm
Session 2	Sunday, Jan. 11	1:00pm	4:00pm	Session 2	Friday, Apr. 3	5:00pm	8:00pm
Session 3	Wednesday, Jan. 14	6:30pm	9:30pm	Session 3	Saturday, Apr. 4	1:00pm	4:00pm
Session 4	Wednesday, Jan. 20	6:30pm	9:30pm	Session 4	Saturday, Apr. 4	5:00pm	8:00pm
Session 5	Sunday, Jan. 25	9:30am	12:30pm	Session 5	Monday, Apr. 6	1:00pm	4:00pm
Session 6	Sunday, Jan. 25	1:00pm	4:00pm	Session 6	Tuesday, Apr. 7	1:00pm	4:00pm
Session 7	Wednesday, Jan. 28	6:30pm	9:30pm	Session 7	Wednesday, Apr. 8	1:00pm	4:00pm
Session 8	Sunday, Feb. 1	9:30am	12:30pm	Session 8	Wednesday, Apr. 8	5:00pm	8:00pm
Session 9	Sunday, Feb. 1	1:00pm	4:00pm	Session 9	Thursday, Apr. 9	1:00pm	4:00pm
LGT 3: Course 390359 February 2015				LGT 5: Course 390361 April 2015			
Pre-Course	Wednesday, Feb. 18	7:00pm	9:00pm	Pre-Course	Wednesday, Apr. 15	7:00pm	9:00pm
Session 1	Sunday, Feb. 22	9:30am	12:30pm	Session 1	Sunday, Apr. 19	9:30am	12:30pm
Session 2	Sunday, Feb. 22	1:00pm	4:00pm	Session 2	Sunday, Apr. 19	1:00pm	4:00pm
Session 3	Wednesday, Feb. 25	6:30pm	9:30pm	Session 3	Wednesday, Apr. 22	6:30pm	9:30pm
Session 4	Sunday, Mar. 1	9:30am	12:30pm	Session 4	Sunday, Apr. 26	9:30am	12:30pm
Session 5	Sunday, Mar. 1	1:00pm	4:00pm	Session 5	Sunday, Apr. 26	1:00pm	4:00pm
Session 6	Wednesday, Mar. 4	6:30pm	9:30pm	Session 6	Wednesday, Apr. 29	6:30pm	9:30pm
Session 7	Sunday, Mar. 8	9:30am	12:30pm	Session 7	Sunday, May 3	9:30am	12:30pm
Session 8	Sunday, Mar. 8	1:00pm	4:00pm	Session 8	Sunday, May 3	1:00pm	4:00pm
Session 9	Wednesday, Mar. 11	6:30pm	9:30pm	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				

BE A HERO!

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





Martin Luther King, Jr. Swim Center

Session	Date	Begins	Ends
LGT 2: Course 388499			
Pre-course	Friday, Dec 19	7:00pm	9:30pm
Session 1	Sunday, Dec 21	9:00am	12:30pm
Session 2	Sunday, Dec 21	1:00pm	4:00pm
Session 3	Monday, Dec 22	6:00pm	9:30pm
Session 4	Sunday, Dec 28	9:00am	12:30pm
Session 5	Sunday, Dec 28	1:00pm	4:00pm
Session 6	Monday, Dec 29	9:00am	12:30pm
Session 7	Monday, Dec 29	1:00pm	4:00pm
Session 8	Tuesday, Dec 30	9:00am	12:30pm
Session 9	Tuesday, Dec 30	1:00pm	4:00pm
LGT 3: Course 388500			
Pre-course	Thursday, Jan 15	7:30pm	10:00pm
Session 1	Sunday, Jan 18	9:00am	12:30pm
Session 2	Sunday, Jan 18	1:00pm	4:00pm
Session 3	Monday, Jan 19	6:00pm	9:30pm
Session 4	Thursday, Jan 22	6:00pm	9:30pm
Session 5	Sunday, Jan 25	9:00am	12:30pm
Session 6	Sunday, Jan 25	1:00pm	4:00pm
Session 7	Monday, Jan 26	6:00pm	9:30pm
Session 8	Thursday, Jan 29	6:00pm	9:30pm
Session 9	Sunday, Feb 1	9:00am	1:00pm
LGT 4: Course 388502			
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			
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			
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

Kennedy Shriver Aquatic Center

Session	Date	Begins	Ends
LGT 2: Course 382218			
Pre-Course	Friday, Dec. 19	7:00pm	9:00pm
Session 1	Tuesday, Dec. 23	9:00am	12:00pm
Session 2	Tuesday, Dec. 23	1:00pm	5:00pm
Session 3	Friday, Dec. 26	9:00am	12:00pm
Session 4	Friday, Dec. 26	1:00pm	5:00pm
Session 5	Saturday, Dec. 27	9:00am	12:00pm
Session 6	Saturday, Dec. 27	1:00pm	5:00pm
Session 7	Sunday, Dec. 28	9:00am	12:00pm
Session 8	Sunday, Dec. 28	1:00pm	5:00pm
Session 9	Monday, Dec. 29	9:00am	12:00pm
Session 10	Monday, Dec. 29	1:00pm	5:00pm
LGT 3: Course 382216			
Pre-Course	Friday, Jan. 2	7:00pm	9:00pm
Session 1	Sunday, Jan. 4	9:00am	12:00pm
Session 2	Sunday, Jan. 4	1:00pm	5:00pm
Session 3	Wednesday, Jan. 7	6:30pm	9:30pm
Session 4	Sunday, Jan. 11	9:00am	12:00pm
Session 5	Sunday, Jan. 11	1:00pm	5:00pm
Session 6	Wednesday, Jan. 14	6:30pm	9:30pm
Session 7	Sunday, Jan. 18	9:00am	12:00pm
Session 8	Sunday, Jan. 18	1:00pm	5:00pm
Session 9	Wednesday, Jan. 21	6:30pm	9:30pm
LGT 4: Course 382220			
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			
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			
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 2: Course 388849 January 2015			
Pre-course	Saturday, Jan. 3	3:30pm	5:30pm
Session 1	Sunday, Jan. 4	9:00am	12:30pm
Session 2	Sunday, Jan. 4	1:00pm	5:00pm
Session 3	Wednesday, Jan 7	6:30pm	10:00pm
Session 4	Sunday, Jan. 11	9:00am	12:30pm
Session 5	Sunday, Jan. 11	1:00pm	5:00pm
Session 6	Wednesday, Jan. 14	6:30pm	10:00pm
Session 7	Sunday, Jan. 18	9:00am	12:30pm
Session 8	Sunday, Jan. 18	1:00pm	5:00pm
Session 9	Wednesday, Jan. 21	6:30pm	10:00pm
Session 10	Sunday, Jan. 25	9:00am	2:00pm
LGT 3: Course 388850 February 2015			
Pre-course	Sunday, Feb. 1	1:30pm	3:30pm
Session 1	Wednesday, Feb. 4	6:30pm	10:00pm
Session 2	Sunday, Feb. 8	8:00am	11:30am
Session 3	Sunday, Feb. 8	12:00pm	4:00pm
Session 4	Wednesday, Feb. 11	6:30pm	10:00pm
Session 5	Sunday, Feb. 15	8:00am	11:30am
Session 6	Sunday, Feb. 15	12:00pm	4:00pm
Session 7	Wednesday, Feb. 18	6:30pm	10:00pm
Session 8	Sunday, Feb. 22	8:00am	11:30am
Session 9	Sunday, Feb. 22	12:00pm	4:00pm
Session 10	Wednesday, Feb. 25	6:30pm	10:00pm
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

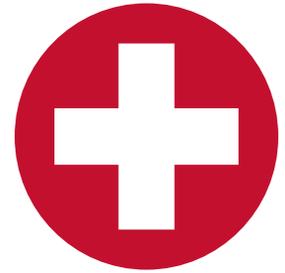
Session	Date	Begins	End
LGT 5: Course 388852 April 2015 (MCPS Spring Break)			
Pre-course	Wednesday, Apr. 1	7:00pm	9:30pm
Session 1	Monday, Apr. 6	9:00am	12:30pm
Session 2	Monday, Apr. 6	1:00pm	5:00pm
Session 3	Tuesday Apr. 7	9:00am	12:30pm
Session 4	Tuesday Apr. 7	1:00pm	5:00pm
Session 5	Wednesday,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

Session	Date	Begins	End
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

Session	Date	Begins	End
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

Session	Date	Begins	End
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

Session	Date	Begins	End
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



LIFEGUARD



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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 391862	December-2014		
Session 1	Saturday, Dec. 27	10:00am	5:00pm
Session 2	Sunday, Dec. 28	10:00am	5:00pm
Course 391863	January-2015		
Session 1	Sunday, Jan. 18	10:00am	5:00pm
Session 2	Monday, Jan. 19	10:00am	5:00pm
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 391868	December-2014		
Session 1	Saturday, Dec. 27	10:00am	2:00pm
Course 391869	January-2015		
Session 1	Saturday, Jan. 18	10:00am	2:00pm
Course 391870	February-2015		
Session 1	Monday, Mar. 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

LIFEGUARD TRAINING INSTRUCTOR **\$295**

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

Germantown Indoor Swim Center

Session	Date	Begins	Ends
Course 390363	December-2014		
Pre-course	Sunday, Dec. 21	9:00am	12:00pm
Session 1	Sunday, Dec. 21	1:00pm	5:00pm
Session 2	Monday, Dec. 22	6:00pm	10:00pm
Session 3	Tuesday, Dec. 23	6:00pm	10:00pm
Session 4	Friday, Dec. 26	6:00pm	10:00pm
Session 5	Saturday, Dec. 27	9:00am	1:00pm
Session 6	Sunday, Dec. 29	9:00am	1:00pm
Session 7	Monday, Dec. 29	6:00pm	10:00pm
Session 8	Tuesday, Dec. 30	6:00pm	10:00pm

Swim Lessons

Indoor Swim Lesson
Registration will begin

November 17
at 6:30am
for Residents

November 18 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 November 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 ACCORDINGLY. 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

Parent-Assisted Lessons

(Ages 6 mo-18 mo)

Aquatots(Ages 18 mo-3yr)Pre-

School (Ages 3yr-5yr)

Class Requirements:

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

Class Objectives:

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

Level 1

Pre-Beginner (Ages 4-6)

Youth (Ages 7-13)

Adult(Ages 14+)

Class Requirements:

On the first day of class, students must be able to:
Function well in a group setting without parents since parents DO NOT accompany children.

Class Objectives:

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

Level 2

Pre-Beginner (Ages 4-6)

Youth (Ages 7-13)

Adult (Ages 14+)

Class Requirements:

On the first day of class, students must be able to:
Enter water, front and back float without support, kick, blow bubbles and arm strokes. Parents DO NOT accompany children.

Class Objectives:

Students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front and back without support. Students will be introduced to basic swimming skills: front and back glides, kicking, arm strokes on front and back, and rhythmic breathing.

Level 3

Pre-Beginner (Ages 4-6)

Youth (Ages 7-13)

Adult (Ages 14+)

Class Requirements:

On the first day of class, students must be able to:
Use basic swimming skills: front and back glides, kicking, arm strokes on front and back, and rhythmic breathing.
Parents DO NOT accompany children.

Class Objectives:

Students who can already swim a combined stroke on the front and back, using a kick and arm stroke for a minimum of 5 yards. Students will be introduced to back crawl, elementary backstroke kick, treading water and rhythmic breathing. Students will also work on improving front crawl.

Level 4

Pre-Beginner (Ages 4-6)

Youth (Ages 7-13)

Adult (Ages 14+)

Class Requirements:

On the first day of class, students must be able to:
Swim a coordinated front crawl for 15 yards and swim back crawl for 5 yards. Students should be comfortable in deep water.

Class Objectives:

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

Level 5

Youth (Ages 7-13)

Adult (Ages 14+)

Class Requirements:

On the first day of class, students must be able to:
Demonstrate a proficient front crawl(freestyle, backstroke, and be comfortable in deep water.

Class Objectives:

Students who can swim 1 length of front and back crawl, tread water, and dive into and swim in deep water. Students will be introduced to sidestroke and fine tune breaststroke. Students will also work on refining all previous strokes.

Level 6

Youth (Ages 7-13)

Adult (Ages 14+)

Class Requirements:

On the first day of class, students must be able to:
Have achieved a proficient level in all previous strokes (front crawl, back crawl, breaststroke)

Class Objectives:

Students who can swim 2 lengths of front and back crawl in good form and 15 yards of breaststroke. Students will be introduced to turns, dolphin kick and surface dives. Students will also work on sidestroke, refining all other strokes and endurance.

ADAPTED AQUATICS

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.

9 Sessions		\$90		
398822	MLK Swim Ctr	1/4	Su	4:00pm-4:50pm
398818	Kennedy Shriver Aq Ctr	1/6	Tu	1:00pm-1:50pm
398820	Germantown ISC	1/7	W	11:30am-12:20pm
398819	Kennedy Shriver Aq Ctr	1/8	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		
398810	Kennedy Shriver Aq Ctr	1/5	M	10:45am-11:15am
398812	Kennedy Shriver Aq Ctr	1/9	F	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		
398806	Kennedy Shriver Aq Ctr	1/3	Sa	9:45am-10:25am
398807	Kennedy Shriver Aq Ctr	1/3	Sa	10:35am-11:15am

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

395728 1/3 Sa 10:25am-10:55am
395729 1/4 Su 9:45am-10:15am

Kennedy Shriver Aquatic Center

389833 1/3 Sa 10:20am-10:50am
389834 1/3 Sa 11:40am-12:10pm
389835 1/4 Su 9:40am-10:10am
389836 1/4 Su 11:40am-12:10pm
389837 1/5 M 9:00am-9:30am
389838 1/8 Th 9:00am-9:30am

Martin Luther King Swim Center

395535 1/4 Su 10:00am-10:30am
395536 1/4 Su 10:40am-11:10am
395537 1/6 Tu 9:30am-10:00am
395538 1/6 Tu 4:30pm-5:00pm

Olney Swim Center

396104 1/10 Sa 11:30am-12:00pm
398957 1/11 Su 9:30am-10:00am

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

395388 1/3 Sa 11:45am-12:15pm
395389 1/3 Sa 12:25pm-12:55pm
395390 1/4 Su 11:05am-11:35am
395391 1/4 Su 12:25pm-12:55pm
395392 1/7 W 6:10pm-6:40pm

Kennedy Shriver Aquatic Center

389758 1/3 Sa 9:00am-9:30am
389759 1/3 Sa 12:20pm-12:50pm
389760 1/4 Su 9:00am-9:30am
389761 1/4 Su 11:00am-11:30am
389762 1/5 M 10:00am-10:30am
389763 1/6 Tu 9:00am-9:30am
389764 1/6 Tu 10:00am-10:30am
389765 1/7 W 9:00am-9:30am
389766 1/7 W 6:10pm-6:40pm
389767 1/8 Th 10:00am-10:30am
389768 1/8 Th 5:30pm-6:00pm
389769 1/9 F 9:00am-9:30am

Martin Luther King Swim Center

395494 1/4 Su 11:20am-11:50am
395497 1/5 M 5:10pm-5:40pm
395496 1/6 Tu 10:10am-10:40am
395495 1/8 Th 5:10pm-5:40pm

Olney Swim Center

396031 1/6 Tu 5:55pm-6:25pm
396029 1/7 W 5:40pm-6:10pm
396032 1/8 Th 5:15pm-5:45pm
396028 1/10 Sa 10:10am-10:40am
396030 1/11 Su 10:10am-10:40am



DIVE WITH SCUBA SANTA!

Sunday, December 7, 2014 • Noon -4:00pm

Olney Swim Center

Ages 10+ may use provided scuba equipment after receiving instruction. Those 9 and younger can hold their breath and swim down for a quick action shot with Santa. Or, Santa will go to the concrete steps leading into the pool's shallow end and they can sit on his lap above the surface.

Call 240-777-4995 or 301.938.6220 for details.

Fee: Non-perishable food equal to \$5 or more is suggested. Cash donations are also accepted. All contributions benefit Manna Food Center.

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

395676	1/3	Sa	11:05am-11:35am
395677	1/3	Sa	1:05pm-1:35pm
395678	1/4	Su	10:25am-10:55am
395679	1/4	Su	11:45am-12:15pm
395680	1/7	W	5:30pm-6:00pm

Kennedy Shriver Aquatic Center

389825	1/3	Sa	11:00am-11:30am
389826	1/3	Sa	1:00pm-1:30pm
389827	1/4	Su	10:20am-10:50am
389828	1/4	Su	1:00pm-1:30pm
389829	1/6	Tu	3:30pm-4:00pm
389830	1/6	Tu	6:10pm-6:40pm
389831	1/8	Th	9:30am-10:00am
389832	1/8	Th	10:30am-11:00am

Martin Luther King Swim Center

395531	1/4	Su	12:00pm-12:30pm
395532	1/5	M	5:50pm-6:20pm
395533	1/7	W	5:50pm-6:20pm
395534	1/8	Th	9:30am-10:00am

Olney Swim Center

396037	1/5	M	7:00pm-7:30pm
396038	1/5	M	7:35pm-8:05pm
396039	1/6	Tu	6:30pm-7:00pm
396042	1/6	Tu	5:15pm-5:45pm
396041	1/7	W	6:20pm-6:50pm
396040	1/8	Th	5:55pm-6:25pm
396033	1/10	Sa	9:30am-10:00am
396034	1/10	Sa	10:50am-11:20am
396035	1/11	Su	9:30am-10:00am
396036	1/11	Su	10:50am-11:20am

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

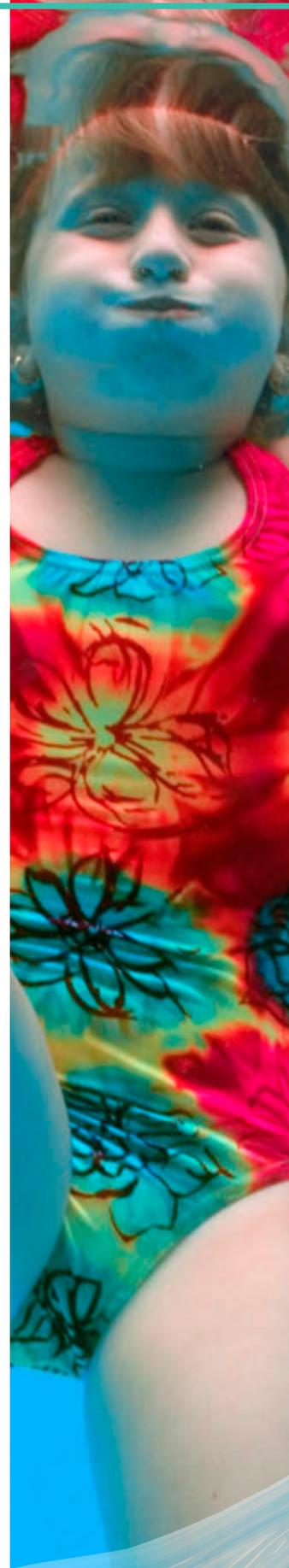
395628	1/3	Sa	9:45am-10:15am
395629	1/3	Sa	11:05am-11:35am
395630	1/3	Sa	11:45am-12:15pm
395631	1/3	Sa	12:25pm-12:55pm
395632	1/3	Sa	1:05pm-1:35pm
395633	1/4	Su	11:45am-12:15pm
395634	1/4	Su	12:25pm-12:55pm
395635	1/4	Su	10:25am-10:55am
395636	1/4	Su	11:05am-11:35am
395638	1/7	W	5:30pm-6:00pm
395637	1/12	M	5:30pm-6:00pm
395639	1/13	Tu, Th	5:00pm-5:30pm
395640	1/13	Tu, Th	5:00pm-5:30pm
395641	1/13	Tu, Th	5:00pm-5:30pm
395642	2/10	Tu, Th	6:20pm-6:50pm
395643	2/10	Tu, Th	6:20pm-6:50pm
395644	2/10	Tu, Th	6:20pm-6:50pm

Kennedy Shriver Aquatic Center

389774	1/3	Sa	9:00am-9:30am
389775	1/3	Sa	9:40am-10:10am
389776	1/3	Sa	10:20am-10:50am
389777	1/3	Sa	1:00pm-1:30pm
389784	1/3	Sa	9:00am-9:30am
389778	1/4	Su	9:00am-9:30am
389779	1/4	Su	10:20am-10:50am
389780	1/4	Su	12:20pm-12:50pm
389781	1/4	Su	1:00pm-1:30pm
389782	1/5	M	9:30am-10:00am
389783	1/5	M	6:10pm-6:40pm
389785	1/6	Tu	6:10pm-6:40pm
389787	1/7	W	9:30am-10:00am
389786	1/8	Th	3:30pm-4:00pm
389788	1/8	Th	5:30pm-6:00pm
389789	1/9	F	10:00am-10:30am

Martin Luther King Swim Center

395499	1/4	Su	10:40am-11:10am
395500	1/4	Su	11:20pm-11:50pm
395511	1/4	Su	10:00am-10:30am
395501	1/5	M	4:30pm-5:00pm
395503	1/6	Tu	4:30pm-5:00pm
395504	1/6	Tu	5:10pm-5:40pm
395505	1/6	Tu	5:50pm-6:20pm
395502	1/7	W	4:30pm-5:00pm
395506	1/7	W	5:10pm-5:40pm
395507	1/7	W	5:50pm-6:20pm
395508	1/8	Th	4:30pm-5:00pm
395509	1/8	Th	5:10pm-5:40pm
395510	1/8	Th	6:30pm-7:00pm





PRE-BEGINNER LEVEL 1

Olney Swim Center

396052	1/5	M	7:35pm-8:05pm
396069	1/5	M	6:20pm-6:50pm
396071	1/5	M	7:00pm-7:30pm
396064	1/6	Tu	5:55pm-6:25pm
396065	1/6	Tu	5:55pm-6:25pm
396066	1/6	Tu	6:30pm-7:00pm
396072	1/6	Tu	5:15pm-5:45pm
396070	1/7	W	6:20pm-6:50pm
396847	1/7	W	5:40pm-6:10pm
396067	1/8	Th	5:55pm-6:25pm
396068	1/8	Th	6:30pm-7:00pm
396051	1/10	Sa	9:30am-10:00am
396053	1/10	Sa	10:10am-10:40am
396054	1/10	Sa	10:50am-11:20am
396055	1/10	Sa	11:30am-12:00pm
396056	1/10	Sa	12:10pm-12:40pm
396057	1/10	Sa	12:50pm-1:20pm
396058	1/11	Su	9:30am-10:00am
396060	1/11	Su	10:10am-10:40am
396061	1/11	Su	10:50am-11:20am
396062	1/11	Su	11:30am-12:00pm
396063	1/11	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

395645	1/3	Sa	9:45am-10:15am
395646	1/3	Sa	10:25am-10:55am
395647	1/3	Sa	11:45am-12:15pm
395648	1/4	Su	9:45am-10:15am
395649	1/4	Su	10:25am-10:55am
395650	1/4	Su	11:05am-11:35am
395651	1/4	Su	11:45am-12:15pm
395652	1/4	Su	12:25pm-12:55pm
395654	1/7	W	6:10pm-6:40pm
395653	1/12	M	6:10pm-6:40pm
395655	1/13	Tu, Th	6:20pm-6:50pm
395656	1/13	Tu, Th	6:20pm-6:50pm
395657	1/13	Tu, Th	6:20pm-6:50pm
395658	2/10	Tu, Th	5:00pm-5:30pm
395659	2/10	Tu, Th	5:00pm-5:30pm
395660	2/10	Tu, Th	5:00pm-5:30pm

Kennedy Shriver Aquatic Center

389790	1/3	Sa	9:00am-9:30am
389791	1/3	Sa	9:40am-10:10am
389792	1/3	Sa	11:40am-12:10pm
389793	1/3	Sa	12:20pm-12:50pm
389794	1/4	Su	9:00am-9:30am
389795	1/4	Su	9:40am-10:10am
389796	1/4	Su	11:40am-12:10pm
389797	1/4	Su	12:20pm-12:50pm
389802	1/4	Su	9:00am-9:30am
389798	1/5	M	5:30pm-6:00pm
389799	1/6	Tu	9:30am-10:00am
389800	1/6	Tu	5:30pm-6:00pm
389801	1/7	W	5:30pm-6:00pm
389804	1/8	Th	4:10pm-4:40pm
389803	1/9	F	9:30am-10:00am

Martin Luther King Swim Center

395512	1/4	Su	9:15am-9:45am
395513	1/4	Su	10:40am-11:10am
395514	1/4	Su	11:20am-11:50am
395515	1/4	Su	12:00pm-12:30pm
395516	1/5	M	4:30pm-5:00pm
395517	1/5	M	5:10pm-5:40pm
395518	1/5	M	5:50pm-6:20pm
395519	1/6	Tu	5:10pm-5:40pm
395522	1/7	W	5:10pm-5:40pm
395520	1/8	Th	10:10am-10:40am
395521	1/8	Th	5:50pm-6:20pm

Olney Swim Center

396082	1/5	M	6:20pm-6:50pm
396088	1/5	M	7:35pm-8:05pm
396079	1/6	Tu	5:55pm-6:25pm
396080	1/6	Tu	6:30pm-7:00pm
396090	1/6	Tu	5:15pm-5:45pm
396083	1/7	W	7:00pm-7:30pm
396084	1/7	W	6:20pm-6:50pm
396848	1/7	W	5:40pm-6:10pm
396081	1/8	Th	5:55pm-6:25pm
396089	1/8	Th	5:15pm-5:45pm
396073	1/10	Sa	12:10pm-12:40pm
396074	1/10	Sa	12:50pm-1:20pm
396085	1/10	Sa	9:30am-10:00am
396086	1/10	Sa	10:10am-10:40am
396087	1/10	Sa	10:50am-11:20am
396075	1/11	Su	9:30am-10:00am
396076	1/11	Su	10:10am-10:40am
396077	1/11	Su	10:50am-11:20am
396078	1/11	Su	11:30am-12:00pm



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

395661	1/3	Sa	9:45am-10:15am
395662	1/3	Sa	10:25am-10:55am
395663	1/3	Sa	12:25pm-12:55pm
395664	1/4	Su	11:05am-11:35am
395665	1/4	Su	11:45am-12:15pm
395666	1/4	Su	12:25pm-12:55pm
395667	1/12	M	5:30pm-6:00pm
395668	1/13	Tu, Th	5:40pm-6:10pm
395669	1/13	Tu, Th	5:40pm-6:10pm
395670	2/10	Tu, Th	5:40pm-6:10pm
395671	2/10	Tu, Th	5:40pm-6:10pm

Kennedy Shriver Aquatic Center

389805	1/3	Sa	11:00am-11:30am
389819	1/4	Su	9:40am-10:10am
389812	1/5	M	5:30pm-6:00pm
389813	1/6	Tu	4:10pm-4:40pm
389814	1/7	W	5:30pm-6:00pm
389815	1/7	W	6:10pm-6:40pm
389817	1/8	Th	6:10pm-6:40pm
389818	1/8	Th	4:50pm-5:20pm
389816	1/9	F	10:30am-11:00am
389806	1/10	Sa	11:40am-12:10pm
389807	1/10	Sa	1:00pm-1:30pm
389808	1/11	Su	9:40am-10:10am
389809	1/11	Su	10:20am-10:50am
389810	1/11	Su	11:00am-11:30am
389811	1/11	Su	1:00pm-1:30pm

Martin Luther King Swim Center

395523	1/4	Su	10:00am-10:30am
395524	1/4	Su	11:20am-11:50am
395525	1/6	Tu	6:30pm-7:00pm
395526	1/7	W	4:30pm-5:00pm

Olney Swim Center

396097	1/5	M	7:00pm-7:30pm
396098	1/6	Tu	6:30pm-7:00pm
396091	1/10	Sa	10:10am-10:40am
396092	1/10	Sa	11:30am-12:00pm
396093	1/10	Sa	12:50pm-1:20pm
396094	1/11	Su	9:30am-10:00am
396095	1/11	Su	10:10am-10:40am
396096	1/11	Su	11:30am-12:00pm

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

395672	1/3	Sa	9:45am-10:15am
395673	1/3	Sa	11:05am-11:35am
395674	1/4	Su	11:05am-11:35am
395675	1/4	Su	10:25am-10:55am

Kennedy Shriver Aquatic Center

389820	1/3	Sa	11:00am-11:30am
389821	1/3	Sa	12:20pm-12:50pm
389822	1/4	Su	11:00am-11:30am
389823	1/4	Su	11:40am-12:10pm
389824	1/8	Th	6:10pm-6:40pm

Martin Luther King Swim Center

395528	1/4	Su	10:00am-10:30am
395529	1/8	Th	4:30pm-5:00pm
395530	1/8	Th	6:30pm-7:00pm

Olney Swim Center

396102	1/7	W	7:00pm-7:30pm
396100	1/10	Sa	9:30am-10:00am
396103	1/10	Sa	12:10pm-12:40pm
396101	1/11	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.



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

395730	1/3	Sa	10:25am-10:55am
395731	1/3	Sa	1:05pm-1:35pm
395732	1/4	Su	10:25am-10:55am
395733	1/12	M	6:10pm-6:40pm
395734	1/13	Tu, Th	5:40pm-6:10pm

Kennedy Shriver Aquatic Center

389839	1/3	Sa	1:00pm-1:30pm
389840	1/4	Su	9:40am-10:10am
389841	1/5	M	6:10pm-6:40pm

Martin Luther King Swim Center

395548	1/4	Su	10:00am-10:30am
395551	1/4	Su	9:15am-9:45am
395549	1/6	Tu	6:30pm-7:00pm
395550	1/8	Th	5:50pm-6:20pm

Olney Swim Center

396109	1/5	M	6:20pm-6:50pm
396110	1/6	Tu	5:15pm-5:45pm
396108	1/8	Th	6:30pm-7:00pm
396107	1/10	Sa	12:50pm-1:20pm
396111	1/10	Sa	10:10am-10:40am

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

395735	1/3	Sa	12:25pm-12:55pm
395736	1/3	Sa	1:05pm-1:35pm
395737	1/4	Su	9:45am-10:15am
395738	1/4	Su	11:45am-12:15pm
395739	1/7	W	5:30pm-6:00pm
395740	2/10	Tu, Th	5:40pm-6:10pm

Kennedy Shriver Aquatic Center

389843	1/3	Sa	12:20pm-12:50pm
389844	1/4	Su	11:40am-12:10pm
389845	1/4	Su	12:20pm-12:50pm
389842	1/6	Tu	4:50pm-5:20pm
389846	1/6	Tu	5:30pm-6:00pm

Martin Luther King Swim Center

395552	1/4	Su	11:20am-11:50am
395553	1/4	Su	12:00pm-12:30pm
395554	1/6	Tu	5:50pm-6:20pm
395555	1/6	Tu	7:50pm-8:20pm
395556	1/8	Th	7:50pm-8:20pm

Olney Swim Center

396114	1/8	Th	5:15pm-5:45pm
396112	1/10	Sa	10:50am-11:20am
396113	1/11	Su	9:30am-10:00am

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

395741	1/3	Sa	11:05am-11:35am
395742	1/4	Su	10:25am-10:55am
395743	1/4	Su	11:45am-12:15pm
395744	1/7	W	6:10pm-6:40pm

Kennedy Shriver Aquatic Center

389847	1/3	Sa	9:40am-10:10am
389848	1/3	Sa	11:00am-11:30am
389849	1/3	Sa	11:40am-12:10pm
389850	1/4	Su	10:20am-10:50am
389851	1/4	Su	11:00am-11:30am

Martin Luther King Swim Center

395561	1/4	Su	10:40am-11:10am
395562	1/4	Su	12:00pm-12:30pm
395563	1/6	Tu	7:10pm-7:40pm
395564	1/8	Th	7:10pm-7:40pm
395565	1/8	Th	7:50pm-8:20pm

Olney Swim Center

396118	1/5	M	7:00pm-7:30pm
396117	1/7	W	7:00pm-7:30pm
396115	1/10	Sa	11:30am-12:00pm
396116	1/11	Su	10:10am-10:40am

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

395745	1/3	Sa	12:25pm-12:55pm
395746	1/4	Su	11:05am-11:35am
395747	1/4	Su	12:25pm-12:55pm

Kennedy Shriver Aquatic Center

389852	1/3	Sa	11:40am-12:10pm
389853	1/4	Su	11:00am-11:30am
389854	1/4	Su	12:20pm-12:50pm
389855	1/4	Su	1:00pm-1:30pm

Martin Luther King Swim Center

395566	1/4	Su	12:00pm-12:30pm
395567	1/4	Su	10:40am-11:10am
395568	1/6	Tu	7:50pm-8:20pm

Olney Swim Center

396123	1/5	M	7:35pm-8:05pm
396122	1/8	Th	7:10pm-7:40pm
396119	1/10	Sa	12:10pm-12:40pm
396120	1/11	Su	10:10am-10:40am
396121	1/11	Su	10:50am-11:20am

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

395748	1/3	Sa	11:45am-12:15pm
395749	1/4	Su	11:05am-11:35am

Kennedy Shriver Aquatic Center

389856	1/3	Sa	1:00pm-1:30pm
389857	1/4	Su	1:00pm-1:30pm

Martin Luther King Swim Center

395569	1/4	Su	10:00am-10:30am
395570	1/6	Tu	7:10pm-7:40pm

Olney Swim Center

396127	1/6	Tu	7:10pm-7:40pm
396126	1/10	Sa	9:30am-10:00am
396125	1/11	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

395750	1/3	Sa	1:05pm-1:35pm
395751	1/4	Su	9:45am-10:15am

Kennedy Shriver Aquatic Center

389858	1/3	Sa	12:20pm-12:50pm
389859	1/4	Su	12:20pm-12:50pm

Martin Luther King Swim Center

395571	1/4	Su	11:20am-11:50am
395572	1/8	Th	7:10pm-7:40pm

Olney Swim Center

396129	1/10	Sa	12:50pm-1:20pm
396128	1/11	Su	11:30am-12:00pm

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

395378	1/3	Sa	11:05am-11:35am
395379	1/4	Su	10:25am-10:55am
395380	1/12	M	5:30pm-6:00pm

Kennedy Shriver Aquatic Center

389749	1/3	Sa	11:00am-11:30am
389750	1/4	Su	10:20am-10:50am
389748	1/8	Th	8:30pm-9:00pm

Martin Luther King Swim Center

395485	1/4	Su	12:00pm-12:30pm
395486	1/8	Th	8:30pm-9:00pm

Olney Swim Center

396043	1/8	Th	6:30pm-7:00pm
396849	1/11	Su	10:50am-11:20am

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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

395381	1/3	Sa	10:25am-10:55am
395382	1/4	Su	9:45am-10:15am
395383	1/12	M	6:10pm-6:40pm

Kennedy Shriver Aquatic Center

389751	1/3	Sa	10:20am-10:50am
389752	1/3	Sa	10:20am-10:50am

Martin Luther King Swim Center

395490	1/4	Su	10:40am-11:10am
395491	1/6	Tu	8:30pm-9:00pm

Olney Swim Center

396045	1/6	Tu	7:10pm-7:40pm
396850	1/7	W	7:35pm-8:05pm
396044	1/10	Sa	12:10pm-12:40pm

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

395384	1/3	Sa	9:45am-10:15am
395385	1/4	Su	12:25pm-12:55pm

Kennedy Shriver Aquatic Center

389753	1/3	Sa	9:40am-10:10am
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Martin Luther King Swim Center

395492	1/6	Tu	8:30pm-9:00pm
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Olney Swim Center

396047	1/8	Th	7:10pm-7:40pm
396046	1/10	Sa	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

395386	1/3	Sa	11:45am-12:15pm
395387	1/4	Su	11:45am-12:15pm

Kennedy Shriver Aquatic Center

389754	1/4	Su	11:40am-12:10pm
389755	1/6	Tu	8:30pm-9:00pm

Martin Luther King Swim Center

395493	1/8	Th	8:30pm-9:00pm
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Olney Swim Center

396049	1/8	Th	7:45pm-8:15pm
396048	1/10	Sa	10:50am-11:20am

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

389756	1/7	W	8:30pm-9:00pm
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Olney Swim Center

396050	1/6	Tu	7:45pm-8:15pm
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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

388798	1/5	M	8:30pm-9:00pm
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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

389757	1/5	M	8:30pm-9:00pm
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Classes CLASSES



**Classes Will Not Meet On
January 19 & February 16**



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
397878 Longwood CRC 1/17 Sa 11:30am-12:30pm

Draw and Clay

Ages 4-9: January: We will learn about Penguins, their habitat and habits. Our projects will include drawing, painting and sculpting in clay! We will use pencils paints and clay to develop hand-eye coordination as well as create projects to treasure. February: Walruses and Seals. We will learn about Walruses and Seals; their habitats and habits. 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
397956 Germantown CRC 1/13 Tu 5:15pm-6:15pm
397955 Bauer Drive CRC 1/14 W 5:30pm-6:30pm
397958 Germantown CRC 2/17 Tu 5:15pm-6:15pm
397957 Bauer Drive CRC 2/18 W 5:30pm-6:30pm

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
397870 Germantown CRC 1/12 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
397876 Longwood CRC 1/17 Sa 10:15am-11:15am

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
397871 Germantown CRC 1/20 Tu 6:30pm-7:30pm
9 Sessions \$72
Instructor: Pyper H. Dixon
397872 White Oak CRC 1/15 Th 6:30pm-7:30pm

Cartooning with Young Rembrandts

Ages 6-12: Must be six by the start of class. Under new management! 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 including funny animals, goofy expressions, and silly scenarios. Your child will learn cartooning skills and techniques while expressing creativity in a positive, encouraging environment. All supplies included. ALL NEW LESSONS EVERY SESSION!

6 Sessions \$80
Instructor: Michele Young Rembrandts
397415 Wheaton CRC 1/26 M 6:30pm-7:30pm
397418 Potomac CRC 1/27 Tu 6:00pm-7:00pm
397416 Germantown CRC 1/28 W 5:00pm-6:00pm



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
397351 Gwendolyn Coffield CRC 1/11 Su 1:30pm-3:30pm
397353 Bauer Drive CRC 1/17 Sa 10:45am-12:45pm
397354 Germantown CRC 2/28 Sa 10:30am-12:30pm

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.

5 Sessions \$99
Instructor: Nora Elias
397363 Bauer Drive CRC 1/17 Sa 1:15pm-3:15pm
397364 Germantown CRC 2/28 Sa 1:00pm-3:00pm



FINE ARTS

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.

10 Sessions \$175
 Instructor: Helene Sze McCarthy
 397412 Blair, Montgomery HS 1/14 W 7:30pm-9:30pm

Painting Landscapes with Kritt

Ages 18 & Up: Simple techniques get great results! Learn to paint snowy mountains and summer seashores. Then do quiet streams that reflect clouds. Watercolor or acrylic. Call 301/989-1799 for supply list.

8 Sessions \$136
 Instructor: Penny Kritt
 397598 Kritt Studio 1/12 M 10:00am-12:00pm
 397702 Kritt Studio 1/12 M 7:00pm-9:00pm

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.

10 Sessions \$170
 Instructor: Penny Kritt
 397721 Kritt Studio 1/13 Tu 10:00am-12:00pm
 397732 Kritt Studio 1/13 Tu 7:00pm-9:00pm

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
 397869 Plum Gar CRC 1/14 W 6:30pm-8:30pm
 397868 East County CRC 1/17 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.

9 Sessions \$162
 Instructor: Doris Haskel
 397968 Norwood LP 1/12 M 9:45am-11:45am
 10 Sessions \$180
 Instructor: Doris Haskel
 397969 Norwood LP 1/13 Tu 9:45am-11:45am
 397970 Norwood LP 1/14 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.

10 Sessions \$170
 Instructor: Margaret Deskin
 391266 Bauer CRC 9/13 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.

8 Sessions \$136
 Instructor: Yolanda Prinsloo
 397961 Potomac CRC 1/12 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.

8 Sessions \$136
 Instructor: Yolanda Prinsloo
 397960 Potomac CRC 1/12 M 7:15pm-8:45pm

NEW Oil Painting

Ages 12 & Up: All levels. Learn new techniques for painting with oil, still life, portraiture, and landscapes, composition, perspective, color theory, light, shadow and more. \$60 material fee due to instructor or call 240-740-7967 to obtain material list. Material list is also available on our website. Bring paper towels.

9 Sessions \$149
 Instructor: Yolanda Prinsloo
 397959 Potomac CRC 1/11 Su 2:30pm-4:30pm

Our teacher, Doris is a gem. She has taught in the county for more than 50 years and brings incredible talent, humanity, and ability to communicate both to her painting and to her teaching.

-customer survey





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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.

10 Sessions \$170

Instructor:Pamela Reid

397856 White Oak CRC 1/13 Tu 6:30pm-8:30pm

397855 Wheaton CRC 1/14 W 10:00am-12:00pm

Handcrafted Pottery

Ages 15 & Up: All levels: Combination wheel and hand building. Discover clay's plasticity, try wedging and throwing, build slabs and coils, pinching and modeling. Bring home finished pieces completely glazed and fired. Bring an old towel. A \$30 material fee due to the instructor at first class.

8 Sessions \$199

Instructor:Valerie Haber

397875 Germantown CRC 1/14 W 6:00pm-9:00pm

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.

10 Sessions \$170

Instructor:Pamela Reid

397839 White Oak CRC 1/15 Th 6:30pm-8:30pm

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.

10 Sessions \$220

Instructor:Pamela Reid

397833 White Oak CRC 1/13 Tu 10:00am-2:00pm

Family Pottery with CREATE

Ages 7 & Up: NOTE: Cost is for adult registration and one child. Spend some quality time as a family exploring clay. Whether your clay creations are purely decorative or practical pieces, you'll treasure the time you spend working both independently and as a family. You will explore clay construction (pinch, coil and slab-no wheel), and various glaze finishes. Projects are fired in a kiln on our premises and students will take home several finished pieces. Younger children will need their adult pottery partner to assist through part of the process which is part of the fun you'll have together! \$50 material fee due per person on first day.

8 Sessions \$320

Instructor:CREATE Art Center

397413 Create Arts Center 1/25 Su 4:00pm-5:30pm



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

397874 Wisconsin Place CRC 3/14 Sa 12:00pm-2:00pm

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.

8 Sessions \$75
 Instructor: Joe Kim
 397974 Olney ES 1/16 F 7:30pm-8:30pm

9 Sessions \$85
 Instructor: Rebecca McKinney
 397973 Bethesda ES 1/12 M 7:00pm-8:00pm
 Instructor: Thomas Woll/Anne Basso
 397972 Wheaton CRC 1/12 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.

8 Sessions \$75
 Instructor: Joe Kim
 398006 Olney ES 1/16 F 8:30pm-9:30pm

9 Sessions \$85
 Instructor: Rebecca McKinney
 398008 Bethesda ES 1/12 M 8:00pm-9:00pm
 Instructor: Thomas Woll/Anne Basso
 398005 Wheaton CRC 1/12 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.

10 Sessions \$95
 Instructor: Thomas Woll
 398160 Gwendolyn Coffield CRC Tu 1/20 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.

9 Sessions \$85
 Instructor: Thomas Woll
 398009 Mid County CRC 1/15 Th 7:45pm-8:45pm

Rumba/Foxtrot (Couples)

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

10 Sessions \$95
 Instructor: Rebecca McKinney
 398018 Jane E. Lawton CRC 1/15 Th 7:00pm-8:00pm

Ballroom Survival

Ages 18 & Up: The cruise, the wedding, that special event; it can be a jungle out there without the right dance moves. Ballroom Survival is a ballroom dance class offered to individuals or couples. Designed to teach you the basics of the Foxtrot, Swing, and Salsa, the most popular formal event dances, this class will surely get you in shape for your next special occasion. This is a beginner course. Questions? Call Avant Garde Ballroom at 301-881-1436.

8 Sessions \$75
 Instructor: Nick Short (Avant Garde)
 397966 Avant Garde 1/17 Sa 12:00pm-12:45pm

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 partners frequently. For singles, couples, trios, and bring your friends.

4 Sessions \$42
 Instructor: Thomas Woll/Tony Dunn
 398011 Germantown CRC 1/26 M 7:00pm-8:00pm
 398012 Germantown CRC 3/2 M 7:00pm-8:00pm
 8 Sessions \$75
 Instructor: Thomas Woll
 398010 Germantown CRC 1/26 M 7:00pm-8:00pm





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
397399 Potomac CRC 1/20 Tu 7:30pm-8:15pm

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.

4 Sessions \$42
397866 Good Hope CRC 1/12 M 5:45pm-6:45pm
397867 Good Hope CRC 2/23 M 5:45pm-6:45pm
5 Sessions \$49
397863 Wheaton CRC 1/13 Tu 6:00pm-7:00pm
397864 Wheaton CRC 2/24 Tu 6:00pm-7:00pm
8 Sessions \$65
397865 Good Hope CRC 1/12 M 5:45pm-6:45pm
10 Sessions \$79
397861 Wheaton CRC 1/13 Tu 6:00pm-7:00pm

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
397967 Avant Garde 1/13 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.

12 Sessions \$114
Instructor: Rebecca McKinney
398020 Jane E. Lawton CRC 1/15 Th 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 \$42
Instructor: Thomas Woll/Tony Dunn
398014 Germantown CRC 1/26 M 8:00pm-9:00pm
398015 Germantown CRC 3/2 M 8:00pm-9:00pm
8 Sessions \$75
Instructor: Thomas Woll/Tony Dunn
398013 Germantown CRC 1/26 M 8:00pm-9:00pm

Dance Latin Tango (Couples)

Age 17 and up: Beginner/Intermediate. American and International Standard Tango. For further information the instructor, Rebecca McKinney may be reached at 202-669-7723.

9 Sessions \$85
Instructor: Rebecca McKinney
398016 Bethesda ES 1/12 M 9:00pm-10:00pm



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 Lawton CRC
Day Monday
Time: 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

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.

8 Sessions		\$79
Instructor: Grace Oleson		
397350	Gwendolyn Coffield CRC	1/12 M 4:30pm-5:15pm
10 Sessions		\$99
Instructor: Grace Oleson		
397347	Potomac CRC	1/13 Tu 4:30pm-5:15pm
397349	Germantown CRC	1/14 W 4:30pm-5:15pm
397348	Wheaton CRC	1/15 Th 4:30pm-5:15pm

Comprehensive Classical Ballet

Ages 5-7: Beginner students are taught Classical ballet movements along with creative expression through the RAD method of training. Props are used to enhance children's ability to understand movement and sound. Uniform: Girls black short sleeve leotard, pink, footed tights and leather ballet slippers. Boys black sweat pants (no pockets), white, t-shirt and socks black jazz oxfords.

8 Sessions		\$72
Instructor: Kim Bell		
397962	Jane E. Lawton CRC	1/17 Sa 10:15am-11:00am

Comprehensive Classical Ballet Adv. Beg

Ages 7-10: Students are carefully trained through graduated ballet exercises, floor barre and ballet terminology. Ballet posture and turn out are highly emphasized in this class. Uniform: Girls black short sleeved leotard, pink footed tights, leather ballet slipper. Boys black sweat pants (no pockets), white t-shirt and socks, black jazz oxfords.

8 Sessions		\$72
Instructor: Kim Bell		
397963	Jane E. Lawton CRC	1/17 Sa 11:15am-12:00pm

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. Our classes are meant to be fun! Our little dancer will be taught timing, 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		
397965	Avant Garde Ballroom	1/17 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. 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. Questions? Call Avant Garde Ballroom (301) 881-1436.

8 Sessions		\$75
Instructor: Nick Short / Jennifer Christophel		
397964	Avant Garde Ballroom	1/14 W 5:15pm-6:00pm

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		
397405	Potomac CRC	1/20 Tu 6:30pm-7:15pm

Tap, Ballet & Jazz Beginner

Ages 4-6 and 7-15: This is a combination class introducing tap, ballet and jazz dance. Class requires comfortable clothes to move in. Soft slippers for ballet and jazz, and hard, closed toed shoes for tap. 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.

8 Sessions		\$72
Instructor: Rowena DeLuca		
Ages 4-6		
397886	Marilyn J. Praisner CRC	1/17 Sa 10:00am-11:00am
Ages 7-15		
397888	Marilyn J. Praisner CRC	1/17 Sa 11:00am-12:00pm

Hip Hop for Kids!

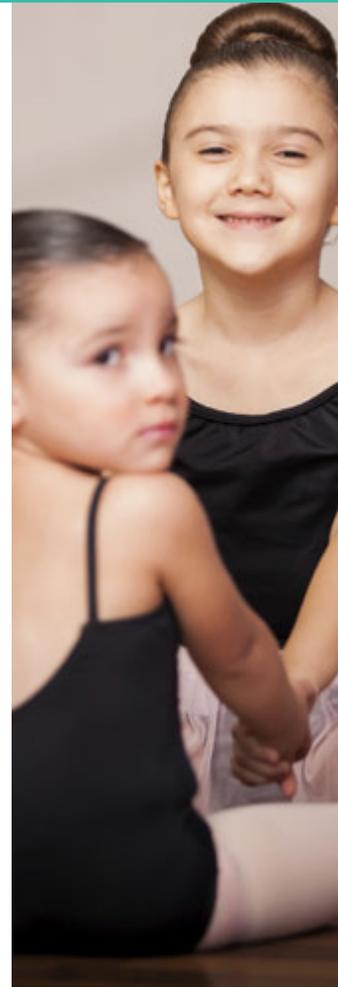
Ages 6-8: Students focus first on the foundation of hip hop dance through fundamental drills and progressions. Choreography and more advanced body movements are incorporated as this class progresses. Each class begins with a basic warm-up to stretch and tone the body, followed by across the floor progressions,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

Instructor: Kahina Haynes		
4 Sessions		\$42
398258	White Oak CRC	1/20 Tu 6:15pm-7:00pm
398260	Upper County CRC	1/21 W 6:15pm-7:00pm
398259	White Oak CRC	2/17 Tu 6:15pm-7:00pm
398261	Upper County CRC	2/18 W 6:15pm-7:00pm
7 Sessions		\$72
398257	White Oak CRC	1/20 Tu 6:15pm-7:00pm
398256	Upper County CRC	1/21 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.

Instructor: Kahina Haynes		
4 Sessions		\$42
398268	Potomac CRC	1/22 Th 7:15pm-8:00pm
398265	Bauer Drive CRC	1/26 M 5:15pm-6:00pm
398267	Bauer Drive CRC	3/2 M 5:15pm-6:00pm
8 Sessions		\$72
398264	Potomac CRC	1/22 Th 7:15pm-8:00pm
398266	Germantown CRC	1/24 Sa 12:00pm-12:45pm
398263	Bauer Drive CRC	1/26 M 5:15pm-6:00pm
398269	Potomac CRC	2/19 Th 7:15pm-8:00pm





MUSIC

PIANO

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
397857 Golden School of Music 1/12 M 5:15pm-6:15pm
397858 Golden School of Music 1/17 Sa 12:30pm-1:30pm

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
397860 Golden School of Music 1/12 M 5:45pm-6:45pm
397859 Golden School of Music 1/17 Sa 12:00pm-1:00pm

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.

8 Sessions \$120
Instructor: Elizabeth Duncan
397568 Holiday Park Sr Ctr 1/20 Tu 10:15am-11:05am
397569 Holiday Park Sr Ctr 1/20 Tu 6:15pm-7:05pm

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.

8 Sessions \$120
Instructor: Jeffrey Binckes
397570 Holiday Park Sr Ctr 1/12 M 7:00pm-7:50pm
397574 Holiday Park Sr Ctr 1/12 M 11:15am-12:05pm
397575 Holiday Park Sr Ctr 1/12 M 12:30pm-1:20pm
Instructor: Elizabeth Duncan
397571 Holiday Park Sr Ctr 1/20 Tu 11:15am-12:05pm
397572 Holiday Park Sr Ctr 1/20 Tu 8:15pm-9:05pm
397573 Holiday Park Sr Ctr 1/20 Tu 1:15pm-2:05pm

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.

8 Sessions \$120
Instructor: Jeffrey Binckes
397491 Holiday Park Sr Ctr 1/12 M 10:15am-11:05am
397493 Holiday Park Sr Ctr 1/12 M 2:30pm-3:20pm
Instructor: Elizabeth Duncan
397492 Holiday Park Sr Ctr 1/20 Tu 9:15am-10:05am
397494 Holiday Park Sr Ctr 1/20 Tu 7:15pm-8:05pm

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.

8 Sessions \$120
Instructor: Jeffrey Binckes
397447 Holiday Park Sr Ctr 1/12 M 1:30pm-2:20pm
Instructor: Elizabeth Duncan
397448 Holiday Park Sr Ctr 1/20 Tu 2:15pm-3:05pm

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.

8 Sessions \$120
Instructor: Elizabeth Duncan
397597 Holiday Park Sr Ctr 1/20 Tu 12:15pm-1:05pm

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.

10 Sessions \$239

The "Keys" to Piano with LNM

Ages 5-11
398108 Bauer Drive CRC 1/21 W 7:00pm - 8:00pm
398109 Germantown CRC 1/21 W 4:00pm - 5:00pm
Ages 12-18
398112 Bauer Drive CRC 1/21 W 8:00pm - 9:00pm
398113 Germantown CRC 1/21 W 5:15pm - 6:15pm

Heroes of Guitar with LNM

Ages 5-11
398157 White Oak CRC 1/22 Th 6:00pm - 7:00pm
398158 Ashburton ES 1/12 M 3:10pm - 4:10pm
398155 Bauer CRC 1/14 W 7:00pm - 8:00pm
Ages 12-18
398159 Bauer CRC 1/14 W 8:00pm - 9:00pm

Violinist Within with LNM

Ages 5-11
398116 Longwood CRC 1/24 Sa 10:30am - 11:30am
398117 Wisconsin CRC 1/24 Sa 10:00am - 11:00am
Ages 12-18
398118 Longwood CRC 1/24 Sa 11:45am - 12:45pm
398119 Wisconsin CRC 1/24 Sa 11:15am - 12:15pm

COOKING

GENERAL COOKING

The Dinner Party

How To Really Impress Your Friends!

Ages 15 & up: We will start with a really great first course of Salmon Scaloppini with Creme Fraiche and Cucumbers, then move on to an entree of Chicken Supreme with Mushrooms and Cream, Vegetable Cous Cous and Roasted Asparagus. Dessert is an absolutely marvelous Pear and Walnut Tarte Tatin with Ice Cream. As always, this class features take home recipes and plenty to eat! So bring an appetite and join us! This is a great class that helps you get dinner party juices really flowing. We eat what we fix so make sure you bring an appetite. \$20 food fee due instructor at class time.

1 Session \$65
 Instructor: James Davis
 397043 White Oak CRC 1/10 Sa 10:30am-2:30pm

Quick and Easy Number 1: Pork

Ages 15 & Up: A wonderful main dish that features pork and broccoli flavored up with toasted bread crumbs and Parmesan cheese, and a really good extra virgin olive oil. Of course we'll have a salad and finish with a wonderful dessert of fresh berries macerated in Prosecco (Italian Sparkling Wine). This is quite a dinner, easy to prepare and easy on the pocketbook. This class features take home recipes as well as plenty to eat! So bring an appetite and join us. \$20 food fee due instructor at class time.

1 Session \$50
 Instructor: James Davis
 397009 White Oak CRC 1/20 Tu 6:30pm-9:00pm

Quick and Easy 2: Baha Fish Taco

Ages 15 & Up: A really delicious Southern California dish imported along the San Diego area beach's from Mexico. Wonderful pieces of fried cod combined with shredded cabbage, tomatoes and a unique homemade dressing all wrapped up in your favorite soft or crispy taco wrap. We'll make a really great Key Lime Pie for dessert. This is quite a dinner, easy to prepare and easy on the pocketbook. As always, this class features take home recipes and plenty to eat! So bring an appetite and join us. \$20 food fee due instructor at class time.

1 Sessions \$50
 Instructor: James Davis
 397013 White Oak CRC 2/17 Tu 6:30pm-9:00

Quick and Easy 3: Jalapeno Orange Mustard Chicken

Ages 15 & Up: This is a wonderful recipe that can give you as many as a dozen different versions, based on what you have in your pantry. It can be prepared quickly and easily, and is just full of marvelous flavors. It will be accompanied by a Rice Pilaf filled with onion, carrots and peas and a Louisiana style Cole Slaw that will really spice things up. We will fix Dessert Nacho's for dessert, something I'll bet you've never had before. A unique and different dinner, easy to prepare and easy on the pocketbook. As always, this class features take home recipes and plenty to eat! So bring an appetite and join us. \$20 food fee due instructor at class time.

1 Session \$50
 Instructor: James Davis
 397036 White Oak CRC 3/17 Tu 6:30pm-9:00pm

COOKING SKILLS

Knife Skills

Ages 16 & Up: Your next best comfort step in the kitchen. More knife skills along with techniques to ease your time in the kitchen and great food to go with it. We'll prepare a wonderful main dish of Salmon Scaloppini with Dill and Grainy Mustard Sauce (and you will learn to cut your own scallopi-ni's) with a most unusual, rarely seen garnish, served with Potatoes Fondante along with a side dish of the Green Beans with Onion and Tomato. Then finish with a dessert of Apple Blackberry Cobbler. We eat what we fix so bring an appetite. Take home recipes provided. A \$ 20 food fee is due instructor at class time.

1 Session \$65
 Instructor: James Davis
 397058 White Oak CRC 2/28 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. You will learn by doing! You will learn some basic knife skills including how to slice different foods, 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 you will fix a first class lunch in the process. The menu includes a wonderful homemade Black Bean Soup, a Roasted Pork Loin with Gorgonzola Sauce, Roasted Baby Red Skin Potatoes and the freshest vegetables we can find at the market. And we'll finish up with an Apple Galette topped with Whipped Cream. We eat what we fix so bring an appetite.. \$20 food fee due instructor at class time.

1 Session \$65
 Instructor: James Davis
 397056 White Oak CRC 1/24 Sa 10:30am-2:30pm

Cooking Skills II

Ages 15 & Up: Your next best comfort step in the kitchen. More knife skills along with techniques to ease your time in the kitchen and great food to go with it. We'll prepare a wonderful main dish of Salmon Scaloppini with Dill and Grainy Mustard Sauce (and you will learn to cut your own scallopi-ni's) with a most unusual, rarely seen garnish, served with Potatoes Fondante along with a side dish of the Green Beans with Onion and Tomato. Then finish with a dessert of Apple Blackberry Cobbler. Kitchen Skills One is not a pre-requisite, but this class is not for the novice or beginner cook. We eat what we fix so bring an appetite. Take home recipes provided. A \$ 20 food fee is due instructor at class time.

1 Sessions \$65
 Instructor: James Davis
 397057 White Oak CRC 3/28 Sa 10:30am-2:30pm





When Is the Guide Available?

*Dates are approximate and subject to change.



Winter 2014/2015
November 7, 2014
Registration begins
November 17, 2014



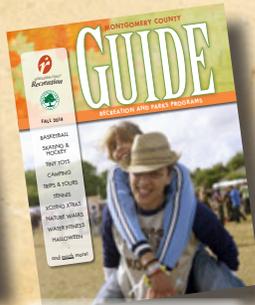
Spring 2015
January 30, 2015
Registration begins
February 9, 2015



Summer Camps 2015
January 9, 2015
Registration begins
January 21, 2015



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



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

Where Can I Get The Guide?

Online:
www.MontgomeryCountyMD.gov/rec

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

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

WINE & DINE-ADULTS

Winter Comfort Foods And Wines!

Ages 21 & Up: Cold winter weather and a wood burning fireplace make the perfect setting for a wine and food pairing class that features the best of both worlds. We are going to pull our favorite recipes from our favorite star chefs, making sure that we have no repeat recipes from previous classes and then try our best to make sure that we don't repeat any wines that we've had in the last few years. The first recipe is from my favorite Italian, Mario Batali, and it is Mario's Chicken Saltimboca with Asparagus and we will be pairing it with a wonderful Pinot Grigio (of course!) along with a rich, buttery Chardonnay and a bottle of my favorite white, a Vignonnier. Next we'll have Crispy Salmon with Fennel Slaw Recipe from Hugh Acheson along with Ina's favorite Beef Stew. Over the course of the evening we'll taste three wines with each dish for a total of 9 wines. This class features take home recipes and a detailed description of the wines! So bring an appetite and join us. \$25 food fee due instructor at class.

1 Session \$55
Instructor: James Davis
396971 White Oak CRC 1/2 F 7:00pm-10:00pm

The Best of the East Coast

Ages 21 & Up: Starting with upper New York State, down through Long Island into Maryland, Pennsylvania and Virginia; this is the primary wine growing region of the East Coast of the United States. I assure you that we will have a representative selection of wines available in Montgomery County. Two of the recipes that we will be preparing were suggested several years ago by one of our regular attending students in previous wine classes. We will be doing a Smoky Potato Soup with Bacon Crouton, a traditional French Beef Bourguignon and a Peppered Shrimp Scampi Pizza. Three foods paired with a minimum of three wines for each dish, and a great evening's entertainment. This class features take home recipes and a detailed description of the wines! So bring an appetite and join us. \$25 food fee due instructor at class.

1 Session \$55
Instructor: James Davis
396997 White Oak CRC 3/6 F 7:00pm-10:00pm

The Wonderful World of Wine & Cheese

Ages 21 & Up: A Match Made in Heaven-Cheese Paired with Wine to Tease the Palate! It's understood that we're talking about a delectable wine and a delectable cheese, together! We'll prepare some tasty cheese dishes including Creamy Jalapeno Popper Macaroni and Cheese. We'll also create a traditional cheese platter with some non-traditional cheeses thrown in. We are going to prepare a gourmet Grilled Cheese and Mushroom Sandwich that will flat knock your socks off! With all these wonderful cheese treats we'll taste at least 9 wines and pair and compare. In this class, we cook first, then we clean up and we taste the foods we have prepared along with wines for each dish. This class features take home recipes and a detailed description of the wines! So bring an appetite and join us. \$25 food fee due instructor at class.

1 Session \$55
Instructor: James Davis
396972 White Oak CRC 2/6 F 7:00pm-10:00pm

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
397427 Luxmanor ES 1/13 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.

20 Sessions \$140
Instructor: Jinjer Azuree
397410 Jane E. Lawton CRC 1/5 M, W 6:00pm-7:00pm
Instructor: Elaine Waldstreicher
397411 Mid County CRC 1/5 M, W 7:30pm-8:30pm
Instructor: Lois Antos
397407 Veirs Mill LP 1/6 Tu, Th 9:30am-10:30am
Instructor: Alice Donnelly
397408 Potomac CRC 1/6 Tu, Th 6:00pm-7:00pm
Instructor: Katy Weimers
397409 Rock View ES 1/6 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.

10 Sessions \$70
Instructor: Katy Weimers
397414 Holiday Park Sr Ctr 1/10 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.

10 Sessions \$70
Instructor: Karin Baker
397449 Little Bennett ES 1/5 M 7:15pm-8:15pm
397444 Potomac CRC 1/6 Tu 9:00am-10:00am
397445 Potomac CRC 1/8 Th 9:00am-10:00am

NEW MixedFit! Dance Fitness

Ages 16 and 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 the program 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 allows us to burn more calories, increase endurance and challenge ourselves mentally and physically. For further information contact Tomeria Allen at 804-919-0999 or talleninspires@gmail.com. You may also learn more about Mixedfit by visiting www.mixedfit.com.

5 Sessions \$35
Instructor: Tomeria Allen
398605 Wisconsin Place Rec 1/6 Tu 6:30pm-7:30pm
398606 Wisconsin Place Rec 2/17 Tu 6:30pm-7:30pm

NEW 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.

5 Sessions \$40
Instructor: Jeanne M. Lieder
396781 Bauer Drive CRC 1/13 Tu 7:15pm-8:15pm
396947 Bauer Drive CRC 2/17 Tu 7:15pm-8:15pm

Zumba

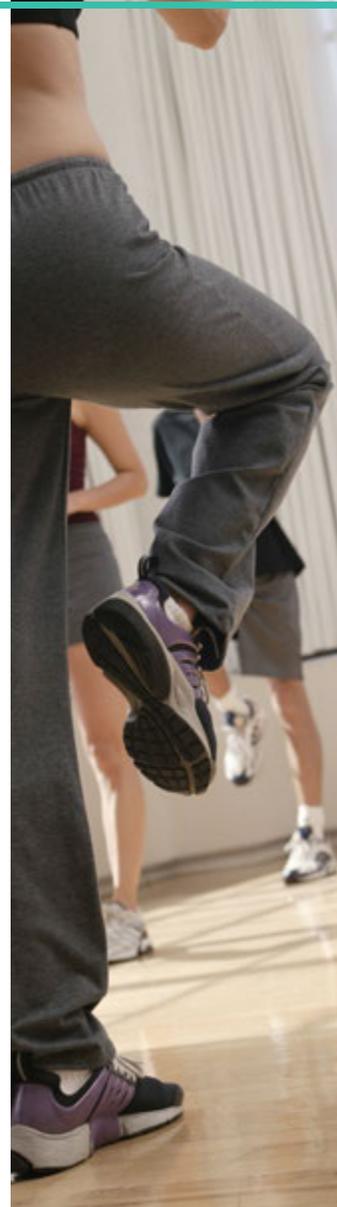
Zumba is a fitness class that combines dance and fitness moves. Inspired by Latin dance and music, Zumba uses a variety of styles in its routines, including Cumbia, Merengue, Salsa, Reggaeton, Mambo, Rumba, Flamenco, and a Hip Hop. Music selections include both fast and slow rhythms to help tone and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

9 Sessions \$48
Instructor: Wellness Network, Inc
396644 Germantown ISC 1/5 M 6:30pm-7:20pm
396640 Olney Swm Ctr 1/6 Tu 7:00pm-7:50pm
396641 Olney Swm Ctr 1/8 Th 7:00pm-7:50pm

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.

22 Sessions \$154
Instructor: Juliet Rodman
396792 Clara Barton CRC 1/5 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	
396770 Marilyn J. Praisner CRC	1/12 M 6:00pm-7:00pm
10 Sessions	\$70
Instructor: DanceFit by Mel	
396772 Bauer Drive CRC	1/10 Sa 9:15am-10:15am
396773 Germantown CRC	1/13 Tu 7:15pm-8:15pm
396774 Germantown CRC	1/15 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!!!!

5 Sessions	\$30
Instructor: Cheryl D. Hicks	
397197 White Oak CRC	1/6 Tu 7:00pm-8:00pm
397200 East County CRC	1/7 W 7:00pm-8:00pm
397198 White Oak CRC	1/8 Th 7:00pm-8:00pm
397199 White Oak CRC	1/10 Sa 10:15am-11:15am
397205 White Oak CRC	2/17 Tu 7:00pm-8:00pm
397202 East County CRC	2/18 W 7:00pm-8:00pm
397206 White Oak CRC	2/19 Th 7:00pm-8:00pm
397201 White Oak CRC	2/21 Sa 10:15am-11:15am

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	
397210 Potomac CRC	1/10 Sa 10:00am-2:00pm



NEW CARE Mindful Eating Program

Ages 18 & Up: For those who want tools to create a healthy relationship with food. Instruction focuses on ways to release and re-pattern unhealthy overeating behaviors, meditation practices to cultivate awareness and compassion towards your body and visualization techniques to promote healthy eating. Class includes journaling, reflection and group discussion. Come join us and being to CARE for your body with Compassion, Awareness, Re-patterning and Envisioning. Instructor: Joy Rains, www.joyrains.com

6 Sessions	\$150
Instructor: Joy Rains	
397426 Potomac CRC	1/15 Th 10:00am-11:00am
397425 Davis Library	1/15 Th 6:45pm-7:45pm

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	\$58
Instructor: Kumud Mathur	
396808 Potomac CRC	1/20 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	
396801 Germantown CRC	1/17 Sa 11:00am-12:00pm
396802 Germantown CRC	2/21 Sa 11:00am-12:00pm

Your Pelvic Floor-Keeping It Healthy

Ages 18 & Up: When you cough, exercise, or laugh, is your bladder in distress? Do you feel you always need to use the bathroom? These are signs of pelvic floor weakness. Your pelvic floor needs strength just like your other muscles to function. Led by a physical therapist with pelvic floor rehabilitation experience, this class addresses the common pelvic floor problems many people experience. Exercises to improve the strength and function of the pelvic floor will be taught. These exercises will include alternatives to Kegels. An exercise band and exercise handouts are included in the class fee. For questions email info@restoremotion.com or call 301-881-9313.

1 Session	\$30
Instructor: Restore Motion	
396950 Restore Motion	1/29 Th 11:30am-1:00pm
396951 Restore Motion	2/11 W 6:30pm-8:00pm

AEROBIC EXERCISE

Arthritis Foundation Exercise Program

Ages 18 & Up: The Arthritis Foundation Exercise Program is a low-impact physical activity program proven to reduce pain and decrease stiffness. The routines include gentle range-of-motion exercises that are suitable for every fitness level. Bring mat and hand and/or ankle weights (optional). Questions? Call Karin at: 240-207-3091.

5 Sessions \$35
 Instructor: Karin Baker
 397452 Germantown CRC 1/5 M 11:00am-12:00pm
 397453 Germantown CRC 2/23 M 11:00am-12:00pm

NEW 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

9 Sessions \$81
 Instructor: Fit to Believe
 397713 Wisconsin Place CRC 1/12 M 10:00am-11:00am
 397712 Gwendolyn Coffield CRC 1/15 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.

10 Sessions \$70
 Instructor: Jerry Palazzo
 397801 Churchill, Winston HS 1/13 Tu 5:45pm-6:45pm
 397802 Churchill, Winston HS 1/15 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.

21 Sessions \$147
 Instructor: Lee Berry
 397785 Wyngate ES 1/5 M, W 6:00pm-7:00pm
 Instructor: Nancy Dameron
 397786 Cloverly ES 1/5 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.

5 Sessions \$40
 Instructor: Jeanne M. Lieder
 396784 Bauer Drive CRC 1/15 Th 7:15pm-8:15pm
 396782 Mid County CRC 1/16 F 11:00am-12:00pm
 396785 Bauer Drive CRC 2/19 Th 7:15pm-8:15pm
 396783 Mid County CRC 2/20 F 11:00am-12:00pm

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 Jacki at: smilenbaby@hotmail.com.

11 Sessions \$88
 Instructor: Jackie Enos
 396763 Oakland Terrace ES 1/6 Tu 6:30pm-7:30pm
 396764 Oakland Terrace ES 1/8 Th 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

10 Sessions \$70
 Instructor: Karin Baker
 397446 Potomac CRC 1/9 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.

11 Sessions \$77
 Instructor: Betsy Saunders
 396777 Wheaton CRC 1/6 Tu 7:15pm-8:15pm
 396778 Wheaton CRC 1/8 Th 7:15pm-8:15pm

Jazzmatazz Aerobics Light

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.

11 Sessions \$77
 Instructor: Betsy Saunders
 396779 Bauer Drive CRC 1/6 Tu 9:30am-10:30am
 396780 Bauer Drive CRC 1/8 Th 9:30am-10:30am



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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				\$75
Instructor: Pamela Kelley				
397461 Longwood CRC	1/5	M	7:15pm-8:30pm	
397457 Wheaton CRC	1/5	M	9:15am-10:30am	
11 Sessions				\$92
Instructor: Pamela Kelley				
397459 Bauer Drive CRC	1/7	W	9:10am-10:25am	
397460 Longwood CRC	1/7	W	7:15pm-8:30pm	
397458 Wheaton CRC	1/8	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.

11 Sessions				\$85
Instructor: Millie Trimble				
397714 Pilgrim Hills LP	1/7	W	9:30am-10:45am	
397715 Pilgrim Hills LP	1/9	F	9:30am-10:45am	

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.

<u>Location</u>	<u>Days</u>	<u>Times:</u>
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: Wellness Network, Inc
 396246 Kennedy Shriver Aq Ctr 1/6 Tu 6:30pm-7:20pm
 396247 Kennedy Shriver Aq Ctr 1/8 Th 6:30pm-7:20pm

Body Sculpt

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. Questions? Call Karin at (240) 207-3091.

10 Sessions \$70
 Instructor: Karin Baker
 397451 Damascus CRC 1/5 M 5:45pm-6:30pm

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.

9 Sessions \$63
 Instructor: Jerry Palazzo
 397789 Jane E. Lawton CRC 1/12 M 10:00am-11:00am
 10 Sessions \$70
 Instructor: Jerry Palazzo
 397791 Potomac CRC 1/13 Tu 3:00pm-4:00pm
 397790 Jane E. Lawton CRC 1/14 W 10:00am-11:00am
 397792 Potomac CRC 1/15 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
 397703 Bauer Drive CRC 1/13 Tu 6:00pm-7:00pm
 397705 Marilyn J. Praisner CRC 1/13 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.

10 Sessions \$105
 Instructor: Thomas Witz
 397468 Germantown CRC 1/5 M 7:30pm-8:30pm
 11 Sessions \$115
 Instructor: Thomas Witz
 397469 Germantown CRC 1/7 W 7:30pm-8:30pm
 397472 Germantown CRC 1/10 Sa 9:00am-10:00am

Definition Body Sculpting

Ages 16 & Up: Gain body strength, flexibility and endurance using free weights. A perfect opportunity to learn proper form for weight bearing exercises. Initial 5 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

22 Sessions \$154
 Instructor: Juliet Rodman
 396791 Clara Barton CRC 1/6 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.

10 Sessions \$75
 Instructor: Regina Gaithers
 397787 Bauer Drive CRC 1/10 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.

20 Sessions \$147
 Instructor: Gina Dols
 397788 Bauer Drive CRC 1/5 M, W 6:00pm-7:00pm





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
397596 Bethesda-CC HS 1/12 M 5:45pm-7:00pm
397592 White Oak CRC 1/13 Tu 5:45pm-7:00pm
397593 Wheaton CRC 1/14 W 5:30pm-6:45pm
397594 Plum Gar CRC 1/15 Th 7:30pm-8:15pm
397595 Marilyn J. Praisner CRC 1/17 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
397585 Bethesda-CC HS 1/12 M 7:00pm-7:45pm
397583 White Oak CRC 1/13 Tu 7:00pm-7:45pm
397590 Wheaton CRC 1/14 W 7:00pm-7:45pm
397591 Plum Gar CRC 1/15 Th 6:00pm-7:15pm
397584 Marilyn J. Praisner CRC 1/17 Sa 12:30pm-1:15pm

Exercise for the body, brain and spirit. :-)

-customer survey



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
396806 Germantown CRC 1/21 Th, Tu 6:00pm-7:00pm

NEW 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

9 Sessions \$81
Instructor: Fit to Believe
397213 White Oak CRC 1/19 Tu 7:00pm-8:00pm
397212 Bauer Drive CRC 1/15 Th 6:00pm-7:00pm
397214 Jane E. Lawton CRC 1/17 Sa 10:00am-11:00am

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.

9 Sessions \$69
Instructor:Peggy Brower
396378 Kennedy Shriver Aq Ctr 1/3 Sa 8:30am-9:30am

NEW 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
397218 Jane E. Lawton CRC 1/15 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 are essential. Bring a sticky yoga mat and a yoga blanket. All fitness levels! Questions? Contact Jacki at: smilenbaby@hotmail.com.

11 Sessions \$88
Instructor:Jackie Enos
396767 Oakland Terrace ES 1/7 W 6:30pm-7:30pm

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.

10 Sessions \$100
 Instructor: Tamara Johnson
 397211 Gwendolyn Coffield CRC 1/8 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
 397719 Yoga Plus-Potomac 1/11 Su 3:00pm-5:00pm
 397720 Yoga Plus-Potomac 2/8 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.

8 Sessions \$87
 Instructor: Moira Martin
 396796 Jane E. Lawton CRC 1/15 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.

10 Sessions \$100
 Instructor: Irene Bopp
 397023 Bauer Drive CRC 1/6 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.

9 Sessions \$117
 Instructor: Suzana Cooper
 397207 Jane E. Lawton CRC 1/21 W 9:45am-11:00am
 397208 Jane E. Lawton CRC 1/23 F 9:45am-11:00am

Living comfortably with Scoliosis

Adult: Many of us are afflicted with an abnormal lateral curvature of the spine, a condition termed scoliosis. The resulting bodily imbalances may cause pain, discomfort and even limit desired activities. Instructor Maggie Wong has had scoliosis since childhood, and, recognizing that it can not be cured, has learned to manage it so she can live a busy, active life. Maggie uses movements, hanging bar and exercises (some derived from her practice of yoga) to promote flexibility, restore range of motion and strengthen back-supporting core muscles. In this class Maggie will share techniques and practices you can regularly use for scoliosis relief, based on her many years of personal experience. Carderrock clubhouse. 8200 Hamilton Spring Ct. Bethesda. For more info contact Maggie at 301-365-2424, Maggie@yogaplus.com or www.yogaplus.com

8 Sessions \$120
 Instructor: Maggie Wong
 397835 Yoga Plus-Bethesda 1/6 Tu 7:00pm-8:30pm

NEW Senior Lite Yoga

Ages 55 & Up: This relaxing class will move through mindful and refreshing flow of poses including note limited to sun salutations and standing postures to rejuvenate your body. The class includes stretching, strengthening, and balancing poses to align your body. It's a great way to start your day and relieve stress. Wear nonrestrictive clothing. Bring a mat and or blanket to class. For more information contact Enjay Lowery at 347-489-0408 or nejay@aol.com

8 Sessions \$80
 Instructor: Enjay Lowery
 396759 East County CRC 1/8 Th 10:30am-11:30am



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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
396953 Potomac CRC 1/15 Th 9:15am-10:30am
396954 Potomac CRC 1/15 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.

7 Sessions \$91
Instructor: Pat Miller
396955 Potomac CRC 1/12 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
396952 Potomac CRC 1/15 Th 10:45am-12:00pm



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.

10 Sessions \$100
Instructor: Irene Bopp
397019 Bauer Drive CRC 1/6 Tu 7:30pm-8:30pm
397022 Mid County CRC 1/7 W 7:30pm-8:30pm
397020 Marilyn J. Praisner CRC 1/8 Th 10:30am-11:30am
397021 East County CRC 1/8 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.

11 Sessions \$110
Instructor: Robin Morris
396956 Wisconsin Place CRC 1/7 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 suzanacooper@yahoo.com.

9 Sessions \$117
Instructor: Suzana Cooper
397209 Wisconsin Place CRC 1/24 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.

4 Sessions \$60
Instructor: Maria Doherty
397431 Longwood CRC 2/25 W 5:30pm-6:45pm
5 Sessions \$75
Instructor: Maria Doherty
397430 Longwood CRC 1/7 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
397733 Yoga Plus-Bethesda 1/6 Tu 9:00am-10:30am
397734 Yoga Plus-Bethesda 1/8 Th 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.

10 Sessions \$127
Instructor: Nancy Neves
397440 Bauer Drive CRC 1/6 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.

5 Sessions \$75
 Instructor: Zeshan Mustafe
 396948 Long Branch CRC 1/7 W 6:30pm-7:45pm
 396949 Long Branch CRC 2/18 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

4 Sessions \$60
 Instructor: Maria Doherty
 397429 Longwood CRC 2/23 M 5:45pm-7:00pm
 5 Sessions \$75
 Instructor: Maria Doherty
 397428 Longwood CRC 1/5 M, Th 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.

11 Sessions \$110
 Instructor: Robin Morris
 396957 Wisconsin Place CRC 1/7 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
 397716 Yoga Plus-Potomac 1/8 Th 7:30pm-9:00pm

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

5 Sessions \$45
 Instructor: Nancy Neves
 397441 Mid County CRC 1/7 W 11:00am-12:00pm
 397442 Mid County CRC 2/11 W 11:00am-12:00pm





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.

11 Sessions \$75
Instructor: Salvador Cortes
397062 Kensington-Parkwood ES 1/8 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.

11 Sessions \$75
Instructor: Salvador Cortes
397059 Kensington-Parkwood ES 1/6 Tu 7:00pm-8:00pm
397060 Kensington-Parkwood ES 1/8 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.

11 Sessions \$75
Instructor: Salvador Cortes
397061 Kensington-Parkwood ES 1/6 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.

10 Sessions \$72
Instructor: Company Staff: TKA, Inc.
396748 Upper County CRC 1/5 M 8:00pm-9:30pm
396749 Wheaton CRC 1/5 M 8:00pm-9:30pm
11 Sessions \$79
Instructor: Company Staff: TKA, Inc.
396750 Germantown CRC 1/6 Tu 8:00pm-9:30pm
396751 Damascus CRC 1/7 W 8:00pm-9:30pm
396752 Bauer Drive CRC 1/7 W 8:00pm-9:30pm
396753 Potomac CRC 1/7 W 8:00pm-9:30pm
396754 Neelsville MS 1/7 W 8:00pm-9:30pm
396755 Bethesda ES 1/8 Th 8:00pm-9:30pm
396756 Marilyn J. Praisner CRC 1/8 Th 8:00pm-9:30pm
396757 DuFief ES 1/8 Th 8:00pm-9:30pm
396758 Rolling Terrace ES 1/8 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 CC, Bauer CC, Damascus CC, Resnik ES, Praisner CC, Germantown CC & Dufief ES, Beginners may attend later time at other sites.

10 Sessions \$60
Instructor: Company Staff: TKA, Inc.
396658 Longwood CRC 1/5 M 7:00pm-8:00pm
396659 Upper County CRC 1/5 M 6:00pm-7:00pm
396660 Upper County CRC 1/5 M 7:00pm-8:00pm
396661 Wheaton CRC 1/5 M 7:00pm-8:00pm
11 Sessions \$66
Instructor: Company Staff: TKA, Inc.
396662 Germantown CRC 1/6 Tu 6:00pm-7:00pm
396663 Germantown CRC 1/6 Tu 7:00pm-8:00pm
396664 Mid County CRC 1/6 Tu 7:00pm-8:00pm
396665 Damascus CRC 1/7 W 6:00pm-7:00pm
396666 Damascus CRC 1/7 W 7:00pm-8:00pm
396667 Bauer Drive CRC 1/7 W 6:00pm-7:00pm
396668 Bauer Drive CRC 1/7 W 7:00pm-8:00pm
396669 Potomac CRC 1/7 W 7:00pm-8:00pm
396670 Resnik, Judith A. ES 1/7 W 6:00pm-7:00pm
396671 Resnik, Judith A. ES 1/7 W 7:00pm-8:00pm
396672 Clara Barton CRC 1/7 W 7:00pm-8:00pm
396673 Neelsville MS 1/7 W 7:00pm-8:00pm
396682 Potomac CRC 1/7 W 6:00pm-7:00pm
396674 Marilyn J. Praisner CRC 1/8 Th 6:00pm-7:00pm
396675 Marilyn J. Praisner CRC 1/8 Th 7:00pm-8:00pm
396676 DuFief ES 1/8 Th 6:00pm-7:00pm
396677 DuFief ES 1/8 Th 7:00pm-8:00pm
396678 Poole, John MS 1/8 Th 7:00pm-8:00pm
396680 Rolling Terrace ES 1/8 Th 7:00pm-8:00pm
396681 Bethesda ES 1/8 Th 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.

11 Sessions \$37
Instructor: Company Staff: TKA, Inc.
396769 Holiday Park Sr Ctr 1/9 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.

11 Sessions \$49
Instructor: Company Staff: TKA, Inc.
396769 Holiday Park Sr Ctr 1/9 F 8:00pm-9:00pm



Kenpo Karate-Adult

Ages 12 & Up: All levels. Tailored for those that possess high ranking belt, and tailored based on individual needs and expertise. Adult class is designed to help students achieve their goals and improve as martial artists. Students improve in the areas of discipline, self-mastery, and mind/body connection.

11 Sessions \$100
 Instructor:
 398105 Cloverly ES 1/6 Tu 7:30pm-8:30pm

Kenpo Karate

Ages 5-12: All classes are tailored to the student's individual needs and help them grow to their fullest potential possible. Karate classes not only focus on instruction, but also learning valuable lessons related to discipline, self-control, and continual improvement.

11 Sessions \$100
 Instructor:Kaizen Karate
 398106 Cloverly ES 1/6 Tu 6:30pm-7:30pm

Kung Fu Basics-Shaolin

Ages 16 & Up: Work your body, mind and spirit the Shaolin way! Relieve stress and improve your strength, endurance, flexibility, and agility through an aerobic workout of traditional Shaolin Kung Fu stretches, stances, kicks, strikes and jumps. All levels of experience are welcome. No uniforms, belts or tests. Bring your chi! Forms will be taught to those who progress through the basics. Wear comfortable long pants and martial arts shoes (or any sneakers for quick pivoting).

11 Sessions \$80
 Instructor:Bess Siegal
 396800 Cabin John MS 1/6 Tu 8:15pm-9:15pm

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, choke holds, and submissions. Weapons include knives, swords, machete, staff, axes, folding fan and others. 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.

11 Sessions \$109
 Instructor:Yanni Nguyen
 396961 Montgomery Village MS 1/6 Tu 6:00pm-7:30pm
 396960 TBA 1/8 Th 6:00pm-7:30pm
 396958 Eastern MS 1/10 Sa 2:30pm-4:00pm
 396959 Plum Gar CRC 1/10 Sa 10:15am-11:45am

Vovinam Martial Arts Advanced

Ages 6 & Up: For advanced students with instructor's permission only. Continue learning to defense using hands, elbows, kicks, throws, escape & levering, joints locks, choke holds, and submissions. Weapons are including knives, swords, machete, staff, axes, folding fan and others. 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.

11 Sessions \$109
 Instructor:Yanni Nguyen
 397006 Eastern MS 1/10 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 include knives, swords, machete, staff, axes, folding fan and others. 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.

11 Sessions \$109
 Instructor: Yanni Nguyen
 398905 Montgomery Village 1/8 Th 6:00pm-7:30pm

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.

10 Sessions \$125
 Instructor:Nury Criollo
 397768 Gwendolyn Coffield CRC 1/13 Tu 4:15pm-5:00pm
 397763 Sargent Shriver ES 1/15 Th 4:15pm-5:00pm
 397764 Roscoe Nix ES 1/16 F 4:15pm-5:00pm
 397762 Rock Creek Valley ES 1/17 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.

10 Sessions \$125
 Instructor:Nury Criollo
 397779 Sargent Shriver ES 1/15 Th 5:00pm-5:45pm
 397780 Roscoe Nix ES 1/16 F 5:00pm-5:45pm
 397781 Rock Creek Valley ES 1/17 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.

10 Sessions \$100
 Instructor:Nury Criollo
 397793 Gwendolyn Coffield CRC 1/13 Tu 6:00pm-7:00pm
 397794 Sargent Shriver ES 1/15 Th 7:00pm-8:00pm
 397795 Roscoe Nix ES 1/16 F 7:15pm-8:15pm





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 \$69
Instructor:Shiro Shintaku
396790 Tilden MS 1/15 Th, M 6:30pm-7:30pm

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.

11 Sessions \$165
Instructor:Frederic Hocde
396794 Ashburton ES 1/13 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.

11 Sessions \$165
Instructor:Frederic Hocde
396798 Ashburton ES 1/13 Tu 6:30pm-7:30pm

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.

7 Sessions \$70
Instructor:Andy Schettino
396965 Bauer Drive CRC 1/5 M 7:00pm-8:00pm
9 Sessions \$90
Instructor:Andy Schettino
396967 Potomac CRC 1/6 Tu 6:45pm-7:45pm
10 Sessions \$100
Instructor:Lon Holland
396966 Wheaton CRC 1/7 W 7:00pm-8:00pm

Tai Chi, Continuing

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

Instructor:Elizabeth Leek
7 Sessions \$70
Instructor:Andy Schettino
396968 Bauer Drive CRC 1/5 M 8:00pm-9:00pm
9 Sessions \$90
Instructor:Andy Schettino
396970 Potomac CRC 1/6 Tu 7:45pm-8:45pm
10 Sessions \$100
Instructor:Lon Holland
396969 Wheaton CRC 1/7 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 \$96
Instructor:Louise Liu
397757 Argyle LP 1/13 Tu 6:30pm-7:30pm
397742 Quince Orchard Valley NP 1/15 Th 9:30am-10:30am
397744 Wisconsin Place CRC 1/16 F 10:00am-11:00am
397743 Germantown CRC 1/17 Sa 10:00am-11:00am

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 \$96
Instructor:Louise Liu
397758 Quince Orchard Valley NP 1/15 Th 10:30am-11:30am
397760 Wisconsin Place CRC 1/16 F 11:00am-12:00pm
397759 Germantown CRC 1/17 Sa 11:00am-12:00pm

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 \$96
Instructor:Louise Liu
397761 Quince Orchard Valley NP 1/15 Th 11:00am-12:00pm

TINY TOTS

ARTS AND CRAFTS

Tiny Hands Crafts

Ages 2-6: Come and see what tiny hands can do! This 'hands on' class encourages children to be creative, get messy, and have fun with paint, glue, glitter, foam, fabric, wood items, and more. Kids will make at least 2 projects per class...most of them keepers! Crafts will change each session. Please bring a smock. \$25 materials fee due to instructor. Adult participation required.

7 Sessions				\$62
Instructor: Tiny Hands				
397515	Potomac CRC	1/12	M	10:15am-11:00am
397516	Germantown CRC	1/13	Tu	10:15am-11:00am
397517	Bauer Drive CRC	1/14	W	10:30am-11:15am
397519	Longwood CRC	1/15	Th	10:15am-11:00am
397518	Potomac CRC	1/16	F	10:30am-11:15am
397520	Bauer Drive CRC	1/17	Sa	9:30am-10:15am
397521	Germantown CRC	1/17	Sa	10:15am-11:00am
397522	Germantown CRC	1/17	Sa	11:15am-12:00pm

Young Rembrandts for Tiny Tots

Ages 3½-5: Let Young Rembrandts help prepare your pre-schooler 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				\$68
Instructor: Young Rembrandts				
397555	Damascus CRC	1/26	M	10:15am-11:00am
397552	Potomac CRC	1/27	Tu	11:15am-12:00pm
397551	Germantown CRC	1/28	W	10:15am-11:00am

Make Me Believe

Ages 4-6: Love to work with your hands? Enjoy a hands on art class that really lives up to its name! Each week your child will create original art using papier mache, paint and air dry clay to fashion masks, puppets and more. We'll emphasize color mixing, measurement and imagination in this class. A \$15 materials fee is due to instructor the first day.

8 Sessions				\$90
Instructor: Joan E. Clowes				
397549	Jane E. Lawton CRC	1/13	Tu	6:00pm-6:30pm
397550	Potomac CRC	1/15	Th	6:00pm-6:30pm

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.

6 Sessions				\$56
Instructor: Nancy Delasos				
397807	Bauer Drive CRC	1/12	M	5:00pm-5:45pm
8 Sessions \$112				
Instructor: Nancy Delasos				
397803	Potomac CRC	1/13	Tu	9:45am-10:30am
397805	Bauer Drive CRC	1/14	W	9:45am-10:30am
397804	White Oak CRC	1/15	Th	10:15am-11:00am

Messes and Masterpieces

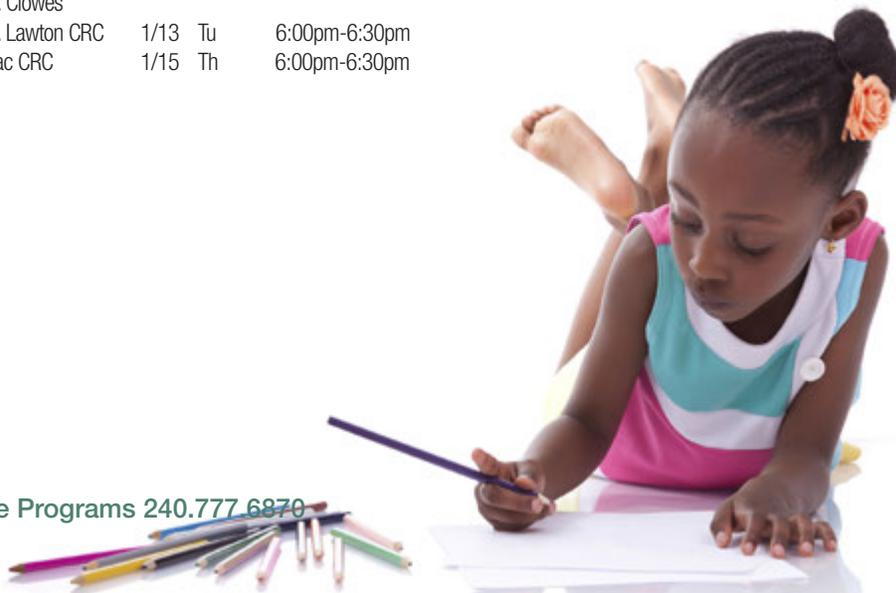
Ages 2-4: Enjoy a fun-filled exploration of colors, textures, paints, glitter and glue designed to spark your child's imagination. Theme based classes combine stories, music and art as we experience seasons and holidays. Please wear old clothes or bring a smock. \$10 material fee due to instructor. Adult participation required.

8 Sessions				\$100
Instructor: Joan E. Clowes				
397541	Jane E. Lawton CRC	1/13	Tu	10:00am-10:45am
397543	Wisconsin Place CRC	1/15	Th	10:15am-11:00am
397542	Potomac CRC	1/21	W	10:00am-10:45am

Sunday Studio with CREATE

Ages 4-6: Our artists may be young in this studio class, but we have plenty of room for great big creative ideas! Artists will explore color, shape, and texture through two and three-dimensional projects. Over the course class students will work with pencil, marker, paint, clay, paper and recycled materials. A \$20 material fee is due to instructor at first class.

8 Sessions				\$110
Instructor: Create Art Center				
397527	Create Arts Center	1/25	Su	10:00am-11:00am





DANCE

Kidz Dance

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

8 Sessions		\$80
Instructor: Grace Oleson		
397514	Gwendolyn Coffield CRC	1/12 M 3:30pm-4:15pm
10 Sessions		\$100
Instructor: Grace Oleson		
397511	Potomac CRC	1/13 Tu 3:30pm-4:15pm
397512	Germantown CRC	1/14 W 3:30pm-4:15pm
397513	Wheaton CRC	1/15 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.

10 Sessions		\$90
Instructor: Betsy Saunders		
397423	Bauer Drive CRC	1/8 Th 10:45am-11:30am
397422	Long Branch CRC	1/10 Sa 10:15am-11:00am

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.

10 Sessions		\$100
Instructor: Sabine Philippe		
397579	Dansez! Dansez! Studio	1/12 M 10:00am-10:30am
397580	Dansez! Dansez! Studio	1/13 Tu 10:00am-10:30am
397581	Dansez! Dansez! Studio	1/14 W 10:00am-10:30am
397582	Dansez! Dansez! Studio	1/14 W 4:00pm-4:30pm

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.

10 Sessions		\$100
Instructor: Sabine Philippe		
397586	Dansez! Dansez! Studio	1/12 M 10:30am-11:00am
397587	Dansez! Dansez! Studio	1/13 Tu 10:30am-11:00am
397588	Dansez! Dansez! Studio	1/14 W 10:30am-11:00am
397589	Dansez! Dansez! Studio	1/16 F 4:00pm-4:30pm

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.

7 Sessions		\$105
Instructor: Kumud Mathur		
397525	Potomac CRC	1/21 W 11:15am-12:00pm

MORE TINY TOTS

Little Scientists:

Markers & Microscopes

Ages 3-6: In this fun and hands-on workshop, your preschooler will participate in art and science activities revolving around Biology and Plant Life. 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.

5 Sessions		\$135
Instructor: Krystal Spears Scribbles and Works		
397523	Germantown CRC	1/29 Th 4:00pm-5:30pm
397524	White Oak CRC	2/5 Th 4:00pm-5:30pm

Red Sprinkle Mini-Fashion Designer

Ages 4-6: Learn how to create garments for your favorite doll! The course will begin with a lesson on fashion illustration, where you can sketch designs like a mini-pro. Use your imagination and creativity to create your very own fashion images, with the instructor's assistance, of course! Create designs for clothing, shoes, and accessories using sketchbooks, paints, fabrics, notions and more. The class will end with an American Girl fashion show, so you can show off your design to your friends and family. Materials fee of \$25 is due to instructor.

4 Sessions		\$125
Instructor: Red Sprinkle		
397509	Mid County CRC	1/17 Sa 12:00pm-1:00pm

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 Rhoe		
397818	Bauer Drive CRC	1/26 M 4:00pm-5:00pm

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 Rhoe		
397820	Mid County CRC	1/15 Th 10:00am-11:00am
397821	Wisconsin Place CRC	1/24 Sa 10:00am-11:00am
397819	Bauer Drive CRC	1/27 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 material 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.

8 Sessions \$110
 Instructor: Nury Criollo
 397725 White Oak CRC 1/12 M 11:50am-12:20pm

10 Sessions \$130
 Instructor: Nury Criollo
 397726 Wheaton CRC 1/13 Tu 9:15am-9:45am
 397727 Potomac CRC 1/14 W 9:45am-10:15am
 397728 Germantown CRC 1/14 W 6:00pm-6:30pm
 397729 Sargent Shriver ES 1/15 Th 5:00pm-5:30pm
 397730 Roscoe Nix ES 1/16 F 5:30pm-6:00pm
 397731 Gwendolyn Coffield CRC 1/16 F 2:30pm-3:00pm
 397745 Rock Creek Valley ES 1/17 Sa 8:30am-9:00am
 397746 Rock Creek Valley ES 1/17 Sa 11:20am-11:50am

Thunder Taekwondo Tiny Dragons

Advanced

Ages 2 1/2-4 years.

10 Sessions \$130
 Instructor: Nury Criollo
 397774 Sargent Shriver ES 1/15 Th 6:15pm-6:45pm
 397775 Roscoe Nix ES 1/16 F 6:45pm-7:15pm
 397776 Rock Creek Valley ES 1/17 Sa 12:25pm-12:55pm

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 material fee of \$20 MUST be paid on the 1st day of class. Uniforms ARE required and available for purchase if needed (\$40).

10 Sessions \$130
 Instructor: Nury Criollo
 397747 Potomac CRC 1/14 W 10:15am-10:45am
 397748 Sargent Shriver ES 1/15 Th 5:45pm-6:15pm
 397749 Roscoe Nix ES 1/16 F 6:15pm-6:45pm
 397750 Rock Creek Valley ES 1/17 Sa 9:00am-9:30am
 397772 Rock Creek Valley ES 1/17 Sa 11:55am-12:25pm

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 material 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



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the program
and the
instructor
was great.
Will
recommend
the program
to other
families with
children.*

*-customer
survey*

MUSIC

Discovering Music for Infants

Ages 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.

9 Sessions \$75

Instructor: Music for Life

397008 Golden School of Music 1/14 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.

8 Sessions \$115

Instructor: Music for Life

396999 Golden School of Music 1/12 M 10:15am-11:00am

397000 Wheaton Regional Library 1/12 M 10:30am-11:15am

9 Sessions \$130

Instructor: Music for Life

397001 Wisconsin Place CRC 1/13 Tu 10:15am-11:00am

397002 Golden School of Music 1/14 W 10:15am-11:00am

397004 Potomac CRC 1/16 F 10:15am-11:00am

397005 Golden School of Music 1/17 Sa 10:00am-10:45am

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.

8 Sessions \$147

Instructor: Music for Life

397010 Golden School of Music 1/12 M 12:45pm-1:45pm

9 Sessions \$165

Instructor: Music for Life

397011 Golden School of Music 1/15 Th 5:00pm-6:00pm

397012 Golden School of Music 1/17 Sa 11:00am-12:00pm

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!

8 Sessions \$105

Instructor: Pooja Chawla

397531 Potomac CRC 1/21 W 5:30pm-6:30pm

397532 Jane E. Lawton CRC 1/24 Sa 11:15am-12:00pm

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.

8 Sessions \$170

Instructor: Music Together

397533 Wheaton-Claridge LP 1/14 W 10:00am-10:45am

397534 Mid County CRC 1/17 Sa 10:15am-11:00am

397535 Mid County CRC 1/17 Sa 11:15am-12:00pm



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.

8 Sessions \$105

Instructor: Pooja Chawla

397529 Potomac CRC 1/20 Tu 10:15am-11:00am

397530 Jane E. Lawton CRC 1/24 Sa 10:15am-11:00am

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 1-2 years

9 Sessions				\$108
Instructor:Funfit				
397480	Wheaton CRC	1/12	M	10:15am-11:00am
397481	Germantown CRC	1/12	M	10:15am-11:00am
397482	Bauer Drive CRC	1/13	Tu	10:15am-11:00am
397483	Potomac CRC	1/14	W	10:15am-11:00am
397484	Wisconsin Place CRC	1/15	Th	11:15am-12:00pm
397485	Jane E. Lawton CRC	1/16	F	10:30am-11:15am
397487	Tilden MS	1/17	Sa	10:15am-11:00am

Ages 2-3 years

9 Sessions				\$108
Instructor:Funfit				
397496	Germantown CRC	1/12	M	11:00am-11:45am
397498	Wheaton CRC	1/12	M	11:00am-11:45am
397499	Wisconsin Place CRC	1/15	Th	12:30pm-1:15pm
397500	Jane E. Lawton CRC	1/16	F	11:15am-12:00pm
390627	Tilden MS	11/8	Sa	10:15am-11:00am
390621	Bauer Drive CRC	11/11	Tu	10:15am-11:00am

Ages 1½-4 years

9 Sessions				\$108
Instructor:Funfit				
397504	Bauer Drive CRC	1/13	Tu	11:00am-11:45am
397505	Potomac CRC	1/14	W	11:00am-11:45am
397508	QO Valley NP	1/17	Sa	10:15am-11:00am

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				
397537	Bauer Drive CRC	1/24	Sa	9:45am-10:30am
8 Sessions				\$80
Instructor:Laura Lunking				
397536	Mid County CRC	1/14	W	11:00am-11:45am
397538	Bauer Drive CRC	1/15	Th	9:45am-10:30am

Funfit Tots-New Walkers!

Ages 11 mos-18mos: A fun-filled adult/child high-energy exercise class that includes songs, stories, parachutes, games, balls, music and more. Develops motor skills, coordination, socialization, cooperation and reinforces cognitive development. A great workout for both you and your child. Child must be walking. Adult participation required! A \$5.00 material fee is due to instructor on the first day of class.

9 Sessions				\$108
Instructor:Funfit				
397454	Germantown CRC	1/12	M	9:30am-10:15am
397455	Wheaton CRC	1/12	M	9:30am-10:15am
397456	Bauer Drive CRC	1/13	Tu	9:30am-10:15am
397462	Potomac CRC	1/14	W	9:30am-10:15am
397463	Wisconsin Place CRC	1/15	Th	9:45am-10:30am
397464	Mid County CRC	1/15	Th	10:15am-11:00am
397495	Wisconsin Place CRC	1/15	Th	10:30am-11:15am
397465	Jane E. Lawton CRC	1/16	F	9:45am-10:30am
397473	QO Valley NP	1/17	Sa	9:30am-10:15am
397475	Tilden MS	1/17	Sa	9:30am-10:15am

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.

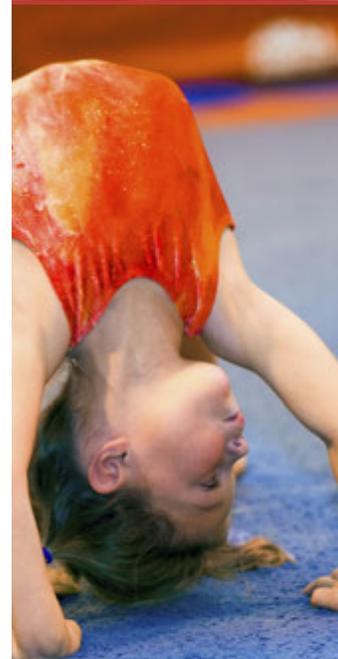
4 Sessions				\$70
Instructor:Gymnastics of America, Inc.				
397556	Dobre Gymnastics	1/9	F	9:45am-10:30am
397557	Dobre Gymnastics	2/20	F	9:45am-10:30am

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.

4 Sessions				\$75
Instructor:Gymnastics of America, Inc.				
397560	Dobre Gymnastics	1/12	M	3:45pm-4:30pm
397559	Dobre Gymnastics	1/16	F	1:00pm-1:45pm
397561	Dobre Gymnastics	2/20	F	1:00pm-1:45pm
397563	Dobre Gymnastics	2/23	M	3:45pm-4:30pm

SEE PAGE 79 FOR THERAPEUTIC RECREATION GYMNASTICS PROGRAMS





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.

7 Sessions	\$67
Instructor: Coach Doug Academy, Inc	
397014 Jane E. Lawton CRC	1/12 M 9:30am-10:15am
9 Sessions	\$86
Instructor: Coach Doug Academy, Inc	
397015 Germantown CRC	1/13 Tu 9:30am-10:15am
397016 Bauer Drive CRC	1/14 W 9:30am-10:15am
397017 Potomac CRC	1/15 Th 9:30am-10:15am
397018 Damascus CRC	1/16 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.

7 Sessions	\$67
Instructor: Coach Doug Academy, Inc	
397037 Jane E. Lawton CRC	1/12 M 11:00am-11:45am
9 Sessions	\$86
Instructor: Coach Doug Academy, Inc	
397038 Germantown CRC	1/13 Tu 11:00am-11:45am
397039 Bauer Drive CRC	1/14 W 11:00am-11:45am
397040 Potomac CRC	1/15 Th 11:00am-11:45am
397041 Damascus CRC	1/16 F 11:30am-12:15pm
397042 Cold Spring ES	1/17 Sa 3:30pm-4:15pm

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.

7 Sessions	\$67
Instructor: Coach Doug Academy, Inc	
397028 Jane E. Lawton CRC	1/12 M 10:15am-11:00am
9 Sessions	\$86
Instructor: Coach Doug Academy, Inc	
397029 Germantown CRC	1/13 Tu 10:15am-11:00am
397030 Bauer Drive CRC	1/14 W 10:15am-11:00am
397031 Potomac CRC	1/15 Th 10:15am-11:00am
397049 Potomac CRC	1/15 Th 1:15pm-2:00pm
397032 Damascus CRC	1/16 F 10:45am-11:30am
397033 Oakland Terrace ES	1/17 Sa 9:30am-10:15am
397034 Oakland Terrace ES	1/17 Sa 10:15am-11:00am
397035 Cold Spring ES	1/17 Sa 1:15pm-2:00pm

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.

7 Sessions	\$67
Instructor: Coach Doug Academy, Inc	
397050 Jane E. Lawton CRC	1/12 M 4:15pm-5:00pm
9 Sessions	\$86
Instructor: Coach Doug Academy, Inc	
397051 Germantown CRC	1/13 Tu 4:15pm-5:00pm
397052 Potomac CRC	1/15 Th 4:15pm-5:00pm
397053 Damascus CRC	1/16 F 4:15pm-5:00pm
397054 Oakland Terrace ES	1/17 Sa 11:00am-11:45am
397055 Cold Spring ES	1/17 Sa 2:00pm-2:45pm

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.

9 Sessions	\$86
Instructor: Coach Doug Academy, Inc	
397044 Germantown CRC	1/13 Tu 5:00pm-5:45pm
397045 Potomac CRC	1/15 Th 5:00pm-5:45pm
397046 Damascus CRC	1/16 F 5:00pm-5:45pm
397047 Oakland Terrace ES	1/17 Sa 11:45am-12:30pm
397048 Cold Spring ES	1/17 Sa 2:45pm-3:30pm



XCITING XTRAS

HORSEBACK RIDING

Horseback Riding: Tiny Tots/Youth

Ages 4-7: This exciting parent/child class will be an introduction for young children to explore grooming, tacking, saddling, and horseback riding specifically geared for this young age group. The first class provides a basic orientation so there is no riding. Each registered student must have the same adult accompany them each week. Children and adults must wear long pants and hard-soled shoes to every class. To keep a safe environment and minimize distractions only 1 adult may accompany each student and no unregistered siblings may attend.

7 Sessions \$295
 Instructor: Camp Olympia
 397896 Camp Olympia 1/27 Tu 4:00pm-4:45pm

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.

7 Sessions \$295
 Instructor: Camp Olympia
 397894 Camp Olympia 1/27 Tu 4:45pm-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.

7 Sessions \$295
 Instructor: Camp Olympia
 397895 Camp Olympia 1/27 Tu 5:30pm-6:15pm

I appreciated being able to take classes through Montgomery County Recreation because it gives me an opportunity to experience something new and not over pay for it. The cost also allows me to continue taking the class I am interested in.

-customer survey

MORE XTRA CLASSES

Creative Writing

Ages 5-10 The goal of Komodo Creative Writing program is to nurture reading and writing proficiency through theme based instruction. Our structured program stimulates young minds, develops a deeper understanding of reading and writing, and motivates students to become more efficient communicators. Following are the key highlights of the program.

4 Sessions \$135
 Instructor: Komodo
 397892 Komodo 1/7 W 5:30pm-6:30pm
 397893 Komodo 1/10 Sa 10:00am-11:00pm

Red Sprinkle Fashion Designer!

Ages 7-13: Learn how to create garments using mannequins! The course will begin with a lesson on fashion illustration, where you can sketch designs like a professional. Use your imagination and creativity to create your very own fashion images, with the instructor's assistance, of course! Create designs for clothing, shoes, and accessories using sketchbooks, paints, fabrics, notions and more. The class will end with a fashion show, so you can show off your design to your friends and family. Materials fee of \$25 is due to instructor.

4 Sessions \$150
 Instructor: Madiana Margao Red Sprinkle
 397718 Germantown CRC 1/8 Th 6:00pm-7:00pm

Red Sprinkle-Marvelous Makeup!

Ages 7-13: You are the prettiest girl in the world, and in this course you will learn how to really sparkle! This class will focus on youth-appropriate hair, makeup, and nail techniques. The best part is you will create all of the items used by hand! Learn how to create yummy lipglosses, sugar scrubs, non-toxic glittery nail polish, and custom eye shadows. The course will end with your very own photo shoot! Materials fee of \$25 is due to instructor.

4 Sessions \$150
 Instructor: Madiana Margao Red Sprinkle
 397737 Germantown CRC 1/10 Sa 12:00pm-1:00pm

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 \$105
 Instructor: Timothy Morgan
 396811 Potomac CRC 1/8 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.

11 Sessions \$105
 Instructor: Timothy Morgan
 396812 Potomac CRC 1/7 W 10:00am-12:15pm





Jr Video Game Design

Ages 6-9: This special class is specifically designed for young children to cultivate their interest to become game designers, multimedia artists, engineers, programmers and more! Give your child the opportunity to see how professional games are made. Learn cutting edge computer skills through the fun art of 3D Game Design using award-winning Platinum Arts Sandbox.

5 Sessions \$189
Instructor: C3 Cyber Club
397359 Bauer Drive CRC 2/21 Sa 9:00am-10:00am

Jr. Minecraft Modding

Ages 6-9: Using a custom mod called 'Computercraft', students will learn how to program robots called 'Turtles' inside the world of Minecraft. Kids will utilize problem-solving skills by learning how to program their robots to complete various tasks and objectives such as programming their turtles to automatically build, mine, and craft items and structures. They will be introduced to programming if-then-else statements, for-while loops, and implement their own functions using Lua, a simple scripting language. Computercraft is an easy-to-install mod that can be downloaded to your PC/Mac/Linux. Programs created in class can be easily saved to a small flash drive, installed, and edited at home. Looking for a fun way to introduce your child to programming? Why not do it using a game they love! Note: Basic reading skills required.

5 Sessions \$165
Instructor: C3 Cyber Club
397356 Potomac CRC 2/18 W 6:00pm-7:00pm

6 Sessions \$189
Instructor: C3 Cyber Club
397355 Bauer Drive CRC 1/10 Sa 9:00am-10:00am

Minecraft Modding

Ages 9-14: In this class, students will learn how to create and program their own items and codes using the popular game, Minecraft. Introduce your child to some Java, and learn how to create and implement your own custom blocks, weapons, food and more! Determine how each of your own items appear and behave. Students will learn from pre-made templates, and how to create their own Java packages and classes. Does your child spend hours at a time playing Minecraft? Have them learn how to improve their gameplay experience, and create your own custom mods today!

5 Sessions \$165
Instructor: C3 Cyber Club
397358 Potomac CRC 2/18 W 7:15pm-8:15pm

6 Sessions \$189
Instructor: C3 Cyber Club
397357 Bauer Drive CRC 1/10 Sa 10:15am-11:15am

Electronic Game Design:

Invader Defense Games Class

Ages 8-13 During the Electronic Game Design : Invader Defense classes, students will use Multimedia Fusion 2? to create their own video game. Whether students wish to fire marshmallows or missiles, they build a complete video game from start to finish. They program characters to survive a wave of enemy attacks in order to reach the next level. At the end of the class, students take home a copy of the game they create.

6 Sessions \$180
Instructor: Engineering for Kids
396813 Matsunaga ES 1/23 F 3:45pm-5:15pm

Electronic Game Design:

Platform Games

Ages 8-13: Students will use Multimedia Fusion 2 to create their own video game. A platform game is a side-scrolling, Mario-type game where students program characters and a two-dimensional obstacle course. They attempt to avoid or overcome enemies and reach an end goal on multiple levels. At the end of the class, students take home a copy of the game they create.

6 Sessions \$180
Instructor: Engineering for Kids
396898 Gibbs, William B. ES 1/20 Tu 3:45pm-5:15pm
397809 Darnestown ES 1/22 Th 3:45pm-5:15pm
397811 Clarksburg ES 1/23 F 3:40pm-5:10pm
396899 Potomac CRC 1/24 Sa 9:00am-10:30am

3D Game Design

Ages 9-14: In this exciting class, children will use basic 3D modeling skills to create their very own platform-based video game. Students create their own unique puzzles and challenges in a 3D game world utilizing tools such as teleporters, jump pads, and lava. They also learn how to add characters, customize game attributes, and build their own virtual world from scratch. Students use their imagination, and problem-solving skills in order to find new ways to create different in-game puzzles for their classmates to solve. By the last class students will have a fully functional level and will receive a link to download the software and student levels. Looking for a way to introduce your child to the wonderful world of video game design? This is a great place to start!

5 Sessions \$189
Instructor: C3 Cyber Club
397360 Bauer Drive CRC 2/21 Sa 10:15am-11:15am

Junior Mechanical Engineering:

Ages 5-7: During the Mechanical Engineering classes, students use the Engineering Design Process to design, create, test, and refine a variety of machines and mechanical systems. Students learn basics of fluid mechanics, simple machines, and other design and engineering concepts while constructing roller coasters, egg-drop vehicles, and an incredibly fast air powered dragster they keep at the end of the course. A material fee of \$30 is due to the instructor on the first day of class.

7 Sessions \$130
Instructor: Engineering for Kids
396817 McNair, Ronald ES 1/26 M 5:30pm-6:30pm

Mechanical Engineering Class

Age 8-13: During the Mechanical Engineering classes, students use the Engineering Design Process to design, create, test, and refine a variety of machines and mechanical systems. Students learn basics of fluid mechanics, simple machines, and other design and engineering concepts while constructing roller coasters, egg-drop vehicles, and an incredibly fast air powered dragster they keep at the end of the course. There is a \$30 material fee due to the instructor on the first day of class.

6 Sessions \$150
Instructor: Engineering for Kids
396816 McNair, Ronald ES 1/26 M 3:45pm-5:15pm

Junior Aerospace Engineering: Taking to the Skies

Ages 5-7: The Junior Aerospace Engineering classes introduce our youngest engineers to fundamental concepts of aircraft and spacecraft design. Through open and focused exploration, students explore and construct airplanes, rockets, hot air balloons, and more.

6 Sessions \$120
 Instructor: Kids For Engineering
 389551 McNair, Ronald ES 10/7 Tu 5:15pm-6:15pm

Mad Science: Funky Forces

Ages 6-11. Through the course of Funky Forces and more, children will play engineer, chemist-and stunt pilot! Children will investigate physics fundamentals and bring their scientific minds to basic magic tricks. Your Mad Scientists will be shocked by what they learn about electricity, blown away by their experiments with air pressure, and swept away by the excitement of working with waves!. There is a \$30 material fee due to the instructor on the first day of class.

6 Sessions \$119
 Instructor: Ali Kilpatrick Mad Science
 396962 Germantown CRC 1/26 M 4:30pm-5:30pm
 396963 Ashburton ES 1/30 F 3:10pm-4:10pm

Mah Jongg for Beginners

Wondering what to do with your mothers Mah Jongg set? Rather than have it just take up space learn what they knew. Mah Jongg is a fun challenging game, and a great way to make new friends. Today's rules, strategies and etiquette will be taught. This class will take the newcomer to mah jongg through understating the tiles, using the Mah Jongg card and rules of play. Meet other players or form your own group. National Mah Jongg league cards will be provided at the first day of class. A material fee of \$8 will be due to the instructor.

4 Sessions \$80
 Instructor:
 396804 Potomac CRC 1/21 W 7:00pm-9:00pm

NEW 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 \$135
 397404 Komodo 1/8 Th 5:30pm-7:30pm
 397435 Komodo 1/9 F 5:30pm-7:30pm
 397403 Komodo 1/10 Sa 2:00pm-4:00pm
 397439 Komodo 1/10 Sa 10:00am-12:00pm
 8 Sessions \$135
 397401 Matsunaga ES 1/6 Tu 3:30pm-4:30pm
 397402 Marshall, Thurgood ES 1/8 Th 3:30pm-4:30pm

Lego Robotic Vehicles

Ages 8-14: Powered by the LEGO MINDSTORMS Education NXT Base Set and Software, our Lego Robotics class combines the exciting world of Lego with programming to manipulate and program your own personal robot. Learn how to use the simple, but powerful software to create commands with drag and-drop visual programming. Configure different sensors that track motion, light, & touch to create the ultimate robot! Students will work together as a small team of young engineers to build then program their designs. This class is great for children who are hands on and like working together in teams.

5 Sessions \$165
 Instructor: C3 Cyber Club
 397361 Potomac CRC 1/7 W 7:15pm-8:15pm

Junior City Robotics

Ages 5-7: This class is a perfect mixture of fun and learning, using LEGO WeDo Robots. Using LEGO bricks, students build a Helicopter, Wind mill, Airplane, Lift, and more. They also learn how to program and operate their creations using a laptop computer.

6 Sessions \$160
 Instructor: Engineering for Kids
 396900 Gibbs, William B. ES 1/20 Tu 5:30pm-6:45pm
 397810 Darnestown ES 1/22 Th 5:30pm-6:45pm
 396815 Matsunaga ES 1/23 F 5:30pm-6:45pm
 396901 Potomac CRC 1/24 Sa 10:45am-11:45am

Jr. Lego Robotics Sports

Ages 6-9: Powered by the LEGO Education Wedo Base Set and Software, our Jr. Lego Robotics class combines the exciting world of Lego with programming to manipulate and program your own personal robots. This class is tailored to younger children who want to learn the basics of visual programming. Students create commands for their robots to follow by using an application with a drag-and-drop interface that is visually simple to use, but capable of complex instructions. Students learn the importance of teamwork by working together with a partner in order to accomplish the build assignment for the day. Bring out your inner engineer today!

5 Sessions \$189
 Instructor: C3 Cyber Club
 397362 Potomac CRC 1/7 W 6:00pm-7:00pm



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SPORTS *Pages*

INSTRUCTIONAL SPORTS

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.

10 Sessions \$115

Instructor: Gitty Mohebban

397836 Frost, Robert MS 1/12 M 5:30pm-6:30pm

397837 Clemente, Roberto MS 1/14 W 5:30pm-6:30pm

397838 Parkland MS 1/16 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.

10 Sessions \$115

Instructor: Gitty Mohebban

397840 Frost, Robert MS 1/12 M 6:30pm-7:30pm

397841 Clemente, Roberto MS 1/14 W 6:30pm-7:30pm

397842 Parkland MS 1/16 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.

10 Sessions \$115

Instructor: Gitty Mohebban

397843 Frost, Robert MS 1/12 M 7:30pm-8:30pm

397844 Clemente, Roberto MS 1/14 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.

10 Sessions \$115

Instructor: Gitty Mohebban

397845 Parkland MS 1/16 F 7:30pm-8:30pm

SPORTS SKILLS

Baton 1 Beginner

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

8 Sessions \$50

Instructor: Julianna Duda

396786 Clemente, Roberto MS 1/5 M 5:45pm-6:30pm

396787 Damascus CRC 1/7 W 5:00pm-5:45pm

396788 Olney ES 1/8 Th 6:00pm-6:45pm

396789 Clarksburg ES 1/8 Th 5:15pm-6:00pm

Cheerleading

Ages 6-9: Basic beginning cheerleading skills will include motions, formations, chants, and cheers, with simple stunts and dance. Skills build confidence, self-esteem, coordination, and team work. Poms will be supplied for use at class.

9 Sessions \$154

Instructor: Lori Zagami

397367 Olney ES 1/13 Tu 5:00pm-6:00pm

Table Tennis/Ping Pong

Ages 7-12: Come and learn to play table tennis or improve your table tennis skills from professional coaches at the Maryland Table Tennis Center. Table tennis is not only a fun and safe way to exercise, but it also helps kids develop quickness & agility, and improve their hand-and-eye coordination, concentration, mental strength and much more! The class will cover all aspects of table tennis, including the strokes (forehand, backhand, pushing, blocking, looping, smashing), footwork, and serving. Students will also learn the rules and about the various types of equipment. Classes will be roughly 2/3 instructional, 1/3 organized games. Material fee of \$10 due to the instructor on the first day of class.

5 Sessions \$85

Instructor: Maryland Table Tennis Center

396809 MD. Table Tennis Center 1/8 Th 6:00pm-7:00pm

396810 MD. Table Tennis Center 2/19 Th 6:00pm-7:00pm

Floor Hockey Class

Ages 7-10: Students will learn proper stick handling, shooting, defense, dodging and various techniques designed to teach the basic fundamentals of floor hockey in a fun, safe and structured atmosphere.

11 Sessions \$100

Instructor: Kaizen

398055 Bamsley, Lucy ES 1/7 W 4:00pm-5:00pm



BASKETBALL

Coach Rich Basketball For Ages 7-9

Ages 7-9: This program for boys and girls is appropriate for all experience and skill levels. This program will teach basketball as a game of specific fundamentals, each with its own name, technique and purpose. Each one-hour class is divided into two, 30-minute halves. 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 of each class will be live play, allowing players to apply these fundamentals within real game scenarios. This program equally combines fundamental instruction with live game action!

10 Sessions \$140
 Instructor: Rich Sandler
 397397 Plum Gar CRC 1/14 W 6:00pm-7:00pm

Coach Rich Basketball For Ages 10-13

Ages 10-13. This program is the next step for players that have at least some experience and conceptual understanding of basketball; however, this program is absolutely appropriate for all skill levels. Each one-hour class is divided into two components. The first component will focus on fundamental skill building, 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.

10 Sessions \$140
 Instructor: Rich Sandler
 397398 Plum Gar CRC 1/14 W 7:00pm-8:00pm

MD Sports Hoop Star Basketball Clinics

Grades K-5: Jazz Perazic's MD Sports presents a program designed to provide participants with fundamental basketball skills instruction, as well as exposure to how the game is played through drills and controlled scrimmages. Our goal is to teach a basic understanding of the game in a fun environment in preparation for and support needed 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
 397476 Olney ES 1/14 W 3:45pm-4:45pm

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
 397474 Kingsview MS 1/16 F 7:00pm-9:00pm

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
 397467 Oakland Terrace ES 1/15 Th 6:00pm-7:00pm

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
 397371 Wisconsin Place CRC 1/12 M 4:00pm-5:00pm
 397372 Clarksburg ES 1/12 M 4:00pm-5:00pm
 397369 Stonegate ES 1/14 W 3:15pm-4:15pm
 397375 Sligo Creek ES 1/15 Th 3:30pm-4:30pm
 397370 Potomac ES 1/16 F 3:30pm-4:30pm
 397376 Woodlin ES 1/16 F 3:15pm-4:15pm

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 \$158
 Instructor: Dobre Gymnastics
 397889 Dobre Gymnastics 1/16 F 7:00pm-8:00pm

Gymnastics-Boys

Ages 6-11: Introduction to gymnastics for boys. Utilizes all apparatus including floor, balance beam, vault, uneven bars and trampoline. Examples of skills: Cartwheel, Round off, Walkovers.

8 Sessions \$158
 Instructor: Dobre Gymnastics
 397880 Dobre Gymnastics 1/17 Sa 1:00pm-2:00pm

Gymnastics-Girls

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

8 Sessions \$158
 Instructor: Dobre Gymnastics
 397883 Dobre Gymnastics 1/17 Sa 1:00pm-2:00pm

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





Call for Availability.

Also Check Out Basketball
Classes & Clinics on Page 61.

HOOP IT UP THIS WINTER!

- Instructional Basketball • Grades K-2
- Youth-Kids Leagues • Grades 3-8
- Rising Star Leagues • Grades 5-8
- High School Leagues • Grades 9-12
- Adult & Senior Leagues • Team Registration Only

Programs located throughout Montgomery County

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





Active Adult Programs 55+

WINTER 2014-2015

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 240-777-4980 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



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.

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 and events. Montgomery College Lifelong Learning classes offer everything from lectures on current events to Art History and Art Appreciation classes at a number of locations. 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 Seniors

Various Days(Sports & Exercise Emphasis)
Bauer Drive Community Recreation Center
14625 Bauer Drive
Rockville, MD 20853
240-777-6922

Clara Barton Seniors

Mon. & Wed. 10:30am-3:00pm
Clara Barton Neighborhood Recreation Center
7425 MacArthur Blvd.
Cabin John, MD 20818
240-777-4910

Clarksburg Seniors

Wednesdays
Clarksburg Recreation Center
22501 Wims Road
Clarksburg, MD 20871
301-916-3899

Coffield Seniors

Tues. & Thurs. 10:00am-1:00pm
Gwendolyn Coffield Community Recreation Center
2450 Lyttonville Road
Silver Spring, MD 20910
240-777-4900

East County Seniors* +

Tues. & Fri. 10:00am-2:00pm
East County Community Recreation Center
3310 Gateshead Manor Way
Silver Spring, MD 20904
240-777-8093

Germantown Seniors+

Mon. & Thurs. 10:00am-2:00pm
Germantown Community Recreation Center
18905 Kingsview Road
Germantown, MD 20874
240-777-8098

Lawton Chase Seniors

Mon. & Wed. 10:00am-2:00pm
Jane E. Lawton Community Recreation Center
4301 Willow Lane
Chevy Chase, MD 20815
240-777-6855

Longwood/Olney Seniors

Mon. & Wed. 10:00am-2:00pm
Longwood Community Recreation Center
19300 Georgia Avenue
Brookeville, MD 20833
240-777-6920

Mid-County Seniors*

Tues. & Thurs. 10:00am-2:00pm
Mid-County Community Center
2004 Queensguard Road
Silver Spring, MD 20906
240-777-6820

Plum Gar Seniors

Tues. & Fri. 10:00am-2:00pm
Plum Gar Community Recreation Center
19561 Scenery Drive
Germantown, MD 20876
240-777-4919

Potomac Seniors

Tues. 10:00am-2:00pm & Fri. 10:00am-1:00pm
Potomac Community Recreation Center
11315 Falls Road
Potomac, MD 20854
240-777-6960

Praisner Seniors* +

Tues. & Thurs. 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 +

Wed. & Thurs. 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.

SENIOR EXERCISE CLASSES AT COMMUNITY CENTERS

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

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 • 10:45am-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 • 8:30am-9:15am and 9:30am-10:15am

T, Th • 9:00am-9:45am; Sa • 9:30am-10:15am

Wheaton NRC

M, W • F 11:00am-11:45am

White Oak CRC

T, F • 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 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

Pilates @ 50

Jane E. Lawton Community Recreation Center

Thursdays • 11:00am-11:45am

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

Zumba Gold

Jane E. Lawton Community Recreation Center

Tuesdays • 11:00am-11:45am

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 3pm Monday through Friday. For those wanting more flexibility, a full Exercise/Weight Rooms Membership is available. Call 240-777-4980 for details.

The Senior Sneakers Program is available at the following Community Centers:



CLARA BARTON NRC

EAST COUNTY CRC

LONGWOOD CRC

POTOMAC CRC

WHITE OAK CRC

BAUER DRIVE CRC

GERMANTOWN CRC

MARILYN J. PRAISNER CRC

SCOTLAND NRC

WISCONSIN PLACE CRC

COFFIELD CRC

LAWTON CRC

MID-COUNTY CRC

UPPER COUNTY CRC

DAMASCUS CRC

LONG BRANCH CRC

PLUM GAR CRC

WHEATON NRC



55+ ACTIVE ADULT PROGRAMS

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.

BAUER DRIVE COMMUNITY RECREATION CENTER

14625 Bauer Drive
Rockville, MD 20853
240-777-6922

A variety of exercise and sports programs for seniors including Senior Fit, Tai Chi, volleyball and basketball are offered. Join Microflyers on Mondays & Wednesdays from 12:30-1:30pm, a model plane flying group inclusive to anyone interested. Participants must obtain a MCR Gym pass.

CLARA BARTON NEIGHBORHOOD RECREATION CENTER

7425 MacArthur Boulevard
Cabin John, MD 20818
240-777-4910

Every Monday and Wednesday "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 issue 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? Our Senior Sensations let us know and we make it happen.

Senior Shape Exercise Classes

Monday and Wednesday • 11:00am-11:45am
Senior Shape is provided by Suburban Hospital

Senior Weight Training

Fridays • 1:00-1:45pm
Senior Weight Training provided by Suburban Hospital

Bone Builders Exercise

Monday and Wednesday • 2:00pm-3:00pm

Blood Pressure Screening

Third Wednesday of every Month
Provided by Suburban Hospital

Board and Card Games,

Table Tennis, Pool

Available at the Center during open Hours

CLARKSBURG RECREATION CENTER

22501 Wims Road
Clarksburg, MD 20871
301-916-3899

Join the Clarksburg Seniors for a variety of enjoyable programs on Wednesdays from 11:00am-3:00pm.

GWENDOLYN E. COFFIELD COMMUNITY RECREATION CENTER

2450 Lyttonsville Road
Silver Spring, MD 20904
240-777-4900

55+ Program meets on Tuesday's and Thursday's from 10:00am-1:00pm. Coffield CC active adults enjoy Zumba Gold classes, computer classes, circuit training, health discussions, diabetes workshops, flu shot clinics, mini-trips, line dancing classes, pinochle, and open gym (basketball, walking & table tennis). Please call the Center for information on registration requirements, fees, etc.

Senior Sneakers Exercise Program

Available M-F until 3:00pm

Bone Builders

Tuesdays & Thursdays • 9:30am-10:30am

Senior Fit

Tuesdays & Thursdays • 10:30am-11:15am

Soul Line Dance

Thursdays
Beginners • 11:30am-12:30pm
Intermediate • 12:30pm-1:30am

EAST COUNTY COMMUNITY RECREATION CENTER

3310 Gatehead Manor Way
Silver Spring, MD 20904
240-777-8090

Along with exercise classes, weekly programs and social activities, several special activities are scheduled for this winter on Tuesdays & Fridays between 10:00am & 2:00pm.

GERMANTOWN COMMUNITY RECREATION CENTER

18905 Kingsview Road
Germantown, MD 20874
240-777-8095

A variety of fun activities are offered on Tuesdays & Fridays between 10:00am & 2:00pm including: luncheons, Mah Jongg, arts & crafts, health & wellness classes, lectures. Come make new friends!



Follow us on Facebook and Twitter!

LONGWOOD COMMUNITY RECREATION CENTER

19300 Georgia Avenue
Brookeville, MD 20833
240-777-6920

Tai Chi

Mondays • 9:00am

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 Exercise Class

Mondays & Wednesdays • 11:00am

Mondays & Wednesdays • 2:00pm

Relies upon weight training and balance exercises to protect against fractures caused by osteoporosis by increasing muscular commitment, muscular strength, balance and bone density. All participants must pre-register. 2 day per week commitment is mandatory.

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

JANE E. LAWTON COMMUNITY RECREATION CENTER

4301 Willow Lane
Chevy Chase, MD 20815
240-777-6855

The Lawton Active Adult Program provides a variety of programs and services to individuals 55 and over. Highlight for the winter are the programs we do in partnership with Suburban Hospital. These include:

Zumba Gold

Tuesdays • 11:00am-11:45am

9/16/14 thru 10/14/14 • \$50 for the 5 week session.

Senior Shape Weight Training

Tuesdays and Fridays • 12:15pm-1:00pm

10/3/14 thru 12/19/14 • \$30.

Pilates @ 50

Thursdays • 11:00am-12:00pm

11/6/14 thru 12/18/14 • \$54 for 6 classes

We also offer a Recreation Department class entitled:

Intro to Bone Builders

Tuesdays and Thursdays • 9:15am-10:15am

FREE but limited to 20 participants.

MID-COUNTY COMMUNITY RECREATION CENTER

2004 Queensguard Road
Silver Spring, MD 20906
240-777-6820

Exciting program offerings including: soul line dancing, chair aerobics, Tai Chi, Bone Builders, Zumba Gold, movies, bridge and much more.

PRAISNER COMMUNITY RECREATION CENTER

14906 Old Columbia Pike
Burtonsville, MD 20866
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





Both the Bone Builders and Senior Fit programs are helping me to recover my health more efficiently and long-term.

-customer survey

PLUM GAR COMMUNITY RECREATION CENTER

19561 Scenery Drive
Germantown, MD 20876
240-777-4919

The Plum Gar Active 55+ Program offers a variety of activities that keeps our seniors happy, active, and involved! Our program runs Tuesday and Friday, from 10:00am until 2:00pm. 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
10:00am • 2:00pm

Thursdays

Chinese American Senior Services Association (CASSA)
10:00am-2:00am

Tai Chi
10:30am-11:45am

Chinese/ESL Classes
10:00am-11:45am

Ballroom Dancing/karaoke
10:00am-11:45am

Table Tennis
10:00am-2:00pm

Friday's Health and Wellness Workshops
10:00am-12:00pm

Active 55+ Open Gym Activities
1000am-2:00pm

POTOMAC COMMUNITY RECREATION CENTER

11315 Falls Road
Potomac, MD 20854
240-777-6960

The Potomac Community Center provides a daily variety of programs and classes for active adults. These include Bone Building, Tai Chi, and other exercise classes. Advanced registration is required. Call the center for more information.

Holiday Party

December 12 • 12:00pm-1:30pm
Music, dance, raffles, food and beverages

Cupids & Cupcakes Valentine's Luncheon

Friday, February 13 • 12:00pm-1:30pm
Music, dance, raffles, food, cupcakes, and beverages

ROSS BODDY/SANDY SPRING COMMUNITY RECREATION CENTER

Longwood Community Recreation Center
19300 Georgia Avenue
Brookeville, MD 20833
240-777-6920

Now being held at Longwood Community Recreation Center, senior activities such as bingo, Tai Chi, dominoes and social conversation are offered.

WHEATON NEIGHBORHOOD RECREATION CENTER

11711 Georgia Avenue
Wheaton, MD 20902
240-777-8057

Several programs are offered on a regular basis for seniors 55 and over, including: volleyball, Senior Fit and Bone Builders.

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
399005	Longwood	1/5	M, W	11:00am-12:00pm
399017	Longwood	1/5	M, W	2:00pm-3:00pm
399006	Clara Barton	1/5	M, W	2:00pm-3:00pm
399007	Potomac	1/5	M, W	3:00pm-4:00pm
399008	Wisconsin Place	1/5	M, Th	10:00am-11:00am
399009	Wisconsin Place	1/6	T, Th	11:15am-12:15pm
399010	Jane E. Lawton	1/6	T, Th	9:15am-10:15am
399011	Gwendolyn Coffield	1/6	T, Th	9:30am-10:30 am
399012	Potomac	1/6	T, Th	9:00am-10:00am
399013	Potomac	1/6	T, Th	10:00am-11:00am
399014	Mid-County	1/6	T, Th	1:00pm-2:00pm
399015	Wheaton	1/6	T, Th	1:00pm-2:00pm
399016	White Oak	1/7	W, F	2:00pm-3:00pm

DAMASCUS SENIOR CENTER

9701 Main Street, Damascus, MD
240-777-6995

Hours: M-F • 9:00am-4:00pm

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.

Holiday Luncheon

Thursday, December 11, 2014 • Noon
The menu will be available at the reception desk one month prior to the event! Call the Damascus Senior Center for reservations. 240-777-6995
Price for the Meal age 55 – 59 is \$7.00.
60+ Donations requested.

Organ Grinder Lola

Thursday, December 11, 2014 • 1:00pm
Celebrating The Holiday Spirit with Christiana Drapkin as Organ Grinder Lola. Cost: FREE

Holiday Program Celebration

Thursday, December 18, 2014 • 1:00pm
There will be live singing, dancing, comedy and other fun activities. Please join us at this special time of year for some Holiday cheer. Cost: FREE

Valentine's Day Luncheon

Thursday, February 12, 2015 • Noon
The menu will be available at the reception desk one month prior to the event!
Call the Damascus Senior Center for reservations. 240-777-6995
Price for the Meal age 55 – 59 is \$7.00.
60+ Donations requested.

Senorita Sunshine

Thursday, February 12, 2015 • 1:00pm
The Damascus Senior Center will provide a wonderful entertainer for all the ladies for Valentines Day. Senorita Sunshine will make her first appearance this year. Cost: FREE



LONG BRANCH SENIOR CENTER

8700 Piney Branch Road, Silver Spring, MD
240-777-6975

Hours: 9:30am-2:30pm, M-F

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!

Transportation Provided

Free Transportation is provided to the Montgomery County Recreation Department Senior Centers, for residents aged 55 and older. Call 240-777-4980 to find out if you live within our pick up area. Follow up with a visit to the center, where you can sign up for lunch and a ride.

Jingle Bell Breakfast

Wednesday, December 18, 10:30 am.
Enjoy a delicious continental breakfast of veggies, bagels and muffins, spreads, pastries, juice, coffee and tea. No Charge

Learn To Crochet

Every Tuesday from 11 – 12
Craft Wiz Ellen Kwait shares her crochet skills with interested students of all levels. Bring your own crochet hook, for beginners (G-J), and we supply the yarn. Free

African American History Month

Join us in the month of February for a series of events in recognition of Black History Month, including films, guest speakers, poetry readings and more. The culminating event will be a program and catered lunch on Thursday, February 26 • 11:00am-2:00pm. \$5.00

January is Exercise Month at Long Branch Senior Center!

Start the New Year by working towards your fitness potential!! Every M – F in January, we will offer one or more free exercise classes adaptable to all levels:

Mondays

10:00am-12:00pm Instruction On How To Use Weight Room Equipment.
12:00pm-12:45pm Senior Fit

Tuesdays

10:15am-11:00am Stay Active & Move

Wednesdays

12:00pm-12:45pm Senior Fit
1:00pm-1:45pm Better Bones

Thursdays

12:00pm-12:45pm Zumba Gold

Fridays

10:00am-11:30am Tai Chi
10:15am-11:00am Stay Active and Move
1:00pm-2:00pm Better Bones





HOLIDAY PARK SENIOR CENTER

3950 Ferrara Drive, Wheaton, MD
240-777-4999

Hours: 8:45am-4:00pm, M-F • Wednesdays until 9:00pm except January & February

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.

Holiday Park Senior Center is open Wednesdays until 9:00pm except during January and February.

to provide active seniors with a variety of classes and programs.

The Exercise Room will open for use during this extended period. Some of the classes planned are Zumba, Tai Chi, Yoga, Drawing, Digital Photography, English as a Second Language, and foreign language training.

The Center will also offer health and wellness talks, 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.

¡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.

Dance Club Friday

Live music to get your toes tapping!

Light refreshments are served at the break.

Dances are from 1:00pm-3:00pm.

The fee is \$5.00 at the door, HPSI members pay \$3.00.

Mike Surratt
November 14

Take Two Music
November 21

Retro Rockets
December 5

Mike Surratt
December 12

Dynamite
Disco Party
with Seniorita Sunshine
January 2

Retro Rockets
January 16

Night & Day Band
January 30

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

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 Community Facilities & Programs Team at 240-777-4924 for more information.



“Daily Show” Program Highlights

Every weekday at Holiday Park we offer the “Daily Show” at 1:00pm. A variety of enrichment topics or events are offered including music, dance, theater, history, culture, literature, and health education. Be sure to check our monthly newsletter for daily topics. Some may require a nominal fee or pre-registration.

Andrew Wyeth, Looking Out, Looking In Major Exhibition at the National Gallery

November 19 • 1:00pm-2:00pm Free
American master Andrew Wyeth's haunting *Wind from the Sea* is considered one of his most important works. In addition to *Wind from the Sea*, other major Wyeth works using the theme of windows will be featured, reflecting the people and landscapes of the two worlds he lived in, Chadds Ford, Pennsylvania and Maine. This program will take you on “armchair tour” of the show, providing highlights and insights.

Tango

Music of the Piazzolla brought to us by Isis, featuring Amy Thomas and pianist Fabian Faccio. and Oh! Those Ladies!

December 9, 11, 16 & 23 • 1:00pm-2:00pm Free
Join Irv Chamberlain on a tour of the distinctive female singers in American music history from Ella, Billie and Sarah up to today's reign of Streisand and Diana Krall. Featuring the blues, the Flapper era, Swing, balladeers, scat, soul and Broadway show singers; all will be presented with their differences in style, technique and interpretation. A fun tour! As always, audience sharing of memories would be strongly encouraged.

Mark Hanak, Music is the Best Medicine!

January 9 • 1:00pm-2:00pm Free
Join singer & pianist Mark Hanak as he warms heart and soul with upbeat music to help us all get through cold winter days! Sing-along & dancing is strongly encouraged!

Zoomobile

January 20 • 1:00pm-2:00pm \$10
The Maryland Zoo of Baltimore is bringing the Zoomobile to Holiday Park for a fun, interactive and educational experience featuring live animals and Animal Ambassadors. Special Intergenerational Event! Space is limited to 100 individuals. Grandparents and their school-age grandchildren are invited to attend ... it's a day off from MCPS! Tickets must be purchased in advance beginning January 2 at the center. \$10 per adult-one child admitted for each adult ticket.

Holiday Park Happy Hour!

January 29 • 1:00pm-2:00pm FREE
Join us for mock-tails (i.e. sparkling lemonade) and meet the staff, instructors and volunteers of Holiday Park. This is an informal drop-in event to give you an opportunity to learn about upcoming events and programs and meet new friends.

Chinese New Year Celebration

February 19--stay tuned for more details!



Wednesday Evening Programs

Antiques & Jewelry Road Show

November 12 • 6:30-7:30 pm
Bring: jewelry, clocks & watches, coins, silver, paintings/prints, china, glass, figurines, toys, and documents. (no stamps please!) Receive your appraisal from NovaGold, llc.

A Very Special Holiday Party

November 19 • 6.30pm-8.30pm

Survival Guide for First Time Grandparents

November 19 • 6:00pm-9:00pm \$75

Presented by: Suburban Hospital

Prevent Abuse: What You Should Know

November 19 • 6:30pm
Presented by: Montgomery County Police Dept., Elder/Vulnerable Adult Abuse Unit

Are you ready for retirement?

Retirement Planning 101

December 10 • 6:30pm-8:00pm
Presented by: Sandy Spring Bank



MARGARET SCHWEINHAUT SENIOR CENTER

1000 Forest Glen Road, Silver Spring, MD
240-777-8085

M-F: 8:15am-4:00pm, Sat: 9:00am-3:00pm

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.....

Jesse Palidofsky:

One Man Band Extraordinaire

Monday, November 10 • 1:00pm
Back by popular demand – Jesse Palidofsky entertains you with the music from Ellington to Motown, Hoagy Carmichael to Rodgers & Hammerstein, Nat King Cole to Frank Sinatra to Hank Williams and beyond. Jesse brings toe-tapping music and ballads from the 1930's through the 1960's. with his one man band – accompanying his soulful vocals with tasteful piano, guitar and harmonica arrangements. An hour with Jesse will get your heart singing! Admission free.

“Come To The Cabaret”

Vocalist Elaine Hughes

Accompanied by pianist Michael Terence

Monday, November 24 • 1:00pm
Elaine Hughes performs the music of Kander and Ebb, including songs from such hit shows as New York, New York, Chicago and a host of others. Enjoy a Broadway extravaganza right here in Silver Spring!!!! Free.

The Marvelous Music of the Seth Kibel Trio

Monday, December 15 • 1:00pm
Celebrate Chanukah, Christmas, and more, with award-winning multi-instrumentalist Seth Kibel. Seth has won a total of 25 Washington Area Music Awards (Wammies) including the awards for “Best Jazz Instrumentalist” and “Best World Music Instrumentalist.” Joining him for this concert will be guitarist and vocalist Vladimir Fridman, and renowned jazz and klezmer violinist Susan Jones.

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.

A Healthier and More Knowledgeable You....

HeartWell In Action

Every Wednesday, • 10:00am-2:00pm

Join our HeartWell Nurse, Leni Barry, and learn about the importance of maintaining a healthy blood pressure and strategies you can practice daily through diet, physical activity, and stress management to manage blood pressure and reduce your risk for heart attacks and strokes. A free community-based health promotion program focused on cardiovascular health and wellness through screenings, counseling and education programs.

On the first Wednesday of each month, Leni Barry will be sharing her extraordinary knowledge with educational life-health-seminars. See our 'Happenings' monthly newsletter or call the Reception Desk for more information on upcoming topics. Sponsored by Suburban Hospital/Johns Hopkins Medicine.

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.

AARP Driver Education Class

Monday, December 15 • 10:00am-3:00pm

A one-day classroom, safe-driving course which focuses on defensive driving. Pre-registration required at the Center or by mail. Make \$12.00 check to AARP. No cash please.

What you didn't know or perhaps you did and want to know more....

Estate Planning Principles:

Pulling the Pieces Together

Wednesday, November 12

Two Sessions • 9:30am • Noon

Presented by Philip Fish, CFP, Vice President for Estate Planning, will review a comprehensive plan to help coordinate estate planning, taxes, finances, and health care as they apply to individual's retirement years, period of illness, and more. Sponsored by Sandy Spring Trust. Free. Pre-registration required. Call 240-777-8085 to choose your session and reserve a seat. Space limited.

Taking Tea:

Tea Time Across The Centuries

Monday, December 1 • 10:30am

Learn about the history of the tea drink and taking tea as an afternoon snack or with the evening meal. Learn about the similarities and differences between high tea, and afternoon tea. Explore the history of the treats that go along with tea – the scone, the English Muffin, the crumpet and clotted cream. This presentation will be followed by the opportunity to taste hot tea, scones and short bread. Presented by Joyce White from A Taste of History. \$2.00 includes the tea and treats. Space limited.

Shape Up Now....

Building Blocks of Tai Chi

Thursdays, 11:15 a.m.

Hands-on instruction in Tai Chi, emphasizing body awareness, a "learning mind", and a sense of enjoyment. Free. Call Center for more information. Dates to be announced.

Senior Fit

Monday, Wednesday, 8:30 and 9:30 or Tuesday/Thursday, 9:00 and Saturday, 9:30.

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.

Some Like It Hot

Monday, November 17 • 1:00pm

When two musicians witness a mob hit, they flee the state in an all-female band disguised as women. Starring Marilyn Monroe, Tony Curtis and Jack Lemmon.

Driving Miss Daisy

Monday, December 1 • 1:00pm

The funny, touching and irresistible story of a working relationship that became a 25-year friendship. An elderly widow can no longer drive. Her son insists she hire a driver. She refuses to allow him to drive her at first, but Hoke slowly wins her over with his native good graces. Starring Morgan Freeman, Jessica Tandy & Dan Aykroyd.

The Bucket List

Monday, December 8 • 1:00pm

Mrs. Doubtfire

Monday, January 5 • 1:00pm

After a bitter divorce, an actor disguises himself as a female housekeeper to spend time with his children whom his former wife has been granted custody. Starring Robin Williams and Sally Field.

Sister Act

Monday, January 26 • 1:00pm

When lounge singer Deloris sees her mobster beau commit murder, she is relocated for her protection to serve as a nun in a convent. She is assigned to the convent's choir, and she soon turns it into a vibrant and soulful act. Starring Whoopi Goldberg, Harvey Keitel & Maggie Smith.

Silkwood

Monday, February 2 • 1:00pm

Based on the true story of Karen Silkwood who works at a nuclear facility. When Karen becomes concerned about safety practices at the plant, she begins raising awareness of violations that could put workers at risk. During her investigation she exposes herself to high levels of radiation. Starring Meryl Streep, Kurt Russell and Cher.

Tootsie

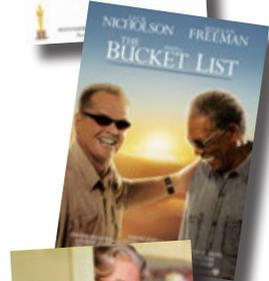
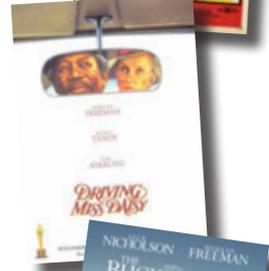
Monday, March 2, 1 P.M.

An American comedy-drama film that tells the story of a talented but volatile actor whose reputation for being difficult forces him to adopt a new identity as a woman to land a job in a soap opera. Starring Dustin Hoffman, Jessica Lange, Teri Gar and Bill Murray.

Notting Hill

Monday, March 16 • 1:00pm

William Thacker is a London bookstore owner whose humdrum existence is thrown into romantic turmoil when a famous American actress appears in his shop. A chance encounter leads to a kiss that blossoms into a full-blown affair. As the average bloke and movie star draw closer together, they struggle to reconcile their different lifestyles in the name of love. Starring Hugh Grant, Julia Roberts.





WHITE OAK SENIOR CENTER

1700 April Lane, Silver Spring
240-777-6944

Hours: 9:00am-3:00pm. M-F

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.

White Oak OPEN HOUSE Week

January 5-January 9

In honor of the New Year and new programming, all classes will be free of charge this week for demonstration purposes! Come, try something new!

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.

What is a CCRC?

Every Third Tuesday • 1:30pm-3:00pm

Beginning January 20th, we will have facilities of different levels of care come out and share their services. Our first Continuing Care Retirement Community will educate you on what services they can provide for you now or in the future.

Investment Classes

Monday, February 15 • 2:00pm-3:30pm

Most of us would like to be better investors. Come & sharpen your investment skills.

Which IPAD should I buy?

Do I even need one?

Tuesday, January 19 • 2:00pm-3:00pm

Did you get an IPAD for Christmas and don't know how to use it? Would you like to purchase an IPOD or tablet but are unsure on which one to get? Come in and solve the mystery of your new gadget.

White Oak Golden Award Ceremony!

Friday, March 20 • 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!

Full Body Stretch

Mondays • 10:15am-11:00am

Instructor: Shememe Williams

This 45 minute full body stretch class targets each specific muscle in your body and is created to relieve all stress and stiffness in your body. Class is performed on the floor and standing. Your muscles will thank you.

Beginners Computer Skills *

Tuesdays • 11:00am-12:00noon

January 13-February 3 • \$20.00 for 4 classes

Instructor: Sadie Pasha

Learn basic Parts of Computers, Terminology, and Hardware, use the Internet to Set-up an email account and password. Bring your laptop computer/ tablet and power cord.

Soul Line Dance

Thursdays • 10:00am-11:00am

January 13-February 26 • \$24.00 for 8 classes

Instructor: Peytrienne McCormick

Groove to some soulful music with "Pat" as she teaches "Soul Line Dancing" step by step. \$3.00 per class. Social Hall A & B.

Gentle Yoga

Mondays • 1:00pm-2:00pm

Gentle and slower paced practice to allow ease of participation for people of all sizes, ages, and fitness levels. Class removes fears or challenges in doing yoga, while assisting with stress reduction and weight management. Bring yoga mat, yoga block and blanket.

Better Balance

Thursdays • 11:00am-11:45am
 Instructor: Shememe Williams
 Low impact movements designed to help you improve your ability to control your balance more efficiently in your day-to-day activities. Social Hall B.

Meditation

Mondays • 4:00pm-6:00pm Instructor Guided
 Wednesdays • 2:00pm-4:00pm Instructor Guided
 Fridays • 2:00pm-4:00pm Self-Guided
 Relax with guided meditation. Bring a yoga mat, pillow or cushion and water.

Lifestyle Coaching Series

Thursdays • 11:30am-12:45pm
 Vegan Living Demonstration*
 Sessions share 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. Wellness Coaching* Group participants learn the benefits of lifestyle changes, such as healthy food choices and preparation. Each individual will come away with a better understanding of his or her health status and receive information on how to adopt healthier lifestyles to reduce the risk for developing chronic conditions.



SPECIAL ACTIVITIES AND EVENTS

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
 Senior Basketball
 Tuesdays & Thursdays • 9:00am-12:00pm

Open Gym:

Longwood Community Recreation Center
 Open Gym Sports
 Monday-Thursday • 12:00pm-3:00pm

Open Gym Volleyball:

Bauer Drive Community Recreation Center
 Senior Volleyball
 Mondays & Wednesdays • 10:30am-12:30pm

Mid-County Community Recreation Center

Senior Volleyball
 Fridays • 12:00pm-2:00pm

Wheaton Neighborhood Recreation Center

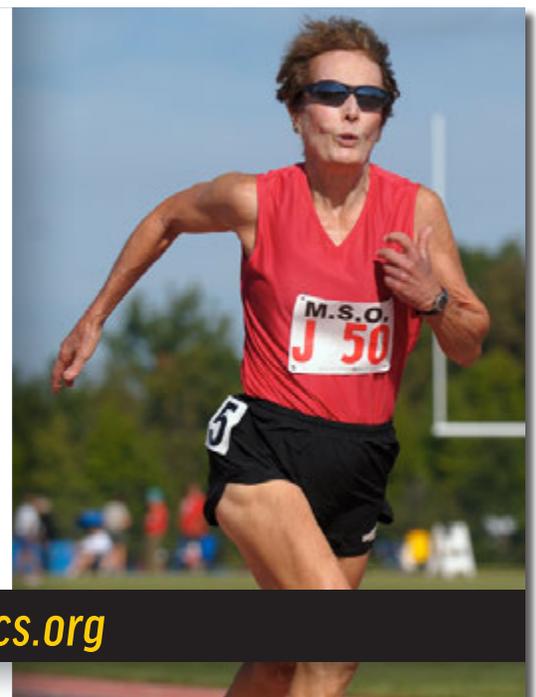
Senior Volleyball
 Mondays & Thursdays • 12:30pm-2:30pm



2015 Maryland Senior Olympics

The Maryland Senior Olympics will be hosted by Montgomery County in 2015, so mark your calendars now!

Events will take place at various locations throughout the 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 throughout the spring and early summer. Look for more details on specific activities in the Spring Guide.



visit www.mdseniorolympics.org

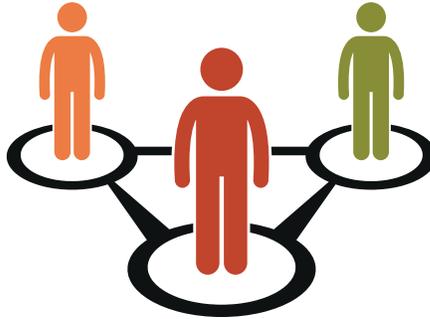


TEEN WORKS
MONTGOMERY COUNTY RECREATION

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



*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

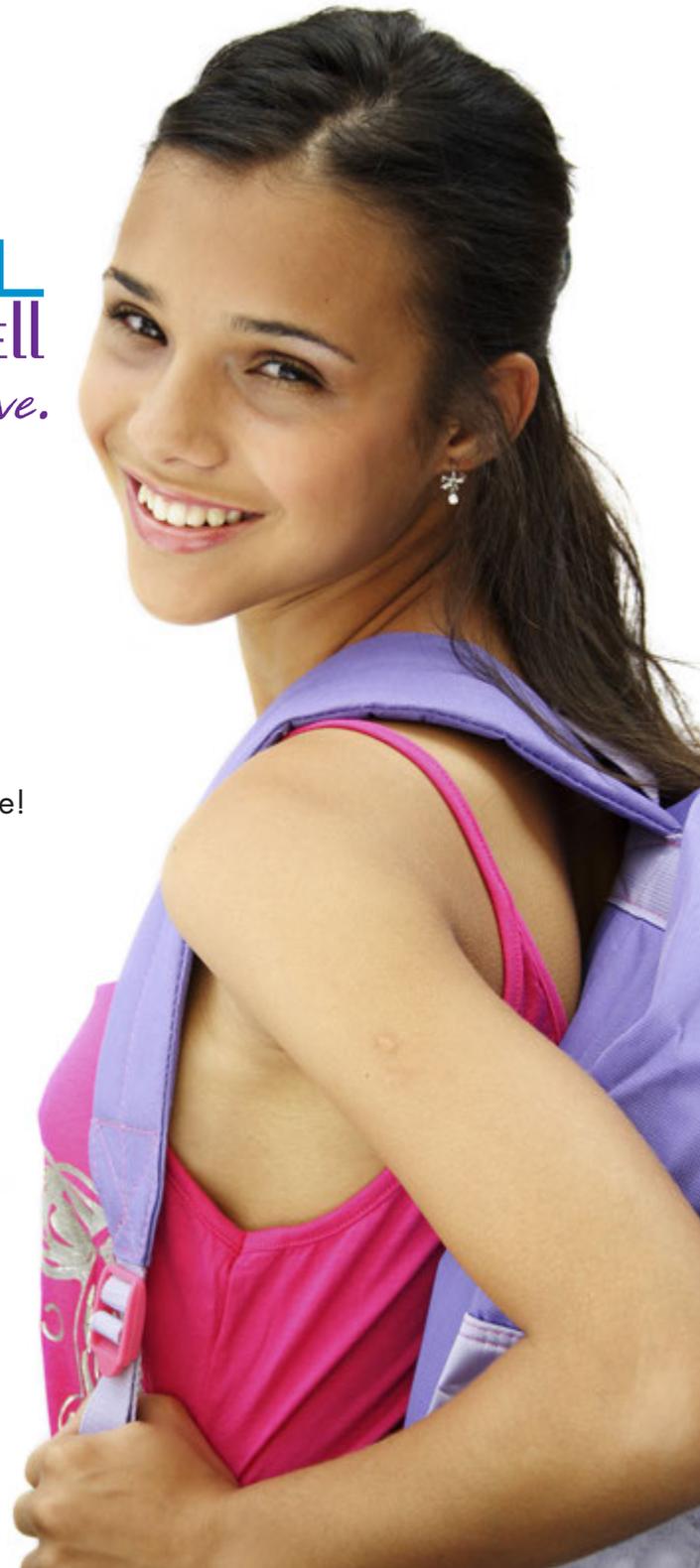
A. Mario Loiederman Middle School
Argyle Middle School
Col. E. Brooke Lee Middle School
Forest Oak Middle School
Roberto Clemente Middle School
Montgomery Village Middle School
Neelsville Middle School

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**.





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
394754 Plum Gar CRC 1/10 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
394737 Wheaton CRC 1/14 W 1:30pm-2:30pm
394739 White Oak CRC 1/15 Th 10:30am-11:30am
394740 White Oak CRC 1/15 Th 12:00pm-1:00pm

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

TR GYMNASTICS

Individuals age 4-6 or 7-12 (depending on class) on the Autism Spectrum or with Developmental Delay (depending on class). Using gymnastics related activities, our goal is to develop each individual child's perceptual-motor, gross-motor skills and motor planning skills, enhance general fitness and coordination, as well as increasing spatial awareness, balance, agility and self-esteem. Children must be able to follow 2-3 step directions. Parent participation may be required. Parent must stay on site for duration of class. No personal care provided. (ratio depends on class size: 6-10 participants per class)

3 Sessions				\$55
Ages 4-6				
394798	Dobre Gymnastics	1/23	F	6:00pm-6:30pm
394796	Dobre Gymnastics	1/24	Sa	1:00pm-1:30pm
394797	Dobre Gymnastics	1/24	Sa	1:45pm-2:15pm
394799	Dobre Gymnastics	1/27	Tu	3:30pm-4:00pm
Ages 7-12				
394800	Dobre Gymnastics	2/28	Sa	1:00pm-1:30pm
394801	Dobre Gymnastics	2/28	Sa	1:45pm-2:15pm
394803	Dobre Gymnastics	3/3	Tu	3:30pm-4:00pm
394802	Dobre Gymnastics	3/6	F	6:00pm-6:30pm

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
394762	Germantown CRC	1/11	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.

9 Sessions				\$90
394756	Holiday Park Sr Ctr	1/10	Sa	9:00am-9:45am
394757	Holiday Park Sr Ctr	1/10	Sa	10:00am-10:45am

BASKETBALL

Ages 18 & Up with disabilities: The 2015 League promises to be exciting. Enjoy playing 8 Games. Invite your family and friends to support and cheer you on to victory! Team Pre-Registration Required (minimum 8, maximum 15 per team). A registration form must be submitted for each participant. Each agency must provide a team manager/coach.

8 Games				\$40
397907	Mid County CRC	1/25	Su	12:00pm-2:30pm

SLOW 'N EASY AEROBICS

Ages 15 and 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
394777	Wheaton CRC	1/12	M	7:00pm-8:00pm
394779	Damascus CRC	1/15	Th	7:00pm-8:00pm
394780	Bauer Drive CRC	1/15	Th	7:00pm-8:00pm

TURN THE BEAT AROUND

Ages 13 and 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
394812	Upper County CRC	1/15	Th	7:00pm-8:00pm
394813	Wheaton CRC	1/15	Th	7:00pm-8:00pm
10 Sessions				\$50
394811	Holiday Park Sr Ctr	1/10	Sa	11:00am-12:00pm

TR YOGA BASICS

Ages 15 and 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				
394807	Bauer Drive CRC	1/13	Tu	4:30pm-5:30pm
394808	White Oak CRC	1/15	Th	1:30pm-2:30pm

TR ZUMBA

Ages 13 and 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
394810	Wheaton CRC	1/15	Th	6:00pm-6:50pm
10 Sessions				\$50
394809	Holiday Park Sr Ctr	1/10	Sa	10:00am-10:50am





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
394787 Wheaton CRC 1/9 F 7:00pm-9:30pm

JAMBOREE

Ages 6-10 with developmental disabilities. Bouncing balls, waving parachutes, music, building blocks and movement enhances social development and sharing skills in a structured setting. Participants are encouraged to use their words, should be able to follow simple instructions, understand basic rules, and toilet independently. Bring a bag lunch. 1 staff to 3 participants.

8 Sessions \$60
394753 Wheaton CRC 1/10 Sa 10:00am-1:00pm



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 assistance provided.

8 Sessions \$40
394733 MLK Swm Ctr 1/13 Tu 8:00pm-9:00pm
394734 Germantown ISC 1/14 W 8:30pm-9:30pm
394735 Olney Swm Ctr 1/16 F 7:00pm-8:00pm
394736 Olney Swm Ctr 1/16 F 8:00pm-9:00pm

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 \$50
394806 Kennedy Shriver Aq Ctr 1/15 Th 8:30pm-9:30pm

SEE PAGE 21 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.

Winter Membership only (January-March) \$40.00

WEEKENDERS CLUB

Adults, ages 21 and older with learning disabilities.
1 staff to 6 participants. Average 2-3 activities per month.

Winter Membership only (January-March) \$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

Winter Membership only (January-March) \$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.

MIX-MATCH PARTY

Dress in a fun combination of stripes, plaids, bright colors, two different shoes, different socks, etc. Prizes awarded for most creative attire.

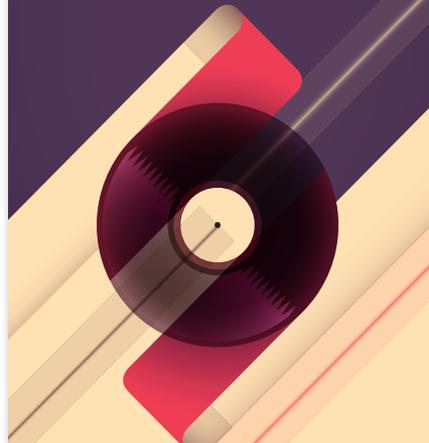
Saturday, January 15, 2014
7:00pm-10:00pm
Holiday Park Senior Center
Course #394790



Disco inferno Dance

Do the Hustle! Flashback to the 1970's-bright colored lights and disco balls!

Saturday, March 7, 2015
7:00pm-10:00pm
Holiday Park Senior Center
Course #394791



POLAR BEAR SWIM

Individuals with disabilities, their families and friends. Everyone is invited to enjoy an evening of water slides, floating in the leisure pool or relaxing in the spas! All attendants must Register and have swim attire to be on the deck. No personal care provided. Don't wait in line, pre-register!

Register and have swim attire to be on the deck. No personal care provided. Don't wait in line, pre-register!

Saturday, February 28, 2015
7:30pm-9:30pm
Germantown ISC
Course #399255
\$4.00 Per Person





SOAR

SENIOR OUT DOOR ADVENTURES IN RECREATION

COMING THIS SPRING

Cherry Blossom Cruise · Barnes Foundation Museum/ American Jewish History Museum · St. Mary's City "Safari" · Roads to Rails in Baltimore · Ed Bearss · John Brown & Harper's Ferry · and much more!



COMING THIS SPRING

- The Philadelphia Flower Show ·
 - "Moses" at Sight & Sound Theatre ·
 - Shenandoah Apple Blossom Festival ·
 - "Wicked" at the Hippodrome ·
 - "Book of Mormon" at the Kennedy Center ·
 - Ocean City Springfest ·
 - Grounds For Sculpture in Bloom ·
- and many more festivals and events!

feet

FAMILY ENTERTAINMENT
AND EXCITING TRIPS

FAMILY TUBING AT WHITETAIL MOUNTAIN RESORT

Snow Tubing is fun for all ages. It is even more fun in a group with your family and friends at Whitetail Adventure Snow Tubing Park. Snow Tubing is one of the fastest growing winter sports in America because everyone can do it! It is all the thrills of sledding without the long hike back up the hill! No lessons. No equipment. We provide the tube-you have the fun! Off to the side from the Ski Mountains, the snow tubing area offers 10 'groomed lanes'. All riders must be 5 years of age to ride the large runs. A special 'Kiddie' tubing run is available for children 2 to 4 years of age. Riders under 18 years of age must be accompanied by a parent/guardian. Dress appropriately, warm clothing including gloves, hat and winter footwear are advise. After some quality tubing slip inside and enjoy a food and beverage item on your own or stay by the fire pit on the outdoor patio. Price includes transportation and admission to the tubing park. Meals are on your own!

Fee: \$64
Trip number: 397647

Leave 8:30 am, Return 3:30 pm
Saturday, February 21

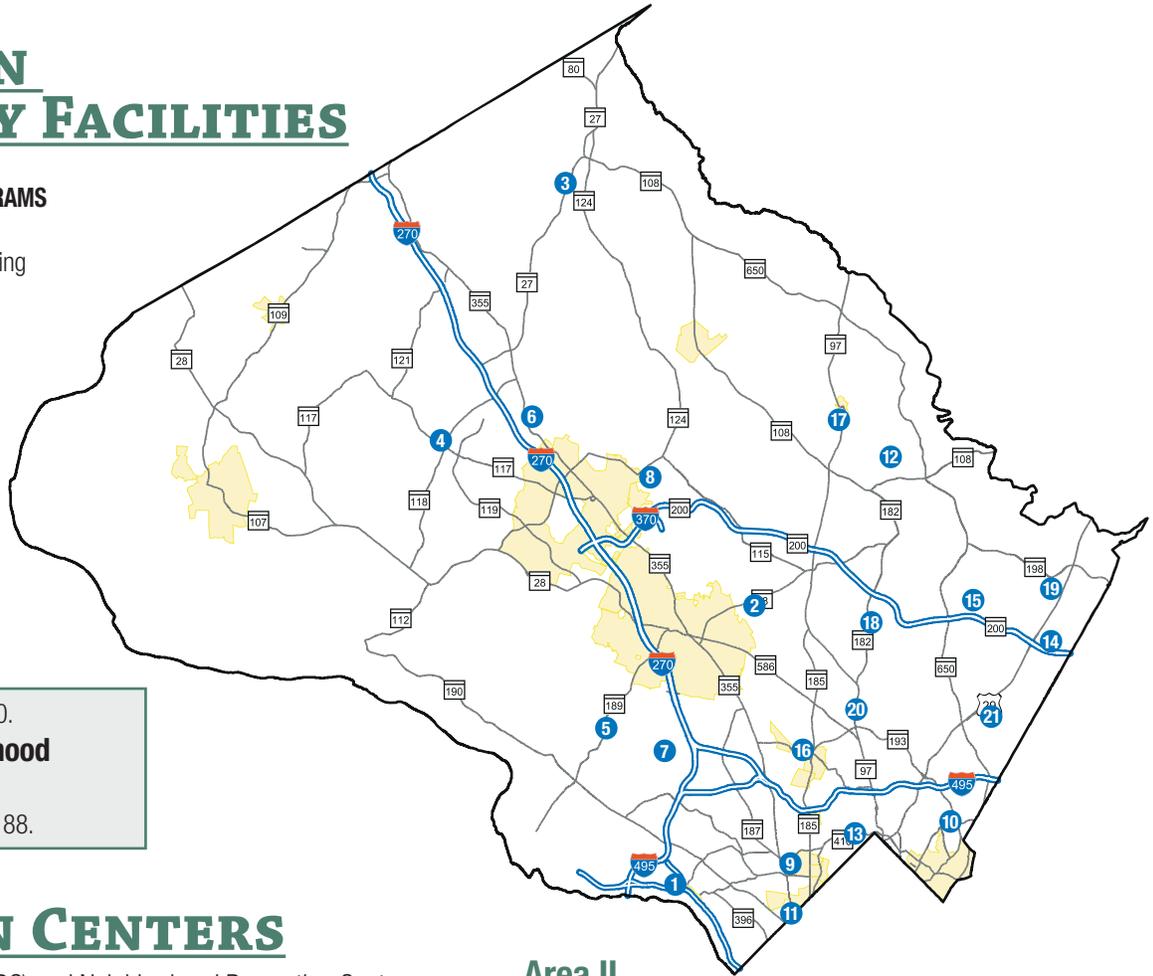
RECREATION COMMUNITY FACILITIES

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 10.
Senior & Senior Neighborhood Centers: See page 63.
Facility Locations: See page 88.

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, Silver Spring
- 13 Gwendolyn Coffield CRC** 240-777-4900
2450 Lyttonsville Road, Silver Spring
- 14 East County CRC** 240-777-8090
3310 Gateshead Manor Way, Silver Spring
- 15 Good Hope NRC** 240-777-8055
14715 Good Hope Road, Silver Spring
- 16 Ken Gar Center**
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



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 Bethesda ES..... 5011 Moorland LN, Bethesda, 20814
 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
 Darnestown ES..... 15030 Turkey Foot RD, Gaithersburg, 20878
 DuFief ES..... 15001 DuFief DR, Gaithersburg, 20878
 Gibbs, William B. ES..... 12615 Royal Crown DR, Germantown, 20876
 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
 McNair, Ronald ES..... 13881 Hopkins 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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 Clemente, Roberto MS..... 18808 Waring Station RD, Germantown, 20874
 Eastern MS..... 300 University BLVD, Silver Spring, 20901
 Frost, Robert MS..... 9201 Scott DR, Rockville, 20850
 Kingsview MS..... 18909 Kingsview RD, Germantown, 20874
 Montgomery Village MS..... 19300 Watkins Mill RD, Gaithersburg, 20879
 Neelsville MS..... 11700 Neelsville Church RD, Germantown, 20874
 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
 Tilden MS..... 11211 Old Georgetown RD, Rockville, 20852
 White Oak MS..... 12201 New Hampshire AVE, Silver Spring, 20904

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
 Johnson, Walter HS 6400 Rock Spring DR, Bethesda, 20814
 Wheaton HS..... 12601 Dalewood DR, Wheaton, 20906

Libraries

Davis Community Library 6400 Democracy BLVD, Bethesda, 20817
 Wheaton Regional Library 11701 Georgia AVE, Wheaton, 20902

Parks

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 Norwood Local Park..... 4700 Norwood DR, Chevy Chase, 20815
 Olney Manor Rec Park 16601 Georgia AVE, Olney, 20832
 Pilgrim Hills Local Park..... 1615 E Randolph RD, Colesville, 20904
 Quince Orchard Valley NP 12015 Suffolk TER, Gaithersburg, 20878
 Tanglewood Neigh Park 2868 Schubert DR, Colesville,
 Veirs Mill Local Park..... 4425 Garrett Park RD, Wheaton, 20906
 Wheaton-Claridge LP..... 11901 Claridge RD, Wheaton, 20902

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Bauer Drive CRC..... 14625 Bauer DR, Rockville, 20853
 Clara Barton CRC..... 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
 Good Hope CRC..... 14715 Good Hope RD, Silver Spring, 20905
 Gwendolyn Coffield CRC 2450 Lyttonville RD, Silver Spring, 20910
 Holiday Park Senior Center... 3950 Ferrara DR, Wheaton, 20906
 Jane E. Lawton CRC 4301 Willow LN, Chevy Chase, 20815
 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
 Mid County CRC 2004 Queensguard RD, Silver Spring, 20906
 Plum Gar CRC 19561 Scenery Drive, Germantown, 20874
 Potomac CRC 11315 Falls RD, Potomac, 20854
 Schweinhaut Senior Center... 1000 Forest Glen RD, Silver Spring, 20901
 Germantown ISC..... 18000 Central Park Cir, Boyds, 20841
 Kennedy Shriver AC 5900 Executive BLVD, N. Bethesda, 20814
 Martin Luther King SC..... 1201 Jackson RD, Silver Spring, 20904
 Olney Swim Center 16601 Georgia AVE, Olney, 20832
 Upper County CRC..... 8201 Emory Grove RD, Gaithersburg, 20877
 Wheaton CRC..... 11711 Georgia AVE, Wheaton, 20902
 White Oak CRC..... 1700 April LN, Silver Spring, 20904
 Wisconsin Place CRC..... 5311 Friendship BLVD, Chevy Chase, 20815

Other Facilities

Avant Garde..... 5268 M Nicholson LN, N. Bethesda, 20895
 Camp Olympia..... 5511 Muncaster Mill RD, Rockville, 20855
 Create Arts Center 816 Thayer AVE, Silver Spring, 20910
 Dansez! Dansez! 4907 Rugby AVE, Bethesda, 20814
 Dobre Gymnastics..... 9168 Gaither RD, Gaithersburg, 20877
 Golden School of Music 8004 A Norfolk AVE, Bethesda, 20814
 Krittr 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
 Restore Motion 5410 Edson LN # 350, Rockville, 20850
 Yoga Plus Bethesda 8200 Hamilton Springs CT, Bethesda, 20817
 Yoga Plus Potomac 9908 S Glen RD, Potomac, 20854



MONTGOMERY PARKS • WINTER 2014-2015



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- 111 Meadowside Nature Center

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REGISTRATION OPENS

...**NOVEMBER 14/15** for
Brookside Gardens Classes
Nature Center Classes
Golf at S. Germantown Driving Range

...**NOVEMBER 23/24** for
INDOOR TENNIS, *Winter I*

...**DECEMBER 20/21** for
ICE SKATING & HOCKEY, *Winter I*

...**JANUARY 19/20** for
INDOOR TENNIS, *Winter II*

...**FEBRUARY 15/16** for
ICE SKATING & HOCKEY, *Winter II*

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

Winter 2014-2015

Dear Montgomery County Resident,

I'm honored to serve as the new Montgomery County Planning Board Chair, and pleased to have the opportunity to speak to you through this Program Guide. My kids attend Parks camps every summer, have taken ice skating lessons at both Wheaton and Cabin John, and play basketball in the Recreation Department's winter leagues. Montgomery Parks' camps, classes, and activities are well-run, exciting programs that compare favorably to any private camp or instruction available anywhere.

Although it's tempting to hibernate in winter, I encourage you to brave the weather and get out to enjoy the excellent selection of things to do, see, and learn that are featured in this Guide.

Here are a few of the classes and activities that caught my attention:

- * The *Christmas Bird Count* with the naturalists at Black Hill Visitor Center (p.101) gives you the opportunity to be a "citizen scientist" and help the Audubon Society keep track of bird population trends. It's free; just sign up.
- * The *Garden Railway Exhibit* in the South Conservatory at Brookside Gardens (p.97) is a treat for kids (of any age) during the holiday season. This is free, too.
- * The "Family Science Night" at Brookside Nature Center (p.107) gives the whole family a chance to experience science (including astronomy, energy and light activities) in a real-time, first-hand way.
- * Locust Grove Nature Center has some great programs on dates when Montgomery County Public Schools are off: a *Winter Adventure Camp* (during Christmas break), Squirrel Appreciation Day, and a *Winter Carnival* (p. 109).
- * The *Family Geocaching Adventure* at Meadowside Nature Center (p.112) looks like fun to me.
- * I already mentioned how much my kids enjoyed ice skating—winter classes at Cabin John and Wheaton Ice begin on p.116. Both rinks also host *Holiday Skating Shows*, and are collecting Toys for Tots. See p.122-123 for details.
- * Learn or improve your tennis game at Pauline Betz Addie Tennis Center in Cabin John Regional Park, or Wheaton Indoor Tennis (p. 133). They also offer full-day activities on MCPS days off.
- * Hit balls and practice your short game at South Germantown Driving Range (open through December 31—see p. 131)
- * Did I mention the many miles of trails for hiking, biking (my favorite), and horseback riding? Visit MontgomeryTrails.org for maps and more info.

Stay warm, be safe, and have a wonderful winter in the Parks.

Casey Anderson
Chair, Montgomery County Planning Board and
Vice-Chair, Maryland-National Capital Park and Planning Commission

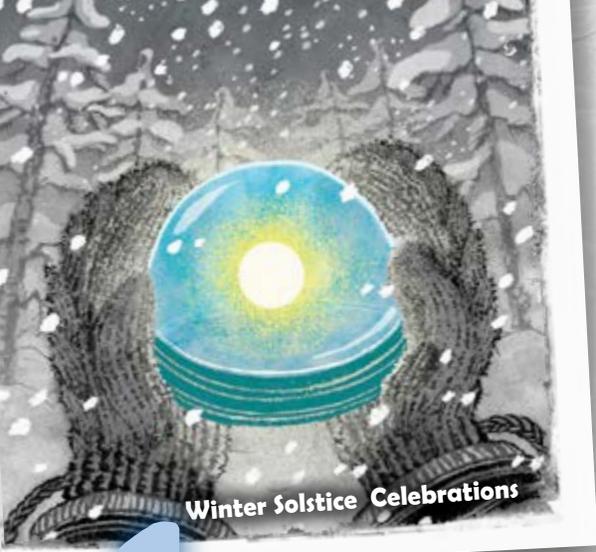
P.S. Like many of you, I'm disappointed that the "Garden of Lights" is cancelled this year. But the changes (included improved parking facilities, and more) will be worth it in the end. For more information on the Brookside Gardens Master Plan, visit www.BrooksideGardens.org

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 Winter

in Montgomery Parks



1

There's lots of fun to be had on the year's shortest day! Drumming, campfires, lanterns, chestnuts, marshmallows and more! At Brookside, Locust Grove and Meadowside Nature Centers. See p. 106 for details.

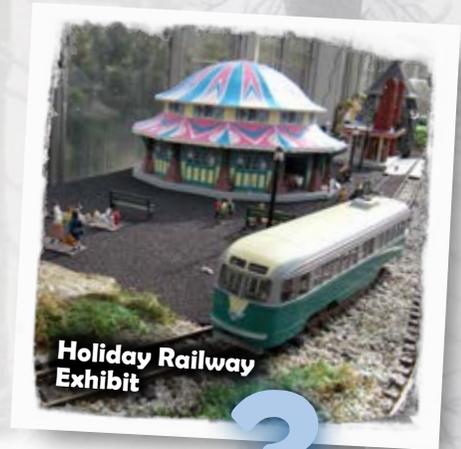
MontgomeryParks.org/Nature_Centers



2

Enjoy performances by the talented students of Cabin John Ice Rink and Wheaton Ice Arena at the rinks' annual holiday shows. Bring a toy for Toys for Tots! See p. 122-123.

CabinJohnIce.com | WheatonIceArena.com



3

A holiday favorite! See and hear trains and trolleys wind their way past detailed miniatures of Brookside Gardens, Wheaton Ice Arena, Glen Echo Park and more.

Runs November 28—January 11. See p. 97.

BrooksideGardens.org

School's out and you have to work. Bring the kids to Wheaton Indoor Tennis for Tennis & So Much More Days! They'll get a tennis lesson, play tennis, go ice skating at Wheaton Ice Arena, play games, and "so much more." Just \$40 for a full day (9am-5pm) of fun! See p.133.

WheatonTennis.com



4



5

Squirrel Appreciation Day at Locust Grove (p. 109), the Waterfowl Festival at Black Hill (p. 104), Maple Sugar Festival at Brookside Nature Center (p. 106), and Otus the Owl's Rockin' New Year Celebration at Meadowside (p. 111) are just a few of the special events planned for you this winter!

MontgomeryParks.org/Festivals

For more great events, visit MontgomeryParks.org/Festivals and MontgomeryParks.org/Events





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 Glenallen 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
301-563-7500 • 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
301-563-7500 • 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 Glenallen 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 Glenallen 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 Glenallen 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

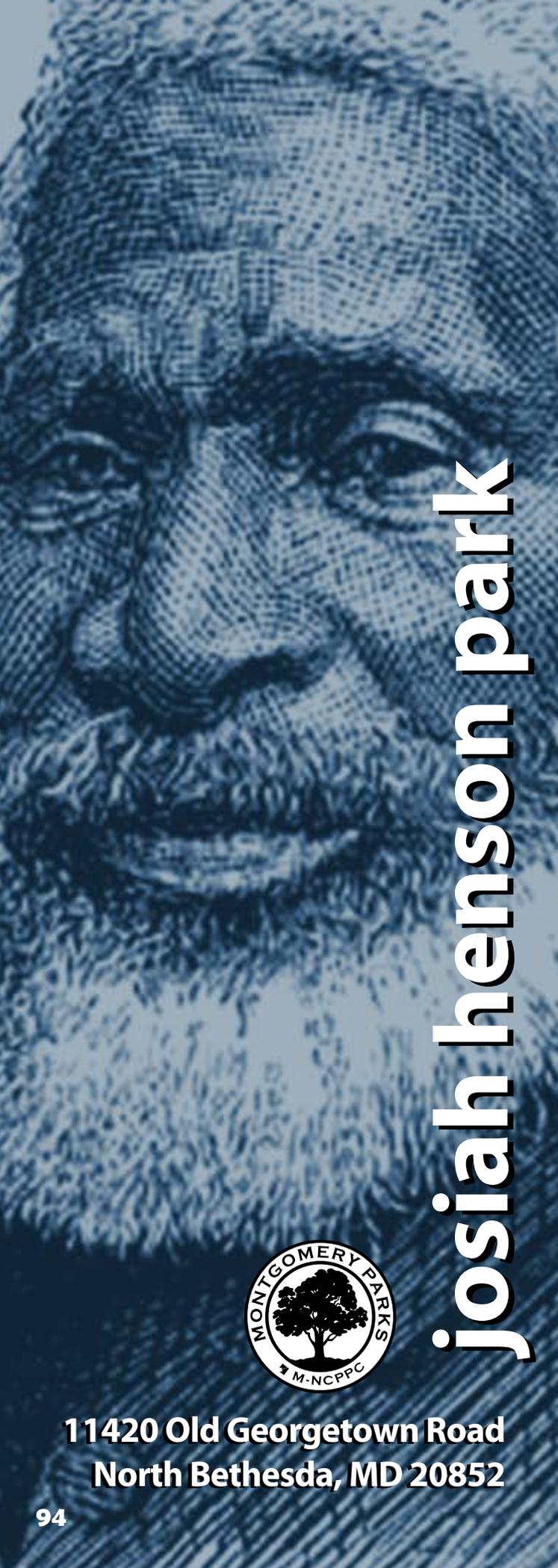
- To report maintenance issues or problems in a park:
301-670-8080
- To reserve a picnic shelter or Park Activity building:
www.ParkPermits.org
301-495-2525
- Athletic Field Rainout number:
301-765-8787
- Park Police: **301-949-3010**
- For info on a Montgomery Parks class or program:
301-495-2580
www.ParkPASS.org
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**



josiah henson park



**11420 Old Georgetown Road
North Bethesda, MD 20852**

Celebrate Black History Month

FREE GUIDED TOURS

Saturdays | February 7, 14, 21, 28

**“A Walk in Father Henson’s
Footsteps”**

Noon - 4:00 pm | Last tour begins 3:00 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. Learn about his extraordinary life, which inspired Harriet Beecher Stowe's landmark novel, *Uncle Tom's Cabin*.

SPOKEN WORD POETRY EVENT

Saturday, February 28

**Lyrical Rhythms: The Sounds of
Freedom**

3:00 - 4:00 pm | Free Admission

Close out our Black History Month celebration with our annual poetry event. Create and share your own "sounds of freedom" in the form of original poetry. Only self-guided tours are offered during the program. A reception with light refreshments immediately follows.

**HistoryInTheParks.org
301-650-4373**

Parking for Josiah Henson Park events is available **ONLY** at the Kennedy Shriver Aquatic Center, 5900 Executive Blvd., North Bethesda, MD 20852



1800 Glenallan Avenue • Wheaton, MD 20902
301-962-1400 • www.BrooksideGardens.org



Adult Programs

Holiday Air Plant Terrarium

Tillandsias are quite the popular houseplant these days, especially since they require no soil! Learn more about these tropical plants and other houseplants as you assemble a tillandsia holiday hanging glass terrarium creation to take home. Price includes one glass terrarium. Additional supplies may be purchased through the Marylandica Gift Shop. FOBG \$27
296399 All Ages 1 Class \$30 12/11 Th 1:00pm-2:30pm

Holiday Centerpiece

Join us to make a long-lasting, festive centerpiece using fresh greens surrounding a candle and adorned with seasonal decorations. Make one for yourself and one for a friend. Fee includes all materials for two centerpieces. FOBG \$44
296400 18 & up 1 Class \$49 12/16 Tu 10:00am-12:00pm
296401 18 & up 1 Class \$49 12/17 W 10:00am-12:00pm

Fairy Gardens

Create your very own, one-of-a-kind Fairy Garden to take home! Their miniature plants, tiny accessories and miniscule maintenance needs have helped make Fairy Gardens the newest craze in home gardening and décor. Additional accessories are available for purchase through the Marylandica Gift Shop. FOBG \$44
296449 18 & up 1 Class \$49 1/13 Tu 10:00am-11:30am
296450 18 & up 1 Class \$49 1/14 W 10:00am-11:30am



A du Pont Family Holiday

Celebrate the holidays by visiting two time-honored du Pont family estates. A rich family horticultural tradition (and nearly unlimited resources!) led to the development of several grand du Pont estates in the Brandywine Valley. Nemours Mansion & Gardens, the former home of A.I. du Pont, recently reopened after years of restoration work on the gardens and mansion. Longwood Gardens, a world-renowned horticultural display garden, celebrates the holidays like none other. Enjoy the festive holiday displays at Nemours, followed by a lovely dinner and evening light display at Longwood Gardens. Fee includes admission, tours, dinner and coach transportation. Please register by November 17.
296099 All Ages 1 Class \$145 12/3 W 9:00am-9:30pm

Terrarium Workshop

Joan O'Rourke, Friends of Brookside Gardens, has collected terrarium plants for years. Using some of her favorite miniature plants, you'll learn to combine different foliage colors and textures to build a great-looking, low-maintenance terrarium. FOBG \$44
296499 All Ages 1 Class \$49 2/10 Tu 10:00am-11:30am
296500 All Ages 1 Class \$49 2/11 W 10:00am-11:30am

Everything You Ever Wanted to Know about Pruning

(But Were Afraid to Ask) Want to learn how to get a shrub or tree to do what you want it to do? Come listen to staff experts Jim DeRamus and Stacy Parsons, and learn why you should prune, how and when to prune, and how to determine your pruning objectives based on structural corrections that can be achieved. Discover how plants respond to pruning, and how to prune in a way that's healthy for the plant. FOBG \$15
296549 All Ages 1 Class \$18 2/19 Th 10:00am-11:30am



Cooking Demonstrations

Join Brookside Gardens for this delectable series of cooking classes, focusing 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

Holiday Buffet

Get great ideas for the holiday buffet - from the start of the meal to the end. Also learn tips on how to stage the buffet table, how to keep things hot and what to avoid.
295402 18 & up 1 Class \$35 12/10 W 12:00pm-1:30pm

Winter Salads

Salads aren't just for summer! Learn new ways to use raw fruits and vegetables to boost your diet, and add flavor and texture to a sometimes bland season.
295403 18 & up 1 Class \$35 1/21 W 12:00pm-1:30pm

Hearty Casseroles

Whether you're eating in or bringing a dish to a friend or neighbor's for dinner, this class is sure to spark fabulous new ideas for memorable one-dish meals and sides with an attitude.
295404 18 & up 1 Class \$35 2/18 W 12:00pm-1:30pm



Brookside Gardens School of Botanical Art & Illustration

Value Study—D3

Prerequisite: Botanical Drawing—D2

Learn how to apply values to develop a wonderful sense of a third dimension on the flat drawing page. See your drawings come to life through careful observation and rendering of light and shade, and the use of tonal composition—a novel method of instruction designed for the school’s core curriculum to teach you how to set the tone (expression) of a botanical through the manipulation of values. Class meets December 6 and January 10.

Materials list available at www.BrooksideArtSchool.org
296751 All Ages 2 Classes \$245 12/6 & 1/10 Sa 9:00am- 4:30pm

Painting Basics—P1

Prerequisites: Drawing Basics—D1 and Value Study—D3, or equivalent knowledge and ability

Develop brush handling skills and watercolor techniques. Color study will include limited palette exercise sheets to help you hone your color observation skills, and select the three perfect pigments that you’ll blend to recreate the entire range of colors found in a specific plant. It’s magical! Consider design principles and apply botanical watercolor techniques in a final study of a fun arrangement of plant elements. Materials list available at

www.BrooksideArtSchool.org
296752 All Ages 4 Classes \$245 1/15 Th 10:00am- 1:30pm

Art in Graphite—A2

Prerequisites: Observe & Compose - A1 and Botany for Artists—B1, or equivalent knowledge and ability

Learn to creatively manipulate values to produce finely detailed, botanically accurate art suitable for exhibition. The art piece you create here will become a vital reference for a watercolor you’ll create in the next class,

Art in Watercolor—A3. Class meets January 24 and February 14. Materials list available at

www.BrooksideArtSchool.org
296799 All Ages 2 Classes \$245 1/24 & 2/14 Sa 9:00am- 4:30pm



Calligraphy for Botanicals: Pointed Pen

Add finesse to your botanicals and nature journals with calligraphy based on the elegant Copperplate style. Learn the basics for using various nibs, the oblique pen holder, and different inks. Explore the different strokes that underpin this style by practicing pen strokes on pre-lined paper; then progress to papers used for botanicals and other papers of your choosing, as well as papers provided. Learn how to lay out and place your lettering to enhance your botanical art. Time permitting, we’ll discuss and demonstrate lettering in color, too. By the end of class, you should have a better understanding of what goes into creating basic pointed pen labeling. Class program sheet available with registration. Materials List: www.BrooksideArtSchool.org. In addition, a lettering kit (\$55, supplied by the instructor) is required and must be purchased at the first class.

296756 18 & up 4 Classes \$210 2/6 F 10:00am- 12:30pm

Art in Watercolor—A3

Prerequisites: Botanical Painting—P2 and Botany for Artists—B1 and Observe & Compose—A1 and Art in Graphite—A2; or equivalent knowledge and ability

Produce botanical art in watercolor of a subject you studied in Art in Graphite—A2. Paint three useful color wheels according to the school’s approach to color mixing; learn detailing techniques for painting; and refer to the school’s invaluable handout on how and when to finish a botanical painting.

Materials list available at www.BrooksideArtSchool.org
296755 All Ages 4 Classes \$245 2/24 Tu 10:00am- 1:30pm



Children’s Programs

Flower Buds

On the second Monday of every month, treat your 3-5 year-old to gardening activities, stories, crafts and garden walks. Younger siblings are welcome, but the crafts are designed for older kids. Adults must accompany children.

296252 3-5yrs 1 Class \$5 1/12 M 10:30am-12:00pm

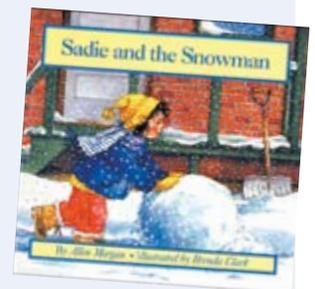
296253 3-5yrs 1 Class \$5 2/9 M 10:30am-12:00pm



FREE!

Brookside Gardens Storytime

Our popular Saturday storytimes encourage a child’s imagination and creativity. Each Saturday morning, we’ll read a different story, then do a hands-on craft.



No registration required – just show up!

For kids age 6 & under

10:00am-10:30am

Saturday, Nov. 8, 15, 22, & 29; Dec. 6 & 13

Even if the weather outside is frightful, the Conservatories at Brookside Gardens will be full of warmth and beauty, happy sounds and festive color during the holiday season.

In the South Conservatory Garden Railway Exhibit: *Sights, Sounds, Action!*

Friday, November 28-Sunday, January 11 | Open 10am-5pm daily* | Free

A holiday favorite! See and hear trains and trollies wind their way past detailed miniatures of Brookside Gardens, Wheaton Ice Arena, Glen Echo Park and more. Presented in partnership with the Washington, Virginia and Maryland Garden Railway Society.



In the North Conservatory WINTER CHEER

Saturday, December 6-Sunday, January 11 | Open 10am-5pm daily* | Free

A treat for the eyes and the nose on bleak winter days! Take in bold Poinsettias, fireworks flowers (*Clerodendrum quadriloculare*), Bouganvillea, sage (*Salvia*), silver and blue Plectranthus, white snapdragons, blue Browallia, purple Nicotiana, peppers and more.

*Closed on December 25. The Garden of Lights will return in 2015, after construction is complete.

Brookside
GARDENS

Green Matters 2015 Protecting Our Pollinators

Friday, February 27, 8:30am-4pm
Silver Spring Civic Building at Veteran's Plaza

We cannot survive without pollinators. An astonishing 80% of the world's plants require a pollinator (bees, birds, bats and more) to reproduce—plants that feed and shelter people, and are essential to the Earth's ecosystems. Habitat loss, pesticides, invasive species, and other factors threaten this crucial relationship between flora and fauna. Come together with the experts at this year's Green Matters to learn what you can do to protect our pollinators!

For more information, visit www.BrooksideGreen.org
To register, visit ParkPASS.org and enter Course #306499
Fee: \$89 before January 16; \$99 after January 16



Brookside
GARDENS



Deer Population Management

Deer Management
Operations 2014-15

ParksDeerManagement.org



These parks are closed 6pm - 6am, Jan. 10 to Feb. 28

- **Agricultural History Farm Park (Derwood)** *Including adjacent segments of Rock Creek Stream Valley Units 15 & 16*
- **Black Hill Regional Park [Day Use Area] (Boyd's)**
- **Cabin John Regional Park (Bethesda)**
- **Martin Luther King Jr. Rec. Park (Silver Spring)** **tentative*
- **Needwood Golf Course (Rockville)**
- **North Branch Stream Valley Park Units 2 & 3 (Norbeck)**
- **North Branch Stream Valley Park Unit 4 (Olney)**
- **Northwest Branch Recreation Park (Aspen Hill)** *Including Layhill Local Park in Wheaton*
- **Northwest Branch Stream Valley Park Unit 7 (Norwood)**
- **Northwest Golf Course (Wheaton)**
- **Paint Branch Stream Valley Park, Units 5&6 (Silver Spring)** *Including Paint Branch Neighborhood Park, Pilgrim Hill Local Park, Tamarack Neighborhood Park and Valley Mill Special Park* **tentative*
- **Red Door Store Historical/Cultural Park (Sandy Spring)** **tentative*
- **Rock Creek Regional Park (Rockville)**
- **Rock Creek Stream Valley Park Unit 2 (Chevy Chase)**
- **Rock Creek Stream Valley Park Unit 7 (Aspen Hill)**
- **Sligo Creek Golf Course (Silver Spring)**

- **Wheaton Regional Park (Wheaton)**
- **Woodlawn Special Park (Sandy Spring)**

These parks are closed sunrise to sunset on the dates noted

- **Blockhouse Point Conservation Park (Darnestown)** *November 12, 18 & 25; December 16*
 - **Bucklodge Forest Conservation, Little Seneca Unit 1, Black Hill Regional Park (Boyd's)** *December 19; January 2 & 23*
 - **Hoyles Mill Conservation Park (Boyd's)** *October 24, November 1, 7, 15 & 22 December 5 & 20; January 3, 10 & 24*
 - **Little Bennett Regional Park (Clarksburg)** *December 9, 10, 11 & 12*
 - **North Germantown Greenway (Clarksburg)/Great Seneca Stream Valley Park (Gaithersburg)** *October 29; November 5 & 19; December 17*
 - **Rachel Carson Conservation Park (Olney)** *October 27; November 3, 17 & 24*
 - **Woodstock Equestrian Park (Beallsville)** *October 25 November 8, 14 & 21; December 6; January 9*
- This park is closed to public access year-round*
- **Goshen Recreation Park (Goshen)**

PARKS ALERT

Get Park & Facility Closures,
Program and Event Cancellations,
and Athletic Field Notifications

Be the first to know! Sign up now at
www.MontgomeryParks.org





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.

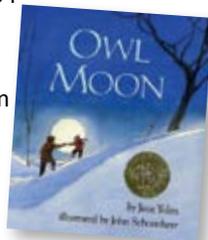
Storytime at Black Hill

Learn about the natural world through stories, hikes, crafts and other fun activities! FOBH \$4

Owl Moon

We'll read the story about a girl and her father who go out late one night in search of owls, and learn what makes owls so special.

302299 1-6yrs 1 Class \$5 12/13
Sa 10:00am-11:00am



Sleepy-Time Storytime

Put on your PJs and get cozy at the Visitor Center after dark for a special storytime about a long winter's nap—or as biologists call it, hibernation. We'll make our own bear cave and learn which animals in the park truly hibernate. Pillows welcome.

302300 1-6yrs 1 Class \$5 12/20 Sa 5:30pm-6:30pm

Woodpecker Watch

We'll hear a story about woodpeckers first, then visit the forest and our log garden to look for them. Last but not least, we'll make a yummy treat for the woodpeckers in your backyard. Please call 301-528-3492 to let us know if your child has any food allergies. FOBH \$4

301907 2-12yrs 1 Class \$5 12/7 Su 12:00pm-1:00pm
301908 2-12yrs 1 Class \$5 2/11 W 4:00pm-5:00pm

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

302301 3-12yrs 1 Class \$5 12/13 Sa
1:30pm-2:30pm
302302 3-12yrs 1 Class \$5 1/17 Sa 11:00am-12:00pm



Time For Tots

Enjoy a seasonal story, then go outside to explore nature with a Park Naturalist. FOBH \$4

Hibernation Station

Everybody at the station, it's time for winter hibernation! This sweet book will have you dreaming of the long winter while we learn about different hibernating animals. Wear your pajamas to fully enjoy the story and a hibernation activity, then we'll put on our coats and head outside to see if we can find any clues of hibernating animals.

301849 2-5yrs 1 Class \$5 12/3 W
10:00am-11:00am

Winter Trees

Let's learn about all of the beautiful winter trees around us by reading about them. We'll make our own tree, then go outside to practice spotting them. Please dress for the weather.

301850 2-5yrs 1 Class \$5 12/16 Tu
10:00am-11:00am

It's Winter!

In this book a child observes the coming of winter and its effects on the weather, animals, and plants. We'll read the story, do our own winter activity, then go exploring outside. Please dress for the weather.

301851 2-5yrs 1 Class \$5 1/9 F
10:00am-11:00am

Sadie and the Snowman

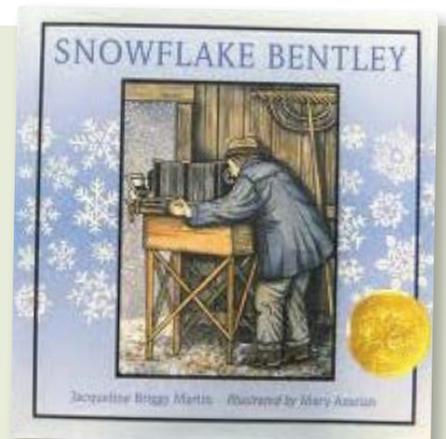
Sadie builds and rebuilds a snowman all winter long. After reading the story we'll go on a snowball hunt and make our very own snowman.

301852 2-5yrs 1 Class \$5 1/21 W
10:00am-11:00am

Groundhog Gets a Say

There's so much more to being a groundhog than just putting on a show once a year—and Groundhog has decided it's time to tell the world the Hog truth. After we read the story we'll do an activity, then head outside to look for signs of where groundhogs might be hibernating. Please dress for the weather.

301853 2-5yrs 1 Class \$5 2/2 M
10:00am-11:00am



Snowflake Bentley

From the time he was a small boy in Vermont, Wilson Bentley saw snowflakes as small miracles. We'll read about "Snowflake" Bentley and his quest to capture the beauty of these crystals, and make our own snowflakes. Then we'll go outside—and if it's snowing, we'll catch real snowflakes as they drift down. Please dress for the weather.

301854 2-5yrs 1 Class \$5 2/18 W
10:00am-11:00am



Nature Programs
in Black Hill Regional Park



Birthday Parties at Black Hill Nature Programs!

Call 301-528-3492 for more information.

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 too.

- 302400 1-3yrs 1 Class Free 12/15 M 10:30am-11:30am
- 302401 1-3yrs 1 Class Free 1/26 M 10:30am-11:30am
- 302402 1-3yrs 1 Class Free 2/23 M 10:30am-11:30am

Snowflakes All Around

Take a pause from shoveling and celebrate the unique perfection of snowflakes! We'll read the story of "Snowflake" Bentley, look more closely at the structure of snowflakes, then make a craft. If Mother Nature cooperates, we may even be able to collect our own snowflakes. FOBH \$4

- 302508 6-12yrs 1 Class \$5 1/18 Su 3:00pm-4:00pm

Ice Castles

Let's build a magical castle together! First we'll get to know the magical properties of our cold building material. Then we'll use natural materials all around us to create beautiful ice castles, and play together in them. FOBH \$4

- 302549 6-12yrs 1 Class \$5 1/24 Sa 11:00am-12:00pm

Do You Want to Build a Snowman?

Come celebrate all things snowman! We'll go on a hunt around the Visitor Center for "snow"balls, make a "snow"man and read a snowman story. If there's snow on the ground, we'll make a real snowman together. FOBH \$4

- 302550 4-10yrs 1 Class \$5 1/24 Sa 2:00pm-3:00pm

Science Sunday

Science is awesome, messy, and fun! Join a Park Naturalist as we explore the awesome world of science around the park. FOBH \$6

Ice Cold

On this Ice Cold Science Sunday we'll take a close look at the science and structure of ice crystals. We'll experiment with ice and go outside to look for ice crystals in nature. Go home with the start of your very own crystal project!

- 302551 6-12yrs 1 Class \$7 1/25 Su 3:00pm-4:30pm

Ooey-Gooney

On this Ooey-Gooney Science Sunday we're going to get messy and make things like slime and silly putty. We'll use our ooey-gooney experiments to talk about the science of liquids, solids, and polymers. You'll also get to take some ooey-gooney experiments home with you.

- 302552 6-12yrs 1 Class \$7 2/22 Su 3:00pm-4:30pm

Park Safari

Join us for a hiking expedition into the park, where we'll search for animals high and low. We'll talk about each of the animals we find and whether they belong in our parks or not. Don't worry, the animals on this "safari" can't attack us. Be sure to dress for the weather and wear sturdy shoes. FOBH \$4

- 302554 2-6yrs 1 Class \$5 1/30 F 10:00am-11:00am

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 the Black Hill Visitor Center. Staff will guide children through a variety of activities that are sure to be fun and inspiring. Dress for outdoor weather and pack a snack and water.

- 303154 3-12yrs 1 Class Free 1/31 Sa 1:00pm-3:00pm

Animal Tracks & Traces

Animals don't always leave tracks behind, but they often leave other traces. We'll go for a hike to search for some of the common signs left by creatures large and small. Be sure to dress for the weather. FOBH \$4

- 302555 2-12yrs 1 Class \$5 2/7 Sa 1:00pm-2:00pm

Wild Tracking

Learn how to make woodland trail markings, then go out and try it to see if you can follow each other's trails. We'll also be on the lookout for natural tracks in the snow or mud. Please dress for the weather. FOBH \$4

- 302600 6-12yrs 1 Class \$5 2/21 Sa 3:00pm-4:00pm

Programs for All

All attending must register and pay.

Children must be accompanied by an adult.

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. Please print your ParkPASS confirmation receipt for meeting location. FOBH \$4

Black Hill Regional Park

Join us for a moonlit stroll through Black Hill Regional Park. We'll call for owls, test our night time senses, and enjoy the moon's reflection on Little Seneca Lake. Dress warmly and please, no flashlights. Meet at the gravel parking lot across from the boat ramp on Black Hill Road.

- 301899 6 & up 1 Class \$5 12/5 F 6:30pm-7:30pm
- 301900 6 & up 1 Class \$5 1/3 Sa 7:00pm-8:00pm
- 301904 6 & up 1 Class \$5 2/3 Tu 6:30pm-7:30pm

Backyard Birding

Learn which seed is preferred by which bird and where to place your feeders, then make treats or a feeder for your backyard feathered friends. Please register everyone attending, and dress for the weather. FOBH \$4

- 301905 3 & up 1 Class \$5 12/6 Sa 10:00am-11:00am
- 301906 3 & up 1 Class \$5 1/10 Sa 10:00am-11:00am

Decorate the Visitor Center Tree

Come to the center and help us put up the holiday tree inside. When we're done, we'll make some treats and decorate a tree outside for the birds.

- 302013 1 & up 1 Class Free 12/6 Sa 2:00pm-4:00pm





Waterfowl Watching from the Bird Blind

Have you seen it yet? Our talented maintenance staff built an awesome bird blind along the shoreline below the Visitor Center so that we can observe the wonderful waterfowl that visit Little Seneca Lake. Meet at the Visitor Center, and please dress for the weather. We'll provide scopes and binoculars, but feel free to bring your own. We'll also serve hot cocoa! Please register all attending. FOBH \$4

302149 8 & up 1 Class \$5 12/7 Su 4:00pm-5:00pm
 302199 8 & up 1 Class \$5 1/11 Su 9:00am-10:00am



Little Bennett in Winter Hike

The winter woods offer a different kind of beauty than the leafy months of the year. We'll explore Little Bennett Regional Park and enjoy the bright red of winter berries and maybe crystal ice formations! With the leaves down, it will be easier to see local wildlife such as deer, raccoons, and foxes. Wear sturdy hiking boots and dress in layers. Little ones are welcome as long as they can be carried; trail is not stroller accessible. Meet at Wilson Mill parking area on Clarksburg Road in Little Bennett Regional Park, Clarksburg, MD. Please register all hikers. FOBH \$6

302449 1 & up 1 Class \$7 12/21 Su 10:00am-11:30am

Winter Woods Walk

Got a case of cabin fever? Join us for a walk through the winter woods! We'll show you how to identify common trees and birds while we look for nests and other signs of life in the sleeping forest. Please register all hikers and dress for the weather. Trail is not suitable for strollers. Meet at the Kingsley parking area on Clarksburg Road in Little Bennett Regional Park, Clarksburg, MD.

302499 4 & up 1 Class Free 12/27 Sa 10:00am-11:30am



Christmas Bird Count at Black Hill Regional Park

Join us for the 115th Annual Audubon Christmas Bird Count, the longest-running citizen science survey in the world. We'll have fun as we flock together to survey birds on and around the lake. An expert birder from the Montgomery County Bird Club will help us with identification. The results from Black Hill Regional Park will be included with the Sugarloaf Mountain count circle and entered into the Audubon database, providing critical data on bird population trends. Participants should be dressed for hiking in cold, winter conditions. Younger children must be able to hike 1 - 2 miles, or can be carried.

302500 3 & up 1 Class Free 1/3 Sa 12:00pm-2:00pm

Family Nature Time

Mom and Dad, grab the kids and come out to play! We'll have nature-y activities that families can do together. Drop in any time during program hours on the first and third Sundays of the month. Free! No registration required.

302099	1 & up	1 Class	Free	12/7	Su	1:30pm-2:30pm
302100	1 & up	1 Class	Free	12/21	Su	1:30pm-2:30pm
302101	1 & up	1 Class	Free	1/4	Su	1:30pm-2:30pm
302102	1 & up	1 Class	Free	1/18	Su	1:30pm-2:30pm
302103	1 & up	1 Class	Free	2/1	Su	1:30pm-2:30pm
302104	1 & up	1 Class	Free	2/15	Su	1:30pm-2:30pm

Make It and Take It

Drop by the Visitor 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.

Pine Cone Art

Pine cones seem to be everywhere this time of year! So why not use them to get creative? Turn them into owls, squirrels or whatever else you can think of. These can make great ornaments, too!

302350 All Ages 1 Class \$2 12/14 Su 1:30pm-3:30pm

New Year's Noisemakers

Get ready to celebrate the New Year by making noisemakers and other party items from things you can recycle from your house.

302351 All Ages 1 Class \$2 12/20 Sa 1:00pm-3:00pm

Natural Ornaments

Create some natural holiday magic! Drop by the Visitor Center and have fun using the natural objects we've been collecting all year to make a special ornament for yourself or a loved one. Hot chocolate for everyone!

302352 All Ages 1 Class \$2 12/21 Su 2:30pm-4:30pm

Wind Flags

Winter wind whips around us and sends a chill through the air. No need to fear! Come make your very own wind flag to fly, and experience winter in a whole new way.

302399 All Ages 1 Class \$2 1/25 Su 12:00pm-2:00pm





Nature Programs
in Black Hill Regional Park

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

302502 6 & up 1 Class \$7 1/10 Sa 1:00pm-2:30pm

The Restoration of the American Chestnut Tree

Learn about the restoration of the American chestnut tree in the 20th century, and current efforts to return the chestnut to the American landscape. Afterwards we'll visit the American chestnut forest in Black Hill Regional Park. Dress for the outdoors. FOBH \$6

302503 8 & up 1 Class \$7 1/11 Su 1:30pm-3:00pm

Winter Birding at Black Hill

Discover amazing winter birding just minutes from I-270! Do goldeneyes, pintails, and coots sound intriguing? Come check them out with an expert guide. Meet at the Black Hill Visitor Center. Scopes and binoculars will be provided or bring your own. FOBH \$9

302504 15 & up 1 Class \$10 1/17 Sa 8:30am-11:00am

Family Scavenger Hunt

Bring the family to Black Hill Visitor Center to hunt for natural treasures! Drop by the Visitor Center to pick up a scavenger hunt sheet, receive some helpful hints, and then head outside to start looking. When you've finished, come back to the Visitor Center to get a prize. No registration required - drop in any time during program hours!

302505 All Ages 1 Class Free 1/17 Sa 1:30pm-3:30pm

302506 All Ages 1 Class Free 2/21 Sa 11:00am-1:00pm

Family Day at the Visitor Center

School's out today, so bring the kids to the Visitor Center for an afternoon of nature fun. Friends of Black Hill Nature Programs will be on hand to show you how to use our nature boxes, and Volunteer Naturalists will lead short nature walks with hands-on activities and games. Drop in anytime from 1 - 4 pm for the fun! This program is free, but please register so we'll have enough materials and help for all.

302509 All Ages 1 Class Free 1/20 Tu 1:00pm-4:00pm

Waterfowl Festival



Bring the whole family for a day filled with activities, demonstrations, and exhibits to celebrate the wondrous water birds that call Little Seneca Lake home during the winter. Try your hand at carving a decoy. Make a bird bonnet to look like a hooded merganser or a bufflehead. Learn from experts about waterfowl conservation and ways you can help. Join guided birding excursions to catch a glimpse of marine ducks, swans, and maybe even the Black Hill eagles! No registration required!

302556 All Ages 1 Class Free 2/8 Su 12:00pm-4:00pm

Valentine's Day Campfire

We love chocolate, campfires, and all things nature-y at Black Hill, and you will too! Join us at the Visitor Center to enjoy a cozy fire, activities, some hot cocoa, and nature crafts that you can make for someone you love. Drop in anytime during program hours. No registration required.

302599 All Ages 1 Class \$2 2/14 Sa 12:00pm-3:00pm

Adults

Registration required unless otherwise noted.

Eagle Watching at Conowingo Dam

Conowingo Dam in Harford County is a terrific area to observe bald eagles feeding. Travel by van with a Park Naturalist to enjoy a day of eagle watching on the Susquehanna River. Dress in layers for the weather, and bring a bagged lunch. FOBH \$25

302249 18 & up 1 Class \$30 12/10 W 8:30am-4:00pm

Druid Hill Park Hike

We'll travel by van to Baltimore City to hike a portion of the Jones Falls Trail that winds 2.75 miles through historic Druid Hill Park. We'll hike the 1.5-mile Reservoir Loop to look for winter waterfowl and pass the Howard Peters Rawlings Conservatory and Botanic Gardens of Baltimore where we'll stop to warm up a bit. We'll continue along the trails around the Maryland Zoo and past the Three Sisters Ponds. Dress for the weather and wear good walking shoes. Bring some money for a lunch stop nearby. FOBH \$30

303149 18 & up 1 Class \$35 12/17 W 8:30am-3:00pm



Stargazing at Black Hill

Open skies around the Visitor Center offer spectacular moon and stargazing, weather permitting of course. Join us for seasonal tours of the heavens above—no passport required! Overcast skies will usually cancel the program, so be sure to register so we can notify you directly if we have to cancel.

What's That Behind the Moon?

Tonight we'll trace out the giant Winter Circle (formed by some of the brightest stars in the sky), as well as constellations it overlaps, like Orion the Hunter. Dazzling Venus and orange Mars will pair up close in the west, as Jupiter rises in the east. And what's that hiding behind the crescent Moon? You'll have to join us to find out, but we can tell you that it's happening tonight only... and it's only visible through a telescope or binoculars. Be sure to dress warmly!

302601 5 & up 1 Class Free 2/21 Sa 6:00pm-7:30pm

McKee-Beshers Hike

We'll explore the ponds and wetlands at McKee-Beshers Wildlife Management Area, looking for whatever the season might bring. Waterfowl, deer, wild turkey and over 200 species of songbirds can be seen in addition to other wildlife. Pack a snack and a drink, wear sturdy hiking shoes and dress for the weather. Bring binoculars or borrow ours.

Meet at the Visitor Center. FOBH \$13

302501 18 & up 1 Class \$15 1/7 W 9:30am- 1:00pm

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.



Blue Mash

We'll hike around the Blue Mash Trails which surround the former Oaks Landfill.

Home to dragonflies and wildflowers in the summer, winter brings new visitors like short-eared owls, harrier hawks and other migrants. Please dress for the weather, and bring your binoculars just in case we see some really cool critters. Meet at the Zion Road parking lot, 20400 Zion Road, Gaithersburg, MD 20882.

302507 18 & up 1 Class Free 1/18 Su 9:00am-11:00am

Waterfowl-Watching Trip to Middle Creek WMA

Join a Naturalist for a trip to Middle Creek Wildlife Management Area and Visitor Center in Pennsylvania. At this time of year, large numbers of migrating waterfowl normally appear. In recent years, more than 100,000 snow geese, 10,000 tundra swans, and a wide variety of ducks have stopped at Middle Creek while pushing north to their breeding grounds. It's also a great place to see immature bald eagles and nesting northern harriers, or "marsh hawks." We'll

supply scopes and binoculars for those that need them. Please dress for the weather, and bring a bagged lunch and money for a quick supper on our way home. FOBH \$40
302602 18 & up
1 Class \$45 2/26
Th 8:00am- 7:00pm



Nature Programs
in Black Hill Regional Park

"What happened to my program?"



We hold off as long as we can, but sometimes we have to cancel excellent programs because folks waited until the last minute to sign up.

Each program needs a minimum number of participants in order to run. So if a program looks interesting, don't hesitate... register today at www.ParkPASS.org!



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

Seneca Creek Greenway Trail

Today we'll do an out and back hike on a section of the Seneca Creek Greenway Trail. We'll encounter a natural rock bridge and get some spectacular views down into the Great Seneca Creek stream valley on this moderately strenuous hike. Meet at the parking area on Watkins Mill Road, Gaithersburg, MD 20879, between Greenriver Terrace and Apple Ridge Road.

302303 18 & up 1 Class \$8 12/14 Su 9:00am-11:00am

Lois Y. Green Farm Conservation Park

Join us for a hike in Lois Y. Green Conservation Park, a remarkable oasis in a highly developed area of the County. Even though it lies beneath an airport flight pattern, the expanse of the park's grasslands, topography, tree-lined stream, large ponds, wetlands and woodlands create a feeling of respite and retreat. Meet at the parking lot, 8711 Snouffer School Road, Gaithersburg, MD 20879.

302349 18 & up 1 Class \$8 2/7 Sa 9:00am-11:00am

Celebrate the wondrous water birds that call Little Seneca Lake home in winter.

Waterfowl

Activities

- Try decoy carving
- Make a bird bonnet (*are you a hooded merganser, or a bufflehead?*)
- Take a guided bird hike to see marine ducks, swans, and maybe eagles!

Demonstrations • Exhibits

Learn from experts about waterfowl conservation and the different ways you can help.

FESTIVAL

Black Hill Visitors Center
Sunday, February 8
Noon-4pm

All programs are FREE and open to all ages on a first-come, first-served basis. No registration required. Follow us on Facebook for updates on activities and presenters. BlackHillNature.org | 301-528-3492



Family Day

at **Black Hill Visitor Center**

Tuesday, January 20

1-4pm

School's out, come play!

Nature Walks • Activities • Games

Drop in any time between 1-4pm for the fun!

Free and open to all ages.

Hosted by
Friends of Black Hill Nature Programs
See p. 102 for more details



Save the Date!

How Does Your Garden Grow?

Festival

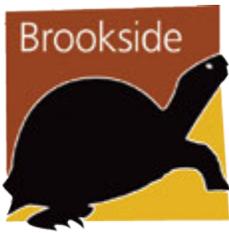
Sunday, March 1, 2015 Noon - 4 pm



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 required for this free event.





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.



Winter Nature Tales

The rhythm of the seasons is playing out, the days are shorter, the temperature colder. Join us for a tale of winter in the cozy comfort of the Nature Center, and learn about the special things that happen only in winter. Each month focuses on a different feature of winter—from wild animals to winter fun!

Animals in Winter

Join us by our cozy hearth for an enchanting story about different wild animals each week and what they do in the winter.

302949	3-6yrs	1 Class	Free	12/7	Su	3:00pm- 3:30pm
302950	3-6yrs	1 Class	Free	12/14	Su	3:00pm- 3:30pm
302951	3-6yrs	1 Class	Free	12/28	Su	3:00pm- 3:30pm

Winter Weather

Watch the weather from our big window while listening to a different story each week about some of the wonders of winter weather like snowflakes, frost and ice.

302999	3-6yrs	1 Class	Free	1/4	Su	3:00pm- 3:30pm
303000	3-6yrs	1 Class	Free	1/11	Su	3:00pm- 3:30pm
303001	3-6yrs	1 Class	Free	1/18	Su	3:00pm- 3:30pm
303002	3-6yrs	1 Class	Free	1/25	Su	3:00pm- 3:30pm

Winter Fun

Enjoy stories about winter and find out some different ways that you can have winter fun each week.

303003	3-6yrs	1 Class	Free	2/1	Su	3:00pm- 3:30pm
303004	3-6yrs	1 Class	Free	2/8	Su	3:00pm- 3:30pm
303005	3-6yrs	1 Class	Free	2/15	Su	3:00pm- 3:30pm

Fun with Firs

What stays green in the forest from one season to the next? Evergreens, of course! Find out how and why evergreens can stay green, even during the cold and snowy months of winter. How will we find the answers? By taking a nature hike! We'll also make a craft using different parts of these fascinating trees.

303450	4-6yrs	1 Class	\$6	12/11	Th	10:30am-11:30am
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Birds of Winter

Find out which birds are here year-round, and which ones are just visiting during the winter. Bundle up as we head outside to search for winter migrants.

302800	5-12yrs	1 Class	\$5	12/13	Sa	11:00am-11:45am
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Crystal Magic

In the movie *Frozen*, only Elsa has the power to make crystals of snow and ice. But in our workshop, we can all make crystals and enjoy their complex and shimmering beauty. Using Epsom salts and other household ingredients, crystals become a delight we can share with others.

303699	6-12yrs	1 Class	\$7	12/13	Sa	3:00pm- 4:00pm
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BNC Tot Time

Explore nature with your youngest naturalist! Learn, create, hike and discover our wonder-filled world during these interactive parent-child sessions.

Putting a Bear to Sleep

Let's learn about hibernation from a bear's point of view! We'll craft a very tame and lovable teddy, then let him take shelter in his log for a deep winter sleep.

303199	3-6yrs	1 Class	\$6	12/18	Th	10:30am-11:15am
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Winter Blues (and Reds and Yellows!)

The monochromatic palette of winter will give way to tropical vivacity as we explore color mixing, blending and other magical feats of sunshine and eyesight.

303200	3-6yrs	1 Class	\$7	1/22	Th	10:30am-11:15am
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Forest Rhythms

As we focus on rhythms in nature, we'll take a broad view and a close-up view of what's happening to the seemingly dormant trees in our forest.

303249	3-6yrs	1 Class	\$6	2/12	Th	11:15am-12:00pm
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Winter Solstice Celebrations



Brookside Nature Center

Experience nature's rhythms through drumming, light, and motion at our annual winter solstice celebration. Rediscover winter with activities and crafts that highlight different cultural traditions of the year's shortest day. Calm yourself with a spiral walk, sip hot cider by the fire, make lanterns to light up the night, and enjoy the shadow-puppet theater's presentation of "Shingebiss and the North Wind." Pre-registration is appreciated, but not required.

303150 3 & up 1 Class \$5 12/21 Su 1:00pm-5:00pm

Locust Grove Nature Center

The winter solstice marks the first day of winter, the year's longest night, and return of the sun.. and eventually, spring. In ancient cultures, it was cause for great fires, revelry and feasts. Our celebration will be family-friendly, but just as fun! Make New Year's wishes, light candles, make treats to share with animals, and roast chestnuts on an open fire! Please register and pay for both children and adults.

304010 3 & up 1 Class \$5 12/21 Su 4:00pm-6:00pm

Meadowside Nature Center

On this longest day of the year, come share the light and warmth of the campfire ring at Meadowside. We'll tell tales of winter, make lanterns to light our way, and enjoy toasty marshmallow treats. Please register all participants; fee is for children only and covers one lantern per family.

301299 3 & up 1 Class \$5 12/20 Sa 7:00pm-8:00pm

Brookside Nature Center

Maple Sugar Festival

February 22, 2015 • 11am -4pm

Stop by to experience an American tradition!

Watch the whole maple sugaring process from start to finish. See sap drip from the trees and taste it. Watch us boil it down into sweet maple syrup, then sample a tasty treat. But, that's not all! Maple-themed crafts, food, games, music, activities and displays are included in this family friendly festival.

303151 3 & up 1 Class \$5 2/22 Su 11:00am-4:00pm



Lasting Impressions

The magic of clay is its ability to capture an impression in a three-dimensional way. We'll use self-hardening clay and Sculpey® clay to make impressions of shells, leaves and other natural artifacts. The end result will be pendants and plaques that preserve nature's texture and form. Children under the age of 8 must be accompanied by a supervising adult.

303650 6-18yrs 1 Class \$10 1/13 Tu 3:00pm-4:00pm

Citizen Science for Homeschoolers: Project FeederWatch

Help scientists at the Cornell Lab of Ornithology collect data on bird species. We'll learn the basics of backyard bird feeding and bird identification, and the common birds of Maryland. Then we'll use the Nature Center bird observation area to track species visiting the feeders. Get information on homeschool resources available through Project FeederWatch, so that you can continue your bird studies at home or at the Nature Center.

302849 8-12yrs 1 Class \$6 1/21 W 10:00am-11:30am

Wolves, Coyote and Fox, Oh, My!

What do your dog's wild relatives have in common with the pet sitting at your feet? We'll look at how and where these animals live and how they interact with each other and their environment. Then we'll hit the trails to do some tracking of our own, and make some plaster tracks that you can take home.

303616 6-10yrs 1 Class \$6 1/22 Th 3:45pm-4:45pm

I Spy a Nest

The leaves are off the trees, making it easier to spy bird nests left over from the spring. See if you can spy (with your little eye) an old bird nest, or perhaps a winter squirrel nest as we gaze into the trees. We'll also search the meadow for nests of overwintering insects.



302850 3-12yrs 1 Class \$5 1/24 Sa 10:00am-11:00am

Woodpecker Walkabout

Winter is a great time to see a variety of woodpeckers. Hike around the Nature Center and listen for males that begin to "drum" in late winter. Search for nesting holes in trees, and holes drilled by the Yellow-bellied Sapsucker. We'll stop by the Woodpecker Garden and leave a suet treat for our bird friends.

302899 3-12yrs 1 Class Free 2/7 Sa 10:00am-11:00am

Family Science Night at the Nature Center

Books and videos are great teaching tools, but there's nothing like experiencing nature first-hand, in real time, to make nature really come alive. We've put together an evening of educational-wrapped-in-fun activities that will do just that. Come stand in the meadow and look up in the winter sky at constellations and moon phases; learn how to convert energy around a blazing campfire; then experiment with light inside the nice, warm Nature Center. Treat yourself and your family to a true nature experience! Please pay for all participating children (ages 5-12); adults are free.

303099 5-12yrs 1 Class \$5 2/11 W 6:00pm-8:00pm

What's for Dinner Tonight?

Did you ever wonder what birds eat in the winter, how much food they need, and where they get it? Join us as we pretend to be birds in search of dinner, then make a bird feeder to bring home.

304249 4-7yrs 1 Class \$6 2/14 Sa 10:30am-11:30am

304250 4-7yrs 1 Class \$6 2/14 Sa 1:30pm-2:30pm

Nature's Music

Listen to the music of nature—in the wind and trees, animals and plants—and learn to make music using natural objects. These activities blend science and art to inspire and engage your children's imagination.

Tapping on Trees

Instead of tapping the trees for maple sap, we'll tap trees to make music! We'll use the trees' bark, wood and fruit to make different tones, notes and pitches. Then learn how to create your own musical instrument using parts of various trees.

303614 4-10yrs 1 Class \$6 1/17 Sa 2:00pm-3:00pm

Hike for Sound

First we'll hike to find things we can use to make musical instruments, then we'll perform our own nature concert inside. Take your instrument home and play some more!

306749 6-10yrs 1 Class \$6 2/19 Th 3:45pm-4:45pm

Adults

Registration is required unless otherwise noted.

eBird Walk

Join this birding walk and citizen science effort as we hike trails around the Nature Center visiting different bird habitats. We'll keep a record of birds we see as we go along, and the Naturalist will submit our data to eBird.org. Learn what other birds have been seen and reported on eBird by park visitors. We'll hike out from the Nature Center parking lot.

302799 18 & up 1 Class Free 12/13 Sa 9:00am-10:00am



Nature Center
in Wheaton Regional Park



Birthday Parties at Brookside Nature Center
Call 301-962-1480 for more information.





Nature Center
in Wheaton Regional Park

Friday Foray: Rachel Carson Greenway

Follow in the footsteps of Rachel Carson on this 2-3 mile hike near her former neighborhood. The natural-surface trail follows the scenic Northwest Branch stream, and will inspire your natural sense of wonder! We'll hike out from the Nature Center parking lot.
302801 18 & up 1 Class Free 12/19 F 10:00am-12:00pm

Programs for All

All attending must register and pay. Children must be accompanied by an adult.



Meet the Animals

Do bees hibernate? How much does a box turtle eat? Come find out in our regular Saturday meet-and-greet sessions at Brookside Nature Center.

303152	All Ages	1 Class	Free	12/6	Sa	1:00pm-1:30pm
303153	All Ages	1 Class	Free	12/13	Sa	1:00pm-1:30pm
303156	All Ages	1 Class	Free	12/20	Sa	1:00pm-1:30pm
303157	All Ages	1 Class	Free	1/3	Sa	1:00pm-1:30pm
303158	All Ages	1 Class	Free	1/10	Sa	1:00pm-1:30pm
303165	All Ages	1 Class	Free	1/17	Sa	1:00pm-1:30pm
303159	All Ages	1 Class	Free	1/24	Sa	1:00pm-1:30pm
303160	All Ages	1 Class	Free	1/31	Sa	1:00pm-1:30pm
303161	All Ages	1 Class	Free	2/7	Sa	1:00pm-1:30pm
303162	All Ages	1 Class	Free	2/14	Sa	1:00pm-1:30pm
303163	All Ages	1 Class	Free	2/21	Sa	1:00pm-1:30pm
303164	All Ages	1 Class	Free	2/28	Sa	1:00pm-1:30pm

Winter Solstice Celebration at Brookside



Experience nature's rhythms through drumming, light, and motion at our annual winter solstice celebration. Rediscover winter with activities and crafts that highlight different cultural traditions

of the year's shortest day. Calm yourself with a spiral walk, sip hot cider by the fire, make lanterns to light up the night, and enjoy the shadow-puppet theater's presentation of "Shingebiss and the North Wind." Pre-registration is appreciated, but not required.
303150 3 & up 1 Class \$5 12/21 Su 1:00pm-5:00pm

Maple Sugar Festival



Stop by to experience an American tradition! Watch the whole maple sugaring process from start to finish. See sap drip from the trees and taste it. Watch us boil it down into sweet maple syrup, then sample a tasty treat. But, that's not all! Maple-themed crafts, food, games, music, activities and displays are included in this family-friendly festival.
303151 3 & up 1 Class \$5 2/22 Su 11:00am-4:00pm

Feed the Birds: Planning Your Spring Backyard Sanctuary

303651 All Ages 1 Class Free 2/28 Sa 10:30am-11:30am



Rock Creek Regional Park
We'll explore the intersecting and interesting trails encircling Meadowside Nature Center, with a stop at the center to see how the resident raptors are staying warm in winter's chill.
303615 18 & up 1 Class
Free 2/7 Sa
9:30am-11:00am

Ladies' Hike Out: Winter

The rhythms of nature flow with such immutable regularity that we hardly notice their passage: summer, fall, winter, spring, summer...But if we pause long enough to listen, we can hear the nuances of each season's unique beat. During the next three months, we'll pay attention to the strains of winter as we walk through forest and meadow and alongside ice-bordered streams on some of the Parks' best trails. Come for the physical exercise and for the sensory exercise of "listening" with your eyes as well as your ears.

Northwest Branch

Alpine scenery in a D.C. suburb? Well, not quite. But with a little imagination, the lower portion of this trail, which meanders over rocks next to the stream, can bring to mind locations far away and high above sea level. Expect 2 - 3 miles of natural surface trails over uneven terrain.

303449 18 & up 1 Class Free
12/13 Sa 9:30am-11:00am

Lois Y. Green Conservation Park

Bordered by an industrial field and the Montgomery County Airpark, this parcel of 250 acres is filled with grasslands, a tree-lined stream, large ponds, wetlands and woodlands that help create a sense of calm amid relentless activity. We'll hike around the property and look for overwintering waterfowl on the open ponds. Bring your binoculars!

303451 18 & up 1 Class
Free 1/10 Sa
9:30am-11:00am



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.

Have fun and keep learning!

School's Out!

December 29-31 & January 2
 January 20 | February 27



School's out for the week, so come to Locust Grove Nature Center for four days of solid fun! We'll go on a scavenger hunt, build a shelter, build campfires, meet live animals, and investigate ice and snow. You'll learn how animals survive winter, discover who's making nests already, practice nature sketching, and hear guest speakers talk about all kinds of cool wildlife topics. No camp on Thursday, January 1.

304049 5-11yrs 4 Classes \$232 12/29-31 & 1/2 M-W,F 9:00am- 3:30pm

Winter Adventure Camp Extended Care

Extended care is available only for children who are registered for Winter Adventure Camp. Please pick up your child on time; a \$1.00 per minute fee applies after 5:30pm. No extended care (or camp) on Thursday, January 1.

304050 5-11yrs 4 Class \$56 12/29-31 & 1/2 M-W,F 3:30pm- 5:30pm

Squirrel Appreciation Day



School's out, so come play! Today we'll play like squirrels and learn everything you ever wanted to know about these rambunctious rodents and their local kin. We'll play squirrel games and make squirrelly crafts, too. Come for the morning (9am-12:30pm), or stay and play until 3:30pm.

305749 5-11yrs 1 Class \$35 1/20 Tu 9:00am-12:30pm
 305750 5-11yrs 1 Class \$60 1/20 Tu 9:00am- 3:30pm

Winter Carnival

School's out, so come play! We'll play games, take a hike, and make masks of our favorite local animals. We'll have a campfire lunch and tons of fun! Come for the morning (9am-12:30pm), or stay and play until 3:30pm.

304152 5-11yrs 1 Class \$35 2/27 F 9:00am-12:30pm
 304151 5-11yrs 1 Class \$60 2/27 F 9:00am- 3:30pm

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.

Mitten Time

303166 2-4yrs 1 Class \$5 12/3 W 10:00am-10:45am

Happy Hanukkah to the Animals!

304072 2-4yrs 1 Class \$5 12/17 W 10:00am-10:45am

Happy New Year in the Forest

304074 2-4yrs 1 Class \$5 1/7 W 10:00am-10:45am

Sassy Squirrels

304076 2-4yrs 1 Class \$5 1/21 W 10:00am-10:45am

Winter Olympics!

304078 2-4yrs 1 Class \$5 2/25 W 10:00am-10:45am



Preschool Nature Adventure

Enjoy hands-on activities, make new friends and have fun while exploring nature. Each session will feature a different topic specially selected to engage young minds. Outdoor activities are included in every program, so please dress for the weather.

Animal Homes

303999 2-5yrs 1 Class \$5 12/4 Th 10:15am-11:15am

Weather Wonders

304005 2-5yrs 1 Class \$5 12/18 Th 10:15am-11:15am

Cozy Critters

304006 2-5yrs 1 Class \$5 1/15 Th 10:15am-11:15am

Winter Birds

304007 2-5yrs 1 Class \$5 1/29 Th 10:15am-11:15am

Tiny Tracks

304008 2-5yrs 1 Class \$5 2/12 Th 10:15am-11:15am

Spring Fever

304009 2-5yrs 1 Class \$5 2/26 Th 10:15am-11:15am



Meet the Animals of Locust Grove

Come meet the animals who live at Locust Grove Nature Center! Say hi! to snakes, turtles, hissing cockroaches, and large millipedes. Learn about their lives and habits, and how to care for and handle them. Afterwards, we'll take a hike on one of the trails and explore life in the woods. Please dress for the outdoors.

304084	3-12yrs	1 Class	\$5	12/7	Su	1:00pm- 2:00pm
304085	3-12yrs	1 Class	\$5	12/13	Sa	1:00pm- 2:00pm
304086	3-12yrs	1 Class	\$5	1/10	Sa	1:00pm- 2:00pm
304089	3-12yrs	1 Class	\$5	1/18	Su	1:00pm- 2:00pm
304091	3-12yrs	1 Class	\$5	1/24	Sa	1:00pm- 2:00pm
304093	3-12yrs	1 Class	\$5	2/7	Sa	1:00pm- 2:00pm
304095	3-12yrs	1 Class	\$5	2/15	Su	1:00pm- 2:00pm
304097	3-12yrs	1 Class	\$5	2/28	Sa	1:00pm- 2:00pm

Programs for All

All attending must register and pay, unless otherwise noted. Children must be accompanied by an adult.



Winter Solstice Celebration

The winter solstice marks the first day of winter, the year's longest night, and return of the sun.. and eventually, spring. In ancient cultures, it was cause for great fires, revelry and feasts. Our celebration will be family-friendly, but just as fun! Make New Year's wishes, light candles, make treats to share with animals, and roast chestnuts on an open fire! Please register and pay for both children and adults.

304010 3 & up 1 Class \$5 12/21 Su 4:00pm- 6:00pm

Trek and Treat

Come enjoy a winter night hike through the trails and meadows of Locust Grove, then gather around the campfire to warm up with hot drinks and toasted treats, including roasted chestnuts. Please register and pay for both children and adults.

304100 5 & up 1 Class \$4 1/16 F 6:00pm- 7:00pm

Birthday Parties at

at Locust Grove Nature Centers!

Call 301-765-8668 for more information.



Explore WILD MONTGOMERY



Explore WILD Montgomery County with a Park Naturalist or a Natural Resource Specialist. Discover beautiful public places close to home and learn fascinating natural history from Park experts. All programs are FREE and require advance registration. Please print your ParkPASS confirmation receipt for specific directions to the meeting spot and other instructions.

Lucky Night Hike

Try your luck with an after-dark scavenger hunt! Use clues to find winter wonders and surprising sights. Meet at Locust Grove Nature Center.

304051 5 & up 1 Class Free 2/13 F 7:00pm- 8:00pm



Nature Center
in Rock Creek Regional 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.

Tyke Hikes

Come and discover the bustling world around the Nature Center. Take a nature mini-hike and make a craft to take home. Please register and pay for all attendees. Children must be accompanied by an adult.

Nutty Hike

301831 2-3yrs 1 Class \$5 12/10 W 10:30am-11:15am

Who's Been Here?

301832 2-3yrs 1 Class \$5 1/14 W 10:30am-11:15am

Oh, My Deer!

301833 2-3yrs 1 Class \$5 1/28 W 10:30am-11:15am

Little Owl in Winter

301835 2-3yrs 1 Class \$5 2/18 W 10:30am-11:15am

Edible Ornaments for Wildlife

Make some fun ornaments you can hang on a tree outside your home and see what wildlife comes to enjoy them. You can enjoy your tree beautifully decorated; wildlife will enjoy how it tastes!

301837 3-5yrs 1 Class \$5 12/19 F 10:30am-11:30am

Winter Luminaries

Light up those long winter nights with a handmade lantern. Children will use old-time tinsmithing techniques to make a lantern to take home.

301950 7-10yrs 1 Class \$5 12/27 Sa 10:00am-11:00am

A Day of Winter Fun

Spend a winter's day at Meadowside! We'll hike trails looking for signs of wildlife, cook lunch over an open fire, conduct a few icy experiments, and create a nifty New Year's noisemaker. We'll provide the fixin's for lunch and a snack. Please bring a water bottle and dress for the weather.

301349 6-10yrs 1 Class \$45 12/29 M 9:30am-3:00pm

Feed the Birds

Help us observe and feed the birds visiting our bird feeders. Then make a treat to take home for the birds in your yard! Reservations required.

301588 3-7yrs 1 Class \$3 1/3 Sa 9:30am-10:15am

Otus' Rockin' New Year CELEBRATION

Celebrate the New Year by making party hats, noise makers, and other fun seasonal crafts. A few minutes before noon, we will begin our countdown and ring in the New Year with music, dancing, cider and a visit from our mascot, Otus the Owl. Registration encouraged; space is limited.

301949 2-12yrs 1 Class \$5 12/31 W 10:30am-12:00pm

Otus the Owl Winter Storytime

Listen to some seasonal stories and meet our mascot, Otus the Owl. Bring your camera!

301355 2-10yrs 1 Class \$3 1/20 Tu 1:00pm-1:45pm

Winter Wonders Scavenger Hike

What can you see, hear, or feel on a winter walk through the woods? We'll use all our senses to look for tracks, listen for birds, and feel the soft needles of a pine tree on this seasonal scavenger hike!

301901 3-5yrs 1 Class \$5 1/22 Th 10:30am-11:30am

Groundhog Day

Will the groundhog see his shadow? Will spring be early or late? Find out how the groundhog became a weather forecaster, and make a craft to take home.

301954 3-5yrs 1 Class \$5 1/30 F 10:30am-11:30am



Birthday Parties at Meadowside Nature Center!
Call 301-258-4030 for more information.



Nature Explorers

Every Tuesday this winter, budding nature explorers will experience the seasonal changes while discovering the woodlands, fields, pond, and stream at Meadowside. They'll learn how animals survive the cold winter days, discover the science of snow, search for animal tracks, and more! Participating in a variety of activities, games, and crafts will enhance your children's learning experiences. This program series meets every Tuesday from January 6—February 24; the fee covers registration for all eight sessions. Adults must accompany children.

301836 3-5yrs 8 Classes \$64 1/6 Tu 10:00am-11:30am



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.

301953 7-10yrs 1 Class
\$25 1/31 Sa 9:30am-12:00pm



Winter Bird Bingo

Every season brings new birds. Stop by the Nature Center and get a bird bingo card, then hit the trails and search for feathered friends. Share what you find with the Naturalist staff and win a prize!

301951 6 & up 1 Class FREE 12/27 Sa 1:00pm-3:00pm
301952 6 & up 1 Class FREE 1/31 Sa 1:00pm-3:00pm

New Year's Rocks!

Stop by to see our colorful rock collection, and try your hand at a rock scratch test to compare the hardness of different rocks.

301599 4 & up 1 Class FREE 1/3 Sa 12:30pm-1:30pm

Earth Treasure Chest

Stop by during program hours for a scavenger hunt! We'll give you clues that describe everyday objects made of different minerals, and you'll search the Nature Center looking for the objects.

301601 4 & up 1 Class FREE 2/7 Sa 12:30pm-1:30pm

Kids' Bird Walk

Winter is a great time to look for birds! We'll feed the birds visiting our bird feeders, then take a walk and use binoculars to look for them in the woods!

301600 5-9yrs 1 Class \$3
2/7 Sa 9:30am-10:15am



"Owl" Be Your Valentine!

Discover which species of owl has a heart-shaped face, and learn how owls will even bring their sweetheart a valentine treat! We'll visit one of Meadowside's owls, then share the love by making some owl valentines for friends and family.

301902 3-5yrs 1 Class \$5 2/11 W 10:30am-11:30am



Owls in Love Campfire

We'll hike along the Rock Creek Stream Valley calling for Barred, Barn, and Screech Owls, then end our evening with warm cocoa and roasted marshmallows. Please register and pay for all attending.

301999 6 & up 1 Class \$5 2/13 F 5:30pm-7:30pm

Programs for All

All attending must register and pay, unless otherwise noted. Children must be accompanied by an adult.

Winter Solstice Campfire

On this longest day of the year, come share the light and warmth of the campfire ring at Meadowside. We'll tell tales of winter, make lanterns to light our way, and enjoy toasty marshmallow treats. Please register all participants; fee is for children only and covers one lantern per family.

301299 3 & up 1 Class \$5 12/20 Sa 7:00pm-8:00pm

"What happened to my program?"



We hold off as long as we can, but sometimes we have to cancel excellent programs because folks waited until the last minute to sign up.

Each program needs a minimum number of participants in order to run. So if a program looks interesting, don't hesitate... register today at www.ParkPASS.org!

Make It and Take It

Get crafty at Meadowside! Drop by and create a seasonal delight to take home with you. Crafts are easy to make using repurposed everyday objects and found natural materials. No registration required. Exact change appreciated.

Winter Sun Catcher

Catch the winter sun to brighten up your room.

301352 2 & up 1 Class \$2 12/6
Sa 11:30am-1:30pm

Winter Birds

Some birds stay here all winter. Let's learn about a few and make something good for them to eat.

301353 2 & up 1 Class \$2 1/10
Sa 11:30am-1:30pm

Valentine Treat for the Birds

Share a valentine with our feathered friends.

301354 2 & up 1 Class \$2 2/14
Sa 11:30am-1:30pm





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.

Vulture Enrichment

Vultures are smart! Come see Meadowside's resident vulture play with her food at our weekly vulture enrichment session. Meet 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. Meet at the Raptor Walkway behind the Nature Center from noon-12:30pm.



Adults

Registration required unless otherwise noted.



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 at 6:45 pm, then the one-hour lecture begins at 7 pm, followed by a Q & A session.

Bears in the Backyard

The black bear has made a comeback! Join **Harry Spiker**, the Department of Natural Resources' top bear guy, to learn about the black bear's natural history and DNR's management efforts to monitor and control bear populations in Maryland.

301351 14 & up 1 Class FREE 1/21 W 6:45pm-8:00pm

Rails and Rice: A Restoration Story

Meadowside is pleased to welcome back naturalist **Greg Kearns**, named 2006 Conservationist of the Year by the Maryland Department of Natural Resources for his work on the restoration of the wild rice marshes on the Patuxent. This dynamic talk will lead us through the intricacies of wetland ecology, and explain the critical connection between Sora rails (a small waterbird) and wild rice.

301350 14 & up 1 Class FREE 2/18 W 6:45pm-8:00pm



We Want You!

Share Your Green Thumb

Our interpretive and native gardens received a much-needed facelift last fall. Now we're looking for volunteer gardeners to help us keep them beautiful! Volunteer gardeners work a few hours a week during the growing season. You must be 18 or older.



Meet and Greet

We're looking for friendly faces to serve as Nature Center Hosts and greet our visitors! You must be 16 or older and willing to commit to at least six months. SSL-approved. Visit ParksVolunteers.org for all of Meadowside's volunteer opportunities.

The Friends of the Agricultural History Farm Park
invite you to a free holiday celebration

Christmas ON THE FARM

DECEMBER 13 & 14 • NOON-5PM

Come and enjoy the holiday spirit on the farm

Turn-of-the-century decorations • Free live Christmas music and caroling
Homemade baked goods for sale • Free hayrides (weather permitting)
Children's activities • Free hot cider and ginger cookies



Agricultural History Farm Park

18400 Muncaster Road, Derwood, MD 20855 | 301-670-4661

FriendsoftheFarmPark.org | AgHistoryFarm.org



Friends of

The Agricultural History Farm Park, Inc.

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

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 positions open this winter:



TOUR GUIDES/DOCENTS
Josiah Henson Special Park, Bethesda



ICE SKATING INSTRUCTIONAL ASSISTANTS
Cabin John and Wheaton ice rinks

Montgomery Parks doesn't close down in the winter...and it's never too early to recruit for the spring! The Martin Luther King Day of Service, Winter Solstice Celebrations at our Nature Centers, and the Maple Sugar Festival at Brookside Nature Center are just a few of our short-term volunteer opportunities. To find these and more, click on the "Special Events & Projects" link on our website.

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

*Cabin John
Ice Rink*

WINTER ON ICE



NOV

VETERAN'S DAY SKATE

11/9
CABIN JOHN 8:30am, 12:30pm, 4:30pm
WHEATON ICE 11:00am, 2:45pm



KEEP YOUR NEIGHBORS WARM SKATE

11/21 (see p. 122)
CABIN JOHN & WHEATON ICE

RINKS CLOSED THANKSGIVING

11/27

NO CLASSES AT BOTH RINKS 11/27-30



dec

WINTER ICE SHOWS

WHEATON ICE 12/13 (see p. 122)
CABIN JOHN 12/20 (see p. 123)



WINTER I & II SKATING & HOCKEY REGISTRATION OPENS

12/20 MoCo Residents 12/21 Everyone

NO CLASSES AT BOTH RINKS

12/15-17 & 12/22-1/1

RINKS CLOSE EARLY (3PM) 12/24, 12/31

RINKS CLOSED CHRISTMAS 12/25



jan

JANUARY IS

NATIONAL SKATING MONTH



RINKS OPEN AT NOON 1/1/15



WINTER I CLASSES BEGIN

1/4

Last day to register online! 1/2

FRIENDSHIP SKATE

1/23 (see p. 123)
CABIN JOHN & WHEATON ICE



feb

SWEETHEART SKATE

(see p. 124)
WHEATON ICE 2/13
CABIN JOHN 2/14



WINTER II SKATING & HOCKEY REGISTRATION OPENS

2/15 MoCo Residents 2/16 Everyone



WINTER II CLASSES BEGIN

2/21

Last day to register online! 2/19

Please check our websites for **Winter Public Skating sessions**. For full details on winter skating classes, visit ParkPASS.org.

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

- Registration for **WINTER 1** opens **Saturday, December 20** for Montgomery County residents and **Sunday, December 21** for all, and runs through **Friday, January 2**.
- Registration for **WINTER 2** opens **Sunday, February 15** for Montgomery County residents and **Monday, February 16** for all and runs through **Thursday, February 19**.
- Beginning **January 3** (WINTER 1) and **February 20** (WINTER 2), register in person only at the rink (a non-refundable \$10 service fee applies).
- WINTER 1 classes start **January 4**. WINTER 2 classes start **February 21**.

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.



DATES TO NOTE

Holiday Hours & Closures

- Closed Thursday, November 27 (Thanksgiving) and December 25 (Christmas)
- Close early (3pm) on Wednesday, December 24 and December 31 (New Year's Eve)
- Open Thursday, January 1 at Noon

No Classes

- November 27-30
- December 15-17
- December 22-January 1



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.

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.





Ice Skating



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

Table with 7 columns: ID, Age, Classes, Price, Day, Frequency, Time. Lists classes for Cabin John Ice Rink.

Wheaton Ice Arena

Table with 7 columns: ID, Age, Classes, Price, Day, Frequency, Time. Lists classes for Wheaton Ice Arena.

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

Table with 7 columns: ID, Age, Classes, Price, Day, Frequency, Time. Lists classes for Cabin John Ice Rink.

Wheaton Ice Arena

Table with 7 columns: ID, Age, Classes, Price, Day, Frequency, Time. Lists classes for Wheaton Ice Arena.



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

301370	3-5yrs	6 Classes	\$99	1/4	Su	11:30am-12:00pm
301371	3-5yrs	6 Classes	\$99	1/4	Su	2:30pm- 3:00pm
301368	3-5yrs	6 Classes	\$99	1/5	M	12:30pm- 1:00pm
301369	3-5yrs	6 Classes	\$99	1/5	M	4:00pm- 4:30pm
301457	3-5yrs	6 Classes	\$99	1/7	W	9:45am-10:15am
301456	3-5yrs	6 Classes	\$99	1/7	W	4:30pm- 5:00pm
301458	3-5yrs	6 Classes	\$99	1/8	Th	4:00pm- 4:30pm
301463	3-5yrs	6 Classes	\$99	1/9	F	9:45am-10:15am
301464	3-5yrs	6 Classes	\$99	1/9	F	1:00pm- 1:30pm
301459	3-5yrs	6 Classes	\$99	1/9	F	4:00pm- 4:30pm
301460	3-5yrs	6 Classes	\$99	1/10	Sa	8:30am- 9:00am
301461	3-5yrs	6 Classes	\$99	1/10	Sa	11:00am-11:30am
301462	3-5yrs	6 Classes	\$99	1/10	Sa	1:15pm- 1:45pm
301646	3-5yrs	6 Classes	\$99	2/21	Sa	8:30am- 9:00am
301647	3-5yrs	6 Classes	\$99	2/21	Sa	11:00am-11:30am
301648	3-5yrs	6 Classes	\$99	2/21	Sa	1:15pm- 1:45pm
301649	3-5yrs	6 Classes	\$99	2/22	Su	11:30am-12:00pm
301650	3-5yrs	6 Classes	\$99	2/22	Su	2:30pm- 3:00pm
301639	3-5yrs	6 Classes	\$99	2/23	M	12:30pm- 1:00pm
301640	3-5yrs	6 Classes	\$99	2/23	M	4:00pm- 4:30pm
301651	3-5yrs	6 Classes	\$99	2/25	W	9:45am-10:15am
301641	3-5yrs	6 Classes	\$99	2/25	W	4:30pm- 5:00pm
301642	3-5yrs	6 Classes	\$99	2/26	Th	4:00pm- 4:30pm
301644	3-5yrs	6 Classes	\$99	2/27	F	9:45am-10:15am
301645	3-5yrs	6 Classes	\$99	2/27	F	1:00pm- 1:30pm
301643	3-5yrs	6 Classes	\$99	2/27	F	4:00pm- 4:30pm

Wheaton Ice Arena

303310	3-5yrs	6 Classes	\$99	1/4	Su	11:30am-12:00pm
303311	3-5yrs	6 Classes	\$99	1/4	Su	3:15pm- 3:45pm
303358	3-5yrs	6 Classes	\$99	1/8	Th	4:45pm- 5:15pm
303359	3-5yrs	6 Classes	\$99	1/9	F	4:45pm- 5:15pm
303360	3-5yrs	6 Classes	\$99	1/10	Sa	11:15am-11:45am
303361	3-5yrs	6 Classes	\$99	1/10	Sa	1:00pm- 1:30pm
303528	3-5yrs	6 Classes	\$99	2/21	Sa	11:15am-11:45am
303529	3-5yrs	6 Classes	\$99	2/21	Sa	1:00pm- 1:30pm
303530	3-5yrs	6 Classes	\$99	2/21	Sa	1:45pm- 2:15pm
303531	3-5yrs	6 Classes	\$99	2/22	Su	11:30am-12:00pm
303532	3-5yrs	6 Classes	\$99	2/22	Su	12:00pm-12:30pm
303533	3-5yrs	6 Classes	\$99	2/22	Su	3:15pm- 3:45pm
303534	3-5yrs	6 Classes	\$99	2/26	Th	4:45pm- 5:15pm
303535	3-5yrs	6 Classes	\$99	2/26	Th	5:45pm- 6:15pm
303499	3-5yrs	6 Classes	\$99	2/27	F	4:45pm- 5:15pm

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

301376	3-5yrs	6 Classes	\$99	1/4	Su	11:30am-12:00pm
301377	3-5yrs	6 Classes	\$99	1/4	Su	2:30pm- 3:00pm
301374	3-5yrs	6 Classes	\$99	1/5	M	12:30pm- 1:00pm
301375	3-5yrs	6 Classes	\$99	1/5	M	4:00pm- 4:30pm
301470	3-5yrs	6 Classes	\$99	1/7	W	9:45am-10:15am
301471	3-5yrs	6 Classes	\$99	1/7	W	4:30pm- 5:00pm
301472	3-5yrs	6 Classes	\$99	1/9	F	1:00pm- 1:30pm
301473	3-5yrs	6 Classes	\$99	1/9	F	4:00pm- 4:30pm
301474	3-5yrs	6 Classes	\$99	1/10	Sa	8:30am- 9:00am
301475	3-5yrs	6 Classes	\$99	1/10	Sa	11:00am-11:30am
301476	3-5yrs	6 Classes	\$99	1/10	Sa	1:15pm- 1:45pm
301664	3-5yrs	6 Classes	\$99	2/21	Sa	8:30am- 9:00am
301665	3-5yrs	6 Classes	\$99	2/21	Sa	11:00am-11:30am
301666	3-5yrs	6 Classes	\$99	2/21	Sa	1:15pm- 1:45pm
301667	3-5yrs	6 Classes	\$99	2/22	Su	11:30am-12:00pm
301668	3-5yrs	6 Classes	\$99	2/22	Su	2:30pm- 3:00pm
301659	3-5yrs	6 Classes	\$99	2/23	M	12:30pm- 1:00pm
301660	3-5yrs	6 Classes	\$99	2/23	M	4:00pm- 4:30pm
301669	3-5yrs	6 Classes	\$99	2/25	W	9:45am-10:15am
301661	3-5yrs	6 Classes	\$99	2/25	W	4:30pm- 5:00pm
301663	3-5yrs	6 Classes	\$99	2/27	F	1:00pm- 1:30pm
301662	3-5yrs	6 Classes	\$99	2/27	F	4:00pm- 4:30pm

Wheaton Ice Arena

303312	3-5yrs	6 Classes	\$99	1/4	Su	11:30am-12:00pm
303313	3-5yrs	6 Classes	\$99	1/4	Su	3:15pm- 3:45pm
303363	3-5yrs	6 Classes	\$99	1/8	Th	4:45pm- 5:15pm
303364	3-5yrs	6 Classes	\$99	1/10	Sa	11:15am-11:45am
303365	3-5yrs	6 Classes	\$99	1/10	Sa	1:00pm- 1:30pm
303538	3-5yrs	6 Classes	\$99	2/21	Sa	11:15am-11:45am
303539	3-5yrs	6 Classes	\$99	2/21	Sa	1:00pm- 1:30pm
303540	3-5yrs	6 Classes	\$99	2/22	Su	11:30am-12:00pm
303541	3-5yrs	6 Classes	\$99	2/22	Su	3:15pm- 3:45pm
303542	3-5yrs	6 Classes	\$99	2/26	Th	4:45pm- 5:15pm
303500	3-5yrs	6 Classes	\$99	2/27	F	4:45pm- 5:15pm



Ice Skating

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. From 9:00am-5:00pm, for kids 6-12. Fee: \$40.

Cabin John Ice Rink

298553	1 Class	11/28	F
298749	1 Class	12/29	M
298750	1 Class	12/30	Tu
298751	1 Class	1/2	F
298752	1 Class	1/19	M
298753	1 Class	1/20	Tu
306949	1 Class	2/16	M

Wheaton Ice Arena

303900	1 Class	12/29	M
303901	1 Class	12/30	Tu
303902	1 Class	12/31	W
303903	1 Class	1/2	F
303899	1 Class	1/19	M
303949	1 Class	1/20	Tu
303950	1 Class	2/16	M



Ice Skating



Keep Your Neighbors Warm Skate

Fri., November 21

Bring your new or gently used winter clothing (coats, hats, scarves, gloves, mittens, etc.) and skate for just \$3.50 (includes skate rental). Wheaton donations will go to Arcola Elementary; Cabin John's will go to the National Alliance on Mental Illness—Montgomery County.

Cabin John sessions: 8:30-10am 12:30-2:30pm 4:30-6:00pm

Wheaton sessions: 12:30-2:30pm 4:45-6:15pm

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

Table with 8 columns: ID, Age, Classes, Price, Days, Time. Lists sessions for Cabin John Ice Rink from 301384 to 301685.

Wheaton Ice Arena

Table with 8 columns: ID, Age, Classes, Price, Days, Time. Lists sessions for Wheaton Ice Arena from 303315 to 303371.

Wheaton Ice Arena (con't)

Table with 8 columns: ID, Age, Classes, Price, Days, Time. Continues sessions for Wheaton Ice Arena from 303372 to 303501.

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

Table with 8 columns: ID, Age, Classes, Price, Days, Time. Lists sessions for Cabin John Ice Rink from 301389 to 301698.

Wheaton Ice Arena

Table with 8 columns: ID, Age, Classes, Price, Days, Time. Lists sessions for Wheaton Ice Arena from 303322 to 303502.



Ice Skating

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

301397	4-12yrs	6 Classes	\$99	1/4	Su	12:30pm- 1:00pm
301398	4-12yrs	6 Classes	\$99	1/4	Su	3:00pm- 3:30pm
301395	4-12yrs	6 Classes	\$99	1/5	M	4:30pm- 5:00pm
301396	4-12yrs	6 Classes	\$99	1/6	Tu	4:00pm- 4:30pm
301509	4-12yrs	6 Classes	\$99	1/7	W	4:00pm- 4:30pm
301510	4-12yrs	6 Classes	\$99	1/8	Th	4:30pm- 5:00pm
301511	4-12yrs	6 Classes	\$99	1/9	F	4:00pm- 4:30pm
301512	4-12yrs	6 Classes	\$99	1/10	Sa	10:30am-11:00am
301513	4-12yrs	6 Classes	\$99	1/10	Sa	12:45pm-1:15pm
301514	4-12yrs	6 Classes	\$99	1/10	Sa	2:30pm- 3:00pm
301724	4-12yrs	6 Classes	\$99	2/21	Sa	10:30am-11:00am
301725	4-12yrs	6 Classes	\$99	2/21	Sa	12:45pm-1:15pm
301726	4-12yrs	6 Classes	\$99	2/21	Sa	2:30pm- 3:00pm
301727	4-12yrs	6 Classes	\$99	2/22	Su	12:30pm- 1:00pm
301728	4-12yrs	6 Classes	\$99	2/22	Su	3:00pm- 3:30pm
301719	4-12yrs	6 Classes	\$99	2/23	M	4:30pm- 5:00pm
301720	4-12yrs	6 Classes	\$99	2/24	Tu	4:00pm- 4:30pm
301721	4-12yrs	6 Classes	\$99	2/25	W	4:00pm- 4:30pm
301722	4-12yrs	6 Classes	\$99	2/26	Th	4:30pm- 5:00pm
301723	4-12yrs	6 Classes	\$99	2/27	F	4:00pm- 4:30pm

Wheaton Ice Arena

303329	4-12yrs	6 Classes	\$99	1/4	Su	1:30pm- 2:00pm
303330	4-12yrs	6 Classes	\$99	1/4	Su	2:00pm- 2:30pm
303331	4-12yrs	6 Classes	\$99	1/4	Su	4:00pm- 4:30pm
303385	4-12yrs	6 Classes	\$99	1/8	Th	5:45pm- 6:15pm
303386	4-12yrs	6 Classes	\$99	1/9	F	5:45pm- 6:15pm
303387	4-12yrs	6 Classes	\$99	1/10	Sa	10:15am-10:45am
303388	4-12yrs	6 Classes	\$99	1/10	Sa	11:45am-12:15pm
303389	4-12yrs	6 Classes	\$99	1/10	Sa	1:45pm- 2:15pm
303573	4-12yrs	6 Classes	\$99	2/21	Sa	10:15am-10:45am
303574	4-12yrs	6 Classes	\$99	2/21	Sa	11:45am-12:15pm
303575	4-12yrs	6 Classes	\$99	2/21	Sa	1:45pm- 2:15pm
303576	4-12yrs	6 Classes	\$99	2/22	Su	1:30pm- 2:00pm
303577	4-12yrs	6 Classes	\$99	2/22	Su	2:00pm- 2:30pm
303578	4-12yrs	6 Classes	\$99	2/22	Su	4:00pm- 4:30pm
303579	4-12yrs	6 Classes	\$99	2/26	Th	5:45pm- 6:15pm
303503	4-12yrs	6 Classes	\$99	2/27	F	5:45pm- 6:15pm

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

301401	4-12yrs	6 Classes	\$99	1/4	Su	12:30pm- 1:00pm
301402	4-12yrs	6 Classes	\$99	1/4	Su	4:00pm- 4:30pm
301399	4-12yrs	6 Classes	\$99	1/5	M	5:00pm- 5:30pm
301400	4-12yrs	6 Classes	\$99	1/6	Tu	4:30pm- 5:00pm
301515	4-12yrs	6 Classes	\$99	1/7	W	5:00pm- 5:30pm
301516	4-12yrs	6 Classes	\$99	1/8	Th	4:30pm- 5:00pm
301517	4-12yrs	6 Classes	\$99	1/9	F	4:00pm- 4:30pm
301518	4-12yrs	6 Classes	\$99	1/10	Sa	10:00am-10:30am
301519	4-12yrs	6 Classes	\$99	1/10	Sa	2:30pm- 3:00pm
301734	4-12yrs	6 Classes	\$99	2/21	Sa	10:00am-10:30am
301735	4-12yrs	6 Classes	\$99	2/21	Sa	2:30pm- 3:00pm
301736	4-12yrs	6 Classes	\$99	2/22	Su	12:30pm- 1:00pm
301737	4-12yrs	6 Classes	\$99	2/22	Su	4:00pm- 4:30pm
301729	4-12yrs	6 Classes	\$99	2/23	M	5:00pm- 5:30pm
301730	4-12yrs	6 Classes	\$99	2/24	Tu	4:30pm- 5:00pm
301731	4-12yrs	6 Classes	\$99	2/25	W	5:00pm- 5:30pm
301732	4-12yrs	6 Classes	\$99	2/26	Th	4:30pm- 5:00pm
301733	4-12yrs	6 Classes	\$99	2/27	F	4:00pm- 4:30pm

Wheaton Ice Arena

303332	4-12yrs	6 Classes	\$99	1/4	Su	1:30pm- 2:00pm
303390	4-12yrs	6 Classes	\$99	1/8	Th	7:00pm- 7:30pm
303391	4-12yrs	6 Classes	\$99	1/10	Sa	10:45am-11:15am
303580	4-12yrs	6 Classes	\$99	2/21	Sa	10:45am-11:15am
303581	4-12yrs	6 Classes	\$99	2/22	Su	1:30pm- 2:00pm
303582	4-12yrs	6 Classes	\$99	2/26	Th	6:45pm- 7:15pm
303504	4-12yrs	6 Classes	\$99	2/27	F	5:45pm- 6:15pm

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

301404	4-12yrs	6 Classes	\$99	1/4	Su	12:30pm- 1:00pm
301405	4-12yrs	6 Classes	\$99	1/4	Su	4:00pm- 4:30pm
301403	4-12yrs	6 Classes	\$99	1/5	M	5:00pm- 5:30pm
301520	4-12yrs	6 Classes	\$99	1/7	W	5:00pm- 5:30pm
301521	4-12yrs	6 Classes	\$99	1/8	Th	5:45pm- 6:15pm
301522	4-12yrs	6 Classes	\$99	1/9	F	4:00pm- 4:30pm
301523	4-12yrs	6 Classes	\$99	1/10	Sa	10:00am-10:30am
301524	4-12yrs	6 Classes	\$99	1/10	Sa	2:30pm- 3:00pm
301742	4-12yrs	6 Classes	\$99	2/21	Sa	10:00am-10:30am
301743	4-12yrs	6 Classes	\$99	2/21	Sa	2:30pm- 3:00pm
301744	4-12yrs	6 Classes	\$99	2/22	Su	12:30pm- 1:00pm
301745	4-12yrs	6 Classes	\$99	2/22	Su	4:00pm- 4:30pm
301738	4-12yrs	6 Classes	\$99	2/23	M	5:00pm- 5:30pm
301739	4-12yrs	6 Classes	\$99	2/25	W	5:00pm- 5:30pm
301740	4-12yrs	6 Classes	\$99	2/26	Th	5:45pm- 6:15pm
301741	4-12yrs	6 Classes	\$99	2/27	F	4:00pm- 4:30pm

Wheaton Ice Arena

303333	4-12yrs	6 Classes	\$99	1/4	Su	1:30pm- 2:00pm
303392	4-12yrs	6 Classes	\$99	1/8	Th	7:00pm- 7:30pm
303393	4-12yrs	6 Classes	\$99	1/10	Sa	10:45am-11:15am
303583	4-12yrs	6 Classes	\$99	2/21	Sa	10:45am-11:15am
303584	4-12yrs	6 Classes	\$99	2/22	Su	1:30pm- 2:00pm
303585	4-12yrs	6 Classes	\$99	2/26	Th	7:00pm- 7:30pm



Ice Skating

Basic 6

Prerequisite: Passed Basic 5

Learn forward inside three-turns, moving backward to forward two-foot turns on a circle, a T-stop, bunny hops, a forward spiral on a straight line, and a forward lunge.

Cabin John Ice Rink

Table with 7 columns: ID, Age, Classes, Price, Day, Date, Time. Rows include 301407, 301406, 301525, 301526, 301527, 301528, 301529, 301750, 301751, 301752, 301746, 301747, 301748, 301749.

Wheaton Ice Arena

Table with 7 columns: ID, Age, Classes, Price, Day, Date, Time. Rows include 303334, 303394, 303395, 303399, 303586, 303587, 303588.

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

Table with 7 columns: ID, Age, Classes, Price, Day, Date, Time. Rows include 301409, 301408, 301530, 301531, 301532, 301533, 301534, 301757, 301758, 301759, 301753, 301754, 301755, 301756.

Wheaton Ice Arena

Table with 7 columns: ID, Age, Classes, Price, Day, Date, Time. Rows include 303335, 303396, 303397, 303589, 303590, 303591.

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

Table with 7 columns: ID, Age, Classes, Price, Day, Date, Time. Rows include 301411, 301410, 301535, 301536, 301537, 301538, 301539, 301764, 301765, 301766, 301760, 301761, 301762, 301763.

Wheaton Ice Arena

Table with 7 columns: ID, Age, Classes, Price, Day, Date, Time. Rows include 303336, 303398, 303399, 303592, 303593, 303594.

Wheaton Ice Arena 2014 Winter ICE SHOW. Saturday, December 13 | 4:00pm. Come see Wheaton Ice Arena's skating stars make magic on the ice! Bring the family and friends and see skaters from all of the different skating levels. From our fabulous Snowplow Sam beginners all the way up to ice dancers, synchronized skating teams and upper-level figure skaters, you'll see how much our students have learned! This free event will feature both individual and exciting group performances. BRING A TOY! We'll collect your generous gifts of new, unwrapped toys and books for Toys for Tots at the door.



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

301422	12 & up	6 Classes	\$149	1/5	M	11:00am-11:45am
301423	12 & up	6 Classes	\$149	1/5	M	8:00pm-8:45pm
301563	12 & up	6 Classes	\$149	1/8	Th	7:15pm-8:00pm
301564	12 & up	6 Classes	\$149	1/10	Sa	9:00am-9:45am
301803	12 & up	6 Classes	\$149	2/21	Sa	9:00am-9:45am
301800	12 & up	6 Classes	\$149	2/23	M	11:00am-11:45am
301801	12 & up	6 Classes	\$149	2/23	M	8:00pm-8:45pm
301802	12 & up	6 Classes	\$149	2/26	Th	7:15pm-8:00pm

Wheaton Ice Arena

303340	12 & up	6 Classes	\$149	1/4	Su	4:00pm-4:45pm
303407	12 & up	6 Classes	\$149	1/10	Sa	10:15am-11:00am
303605	12 & up	6 Classes	\$149	2/21	Sa	10:15am-11:00am

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 chasses on a circle.

Cabin John Ice Rink

301424	12 & up	6 Classes	\$149	1/5	M	11:00am-11:45am
301425	12 & up	6 Classes	\$149	1/5	M	8:00pm-8:45pm
301565	12 & up	6 Classes	\$149	1/8	Th	7:15pm-8:00pm
301566	12 & up	6 Classes	\$149	1/10	Sa	9:00am-9:45am
301807	12 & up	6 Classes	\$149	2/21	Sa	9:00am-9:45am
301804	12 & up	6 Classes	\$149	2/23	M	11:00am-11:45am
301805	12 & up	6 Classes	\$149	2/23	M	8:00pm-8:45pm
301806	12 & up	6 Classes	\$149	2/26	Th	7:15pm-8:00pm

Wheaton Ice Arena

303408	12 & up	6 Classes	\$149	1/10	Sa	10:15am-11:00am
303606	12 & up	6 Classes	\$149	2/21	Sa	10:15am-11:00am
303607	12 & up	6 Classes	\$149	2/22	Su	4:00pm-4:45pm

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

301426	12 & up	6 Classes	\$149	1/5	M	11:45am-12:30pm
301427	12 & up	6 Classes	\$149	1/5	M	8:45pm-9:30pm
301568	12 & up	6 Classes	\$149	1/8	Th	8:00pm-8:45pm
301567	12 & up	6 Classes	\$149	1/10	Sa	9:00am-9:45am
301808	12 & up	6 Classes	\$149	2/21	Sa	9:00am-9:45am
301810	12 & up	6 Classes	\$149	2/23	M	11:45am-12:30pm
301811	12 & up	6 Classes	\$149	2/23	M	8:45pm-9:30pm
301809	12 & up	6 Classes	\$149	2/26	Th	8:00pm-8:45pm

Wheaton Ice Arena

303409	12 & up	6 Classes	\$149	1/10	Sa	11:00am-11:45am
303608	12 & up	6 Classes	\$149	2/21	Sa	11:00am-11:45am

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

301428	12 & up	6 Classes	\$149	1/5	M	11:45am-12:30pm
301429	12 & up	6 Classes	\$149	1/5	M	8:45pm-9:30pm
301570	12 & up	6 Classes	\$149	1/8	Th	8:00pm-8:45pm
301569	12 & up	6 Classes	\$149	1/10	Sa	9:00am-9:45am
301812	12 & up	6 Classes	\$149	2/21	Sa	9:00am-9:45am
301814	12 & up	6 Classes	\$149	2/23	M	11:45am-12:30pm
301815	12 & up	6 Classes	\$149	2/23	M	8:45pm-9:30pm
301813	12 & up	6 Classes	\$149	2/26	Th	8:00pm-8:45pm

Wheaton Ice Arena

303410	12 & up	6 Classes	\$149	1/10	Sa	11:00am-11:45am
303609	12 & up	6 Classes	\$149	2/21	Sa	11:00am-11:45am



Ice Skating

301424	12 & up	6 Classes	\$149	1/5	M	11:00am-11:45am
301425	12 & up	6 Classes	\$149	1/5	M	8:00pm-8:45pm
301565	12 & up	6 Classes	\$149	1/8	Th	7:15pm-8:00pm
301566	12 & up	6 Classes	\$149	1/10	Sa	9:00am-9:45am
301807	12 & up	6 Classes	\$149	2/21	Sa	9:00am-9:45am
301804	12 & up	6 Classes	\$149	2/23	M	11:00am-11:45am
301805	12 & up	6 Classes	\$149	2/23	M	8:00pm-8:45pm
301806	12 & up	6 Classes	\$149	2/26	Th	7:15pm-8:00pm

Cabin John Ice Rink
2014 Winter
ICE SHOW
Saturday, December 20 6:30pm
Don't miss some of the most talented figure skaters in the area as they perform at the annual Cabin John Ice Holiday Skating Spectacular!
This free event will feature both individual and exciting group performances. **BRING A TOY!**
We'll collect your generous gifts of new, unwrapped toys and books for Toys for Tots at the door.

FRIENDSHIP SKATE



Celebrate National Skating Month! Skate two-for-one with a friend... just **\$6.50** for both of you (2 admissions and 2 skate rentals).

FRIDAY, JANUARY 23

CABIN JOHN ICE

4:30-6PM

WHEATON ICE

4:45-6:15PM



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

Table with 7 columns: ID, Level, Classes, Cost, Day, Week, Time. Rows include 301414, 301546, 301547, 301548, 301777, 301778, 301775, 301776.

Wheaton Ice Arena

Table with 7 columns: ID, Level, Classes, Cost, Day, Week, Time. Rows include 303338, 303400, 303596, 303597.

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

Table with 7 columns: ID, Level, Classes, Cost, Day, Week, Time. Rows include 301415, 301549, 301550, 301551, 301781, 301782, 301779, 301780.

Wheaton Ice Rink

Table with 7 columns: ID, Level, Classes, Cost, Day, Week, Time. Rows include 303401, 303598.

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

Table with 7 columns: ID, Level, Classes, Cost, Day, Week, Time. Rows include 301416, 301552, 301553, 301785, 301783, 301784.

Wheaton Ice Arena

Table with 7 columns: ID, Level, Classes, Cost, Day, Week, Time. Rows include 303402, 303599.

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

Table with 7 columns: ID, Level, Classes, Cost, Day, Week, Time. Rows include 301417, 304699, 301555, 301788, 301786, 301787.

Wheaton Ice Arena

Table with 7 columns: ID, Level, Classes, Cost, Day, Week, Time. Rows include 303403, 303600.

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

Table with 7 columns: ID, Level, Classes, Cost, Day, Week, Time. Rows include 301418, 301556, 301557, 301791, 301789, 301790.

Wheaton Ice Arena

Table with 7 columns: ID, Level, Classes, Cost, Day, Week, Time. Rows include 303404, 303601.

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 preparation for the axel.

Cabin John Ice Rink

Table with 7 columns: ID, Level, Classes, Cost, Day, Week, Time. Rows include 301419, 301559, 301560, 301795, 301793, 301794.

Wheaton Ice Arena

Table with 7 columns: ID, Level, Classes, Cost, Day, Week, Time. Rows include 303405, 303602.



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

10 Different Things to Do at Our Ice Rinks



1. Get your skates sharpened.

The Pro Shops at both rinks can sharpen skates, mount blades, or fit you in a new pair of skates!

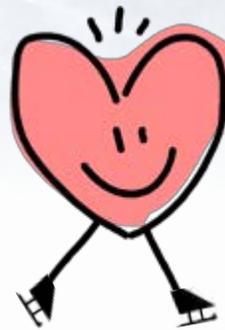
2. Get a snack and surf the web.

Both rinks feature snack bars and wireless access. Check the front desks for passwords.



3. 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!



4. Celebrate a holiday on ice.

Both rinks host special holiday skates throughout the year, usually at reduced rates. Check out the Keep Your Neighbors Warm Skate (p. 120), Friendship Skate (p. 123) and Sweetheart Skate (p. 124) this winter!



5. Lift some weights.

Did you know there's a great little gym tucked away at Wheaton Ice? Membership is very affordable!

6. Buy a new hockey stick.

Find hockey sticks, Zuca bags, skating outfits, blades, full hockey gear, tights, and more at our Pro Shops!



7. Get a custom class designed just for you.

Have a group of four or more who'd like to learn or improve their skating skills? Call the skating director at either rink and we'll create a custom class for you.



8. Watch a great ice skating show.

Both rinks are hosting free holiday shows! See pages 122-123 for details.



9. Drop off the kids for a Park Play Day.

When school's out, your kids can play all day at the rink for just \$40! See page 119.



10. Raise money 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.



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



Advanced Free Skating Classes



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

303413	4 & up	6 Classes	\$99	1/8	Th	7:00pm- 7:30pm
303612	4 & up	6 Classes	\$99	2/26	Th	7:00pm- 7:30pm

Advanced Adult

Prerequisite: Passed Teen & Adult 3, or the Pre-Preliminary Moves test, or equivalent

Wheaton Ice Arena

303414	18 & up	6 Classes	\$99	1/8	Th	7:00pm- 7:30pm
303613	18 & up	6 Classes	\$99	2/26	Th	7:00pm- 7:30pm

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

301582	5 & up	6 Classes	\$99	1/10	Sa	10:00am-10:30am
301825	5 & up	6 Classes	\$99	2/21	Sa	10:00am-10:30am

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 footwork sequence as you work to enhance your overall fluidity and grace on the ice.

Cabin John Ice Rink

301561	5 & up	6 Classes	\$149	1/7	W	8:45pm- 9:30pm
301562	5 & up	6 Classes	\$149	1/10	Sa	10:30am-11:15am
301797	5 & up	6 Classes	\$149	2/21	Sa	10:30am-11:15am
301796	5 & up	6 Classes	\$149	2/25	W	8:45pm- 9:30pm

Wheaton Ice Arena

303406	5 & up	6 Classes	\$99	1/8	Th	7:30pm- 8:00pm
303603	5 & up	6 Classes	\$99	2/26	Th	7:30pm- 8:00pm

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

301581	5 & up	6 Classes	\$149	1/8	Th	9:15am-10:00am
301580	5 & up	6 Classes	\$99	1/10	Sa	11:15am-11:45am
301823	5 & up	6 Classes	\$99	2/21	Sa	11:15am-11:45am
301824	5 & up	6 Classes	\$149	2/26	Th	9:15am-10:00am

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

301584	5 & up	6 Classes	\$149	1/8	Th	8:00pm-8:45pm
301583	5 & up	6 Classes	\$99	1/10	Sa	11:15am-11:45am
301826	5 & up	6 Classes	\$99	2/21	Sa	11:15am-11:45am
301827	5 & up	6 Classes	\$149	2/26	Th	8:00pm-8:45pm

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

301585	5 & up	6 Classes	\$99	1/10	Sa	11:15am-11:45am
301828	5 & up	6 Classes	\$99	2/21	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

301576	5 & up	6 Classes	\$99	1/10	Sa	10:00am-10:30am
301819	5 & up	6 Classes	\$99	2/21	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

301578	5 & up	6 Classes	\$99	1/10	Sa	11:15am-11:45am
301821	5 & up	6 Classes	\$99	2/21	Sa	11:15am-11:45am

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

301575	5 & up	6 Classes	\$99	1/10	Sa	11:15am-11:45am
301818	5 & up	6 Classes	\$99	2/21	Sa	11:15am-11:45am

Wheaton Ice Arena

303749	5 & up	6 Classes	\$99	1/8	Th	7:00pm-7:30pm
303750	5 & up	6 Classes	\$99	2/26	Th	7:00pm-7:30pm

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

301577	5 & up	6 Classes	\$99	1/10	Sa	10:00am-10:30am
301820	5 & up	6 Classes	\$99	2/21	Sa	10:00am-10:30am

Wheaton Ice Arena

303800	5 & up	6 Classes	\$99	1/15	Th	7:00pm-7:30pm
303799	5 & up	6 Classes	\$99	2/26	Th	7:00pm-7:30pm

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

301579	4 & up	6 Classes	\$99	1/10	Sa	9:30am-10:00am
301822	4 & up	6 Classes	\$99	2/21	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

301586	5 & up	6 Classes	\$99	1/10	Sa	10:00am-10:30am
301829	5 & up	7 Sessions	\$99	2/21	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

301587	5 & up	6 Classes	\$99	1/10	Sa	10:00am-10:30am
301830	5 & up	6 Classes	\$99	2/21	Sa	10:00am-10:30am



Ice Skating

Join the



Basic Skills Program!

If you're taking any one of the U.S. Figure Skating courses at Cabin John or Wheaton Ice, you can join!

For \$15 a year, you'll get:

- Official membership card and patch
- Record book with stickers to track your progress
- Sport Accident Insurance
- Basic Skills Edition of SKATING magazine

This membership will also enable you to participate in official U.S. Figure Skating competitions. Call or visit the rinks for details.



ICE HOCKEY



Ice Hockey Classes • Winter 1 & 2



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

301391	4-6yrs	6 Classes	\$30	1/4	Su	2:00pm- 2:30pm
301392	4-6yrs	6 Classes	\$30	1/6	Tu	4:30pm- 5:00pm
301501	4-6yrs	6 Classes	\$30	1/7	W	3:15pm- 3:45pm
301502	4-6yrs	6 Classes	\$30	1/8	Th	5:45pm- 6:15pm
301503	4-6yrs	6 Classes	\$30	1/9	F	6:00pm- 6:30pm
301499	4-6yrs	6 Classes	\$30	1/10	Sa	8:30am- 9:00am
301504	4-6yrs	6 Classes	\$30	1/10	Sa	12:15pm-12:45pm
301705	4-6yrs	6 Classes	\$30	2/21	Sa	8:30am- 9:00am
301707	4-6yrs	6 Classes	\$30	2/21	Sa	12:15pm-12:45pm
301709	4-6yrs	6 Classes	\$30	2/22	Su	2:00pm- 2:30pm
301711	4-6yrs	6 Classes	\$30	2/24	Tu	4:30pm- 5:00pm
301713	4-6yrs	6 Classes	\$30	2/25	W	3:15pm- 3:45pm
301717	4-6yrs	6 Classes	\$30	2/26	Th	5:45pm- 6:15pm
301714	4-6yrs	6 Classes	\$30	2/27	F	6:00pm- 6:30pm

6-8 years

301394	6-8yrs	6 Classes	\$30	1/4	Su	2:00pm- 2:30pm
301393	6-8yrs	6 Classes	\$30	1/6	Tu	4:30pm- 5:00pm
301505	6-8yrs	6 Classes	\$30	1/7	W	3:15pm- 3:45pm
301506	6-8yrs	6 Classes	\$30	1/8	Th	5:45pm- 6:15pm
301507	6-8yrs	6 Classes	\$30	1/9	F	6:00pm- 6:30pm
301500	6-8yrs	6 Classes	\$30	1/10	Sa	8:30am- 9:00am
301508	6-8yrs	6 Classes	\$30	1/10	Sa	12:15pm-12:45pm
301706	6-8yrs	6 Classes	\$30	2/21	Sa	8:30am- 9:00am
301708	6-8yrs	6 Classes	\$30	2/21	Sa	12:15pm-12:45pm
301710	6-8yrs	6 Classes	\$30	2/22	Su	2:00pm- 2:30pm
301712	6-8yrs	6 Classes	\$30	2/24	Tu	4:30pm- 5:00pm
301715	6-8yrs	6 Classes	\$30	2/25	W	3:15pm- 3:45pm
301716	6-8yrs	6 Classes	\$30	2/26	Th	5:45pm- 6:15pm
301718	6-8yrs	6 Classes	\$30	2/27	F	6:00pm- 6:30pm



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

303325	4-6yrs	6 Classes	Free	1/4	Su	1:00pm- 1:30pm
304088	4-6yrs	6 Classes	Free	1/4	Su	1:30pm- 2:00pm
303327	4-6yrs	6 Classes	Free	1/4	Su	2:00pm- 2:30pm
303382	4-6yrs	6 Classes	Free	1/10	Sa	10:15am-10:45am
304092	4-6yrs	6 Classes	Free	1/10	Sa	10:45am-11:15am
303381	4-6yrs	6 Classes	Free	1/10	Sa	11:15am-11:45am
303383	4-6yrs	6 Classes	Free	1/10	Sa	11:45am-12:15pm
303561	4-6yrs	6 Classes	Free	2/21	Sa	10:15am-10:45am
303571	4-6yrs	6 Classes	Free	2/21	Sa	10:45am-11:15am
303569	4-6yrs	6 Classes	Free	2/21	Sa	11:15am-11:45am
303563	4-6yrs	6 Classes	Free	2/21	Sa	11:45am-12:15pm
303565	4-6yrs	6 Classes	Free	2/22	Su	1:00pm- 1:30pm
304096	4-6yrs	6 Classes	Free	2/22	Su	1:30pm- 2:00pm
303567	4-6yrs	6 Classes	Free	2/22	Su	2:00pm- 2:30pm

6-8 years

303326	6-8yrs	6 Classes	Free	1/4	Su	1:00pm- 1:30pm
304087	6-8yrs	6 Classes	Free	1/4	Su	1:30pm- 2:00pm
303328	6-8yrs	6 Classes	Free	1/4	Su	2:00pm- 2:30pm
304090	6-8yrs	6 Classes	Free	1/10	Sa	10:15am-10:45am
304094	6-8yrs	6 Classes	Free	1/10	Sa	10:45am-11:15am
304099	6-8yrs	6 Classes	Free	1/10	Sa	11:15am-11:45am
303384	6-8yrs	6 Classes	Free	1/10	Sa	11:45am-12:15pm
303562	6-8yrs	6 Classes	Free	2/21	Sa	10:15am-10:45am
303572	6-8yrs	6 Classes	Free	2/21	Sa	10:45am-11:15am
303570	6-8yrs	6 Classes	Free	2/21	Sa	11:15am-11:45am
303564	6-8yrs	6 Classes	Free	2/21	Sa	11:45am-12:15pm
303566	6-8yrs	6 Classes	Free	2/22	Su	1:00pm- 1:30pm
304098	6-8yrs	6 Classes	Free	2/22	Su	1:30pm- 2:00pm
303568	6-8yrs	6 Classes	Free	2/22	Su	2:00pm- 2:30pm



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

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 p. 128).

Cabin John Ice Rink

301356	3-5yrs	6 Classes	\$99	1/4	Su	2:00pm- 2:30pm
301430	3-5yrs	6 Classes	\$99	1/10	Sa	10:00am-10:30am
301602	3-5yrs	6 Classes	\$99	2/21	Sa	10:00am-10:30am
301603	3-5yrs	6 Classes	\$99	2/22	Su	2:00pm- 2:30pm

Wheaton Ice Arena

303341	3-5yrs	6 Classes	\$99	1/10	Sa	10:45am-11:15am
303505	3-5yrs	6 Classes	\$99	2/21	Sa	10:45am-11:15am

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 p. 128).

Cabin John Ice Rink *Fee includes a free Cabin John Hockey jersey!*

301360	4-8yrs	6 Classes	\$105	1/4	Su	2:00pm- 2:30pm
301359	4-8yrs	6 Classes	\$105	1/6	Tu	4:30pm- 5:00pm
301434	4-8yrs	6 Classes	\$105	1/7	W	3:15pm- 3:45pm
301435	4-8yrs	6 Classes	\$105	1/8	Th	5:45pm- 6:15pm
301436	4-8yrs	6 Classes	\$105	1/9	F	6:00pm- 6:30pm
301437	4-8yrs	6 Classes	\$105	1/10	Sa	8:30am- 9:00am
301438	4-8yrs	6 Classes	\$105	1/10	Sa	12:15pm-12:45pm
301612	4-8yrs	6 Classes	\$105	2/21	Sa	8:30am- 9:00am
301613	4-8yrs	6 Classes	\$105	2/21	Sa	12:15pm-12:45pm
301614	4-8yrs	6 Classes	\$105	2/22	Su	2:00pm- 2:30pm
301609	4-8yrs	6 Classes	\$105	2/24	Tu	4:30pm- 5:00pm
301616	4-8yrs	6 Classes	\$105	2/25	W	3:15pm- 3:45pm
301610	4-8yrs	6 Classes	\$105	2/26	Th	5:45pm- 6:15pm
301611	4-8yrs	6 Classes	\$105	2/27	F	6:00pm- 6:30pm

301361	9-14yrs	6 Classes	\$105	1/6	Tu	5:00pm- 5:30pm
301439	9-14yrs	6 Classes	\$105	1/10	Sa	8:30am- 9:00am
301615	9-14yrs	6 Classes	\$105	2/21	Sa	8:30am- 9:00am
301617	9-14yrs	6 Classes	\$105	2/24	Tu	5:00pm- 5:30pm

Wheaton Ice Arena *Fee includes a free Capitals Practice jersey!*

**See "FREE Hockey Equipment Rentals," p. 128*

303303	4-8yrs	6 Classes	\$99	1/4	Su	2:00pm- 2:30pm
303345	4-8yrs	6 Classes	\$99	1/10	Sa	10:15am-10:45am
303511	4-8yrs	6 Classes	\$99	2/21	Sa	10:15am-10:45am
303514	4-8yrs	6 Classes	\$99	2/22	Su	2:00pm- 2:30pm
303302	9 & up	6 Classes	\$99	1/4	Su	1:00pm- 1:30pm
303346	9 & up	6 Classes	\$99	1/10	Sa	11:45am-12:15pm
303512	9 & up	6 Classes	\$99	2/21	Sa	11:45am-12:15pm
303513	9 & up	6 Classes	\$99	2/22	Su	1:00pm- 1:30pm

Hockey 2 Formerly Hockey 1

Prerequisite: Passed Hockey 1

Learn backward stance, skating forward using full strides, forward one-foot glides, backward hustle, backward swizzles, glide turns, and moving snowplow stops. *Full gear required (see p. 128).*

Cabin John Ice Rink *Fee includes a free Cabin John Hockey jersey!*

301366	4-8yrs	6 Classes	\$105	1/6	Tu	4:30pm- 5:00pm
301450	4-8yrs	6 Classes	\$105	1/7	W	3:15pm- 3:45pm
301451	4-8yrs	6 Classes	\$105	1/8	Th	5:45pm- 6:15pm
301452	4-8yrs	6 Classes	\$105	1/9	F	6:00pm- 6:30pm
301453	4-8yrs	6 Classes	\$105	1/10	Sa	8:30am- 9:00am
301454	4-8yrs	6 Classes	\$105	1/10	Sa	12:15pm-12:45pm
301634	4-8yrs	6 Classes	\$105	2/21	Sa	8:30am- 9:00am
301635	4-8yrs	6 Classes	\$105	2/21	Sa	12:15pm-12:45pm
301631	4-8yrs	6 Classes	\$105	2/24	Tu	4:30pm- 5:00pm
301638	4-8yrs	6 Classes	\$105	2/25	W	3:15pm- 3:45pm
301632	4-8yrs	6 Classes	\$105	2/26	Th	5:45pm- 6:15pm
301633	4-8yrs	6 Classes	\$105	2/27	F	6:00pm- 6:30pm

301367	9-14yrs	6 Classes	\$105	1/6	Tu	5:00pm- 5:30pm
301455	9-14yrs	6 Classes	\$105	1/10	Sa	8:30am- 9:00am
301637	9-14yrs	6 Classes	\$105	2/21	Sa	8:30am- 9:00am
301636	9-14yrs	6 Classes	\$105	2/24	Tu	5:00pm- 5:30pm

Wheaton Ice Arena *Fee includes a free Capitals Practice jersey!*

**See "FREE Hockey Equipment Rentals," p. 128*

303356	4-8yrs	6 Classes	\$99	1/10	Sa	10:45am-11:15am
303527	4-8yrs	6 Classes	\$99	2/21	Sa	10:45am-11:15am
303525	4-8yrs	6 Classes	\$99	2/22	Su	1:30pm- 2:00pm
303309	4 & up	6 Classes	\$99	1/4	Su	1:30pm- 2:00pm
303357	9 & up	6 Classes	\$99	1/10	Sa	11:15am-11:45am
303526	9 & up	6 Classes	\$99	2/21	Sa	11:15am-11:45am

Hockey 3 Formerly Hockey 2

Prerequisite: Passed Hockey 2

Learn forward C-cuts on a circle, hockey turns with speed in and out of turn, forward slalom, forward stop and starts, backward V-stop, and lateral marching crossovers. *Full gear required (see p. 128).*

Cabin John Ice Rink *Fee includes a free Cabin John Hockey jersey!*

301372	4-8yrs	6 Classes	\$153	1/6	Tu	5:30pm- 6:15pm
301465	4-8yrs	6 Classes	\$153	1/7	W	2:30pm- 3:00pm
301466	4-8yrs	6 Classes	\$153	1/8	Th	5:00pm- 5:45pm
301467	4-8yrs	6 Classes	\$153	1/9	F	4:30pm- 5:15pm
301468	4-8yrs	6 Classes	\$153	1/10	Sa	7:45am- 8:30am
301655	4-8yrs	6 Classes	\$153	2/21	Sa	7:45am- 8:30am
301652	4-8yrs	6 Classes	\$153	2/24	Tu	5:30pm- 6:15pm
301658	4-8yrs	6 Classes	\$153	2/25	W	2:30pm- 3:15pm
301653	4-8yrs	6 Classes	\$153	2/26	Th	5:00pm- 5:45pm
301654	4-8yrs	6 Classes	\$153	2/27	F	4:30pm- 5:15pm

301373	9-14yrs	6 Classes	\$153	1/6	Tu	7:45pm- 8:30pm
301469	9-14yrs	6 Classes	\$153	1/10	Sa	7:45am- 8:30am
301657	9-14yrs	6 Classes	\$153	2/21	Sa	7:45am- 8:30am
301656	9-14yrs	6 Classes	\$153	2/24	Tu	7:45pm- 8:30pm

Wheaton Ice Arena

303362	4 & up	6 Classes	\$99	1/10	Sa	11:45am-12:15pm
303536	4 & up	6 Classes	\$99	2/21	Sa	11:45am-12:15pm



GET A FREE CAPITALS HOCKEY JERSEY

Get one child's Washington Capitals practice jersey for each first time paid registration at Wheaton Ice Arena for:
Hockey 1
Hockey 2



ICE HOCKEY



Hockey 4 Formerly Hockey 3

Prerequisite: Passed Hockey 3

Learn forward one-foot pushes on a circle, forward crossover glides, forward crossovers, alternating backward C-cuts in a line, backward one-foot glide, mohawks, and hockey stop. Full gear required (see p. 128).

Cabin John Ice Rink Fee includes a free Cabin John Hockey jersey!

Table with 8 columns: ID, Age, Classes, Fee, Days, Times. Rows include 301378, 301478, 301477, 301479, 301480, 301673, 301670, 301676, 301671, 301672, 301379, 301481, 301675, 301674.

Wheaton Ice Arena

Table with 8 columns: ID, Age, Classes, Fee, Days, Times. Rows include 303314, 303543.

Advanced Hockey Formerly Hockey 4

Prerequisite: Passed Hockey 4

Learn alternating forward crossovers, backward crossovers (on a circle as well as straight down the ice), back V-stops, power turns on proper edges, and mohawks. Full gear required (see p. 128).

Cabin John Ice Rink Fee includes a free Cabin John Hockey jersey!

Table with 8 columns: ID, Age, Classes, Fee, Days, Times. Rows include 301412, 301540, 301541, 301542, 301543, 301770, 301767, 301773, 301768, 301769, 301413, 301544, 301772, 301771.

Wheaton Ice Arena

Table with 8 columns: ID, Age, Classes, Fee, Days, Times. Rows include 303337, 303595.

Teen & Adult Hockey: Introductory

Prerequisite: Passed Teen/Adult 1 in hockey skates

Learn the fundamentals of hockey skating, including forward and backward crossovers, stops, stick handling and passing. Full gear required (see p. 128).

Cabin John Ice Rink

Table with 8 columns: ID, Age, Classes, Fee, Days, Times. Rows include 301558, 301792.

Teen & Adult Hockey: Advanced

Prerequisite: Passed Teen & Adult 3 in Hockey Skates, or Teen/Adult Hockey

This class will emphasize advanced hockey techniques, rules and game play. Skaters will practice skills and elements of the game through a series of scrimmages.

Full gear required (see p. 128).

Cabin John Ice Rink

Table with 8 columns: ID, Age, Classes, Fee, Days, Times. Rows include 301545, 301774.

Power Skating for Hockey

Prerequisite: Passed Hockey 2 or Basic 3 in hockey skates

Build on the fundamentals of hockey and take your skating skills to the next level! We'll emphasize speed, quickness, power and technique.

Full gear required (see p. 128).

Cabin John Ice Rink

Table with 8 columns: ID, Age, Classes, Fee, Days, Times. Rows include 301420, 301798.

Wheaton Ice Arena

Table with 8 columns: ID, Age, Classes, Fee, Days, Times. Rows include 303339, 303604.

Passing & Shooting, Intermediate

Prerequisite: Passed Hockey 2

You've learned the basics of passing and shooting – now it's time to learn the finer points of stickhandling. We'll also show you how to protect the puck from opponents, and review some fundamental passing skills. Full gear required (see p. 128); no game experience needed.

Cabin John Ice Rink

Table with 8 columns: ID, Age, Classes, Fee, Days, Times. Rows include 301421, 301799.

Scrimmage 1

Prerequisite: Passed Hockey 1

This hands-on instructional class focuses on key elements of hockey. Skaters will learn the rules of the game, enhance their skills, and practice through a series of scrimmages. Full gear required (see p. 128).

Cabin John Ice Rink Fee includes a free Cabin John Hockey jersey!

Table with 8 columns: ID, Age, Classes, Fee, Days, Times. Rows include 301571, 301816.

Table with 8 columns: ID, Age, Classes, Fee, Days, Times. Rows include 301572, 306399.

Scrimmage 2

Prerequisite: Passed Scrimmage 1

Scrimmage 2 gives serious players more real-time, hands-on instruction. Learn the finer points of hockey and continue to sharpen your skills with other players who want to excel. Full gear required (see p. 128).

Cabin John Ice Rink Fee includes a free Cabin John Hockey jersey!

Table with 8 columns: ID, Age, Classes, Fee, Days, Times. Rows include 301573, 301817.



SOUTH GERMANTOWN
Driving RANGE

18045 Central Park Circle | Boyds, MD 20841 | 301-670-4670

www.SGDrivingRange.com | [f](#) | [t](#) @SGDrivingRange



Through November 30: Monday-Friday, 11am-9pm; Saturday & Sunday, 8am-9pm
December 1-31: Monday-Friday, 11am-5pm; Saturday, 10am-7pm; Sunday, 10am-5pm

**Closed Thursday, November 27 and December 25*

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 • Winter 2014



Let's Golf! Clinics

Come learn or brush up on your golf skills at our weekend clinics! We'll teach a different golf skill each weekend. The schedule varies, but we'll definitely cover chipping, putting, pitching, full swing, and more. You'll get personalized instruction, a bucket of golf balls, and may borrow a club if needed. Pre-register online and pay \$30 per clinic; register in person the day of the clinic for \$35.

Beginner Clinic

296997	5-17yrs	1 Class	\$30	11/8	Sa	10:00am-11:00am
296998	5-17yrs	1 Class	\$30	11/15	Sa	10:00am-11:00am
297000	5-17yrs	1 Class	\$30	11/22	Sa	10:00am-11:00am
297001	5-17yrs	1 Class	\$30	11/29	Sa	10:00am-11:00am

Intermediate Clinic

296986	5-17yrs	1 Class	\$30	11/8	Sa	9:00am-10:00am
296987	5-17yrs	1 Class	\$30	11/15	Sa	9:00am-10:00am
296988	5-17yrs	1 Class	\$30	11/22	Sa	9:00am-10:00am
296999	5-17yrs	1 Class	\$30	11/29	Sa	9:00am-10:00am

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
Shoot for the greens to work on both distance and accuracy
- 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%!





SOUTH GERMANTOWN Driving Range is...

BETTER THAN EVER.

If you used to go to the driving range in South Germantown Recreational Park but haven't been there in a while, or you've never been there, you're in for a pleasant surprise! Everything—the range, the clubhouse, the ball machines, the balls, the putting green, the canopy, the instructors, and more—is brand-new or renovated. Come on out and hit some balls, or take a class with us this fall.

WE'RE OPEN THROUGH DECEMBER 31, 2014.

ENJOY SPECIAL SAVINGS

Early Bird Specials • Saturdays & Sundays, 7-9am

Get half-price buckets of balls from 7am-9am on Saturdays and Sundays.

Lunch Specials • Monday - Friday, 11am-1pm

Tough morning at work? Come by on your lunch hour and take out your frustration on a half-price bucket of balls.

Military & Seniors Discounts

Seniors 65 & older and all military personnel (both active and retired) get \$2 off each bucket of balls with valid ID.



All-New Clubhouse

RANGE BALL PRICES

Regular Bucket (52 Balls)	\$7.00
Large Bucket (104 Balls)	\$11.00
Jumbo Bucket (169 Balls)	\$16.00

RANGE BALL DISCOUNT CARDS*

Tee Card 5 Large Buckets: \$55 value 10% discount	\$55.00
Par Card 11 Large Buckets: \$121 value 10% discount	\$110.00
Birdie Card 29 Large Buckets: \$319 value 25% discount	\$250.00
Eagle Card 64 Large Buckets: \$704 value 40% discount	\$500.00

*Range Ball Cards mean no waiting at Clubhouse and immediate access to the range ball machines. Range Ball Cards also qualify card holders for Early Bird and Lunch Specials. *\$20.00 minimum.*



18045 Central Park Circle | Boyds, MD 20841 | 301-670-4670

www.SGDrivingRange.com | [f](https://www.facebook.com/MontgomeryParks) | [@SGDrivingRange](https://twitter.com/SGDrivingRange)



SERVING UP FUN ON MCPS DAYS OFF

Montgomery County Public Schools are off today...and you have to work, or have appointments or commitments lined up already. So bring your kids to Pauline Betz Addie Tennis Center or Wheaton Indoor Tennis for a day full of tennis, fun and games! They'll have a great time, and you'll rest easy knowing they'll be active and well supervised. And the fee is only \$40 for the whole day! For kids ages 6 – 12.

For Kids Who LOVE Tennis

TENNIS "BOOT DAYS"

Tennis "Boot Days" are modeled after our popular *Summer Tennis Boot Camp*. It's a full day of games, personal instruction and drills to teach beginning/intermediate level players all the tennis basics: forehand, backhand and overhead strokes, serves and volleys, footwork, scorekeeping, names and meanings of the lines, and more from 9am-5pm.

Pauline Betz Addie Tennis/Cabin John:

December 24, 26, 29, 30, 31 & January 2

Wheaton Indoor Tennis:

December 29-31

For Kids Who Love Variety

TENNIS & SO MUCH MORE!

If your child likes tennis (or would like to give it a shot), but enjoys variety above all, *Tennis & So Much More!* is the way to go. For half of the day, they'll learn tennis basics with pro instructors. The rest of the day will be chock-full of fun, with activities like ice skating at Wheaton Ice Arena, group games and activities and "so much more."

Wheaton Indoor Tennis:

December 24 & 26 and January 2



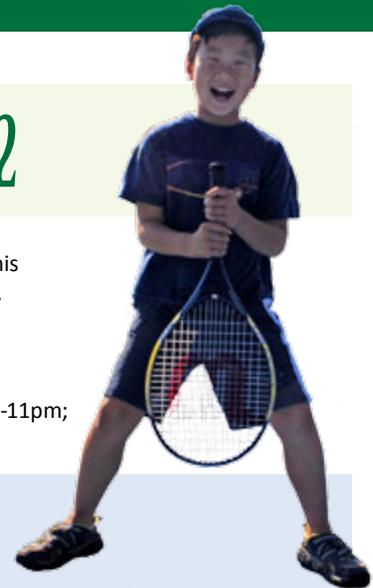
www.CabinJohnTennis.com
301-765-8650



www.WheatonTennis.com
301-905-3030



Indoor Tennis Group Lessons • Winter 1 & 2



Pauline Betz Addie Tennis Center
 7801 Democracy Blvd.
 Bethesda, MD 20817
CabinJohnTennis.com
 301-765-8650
Hours: Mon.-Fri.: 6am-Midnight;
 Sat. & Sun.: 6am-11pm



Wheaton Indoor Tennis
 11715 Orebaugh Ave.
 Wheaton, MD 20902
WheatonTennis.com
 301-905-3030
Hours: Sun.-Fri.: 8am-11pm;
 Sat.: 8am-8pm

REGISTRATION DATES: WINTER 1 & 2

- Registration for **WINTER 1** opens Sunday, November 23 for Montgomery County residents and Monday, November 24 for all.
- Registration for **WINTER 2** opens Monday, January 19 for Montgomery County residents and Tuesday, January 20 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 Hours & Closures

- Closed Thursday, November 27 (Thanksgiving) and December 25 (Christmas)
- Close early (6pm) on Wednesday, December 24 and December 31 (New Year's Eve)
- OPEN Thursday, January 1, 11am-8pm

No Classes

- November 26-30, December 22 through January 1



USTA 10 & 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 & Under Tennis, Beginner, Pauline Betz Addie Tennis/Cabin John

Ages 4-6

299749	4-6yrs	6 Classes	\$135	12/7	Su	9:00am-10:00am
299711	4-6yrs	6 Classes	\$135	12/7	Su	4:00pm- 5:00pm
299702	4-6yrs	6 Classes	\$135	12/8	M	5:00pm- 6:00pm
299709	4-6yrs	6 Classes	\$135	12/10	W	4:00pm- 5:00pm
299723	4-6yrs	6 Classes	\$135	12/13	Sa	10:00am-11:00am
299725	4-6yrs	6 Classes	\$135	12/13	Sa	4:00pm- 5:00pm
299750	4-6yrs	6 Classes	\$135	2/8	Su	9:00am-10:00am
299733	4-6yrs	6 Classes	\$135	2/8	Su	4:00pm- 5:00pm
299704	4-6yrs	6 Classes	\$135	2/9	M	5:00pm- 6:00pm
299713	4-6yrs	6 Classes	\$135	2/11	W	4:00pm- 5:00pm
299727	4-6yrs	6 Classes	\$135	2/14	Sa	10:00am-11:00am
299729	4-6yrs	6 Classes	\$135	2/14	Sa	4:00pm- 5:00pm

Ages 8-10

299708	8-10yrs	6 Classes	\$135	12/7	Su	10:00am-11:00am
299706	8-10yrs	6 Classes	\$135	12/9	Tu	5:00pm- 6:00pm
299714	8-10yrs	6 Classes	\$135	12/11	Th	5:00pm- 6:00pm
299718	8-10yrs	6 Classes	\$135	12/12	F	5:00pm- 6:00pm
299720	8-10yrs	6 Classes	\$135	12/12	F	6:00pm- 7:00pm
299722	8-10yrs	6 Classes	\$135	12/13	Sa	9:00am-10:00am
299732	8-10yrs	6 Classes	\$135	2/8	Su	10:00am-11:00am
299707	8-10yrs	6 Classes	\$135	2/10	Tu	5:00pm- 6:00pm
299715	8-10yrs	6 Classes	\$135	2/12	Th	5:00pm- 6:00pm
299721	8-10yrs	6 Classes	\$135	2/13	F	5:00pm- 6:00pm
299717	8-10yrs	6 Classes	\$135	2/13	F	6:00pm- 7:00pm
299726	8-10yrs	6 Classes	\$135	2/14	Sa	9:00am-10:00am

Ages 6-8

299703	6-8yrs	6 Classes	\$135	12/8	M	6:00pm- 7:00pm
299710	6-8yrs	6 Classes	\$135	12/10	W	5:00pm- 6:00pm
299716	6-8yrs	6 Classes	\$135	12/12	F	5:00pm- 6:00pm
299724	6-8yrs	6 Classes	\$135	12/13	Sa	11:00am-12:00pm
299705	6-8yrs	6 Classes	\$135	2/9	M	6:00pm- 7:00pm
299712	6-8yrs	6 Classes	\$135	2/11	W	5:00pm- 6:00pm
299719	6-8yrs	6 Classes	\$135	2/13	F	5:00pm- 6:00pm
299728	6-8yrs	6 Classes	\$135	2/14	Sa	11:00am-12:00pm



USTA 10 & Under Tennis, Beginner (con't)

Wheaton Indoor Tennis

Ages 4-6

304337	4-6yrs	6 Classes	\$111	12/7	Su	10:00am-11:00am
300749	4-6yrs	6 Classes	\$111	12/8	M	5:00pm-6:00pm
304336	4-6yrs	6 Classes	\$111	12/9	Tu	5:00pm-6:00pm
304299	4-6yrs	6 Classes	\$111	12/13	Sa	9:00am-10:00am
304408	4-6yrs	6 Classes	\$111	2/8	Su	10:00am-11:00am
304399	4-6yrs	6 Classes	\$111	2/9	M	5:00pm-6:00pm
304400	4-6yrs	6 Classes	\$111	2/10	Tu	5:00pm-6:00pm
304401	4-6yrs	6 Classes	\$111	2/14	Sa	9:00am-10:00am

Ages 6-8

304338	6-8yrs	6 Classes	\$111	12/8	M	5:00pm-6:00pm
304300	6-8yrs	6 Classes	\$111	12/13	Sa	9:00am-10:00am
304402	6-8yrs	6 Classes	\$111	2/9	M	5:00pm-6:00pm
304403	6-8yrs	6 Classes	\$111	2/10	Tu	5:00pm-6:00pm
304404	6-8yrs	6 Classes	\$111	2/14	Sa	9:00am-10:00am

Ages 8-10

304342	8-10yrs	6 Classes	\$111	12/7	Su	10:00am-11:00am
304340	8-10yrs	6 Classes	\$111	12/8	M	5:00pm-6:00pm
304341	8-10yrs	6 Classes	\$111	12/9	Tu	5:00pm-6:00pm
304301	8-10yrs	6 Classes	\$111	12/13	Sa	9:00am-10:00am
304409	8-10yrs	6 Classes	\$111	2/8	Su	10:00am-11:00am
304405	8-10yrs	6 Classes	\$111	2/9	M	5:00pm-6:00pm
304406	8-10yrs	6 Classes	\$111	2/10	Tu	5:00pm-6:00pm
304407	8-10yrs	6 Classes	\$111	2/14	Sa	9:00am-10:00am

USTA 10 & 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

299843	4-6yrs	6 Classes	\$135	12/7	Su	10:00am-11:00am
299844	4-6yrs	6 Classes	\$135	12/8	M	5:00pm-6:00pm
299834	4-6yrs	6 Classes	\$135	12/11	Th	5:00pm-6:00pm
299839	4-6yrs	6 Classes	\$135	12/13	Sa	10:00am-11:00am
299856	4-6yrs	6 Classes	\$135	2/8	Su	10:00am-11:00am
299899	4-6yrs	6 Classes	\$135	2/9	M	5:00pm-6:00pm
299836	4-6yrs	6 Classes	\$135	2/12	Th	5:00pm-6:00pm
299853	4-6yrs	6 Classes	\$135	2/14	Sa	10:00am-11:00am

Ages 6-8

299842	6-8yrs	6 Classes	\$135	12/7	Su	11:00am-12:00pm
299845	6-8yrs	6 Classes	\$135	12/8	M	6:00pm-7:00pm
299850	6-8yrs	6 Classes	\$135	12/10	W	5:00pm-6:00pm
299840	6-8yrs	6 Classes	\$135	12/13	Sa	11:00am-12:00pm
299855	6-8yrs	6 Classes	\$135	2/8	Su	11:00am-12:00pm
299847	6-8yrs	6 Classes	\$135	2/9	M	6:00pm-7:00pm
299852	6-8yrs	6 Classes	\$135	2/11	W	5:00pm-6:00pm
299854	6-8yrs	6 Classes	\$135	2/14	Sa	11:00am-12:00pm

Ages 8-10

299851	8-10yrs	6 Classes	\$135	12/7	Su	11:00am-12:00pm
299848	8-10yrs	6 Classes	\$135	12/9	Tu	6:00pm-7:00pm
299835	8-10yrs	6 Classes	\$135	12/11	Th	6:00pm-7:00pm
299838	8-10yrs	6 Classes	\$135	12/13	Sa	9:00am-10:00am
299857	8-10yrs	6 Classes	\$135	2/8	Su	11:00am-12:00pm
299849	8-10yrs	6 Classes	\$135	2/10	Tu	6:00pm-7:00pm
299837	8-10yrs	6 Classes	\$135	2/12	Th	6:00pm-7:00pm
299841	8-10yrs	6 Classes	\$135	2/14	Sa	9:00am-10:00am

USTA 10 & Under Tennis, Intermediate (con't)

Wheaton Indoor Tennis

Ages 4-6

304343	4-6yrs	6 Classes	\$111	12/7	Su	3:00pm-4:00pm
304302	4-6yrs	6 Classes	\$111	12/11	Th	5:00pm-6:00pm
304303	4-6yrs	6 Classes	\$111	12/13	Sa	10:00am-11:00am
304414	4-6yrs	6 Classes	\$111	2/8	Su	3:00pm-4:00pm
304410	4-6yrs	6 Classes	\$111	2/12	Th	5:00pm-6:00pm
304411	4-6yrs	6 Classes	\$111	2/14	Sa	10:00am-11:00am

Ages 6-8

304304	6-8yrs	6 Classes	\$111	12/11	Th	5:00pm-6:00pm
304415	6-8yrs	6 Classes	\$111	2/8	Su	3:00pm-4:00pm
304412	6-8yrs	6 Classes	\$111	2/12	Th	5:00pm-6:00pm

Ages 8-10

304344	8-10yrs	6 Classes	\$111	12/7	Su	3:00pm-4:00pm
304305	8-10yrs	6 Classes	\$111	12/11	Th	5:00pm-6:00pm
304416	8-10yrs	6 Classes	\$111	2/8	Su	12:00pm-1:00pm
304413	8-10yrs	6 Classes	\$111	2/12	Th	5:00pm-6:00pm

USTA 10 & 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, including 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

299957	4-6yrs	6 Classes	\$147	12/7	Su	12:00pm-1:00pm
299959	4-6yrs	6 Classes	\$147	12/8	M	5:00pm-6:00pm
299949	4-6yrs	6 Classes	\$147	12/11	Th	5:00pm-6:00pm
299953	4-6yrs	6 Classes	\$147	12/13	Sa	2:00pm-3:00pm
299970	4-6yrs	6 Classes	\$147	2/8	Su	12:00pm-1:00pm
299961	4-6yrs	6 Classes	\$147	2/9	M	5:00pm-6:00pm
299951	4-6yrs	6 Classes	\$147	2/12	Th	5:00pm-6:00pm
299956	4-6yrs	6 Classes	\$147	2/14	Sa	2:00pm-3:00pm

Ages 6-8

299966	6-8yrs	6 Classes	\$147	12/7	Su	12:00pm-1:00pm
299960	6-8yrs	6 Classes	\$147	12/8	M	6:00pm-7:00pm
299965	6-8yrs	6 Classes	\$147	12/10	W	5:00pm-6:00pm
299955	6-8yrs	6 Classes	\$147	12/13	Sa	2:00pm-3:00pm
299972	6-8yrs	6 Classes	\$147	2/8	Su	12:00pm-1:00pm
299962	6-8yrs	6 Classes	\$147	2/9	M	6:00pm-7:00pm
299967	6-8yrs	6 Classes	\$147	2/11	W	5:00pm-6:00pm
299969	6-8yrs	6 Classes	\$147	2/14	Sa	2:00pm-3:00pm

Ages 8-10

299958	8-10yrs	6 Classes	\$147	12/7	Su	1:00pm-2:00pm
299963	8-10yrs	6 Classes	\$147	12/9	Tu	5:00pm-6:00pm
299950	8-10yrs	6 Classes	\$147	12/11	Th	6:00pm-7:00pm
299954	8-10yrs	6 Classes	\$147	12/13	Sa	3:00pm-4:00pm
299971	8-10yrs	6 Classes	\$147	2/8	Su	1:00pm-2:00pm
299964	8-10yrs	6 Classes	\$147	2/10	Tu	5:00pm-6:00pm
299952	8-10yrs	6 Classes	\$147	2/12	Th	6:00pm-7:00pm
299968	8-10yrs	6 Classes	\$147	2/14	Sa	3:00pm-4:00pm

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.



USTA 10 & Under Tennis, Advanced (con't)

Wheaton Indoor Tennis

Ages 4-6

304306	4-6yrs	6 Classes	\$123	12/12	F	5:00pm- 6:00pm
304307	4-6yrs	6 Classes	\$123	12/13	Sa	12:00pm- 1:00pm
304423	4-6yrs	6 Classes	\$123	2/8	Su	9:00am-10:00am
304417	4-6yrs	6 Classes	\$123	2/13	F	5:00pm- 6:00pm
304418	4-6yrs	6 Classes	\$123	2/14	Sa	12:00pm- 1:00pm

Ages 6-8

304346	6-8yrs	6 Classes	\$123	12/7	Su	12:00pm- 1:00pm
304308	6-8yrs	6 Classes	\$123	12/12	F	5:00pm- 6:00pm
304309	6-8yrs	6 Classes	\$123	12/13	Sa	11:00am-12:00pm
304424	6-8yrs	6 Classes	\$123	2/8	Su	2:00pm- 3:00pm
304419	6-8yrs	6 Classes	\$123	2/13	F	5:00pm- 6:00pm
304420	6-8yrs	6 Classes	\$123	2/14	Sa	11:00am-12:00pm

Ages 8-10

304347	8-10yrs	6 Classes	\$123	12/7	Su	9:00am-10:00am
304310	8-10yrs	6 Classes	\$123	12/12	F	5:00pm- 6:00pm
304311	8-10yrs	6 Classes	\$123	12/13	Sa	11:00am-12:00pm
304425	8-10yrs	6 Classes	\$123	2/8	Su	9:00am-10:00am
304421	8-10yrs	6 Classes	\$123	2/13	F	5:00pm- 6:00pm
304422	8-10yrs	6 Classes	\$123	2/14	Sa	11:00am-12:00pm

Parent & Child Tennis

Bring your 5-8 year-old and 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; register the child only.*

Pauline Betz Addie Tennis/Cabin John

300000	4-8yrs	6 Classes	\$147	12/10	W	6:00pm- 7:00pm
299999	4-8yrs	6 Classes	\$147	12/13	Sa	3:00pm- 4:00pm
300001	4-8yrs	6 Classes	\$147	2/11	W	6:00pm- 7:00pm
300002	4-8yrs	6 Classes	\$147	2/14	Sa	3:00pm- 4:00pm

Wheaton Indoor Tennis

304349	5-8yrs	6 Classes	\$129	12/7	Su	2:00pm- 3:00pm
304348	5-8yrs	6 Classes	\$129	12/9	Tu	6:00pm- 7:00pm
304312	5-8yrs	6 Classes	\$129	12/11	Th	6:00pm- 7:00pm
304313	5-8yrs	6 Classes	\$129	12/13	Sa	2:00pm- 3:00pm
304429	5-8yrs	6 Classes	\$129	2/8	Su	1:00pm- 2:00pm
304426	5-8yrs	6 Classes	\$129	2/10	Tu	6:00pm- 7:00pm
304427	5-8yrs	6 Classes	\$129	2/12	Th	6:00pm- 7:00pm
304428	5-8yrs	6 Classes	\$129	2/14	Sa	2:00pm- 3:00pm

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; register the child only.*

Pauline Betz Addie Tennis/Cabin John

300049	9-12yrs	6 Classes	\$147	12/10	W	6:00pm- 7:00pm
300051	9-12yrs	6 Classes	\$147	12/12	F	7:00pm- 8:00pm
300050	9-12yrs	6 Classes	\$147	2/11	W	6:00pm- 7:00pm
300052	9-12yrs	6 Classes	\$147	2/13	F	7:00pm- 8:00pm

Wheaton Indoor Tennis

304351	9-12yrs	6 Classes	\$129	12/7	Su	2:00pm- 3:00pm
304350	9-12yrs	6 Classes	\$129	12/9	Tu	6:00pm- 7:00pm
304314	9-12yrs	6 Classes	\$129	12/11	Th	6:00pm- 7:00pm
304315	9-12yrs	6 Classes	\$129	12/13	Sa	1:00pm- 2:00pm
304433	9-12yrs	6 Classes	\$129	2/8	Su	2:00pm- 3:00pm
304430	9-12yrs	6 Classes	\$129	2/10	Tu	6:00pm- 7:00pm
304431	9-12yrs	6 Classes	\$129	2/12	Th	6:00pm- 7:00pm
304432	9-12yrs	6 Classes	\$129	2/14	Sa	1:00pm- 2:00pm



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 beginning players connect with the ball, rally and play real games right away.

Pauline Betz Addie Tennis/Cabin John

300105	11-13yrs	6 Classes	\$135	12/7	Su	1:00pm- 2:00pm
300107	11-13yrs	6 Classes	\$135	12/9	Tu	6:00pm- 7:00pm
300099	11-13yrs	6 Classes	\$135	12/11	Th	6:00pm- 7:00pm
300101	11-13yrs	6 Classes	\$135	12/12	F	5:00pm- 6:00pm
300103	11-13yrs	6 Classes	\$135	12/13	Sa	12:00pm- 1:00pm
300106	11-13yrs	6 Classes	\$135	2/8	Su	1:00pm- 2:00pm
300108	11-13yrs	6 Classes	\$135	2/10	Tu	6:00pm- 7:00pm
300100	11-13yrs	6 Classes	\$135	2/12	Th	6:00pm- 7:00pm
300102	11-13yrs	6 Classes	\$135	2/13	F	5:00pm- 6:00pm
300104	11-13yrs	6 Classes	\$135	2/14	Sa	12:00pm- 1:00pm

Wheaton Indoor Tennis

304352	11-13yrs	6 Classes	\$111	12/7	Su	1:00pm- 2:00pm
304316	11-13yrs	6 Classes	\$111	12/10	W	5:00pm- 6:00pm
304317	11-13yrs	6 Classes	\$111	12/13	Sa	1:00pm- 2:00pm
304436	11-13yrs	6 Classes	\$111	2/8	Su	1:00pm- 2:00pm
304434	11-13yrs	6 Classes	\$111	2/11	W	5:00pm- 6:00pm
304435	11-13yrs	6 Classes	\$111	2/14	Sa	1:00pm- 2:00pm

Beginner Tennis, TEEN

Pauline Betz Addie Tennis/Cabin John

300161	14-17yrs	6 Classes	\$135	12/7	Su	2:00pm- 3:00pm
300157	14-17yrs	6 Classes	\$135	12/9	Tu	7:00pm- 8:00pm
300159	14-17yrs	6 Classes	\$135	12/11	Th	7:00pm- 8:00pm
300155	14-17yrs	6 Classes	\$135	12/13	Sa	1:00pm- 2:00pm
300162	14-17yrs	6 Classes	\$135	2/8	Su	2:00pm- 3:00pm
300158	14-17yrs	6 Classes	\$135	2/10	Tu	7:00pm- 8:00pm
300160	14-17yrs	6 Classes	\$135	2/12	Th	7:00pm- 8:00pm
300156	14-17yrs	6 Classes	\$135	2/14	Sa	1:00pm- 2:00pm

Wheaton Indoor Tennis

304354	14-17yrs	6 Classes	\$111	12/7	Su	11:00am-12:00pm
304353	14-17yrs	6 Classes	\$111	12/8	M	6:00pm- 7:00pm
304318	14-17yrs	6 Classes	\$111	12/13	Sa	2:00pm- 3:00pm
304439	14-17yrs	6 Classes	\$111	2/8	Su	11:00am-12:00pm
304437	14-17yrs	6 Classes	\$111	2/9	M	6:00pm- 7:00pm
304438	14-17yrs	6 Classes	\$111	2/14	Sa	2:00pm- 3:00pm

Beginner Tennis, ADULT

Pauline Betz Addie Tennis/Cabin John

300199	18 & up	6 Classes	\$135	12/7	Su	10:00am-11:00am
300213	18 & up	6 Classes	\$135	12/7	Su	4:00pm- 5:00pm
300201	18 & up	6 Classes	\$135	12/8	M	9:00am-10:00am
300202	18 & up	6 Classes	\$135	12/8	M	7:00pm- 8:00pm
300205	18 & up	6 Classes	\$135	12/9	Tu	11:00am-12:00pm
300206	18 & up	6 Classes	\$135	12/9	Tu	8:00pm- 9:00pm
300209	18 & up	6 Classes	\$135	12/10	W	1:00pm- 2:00pm
300211	18 & up	6 Classes	\$135	12/11	Th	1:00pm- 2:00pm
300212	18 & up	6 Classes	\$135	12/11	Th	8:00pm- 9:00pm
300215	18 & up	6 Classes	\$135	12/12	F	10:00am-11:00am
300224	18 & up	6 Classes	\$135	12/12	F	1:00pm- 2:00pm
300216	18 & up	6 Classes	\$135	12/12	F	8:00pm- 9:00pm
300219	18 & up	6 Classes	\$135	12/13	Sa	8:00am- 9:00am
300220	18 & up	6 Classes	\$135	12/13	Sa	11:00am-12:00pm
300200	18 & up	6 Classes	\$135	2/8	Su	10:00am-11:00am
300226	18 & up	6 Classes	\$135	2/8	Su	4:00pm- 5:00pm
300203	18 & up	6 Classes	\$135	2/9	M	9:00am-10:00am
300204	18 & up	6 Classes	\$135	2/9	M	7:00pm- 8:00pm
300207	18 & up	6 Classes	\$135	2/10	Tu	11:00am-12:00pm
300208	18 & up	6 Classes	\$135	2/10	Tu	8:00pm- 9:00pm
300210	18 & up	6 Classes	\$135	2/11	W	1:00pm- 2:00pm
300223	18 & up	6 Classes	\$135	2/12	Th	1:00pm- 2:00pm
300214	18 & up	6 Classes	\$135	2/12	Th	8:00pm- 9:00pm
300217	18 & up	6 Classes	\$135	2/13	F	10:00am-11:00am
300225	18 & up	6 Classes	\$135	2/13	F	1:00pm- 2:00pm
300218	18 & up	6 Classes	\$135	2/13	F	8:00pm- 9:00pm
300221	18 & up	6 Classes	\$135	2/14	Sa	8:00am- 9:00am
300222	18 & up	6 Classes	\$135	2/14	Sa	11:00am-12:00pm

Wheaton Indoor Tennis

304357	18 & up	6 Classes	\$111	12/7	Su	11:00am-12:00pm
304355	18 & up	6 Classes	\$111	12/8	M	10:00am-11:00am
304356	18 & up	6 Classes	\$111	12/8	M	6:00pm- 7:00pm
304320	18 & up	6 Classes	\$111	12/13	Sa	10:00am-11:00am
304445	18 & up	6 Classes	\$111	2/8	Su	11:00am-12:00pm
304440	18 & up	6 Classes	\$111	2/9	M	10:00am-11:00am
304441	18 & up	6 Classes	\$111	2/9	M	6:00pm- 7:00pm
304442	18 & up	6 Classes	\$111	2/11	W	11:00am-12:00pm
304443	18 & up	6 Classes	\$111	2/12	Th	11:00am-12:00pm
304444	18 & up	6 Classes	\$111	2/14	Sa	10:00am-11:00am

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

304358	55 & up	6 Classes	\$111	12/9	Tu	9:00am-10:00am
304446	55 & up	6 Classes	\$111	2/10	Tu	9:00am-10:00am
304447	55 & up	6 Classes	\$111	2/12	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

300255	11-13yrs	6 Classes	\$135	12/7	Su	2:00pm- 3:00pm
300249	11-13yrs	6 Classes	\$135	12/9	Tu	5:00pm- 6:00pm
300251	11-13yrs	6 Classes	\$135	12/12	F	6:00pm- 7:00pm
300253	11-13yrs	6 Classes	\$135	12/13	Sa	12:00pm- 1:00pm
300256	11-13yrs	6 Classes	\$135	2/8	Su	2:00pm- 3:00pm
300250	11-13yrs	6 Classes	\$135	2/10	Tu	5:00pm- 6:00pm
300252	11-13yrs	6 Classes	\$135	2/13	F	6:00pm- 7:00pm
300254	11-13yrs	6 Classes	\$135	2/14	Sa	12:00pm- 1:00pm

Intermediate, TEEN

Pauline Betz Addie Tennis/Cabin John

300305	14-17yrs	6 Classes	\$135	12/7	Su	3:00pm- 4:00pm
300301	14-17yrs	6 Classes	\$135	12/9	Tu	7:00pm- 8:00pm
300303	14-17yrs	6 Classes	\$135	12/11	Th	7:00pm- 8:00pm
300299	14-17yrs	6 Classes	\$135	12/13	Sa	1:00pm- 2:00pm
300306	14-17yrs	6 Classes	\$135	2/8	Su	3:00pm- 4:00pm
300302	14-17yrs	6 Classes	\$135	2/10	Tu	7:00pm- 8:00pm
300304	14-17yrs	6 Classes	\$135	2/12	Th	7:00pm- 8:00pm
300300	14-17yrs	6 Classes	\$135	2/14	Sa	1:00pm- 2:00pm

Wheaton Indoor Tennis

304359	14-17yrs	6 Classes	\$111	12/7	Su	12:00pm- 1:00pm
304321	14-17yrs	6 Classes	\$111	12/10	W	6:00pm- 7:00pm
304322	14-17yrs	6 Classes	\$111	12/13	Sa	1:00pm- 2:00pm
304450	14-17yrs	6 Classes	\$111	2/8	Su	12:00pm- 1:00pm
304448	14-17yrs	6 Classes	\$111	2/11	W	6:00pm- 7:00pm
304449	14-17yrs	6 Classes	\$111	2/14	Sa	12:00pm- 1:00pm



Intermediate, ADULT

Pauline Betz Addie Tennis/Cabin John

Table with 10 columns: Class ID, Age Group, Classes, Cost, Start Date, Day, Time. Lists various tennis classes for intermediate adults.

Wheaton Indoor Tennis

Table with 10 columns: Class ID, Age Group, Classes, Cost, Start Date, Day, Time. Lists various tennis classes for intermediate adults at Wheaton.

Advanced, TEEN

Pauline Betz Addie Tennis/Cabin John

Table with 10 columns: Class ID, Age Group, Classes, Cost, Start Date, Day, Time. Lists various tennis classes for advanced teens.

* Two-hour course

Wheaton Indoor Tennis

Table with 10 columns: Class ID, Age Group, Classes, Cost, Start Date, Day, Time. Lists various tennis classes for advanced teens at Wheaton.

Advanced, ADULT

Pauline Betz Addie Tennis/Cabin John

Table with 10 columns: Class ID, Age Group, Classes, Cost, Start Date, Day, Time. Lists various tennis classes for advanced adults.

* Two-hour course

Wheaton Indoor Tennis

Table with 10 columns: Class ID, Age Group, Classes, Cost, Start Date, Day, Time. Lists various tennis classes for advanced adults at Wheaton.

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!

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 10 columns: Class ID, Age Group, Classes, Cost, Start Date, Day, Time. Lists various tennis classes for advanced juniors.



Junior Advanced Drill Play Tennis Clinic

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 Level skills and drills, 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

300499	9-13yrs	6 Classes	\$294	12/13	Sa	5:00pm- 7:00pm
300500	9-13yrs	6 Classes	\$294	12/13	Sa	5:00pm- 7:00pm
300502	9-13yrs	6 Classes	\$294	2/14	Sa	5:00pm- 7:00pm
300503	9-13yrs	6 Classes	\$294	2/14	Sa	5:00pm- 7:00pm

Wheaton Indoor Tennis

306599	9-13yrs	6 Classes	\$240	12/9	Tu	4:00pm- 6:00pm
306549	9-13yrs	6 Classes	\$240	12/12	F	5:00pm- 7:00pm
306601	9-13yrs	6 Classes	\$240	2/10	Tu	4:00pm- 6:00pm
306600	9-13yrs	6 Classes	\$240	2/13	F	5:00pm- 7:00pm

Kids' Cardio Tennis

This group tennis training activity featuring 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

300600	6-12yrs	6 Classes	\$147	12/8	M	4:00pm- 5:00pm
300602	6-12yrs	6 Classes	\$147	12/10	W	6:00pm- 7:00pm
300599	6-12yrs	6 Classes	\$147	12/12	F	4:00pm- 5:00pm
300601	6-12yrs	6 Classes	\$147	2/9	M	4:00pm- 5:00pm
300603	6-12yrs	6 Classes	\$147	2/11	W	6:00pm- 7:00pm
300604	6-12yrs	6 Classes	\$147	2/13	F	4:00pm- 5:00pm

Wheaton Indoor Tennis

304364	6-12yrs	6 Classes	\$123	12/7	Su	4:00pm- 5:00pm
304461	6-12yrs	6 Classes	\$123	2/14	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.

New! For all you early birds who want to fit in a workout before you go into the office or start your weekend, we've added 13 new 6-7am classes and four 7-8am classes. Looking for a great new way to burn calories and get in shape? Cardio Tennis is it!

Pauline Betz Addie Tennis/Cabin John

300587	18 & up	6 Classes	\$147	12/7	Su	6:00am- 7:00am
300588	18 & up	6 Classes	\$147	12/7	Su	7:00am- 8:00am
300589	18 & up	6 Classes	\$147	12/7	Su	8:00am- 9:00am
300559	18 & up	6 Classes	\$147	12/7	Su	1:00pm- 2:00pm
300560	18 & up	6 Classes	\$147	12/8	M	11:00am-12:00pm
300561	18 & up	6 Classes	\$147	12/8	M	8:00pm- 9:00pm
300564	18 & up	6 Classes	\$147	12/9	Tu	6:00am- 7:00am
300568	18 & up	6 Classes	\$147	12/9	Tu	12:00pm- 1:00pm
300566	18 & up	6 Classes	\$147	12/10	W	6:00am- 7:00am
300570	18 & up	6 Classes	\$147	12/10	W	12:00pm- 1:00pm
300571	18 & up	6 Classes	\$147	12/10	W	7:00pm- 8:00pm
300575	18 & up	6 Classes	\$147	12/11	Th	6:00am- 7:00am
300576	18 & up	6 Classes	\$147	12/11	Th	11:00am-12:00pm
300579	18 & up	6 Classes	\$147	12/12	F	6:00am- 7:00am
300581	18 & up	6 Classes	\$147	12/12	F	9:00am-10:00am
300580	18 & up	6 Classes	\$147	12/12	F	12:00pm- 1:00pm
300582	18 & up	6 Classes	\$147	12/12	F	8:00pm- 9:00pm
300549	18 & up	6 Classes	\$147	12/13	Sa	6:00am- 7:00am
300552	18 & up	6 Classes	\$147	12/13	Sa	10:00am-11:00am
300553	18 & up	6 Classes	\$147	12/13	Sa	4:00pm- 5:00pm
300592	18 & up	6 Classes	\$147	2/8	Su	6:00am- 7:00am
300593	18 & up	6 Classes	\$147	2/8	Su	7:00am- 8:00am
300594	18 & up	6 Classes	\$147	2/8	Su	8:00am- 9:00am
300591	18 & up	6 Classes	\$147	2/8	Su	1:00pm- 2:00pm
300563	18 & up	6 Classes	\$147	2/9	M	8:00pm- 9:00pm
300565	18 & up	6 Classes	\$147	2/10	Tu	6:00am- 7:00am
300569	18 & up	6 Classes	\$147	2/10	Tu	12:00pm- 1:00pm
300572	18 & up	6 Classes	\$147	2/11	W	6:00am- 7:00am
300573	18 & up	6 Classes	\$147	2/11	W	12:00pm- 1:00pm
300574	18 & up	6 Classes	\$147	2/11	W	7:00pm- 8:00pm
300577	18 & up	6 Classes	\$147	2/12	Th	6:00am- 7:00am
300578	18 & up	6 Classes	\$147	2/12	Th	11:00am-12:00pm
300583	18 & up	6 Classes	\$147	2/13	F	6:00am- 7:00am
300585	18 & up	6 Classes	\$147	2/13	F	9:00am-10:00am
300584	18 & up	6 Classes	\$147	2/13	F	12:00pm- 1:00pm
300586	18 & up	6 Classes	\$147	2/13	F	8:00pm- 9:00pm
300554	18 & up	6 Classes	\$147	2/14	Sa	6:00am- 7:00am
300556	18 & up	6 Classes	\$147	2/14	Sa	10:00am-11:00am
300557	18 & up	6 Classes	\$147	2/14	Sa	4:00pm- 5:00pm



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

300866	18 & up	6 Classes	\$147	12/8	M	1:00pm- 2:00pm
300850	18 & up	6 Classes	\$147	12/8	M	8:00pm- 9:00pm
300853	18 & up	6 Classes	\$147	12/9	Tu	1:00pm- 2:00pm
300855	18 & up	6 Classes	\$147	12/10	W	2:00pm- 3:00pm
300857	18 & up	6 Classes	\$147	12/10	W	7:00pm- 8:00pm
300856	18 & up	6 Classes	\$147	12/10	W	8:00pm- 9:00pm
300862	18 & up	6 Classes	\$147	12/11	Th	9:00am-10:00am
300863	18 & up	6 Classes	\$147	12/11	Th	10:00am-11:00am
300851	18 & up	6 Classes	\$147	2/9	M	1:00pm- 2:00pm
300852	18 & up	6 Classes	\$147	2/9	M	8:00pm- 9:00pm
300854	18 & up	6 Classes	\$147	2/10	Tu	1:00pm- 2:00pm
300859	18 & up	6 Classes	\$147	2/11	W	2:00pm- 3:00pm
300860	18 & up	6 Classes	\$147	2/11	W	8:00pm- 9:00pm
300861	18 & up	6 Classes	\$147	2/11	W	7:00pm- 8:00pm
300864	18 & up	6 Classes	\$147	2/12	Th	9:00am-10:00am
300865	18 & up	6 Classes	\$147	2/12	Th	10:00am-11:00am

Wheaton Indoor Tennis

304368	18 & up	6 Classes	\$123	12/7	Su	1:00pm- 2:00pm
304365	18 & up	6 Classes	\$123	12/8	M	6:00pm- 7:00pm
304367	18 & up	6 Classes	\$123	12/8	M	10:00am-11:00am
304366	18 & up	6 Classes	\$123	12/9	Tu	6:00pm- 7:00pm
304328	18 & up	6 Classes	\$123	12/10	W	6:00pm- 7:00pm
304329	18 & up	6 Classes	\$123	12/12	F	6:00pm- 7:00pm
304330	18 & up	6 Classes	\$123	12/13	Sa	12:00pm- 1:00pm
304469	18 & up	6 Classes	\$123	2/8	Su	1:00pm- 2:00pm
304462	18 & up	6 Classes	\$123	2/9	M	6:00pm- 7:00pm
304464	18 & up	6 Classes	\$123	2/9	M	10:00am-11:00am
304463	18 & up	6 Classes	\$123	2/10	Tu	10:00am-11:00am
304465	18 & up	6 Classes	\$123	2/11	W	6:00pm- 7:00pm
304467	18 & up	6 Classes	\$123	2/13	F	1:00pm- 2:00pm
304466	18 & up	6 Classes	\$123	2/13	F	6:00pm- 7:00pm
304468	18 & up	6 Classes	\$123	2/14	Sa	12:00pm- 1:00pm

Tennis Round Robin Doubles



Test your tennis prowess, meet new people and have fun at Wheaton Indoor Tennis on Saturdays and Sundays! You'll play up to three pro sets (eight games per set); winners move up a court, losers move down a court) each night. 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 & 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

298849	18-75yrs	1 Class	\$10	12/7	Su	7:00am- 9:00am
298850	18-75yrs	1 Class	\$10	12/14	Su	7:00am- 9:00am
298851	18-75yrs	1 Class	\$10	12/21	Su	7:00am- 9:00am
298852	18-75yrs	1 Class	\$10	12/28	Su	7:00am- 9:00am
304471	18-75yrs	1 Class	\$10	2/8	Su	7:00am- 9:00am

Level 3.5 & 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

298853	18-75yrs	1 Class	\$10	12/6	Sa	7:00am- 9:00am
298854	18-75yrs	1 Class	\$10	12/13	Sa	7:00am- 9:00am
298855	18-75yrs	1 Class	\$10	12/20	Sa	7:00am- 9:00am
298856	18-75yrs	1 Class	\$10	12/27	Sa	7:00am- 9:00am
304470	18-75yrs	1 Class	\$10	2/14	Sa	7:00am- 9:00am



Tennis & So Much More Days!

Based on our popular Tennis & So Much More Summer Camp, these one-day tennis programs are held when Montgomery County Public Schools are off for the day. For half of the day, we'll learn tennis basics with pro instructors at Wheaton Indoor Tennis. The rest of the day will be chock-full of fun, with activities like ice skating at Wheaton Ice Arena, group games and activities and "so much more." Please bring a non-perishable lunch and water bottle.

Wheaton Indoor Tennis

298150	6-12yrs	1 Class	\$40	12/24	W	9:00am-5:00pm
298152	6-12yrs	1 Class	\$40	12/26	F	9:00am-5:00pm
298151	6-12yrs	1 Class	\$40	1/2	F	9:00am-5:00pm

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 bring a non-perishable lunch and water bottle.

Pauline Betz Addie Tennis/Cabin John

298154	6-12yrs	1 Class	\$40	12/24	W	9:00am-5:00pm
298155	6-12yrs	1 Class	\$40	12/26	F	9:00am-5:00pm
298156	6-12yrs	1 Class	\$40	12/29	M	9:00am-5:00pm
298157	6-12yrs	1 Class	\$40	12/30	Tu	9:00am-5:00pm
298158	6-12yrs	1 Class	\$40	12/31	W	9:00am-5:00pm
298159	6-12yrs	1 Class	\$40	1/2	F	9:00am-5:00pm

Wheaton Indoor Tennis

298199	6-12yrs	1 Class	\$40	12/29	M	9:00am-5:00pm
298200	6-12yrs	1 Class	\$40	12/30	Tu	9:00am-5:00pm
298201	6-12yrs	1 Class	\$40	12/31	W	9:00am-5:00pm

Tennis Play Days

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 will 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!

Wheaton Indoor Tennis

304472	4-8yrs	1 Class	\$12	2/14	Sa	10:00am-12:00pm
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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.

Agnes 6-10

In this one-hour course, younger players will review and refine their basic strokes (forehand, backhand, serve and volley), using USTA 10 and Under Tennis regulation orange or red balls (depending on their skill level). After 30 minutes of exercises and drills, they'll play against each other for points as their coach shares tips and encouragement from the sidelines.

Wheaton Indoor Tennis

304333	6-10yrs	6 Classes	\$111	12/10	W	4:00pm-5:00pm
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Agnes 11-14

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.

Wheaton Indoor Tennis

304333	6-10yrs	6 Classes	\$246	12/10	W	4:00pm-6:00pm
304369	11-14yrs	6 Classes	\$246	12/9	Tu	4:00pm-6:00pm
304332	11-14yrs	6 Classes	\$246	12/10	W	4:00pm-6:00pm
304334	11-14yrs	6 Classes	\$246	12/13	Sa	10:00am-12:00pm

Dedicate

Honor, memorialize or thank a relative, friend, or colleague with the dedication of a park, brick, trail, tree, or garden bench in one of Montgomery County's beautiful parks.

Join

Become a Friend of Montgomery Parks if you appreciate and treasure the natural spaces surrounding you in Montgomery County. You will receive benefits, but none as great as knowing you are helping to preserve your natural heritage.

Support

Your support of Montgomery Parks will help so many programs including the development of Josiah Henson Park, the renovations at Brookside Gardens, trails, Nature Center programs and more!



Montgomery Parks
FOUNDATION

Visit MontgomeryParksFoundation.org
301-495-2490

Join Dedicate Support

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 supersede 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"/> Visa	Name on Card	Card Number		Expiration Date	
	<input type="checkbox"/> Mastercard	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

or current resident



2014 MONTGOMERY COUNTY THANKSGIVING PARADE

**DOWNTOWN
 SILVER SPRING**

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

**SATURDAY,
 NOVEMBER 22**

10:00AM

240-777-6821

montgomerycountymd.gov/rec
m.SilverSpringDowntown.com



MONTGOMERY COUNTY
 Recreation



The Gazette

