

MONTGOMERY COUNTY GUIDE

CLASSES. PROGRAMS. ACTIVITIES. EVENTS.



View flag football on
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FALL 2026



MONTGOMERY COUNTY
Recreation

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The information in this GUIDE is current as of July 31, 2026. Changes to programs may occur.



FALL
2026

Explore hundreds of activities and events to help you be healthier and happier!

NOTICE FOR INDIVIDUALS WITH DISABILITIES

Individuals with disabilities are encouraged to register for programs. Early notification allows us to put accommodations in place. For more information, email: rec.inclusion@montgomerycountymd.gov



Fall 2026
registration begins

Tuesday, Aug. 11
6:30 a.m.

Registration opens for most summer programs and activities.

9 a.m.

Registration opens for senior programs.

REGISTER HERE

Jump to ActiveMONTGOMERY to register for activities. Use the clickable link located on the bottom of the pages.

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Abbreviation Key

Outdoor Pools

- BOP - Bethesda Outdoor Pool
- GOP - Germantown Outdoor Pool
- LBOP - Long Branch Outdoor Pool
- MLKOP - Martin Luther King Jr. Outdoor Pool
- UCOP - Upper County Outdoor Pool
- WCOP - Sarah E. Auer Western County Outdoor Pool
- WGOP - Sergeant Hector I. Ayala Wheaton/Glenmont Outdoor Pool

Indoor Pools

- GISC - Germantown Indoor Swim Center
- MLKSC - Martin Luther King Jr. Swim Center
- OSC - Olney Swim Center
- SSRAC - Silver Spring Recreation and Aquatic Center

Parks

- LP - Local Park
- RP - Regional Park/Recreational Park

Centers

- CRC - Community Recreation Center
- SC - Senior Center
- RAC - Recreation and Aquatic Center

Schools

- ES - Elementary School
- MS - Middle School
- HS - High School

FREE

Fall FESTIVALS

Bring the whole family and celebrate with us at our annual fall festivals. Activities include pumpkin painting, music, games, crafts, petting zoo and more.



MONTGOMERY COUNTY
Recreation



Search this code on
ActiveMONTGOMERY.org

.....

ACTIVITY R03003

Upper County outdoor Pool

Pooch Pool Party



Saturday, Aug. 22 - Activity R05092-501

Sunday, Aug. 23 - Activity R05092-502

11 a.m. - 3 p.m.

\$10

Pre-registration is required.

Written proof of current rabies

vaccination required for admission!



SCAN

8211 Emory Grove Road, Gaithersburg



MONTGOMERY COUNTY

Recreation

FLOATING

PUMPKIN

PATCH



MONTGOMERY COUNTY
Recreation



\$5

per
participant

Join Us!

Kids will pick a pumpkin and enjoy a decorating craft. Swimming with your pumpkin will be available for the first hour. Decorating and crafts will be available throughout the event. Children ages 5 and under require an adult in the water with them. One pumpkin per participant.



SCAN

Ages 2-12

Location

Martin Luther King Jr. Swim Center

Silver Spring Recreation and Aquatic Center

Germantown Indoor Swim Center

Olney Swim Center

Dates

Saturday, Oct. 17

Sunday, Oct. 18

Friday, Oct. 23

Saturday, Oct. 24

Times

Noon-1:30 p.m.

10 a.m. -11:30 a.m.

7-8:30 p.m.

11 a.m.-12:30 p.m.

Activity

R01066-101

R01066-107

R01066-103

R01066-102

Individuals with Disability • Ages 2-21

Olney Swim Center

Saturday, Oct. 24

10 -11:30 a.m.

R01066-104





Rec Assist

Financial Assistance Program



Montgomery County Recreation offers financial assistance to those who qualify. **Apply now!**

For more information, visit WWW.MOCOREC.COM
240-777-6840 • Hablamos Español





AQUATICS

INDOOR POOLS

Indoor pools will be closed on Sept. 5-7, Thanksgiving, Christmas and New Year's Day.

**Eunice Kennedy
Shriver & Sargent
Shriver Aquatic Center
(KSAC)**
240-777-8070
5900 Executive Boulevard
N. Bethesda
Reopening 2026

**Germantown
Indoor Swim Center
(GISC)**
240-777-6830
18000 Central Park Circle
Boyds
Closed Sept. 1-7, 26
Closed Oct. 17-18
Closed Nov. 14-15
Closed Dec. 12-13

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

**Olney Indoor
Swim Center (OSC)**
240-777-4995
16605 Georgia Avenue
Olney
Closed Nov. 7-8

**Silver Spring
Recreation and Aquatic
Center (SSRAC)**
240-777-6900
1319 Apple Avenue
Silver Spring
Closed Aug. 29-Sept. 13

AQUATIC RULES AND REGULATIONS

View the pool
rules and regulations.

VIEW HERE 

**KENNEDY SHRIVER
AQUATIC CENTER
(KSAC)**



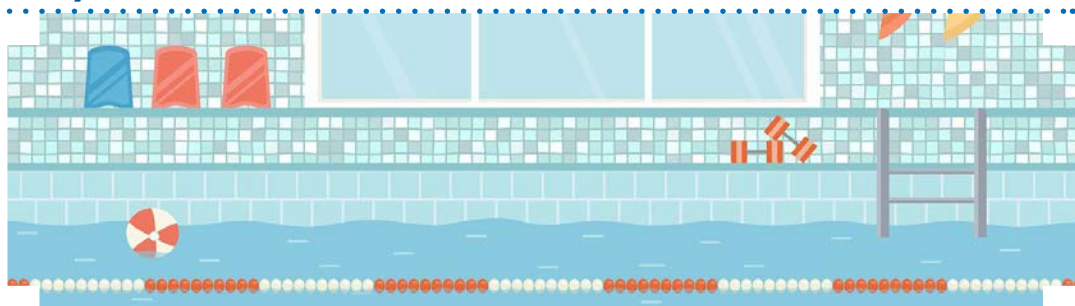
**CLOSED FOR
RENOVATIONS.**

**REOPENING INFORMATION
COMING SOON**

LEARN MORE



WATER FITNESS



Abs & Glutes & More

Ages 12 and up

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
11 Sessions	R01001-103	MLKSC	9/14	M	10-10:50 a.m.	\$88
12 Sessions	R01001-104	MLKSC	9/16	W	10-10:50 a.m.	\$96
11 Sessions	R01001-1500	SSRAC	9/17	Th	11-11:50 a.m.	\$88
11 Sessions	R01001-1001	WGOP	9/8	Tu	5:30-6:20 p.m.	\$88
11 Sessions	R01001-1002	WGOP	9/10	Th	11:20 a.m.-12:10 p.m.	\$88

Aqua Cardio Challenge

Ages 12 and up

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
12 Sessions	R01004-102	MLKSC	9/13	Su	4-4:50 p.m.	\$96
12 Sessions	R01004-101	MLKSC	9/15	Tu	8:30-9:20 p.m.	\$96
11 Sessions	R01004-103	MLKSC	9/18	F	9-9:50 a.m.	\$88

Aqua Cardio Dance

Ages 12 and up

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
11 Sessions	R01003-103	MLKSC	9/17	Th	10-10:50 a.m.	\$88
11 Sessions	R01003-101	OSC	9/13	Su	9:05-9:55 a.m.	\$88
12 Sessions	R01003-1503	SSRAC	9/15	Tu	9-9:50 a.m.	\$96
12 Sessions	R01003-1501	SSRAC	9/16	W	10-10:50 a.m.	\$96

Aqua Fit

Ages 12 and up

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
12 Sessions	R01085-178	MLKSC	9/15	Tu	10-10:50 a.m.	\$96
11 Sessions	R01085-1502	SSRAC	9/14	M	1-1:50 p.m.	\$88
12 Sessions	R01085-1500	SSRAC	9/15	Tu	6-6:50 p.m.	\$96
12 Sessions	R01085-1503	SSRAC	9/16	W	1-1:50 p.m.	\$96
11 Sessions	R01085-1501	SSRAC	9/18	F	11-11:50 a.m.	\$88

Aqua Lite

Ages 12 and up

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
11 Sessions	R01005-103	OSC	9/14	M	10-10:50 a.m.	\$88
12 Sessions	R01005-104	OSC	9/16	W	10-10:50 a.m.	\$96
11 Sessions	R01005-105	OSC	9/18	F	10-10:50 a.m.	\$88
11 Sessions	R01005-1501	SSRAC	9/14	M	11-11:50 a.m.	\$88
12 Sessions	R01005-1502	SSRAC	9/15	Tu	6-6:50 p.m.	\$96
12 Sessions	R01005-1500	SSRAC	9/16	W	11-11:50 a.m.	\$96
11 Sessions	R01005-1503	SSRAC	9/17	Th	8-8:50 a.m.	\$88



WATER FITNESS

Aqua Spin

Ages 12 and up

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
12 Sessions	R01006-113	GISC	9/15	Tu	8-8:50 a.m.	\$132
11 Sessions	R01006-114	GISC	9/17	Th	8-8:50 a.m.	\$121
12 Sessions	R01006-115	MLKSC	9/15	Tu	7:30-8:20 a.m.	\$132
12 Sessions	R01006-111	MLKSC	9/15	Tu	11-11:50 a.m.	\$132
12 Sessions	R01006-107	MLKSC	9/16	W	9-9:50 a.m.	\$132
11 Sessions	R01006-106	MLKSC	9/17	Th	11-11:50 a.m.	\$121
11 Sessions	R01006-112	MLKSC	9/17	Th	8:30-9:20 p.m.	\$121
11 Sessions	R01006-109	MLKSC	9/18	F	7:30-8:20 a.m.	\$121
11 Sessions	R01006-110	MLKSC	9/18	F	7:30-8:20 p.m.	\$121
8 Sessions	R01006-116	MLKSC	9/19	Sa	8:10-9 a.m.	\$88
8 Sessions	R01006-108	MLKSC	9/19	Sa	4-4:50 p.m.	\$88
11 Sessions	R01006-1500	SSRAC	9/14	M	7:30-8:20 p.m.	\$121
12 Sessions	R01006-1501	SSRAC	9/15	Tu	12:30-1:20 p.m.	\$132
12 Sessions	R01006-1502	SSRAC	9/16	W	7:30-8:20 p.m.	\$132
11 Sessions	R01006-1503	SSRAC	9/17	Th	9-9:50 a.m.	\$121
11 Sessions	R01006-1504	SSRAC	9/17	Th	12:30-1:20 p.m.	\$121
11 Sessions	R01006-1505	SSRAC	9/18	F	12:30-1:20 p.m.	\$121
7 Sessions	R01006-1506	SSRAC	9/19	Sa	9:30-10:20 a.m.	\$77

Aqua Yo-Lates

Ages 12 and up

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
11 Sessions	R01007-101	MLKSC	9/18	F	10-10:50 a.m.	\$88
12 Sessions	R01007-1500	SSRAC	9/15	Tu	11-11:50 a.m.	\$96



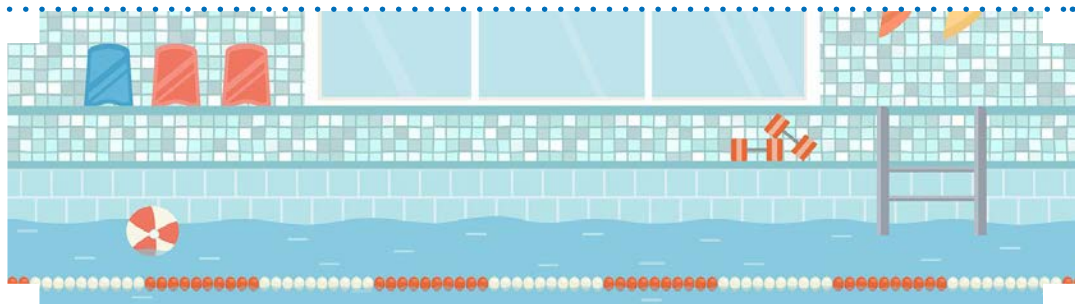
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WATER FITNESS



Deep Water Running

Ages 12 and up

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
11 Sessions	R01008-107	GISC	9/14	M	10-10:50 a.m.	\$88
11 Sessions	R01008-110	GISC	9/14	M	7:50-8:40 p.m.	\$88
12 Sessions	R01008-106	GISC	9/15	Tu	10-10:50 a.m.	\$96
12 Sessions	R01008-108	GISC	9/16	W	10:30-11:20 a.m.	\$96
11 Sessions	R01008-109	GISC	9/17	Th	10-10:50 a.m.	\$88
6 Sessions	R01008-130	GISC	9/19	Sa	10-10:50 a.m.	\$48
11 Sessions	R01008-121	MLKSC	9/14	M	Noon-12:50 p.m.	\$88
12 Sessions	R01008-131	MLKSC	9/15	Tu	9-9:50 a.m.	\$96
12 Sessions	R01008-124	MLKSC	9/15	Tu	7:30-8:20 p.m.	\$96
12 Sessions	R01008-126	MLKSC	9/16	W	Noon-12:50 p.m.	\$96
11 Sessions	R01008-122	MLKSC	9/17	Th	7:30-8:20 a.m.	\$88
11 Sessions	R01008-123	MLKSC	9/17	Th	7:30-8:20 p.m.	\$88
11 Sessions	R01008-125	MLKSC	9/18	F	11-11:50 a.m.	\$88
8 Sessions	R01008-127	MLKSC	9/19	Sa	9-9:50 a.m.	\$64
11 Sessions	R01008-111	OSC	9/13	M	7:20-8:10 p.m.	\$88
11 Sessions	R01008-128	OSC	9/14	M	11-11:50 a.m.	\$88
12 Sessions	R01008-112	OSC	9/15	Tu	8:30-9:20 a.m.	\$96
12 Sessions	R01008-113	OSC	9/15	Tu	10:30-11:20 a.m.	\$96
12 Sessions	R01008-119	OSC	9/16	W	6:30-7:20 a.m.	\$96
12 Sessions	R01008-114	OSC	9/16	W	7:20-8:10 p.m.	\$96
11 Sessions	R01008-115	OSC	9/17	Th	9-9:50 a.m.	\$88
11 Sessions	R01008-116	OSC	9/17	Th	11-11:50 a.m.	\$88
11 Sessions	R01008-120	OSC	9/18	F	6:30-7:20 a.m.	\$88
11 Sessions	R01008-118	OSC	9/18	F	6:20-7:10 p.m.	\$88
7 Sessions	R01008-129	OSC	9/19	Sa	9:05-9:55 a.m.	\$56
12 Sessions	R01008-1501	SSRAC	9/15	Tu	10-10:50 a.m.	\$96
12 Sessions	R01008-1500	SSRAC	9/15	Tu	7:05-7:55 p.m.	\$96
11 Sessions	R01008-1503	SSRAC	9/17	Th	10-10:50 a.m.	\$88
11 Sessions	R01008-1502	SSRAC	9/17	Th	7:15-8:05 p.m.	\$88
11 Sessions	R01008-1504	SSRAC	9/18	F	9-9:50 a.m.	\$88
7 Sessions	R01008-1505	SSRAC	9/19	Sa	10:30-11:20 a.m.	\$56
11 Sessions	R01008-1506	SSRAC	9/20	Su	11:10 a.m.-Noon	\$88
11 Sessions	R01008-1001	WGOP	9/8	Tu	10:20-11:10 a.m.	\$88
11 Sessions	R01008-1002	WGOP	9/10	Th	10:20-11:10 a.m.	\$88

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WATER FITNESS

Hi/Lo Cardio Fusion

Ages 12 and up

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
11 Sessions	R01009-1500	SSRAC	9/18	F	10-10:50 a.m.	\$88

Water Aerobics

Ages 12 and up

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
12 Sessions	R01010-108	GISC	9/16	W	9:30-10:20 a.m.	\$96
11 Sessions	R01010-105	GISC	9/17	Th	7:50-8:40 p.m.	\$88
12 Sessions	R01010-102	OSC	9/15	Tu	9:30-10:20 a.m.	\$96
12 Sessions	R01010-101	OSC	9/15	Tu	7:20-8:10 p.m.	\$96
11 Sessions	R01010-103	OSC	9/17	Th	10-10:50 a.m.	\$88
11 Sessions	R01010-104	OSC	9/17	Th	7:20-8:10 p.m.	\$88

Water Exercise

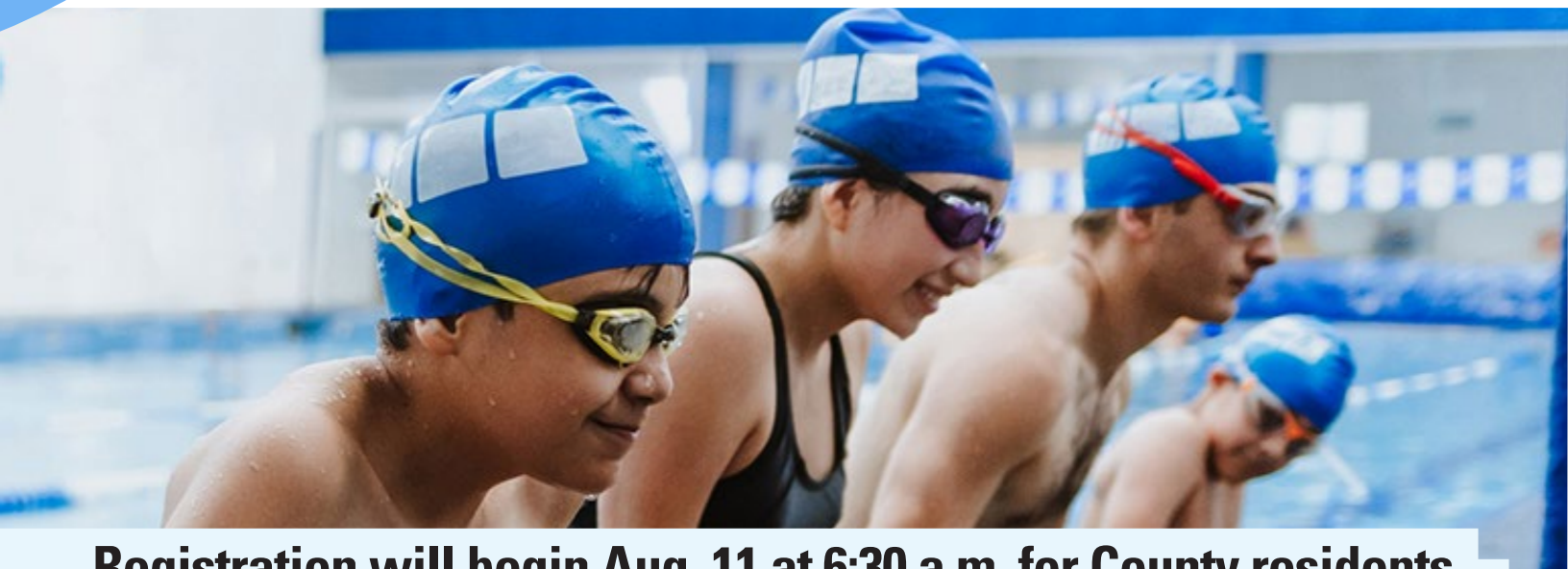
Ages 12 and up

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
11 Sessions	R01011-105	MLKSC	9/14	M	9-9:50 a.m.	\$88
11 Sessions	R01011-102	OSC	9/14	M	9-9:50 a.m.	\$88
12 Sessions	R01011-103	OSC	9/16	W	9-9:50 a.m.	\$96
11 Sessions	R01011-104	OSC	9/18	F	9-9:50 a.m.	\$88
12 Sessions	R01011-1502	SSRAC	9/15	Tu	9-9:50 a.m.	\$96
12 Sessions	R01011-1500	SSRAC	9/16	W	10-10:50 a.m.	\$96
11 Sessions	R01011-1501	SSRAC	9/17	Th	6-6:50 p.m.	\$88


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INFORMATION ABOUT SWIM LESSONS



Registration will begin Aug. 11 at 6:30 a.m. for County residents.

Please note the following:

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

Observation is allowed from designated areas only. At some facilities, clear observation may not be possible. Observation is not possible at the Martin Luther King Jr. Indoor Swim Center and Silver Spring Recreation and Aquatic Center indoor pools.

Class fee covers lessons only. Participants may enter the locker rooms 10 minutes before the start of class.

Lesson questions should be directed to the facility where you wish to enroll. For a detailed list of skills taught in each class, inquire at the pool where you will be taking lessons.

Courses generally meet for six 30-minute sessions.

Fees range from \$60 to \$66 depending on the level and number of participants.

Read course descriptions carefully and select the level at which the student has mastered all prerequisite skills. Review the guidelines for placement in swim classes on the following page. Level progression is not like school, it is very common for individuals to repeat levels.

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

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

Aquatics Lesson Weather Policy

When an indoor lesson is canceled due to inclement weather, a practice pass will be given to each participant at the end of the session. Practice passes can be used for admission to a recreational swim session at any Montgomery County Recreation aquatic center. Practice passes expire six months from the date of issue and are valid for one adult and one child. When two or more lessons are canceled due to inclement weather, a prorated credit will be issued to the payer's ActiveMONTGOMERY account at the end of the session. The credit issued will be for the cost of the canceled lesson(s). The credit can be applied to future aquatic lessons or any other Montgomery County Recreation program.



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.





GUIDANCE FOR SWIM LESSONS

Don't know where to start?

Swim lessons may be just the right place. Our facilities offer instruction for all ages and swimming abilities, whether you're a beginner learning the basic principles or a seasoned swimmer seeking to improve the strokes you know.

Parent-Assisted Lessons

Waterbabies (Ages 6-18 months)
Aquatots (Ages 18 months-3 years)
Preschool (Ages 3-5)

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

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

Level 1

Beginner (Ages 4-6)
Youth (Ages 7-13)
Adult (Ages 14+)

On the first day of class, students must be able to function well in a group setting without parents.

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

Level 2

Beginner (Ages 4-6)
Youth (Ages 7-13)
Adult (Ages 14+)

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

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

Level 3

Beginner (Ages 4-6)
Youth (Ages 7-13)
Adult (Ages 14+)

On the first day of class, students must be able to use basic swimming skills including front and back glides, kicking, arm strokes on front and back and rhythmic breathing. Parents do not accompany children.

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

Level 4

Beginner (Ages 4-6)
Youth (Ages 7-13)
Adult (Ages 14+)

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.

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

Advanced

Youth (Ages 6-13)

On the first day of class, students must be able to demonstrate a proficient front crawl (freestyle), back crawl, breaststroke and be comfortable in deep water.

This class is for students who can swim one length of front and back crawl, tread water and swim in deep water. Course is designed to refine front and back crawl as well as introduce breaststroke and butterfly. Swimmers will be divided into subgroups by skill level at the first class. Courses meet for six 35-minute sessions. Group size is limited to 10 students per instructor.



PARENT-ASSISTED SWIM LESSONS

WATERBABIES

AGES
6-18 MONTHS

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
6 Sessions	R01063-1204	GISC	9/12	Sa	9:55-10:25 a.m.	\$60
6 Sessions	R01063-1200	GISC	9/15	Tu,Th	5-5:30 p.m.	\$60
6 Sessions	R01063-1203	GISC	9/16	W	5:40-6:10 p.m.	\$60
6 Sessions	R01063-1201	GISC	11/10	Tu,Th	5-5:30 p.m.	\$60
6 Sessions	R01063-178	MLKSC	9/12	Sa	11:40 a.m.-12:10 p.m.	\$60
6 Sessions	R01063-179	MLKSC	9/16	W	6:10-6:40 p.m.	\$60
6 Sessions	R01063-180	MLKSC	10/31	Sa	11:40 a.m.-12:10 p.m.	\$60
6 Sessions	R01063-181	MLKSC	11/4	W	6:10-6:40 p.m.	\$60
6 Sessions	R01063-153	OSC	9/15	Tu	5:20-5:50 p.m.	\$60
6 Sessions	R01063-155	OSC	10/27	Tu	5:20-5:50 p.m.	\$60
6 Sessions	R01063-1512	SSRAC	9/15	Tu	11:30 a.m.-Noon	\$60
6 Sessions	R01063-1502	SSRAC	9/15	Tu	5:10-5:40 p.m.	\$60
6 Sessions	R01063-1503	SSRAC	9/17	Th	9:30-10 a.m.	\$60
6 Sessions	R01063-1513	SSRAC	9/17	Th	11:30 a.m.-Noon	\$60
6 Sessions	R01063-1500	SSRAC	9/17	Th	4:30-5 p.m.	\$60
6 Sessions	R01063-1504	SSRAC	9/18	F	10:50-11:20 a.m.	\$60
6 Sessions	R01063-1505	SSRAC	9/19	Sa	9:30-10 a.m.	\$60
6 Sessions	R01063-1501	SSRAC	9/20	Su	10:10-10:40 a.m.	\$60
6 Sessions	R01063-1506	SSRAC	11/2	M	6:30-7 p.m.	\$60
6 Sessions	R01063-1508	SSRAC	11/3	Tu	5:10-5:40 p.m.	\$60
6 Sessions	R01063-1520	SSRAC	11/5	Th	5:50-6:20 p.m.	\$60
6 Sessions	R01063-1511	SSRAC	11/7	Sa	9:30-10 a.m.	\$60
6 Sessions	R01063-1507	SSRAC	11/8	Su	10:10-10:40 a.m.	\$60



PARENT-ASSISTED LESSONS

In parent-assisted classes,
only one adult may be in the pool with a child.
Observation is not allowed on deck
for an additional adult.

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PARENT-ASSISTED SWIM LESSONS

AQUATOTS

**AGES
18 MONTHS-
3 YEARS**

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
6 Sessions	R01038-1205	GISC	9/12	Sa	9:15-9:45 a.m.	\$60
6 Sessions	R01038-1200	GISC	9/15	Tu,Th	5:40-6:10 p.m.	\$60
6 Sessions	R01038-1203	GISC	9/16	W	6:20-6:50 p.m.	\$60
6 Sessions	R01038-1201	GISC	11/10	Tu,Th	5:40-6:10 p.m.	\$60
6 Sessions	R01038-1204	GISC	11/11	W	5:40-6:10 p.m.	\$60
6 Sessions	R01038-178	MLKSC	9/12	Sa	10:20-10:50 a.m.	\$60
6 Sessions	R01038-179	MLKSC	9/13	Su	10-10:30 a.m.	\$60
6 Sessions	R01038-180	MLKSC	9/16	W	5:30-6 p.m.	\$60
6 Sessions	R01038-181	MLKSC	10/31	Sa	10:20-10:50 a.m.	\$60
6 Sessions	R01038-182	MLKSC	11/1	Su	10-10:30 a.m.	\$60
6 Sessions	R01038-183	MLKSC	11/4	W	5:30-6 p.m.	\$60
6 Sessions	R01038-153	OSC	9/15	Tu	6-6:30 p.m.	\$60
6 Sessions	R01038-155	OSC	10/27	Tu	6-6:30 p.m.	\$60
6 Sessions	R01038-1500	SSRAC	9/14	M	6:30-7 p.m.	\$60
6 Sessions	R01038-1513	SSRAC	9/15	Tu	10:10-10:40 a.m.	\$60
6 Sessions	R01038-1501	SSRAC	9/15	Tu	10:50-11:20 a.m.	\$60
6 Sessions	R01038-1502	SSRAC	9/15	Tu	5:50-6:20 p.m.	\$60
6 Sessions	R01038-1514	SSRAC	9/17	Th	10:10-10:40 a.m.	\$60
6 Sessions	R01038-1512	SSRAC	9/17	Th	11:30 a.m.-Noon	\$60
6 Sessions	R01038-1504	SSRAC	9/18	F	9:30-10 a.m.	\$60
6 Sessions	R01038-1505	SSRAC	9/19	Sa	10:10-10:40 a.m.	\$60
6 Sessions	R01038-1503	SSRAC	9/20	Su	9:30-10 a.m.	\$60
6 Sessions	R01038-1506	SSRAC	11/2	M	5:50-6:20 p.m.	\$60
6 Sessions	R01038-1507	SSRAC	11/3	Tu	10:50-11:20 a.m.	\$60
6 Sessions	R01038-1508	SSRAC	11/3	Tu	5:50-6:20 p.m.	\$60
6 Sessions	R01038-1516	SSRAC	11/4	W	5:10-5:40 p.m.	\$60
6 Sessions	R01038-1522	SSRAC	11/5	Th	10:50-11:20 a.m.	\$60
6 Sessions	R01038-1525	SSRAC	11/6	F	10:50-11:20 a.m.	\$60
6 Sessions	R01038-1511	SSRAC	11/7	Sa	10:10-10:40 a.m.	\$60
6 Sessions	R01038-1509	SSRAC	11/8	Su	9:30-10 a.m.	\$60

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PARENT-ASSISTED SWIM LESSONS

PRESCHOOL

AGES 3-5

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
6 Sessions	R01062-1204	GISC	9/12	Sa	10:35-11:05 a.m.	\$60
6 Sessions	R01062-1200	GISC	9/15	Tu,Th	6:20-6:50 p.m.	\$60
6 Sessions	R01062-1201	GISC	11/10	Tu,Th	6:20-6:50 p.m.	\$60
6 Sessions	R01062-1203	GISC	11/11	W	6:20-6:50 p.m.	\$60
6 Sessions	R01062-178	MLKSC	9/12	Sa	1-1:30 p.m.	\$60
6 Sessions	R01062-179	MLKSC	9/13	Su	Noon-12:30 p.m.	\$60
6 Sessions	R01062-180	MLKSC	9/16	W	6:50-7:20 p.m.	\$60
6 Sessions	R01062-181	MLKSC	10/31	Sa	1-1:30 p.m.	\$60
6 Sessions	R01062-182	MLKSC	11/1	Su	Noon-12:30 p.m.	\$60
6 Sessions	R01062-183	MLKSC	11/4	W	6:50-7:20 p.m.	\$60
6 Sessions	R01062-153	OSC	9/15	Tu	6:40-7:10 p.m.	\$60
6 Sessions	R01062-155	OSC	10/27	Tu	6:40-7:10 p.m.	\$60
6 Sessions	R01062-1500	SSRAC	9/14	M	5:10-5:40 p.m.	\$60
6 Sessions	R01062-1501	SSRAC	9/15	Tu	9:30-10 a.m.	\$60
6 Sessions	R01062-1502	SSRAC	9/15	Tu	4:30-5 p.m.	\$60
6 Sessions	R01062-1512	SSRAC	9/17	Th	10:50-11:20 a.m.	\$60
6 Sessions	R01062-1514	SSRAC	9/17	Th	5:10-5:40 p.m.	\$60
6 Sessions	R01062-1504	SSRAC	9/18	F	10:10-10:40 a.m.	\$60
6 Sessions	R01062-1503	SSRAC	9/18	F	11:30 a.m.-Noon	\$60
6 Sessions	R01062-1505	SSRAC	9/20	Su	11:30 a.m.-Noon	\$60
6 Sessions	R01062-1520	SSRAC	10/31	Sa	11:30 a.m.-Noon	\$60
6 Sessions	R01062-1506	SSRAC	11/2	M	5:10-5:40 p.m.	\$60
6 Sessions	R01062-1507	SSRAC	11/3	Tu	9:30-10 a.m.	\$60
6 Sessions	R01062-1508	SSRAC	11/3	Tu	4:30-5 p.m.	\$60
6 Sessions	R01062-1518	SSRAC	11/5	Th	10:10-10:40 a.m.	\$60
6 Sessions	R01062-1509	SSRAC	11/6	F	11:30 a.m.-Noon	\$60
6 Sessions	R01062-1511	SSRAC	11/8	Su	11:30 a.m.-Noon	\$60



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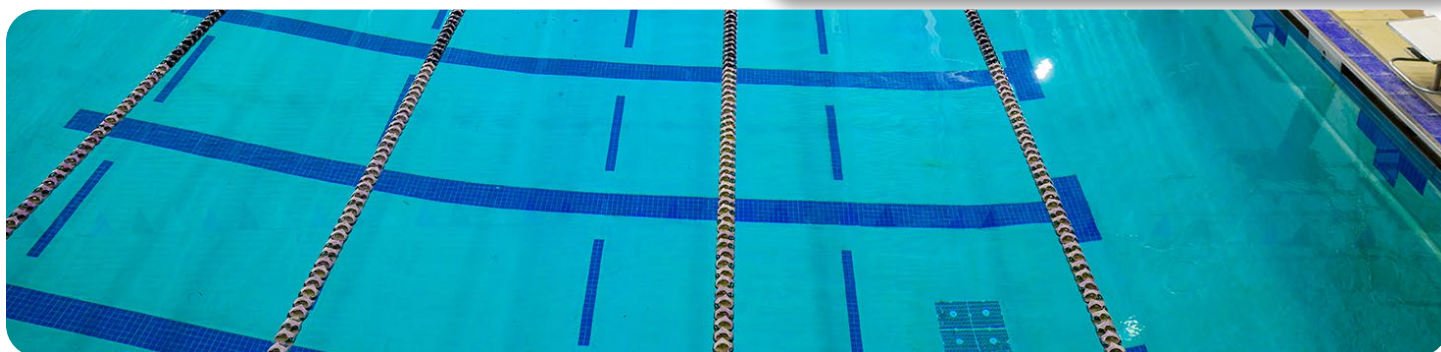
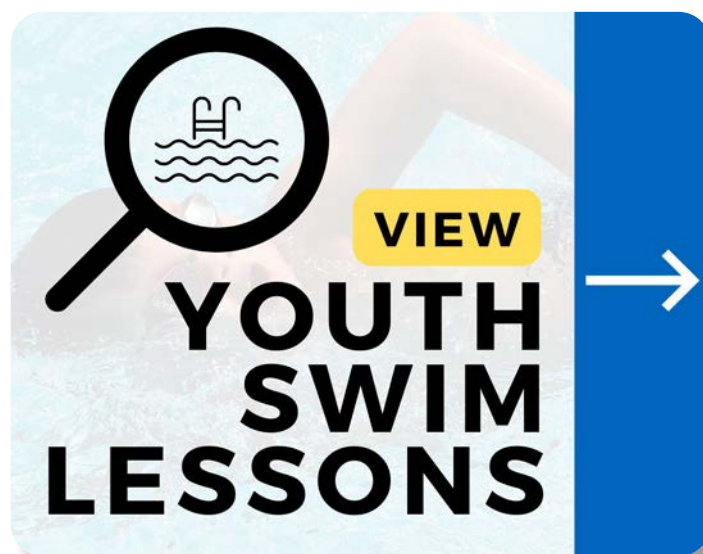
**FOR OUR
NEWSLETTER TODAY!**



MONTGOMERY COUNTY
Recreation

**BEGINNER SWIM LESSONS****LEVEL 1****AGES 4-6**

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
6 Sessions	R01051-1200	GISC	9/12	Sa	9:15-9:45 a.m.	\$66
6 Sessions	R01051-1201	GISC	9/12	Sa	10:35-11:05 a.m.	\$66
6 Sessions	R01051-1208	GISC	9/12	Sa	11:15-11:45 a.m.	\$66
6 Sessions	R01051-1203	GISC	9/13	Su	9:55-10:25 a.m.	\$66
6 Sessions	R01051-1210	GISC	9/13	Su	10:35-11:05 a.m.	\$66
6 Sessions	R01051-1204	GISC	9/14	M	5:40-6:10 p.m.	\$66
6 Sessions	R01051-1207	GISC	9/14	M	6:20-6:50 p.m.	\$66
6 Sessions	R01051-1206	GISC	9/15	Tu,Th	5-5:30 p.m.	\$66
6 Sessions	R01051-1212	GISC	9/15	Tu,Th	5:40-6:10 p.m.	\$66
6 Sessions	R01051-1213	GISC	9/15	Tu,Th	6:20-6:50 p.m.	\$66
6 Sessions	R01051-1215	GISC	9/16	W	6:20-6:50 p.m.	\$66
6 Sessions	R01051-1205	GISC	11/9	M	5:40-6:10 p.m.	\$66
6 Sessions	R01051-1209	GISC	11/9	M	6:20-6:50 p.m.	\$66
6 Sessions	R01051-1216	GISC	11/11	W	6:20-6:50 p.m.	\$66

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BEGINNER SWIM LESSONS

LEVEL 1

AGES 4-6

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
6 Sessions	R01051-122	MLKSC	9/13	Su	11:20-11:50 a.m.	\$66
6 Sessions	R01051-123	MLKSC	9/13	Su	Noon-12:30 p.m.	\$66
6 Sessions	R01051-147	MLKSC	11/1	Su	11:20-11:50 a.m.	\$66
6 Sessions	R01051-124	MLKSC	11/3	Tu	5:30-6 p.m.	\$66
6 Sessions	R01051-125	MLKSC	11/3	Tu	6:10-6:40 p.m.	\$66
6 Sessions	R01051-148	MLKSC	11/4	W	6:10-6:40 p.m.	\$66
6 Sessions	R01051-149	MLKSC	11/5	Th	5:30-6 p.m.	\$66
6 Sessions	R01051-177	MLKSC	11/5	Th	6:10-6:50 p.m.	\$66
6 Sessions	R01051-178	MLKSC	9/12	Sa	9:40-10:10 a.m.	\$66
6 Sessions	R01051-179	MLKSC	9/12	Sa	10:20-10:50 a.m.	\$66
6 Sessions	R01051-180	MLKSC	9/12	Sa	11-11:30 a.m.	\$66
6 Sessions	R01051-181	MLKSC	9/12	Sa	12:20-12:50 p.m.	\$66
6 Sessions	R01051-182	MLKSC	9/12	Sa	1-1:30 p.m.	\$66
6 Sessions	R01051-183	MLKSC	9/13	Su	10:40-11:10 a.m.	\$66
6 Sessions	R01051-184	MLKSC	9/14	M	5:30-6 p.m.	\$66
6 Sessions	R01051-185	MLKSC	9/14	M	6:50-7:20 p.m.	\$66
6 Sessions	R01051-186	MLKSC	9/15	Tu	5:30-6 p.m.	\$66
6 Sessions	R01051-187	MLKSC	9/15	Tu	6:10-6:40 p.m.	\$66
6 Sessions	R01051-188	MLKSC	9/16	W	6:10-6:40 p.m.	\$66
6 Sessions	R01051-189	MLKSC	9/17	Th	5:30-6 p.m.	\$66
6 Sessions	R01051-190	MLKSC	9/17	Th	6:10-6:40 p.m.	\$66
6 Sessions	R01051-191	MLKSC	10/31	Sa	9:40-10:10 a.m.	\$66
6 Sessions	R01051-192	MLKSC	10/31	Sa	10:20-10:50 a.m.	\$66
6 Sessions	R01051-193	MLKSC	10/31	Sa	11-11:30 a.m.	\$66
6 Sessions	R01051-194	MLKSC	10/31	Sa	12:20-12:50 p.m.	\$66
6 Sessions	R01051-195	MLKSC	10/31	Sa	1-1:30 p.m.	\$66
6 Sessions	R01051-196	MLKSC	11/1	Su	10:40-11:10 a.m.	\$66
6 Sessions	R01051-197	MLKSC	11/1	Su	Noon-12:30 p.m.	\$66
6 Sessions	R01051-198	MLKSC	11/2	M	5:30-6 p.m.	\$66
6 Sessions	R01051-199	MLKSC	11/2	M	6:50-7:20 p.m.	\$66


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**BEGINNER SWIM LESSONS****LEVEL 1****AGES 4-6**

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
6 Sessions	R01051-159	OSC	9/14	M	6:20-6:50 p.m.	\$66
6 Sessions	R01051-160	OSC	9/14	M	7-7:30 p.m.	\$66
6 Sessions	R01051-162	OSC	9/16	W	5:40-6:10 p.m.	\$66
6 Sessions	R01051-163	OSC	9/16	W	6:20-6:50 p.m.	\$66
6 Sessions	R01051-154	OSC	9/17	Th	6-6:30 p.m.	\$66
6 Sessions	R01051-155	OSC	9/17	Th	6:40-7:10 p.m.	\$66
6 Sessions	R01051-173	OSC	10/28	W	5:40-6:10 p.m.	\$66
6 Sessions	R01051-174	OSC	10/28	W	6:20-6:50 p.m.	\$66
6 Sessions	R01051-157	OSC	10/29	Th	6-6:30 p.m.	\$66
6 Sessions	R01051-158	OSC	10/29	Th	6:40-7:10 p.m.	\$66
6 Sessions	R01051-170	OSC	11/2	M	5:40-6:10 p.m.	\$66
6 Sessions	R01051-171	OSC	11/2	M	7-7:30 p.m.	\$66
6 Sessions	R01051-1209	GISC	11/9	M	6:20-6:50 p.m.	\$66
6 Sessions	R01051-1216	GISC	11/11	W	6:20-6:50 p.m.	\$66

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BEGINNER SWIM LESSONS

LEVEL 1

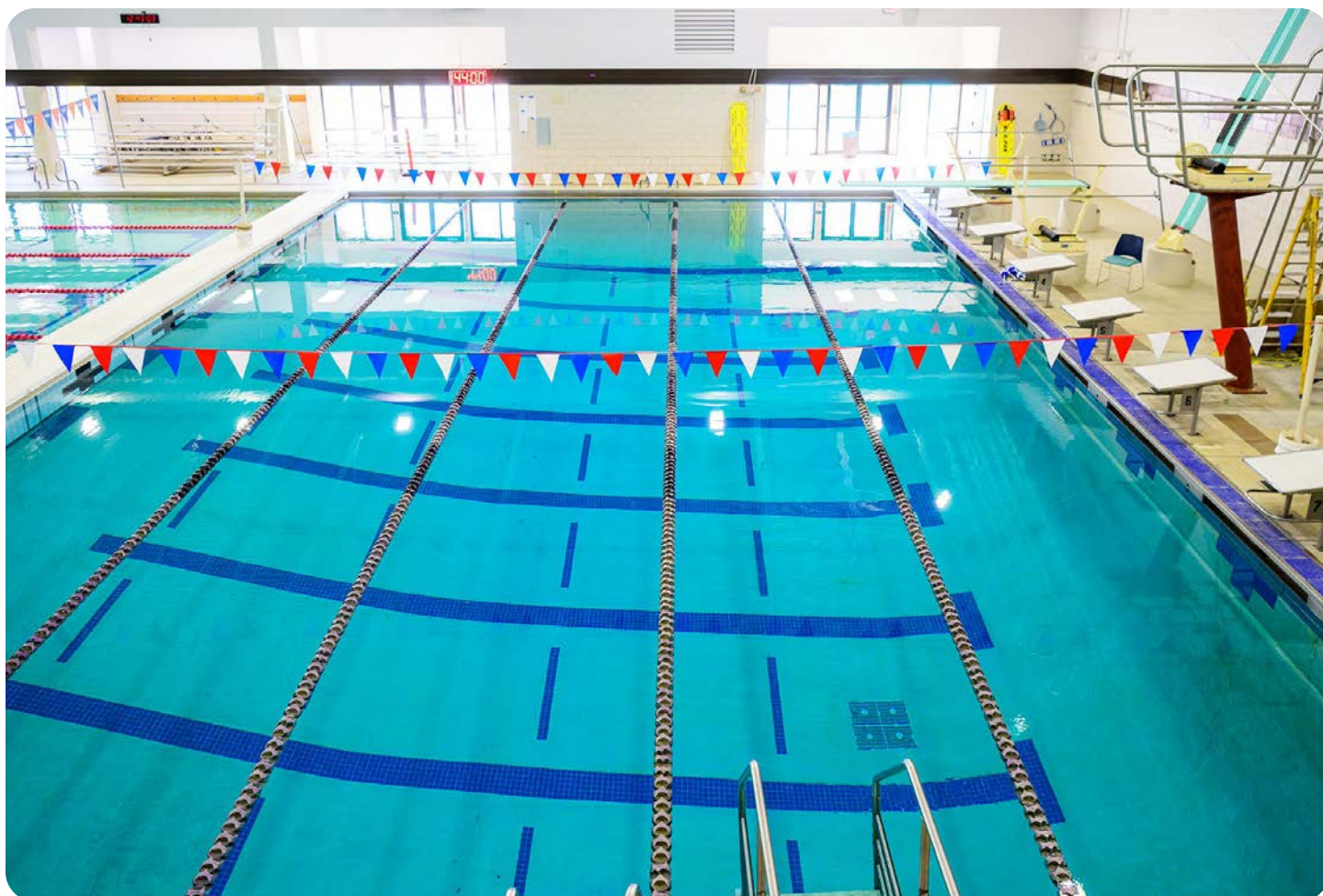
AGES 4-6

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
6 Sessions	R01051-1513	SSRAC	9/14	M	5:50-6:20 p.m.	\$66
6 Sessions	R01051-1511	SSRAC	9/14	M	7:10-7:40 p.m.	\$66
6 Sessions	R01051-1512	SSRAC	9/15	Tu	9:30-10 a.m.	\$66
6 Sessions	R01051-1501	SSRAC	9/15	Tu	7:10-7:40 p.m.	\$66
6 Sessions	R01051-1502	SSRAC	9/17	Th	10:50-11:20 a.m.	\$66
6 Sessions	R01051-1500	SSRAC	9/17	Th	6:30-7 p.m.	\$66
6 Sessions	R01051-1503	SSRAC	9/18	F	10:10-10:40 a.m.	\$66
6 Sessions	R01051-1504	SSRAC	9/19	Sa	9:30-10 a.m.	\$66
6 Sessions	R01051-1514	SSRAC	9/19	Sa	9:30-10 a.m.	\$66
6 Sessions	R01051-1516	SSRAC	9/20	Su	10:10-10:40 a.m.	\$66
6 Sessions	R01051-1522	SSRAC	11/2	M	5:50-6:20 p.m.	\$66
6 Sessions	R01051-1506	SSRAC	11/3	Tu	6:30-7 p.m.	\$66
6 Sessions	R01051-1507	SSRAC	11/5	Th	10:50-11:20 a.m.	\$66
6 Sessions	R01051-1525	SSRAC	11/5	Th	5:50-6:20 p.m.	\$66
6 Sessions	R01051-1505	SSRAC	11/5	Th	6:30-7 p.m.	\$66
6 Sessions	R01051-1508	SSRAC	11/6	F	10:10-10:40 a.m.	\$66
6 Sessions	R01051-1510	SSRAC	11/6	F	11:30 a.m.-Noon	\$66
6 Sessions	R01051-1509	SSRAC	11/7	Sa	9:30-10 a.m.	\$66
6 Sessions	R01051-1515	SSRAC	11/8	Su	10:10-10:40 a.m.	\$66


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**BEGINNER SWIM LESSONS****LEVEL 2****AGES 4-6**

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
6 Sessions	R01052-1205	GISC	9/12	Sa	9:15-9:45 a.m.	\$66
6 Sessions	R01052-1200	GISC	9/12	Sa	9:55-10:25 a.m.	\$66
6 Sessions	R01052-1207	GISC	9/13	Su	9:15-9:45 a.m.	\$66
6 Sessions	R01052-1201	GISC	9/13	Su	9:55-10:25 a.m.	\$66
6 Sessions	R01052-1208	GISC	9/13	Su	11:15-11:45 a.m.	\$66
6 Sessions	R01052-1203	GISC	9/15	Tu,Th	5:40-6:10 p.m.	\$66
6 Sessions	R01052-1209	GISC	9/16	W	5:40-6:10 p.m.	\$66
6 Sessions	R01052-1202	GISC	11/9	M	5:40-6:10 p.m.	\$66
6 Sessions	R01052-1211	GISC	11/10	Tu,Th	5-5:30 p.m.	\$66
6 Sessions	R01052-1204	GISC	11/10	Tu,Th	5:40-6:10 p.m.	\$66
6 Sessions	R01052-1212	GISC	11/10	Tu,Th	6:20-6:50 p.m.	\$66
6 Sessions	R01052-1210	GISC	11/11	W	5:40-6:10 p.m.	\$66

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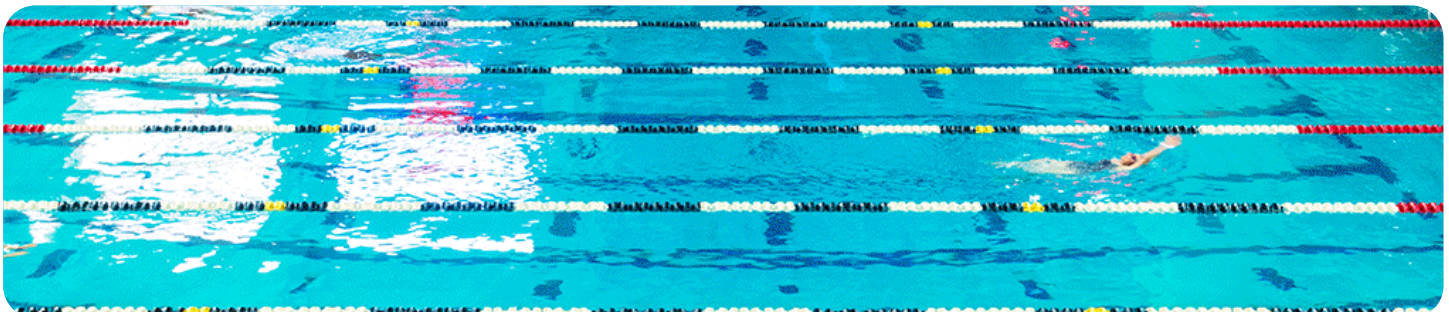


BEGINNER SWIM LESSONS

LEVEL 2

AGES 4-6

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
6 Sessions	R01052-179	MLKSC	9/12	Sa	9:40-10:10 a.m.	\$66
6 Sessions	R01052-178	MLKSC	9/12	Sa	11-11:30 a.m.	\$66
6 Sessions	R01052-181	MLKSC	9/12	Sa	11:40 a.m.-12:10 p.m.	\$66
6 Sessions	R01052-180	MLKSC	9/12	Sa	12:20-12:50 p.m.	\$66
6 Sessions	R01052-123	MLKSC	9/13	Su	10-10:30 a.m.	\$66
6 Sessions	R01052-182	MLKSC	9/13	Su	10:40-11:10 a.m.	\$66
6 Sessions	R01052-183	MLKSC	9/13	Su	Noon-12:30 p.m.	\$66
6 Sessions	R01052-184	MLKSC	9/14	M	5:30-6 p.m.	\$66
6 Sessions	R01052-185	MLKSC	9/14	M	6:10-6:50 p.m.	\$66
6 Sessions	R01052-186	MLKSC	9/15	Tu	5:30-6 p.m.	\$66
6 Sessions	R01052-187	MLKSC	9/15	Tu	6:10-6:40 p.m.	\$66
6 Sessions	R01052-188	MLKSC	9/16	W	6:50-7:20 p.m.	\$66
6 Sessions	R01052-189	MLKSC	9/17	Th	6:10-6:50 p.m.	\$66
6 Sessions	R01052-190	MLKSC	9/17	Th	6:50-7:20 p.m.	\$66
6 Sessions	R01052-191	MLKSC	10/31	Sa	9:40-10:10 a.m.	\$66
6 Sessions	R01052-192	MLKSC	10/31	Sa	11-11:30 a.m.	\$66
6 Sessions	R01052-193	MLKSC	10/31	Sa	11:40 a.m.-12:10 p.m.	\$66
6 Sessions	R01052-194	MLKSC	10/31	Sa	12:20-12:50 p.m.	\$66
6 Sessions	R01052-147	MLKSC	11/1	Su	10-10:30 a.m.	\$66
6 Sessions	R01052-195	MLKSC	11/1	Su	10:40-11:10 a.m.	\$66
6 Sessions	R01052-196	MLKSC	11/1	Su	Noon-12:30 p.m.	\$66
6 Sessions	R01052-197	MLKSC	11/2	M	5:30-6 p.m.	\$66
6 Sessions	R01052-198	MLKSC	11/2	M	6:10-6:40 p.m.	\$66
6 Sessions	R01052-199	MLKSC	11/3	Tu	5:30-6 p.m.	\$66
6 Sessions	R01052-124	MLKSC	11/3	Tu	6:10-6:40 p.m.	\$66
6 Sessions	R01052-125	MLKSC	11/4	W	6:50-7:20 p.m.	\$66
6 Sessions	R01052-148	MLKSC	11/5	Th	6:10-6:40 p.m.	\$66
6 Sessions	R01052-149	MLKSC	11/5	Th	6:50-7:20 p.m.	\$66


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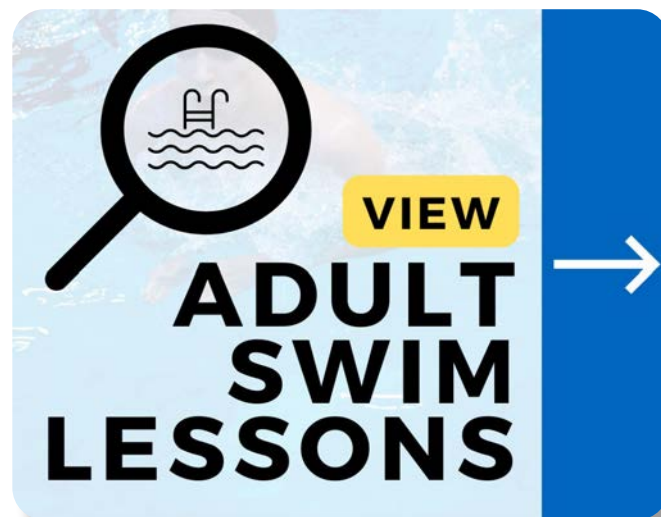


BEGINNER SWIM LESSONS

LEVEL 2

AGES 4-6

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
6 Sessions	R01052-153	OSC	9/14	M	5:40-6:10 p.m.	\$66
6 Sessions	R01052-156	OSC	9/14	M	6:20-7:10 p.m.	\$66
6 Sessions	R01052-158	OSC	9/16	W	7-7:30 p.m.	\$66
6 Sessions	R01052-154	OSC	10/27	Tu	5:20-5:50 p.m.	\$66
6 Sessions	R01052-165	OSC	10/28	W	7-7:30 p.m.	\$66
6 Sessions	R01052-155	OSC	10/29	Th	5:20-5:50 p.m.	\$66
6 Sessions	R01052-162	OSC	11/2	M	5:40-6:10 p.m.	\$66
6 Sessions	R01052-163	OSC	11/2	M	7-7:30 p.m.	\$66
6 Sessions	R01052-1514	SSRAC	9/14	M	7:10-7:40 p.m.	\$66
6 Sessions	R01052-1513	SSRAC	9/15	Tu	10:50-11:20 a.m.	\$66
6 Sessions	R01052-1512	SSRAC	9/15	Tu	11:30 a.m.-Noon	\$66
6 Sessions	R01052-1502	SSRAC	9/15	Tu	7:10-7:40 p.m.	\$66
6 Sessions	R01052-1500	SSRAC	9/17	Th	7:10-7:40 p.m.	\$66
6 Sessions	R01052-1503	SSRAC	9/18	F	10:50-11:20 a.m.	\$66
6 Sessions	R01052-1516	SSRAC	9/19	Sa	10:50-11:20 a.m.	\$66
6 Sessions	R01052-1504	SSRAC	9/20	Su	9:30-10 a.m.	\$66
6 Sessions	R01052-1501	SSRAC	9/20	Su	11:30 a.m.-Noon	\$66
6 Sessions	R01052-1525	SSRAC	11/2	M	5:10-5:40 p.m.	\$66
6 Sessions	R01052-1507	SSRAC	11/3	Tu	6:30-7 p.m.	\$66
6 Sessions	R01052-1510	SSRAC	11/5	Th	11:30 a.m.-Noon	\$66
6 Sessions	R01052-1508	SSRAC	11/6	F	10:50-11:20 a.m.	\$66
6 Sessions	R01052-1509	SSRAC	11/7	Sa	10:10-10:40 a.m.	\$66
6 Sessions	R01052-1515	SSRAC	11/8	Su	9:30-10 a.m.	\$66
6 Sessions	R01052-1506	SSRAC	11/8	Su	11:30 a.m.-Noon	\$66

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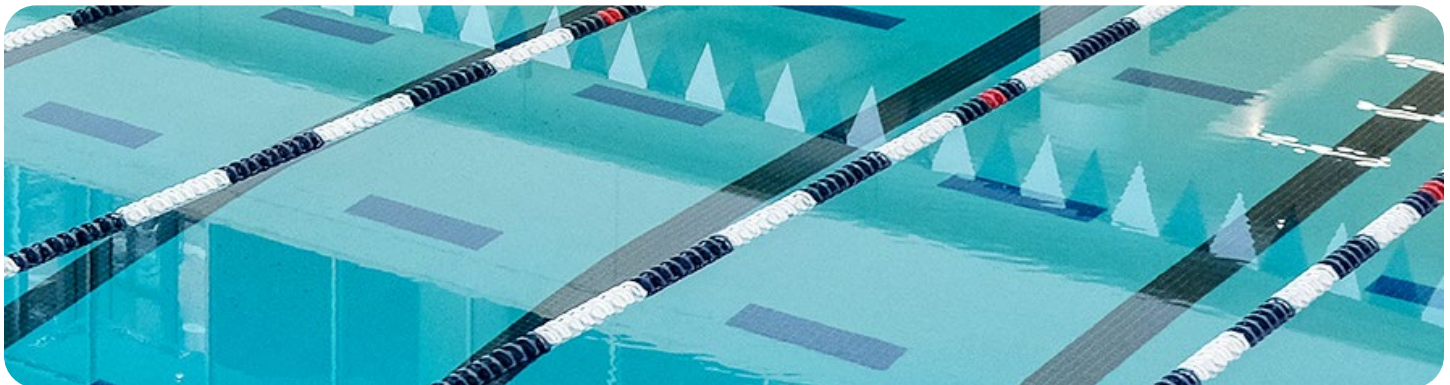


BEGINNER SWIM LESSONS

LEVEL 3

AGES 4-6

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
6 Sessions	R01053-1201	GISC	9/12	Sa	9:55-10:25 a.m.	\$66
6 Sessions	R01053-1200	GISC	9/13	Su	11:15-11:45 a.m.	\$66
6 Sessions	R01053-178	MLKSC	9/12	Sa	12:20-12:50 p.m.	\$66
6 Sessions	R01053-179	MLKSC	9/13	Su	11:20-11:50 a.m.	\$66
6 Sessions	R01053-180	MLKSC	9/15	Tu	6:50-7:20 p.m.	\$66
6 Sessions	R01053-181	MLKSC	9/17	Th	7:30-8 p.m.	\$66
6 Sessions	R01053-182	MLKSC	10/31	Sa	12:20-12:50 p.m.	\$66
6 Sessions	R01053-183	MLKSC	11/1	Su	11:20-11:50 a.m.	\$66
6 Sessions	R01053-184	MLKSC	11/3	Tu	6:50-7:20 p.m.	\$66
6 Sessions	R01053-185	MLKSC	11/5	Th	7:30-8 p.m.	\$66
6 Sessions	R01053-154	OSC	9/13	Su	9:10-9:40 a.m.	\$66
6 Sessions	R01053-155	OSC	9/15	Tu	5:20-5:50 p.m.	\$66
6 Sessions	R01053-153	OSC	9/16	W	7-7:30 p.m.	\$66
6 Sessions	R01053-157	OSC	9/17	Th	5:20-5:50 p.m.	\$66
6 Sessions	R01053-152	OSC	9/19	Sa	9:10-9:40 a.m.	\$66
6 Sessions	R01053-156	OSC	10/25	Su	9:10-9:40 a.m.	\$66
6 Sessions	R01053-1501	SSRAC	9/15	Tu	6:30-7 p.m.	\$66
6 Sessions	R01053-1500	SSRAC	9/17	Th	6:30-7 p.m.	\$66
6 Sessions	R01053-1500	SSRAC	9/17	Th	7:10-7:40 p.m.	\$66
6 Sessions	R01053-1502	SSRAC	9/19	Sa	10:50-11:20 a.m.	\$66
6 Sessions	R01053-1503	SSRAC	9/20	Su	10:50-11:20 a.m.	\$66
6 Sessions	R01053-1515	SSRAC	11/2	M	7:10-7:40 p.m.	\$66
6 Sessions	R01053-1525	SSRAC	11/3	Tu	11:30 a.m.-Noon	\$66
6 Sessions	R01053-1505	SSRAC	11/3	Tu	5:50-6:20 p.m.	\$66
6 Sessions	R01053-1522	SSRAC	11/5	Th	9:30-10 a.m.	\$66
6 Sessions	R01053-1506	SSRAC	11/7	Sa	11:30 a.m.-Noon	\$66
6 Sessions	R01053-1507	SSRAC	11/8	Su	10:50-11:20 a.m.	\$66


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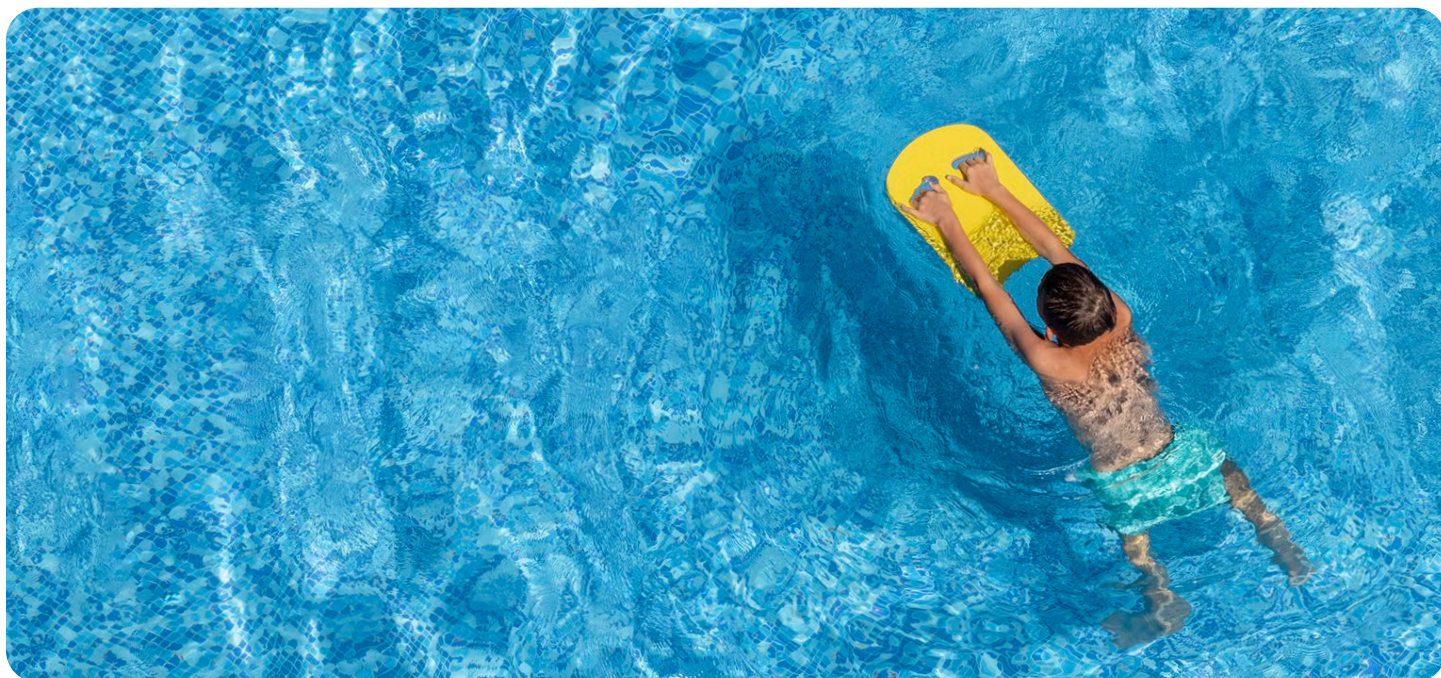


BEGINNER SWIM LESSONS

LEVEL 4

AGES 4-6

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
6 Sessions	R01054-1201	GISC	9/12	Sa	11:15-11:45 a.m.	\$66
6 Sessions	R01054-1200	GISC	9/13	Su	11:15-11:45 a.m.	\$66
6 Sessions	R01054-178	MLKSC	9/13	Su	11:20-11:50 a.m.	\$66
6 Sessions	R01054-179	MLKSC	9/15	Tu	7:30-8 p.m.	\$66
6 Sessions	R01054-180	MLKSC	9/17	Th	7:30-8 p.m.	\$66
6 Sessions	R01054-181	MLKSC	11/1	Su	11:20-11:50 a.m.	\$66
6 Sessions	R01054-182	MLKSC	11/3	Tu	7:30-8 p.m.	\$66
6 Sessions	R01054-183	MLKSC	11/5	Th	7:30-8 p.m.	\$66
6 Sessions	R01054-153	OSC	9/13	Su	9:50-10:20 a.m.	\$66
6 Sessions	R01054-152	OSC	9/19	Sa	9:50-10:20 a.m.	\$66
6 Sessions	R01054-154	OSC	10/25	Su	9:50-10:20 a.m.	\$66
6 Sessions	R01054-1501	SSRAC	9/15	Tu	6:30-7 p.m.	\$66
6 Sessions	R01054-1500	SSRAC	9/17	Th	7:10-7:40 p.m.	\$66
6 Sessions	R01054-1502	SSRAC	9/19	Sa	11:30 a.m.-Noon	\$66
6 Sessions	R01054-1503	SSRAC	9/20	Su	10:10-10:40 a.m.	\$66
6 Sessions	R01054-1503	SSRAC	9/20	Su	11:30 a.m.-Noon	\$66
6 Sessions	R01054-1505	SSRAC	11/3	Tu	5:10-5:40 p.m.	\$66
6 Sessions	R01054-1506	SSRAC	11/7	Sa	10:50-11:20 a.m.	\$66



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YOUTH SWIM LESSONS

LEVEL 1
AGES 7-13

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
6 Sessions	R01045-1205	GISC	9/13	Su	9:15-9:45 a.m.	\$66
6 Sessions	R01045-1206	GISC	9/14	M	5:40-6:10 p.m.	\$66
6 Sessions	R01045-1202	GISC	9/15	Tu,Th	6:20-6:50 p.m.	\$66
6 Sessions	R01045-1203	GISC	9/16	W	5:40-6:10 p.m.	\$66
6 Sessions	R01045-1208	GISC	11/9	M	6:20-6:50 p.m.	\$66
6 Sessions	R01045-1200	GISC	11/10	Tu,Th	5-5:30 p.m.	\$66
6 Sessions	R01045-1201	GISC	11/10	Tu,Th	6:20-6:50 p.m.	\$66
6 Sessions	R01045-178	MLKSC	9/12	Sa	10:20-10:50 a.m.	\$66
6 Sessions	R01045-179	MLKSC	9/12	Sa	11:40 a.m.-12:10 p.m.	\$66
6 Sessions	R01045-180	MLKSC	9/13	Su	10:40-11:10 a.m.	\$66
6 Sessions	R01045-181	MLKSC	9/14	M	6:10-6:40 p.m.	\$66
6 Sessions	R01045-182	MLKSC	9/15	Tu	6:50-7:20 p.m.	\$66
6 Sessions	R01045-183	MLKSC	9/17	Th	5:30-6 p.m.	\$66
6 Sessions	R01045-184	MLKSC	10/31	Sa	10:20-10:50 a.m.	\$66
6 Sessions	R01045-189	MLKSC	10/31	Sa	11:40 a.m.-12:10 p.m.	\$66
6 Sessions	R01045-185	MLKSC	11/1	Su	10:40-11:10 a.m.	\$66
6 Sessions	R01045-186	MLKSC	11/2	M	6:10-6:40 p.m.	\$66
6 Sessions	R01045-187	MLKSC	11/3	Tu	6:50-7:20 p.m.	\$66
6 Sessions	R01045-188	MLKSC	11/5	Th	5:30-6 p.m.	\$66


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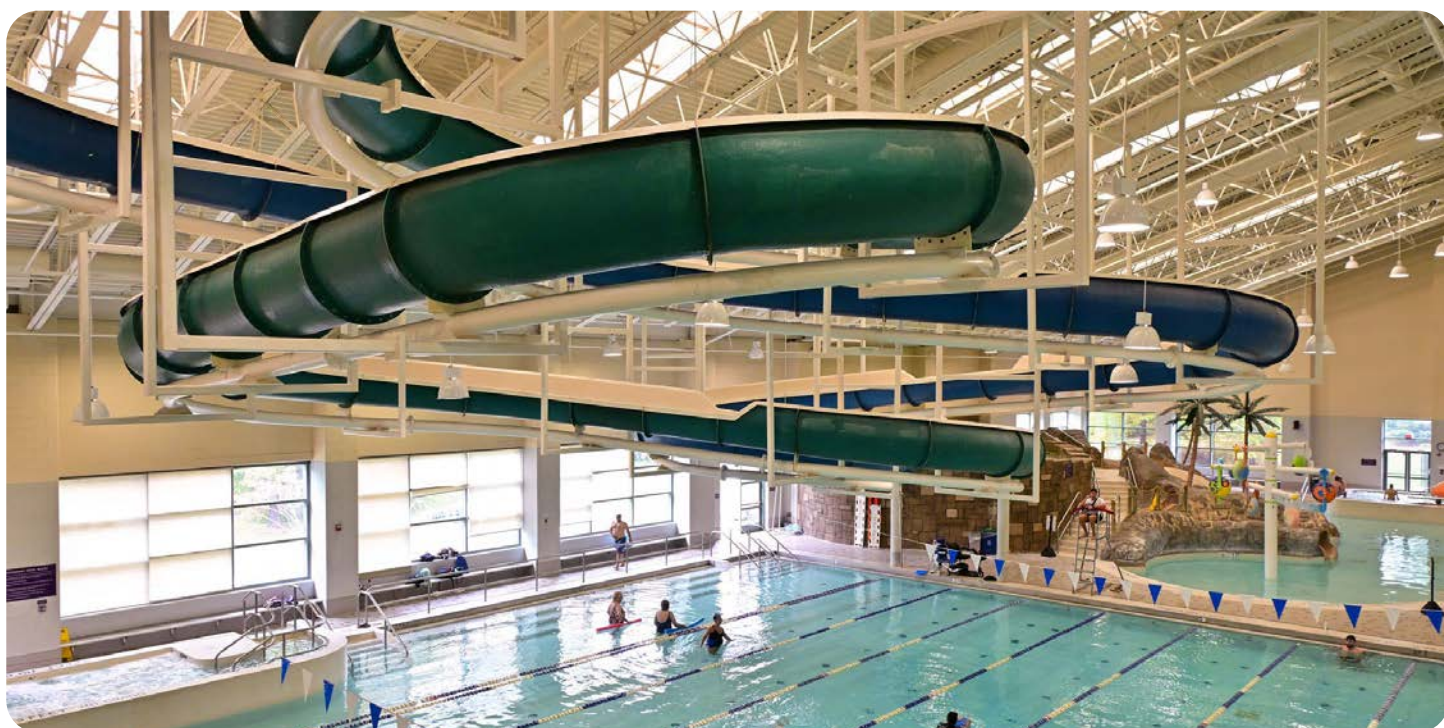


YOUTH SWIM LESSONS

LEVEL 1

AGES 7-13

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
6 Sessions	R01045-156	OSC	9/14	M	5:40-6:10 p.m.	\$66
6 Sessions	R01045-158	OSC	9/16	W	6:20-6:50 p.m.	\$66
6 Sessions	R01045-159	OSC	9/17	Th	5:20-5:50 p.m.	\$66
6 Sessions	R01045-165	OSC	10/28	W	5:40-6:10 p.m.	\$66
6 Sessions	R01045-166	OSC	10/28	W	7-7:30 p.m.	\$66
6 Sessions	R01045-167	OSC	10/29	Th	5:20-5:50 p.m.	\$66
6 Sessions	R01045-153	OSC	10/29	Th	6:40-7:10 p.m.	\$66
6 Sessions	R01045-163	OSC	11/2	M	6:20-6:50 p.m.	\$66
6 Sessions	R01045-1501	SSRAC	9/17	Th	5:50-6:20 p.m.	\$66
6 Sessions	R01045-1508	SSRAC	9/19	Sa	10:10-10:40 a.m.	\$66
6 Sessions	R01045-1502	SSRAC	9/19	Sa	10:50-11:20 a.m.	\$66
6 Sessions	R01045-1503	SSRAC	9/20	Su	9:30-10 a.m.	\$66
6 Sessions	R01045-1505	SSRAC	11/5	Th	5:10-5:40 p.m.	\$66
6 Sessions	R01045-1510	SSRAC	11/7	Sa	9:30-10 a.m.	\$66
6 Sessions	R01045-1506	SSRAC	11/7	Sa	10:50-11:20 a.m.	\$66
6 Sessions	R01045-1507	SSRAC	11/8	Su	9:30-10 a.m.	\$66



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YOUTH SWIM LESSONS

LEVEL 2
AGES 7-13

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
6 Sessions	R01046-1203	GISC	9/13	Su	9:55-10:25 a.m.	\$66
6 Sessions	R01046-1204	GISC	9/14	M	6:20-6:50 p.m.	\$66
6 Sessions	R01046-1205	GISC	9/15	Tu,Th	5-5:30 p.m.	\$66
6 Sessions	R01046-1201	GISC	9/16	W	6:20-6:50 p.m.	\$66
6 Sessions	R01046-1200	GISC	11/10	Tu,Th	5:40-6:10 p.m.	\$66
6 Sessions	R01046-178	MLKSC	9/12	Sa	11-11:30 a.m.	\$66
6 Sessions	R01046-179	MLKSC	9/12	Sa	1-1:30 p.m.	\$66
6 Sessions	R01046-180	MLKSC	9/13	Su	11:20-11:50 a.m.	\$66
6 Sessions	R01046-181	MLKSC	9/15	Tu	7:30-8 p.m.	\$66
6 Sessions	R01046-182	MLKSC	9/16	W	5:30-6 p.m.	\$66
6 Sessions	R01046-183	MLKSC	9/17	Th	6:50-7:20 p.m.	\$66
6 Sessions	R01046-184	MLKSC	10/31	Sa	11-11:30 a.m.	\$66
6 Sessions	R01046-186	MLKSC	10/31	Sa	1-1:30 p.m.	\$66
6 Sessions	R01046-185	MLKSC	11/1	Su	11:20-11:50 a.m.	\$66
6 Sessions	R01046-187	MLKSC	11/3	Tu	7:30-8 p.m.	\$66
6 Sessions	R01046-188	MLKSC	11/4	W	5:30-6 p.m.	\$66
6 Sessions	R01046-189	MLKSC	11/5	Th	6:50-7:20 p.m.	\$66


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YOUTH SWIM LESSONS

LEVEL 2

AGES 7-13

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
6 Sessions	R01046-155	OSC	9/14	M	7-7:30 p.m.	\$66
6 Sessions	R01046-157	OSC	9/15	Tu	6-6:30 p.m.	\$66
6 Sessions	R01046-156	OSC	9/16	W	5:40-6:10 p.m.	\$66
6 Sessions	R01046-152	OSC	9/17	Th	6-6:30 p.m.	\$66
6 Sessions	R01046-158	OSC	10/27	Tu	6-6:30 p.m.	\$66
6 Sessions	R01046-161	OSC	10/28	W	6:20-6:50 p.m.	\$66
6 Sessions	R01046-162	OSC	10/29	Th	6-6:30 p.m.	\$66
6 Sessions	R01046-159	OSC	11/2	M	6:20-6:50 p.m.	\$66
6 Sessions	R01046-1509	SSRAC	9/14	M	6:30-7 p.m.	\$66
6 Sessions	R01046-1500	SSRAC	9/17	Th	5:10-5:40 p.m.	\$66
6 Sessions	R01046-1501	SSRAC	9/17	Th	5:50-6:20 p.m.	\$66
6 Sessions	R01046-1510	SSRAC	9/19	Sa	9:30-10 a.m.	\$66
6 Sessions	R01046-1502	SSRAC	9/19	Sa	11:30 a.m.-Noon	\$66
6 Sessions	R01046-1503	SSRAC	9/20	Su	10:10-10:40 a.m.	\$66
6 Sessions	R01046-1505	SSRAC	11/5	Th	4:30-5 p.m.	\$66
6 Sessions	R01046-1515	SSRAC	11/5	Th	6:30-7 p.m.	\$66
6 Sessions	R01046-1508	SSRAC	11/7	Sa	10:50-11:20 a.m.	\$66
6 Sessions	R01046-1506	SSRAC	11/7	Sa	11:30 a.m.-Noon	\$66
6 Sessions	R01046-1507	SSRAC	11/8	Su	10:10-10:40 a.m.	\$66



QUESTIONS?

CONTACT CUSTOMER SERVICE

Call customer service
or send an email.

240-777-6840



RECREATION.CUSTOMERSERVICE
@MONTGOMERYCOUNTYMD.GOV



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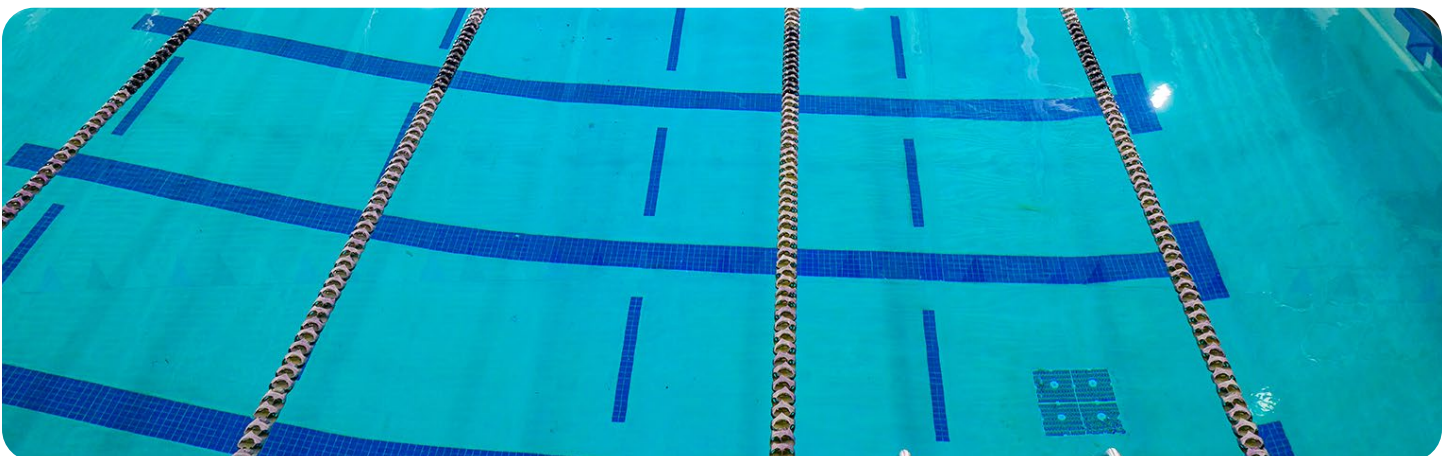




YOUTH SWIM LESSONS

LEVEL 3
AGES 7-13

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
6 Sessions	R01047-1201	GISC	9/12	Sa	11:15-11:45 a.m.	\$66
6 Sessions	R01047-1200	GISC	9/13	Su	10:35-11:05 a.m.	\$66
6 Sessions	R01047-178	MLKSC	9/12	Sa	1-1:30 p.m.	\$66
6 Sessions	R01047-179	MLKSC	9/13	Su	10:40-11:10 a.m.	\$66
6 Sessions	R01047-180	MLKSC	9/14	M	6:50-7:20 p.m.	\$66
6 Sessions	R01047-181	MLKSC	9/15	Tu	8:50-9:20 p.m.	\$66
6 Sessions	R01047-182	MLKSC	9/17	Th	8:10-8:40 p.m.	\$66
6 Sessions	R01047-183	MLKSC	10/31	Sa	1-1:30 p.m.	\$66
6 Sessions	R01047-184	MLKSC	11/1	Su	10:40-11:10 a.m.	\$66
6 Sessions	R01047-185	MLKSC	11/2	M	6:50-7:20 p.m.	\$66
6 Sessions	R01047-186	MLKSC	11/3	Tu	8:50-9:20 p.m.	\$66
6 Sessions	R01047-187	MLKSC	11/5	Th	8:10-8:50 p.m.	\$66
6 Sessions	R01047-153	OSC	9/13	Su	10:30-11 a.m.	\$66
6 Sessions	R01047-152	OSC	9/19	Sa	10:30-11 a.m.	\$66
6 Sessions	R01047-154	OSC	9/19	Sa	11:50 a.m.-12:20 p.m.	\$66
6 Sessions	R01047-155	OSC	10/25	Su	10:30-11 a.m.	\$66
6 Sessions	R01047-1500	SSRAC	9/15	Tu	5:50-6:20 p.m.	\$66
6 Sessions	R01047-1501	SSRAC	9/16	W	5:10-5:40 p.m.	\$66
6 Sessions	R01047-1502	SSRAC	9/19	Sa	10:10-10:40 a.m.	\$66
6 Sessions	R01047-1503	SSRAC	9/20	Su	10:50-11:20 a.m.	\$66
6 Sessions	R01047-1515	SSRAC	11/2	M	4:30-5 p.m.	\$66
6 Sessions	R01047-1504	SSRAC	11/4	W	7:10-7:40 p.m.	\$66
6 Sessions	R01047-1505	SSRAC	11/5	Th	5:50-6:20 p.m.	\$66
6 Sessions	R01047-1506	SSRAC	11/7	Sa	10:10-10:40 a.m.	\$66
6 Sessions	R01047-1507	SSRAC	11/8	Su	10:50-11:20 a.m.	\$66


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YOUTH SWIM LESSONS

LEVEL 4

AGES 7-13

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
6 Sessions	R01048-1201	GISC	9/12	Sa	10:35-11:05 a.m.	\$66
6 Sessions	R01048-1203	GISC	9/13	Su	10:35-11:05 a.m.	\$66
6 Sessions	R01048-178	MLKSC	9/12	Sa	12:20-12:50 p.m.	\$66
6 Sessions	R01048-179	MLKSC	9/13	Su	10-10:30 a.m.	\$66
6 Sessions	R01048-199	MLKSC	9/15	Tu	8:10-8:40 p.m.	\$66
6 Sessions	R01048-181	MLKSC	10/31	Sa	12:20-12:50 p.m.	\$66
6 Sessions	R01048-182	MLKSC	11/1	Su	10-10:30 a.m.	\$66
6 Sessions	R01048-180	MLKSC	11/3	Tu	8:10-8:40 p.m.	\$66
6 Sessions	R01048-153	OSC	9/13	Su	11:10-11:40 a.m.	\$66
6 Sessions	R01048-152	OSC	9/19	Sa	11:10-11:40 a.m.	\$66
6 Sessions	R01048-154	OSC	10/25	Su	11:10-11:40 a.m.	\$66
6 Sessions	R01048-1501	SSRAC	9/16	W	6:30-7 p.m.	\$66
6 Sessions	R01048-1502	SSRAC	9/17	Th	4:30-5 p.m.	\$66
6 Sessions	R01048-1500	SSRAC	9/20	Su	10:50-11:20 a.m.	\$66
6 Sessions	R01048-1503	SSRAC	9/20	Su	11:30 a.m.-Noon	\$66
6 Sessions	R01048-1515	SSRAC	11/3	Tu	7:10-7:40 p.m.	\$66
6 Sessions	R01048-1505	SSRAC	11/4	W	5:50-6:20 p.m.	\$66
6 Sessions	R01048-1504	SSRAC	11/8	Su	10:50-11:20 a.m.	\$66
6 Sessions	R01048-1507	SSRAC	11/8	Su	11:30 a.m.-Noon	\$66



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YOUTH SWIM LESSONS

ADVANCED
AGES 6-13

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
6 Sessions	R01057-119	GISC	9/12	Sa	9:15-9:50 a.m.	\$90
6 Sessions	R01057-120	GISC	9/12	Sa	9:55-10:30 a.m.	\$90
6 Sessions	R01057-121	GISC	9/12	Sa	10:35-11:10 a.m.	\$90
6 Sessions	R01057-107	MLKSC	9/13	Su	11:20-11:55 a.m.	\$90
6 Sessions	R01057-109	MLKSC	9/17	Th	7:20-7:55 p.m.	\$90
6 Sessions	R01057-110	MLKSC	11/1	Su	11:20-11:55 a.m.	\$90
6 Sessions	R01057-112	MLKSC	11/5	Th	7:20-7:55 p.m.	\$90
6 Sessions	R01057-101	OSC	9/15	Tu	7:20-7:55 p.m.	\$90
6 Sessions	R01057-104	OSC	10/27	Tu	7:20-7:55 p.m.	\$90
6 Sessions	R01057-1500	SSRAC	9/14	M	5:15-5:50 p.m.	\$90
6 Sessions	R01057-1501	SSRAC	9/20	Su	9:30-10:05 a.m.	\$90
6 Sessions	R01057-1502	SSRAC	9/20	Su	10:10-10:45 a.m.	\$90
6 Sessions	R01057-1503	SSRAC	11/2	M	5:15-5:50 p.m.	\$90
6 Sessions	R01057-1504	SSRAC	11/8	Su	9:30-10:05 a.m.	\$90
6 Sessions	R01057-1505	SSRAC	11/8	Su	10:10-10:45 a.m.	\$90


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ADULT SWIM LESSONS

LEVEL 1

AGES 14 AND UP

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
6 Sessions	R01039-1200	GISC	9/12	Sa	9:15-9:45 a.m.	\$66
6 Sessions	R01039-1202	GISC	9/14	M	5:40-6:10 p.m.	\$66
6 Sessions	R01039-1203	GISC	11/9	M	5:40-6:10 p.m.	\$66
6 Sessions	R01039-1204	GISC	11/11	W	5:40-6:10 p.m.	\$66
6 Sessions	R01039-178	MLKSC	9/12	Sa	11-11:30 a.m.	\$66
6 Sessions	R01039-179	MLKSC	9/13	Su	10-10:30 a.m.	\$66
6 Sessions	R01039-180	MLKSC	9/15	Tu	8:50-9:20 p.m.	\$66
6 Sessions	R01039-181	MLKSC	10/31	Sa	11-11:30 a.m.	\$66
6 Sessions	R01039-182	MLKSC	11/1	Su	10-10:30 a.m.	\$66
6 Sessions	R01039-183	MLKSC	11/3	Tu	8:50-9:20 p.m.	\$66
6 Sessions	R01039-152	OSC	9/13	Su	9:10-9:40 a.m.	\$66
6 Sessions	R01039-153	OSC	9/15	Tu	6:40-7:10 p.m.	\$66
6 Sessions	R01039-154	OSC	9/17	Th	6:40-7:10 p.m.	\$66
6 Sessions	R01039-155	OSC	10/25	Su	9:10-9:40 a.m.	\$66
6 Sessions	R01039-156	OSC	10/27	Tu	6:40-7:10 p.m.	\$66
6 Sessions	R01039-1501	SSRAC	9/15	Tu	10:10-10:40 a.m.	\$66
6 Sessions	R01039-1502	SSRAC	9/15	Tu	4:30-5 p.m.	\$66
6 Sessions	R01039-1506	SSRAC	9/16	W	5:50-6:20 p.m.	\$66
6 Sessions	R01039-1500	SSRAC	9/17	Th	4:30-5 p.m.	\$66
6 Sessions	R01039-1504	SSRAC	11/3	Tu	10:10-10:40 a.m.	\$66
6 Sessions	R01039-1510	SSRAC	11/3	Tu	10:50-11:20 a.m.	\$66
6 Sessions	R01039-1505	SSRAC	11/3	Tu	4:30-5 p.m.	\$66
6 Sessions	R01039-1510	SSRAC	11/4	W	4:30-5 p.m.	\$66
6 Sessions	R01039-1530	SSRAC	11/4	W	5:50-6:20 p.m.	\$66
6 Sessions	R01039-1515	SSRAC	11/4	W	6:30-7 p.m.	\$66
6 Sessions	R01039-1503	SSRAC	11/5	Th	4:30-5 p.m.	\$66
6 Sessions	R01039-1520	SSRAC	11/5	Th	7:10-7:40 p.m.	\$66
6 Sessions	R01039-1525	SSRAC	11/6	F	9:15-9:45 a.m.	\$66



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ADULT SWIM LESSONS

LEVEL 2

AGES 14 AND UP

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
6 Sessions	R01040-1200	GISC	9/12	Sa	9:55-10:25 a.m.	\$66
6 Sessions	R01040-1201	GISC	9/13	Su	9:55-10:25 a.m.	\$66
6 Sessions	R01040-1202	GISC	9/14	M	6:20-6:50 p.m.	\$66
6 Sessions	R01040-1203	GISC	11/9	M	6:20-6:50 p.m.	\$66
6 Sessions	R01040-1204	GISC	11/11	W	6:20-6:50 p.m.	\$66
6 Sessions	R01040-178	MLKSC	9/12	Sa	10:20-10:50 a.m.	\$66
6 Sessions	R01040-179	MLKSC	9/15	Tu	8:10-8:40 p.m.	\$66
6 Sessions	R01040-180	MLKSC	9/17	Th	8:50-9:20 p.m.	\$66
6 Sessions	R01040-181	MLKSC	10/31	Sa	10:20-10:50 a.m.	\$66
6 Sessions	R01040-182	MLKSC	11/3	Tu	8:10-8:50 p.m.	\$66
6 Sessions	R01040-183	MLKSC	11/5	Th	8:50-9:20 p.m.	\$66
6 Sessions	R01040-152	OSC	9/13	Su	9:50-10:20 a.m.	\$66
6 Sessions	R01040-153	OSC	10/25	Su	9:50-10:20 a.m.	\$66
6 Sessions	R01040-1501	SSRAC	9/15	Tu	5:10-5:40 p.m.	\$66
6 Sessions	R01040-1502	SSRAC	9/17	Th	10:10-10:40 a.m.	\$66
6 Sessions	R01040-1500	SSRAC	9/17	Th	5:10-5:40 p.m.	\$66
6 Sessions	R01040-1504	SSRAC	11/3	Tu	5:10-5:40 p.m.	\$66
6 Sessions	R01040-1515	SSRAC	11/4	W	4:30-5 p.m.	\$66
6 Sessions	R01040-1525	SSRAC	11/4	W	7:10-7:40 p.m.	\$66
6 Sessions	R01040-1505	SSRAC	11/5	Th	10:10-10:40 a.m.	\$66
6 Sessions	R01040-1503	SSRAC	11/5	Th	5:10-5:40 p.m.	\$66
6 Sessions	R01040-1510	SSRAC	11/5	Th	7:10-7:40 p.m.	\$66


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ADULT SWIM LESSONS

LEVEL 3

AGES 14 AND UP

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
6 Sessions	R01041-1200	GISC	9/12	Sa	10:35-11:05 a.m.	\$66
6 Sessions	R01041-1201	GISC	9/13	Su	10:35-11:05 a.m.	\$66
6 Sessions	R01041-178	MLKSC	9/12	Sa	11:40 a.m.-12:10 p.m.	\$66
6 Sessions	R01041-179	MLKSC	9/17	Th	8:10-8:40 p.m.	\$66
6 Sessions	R01041-180	MLKSC	10/31	Sa	11:40 a.m.-12:10 p.m.	\$66
6 Sessions	R01041-182	MLKSC	11/5	Th	8:10-8:40 p.m.	\$66
6 Sessions	R01041-152	OSC	9/13	Su	10:30-11 a.m.	\$66
6 Sessions	R01041-153	OSC	10/25	Su	10:30-11 a.m.	\$66
6 Sessions	R01041-1500	SSRAC	9/14	M	4:30-5 p.m.	\$66
6 Sessions	R01041-1501	SSRAC	9/16	W	4:30-5 p.m.	\$66
6 Sessions	R01041-1500	SSRAC	9/16	W	7:10-7:40 p.m.	\$66
6 Sessions	R01041-1502	SSRAC	9/18	F	9:30-10 a.m.	\$66
6 Sessions	R01041-1503	SSRAC	11/3	Tu	10:10-10:40 a.m.	\$66
6 Sessions	R01041-1504	SSRAC	11/3	Tu	7:10-7:40 p.m.	\$66
6 Sessions	R01041-1505	SSRAC	11/4	W	5:10-5:40 p.m.	\$66
6 Sessions	R01041-1503	SSRAC	11/6	F	8:50-9:20 a.m.	\$66



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ADULT SWIM LESSONS

LEVEL 4
AGES 14 AND UP

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
6 Sessions	R01042-1200	GISC	9/12	Sa	11:15-11:45 a.m.	\$66
6 Sessions	R01042-1201	GISC	9/13	Su	11:15-11:45 a.m.	\$66
6 Sessions	R01042-178	MLKSC	9/13	Su	Noon-12:30 p.m.	\$66
6 Sessions	R01042-179	MLKSC	9/17	Th	8:50-9:20 p.m.	\$66
6 Sessions	R01042-180	MLKSC	11/1	Su	Noon-12:30 p.m.	\$66
5 Sessions	R01042-181	MLKSC	11/5	Th	8:50-9:20 p.m.	\$66
6 Sessions	R01042-152	OSC	9/13	Su	11:10-11:40 a.m.	\$66
6 Sessions	R01042-153	OSC	10/25	Su	11:10-11:40 a.m.	\$66
6 Sessions	R01042-1500	SSRAC	9/14	M	5:50-6:20 p.m.	\$66
6 Sessions	R01042-1501	SSRAC	9/16	W	5:50-6:20 p.m.	\$66
6 Sessions	R01042-1503	SSRAC	11/2	M	6:30-7 p.m.	\$66
6 Sessions	R01042-1504	SSRAC	11/4	W	6:30-7 p.m.	\$66

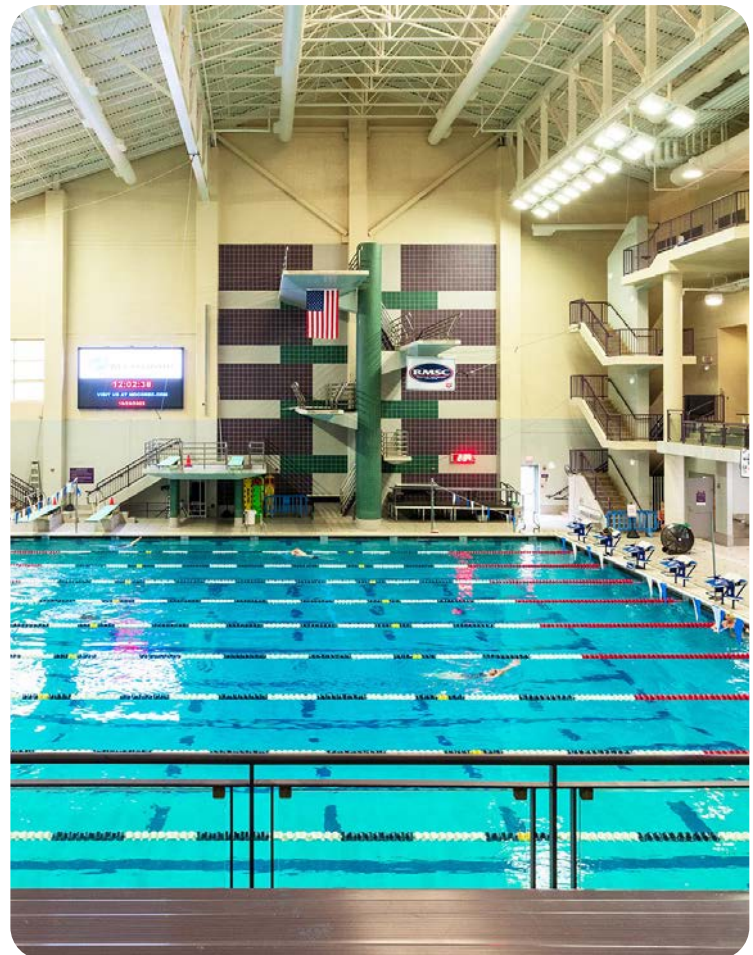
REGISTRATION NOTICE



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ADAPTED SWIM LESSONS

Swim Lessons for Individuals with Disabilities

Ages 4-17

This is a learn-to-swim program for children ages 4 to 17 who have disabilities.

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
6 Sessions	R01061-1500	SSRAC	9/19	Sa	10:30-11 a.m.	\$66
6 Sessions	R01061-1501	SSRAC	9/19	Sa	11:10-11:40 a.m.	\$66
6 Sessions	R01061-1503	SSRAC	11/7	Sa	10:30-11 a.m.	\$66
6 Sessions	R01061-1504	SSRAC	11/7	Sa	11:10-11:40 a.m.	\$66

Adapted Aquatics Swim Clinic

Ages 14 and up

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
12 Sessions	R01061-1506	SSRAC	9/19	Sa	11 a.m.-Noon	\$135



WE SUPPORT ACCESSIBILITY

Individuals with disabilities are encouraged to register for MCR programs. Early notification allows us time to put accommodations in place.

For more info, email:
rec.inclusion@montgomerycountymd.gov



VIEW

THERAPEUTIC RECREATION (TR) ACTIVITIES

See more activities for individuals with disabilities.

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DEVELOPMENTAL SWIM

Montgomery Stroke and Turn Clinic (MSTC)

Ages 5-18

Designed to improve the ability to swim the four competitive strokes and learn the correct starts and turn.

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
24 Sessions	R01033-6123	GISC	10/4	Su	5:05-5:55 p.m.	\$575
24 Sessions	R01033-6124	GISC	10/4	Su	6-6:50 p.m.	\$575
24 Sessions	R01033-6125	GISC	10/4	Su	6:55-7:45 p.m.	\$575
24 Sessions	R01033-6129	MLKSC	10/11	Su	5:05-5:55 p.m.	\$575
24 Sessions	R01033-6130	MLKSC	10/11	Su	6-6:50 p.m.	\$575
24 Sessions	R01033-6131	MLKSC	10/11	Su	6:55-7:45 p.m.	\$575
24 Sessions	R01033-6126	OSC	10/4	Su	5:05-5:55 p.m.	\$575
24 Sessions	R01033-6127	OSC	10/4	Su	6-6:50 p.m.	\$575
24 Sessions	R01033-6128	OSC	10/4	Su	6:55-7:45 p.m.	\$575

SwiMontgomery is a developmental program for kids 13 and under who have an interest in competitive swimming.

SwiMontgomery

Ages 6-13

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
18 Sessions	R01032-102	GISC	9/22	Tu,Th	7:45-8:30 p.m.	\$375
18 Sessions	R01032-104	MLKSC	9/14	M,W	7:30-8:15 p.m.	\$375
18 Sessions	R01032-103	OSC	9/14	M,W	7:15-8 p.m.	\$375
18 Sessions	R01032-1500	SSRAC	9/14	M,W	6:15-7 p.m.	\$375


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DIVING

Level 1: Learn to Dive

Ages 5-10

Diving consists of a diver jumping from a springboard or platform and performing acrobatic maneuvers before plunging into water.

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
6 Sessions	R01012-101	GISC	9/14	M	4:30-5:15 p.m.	\$96
6 Sessions	R01012-102	GISC	9/16	W	4:30-5:15 p.m.	\$96
6 Sessions	R01012-103	GISC	9/18	F	4:30-5:15 p.m.	\$96
6 Sessions	R01012-127	GISC	11/2	M	4:30-5:15 p.m.	\$96
6 Sessions	R01012-126	GISC	11/4	W	4:30-5:15 p.m.	\$96
6 Sessions	R01012-1500	SSRAC	9/14	M	5-5:45 p.m.	\$96
6 Sessions	R01012-1501	SSRAC	9/14	M	4:15-5 p.m.	\$96
6 Sessions	R01012-1502	SSRAC	11/2	M	4:15-5 p.m.	\$96
6 Sessions	R01012-1503	SSRAC	11/2	M	5-5:45 p.m.	\$96

Level 2: Intermediate Diving

Ages 7-18

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
12 Sessions	R01013-101	GISC	9/14	M	5:15-6:45 p.m.	\$360
12 Sessions	R01013-102	GISC	9/16	W	5:15-6:45 p.m.	\$360
11 Sessions	R01013-103	GISC	9/18	F	5:15-6:45 p.m.	\$330
12 Sessions	R01013-1500	SSRAC	9/14	M	5:45-7:15 p.m.	\$360

High School Diving

Ages 13-18

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
12 Sessions	R01076-102	GISC	9/14	M	6:30-8 p.m.	\$396
12 Sessions	R01076-103	GISC	9/16	W	6:30-8 p.m.	\$396
12 Sessions	R01076-1500	SSRAC	9/14	M	7-8:30 p.m.	\$396

Masters Diving

Ages 19 and up

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
12 Sessions	R01017-102	GISC	9/16	W	6:30-8 p.m.	\$396
12 Sessions	R01017-1500	SSRAC	9/14	M	7-8:30 p.m.	\$396

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DIVING

National Development Program - Competitive

Ages 6-18 • Invitational Only

Sessions	Activity	Location	Start Date	Day(s)	Time
179 Sessions	R01016-601	GISC	9/9	M-Th	6-8 p.m.

JO Diving Team

Ages 6-18 • Invitational Only

Team	Activity	Location	Start Date	Time
JO Silver • 3 days	R01015-601	GISC	9/8	4:30-8:30 p.m.
JO Red • 4 days	R01015-602	GISC	9/8	4:30-8:30 p.m.
JO Blue • 5 days	R01015-603	GISC	9/8	4:30-8:30 p.m.



MASTERS SWIMMING



ACTIVITY CODE: R01058

Ancient Mariners

GISC

Su: 8:30-10:30 a.m.

MLK Swim Center

M, W: 8:30-10 p.m.

Olney Swim Center

Sa: 8:30-10 p.m.

Tu,Th: 8:30-10 p.m.

Silver Spring RAC

W: 7-8:30 p.m.

Germantown Masters

GISC

M,W,F: 6-7:30 a.m.

Tu,Th: 8:30-10 p.m.

FALL 2026 SCHEDULE

Register on ActiveMontgomery.org



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SCUBA

Ages 14 and up

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
8 Sessions	R01028-101	MLKSC	9/16	W	7-10 p.m.	\$265
8 Sessions	R01028-102	OSC	9/14	M	7-10 p.m.	\$265

WATER POLO

Splashball: Learn to Play (Middle School)

Ages 10-14

Sessions	Activity	Location	Start Date	Day(s)	Time
9 Sessions	R01079-1501	SSRAC	9/20	Su	3:45-5 p.m.

High School Prep

Ages 14-18

Sessions	Activity	Location	Start Date	Day(s)	Time
20 Sessions	R01079-1503	WGOP	9/8	Tu,Th	6:15-7:45 p.m.

Adult Water Polo

Ages 18 and up

Activity	Location	Start Date	Day(s)	Fee
R01079-6500	WGOP* SSRAC* KSAC*	9/9	W,Su	\$500



Adult Water Polo Location Details

*Wheaton-Glenmont Outdoor Pool (WGOP)

This program starts outside at the Wheaton-Glenmont Outdoor Pool (WGOP) on Wednesday, Sept. 9 from 7:15-9 p.m.

*Silver Spring Aquatic Center (SSRAC)

The Sunday practices at the Silver Spring Aquatics Center (SSRAC) will begin on Sunday, Sept. 20 from 5:15-7 p.m.

*Kennedy Shriver Aquatic Center (KSAC)

Practice outside will run until Kennedy Shriver Aquatic Center (KSAC) re-opens in late 2026.

When KSAC reopens, Wednesday night practice will be from 8:15-9:45 p.m. and Sunday mornings 10 a.m.-Noon.

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POOL

LOCATIONS

INDOOR POOLS

Germantown Indoor Swim Center
18000 Central Park Circle, Boyds
240-777-6830

Martin Luther King Jr. Swim Center
1201 Jackson Road, Silver Spring
240-777-8060

Olney Swim Center
16605 Georgia Avenue, Olney
240-777-4995

Silver Spring Recreation and Aquatic Center
1319 Apple Ave., Silver Spring
240-777-6900

CLOSED UNTIL LATE 2026

Kennedy Shriver Aquatic Center
5900 Executive Boulevard, N. Bethesda
240-777-8070

OUTDOOR POOLS

Bethesda Outdoor Pool
6300 Hillandale Rd, Bethesda, MD
301-652-1598

Germantown Outdoor Pool
18905 Kingsview Road, Germantown
240-777-8067

Long Branch Outdoor Pool
8700 Piney Branch Road, Silver Spring
240-777-6859

Martin Luther King Jr. Outdoor Pool
1201 Jackson Road, Silver Spring
240-777-8066

Upper County Outdoor Pool
8211 Emory Grove Road, Gaithersburg
301-840-2446

Sarah E. Auer Western County Outdoor Pool
20151 Fisher Avenue, Poolesville
301-349-2217

Sergeant Hector I. Ayala Wheaton/Glenmont Outdoor Pool
12621 Dalewood Drive, Wheaton
301-929-5460

SUMMER OUTDOOR POOLS

2026 SCHEDULE

PRE-SEASON



23
May



WEEKENDS
ONLY


Sa - Su
Noon - 6 P.M.

3 HR
HOLIDAY
SESSION
May 25
11 A.M. - 2 P.M.
& 3 - 6 P.M.

↓
19
June

SUMMER SEASON



20
June



3 HR
HOLIDAY
SESSION
July 3 - July 4
11 A.M. - 2 P.M.
& 3 - 6 P.M.

.....
ALL POOLS
CLOSE
at 6:30 p.m.
on July 25 for
all-staff training.

↓
14
Aug.


M-F
1 - 8 P.M.

Bethesda OP 
Early Bird Lap Swim
8:30 - 10:30 a.m.

Upper County OP
CLOSED
FRIDAYS




Sa - Su
Noon - 8 P.M.

POST-SEASON



15
Aug.




M-F
1 - 7 P.M.

ALL POOLS
CLOSED
Aug. 24 - Aug. 28
& Aug. 31 - Sept. 4

.....
3 HR
HOLIDAY
SESSION
Sept. 7
11 A.M. - 2 P.M.
& 3 - 6 P.M.

↓
7
Sept.

Upper County OP
CLOSED
FRIDAYS



Last day will be
Aug. 16


Sa - Su
Noon - 6 P.M.



MONTGOMERY COUNTY
Recreation



For more
information:
240-777-6860



[mcorec.com/
outdoorpools](http://mcorec.com/outdoorpools)





LIFEGUARDING TRAINING

Montgomery County Recreation Aquatics offers American Red Cross courses for potential aquatic professionals. Participants must meet all prerequisites and attend and complete all sessions. Blended learning courses require completion of an online component and in-person sessions. This course will train you to be certified in American Red Cross Lifeguarding, First Aid and CPR/AED for Professional Rescuers. Certifications are valid for two years. Attendance is required at all sessions and the online component must be completed 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 is the pre-course.

You must pass the pre-course to continue.

The pre-course consists of:

1. 150 meter swim (front crawl or breaststroke), tread water for two minutes using only legs, and swim 50 meters.
 2. 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 minute, 40 seconds.
- Enrollment in this course does not guarantee certification. Students must pass written and physical exams.

Cost for the course is \$195.

Lifeguarding: In-Person

Activity	Location	Start Date	Day(s)
R01034-6228	GISC	12/18/26	M,W-F
R01034-6231	GISC	3/14/27	Tu-Th,Su
R01034-503	KSAC	1/10/27	M,Su
R01034-505	KSAC	3/21/27	M-Th,Su
R01034-508	KSAC	6/6/27	M-W,Su
R01034-6555	SSRAC	12/20/26	M,Tu,Th,Sa,Su
R01034-6556	SSRAC	3/25/27	M,Tu,Th-Sa
R01034-6557	SSRAC	6/12/27	M,Tu,Th-Sa

Lifeguarding: Blended Learning

Activity	Location	Start Date	Day(s)
R01034-6227	GISC	10/11/26	W,Sa,Su
R01034-6229	GISC	12/20/26	W,Su
R01034-6230	GISC	2/12/27	W,F-Su
R01034-6232	GISC	3/26/27	W,F-Su
R01034-6233	GISC	4/16/27	W,F-Su
R01034-502	KSAC	12/20/26	M-W,Su
R01034-504	KSAC	2/28/27	W,Sa,Su
R01034-506	KSAC	4/11/27	W,Sa,Su
R01034-507	KSAC	4/19/27	M,W,Sa,Su
R01034-7300	MLKSC	9/18/26	F-Su
R01034-7301	MLKSC	11/11/26	W,Su
R01034-7302	MLKSC	12/18/26	F
R01034-7303	MLKSC	3/5/27	F-Su
R01034-7304	MLKSC	3/26/27	M-W, F
R01034-7305	MLKSC	4/16/27	F-Su
R01034-7306	MLKSC	5/7/27	F-Su
R01034-7307	MLKSC	6/2/27	W,Su
R01034-6550	SSRAC	9/25/26	F-Su
R01034-6551	SSRAC	11/6/26	F-Su
R01034-6552	SSRAC	1/22/27	Th-Su
R01034-6553	SSRAC	2/12/27	Th-Su
R01034-6554	SSRAC	4/23/27	Th-Su



The date listed is the pre-course swim session only.

Scan the QR code on previous page to see complete class information.



ARTS

CRAFTS, DRAWING AND PAINTING



Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
3-5	6	Abakadoodle All My Senses	R05001-103	Wheaton	10/31	Sa	11:15 a.m.-Noon	\$150
3-5	6	Abakadoodle Art from the Heart	R05001-101	Wheaton	9/12	Sa	11:15 a.m.-Noon	\$150
6-12	6	Abakadoodle Mad about Movies	R05001-104	Wheaton	10/31	Sa	12:15-1 p.m.	\$150
6-12	6	Abakadoodle Under the Sea	R05001-102	Wheaton	9/12	Sa	12:15-1 p.m.	\$150
5-10	13	Adventures in Art	R05004-101	Bauer Drive	9/12	Sa	10:30-11:30 a.m.	\$225
10-16	13	Art Studio	R05006-101	Bauer Drive	9/12	Sa	Noon-1 p.m.	\$225
12-18	13	Art Studio II	R05006-103	Bauer Drive	9/12	Sa	1:15-2:15 p.m.	\$225
4-9	8	Draw and Clay	R05037-101	Germantown	9/15	Tu	5:15-6:15 p.m.	\$158
4-9	8	Draw and Clay	R05037-102	Bauer Drive	9/16	W	5:45-6:45 p.m.	\$158
4-9	8	Draw and Clay	R05037-103	North Potomac	9/19	Sa	10-11 a.m.	\$158
6-12	6	Drawing with Young Rembrandts	R05129-101	Germantown	9/16	W	6-7 p.m.	\$145
6-12	6	Drawing with Young Rembrandts	R05129-102	North Potomac	9/14	M	6-7 p.m.	\$145
5-12	6	Drawing with Young Rembrandts	R05129-103	Germantown	10/28	W	6-7 p.m.	\$145
6-12	6	Drawing with Young Rembrandts	R05129-104	North Potomac	11/2	M	6-7 p.m.	\$145
6-12	8	Elementary Drawing with Young Rembrandts	R05129-105	Wheaton	10/13	Tu	6:30-7:30 p.m.	\$152
6-12	13	Elementary Drawing with Young Rembrandts	R05129-106	White Oak	9/16	W	6:30-7:30 p.m.	\$247
6-12	13	Elementary Drawing with Young Rembrandts	R05129-107	Damascus	9/17	Th	6:30-7:30 p.m.	\$247
6-14	8	Learning Art from the Masters	R05087-101	Germantown	9/15	Tu	6:30-7:30 p.m.	\$158
6-14	8	Learning Art from the Masters	R05087-102	North Potomac	9/19	Sa	11:30 a.m.-12:30 p.m.	\$158
6-14	8	Learning Art from the Masters	R05087-103	Bauer Drive	9/16	W	7-8 p.m.	\$158
18 and up	10	Oil or Acrylic Painting Open Studio	R05002-101	Lawton	9/28	M	1-4 p.m.	\$90
18 and up	8	Right Brained Drawing All Levels	R05038-101	Potomac	9/28	M	5:45-7:15 p.m.	\$183

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ARTS

POTTERY AND CERAMICS

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
18 and up	8	Handcrafted Pottery	R05093-110	Wheaton	9/15	Tu	6-8 p.m.	\$255
18 and up	8	Handcrafted Pottery	R05093-112	Wheaton	9/17	Th	6-9 p.m.	\$315
18 and up	12	Handcrafted Pottery Open Studio	R05093-108	North Potomac	9/14	M	6-8:45 p.m.	\$405
18 and up	9	Handcrafted Pottery Open Studio	R05093-111	Wheaton	9/16	W	10 a.m.-1 p.m.	\$350
17 and up	8	Handcrafted Pottery Open Studio	R05093-113	North Potomac	9/15	Tu	10 a.m.-1 p.m.	\$345
17 and up	8	Handcrafted Pottery Open Studio	R05093-114	North Potomac	9/15	Tu	5:30-8:30 p.m.	\$345
17 and up	9	Handcrafted Pottery Open Studio	R05093-115	North Potomac	9/16	W	10 a.m.-1 p.m.	\$380
17 and up	9	Handcrafted Pottery Open Studio	R05093-116	Ross Boddy	9/16	W	5:30-8:30 p.m.	\$380
18 and up	9	Handcrafted Pottery Open Studio	R05093-117	White Oak	9/14	M	5:45-8:45 p.m.	\$310
18 and up	4	Handcrafted Pottery Open Studio	R05093-120	White Oak	9/12	Sa	10 a.m.-1 p.m.	\$145
17 and up	9	Handcrafted Pottery Open Studio and Wheel Throwing	R05093-105	Sligo Creek ES	9/10	Th	10 a.m.-2 p.m.	\$470
17 and up	11	Handcrafted Pottery Open Studio/ Hand Built Pottery	R05093-101	Ross Boddy	9/16	W	10:30 a.m.-1:30 p.m.	\$375
17 and up	11	Handcrafted Pottery Open Studio/ Hand Built Pottery	R05093-102	Ross Boddy	9/17	Th	5:30-8:30 p.m.	\$375
17 and up	12	Handcrafted Pottery Open Studio/ Hand Built Pottery	R05093-103	North Potomac	9/16	W	5:30-8:30 p.m.	\$405
18 and up	8	Introduction to Pottery	R05093-109	North Potomac	9/24	Th	6-8:45 p.m.	\$280
18 and up	11	Introduction to Pottery	R05093-118	Ross Boddy	9/12	Sa	10:30 a.m.-1:30 p.m.	\$440
18 and up	11	Introduction to Pottery	R05093-119	Ross Boddy	9/8	Tu	5:30-8:30 p.m.	\$440
17 and up	9	Pottery at Sligo	R05093-106	Sligo Creek ES	9/8	Tu	10 a.m.-2 p.m.	\$470
17 and up	9	Pottery at Sligo	R05093-104	Sligo Creek ES	9/8	Tu	6-9 p.m.	\$335
17 and up	9	Pottery at Sligo	R05093-107	Sligo Creek ES	9/9	W	10 a.m.-2 p.m.	\$470



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CPR, AED AND FIRST AID



Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
13 and up	1	CPR, AED and First Aid	R05032-125	Life Rescue Training	10/3	Sa	10 a.m.-2 p.m.	\$89
13 and up	1	CPR, AED and First Aid	R05032-126	Wheaton	11/21	Sa	10 a.m.-2 p.m.	\$89
13 and up	1	CPR, AED and First Aid	R05032-127	Life Rescue Training	12/5	Sa	10 a.m.-2 p.m.	\$89



COMMUNITY PERKS AND PROGRAMS

These programs are offered as our gift to the community at no cost.

CLASSES

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
11-17	5	Soccer Clinic	R03031-108	Bauer Drive	9/19	Sa	10-11 a.m.	FREE
6-13	12	Vovinam Martial Arts For Kids	R05126-101	Long Branch	9/16	W	6-7 p.m.	FREE
6-13	13	Vovinam Martial Arts For Kids	R05126-103	Long Branch	9/12	Sa	10-11 a.m.	FREE
6-13	12	Vovinam Martial Arts For Kids	R05126-105	Plum Gar	9/14	M	6-7 p.m.	FREE
13 and up	12	Vovinam Martial Arts For Adults	R05126-102	Long Branch	9/16	W	7-8:30 p.m.	FREE
13 and up	13	Vovinam Martial Arts For Adults	R05126-104	Long Branch	9/12	Sa	11 a.m.-12:30 p.m.	FREE
13 and up	12	Vovinam Martial Arts For Adults	R05126-106	Plum Gar	9/14	M	7-8:30 p.m.	FREE

LEAGUES

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
6-8	6	Youth Cricketball Academy	R05364-205	Calverton-Galway LP	9/5	Sa	9 a.m.-Noon	FREE
9-12	6	Youth Cricketball Academy	R05364-206	Calverton-Galway LP	9/5	Sa	9 a.m.-Noon	FREE
13-16	6	Youth Cricketball Academy	R05364-207	Calverton-Galway LP	9/5	Sa	9 a.m.-Noon	FREE
6-16	6	Girls Youth Cricketball Academy	R05364-208	Calverton-Galway LP	9/5	Sa	9 a.m.-Noon	FREE
6-16	8	Youth Soccer Clinic	R05361-201	White Oak MS	9/6	Su	Noon-3 p.m.	FREE

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DANCE

BALLET

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
3-5	8	Ballet	R05010-101	North Potomac	9/29	Tu	10-10:45 a.m.	\$160
3-5	8	Ballet	R05010-112	North Potomac	9/30	W	10:15-11 a.m.	\$160
4-5	8	Ballet	R05010-103	North Potomac	9/30	W	4:30-5:15 p.m.	\$160
5-6	8	Ballet	R05010-104	North Potomac	9/30	W	5:20-6:05 p.m.	\$160
5-6	8	Ballet	R05010-110	North Potomac	9/28	M	5-5:45 p.m.	\$160
6-8	8	Ballet	R05010-105	North Potomac	9/30	W	6:15-7:05 p.m.	\$160

BALLROOM

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
18 and up	10	Ballroom I Couples	R05011-101	Lawton	9/28	M	7-7:55 p.m.	\$110
18 and up	10	Ballroom I Couples	R05011-103	Wheaton	10/1	Th	7-7:55 p.m.	\$110
18 and up	10	Ballroom II Couples	R05011-102	Lawton	9/28	M	8-8:55 p.m.	\$110
18 and up	10	Ballroom II Couples	R05011-104	Wheaton	10/1	Th	8-8:55 p.m.	\$110
18 and up	10	Ballroom III Couples	R05011-105	Coffield	9/29	Tu	7:30-8:30 p.m.	\$110

PLAYTIME AND MOVEMENT

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
3-6	8	Ballet Tap Jazz	R05338-102	North Potomac	9/19	Sa	10:30-11:15 a.m.	\$220
3-6	8	Ballet Tap Jazz	R05338-105	White Oak	9/19	Sa	10:30-11:15 a.m.	\$220
3-6	8	Ballet Tap Jazz	R05338-108	Wisconsin Place	9/19	Sa	10:30-11:15 a.m.	\$220
6-9	8	Pop Stars	R05338-103	North Potomac	9/19	Sa	11:30 a.m.-12:15 p.m.	\$220
6-9	8	Pop Stars	R05338-106	White Oak	9/19	Sa	11:30 a.m.-12:15 p.m.	\$220
6-9	8	Pop Stars	R05338-107	Wisconsin Place	9/19	Sa	11:30 a.m.-12:15 p.m.	\$220
1-3	8	Toddler and Me	R05338-101	North Potomac	9/19	Sa	9:30-10:15 a.m.	\$220
1-3	8	Toddler and Me	R05338-104	White Oak	9/19	Sa	9:30-10:15 a.m.	\$220
1-3	8	Toddler and Me	R05338-109	Wisconsin Place	9/19	Sa	9:30-10:15 a.m.	\$220
5-8	12	Jazzmatazz Pre Ballet	R05010-107	Long Branch	9/19	Sa	11:15 a.m.-12:15 p.m.	\$240
3-4	12	Jazzmatazz Preschool Dance	R05010-106	Long Branch	9/19	Sa	10:15-11 a.m.	\$180

TAP

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
18 and up	10	Tap Dance I	R05336-101	Lawton	9/17	Th	4:50-5:50 p.m.	\$110
18 and up	10	Tap Dance II	R05336-102	Lawton	9/17	Th	6-7 p.m.	\$110



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FITNESS

AEROBIC DANCE

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
18 and up	24	Dance and Fitness	R05035-102	Veirs Mill LP	9/8	Tu,Th	9:30-10:30 a.m.	\$192
18 and up	24	Dance and Fitness	R05035-103	Rock View ES	9/8	Tu,Th	6:30-7:30 p.m.	\$192
18 and up	24	Dance and Fitness	R05035-105	Rock View ES	9/9	M,W	6:30-7:30 p.m.	\$192
18 and up	20	Dance and Fitness	R05035-107	Bauer Drive	9/9	M,W	5-6 p.m.	\$160
18 and up	12	Dance and Fitness	R05035-104	Wheaton	9/12	Sa	9:15-10:15 a.m.	\$96
18 and up	10	Jacki Sorensen's Aerobic Dance	R05059-101	Potomac	9/8	Tu	9-10 a.m.	\$110
18 and up	10	Jacki Sorensen's Aerobic Dance	R05059-102	Potomac	9/10	Th	9-10 a.m.	\$110

BODY SCULPTING

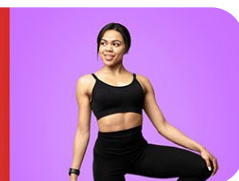
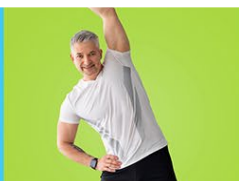
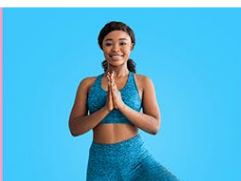
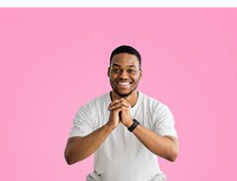
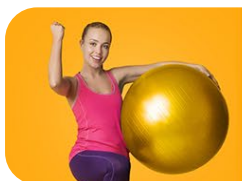
Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
35 and up	24	Definition Body Sculpting-Virtual and In Person	R05016-101	Clara Barton	9/15	Tu,Th	9:15-10 a.m.	\$240
35 and up	12	Definition Body Sculpting-Virtual and In Person	R05016-102	Clara Barton	9/15	Tu	9:15-10 a.m.	\$120
35 and up	12	Definition Body Sculpting-Virtual and In Person	R05016-103	Clara Barton	9/17	Th	9:15-10 a.m.	\$120

HOMESCHOOL

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
5-11	10	Homeschool Hustle	R05386-101	Good Hope	9/29	Tu	Noon-1 p.m.	\$189
5-11	10	Homeschool Hustle	R05386-102	Good Hope	10/1	Th	Noon-1 p.m.	\$189
12-17	10	Homeschool Hustle	R05386-103	Good Hope	9/29	Tu	1:15-2:15 p.m.	\$189
12-17	10	Homeschool Hustle	R05386-104	Good Hope	10/1	Th	1:15-2:15 p.m.	\$189

PILATES

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
16 and up	11	Jazzmatazz Aerobics w/Pilates Mat	R05061-101	Wheaton	9/8	Tu	7:15-8:45 p.m.	\$143
16 and up	22	Jazzmatazz Aerobics w/Pilates Mat	R05061-103	Wheaton	9/8	Tu,Th	7:15-8:45 p.m.	\$264
16 and up	11	Jazzmatazz Aerobics w/Pilates Mat	R05061-102	Wheaton	9/10	Th	7:15-8:45 p.m.	\$143
16 and up	9	Pilates w/ WBG Sports and Fitness	R05091-104	Silver Spring	9/16	W	7-8 p.m.	\$90



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FITNESS

TOTAL BODY CONDITIONING

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
16 and up	10	Boxing w/ WBG Sports and Fitness	R05342-103	Silver Spring	9/15	Tu	5-6 p.m.	\$100
16 and up	9	HIIT w/ WBG Sports and Fitness	R05018-103	Silver Spring	9/16	W	6:30-7:25 p.m.	\$90
50 and up	11	Kelley's 50+ Complete Fitness	R05072-104	Wheaton	9/10	Th	9:15-10:30 a.m.	\$110
50 and up	10	Kelley's 50+ Complete Fitness	R05072-103	Wheaton	9/14	M	9:15-10:30 a.m.	\$100
18 and up	10	Kelley's Complete Fitness	R05072-102	Bauer Drive	9/9	W	9:10-10:25 a.m.	\$100
16 and up	6	Shine Fitness	R05035-115	White Oak	9/27	Su	10:30-11:30 a.m.	\$69

ZUMBA

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
16 and up	12	Zumba Fitness with Michelle	R05132-103	Bauer Drive	9/12	Sa	9:15-10:15 a.m.	\$120
16 and up	10	Zumba Fitness with Michelle	R05132-102	Mid-County	9/9	W	6:15-7:15 p.m.	\$100
16 and up	9	Zumba Fitness with Michelle	R05132-101	Mid-County	9/14	M	6:15-7:15 p.m.	\$90
18 and up	7	Zumba Gold with Sharon	R05132-110	Lawton	9/14	M	11:15 a.m.-12:15 p.m.	\$70
16 and up	9	Zumba with Andria	R05132-107	Germantown	9/17	Th	7-8 p.m.	\$81
16 and up	12	Zumba with Ingrid	R05132-108	Good Hope	9/9	W	6:45-7:45 p.m.	\$120
16 and up	10	Zumba with Ingrid	R05132-105	Wheaton	9/19	Sa	10:30-11:30 a.m.	\$100



IMPORTANT CLOSURE NOTICE

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Sept. 5-7

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HEALTH AND WELLNESS

YOGA



Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
18 and up	10	All Levels Yoga (Beginner/Continuing)	R05128-123	Potomac	9/10	Th	5-6 p.m.	\$180
16 and up	13	Essential Yoga for Beginners with Tamara	R05128-110	Coffield	9/10	Th	6-7 p.m.	\$143
18 and up	10	Gentle Yin and Stretch Yoga with Carmen	R05128-104	Bauer Drive	9/14	M	7-8 p.m.	\$150
18 and up	9	Gentle Yoga with Nancy	R05128-109	Mid-County	9/9	W	10:45 a.m.-Noon	\$135
55 and up	11	Hatha Yoga and Stress Management with Suzana	R05128-113	Lawton	9/11	F	9:45-11 a.m.	\$154
18 and up	11	Yoga I/II with Hannah	R05128-119	Wheaton	9/9	W	7-8 p.m.	\$198
18 and up	11	Yoga I: Restore and Recharge Yoga with Hannah	R05128-101	Wheaton	9/14	M	7-8 p.m.	\$198
18 and up	10	Yogalates (Yoga and Pilates)	R05128-102	Wheaton	9/8	Tu	6-7 p.m.	\$110



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FITNESS ROOMS

OPEN GYM (DROP-IN) ACTIVITIES

GAME ROOMS



MONTGOMERY COUNTY
Recreation



MARTIAL ARTS



AIKIDO

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
13 and up	11	Aikido	R05005-101	Ross Boddy	9/14	M	7-8:30 p.m.	\$99
14 and up	12	Hokkon-ho-Budo: Karate and Aikido	R05005-102	Lawton	9/16	W	6-8 p.m.	\$100

KARATE-JUJITSU

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
18 and up	24	Okinawan Karate	R05357-101	Silver Spring	9/14	M,Th	7-8:30 p.m.	\$150
13 and up	12	TKA Adult Karate	R05070-102	Wheaton	9/14	M	7:30-9 p.m.	\$144
13 and up	12	TKA Adult Karate	R05070-101	Upper County	9/14	M	8-9:30 p.m.	\$144
13 and up	12	TKA Adult Karate	R05070-104	Mid-County	9/15	Tu	7:30-9 p.m.	\$144
13 and up	12	TKA Adult Karate	R05070-103	Germantown	9/15	Tu	8-9:30 p.m.	\$144
13 and up	12	TKA Adult Karate	R05070-105	Damascus	9/16	W	8-9:30 p.m.	\$144
13 and up	12	TKA Adult Karate	R05070-106	Bauer Drive	9/16	W	8-9:30 p.m.	\$144
13 and up	12	TKA Adult Karate	R05070-108	Praisner	9/17	Th	7:30-9 p.m.	\$144
13 and up	12	TKA Adult Karate	R05070-107	Bethesda ES	9/17	Th	8-9:30 p.m.	\$144
13 and up	11	TKA Adult Karate	R05070-109	Potomac	9/23	W	7:30-9 p.m.	\$132
13 and up	12	TKA Karate Jujitsu Club	R05070-110	White Oak	9/18	F	7:30-9:30 p.m.	\$60
6-12	12	TKA Youth Karate All Levels	R05066-111	Clara Barton	9/16	W	6:30-7:30 p.m.	\$120
6-12	12	TKA Youth Karate All Levels	R05066-116	Praisner	9/17	Th	6:30-7:30 p.m.	\$120
6-12	12	TKA Youth Karate All Levels	R05066-117	Bethesda ES	9/17	Th	7-8 p.m.	\$120
6-12	11	TKA Youth Karate Beginner and Advanced White Belts	R05066-114	Potomac	9/23	W	5:45-6:30 p.m.	\$110
6-12	12	TKA Youth Karate Beginner through Orange Belts	R05066-103	Wheaton	9/14	M	5:45-6:30 p.m.	\$120
6-12	12	TKA Youth Karate Beginner through Orange Belts	R05066-101	Upper County	9/14	M	6-7 p.m.	\$120
6-12	12	TKA Youth Karate Beginner through Orange Belts	R05066-105	Germantown	9/15	Tu	6-7 p.m.	\$120
6-12	12	TKA Youth Karate Beginner through Orange Belts	R05066-109	Damascus	9/16	W	6-7 p.m.	\$120
6-12	12	TKA Youth Karate Beginner through White Belts	R05066-112	Bauer Drive	9/16	W	6-7 p.m.	\$120
6-12	12	TKA Youth Karate Beginner through Orange Belts	R05066-107	Mid-County	9/15	Tu	6:30-7:30 p.m.	\$120
6-12	12	TKA Youth Karate Intermediate	R05066-106	Germantown	9/15	Tu	7-8 p.m.	\$120
6-12	12	TKA Youth Karate Intermediate	R05066-110	Damascus	9/16	W	7-8 p.m.	\$120
6-12	12	TKA Youth Karate Intermediate	R05066-113	Bauer Drive	9/16	W	7-8 p.m.	\$120
6-12	11	TKA Youth Karate Orange Belt and Higher	R05066-115	Potomac	9/23	W	6:30-7:30 p.m.	\$110
6-12	12	TKA Youth Karate Yellow Belt and Higher	R05066-102	Upper County	9/14	M	7-8 p.m.	\$120
6-12	12	TKA Youth Karate Yellow Belt and Higher	R05066-104	Wheaton	9/14	M	6:30-7:30 p.m.	\$120
6-12	12	TKA Youth Karate Yellow Belt and Higher	R05066-108	Mid-County	9/15	Tu	6:30-7:30 p.m.	\$120
5-11	10	Zen Budo Youth Karate	R05360-101	Silver Spring	10/8	Th	7-7:45 p.m.	\$98

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MARTIAL ARTS

SELF-DEFENSE

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
14 and up	24	Practical Self Defense	R05095-101	Wisconsin Place	9/14	M,Th	7-8 p.m.	\$120

TAEKWONDO

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
2	5	Taekwondo Wee Dragons	R05360-118	East County	9/14	M	10-10:30 a.m.	\$62
2	6	Taekwondo Wee Dragons	R05360-110	Damascus	9/15	Tu	10-10:30 a.m.	\$75
2	5	Taekwondo Wee Dragons	R05360-114	Lawton	9/17	Th	10:45-11:15 a.m.	\$62
2	6	Taekwondo Wee Dragons	R05360-112	Damascus	10/27	Tu	10-10:30 a.m.	\$75
2	6	Taekwondo Wee Dragons	R05360-116	Lawton	11/5	Th	10:45-11:15 a.m.	\$62
2	6	Taekwondo Wee Dragons	R05360-120	East County	11/9	M	10-10:30 a.m.	\$62
3-5	5	Taekwondo Tiny Dragons	R05360-119	East County	9/14	M	10:45-11:15 a.m.	\$62
3-5	6	Taekwondo Tiny Dragons	R05360-111	Damascus	9/15	Tu	10:45-11:15 a.m.	\$75
3-5	5	Taekwondo Tiny Dragons	R05360-115	Lawton	9/17	Th	11:30 a.m.-Noon	\$62
3-5	6	Taekwondo Tiny Dragons	R05360-113	Damascus	10/27	Tu	10:45-11:15 a.m.	\$75
3-5	6	Taekwondo Tiny Dragons	R05360-117	Lawton	11/5	Th	11:30 a.m.-Noon	\$62
3-5	6	Taekwondo Tiny Dragons	R05360-121	East County	11/9	M	10:45-11:15 a.m.	\$62

TAI CHI

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
16 and up	10	Tai Chi Chuan	R05112-101	Bauer Drive	9/14	M	7-8 p.m.	\$100
16 and up	7	Tai Chi Chuan	R05112-103	Silver Spring	9/20	Su	Noon-1 p.m.	\$70


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MUSIC

GUITAR



Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
5-12	6	Beginner Guitar	R05053-104	Mid-County	9/17	Th	7-8 p.m.	\$169
5-12	6	Beginner Guitar	R05053-105	Mid-County	10/29	Th	7-8 p.m.	\$169
8-12	8	Beginner Kids Guitar	R05053-103	School of Music	9/25	F	5:30-6:20 p.m.	\$120
8-12	8	Intermediate Kids Guitar	R05053-106	School of Music	9/25	F	7:30-8:20 p.m.	\$120
13 and up	8	Beginner Guitar	R05053-101	School of Music	9/14	M	8-8:50 p.m.	\$120
13 and up	8	Intermediate Guitar	R05053-102	School of Music	9/17	Th	8-8:50 p.m.	\$120

PIANO

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
5-12	6	Beginner Piano	R05089-101	Damascus	9/14	M	7-8 p.m.	\$169
5-12	6	Beginner Piano	R05089-103	Bauer Drive	9/16	W	7-8 p.m.	\$169
5-12	6	Beginner Piano	R05089-102	Damascus	11/2	M	7-8 p.m.	\$169
5-12	6	Beginner Piano	R05089-105	Silver Spring	9/18	F	7-8 p.m.	\$169
5-12	6	Beginner Piano	R05089-104	Bauer Drive	10/28	W	7-8 p.m.	\$169

PLAYTIME AND MUSIC

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
0-5	10	Instrument Explorers	R05379-101	Silver Spring	9/19	Sa	10-10:50 a.m.	\$225
0-5	10	Instrument Explorers	R05379-102	Silver Spring	9/19	Sa	11-11:50 a.m.	\$225
0-5	10	Instrument Explorers	R05379-103	Silver Spring	9/28	M	10-10:50 a.m.	\$225
6-12	10	Instrument Explorers	R05379-104	Silver Spring	9/28	M	11-11:50 a.m.	\$225
0-4	10	Music Together	R05085-101	Wheaton	9/17	Th	10:30-11:15 a.m.	\$310
0-4	10	Music Together	R05085-102	Wheaton	9/17	Th	11:30 a.m.-12:15 p.m.	\$310
0-4	10	Music Together	R05085-105	Silver Spring	9/19	Sa	9:15-10 a.m.	\$310
0-4	10	Music Together	R05085-103	Mid-County	9/19	Sa	10-10:45 a.m.	\$310
0-4	10	Music Together	R05085-106	Silver Spring	9/19	Sa	10:15-11 a.m.	\$310
0-4	10	Music Together	R05085-104	Mid-County	9/19	Sa	11-11:45 a.m.	\$310
0-4	10	Music Together	R05085-107	Silver Spring	9/19	Sa	11:15 a.m.-Noon	\$310



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S.T.E.A.M.

CODING, ENGINEERING AND MORE

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
3-5	8	Kidcreate Studio: Big Machines	R05308-101	East County	9/8	Tu	2-3 p.m.	\$135
13-17	6	Kidcreate Studio: Messes and Masterpieces	R05308-103	Praisner	11/3	Tu	6:30-7:30 p.m.	\$135
8-12	8	Kidcreate Studio: Slimetastic	R05308-102	Good Hope	9/9	W	5:30-6:30 p.m.	\$135
7-12	6	Snapology AttackBots/Battle Robotics	R05039-105	Germantown	10/24	Sa	9-10:30 a.m.	\$250
7-14	6	Snapology Developing Engineers	R05039-101	Wheaton	9/14	M	6:30-7:30 p.m.	\$210
7-14	6	Snapology Developing Engineers II	R05039-102	Wheaton	11/2	M	6:30-7:30 p.m.	\$210
7-12	6	Snapology Mega Machines Robotics	R05039-107	Damascus	9/12	Sa	9-10:30 a.m.	\$250
7-14	6	Snapology Robotics	R05039-103	Wheaton	9/17	Th	6:30-7:30 p.m.	\$210
7-14	6	Snapology Robotics II	R05039-104	Wheaton	11/5	Th	6:30-7:30 p.m.	\$210



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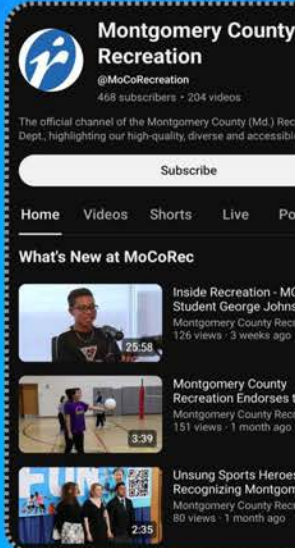
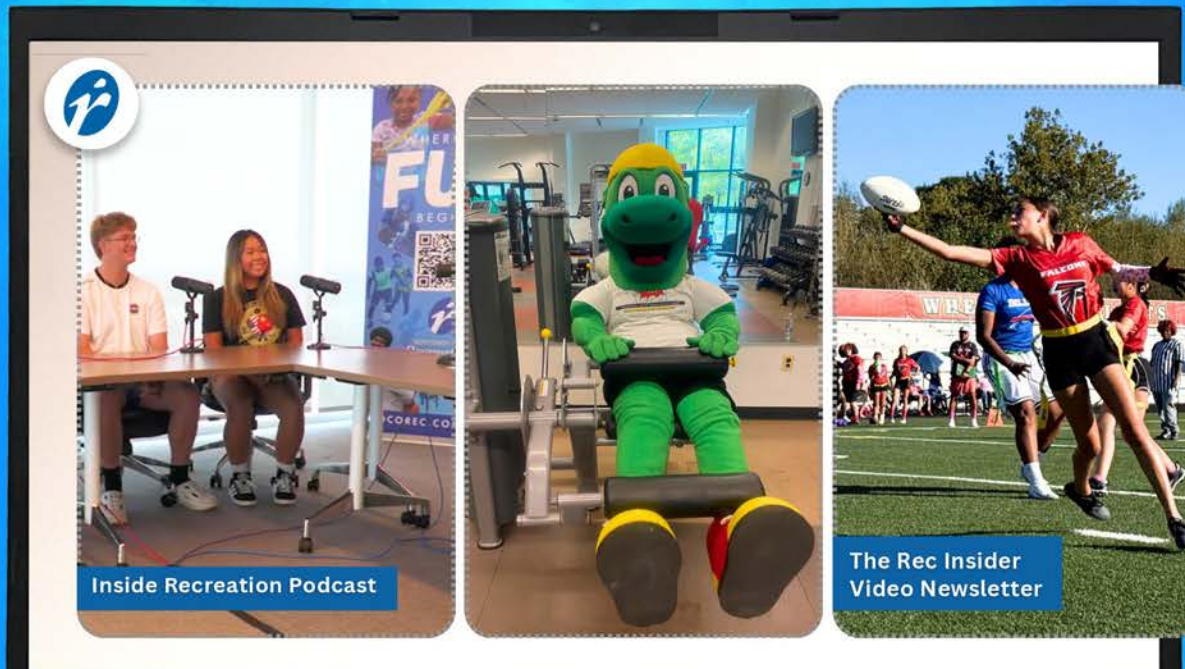


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SPORTS

BADMINTON

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
9 and up	11	Badminton Beginner/Advanced	R05008-101	Bauer Drive	9/12	Sa	9:30-10:30 a.m.	\$145
10 and up	11	Badminton Intermediate	R05008-102	Bauer Drive	9/12	Sa	10:30 a.m.-12:30 p.m.	\$253
11 and up	11	Badminton Advanced	R05008-103	Bauer Drive	9/12	Sa	12:45-1:45 p.m.	\$253

BASEBALL

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
3-4	6	T-Ball Foundations Clinic	R05323-101	Layhill LP	9/19	Sa	3:30-4:30 p.m.	\$145
5-6	6	Coach Pitch Baseball Clinic	R05323-102	Layhill LP	9/19	Sa	4:30-5:30 p.m.	\$145

BASKETBALL

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
18 and up	10	Adult Womens Drop-In	R05013-104	Bauer Drive	9/20	Su	10 a.m.-Noon	\$110
18 and up	5	Adult Womens Drop-In	R05013-105	Bauer Drive	9/20	Su	10 a.m.-Noon	\$55
18 and up	5	Adult Womens Drop-In	R05013-106	Bauer Drive	10/25	Su	10 a.m.-Noon	\$55
11-17	5	Basketball Clinic	R03012-108	Bauer Drive	9/19	Sa	2-3 p.m.	\$145
4-5	6	Little Hoop Stars	R05012-161	Silver Spring	9/19	Sa	Noon-12:55 p.m.	\$135
4-5	6	Little Hoop Stars	R05012-163	Silver Spring	11/7	Sa	Noon-12:55 p.m.	\$135
6-8	6	Hoop Stars	R05012-162	Silver Spring	9/19	Sa	1-2 p.m.	\$135
6-8	6	Hoop Stars	R05012-164	Silver Spring	11/7	Sa	1-2 p.m.	\$135
5-9	3	Preseason Basketball Skills Clinic - Play Montgomery (Grades K-2)	R05012-101	Wheaton	11/7	Sa	10-11 a.m.	\$25
8-12	3	Preseason Basketball Skills Clinic - Play Montgomery (Grades 3-5)	R05012-102	Wheaton	11/7	Sa	11:15 a.m.-12:15 p.m.	\$25
11-14	3	Preseason Basketball Skills Clinic - Play Montgomery (Grades 6-8)	R05012-103	Wheaton	11/7	Sa	12:30-1:30 p.m.	\$25



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CHEER AND POMPS

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
5-10	8	Elementary PomPoms	R05021-101	Potomac	9/28	M	5:45-6:45 p.m.	\$160

CRICKET

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
6-8	6	Youth Cricketball Academy	R05364-205	Calverton-Galway LP	9/5	Sa	9 a.m.-Noon	FREE
9-12	6	Youth Cricketball Academy	R05364-206	Calverton-Galway LP	9/5	Sa	9 a.m.-Noon	FREE
13-16	6	Youth Cricketball Academy	R05364-207	Calverton-Galway LP	9/5	Sa	9 a.m.-Noon	FREE
6-16	6	Girls Youth Cricketball Academy	R05364-208	Calverton-Galway LP	9/5	Sa	9 a.m.-Noon	FREE

LACROSSE

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
6-9	5	Instructional Lacrosse Clinic	R05341-101	Bauer Drive LP	9/19	Sa	11-11:45 a.m.	\$25
10-12	5	Instructional Lacrosse Clinic	R05341-102	Bauer Drive LP	9/19	Sa	Noon-12:45 p.m.	\$25
13-14	5	Instructional Lacrosse Clinic	R05341-103	Bauer Drive LP	9/19	Sa	1-1:45 p.m.	\$25

MULTI-SPORTS

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
1-3	6	Coach Doug Pre Wee Wanna Be	R05025-101	Germantown	9/29	Tu	9:30-10:15 a.m.	\$89
1-3	10	Coach Doug Pre Wee Wanna Be	R05025-105	Bauer Drive	9/30	W	9:30-10:15 a.m.	\$145
1-3	10	Coach Doug Pre Wee Wanna Be	R05025-107	Potomac	10/1	Th	9:30-10:15 a.m.	\$145
4-7	10	Coach Doug Seasonal Sports	R05025-115	Oakland Terrace ES	9/26	Sa	11-11:45 a.m.	\$145
4-7	6	Coach Doug Seasonal Sports	R05025-103	Germantown	9/29	Tu	4:15-5 p.m.	\$89
4-7	10	Coach Doug Seasonal Sports	R05025-109	Potomac	10/1	Th	4:15-5 p.m.	\$145
3-5	10	Coach Doug Wee Wanna Be	R05025-113	Oakland Terrace ES	9/26	Sa	9:30-10:15 a.m.	\$145
3-5	10	Coach Doug Wee Wanna Be	R05025-114	Oakland Terrace ES	9/26	Sa	10:15-11 a.m.	\$145
3-5	10	Coach Doug Wee Wanna Be	R05025-112	Potomac	9/27	Su	10:15-11 a.m.	\$145
3-5	6	Coach Doug Wee Wanna Be	R05025-102	Germantown	9/29	Tu	10:15-11:30 a.m.	\$89
3-5	10	Coach Doug Wee Wanna Be	R05025-106	Bauer Drive	9/30	W	10:30-11:15 a.m.	\$145
3-5	10	Coach Doug Wee Wanna Be	R05025-108	Potomac	10/1	Th	10:15-11 a.m.	\$145

ULTIMATE FRISBEE

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
6-14	5	Ultimate Frisbee Clinic	R05119-101	Meadowbrook LP	9/15	Tu	5-6:30 p.m.	\$25

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PICKLEBALL CLASSES

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
18 and up	3	Beginner	R05261-115	North Potomac	9/14	M	Noon-1:30 p.m.	\$90
18 and up	1	Beginner	R05261-122	Potomac	10/13	Tu	Noon-2 p.m.	\$40
18 and up	2	Beginner	R05261-124	Potomac	12/8	Tu	Noon-2 p.m.	\$80
16 and up	2	Beginners	R05261-139	Coffield	9/9	W	6:30-8:30 p.m.	\$80
16 and up	2	Beginners	R05261-140	Coffield	10/28	W	6:30-8:30 p.m.	\$80
18 and up	3	Beginners	R05261-142	Lawton	9/9	W	11 a.m.-12:30 p.m.	\$90
18 and up	2	Beginners	R05261-143	Lawton	11/11	W	Noon-2 p.m.	\$80
18 and up	2	Beginners	R05261-145	Silver Spring	9/14	M	6-8 p.m.	\$80
18 and up	2	Beginners	R05261-148	Silver Spring	12/7	M	6-8 p.m.	\$80
18 and up	2	Adv. Beg/Low Interm.	R05261-112	North Potomac	10/19	M	Noon-1:30 p.m.	\$60
18 and up	3	Adv. Beg/Low Interm.	R05261-113	North Potomac	11/30	M	Noon-1:30 p.m.	\$90
18 and up	3	Adv. Beg/Low Interm.	R05261-156	North Potomac	9/14	M	1:30-3 p.m.	\$90
18 and up	1	Advance Beginner	R05261-154	Longwood	12/12	Sa	10 a.m.-12:30 p.m.	\$55
18 and up	1	Ladies Advance Beginner	R05261-133	Longwood	12/5	Sa	10 a.m.-12:30 p.m.	\$55
18 and up	3	Intermediate	R05262-113	North Potomac	11/30	M	1:30-3 p.m.	\$90
18 and up	2	Intermediate	R05262-114	North Potomac	10/19	M	1:30-3 p.m.	\$60



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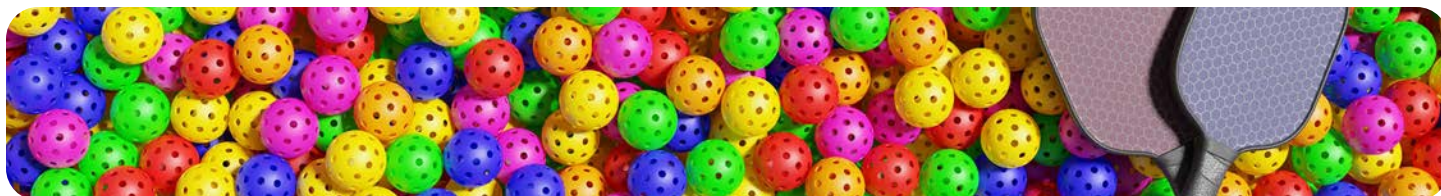

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SPORTS

PICKLEBALL CLINICS, DRILLS AND MORE

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
18 and up	3	Clinic - Improve Transition Zone	R05263-101	North Potomac	11/2	M	1:30-3 p.m.	\$90
18 and up	1	Clinic - Improve Transition Zone	R05263-102	Potomac	11/3	Tu	Noon-2 p.m.	\$40
18 and up	1	Clinic - Improve Transition Zone	R05263-103	Coffield	12/9	W	6:30-8:30 p.m.	\$40
18 and up	1	Clinic - Neutralizing Bangers (Interm.)	R05263-104	Potomac	12/1	Tu	Noon-2 p.m.	\$40
18 and up	1	Pickleball Clinic - Serves and Returns	R05263-105	Lawton	11/4	W	11 a.m.-12:30 p.m.	\$30
18 and up	1	Pickleball Clinic - Drives and Drops (Interm)	R05263-106	Lawton	11/4	W	12:30-2 p.m.	\$30
18 and up	1	Pickleball Clinic - Drives and Drops (Interm)	R05263-107	Silver Spring	10/19	M	6-7:15 p.m.	\$25
18 and up	1	Pickleball Clinic - Better Volleys (Interm)	R05263-108	Silver Spring	10/19	M	7:15-8:30 p.m.	\$25
18 and up	3	Adv. Beg/Low Interm. Drills	R05261-129	Lawton	9/9	W	12:30-2 p.m.	\$90
18 and up	2	Adv. Beg/Low Interm. Drills	R05261-117	Potomac	9/22	Tu	Noon-2 p.m.	\$80
18 and up	3	Adv. Beg/Low Interm. Drills	R05261-128	Coffield	9/23	W	6-7:15 p.m.	\$75
18 and up	2	Adv. Beg/Low Interm. Drills	R05261-146	Silver Spring	9/28	M	6-7:15 p.m.	\$50
18 and up	2	Adv. Beg/Low Interm. Drills	R05261-130	Lawton	10/7	W	11 a.m.-12:30 p.m.	\$60
18 and up	1	Adv. Beg/Low Interm. Drills	R05261-119	Coffield	10/14	W	6:30-8:30 p.m.	\$40
18 and up	3	Adv. Beg/Low Interm. Drills	R05261-152	Silver Spring	10/26	M	6-7 p.m.	\$60
18 and up	2	Adv. Beg/Low Interm. Drills	R05261-118	Potomac	11/10	Tu	Noon-2 p.m.	\$80
18 and up	3	Adv. Beg/Low Interm. Drills	R05261-120	Coffield	11/11	W	6-7:15 p.m.	\$75
18 and up	3	Adv. Beg/Low Interm. Drills	R05261-134	Lawton	12/2	W	11 a.m.-12:30 p.m.	\$90
16 and up	3	Interm/High Interm Drills	R05262-123	Coffield	9/23	W	7:15-8:30 p.m.	\$75
16 and up	2	Interm/High Interm Drills	R05262-129	Silver Spring	9/28	M	7:15-8:30 p.m.	\$50
16 and up	2	Interm/High Interm Drills	R05262-124	Lawton	10/7	W	12:30-2 p.m.	\$60
16 and up	3	Interm/High Interm Drills	R05262-125	Coffield	11/11	W	7:15-8:30 p.m.	\$75
16 and up	3	Interm/High Interm Drills	R05262-130	Silver Spring	11/16	M	6-7 p.m.	\$60
16 and up	3	Interm/High Interm Drills	R05262-122	Lawton	12/2	W	12:30-2 p.m.	\$90
11-18	1	Pickleball HS Tournament	R05348-101	Ross Boddy	10/13	Tu	6-8:45 p.m.	\$25
10-18	5	Pickleball Youth Academy	R05384-104	Longwood	10/24	Sa	10 a.m.-12:30 p.m.	\$225
3-6	6	Pickleball Paradise	R05261-111	Potomac	9/13	Su	12:30-1:30 p.m.	\$135
7-10	6	Pickleball Palooza	R05261-121	Potomac	9/13	Su	1:45-2:45 p.m.	\$135



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SKATEBOARDING

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
5-7	5	Goats on Wheels Beginner Skateboarding	R05363-102	Damascus	9/8	Tu	4-5 p.m.	\$25
5-7	5	Goats on Wheels Beginner Skateboarding	R05363-106	Olney Manor RP	9/9	W	4-5 p.m.	\$25
5-7	5	Goats on Wheels Beginner Skateboarding	R05363-108	Olney Manor RP	10/14	W	4-5 p.m.	\$25
5-7	5	Goats on Wheels Beginner Skateboarding	R05363-104	Wells NP	9/10	Th	4-5 p.m.	\$25
5-7	5	Goats on Wheels Beginner Skateboarding	R05363-111	Wells NP	10/15	Th	4-5 p.m.	\$25
8-11	5	Goats on Wheels Beginner Skateboarding	R05363-101	Damascus	9/8	Tu	5-6 p.m.	\$25
8-11	5	Goats on Wheels Beginner Skateboarding	R05363-105	Olney Manor RP	9/9	W	5-6 p.m.	\$25
8-11	5	Goats on Wheels Beginner Skateboarding	R05363-107	Olney Manor RP	10/14	W	5-6 p.m.	\$25
8-11	5	Goats on Wheels Beginner Skateboarding	R05363-103	Wells NP	9/10	Th	5-6 p.m.	\$25
8-11	5	Goats on Wheels Beginner Skateboarding	R05363-110	Wells NP	10/15	Th	5-6 p.m.	\$25

SOCCER

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
2-6	6	Coach Doug Soccer	R05025-104	Germantown	9/29	Tu	5-5:45 p.m.	\$89
2-6	10	Coach Doug Soccer	R05025-110	Potomac	10/1	Th	5-5:45 p.m.	\$145
2-6	10	Coach Doug Soccer	R05025-116	Oakland Terrace ES	9/26	Sa	11:45 a.m.-12:30 p.m.	\$145
3-5	10	Coach Doug Soccer	R05025-111	Potomac	9/27	Su	9:30-10:15 a.m.	\$145
3-5	5	CORE Grassroots Soccer Clinic	R05103-131	Bauer Drive	9/26	Sa	10-10:45 a.m.	\$105
6-8	5	CORE Grassroots Soccer Clinic	R05103-132	Bauer Drive	9/26	Sa	11-11:50 a.m.	\$105
3-5	6	CORE Grassroots Soccer Clinic	R05103-133	Potomac	9/26	Sa	2-2:45 p.m.	\$105
6-8	6	CORE Grassroots Soccer Clinic	R05103-134	Potomac	9/26	Sa	3-3:50 p.m.	\$105
3-5	6	CORE Grassroots Soccer Clinic	R05103-135	Longwood	9/19	Sa	2-2:45 p.m.	\$105
6-8	6	CORE Grassroots Soccer Clinic	R05103-136	Longwood	9/19	Sa	3-3:50 p.m.	\$105
3-5	5	CORE Grassroots Soccer Clinic	R05103-137	Germantown	9/20	Su	10-10:45 a.m.	\$105
6-8	5	CORE Grassroots Soccer Clinic	R05103-138	Germantown	9/20	Su	11-11:50 a.m.	\$105
3-4	6	Indoor Soccer Foundations	R05103-111	Silver Spring	9/19	Sa	9:30-10:25 a.m.	\$135
5-6	6	Indoor Soccer Foundations	R05103-112	Silver Spring	9/19	Sa	10:30-11:30 a.m.	\$135
3-4	6	Indoor Soccer Foundations	R05103-113	Silver Spring	11/7	Sa	9:30-10:25 a.m.	\$135
5-6	6	Indoor Soccer Foundations	R05103-114	Silver Spring	11/7	Sa	10:30-11:30 a.m.	\$135
1-3	5	Parent and Toddler Soccer	R05103-152	Lawton	11/14	Sa	10-10:40 a.m.	\$95
1-3	5	Parent and Toddler Soccer	R05103-153	Lawton	9/19	Sa	10-10:40 a.m.	\$95



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VOLLEYBALL

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
18 and up	6	Adult Volleyball Clinic	R05124-142	Mid-County	9/14	M	6:30-8:30 p.m.	\$198
18 and up	6	Adult Volleyball Clinic	R05124-143	Mid-County	11/9	M	6:30-8:30 p.m.	\$198
8-11	6	Skills Development Clinic	R05124-125	Bauer Drive	9/11	F	5:45-6:45 p.m.	\$119
8-11	6	Skills Development Clinic	R05124-129	Bauer Drive	10/30	F	5:45-6:45 p.m.	\$119
8-11	5	Skills Development Clinic	R05124-101	Germantown	9/16	W	5:45-6:45 p.m.	\$100
8-11	6	Skills Development Clinic	R05124-105	Germantown	11/4	W	5:45-6:45 p.m.	\$119
8-11	6	Skills Development Clinic	R05124-113	Mid-County	9/14	M	6:30-7:30 p.m.	\$119
8-11	6	Skills Development Clinic	R05124-144	Mid-County	11/9	M	6:30-7:30 p.m.	\$119
8-11	5	Skills Development Clinic	R05124-109	Potomac	9/8	Tu	6:30-7:30 p.m.	\$100
8-11	6	Skills Development Clinic	R05124-117	Potomac	11/10	Tu	6:30-7:30 p.m.	\$119
8-11	5	Skills Development Clinic	R05124-133	Wheaton	9/10	Th	5:45-6:45 p.m.	\$100
8-11	6	Skills Development Clinic	R05124-137	Wheaton	11/5	Th	5:45-6:45 p.m.	\$119
12-13	6	Skills Development Clinic	R05124-126	Bauer Drive	9/11	F	6:45-7:45 p.m.	\$119
12-13	6	Skills Development Clinic	R05124-130	Bauer Drive	10/30	F	6:45-7:45 p.m.	\$119
12-13	5	Skills Development Clinic	R05124-102	Germantown	9/16	W	6:45-7:45 p.m.	\$100
12-13	6	Skills Development Clinic	R05124-106	Germantown	11/4	W	6:45-7:45 p.m.	\$119
12-13	6	Skills Development Clinic	R05124-114	Mid-County	9/14	M	7:30-8:30 p.m.	\$119
12-13	6	Skills Development Clinic	R05124-145	Mid-County	11/9	M	7:30-8:30 p.m.	\$119
12-13	5	Skills Development Clinic	R05124-110	Potomac	9/8	Tu	6:30-7:30 p.m.	\$100
12-13	6	Skills Development Clinic	R05124-118	Potomac	11/10	Tu	6:30-7:30 p.m.	\$119
12-13	5	Skills Development Clinic	R05124-134	Wheaton	9/10	Th	6:45-7:45 p.m.	\$100
12-13	6	Skills Development Clinic	R05124-138	Wheaton	11/5	Th	6:45-7:45 p.m.	\$119
14-17	5	Skills Development Clinic	R05124-103	Germantown	9/16	W	7:45-8:45 p.m.	\$100
14-17	6	Skills Development Clinic	R05124-107	Germantown	11/4	W	7:45-8:45 p.m.	\$119
14-17	6	Level 1 Skills Development Clinic	R05124-127	Bauer Drive	9/11	F	7:45-8:45 p.m.	\$119
14-17	6	Level 1 Skills Development Clinic	R05124-131	Bauer Drive	10/30	F	7:45-8:45 p.m.	\$119
14-17	5	Level 1 Skills Development Clinic	R05124-111	Potomac	9/8	Tu	7:30-8:30 p.m.	\$100
14-17	6	Level 1 Skills Development Clinic	R05124-119	Potomac	11/10	Tu	7:30-8:30 p.m.	\$119
14-17	5	Level 1 Skills Development Clinic	R05124-135	Wheaton	9/10	Th	7:45-8:45 p.m.	\$100
14-17	6	Level 1 Skills Development Clinic	R05124-139	Wheaton	11/5	Th	7:45-8:45 p.m.	\$119
14-17	6	Level 2 Skills Development Clinic	R05124-128	Bauer Drive	9/11	F	7:45-8:45 p.m.	\$139
14-17	6	Level 2 Skills Development Clinic	R05124-132	Bauer Drive	10/30	F	7:45-8:45 p.m.	\$139
14-17	5	Level 2 Skills Development Clinic	R05124-112	Potomac	9/8	Tu	7:30-8:30 p.m.	\$119
14-17	6	Level 2 Skills Development Clinic	R05124-120	Potomac	11/10	Tu	7:30-8:30 p.m.	\$139
14-17	5	Level 2 Skills Development Clinic	R05124-136	Wheaton	9/10	Th	7:45-8:45 p.m.	\$116
14-17	6	Level 2 Skills Development Clinic	R05124-140	Wheaton	11/5	Th	7:45-8:45 p.m.	\$139



SPORTS LEAGUES



BASKETBALL

Registration for the winter basketball program begins Monday, Sept. 28.

Youth Instructional - Grades K-2

Activity	# of Weeks	League Division	Location	Grade Level	Start Date	Day(s)	Time	Fee
R05152-201	8	Boys West (Free Agent)	West County	K	1/9	Sa	9 a.m.-6 p.m.	\$40
R05140-201	8	Co-Rec Mid/East (Free Agent)	Mid/East County	K	1/9	Sa	9 a.m.-6 p.m.	\$40
R05149-201	8	Co-Rec North (Free Agent)	North County	K	1/9	Sa	9 a.m.-6 p.m.	\$40
R05155-201	8	Girls West (Free Agent)	West County	K	1/9	Sa	9 a.m.-6 p.m.	\$40
R05153-201	8	Boys West (Free Agent)	West County	1	1/9	Sa	9 a.m.-6 p.m.	\$40
R05141-201	8	Co-Rec Mid/East (Free Agent)	Mid/East County	1	1/9	Sa	9 a.m.-6 p.m.	\$40
R05150-201	8	Co-Rec North (Free Agent)	North County	1	1/9	Sa	9 a.m.-6 p.m.	\$40
R05156-201	8	Girls West (Free Agent)	West County	1	1/9	Sa	9 a.m.-6 p.m.	\$40
R05136-201	8	Boys Mid/East (Free Agent)	Mid/East County	2	1/9	Sa	9 a.m.-6 p.m.	\$40
R05145-201	8	Boys North (Free Agent)	North County	2	1/9	Sa	9 a.m.-6 p.m.	\$40
R05154-201	8	Boys West (Free Agent)	West County	2	1/9	Sa	9 a.m.-6 p.m.	\$40
R05139-201	8	Girls Mid/East (Free Agent)	East County	2	1/9	Sa	9 a.m.-6 p.m.	\$40
R05148-201	8	Girls North (Free Agent)	North County	2	1/9	Sa	9 a.m.-6 p.m.	\$40
R05157-201	8	Girls West (Free Agent)	West County	2	1/9	Sa	9 a.m.-6 p.m.	\$40



FALL INTO FITNESS



Montgomery County Recreation offers open gym sports at various locations.

[SEARCH OPEN GYM SESSIONS](#)


WEBSITE TIP:
NEW CALENDAR LAYOUT

Select "Open Gym" to view activities.

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SPORTS LEAGUES

BASKETBALL

Youth Boys - Grades 3-8

Registration for the winter basketball program begins Monday, Sept. 28.

Activity	# of Games	League Division	Location	Grade Level	Start Date	Day(s)	Time	Fee
R05162-201	8	Boys Mid/East (Free Agent)	Mid/East County	3	1/9	Sa	9 a.m.-6 p.m.	\$85
R05174-201	8	Boys North (Free Agent)	North County	3	1/9	Sa	9 a.m.-6 p.m.	\$85
R05186-201	8	Boys West - Saturday (Free Agent)	West County	3	1/9	Sa	9 a.m.-6 p.m.	\$85
R05196-201	8	Boys West - Sunday (Free Agent)	West County	3	1/10	Su	Noon-6 p.m.	\$85
R05163-201	8	Boys Mid/East (Free Agent)	Mid/East County	4	1/9	Sa	9 a.m.-6 p.m.	\$85
R05175-201	8	Boys North (Free Agent)	North County	4	1/9	Sa	9 a.m.-6 p.m.	\$85
R05187-201	8	Boys West - Saturday (Free Agent)	West County	4	1/9	Sa	9 a.m.-6 p.m.	\$85
R05197-201	8	Boys West - Sunday (Free Agent)	West County	4	1/10	Su	Noon-6 p.m.	\$85
R05164-201	8	Boys Mid/East (Free Agent)	Mid/East County	5	1/9	Sa	9 a.m.-6 p.m.	\$85
R05176-201	8	Boys North (Free Agent)	North County	5	1/9	Sa	9 a.m.-6 p.m.	\$85
R05188-201	8	Boys West - Saturday (Free Agent)	West County	5	1/9	Sa	9 a.m.-6 p.m.	\$85
R05198-201	8	Boys West - Sunday (Free Agent)	West County	5	1/10	Su	Noon-6 p.m.	\$85
R05165-201	8	Boys Mid/East (Free Agent)	Mid/East County	6	1/9	Sa	9 a.m.-6 p.m.	\$85
R05177-201	8	Boys North (Free Agent)	North County	6	1/9	Sa	9 a.m.-6 p.m.	\$85
R05189-201	8	Boys West - Saturday (Free Agent)	West County	6	1/9	Sa	9 a.m.-6 p.m.	\$85
R05199-201	8	Boys West - Sunday (Free Agent)	West County	6	1/10	Su	Noon-6 p.m.	\$85
R05166-201	8	Boys Mid/East (Free Agent)	Mid/East County	7	1/9	Sa	9 a.m.-6 p.m.	\$85
R05178-201	8	Boys North (Free Agent)	North County	7	1/9	Sa	9 a.m.-6 p.m.	\$85
R05200-201	8	Boys West - Sunday (Free Agent)	West County	7	1/10	Su	Noon-6 p.m.	\$85
R05167-201	8	Boys Mid/East (Free Agent)	Mid/East County	8	1/9	Sa	9 a.m.-6 p.m.	\$85
R05179-201	8	Boys North (Free Agent)	North County	8	1/9	Sa	9 a.m.-6 p.m.	\$85
R05190-201	8	Boys Saturday (Free Agent)	West County	8	1/9	Sa	9 a.m.-6 p.m.	\$85
R05201-201	8	Boys Sunday (Free Agent)	West County	8	1/10	Su	Noon-6 p.m.	\$85

High School Boys - Grades 9-12

Activity	# of Weeks	League Division	Location	Grade Level	Start Date	Day(s)	Time	Fee
R05209-201	8	Boys Intermediate (Free Agent)	Multiple	9	1/9	Sa	9 a.m.-6 p.m.	\$85
R05208-201	8	Boys Advanced (Free Agent)	Multiple	9	1/9	Sa	9 a.m.-6 p.m.	\$85
R05211-201	8	Boys Intermediate (Free Agent)	Multiple	10	1/9	Sa	9 a.m.-6 p.m.	\$85
R05210-201	8	Boys Advanced (Free Agent)	Multiple	10	1/9	Sa	9 a.m.-6 p.m.	\$85
R05213-201	8	Boys Intermediate (Free Agent)	Multiple	11	1/10	Su	Noon-6 p.m.	\$85
R05212-201	8	Boys Advanced (Free Agent)	Multiple	11	1/10	Su	Noon-6 p.m.	\$85
R05215-201	8	Boys Intermediate (Free Agent)	Multiple	12	1/10	Su	Noon-6 p.m.	\$85
R05214-201	8	Boys Advanced (Free Agent)	Multiple	12	1/10	Su	Noon-6 p.m.	\$85

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SPORTS LEAGUES

BASKETBALL

Youth Girls - Grades 3-8

Registration for the winter basketball program begins Monday, Sept. 28.

Activity	# of Games	League Division	Location	Grade Level	Start Date	Day(s)	Time	Fee
R05168-201	8	Girls Mid/East (Free Agent)	Mid/East County	3	1/9	Sa	9 a.m.-6 p.m.	\$85
R05180-201	8	Girls North (Free Agent)	North County	3	1/9	Sa	9 a.m.-6 p.m.	\$85
R05191-201	8	Girls West - Saturday (Free Agent)	West County	3	1/9	Sa	9 a.m.-6 p.m.	\$85
R05202-201	8	Girls West - Sunday (Free Agent)	West County	3	1/10	Su	Noon-6 p.m.	\$85
R05169-201	8	Girls Mid/East (Free Agent)	Mid/East County	4	1/9	Sa	9 a.m.-6 p.m.	\$85
R05181-201	8	Girls North (Free Agent)	North County	4	1/9	Sa	9 a.m.-6 p.m.	\$85
R05192-201	8	Girls West - Saturday (Free Agent)	West County	4	1/9	Sa	9 a.m.-6 p.m.	\$85
R05203-201	8	Girls West - Sunday (Free Agent)	West County	4	1/10	Su	Noon-6 p.m.	\$85
R05170-201	8	Girls Mid/East (Free Agent)	Mid/East County	5	1/9	Sa	9 a.m.-6 p.m.	\$85
R05182-201	8	Girls North (Free Agent)	North County	5	1/9	Sa	9 a.m.-6 p.m.	\$85
R05193-201	8	Girls West - Saturday (Free Agent)	West County	5	1/9	Sa	9 a.m.-6 p.m.	\$85
R05204-201	8	Girls West - Sunday (Free Agent)	West County	5	1/10	Su	Noon-6 p.m.	\$85
R05171-201	8	Girls Mid/East (Free Agent)	Mid/East County	6	1/9	Sa	9 a.m.-6 p.m.	\$85
R05183-201	8	Girls North (Free Agent)	North County	6	1/9	Sa	9 a.m.-6 p.m.	\$85
R05194-201	8	Girls West - Saturday (Free Agent)	West County	6	1/9	Sa	9 a.m.-6 p.m.	\$85
R05205-201	8	Girls West - Sunday (Free Agent)	West County	6	1/10	Su	Noon-6 p.m.	\$85
R05172-201	8	Girls Mid/East (Free Agent)	Mid/East County	7	1/9	Sa	9 a.m.-6 p.m.	\$85
R05184-201	8	Girls North (Free Agent)	North County	7	1/9	Sa	9 a.m.-6 p.m.	\$85
R05206-201	8	Girls West - Sunday (Free Agent)	West County	7	1/10	Su	Noon-6p.m.	\$85
R05173-201	8	Girls Mid/East (Free Agent)	Mid/East County	8	1/9	Sa	9 a.m.-6 p.m.	\$85
R05185-201	8	Girls North (Free Agent)	North County	8	1/9	Sa	9 a.m.-6 p.m.	\$85
R05195-201	8	Girls West - Saturday (Free Agent)	West County	8	1/9	Sa	9 a.m.-6 p.m.	\$85
R05207-201	8	Girls West - Sunday (Free Agent)	West County	8	1/10	Su	Noon-6 p.m.	\$85

High School Girls - Grades 9-12

Activity	# of Weeks	League Division	Location	Grade Level	Start Date	Day(s)	Time	Fee
R05217	8	Girls Intermediate (Free Agent)	Multiple	9	1/9	Sa	9 a.m.-6 p.m.	\$85
R05216	8	Girls Advanced (Free Agent)	Multiple	9	1/9	Sa	9 a.m.-6 p.m.	\$85
R05219	8	Girls Intermediate (Free Agent)	Multiple	10	1/9	Sa	9 a.m.-6 p.m.	\$85
R05218	8	Girls Advanced (Free Agent)	Multiple	10	1/9	Sa	9 a.m.-6 p.m.	\$85
R05221	8	Girls Intermediate (Free Agent)	Multiple	11	1/10	Su	Noon-6 p.m.	\$85
R05220	8	Girls Advanced (Free Agent)	Multiple	11	1/10	Su	Noon-6 p.m.	\$85
R05223	8	Girls Intermediate (Free Agent)	Multiple	12	1/10	Su	Noon-6 p.m.	\$85
R05222	8	Girls Advanced (Free Agent)	Multiple	12	1/10	Su	Noon-6 p.m.	\$85

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SPORTS LEAGUES

BASKETBALL

Adult - Ages 18 and up

Activity	# of Games	League Division	Location	Start Date	Day(s)	Time	Fee
R05232-101	6+1 Playoff	Mens Basketball League	Bauer Drive	9/20	Su	3-9:30 p.m.	\$725
R05013-101	6+1 Playoff	Womens Basketball League	Wood MS	9/19	Sa	9 a.m.-2 p.m.	\$135
R05013-104	10	Womens Basketball Drop-In	Bauer Drive	9/20	Su	10 a.m.-Noon	\$110
R05013-105	5	Womens Basketball Drop-In	Bauer Drive	9/20	Su	10 a.m.-Noon	\$55
R05013-106	5	Womens Basketball Drop-In	Bauer Drive	10/25	Su	10 a.m.-Noon	\$55



MONTGOMERY COUNTY RECREATION

REC REFEREES
AND SCOREKEEPERS WANTED

2026

The Recreation Department is seeking officials for the **2026** season.

For more information, contact
Rec.Sports@montgomerycountymd.gov.



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SPORTS LEAGUES

NFL FLAG FOOTBALL LEAGUE

Youth - Ages 6-14

Registration for flag football now underway.

Activity	# of Games	League Division	Location	Ages	Start Date	Day(s)	Time	Fee
R05287-106	6	8U - Free Agent	Damascus	6-8	9/13	Su	8 a.m.-6 p.m.	\$60
R05287-101	6	8U - Free Agent	Kennedy HS	6-8	9/13	Su	8 a.m.-6 p.m.	\$60
R05287-102	6	10U - Free Agent	Kennedy HS	9-10	9/13	Su	8 a.m.-6 p.m.	\$60
R05287-107	6	11U - Free Agent	Damascus	9-11	9/13	Su	8 a.m.-6 p.m.	\$60
R05287-103	6	12U - Free Agent	Wheaton HS	11-12	9/13	Su	8 a.m.-6 p.m.	\$60
R05287-105	6	14U Girls - Free Agent	Wheaton HS	12-14	9/13	Su	8 a.m.-6 p.m.	\$60
R05287-108	6	14U - Free Agent	Damascus	12-14	9/13	Su	8 a.m.-6 p.m.	\$60
R05287-104	6	14U - Free Agent	Wheaton HS	13-14	9/13	Su	8 a.m.-6 p.m.	\$60

PICKLEBALL

Adult - Ages 18 and up

Activity	# of Games	League Division	Location	Start Date	Day(s)	Time	Fee
R05384-103	5	Adult Academy	Longwood	9/19	Sa	10 a.m.-12:30 p.m.	\$225
R05310-101	6	Ladder League	Bauer Drive	9/14	M	6-10 p.m.	\$65
R05311-101	6	Ladder League	Bauer Drive	9/14	M	6-10 p.m.	\$65
R05312-101	6	Ladder League	Bauer Drive	9/14	M	6-10 p.m.	\$65
R05310-102	6	Ladder League	Bauer Drive	11/2	M	6-10 p.m.	\$65
R05311-102	6	Ladder League	Bauer Drive	11/2	M	6-10 p.m.	\$65
R05312-102	6	Ladder League	Bauer Drive	11/2	M	6-10 p.m.	\$65
R05314-102	6	Ladder League	Longwood	10/29	Th	6-9:30 p.m.	\$65
R05315-102	6	Ladder League	Longwood	10/29	Th	6-9:30 p.m.	\$65
R05316-102	6	Ladder League	Longwood	10/29	Th	6-9:30 p.m.	\$65
R05384-102	6	Ladder League	Silver Spring	10/26	M	7-8:30 p.m.	\$65
R05384-107	5	Ladder League 3.0-4.5	Ross Boddy	10/20	Tu	6-9 p.m.	\$65
R05384-105	5	Ladies Ladder League 20-25	Ross Boddy	9/8	Tu	6-7:30 p.m.	\$65
R05384-106	5	Ladies Ladder League 25-35	Ross Boddy	9/8	Tu	7:30-9 p.m.	\$65



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SPORTS LEAGUES

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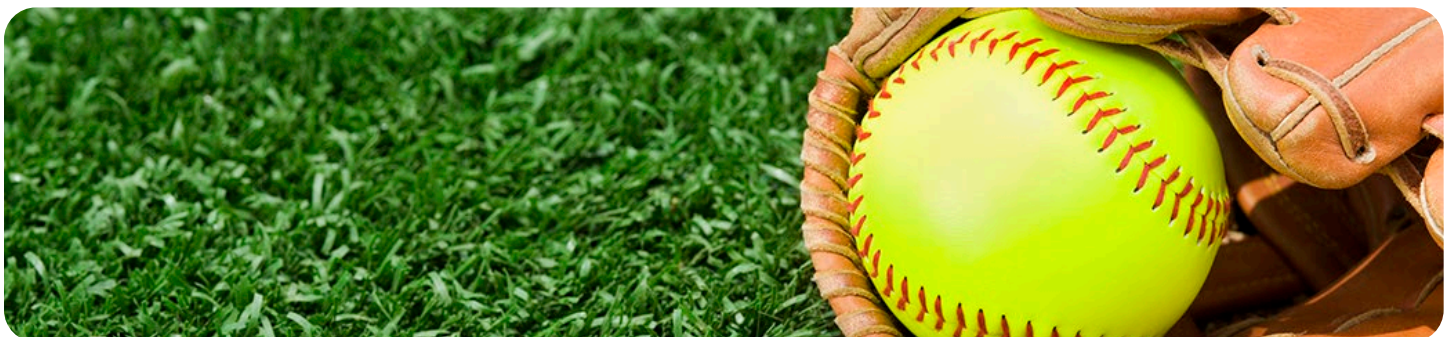
Adult - Ages 18 and up

Activity	# of Games	League Division	Location	Ages	Start Date	Day(s)	Time	Fee
R05282-101	8	18+ Mens	Multiple	18 and up	9/13	Su	9 a.m.-9 p.m.	\$1,299
R05282-102	8	18+ Free Agent Pool	Multiple	18 and up	9/13	Su	9 a.m.-9 p.m.	FREE
R05276-102	8	40+ Mens	Multiple	40 and up	9/13	Su	9 a.m.-9 p.m.	\$1,350
R05276-102	8	40+ Free Agent Pool	Multiple	40 and up	9/13	Su	9 a.m.-9 p.m.	FREE
R05349-101	8	55+ Mens	Multiple	55 and up	9/12	Sa	9 a.m.-6 p.m.	\$1,125
R05349-102	8	55+ Free Agent Pool	Multiple	55 and up	9/12	Sa	9 a.m.-6 p.m.	FREE
R05281-101	8	65+ Mens	North Potomac	65 and up	9/13	Su	9 a.m.-3 p.m.	\$962
R05281-101	8	65+ Free Agent Pool	North Potomac	65 and up	9/13	Su	9 a.m.-3 p.m.	FREE
R05285-101	8	Womens 25+	North Potomac	25 and up	9/12	Sa	9 a.m.-5 p.m.	\$962
R05285-102	8	Womens 25 + Free Agent Pool	North Potomac	25 and up	9/12	Sa	9 a.m.-5 p.m.	FREE
R05286-101	8	Womens 40+	Laytonia RP	40 and up	9/9	W	7-10:30 p.m.	\$1,299
R05286-102	8	Womens 40 + Free Agent Pool	Laytonia RP	40 and up	9/9	W	7-10:30 p.m.	FREE

SOFTBALL

Adult - Ages 18 and up

Activity	# of Games	League Division	Location	Start Date	Day(s)	Time	Fee
R05325-101	12	Mens Sunday C/D and D	Cabin John RP	9/13	Su	9 a.m.-1 p.m.	\$1,020
R05252-101	12	Senior Mens 50+	Olney Manor RP	9/8	Tu	6-10:30 p.m.	\$1,020
R05251-101	12	Senior Mens 55+	Olney Manor RP	9/3	Th	7-10:30 p.m.	\$1,020
R05248-101	12	CoRec Thur DH	Ridge Rd RP	9/3	Th	6-10:30 p.m.	\$1,020
R05246-101	12	CoRec Wed DH	Cabin John RP	9/2	W	6-10:30 p.m.	\$1,020
R05245-101	12	CoRec Monday DH	Cabin John RP	9/14	M	6-10:30 p.m.	\$1,020
R05242-101	12	Mens Th C/D & D	Cabin John RP	9/3	Th	6-10:30 p.m.	\$1,020
R05240-101	12	Mens Th D League	Olney Manor RP	9/3	Th	6-10:30 p.m.	\$1,020
R05237-101	12	Mens Wed C/D and D	Olney Manor RP	9/2	W	6-10:30 p.m.	\$1,020
R05236-102	12	Womens Free Agent sign up	Multiple	7/13	n/a	6-10:30 p.m.	FREE
R05236-101	12	Mens Free Agent sign up	Multiple	7/13	--	6-10:30 p.m.	FREE



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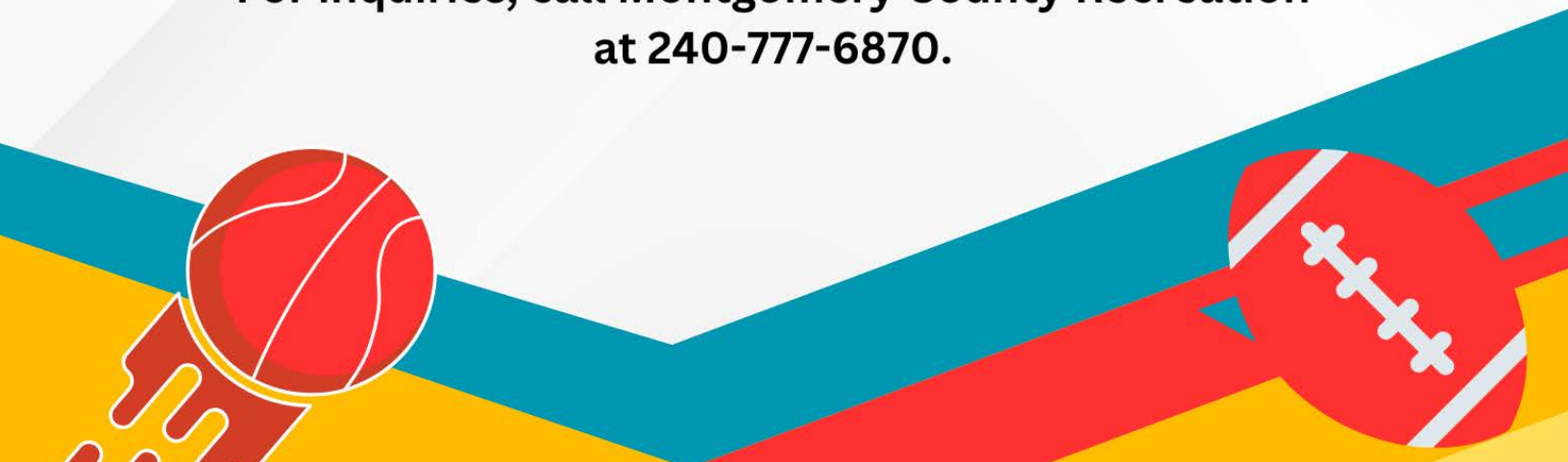


WE'RE LOOKING FOR YOU!

YOUTH
SPORTS
COACHES

NOW RECRUITING!

For inquiries, call Montgomery County Recreation
at 240-777-6870.





SPORTS LEAGUES

VOLLEYBALL

Youth - Ages 10-17

Activity	# of Games	League Division	Location	Ages	Start Date	Day(s)	Time	Fee
R05319-106	8	Hertime2shine Co-Rec	North Potomac	10-11	9/12	Sa	1-5 p.m.	\$80
R05319-105	8	Hertime2shine Co-Rec	Wheaton	12-13	9/12	Su	5:30-9:30 p.m.	\$80
R05319-104	8	Hertime2shine Co-Rec	North Potomac	12-13	9/12	Sa	9 a.m.-1 p.m.	\$80
R05319-102	8	Hertime2shine Co-Rec	Mid-County	14-17	9/16	Su	10 a.m.-6 p.m.	\$80
R05319-103	8	Hertime2shine- Girls	Plum Gar	14-17	9/12	Sa	10 a.m.-2 p.m.	\$80
R05319-101	8	Youth Volleyball Leagues- Boys	Plum Gar	14-17	9/12	Sa	2-6 p.m.	\$80

Adult - Ages 18 and up

Activity	# of Games	League Division	Location	Start Date	Day(s)	Time	Fee
R05255-103	7+ playoff	Co-Ed Intermediate	Silver Spring	10/4	Su	9 a.m.-5 p.m.	\$460
R05255-104	7+ playoff	Co-Ed Intermediate Free Agent	Silver Spring	10/4	Su	9 a.m.-5 p.m.	\$75
R05255-101	7+ playoff	Co-Ed Advanced	Silver Spring	10/4	Su	9 a.m.-5 p.m.	\$460
R05255-102	7+ playoff	Co-Ed Advanced Free Agent	Silver Spring	10/4	Su	9 a.m.-5 p.m.	\$75



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WINTER BREAK CAMPS

DECEMBER 2026



Ages	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
6-12	Coach Doug Club Holiday Winter Break	R05025-150	Potomac	12/28	M-Th	9 a.m.-3:30 p.m.	\$215
6-12	TKA Karate Clinic	R05067-103	Wheaton	12/28	M-Th	9:15-11:45 a.m.	\$110
8-11	Volleyball Clinics	R05124-151	Germantown	12/28	M-Th	9 a.m.-Noon	\$149
8-11	Volleyball Clinics	R05124-146	Potomac	12/28	M-Th	9 a.m.-Noon	\$149
8-11	Volleyball Clinics	R05124-148	Potomac	12/28	M-Th	1-4 p.m.	\$149
13-17	Volleyball Clinics	R05124-150	Germantown	12/28	M-Th	1-4 p.m.	\$149
13-17	Volleyball Clinics	R05124-147	Potomac	12/28	M-Th	9 a.m.-Noon	\$149
13-17	Volleyball Clinics	R05124-149	Potomac	12/28	M-Th	1-4 p.m.	\$149
6-12	Youth with Disabilities	R06003-101	Bauer Drive	12/28	M-W	9 a.m.-4 p.m.	\$75
13-21	Teens with Disabilities	R06003-102	Bauer Drive	12/28	M-W	9 a.m.-4 p.m.	\$75



KIDS DAY OUT

Kids Day Out is a structured, supervised out-of-school time program with typical staff supervision. Participants enjoy a full day of enrichment activities, sports, games, crafts, and team-building experiences in a fun, active, and welcoming environment.

Fall 2026 **Ages 6-12**

 **Dates** Oct. 16, Nov. 2, Jan. 25,
March 9, April 12

Register Today

 **Locations**

Bauer Drive-TR

Youth and Teens
with disabilities
Ages 6-12 and 13-21

Clara Barton
Coffield
Damascus
East County
Long Branch

Mid-County
N. Potomac
Plum Gar
Potomac
Praisner
Silver Spring
Upper County
White Oak

 Activity
R03045

Search this code
on ActiveMontgomery.org



**Don't forget
to bring lunch.**



THERAPEUTIC RECREATION

Programs for Individuals with Disabilities

ART

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
18 and up	9	Create with Clay	R06009-107	Ross Boddy	9/28	M	11 a.m.-Noon	\$105
18 and up	9	Create with Clay	R06009-108	Ross Boddy	9/28	M	1:30-2:30 p.m.	\$105
15 and up	6	Evening Paint	R06009-109	Germantown	10/5	M	7:15-8 p.m.	\$30
7-17	7	Kaleidoscope Art	R06009-101	Good Hope	10/21	W	6-6:50 p.m.	\$35
18 and up	7	Kaleidoscope Art	R06009-102	Good Hope	10/21	W	7-7:50 p.m.	\$35
6-15	6	Paint and Punch	R06009-100	Germantown	10/4	Su	1-1:45 p.m.	\$30

DANCE, FITNESS AND WELLNESS

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
6-14	6	Dance Creation	R06020-102	Germantown	10/4	Su	2-2:30 p.m.	\$15
18 and up	8	Day Exercise: Balance Boom	R06056-101	White Oak	9/9	W	12:30-1:15 p.m.	\$40
18 and up	3	Walkin' and Talkin'	R06020-106	Germantown	10/3	Sa	1:30-2:30 p.m.	\$15
15 and up	8	ZamDance	R06030-101	Bauer Drive	10/6	Tu	5-6 p.m.	\$40
10 and up	8	ZamDance	R06030-102	North Potomac	10/8	Th	5-6 p.m.	\$40
15 and up	8	Zumba	R06025-101	Germantown	10/6	Tu	7-8 p.m.	\$40
18 and up	9	Zumba Dance Party Fun	R06025-103	White Oak	9/14	M	1-1:45 p.m.	\$45
8-13	6	Yoga	R06024-102	Wheaton	10/3	Sa	10:30-11:15 a.m.	\$30
14-17	6	Yoga	R06024-103	Wheaton	10/3	Sa	11:30 a.m.-12:15 p.m.	\$30



ADAPTED SWIM LESSONS

Montgomery County Recreation offers swim lessons for individuals with disabilities.

[VIEW ADAPTED SWIM LESSONS](#)

THE REC INSIDER



[SIGN UP](#) FOR OUR NEWSLETTER TODAY!



WE SUPPORT ACCESSIBILITY

For more info, email:
rec.inclusion@montgomerycountymd.gov

Individuals with disabilities are encouraged to register for MCR programs. Early notification allows us time to put accommodations in place.

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THERAPEUTIC RECREATION

Programs for Individuals with Disabilities

MUSIC AND PERFORMANCE

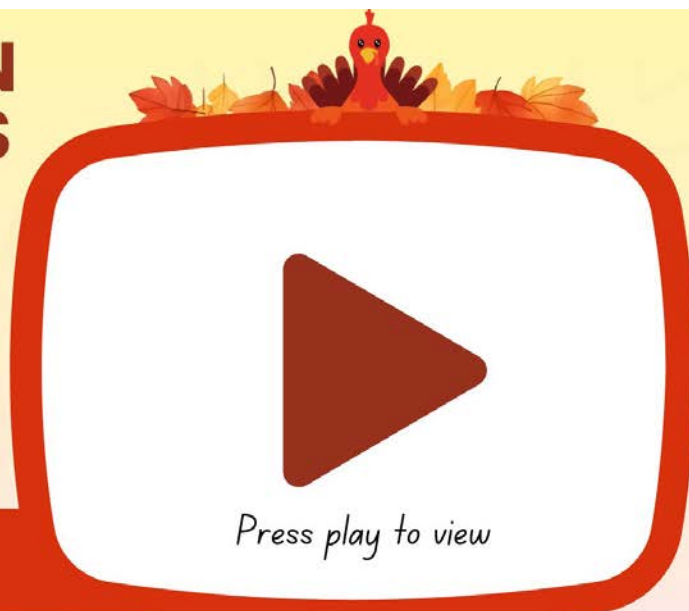
Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
6-14	6	Drama: Facial Expressions and Movement	R06020-100	Germantown	10/7	W	6:15-7 p.m.	\$30
15 and up	6	Drama: Facial Expressions and Movement	R06020-101	Germantown	10/7	W	7-7:45 p.m.	\$30
6-12	6	Drumming	R06036-101	Praisner	9/17	Th	5:15-6 p.m.	\$30
5-10	6	Theater: Magic Suitcase (American Sign Language)	R06048-101	Coffield	9/15	Tu	5:30-6:30 p.m.	\$30
7-14	6	Theater: Choose Your Own Adventure	R06048-102	Wheaton	10/29	Th	5:30-6:30 p.m.	\$30
6-12	8	Sing and Swim	R06040-108	Silver Spring	9/19	Sa	Noon-2 p.m.	\$40

STEM

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
8-12	6	Robotics	R06054-101	Damascus	9/12	Sa	10:45 a.m.-12:15 p.m.	\$30
13-17	6	Robotics	R06054-102	Germantown	10/24	Sa	10:45 a.m.-12:15 p.m.	\$30
6-10	5	Green Futures	R06009-105	Longwood	9/12	Sa	10-10:45 a.m.	\$25
11-14	5	Green Futures	R06009-106	Longwood	9/12	Sa	11-11:45 a.m.	\$25
6-14	6	Brain Games	R06020-103	Germantown	10/4	Su	2:30-3 p.m.	\$15

ENJOY RECREATION WITHOUT BARRIERS

Montgomery County Recreation's Therapeutic Recreation (TR) programs offer a wide range of activities and events for individuals with disabilities and their families to enjoy throughout the year.



WATCH THE VIDEO

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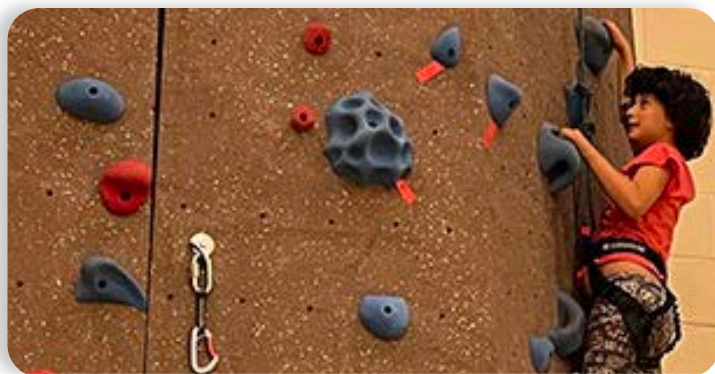


THERAPEUTIC RECREATION

Programs for Individuals with Disabilities

SPORTS

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
14-21	7	Co-Ed Poms	R06038-101	Potomac	9/14	M	7-7:45 p.m.	\$35
8-13	6	Co-Ed Volleyball	R06033-101	Good Hope	9/28	M	5:30-6:15 p.m.	\$30
14-17	6	Co-Ed Volleyball	R06033-102	Good Hope	9/28	M	6:30-7:15 p.m.	\$30
18 and up	8	Day Games	R06052-101	White Oak	10/5	M	10 a.m.-Noon	\$20
8-13	6	Indoor Bocce Ball	R06018-101	North Potomac	11/5	Th	6:15-7 p.m.	\$30
14-21	6	Indoor Bocce Ball	R06018-102	North Potomac	11/5	Th	7:15-8 p.m.	\$30
6-12	1	Indoor Rock-Climbing	R06043-101	North Potomac	9/16	W	6-6:50 p.m.	\$10
6-12	1	Indoor Rock-Climbing	R06043-103	White Oak	10/21	W	6-6:50 p.m.	\$10
6-12	1	Indoor Rock-Climbing	R06043-105	North Potomac	11/18	W	6-6:50 p.m.	\$10
6-12	1	Indoor Rock-Climbing	R06043-107	White Oak	12/9	W	6-6:50 p.m.	\$10
13-17	1	Indoor Rock-Climbing	R06043-102	North Potomac	9/16	W	7-7:50 p.m.	\$10
13-17	1	Indoor Rock-Climbing	R06043-104	White Oak	10/21	W	7-7:50 p.m.	\$10
13-17	1	Indoor Rock-Climbing	R06043-106	North Potomac	11/18	W	7-7:50 p.m.	\$10
13-17	1	Indoor Rock-Climbing	R06043-108	White Oak	12/9	W	7-7:50 p.m.	\$10
12-17	6	Pickleball	R06042-101	Potomac	9/13	Su	10-10:50 a.m.	\$30
18 and up	6	Pickleball	R06042-102	Potomac	9/13	Su	11-11:50 a.m.	\$30
8-12	6	Tennis	R06049-101	Layhill Village LP	9/12	Sa	11-11:50 a.m.	\$30
13-17	6	Tennis	R06049-102	Layhill Village LP	9/12	Sa	Noon-12:50 p.m.	\$30

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SPECIAL EVENTS



Join us this fall for various special events designed for individuals with disabilities.

Adults

Ages	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
18 and up	BIG Game Night	R06004-101	Bauer Drive	10/9	F	6:30-8:30 p.m.	\$10
18 and up	BIG Game Night	R06004-102	Bauer Drive	11/6	F	6:30-8:30 p.m.	\$10
18 and up	BIG Game Night	R06004-103	Bauer Drive	12/4	F	6:30-8:30 p.m.	\$10
18 and up	Day Dances - Country Time Dance	R06051-103	Upper County	11/13	F	1-2:30 p.m.	\$5
18 and up	Day Dances - Fall Fiesta Dance	R06051-101	Upper County	9/11	F	1-2:30 p.m.	\$5
18 and up	Day Dances - Halloween Boogie Dance	R06051-102	Upper County	10/9	F	1-2:30 p.m.	\$5
18 and up	Day Dances - Holiday Dance	R06051-104	Upper County	12/11	F	1-2:30 p.m.	\$5
18 and up	Day: Health, Safety and Wellness Series	R06055-104	Bauer Drive	12/17	Th	10:30 a.m.-Noon	
18 and up	Day: Health, Safety and Wellness Series Community Safety	R06055-101	Bauer Drive	9/17	Th	10:30 a.m.-Noon	
18 and up	Day: Health, Safety and Wellness Series Healthy Eating	R06055-103	Bauer Drive	11/19	Th	10:30 a.m.-Noon	
18 and up	Day: Health, Safety and Wellness Series Safety at Home	R06055-102	Bauer Drive	10/15	Th	10:30 a.m.-Noon	
18 and up	Saturday Night Social - Karaoke Night	R06014-101	Ross Boddy	9/26	Sa	6-9 p.m.	\$10
18 and up	Saturday Night Social - Monster Mash Dance	R06014-102	East County	10/31	Sa	6-9 p.m.	\$10
18 and up	Social - Friendsgiving	R06006-103	Good Hope	11/14	Sa	5-7:30 p.m.	\$10
18 and up	Social - Holiday Celebration	R06006-104	Wheaton	12/12	Sa	3:30-6 p.m.	\$10
6-14	Parents' Night Off: Chefs and Chill	R06046-101	Silver Spring	9/25	F	6-8:30 p.m.	\$10

Family

Ages	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
2 and up	Sunday Funday Family Swim	R06010-101	MLKSC	11/22	Su	1-3 p.m.	\$5
2-17	Santa's Workshop	R06029-101	Wheaton	12/12	Sa	1-3 p.m.	\$10





55+ PROGRAMS

All 55+ programs are free unless noted otherwise.



ARTS AND CRAFTS

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
4	Afternoon Crafting - Non-Instructional	R07095-140	North Potomac	10/7	W	2-3:30 p.m.
3	Cardmaking	R07095-118	Schweinhaut	9/12	Sa	9:30 a.m.-2:30 p.m.
25	Ceramic Class	R07098-105	Schweinhaut	9/1	Tu,Th	9:30 a.m.-1 p.m.
8	Ceramics (painting)*	R07098-106	Silver Spring	9/23	W	Noon-3:30 p.m.
12	Drawing Club	R07321-101	Damascus	9/2	W	2-3:30 p.m.
12	Fun with Art	R07052-105	Schweinhaut	9/2	W	10 a.m.-Noon
2	Illustration and Watercolor	R07095-150	North Potomac	10/19	M	10 a.m.-Noon
2	Illustration and Watercolor	R07095-120	North Potomac	11/14	Sa	10 a.m.-Noon
10	Intro to Drawing	R07095-102	Wheaton	9/3	Th	11 a.m.-Noon
13	Origami Class	R07096-103	Schweinhaut	9/1	Tu	10 a.m.-Noon
9	Painting with Acrylics	R07095-103	Wheaton	9/4	F	11 a.m.-1 p.m.
12	Paper Crafting Club	R07322-101	Damascus	9/2	W	10 a.m.-Noon
8	Photography Club	R07001-102	Holiday Park	9/2	W	10 a.m.-Noon
17	Taller de Manualidades	R07003-100	Holiday Park	8/31	M	10 a.m.-2 p.m.
6	Watercolor Painting	R03061-100	Mid-County	9/30	W	10:30-11:30 a.m.
8	Watercolor Painting*	R07095-164	Silver Spring	9/21	M	Noon-2 p.m.
15	Woodcarving	R07002-102	Holiday Park	9/4	F	1-3 p.m.

KNIT, CROCHET AND MORE

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
13	Beginning Knitting	R07003-107	Long Branch	9/2	W	1-2 p.m.
13	Knit and Crochet Group	R07003-101	North Potomac	9/1	Tu	1-3 p.m.
16	Knit and Crochet Workshop	R07003-108	Holiday Park	9/2	W	10-11:30 a.m.
10	Needlecraft, Crochet and Sewing Club	R07053-103	Silver Spring	9/18	F	2-4 p.m.
12	Needlecraft Club	R07053-120	Damascus	9/3	Th	10:30 a.m.-12:30 p.m.
25	Needles and Yarn	R07003-102	Wheaton	9/1	M,Tu	1-3 p.m.
12	Quilting Club	R07316-115	Damascus	9/14	M	10 a.m.-Noon
10	Sewing for Beginners*	R07095-111	Silver Spring	9/15	Tu	10 a.m.-Noon
13	Stitchers Corner	R07003-104	Schweinhaut	9/2	W	1-3 p.m.

*This activity has a fee.



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ARTS

PERFORMANCE ARTS

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
12	Reader's Theater	R07056-104	Damascus	9/14	M	2-3 p.m.
6	Seasoned Players	R07056-102	Schweinhaut	9/2	W	1:30-3:30 p.m.

COOKING

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
3	Cooking: Protein Cookery	R07048-101	Silver Spring	9/15	Tu	12:30-2:30 p.m.
4	Cooking: Starch Cookery	R07048-102	Silver Spring	10/13	Tu	12:30-2:30 p.m.



Join us for Active Aging Week this fall. View activities below.

Class Title	Activity	Location	Start Date	Day(s)	Time
Dance with Me!	R07011-111	Wheaton	10/5	M	9:05-9:55 a.m.
Signature Event	R07107-150	North Potomac	10/5	M	9 a.m.-1:30 p.m.
Trip to Signature Event	R07101-170	Damascus	10/5	M	9:30 a.m.-1:30 p.m.
Trip to Signature Event	R07101-173	Schweinhaut	10/5	M	9:15 a.m.-2 p.m.
Trip to Signature Event	R07101-199	Long Branch	10/5	M	9:30 a.m.-1:30 p.m.
Trip to Signature Event	R07101-101	Wheaton	10/5	M	9 a.m.-Noon
Superpower Dance Circle	R07012-111	Long Branch	10/6	Tu	10-11 a.m.
Trail Walking	R07035-124	Schweinhaut	10/6	Tu	9:30 a.m.-Noon
Balance and Cardio Drum Exercise	R07060-101	Schweinhaut	10/6	Tu	12:30-1:30 p.m.
Tai Chi Chuan	R07025-113	Schweinhaut	10/6	Tu	2-3 p.m.
Active Aging Luncheon*	R07107-144	Silver Spring	10/6	Tu	11 a.m.-1 p.m.
Superpower Dance Circle	R07012-144	Schweinhaut	10/7	W	9-10 a.m.
Trail Walking	R07035-123	Damascus	10/7	W	9:15-10:15 a.m.
Balance Boom B	R07060-146	White Oak	10/9	F	11 a.m.-Noon
Qi Gong	R07059-103	Schweinhaut	10/10	Sa	Noon-1 p.m.

*This activity has a fee.

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MONTGOMERY COUNTY MARYLAND

FOR RESIDENTS 55+



Oct. 5-11   **Go, Grow and Get Active!**



SAVE THE DATE

During this week, individuals are invited to attend FREE programs and activities to help Go, Grow and Get Active!



SCAN

★ SIGNATURE EVENT ★

Monday, Oct. 5 • 9 a.m. – 1:30 p.m.

Check in starts at 9 a.m.

Wellness Programs and Activities • 9:30 a.m. - Noon

Health Fair • 9:30 a.m. - 1:30 p.m.

Vendor Fair • Noon - 1:30 p.m.

Nancy H. Dacek North Potomac CRC

13850 Travilah Road, Rockville

To learn more about changing the way you age, visit ActiveAgingWeek.com
Registration is required for the event. Registration will open on Aug. 11



Senior Center Locations

Damascus Senior Center is closed for renovations.

Senior Center programming is available at the
Damascus Community Recreation Center
25520 Oak Drive, Damascus • 240-777-6930

Holiday Park Senior Center

Holiday Park Senior Center is open during renovations.

3950 Ferrara Drive, Silver Spring • 240-777-4999

Long Branch Senior Center

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

Margaret Schweinhaut Senior Center

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

North Potomac Senior Center

13850 Travilah Road, Rockville • 240-773-4805

Silver Spring Senior Center

1319 Apple Ave., Silver Spring • 240-777-6900

White Oak Senior Center

1700 April Lane, Silver Spring • 240-777-6944

Wheaton Senior Center

11701 Georgia Ave., Wheaton • 240-773-4830

Several
Locations
for Adults
55 and up



Visit mcorec.com/seniors
for more information



DANCE

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
12	Ballet	R07012-102	Wheaton	9/2	W	2:15-3:15 p.m.
13	Ballet	R07012-103	Wheaton	9/1	Tu	1:30-2:30 p.m.
12	Ballroom Dance Lessons	R07050-110	Schweinhaut	9/2	W	Noon-1:30 p.m.
11	Ballroom Dance	R07057-101	North Potomac	9/2	W	1-3 p.m.
9	Beginner Ballet	R07012-133	Silver Spring	9/16	W	10-11 a.m.
6	Beginner Hip Hop Dance Class	R07013-136	White Oak	9/18	F	2:30-3:30 p.m.
12	Beginner Modern Line Dance	R07013-135	White Oak	9/4	F	10:30-11:30 a.m.
12	Chinese Classical Folk Dance	R07009-105	North Potomac	9/1	Tu	1-3 p.m.
12	Chinese Dance and Fitness	R07012-107	Wheaton	9/2	W	9-10:45 a.m.
10	Chinese Folk Dance	R07009-103	North Potomac	9/2	W	1-2 p.m.
13	Chinese Folk Dance	R07009-135	White Oak	9/1	Tu	10:30 a.m.-Noon
11	Chinese Folk Dance	R07012-106	Wheaton	9/14	M	1-2 p.m.
15	Chinese Folk Dance	R07009-118	Holiday Park	9/4	F	1-1:50 p.m.
11	Chinese Line Dance	R07009-119	Long Branch	9/14	M	9:30-10:30 a.m.
11	Chinese Line Dance	R07009-120	Long Branch	9/14	M	10:30-11:30 a.m.
12	Dance for Posture and Elegance (Mandarin)	R07009-115	North Potomac	9/3	Th	1-3 p.m.
12	Dance Social	R07129-111	Damascus	9/4	F	1-2:30 p.m.
10	Dance with Me!	R07011-111	Wheaton	9/14	M	9:05-9:55 a.m.
8	Folk Dances of India	R07012-110	Silver Spring	9/17	Th	2-3 p.m.
9	International Folk Dance	R07009-113	North Potomac	9/4	F	12:15-1:15 p.m.
12	International Folk Dance	R07009-121	Long Branch	9/14	M	10:30-11:30 a.m.



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DANCE

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
8	Jazz Dance	R07012-112	Silver Spring	9/18	F	2-3 p.m.
13	Line Dance	R07011-110	Schweinhaut	9/12	Sa	10:30 a.m.-Noon
9	Line Dance	R03048-101	Potomac	9/22	Tu	10:15-11:15 a.m.
9	Line Dance	R03048-104	Potomac	9/24	Th	10:30-11:30 a.m.
9	Martial Arts Health Dance	R07012-141	North Potomac	9/12	Sa	9:30-11 a.m.
9	Martial Arts Health Dance and Fan	R03052-100	Potomac	9/21	M	10:30-11:30 a.m.
10	Martial Arts Health Dance and Fan	R03052-101	Potomac	9/26	Sa	2-4 p.m.
8	Salsa	R03052-104	Mid-County	9/29	Tu	10:30-11:30 a.m.
8	Salsa Dance	R07012-113	Silver Spring	9/17	Th	10-11 a.m.
12	Soul Line Dance Class	R07005-135	White Oak	9/3	Th	10:15-11:15 a.m.
3	Soul Line Dance Party	R07005-100	White Oak	9/4	F	6-9 p.m.
7	Superpower Dance Circle	R03052-103	Mid-County	10/5	M	1-2 p.m.
8	Superpower Dance Circle	R07012-111	Long Branch	9/1	Tu	10-11 a.m.
10	Superpower Dance Circle	R07012-122	Wheaton	9/2	W	11-11:45 a.m.
10	Superpower Dance Circle	R07012-132	Silver Spring	9/19	Sa	11 a.m.-Noon
12	Superpower Dance Circle	R07012-135	White Oak	9/3	Th	12:45-1:45 p.m.
12	Superpower Dance Circle	R07012-144	Schweinhaut	9/2	W	9-10 a.m.
11	Tap Dance*	R07007-122	Damascus	9/14	M	Noon-1:30 p.m.
8	Urban Line Dance	R03048-100	Mid-County	9/24	Th	1-2 p.m.
11	Yuan Chi Dance	R07012-108	Wheaton	9/14	M	2:30-4 p.m.

*This activity has a fee.



REGISTRATION NOTICE



Registering In Person?

If registering in person, you can only register for up to two ActiveMONTGOMERY households at a time.

[WWW.MOCOREC.COM](https://www.MOCOREC.COM)

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EDUCATIONAL DISCUSSIONS

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
16	Active Living in Spanish- Cafecito y Amistad	R07087-104	Holiday Park	8/31	M	10-10:50 a.m.
15	BIODANZA	R07028-104	Holiday Park	9/4	F	11:30 a.m.-12:50 p.m.
3	Book Club	R07065-106	Long Branch	9/15	Tu	11 a.m.-Noon
4	Book Club	R07065-102	Holiday Park	9/16	W	3-4 p.m.
10	Book Discussion	R07065-105	Virtual Class	9/8	Tu	1-2:30 p.m.
3	Coffee and Conversation with Staff	R07092-108	Schweinhaut	9/17	Th	9:30-10:15 a.m.
62	Coffee Social	R07092-109	Long Branch	9/1	M-F	9-10:30 a.m.
61	Coffee Social	R07092-118	Damascus	9/1	M-F	9-11 a.m.
15	Coping with Change	R07076-104	Holiday Park	9/3	Th	10:30-11:30 a.m.
13	Coping with Change	R07076-108	Damascus	9/3	Th	11 a.m.-Noon
11	Coping with Change	R07076-109	North Potomac	9/11	F	10-11 a.m.
10	Current Events	R07312-110	Damascus SC	9/18	F	10:30 a.m.-Noon

HOLIDAY PARK SENIOR CENTER • REGISTRATION NOTICE



Holiday Park Senior Center will have extremely limited capacity for in-person support on registration day, Aug. 11.

We recommend visiting the administrative office, located at 2425 Reddie Drive, Wheaton instead!


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EDUCATIONAL

DISCUSSIONS

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
1	Essential Oils: Brain Health	R07028-105	Silver Spring	10/13	Tu	12:30-1:30 p.m.
1	Essential Oils: Respiratory Health	R07028-106	Silver Spring	11/10	Tu	12:30-1:30 p.m.
17	Grupo de Apoyo Emocional	R07076-105	Holiday Park	9/1	Tu	11-11:50 a.m.
4	Healthy Hearts and Healthy Years	R07028-130	Long Branch	10/6	Tu	12:45-1:45 p.m.
9	Jai Ho Discussion and Social Group	R07312-102	North Potomac	9/14	M	11:30 a.m.-1 p.m.
12	Monday Minds	R07318-101	Damascus	9/14	M	1-2 p.m.
13	Morning Chat and Chew	R07063-125	White Oak	9/2	W	9:30-10:30 a.m.
25	Nutrition 101	R07024-106	Schweinhaut	9/1	Tu,Th	1-2 p.m.
3	Reader's Delight Book Club	R07078-125	White Oak	9/8	Tu	10:30-11:30 a.m.
3	Secrets from the Blue Zones: A Healthy Aging Wellness Series	R07028-101	Silver Spring	9/17	Th	1:30-2:30 p.m.
12	Senior Circle	R07076-125	White Oak	9/14	M	10:30-11:30 a.m.
17	Share and Care	R07043-102	Holiday Park	9/1	Tu	10:30-11:30 a.m.
13	Spiritual Support	R07111-135	White Oak	9/1	Tu	10 a.m.-Noon
13	Tuesday Talks	R07319-102	Damascus	9/1	Tu	1-2 p.m.
13	Vietnamese Discussion Group	R07111-105	Long Branch	9/4	F	10 a.m.-Noon
16	Views on the News - Discussion Group	R07063-105	Holiday Park	8/31	M	10-11:25 a.m.
8	Wellness Matters	R07028-119	Silver Spring	9/15	Tu	9-10:30 a.m.



IMPORTANT: DAMASCUS SENIOR CENTER PROGRAMS

DAMASCUS SENIOR CENTER PROGRAMMING IS AVAILABLE AT THE DAMASCUS COMMUNITY RECREATION CENTER

Damascus Senior Center is closed for renovations.

Damascus Senior Center programs and activities will be held at

Damascus Community Recreation Center

25520 Oak Drive, Damascus

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EDUCATIONAL LANGUAGE

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
11	Conversational English	R07061-108	Mid-County	9/15	Tu	11-11:50 a.m.
24	English Conversation Group	R07021-110	Schweinhaut	9/3	M,Th	1-2:30 p.m.
32	Everyday English (Basic)	R07061-107	Holiday Park	9/1	Tu,Th	9:30-10:20 a.m.
6	French Conversation	R07019-103	Schweinhaut	9/12	Sa	10:30 a.m.-Noon
10	French Conversation and Culture - Beginners	R07019-102	North Potomac	9/14	M	12:15-1:15 p.m.
12	Intermediate Italian Class	R07021-107	Schweinhaut	9/2	W	2-3 p.m.
11	Conversational Spanish	R07015-101	Wheaton	9/4	F	10-11 a.m.
12	Spanish Class Level I	R07015-111	Schweinhaut	9/3	Th	9:30-10:30 a.m.
12	Spanish Class Level II	R07015-112	Schweinhaut	9/3	Th	10:30-11:30 a.m.
11	Spanish Class Level III	R07015-117	Schweinhaut	9/14	M	11 a.m.-Noon
12	Spanish Class Level IV	R07015-118	Schweinhaut	9/3	Th	10:30-11:30 a.m.
9	American Sign Language Class	R07021-100	White Oak	10/16	F	12:45-1:45 p.m.

TECHNOLOGY

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
13	Introduction to Virtual Reality	R07313-101	Long Branch	9/4	F	2-3 p.m.
10	Navigating Life Transitions in the Digital World	R07084-102	Mid-County	10/6	Tu,Th	10-11:15 a.m.
1	Open AI Jam	R07084-125	White Oak	9/16	W	9 a.m.-1 p.m.
13	Tech Tutoring	R07084-128	Long Branch	9/1	Tu	2-4 p.m.

WRITING

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
12	Memoir Writing	R07058-105	Wheaton	9/2	W	10-11:30 a.m.
8	Memoir Writing	R07058-110	Silver Spring	9/24	Th	1-2:30 p.m.
6	Writers Group	R07058-108	Schweinhaut	9/1	Tu	10 a.m.-Noon
15	Writers Group	R07058-109	Holiday Park	9/4	F	10-11:25 a.m.



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FITNESS

LOW IMPACT

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
13	Balance and Cardio Exercise	R07060-101	Schweinhaut	9/1	Tu	12:30-1:30 p.m.
10	Balance and Mobility	R07039-132	Silver Spring	9/15	Tu	3-4 p.m.
10	Balance Boom	R07039-115	Silver Spring	9/14	M	10:15-11:15 a.m.
13	Balance Boom A	R07060-145	White Oak	9/2	W	11 a.m.-Noon
12	Balance Boom B	R07060-146	White Oak	9/4	F	11 a.m.-Noon
6	Basic Functional Balance Exercise	R07030-102	Schweinhaut	9/4	F	9:30-10:30 a.m.
10	Cardio Dance Fitness	R07012-139	Wheaton	9/2	W	9:05-9:40 a.m.
11	Cardio Fit	R07012-143	North Potomac	9/2	W	9:15-10:15 a.m.
13	Chairobics	R07066-113	Damascus	9/1	Tu	10-10:45 a.m.
12	Chairobics	R07066-114	Damascus	9/2	W	10-10:45 a.m.
12	Chairobics	R07066-115	Damascus	9/3	Th	10-10:45 a.m.
10	Chairobics	R07066-116	Damascus	9/4	F	10-10:45 a.m.
12	Gentle Exercise	R07039-112	Holiday Park	9/4	F	10:30-11:20 a.m.
12	Gentle Spin A	R07039-125	White Oak	9/14	M	10-11 a.m.
12	Gentle Spin B	R07039-126	White Oak	9/14	M	11:15 a.m.-12:15 p.m.
9	Heart Plus Exercise	R07041-107	North Potomac	9/1	Tu	3:30-4:30 p.m.
9	Heart Plus Exercise	R07041-114	North Potomac	9/3	Th	3:30-4:30 p.m.
9	Low Impact Exercise	R03053-101	Potomac	9/23	W	10:30-11:30 a.m.
22	Low Impact Exercise Video	R07060-135	White Oak	9/10	Th,F	10:30 a.m.-Noon
10	Low Impact Exercise	R07060-133	Schweinhaut	9/11	F	9:30-10:30 a.m.
8	Mindful Movement and Fitness	R07039-102	Silver Spring	9/16	W	10-11 a.m.
9	Mobility and Stretching	R03053-100	Lawton	10/7	W	12:30-1:30 p.m.
9	Muscle Up!	R07030-105	Wheaton	9/4	F	1:30-2:30 p.m.
9	Muscle Up!	R07039-114	Silver Spring	9/20	Su	1-2 p.m.
24	SAIL Fitness	R07039-127	Long Branch	9/2	M,W	3-4 p.m.
9	Sit and Be Fit	R07039-117	Silver Spring	9/18	F	1-2 p.m.
11	Strength Resistance Bands	R07060-192	Damascus	9/14	M	11-11:45 a.m.
9	Stretch to Music - Seated Exercise	R07041-110	North Potomac	9/4	F	10:30-11 a.m.
9	Stretch to Music - Seated Exercise	R07041-111	North Potomac	9/14	M	10:30-11 a.m.
9	Stretch to Music - Seated Exercise	R07041-113	North Potomac	9/3	Th	10:30-11 a.m.
12	Stretch to Music Exercise	R07041-102	North Potomac	9/4	F	9:30-10:15 a.m.
11	Stretch to Music Exercise	R07041-108	North Potomac	9/14	M	9:30-10:15 a.m.
12	Stretch to Music Exercise	R07041-112	North Potomac	9/3	Th	9:30-10:15 a.m.

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FITNESS



STRENGTH TRAINING

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
10	Fitness Boot Camp	R07039-113	Silver Spring	9/19	Sa	9:30-10:30 a.m.
12	Fitness Boot Camp	R07039-122	Damascus	9/2	W	2:30-3:30 p.m.
24	Fitness Gym	R07039-110	Holiday Park	8/31	M-F	8:45 a.m.-4 p.m.
1	Fitness Room Orientation	R07060-140	Long Branch	9/11	F	11 a.m.-Noon
1	Fitness Room Orientation	R07060-141	Long Branch	10/16	F	11 a.m.-Noon
1	Fitness Room Orientation	R07060-142	Long Branch	11/13	F	11 a.m.-Noon
1	Fitness Room Orientation	R07060-151	Damascus	9/14	M	11 a.m.-Noon
1	Fitness Room Orientation	R07060-152	Damascus	10/12	M	11 a.m.-Noon
11	Full Body Workout	R07041-104	Wheaton	9/1	Tu	9:05-9:55 a.m.
3	Kickboxing	R07060-132	Schweinhaut	9/18	F	9:30-10:30 a.m.

WALKING

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
12	Trail Walking Club	R07035-122	Damascus	9/2	W	9:15-10:15 a.m.
13	Walking Club	R07035-121	Damascus	9/1	Tu	9:15-9:45 a.m.
12	Wheaton Walks	R07035-102	Wheaton	9/2	W	9:30-11 a.m.
1	Fall Solstice Fun Walk	R07035-103	White Oak	9/22	Tu	10:30 a.m.-Noon



SENIOR OPEN GYM



Open gym activities are available
for individuals 55 and up.

[VIEW OPEN GYM SCHEDULE](#)



WEBSITE TIP:
NEW CALENDAR LAYOUT

Select "Open Gym" to view activities.

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FITNESS

ZUMBA

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
11	Zumba	R07070-102	Wheaton	9/1	Tu	11 a.m.-Noon
12	Zumba	R07070-124	Damascus	9/1	Tu	11 a.m.-Noon
10	Zumba	R07070-103	Wheaton	9/3	Th	11-11:45 a.m.
9	Zumba	R07070-114	Wheaton	9/4	F	9:45-10:45 a.m.
6	Zumba	R07070-120	Long Branch	9/8	Tu	2-3 p.m.
8	Zumba	R07070-111	North Potomac	9/14	M	9:15-10:15 a.m.
9	Zumba	R07070-130	Silver Spring	9/17	Th	6:30-7:30 p.m.
25	Zumba Gold	R07071-125	White Oak	9/1	Tu,Th	9:05-10:05 a.m.
10	Zumba Gold	R07070-128	Damascus	9/3	Th	5-6 p.m.
8	Zumba Gold	R07070-115	Wheaton	9/14	M	1:30-2:30 p.m.
7	Zumba Gold	R03050-103	Bauer Drive	9/17	Th	10:30-11:30 a.m.
9	Zumba Gold	R07071-106	Silver Spring	9/18	F	10-11 a.m.
12	Zumba Seated Dance	R07071-103	Holiday Park	9/1	Tu	2:30-3:20 p.m.
11	Zumba Seated Dance	R07071-104	Holiday Park	9/4	F	9:30-10:20 a.m.
9	Zumba Video	R07070-131	North Potomac	9/1	Tu	9:15-10 a.m.
9	Zumba Video	R07070-132	North Potomac	9/3	Th	9:15-10 a.m.



55+ PROGRAMS



VIEW

**SOAR AND
DAYTRIPPERS**



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GAMES



Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
23	American Mah Jongg	R07047-101	Wheaton	9/2	M,W	1-4 p.m.
12	American Mah Jongg	R07047-103	North Potomac	9/3	Th	1-4 p.m.
11	American Mah Jongg	R07047-110	North Potomac	9/14	M	10 a.m.-Noon
12	American Mah Jongg	R07047-125	White Oak	9/4	F	12:30-3:30 p.m.
9	American Mah Jongg	R03054-100	Potomac	9/27	Su	Noon-2 p.m.
16	American Mah Jongg Club	R07047-104	Holiday Park	8/31	M	2-4 p.m.
13	American Mah Jongg Club	R07047-162	Damascus	9/1	Tu	11:30 a.m.-3 p.m.
6	American Mah Jongg for Beginners	R07047-126	White Oak	9/10	Th	10:15-11:30 a.m.
3	Bingo	R07085-102	Long Branch	9/16	W	12:45-1:45 p.m.
10	Bingo	R07085-111	Silver Spring	9/17	Th	12:30-1:30 p.m.
22	Bingo	R07085-112	Schweinhaut	9/10	M,Th	10:30-11:30 a.m.
13	Bingo Blast	R07085-125	White Oak	9/1	Tu	1-1:45 p.m.
10	Board Games	R07112-111	Silver Spring	9/14	M	1-3 p.m.
9	Board Games with Friends	R07112-101	Schweinhaut	9/1	M-F	12:30-3:30 p.m.
10	Brain Games	R07090-101	Silver Spring	9/14	M	9:30-10:30 a.m.
12	Brain Games	R07090-125	White Oak	9/14	M	10-11 a.m.
13	Bridge	R07074-111	North Potomac	9/1	Tu	1-3 p.m.
12	Bridge	R07074-112	North Potomac	9/3	Th	1-3 p.m.
9	Bridge for Beginners	R07074-106	Silver Spring	9/23	W	12:30-2:30 p.m.



55+ PROGRAMS



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BONE BUILDERS



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GAMES

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
12	Canasta Club	R07112-113	Damascus	9/3	Th	12:30-3:30 p.m.
12	Chess Club	R07110-101	Schweinhaut	9/14	M	10:30 a.m.-1 p.m.
8	Chinese Mahjong	R07047-102	Wheaton	9/30	W	1-4 p.m.
12	Chinese Mahjong	R07047-105	Long Branch	9/14	M	9:30 a.m.-Noon
12	Chinese Mahjong	R07047-108	North Potomac	9/2	W	10:30 a.m.-12:30 p.m.
12	Chinese Mahjong	R07047-111	North Potomac	9/4	F	11:30 a.m.-2:30 p.m.
15	Duplicate Bridge	R07074-107	Holiday Park	9/2	W	12:30-3:45 p.m.
12	Friday Faceoff	R07320-105	Damascus	9/4	F	1-2 p.m.
13	Juegos Mentales	R07112-115	Long Branch	9/4	F	11 a.m.-Noon
15	Open Party Bridge	R07075-103	Holiday Park	9/4	F	12:30-3:30 p.m.
12	Pinochle Card Game	R07099-104	Schweinhaut	9/2	W	1-3 p.m.
78	Rummikub	R07086-103	Holiday Park	9/1	M-F	1-4 p.m.
9	Rummikub	R07086-104	Silver Spring	9/24	Th	9:30-11:30 a.m.
12	Rummikub	R07086-125	White Oak	9/4	F	9:30-11:30 a.m.
61	Rummikub Club	R07086-152	Damascus	9/1	M-F	9 a.m.-Noon
10	Rummikub Game	R07086-107	North Potomac	9/14	M	1:30-3 p.m.
16	Scrabble	R07073-105	Holiday Park	9/2	W	1-3:45 p.m.
12	Social Bridge	R07074-125	White Oak	9/14	M	1-3:30 p.m.
7	Social Club	R03056-102	Mid-County	10/8	Th	12:15-1 p.m.
62	Table Games and Creative Coloring	R07112-102	Long Branch	9/1	M-F	9-10:30 a.m.
1	Wii Bowling Fun!	R07130-103	White Oak	10/14	W	10:30-11:30 a.m.
2	Wii Sports Fun!	R07130-104	Schweinhaut	10/16	F	10:30-11:30 a.m.


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HEALTH AND WELLNESS

HEALTH SCREENINGS

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
13	Blood Pressure Screening	R07108-113	Schweinhaut	9/4	F	1-2 p.m.
3	Blood Pressure Screening	R07108-135	Damascus	9/9	W	10:30-11:30 a.m.
12	UMD Nursing Program	R07094-101	Wheaton	9/3	Th	9 a.m.-4 p.m.

MEDITATION

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
9	Healthy Body, Peaceful Mind	R07077-104	North Potomac	9/14	M	2-3:30 p.m.
16	Mindfulness Meditation	R07077-106	Holiday Park	9/2	W	11-11:50 a.m.

YOGA

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
10	Chair Yoga	R07029-111	Silver Spring	9/14	M	3-4 p.m.
11	Chair Yoga	R07029-125	Damascus	9/14	M	10-10:45 a.m.
11	Chair Yoga	R07032-105	Wheaton	9/1	Tu	3-4 p.m.
6	Chair Yoga	R07032-114	Long Branch	10/15	Th	9:05-10:05 a.m.
12	Chair Yoga	R07032-135	White Oak	9/14	M	12:45-1:45 p.m.
13	Yin Yoga	R07032-113	Schweinhaut	9/12	Sa	9:15-10:15 a.m.
10	Yoga	R07029-117	Damascus	9/2	W	11 a.m.-Noon
10	Yoga	R07029-118	Damascus	9/4	F	11 a.m.-Noon
9	Yoga	R07032-102	Wheaton	9/14	M	10-11 a.m.
8	Yoga	R07032-126	Long Branch	9/28	M	1-2 p.m.
10	Yoga	R03049-101	Clara Barton	9/10	Th	12:30-1:30 p.m.
6	Yoga	R03049-105	Mid-County	9/28	M	10-11 a.m.
6	Yoga	R03049-102	Lawton	10/6	Tu	11 a.m.-Noon
6	Yoga	R03049-103	Lawton	10/8	Th	10:30-11:30 a.m.
9	Yoga - Slow Flow	R07029-107	North Potomac	9/3	Th	2-3 p.m.
12	Yoga for All	R07029-135	White Oak	9/4	F	9:05-10:05 a.m.
10	Yogalates	R07032-104	Wheaton	9/2	W	9:45-10:45 a.m.
10	Yogalates	R07032-112	Silver Spring	9/15	Tu	6:30-7:30 p.m.
6	Yogalates	R07032-127	Long Branch	9/11	F	1-2 p.m.

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MARTIAL ARTS

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
16	Beginners Tai Chi	R07025-109	Holiday Park	9/2	W	9:30-10:20 a.m.
12	Integral Tai Chi	R07025-125	White Oak	9/4	F	1-2 p.m.
11	Intro to Qigong Flow	R07059-104	North Potomac	9/10	Th	9:30-10:15 a.m.
5	Qigong	R03047-100	Mid-County	9/15	Tu	10-11 a.m.
13	Qigong	R07059-103	Schweinhaut	9/12	Sa	Noon-1 p.m.
11	Qigong	R07059-101	Wheaton	9/4	F	1-2 p.m.
15	Self-Defense Tae Kwon Do	R07026-102	Holiday Park	9/4	F	2-3 p.m.
13	Tai Chi	R07025-130	Damascus	9/1	Tu	12:15-1 p.m.
25	Tai Chi	R07025-127	White Oak	9/1	Tu,Th	2-3 p.m.
36	Tai Chi	R07025-126	White Oak	9/2	M,W,F	9-10 a.m.
11	Tai Chi	R07025-101	Wheaton	9/4	F	10:45-11:45 a.m.
12	Tai Chi	R07025-132	Long Branch	9/14	M	10-11 a.m.
10	Tai Chi	R03046-102	Clara Barton	9/14	M	9:30-10:30 a.m.
9	Tai Chi	R07025-117	Long Branch	9/16	W	2-3 p.m.
13	Tai Chi	R03046-101	Potomac	9/22	Tu,Th	10:30-11:45 a.m.
7	Tai Chi	R03046-103	Bauer Drive	9/22	Tu	11 a.m.-Noon
13	Tai Chi - Beginner	R07025-118	North Potomac	9/1	Tu	9:30-11 a.m.
9	Tai Chi - Beginner	R07025-120	Silver Spring	9/16	W	12:30-1:30 p.m.
11	Tai Chi - Chen 18	R07027-102	North Potomac	9/11	F	2:30-3:30 p.m.
13	Tai Chi Chuan	R07025-113	Schweinhaut	9/1	Tu	2-3 p.m.
9	Tai Chi CMC 37 Yang Style and Chi Gong Exercises	R07025-119	North Potomac	9/16	W	10-11:15 a.m.
17	Tai Chi Exercises	R07025-108	Holiday Park	9/1	Tu	9:30-10:20 a.m.
10	Tai Chi - Intermediate	R07027-104	Silver Spring	9/18	F	9-10 a.m.
16	Tai Chi Sword	R07027-103	Holiday Park	8/31	M	2:30-3:25 p.m.


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BONEBUILDERS

Fall 2026

SEPT. 8-NOV.25

FREE
AGES 55+

CLASSES ARE DESIGNED
TO INCREASE
BONE DENSITY.

LEARN
MORE

Activity	Location	Date	Day(s)	Time
R03010-102	Bauer Drive 1	9/9	M,W	11:30 a.m.-12:30 p.m.
R03010-103	Bauer Drive 2	9/8	Tu,Th	1:30-2:30 p.m.
R03010-104	Clara Barton	9/9	M,W	1:30-2:30 p.m.
R03010-105	Coffield 1	9/8	Tu,Th	9:15-10:15 a.m.
R03010-124	Coffield 2	9/9	M,W	9:15-10:15 a.m.
R03010-122	Damascus	9/1	Tu,Th	2:30-3:30 p.m.
R03010-106	Germantown 1	9/10	M,Th	1-2 p.m.
R03010-125	Germantown 2	9/10	M,Th	2:15-3:15 p.m.
R03010-107	Lawton	9/8	Tu,Th	9:30-10:30 a.m.
R03010-123	Long Branch	9/9	M,W	9:45-10:45 a.m.
R03010-108	Longwood 1	9/9	M,W	11:15 a.m.-12:15 p.m.
R03010-109	Longwood 2	9/9	M,W	2-3 p.m.
R03010-110	Mid-County	9/8	Tu,Th	1-2 p.m.
R03010-111	North Potomac 1	9/9	M,W	10:45-11:45 a.m.
R03010-112	North Potomac 2	9/8	Tu,Th	10:40-11:40 a.m.
R03010-113	North Potomac 3	9/8	Tu,Th	11:50 a.m.-12:50 p.m.
R03010-114	Potomac 1	9/9	M,W	9-10 a.m.
R03010-117	Potomac 2	9/9	M,W	Noon-1 p.m.
R03010-115	Praisner 1	9/9	M,W	11 a.m.-Noon
R03010-127	Praisner 2	9/9	M,W	1-2 p.m.
R03010-128	Ross Boddy	9/8	Tu,Th	Noon-1 p.m.
R03010-119	Schweinhaut	9/8	Tu,Th	10:30-11:30 a.m.
R03010-121	Silver Spring 1	9/15	Tu,Th	10-11 a.m.
R03010-126	Silver Spring 2	9/14	M,W	1-2 p.m.
R03010-116	Wheaton 1	9/8	Tu,Th	9:15-10:15 a.m.
R03010-120	Wheaton 2	9/9	M,W	11 a.m.-Noon
R03010-118	Wisconsin Place	9/8	Tu,Th	1-2 p.m.

Senior Neighborhood Programs

Multiple locations throughout the County

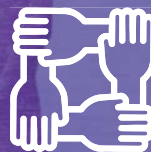
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SENIOR CONGREGATE MEALS



Montgomery County offers a hot meal at lunchtime at 10 senior program locations around the County. This program is offered in partnership with the Department of Health and Human Services, Aging and Disability Services. Check with the center nearest you for more information.

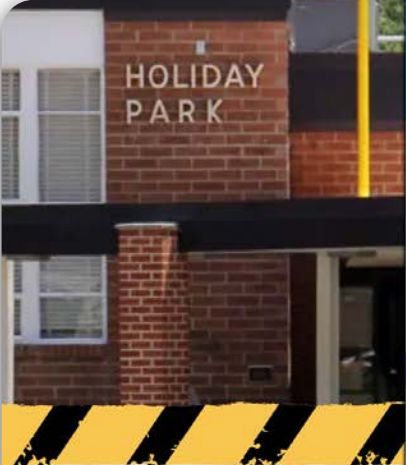
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MUSIC



Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
13	Angklung Music Lessons	R07109-103	Schweinhaut	9/12	Sa	Noon-2 p.m.
9	Chinese Karaoke	R07080-131	North Potomac	9/1	Tu	2-3:30 p.m.
12	Chinese Karaoke	R07080-116	Long Branch	9/14	M	11-11:45 a.m.
13	Karaoke	R07080-117	Long Branch	9/3	Th	12:45-1:45 p.m.
8	Rhythmic Drumming	R07039-101	Silver Spring	9/16	W	2-3 p.m.
3	Song Circle	R07080-115	Schweinhaut	9/11	F	1:30-3:30 p.m.




IMPORTANT

HOLIDAY PARK SENIOR CENTER

WE'RE OPEN DURING CONSTRUCTION




Holiday Park Senior Center has begun construction on windows and exterior doors throughout the center. We are currently in Phase 2 of the project, which has an impact on programs.

During Phases 2 and 3, the center will remain open. Classes will continue with limited offerings.

To learn more about what programs are being offered, call the center at 240-777-4999. If you need additional support, please visit the nearest senior centers, Wheaton CRC and Margaret Schweinhaut SC.



SPECIAL EVENTS

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
1	250th Stars and Stripes Celebration	R07107-177	Damascus	9/3	Th	11:30 a.m.-1:30 p.m.
1	250th Stars and Stripes Celebration	R07107-185	North Potomac	9/3	Th	10 a.m.-1:15 p.m.
1	Active Aging Luncheon*	R07107-144	Silver Spring	10/6	Tu	11 a.m.-1 p.m.
1	Active Aging Week Signature Event	R07107-150	North Potomac	10/5	M	9 a.m.-2 p.m.
1	African Afrobeat	R07107-107	Holiday Park	10/16	F	1-3 p.m.
2	Artist Showcase	R07107-125	White Oak	11/19	Th,F	1-7 p.m.
3	Chat with the Senior Center Director	R07314-101	Wheaton	9/17	Th	1-2 p.m.
3	Chat with the Senior Center Director	R07314-103	Long Branch	9/1	Tu	12:45-1:45 p.m.
1	Chinese Moon Cake Celebration	R07089-126	Long Branch	9/28	M	10 a.m.-Noon
1	Chuseok (Korean Thanksgiving Celebration)	R07089-125	White Oak	9/25	F	10:30 a.m.-Noon
5	Dance Club Friday	R07081-101	Holiday Park	10/23	F	1-3 p.m.
1	Down County Fitness Fun Day	R07107-152	White Oak	11/13	F	9:30-11:30 a.m.
32	Entertainment Series/ 1 p.m. Show	R07106-103	Holiday Park	8/31	M-Th	1-2 p.m.
13	Ethiopian Ceremony "Brewing Healthy Relationships"	R07111-102	Schweinhaut	9/4	F	10:30 a.m.-Noon
13	Friday Afternoon Cinema	R07088-101	Schweinhaut	9/4	F	12:30-2 p.m.
1	Friendsgiving	R07089-105	Wheaton	11/20	F	11:30 a.m.-1 p.m.
1	Games and Gathering	R07107-101	Silver Spring	9/20	Su	1-4 p.m.
1	Halloween Party	R07107-126	Holiday Park	10/30	F	1-3 p.m.
1	Hispanic Heritage	R07107-124	Holiday Park	10/9	F	1-3 p.m.
1	Hispanic Heritage	R07089-103	Long Branch	10/7	W	11 a.m.-1:30 p.m.
1	Hispanic Heritage	R07089-100	White Oak	10/2	F	6-9 p.m.
1	Holiday Cheer	R07107-103	Holiday Park	12/4	F	1-3 p.m.
1	Ice Cream Social and Music	R07107-113	Schweinhaut	9/25	F	1-2:30 p.m.
12	New Movie Monday	R07088-125	White Oak	9/14	M	12:30-2:30 p.m.
1	Rita Clarke and the Naturals	R07106-114	Schweinhaut	9/16	W	1-2 p.m.
1	Thanksgiving Lunch	R07089-104	Long Branch	11/25	W	11 a.m.-1:30 p.m.
1	Thanksgiving Party	R07107-111	Holiday Park	11/20	F	1-3 p.m.
12	Thursday Thrills	R07089-114	Damascus	9/3	Th	1-2 p.m.
13	Wednesday Watch and Wow	R07106-113	Damascus	9/2	W	1-2 p.m.

*This activity has a fee.


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SPORTS



Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
12	Newbies and Beginners Pickleball	R07091-112	Schweinhaut	9/3	Th	1-2 p.m.
12	Intermediate Pickleball	R07091-114	Schweinhaut	9/3	Th	3-4 p.m.
12	Pickleball	R07091-135	White Oak	9/3	Th	9 a.m.-2 p.m.
12	Advanced Beginners Pickleball	R07091-113	Schweinhaut	9/3	Th	2-3 p.m.
13	Billiard Lessons for Ladies	R07103-108	Schweinhaut	9/1	Tu	11 a.m.-Noon
13	Billiard Lessons for Ladies	R07103-109	Schweinhaut	9/1	Tu	10-11 a.m.
24	Billiards	R07103-105	Holiday Park	8/31	M-F	8:45 a.m.-4 p.m.
60	Billiards	R07103-104	Schweinhaut	9/1	M-F	8 a.m.-4 p.m.
11	Billiards	R07103-103	Schweinhaut	9/12	Sa	9 a.m.-3 p.m.
26	Bocce Ball Play	R07124-100	Schweinhaut	9/1	Tu,Th	1-2 p.m.
12	Senior Volleyball	R07039-135	White Oak	9/14	M	9 a.m.-2 p.m.
12	Soccer	R07128-101	North Potomac	9/2	W	10 a.m.-Noon
12	Soccer	R07128-102	North Potomac	9/4	F	10 a.m.-Noon
6	Soccer	R07128-104	North Potomac	9/3	Th	5:30-7 p.m.
11	Soccer - Walking	R07128-105	North Potomac	9/14	M	10 a.m.-Noon
13	Sport Games	R07093-102	Long Branch	9/4	F	12:45-1:45 p.m.
11	Table Tennis (Ping Pong)	R07097-106	Schweinhaut	9/11	F	10:30 a.m.-Noon
11	Table Tennis (Ping Pong)	R07097-105	Schweinhaut	9/14	M	Noon-2 p.m.



2026 | INFORMATION & REGISTRATION GUIDE



WELCOME TO THE 2026 SEASON!
"TO PARTICIPATE IS TO WIN!"



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MINI TRIPS

Trip	Activity	Location	Start Date	Day(s)	Time
250th Stars and Stripes Celebration	R07101-140	North Potomac	9/3	Th	9:45 a.m.-1:15 p.m.
Amish Market	R07101-110	Long Branch	9/25	F	9:30 a.m.-Noon
Amish Market and Wegmans Grocery	R07101-107	North Potomac	9/24	Th	9:30 a.m.-1 p.m.
Amish Market Trip	R07101-143	Damascus	9/25	F	9:30-11:30 a.m.
Brookside Garden	R07101-108	Long Branch	9/8	Tu	9:30 a.m.-Noon
Brookside Garden	R07101-123	Long Branch	10/13	Tu	9:30 a.m.-Noon
Butler's Orchard	R07101-102	Damascus	10/21	W	9:30 a.m.-12:30 p.m.
Damascus Fair	R07101-180	Damascus	9/11	F	10-11:30 a.m.
Germantown Library	R07101-113	Damascus	9/4	F	9:30-11:30 a.m.
Glenstone Museum	R07101-104	Damascus	10/29	Th	9:30 a.m.-2 p.m.
Hardwood House	R07101-167	Damascus	10/9	F	9:30-11:30 a.m.
India Bazaar	R07101-156	Damascus	9/16	W	9:30-11:30 a.m.
Milestone Shopping Center	R07101-129	Damascus	9/8	M	9:30-11:30 a.m.
Mt. Airy Walmart	R07101-114	Damascus	9/14	M	9:30-11:30 a.m.
Recycling Center Tour	R07101-103	Damascus	10/27	W	9:30-11:30 a.m.
Thrift Store	R07101-133	Long Branch	11/17	Tu	9:30 a.m.-Noon
Trip to Active Aging Week Signature Event	R07101-101	Wheaton	10/5	M	9 a.m.-Noon
Trip to Active Aging Week Signature Event	R07101-173	Schweinhaut	10/5	M	9:15 a.m.-2 p.m.


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REGISTRATION BEGINS TUESDAY, AUG. 11 AT 9 A.M.

FOR MORE INFORMATION, VISIT MOCOREC.COM/TRIPSTOURS or call 240-777-4933.



MONTGOMERY COUNTY RECREATION
SOAR
SENIOR OUTDOOR ADVENTURES IN RECREATION

SOAR offers day trips designed for active adults 55 and older. Travel by motorcoach for trips unless otherwise specified. All trips depart and return to Olney Manor Recreational Park, 16605 Georgia Ave., Olney.

R07082-101 Tour George Washington's Mount Vernon, VA Th, Sept. 17 • Leave 8:30 a.m., Return 3:30 p.m. • Fee: \$84

Mount Vernon is the historic home of America's first president, George Washington. Experience the mansion, grounds, outbuildings, gardens, Washington Tomb, the Slave Memorial and the museum. Lunch will be on our own at the food court. Fee includes transportation, admission and tour. Trip is held rain or shine.

R07082-102 Tour the Baltimore Museum of Industry, Baltimore, MD Th, Sept. 24 • Leave 8:30 a.m., Return 3:30 p.m. • Fee: \$82

Experience the exhibitions at the Baltimore Museum of Industry, which document the diverse and significant human stories of the workers and entrepreneurs who built Baltimore into a manufacturing powerhouse. Baltimore is home to the nation's first passenger railway, the oldest gas company, the first traffic light, the first telegraph message received, the Linotype machine and many other "firsts" in industry. We will have a guided tour, with time on our own to explore the entire destination. Lunch will be on your own at the nearby Lexington Market. Fee includes transportation and admission. Trip is held rain or shine.

R07082-103 Gettysburg National Battlefield and Museum Tours, Gettysburg, PA Th, Oct. 15 • Leave 7 a.m., Return 6 p.m. • Fee: \$126

The Gettysburg Battlefield Tour will begin at the Gettysburg National Military Park Museum and Visitor Center as we experience the exhibits and films. The tour will be followed by lunch at Farnsworth House Inn Restaurant, where you can enjoy cuisine in a historic Civil War setting. Following lunch, we will meet our Battlefield Tour guide to explore key sites: Little Round Top, Devil's Den, the Wheatfield and Pickett's Charge. Fee includes transportation, admission, guided tours and lunch. Trip is held rain or shine.

R07082-104 Antietam National Battlefield and Ritchie History Museum, Sharpsburg, MD Th, Oct. 22 • Leave 7:30 a.m., Return 5:30 p.m. • Fee: \$89

One of the best-preserved battlefields, Antietam, inspired Lincoln to issue the Emancipation Proclamation, one of the major turning points in the American Civil War. We will have a guided tour of the battlefield, the Ritchie History Museum and other Civil War-related sites. Lunch will be on your own at a nearby food court. Fee includes transportation, admission and guided tours. Trip is held rain or shine.

R07082-105 Rocky Gap Casino and Hiking Trails, Flintstone, MD Th, Oct. 29 • Leave 8 a.m., Return 5 p.m. • Fee: \$69

Enjoy the magnificent fall foliage through the mountains of Western Maryland. Try your luck at the Rocky Gap Casino or take advantage of the fall views, walking trails and dining with majestic lake views. Fee includes transportation. Trip is held rain or shine.

R07082-106 National Geographic Museum of Exploration, Washington, D.C. Th, Nov. 12 • Leave: 8:30 a.m., Return 3:30 p.m. • Fee: \$89

Your general admission ticket will give you access to all permanent and rotating exhibitions, which are designed to be self-paced. Additionally, we will offer a Guided Highlights Tour upon arrival for the perfect first look at the Museum of Exploration. You will enjoy lunch and the Explorers Eatery on your own. Fee includes transportation, admission and guided tour. Trip is held rain or shine.

R07082-107 German Christmas Village, Baltimore and Lights on the Bay, Annapolis, MD W, Dec. 2 • Leave 2 p.m., Return 9 p.m. • Fee: \$79

Enjoy time on your own at the German Christmas Village to shop and eat. Then we will make our way to Lights on the Bay drive-thru lights display at Sandy Point State Park in Annapolis. Fee includes transportation and entrance. Trip is held rain or shine.

R07082-108 Longwood Gardens and Holiday Lights, Kennett Square, PA W, Dec. 9 • Leave 10:30 a.m., Return 8:30 p.m. • Fee: \$96

We will visit the gardens and conservatory during the daylight hours when we arrive. Experience the magic of a Longwood Holiday at nightfall as you wander the paths outside through hundreds of thousands of twinkling lights and delight in beauty at every turn. Meals are on your own at the self-service cafe. Fee includes transportation, admission and display. Trip is held rain or shine.

Images below courtesy of National Geographic





MAKE EVERY DAY UNFORGETTABLE!

Day Trippers offers intergenerational trips to a variety of destinations. A day trip is planned with your interests in mind.

Join us for exciting trips and leave the driving to us. Children under 18 must be accompanied by an adult. Trips leave from and return to Olney Manor Recreational Park, 16605 Georgia Ave., Olney.

- R07083-101** **Occoquan's Fall Arts and Crafts Festival, Occoquan, VA** **Su, Sept. 27 • Leave 8:30 a.m., Return 3:30 p.m. • Fee: \$62**
Explore offerings from more than 200 artisans, makers, crafters, bakers and more. Enjoy an all-you-can-eat experience with food and drink vendors and the many performing musicians. Fee includes transportation. Trip is held weather permitting.
- R07083-102** **National Apple Festival, Biglerville, PA** **Su, Oct. 4 • Leave: 8 a.m., Return 4 p.m. • Fee: \$72**
Located in the heart of Pennsylvania apple country, the National Apple Harvest Festival celebrates the fall with beautiful handmade crafts, delicious food and jam-packed entertainment. The festival has something for everyone with special attractions like steam engine displays, live music, antique cars, orchard tours, pony rides, tastings, craftsman demonstrations and more! The event is held rain or shine! Fee includes admission and transportation. Apples and meals are on your own!
- R07083-103** **Havre de Grace Arts and Crafts Festival, Havre de Grace, MD** **Sa, Oct. 17 • Leave 8 a.m., Return 5 p.m. • Fee: \$79**
Enjoy the 63rd Annual Havre de Grace Art Show at Tydings Memorial and Concord Point Park with a connecting waterfront promenade overlooking the Susquehanna River. This outdoor event features artists and craftsmen, as well as food and entertainment. Fee includes transportation. Trip is held weather permitting.
- R07083-104** **Tea Time at the Tea Trolley, Delta, PA** **Th, Nov. 5 • Leave 9 a.m., Return 5 p.m. • Fee: \$98**
At this charming Tea Room, you will take a step back to an era where manners and civility were common. Fee includes transportation and Full High Tea. Trip is held rain or shine.
- R07083-105** **Oysterfest at the Chesapeake Bay Maritime Museum, St. Michaels, MD** **Sat, Nov. 7 • Leave 8 a.m., Return 5 p.m. • Fee: \$82**
The Chesapeake Bay Maritime Museum hosts Oysterfest, an event featuring live music, boat rides, oysters, cooking demos and varieties of food offered for purchase. Fee includes transportation and admission. Trip is held weather permitting.
- R07083-106** **JOSHUA at Sight and Sound Theatre, Lancaster, PA** **Th, Nov 19 • Leave 8:45 a.m., Return 7:45 p.m. • Fee: \$172**
From the banks of the Jordan River to the towering walls of Jericho, JOSHUA is a miraculous adventure. Journey alongside the people of Israel as they navigate their newfound freedom in an unforgiving wilderness. Experience one of the most redemptive stories of the Bible as it comes to life in this brand-new original stage production. Before the show, we will have an all-you-can-eat buffet at Hershey Farm Restaurant. Fee includes transportation, the buffet and the show. Trip is held rain or shine.
- R07083-107** **National Harbor and Annmarie Sculpture Garden in Lights, MD** **Su, Dec. 6 • Leave 11 a.m., Return 10 p.m. • Fee: \$89**
Shop and dine at National Harbor in Oxon Hill before heading to Annmarie Sculpture Garden in Lights in Solomons, MD. The garden is transformed into a twinkling wonderland with glowing light sculptures, wondrous light installations and photo opportunities around every corner. Experience holiday shopping, food trucks and nightly activities and entertainment. Walk through on your own! Fee includes admission and transportation. Trip is held weather permitting.
- R07083-108** **Dutch Apple Dinner Theatre, Holly Jolly Holiday, Lancaster, PA** **Su, Dec. 20 • Leave 9:30 a.m., Return 5:30 p.m. • Fee: \$119**
Immerse yourself in the spirit of the season with this original holiday musical sure to make you merry. The halls are decked with holly, so let the jolly festivities begin with lively dancing and singing to the yuletide tunes you know and love. Enjoy an all-you-can-eat buffet before the show. Fee includes transportation, buffet and show. Trip is held rain or shine.



CLUB FRIDAY

GAMES • CRAFTS • MOVIES • SPORTS • DJ/DANCING
SPECIAL EVENTS • PRIZES • SNACKS • RAFFLES



Grades 3-6 • CO-ED

Activity R03002

Clara Barton NRC*

Oct. 23 - May 7 | 7-9 p.m.

Lawton CRC*

Oct. 9 - April 9 | 7-9:30 p.m.

Longwood CRC*

Oct. 23 - March 12 | 7-9 p.m.

N. Potomac CRC*

Sept. 25 - March 12 | 7-9 p.m.



SCAN THE QR

Potomac CRC*

Oct. 2 - March 5 | 7-9 p.m.

*All locations meet
on select Fridays.



Membership Fee
Varies

Activity Time
Varies



MONTGOMERY COUNTY
Recreation

CLUB ★ FALL 2026 ADVENTURE

September - November

After School Program

LOCATIONS

Coffield CRC
Damascus CRC
East County CRC
Long Branch CRC
Mid-County CRC

N. Potomac CRC
Plum Gar CRC
Praisner CRC
Upper County CRC
White Oak CRC

Monday -
Friday ★

3:30 - 6:30 p.m.

Ages 5-11

\$75

Per Month

★
Join Us!

For grades K-5.

Enjoy sports, crafts, dance and
more. Multiple locations available.



PAYMENT AND REFUND INFORMATION

WAYS TO REGISTER

ONLINE

Credit Card payment only. Register 24 hours a day, seven days a week for all activities at www.ActiveMONTGOMERY.org.

BY MAIL

Check or money order payment only.

Fill out and sign the registration form and mail it to:

ActiveMONTGOMERY

2425 Reedie Drive

10th Floor

Wheaton, MD 20902

DROP-OFF

Customers may drop off their registration form and payment at: Montgomery County Recreation

Administrative Office

2425 Reedie Drive

10th Floor

Wheaton, MD 20902

Monday - Friday

9 a.m. - 3:30 p.m.

PAYMENT INFORMATION

- Full payment must be made at time of registration.
- Do not submit registrations and/or payments to Recreation instructors.
- For Montgomery County Recreation activities, non-county residents must pay an additional \$15 per activity per participant.

CHECKS and MONEY ORDERS

- Make checks and money orders payable to ActiveMONTGOMERY.
- Checks and money orders must include name, address, and telephone number.
- If your check is returned unpaid, your account will be debited for the original check amount, and electronically or via paper for the state's maximum allowable service fee. Payment by check constitutes authorization of these transactions. You may revoke your authorization by calling 800-666-5222, ext. 2 to arrange payment for any outstanding checks and service fees due.
- Please allow two weeks to receive a refund by check.

CREDIT CARDS

- Visa, MasterCard, American Express and Discover are accepted.
- Registration form must include correct credit card number, expiration date, authorized signature and authorized total amount.
- Montgomery County Recreation reserves the right to pursue all available options to collect any funds owed as a result of a dishonored check or credit card, charge incurred due to unsubstantiated credit card disputes, or any outstanding debt.

WITHDRAWALS AND REFUNDS

Service Type	Withdrawal Time Frame	Withdrawal Reason & Method	Refund Amount
Camps, Classes, Leagues, and Trips & Tours	At least 14 (fourteen) calendar days before start date	Any reason, ONLINE, EMAIL or IN PERSON	Full refund
	Less than 14 (fourteen) calendar days before start date	Any reason, ONLINE, EMAIL or IN PERSON	Refund less 50% of the total fee
	On activity start date or later; After league schedule is posted	N/A	No refund will be issued
Rentals	At least 30 (thirty) calendar days before start date	Any reason, ONLINE, EMAIL or IN PERSON	Full refund
	Less than 30 (thirty) calendar days before start date	Any reason, ONLINE, EMAIL or IN PERSON	Refund less 50% of the total fee
	On rental date	N/A	No refund will be issued
For classes/sessions/games missed by participant		No refund will be issued	For more information visit www.mocorec.com 
When make up sessions are offered			
Memberships			

Withdrawal Methods:

Online: at www.ActiveMONTGOMERY.org

Email: Rec.FinanceOffice@MontgomeryCountyMD.gov

In Person with signature:

Recreation Administrative Office

2425 Reedie Drive

10th Floor

Wheaton, MD 20902

Refund Methods:

Refunds will be issued in the same form as payment rendered, except cash. Credit card payments are returned to the original credit card used for payment. Credit card refunds that cannot be returned to the original credit card used for payment will be returned by check. All other forms of payment are returned by check.

Questions:

Call 240-777-6806 (8:30 a.m.-4:30 p.m.)

Email: Rec.FinanceOffice@MontgomeryCountyMD.gov



CONTACT CUSTOMER SERVICE

Customer Service Available

8:30 a.m.-4:30 p.m.

Phone: 240-777-6840

Email: recreation.customerservice@montgomerycountymd.gov

2425 Reedie Drive, 10th Floor, Wheaton, MD 20902



Facility Addresses

Registration begins Tuesday, Aug. 11 for fall programs.



Looking for Senior Centers?

[Click here to view senior center locations.](#)



Looking for pool locations?

[Click here to view aquatic facilities.](#)

ELEMENTARY SCHOOLS

Bethesda ES..... 7600 Arlington Road, Bethesda 20814
Rock View ES..... 3901 Denfeld Ave., Kensington, 20895
Sligo Creek ES..... 500 Schuyler Road, Silver Spring 20910
Oakland Terrace ES..... 2720 Payers Mill Rd, Wheaton 20902

MIDDLE SCHOOLS

Earle B. Wood MS..... 14615 Bauer Drive, Rockville, 20853
White Oak MS..... 12201 New Hampshire Ave., Silver Spring, 20904

HIGH SCHOOLS

Kennedy HS..... 1901 Randolph Road, Wheaton 20902
Wheaton HS..... 12401 Dalewood Drive, Silver Spring, 20906

OTHER FACILITIES

Life Rescue Training..... 12105 Nebel St., Rockville, 20852
School of Music..... 1331 Rockville Pike, Ste. Q, Rockville, 20852

PARKS

Bauer Drive LP..... 14625 Bauer Drive, Rockville, 20853
Cabin John RP..... 7400 Tuckerman Lane, Bethesda, 20817
Layhill Village LP..... 1920 Queensguard Road, Wheaton, 20906
Laytonia RP..... 7300 Airpark Road, Gaithersburg, 20879
Olney Manor RP..... 16601 Georgia Ave., Olney 20832
Ridge Road RP..... 21155 Frederick Road, Germantown, 20876
Tilden Woods LP..... 6800 Tilden Lane, Rockville, 20852
Calverton-Galway LP..... 3039 Fairland Road, Silver Spring, 20904
Veirs Mill LP..... 4425 Garrett Park Road, Silver Spring, 20906
Layhill LP..... 14901 Layhill Road, Cloverly, 20906
Meadowbrook LP..... 7901 Meadowbrook Lane, Chevy Chase, 20815
Wells NP..... 1107 Rokeby Ave., Garrett Park, 20896

**All recreation, senior, indoor aquatic centers
closed on Sept. 5-7.**

RECREATION FACILITIES

Recreation Administrative Office..... 2425 Reedie Drive, 10th Floor, Wheaton, 20902
Bauer Drive CRC..... 14625 Bauer Drive, Rockville, 20853
Clara Barton NRC..... 7425 MacArthur Blvd., Cabin John, 20818
Damascus CRC..... 25520 Oak Drive, Damascus, 20872
East County CRC..... 3310 Gateshead Manor Way, Silver Spring, 20904
Germantown CRC..... 18905 Kingsview Drive, Germantown, 20874
Good Hope NRC..... 14715 Good Hope Road, Silver Spring, 20905
Gwendolyn E. Coffield CRC..... 2450 Lyttons ville Road, Silver Spring, 20910
Lawton CRC..... 4301 Willow Lane, Chevy Chase, 20815
Long Branch CRC..... 8700 Piney Branch Road, Silver Spring, 20901
Longwood CRC..... 19300 Georgia Ave., Brookeville, 20833
Marilyn J. Praisner CRC..... 14906 Old Columbia Pike, Burtonsville, 20866
Mid-County CRC..... 2004 Queensguard Road, Silver Spring, 20906
Nancy H. Dacek North Potomac CRC..... 13850 Travilah Road, Rockville, 20850
Plum Gar CRC..... 19561 Scenery Drive, Germantown, 20874
Potomac CRC..... 11315 Falls Road, Potomac, 20854
Ross Boddy NRC..... 18529 Brooke Road, Sandy Spring, 20860
Scotland NRC..... 7000 Scotland Drive, Potomac, 20854
Silver Spring RAC..... 1319 Apple Ave., Silver Spring, 20910
Upper County CRC..... 8201 Emory Grove Road, Gaithersburg, 20877
Wheaton CRC..... 11701 Georgia Ave., Wheaton, 20902
White Oak CRC..... 1700 April Lane, Silver Spring, 20904
Wisconsin Place CRC..... 5311 Friendship Blvd., Chevy Chase, 20815

Abbreviation Key

Outdoor Pools

BOP - Bethesda Outdoor Pool
GOP - Germantown Outdoor Pool
LBOP - Long Branch Outdoor Pool
MLKOP - Martin Luther King Jr. Outdoor Pool
UCOP - Upper County Outdoor Pool
WCOP - Sarah E. Auer Western County Outdoor Pool
WGOP - Sergeant Hector I. Ayala Wheaton/Glenmont Outdoor Pool

Indoor Pools

GISC - Germantown Indoor Swim Center
MLKSC - Martin Luther King Jr. Swim Center
OSC - Olney Swim Center
SSRAC - Silver Spring Recreation and Aquatic Center

Parks

LP - Local Park
RP - Regional Park/
Recreational Park

Centers

CRC - Community Recreation Center
SC - Senior Center
RAC - Recreation and Aquatic Center

Schools

ES - Elementary School
MS - Middle School
HS - High School





WHERE THE
FUN
BEGINS



[MOCOREC.COM/APPLY](https://mocorec.com/apply)



MONTGOMERY COUNTY
Recreation
IS HIRING

FULL TIME, PART-TIME AND
SEASONAL POSITIONS
AVAILABLE!

From working in our after-school
programs, to lifeguarding at our
pools, there are a variety of
opportunities available.

**CHECK OUT
THE FULL LIST
OF OPEN
POSITIONS
ONLINE**

WHERE THE FUN BEGINS

Have questions?

The customer service and outreach teams
are here to help!



HOURS OF OPERATION

Monday - Friday

8:30 a.m.-4:30 p.m.



CALL US

Customer Service Available

8:30 a.m.-4:30 p.m.

240-777-6840



VISIT US

8:30 a.m.-4:30 p.m.

Administrative Office

2425 Reddie Drive

10th Floor

Wheaton, MD 20902

See Map

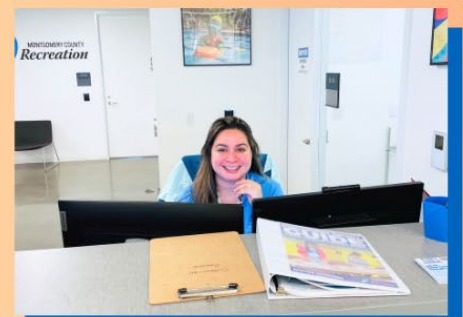
FALL 2026

Registration begins
Tuesday, Aug. 11

Public Outreach Team



Customer Service Team



www.mocorec.com



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



recreation.customerservice@montgomerycountymd.gov



MONTGOMERY COUNTY
Recreation