

Fall Guide

2016



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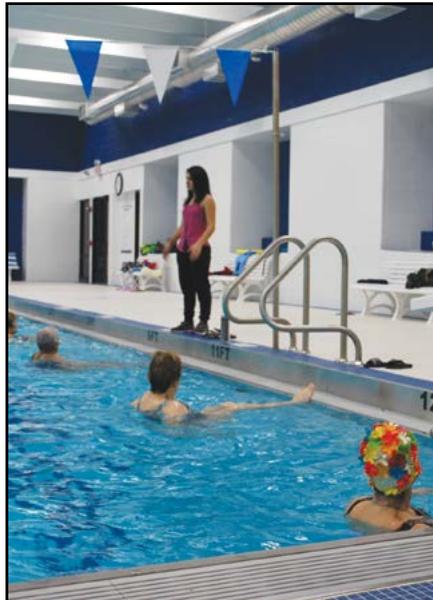
**Tots/Preschool • Children • Croydon Creek Nature Center
Teens • Adults • Seniors • Aquatics • Cultural Arts**

Fall in the City



Connect
Create
Celebrate

We're here to help you connect, create and celebrate life in Rockville. We contribute to a high quality of life by connecting citizens and visitors of Rockville with exceptional parks and extraordinary recreational opportunities. These services provide the foundation for physical, social, economic and environmental viability and the well-being of the community. *Welcome to Rockville Recreation and Parks.*



Stay Informed

www.rockvillemd.gov/recreation

Email: rockenroll@rockvillemd.gov
240-314-8620

 [Twitter.com/rockvillerec](https://twitter.com/rockvillerec)

 [Instagram.com/rockvillerec](https://www.instagram.com/rockvillerec)

Rate Key:

Prices are listed as
Resident (R)
Non Resident (NR)

Recreation and Parks Mission Statement

To promote participation by all Rockville citizens in diverse, interesting and high quality recreational and leisure opportunities in safe, modern and well maintained parks and facilities.

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Senior and Swim Member program
registration begins Aug. 9, 2016

General registration begins Aug. 11, 2016

Rockville Earns National Recognition for Healthy Initiatives

Let's Move! Rockville achieved gold medals in all five categories and was recognized by the National League of Cities.

Playful City USA - The city was recognized as a leader in providing all children easy access to balanced and active play.

Rockville's Mayor and Council passed a resolution to be a **Healthy Eating Active Living** community, encouraging healthy living among residents and employees.



Note to parents: In order to assist us in offering quality programs for your preschooler, we ask that you do not remain at the class unless it is otherwise stated in the description. Experience has shown that preschoolers are easily distracted due to their short attention spans. Note: Classes with low enrollment will be canceled 7-10 days prior to first class. Register early to avoid cancellations. **For holidays and no class dates, see <http://rockenroll.rockvillemd.gov>. Enter course number to view course details.**

Arts, Dance and Enrichment

Little Fingers Piano Parent/Child

Students will be introduced to piano through a group learning experience and play songs in a relaxing and age appropriate environment. The objective of these classes is to promote a love of music and desire to have music in their lives in a meaningful and productive way. Program includes FREE instrument rental and materials - NO materials fee. Rental agreement must be signed - rental must be returned at the last scheduled class of the session. See page 8 for piano classes for ages 5-12.

Age: 2-5
 55347 Sa 9/24-10/29 10:15-10:45 AM \$120/\$129
 Twinbrook Community Rec. Center Annex/Learn Now Music

LNM My First Music Class

Enjoy music with your child while they experience their FIRST Music class! We will explore fun topics such as the farm, cooks in the kitchen, the sea, birds, animals, parts of the body and surprises, etc. Students and parents participate in language repetition & speech development, greetings and goodbyes, verbal and physical counting, memory & reaction exercises, gross & fine motor skills, instrument manipulation & handling, rhythm exercises, and listening & melody development. Small manipulatives such as scarves, bean bags & small percussive instruments will be supplied and utilized in class.

Age: 2-5
 55351 Sa 9/24-10/29 9:30-10 AM \$125/\$135
 Twinbrook Community Rec. Center Annex/Learn Now Music

New! Make and Take Crafts (Parent/Child)

Bring out your child's artist side. Children will create two projects each week using their imaginations and materials such as fabric, paint, glitter, wood and more. Please bring a smock and a box for art projects. Adult participation required. Materials fee of \$16 due to instructor at first class.

Age: 3-6
 56165 Th 9/29-10/20 10-10:45 AM \$35/\$39
 56166 Th 10/27-11/17 10-10:45 AM \$35/\$39
 56936 Sa 9/24-10/15 9:30-10:15 AM \$35/\$39
 56937 Sa 10/22-11/19 9:30-10:15 AM \$35/\$39
 Thomas Farm CC/Thompson

Music Together (Adult/Child)



Nurture your child's natural enthusiasm for music and movement through singing, dancing, chanting and instrument play. Children have an innate ability to learn music as language. Fee includes two Music Together trademark CDs, illustrated songbook and parent education materials. Cost of materials is non-refundable. Sibling fee is \$120. Siblings under 10 months may attend for free (no registration necessary). Fax, mail or walk-in your registration for siblings 10 months and older to receive a discount. Adult participation required.

Age: 1 mo-5 yr
 56789 Tu 9/6 10:30-11:15 AM **Free Demo**
 55353 W 9/14-11/23 9:30-10:15 AM \$189/\$210/\$120
 55354 W 9/14-11/23 10:30-11:15 AM \$189/\$210/\$120
 Thomas Farm CC/Liddle

Age: 1 mo-5 yr
 56790 Th 9/8 9:30-10:15 AM **Free Demo**
 55355 Th 9/15-11/17 9:30-10:15 AM \$189/\$210/\$120
 Elwood Smith RC/Winkler



"Cookies with Santa"

**Celebrate the holidays...
Come visit with Santa**

**Saturday, Dec. 17
2-4 p.m.**

Thomas Farm Community Center

Visit with Santa, holiday crafts, cookie decorating, letters to Santa and more. All ages.

\$4 pp at the door • 240-314-8840

Pre-Ballet



Introduce your child to dance, movement and basic ballet techniques. Rhythm, coordination and fun are emphasized. Ballet shoes, loose-fitting clothing or leotards and tights are recommended but not required. Ballet barres are provided at Rockcrest Ballet Center.

Age: 3-4
 55360 Sa 9/17-10/29 10-10:45 AM \$82/\$92
 Twinbrook CRC/Tennant

Age: 3-4
 55362 Sa 9/17-11/12 11-11:30 AM \$79/\$89
 55363 Sa 9/17-11/12 11:45 AM-12:15 PM \$79/\$89
 Thomas Farm CC/Simpson

Age: 3-4
 55366 W 9/21-11/16 10:30-11:15 AM \$89/\$95
 55975 W 9/21-11/16 11-11:45 AM \$89/\$95
 Rockcrest Ballet Ctr./Langdon

Age: 4-5
 55361 Sa 9/17-10/29 11-11:45 AM \$82/\$92
 Twinbrook CRC/Tennant

Age: 4-5
 55364 Sa 9/17-11/12 10-10:45 AM \$89/\$95
 Thomas Farm CC/Simpson

Pre-Ballet Dansez Dansez!



Classes are taught in French (translated in English). Basic steps are broken down into small components. Develop poise, self-confidence, good posture, coordination and balance. Tights, leotard and ballet slippers required.

Age: 2-5
 55367 Th 9/22-11/10 4:30-5 PM \$95/\$110
 Thomas Farm CC/Philippe

Tiny Tot Halloween Spooktacular

Preschool children and their parents are invited to a morning of fun Halloween activities. The event includes entertainment, a costume parade, halloween crafts, pumpkin painting, games, play equipment and refreshments. Held at Thomas Farm CC

Child - Age: 1 mo-5 yr
 56350 Tu 10/18 10AM-12 PM \$2

Adult - Age: 6+
 56349 Tu 10/18 10AM-12 PM \$6/\$8

Trick or Treat at Thomas Farm Community Center

Monday, Oct. 31, 6-8 p.m.

Stop by the Thomas Farm Community Center while you are out trick or treating on Halloween evening and visit the center's kid friendly haunted room.

Cost is \$1 per person

Tiny Hoopers



You're never too young to start playing basketball. This program will teach your little one sportsmanship, teamwork and the basic fundamentals needed to play the game.

Age: 4-6
 56949 Th 9/22-10/27 5:30-6:15 PM \$55/\$65
 Lincoln Park CC/Dawkins

Child Care - Preschool

Professional, caring staff with years of experience provide a safe nurturing environment for your child.

Montrose Discovery Preschool



Preschoolers will learn through play while participating in learning centers, music, cultural activities, arts, crafts and outdoor time in this year-round licensed program. Experienced staff develop programs designed to focus on social and academic skills necessary for Kindergarten, while promoting self-confidence and individual expression. Children must be 3 years old and toilet trained. The program runs August 29, 2016 through June 2, 2017 with registration ongoing as spaces become available. Visit our website at www.rockvillemd.gov/preschool for a registration form. Vouchers are accepted and additional financial support is available. Fees below are monthly.

Age: 3-5
 M-F 8/29-6/2 8 AM-6 PM \$895/\$995
 M-F 8/29-6/2 9 AM-12:30 PM \$555/\$655
 Montrose CC & Pk.

Fitness and Wellness

We recommend bringing a water bottle to all fitness programs.

Funfit Tots (Adult/Child)



Enjoy non-stop fun with active games, songs, parachute play, balls and creative movement. Develop self confidence, motor skills, socialization and reinforce cognitive learning. All abilities welcome. Children must be walking.

Age: 1-2
 55409 F 9/23-10/21 10:15-11 AM \$59/\$69
 56306 F 11/4-12/9 10:15-11 AM \$59/\$69
 Thomas Farm CC/Funfit Staff

Age: 2-3
 55410 F 9/23-10/21 11-11:45 AM \$59/\$69
 56307 F 11/4-12/9 11-11:45 AM \$59/\$69
 Thomas Farm CC/Funfit Staff

Time for Toddlers



Monday Morning Moms

Mondays, 10 a.m.-Noon

Parents and preschoolers enjoy play equipment in the gym.

Twinbrook Community Recreation Center
240-314-8830

Tiny Tots Drop-In

Tuesdays, 10 a.m.-Noon

Halloween Spooktacular, Oct 18
Thomas Farm Community Center
240-314-8840

Toddler Time

Wednesdays, 10 a.m.-Noon

Parents and preschoolers enjoy play equipment in the gym.

Lincoln Park Community Center
240-314-8780

Little Acorns

**Select Thursdays,
10-11 a.m.**

(pre-registration required)

Croydon Creek Nature Center
240-314-8770

HALLOWEEN HAPPENINGS

Pumpkin Carving & Trick or Treat Bag Decorating

**Lincoln Park Community Center
Saturday, October 15, 2-4 p.m.**

Come carve your pumpkin and/or decorate a small Halloween bag for the big night. Cost for pumpkin carving: \$25/family, cost includes one small-medium pumpkin, carving supplies, cookies & punch. Cost for bag decorating \$15, cost includes one pillow case, decorating supplies, cookies and punch.

Croydon Creep

**Croydon Creek Nature Center
Friday, Oct 21, 6-8 p.m.**

All Ages. Cost is \$5 per child at the door. Children under 2 are free. Come in costume. Magic show, spooky nature trail, give-aways and crafts.

Monster Mash Family Dance

**Twinbrook Community Recreation Center
Friday, Oct. 28, 7-9 p.m.**

All ages.

Cost is \$3 per person at the door. Come in costume! Pumpkin decorating, Halloween crafts and DJ. Refreshments sold by Twinbrook

Halloween Haunt

**Thomas Farm Community Center
Saturday, Oct 29, 2-4 p.m.**

All Ages. Cost is \$4 per person at the door. Children under one are free. D's Magic strolling magician and puppet show, Squeals on Wheels petting zoo, Halloween games and crafts, pumpkin painting, scarecrow making and more.

Tiny Tigers



Help your child improve his or her concentration and attention span. Enhance motor skills including balance, agility and coordination while developing sharing and social skills in a safe, fun-filled atmosphere. Fee includes uniform for first time students.

Age: 3-4				
55472	M & W	9/19-10/19	6-6:30 PM	\$99/\$109
55473	Tu & Th	9/20-10/20	4-4:30 PM	\$99/\$109
Kicks Karate/Staff				

Sports - Instructional

We recommend bringing a water bottle to all sports programs.

Coach Doug Kickball/T-Ball



Kick off your child's sports experience the Coach Doug way. Learn fundamental kickball and T-Ball skills, rules and playing strategies in a fun and friendly environment with emphasis on building techniques and self confidence. No adult participation required. Classes will be held outdoors.

Age: 3-6				
55393	Su	9/18-11/6	9:15-10 AM	\$88/\$99
Thomas Farm CC Outdoor Space/Wilson				

Coach Doug Wee Wanna Be (Adult/Child)



Which sports players do your kids pretend to be? This class builds self-esteem and confidence as children are taught sports through supervised, non-competitive play sessions. Each child participates at his/her own pace. Sports change each season. Adult participation required.

Age: 2-5				
55394	Su	9/18-11/6	10:15-11 AM	\$88/\$99
Thomas Farm CC/Wilson				

Age: 2-5				
55395	F	9/30-11/4	9:15-10 AM	\$66/\$76
King Farm Park/Wilson				

Age: 3-6				
55396	F	9/30-11/4	10:15-11 AM	\$66/\$76
King Farm Park/Wilson				

Tiny Tykes Basketball



Your little one will enjoy some exercise and fun and learn the basics of basketball: dribbling, passing and shooting. Socialization, teamwork and good sportsmanship will be emphasized.

Age: 4-5				
55474	Sa	9/17-10/22	9:50-10:35 AM	\$69/\$79
Thomas Farm CC/Hawkins				

Little Tennis Aces



Learn to play tennis with your youngster using smaller nets and larger, softer balls. A variety of age appropriate activities will be used to develop the child's skills for tennis. Have fun and participate with your child at the same time! Rackets are provided. Adult participation required.

Age: 4-5				
55430	Sa	9/17-10/22	3-3:45 PM	\$69/\$79
55431	Su	9/18-10/23	9-9:45 AM	\$69/\$79
King Farm Park/Z. Yargici				

Superheroes Sports



Come join the fun as you learn a variety of sports and games with your favorite superheroes in mind. Each week a different superhero will be featured along with new activities. Make new friends, develop and improve gross motor skills and learn about cooperation and team work.

Age: 3-5				
55446	Tu	9/20-10/25	3:30-4:15 PM	\$69/\$79
King Farm Park/Hawkins				

UK Elite – Petite Soccer



This program offers an introduction to the world's most popular sport! Our game-based approach to teaching soccer provides every child the opportunity to develop motor and social skills, coordination and general athletic ability in a stimulating, motivating, educational environment.

Age: 3-5				
55481	W	9/14-10/19	4-5 PM	\$105/\$119
55482	W	9/14-10/19	5-6 PM	\$105/\$119
King Farm Park/UK Elite Staff				

UK Elite Petite Soccer (Adult/Child)



This program offers an introduction to the world's most popular sport! Our game-based approach to teaching soccer provides every child the opportunity to develop motor and social skills, coordination and general athletic ability in a stimulating, motivating, educational environment. Adult participation required.

Age: 2-3				
55483	W	9/14-10/19	4-5 PM	\$105/\$119
55484	W	9/14-10/19	5-6 PM	\$105/\$119
King Farm Park/UK Elite Staff				

Note to parents: We require, for most programs, that children are the required age as of the date of the first class. All age requirements are set to benefit the child and allow for more consistent program instruction. In some instances, the requirements have been set for the child's safety. If your child does not meet the age requirements by the start of class and you would like to request an exception, please fax, mail or walk-in your child's registration form. Note: Classes with low enrollment will be canceled 7-10 days prior to first class. Register early to avoid cancellations. **For holidays and no class dates, see <http://rockenroll.rockvillemd.gov>. Enter course number to view course details.**

Arts, Dance and Enrichment

Ballet for Children



Learn the art of ballet through an elementary but professional approach. Register for the appropriate level which may be changed at the discretion of the instructor. Solid color leotard and ballet shoes recommended. Children should remain in Beginner for two years, then move on to Intermediate for four years before progressing to Advanced. Students with demonstrated proficiency are encouraged to perform with the Rockville Civic Ballet. Those previously enrolled at the RBC should register for the same class. Participants registering for two or more classes may apply a \$5 discount. Register by mail, fax or walk-in to receive a discount. See Teen section for more classes.

Intermediate I - Age: 7+

55327 Sa 9/17-11/19 10-11AM \$90/\$99
Rockcrest Ballet Ctr./Chongpinnitchai

Young Beginner Ballet - Age: 5-7

55328 Sa 9/10-11/19 11 AM-12 PM \$90/\$99
Rockcrest Ballet Ctr./Chongpinnitchai

Beginner Plus - Age: 6-13

55326 F 9/16-12/16 5:45-6:45 PM \$115/\$125
Rockcrest Ballet Ctr./Simpson

Beginner - Age: 6-12

55329 Sa 9/10-11/19 12:15-1:15 PM \$90/\$99
Rockcrest Ballet Ctr./Chongpinnitchai

Intermediate I - Age: 7+

55325 F 9/16-12/16 4:45-5:45 PM \$115/\$125
Rockcrest Ballet Ctr./Simpson

Intermediate II & III - Age: 8+

55323 M 9/12-12/12 4:45-5:45 PM \$135/\$145
Rockcrest Ballet Ctr./Chongpinnitchai

Intermediate III & IV - Age: 9+

55324 W 9/14-12/14 4:45-5:45 PM \$135/\$145
Rockcrest Ballet Ctr./Simpson

Gingerbread House Workshops

Build your own gingerbread house for Halloween and the December Holidays. Come learn the tricks of the trade and get creative. Fee includes one gingerbread house and all the decorating supplies. Working conditions will include plenty of cookies and drinks.

Age: 5+

56343 Sa 10/15 1-3 PM \$45/\$50
56344 Sa 12/10 10:30 AM-1 PM \$45/\$50
Thomas Farm CC

LNМ Group Piano Experience

Budding musicians will participate in piano instruction and theory as well as musical games, special extension curriculum based activities, musical listening excerpts, related projects and more! Each student will be issued a FREE rental instrument & materials to borrow for the duration of the class. Materials are intended for at-home practice. Instruments must be returned at the end of the program on the last scheduled class day. See page 4 for piano classes for ages 2-5.

Age: 5-12

55350 W 9/21-11/2 5-6 PM \$169/\$179
Thomas Farm CC/Learn Now Music

Age: 5-12

56370 Sa 9/24-10/29 11 AM-12 PM \$169/\$179
Twinbrook Community Rec. Center Annex/Learn Now Music



Before and After School Enrichment

After School Adventure



This afternoon program provides children with a safe and fun environment. Computer lab, crafts, organized games and other enrichment activities are offered. Transportation is available from Meadow Hall ES and Twinbrook ES. The program does meet on MCPS early release days.

Age: 5-11

55981	M-F	8/29-10/7	3:30-6:30 PM	\$145/\$165
55982	M-F	10/10-11/18	3:30-6:30 PM	\$145/\$165

Twinbrook Community Rec. Center Annex

Clubhouse



This drop-in, afterschool program is designed for children to spend time learning, creating and exploring. Van transportation is provided from Maryvale ES. All other local school students are transported by MCPS request. Homework time, snack, crafts and games are scheduled daily. Field trips and special events are held throughout the year. OASIS: CATCH Healthy Eating Habits and Organwise has teamed up with LPCC to provide a unique nutrition and physical activity program weekly to each participant. Clubhouse is not held on MCPS non-school days but is open on half days. Note: All children must be picked up by 6:30 p.m. Extra charges will apply for late pick ups.

Grade: K-5

55997	M-F	8/29-10/7	3:30-6:30 PM	\$115/\$135
55998	M-F	10/10-11/18	3:30-6:30 PM	\$115/\$135
56000	M-F	11/21-12/23	3:30-6:30 PM	\$115/\$135

Lincoln Park CC/Chase

Early Birds

This morning program offers children a safe and fun environment. Computer lab, crafts, organized games and other enrichment activities are offered. Transportation is provided to Twinbrook ES. The program does not meet on MCPS non-school days. Note: Optional daily drop-in is available for a \$10 daily fee.

Age: 5-11

55975	M-F	8/29-10/7	7-9:30 AM	\$120/\$130
55976	M-F	10/10-11/18	7-9:30 AM	\$120/\$130

Twinbrook Community Rec. Center Annex

Twinbrook After School Club



Join us after school for activities that focus on recreation, fitness and fun. Homework help is included and a healthy snack is provided daily. The Club will meet on MCPS early release days but will not be held on non-school days. Scholarships are available for qualified City residents. Call 240-314-8620 for additional scholarship information.

Grade: K-5

55567	M-F	8/29-10/7	3:50-6:30 PM	\$145/\$165
55568	M-F	10/10-11/18	3:50-6:30 PM	\$145/\$165
55569	M-F	11/21-12/23	3:50-6:30 PM	\$145/\$165

Twinbrook ES

Fitness and Wellness

We recommend bringing a water bottle to all fitness programs.

Karate – Tang Soo Do Youth



This program is designed specifically for beginners and can help your child improve self-discipline, develop better concentration and improve academic performance. Fee includes uniform for first time students.

Little Ninjas - Age: 5-7

55423	M & W	9/19-10/19	(M) 5:30-6:10 PM (W) 4-4:40 PM	\$99/\$109
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Little Ninjas - Age: 5-7

55424	Tu & Th	9/20-10/20	5:55-6:35 PM	\$99/\$109
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Youth - Age: 8-12

55425	M & W	9/19-10/19	(M) 3:45-4:30 PM (W) 4:30-5:15 PM	\$109/\$119
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Youth - Age: 8-12

55426	Tu & Th	9/20-10/20	6:30-7:15 PM	\$109/\$119
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Kicks Karate/Staff

Kids Fit Yoga



Did you know that in addition to improving strength, flexibility and body awareness, yoga can help increase focus and concentration? And if you're looking for cross-training for other sports, this class can help with injury prevention as well as improve neuromuscular coordination. Beginning and experienced students welcome.

Age: 8-12

56718	Sa	9/10-10/22	10:15-11 AM	\$86/\$99
56893	Sa	10/29-12/17	10:15-11 AM	\$86/\$99
56894	W	8/31-10/19	6:10-6:55 PM	\$98/\$113
56895	W	10/26-12/14	6:10-6:55 PM	\$98/\$113

Rockville Swim and Fitness Center/Groman/Resendiz

Taekwondo for Kids



This class combines martial arts and fun activities that will help your child learn self-defense, improve their confidence and self-discipline. We will cover basic kicks, blocks, strikes and self-defense techniques. Taught by a World Taekwondo Federation certified 4th degree Black Belt.

Age: 6-11				
56726	Su	9/11-10/23	2:30-3:30 PM	\$60/\$70
56898	Su	11/6-12/18	2:30-3:30 PM	\$60/\$70
Rockville Swim and Fitness Center/Fumagalli				

Tumbling and Tramp



Students will learn a variety of tumbling skills from forward rolls to back handsprings and will progress to more difficult moves as skills are mastered. Trampoline skills including proper jumping and landing, seat drops and straddle and tuck jumps will also be taught.

Age: 4-6				
55478	F	9/23-10/28	4:30-5:30 PM	\$69/\$79
Xtreme Acro and Cheer/Staff				

Age: 7-12				
55479	F	9/23-10/28	5:45-6:45 PM	\$69/\$79
Xtreme Acro and Cheer/Staff				

Zumba Fit-Kids



Zumba Fit is a fun and effective cardio dance workout that includes exercises designed to strengthen the entire body. While intended as an introduction to the easy Latin and international inspired program, this high energy/low impact class has something to offer all fitness levels.

Age: 7-12				
56738	Sa	9/10-10/22	12-12:45 PM	\$56/\$65
56899	Sa	10/29-12/17	12-12:45 PM	\$56/\$65
Rockville Swim and Fitness Center				

School Break Programs

Adventure Series



Kids are not in school so why not go on an Adventure with the Thomas Farm Community Center staff. The September trip is to Skyzone in the morning and lunch, and back to the center to create a pottery project. The October trip is to Summers Farm in Frederick and includes corn maze, hayrides, animal barnyard and lots more. The November trip is Bowling and a movie.

Grade: 1-5				
56353	M	9/12	9 AM-3 PM	\$25/\$30
56354	F	10/7	9 AM-3 PM	\$25/\$30
56362	Tu	11/8	9 AM-3 PM	\$25/\$30
Thomas Farm CC				

Winter Blast



Escape the cold this winter by joining the fun indoors! Activities include sports, crafts and organized games each day. Wear comfortable clothing and athletic shoes. Bring a bag lunch.

Age: 5-12				
56376	Tu-F	12/27-12/30	9 AM-3 PM	\$120/\$140
Thomas Farm CC				

Winter Wonderland Fun Day



Escape the cold this winter by joining the fun indoors! Activities include sports, crafts and organized games each day. Wear comfortable clothing and athletic shoes. Bring a bag lunch.

Age: 5-12				
56373	Tu	12/27	9 AM-3 PM	\$30/\$35
56374	W	12/28	9 AM-3 PM	\$30/\$35
56375	Th	12/29	9 AM-3 PM	\$30/\$35
56777	F	12/30	9 AM-3 PM	\$30/\$35
Twinbrook Community Rec. Center Annex				

When schools is out, register at VisArts for a full day of fun!

Craft Days and Winter Camp feature seasonal themed projects. Snacks are provided.

Harvest Craft Days
 Monday, September 12, 2016
 Monday, October 3, 2016
 Wednesday, October 12, 2016
 Monday, November 7, 2016
 Tuesday, November 8, 2016

Winter Camp
 December 26 - 30, 2016
 January 16, 2017
 January 20, 2017
 January 27, 2017
 February 20, 2017

www.visartsatrockville.org

VisArts | 155 Gibbs Street, Rockville | 301-315-8200

Skate Park **FREE**

355 Martins Lane
(behind Swim and Fitness Center)

featuring:

Micro Ramp with
Escalator and Pyramid



Hours: 9 a.m. - 10 p.m. • 7 Days a Week

Park has Lights • 240-314-8620

www.rockvillemd.gov/skatepark

Back-To-School Jam

Friday Aug. 19 • 6-8:30 p.m.

Lincoln Park Community Center
357 Frederick Ave.

- \$2 per backpack with school supplies for City of Rockville students. (limit of four per family)
- Information tables.
- School representatives.
- DJ and prizes.
- Food, drinks and more.



Thank you to all our sponsors and volunteers from Rockville Housing Enterprises, City of Rockville, Linkages to Learning.

240-314-8780
www.rockvillemd.gov/lpcc

Help Rockville Youth . . . Become a



- Work with elementary school students.
- One-on-one mentoring, one hour after school once/week, Oct. – May.
- Training and support provided.
- Meet in a supervised group setting with other mentor matches.

No special skills needed . . .

just a willingness to listen, offer guidance, friendship and encouragement.

Service learning credits available for high school students over age 16.

Learn more about the Rockville Mentoring Program by calling Kate Bouwkamp at 240-314-8317 or email: kbouwkamp@rockvillemd.gov

Thank You!



The generosity of the Rockville Recreation and Parks Foundation helps to ensure that hundreds of children can participate in recreation programs.

To learn more about the Rockville Recreation and Parks Foundation, please see page 72 or visit www.rrpfi.org

Sports - Instructional

We recommend bringing a water bottle to all sports programs.

Basketball Skills and Development

Increase confidence as you gain fundamental basketball skills. Learn proper techniques, rules of the game and ball control. Execute a variety of drills and experience game-like situations.

Age: 8-10
55389 Th 9/22-11/10 4-4:50 PM \$69/\$79

Age: 10-12
55390 Th 9/22-11/10 5-5:50 PM \$69/\$79

Age: 12-16
56304 Th 9/22-11/10 6-6:50 PM \$69/\$79
Thomas Farm CC/Jordan

Fencing – Youth Beginner

Designed to expose children to the Olympic sport of fencing, this class emphasizes safety and proper technique. Equipment is provided. Participants need to wear comfortable clothes and a fencing glove (or garden/golf glove). Flexible swords are used.

Age: 7-9
55401 Th 9/22-11/17 6-7 PM \$128/\$140
55402 Sa 9/24-11/19 11 AM-12 PM \$128/\$140
55403 Su 9/25-11/20 9-10 AM \$128/\$140

Age: 10-13
55404 Th 9/22-11/17 7:20-8:40 PM \$128/\$140
55405 Sa 9/24-11/19 12:20-1:40 PM \$128/\$140
55406 Su 9/25-11/20 4-5:20 PM \$128/\$140
Rockville Fencing Academy/Staff

Lacrosse for Girls

Beginner to intermediate skills and offensive/defensive strategies will be taught. Participants are divided into groups based on age and skill level. Bring a woman's lacrosse stick, goggles and a colored mouth guard. Group discounts: \$10 off for each family member (2 or more) and \$10 off for each member of a team (5 or more). To receive a discount, register by mail, fax or walk-in.

Grade: 5-8
55427 Su 9/18-10/23 12-1:30 PM \$125/\$139

Grade: K-4
55428 Su 9/18-10/23 12-1:30 PM \$125/\$139
Welsh Park/McCormick

Worried about the weather?

Call the Rec Line at 240-314-5023.

Select #1 for class status.

Little Big Shots Basketball

Children will be introduced to basketball skills such as dribbling, passing, catching and shooting, all through fun games and activities. Develop motor skills and learn good sportsmanship along the way.

Age: 6-8
55429 Sa 9/17-10/22 10:40-11:30 AM \$69/\$79
Thomas Farm CC/Hawkins

Skateboarding for Kids

Interested in skateboarding? Whether you are a first-time rider or a pro, these classes will teach everything from the basic kick turn and ollie, to the advanced 360 flip and more! For Intermediate Level - participants must be able to perform dropping in, kick turns, pushing, pumping and tic tac. Bring skateboard, helmet, knee and elbow pads and wrist guards.

Beginner - Age: 5-14
55439 Sa 9/24-10/29 11 AM-12 PM \$69/\$79

Intermediate - Age: 5-14
55440 Sa 9/24-10/29 12-1 PM \$69/\$79
Rockville Skate Park/Verdell

Soccer Skills

Practice soccer fundamentals and develop better skills. Dribbling, passing, trapping and shooting are covered, as well as basic concepts for strategy and teamwork. Scrimmages will be introduced based on skill level of participants.

Age: 4-5
55441 Sa 9/24-10/29 10-10:50 AM \$69/\$79
King Farm Park/Thomas

Age: 4-6
55443 Th 9/22-10/27 4-4:50 PM \$69/\$79
Montrose CC & Pk./Hawkins

Age: 6-8
55442 Sa 9/24-10/29 9-9:50 AM \$69/\$79
King Farm Park/Thomas

Age: 6-8
56312 Th 9/22-10/27 5-5:50 PM \$69/\$79
Montrose CC & Pk./Hawkins

Party Time!

Theme Parties

Croydon Creek Nature Center

www.rockvillemd.gov/croydoncreek
240-314-8770

Gymnasiums

Lincoln Park Community Center

www.rockvillemd.gov/lpcc
240-314-8780

Thomas Farm Community Center

www.rockvillemd.gov/thomasfarm
240-314-8840

Twinbrook Community Recreation Center

www.rockvillemd.gov/twinbrook
240-314-8830

Outdoor Rentals

Lincoln Park Community Center (Isreal Park)

April 15-Oct. 15
www.rockvillemd.gov/lpcc
240-314-8780

Thomas Farm Community Center

April 15-Oct. 15
www.rockvillemd.gov/thomasfarm
240-314-8840

Rockville Park Picnic Areas

www.rockvillemd.gov/parks-facilities
240-314-8660

Multi-Purpose Rooms

Croydon Creek Nature Center

www.rockvillemd.gov/croydoncreek
240-314-8770

Elwood Smith Recreation Center

www.rockvillemd.gov/parks-facilities
240-314-8660

Glenview Mansion and Fitzgerald Theatre Social Hall

www.rockvillemd.gov/glenview
www.rockvillemd.gov/theatre
240-314-8660

Lincoln Park Community Center

www.rockvillemd.gov/lpcc
240-314-8780

Pump House Community Center

www.rockvillemd.gov/parks-facilities
240-314-8660

Rockville Senior Center

www.rockvillemd.gov/seniorcenter
240-314-8800

Rockville Swim and Fitness Center

www.rockvillemd.gov/swimcenter
240-314-8750

Thomas Farm Community Center

www.rockvillemd.gov/thomasfarm
240-314-8840

Twinbrook Community Recreation Center

www.rockvillemd.gov/twinbrook
240-314-8830

Worried about the weather?
 Call the Sports League Line
 at 240-314-5055.

Sports and Games Action



Have fun while learning a variety of sport skills and games. Participants will develop and improve skills in throwing, catching, kicking and batting. Activities may include soccer, kickball, T-ball and more. Wear sneakers and bring a water bottle.

Age: 5-7
 56311 Tu 9/20-10/25 4:30-5:15 PM \$65/\$69
 King Farm Park/Hawkins

Age: 7-9
 56990 Th 9/22-10/27 4:30-5:15 PM \$65/\$69
 Ritchie Park ES/Thomas

T-Ball Skills – Beginner



Have your kids experience what it's like to be on a team through game-like play! Coaches will teach the fundamentals of baseball and give one-on-one attention to help kids learn this great game. Bring a mitt to this fun and active class.

Age: 5-7
 55448 Sa 9/24-10/29 10-10:50 AM \$69/\$79
 55449 Sa 9/24-10/29 11-11:50 AM \$69/\$79
 King Farm Park/Orrell

New! Tennis Match Play Prep



Consider joining Jr. Team Tennis or playing a Rockville tournament. Participants will play competitive games and learn to play matches using appropriate courts and balls.

Age: 7-8
 55414 Tu 9/13-10/25 5-5:50 PM \$74/\$84
 King Farm Park/Gough

Age: 9-10
 55415 Tu 9/13-10/25 6-6:50 PM \$74/\$84
 King Farm Park/Gough

New! Tennis (Adult/Child)



Want to learn tennis with your child? This class will teach tennis fundamentals to both adult and child at the same time. Great family activity. Price includes parent and one child; please register child only. Adults should bring a racquet. All other equipment is provided.

Age: 8-10
 56876 Sa 9/17-10/22 5-5:50 PM \$85/\$97
 King Farm Park/Z. Yargici



Tennis Skills and Drills



Develop and improve fundamental skills including use of proper grip, racquet preparation and swing path. Participate in a variety of fun tennis drills and games that will keep you moving. Children may be moved to a more appropriate class by instructor based on skill level. Bring a racquet and water bottle.

Age: 11-14
 55469 Sa 9/10-10/15 12-12:50 PM \$69/\$79
 55471 Tu 9/13-10/25 7-7:50 PM \$69/\$79
 King Farm Park/Gough

OFFICIALS NEEDED!

**Youth and Adult Leagues
 Weekday Evenings and Weekends**



**Youth Soccer and Basketball
 Adult Softball and Basketball**

For more information, call 240-314-8620 or email us at sports@rockvillemd.gov

Tennis – 10 and Under



Using kid-sized racquets, lower nets, softer balls and smaller courts, players learn tennis easily and quickly in a child-friendly environment. Children are taught through a variety of racquet and ball activities, and enjoyable tennis games. Junior racquets are provided.

Age: 5-6
55451 Sa 9/10-10/15 9-9:45 AM \$69/\$79
King Farm Park/Gough

Age: 5-7
55455 W 9/14-10/26 6-6:50 PM \$69/\$79
Woodley Gardens Pk./Raaf

Age: 6-8
55454 Su 9/18-10/23 10-10:50 AM \$69/\$79
King Farm Park/Z. Yargici

Age: 6-8
55456 Th 9/15-10/20 5-5:50 PM \$69/\$79
Montrose CC & Pk./Z. Yargici

Age: 6-8
55459 Sa 9/17-10/22 3-3:50 PM \$69/\$79
Woodley Gardens Pk./Raaf

Age: 7-8
55452 Sa 9/10-10/15 10-10:50 AM \$69/\$79
King Farm Park/Gough

Age: 8-10
55453 Sa 9/17-10/22 4-4:50 PM \$69/\$79
King Farm Park/Z. Yargici

Age: 8-10
55457 Th 9/15-10/20 6-6:50 PM \$69/\$79
Montrose CC & Pk./Z. Yargici

Age: 9-10
55458 Sa 9/10-10/15 11-11:50 AM \$69/\$79
King Farm Park/Gough

Indoor Tennis Classes:

Age: 5-6
56811 Sa 11/5-12/10 10:45-11:25 AM \$58/\$68
Lincoln Park CC/Gough

Age: 7-8
56817 Sa 11/5-12/10 11:30 AM-12:20 PM \$58/\$68
Lincoln Park CC/Gough

Age: 9-10
56818 Sa 11/5-12/10 12:30-1:20 PM \$58/\$68
Lincoln Park CC/Gough

UK Elite Soccer – Brazilian Theme



Improve fundamental techniques, skills and all aspects of your game using Brazilian-style tactics of soccer. Wear shin guards. Cleats are recommended.

Age: 7-10
55485 W 9/14-10/19 6-7 PM \$105/\$119
King Farm Park/UK Elite Staff

UK Elite Soccer – Technical



Focusing on the individual, this class will teach techniques and skills. A typical hour will include games, structured practices and scrimmages. Our professional coaches will ensure players improve their game and have a memorable experience. Wear shin guards. Cleats are recommended.

Age: 5-6
55486 W 9/14-10/19 6-7 PM \$105/\$119
King Farm Park/UK Elite Staff

Sports - Leagues

We recommend bringing a water bottle to all league practices and games.

Wrestling



The City is proud to sponsor a youth wrestling team to compete in the Montgomery County Wrestling League. Note: There is an additional \$35 fee payable by the family for AAU membership. Equipment and uniforms are provided. Practices begin 11/15 and 11/17 at Wootton HS, 6:30-8 p.m. Meets begin 1/7, between Noon and 5 p.m. at Walt Whitman HS. Wrestlers at least 6 years old by 1/1/17 are eligible. Wrestlers 14 years old by 1/1/17 are eligible. Register by: 11/3

Age: 6-14
56758 Sa 1/7-2/18 12-5 PM \$145/\$155
Meets: Walt Whitman High School

Youth Tennis Tournaments



Everyone's a winner with our Youth Tennis Tournament! Emphasizes skill development in a fun, competitive tournament, which is sanctioned by the United States Tennis Association. Participants will have a smashing time using kid-sized courts, nets, rackets, and low compression balls. Registration Deadlines: 12 and Under division by 8/12. 10 and Under division by 8/19.

10 and Under Division- Age: 9-10
55120 Sa 9/3 11 AM-5 PM \$28/\$33
City of Rockville Tennis Courts

12 and Under Division - Age: 11-12
55122 Sa 8/27 8 AM-6 PM \$33/\$38
City of Rockville Tennis Courts



IT'S NOT TOO LATE!

LIMITED SPOTS MAY BE AVAILABLE

REGISTER FOR A FALL YOUTH SPORTS LEAGUE

Practices begin the week of Sept. 12
League play begins on Saturday, Sept. 24
for all youth sports

Early Bird Registration:

Register by 8/25 and Save \$10

Registration deadline: Sept. 1, 2016

Go-Rec Soccer:

Ankle Biters - Pre K
56081 (play 4 v 4)

Tiny Kicks - Grade K
56077 (play 4 v 4)

Tiny Kicks - Grade: 1
56136 (play 4 v 4)

Pee Wees - Grade: 2-3
56078 (play 7 v 7)

Bantams - Grade: 4-5
56079 (play 9 v 9)

Midgets - Grade: 6-8
56080 (play 11 v 11)

Fall Cross Country:

Lil' Rabbits - Grade: 1-3
56073 (run ¾ mile course)

Striders - Grade: 4-6
56074 (run 1 mile course)

Rapid Runners - Grade: 6-8
56075 (run 2 mile course)

To register for Co-Rec Soccer or Cross Country
visit: www.rockvillemd.gov/recreation
and click on Rock Enroll.

In partnership with the City of Rockville

Rockville Football League:

Tackle – ages 6-14

New: NFL Flag Divisions – ages: 5-6, 7-8, 9-11
Practices begin Aug. 1 • League play begins Sept. 2-3
For league details and to register, visit: www.rfl.cc

Youth Basketball Leagues

Dribble your way into our exciting winter basketball program which provides opportunities for girls and boys to compete in organized basketball leagues. Modified playing rules will be in effect. Coaches will inform participants regarding practice and game times and locations. There is one practice during the week, commencing the week of 12/5. Games begin 1/7 or 1/8. Times and locations are tentative and subject to change. **Early bird registration: register by 10/27 and save \$5. Registration deadline is 11/3.**

Mighty Mites Basketball

Kindergarten (K) through 3rd Grade:

Cost: Early bird registration by 10/27, fee is \$71 R/\$81 NR. After 10/27, fee is \$76 R/\$86 NR

Girls K

Play: 4 vs. 4 Birthdate: 9/1/2010-8/31/2011
Course #: 56815 Saturdays, 1/7-2/11 9AM-4PM
Location: College Gardens Elementary School

Boys K

Play: 4 vs. 4 Birthdate: 9/1/2010-8/31/2011
Course #: 56816 Saturdays, 1/7-2/11 9AM-4PM
Location: College Gardens Elementary School

Girls Grade 1

Play: 4 vs. 4 Birthdate: 9/1/2009-8/31/2010
Course #: 56820 Saturdays, 1/7-2/11 9AM-4PM
Location: College Gardens Elementary School

Boys Grade 1

Play: 4 vs. 4 Birthdate: 9/1/2009-8/31/2010
Course #: 56819 Saturdays, 1/7-2/11 9AM-4PM
Location: College Gardens Elementary School

Boys Grade 2

Play: 5 vs. 5 Birthdate: 9/1/2008-8/31/2009
Course #: 56812 Saturdays, 1/7-2/11 9AM-5PM
Location: Lincoln Park Community Center

Girls Grade 2

Play: 5 vs. 5 Birthdate: 9/1/2008-8/31/2009
Course #: 56813 Saturdays, 1/7-2/11 9AM-7PM
Location: Meadow Hall Elementary School

Boys Grade 3

Play: 5 vs. 5 Birthdate: 9/1/2007-8/31/2008
Course #: 56814 Saturdays, 1/7-2/11 9AM-7PM
Location: Meadow Hall Elementary School

Girls Grade 3

Play: 5 vs. 5 Birthdate: 9/1/2007-8/31/2008
Course #: 56821 Saturdays, 1/7-2/11 9AM-7PM
Location: Meadow Hall Elementary School

Youth Basketball Leagues continued

Girls Basketball

PeeWee through Junior Divisions:

Cost: Early bird registration by 10/27, fee is \$81 R/\$91 NR.
After 10/27, fee is \$86 R/\$96 NR

PeeWees

Ages: 9-10 Birthdate: 9/1/2006-12/31/2007
Course #: 56804 Saturdays, 1/7-3/11 9AM-5PM

Bantams

Ages: 10-11 Birthdate: 9/1/2005-12/31/2006
Course #: 56805 Saturdays, 1/7-3/11 9AM-5PM

Midgets

Ages: 11-12 Birthdate: 9/1/2004-12/31/2005
Course #: 56806 Saturdays, 1/7-3/11 9AM-5PM

Juniors

Ages: 12-13 Birthdate: 9/1/2003-12/31/2004
Course #: 56807 Saturdays, 1/7-3/11 9AM-5PM

Locations: TBD for all divisions

Intermediate through Senior Divisions:

Cost: Early bird registration by 10/27, fee is \$84 R/\$94 NR.
After 10/27, fee is \$89 R/\$99 NR

Intermediates

Ages: 13-14 Birthdate: 9/1/2002-12/31/2003
Course #: 56808 Saturdays, 1/7-3/11 9AM-5PM

Associates

Ages: 14-15 Birthdate: Born 2001-2002
Course #: 56809 Saturdays, 1/7-3/11 9AM-5PM

Seniors

Ages: 16-17 Birthdate: Born 1999-2000
Course #: 56810 Saturdays, 1/7-3/11 9AM-5PM

Locations: TBD for all divisions



Boys Basketball

PeeWee through Junior Divisions:

Cost: Early bird registration by 10/27, fee is \$81 R/\$91 NR. After 10/27, fee is \$86 R/\$96 NR

Pee Wees

Ages: 9-10 Birthdate: 9/1/2006-12/31/2007
Course #: 56794 Saturdays, 1/7-3/11 9AM-12PM
Location: Frost Middle School

Bantams

Ages: 10-11 Birthdate: 9/1/2005-12/31/2006
Course #: 56795 Saturdays, 1/7-3/11 12PM-6PM
Location: Frost Middle School

Midgets

Ages: 11-12 Birthdate: 9/1/2004-12/31/2005
Course #: 56796 Saturdays, 1/7-3/11 12:30PM-5:30PM
Location: Thomas Farm Community Center

Juniors

Ages: 12-13 Birthdate: 9/1/2003-12/31/2004
Course #: 56797 Sundays, 1/8-3/12 12PM-5PM
Location: Thomas Farm Community Center

Intermediate through Collegiate Divisions:

Cost: Early bird registration by 10/27, fee is \$84 R/\$94 NR. After 10/27, fee is \$89 R/\$99 NR

Intermediates

Ages: 13-14 Birthdate: 9/1/2002-12/31/2003
Course #: 56798 Sundays, 1/8-3/12 12:45PM-5:45PM
Location: Twinbrook Community Recreation Center

Associates

Ages: 14-15 Birthdate: 9/1/2001-12/31/2002
Course #: 56799 Sundays, 1/8-3/12 TBD
Location: Twinbrook Community Recreation Center

Seniors

Ages: 15-16 Birthdate: 9/1/2000-12/31/2001
Course #: 56800 Sundays, 1/8-3/12 TBD
Location: TBD

Graduates

Ages: 16-17 Birthdate: Born 1999-2000
Course #: 56801 Sundays, 1/8-3/12 11AM-3PM
Location: Rockville High School

Collegiate

Ages: 17-18 Birthdate: 12th grade only. Must attend HS
Course #: 56802 Sundays, 1/8-3/12 11AM-3PM
Location: Rockville High School

Croydon Creek Nature Center



852 Avery Road (off Baltimore Road) • Rockville, MD 20851 • 240-314-8770
www.rockvillemd.gov/croydoncreek



Activities are held at Croydon Creek Nature Center. Registration is required and is available for programs up until the day of the event as space allows. Some programs fill quickly. There are no registration deadlines, unless otherwise stated.



Creek Clean Up



Earn SSL hours while helping to clean up our creek and trails. No advanced registration is required. Participants under age 14 must be accompanied by an adult.

Age: 3+
 56414 Su 9/18 1:30-4:30 PM Free
 Croydon Creek Ntr. Ctr.

Croydon Creek Campfire (Adult/Child)

Gather around the campfire with your friends for stories, snacks and more. An adult must accompany children and all participants must register.



Fall Night Hike - All Ages

Enjoy a naturalist led hike through the forest preserve and s'mores by the campfire.

56410 Sa 9/17 7:30-8:30 PM \$5/\$6

Spooky Stories - All Ages

A campfire provides the perfect setting for some child-friendly spooky stories and a delicious treat.

56411 Sa 10/15 7-8 PM \$5/\$6

Family Geocaching



Learn the history of geocaching and the basics needed to use our GPS units and then head out on our geocaching trail with your family to test your skills. This program will be partially self-guided. All participants must register, including adults.

Past Meets Present - All Ages

Join us for a geocaching adventure bringing Rockville's past to life. Bring your family and use a GPS unit to work your way through the Rockville Cemetery to discover some history hidden in this tucked away place.

56408 Su 10/16 1:30-3 PM \$5/\$7
 Croydon Creek Ntr. Ctr.

New! iNaturalist



iNaturalist is a site, app and community for reporting personal observations of any plant or animal in the world. It's a great platform for recording daily observations of the living natural world and a useful tool to find out what others have seen in a particular area. We'll explain more about the app and website and teach participants how to use the app on a hike in the forest. Download it on iTunes or Google Play prior to class.

Age: 12+
 56742 Sa 9/10 10-11 AM Free
 Croydon Creek Ntr. Ctr.



Like us on Facebook

City of Rockville Farmers Market
 Croydon Creek Nature Center
 Fitzgerald Theatre Rockville
 Rockville Seniors
 City of Rockville Sports Leagues



New! Little Acorns



Explore nature with your little ones through a variety of play-based activities. Time will be spent outdoors weather permitting. Adult participation required. Advanced registration recommended.

Age: 18-36 mo

Water

56746 Th 9/15 10-11 AM \$7/\$8

Meadow

56747 Th 9/29 10-11 AM \$7/\$8

Bats

56748 Th 10/13 10-11 AM \$7/\$8

Creepy Crawlies

56749 Th 10/27 10-11 AM \$7/\$8

Turkeys

56750 Th 11/10 10-11 AM \$7/\$8

Ready for Winter

56751 Th 12/8 10-11 AM \$7/\$8

Croydon Creek Ntr. Ctr.

New! Musicmakers

Does your child love making music and making crafts? Spend the morning creating musical instruments with your child using a variety of arts and crafts materials. Adult participation required. Register by 11/26.

Age: 3-6

56741 Sa 12/3 10-11 AM \$7/\$9

Croydon Creek Ntr. Ctr.

Natural Holiday Crafts (Adult/Child)

Spend the afternoon using a variety of natural or recycled objects to make holiday crafts and ornaments. Each participant will complete at least three projects. Adult participation required for children under age 8. Register by: 11/28.

Age: 6-12

56409 Su 12/4 1:30-3 PM \$10/\$13

Croydon Creek Ntr. Ctr.

Nature Tots (Adult/Child)



Spend time with your child discovering the wonders of nature. A Naturalist will help you explore a new nature topic through nature play, crafts, stories and hikes. Dress for the weather. This program is intended to provide special one-on-one time for you and your child. Adult participation required. Spaces are limited.

Age: 3-6

Camouflage

56400 Sa 9/24 10-11:30 AM \$8/\$10

Beavers

56401 Sa 10/8 10-11:30 AM \$8/\$10

Spiders

56402 Sa 10/29 10-11:30 AM \$8/\$10

Leaves

56403 Sa 11/19 10-11:30 AM \$8/\$10

Croydon Creek Ntr. Ctr.

New! Outdoor Science Club



Young scientists will explore a variety of science topics through hands-on activities and time spent exploring the forest preserve.

Age: 6-8

Stream Ecology

Prepare to get wet as we take to the creek to discover the macro-invertebrates found in our watershed.

56743 Su 9/25 1:30-3 PM \$8/\$10

Raptors

Discover birds of prey, dissect an owl pellet and investigate the forest for evidence of raptors.

56744 Su 10/23 1:30-3 PM \$8/\$10

Weather

Learn about weather by conducting several science experiments that demonstrate different atmospheric science principles.

56745 Su 11/20 1:30-3 PM \$8/\$10

Croydon Creek Ntr. Ctr.



Bird Seed Sale

Check out our website in November for information on our annual bird seed sale
www.rockvillemd.gov/croydoncreek

CROYDON CREEP

At the Nature Center

FRIDAY, OCT. 21 • 6-8 p.m.

Spooky Nature Hike • Magic Show • Hands-On Activities and Games

*All ages welcome - \$5 per child at the door
Adults and Children under two are free
All children must be accompanied by an adult.*

www.rockvillemd.gov/croydoncreek

240-314-8770

Green Your Backyard

Saturday, September 10

10:30 a.m. to Noon

Lincoln Park Community Center

Learn about RainScapes Rewards and other City Programs. Green your back yard and reduce pollution.

Topics include rain barrels, conservation landscaping, tree planting and other environmental tips. Residents are eligible to enter a free raffle for a rain barrel.

Open on a first-come, first-served basis; Registration required. To register, call the RainScapes Coordinator at 240-314-8877 or

email rainscapes@rockvillemd.gov with your name and address.

SCOUT BADGE DAYS



WEBELOS INTO THE WOODS BADGE

Sun., Oct. 2

WEBELOS INTO THE WILD BADGE

Sun., Nov. 6

2-4 p.m.

Naturalists will help you complete the necessary requirements to achieve the badges.

All materials provided; however, badges are not supplied by the Nature Center. Programs held rain or shine. Dress for the weather.

Cost: \$14 residents; \$16 non-residents

For additional information or to register, call Melinda Norton at 240-314-8771 or email mnorton@rockvillemd.gov.

Arts, Dance and Enrichment

Ballet Teen & Adult

Advanced students with five or more years of experience are welcome to learn advanced techniques. If a participant registers for two or more ballet classes, a \$5 discount may be applied to one class. Registration must be handled by mail, fax or walk-in to receive a discount. See Adult and Children Ballet for more classes.

Advanced Young Teen & Pointe - Age: 12+
55332 Tu 9/13-12/13 5:15-6:30 PM \$125/\$135
Rockcrest Ballet Ctr/Simpson

Advanced Young Teen & Pointe - Age: 12+
55333 Th 9/15-12/15 5:15-6:30 PM \$135/\$145
Rockcrest Ballet Ctr./Chongpinitchai

Advanced - Age: 13+
55330 M 9/12-12/12 5:45-7:15 PM \$135/\$145
Rockcrest Ballet Ctr./Chongpinitchai

Advanced Ballet - Age: 13+
55331 W 9/14-12/14 5:45-7:15 PM \$135/\$145
Rockcrest Ballet Ctr./Simpson

New! Master Ballet Classes

Try a master class taught by one of our Rockville Civic Ballet company members and City instructors. These classes provide dancers with the valuable opportunity to learn new dance movements and build your technical skills. Taking a class will give you a chance to see what other teachers have to offer and try out different teaching styles. Required skill level: competency in intermediate ballet. Instructors for each class will be assigned by September 1.

Ages: 12+

56961 Su 9/25 12:30-2:30 PM \$19/\$23
56962 Sa 10/8 2-4 PM \$19/\$23
56963 Sa 10/22 2-4 PM \$19/\$23
56976 Sa 11/5 4-6 PM \$19/\$23
Simpson/Chongpinitchai/Langdon

Kids Laser Tag Party

Laser Tag is hitting the scene at TFCC! All equipment is provided. Register as individual players or teams of 2-10 players. If playing in a team all players must register under the same team name. Refreshments will be sold. Space is limited to 60 participants. Beginning at 6:30 p.m., fee at the door is \$15 residents; \$17 nonresidents.

Grade: 3-6
56342 F 9/23 7-10 PM \$10/\$12
Thomas Farm CC

Thomas Farm Halloween Haunt Volunteers

Earn Student Service Learning hours by helping with Thomas Farm Community Center's annual Halloween Haunt event on Sat. October 29. The event is from 2-4 p.m. but work hours are from 1:30-4:30 p.m. Participants must meet on September 29 from 6-7 p.m. to learn more about the volunteer opportunities during the month of October. Students will earn a minimum of 4 SSL hrs. More hours are possible depending on how much students are able to volunteer throughout October. For more info contact 240-314-8840.

Grade: 6-12
56341 F 9/30 6-7 PM \$5/\$7
Thomas Farm CC

Teen After School Volunteers

Looking for a fun place to earn SSL hours? Join the volunteer staff at Twinbrook Community Recreation Center's After School Adventure Program. Volunteers will work with Rockville staff to plan, prepare and lead activities for elementary-aged children. Volunteer shirts and/or badges are provided. Wear comfortable play clothes and sneakers.

Grade: 7-12
56009 M & W 9/7-10/5 4-6 PM \$25/\$29
56010 Tu & Th 9/6-10/6 4-6 PM \$25/\$29
56011 M & W 10/10-11/16 4-6 PM \$25/\$29
56012 Tu & Th 10/11-11/17 4-6 PM \$25/\$29

Twinbrook Teen Scene

Teen Scene program provides a safe, healthy environment that promotes positive youth development. Participants will have daily opportunities to engage in study time and a wide range of recreational activities of their choosing with guidance and supervision by the staff members. Transportation is available from Julius West and Wood M.S., Twinbrook and Meadow Hall E.S. Program does meet on MCPS early release days.

Grade: 5-8
56002 M-F 8/29-10/7 3-6:30 PM \$145/\$165
56003 M-F 10/10-11/18 3-6:30 PM \$145/\$165

Totally Teens

An afterschool program just for teens! Homework help, community service projects, sports, arts, dance, video games, ping pong, special interest clubs and more. Registration is required. Transportation is provided from Julius West MS. The program is held on early release days. It is not held on holidays or when MCPS is closed.

Grade: 6-10
56018 M-F 8/29-12/23 3-6:30 PM \$435/\$495
Thomas Farm CC

Fitness and Wellness

We recommend bringing a water bottle to all fitness programs.

Teen Fit

This fast-paced class includes basic strength training, cardiovascular conditioning and stretching exercises. Increase your overall fitness or support your sport-specific training. Taught by a certified personal trainer.

Age: 13-18

56727	Sa	9/10-10/22	11:15 AM-12:15 PM	\$70/\$81
56728	M	8/29-10/17	7-8 PM	\$70/\$81
56834	Sa	10/29-12/17	11:15 AM-12:15 PM	\$70/\$81
56835	M	10/24-12/12	7-8 PM	\$80/\$93

Rockville Swim and Fitness Center/Gordon/Ocampo

Yoga for Teens

All 12-16-year old aspiring yogis are invited to experience yoga poses, breathing and relaxation techniques as well as meditation. This fun class for teens will help reduce stress, and increase body awareness. Bring a yoga mat and wear comfortable clothing.

Age: 12-16

56735	Su	9/11-10/23	10:15-11:15 AM	\$89/\$105
56833	Su	10/30-12/18	10:15-11:15 AM	\$89/\$105

Rockville Swim and Fitness Center

Trips – Teen

Registration for trips begins upon receipt of the Recreation Guide. Specific information will be mailed to participants one week prior to each trip. Call our teen staff with any questions or concerns at 240-314-8638.

Friday Night Ski Club

Head to Ski Liberty every Friday night for eight weeks in the comfort of a coach bus. The fee includes supervision, bus transportation, mandatory helmet and the ski package you select. Pick-up and drop-off is at Robert Frost Middle School. Detailed information will be mailed upon registration. Note: In-person or fax only registrations are accepted. Both residents and non-residents may register on August 11. Spaces are limited and fill quickly.

Grade: 6-12

Lift Only Package

56950	F	1/6-2/24	3:30-10:30 PM	\$535/\$585
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Lift, Lesson and Rental Package

56951	F	1/6-2/24	3:30-10:30 PM	\$615/\$665
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Advantage Card Option

56952	F	1/6-2/24	3:30-10:30 PM	\$25
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Protection Plan

56953	F	1/6-2/24	3-10:30 PM	\$12
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Snowflake Family Dance

Friday, Dec. 2

7-9 p.m. • All ages.

Twinbrook Community Recreation Center

Cost is \$3 per person at the door.

Come ready to dance and have a great time with friends and family!

Winter crafts and DJ.

Refreshments sold by Meadow Hall ES.

Community Indoor Yard Sale

Saturday, Oct. 1

8 a.m.-noon • 7 a.m. setup

Come check out the great bargains or sign up for a vendor's table (6ft by 3ft) to sell your treasures at our annual community yard sale.

Winter is approaching, now is the time to declutter your home, make some money, and have some fun doing it. Vendors must pre-register with payment to secure a space/table. Course #56946 for additional table #56947
Set up time is 7 a.m.

Lincoln Park Community Center
357 Frederick Avenue, Rockville, MD



DISCOUNTED THEME PARK TICKETS

On sale now!

For parks, prices and information, call 240-314-5024.

Rockville Farmers Market



Saturdays

May 14 - Nov. 19

9 a.m. - 1 p.m.

corner of Route 28 and Monroe Street
WIC, EBT/SNAP accepted



www.rockvillemd.gov/farmers
240-314-8620

Rocktoberfest

Saturday, Sept. 24

Noon-5 p.m.

Rockville Town center

**Join us at the inaugural
Rocktoberfest!**

Sample great beers and wines from Maryland breweries and wineries, and listen to great music on two stages.

More information at
www.rockvillemd.gov/events.

41st Annual
Rockville 10K/5K

Sunday, Nov. 6, 2016

Road Closed: 8 a.m. • Race Begins: 8:30 a.m.
 Start/Finish: King Farm Village Center, Rockville, MD



Register online www.rockville10k5k.com until Nov. 3

Race Fees: 10K/5K \$34 online/mail-in through Thursday, Nov. 3
 \$40 packet pick up, Nov. 5 and walk-up on race day, Sunday Nov. 6. Kids 1 mile Fun Run: \$12



Late Registration and Packet Pick-up location:

RNJ SPORTS

11910-R Parklawn Drive, Rockville, MD 20852

Saturday, Nov. 5 - 11 a.m.-5 p.m.

Race Day Morning, Nov. 6 - 7:30-8:15 a.m.

(at King Farm Village Center)



What's Happening in Rockville?



Have a list of Rockville's weekly events delivered to your email, every Thursday.

- Recreation and Parks programs
- Special events
- Important meetings and more ...

Sign up today and look to the week ahead.

www.rockvillemd.gov/thisweek

**Sign up for City of Rockville
 Emergency Notifications**



**ALERT
 Rockville**

rockvillemd.gov/alerts



The Alert Rockville notification system relays up-to-the-minute messages to subscribers about public safety, severe weather and traffic.

Signing up is EASY!

1. Create a username and password.
2. Choose the types of alerts you want to receive.
3. Choose and prioritize your preferred method(s) of delivery – text, phone, email.
4. Enter your information - mobile phone number, home phone number, email.
5. Enter up to five locations.

For more information and to sign up, visit www.rockvillemd.gov/alerts



Public Safety • Severe Weather • Traffic

Arts, Dance and Enrichment

Ballet

Geared for those with a range of interests and abilities, classes are planned for fun and exercise. Advanced classes are for serious dancers with previous training. Those with demonstrated proficiency are encouraged to perform with the Rockville Civic Ballet. Participants registering for two or more ballet classes may apply a \$5 discount to one class. To receive a discount, register by mail, fax or walk-in. See Teen Ballet for more classes.

Advanced Ballet - Age: 13+
55318 Th 9/15-12/15 6:30-8 PM \$135/\$145
Rockcrest Ballet Ctr/Chongpinitchai

Beginner-Intermediate - Age: 13+
55319 Th 9/15-12/15 8-9:15 PM \$135/\$145
Rockcrest Ballet Ctr/Chongpinitchai

Advanced Ballet - Age: 13+
55320 Tu 9/13-12/13 6:30-8 PM \$125/\$135
Rockcrest Ballet Ctr/Simpson

Beginner-Intermediate - Age: 13+
55321 Sa 9/10-11/19 9-10 AM \$90/\$99
Rockcrest Ballet Ctr/Chongpinitchai

New! Master Ballet Classes

Try a master class taught by one of our Rockville Civic Ballet company members and City instructors. These classes provide dancers with the valuable opportunity to learn new dance movements and build your technical skills. Taking a class will give you a chance to see what other teachers have to offer and try out different teaching styles. Required skill level: competency in intermediate ballet. Instructor for each class will be assigned by September 1.
Ages: 12+

56961 Su 9/25 12:30-2:30 PM \$19/\$23
56962 Sa 10/8 2-4 PM \$19/\$23
56963 Sa 10/22 2-4 PM \$19/\$23
56976 Sa 11/5 4-6 PM \$19/\$23
Simpson/Chongpinitchai/Langdon

Broadway Moves

Dance like a Broadway Star! This fun and energetic exercise class focuses on being the 'One Singular Sensation' that is YOU. Burn calories, stretch, tone, improve posture and, most of all, enjoy the melodies of Broadway. Class is for all levels.

Age: 16+
55334 Tu 9/13-10/18 9:30-10:30 AM \$72/\$79
56336 Th 9/15-10/20 7:30-8:30 PM \$72/\$79
55335 Tu 10/25-12/6 9:30-10:30 AM \$72/\$79
56340 Th 10/27-12/8 7:30-8:30 PM \$72/\$79
Thomas Farm CC/Devine

New! Cooking Workshop – Date Night

Come spice up your date night with this hands on couples class taught by a personal chef and caterer. Learn and prepare dishes based around chocolate and spice ingredients in tandem, and enjoy taste testing together. Note: A \$15 supply fee is required, payable to the instructor at the workshop.

Age: 18+
56826 Th 9/29 6:30-9 PM \$35/\$41
Rockville Sr. Ctr./Hersh

New! Cooking Workshop – Healthy Ethnic Cuisines

Learn how to make simple dishes from Middle Eastern and South Asian ethnic cuisines to impress a small group or large crowd. Prepare healthy dishes in this hands-on workshop, taught by a personal chef and caterer, that are sure to get conversations going. A \$15 supply fee is required, payable to instructor at the workshop.

Age: 18+
56828 Th 10/13 6:30-9 PM \$35/\$41
Rockville Sr. Ctr./Hersh

Getting Paid To Talk

Have you ever been told you have a great voice? Explore the numerous aspects of voice-over work for television, film, radio, books on tape, documentaries and the Internet. Learn how to prepare the all-important demo. Record a commercial script under the direction of a producer. Learn what the pros look for, how to prepare and where to find work in your area.

Age: 18+
56309 M 9/19 6:30-9 PM \$25/\$35
Rockville Sr. Ctr. /Voice Coaches

Tap Dance

In this introduction to a Broadway-style staple, students will experiment with single sounds all the way to complex combinations creating an excellent light cardio workout. Each class will build on the previous to a complete a simple routine. Tap shoes required. Contact Rowena at 301-467-3535 if you have further questions.

Beginner - Age: 16+
55368 W 9/7-12/14 6:30-7:25 PM \$115/\$125

Intermediate/Advanced - Age: 16+
55369 W 9/7-12/14 7:30-8:25 PM \$115/\$125
Twinbrook CRC/DeLuca

Are you a Senior Center member?

If so, you are eligible for a discount on adult classes. See page 36

Fitness and Wellness

We recommend bringing a water bottle to all fitness programs.

20/20/20 Fitness

Enjoy 20 minutes of cardio, 20 minutes of strength training and 20 minutes of core strengthening and total body stretching. Get a well-rounded workout, increase your flexibility and get into shape. Bring mat and weights.

Age: 16+
55388 Sa 9/17-11/19 8:20-9:20 AM \$75/\$86

Mini Session

56983 Sa 12/3-12/17 8:20-9:20 am \$23/\$26
Rockville Sr. Ctr./Fleishman

Ab Sculpt

Strengthen your power house, lower abdominal muscles, lower back, buttocks and pelvic floor in just 30 minutes. Improve posture, help prevent lower back injuries and flatten your stomach in an intense core workout designed for every fitness level. A mat is recommended.

Age: 16+
56698 M 8/29-10/17 8:05-8:35 PM \$35/\$42
56699 M 8/29-10/17 12:45-1:15 PM \$35/\$42
56700 W 8/31-10/19 12:45-1:15 PM \$40/\$48
56701 W 8/31-10/19 8:05-8:35 PM \$40/\$48
56702 F 9/2-10/21 12:45-1:15 PM \$40/\$48
56877 M 10/24-12/12 8:05-8:35 PM \$40/\$48
56878 M 10/24-12/12 12:45-1:15 PM \$40/\$48
56879 W 10/26-12/14 12:45-1:15 PM \$40/\$48
56880 W 10/26-12/14 8:05-8:35 PM \$40/\$48
56881 F 10/28-12/16 12:45-1:15 PM \$35/\$42

Rockville Swim and Fitness Center/Ocampo/Resendiz/
Gorman

New! Body Sculpt

Be prepared to sweat! This total body workout combines High Intensity Interval Training (HIIT), strength training, and heart-pumping cardio to invigorate and strengthen your body. Easy to follow moves with up-tempo music will increase your heart rate, stamina and energy level! Class concludes with abdominal work and stretching. All abilities welcome.

Age: 16+
56934 Th 9/1-10/20 6-7 PM \$64/\$75
56935 Th 10/27-12/15 6-7 PM \$56/\$65
Rockville Swim and Fitness Center/Gordon

Bodyweight Cardio-Strength

Challenge yourself with this demanding workout. The class will start with a quick warm-up followed by high-intensity intervals of cardio and strength training, finishing with a full body stretch. The focus will be on maintaining great form throughout all of the movements.

Age: 16+
56703 Tu 8/30-10/18 12-12:45 PM \$64/\$75
56882 Tu 10/25-12/13 12-12:45 PM \$64/\$75
Rockville Swim and Fitness Center/Ocampo

Bootcamp – Beginner/Intermediate

Reduce body fat, increase cardiovascular stamina and tone muscles in a team environment. Class is designed to introduce the new bootcamper to skills and drills of our advanced class. Workouts can be modified to increase or decrease intensity.

Age: 16+
56704 M 8/29-10/17 5:45-6:45 PM \$56/\$65
56705 W 8/31-10/19 5:45-6:45 PM \$64/\$75
56883 M 10/24-12/12 5:45-6:45 PM \$64/\$75
56884 W 10/26-12/14 5:45-6:45 PM \$64/\$75
Rockville Swim and Fitness Center/Resendiz

Bootcamp – Intermediate/Advanced

This class incorporates drills designed to enhance agility, speed, power, strength and quickness. Workout in a team environment while challenging yourself to reach personal fitness goals.

56706 M 8/29-10/17 7-8 PM \$56/\$65
56708 M 8/29-10/17 6:30-7:30 AM \$56/\$65
56709 W 8/31-10/19 6:30-7:30 AM \$64/\$75
56710 F 9/2-10/21 6:30-7:30 AM \$64/\$75
56885 M 10/24-12/12 7-8 PM \$64/\$75
56886 M 10/24-12/12 6:30-7:30 AM \$64/\$75
56887 W 10/26-12/14 6:30-7:30 AM \$64/\$75
56888 F 10/28-12/16 6:30-7:30 AM \$56/\$65
Rockville Swim and Fitness Center/Ocampo/Resendiz

Cardio Dancing

This class offers easy-to-follow aerobic dance moves. You'll burn more than 350 calories as you get fit to Top 40's music. All fitness levels welcome.

Age: 16+
56712 M 8/29-10/17 12-12:45 PM \$56/\$65
56889 M 10/24-12/12 12-12:45 PM \$64/\$75
Rockville Swim and Fitness Center/Jackson

Cardio Kickbox

Tired of your normal routine or just interested in trying something new? Get into shape in a class that combines boxing, martial arts and aerobics. This total body workout will help increase stamina, flexibility, balance and strength. Wear comfortable clothes and shoes.

Age: 16+

56713	Th	9/1-10/20	7-8 PM	\$64/\$75
56890	Th	10/27-12/15	7-8 PM	\$56/\$65

Rockville Swim and Fitness Center/Resendiz

New! Cardio Quick Fit

The perfect workout for anyone who has trouble finding a full hour to exercise. Participants will receive high intensity interval training through upper and lower body cardio interval sets using body weight. No equipment needed.

56970	Th	9/15	5:45-6:15 pm	Free Demo
56971	Th	9/22-10/27	5:45-6:15 pm	\$23/\$26
56972	Th	11/3-12/8	5:45-6:15 pm	\$19/\$22

Twinbrook CRC/Ohlandt

New! Circuit Cardio

A quick workout designed for those who can't fit in a long exercise program. Class includes cardio, core work and weight training. Segments of step work will be included along with a variety of strength building exercises. Bring a mat and weights to class.

56985	Th	9/15-11/10	5:45-6:15 pm	\$34/\$39
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Rockville Sr. Ctr/Ramsey

Mini Session

56986	Th	11/17-12/8	5:45-6:15 pm	\$12/\$14
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Rockville Sr. Ctr/Ramsey

Circuit Step

Enjoy a great interval workout designed to get you fit. Class combines low impact moves using a step platform (provided) and strength training for all muscle groups. All fitness levels welcome. Bring weights and a mat.

Age: 15+

55392	Tu	9/13-11/22	5:30-6:15 PM	\$75/\$86
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Thomas Farm CC/Webb

Mini Session

56862	Tu	11/29-12/13	5:30-6:15 PM	\$23/\$26
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Thomas Farm CC/Webb

56991	Sa	9/17-11/19	9-9:45 am	\$68/\$78
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Thomas Farm CC/Ramsey

Mini Session

57012	Sa	11/26-12/10	9-9:45 am	\$23/\$26
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Thomas Farm CC/Ramsey

Circuit Training

Jump start your metabolism with this circuit workout. You will improve both strength and endurance. There are six different stations featuring exercises to challenge your whole body, each targeting a different area. This is an effective and time-efficient way to develop all around fitness. Weights will be used.

Age: 16+

56714	Tu	8/30-10/18	11-11:45 AM	\$64/\$75
56715	Th	9/1-10/20	11-11:45 AM	\$64/\$75
56891	Tu	10/25-12/13	11-11:45 AM	\$64/\$75
56892	Th	10/27-12/15	11-11:45 AM	\$56/\$65

Rockville Swim and Fitness Center/Ocampo

Complete Core and Stretch

Try this dynamic class which focuses on body alignment, core strengthening and intense stretching to gain flexibility and stability. Taught by a dancer, this class will help improve your posture. Finish the class feeling taller, stronger and more energetic.

Age: 18+

55336	Tu	9/13-10/18	10:45-11:45 AM	\$72/\$79
56335	Tu	10/25-12/6	10:45-11:45 AM	\$72/\$79

Thomas Farm CC/Devine

Core and Sculpt

Pump up your metabolism and target all your muscle groups. Focus on strength training while incorporating segments of cardio and a variety of exercises for the whole body. All fitness levels are welcome as modifications are provided to increase or decrease intensity levels. Bring a mat and weights to class.

Age: 16+

55397	Th	9/15-11/17	6:15-7:15 PM	\$68/\$78
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Thomas Farm CC/Flaisher

Mini Session

56839	Th	12/1-12/15	6:15-7:15 PM	\$21/\$24
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Thomas Farm CC/Flaisher

Fitness Kickboxing

If you're looking for a fast-paced, calorie-burning, adrenaline-pumping, action-packed workout, then this class is for you. This ultimate conditioning workout is set to high energy music with kicks, punches and strikes. All classes are taught by certified Black Belts. Fee includes equipment and uniform for first time students.

Age: 13+

55407	M & W	9/19-10/19	6:10-6:55 PM	\$99/\$119
55408	Tu & Th	9/20-10/20	7:20-8:05 PM	\$99/\$119

Kicks Karate/Staff

Functional Interval Training

With a focus on functional movement, strength drills are alternated with cardio intervals for a total body blast that will take your fitness program to a new level. Supercharge your workout, boost your metabolism, burn off that extra fat and reach your fitness goals.

Age: 16+

56716	Th	9/1-10/20	12-12:45 PM	\$64/\$75
56909	Th	10/27-12/15	12-12:45 PM	\$56/\$65

Rockville Swim and Fitness Center/Ocampo

In Motion (Seniors)

Stay active and healthy! Exercise can energize your mood, relieve stress, help you manage symptoms of illness and pain, and improve your overall sense of well-being. This fitness class is designed to help seniors and older adults maintain their strength, balance, coordination and flexibility while enjoying the benefits of working out in a group.

Age: 16+

56717	Tu	8/30-10/18	12:45-1:15 PM	\$40/\$48
56910	Tu	10/25-12/13	12:45-1:15 PM	\$40/\$48

Rockville Swim and Fitness Center/Ocampo

Light and Easy Conditioning

This class targets many elements of fitness in just 30 minutes. Hand weights are used for upper body toning. An aerobic segment provides cardio and fat burning. Abdominal work targets core strengthening and stretching segment concentrates on muscle relief and recovery. Newcomers are welcome.

Age: 16+

56719	Th	9/1-10/20	12:45-1:15 PM	\$40/\$48
56911	Th	10/27-12/15	12:45-1:15 PM	\$35/\$42

Rockville Swim and Fitness Center/Ocampo

Lo (by Jazzercise)

Get all the pulse-pounding, body-pumping intensity without the hop. Use your muscles, not your momentum, to get a killer core workout. Rock it out with dance-based cardio and strength training for total body transformation.

Age: 16+

55432	M	9/19-12/5	6:45-7:45 PM	\$78/\$89
55433	W	9/21-12/7	6:45-7:45 PM	\$78/\$89

College Gardens ES/Proctor

New! Metabo Body Blast

Pump up your metabolism as you get fit through an energizing cardio workout, strength training and core work. Burn calories, improve endurance, stamina and flexibility.

56978	M	9/12-11/21	6:15-7 pm	\$75/\$85
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Thomas Farm CC/Ramsey

Mini Session

56979	M	11/28-12/12	6:15-7 pm	\$23/\$26
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Thomas Farm CC/Ramsey

Pilates

Enjoy a non-impact, mind-body workout that trains core muscles to stabilize the body. Stretching and strengthening exercises target abdominal and pelvic muscles. Improve posture, abdominal strength, balance and flexibility. No previous experience necessary. Bring a mat.

Age: 16+

55357	Tu	9/20-11/22	7:30-8:25 PM	\$109/\$119
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Mini Session

56938	Tu	11/29-12/13	7:30-8:25 PM	\$35/\$40
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Rockville Swim and Fitness Center/Poole

Pilates –Yoga Fusion

Fusion is a wonderful combination of the core strengthening and muscle-toning of Pilates and the meditative and flexibility benefits of yoga in a flowing workout. Bring a mat and wear comfortable clothing.

Age: 16+

55358	Tu	9/20-11/22	6:30-7:25 PM	\$109/\$119
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Mini Session

56939	Tu	11/29-12/13	6:30-7:25 PM	\$35/\$40
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Rockville Swim and Fitness Center/Poole

New! Pilates Mat

Pilates is a system of controlled exercises that engage the mind and condition the total body. You will learn the basic series of movement which the Pilates method is built on including concepts of alignment, breath, neutral spine, properly engaged core, pelvic stability, spinal articulation and more. Bring a mat. No prior experience is required.

Age: 16+

56313	Th	9/15-10/20	5:15-6 PM	\$59/\$65
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Mini Session

56314	Th	11/10-12/15	5:15-6 PM	\$49/\$52
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Thomas Farm CC/Lu

Pilates – Teens and Adults

Enjoy a series of mat-based exercises derived from the classic methodology of Joseph Pilates. The class focuses on increasing flexibility and balance and incorporates stability, strength and awareness of the core.

Age: 13+

56721	Th	9/1-10/20	9:15-10:15 AM	\$88/\$104
56722	Su	9/11-10/23	9:15-10:15 AM	\$77/\$91
56912	Th	10/27-12/15	9:15-10:15 AM	\$77/\$91
56913	Su	10/30-12/18	9:15-10:15 AM	\$77/\$91

Rockville Swim and Fitness Center/Resendiz

New! POP Pilates

POP Pilates™ is an incredible fusion of ab-chiseling and total body defining moves choreographed to your favorite Top 40 hits. This intense, mat-based workout challenges students to rhythmically flow from one exercise to the next, developing a rock solid core while leaving no muscle untouched. This format takes classical Pilates to the next level like you've never seen before.

Age: 16+

56202	Sa	10/8-11/12	8:30-9:15 AM	\$49/\$55
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Twinbrook CRC/Cunningham

Power Conditioning

Train like the pros! This class is not for beginners. Build core strength and endurance, increase your agility and flexibility, and take your fitness level from average to elite. This class will focus on increasingly difficult plyometric exercises and calisthenics to help your muscles reach the maximal force in the shortest amount of time.

All Ages

56723	Sa	9/10-10/22	8-9 AM	\$56/\$65
56914	Sa	10/29-12/17	8-9 AM	\$56/\$65

Rockville Swim and Fitness Center/Ocampo

New! Absolute Fi(T)nesse

This fitness boot camp is designed to give your body the ultimate full body workout by increasing your energy levels, reducing stress, building confidence all while helping you get in shape. Limits will be pushed, to ensure you accomplish your personal goals and receive the results you seek.

Age: 16+

56954	Th	9/29-11/17	6:45-7:45 PM	\$55/\$65
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Lincoln Park CC/Williams

Power Sculpt

This workout, for all fitness levels, includes routines designed to improve strength and definition of muscle groups. Bring a mat and 3-5 lb. weights.

Age: 15+

55434	M	9/12-11/21	9:30-10:30 AM	\$75/\$86
55436	W	9/14-11/23	9:30-10:30 AM	\$75/\$86

Thomas Farm CC/Devine

Mini Session

56968	M	11/28-12/12	9:30-10:30 AM	\$23/\$26
56969	W	11/30-12/14	9:30-10:30 AM	\$23/\$26

Thomas Farm CC/Devine

55435	Th	9/15-11/17	6:30-7:15 PM	\$75/\$86
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Rockville Sr. Ctr./Webb

Mini Session

56858	Th	12/1-12/15	6:30-7:15 PM	\$23/\$26
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Rockville Sr. Ctr./Webb

55437	Tu	9/13-11/22	6:20-7:15 PM	\$75/\$86
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Thomas Farm CC/Lu

Mini Session

56844	Tu	11/29-12/13	6:20-7:15 PM	\$23/\$26
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Thomas Farm CC/Lu

New! Self Defense

Learn how to defend yourself when you cannot reason with someone and need to guard against an attack. Learn safety tips and various techniques that will help you counter an offender's aggressive behavior when it is a last resort to resolve a situation.

Age: 16+

56837	M	9/12	7-8 PM	Free Demo
56838	M	9/19-10/31	7-8 PM	\$48/\$58

Twinbrook CRC/Beale

New! Small Group Fitness Training

Small group training is the perfect format to help you achieve your fitness goals. It brings accountability, engages competition and camaraderie into a fun exercise environment. A small group setting pushes you to work harder and achieve goals faster supervised by a fitness professional that can ensure a workout is safe and effective.

Age: 17+

56385	W	9/14-10/26	6:15-7 AM	\$45/\$50
56386	W	9/14-10/26	12:15-1 PM	\$45/\$50

Thomas Farm CC/Ramsey

Sunday Stretch

Stretching your body is one of the most important things to do to reduce stress, promote circulation and help facilitate proper alignment of the body. Stay healthy and injury free by joining this class.

All Ages				
56724	Su	9/11-10/23	11:20-11:50 AM	\$35/\$42
56915	Su	10/30-12/18	11:20-11:50 AM	\$35/\$42
Rockville Swim and Fitness Center				

Taekwondo for Adults

Learn one of the world's most popular martial arts in a fun, low-pressure environment! This class will cover basic kicks, blocks, strikes and self-defense techniques and is appropriate for all fitness levels. Taught by a World Taekwondo Federation certified 4th degree Black Belt.

Age: 15+				
56725	Su	9/11-10/23	3:30-4:30 PM	\$60/\$70
56916	Su	11/6-12/18	3:30-4:30 PM	\$60/\$70
Rockville Swim and Fitness Center/Fumagalli				

T'ai Chi Ch'uan

Promote physical and mental rejuvenation through this ancient Chinese art. With separate instruction for beginning and continuing students, tone sinews and gently massage the spinal cord and internal organs. Unify your mind and body through slow, rhythmic, flowing movements.

Age: 18+				
55447	Tu	9/20-11/8	7-8 PM	\$61/\$69
Elwood Smith RC/Lamb				

New! Body Thrive

Get into shape as you build your core, improve your strength and cardio endurance. Challenge yourself as your workout changes to adapt to your improved levels of fitness.

56981	W	9/14-11/23	6:20-7:15 PM	\$68/\$78
Thomas Farm CC/Ramsey				

Mini Session

56982	W	11/30-12/14	6:20-7:15 PM	\$23/\$26
Thoams Farm CC/Ramsey				

Total Body Fit Bootcamp

Enjoy a great class as you build strength, burn fat and tone muscles. You'll love the results as you get into shape during this total body workout. Bring a mat, and weights to class.

Age: 16+				
55476	M	9/12	6-6:50 PM	Free Demo
55477	M	9/19-11/21	6-6:50 PM	\$46/\$53
Twinbrook CRC/Beale				

New! Yoga – Aerial

Experience an entirely new way of extending your yoga practice by utilizing the power of gravity and a soft hammock to increase your flexibility, balance, coordination and strength. Find new ways to stretch while upside down. No experience necessary. Appropriate for all levels - modifications will be shown. Note: Aerial Yoga is not recommended for pregnant women, those who have recently had eye surgery, or those suffering from vertigo or motion sickness. Consult your doctor before giving the class a try.

Age: 18+				
55578	Su	9/25	2-3:30 PM	\$25/\$29
Thrive Yoga/Wimsatt				

Yoga – Basic Flow for Beg./Cont.

Practice yoga poses and breathing exercises in flowing sequences. Flow yoga is a heat building style of yoga that increases strength, flexibility and fitness. Recommended for all levels. Bring a mat or rent one.

Age: 16+				
55371	Tu	9/13-11/1	4:30-5:45 PM	\$89/\$99
Thrive Yoga/Alter				

Yoga – Beginner and Continuing

Be introduced to traditional yoga techniques like meditation, breathing exercises, basic yoga positions and deep relaxation. Bring a yoga mat and a smile.

Age: 16+				
55372	Th	9/22-11/10	6:30-7:30 PM	\$85/\$95
Twinbrook CRC/Portis				

Beginners Welcome!

Fall Outdoor Yoga Series **Free**

A gentle way to greet the day. Enjoy this morning yoga class in one of the city's natural and peaceful parks in Rockville. This yoga session is for all levels and ages. Class consists of warm up, easy stretches and flowing poses. Wear comfortable clothing. Bring a yoga mat or beach towel.

As the temperature changes, classes will be held in the LPCC gym.

Sept. 17, Oct. 1, 15, 29 & Nov. 12 • 9 a.m.

Isreal Park (Behind Lincoln Park Community Center)

Yoga – Core

Strengthen your core and develop healthy back muscles with this fun, fast and energetic Hatha yoga workout. Using a core yoga ball, target your abdominals from every angle, reduce back pain, stabilize the spine, create a stronger midsection and improve overall body alignment.

Age: 16+

56729	Tu	8/30-10/18	9:15-10:15 AM	\$102/\$120
56730	F	9/2-10/21	9:15-10:15 AM	\$102/\$120
56917	Tu	10/25-12/13	9:15-10:15 AM	\$102/\$120
56918	F	10/28-12/16	9:15-10:15 AM	\$89/\$105

Rockville Swim and Fitness Center/Mustafa

Yoga – Gentle

This gentle yoga workout provides modifications to traditional yoga postures without losing any of the physical benefits. Conducted at a comfortable pace, gentle yoga demonstrates the use of props, which enables everyone to enjoy the practice while promoting increased activity for better health. Bring a yoga mat, block and strap.

Age: 18+

56731	W	8/31-10/19	9:15-10 AM	\$98/\$113
56732	Sa	9/10-10/22	9:15-10 AM	\$86/\$99
56920	W	10/26-12/14	9:15-10 AM	\$98/\$113
56921	Sa	10/29-12/17	9:15-10 AM	\$86/\$99

Rockville Swim and Fitness Center/Resendiz/Stokes

Yoga – Gentle Hatha Beg./Cont.

Practice gentle stretching and strengthening exercises as well as relaxation and breathing techniques. Those with injuries should consult a physician prior to registration. Bring a yoga mat.

Age: 16+

55373	Th	9/8-11/17	7:30-8:45 PM	\$135/\$145
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Mini Session

56388	Th	12/1-12/15	7:30-8:45 PM	\$35/\$39
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Rockville Sr. Ctr./Dodson

Yoga – Gentle/Moderate

This class is a good place to start if you are new to the practice. Gentle classes are accessible to almost everyone. The techniques used involve breathing, gentle movements, easier and modified postures, body awareness, light stretching, strengthening and relaxation. This slower paced class will gradually build to more challenging poses. Alignment and working at one's own pace are encouraged.

Age: 16+

56377	W	9/21-11/2	7:30-8:25 PM	\$89/\$99
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Mini Session

56378	W	11/30-12/14	7:30-8:25 PM	\$35/\$39
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Thomas Farm CC/England

Follow us on
Twitter and Instagram
@rockvillerec

Yoga – Hatha Intermediate

Enjoy a balanced practice with longer posture holding times and a variety of sequences to increase stamina, flexibility and well-being. This physically challenging class is designed for individuals with prior yoga experience (exceptions granted), who are free of serious injuries or physical vulnerabilities. Bring a yoga mat, strap and block.

Age: 16+

55374	M	9/12-12/12	7:30-8:45 PM	\$159/\$169
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Thomas Farm CC/Neves

Yoga – Hot Vinyasa for Rookies

A slower paced hot vinyasa class to give you time to position your body, connect to your breath and adjust to practice in a room heated to 85 degrees which helps open and stretch the tightest muscles. You will learn to steady the mind and experience being more comfortable in the conscious through connecting breath and movement. Experience the benefits of breathing easier, deeper and longer, and reduce the feeling of agitation and stress.

Age: 18+

55375	Su	10/2-11/20	8-8:55 AM	\$89/\$99
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Thrive Yoga

Yoga – iRest

Integrative Restoration, iRest, is an adaptation of Yoga Nidra, a form of self-inquiry from the teachings of yoga. Practice iRest to: induce deep relaxation throughout the body and mind; eliminate stress; overcome insomnia; solve personal and interpersonal problems; resolve trauma; neutralize and overcome anxiety; fear, anger and depression; as well as to enter deep meditation in order to unravel the mystery of life and answer questions such as, "who am I?", "why am I?", "what is all this?", and, "what is enlightenment?". iRest, is practiced in a supported supine position and through guided meditation. As you welcome everything that is present in the body and mind, our emotions and thoughts begin to grow calmer and we connect to the aspect of ourselves that is always peaceful and at ease.

Age: 16+

56315	Su	9/18-11/13	5:30-6:30 PM	\$89/\$99
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Thrive Yoga



Yoga – In Our City

Let the sun shine on your salutations. Join us outside for these beginner yoga classes. Studies have shown yoga helps to lower blood pressure, increase flexibility and relax your mind. All ages welcome. Bring a mat and water bottle. Call weather line to check the class status at 240-314-5023.

All Ages				
55377	Sa	9/10	9-10 AM	Free
Rockville Town Square/Thrive Yoga				
All Ages				
55378	Sa	10/1	9-10 AM	Free
King Farm Park/England				

Yoga for Athletes

This class is designed to improve health, performance and mental acuity. It combines push-ups, sit-ups and squats with traditional yoga postures in a flowing format. Focus on reducing stress and pain in the lower back, increasing flexibility in the hamstrings, glutes and quadriceps to build a stronger core.

Age: 16+				
56733	M	8/29-10/17	9:15-10:15 AM	\$89/\$105
56734	W	8/31-10/19	7-8 PM	\$102/\$120
56922	M	10/24-12/12	9:15-10:15 AM	\$102/\$120
56923	W	10/26-12/14	7-8 PM	\$102/\$120
Rockville Swim and Fitness Center/Groman/Stokes				

Zumba – Dance Fitness

This is Latin dance at its finest. It is a high energy workout with fun, upbeat music. The steps are easy to follow and results are long lasting. Classes are taught by licensed Zumba instructors.

Age: 16+				
55380	Tu	9/13-10/18	7:30-8:25 PM	\$60/\$70
55381	F	9/23-12/2	5:30-6:25 PM	\$89/\$99
56387	Tu	10/25-12/13	7:30-8:25 PM	\$70/\$80
Thomas Farm CC/Graves/Ford				
56347	Th	9/29-11/17	7:35-8:30 PM	\$80/\$90
Twinbrook CRC/Philippe				

Zumba Fit

Zumba Fit is a fun and effective cardio dance workout that includes sculpting exercises designed to tone the entire body. While intended as an introduction to the easy Latin and international inspired program, this high energy, low-impact class has something to offer all fitness levels.

Age: 16+				
56736	Th	9/1-10/20	7-7:45 PM	\$64/\$75
56737	W	8/31-10/19	12-12:45 PM	\$64/\$75
56924	Th	10/27-12/15	7-7:45 PM	\$56/\$65
56925	W	10/26-12/14	12-12:45 PM	\$64/\$75
Rockville Swim and Fitness Center/Medovoy/Jackson				

Zumba Toning

Use small weights to tone and strengthen arms, glutes, abs and thighs. Fast and slow rhythms are used to maximize fat burning and to build muscle. Sculpt your body naturally while having fun dancing to high-energy popular music. Bring 1 or 2 lb. weights.

Age: 16+				
56739	F	9/2-10/21	12-12:45 PM	\$64/\$75
56740	Sa	9/10-10/22	11:15 AM-12 PM	\$56/\$65
56926	F	10/28-12/16	12-12:45 PM	\$56/\$65
56927	Sa	10/29-12/17	11:15 AM-12 PM	\$56/\$65
Rockville Swim and Fitness Center				

Sports – Instructional

We recommend bringing a water bottle to all sports programs.

Fencing – Beginner

Designed to introduce beginners to the Olympic sport of fencing. This course emphasizes safety and proper technique. Equipment provided. Wear comfortable clothes and bring a fencing glove (or garden/golf glove). Flexible swords are used.

Age: 14+				
55398	Tu	9/20-11/15	7-8:20 PM	\$128/\$140
55399	Sa	9/24-11/19	2-3:20 PM	\$128/\$140
55400	Su	9/25-11/20	11:25 AM-12:45 PM	\$128/\$140
Rockville Fencing Academy/Staff				

New! Cardio Tennis

Enjoy a great aerobic workout, burn calories and improve body and racket control. This class will also improve footwork and court coverage. Class consists of a 10 minute warm up, followed by 30 minutes of cardio activity and a 5 minute cool down. Bring a water bottle.

Age: 16+				
56932	W	9/14-10/26	6:15-7 PM	\$69/\$79
Mattie Stepanek Park/Asaka				

Tennis – Play 10S Fast

Enjoy this unique tennis class designed to teach new players, or those returning to the game, quickly through the use of low compression balls. Meet new people of similar abilities and enjoy a fun, fitness workout. By the end of the class, players will learn to rally, serve and keep score. Bring a water bottle and racquet.

Age: 16+
55450 Tu 9/13-10/25 8-8:50 PM \$69/\$79
King Farm Park/Gough

New! Tennis – Strategies for Winning

Improve your game and learn important tips to help you win critical points in a match. Instructor will coach you through various game play situations to help elevate your confidence and game. Open to 3.5 to 4.0 players. Instructor will review student's level of play to ensure all participants are of similar ability.

56987 W 9/14-10/19 7-8:30 PM \$86/\$96
56974 S 9/17-10/15 4-5:30 PM \$86/\$96
Woodley Gardens Park/Raaf

The City of Rockville is going ROGue!

Enjoy fun, social outdoor tennis on 60' tennis courts, utilizing orange low compression balls at Broome Athletic Park. ROGue courts/equipment level the playing field, lengthen points, and make tennis FUN for all levels of Adult athletes (tennis player or not). Come out, try it, and go ROGue with us! USTA Sponsored

Rockville ROGUE Tennis Sampler #2

When: Tue, Aug. 30 at 6:30-8:30 p.m.

Cost: \$10.00

Where: Broome Athletic Park

Rockville ROGue Social League

League Dates: September 13, September 20, September 27, October 4

When: 6:30-8:30 p.m.

Where: Broome Athletic Park

League Format: No partner needed! "Mixed Up" Doubles utilizing easy 1-2-3 scoring and 15 minute timed matches.

For further information and to register, please visit the Sports Division website: www.rockvillemd.gov/recreation/sports, and select "ROGue Tennis"

Tennis for Adults/Teens

Learn and enjoy the sport of tennis through instruction, drills and game play situations. Ground strokes, serve, volley, overhead and strategies will be covered based on skill levels. Register for the appropriate level but it may be changed at the discretion of instructor. Bring a tennis racquet.

Beg/Nov Combo (2.0-3.0 NTRP Level) - Age: 16+
55461 W 9/14-10/26 6-6:50 PM \$69/\$79
Mattie Stepanek Park/Asaka

Novice (2.0-2.5 NTRP Level) - Age: 16+
55462 Sa 9/17-10/22 4-4:50 PM \$69/\$79
Thomas Farm CC/M. Yargici

Novice (2.0-2.5 NTRP Level) - Age: 16+
55463 Tu 9/13-10/25 6-6:50 PM \$69/\$79
Dogwood Pk./M. Yargici

Beg/Nov Combo (2.0-3.0 NTRP Level) - Age: 16+
55464 M 9/12-10/24 6:10-7 PM \$69/\$79
Twinbrook CRC/Asaka

Intermediate (3.0-3.5 NTRP Level) - Age: 16+
55465 Tu 9/13-10/25 7-7:50 PM \$69/\$79
Dogwood Pk./M. Yargici

Intermediate (3.0-3.5 NTRP Level) - Age: 16+
55466 M 9/12-10/24 7-8:15 PM \$86/\$98
Twinbrook CRC/Asaka

Intermediate (3.0-3.5 NTRP Level) - Age: 16+
55467 W 9/14-10/26 7-8:15 PM \$86/\$98
Mattie Stepanek Park/Asaka

Beginner (1.0-1.5 NTRP Level) - Age: 16+
55468 Sa 9/17-10/22 3-3:50 PM \$69/\$79
Thomas Farm CC/M. Yargici

Adult Co-Rec Soccer 7's

Thursday & Friday Evenings
Starting , Sept. 15

Mark Twain Athletic Park

Register as an individual or team
8 week season, 60 minute matches
Registration Deadline: Wednesday, Aug. 31

Team: \$465: Course # 56154

Free Agent: \$55
Course # 56155

www.rockvillemd.gov/recreation/sports
240-314-8620



Rockville Bicycle Advisory Committee

Celebrates 10th Anniversary of Carl Henn Millennium Trail Opening

Join the Rockville Bicycle Advisory Committee for a group ride on the Carl Henn Millennium Trail, a signed, 10-foot-wide, shared-use path that runs in a 10.6-mile loop around Rockville.

Afterwards, celebrate the 10th anniversary of Rockville’s bike beltway with a potluck picnic. RBAC will supply the cake, but feel free to bring a dish, snacks and beverages to share with others.

Riders will learn about the history and development of the trail, which was constructed in 2000, and Carl Henn, the man it was later named after. Henn was a longtime Rockville resident, community activist, environmental advocate and active member of RBAC. He died in July 2010 after being struck by lightning during a powerful storm. He was 48.

Henn served as NIH Bicycle Commuter Club president, and was its cheerleader, supporter and conscience. When Henn saw somewhere he could make a difference, he put his wheels to the road quite literally and got things done.

The Millennium Trail, named as it was in bright hopes for the new century, was renamed in 2011 to honor Henn’s quiet, yet effective leadership, which has left Rockville and the world a better place for all of us.

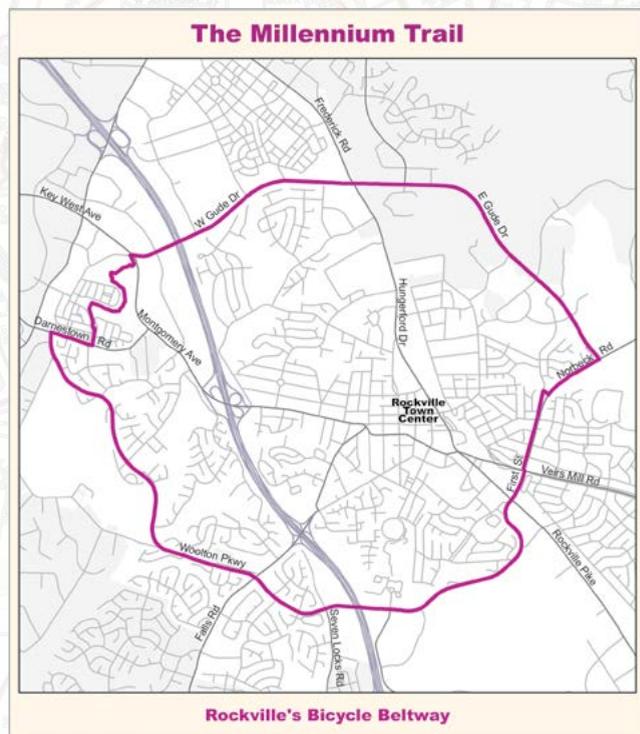
WHEN: Saturday, Sept. 10, from 10 a.m. to 2 p.m. Check-in begins at 9:30 a.m.

WHERE: Thomas Farm Community Center, 700 Fallsgrove Drive, Rockville, MD 20850

Riders must be aged at least 15 and helmets are required.

Registration is free but please RSVP and fill out a waiver:

<https://chmt2016anniversary.eventbrite.com>



ROCKVILLE SENIOR CENTER

1150 Carnation Drive, Rockville, MD 20850 • 240-314-8800

www.rockvillemd.gov/seniorcenter

The Rockville Senior Center provides a central location for the many programs, services and activities offered to senior adults, ages 60 and older.

REGISTRATION DATES

(M) - Member registration begins **Tuesday, August 9**. Members receive a discount on senior program fees and rentals, are eligible to join the Fitness Club, are mailed the monthly newsletter of events and are eligible for a discount on classes in the adult section of the Recreation Guide. Registration begins August 11 for all other City programs.

(R) - Resident registration begins **Thursday, August 11** for Rockville residents who are not members of the Senior Center. (Must be age 60 and older and live within the Rockville City limits.) Residents receive a discount on program fees.

(NR) - Nonresident/Nonmember registration begins **Thursday, August 11** for seniors age 60 and older who live outside the Rockville City limits and who are not members of the Senior Center. Nonresidents/Nonmembers pay full price for programs offered at the Senior Center.

TRANSPORTATION

Rockville Call 'N Ride Service – Taxi coupons may be purchased at a reduced rate, based on income and family size. Documentation required. Call 240-314-8810.

Buses – Door-to-door bus service is available to the Senior Center, shopping, club meetings and special trips. Reservations required. Call 240-314-8810.

AGING INFORMATION, SERVICES AND SUPPORT

Seniors and families may obtain information, services and support related to aging issues by calling 240-314-8810. For outreach and assistance in English, call 240-314-8816; Spanish, 240-314-8817.

ROCKVILLE SENIOR CENTER

Hours

Monday-Friday, 8:30 a.m.–5 p.m.
Saturday, 8:30 a.m.–1 p.m.



Directions

Call 240-314-5019

Bus Transportation and Lunch Reservations

Call 240-314-8810



Program Fees

Fee = member/resident/non-resident

Center Membership Fees

\$40/year - Rockville Residents
\$135/year - Non-residents; \$65 spouse



Fitness Club Membership Fees

\$90/year (Must be a Senior Center member)

SENIOR ASSISTANCE FUND

Financial assistance for senior classes, day trips and Senior Center membership is available. (Must meet age and income guidelines.) To donate to this program send a check payable to the City of Rockville Senior Assistance Fund. Mail to the Rockville Senior Center, 1150 Carnation Drive, Rockville, MD 20850.

MEAL PROGRAM

Daily Lunch – Hot and cold lunches are provided at noon, Monday through Friday. Participants contribute as much as they are able toward the cost of the meal (\$5.49). Reservations required. Call 240-314-8810.

ROCKVILLE SENIORS, INC. (RSI)

A 501(c)(3) established by Mayor and Council to assist in providing financial support for the Rockville Senior Services. Volunteer opportunities are available to support RSI's fundraising activities. For more information visit the Rockville Senior Center's website, www.rockvillemd.gov/rsi

SENIOR CENTER MEMBER ADULT CLASS BENEFIT

Discounts only apply for classes in the Adult section of the Recreation Guide. One discount below may be used per Senior Center member, per activity. Discounts must be applied for in-person. Note: Senior member program fees listed in the Recreation Guide are at a discounted rate. For senior discounts on swim classes, refer to activity descriptions in the Swim Center section. Call 240-314-8800.

Activity Fee	Discount
\$ 5-\$10	\$ 1
\$11-\$30	\$ 3
\$31-\$60	\$ 7
\$61 and up	\$14

Arts and Enrichment

AAA CarFit

Back by popular demand! CarFit is a program designed to be a quick, comprehensive check of how well you and your vehicle work together. A trained professional will help you complete a 12-point checklist. You must register and will be given an appointment for you and your car! Call 240-314-8803. (Everyone who drives should do this program!)

56959 Tu 9/20 9:30 AM- 2:30 PM Free/\$2

New! A Trip through History

A Trip through History & Geography from Mt. Vernon to Great Falls has been written as a guide to enhance your adventure as you discover or re-discover wonderful scenic spots like Mt. Vernon, Great Falls, Georgetown, the Clyde Moore Colonial Farm and the C & O Canal. Colorful illustrations and maps accompany this power point presentation by Professor McDermott.

56334 Th 10/13 1-2:30 PM \$6/\$9/\$11
Azalea Room

Wine & Cheese Open House

What better way to explore the senior center than with wine paired with delicious cheeses. Mingle with staff and others interested in the senior center!

56379 Tu 9/20 5-6:30 PM Free
Carnation Room

Birthday and Anniversary Parties

Celebrate with a festive afternoon of lively entertainment and light refreshments. Mark your calendar for these special events in partnership with Rockville Seniors, Inc. Registration is required at least one week prior to each party based on availability.

September Party

Sponsored by: Barbara & Peter Weidenbruch, Diana Alt
Entertainment by: Winfield Parker

56191 W 9/7 1:30-3 PM Free/\$6

October Party

Sponsored by: Annie & Lewis Rhodes, Elisabeth & Denis Light, American Legion Auxiliary Henderson-Smith-Edmonds Unit 86
Entertainment by: Reggie Rice, Magician

56192 W 10/5 1:30-3 PM Free/\$6

November Party

Sponsored by: Carole Fox, Ring House Senior Club
Entertainment by: Classy Jazz Band

56193 W 11/2 1:30-3 PM Free/\$6

December Party

Sponsored by: John Wharen, Essex Bank
Entertainment by: The Carnation Players

56194 W 12/7 1:30-3 PM Free/\$6
Carnation Room

Book Club

Participants enjoy an in-depth discussion covering a broad spectrum of books ranging from older classics to current best sellers. Books are selected by the group at each session and a moderator will present topics for discussion.

56204 Th 9/22 & 10/27 10-11 AM Free/\$6
Board Room/Beck

New! Bridge – Beginner

Whether you're completely new to the game or looking to update or improve your game, this class will be fun as well as instructive. Each class will start with a lesson and finish with supervised play. Topics will include the 2 over 1 bidding system and the play of the cards. Class is limited in size due to individual instruction. No class 10/11 and 11/8

56199 Tu 9/13-11/15 1-3 PM \$82/\$89/\$111
Lounge/Schiff

New! Carnation Players

Calling all characters. If you would like to join this group and can sing, dance, play an instrument or would like to be in a skit, we need you. The Players cannot guarantee fame and fortune, but can ensure you will have lots of fun. Note: No Class 10/11 & 11/8.

56205 Tu 9/20-11/15 3-4 PM Free/\$6
Carnation Room/Beck

New! Creative Sampler for Retirees

Each class is focused on re-engaging your life around a different creative theme. Class will cover visual arts, music, poetry, movement, story and memoir. There will be time for sharing the outcomes and some homework. At the end of the course we celebrate and evaluate for possible future programming. No class 10/11

56207 Tu 9/20-10/25 10 AM-12 PM \$20/\$25/\$31
Twinbrook Community Center/Multi Purpose Room

Alzheimer's and Related Dementia Care Partners Support Group

Join us for a social gathering where people with memory loss and their care companions can come together in a safe, supportive environment. Each gathering will begin with a support meeting divided between persons with memory loss and their care partners. Please pack a lunch. We will meet the first and third Monday of each month.

56785 M 10/3-12/19 11 AM-1 PM Free
Blossom Room

New! Disputed Presidential Elections

Joan Adams, our popular college professor will have a three part program on disputed elections throughout America's history as well as a wrap up of the most recent election.

Disputed Elections

Before the Presidential Election of 2000 there were several other contested and contentious election outcomes. The flaws of the Constitution are few, but the outcomes of some elections have made several memorable. This series will look back at the players and the issues.

56159 M 10/10 10:15-11:15 AM \$6/\$9/\$11
56160 M 10/24 10:15-11:15 AM \$6/\$9/\$11

New! It's Over, Finally!!

Campaign 2016 has finally come to an end. So what was all the fuss about?? What was the role of the Electoral College? Now, on to 2020.

56161 M 11/14 10:15-11:15 AM \$6/\$9/\$11
Card Room/Adams

English Class

Classes include reading, speaking, listening and pronunciation for seniors whose first language is not English. Returning students should register for the class recommended by your teacher. New student placement is determined by assessment on Sept. 7, 12, 13 and 14, 9:30-10:30 a.m. Note: \$10 book fee may be required at first class.

English I - Beginner

56762 M & W 9/12-11/16 10 AM-12 PM \$20/\$22/\$27
Arts and Crafts Room

English 2 - High Beginner

56763 Tu & Th 9/13-11/17 10 AM-12 PM \$20/\$22/\$27

English 3 - Intermediate

56764 Tu & Th 9/13-11/17 10 AM-12 PM \$20/\$22/\$27

English 4 - Advanced

56765 M & W 9/12-11/16 10 AM-12 PM \$20/\$22/\$27
Card Room

English Conversation Classes

Speak more confidently about everyday topics.

56766 Tu 9/20-11/15 1-2:30 PM \$14/\$16/\$18
Arts and Crafts Room

Benefits of the Senior Center Membership include:

- Discounts on Senior Programs
- Discounts on Rentals
- Eligibility to join the Fitness Center
- Early Class Registration
- Discount in the Adult section of the Recreation Guide
- Monthly Newsletter Mailed

Memory Café and Care Partner Support Group

You are not alone on this journey. Join this group to connect and share with other people who understand the experience of having a loved one who has a dementia related illness. We will meet weekly on Tuesday evenings.

56787 Tu 10/11-12/27 6-7 PM Free
Azalea Room

First Ladies

The last of this series will take a look at the life of the woman behind the man. Join Joan Adams for an in-depth look at this important position.

Laura Lane Welch Bush

Laura Bush broke tradition when she became the first presidential candidate's wife to address the convention. As a teacher and librarian she has been dedicated to enhancing early reading, early learning and literacy. She has stressed the need for the Country to better understand the role women have played in our Nation's history, not just First Ladies.

56182 M 9/26 10:15-11:15 AM \$6/\$9/\$11
Card Room

French

If you haven't taken a French class in the last 50 years or, if you are new to the language, this class is for you. Note: \$5 handout fee due at first class meeting.

56929 M&W 9/12-10/12 10-11:30 AM \$40/\$45/\$50
Board Room

French – Continuing

This class is for those who have a working knowledge of French and want to improve grammar and communication skills. Note: \$5 handout fee due at first class meeting.

56930 M&W 10/19-11/21 10-11:30 AM \$40/\$45/\$50
Blossom Room

New! Get Ready For Gravy

Paint on glass in this fun fall class for beginners or experienced painters. Celebrate in style with a hand painted gravy boat in beautiful fall colors. Keep your creation for yourself or bring it as a gift over the holidays. All paint, supplies, examples and instruction included by instructor, Cathy Pasquariello. Bring on the turkey!!

56179 W 10/19 10:30 AM-12:30 PM \$12/\$15/\$19
Arts and Crafts Room

New! Gourmands Go Bavarian

The scenery will be lovely, the company will be wonderful and the menu at the Bavarian Inn will be out of this world. Join the Gourmands as we head to Shepherdstown, WV for a delicious dining experience with the fall foliage in the background. Food and beverages are purchased by individuals. Fee includes bus transportation.

56389 Th 9/29 12-5 PM \$30/\$37/\$42
Glenview Mansion

New! Guitar – Beginner/Continuing

Learn the fundamentals or refresh your skills in basic guitar in a variety of styles ranging from Folk to Blues to Country Western and beyond! The class will cover basic strumming techniques, scales and melodies, basic theory, and some tricks and tips to get you playing like a champ! Students will need a guitar and a notebook for this class. Acoustic guitars can be rented for \$40 a semester by calling 240-314-8820. Note: No Class 10/12.

56176 W 9/21-11/9 12:30-1:20 PM \$85/\$107/\$134
Board Room

New! Housing Options for Seniors

Explore options for housing in Montgomery County for Independent Living, Assisted Living, Residential Homes and Memory Care Communities. You will learn about the financial and medical benefits for long range planning for your future as a Senior Citizen. Come and join us and be an informed Senior and have some fun doing it. Presented by Angel Hartley, Care Patrol.

56352 W 10/5 1-2 PM Free
Azalea Room

Looking for a discussion group?

Check out the monthly Senior Center newsletter and foldout for updates on when groups are meeting. Topics can vary from science, to health, to what is trending in the news. Come meet new people, listen and gain some insight from others.

New! Music Enrichment with Irv

Irv Chamberlain is head over heels in love with music. He has shared this ardor in lectures on all aspects of great American music. His presentations examine vocalists and solo instrumentalists as well as major American composers. He plays selections of their works and incorporates the ups and downs of their lives and careers.

Comedy In Music

Music and laughter have always gone hand in hand. Join Irv for this hilarious musical journey. We will hear from Alan Sherman, Frank Sinatra, Victor Borge, Spike Jones, Johnny Cash, Perry Como and many more jokers. The laugh's on me!

56174 W 9/14 1-2:30 PM \$6/\$9/\$11

Whistling Songs

Think you don't know any whistling songs? How about the Andy Griffith Show theme song The Fishin' Hole? Also Bing Crosby's White Christmas. These and over 20 additional songs will show how great music can be made if you only pucker up!

56175 W 11/9 & 12/14 1-2:30 PM \$6/\$9/\$11

New! Really Enjoy Opera

All you need to know about how to fully appreciate and enjoy Opera! You'll learn a brief history of Opera's origins and development, basic terminology and other facets of the art form. Included in the discussion will be topics of development, singer's role and how Opera has been a mirror of its time and culture and relevance for the future.

56206 Tu 10/18 10:30 AM-12 PM \$6/\$9/\$11
Azalea Room

Peeking at the President

Joan Adams, our popular college professor, presents an in-depth view of the times and issues faced by our Commanders-In-Chief.

George W. Bush

His legacy will most likely revolve around the election results of 2000 and the wars in Iraq and Afghanistan. After 9/11 the nation was solidly behind him, his poll numbers soared. It appears his presidency transformed American politics. President Bush became a lightning rod for controversy. His legacy and place in history will be debated for years, perhaps decades to come.

56181 M 9/12 10:15-11:15 AM \$6/\$9/\$11
Card Room

Piano – Continuing Students

This course is for our continuing, most advanced students. The course will focus on keyboard, rhythms and techniques. Students must have taken at least two sessions prior and class is limited to 3 students to allow for individual attention. No Class: 10/11.

56201 Tu 9/13-11/1 11:30 AM-12:20 PM \$82/\$102/\$128
Board Room

New! Piano Beginner-Continuing

This course is for our piano students who have taken spring and/or summer classes. Keep your fingers nimble and music in your life. Class continues to cover keyboard, rhythms and techniques. Class is limited to 3 participants to allow for individual instruction. Note: No Class 10/11.

56200 Tu 9/13-11/1 10:30-11:20 AM \$82/\$102/\$128
Board Room

New! Piano Lessons-Beginner

Always wanted to learn the piano? Or did you play when you were younger and want to start again? Class will cover the keyboard, rhythms and techniques. Piano lesson book available from the instructor at first class for \$9. Class limited to 3 participants to allow for individual instruction. Note: No Class 10/11.

56198 Tu 9/13-11/1 2-2:50 PM \$82/\$102/\$128
Board Room

Piecemakers' Club

Come join our friendly group of quilters. You may work on your own or join a group project. This is a great opportunity to share ideas, techniques and keep current on the latest trends in quilting. Note: No Class 10/3.

56180 M 9/12-11/14 12:45-2:45 PM \$9/\$13/\$17
Arts and Crafts Room

Preparing for the Winter Weather

How prepared are you for the Winter weather? Need to brush up on checklists and update phone numbers and resources? Come by and learn more about feeling prepared next season.

56760 W 11/16 1-3 PM Free
Azalea Room

Science Tuesdays

Join us each month for an engaging presentation and conversation with a scientist. A different topic will be the focus each meeting. No scientific background is required, just your curiosity. Co-sponsored by Rockville Science Center.

A Monkey's Uncle

Dr. Mark Burke is a professor of Neuroscience at Howard University where he studies the changes in the brains of monkeys that are alcoholics. Learn more about addictions- the why and how!

56771 Tu 10/11 1-2 PM Free

All the Jewels!

Join Gemologist, Denise Nelson as she visits the mines in Brazil that are the source of many of the world's best emeralds. She will explain not only the collecting, but the processes that result in treasured jewelry and museum treasures.

56773 Tu 12/13 1-2 PM Free
Azalea Room

Senior Scams

Financial scams targeting seniors have become prevalent and may cause financial hardship as well as emotional distress. Hear from two presenters: first, Kelly Davis, Program Manager & Investigator for the Crimes against Seniors & Vulnerable Adults Unit with the Montgomery County State's Attorney's Office. We will discuss the most common types of scams as well as steps you can take if you do fall victim to a scam. Second, Lauren Cain, Daily Money Manager for Help Unlimited, who will describe a valuable resource to assist and guard you against financial exploitation. Multiple handouts on county resources will be provided for you to take home so you can further your education and share with others. Join this interactive session. Refreshments will be served.

56757 Th 10/6 1-3 PM Free
Azalea Room

Spanish for Beginners

If you have never studied Spanish before or if you are just brushing up, this series of fun and flexible classes is designed to make you feel more comfortable getting started with every day conversation. Learn the fundamentals of the Spanish language and start speaking with confidence. This easy to follow class includes interactive activities.

56792 M & W 10/3-11/2 1-3 PM \$40/\$45/\$50
Blossom Room

New! Toast To The Season

This fun painting on glass class is suitable for beginners as well as experienced artists. Enjoy hand painting two glass mugs in the holiday design of your choice. Examples will be provided as well as all paint, supplies and instruction by Cathy Pasquariello. Your creation will make drinking your coffee or hot chocolate that much more special or give your set of glass mugs as a gift over the holidays. Packets of hot chocolate included...just add marshmallows!

56184 Tu 11/29 10:30 AM-12:30 PM \$12/\$15/\$19
Arts and Crafts Room

56186 Th 12/1 10:30 AM-12:30 PM \$12/\$15/\$19
Twinbrook Community Center/Multi Purpose Room

New! Ukulele

Have a blast learning authentic Hawaiian ukulele! Topics covered include: chords/strumming, ukulele techniques and songs. Ukulele rentals are available through The School of Music for \$30/semester. Call 240-314-8820 to arrange for your ukelele. Note: No Class 10/12.

56177 W 9/21-11/9 1:30-2:20 PM \$85/\$107/\$134
Board Room

Watercolor – Beginner/Continuing

Learn the beauty and magic of watercolor through basic techniques such as washes, wet-in-wet, dry brush and color mixing. The instructor will demonstrate and there will be studio time to explore these techniques. Focus will also be on values, composition and textures.

Note: No Tu Class 10/11, 10/25 & 11/8.

56188 Tu 9/13-11/22 1-3 PM \$86/\$102/\$122
56189 Th 9/22-11/10 1-3 PM \$86/\$102/\$122
Blossom Room/Fry

Watercolor – Advanced

This class is for students who have previous experience working in watercolor. Investigate new techniques and refine skills while adding drama to your work. The class will discuss elements, principles, design and other methods you can use to make projects more engaging. Enjoy a small group setting with individual attention.

56190 Th 9/22-11/10 10 AM-12 PM \$86/\$102/\$122
Card Room/Fry

New! Watercolor – Let’s Try It

Learn to paint with watercolor in a fresh and expressive way. Experiment with this wonderful media, creating a small landscape or floral picture that will be matted. Join us for an inspirational afternoon that will be creative and social at the same time. The instructor will bring all the supplies you need. \$7 material fee payable at class.

56875 M 11/7 1-3 PM \$15/\$19/\$24
Thomas Farm/Multipurpose Room/Fry

New! What a Gem

Create your own unique pair of earrings in this beginner jewelry making class. Participants will be able to select semi-precious stones and beads from around the world. The instructor will have all the tools and supplies needed to make your project. These hand-crafted earrings will make a lovely birthday or holiday gift or keep them for yourself and make a fashion statement. A supply fee of \$15 is due to the instructor at class.

56791 M 10/17 10 AM-12 PM \$10/\$13/\$16
Blossom Room

Understanding Memory Loss

What is Memory Loss, Alzheimer’s and Related Dementia? This brief seminar with Pamela Mills, Director of Memory Care Programs at Ingleside King Farm, will cover the basics and what you can do to understand the disease and how it effects the lives of those with the diagnosis.

56788 W 10/5 10 AM-12 PM Free
Azalea Room

New! White House Christmas

Professor Joan Adams will discuss the transformation of America’s first family’s residence takes place every year. In 1889, President Benjamin Harrison had the first Christmas tree in the residence. Each succeeding family has brought their own flare to the themes and decorations. A look at the charm and beauty of the season as presented in the White House.

56187 M 12/12 10:15-11:15 AM \$6/\$9/\$11
Card Room

Computers for Seniors

Before registering, we recommend visiting the Computer Lab for course information and placement. For class advice, call 240-314-8805 or email rockvillecomplab@hotmail.com. (B)=Beginner; (I)=Intermediate; (BP)=Beginner Photography; (IP)=Intermediate Photography; (AP)=Advanced Photography.

(B) Apple iPhone

For beginners. We will start with the basics: terminology, the physical layout and settings of the iPhone, then class will progress into locating music, books and shows to purchase. Bring your iPhone, power cord and adapter to class. If you already have an iTunes account, please bring your login ID and password. Note: There may be a handout fee.

56931 Tu & Th 9/20-9/29 10 AM-12 PM \$40/\$48/\$60
56993 M & W 11/2-11/14 10 AM-12 PM \$40/\$48/\$60
Computer Lab

(B) Computer Basics

In this introductory course, learn basic skills including computer vocabulary, opening and saving files, monitor and desktop settings, shortcuts, menus and software. Create a variety of different icons to personalize your computer. Learn how to access the internet and your email from any computer.

56854 Tu & Th 9/13-9/15 1-3 PM \$15/\$20/\$25
56856 M & W 10/17-10/19 10 AM -12PM \$15/\$20/\$25
56855 Tu & Th 11/15-11/17 10 AM-12 PM \$15/\$20/\$25
Computer Lab

(B) Email Basics

This introductory session will use class accounts to learn the basics of sending, receiving, copying and saving emails.

56843 Th 9/1 1-3 PM \$5/\$7/\$9
56994 Th 11/17 1-3 PM \$5/\$7/\$9
Computer Lab

(B) Function Keys

One of the biggest differences between a typewriter and the computer keyboard is the row of keys at the top of the keyboard labeled F1 through F12, commonly known as function keys. These keys may have a variety of different uses or no use at all. See how function keys will improve your work on your computer.

56865 Tu & Th 10/4-10/6 1-3 PM \$15/\$20/\$25
Computer Lab/Hickman

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Fitzgerald Theatre Rockville
Rockville Seniors
City of Rockville Sports Leagues



(B) New to Computers?

For those new to computers (or just afraid to try) this class will familiarize you with the basic components of computers. We will introduce you to everyday tasks like email, word processing and surfing the web. No experience required.

56846	Tu	9/6	10 AM-12 PM	\$5/\$7/\$9
56845	Tu	10/4	10 AM-12 PM	\$5/\$7/\$9
56847	Tu	11/1	10 AM-12 PM	\$5/\$7/\$9

Computer Lab/Hickman

(B) Right Click – Left Click

Come discover how to find, move, copy and save your files and pictures. Create or delete shortcut icons on your desktop, emails and documents. It is all easy when you understand your mouse.

56851	Th	9/8	10 AM-12 PM	\$5/\$7/\$9
56852	Th	11/3	1-3 PM	\$5/\$7/\$9

Computer Lab/Martin

(B) Windows PC Backup

Backing up your system (files) is an often neglected task. When and how do I back up my system? How long do I hold my backups? What type of backup media is the best? Learn the answers to these and other important questions you might have. Note: \$3 material fee payable to instructor at first class.

56842	Th	9/12	10 AM-12 PM	\$7/\$9/\$13
57007	Tu	11/22	10 AM-12 PM	\$7/\$9/\$13

Computer Lab/Hickman

(B, I) SKYPE

Make free telephone calls anywhere in the world to anyone on your call list. That's what SKYPE does. We'll discuss how to set up this high-quality telephone and visual service and its advantages. \$2 handout fee due at first class meeting.

56902	M	10/10	1-3 PM	\$7/\$9/\$13
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Computer Lab/Bender

(B, I) Pictures, Phone to PC

Many of us enjoy taking pictures with our smart phones and tablets. Learn how to transfer these pictures from your mobile devices to your computer. Make folders, organize your pictures and have fun with your picture projects.

56905	Th	9/15	10-11:30 AM	\$7/\$9/\$13
56907	Th	10/20	10-11:30 AM	\$7/\$9/\$13
57006	Th	11/3	10-11:30 AM	\$7/\$9/\$13

Computer Lab

(B, I) Voice Commands

Talk and your computer types. Imagine using your voice to control your computer! Create and edit documents or e-mails, launch applications, open files, control your mouse and more. Learn to set up your computer for Windows or Speech Recognition. Program requires Windows 7 or 8.

56848	W	9/7	1-3 PM	\$7/\$9/\$13
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Computer Lab/Hickman

(I) Computer Troubleshooting

Most people experience occasional computer problems such as a document that won't print, a computer that won't turn on, the inability to access the internet or a blue screen. Don't panic. Come learn some basic troubleshooting techniques and solve your computer problems.

56867	Tu & Th	10/11-10/13	10 AM-12 PM	\$15/\$20/\$25
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Computer Lab/Hickman

(I) e-Bay

Learn how to: Develop a weekly stream of income with little risk; Double or triple the dividends on stock you already own; Turn a loss into a gain when the market goes against you; Reduce the cost basis on stock you already own; Work live on an actual paper trading account. \$10 handout fee due at first class meeting.

56900	M&W	9/26-10/5	1-3 PM	\$39/\$48/\$59
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Computer Lab/Bender

(B) iPad Basics

A hands-on class for iPad beginners and anyone else who wants to get more out of their iPad. We will start with the basics: terminology, the physical layout and settings. The class will progress to discovering Siri voice activation and integrating with the Cloud. Bring your iPad, power cord and adapter to class. If you already have an iTunes account, please bring your login ID and password. Note: There may be a handout fee.

56989	Tu/Th	9/20-9/29	1-3 PM	\$40/\$48/\$60
56996	M/W	11/7-11/16	1-3 PM	\$40/\$48/\$60

(I) Laptops – Windows 8

You can do just about anything on a laptop that you can do on a desktop. Bring your laptop to class and learn about wireless connections, touch pads, Internet access, protecting your computer from theft and other important features of Windows 8.

56859	Tu & Th	11/8-11/10	10 AM-12 PM	\$25/\$30/\$35
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Computer Lab/Hickman

(I) Maintaining Your Computer

Does your system have frequent pop-up messages? Does it take a while to start up or shut down? We will look at some tips to help improve its performance and answer questions that puzzle you about your computer. Note: Handout fee of \$3 will be collected at class.

57004 M & W 11/21-11/23 10 AM-12 PM \$10/\$20/\$30

(I) Microsoft Excel

Learn how to enter data, create a basic worksheet from data, and design, develop, format and manipulate spreadsheets with MS Excel (10 Version). Note: \$5 handout fee payable to instructor at first class.

56849 M & W 9/12-9/21 10 AM-12 PM \$27/\$34/\$42
Computer Lab/Hickman

(I) Microsoft Excel II

After taking Microsoft Excel, enhance your skills in chart formats and modifying chart data; creating and using advanced database features; working with multiple worksheets and workbooks.

57008 T/Th 10/25-11/1 1-3 PM \$27/\$34/\$42

(I) PowerPoint

Create a dynamic electronic presentation using eye-catching features. Learn how to use built-in templates, themes, designs and background styles. Topics will also include how to add titles, charts, tables and pictures. Note: \$5 handout fee payable to instructor at the first class.

56863 M & W 10/3-10/10 10 AM-12 PM \$27/\$34/\$42
Computer Lab/Hickman

(I) Windows 10

The next version of Windows is here. Learn about the updated features and the new browser.

56841 Tu & Th 10/11-10/18 1-3 PM \$36/\$46/\$52
Computer Lab

(IP) Digital Photo

For those who have taken the 'Learning Digital Photography' class or for photographers with a photography foundation. Shooting assignments will be given and reviewed at each meeting. Topics discussed will be: Aperture and shutter control for best situational results; Varying metering for changing situations; Advanced white balance control iv. Controlling depth of field for image impact; Portraiture and lens use; Night photography with perfect results; Beach and/or water photography problems; Using manual overrides and why. Calibration of camera flash x. Action photography. \$5 handout fee due at first class meeting.

56908 M&W 11/7-11/16 3-5 PM \$117/\$143/\$169
Computer Lab

(AP) Photoshop Advanced

For students who have taken 'Photoshop for Beginners' or who have some prior knowledge of the software. Continued and more advanced use of Photoshop tools to increase the knowledge of Photoshop techniques. Custom projects will be created to allow the student to see additional uses for tools that add unlimited flexibility to the software. Special attention will be devoted to types of selections using varying tools as well as the little understood, but powerful, Pen tool. \$10 handout fee due at first class meeting.

56928 M & W 10/10-10/26 3-5 PM \$36/\$46/\$52
Computer Lab/Bender

(BP) Photoshop for Beginners

Learning the foundations of Photoshop will not only help the student in further development his/her future use of the software but will result in far better images than can be produced just by the camera. Greater detail in shadows and highlights are just the beginning. Image sharpness, cleaner whites and blacks and overall impact are all possible through the use of Photoshop. The student will learn how to use layers and adjustments to build an image that was not possible prior to the advent of this great software. \$10 handout fee due at first class meeting.

56901 M & W 9/12-9/28 3-5 PM \$64/\$74/\$84
Computer Lab

(IP) Learning Digital Photography

Covers the material needed to gain maximum use of your camera including camera calibration, proper use of auto mode, composition, artistic interpretation, understanding density control, camera evaluation settings (EV) and more. Shooting assignments will be given. Note: \$5 handout fee due at first class meeting.

56919 M & W 10/17-10/26 1-3 PM \$36/\$46/\$56
Computer Lab

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Fitzgerald Theatre Rockville
Rockville Seniors
City of Rockville Sports Leagues



(B) Practice Lab for Beginners

If you have never touched a mouse or a keyboard, this class will help you become familiar with their basic functions. Move at your own pace with individualized instruction.

57009 F 9/2-11/18 10 AM- 12 PM Free

(I) Options Trading

Learn to: develop a weekly stream of income with little risk; double or triple the dividends on stock you already own; turn a loss to a gain when the market goes against you; reduce the cost basis on stock you already own; work live on an actual paper trading account. \$10 handout fee due at first class meeting.

56903 M&W 9/12-9/21 1-3 PM \$36/\$46/\$56

56904 M&W 11/21-11/30 1-3 PM \$36/\$46/\$56

Computer Lab/Bender

(B) Discover Facebook

A one-session class where participants will set up Facebook accounts. We will discuss various privacy options and allow everyone to set privacy controls and permissions at their own comfort level.

57101 Tu 9/13 10 AM-12 PM \$9/\$11/\$15

(I) Windows 7

Check out the look of Windows 7. Control panel, screen savers, wallpaper and more. Learn what's on the desktop, in file management, monitor and power settings. Advanced tools such as auto-arranging your desktop, using sticky notes and the gadget feature will also be covered.

57011 Tu & Th 10/24-10/31 1-3 PM \$25/\$30/\$35

(I) Windows 10 Laptop

With the rollout of Windows 10 on new laptops, learn how to navigate the newest Windows platform.

56861 Tu & Th 9/6-9/8 1-3 PM \$25/\$30/\$35

56995 Tu & Th 11/8-11/10 1-3 PM \$25/\$30/\$35

Computer Lab

Fitness and Wellness

We recommend bringing a water bottle to all fitness programs.

A Matter of Balance

Balance exercises help improve stability, coordination, leg strength and posture. The exercises in this class will help reduce the risk of falling, help prevent injury and improve overall daily life.

56210 W 9/14-11/16 12:10-12:50 PM \$33/\$38/\$48

Mini Session

56209 W 11/30-12/14 12:10-12:50 PM \$12/\$15/\$18

Exercise Room/Finn

Aerobic Workout

Step up to the latest exercise designed for the active senior who can walk and turn with ease. Aerobic dancing provides enjoyable exercise using easy dance movements with one foot safely in contact with the floor at all times. This class includes a mixture of oldies and current music.

56211 Tu & Th 9/13-11/15 11 AM-12 PM \$50/\$60/\$75

56384 W 9/14-11/16 2:15-3:15 PM \$30/\$38/\$45

56756 Th 9/15-11/10 5-6 PM \$30/\$38/\$45

Mini Session

56755 Tu & Th 11/29-12/15 11 AM-12 PM \$25/\$31/\$38

Exercise Room/Klopfer

Holiday Cheer, Holiday Fear

In this seminar, we discuss and review the array of emotions and expectations many feel during the holidays. The discussion will offer insight surrounding difficulties in coping during emotionally charged times with an emphasis on coping with grief. Presented by Ellen Lebedow, LCSW-C, Jewish Social Service Agency.

56960 Th 11/17 1-3 PM Free

New! Annual Turkey Trot

To stay fit during the holiday season, join us for our annual Turkey Trot. Walk a mile through the Woodley Gardens neighborhood. For those seniors who would like to burn off some extra calories, join us for a second mile. Please bring a canned food item to support our local food bank, or make a donation to our senior assistance fund. Rain date, Tuesday, Nov. 22.

56214 M 11/21 10-11:30 AM Free

Exercise Room/Klopfer



Nothing cancels a good class quicker than waiting until the last minute to register. If there aren't enough registrations by a certain date, the course may be canceled.

REGISTER EARLY!

Arthritis Foundation - Exercise

Designed by the Arthritis Foundation, this class uses gentle movements to help increase joint flexibility, range of motion, overall stamina and maintain muscle strength. Exercise can help reduce pain and stiffness as well as feelings of isolation and depression.

56215 Tu & Th 9/13-11/15 1-2 PM \$53/\$65/\$78

Mini Session

56216 Tu & Th 11/29-12/15 1-2 PM \$20/\$25/\$29
Exercise Room Side 2/Owen

Balance, Dizziness and Falls

Did you know that 1 in 3 people over age 65 fall each year? Also, approximately 12.5 million Americans over the age of 65 have a dizziness or balance problem that significantly interferes with their lives. This presentation discusses the dangers of falling, the importance of balance, and causes of dizziness that can all be resolved and improved with Physical Therapy! Many people are unaware that a simple visit to a balance specialized physical therapist can resolve dizziness and imbalance symptom. Fight the Fall and remain independent. Presented by Dr. Danielle Gross, PT, DPT, Fyzical Therapy and Balance Center at Seneca PT and Wellness Center.

56359 W 9/14 1-2 PM Free
Azalea Room

Best Foot Forward

Learn about common problems that can affect your mobility and comfort from Podiatrist, Dr. Danielle Venegonia. Get your questions answered about bunions, fungus and corns. Discussion will also include the importance of foot hygiene and proper shoes.

56355 Th 9/22 1-2 PM Free
Azalea Room

New! Body Resistance

In this class, you will learn to use your own body to create resistance and challenge your muscles. Strengthen, tone and stretch your way to better fitness. This class includes mat work, please bring a yoga mat.

56372 F 9/16-11/18 10-10:45 AM \$35/\$44/\$53

Mini Session

56956 F 12/2-12/16 10-10:45 AM \$15/\$18/\$24
Blossom Room/Finn

Chair Cardio

Try this exciting cardio class and get your heart pumping while listening to fun, energetic music. Stay seated throughout the entire class and get a great aerobic workout.

56222 F 9/16-11/18 1:30-2:30 PM \$30/\$37/\$43

Mini Session

56223 F 12/2-12/16 1:30-2:30 PM \$12/\$15/\$18
Exercise Room Side 2/Owen

Chair Exercise

This seated program is performed to music. Exercise patterns are designed for those with limited mobility to help develop strength, flexibility, endurance and promote better circulation.

56224 M & W 9/12-11/16 11 AM-12 PM \$48/\$60/\$68

Mini Session

56225 M & W 11/28-12/14 11 AM-12 PM \$18/\$20/\$23
Exercise Room/Ramsey

Chi Gong (Qigong)

Chi Gong is a set of meditative exercises combining simple body movements, breathing and mental imagery. You can direct the flow of your body's energy to help prevent disease and build strength.

56226 F 9/16-11/18 11-11:45 AM \$45/\$56/\$67

Mini Session

56227 F 12/2-12/16 11-11:45 AM \$15/\$18/\$24
Blossom Room/Helfer

Drug Take Back

Bring your expired medications/drugs to the Senior Center to be correctly and safely disposed of by the City of Rockville Police Dept.

56360 F 9/23 10 AM - 12 PM Free
Front Lobby

Easy Feet

Using fun, energetic music, you will learn easy to follow patterns while receiving a great light cardio workout. This class is appropriate for beginners.

56229 F 9/16-11/18 11:15 AM-12 PM \$30/\$38/\$45

Mini Session

56230 F 12/2-12/16 11:15 AM-12 PM \$15/\$18/\$23
Exercise Room/Finn

Easy Zumba

Combine fun, energetic and motivating music with easy to follow movements and dance away your worries. Zumba is great for both the body and mind. This feel-happy workout will encourage you to keep coming back for more. Appropriate for beginners.

56231 M & W 9/12-11/16 10-10:50 AM \$48/\$60/\$72

Mini Session

56232 M & W 11/28-12/14 10-10:50 AM \$20/\$25/\$30
Exercise Room (M)/Serrano-Gonzalez
Carnation Room (W)

New! Easy Zumba – Bilingual

Esta clase, inspirada en musica Latina, es apropiada para principiantes. "Easy Zumba" está diseñada para ayudarle a ejercitar todo su cuerpo mientras se divierte bailando. Las instrucciones se proveerán en español e inglés. This Latin-inspired class is appropriate for beginners. Easy Zumba is designed to help you get a total body workout while having fun dancing. Instructions will be provided in Spanish and English.

56955 F 9/16-11/18 11:00-11:50 AM \$30/\$38/\$45
Twinbrook Rec. Center/Serrano-Gonzalez

Fitness Club

Interested in becoming a Fitness Club member? Work out in our state-of-the-art fitness room. Basic equipment training is required for new members. Instruction is offered by appointment only. You must be a Senior Center member to join the Fitness Club. The Fitness Club membership fee is \$90 annually. Stop by the reception desk to set up your appointment. Some Saturday appointments available.

Exercise Machine Training

Basic exercise machine training is required of all new fitness club members. This is done by appointment only. Appointments can be made at the front desk.

56233 M-F 8/29-12/23 8 AM-6:30 PM \$15

Exercise Machine Training - Plus

For those individuals who would like more than the required basic training, this training is done by a certified personal trainer. Receive an exercise plan designed specifically for your individual needs.

56234 M-F 8/29-12/23 8 AM-6:30 PM \$40

Forever Fit

Receive a total body workout that combines cardio exercise, strength training and flexibility. All exercises are done standing or seated in a chair. No mat work will be done. Exercises are appropriate for most fitness levels.

56237 M 9/12-11/14 12:10-12:50 PM \$30/\$38/\$45
56235 Tu & Th 9/13-11/15 10-10:50 AM \$60/\$75/\$90
Exercise Room/Finn

56317 Th 9/15-11/10 10:15-11 AM \$28/\$35/\$42
Thomas Farm CC/Ramsey

Mini Session

56239 M 11/28-12/12 12:10-12:50 PM \$15/\$18/\$24
56236 Tu & Th 11/29-12/15 10-10:50AM \$25/\$31/\$37
Exercise Room/Finn

On Your Feet - Yoga Blend

This class includes basic yoga poses in a slow and easy pattern adding elements of balance and core strengthening exercises. All exercises will be done in a standing position or seated position. No mat work involved.

56383 W & F 9/14-11/18 1:15-2 PM (W) \$65/\$81/\$98
1:20-2:05 PM (F)

Mini Session

56957 W & F 11/30-12/16 1:15-2 PM (W) \$30/\$37/\$45
Exercise Room (W) 1:20-2:05 PM (F)
Exercise Room Side 1 (F)/Finn

Personal Trainer

Be evaluated by a nationally-certified personal trainer who will design an individualized program based on your needs. Register at the front desk and you will be contacted by one of our trainers to schedule an appointment. Some Saturday appointments are available. Fitness Club members only.

One - One Hour Session

56242 M-F 9/12-12/23 8 AM-6:30 PM \$49

Two - One Hour Sessions

56243 M-F 9/12-12/23 8 AM-6:30 PM \$95

Three - One Hour Sessions

56244 M-F 9/12-12/23 8 AM-6:30 PM \$135

Six - One Hour Sessions

56245 M-F 9/12-12/23 8 AM-6:30 PM \$250

Ten- One Hour Sessions

56246 M-F 9/12-12/23 8 AM-6:30 PM \$395
Fitness Room

Senior Abs and Back

The core is the key to better posture, better balance and better movement. This class will focus on the core through exercises using your upper and lower abdominals, pelvic floor, obliques, buttocks and mid and lower back muscles. Most exercises will be done on the floor; participants must be able to get up and down from the mat.

56248 Tu 9/13-11/15 5-5:45 PM \$40/\$48/\$57

Mini Session

56249 Tu 11/29-12/13 5-5:45 PM \$15/\$18/\$24
Exercise Room/D'Angelo

Senior Fit

Improve your health and become more independent with the help of an exercise physiologist. Sponsored by Holy Cross Hospital and Kaiser Permanente, all participants must register and have a signed doctor's certificate. Note: First Wednesday of every month, class held at Lincoln Park Community Center.

56252 M & W 9/14-12/12 1:30-2:15 PM Free

56253 M & W 9/14-12/12 2:20-3:05 PM Free
Carnation Room/Aehle

Senior Functional Training

While focusing on functional movement, this class includes routines designed to improve strength for all muscle groups. Supercharge your workout, boost your metabolism, burn fat and reach your fitness goals. Participants will use weights and mats. This workout is for most fitness levels.

56254 Sa 9/17-11/12 10-11 AM \$45/\$56/\$67

Mini Session

56255 Sa 12/3-12/17 10-11 AM \$15/\$19/\$23
Exercise Room/Owen

Senior Pilates Basics

Learn basic Pilates moves while targeting abdominal and pelvic muscles to improve balance, posture, flexibility and core strength. Enjoy this non-impact, mind/body workout using mats (provided). This class is appropriate for beginners.

56261 Th 9/15-11/10 11-11:45 AM \$57/\$71/\$85

Mini Session

56262 Th 12/1-12/15 11-11:45 AM \$20/\$25/\$30
Lounge/Finn

Senior Pilates – Intermediate

Participants should have a basic knowledge of Pilates movements and breathing. Strengthening and stretching exercises will target abdominal and pelvic muscles to improve balance, posture, flexibility and core strength.

56258 Tu 9/13-11/15 2:15-3 PM \$57/\$71/\$85

56259 Tu & Th 9/13-11/15 2:15-3 PM \$98/\$122/\$147

Mini Session

56260 Tu & Th 11/29-12/15 2:15-3 PM \$38/\$48/\$57
Exercise Room/Klopper

Senior Sculpt

It's never too late to build muscle. Work all your major muscle groups with the use of weights, bands and tubes. The instructor will guide you through each movement with specific instructions. All movements will be appropriate for seniors. This class includes work on the mat.

56264 F 9/16-11/18 9-9:45 AM \$40/\$50/\$60

Mini Session

56265 F 12/2-12/16 9-9:45 AM \$18/\$22/\$26
Thomas Farm CC/Ramsey

Senior Strength and Stretch

This class begins with 30 minutes of strength training exercises, which includes the use of weights, tubes and bands, as well as core-strengthening mat work. We will finish the class with 15 minutes of stretching, leaving the body relaxed. This class includes work done on the mat.

56266 F 9/16-11/18 9-9:45 AM \$40/\$50/\$60

Mini Session

56267 F 12/2-12/16 9-9:45 AM \$18/\$22/\$26
Exercise Room

Senior Strength Training

This class is designed to build muscle strength, endurance and improve balance. The instructor will guide you through a variety of movements while working all major muscle groups with the use of weights, bands and tubes. This class includes work done on the mat.

56268 Tu & Th 9/13-11/15 9-9:45 AM \$64/\$80/\$96

Mini Session

56269 Tu & Th 11/29-12/15 9-9:45 AM \$25/\$31/\$38
Exercise Room/Ramsey



Need Help with Past-Due Rent or Utility Payments?

Rockville Emergency Assistance Program (REAP)

Emergency assistance is available for eligible City of Rockville residents experiencing a financial crisis such as eviction or utility shut-off or who need prescription medication. Referrals for emergency food, clothing, financial counseling, housing assistance and foreclosure counseling are also provided.

Residents in financial crisis must apply first for emergency services at the Rockville office of Montgomery County Health and Human Services, 1301 Piccard Drive; 240-777-4550.

240-314-8310

www.rockvillemd.gov/communityservices/assistance

Questions about your workout?

Ask the Trainer!

Call for a free 15-minute appointment or stop by the Fitness Room desk.
(Fitness Members Only)



240-314-8813

SUPPORT

the Rockville Holiday Drive!

Ways that **YOU** can make a difference:

- Pack Thanksgiving food baskets
- Organize a canned food drive
- Deliver food baskets
- Assist with our on-site distributions
- Organize a toy drive to collect new unwrapped toys
- Donate \$20 gift certificates for Target or Giant
- Sponsor a family: Individuals or groups buy gifts and food for the December holidays, tailored to a specific family's need (usually valued around \$250)
- Send a tax-deductible contribution

240-314-8310

www.rockvillemd.gov/holidaydrive

NOTIFY ME!

Sign up to receive notifications of Recreation and Parks programs, cultural arts and special events, community center activities and more.

Go to the city's website at www.rockvillemd.gov and click on "Notify Me" button



Senior T'ai Chi Ch'uan – Beginner/ Intermediate

Combine body movement, breathing and mental awareness to promote health and relaxation. This class will incorporate and compare different styles of T'ai Chi, which will include certain historical and cultural aspects. For Senior Center members only. No class on the third Thursday of every month.

56270 Tu & Th 9/13-12/1 10-10:50 AM \$8
Carnation Room/Gegan

Senior Triple Challenge

This great class will address the three major components of exercise: cardio conditioning, strength training and flexibility. Receive a total body workout in only one hour. Class can be modified for most fitness levels. This class includes work done on the mat.

56272 W 9/14-11/16 5-6 PM \$45/\$56/\$67

Mini Session

56273 W 11/30-12/14 5-6 PM \$15/\$18/\$22
Exercise Room/Biedscheid

Senior Yoga

Yoga is a lifestyle incorporating exercise, diet, proper breathing, relaxation, meditation and positive thinking. Learn gentle stretching and strengthening exercises. Wear comfortable, loose-fitting clothing. Bring a yoga sticky mat.

56274 W&F 9/14-11/18 9:50-10:50 AM(W)\$93/\$116/\$139
10-11 AM(F)

Mini Session

56275 W&F 11/30-12/16 9:50-10:50 AM(W) \$35/\$44/\$52
Exercise Room/Figure 10-11 AM(F)

Show Stoppers

The Show Stoppers, a dance performance group, perform at various functions. If you are interested in learning, practicing and performing choreographed dance routines, join this group and be a star. For Senior Center members only.

56276 Tu & F 9/20-12/9 12:15-1 PM Free
Carnation Room (Tu)/Finn
Blossom Room (F)

Stress Reduction/Meditation

Are you stressed? Does anxiety cause you to feel nervous and keep you awake at night? This class will give you the tools to focus, relax and come to a more peaceful sense of being. There will be time for meditation and discussion. Betty Figlure has taught meditation, guided imagery and stress reduction classes for over 30 years.

56358 M 9/12-11/14 1-2 PM \$30/\$35/\$40
Board Room

New! Stretch With Ease

This easy to follow class will help you increase your flexibility while incorporating simple stretches and basic yoga movements. This class is appropriate for most fitness levels. Bring a yoga mat.

56933 Sa 9/17-11/12 11:15 AM-12 PM \$40/\$50/\$60

Mini Session

56958 Sa 12/3-12/17 11:15 AM-12 PM \$18/\$22/\$26
Exercise Room/Owen

New! Talk to the Trainer

This lecture series begins with a discussion on a fitness topic, offering information and tips for exercise and healthy living. Time will be available at the end of the lecture for questions related to the topic. This series will run monthly for senior center members only. Classes will be held on the following Monday's: September 19, October 17, November 14 and December 12.

56754 M Dates listed above 11 AM-12 PM Free
Lounge/Finn

Total Conditioning Workout

This strength building, non-cardio fitness class is designed to improve strength, flexibility and balance using hand-held weights, bands and tubes. Intensity may be modified to suit most fitness levels. This class includes mat work.

56284 M 9/12-11/14 9-9:45 AM \$45/\$56/\$68
56286 F 9/16-11/18 12:15-1 PM \$45/\$56/\$68

Mini Session

56285 M 11/28-12/12 9-9:45 AM \$18/\$22/\$26
56287 F 12/2-12/16 12:15-1 PM \$18/\$22/\$26
Exercise Room/Klopper

Senior Center Membership Fees

\$40/year - Rockville Residents
\$135/year - Non-residents; \$65 spouse

Senior Center Fitness Club Membership Fees

\$90/year (Must be a Senior Center member)

Senior Center Fitness Center Hours

Mon.-Thurs. 7 a.m.-8 p.m. Fri. 7 a.m.-7 p.m. Sat. 7 a.m.-4 p.m.

Triple Zen

Experience the benefits of flexibility through yoga while gaining core strength and conditioning through Pilates. This fusion class is performed in slow flowing patterns. Bring a yoga sticky mat.

56288 M 9/12-11/14 11:15 AM-12 PM \$45/\$56/\$67

Mini Session

56289 M 11/28-12/12 11:15 AM-12 PM \$15/\$18/\$24
Carnation Room/Mustafa

Walking Strong

Anytime is a great time to commit to a walking program. Feel and look better while getting healthier. This is a safe and fun indoor walking class which includes muscle boosting exercises that will increase circulation, boost your immune system and burn calories. Walk approximately one mile each class.

56290 Tu & Th 9/13-11/15 12:15-12:45 PM \$25/\$30/\$38

Mini Session

56291 Tu & Th 11/29-12/15 12:15-12:45 PM \$13/\$15/\$18
Exercise Room/Owen

What You Didn't Know About Hearing Loss

This presentation explores new research regarding the link between hearing loss and its impact on the brain, how hearing works and new advances in hearing. Presented by Nicholas Cushing, Wellness Coordinator, AA Hearing Group

56357 W 10/12 1-2 PM Free
Azalea Room

New! Yo-Chi & Balance

Balance thru Yo-Chi. This mind-body class combines standing yoga poses with Chinese T'ai Chi movement patterns to enhance balance. This fusion program will improve stability, strength, mobility and flexibility by combining the two oldest mind-body programs. Bring a yoga sticky mat. Modifications are available. Class is for most fitness levels.

56293 M 9/12-11/14 1-1:45 PM \$30/\$37/\$43

Mini Session

56294 M 11/28-12/12 1-1:45 PM \$15/\$18/\$24
Exercise Room/Serrano-Gonzalez

Yoga Flow

Sequence through basic yoga poses including Warrior 2, Chair and Tree pose, in a slow-to-moderate flow pattern. This yoga practice begins with a warm-up and ends with a relaxation period. Please bring a yoga sticky mat.

56295 Tu & Th 9/13-11/15 1-2 PM \$65/\$81/\$98
Exercise Room Side 1/Mustafa

56297 M 9/12-11/14 6:15-7:15 PM \$40/\$50/\$60
Exercise Room/Mustafa

56371 Tu 9/13-11/15 11 AM-12 PM \$40/\$50/\$60
Thomas Farm CC/Mustafa

Mini Session

56296 Tu & Th 11/29-12/15 1-2 PM \$30/\$37/\$45
Exercise Room Side 1/Mustafa

Yoga-lates on the Ball

Tone, strengthen and stretch your muscles in this dynamic total body conditioning workout utilizing the stability ball. Learn a variety of creative exercises that challenge both mind and body. Increase body awareness, balance and coordination through core stability, using yoga and Pilates.

56298 W 9/14-11/16 8:45-9:30 AM \$50/\$63/\$75
Exercise Room/Finn

56316 Th 9/15-11/10 8:45-9:30 AM \$50/\$63/\$75
Thomas Farm CC/Finn

Mini Session

56299 W 11/30-12/14 8:45-9:30 AM \$25/\$31/\$37
Exercise Room/Finn

Ask the Wellness Coach!

Let our coach check your body fat composition.

Ask questions related to nutrition, diet and general health.



Call for your free 15 minute appointment or stop by the Fitness Room desk.
(Fitness Members Only)

240-314-8813

Zumba Gold

This easy Latin and internationally-inspired program is designed for beginners. It creates a party-like atmosphere that is fun and effective. Zumba Gold is great for the body, mind and soul. Enjoy dancing while receiving a total body workout.

56300 M 9/12-11/14 5-6 PM \$35/\$44/\$53

Mini Session

56301 M 11/28-12/12 5-6 PM \$15/\$18/\$22

Exercise Room/Ford

New! Zumba Party

If you like music and dancing, come join the Zumba Party. Get a taste for Salsa, Merengue and other Latin dances. Learn the moves as you go. Instruction will be provided. All levels of experience are welcome.

56302 Th 11/17 1:30-3 PM \$5/\$8/\$12

Carnation Room/Finn/Serrano-Gonzalez/Klopfers/Ford

Sports - Instructional

We recommend bringing a water bottle to all sports programs.

Badminton

Learn to play or improve your game. Play is held at Twinbrook Community Recreation Center which has a wood floor court for badminton. Free to Senior Center members and Rockville residents. (Ongoing)

56217 W & F 9/14-12/28 8:45-9:45 AM Free

Gymnasium

New! Senior ROGue Tennis

Come try this brand new tennis program, while staying cool inside! ROGue Tennis is played with a foam ball on a smaller court so play is easy and fun. Our special tennis balls bounce lower and move slower through the air, making them easier to hit. This class is appropriate for beginners. Some equipment is provided. Free tennis demo September 2, at 11:00 a.m. in the exercise room.

56948 M 9/19-10/31 3:30-4:45 PM \$25/\$31/\$37

Exercise Room

Table Tennis – Beginner

This class is for those with little or no experience who want to learn techniques, basic rules and scoring. Not only is it fun to play, but the game also helps increase dexterity, flexibility, coordination and reflexes.

56281 M 9/12-10/24 1-2 PM \$30/\$37/\$43

56282 M 10/31-12/5 1-2 PM \$30/\$37/\$43

Game Room

Table Tennis – Intermediate

This class is for those who have a basic knowledge of the rules and scoring and experience playing. Not only is the game fun to play but it also aids in dexterity, flexibility and coordination.

56279 W 9/14-10/26 1-2 PM \$30/\$37/\$43

56280 W 11/2-12/7 1-2 PM \$30/\$37/\$43

Game Room

Table Tennis – Advanced

This class is for those players who have advanced beyond the intermediate level of play. Participants must have a strong knowledge of rules and scoring.

56277 F 9/16-10/21 1-2 PM \$30/\$37/\$43

56278 F 10/28-12/16 1-2 PM \$30/\$37/\$43

Game Room

Wii Play

Come bowl, play golf, baseball or tennis or try your fists at boxing - all through the game system, Wii. The light-weight remote is the key to these fun interactive games. Come and join the games on Friday mornings. Senior Center members only.

56292 F 9/16-11/18 10 AM-12 PM Free

Azalea Room

Sports - Leagues

We recommend bringing a water bottle to all league practices and games.

Bocce Ball Club

This lawn game is easy to learn and can be enjoyed at all levels. There is a court located behind the Senior Center. If interested in joining a team, register for this activity at the Front Desk. For members only.

56218 Tu & Th 9/6-10/20 10-11 AM Free

Bocce Ball Court

Game Room Activities

Play pool and table tennis daily in our game room. Open Monday and Wednesday 8:30 a.m.- 7 p.m., Tuesday, Thursday and Friday, 8:30 a.m.- 5 p.m. and Saturday, 8:30 a.m.- 2:45 p.m. Practice games, clinics, instruction and tournaments are held regularly. Table tennis is available at Twinbrook Community Recreation Center on Wednesday, 9-10 a.m. For members only.

56240 M-Sa 9/12-12/17 Time listed above Free

Game Room

Newcomb Volleyball

Join us for a different kind of volleyball in which players toss and catch the ball instead of hitting it over the net. Beginners, as well as experienced players, are welcome. Free to Senior Center members and Rockville residents. (Ongoing)

56241 W & F 9/7-12/14 10-11 AM Free
Twinbrook Rec. Center

Senior Duffers

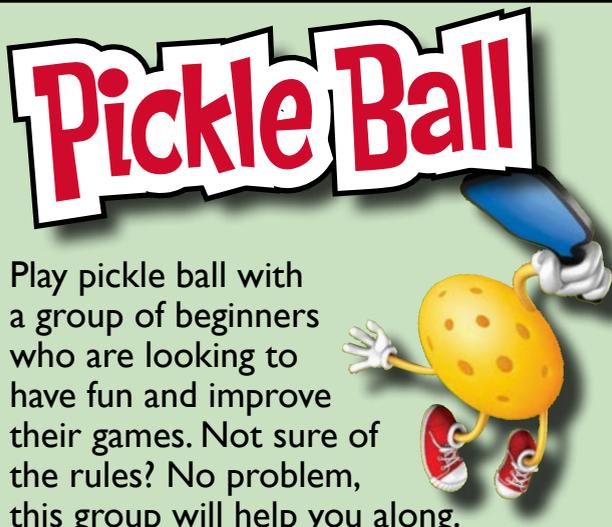
Come join the remainder of the 2016 Golf Season. Play is arranged at local golf courses. All levels of ability are invited to join, however this is not a teaching activity. Both 9 and 18-hole play are available.

56251 M 9/12-10/24 7:30 AM-1 PM \$7/\$9/\$11
Reamy

Ten Pin Rockin' Rollers

When was the last time someone cheered for you? Come out and bowl with us. New members welcome. Note: Weekly \$9.00 fee is payable directly to Bowl America (Clopper Road, Gaithersburg) on day of play. Includes three games and shoe rental.

56283 Th 9/8-12/22 1-3 PM Free
Jaques



Pickle Ball

Play pickle ball with a group of beginners who are looking to have fun and improve their games. Not sure of the rules? No problem, this group will help you along.

Mondays 10am-Noon. (Sept.-June)
Tuesdays 6:30-8:30pm (June-August)
at **Lincoln Park**

June-August
Wednesdays from 10 a.m. - Noon
at **Thomas Farm**

Wednesdays from from 7-9 p.m.
at **Twinbrook**



HOLIDAY BAZAAR

Sponsored by Rockville Seniors, Inc.

Saturday, Dec. 3
9 a.m. - 2 p.m.

- Handmade Crafts
- Book Sale
- Raffle
- Bake Sale

ROCKVILLE SENIOR CENTER

1150 Carnation Drive,
Rockville, Md. 20850

240-314-8800

Directions: 240-314-5019



Rockville Sister City Corporation
Invites you to join us for

Fall Events

- Annual Meeting, Thursday, Sept. 29
Glenview Mansion
- German American Day Dinner,
Sunday, Oct. 9
- Dim Sum Sunday, Aug. 14, 2 p.m.
at New Fortune Restaurant

For reservations and information,
call 301-314-5029.

www.rocknet.org/community/sistercities



Rockville Senior Center

FITNESS CENTER

It's the best time to be a senior in Rockville!

7 a.m.-8 p.m., Monday-Thursday

7 a.m.-7 p.m., Friday

7 a.m.-4 p.m., Saturday

Fitness Club Membership Fees

\$90/year

(Must be a Senior Center member)

www.rockvillemd.gov/seniorcenter

240-314-8800



TAKE ADVANTAGE OF GOLF SAVINGS



GET YOUR CARD TO START SAVING!

ONLY \$75

INCLUDES:

1 Free Round of Golf, 15% Off Every Round, and 40% Off every round after your fourth round!

PURCHASE YOURS BY CALLING 240.406.1650

ALSO VALID AT COMPASS POINTE & EISENHOWER

FLU Shot CLINICS



ROCKVILLE SENIOR CENTER

Tuesday, Sept. 27, 10 a.m.-1 p.m.

**Senior Center members only
Carnation Room**

Tuesday, Oct. 11, 10 a.m.-1 p.m.

Open to all • Health Room

You Must bring your Medicare (Part B) and Insurance cards

For anyone with Medicare primary insurance there is no cost.

Without insurance:

Regular Dose: \$28

High Dose: \$35

Flu Shots Only. Pneumonia shots only with a Dr.'s prescription

240-314-8810

Provided by Adventist HealthCare.

Trips

TRIP REGISTRATION

In-Person Lottery

Thursday, Aug. 18, 10:30 a.m.

Senior Center members and residents

Numbers distributed random order, 10:15 a.m.

Friday, Aug. 19

Nonresidents and nonmembers

Registrations accepted at Senior Center only.

Individuals may register for themselves and one other person.



New! US Naval Academy Tour

We will walk onto the campus of the Naval Academy and see the new high-tech visitor experience. The display provides an in-depth look at the academy grounds and life of the midshipmen. The exhibit is at the entrance to Halsey Field House on the way to the Visitor Center. We will have a guided highlights tour that includes Lejeune Hall, Bancroft Hall, Herndon Monument, the Chapel and Crypt of John Paul Jones. The tour will finish in time to see the Noon Formation before lunch at the Drydock Restaurant on campus. A current photo ID will be required. This trip is not handicapped accessible with at least a mile of walking including steps. Trip includes tour, leadership, lunch and charter bus transportation.

56397 Tu 9/20 9 AM-3 PM \$55/\$69/\$79
Departs: Glenview Mansion

New! All Aboard

All aboard the Walkersville Southern Railroad for a two-hour train ride through the countryside. On track was originally built by the Pennsylvania Railroad in 1872, our excursion will take us through the picturesque Maryland farm country to enjoy the fall foliage. Lunch, catered by the Carriage House Inn will be served in our private dining car. Trip includes charter bus transportation, train ride, lunch and leadership.

56356 F 10/14 9:30 AM-2:30 PM \$80/\$100/\$115
Departs: Glenview Mansion

New! The Capitol Steps Live

Just in time for the elections, The Capitol Steps - 'What To Expect When You're Electing' is the only group in America that attempts to be funnier than Congress. The troupe is made up of current and former congressional staffers who monitor events and personalities on Capitol Hill, the Oval Office and other centers of power and prestige around the world and take a humorous look at serious issues. They provide laughter for millions nationwide and we have orchestra seats at The Maryland Theatre in Hagerstown to see them perform. Trip includes leadership, orchestra seat, and charter bus transportation.

56364 Th 10/27 5-10 PM \$76/\$95/\$109
Departs: Glenview Mansion

New! A Capitol Idea!

Honoring Our Nation's Veterans

See the World War II Memorial, Korean and Vietnam Veterans Memorials through the artist's eyes. DC Licensed Tour Guide Betsy Thompson will escort our group on a tour through these three inspirational memorials describing how the artist desired to interpret these world-changing events. After the tour enjoy lunch at the Irish Inn of Glen Echo. Priority registration will be given to Veterans and one travel partner. Trip includes tour guide, leadership, charter bus transportation and lunch at the Irish Inn of Glen Echo.

56338 Th 11/3 9 AM-3 PM \$50/\$60/\$70
Departs: Glenview Mansion

New! National Museum of African American History and Culture

Opening in late September, be one of the first to see the Smithsonian's 400,000-square-foot museum with five levels above ground and four below. The inaugural exhibitions will feature some of the museum's 34,000 artifacts, including a segregated railroad car, a shawl worn by Harriet Tubman, a traveling trunk that belonged to the family of the abolitionist William Lloyd Garrison, an airplane used to train Tuskegee airmen, Nat Turner's bible and objects from a sunken slave ship. Purchase lunch on your own at the Museums North Star Cafe.

56793 Tu 11/15 9 AM-3 PM \$32/\$40/\$50
Departs: Glenview Mansion

New! A Christmas Carol

Toby's Dinner Theatre will bring the holidays to us with a musical version of A Christmas Carol. This traditional heartwarming story of Scrooge is told in a brand new way with a musical score filled with beautiful melodies and emotional lyrics. We will be treated to a lavish buffet prior to the matinee. Trip includes charter bus transportation, leadership, lunch and show.

56337 W 11/30 9:45 AM-3:45 PM \$75/\$94/\$108
Departs: Glenview Mansion

Rockville Swim and Fitness Center

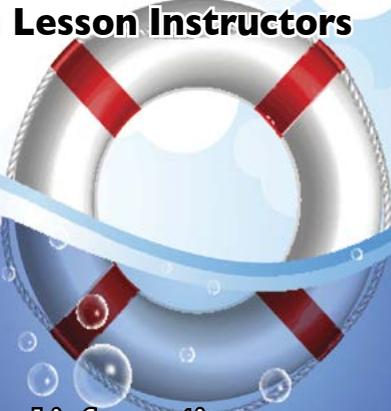
355 Martins Lane, Rockville, MD 20850
www.rockvillemd.gov/swimcenter
240-314-8750



The swim center has two indoor and two outdoor pools, outside interactive “sprayground,” 150-foot waterslide, dry saunas, whirlpool and fitness center and meeting rooms. Several types of memberships are available or a daily admission pass can be purchased. Pool memberships must be up-to-date to receive the discounted rate for classes.

NOW HIRING

**Lifeguards, Water and Land
Fitness Instructors, Front
Desk Staff, Swim Coaches ,
and Swim Lesson Instructors**



**For additional information,
call 240-314-8750
www.rockvillemd.gov/swimcenter**

No classes 9/3-9/5 and 11/24-11/27

Fees:

M = RSFC Member • NM = Non-RSFC Member

Registration Procedures

Swim Center Members

Tuesday, Aug. 9, 8:30 a.m.

Swim Center Non-members

Thursday, Aug. 11, 8:30 a.m.

Registration Deadline One week prior to start date

To be eligible for a membership discount, participants registering for a course must have an annual, winter or summer membership for aquatics or the full facility. See www.rockvillemd.gov/swimcenterfeeschedule for a list of membership rates and types.

Credits or refunds will be issued for medical reasons only and must be accompanied by a letter from your doctor.

Note: \$10 withdrawal fee for all refunds; \$5 transfer fee.

Mail to:

Swimming Lessons
RSFC
355 Martins Lane
Rockville, MD 20850

Fax to:

Swimming Lessons
240-314-8759

Check Out Our Fitness Room

Featuring:

- Rowing Machine
- 5 – Treadmills
- 4 – Elliptical Machines
- 2 – Recumbent Bikes
- 2 – Step/Climber Machines
- 13 pieces – Single Station Strength Training Equipment and Free Weights
- Meeting Room and Kitchenette (available for rentals and parties)

240-314-8750

www.rockvillemd.gov/swimcenter

Adult/Child Swim

An adult must accompany each child into the water for every adult/child program. A signed doctor's note is required for the first class (either on the doctor's letterhead or a prescription pad.) The City does not provide a form for this purpose. **Note: non-toilet trained children must wear a swim diaper under tight-fitting vinyl pants. Pants are on sale at the Center.**

Bubblers 1

Introduce your baby to the water in a relaxed and playful manner. Learn basic skills and water safety. This is an adult/child class.

Age: 6-18 mo				M/NM
56469	Tu	8/30-10/18	9-9:30 AM	\$71/\$89
56470	Sa	9/10-10/22	10:50-11:20 AM	\$62/\$78
56471	Su	9/11-10/23	10:15-10:45 AM	\$62/\$78
56474	Tu	10/25-12/13	9-9:30 AM	\$71/\$89
56472	Sa	10/29-12/17	10:50-11:20 AM	\$62/\$78
56473	Su	10/30-12/18	10:15-10:45 AM	\$62/\$78

Bubblers 2

Tots with little or no experience are welcome. Children will learn the basics of swimming such as submerging, floating, kicking and arm stroking. This is an adult/child class.

Age: 18-36 mo				M/NM
56479	M	8/29-10/17	2-2:30 PM	\$62/\$78
56475	Th	9/1-10/20	9-9:30 AM	\$71/\$89
56476	Sa	9/10-10/22	10:15-10:45 AM	\$62/\$78
56477	Su	9/11-10/23	9:40-10:10 AM	\$62/\$78
56478	Su	9/11-10/23	11:25-11:55 AM	\$62/\$78
56483	M	10/24-12/12	2-2:30 PM	\$71/\$89
56484	Th	10/27-12/15	9-9:30 AM	\$62/\$78
56480	Sa	10/29-12/17	10:15-10:45 AM	\$62/\$78
56481	Su	10/30-12/18	9:40-10:10 AM	\$62/\$78
56482	Su	10/30-12/18	11:25-11:55 AM	\$62/\$78



WAITING LIST

If your desired class is filled, you will be notified and placed on a waiting list.



We make every effort to accommodate those on the list. If an opening becomes available, we will go to the wait list to fill the class.

Bobbers 1

Along with an adult, children will learn to adjust to the water. They will also learn simple water skills, such as submerging, floating, kicking and arm stroking. This is an adult/child class.

Age: 3-5				M/NM
56449	W	8/31-10/19	2-2:30 PM	\$71/\$89
56450	Th	9/1-10/20	9:30-10 AM	\$71/\$89
56451	Sa	9/10-10/22	9:05-9:35 AM	\$62/\$78
56452	Sa	9/10-10/22	11:25-11:55 AM	\$62/\$78
56453	Su	9/11-10/23	9:05-9:35 AM	\$62/\$78
56454	Su	9/11-10/23	10:50-11:20 AM	\$62/\$78
56455	W	10/26-12/14	2-2:30 PM	\$71/\$89
56456	Th	10/27-12/15	9:30-10 AM	\$62/\$78
56459	Sa	10/29-12/17	11:25-11:55 AM	\$62/\$78
56460	Sa	10/29-12/17	9:05-9:35 AM	\$62/\$78
56457	Su	10/30-12/18	9:05-9:35 AM	\$62/\$78
56458	Su	10/30-12/18	10:50-11:20 AM	\$62/\$78

Bobbers 2

Children who already know how to do a front float with a kick should sign up for this class. They will work on back floats, combining parts of the crawl stroke and endurance. Work in the deep end is done as well. This is an adult/child class.

Age: 3-5				M/NM
56461	Tu	8/30-10/18	9:30-10 AM	\$71/\$89
56462	Sa	9/10-10/22	8:30-9 AM	\$62/\$78
56463	Sa	9/10-10/22	9:40-10:10 AM	\$62/\$78
56464	Su	9/11-10/23	8:30-9 AM	\$62/\$78
56468	Tu	10/25-12/13	9:30-10 AM	\$71/\$89
56465	Sa	10/29-12/17	8:30-9 AM	\$62/\$78
56466	Sa	10/29-12/17	9:40-10:10 AM	\$62/\$78
56467	Su	10/30-12/18	8:30-9 AM	\$62/\$78

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Preschool Swim

We love parents ... but in order to assist us in offering a quality program for your preschooler, we ask that you do not remain at the class unless it is otherwise stated in the description. Experience has shown that preschoolers are easily distracted due to their short attention spans. **Note: Registration deadline for all activities is two weeks prior to the start of the class, unless otherwise noted.**

Fearful Floaters

This class is intended for children who have a reluctance to participate in a Floaters I class, but are ready to try a class without adult participation. Taught at a slower pace, it stresses water adjustment and comfort putting their face in water. To ease your child's anxiety, adults will remain on deck for the duration of the lesson.

Age: 4-6				M/NM
56498	M	8/29-10/17	4:45-5:15 PM	\$67/\$84
56499	W	8/31-10/19	3:35-4:05 PM	\$77/\$96
56943	Sa	9/10-10/22	9:45-10:25 AM	\$67/\$84
56500	M	10/24-12/12	3:35-4:05 PM	\$77/\$96
56501	W	10/26-12/14	3:35-4:05 PM	\$77/\$96

Floaters I

This class is designed for children who need to become adjusted to the water. They will learn to do front and back floats, kick and stroke as well as put their face in the water. Children will learn to swim five yards on their front and back.

Age: 4-6				M/NM
56508	M	8/29-10/17	3:35-4:05 PM	\$67/\$84
56503	Tu	8/30-10/18	4:35-5:05 PM	\$77/\$96
56507	Tu	8/30-10/18	5:10-5:40 PM	\$77/\$96
56509	Tu	8/30-10/18	5:45-6:15 PM	\$77/\$96
56522	W	8/31-10/19	4:45-5:15 PM	\$77/\$96
56523	Th	9/1-10/20	5:45-6:15 PM	\$77/\$96
56506	F	9/2-10/21	3:35-4:05 PM	\$77/\$96
56525	F	9/2-10/21	4:45-5:15 PM	\$77/\$96
56502	Sa	9/10-10/22	9-9:40 AM	\$67/\$84
56504	Sa	9/10-10/22	10:30-11:10 AM	\$67/\$84
56505	Sa	9/10-10/22	11:15-11:55 AM	\$67/\$84
56510	Su	9/11-10/23	9-9:40 AM	\$67/\$84
56511	Su	9/11-10/23	9:45-10:25 AM	\$67/\$84
56512	Su	9/11-10/23	10:30-11:10 AM	\$67/\$84
56513	Su	9/11-10/23	11:15-11:55 AM	\$67/\$84
56521	M	10/24-12/12	4:45-5:15 PM	\$77/\$96
56526	M	10/24-12/12	3:35-4:05 PM	\$77/\$96
56524	Tu	10/25-12/13	4:35-5:05 PM	\$77/\$96
56527	Tu	10/25-12/13	5:10-5:40 PM	\$77/\$96
56528	W	10/26-12/14	4:45-5:15 PM	\$77/\$96
56529	Th	10/27-12/15	5:45-6:15 PM	\$67/\$84
56530	F	10/28-12/16	3:35-4:05 PM	\$67/\$84
56531	F	10/28-12/16	4:45-5:15 PM	\$67/\$84

56514	Sa	10/29-12/17	9-9:40 AM	\$67/\$84
56515	Sa	10/29-12/17	10:30-11:10 AM	\$67/\$84
56520	Sa	10/29-12/17	11:15-11:55 AM	\$67/\$84
56516	Su	10/30-12/18	9-9:40 AM	\$67/\$84
56517	Su	10/30-12/18	9:45-10:25 AM	\$67/\$84
56518	Su	10/30-12/18	10:30-11:10 AM	\$67/\$84
56519	Su	10/30-12/18	11:15-11:55 AM	\$67/\$84

Floaters 2

Children who are comfortable in the water, can submerge for 5-10 seconds and can swim five yards on their front and back should take this class. They will continue to work on and develop basic swimming skills, such as front and back glides, coordinated kick and arm strokes and rhythmic breathing. Prior swim lesson experience recommended.

Age: 4-6				M/NM
56532	M	8/29-10/17	4:10-4:40 PM	\$67/\$84
56533	Tu	8/30-10/18	5:10-5:40 PM	\$77/\$96
56534	W	8/31-10/19	3:35-4:05 PM	\$77/\$96
56556	W	8/31-10/19	4:10-4:40 PM	\$77/\$96
56535	Th	9/1-10/20	4:35-5:05 PM	\$77/\$96
56536	Th	9/1-10/20	5:10-5:40 PM	\$77/\$96
56537	F	9/2-10/21	3:35-4:05 PM	\$77/\$96
56538	F	9/2-10/21	4:10-4:40 PM	\$77/\$96
56539	Sa	9/10-10/22	9:45-10:25 AM	\$67/\$84
56540	Sa	9/10-10/22	11:15-11:55 AM	\$67/\$84
56541	Su	9/11-10/23	9:45-10:25 AM	\$67/\$84
56542	Su	9/11-10/23	11:15-11:55 AM	\$67/\$84
56549	M	10/24-12/12	4:10-4:40 PM	\$77/\$96
56550	Tu	10/25-12/13	5:10-5:40 PM	\$77/\$96
56551	W	10/26-12/14	3:35-4:05 PM	\$77/\$96
56552	Th	10/27-12/15	4:35-5:05 PM	\$67/\$84
56553	Th	10/27-12/15	5:10-5:40 PM	\$67/\$84
56554	F	10/28-12/16	3:35-4:05 PM	\$67/\$84
56555	F	10/28-12/16	4:10-4:40 PM	\$67/\$84
56543	Sa	10/29-12/17	9:45-10:25 AM	\$67/\$84
56544	Sa	10/29-12/17	10:30-11:10 AM	\$67/\$84
56545	Sa	10/29-12/17	11:15-11:55 AM	\$67/\$84
56546	Su	10/30-12/18	9:45-10:25 AM	\$67/\$84
56547	Su	10/30-12/18	10:30-11:10 AM	\$67/\$84
56548	Su	10/30-12/18	11:15-11:55 AM	\$67/\$84



Strokers 1

Children who can swim a combined stroke on their front with rhythmic breathing and on their back for at least eight yards should take this class. The focus will be on stroke development in front crawl, back crawl and elementary backstroke arms and kick. Treading water and rhythmic breathing skills will also be taught.

Age: 4-7				M/NM
56581	M	8/29-10/17	3:45-4:05 PM	\$67/\$84
56582	Th	9/1-10/20	4:35-5:05 PM	\$77/\$96
56583	Th	9/1-10/20	5:10-5:40 PM	\$77/\$96
56584	Sa	9/10-10/22	9:45-10:25 AM	\$67/\$84
56585	Su	9/11-10/23	11:15-11:55 AM	\$67/\$84
56589	W	10/26-12/14	4:10-4:40 PM	\$77/\$96
56588	Th	10/27-12/15	4:35-5:05 PM	\$67/\$84
56590	Th	10/27-12/15	5:10-5:40 PM	\$67/\$84
56586	Sa	10/29-12/17	11:15-11:55 AM	\$67/\$84
56587	Su	10/30-12/18	9-9:40 AM	\$67/\$84

Strokers 2

This class is for children who can swim a coordinated front crawl with rhythmic breathing and backstroke for 15 yards and are comfortable in the deep water. They will work on perfecting front/back crawl, elementary backstroke and treading water. Students will be introduced to coordinated breaststroke.

Age: 4-7				M/NM
56591	M	8/29-10/17	4:45-5:15 PM	\$67/\$84
56592	Tu	8/30-10/18	5:45-6:15 PM	\$77/\$96
56593	Sa	9/10-10/22	11:15-11:55 AM	\$67/\$84
56594	Su	9/11-10/23	9-9:40 AM	\$67/\$84
56599	M	10/24-12/12	4:45-5:15 PM	\$77/\$96
56597	Tu	10/25-12/13	5:45-6:15 PM	\$77/\$96
56598	W	10/26-12/14	4:45-5:15 PM	\$77/\$96
56595	Sa	10/29-12/17	9:45-10:25 AM	\$67/\$84
56596	Su	10/30-12/18	11:15-11:55 AM	\$67/\$84

Strokers 3

This class is for children who can swim freestyle with side breathing, backstroke and elementary backstroke for 25 yards. In addition, the ability to swim a coordinated breaststroke and the butterfly kick is required. Successful completion of Strokers 2 (or comparable level in another program) is also required to enroll in this class.

Age: 4-7				M/NM
56600	W	8/31-10/19	4:45-5:15 PM	\$77/\$96
56601	F	9/2-10/21	4:45-5:15 PM	\$77/\$96
56941	Su	9/11-10/23	9-9:40 AM	\$67/\$84
56603	Su	9/11-10/23	10:30-11:10 AM	\$67/\$84
56602	F	10/28-12/16	4:45-5:15 PM	\$67/\$84
56604	Sa	10/29-12/17	10:30-11:10 AM	\$67/\$84



Mini Swim Team Prep

This class is for children who can swim freestyle with bilateral breathing and backstroke for 50 yards. In addition, children must swim a legal coordinated breaststroke for 25 yards and be able to do butterfly arms and kicking. Successful completion of Strokers 3 is required to enroll in this class.

Age: 5-7				M/NM
56571	Th	9/1-10/20	5:45-6:15 PM	\$77/\$96
56942	Sa	9/10-10/22	9-9:40 AM	\$67/\$84
56573	Th	10/27-12/15	5:45-6:15 PM	\$67/\$84
56572	Sa	10/29-12/17	9:45-10:25 AM	\$67/\$84

Children/Teen Swim

We love parents ... but to assist us in offering quality programs for children, we ask that parents wait in the lobby during classes. Experience has shown that children are easily distracted because of their short attention spans.

Youth 1

Water adjustment is the focus of this class. Children will be introduced to front and back floats, kicking, arm stroking, blowing bubbles and swimming seven yards front and back. Children must also be able to fully submerge and must be comfortable with all of these skills prior to moving on to Youth 2.

Age: 7+				M/NM
56629	W	8/31-10/19	4:10-4:05 PM	\$70/\$88
56630	F	9/2-10/21	4:10-4:40 PM	\$70/\$88
56631	Sa	9/10-10/22	9:45-10:25 AM	\$62/\$77
56632	Sa	9/10-10/22	10:30-11:10 AM	\$62/\$77
56633	Su	9/11-10/23	10:30-11:10 AM	\$62/\$77
56634	Su	9/11-10/23	12-12:40 PM	\$62/\$77
56640	Tu	10/25-12/13	5:45-6:15 PM	\$70/\$88
56638	W	10/26-12/14	4:10-4:40 PM	\$70/\$88
56639	F	10/28-12/16	4:10-4:40 PM	\$62/\$77
56635	Sa	10/29-12/17	9-9:40 AM	\$62/\$77
56636	Su	10/30-12/18	10:30-11:10 AM	\$62/\$77
56637	Su	10/30-12/18	12-12:40 PM	\$62/\$77

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Youth 2

A class for children who can submerge for 5-10 seconds, do a front and back float and swim seven yards on their front and back. Basic swimming skills, such as front and back glides, arm stroking on front and back, kicking and rhythmic breathing will be taught.

Age: 7+				M/NM
56651	Tu	10/25-12/13	4:35-5:05 PM	\$70/\$88
56646	M	8/29-10/17	4:10-4:40 PM	\$62/\$77
56641	Tu	8/30-10/18	4:35-5:05 PM	\$70/\$88
56642	Sa	9/10-10/22	9-9:40 AM	\$62/\$77
56643	Sa	9/10-10/22	10:30-11:10 AM	\$62/\$77
56644	Su	9/11-10/23	9-9:40 AM	\$62/\$77
56645	Su	9/11-10/23	12-12:40 PM	\$62/\$77
56650	M	10/24-12/12	4:10-4:40 PM	\$70/\$88
56647	Sa	10/29-12/17	9:45-10:25 AM	\$62/\$77
56648	Su	10/30-12/18	9-9:40 AM	\$62/\$77
56649	Su	10/30-12/18	12-12:40 PM	\$62/\$77

Youth 3

Children who can swim a combined stroke for ten yards on their front and back should take this class. Children will learn elementary backstroke arms and kick, rhythmic breathing, how to tread water and improve their stroke.

Age: 7+				M/NM
56652	Sa	9/10-10/22	11:15-11:55 AM	\$62/\$77
56653	Su	9/11-10/23	9:45-10:25 AM	\$62/\$77
56654	Su	9/11-10/23	10:30-11:10 AM	\$62/\$77
56655	Su	9/11-10/23	12-12:40 PM	\$62/\$77
56656	Sa	10/29-12/17	9-9:40 AM	\$62/\$77
56657	Sa	10/29-12/17	10:30-11:10 AM	\$62/\$77
56658	Su	10/30-12/18	9-9:40 AM	\$62/\$77
56659	Su	10/30-12/18	9:45-10:25 AM	\$62/\$77
56660	Su	10/30-12/18	10:30-11:10 AM	\$62/\$77
56661	Su	10/30-12/18	12-12:40 PM	\$62/\$77



Youth 4

Children who are comfortable in deep water and can swim a coordinated front crawl stroke with rhythmic breathing and backstroke for 15 yards should take this class. Children will work on perfecting front and backstroke and treading water. Coordinated breaststroke will be introduced. Prerequisite: Youth 3

Age: 7+				M/NM
56662	Sa	9/10-10/22	10:30-11:10 AM	\$62/\$77
56663	Sa	9/10-10/22	9-9:40 AM	\$62/\$77
56664	Su	9/11-10/23	9-9:40 AM	\$62/\$77
56665	Su	9/11-10/23	12-12:40 PM	\$62/\$77
56666	Su	9/11-10/23	11:15-11:55 AM	\$62/\$77
56667	Sa	10/29-12/17	9-9:40 AM	\$62/\$77
56668	Sa	10/29-12/17	9:45-10:25 AM	\$62/\$77
56669	Sa	10/29-12/17	11:15-11:55 AM	\$62/\$77
56670	Su	10/30-12/18	9:45-10:25 AM	\$62/\$77
56671	Su	10/30-12/18	11:15-11:55 AM	\$62/\$77

Youth 5

This class is for children who can swim one length of front crawl, back crawl and swim 15 yards of elementary backstroke in good form as well as tread water, dive into and swim in deep water. Children will learn bi-lateral breathing for front crawl, breaststroke, sidestroke, butterfly arms and dolphin kick. All other previously learned strokes will be refined.

Age: 7+				M/NM
56682	Su	10/30-12/18	12-12:40 PM	\$62/\$77
56672	Sa	9/10-10/22	9-9:40 AM	\$62/\$77
56673	Sa	9/10-10/22	11:15-11:55 AM	\$62/\$77
56674	Su	9/11-10/23	9-9:40 AM	\$62/\$77
56675	Su	9/11-10/23	9:45-10:25 AM	\$62/\$77
56676	Su	9/11-10/23	11:15-11:55 AM	\$62/\$77
56677	Sa	10/29-12/17	9-9:40 AM	\$62/\$77
56678	Sa	10/29-12/17	9:45-10:25 AM	\$62/\$77
56679	Sa	10/29-12/17	11:15-11:55 AM	\$62/\$77
56680	Su	10/30-12/18	9-9:40 AM	\$62/\$77
56681	Su	10/30-12/18	9:45-10:25 AM	\$62/\$77

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Youth 6

This class requires the ability to swim two lengths (50 yards) of front crawl, backstroke and 15 yards of side stroke and breaststroke, all in good form. Children will work on breaststroke, butterfly and turns in addition to refining other strokes.

Age: 7+				M/NM
56683	Sa	9/10-10/22	9:45-10:25 AM	\$62/\$77
56684	Sa	9/10-10/22	11:15-11:55 AM	\$62/\$77
56685	Su	9/11-10/23	9:45-10:25 AM	\$62/\$77
56686	Su	9/11-10/23	10:30-11:10 AM	\$62/\$77
56687	Sa	10/29-12/17	9-9:40 AM	\$62/\$77
56688	Sa	10/29-12/17	10:30-11:10 AM	\$62/\$77
56689	Su	10/30-12/18	9-9:40 AM	\$62/\$77
56690	Su	10/30-12/18	11:15-11:55 AM	\$62/\$77

Youth 7

Swimmers able to swim four lengths (100 yards) of freestyle, backstroke and one full length (25 yards) of breaststroke should take this class. Children will work on stroke improvement, endurance, butterfly, turns and racing dives. Prerequisite: Youth 5 and 6

Age: 7+				M/NM
56691	Sa	9/10-10/22	10:30-11:10 AM	\$62/\$77
56692	Su	9/11-10/23	9-9:40 AM	\$62/\$77
56693	Su	9/11-10/23	11:15-11:55 AM	\$62/\$77
56694	Su	9/11-10/23	12-12:40 PM	\$62/\$77
56695	Sa	10/29-12/17	10:30-11:10 AM	\$62/\$77
56696	Su	10/30-12/18	10:30-11:10 AM	\$62/\$77
56697	Su	10/30-12/18	12-12:40 PM	\$62/\$77

Swim 4 Fitness for Teens

Geared towards teens with prior swim experience (must be at least Level 7) who are looking to build their aerobic ability. The goal of the class is to swim a mile in 45 minutes with minimal stroke correction. Fins, kickboard and hand paddles are recommended. No report cards will be issued for this class.

Age: 12-17				M/NM
56609	Su	9/11-10/23	12-12:45 PM	\$62/\$77
56610	Su	10/30-12/18	12-12:45 PM	\$62/\$77

Swim Team Prep

Swimmers must be able to swim four lengths (100 yards) of a coordinated freestyle, backstroke and breaststroke and one length (25 yards) of butterfly. Speed and endurance will be emphasized as well as turns and racing starts. Prerequisite: Youth 6 and 7

Age: 7+				M/NM
56611	Sa	9/10-10/22	9:45-10:25 AM	\$62/\$77
56940	Sa	9/10-10/22	10:30-11:10 AM	\$62/\$77
56612	Su	9/11-10/23	9:45-10:25 AM	\$62/\$77
56613	Su	9/11-10/23	10:30-11:10 AM	\$62/\$77
56614	Sa	10/29-12/17	11:15-11:55 AM	\$62/\$77
56615	Su	10/30-12/18	9:45-10:25 AM	\$62/\$77
56616	Su	10/30-12/18	10:30-11:10 AM	\$62/\$77
56617	Su	10/30-12/18	11:15-11:55 AM	\$62/\$77

Adult Swim

Adult Beginner 1

This is an aquatic orientation class. Adults will be introduced to basic swimming skills such as front and back floats, kicking, arm strokes and rhythmic breathing.

Age: 14+				M/NM
56416	Tu	8/30-10/18	8:25-9:10 PM	\$71/\$88
56417	W	8/31-10/19	8:35-9:20 PM	\$71/\$88
56418	Tu	10/25-12/13	8:25-9:10 PM	\$71/\$88
56419	W	10/26-12/14	8:35-9:20 PM	\$71/\$88

Adult Beginner 2

This class is designed for adults who have been introduced to the basics of swimming but need to work on stroke coordination and rhythmic breathing. Treading water and breaststroke will be demonstrated. Prerequisite: Adult Beginner 1

Age: 14+				M/NM
56420	W	8/31-10/19	8:35-9:20 PM	\$71/\$88
56421	Th	9/1-10/20	8:25-9:10 PM	\$71/\$88
56422	W	10/26-12/14	8:35-9:20 PM	\$71/\$88
56423	Th	10/27-12/15	8:25-9:10 PM	\$62/\$77



Adult Beginner 3

Swimmers registering for this class should be comfortable in deep water, able to tread water and swim 20 yards of front and back crawl. Refine your front and back crawl and learn the elementary backstroke and breaststroke.
Prerequisite: Adult Beginner 2

Age: 14+				M/NM
56424	Tu	8/30-10/18	8:25-9:10 PM	\$71/\$88
56425	Tu	10/25-12/13	8:25-9:10 PM	\$71/\$88

Adult Beginner 4

Developed for participants who can swim one length of the pool but still need work on endurance and technique. Rhythmic breathing and treading water are skills required prior to taking this class. Front and backstroke, breaststroke, elementary backstroke and sidestroke techniques will be stressed. Skills will be taught to prepare students for Adult Stroke Correction.
Prerequisite: Adult Beginner 3

Age: 14+				M/NM
56426	Th	9/1-10/20	8:25-9:10 PM	\$71/\$88
56427	Th	10/27-12/15	8:25-9:10 PM	\$62/\$77

Adult Stroke Correction

Swimmers who have perfected the basics but need to refine their strokes should take this class. Backstroke, free style, breaststroke, elementary backstroke and sidestroke will be further developed. Endurance and breathing are stressed. These sessions are not for beginners.
Prerequisite: Adult Beginner 4

Age: 14+				M/NM
56831	Tu	8/30-10/18	11:10-11:55 AM	\$71/\$88
56829	Th	9/1-10/20	11:10-11:55 AM	\$71/\$88
56832	Tu	10/25-12/13	11:10-11:55 AM	\$71/\$88
56830	Th	10/27-12/15	11:10-11:55 AM	\$62/\$77

Adult Water Fitness

Aqua Blast

Start your day off right with a fast-paced, early morning deep water exercise class. This no impact, high energy workout will tone your muscles while improving endurance with an emphasis on cardiovascular training. Includes abdominal and barbell work. Equipment will be provided.

Age: 18+				M/NM
56428	Tu	8/30-12/13	6:35-7:20 AM	\$75/\$91
56429	Th	9/1-12/15	6:35-7:20 AM	\$70/\$85

Aqua Boot Camp

This fast-paced class will help you reach your fitness goals now! The exercises are performed in deep water and regardless of your age, size or fitness level, you can achieve very noticeable results. Great for those whose schedules allow just one day a week to attend or as a challenging addition to some of our other programs.

Age: 14+				M/NM
56430	M	8/29-12/12	10:15-11 AM	\$70/\$85
56431	W	8/31-12/14	10:15-11 AM	\$75/\$91
56432	F	9/2-12/16	10:15-11 AM	\$70/\$85

Aqua Fitness

This low-impact, high-intensity program is designed to improve flexibility, range of motion, strength, muscle tone, posture and cardiovascular endurance all while burning calories! Exercises are performed in chest-deep water to music. Styrofoam barbells and/or pool noodles may be used and will be provided.

Age: 16+				M/NM
56436	M	8/29-12/12	8:30-9:15 AM	\$70/\$85
56752	M	8/29-12/12	9:15-10 AM	\$70/\$85
56437	Tu	8/30-12/13	8:30-9:15 AM	\$75/\$91
56438	Tu	8/30-12/13	9:15-10 AM	\$75/\$91
56439	W	8/31-12/14	8:30-9:15 AM	\$75/\$91
56753	W	8/31-12/14	9:15-10 AM	\$75/\$91
56440	Th	9/1-12/15	8:30-9:15 AM	\$70/\$85
56442	Th	9/1-12/15	9:15-10 AM	\$70/\$85

New! Aqua Hiit

High intensity interval training (Hiit) alternates short periods of intense exercise with less-intense recovery periods. Some of the proven benefits are: increased metabolism, fat burning, weight loss and improved cardio respiratory fitness. Add the resistance of the water and you also benefit from improved muscle tone.

Age: 16+				M/NM
56945	F	9/2-12/16	8:30-9:15 AM	\$70/\$85

Aqua Zumba

This high energy, low impact water fitness class incorporates Latin music and dance moves while toning, sculpting and burning fat. This workout is for men and women and requires no swimming skills.

Age: 15+				M/NM
56447	Tu	8/30-12/13	10:15-11 AM	\$75/\$91
56445	Th	9/1-12/15	10:15-11 AM	\$70/\$85
56446	F	9/2-12/16	9:15-10 AM	\$70/\$85

Deep Water Running and Conditioning

This program emphasizes cardiovascular strength and endurance as well as flexibility, range of motion and core strength. Classes are held in the deep water and participants use flotation belts. No swimming skills are necessary. Program will benefit runners and other active exercisers who are looking for a challenging workout.

Age: 18+				M/NM
56485	Tu	8/30-12/13	10:10-10:55 AM	\$75/\$91
56486	Th	9/1-12/15	10:10-10:55 AM	\$70/\$85

Deep Water Workout

Enjoy a class taught in the deep end of the South Pool. Ideal for participants who need a no-impact workout. Strengthen your core muscles and get an excellent workout without adding any stress to knee or hip joints. Flotation belts are used.

Age: 16+				M/NM
56487	M	8/29-12/12	9:15-10 AM	\$70/\$85
56488	Tu	8/30-12/13	7:40-8:25 PM	\$75/\$91
56489	W	8/31-12/14	9:15-10 AM	\$75/\$91
56490	Th	9/1-12/15	7:40-8:25 PM	\$70/\$85
56491	F	9/2-12/16	9:15-10 AM	\$70/\$85

H2O Walking

Did you know thirty minutes of water walking equals two hours of walking on land? This class is perfect for weight loss or general fitness and is more challenging than you think! Non swimmers and beginners welcome. Taught in shallow to chest deep water. Music is used.

Age: 16+				M/NM
56557	M	8/29-12/12	9:20-10:05 AM	\$70/\$85
56558	Tu	8/30-12/13	7:40-8:25 PM	\$75/\$91
56559	W	8/31-12/14	9:20-10:05 AM	\$75/\$91
56560	Th	9/1-12/15	7:40-8:25 PM	\$70/\$85
56561	F	9/2-12/16	9:20-10:05 AM	\$75/\$80

Rockville Master's Swimming

This program is designed for swimmers who are competing in the Master's Program of U.S. Swimming, Inc. Those participating in the RMSC group will not be required to attach to RMSC for team purposes. Enjoy a structured workout with a professional coach. Participants are expected to have attained a reasonable level of proficiency in at least two of four competitive strokes. Choose to attend once, twice or three times a week.

Age: 18+				M/NM
56574	M & W & F	8/29-12/16	6:30-7:30 AM	\$207/\$253
56575	M & W	8/29-12/14	6:30-7:30 AM	\$160/\$192
56576	M	8/29-12/12	6:30-7:30 AM	\$91/\$110

Swim 4 Fitness

Learn to swim farther without getting tired. The goal is to swim one mile in 45 minutes without fatigue, using different strokes. Freestyle, backstroke and breaststroke are emphasized. Students must be able to swim 100 yards without stopping. Equipment needed: fins, hand paddles and pull buoys.

Age: 15+				M/NM
56605	Tu	8/30-12/13	11:10-11:55 AM	\$80/\$98
56606	Tu	8/30-12/13	9:15-10 PM	\$80/\$98
56607	Th	9/1-12/15	11:10-11:55 AM	\$75/\$92
56608	Th	9/1-12/15	9:15-10 PM	\$75/\$92

Triathlete Swim Endurance

This class is designed for athletes preparing for Olympic to Ironman distance races or open water swims. These are coached, structured workouts, where swim-specific fitness, effective technique and proper pacing will be emphasized. Race management and open water skills (drafting/close-contact, pack swimming) will be discussed and practiced. Participants should be capable of swimming 200 yards of continuous freestyle.

Age: 16+				M/NM
56618	Su	9/11-10/23	7-8:30 PM	\$93/\$105
56619	Su	10/30-12/18	7-8:30 PM	\$93/\$105

Triathlete Swim Speed Development

Class is designed for athletes preparing for Sprint to Half Ironman distance races or open water swims. These are coached, structured workouts, where swim-specific fitness, effective technique and proper pacing will be emphasized. Race management and open water skills (drafting/close-contact, pack swimming) will be discussed and practiced. Participants should be capable of swimming 200 yds of continuous freestyle.

Age: 16+				M/NM
56620	Sa	9/10-10/22	6:30-8 PM	\$93/\$105
56944	Sa	10/29-12/17	6:30-8 PM	\$93/\$105



Rockville Swim and Fitness Center
240-314-8750

Visit us at:
www.rockvillemd.gov/swimcenter

Triathlon Swim Clinic

This clinic is designed to help develop a more effective and efficient freestyle stroke and to prepare the athlete for open water/triathlon swimming. Drills and workouts will focus on stroke technique, stroke awareness, effective pacing, speed and endurance, as well as open water/triathlon-specific skills, including sighting, drafting, passing and managing turns at buoys, and strategies for race starts, open water conditions and close-contact swimming. Participants should be capable of swimming 100 meters of continuous freestyle.

Age: 16+				M/NM
56621	Su	9/11-10/23	8:05-8:55 AM	\$62/\$70
56870	Su	10/30-12/18	8:05-8:55 AM	\$62/\$70

Senior Swim

Note: Senior residents pay the member fee.

60 Plus Swim

Need some exercise? This class is taught in the shallow end of the pool and is designed to emphasize stretching and toning. Work out while listening to popular oldies music. No need to swim or even get your hair wet! Some swim equipment used.

Age: 60+				M/NM
56415	Tu & Th	8/30-12/15	2:05-2:50 PM	\$70/\$70/\$87

Senior Aquacize - Advanced

This course is similar to Beginner Senior Aquacize, only faster paced.

Age: 60+				M/NM
56578	M & W & F	8/29-12/16	11:05-11:50 AM	\$103/\$103/\$129

Senior Aquacize - Beginner

Seniors will benefit from exercising in the water. Ease yourself into the water and get a gentle workout. Join others in this low-impact environment where the water provides gentle resistance to joints and muscles.

Age: 60+				M/NM
56579	M & W & F	8/29-12/16	10:10-10:55 AM	\$103/\$103/\$129

Senior Exercise Swim

Stop those aches and pains. Enjoy a program designed to rejuvenate, recondition and strengthen tired, aching bodies. The natural resistance provided by the water is the ideal environment for a gentle, yet dynamic approach to a healthy body.

Age: 60+				M/NM
56580	M & W	8/29-12/14	2:35-3:20 PM	\$70/\$70/\$87

Special Swim

Aquatic Doctor's Orders

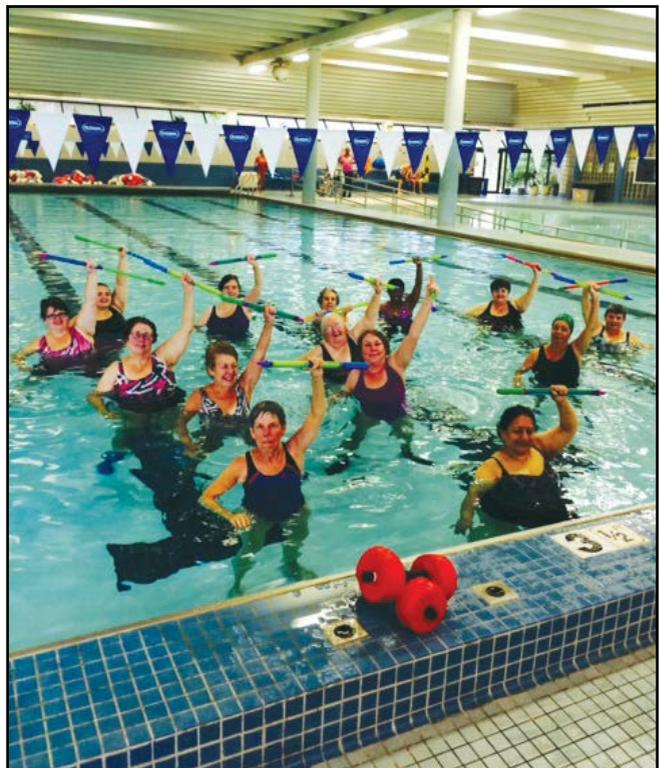
The doctors have spoken. Now practice what they preach. Water provides a stress-free environment that enables you to continue therapy and rehabilitation. Learn additional skills in this modified exercise program. Tailored to individual needs.

Age: 18+				M/NM
56448	Tu & Th	8/30-12/15	10:10-10:55 AM	\$163/\$205

Twinges in Your Hinges

Designed for, but not limited to, those suffering from arthritis and other related ailments. This low-impact class is geared toward increasing muscle strength, flexibility, range of motion, endurance and balance. Pain reduction and improved cardiovascular fitness are also emphasized.

Age: 14+				M/NM
56626	M & W	8/29-12/14	9:15-10:15 AM	\$163/\$203



Certification and Training

Note: For the certification and training classes, there is one fee for members and nonmembers.

Lifeguard Training

Participants must be 15 years old by the completion of the course and must attend all classes. Applicants must pass a pre-test (300 yard swim: 100 front crawl, 100 breaststroke, 100 front crawl or breaststroke; and a deep water brick retrieval within 100 seconds). This American Red Cross course will begin at the conclusion of the pre-test. Upon successful completion students will be issued certification in Lifeguarding, First Aid and CPR. Please view our website for up-to-date training schedules. Visit www.rockvillemd.gov/swimcenter.

Age: 15+ M/NM
56568 M-F 12/26-12/30 Varies \$195

Lifeguard Training Review

Participants must be 15 years old by the completion of the course and must attend all classes. Applicants must have a current Lifeguard certification and pass a pre-test (300 yard swim: 100 front crawl, 100 breaststroke, 100 front crawl or breaststroke; and a deep water brick retrieval within 100 seconds). This American Red Cross course will begin at the conclusion of the pre-test. Upon successful completion students will be issued certification in Lifeguarding, First Aid and CPR.

Age: 15+ M/NM
56569 Sa-Su 12/17-12/18 3-10:30 PM \$125
56570 Sa-Su 1/7-1/8 3-10:30 PM \$125

Burgers and Blues

Enjoying fresh hot burgers (and hot dogs too) straight off the grill while listening to cool refreshing sounds of the Blues. Mr. James Mabry and friends will sing the blues as you feel the groove! Well behaved licensed pets welcomed.

Aug. 5 • 7 p.m.
Music starts at 7:30 p.m.

Isreal Park
(behind Lincoln Park Community Center)

Rain Date: Aug. 14, 3-5 p.m.

FREE EVENT
\$7 Grilled Hamburger or Hot dog
(includes chips and drink)

Fall Biking Events



Tuesday Evening Rides

Aug. 2, 9, 16, 23, 30 • 6:30 p.m.
Starts at Rockville Civic Center Park

Carl Henn Millennium Trail Rides Sunday, Aug. 14 • 10 a.m.

Starts at Wootton High School

Sunday, Oct. 9 • 10 a.m.

Starts at Lincoln Park Community Center

Carl Henn Millennium Trail 10th Anniversary Celebration Saturday, Sept. 10

10 a.m. • Ride starts at Thomas Farm Community Center

12 noon • Potluck picnic after group ride
Must RSVP at: <http://chmt2016anniversary.eventbrite.com>

Kidical Mass Family Rides Saturday, Aug. 20 • 10 a.m.

Meet at King Farm Village Center, in front of Safeway

Saturday, Sept. 15 • 10 a.m.

Meet at Twinbrook Community Center

Join RBAC for monthly meetings the first Wednesday of each month.
7 p.m. at Rockville City Hall

Rockville Bike Advisory Committee

rockvillebikerides@gmail.com
www.facebook.com/bikerockville
www.meetup.com/bikerockville

International Night

F. Scott Fitzgerald Theatre and Social Hall

Friday, Nov. 18

6-8 p.m.

Learn, eat and be entertained by the many different cultures that represent our community.

- Costumes
- Special Performances
- Information Tables
- Food Samples

Free event, brought to you by the City of Rockville Community Centers, Croydon Creek Nature Center, Glenview Mansion and Community Neighborhood Resources.



GLENVIEW MANSION

National Register of Historic Places

Enjoy the 1926 grandeur of the mansion and formal gardens.

Discover Rockville's hidden treasure in Rockville Civic Center Park.

Special rental discounts for Rockville residents and businesses.

Holiday Open House

Dec. 4, 1-4 p.m.

Musical performances and a holiday shop from 6 local artists.

Dec. 11, 1-4 p.m.

Musical performances and visit from Santa and Mrs. Claus!

Dec. 18, 1-4 p.m.

Musical performances and an open house.

240-314-8660

www.rockvillemd.gov/glenview
603 Edmonston Drive



Glenview Mansion

Art Gallery

Free Admission

September

On exhibit Sept.6-30

Opening Reception

Sunday, Sept. 11, 1:30-3:30 p.m.

Sanzi Kermes - Installation/mixed media

Color8art - acrylic/mixed media

Douglas Wolters - digital photography



October

On exhibit - October 9-28

Opening Reception

Sunday, Oct. 9, 1:30-3:30 p.m.

Warren Kornberg - B&W photography

B.D. Richardson - B&W photography

Samuel Sharpe - (recently contracted, waiting for his description)

James Baxter - sculpture

November

On exhibit Nov. 6-23

Opening Reception

Sunday, Nov. 6, 1:30-3:30 p.m.

Meg Schaap - mixed media

Theresa Martin - mixed media

John Mors - sculpture

Nancy McNamara-mixed media/printmaking

December

On Exhibit Dec 4-30

Opening Reception

Sunday, Dec. 4, 1-4 p.m.

Rockville Art League – Annual Juried

Members' Show

Varied Media

Sunday Afternoon

Concert Series

Glenview Mansion

Conservatory • 2 p.m.

Concerts are free and open to the public.

No tickets or reservations required.



September

Sunday, Sept 11 at 2 p.m.

Bruce Swaim and Friends – Jazz

October

Sunday, Oct. 9 at 2 p.m.

Joseph Monasterial - Guitar

November

Sunday, Nov. 6 at 2 p.m.

James Mabry - Blues guitar and vocals

December

Sunday, Dec. 4 at 1:15 p.m.

Rockville Singers

New this year!

Holiday Fine Craft Show at the Mansion

Sunday, Dec. 4, 1:00-4:00 p.m.

Featuring fine work by area jewelers and artists.

20th Annual

F. Scott Fitzgerald Literary Festival

October 29, 2016

9 a.m. to 6:30 p.m.

Best Western Plus Rockville Hotel
and Suites, Rockville, MD

Garrison Keillor, recipient of the F. Scott Fitzgerald Outstanding Achievement in American Literature Award.

- Master Class taught by Garrison Keillor, renowned humorist
- "The Humor Game" by featured speaker Calvin Trillen, acclaimed humorist
- Screening of "Prairie Home Companion" (2006), screenplay by and starring Garrison Keillor
- Panel Discussion of "Humor and Satire" - Michael Dirda (Moderator), Alexandra Petri, Tom Tolles, Mary Kay Zuravleff
- Bus Tour of "Fitzgerald's Haunts in Rockville"
- Writing workshops in fiction and non-fiction taught by local writers.
- Discussion of "Twenty Years of Celebrating Fitzgerald in Rockville" by Eileen McGuckian

Check the website at fscottfestival.org

or call 301-309-9461 for
registration information.

Rockville Civic Ballet

Eleanor Simpson, Director

"The Nutcracker"



Our ballet company will present the holiday classic that has become a Rockville tradition. Join Clara on her magical journey!

Saturdays, Dec. 3 & 10 at 2 p.m. and 7:30 p.m.

Sundays, Dec. 4 & 11 at 2 p.m.

Tickets: \$17 Adults
\$13 Children (12 years old and younger)
\$13 Seniors (60 years old and older)

Group Rates: \$16.50 for 7 or more Adult tickets
\$12.50 for 10 or more Children/
Senior tickets

For tickets: 240-314-8690

Assigned seat tickets may be purchased in person, by phone, or by mail order at the F. Scott Fitzgerald Theatre box office beginning Nov. 9.

Our new ticketing system went live July 1. Patrons experience better graphics and can now print tickets at home. Users will also be able to view their purchasing history, check out an interactive seating map and donate to the F. Scott Fitzgerald Theatre.



Four family movies. Four nights.
Four neighborhood parks.

**On the big screen every
Wednesday
Aug. 3-24**

Inside Out (PG)
Wednesday, Aug. 3

Montrose Park, 451 Congressional Lane

Finding Nemo (G)
Wednesday, Aug. 10

Glenview Mansion, Front Lawn
603 Edmonston Drive

The Sandlot (PG)
Wednesday, Aug. 17

Woodley Gardens Park, 900 Nelson St.

Up (PG)

Wednesday, Aug. 24

Fallsgrove Park, 700 Fallsgrove Drive

Chairs, blankets, food and beverages
are welcome. Movies begin at dusk
(approximately 8 p.m.).



Learn more at

www.rockvillemd.gov/moviesintheparks.

*Rockville concert
Band*

John Saint Amour, Music Director
Douglas Pierce, Associate Music Director

**2016 Concert Series
October 9**

"Heroes and Olympians"

Music that puts people on a pedestal or podium.

November 20

"All Things November"

*Music depicting the holidays and events
of the last full month of Fall.*

December 18

"Winter is Icumen In"

*Ancient and modern music depicting snow, ice,
sleigh rides and fantasies.*

F. Scott Fitzgerald Theatre
Rockville Civic Center Park

No tickets required; \$5 suggested donation.
For information: 240-314-8681
www.rockvilleconcertband.org

Come Sing With Us!

This adult community chorus performs
twice each year at the
F. Scott Fitzgerald Theatre.

**Audition to sing for the holidays
on Sept. 12**

2016 Holiday Concert

Sunday, Dec. 18, 7:30 p.m.

F. Scott Fitzgerald Theatre
Rockville Civic Center Park

To schedule an audition, email
jfarrell@rockvillemd.gov
or call Julie at 240-314-8682.
www.rockvillemd.gov/arts/chorus

F. Scott Fitzgerald Theatre

Rockville Civic Center Park
240-314-8690

603 Edmonston Drive, Rockville, MD 20851
www.rockvillemd.gov/theatre

Great Performances in the Neighborhood

September Closed for renovations

October 2016

Harmony Express

Oct. 8 at 7:30 p.m.

Shrek by Rockville Musical Theatre

Oct. 28 at 8 p.m.

Oct. 29 at 8 p.m.

All Friday and Saturday night shows start at 8 p.m.

Sunday matinee shows start at 2 p.m.

- Ticket Price \$22
- Seniors \$20 (Summer and Fall Shows Only)
- Students \$20 (Summer and Fall Shows Only)

November 2016

Shrek by Rockville Musical Theatre

Nov. 4, 5, 6, 12 and 13

All Friday and Saturday night shows start at 8 p.m.

Sunday matinee shows start at 2 p.m.

- Ticket Price \$22
- Seniors \$20 (Summer and Fall Shows Only)
- Students \$20 (Summer and Fall Shows Only)

Washington Balalaika

Nov. 19 at 8 p.m.

Adults \$25 Seniors \$20 Student \$15

December 2016

Nutcracker

Dec. 3 and 10 at 2 p.m. and 7:30 p.m.

Dec. 4 and 11 at 2 p.m.

Tickets Adults \$17; Seniors and Children \$13

Other Happenings At Civic Center Park

Oct. 9 at 2 p.m. - 3:30 p.m. Art Gallery Opening

Oct. 9 at 3 p.m. Band Concert Open to the Public - **Rockville Concert Band**

Oct. 15 Car Show 9 a.m. - 5 p.m.

Oct. 22 Car Show Rain Date 9 a.m. - 5 p.m.

Oct. 29 at 8 p.m. Murder Mystery at the Glenview Mansion

Nov. 18 City of Rockville International Night 4-10 p.m. Open to the public

Nov. 20 at 3 p.m. Band Concert Open to the Public - **Rockville Concert Band**

Dec. 18 at 3 p.m. Band Concert Open to the Public - **Rockville Concert Band**

Dec. 18 at 7:30 p.m. Chorus Concert Open to the public

Ticketing Made Easy! You can purchase all of your tickets online by visiting us at www.rockvillemd.gov/theatretix

Box Office is open Tues.-Sat., 2-7 p.m.
and two hours prior to ticketed shows.

Financial Assistance Rockville Youth Recreation Fund

Ages 18 and younger

A limited amount of scholarships for program fees are available for residents of the City of Rockville. The participant must pay \$15 toward each program fee, unless otherwise specified. The Fund will cover the balance of the fees, up to \$100 maximum per person, per session (fall, winter, spring, summer); \$150 maximum per youth for the camp session; \$1,000 maximum per family, per year as funds permit. Any remaining balance must be paid by the participant. Financial assistance must be applied for in-person at the time of registration.

In addition, qualified participants who enroll their child in a program that meets a child care need and costs more than \$115 per month, are eligible to apply for monthly financial aid assistance of up to \$100 per month, with an additional cap of \$1,000 per family, per year as funds permit. The \$15 fee is applicable to each month. This includes, but is not limited to, preschool, after school and community center extended day programs. Summer camps are not included in this program. Applications for monthly scholarship assistance must be approved by the Superintendent of Recreation and must be applied for in-person at Rockville City Hall with the Recreation Department bookkeeper.

Limited financial assistance is available for Rockville residents, ages 19 and older, based on income. Please call 240-314-8620 for an appointment.

Documents Needed for Financial Assistance:

Participants must provide proof of Rockville residency and verification of any of the following:

- **Award letter from Maryland Dept. of Human Resources/Montgomery County Dept. of Social Services** verifying eligibility for Temporary Cash Assistance (TCA), Food Stamps (SNAP), Transitional Emergency Medical and Housing Assistance (TEMHA). The letter must indicate eligibility period and names of household members receiving benefits.
- **NEW-Proof of Medical Assistance** from Montgomery County Dept. of Social Services. Form to be received from county offices.
- **Proof participant resides in a shelter:** Letter from shelter dated within a month of application and, if applicable, listing dependents living at shelter.
- **Proof of Rental Assistance** - Public Housing, HUD Section 8 Housing, HOC (MPDU not accepted for applicants purchasing a home). This must be a current document which names the eligible tenants from the agency providing assistance.
- **Supplemental Security Income** - Document must be dated within one year of application.

How to Online



24 hours a day/7 days a week

Rock Enroll is our online registration for recreation programs.

- A family account must be set up in advance to register online.
- Go to rockenroll.rockvillemd.gov and complete the online registration form to receive a family account.
- Instructions on how to retrieve your family account and personal ID number will be emailed within 1-2 business days.
- Registration can be completed via fax, mail or walk-in without a family account set up in advance.

Donate to the People-Helping-People



Rockville Youth Recreation Fund

This scholarship fund provides financial assistance to those who would not otherwise be able to participate in our programs and activities.

If you would like to contribute, you may send a check, "add up" on your registration form or donate online at www.rockvillemd.gov/recreation

Online Donation Course #s

\$ 25 - #56997
 \$ 50 - #56998
 \$ 75 - #56999
 \$100 - #57000

- Click on Rock Enroll
- Click on "Register for Programs"
- Enter your desired donation course number above

Donations by check may be made out in any amount.

Mail to: Rockville Department of Recreation and Parks
 "Rockville Youth Recreation Fund Donation"
 111 Maryland Avenue, Rockville, MD 20850

Frequently Used Program Facilities and Parks

1. **Beall ES**, 451 Beall Ave. 20850
2. **Broome Gym and Park**, 751 Twinbrook Pkwy. 20851
3. **Calvin Park**, 1248 Gladstone Dr. 20851
4. **City Hall**, 111 Maryland Ave. 20850
5. **Civic Ctr. Park**, 603 Edmonston Dr. 20851
 - F. Scott Fitzgerald Theatre • Social Hall
 - Glenview Mansion
 - Croydon Creek Nature Center
 - Cottage • Rec. Serv. Bldg.
6. **College Gardens ES**, 1700 Yale Pl. 20850
7. **College Gardens Park**, 615 College Pkwy. 20850
8. **Croydon Creek Nature Ctr.**, 852 Avery Rd. 20851
9. **David Scull Park**, 1131 First St. 20850
10. **Dogwood Park**, 800 Monroe St. 20850
11. **Elwood Smith Com. Ctr.**, 601 Harrington Rd. 20852
12. **Fallsmead ES**, 1800 Greenplace Ter. 20854
13. **Hillcrest Park**, 1150 Crawford Dr. 20850
14. **Julius West MS**, 651 Great Falls Rd. 20850
15. **Kicks Karate Rockville**, 800 Pleasant Dr., Suite #140, 20850
16. **King Farm Park**, 401 Watkins Pond Blvd. 20850
17. **Lakewood ES**, 2534 Lindley Ter. 20850
18. **Lincoln Park Com. Ctr./Isreal Park**, 357 Frederick Ave. 20850
19. **Mark Twain Park**, 14501 Avery Rd. 20853
20. **Maryvale ES/Park**, 1000 First St. 20850
21. **Mattie J.T. Stepanek Park**, 1800 Piccard Dr. 20850
22. **Meadow Hall ES**, 951 Twinbrook Pkwy. 20851
23. **Montrose Com. Ctr.**, 451 Congressional Ln. 20852
24. **Monument Park**, 550 Maryland Ave. 20850
25. **Potomac Woods Park**, 2276 Dunster Ln. 20854
26. **Pump House Com. Ctr.**, 401 S. Horners Ln. 20850
27. **RedGate Golf Course**, 14500 Avery Rd. 20853
28. **Richard Montgomery HS**
250 Richard Montgomery Dr. 20850
29. **Ritchie Park ES**, 1514 Dunster Rd. 20854
30. **Robert Frost MS**, 9201 Scott Dr. 20850
31. **Rockcrest Ballet Ctr.**, 1331 Broadwood Dr. 20851
32. **Rock Terrace School**, 390 Martins Ln. 20850
33. **Rockville Skate Park (at Welsh Park)**,
355 Martins Ln. 20850
34. **Rockville Fencing Academy**, 15221 Display Ct. 20850
35. **Rockville Senior Ctr.**, 1150 Carnation Dr. 20850
36. **Rockville Swim and Fitness Center**
355 Martins Ln. 20850
37. **Rockville Town Square**, 200 E. Middle Ln. 20850
38. **The School of Music**, 1331 Rockville Pk. 20850
39. **Thomas Farm Com. Ctr.**, 700 Fallsgrove Dr. 20850
40. **Thrive Yoga**, 1321-B Rockville Pk. 20852
41. **Twinbrook ES**, 5911 Ridgway Ave. 20851
42. **Twinbrook Com. Rec. Ctr.**
12920 Twinbrook Pkwy. 20851
43. **Welsh Park**, 344 Martins Ln. 20850
44. **Woodley Gardens Park**, 900 Nelson St. 20850
45. **Xtreme Acro & Cheer**, 14702 Southlawn Ln. 20850



Bridget Donnell Newton, Mayor
Councilmembers
Beryl L. Feinberg, Virginia D. Onley,
Julie Palakovich Carr, Mark Pierzchala

Craig Simoneau, Acting City Manager
Tim Chesnutt, Director of Recreation and Parks
Chris Henry, Deputy Director of Recreation and Parks
Andy Lett, Superintendent of Recreation
Steve Mader, Superintendent of Parks and Facilities

Satisfaction Guarantee

The Department of Recreation and Parks is committed to providing quality programs and facilities. If you are unhappy with a program, we want to know! We will suggest another program to try, or if you prefer, we will give you a credit. That's our "Customer Satisfaction Guarantee" to you.

Individuals with Disabilities

We encourage individuals with disabilities to register and participate in Rockville recreation programs. To adequately plan for a successful and rewarding experience, contact our office at 240-314-8620. We ask that you inform us prior to the activity start date. Ample time is needed to secure auxiliary services and aides. For additional therapeutic program opportunities, contact Montgomery County Department of Recreation at 240-777-6870; TTY 240-777-6974. Upon request, this publication will be made available in alternate formats by contacting the ADA Coordinator at 240-314-8108; TTY 240-314-8137.

Help Send A Kid to Camp!



Rockville Recreation and Parks Foundation

is a 501(c)3 organization established to:

- Improve recreational activities, programs, parks and facilities
- Support the Rockville Youth Recreation Fund
- Assist with fundraising, the acquisition and maintenance of new parks and open space
- Purchase equipment and other amenities for the city's parks and facilities.



Please send your tax deductible gift to:
200-B Monroe Street
Rockville, MD 20850
www.rrpfi.org • 240-314-8867

Name: _____
Address: _____
Email: _____
Phone: _____
This gift in in honor/memory of:





Inclement Weather Policy

www.rockvillemd.gov/weather

The City of Rockville works diligently to keep residents safe and informed during inclement weather or an emergency situation. When weather has the possibility of affecting a city program, meeting or facility, every attempt is made to maintain standard operations throughout the city.

Decisions about whether to cancel morning programs or close facilities will be made by 8 a.m. with an update at 9 a.m. A decision on afternoon and evening programs will be made at 1:30 p.m. with an update at 4 p.m.

Recreation Classes

If Montgomery County Public Schools (MCPS) close for the day or have a two-hour delay, morning recreation programs will be cancelled. Call 240-314-5023, the Information Line, for updates.

Swim and Fitness Center

Students can check the Swim and Fitness Center website at rockvillemd.gov/swimcenter and sign up for "Notify Me" to receive information regarding facility closures and program cancellations. Students can also call 240-314-8750 to get specific up-to-date information for each weather event. In the absence of any notice, students should assume programs are held as scheduled and the facility is open.

City Parks are Smoke-Free

Rockville's Mayor and Council voted to expand the city's smoke-free area rules to include all city facilities and parks. For more details, please view the Oct. 19, 2015 Mayor and Council agenda at www.rockvillemd.gov/AgendaCenter

Keep in touch!

Childcare/Rec. Programs (Info. Line).....	240-314-5023
Classes, Camps, Trips.....	240-314-8620
Croydon Creek Nature Center.....	240-314-8770
Cultural Arts (Info. Line)	240-314-5006
Directions Line: City Hall, Civic Center, Senior Center, Swim Center	240-314-5047
Lincoln Park Community Center.....	240-314-8780
Parks and Facilities Maintenance.....	240-314-8700
Park and Picnic Rentals	240-314-8660
Recreation and Parks Administration	240-314-8600
RedGate Golf Course.....	240-406-1650
Rockville Skate Park.....	240-314-8620
Rockville Civic Center Park:	
Art Gallery	240-314-8682
Glenview Mansion.....	240-314-8660
F. Scott Fitzgerald Theatre Box Office.....	240-314-8690
Rockville Swim and Fitness Center	240-314-8750
Rockville Senior Center.....	240-314-8800
Special Events Line (Info. Line)	240-314-5022
Sports Line (Info. Line).....	240-314-5055
Thomas Farm Community Center.....	240-314-8840
Twinbrook Community Rec. Center.....	240-314-8830
TTY (City Hall)	240-314-8137

We are now accepting Medical Assistance!

City of Rockville residents receiving Medical Assistance through Montgomery County are now eligible to receive financial assistance from City of Rockville's Recreation Fund for their children. Please call 240-314-8620 for more information.

***Required Info | Info Requerida**

Check here if this is a new address, phone number or email address.
Please print. This form may be copied.

Marque aquí si esta es una dirección nueva, teléfono o dirección de correo electrónico. Por favor imprima. Este formulario puede ser reproducido.

Contact Information | Información del contacto

Last Name Apellido*		First Name Nombre*		Birthday Fecha de nacimiento (mm/dd/yy)*		Email*	
Address Dirección*				City Ciudad*		State Estado*	
Home Phone Teléfono de Casa*		Work Phone Teléfono de Trabajo			Cell Phone Celular		
Zip Código postal*							

Emergency Contact | Emergencia contacto

For participants under 18 | Participante de-18

Name Nombre*		Relationship Relación*		Phone Teléfono*	
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Participant's Name (Last, First) Apellido y Nombre del Participante	Birthday (mm/dd/yy) Fecha de Nacimiento (mm/dd/yy)	Sex Sexo	Activity Name Nombre de la Actividad	Activity Number Número	Fees* Costo*

Rec Fund | Fondo de rec: \$ _____ Sr. Ctr. Mem | Miembro de hogar de anciano: \$ _____ Multi-Course Discount | Descuento por asistencia a varios cursos : \$ _____
 \$10 _____ \$25 _____ \$50 _____ Other \$ _____ Contribution to Recreation Fund Youth Scholarship | Contribución adicional al Fondo de recreación: \$ _____

Special Needs: Participants with special needs should contact our office prior to activity.

Total Amount Due:
Cantidad Total:

Payment | Pago

Name on Card Nombre en la tarjeta		Credit Card Number Número en la Tarjeta de Crédito		Security Code Código de Seguridad		Expiration Date Fecha de Expiración	
Payer Address (If different than above) Dirección del Pagador (si es diferente que la de arriba)							
<input type="checkbox"/> Visa <input type="checkbox"/> Mastercard <input type="checkbox"/> Cash <input type="checkbox"/> Check # _____				City Ciudad		State Estado	
Zip Código Postal							
Cardholder Signature Firma del Dueño de la Tarjeta							

Release, Waiver, Assumption of Risk and Consent | Descargo y exención de responsabilidad, asunción de riesgos y consentimiento

Participation in the program may be a hazardous activity. Participant should not participate in the program unless participant is in good physical shape and is medically able. Participant (or parent or guardian on behalf of a minor child participant) assumes all risks associated with participation in this program, including but not limited to, those generally associated with this type of program, the hazards of traveling on public roads, of accidents, of illness, and of the forces of nature. In consideration of the right to participate in the program and in further consideration of the arrangement made for the participant by the Mayor and Council of Rockville through its Department of Recreation and Parks for food, travel, and recreation, the participant, his or her heirs, and executors, or a parent or guardian on behalf of a minor child participant, agrees to release and indemnify the Mayor and Council of the City of Rockville and all of its agents, officers and employees, from any and all claims for injuries or loss of any person or property which may arise out of or result from participation in the program. The participant (or the parent or guardian on behalf of a minor child participant) grants permission for a doctor or emergency medical technician to administer emergency treatment of the participant and consents to the City's use of photographs taken or videotapes made of the program that include the participant. Neither the instructor nor any of the staff are responsible for participants prior to or after the scheduled program.

Participar en el programa puede ser una actividad peligrosa. El participante no debe tomar parte en el programa a menos que se encuentre en buen estado físico y sea apto desde el punto de vista médico. El participante (o su padre/madre/tutor en representación de un niño menor participante) asume todos los riesgos asociados a su participación en este programa, incluidos los que suelen asociarse a este tipo de programa, los riesgos de viajar por caminos públicos, de sufrir accidentes o enfermedades, y de exponerse a las fuerzas de la naturaleza. En relación con el derecho de participar en el programa y con los arreglos hechos para el participante por el Alcalde y el Consejo de Rockville a través de su Departamento de Recreación y Parques en torno a la comida, a los traslados y a la recreación, el participante, sus herederos y albaceas, o su padre/madre o tutor en representación de un niño menor participante, acuerda exonerar e indemnizar al Alcalde y al Consejo de la ciudad de Rockville y a todos sus agentes, funcionarios y empleados de cualquier reclamación por lesiones o pérdida de cualquier persona o propiedad que pudiera surgir o resultar de la participación en el programa. El participante (o su padre/madre/tutor en representación de un niño menor participante) otorga permiso para que un médico o un técnico médico de emergencias administren tratamiento de emergencia al participante y acepta que la Municipalidad use fotografías o videos del programa que incluyan al participante. Ni el instructor ni ningún miembro del personal son responsables de los participantes antes o después del programa establecido.

* Signature of Participant/Guardian | Firma del participante/tutor _____

Registration Begins:

- Thursday, Aug. 11 for all (Aug. 9 for swim and senior center members), 8:30 a.m. by mail, fax, walk-in and online.

Registration Deadlines:

- The registration deadline for all activities is two weeks prior to the start of the class unless otherwise noted.
- Programs may be canceled if registration is insufficient. If a program is canceled, we will contact you. You may then select an alternate program, request a credit or a refund.
- Late registrations will be accepted if space is available.

Registration Form and Payment:

- Complete the registration form. You may combine recreation activity fees in one check, made payable to the City of Rockville. Note: \$35 returned check charge.
- Visa and MasterCard also are accepted for payment.

Credits and Refunds:

- If staff cancels a class, refunds will automatically be issued.
- Our programs require advanced planning and purchase of supplies to provide a quality experience, therefore requests for a refund or credit must be submitted in writing to the program supervisor at least seven days in advance of the start of the program. Less than seven days prior to the start of a program, requests for a refund or credit will be considered if accompanied by proper medical or other requested documentation. Proration and administrative fees apply.
- The following administrative fees are charged for issuing a refund or credit: programs/classes \$15; summer playgrounds \$25; childcare \$50; senior programs \$10; sports teams \$100; individual sports participants \$10; swim \$10; teens \$10. A credit will be applied to your City of Rockville account for registrations under \$20 (exceptions: nature, senior, swim and teen programs).
- We are committed to providing quality programs and facilities. If you are unhappy with our services, please contact us. We will suggest another program to try, or if you prefer, will give you a full credit or refund your money. That's our "Customer Satisfaction Guarantee."

Transfers:

- Requests are subject to availability. Requests must be in writing. Registrations cannot be transferred from one registrant to another due to wait lists. Note: \$25 fee is assessed for child care programs.



Most convenient method.
7 days a week.

1. Online:

- www.rockvillemd.gov/recreation
click on Rock Enroll Registration under "Quick Links"

2. Fax to:

- Rockville City Hall - 240-314-8659
- Rockville Swim and Fitness Center - 240-314-8759
- Rockville Senior Center - 240-314-8809
- Croydon Creek Nature Center - 240-314-8779
- Lincoln Park Com. Center - 240-314-8789
- Thomas Farm Com. Center - 240-314-8849
- Twinbrook Com. Rec. Center - 240-314-8839

3. Mail to:

- Rockville City Hall, Dept. of Rec. and Parks
111 Maryland Avenue 20850
- Rockville Swim and Fitness Center
355 Martins Lane 20850
- Rockville Senior Center
1150 Carnation Drive 20850
- Croydon Creek Nature Center
852 Avery Road 20851
- Lincoln Park Community Center
357 Frederick Avenue 20850
- Thomas Farm Community Center
700 Fallsgrove Drive 20850
- Twinbrook Community Recreation Center
12920 Twinbrook Parkway 20851

4. Walk-In:

- All locations listed above accept walk-ins.
Hours vary by facility. Call in advance to avoid unnecessary trips.



Use your smart phone
for quick access to
our website.

ECRWSS
Residential Customer

55th Annual Rockville

Antique & Classic Car Show

Saturday, Oct. 15

(rain date: Oct. 22)

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

Rockville Civic Center Park

603 Edmonston Drive, Rockville, MD 20851

Free Admission

From Packard to Ferrari, more than 550 antique and classic automobiles will be on display.

The 2016 Special Display is Iconic Cars.



For more information or to register your car visit,
www.rockvillemd.gov/CarShow or call 240-314-8620.