

Winter Guide



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

Winter 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 Nov. 29**

General registration begins Dec. 1

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

Arts and Crafts with Miss Jody (Adult/Child)

Bring out your child's artistic side. Children create two projects each week using their imaginations and materials such as fabric, paint, glitter, wood and more. Bring a smock and a box for art projects. Adult participation required. Materials fee of \$15 due to instructor at first class.

Age: 3-6
 57172 Th 1/19-2/9 10-10:45 AM \$35/\$39
 57173 Th 2/23-3/16 10-10:45 AM \$35/\$39
 Thomas Farm CC/Thompson

Little Fingers Piano (Adult/Child)

Students are introduced to the piano, musical symbols and play songs in a relaxing and age-appropriate group-learning experience. The objective of these classes is to promote a love of music. 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.

Age: 2-5
 57168 Sa 1/21-2/25 10:15-10:45 AM \$120/\$129
 57771 Sa 1/21-2/25 11-11:30 AM \$120/\$129
 Twinbrook Community Rec. Center Annex/Learn Now Music

My First Music Class (Adult/Child)

Enjoy music with your child as they experience their first music class. Explore fun topics, including the farm, cooks in the kitchen, the sea, birds, animals, parts of the body and surprises. Small manipulatives such as scarves, bean bags and small percussive instruments are supplied and used in class.

Age: 2-5
 57171 Sa 1/21-2/25 9:30-10 AM \$125/\$135
 Twinbrook Community Rec. Center Annex/Learn Now Music

Little Stars!



Let your child shine in this theater arts class that does it all! These young minds will explore their creativity and imaginations through music, movement, story-time, acting games, and art. Each week students will take home a mini-art project that relates to our theme of the day. Materials fee of \$20 due to instructor at the first class.

Age: 2-4
 58073 Sa 1/21-2/25 10-10:45 AM \$85/\$95
 Thomas Farm CC/CARE Actor Staff

visarts
AT ROCKVILLE

School is closed for the day, but VisArts is open!

Come for a full day of winter crafts. We provide all the materials and snacks, parents provide lunch (nut-free).

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

Ages 5-12
 8:30 AM - 5:00 PM

www.visartsatrockville.org
 VisArts | 155 Gibbs Street, Rockville | 301-315-8200

Follow us on
Twitter and Instagram
 @rockvillerec

For holidays and "No Class Dates"

Check with instructor or see
<http://rockenroll.rockvillemd.gov>
Enter course # to view course
details.

Music Together (Adult/Child)



Nurture your child's natural enthusiasm for music and movement through singing, dancing, chanting and instrument play. Fee includes two "Music Together" CDs, an illustrated songbook and parent-education materials. Cost of materials is non-refundable. Siblings under 10 months may attend for free (no registration necessary). The fee for siblings 10 months and older is \$120 for the 10 week course or \$105 for the eight week course. Fax, mail or walk-in your registration to receive the sibling discount. Adult participation required.

Age: 1 mo-5 yr

57176	W	1/11-3/15	9:30-10:15 AM	\$198/\$220/\$120
57177	W	1/11-3/15	10:30-11:15 AM	\$198/\$220/\$120

Thomas Farm CC/Liddle

Age: 1 mo-5 yr

57179	M	1/9-3/13	10-10:45 AM	\$168/\$185/\$105
57181	M	1/9-3/13	11-11:45 AM	\$168/\$185/\$105

Kicks Karate/Winkler

PB&J



Play Books and Jam! Parents, join your kids and have fun in this creative class, as we read a book, then create a craft based on the story. Afterwards, move and groove in the gym, jamming to music while we play with toddler toys.

Age: 2-4

57972	Th	2/2-2/23	10-11 AM	\$30/\$36
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Lincoln Park CC



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

57113	Sa	1/21-3/11	10-10:45 AM	\$89/\$95
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Twinbrook CRC/Tennant

Age: 3-4

57115	Sa	1/21-3/11	11-11:30 AM	\$79/\$89
57116	Sa	1/21-3/11	11:45 AM-12:15 PM	\$79/\$89

Thomas Farm CC/Simpson

Age: 3-4

57118	W	1/18-3/8	10-10:45 AM	\$89/\$95
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Rockcrest Ballet Ctr./Langdon

Age: 4-5

57114	Sa	1/21-3/11	11-11:45 AM	\$89/\$95
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Twinbrook CRC/Tennant

Age: 4-5

57117	Sa	1/21-3/11	10-10:45 AM	\$89/\$95
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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

57120	Th	1/19-3/9	4:30-5 PM	\$95/\$110
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Thomas Farm CC/Philippe

Tiny Tot Winter Wonderland



Preschool children and adults are invited to a holiday celebration. The fun includes a special visit from the North Pole, play equipment in the gym, crafts, games and a light snack.

Adult

56398	Tu	12/20	10 AM-12 PM	\$0/\$8/\$6
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Child

56399	Tu	12/20	10 AM-12 PM	\$2
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Thomas Farm CC

Tiny Tot Valentine's Day Party

Enjoy a morning of Valentine's Day fun. Make a Valentine, play games and visit with friends. Fee is \$2 per child and all adults attending must purchase a day pass or have a TFCC center membership. Wear red in celebration of Valentine's Day.

Adult				
58054	Tu	2/14	10 AM-12 PM	\$0/\$6/\$8
Child				
58055	Tu	2/14	10 AM-12 PM	\$2
Thomas Farm CC				

Tot Time

Join us this winter for some fun-filled, creative preschool activities. In this colorful class your child can explore the world of shape, color and texture, and create freely where no mess is too big. Adult participation required. Class will not be held on Feb. 20.

Age: 2-5				
57984	M	1/23-3/20	9:30-10:30 AM	\$45/\$55
Twinbrook CRC				

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, and socialization, and reinforce cognitive learning. All abilities welcome. Children must be walking.

Age: 1-2				
57157	F	1/20-3/10	10:15-11 AM	\$96/\$110
Age: 2-3				
57158	F	1/20-3/10	11-11:45 AM	\$96/\$110
Thomas Farm CC/Funfit Staff				

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				
57195	M & W	1/23-2/22	6-6:30 PM	\$99/\$109
57196	Tu & Th	1/24-2/23	4-4:30 PM	\$99/\$109
Kicks Karate/Staff				

Sports — Instructional

We recommend bringing a water bottle to all sports programs.

Coach Doug Soccer



Kick off your child's soccer experience the Coach Doug way. Learn fundamental soccer skills, rules and playing strategies in a fun and friendly environment that emphasizes building techniques and self-confidence. No adult participation required.

Age: 3-6				
58074	Su	1/22-3/12	9:15-10 AM	\$88/\$99
Thomas Farm CC/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 or her own pace. Sports change each season. Adult participation required.

Age: 2-5				
57151	Su	1/22-3/12	10:05-10:50 AM	\$88/\$99
Thomas Farm CC/Wilson				



"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

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

Winter Wonderland, Dec. 20

Tiny Hearts, Feb. 14

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

Little Tennis Aces



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

Age: 4-5

57233 Sa 1/21-2/11 9-9:45 AM

\$49/\$59

Thomas Farm CC/Z. Yargici

Tiny Hoopers



Time to get those tiny feet moving on the basketball court. Come learn the very basics of basketball, like dribbling, catching and passing. Toddler-sized basketballs are used for this class. Bring water and wear tennis shoes.

Age: 4-6

57970 Tu 2/7-3/14 5:30-6:15 PM

\$60/\$70

Lincoln Park CC/Dawkins

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 are emphasized.

Age: 4-5

57197 Sa 1/21-2/25 10-10:45 AM

\$69/\$79

Thomas Farm CC/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

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

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

Act it Out!



Awaken creativity and boost self-confidence through this theater-arts class, which draws out positive values using storybooks. Each week, students explore their imaginations and artistic talents with theater games and by acting out stories using costumes and props. This class provides a fun and dynamic space to build confidence, courage and character. Students showcase their favorite story to family and friends on the last day.

Age: 5-7

57690 Sa 1/21-2/25 11-11:45 AM \$85/\$95
Thomas Farm CC/CARE Actor Staff



DANCE IN THE *Annual Student Performance*

Children, teens and beginner adults participating in ballet classes are eligible to register for the Annual Student Ballet Performance. The performance is scheduled for June 3 at noon at the F. Scott Fitzgerald Theatre. Register for activity #57675.

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 the "Teen" section for more classes. Participants may register for the Annual Student Ballet Performance activity, course #57675.

Young Beginner — Age: 5-7

57088	Sa	1/21-5/27	10-11 AM	\$179/\$189
57089	Sa	1/21-5/27	11 AM-12 PM	\$179/\$189

Rockcrest Ballet Ctr./Chongpinitchai

Beginner — Age: 6-13

57087	F	1/20-6/2	5:45-6:45 PM	\$189/\$199
57090	Sa	1/21-5/27	12:15-1:15 PM	\$179/\$189

Rockcrest Ballet Ctr./Simpson/Chongpinitchai

Intermediate I — Age: 8+

57086	F	1/20-6/2	4:45-5:45 PM	\$189/\$199
57084	M	1/23-5/22	4:45-5:45 PM	\$159/\$175

Rockcrest Ballet Ctr./Simpson/Chongpinitchai

Intermediate II — Age: 9+

57085	W	1/18-5/31	4:45-5:45 PM	\$189/\$199
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Rockcrest Ballet Ctr./Simpson

Gingerbread House Workshops

Build your own gingerbread house for the December holidays. Learn tricks of the trade and get creative. Fee includes one gingerbread house and decorating supplies. Working conditions will include plenty of cookies and drinks.

Age: 5+

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

Kids Night Out

Enjoy a Friday night out with your friends, playing in the gym, watching a movie, playing video games, singing karaoke and making a craft. Pizza dinner included. Pre-registration required.



Grade: 5-8
 57883 F 2/17 7-9 PM \$10/\$15
 Twinbrook Community Rec. Center Annex

New! Sewing for Kids

Learn how to sew and make projects and garments. This class will teach sewing terms, pattern layout, fabric cutting, hem, slit making and measuring. Sewing machines will be available or you can bring your own. No experience required. All levels welcomed. Supply list will be emailed.

Age: 9-16
 57761 Su 2/5-3/12 10:30 AM-12:30 PM \$125/\$135
 Rockville Sr. Ctr./Elias

Before and After School Enrichment

After School Adventure



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

Age: 5-11
 57875 M-F 1/3-2/10 3:30-6:30 PM \$145/\$165
 57876 M-F 2/13-3/24 3:30-6:30 PM \$145/\$165
 Twinbrook Community Rec. Center Annex

Clubhouse



Children spend time learning, creating and exploring during this drop-in, after-school program. Homework time, snacks, 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. All children must be picked up by 6:30 p.m. Extra charges apply for late pick ups. Van transportation is provided from Maryvale ES. All other local school students are transported by MCPS request.

Grade: K-5
 57966 M-F 1/3-2/10 3:30-6:30 PM \$115/\$135
 57967 M-F 2/13-3/24 3:30-6:30 PM \$115/\$135
 57968 M-F 3/27-5/12 3:30-6:30 PM \$115/\$135
 Lincoln Park CC/Chase

For holidays and "No Class Dates"

Check with instructor or see <http://rockenroll.rockvillemd.gov>
 Enter course # to view course details.



Early Birds

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

Age: 5-11
 57866 M-F 1/3-2/10 7-9:30 AM \$120/\$130
 57867 M-F 2/13-3/24 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 more scholarship information.

Grade: K-5
 57794 M-F 1/3-2/10 3:50-6:30 PM \$145/\$165
 57795 M-F 2/13-3/24 3:50-6:30 PM \$145/\$165
 57796 M-F 3/27-5/12 3:50-6:30 PM \$145/\$165
 57797 M-F 5/15-6/16 3:50-6:30 PM \$145/\$165
 Twinbrook ES



Like us on Facebook

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



Fitness and Wellness

We recommend bringing a water bottle to all fitness programs.

For the Love of Sport — Adult and Child



Hey kids, grab your parent/guardian, find your favorite jersey or team shirt and join us for an afternoon of fun sports and games in the gym, including basketball, soccer and dodgeball. Pizza and refreshments provided. Wear comfortable shoes and clothing. Fee is for one adult and child.

All Ages

57983 Su 2/12 2-4 PM \$18/\$20
Lincoln Park CC

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

57161 M & W 1/23-2/22 (M) 5:30-6:10 PM \$99/\$109
(W) 4-4:40 PM

57162 Tu & Th 1/24-2/23 5:55-6:35 PM \$99/\$109

Youth — Age: 8-12

57163 M & W 1/23-2/22 (M) 3:45-4:30 PM \$109/\$119
(W) 4:30-5:15 PM

57164 Tu & Th 1/24-2/23 6:30-7:15 PM \$109/\$119
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 and improve neuromuscular coordination. Beginning and experienced students welcome.

Age: 8-12

57481 Sa 1/7-2/18 10:15-11 AM \$86/\$99

57482 Sa 2/25-4/8 10:15-11 AM \$86/\$99

57687 W 1/4-2/15 6:10-6:55 PM \$86/\$99

57688 W 2/22-4/5 6:10-6:55 PM \$86/\$99

Rockville Swim and Fitness Center/Groman/Mustafa



Taekwondo for Kids



Martial arts and fun activities that help your child learn self-defense, and improve their confidence and self-discipline. Class covers basic kicks, blocks, strikes and self-defense techniques. Taught by a World Taekwondo Federation certified fourth-degree black belt.

Age: 6-11

57556 Su 1/8-2/12 2:30-3:30 PM \$60/\$70

57557 Su 2/26-4/9 2:30-3:30 PM \$60/\$70

Rockville Swim and Fitness Center/Fumagalli

Tumbling and Tramp



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

Age: 4-6

57198 F 1/20-2/24 4:30-5:30 PM \$69/\$79

Age: 7-12

57199 F 1/20-2/24 5:45-6:45 PM \$69/\$79

Xtreme Acro and Cheer/Staff

New! Yoga — For Kids



Learn yoga poses, breathing, and relaxation exercises to cultivate a calm mind, increase strength and flexibility, improve gross and fine motor skills and concentration. Wear comfortable clothing.

Age: 6-10

57764 Sa 1/21-2/25 10-10:45 AM \$59/\$65

Thomas Farm CC/Portis

Worried about the weather?
 Call the Rec Line at 240-314-5023.
 Select #1 for class status.

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 internationally inspired program, this high-energy/low-impact class has something to offer all fitness levels.

Age: 7-12
 57656 Sa 1/7-2/18 12-12:45 PM \$56/\$65
 57657 Sa 2/25-4/8 12-12:45 PM \$56/\$65
 Rockville Swim and Fitness Center

School Break Programs

Winter Blast



Escape the cold this winter – join the fun indoors! Each day’s activities include sports, crafts and organized games. 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 – join the fun indoors! Each day’s activities include sports, crafts and organized games. Wear comfortable clothing and athletic shoes. Like Winter Blast, but you can sign up for one day or every day. 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



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
 57147 Th 1/19-3/9 4:15-5:05 PM \$75/\$85

Age: 10-12
 57148 Th 1/19-3/9 5:15-6:05 PM \$75/\$85

Age: 12-16
 57149 Th 1/19-3/9 6:15-7:05 PM \$75/\$85
 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

57227	Th	1/12-3/9	6:15-7:15 PM	\$128/\$140
57228	Sa	1/14-3/11	11 AM-12 PM	\$128/\$140

Age: 10-13

57230	Th	1/12-3/9	7:20-8:40 PM	\$128/\$140
57231	Sa	1/14-3/11	12:20-1:40 PM	\$128/\$140

Rockville Fencing Academy/Staff

Little Big Shots Basketball



Children are 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

57167	Sa	1/21-2/25	11-11:45 AM	\$69/\$79
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Thomas Farm CC/Hawkins

Soccer Skills — (Indoors)



Practice soccer fundamentals and develop better skills. Dribbling, passing, trapping and shooting are covered, as well as basic concepts for strategy and teamwork. Scrimmages may be introduced based on participants' skill levels. Classes will be held in the gym.

Age: 4-6

57802	W	1/25-3/1	4:30-5:15 PM	\$69/\$79
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Age: 6-8

57803	W	1/25-3/1	5:15-6 PM	\$69/\$79
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Twinbrook CRC/Hawkins



Tennis 10 and Under (Indoors)



Enjoy learning tennis indoors in a child-friendly environment, using low-compression balls and kid-sized rackets and nets. Basic drills and activities will assist players in learning this sport more quickly in a fun atmosphere. Rackets and balls are provided.

Age: 5-6

57912	Su	1/8-2/12	10:45-11:25 AM	\$61/\$71
57915	Su	2/26-3/26	10:45-11:25 AM	\$61/\$71

Age: 7-8

57913	Su	1/8-2/12	11:30 AM-12:20 PM	\$63/\$73
57916	Su	2/26-3/26	11:30 AM-12:20 PM	\$63/\$73

Age: 9-10

57914	Su	1/8-2/12	12:30-1:20 PM	\$63/\$73
57917	Su	2/26-3/26	12:30-1:20 PM	\$63/\$73

Lincoln Park CC/Gough

Age: 7-9

57918	Su	1/22-2/12	11-11:50 AM	\$49/\$59
57919	Su	2/26-3/19	11-11:50 AM	\$49/\$59

Thomas Farm CC/M. Yargici

Sign up for City of Rockville Emergency Notifications



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

Sports — Leagues

Co-Ed Soccer



Pass your way down the field and into our youth spring soccer leagues! Your child will have a safe and beneficial soccer experience with emphasis on skill development and fun. Coaches will tell participants about practice and game times and locations. There will be one practice during the week, starting the week of March 27. Games begin April 23. Times and locations are tentative and subject to change. **Early bird registration: register by 5 p.m., March 1 and save \$10.** Registration deadline is March 8.

Ankle Biters, Tiny Kicks, Strikers and PeeWees

Cost: Early bird registration by 3/1, fee is \$60 R/\$70 NR. After 3/1, fee is \$70 R/\$80 NR

Divisions:

Ankle Biters: pre-K, course #57824, play 4 vs 4

Tiny Kicks: kindergarten, course #57825 play 4 vs 4

Strikers: grade 1, course #57827, play 5 vs 5

PeeWees: grade 2-3, course #57826, play 7 vs 7

Games: Sunday's, 1-5 p.m., 4/23-6/4, 1 hour games.

Location: Mark Twain Athletic Park

Practice: weekday evenings (1 hour), 3/27-5/29

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

Youth Baseball

Co-Ed T-ball Minors



Swing your way into the game! Have fun in the T-ball Minors league while learning simplified rules in a safety-conscious environment. Participants hit from a T-ball stand.

Co-Ed Coach Pitch Baseball



Enjoy watching the big leagues? Experience the next step up from T-ball with our Coach Pitch Baseball league! This program is recommended before machine pitching leagues.

Coaches will tell participants about practice and game times and locations. There will be one practice during the week, starting the week of March 27. Games begin April 22. Times and locations are tentative and subject to change. **Early bird registration: register by 5 p.m., March 1 and save \$10.** Registration deadline is March 8.

Cost: Early bird registration by 3/1, fee is \$60 R/\$70 NR. After 3/1, fee is \$70 R/\$80 NR

Leagues:

T-Ball Minors: ages 4-6, course #57819

Coach Pitch Baseball: ages 7-9, course #57818

Games: Saturday's, 9 a.m.-1 p.m., 4/22-6/3, 1 hour games

Location: Mark Twain Athletic Park

Practice: weekday evenings (1 hour), 3/27-5/29

RBBA Baseball/Softball

Hit it out of the park with the Rockville Baseball Association (RBBA) this spring! Register by Feb. 28. For more information and to register visit: www.rbba.org. In partnership with the City of Rockville, RBBA offers spring baseball and softball for the following divisions:

Baseball:

Ron Diehl Instructional: 1st-2nd grade

Buddy Kinder Rookie: 3rd grade

PeeWee: 4th-5th grade

Midget: 6th-7th grade

Junior: 8th-9th grade

Senior: 10th grade through 18 years old before 5/1/2017

Girls Softball:

8U: 1st-3rd grade

10U: 4th-5th grade

13U: 6th-8th grade



Co-Ed Track and Field



Run like an Olympian! Learn track and field skills through participation and competition. Practices begin at the end of March, with meets to begin Wednesday, April 19. Participants must either live or attend school within Rockville corporate limits. Times and locations are tentative and subject to change. **Early bird registration: register by 5 p.m., March 3 and save \$10.** Registration deadline is March 10.

Cost: Early bird registration by 3/3, fee is \$64 R/\$74 NR. After 3/3, fee is \$74 R/\$84 NR

Divisions:

Bantams: born 2009-2011, course #57820

Midgets: born 2007-2008, course #57821

Juniors: born 2005-2006, course #57822

Intermediates: born 2003-2004 (or in eighth grade), course #57823

Regular season Meets: Wednesdays, 5:45-8:30pm, 4/19-5/24

Conference Meets: tentatively scheduled for 5/31 and 6/1, 5:45-8:30pm

Meet Location: Rockville High School

Practice: weekday evenings, two practices a week pre-season and one practice after the start of the regular season; (one hour per practice), 3/20-5/29.



Free Counseling Services

Free counseling for City of Rockville children, youth and families

- Early intervention and prevention counseling is available to school-age children based on a short-term, 12-session model.
- Individual and family counseling is offered to city residents without health insurance or those unable to access counseling on their own, subject to an eligibility screening.
- Groups will be formed in the following areas, subject to demand: anger management, social skills, transition to middle school, transition to high school and more.
- Sessions take place by appointment at the Community Services Division office or in schools. Parental/guardian participation is strongly encouraged.
- Counseling is provided by a licensed professional counselor or master's-level clinical interns under the supervision of a professional counselor.

For more information or to determine eligibility or for referral services, please contact the Community Services Division at 240-314-8310.

The City of Rockville is a certified Youth Services Bureau.

240-314-8310

www.rockvillemd.gov/communityservices

Worried about the weather?

Call the Sports League Line
at 240-314-5055.

Summer Camp Guide



**LOOK FOR OUR GUIDE
BEGINNING IN
JANUARY**

**AT THE FOLLOWING
LOCATIONS:**

- www.rockvillemd.gov/recreation
- Rockville Community and Recreation Centers
- Rockville Swim and Fitness Center
- Rockville City Hall
- Rockville and Twinbrook Libraries
- Your child's backpack
(Sent home via Rockville schools)

REGISTRATION DATE

Tuesday, Jan. 17

Resident and non-resident registration begins

www.rockvillemd.gov/camps

CHECK OUT YOUR Local Centers



CROYDON CREEK NATURE CENTER

www.rockvillemd.gov/croydoncreek

Tuesday–Saturday 9 a.m.–5 p.m.

Sunday, 1–5 p.m.



LINCOLN PARK COMMUNITY CENTER

www.rockvillemd.gov/lpcc

Monday–Saturday, 9 a.m.–9:30 p.m.

Sunday, 10 a.m.–6 p.m.



THOMAS FARM COMMUNITY CENTER

www.rockvillemd.gov/thomasfarm

Monday–Friday, 6 a.m.–9:30 p.m.

Saturday, 8:30 a.m.–9:30 p.m.

Sunday, 9 a.m.–8:30 p.m.



TWINBROOK COMMUNITY RECREATION CENTER

www.rockvillemd.gov/twinbrook

Monday–Friday, 6 a.m.–9:30 p.m.

Saturday, 8:30 a.m.–9:30 p.m.

Sunday, 10 a.m.–6 p.m. (April–Oct.)

and 9 a.m.–8:30 p.m. (Nov.–March)

WINTER HAPPENINGS

Cookies with Santa

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

Thomas Farm Community Center

Come to Santa's Workshop for an afternoon of fun holiday activities.

\$4/pp at door.

Pajama Jam Movie Night

Friday, Jan. 6, 7:30-9 p.m.

Twinbrook Community Recreation Center

Enjoy a fun family night out. Watch a movie on our large screen in your pajamas.

Refreshments sold by Twinbrook ES. Free.

Wild About Art

Wednesday, Jan. 25, 10-10:45 a.m.

Croydon Creek Nature Center

Children become naturally creative through a variety of process art-based projects. Each session will include two to three art experiences. Dress for a mess! Adult participation required. Ages 2-5. Register for #57921. \$6R/\$7NR

For the LOVE of Sports: Adult and Child Sport Day

Sunday, Feb. 12, 2-4 p.m.

Lincoln Park CC

Hey kids, grab your parent/guardian, find your favorite jersey or team shirt and join us for an afternoon of fun sport/games in the gym. Basketball, soccer, dodgeball and more. Pizza and refreshments provided. Wear comfortable shoes and clothing. Fee is for one adult and child. Registration #57983 \$18R/\$20NR

Annual Heart-to-Heart Family Valentine's Dance

Friday, Feb. 10, 7-9 p.m.

Twinbrook Community Recreation Center

Enjoy a red hot night! Families and friends spend time together making Valentine crafts and dancing as a DJ spins favorites.

Refreshments sold by Twinbrook ES. \$3/pp at door.

Valentine's Day Chocolate Extravaganza

Friday, Feb. 10, 7-9:30 p.m.

Thomas Farm Community Center

Everything chocolate from making a chocolate valentine, chocolate bar, big screen movie, chocolate-making demo, make a craft from chocolate and more. \$4 per person at the door.

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.

Critters Up Close (Adult/Child)

This is for all the animal lovers who want to take a closer look at some of the amazing animals that live at the nature center. Each program features a different live creature and includes a live animal interpretation and craft. Children must be accompanied by an adult.

Age: 2-6				
57923	Sa	1/28	10-10:45 AM	\$3/\$5
57924	Sa	2/25	10-10:45 AM	\$3/\$5
57925	Sa	3/11	10-10:45 AM	\$3/\$5
Croydon Creek Ntr. Ctr.				

Little Acorns

Explore nature with your little ones through a variety of play-based activities. Time is spent outdoors, weather permitting. Adult participation required. Spaces are limited. Advanced registration recommended.



Age: 18-36 mo				
Ready for Winter				
56751	Th	12/8	10-11 AM	\$7/\$8
Mammals				
57942	Th	2/2	10-11 AM	\$7/\$8
Snow				
57943	Th	2/16	10-11 AM	\$7/\$8
Forest				
57944	Th	3/2	10-11 AM	\$7/\$8
Amphibians				
57945	Th	3/16	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 Nov. 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 8. Register by Nov. 28.

Age: 6-12				
56409	Su	12/4	1:30-3 PM	\$10/\$13
Croydon Creek Ntr. Ctr.				

SCOUT BADGE PROGRAMS



JUNIOR GIRL SCOUTS
ANIMAL HABITATS BADGE
 Sunday, Feb. 5, 2-4 p.m.

WEBELOS
EARTH ROCKS ADVENTURE
 Sunday, March 5, 2-4 p.m.

Naturalists will help you complete the necessary requirements to complete the badge/adventure.

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.

Like us on Facebook

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



Nature Tots (Adult/Child)



Discover the wonders of nature with your child. Each session, a naturalist helps you delve into a different nature topic through nature play, crafts, stories and hikes. Dress for the weather. Adult participation required. Spaces are limited.

Age: 2-5

Bears

57997 Th 2/23 10-11:30 AM \$8/\$10

All About Bones

57998 Sa 3/18 10-11:30 AM \$8/\$10
Croydon Creek Ntr. Ctr.

Outdoor Science Club



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

Age: 6-8

Winter

Explore the forest in winter and conduct some cold-weather experiments that highlight what's cool about this season.

58003 Su 2/26 1:30-3 PM \$8/\$10

Amphibians

Hunt for local amphibians as you search in vernal pools and under logs for frogs, toads and salamanders.

58004 Su 3/26 1:30-3 PM \$8/\$10

Croydon Creek Ntr. Ctr.

Spring Night Hike



Enjoy a hike to hear the sounds of spring at night. We'll start in the classroom and learn about the animals we'll hear on our walk and venture outdoors to listen to the creatures of the night.

Age: 5+

57960 Sa 3/25 7:30-8:30 PM \$5/\$6

Croydon Creek Ntr. Ctr.

New! Twilight Tasting

Join us for an evening with Chef Eng from Clyde's Tower Oaks Lodge. Participants will learn cooking tips and tricks and taste some delicious dishes during this interactive cooking demonstration. Register by Jan. 20.

Age: 16+

57955 F 1/27 6-8 PM \$20/\$24

Croydon Creek Ntr. Ctr.

Croydon Creek Nature Center

BIRD SEED SALE

Pre-orders due: Monday, Nov. 28 **Pick-up orders: Saturday, Dec. 10**

- Black Oil Sunflower
- Nyjer
- Patio Mix
- Suet Cakes and more!

For more details and order form
See www.rockvillemd.gov/croydoncreek

New! Wild About Art

Children become naturally creative through a variety of process art-based projects. Each session will include two to three art experiences. Dress for a mess! Adult participation required.

Age: 2-5

57921 W 1/25 10-10:45 AM \$6/\$7

57922 W 2/22 10-10:45 AM \$6/\$7

Croydon Creek Ntr. Ctr.

Winter Tree ID and Geocaching



Learn how to identify trees in winter in this outdoor program, which combines geocaching with taxonomy. GPS units provided. Dress for the weather. All participants must register.

Age: 12+

57989 Su 1/29 1:30-3 PM \$5/\$7

Croydon Creek Ntr. Ctr.

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.

Leaders in Training (L.I.T.)

Leadership Camps

AGES: 13-16 (Must be 13 by July 1, 2017)



- To be eligible to participate for our summer LIT program, new LITs must first participate in a Leadership Camp.
- The two-week camp provides fun, interactive workshops and activities designed to prepare teens to volunteer and/or work in a camp/playground (or for their first job). Topics include communication, teamwork, planning and leading activities, peer evaluation, safety, child development, conflict resolution, body language and attitude.
- Team-building trip is included in week one.
- Opportunity to earn up to 30 hours of SSL in week two.
- Staff provide instruction, support supervision and feedback (evaluations) to help participants have a positive experience.
- Returning LITs (ages 14-16) are not required to register for a Leadership Camp.

240-314-8638

New! Journey

Calling all fifth graders! This course helps you prepare for your final year in elementary school before moving on to middle school. Take a journey with us as we make new friends and go on local field trips. Learn new and fun things about yourself before taking that next step.

Grade: 5
57985 W 1/11-2/15 4-5:30 PM \$10/\$15
Lincoln Park CC/Dawkins

New! Lights, Camera, Action: Our Time to Shine



Interested in film? Teens team up to design and express their ideas through a 3-5-minute short film while learning important leadership, teamwork and communication skills. Family and friends are invited to view completed films on the last day.

Grade: 6-8
57986 Th 3/16-4/20 5-7 PM \$25/\$30
Lincoln Park CC/Dawkins



Arts, Dance and Enrichment

Ballet Teen and 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. Participants may register for the Annual Student Performance activity #57675.

Intermediate III and Beginner Pointe — Age: 12+
57097 Tu 1/10-5/30 5:15-6:30 PM \$229/\$239
57098 Th 1/12-6/1 5:15-6:30 PM \$229/\$239
Rockcrest Ballet Ctr./Simpson/Chongpinitchai

Advanced — Age: 13+
57095 M 1/9-5/22 5:45-7:15 PM \$199/\$209
57096 W 1/11-5/31 5:45-7:15 PM \$229/\$239
Rockcrest Ballet Ctr./Simpson/Chongpinitchai



Before and After School Enrichment

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 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
58048 M-F 1/3-4/6 3:15-5 PM \$340/\$360
Thomas Farm CC

Twinbrook Teen Scene



Teen Scene program provides a safe, healthy environment that promotes positive youth development. Participants have daily opportunities for study time and can choose from a wide range of recreational activities conducted under the guidance and supervision of staff members. Transportation is available from Julius West and Wood middle schools, Twinbrook and Meadow Hall elementaries. Program does meet on MCPS early release days.

Grade: 5-8
57879 M-F 1/3-2/10 3-6:30 PM \$145/\$165
57880 M-F 2/13-3/24 3-6:30 PM \$145/\$165
Twinbrook CRC

For holidays and "No Class Dates"

Check with instructor or see
<http://rockenroll.rockvillemd.gov>
Enter course # to view course
details.



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

57560	M	1/2-2/13	7-8 PM	\$70/\$81
57561	M	2/20-4/3	7-8 PM	\$70/\$81

Rockville Swim and Fitness Center/Gordon

New! Yoga — Teens



Students can express themselves and let go of their everyday anxieties in this safe and comfortable space. Work on strength and flexibility through asanas, balance and breath work and relaxation techniques. Have fun exploring partner and group poses, cooperative games, trust building exercises and simple meditations. Wear comfortable clothing.

Grade: 6-10

57828	W	1/18-2/22	5-6 PM	\$55/\$65
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Thomas Farm CC/Portis

Yoga for Teens



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

Age: 12-16

57679	Su	1/8-2/19	10:15-11:15 AM	\$89/\$105
57680	Su	2/26-4/9	10:15-11:15 AM	\$89/\$105

Rockville Swim and Fitness Center/Mustafa

Snow Removal

Want to help a fellow neighbor?

Many older adults are in need of assistance with snow removal.



If you can help this winter, or if you are a city resident, 60 and above in need of assistance please contact

Jerry Jones

240-314-8819

gjones@rockvillemd.gov



Work in Recreation

YEAR-ROUND POSITIONS

- Before and After School Staff
 - Trip Leaders
- Class Instructors – Zumba, Fitness, Sports
- Lifeguards and Swim Instructors
- Bus Drivers (CDL required)
 - Social Event Hosts

SEASONAL POSITIONS

- Directors and Leaders – Camps/Playgrounds
 - Sports Officials
- Gym Managers • Scorers/Timers

For information, visit

www.rockvillemd.gov/careers

or contact the

Human Resources Department

240-314-8470

Thank You!



We are grateful for the support of the Rockville Recreation and Parks Foundation, which is currently running the Creativity Lives Here Campaign to upgrade technical equipment and help send at-risk children to performances at the F. Scott Fitzgerald Theatre.

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



Bike Rockville!

Come to our meetings the first Wednesday of the month, 7-9 p.m. at Rockville City Hall.

Rockville Bike Advisory Committee

rockvillebikerides@gmail.com
www.facebook.com/bikerockville
www.meetup.com/bikerockville

NOTIFY ME!

Sign up to receive notifications for 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 the "Notify Me" button



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



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

Beginners Welcome!



Free

Winter Yoga Series

A gentle way to greet the day. Enjoy this morning yoga class. This yoga session is for all levels and ages. Class consists of warmup, easy stretches and flowing poses. Wear comfortable clothing. Bring a yoga mat or beach towel.

Classes will be held in the LPCC gym.

Saturdays, Jan. 21, Feb. 4, 18, March 4, 18 • 9 a.m.

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 — Age: 13+

57082	Tu	1/10-5/30	6:30-8 PM	\$229/\$239
57669	Tu	1/10-2/14	6:30-8 PM	\$95/\$105
57670	Tu	2/21-4/18	6:30-8 PM	\$95/\$105
57671	Tu	4/25-5/30	6:30-8 PM	\$95/\$105

Rockcrest Ballet Ctr./Simpson

Beginner-Intermediate — Age: 13+

57081	Th	1/12-5/25	8-9:15 PM	\$199/\$209
57666	Th	1/12-2/16	8-9:15 PM	\$80/\$90
57667	Th	2/23-3/30	8-9:15 PM	\$70/\$80
57668	Th	4/20-5/25	8-9:15 PM	\$80/\$90

Rockcrest Ballet Ctr./Simpson

Advanced — Age: 13+

57080	Th	1/12-5/25	6:30-8 PM	\$229/\$239
57663	Th	1/12-2/16	6:30-8 PM	\$95/\$105
57664	Th	2/23-3/30	6:30-8 PM	\$85/\$95
57665	Th	4/20-5/25	6:30-8 PM	\$95/\$105

Rockcrest Ballet Ctr./Chongpinitchai

Beginner-Intermediate — Age: 13+

57083	Sa	1/14-5/27	9-10 AM	\$179/\$189
57672	Sa	1/14-2/11	9-10 AM	\$60/\$70
57673	Sa	2/25-4/1	9-10 AM	\$70/\$80
57674	Sa	4/22-5/27	9-10 AM	\$70/\$80

Rockcrest Ballet Ctr./Chongpinitchai

New! Ballet Master Class

Try a master class taught by one of our Rockville Civic Ballet company members, guest professional dancers or city instructors. These classes provide dancers with the valuable opportunity to learn new dance movements and build technical skills. Required skill level: competency in intermediate ballet.

Age: 12+

57092	Sa	1/28	2-4 PM	\$20
57093	Sa	2/11	2-4 PM	\$20
57094	Sa	3/4	2-4 PM	\$20

Rockcrest Ballet Ctr.



Broadway Moves

Dance like a Broadway star! This fun and energetic exercise class focuses on the 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+

57099	Tu	1/10-2/28	9:30-10:30 AM	\$99/\$109
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Thomas Farm CC/Devine

New! Cafe Cinema

Film lovers and cinephiles can enjoy coffee or tea and, of course, popcorn, while watching films. The films are curated from masterpieces old and new, complete with a discussion to follow. See what makes a movie "cinema." List of movies is provided at the first screening.

Age: 18+

57992	Tu	1/3-3/7	10 AM-12:30 PM	\$5/\$6
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Lincoln Park CC/Dawkins

New! Cooking — Sides You Can't Put Aside

Join us to prepare side dishes that could put the main start to shame. Light hasselback potato gratin and a French onion soup casserole will give your guests something to rave about. A \$15 supply fee is required, payable to the instructor at the workshop.

Age: 18+

58033	Th	2/9	6:30-9 PM	\$35/\$41
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Rockville Sr. Ctr./Hersh

New! Cooking — Taking Stock of Soup

Cold winter evenings are a good match for soup. Learn how to prepare delicious stocks, soups and glaze as you experience the depth of flavor from fresh and canned ingredients alike. Learn about the history of stocks, as well as strategies and tips for preparing foods to make your soups a success. A \$15 supply fee is required, payable to the instructor at the workshop.

Age: 18+

57906	Th	1/19	6:30-9 PM	\$35/\$41
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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 direction from a producer. Learn what the pros look for, how to prepare and where to find work in your area.

Age: 18+
 57105 M 3/6 6:30-9 PM \$25/\$35
 Rockville Sr. Ctr./Voice Coaches

New! Sewing — Beginner

Learn sewing machine basics. Bring your machine (and owner’s manual), and a project of your choice. Make the most of sewing time by working at your own pace. Bring garment patterns in the proper size — alterations aren’t covered in this class.

Age: 14+
 57662 F 2/3 5-8 PM \$59/\$65
 Rockville Sr. Ctr./Elias

Tap Dance

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

Beginner — Age: 16+
 57121 W 1/11-3/15 6:30-7:25 PM \$89/\$99

Intermediate/Advanced — Age: 16+
 57122 W 1/11-3/15 7:30-8:25 PM \$89/\$99
 Twinbrook CRC/DeLuca

Wedding Expo

Sample the wares of more than 30 vendor exhibits at the 18th Annual Wedding Expo, showcasing catering, wedding cakes and dessert tables, photography, musical entertainment, floral arrangements and more. Register through Rock Enroll or call 240-314-8660 for tickets. Tickets are non-refundable.

All Ages
 57904 Su 1/29 12-4 PM \$5
 Glenview Mansion

For holidays and “No Class Dates”

Check with instructor or see <http://rockenroll.rockvillemd.gov>
 Enter course # to view course details.

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+
 Late Fall Mini Session
 56983 Sa 12/3-12/17 8:20-9:20 AM \$23/\$26

57206 Sa 1/7-3/25 8:30-9:30 AM \$85/\$95
 Rockville Sr. Ctr./Hersh

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+
 57281 M 1/2-2/13 12:45-1:15 PM \$35/\$42
 57282 M 1/9-2/20 8:05-8:35 PM \$35/\$42
 57283 W 1/4-2/15 12:45-1:15 PM \$35/\$42
 57284 W 1/4-2/15 8:05-8:35 PM \$35/\$42
 57285 F 1/6-2/17 12:45-1:15 PM \$35/\$42
 57286 M 2/20-4/3 8:05-8:35 PM \$35/\$42
 57287 M 2/20-4/3 12:45-1:15 PM \$35/\$42
 57288 W 2/22-4/5 12:45-1:15 PM \$35/\$42
 57289 W 2/22-4/5 8:05-8:35 PM \$35/\$42
 57290 F 2/24-4/7 12:45-1:15 PM \$35/\$42

Rockville Swim and Fitness Center/Ocampo/Resendiz/Groman

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Twitter and Instagram
 @rockvillerec

New! Body Fit

Cardio moves combined with strength building, core work and stretching to get your body in tiptop shape. Challenge yourself to reach your fitness goals with this full-body workout. Bring a mat and weights to class.

Age: 16+

58045	Tu	1/17	6-6:45 PM	Free Demo
58046	Tu	1/24-3/14	6-6:45 PM	\$59/\$69

Twinbrook CRC/Ohlandt

New! Body Pulse

Get into shape as you build your core, and improve your strength and cardio endurance. Be challenged as your workout changes to adapt to your improved levels of fitness. Bring a mat and weights to class.

Age: 16+

58056	W	1/4-3/15	6:20-7:15 PM	\$85/\$95
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Thomas Farm CC/Ramsey

Body Sculpt

Be prepared to sweat! This total body workout combines high-intensity interval training, strength training and heart-pumping cardio to invigorate and strengthen your body. Easy-to-follow moves with up-tempo music to increase your heart rate, stamina and energy level. Class concludes with abdominal work and stretching. All abilities welcome.

Age: 16+

57681	Th	1/5-2/16	6-7 PM	\$56/\$65
57682	Th	2/23-4/6	6-7 PM	\$56/\$65

Rockville Swim and Fitness Center/Gordon

Bodyweight Cardio-Strength

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

Age: 16+

57346	Tu	1/3-2/14	12-12:45 PM	\$56/\$65
57347	Tu	2/21-4/4	12-12:45 PM	\$56/\$65

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+

57348	M	1/2-2/13	5:45-6:45 PM	\$56/\$65
57349	W	1/4-2/15	5:30-6:30 PM	\$56/\$65
57350	M	2/20-4/3	5:45-6:45 PM	\$56/\$65
57351	W	2/22-4/5	5:30-6:30 PM	\$56/\$65

Rockville Swim and Fitness Center/Resendiz/Hendricks

Bootcamp — Intermediate/Advanced

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

Age: 16+

57352	M	1/2-2/13	7-8 PM	\$56/\$65
57354	M	1/2-2/13	6:30-7:30 AM	\$56/\$65
57355	M	2/20-4/3	7-8 PM	\$56/\$65
57357	W	1/4-2/15	6:30-7:30 AM	\$56/\$65
57358	F	1/6-2/17	6:30-7:30 AM	\$56/\$65
57359	M	2/20-4/3	6:30-7:30 AM	\$56/\$65
57360	W	2/22-4/5	6:30-7:30 AM	\$56/\$65
57361	F	2/24-4/7	6:30-7:30 AM	\$56/\$65

Rockville Swim and Fitness Center/Resendiz/Hendricks

Cardio Dancing

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

Age: 16+

57683	M	1/2-2/13	12-12:45 PM	\$56/\$65
57684	M	2/20-4/3	12-12:45 PM	\$56/\$65

Rockville Swim and Fitness Center

Cardio Kickbox

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

Age: 16+

57378	Th	1/5-2/16	7-8 PM	\$56/\$65
57379	Th	2/23-4/6	7-8 PM	\$56/\$65

Rockville Swim and Fitness Center/Resendiz

Are you a Senior Center member?

If so, you are eligible for a discount on adult classes. See page 37

New! Cardio Strength and Fitness

This high-energy, full-body workout is designed to burn calories and get you fit as you improve endurance and flexibility. Class combines cardio, core work and strength training to improve overall fitness. Bring a mat and weights to class.

Age: 16+				
58097	Su	1/8	9:30-10:15 AM	Free Demo
58098	Su	1/22-3/12	9:30-10:15 AM	\$59/\$69
Twinbrook CRC/Ohlandt				
58057	M	1/9	6-6:45 PM	Free Demo
58058	M	1/23-3/13	6-6:45 PM	\$59/\$69
Twinbrook CRC/Hersh				

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 are included, along with a variety of strength-building exercises. Bring a mat and weights to class.

Age: 16+				
57214	Th	1/5-3/16	5:45-6:15 PM	\$44/\$50
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: 16+				
57218	Sa	1/7-3/25	9-9:45 AM	\$83/\$93
Thomas Farm CC/Ramsey				
Age: 16+				
57216	Tu	1/10-3/21	5:30-6:15 PM	\$83/\$93
Thomas Farm CC/Webb				

Circuit Training

Jumpstart your metabolism with this circuit workout. You will improve both strength and endurance. Six different stations feature 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 are used.

Age: 16+				
57380	Tu	1/3-2/14	11-11:45 AM	\$56/\$65
57381	Th	1/5-2/16	11-11:45 AM	\$56/\$65
57382	Tu	2/21-4/4	11-11:45 AM	\$56/\$65
57383	Th	2/23-4/6	11-11:45 AM	\$56/\$65
Rockville Swim and Fitness Center/Ocampo				

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+				
Late Fall Mini Session				
56839	Th	12/1-12/15	6:15-7:15 PM	\$21/\$24
58075	Th	1/5-3/16	6:15-7:15 PM	\$85/\$95
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+				
57155	M & W	1/23-2/22	6:10-6:55 PM	\$99/\$119
57156	Tu & Th	1/24-2/23	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 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+				
57469	Th	1/5-2/16	12-12:45 PM	\$56/\$65
57470	Th	2/23-4/6	12-12:45 PM	\$56/\$65
Rockville Swim and Fitness Center/Ocampo				

New! Hard Core and More

Burn calories as you build strength and improve your endurance and flexibility. Class includes cardio, core work and a variety of exercises to improve muscle strength and toning.

Age: 16+				
57995	Th	1/12	7:30-8:20 PM	Free Demo
57996	Th	1/19-3/23	7:30-8:20 PM	\$79/\$89
Thomas Farm CC/Morales				

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In Motion (Seniors)

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. Exercise can energize mood, relieve stress, help manage symptoms of illness and pain, and improve your overall sense of well-being. Stay active and healthy!

Age: 16+
57477 Tu 1/3-2/14 12:45-1:15 PM \$35/\$42
57478 Tu 2/21-4/4 12:45-1:15 PM \$35/\$42
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 a stretching segment concentrates on muscle relief and recovery. Newcomers are welcome.

Age: 16+
57492 Th 1/5-2/16 12:45-1:15 PM \$35/\$42
57493 Th 2/23-4/6 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+
57235 M 1/23-3/27 6:45-7:45 PM \$78/\$89
57236 W 1/25-3/29 6:45-7:45 PM \$78/\$89
College Gardens ES/Proctor

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.

Age: 16+
57237 M 1/9-3/20 6:15-7 PM \$75/\$85
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+
57106 Tu 1/10-3/7 7:30-8:25 PM \$109/\$119
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+
57108 Tu 1/10-3/7 6:30-7:25 PM \$109/\$119
Rockville Swim and Fitness Center/Poole

Pilates Mat

Pilates is a system of controlled exercises that engage the mind and condition the total body. Learn the basic series of movement on which the Pilates method is built, 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+
57110 Th 1/19-2/23 5:15-6 PM \$59/\$65
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+
57500 Th 1/5-2/16 9:15-10:15 AM \$77/\$91
57501 Su 1/8-2/19 9:15-10:15 AM \$77/\$91
57502 Th 2/23-4/6 9:15-10:15 AM \$77/\$91
57503 Su 2/26-4/9 9:15-10:15 AM \$77/\$91
Rockville Swim and Fitness Center/Mustafa

POP Pilates

POP Pilate® 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+
 57112 Sa 1/28-3/4 8:30-9:15 AM \$49/\$55
 Twinbrook CRC/Cunningham

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 pound weights.

Age: 15+
Late Fall Mini Session
 56858 Th 12/1-12/15 6:30-7:15 PM \$23/\$26
 57241 Th 1/12-3/23 6:30-7:15 PM \$83/\$93
 Rockville Sr. Ctr./Webb

Age: 15+
 57239 M 1/9-3/20 9:30-10:30 AM \$69/\$79
 57242 W 1/11-3/22 9:30-10:30 AM \$85/\$95
 Thomas Farm CC/Devine

Age: 15+
 57243 Tu 1/10-3/21 6:20-7:15 PM \$85/\$95
 Thomas Farm CC/Lu

Self Defense (Adults)

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

Age: 16+
 57248 M 1/23-2/27 7-8 PM \$48/\$58
 Twinbrook CRC/Beale

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
 57539 Su 1/8-2/19 10:40-11:10 AM \$35/\$42
 57540 Su 2/26-4/9 10:40-11:10 AM \$35/\$42
 Rockville Swim and Fitness Center/Mustafa

Taekwondo for Adults

Learn one of the world's most popular martial arts in a fun, low-pressure environment. This class covers basic kicks, blocks, strikes and self-defense techniques, and is appropriate for all fitness levels. Taught by a World Taekwondo Federation certified fourth-degree black belt.

Age: 15+
 57554 Su 1/8-2/12 5-6 PM \$60/\$70
 57555 Su 2/26-4/9 5-6 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+
 57249 Tu 1/17-3/7 7-8 PM \$61/\$69
 Elwood Smith RC/Lamb

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+
 57124 Tu 1/10-2/28 4:30-5:45 PM \$89/\$99
 Thrive Yoga/Alter

Yoga — Beginner and Continuing

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

Age: 16+
 57125 Th 1/19-3/9 6:30-7:30 PM \$85/\$95
 Twinbrook CRC/Portis

Age: 16+
 57910 Sa 1/21-2/25 8:45-9:45 AM \$65/\$75
 Thomas Farm CC/Portis

Worried about the weather?
 Call the Rec Line at 240-314-5023.
 Select #1 for class status.

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+

57573	Tu	1/3-2/14	9:15-10:15 AM	\$89/\$105
57574	Tu	2/21-4/4	9:15-10:15 AM	\$89/\$105
57575	F	1/6-2/17	9:15-10:15 AM	\$89/\$105
57576	F	2/24-4/7	9:15-10:15 AM	\$89/\$105

Rockville Swim and Fitness Center/Mustafa

New! Yoga — Fusion Stretch

This class fuses concepts from Pilates and yoga to stretch muscle and connective tissues, improve your flexibility and prevent injury during working out. Bring a mat and enjoy a relaxing, yet invigorating experience.

Age: 18+

57982	Tu	1/17-2/21	8:30-9:15 AM	\$55/\$59
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Thomas Farm CC/Lu

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+

57577	W	1/4-2/15	9:15-10 AM	\$86/\$99
57578	W	2/22-4/5	9:15-10 AM	\$86/\$99
57579	Sa	1/7-2/18	9:15-10 AM	\$86/\$99
57580	Sa	2/25-4/8	9:15-10 AM	\$86/\$99

Rockville Swim and Fitness Center/Mustafa/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+

Late Fall Mini Session

56388	Th	12/1-12/15	7:30-8:45 PM	\$35/\$39
57126	Th	1/12-3/16	7:30-8:45 PM	\$121/\$131

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. Techniques involve breathing, gentle movements, easier and modified postures, body awareness, light stretching, strengthening and relaxation. This slower-paced class gradually builds to more challenging poses. Alignment and working at one's own pace are encouraged.

Age: 16+

57128	W	1/18-3/15	7:30-8:25 PM	\$105/\$115
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Thomas Farm CC/England

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+

57130	M	1/9-3/20	7:30-8:45 PM	\$115/\$125
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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 heated room. The room is heated to 85 degrees and helps open and stretch the tightest muscles. Learn to steady the mind and be 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+

57131	Su	1/8-2/26	8-8:55 AM	\$89/\$99
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Thrive Yoga/Staff

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, and increasing flexibility in the hamstrings, glutes and quadriceps to build a stronger core.

Age: 16+

57581	M	1/2-2/13	9:15-10:15 AM	\$89/\$105
57582	W	1/4-2/15	7-8 PM	\$89/\$105
57583	M	2/20-4/3	9:15-10:15 AM	\$89/\$105
57584	W	2/22-4/5	7-8 PM	\$89/\$105

Rockville Swim and Fitness Center/Groman

Zumba — Dance Fitness

This is Latin and international 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+

57135	Tu	1/17-2/21	7:30-8:25 PM	\$59/\$65
57136	F	1/13-3/17	5:30-6:25 PM	\$89/\$99
Thomas Farm CC/Graves/Ford				

Age: 16+

57137	Th	1/26-3/2	7:35-8:30 PM	\$59/\$65
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+

57652	Th	1/5-2/16	7-7:45 PM	\$56/\$65
57653	Th	2/23-4/6	7-7:45 PM	\$56/\$65
57654	F	1/6-2/17	12-12:45 PM	\$56/\$65
57655	F	2/24-4/7	12-12:45 PM	\$56/\$65
ROckville Swim and Fitness Center				

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 build muscle. Sculpt your body naturally while having fun dancing to high-energy popular music. Bring 1- or 2-pound weights.

Age: 16+

57658	W	1/4-2/15	12-12:45 PM	\$56/\$65
57659	Sa	1/7-2/18	11:15 AM-12 PM	\$56/\$65
57660	W	2/22-4/5	12-12:45 PM	\$56/\$65
57661	Sa	2/25-4/8	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+

57224	Tu	1/10-3/7	7-8:20 PM	\$128/\$140
57225	Sa	1/14-3/11	2-3:20 PM	\$128/\$140
Rockville Fencing Academy/Staff				



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MANAGED BY
BILLY CASPER GOLF

Adult 5K Winter Walk/Run Program

presented by: **Montgomery County Road Runners Club (MCRRC)**
and **City of Rockville**

If your 2017 New Year's Resolution is to walk your way to improved health and fitness, then embark on this beginning running program and maintain or improve your current 5K race pace.

Program takes place January through March.

Practices

Tuesdays: Rockville-based track • Saturdays: Area park

Fees

\$45: Members of MCRRC • \$55: Non-MCRRC Members

For more information, visit

www.mcrrc.org



2017

The City of Rockville's Asian Pacific American Task Force Presents a

Lunar New Year Celebration

Saturday, Jan. 28, 10 a.m.-2 p.m.

(Doors open at 9:30 a.m.)

Thomas S. Wootton High School

2100 Wootton Parkway

Free Event

Performances from 10 a.m.-noon

Asian cuisine • Traditional clothing • Costume
Information Tables

www.rockvillemd.gov/lunarnewyear



SUPPORT The Rockville Holiday Drive!



The Holiday Drive collects and distributes Thanksgiving meals in November and toys and gifts in December to hundreds of children and families in Rockville. *Here's how you can get involved:*

- **Make** a tax-deductible contribution
- **Organize** a drive for canned food or new toys
- **Donate** \$20 gift cards for Target or Giant
- **Assist** with sorting and packing food or delivering meals and gifts

Donations may be dropped off or mailed to the Community Services Division at Rockville City Hall, 111 Maryland Ave., 1st Floor, Rockville, MD 20850, Glenview Mansion or any City of Rockville community center. Please make checks payable to the Rockville Holiday Drive Fund.

240-314-8310 • www.rockvillemd.gov/holidaydrive

WINTER Adult Team Sports



Women's Volleyball
Co-Rec Volleyball
Men's Basketball

LEAGUE PLAY BEGINS:

- Jan. 5 Women's Volleyball
- Jan. 6 Co-Rec Volleyball (Fri.)
- Jan. 8 Men's Basketball (Sun.)
- Jan. 9 Co-Rec Volleyball (Mon.)

VOLLEYBALL LOCATIONS:

Mon. - Twinbrook CRC
Thurs & Fri. - Frost M.S.



Visit rockvillemd.gov/recreation/sports
or call 240-314-8620

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 adults, ages 60 and older.

REGISTRATION DATES

(M) – Member registration begins **Tuesday, Nov. 29**. 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 Dec. 1 for all other City programs.

(R) – Resident registration begins **Thursday, Dec. 1** 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, Dec. 1** 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

Arts and Enrichment

Alzheimer's and Related Dementia Care Partners Support Group

A social gathering where people with memory loss and their care companions can come together in a safe, supportive environment. Each gathering begins with a support meeting divided between people with memory loss and their care partners. Pack a lunch. Meets first and third Monday of each month.

58036 M 1/23 11 AM-1 PM Free
Blossom Room

Basics of Personal Investing

Learn about the basic investing process and options. Find out about new regulations governing brokers and advisors, as well as how to choose a broker, and then how to measure performance.

58030 Th 3/30 1-3 PM Free
Azalea Room

Birthday and Anniversary Parties

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

December Party

Sponsored by: John Wharen, Essex Bank and Joan and Jim Wilson.

Entertainment by: The Carnation Players.

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

January Party

Sponsored by: Nanette Morgenstern.

Entertainment by: Duo Blanco y Negro de Cuba. Note: Date changed to second Wednesday.

57767 W 1/11 1:30-3 PM Free/\$6

February Birthday

Sponsored by: Right at Home.

Entertainment by: Little Bit of Blues.

57768 W 2/1 1:30-3 PM Free/\$6

March Party

Sponsored by: Edwina Moore, Dottie O'Donnell, and Joan and Joe West.

Entertainment by: Stephanie Phelan.

57769 W 3/1 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. A moderator presents topics for discussion.

57959 Th 1/26 & 2/23 10-11 AM Free/\$10
Board Room/Beck

New! Bridge — Beginner Plus

For those who have taken a beginner class or would like to improve their game, this class is fun and instructive. Each class starts with a lesson and finishes with supervised play, while building on further development of the 2 over 1 bidding system. Class is limited in size due to individual instruction.

57770 Tu 1/17-2/28 1-3 PM \$84/\$92/\$114
Card Room

Carnation Players

Calling all characters! If you'd like to join this group and can sing, dance, play an instrument or want to be in a skit, we need you. The Players can't guarantee fame and fortune, but you'll have lots of fun. Group performs for center events and in the community.

57773 Tu 1/17-2/28 3-4 PM Free/\$6
Carnation Room/Beck

Wine and Cheese Open House

What better way to explore the Senior Center than through wine paired with delicious cheeses? Mingle with staff and others interested in the Senior Center.

58060 Tu 1/17 5-6:30 PM Free
Carnation Room

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

Citizenship Class

If you have been a U.S. resident for four years and nine months and want to become a citizen, sign up. Class offers instruction in English, and on communication and preparation for the naturalization interview. Priority is given to seniors and members of the Rockville Senior Center.

58021 M & W 1/9-3/20 12:30-2 PM \$20/\$22/\$27
Azalea Room

New! Critters and Coffee

Enjoy coffee, a wildlife discussion and tour with staff at the Croydon Creek Nature Center. Visit this wonderful facility and learn about what's living in our own backyards. Meet at Croydon Creek, 852 Avery Road, for coffee and conversation.

57849 F 2/10 10:15-11:15 AM Free/\$6
Croydon Creek Nature Center

New! Drawing: Landscapes and Still Life

Learn to draw in 3-D or improve your skills while drawing. Techniques such as size, proportion, overlapping and linear perspective are covered. A variety of mediums are used, including pencils and vine charcoals. Supply lists available at time of registration. Register by Dec. 5.

57061 Tu & Th 12/8,12/13 & 12/15 10 AM-12 PM \$35/\$44/\$56
Blossom Room/Fry

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 Jan. 9, 10, 11, from 9:30-10:30 a.m. A \$10 book fee may be required at the first class.

English 1 — Beginner

58022 M & W 1/9-3/15 10 AM-12 PM \$20/\$22/\$27
Arts and Crafts Room

English 2 — High Beginner

58023 Tu & Th 1/10-3/16 10 AM-12 PM \$20/\$22/\$27

New! English 3 — Intermediate

58024 Tu & Th 1/10-3/16 10 AM-12 PM \$20/\$22/\$27
Card Room

New! English 4 — Advanced

58025 M & W 1/9-3/15 10 AM-12 PM \$20/\$22/\$27
Azalea Room

English Conversation Classes

Speak more confidently about everyday topics.

58026 Tu 1/17-3/14 1-2:30 PM \$14/\$16/\$18
Arts and Crafts Room

Ensuring Self-Determination ... at the End of Life

Join Rosalind Kipping from Compassion and Choices as she speaks about end-of-life decisions. She will assist in focusing on personal value systems and communicating your wishes to your family. Legal documents will be provided.

58029 Th 2/23 1-3 PM Free
Carnation 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
- Eligible for Senior Garden Plots

New! Fashion Show with Taylor Marie

Join us in the Carnation Room for our own "Project Runway" — without all the drama and sewing disasters. Taylor Marie brings the shopping to us, with the latest spring fashions in sizes and creative accessories for all. Sit back and relax while our own Senior Center models wow you with designer clothing at below-retail prices. Light refreshments are served.

57766 Th 3/30 1-2:30 PM \$5/\$7/\$10
Carnation Room

First Ladies of the U.S.

Join Joan Adams during the last part of this series for an in-depth look at the life of the woman behind the man.

Michelle Obama

First lady Michelle Obama ends the series on first ladies. Obama has been compared to Jackie Kennedy and her fashion sense. As first lady, she worked to improve education and nutrition for millions of American children while getting Americans on their feet. She is a powerful speaker, often in demand for commencement addresses. How will she spend her post-White House days?

57697 M 1/30 10:15-11:15 AM \$6/\$9/\$11
Card Room

French — Beginner

If you haven't taken a French class in the last 50 years, this is for you. A \$5 material fee is payable to instructor at the first class.

57956 M & W 1/11-2/22 10 AM- 12 PM \$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. A \$5 material fee is payable to instructor at the first class.

57957 M & W 1/11-2/22 1-3 PM \$40/\$45/\$50
Lounge

Getting from Point A to B

Want to know about your transportation options in the area? Need assistance filling out applications for Metro Access or Montgomery County Call-n'-Ride? Abby Levin, information and mobility specialist with Connect-A-Ride, is available to assist with all of this!

58020 Th 3/9 10 AM-12 PM Free
Azalea Room



Gourmands Go Irish

Let's go on an Irish mystery Gourmands' lunch. We'll enjoy traditional Irish fare and hospitality. We always have fun when we don't have a clue where we're going. This year we will add a special stop on the way home. Food and beverages are purchased by participants from a selected menu. Leadership and bus transportation included.

57774 F 3/10 12-5 PM \$30/\$37/\$42
Departs: Glenview Mansion

New! Growing Orchids

With her 30 years' experience growing orchids, Mary Caroline Colletti discusses fun facts and common-sense strategies for growing and caring for orchids. She will bring in samples and books to look through.

57776 M 1/23 10:30-11:30 AM Free/\$5/\$7
Azalea Room

Guitar — Beginner/Continuing

Learn the basics or refresh your acoustic guitar skills in a variety of styles. Class covers basic strumming techniques, scales and melodies, basic theory, and tips to get you playing like a champ! Students have the opportunity to play chords, melodies and even sing along to some of their favorite songs. Students need a guitar and notebook. Acoustic guitars can be rented for \$40 a semester by calling 240-314-8820.

57784 W 1/18-3/1 12:30-1:20 PM \$85/\$107/\$134
Board Room

Senior Insurance Options

Mark Gottlieb with MAG Insurance Advisory will discuss Medicare products, long term care options, final expense and legacy options and annuities.

58032 Tu 1/31 1-2 PM Free
Azalea Room

New! Honoring Black History Month

In 1976, President Gerald Ford officially designated February as Black History Month. Join us for these special presentations in recognition of this annual observance.

Tuskegee Airmen

The Tuskegee Airmen overcame segregation and prejudice in a time of war to become one of the most respected fighter groups serving in World War II. The group included pilots, navigators, bombardiers, maintenance and support staff, instructors, and the personnel who made it possible for the planes to fly and the crew to succeed.

57698 M 2/13 10:15-11:15 AM Free/\$11
Card Room

57926 M 2/13 1-2 PM Free/\$11
Lincoln Park CC/Multipurpose Room

Musical Memories

African-American music covers a diverse range of music over many decades, encompassing ragtime, blues, boogie woogie, soul, rhythm and blues, spirituals and jazz. Musicians celebrated include Louis Armstrong, Count Basie, Duke Ellington, BB King, Ella Fitzgerald and many more.

57699 W 2/15 1-2:30 PM Free/\$11
Card Room

Councilwoman Virginia Onley

Rockville's first African-American councilwoman shares her journey, from growing up in a small town to becoming a member of Rockville city government.

57700 F 2/24 10:30-11:30 AM Free/\$11
Card Room

African-American Women

This presentation focuses on Harriet Tubman and Rosa Parks. Tubman ran an underground railroad; years later, Parks refused to go to the back of the bus. Both women were brave in the face of extreme danger. Threats to their lives were an everyday occurrence. Celebrate these exceptional ladies.

57701 M 2/27 10:15-11:15 AM Free/\$11
Card Room

58034 M 2/27 1-2 PM Free/\$11
Lincoln Park CC/Multipurpose Room

New! It's Tool Time!

Come learn about the center woodshop and some of the most useful purposes of its portable and stationary power tools. This class is limited in size due to the nature of the shop. Each participant will be mailed a woodshop user form and safety packet prior to the class. Register by Jan. 4.

57782 W 1/18 12:45-2:45 PM \$15/\$19/\$24
Woodshop

Memory Cafe and Care Partner Support Group

You are not alone on this journey. Join this group to connect and share with others who understand the experience of having a loved one with a dementia-related illness. Meets weekly on Tuesday evenings.

58037 Tu 1/24-3/21 6-7 PM Free
Azalea Room

New! Movers and Shakers

Join college professor Joan Adams as she introduces a new program. Each session focuses on the life and times of Americans who have made life in the U.S. better, easier, safer and more enjoyable.

Women's History Month

We focus on female artists Mary Cassatt and Georgia O'Keeffe. Cassatt is known for her Impressionist style, while O'Keeffe is considered a pioneer of modern art.

57783 M 3/13 10:15-11:15 AM \$6/\$9/\$11
Card Room

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.

Whistling Songs — Part 2

56185 W 12/14 1-2:30 PM \$6/\$9/\$11
Card Room

New! Norwegian Coastal Voyage

This travel presentation describes Norway's beauty and variety of scenes. Dramatic seascapes, landscapes and cityscapes are highlights in this PowerPoint presentation of the city of Oslo, a train ride and a cruise.

57778 W 1/25 10:30 AM-12 PM Free/\$5/\$7
Azalea Room

New! How To Listen To Music

This class endeavors to teach the listener how to better answer this question and how to really listen to all types of music, ranging from classical to folk to popular. The class discusses why we are so moved by certain sounds or types of music, and how music speaks to us in ways that go beyond words.

57775 Tu 3/7 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.

Barack Obama

This session ends the series on "Peeking at the Presidents." As President Barack Obama leaves office after eight years, look back at the historic events of his presidency. What will Obama's legacy be? What will retirement mean for this young president?

57696 M 1/23 10:15-11:15 AM \$6/\$9/\$11
Card Room

Piano — Continuing Students

This course is for our continuing, most advanced students. The course focuses on keyboard, rhythms and techniques. Students must have taken at least two sessions prior, and the class is limited to four students to allow for individual attention.

57786 Tu 1/17-2/28 11:30 AM-12:20 PM \$85/\$107/\$134
Board Room

Piano Beginner II

This course is for students who have taken the fall 2016 class or have completed a basic beginner course. Keep your fingers nimble and music in your life. Class continues to cover keyboard, rhythms and techniques. Limited to four participants to allow for individual instruction.

57787 Tu 1/17-2/28 10:30-11:20 AM \$85/\$107/\$134
57839 Tu 1/17-2/28 2-2:50 PM \$85/\$107/\$134
Board Room

Piecemakers' Club

Come join our friendly group of quilters, share ideas and techniques, and keep current on the latest trends in quilting. Work on your own or join a group project. No class Feb. 20.

57780 M 1/23-3/6 12:45-2:45 PM \$9/\$13/\$17
Arts and Crafts Room

Positive Pow Wow

Looking for a discussion group? Meet with fellow seniors and chat about the day, current events or hobbies.

58042 Tu 2/7-3/14 1-2:30 PM Free
Counselors Office

Science Tuesdays

An engaging monthly presentation and conversation with a scientist, each meeting focusing on a different topic. No scientific background required, just curiosity. Co-sponsored by Rockville Science Center.

All the Jewels!

Join gemologist Denise Nelson as she visits Brazil's mines, the source of many of the world's best emeralds, and explains collecting and the processes that result in jewelry and museum treasures.

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

Robotics

Bob Ekman, president of the Rockville Science Center, demonstrates what's new and exciting in robotics, and the current development of the science center.

57973 Tu 1/10 1-2 PM Free

Let's Get Spacey

Meet Michael Salapka, an amateur astronomer who brings us up-to-date on black holes, new planets and private space exploration.

57974 Tu 2/14 1-2 PM Free

In the Body

Dr. Alexandra Denito is the newest board member of the Rockville Science Center and a published molecular endocrinologist. Learn about diet, environment and gene interaction.

57975 Tu 3/14 1-2 PM Free
Board Room



For holidays and "No Class Dates"

Check with instructor or see
<http://rockenroll.rockvillemd.gov>
Enter course # to view course
details.

Senior Elder Abuse

Join KerryAnn Aliebar as she dicusses the signs and facts of elder abuse. As the population ages, elder abuse is a growing nationwide problem.

58038 M 2/13 1-3 PM Free
Azalea Room

Spanish for Beginners

If you've never studied Spanish before or are just brushing up, this series of fun, flexible, easy to follow classes is designed to make you feel more comfortable getting started with everyday conversation. Learn the fundamentals of the Spanish language and start speaking with confidence. Includes interactive activities.

58028 M & W 3/1-4/5 1-3 PM \$40/\$45/\$50
Arts and Crafts Room

Ukulele

Have a blast learning authentic Hawaiian ukulele! Topics covered include chords and strumming, ukulele techniques and songs. Ukulele rentals are available through The School of Music for \$30 per semester. Call 240-314-8820 to arrange for your ukelele.

57785 W 1/18-3/1 1:30-2:20 PM \$85/\$107/\$134
Board Room

New! White House Christmas

Professor Joan Adams discusses the transformation of the first family's residence that 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.

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

Watercolor Classes

Val Fry, our popular watercolor teacher, has a background in art and art therapy, and is active in art organizations throughout the state. Her classes fill quickly as she shares her wealth of experience in the medium.

New! Beginner

This class introduces the basics of color, brush handling, composition and technique. There be emphasis on creative expression and developing your own unique style. Register by Jan. 4. A supply list will be mailed.

57056 Tu 1/17-2/28 10 AM-12 PM \$86/\$107/\$134

Intermediate

For participants with some watercolor experience. Class focuses on composition, color harmony and movement, and explores color mixing, splattering, wet into wet and other techniques.

57057 Tu 1/17-2/28 1-3 PM \$86/\$107/\$134

Intermediate

For participants with some watercolor experience. Class focuses on composition, color harmony and movement, and explores color mixing, splattering, wet into wet and other techniques.

57058 Th 1/19-3/2 1-3 PM \$86/\$107/\$134
Blossom Room/Fry

Advanced

For the experienced painter. Class encourages participants to simplify design plans while looking at more abstract shapes, contrasts and emotions. Emphasis is on building use of color, composition and your own unique style.

57059 Th 1/19-3/2 10 AM-12 PM \$86/\$107/\$134
Card Room/Fry



New! Winter Recess

'We've got magic to do — just for you. We've got miracle plays to play. We've got parts to perform — hearts to warm. Kings and things to take by storm, as we go along our way.' (music & lyrics by Stephen Schwartz from the Broadway Show, 'Pippin'). Join us for this four-week class exploring our creative imagination through play, improv, warm-up exercises and theatrical silliness.

57078 W 1/11-2/1 10:30-11:30 AM \$20/\$25/\$29

No class 3/1

57079 W 2/8-3/8 10:30-11:30 AM \$20/\$25/\$29
Lounge

New! Woodworking Chalkboard Project

Everyone needs a message center, and this simple chalkboard project is perfect for your kitchen or family gathering space. A material list will be sent to all participants. Prep your chalkboard at home, then bring in your materials and supplies to get started with Peter McNally in the wood shop to complete this useful project. Register by Jan. 18.

57857 W 2/8 12:45-2:45 PM \$15/\$19/\$24
Woodshop

Trips

TRIP REGISTRATION

In-Person Lottery

Thursday, Jan. 12, 10:30 a.m.

Senior Center members and residents

Numbers distributed random order, 10:15 a.m.

Friday, Jan. 13

Nonresidents and nonmembers

Registrations accepted at Senior Center only.

Individuals may register for themselves and one other person.



New! Hollywood Casino

Travel to Hollywood Casino at Charles Town, West Virginia, and enjoy slots and table games, as well as simulcast racing. Slot play bonus package will be available to the group. Note: Lunch will be on your own in food court/buffet. Trip includes casino package, announced at trip registration, and charter bus transportation.

57705 F 1/27 9 AM-5 PM \$32/\$40/\$46
Departs: Glenview Mansion

New! A Capital Idea! — Library of Congress

Licensed tour guide Betsy Thompson will discuss the history of the magnificent Jefferson Building. A library guide explains the beautiful mosaic and painted murals that have survived since 1897. See the Gutenberg Bible, reading room and books from Thomas Jefferson's collection. Note: Lunch will be on your own in the LOC cafeteria. Trip includes charter bus transportation and guided tour.

57704 Th 2/2 9 AM-3 PM \$45/\$56/\$64
Departs: Glenview Mansion

New! Mama Won't Fly at Rainbow

Rainbow's Comedy Playhouse never skimps on light-hearted laughter and this new show won't be any different. See the U.S. live on stage as we ride along on one of the funniest road trips ever. Our trip to Paradise, Pennsylvania, is always a favorite. Trip includes charter bus transportation, buffet lunch and show.

57695 W 2/22 8:30 AM-6:30 PM \$94/\$117/\$134
Departs: Glenview Mansion

New! Philadelphia Flower Show 2017

The 2017 Philadelphia Flower Show celebrates the wonders of Holland, from windmills, wooden shoes and cheese to bicycles, canals and vibrant tulip and flower fields. The marketplace features more than 180 vendors selling furniture, jewelry, plants, garden tools and flowers. Fee includes admission to the show and charter bus transportation. Note: Lunch on your own at the Convention Center.

57777 Tu 3/14 8:30 AM-6 PM \$87/\$108/\$124
Departs: Glenview Mansion



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; (IP) = Intermediate Photography.

(AP) Photoshop Advanced

For students who have taken "Photoshop for Beginners" or know the software. Continued and more advanced use of Photoshop tools and techniques. Special attention is devoted to types of selections using various tools, as well as the little understood, but powerful Pen tool.

57952 M & W 1/30-2/8 3-5 PM \$36/\$46/\$52
Computer Lab/Bender

(B) iPad Basics

A hands-on class for beginners and anyone who wants to get more out of their iPad. Bring your iPad, power cord and adapter. If you have an iTunes account, bring your login ID and password. There may be a handout fee.

57949 Tu 1/31-2/21 1-3 PM \$40/\$48/\$60
Computer Lab/Kranzberg

(B) Apple iPhone

Starts with the iPhone basics, such as terminology, physical layout and settings, then progresses into finding music, books and shows to purchase. Bring iPhone, power cord and adapter. If you have an iTunes account, bring login ID and password. There may be a handout fee.

57948 Tu 1/31-2/21 10 AM-12 PM \$40/\$48/\$60
Computer Lab/Kranzberg

(B) Computer Basics

Introductory course teaches basic skills, including computer vocabulary, opening and saving files, monitor and desktop settings, shortcuts, menus and software. Learn how to access the Internet and email from any computer.

57844 Tu & Th 12/20-12/22 10 AM-12 PM \$15/\$20/\$25
57842 Tu & Th 1/17-1/19 10 AM-12 PM \$15/\$20/\$25
57843 M & W 2/13-2/15 10 AM-12 PM \$15/\$20/\$25
Computer Lab/Hickman

(B) Computers — Save and Find Documents

Can't find a file or photo you saved? Learn the Windows filing method. Topics include creating, naming and filing folders, saving files to backup disks and creating, moving or deleting a desktop shortcut.

57855 W 1/18 1-3 PM \$5/\$7/\$9
57934 Th 1/26 1-3 PM \$5/\$7/\$9
Computer Lab/Martin

(B) Email Basics

Introductory session uses class accounts to learn the basics of sending, receiving, copying and saving emails.

57902 F 1/13 1-3 PM Free/\$5/\$7
Computer Lab/Martin

(B) Function Keys

Function keys have a variety of different uses or no use at all. See how function keys improve how you work with your computer.

57833 M & W 12/19-12/21 10 AM-12 PM \$15/\$20/\$25
57834 M & W 1/23-1/25 10 AM-12 PM \$15/\$20/\$25
Computer Lab/Hickman

(B) New to Computers?

Class familiarizes those new to computers (or afraid to learn) with the basic components of computers. Introduces everyday tasks like email, word processing and surfing the web. No experience required.

57804 Th 12/1 10 AM-12 PM \$5/\$7/\$9
57805 W 1/4 1-3 PM \$5/\$7/\$9
57806 W 2/1 10 AM-12 PM \$5/\$7/\$9
Computer Lab/Hickman

(B) Personal Screen Savers

Learn how to create a slide show of family photos. Add your favorite music and you'll have memories to enjoy instead of a static desktop picture.

57991 Th 2/23 1-3 PM \$5/\$7/\$9
Computer Lab/Martin

(B) Practice Lab — Beginners

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

57858 F 12/2-2/3 10:30 AM-12 PM Free/\$3/\$5
Computer Lab/Gross/Davis

(B) Right Click — Left Click

Discover how to find, move, copy and save files and pictures. Create or delete shortcut icons on your desktop, emails and documents. Easy, when you understand your mouse.

57885	W	12/21	1-3 PM	\$5/\$7/\$9
57886	Th	1/19	1-3 PM	\$5/\$7/\$9
57938	Th	2/16	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. A \$3 handout fee is payable to instructor at first class.

57889	Tu	1/3	1-3 PM	\$7/\$9/\$13
57953	W	2/1	1-3 PM	\$7/\$9/\$13

Computer Lab/Hickman

(BI) PC Infections

Protect your identity and maintain your computer's security. Learn tips to ensure both you and your computer are protected against hackers, scammers and identity thieves. Learn to identify the signs and symptoms of malicious software.

57941	Tu	1/24	1-3 PM	\$7/\$9/\$13
57994	M	2/27	10 AM-12 PM	\$7/\$9/\$13

Computer Lab/Hickman

(BI) Pictures, Phone to PC

Learn how to transfer pictures from your mobile devices to your computer. Make folders, organize your pictures and have fun with your picture projects. Bring your cables that charge your device.

57809	Tu	12/6	10 AM-12 PM	\$7/\$9/\$13
57810	Th	1/5	1-3 PM	\$7/\$9/\$13
57811	Th	2/2	1-3 PM	\$7/\$9/\$13

Computer Lab/Hickman

(BI) SKYPE

Make free telephone calls anywhere in the world to anyone on your call list with Skype. We'll discuss how to set up this high-quality telephone service and its advantages.

57877	M	12/19	1-3 PM	\$7/\$9/\$13
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Computer Lab/Bender

(BI) Voice Commands

Use your voice to control your computer. Create and edit documents or emails, 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.

57812	Th	12/8	10 AM-12 PM	\$7/\$9/\$13
57990	W	2/22	10 AM-12 PM	\$7/\$9/\$13

Computer Lab/Hickman

(BP) Photoshop for Beginners

Learning the foundations of Photoshop not only helps students further develop their future use of the software, but results in far better images than can be produced just by the camera. Students learn how to use layers and adjustments to build images not possible prior to the advent of this great software.

57900	M & W	1/9-1/25	3-5 PM	\$64/\$74/\$84
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Computer Lab/Bender

(I) Computer Troubleshooting

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

57884	Tu & Th	12/20-12/22	1-3 PM	\$15/\$20/\$25
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Computer Lab/Hickman

(I) Facebook — Beginner

Facebook is a social networking website with billions of subscribers. Users create personal profiles to connect and share with friends and family. Learn how to join the world of Facebook and set up an account in class.

57895	Th	2/2-2/9	10 AM-12 PM	\$9/\$11/\$15
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Computer Lab/Kranzberg

(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.

57807	M & W	12/5-12/7	10 AM-12 PM	\$15/\$20/\$25
57808	M & W	2/6-2/8	1-3 PM	\$15/\$20/\$25

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? These tips help improve performance and answer questions that puzzle you about your computer. A \$3 handout fee is payable to instructor at first class.

57829	Tu & Th	12/13-12/15	10 AM-12 PM	\$9/\$11/\$13
57830	M & W	2/6-2/8	10 AM-12 PM	\$9/\$11/\$13

Computer Lab/Hickman

(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). A \$5 handout fee is payable to instructor at first class.

57840	M & W	1/4-1/11	10 AM-12 PM	\$27/\$34/\$42
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Computer Lab/Hickman

(I) Microsoft Word

Have you struggled with the appearance of your text, for instance, not being able to line up text, collate a list or make documents look professional? Join us as we explore these and other issues. A \$5 handout fee is payable to instructor at first class.

55958	Tu & Th	12/6-12/13	1-3 PM	\$27/\$34/\$42
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Computer Lab/Hickman

(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; and work live on an actual paper trading account.

57813	M & W	12/5-12/14	1-3 PM	\$36/\$46/\$56
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Computer Lab/Bender

(I) PowerPoint

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

57836	Tu & Th	1/3-1/10	10 AM-12 PM	\$27/\$34/\$42
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Computer Lab/Hickman

(I) Thumb Drives, Etc.

Learn how to copy pictures or files on to a flash drive (thumb drive) and cut, copy and paste files from that drive to any other computer. It's important to have a backup.

57853	Th	12/15	1-3 PM	\$7/\$9/\$13
57854	W	1/18	10 AM-12 PM	\$7/\$9/\$13
57859	Tu	2/28	1-3 PM	\$7/\$9/\$13
57860	M	3/6	1-3 PM	\$7/\$9/\$13

Computer Lab/Hickman

(I) Windows 10 Laptop

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

57816	M & W	12/12-12/14	1-3 PM	\$27/\$34/\$42
57817	Tu & Th	1/24 & 1/26	10 AM -12 PM	\$27/\$34/\$42
58099	M & W	2/13-2/15	1-3 PM	\$27/\$34/\$42

Computer Lab/Hickman

(IP) Advance Digital Photography

This is a continuation of camera use with emphasis on individual controls, manual, aperture, shutter speed and flash. The basis of each assignment is understanding the importance of depth of field and how to use it. Bring a pocket storage device and your camera with the instructions. A \$3 handout fee is payable to instructor at first class.

57935	M & W	12/19-1/4	3-5 PM	\$117/\$143/\$169
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Computer Lab/Bender

(IP) Digital Photo

For those who have taken the "Learning Digital Photography" class or for photographers with a photography foundation. Shooting assignments given and reviewed at each meeting. Topics discussed include: aperture and shutter control for best situational results; varying metering for changing situations; advanced white balance control; depth of field for image impact; portraiture, night, beach and water, and action photography.

57856	M & W	12/5-12/14	3-5 PM	\$117/\$143/\$169
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Computer Lab/Bender



Buying Digital Camera

Shopping for a digital camera once seemed simple. Learn about cameras and the software options available. Become familiar with jargon and shop for the best deal.

57961 M 1/23 1-3 PM Free
Azalea Room/Bender

Fun with Pictures

Introduces drawing features in MS Word and Windows Paint program. Covers elementary manipulation of pictures and text in documents. A \$3 manual fee is payable to instructor at first class.

57936 W 1/11 1-3 PM \$5/\$7/\$9
Computer Lab/Martin

Mounting and Matting

One class meeting of two hours discusses and demonstrates techniques for archival mounting of photography and/or artwork. Learn how to use a relatively inexpensive mat cutting tool to save money on mounting and framing. Bring an 8-by-10 photograph to mount (two will be chosen) and recover the cost of this class meeting.

57950 W 1/25 1-3 PM \$9/\$11/\$15
57951 M 1/30 1-3 PM \$9/\$11/\$15
Azalea Room/Bender

Typing Tips

Feeling a little rusty or never bothered to learn? Use Typing Instructor software and practice proper hand placement and posture. View progress after each exercise as you increase your typing speed and accuracy. Choose a plan to meet your typing objectives. Software offers games and themes, and you can listen to music while you practice.

57901 Th 1/12-1/17 1-3 PM \$9/\$11/\$13
Computer Lab/Hickman

New! Using Google Apps

Ever wonder about those nine little boxes forming a square in the upper-right corner of any Google page? They're a portal into a whole new Google world, with calendars, maps, photos, and anything else you can think of to make your time online more productive, useful and fun.

58103 Tu 2/28 10 AM-12 PM \$9/\$11/\$15
58031 Tu 3/28 10 AM-12 PM \$9/\$11/\$15
Computer Lab/Kranzberg

Windows Explorer

Windows Explorer is the program you use to browse through the files on your computer and connected devices. You can use it to browse network locations, manage your files and much more.

57988 Th 2/9 1-3 PM \$9/\$11/\$13
Computer Lab/Martin

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 help reduce the risk of falling, help prevent injury and improve overall daily life.

57707 W 1/11-3/8 12:10-12:50 PM \$33/\$38/\$48
Exercise Room/Finn

Abs and Back

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

57730 Tu 1/10-3/7 5-5:45 PM \$40/\$48/\$57
Exercise Room/D'Angelo

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 dance movements with one foot safely in contact with the floor at all times. Class includes a mixture of oldies and current music.

57708 Tu & Th 1/10-3/9 11 AM-12 PM \$55/\$64/\$75
58008 W 1/11-3/8 2:15-3:15 PM \$35/\$44/\$52
Exercise Room/Klopper

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 ease pain and stiffness, as well as feelings of isolation and depression.

57709 Tu & Th 1/10-3/9 1-2 PM \$53/\$65/\$78
58035 F 1/13-3/10 1:15-2:15 PM \$30/\$37/\$43
Exercise Room Side 2/Owen

Body Resistance

Create resistance and challenge your muscles using your own body weight. Strengthen, tone and stretch your way to better fitness. This class includes work on the mat. Bring a yoga sticky mat.

58010 F 1/13-3/10 10-10:45 AM \$35/\$44/\$53
Blossom Room/Finn

Body Sculpt Workout

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. All exercises are appropriate for seniors. This class includes work on the mat.

57738 F 1/13-3/10 9-9:45 AM \$40/\$50/\$60
Thomas Farm CC/Ramsey

New! Caribbean Dance

Learn how to dance salsa, cha cha cha, guaguanco and other Caribbean rhythms. This class begins with a slow warm-up followed by instruction of basic steps. You combine the steps learned in each class to create fun Caribbean dances performed to live music.

57987 Tu 1/10-3/7 11 AM-12 PM \$45/\$56/\$67
Carnation Room

Chair Exercise

This seated program is performed to music. Exercise patterns are designed for those with limited mobility to help develop strength, flexibility and endurance, and promote better circulation. No class Jan. 16 and Feb. 20.

57713 M & W 1/9-3/15 11 AM-12 PM \$48/\$60/\$68
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.

57714 F 1/13-3/10 11:15 AM-12 PM \$45/\$56/\$67
Blossom Room/Helfer

New! Demystifying Your Thyroid

To treat or not to treat? Thyroid disease can affect millions of people in the U.S. Dr. Shabina Ahmed, an endocrinologist at Johns Hopkins Community Physicians, reviews the signs and symptoms of various thyroid diseases, including hyperthyroidism, hypothyroidism and goiter. She will discuss your risk of thyroid cancer and when to get your thyroid examined.

57792 Th 1/26 1-2 PM Free
Azalea Room

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





Easy Feet

Using fun, energetic music, learn easy-to-follow patterns while receiving a great light-cardio workout. Appropriate for beginners.

57715 F 1/13-3/10 11:15 AM-12 PM \$30/\$38/\$45
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. Appropriate for beginners. No class Jan. 16 and Feb. 20. Wednesday classes held in Carnation room.

57716 M & W 1/9-3/15 10-10:50 AM \$48/\$60/\$72
Exercise Room/Serrano Gonzalez

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 are provided in Spanish and English.

57911 F 1/13-3/10 10:45-11:35AM \$30/\$38/\$45
Twinbrook CC/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 membership fee is \$90 annually. Stop by the reception desk to set up your appointment. Some Saturday appointments available.

Basic Exercise Machine Training

Basic exercise machine training is required for all new Fitness Club members. This is done by appointment only. Appointments can be made at the front desk.

57717 M-F 1/9-4/28 8 AM-6:30 PM \$15
Fitness Room

Exercise Machine Training — Plus

For those who want more than the required basic training program, this training is led by one of our certified personal trainers. Receive a basic exercise plan designed specifically for your needs.

57718 M-F 1/9-4/28 8 AM-6:30 PM \$40
Fitness Room

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. No class Jan. 16 and Feb. 20.

57720 M 1/9-3/20 12:10-12:50 PM \$30/\$38/\$45
57719 Tu & Th 1/10-3/9 10-10:50 AM \$60/\$75/\$90
Exercise Room/Finn

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 use weights and mats. This workout is for most fitness levels.

57734 Sa 1/14-3/11 10-11 AM \$45/\$56/\$67
Fitness Room/Owen

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.

How Hearing Loss Affects Your Brain

When we think of hearing loss, we may think of people who turn up the TV too loud, who ask you to repeat yourself, and have trouble following conversations in noisy places. But the effects of hearing loss go much deeper than that, affecting the functioning of the brain.

58047 Th 2/9 1-3 PM Free
Azalea Room

New! Learn the Secrets to Weight Loss Success

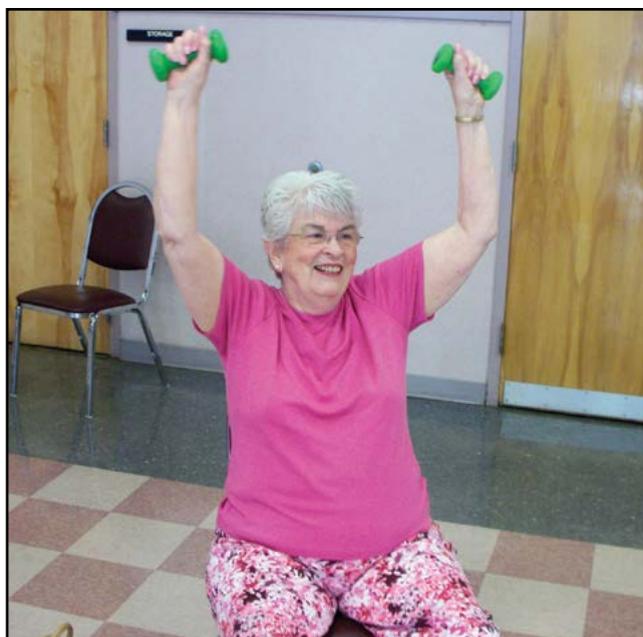
Learn the unique approach of Maryland Laser Weight Loss. This program explains breakthrough medical testing, the most common mistakes people make while trying to lose weight, and gives you information on how to customize your weight-loss plan. Presented by Mike Turajczyk, vice president/director of Maryland Weight Loss, Maryland Health Center.

57801 Th 1/5 1-2 PM Free
Azalea Room

Listen Up!

Make yourself heard with otolaryngologist, Dr. David Bianchi! Hearing loss has many different causes and affects millions of adults in the U.S. Learn how hearing loss is identified, the different challenges that result from hearing impairment and the many different treatment options available.

57791 Th 3/23 1-2 PM Free
Azalea Room



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, in a standing or seated position. No mat work involved. No class Jan. 16 and Feb. 20.

58052 M 1/9-3/20 10:30-11:15 AM \$40/\$50/\$60
Lincoln Park CC/Multipurpose room/Finn

57723 W & F 1/11-3/10 1:15-2 PM \$65/\$81/\$98
Exercise Room/Finn



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

Peripheral Neuropathy

Do you suffer from tingling or pain in the feet or hands? This program explains what peripheral neuropathy is, the types, the causes, typical treatment, and why medications may not be the most efficient option in treating peripheral neuropathy. Other treatments and success in those treatments will be discussed, as well as contributing factors for peripheral neuropathy and the treatment options available. Presented by Mike Turajczyk, vice president/director of Admissions at Rockville Medical & Disc Center and Maryland Health Center.

57793 Th 12/1 1-2:30 PM Free
Azalea Room

Personal Trainer

Be evaluated by a nationally-certified personal trainer who designs 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

57929 M-F 1/9-4/28 8 AM-6:30 PM \$49

Two — One Hour Sessions

57930 M-F 1/9-4/28 8 AM-6:30 PM \$95

Three — One Hour Sessions

57931 M-F 1/9-4/28 8 AM-6:30 PM \$135

Six — One Hour Sessions

57932 M-F 1/9-4/28 8 AM-6:30 PM \$250

Ten- One Hour Sessions

57933 M-F 1/9-4/28 8 AM-6:30 PM \$395
Fitness Room

Pilates — Intermediate Workout

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

57735 Th 1/12-3/9 2:15-3 PM \$57/\$71/\$85
Exercise Room/Klopfner

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). Class is appropriate for beginners.

57737 Th 1/12-3/9 11-11:45 AM \$57/\$71/\$85
Lounge/Finn

New! Pilates – Beginner/Intermediate

Strengthening and stretching exercises target abdominal and pelvic muscles to improve balance, posture, flexibility and core strength. This class combines beginner and intermediate Pilates exercises. Most exercises are performed on the mat (provided).

57927 Tu 1/10-3/7 2:15-3 PM \$57/\$71/\$85
Exercise Room/Mustafa

New! Pre-hab Training

Get in shape before your surgery and get back on your feet in less time. Our pre-rehab specialist helps you recover faster by developing and implementing an exercise plan specific to your needs. This program includes eight individual one-hour sessions with the trainer. In addition, this program must begin no later than six weeks prior to scheduled surgery and requires medical clearance from your doctor. Some Saturday appointments available.

58050 M-F 1/9-4/28 8 AM-6:30 PM \$299/\$349/\$375
Fitness Room

New! Post-rehab Training

Have you completed your rehabilitation program with your doctor or physical therapist? Let us help you continue on your road to recovery. Our post-rehab specialist will work together with your medical professionals to develop a safe and effective fitness plan. Includes eight individual one-hour sessions with the trainer. This program requires medical clearance from your doctor or physical therapist.

57969 M-F 1/9-4/28 8 AM-6:30 PM \$299/\$349/\$375
Fitness Room

New! Put Your Best Foot Forward

This is a safe and fun indoor walking class. Including balance exercises, this program helps improve stability, coordination, leg strength and posture, which can improve overall daily life. No Class Jan. 16 and Feb. 20.

57981 M 1/9-3/20 9:30-10:15 AM \$33/\$38/\$48
Lincoln Park CC/Gymnasium/Finn



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!

Senior Fit

Improve your health and become more independent with the help of an exercise physiologist. Senior Fit is 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 is held at Lincoln Park Community Center.

57732 M & W 1/9-3/29 1:30-2:15 PM Free
 57733 M & W 1/9-3/29 2:20-3:05 PM Free
 Carnation Room/Aehle

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. Friday classes held in Blossom room.

57744 Tu & F 1/24-3/24 12:15-1 PM Free
 Carnation Room/Finn

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 finish the class with 15 minutes of stretching, leaving the body relaxed. Class includes work done on the mat.

57739 F 1/13-3/10 9-9:45 AM \$40/\$50/\$60
 Exercise Room/Smith

Strength Training Challenge

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

57740 Tu & Th 1/10-3/9 9-9:45 AM \$64/\$80/\$96
 Exercise Room/Ramsey

Stress Reduction and Meditation

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

57790 M 1/9-3/13 1-2 PM \$30/\$35/\$40
 Board Room

Stretch With Ease

This easy-to-follow class helps you increase your flexibility while incorporating simple stretches and basic yoga movements. This class is appropriate for most fitness levels. Class includes work done on the mat. Bring a yoga sticky mat.

58016 Sa 1/14-3/11 11:15 AM-12 PM \$40/\$50/\$60
 Exercise Room/Owen

T'ai Chi Ch'uan — Beginner/Intermediate

Combine body movement, breathing and mental awareness to promote health and relaxation. This class incorporates and compares different styles of T'ai Chi, including aspects of history and culture. For Senior Center members only. Class not held the third Thursday of every month, Jan. 19, Feb. 16 and March 16.

57741 Tu & Th 1/10-3/23 10-10:50 AM \$8
 Carnation Room/Gegan

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. No class Jan. 16 and Feb. 20.

57749 M 1/9-3/20 9-9:45 AM \$44/\$55/\$66
 57750 F 1/13-3/10 12:10-12:55 PM \$44/\$55/\$66
 Exercise Room/Klopfer

Ask the Wellness Coach!

Let our coach check your body fat composition and help monitor your blood pressure.

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

Triple Challenge

This great class addresses 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.

57742 W 1/11-3/8 5-6 PM \$44/\$55/\$66
Exercise Room/Biedscheid

Triple Zen

Experience the benefits of flexibility through yoga while gaining core strength and conditioning through Pilates. This class is performed in slow flowing patterns. Bring a yoga sticky mat. No class Jan. 16 and Feb. 20.

57752 M 1/9-3/20 11:15 AM-12 PM \$45/\$56/\$67
Carnation Room/Mustafa

Walking Strong

Any time 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 that includes muscle-boosting exercises to increase circulation, boost your immune system and burn calories. Walk approximately one mile each class.

57753 Tu & Th 1/10-3/9 12:15-12:45 PM \$25/\$30/\$38
Exercise Room/Owen

Yo-Chi and Balance

This mind-body class combines standing yoga poses with Chinese T'ai Chi movement patterns to enhance balance. This fusion program improves stability, strength, mobility and flexibility by combining the two oldest mind-body programs. Modifications are available. Appropriate for most fitness levels. Bring a yoga sticky mat. No class Jan. 16 and Feb. 20.

57755 M 1/9-3/20 1-1:45 PM \$30/\$37/\$43
Exercise Room/Serrano Gonzalez

Yoga Flow

Move in 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. Bring a yoga sticky mat. No class Jan. 16 and Feb. 20.

58018 M 1/9-3/6 6:15-7:15 PM \$40/\$50/\$60
57756 Tu & Th 1/10-3/9 1-2 PM \$70/\$88/\$105
Exercise Room/Side 1/Mustafa

Yoga for You

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.

57743 W & F 1/11-3/10 (W) 9:50-10:50 AM \$93/\$116/\$139
(F) 10-11 AM

Exercise Room/Figure

Yoga-lates on the Ball

Tone, strengthen and stretch your muscles in this dynamic total-body conditioning workout using 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.

57757 W 1/11-3/8 8:45-9:30 AM \$50/\$63/\$75
Exercise Room/Finn

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. No class Jan. 16 and Feb. 20.

57758 M 1/9-3/20 5-6 PM \$35/\$44/\$53
Exercise Room/Ford

58051 Th 1/12-3/9 11-11:45 AM \$33/\$41/\$48
Lincoln Park CC/Multipurpose Room/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.)

57710 W & F 1/11-4/28 8:45-9:45 AM Free
Twinbrook CC



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 will be cancelled.

REGISTER EARLY!

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, the game helps increase dexterity, flexibility, coordination and reflexes. No class on Feb. 20.

57747 M 1/30-3/13 1-2 PM \$28/\$35/\$42
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, it aids in dexterity, flexibility and coordination.

57746 W 1/25-3/1 1-2 PM \$28/\$35/\$42
Game Room



Table Tennis — Advanced

This class is for players who have advanced beyond the intermediate level of play. Participants must have strong knowledge of rules and scoring.

57745 F 1/27-3/3 1-2 PM \$28/\$35/\$42
Game Room

Wii Bowling

Join this fun group of members and bowl indoors on Friday mornings at the senior center — all through the game system, Wii. A light-weight remote is the key to this fun interactive game. Senior Center members only.

57754 F 1/13-3/10 10 AM-12 PM Free
Azalea Room



Rockville Sister City Corporation

Tour of Germany

Join RSCC on an exciting tour of Germany! Destinations include Rockville's Sister City, Pinneberg, as well as Berlin, Bremerhaven, Leipzig, Lüneburg, Munich, Wittenberg and more.*

Contact: "German Tour" at 240-314-5029 or rockvillesistercities@gmail.com
Register no later than Jan. 30, 2017.

Open to all ages

*Destinations subject to change

Sports — Leagues

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

Game Room Activities

Play pool and table tennis daily in our game room. Open 8:30 a.m.-7 p.m., Monday and Wednesday, 8:30 a.m.- 5 p.m., Tuesday, Thursday and Friday, and 8:30 a.m.- 2:45 p.m., Saturday. Practice games, clinics, instruction and tournaments are held regularly. Table tennis is available at Twinbrook Community Recreation Center from 9-10 a.m., Wednesday. For senior center members only.

57721 M-Sa 1/9-4/15 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.)

57722 W & F 1/11-4/28 10-11 AM Free
Twinbrook CC

Senior ROGue Tennis

Come try this new tennis program while staying warm 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 more slowly through the air, making them easier to hit. This class is appropriate for beginners. Some equipment is provided. No Class Feb. 20.

58019 M 1/23-3/20 3:30-4:45 PM \$15/\$18/\$22
Carnation Room



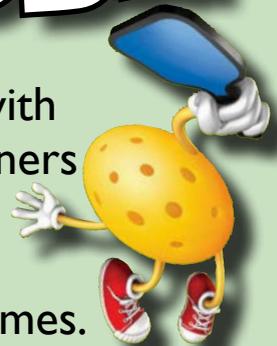
Ten Pin Rockin' Rollers

When was the last time someone cheered for you? Come out and bowl with us. New members welcome. A weekly \$9 fee is payable directly to Bowl America (Clopper Road, Gaithersburg) on day of play. Includes three games and shoe rental.

57748 Th 1/12-3/30 1-3 PM Free
Bowl America/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.



Starting Wednesdays, Jan. 11
Twinbrook Recreation Center.

Free drop in for seniors only.

Wednesday and Friday mornings
from 9-10 a.m. in the Gym.

This is an ongoing program.

Wednesdays from 10 a.m. - Noon
at **Thomas Farm**

Wednesdays from 7-9 p.m.
at **Twinbrook**

Coming Spring 2017

Adults 60+

Recreation and Services Guide

The Rockville Senior Center is privileged to announce the launch of its own 60-plus adults' recreation guide.

This new guide showcases classes and programs for adults 60 and older that were in the city's recreation guides, but with more information relevant to senior center members.

HOLIDAY BAZAAR

Sponsored by Rockville Seniors, Inc.

Saturday, Dec. 3

9 a.m. - 2 p.m.

Handmade Crafts

Book Sale

Raffle

Bake Sale

Plant Sale

ROCKVILLE SENIOR CENTER

1150 Carnation Drive,
Rockville, MD 20850

240-314-8800

Directions: 240-314-5019

Need Help with Your Taxes?

Senior Income Tax Assistance

Mondays, Feb. 6-April 10

Appointment needed: no fee

240-777-2577



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, an outside interactive “sprayground,” a 150-foot waterslide, dry saunas, whirlpool, 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.

Fees:
 M = RSFC Member • NM = Non-RSFC Member

Registration Procedures

Swim Center Members
 Thursday, Nov. 29, 8:30 a.m.

Swim Center Non-members
 Thursday, Dec. 1, 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:

- 2 – Rowing Machines
- 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. Non-toilet-trained children must wear a swim diaper under tight-fitting vinyl pants. Pants are on sale at the center.

Bubblers I

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
57362	Tu	1/3-2/14	9-9:30 AM	\$62/\$78
57363	Sa	1/7-2/18	10:50-11:20 AM	\$62/\$78
57364	Su	1/8-2/19	10:15-10:45 AM	\$62/\$78
57367	Tu	2/21-4/4	9-9:30 AM	\$62/\$78
57365	Sa	2/25-4/8	10:50-11:20 AM	\$62/\$78
57366	Su	2/26-4/9	10:15-10:45 AM	\$62/\$78

Bubblers 2

Tots with little or no experience are welcome. Children 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
57372	M	1/2-2/13	2-2:30 PM	\$62/\$78
57368	Th	1/5-2/16	9-9:30 AM	\$62/\$78
57369	Sa	1/7-2/18	10:15-10:45 AM	\$62/\$78
57370	Su	1/8-2/19	9:40-10:10 AM	\$62/\$78
57371	Su	1/8-2/19	11:25-11:55 AM	\$62/\$78
57376	M	2/20-4/3	2-2:30 PM	\$62/\$78
57377	Th	2/23-4/6	9-9:30 AM	\$62/\$78
57373	Sa	2/25-4/8	10:15-10:45 AM	\$62/\$78
57374	Su	2/26-4/9	9:40-10:10 AM	\$62/\$78
57375	Su	2/26-4/9	11:25-11:55 AM	\$62/\$78



Bobbers I

Along with an adult, children learn to adjust to the water. They also learn simple water skills, such as submerging, floating, kicking and arm stroking. This is an adult/child class.

Age: 3-5				M/NM
57326	W	1/4-2/15	2-2:30 PM	\$62/\$78
57327	Th	1/5-2/16	9:30-10 AM	\$62/\$78
57328	Sa	1/7-2/18	9:05-9:35 AM	\$62/\$78
57329	Sa	1/7-2/18	11:25-11:55 AM	\$62/\$78
57330	Su	1/8-2/19	9:05-9:35 AM	\$62/\$78
57331	Su	1/8-2/19	10:50-11:20 AM	\$62/\$78
57332	W	2/22-4/5	2-2:30 PM	\$62/\$78
57333	Th	2/23-4/6	9:30-10 AM	\$62/\$78
57334	Sa	2/25-4/8	9:05-9:35 AM	\$62/\$78
57335	Sa	2/25-4/8	11:25-11:55 AM	\$62/\$78
57336	Su	3/5-4/23	9:05-9:35 AM	\$62/\$78
57337	Su	3/5-4/23	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 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
57338	Tu	1/3-2/14	9:30-10 AM	\$62/\$78
57339	Sa	1/7-2/18	8:30-9 AM	\$62/\$78
57340	Sa	1/7-2/18	9:40-10:10 AM	\$62/\$78
57341	Su	1/8-2/19	8:30-9 AM	\$62/\$78
57345	Tu	2/21-4/4	9:30-10 AM	\$62/\$78
57342	Sa	2/25-4/8	8:30-9 AM	\$62/\$78
57343	Sa	2/25-4/8	9:40-10:10 AM	\$62/\$78
57344	Su	2/26-4/9	8:30-9 AM	\$62/\$78

Rockville Swim and Fitness Center
240-314-8750

Visit us at:
www.rockvillemd.gov/swimcenter

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 that the 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 are reluctant to take part 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 with putting their faces in water. To ease each child's anxiety, adults remain on deck for the duration of the lesson.

Age: 4-6		M/NM	
57408	M	1/2-2/13	4:45-5:15 PM \$67/\$84
57409	W	1/4-2/15	4:10-4:40 PM \$67/\$84
57410	M	2/20-4/3	4:45-5:15 PM \$67/\$84
57411	W	2/22-4/5	3:35-4:05 PM \$67/\$84

Floaters I

This class is designed for children who need to become adjusted to water. They learn to do front and back floats, kick and stroke as well as put their face in the water. Children learn to swim 5 yards on their front and back.

Age: 4-6		M/NM	
57418	M	1/2-2/13	3:35-4:05 PM \$67/\$84
57424	M	1/2-2/13	4:10-4:40 PM \$67/\$84
57413	Tu	1/3-2/14	4:35-5:05 PM \$67/\$84
57417	Tu	1/3-2/14	5:10-5:40 PM \$67/\$84
57419	Tu	1/3-2/14	5:45-6:15 PM \$67/\$84
57433	W	1/4-2/15	3:35-4:05 PM \$67/\$84
57434	Th	1/5-2/16	5:45-6:15 PM \$67/\$84
57416	F	1/6-2/17	3:35-4:05 PM \$67/\$84
57436	F	1/6-2/17	4:45-5:15 PM \$67/\$84
57412	Sa	1/7-2/18	9:9:40 AM \$67/\$84
57414	Sa	1/7-2/18	10:30-11:10 AM \$67/\$84
57415	Sa	1/7-2/18	11:15-11:55 AM \$67/\$84
57420	Su	1/8-2/19	9:9:40 AM \$67/\$84
57421	Su	1/8-2/19	9:45-10:25 AM \$67/\$84
57422	Su	1/8-2/19	10:30-11:10 AM \$67/\$84
57423	Su	1/8-2/19	11:15-11:55 AM \$67/\$84
57432	M	2/20-4/3	4:10-4:40 PM \$67/\$84
57437	M	2/20-4/3	3:35-4:05 PM \$67/\$84
57435	Tu	2/21-4/4	4:35-5:05 PM \$67/\$84
57438	Tu	2/21-4/4	5:10-5:40 PM \$67/\$84
57439	Tu	2/21-4/4	5:45-6:15 PM \$67/\$84
57440	W	2/22-4/5	4:10-4:40 PM \$67/\$84
57441	Th	2/23-4/6	5:45-6:15 PM \$67/\$84
57442	F	2/24-4/7	3:35-4:05 PM \$67/\$84
57443	F	2/24-4/7	4:45-5:15 PM \$67/\$84

57425	Sa	2/25-4/8	9:9:40 AM \$67/\$84
57426	Sa	2/25-4/8	10:30-11:10 AM \$67/\$84
57431	Sa	2/25-4/8	11:15-11:55 AM \$67/\$84
57427	Su	2/26-4/9	9:9:40 AM \$67/\$84
57428	Su	2/26-4/9	9:45-10:25 AM \$67/\$84
57429	Su	2/26-4/9	10:30-11:10 AM \$67/\$84
57430	Su	2/26-4/9	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 5 yards on their front and back should take this class. They 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	
57444	M	1/2-2/13	3:35-4:05 PM \$67/\$84
57445	Tu	1/3-2/14	5:10-5:40 PM \$67/\$84
57446	W	1/4-2/15	3:35-4:05 PM \$67/\$84
57447	Th	1/5-2/16	4:35-5:05 PM \$67/\$84
57448	Th	1/5-2/16	5:10-5:40 PM \$67/\$84
57449	F	1/6-2/17	3:35-4:05 PM \$67/\$84
57450	F	1/6-2/17	4:10-4:40 PM \$67/\$84
57451	Sa	1/7-2/18	9:45-10:25 AM \$67/\$84
57452	Sa	1/7-2/18	11:15-11:55 AM \$67/\$84
57453	Su	1/8-2/19	9:45-10:25 AM \$67/\$84
57454	Su	1/8-2/19	11:15-11:55 AM \$67/\$84
57461	M	2/20-4/3	3:35-4:05 PM \$67/\$84
57462	Tu	2/21-4/4	5:10-5:40 PM \$67/\$84
57463	W	2/22-4/5	3:35-4:05 PM \$67/\$84
57464	Th	2/23-4/6	4:35-5:05 PM \$67/\$84
57465	Th	2/23-4/6	5:10-5:40 PM \$67/\$84
57466	F	2/24-4/7	3:35-4:05 PM \$67/\$84
57467	F	2/24-4/7	4:10-4:40 PM \$67/\$84
57455	Sa	2/25-4/8	9:45-10:25 AM \$67/\$84
57456	Sa	2/25-4/8	10:30-11:10 AM \$67/\$84
57457	Sa	2/25-4/8	11:15-11:55 AM \$67/\$84
57458	Su	2/26-4/9	9:45-10:25 AM \$67/\$84
57459	Su	2/26-4/9	10:30-11:10 AM \$67/\$84
57460	Su	2/26-4/9	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 8 yards should take this class. The focus is on stroke development in front crawl, back crawl and elementary backstroke arms and kick. Treading water and rhythmic breathing skills are also be taught.

Age: 4-7				M/NM
57512	M	1/2-2/13	4:45-5:15 PM	\$67/\$84
57513	W	1/4-2/15	4:10-4:40 PM	\$67/\$84
57514	Th	1/5-2/16	5:10-5:40 PM	\$67/\$84
57515	Sa	1/7-2/18	9:45-10:25 AM	\$67/\$84
57516	Su	1/8-2/19	9-9:40 AM	\$67/\$84
57517	Su	1/8-2/19	11:15-11:55 AM	\$67/\$84
57520	W	2/22-4/5	4:10-4:40 PM	\$67/\$84
57521	Th	2/23-4/6	5:10-5:40 PM	\$67/\$84
57522	Th	2/23-4/6	4:35-5:05 PM	\$67/\$84
57518	Sa	2/25-4/8	10:30-11:10 AM	\$67/\$84
57519	Su	2/26-4/9	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 work on perfecting front/back crawl, elementary backstroke and treading water. Students are introduced to coordinated breaststroke.

Age: 4-7				M/NM
57523	Tu	1/3-2/14	5:45-6:15 PM	\$67/\$84
57524	W	1/4-2/15	4:45-5:15 PM	\$67/\$84
57525	Th	1/5-2/16	4:35-5:05 PM	\$67/\$84
57526	Sa	1/7-2/18	9-9:40 AM	\$67/\$84
57527	Su	1/8-2/19	9:45-10:25 AM	\$67/\$84
57532	M	2/20-4/3	4:45-5:15 PM	\$67/\$84
57531	Tu	2/21-4/4	5:45-6:15 PM	\$67/\$84
57533	F	2/24-4/7	4:45-5:15 PM	\$67/\$84
57528	Sa	2/25-4/8	9:45-10:25 AM	\$67/\$84
57529	Sa	2/25-4/8	11:15-11:55 AM	\$67/\$84
57530	Su	2/26-4/9	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
57535	F	1/6-2/17	4:45-5:15 PM	\$77/\$96
57537	Su	1/8-2/19	10:30-11:10 AM	\$67/\$84
57536	Th	2/23-4/6	5:45-6:15 PM	\$67/\$84
57538	Su	2/26-4/9	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
57494	Th	1/5-2/16	5:45-6:15 PM	\$67/\$84
57497	Sa	1/7-2/18	10:30-11:10 AM	\$67/\$84
57496	W	2/22-4/5	4:45-5:15 PM	\$67/\$84
57495	Sa	2/25-4/8	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 are introduced to front and back floats, kicking, arm stroking, blowing bubbles and swimming 7 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
57585	W	1/4-2/15	4:45-5:15 PM	\$62/\$77
57586	F	1/6-2/17	4:10-4:40 PM	\$62/\$77
57587	Sa	1/7-2/18	9:45-10:25 AM	\$62/\$77
57588	Sa	1/7-2/18	10:30-11:10 AM	\$62/\$77
57589	Su	1/8-2/19	10:30-11:10 AM	\$62/\$77
57590	Su	1/8-2/19	12-12:40 PM	\$62/\$77
57594	W	2/22-4/5	4:45-5:15 PM	\$62/\$77
57595	F	2/24-4/7	4:10-4:40 PM	\$62/\$77
57591	Sa	2/25-4/8	9-9:40 AM	\$62/\$77
57592	Su	2/26-4/9	10:30-11:10 AM	\$62/\$77
57593	Su	2/26-4/9	12-12:40 PM	\$62/\$77



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 cancelled.

REGISTER EARLY!

Youth 2

A class for children who can submerge for 5-10 seconds, do a front and back float and swim 7 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 are taught.

Age: 7+				M/NM
57601	M	1/2-2/13	4:10-4:40 PM	\$62/\$77
57596	Tu	1/3-2/14	4:35-5:05 PM	\$62/\$77
57597	Sa	1/7-2/18	9-9:40 AM	\$62/\$77
57598	Sa	1/7-2/18	10:30-11:10 AM	\$62/\$77
57599	Su	1/8-2/19	9-9:40 AM	\$62/\$77
57600	Su	1/8-2/19	12-12:40 PM	\$62/\$77
57605	M	2/20-4/3	4:10-4:40 PM	\$62/\$77
57606	Tu	2/21-4/4	4:35-5:05 PM	\$62/\$77
57602	Sa	2/25-4/8	9:45-10:25 AM	\$62/\$77
57603	Su	2/26-4/9	9-9:40 AM	\$62/\$77
57604	Su	2/26-4/9	12-12:40 PM	\$62/\$77

Youth 3

Children who can swim a combined stroke for 10 yards on their front and back should take this class. Children learn elementary backstroke arms and kick, rhythmic breathing, how to tread water and improve their stroke.

Age: 7+				M/NM
57607	Sa	1/7-2/18	9-9:40 AM	\$62/\$77
57608	Sa	1/7-2/18	11:15-11:55 AM	\$62/\$77
57609	Su	1/8-2/19	10:30-11:10 AM	\$62/\$77
57610	Su	1/8-2/19	12-12:40 PM	\$62/\$77
57611	Sa	2/25-4/8	9-9:40 AM	\$62/\$77
57612	Sa	2/25-4/8	10:30-11:10 AM	\$62/\$77
57613	Su	2/26-4/9	9-9:40 AM	\$62/\$77
57614	Su	2/26-4/9	9:45-10:25 AM	\$62/\$77
57615	Su	2/26-4/9	10:30-11:10 AM	\$62/\$77
57616	Su	2/26-4/9	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 work on perfecting front and back strokes, and treading water. Coordinated breaststroke are introduced. Prerequisite: Youth 3.

Age: 7+				M/NM
57617	Sa	1/7-2/18	10:30-11:10 AM	\$62/\$77
57618	Sa	1/7-2/18	11:15-11:55 AM	\$62/\$77
57619	Su	1/8-2/19	9-9:40 AM	\$62/\$77
57620	Su	1/8-2/19	12-12:40 PM	\$62/\$77
57621	Su	1/8-2/19	11:15-11:55 AM	\$62/\$77
57622	Sa	2/25-4/8	9-9:40 AM	\$62/\$77
57623	Sa	2/25-4/8	11:15-11:55 AM	\$62/\$77
57624	Su	2/26-4/9	9:45-10:25 AM	\$62/\$77
57625	Su	2/26-4/9	11:15-11:55 AM	\$62/\$77

Youth 5

This class is for children who can swim one length of front crawl and back crawl, and swim 15 yards of elementary backstroke in good form, as well as tread water and dive into and swim in deep water. Children learn bilateral breathing for front crawl, breaststroke, sidestroke, butterfly arms and dolphin kick. All other previously learned strokes are refined.

Age: 7+				M/NM
57626	Sa	1/7-2/18	9-9:40 AM	\$62/\$77
57627	Sa	1/7-2/18	11:15-11:55 AM	\$62/\$77
57628	Su	1/8-2/19	9-9:40 AM	\$62/\$77
57629	Su	1/8-2/19	9:45-10:25 AM	\$62/\$77
57630	Su	1/8-2/19	11:15-11:55 AM	\$62/\$77
57631	Sa	2/25-4/8	9-9:40 AM	\$62/\$77
57632	Sa	2/25-4/8	9:45-10:25 AM	\$62/\$77
57633	Sa	2/25-4/8	11:15-11:55 AM	\$62/\$77
57634	Su	2/26-4/9	9-9:40 AM	\$62/\$77
57635	Su	2/26-4/9	9:45-10:25 AM	\$62/\$77
57636	Su	2/26-4/9	12-12:40 PM	\$62/\$77

Youth 6

This class requires the ability to swim two lengths (50 yards) of front crawl, and backstroke, and 15 yards of side stroke and breaststroke, all in good form. Children work on breaststroke, butterfly and turns, in addition to refining other strokes.

Age: 7+				M/NM
57637	Sa	1/7-2/18	9:45-10:25 AM	\$62/\$77
57638	Sa	1/7-2/18	11:15-11:55 AM	\$62/\$77
57639	Su	1/8-2/19	9:45-10:25 AM	\$62/\$77
57640	Su	1/8-2/19	10:30-11:10 AM	\$62/\$77
57641	Sa	2/25-4/8	9-9:40 AM	\$62/\$77
57642	Sa	2/25-4/8	10:30-11:10 AM	\$62/\$77
57643	Su	2/26-4/9	9-9:40 AM	\$62/\$77
57644	Su	2/26-4/9	11:15-11:55 AM	\$62/\$77

Youth 7

Swimmers able to swim four lengths (100 yards) of freestyle and backstroke, and one full length (25 yards) of breaststroke, should take this class. Children work on stroke improvement, endurance, butterfly, turns and racing dives. Prerequisite: Youth 5 and 6.

Age: 7+				M/NM
57645	Sa	1/7-2/18	10:30-11:10 AM	\$62/\$77
57646	Su	1/8-2/19	9-9:40 AM	\$62/\$77
57647	Su	1/8-2/19	11:15-11:55 AM	\$62/\$77
57648	Su	1/8-2/19	12-12:40 PM	\$62/\$77
57649	Sa	2/25-4/8	10:30-11:10 AM	\$62/\$77
57650	Su	2/26-4/9	9:45-10:25 AM	\$62/\$77
57651	Su	2/26-4/9	12-12:40 PM	\$62/\$77

Swim 4 Fitness for Teens

Geared towards teens with prior swimming 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 are issued for this class.

Age: 12-17				M/NM
57545	Su	1/8-2/19	12-12:45 PM	\$62/\$77
57546	Su	2/26-4/9	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 are emphasized, as well as turns and racing starts. Prerequisite: Youth 6 and 7.

Age: 8+				M/NM
57547	Sa	1/7-2/18	9:45-10:25 AM	\$62/\$77
57548	Su	1/8-2/19	9:45-10:25 AM	\$62/\$77
57549	Su	1/8-2/19	10:30-11:10 AM	\$62/\$77
57550	Sa	2/25-4/8	11:15-11:55 AM	\$62/\$77
57551	Sa	2/25-4/8	9:45-10:25 AM	\$62/\$77
57552	Su	2/26-4/9	10:30-11:10 AM	\$62/\$77
57553	Su	2/26-4/9	11:15-11:55 AM	\$62/\$77

Adult Swim

Adult Beginner 1

This is an aquatic orientation class. Adults are introduced to basic swimming skills, such as front and back floats, kicking, arm strokes and rhythmic breathing.

Age: 14+				M/NM
57291	Tu	1/3-2/14	8:30-9:15 PM	\$62/\$77
57292	W	1/4-2/15	8:35-9:20 PM	\$62/\$77
57295	Sa	1/7-2/18	9:45-10:25 AM	\$62/\$77
57293	Tu	2/21-4/4	8:30-9:15 PM	\$62/\$77
57294	W	2/22-4/5	8:35-9:20 PM	\$62/\$77

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 are demonstrated. Prerequisite: Adult Beginner 1.

Age: 14+				M/NM
57296	W	1/4-2/15	8:35-9:20 PM	\$62/\$77
57297	Th	1/5-2/16	8:30-9:15 PM	\$62/\$77
57300	Sa	1/7-2/18	9-9:45 AM	\$62/\$77
57298	W	2/22-4/5	8:35-9:20 PM	\$62/\$77
57299	Th	2/23-4/6	8:30-9:15 PM	\$62/\$77

Rockville Swim and Fitness Center

240-314-8750

Visit us at:

www.rockvillemd.gov/swimcenter

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
57301	Tu	1/3-2/14	8:30-9:15 PM	\$62/\$77
57302	Tu	2/21-4/4	8:30-9:15 PM	\$62/\$77

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 are stressed. Skills are taught to prepare students for "Adult Stroke Correction." Prerequisite: Adult Beginner 3.

Age: 14+				M/NM
57303	Th	1/5-2/16	8:30-9:15 PM	\$62/\$77
57304	Th	2/23-4/6	8:30-9:15 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 are further developed. Endurance and breathing are stressed. These sessions are not for beginners. Prerequisite: Adult Beginner 4.

Age: 14+				M/NM
57305	Tu	1/3-2/14	11:10-11:55 AM	\$62/\$77
57307	Th	1/5-2/16	11:10-11:55 AM	\$62/\$77
57306	Tu	2/21-4/4	11:10-11:55 AM	\$62/\$77
57308	Th	2/23-4/6	11:10-11:55 AM	\$62/\$77

For holidays and "No Class Dates"

Check with instructor or see <http://rockenroll.rockvillemd.gov>
Enter course # to view course details.

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 tones your muscles while improving endurance with an emphasis on cardiovascular training. Includes abdominal and barbell work. Equipment are provided.

Age: 18+ M/NM
 57309 Tu & Th 1/3-4/6 6:35-7:20 AM \$131/\$158

Aqua Boot Camp

This fast-paced class helps 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 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
 57310 M 1/2-4/3 10:15-11 AM \$66/\$80
 57311 W 1/4-4/5 10:15-11 AM \$66/\$80
 57312 F 1/6-4/7 10:15-11 AM \$66/\$80

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 are provided.

Age: 16+ M/NM
 57313 M 1/2-4/3 8:30-9:15 AM \$66/\$80
 57318 M 1/2-4/3 9:15-10 AM \$66/\$80
 57314 Tu 1/3-4/4 8:30-9:15 AM \$66/\$80
 57319 Tu 1/3-4/4 9:15-10 AM \$66/\$80
 57315 W 1/4-4/5 8:30-9:15 AM \$66/\$80
 57691 W 1/4-4/5 9:15-10 AM \$66/\$80
 57316 Th 1/5-4/6 8:30-9:15 AM \$66/\$80
 57692 Th 1/5-4/6 9:15-10 AM \$66/\$80

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
 57693 F 1/6-4/7 8:30-9:15 AM \$66/\$80

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
 57322 Tu 1/3-4/4 10:15-11 AM \$66/\$80
 57323 Th 1/5-4/6 10:15-11 AM \$66/\$80
 57324 F 1/6-4/7 9:15-10 AM \$66/\$80

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 benefits runners and other active exercisers who are looking for a challenging workout.

Age: 18+ M/NM
 57401 Tu 1/3-4/4 10:10-10:55 AM \$66/\$80
 57402 Th 1/5-4/6 10:10-10:55 AM \$66/\$80

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
 57403 M 1/2-4/3 9:15-10 AM \$66/\$80
 57404 Tu 1/3-4/4 7:40-8:25 PM \$66/\$80
 57405 W 1/4-4/5 9:15-10 AM \$66/\$80
 57406 Th 1/5-4/6 7:40-8:25 PM \$66/\$80
 57407 F 1/6-4/7 9:15-10 AM \$66/\$80

H2O Walking

Did you know 30 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
 57472 M 1/2-4/3 9:20-10:05 AM \$66/\$80
 57473 Tu 1/3-4/4 7:40-8:25 PM \$66/\$80
 57474 W 1/4-4/5 9:20-10:05 AM \$66/\$80
 57475 Th 1/5-4/6 7:40-8:25 PM \$66/\$80
 57476 F 1/6-4/7 9:20-10:05 AM \$66/\$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 are not 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
57506	M & W & F	1/2-4/7	6:30-7:30 AM	\$189/\$231
57507	M & W	1/2-4/5	6:30-7:30 AM	\$140/\$168
57508	M	1/2-4/3	6:30-7:30 AM	\$80/\$96

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
57541	Tu	1/3-4/4	11:10-11:55 AM	\$70/\$86
57542	Tu	1/3-4/4	9:15-10 PM	\$70/\$86
57543	Th	1/5-4/6	11:10-11:55 AM	\$70/\$86
57544	Th	1/5-4/6	9:15-10 PM	\$70/\$86

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 are emphasized. Race management and open-water skills (drafting/close-contact, pack swimming) are discussed and practiced. Participants should be capable of swimming 200 yards of continuous freestyle.

Age: 16+				M/NM
57562	Su	1/8-2/19	7-8:30 PM	\$93/\$105
57563	Su	2/26-4/9	7-8:30 PM	\$93/\$105

Triathlon Swim Skills

This class 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 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
57565	Su	1/8-2/19	8:05-8:55 AM	\$62/\$70
57566	Su	2/26-4/9	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
57280	Tu & Th	1/3-4/6	2:05-2:50 PM	\$64/\$64/\$79

Senior Aquacize — Advanced

This course is similar to "Beginner Senior Aquacize," only faster paced.

Age: 60+				M/NM
57509	M & W & F	1/2-4/7	11:05-11:50 AM	\$94/\$94/\$118

Senior Aquacize — Beginner

Seniors 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
57510	M & W & F	1/2-4/7	10:10-10:55 AM	\$94/\$94/\$118

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
57511	M & W	1/2-4/5	2:35-3:20 PM	\$64/\$64/\$79

Rockville Swim and Fitness Center
240-314-8750

Visit us at:
www.rockvillemd.gov/swimcenter

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
57325 Tu & Th 1/3-4/6 10:10-10:55 AM \$147/\$185

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
57570 M & W 1/2-4/5 9:15-10:15 AM \$147/\$185

Certification and Training

Note: For the certification and training classes, there is one fee for members and nonmembers.

CPR/AED for the Professional Rescuer

The purpose of this American Red Cross course is to teach the skills needed to respond appropriately to breathing and cardiac emergencies. This full-length course includes the use of automated external defibrillation. This class is for nurses, technicians, lifeguards, doctors, EMTs, paramedics and anyone else in the health-care profession. (Lifeguards should take this course if their CPR/AED cert has already expired.)

All Ages				M/NM
57384	Tu, Su-Tu	12/27-1/2	2-5 PM	\$35
57385	Su-M	1/1-1/2	2-5 PM	\$27
57386	Tu	1/3	2-5 PM	\$19



EMAIL NEWSLETTER SIGN UP

The Rockville Swim and Fitness Center has an Email Newsletter for those who would like to be alerted to schedule changes, registration dates, program offerings, and other important information by e-mail.

To add your name to the list, simply go to www.rockvillemd.gov/swimcenter; click the **NOTIFY ME** button, enter your email and click the envelope symbol next to Swim Center.



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



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 begins at the conclusion of the pre-test. Upon successful completion, students are 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	Times vary	\$195
57483	Su, F-Su	2/26-3/18	Times vary	\$195
57485	Th	3/23-5/18	Times vary	\$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 begins at the conclusion of the pre-test. Upon successful completion, students are 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
57488	Sa-Su	2/25-2/26	3-10:30 PM	\$125
57489	Sa-Su	3/25-3/26	3-10:30 PM	\$125

ROCKVILLE

Student Art Show

Open to students who live or attend school within City of Rockville corporate limits (Grades K-12). Students may submit one 2-D or 3-D work of art in any medium. Judging for ribbon awards, by grade level, grades 4-12.

Registration/Delivery of Artwork

Sunday, Feb. 12, 1:30-3:30 p.m.

Glenview Mansion Art Gallery

Rockville Civic Center Park

603 Edmonston Drive, Rockville, MD 20851

Opening Reception

Sunday, Feb. 19, 1:30-3:30 p.m.

Student Artwork on Exhibit

Feb. 19-March 22

Artwork pick-up March 23 and 24

240-314-8682 • www.rockvillemd.gov/arts



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.

Special rates for music recitals, memorials, baby showers and bridal showers.

240-314-8660

www.rockvillemd.gov/glenview

603 Edmonston Drive

Holiday

Open House Series

Glenview Mansion

Rockville Civic Center Park

603 Edmonston Drive, Rockville, MD 20851

Share in community spirit and friendship this holiday season!

Enjoy decorations contributed by community organizations and musical performances by local ensembles.

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.

ALL EVENTS FREE

OPEN TO THE PUBLIC

240-314-8660

www.rockvillemd.gov/glenview

Recorded Directions: 240-314-5004

Join Us For The Holidays



Rockville Concert Band

Winter Is Icumen In

Ancient and modern music depicting snow, ice, sleigh rides and fantasies conducted by John Saint Amour, Music Director.

Sunday, Dec. 18, 3 p.m.

For information: 240-314-8681



Rockville Chorus

Under the direction of Bryan Seith

Holiday Concert Music from the world over Sunday, Dec. 18, 7:30 p.m.

For information: 240-314-8682

F. Scott Fitzgerald Theatre
Rockville Civic Center Park

No tickets required; \$5 suggested donation



Sunday Afternoon

CONCERT SERIES

GLENVIEW MANSION
1st Floor Conservatory

DEC. 4, 1-4 p.m.

HOLIDAY OPEN HOUSE

Featuring a variety of musical performances and beautiful holiday decorations.

New this year: Fine Craft Show on 1st floor of Mansion

JAN. 8, 2 p.m.

Barbara Martin, guitar and vocals

Jazzy singer-songwriter and guitarist, Barbara Martin, is the real deal. Her soulful voice and skillful songwriting combined with the ability to transition from chanteuse to girl-next-door to perceptive poet make her delightfully her own woman. *The Washington Post* calls her music "... as American in style as it is universal in emotional intelligence."

APRIL 22, 2 p.m.

Olivia Castriota

This Brooklyn-based singer and songwriter recently released her debut album "All At Once" which peaked at No. 2 on the iTunes U.S. New Album Release charts for the R&B/Soul category and her award-winning music video on VEVO.

FREE – No tickets required

240-314-8682

www.rockvillemd.gov/arts

18TH ANNUAL

Glenview Mansion

WEDDING EXPO

SUNDAY, JAN. 29

NOON – 4 P.M.

MORE THAN 30 VENDOR EXHIBITS AND
SAMPLES ON DISPLAY SPECIALIZING
IN:

- CATERING
- WEDDING CAKES
- PHOTOGRAPHY
- MUSICAL ENTERTAINMENT
- FLORAL ARRANGEMENTS
AND SO MUCH MORE!

\$5 ADMISSION AT THE DOOR

Glenview Mansion

AT ROCKVILLE CIVIC CENTER PARK
603 EDMONSTON DRIVE
ROCKVILLE, MD 20851

WWW.ROCKVILLEMD.GOV/GLENVIEW
240-314-8660

ROCKVILLE CIVIC BALLET

Eleanor Simpson, Director



"The Nutcracker"

Saturdays, Dec. 3 and 10
2 p.m. and 7:30 p.m.

Sundays, Dec. 4 and 11
2 p.m.



"A Midsummer Night's Dream" and "Macbeth"

Saturday, March 18, 7:30 p.m.
Sunday, March 19, 2 p.m.

F. SCOTT FITZGERALD THEATRE
Rockville Civic Center Park

TICKETS \$17 adults; \$13 children (ages 12 and younger)
\$13 seniors (ages 60 and older)
GROUP RATES \$16.50 – seven or more adult tickets
\$12.50 - 10 or more children/senior tickets

Assigned seat tickets may be purchased in-person,
by phone, or by mail order at
the F. Scott Fitzgerald Theatre Box Office
or online at www.rockvillemd.gov/theatretix
FOR TICKETS: 240-314-8690

Glenview Mansion

Art Gallery • 2nd floor

Winter Exhibits



Jan. 8-Feb. 10

Eric Westbrook – landscape paintings

Dustine Hayes and Leela Payne –
fantastical painting

David Brosch – printmaking

Heidi Sheppard – colored pencil abstracts

Opening Reception:

Sunday, Jan. 8, 1:30-3:30 p.m.

Feb. 19-Mar. 22

Rockville's Annual Student Art Show

Registration/Artwork Delivery:

Sunday, Feb. 12 1:30-3:30 p.m.

Opening Reception:

Sunday, Feb. 19, 1:30-3:30 p.m.

Artwork Pickup:

Thursday, March 23, 4-7 p.m. and

Friday, March 24, 2-5 p.m.

Gallery Exhibit Hours:

Mon., Tues., Wed., Fri., 9 a.m. - 4:30 p.m.

Thurs., 9 a.m. - 9 p.m.

FREE – Open to the Public

240-314-8682 • www.rockville.gov/arts

Rockville Concert Band

John Saint Amour, Music Director
Douglas Pierce, Associate Music Director

2017 CONCERT SERIES



“Swinging Sunday: Annual Jazz Concert”

An afternoon of jazz with Douglas Pierce, associate music director and professor of jazz trumpet at University of District Columbia.

Jan. 22 at 3 p.m.

60th Anniversary Gala Concert

Celebrate 60 years of Rockville Concert Band history in this special concert.

March 12 at 3 p.m.



“Broadway on Film”

John Saint Amour, music director, takes us on a multimedia journey of great Broadway musicals on film.

April 23 at 3 p.m.

No tickets required; \$5 suggested donation.

F. Scott Fitzgerald Theatre

Rockville Civic Center Park

For information: 240-314-8681

www.rockvillemd.gov/arts

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

Winter Schedule

The Rockville Civic Ballet presents "**The Nutcracker**", Saturdays, Dec. 3 & Dec. 10 at 2 p.m. & 7:30 p.m.; Sundays, Dec. 4 & Dec. 11 at 2 p.m.

Hope Garden Children's Ballet presents "**A Christmas Carol**", Saturday Dec. 17 at 1:30 and 6 p.m.

The Rockville Concert Band performs "**Winter Is Icumen In**" on Sunday, Dec. 18 at 3 p.m. followed by the **Annual Holiday Concert** performance by the **Rockville Chorus** at 7 p.m.

The Rockville Concert Band performs "**Swinging Sunday: Annual Jazz Concert**" on Sunday, Jan. 22 at 3 p.m.

The Rockville Little Theatre presents "**The Miracle Worker**", Feb. 3, 4, 5, 10, 11, and 12.

Montgomery County Celebrates Black History Month on Wednesday Feb. 15.

The Tamburitzans return on Saturday, Feb. 18 for two performances, 2 p.m. and 8 p.m.

The Victorian Lyric Opera Company presents **Offenbach's "La Périchole"**, Feb. 24 through March 5.

Amazing Fox Productions presents a **Russian Children's Theatre Festival**, Saturday, March 11, at 3 p.m.

The Rockville Concert Band performs the **60th Anniversary Gala Concert** on Sunday, March 12 at 3 p.m.

The Rockville Civic Ballet presents "**A Midsummer Night's Dream**" and "**Macbeth**" Saturday, March 18 at 7:30 p.m. and Sunday, March 19 at 2 p.m.

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 childcare 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 Ave., 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
Directions Line:	
Civic Center.....	240-314-5004
Senior Center.....	240-314-5019
Swim Center.....	240-314-5010
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*		Zip Código postal*
Home Phone Teléfono de Casa*			Work Phone Teléfono de Trabajo			Cell Phone Celular		

Emergency Contact | Contacto de Emergencia

For participants under 18 | Participante menor de edad

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	School Attending Escuela a la que asiste	Grade Grado	Fees* Costo*

Rec Fund Fondo de rec.: \$	Sr. Ctr. Mem Centro de Ancianos: \$	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: \$	
Processed by:	Date Processed:	Total Paid: \$
Total Amount Due:		Cantidad Total:

Program Modifications: Participants with disabilities should contact our office prior to activity.

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
Cardholder Signature Firma del Dueño de la Tarjeta		Zip Código Postal	

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.

Participación en el programa puede ser una actividad peligrosa. Participante no debe participar en el programa a menos que el participante está en buena forma física y es médicamente capaz. Participantes (o padre o tutor en nombre de un participante menor de edad) asume todos los riesgos asociados con la participación en este programa, incluyendo pero no limitado a, los generalmente asociados con este tipo de programa, los riesgos de viajar en las vías públicas, de accidentes, de enfermedad y de las fuerzas de la naturaleza. Teniendo en cuenta el derecho a participar en el programa y en consideración del acuerdo por el participante por el Alcalde y Consejo de Rockville a través de su Departamento de recreación y parques para comida, viajes y recreación, el participante, sus herederos y ejecutores, o un padre o tutor en nombre de un hijo menor de edad pudiera derivarse de o como resultado de la participación en el programa. El participante (o el padre o tutor en nombre de un participante menor de edad) concede el permiso de un médico o un técnico médico de emergencia administrar tratamiento de urgencia de la participante y consiente al uso de la ciudad de fotografías o videos del programa que incluyen al participante. Ni el instructor ni ninguno de el personal es responsable de los participantes antes o después del programa.

* Signature of Participant/Guardian | Firma del participante/tutor _____

Registration Begins:

- Thursday, Dec. 1 for all (Nov. 29 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.

City of Rockville
111 Maryland Avenue
Rockville, Maryland 20850-2364

ECR WSS
Residential Customer

PRESORTED
STANDARD
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PERMIT NO. 63

Summer Camps 2017

The Camp Guide will be available at
www.rockvillemd.gov/recreation
and all city facilities beginning in January

Come Visit Us Jan. 29
10 a.m. - 4 p.m.

Montgomery County Camp and Summer Fun Expo
at the Hilton Hotel Rockville
1750 Rockville Pike



Save the Dates

Camp Registration Begins **Tuesday, Jan. 17**
Camps Begin **The week of June 19**

240-314-8620 • www.rockvillemd.gov/camps