

life

IN ROCKVILLE

FALL 2020
RECREATION AND PARKS
ACTIVITY GUIDE



City of
Rockville
Get Into It

AQUATICS • TOTS/PRESCHOOL • CHILDREN
CROYDON CREEK NATURE CENTER • TEENS • ADULTS
ADULTS 60+ • CULTURAL ARTS

FALL 2020 VIRTUAL ONLINE PROGRAMS

PRESCHOOL

- I Can Draw - Abrakadoodle • Age: 3-5
- Coach Doug Sports • Age: 2-6
- Fairytale Fitness • Age 3-5
- Little Fingers Music with Piano and Guitar • Age: 3-5
- My Gym LIVE! - Little Bundles & Tiny Tykes • Age: 1- 40 mos
- My Gym LIVE! - Mighty Mites & Whiz Kids • Age: 3-6
- Music Together (Adult/Child) • Age: 1 mos-5 yr

CHILDREN

- Afterschool Buddies • Age. 6-11
- Ballet for Children • Age. 5-13
- Bookworms • Age: 5-7
- Beyond the Book • Age: 8-12
- Cheer Madness - Poms with a Purpose • Age: 6-11
- Coach Doug Athletes • Age: 5-10
- Family and Me Fitness • Age: 5-10
- Guitar for Kids • Age: 5-10
- Innovation Lab • Age: 7-9
- Learn Now Music – Instrumental Music Ensemble • Age: 5-12
- Magic Mondays • Age: 5+
- My Gym LIVE! - Super Kids • Age: 6-10
- Sketcher Kids - Abrakadoodle • Age: 5-10
- Virtual Kids Night In • Age: 6-11

CROYDON CREEK NATURE CENTER

- Crafternoons from Croydon • Age 6-10
- Meet Gillis, The Vulture • Age 2+
- Owls Up Close • Age: 7-12

TEENS

- Ballet - Teen and Adult • Age: 12+
- Board Art for Teens • Age: 11-15
- Book It for Tweens • Age: 12-15
- Junior Chefs • Age: 9-13
- Innovation Lab • Age: 10-13
- Minecraft • Age: 9-15
- Roblox 3D • Age: 7-13
- Teen Scene Club • Age: 12-14

ADULTS

- Ballet • Age: 13+
- Board Art for Adults • Age: 16+
- Body Sculpt • Age: 16+
- Cardio Kickbox • Age: 16+
- Cheer Fit • Age: 14+
- Guitar - Beginner • Age: 18+
- Mysteries From Glenview Mansion • Age: 16+
- Pilates • Age: 16+
- Pilates - Yoga Fusion • Age: 16+
- Rocktoberfest • All ages
- Peerless Speaker Series • All ages
- TL;DR Movie Club • Age: 18+
- Wedding Workshop • Age: 18+
- Yoga - Balance, Flexibility, Mood & Strength • Age: 16+
- Yoga - Beginning and Continuing • Age: 16+
- Yoga - Gentle with Stretching • Age: 16+
- Yoga - Hatha Intermediate • Age: 16+
- Yoga with Weights • Age: 16+
- Zumba Fit • Age: 16+
- Zumba Toning • Age: 16+

IN THIS ISSUE

PROGRAMS

AQUATICS	4-11
TOTS AND PRESCHOOL.....	12-15
COMMUNITY CENTERS.....	16-17
CHILDREN	18-22
CROYDON CREEK NATURE CENTER.....	23-24
TEENS	26-28
ADULTS	29-37
ADULTS 60+	38-41
CULTURAL ARTS	42-45

GENERAL INFORMATION

Emergency/Weather Policy	48
Financial Assistance	45
Frequently Used Parks/Facilities.....	44
Individuals with Disabilities.....	48
Registration Info and Forms	49-50
Recreation and Parks Foundation	46

2 WAYS TO REGISTER



1. Online
at www.rockvillemd.gov/registration.



2. By Mail or Fax
Mail or fax your completed registration form. See page 62 for a list of addresses and fax numbers.



We are not taking in-person registrations at this time.
Call 240-314-8620 for information.

REGISTRATION DATES

SENIOR MEMBERS:
Thursday, August 27

Adults 60+ Recreation and Services Guide programs only.

GENERAL:
Thursday, August 27

STAY INFORMED

www.rockvillemd.gov/recreation
registration@rockvillemd.gov
240-314-8620

 twitter.com/rockvillerec

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



Outdoor recreation pool with slide

Indoor and outdoor pools

**Fitness center
dry sauna and hot tub**

Multipurpose room

ROCKVILLE SWIM AND FITNESS CENTER

www.rockvillemd.gov/swimcenter

240-314-8750 • swimcenter@rockvillemd.gov • 355 Martins Lane, Rockville, MD 20850

The Rockville Swim and Fitness Center is a great place to swim and stay in shape year-round.

We offer three seasonal outdoor swimming pools, two year-round indoor swimming pools, sprayground, a 150-foot waterslide, hot tub, dry sauna and a fully equipped fitness center.

Visit our newly expanded and renovated locker room and lobby!

Hours

Monday - Saturday

6 a.m. - 9 p.m.

Sunday

9 a.m. - 9 p.m.

Sign Up for Notifications

Receive updates on schedule changes, weather alerts, critical announcements, upcoming classes and facility projects. Sign up today at www.rockvillemd.gov/swimcenter/alerts



Swimming Classes

Annual and Seasonal Memberships Available!
Come for the Day or the Year!

Registration Begins: August 17

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/swimcenter 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: \$15 withdraw fee will be applied for all refunds; \$5 transfer fee may apply.

Register Online:
www.rockvillemd.gov/registration

Mail to:
Swimming Lessons
RSFC
355 Martins Lane,
Rockville, MD 20850

Secure Fax to:
Swimming Lessons
240-314-8759

*Rates are determined by membership status not residency.
M = Member NM = Nonmember*

AQUATICS

Adult/Child Swim

Bubblers 1

Introduce your baby to the water in a relaxed and playful manner. Learn basic skills and water safety. This is an adult/child class. Non-toilet-trained children must wear a swim diaper under tight-fitting vinyl pants. Pants are on sale at the Swim and Fitness Center.

Age: 6-18 mos			M/NM
15516	Tu	10/27-12/15 9-9:30 AM	\$79/\$97
15391	Sa	10/31-12/19 10:50-11:20 AM	\$69/\$85
15392	Su	11/1-12/20 10:15-10:45 AM	\$69/\$85

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. Non-toilet-trained children must wear a swim diaper under tight-fitting vinyl pants. Pants are on sale at the Swim and Fitness Center.

Age: 18-36 mos			M/NM
15515	M	10/26-12/14 2-2:30 PM	\$79/\$97
15416	Th	10/29-12/17 9-9:30 AM	\$69/\$85
15398	Sa	10/31-12/19 8:30-9 AM	\$69/\$85
15399	Sa	10/31-12/19 10:15-10:45 AM	\$69/\$85
15400	Su	11/1-12/20 9:40-10:10 AM	\$69/\$85
15401	Su	11/1-12/20 11:25-11:55 AM	\$69/\$85

Bobbers 1

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. Non-toilet-trained children must wear a swim diaper under tight-fitting vinyl pants. Pants are on sale at the Swim and Fitness Center.

Age: 3-5			M/NM
15402	Sa	8/22-9/26 9:05-9:35 AM	\$59/\$73
15404	Su	8/23-9/27 9:05-9:35 AM	\$59/\$73
15512	W	10/28-12/16 2-2:30 PM	\$79/\$97
15415	Th	10/29-12/17 9:30-10 AM	\$69/\$85
15406	Sa	10/31-12/19 9:05-9:35 AM	\$69/\$85
15407	Sa	10/31-12/19 11:25-11:55 AM	\$69/\$85
15408	Su	11/1-12/20 9:05-9:35 AM	\$69/\$85
15409	Su	11/1-12/20 10:50-11:20 AM	\$69/\$85



To promote health and safety in our community some programs may be modified or cancelled.

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. Non-toilet-trained children must wear a swim diaper under tight-fitting vinyl pants. Pants are on sale at the Swim and Fitness Center.

Age: 3-5		M/NM	
15410	Sa	8/22-9/26	8:30-9 AM \$59/\$73
15412	Su	8/23-9/27	8:30-9 AM \$59/\$73
15517	Tu	10/27-12/15	9:30-10 AM \$79/\$97
15413	Sa	10/31-12/19	9:40-10:10 AM \$69/\$85
15414	Su	11/1-12/20	8:30-9 AM \$69/\$85

Preschool Swim

Fearful Floaters

This swim 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. Note: This is being offered as an adult/child class until further notice.

Age: 4-6		M/NM	
15484	Sa	8/22-9/26	9:45-10:25 AM \$67/\$82
15457	M	8/31-10/5	4:45-5:15 PM \$67/\$82
15546	W	9/2-10/7	3:35-4:05 PM \$67/\$82
15547	M	10/26-12/14	3:35-4:05 PM \$86/\$105
15568	W	10/28-12/16	3:35-4:05 PM \$86/\$105
15485	Sa	10/31-12/19	9:45-10:25 AM \$75/\$92

Floaters I

This swim 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 faces in the water. Children learn to swim 5 yards on their front and back. Note: This is being offered as an adult/child class until further notice.

Age: 4-6		M/NM	
15458	Sa	8/22-9/26	9-9:40 AM \$67/\$82
15459	Sa	8/22-9/26	10:30-11:10 AM \$67/\$82
15434	Sa	8/22-9/26	11:15-11:55 AM \$67/\$82
15436	Su	8/23-9/27	9:45-10:25 AM \$67/\$82
15460	Su	8/23-9/27	10:30-11:10 AM \$67/\$82
15437	Su	8/23-9/27	11:15-11:55 AM \$67/\$82
15438	M	8/31-10/5	3:35-4:05 PM \$67/\$82
15548	Tu	9/1-10/6	4:35-5:05 PM \$67/\$82
15549	Tu	9/1-10/6	5:10-5:40 PM \$67/\$82
15550	Tu	9/1-10/6	5:45-6:15 PM \$67/\$82
15551	W	9/2-10/7	4:10-4:40 PM \$67/\$82
15552	Th	9/3-10/8	5:45-6:15 PM \$67/\$82
15553	F	9/4-10/9	3:35-4:05 PM \$67/\$82
15554	F	9/4-10/9	4:45-5:15 PM \$67/\$82
15566	M	10/26-12/14	3:35-4:05 PM \$86/\$105
15535	M	10/26-12/14	4:45-5:15 PM \$86/\$105
15567	Tu	10/27-12/15	4:35-5:05 PM \$86/\$105
15555	Tu	10/27-12/15	5:10-5:40 PM \$86/\$105
15556	W	10/28-12/16	4:45-5:15 PM \$86/\$105
15443	Th	10/29-12/17	5:45-6:15 PM \$75/\$92
15482	F	10/30-12/18	3:35-4:05 PM \$75/\$92

15483	F	10/30-12/18	4:45-5:15 PM \$75/\$92
15439	Sa	10/31-12/19	9-9:40 AM \$75/\$92
15440	Sa	10/31-12/19	10:30-11:10 AM \$75/\$92
15461	Sa	10/31-12/19	11:15-11:55 AM \$75/\$92
15441	Su	11/1-12/20	9-9:40 AM \$75/\$92
15462	Su	11/1-12/20	9:45-10:25 AM \$75/\$92
15463	Su	11/1-12/20	10:30-11:10 AM \$75/\$92
15442	Su	11/1-12/20	11:15-11:55 AM \$75/\$92

Floaters 2

This swim class is for 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. Note: This is being offered as an adult/child class until further notice.

Age: 4-6		M/NM	
15444	Sa	8/22-9/26	9:45-10:25 AM \$67/\$82
15445	Sa	8/22-9/26	11:15-11:55 AM \$67/\$82
15446	Su	8/23-9/27	9:45-10:25 AM \$67/\$82
15447	Su	8/23-9/27	11:15-11:55 AM \$67/\$82
15448	M	8/31-10/5	4:10-4:40 PM \$67/\$82
15536	Tu	9/1-10/6	5:10-5:40 PM \$67/\$82
15537	W	9/2-10/7	3:35-4:05 PM \$67/\$82
15538	W	9/2-10/7	4:10-4:40 PM \$67/\$82
15539	Th	9/3-10/8	4:35-5:05 PM \$67/\$82
15540	Th	9/3-10/8	5:10-5:40 PM \$67/\$82
15541	F	9/4-10/9	3:35-4:05 PM \$67/\$82
15542	F	9/4-10/9	4:10-4:40 PM \$67/\$82
15543	M	10/26-12/14	4:10-4:40 PM \$86/\$105
15544	Tu	10/27-12/15	5:10-5:40 PM \$86/\$105
15545	W	10/28-12/16	3:35-4:05 PM \$86/\$105
15455	Th	10/29-12/17	4:35-5:05 PM \$75/\$92
15456	Th	10/29-12/17	5:10-5:40 PM \$75/\$92
15464	F	10/30-12/18	3:35-4:05 PM \$75/\$92
15465	F	10/30-12/18	4:10-4:40 PM \$75/\$92
15449	Sa	10/31-12/19	9:45-10:25 AM \$75/\$92
15450	Sa	10/31-12/19	10:30-11:10 AM \$75/\$92
15451	Sa	10/31-12/19	11:15-11:55 AM \$75/\$92
15452	Su	11/1-12/20	9:45-10:25 AM \$75/\$92
15453	Su	11/1-12/20	10:30-11:10 AM \$75/\$92
15454	Su	11/1-12/20	11:15-11:55 AM \$75/\$92

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 taught.

Age: 4-7				M/NM
15466	Sa	8/22-9/26	9:45-10:25 AM	\$67/\$82
15467	Su	8/23-9/27	11:15-11:55 AM	\$67/\$82
15468	M	8/31-10/5	3:35-4:05 PM	\$67/\$82
15557	Th	9/3-10/8	4:35-5:05 PM	\$67/\$82
15558	Th	9/3-10/8	5:10-5:40 PM	\$67/\$82
15559	W	10/28-12/16	4:10-4:40 PM	\$86/\$105
15471	Th	10/29-12/17	4:35-5:05 PM	\$75/\$92
15472	Th	10/29-12/17	5:10-5:40 PM	\$75/\$92
15469	Sa	10/31-12/19	11:15-11:55 AM	\$75/\$92
15470	Su	11/1-12/20	9-9:40 AM	\$75/\$92

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 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
15473	Sa	8/22-9/26	11:15-11:55 AM	\$67/\$82
15474	Su	8/23-9/27	9-9:40 AM	\$67/\$82
15475	M	8/31-10/5	4:45-5:15 PM	\$67/\$82
15560	Tu	9/1-10/6	5:45-6:15 PM	\$67/\$82
15561	M	10/26-12/14	4:45-5:15 PM	\$86/\$105
15562	Tu	10/27-12/15	5:45-6:15 PM	\$86/\$105
15563	W	10/28-12/16	4:45-5:15 PM	\$86/\$105
15476	Sa	10/31-12/19	10:30-11:10 AM	\$75/\$92
15477	Su	11/1-12/20	11:15-11:55 AM	\$75/\$92

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
15478	Sa	8/22-9/26	9-9:40 AM	\$67/\$82
15479	Su	8/23-9/27	10:30-11:10 AM	\$67/\$82
15564	W	9/2-10/7	4:45-5:15 PM	\$67/\$82
15565	F	9/4-10/9	4:45-5:15 PM	\$67/\$82
15481	F	10/30-12/18	4:45-5:15 PM	\$75/\$92
15480	Su	11/1-12/20	9:45-10:25 AM	\$75/\$92

Mini Swim Team Prep

This swim 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
15486	Sa	8/22-9/26	9-9:40 AM	\$67/\$82
15569	Th	9/3-10/8	5:45-6:15 PM	\$67/\$82
15488	Th	10/29-12/17	5:45-6:15 PM	\$75/\$92
15487	Sa	10/31-12/19	9:45-10:25 AM	\$75/\$92

Children/Teen Swim

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. Note: This is being offered as an adult/child class until further notice.

Age: 7-15				M/NM
15317	Sa	8/22-9/26	10:30-11:10 AM	\$60/\$75
15318	Su	8/23-9/27	10:30-11:10 AM	\$60/\$75
15489	W	9/2-10/7	4:45-5:15 PM	\$60/\$75
15490	F	9/4-10/9	4:10-4:40 PM	\$60/\$75
15491	Tu	10/27-12/15	5:45-6:15 PM	\$78/\$96
15492	W	10/28-12/16	4:10-4:40 PM	\$78/\$96
15323	F	10/30-12/18	4:10-4:40 PM	\$69/\$84
15320	Sa	10/31-12/19	9-9:40 AM	\$69/\$84
15321	Su	11/1-12/20	10:30-11:10 AM	\$69/\$84
15322	Su	11/1-12/20	12-12:40 PM	\$69/\$84

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. Note: This is being offered as an adult/child class until further notice.

Age: 7-15				M/NM
15324	Sa	8/22-9/26	9-9:40 AM	\$60/\$75
15325	Sa	8/22-9/26	10:30-11:10 AM	\$60/\$75
15326	Su	8/23-9/27	9-9:40 AM	\$60/\$75
15327	Su	8/23-9/27	12-12:40 PM	\$60/\$75
15328	M	8/31-10/5	4:10-4:40 PM	\$60/\$75
15493	Tu	9/1-10/6	4:35-5:05 PM	\$60/\$75
15494	M	10/26-12/14	4:10-4:40 PM	\$78/\$96
15495	Tu	10/27-12/15	4:35-5:05 PM	\$78/\$96
15329	Sa	10/31-12/19	9:45-10:25 AM	\$69/\$84
15330	Su	11/1-12/20	9-9:40 AM	\$69/\$84
15331	Su	11/1-12/20	12-12:40 PM	\$69/\$84

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: 7-15				M/NM
15332	Sa	8/22-9/26	11:15-11:55 AM	\$60/\$75
15333	Su	8/23-9/27	9:45-10:25 AM	\$60/\$75
15336	Sa	10/31-12/19	9-9:40 AM	\$69/\$84
15337	Sa	10/31-12/19	10:30-11:10 AM	\$69/\$84
15338	Su	11/1-12/20	9-9:40 AM	\$69/\$84
15339	Su	11/1-12/20	10:30-11:10 AM	\$69/\$84
15340	Su	11/1-12/20	12-12:40 PM	\$69/\$84

Youth 4

Children who are comfortable in deep water and who 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 is introduced. Prerequisite: Youth 3.

Age: 7-15				M/NM
15342	Sa	8/22-9/26	10:30-11:10 AM	\$60/\$75
15343	Su	8/23-9/27	9-9:40 AM	\$60/\$75
15346	Sa	10/31-12/19	9-9:40 AM	\$69/\$84
15347	Sa	10/31-12/19	9:45-10:25 AM	\$69/\$84
15348	Sa	10/31-12/19	11:15-11:55 AM	\$69/\$84
15349	Su	11/1-12/20	9:45-10:25 AM	\$69/\$84
15350	Su	11/1-12/20	11:15-11:55 AM	\$69/\$84

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: 7-15				M/NM
15351	Sa	8/22-9/26	9-9:40 AM	\$60/\$75
15355	Su	8/23-9/27	11:15-11:55 AM	\$69/\$84
15356	Sa	10/31-12/19	9-9:40 AM	\$69/\$84
15357	Sa	10/31-12/19	9:45-10:25 AM	\$69/\$84
15358	Sa	10/31-12/19	11:15-11:55 AM	\$69/\$84
15359	Su	11/1-12/20	9-9:40 AM	\$69/\$84
15360	Su	11/1-12/20	9:45-10:25 AM	\$69/\$84
15361	Su	11/1-12/20	12-12:40 PM	\$69/\$84

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: 7-15				M/NM
15367	Sa	8/22-9/26	9:45-10:25 AM	\$60/\$75
15369	Su	8/23-9/27	9:45-10:25 AM	\$60/\$75
15370	Su	8/23-9/27	10:30-11:10 AM	\$60/\$75
15371	Sa	10/31-12/19	9-9:40 AM	\$69/\$84
15372	Sa	10/31-12/19	10:30-11:10 AM	\$69/\$84
15373	Su	11/1-12/20	9-9:40 AM	\$69/\$84
15374	Su	11/1-12/20	11:15-11:55 AM	\$69/\$84

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: 7-15				M/NM
15375	Sa	8/22-9/26	11:15-11:55 AM	\$60/\$75
15376	Su	8/23-9/27	9-9:40 AM	\$60/\$75
15377	Su	8/23-9/27	11:15-11:55 AM	\$60/\$75
15379	Sa	10/31-12/19	10:30-11:10 AM	\$69/\$84
15380	Su	11/1-12/20	10:30-11:10 AM	\$69/\$84
15381	Su	11/1-12/20	12-12:40 PM	\$69/\$84

Swim 4 Fitness for Teens

Geared towards teens with prior swimming experience (must be at least Youth 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: 12-15				M/NM
15363	Su	8/23-9/27	12-12:45 PM	\$60/\$75
15362	Su	11/1-12/20	12-12:45 PM	\$69/\$84

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: Successful completion of Youth 6 and 7.

Age: 7-15				M/NM
15382	Sa	8/22-9/26	9:45-10:25 AM	\$60/\$75
15383	Sa	8/22-9/26	10:30-11:10 AM	\$60/\$75
15384	Su	8/23-9/27	9:45-10:25 AM	\$60/\$75
15385	Su	8/23-9/27	10:30-11:10 AM	\$60/\$75
15386	Sa	10/31-12/19	11:15-11:55 AM	\$69/\$84
15387	Su	11/1-12/20	9:45-10:25 AM	\$69/\$84
15388	Su	11/1-12/20	10:30-11:10 AM	\$69/\$84
15389	Su	11/1-12/20	11:15-11:55 AM	\$69/\$84

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
15498	Tu	10/27-12/15	8:30-9:15 PM	\$79/\$96
15503	W	10/28-12/16	8:35-9:20 PM	\$79/\$96

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
15506	W	10/28-12/16	8:35-9:20 PM	\$79/\$96
15364	Th	10/29-12/17	8:30-9:15 PM	\$69/\$84

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. Successful completion of Adult Beginner 2 preferred.

Age: 14+				M/NM
15508	Tu	10/27-12/15	8:30-9:15 PM	\$79/\$96

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
15344	Th	10/29-12/17	8:30-9:15 PM	\$69/\$84

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
15500	Tu	10/27-12/15	11:10-11:55 AM	\$79/\$96
15345	Th	10/29-12/17	11:10-11:55 AM	\$69/\$84

Adult Water Fitness

Aqua Blast

Start your day off right with a fast-paced, early morning exercise class at the Swim and Fitness Center. This no-impact, high-energy workout tones your muscles while improving endurance with an emphasis on cardiovascular training. Includes abdominal and barbell work. No equipment is provided. This course meets in the shallow water Recreation pool.

Age: 16+				M/NM
15523	Tu	9/1-10/6	6:35-7:20 AM	\$33/\$39
15425	Th	9/3-10/8	6:35-7:20 AM	\$33/\$39

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, fitness or swim 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: 16+				M/NM
15427	M	8/31-10/5	10:15-11 AM	\$33/\$39
15524	W	9/2-10/7	10:15-11 AM	\$33/\$39
15426	F	9/4-10/9	10:15-11 AM	\$33/\$39

Aqua Fitness

This low-impact, high-intensity swim 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.

Age: 16+				M/NM
15422	M	8/31-10/5	8:30-9:15 AM	\$33/\$39
15423	M	8/31-10/5	9:20-10:05 AM	\$33/\$39
15518	Tu	9/1-10/6	8:30-9:15 AM	\$33/\$39
15519	Tu	9/1-10/6	9:20-10:05 AM	\$33/\$39
15520	W	9/2-10/7	8:30-9:15 AM	\$33/\$39
15521	W	9/2-10/7	9:20-10:05 AM	\$33/\$39
15419	Th	9/3-10/8	8:30-9:15 AM	\$33/\$39
15420	Th	9/3-10/8	9:20-10:05 AM	\$33/\$39
15421	F	9/4-10/9	8:30-9:15 AM	\$33/\$39

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: 16+				M/NM
15522	Tu	9/1-10/6	10:15-11 AM	\$33/\$39
15424	Th	9/3-10/8	10:15-11 AM	\$33/\$39

Deep Water Workout

Enjoy this swim class taught in the deep end of the outdoor fitness 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. Floatation belts are used.

Age: 16+				M/NM
15433	M	8/31-10/5	9:15-10 AM	\$33/\$39
15528	Tu	9/1-10/6	7:10-7:55 PM	\$33/\$39
15527	W	9/2-10/7	9:15-10 AM	\$33/\$39
15431	Th	9/3-10/8	7:10-7:55 PM	\$33/\$39
15432	F	9/4-10/9	9:15-10 AM	\$33/\$39

H2O Walking

Did you know 30 minutes of water walking equals two hours of walking on land? This swim 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 in the outdoor recreation pool. Music is used.

Age: 16+				M/NM
15525	Tu	9/1-10/6	7:10-7:55 PM	\$33/\$39
15428	Th	9/3-10/8	7:10-7:55 PM	\$33/\$39
15429	F	9/4-10/9	9:20-10:05 AM	\$33/\$39

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. Please note: this class meets in the indoor South pool.

Age: 16+				M/NM
15592	M	8/31-10/12	7-8 AM	\$65/\$77
15832	Tu	9/1-10/13	7-8 AM	\$65/\$77
15603	W	9/2-10/14	7-8 AM	\$65/\$77
15833	Th	9/3-10/15	7-8 AM	\$65/\$77
15605	F	9/4-10/16	7-8 AM	\$65/\$77

Swim 4 Fitness

Learn to swim farther without getting tired. The goal is to swim 1 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: 14+				M/NM
15574	Tu	9/1-12/15	11:05-11:50 AM	\$88/\$106
15573	Tu	9/1-12/15	9:15-10 PM	\$88/\$106
15533	Th	9/3-12/17	11:05-11:50 AM	\$83/\$100
15532	Th	9/3-12/17	9:15-10 PM	\$83/\$100

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

Age: 14+				M/NM
15585	Su	8/23-10/4	7-8:30 PM	\$101/\$113
15584	Su	11/1-12/20	7-8:30 PM	\$101/\$113

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: 14+				M/NM
15285	Su	8/23-10/4	8:05-8:55 AM	\$68/\$76
15286	Su	11/1-12/20	8:05-8:55 AM	\$68/\$76

Certification and Training

Lifeguard Training

The American Red Cross Lifeguard Training course will prepare students for certification in Lifeguard Training, CPR/AED for the Professional Rescuer, and First Aid. Students must be 15 years old by the last day of the course and pass a pre-screen test (300-yard continuous swim with rhythmic breathing using front crawl or breast stroke, 10 pound brick retrieval within one minute, forty seconds and tread water using legs only for two minutes) on the first day of the session in order to continue participation in class. If a student does not pass the pre-screen, a course fee refund, minus \$15 administrative fee will be issued. Class sessions will be held at the Rockville Swim and Fitness Center (355 Martins Lane). A detailed Course Schedule / Syllabus will be provided on the first day of class. Students MUST attend all class sessions as scheduled.

Age: 15+				
15604	M,Th-Su	12/26-12/30	2-9 PM	\$195

Lifeguard Training Review

The American Red Cross Lifeguard Training Review Course is for currently certified American Red Cross Lifeguards in looking to renew their certification. Upon successful completion of the course, certification in Lifeguard Training, CPR/AED for the Professional Rescuer and First Aid will be issued for a two-year period. Students should bring documentation of their current American Red Cross Lifeguard Training certification, and CPR mask to the first class meeting. Students must be 15 years old by the last day of the course and pass a pre-screen test (300-yard continuous swim with rhythmic breathing, using front crawl or breast stroke, 10 pound brick retrieval within one minute, forty seconds and tread water using legs only for two minutes) on the first day of the session in order to continue participation in class. If a student does not pass the pre-screen, a course fee refund, minus \$15 administrative fee will be issued. Class sessions will be held at the Rockville Swim and Fitness Center (355 Martins Lane Rockville MD 20850). Students MUST attend all class sessions as scheduled.

Age: 15+

15601	Sa, Su	12/19-12/20	3-10:30 PM	\$125
15602	Sa, Su	1/2-1/3	3-10:30 PM	\$125



CHECK OUT OUR FITNESS ROOM AT RSFC

Featuring:

- 5 Treadmills
- 4 Elliptical Machines
- 2 Rowing Machines
- 3 Recumbent Bikes
- 2 Step/Climber Machines
- 13 Pieces of Single-Station Strength Training Equipment and Free Weights.
- Meeting Room (Available for Rentals and Parties).

RSFC IS NOW HIRING!

**Lifeguards • Swim Instructors
Front Desk Attendants
Water and Land Fitness Instructors**

Apply online at www.rockvillemd.gov/careers

For additional information, call **240-314-8750** or visit www.rockvillemd.gov/swimcenter



240-314-8750

www.rockvillemd.gov/swimcenter



TOTS AND PRESCHOOLERS

Arts, Dance and Enrichment

I Can Draw! - Abrakadoodle - ONLINE

Who can draw? Preschoolers can! Try fun ways to draw animals, people, and plants in this fabulous drawing series created especially for small hands and young minds. There are many creative ways to draw! Imagine, connect, scribble, scratch, loop, mark, and trace to create beautiful drawings that are one-of-a-kind. Be inspired by the African American innovator George Washington Carver, the adventurous American painter and traveler William Bradford, and the unique and colorful Brazilian artist Beatriz Milhazes. Come along and draw some amazing Abrakadoodle art!

Age: 3-5
 15777 Tu 9/15-11/3 10:30-11:15 AM \$95/\$105
 Online/Abrakadoodle Staff

Little Fingers Music ONLINE (Adult/Child)

Instill a love of music through a fun online learning experience. Students are introduced to the guitar or piano, learn about musical concepts and play songs. Program fee includes the instrument rental, shipping and a workbook for each child that is intended for use during class and independent practice. Instrument and materials will be shipped to your home and can be returned via the US Postal Service.

Guitar

Age: 3-5
 15158 Sa 10/3-11/7 9:45-10:15 AM \$120/\$130
 15677 Sa 11/14-12/19 9:45-10:15 AM \$120/\$130
 Online/Learn Now Music Staff

Piano

Age: 2-5
 15157 Sa 10/3-11/7 9:45-10:15 AM \$120/\$130
 15678 Sa 11/14-12/19 9:45-10:15 AM \$120/\$130
 Online/Learn Now Music Staff

To promote health and safety in our community some programs may be modified or cancelled.

Music Together ONLINE (Adult/Child)

Enjoy our high-quality music curriculum loved by families and teachers around the world - from home! Each week, families enjoy a live Zoom class (several time options to choose from) and have access to three prerecorded classes to watch at your convenience. You will also receive our award-winning music CDs and songbooks (physical and digital copies), and bonus content such as activity sheets, videos, and ideas for making music as a family. Even though your teacher is on the screen, each class has been designed as an active music-making experience for little ones and their grownups. One fee includes the whole family so you can all enjoy Music Together.

Age: 1-18 mos

15713	W	9/9	10:30-11:10 AM	Free Demo
15714	W	9/9	12:30-1:10 PM	Free Demo
15159		9/21-11/20	On demand	\$199/\$219

Online/Winkler/Liddle

Fitness

Fairytale Fitness ONLINE - Cheer Madness

Use your imagination to go on a story time fitness adventure with Cheer Madness! Students will enjoy an educational experience while dancing to fun music and learning new ways to exercise. See you soon!

Age: 3-5

15668	F	9/18-10/23	11-11:40 AM	\$60/\$65
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Online/Cheer Madness Staff

Playing it Safe - Toddler Time

Enjoy time with your toddler outside with other families while playing physical distance games and enjoying recreational activities led by staff. Adults and children must wear masks at all times during the program. Physical distancing will be promoted by each adult/child pair having their own space to play. Classes will be held outside at each community center and will be canceled in the case of inclement weather. Space is limited to 5 adult/child pairs per class. Adult participation is required.

Age: 3-5

15721	M	9/14-10/5	10-10:45 AM	\$20/\$25
15722	M	10/12-11/2	10-10:45 AM	\$20/\$25

Twinbrook CRC

15762	Tu	9/15-10/6	10-10:45 AM	\$20/\$25
15752	Tu	10/13-11/3	10-10:45 AM	\$20/\$25

Thomas Farm CC

15759	W	9/16-10/7	10-10:45 AM	\$20/\$25
15764	W	10/14-11/4	10-10:45 AM	\$20/\$25

Lincoln Park CC



Child Care

Montrose Discovery Preschool

Preschoolers will learn through play while participating in learning centers, music, cultural activities, arts, crafts and outdoor time in this year-round licensed program. Experienced staff develop programs designed to focus on social and academic skills necessary for Kindergarten, while promoting self-confidence and individual expression. Children must be 3 years old and toilet trained. The program runs September 1, 2020 through May 28, 2021 with registration ongoing as spaces become available. Visit our website at www.rockvillemd.gov/preschool for a registration form. Vouchers are accepted and additional financial support is available.

Age: 3-5

All Day

15611	M-F	9/1-5/28	8:30 AM-5:30 PM
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\$1,090/\$1,190 per month

Half Day

15610	M-F	9/1-5/28	9:30 AM-12:30 PM
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\$570/\$670 per month

Montrose CC and Park

My Gym LIVE! - VIRTUAL

Enjoy live instruction from fun and entertaining teachers as a supplement to your children's home education learning, fitness and play. Weekly registration includes up to five Zoom classes.

My Gym - Little Bundles and Tiny Tykes LIVE

Our youngest My Gym Kids and their parents are led through a variety of gentle stretches, exercises, songs, dances, and more. This fun "parent and me" class also includes physical skills that help the little ones develop strength, balance, and confidence. Discover their natural abilities and enhance their physical and cognitive development. Times vary by day. See schedule for details.

Age: newborn-20 months

15199	Week of Sept. 7	\$16/\$18
15200	Week of Sept. 14	\$16/\$18
15201	Week of Sept. 21	\$16/\$18
15202	Week of Sept. 28	\$16/\$18
15203	Week of Oct. 5	\$16/\$18
15204	Week of Oct. 12	\$16/\$18
15205	Week of Oct. 19	\$16/\$18
15664	Week of Oct. 26	\$16/\$18

Online/My Gym Staff

My Gym - Gymsters & Terrific Tots LIVE

During this captivating class, the youngsters are engaged as they warm up, sing, dance, watch puppet shows, and practice their physical skills. The teachers, along with parents, will guide them through basic tumbling and gymnastics skills – no gymnastics experience required! The children feel great about themselves as they practice and improve gross and fine motor skills, balance, and agility. Times vary by day. See schedule for details.

Age: 21 mos-3yr 4mos

15206	Week of 9/7	\$16/\$18
15207	Week of 9/14	\$16/\$18
15209	Week of 9/21	\$16/\$18
15210	Week of 9/28	\$16/\$18
15211	Week of 10/5	\$16/\$18
15212	Week of 10/12	\$16/\$18
15685	Week of 10/19	\$16/\$18
15686	Week of 10/26	\$16/\$18

Online/My Gym Staff

My Gym - Mighty Mites & Whiz Kids LIVE

The kids in this class are lavished with positive reinforcement for self-reliance and following directions. Strength, flexibility, and agility are increased as our teachers introduce physical skills with language geared to build self-esteem and confidence. Balancing activities, basic gymnastics, and beginning sports skills in this program lead to increased strength, enhanced manipulative ability, and improved hand-eye coordination. Times vary by day. See schedule for details.

Age: 3yr 3mos-6yr

15213	Week of Sept. 7	\$16/\$18
15214	Week of Sept. 14	\$16/\$18
15216	Week of Sept. 21	\$16/\$18
15222	Week of Sept. 28	\$16/\$18
15223	Week of Oct. 5	\$16/\$18
15224	Week of Oct. 12	\$16/\$18
15687	Week of Oct. 19	\$16/\$18
15688	Week of Oct. 26	\$16/\$18

Online/My Gym Staff

Martial Arts

Kicks Karate - Little Ninjas

A fun class designed for children to learn the basic skills of karate. Teachers focus on developing concentration, self-control and confidence. Small class sizes and a professional environment ensures a positive experience. Fee includes belt and an official Kicks Karate uniform for first-time students. Sign up for two classes and save \$31.

Age: 3-6

15072	Sa	9/19-10/17	8:55-9:30 AM	\$85/\$95
15073	Su	9/20-10/18	9:30-10:05 AM	\$85/\$95
15074	M	9/21-10/19	5:45-6:20 PM	\$85/\$95
15075	Tu	9/22-10/20	4:45-5:20 PM	\$85/\$95
15076	W	9/23-10/21	6:05-6:40 PM	\$85/\$95
15077	Th	9/24-10/22	5:15-5:50 PM	\$85/\$95

Kicks Karate/Staff

Sports - Instructional

Coach Doug Sports - HYBRID (Adult/Child)

Which sports players do your kids pretend to be? Get active, build confidence, learn skills and participate in sports and games through interactive play sessions. Children participate at their own pace. Adult participation required. Choose online only or the hybrid classes and enjoy Coach Doug in-person and online. Social distancing, limited group sizes and face coverings will be promoted for in-person classes.

Age: 2-6

Online Only

15667	W	9/16-11/4	9:30-10:15 AM	\$45/\$50
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Online/Coach Doug

Online & In-Person

15847	W	9/16-11/4	9:30-10:15 AM	
	Su	9/20-11/8	9:30-10:15 AM	\$89/\$99

Fallsgrove Park/Online/Coach Doug

Soccer Skills - Junior

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

Age: 3-4

15064 Sa 9/19-10/24 9-9:45 AM \$85/\$95

Age: 4-5

15065 Sa 9/19-10/24 10-10:45 AM \$85/\$95

King Farm Park/Hawkins

Tiny Hoopers

Time to get those tiny feet moving on the basketball court. Learn the 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

15030 Th 10/8-11/12 5:30-6:15 PM \$80/\$85

Lincoln Park CC/Dawkins

PLAYING IT SAFE TODDLER TIME

Enjoy time with your toddler outside with other families while playing physical distance games and enjoying recreational activities led by staff. Physical distancing will be promoted by each adult/child pair having their own space to play. Classes will be held outside at each community center and will be canceled in the case of inclement weather. Adults and children must wear a mask at all times during the program. Adult participation and preregistration required. Cost \$20/\$25. For ages 3-5.

Twinbrook Community Recreation Center Mondays, 10-11 a.m.

Sept 14-Oct. 5 Course #15721

Oct. 12-Nov. 2 Course #15722

Thomas Farm Community Center Tuesdays, 10-11 a.m.

Sept. 15-Oct. 6. Course #15762

Oct. 13-Nov. 3 Course #15763

Lincoln Park Community Center Wednesdays, 10-11 a.m.

Sept. 16-Oct. 7 Course #15759

Oct. 14.-Nov. 4 Course #15764



COMMUNITY CENTERS FALL PROGRAMS

Playing it Safe (In person)

This program is a great way for your child to enjoy time outside safely while playing physical distance games and participating in recreational activities led by experienced staff. Parents should provide face masks for their children to use while at the program. Physical distancing will be promoted by each child having their own space to play. Class will be held outside at each community center and will be canceled in the case of inclement weather. Space is limited to 8 participants per class.

Twinbrook Community Recreation Center

Age: 6-14

15716	Tu	9/15-10/6	4-5 p.m.	\$20/\$25
15839	W	9/16-10/7	4-5 p.m.	\$20/\$25
15718	Th	9/17-10/8	4-5 p.m.	\$20/\$25
15717	Tu	10/13-11/3	4-5 p.m.	\$20/\$25
15840	W	10/14-11/4	4-5 p.m.	\$20/\$25
15719	Th	10/15-11/5	4-5 p.m.	\$20/\$25

Thomas Farm Community Center

Age: 6-12

15750	M	9/14-10/5	4:30-5:30 p.m.	\$20/\$25
15752	Th	9/17-10/8	4:30-5:30 p.m.	\$20/\$25
15751	M	10/12-11/2	4:30-5:30 p.m.	\$20/\$25
15753	Th	10/15-11/5	4:30-5:30 p.m.	\$20/\$25

Lincoln Park Community Center

Age: 6-12

15755	M	9/14-10/5	4:30-5:30 p.m.	\$20/\$25
15756	W	9/16-10/7	1-2 p.m.	\$20/\$25
15757	M	10/12-11/2	4:30-5:30 p.m.	\$20/\$25
15758	W	10/14-11/4	1-2 pm.	\$20/\$25

Playing It Safe for Toddlers (In person)

Enjoy time with your toddler outside with other families while playing physical distance games and enjoying recreational activities led by staff. Adults and children must wear masks at all times during the program. Physical distancing will be promoted by each adult/child pair having their own space to play. Classes will be held outside at each community center and will be canceled in the case of inclement weather. Space is limited to 5 adult/child pairs per class. Adult participation is required. Ages 3-5.

Twinbrook Community Recreation Center

15721	M	9/14-10/5	10-10:45 a.m.	\$20/\$25
15722	M	10/12-11/2	10-10:45 a.m.	\$20/\$25

Thomas Farm Community Center

15762	T	9/15-10/6	10-10:45 a.m.	\$20/\$25
15763	T	10/13-11/3	10-10:45 a.m.	\$20/\$25

Lincoln Park Community Center

15759	W	9/16-10/7	10-10:45 a.m.	\$20/\$25
15763	W	10/14-11/4	10-10:45 a.m.	\$20/\$25

Afterschool Buddies

Afterschool Buddies is a place for students to join staff on a web conference to unwind, work on schoolwork, participate in games and activities and more! This program will provide an opportunity for students to seek support from their peers and experienced staff. Sessions may include small break-out groups for certain activities.

Age: 6-11

15731	Tu,Th	9/15-10/8	4:30-6 p.m.	\$40/\$50
15732	Tu,Th	10/13-11/5	4:30-6 p.m.	\$40/\$50
15769	Tu,Th	11/10-12/3	4:30-6 p.m.	\$40/\$50

Bookworms

End your day with story time! Each week we will read a new book and do an activity based on the book. Activity kits will be available for pick up prior to the beginning of class. An email will be sent with pick up details after registration.

Age: 5-7

15737	Th	9/24-10/29	3-4 p.m.	\$20/\$25
15738	Th	11/5-12/10	3-4 p.m.	\$20/\$25

Virtual Book Clubs

Young readers are encouraged to discover great books, share new stories, explore important topics, and have some bookish fun! Book-themed activities and age appropriate discussion questions provide plenty of inspiration for great group conversations. Staff will lead group weekly book club sessions via web conference. Participants will be required to provide their own books. Book titles will be provided.

Beyond the Book

Age: 8-11

15739	Tu	9/22-10/27	4-5 p.m.	\$30/\$35
15740	Tu	11/3-12/8	4-5 p.m.	\$30/\$35

Book It for Tweens

Age: 12-15

15742	W	9/23-10/28	3-4 p.m.	\$30/\$35
15743	W	11/4-12/9	3-4 p.m.	\$30/\$35

Teen Scene Club

Teen Scene Club will provide an opportunity for teens to join staff on a web conference to work on their homework, catch up with their peers and participate in small group activities. This program will provide an opportunity for teens to seek support from their peers and staff. Sessions may include small break-out groups for certain activities.

Age: 12-14

15735	Tu,Th	9/15-10/8	4:30-6 p.m.	\$40/\$50
15736	Tu,Th	10/13-11/5	4:30-6 p.m.	\$40/\$50
15744	Tu,Th	11/10-12/3	4:30-6 p.m.	\$40/\$50

Kids Night In

It's exactly what it sounds like, a fun night for your child. Children spend the evening engaged in fun, age-appropriate activities. Including: group games, trivia, arts & crafts and a movie night.

Age: 6-11

15724	F	9/25	6-8 p.m.	\$5/\$8
15726	F	10/23	6-8 p.m.	\$5/\$8
15746	F	11/20	6-8 p.m.	\$5/\$8

Halloween Rec-It Kits

Halloween is just around the corner and this kit will get you in the spirit! Each kit contains 5-7 activities that engage kids in fitness, crafts and science activities. Kits will be available for pick up the week of October 19. Pick up details will be sent in an email after registration.

Age: 6-12

15768	Week of Oct. 19	\$8/\$10
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Board Art for Teens

Join in on a night of fun with an artist from Amazing Art Studio who will help you create your own piece of board art. Learn techniques of creating a painting on wood and go home with your creation to keep for yourself or give as a gift! If health guidelines allow, this program will take place in person at Thomas Farm Community Center and refreshments will be provided, otherwise it will take place in our Zoom art studio. All supplies are included and will be provided in a kit before the class for pick-up, if necessary. Register by November 13.

Age: 11-15

15608	F	11/20	7-9 p.m.	\$35/\$40
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Board Art for Adults

Grab your friends and treat yourself to an evening of fun and creativity! Use a piece of board as your canvas as an artist from Amazing Art Studio guides you through creating your own piece of board art. If health guidelines allow, this program will take place in person at Thomas Farm Community Center and refreshments will be provided, otherwise it will take place in our Zoom art studio. All supplies are included and will be provided in a kit before the class for pick-up, if necessary. Register by October 2.

Ages: 16+

15607	Th	10/8	7-9 p.m.	\$35/\$40
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Lincoln Park Community Center (LPCC)

357 Frederick Ave • 240-314-8780

Thomas Farm Community Center (TFCC)

700 Falls Grove Drive • 240-314-8840

Twinbrook Community Recreation Center (TCRC)

12920 Twinbrook Parkway • 240-314-8830



CHILDREN

To promote health and safety in our community some programs may be modified or cancelled.

Arts, Dance and Enrichment

Ballet for Children - VIRTUAL

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. Children should remain in Beginner for two years. See the "Teen" section for more classes. Parent supervision is required for children under age 8. Register for one class and you may add additional classes of similar level in this section for \$35 each.

Young Beginner

Age: 5-7				
14448	Th	9/24-11/19	4:45-5:45 PM	\$99/\$109
14803	Sa	9/26-11/21	11 AM-12 PM	\$99/\$109
Online/Simpson				

Beginner

Age: 6-13				
14806	F	9/25-11/20	5:45-6:45 PM	\$99/\$109
14804	Sa	9/26-11/21	12:15-1:15 PM	\$99/\$109
Online/Simpson				

Beginner/Advanced

Age: 8+				
14805	F	9/25-11/20	4:45-5:45 PM	\$99/\$109
Online/Simpson				

Intermediate I

Age: 8+				
14807	M	9/14-11/30	4:45-5:45 PM	\$129/\$139
Online/Chongpinitchai				

Intermediate II

Age: 9+				
14808	W	9/16-12/2	4:45-5:45 PM	\$129/\$139
Online/Simpson				

Beyond the Book - VIRTUAL

Young readers are encouraged to discover great books, share new stories, explore important topics, and have some bookish fun! Book-themed activities and age-appropriate discussion questions provide plenty of inspiration for great group conversations. Staff will lead group weekly book club sessions via web conference. Participants will be required to provide their own books and a book list will be sent to participants prior to the beginning of the program.

Age: 8-11				
15739	Tu	9/22-10/27	4-5 PM	\$30/\$35
15740	Tu	11/3-12/8	4-5 PM	\$30/\$35
Online				

Bookworms - VIRTUAL

End your day with story time! Each week we will read a new book and do an activity based on the book. Activity kits will be available for pick up prior to the beginning of class. An email will be sent with pick up details after registration.

Age: 5-7				
15737	Th	9/24-10/29	3-4 p.m.	\$20/\$25
15738	Th	11/5-12/10	3-4 p.m.	\$20/\$25
Online				

Guitar for Kids - VIRTUAL

Learn a new skill or refresh one long forgotten with this acoustic guitar course taught by Kevin Mittleman from the School of Music. Class covers basic strumming techniques, scales, melodies, basic theory and tips to get you playing. Students need a Guitar, Tuner, and a device capable of using Zoom. All class worksheets and materials will be shared electronically. Acoustic guitars can be rented for \$40 a semester by calling 301-340-1150.

Age: 8-12
 14796 M 10/12-11/2 5-6 PM \$59/\$69
 Online/The School of Music Staff

LNM - Instrumental Music Ensemble - VIRTUAL

Choose your instrument; drums, guitar, piano or violin, and let's make a musical ensemble! Musicians participate in online instrument instruction, explore music theory, enjoy listening excerpts and games. Program includes instrument rental and practice materials for at-home use. Choose your instrument when registering. Equipment will be shipped to your home and can be returned via the US Postal Service. Shipping and instrument rental costs are included in the class fee.

Age: 5-12
 15160 Tu 9/29-11/3 3:30-4:30 PM \$189/\$199
 15161 Th 10/1-11/5 6-7 PM \$189/\$199
 15679 Tu 11/10-12/15 3:30-4:30 PM \$189/\$199
 Online/Learn Now Music Staff

Magic Mondays - VIRTUAL

Prepare to be entertained and amazed as you learn new magic secrets each week. Part performance and part class, this interactive show is engaging for the whole family. A well thought out curriculum of tricks accompanies the entertainment! Students will learn valuable presentation skills while having fun! One registration per person. For the best experience, ages 5-7 should be accompanied by an adult. After class videos will be made available for further study at your own pace. Each student will receive a magic supply box with articles and tricks used in the class.

Age: 5+
 15771 M 9/21 7-7:45 PM \$17/\$19
 15772 M 9/28 7-7:45 PM \$17/\$19
 15773 M 10/5-11/2 7-7:45 PM \$75/\$80
 Online/Mystery Academy Staff

Sketcher Kids - Abrakadoodle - VIRTUAL

Learn how to draw and sketch what you see and even what you don't see! Sketcher Kids will create their own personal sketchbooks just like professional artist. They'll learn a variety of techniques and secrets that make drawing both easy and entertaining. They'll have fun with cats, viewfinders, kid drawing and a variety of drawing materials and exercises. At the end, they will have developed their own personal style!

Age: 5-10
 15776 Th 9/24-11/12 4:30-5:15 PM \$95/\$105
 Online/Abrakadoodle Staff



Join us for online art classes!



We provide all the instruction you will need to create a work of art. Most of the materials you have at home.



Register at
www.visartscenter.org
 VisArts | 155 Gibbs Street, Rockville | 301-315-8200

Before and After School Enrichment

Afterschool Buddies - VIRTUAL

Afterschool Buddies is a place for students to join staff on a web conference to unwind, work on schoolwork, participate in games and activities and more! This program will provide an opportunity for students to seek support from their peers and experienced staff. Sessions may include small break-out groups for certain activities.

Age: 6-11

15731	Tu,Th	9/15-10/8	4:30-6 PM	\$40/\$50
15732	Tu,Th	10/13-11/5	4:30-6 PM	\$40/\$50
15769	Tu,Th	11/10-12/3	4:30-6 PM	\$40/\$50

Online

Play Pods

Play is important for physical and mental health. Play Pods give children an opportunity to spend time outdoors and enjoy sports, games, and unstructured play safely, while being supervised by our experienced activity leaders. The same group of children will stay together throughout the session. Hand washing, physical distancing and face coverings will be promoted at the program.

Age: 5-11

15707	W	9/16-11/18	3:30-5 PM	\$110/\$120
Woodley Gardens Park				
15710	W	9/16-11/18	3:30-5 PM	\$110/\$120
Woodley Gardens Park				
15709	W	9/16-11/18	3:30-5 PM	\$110/\$120
Potomac Woods Park				

Innovation Lab - VIRTUAL

Explore the ups and downs of physics, technology, engineering, and material sciences. This innovative live instructor-led online course is based on hands-on project-based learning, encourages discovery, creative application of scientific facts, empathy-driven design and outside-the-box thinking about real-world challenges. During these interactive classes, students will explore and try their hands in basic structural engineering and programming concepts, while learning about and practicing Growth Mindset strategies and growing Socially and Emotionally. Students will work together and learn how to recognize and leverage their strengths to be a better team, while brainstorming and learning valuable communication and collaboration skills. Students will have access to the class materials and instructions for independent work outside of each class as a reference if they continue their experimentation at home. Parents will receive a summary and the list of materials for each class, along with additional resources and ideas to help children continue their learning at home, and updates on the progress of their children.

Age: 7-9

15823	M	9/21-11/23	4-5 PM	\$200/\$210
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Online/iSchool for the Future Staff

Playing it Safe

This program is a great way for your child to enjoy time outside safely while playing physical distance games and participating in recreational activities led by experienced staff. Parents should provide face masks for their children to use while at the program. Physical distancing will be promoted by each child having their own space to play. Class will be held outside at each community center and will be canceled in the case of inclement weather. Space is limited to 8 spots per class.

Age: 6-14

15716	Tu	9/15-10/6	4-5 PM	\$20/\$25
15839	W	9/16-10/7	4-5 PM	\$20/\$25
15718	Th	9/17-10/8	4-5 PM	\$20/\$25
15717	Tu	10/13-11/3	4-5 PM	\$20/\$25
15840	W	10/14-11/4	4-5 PM	\$20/\$25
15719	Th	10/15-11/5	4-5 PM	\$20/\$25

Twinbrook CRC

15750	M	9/14-10/5	4:30-5:30 PM	\$20/\$25
15752	Th	9/17-10/8	4:30-5:30 PM	\$20/\$25
15751	M	10/12-11/2	4:30-5:30 PM	\$20/\$25
15753	Th	10/15-11/5	4:30-5:30 PM	\$20/\$25

Thomas Farm CC

15755	M	9/14-10/5	4:30-5:30 PM	\$20/\$25
15757	W	9/16-10/7	1-2 PM	\$20/\$25
15756	M	10/12-11/2	4:30-5:30 PM	\$20/\$25
15758	W	10/14-11/4	1-2 PM	\$20/\$25

Lincoln Park CC

Fitness

Kids Fit Yoga

Did you know that in addition to improving strength, flexibility and body awareness, yoga can help increase focus and concentration? This class introduces a combination of partner and group games, fitness challenges and yoga.

Age: 8-12

15576	Sa	10/31-12/19	10:15-11 AM	\$92/\$110
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Rockville Swim and Fitness Center/Khrolenko

Family and Me Fitness - VIRTUAL

Grab your grown-up and join us as we discover new ways to get fit as a family! Special One day workshop for children and their parents.

Age: 5-10

15760	Sa	9/26	11-11:40 AM	\$10/\$12
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Online/Cheer Madness Staff

Poms with a Purpose ONLINE - Cheer Madness

Feel good about this virtual cheerleading class that strives to build confidence and inspire healthy choices while helping the community. In this class, participants will learn new exercises along with a cheer & dance routine. A portion of the proceeds from every class will go to a different charity. The charity of the week will be announced at the end of every class. We hope to cheer with you soon!

Age: 6-11

15669	M	9/14-10/19	6:30-7:20 PM	\$60/\$65
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Online/Cheer Madness Staff

My Gym - Super Kids LIVE - VIRTUAL

These high-energy classes are designed to be so much fun while giving kids a safe heartbeat-raising workout. Classes focus on developing strength, stamina, and agility with conditioning exercises, yoga, sports skills, martial arts, and ninja training prep activities. Kids will be challenged mentally and physically while having a blast! Weekly registration includes four classes per week. Times vary by day. See schedule for details.

Age: 6-10

15225	Week of 9/7	\$16/\$18
15226	Week of 9/14	\$16/\$18
15228	Week of 9/21	\$16/\$18
15234	Week of 9/28	\$16/\$18
15235	Week of 10/5	\$16/\$18
15236	Week of 10/12	\$16/\$18
15689	Week of 10/19	\$16/\$18
15690	Week of 10/26	\$16/\$18

Online/My Gym Staff

Zumba Fit - Kids - VIRTUAL

In this fun, educational class, participants do a 15-20-minute kid-friendly warm up, then learn about the countries and cultures that inspired the dances presented. Each week, we'll visit a different country on the map to learn fun facts and each country's native dance. Participants will also play a game that combines what they learned with a fun activity. Class concludes with a cool down and the kids decorate their passports to record their journey.

Age: 7-12

15272	Sa	9/12-10/24	12-12:50 PM	\$60/\$71
15266	Sa	10/31-12/19	12-12:50 PM	\$60/\$71

Online/Pooler

Martial Arts

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

15022	Th	9/17-11/5	6-7 PM	\$128/\$140
15019	Sa	9/19-11/7	11 AM-12 PM	\$128/\$140

Age: 10-13

15020	Th	9/17-11/5	7:20-8:40 PM	\$128/\$140
15021	Sa	9/19-11/7	12:20-1:40 PM	\$128/\$140

Rockville Fencing Academy/Staff

Kicks Karate - Children

A fun class designed for children to learn the basic skills of karate. Teachers focus on developing concentration, self-control and confidence. Small class sizes and a professional environment ensures a positive experience. Fee includes belt and an official Kicks Karate uniform for first-time students. Choose any two days.

Age: 7-12

15102	Sa	9/19-10/17	12:25-1:10 PM	\$129/\$139
15105	Tu	9/22-10/20	5:55-6:40 PM	
15106	W	9/23-10/21	6:40-7:25 PM	
15107	Th	9/24-10/22	7:15-8 PM	
15108	F	9/25-10/23	4:50-5:35 PM	

Kicks Karate/Staff

Children Events

Halloween Rec-it Kits

Halloween is just around the corner and this kit will get you in the spirit! Each kit contains 5-7 activities that engage kids in fitness, crafts and science activities. Kits will be available for pick-up the week of October 19. Pick up details will be sent in an email after registration.

Age: 6-12

15768	Pick-up the week of 10/19	\$8/\$10
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Community Center Staff

Virtual Kids Night In

It's exactly what it sounds like, a fun night for your child. Children spend the evening engaged in fun, age-appropriate activities, including: group games, arts and crafts and a movie night. Register for each kids night in.

Age: 5-10

15724	F	9/25	6-8 PM	\$5/\$8
15726	F	10/23	6-8 PM	\$5/\$8
15746	F	11/20	6-8 PM	\$5/\$8

Online/Community Center Staff

Sports - Instructional

Coach Doug Athletes - HYBRID

Get active, build confidence, learn skills and participate in sports and games through interactive play sessions. Children participate at their own pace. Adult participation required. Choose online only or the hybrid classes and enjoy Coach Doug in-person and online. Social distancing, limited group sizes and face coverings will be promoted for in-person classes.

Age: 5-10

Online Only

15848	W	9/16-11/4	2:30-3:15 PM	\$45/\$50
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Online/Coach Doug

Online & In-Person

15849	W	9/16-11/4	2:30-3:15 PM	
	Su	9/20-11/8	10:30-11:15 AM	\$95/\$99

Fallsgrove Park/Online/Coach Doug

Pickleball (Adult/Child)

Learn this fun paddle sport with your child using a whiffle ball on a small court which allows participants to be successful quickly. It's a great family sport that is a cross between tennis, badminton and ping pong that will get players moving. Price includes parent and one child; register child only. Equipment is provided.

Age: 9-12

15852	F	9/18	4:30-5:45 PM	\$35/\$39
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Mattie Stepanek Park/Bradley

Soccer Skills

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

Age: 6-8
15063 Sa 9/19-10/24 11-11:45 AM \$85/\$95
King Farm Park/Hawkins

15856 Th 9/17-10/22 5:30-6:15 PM \$85/\$95
Mark Twain Park/Berrios

Age: 9-10
15857 W 9/17-10/21 5:30-6:15 PM \$85/\$95
15859 F 9/18-10/23 5:30-6:15 PM \$85/\$95
Mattie Stepanek Park/Berrios

Age: 11-13
15858 W 9/17-10/21 6:30-7:15 PM \$85/\$95
15860 F 9/18-10/23 6:30-7:15 PM \$85/\$95
Mattie Stepanek Park/Berrios

T-Ball Skills - Beginner

Experience what it's like to be on a team through game-like play! Coaches teach the fundamentals of baseball through fun, skill-building activities and give one-on-one attention to help kids learn the game. Throwing, catching and batting are introduced. Bring a mitt to class.

Age: 5-7
15070 W 9/16-10/21 5:15-6 PM \$85/\$95
Woodley Gardens Park Coach Curtis

15078 Sa 9/19-10/24 11-11:45 AM \$85/\$95
King Farm Park

Tennis - 10 and Under

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

Age: 5-6
14999 Sa 9/19-10/24 9-9:50 AM \$75/\$85
King Farm Park/M. Yargici

Age: 5-7
15704 Su 9/13-10/25 9-9:50 AM \$75/\$85
Woodley Gardens/Palmer

14994 Th 9/17-10/22 5-5:50 PM \$75/\$85
Montrose CC and Park/Z. Yargici

14993 Sa 9/19-10/24 4-4:50 PM \$75/\$85
Falls Grove Park/Z. Yargici

Age: 7-9
15000 Sa 9/19-10/24 10-10:50 AM \$75/\$85
King Farm Park/M. Yargici

Age: 8-10
15705 Su 9/13-10/25 10-10:50 AM \$75/\$85
Woodley Gardens/Palmer

14992 Th 9/17-10/22 6-6:50 PM \$75/\$85
Montrose CC and Park/Z. Yargici

Tennis (Adult/Child)

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

Age: 6-10
15015 Sa 9/19-10/24 5-5:50 PM \$95/\$105
Falls Grove Park/Z. Yargici

Age: 6-10
15016 Su 9/13-10/25 10-10:50 AM \$95/\$105
15017 Su 9/13-10/25 11-11:50 AM \$95/\$105

15703 Su 9/13-10/25 12-12:50 PM \$95/\$105
King Farm Park/Z. Yargici

Tennis Skills and Drills

Develop and improve fundamental skills including use of proper grip, racket preparation and swing path. Participate in a variety of fun tennis drills and games that will keep you moving. Bring a racket and water bottle.

Age: 9-11
14998 Sa 9/19-10/24 11-11:50 AM \$75/\$85
King Farm Park/M. Yargici

Age: 12-15
15005 Sa 9/19-10/24 12-1:10 PM \$85/\$95
King Farm Park/M. Yargici

Sports - Leagues

Instructional Co-ed Soccer League

First-time players or those wanting to improve their fundamental skills, play small-sided games in this instructional league. Focus is on skill development through drills, game rules and scrimmages. Practice for two weeks and play three 4v4 games (no goalie) against teams from other sites. Fee: \$60/\$70 includes t-shirt. Shin guards and ball required. Program runs on Saturdays 9/26-10/24.

David Scull Park

15866 Age 5-6 10-11 AM
15870 Age 7-8 11:15 AM-12:15 PM
15873 Age 9-10 12:30-1:15 PM

Montrose CC and Park

15867 Age 5-6 10-11 AM
15869 Age 7-8 11:15 AM-12:15 PM
15872 Age 9-10 12:30-1:15 PM

Potomac Woods Park

15865 Age 5-6 10-11 AM
15868 Age 7-8 11:15 AM-12:15 PM
15871 Age 9-10 12:30-1:15 PM

Woodley Gardens Park

15861 Age 5-6 10-11 AM
15862 Age 7-8 11:15 AM-12:15 PM
15863 Age 9-10 12:30-1:15 PM

CROYDON CREEK NATURE CENTER

www.rockvillemd.gov/croydoncreek

240-314-8770 • ccnc@rockvillemd.gov • 852 Avery Road, Rockville, MD 20851

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.

Crafternoons from Croydon - VIRTUAL

Learn how to make fun crafts from recycled and common items you have around your house during this virtual crafting session. Participants will be emailed a list of common supplies that they should have handy for the afternoon's project(s).

Age: 6-10

15048	Su	9/13	3-3:30 PM	\$3/\$4
15050	Su	11/15	3-3:30 PM	\$3/\$4
15049	Su	10/11	3-3:30 PM	\$3/\$4

Fall Bird Walk

Discover the joy of watching birds! Join us on a socially distant morning walk for beginning birders. Learn how to use binoculars for birding, how to identify common local species, how to use bird guides and apps, and much more. Binoculars provided or bring your own. Paths are paved at RedGate Park but not at Croydon Creek Nature Center.

Age: 18+

RedGate Park

15051	Sa	9/19	7:30-9 AM	\$5/\$7
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Croydon Creek Nature Center

15052	Sa	10/10	7:30-9 AM	\$5/\$7
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Family Nature Hike

Start your weekend right with a morning hike! A naturalist will guide you through the Hayes Forest Preserve as you enjoy the outdoors and learn more about the natural world. Some hikes are more difficult than others. Please wear appropriate footwear and bring water. Limit on participants determined by social distance group rules. All participants including adults must register.

Age: 2+

Meadow and Avery Trail Loops

Take an easy hike around the meadow and on our Avery loop looking for signs of late summer (less than 0.5 mi).

15055	Sa	9/12	9:30-10 AM	\$2/\$3
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Heritage Trail

Explore the winding and uneven terrain of the 0.85mi Heritage Trail.

15056	Sa	10/3	9:30-10:30 AM	\$4/\$5
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Woodland Trail

Investigate the ups and downs of the 1.5 mi Woodland Trail.

15057	Sa	11/14	9:30-11 AM	\$5/\$6
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To promote health and safety in our community some programs may be modified or cancelled.

Meet Gillis, The Vulture - **VIRTUAL**

We love vultures and want you to appreciate them, too! In this virtual (via Webex) live program you'll learn lots of cool facts about the two species that live in Maryland and meet Gillis, a young Black vulture that lives with people!

Age: 2+

15053	Sa	10/17	10-10:30 AM	Free
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Online

October Trail Clean Up

Help clean up the trails in the forest preserve and earn SSL hours while you help the environment. Each participant will receive gloves, a garbage bag and a set of trash pickers to use for the morning. Return the trash pickers to receive your SSL form!

Age: 12+

15054	Sa	10/24	9 AM-12 PM	Free
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Owls Up Close - **VIRTUAL**

Investigate the fascinating world of owls by meeting our resident Eastern Screech Owl up close in this virtual program. You learn about some of Maryland's other resident owls and receive an owl pellet dissection kit to solve an owl mystery at home.

This is a virtual program. Owl pellet dissection kits will be available for pick up at Croydon Creek Nature Center.

Age: 7-12

15034	Th	10/1	4-4:30 PM	\$8/\$10
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Online

Parks in Person

Explore our local parks in person with a naturalist from Croydon Creek Nature Center who will lead some physically distant activities for little ones. Advanced registration required. Spaces are limited. All activities are outdoors.

Age: 3-6

15031	Th	9/24	10-10:45 AM	\$4/\$6
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Croydon Creek Nature Center

15032	Th	10/22	10-10:45 AM	\$4/\$6
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Woodley Gardens Park

15033	Th	11/19	10-10:45 AM	\$4/\$6
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Hillcrest Park

PARTY ON THE WILD SIDE AT CROYDON CREEK NATURE CENTER

Birthday Party Themes

Virtual Classic Party (ages 3+; all year)

Would you like to make your birthday a little extra special? Meet some of Croydon Creek Nature Center's animal ambassadors virtually and learn what makes them unique!

Virtual Owl Party (ages 7+; all year)

Invite Cricket the Screech Owl to your birthday party! Meet him virtually and learn about amazing owl adaptations. Owl pellet dissection kits can be added on for a birthday party no one will soon forget!

Party Planning Details

Virtual parties hosted by Croydon Creek Nature Center feature a 30-minute, fun-filled animal presentation. Additional elements such as craft kits or owl pellet dissection kits can be added on for an additional fee. Please email Croydon Creek at ccnc@rockvillemd.gov for more details about a virtual party.

Scheduling a Party

Parties are scheduled year-round on Saturdays and Sundays. Call Croydon Creek Nature Center at 240-314-8770 for more information and date availability.

Party Fees

Virtual Classic Party: \$50

Virtual Owl Party: \$65

Craft kit add-on: \$3 per kit

Owl pellet dissection kit add-on: \$5 per kit

Croydon Creek nature parties are designed to educate and entertain with virtual programming that highlight the wonders of nature. The Nature Center's staff will make sure you and your child have a memorable birthday experience all from the comfort of your own home!



TEENS

Arts, Dance and Enrichment

Ballet Teen and Adult - VIRTUAL

Advanced students with five or more years of experience are welcome to learn advanced techniques. See “Adult and Children Ballet” for more classes. Register for one class and you may add each additional class in this section for \$50 per class.

Intermediate III and Beginner Pointe

Age: 12+				
14818	Tu	9/15-12/1	5-6:30 PM	\$180/\$190
Online/Simpson				
14815	Th	9/15-12/3	5-6:30 PM	\$180/\$190
Online/Chongpinitchai				

Advanced

Age: 13+				
14816	M	9/14-11/30	5:45-7:15 PM	\$180/\$190
Online/Chongpinitchai				
14817	W	9/16-12/2	5:45-7:15 PM	\$180/\$190
Online/Simpson				

Innovation Lab - VIRTUAL

Explore the ups and downs of physics, technology, engineering, and material sciences. This innovative live instructor-led online course is based on hands-on project-based learning, encourages discovery, creative application of scientific facts, empathy-driven design and outside-the-box thinking about real-world challenges. During these interactive classes, students will explore and try their hands in basic structural engineering and programming concepts, while learning about and practicing Growth Mindset strategies and growing Socially and Emotionally. Students will work together and learn how to recognize and leverage their strengths to be a better team, while brainstorming and learning valuable communication and collaboration skills. Students will have access to the class materials and instructions for independent work outside of each class as a reference if they continue their experimentation at home. Parents will receive a summary and the list of materials for each class, along with additional resources and ideas to help children continue their learning at home, and updates on the progress of their children

Age: 10-13				
15824	Th	9/17-11/19	4-5:30 PM	\$300/\$310
Online/iSchool for the Future Staff				

To promote health and safety in our community some programs may be modified or cancelled.

Board Art for Teens

Join in on a night of fun with an artist from Amazing Art Studio who will help you create your own piece of board art. Learn techniques of creating a painting on wood and go home with your creation to keep for yourself or give as a gift! If health guidelines allow, this program will take place in person at Thomas Farm Community Center and refreshments will be provided, otherwise it will take place in our Zoom art studio. All supplies are included and will be provided in a kit before the class for pick-up, if necessary. Register by November 13.

Age: 11-15
 15608 F 11/20 7-9 PM \$35/\$40
 Thomas Farm CC

Book It for Tweens - VIRTUAL

Young readers are encouraged to discover great books, share new stories, explore important topics, and have some bookish fun! Book-themed activities and age-appropriate discussion questions provide plenty of inspiration for great group conversations. Staff will lead group weekly book club sessions via web conference. Participants will be required to provide their own books and a book list will be sent to participants prior to the beginning of the program.

Age: 12-15
 15742 W 9/23-10/28 3-4 p.m. \$30/\$35
 15743 W 11/4-12/9 3-4 p.m. \$30/\$35
 Online

Minecraft - VIRTUAL

Learn Java programming while making 3 amazing custom dimensions in Minecraft Camp! Teleport from one dimension to another with ease as you set locations, build worlds, and navigate across dangerous terrain in this action-packed Minecraft Camp whirlwind! Participants will need access to the internet and a Mac Computer (with OS Operating System) or PC Computer (with Windows Operating System) with either an internal or external microphone & webcam.

Age: 9-15
 15767 Th 10/1-11/5 4-5 PM \$140/\$150
 Online/Online Advisory School Staff

Junior Chefs - VIRTUAL

Who's ready to cook? Come join us in this 10-week "virtual" kitchen with our online cooking course! This cooking course is self-paced, and can be done on your own time. Your child will be sent a new recipe each week to follow along with a video instruction or they can print the recipe & shopping list out to make at a later date! Each week a live meeting would be scheduled with the Tiny Chiefs instructors to go over your child's success and challenges with their recipe. While earning achievements along the way your child will learn a variety of cooking techniques & terminology. By the end of the session, your child will feel a sense of confidence in the kitchen and be open to trying a variety of new recipes! They may even give you break in the kitchen..

Age: 9-14
 15765 M 9/28-11/30 4-5 PM \$119/\$124

Restuarant Creations

15814 Tu 9/29-12/1 4-5 PM \$119/\$124
 Online/Tiny Chefs Staff

Roblox 3D - VIRTUAL

In this popular program, students will design and code an awesome Advanced Obby and Tycoon game in Roblox, and then learn how to monetize them to make Robux at the Roblox marketplace! Students will learn both the basics of 3D game development and fundamental programming concepts using the Lua programming language. This program is designed for beginner to intermediate students who are interested in programming, game design, and entrepreneurship. Participants will need access to the internet and a Mac Computer (with OS Operating System) or PC Computer (with Windows Operating System) with either an internal or external microphone & webcam.

Age: 7-13
 15766 F 10/2-11/6 4-5 PM \$140/\$150
 Online/Online Advisory School Staff

Teen Scene Club - VIRTUAL

Teen Scene Club will provide an opportunity for teens to join staff on a web conference to work on their homework, catch up with their peers and participate in small group activities. This program will provide an opportunity for teens to seek support from their peers and staff. Sessions may include small break-out groups for certain activities.

Age: 12-14
 15735 M-Th 9/14-10/28 4-6 PM \$40/\$50
 15736 M-Th 10/12-11/5 4-6 PM \$40/\$50
 15744 M-Th 11/9-12/3 4-6 PM \$40/\$50
 Online/Recreation Center Staff

Fitness

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: 16+
 15580 Th 9/3-10/22 10:15-11:15 AM \$95/\$113
 15531 Th 10/29-12/17 10:15-11:15 AM \$83/\$99
 Rockville Swim and Fitness Center/Kolanowski

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
 15417 M 8/31-10/19 7-8 PM \$75/\$89
 Rockville Swim and Fitness Center/
 15534 M 10/26-12/14 7-8 PM \$85/\$101
 Rockville Swim and Fitness Center/Khrolenko

Yoga for Teens

All 12-16 year old aspiring yogis 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
 15583 Su 11/1-12/20 10:15-11:15 AM \$95/\$113
 Rockville Swim and Fitness Center/Khrolenko

Martial Arts

Karate for Teens/Adults

Our teen and adult program involves a great physical workout and more! We also focus on mental and emotional self-defense and developing respect for others. Classes are structured to promote personal development and goals are set for improvement. Fee includes equipment and uniform for first-time students. Class schedules are flexible and make-ups are available as needed. Sign up for two classes and save \$31.

Age: 13+
 15103 M 9/21-10/19 8:25-9:10 PM \$85/\$95
 15104 Tu 9/22-10/20 8:15-9 PM \$85/\$95
 15109 W 9/23-10/21 8:15-9 PM \$85/\$95
 15110 Th 9/24-10/22 8-8:45 PM \$85/\$95

Kicks Karate/Staff

Sports - Instructional

Teen Sand Volleyball Clinic

This co-ed volleyball clinic teaches participants in grades 6-10 the fundamentals of volleyball. This action-packed session is designed to teach the basic skills of volleyball to beginner and intermediate players. Participants will learn passing, setting, hitting, blocking, returning, team strategy as well as playing games.

Age: 11-13
 15616 W 9/2-10/7 6:30-7:30 PM \$55/\$65

Age: 13-15
 15617 W 9/2-10/7 7:30-8:30 PM \$55/\$65
 Dogwood Park/Alcivar

Pickleball for Teens

Learn this fun paddle sport using a whiffle ball on a small court which allows participants to learn the game quickly and be successful. It is a cross between tennis, badminton and ping pong that will get players moving. Basic strokes, dinks, serve, scoring, and rules of the game are taught. Equipment is provided.

Age: 13-15
 15842 Sa 9/12-9/26 4-5 PM \$44/\$49
 Mattie Stepanek Park/Daly

E-SPORTS LEAGUES IN ROCKVILLE



Open to ages: 8+

REGISTER at

www.rockvillemd.gov/registration

SPONSORED BY



Questions? Contact teens@rockvillemd.gov

Madden 21

Thursday
 9/17-10/15
 6:15 p.m.
 Course #15834

Championship

10/23 at 6 p.m.

2K20

Friday
 9/18-10/16
 6:15 p.m.
 Course #15835

Championship

10/23 at 6 p.m.

Rocket League

Saturday
 9/19-10/17
 1:15 p.m.
 Course #15836

Championship

10/24 at 1 p.m.

Fortnite

Saturday
 9/19-10/17
 6:15 p.m.
 Course #15837

Championship

10/24 at 6 p.m.

COST \$45/\$55



ADULTS

To promote health and safety in our community some programs may be modified or cancelled.

Arts, Dance and Enrichment

Ballet - VIRTUAL

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. Register for one class and you may add additional classes of similar level for \$50 each.

Beginner-Intermediate

Age: 13+
 14812 M 9/14-11/30 7:15-8:30 PM \$150/\$160
 Online/Chongpinitchai

Beginner-Intermediate

Age: 13+
 14810 Th 9/17-12/3 8-9:15 PM \$150/\$160
 Online/Simpson

Intermediate

Age: 13+
 14811 Tu 9/15-12/1 8-9:15 PM \$150/\$160
 Online/Simpson

Advanced

Age: 13+
 14814 Tu 9/15-12/1 6:30-8 PM \$180/\$190
 Online/Simpson

Advanced

Age: 13+
 14813 Th 9/17-12/3 6:30-8 PM \$180/\$190
 Online/Chongpinitchai

Board Art for Adults

Grab your friends and treat yourself to an evening of fun and creativity! Use a piece of board as your canvas as an artist from Amazing Art Studio guides you through creating your own piece of board art. If health guidelines allow, this program will take place in person at Thomas Farm Community Center and refreshments will be provided, otherwise it will take place in our Zoom art studio. All supplies are included and will be provided in a kit before the class for pick-up, if necessary. Register by October 2.

Age: 16+
 15607 Th 10/8 7-9 PM \$35/\$40
 Thomas Farm CC

Guitar - Beginner - VIRTUAL

Learn a new skill or refresh one long forgotten with this acoustic guitar course taught by Kevin Mittleman from the School of Music. Class covers basic strumming techniques, scales, melodies, basic theory and tips to get you playing. Students need a guitar, tuner, and a device capable of using Zoom. All class worksheets and materials will be shared electronically. Acoustic guitars can be rented for \$40 a semester by calling 301-340-1150.

Age: 18+
 14799 Th 10/15-11/19 8-9 PM \$89/\$99
 Online/The School of Music Staff

Getting Paid to Talk

If you've ever wondered how to begin in voice over part time, full time, or for supplemental or retirement income, this workshop is a great, upbeat, and most importantly, realistic first step. Our easy-to-access remote learning system will take you behind the scenes at Voice Coaches main studios, where we regularly produce voice over content for clients including Netflix, Discovery, HGTV, Disney, Lifetime, Nickelodeon, and many more. From audio books, training material, animation, and commercials to socially relevant content, television, and much, much more: today's voice over field has become a great way to leverage your individual voice qualities and communication skill in a whole new way. This class also includes an opportunity to receive a brief one-on-one voice range and quality assessment with our instructor. Class taught via Zoom.

Age: 18+
 15854 Tu 12/8 7-8:30 p.m. \$25/\$30
 Online/Voice Coaches

TL;DR Movie Club

Join us via teleconference to discuss these books to film adaptations! All titles available on Netflix. Please stream responsibly.

Age: 18+

I'm Thinking of Ending Things

15815 W 10/14 7:30-9:30 PM \$10/\$13

V-Vendetta

15820 W 11/11 7:30-9:30 PM \$10/\$13

The Help

15821 W 12/9 7:30-9:30 PM \$10/\$13
 Online

Wedding Workshop

So you have said yes and now it is time to plan the rest. Join us for discussions with event planners, caterers, and tent providers.

Age: 18+

Do I need an Event Planner?

15817 Th 9/17 7-8 PM Free

How to Hire a Caterer for Your Big Day

15818 Th 10/22 7-8 PM Free

All I need to know about Tenting

15819 Th 11/19 7-8 PM Free
 Online

Fitness

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+
 15296 W 9/2-10/21 5:30-6:30 PM \$69/\$82
 Rockville Swim and Fitness Center/Silverman
 15307 M 10/26-12/14 5:45-6:45 PM \$69/\$82
 Rockville Swim and Fitness Center/Horsey
 15314 W 10/28-12/16 5:30-6:30 PM \$69/\$82
 Rockville Swim and Fitness Center/Silverman

Body Sculpt - VIRTUAL

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+
 15289 Tu 9/1-10/20 5:30-6:25 PM \$69/\$82
 15297 Tu 10/27-12/15 5:30-6:25 PM \$69/\$82
 Online/Johnson

Body Works

A great way to start your day and clear your mind by defining, sculpting and building lean muscle. Begin with free weights and resistance, move on to a mix of Pilates, and conclude with a cool down that includes ab work and a great body stretch. All levels welcome. Bring a mat and weights.

Outdoor Mini Sessions

Age: 16+
 15036 Su 9/13-10/18 9-9:45 AM \$40/\$45
 Woodley Gardens Park/Lake

Cardio and Strength Training

Get a great workout as you improve your cardio fitness, improve strength and flexibility. Workout will give you a full body workout as you burn calories and feel energized. Bring a water bottle, weights and a mat. If rain, class will be held under pavilion.

Outdoor Mini Sessions

Age: 16+
 15044 Th 9/17-10/8 7-7:45 AM \$32/\$37
 15045 Th 10/22-11/12 7:30-8:15 AM \$32/\$37
 College Gardens Park/Ramsey

Cardio Kickbox - VIRTUAL

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+
 15305 Th 9/3-10/22 7-8 PM \$69/\$82
 15282 Th 10/29-12/17 7-8 PM \$60/\$71
 Online/DiTullio

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+
 15309 Tu 10/27-12/15 12-12:45 PM \$69/\$82
 Rockville Swim and Fitness Center/Khrolenko

Cheer Fit - VIRTUAL

Get fit cheerleader style. Learn a new routine each week along with exercise to help increase flexibility and endurance.

Age: 14+

15761 Th 9/17-10/22 6:30-7:15 PM \$60/\$70
Online/Cheer Madness Staff

Circuit Training

Jump start 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+

15299 Tu 9/1-10/20 11:15 AM-12 PM \$69/\$82

15290 Tu 10/27-12/15 11:15 AM-12 PM \$69/\$82

Rockville Swim and Fitness Center/Khrolenko

15267 Th 10/29-12/17 11:15 AM-12 PM \$60/\$71

Rockville Swim and Fitness Center/Kolanowski

Fit and Firm

Build strength as you enjoy a full body workout. Exercises include upper and lower body work and abs. All fitness levels welcome.

Bring your own mat and weights.

Outdoor Mini Sessions

Age: 16+

15047 Th 9/10-10/8 6-6:45 PM \$40/\$45

15728 Th 10/15-11/12 6-6:45 PM \$40/\$45

Dogwood Park/Fleishman

Functional Interval Training

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

Age: 16+

15276 Th 10/29-12/17 12-12:45 PM \$60/\$71

Rockville Swim and Fitness Center/Khrolenko

In Motion

This class is designed for anyone who wants to increase balance while building a healthy mind/body connection. Perfect for seniors looking for ways to reduce risk of falling or athletes seeking better body control and reduced risk of injury.

Age: 55+

15262 Tu 10/27-12/15 12:45-1:15 PM \$43/\$51

Rockville Swim and Fitness Center/Khrolenko

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+

15248 Th 10/29-12/17 12:45-1:15 PM \$38/\$45

Rockville Swim and Fitness Center/Khrolenko

Pilates - Yoga Fusion - VIRTUAL

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. You will need a mat and should wear comfortable clothing. Class is taught via Zoom.

Age: 16+

14425 Tu 9/22-11/24 6-7 PM \$89/\$99

14444 Tu 12/1-12/22 6-7 PM \$35/\$39

Online/Poole

Pilates - VIRTUAL

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. You will need a mat and should wear comfortable clothes. Class is taught via Zoom.

Age: 16+

14424 Tu 9/22-11/24 7:30-8:30 PM \$89/\$99

14443 Tu 12/1-12/22 7:30-8:30 PM \$35/\$39

Online/Poole

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: 16+

15580 Th 9/3-10/22 10:15-11:15 AM \$95/\$113

15531 Th 10/29-12/17 10:15-11:15 AM \$83/\$99

Rockville Swim and Fitness Center/Kolanowski

Power Conditioning

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

Age: 16+

15278 Sa 10/31-12/19 8-9 AM \$60/\$71

Rockville Swim and Fitness Center/Khrolenko

Strength Training and Core

Build strength and improve your endurance and flexibility. Class includes core work and a variety of exercises to improve muscle strength and toning. Bring a water bottle, weights and a mat. If rain, class will be held under pavilion.

Outdoor Mini Sessions

Age: 16+

15042 Tu 9/8-10/6 5:30-6:15 PM \$40/\$45

15043 Tu 10/13-10/27 5:30-6:15 PM \$40/\$45

Dogwood Park/Fleishman

15729 W 9/9-10/7 7-7:45 AM \$40/\$45

15730 W 10/14-11/11 7:30-8:15 AM \$40/\$45

Dogwood Park/Fleishman

15040 F 9/18-10/9 7-7:45 AM \$32/\$37

15041 F 10/23-11/13 7:30-8:15 AM \$32/\$37

College Gardens Park/Ramsey

Sunday Stretch

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

Age: 16+

15244 Su 11/1-12/20 11:20-11:50 AM \$38/\$45

Rockville Swim and Fitness Center/Khrolenko

Yoga - Balance, Flexibility, Mood & Strength - VIRTUAL

Release tension, de-stress and refresh by practicing gentle yoga postures. Calm restless thoughts, cultivate concentration, support mental clarity and confidence using breath techniques and meditation practices. The heart of each class is a sequence of postures that stretch, strengthen and balance your body. Class includes sitting, standing and lying down. Check with your doctor before enrolling. You will need a yoga mat and sturdy blanket or bath sheet for class.

Age: 16+

14735 M 9/14-12/7 1-2:15 PM \$120/\$130

Online/Neves

Yoga - Beginner and Continuing - VIRTUAL

Be introduced to traditional yoga techniques such as breathing exercises, basic yoga positions and deep relaxation. You will need a yoga mat and a smile. If you wish, bring yoga blocks and a strap, not required for class.

Age: 16+

14797 W 9/23-11/4 7:30-8:30 PM \$69/\$79

Online/Nair

Yoga - Flexible Strength

Enjoy an introductory Hatha Yoga class that will focus on mind, and body awareness as you increase your own body's strength, and energy. Learn to align your own skeleton, joints, and limbs while also increasing your mobility and flexibility.

Outdoor Mini Session

Age: 16+

15727 M 9/14-10/19 7:30-8:15 AM \$59/\$66

Dogwood Park/Fleishman

Yoga - Gentle with Stretching - VIRTUAL

Learn simple ways of bringing the benefits of a yoga practice into your daily life for greater well-being. Enjoy a meditative experience with restorative and gentle poses, stretches, movements and breath. No prior yoga experience required. Good for all levels.

Positions and stretches are accessible to most individuals. You will need a mat, yoga strap and Mexican blanket for class.

Age: 16+

14809 Th 9/17-12/10 7:30-8:45 PM \$120/\$130

Online/Neves

Yoga - Hatha Intermediate - VIRTUAL

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. You will need a yoga mat, strap and block.

Age: 16+

14802 M 9/14-12/10 7:30-8:45 PM \$120/\$130

Online/Neves

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. Bring a mat and wear comfortable clothing.

Age: 16+

15595 Tu 9/1-10/20 9:15-10:15 AM \$116/\$130

15598 Tu 10/27-12/15 9:15-10:15 AM \$116/\$130

Rockville Swim and Fitness Center/Mendoza

15596 F 9/4-10/23 9:15-10:15 AM \$116/\$130

15591 F 10/30-12/18 9:15-10:15 AM \$101/\$114

Rockville Swim and Fitness Center/Mendoza

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: 16+

15597	W	9/2-10/21	9:15-10:15 AM	\$116/\$130
15599	W	10/28-12/16	9:15-10:15 AM	\$116/\$130
Rockville Swim and Fitness Center/Mendoza				
15589	Sa	9/12-10/24	9:15-10:15 AM	\$101/\$114
15590	Sa	10/31-12/19	9:15-10:15 AM	\$101/\$114
Rockville Swim and Fitness Center/Mendoza				

Yoga with Weights - VIRTUAL

This intensive class strengthens, tones, relaxes and increases your flexibility through a combination of free weights and specific yoga postures, along with practicing traditional yoga positions. Students should wear comfortable clothing, and need a yoga mat. Contact pgnairzen@gmail.com with any questions. Class is for beginner and continuing yoga students.

Age: 16+

14798	Su	9/20-11/1	10:30-11:30 AM	\$69/\$79
Online/Nair				

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. Bring a mat and wear comfortable clothing.

Age: 16+

15588	M	8/31-10/19	9:15-10:15 AM	\$101/\$114
15594	M	10/26-12/14	9:15-10:15 AM	\$116/\$130
Rockville Swim and Fitness Center/Mendoza				
15593	W	9/2-10/21	7-8 PM	\$116/\$130
15600	W	10/28-12/16	7-8 PM	\$116/\$130
Rockville Swim and Fitness Center				

Zumba Fit - VIRTUAL

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+

15304	W	9/2-10/21	5:30-6:25 PM	\$69/\$82
15310	W	10/28-12/16	5:30-6:25 PM	\$69/\$82
Online/Johnson				
15303	Th	9/3-10/22	7:05-7:50 PM	\$69/\$82
15268	Th	10/29-12/17	7:05-7:50 PM	\$60/\$71
Rockville Swim and Fitness Center/Creel				

Zumba Toning - VIRTUAL

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+

15313	W	9/2-10/21	12-12:45 PM	\$69/\$82
15312	W	10/28-12/16	12-12:45 PM	\$69/\$82
Online/DiTullio				
15280	Sa	9/12-10/24	11:30 AM-12:25 PM	\$60/\$71
15281	Sa	10/31-12/19	11:30 AM-12:25 PM	\$60/\$71
Online/Natty Ko/Kevin Ko				

Martial Arts

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+

15018	Tu	9/15-11/3	7-8:20 PM	\$128/\$140
15023	Sa	9/19-11/7	2-3:20 PM	\$128/\$140
15024	Su	9/20-11/8	11:25 AM-12:45 PM	\$128/\$140
Rockville Fencing Academy/Staff				

Karate for Teens/Adults

Our teen and adult program involves a great physical workout and more! We also focus on mental and emotional self-defense and developing respect for others. Classes are structured to promote personal development and goals are set for improvement. Fee includes equipment and uniform for first-time students. Class schedules are flexible and make-ups are available as needed. Sign up for two classes and save \$31.

Age: 13+

15103	M	9/21-10/19	8:25-9:10 PM	\$85/\$95
15104	Tu	9/22-10/20	8:15-9 PM	\$85/\$95
15109	W	9/23-10/21	8:15-9 PM	\$85/\$95
15110	Th	9/24-10/22	8-8:45 PM	\$85/\$95
Kicks Karate/Staff				

Sports - Instructional

Pickleball Strategies and Drills - Three Day Sessions

Experience one of the fastest growing sports in America. This fun, social activity uses a paddle and whiffle ball on a small court which allows players to learn quickly and enjoy a good workout. Bring your own paddle.

Beginner Players (2.0-2.5 Level)

For new players and those who will benefit from a skills review. Participants learn and improve basic strokes, dinks, serve, footwork and rules of the game. Bring your own paddle.

Age: 16+
15612 Sa 9/12-9/26 5:15-6:30 PM \$55/\$63
Mattie Stepanek Park/Daly

15613 W 9/23-10/7 6-7:15 PM \$55/\$63
Mattie Stepanek Park/Bradley

Intermediate Players (3.0-3.5 Level)

Refine your skills through continuous drills. Players must have experience playing at 3.5 level of play and maintain consistency with continuous play.

Age: 16+
15615 F 9/18-10/2 6-7:15 PM \$55/\$63
Mattie Stepanek Park/Bradley

15614 M 9/14-10/5 7-8:15 PM \$55/\$63
Mattie Stepanek Park/Daly

Tennis for Adults/Teens

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

Beginner/Novice 2.0-3.0 NTRP Level

Age: 16+
14997 M 9/14-10/26 6-6:50 PM \$75/\$85
Twinbrook CRC/Asaka
14996 Tu 9/15-10/20 6-6:50 PM \$75/\$85
King Farm Park/M.Yargici
14995 W 9/16-10/21 6-6:50 PM \$75/\$85
Mattie Stepanek Park/Asaka

Intermediate 3.0-3.5 NTRP Level

Age: 16+
15011 M 9/14-10/26 7-8:15 PM \$89/\$99
Twinbrook CRC/Asaka
15010 Tu 9/15-10/20 7-8:15 PM \$89/\$99
King Farm Park/M.Yargici
15012 W 9/16-10/21 7-8:15 PM \$89/\$99
Mattie Stepanek Park/Asaka

Sports Leagues

Adult Pickleball Ladder League

In this new coed pickleball league you will have the opportunity to test your skills against players with the same skill levels. Each week, players will be placed in groups of 4 in order of your ranking on the ladder for match play. The USAPA numeric rating system will be used to rank your skill level <https://www.usapa.org/player-skill-rating-definitions/>. All players will play three doubles games in a round robin fashion with the other three players of the foursome. Games are played between the hours of 6-9 p.m. at Mattie J.T.

Stepanek Park. Players must be 18 years or older.

Age: 18+
15621 Th 9/17-10/22 6-9 PM \$45
Mattie Stepanek Park

Adult Pickleball Traditional League

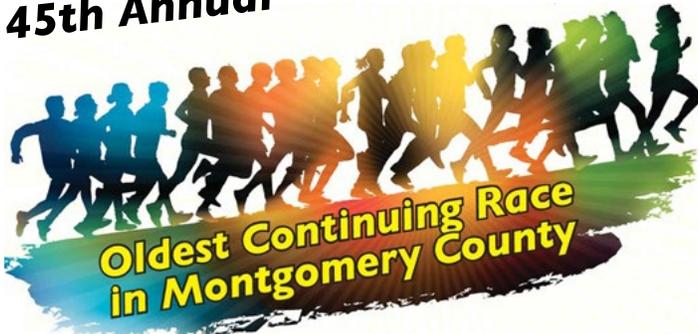
Doubles Team Pickle Ball League. Can be Men's, Women's or Coed teams. All teams play together. Three Divisions (self-rated): Beginning, Intermediate or Advanced. Each game will be best 2 out of 3 and last approximately one hour. Games are played between 6 p.m.-9 p.m. at Mattie J.T. Stepanek Park.

Age: 18+
Beginner
15618 Tu 9/15-10/20 6-9 PM \$35
Mattie Stepanek Park

Intermediate
15619 Tu 9/15-10/20 6-9 PM \$35
Mattie Stepanek Park

Advanced
15620 Tu 9/15-10/20 6-9 PM \$35
Mattie Stepanek Park

45th Annual



Rockville 10K/5K

Sunday, Nov. 1

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



Race Fees

\$35 online/mail-in through Thursday, Oct. 30

\$45 packet pick up, Nov. 2 and walk-up on race day Sunday, Nov. 1.

Kids 1-Mile Fun Run: \$12

Late Registration and Packet Pick-up Location:

RNJ SPORTS

11910-R Parklawn Drive, Rockville, MD 20852

Saturday, Oct. 31

11 a.m.-5 p.m.

Race Day Morning, Nov. 1

7:30-8:15 a.m.

(at King Farm Village Center)

Register online at www.rockville10k5k.com until Oct. 31



Rockville Farmers Market

Fruit • Vegetables • Meat • Flowers
Cheese • Bread • Baked Goods

Saturdays

June 6-Nov. 21
9 a.m.-1 p.m.

Corner of Rt. 28 and Monroe St.

WIC and EBT/SNAP accepted

www.Facebook.com/RockvilleFarmersMarket



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

2021 WOOTTONS MILL GARDEN PLOT PROGRAM

Registration Now Open

Plots are ready for use April 1, program ends Nov. 15.

Join over 100 active gardeners. Make friends and be active while reaping the benefits of growing your own fresh vegetables. The City of Rockville provides access to water. Garden plots are approximately 25 by 25 feet. Gardeners provide their own fencing, weed barrier, hoses, tools and other gardening supplies. Garden plots are available for both residents and nonresidents. Season fees \$70/\$80. Email woottonsmill@rockvillemd.gov for more info.



Visit www.rockvillemd.gov/gardenplots to download an information packet with a registration form.



ROCKVILLE BICYCLE ADVISORY COMMITTEE

www.rockvillemd.gov/rbac
rockvillebikerides@gmail.com
www.facebook.com/bikerockville
www.meetup.com/bikerockville

RBAC encourages you to ride your bike for transportation, recreation and staying healthy.

Check out our tips for Biking Safely During the COVID-19 Pandemic.

RBAC meets virtually the first Wednesday of each month 7-9 p.m. All are welcome.

**Montgomery County requires anyone under age 18 to wear a bicycle helmet when riding or being carried on a bicycle, including a bicycle with training wheels, on a public street, right-of-way, sidewalk or bicycle path in the county.*

Rockville Events Sponsorship Opportunities

REACH NEW AUDIENCES

Sponsor benefits include on-site booth and signage, logo on materials, mentions on social media and more, depending on level of support.

Contact:
240-314-8658 • elisdeal@rockvillemd.gov



Sign up for City of Rockville
Emergency Notifications



rockvillemd.gov/alerts

Public Safety • Severe Weather • Traffic

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

ROCKVILLE SENIOR CENTER

www.rockvillemd.gov/seniorcenter

240-314-8800 • seniorcenter@rockvillemd.gov • 1150 Carnation Drive, Rockville, MD 20850

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

Hours

(for calls and emails)

Monday - Friday

8:30 a.m.-5 p.m.

Directions

Call 240-314-5019

Bus Transportation and Lunch Reservations

Call 240-314-8810

Center Membership Fees

\$40/year – Rockville resident

\$135/year – Nonresident; \$65 spouse

Fitness Center

Membership Fees

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

Program Fees

Fee = member/nonmember

Registration Dates

All class registrations begin Thursday, August 27. Members receive a discount on senior program fees and rentals, are eligible to join the Fitness Center, are mailed the monthly newsletter of events and are eligible for a discount on classes in the adult section of the Recreation Guide.

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.

Program 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.

Need Food During This time?

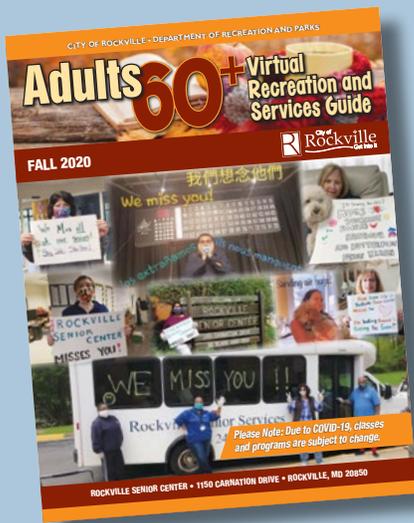
Call 240-314-8800 or email us at seniorcenter@rockvillemd.gov.

DID YOU KNOW WE HAVE A PEN PAL PROGRAM?

Call 240-314-8800 or email seniorcenter@rockvillemd.gov for more information

SENIOR CENTER MEMBER ADULT CLASS BENEFIT

Discounts only apply for classes in the Adult section of the Life in Rockville Recreation Guide. One \$10 discount may be used per Senior Center member, per activity for programs over \$50. Does not apply to workshops. This discount is not valid for aquatics classes. Refer to the aquatics section for pricing. For more information call 240-314-8800.



View the guide online at
[www.rockvillemd.gov/
recreation](http://www.rockvillemd.gov/recreation)

Look for additional information in our

Adults 60+ Recreation and Services Guide

Mail-In Registration: We are taking mail-in's now and will process them in the order it is received starting on August 27. If mailing registrations, please complete the registration form and enclose a check and mail to: Rockville Senior Center 1150 Carnation Dr, Rockville, MD 20850. If mailing a registration, you will receive a receipt in the mail, or in your email. You will be contacted if you did not get into the class you wanted.

Online Registration: www.rockvillemd.gov/recreation Visa and MasterCard accepted. Please call our main number, 240-314-8800 or email us at seniorcenter@rockvillemd.gov if you have any questions regarding updating your membership, or registration in any of our offerings.

ROCKVILLE SENIOR FITNESS CENTER

It's the best time to be 60+ in Rockville!

The Senior Center including the fitness room is closed and will reopen when the State of Emergency is lifted.

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

[www.rockvillemd.gov/
seniorcenter](http://www.rockvillemd.gov/seniorcenter)

Any Questions?

Email us at
[seniorcenter@
rockvillemd.gov](mailto:seniorcenter@rockvillemd.gov)

BENEFITS OF THE SENIOR CENTER MEMBERSHIP INCLUDE:

- Discounts on Senior Programs • Discounts on Rentals
- DVD Rentals • Eligibility to Join the Fitness Center Early
- Class Registration • Drop-In Programs
- Discounts in All Rockville Adult Classes
- Eligible for Senior Garden Plots

SENIOR TRANSPORTATION

Weekly Shopping for Seniors: Senior services is now providing limited transportation to Giant grocery store. Please call to receive the schedule.

Shopping for Seniors: Rockville Senior Services is providing emergency personal shopping to seniors during the COVID-19 emergency. Those eligible for the program are City of Rockville residents age 60 or older who must be able to pay for groceries. You provide payment and a list; staff will shop you and deliver groceries! Demand for the program is high, so please be patient as trips are scheduled. To make an appointment and to receive more details, call 240-314-8800.

Rockville Emergency Assistance Program (REAP)

For residents 60-plus, emergency assistance is available for eligible City of Rockville senior 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. Contact Martha McClelland at 240-314-8816, or Andrea Rogers, 240-314-8817.

TRIP REGISTRATION

Fall Trips are on hold. When travel is deemed safe again, the Senior Recreation Service staff will plan wonderful adventures as in the past.



FREE
for Maryland Residents 65+

Maryland
DEPARTMENT OF AGING

Senior Call Check
A daily call to check on residents home alone.

CALL 1-866-50-CHECK
or Register Online
aging.maryland.gov



Rockville Villages

What are villages?

Villages are grassroots, volunteer, neighbor-support networks created to help enrich the lives of residents of all ages.

What do village networks do?

Members of villages offer services such as: transportation to medical appointments, light yardwork and home maintenance, tutoring, friendly visits, book clubs, potluck parties and other social outings. Almost all villages offer the opportunity for connectedness.

For more information:

Contact Trish Evans, village facilitator, City of Rockville 240-314-8807 or pevans@rockvillemd.gov.
www.rockvillemd.gov/rockvillages
www.montgomerycountymd.gov/HHS-Program/ADS/Villages/villageslist.html.





Rockville Senior Center Information

- City Observances:**
- Labor Day: Sept. 7,
 - Election Day: Nov. 3,
 - Veterans Day: Nov. 11

Consider donating to the **Senior Assistance Fund**. Donations will provide necessary food and personal hygiene items for those seniors with emergent needs.

Donations can be added to your cart online in our registration system or by checks mailed to:

Rockville Senior Center,
1150 Carnation Dr.
Rockville, MD 20850

Checks made out to: City of Rockville with Senior Assistance fund in the description.

- Drive Thru Flu Shots** at the Rockville Senior Center:
- Tuesday, Sept. 22, 10 am- 1 pm, in back parking lot.

Reservation required: 240.314.8800. Bring your Medicare Insurance cards. If you do not have Medicare you may pay cash: Quadrivalent (Regular) \$30., Preservative-free \$32, High-dose \$70, Egg-free \$70. High-dose is recommended for seniors. Mask required.

Cómo hacer frente al cambio con José Hernández, Terapeuta (en español) Segundo Jueves de cada mes a la 1 p.m. por teléfono

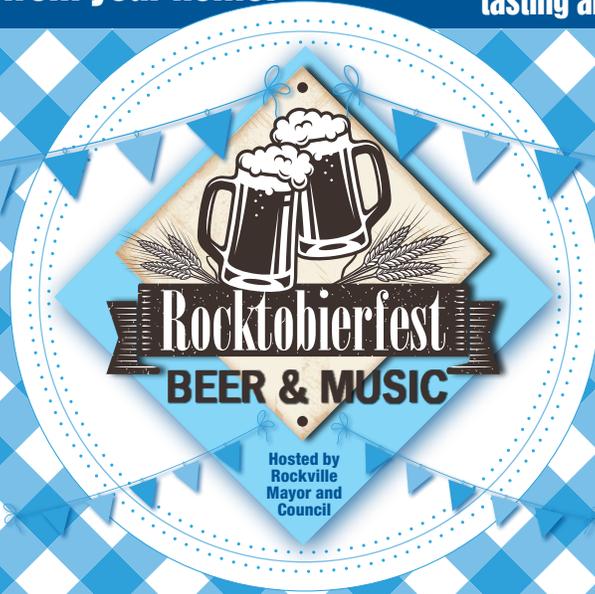
Llame al 240.314.8800 o envíe un correo electrónico seniorcenter@rockvillemd.gov para juntura se el grupo

Have A Great Fall!

Enjoy Rocktoberfest from your home!

This virtual event includes: music, a beer tasting and a cooking demonstration.

Saturday,
Oct. 3



Posting
at 11 a.m.

Watch on Facebook at facebook.com/RockvilleRocktoberfest
On the web at www.rockvillemd.gov/rocktoberfest



City of
Rockville
Get Into It

www.rockvillemd.gov/glenview • www.peerlessrockville.org

All events are on
Thursdays and
start at 7 p.m.

This co-sponsored series
is free and open to all.



We've
gone virtual.

**THE HISTORY OF REED
BROTHERS DODGE**

Oct. 8 • 7 p.m.

Presented by Jeanne Gardner,
Historian

**ROCKVILLE – A
PICTORIAL HISTORY**

Dec. 10 • 7 p.m.

presented by Ralph Buglass,
Author/historian

Join us via teleconference. Register with course #15697 for October 8 and #15696 for December 10 at
WWW.ROCKVILLEMD.GOV/REGISTRATION.

F. Scott Fitzgerald Literary Festival

Thursday, September 24 | 6-8:30 p.m.

Presentation of the Winner and Runners-Up in the F. Scott Fitzgerald Student Short Story Contest - Davina T. Smith

Presentation of the Winner and Runners-Up in the F. Scott Fitzgerald Short Story Contest - Nathanael Brown

Panel Discussion: "Gatsby at Large in the Public Domain: What's Next?"

Jackson R. Bryer, Kirk Curnutt, James L.W. West III

Friday, October 2 | 8-9 p.m.

Barbara Kingsolver reading from her new book, *How to Fly (in Ten Thousand Easy Lessons)*. Co-sponsored with Politics & Prose Bookstore.

Saturday, October 3 | 9 a.m. - 4:15 p.m.

Writing Workshops (Fiction and Non-Fiction)

Tara Campbell, Margaret Talbot, Mary Kay Zuravleff, Carolina Bock, E. Ethelbert Miller

Master Class- Barbara Kingsolver

Keynote Talk- Clint Smith

Recognition of Montgomery County High School Fitzgerald Scholars - Davina T. Smith

Introduction of Barbara Kingsolver - Clint Smith

Presentation of the F. Scott Fitzgerald Award for Outstanding Achievement in American Literature - Roberta S. Mandrekas

Acceptance and Reading - Barbara Kingsolver

Illustrated Talk: "F. Scott Fitzgerald's Rockville: Rockville in the 1920s"- Eileen McGuckian

For more information, visit www.fscottfestival.org.



The Wedding Workshop

Now that you have said YES, how do you plan the REST?

1. Do I need an Event Planner? Sept. 17 (Course #15817)
2. How to hire a Caterer for your big day: Oct. 22 (Course #15818)
3. All I need to know about Tenting: Nov. 19 (Course #15819)

Date/Time/Cost: Thursdays, 7-8 p.m., FREE

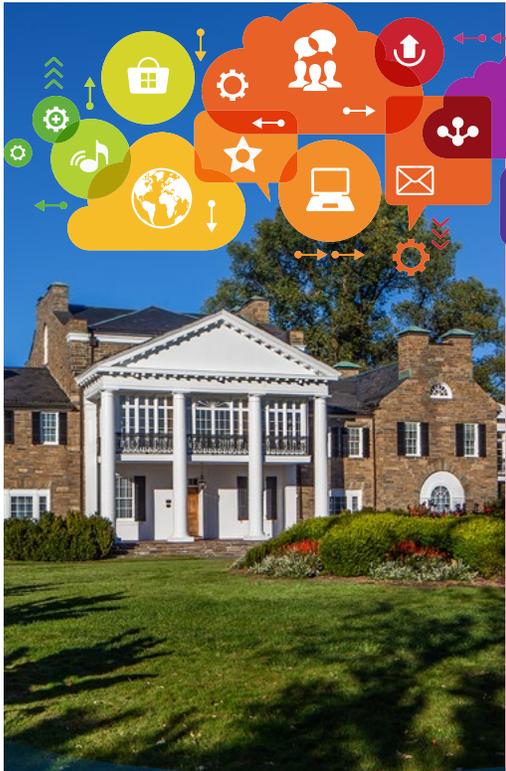
Join us via teleconference by registering on Rec 1.

This program is free and open to the general public.

Exciting Virtual Offerings
www.rockvillemd.gov/registration



City of
Rockville
 Get Into It



Mysteries from Glenview Mansion

With stories in the style of Agatha Christie's "Poirot" and Sir Arthur Conan Doyle's "Sherlock Holmes"

Time: 7 p.m.

Thursday, Sept. 24, Five Minute Mystery (Course #15843)

Tuesday, Oct. 6, Sherlock: The Adventure of the Tolling Bell (Course #15844)

Tuesday, Nov. 3, The Witch's Tale - Frankenstein (Course #15845)

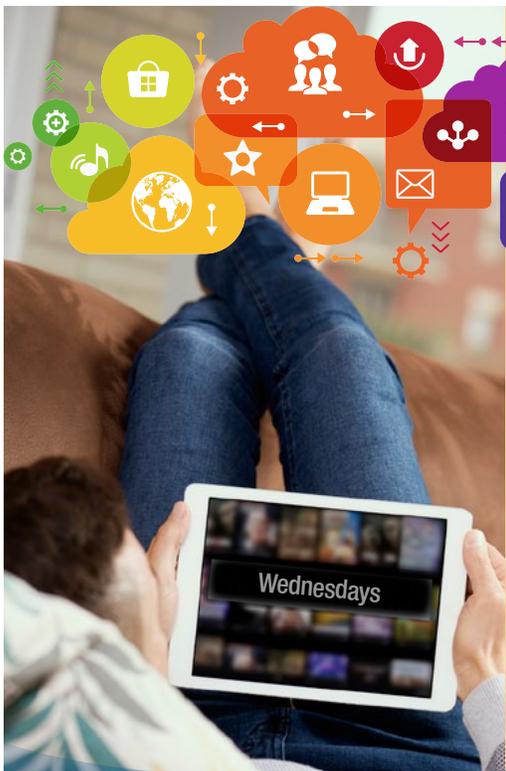
Tuesday, Dec. 1, Agatha Christie's Poirot: The Case of the Careless Client (Course #15846)

Listen from Facebook Glenview Mansion Weddings and Special Events. Follow us at: Glenview Mansion Weddings and Special Events. This program is FREE and open to the general public.

Exciting Virtual Offerings
www.rockvillemd.gov/registration



City of **Rockville**
Get Into It



TL;DR: Movie Club

Dates: Wednesdays

Oct. 14 "I'm Thinking of Ending Things" (Course #15815)

Nov. 11 "V for Vendetta" (Course #15820)

Dec. 9 "The Help" (Course #15821)

Times: 7:30-9:30 p.m.

Cost: \$10/\$13

Join us (Too Long; Didn't Read Movie Club) via teleconference to discuss these book to film adaptations! All titles are available on Netflix. Please stream responsibly.

Exciting Virtual Offerings
www.rockvillemd.gov/registration



City of **Rockville**
Get Into It



F. Scott Fitzgerald Theatre
Rockville Civic Center Park
603 Edmonston Drive, Rockville, MD 20851

Box office: 240-314-8690
www.rockvillemd.gov/theatre

Great Performances in the Neighborhood

Resident Company Productions coming in 2021!

Rockville Little Theatre: *The Bad Seed, Rumors*

Cost: \$22; Seniors (62+) and Students \$20

The Victorian Lyric Opera Company:

The New Moon, Iolanthe

Cost: \$50; Seniors (65+) \$40; Students \$30

Ticketing Made Easy! You can purchase all of your tickets online by visiting us at www.rockvillemd.gov/theatre • Box office is open Tues.-Sat., 2-7 p.m. and two hours prior to ticketed shows.

FREQUENTLY USED 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, 1380 Stratton Dr. 20854
26. Pump House Com. Ctr., 401 S. Horners Ln. 20850
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 High School. 2100 Baltimore Road. 20851.
36. Rockville Senior Ctr., 1150 Carnation Dr. 20850
37. Rockville Swim and Fitness Center,
355 Martins Ln. 20850
38. Rockville Town Square, 200 E. Middle Ln. 20850
39. Sofive Soccer Center, 1008 Westmore Ave. 20850
40. The School of Music, 1331 Rockville Pk. 20850
41. Thomas Farm Com. Ctr., 700 Fallsgrove Dr. 20850
42. Twinbrook ES, 5911 Ridgway Ave. 20851
43. Twinbrook Com. Rec. Ctr.
12920 Twinbrook Pkwy. 20851
44. Welsh Park, 344 Martins Ln. 20850
45. Woodley Gardens Park, 900 Nelson St. 20850
46. Xtreme Acro & Cheer, 14702 Southlawn Ln. 20850

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.
- **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
- **Proof of Rental Assistance** – Public Housing, HUD Section 8 Housing, HOC (MPDU not accepted). 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.

DONATE TO THE Rockville 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/registration

Online Donation Course #s

\$25 – #2232
\$50 – #2233
\$75 – #2234
\$100 – #2235
\$250 – #2236

Click on Log in or Create account
Enter your desired donation course number above
Donations by check may be made out in any amount to Rockville Recreation Fund

Mail to:

Rockville Department of Recreation and Parks
Rockville Youth Recreation Fund Donation
111 Maryland Ave., Rockville, MD 20850

Thank You!

Rockville Recreation and Parks Foundation has provided funding to help send kids to camp, enroll teens in a soccer league, provide team jerseys for track participants and much more in 2020.

We are grateful for their support.

To learn more about the Rockville Recreation and Parks Foundation visit www.rrpfi.org



Help Send a Kid to Camp!

Rockville Recreation and Parks Foundation is a 501(c)3 organization established to provide support such as:

- scholarship funds for the Rockville Youth Recreation Fund
- equipment including electronic scoreboards, wall pads, inflatable movie screen and more
- free swim lessons for eligible participants
- field renovations and improvements at Mattie J.T. Stepanek Park and Dogwood Park



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 is in honor/memory of: _____

Inclement Weather Policy

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 Programs

Call 240-314-5023, the Information Line, for updates on programs.

Sports Leagues

Call 240-314-5055, the sports weather information line for updates on leagues.

Swim and Fitness Center

Students can visit the Swim and Fitness Center website at www.rockvillemd.gov/swimcenter for updates and to sign up for alerts and the facility newsletter, where you will 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.

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 us via email at registration@rockvillemd.gov. 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.

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.

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



Bridget Donnell Newton, Mayor
Councilmembers Monique Ashton, Beryl L. Feinberg,
David Myles, Mark Pierzchala

Robert DiSpirito, 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

Keep in touch!

General Information Lines:

Childcare, Classes, Recreation Programs.....	240-314-8620
Parks and Facilities Maintenance.....	240-314-8700
Park and Picnic Rentals.....	240-314-8660
Recreation and Parks Administration	240-314-8600
Rockville Skate Park	240-314-8620
TTY (City Hall)	240-314-8137

Recorded Weather Information Lines:

Childcare/Rec. Programs (Info. Line).....	240-314-5023
Special Events Line (Info. Line)	240-314-5022
Sports Line (Info. Line).....	240-314-5055

Rockville Civic Center Park:

Art Gallery	240-314-8682
Glenview Mansion.....	240-314-8660
F. Scott Fitzgerald Theatre Box Office.....	240-314-8690
Civic Center (Directions Line).....	240-314-5004

Recreation Centers:

Croydon Creek Nature Center	240-314-8770
Lincoln Park Community Center	240-314-8780
Thomas Farm Community Center	240-314-8840
Twinbrook Community Rec. Center.....	240-314-8830
Rockville Swim and Fitness Center	240-314-8750
Rockville Senior Center	240-314-8800
Senior Center (Directions Line).....	240-314-5019

Registration Info

Registration Begins:

Thursday, August 27 for Senior Center members and programs listed in the Adults 60+ Recreation and Services Guide,

Thursday, August 27 for general and nonmembers 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.
- Late registrations will be accepted if space is available.
- 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.

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 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, unless otherwise specified. Send email to registration@rockvillemd.gov. 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; childcare \$50; camps \$50 after May 15; senior programs \$15; sports teams \$100; individual sports participants \$15; swim \$15; teens \$15. 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. Send email to registration@rockvillemd.gov. Registrations cannot be transferred from one registrant to another due to wait lists. Note: \$25 fee is assessed for child care programs.

Rate Key:

Prices are listed as:

Resident (R), Nonresident (NR)
Member (M), Nonmember (NM)

Online Recreation Registration System

CIVICREC
Powered by 

CivicRec, powered by Recl, our online registration system, allows you to easily create an account, search, register, pay for activities and leagues, view memberships and manage profiles on any computer, tablet or smart phone. Visit www.rockvillemd.gov/registration.

How to Register

1. Online:

at www.rockvillemd.gov/registration.

2. Mail or Fax to:

Rockville City Hall, Dept. of Rec. And Parks
111 Maryland Avenue 20850
Fax: 240-314-8659

Rockville Swim and Fitness Ctr.
355 Martins Lane 20850
Fax: 240-314-8759

Rockville Senior Ctr.
1150 Carnation Drive 20850
Fax: 240-314-8809

Croydon Creek Nature Ctr.
852 Avery Road 20851
Fax: 240-314-8779

Lincoln Park Community Ctr.
357 Frederick Avenue 20850
Fax: 240-314-8789

Thomas Farm Community Ctr.
700 Falls Grove Drive 20850
Fax: 240-314-8849

Twinbrook Community Recreation Ctr.
12920 Twinbrook Parkway 20851
Fax: 240-314-8839

3. Walk-In:

We are not taking in-person registrations at this time. Call 240-314-8620 for information.



Use your smart phone for quick access to our website.

Registration Form | Formulario de inscripción

*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:
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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 Zip Código Postal
Cardholder Signature Firma del Dueño de la Tarjeta			

Release, Waiver, Assumption of Risk and Consent | Descargo y exención de responsabilidad, asunción de riesgos y consentimiento

Participation in the program may be a hazardous activity. Participant should not participate in the program unless participant is in good physical shape and is medically able. Participant (or parent or guardian on behalf of a minor child participant) assumes all risks associated with participation in this program, including but not limited to, those generally associated with this type of program, the hazards of traveling on public roads, of accidents, of illness, and of the forces of nature. In consideration of the right to participate in the program and in further consideration of the arrangement made for the participant by the Mayor and Council of Rockville through its Department of Recreation and Parks for food, travel, and recreation, the participant, his or her heirs, and executors, or a parent or guardian on behalf of a minor child participant, agrees to release and indemnify the Mayor and Council of the City of Rockville and all of its agents, officers and employees, from any and all claims for injuries or loss of any person or property which may arise out of or result from participation in the program. The participant (or the parent or guardian on behalf of a minor child participant) grants permission for a doctor or emergency medical technician to administer emergency treatment of the participant and consents to the City's use of photographs taken or videotapes made of the program that include the participant. Neither the instructor nor any of the staff are responsible for participants prior to or after the scheduled program. By providing your email address you are agreeing to sign up for the Rockville & Recreation and Parks mailing list to receive email updates about our programs. All information collected will be used in accordance with the City of Rockville privacy policy. You may withdraw your consent at any time. By my participation in a City of Rockville, Department of Recreation and Parks program and/or entering a facility, I agree to follow all posted and/or published rules and staff member's instructions. Violation may result in removal from the program and/or suspension from the facility.

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 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. Al participar en un programa de la Ciudad de Rockville, el Departamento de Recreación y Parques y / o ingresar a un centro, acepto seguir todas las normas publicadas y / o publicadas y las instrucciones del miembro del personal. La violación puede resultar en la eliminación del programa y / o la suspensión de la instalación.

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

Main Line | Línea principal: 240-314-8620 • www.rockvillemd.gov/recreation • Fax: 240-314-8659
 City of Rockville • 111 Maryland Ave., Rockville, MD 20850