

A photograph of three young children running on a green grassy field. In the foreground, a young boy with light brown hair is running towards the camera, wearing a light blue long-sleeved shirt with a 'City of Rockville' logo and blue shorts. Behind him, two other children are running. The child in the middle is a girl with dark hair, wearing a teal shirt and blue shorts with the number '10'. A soccer ball is visible at the bottom left.

life

IN ROCKVILLE

Fall 2025

Aquatics

Tots/Preschool

Children

**Croydon Creek
Nature Center**

Teens

Adults

Adults 60+

Cultural Arts

Financial Assistance



Recreation and Parks Activity Guide

Youth **BASKETBALL** Leagues

General Information

All teams are led by volunteer coaches, who choose practice days and times that fit their schedules. Coaches will contact participants by November 26 with practice details. Interested in coaching contact sports@rockvillemd.gov

Basketball - Mighty Mites

Join our Mighty Mites winter basketball leagues for boys and girls, with one weeknight practice and Saturday games. Modified rules ensure fun, age-appropriate play.

Girls Kindergarten

Play 4 v 4
37969 Sa 1/10-2/21 9 AM-12 PM \$89/\$99
College Gardens Elementary School

Girls Grade 1

Play 4 v 4
37970 Sa 1/10-2/21 12-4 PM \$89/\$99
College Gardens Elementary School

Girls Grade 2

Play 5 v 5
37971 Sa 1/10-2/21 9 AM-2 PM \$89/\$99
Lakewood Elementary School

Girls Grade 3

Play 5 v 5
37972 Sa 1/10-2/21 2-5PM \$89/\$99
Lakewood Elementary School

Boys Kindergarten

Play 4 v 4
37965 Sa 1/10-2/21 9 AM-12 PM \$89/\$99
Bayard Rustin Elementary

Boys Grade 1

Play 4 v 4
37966 Sa 1/10-2/21 12-5:PM \$89/\$99
Bayard Rustin Elementary

Boys Grade 2

Play 5 v 5
37967 Sa 1/10-2/21 9 AM-5 PM \$89/\$99
Lincoln Park CC

Boys Grade 3

Play 5 v 5
37968 Sa 1/10-2/21 9 AM-4 PM \$89/\$99
Meadow Hall Elementary School

Jr. NBA Youth Basketball Leagues



Our Jr. NBA Youth Basketball Leagues offer boys and girls a fun, competitive way to build skills and teamwork. Teams practice once a week and play weekend games for seven weeks, plus playoffs, with each player receiving a reversible NBA or WNBA replica jersey.

All players will receive a reversible NBA or WNBA replica jersey, which must be worn during games.

Girls-Grade 4

37961 Sa 1/10-3/7 9 AM-1 PM \$119/\$129
Twinbrook CRC

Girls-Grade 5

37962 Sa 1/10-3/7 1-5 PM \$119/\$129
Twinbrook CRC

Girls-Grade 6

37963 Sa 1/10-3/7 9 AM-12 PM \$119/\$129
Julius West Middle School

Girls-Grades 7-8

37964 Sa 1/10-3/7 12-5 PM \$119/\$129
Julius West Middle School

Boys-Grade 4 •

37954 Sa 1/10-3/7 9 AM-1 PM \$119/\$129
Robert Frost Middle School

Boys-Grade 5

37955 Sa 1/10-3/7 1-7 PM \$119/\$129
Multiple

Boys-Grade 6

37956 Sa 1/10-3/7 11 AM-4 PM \$119/\$129
Thomas Farm CC

Boys-Grade 7

37957 Su 1/11-3/8 1:30-4:30 PM \$119/\$129
Thomas Farm CC

Boys-Grade 8

37958 Su 1/11-3/8 11:30 AM-1:30 PM \$119/\$129
Multiple

Boys-Grades 9-10

37959 Su 1/11-3/8 2-6 PM \$119/\$129
Twinbrook CRC

Boys-Grades 11-12

37960 Su 1/11-3/8 11 AM-3 PM \$119/\$129
Rockville High School

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registration@rockvillemd.gov

240-314-8620

facebook.com/rockvillerec

instagram.com/rockvillerec

Keep up on events and deadlines.

Follow us



@RockvilleRec

Registration Dates

**Senior members:
Tuesday, Aug. 12**

Adults 60+ Recreation and Services Guide programs only.

**General:
Thursday, Aug. 14**

Begins 8:30 a.m.

3 ways to register

1. Online
www.rockvillemd.gov/registration



2. By mail
Mail your completed registration form to Recreation Registration, 6 Taft Court Suite 301, Rockville, MD 20850.



3. In-person
Walk-in registrations available. Hours vary by facility.



For more information call:
240-314-8620

STAY INFORMED

www.rockvillemd.gov/recreation



Rockville Swim and Fitness Center

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

**OUTDOOR RECREATION
POOL WITH SLIDE**
**INDOOR AND
OUTDOOR POOLS**
FITNESS CENTER
MULTIPURPOSE ROOM

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

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

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/swimcentralerts.

4 | Main Rec. Line: 240-314-8620

Swimming Classes

**Annual and Seasonal
Memberships Available.**
Come for the Day or the Year.

REGISTRATION BEGINS:
THURSDAY, AUGUST 14 AT 8:30 A.M.

Register early. Some courses fill quickly and courses with low registration may be canceled a week before 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: A \$15 withdrawal 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 Rockville Swim and Fitness Center.

Age: 1/under				M/NM
37629	Tu	9/2-10/21	9:00-9:30 AM	\$90/\$113
37520	Sa	9/6-10/18	10:50-11:20 AM	\$79/\$98
37514	Su	9/7-10/19	10:15-10:45 AM	\$79/\$98
37519	Sa	10/25-12/13	10:50-11:20 AM	\$79/\$98
37503	Su	10/26-12/14	10:15-10:45 AM	\$79/\$98
37630	Tu	10/28-12/16	9:00-9:30 AM	\$90/\$113

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 Rockville Swim and Fitness Center.

Age: 1-3				M/NM
37627	Th	9/4-10/23	9:00-9:30 AM	\$90/\$113
37508	Sa	9/6-10/18	10:15-10:45 AM	\$79/\$98
37510	Sa	9/6-10/18	8:30-9:00 AM	\$79/\$98
37509	Su	9/7-10/19	8:30-9:00 AM	\$79/\$98
37506	Su	9/7-10/19	11:25-11:55 AM	\$79/\$98
37516	M	9/8-10/20	2:00-2:30 PM	\$79/\$98
37505	Sa	10/25-12/13	8:30-9:00 AM	\$79/\$98
37523	Sa	10/25-12/13	10:15-10:45 AM	\$79/\$98
37512	Su	10/26-12/14	8:30-9:00 AM	\$79/\$98
37511	Su	10/26-12/14	11:25-11:55 AM	\$79/\$98
37626	M	10/27-12/15	2:00-2:30 PM	\$90/\$113
37530	Th	10/30-12/18	9:00-9:30 AM	\$79/\$98

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 Rockville Swim and Fitness Center.

Age: 3-5				M/NM
37633	W	9/3-10/22	2:00-2:30 PM	\$90/\$113
37634	Th	9/4-10/23	9:30-10:00 AM	\$90/\$113
37502	Sa	9/6-10/18	9:05-9:35 AM	\$79/\$98
37526	Sa	9/6-10/18	11:25-11:55 AM	\$79/\$98
37521	Su	9/7-10/19	9:05-9:35 AM	\$79/\$98
37529	Su	9/7-10/19	10:50-11:20 AM	\$79/\$98
37525	Sa	10/25-12/13	9:05-9:35 AM	\$79/\$98
37518	Sa	10/25-12/13	11:25-11:55 AM	\$79/\$98
37507	Su	10/26-12/14	9:05-9:35 AM	\$79/\$98
37504	Su	10/26-12/14	10:50-11:20 AM	\$79/\$98
37628	W	10/29-12/17	2:00-2:30 PM	\$90/\$113
37528	Th	10/30-12/18	9:30-10:00 AM	\$79/\$98



www.rockvillemd.gov/registration | 5

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 Rockville Swim and Fitness Center.

Age: 3-5				M/NM
37631	Tu	9/2-10/21	9:30-10:00 AM	\$90/\$113
37527	Sa	9/6-10/18	9:40-10:10 AM	\$79/\$98
37517	Su	9/7-10/19	9:40-10:10 AM	\$79/\$98
37524	Sa	10/25-12/13	9:40-10:10 AM	\$79/\$98
37513	Su	10/26-12/14	9:40-10:10 AM	\$79/\$98
37632	Tu	10/28-12/16	9:30-10:00 AM	\$90/\$113

Preschool Swim

Fearful Floaters

For children reluctant to take part in a Floaters 1 class, but ready for a class without adult participation. Taught at a slower pace, it stresses water adjustment and comfort with putting their faces in water. To ease each child’s anxiety, adults remain on deck for the lesson’s duration.

Age: 4-6				M/NM
37676	W	9/3-10/22	4:45-5:15 PM	\$97/\$121
37586	Sa	9/6-10/18	9:45-10:25 AM	\$85/\$106
37570	Su	9/7-10/19	9:45-10:25 AM	\$85/\$106
37565	M	9/8-10/20	4:45-5:15 PM	\$85/\$106
37542	Sa	10/25-12/13	9:45-10:25 AM	\$85/\$106
37557	Su	10/26-12/14	9:45-10:25 AM	\$85/\$106
37650	M	10/27-12/15	4:45-5:15 PM	\$97/\$121
37662	W	10/29-12/17	4:45-5:15 PM	\$97/\$121

Floaters 1

For children who need to adjust to water. They learn front and back floats, kick and stroke, as well as put their faces in the water. Children will learn to swim 5 yards, front and back.

Age:4-6				M/NM
37661	Tu	9/2-10/21	4:35-5:05 PM	\$97/\$121
37683	Tu	9/2-10/21	5:10-5:40 PM	\$97/\$121
37674	W	9/3-10/22	3:35-4:05 PM	\$97/\$121
37654	Th	9/4-10/23	5:45-6:15 PM	\$97/\$121
37686	F	9/5-10/24	3:35-4:05 PM	\$97/\$121
37672	F	9/5-10/24	4:45-5:15 PM	\$97/\$121
37578	Sa	9/6-10/18	9:00-9:40 AM	\$85/\$106
37537	Sa	9/6-10/18	10:30-11:10 AM	\$85/\$106
37572	Sa	9/6-10/18	11:15-11:55 AM	\$85/\$106
37566	Su	9/7-10/19	9:00-9:40 AM	\$85/\$106
37534	Su	9/7-10/19	10:30-11:10 AM	\$85/\$106
37551	Su	9/7-10/19	11:15-11:55 AM	\$85/\$106
37564	M	9/8-10/20	3:35-4:05 PM	\$85/\$106
37582	Sa	10/25-12/13	9:00-9:40 AM	\$85/\$106
37560	Sa	10/25-12/13	10:30-11:10 AM	\$85/\$106
37543	Sa	10/25-12/13	11:15-11:55 AM	\$85/\$106
37567	Su	10/26-12/14	9:00-9:40 AM	\$85/\$106
37555	Su	10/26-12/14	10:30-11:10 AM	\$85/\$106
37561	Su	10/26-12/14	11:15-11:55 AM	\$85/\$106
37656	M	10/27-12/15	3:35-4:05 PM	\$97/\$121
37664	M	10/27-12/15	4:10-4:40 PM	\$97/\$121
37663	Tu	10/28-12/16	4:35-5:05 PM	\$97/\$121
37667	Tu	10/28-12/16	5:10-5:40 PM	\$97/\$121
37680	W	10/29-12/17	3:35-4:05 PM	\$97/\$121
37535	Th	10/30-12/18	5:45-6:15 PM	\$85/\$106
37540	F	10/31-12/19	3:35-4:05 PM	\$85/\$106
37550	F	10/31-12/19	4:45-5:15 PM	\$85/\$106



Floaters 2

For children who are comfortable in the water, can submerge for 5-10 seconds and swim 5 yards, front and back. Work continues with and develops basic swimming skills, such as front and back glides, coordinated kick and arm strokes and rhythmic breathing. Prior swim lesson experience recommended.

Age: 4-6				M/NM
37682	Tu	9/2-10/21	5:10-5:40 PM	\$97/\$121
37673	W	9/3-10/22	3:35-4:05 PM	\$97/\$121
37675	W	9/3-10/22	4:10-4:40 PM	\$97/\$121
37668	Th	9/4-10/23	4:35-5:05 PM	\$97/\$121
37679	Th	9/4-10/23	5:10-5:40 PM	\$97/\$121
37678	F	9/5-10/24	3:35-4:05 PM	\$97/\$121
37659	F	9/5-10/24	4:10-4:40 PM	\$97/\$121
37558	Sa	9/6-10/18	9:45-10:25 AM	\$85/\$106
37574	Sa	9/6-10/18	11:15-11:55 AM	\$85/\$106
37568	Su	9/7-10/19	9:45-10:25 AM	\$85/\$106
37562	Su	9/7-10/19	11:15-11:55 AM	\$85/\$106
37541	M	9/8-10/20	4:10-4:40 PM	\$85/\$106
37533	Sa	10/25-12/13	9:45-10:25 AM	\$85/\$106
37531	Sa	10/25-12/13	10:30-11:10 AM	\$85/\$106
37575	Sa	10/25-12/13	11:15-11:55 AM	\$85/\$106
37577	Su	10/26-12/14	9:45-10:25 AM	\$85/\$106
37583	Su	10/26-12/14	10:30-11:10 AM	\$85/\$106
37548	Su	10/26-12/14	11:15-11:55 AM	\$85/\$106
37652	M	10/27-12/15	3:35-4:05 PM	\$97/\$121
37687	W	10/29-12/17	3:35-4:05 PM	\$97/\$121
37547	Th	10/30-12/18	4:35-5:05 PM	\$85/\$106
37556	Th	10/30-12/18	5:10-5:40 PM	\$85/\$106
37587	F	10/31-12/19	3:35-4:05 PM	\$85/\$106
37559	F	10/31-12/19	4:10-4:40 PM	\$85/\$106

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
37684	Th	9/4-10/23	4:35-5:05 PM	\$97/\$121
37651	Th	9/4-10/23	5:10-5:40 PM	\$97/\$121
37536	Sa	9/6-10/18	9:45-10:25 AM	\$85/\$106
37553	Su	9/7-10/19	11:15-11:55 AM	\$85/\$106
37563	M	9/8-10/20	3:35-4:05 PM	\$85/\$106
37585	Sa	10/25-12/13	11:15-11:55 AM	\$85/\$106
37554	Su	10/26-12/14	9:00-9:40 AM	\$85/\$106
37666	W	10/29-12/17	4:10-4:40 PM	\$97/\$121
37545	Th	10/30-12/18	4:35-5:05 PM	\$85/\$106
37584	Th	10/30-12/18	5:10-5:40 PM	\$85/\$106

Strokers 2

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
37657	Tu	9/2-10/21	5:45-6:15 PM	\$97/\$121
37549	Sa	9/6-10/18	11:15-11:55 AM	\$85/\$106
37538	Su	9/7-10/19	9:00-9:40 AM	\$85/\$106
37544	M	9/8-10/20	4:45-5:15 PM	\$85/\$106
37580	Sa	10/25-12/13	10:30-11:10 AM	\$85/\$106
37588	Su	10/26-12/14	11:15-11:55 AM	\$85/\$106
37660	M	10/27-12/15	4:45-5:15 PM	\$97/\$121
37669	Tu	10/28-12/16	5:45-6:15 PM	\$97/\$121
37677	W	10/29-12/17	4:45-5:15 PM	\$97/\$121

Rockville Swim and Fitness Center:

Learn to Swim

Volunteers

Volunteers assist with the Learn to Swim program.

Work as an instructor’s aid and pair up in the pool with paid instructors. Take attendance and set up/put away swim equipment after lessons.

A time commitment of seven to eight weeks is required.

Ages: 14+. Visit our website at www.rockvillemd.gov/volunteer for more information and requirements.

Strokers 3

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 required to enroll in this class.

Age: 4-7				M/NM
37685	W	9/3-10/22	4:45-5:15 PM	\$97/\$121
37658	F	9/5-10/24	4:45-5:15 PM	\$97/\$121
37579	Sa	9/6-10/18	9:00-9:40 AM	\$85/\$106
37546	Su	9/7-10/19	10:30-11:10 AM	\$85/\$106
37552	Su	10/26-12/14	9:45-10:25 AM	\$85/\$106
37532	F	10/31-12/19	4:45-5:15 PM	\$85/\$106

Mini Swim Team Prep

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.

Age: 5-7				M/NM
37671	Th	9/4-10/23	5:45-6:15 PM	\$97/\$121
37581	Sa	9/6-10/18	9:00-9:40 AM	\$85/\$106
37573	Sa	10/25-12/13	9:45-10:25 AM	\$85/\$106
37569	Th	10/30-12/18	5:45-6:15 PM	\$85/\$106



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 these skills prior to moving on to Youth 2.

Age: 7-15				M/NM
37621	W	9/3-10/22	4:10-4:40 PM	\$90/\$112
37610	F	9/5-10/24	4:10-4:40 PM	\$90/\$112
37436	Sa	9/6-10/18	9:45-10:25 AM	\$78/\$97
37461	Sa	9/6-10/18	10:30-11:10 AM	\$78/\$97
37494	Su	9/7-10/19	10:30-11:10 AM	\$78/\$97
37488	Su	9/7-10/19	12:00-12:40 PM	\$78/\$97
37465	Sa	10/25-12/13	9:00-9:40 AM	\$78/\$97
37499	Su	10/26-12/14	10:30-11:10 AM	\$78/\$97
37441	Su	10/26-12/14	12:00-12:40 PM	\$78/\$97
37609	Tu	10/28-12/16	5:10-5:40 PM	\$90/\$112
37618	W	10/29-12/17	4:10-4:40 PM	\$90/\$112
37492	F	10/31-12/19	4:10-4:40 PM	\$78/\$97

Youth 2

A class for children who can submerge for 5-10 seconds, do a front and back float and swim 7 yards on their front and back. Basic swimming skills, such as front and back glides, arm stroking on front and back, kicking and rhythmic breathing are taught.

Age: 7-15				M/NM
37616	Tu	9/2-10/21	4:35-5:05 PM	\$90/\$112
37474	Sa	9/6-10/18	9:00-9:40 AM	\$78/\$97
37457	Sa	9/6-10/18	10:30-11:10 AM	\$78/\$97
37434	Su	9/7-10/19	9:00-9:40 AM	\$78/\$97
37496	Su	9/7-10/19	12:00-12:40 PM	\$78/\$97
37481	M	9/8-10/20	4:10-4:40 PM	\$78/\$97
37442	Sa	10/25-12/13	9:45-10:25 AM	\$78/\$97
37453	Su	10/26-12/14	9:00-9:40 AM	\$78/\$97
37460	Su	10/26-12/14	12:00-12:40 PM	\$78/\$97
37625	M	10/27-12/15	4:10-4:40 PM	\$90/\$112
37622	Tu	10/28-12/16	4:35-5:05 PM	\$90/\$112

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 kicks, rhythmic breathing, and how to tread water and improve their stroke.

Age: 7-15				M/NM
37480	Sa	9/6-10/18	11:15-11:55 AM	\$78/\$97
37463	Su	9/7-10/19	9:00-9:40 AM	\$78/\$97
37469	Su	9/7-10/19	10:30-11:10 AM	\$78/\$97
37483	Su	9/7-10/19	12:00-12:40 PM	\$78/\$97
37466	Sa	10/25-12/13	9:00-9:40 AM	\$78/\$97
37471	Sa	10/25-12/13	10:30-11:10 AM	\$78/\$97
37485	Su	10/26-12/14	9:00-9:40 AM	\$78/\$97
37435	Su	10/26-12/14	10:30-11:10 AM	\$78/\$97
37454	Su	10/26-12/14	12:00-12:40 PM	\$78/\$97

Youth 4

Children comfortable in deep water and can swim a coordinated front crawl stroke with rhythmic breathing and backstroke for 15 yards should take this class. Children work on perfecting front and back strokes and treading water. Coordinated breaststroke is introduced. Prerequisite: Youth 3.

Age: 7-15				M/NM
37500	Sa	9/6-10/18	9:00-9:40 AM	\$78/\$97
37486	Sa	9/6-10/18	10:30-11:10 AM	\$78/\$97
37445	Su	9/7-10/19	9:45-10:25 AM	\$78/\$97
37437	Su	9/7-10/19	11:15-11:55 AM	\$78/\$97
37470	Su	9/7-10/19	12:00-12:40 PM	\$78/\$97
37484	Sa	10/25-12/13	9:00-9:40 AM	\$78/\$97
37451	Sa	10/25-12/13	9:45-10:25 AM	\$78/\$97
37467	Sa	10/25-12/13	11:15-11:55 AM	\$78/\$97
37472	Su	10/26-12/14	9:45-10:25 AM	\$78/\$97
37447	Su	10/26-12/14	11:15-11:55 AM	\$78/\$97

Youth 5

For children who can swim one length of front and back crawl, 15 yards of elementary backstroke with 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
37455	Sa	9/6-10/18	9:00-9:40 AM	\$78/\$97
37449	Sa	9/6-10/18	11:15-11:55 AM	\$78/\$97
37446	Su	9/7-10/19	9:00-9:40 AM	\$78/\$97
37482	Su	9/7-10/19	9:45-10:25 AM	\$78/\$97
37489	Su	9/7-10/19	11:15-11:55 AM	\$78/\$97
37433	Sa	10/25-12/13	9:00-9:40 AM	\$78/\$97
37487	Sa	10/25-12/13	9:45-10:25 AM	\$78/\$97
37438	Sa	10/25-12/13	11:15-11:55 AM	\$78/\$97
37473	Su	10/26-12/14	9:00-9:40 AM	\$78/\$97
37450	Su	10/26-12/14	9:45-10:25 AM	\$78/\$97
37493	Su	10/26-12/14	12:00-12:40 PM	\$78/\$97

Youth 6

Requires the ability to swim two lengths (50 yards) of front crawl and backstroke, and 15 yards of sidestroke and breaststroke, all with good form. Children work on endurance, breaststroke, butterfly and turns, in addition to refining other strokes.

Age: 7-15				M/NM
37477	Sa	9/6-10/18	9:45-10:25 AM	\$78/\$97
37495	Sa	9/6-10/18	11:15-11:55 AM	\$78/\$97
37448	Su	9/7-10/19	9:45-10:25 AM	\$78/\$97
37478	Su	9/7-10/19	10:30-11:10 AM	\$78/\$97
37490	Sa	10/25-12/13	9:00-9:40 AM	\$78/\$97
37476	Sa	10/25-12/13	10:30-11:10 AM	\$78/\$97
31897	Sa	10/25-12/13	6:05-6:45 PM	\$78/\$97
37501	Su	10/26-12/14	9:00-9:40 AM	\$78/\$97
37458	Su	10/26-12/14	11:15-11:55 AM	\$78/\$97

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
37439	Sa	9/6-10/18	10:30-11:10 AM	\$78/\$97
37459	Su	9/7-10/19	9:00-9:40 AM	\$78/\$97
37444	Su	9/7-10/19	11:15-11:55 AM	\$78/\$97
37456	Su	9/7-10/19	12:00-12:40 PM	\$78/\$97
37464	Sa	10/25-12/13	10:30-11:10 AM	\$78/\$97
31896	Sa	10/25-12/13	6:50-7:30 PM	\$78/\$97
37462	Su	10/26-12/14	10:30-11:10 AM	\$78/\$97
37479	Su	10/26-12/14	12:00-12:40 PM	\$78/\$97

Swim 4 Fitness for Teens

Geared towards teens with prior swimming experience (must be at least Youth Level 7), looking to build their aerobic ability. The goal 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
37576	Su	9/7-10/19	12:00-12:45 PM	\$90/\$106
37539	Su	10/26-12/14	12:00-12:45 PM	\$90/\$106

Swim Team Prep

Swimmers must be able to swim four lengths (100 yards) of a coordinated freestyle, back 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
37491	Sa	9/6-10/18	9:45-10:25 AM	\$78/\$97
37475	Sa	9/6-10/18	10:30-11:10 AM	\$78/\$97
37468	Su	9/7-10/19	9:45-10:25 AM	\$78/\$97
37497	Su	9/7-10/19	10:30-11:10 AM	\$78/\$97
37452	Sa	10/25-12/13	11:15-11:55 AM	\$78/\$97
31895	Sa	10/25-12/13	7:35-8:20 PM	\$78/\$97
37498	Su	10/26-12/14	9:45-10:25 AM	\$78/\$97
37440	Su	10/26-12/14	10:30-11:10 AM	\$78/\$97
37443	Su	10/26-12/14	11:15-11:55 AM	\$78/\$97

Adult Swim

Adult Beginner 1

This aquatic orientation class introduces adults to basic swimming skills, such as front and back floats, kicking, arm strokes and rhythmic breathing.

Age: 14/up				M/NM
37611	Tu	9/2-10/21	8:25-9:10 PM	\$90/\$112
37619	W	9/3-10/22	8:35-9:20 PM	\$90/\$112
38194	Sa	10/25-12/13	8:20-9:05 PM	\$79/\$98
37613	Tu	10/28-12/16	8:25-9:10 PM	\$90/\$112
37617	W	10/29-12/17	8:35-9:20 PM	\$90/\$112

Adult Beginner 2

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/up				M/NM
37623	W	9/3-10/22	8:35-9:20 PM	\$90/\$112
37620	Th	9/4-10/23	8:25-9:10 PM	\$90/\$112
37614	W	10/29-12/17	8:35-9:20 PM	\$90/\$112
37515	Th	10/30-12/18	8:25-9:10 PM	\$79/\$98

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/up				M/NM
37624	Tu	9/2-10/21	8:25-9:10 PM	\$90/\$112
37615	Tu	10/28-12/16	8:25-9:10 PM	\$90/\$112

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 skills are required before 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/up				M/NM
37612	Th	9/4-10/23	8:25-9:10 PM	\$90/\$112
37522	Th	10/30-12/18	8:25-9:10 PM	\$79/\$98

Adult Stroke Correction

For swimmers who have perfected the basics but need to refine their strokes. Backstroke, freestyle, 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/up				M/NM
37655	Tu	9/2-10/21	11:10-11:55 AM	\$102/\$121
37653	Th	9/4-10/23	11:10-11:55 AM	\$102/\$121
37670	Tu	10/28-12/16	11:10-11:55 AM	\$102/\$121
37571	Th	10/30-12/18	11:10-11:55 AM	\$89/\$106

Adult Water Fitness

Aqua Blast

Start your day off right with a fast-paced, early morning exercise class at the Rockville 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 and meets in deep water. Flotation belts required. No equipment is provided.

Age:16/up				M/NM
37644	Tu	9/2-12/16	6:35-7:20 AM	\$98/\$118
37594	Th	9/4-12/18	6:35-7:20 AM	\$92/\$111

Aqua Boot Camp

Reach your fitness goals now with this fast-paced class! Exercises are performed in deep water. Regardless of age, size, fitness or ability, 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. Water flotation belts are used but no equipment is provided.

Age:16/up				M/NM
37639	W	9/3-12/17	10:15-11:00 AM	\$98/\$118
37642	W	9/3-12/17	11:05-11:50 AM	\$98/\$118
37606	F	9/5-12/19	10:15-11:00 AM	\$92/\$111
37602	F	9/5-12/19	11:05-11:50 AM	\$92/\$111
37592	M	9/8-12/15	10:15-11:00 AM	\$92/\$111
37596	M	9/8-12/15	11:05-11:50 AM	\$92/\$111



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 to music in chest-deep water. Styrofoam barbells and/or pool noodles may be used but are not provided.

Age: 16/up				M/NM
37430	Su	8/24-9/21	7:05-8:00 PM	\$35/\$40
37647	Tu	9/2-12/16	8:30-9:15 AM	\$98/\$118
37635	Tu	9/2-12/16	9:20-10:05 AM	\$98/\$118
37646	W	9/3-12/17	8:30-9:15 AM	\$98/\$118
37637	W	9/3-12/17	9:20-10:05 AM	\$98/\$118
37603	Th	9/4-12/18	8:30-9:15 AM	\$92/\$111
37607	Th	9/4-12/18	9:20-10:05 AM	\$92/\$111
37591	F	9/5-12/19	8:30-9:15 AM	\$92/\$111
37597	F	9/5-12/19	9:20-10:05 AM	\$92/\$111
37589	M	9/8-12/15	8:30-9:15 AM	\$92/\$111
37593	M	9/8-12/15	9:20-10:05 AM	\$92/\$111

Aquacize – Beginner

Everyone benefits from exercising in the water! Ease yourself in for a workout with others in a low-impact environment with gentle resistance. For those with pain and stiffness of arthritis, or recovering from injury or surgery, this easy but active class helps reduce muscle weakness, pain and stiffness. Great for first-time exercisers. Swimming skills aren’t required. No equipment provided.

Age: 16/up				M/NM
37641	W	9/3-12/17	10:10-10:55 AM	\$98/\$118
37590	F	9/5-12/19	10:10-10:55 AM	\$92/\$111
37595	M	9/8-12/15	10:10-10:55 AM	\$92/\$111

Deep Water Running and Conditioning (5.5 ft)

Emphasizes cardiovascular strength and endurance, as well as flexibility, range of motion and core strength. Most of the year classes are held in the deeper section of our North Pool which goes up to 5 and 1/2 feet deep. Flotation belts are recommended, however those who prefer shallower water may still participate and touch the bottom of the pool in the shallower ends. No swimming skills are necessary. This program benefits runners and other active exercisers who are looking for a challenging workout. No equipment provided.

Age: 16/up				M/NM
37640	Tu	9/2-12/16	10:10-10:55 AM	\$98/\$118
37598	Th	9/4-12/18	10:10-10:55 AM	\$92/\$111

Deep Water Workout

Enjoy this swim class taught in the deep end of the pool. Ideal for participants who need a no-impact workout. Strengthen your core muscles and get an excellent workout without adding stress to knee or hip joints. Flotation belts are used and water barbells are recommended but not provided.

Age: 16/up				M/NM
37645	Tu	9/2-12/16	7:35-8:20 PM	\$98/\$118
37636	W	9/3-12/17	9:15-10:00 AM	\$98/\$118
37605	Th	9/4-12/18	7:35-8:20 PM	\$92/\$111
37601	F	9/5-12/19	9:15-10:00 AM	\$92/\$111
37599	M	9/8-12/15	9:15-10:00 AM	\$92/\$111

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 are welcome. Taught in shallow- to chest-deep water with music. Water barbells are recommended but not required. No equipment is provided.

Age: 16/up				M/NM
37638	Tu	9/2-12/16	7:35-8:20 PM	\$98/\$118
37643	W	9/3-12/17	9:20-10:05 AM	\$98/\$118
37600	Th	9/4-12/18	7:35-8:20 PM	\$92/\$111
37604	F	9/5-12/19	9:20-10:05 AM	\$92/\$111
37608	M	9/8-12/15	9:20-10:05 AM	\$92/\$111

Rockville Master’s Swimming

An adult swim program modeled after a masters team program. Participants are not required to compete in masters swim meets but can join a team or race, unattached, if they prefer (RSFC Masters is not a team). Participants will receive a structured workout with a U.S. Masters Swimming-certified coach. This is not a learn-to-swim class. Participants should have a reasonable level of freestyle proficiency.

Age: 16/up				M/NM
37694	W	9/3-12/17	6:30-7:30 AM	\$142/\$176
37693	F	9/5-12/19	6:30-7:30 AM	\$133/\$165
37692	M	9/8-12/15	6:30-7:30 AM	\$133/\$165

Swim 4 Fitness

Learn to swim farther without getting tired. The goal: 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/up				M/NM
37691	Tu	9/2-12/16	11:05-11:50 AM	\$104/\$127
37690	Tu	9/2-12/16	9:15-10:00 PM	\$104/\$127
37648	Th	9/4-12/18	11:05-11:50 AM	\$98/\$119
37649	Th	9/4-12/18	9:15-10:00 PM	\$98/\$119

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/up				M/NM
37688	Su	9/7-10/19	7:00-8:30 PM	\$104/\$125
37689	Su	10/26-12/14	7:00-8:30 PM	\$104/\$125

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/up				M/NM
37432	Su	9/7-10/19	8:05-8:55 AM	\$69/\$84
37431	Su	10/26-12/14	8:05-8:55 AM	\$69/\$84

Certification and Training

Junior Lifeguard Training

American Red Cross Junior Lifeguarding is designed to guide youth to the American Red Cross Lifeguarding course by building a foundation of knowledge, attitudes and skills for future lifeguards. Participants are not required to master or perfectly execute skills. They should learn techniques and build stamina during this program. The Junior Lifeguarding course does not certify participants in first aid, CPR or AED or as a lifeguard. Before entering Junior Lifeguarding, participants must demonstrate the following skills: Swim the front crawl for 25 yards continuously while breathing to the front or side; Swim the breaststroke for 25 yards using a pull, breathe, kick and glide sequence; Complete the Water Water Competency Sequence without stopping. 1. Step into water from the side and totally submerge. 2. Maintain position for one minute by treading water or floating (or a combination of the two).3. Rotate one full turn and orient to the exit. 4. Level off and swim on the front or back 25 yards. 5. Exit without using a ladder or steps.Class sessions will be held at the Rockville Swim and Fitness Center. A detailed course schedule and syllabus will be provided via email before the first day of class. Students MUST attend all class sessions as scheduled. **Age: 14/up**

38099	Sa	10/25-12/20	4:30-9:00 PM	\$100
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NOW HIRING!

RSFC is 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

CPR/AED for the Professional Rescuer and First Aid

CPR/AED for the Professional Rescuer and First Aid The American Red Cross CPR/AED for the Professional Rescuer and First Aid program helps to train professional-level rescuers recognize and respond appropriately to cardiac, breathing, and first aid emergencies in adults, children and infants. The courses in this program teach the knowledge and skills needed to give immediate care to an injured or ill person and to decide whether advanced medical care is needed. This class is good for those working in the recreation/ fitness industry, health professionals, technicians, lifeguards, daycare employees, camp counselors, baby sitters, parents, and anyone responsible for the care of someone else. Attendance at all class sessions is required. There will be a planned meal break, participants are encouraged to bring along something to eat.

Age: 13+				
38105	Su	9/14	1-7 PM	\$135
38106	Sa	11/15	1-7 PM	\$135
38107	Su	12/7	1-7 PM	\$135

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, 40 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. A detailed course schedule and syllabus will be provided via email before the first day of class. Students must attend all class sessions as scheduled. This class has an online learning component (approximately eight hours) required to be completed before the second class session. A link to the course’s required online component will be emailed to the student’s email address provided approximately one week prior to the first in-person class. Visit www.rockvillemd.gov/swimcenter to view a flyer listing all dates and time of classes.

Age: 15+

38101	M, Sa, Su	9/16-9/29	Times vary	\$215
38102	M	12/22/12/29	Times vary	\$215

Lifeguard Training Review

The American Red Cross Lifeguard Training Review Course is for currently certified American Red Cross Lifeguards looking to renew their certification. On successful course completion, 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 aged 15 years 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, 40 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. Students *must* attend all class sessions as scheduled. This class has a required online learning component (approximately eight hours) to be completed before the first session. A link to the course’s online component will be emailed to the student’s email address provided approximately one week prior to the first in-person class. Visit www.rockvillemd.gov/swimcenter to view flyer listing all dates and time of classes.

Age: 15+

38103	Sa	10/4	1:30-10:45 PM	\$145
38104	Sa	12/20	1:30-10:45 PM	\$145
33576	Sa	1/4	1:30-10:45 PM	\$145

Rockville Swim and Fitness Center

Land Fitness

Classes for all ages and skill levels

- Yoga — kids and adults
- Zumba — kids and adults
- Bootcamp
- Kickboxing
- And much more!



Arts, Dance and Enrichment

Ballet/Tap Combo

Students learn ballet and tap basics as well as increase coordination, motor skills and rhythmic awareness. These two styles are taught through joyful exploration of song and partner work. Ballet and tap shoes are required, leotard and tights are not required but highly recommended for this class. Plus, they’ll pick up ballet terms “en français!”
Age: 3-6
37412 M 9/8-10/27 5:00-5:45 PM \$120/\$130
Elwood Smith CC/Philippe

Cheer Madness: Pommies

Step into a world of boundless energy and tiny cheerleaders! Our Pommies class is a vibrant introduction to the world of sports and fitness, where little ones jump, tumble, giggle and dance. With enthusiastic teachers, shiny poms, and fun cheers, your little cheerleader is sure to shine bright.
Age: 3-6
37383 Sa 9/6-10/25 10:00-10:45 AM \$150/\$160
Twinbrook CRC/Whorley

Cheer Madness: My Grown Up and Me

“My Grown Up and Me” class, where little cheerleaders and their adults join forces for a delightful and energetic cheer-themed workout. This class offers a unique opportunity to bond, stay active, and have fun together while exploring the exciting world of cheerleading.
Age: 3-6
37383 Sa 9/6-10/25 9:00-9:50 AM \$130/\$140
Twinbrook CRC/Whorley

Creative Movement

Discover *The Movement Endeavor* — where personalized dance instruction meets creativity and confidence! Our *Creative Movement* class invites young dancers to explore their unique voice through expressive movement inspired by everyday life. This supportive, fun environment nurtures imagination while building foundational dance skills. Perfect for children ready to embrace dance as joyful self-expression. Join us and let your child’s creativity shine!
Age: 3-4
37393 W 9/10-10/29 4:45-5:30 PM \$89/\$99
Thomas Farm CC/Schettino

Music Together (Adult/Child)

Nurture your child’s natural enthusiasm for music and movement through singing, dancing, chanting and instrument play. Fee includes two “Music Together” CDs, an illustrated songbook and parent-education materials. Siblings younger than 10 months may attend for free (no registration necessary). Adult participation required. **Age: 1m-5**
37385 Tu 9/9-11/11 9:30-10:15 AM \$240/\$250
37387 Tu 9/9-11/11 10:30-11:15 AM \$240/\$250
Elwood Smith Park/Winkler
37388 W 9/10-11/19 9:30-10:15 AM \$240/\$250
37386 W 9/10-11/19 10:30-11:15 AM \$240/\$250
Thomas Farm CC/Winkler, Liddle

Pre-Ballet

Introduce your child to dance, movement and basic ballet techniques. Fun, rhythm, coordination, motor skills, spatial and rhythmic awareness are emphasized. Ballet shoes, loose-fitting clothing or leotards and tights are recommended but not required.

Age: 3-5

37415	Sa	9/6-10/25	10:00-10:45 AM	\$125/\$135
37416	Sa	9/6-10/25	11:00-11:45 AM	\$125/\$135
37406	Sa	9/6-10/25	9:00-9:45 AM	\$125/\$135
Pumphouse CC/Ubiera				

37407	Sa	9/6-10/25	9:00-9:45 AM	\$125/\$135
37407	Sa	9/6-10/25	10:00-10:45 AM	\$125/\$135
Thomas Farm CC/The Movement Endeavor				

Age: 4-5

37401	M	9/8-10/27	4:45-5:30 PM	\$125/\$135
Rockcrest Ballet Center/Chongpinitchai				

NEW School of Rock: Little Wings

Perfect for little ones to introduce them to music! Classic rock songs are used to teach preschoolers about rhythm, song-structure, melody, dynamics and foundational music skills through play.

Age: 3-5

38060	Sa	9/13-10/18	9:00 -9:40 AM	\$225/\$235
Twinbrook Annex				

Tiny Crafters

Let's get creative! We will have a variety of physical activities, art and sensory activities each week. Preschoolers will also have time to play with their friends on the tiny tot equipment. All children must be accompanied by an adult.

Age: 2-5

37939	Tu	9/9-10/14	10:00-11:30 AM	\$70/\$75
37940	Tu	10/28-12/2	10:00-11:30 AM	\$70/\$75
Thomas Farm CC				

Twinbrook Toddler Time

Join us for fun-filled, creative preschool activities. In this colorful class your child can explore the world of shapes, color and texture and create freely where no mess is too big. Adult participation is required.

Age: 2-5

37941	M	9/15-10/20	10:00-11:30 AM	\$50/\$60
37946	M	11/3-12/8	10:00-11:30 AM	\$50/\$60
Twinbrook CRC				

Martial Arts

Kicks Karate – Little Ninjas

Give your child the gift of confidence! Improve self-discipline, develop better concentration and enhance agility, balance and coordination through the basics of karate. Fee includes uniform.

Age: 5-7

37892	M, W	9/15-10/15	4:30-5:00 PM	\$150/\$160
37893	Tu, Th	9/16-10/16	6:00-6:30 PM	\$150/\$160
37865	Sa	9/20-10/18	10:00-10:30 AM	\$80/\$90
Kicks Karate				

- Click on Log In or create an 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 & Parks
Rockville Youth Recreation Fund Donation
6 Taft Court., Rockville, MD 20850



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

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\$100: #2235 • \$250: #2236

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451 Congressional Lane, Rockville

SMALL CLASS SIZES.
EXPERIENCED, LOVING TEACHERS.

Children must be 3-5 years old and potty trained.
Contact childcare@rockvillemd.gov to schedule a tour.

Kicks Karate – Tiny Tigers

Give your child the gift of confidence! Improve self-discipline, develop better concentration and enhance agility, balance and coordination through the basics of karate. Fee includes uniform.

Age: 3-4

37895	Tu, Th	9/16-10/16	5:30-6:00 PM	\$150/\$160
Kicks Karate				

Sports–Instructional

Batter Up T-Ball Skills – Beginner

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

Age: 3-5

37979	Tu	9/9-10/14	5:00-5:50 PM	\$84/\$99
Woodley Gardens Park				

37978	F	9/12-10/17	5:00-5:50 PM	\$84/\$99
Potomac Woods Park				

Age: 5-8

37980	Tu	9/9-10/14	6:00-6:50 PM	\$84/\$99
Woodley Gardens Park				

37977	F	9/12-10/17	6:00-6:50 PM	\$84/\$99
Potomac Woods Park				

Laskar Pickleball Group Lessons

No matter your skill or experience, group sessions cater to beginners seeking to learn the fundamentals or intermediate players looking to refine technique. Inclusive groups will match you with like-minded individuals. Discover the joy of pickleball, make new friends and improve your skills together.

Tiny Tots Tennis

Introducing our Tiny Tots Tennis Program! Tailored for little athletes, our program offers a dynamic blend of skill-building exercises, fun games and mini-matches, providing a solid foundation in tennis fundamentals while fostering a lifelong love for the sport.

Age: 3-5

37822	Su	9/7-9/28	9:00-10:00 AM	\$95/\$105
37817	Su	10/19-11/9	9:00-10:00 AM	\$95/\$105

Woodley Gardens Park/Laskar Tennis



IT'S PARTY TIME.

Gymnasiums

Thomas Farm Community Center
www.rockvillemd.gov/thomasfarm
240-314-8840

Twinbrook Community Recreation Center
www.rockvillemd.gov/twinbrook
240-314-8830

Outdoor Rentals

Thomas Farm Community Center (Falls Grove Park)
April 15-Sept. 30
www.rockvillemd.gov/thomasfarm
240-314-8840

Rockville Park Picnic Areas
www.rockvillemd.gov/parksandfacilities
240-314-8660

Rockville Swim and Fitness Center
June 1-Aug. 30
www.rockvillemd.gov/swimcenter
240-314-8750

Multi-Purpose Rooms

Croydon Creek Nature Center
www.rockvillemd.gov/croydoncreek
240-314-8770

Elwood Smith Community Center
www.rockvillemd.gov/parksandfacilities
240-314-8660

Pump House Community Center
www.rockvillemd.gov/parksandfacilities
240-314-8660

Rockville Senior Center
www.rockvillemd.gov/seniorcenter
240-314-8800

Rockville Swim and Fitness Center
www.rockvillemd.gov/swimcenter
240-314-8750

Thomas Farm Community Center
www.rockvillemd.gov/thomasfarm
240-314-8840

Twinbrook Community Recreation Center
www.rockvillemd.gov/twinbrook
240-314-8830

Themed Parties

Croydon Creek Nature Center
www.rockvillemd.gov/croydoncreek
240-314-8770



CHILDREN

Arts, Dance and Enrichment

Ballet for Children – Beginner

Experience the art of ballet in a supportive setting. Beginner students focus on building strength, proper technique and body alignment, including turnout, foot articulation, and posture. Careful attention is given to developing correct technical habits that form a strong foundation. A solid-color leotard, tights and ballet shoes are recommended. Students remain at this level until their teacher advises advancement.

Young Beginner - Age: 5-7

38022 Sa 9/13-11/22 10:00-10:45 AM \$150/\$160
Rockcrest Ballet Center/Simpson

Beginner - Age: 6-13

38017 M 9/8-11/17 5:30-6:30 PM \$150/\$160
Rockcrest Ballet Center/Chongpinitchai

38020 F 9/12-11/21 5:00-6:00 PM \$150/\$160
Rockcrest Ballet Center/Simpson

38018 Sa 9/13-11/22 11 AM-12:00 PM \$150/\$160
Rockcrest Ballet Center/Simpson

Ballet for Children – Intermediate

Students who have mastered the fundamentals of ballet are introduced to intermediate technique at the barre and in the center. Register for your current level. Students will advance by instructor recommendation. Solid-color leotard and ballet shoes are recommended.

Intermediate I - Age: 8-13

38021 F 9/12-11/21 6:00-7:00 PM \$150/\$160
Rockcrest Ballet Center/Simpson

Intermediate II - Age: 8/up

38019 M 9/8-11/17 6:30-7:30 PM \$150/\$160
Rockcrest Ballet Center/Chongpinitchai

Intermediate III - Age: 9/up

38024 W 9/10-11/19 5:00-6:15 PM \$180/\$190
Rockcrest Ballet Center/Popson, Popson



Ballet/Jazz Combo

Experience the beauty of ballet and the energy of jazz with a touch of French flair! Dancers will learn foundational moves, build coordination and self-confidence, and explore rhythm. Plus, they’ll pick up ballet terms “en français!” Ballet/jazz shoes and leotards are encouraged but optional. Join the fun!

Age: 5-8

37408	Sa	9/6-10/25	12:00-12:45 PM	\$125/\$135
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Pumphouse CC/Philippe

Cheer Madness: Poms

Shiny poms and fun cheers! Learn the basics of Cheerleading and Poms, while playing fun games and building your confidence. Engage in exercises to increase flexibility, build endurance and condition muscles.

Age: 5-10

37384	Sa	9/6-10/25	11 AM-12:00 PM	\$150/\$160
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Twinbrook CRC/Whorley

Jazz

Get ready to turn up the energy and express yourself like never before! Tween Jazz is a high-energy dance class that blends sharp technique with bold attitude. You’ll master kicks, leaps, turns and combos to today’s hottest tracks and classic jazz hits — all while building strength, flexibility, and confidence.

Age: 9-12

37413	W	9/10-10/29	7:00-8:00 PM	\$120/\$130
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Thomas Farm CC/Philippe

The Movement Endeavor

The Movement Endeavor provides personalized, high-quality dance instruction. TME is dedicated to fostering a supportive and enriching environment where everybody can thrive. Their mission is to make dance accessible, enjoyable and empowering for all!

Dance Essentials

Ignite your passion for dance in this energetic class for young movers! Explore beginner ballet, modern and jazz techniques through fun, interactive lessons inspired by iconic choreographers. Join us and find your rhythm!

Age: 5-7

38004	W	9/10-12/17	5:45-6:40 PM	\$165/\$175
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Thomas Farm CC/The Movement Endeavor

NEW School of Rock: Rookies

Ignite your child’s passion for music! School of Rock: Rookies offers fun group instrument play and musical games, building confidence and creativity in every young musician. Join the jam!

Age: 6-7

38061	Sa	9/13-10/18	10:00 -11:00 AM	\$240/\$250
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Twinbrook Annex

Special Events

Civic Center Park Puppet Show

Learning is more fun with puppets- and now you can find them at Civic Center Park. Join us as we present the wonderful world of puppetry. Kids ages 2-10 will get inspired by performance and artwork, learn in creative ways, and have tons of fun!

Animals in Fall & Winter

Kids Nature Shows brings puppets like Annie the Squirrel, and Chippy the Chimpunk in a Tank the Turtle in a fun yet educational show! How do animals in our neighborhood survive when it gets cold? Find out how in this show that introduces young audiences to the concepts of hibernation, migration and other natural science topics related to the seasons of Fall and Winter. Includes craft project!

37314	11/1	11:00 AM-12:00 PM	\$5/\$7
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F. Scott Fitzgerald Theatre & Social Hall

Before-and After-School Enrichment

After-School Fishing Club

Tighten those lines and get hooked on fishing! Learn the basics of freshwater fishing using both artificial and live bait. Try different methods and tackle to catch a variety of fish! We meet at the Rockville Skate Park and participants are driven by City van to the Lake Needwood Mansion.No prior experience is necessary to participate. Rods, bait and hooks are provided.

Age: 8-14

37380	W	9/3-9/24	4:00-6:00 PM	\$75/\$85
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Rockville Skate Park

Early Birds Before School Progam at Twinbrook Community Recreation Center

Transportation is provided to Meadow Hall and Twinbrook Elementary Schools. Optional daily drop-in is available for a \$10 daily fee.

Age: 5-12

Session I

36307	M-F	8/26-10/3	7-9:30 AM	\$170/\$190
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Session II

36313	M-F	10/6-11/14	7-9:30 AM	\$170/\$190
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Session III

36319	M-F	11/17-12/23	7-9:30 AM	\$170/\$190
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Twinbrook CRC Annex

Afterschool Adventure at Twinbrook Community Recreation Center

Transportation is provided from Meadow Hall and Twinbrook Elementary Schools.

Age: 5-12

Session I

36295	M-F	8/26-10/3	3-6:30 PM	\$210/\$230
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Session II

36296	M-F	10/6-11/14	3-6:30 PM	\$210/\$230
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Session III

36297	M-F	11/17-12/23	3-6:30 PM	\$210/\$230
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Twinbrook CRC Annex

Beyond the Bell Afterschool Club at Thomas Farm Community Center

Transportation is provided from Ritchie Park Elementary School.

Age: 5-12

Session I

36302	M-F	8/26-10/3	3:30-6:30 PM	\$200/\$220
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Session II

36303	M-F	10/6-11/14	3:30-6:30 PM	\$200/\$220
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Session III

36304	M-F	11/17-12/23	3:30-6:30 PM	\$200/\$220
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Thomas Farm CC

Clubhouse Afterschool Program at Lincoln Park Community Center

Transportation is provided from Maryvale, College Gardens, Beall and Bayard Rustin Elementary Schools.

Age: 5-12

Session I

36308	M-F	8/26-10/3	3:30-6:30 PM	\$185/\$205
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Session II

36311	M-F	10/6-11/14	3:30-6:30 AM	\$185/\$205
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Session III

36314	M-F	11/17-12/23	3:30-6:30 PM	\$185/\$205
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Lincoln Park CC

Twinbrook Afterschool Club at Twinbrook Elementary School

This licensed childcare program is available for students attending Twinbrook Elementary School.

Age: 5-12

All Sessions 2025-2026 School Year

36403	M-F	8/25-6/17	3:40-6:30 PM	\$1540/\$1610
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Session I

36404	M-F	8/25-10/3	3:40-6:30 PM	\$220/\$230
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Session II

36406	M-F	10/6-11/14	3:40-6:30 PM	\$220/\$230
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Session III

36407	M-F	11/17-12/23	3:40-6:30 PM	\$220/\$230
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Twinbrook Elementary School

Fitness

Kids Fit Yoga

Did you know yoga can increase focus and concentration, in addition to improving strength, flexibility and body awareness? This class introduces a combination of partner and group games, fitness challenges and yoga. Bring a yoga mat; wear comfortable clothes.

Age: 8-12				
37735	Tu	9/2-10/21	5:45-6:45 PM	\$102/\$123
37737	Tu	10/28-12/16	5:45-6:45 PM	\$102/\$123
Rockville Swim and Fitness Center/Borromeo				

Zumba Fit – Kids

Your child will love this fun and effective workout, which includes overall body exercises while moving to world rhythms. Each week, they'll hear a different rhythm to learn fun facts and dance. Participants may also play games or other activities that combine what they learned in a fun way. Each week's class concludes with a new choreography and cool down. Wear comfortable clothing and athletic shoes (no Crocs or flip flops) and bring a water bottle.

Age: 7-12				
37695	Sa	9/6-10/18	12:00-12:50 PM	\$60/\$75
37696	Sa	10/25-12/13	12:00-12:50 PM	\$60/\$75
Rockville Swim and Fitness Center/ Borromeo				

Sports – Instructional

Ball2Life – Basketball

Build fundamental skills and athleticism through drills and scrimmages. This blend of competitive and cooperative activities provides a fun and energetic environment for young athletes to improve foundational skills and build understanding of the game.

Basketball Hoops & Athletics

Age: 5-10				
37871	W	9/10-10/29	4:30-5:20 PM	\$149/\$159
Thomas Farm CC				

Skills, Drills & Scrimmage

Age: 9-13				
37870	W	9/10-10/29	5:30-6:20 PM	\$149/\$159
Thomas Farm CC				

Above the Rim Basketball Skills

Increase your confidence and learn basketball skills such as dribbling, passing and shooting. Learn proper techniques, rules of the game and ball control. Our experienced coaches will integrate fun drills and individual training to get the most out of your basketball experience.

Age: 4-6				
37981	Sa	9/13-11/1	9:00-9:50 AM	\$95/\$110
Thomas Farm CC				

Age: 6-8				
37982	Sa	9/13-11/1	10:00-10:50 AM	\$95/\$110
Thomas Farm CC				

Batter Up T-Ball Skills – Beginner

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

Age: 3-5				
37979	Tu	9/9-10/14	5:00-5:50 PM	\$84/\$99
Woodley Gardens Park				

37978	F	9/12-10/17	5:00-5:50 PM	\$84/\$99
Potomac Woods Park				

Age: 5-8				
37980	Tu	9/9-10/14	6:00-6:50 PM	\$84/\$99
Woodley Gardens Park				

37977	F	9/12-10/17	6:00-6:50 PM	\$84/\$99
Potomac Woods Park				



Group Skateboard & Rollerblade Lessons

Rollerblading: Learn to rollerblade at the Rockville Skate Park! These rollerblade lessons are 50 minutes long, once a week, for five weeks and are taught by our expert instructor! Classes are weather dependent. **Age: 6/up**

Rookie
Learn the basics of balance, stopping and safe movement while getting comfortable on roller-blades.

37780	M	9/8-10/6	4:00-4:50 PM	\$95/\$120
37779	Tu	9/9-10/7	6:00-6:50 PM	\$95/\$120
37782	Tu	9/9-10/7	4:00-4:50 PM	\$95/\$120
Rockville Skate Park/Besley				

Semi-Pro: Build on your foundation with turning techniques, smoother stops and increased speed control. Best for intermediate rollerbladers.

37770	M	9/8-10/6	5:00-5:50 PM	\$95/\$120
37777	Tu	9/9-10/7	5:00-5:50 PM	\$95/\$120
Rockville Skate Park/Besley				

Skateboarding: Learn to skateboard at the Rockville Skate Park! Skateboard lessons, taught by an expert instructor, are 50-minutes long, once a week for five weeks. Classes are weather dependent. **Age: 6/up**

Rookie
Rookie classes focus on introducing foundational skills and safety measures. These classes are best for brand new skaters.

37773	M	9/8-10/6	4:00-4:50 PM	\$95/\$120
Rockville Skate Park/Austin				

37771	Tu	9/9-10/7	5:00-5:50 PM	\$95/\$120
Rockville Skate Park/Charles				

37774	Tu	9/9-10/7	4:00-4:50 PM	\$95/\$120
Rockville Skate Park/Charles				

37788	W	9/10-10/8	6:00-6:50 PM	\$95/\$120
Rockville Skate Park/ Gonzales				

37769	Th	9/11-10/9	6:00-6:50 PM	\$95/\$120
Rockville Skate Park/Charles				

37775	Th	9/11-10/9	4:00-4:50 PM	\$95/\$120
Rockville Skate Park/Charles				

37790	F	9/12-10/10	6:00-6:50 PM	\$95/\$120
Rockville Skate Park/ Gonzales				

37768	Su	9/14-10/12	10:00-10:50 AM	\$95/\$120
Rockville Skate Park/Austin				

37772	Su	9/14-10/12	12:00-12:50 PM	\$95/\$120
Rockville Skate Park/Austin				

Semi-Pro

Expand skill sets and enhance balance, coordination and precision. These classes are best suited for more experienced skaters who have mastered basic skills.

37776	M	9/8-10/6	5:00-5:50 PM	\$95/\$120
Rockville Skate Park/Austin				

37781	Tu	9/9-10/7	6:00-6:50 PM	\$95/\$120
Rockville Skate Park/Jiron				

37789	W	9/10-10/8	7:00-7:50 PM	\$95/\$120
Rockville Skate Park/Gonzales				

37766	Th	9/11-10/9	5:00-5:50 PM	\$95/\$120
Rockville Skate Park/Charles				

37791	F	9/12-10/10	7:00-7:50 PM	\$95/\$120
Rockville Skate Park/Gonzales				

37783	Su	9/14-10/12	11:00-11:50 AM	\$95/\$120
Rockville Skate Park/Austin				

Kick Start 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: 3-5				
37985	Th	9/11-10/16	5:00-5:50 PM	\$70/\$85
Fallsgrove Park				

37993	Sa	9/13-10/18	9:00-9:50 AM	\$70/\$85
King Farm Park				

Age: 5-7				
37994	Sa	9/13-10/18	10:00-10:50 AM	\$70/\$85
King Farm Park				

Age: 6-8				
37984	M	9/8-10/13	6:00-6:50 PM	\$70/\$85
Rockville Senior Center				

37986	Th	9/11-10/16	6:00-6:50 PM	\$70/\$85
Fallsgrove Park				

Laskar Pickleball Group Lessons

No matter your skill or experience, group sessions cater to beginners seeking to learn the fundamentals or intermediate players looking to refine technique.

Champion Kids Pickleball

Tailored for young athletes, our program offers a dynamic blend of skill-building exercises, fun games and mini-matches, providing a solid foundation in Pickleball fundamentals while fostering a lifelong love for the sport.

Age: 5-9

37856	Tu	9/9-10/7	5:00-6:00 PM	\$95/\$105
37858	Tu	10/21-11/11	5:00-6:00 PM	\$95/\$105
Welsh Park/Laskar Tennis				

Champion Youth Pickleball

Our program focuses on refining strokes, mastering footwork and developing strategic thinking, preparing players for competitive play and personal excellence on the court.

Age: 10-15

37859	Tu	9/9-10/7	6:00-7:00 PM	\$95/\$105
37854	Tu	10/21-11/11	6:00-7:00 PM	\$95/\$105
Welsh Park/Laskar Tennis				

Laskar Tennis Group Lessons

No matter your skill or experience, group sessions cater to beginners seeking to learn the fundamentals or intermediate players looking to refine technique.

Champion Kids Tennis

Tailored for young athletes, our program offers a dynamic blend of skill-building exercises, fun games and mini-matches, providing a solid foundation in tennis fundamentals while fostering a lifelong love for the sport.

Age: 6-8

37826	M	9/8-9/29	5:00-6:00 PM	\$95/\$105
King Farm Park/Laskar Tennis				
37815	W	9/10-10/1	5:00-6:00 PM	\$95/\$105
Dogwood Park/Laskar Tennis				
37821	M	10/20-11/10	5:00-6:00 PM	\$95/\$105
King Farm Park/Laskar Tennis				
37820	W	10/22-11/12	5:00-6:00 PM	\$95/\$105
Dogwood Park/Laskar Tennis				



Champion Youth Tennis

Take your game to new heights! Geared towards younger kids, our program focuses on refining strokes, mastering footwork, and developing strategic thinking, preparing players for competitive play and personal excellence on the court.

Age: 9-11

37819	Su	9/7-9/28	10:00-11:00 AM	\$95/\$105
37816	Su	10/19-11/9	10:00-11:00 AM	\$95/\$105
Woodley Gardens Park/Laskar Tennis				

Tennis (Adult/Child)

Want to learn tennis with your child? Both adults and children learn tennis fundamentals at the same time. Great family activity. Price includes parent and one child; register child only. Adults should bring a racket. Other equipment provided.

Age: 6-10

37837	W	9/10-10/15	5:00-5:50 PM	\$120/\$130
37838	W	9/10-10/15	6:00-6:50 PM	\$120/\$130
37836	F	9/12-10/17	5:00-5:50 PM	\$120/\$130
37840	F	9/12-10/17	6:00-6:50 PM	\$120/\$130
King Farm Park/Z. Yargici				
37839	Sa	9/13-10/18	5:00-5:50 PM	\$120/\$130
Fallsgrove Park/Z. Yargici				

Tennis – Net Generation I

Enjoy tennis in a fun environment with smaller-sized rackets and softer balls on a smaller court. Learn grip, basic strokes and a variety of tennis-related games. Bring a water bottle and a racket, if you own one. Otherwise, a junior racket will be provided.

Age: 5-7

37807	M	9/8-10/13	4:45-5:35 PM	\$84/\$94
Potomac Woods Park/M. Yargici				
37805	Tu	9/9-10/21	5:00-5:50 PM	\$84/\$94
Montrose Community Center and Park/Z. Yargici				
37804	Sa	9/13-10/18	9:00-9:50 AM	\$84/\$94
King Farm Park/M. Yargici				
37808	Sa	9/13-10/18	3:00-3:50 PM	\$84/\$94
Fallsgrove Park/Z. Yargici				

Tennis – Net Generation II

Learn and improve ground strokes and techniques as you meet other players in a fun setting. Rally skills, court coverage and learning how to play games, based on skill development, are included. Bring a water bottle and a racket if you own one. Otherwise, a junior racket will be provided.

Age: 8-10

37806	Tu	9/9-10/21	6:00-6:50 PM	\$84/\$94
37802	Th	9/11-10/23	5:00-5:50 PM	\$84/\$94
Montrose Community Center and Park/Z. Yargici				
37803	Sa	9/13-10/18	10:00-10:50 AM	\$84/\$94
King Farm Park/M. Yargici				
37811	Sa	9/13-10/18	4:00-4:50 PM	\$84/\$94
Fallsgrove Park/Z. Yargici				

Tennis Skills and Drills I

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 keep you moving. Bring a racket and water bottle.

Age: 9-12

37809	Th	9/11-10/23	6:00-6:50 PM	\$84/\$94
Montrose Community Center and Park/Z. Yargici				
37810	Sa	9/13-10/18	11:00-11:50 AM	\$84/\$94
King Farm Park/M. Yargici				

Martial Arts

Fencing – Youth Beginner

Introduces children to the Olympic sport of fencing, while emphasizing safety and proper technique. Equipment provided. Wear comfortable clothes and bring a fencing glove (or garden/golf glove). Flexible swords used.

Age: 7-9

37881	Sa	9/13-10/25	11AM-12:00 PM	\$130/\$140
37885	Th	9/18-10/30	6-7:20 PM	\$130/\$140

Age: 10-13

37884	Sa	9/13-10/25	12:20-1:40 PM	\$130/\$140
37883	Th	9/18-10/30	7:20-8:40 PM	\$130/\$140
Rockville Fencing Academy/Sacks				

Kicks Karate – Children

Give your child the gift of confidence! Improve self-discipline and concentration, even grades, through the basics of karate. Fee includes uniform.

Age: 8-12

37894	M, W	9/15-10/16	6:15-7:00 PM	\$150/\$160
37890	Tu, Th	9/16-10/16	4:45-5:30 PM	\$150/\$160
37864	Sa	9/20-10/18	11:00-11:45 AM	\$80/\$90
Kicks Karate				

School Break Programs

Rock-Ventures: Harper’s Ferry Water Park

Take a trip with Rockville to the brand new Harper’s Ferry Water Park and spend your day off splashing with friends! This trip includes: Entry fee, transportation and supervision by City of Rockville staff. The bus will depart at 9:00 AM from the Rockville Skate Park

Age: 8-15

37930	Tu	9/23	9:00 AM-3:00 PM	\$100/\$90
Rockville Skate Park				



Civic Center Puppet Show presents:

Animals in Fall & Winter

Fun for the whole family with a craft project and surprising discoveries.

Two performances:
Saturday, Nov. 1
at 11 a.m. COURSE #37314
and 12:30 p.m. COURSE #37316

\$7 Res./\$5 Non-Res. Ages 2+
Tickets available through the box office or at rockvillemd.gov/registration.



City of Rockville
Recreation & Parks

F. Scott Fitzgerald Theatre and Social Hall
at Rockville Civic Center Park
603 Edmonston Dr., Rockville, MD 20851
rockvillemd.gov/theatre • 240-314-8690

SKATEBOARDING Lessons

50 minutes, once a week
5 weeks
Cost: \$250 R/\$275 NR

PRIVATE LESSONS

Classes are weather dependent.
Inclement weather hotline: 240-314-5023

INTERESTED? Contact:
skatepark@rockvillemd.gov
or call 240-314-8639 for more information.

355 Martins Lane, Rockville, MD 20850
240-314-8620 • www.rockvillemd.gov/SkatePark



FALL LEAGUES NOW FORMING!

SPACE IS LIMITED

Cross Country



Lil' Rabbits: Entering Grades 1-3 in Fall. #36058
Striders: Entering Grades 4-6 in Fall. #36060
Blazers: Entering Grades 6-8 in Fall. #36061

For more information:
sports@rockvillemd.gov • 240-314-8620
www.rockvillemd.gov/recreation/sports



Soccer Co-Ed League Fall

Ankle Biters: Pre-School. #36062
Tiny Kicks: Entering Kindergarten in Fall. #36063
Strikers: Entering Grade 1 in Fall. #36064
Pee Wee: Entering Grades 4 & 5 in Fall. 36065
Bantam: Entering 4 & 5 in Fall. 36066

NEW!



FLAG

Football League

Coed Grades K-1 #36961
Boys Grades 2-3 #36876
Boys Grades 4-5 #36883
Boys Grades 6-8 #36885
Girls Grades 2-3 #36880
Girls Grades 4-5 #36884
Girls Grades 6-8 #36886

VISARTS' FALL CRAFT DAY CAMPS

When school's out, the creativity kicks in!

Sep 23 • Oct 2 • Oct 17 • Oct 20 • Nov 3
Ages 5-12 | 8:30 AM-4:30 PM

Our full-day camps are packed with fall-themed art, hands-on projects, and friendly teachers.
Creative messes encouraged. Ice cream included.



Sign up for a fun, imagination-filled fall!



www.visartscenter.org | 155 Gibbs Street, Rockville, MD | 301.315.8200

Rockville Pedestrian Advocacy Committee

Come celebrate "Walktober" with friends and neighbors throughout the Month of October. RPAC has put together a pedestrian bingo card for Rockville. Download the bingo card from <https://www.rockvillemd.gov/2282/59500/Rockville-Pedestrian-Advocacy-Committee>, print it out, and take to the sidewalk! Take as many trips as possible to fill up the card and experience the Rockville pedestrian environment.

Neighborhood Walk - October 15, 2025, 6 PM

Join RPAC, city staff, and elected officials on a short neighborhood walk to learn about ongoing pedestrian initiatives, city projects, and Vision Zero.

Candlelight Vigil – October 30, 2025, 7 PM

Participate in a Candlelight Vigil to remember victims of traffic violence at the front entrance of City Hall.

RPAC Meetings

Second Thursday of the month, 7 PM

RPAC meets every month to discuss pedestrian issues and work with the city to help improve the walking and rolling environment for everyone in Rockville. Meets are held virtually.



HALLOWEEN HAPPENINGS

Mini Creep - CCNC Saturday, Oct. 25 9:30-10:30 a.m. or 11 a.m.-noon. \$12/\$15. #37761/37762. Join us for a not-so-spooky Halloween celebration made just for the little ones! Come dressed in costume and enjoy festive games and crafts and tasty treats! It's the perfect way for tiny trick-or-treaters to get in the spirit! Preregistration required.

Croydon Creep - CCNC Saturday, Oct 18. 6-8 p.m. Get your costumes ready and celebrate Halloween at Croydon Creep! Free activities include games, treats, crafts, magic, balloon twisters, a campfire and more! For children ages 5-12, purchase a timed ticket for a 30-minute non-spooky guided hike through the forest. On the hike, you will meet local creatures and collect goodies as you go. Advanced ticket purchase required. \$10R/\$12NR.

Monster Mash Halloween Dance - TCRC Friday, Oct. 24, 7-9 p.m.. Come in costume! Pumpkin decorating, dancing and more. Refreshments sold by Twinbrook PTA. Please no masks or costume props (sticks, swords, etc.) Register for #38097

Doggie Halloween Extravaganza - Elwood Smith CC Wednesday, Oct. 29 4:00-8:30 p.m. Attention all "paw"rents and furry companions! Join us for a howlin' good time filled with tail-wagging fun and delightful doggy tricks and treats! This pawsome event will bring out the best in your four-legged friends, and it's going to be a bark-tacular celebration like no other! Costumes suggested, but not required. Please ensure your dog is comfortable around other dogs and people. Course #35154. Cost is \$25R/\$30NR.

ROCKVILLE BICYCLE ADVISORY COMMITTEE

RBAC meets virtually the first Wednesdays of each month from 7 pm to 9 pm. Please reach out to us for more details.

Tuesday Evening Rides

August 12, 19, 26 6:30 pm

Meet at Civic Center Park (603 Edmonston Dr)

Join us for a casual neighborhood ride that will last about one hour. Routes are on paved, shared-use paths, some sidewalks, and some short sections of quiet streets. We ride at the pace of the slowest rider - no one gets left behind. Rain at start cancels the ride; wet pavement does not.

Ride to Explore Bike Counters in Rockville

Sunday, August 17 12:30 pm

Starts at Trek Rockville (5720 Fishers Ln)

Join us for a 14-mile loop to cross over the newly-installed bike counters in various neighborhoods. We will pass through six counters on multi-use paths and bike lanes and get counted to help expand our bicycling community. We ride at the pace of the slowest rider - no one gets left behind. Rain at start cancels the ride; wet pavement does not.

Montgomery County Family Biking Festival

Sunday, September 14 1 pm to 4:30 pm

At Rockville Town Center

Wish you could get around with your family by bike? Curious to learn more about cycling with kids in MoCo? Come to the first ever Montgomery County Family Biking Festival to explore opportunities for family and youth cycling.

- EBike and cargo bike test rides on protected bike lanes
- Bike decorating and balance bike parade
- Expertise from community groups and local cyclists
- Bike safety checks and mechanical advice from the Rockville Bike Hub

Carl Henn Annual Memorial Ride

Saturday, October 4, 10:30 am

Starts at Thomas Farm Community Center (700 Falls Grove Dr) Join us for a casual 13-mile neighborhood ride in honor of longtime Rockville resident and community activist who died in July 2010 after a lightning strike during a powerful storm. You must be at least 15 years old to ride. No one will be left behind.

Follow us on Meetup and Facebook for more group ride details and impromptu updates.

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



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 unless otherwise noted. Registration is required for all programs and is available up to the day of the program, as space allows. Contact the nature center directly with any questions about programs.

HOURS

Monday: Closed

Tuesday-Saturday: 9 a.m.-4 p.m.

Sunday: 1-4 p.m.

Visit the nature center to learn more about the natural world through interactive exhibits and live-animal ambassadors. The nature center is nestled at the edge of the Hayes Forest Preserve, containing over 3 miles of hiking trails. Trails are open every day from dawn to dusk. Staff provides programs for organized groups, including schools, scout troops and homeschooled groups. Programs can be customized to fit your group's needs. For information on group programs visit our website.

Follow us on:



@croydoncreek

Connected by Nature

Take a break from busy days and reconnect with nature. We invite you to explore mindfulness and movement in the great outdoors through yoga, breathing exercises, nature journaling, creative art projects and guided forest adventures. We'll build focus, resilience and self-awareness while having fun on the trails, amongst the trees and through hands-on nature play. Perfect for kids who love to move, create, and spend time outside! Adult participation is required.

Age: 8-12

37798	Sa	9/6	11:00 AM-12:30 PM	\$15/\$18
37799	Sa	10/4	11:00 AM-12:30 PM	\$15/\$18
37800	Sa	11/1	11:00 AM-12:30 PM	\$15/\$18

Creepy Crawlies Campfire

Spend a cozy Sunday afternoon around the campfire learning all about the tiny creatures that crawl, climb, and scurry through the forest. Discover fun facts about insects, spiders, and other invertebrates and enjoy a campfire treat! All participants, including adults, must register.

Age: 4/up

37793	Su	10/26	2:00-3:00 PM	\$5/\$7
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Fall Family Hikes

Explore the wonders of the season with a naturalist-led hike through the forest preserve! Each hike, we'll discover something new about fall in the natural world—changing leaves, migrating animals, hidden fungi and more. These guided walks are perfect for families looking to enjoy time outdoors, learn together and experience the magic of autumn. All participants, including adults, must register.

Age: 3/up

37763	Su	9/7	11:30 AM-12:30 PM	\$5/\$6
37764	Su	10/5	11:30 AM-12:30 PM	\$5/\$6
37765	Su	11/2	11:30 AM-12:30 PM	\$5/\$6

Croydon Creep

Join us from 6–8 p.m. at the nature center for a festive evening of Halloween games, treats, crafts, magic, balloon twisters, a cozy campfire and more! These indoor activities are free and require no registration. All ages are welcome. For children ages 5–12, add to the fun with a 30-minute non-spooky guided hike through the forest. Along the way, meet friendly woodland creatures and collect goodies as you go! An adult must accompany each registered child. Advance ticket purchase is required for the hike.

Age: 5-12

37754	Sa	10/18	6:00-6:30 PM	\$10/\$12
37755	Sa	10/18	6:15-6:45 PM	\$10/\$12
37756	Sa	10/18	6:30-7:00 PM	\$10/\$12
37757	Sa	10/18	6:45-7:15 PM	\$10/\$12
37758	Sa	10/18	7:00-7:30 PM	\$10/\$12
37759	Sa	10/18	7:15-7:45 PM	\$10/\$12
37760	Sa	10/18	7:30-8:00 PM	\$10/\$12

Family Bird Hike at RedGate

Grab your binoculars and take a stroll with us through RedGate Park as we look and listen for birds on the move! Join a naturalist for a family-friendly walk to learn about fall migration, bird behavior, and how to spot common species in our area. All ages and experience levels are welcome—just bring your curiosity! All participants, including adults, must register.

Age: 4/up

37801	Sa	9/27	9:00-10:00 AM	\$5/\$6
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RedGate Park

Little Explorers

Discover the wonders of nature with your toddler through hands-on activities, short hikes, crafts, and more! This engaging program is designed to spark curiosity and encourage exploration in our youngest nature lovers.

Age: 2-5

37718	W	9/3	10:00-11:00 AM	\$10/\$12
37748	Sa	9/13	10:00-11:00 AM	\$10/\$12
37749	W	10/1	10:00-11:00 AM	\$10/\$12
37750	W	11/5	10:00-11:00 AM	\$10/\$12
37751	Sa	11/15	10:00-11:00 AM	\$10/\$12
37752	W	12/3	10:00-11:00 AM	\$10/\$12
37753	Sa	12/13	10:00-11:00 AM	\$10/\$12

30 | Main Rec. Line: 240-314-8620

Mini-Creep

Join us for a not-so-spooky Halloween celebration made just for the little ones! Come dressed in costume and enjoy festive games and crafts, tasty treats and hands-on fun as we celebrate all things Halloween. It's the perfect way for tiny trick-or-treaters to get in the spirit!

Age: 2-5

37761	Sa	10/25	9:30-10:30 AM	\$12/\$15
37762	Sa	10/25	11:00 AM-12:00 PM	\$12/\$15

Nature and Nurture

Slow down, stretch out and soak in the wonders of nature with your little one! This family-friendly program blends playful yoga and simple mindfulness practices with forest exploration, nature-based art and unstructured outdoor play. Each session encourages movement, creativity, curiosity and calm. Whether you're making a leaf mandala, listening to birdsong or practicing deep belly breaths beneath the trees, you'll leave feeling grounded and connected. Adult participation is required.

Age: 4-6

37795	Sa	9/6	9:30-10:30 AM	\$12/\$15
37796	Sa	10/4	9:30-10:30 AM	\$12/\$15
37797	Sa	11/1	9:30-10:30 AM	\$12/\$15

Nature Journaling Workshop for Adults

Slow down and rediscover the natural world through the art of nature journaling. Join our friends from Moduza Designs for this relaxing, hands-on class where you'll learn simple techniques to observe, record and reflect on the beauty of the outdoors. Whether you're a seasoned artist or a curious beginner, you'll explore a mix of drawing, writing and mindful observation practices that deepen your connection to the landscape around you. All materials provided — just bring your curiosity and a willingness to look a little closer.

Age: 16/up

37794	Su	10/26	10 AM-12:00 PM	\$25/\$30
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Birthday Party Themes

Classic Party

Ages 3+, available year round
Maximum child guests: 25*
Meet three of our animal ambassadors and take a guided walk through the forest with one of our naturalists in this engaging, one-hour program. Additional fees apply beyond 15 child guests.

Feathers and Fur

Ages 3+, available year round
Maximum child guests: 25*
Investigate feathers, fur and skulls to Explore Maryland's wildlife through an investigation of feathers, fur, and skulls. Includes a naturalist-led forest walk. **Note:** This party does not include live animals. Additional fees apply beyond 15 child guests.

Wild About Puzzles

Ages 9+, available year round
Maximum child guests: 15
Embark on an outdoor journey through the forest that will put your puzzle-solving skills to the test. Follow clues and tackle nature-themed challenges on this hour-long naturalist-led adventure. Activities will be moved indoors in the case of inclement weather.

Campfire Party

Ages 6+, available Oct.-April on Sundays only
Maximum child guests: 15
Replace with: Gather around a real campfire for an interactive, 30-minute wildlife program. We'll start the fire and supply the marshmallows and roasting sticks. Weather dependent — if needed, we'll switch to a Classic Party.

Party Planning Details

Parties hosted by Croydon Creek Nature Center feature a fun-filled, hour-long program led by a naturalist and consist of immersive learning experiences. In the event of inclement weather, alternative arrangements for outdoor portions will be provided. Your total access time to the party room is 2 ½ hours, which includes a naturalist-led party, time for food and fun, and take-down.

Party Fees

- Resident party: \$275
- Nonresident party: \$325
- A \$50 non-refundable deposit is required to reserve the date for parties. Deposits can be paid using either MasterCard/Visa, check or cash.

Cost includes:

- Party space access for 2 ½ hours.
- Naturalist-led program.
- Up to 15 child guests.
- A nature craft for each child guest.
- A themed T-shirt for the birthday child.

Available Party Add-On

- Nature-themed goody bags: \$7.95 per bag.

Scheduling a Party

Parties are scheduled year-round on Saturdays and Sundays at the following times:

- Saturdays, 10 a.m. and 1:30 p.m.
 - Sundays, 1 p.m.
- Call Croydon Creek Nature Center at 240-314-8770 for more information and date availability, or email at ccnc@rockvillemd.gov.





TEENS

Arts, Dance and Enrichment

Ballet – Teen and Adult

For dancers who want to develop and refine their ballet technique. Learn correct technique, get a unique workout and develop your artistic expression in a supportive environment. Students advance by instructor recommendation.

Beginner — Intermediate

Age: 13/up
38023 Th 9/11-12/11 8:00-9:15 PM \$180/\$190
Rockcrest Ballet Center/Chongpinitchai

Intermediate

Age: 13/up
38029 Tu 9/9-12/9 8:00-9:30 PM \$210/\$220
Rockcrest Ballet Center/Adhikari

Int IV and Beg Pointe

Age: 11/up
38079 Tu 9/9-12/9 5:00-6:30 PM \$210/\$220
Rockcrest Ballet Center/Adhikari

38025 Th 9/11-12/11 5:00-6:30 PM \$210/\$220
Rockcrest Ballet Center/Chongpinitchai

Advanced

Age: 13/up
38026 M 9/8-12/8 7:30-9:00 PM \$210/\$220
Rockcrest Ballet Center/Chongpinitchai

38080 Tu 9/9-12/9 6:30-8:00 PM \$210/\$220
Rockcrest Ballet Center/Adhikari

38027 W 9/10-12/10 6:15-7:45 PM \$210/\$220
Rockcrest Ballet Center/Simpson

38028 Th 9/11-12/11 6:30-8:00 PM \$210/\$220
Rockcrest Ballet Center/Chongpinitchai

Before- and After-School Enrichment

After-School Fishing Club

Tighten those lines and get hooked on fishing! Learn the basics of freshwater fishing using both artificial and live bait. Try different methods and tackle to catch a variety of fish! Meet at the Rockville Skate Park and participants are driven by city van to the Lake Needwood Mansion. No prior experience is necessary to participate. Rods, bait and hooks are provided.
Age: 8-14
37380 W 9/3-9/24 4:00-6:00 PM \$75/\$85
Rockville Skate Park

Twinbrook Teen Scene

Unlock the potential within your teen and join us for Teen Scene, an exciting and enriching afterschool program designed exclusively for teenagers! As the school day ends, the adventure begins, offering a dynamic blend of activities that foster personal growth, creativity and meaningful connections. Transportation is available from Julius West and Wood Middle Schools. Program does meet on MCPS early release days.
Grades: 6-8
38087 M-F 8/26-10/3 3:00-6:30 PM \$75/\$85
38088 M-F 10/6-11/14 3:00-6:30 PM \$75/\$85
38089 M-F 11/17-12/23 3:00-6:30 PM \$75/\$85
Twinbrook CC

Fitness

Pilates – Teens and Adults

Enjoy a series of mat-based exercises derived from the classic methodology of Joseph Pilates. Focus on increasing flexibility and balance while working on stability, strength and awareness of the core.
Age: 16/up
37738 Tu 9/2-10/21 12:00-1:00 PM \$102/\$123
37736 Tu 10/28-12/16 12:00-1:00 PM \$102/\$123
Rockville Swim and Fitness Center/Kolanowski

Teen Fit

Basic strength training, cardiovascular conditioning and stretching exercises are included in this fast-paced class. Increase your overall fitness or support your sport-specific training. Bring a water bottle and a mat for some floor exercises.
Age: 13-18
37707 M 9/8-10/20 7:00-8:00 PM \$75/\$90
37723 M 10/27-12/15 7:00-8:00 PM \$86/\$103
Rockville Swim and Fitness Center/Ditullio

Yoga for Teens

Aspiring yogis aged 12-16 will experience yoga poses, breathing and relaxation techniques, and meditation. This fun class, specially for teens, helps reduce stress and increase body awareness. Bring a yoga mat and wear comfortable clothing.
Age: 12-16
37728 Sa 9/6-10/18 10:20-11:20 AM \$89/\$107
Rockville Swim and Fitness Center/Honts

37730 Sa 10/25-12/13 10:20-11:20 AM \$89/\$107
Rockville Swim and Fitness Center/Honts

We Want You To Join Our Team!

Summer and Year Round Positions

- Before- and After-School Staff.
- Trip Leaders.
- Class Instructors – Yoga, Pilates, Boot Camp, Pickleball, Fitness, Children’s Sports, Art.
- Lifeguards and Swim Instructors.
- Bus Drivers (CDL required).
- Social Event Hosts.

Seasonal Positions

- Special Events.
- Sports Officials, Gym Managers, Scorers/Timers.

For information, visit rockvillemd.gov/careers or contact the HR Dept.240-314-8470



Martial Arts

Kicks Karate for Teens/Adults

A mix of traditional martial arts and practical self-defense in a safe and fun atmosphere. Learn to protect yourself, improve your fitness, reduce stress and spend quality time in an activity with peers or a family member. Improve flexibility and develop focus.

Age: 13/up				
37889	Tu, Th	9/16-10/16	7:45-8:45 PM	\$150/\$160
37888	W, F	9/17-10/24	7:45-8:45 PM	\$150/\$160
37863	Sa	9/20-10/18	8:45-9:30 AM	\$80/\$90
Kicks Karate				

Sports – Instructional

Laskar Pickleball Group Lessons

No matter your skill or experience, group sessions cater to beginners seeking to learn the fundamentals or intermediate players looking to refine technique. Inclusive groups will match you with like-minded individuals. Discover the joy of pickleball, make new friends and improve your skills together.

Ace Teens Pickleball Level 1

Beginner Level 1 Welcome! You are completely new to pickleball or you have played some pickleball but do not yet meet the requirements of Beginner Level 2. 1.0-2.0 skill level.

Age: 10-14				
37844	W	9/24-10/15	3:15-4:15 PM	\$95/\$105
Julius West Middle School/Laskar				

Aces Teens Pickleball Level 2

Designed for teens with some prior experience, this class helps refine their skills and introduces intermediate techniques like shot placement and rallying. Players will improve consistency, learn basic match strategies, and practice serves. Each session includes fun, fast-paced drills and game-based activities to boost confidence and prepare for recreational match play.

Age: 10-14				
37843	Th	9/25-10/23	3:15-4:14 PM	\$105/\$115
Julius West Middle School/Laskar				

Laskar Tennis Group Lessons

No matter your skill or experience, group sessions cater to beginners seeking to learn the fundamentals or intermediate players looking to refine technique. Inclusive groups will match you with like-minded individuals. Discover the joy of tennis, make new friends and improve your skills together.

Champion Teens Tennis

Join our Youth Tennis Program and take your game to new heights! Geared towards teenagers, our program focuses on refining strokes, mastering footwork and developing strategic thinking, preparing players for competitive play and personal excellence on the court.

Age: 12-16				
37829	M	9/8-9/29	6:00-7:00 PM	\$95/\$105
King Farm Park/Laskar Tennis				
37827	W	9/10-10/1	6:00-7:00 PM	\$95/\$105
Dogwood Park/Laskar Tennis				
37831	M	10/20-11/10	6:00-7:00 PM	\$95/\$105
King Farm Park/Laskar Tennis				
37824	W	10/22-11/12	6:00-7:00 PM	\$95/\$105
Dogwood Park/Laskar Tennis				

Middle School Volleyball

This co-ed volleyball clinic teaches participants in grades 6-8 the fundamentals of volleyball. First-time players or those wanting to improve their fundamental skills will practice and play games in this instructional program. Focus is on skill development through drills, game rules and scrimmages. 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 and team strategy.

Grades: 6-8				
38092	W	9/10-10/29	6:00-8:00 PM	\$109/\$119
Broome Gym and Athletic Park				



DROP-IN SPORTS



Pickleball:



TCRC:
Wed, 7:15-9:15 p.m.
Fri, 6:30-9:15 p.m.
Sat, 6:30-9:15 p.m.
TFCC:
Mon, 11:30 a.m-1:30 p.m.
Beg./Adv. Beg.
Tues, 8-10 a.m. Inter./Adv.
1-3 p.m. Beg./Adv. Beg.
Wed, 10 a.m.-noon. All levels
Thu, 10 a.m.-noon. Inter./Adv.
Fri, 4-6 p.m. All levels.

Badminton:



TCRC:
Thu, 7:15-9:15 p.m.
Sun, 3-6 p.m. (March-Dec.)
No Sundays (Jan.-March)
TFCC:
Tue, 7:15-9:15 p.m.
Fri, 11:15 a.m.-1:15 p.m.
Sat, 1-3:30 p.m. (April-Dec.)
Sat, 6:15-9:15 p.m. (Jan.-Mar.)
Sun. 3-6 p.m. (April-Dec.)

Volleyball:



TCRC:
Tue, 7:15-9:15 p.m.
TFCC:
Wed, 7:15-9:15 p.m.
Combo All-Center Memberships
<i>(excludes fitness memberships)</i>
\$90 Residents
\$105 Nonresidents
<i>Learn more about our fitness memberships on page 48-50.</i>

Hours subject to change.
Check website for updates.

A CENTER MEMBERSHIP OR DAILY PASS IS REQUIRED TO PARTICIPATE.

Thomas Farm
Community Center (TFCC)
700 Fallsgrove Drive
240-314-8840

Twinbrook Community
Recreation Center (TCRC)
12920 Twinbrook Parkway
240-314-8830

Skateboard & Rollerblade Lessons

Rollerblading: Learn to rollerblade at the Rockville Skate Park! These rollerblade lessons are 50 minutes long, once a week, for five weeks and are taught by our expert instructor! Classes are weather dependent.Age: 6/up

Rookie

Learn the basics of balance, stopping, and safe movement while getting comfortable on rollerblades. This beginner lesson focuses on building confidence through simple, controlled exercises. Best for those brand new to rollerblading.

37780	M	9/8-10/6	4:00-4:50 PM	\$95/\$120
37779	Tu	9/9-10/7	6:00-6:50 PM	\$95/\$120
37782	Tu	9/9-10/7	4:00-4:50 PM	\$95/\$120

Rockville Skate Park/Besley

Semi Pro

Build on your foundation with turning techniques, smoother stops and increased speed control. This lesson focuses on improving agility and confidence for more dynamic skating. Best for intermediate rollerbladers.

37770	M	9/8-10/6	5:00-5:50 PM	\$95/\$120
37777	Tu	9/9-10/7	5:00-5:50 PM	\$95/\$120

Rockville Skate Park/Besley

Skateboarding:

Learn to skateboard at the Rockville Skate Park! These skateboard lessons are 50 minutes long, once a week, for five weeks and are taught by our expert instructors! Classes are weather dependent. Age: 6/up

Rookie

Rookie classes focus on introducing foundational skills and safety measures. Participants will learn the basic components of a skateboard, how to properly stand on the board, and how to push and glide effectively. These classes are best for brand new skaters.

37773	M	9/8-10/6	4:00-4:50 PM	\$95/\$120
Rockville Skate Park/Austin				
37771	Tu	9/9-10/7	5:00-5:50 PM	\$95/\$120
Rockville Skate Park/Charles				
37774	Tu	9/9-10/7	4:00-4:50 PM	\$95/\$120
Rockville Skate Park/Charles				
37788	W	9/10-10/8	6:00-6:50 PM	\$95/\$120
Rockville Skate Park/Gonzales				

37769	Th	9/11-10/9	6:00-6:50 PM	\$95/\$120
Rockville Skate Park/Charles				
37775	Th	9/11-10/9	4:00-4:50 PM	\$95/\$120
Rockville Skate Park/Charles				
37790	F	9/12-10/10	6:00-6:50 PM	\$95/\$120
Rockville Skate Park/Gonzales				

Semi-Pro

Expand skill sets and enhance balance, coordination and precision. These classes are best suited for more experienced skaters who have mastered basic skills.

37776	M	9/8-10/6	5:00-5:50 PM	\$95/\$120
Rockville Skate Park/Austin				
37781	Tu	9/9-10/7	6:00-6:50 PM	\$95/\$120
Rockville Skate Park/Jiron				
37789	W	9/10-10/8	7:00-7:50 PM	\$95/\$120
Rockville Skate Park/Gonzales				
37766	Th	9/11-10/9	5:00-5:50 PM	\$95/\$120
Rockville Skate Park/Charles				
37791	F	9/12-10/10	7:00-7:50 PM	\$95/\$120
Rockville Skate Park/Gonzales				
37783	Su	9/14-10/12	11:00-11:50 AM	\$95/\$120
Rockville Skate Park/Austin				
37768	Su	9/14-10/12	10:00-10:50 AM	\$95/\$120
Rockville Skate Park/Austin				
37772	Su	9/14-10/12	12:00-12:50 PM	\$95/\$120
Rockville Skate Park/Austin				

Tennis Skills and Drills II

Focus on practicing and improving strokes and rally skills. Learn scoring for singles and doubles, based on skill development. Classes include two rain dates. If a class is canceled, the session will be extended up to two weeks after the last advertised date. Bring a racket and water bottle.

Age: 12-15

37835	Sa	9/13-10/18	12:00-1:10 PM	\$94/\$104
King Farm Park/M. Yargici				

Trips

Friday Night Ski Club

Hit the slopes in the comfort of a coach bus every Friday night for five weeks. Trip dates are 1/9, 1/16, 1/23, 1/30, 2/6 (2/13 rain date). Fee includes supervision and bus transportation. Ski package must be purchased directly through Epic Resorts. Pick-up and drop-off is at Robert Frost Middle School OR Julius West Middle School. Buses will depart at 3:30 pm and will arrive back at 11pm. Spots will fill up fast; we hope to see you with us!

Grades: 6-12

37378	F	1/9-2/6	3:30-11:00 PM	\$415/\$460
Julius West Middle School/				
37377	F	1/9-2/6	3:30-11:00 PM	\$415/\$460
Robert Frost Middle School/				

Rock-Ventures: Harper’s Ferry Water Park

Take a trip with Rockville to the brand new Harper’s Ferry Water Park and spend your day off splashing with friends! This trip includes: Entry fee, transportation, and supervision by City of Rockville staff. The bus will depart at 9:00 AM from the Rockville Skate Park

Age: 8-15

37930	Tu	9/23	9:00 AM-3:00 PM	\$100/\$90
Rockville Skate Park				

Teen Artist Unleash Your Creativity!

The **Rockville Student Juried Art Exhibit** is back in 2026! This annual event, in partnership with the City of Rockville’s Arts Division and the Rockville Art League, provides a platform for young artists to share their visions and inspire the community.

Students in **grades 6-12** who live or attend school within the corporate limits of Rockville are eligible to submit two **original 2-D or 3-D works of art** in any medium for consideration for the exhibit.

All artwork must be complete, properly framed and securely wired for hanging.

Eighty works are expected to be selected for the exhibit. The exhibit will be hung in the **Glenview Mansion Art Gallery at Rockville Civic Center Park**.

The **call for artists** will be posted on the city’s website in October; appear in the **“Rockville Reports” October issue**; and shared via social media. Entries can be submitted via an online form.

Important Dates for 2026

Entry Submission Deadline: Friday, Dec. 12	Meet the Artists: Sunday, Jan. 25
Selection Notification: Friday, Jan. 2	On Exhibit: Jan. 25-Feb.13
Delivery of Artwork Tuesday, Jan. 20	Artwork Pick-Up: Tuesday, Feb. 17



ADULTS

Arts, Dance and Enrichment

Bachata
Learn one of the world’s most popular Latin social dances in this fun, beginner-friendly class. Kat Polinger, a seasoned professional dancer and founder of All About Dancing, will guide you through the basics of Bachata, blending steps from bolero, cha-cha and merengue. No partner needed.
Age: 18/up
37399 Tu 10/14-12/16 7:30-8:30 PM \$125/\$135
Twinbrook CRC/Polinger



Ballet – Teen and Adult
For dancers who want to develop and refine their ballet technique. Learn correct technique, get a unique workout and develop your artistic expression in a supportive environment. Students advance by instructor recommendation.
Beginner-Intermediate
Age: 13/up
38023 Th 9/11-12/11 8:00-9:15 PM \$180/\$190
Rockcrest Ballet Center/Chongpinitchai

Intermediate
Age: 13/up
38029 Tu 9/9-12/9 8:00-9:30 PM \$210/\$220
Rockcrest Ballet Center/Adhikari

Int IV and Beg Pointe
Age: 11/up
38079 Tu 9/9-12/9 5:00-6:30 PM \$210/\$220
Rockcrest Ballet Center/Adhikari

38025 Th 9/11-12/11 5:00-6:30 PM \$210/\$220
Rockcrest Ballet Center/Chongpinitchai

Advanced
Age: 13/up
38026 M 9/8-12/8 7:30-9:00 PM \$210/\$220
Rockcrest Ballet Center/Chongpinitchai

38080 Tu 9/9-12/9 6:30-8:00 PM \$210/\$220
Rockcrest Ballet Center/Adhikari

38027 W 9/10-12/10 6:15-7:45 PM \$210/\$220
Rockcrest Ballet Center/Simpson

38028 Th 9/11-12/11 6:30-8:00 PM \$210/\$220
Rockcrest Ballet Center/Chongpinitchai

Partner Dancing
Swing, spin and step into something fun! This beginner-friendly class is perfect for couples looking to learn a new hobby together or for wedding pairs prepping for the big day. Explore a variety of social dances including swing, salsa, cha-cha and more. Move, laugh and connect. Pairs are strongly recommended; solo dancers are welcome.
Age: 18/up
37421 Tu 10/14-12/16 6:30-7:30 PM \$115/\$125
Twinbrook CRC/Polinger

Tap Dance
Tired of the same old dance or fitness class? It’s time to shake things up — literally! Tap dance is a high-energy, feel-good way for adults to move, groove and make music with their feet. With easy-to-follow steps and an encouraging vibe, build rhythm, coordination and confidence, all while getting a great workout. No experience? No problem! Have fun, learn at your own pace and discover your inner dancer.

Beginner Tap
Age: 16/up
37414 Th 9/11-10/30 11AM-12:00 PM \$120/\$130
Thomas Farm CC/Swenton-Eppard

Intermediate Tap
Age: 16/up
37422 Th 9/11-10/30 12:00-1:00 PM \$120/\$130
Thomas Farm CC/Swenton-Eppard

37411 M 9/8-10/27 7:30-8:30 PM \$120/\$130
Thomas Farm CC/Kunz

Fitness

Bodysculpt
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/up
38119 Tu 9/2-10/21 5:30-6:15 PM \$80/\$96
38120 Tu 10/28-12/16 5:30-6:15 PM \$80/\$96
Virtual/Johnson

Bootcamp – Beginner/Intermediate
Reduce body fat, increase cardiovascular stamina and tone muscle in a team environment designed to introduce new bootcampers to the skills and drills of the advanced class. Workouts can be modified to increase or decrease intensity. Bring a water bottle and a mat for some floor exercises.
Age: 16/up
37716 W 9/3-10/22 5:45-6:45 PM \$80/\$96
37713 F 9/5-10/24 9:15-10:15 AM \$80/\$96
38140 S 9/7-10/19 5:00-6:00 PM \$70/\$84
37697 M 9/8-10/20 5:45-6:45 PM \$70/\$84
38141 S 10/26-12/14 5:00-6:00 PM \$70/\$84
37719 M 10/27-12/15 5:45-6:45 PM \$80/\$96
37721 W 10/29-12/17 5:45-6:45 PM \$80/\$96
37701 F 10/31-12/19 9:15-10:15 AM \$70/\$84
Rockville Swim and Fitness Center

Bootcamp – Intermediate/Advanced
Incorporates drills designed to enhance agility, power, strength and speed. Workout in a team environment while challenging yourself to reach your fitness goals. Bring a water bottle and a mat for some floor exercises.
Age: 16/up
37710 W 9/3-10/22 6:30-7:30 AM \$80/\$96
37712 F 9/5-10/24 6:30-7:30 AM \$80/\$96
37700 M 9/8-10/20 6:30-7:30 AM \$70/\$84
37720 M 10/27-12/15 6:30-7:30 AM \$80/\$96
37715 W 10/29-12/17 6:30-7:30 AM \$80/\$96
37706 F 10/31-12/19 6:30-7:30 AM \$70/\$84
Rockville Swim and Fitness Center/Lam

Burn!
Rev up your metabolism with this energizing, total-body workout. Perfect for all ages and fitness levels, this class combines lunges, squats, pushups, plus free weights, medicine balls and resistance bands to supercharge calorie burn in just 60 minutes. Get stronger, feel empowered and leave feeling amazing.
Age: 16/up
37708 Th 9/4-10/23 12:00-1:00 PM \$80/\$96
37699 Th 10/30-12/18 12:00-1:00 PM \$70/\$84
Rockville Swim and Fitness Center/Suarez

Cardio Kickbox

Tired of your normal routine? Interested in something new? Shape up with boxing, martial arts and aerobics combined. This total-body workout helps increase stamina, flexibility, balance and strength. Wear comfortable clothes and shoes. Bring a water bottle and a mat for floor exercises.

Age: 16/up

37709	Th	9/4-10/23	6:00-7:00 PM	\$80/\$96
37704	M	9/8-10/20	12:00-1:00 PM	\$70/\$84
37711	M	10/27-12/15	12:00-1:00 PM	\$80/\$96
37702	Th	10/30-12/18	6:00-7:00 PM	\$70/\$84

Rockville Swim and Fitness Center/Ditullio

Chair – Yoga

Learn basic yoga poses and stretches to help you stay flexible and increase your mobility. Gentle cardio and breathing exercises will enhance your vitality and well-being. Seated yoga helps strengthen muscles to help your balance while it teaches you ways to feel calm and centered.

Age: 16/up

37731	M	9/8-10/20	9:15-10:15 AM	\$89/\$107
37743	M	10/27-12/15	9:15-10:15 AM	\$102/\$123

Rockville Swim and Fitness Center/Mendoza

DanceFit: Low Impact, High Energy!

Move, laugh and groove with friends, neighbors and coworkers in this fun, low-impact dance class. Enjoy easy-to-follow moves set to an upbeat mix of music that lifts your energy and mood. No pressure, no performance, just good vibes, great people and a fun way to stay active. Perfect for all ages and levels! Modifications made for those who need it.

Age: 16/up

37417	Tu	9/9-10/28	7:30-8:30 PM	\$110/\$120
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Thomas Farm CC/Shanker

Gym Class Heroes

Did you dominate in gym class as a kid? Were you always picked last? Relive your glory days or seek redemption this fall at Thomas Farm Community Center. Join us Thursday evenings where we'll play the old-school P.E. staples like dodgeball, capture the flag, volleyball and more. Participants will play a different game each week. Teams are assigned on arrival. Please note: this is designed to be a social program for adults, no skills are required.

Age: 21/up

38015	Th	9/4-10/9	6:00-7:00 PM	\$60/\$70
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Thomas Farm CC

HIIT Sync Training

Push past your limits — achieve those extra reps. This innovative fitness program combines bodyweight exercises, muscle conditioning, cardio and plyometric training, all synchronized to original music. Includes a dynamic mix of plyometric moves, like high knees, burpees and jumping jacks, alternated with strength-building isometric exercises such as lunges, squats and kickboxing.

Age: 16/up

37722	F	9/5-10/24	5:45-6:45 PM	\$80/\$96
37705	F	10/31-12/19	5:45-6:45 PM	\$70/\$84

Rockville Swim and Fitness Center/Sheer

Lo by Jazzercise

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

Age: 16/up

37862	Tu	10/7-10/28	5:30-6:30 PM	\$89/\$99
38137	Tu	11/18-12/9	5:30-6:30 PM	\$60/\$70

Rockville Senior Center/Proctor

Metabo Body Blast

Begin your day with a pumped-up metabolism. Energize with cardio, strength training and a core workout that will leave you feeling great! Lo by Jazzercise Get all the pulse-pounding, body-pumping intensity without the hop. Use muscles, not momentum, for a killer core workout. Rock it out with dance-based cardio and strength training for total body transformation. Bring a mat and weights.

Age: 16/up

37397	M	8/25-11/3	7:30-8:15 AM	\$116/\$126
38012	M	11/17-12/22	7:30-8:15 AM	\$66/\$76

Thomas Farm CC/Ramsey

Park Core

Experience a dynamic full-body workout in the great outdoors! With the use of park benches, picnic tables, poles and other natural elements you will build strength, endurance, and flexibility. This circuit-style workout incorporates bodyweight exercises like squat sits, tricep dips, push-ups and wall sits, along with resistance band training and plyometrics. For those who prefer low-impact movements, modifications will be given. No choreography—just a fun, functional, and effective workout for all fitness levels!

Age: 18/up

37423	Sa	8/30-10/18	8:00-8:50 AM	\$79/\$89
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College Gardens Park/Fleishman

Pilates

Enjoy a non-impact, mind-body workout that trains core muscles to stabilize the body. Stretching and strengthening exercises target abdominal and pelvic muscles. Improve posture, abdominal strength, balance and flexibility. No previous experience necessary. Bring a mat and wear comfortable clothing. Class is taught via Zoom and is user-friendly.

Age: 16/up

37425	Tu	8/19-10/21	7:30-8:30 PM	\$115/\$125
38082	Tu	10/28-12/16	7:30-8:30 PM	\$115/\$125

Online/Poole

Pilates – Teens and Adults

Enjoy a series of mat-based exercises derived from the classic methodology of Joseph Pilates. Focus on increasing flexibility and balance while working on stability, strength and awareness of the core.

Age: 16/up

37738	Tu	9/2-10/21	12:00-1:00 PM	\$102/\$123
37736	Tu	10/28-12/16	12:00-1:00 PM	\$102/\$123

Rockville Swim and Fitness Center/Kolanowski

50th Annual

Rockville 10K/5K

Save the Date

Sunday, Nov. 2

8:30 a.m.

King Farm Village Center, Rockville



Register online at www.rockville10k5k.com





ADULTS

Pilates – Yoga Fusion

This class is a wonderful combination of the core strengthening and muscle-toning of Pilates and the meditative and flexibility benefits of yoga in a flowing workout. Bring a mat and wear comfortable clothing. Class is taught via Zoom and is very user-friendly so join in from the comfort of your own home. The zoom meeting will open 10 minutes prior to class time.

Age: 16/up				
37424	Tu	8/19-10/21	6:00-7:00 PM	\$115/\$125
37424	Tu	10/28-12/16	6:00-7:00 PM	\$115/\$125
Online/Poole				

Power Sculpt

Are you looking to get strong and gain definition? With power sculpt, you'll find strength and energy to do it all. Designed for all fitness levels with routines to improve strength and muscle definition. Bring a mat and 3-5 pound weights.

Age: 16/up				
37398	W	8/27-10/29	7:30-8:15 AM	\$116/\$126
38011	W	11/12-12/17	7:30-8:15 AM	\$66/\$76
Thomas Farm CC/Ramsey				

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Weekday Evenings and Weekends

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or email sports@rockvillemd.gov

Restorative Yoga!

This course is a deeply relaxing style of yoga that focuses on stress reduction through supported, passive poses that are help for extended periods to allow for deep relaxation. Props like blankets, bolsters and blocks to fully support the body and allow for deep relaxation and release of tension. Students are encouraged to bring their own yoga mat and props.

Age: 16/up				
38192	W	9/3-10/22	7:30-8:30 AM	\$102/\$123
38193	W	10/29-12/17	7:30-8:30 AM	\$102/\$123
Rockville Swim and Fitness Center/Stokes				

Thrive Yoga:

Deep Delicious Stretch Breath and Meditation
Designed to surprise you! 50% of fitness is in stretching and restoration of the body. Class includes both active repetitive movements and deep stretching to gain greater mobility leading to more STRENGTH. Use breathing sets to de-stress and revitalize. Calm your busy mind and train your mind to stay present in meditation techniques training and practice. It's delicious!

Age: 16/up				
37898	Tu	9/2-10/21	7:15-8:30 PM	\$160/\$170
Thrive Yoga				

Hot 26

This dynamic, heated (85 degrees) class is a sequence of 26 postures and breathing exercises, designed to work every muscle, organ and system in your body. From the first minute, you will feel the heat, sweat, and energy building as you move through each posture with intention, focus, and determination.

Age: 16/up				
37896	W	9/3-10/22	5:00-5:55 PM	\$160/\$170
Thrive Yoga				

Sound Bath & Deep Relaxation

Rest and experience therapeutic sound to bring you to a vibrational harmony-your natural state. Your fast-moving conscious mind will surrender to slower brain waves and the parasympathetic nervous system will restore the body to your natural state -regular organ function; easy breathing; calm body.

Age: 16/up				
37897	M	9/8-10/27	7:15-8:00 PM	\$160/\$170
Thrive Yoga				

Total Tone and Sculpt

Prepare to sweat! This total-body fitness class offers an array of cardio and strength-building exercises to enhance stamina and tone muscles. Bring weights and a mat. All abilities welcome.

Age: 16/up				
37933	Tu	9/9-10/14	6:00-7:00 PM	\$79/\$89
37934	Th	9/11-10/16	6:30-7:30 PM	\$79/\$89
37935	Sa	9/13-10/18	8:30-9:30 AM	\$79/\$89
37938	Tu	10/28-12/16	6:00-7:00 PM	\$110/\$120
37937	Th	10/30-12/18	6:30-7:30 PM	\$95/\$105
37936	Sa	11/1-12/20	8:30-9:30 AM	\$110/\$120
Thomas Farm CC/Ramsey				

Yin Yoga

Yin Yoga is a slow-pacd practice focused on connective tissues, tendons, fascia and ligaments, aimed at increasing joint mobility and improving flexibility. This practice is a gentle and relaxing all-level class. Most stretches and poses are mat-based and tend to be held for longer periods of time. Bring a yoga mat, block and strap.

Age: 16/up				
37741	W	9/3-10/22	9:15-10:15 AM	\$102/\$123
Rockville Swim and Fitness Center/Mendoza				
37724	Su	9/7-10/19	11 AM-12:00 PM	\$89/\$107
Rockville Swim and Fitness Center/Honts				
37729	Su	10/26-12/14	11 AM-12:00 PM	\$89/\$107
Rockville Swim and Fitness Center/Honts				
37739	W	10/29-12/17	9:15-10:15 AM	\$102/\$123
Rockville Swim and Fitness Center/Mendoza				

Yoga – Balance, Flexibility, Mood and Strength

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. Check with your doctor before enrolling. Bring a yoga mat, two yoga blocks, a sturdy blanket or bath sheet and a strap.

Age: 16/up				
37875	M	9/8-12/8	1:00-2:15 PM	\$105/\$115
Thomas Farm CC/Neves				
37872	M	9/8-12/8	1:00-2:15 PM	\$105/\$115
Online/Neves				

GET
FIT



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Out Our
Fitness Room

at RSFC

Featuring:

- 5 Treadmills
- 3 Elliptical Machines
- 2 Rowing Machines
- 2 Recumbent Bikes
- 1 Upright Bike
- 1 Step/Climber Machine
- 1 Arm/Recumbent Bike
- 1 All Motion Trainer
- 13 Pieces of Single-Station Strength Training Equipment and Free Weights.
- Meeting Room (Available for Rentals and Parties).



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

Yoga – Hatha Fundamentals

New to yoga or want to refine your practice? Increase flexibility, strength and balance. Learn breath techniques to variously calm and invigorate, and balance body and mind. Safety is emphasized through proper alignment, modifications to postures and the use of yoga props. Practice postures seated, kneeling, standing and lying on your yoga mat. Informed by yogic philosophy, gain a deeper appreciation for the interconnectedness of the body’s systems and cultivate compassionate self-awareness. Check with your doctor before enrolling. Bring a yoga mat, two yoga blocks, a sturdy blanket or bath sheet and a strap.

Age: 16/up				
37868	Th	9/11-12/11	6:30-7:45 PM	\$95/\$105
Rockville Senior Center/Neves				
37869	Th	9/11-12/11	6:30-7:45 PM	\$95/\$105
Online/Neves				

Yoga — Hatha Intermediate

Enjoy a balanced practice that holds postures longer, and has 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), free of serious injuries or physical vulnerabilities. Bring a yoga mat, two yoga blocks, a sturdy blanket or bath sheet, and a strap.

Age: 16/up				
37873	M	9/8-12/8	6:00-7:15 PM	\$105/\$115
Thomas Farm CC/Neves				
37874	M	9/8-12/8	6:00-7:15 PM	\$105/\$115
Online/Neves				

Yoga — Core

Strengthen your core and develop healthy back muscles with this fun, fast, energetic Hatha yoga workout. Target 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/up				
37745	Th	9/4-10/23	9:15-10:15 AM	\$102/\$123
37726	Th	10/30-12/18	9:15-10:15 AM	\$89/\$107
Rockville Swim and Fitness Center/Mendoza				

Yoga — Gentle

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

Age: 16/up				
37734	Tu	9/2-10/21	9:15-10:15 AM	\$102/\$123
Rockville Swim and Fitness Center/Mendoza				
37742	Tu	9/2-10/21	7:00-8:00 PM	\$102/\$123
Rockville Swim and Fitness Center/de Saint Salv				
37733	Sa	9/6-10/18	9:15-10:15 AM	\$89/\$107
Rockville Swim and Fitness Center/Chowdhury				
37727	Sa	10/25-12/13	9:15-10:15 AM	\$89/\$107
Rockville Swim and Fitness Center/Chowdhury				
37746	Tu	10/28-12/16	9:15-10:15 AM	\$102/\$123
Rockville Swim and Fitness Center/Mendoza				
37747	Tu	10/28-12/16	7:00-8:00 PM	\$102/\$123
Rockville Swim and Fitness Center/de Saint Salv				

Yoga for Athletes

Improve health, performance and mental acuity while combining energetic vinyasas from 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/up				
37744	W	9/3-10/22	7:00-8:00 PM	\$102/\$123
Rockville Swim and Fitness Center/Mendoza				
37732	Su	9/7-10/19	9:45-10:45 AM	\$89/\$107
Rockville Swim and Fitness Center/Honts				
37725	Su	10/26-12/14	9:45-10:45 AM	\$89/\$107
Rockville Swim and Fitness Center/Honts				
37740	W	10/29-12/17	7:00-8:00 PM	\$102/\$123
Rockville Swim and Fitness Center/Mendoza				

Yoga Foundation

Experience the joys and benefits of traditional yoga with our Yoga Foundation! Our class offers a relaxed atmosphere perfect for learning yoga basics. Yoga foundation introduces you to various traditional techniques, breathing exercises and basic positions so that you can feel confident in your practice. Focus on deep relaxation to create balance within your body and soul. Bring a yoga mat and two yoga blocks.

Age: 16/up				
37392	Th	9/4-10/23	6:30-7:30 PM	\$79/\$89
Twinbrook CRC/Morales				

Zumba Fit

Sculpt and tone your entire body during this fun and effective cardio dance workout. 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/up				
37717	Th	9/4-10/23	7:05-7:50 PM	\$80/\$96
Rockville Swim and Fitness Center/Creel				
37714	F	9/5-10/24	7:00-7:45 PM	\$80/\$96
Rockville Swim and Fitness Center/Ko				
37703	Th	10/30-12/18	7:05-7:50 PM	\$70/\$84
Rockville Swim and Fitness Center/Creel				
37698	F	10/31-12/19	7:00-7:45 PM	\$70/\$84
Rockville Swim and Fitness Center/Ko				

Zumba Toning

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

Age: 16/up				
38117	Sa	9/6-10/18	11:30 AM-12:15 PM	\$70/\$84
38118	Sa	10/25-12/13	11:30 AM-12:15 PM	\$70/\$84
Virtual/Ko				

Martial Arts

Fencing — Beginner

Introduces beginners to the Olympic sport of fencing, with an emphasis on safety and proper technique. Equipment provided. Wear comfortable clothes and bring a fencing glove (or garden/golf glove). Flexible swords used.

Age: 14/up				
37880	Sa	9/13-11/1	2:00-3:20 PM	\$130/\$140
37879	Tu	9/16-10/4	7:00-8:20 PM	\$130/\$140
Rockville Fencing Academy/Sacks				

Kicks Karate for Teens/Adults

A mix of traditional martial arts and practical self-defense in a safe and fun atmosphere. Learn to protect yourself, improve your fitness, reduce stress and spend quality time in an activity with peers or a family member. Improve flexibility and develop focus.

Age: 13/up				
37889	Tu, Th	9/16-10/16	7:45-8:45 PM	\$150/\$160
37888	W, F	9/17-10/24	7:45-8:45 PM	\$150/\$160
37863	Sa	9/20-10/18	8:45-9:30 AM	\$80/\$90
Kicks Karate				

Tai Chi with Larry

Experience the gentle flow of Yang Family Tai Chi in a small, supportive class setting. Led by a patient and experienced instructor, this class is perfect for all levels and offers personalized guidance to help you improve balance, flexibility, and inner calm at your own pace.

Age: 16/up				
Beginner				
37419	M	9/22-11/10	9:00-10:00 AM	\$69/\$79
Thomas Farm CC/Levine				
37420	Tu	9/23-11/18	6:30-7:30 PM	\$79/\$79
Twinbrook CRC/Levine				
Intermediate				
The intermediate class is for individuals who have attended our beginner tai chi class and also for individuals who have previously studied “Yang” Tai Chi or another style of tai chi and wish to continue their training.				
37418	M	9/22-11/10	10:00-11:00 AM	\$69/\$79
Thomas Farm CC/Levine				

Sports – Instructional

Adult Skateboard and Rollerblade Lessons

Summon your extreme sport spirit and join one of our adult skateboard or rollerblade lessons suitable for all skill levels! Whether you are just starting out or wanting to master advanced tricks, our experienced instructors are here to guide you!

Age: 18/up

Rollerblade – All Levels

37792	M	9/8-10/6	6:00-6:50 PM	\$95/\$120
Rockville Skate Park				

Skateboard – All Levels

37787	M	9/8-10/6	6:00-6:50 PM	\$95/\$120
37784	M	9/8-10/6	7:00-7:50 PM	\$95/\$120
37786	Su	9/14-11/9	1:00-1:50 PM	\$95/\$120
Rockville Skate Park				

Laskar Pickleball Group Lessons

No matter your skill or experience, group sessions cater to beginners seeking to learn the fundamentals or intermediate players looking to refine technique. Inclusive groups will match you with like-minded individuals. Discover the joy of pickleball, make new friends and improve your skills together.

Age: 18/up

Adult Pickleball Prime Time – Level 1

Embark on your Pickleball journey with our Adults Level 1 Program! Ideal for beginners, this program offers expert instruction in basic strokes, court etiquette, and match play strategies, empowering players to confidently step onto the court.

37855	Tu	9/9-10/7	7:00-8:00 PM	\$95/\$105
37857	Tu	10/21-11/11	7:00-8:00 PM	\$95/\$105
Welsh Park/Laskar Tennis				

Adult Pickleball Prime Time – Level 2

Perfect for beginner-intermediate players with some experience. Practice rallying, variety of drills, refine your serve and start building confidence for casual match play. Each session blends focused drills with dynamic gameplay to elevate performance.

37928	Tu	9/9-10/7	8:00-9:00 PM	\$105/\$115
37929	Tu	10/21-11/11	8:00-9:00 PM	\$105/\$115
Welsh Park/Laskar Tennis				



Laskar Tennis Group Lessons

No matter your skill or experience, group sessions cater to beginners seeking to learn the fundamentals or intermediate players looking to refine technique. Inclusive groups will match you with like-minded individuals.

Age: 18/up

Adult Tennis Prime Time – Level 1

Embark on your tennis journey with our Adults Level 1 Program! Ideal for beginners, this program offers expert instruction in basic strokes, court etiquette, and match play strategies, empowering players to confidently step onto the court and enjoy the game of tennis.

37825	M	9/8-9/29	7:00-8:00 PM	\$95/\$105
King Farm Park/Laskar Tennis				

37818	W	10/22-11/12	7:00-8:00 PM	\$95/\$105
Dogwood Park/Laskar Tennis				

Adult Tennis Prime Time – Level 2

Ready to elevate your tennis game? Dive into our Adults Level 2 Program! Tailored for intermediate players, this program provides intensive training in advanced techniques, tactical play, and mental toughness, helping players unlock their full potential and achieve success on the court.

37830	W	9/10-10/1	7:00-8:00 PM	\$105/\$115
Dogwood Park/Laskar Tennis				

37828	M	10/20-11/10	7:00-8:00 PM	\$105/\$115
King Farm Park/Laskar Tennis				

Pickleball – Outdoor

Age: 16/up

Beginner Level 1 (1.0-2.0)

Beginner Level 1 Welcome! You are completely new to pickleball or you have played some pickleball but do not yet meet the requirements of Beginner Level 2. 1.0-2.0 skill level.

37845	W	9/10-9/24	5:30-6:45 PM	\$69/\$79
37850	Sa	9/13-9/27	2:15-3:30 PM	\$69/\$79
Mattie Stepanek Park/Cao				

37974	W	10/15-10/29	7:00-8:15 PM	\$69/\$79
37846	M	10/6-10/13	7:00-9:00 PM	\$69/\$79
Mattie Stepanek Park/Francis				

37847	Su	9/14-9/28	8:00-9:15 AM	\$69/\$79
Mattie Stepanek Park/Rosen				

Beginner Level 2 (2.5)

Beginner Level 2 You know the basic rules and how to score a game fully and without issue. You can get 50% of your serves in. You can get 50% of your re- turns in. You can hold a simple rally of 4-5 shots.2.5 skill level.

37848	M	9/8-9/15	7:00-9:00 PM	\$69/\$79
Mattie Stepanek Park/Rosen				

37852	Sa	9/13-9/27	3:45-5:00 PM	\$69/\$79
Mattie Stepanek Park/Cao				

37973	W	10/15-10/29	5:30-6:45 PM	\$69/\$79
Mattie Stepanek Park/Francis				

37851	Su	9/14-9/28	9:30-10:45 AM	\$69/\$79
Mattie Stepanek Park/Rosen				

Beginner League Prep (3.0-3.5)

Congratulations! You have completed all the begin- ners classes and are almost ready to participate in a league/tournament. During this class, we will focus on the fundamentals of the game, understand the proper court positioning, rules and keeping score. After this class, participants should be able to hit a medium-paced forehand and backhand, and serve with depth, direction, and consistency. 3.0 – 3.5 skill level.

37853	W	9/10-9/24	7:00-8:15 PM	\$69/\$79
Mattie Stepanek Park/Cao				

Intermediate League Prep (4.0-4.5)

Your skills are improving in the beginner’s league. Are you ready to move up to Intermediate? Practice work on lobs, dinks, 3rd shot drops, and block and return fast, hard volleys. If that doesn’t catch your eyes, we’ll also practice stacking, changing position, when appropriate, and effectively poaching. 4.0-4.5 skill level.

Age: 16/up

37849	Sa	9/13-9/27	5:15-6:30 PM	\$69/\$79
Mattie Stepanek Park/Cao				

Tennis for Adults/Teens

Learn and enjoy the sport of tennis through instruction, drills and game-play situations. Ground strokes, serves, volleys and strategies will be covered, based on skill level. Register for the appropriate level. Note: Your level may be changed at instructor discretion. Bring a tennis racket.

Age: 16/up

Beginner 0.0-1.5 NTRP Level

Little or no experience. Learn and enjoy the sport of tennis through instruction and drills. Basic skills and strokes will be covered.

37813	M	9/8-10/13	6:00-6:50 PM	\$84/\$94
Twinbrook CRC/Asaka				

37814	W	9/10-10/15	6:00-6:50 PM	\$84/\$94
Mattie Stepanek Park/Asaka				

Beg./Novice 1.0-2.0 NTRP Level

From little or no experience to limited experience. Learn and improve strokes and get the ball in play.

37812	Tu	9/9-10/21	6:00-6:50 PM	\$84/\$94
Dogwood Park/Yargici				

Novice/Intermediate 2.0-3.0 NTRP Level

From fairly consistent when hitting medium-paced shots, but not comfortable with all strokes, and lacks execution when trying for directional control, depth or power to starting to exhibit more aggressive net play and improved court coverage.Age: 16/up

37834	W	9/10-10/15	7:00-8:15 PM	\$94/\$104
Mattie Stepanek Park/Asaka				

Novice/ Intermediate 2.0-3.5 NTRP Level
Limited experience. Learn to improve all strokes and get the ball in play.
37833 M 9/8-10/13 7:00-8:15 PM \$94/\$104
Twinbrook CRC/Asaka

Intermediate 2.5-3.5 NTRP Level
Able to play games. Work on consistent strokes with spins and strategy.
37832 Tu 9/9-10/21 7:00-8:15 PM \$94/\$104
Dogwood Park/Yargici

Sports Leagues

Adult Kickball League
Join the City of Rockville Adult Kickball League for a fun and active way to connect with friends! Games are played at lighted, well-maintained fields with trained umpires. Sign up as a team or individually and we'll keep friends together. The season includes six regular-season games, and all participants receive a Washington Nationals replica uniform. Don't miss out on this exciting, social, and recreational league!

Age: 18/up

Individual
38005 M 9/8-10/13 6:30-10:00 PM \$45/\$55

Team
38006 M 9/8-10/13 6:30-10:00 PM \$500

Drop-in
38007 F 9/12-10/17 6:30-10:00 PM \$45/\$55
Broome Athletic Park

Call for Volunteer Youth Sports Coaches!

Interested in giving back to your community?

We have the perfect opportunity for you. Volunteer to coach one of our youth sports leagues this spring:

Youth Soccer • Track and Field

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

Adult Pickleball Ladder League
A coed pickleball league you have the opportunity to test your skills against players with the same skill level. Each week, players will be placed in groups of four in order of your ranking on the ladder for match play. The USAPA numeric rating system will be used to rank skill level (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. Times are subject to change.

Age: 18/up					
Ladder Beginner					
37947	Th	9/11-10/23	5:00-9:00 PM	\$55/\$65	
Ladder Novice					
37948	Th	9/11-10/23	5:00-9:00 PM	\$55/\$65	
Ladder Competitive					
37949	Th	9/11-10/23	5:00-9:00 PM	\$55/\$65	
Ladder Advanced					
37950	Th	9/11-10/23	5:00-9:00 PM	\$55/\$65	
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, Novice, or Advanced. Each game will be best two out of three and last approximately one hour. Games are played between 5-9 p.m. at Mattie J.T. Stepanek Park. Times are subject to change.

Age: 18/up				
Beginner				
37942	Tu	9/9-10/21	5:00-9:00 PM	\$55/\$65
Novice				
37943	Tu	9/9-10/21	5:00-9:00 PM	\$55/\$65
Competitive				
37944	Tu	9/9-10/21	5:00-9:00 PM	\$55/\$65
Advanced				
37945	Tu	9/9-10/21	5:00-9:00 PM	\$55/\$65
Mattie Stepanek Park				



Our mission is to help every dog achieve their fullest potential and live happy and healthy lives through natural and positive solutions. We use only positive, force-free, harm-free training methods. We hope you and your dog will join us to learn, play and have some fun! Visit www.4onthefloor.dog for more information. Proof of vaccination is required for all dogs enrolling in classes.

Doggie Halloween Extravaganza
Attention all “paw”rents and furry companions! Join us for a howlin’ good time filled with tail-wagging fun and delightful doggy tricks AND treats! This pawsome event will bring out the best in your four-legged friends, and it’s going to be a bark-tacular celebration! Costumes suggested, but not required. Please ensure your dog is comfortable around other dogs and people.
35154 W 10/29 6:30-8:30 PM \$25/\$27
Elwood Smith Park

Walk with Me/Come to Me!
A foundational class designed to teach your dog the life-saving skill of coming when called and show you how to master the art of walking together. Through fun, interactive exercises, you'll build engagement, practice effective reward systems and learn to manage distractions in real-world scenarios.
37925 M 9/8-10/6 6:15-7:15 PM \$285/\$295
38093 M 10/13-11/3 6:15-7:15 PM \$285/\$295
Elwood Smith Park

CGC Prep
Our intense six-week Canine Good Citizen Advantage course will prepare you and your dog for both the Canine Good Citizen test and for real life! Testing follows two to four weeks after completion of class. Passing the CGC exam opens the door to a world of opportunities for your pup, including the ability to enroll in therapy dog programs, and participation in many other dog sports and activities.
37926 Th 9/18-10/30 6:00-7:10 PM \$365/375
Elwood Smith Park/

Basic Manners
This class is designed for dogs/humans who have had previous training, but need a refresher and/or who want to learn to work in a classroom setting, so dogs can learn to listen to their owner in a distracting environment. We will cover four behaviors in four weeks, including Rocket Recalls, Loose Leash Walking, Down/Stay and Polite Greetings.
38095 W 9/24-10/22 7:30-8:30 PM \$285/\$295
Elwood Smith Park

Catch Up Your Pup(py)!
Missed Puppy Class? We have you covered! Designed for pups who missed their foundational puppy training. This class will focus on behaviors such as sit and down, recalls, loose-leash walking, polite greetings and wait/stay, and provides an opportunity for dogs to learn how to focus on you in a classroom setting. Socialization/play included. Prerequisites: No previous classes or private training required.
37921 W 9/24-10/22 6:00-7:15 PM \$300/\$310
Elwood Smith Park

Novice Rally Obedience
Prepare yourself for some serious fun while learning basic handling and groundwork skills necessary for an agility team. These skills include an introduction to clicker training, targeting and contacts, among other handling skills.
37920 M 9/8-10/6 7:30-8:30pm \$325/\$335
Elwood Smith Park

Intermediate Rally Obedience
Take your rally skills to the next level, advance your existing skills and learn new ones. Train positively and properly bond with your dog
37922 M 10/13-11/3 7:30-8:30 PM \$325/\$335
Elwood Smith Park

Scent Games
Tap into your dog’s natural instincts through scent-detection games! Harness their propensity for sniffing as they hunt down a designated scent and signal its discovery. Cultivate collaboration and build self-confidence while offering mental and physical stimulation.
Scent Games 1
37919 Th 9/11-10/9 7:30-8:30 PM \$300/\$310
Scent Games 2
37924 Th 10/16-11/13 7:30-8:30 PM \$300/\$310
Elwood Smith Park



THOMAS FARM COMMUNITY CENTER

www.rockvillemd.gov/thomasfarm
240-314-8840 • thomasfarm@rockvillemd.gov
700 Falls Grove Drive, Rockville, MD 20850

FULL-SIZE GYMNASIUM • RENTAL SPACE FOR PARTIES AND MEETINGS

FITNESS CENTER WITH CARDIO AND STRENGTH EQUIPMENT • CLASSES, PROGRAMS AND EVENTS FOR THE ENTIRE FAMILY • DAILY, MONTHLY AND ANNUAL PASSES AND MEMBERSHIPS

Thomas Farm offers classes for all ages, rental space, drop-in sports, fitness center for exercise, classes, an after-school program for elementary-aged students, lounge, art gallery, game room and pingpong table.

HOURS: Monday-Friday: 6 a.m.-9:30 p.m. Saturday: 8:30 a.m.-9:30 p.m. Sunday: 10 a.m.-6 p.m.



TWINBROOK COMMUNITY RECREATION CENTER

www.rockvillemd.gov/twinbrook
240-314-8830 • tcrc@rockvillemd.gov
12920 Twinbrook Parkway, Rockville, MD 20851

FULL-SIZE GYMNASIUM • RENTAL SPACE FOR PARTIES AND MEETINGS

BEFORE AND AFTER SCHOOL PROGRAMS

MONTHLY FITNESS PASSES MEMBERSHIPS AVAILABLE • SPECIAL FAMILY • FUN EVENTS

Every day, the center welcomes a diverse group of children and families to our after-school program, classes and drop-in sports. Enjoy the open gym with your friends or attend one of our family-friendly programs. The Twinbrook Community Recreation Center has options for everyone in a safe and friendly community setting.

HOURS: Monday-Friday: 6 a.m.-9:30 p.m. • Saturday: 8:30 a.m.-9:30 p.m. • Sunday: 10 a.m.-6 p.m.

HOSTED BY THE CITY OF ROCKVILLE MAYOR AND COUNCIL

Rockville Antique and Classic Car Show

Saturday, Oct. 18
11 a.m.-3:30 p.m.
Rockville Civic Center Park, 603 Edmonston Dr.

2025 Vehicle eligibility: Open to motor vehicles (no custom/modified cars) up to and including the 2000 model year. Visit the event website to download a registration form.

The 2025 show is preregistration only for show, sale and flea spaces. There will be no registration on the day of the event. If you plan to participate, you must pre-register.

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



LINCOLN PARK COMMUNITY CENTER

www.rockvillemd.gov/lincolnpark
240-314-8780 • lpcc@rockvillemd.gov
357 Frederick Ave., Rockville, MD 20850



Lincoln Park Community Center Renovation

A full interior renovation of the Lincoln Park Community Center began May 2025. The facility closed to the public June 18. Anticipated completion is spring 2026. While we're closed, your membership works at Thomas Farm Community Center, Twinbrook Community Recreation Center and Rockville Swim and Fitness Center (fitness access only; no pool).

FALL FALL FALL

ADULT TEAM LEAGUES

Women's Volleyball • Co-Rec Volleyball • Co-Rec Kickball
Co-Rec Soccer 7s • Men's Softball

LEAGUE PLAY BEGINS:

Aug. 27: Men's Softball	Sept. 8: Monday Co-Rec Volleyball
Sept. 4: Co-Rec Soccer 7s	Sept. 8: Monday Co-Rec Kickball
Sept. 4: Women's Volleyball	Sept. 12: Friday Co-Rec Volleyball

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

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

ROCKVILLE FARMERS MARKET

Saturdays until Nov. 22
9 a.m.-1 p.m.
Corner of Rt. 28 and Monroe St.

WIC and EBT/SNAP accepted. Receive up to \$15 in free matching funds when using EBT/SNAP/WIC at the market.*
www.facebook.com/RockvilleFarmersMarket
www.rockvillemd.gov/farmers • **240-314-8620**
**While funds last/amount subject to change*



ROCKVILLE SENIOR CENTER

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

INFORMATION CENTER

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

Center and Fitness Hours

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

Directions

Call **240-314-5019**

Bus Transportation

Call **240-314-8810**

Center Membership Fees

\$40/year: Rockville resident

\$135/year: nonresident

\$65: spouse

Program Fees

Fee = member/nonmember

Registration Dates

Member registration begins at **8:30 a.m. Tuesday, Aug. 12 and Thursday, Aug. 14** for nonmembers for programs listed in the Adults 60+ Recreation guide.

Transportation

Buses: Door-to-door bus service is available to the senior center, shopping, club meetings and special trips. Reservations required. Call **240-314-8810**. Rockville Call 'N Ride Service: Taxi coupons may be purchased at a reduced rate, based on income and family size. Documentation required. Must be a Rockville resident. Call **240-314-8810**.

Aging Information, Services and Support

Seniors and families may obtain information, services and support related to aging by calling **240-314-8810**. For outreach and assistance, call **240-314-8817** or **240-314-8816**.

Senior 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.

Fitness Membership (Must be a Senior Center Member)

\$95/year; \$15/one-time training.

Sponsorships

Interested in sponsoring an activity or program at the Rockville Senior Center? Email seniorcenter@rockvillemd.gov for future opportunities.

www.rockvillemd.gov/registration | 53

BE ON THE LOOKOUT FOR THESE EVENTS...

Family Support and Wellness Programs

Are you taking care of your parents or looking for resources as you age? The senior center invites you to listen in on upcoming one-day presentations through its wellness and support services.



Benefits of Senior Center Membership Include:

Discounts on:

- Senior Programs.
- DVD Rentals.
- Eligibility for Senior Garden Plots.
- Party Rentals.



Senior Transportation Weekly Shopping for Seniors:

Senior Services provides transportation to grocery stores. Call to receive the schedule.



Look for additional information in our

Adults 60+

Recreation and Services Guide



If mailing registrations, complete the registration form, enclose a check and mail to: Rockville Senior Center, 1150 Carnation Drive, 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/registration
Visa and MasterCard accepted. Call our main number, 240-314-8800 or email us at seniorcenter@rockvillemd.gov with questions about updating your membership or registration for any of our offerings.

Senior Happenings

Supper Club

Tuesday, Sept. 16, 4:30-6:45 p.m.
Course #37022 • \$32 M/\$42 NM

Hispanic Heritage Celebration

Friday, Oct. 3, 11 a.m.-1 p.m.
Course #37303 • \$17 M/\$24 NM

Birthday Party

Tuesday, Oct. 7, 1:30-3 p.m. Honor September, October and November birthdays.
Course #37021 • Cost: \$3 M/\$5 NM

Annual Turkey Trot

Thursday, Nov. 20, 10-11:30 a.m.
Course #37155 • Free • Hybrid

Friendsgiving

Thursday, Nov. 20, 11:30 a.m.-1 p.m.
Friendsgiving to follow Turkey Trot.
Course #38096 • \$17 M/\$20 NM

Holiday Fit Jamboree

Thursday, Dec. 12, 1:30-3 p.m.
A festive fitness celebration just for seniors!
Course #37318 • Cost: \$12 M/\$15 NM

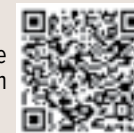
See the “Adults 60+ Recreation and Services Guide” for full descriptions of programs.

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



Rockville Villages

Scan for more information



Be a part of the growing village movement in Rockville!

Villages are volunteer neighbor to neighbor support groups. Find out if there is a village developing in your neighborhood or how to get one started!

<https://www.rockvillemd.gov/Villages>
240-314-8807

Trish Evans tevans@rockvillemd.gov

ROCKVILLE SENIOR CENTER

We help residents continue to live and thrive in Rockville.

Onsite Services • Emergency Food Pantry
Home Improvement Specialist • Wellness Coordinator

Senior Support Services

Our coordinator connects seniors (60-plus) and their caregivers to community resources, programs, and benefits to promote independent living or aging in place.

Other Services

- Assistance for seniors and caregivers seeking resources.
- Needs assessment and support coordination.
- Guidance on Social Security, Medicare, and insurance.
- Help with health and financial forms.
- Emergency funding for financial crises.
- Referrals for food, clothing, or financial counseling programs.

For more information, contact:

Mariella Correal: 240-314-8816, mcorreal@rockvillemd.gov
Andrea Rogers: 240-314-8817, arogers@rockvillemd.gov

Murder in the Mansion presents:

DEADLINE

Presented by A Taste for Murder Productions

When you die steampunk,
you die in style!

Four performances:

Nov. 7 at 8 p.m.;

Nov. 8 at 2 and 8 p.m.;

Nov. 9 at 2 p.m.

Tickets: \$40 Adult; \$35 Seniors

and Students. Includes dessert.

Optional buffet: \$30 – brunch at matinees.

Cash bar available.

Dress in a steampunk costume for a chance to win a prize!



Glenview Mansion at Rockville Civic Center Park
603 Edmonston Drive, Rockville, MD 20851
boxoffice@rockvillemd.gov • 240-314-8690

...
All events are on Thursdays and start at 7 p.m.
This co-sponsored series is free and open to all.
Light refreshments will be provided.
Glenview Mansion 603 Edmonston Drive, Rockville

...
Sept. 11

Early Days of the Civil War Defenses of Washington with
Bryan A. Cheeseboro, Park Ranger,
National Park Service

REGISTER WITH COURSE #36325

Nov. 3

Vigilance: The Life of William Still, Father of the
Underground Railroad with Dr. Andrew K. Diemer,
Towson University

REGISTER WITH COURSE #36326

For more information, call 240-314-8660

or glenview@rockvillemd.gov

240-314-8660



Glenview Mansion Art Gallery



"My Father's Key"
by Karen Norman

Second floor of Glenview Mansion at Rockville Civic Center Park
Gallery hours: 9 a.m.-4:30 p.m. Monday-Friday. Closed on official holidays.

Han-Mee Artists Association of Greater Washington, Varied Media

Meet the Artists, Sunday, Sept. 7

1:30-3:30 p.m.

On Exhibit: Sept. 7-Oct. 3

Maryland Pastel Society

Meet the Artists, Sunday, Oct. 12

1:30-3:30 p.m.

On Exhibit: Oct. 12-Nov. 26

Rockville Art League Juried Members' Winter Show, Varied Media

Meet the Artists, Sunday, Dec. 7

1:30-3:30 p.m.

On Exhibit: Dec. 7-Jan. 16



Dr. Christine Higley,
Music Director

Sunday, Oct. 12 at 3 p.m.

Winds of the Night:

*A concert of mystery, magic and
musical mischief*

Sunday, Nov. 23 at 3 p.m.

Leaves, Legends and Light:

*A concert of remembrance,
storytelling and seasonal beauty*

No tickets required;
\$5 suggested donation.

rockvilleconcertband.org

F. Scott Fitzgerald Theatre at Rockville Civic Center Park

Rockville Civic Ballet
Directed by Eleanor Simpson and Erin Kwong

the Nutcracker

Join Clara on her magical journey!

Friday: Dec. 5 & 12 at 7:30 p.m.

Saturday: Dec. 6 & 13 at 2 p.m.
and 7:30 p.m.

Sunday: Dec. 7 & 14 at 2 p.m.

Tickets:

\$17 Adults

\$13 Children (12 years old and younger)

\$13 Seniors (60 years old and older)

Assigned seat tickets may be purchased
in person or by phone at the F. Scott
Fitzgerald Theatre box office or online at
www.rockvillemd.gov/theatre, beginning
late October.

friendsrcb.org

CULTURAL ARTS

Glenview Mansion

AT ROCKVILLE CIVIC CENTER PARK



** Love, Laughter and Happily Ever After **

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



♥♥ All are welcome.

Rockville's: Winter Jubilee

Saturday, Dec. 20
1-4 p.m.



Join us as we celebrate the **Winter Jubilee** at the F. Scott Fitzgerald Theatre and Social Hall. Children and families can enjoy games, arts and crafts, face painting and fun costumed characters!

Register with course #37310. \$8 Res./\$10 Non-Res. Chaperones 18 years and older get in free.



City of Rockville
Recreation & Parks

F. Scott Fitzgerald Theatre and Social Hall
at Rockville Civic Center Park
603 Edmonston Dr., Rockville, MD 20851
www.rockvillemd.gov/registration



28th F. Scott Fitzgerald Literary Festival

“You’re 100 Old Sport! : The Gatsby Centennial”

Saturday, Oct. 18 • 8:30 A.M.-4 P.M.
Montgomery College, Rockville Campus

Percival Everett, F. Scott Fitzgerald Award for Achievement in American Literature Honoree
Author of “James” • 2025 Pulitzer Prize for Fiction Winner

“A Conversation on the Art of Fiction”: Percival Everett and Madison Smartt Bell

Keynote Talk: “...or is the book unpopular?” The Great Gatsby at 100” by Maureen Corrigan

Awards Ceremony
Recognition of F. Scott Fitzgerald Scholars • Introduction of Percival Everett
Presentation of the Annual F. Scott Fitzgerald Award for Achievement
in American Literature for 2025: Percival Everett
Acceptance and Reading by Percival Everett

Workshops

“Making Art Out of Orts: Michelle Brafman

“Writing Book Reviews”: Ron Charles

“Should You Write a Memoir Before You Die?”: Ethelbert Miller

“Here at The New Yorker”: Margaret Talbot

“Writing Short”: Kim Roberts

“Point of View”: Susan Coll

For more information, visit FitzgeraldFestival.com

F. SCOTT FITZGERALD THEATRE

Rockville Civic Center Park
603 Edmonston Drive, Rockville, MD 20851
Box office: 240-314-8690 • www.rockvillemd.gov/theatre

Theater Reopening!

Victorian Lyric Opera Company presents
“The Zoo” and “Trial by Jury”
3 Performances | Sept. 5 & 6 at 8 p.m. | Sept. 7 at 2 p.m.
Tickets: Adults \$30 | Seniors (65+) \$28 | Students \$26

My Me Time Stories presents
“Narayaani — A Journey to Empowerment”
Sunday, Sept. 14 at 4 p.m.
General Admission Tickets: \$25 Silver Level
\$35 Gold Level | \$50 Platinum Level

Victorian Lyric Opera Company presents
“Johan Strauss Gala”
3 Performances | Oct. 17 & 18 at 8 p.m. | Oct. 19 at 2 p.m.
Tickets: Adults \$30 | Seniors (65+) \$28 | Students \$26

Rockville Little Theatre presents
“Woman in Black”
6 performances | Sept. 26 & 27 and Oct. 3 & 4 at 8 p.m.
Sept. 28 and Oct 5 at 2 p.m.
Tickets: \$24 Adults | \$22 Seniors (62+) & Students

Derailed Comedy presents LIVE COMEDY
Thursday, Oct. 9 at 8 p.m
Tickets \$28 Adults | \$26 Seniors | \$24 Students

Harmony Express presents “Harmony
Explosion MoCo 2025: The Finale”
Saturday, Oct. 11 at 6 p.m.
Tickets: \$25 Regular | Children 12 and under \$18

Rockville Concert Band Series
All performances at 3 p.m.
Oct. 12 “Winds of the Night”
Nov. 23 “Leaves, Legends, and Light”
Dec. 21 “A Winter Celebration”
\$5 Suggested Donation

Rockville Musical Theatre presents
“Urinetown: The Musical”
8 performances | Nov. 1, 7, 8, 14 & 15 7:30 p.m.
Nov. 2, 9 & 16 at 2 p.m.
Tickets: \$26 Adults | \$23 Students & Seniors

Rockville Civic Ballet presents
“The Nutcracker”
8 performances | Dec. 5, 6, 12, & 13 at 7:30 p.m.
Dec. 6, 7, 13, & 14 at 2 p.m.
Tickets: \$17 Adults |\$13 Seniors 60+
Children 12 and under free

Rockville Chorus Winter Concert
Dec. 21, \$5 Suggested Donation

At Glenview Mansion:
Murder at the Mansion presents “Deadline”
Nov. 7 & 8 at 8 p.m. | Nov. 8 & 9 at 2 p.m.
Tickets: \$40 Adults | \$35 Seniors (65+) & Students (with ID)
Ticket + Buffet: \$70 | \$65 Seniors & Students

SPECIAL EVENTS
Civic Center Puppet Show presents
“Animals in Fall & Winter”
Saturday, Nov. 1, 11 a.m. & 12:30 p.m.
Tickets: \$7 | \$5 Rockville residents

The Winter Jubilee
Saturday, Dec. 20, 1-4 p.m.
Tickets: \$10 under 18 | \$8 Rockville residents under 18
Mandatory chaperones, 18-plus, free

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:

240-314-8606 • cmcquitty@rockvillemd.gov



Sign up for City of Rockville
Emergency Notifications



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

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); \$1,000 maximum per family, per year, as funds permit. Any remaining balance must be paid by the participant. Financial assistance must be applied for in-person at the time of registration. In addition, qualified participants who enroll their child in a program that meets a child-care need and costs more than \$115 per month are eligible to apply for monthly financial aid assistance of up to \$100 per month, with an additional cap of \$1,000 per family, per year, as funds permit. The \$15 fee is applicable to each month. This includes, but is not limited to, preschool, after school and community center extended day programs. Summer camps are not included in this program. Applications for monthly scholarship assistance must be approved by the superintendent of recreation and must be applied for 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 Department 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), Working Parents Assistance Program (WPA), Free and reduced meal services (FARM). The letter must indicate eligibility period and names of household members receiving benefits.
- **Proof of Maryland Medicaid:** Approval letter from state.
- **Proof of Medical Assistance** from Montgomery County Department of Social Services. Form to be received from county offices.
- **Proof participant resides in a shelter:** Letter from shelter dated within a month of application and, if applicable, listing dependents living at shelter.
- **Proof of Rental Assistance:** Public Housing, HUD Section 8 Housing, HOC, Montgomery County HHS Rental Assistance Program (RAP). MPDU is not accepted. This must be a current document that names eligible tenants from the agency providing assistance.
- **Supplemental Security Income:** Document must be dated within one year of application.



Make a Difference in Your
Community
Join a Rockville Board or Commission!

What is a board or commission?

Boards and commissions allow members of the community to partner with city staff to shape Rockville's future by sharing expertise and advising the Mayor and Council.

Volunteer your expertise.

Boards and commissions address a wide range of topics, from the environment to human services to city elections. In order to participate, you must live in the City of Rockville.



Visit www.rockvillemd.gov/boards or scan the QR code.
You can also contact the City Clerk's Office at 240-314-8280.



THANK YOU



Please send your tax deductible gift to:

**5 N. Adams St.
Rockville, MD 20850
www.rrpfi.org • 240-314-8867**

For more than 15 years, the Rockville Recreation and Parks Foundation has helped send kids to camp, enroll in soccer leagues and take free swim lessons, and has paid for equipment, such as soccer goals at Maryvale Park and much, much more.

We are grateful for their support.

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

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

If Montgomery County Public Schools close for the day or have a two-hour delay, morning recreation programs will be canceled. Call 240-314-5023, the information line, for updates.

Sports Leagues

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

Swim and Fitness Center

Students can visit the Rockville 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

Rockville Recreation and Parks welcomes individuals with disabilities to its programs and facilities. To discuss program modifications/accommodations, please contact the program supervisor or programaccess@rockvillemd.gov. Early notification allows us time to implement requested modifications/accommodations.

Additional opportunities for individuals with disabilities, are available at Montgomery County Recreation: Therapeutic Recreation at 240-777-6840 or rec.inclusion@montgomerycountymd.gov.

To request ADA accommodations or obtain this publication in an alternative format, please contact the ADA coordinator at 240-314-8108 or MD Relay 7-1-1 or ada@rockvillemd.gov.

Recreation and Parks Mission Statement

Our mission is to nurture community connections. We strive to be the place to make lifelong memories as you live, work, play and thrive. We contribute to a high quality of life by connecting citizens and visitors of Rockville with exceptional parks and extraordinary recreational opportunities. These services provide the foundation for physical, social, economic and environmental viability and the well-being of the community.



Monique Ashton, Mayor

Councilmembers

Kate Fulton, Barry Jackson, David Myles,
Izola (Zola) Shaw, Marissa Valeri, Adam Van Grack

Jeff Mihelich, City Manager

Tara E. Stewart, 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:

Child Care, 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.....	240-314-8797
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 Leagues 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:

Tuesday, Aug. 12 at 8:30 a.m. Senior Center members and programs listed in the Adults 60+ Recreation and Services Guide.

Thursday, Aug. 14 at 8:30 a.m. for general and nonmembers by mail, fax, in-person 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; child care, \$50; 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 Rec1, 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

Online:

at www.rockvillemd.gov/registration.

Download the registration form at www.rockvillemd.gov/registrationform or use the QR code link below and email to registration@rockvillemd.gov.



Walk in or Mail:

- Dept. of Rec. And Parks —Main Office
6 Taft Court, 3rd Floor, MD 20850
- Rockville Swim and Fitness Ctr.
355 Martins Lane, MD 20850
- Rockville Senior Ctr.
1150 Carnation Drive, MD 20850
- Croydon Creek Nature Ctr.
852 Avery Road, MD 20851
- Lincoln Park Community Ctr.
357 Frederick Ave. MD 20850
- Thomas Farm Community Ctr.
700 Fallsgrrove Drive, MD 20850
- Twinbrook Community Recreation Ctr.
12920 Twinbrook Parkway, MD 20851

Satisfaction Guarantee

The Department of Recreation and Parks is committed to providing quality programs and facilities. If you are unhappy with a program, we want to know. We will suggest another program to try or, if you prefer, we will give you a credit. That's our Customer Satisfaction Guarantee to you.

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

**PRESORTED
STANDARD
U.S. POSTAGE
PAID
SUBURBAN,
MD
PERMIT NO. 63**

**Hosted by
Rockville
Mayor and Council**

ROCKTOBIERFEST
ROCKVILLE, MARYLAND
BEER • FOOD • MUSIC

11 a.m.-5 p.m.

Saturday, Sept. 27

Rockville Town Center

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

