



# life

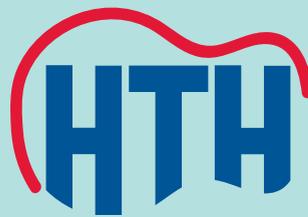
IN ROCKVILLE

Spring  
2026

- Aquatics**
- Tots/Preschool**
- Children**
- Croydon Creek Nature Center**
- Teens**
- Adults**
- Adults 60+**
- Cultural Arts**
- Financial Assistance**

**Recreation and Parks Activity Guide**





HOMETOWN HOLIDAYS  
ROCKVILLE TOWN CENTER



**SATURDAY, MAY 23 AND  
SUNDAY, MAY 24**

Noon-6 p.m.  
Rockville Town Center



# Memorial Day Ceremony and Parade

**MONDAY, MAY 25**

**ROCKVILLE TOWN CENTER**

9 a.m.: Musical Tribute to America

9:30 a.m.: Ceremony

10:30 a.m.: Parade



Scan to download the  
application and learn more.

**Want to be in the parade?  
Apply by Friday, April 3**

**ROCKVILLEMD.GOV/MEMORIALDAY**

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### STAY INFORMED

rockvillemd.gov/recreation  
registration@rockvillemd.gov

**240-314-8620**

**Keep up on events and deadlines.**

## Follow us



**@RockvilleRec**

## Registration Dates

### Rockville Resident Registration:

**Tuesday, March 3**

*Begins 8:30 a.m.*

### General Registration: Thursday, March 5

*Begins 8:30 a.m.*

### Aquatics Resident Registration:

**Tuesday, March 10**

*Begins 8:30 a.m.*

### Aquatics General Registration:

**Tuesday, March 12**

*Begins 8:30 a.m.*

## 3 ways to register



**1. Online**  
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



# Rockville Swim and Fitness Center

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 [rockvillemd.gov/swimcenteralerts](http://rockvillemd.gov/swimcenteralerts).



## Swimming Classes

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

**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 [rockvillemd.gov/swimcenter](http://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.

**City of Rockville residents registration begins: Tuesday, March 10**  
**General registration begins: Thursday, March 12.**



**Register Online:**  
[rockvillemd.gov/registration](http://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**

**Rockville Resident Aquatics Registration: March 10**



# 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: 6m-18m				M/NM
40325	Tu	4/21-6/9	9:00-9:30 AM	\$90/\$113
40284	Sa	4/25-6/13	10:50-11:20 AM	\$79/\$98
40279	Su	4/26-6/14	10:15-10:45 AM	\$79/\$98

### 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: 18m-3y				M/NM
40286	M	4/20-6/8	2:00-2:30 PM	\$79/\$98
40328	Th	4/23-6/11	9:00-9:30 AM	\$90/\$113
40287	Sa	4/25-6/13	8:00-8:30 AM	\$79/\$98
40283	Sa	4/25-6/13	8:30-9:00 AM	\$79/\$98
40280	Sa	4/25-6/13	10:15-10:45 AM	\$79/\$98
40290	Su	4/26-6/14	8:00-8:30 AM	\$79/\$98
40285	Su	4/26-6/14	9:40-10:10 AM	\$79/\$98
40292	Su	4/26-6/14	11:25-11:55 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
40327	W	4/22-6/10	2:00-2:30 PM	\$90/\$113
40329	Th	4/23-6/11	9:30-10:00 AM	\$90/\$113
40281	Sa	4/25-6/13	9:05-9:35 AM	\$79/\$98
40288	Sa	4/25-6/13	11:25-11:55 AM	\$79/\$98
40282	Su	4/26-6/14	9:05-9:35 AM	\$79/\$98
40291	Su	4/26-6/14	10:50-11:20 AM	\$79/\$98

### 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
40326	Tu	4/21-6/9	9:30-10:00 AM	\$90/\$113
40289	Sa	4/25-6/13	9:40-10:10 AM	\$79/\$98
40278	Su	4/26-6/14	8:30-9:00 AM	\$79/\$98

**Aquatics General Registration: March 12**

[rockvillemd.gov/registration](http://rockvillemd.gov/registration) | 5

**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	
40297	M	4/20-6/8	4:10-4:40 PM \$85/\$106
40331	Th	4/23-6/11	4:35-5:05 PM \$97/\$121
40315	Sa	4/25-6/13	9:45-10:25 AM \$85/\$106

**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	
40293	M	4/20-6/8	4:45-5:15 PM \$85/\$106
40351	Tu	4/21-6/9	4:35-5:05 PM \$97/\$121
40339	Tu	4/21-6/9	5:10-5:40 PM \$97/\$121
40349	W	4/22-6/10	3:35-4:05 PM \$97/\$121
40336	W	4/22-6/10	4:10-4:40 PM \$97/\$121
40338	W	4/22-6/10	4:45-5:15 PM \$97/\$121
40344	Th	4/23-6/11	5:45-6:15 PM \$97/\$121
40341	F	4/24-6/12	4:10-4:40 PM \$97/\$121
40332	F	4/24-6/12	4:45-5:15 PM \$97/\$121
40300	Sa	4/25-6/13	9:00-9:40 AM \$85/\$106
40298	Sa	4/25-6/13	10:30-11:10 AM \$85/\$106
40296	Su	4/26-6/14	9:45-10:25 AM \$85/\$106
40309	Su	4/26-6/14	11:15-11:55 AM \$85/\$106
40304	Su	4/26-6/14	12:00-12:45 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	
40294	M	4/20-6/8	3:35-4:05 PM \$85/\$106
40335	Tu	4/21-6/9	5:10-5:40 PM \$97/\$121
40343	W	4/22-6/10	3:35-4:05 PM \$97/\$121
40345	Th	4/23-6/11	4:35-5:05 PM \$97/\$121
40340	Th	4/23-6/11	5:10-5:40 PM \$97/\$121
40348	F	4/24-6/12	3:35-4:05 PM \$97/\$121
40305	Sa	4/25-6/13	8:15-8:55 AM \$85/\$106
40313	Sa	4/25-6/13	9:45-10:25 AM \$85/\$106
40303	Su	4/26-6/14	8:15-8:55 AM \$85/\$106
40314	Su	4/26-6/14	9:00-9:40 AM \$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	
40337	W	4/22-6/10	4:10-4:40 PM \$97/\$121
40334	Th	4/23-6/11	5:10-5:40 PM \$97/\$121
40353	F	4/24-6/12	4:10-4:40 PM \$97/\$121
40310	Sa	4/25-6/13	9:45-10:25 AM \$85/\$106
40311	Su	4/26-6/14	9:00-9:40 AM \$85/\$106
40301	Su	4/26-6/14	11:15-11:55 AM \$85/\$106
40307	Su	4/26-6/14	12:00-12:40 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	
40352	Tu	4/21-6/9	5:45-6:15 PM \$97/\$121
40350	W	4/22-6/10	4:45-5:15 PM \$97/\$121
40316	Sa	4/25-6/13	9:00-9:40 AM \$85/\$106
40295	Su	4/26-6/14	9:45-10:25 AM \$85/\$106
40308	Su	4/26-6/14	10:30-11:10 AM \$85/\$106

**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	
40312	M	4/20-6/8	4:45-5:15 PM \$85/\$106
40346	F	4/24-6/12	4:45-5:15 PM \$97/\$121
40299	Sa	4/25-6/13	9:45-10:25 AM \$85/\$106
40306	Su	4/26-6/14	11:15-11:55 AM \$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	
40347	Th	4/23-6/11	5:45-6:15 PM \$97/\$121
40302	Su	4/26-6/14	9:45-10:25 AM \$87/\$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	
40274	M	4/20-6/8	3:35-4:05 PM \$78/\$97
40317	F	4/24-6/12	3:35-4:05 PM \$90/\$112
40253	Sa	4/25-6/13	10:30-11:10 AM \$78/\$97
40263	Sa	4/25-6/13	11:15-11:55 AM \$78/\$97
40250	Su	4/26-6/14	10:30-11:10 AM \$78/\$97
40268	Su	4/26-6/14	12:00-12:40 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	
40249	M	4/20-6/8	4:10-4:40 PM \$78/\$97
40323	Tu	4/21-6/9	4:35-5:05 PM \$90/\$112
40237	Sa	4/25-6/13	9:00-9:40 AM \$78/\$97
40258	Sa	4/25-6/13	11:15-11:55 AM \$78/\$97
40272	Su	4/26-6/14	9:00-9:40 AM \$78/\$97
40260	Su	4/26-6/14	12:00-12:40 PM \$78/\$97

**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	
40239	Sa	4/25-6/13	10:30-11:10 AM \$78/\$97
40247	Sa	4/25-6/13	11:15-11:55 AM \$78/\$97
40242	Su	4/26-6/14	9:45-10:25 AM \$78/\$97
40254	Su	4/26-6/14	10:30-11:10 AM \$78/\$97



**Rockville Swim and Fitness Center**

# Land Fitness

**Classes for all ages and skill levels**  
**Yoga: kids and adults**  
**Zumba: kids and adults**  
**Bootcamp • Kickboxing**

Check subsequent guide sections for registration info.

**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	
40273	Sa	4/25-6/13	10:30-11:10 AM \$78/\$97
40241	Sa	4/25-6/13	11:15-11:55 AM \$78/\$97
40264	Sa	4/25-6/13	6:05-6:45 PM \$78/\$97
40269	Su	4/26-6/14	9:00-9:40 AM \$78/\$97
40243	Su	4/26-6/14	10:30-11:10 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	
40238	Sa	4/25-6/13	9:00-9:40 AM \$78/\$97
40251	Sa	4/25-6/13	6:50-7:30 PM \$78/\$97
40236	Sa	4/25-6/13	11:15-11:55 AM \$78/\$97
40244	Su	4/26-6/14	9:45-10:25 AM \$78/\$97
40245	Su	4/26-6/14	11:15-11:55 AM \$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	
40259	Sa	4/25-6/13	9:00-9:40 AM \$78/\$97
40277	Sa	4/25-6/13	9:45-10:25 AM \$78/\$97
40271	Sa	4/25-6/13	7:35-8:15 PM \$78/\$97
40252	Su	4/26-6/14	9:00-9:40 AM \$78/\$97
40270	Su	4/26-6/14	9:45-10:25 AM \$78/\$97
40255	Su	4/26-6/14	10:30-11:10 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	
40256	Sa	4/25-6/13	10:30-11:10 AM \$78/\$97
40265	Sa	4/25-6/13	8:20-9:00 PM \$78/\$97
40240	Su	4/26-6/14	9:00-9:40 AM \$78/\$97
40257	Su	4/26-6/14	11:15-11:55 AM \$78/\$97
40275	Su	4/26-6/14	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: 12-16		M/NM	
40262	Su	4/26-6/14	12:00-12:45 PM \$78/\$97

**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	
40248	Sa	4/25-6/13	9:00-9:40 AM \$78/\$97
40261	Sa	4/25-6/13	10:30-11:10 AM \$78/\$97
40266	Sa	4/25-6/13	9:45-10:25 AM \$78/\$97
40276	Sa	4/25-6/13	11:15-11:55 AM \$78/\$97
40267	Su	4/26-6/14	10:30-11:10 AM \$78/\$97
40246	Su	4/26-6/14	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	
40324	Tu	4/21-6/9	8:25-9:10 PM \$89/\$112
40322	W	4/22-6/10	8:35-9:20 PM \$89/\$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	
40321	W	4/22-6/10	8:35-9:20 PM \$89/\$112
40318	Th	4/23-6/11	8:25-9:10 PM \$89/\$112

**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	
40319	Tu	4/21-6/9	8:25-9:10 PM \$89/\$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	
40320	Th	4/23-6/11	8:25-9:10 PM \$89/\$112

**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	
40333	Tu	4/21-6/9	11:10-11:55 AM \$101/\$121
40342	Th	4/23-6/11	11:10-11:55 AM \$101/\$121



**ROCKVILLE RAYS**  
Practices start May 26



Summer Swim Team  
at the Rockville Swim and  
Fitness Center Competing in the  
Montgomery County Swim League

More information and registration  
instructions available in May at  
[rockvillemd.gov/swimcenter](http://rockvillemd.gov/swimcenter)



**READY TO ROCK?**  
*Join our team Today!*  
City of Rockville  
**Swim and Fitness Center**

**Now Hiring Summer Lifeguards**  
**Swim Instructor and Front Desk Staff**  
**Monday, March 23**  
4-7 p.m.  
No appointment needed  
**→ Training Available ←**  
**Walk-In Preliminary Interviews and Skills Tests**  
Bring your swimsuit, towel and summer calendar.

Rockville Swim and Fitness Center  
(Indoor Entrance)  
355 Martins Lane, Rockville, MD 20850  
240 314-8750 • [rockvillemd.gov/swimcenter](http://rockvillemd.gov/swimcenter)



City of Rockville Recreation & Parks

**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
40149 Tu 4/21-6/9 6:35-7:20 AM	\$49/\$59
40177 Th 4/23-6/11 6:35-7:20 AM	\$49/\$59

**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 the center's other programs. Water flotation belts are used but no equipment is provided.

Age: 16/up	M/NM
40174 M 4/20-6/8 10:15-11:00 AM	\$43/\$53
40152 M 4/20-6/8 11:05-11:50 AM	\$43/\$53
40153 W 4/22-6/10 10:15-11:00 AM	\$49/\$59
40157 W 4/22-6/10 11:05-11:50 AM	\$49/\$59
40165 F 4/24-6/12 10:15-11:00 AM	\$49/\$59
40154 F 4/24-6/12 11:05-11:50 AM	\$49/\$59

**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
40161 M 4/20-6/8 8:30-9:15 AM	\$43/\$53
40169 M 4/20-6/8 9:20-10:05 AM	\$43/\$53
40167 Tu 4/21-6/9 8:30-9:15 AM	\$49/\$59
40175 Tu 4/21-6/9 9:20-10:05 AM	\$49/\$59
40170 W 4/22-6/10 8:30-9:15 AM	\$49/\$59
40178 W 4/22-6/10 9:20-10:05 AM	\$49/\$59
40162 Th 4/23-6/11 8:30-9:15 AM	\$49/\$59
40168 Th 4/23-6/11 9:20-10:05 AM	\$49/\$59
40181 F 4/24-6/12 8:30-9:15 AM	\$49/\$59
40166 F 4/24-6/12 9:20-10:05 AM	\$49/\$59
40442 Su 5/10-6/14 7:05-7:50 PM	\$30/\$38

**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
40171 M 4/20-6/8 10:10-10:55 AM	\$43/\$53
40173 W 4/22-6/10 10:10-10:55 AM	\$49/\$59
40163 F 4/24-6/12 10:10-10:55 AM	\$49/\$59

**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 the center's 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
40158 Tu 4/21-6/9 10:10-10:55 AM	\$49/\$59
40180 Th 4/23-6/11 10:10-10:55 AM	\$49/\$59

**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
40150 M 4/20-6/8 9:15-10:00 AM	\$43/\$53
40156 Tu 4/21-6/9 7:35-8:20 PM	\$49/\$59
40159 W 4/22-6/10 9:15-10:00 AM	\$49/\$59
40151 Th 4/23-6/11 7:35-8:20 PM	\$49/\$59
40176 F 4/24-6/12 9:15-10:00 AM	\$49/\$59

**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
40172 M 4/20-6/8 9:20-10:05 AM	\$43/\$53
40155 Tu 4/21-6/9 7:35-8:20 PM	\$49/\$59
40179 W 4/22-6/10 9:20-10:05 AM	\$49/\$59
40164 Th 4/23-6/11 7:35-8:20 PM	\$49/\$59
40160 F 4/24-6/12 9:20-10:05 AM	\$49/\$59

**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
40218 M 4/20-6/8 6:30-7:30 AM	\$62/\$77
40217 W 4/22-6/10 6:30-7:30 AM	\$73/\$88
40216 F 4/24-6/12 6:30-7:30 AM	\$73/\$88

**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
40212 Tu 4/21-6/9 11:05-11:50 AM	\$52/\$64
40213 Tu 4/21-6/9 9:15-10:00 PM	\$52/\$64
40210 Th 4/23-6/11 11:05-11:50 AM	\$52/\$64
40211 Th 4/23-6/11 9:15-10:00 PM	\$52/\$64

NEW

## Aqua Walkers

**The Rockville Swim and Fitness Center offers two Aqua Walkers!**



These provide added stability for those needing support while exercising in the water or on the pool deck. Adjustable from 34 to 48 inches using simple snap-pins, they feature 3.5-inch, corrosion-resistant casters that roll smoothly on most pool surfaces.

Better balance

Enjoy exercise

Build strength


**FOR MORE INFORMATION CONTACT**  
 Rockville Swim and Fitness Center  
[rockvillemd.gov/swimcenter](http://rockvillemd.gov/swimcenter)  
 240-314-8750

**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
40214 Su 4/26-6/14 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**  
40121 Su 4/26-6/14 8:05-8:55 AM \$69/\$84

**Certification and Training**

**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. There will be a planned meal break, participants are encouraged to bring food.

<b>Age: 13/up</b>		<b>M/NM</b>	
38901	Su 3/15	1:00-7:00 PM	\$135/\$135
38904	Su 4/26	1:00-7:00 PM	\$135/\$135
38902	Su 5/3	1:00-7:00 PM	\$135/\$135
40354	Sa 6/13	1:00-7:00 PM	\$135/\$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 (proof of age required) and pass a pre-screen test. 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. Visit [rockvillemd.gov/swimcenter](http://rockvillemd.gov/swimcenter) to view all dates and time of classes and details of the pre-screen test.

<b>Age: 15/up</b>		<b>M/NM</b>	
40359	M, W, Th, F, Sa, Su 6/1-6/7	Times vary	\$215/\$215
40363	M, F, Sa, Su 6/8-6/14	Times vary	\$215/\$215
40360	M, F, Sa, Su 6/22-6/28	Times vary	\$215/\$215
40361	M, F, Sa, Su 7/6-7/12	Times vary	\$215/\$215
40362	M, F, Sa, Su 7/13-7/19	Times vary	\$215/\$215
40358	M, F, Sa, Su 7/20-7/26	Times vary	\$215/\$215

**Lifeguard Training Recertification**

The American Red Cross Lifeguard Training Review Course is for currently certified American Red Cross Lifeguards in looking to renew their certification. On successful completion of the course, certification in Lifeguard Training, CPR/AED for the professional rescuer, and first aid will be issued for a two-year period. Students should bring documentation of their current American Red Cross Lifeguard Training certification, and CPR mask to the first class meeting. Students MUST attend all class sessions as scheduled. This class has an online learning component (approximately eight hours) required to be completed before the first session. Visit [rockvillemd.gov/swimcenter](http://rockvillemd.gov/swimcenter) to view flyer listing all dates and time of classes, details of the pre-screen test and of documentation requirements.

<b>Age: 15/up</b>		<b>M/NM</b>	
40356	Sa 6/20	1:30-10:45 PM	\$145/\$145
40355	Sa 7/5	1:30-10:45 PM	\$145/\$145
40357	Sa 8/1	1:30-10:45 PM	\$145/\$145

**Water Safety Instructor**

Learn how to teach children and adults to swim and give water safety presentations to kids and their parents. This Red Cross certification is recognized nationwide. Become certified to teach parent and child aquatics, pre-school aquatics, safety training for swim coaches, Longfellow's WHALE Tales, water-safety courses and presentations. Students must be aged 16 by the last day of the course and pass a pre-screen test. This class has an online learning component (approximately eight hours) required to be completed before the second class session. Students must complete online classwork, attend all class sessions as scheduled, and pass an exam to earn certification. Visit [rockvillemd.gov/swimcenter](http://rockvillemd.gov/swimcenter) to view flyer listing all dates and time of classes and details of the pre-screen test.

<b>Age: 16/up</b>		<b>M/NM</b>	
40364	Sun, M-F 3/22, 3/30-4/3	Times Vary	\$275/\$275

**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 the website at [rockvillemd.gov/volunteer](http://rockvillemd.gov/volunteer) for more information and requirements.**



## American Red Cross Water Safety for Parents and Caregivers

FREE online course

The Water Safety for Parents and Caregivers Online Course focuses on developing an awareness of the risks of drowning and how to minimize those risks especially for young children. It also provides guidance for applying water safety to common environments and situations where children are most at risk for drowning. The course can be completed any time, and it's estimated length is one hour.

**Scan the QR code to sign up or visit: [bit.ly/rcwatersafetytips](http://bit.ly/rcwatersafetytips) Call 1-800-733-2767 for technical assistance.**





Presented through a partnership between the American Red Cross and the City of Rockville.



# TOTS & PRESCHOOLERS

## Arts, Dance and Enrichment

### African Drumming: Parent and Child

This course is designed to help students learn to play the djembe. This West African hand drum is fun and easy to play! This course will introduce the three basic tones of this amazing drum and provide a number of patterns and exercises to practice.

**Age: 3-8**  
40013 Sa 4/11-6/6 11 AM-12 PM \$55/\$65  
Thomas Farm CC/Frimpong

### 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.

**Age: 3-6**  
40226 M 4/6-6/1 5:00-5:45 PM \$120/\$130  
Elwood Smith Park/Philippe

### Cheer Madness: Pommies

Step into a world of boundless energy and tiny cheerleaders! 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**  
40060 Sa 4/11-5/30 10:00-10:45 AM \$160/\$170  
Twinbrook CRC/Whorley

### Music Together (Adult/Child)

Nurture your child's natural enthusiasm for music and movement through singing, dancing, chanting and instrument play. Fee includes two "Music Together" CDs, an illustrated songbook and parent-education materials. Cost of materials is non-refundable. Siblings younger than 10 months may attend for free (no registration necessary). Adult participation required.

**Age: 1m-5**  
**Elwood Smith**  
40079 Tu 4/7-6/9 9:30-10:15 AM \$230/\$240  
Elwood Smith Park/Winkler  
40078 Tu 4/7-6/9 10:30-11:15 AM \$230/\$240  
Elwood Smith Park/Winkler, Liddle

**Thomas Farm—10 Weeks**  
40081 W 4/8-6/10 9:30-10:15 AM \$230/\$240  
40080 W 4/8-6/10 10:30-11:15 AM \$230/\$240  
Thomas Farm CC/Liddle, Winkler

### 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**  
40021 Sa 4/11-6/6 9:00-9:45 AM \$125/\$135  
40020 Sa 4/11-6/6 10:00-10:45 AM \$125/\$135  
Thomas Farm CC/The Movement Endeavor  
40033 Sa 4/11-5/30 9:00-9:45 AM \$125/\$135  
40031 Sa 4/11-5/30 10:00-10:45 AM \$125/\$135  
40032 Sa 4/11-5/30 11:00-11:45 AM \$125/\$135  
Pump House Community Center/Ubiera  
40419 Sa 4/11-5/30 12:00-12:45 PM \$125/\$135  
Pump House Community Center/Philippe

### 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**  
40229 Tu 4/14-5/19 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**  
40234 M 4/27-6/8 10:00-11:30 AM \$50/\$60  
Twinbrook CRC

## Martial Arts

### Kicks Karate

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.

### Tiny Tigers

**Age: 3-4**  
40069 M, W 4/13-5/13 4:00-4:30 PM \$160/\$170  
40059 Tu, Th 4/14-5/14 5:30-6:00 PM \$160/\$170  
40039 Sa 4/18-5/16 9:30-10:00 AM \$80/\$90

### Little Ninjas

**Age: 5-7**  
40062 M, W 4/13-5/13 4:30-5:00 PM \$160/\$170  
40061 Tu, Th 4/14-5/14 6:00-6:30 PM \$160/\$170  
40041 Sa 4/18-5/16 10:00-10:30 AM \$80/\$90  
Kicks Karate

*Full day and extended day options available.*



**MONTROSE**  
Discovery Preschool  
451 Congressional Lane, Rockville



**SMALL CLASS SIZES.  
EXPERIENCED, LOVING TEACHERS.**

Children must be 3-5 years old and potty trained.  
Contact [childcare@rockvillemd.gov](mailto:childcare@rockvillemd.gov) to schedule a tour  
[rockvillemd.gov/preschool](http://rockvillemd.gov/preschool)

Monday-Friday - Monthly Rates	
Resident Rates	Nonresident Rates
Full Day: 9 a.m. -3 p.m. \$910 per month	\$1,010 per month
Extended Day: 8 a.m.-5:30 p.m. \$1,450 per month	\$1,650 per month

**Sports—Instructional**

**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. Experienced coaches will integrate fun drills and individual training to get the most out of your basketball experience.

**Age: 4-6**  
39980 Sa 4/11-6/6 9:00-9:50 AM \$75/\$85  
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: 4-6**  
39985 F 4/10-5/15 5:00-5:50 PM \$84/\$99  
Potomac Woods Park  
39982 Tu 4/14-5/19 5:00-5:50 PM \$84/\$99  
Woodley Gardens Park

**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**  
39977 Sa 4/11-5/16 9:00-9:50 AM \$70/\$85  
King Farm Park

**Age: 4-5**  
39975 Th 4/9-5/14 5:00-5:50 PM \$70/\$85  
Falls Grove Park  
39973 M 4/13-5/18 5:00-5:50 PM \$70/\$85  
Welsh Park

**Tiny Hoopers**

Time to get those tiny feet moving on the basketball court! This fun, introductory class focuses on the basics of basketball, including dribbling, catching and shooting, through age-appropriate skills and activities. Toddler-sized basketballs are provided during class for each participant. Participants should bring water and wear sneakers.

**Age: 4-6**  
40437 Th 5/14-6/11 5:30-6:15 PM \$55/\$65  
Lincoln Park Community Center

**Laskar Tennis Group Lessons**

**Tiny Tots Tennis**

A fun, play-based introduction to tennis for young children. This class focuses on developing coordination, balance, movement and basic racquet skills through imaginative games and activities. Children build early athletic foundations while gaining confidence in a positive and energetic setting.

Taught by USTA 2025 Provider Champion coaches — Laskar Tennis.

**Age: 3-5**  
39209 Su 4/12-5/3 9:00-9:45 AM \$95/\$105  
39210 Su 5/24-6/14 9:00-9:45 AM \$95/\$105  
Woodley Gardens Park/Laskar Tennis

# SUMMER CAMP GUIDE

**Registration is Now Open!**  
[rockvillemd.gov/registration](http://rockvillemd.gov/registration)

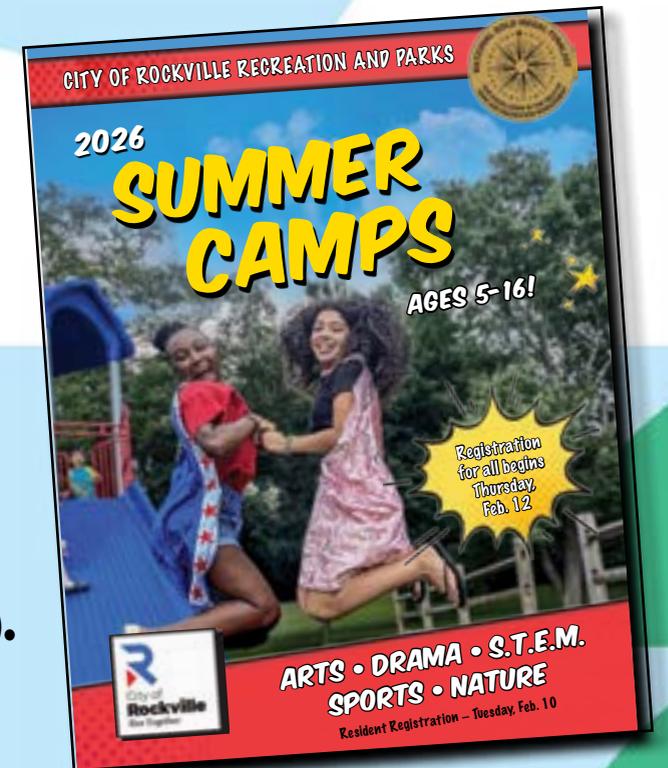
**Look for the guide at the following locations:**

[rockvillemd.gov/camps](http://rockvillemd.gov/camps).

**Rockville Community and Recreation Centers.**

**Rockville and Twinbrook Libraries.**

**Your Child's Backpack (Sent Home Via Rockville Schools).**



**CELEBRATE NATIONAL PUBLIC WORKS WEEK AT**

## Rockville's Equipment Show



**DATE & TIME:** 10:30 a.m.-4:30 p.m., Tues., May 19 - (Rain date Wed., May 20) • **COST:** FREE

**WHERE:** Mattie J. T. Stepanek Park, 1800 Piccard Drive

# IT'S PARTY TIME!

## Gymnasiums

**Lincoln Park Community Center:**  
**REOPENING SOON**  
[rockvillemd.gov/lincolnpark](http://rockvillemd.gov/lincolnpark)  
 240-314-8780

**Thomas Farm Community Center**  
[rockvillemd.gov/thomasfarm](http://rockvillemd.gov/thomasfarm)  
 240-314-8840

**Twinbrook Community Recreation Center**  
[rockvillemd.gov/twinbrook](http://rockvillemd.gov/twinbrook)  
 240-314-8830

## Outdoor Rentals

**Thomas Farm Community Center (Falls Grove Park)**  
 April 15-Sept. 30  
[rockvillemd.gov/thomasfarm](http://rockvillemd.gov/thomasfarm)  
 240-314-8840

**Rockville Park Picnic Areas**  
[rockvillemd.gov/parksandfacilities](http://rockvillemd.gov/parksandfacilities)  
 240-314-8660

**Rockville Swim and Fitness Center**  
 June 1-Aug. 30  
[rockvillemd.gov/swimcenter](http://rockvillemd.gov/swimcenter)  
 240-314-8750

## Themed Parties

**Croydon Creek Nature Center**  
[rockvillemd.gov/croydoncreek](http://rockvillemd.gov/croydoncreek)  
 240-314-8770

## Multi-Purpose Rooms

**Croydon Creek Nature Center**  
[rockvillemd.gov/croydoncreek](http://rockvillemd.gov/croydoncreek)  
 240-314-8770

**Elwood Smith Community Center**  
[rockvillemd.gov/parksandfacilities](http://rockvillemd.gov/parksandfacilities)  
 240-314-8660

**Lincoln Park Community Center:**  
**REOPENING SOON**  
[rockvillemd.gov/lincolnpark](http://rockvillemd.gov/lincolnpark)  
 240-314-8780

**Pump House Community Center**  
[rockvillemd.gov/parksandfacilities](http://rockvillemd.gov/parksandfacilities)  
 240-314-8660

**Rockville Senior Center**  
[rockvillemd.gov/seniorcenter](http://rockvillemd.gov/seniorcenter)  
 240-314-8800

**Rockville Swim and Fitness Center**  
[rockvillemd.gov/swimcenter](http://rockvillemd.gov/swimcenter)  
 240-314-8750

**Thomas Farm Community Center**  
[rockvillemd.gov/thomasfarm](http://rockvillemd.gov/thomasfarm)  
 240-314-8840

**Twinbrook Community Recreation Center**  
[rockvillemd.gov/twinbrook](http://rockvillemd.gov/twinbrook)  
 240-314-8830



# CHILDREN

## Arts, Dance and Enrichment

### Cheer Madness: Poms

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

**Age: 5-10**

40068 Sa 4/11-5/30 11:00 AM-12:00 PM \$160/\$170  
 Twinbrook CRC/Whorley

### Sew Essentials Workshops Sewing Fun for Beginners

Introduces children to the exciting world of sewing in a fun, safe, and creative environment. Over three hours, participants will learn the basics of hand sewing and beginner-friendly machine sewing. By the end of the session, each child will complete a simple, confidence-building project that they can proudly take home. All materials are provided and no sewing experience is necessary.

**Age: 7-12**

40377 4/11 12:00-3:00 PM \$120/\$130  
 40378 6/6 12:00-3:00 PM \$120/\$130  
 Thomas Farm CC

### Sewing Together (Adult/Child)

Bring families together through the art of sewing. Over three hours, pairs will learn sewing basics, practice hands-on techniques and work side by side to create matching or complementary projects. Not just a sewing class — a bonding experience filled with creativity, laughter and the joy of making something together. Price includes one adult and one child. All material is provided and no sewing experience is needed.

**Age: 7/up**

40376 5/16 12:00-3:00 PM \$140/\$150  
 Thomas Farm CC

### The Movement Endeavor: Creative Dance

Students begin to recognize their own voices as a powerful form of artistic expression. Through movement, they explore emerging themes from their daily lives, transforming dance into an authentic means of self-expression. The curriculum nurtures imagination and integrates creativity into foundational dance skills.

**Age: 3-4**

40014 W 4/8-5/27 4:45-5:30 PM \$89/\$99  
 Thomas Farm CC/The Movement Endeavor

**Before and After School Enrichment**

**Early Birds Before School Program at Twinbrook Community Recreation Center**

Transportation is provided to Meadow Hall and Twinbrook elementaries.

**Age: 5-12**

36322	M-F	4/7-5/15	7:00-9:30 AM	\$170/\$190
36323	M-F	5/18-6/17	7:00-9:30 AM	\$170/\$190

Twinbrook Community Rec. Center Annex

**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 out different methods and tackle to catch a variety of fish! Meet at the Rockville Skate Park and participants are driven by city van to local fishin' holes! No prior fishing experience is necessary to participate. Fishing rods, bait and hooks are provided.

**Age: 8-14**

39717	T	4/7-4/28	4:00-6:00 PM	\$75/\$85
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Rockville Skate Park

**Afterschool Adventure at Twinbrook Community Recreation Center**

Transportation is provided from Meadow Hall and Twinbrook Elementary schools. Program operates when school is in session, including early release days.

**Age: 5-12**

36300	M-F	4/7-5/15	3:00-6:30 PM	\$210/\$230
36301	M-F	5/18-6/17	3:00-6:30 PM	\$210/\$230

Twinbrook CRC Annex

**Beyond the Bell Afterschool Club**

Transportation is provided from Ritchie Park Elementary School.

**Age: 5-12**

36309	M-F	4/7-5/15	3:30-6:30 PM	\$200/\$220
36310	M-F	5/18-6/17	3:30-6:30 PM	\$200/\$220

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**

36317	M-F	4/7-5/15	3:30-6:30 PM	\$185/\$205
36318	M-F	5/18-6/17	3:30-6:30 PM	\$185/\$205

Lincoln Park CC

**Twinbrook Afterschool Club at Twinbrook Elementary School**

This licensed child-care program is available for students attending Twinbrook Elementary School.

**Age: 5-12**

36405	M-F	4/7-5/8	3:40-6:30 PM	\$220/\$230
36410	M-F	5/11-6/17	3:40-6:30 PM	\$220/\$230

Twinbrook Elementary School

**Fitness**

**Bootcamp for Kids**

Fun, dynamic exercises for kids to build strength, endurance, coordination and confidence. Each class incorporates group dynamics and teamwork. Wear comfortable clothes and sneakers and bring a mat.

**Age: 7-12**

40118	Sa	4/24-6/13	12:00-12:50 PM	\$60/\$75
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Rockville Swim and Fitness Center/Stokes

**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**

40193	Tu	4/21-6/9	5:45-6:45 PM	\$105/\$123
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Rockville Swim and Fitness Center/Stokes

**Sports – Instructional**

**Ball2Life – Basketball Hoops & Athletics**

A youth basketball program designed to build fundamental skill and athleticism. A fun and energetic environment for young athletes to grow and learn about the sport and their capabilities.

**Age: 5-10**

40058	W	4/8-5/27	5:30-6:20 PM	\$149/\$159
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Thomas Farm CC

**Above the Rim Basketball Skills**

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

**Age: 6-8**

39981	Sa	4/11-6/6	10:00-10:50 AM	\$75/\$85
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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: 6-8**

39984	F	4/10-5/15	6:00-6:50 PM	\$84/\$99
39983	Tu	4/14-5/19	6:00-6:50 PM	\$84/\$99

Potomac Woods Park  
Woodley Gardens Park

**Group Skateboard & Rollerblade Lessons Rollerblade – Rookie**

Get ready to glide! Designed for kids and teens new to rollerblading, these classes focus on the essential skills needed to skate safely and confidently. Participants will learn how to stand, push, stop and turn, while developing balance, coordination, and control. Safety gear, including helmets and pads, is emphasized, along with proper falling techniques. Instructors provide personalized support to help every skater progress at their own pace, making these classes the perfect introduction to the fun world of rollerblading.

**Age: 6/up**

39841	M	3/30-4/27	4:00-4:50 PM	\$95/\$120
40370	Tu	3/31-4/28	4:00-4:50 PM	\$95/\$120
39846	Tu	3/31-4/28	6:00-6:50 PM	\$95/\$120

Rockville Skate Park/Besley

**Rollerblade – Semi Pro**

Take your blading skills up a notch! These classes are designed for skaters who feel comfortable on their blades and are ready to level up. Participants will learn more advanced moves and techniques, from spins and grinds to tackling ramps, rails and ledges with confidence. Instructors will focus on balance, coordination, timing and style — helping you master smooth landings and controlled tricks. This class is perfect for youth who want to push their skills, build confidence and shred the skatepark like a pro!

**Age: 6/up**

39859	M	3/30-4/27	5:00-5:50 PM	\$95/\$120
39836	Tu	3/31-4/28	5:00-5:50 PM	\$95/\$120

Rockville Skate Park/Besley

**\$7 Residents**  
**\$5 Nonresidents**  
Includes craft project and fun for the whole family. Ages 3+



Tickets available through the box office or the recreation guide:  
**11 a.m. course #37427**  
**12:30 p.m. course #37428**



**Civic Center Puppet Show presents Blue Sky Puppets'**  
**“The 3 (not so little) Pigs”**  
**A hilarious show about learning to cooperate!**  
**Saturday, May 2 at 11 a.m. and 12:30 p.m.**

F. Scott Fitzgerald Theatre and Social Hall • Civic Center Park  
603 Edmonston Drive, Rockville, MD 20851 • 240-314-8690

**Skateboard – Rookie**

Start your skateboarding journey on the right foot! Rookie classes are designed for beginners to learn the foundational skills and safety essentials needed to enjoy skateboarding with confidence. Participants will explore the basic components of a skateboard, learn proper stance and practice pushing, gliding, turning and stopping. Safety is a top priority—students are guided on helmet use and proper falling techniques to minimize injuries. With personalized instruction and supportive coaching, these classes are perfect for anyone brand new to skateboarding who wants to build balance, confidence and a love for riding.

**Age: 6/up**

39861	M	3/30-4/27	4:00-4:50 PM	\$95/\$120
39851	Su	4/5-5/3	10:00-10:50 AM	\$95/\$120
39838	Su	4/5-5/3	12:00-12:50 PM	\$95/\$120
Rockville Skate Park/Austin				
39856	Tu	3/31-4/28	5:00-5:50 PM	\$95/\$120
39839	F	4/3-5/1	4:00-4:50 PM	\$95/\$120
39848	Sa	4/4-5/2	12:00-12:50 PM	\$95/\$120
39852	Sa	4/4-5/2	11:00-11:50 AM	\$95/\$120
Rockville Skate Park/Louis-Charles				

**Skateboard – Semi-Pro**

Ready to step up your skate game? These classes are designed for skaters who already know the basics and are ready to take on bigger challenges. Learn how to land advanced tricks like ollies, kickflips, and grinds while exploring ramps, ledges and rails with confidence. Our instructors break down technique and style, focusing on balance, timing and foot placement so you can ride smoother, higher and stronger. This class is all about pushing limits, building confidence and unlocking the next level of skatepark skills!

**Age: 6/up**

39854	M	3/30-4/27	5:00-5:50 PM	\$95/\$120
39860	Su	4/5-5/3	11:00-11:50 AM	\$95/\$120
Rockville Skate Park/Austin				
39845	Tu	3/31-4/28	6:00-6:50 PM	\$95/\$120
39843	Th	4/2-4/30	6:00-6:50 PM	\$95/\$120
39844	Th	4/2-4/30	5:00-5:50 PM	\$95/\$120
39858	F	4/3-5/1	5:00-5:50 PM	\$95/\$120
39857	F	4/3-5/1	6:00-6:50 PM	\$95/\$120
39840	Sa	4/4-5/2	10:00-10:50 AM	\$95/\$120
Rockville Skate Park/Louis-Charles				

**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: 5-7**

39979	Sa	4/11-5/16	10:00-10:50 AM	\$70/\$85
King Farm Park				

**Age: 6-8**

39976	Th	4/9-5/14	6:00-6:50 PM	\$70/\$85
Falls Grove Park				
39974	M	4/13-5/18	6:00-6:50 PM	\$70/\$85
Welsh Park				

**Laskar Pickleball Group Lessons Kids Pickleball**

A fun and engaging introduction to pickleball for young players. Participants learn paddle control, basic strokes, movement and rallying through interactive drills and games. Emphasis is placed on coordination, teamwork and learning the rules in a supportive environment. Taught by USTA 2025 Provider Champion coaches — Laskar Pickleball.

**Age: 6-9**

39250	Tu	4/7-4/28	5:00-6:00 PM	\$100/\$110
39248	Tu	5/19-6/9	5:00-6:00 PM	\$100/\$110
Welsh Park/Laskar Tennis				

**Laskar Tennis Group Lessons**

**Ace Kids Tennis Level 1**

This beginner tennis program is designed to introduce young players to the sport in a fun, structured and encouraging environment. Players learn proper stroke fundamentals, basic rallying, footwork and court awareness through age-appropriate drills and engaging games. Emphasis is placed on building coordination, confidence and consistency while developing a love for tennis.

Taught by USTA 2025 Provider Champion coaches — Laskar Tennis.

**Age: 6-9**

39215	M	4/6-4/27	5:00-6:00 PM	\$100/\$110
39212	M	5/18-6/15	5:00-6:00 PM	\$100/\$110
King Farm Park/Laskar Tennis				

**Ace Kids Tennis Level 2**

This class is designed for kids who have some tennis experience and are ready to build on their skills in a supportive, encouraging environment. Players work on improving stroke technique, rally consistency, movement and court awareness through fun drills and live-ball activities. Sessions also introduce simple point play and game situations to help players gain confidence and enjoy applying what they've learned. Taught by USTA 2025 Provider Champion coaches — Laskar Tennis.

**Age: 6-9**

39219	W	4/8-4/29	5:00-6:00 PM	\$110/\$120
39208	W	5/20-6/10	5:00-6:00 PM	\$110/\$120
Dogwood Park/Laskar Tennis				

**Kids Tennis – Games, Rally & Match Play**

This class emphasizes applying tennis skills in a fun, game-based environment rather than formal instruction. Players focus on rallying, scoring, point play and tennis games designed to build confidence and competitiveness. A great complement to weekday instructional classes or a fun standalone weekend option. Taught by USTA 2025 Provider Champion coaches — Laskar Tennis.

**Age: 6-9**

39211	Su	4/12-5/3	10:00-11:00 AM	\$100/\$110
39222	Su	5/24-6/14	10:00-11:00 AM	\$100/\$110
Woodley Gardens Park/Laskar Tennis				

**\*NEW\* Team Handball**

Try one of the world's most exciting team sports! Outdoor Team Handball is a fast-paced, high-energy game that blends elements of soccer, basketball and hockey. Popular across Europe and played worldwide, this sport emphasizes teamwork, movement and nonstop action. Participants will learn the basics of passing, shooting, defense and game play through fun drills and small-sided games in an outdoor setting. No prior experience is needed — just come ready to be active, try something new and have fun while discovering a sport enjoyed around the globe.

**Outdoor 4th-5th Grades**

40011	Th	4/9-5/14	5:30-6:30 PM	\$50/\$60
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**Tennis (Adult/Child)**

Tennis is more fun with family! In this class, parents and kids learn tennis fundamentals side by side, playing games and practicing skills in a friendly, supportive environment. It's the perfect way to have fun, stay active and spend quality time together. Price includes one parent and one child; register the child only. Adults should bring a racket; all other equipment is provided.

**Age: 6-10**

40420	M	4/6-5/11	5:00-5:50 PM	\$121/\$131
Falls Grove Park/Z. Yargici				
39229	W	4/8-5/13	5:00-5:50 PM	\$121/\$131
Falls Grove Park/Z. Yargici				
39232	F	4/10-5/15	5:00-5:50 PM	\$121/\$131
King Farm Park/Z. Yargici				
39231	F	4/10-5/15	6:00-6:50 PM	\$121/\$131
King Farm Park/Z. Yargici				
39233	Sa	4/11-5/16	5:00-5:50 PM	\$121/\$131
Falls Grove Park/Z. Yargici				

**Age: 10-12**

40421	M	4/6-5/11	6:00-6:50 PM	\$121/\$131
Falls Grove Park/Z. Yargici				
39230	W	4/8-5/13	6:00-6:50 PM	\$121/\$131
Falls Grove Park/Z. Yargici				

**Tennis – Net Generation I**

Jump into tennis the fun way! Following USTA's Net Generation standards, this class introduces kids to the game using smaller courts, softer balls and junior-sized rackets for an easy-to-learn, engaging experience. Participants will learn proper grip, basic strokes and enjoy a variety of tennis-related games that build skills and confidence on the court. Bring a water bottle and racket if you have one, otherwise, a junior racket will be provided.

**Age: 5-7**

39199	Tu	4/7-5/12	5:00-5:50 PM	\$86/\$96
Montrose CC and Park/Z. Yargici				
40414	F	4/10-5/15	5:00-5:50 PM	\$86/\$96
Dogwood Park/Devine				
39200	Sa	4/11-5/16	3:00-3:50 PM	\$86/\$96
Falls Grove Park/Z. Yargici				
39201	Sa	4/11-5/16	9:00-9:50 AM	\$86/\$96
King Farm Park/Z. Yargici				

**Tennis – Net Generation II**

Ready to step up your tennis game? In this class, kids will practice and improve groundstrokes, rally skills and court coverage — all while meeting new friends in a fun, active environment! Play games that help you learn strategy and technique, all at a pace that matches your skill level. Bring a water bottle and your own racket if you have one — don't worry if you don't, we've got junior rackets ready for you!

**Age: 8-10**

39193	Tu	4/7-5/12	6:00-6:50 PM	\$86/\$96
Montrose CC and Park/Z. Yargici				
39198	Th	4/9-5/14	5:00-5:50 PM	\$86/\$96
Montrose CC and Park/Z. Yargici				
40415	Th	4/10-5/15	6:00-5:50 PM	\$86/\$96
Dogwood Park/Devine				
39202	Sa	4/11-5/16	10:00-10:50 AM	\$86/\$96
King Farm Park/M. Yargici				
39197	Sa	4/11-5/16	4:00-4:50 PM	\$86/\$96
Falls Grove Park/Z. Yargici				

**Tennis Skills and Drills I**

Ready to level up your tennis game? This class helps you sharpen key skills like proper grip, racket prep and swing path while keeping you moving with fun drills and games. Improve your technique, stay active and have a blast on the court! Don't forget your racket and water bottle — let's hit it!

**Age: 9-12**

39192	Th	4/9-5/14	6:00-6:50 PM	\$86/\$96
Montrose CC and Park/Z. Yargici				
39189	Sa	4/11-5/16	11:00-11:50 AM	\$86/\$96
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**

40050	Th	4/16-5/21	6:00-7:20 PM	\$130/\$140
40048	Sa	4/18-5/23	11:00 AM-12:00 PM	\$130/\$140

**Age: 10-13**

40049	Th	4/16-5/21	7:20-8:40 PM	\$130/\$140
40046	Sa	4/18-5/23	12:20-1:40 PM	\$130/\$140

Rockville Fencing Academy/Sacks

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

**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**

40065	M, W	4/13-5/13	6:15-7:00 PM	\$160/\$170
40067	Tu, Th	4/14-5/14	4:45-5:30 PM	\$160/\$170
40040	Sa	4/18-5/16	11:00-11:45 AM	\$80/\$90

Kicks Karate

**School Break Programs**

**Rock-Ventures**

Join Rock-Ventures for a double header of fun at Zava Zone then Top Golf! This trip includes: Entry fee, lunch, transportation and supervision by City of Rockville staff. Please drop your child(ren) off by 9 a.m. The bus departs at 9:30 a.m. from the Rockville Skate Park.

**Age: 8-15**

40435	W	4/15	9:00 AM-3:30 PM	\$88/\$98
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Rockville Skate Park

**April is Autism Acceptance Month**

Join Montgomery Parks in celebrating Autism Acceptance Month with a fun-filled, family-friendly event open to everyone!

**April 18**  
**11 a.m – 2 p.m.**

Wheaton Regional Park  
2000 Shorefield Road, Wheaton, MD

For more information visit [mocoparks.org/shinebrighter](http://mocoparks.org/shinebrighter) or scan the QR code



Rockville Resident Registration: March 3

# LAST CHANCE: LEAGUES NOW FORMING!



## SPACE IS LIMITED

<b>Co-Ed T-Ball</b>		
T-Ball	Grade: Pre-K-Kindergarten	#39095
Coach Pitch Baseball	Grades 1-2	#39100
<b>Co-Ed Soccer</b>		
Ankle Biters	Grade: Pre-K	#39106
Tiny Kicks	Grade: K	#39107
Strikers	Grade: 1	#39108
Pee Wee	Grade: 2-3	#39109
Bantam	Grade: 4-5	#39110
<b>Co-Ed Track and Field</b>		
	Kindergarten-Grade 2	#39101
	Grades 3-4	#39103
	Grade 5-6	#39104
	Grades 7-8	#39105
<b>NFL Flag Football</b>		
Instructional	Co-ed K-1	#39121
Co-ed	Grades 2-3	#39115
Boys	Grades 4-5	#39117
Girls	Grades 4-5	#39118
Boys	Grades 6-8	#39119
Girls	Grade 6-8	#39120

**FOR MORE INFORMATION:**  
**sports@rockvillemd.gov**  
**240-314-8620**  
[rockvillemd.gov/recreation/sports](http://rockvillemd.gov/recreation/sports)

**RBBA – Baseball and Girls Softball leagues**  
**go to [rbba.org](http://rbba.org)**  
**for more information**

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

General Registration: March 5

rockvillemd.gov/registration | 25



# CROYDON CREEK NATURE CENTER

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 the website.

## Follow us on:



@croydoncreek

### City Nature Challenge

Be part of a global effort to observe and document local wildlife during the City Nature Challenge. Join CCNC staff for a guided walk through the forest preserve, where naturalists will show you how to use the iNaturalist app to record plants and animals big and small. Children must be accompanied by an adult.

#### Age: 6/up

39958 Sa 4/25 9:00-10:00 AM Free  
Croydon Creek Nature Center

### \*NEW\* Gentle Explorers

Designed for young children and their caregivers, this nature program encourages slowing down and experiencing the outdoors together. Through sensory awareness activities, gentle movement and guided observation, participants will explore nature in a calm and supportive setting. Time will be spent outdoors fostering curiosity, focus and a deeper connection to the natural world. Inspired by the Little Explorers program, this class emphasizes calm, sensory-based exploration with friends from Moduza Journeys.

#### Age: 2-5

39966 Sa 3/28 10:00-11:00 AM \$10/\$12  
39967 Sa 4/25 10:00-11:00 AM \$10/\$12  
Croydon Creek Nature Center

### \*NEW\* Let's Bee Friends

Discover the fascinating lives of honeybees and native bees — tiny pollinators with a huge impact. Through hands-on activities and creative exploration, kids will get a closer look at how bees support our world and ways we might support them in return. Build a cozy home for mason bees, craft a seed bomb to take home and explore the sweet side of pollination with a honey tasting experience. Adult participation required. One bee house per registered child.

#### Age: 6-12

39960 Sa 4/11 1:30-3:00 PM \$12/\$15  
Croydon Creek Nature Center

### Little Explorers

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

#### Age: 2-5

39953 W 4/1 10:00-11:00 AM \$10/\$12  
39954 Sa 4/11 10:00-11:00 AM \$10/\$12  
39955 W 5/13 10:00-11:00 AM \$10/\$12  
39956 Sa 5/23 10:00-11:00 AM \$10/\$12

Croydon Creek Nature Center

### \*NEW\* Little Sprouts

Designed especially for the youngest naturalists, this toddler program introduces children to nature through circle time, sensory activities and free play. Children and their caregivers will explore together at a relaxed pace while learning about springtime and baby animals in a playful, age-appropriate way.

#### Age: 18m-3y

39962 Th 4/9 10:00-10:45 AM \$8/\$10  
Croydon Creek Nature Center

Croydon Creek Nature Center's

# Native Plant Sale

Saturday, May 2 • 9-11 a.m.  
*(while supplies last)*  
Elwood Smith Community Center  
601 Harrington Road • Rockville, MD 20852  
*Plant native this spring!*

**Nature Journaling for Adults**

Discover a deeper connection to the natural world through the art of nature journaling. This adult workshop invites participants to slow down and observe their surroundings with intention in a supportive group setting. Using a provided starter nature journal, learn simple journaling techniques and spend time outdoors capturing and sharing seasonal details through writing, drawing and reflection. Each session offers a unique prompt for journaling in a different natural setting. Sessions are facilitated by Moduza Journeys.

**Age: 16/up**

39964 Su 4/12 10:00 AM-12:00 PM \$15/\$18  
Croydon Creek Nature Center

39965 Su 5/17 10:00 AM-12:00 PM \$15/\$18  
Woodley Gardens Park

**\*NEW\* Sparks and S'mores**

This fun and interactive campfire program will teach young outdoor enthusiasts the basics of building a safe and successful campfire. Once the fire is crackling, whip up classic campfire treats — including ooey-gooey s'mores! This program is perfect for sparking curiosity, building confidence and sharing sweet moments around the fire.

**Age: 6-10**

39959 Su 5/3 1:30-3:00 PM \$10/\$12  
Croydon Creek Nature Center

**Spring Family Hike**

Enjoy a casual spring hike for families of all ages. Explore signs of spring at an easy pace with plenty of time to observe, ask questions and enjoy the outdoors together. All participants must register.

**Age: 4/up**

39961 Su 4/19 11:30 AM-12:30 PM \$5/\$6  
Croydon Creek Nature Center

**Croydon Creek Nature Center**  
**VOLUNTEER FOR THE ENVIRONMENT**  
852 Avery Road • 240-314-8770

**Garlic Mustard Pull**  
Sunday, April 26, 1:30-3:30 p.m.  
Register for course #39957

Join the citywide effort to remove invasive garlic mustard from Rockville's parks! Naturalists will be on hand to help participants identify and properly remove target plants. Gloves and bags are provided, and Student Service Learning (SSL) hours are available.



**SPRING FESTIVAL AND KIDS TO PARKS DAY CELEBRATION**

**Saturday, May 16**  
**10 a.m.-Noon**  
**FREE Event**

**Celebrate Kids to Parks Day with a fun-filled Spring Festival at Croydon Creek Nature Center! Bring the whole family for games, crafts, woodland hikes, live animal meet-and-greets, sustainability exhibits and more!**

852 Avery Rd. (off Baltimore Road), Rockville, MD 20851 • 240-314-8770 • [rockvillemd.gov/croydoncreek](http://rockvillemd.gov/croydoncreek)

**\*NEW\* Vernal Equinox Campfire**

Celebrate the start of spring with a Vernal Equinox Campfire at Croydon Creek. Gather around the fire to learn about the equinox and what it means for the changing seasons, then enjoy making a delicious campfire treat. All participants must register.

**Age: 5/up**

39963 Sa 3/21 7:00-8:00 PM \$5/\$7  
Croydon Creek Nature Center



**Volunteer for the Environment**

Roll up your sleeves and help care for the natural areas of the community! Volunteers work in the Hayes Forest Preserve on hands-on environmental projects and can earn Student Service Learning (SSL) hours. All supplies are provided. Events are free; registration required. Meet at the nature center.

**Garlic Mustard Pull**

**Age: 8/up**

39957 Su 4/26 1:30-3:30 PM Free  
Croydon Creek Nature Center



**General Registration: March 5**

# PARTY ON THE WILD SIDE



at Croydon Creek Nature Center!

*Celebrate your child's special day with a one-of-a-kind nature adventure!*

## Birthday Party Themes

### Classic Party

**Ages 3+, available year round**  
Maximum child guests: 25\*  
Meet three of the center's animal ambassadors and take a guided walk through the forest with a center naturalist 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\*  
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  
Gather around a real campfire for an interactive, 30-minute wildlife program. Staff will start the fire and supply the marshmallows and roasting sticks. Weather dependent — if needed, we'll switch to a Classic Party.

## 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](mailto:ccnc@rockvillemd.gov).



# TEENS

## Arts, Dance and Enrichment

### Adventure Theatre Workshop: Contemporary Musical Theatre

This high-energy musical theater workshop invites teens of all experience levels to sing, dance, and perform while building confidence and stage presence. Students will learn choreography, ensemble work, vocal technique and essential theater terminology while exploring scripts, characters, and performance skills with a gifted teaching artist. The class concludes with a short performance on the final day, giving students a chance to shine on stage.

#### Age: 11-15

40056 Tu 4/7-5/26 5:30-6:30 PM \$140/\$150  
Rockville Senior Center



## 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 local fishin' holes! No prior fishing experience is necessary. Fishing rods, bait and hooks are provided.

#### Age: 8-14

39717 Th 4/9-4/30 4:00-6:00 PM \$75/\$85  
Rockville Skate Park

### Twinbrook Teen Scene

Unlock the potential within your teen with Teen Scene, an exciting and enriching afterschool program designed exclusively for teenagers! This program offers a dynamic blend of activities that foster personal growth, creativity and meaningful connections. Activities include homework assistance, community service (SSL opportunities), arts, sports and more! Transportation is available from Julius West and Wood middle schools. Program does not meet on MCPS early release days.

#### Grades: 6-8

39066 M-F 4/7-5/15 3:00-6:30 PM \$75/\$85  
39067 M-F 5/18-6/17 3:00-6:30 PM \$75/\$85  
Twinbrook CRC/

## 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.



**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**  
 40192 Tu 4/21-6/9 12:00-1:00 PM \$105/\$123  
 40191 Th 4/23-6/11 12:00-1:00 PM \$105/\$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 overall fitness or support sport-specific training. Bring a water bottle and a mat for some floor exercises.

**Age: 13-18**  
 40148 M 4/20-6/8 7:00-8:00 PM \$75/\$90  
 Rockville Swim and Fitness Center/Stokes

**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**  
 40195 Sa 4/24-6/13 10:40-11:40 AM \$89/\$107  
 Rockville Swim and Fitness Center/Honts



**School Break Programs**

**Rock-Ventures**

Join Rock-Ventures for a double header of fun at Zava Zone then Top Golf! This trip includes: Entry fee, lunch, transportation and supervision by City of Rockville staff. Please drop your child(ren) off by 9 a.m. The bus departs at 9:30 a.m. from the Rockville Skate Park.

**Age: 8-15**  
 40435 W 4/15 9:00 AM-3:30 PM \$88/\$98  
 Rockville Skate Park

**Sports – Instructional**

**Group Skateboard & Rollerblade Lessons**

**Rollerblade – Rookie**

Get ready to glide! Designed for kids and teens new to rollerblading, these classes focus on the essential skills needed to skate safely and confidently. Participants will learn how to stand, push, stop and turn, while developing balance, coordination and control. Safety gear, including helmets and pads, is emphasized, along with proper falling techniques. Instructors provide personalized support to help every skater progress at their own pace, making these classes the perfect introduction to the fun world of rollerblading.

**Age: 6/up**  
 39841 M 3/30-4/27 4:00-4:50 PM \$95/\$120  
 40370 Tu 3/31-4/28 4:00-4:50 PM \$95/\$120  
 39846 Tu 3/31-4/28 6:00-6:50 PM \$95/\$120  
 Rockville Skate Park/Besley



**SKATEBOARDING Lessons**

Learn to skate at the new Rockville Skate Park!

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](mailto:skatepark@rockvillemd.gov)  
 or call 240-314-8639 for more information.

355 Martins Lane, Rockville, MD 20850  
 240-314-8620 • [rockvillemd.gov/skatepark](http://rockvillemd.gov/skatepark)

**Rollerblade – Semi Pro**

Take your blading skills up a notch! These classes are designed for skaters who feel comfortable on their blades and are ready to level up. Participants will learn more advanced moves and techniques, from spins and grinds to tackling ramps, rails and ledges with confidence. Instructors will focus on balance, coordination, timing and style—helping you master smooth landings and controlled tricks. This class is perfect for youth who want to push their skills, build confidence and shred the skatepark like a pro!

**Age: 6/up**  
 39859 M 3/30-4/27 5:00-5:50 PM \$95/\$120  
 39836 Tu 3/31-4/28 5:00-5:50 PM \$95/\$120  
 Rockville Skate Park/Besley

# Summer Jobs

**Apply here** Are you looking for an exciting summer job?



We have a variety of shifts available between June 22 and Aug. 21.

- Activity leaders must be at least 16 years of age, enjoy being active and working with children.
- Camp directors must be at least 21 years of age, enjoy and have experience working with children and have experience in a child care, camp or school setting.
- Paid training provided.



**Skateboard – Rookie**

Start your skateboarding journey on the right foot! Rookie classes are designed for beginners to learn the foundational skills and safety essentials needed to enjoy skateboarding with confidence. Participants will explore the basic components of a skateboard, learn proper stance and practice pushing, gliding, turning and stopping. Safety is a top priority — students are guided on helmet use and proper falling techniques to minimize injuries. With personalized instruction and supportive coaching, these classes are perfect for anyone brand new to skateboarding who wants to build balance, confidence and a love for riding.

**Age: 6/up**

39861	M	3/30-4/27	4:00-4:50 PM	\$95/\$120
39851	Su	4/5-5/3	10:00-10:50 AM	\$95/\$120
39838	Su	4/5-5/3	12:00-12:50 PM	\$95/\$120

Rockville Skate Park/Austin

39856	Tu	3/31-4/28	5:00-5:50 PM	\$95/\$120
39839	F	4/3-5/1	4:00-4:50 PM	\$95/\$120
39848	Sa	4/4-5/2	12:00-12:50 PM	\$95/\$120
39852	Sa	4/4-5/2	11:00-11:50 AM	\$95/\$120

Rockville Skate Park/Louis-Charles

**Skateboard – Semi-Pro**

Ready to step up your skate game? These classes are designed for skaters who already know the basics and are ready to take on bigger challenges. Learn how to land advanced tricks like ollies, kickflips, and grinds while exploring ramps, ledges and rails with confidence. Instructors break down technique and style, focusing on balance, timing and foot placement so you can ride smoother, higher and stronger. This class is all about pushing limits, building confidence and unlocking the next level of skate park skills!

**Age: 6/up**

39854	M	3/30-4/27	5:00-5:50 PM	\$95/\$120
39860	Su	4/5-5/3	11:00-11:50 AM	\$95/\$120

Rockville Skate Park/Austin

39845	Tu	3/31-4/28	6:00-6:50 PM	\$95/\$120
39843	Th	4/2-4/30	6:00-6:50 PM	\$95/\$120
39844	Th	4/2-4/30	5:00-5:50 PM	\$95/\$120
39858	F	4/3-5/1	5:00-5:50 PM	\$95/\$120
39857	F	4/3-5/1	6:00-6:50 PM	\$95/\$120
39840	Sa	4/4-5/2	10:00-10:50 AM	\$95/\$120

Rockville Skate Park/Louis-Charles

**Laskar Pickleball Group Lessons**

**Teen Pickleball Level 1**

A beginner-friendly pickleball program for teens focused on skill development and game understanding. Players learn proper paddle technique, serving, returning, dinking, volleys and basic strategy. Sessions balance instruction with live play to build confidence and consistency. Taught by USTA 2025 Provider Champion coaches — Laskar Pickleball.

**Age: 10-16**

39253	Tu	4/7-4/28	6:00-7:00 PM	\$100/\$110
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Welsh Park/Laskar Tennis

39251	W	5/19-6/9	3:15-4:15 PM	\$100/\$110
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Julius West Middle School/Laskar Tennis

39249	Tu	5/19-6/9	6:00-7:00 PM	\$100/\$110
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Welsh Park/Laskar Tennis

**Teen Pickleball Level 2**

An intermediate pickleball class designed for teens with prior experience. Focus areas include shot selection, transition footwork, third-shot drops and drives and match strategy. Sessions include structured drills and competitive point play. Taught by USTA 2025 Provider Champion coaches — Laskar Pickleball.

**Age: 10-16**

39252	Th	5/20-6/10	3:15-4:15 PM	\$110/\$120
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Julius West Middle School/Laskar Tennis

**Laskar Tennis Group Lessons**

**Ace Teens Tennis Level 1**

A beginner-friendly tennis class for teens who are new to the sport or returning after time away. Players develop sound technique on all major strokes while learning rallying skills, movement patterns and basic point play. Sessions are structured yet supportive, helping teens progress at a comfortable pace while building confidence on the court. Taught by USTA 2025 Provider Champion coaches — Laskar Tennis.

**Age: 10-16**

39217	M	4/6-4/27	6:00-7:00 PM	\$100/\$110
39207	M	5/18-6/15	6:00-7:00 PM	\$100/\$110

King Farm Park/Laskar Tennis

**Ace Teens Tennis Level 2**

A progression-based tennis program for teens who are comfortable with basic strokes and rallying. This class focuses on improving consistency, footwork, shot selection and overall confidence during live play. Players participate in a mix of drills and point play designed to help them continue developing while enjoying a positive, team-oriented training environment. Taught by USTA 2025 Provider Champion coaches — Laskar Tennis.

**Age: 10-16**

39216	W	4/8-4/29	6:00-7:00 PM	\$110/\$120
39218	W	5/20-6/10	6:00-7:00 PM	\$110/\$120

Dogwood Park/Laskar Tennis

**Middle School Volleyball**

This co-ed volleyball clinic for participants in grades 6-8 is designed for players who are new to the game as well as those looking to strengthen and refine their skills. Athletes will build confidence and improve technique through a mix of instructional drills, skill-based activities, game play and scrimmages. The program focuses on developing passing, setting, hitting, blocking, returning and team strategy, while reinforcing game rules and on-court decision-making. This fun and energetic clinic provides a supportive environment for beginner and intermediate players to grow their skills and enjoy the game of volleyball.

**Grades: 6-8**

**Beginner**

39969	M	4/20-6/15	6:00-8:00 PM	\$99/\$119
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**Intermediate**

39968	Tu	4/21-6/9	6:00-8:00 PM	\$99/\$119
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Broome Gym and Athletic Park

**\*NEW\* Team Handball**

Try one of the world's most exciting team sports! Outdoor Team Handball is a fast-paced, high-energy game that blends elements of soccer, basketball and hockey. Popular across Europe and played worldwide, this sport emphasizes teamwork, movement and nonstop action. Participants will learn the basics of passing, shooting, defense and game play through fun drills and small-sided games in an outdoor setting. No prior experience is needed—just come ready to be active, try something new and have fun while discovering a sport enjoyed around the globe.

**Grades: 6-8**

40012	Th	4/9-5/14	6:30-7:30 PM	\$50/\$60
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Welsh Park

**Tennis Skills and Drills II**

Ready to up your tennis game? This class is all about improving your strokes, rally skills and overall court confidence while having fun! You'll also learn how to keep score for singles and doubles, all at a pace that matches your skill level. Classes include two rain dates and any canceled sessions will be made up for up to two weeks after the last scheduled date. Bring your racket, grab a water bottle and get ready to hit the court!

**Age: 12-15**

39206	Sa	4/11-5/16	12:00-1:10 PM	\$96/\$106
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King Farm Park/M. Yargici

# DONATE TO THE Rockville Recreation Fund

This scholarship fund provides financial assistance to those who would not otherwise be able to participate in Rockville's programs and activities. Send a check, add up when registering for programs or donate online at [rockvillemd.gov/registration](http://rockvillemd.gov/registration).

**Online Donation Course #s**

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

- Click "Log In" or create an account.
- Enter the course number with the desired amount.
- 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  
111 Maryland Ave., Rockville, MD 20850



HELMET REQUIRED TO SKATE. LIMITED RENTALS AVAILABLE

# ROCKVILLE SKATE JAM

## April 18

Rain Date: April 19

### 5<sup>th</sup> ANNUAL

### 9 a.m. - 5 p.m.

Master of Ceremony:

## AJ Kohn

### FREE EVENT

Scan to Register



### SKATEBOARD COMPETITIONS MORNING YOGA • FOOD VENDORS RAFFLES • MUSIC BY LIVE DJ



Rockville Skate Park • 355 Martins Lane • Rockville, MD 20850

skatepark@rockvillemd.gov • 240-314-8620

rockvillemd.gov/skatepark



# 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

(excludes fitness memberships)

\$90 Residents

\$105 Nonresidents

Learn more about our fitness memberships on page 48-50.

### Hours subject to change. Check website for updates.

A CENTER MEMBERSHIP OR DAILY PASS IS REQUIRED TO PARTICIPATE.

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

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



# ADULTS

## Arts, Dance and Enrichment

### Partner Dancing

Get ready to cha-cha into spring! This social dance class is perfect for couples looking to learn a new hobby or wedding pairs preparing for their first dance. Explore a different partner dance each week, like foxtrot, salsa and swing. No prior experience is needed. Returning students welcome. Pairs are strongly recommended but dancers may register at the instructor's discretion.

**Age: 18/up**  
 40019 Tu 4/14-6/9 7:30-8:30 PM \$125/\$135  
 Thomas Farm CC/Polinger

### Sewing Together (Adult/Child)

This unique workshop is designed to bring families together through the art of sewing. Over the course of three hours, pairs will learn sewing basics, practice hands-on techniques and work side by side to create matching or complementary projects. Not just a sewing class — a bonding experience filled with creativity, laughter and the joy of making something together. Price includes one adult and one child. All material is provided and no sewing experience is needed.

**Age: 7/up**  
 40376 5/16 12:00-3:00 PM \$140/\$150  
 Thomas Farm CC

### Creative Studio: Art Making and History

Unleash your inner artist and explore all that makes you unique through the creative process. We will use a variety of art materials: paint, pastel, collage and mixed-media. Each class will have an introduction to the art project, journaling, creating and sharing. All levels welcome.

**Age: 18/up**  
 40015 W 4/8-6/3 12:30-1:30 PM \$109/\$119  
 Thomas Farm CC/Rizzo

### \*NEW\* Social Line Dancing

Dance with Rockville! Spend an hour learning the oldest and newest party line dances, such as the Electric Slide and Boots on the Ground. Step, slide and strut to popular hip-hop, country and pop songs.

**Age: 16/up**  
 40029 F 4/10-5/29 6:30-7:30 PM \$79/\$89  
 Thomas Farm CC/Lyles

### Social Salsa

Spice up your week with the rhythm and energy of salsa! Meet new people, laugh, and dance your way to a great time — no partner needed. Just bring your dancing feet and get ready to move, mingle and make memories!

**Age: 16/up**  
 40388 Tu 4/10-6/12 6:30-7:30 PM \$125/\$135  
 Twinbrook CRC/Anderson

## 4 on the Floor<sup>SM</sup> Dog Training

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 [4onthefloor.dog](http://4onthefloor.dog) for more information. Proof of vaccination is required for all dogs enrolling in classes.

### Basic Manners

Designed for dogs who have had previous training, but need a refresher or who want to learn to work in a classroom setting. Class will cover four behaviors in four weeks, including recalls, loose leash walking, down/stay and polite greetings.

**Age: 16/up**  
 40100 W 4/15-5/6 7:30-8:30 PM \$285/\$295  
 40101 W 5/20-6/10 6:00-7:00 PM \$285/\$295  
 Elwood Smith Park/Citrin

### Catch Up Your Pup(py)!

Missed Puppy Class? We have you covered! Designed for “pandemic pups” who missed their training. 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.

**Age: 16/up**  
 40379 W 4/15-5/13 6:00-7:15 PM \$300/\$310  
 40105 W 5/20-6/10 7:30-8:45 PM \$300/\$310  
 Elwood Smith Park/Citrin

### CGC Prep

This intense six-week Canine Good Citizen Advantage course will prepare you and your dog for both the Canine Good Citizen test AND 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 participate in many other dog sports and activities.

**Age: 16/up**  
 40114 Th 4/23-5/28 6:00-7:15 PM \$365/\$375  
 Elwood Smith Park/Citrin

### Rally Obedience

A fun class that helps with attention, communication, and leash walking skills in general. Build your skills and learn how to read new rally signs. Engaging game that encourages you to talk with your pup, use cues, hand touches, fun sounds and, of course, lots of treats!

**Age: 16/up**  
 40112 M 4/6-4/27 6:00-7:00 PM \$325/\$335  
 Elwood Smith Park/Citrin

### Savvy

Game-based training class designed especially for adolescent and young adult dogs. Participants will advance their training skills while strengthening the bond between dog and owner, with a focus on behaviors that support Canine Good Citizen preparation and a well-mannered family companion. Dogs practice applying learned skills to real-life situations and build confidence for successful public outings and performances.

**Age: 16/up**  
 40113 Th 4/23-5/21 7:30-8:40 PM \$285/\$295  
 Elwood Smith Park/Citrin

### 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 to you. Cultivate collaboration and build self-confidence while offering mental and physical stimulation! A great class for dogs that are fearful or anxious or have some reactivity. Dogs of every age can participate and no prior training is necessary.

**Age: 16/up**  
 40103 M 4/6-4/27 7:30-8:30 PM \$300/\$310  
 Elwood Smith Park/Citrin



**Tap Dance**

Tired of the same old dance or fitness class? Shake things up — literally! Easy-to-follow steps and an encouraging vibe builds rhythm, coordination and confidence while getting a great workout. No experience? No problem! Have fun learning at your own pace. Tap into something new! Tap shoes required to participate

**Age: 16/up**

**Beginner Tap**

40017 Th 4/9-6/4 11:00 AM-12:00 PM \$120/\$130  
Thomas Farm CC/Swenton-Eppard

**Intermediate Tap**

40016 M 4/6-6/1 7:30-8:30 PM \$120/\$130  
Thomas Farm CC/Kunz

**\*NEW\* Line Dance & Tap Fusion**

40018 Th 4/9-6/4 12:00-1:00 PM \$120/\$130  
Thomas Farm CC/Swenton-Eppard

**Fitness**

**Body Sculpt**

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

**Age: 16/up**

40387 Tu 4/21-6/9 5:30-6:15 PM \$82/\$96  
Online/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**

40135 M 4/20-6/8 5:45-6:45 PM \$70/\$84  
Rockville Swim and Fitness Center/Rubin  
40128 W 4/22-6/10 5:45-6:45 PM \$82/\$96  
40142 F 4/24-6/12 5:45-6:45 PM \$82/\$96  
40125 F 4/24-6/12 9:15-10:15 AM \$82/\$96  
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**

40137 Tu 4/21-6/9 6:30-7:30 AM \$82/\$96  
40132 Th 4/23-6/11 6:30-7:30 AM \$82/\$96  
Rockville Swim and Fitness Center/Lam

**Rockville Resident Registration: March 3**

**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**

40127 Th 4/23-6/11 12:00-1:00 PM \$82/\$96  
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**

40126 M 4/20-6/8 12:00-1:00 PM \$70/\$84  
40136 Th 4/23-6/11 6:00-7:00 PM \$82/\$96  
Rockville Swim and Fitness Center/Ditullio

**General Registration: March 5**

**Cardio Mood Boost**

Energizing. Uplifting. Fun. Cardio Mood Boost combines easy-to-learn cardio sequences with high-energy music and positive, feel-good themes that will elevate your mindset! Enjoy the healing power of movement in a supportive environment. This class is designed for all fitness levels, includes low impact routines and modifications, keeping it accessible and enjoyable for all.

**Age: 16/up**

40023 W 4/22-6/3 7:30-8:30 PM \$95/\$105  
Thomas Farm CC/Shanker

**\*NEW\* Circuit 360**

A fast-paced, full-body workout that moves through exercise stations to perform a mix of strength and cardio with short rest periods. Sessions are flexible, allowing participants to adjust intensity to their fitness level. Effective for efficiently building endurance and increasing strength.

**Age: 18/up**

40227 F 4/17-6/5 7:30-8:15 AM \$69/\$79  
Twinbrook CRC/Waller

**\*NEW\* Intuitive Walking Club**

Move with more ease, awareness and strength, no matter your fitness level. Tune into the kinetic chain of your body. Focus on posture, alignment and strength so movement feels smoother and steadier. Explore new movements and better understand the ways bodies move best.

**Age: 16/up**

39259 M 3/23-4/13 10:00-11:00 AM \$16/\$26  
Redgate Park/Ericson

**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!

**Age: 16/up**

39026 M 4/20-6/15 7:30-8:15 AM \$115/\$125  
Thomas Farm CC/Ramsey

# ADULTS

## 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

39036 Tu 3/24-5/26 7:30-8:30 PM \$115/\$125  
Online/Pool

## 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

40192 Tu 4/21-6/9 12:00-1:00 PM \$89/\$107  
40191 Th 4/23-6/11 12:00-1:00 PM \$89/\$107  
Rockville Swim and Fitness Center/Kolanowski

## 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

39027 W 3/25-5/27 7:30-8:15 AM \$115/\$125  
Thomas Farm CC/Ramsey



## Strength & Stretch

Strength training exercises for all major muscle groups with stretching techniques to improve flexibility, muscle tone and overall fitness. Suitable for all fitness levels, from beginners to experienced athletes. Modifications available to accommodate varying abilities. Bring a mat; wear comfortable clothing.

### Age: 16/up

40123 W 4/22-6/10 12:00-1:00 PM \$82/\$96  
Rockville Swim and Fitness Center/Kolanowski  
40141 F 4/24-6/12 12:00-1:00 PM \$82/\$96  
Rockville Swim and Fitness Center/Stokes

## Thrive Yoga: Deep Delicious Stretch

This class blends active, repetitive movement with deep stretching to improve mobility, strength and overall restoration. Guided breathing techniques help reduce stress, while mindfulness and meditation practices support mental focus and presence. Participants leave feeling refreshed, balanced and re-energized.

### Age: 13/up

40390 Su 4/5-5/24 6:00-7:15 PM \$160/\$170  
Thrive Yoga

## Thrive Yoga: Fascia & Breathe

Unwind tension, unlock your breath and move like never before! In this energizing and restorative class, dive into the world of fascia. This all-levels practice blends feel-good myofascial release techniques using props, flowing breath-centered movement and long, satisfying stretches to hydrate tissues, expand lung capacity and restore mobility.

### Age: 13/up

40064 W 4/1-5/2 11:00 AM-12:00 PM \$160/\$170  
Thrive Yoga

## Thrive Yoga: Hatha Beginner

Enjoy a slower paced, alignment-focused practice that emphasizes mindful movement, steady breath, and intentional holds. Postures are approached one at a time, allowing space to build strength, improve flexibility and deepen body awareness. This class supports balance, stability and nervous system regulation, making it accessible for all levels and a great complement to more dynamic practices.

### Age: 16/up

40066 Sa 4/4-5/23 9:15-10:15 AM \$160/\$170  
Thrive Yoga

## Thrive Yoga: Hot 26

This heated yoga class (approximately 85°) features a structured sequence of 26 postures and breathing exercises designed to engage the entire body. Participants move through standing and floor postures.

### Age: 13/up

40070 F 4/3-5/22 5:00-5:55 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

40230 Tu 4/14-5/19 6:00-7:00 PM \$79/\$89  
40366 Th 4/16-5/21 6:30-7:30 PM \$79/\$89  
40367 Sa 4/18-5/30 8:30-9:30 AM \$79/\$89  
Thomas Farm CC/Ramsey

## \*NEW\* Train Your Way to a 5K

Whether training for that first race or a seasoned runner, this course incorporates strength training, agility exercises and proper running form to help you beat that personal record or just cross the finish line. Running shoes are required. Participants will run on treadmills in the Fitness Center.

### Age: 16/up

38923 S 4/26-6/14 8:30-9:30 AM \$70/\$84  
Rockville Swim and Fitness Center/Oakley

## Yin Yoga

Yin Yoga is a slow-paced 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

40185 W 4/22-6/10 9:15-10:15 AM \$105/\$123  
Rockville Swim and Fitness Center/Mendoza  
40183 Su 4/26-6/14 11:00 AM-12:00 PM \$89/\$107  
Rockville Swim and Fitness Center/Honts

# ADULTS GET FIT



## Check 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  
rockvillemd.gov/swimcenter

**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**

40038	M	4/6-6/8	1:00-2:15 PM	\$69/\$79
Thomas Farm CC/Neves				
40037	M	4/6-6/8	1:00-2:15 PM	\$69/\$79
Online/Neves				



**Rockville Pedestrian Advocacy Committee**

**RPAC Meeting**  
**Second Thursday of the month, 7 p.m.**

**Thursday, May 14, 6 p.m.**  
**Spring Neighborhood Walk**

RPAC meets monthly to discuss pedestrian issues and work with the city to help improve the walking and rolling environment for everyone in Rockville.

Meetings are held virtually.



**Spring Community Outdoor Yard Sale**

**Thomas Farm Community Center - Parking Lot**  
**Saturday, May 9**  
**8 a.m.-1 p.m.**

**It's springtime! Get into closets and basements, find treasures to sell and make easy money at Rockville's annual yard sale.**

Vendors must preregister with payment to secure a space. Payment holds one parking spot and one 6-by-3-foot table. Set-up time is 7-8 a.m. Only one table permitted per spot when providing own table. Table cannot exceed 6-by-3 feet. Rain date May 10. No weapons or food can be sold.

Free to the public to shop.

Interested vendors can purchase:

#40231 City provided table, \$35

#40232 Additional table, \$35

#40233 Bring your Own Table, \$25

(Only one BYOT table permitted per parking spot)

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

**Age: 16/up**

40043	Th	4/9-6/11	6:30-7:45 PM	\$89/\$99
Rockville Senior Center/Neves				
40042	Th	4/9-6/11	6:30-7:45 PM	\$89/\$99
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**

40036	M	4/6-6/8	6:00-7:15 PM	\$69/\$79
Thomas Farm CC/Neves				
40035	M	4/6-6/8	6:00-7:15 PM	\$69/\$79
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**

40202	Th	4/23-6/11	9:15-10:15 AM	\$105/\$123
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**

40208	Tu	4/21-6/9	9:15-10:15 AM	\$105/\$123
Rockville Swim and Fitness Center/Mendoza				
40182	Tu	4/21-6/9	7:00-8:00 PM	\$105/\$123
Rockville Swim and Fitness Center/Stokes				
40201	Sa	4/25-6/13	9:30-10:30 AM	\$89/\$107
Rockville Swim and Fitness Center/Chowdhury				

**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**

40207	W	4/22-6/10	7:00-8:00 PM	\$105/\$123
Rockville Swim and Fitness Center/Mendoza				

**Yoga Foundation**

Get ready to stretch, breathe and relax! Experience the joys and benefits of traditional yoga in a welcoming, stress-free space. Perfect for beginners, this class introduces essential poses, breathing techniques and deep relaxation to help you feel confident and balanced, body and soul. Don't forget: Bring a yoga mat and two yoga blocks — you'll need both to support your journey and get the most out of your practice!

**Age: 16/up**

40030	Th	4/23-6/11	6:30-7:30 PM	\$79/\$89
Twinbrook CRC/Morales				

**Yoga Power Flow**

Flow from one pose to the next through linked postures. A multilevel class but yoga experience is encouraged. Bring a mat and wear comfortable clothing.

**Age: 16/up**

40188	Su	4/26-6/14	9:45-10:45 AM	\$89/\$107
Rockville Swim and Fitness Center/Honts				
40393	M	4/20-6/8	9:15-10:15 AM	\$80/\$94
Rockville Swim and Fitness Center/Mendoza				

**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**

40124	Th	4/23-6/11	12:00 AM-7:05 PM	\$82/\$96
Rockville Swim and Fitness Center/Creel				

**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 high-energy popular music. Bring 1- or 2-pound weights.

Age: 16/up  
40392 Sa 4/24-6/13 11:30 AM-12:15 PM \$70/\$84  
Online/N. Ko, K. 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  
40047 Tu 4/14-5/26 7:00-8:20 PM \$130/\$140  
40051 Sa 4/18-5/23 2:00-3:20 PM \$130/\$140  
Rockville Fencing Academy/Sacks

**Tai Chi with Larry**

Study the principles and concepts of Yang Family Tai Chi in a supportive class setting. Learn the slow, even, gentle and large movements of this style that was first created about 200 years ago. Tai chi offers a wide range of benefits for physical and mental well-being, regardless of age or fitness level. Led by a patient and experienced instructor, these classes are perfect for all and offer personalized guidance to help improve balance, flexibility and inner calm at your own pace.

Age: 40/up  
**Beginner**  
40027 M 4/6-6/1 9:00-10:00 AM \$69/\$79  
Thomas Farm CC/Levine  
40028 Tu 4/7-5/26 6:30-7:30 PM \$69/\$79  
Twinbrook CRC/Levine  
**Intermediate**  
This class is designed for individuals who have attended the beginner tai chi class and also those who have previously studied “Yang” tai chi or another style of tai chi and wish to continue their training.  
Age: 16/up  
40026 M 4/6-6/1 10:00-11:00 AM \$69/\$79  
Thomas Farm CC/Levine

Register Early!

Suds & Soles 5K

Presented by  
City of Rockville Recreation & Parks | Montgomery County Road Runners Club

**Saturday, June 13**  
**7:30-9:30 p.m.**

**Rockville Town Center**

**The Suds & Soles 5K offers a race for the entire family!**

- Runs through neighborhood streets
- Post-race party with beer samples
- Live music
- Kids’ activities

Scan the QR code or visit [rockville.gov/sudsandsoles](http://rockville.gov/sudsandsoles) to register.



**ROCKVILLE BICYCLE ADVISORY COMMITTEE**

May as National Bike Month, promoted by the League of American Bicyclists, was established in 1956 to showcase the many benefits of bicycling.

- Saturday, May 2: Bike Month Kick-off Ride
- Wednesday, May 6: National Bike & Roll to School Day
- Friday, May 15: Bike to Work Day
- Wednesday, May 20: International Ride of Silence

*\*Montgomery County requires anyone under age 16 to wear a bicycle helmet when riding or being carried on a bicycle, including a bicycle with training wheels, on a public street, right-of-way, sidewalk or bicycle path in the county.*

[meetup.com/bike-rockville](https://www.meetup.com/bike-rockville) • [rockvillemd.gov/rbac](http://rockvillemd.gov/rbac)  
[rockvillebikerides@gmail.com](mailto:rockvillebikerides@gmail.com) • [facebook.com/bikerockville](https://www.facebook.com/bikerockville)

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

**Sports – Instructional**

**Adult Skateboard and Rollerblade Lessons**

It’s never too late to roll into something new! Whether dusting off old skills or its the first time, adult group lessons are designed to build confidence, balance and technique in a supportive, fun environment. Experienced instructors guide participants through the fundamentals, from pushing off and carving to stopping safely and nailing smooth turns.

**Rollerblade – All Levels**

Age: 18/up  
39842 M 3/30-4/27 6:00-6:50 PM \$95/\$120  
Rockville Skate Park/Besley

**Skateboard – All Levels**

Age: 18/up  
39847 M 3/30-4/27 6:00-6:50 PM \$95/\$120  
39853 M 3/30-4/27 7:00-7:50 PM \$95/\$120  
39850 Su 4/5-5/3 1:00-1:50 PM \$95/\$120  
Rockville Skate Park/Austin

**Laskar Pickleball Group Lessons**

**Adult Pickleball Level 1**  
A complete introduction to pickleball for adult beginners. Players learn all fundamental skills including serves, returns, dinks, volleys, court positioning and scoring. Ideal for new/beginner players or those transitioning from tennis. Taught by USTA 2025 Provider Champion coaches — Laskar Pickleball.

Age: 18/up  
39254 Tu 4/7-4/28 7:00-8:00 PM \$105/\$115  
39247 Tu 5/19-6/9 7:00-8:00 PM \$105/\$115  
Welsh Park/Laskar Tennis

**Adult Pickleball Level 2**

An intermediate pickleball class designed for players with prior experience. Focus areas include shot selection, transition footwork, third-shot drops and drives and match strategy. Sessions include structured drills and competitive point play. Taught by USTA 2025 Provider Champion coaches — Laskar Pickleball.

**Age: 18/up**

39256	Tu	4/7-4/28	8:00-9:00 PM	\$115/\$125
39255	Tu	5/19-6/9	8:00-9:00 PM	\$115/\$125

Welsh Park/Laskar Tennis

**Laskar Tennis Group Lessons**

**Adult Tennis Prime Time Level 1**

This class provides a complete introduction to tennis for adult beginners. Players learn all fundamental strokes, footwork, rallying and scoring in a welcoming, social environment. Perfect for adults new to tennis or looking to rebuild their fundamentals while enjoying active, engaging sessions. Taught by USTA 2025 Provider Champion coaches — Laskar Tennis.

**Age: 18/up**

39214	M	4/6-4/27	7:00-8:00 PM	\$105/\$115
39221	M	5/18-6/15	7:00-8:00 PM	\$105/\$115

King Farm Park/Laskar Tennis

**Adult Tennis Prime Time Level 2**

This intermediate-level class is designed for adults who already have tennis experience and want to improve consistency, strategy and match confidence. Players participate in higher-tempo drills, live-ball scenarios and guided point play focused on smarter shot selection and movement. Taught by USTA 2025 Provider Champion coaches — Laskar Tennis.

**Age: 18/up**

39226	W	4/8-4/29	7:00-8:00 PM	\$115/\$125
39213	W	5/20-6/10	7:00-8:00 PM	\$115/\$125

Dogwood Park/Laskar Tennis

**Adult Tennis Prime Time Level 3**

An advanced training session for experienced adult players seeking high-level practice. This class emphasizes tactical decision-making, advanced shot patterns, movement efficiency and competitive match scenarios. Sessions are fast-paced and challenging, designed for players who thrive in a performance-driven environment. Taught by USTA 2025 Provider Champion coaches — Laskar Tennis.

**Age: 18/up**

39228	W	4/8-4/29	8:00-9:00 PM	\$125/\$135
40371	W	5/20-6/10	8:00-9:00 PM	\$125/\$135

Dogwood Park/Laskar Tennis

**Adult Drill & Play**

A balanced tennis experience combining structured drills with guided match play. Sessions begin with coach-led drills focused on consistency, movement and shot selection, followed by organized point play. Ideal for adults who want to improve their skills while enjoying competitive rallies. Taught by USTA 2025 Provider Champion coaches — Laskar Tennis.

**Age: 18/up**

39220	Su	4/12-5/3	3:00-4:00 PM	\$110/\$120
39224	Su	5/24-6/14	3:00-4:00 PM	\$110/\$120

Woodley Gardens Park/Laskar Tennis

**Adult Open Play/Match Play**

A social, match-focused tennis program with minimal instruction. Coaches organize courts, rotations and match formats to ensure competitive and enjoyable play for all participants. Ideal for confident players who want to play matches in a relaxed and friendly environment. Facilitated by USTA 2025 Provider Champion coaches — Laskar Tennis.

**Age: 18/up**

39225	Su	4/12-5/3	4:00-5:00 PM	\$100/\$110
39223	Su	5/24-6/14	4:00-5:00 PM	\$100/\$110

Woodley Gardens Park/Laskar Tennis

**Pickleball – Outdoor**

Learn, play and enjoy the fast-growing sport of pickleball in a fun, social and active outdoor setting! Experienced instructors certified through the Professional Pickleball Association provide expert guidance for all skill levels.

**Beginner Level 1 (1.0-2.0)**

For players new to pickleball or with limited experience. Learn the fundamentals including serving, volleying, dinking, scoring and court positioning in a supportive, fun environment. Certified instructors focus on proper technique, safety and building confidence.

**Age: 16/up**

39237	Tu	4/7-4/21	12:15-1:30 PM	\$74/\$84
Mattie Stepanek Park/Rosen				
39246	W	4/8-4/22	5:30-6:45 PM	\$74/\$84
Mattie Stepanek Park/Cao				
39242	Th	4/9-4/23	7:30-8:45 PM	\$74/\$84
Welsh Park/Francis				
39236	Sa	4/11-4/25	2:15-3:30 PM	\$74/\$84
Mattie Stepanek Park/Cao				
39244	Su	4/12-4/26	8:00-9:15 AM	\$74/\$84
Mattie Stepanek Park/Rosen				
39238	M	4/13-4/21	7:00-9:00 PM	\$74/\$84
Mattie Stepanek Park/Rosen				

**Beginner Level 2 (2.5)**

For players with basic skills who can keep a rally going and understand scoring. This class emphasizes improving consistency, accuracy and shot placement, while introducing strategies for positioning and controlling the pace of the game.

**Age: 16/up**

39241	Tu	4/7-4/21	11:00 AM-12:15 PM	\$74/\$84
Mattie Stepanek Park/Rosen				
39234	Th	4/9-4/23	6:00-7:15 PM	\$74/\$84
Welsh Park/Francis				
39240	Sa	4/11-4/25	3:45-5:00 PM	\$74/\$84
Mattie Stepanek Park/Cao				
39239	Su	4/12-4/26	9:30-10:45 AM	\$74/\$84
Mattie Stepanek Park/Rosen				
39235	M	5/4-5/12	7:00-9:00 PM	\$74/\$84
Mattie Stepanek Park/Cao				

**Beginner League Prep (3.0-3.5)**

Congratulations! You've completed the beginner classes and are almost ready to join a league or tournament. In this class, certified instructors will help you refine fundamentals while focusing on proper court positioning, rules and scoring. Participants will practice hitting medium-paced forehands and backhands, as well as serving with depth, direction and consistency. This class is designed to prepare players for real game situations, build confidence and ensure competition readiness in a fun and supportive environment.

**Age: 16/up**

39243	W	4/8-4/22	7:00-8:15 PM	\$74/\$84
Mattie Stepanek Park/Cao				
39245	Sa	4/11-4/25	5:15-6:30 PM	\$74/\$84
Mattie Stepanek Park/Cao				

**Tennis for Adults/Teens**

**Beginner 0.0-1.4 NTRP Level**

This class is designed for players with little to no tennis experience. Participants will learn the fundamentals of tennis, including basic groundstrokes, serving, volleying, scoring and court positioning. Instruction focuses on building confidence, developing hand-eye coordination and learning how to consistently get the ball in play through fun drills and introductory game situations.

**Age: 16/up**

39194	M	4/6-5/11	6:00-6:50 PM	\$86/\$96
Twinbrook CRC/Devine				

**Beg./Novice 1.0-2.0 NTRP Level**

This blended class is designed for newer players progressing at different speeds. Instruction covers tennis fundamentals while gradually introducing more consistency, court movement and controlled rallying. Players will practice groundstrokes, serves and volleys, and begin applying skills in cooperative drills and beginner-level game situations.

**Age: 16/up**

39196	Tu	4/7-5/12	6:00-6:50 PM	\$86/\$96
Dogwood Park/M. Yargici				
39195	W	4/8-5/13	6:00-6:50 PM	\$86/\$96
Mattie Stepanek Park/Devine				

**National DEA Drug Take Back at Senior Center**  
 As part of the Drug Enforcement Administration National Drug Takeback initiative, bring unused, unwanted and expired medications and vitamins to Rockville city police officers for safe disposal. Pet medication is welcome. The following items are not accepted: needles, sharps or glass, combustibles such as albuterol inhalers and liquids such as peroxide and rubbing alcohol. Cough syrup and pastes are acceptable. No registration needed. Held at Rockville Senior Center.

**Age: All Ages**

39830	Tu	4/7	10:00 AM-12:00 PM	Free
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**Novice 1.5-2.0 NTRP Level**

Ideal for players who have some experience and are comfortable rallying at a slow pace. This class focuses on improving stroke mechanics, developing consistency and understanding basic singles and doubles positioning. Players will work on sustaining rallies, directional awareness and applying skills during structured game-play.

**Age: 16/up**

39205 M 4/6-5/11 7:00-8:15 PM \$96/\$106  
Twinbrook CRC/Devine

**Intermediate 2.5-3.5 NTRP Level**

Designed for players who can sustain rallies and are looking to improve control, shot placement and overall strategy. Instruction focuses on directional control, improved footwork, net play and court coverage. Players will work on both singles and doubles strategies and participate in more competitive drills and match-style play.

**Age: 16/up**

39203 Tu 4/7-5/12 7:00-8:15 PM \$96/\$106  
Dogwood Park/M. Yargici

**Int./Adv. 3.0-3.5 NTRP Level**

This class is designed for players who are fairly consistent with medium-paced shots and are ready to improve shot placement, depth, and overall court awareness. Instruction focuses on refining all strokes, developing directional control, improving footwork and net play, and applying effective singles and doubles strategies. Players will participate in competitive drills and match-style play to enhance consistency and confidence in game situations.

**Age: 16/up**

39204 W 4/8-5/13 7:00-8:15 PM \$96/\$106  
Mattie Stepanek Park/Devine



**Sports Leagues**

**5x5x5 Softball**

**What is “5 x 5 x 5” Softball?**

It’s a unique slow-pitch softball format where three teams compete in the same game. Instead of two teams alternating innings, the three teams rotate through batting, infield defense and outfield defense.

The name comes from:

5 players per team (minimum needed)

5 innings (length of the game)

5 weeks (plus playoffs)

3 teams rotating (so effectively 5x5x5 format)

**Age: 18/up**

**CoRec Tuesday – Individual**

40221 Tu 4/14-5/19 6:00-10:00 PM \$60/\$70

**CoRec Tuesday – Team**

40220 Tu 4/14-5/19 6:00-10:00 PM \$350/\$350

**Men’s Tuesday – Individual**

40219 Tu 4/14-5/19 6:00-10:00 PM \$60/\$70

**Men’s Tuesday – Team**

39999 Tu 4/14-5/19 6:00-10:00 PM \$350/\$350

Broome Gym and Athletic Park

**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**

**Drop In**

39991 F 4/10-5/29 6:30-10:00 PM \$45/\$55

**Individual**

39989 M 4/13-6/1 6:30-10:00 PM \$45/\$55

**Team Registration**

Includes a team set of Washington Nationals replica uniforms.

39990 M 4/13-6/1 6:30-10:00 PM \$500/\$500

Broome Gym and Athletic Park

**Adult Pickleball Ladder League**

A co-ed 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 their ranking on the ladder for match play. The USAPA numeric rating system will be used to rank skill level (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. Divisions are listed in order of competitiveness, with Novice (1) being the easiest and Advanced (4) being the hardest.

**Age: 18/up**

**Ladder Novice (1)**

39870 Th 4/9-5/14 5:00-9:00 PM \$55/\$65

**Ladder Intermediate (2)**

39871 Th 4/9-5/14 5:00-9:00 PM \$55/\$65

**Ladder Competitive (3)**

39872 Th 4/9-5/14 5:00-9:00 PM \$55/\$65

**Ladder Advanced (4)**

39874 Th 4/9-5/14 5:00-9:00 PM \$55/\$65

Mattie Stepanek Park

**Adult Pickleball Traditional League**

Doubles team pickleball league. Can be men’s, women’s or co-ed teams. All teams play together. Four divisions (self-rated): Beginner, Novice, Competitive or Advanced. Each team will play three games to 11 and all three games will be completed in approximately one hour. Times are subject to change. Divisions are listed in order of competitiveness, with Novice (1) being the easiest and Advanced (4) being the hardest.

**Age: 18/up**

**Novice (1)**

39875 Tu 4/7-5/19 5:00-9:00 PM \$55/\$65

**Intermediate (2)**

39876 Tu 4/7-5/19 5:00-9:00 PM \$55/\$65

**Competitive (3)**

39877 Tu 4/7-5/19 5:00-9:00 PM \$55/\$65

**Advanced (4)**

39878 Tu 4/7-5/19 5:00-9:00 PM \$55/\$65

Mattie Stepanek Park/

**Co-Rec Reverse Softball – Spring**

Teams register on a first come first paid basis until the league is closed. Open to all high school graduates 18 years or older.

**Age: 18/up**

**14 Game Season**

39996 F 4/3-6/26 6:00-10:00 PM \$850

**8 Game Season**

40391 F 4/24-6/12 6:00-10:00 PM \$500

Broome Gym and Athletic Park

**Men’s Softball – Spring**

The season is 10 weeks plus playoffs; all games are double-headers. Team registration required. Free agents will be put on a distribution list provided to registered teams.

**Age: 18/up**

**Team Registration**

39992 W 4/8-7/8 6:00-10:00 PM \$1,200

**Free Agents**

Registering for this does not guarantee a spot on a team in the league. Free agent list will be sent out to existing teams to see if they have space for extra players on their team. If we have enough free agents, we will make a full team.

39993 W 4/8-7/8 6:00-10:00 PM Free

Broome Gym and 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 • Flag Football**

For more information call 240-314-8620 or email [sports@rockvillemd.gov](mailto:sports@rockvillemd.gov)

**Soccer Co-Rec 7's**

A form of 7-a-side soccer. Games are 60 minutes in length. Maximum squad size is 16 players. Starting lineups must have a minimum of three female players. Six-week season.

**Spring Team Registration Open Division**

**Age: 18/up**  
39986 Th 4/9-6/4 6:00-10:00 PM \$550

**Spring Team Registration 30+ Division**

**Age: 30/up**  
39987 Th 4/9-6/4 6:00-10:00 PM \$550

**Spring Free Agent List**

This is for both the 18 and 30-plus leagues. Free agent list will be sent out to existing teams to see if they have space for extra players on their team. If we have enough free agents, we will make a full team.

**Age: 18/up**  
39988 Th 4/9-6/4 6:00-10:00 PM Free  
Mattie Stepanek Park

**Sunday Night Lights: Coed Softball League**

**Age: 18/up**  
**Individual Registration**

End your weekend on a high note with a fun game of softball under the lights! Friendly, low-competitive coed league — perfect for all skill levels. Individual registrations include a Washington Nationals replica uniform to wear for games.

39998 Su 4/12-5/31 6:30-9:00 PM \$50/\$60

**Team Registration**

End your weekend on a high note with a fun game of softball under the lights! Friendly, low-competitive coed league — perfect for all skill levels.

39997 Su 4/12-5/31 6:30-9:00 PM \$600  
Broome Gym and Athletic Park

**Volleyball – Co-Rec**

Open to all high school graduates 18 years and older. League play on Thursday evenings. Teams register on a first-come come first-paid basis until league is closed. Roster size minimum is four and maximum 12 per team. Self-officiated. All game times are 6:30, 7:30 and 8:30 p.m.

**Age: 18/up**

**Spring Sand Volleyball – Team**

C/D League 3,20-point matches/rally scoring. The league is self-officiated. Game times are 6 and 7 p.m. League play is offered on Tuesday evenings for eight weeks. Team registration required. Free agents will be put on a distribution list provided to register teams. Players must be 18 years and older and out of high school. Location: Summer Sand volleyball league games will be played at Dogwood Sand Volleyball Court or College Gardens Sand Volleyball Court.

**Age: 18/up**  
39971 Tu 4/14-6/9 6:00-8:00 PM \$350

**Spring Sand Volleyball – Free Agent**

The free agent list will be sent out to existing teams to see if they have space for extra players on their team. If we have enough free agents, we will make a full team, and you will be billed \$40.

40000 Tu 4/14-6/9 6:00-8:00 PM Free

**Spring/Summer Indoor Volleyball – Free Agent**

The free agent list will be sent out to existing teams to see if they have space for extra players on their team. If we have enough free agents, we will make a full team, and you will be billed \$40.

40001 Th 5/28-7/30 6:00-10:00 PM Free

**Spring/Summer Indoor Volleyball – Team**

C/D League 3,20-point matches/rally scoring. The league is self-officiated. Game times are 6:30, 7:30 and 8:30 p.m.. League play is offered on Thursday evenings for eight weeks. Team registration required. Free agents will be put on a distribution list provided to registered teams. Players must be 18 years and older and out of high school.

39972 Th 5/28-7/30 6:00-10:00 PM \$350  
Broome Gym and Athletic Park



**Rockville Resident Registration: March 3**

**YOUTH SPORTS COACHES SUMMIT**

**Featuring: Coach Beyond Maryland and Project Play from Aspen Institute**

**Calling all coaches in the Rockville area!**

Join an exciting and informative event designed to empower and educate youth sports coaches. Learn best practices for fostering a positive team environment and gain insights from groundbreaking research on youth sports development.

**FREE FOOD PROVIDED!**

**6:00-8:30 p.m. • Friday, March 13**

**Rockville Senior Center**

**1150 Carnation Drive**

**Course #40008. No cost to attend.**

**SPRING • SPRING • SPRING**

**ADULT TEAM LEAGUES**

**Co-Rec Kickball – Co-Rec Volleyball (Indoor and Sand)**

**Soccer Co-Rec 7's – Men's Softball**

**Co-Rec Reverse Softball – Coed Softball**

**5 x 5 x 5" Softball (Men's and Co-Rec)**

**Visit [rockvillemd.gov/recreation/sports](http://rockvillemd.gov/recreation/sports) or call 240-314-8620**

# ROCKVILLE SENIOR CENTER

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

Senior Center members (M) and City of Rockville residents registration begins: Tuesday, March 3. Senior Center members receive a discount on programs. General registration begins: Thursday, March 5.

### 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 240-314-8800.

### 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.

## 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:

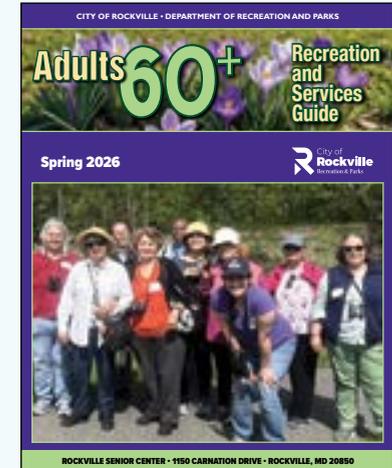
Discounts on:

- 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: 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

**Spring Camp Trainings and Workshops**

Stay in shape while on break! Check out spring trainings and workshops.

**National DEA Drug Take Back**

**Tuesday, April 7, 1-3 p.m.**

Free • Sr. Ctr.

**Supper Club**

**Tuesday, April 28, 4:30-6:45 p.m.**

Wine and cheese happy hour, catered dinner and entertainment.

Course **#39655** • Cost: \$32 M/\$42 NM • Sr. Ctr.

**Mother's Day Celebration**

**Friday, May 1, 1-2:30 p.m.**

Course **#39833** • Cost: \$10 M/\$12 NM • Sr. Ctr.

**Wine and Cheese Garden Party**

**Tuesday, May 12, 4:30-6 p.m.**

Course **#39674** • Cost: \$3 M/\$5 NM • Sr. Ctr.

**Health Fair**

**Wednesday, May 20, 10:30 a.m.-1 p.m.**

Free • Sr. Ctr.

**See the "Adults 60+ Recreation and Services Guide" for full descriptions of programs. Call 240-314-8800 or email [seniorcenter@rockvillemd.gov](mailto: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!

[rockvillemd.gov/villages](http://rockvillemd.gov/villages)

**240 314-8807**

**Trish Evans [tevans@rockvillemd.gov](mailto: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](mailto:mcorreal@rockvillemd.gov).  
 Andrea Rogers: 240-314-8817, [arogers@rockvillemd.gov](mailto:arogers@rockvillemd.gov).



## THOMAS FARM COMMUNITY CENTER

[rockvillemd.gov/thomasfarm](http://rockvillemd.gov/thomasfarm)  
**240-314-8840 • [thomasfarm@rockvillemd.gov](mailto:thomasfarm@rockvillemd.gov)**  
**700 Fallsgrove 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 ping-pong 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

[rockvillemd.gov/twinbrook](http://rockvillemd.gov/twinbrook)  
**240-314-8830 • [tcrc@rockvillemd.gov](mailto: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 its 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.**



**LINCOLN PARK  
COMMUNITY CENTER**

[rockvillemd.gov/lincolnpark](http://rockvillemd.gov/lincolnpark)  
240-314-8780 • [lpcc@rockvillemd.gov](mailto:lpcc@rockvillemd.gov)  
357 Frederick Ave., Rockville, MD 20850

**Reopening  
Soon**

**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 while closed, memberships works at Thomas Farm Community Center, Twinbrook Community Recreation Center and Rockville Swim and Fitness Center (fitness access only; no pool).

**Join Rockville in celebrating  
America's 250th anniversary  
with events throughout the year!**



Learn more at [rockvillemd.gov/services/america-250](http://rockvillemd.gov/services/america-250)



**Rockville  
History a  
Century  
Strong**

**1926-2026**

**Celebrate 100 years of  
Glenview Mansion  
with special anniversary programming**



*Lens & Legacy: Glenview Mansion and Cottage Open to Professional Photographers*

Sunday, March 1, 8:30 a.m.-5:30 p.m.  
Scan QR code or visit [cityofrockville.formstack.com/forms/lensandlegacy](http://cityofrockville.formstack.com/forms/lensandlegacy) to register.

*Glenview Mansion-Peerless Rockville Speakers' Series: 100 Years of Glenview Mansion*

Thursday, May 14, 7-8:30 p.m.  
Register online, course #36329

*Sketching a Century: Glenview Mansion and Cottage Open to Visual Artists*

Sunday, July 19, 9 a.m.-5 p.m.  
Register online, course #40374

*Historical Tour of Glenview Mansion & Formal Gardens*

Sunday, Sept. 27, 10 a.m.-1 p.m.  
Register online, course #40375

*Murder at the Mansion & 1920s Costume Contest*

Nov. 6-8; Friday and Saturday at 8 p.m. Saturday and Sunday at 2 p.m.

Tickets: \$40 | \$35 Students & Seniors  
Tickets plus optional buffet: \$70 | \$65 Students & Seniors (Brunch at matinees)

Purchase tickets: [fscottfitzgerald.showare.com/1926](http://fscottfitzgerald.showare.com/1926)

603 Edmonston Drive, Rockville • 240-314-8990  
[rockvillemd.gov/glenview](http://rockvillemd.gov/glenview)



**Annual Glenview Mansion  
Wedding & Events Expo**

**Sunday, March 22  
1-4 p.m.**

Make any event truly special and start planning in a beautiful setting. Meet local vendors and service providers, including caterers, cake designers, photographers and event planners, and explore live music options, floral designs, tenting solutions and more!

♥ All are welcome.



[rockvillemd.gov/glenviewexpo](http://rockvillemd.gov/glenviewexpo) • 240-314-8660

Glenview Mansion at Rockville Civic Center Park • 603 Edmonston Drive



Murder at the Mansion presents

# A Wedding to Die For

A comedic murder mystery by Dean Fiala  
Presented by A Taste for Murder Productions

**Four performances:**

Friday, April 10 and Saturday, April 11 at 8 p.m.  
Saturday, April 11 and Sunday, April 12 at 2 p.m.

**Tickets:**

\$40 Adult • \$35 Seniors (62+) and Students (15+)  
Group rates are available.  
Optional buffet \$30  
Cash bar (beer, wine, soda) also available.  
Includes dessert!

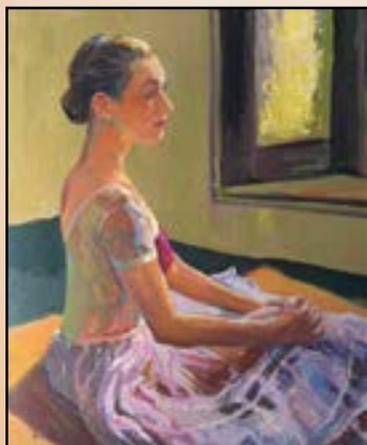
**Glenview Mansion at Civic Center Park**  
603 Edmonston Dr.  
boxoffice@rockvillemd.gov | 240-314-8690

♥♥ All are welcome.



# Glenview Mansion Art Gallery

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.



Contemplation by  
Holly Buehler

**Italian-American Art Circle  
Radici/Roots: Italian Creativity in USA**

Meet the Artists  
Sunday, April 19 from 1:30-3:30 p.m.  
On Exhibit: March 29-May 8

**Rockville Art League Members' Juried Spring Show**

Meet the Artists  
Sunday, May 17 from 1:30-3:30 p.m.  
On Exhibit: May 17-June 19

# F. SCOTT FITZGERALD THEATRE

Rockville Civic Center Park

603 Edmonston Drive, Rockville, MD 20851

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

Rockville Little Theatre presents

**"The Curious Incident of the Dog in the Night-Time"**

May 1, 2, 8 & 9 at 8 p.m. | May 3 & 10 at 2 p.m.  
Tickets: \$24 Adults | \$22 Seniors and Students.  
Group pricing available.

Victorian Lyric Opera Company presents

**"Patience"**

June 5, 6, 12 & 13 at 8 p.m. | June 7 & 14 at 2 p.m.  
Tickets: \$30 Adults | \$28 Seniors | \$26 Students.  
Group pricing available.

The Tamburitians present

**"The Shared Song"**

Saturday, April 18 at 7 p.m.  
Tickets: \$49 Adults | \$39 Seniors & Military | \$29 Students | \$0 Children. Group pricing available.

Civic Center Puppet Show presents

**"The 3 (not so little) Pigs"**

Saturday, May 2 at 11 a.m. & 12:30 p.m.  
Tickets: \$7 Ages 3 & Up | \$5 Rockville Residents, Ages 3 & Up

**Rang-Manch Theater Festival 2026**

Sunday, April 12 at 3 p.m.  
Premium Tickets: \$40  
Midtier Tickets: \$30  
Regular Tier Tickets: \$25

**Rockville Concert Band Series**

March 22 and April 19 at 3 p.m.  
Free and open to the public.  
\$5 donation suggested.

**Rockville Chorus Spring Concert**

Sunday, May 17 at 7:30 p.m.  
Free and open to the public.  
Donations greatly appreciated.

At Glenview Mansion

Murder at the Mansion presents  
**"A Wedding to Die For"**

April 10 & 11 at 8 p.m. | April 11 & 12 at 2 p.m.  
Tickets: \$40 | \$35 Students & Seniors Tickets plus optional buffet: \$70 | \$65 Students & Seniors.  
Group pricing available.

**Annual Glenview Mansion Wedding & Events Expo**

Sunday, March 22, 1-4 p.m.  
Free and open to the public.  
Refreshments provided.

Glenview Mansion & Peerless Rockville  
Speaker Series

**May 14, 100 Years of Glenview Mansion**  
Includes tours of the historic building.

**July 9, The Maryland 400, Dr. Patricia Maclay**  
At 7 p.m. | Free and open to the public.



# ROCKVILLE CHORUS

Linda Garrettson, Director  
Arielle Bayer, Accompanist

## “Rising Together in Song”

Featuring “Again, We Become Alone,” a new original piece by Bryan Seith; “My Fair Lady,” a choral medley by Lerner and Loewe; “Actus,” a new piece by Ryan Main; “Sing, My Child” by Sarah Quartel; two selections from “Frostiana” by Randall Thompson; and “Take Me to the Water” by Rollo Dilworth and many more.

**Sunday, May 17 at 7:30 p.m.**

**F. Scott Fitzgerald Theatre at Rockville Civic Center Park**

No tickets required; donations greatly appreciated • [rockvillechorus.org](http://rockvillechorus.org)



Dr. Christine Higley, Music Director

**Sunday, March 22**

**“March On! Celebrating music, movement, and momentum.”**

**Sunday, April 19**

**“Spring Awakening A concert of new energy, growth, and brighter days ahead.”**

No tickets required; \$5 suggested donation.

3 p.m. F. Scott Fitzgerald Theatre • [rockvilleconcertband.org](http://rockvilleconcertband.org)

## Rockville Civic Ballet

Directed by  
Eleanor Simpson and Erin Kwong



# Don Quixote

Join our intrepid adventurer on a journey through pranks, daring and romance!

**Saturday, March 14 at 2 p.m. and 7:30 p.m. • Sunday, March 15 at 2 p.m.**  
F. Scott Fitzgerald Theatre at Rockville Civic Center Park

**Tickets:**

\$17 for Adults

\$13 for Children (12 years old and younger)

\$13 for Seniors (60 years old and older)

Assigned seat tickets are available for purchase online, by phone or in-person.

[fscottfitzgerald.showare.com](http://fscottfitzgerald.showare.com)

Box Office: 240-314-8690; 603 Edmonston Drive, Rockville

Box office is open 2-6 p.m. Tuesday-Saturday and two hours prior to a ticketed event.

# International Night 2026

**6 p.m. Friday, April 17**

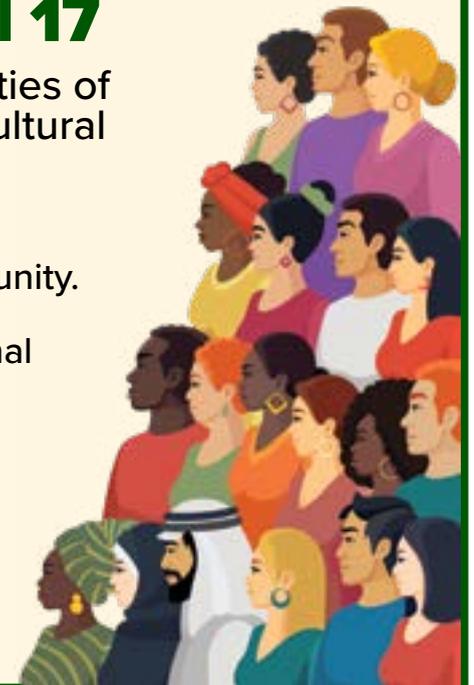
Celebrate the diversity, traditions and nationalities of Rockville’s vibrant community at this exciting cultural performance showcase!

**#worldrockville**

- Explore the many cultures that make up the community.
- Experience live cultural performances and traditional clothing displays
- Engage with people from different countries and discover their customs.

**Free event with limited seating.**

F. Scott Fitzgerald Theatre • 603 Edmonston Drive



# 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](mailto: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 [rockvillemd.gov/alerts](http://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 and, under specific criteria\*, MCPS students attending a school within City of Rockville limits. 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 season; \$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, pre-school, 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 with the recreation department bookkeeper. \*MCPS students attending a school within City of Rockville limits are eligible to apply for financial assistance to attend programs that are offered exclusively to students enrolled at the school where the program is held, regardless of residency status. Proof of enrollment at the school is required. **Limited financial assistance is available for Rockville residents, ages 19 and older, based on income. Please call 240-314-8624 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?

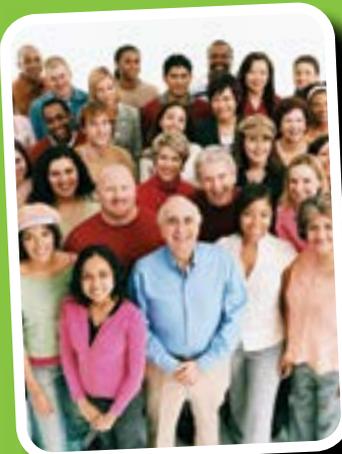
Boards and commissions allow members of the community to partner with city staff to shape Rockville's future by sharing expertise and advising the Mayor and Council.

### 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 [rockvillemd.gov/boards](http://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:

111 Rockville Pike, Suite 740  
 Rockville MD 20850  
[rrpfi.org](http://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 [rrpfi.org](http://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. A decision on afternoon and evening programs will be made by 1:30 p.m.

## Recreation Programs

Information regarding cancelations will be sent via text or email. Check your welcome letter for more information.

## 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 [rockvillemd.gov/swimcenter](http://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](mailto:programaccess@rockvillemd.gov). Early notification allows 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](mailto: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](mailto: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

Steve Mader, Acting Director of Recreation and Parks  
Chris Henry, Deputy Director of Recreation and Parks  
Andy Lett, Superintendent of Recreation  
Noel Gonzalez, Acting 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

### Recorded Weather Information Lines:

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, March 3** at 8:30 a.m. for Rockville residents and senior center members and programs listed in the Adults 60+ Recreation and Services Guide.

**Thursday, March 5** at 8:30 a.m. for general and nonmembers by mail, 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. **Email [registration@rockvillemd.gov](mailto: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. **Email [registration@rockvillemd.gov](mailto: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, Rockville's 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 [rockvillemd.gov/registration](http://rockvillemd.gov/registration).

## How to Register

### Online:

- at [rockvillemd.gov/registration](http://rockvillemd.gov/registration).
- Download the registration form at [rockvillemd.gov/registrationform](http://rockvillemd.gov/registrationform) or use the QR code link below and email to [registration@rockvillemd.gov](mailto: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.

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**\*While funds last; amount subject to change**

