

life

IN ROCKVILLE

Summer 2026

Memorial Day Parade

Aquatics

Tots/Preschool

Children

Croydon Creek
Nature Center

Teens

Adults

Adults 60+

Cultural Arts

Financial Assistance



Recreation and Parks Activity Guide



America's 250th anniversary offers the City of Rockville an opportunity to honor the resilience and contributions of all people who have shaped the nation while reaffirming a shared commitment to justice, belonging and full civic participation for every resident.

April through mid-November: Rockville Town Center Flag Display. Rockville Town Center will shine with patriotic pride as USA flags adorn the streets in honor of America's 250th celebration.

May 23-24: Hometown Holidays in Rockville Town Center*

May 25: Memorial Day Ceremony and Parade*

June 13: Suds and Soles 5k*

July 4: Independence Day Celebration*

Sept. 26: America 250 Time Capsule during Rocktoberfest.

A special time capsule will be buried during Rocktoberfest in honor of America's 250th anniversary, preserving memories, Rockville's history and messages for future generations.

*These events will be enhanced to honor America's 250th anniversary!

Learn more about celebrations state-wide at mdtwofifty.maryland.gov

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Registration Dates


Rockville Resident Registration:

Tuesday, May 5
Begins 8:30 a.m.


General Registration:

Thursday, May 7
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

STAY INFORMED

rockvillemd.gov/recreation
registration@rockvillemd.gov

240-314-8620

Keep up on events and deadlines.

Follow us



@RockvilleRec



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 three seasonal outdoor swimming pools with in-water play features, three outdoor water slides, two year round indoor swimming pools, 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.



Swimming Classes

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

Register early. Some courses fill quickly and those with low registration may be canceled a week before the 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 for a list of membership rates and types. Requests for credits or refunds for medical reasons 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, May 5
General registration begins: Thursday, May 7.



Register Online:

rockvillemd.gov/registration



Mail to: Swimming Lessons

RSFC
355 Martins Lane,
Rockville, MD 20850



Secure Fax to:

Swimming Lessons, 240-314-8759



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
40907	Sa	6/20-8/8	10:50-11:20 AM	\$79/\$98
40898	Su	6/21-8/9	10:15-10:45 AM	\$79/\$98
40901	F	6/26-8/7	10:35-11:05 AM	\$79/\$98
41018	M, W	7/20-8/12	3:05-3:35 PM	\$90/\$113

Bubblers 2

Tots with little or no experience are welcome. Children learn the basics of swimming such as submerging, floating, kicking and arm-stroking. This is an adult/child class. Non-toilet-trained children must wear a swim diaper under tight-fitting vinyl pants. Pants are on sale at the Rockville Swim and Fitness Center.

Age: 18m-3y

				M/NM
40910	Sa	6/20-8/8	8:30-9 AM	\$79/\$98
40902	Sa	6/20-8/8	10:15-10:45 AM	\$79/\$98
40909	Su	6/21-8/9	9:40-10:10 AM	\$79/\$98
40906	Su	6/21-8/9	11:25-11:55 AM	\$79/\$98
41017	Tu, Th	6/23-7/16	9:30-10 AM	\$90/\$113
40908	F	6/26-8/7	10-10:30 AM	\$79/\$98
41020	Tu, Th	7/21-8/13	9:30-10 AM	\$90/\$113

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
40911	Sa	6/20-8/8	9:05-9:35 AM	\$79/\$98
40900	Sa	6/20-8/8	11:25-11:55 AM	\$79/\$98
40904	Su	6/21-8/9	9:05-9:35 AM	\$79/\$98
40903	Su	6/21-8/9	10:50-11:20 AM	\$79/\$98
41022	Tu, Th	6/23-7/16	10:05-10:35 AM	\$90/\$113
41021	Tu, Th	7/21-8/13	10:05-10:35 AM	\$90/\$113

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
40899	Sa	6/20-8/8	9:40-10:10 AM	\$79/\$98
40905	Su	6/21-8/9	8:30-9 AM	\$79/\$98
41019	Tu, Th	7/21-8/13	3:05-3:35 PM	\$90/\$113

Preschool Swim

Fearful Floaters

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

Age: 4-6		M/NM	
40918	Sa	6/20-8/8	11:15-11:55 AM \$85/\$106
40928	Su	6/21-8/9	9:45-10:25 AM \$85/\$106
41050	M-Th	6/22-7/2	9:45-10:25 AM \$97/\$121
41030	M-Th	6/22-7/2	3-3:35 PM \$97/\$121
41041	M-Th	7/6-7/16	9-9:40 AM \$97/\$121
41068	M-Th	7/6-7/16	4:20-4:55 PM \$97/\$121
41088	M-Th	7/20-7/30	9:45-10:25 AM \$97/\$121
41089	M-Th	8/3-8/13	10:35-11:15 AM \$97/\$121

Floaters 1

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

Age: 4-6		M/NM	
40916	Sa	6/20-8/8	9-9:40 AM \$85/\$106
40923	Sa	6/20-8/8	9:45-10:25 AM \$85/\$106
40919	Sa	6/20-8/8	10:30-11:10 AM \$85/\$106
40924	Sa	6/20-8/8	11:15-11:55 AM \$85/\$106
40933	Su	6/21-8/9	9-9:40 AM \$85/\$106
40917	Su	6/21-8/9	10:30-11:10 AM \$85/\$106
40912	Su	6/21-8/9	11:15-11:55 AM \$85/\$106
40925	Su	6/21-8/9	12-12:40 PM \$85/\$106
41067	M-Th	6/22-7/2	9-9:40 AM \$97/\$121
41045	M-Th	6/22-7/2	11:20 AM-Noon \$97/\$121
41053	M-Th	6/22-7/2	3:40-4:15 PM \$97/\$121
41092	M-Th	6/22-7/2	4:20-4:55 PM \$97/\$121
41094	M-Th	6/22-7/2	7:35-8:10 PM \$97/\$121
41027	M-Th	7/6-7/16	9-9:40 AM \$97/\$121
41078	M-Th	7/6-7/16	9:45-10:25 AM \$97/\$121
41063	M-Th	7/6-7/16	3-3:35 PM \$97/\$121
41025	M-Th	7/6-7/16	3:40-4:15 PM \$97/\$121
41059	M-Th	7/6-7/16	4:20-4:55 PM \$97/\$121
41084	M-Th	7/6-7/16	7:35-8:10 PM \$97/\$121
41051	M-Th	7/20-7/30	9-9:40 AM \$97/\$121
41044	M-Th	7/20-7/30	9:45-10:25 AM \$97/\$121
41034	M-Th	7/20-7/30	11:20 AM-Noon \$97/\$121
41077	M-Th	7/20-7/30	3-3:35 PM \$97/\$121
41024	M-Th	7/20-7/30	3:40-4:15 PM \$97/\$121

41087	M-Th	7/20-7/30	4:20-4:55 PM \$97/\$121
41079	M-Th	7/20-7/30	7:35-8:10 PM \$97/\$121
41070	M-Th	8/3-8/13	9-9:40 AM \$97/\$121
41064	M-Th	8/3-8/13	9:45-10:25 AM \$97/\$121
41095	M-Th	8/3-8/13	10:35-11:15 AM \$97/\$121
41055	M-Th	8/3-8/13	3-3:35 PM \$97/\$121
41054	M-Th	8/3-8/13	3:40-4:15 PM \$97/\$121
41075	M-Th	8/3-8/13	4:20-4:55 PM \$97/\$121
41085	M-Th	8/3-8/13	7:35-8:10 PM \$97/\$121

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	
40929	Sa	6/20-8/8	9-9:40 AM \$85/\$106
40932	Sa	6/20-8/8	10:30-11:10 AM \$85/\$106
40921	Su	6/21-8/9	9:45-10:25 AM \$85/\$106
40915	Su	6/21-8/9	10:30-11:10 AM \$85/\$106
41081	M-Th	6/22-7/2	9-9:40 AM \$97/\$121
41093	M-Th	6/22-7/2	9:45-10:25 AM \$97/\$121
41082	M-Th	6/22-7/2	3:40-4:15 PM \$97/\$121
41046	M-Th	6/22-7/2	4:20-4:55 PM \$97/\$121
41023	M-Th	7/6-7/16	9:45-10:25 AM \$97/\$121
41086	M-Th	7/6-7/16	10:35-11:15 AM \$97/\$121
41033	M-Th	7/6-7/16	3:40-4:15 PM \$97/\$121
41080	M-Th	7/6-7/16	4:20-4:55 PM \$97/\$121
41042	M-Th	7/20-7/30	9-9:40 AM \$97/\$121
41066	M-Th	7/20-7/30	9:45-10:25 AM \$97/\$121
41056	M-Th	7/20-7/30	10:35-11:15 AM \$97/\$121
41060	M-Th	7/20-7/30	3:40-4:15 PM \$97/\$121
41073	M-Th	7/20-7/30	4:20-4:55 PM \$97/\$121
41038	M-Th	8/3-8/13	9-9:40 AM \$97/\$121
41026	M-Th	8/3-8/13	9:45-10:25 AM \$97/\$121
41062	M-Th	8/3-8/13	3:40-4:15 PM \$97/\$121
41074	M-Th	8/3-8/13	4:20-4:55 PM \$97/\$121

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	
40922	Sa	6/20-8/8	11:15-11:55 AM \$85/\$106
40931	Su	6/21-8/9	9-9:45 AM \$85/\$106
40927	Su	6/21-8/9	9:45-10:25 AM \$85/\$106
40934	Su	6/21-8/9	11:15-11:55 AM \$85/\$106
41043	M-Th	6/22-7/2	9-9:40 AM \$97/\$121
41032	M-Th	6/22-7/2	4:20-4:55 PM \$97/\$121
41065	M-Th	7/6-7/16	9:45-10:25 AM \$97/\$121
41091	M-Th	7/6-7/16	3:40-4:15 PM \$97/\$121
41040	M-Th	7/20-7/30	9-9:40 AM \$97/\$121
41072	M-Th	7/20-7/30	3:40-4:15 PM \$97/\$121
41052	M-Th	7/20-7/30	4:20-4:55 PM \$97/\$121
41061	M-Th	8/3-8/13	9:45-10:25 AM \$97/\$121
41083	M-Th	8/3-8/13	11:20 AM-Noon \$97/\$121

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	
40926	Sa	6/20-8/8	9-9:40 AM \$85/\$106
40913	Su	6/21-8/9	11:15-11:55 AM \$85/\$106
41069	M-Th	6/22-7/2	9:45-10:25 AM \$97/\$121
41036	M-Th	6/22-7/2	3:40-4:15 PM \$97/\$121
41049	M-Th	7/6-7/16	9-9:40 AM \$97/\$121

41031	M-Th	7/6-7/16	10:35-11:15 AM \$97/\$121
41090	M-Th	7/20-7/30	9-9:40 AM \$97/\$121
41029	M-Th	8/3-8/13	9-9:40 AM \$97/\$121
41057	M-Th	8/3-8/13	3:40-4:15 PM \$97/\$121

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	
40914	Sa	6/20-8/8	9-9:40 AM \$85/\$106
40930	Su	6/21-8/9	12-12:40 PM \$85/\$106
41039	M-Th	6/22-7/2	10:35-11:15 AM \$97/\$121
41035	M-Th	6/22-7/2	4:20-4:55 PM \$97/\$121
41047	M-Th	7/6-7/16	9-9:40 AM \$97/\$121
41071	M-Th	7/20-7/30	10:35-11:15 AM \$97/\$121
41028	M-Th	8/3-8/13	10:35-11:15 AM \$97/\$121

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	
41076	M-Th	6/22-7/2	11:20 AM-Noon \$97/\$121
41037	M-Th	6/22-7/2	7:35-8:10 PM \$97/\$121



Rockville Swim and Fitness Center

Land Fitness

Classes for all ages and skill levels

Yoga: kids and adults

Bootcamp: kids and adults

Zumba • Kickboxing

Check subsequent guide sections for registration info.

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	
40867	Sa 6/20-8/8	9:45-10:25 AM	\$78/\$97
40858	Su 6/21-8/9	9-9:40 AM	\$78/\$97
40893	Su 6/21-8/9	11:15-11:55 AM	\$78/\$97
41016	M-Th 6/22-7/2	9:45-10:25 AM	\$90/\$112
40973	M-Th 6/22-7/2	10:35-11:15 AM	\$90/\$112
40988	M-Th 6/22-7/2	3-3:35 PM	\$90/\$112
40963	M-Th 6/22-7/2	8:15-8:55 PM	\$90/\$112
40992	M-Th 7/6-7/16	9-9:40 AM	\$90/\$112
41015	M-Th 7/6-7/16	11:20 AM-Noon	\$90/\$112
40944	M-Th 7/6-7/16	3-3:35 PM	\$90/\$112
41004	M-Th 7/6-7/16	8:15-8:55 PM	\$90/\$112
41000	M-Th 7/20-7/30	3:40-4:15 PM	\$90/\$112
41007	M-Th 7/20-7/30	8:15-8:55 PM	\$90/\$112
40967	M-Th 8/3-8/13	9-9:40 AM	\$90/\$112
40939	M-Th 8/3-8/13	11:20 AM-Noon	\$90/\$112
40987	M-Th 8/3-8/13	8:15-8:55 PM	\$90/\$112

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	
40887	Sa 6/20-8/8	9:45-10:25 AM	\$78/\$97
40866	Sa 6/20-8/8	10:30-11:10 AM	\$78/\$97
40874	Su 6/21-8/9	9:45-10:25 AM	\$78/\$97
40884	Su 6/21-8/9	10:30-11:10 AM	\$78/\$97
40871	Su 6/21-8/9	12-12:40 PM	\$78/\$97
40938	M-Th 6/22-7/2	9-9:40 AM	\$90/\$112
40979	M-Th 6/22-7/2	3-3:35 PM	\$90/\$112
40999	M-Th 7/6-7/16	9:45-10:25 AM	\$90/\$112
40972	M-Th 7/6-7/16	3-3:35 PM	\$90/\$112
40943	M-Th 7/20-7/30	9-9:40 AM	\$90/\$112
40959	M-Th 7/20-7/30	3-3:35 PM	\$90/\$112
40935	M-Th 8/3-8/13	9:45-10:25 AM	\$90/\$112
40991	M-Th 8/3-8/13	3-3:35 PM	\$90/\$112

Youth 3

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

Age: 7-15		M/NM	
40870	Sa 6/20-8/8	10:30-11:10 AM	\$78/\$97
40886	Sa 6/20-8/8	11:15-11:55 AM	\$78/\$97
40891	Su 6/21-8/9	9-9:40 AM	\$78/\$97
40873	Su 6/21-8/9	10:30-11:10 AM	\$78/\$97
40885	Su 6/21-8/9	11:15-11:55 AM	\$78/\$97
41002	M-Th 6/22-7/2	9:45-10:25 AM	\$90/\$112
40977	M-Th 6/22-7/2	3-3:35 PM	\$90/\$112
40966	M-Th 7/6-7/16	11:20 AM-Noon	\$90/\$112
40946	M-Th 7/6-7/16	3-3:35 PM	\$90/\$112
40980	M-Th 7/20-7/30	9-9:40 AM	\$90/\$112
41008	M-Th 7/20-7/30	3-3:35 PM	\$90/\$112
40960	M-Th 7/20-7/30	4:20-4:55 PM	\$90/\$112
40989	M-Th 8/3-8/13	9-9:40 AM	\$90/\$112
40940	M-Th 8/3-8/13	11:20 AM-Noon	\$90/\$112
40981	M-Th 8/3-8/13	3-3:35 PM	\$90/\$112

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	
40896	Sa 6/20-8/8	9:45-10:25 AM	\$78/\$97
40879	Sa 6/20-8/8	11:15-11:55 AM	\$78/\$97
40868	Su 6/21-8/9	9-9:40 AM	\$78/\$97
40892	Su 6/21-8/9	9:45-10:25 AM	\$78/\$97
41006	M-Th 6/22-7/2	9-9:40 AM	\$90/\$112
40996	M-Th 6/22-7/2	3:40-4:15 PM	\$90/\$112
40947	M-Th 7/6-7/16	9:45-10:25 AM	\$90/\$112
40936	M-Th 7/6-7/16	3-3:35 PM	\$90/\$112
40964	M-Th 7/20-7/30	9:45-10:25 AM	\$90/\$112
40990	M-Th 7/20-7/30	3:40-4:15 PM	\$90/\$112
40952	M-Th 8/3-8/13	9:45-10:25 AM	\$90/\$112
41013	M-Th 8/3-8/13	3-3:35 PM	\$90/\$112
40968	M-Th 8/3-8/13	3:40-4:15 PM	\$90/\$112
40948	M-Th 8/3-8/13	4:20-4:55 PM	\$90/\$112

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	
40864	Sa 6/20-8/8	9:45-10:25 AM	\$78/\$97
40876	Su 6/21-8/9	9:45-10:25 AM	\$78/\$97
40863	Su 6/21-8/9	10:30-11:10 AM	\$78/\$97
40881	Su 6/21-8/9	11:15-11:55 AM	\$78/\$97
40937	M-Th 6/22-7/2	9-9:40 AM	\$90/\$112
40953	M-Th 6/22-7/2	3-3:35 PM	\$90/\$112
40985	M-Th 7/6-7/16	9-9:40 AM	\$90/\$112
40962	M-Th 7/6-7/16	4:20-4:55 PM	\$90/\$112
40984	M-Th 7/20-7/30	9:45-10:25 AM	\$90/\$112
40974	M-Th 7/20-7/30	3-3:35 PM	\$90/\$112
40942	M-Th 7/20-7/30	8:15-8:55 PM	\$90/\$112
40983	M-Th 8/3-8/13	9-9:40 AM	\$90/\$112
40961	M-Th 8/3-8/13	11:20 AM-Noon	\$90/\$112
41009	M-Th 8/3-8/13	4:20-4:55 PM	\$90/\$112



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	
40880	Sa 6/20-8/8	9-9:40 AM	\$78/\$97
40869	Su 6/21-8/9	10:30-11:10 AM	\$78/\$97
40993	M-Th 6/22-7/2	9:45-10:25 AM	\$90/\$112
40941	M-Th 6/22-7/2	3:40-4:15 PM	\$90/\$112
40956	M-Th 7/6-7/16	9:45-10:25 AM	\$90/\$112
40997	M-Th 7/6-7/16	4:20-4:55 PM	\$90/\$112
40958	M-Th 7/20-7/30	11:20 AM-Noon	\$90/\$112
41001	M-Th 7/20-7/30	4:20-4:55 PM	\$90/\$112
40995	M-Th 8/3-8/13	3:40-4:15 PM	\$90/\$112
40969	M-Th 8/3-8/13	8:15-8:55 PM	\$90/\$112

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	
40882	Sa 6/20-8/8	10:30-11:10 AM	\$78/\$97
40875	Sa 6/20-8/8	11:15-11:55 AM	\$78/\$97
40872	Su 6/21-8/9	9-9:40 AM	\$78/\$97
40965	M-Th 6/22-7/2	10:35-11:15 AM	\$90/\$112
40954	M-Th 6/22-7/2	4:20-4:55 PM	\$90/\$112
40975	M-Th 7/6-7/16	10:35-11:15 AM	\$90/\$112
40982	M-Th 7/6-7/16	3:40-4:15 PM	\$90/\$112
41011	M-Th 7/6-7/16	8:15-8:55 PM	\$90/\$112
41003	M-Th 7/20-7/30	11:20 AM-Noon	\$90/\$112
40970	M-Th 8/3-8/13	9:45-10:25 AM	\$90/\$112
40986	M-Th 8/3-8/13	11:20 AM-Noon	\$90/\$112
41010	M-Th 8/3-8/13	10:35-11:15 AM	\$90/\$112

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 at
rockvillemd.gov/swimcenter

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.

				M/NM
Age: 7-15				
40890	M-Th	6/22-7/2	11:20 AM-Noon	\$78/\$97
40865	M-Th	6/22-7/2	8:15-8:55 PM	\$78/\$97
40859	F	6/26-8/7	11:10-11:55 AM	\$78/\$97
40889	M-Th	7/6-7/16	11:20 AM-Noon	\$78/\$97
40888	M-Th	7/6-7/16	7:35-8:10 PM	\$78/\$97
40897	M-Th	7/20-7/30	10:35-11:15 AM	\$78/\$97
40860	M, W	7/20-8/12	7:35-8:10 PM	\$78/\$97
40877	Tu, Th	7/21-8/13	7:35-8:10 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.

				M/NM
Age: 12-15				
40883	Su	6/21-8/9	12-12:45 PM	\$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.

				M/NM
Age: 14/up				
40878	Sa	6/20-8/8	9-9:40 AM	\$78/\$97
41014	M, W	6/22-7/15	8:25-9:10 PM	\$89/\$112
40957	Tu, Th	6/23-7/16	7:35-8:20 PM	\$89/\$112
40895	M-Th	7/6-7/16	3:40-4:15 PM	\$78/\$97
40998	M, W	7/20-8/12	8:25-9:10 PM	\$89/\$112
41012	Tu, Th	7/21-8/13	7:35-8:20 PM	\$89/\$112
40994	M-Th	8/3-8/13	4:20-4:55 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.

				M/NM
Age: 14/up				
40861	Sa	6/20-8/8	9:45-10:25 AM	\$78/\$97
40862	Sa	6/20-8/8	10:30-11:10 AM	\$78/\$97
40945	M, W	6/22-7/15	7:35-8:20 PM	\$89/\$112
40950	M, W	7/20-8/12	7:35-8:20 PM	\$89/\$112
40949	Tu, Th	7/21-8/13	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.

				M/NM
Age: 14/up				
41005	M, W	6/22-7/15	7:35-8:20 PM	\$89/\$112
40955	Tu, Th	6/23-7/16	8:25-9:10 PM	\$89/\$112
40951	M, W	7/20-8/12	7:35-8:20 PM	\$89/\$112

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
 240-314-8750

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.

				M/NM
Age: 14/up				
40971	M, W	6/22-7/15	8:25-9:10 PM	\$89/\$112
40978	M, W	7/20-8/12	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.

				M/NM
Age: 14/up				
40920	Su	6/21-8/9	12-12:40 PM	\$87/\$106
41048	Tu, Th	6/23-7/16	7:35-8:20 PM	\$101/\$121
41058	Tu, Th	7/21-8/13	7:35-8:20 PM	\$101/\$121

Adult Water Fitness

Aqua Blast

Start your day off right with a fast-paced, early morning exercise class. This no-impact, high-energy workout tones your muscles while improving endurance with an emphasis on cardiovascular training. Includes abdominal and barbell work and meets in deep water. Flotation belts required. No equipment is provided.

				M/NM
Age: 16/up				
40642	Tu	6/23-8/11	6:35-7:20 AM	\$49/\$59
40631	Th	6/25-8/13	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 our other programs. Water flotation belts are used but no equipment is provided.

				M/NM
Age: 16/up				
40627	M	6/22-8/10	10:10-10:55 AM	\$49/\$59
40641	M	6/22-8/10	11:05-11:50 AM	\$49/\$59
40616	F	6/22-8/12	11:05-11:50 AM	\$49/\$59
40623	W	6/24-8/12	10:10-10:55 AM	\$49/\$59
40621	W	6/24-8/12	11:05-11:50 AM	\$49/\$59
40612	F	6/26-8/14	10:10-10:55 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.

				M/NM
Age: 16/up				
40648	Su	6/21-8/16	7:05-8:00 PM	\$66/\$80
40629	M	6/22-8/10	8:30-9:15 AM	\$49/\$59
40622	M	6/22-8/12	9:20-10:05 AM	\$49/\$59
40626	Tu	6/23-8/11	8:30-9:15 AM	\$49/\$59
40638	Tu	6/23-8/11	9:20-10:05 AM	\$49/\$59
40628	W	6/24-8/12	8:30-9:15 AM	\$49/\$59
40637	W	6/24-8/12	9:20-10:05 AM	\$49/\$59
40639	Th	6/25-8/13	8:30-9:15 AM	\$49/\$59
40620	Th	6/25-8/13	9:20-10:05 AM	\$49/\$59
40614	F	6/26-8/14	8:30-9:15 AM	\$49/\$59
40611	F	6/26-8/14	9:20-10:05 AM	\$49/\$59

Aquacize – Beginner

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 arent required. No equipment provided.

				M/NM
Age: 16/up				
40617	M	6/22-8/10	10:10-10:55 AM	\$49/\$59
40634	W	6/24-8/12	10:10-10:55 AM	\$49/\$59
40610	F	6/26-8/14	10:10-10:55 AM	\$49/\$59

Deep Water Running and Conditioning

This class emphasizes cardiovascular strength and endurance, as well as flexibility, range of motion and core strength. Class is held in the deeper section of the outdoor fitness pool and flotation belts are recommended. No swimming skills are necessary, but comfort with deep water is required. This program benefits runners and other active exercisers who are looking for a challenging workout. No equipment provided.

Age: 16/up	M/NM
40624 Tu 6/23-8/11 10:10-10:55 AM	\$49/\$59
40636 Th 6/25-8/13 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
40632 M 6/22-8/10 9:10-9:55 AM	\$49/\$59
40630 Tu 6/23-8/11 7:10-7:55 PM	\$42/\$52
40619 W 6/24-8/12 9:10-9:55 AM	\$49/\$59
40625 Th 6/25-8/13 7:10-7:55 PM	\$49/\$59
40613 F 6/26-8/14 9:10-9:55 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
40618 M 6/22-8/10 9:10-9:55 AM	\$49/\$59
40635 Tu 6/23-8/11 7:10-7:55 PM	\$42/\$52
40640 W 6/24-8/12 9:10-9:55 AM	\$49/\$59
40633 Th 6/25-8/13 7:10-7:55 PM	\$49/\$59
40615 F 6/26-8/14 9:10-9:55 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. Classes take place in the outdoor Wellness Pool (25 meters).

Age: 16/up	M/NM
40647 M 6/22-8/10 6:30-7:30 AM	\$73/\$88
40646 W 6/24-8/12 6:30-7:30 AM	\$73/\$88
40609 F 6/26-8/14 6:30-7:30 AM	\$73/\$88



Swim 4 Fitness

Learn to swim farther without getting tired. The goal: Swim one mile in 45 minutes without fatigue, using different strokes. Freestyle, backstroke and breaststroke are emphasized. Students must be able to swim 100 yards without stopping. Equipment needed: fins, hand paddles and pull buoys.

Age: 14/up	M/NM
40643 Tu 6/23-8/11 8:25-9:10 PM	\$52/\$64
40644 Th 6/25-8/13 8:25-9:10 PM	\$52/\$64

***NEW* 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. Classes take place in the outdoor Wellness Pool (25 meters).

Age: 14/up	M/NM
40857 Su 6/21-8/16 8:10-9:00 PM	\$76/\$92



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 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
Call 1-800-733-2767 for technical assistance.

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

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. Attendance at all class sessions is required. There will be a planned meal break, participants are encouraged to bring along something to eat.

Age: 13/up				M/NM
40354	Sa	6/13	1-7 PM	\$135/\$135
41096	Su	6/28	1-7 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 to view all dates and times of classes and details of the pre-screen test.

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

Lifeguard Training Recertification

The American Red Cross Lifeguard Training Review Course is for currently certified American Red Cross Lifeguards 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 to view flyer listing all dates and times of classes, details of the pre-screen test and of documentation requirements.

Age: 15/up				M/NM
40356	Sa	6/20	1:30-10:45 PM	\$145
40355	Sa	7/5	1:30-10:45 PM	\$145
40357	Sa	8/1	1:30-10:45 PM	\$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, Longfellows 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 consisting of: swimming front crawl, 25 yards; back crawl, 25 yards; breaststroke, 25 yards; elementary backstroke, 25 yards; sidestroke, 25 yards; butterfly, 15 yards; maintaining position on back for one minute in deep water (floating or sculling); treading water for one minute on the first day of class to continue participation. If a student does not pass the pre-screen, a course refund, minus a \$15 administrative fee, will be issued. A detailed course schedule/syllabus will be sent prior to the first class. Students must complete online classwork, attend all class sessions as scheduled, and pass an exam to earn certification. Google Chrome is recommended for blended learning. Visit rockvillemd.gov/swimcenter to view flyer listing all dates and times of classes.

Age: 16/up				M/NM
41097	M-F	8/7-8/21	9 AM-2:15 PM	\$275



TOTS & PRESCHOOLERS

Arts, Dance and Enrichment

African Drumming: Adult/Child

This course is designed to offer fun for the family. The West African hand drum is fun and easy to play! This class will introduce you to the three basic tones of this amazing drum and several patterns and exercises for you and your little one to practice. Adults are asked to join little ones under 5 to take part in their musical exploration.

Age: 3-8			
40577	Sa	6/27-8/15	11 AM-Noon \$75/\$85

Lincoln Park 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			
40576	M	7/6-8/24	12-12:45 PM \$120/\$130

Lincoln Park CC/Philippe



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: 1 m-5			
40222	W	6/24-7/29	9:30-10:15 AM \$230/\$240
40225	W	6/24-7/29	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			
40586	Sa	6/27-8/15	9-9:45 AM \$125/\$135
40587	Sa	6/27-8/15	10-10:45 AM \$125/\$135

Thomas Farm CC/The Movement Endeavor

40575	Sa	6/27-8/15	11-11:45 AM \$125/\$135
40574	Sa	6/27-8/15	10-10:45 AM \$125/\$135
40573	Sa	6/27-8/15	9-9:45 AM \$125/\$135

Lincoln Park CC/Ubiera

40588	Sa	7/11-8/8	11-11:45 AM \$125/\$135
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Thomas Farm CC/Eig

Martial Arts

Kicks Karate – Tiny Tigers

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

Age: 3-4

40696	M,W	7/13-8/12	4-4:30 PM	\$150/\$160
40698	Tu,Th	7/14-8/13	5:30-6 PM	\$150/\$160
40680	Sa	7/18-8/15	9:30-10 AM	\$80/\$90

Kicks Karate



Sports – Instructional

Batter Up T-Ball Skills – Beginner

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

Age: 3-5

40760	Tu	6/23-7/28	5-5:50 PM	\$84/\$99
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King Farm 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

40764	Sa	6/20-8/1	9-9:50 AM	\$70/\$85
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King Farm Park

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

40491	Su	7/5-7/26	9-9:45 AM	\$95/\$105
40490	Su	8/9-8/30	9-9:45 AM	\$95/\$105

Woodley Gardens Park/Laskar Tennis

Tiny Hoopers

Time to get those tiny feet moving on the basketball court. Learn the basics of basketball, like dribbling, catching and passing. Toddler-sized basketballs are provided to each participant. Bring water and wear tennis shoes.

Age: 4-6

40724	Th	7/9-8/13	5:30-6:15 PM	\$86/\$96
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Lincoln Park CC/Dawkins



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

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 to schedule a tour
rockvillemd.gov/preschool

Monday-Friday - Monthly Rates

Program

Full Day: 9 a.m. -3 p.m.
Extended Day: 8 a.m.-5:30 p.m.

R/NR Rates

\$910/\$1,010 per month
\$1,450/\$1,650 per month

IT'S PARTY TIME.

Gymnasiums

Lincoln Park Community Center:
rockvillemd.gov/lincolnpark
 240-314-8780

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

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

Outdoor Rentals

Isreal Park (located behind Lincoln Park Community Center)
rockvillemd.gov/lincolnpark
 (April 15-Sept.30)
 240-314-8780

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

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

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

Themed Parties

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

Multi-Purpose Rooms

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

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

Lincoln Park Community Center:
rockvillemd.gov/lincolnpark
 240-314-8780

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

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

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

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

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

SUMMER CAMP GUIDE

Registration is Now Open!
rockvillemd.gov/registration

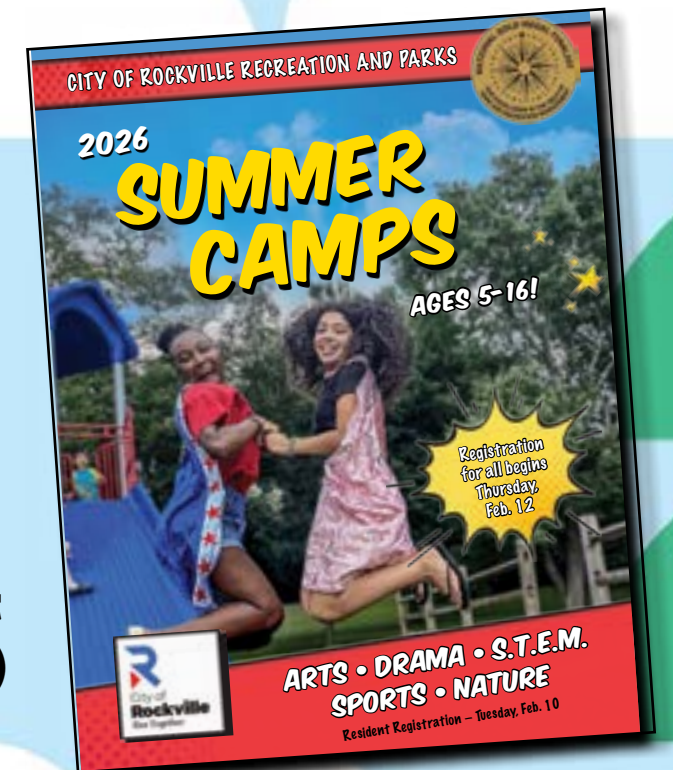
Look for the guide at the following locations:

rockvillemd.gov/camps

Rockville Community and Recreation Centers

Rockville and Twinbrook Libraries

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





CHILDREN

Arts, Dance and Enrichment

African Drumming: Adult/Child

This course is designed to offer fun for the family. The West African hand drum is fun and easy to play! This class will introduce you to the three basic tones of this amazing drum and several patterns and exercises for you and your little one to practice. Adults are asked to join little ones under 5 to take part in their musical exploration.

Age: 3-8
 40577 Sa 6/27-8/15 11 AM-Noon \$75/\$85
 Lincoln Park CC/Frimpong

Ballet for Children – Beginner

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

Young Beginner
Age: 5-7
 40594 Sa 6/20-7/18 10-10:45 AM \$65/\$75
 Rockcrest Ballet Center/Simpson

Beginner
Age: 6-13
 40593 M 6/15-7/27 5:30-6:30 PM \$100/\$110
 Rockcrest Ballet Center/Chongpinitchai
 40592 F 6/12-7/31 5-6 PM \$100/\$110
 Rockcrest Ballet Center/Adhikari

Beginner
Age: 7-13
 40591 Sa 6/20-7/18 11 AM-Noon \$65/\$75
 Rockcrest Ballet Center/Simpson

Ballet for Children – Intermediate

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

Intermediate I
Age: 7-13
 40590 F 6/12-7/31 6-7 PM \$100/\$110
 Rockcrest Ballet Center/Adhikari

Intermediate II
Age: 8/up
 40595 M 6/15-7/27 6:30-7:30 PM \$100/\$110
 Rockcrest Ballet Center/Chongpinitchai

Intermediate III
Age: 9/up
 40596 W 6/17-7/29 5-6:15 PM \$120/\$130
 Rockcrest Ballet Center/Popson

Before and After School Enrichment

Our programs offer a safe, engaging and supportive environment with dedicated staff that allows students to explore new interests, complete homework and have fun with friends. We offer a variety of activities, including arts and crafts, sports, educational activities and organized games that are focused on enrichment and social development. Programs operate when school is in session, including early release days and are closed on nonschool days.

Afterschool Adventure at Twinbrook Community Recreation Center

Transportation is provided from Meadow Hall and Twinbrook Elementary Schools.

Grades: K-5
Session I
Age: All Ages
 40844 M-F 8/25-10/2 3-6:30 PM \$200/\$220
Session II
 40845 M-F 10/5-11/13 3-6:30 PM \$200/\$220
Session III
 36297 M-F 11/16-12/22 3-6:30 PM \$200/\$220
 Twinbrook Community Rec. Center Annex

Beyond the Bell Afterschool Club at Thomas Farm Community Center

Transportation is provided from Ritchie Park Elementary School.

Grades: K-5
Session I
 40725 M-F 8/25-10/2 3:30-6:30 PM \$200/\$220
Session II
 40726 M-F 10/5-11/13 3:30-6:30 PM \$200/\$220
Session III
 40727 M-F 11/16-12/22 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. Participants must be enrolled in school full day to attend this afterschool program.

Grades: K-5
Session I

40716 M-F 8/25-10/2 3:30-6:30 PM \$185/\$205
Session II
 40717 M-F 10/5-11/13 3:30-6:30 AM \$185/\$205
Session III
 40718 M-F 11/16-12/22 3:30-6:30 PM \$185/\$205
 Lincoln Park CC

Early Birds Before School Program at Twinbrook Community Recreation Center

Transportation is provided to Meadow Hall and Twinbrook Elementary Schools.

Grades: K-5
Session I
 40846 M-F 8/25-10/2 7-9:30 AM \$170/\$190
Session II
 40848 M-F 10/5-11/13 7-9:30 AM \$170/\$190
Session III
 40847 M-F 11/16-12/22 7-9:30 AM \$170/\$190
 Twinbrook Community Rec. Center Annex

Twinbrook Afterschool Club

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

Grades: K-5
Session I
 41099 M-F 8/24-10/2 3:40-6:30 PM \$220/\$230
Session II
 41100 M-F 10/5-11/13 3:40-6:30 PM \$220/\$230
Session III
 41101 M-F 11/16-12/22 3:40-6:30 PM \$220/\$230
Session IV
 41102 M-F 1/4-2/12 3:40-6:30 PM \$220/\$230
Session V
 41103 M-F 2/16-3/26 3:40-6:30 PM \$220/\$230
Session VI
 41104 M-F 4/5-5/7 3:40-6:30 PM \$220/\$230
Session VII
 41105 M-F 5/10-6/16 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

40649 Sa 6/20-8/8 12-12:50 PM \$60/\$75
Rockville Swim and Fitness Center

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

40665 Tu 6/23-8/11 5:45-6:45 PM \$89/\$107
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

40701 W 7/15-8/19 5-5:50 PM \$159/\$169
Thomas Farm CC

Above the Rim Basketball Skills

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

Age: 4-6

40762 Sa 6/20-8/15 9-9:50 AM \$95/\$110
Thomas Farm CC

Age: 6-8

40763 Sa 6/20-8/15 10-10:50 AM \$95/\$110
Thomas Farm CC

Batter Up T-Ball Skills – Beginner

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

Age: 5-8

40761 Tu 6/23-7/28 6-6:50 PM \$84/\$99
King Farm 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: 4-6

40766 M 6/22-7/27 5-5:50 PM \$70/\$85
Rockville Senior Center
40767 Th 6/25-7/30 5-5:50 PM \$70/\$85
Fallsgrove Park

Age: 5-7

40765 Sa 6/20-8/1 10-10:50 AM \$70/\$85
King Farm Park

Age: 6-8

40770 M 6/22-7/27 6-6:50 PM \$70/\$85
Rockville Senior Center
36955 Th 6/25-7/30 6-6:50 PM \$70/\$85
Fallsgrove Park

Laskar Pickleball Group Lessons

Taught by USTA 2025 Provider Champion coaches.

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.

Age: 6-9

40481 Tu 6/30-7/21 5-6 PM \$100/\$110
40479 Tu 8/4-8/25 5-6 PM \$100/\$110
Welsh Park/Laskar Tennis

Laskar Tennis Group Lessons

Taught by USTA 2025 Provider Champion coaches.

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.

Age: 6-9

40489 M 6/29-7/20 5-6 PM \$100/\$110
40483 M 8/3-8/24 5-6 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.

Age: 6-9

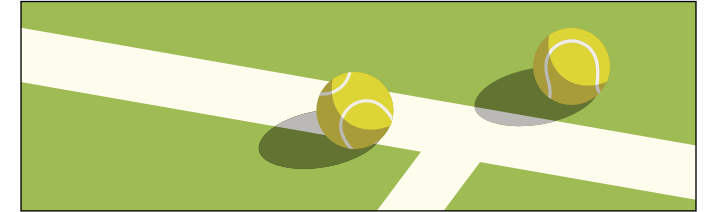
40485 W 7/1-7/22 5-6 PM \$110/\$120
40484 W 8/5-8/26 5-6 PM \$110/\$120
Dogwood Park/Laskar Tennis

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.

Age: 6-9

40476 Su 7/5-7/26 10-11 AM \$100/\$110
40494 Su 8/9-8/30 10-11 AM \$100/\$110
Woodley Gardens Park/Laskar Tennis



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. Its 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

40508 M 6/1-7/6 5-5:50 PM \$121/\$131
40504 W 6/3-7/8 5-5:50 PM \$121/\$131
40506 Sa 6/6-7/18 5-5:50 PM \$121/\$131
Fallsgrove Park/Z. Yargici

40503 F 6/5-7/10 5-5:50 PM \$121/\$131
40502 F 6/5-7/10 6-6:50 PM \$121/\$131
King Farm Park/Z. Yargici

Age: 10-12

40509 M 6/1-7/6 6-6:50 PM \$121/\$131
40505 W 6/3-7/8 6-6:50 PM \$121/\$131
Fallsgrove 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 your own racket if you have one, otherwise, a junior racket will be provided.

Age: 5-7

40461 Tu 6/2-7/7 5-5:50 PM \$86/\$96
Montrose CC and Park/Z. Yargici

40454 Sa 6/6-7/18 9-9:50 AM \$86/\$96
King Farm Park/Z. Yargici

40467 Sa 6/6-7/18 4-4:50 PM \$86/\$96
Fallsgrove Park/Z. Yargici

CHILDREN

Tennis – Net Generation II

Ready to step up your tennis game? In this class, kids will practice and improve ground strokes, 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

40459 Tu 6/2-7/7 6-6:50 PM \$86/\$96
Montrose CC and Park/Z. Yargici

40458 Sa 6/6-7/18 10-10:50 AM \$86/\$96
King Farm Park/M. Yargici

40462 Sa 6/6-7/18 6-6:50 PM \$86/\$96
Falls Grove Park/Z. Yargici

Age: 9-12

40468 Th 6/4-7/16 5-5:50 PM \$86/\$96
Montrose CC and 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.

Age: 9-12

40456 Th 6/4-7/16 6-6:50 PM \$86/\$96
Montrose CC and Park/Z. Yargici

40464 Sa 6/6-7/18 11-11:50 AM \$86/\$96
King Farm Park/M. Yargici

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

40470 Sa 6/6-7/18 12-1:10 PM \$96/\$106
King Farm Park/M. Yargici

FALL YOUTH SPORTS LEAGUE

Early Bird Registration: Register by July 15 and save \$5.

COED FALL SOCCER LEAGUES



Practices: One practice per week starting the week of Aug. 24

League Play: Saturdays beginning Sept. 12

Location: Broome Athletic Park/Mark Twain

Cost: \$80 R/\$90 NR

Ankle Biters - Preschool #40752

Tiny Kicks - Entering kindergarten in fall #40753

Strikers - Entering 1st grade in fall #40754

Pee Wee - Entering 2nd and 3rd grade in fall #40755

Bantam - Entering 4th and 5th grade in fall #40756



Football League

Practices: Begin the week of Aug. 24

League Play: Sundays beginning Sept. 13

Location: Mattie J.T. Stepanek Park

Cost: \$80 R/\$100 NR

Instructional Coed K-1 #40751

Coed Grades 2-3 #40745

Girls Grades 2-3 #40746

Boys Grades 4-5 #40747

Girls Grades 4-5 #40748

Boys Grades 6-8 #40749

Girls Grades 6-8 #40750

COED CROSS COUNTRY



Practices: Aug. 24-Oct. 12, Wednesdays, 1x/week

Season Begins: Sept. 12

Location: Local Parks - RedGate/Dogwood/Civic Center

Cost: \$85 R/\$95 NR

Lil' Rabbits Girls - Entering 1st-3rd in fall #40741

Lil' Rabbits Boys - Entering 1st-3rd in fall #40852

Striders Girls - Entering 4th-6th in fall #40742

Striders Boys - Entering 4th-6th in fall #40853

Blazers - Entering 6th-8th in fall #40743

Registration deadline is Aug. 20.

Coaches will inform participants about practice, game times and locations.

Toast2Peace on Peace Day

Celebrating Mattie's 36th birthday with food, fun, and fellowship!

Saturday, July 11, 2026

World of Beer, Rockville (2-5 pm)
196 E. Montgomery Ave

Ocho de Bastos, The Blarney Bench,
ZamDance, Jimmy Alexander,
& Emcee Tommy McFly

Cornhole tournament
(competitive & celebrity divisions)

Peace activities for all ages!

Free entry (fee for cornhole tournament)

Portion of restaurant sales support Mattie's Peace Foundation

"Raise a glass or grateful hands... connect with purpose - for peace!"



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

40692	Th	7/9-8/27	6-7 PM	\$130/\$140
40693	Sa	7/11-8/29	11 AM-Noon	\$130/\$140

Rockville Fencing Academy/Sacks

Age: 10-13

40688	Th	7/9-8/27	7:20-8:40 PM	\$130/\$140
40691	Sa	7/11-8/29	12:20-1:40 PM	\$130/\$140

Rockville Fencing Academy/Sacks

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.

Children

Age: 5-7

40695	M, W	7/13-8/12	4:30-5 PM	\$150/\$160
40694	Tu, Th	7/14-8/13	6-6:30 PM	\$150/\$160
40679	Sa	7/18-8/15	10-10:30 AM	\$80/\$90

Little Ninjas

Age: 8-12

40697	M, W	7/13-8/12	6:15-7 PM	\$150/\$160
40699	Tu, Th	7/14-8/13	4:45-5:30 PM	\$150/\$160
40678	Sa	7/18-8/15	11-11:45 AM	\$80/\$90

Kicks Karate



Special Events

Late Night: End of the Year Party

Did someone say party? As the end of the school year approaches, let's celebrate all we have completed so far! Grab your friends and head to Thomas Farm Community Center for an evening full of fun. Enjoy exciting activities, including a craft, inflatable moon bounce and a photo booth to capture the memories. Pizza and light refreshment will be provided. Wear your favorite sneakers and meet us on the dance floor!

Grades 3-5

40513	F	5/29	7-9:30 PM	\$5
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Thomas Farm CC

Sports Leagues

Cross Country

Have a blast with your friends running cross country in the fall. Program includes practices and meets for boys and girls. Five meets are planned at courses around the city on Saturday mornings 8-10 a.m., beginning Sept. 13. Volunteer coaches will conduct one practice during the week starting the week of Aug. 25 and continuing throughout the season. Practice days, location and times are selected by the coaches. 6th graders can choose to register for either Striders or Blazers. Early bird registration: register by July 17 and save \$5. Registration deadline is Aug. 14

Lil' Rabbits Boys: Grade 1-3 in Fall

Run 3/4 of a mile at meets.

40852	Sa	9/12-10/17	8-10 AM	\$85/\$95
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Lil' Rabbits Girls: Grade 1-3 in Fall

Run 3/4 of a mile at meets.

40741	Sa	9/12-10/17	8-10 AM	\$85/\$95
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Striders: Grade 4-6 in Fall

Run 1 mile at meets.

40853	Sa	9/12-10/17	8-10 AM	\$85/\$95
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Striders Girls: Grade 4-6 in Fall

Run 1 mile at meets.

40742	Sa	9/12-10/17	8-10 AM	\$85/\$95
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Blazers: Grade 6-8 in Fall

Run 2 miles at meets.

40743	Sa	9/12-10/17	8-10 AM	\$85/\$95
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NFL Flag Football League

Get ready to hit the field with this brand-new NFL Flag Football League! Open to boys and girls in 2nd through 8th grade, this exciting league provides young athletes with a fun, fast-paced and skill-building experience in a non-contact format. This league emphasizes teamwork, sportsmanship and skill development while giving players the opportunity to learn and play football in a safe and inclusive environment. Whether your child is a first-time player or a seasoned athlete, NFL Flag Football is the perfect way to build confidence and enjoy the game. NFL Flag Reversible Jersey & Flag Belt Included!

Location: Mattie Stepanek Park

Instructional Coed Grades K-1st in Fall

40751	Su	9/13-10/18	10-11:30 AM	\$80/\$100
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Co-ed Grades 2nd-3rd in Fall

40745	Su	9/13-10/18	10 AM-1 PM	\$80/\$100
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Girls Grades 2nd-3rd in Fall

40746	Su	9/13-10/18	10 AM-4 PM	\$80/\$100
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Boys Grades 4th-5th in Fall

40747	Su	9/13-10/18	10 AM-1 PM	\$80/\$100
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Girls Grades 4th-5th in Fall

40748	Su	9/13-10/18	11:30 AM-1 PM	\$80/\$100
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Boys Grades 6th-8th in Fall

40749	Su	9/13-10/18	1-3 PM	\$80/\$100
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Girls Grades 6th-8th in Fall

40750	Su	9/13-10/18	10-11:30 AM	\$80/\$100
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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 fall:

Youth Soccer • Flag Football

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

Soccer Coed League Fall

Emphasis is based on skill development and fun. There will be one practice during the week of Aug. 26 and continuing throughout the season. Practice days, times and locations are selected by the head coach. Games will be on Saturday's starting Sept. 13 from noon-5 p.m. Participants will have a one hour game each Saturday that falls in the noon-5 p.m. window. We will have game schedules posted two weeks before games start. Coaches will inform team members regarding practice and game times. Early bird registration: register by July 18 and save \$5.00 Registration deadline is Aug. 15.

Ankle Biters – Pre-School Ages 4-5

Age: 4-5

40752	Sa	9/12-10/17	10 AM-3 PM	\$80/\$90
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Broome Gym and Athletic Park

Tiny Kicks – Entering Kindergarten in Fall

Play 4 x 4

40753	Sa	9/12-10/17	10 AM-3 PM	\$80/\$90
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Broome Gym and Athletic Park

Strikers – Entering Grade 1 in Fall

Play 5 x 5

40754	Sa	9/12-10/17	10 AM-3 PM	\$80/\$90
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Broome Gym and Athletic Park

Bantam – Entering Grades 4-5 in Fall

40756	Sa	9/12-10/17	10 AM-3 PM	\$80/\$90
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Mark Twain Athletic Park

OFFICIALS NEEDED!

Youth and Adult Leagues
Weekday Evenings and Weekends

Youth Soccer • Flag Football
Adult Softball • Adult Soccer

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

CHILDREN

Trips

Fishing Charter Trip

Join us for a memorable Family Fishing Trip on the Chesapeake Bay! On Saturday, June 6, families will depart from Deale, Maryland, aboard a half-day charter with the family-friendly crew of Lucky Strikes Charters. This trip is perfect for all ages, whether it's your first time fishing or you're an experienced angler. The captain and crew will provide instruction, bait, tackle and guidance, so no prior experience is needed. Enjoy beautiful views, reel in local species and create lasting memories together in a safe environment. Space is limited, so register early for a fantastic family day on the Bay! Price is per person.

Age: All Ages

40373 6/6 4 AM-1 PM \$180/\$190

Julius West Middle School





SKATEBOARDING

Lessons

50 minutes, once a week

5 weeks

Cost: \$250 R/\$275 NR

PRIVATE LESSONS

Classes are weather dependent.

Inclement weather hotline: 240-314-5023

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

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

FREE
 Movies
 begin at dusk

MOVIES IN THE Parks

An American Tail: Fievel Goes West
 Thurs, July 30: *Mattie J.T. Stepanek Park*, 1800 Piccard Dr.

The Super Mario Galaxy Movie
 Thurs, Aug. 6: *Montrose Park*, 451 Congressional Ln.

Freakier Friday
 Thurs, Aug. 13: *Fallsgrove Park*, 700 Fallsgrove Dr.

Turning Red
 Thurs, Aug. 20: *Isreal Park*, 357 Frederick Ave.

Learn more at
rockvillemd.gov/moviesintheparks





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

All About Honeybees

Discover fascinating facts about honeybees with our volunteer beekeeper. Learn about the tools and gear used in beekeeping, explore hive science and watch a live honey extraction demonstration. Honey samples will be available. All children must be accompanied by a registered adult.

Age: 5/up

40714 Sa 8/1 10-11 AM \$5/\$6

Croydon Creek Nature Center

MOTH-O-PALOOZA

Saturday, July 18
9-11 p.m.

Course #40759
\$5/\$6

Ages 5+, all participants must register

Join us for a night of mothing to celebrate National Moth Week!

- Observe moths using light sheets
- Contribute to citizen science
- Enjoy a campfire and moth crafts

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 Planning Details

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



Party Fees

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

Cost includes:

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

Available Party Add-On

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

Scheduling a Party

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

- Saturdays, 10 a.m. and 1:30 p.m.
- Sundays, 1 p.m.

Call Croydon Creek Nature Center at 240-314-8770 for more information and date availability, or email at ccnc@rockvillemd.gov.



Building for Birds

Spend time together building something that gives back to nature. Adult/child pairs will construct a wooden nesting platform designed for robins, phoebes, doves and other common backyard birds. Learn about nesting needs, proper placement and how to create bird-friendly habitat at home. Each pair will take home their finished platform. The fee includes one nest platform with an adult/child pair working together.

Age: 8/up

40715 Sa 6/20 10 AM-Noon \$15/\$18
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

40711	Sa	6/13	10-11 AM	\$10/\$12
40712	Sa	7/11	10-11 AM	\$10/\$12
40713	Sa	8/15	10-11 AM	\$10/\$12

Croydon Creek Nature Center



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



TEENS

Arts, Dance and Enrichment

Ballet – Teen and Adult

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

Beginner – Intermediate

Age: 13/up

40597 Th 6/18-7/30 8-9:15 PM \$120/\$130
Rockcrest Ballet Center/Chongpinitchai

Intermediate

Age: 13/up

40589 Tu 6/16-7/28 8-9:30 PM \$100/\$110
Rockcrest Ballet Center/Adhikari

Intermediate IV and Beginner Pointe

Age: 11/up

40603 Tu 6/16-7/28 5-6:30 PM \$140/\$150
Rockcrest Ballet Center/Adhikari
40602 Th 6/18-7/30 5-6:30 PM \$140/\$150
Rockcrest Ballet Center/Chongpinitchai



Advanced

Age: 13/up

40598 M 6/15-7/27 7:30-9 PM \$140/\$150
Rockcrest Ballet Center/Chongpinitchai
40601 Tu 6/16-7/28 6:30-8 PM \$140/\$150
Rockcrest Ballet Center/Adhikari
40599 W 6/17-7/29 6:15-7:45 PM \$140/\$150
Rockcrest Ballet Center/Simpson
40600 Th 6/18-7/30 6:30-8 PM \$140/\$150
Rockcrest Ballet Center/Chongpinitchai

Ballet Intensive

An intensive designed to allow ballet students an opportunity to concentrate on fundamental dance technique and professional artistry. The intensive features a 90-minute technique class in various styles of dance including ballet and contemporary, followed by a variation of pointe/pre-pointe work, strength and conditioning and artistry. Bring a snack. Prerequisite: Ballet Level Intermediate III & IV or permission from the instructor.

Age: 12/up

40604 M-F 8/17-8/21 5:30-8:30 PM \$275/\$285
Rockcrest Ballet Center/Adhikari

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

40673 Tu 6/23-8/11 12-1 PM \$102/\$123
40677 Th 6/25-8/13 12-1 PM \$102/\$123

Rockville Swim and Fitness Center/Kolanowski

Teen Fit

Basic strength training, cardiovascular conditioning and stretching exercises are included in this fast-paced class. Increase your overall fitness or support your sport-specific training. Bring a water bottle and a mat for floor exercises.

Age: 13-18

40663 M 6/22-8/10 7-8 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

40675 Sa 6/20-8/8 10:40-11:40 AM \$89/\$107
Rockville Swim and Fitness Center/Honts

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: 10-13

40688 Th 7/9-8/27 7:20-8:40 PM \$130/\$140
40691 Sa 7/11-8/29 12:20-1:40 PM \$130/\$140

Rockville Fencing Academy/Sacks

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 working with children and have experience in a child care, camp or school setting.
- Paid training provided.



TEENS

Sports – Instructional

Laskar Pickleball Group Lessons

Taught by USTA 2025 Provider Champion coaches.

Teen Pickleball

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.

Age: 10-16

40482	Tu	6/30-7/21	6-7 PM	\$100/\$110
40477	Tu	8/4-8/25	6-7 PM	\$100/\$110

Welsh Park/Laskar Tennis

Laskar Tennis Group Lessons

Taught by USTA 2025 Provider Champion coaches.

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.

Age: 10-16

40472	M	6/29-7/20	6-7 PM	\$100/\$110
40475	M	8/3-8/24	6-7 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.

Age: 10-16

40474	W	7/1-7/22	6-7 PM	\$110/\$120
40478	W	8/5-8/26	6-7 PM	\$110/\$120

Dogwood Park/Laskar Tennis

Tennis Match Play

Take your game to the next level as you improve your skills and learn effective strategies for game play situations. Players of similar abilities (3.0-3.5 level) are eligible for the class who are consistent hitting balls with medium pace, have control on directional shots and have good court coverage. Bring a racket and water.

3.0-3.5 Players

Age: 16/up

40455	Tu	6/2-7/7	5-5:50 PM	\$86/\$96
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Dogwood Park/M. Yargici

Trips

Fishing Charter Trip

Join us for a memorable Family Fishing Trip on the Chesapeake Bay! On Saturday, June 6, families will depart from Deale, Maryland, aboard a half-day charter with the family-friendly crew of Lucky Strikes Charters. This trip is perfect for all ages, whether it's your first time fishing or you're an experienced angler. The captain and crew will provide instruction, bait, tackle, and guidance, so no prior experience is needed. Enjoy beautiful views, reel in local species, and create lasting memories together in a safe environment. Space is limited, so register early for a fantastic family day on the Bay! Price is per person.

Age: All Ages

40373	6/6	4 AM-1 PM	\$180/\$190
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Julius West Middle School/



SUMMER COUNTDOWN PARTY

Summer Starts Here



Night Swim Takeover



Music and Party Vibes



High Energy Games



Food and Drinks Available

Friday, June 5 • 8-10:30 p.m.

Rockville Swim and Fitness Center

Event will be at the outdoor recreation pools/slides

Grades 6-8 Only

FREE for Rockville Residents (RSVP Required)
\$10 nonresidents • **\$10** at the door



Spots Limited RSVP Online Now



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 53-54.

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

A CENTER MEMBERSHIP OR DAILY PASS IS REQUIRED TO PARTICIPATE.

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

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



ADULTS

Arts, Dance and Enrichment



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 and force-free and harm-free training methods. We hope you and your dog will join us to learn, play and have some fun! Visit 4onthefloor.dog for more information. Proof of vaccination is required for all dogs enrolling in classes.

Community Canine

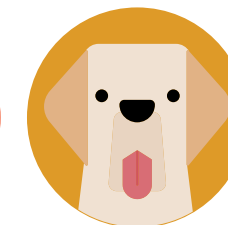
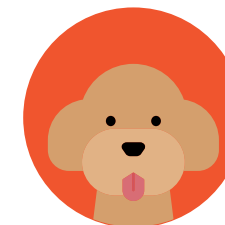
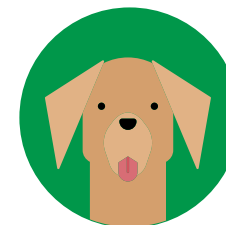
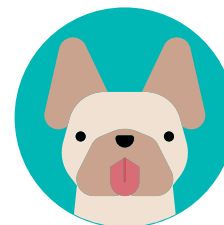
A four-week out and about style class is fantastic for confidence building and for any pups who may be exhibiting fear, shyness and/or excitability while out and about in real life. This class takes dogs to new locations each week, where they will work on generalizing behaviors in new environments and experiencing new scents, surfaces, sights and smells! Help grow your pups confidence as it bonds with you while exploring new environments. All locations will be located in and around the City of Rockville.

Age: 16/up
40709 Tu 6/30-7/14 6-7 PM \$300/\$310
Dogwood Park/Citrin

Rocket Recall

Rocket Recall is a foundational life-saving skill of coming when called. Through fun, interactive exercises, you'll build engagement, practice effective reward systems and learn to manage distractions in real-world scenarios. By the end of the course, you'll have the tools to foster a reliable and enthusiastic recall, strengthening the bond with your dog while ensuring their safety.

Age: 16/up
41113 Tu 6/30-7/21 7:20-8:30 PM \$250/\$260
Dogwood Park/Citrin



Ballet – Teen and Adult

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

Beginner-Intermediate

Age: 13/up
40597 Th 6/18-7/30 8-9:15 PM \$120/\$130
Rockcrest Ballet Center/Chongpinitchai

Intermediate

Age: 13/up
40589 Tu 6/16-7/28 8-9:30 PM \$100/\$110
Rockcrest Ballet Center/Adhikari

Intermediate IV and Beginner Pointe

Age: 11/up
40603 Tu 6/16-7/28 5-6:30 PM \$140/\$150
Rockcrest Ballet Center/Adhikari

40602 Th 6/18-7/30 5-6:30 PM \$140/\$150
Rockcrest Ballet Center/Chongpinitchai

Advanced

Age: 13/up
40598 M 6/15-7/27 7:30-9 PM \$140/\$150
Rockcrest Ballet Center/Chongpinitchai

40601 Tu 6/16-7/28 6:30-8 PM \$140/\$150
Rockcrest Ballet Center/Adhikari

40599 W 6/17-7/29 6:15-7:45 PM \$140/\$150
Rockcrest Ballet Center/Simpson

40600 Th 6/18-7/30 6:30-8 PM \$140/\$150
Rockcrest Ballet Center/Chongpinitchai

Partner Dancing

Get ready to Cha-Cha into summer! This beginner-friendly social dance class is perfect for couples looking to learn a new hobby together, or for wedding pairs preparing for their first dance. Explore a different partner dance each week, like foxtrot, salsa and swing. No prior experience is needed, and returning students are always welcome! Pairs are strongly recommended, but dancers may register at the instructors discretion.

Age: 18/up
40583 Tu 6/23-8/11 7:30-8:30 PM \$125/\$135
Thomas Farm CC/Polinger

Social Line Dancing

Come dance with the City of Rockville! Spend an hour learning the oldest and newest party line dances such as the Electric Slide and Boots on the Ground. Get ready to step, slide and strut to popular hiphop, country and pop songs. See you on the dance floor!

Age: 16/up
40585 F 7/10-8/28 6:30-7:30 PM \$85/\$95
Thomas Farm CC/Lyles

Social Salsa

Spice up your week with the rhythm and energy of salsa! This lively class is the perfect way to meet new people, laugh and dance your way to a great timeno partner needed. Just bring your dancing feet and get ready to move, mingle and make memories!

Age: 18/up
40608 F 6/26-8/14 7:30-8:30 PM \$125/\$135
Twinbrook CRC/Anderson

Intermediate 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
40582 M 6/22-8/10 7:30-8:30 PM \$120/\$130
Thomas Farm CC/Kunz

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 up-tempo music to increase your heart rate, stamina and energy level. Class concludes with abdominal work and stretching. All abilities welcome.

Age: 16/up
41111 Tu 6/23-8/13 5:30-6:15 PM \$80/\$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
40660 M 6/22-8/10 5:45-6:45 PM \$80/\$96
Rockville Swim and Fitness Center/Rubin
40661 W 6/24-8/12 5:45-6:45 PM \$80/\$96
40653 F 6/26-8/14 5:45-6:45 PM \$80/\$96
40655 F 6/26-8/14 9:15-10:15 AM \$80/\$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
40652 Tu 6/23-8/11 6:30-7:30 AM \$80/\$96
40659 Th 6/25-8/13 6:30-7:30 AM \$80/\$96
Rockville Swim and Fitness Center

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
40654 Th 6/25-8/13 12-1 PM \$80/\$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
40650 M 6/22-8/10 12-1 PM \$80/\$96
40656 Th 6/25-8/13 6-7 PM \$80/\$96
Rockville Swim and Fitness Center/DiTullio

2026 Community Garden Program at Wootton Mill Park
Registration Now Open!

Immerse yourself in the joy of gardening this season by renting a garden plot. Meet new people, stay active and enjoy the rewards of growing fresh vegetables.
\$80R/\$90NR

Visit rockvillemd.gov/gardenplots to download the information packet and learn how to register online.

Recreation and Park Advisory Board RPAB Meetings

Fourth Thursday of the month, 7 p.m.
RPAB promotes the development of desirable recreation and park facilities in the city and recommends programs for youth and adults that reflect community needs.

ADULTS

NEW Circuit Training

The Circuit Training class offers a fast-paced, full-body workout that involves moving through several exercise stations to perform a mix of strength and cardio exercises with short rest periods in between. These sessions are designed to be flexible, allowing participants to adjust the intensity to their own fitness level. This class is very effective for building endurance and increasing strength in a time-efficient manner.

Age: 18/up

40607 F 6/26-8/14 7:30-8:15 AM \$69/\$79
Twinbrook CRC/Waller

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

41106 M 6/29-8/31 7:30-8:15 AM \$115/\$125
Thomas Farm CC/Ramsey

Pilates

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

Age: 16/up

40723 Tu 6/9-8/18 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

40673 Tu 6/23-8/11 12-1 PM \$102/\$123
40677 Th 6/25-8/13 12-1 PM \$102/\$123
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 your own mat.

Age: 16/up

41107 W 6/10-8/12 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

40651 W 6/24-8/12 12-1 PM \$80/\$96
40658 F 6/26-8/14 12-1 PM \$80/\$96
Rockville Swim and Fitness Center/Stokes

Thrive Yoga

Fascia & Breathe

Unwind tension, unlock your breath and move like never before! In this energizing and restorative class, we dive into the world of fascia, your body's largest sensory organ that wraps around muscles, bones and even your lungs. 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

40854 W 6/3-7/22 11 AM-Noon \$170/\$180
Thrive Yoga

Hot 26

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

Age: 16/up

40703 F 6/5-8/7 5-5:55 PM \$170/\$180
Thrive Yoga

Hatha Beginner

Hatha Yoga is a slower-paced, alignment-focused practice. This class supports balance, stability and nervous system regulation, making it accessible for all levels and a great complement to more dynamic practices

Age: 13/up

40702 Su 6/7-8/2 9:05-10:05 AM \$170/\$180
Thrive Yoga

Deep Delicious Stretch Breath and Meditation

Designed to surprise you! 50% of fitness is in stretching and restoration of the body. Calm your busy mind and train your mind to stay present in meditation techniques training and practice. It's delicious!

Age: 13/up

40856 Su 6/7-8/9 6-7:15 PM \$170/\$180
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

40514 Tu 6/2-7/7 6-7 PM \$79/\$89
40515 Th 6/4-7/9 6:30-7:30 PM \$79/\$89
40520 F 6/5-7/10 7:30-8:30 AM \$79/\$89
40516 Sa 6/6-7/18 8:30-9:30 AM \$79/\$89
40517 Tu 7/21-8/25 6-7 PM \$79/\$89
40518 Th 7/23-8/27 6:30-7:30 PM \$79/\$89
40521 F 7/24-8/28 7:30-8:30 AM \$79/\$89
40519 Sa 7/25-8/29 8:30-9:30 AM \$79/\$89

Thomas Farm CC/Ramsey



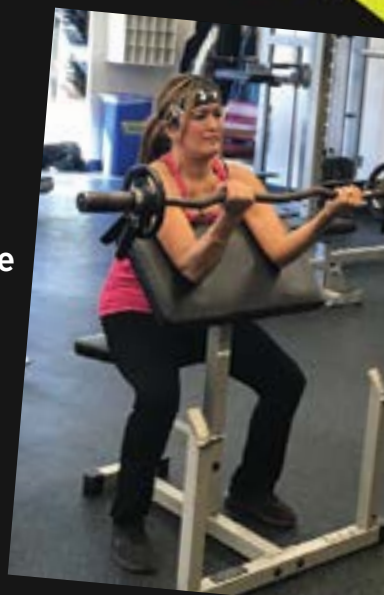
GET FIT



Check Out the 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

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

40676	W	6/24-8/12	9:15-10:15 AM	\$102/\$123
Rockville Swim and Fitness Center/Mendoza				
40672	Su	6/28-8/16	11 AM-Noon	\$89/\$107
Rockville Swim and Fitness Center/Honts				

Yoga – Hatha Fundamentals

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

Age: 16/up

40684	Th	6/25-8/20	6:30-7:45 PM	\$90/\$100
Rockville Senior Center/Neves				
40685	Th	6/25-8/20	6:30-7:45 PM	\$90/\$100
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

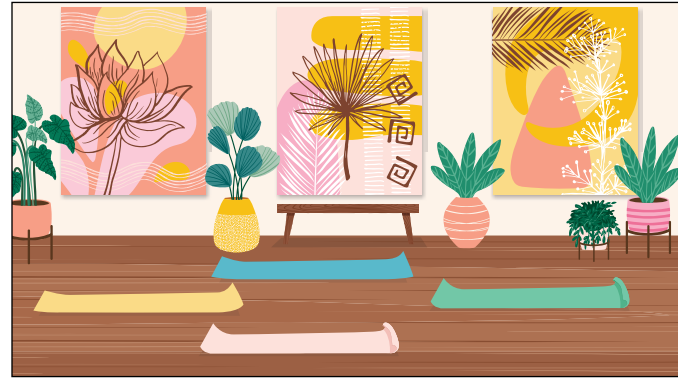
40681	M	6/22-8/17	6-7:15 PM	\$90/\$100
Thomas Farm CC/Neves				
40682	M	6/22-8/17	6-7:15 PM	\$90/\$100
Online/Neves				

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

40674	Th	6/25-8/13	9:15-10:15 AM	\$102/\$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

40667	Tu	6/23-8/11	9:15-10:15 AM	\$102/\$123
Rockville Swim and Fitness Center/Mendoza				
40666	Tu	6/23-8/11	7-8 PM	\$89/\$107
Rockville Swim and Fitness Center/Stokes				

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

40671	W	6/24-8/12	7-8 PM	\$102/\$123
Rockville Swim and Fitness Center/Mendoza				

Yoga Foundation

Join our Yoga Foundation class and 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

40606	Th	6/25-8/20	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

41114	Sa	6/20-8/8	9:30-10:30 AM	\$89/\$107
Rockville Swim and Fitness Center/Chowdhury				
40670	Su	6/21-8/9	9:45-10:45 AM	\$89/\$107
Rockville Swim and Fitness Center/Honts				
40664	M	6/22-8/10	9:15-10:15 AM	\$102/\$123
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 for all fitness levels.

Age: 16/up

40662	Th	6/25-8/13	7:05-7:50 PM	\$80/\$96
Rockville Swim and Fitness Center/Creel				

Zumba

Join in on the easy-to-learn sequences with high-energy music and positive, feel-good themes that will elevate your mindset! This easy-to-follow class features simple Latin-inspired movements, helping you improve mobility, balance and overall fitness at a comfortable pace. Perfect for beginners, active adults or anyone looking for an effective workout that's easy on the joints.

Age: 16/up

40584	W	7/15-8/26	7:30-8:30 PM	\$85/\$95
Thomas Farm CC/Creel				



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.

Zumba Toning

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

Age: 16/up
41112 Sa 6/20-8/8 11:30 AM-12:15 PM \$70/\$84
Online/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
40690 Tu 7/14-9/1 7-8:20 PM \$130/\$140
40689 Sa 7/11-8/29 2-3:20 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 of tai chi that was first created more than 200 years ago. Tai chi offers a wide range of benefits for your 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 you improve balance, flexibility and inner calm at your own pace.

Beginner
Age: 16/up
40580 M 6/22-8/10 9-10 AM \$69/\$79
Fallsgrove Park/Levine
40605 Tu 6/23-8/11 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 for those who have previously studied “Yang” Tai Chi or another style of tai chi and wish to continue their training.

Age: 16/up
40581 M 6/22-8/10 10-11 AM \$69/\$79
Fallsgrove Park/Levine

Sports – Instructional

Laskar Pickleball Group Lessons

Taught by USTA 2025 Provider Champion coaches.
Location: Welsh Park

Age: 18/up
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.
40473 Tu 6/30-7/21 7-8 PM \$105/\$115
40488 Tu 8/4-8/25 7-8 PM \$105/\$115

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.
40498 Tu 6/30-7/21 8-9 PM \$115/\$125
40493 Tu 8/4-8/25 8-9 PM \$115/\$125

Laskar Tennis Group Lessons
Taught by USTA 2025 Provider Champion coaches.

Age: 18/up
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.
40487 M 6/29-7/20 7-8 PM \$105/\$115
40495 M 8/3-8/24 7-8 PM \$105/\$115
King Farm Park/Laskar Tennis



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 to register.



Adult Tennis Prime Time – 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.

40499 W 7/1-7/22 7-8 PM \$115/\$125
40486 W 8/5-8/26 7-8 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.

40501 W 7/1-7/22 8-9 PM \$125/\$135
40500 W 8/5-8/26 8-9 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.

40497 Su 7/5-7/26 3-4 PM \$110/\$120
40496 Su 8/9-8/30 3-4 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.

40492 Su 7/5-7/26 4-5 PM \$100/\$110
40480 Su 8/9-8/30 4-5 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! Our experienced instructors certified through the Professional Pickleball Association (PPA) provide expert guidance for all skill levels.

Age: 16/up

Beginner Level 1

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

40450	W	6/3-6/10	7-9 PM	\$74/\$84
Mattie Stepanek Park/Cao				
40449	W	7/1-7/8	7-9 PM	\$74/\$84
40452	M	8/3-8/10	7-9 PM	\$74/\$84
Mattie Stepanek Park/Rosen				

Beginner Level 2

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

40447	M	7/13-7/20	7-9 PM	\$74/\$84
Mattie Stepanek Park/Cao				
40448	W	7/29-8/5	6-8 PM	\$74/\$84
Welsh Park/Francis				
40451	Tu	8/4-8/18	6:30 -7:45 PM	\$74/\$84
Mattie Stepanek Park/Francis				

Tennis for Adults/Teens

Learn and enjoy tennis through instruction, drills and game-play situations! Classes cover groundstrokes, serves, volleys and strategies tailored to your skill level. Players are placed in the appropriate level to ensure the best learning experience, though instructors may adjust levels as needed. Please bring a tennis racket.

National Tennis Rating Program Levels:

- 0.0: Little to no experience
- 1.0: Just starting to play
- 1.5: Limited experience; focused on getting the ball in play
- 2.0: Needs on-court experience; stroke weaknesses evident, but understands basic singles and doubles positions
- 2.5: Learning to judge ball direction; weak court coverage; can sustain short, slow-paced rallies with players of similar ability

3.0: Fairly consistent with medium-paced shots, but uncomfortable with all strokes; lacks execution for directional control, depth or power

3.5: Improved stroke dependability with directional control on moderate shots; beginning more aggressive net play, improved court coverage and developing doubles teamwork

Age: 16/up

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.

40460	M	6/1-7/6	6-6:50 PM	\$86/\$96
Twinbrook CRC/Francis				

Beg./Novice 1.0-2.0 NTRP Level

This blended class is designed for newer players who are 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.

40466	Tu	6/2-7/7	6-6:50 PM	\$86/\$96
Dogwood Park/M. Yargici				
40457	W	6/3-7/8	6-6:50 PM	\$86/\$96
Mattie Stepanek Park/Ou				

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.

40471	M	6/1-7/6	7-8:15 PM	\$96/\$106
Twinbrook CRC/Francis				

Novice 1.5-2.0 NTRP Level (3 Week Session)

40446	W	8/5-8/19	6-6:50 PM	\$45/\$50
Mattie Stepanek Park/Ou				

Novice 2.0-2.5 NTRP Level (3 Week Session)

40445	M	8/3-8/17	6-6:50 PM	\$45/\$50
Mattie Stepanek Park/Francis				

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.

40463	Tu	6/2-7/7	7-8:15 PM	\$95/\$106
Dogwood Park/M. Yargici				

Int./Adv. 3.0-3.5 NTRP Level

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.

40469	W	6/3-7/8	7-8:15 PM	\$96/\$106
Mattie Stepanek Park/Ou				



Sports Leagues

Adult Kickball League

Join the City of Rockville Adult Kickball League for a fun and active way to connect with friends! Games are played at lighted, well-maintained fields with trained umpires. Sign up as a team or individually and we'll keep friends together. The season includes six regular-season games, and all participants receive a Washington Nationals replica uniform.

Location: Broome Gym and Athletic Park

Age: 18/up

Individual

40757	M	6/22-8/10	6:30-10 PM	\$45/\$55
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Team Registration

Includes a team set of Washington Nationals replica uniforms

40758	M	6/22-8/10	6:30-10 PM	\$500/\$500
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Adult Pickleball Ladder League

A coed pickleball league you have the opportunity to test your skills against players with the same skill level. Each week, players will be placed in groups of four in order of your ranking on the ladder for match play. The USAPA numeric rating system will be used to rank skill level (usapa.org/player-skill-rating-definitions). All players will play three doubles games in a round-robin fashion with the other three players of the foursome. Games are played 5-9 p.m. at Mattie J.T. Stepanek Park. Players must be 18 years or older. Times are subject to change. Divisions are listed in order of competitiveness, with Novice (1) being the easiest and Advanced (4) being the hardest.

Location: Mattie Stepanek Park

Age: 18/up

Ladder Novice

40730	Th	7/10-8/14	5-9 PM	\$55/\$65
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Ladder Beginner

40729	Th	7/10-8/14	5-9 PM	\$55/\$65
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Ladder Competitive

40731	Th	7/10-8/14	5-9 PM	\$55/\$65
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Ladder Advanced

40732	Th	7/10-8/14	5-9 PM	\$55/\$65
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Ladder League Sub List

Sub list for our Ladder League! This will be posted online for players to reach out for subs if they cannot make their assigned time.

40734	Th	7/10-8/28	5-9 PM	Free
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Adult Pickleball Traditional League

Doubles Team Pickle Ball League. Can be mens, womens or coed teams. All teams play together. Four divisions (self-rated): Beginner, Novice, Competitive, or Advanced. Each team will play 3 games to 11 and all 3 games will be completed in approximately one hour. Games are played between 5-9 p.m. at Mattie J.T. Stepanek Park. Times are subject to change. Divisions are listed in order of competitiveness, with Novice (1) being the easiest and Advanced (4) being the hardest.

Location: Mattie Stepanek Park

Age: 18/up

Traditional Novice

40737 Tu 7/8-8/19 5-9 PM \$55/\$65

Traditional Beginner

40735 Tu 7/8-8/19 5-9 PM \$55/\$65

Traditional Competitive

40738 Tu 7/8-8/19 5-9 PM \$55/\$65

Traditional Advanced

40739 Tu 7/8-8/19 5-9 PM \$55/\$65

Traditional League Sub List

Sub list for our Traditional League! This will be posted online for players to reach out for subs if they cannot make their assigned time.

40740 Tu 7/8-8/26 5-9 PM Free

Volleyball – Co-Rec

Summer Sand Volleyball

C/D League 3, 20-point matches/rally scoring. The league is self-officiated. Game times are 6PM and 7PM. League play is offered on Tuesday with the exception of a few Wednesdays 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. Location: Summer Sand volleyball league games will be played at Dogwood Sand Volleyball Court or College Gardens Sand Volleyball Court.

Age: 18/up

40386 Tu 6/16-8/4 6-8 PM \$350/\$350

Trips

Fishing Charter Trip

Join us for a memorable Family Fishing Trip on the Chesapeake Bay! On Saturday, June 6, families will depart from Deale, Maryland, aboard a half-day charter with the family-friendly crew of Lucky Strikes Charters. This trip is perfect for all ages, whether it's your first time fishing or you're an experienced angler. The captain and crew will provide instruction, bait, tackle and guidance, so no prior experience is needed. Enjoy beautiful views, reel in local species and create lasting memories together in a safe environment. Space is limited, so register early for a fantastic family day on the Bay! Price is per person.

Age: All Ages

40373 6/6 4 AM-1 PM \$180/\$190
Julius West Middle School


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.

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



51st ANNUAL

Rockville 10K/5K



Save the Date

Sunday, Nov. 1

8:30 a.m.

King Farm Village Center, Rockville

Register online at rockville10k5k.com



ROCKVILLE BICYCLE ADVISORY COMMITTEE

Bike Month Kick-off Ride

Saturday, May 2 - 10 a.m. - Starts at City Hall (111 Maryland Ave)
 Join Rockville officials and your neighbors on a casual bike ride to celebrate National Bike Month. This will be a 6-mile loop exploring some of the city's extensive and diverse bicycling infrastructure, including a few paths, bridges and tunnels, using multi-use trails and quiet residential streets.

National Bike & Roll to School Day - Wednesday, May 6

Start a celebration or event at your school! Montgomery County requires anyone under age 18 to wear a bicycle helmet when riding or being carried on a bicycle, including a bicycle with training wheels, on a public street, right-of-way, sidewalk or bicycle path in the County. Register your school and check walkbiketoschool.org for more details.

19th Annual Rockville Ride of Silence - Wednesday, May 20 - 6:40 p.m.

Meet at Town Center, in front of Rockville Memorial Library, (21 Maryland Ave)
 Bring a helmet and a bike in good-working condition for a 10-mile police-escorted ride through neighborhoods to honor those who have been killed or injured on a bicycle. Riders must be comfortable riding on streets with traffic and ride approximately 10 miles in one hour. Check rideofsilence.com for additional information on this international event.

National Bike to Work Day - Friday, May 15 - 6:30 a.m.

Celebrate bicycling as a clean, fun and healthy way to get to work. Stop at the pitstops in Rockville Town Center and in Falls Grove to receive a free t-shirt, refreshments, prizes and inspiration before you ride to work. Register online at biketoworkmetrodc.org to be counted as a cyclist.

Tuesday Evening Rides - 6:30 p.m.

June 2, 9, 16, 23, 30 - Meet at Mattie J.T. Stepanek Park (1800 Piccard Dr)
 July 7, 14, 21, 28 - Meet at Silver Branch Parking Lot (7301 Calhoun Pl)
 August 4, 11, 18, 25 - Meet at Civic Center Park (603 Edmonston Dr)
 Join us for a casual neighborhood ride that will last about one hour. Routes are on paved, shared-use paths, some sidewalks, and some short sections of quiet streets. We ride at the pace of the slowest rider - no one gets left behind. Rain at start cancels the ride; wet pavement does not.

Ride the Rockville Bike Beltway - Sunday, June 14 - Starts at Grandma's Ice Cream and Waffles (389 E Gude Dr.) 10 a.m.

Sunday, July 19 - Starts at Lil Cakes & Creamery (844 Rockville Pike) 10 a.m.
 Let's eat ice cream after a ride on the Carl Henn Millennium Trail. This shared-use path is a 10.6-mile loop around the center of Rockville. We will start at this local business and end here if you want a treat. Rain at start cancels the ride; wet pavement does not.

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

meetup.com/bike-rockville • rockvillemd.gov/rbac
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.



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, May 5. Senior Center members receive a discount on programs. General registration begins: Thursday, May 7.

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.

FREE for Maryland Residents 65+

Senior Call Check
 A daily call to check on residents home alone.
CALL 1-866-50-CHECK
 or Register Online
 aging.maryland.gov

Senior Happenings

Pickleball

Wednesdays and Fridays
June 10-July 22 • 9:30-10:20 a.m.
Course #40838 • \$90/\$112 • Welsh Park

Senior Housing Resource Expo

Thursday, July 11 • 10 a.m.-1 p.m.
Free • Senior Center

Birthday Party

Tuesday, July 14 • 1:30-3 p.m.
Course #40557 • \$3/\$5 • Senior Center

Friends at First Sight

Get to know fellow members in this fast-paced event. Details on page 6.
Tuesday, Aug. 25 • 1-2:30 p.m.
Course #40561 • \$5 • Senior Center

All Day Exercise

Wednesday, Aug. 26 • 10 a.m.-2 p.m.
Course #40851 • Free • Hybrid

See the “Adults 60+ Recreation and Services Guide” for full descriptions of programs.
Call 240-314-8800 or email seniorcenter@rockvillemd.gov.



Rockville Villages

Scan for more information 

Be a part of the growing village movement in Rockville!

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

rockvillemd.gov/villages
240-314-8807
Trish Evans, tevens@rockvillemd.gov

ROCKVILLE SENIOR CENTER

We help residents continue to live and thrive in Rockville.

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

Senior Support Services

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

Other Services

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

For more information, contact:

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



THOMAS FARM COMMUNITY CENTER

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

FULL-SIZE GYMNASIUM • RENTAL SPACE FOR PARTIES AND MEETINGS
FITNESS CENTER WITH CARDIO AND STRENGTH EQUIPMENT • CLASSES, PROGRAMS AND EVENTS FOR THE ENTIRE FAMILY • DAILY, MONTHLY AND ANNUAL PASSES AND MEMBERSHIPS
Thomas Farm offers classes for all ages, rental space, drop-in sports, fitness center for exercise, classes, an after-school program for elementary-aged students, lounge, art gallery, game room and 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
240-314-8830 • tcrc@rockvillemd.gov
12920 Twinbrook Parkway, Rockville, MD 20851

FULL-SIZE GYMNASIUM • RENTAL SPACE FOR PARTIES AND MEETINGS
BEFORE AND AFTER SCHOOL PROGRAMS
MONTHLY FITNESS PASSES MEMBERSHIPS AVAILABLE • SPECIAL FAMILY • FUN EVENTS
Every day, the center welcomes a diverse group of children and families to 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
 240-314-8780 • lpcc@rockvillemd.gov
 357 Frederick Ave., Rockville, MD 20850

**Reopening
Soon**

Lincoln Park Community Center Renovation
 Lincoln Park Community Center is closed for a full interior renovation and is expected to reopen by early summer 2026. During the closure, memberships may be used at Thomas Farm Community Center, Twinbrook Community Recreation Center and Rockville Swim and Fitness Center for fitness access only. Pool access is not included..

HOSTED BY ROCKVILLE'S
MAYOR AND COUNCIL

Rockville
INDEPENDENCE DAY
Celebration

Saturday, July 4 • 7-10 p.m.
 Mattie J.T. Stepanek Park
 1800 Piccard Dr., Rockville

**LIVE
MUSIC**

**FIRE-
WORKS
AT DUSK**

25 AMERICA
CITY OF ROCKVILLE
EST. 1860
Rise Together

ROCKVILLEMD.GOV/INDEPENDENCEDAY

25 AMERICA
CITY OF ROCKVILLE
EST. 1860
Rise Together

*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 learn more.

ROCKVILLEMD.GOV/MEMORIALDAY

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

ROCKVILLE

**FARMERS
MARKET**

Saturdays, May 16-Nov. 21
9 a.m.-1 p.m.
Corner of Rt. 28 and Monroe St.

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

***While funds last/amount subject to change**



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

...
July 9

Voices of the Maryland 400: Maryland's Revolutionary War Soldiers at the Battle of Brooklyn in 1776
REGISTER WITH COURSE #41186

September 10

Montgomery County's 250th Birthday
REGISTER WITH COURSE #41187

For more information, call 240-314-8660
 or glenview@rockvillemd.gov



240-314-8660



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.



"Clouds Over Glenview" by Patrick Sieg

Rockville Art League Members' Juried Spring Show

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

Rockville Art League Members' "If Walls Could Talk" Show

Glenview Mansion is One Hundred Years Old!
 Meet the Artists: Sunday, June 28
 1:30 p.m. to 3:30 p.m.
 On Exhibit June 28-August 28

F. SCOTT FITZGERALD THEATRE

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

Rockville Musical Theatre presents "Sister Act"

8 performances | June 27 and July 3, 10 & 11 at 7:30 p.m. |
 June 28 and July 4, 5 & 12 at 2 p.m.
 Tickets: Adults \$26 | Seniors & Students \$23

Victorian Lyric Opera Company presents "Haddon Hall"

3 performances | Sept. 4 & 5 at 8 p.m.
 Sept. 6 at 2 p.m.
 Tickets: Adults \$30 | Seniors \$28 |
 Students \$26

AT GLENVIEW MANSION

Glenview Mansion & Peerless Rockville Speaker Series
Voices of the Maryland 400: Maryland's Revolutionary War Soldiers at the Battle of Brooklyn in 1776
 Thursday, July 9 at 7 p.m.
 Free and open to the public

Sketching a Century: Glenview Mansion and Cottage Open to Visual Artists
 Part of the Glenview Mansion Centennial, celebrating 100 years of Rockville history
 Sunday, July 19, 9 a.m. - 5 p.m.

SEASON SUBSCRIPTIONS

RLT-RMT Consortium: \$99 Regular \$89 Seniors & Students

Rockville Little Theatre
 The Game's Afoot (Sept 25-Oct 4, 2026)
 Lettice & Lovage (Jan 29-Feb 7, 2027)
 Fences (Apr 30-May 9, 2027)

Rockville Musical Theatre
 Sister Act (June 27-July 12, 2026)
 Caroline, or Change (Oct 31-Nov 15, 2026)

Victorian Lyric Opera Company
Company Fully-Staged: \$55 Regular | \$52 Seniors | \$50 Students

The Merry Wives of Windsor
 (Feb 26-Mar 7, 2027)

The Pirates of Penzance
 (June 11-20, 2027)

Full Season: \$82 Regular | \$78 Seniors \$75 Students

Includes shows above plus Haddon Hall
 (Sept. 4-6, 2026)



**Rockville
History a
Century
Strong**

1926-2026
**Celebrate 100 years of
Glenview Mansion**
with special anniversary programming

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

603 Edmonston Drive, Rockville · 240-314-8990
rockvillemd.gov/glenview



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; “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

Rockville Civic Ballet
Directed by Eleanor Simpson and Erin Kwong

DRACULA

Saturday, July 25 at 7:30 p.m.
Sunday, July 26 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)
Seniors (60 years old and older)

Assigned seat tickets are available online, by phone or in-person.
Box Office: 240-314-8690

Box Office is open 2-6 p.m. on Tuesday through Saturday and two hours prior to a ticketed event.
friendsrcb.org



Dr. Christine Higley, Music Director

Summer Evening of Pops

Wicked Tunes, Golden Hits and a Little Rock & Roll

Sunday, July 5

7 p.m.

The Square at Rockville

36 Maryland Avenue, Rockville, MD 20850

Bring your lawn chair and enjoy this outdoor concert.

*In case of inclement weather, please call 240-314-8681
after 5 p.m. regarding cancellation.*

rockvilleconcertband.org

Rockville Events Sponsorship Opportunities

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

CONTACT:

240-314-8606 • cmcquitty@rockvillemd.gov



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



Public Safety • Severe Weather • Traffic

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

Signing up is EASY.

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

For more information and to sign up, visit 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 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 • 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.

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 for updates and to sign up for alerts and the facility newsletter, where you will receive information regarding facility closures and program cancellations. Students can also call 240-314-8750 to get specific up-to-date information for each weather event. In the absence of any notice, students should assume programs are held as scheduled and the facility is open.

Individuals with Disabilities

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

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

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

Recreation and Parks Mission Statement

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



Monique Ashton, Mayor

Councilmembers

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

Jeff Mihelich, City Manager

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, May 5 at 8:30 a.m. for Rockville residents and senior center members and programs listed in the Adults 60+ Recreation and Services Guide.

Thursday, May 7 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**. 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**. 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)

General Registration: May 7



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.

How to Register

Online:

at rockvillemd.gov/registration.

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



Walk in or Mail:

Dept. of Rec. and Parks: Main Office
6 Taft Court, 3rd Floor, MD 20850

Rockville Swim and Fitness Ctr.
355 Martins Lane, MD 20850

Rockville Senior Ctr.
1150 Carnation Drive, MD 20850

Croydon Creek Nature Ctr.
852 Avery Road, MD 20851

Lincoln Park Community Ctr.
357 Frederick Ave. MD 20850

Thomas Farm Community Ctr.
700 Fallsgrrove Drive, MD 20850

Twinbrook Community Recreation Ctr.
12920 Twinbrook Parkway, MD 20851

Satisfaction Guarantee

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

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

PRESORTED
STANDARD
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SUBURBAN, MD
PERMIT NO. 63

Hosted by the Mayor and Council of Rockville



Saturday, May 23 and Sunday, May 24
ROCKVILLE TOWN CENTER

FEATURING

Joslyn & The Sweet Compression
The E Street Shuffle

North to Nashville • Midnight Mimosa • Bastard Bearded Irishmen • Ocho de Bastos
Band of Roses • Proverbs Reggae Band • Fast Eddie & The Slowpokes

U.S. Navy Band Cruisers

Rocknoceros • Groovy Nate • Echoes of Nature • Thrive Yoga
Victorian Lyric Opera Company • Ceylon Bera



240-314-8620
rockvillemd.gov/HTH

#HTH26 Like us on Facebook

