



life

IN ROCKVILLE

FALL 2026



AQUATICS

TOTS/PRESCHOOL

CHILDREN

CROYDON CREEK

NATURE CENTER

TEENS

ADULTS

ADULTS 60+

CULTURAL ARTS

FINANCIAL ASSISTANCE



**RECREATION
AND PARKS**
ACTIVITY GUIDE

YOUTH



LEAGUES

General Information

All teams are led by volunteer coaches, who choose practice days and times that fit their schedules. Coaches will contact participants by Wednesday, Nov. 25 with practice details. Interested in coaching? Contact sports@rockvillemd.gov.

Basketball — Mighty Mites

Join the Mighty Mites Winter Basketball Leagues for boys and girls, with one weeknight practice and Saturday games. Modified rules ensure fun, age-appropriate play. 4v4 for kindergarten and first grade and 5v5 for second and third grade. \$99 resident/\$109 nonresident. Register with the course number at rockvillemd.gov/registration.

Girls Kindergarten

#41372 | College Gardens ES

Girls Grade 3

#41375 | Lakewood ES

Boys Grade 2

#41370 | Lincoln Park CC

Girls Grade 1

#41373 | College Gardens ES

Boys Kindergarten

#41368 | Bayard Rustin ES

Boys Grade 3

#41371 | Meadow Hall ES

Girls Grade 2

#41374 | Lakewood ES

Boys Grade 1

#41369 | Bayard Rustin ES

Jr. NBA Youth Basketball Leagues

The Jr. NBA Youth Basketball Leagues offer boys and girls a fun, competitive way to build skills and teamwork. Teams practice once a week and play weekend games for seven weeks, plus playoffs. Each player will receive a reversible NBA or WNBA replica jersey which must be worn during games. \$119 resident/\$134 nonresident. Register with the course number at rockvillemd.gov/registration.

Girls Grade 4 (Saturday)

#41364 | Twinbrook CRC

Boys Grades 3-4 (Saturday)

#41357 | Robert Frost MS

Boys Grade 8 (Sunday)

#41361 | Multiple Locations

Girls Grade 5 (Saturday)

#41365 | Twinbrook CRC

Boys Grade 5 (Saturday)

#41358 | Multiple Locations

Boys Grades 9-10 (Sunday)

#41362 | Twinbrook CRC

Girls Grade 6 (Saturday)

#41366 | Julius West MS

Boys Grade 6 (Saturday)

#41359 | Thomas Farm CC

Boys Grades 11-12 (Sunday)

#41363 | Rockville HS

Girls Grade 7-8 (Saturday)

#41367 | Julius West MS

Boys Grade 7 (Sunday)

#41360 | Thomas Farm CC

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REGISTRATION DATES

- Rockville Residents
Tuesday, Aug. 11 at 8:30 a.m.
- Senior Center Members
Tuesday, Aug. 11 at 8:30 a.m.
- General Public
Thursday, Aug. 13 at 8:30 a.m.

THREE WAYS TO REGISTER

- 1. ONLINE
Create an account or log in to an existing account at rockvillemd.gov/registration.
- 2. BY MAIL
Fill out a registration form at rockvillemd.gov/registrationform and mail it to:

Dept. of Recreation and Parks
6 Taft Ct., 3rd Floor,
Rockville, MD 20850
- 3. IN-PERSON
Walk-in registrations available.
Hours vary by facility.

FOR MORE INFORMATION

Visit rockvillemd.gov/recreation.
Email recreation@rockvillemd.gov.
Call 240-314-8620.

Stay in the Loop!

Find us on social media by scanning the QR codes below:



@RockvilleRec



@RockvilleRec



Rockville Swim and Fitness Center

355 Martins Lane
Rockville, MD 20850

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

LOBBY HOURS

Monday-Saturday
6 a.m.-9 p.m.

Sunday
9 a.m.-9 p.m.

HOURS OF OPERATION

Visit rockvillemd.gov/swimcenter to download a printable version of the latest schedule.

STAY ALERT!

Receive critical announcements, schedule changes, weather alerts and upcoming projects at rockvillemd.gov/swimcenteralerts.

The Rockville Swim and Fitness Center is a great place to swim and stay in shape year-round! Drop in with a day pass or take advantage of annual and seasonal membership discounts.

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



Swimming Classes

Supplement your membership with discounted swimming classes! Register early, as some courses fill up quickly. Courses with low enrollment may be canceled a week before their start date.

Registration for Rockville residents and Rockville Senior Center members begins Tuesday, Aug. 11 at 8:30 a.m. General registration begins Thursday, Aug. 13 at 8:30 a.m. [See page three for ways to register.](#)

Membership & Pricing

To be eligible for a membership discount, participants registering for a course must have an annual fall or winter membership for aquatics or the full facility. [Rates are determined by membership status, not residency. M=member, NM=nonmember.](#)

Visit rockvillemd.gov/swimcenter for a list of membership rates and types. Credits or refunds will be issued for medical reasons only and must be accompanied by a letter from your doctor. [Note: A \\$15 withdrawal fee will be applied for all refunds; \\$5 transfer fee may apply.](#)



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
41897	Tu	9/1-10/20	9-9:30 AM \$94/\$117
41807	Sa	9/12-10/24	10:50-11:20 AM \$82/\$103
41796	Su	9/13-10/25	10:15-10:45 AM \$82/\$103
41902	Tu	10/27-12/15	9-9:30 AM \$94/\$117
41792	Sa	10/31-12/19	10:50-11:20 AM \$82/\$103
41804	Su	11/1-12/20	10:15-10:45 AM \$82/\$103

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
41809	M	8/31-10/19	2-2:30 PM \$82/\$103
41900	Th	9/3-10/22	9-9:30 AM \$94/\$117
41819	Sa	9/12-10/24	10:15-10:45 AM \$82/\$103
41791	Sa	9/12-10/24	8:30-9 AM \$82/\$103
41799	Su	9/13-10/25	8:30-9 AM \$82/\$103
41805	Su	9/13-10/25	11:25-11:55 AM \$82/\$103
41899	M	10/26-12/14	2-2:30 PM \$94/\$117
41820	Th	10/29-12/17	9-9:30 AM \$82/\$103
41815	Sa	10/31-12/19	8:30-9 AM \$82/\$103
41816	Sa	10/31-12/19	10:15-10:45 AM \$82/\$103
41795	Su	11/1-12/20	8:30-9 AM \$82/\$103
41806	Su	11/1-12/20	11:25-11:55 AM \$82/\$103

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
41898	W	9/2-10/21	2-2:30 PM \$94/\$117
41905	Th	9/3-10/22	9:30-10 AM \$94/\$117
41798	Sa	9/12-10/24	9:05-9:35 AM \$82/\$103
41801	Sa	9/12-10/24	11:25-11:55 AM \$82/\$103
41794	Su	9/13-10/25	9:05-9:35 AM \$82/\$103
41818	Su	9/13-10/25	10:50-11:20 AM \$82/\$103
41904	W	10/28-12/16	2-2:30 PM \$94/\$117
41802	Th	10/29-12/17	9:30-10 AM \$82/\$103
41797	Sa	10/31-12/19	9:05-9:35 AM \$82/\$103
41814	Sa	10/31-12/19	11:25-11:55 AM \$82/\$103
41793	Su	11/1-12/20	9:05-9:35 AM \$82/\$103
41808	Su	11/1-12/20	10:50-11:20 AM \$82/\$103

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
41903	Tu	9/1-10/20	9:30-10 AM \$94/\$117
41813	Sa	9/12-10/24	9:40-10:10 AM \$82/\$103
41800	Su	9/13-10/25	9:40-10:10 AM \$82/\$103
41901	Tu	10/27-12/15	9:30-10 AM \$94/\$117
41810	Sa	10/31-12/19	9:40-10:10 AM \$82/\$103
41817	Su	11/1-12/20	9:40-10:10 AM \$82/\$103

PRESCHOOL SWIM

Fearful Floaters

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

Age: 4-6				M/NM
41861	M	8/31-10/19	4:45-5:15 PM	\$88/\$110
41910	W	9/2-10/21	4:45-5:15 PM	\$100/\$125
41854	Sa	9/12-10/24	9:45-10:25 AM	\$88/\$110
41851	Su	9/13-10/25	9:45-10:25 AM	\$88/\$110
41928	M	10/26-12/14	4:45-5:15 PM	\$100/\$125
41931	W	10/28-12/16	4:45-5:15 PM	\$100/\$125
41826	Sa	10/31-12/19	9:45-10:25 AM	\$88/\$110
41839	Su	11/1-12/20	9:45-10:25 AM	\$88/\$110

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
41843	M	8/31-10/19	3:35-4:05 PM	\$88/\$110
41940	Tu	9/1-10/20	4:35-5:05 PM	\$100/\$125
41942	Tu	9/1-10/20	5:10-5:40 PM	\$100/\$125
41911	W	9/2-10/21	3:35-4:05 PM	\$100/\$125
41920	Th	9/3-10/22	5:45-6:15 PM	\$100/\$125
41918	F	9/4-10/23	3:35-4:05 PM	\$100/\$125
41941	F	9/4-10/23	4:45-5:15 PM	\$100/\$125
41869	Sa	9/12-10/24	9-9:40 AM	\$88/\$110
41872	Sa	9/12-10/24	10:30-11:10 AM	\$88/\$110
41822	Sa	9/12-10/24	11:15-11:55 AM	\$88/\$110
41827	Su	9/13-10/25	9-9:40 AM	\$88/\$110
41876	Su	9/13-10/25	10:30-11:10 AM	\$88/\$110
41853	Su	9/13-10/25	11:15-11:55 AM	\$88/\$110
41927	M	10/26-12/14	3:35-4:05 PM	\$100/\$125
41909	M	10/26-12/14	4:10-4:40 PM	\$100/\$125
41907	Tu	10/27-12/15	4:35-5:05 PM	\$100/\$125
41930	W	10/28-12/16	3:35-4:05 PM	\$100/\$125
41840	Th	10/29-12/17	5:45-6:15 PM	\$88/\$110
41867	F	10/30-12/18	3:35-4:05 PM	\$88/\$110
41857	F	10/30-12/18	4:45-5:15 PM	\$88/\$110
41845	Sa	10/31-12/19	9-9:40 AM	\$88/\$110
41860	Sa	10/31-12/19	10:30-11:10 AM	\$88/\$110
41844	Sa	10/31-12/19	11:15-11:55 AM	\$88/\$110
41842	Su	11/1-12/20	9-9:40 AM	\$88/\$110
41874	Su	11/1-12/20	10:30-11:10 AM	\$88/\$110
41829	Su	11/1-12/20	11:15-11:55 AM	\$88/\$110

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
41866	M	8/31-10/19	4:10-4:40 PM	\$88/\$110
41932	Tu	9/1-10/20	5:10-5:40 PM	\$100/\$125
41914	W	9/2-10/21	3:35-4:05 PM	\$100/\$125
41908	W	9/2-10/21	4:10-4:40 PM	\$100/\$125
41933	Th	9/3-10/22	4:35-5:05 PM	\$100/\$125
41943	Th	9/3-10/22	5:10-5:40 PM	\$100/\$125
41929	F	9/4-10/23	3:35-4:05 PM	\$100/\$125
41923	F	9/4-10/23	4:10-4:40 PM	\$100/\$125
41871	Sa	9/12-10/24	9:45-10:25 AM	\$88/\$110
41833	Sa	9/12-10/24	11:15-11:55 AM	\$88/\$110
41859	Su	9/13-10/25	9:45-10:25 AM	\$88/\$110
41831	Su	9/13-10/25	11:15-11:55 AM	\$88/\$110
41921	M	10/26-12/14	3:35-4:05 PM	\$100/\$125
41924	W	10/28-12/16	3:35-4:05 PM	\$100/\$125
41828	Th	10/29-12/17	4:35-5:05 PM	\$88/\$110
41835	Th	10/29-12/17	5:10-5:40 PM	\$88/\$110
41824	F	10/30-12/18	3:35-4:05 PM	\$88/\$110
41832	F	10/30-12/18	4:10-4:40 PM	\$88/\$110
41856	Sa	10/31-12/19	9:45-10:25 AM	\$88/\$110
41838	Sa	10/31-12/19	10:30-11:10 AM	\$88/\$110
41865	Sa	10/31-12/19	11:15-11:55 AM	\$88/\$110
41836	Su	11/1-12/20	9:45-10:25 AM	\$88/\$110
41873	Su	11/1-12/20	10:30-11:10 AM	\$88/\$110
41848	Su	11/1-12/20	11:15-11:55 AM	\$88/\$110



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
41864	M	8/31-10/19	3:35-4:05 PM	\$88/\$110
41919	Th	9/3-10/22	4:35-5:05 PM	\$100/\$125
41939	Th	9/3-10/22	5:10-5:40 PM	\$100/\$125
41846	Sa	9/12-10/24	9:45-10:25 AM	\$88/\$110
41841	Su	9/13-10/25	9-9:40 AM	\$88/\$110
41937	W	10/28-12/16	4:10-4:40 PM	\$100/\$125
41868	Th	10/29-12/17	4:35-5:05 PM	\$88/\$110
41878	Th	10/29-12/17	5:10-5:40 PM	\$88/\$110
41858	Sa	10/31-12/19	11:15-11:55 AM	\$88/\$110
41863	Su	11/1-12/20	9-9:40 AM	\$88/\$110

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
41850	M	8/31-10/19	4:45-5:15 PM	\$88/\$110
41912	Tu	9/1-10/20	5:45-6:15 PM	\$100/\$125
41855	Sa	9/12-10/24	11:15-11:55 AM	\$88/\$110
41870	Su	9/13-10/25	11:15-11:55 AM	\$88/\$110
41935	M	10/26-12/14	4:45-5:15 PM	\$100/\$125
41913	Tu	10/27-12/15	5:45-6:15 PM	\$100/\$125
41922	W	10/28-12/16	4:45-5:15 PM	\$100/\$125
41837	Sa	10/31-12/19	10:30-11:10 AM	\$88/\$110
41875	Su	11/1-12/20	11:15-11:55 AM	\$88/\$110

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
41916	W	9/2-10/21	4:45-5:15 PM	\$100/\$125
41915	F	9/4-10/23	4:45-5:15 PM	\$100/\$125
41847	Sa	9/12-10/24	9-9:40 AM	\$88/\$110
41849	Su	9/13-10/25	10:30-11:10 AM	\$88/\$110
41862	F	10/30-12/18	4:45-5:15 PM	\$88/\$110
41825	Su	11/1-12/20	9:45-10:25 AM	\$88/\$110



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
41934	Th	9/3-10/22	5:45-6:15 PM	\$100/\$125
41823	Sa	9/12-10/24	9-9:40 AM	\$88/\$110
41852	Th	10/29-12/17	5:45-6:15 PM	\$88/\$110
41834	Sa	10/31-12/19	9:45-10:25 AM	\$88/\$110

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
41895	W	9/2-10/21	4:10-4:40 PM	\$93/\$116
41890	F	9/4-10/23	4:10-4:40 PM	\$93/\$116
41747	Sa	9/12-10/24	9:45-10:25 AM	\$81/\$102
41782	Sa	9/12-10/24	10:30-11:10 AM	\$81/\$102
41783	Su	9/13-10/25	10:30-11:10 AM	\$81/\$102
41766	Su	9/13-10/25	12-12:40 PM	\$81/\$102
41893	Tu	10/27-12/15	5:10-5:40 PM	\$93/\$116
41889	W	10/28-12/16	4:10-4:40 PM	\$93/\$116
41733	F	10/30-12/18	4:10-4:40 PM	\$81/\$102
41755	Sa	10/31-12/19	9-9:40 AM	\$81/\$102
41770	Su	11/1-12/20	10:30-11:10 AM	\$81/\$102
41731	Su	11/1-12/20	12-12:40 PM	\$81/\$102

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	
41773	M	8/31-10/19	4:10-4:40 PM	\$81/\$102
41884	Tu	9/1-10/20	4:35-5:05 PM	\$93/\$116
41757	Sa	9/12-10/24	9-9:40 AM	\$81/\$102
41760	Sa	9/12-10/24	10:30-11:10 AM	\$81/\$102
41743	Su	9/13-10/25	9-9:40 AM	\$81/\$102
41749	Su	9/13-10/25	12-12:40 PM	\$81/\$102
41886	M	10/26-12/14	4:10-4:40 PM	\$93/\$116
41896	Tu	10/27-12/15	4:35-5:05 PM	\$93/\$116
41753	Sa	10/31-12/19	9:45-10:25 AM	\$81/\$102
41756	Su	11/1-12/20	9-9:40 AM	\$81/\$102
41728	Su	11/1-12/20	12-12:40 PM	\$81/\$102

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	
41768	Sa	9/12-10/24	11:15-11:55 AM	\$81/\$102
41734	Su	9/13-10/25	9-9:40 AM	\$81/\$102
41736	Su	9/13-10/25	10:30-11:10 AM	\$81/\$102
41726	Su	9/13-10/25	12-12:40 PM	\$81/\$102
41772	Sa	10/31-12/19	9-9:40 AM	\$81/\$102
41758	Sa	10/31-12/19	10:30-11:10 AM	\$81/\$102
41732	Su	11/1-12/20	9-9:40 AM	\$81/\$102
41725	Su	11/1-12/20	10:30-11:10 AM	\$81/\$102
41719	Su	11/1-12/20	12-12:40 PM	\$81/\$102

Youth 4

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

Age: 7-15			M/NM	
41778	Sa	9/12-10/24	9-9:40 AM	\$81/\$102
41739	Sa	9/12-10/24	10:30-11:10 AM	\$81/\$102
41764	Su	9/13-10/25	9:45-10:25 AM	\$81/\$102
41721	Su	9/13-10/25	11:15-11:55 AM	\$81/\$102
41722	Su	9/13-10/25	12-12:40 PM	\$81/\$102
41769	Sa	10/31-12/19	9-9:40 AM	\$81/\$102
41750	Sa	10/31-12/19	9:45-10:25 AM	\$81/\$102
41762	Sa	10/31-12/19	11:15-11:55 AM	\$81/\$102
41746	Su	11/1-12/20	9:45-10:25 AM	\$81/\$102
41761	Su	11/1-12/20	11:15-11:55 AM	\$81/\$102

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	
41745	Sa	9/12-10/24	9-9:40 AM	\$81/\$102
41774	Sa	9/12-10/24	11:15-11:55 AM	\$81/\$102
41751	Su	9/13-10/25	9-9:40 AM	\$81/\$102
41789	Su	9/13-10/25	9:45-10:25 AM	\$81/\$102
41727	Su	9/13-10/25	11:15-11:55 AM	\$81/\$102
41740	Sa	10/31-12/19	9-9:40 AM	\$81/\$102
41723	Sa	10/31-12/19	9:45-10:25 AM	\$81/\$102
41729	Sa	10/31-12/19	11:15-11:55 AM	\$81/\$102
41741	Su	11/1-12/20	9-9:40 AM	\$81/\$102
41786	Su	11/1-12/20	9:45-10:25 AM	\$81/\$102
41775	Su	11/1-12/20	12-12:40 PM	\$81/\$102



ROCKVILLE SWIM AND FITNESS CENTER

LAND FITNESS

Classes for all ages and skill levels:

- **Yoga (Kids, Teens and Adults)** — Pages 21, 33, 41-43
- **Bootcamp (Kids and Adults)** — Pages 21, 39
- **Zumba (Adults)** — Page 44
- **Kickboxing (Adults)** — Page 40

Check subsequent guide sections for additional course and registration information.



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	
41787	Sa	9/12-10/24	9:45-10:25 AM	\$81/\$102
41754	Sa	9/12-10/24	11:15-11:55 AM	\$81/\$102
41767	Su	9/13-10/25	9:45-10:25 AM	\$81/\$102
41780	Su	9/13-10/25	10:30-11:10 AM	\$81/\$102
41763	Sa	10/31-12/19	9-9:40 AM	\$81/\$102
41784	Sa	10/31-12/19	10:30-11:10 AM	\$81/\$102
41790	Sa	10/31-12/19	6:05-6:45 PM	\$81/\$102
41748	Su	11/1-12/20	9-9:40 AM	\$81/\$102
41779	Su	11/1-12/20	11:15-11:55 AM	\$81/\$102

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	
41735	Sa	9/12-10/24	10:30-11:10 AM	\$81/\$102
41752	Su	9/13-10/25	9-9:40 AM	\$81/\$102
41777	Su	9/13-10/25	11:15-11:55 AM	\$81/\$102
41765	Su	9/13-10/25	12-12:40 PM	\$81/\$102
41730	Sa	10/31-12/19	6:50-7:30 PM	\$81/\$102
41776	Sa	10/31-12/19	10:30-11:10 AM	\$81/\$102
41788	Su	11/1-12/20	10:30-11:10 AM	\$81/\$102
41771	Su	11/1-12/20	12-12:40 PM	\$81/\$102

Swim 4 Fitness for Teens

Geared towards teens with prior swimming experience (must be at least Youth Level 7), looking to build their aerobic ability. The goal is to swim a mile in 45 minutes with minimal stroke correction. Fins, kickboard and hand paddles are recommended. No report cards are issued for this class.

Age: 12-15			M/NM	
41877	Su	9/13-10/25	12-12:45 PM	\$90/\$110
41830	Su	11/1-12/20	12-12:45 PM	\$90/\$110

Swim Team Prep

Swimmers must be able to swim four lengths (100 yards) of a coordinated freestyle, back and breaststroke and one length (25 yards) of butterfly. Speed and endurance are emphasized, as well as turns and racing starts. Prerequisite: Successful completion of Youth 6 and 7.

Age: 7-15			M/NM	
41781	Sa	9/12-10/24	9:45-10:25 AM	\$81/\$102
41738	Sa	9/12-10/24	10:30-11:10 AM	\$81/\$102
41744	Su	9/13-10/25	9:45-10:25 AM	\$81/\$102
41724	Su	9/13-10/25	10:30-11:10 AM	\$81/\$102
41742	Sa	10/31-12/19	7:35-8:15 PM	\$81/\$102
41737	Sa	10/31-12/19	11:15-11:55 AM	\$81/\$102
41720	Su	11/1-12/20	9:45-10:25 AM	\$81/\$102
41785	Su	11/1-12/20	10:30-11:10 AM	\$81/\$102
41759	Su	11/1-12/20	11:15-11:55 AM	\$81/\$102

ADULT SWIM

Adult Beginner 1

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

Age: 14/up			M/NM	
41882	Tu	9/1-10/20	8:25-9:10 PM	\$93/\$116
41880	W	9/2-10/21	8:35-9:20 PM	\$93/\$116
41894	Tu	10/27-12/15	8:25-9:10 PM	\$93/\$116
41885	W	10/28-12/16	8:35-9:20 PM	\$93/\$116
41811	Sa	10/31-12/19	8:20-9:05 PM	\$81/\$102

Adult Beginner 2

Designed for adults who have been introduced to the basics of swimming but need to work on stroke coordination and rhythmic breathing. Treading water and breaststroke are demonstrated. Prerequisite: Adult Beginner 1.

Age: 14/up			M/NM	
41888	W	9/2-10/21	8:35-9:20 PM	\$93/\$116
41883	Th	9/3-10/22	8:25-9:10 PM	\$93/\$116
41891	W	10/28-12/16	8:35-9:20 PM	\$93/\$116
41803	Th	10/29-12/17	8:25-9:10 PM	\$81/\$102

Adult Beginner 3

Swimmers registering for this class should be comfortable in deep water, able to tread water and swim 20 yards of front and back crawl. Refine your front and back crawl and learn the elementary backstroke and breaststroke. Successful completion of Adult Beginner 2 preferred.

Age: 14/up			M/NM	
41887	Tu	9/1-10/20	8:25-9:10 PM	\$93/\$116
41892	Tu	10/27-12/15	8:25-9:10 PM	\$93/\$116

Adult Beginner 4
Developed for participants who can swim one length of the pool but still need work on endurance and technique. Rhythmic breathing and treading water skills are required before taking this class. Front and backstroke, breaststroke, elementary backstroke and sidestroke techniques are stressed. Skills are taught to prepare students for Adult Stroke Correction. Prerequisite: Adult Beginner 3.

Age: 14/up				M/NM
41881	Th	9/3-10/22	8:25-9:10 PM	\$93/\$116
41812	Th	10/29-12/17	8:25-9:10 PM	\$81/\$102

Adult Stroke Correction
For swimmers who have perfected the basics but need to refine their strokes. Backstroke, freestyle, breaststroke, elementary backstroke and sidestroke are further developed. Endurance and breathing are stressed. These sessions are not for beginners. Prerequisite: Adult Beginner 4.

Age: 14/up				M/NM
41936	Tu	9/1-10/20	11:10-11:55 AM	\$103/\$125
41926	Th	9/3-10/22	11:10-11:55 AM	\$103/\$125
41917	Tu	10/27-12/15	11:10-11:55 AM	\$103/\$125
41879	Th	10/29-12/17	11:10-11:55 AM	\$90/\$110

Volunteers Needed

For Rockville's **Learn to Swim Program**

Pair up in the pool with paid instructors as an aid. Take attendance and set up/put away swim equipment after lessons.

A time commitment of seven to eight weeks is required. For ages 14 and up.

Visit rockvillemd.gov/volunteer for more information and requirements.

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

Age: 16/up				M/NM
41689	Tu	9/1-12/15	6:35-7:20 AM	\$102/\$124
41663	Th	9/3-12/17	6:35-7:20 AM	\$95/\$116

Aqua Boot Camp
Reach your fitness goals with this fast-paced class! This is a high-intensity, low-impact aquatic workout, performed in deep water and designed to build strength and cardio endurance by utilizing the natural resistance of the water. Water flotation belts are used but no equipment is provided. Prior experience in aqua fitness classes is recommended.

Age: 16/up				M/NM
41672	M	8/31-12/14	10:15-11 AM	\$95/\$116
41668	M	8/31-12/14	11:05-11:50 AM	\$95/\$116
41682	W	9/2-12/16	10:15-11 AM	\$102/\$124
41684	W	9/2-12/16	11:05-11:50 AM	\$102/\$124
41674	F	9/4-12/18	10:15-11 AM	\$95/\$116
41669	F	9/4-12/18	11:05-11:50 AM	\$95/\$116

Aqua Fitness
This low-impact, high-intensity swim program is designed to improve flexibility, range of motion, strength, muscle tone, posture and cardiovascular endurance, all while burning calories. Exercises are performed to music in chest-deep water. Styrofoam barbells and/or pool noodles may be used but are not provided.

Age: 16/up				M/NM
41616	Su	8/23-9/20	7:05-8 PM	\$37/\$42
41658	M	8/31-12/14	8:30-9:15 AM	\$95/\$116
41664	M	8/31-12/14	9:20-10:05 AM	\$95/\$116
41687	Tu	9/1-12/15	8:30-9:15 AM	\$102/\$124
41683	Tu	9/1-12/15	9:20-10:05 AM	\$102/\$124
41681	W	9/2-12/16	8:30-9:15 AM	\$102/\$124
41678	W	9/2-12/16	9:20-10:05 AM	\$102/\$124
41670	Th	9/3-12/17	8:30-9:15 AM	\$97/\$116
41677	Th	9/3-12/17	9:20-10:05 AM	\$95/\$116
41661	F	9/4-12/18	8:30-9:15 AM	\$97/\$116
41675	F	9/4-12/18	9:20-10:05 AM	\$95/\$116

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

Age: 16/up				M/NM
41666	M	8/31-12/14	10:10-10:55 AM	\$95/\$116
41685	W	9/2-12/16	10:10-10:55 AM	\$102/\$124
41659	F	9/4-12/18	10:10-10:55 AM	\$95/\$116

Deep Water Running and Conditioning (5.5 ft)
Emphasizes cardiovascular strength and endurance, as well as flexibility, range of motion and core strength. Most of the year classes are held in the deeper section of our North Pool which goes up to 5 and 1/2 feet deep. Flotation belts are recommended; however, those who prefer shallower water may still participate and touch the bottom of the pool in the shallower ends. No swimming skills are necessary. This program benefits runners and other active exercisers who are looking for a challenging workout. No equipment provided.

Age: 16/up				M/NM
41688	Tu	9/1-12/15	10:10-10:55 AM	\$102/\$124
41662	Th	9/3-12/17	10:10-10:55 AM	\$95/\$116

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
41676	M	8/31-12/14	9:15-10 AM	\$95/\$116
41686	Tu	9/1-12/15	7:35-8:20 PM	\$102/\$124
41690	W	9/2-12/16	9:15-10 AM	\$102/\$124
41665	Th	9/3-12/17	7:35-8:20 PM	\$95/\$116
41667	F	9/4-12/18	9:15-10 AM	\$95/\$116



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
41660	M	8/31-12/14	9:20-10:05 AM	\$95/\$116
41679	Tu	9/1-12/15	7:35-8:20 PM	\$102/\$124
41680	W	9/2-12/16	9:20-10:05 AM	\$102/\$124
41673	Th	9/3-12/17	7:35-8:20 PM	\$95/\$116
41671	F	9/4-12/18	9:20-10:05 AM	\$95/\$116

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

Age: 16/up				M/NM
41714	M	8/31-12/14	6:30-7:30 AM	\$141/\$173
41716	W	9/2-12/16	6:30-7:30 AM	\$152/\$185
41715	F	9/4-12/18	6:30-7:30 AM	\$141/\$173

Swim 4 Fitness
Learn to swim farther without getting tired. The goal: Swim 1 mile in 45 minutes without fatigue, using different strokes. Freestyle, backstroke and breaststroke are emphasized. Students must be able to swim 100 yards without stopping. Equipment needed: fins, hand paddles and pull buoys.

Age: 14/up				M/NM
41713	Tu	9/1-12/15	11:05-11:50 AM	\$104/\$127
41712	Tu	9/1-12/15	9:15-10 PM	\$104/\$127
41692	Th	9/3-12/17	11:05-11:50 AM	\$98/\$119
41691	Th	9/3-12/17	9:15-10 PM	\$98/\$119

Triathlete Swim Endurance

This class is designed for athletes preparing for Olympic to Ironman distance races or open-water swims. These are coached, structured workouts, where swim-specific fitness, effective technique and proper pacing are emphasized. Race management and open-water swim skills (drafting/ close-contact, pack swimming) are discussed and practiced. Participants should be capable of swimming 200 yards of continuous freestyle.

Age: 14/up				M/NM
41710	Su	9/13-10/25	7-8:30 PM	\$110/\$133
41711	Su	11/1-12/20	7-8:30 PM	\$110/\$133

Triathlon Swim Skills

This class is designed to help develop a more effective and efficient freestyle stroke and to prepare the athlete for open water/triathlon swimming. Drills and workouts focus on stroke technique, stroke awareness, effective pacing, speed and endurance, as well as open-water/triathlon-specific skills, including sighting, drafting, passing and managing turns at buoys and strategies for race starts, open water conditions and close-contact swimming. Participants should be capable of swimming 100 meters of continuous freestyle.

Age: 14/up				M/NM
41621	Su	9/13-10/25	8:05-8:55 AM	\$73/\$88
41626	Su	11/1-12/20	8:05-8:55 AM	\$73/\$88

AQUA WALKERS

The Rockville Swim and Fitness Center offers two Aqua Walkers. Aqua Walkers provide added stability while exercising in the water or on the pool deck. They are easily adjustable from 34 to 48 inches and feature 3.5-inch corrosion-resistant casters that roll smoothly on most pool surfaces.

Call the swim center at 240-314-8750 or visit rockvillemd.gov/swimcenter for more information.



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, babysitters, 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 something to eat.

Age: 13/up				M/NM
41944	Su	9/13	Times Vary	\$135/\$135
41945	Sa	11/14	Times Vary	\$135/\$135
41946	Su	12/6	Times Vary	\$135/\$135

Junior Lifeguard Training

American Red Cross Junior Lifeguarding is designed to guide youth to the American Red Cross Lifeguarding course by building a foundation of knowledge, attitudes and skills for future lifeguards. Participants are not required to master or perfectly execute skills. They should learn techniques and build stamina during this program. The Junior Lifeguarding course does not certify participants in first aid, CPR or AED or as a lifeguard.

Before entering Junior Lifeguarding, participants must demonstrate a number of swimming skills. Class sessions will be held at the Rockville Swim and Fitness Center. A detailed course schedule and syllabus will be provided via email before the first day of class. Students MUST attend all class sessions as scheduled. Visit rockvillemd.gov/swimcenter to view a list of all dates and time of classes as well as details of swim skills needed.

Age: 11-14				M/NM
41821	Sa	10/24-12/19	4:30-9 PM	\$100/\$100

AMERICAN RED CROSS WATER SAFETY for Parents and Caregivers

FREE ONLINE COURSE

Develop an awareness of the risks of drowning and how to minimize them, especially for young children. This course 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. Estimated length is one hour. *Presented through partnership between the American Red Cross and the City of Rockville.*



Scan the QR code to sign up or visit redcross.org/watersafety.

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



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 on the first day of the session in order to continue participation in class. If a student does not pass the pre-screen, a course fee refund, minus a \$15 administrative fee will be issued.

Class sessions will be held at the Rockville Swim and Fitness Center. A detailed course schedule and syllabus will be provided via email before the first day of class. Students MUST attend all class sessions as scheduled. This class has an online learning component (approximately eight hours) required to be completed before the second class session. A link to the course's required online component will be emailed to the student's email address provided approximately one week prior to the first in-person class. Visit rockvillemd.gov/swimcenter to view a list of all dates and time of classes as well as details of the pre-screen test.

Age: 15/up				M/NM
41951	M, Sa, Su	9/14-9/27	Times Vary	\$215/\$215
41950	M, Tu, Sa, Su	12/22-12/29	Times Vary	\$215/\$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 registering for a recertification class must present their American Red Cross certification on the first day of class. Certifications must be current (or expired by no more than 30 days) to participate in a recertification class. Shallow Water only Lifeguard Training certifications will not suffice. Students must also bring their CPR mask to class.

Students must be 15 years old by the last day of the course (proof of age required) and pass a pre-screen test on the first day of the session in order to continue participation in class. If a student does not pass the pre-screen, a course fee refund, minus \$15 administrative fee will be issued.

Class sessions will be held at the Rockville Swim and Fitness Center (355 Martins Lane, Rockville). 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. A link to the course's required online component will be emailed to the student's email address provided approximately one week prior to the first in-person class. Visit rockvillemd.gov/swimcenter to view a list of all dates and time of classes as well as details of the pre-screen test.

Age: 15/up				M/NM
41947	Sa	10/3	1:30-10:45 PM	\$145/\$145
41949	Sa	12/19	1:30-10:45 PM	\$145/\$145
41948	Sa	1/2	1:30-10:45 PM	\$145/\$145



Tots & Preschoolers

ARTS AND ENRICHMENT

African Drumming: Drum Together Adult/Child

This course is designed to help students learn to play the djembe. This West African hand drum is fun and easy to play! This step-by-step course will introduce you to the three basic tones of this amazing drum and provide you with several patterns and exercises for you to practice. An informal performance will take place in the last class. Adult participation is required for children age 4 and under.

Age: 3-8 Thomas Farm CC/Frimpong				
41591	Sa	9/12-10/31	11 AM-noon	\$55/\$65

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 Elwood Smith CC/Philippe				
42013	M	9/14-11/2	5-5:45 PM	\$125/\$135

Cheer Madness: Pommies

Step into a world of boundless energy and tiny cheerleaders! Our Pommies class is a vibrant introduction to the world of sports and fitness, where little ones jump, tumble, giggle and dance. With enthusiastic teachers, shiny poms and fun cheers, your little cheerleader is sure to shine bright.

Age: 3-6 Twinbrook CRC/Whorley				
41296	Sa	9/12-10/31	10-10:45 AM	\$150/\$160

Music Together (Adult/Child)

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

Age: 1m-5 Elwood Smith Park/Winkler, Liddle				
41312	Tu	9/8-11/17	9:30-10:15 AM	\$230/\$240
41311	Tu	9/8-11/17	10:30-11:15 AM	\$230/\$240

Age: 1m-5 Thomas Farm CC/Winkler, Liddle				
41313	W	9/9-11/18	9:30-10:15 AM	\$230/\$240
41310	W	9/9-11/18	10:30-11:15 AM	\$230/\$240



PB&J (Play, Build & Jump)

Read, create and play! Children will enjoy an interactive storytime, create a fun craft inspired by the book and head to the gym for active play and movement activities. PB&J helps build early literacy, creativity, social skills and confidence in a fun and engaging environment designed just for little learners. Parent/Caregiver participation and attendance is required for the duration of the program.

Age: 3-5 Lincoln Park CC				
42133	Th	10/8-11/12	10:30 AM-noon	\$63/\$69

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 Lincoln Park CC/Ubiera				
42129	Sa	9/19-11/7	9-9:45 AM	\$125/\$135
42128	Sa	9/19-11/7	10-10:45 AM	\$125/\$135
42130	Sa	9/19-11/7	11-11:45 AM	\$125/\$135

Pre-Ballet with The Movement Endeavor

Age: 3-5 Thomas Farm CC/The Movement Endeavor				
41603	Sa	9/12-10/31	9-9:45 AM	\$125/\$135
41604	Sa	9/12-10/31	10-10:45 AM	\$125/\$135

The Movement Endeavor: Creative Dance

In this class, students begin to recognize their own voices as a powerful form of artistic expression. Through movement, they explore emerging themes from their daily lives, transforming dance into an authentic means of self-expression. Our curriculum nurtures imagination and integrates creativity into foundational dance skills. Required attire: solid leotard with flesh-toned, footless convertible tights or solid T-shirt with black pants/shorts.

Age: 3-4 Thomas Farm CC/The Movement Endeavor				
41595	W	9/9-10/28	4:45-5:30 PM	\$89/\$99

Tiny Crafters

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

Age: 2-5 Thomas Farm CC				
41993	Tu	9/8-10/13	10-11:30 AM	\$70/\$75
41995	Tu	10/27-12/15	10-11:30 AM	\$70/\$75

Twinbrook Toddler Time

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

Age: 2-5 Twinbrook CRC				
42097	M	9/14-10/19	10-11:30 AM	\$50/\$60
42098	M	11/2-12/7	10-11:30 AM	\$50/\$60

HALLOWEEN HAPPENINGS!

Monster Mash Halloween Dance

Come in costume! Pumpkin decorating, dancing and more. Refreshments sold by Twinbrook PTA. Please no masks or costume props (sticks, swords, etc.).

Age: All Ages Twinbrook CRC				
42022	Daily	10/30	7-9 PM	\$5





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 Kicks Karate				
41294	M, W	9/14-10/14	4-4:30 PM	\$150/\$160
41298	Tu, Th	9/15-10/15	5:30-6 PM	\$150/\$160
41274	Sa	9/19-10/17	9:30-10 AM	\$80/\$90

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 Woodley Gardens Park				
41419	Tu	9/8-10/13	5-5:50 PM	\$84/\$99

Potomac Woods Park

41421	F	9/11-10/16	5-5:50 PM	\$84/\$99
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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 Falls Grove Park				
41428	Th	9/10-10/15	5-5:50 PM	\$80/\$95

King Farm Park

41430	Sa	9/12-10/17	9-9:50 AM	\$80/\$95
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LASKAR TENNIS GROUP LESSONS
Taught by USTA 2025 Provider Champion coaches — Laskar Tennis.
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.

Age: 3-5 Woodley Gardens Park/Laskar Tennis				
42024	Su	9/13-10/11	9-9:45 AM	\$95/\$105
42025	Su	11/1-11/22	9-9:45 AM	\$95/\$105

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 Lincoln Park CC/Dawkins				
42008	Th	9/10-10/15	5:30-6:15 PM	\$88/\$98

MONTHLY RATES (MONDAY-FRIDAY)

PROGRAM	RESIDENT/NONRESIDENT RATES
Full Day 9 a.m.-3 p.m.	\$910/\$1,010 per month
Extended Day 8 a.m.-5:30 p.m.	\$1,450/\$1,650 per month

Note: Children must be 3-5 years old and 100% fully potty trained to start.

Small class sizes.
Experienced, loving teachers.
And a great place to grow!

Interested in a tour?
Email childcare@rockvillemd.gov or visit rockvillemd.gov/preschool.

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)
April 15-Sept.30 • 240-314-8780
rockvillemd.gov/lincolnpark

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

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

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

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

Children

ARTS AND ENRICHMENT

African Drumming: Drum Together Adult/Child

This course is designed to help students learn to play the Djembe. This West African hand drum is fun and easy to play! This step-by-step course will introduce you to the three basic tones of this amazing drum and provide you with several patterns and exercises for you to practice. An informal performance will take place in the last class. Adult participation is required for children age 4 and under.

Age: 3-8 | Thomas Farm CC/Frimpong

41591	Sa	9/12-10/31	11 AM-noon	\$55/\$65
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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 | Rockcrest Ballet Center/Simpson

42116	Sa	9/12-11/21	10-10:45 AM	\$150/\$160
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Beginner

Age: 6-13 | Rockcrest Ballet Center/Adhikari

42118	F	9/11-11/20	5-6 PM	\$150/\$160
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Rockcrest Ballet Center/Simpson

42114	Sa	9/12-11/21	11 AM-noon	\$150/\$160
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Rockcrest Ballet Center/Chongpinitchai

42113	M	9/14-11/23	5:30-6:30 PM	\$150/\$160
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Ballet for Children – Intermediate

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

Intermediate I

Age: 8-13 | Rockcrest Ballet Center/Adhikari

42117	F	9/11-11/20	6-7 PM	\$150/\$160
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Intermediate II

Age: 8/up | Rockcrest Ballet Center/Chongpinitchai

42115	M	9/14-11/23	6:30-7:30 PM	\$150/\$160
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Intermediate III

Age: 9/up | Rockcrest Ballet Center/Popson

42120	W	9/9-11/25	5-6:15 PM	\$180/\$190
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Cheer Madness: Poms

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

Age: 5-10 | Twinbrook CRC/Whorley

41300	Sa	9/12-10/31	11 AM-noon	\$150/\$160
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SEW ESSENTIALS WORKSHOP

Sewing Together (Adult/Child)

Stitch, create and make memories together in this fun family sewing workshop! Designed for one adult and one child, this hands-on experience introduces the basics of sewing in a welcoming and creative environment. Participants will learn essential sewing skills, practice beginner-friendly techniques and work side by side to create matching or coordinating projects to take home. All materials provided and no sewing experience is needed.

Age: 7/up | Thomas Farm CC

42017	9/26	12-3 PM	\$150/\$160
42019	11/14	12-3 PM	\$150/\$160

Sewing Fun for Beginners

Spark creativity and build new skills in this fun and beginner-friendly sewing workshop! Young makers will be introduced to the exciting world of sewing as they learn basic hand-stitching techniques and gain experience with beginner-level sewing machines in a safe and supportive environment.

Age: 7-12 | Thomas Farm CC

42018	10/24	12-3 PM	\$120/\$130
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The Movement Endeavor: Dance Essentials

Ignite your passion for dance in this energetic class for young movers! Explore beginner ballet, modern and jazz techniques through fun, interactive lessons inspired by iconic choreographers. Required attire: solid leotard with flesh-toned, footless convertible tights or solid T-shirt with black pants/shorts. Join us and find your rhythm!

Age: 5-7 | Thomas Farm CC/The Movement Endeavor

41605	W	9/9-12/16	5:45-6:40 PM	\$165/\$175
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HALLOWEEN HAPPENINGS!

Monster Mash Halloween Dance

Come in costume! Pumpkin decorating, dancing and more. Refreshments sold by Twinbrook PTA. Please no masks or costume props (sticks, swords, etc.)

Age: All Ages | Twinbrook CRC

42022	Daily	10/30	7-9 PM	\$5
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Civic Center Park Puppet Show and
Blue Sky Puppet Theatre Production present

Rufus:

A story of acceptance
and inclusion.



SATURDAY,
SEPT. 26

Residents \$5
Nonresidents \$7

Register with the course number at
rockvillemd.gov/registration.

Use course #42095 for 11 a.m.
Use course #42096 for 12:30 p.m.

Ages 3-10.
Includes craft project!

BEFORE AND AFTER SCHOOL ENRICHMENT

After School Fishing Club

Tighten those lines and get hooked on fishing! Learn the basics of freshwater fishing using both artificial and live bait. Try out different methods and tackle to catch a variety of fish! We meet at the Rockville Skate Park and participants are driven by city van to local fishing holes. No prior fishing experience is necessary to participate. All fishing tackle and bait is provided.

Age: 8-14 Rockville Skate Park				
41251	W	9/9-9/30	4-6 PM	\$75/\$85

After School Adventure at Twinbrook CRC

Transportation is provided from Meadow Hall and Twinbrook Elementary Schools.

Session I

Age: 5-12 Twinbrook Community Rec. Center Annex				
40844	Weekdays	8/25-10/2	3-6:30 PM	\$200/\$220

Session II

Age: 5-12 Twinbrook Community Rec. Center Annex				
40845	Weekdays	10/5-11/13	3-6:30 PM	\$200/\$220

Session II

Age: 5-12 Twinbrook Community Rec. Center Annex				
42023	Weekdays	11/16-12/22	3-6:30 PM	\$200/\$220

Beyond the Bell Afterschool Club at Thomas Farm Community Center

Transportation is provided from Ritchie Park Elementary School.

Session I

Age: 5-12 Thomas Farm CC				
40725	Weekdays	8/25-10/2	3:30-6:30 PM	\$200/\$220

Session II

Age: 5-12 Thomas Farm CC				
40726	Weekdays	10/5-11/13	3:30-6:30 PM	\$200/\$220

Session III

Age: 5-12 Thomas Farm CC				
40727	Weekdays	11/16-12/22	3:30-6:30 PM	\$200/\$220



Clubhouse Afterschool Program at Lincoln Park Community Center

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

Session I

Age: 5-12 Lincoln Park CC				
40716	Weekdays	8/25-10/2	3:30-6:30 PM	\$185/\$205

Session II

Age: 5-12 Lincoln Park CC				
40717	Weekdays	10/5-11/13	3:30-6:30 AM	\$185/\$205

Session III

Age: 5-12 Lincoln Park CC				
40718	Weekdays	11/16-12/22	3:30-6:30 PM	\$185/\$205

Early Birds Before School Program at Twinbrook CRC

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

Session I

Age: 5-12 Twinbrook Community Rec. Center Annex				
40846	Weekdays	8/25-10/2	7-9:30 AM	\$170/\$190

Session II

Age: 5-12 Twinbrook Community Rec. Center Annex				
40848	Weekdays	10/5-11/13	7-9:30 AM	\$170/\$190

Session III

Age: 5-12 Twinbrook Community Rec. Center Annex				
40847	Weekdays	11/16-12/22	7-9:30 AM	\$170/\$190

Twinbrook Afterschool Club at Twinbrook Elementary School

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

2026-2027 School Year–All Sessions

Age: 5-12 Twinbrook Elementary School				
41098	Weekdays	8/24-6/11	3:40-6:30 PM	\$220/\$230

Session I

Age: 5-12 Twinbrook Elementary School				
41099	Weekdays	8/24-10/2	3:40-6:30 PM	\$220/\$230

Session II

Age: 5-12 Twinbrook Elementary School				
41100	Weekdays	10/5-11/13	3:40-6:30 PM	\$220/\$230

Session III

Age: 5-12 Twinbrook Elementary School				
41101	Weekdays	11/16-12/22	3:40-6:30 PM	\$220/\$230

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 Rockville Swim and Fitness Center				
42015	Sa	9/12-10/24	12-12:50 PM	\$60/\$75
42016	Sa	10/31-12/19	12-12:50 PM	\$60/\$75

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 and wear comfortable clothes.

Age: 8-12 Rockville Swim and Fitness Center/Stokes				
41700	Tu	9/1-10/20	5:45-6:45 PM	\$102/\$123
41701	Tu	10/27-12/14	5:45-6:45 PM	\$102/\$123

SPORTS – INSTRUCTIONAL

Above the Rim Basketball Skills

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

Age: 4-6 Thomas Farm CC				
41424	Sa	9/19-11/7	9-9:50 AM	\$95/\$110

Age: 6-8 Thomas Farm CC				
41425	Sa	9/19-11/7	10-10:50 AM	\$95/\$110

BALL2LIFE – BASKETBALL

Skills, Drills & Scrimmage

A blended competitive/cooperative basketball program. Focusing on providing youth a foundation of skill and understanding, then use scrimmages and activities to develop our young athletes.

Age: 9-13 Twinbrook CRC				
41332	Tu	9/8-10/13	5:30-6:20 PM	\$149/\$159
Thomas Farm CC				
42020	W	9/9-10/28	5:30-6:20 PM	\$149/\$159

Basketball Hoops & Athletics

Hoops & Athletics is 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 Thomas Farm CC				
41293	W	9/9-10/28	4:30-5:20 PM	\$149/\$159

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 Woodley Gardens Park				
41420	Tu	9/8-10/13	6-6:50 PM	\$84/\$99
Potomac Woods Park				
41422	F	9/11-10/16	6-6:50 PM	\$84/\$99

GROUP SKATEBOARD AND ROLLERBLADE LESSONS

Rollerblade – Rookie

Get ready to glide! Designed for kids and teens new to rollerblading, these classes focus on the essential skills needed to skate safely and confidently. Participants will learn how to stand, push, stop and turn, while developing balance, coordination and control. Safety gear, including helmets and pads, is emphasized, along with proper falling techniques.

Age: 6/up Rockville Skate Park/Besley				
41397	M	9/14-10/12	4-4:50 PM	\$95/\$120
41390	Tu	9/15-10/13	6-6:50 PM	\$95/\$120
41395	Tu	9/15-10/13	4-4:50 PM	\$95/\$120

Rollerblade – Semi Pro

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

Age: 6/up Rockville Skate Park/Besley				
41391	M	9/14-10/12	5-5:50 PM	\$95/\$120
41407	Tu	9/15-10/13	5-5:50 PM	\$95/\$120



Skateboard – Rookie

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

Age: 6/up Rockville Skate Park/Austin					
41403	M	9/14-10/12	4-4:50 PM	\$95/\$120	
Rockville Skate Park/Louis-Charles					
41405	Tu	9/15-10/13	7-7:50 PM	\$95/\$120	
41393	W	9/16-10/14	6-6:50 PM	\$95/\$120	
41398	Th	9/17-10/15	6-6:50 PM	\$95/\$120	
41388	Th	9/17-10/15	7-7:50 PM	\$95/\$120	
41389	F	9/18-10/16	6-6:50 PM	\$95/\$120	
Rockville Skate Park/Austin					
41400	Su	9/20-10/18	10-10:50 AM	\$95/\$120	
41394	Su	9/20-10/18	12-12:50 PM	\$95/\$120	

Skateboard – Semi-Pro

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

Age: 6/up Rockville Skate Park/Austin					
41396	M	9/14-10/12	5-5:50 PM	\$95/\$120	
Rockville Skate Park/Louis-Charles					
41409	Tu	9/15-10/13	6-6:50 PM	\$95/\$120	
41387	W	9/16-10/14	7-7:50 PM	\$95/\$120	
41402	Th	9/17-10/15	5-5:50 PM	\$95/\$120	
41408	F	9/18-10/16	7-7:50 PM	\$95/\$120	
Rockville Skate Park/Austin					
41406	Su	9/20-10/18	11-11:50 AM	\$95/\$120	



Kick Start Soccer Skills

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

Age: 5-7 King Farm Park					
41431	Sa	9/12-10/17	10-10:50 AM	\$80/\$95	
Age: 6-8 Rockville Senior Center					
41426	M	9/7-10/12	5-5:50 PM	\$80/\$95	
41427	M	9/7-10/12	6-6:50 PM	\$80/\$95	
Falls Grove Park					
41429	Th	9/10-10/15	6-6:50 PM	\$80/\$95	

LASKAR PICKLEBALL GROUP LESSONS

Kids Pickleball

A fun and engaging introduction to pickleball for young players. Participants learn paddle control, basic strokes, movement and rallying through interactive drills and games. Emphasis is placed on coordination, teamwork and learning the rules in a supportive environment.

Age: 6-9 Welsh Park/Laskar Tennis					
42031	Tu	9/15-10/13	5-6 PM	\$100/\$110	
42035	Tu	10/27-11/17	5-6 PM	\$100/\$110	

OFFICIALS NEEDED!

WEEKDAY EVENINGS & WEEKENDS

YOUTH & ADULT LEAGUES

Youth Soccer • Flag Football • Youth Basketball • Adult Softball • Adult Soccer

FOR MORE INFORMATION:
240-314-8620 • sports@rockvillemd.gov

FALL LEAGUES NOW FORMING!

Space is limited! Register by Aug. 11.

Soccer Co-Ed Fall League

ANKLE BITERS
Preschool #40752

TINY KICKS
Entering Kindergarten in Fall #40753

STRIKERS
Entering Grade 1 in Fall #40754

PEE WEE
Entering Grades 2 and 3 in Fall #40755

BANTAM
Entering Grades 4 and 5 in Fall #40756

Cross Country

LIL' RABBITS
Entering Grades 1-3 in the Fall
Runs 3/4 of a mile at meets
GIRLS #40741
BOYS #40852

STRIDERS
Entering Grades 4-6 in the Fall
Runs 1 mile at meets
GIRLS #40742
BOYS #40853

BLAZERS
Entering Grades 6-8 in the Fall
Runs 2 miles at meets #40743



Football League
CO-ED
Grades K-1 #40751
Grades 2-3 #40745

GIRLS
Grades 2-3 #40746
Grades 4-5 #40748
Grades 6-8 #40750

BOYS
Grades 4-5 #40747
Grades 6-8 #40749

Registration
Register with the course # at
rockvillemd.gov/registration by
Tuesday, Aug. 11.

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

For more information:

- rockvillemd.gov/sports
- sports@rockvillemd.gov
- 240-314-8620

Tennis (Adult/Child)

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

Age: 6-10 King Farm Park/Z. Yargici				
42088	W	9/2-10/7	5-5:50 PM	\$121/\$131
42084	W	9/2-10/7	6-6:50 PM	\$121/\$131
42086	F	9/4-10/9	5-5:50 PM	\$121/\$131
42087	F	9/4-10/9	6-6:50 PM	\$121/\$131

Fallsgrove Park/Z. Yargici				
42089	Sa	9/5-10/10	5-5:50 PM	\$121/\$131
42085	Sa	9/5-10/10	4-4:50 PM	\$121/\$131

Age: 8-10 King Farm Park/Z. Yargici				
42088	W	9/2-10/7	5-5:50 PM	\$121/\$131

Age: 10-12 King Farm Park/Z. Yargici				
42084	W	9/2-10/7	6-6:50 PM	\$121/\$131

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 Montrose CC and Park/Z. Yargici				
42073	Tu	9/1-10/6	5-5:50 PM	\$86/\$96
King Farm Park/Z. Yargici				
42068	Sa	9/5-10/10	9-9:50 AM	\$86/\$96
Fallsgrove Park/Z. Yargici				
42076	Sa	9/5-10/10	3-3:50 PM	\$86/\$96

Tennis – Net Generation II

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

Age: 8-10 Montrose CC and Park/Z. Yargici				
42079	Tu	9/1-10/6	6-6:50 PM	\$86/\$96
42074	Th	9/3-10/8	5-5:50 PM	\$86/\$96
King Farm Park/Z. Yargici				
42070	Sa	9/5-10/10	10-10:50 AM	\$86/\$96

Tennis Skills and Drills I

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

Age: 9-12 Montrose CC and Park/Z. Yargici				
42077	Th	9/3-10/8	6-6:50 PM	\$86/\$96
King Farm Park/M. Yargici				
42071	Sa	9/5-10/10	11-11:50 AM	\$86/\$96

LASKAR TENNIS GROUP LESSONS

Ace Kids Tennis – Level 1

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

Age: 6-9 King Farm Park/Laskar Tennis				
42029	M	9/14-10/12	5-6 PM	\$100/\$110
42038	M	11/2-11/23	5-6 PM	\$100/\$110



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 Dogwood Park/Laskar Tennis				
42043	W	9/16-10/14	5-6 PM	\$110/\$120
42044	W	11/4-11/25	5-6 PM	\$110/\$120

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 Woodley Gardens Park/Laskar Tennis				
42033	Su	9/13-10/11	10-11 AM	\$100/\$110
42037	Su	11/1-11/22	10-11 AM	\$100/\$110

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 Rockville Fencing Academy/Sacks				
41284	Th	9/17-11/5	6-7:20 PM	\$130/\$140
41288	Sa	9/19-11/7	11 AM-noon	\$130/\$140

Age: 10-13 Rockville Fencing Academy/Sacks				
41286	Th	9/17-11/5	7:20-8:40 PM	\$130/\$140
41282	Sa	9/12-11/7	12:20-1:40 PM	\$130/\$140



CALL FOR VOLUNTEER YOUTH SPORTS COACHES!

Give back to your community by volunteering to coach youth soccer, youth basketball, and flag football.

FOR MORE INFORMATION:
240-314-8620 • sports@rockvillemd.gov

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.

Little Ninjas

Age: 5-7 Kicks Karate				
41299	M, W	9/14-10/14	4:30-5 PM	\$150/\$160
41297	Tu, Th	9/15-10/15	6-6:30 PM	\$150/\$160
41273	Sa	9/19-10/17	10-10:30 AM	\$80/\$90

Children

Age: 8-12 Kicks Karate				
41295	M, W	9/14-10/14	6:15-7 PM	\$150/\$160
41301	Tu, Th	9/15-10/15	4:45-5:30 PM	\$150/\$160
41272	Sa	9/19-10/17	11-11:45 AM	\$80/\$90

SCHOOL BREAK PROGRAMS

Rock-Ventures

Want your kids to spend time outside? This travel adventure program may include rock climbing, mountain biking, ropes courses and more! Program runs on days when Montgomery County Public Schools are closed. Transportation provided.

Great Wolf Lodge

Take a trip with Rockville to Maryland’s best indoor water park, Great Wolf Lodge! This trip includes transportation and supervision from city staff. Please drop your child(ren) off by 8 a.m. The bus departs at 8:30 a.m. from Welsh Park.

Age: 8-15 Welsh Park				
42247	M	9/21	8 AM-5 PM	\$80/\$90

Sandy Spring Ropes Course

Let’s climb! Take a trip with Rockville to Adventure Park Sandy Springs and spend an unforgettable day with your friends! This trip includes: Entry fee, climbing equipment, transportation and supervision by city of Rockville staff. Please drop your child(ren) off by 9 a.m. The bus departs at 9:30 a.m. from Welsh Park.

Age: 8-15 Welsh Park				
42246	F	10/16	9 AM-3 PM	\$78/\$88



Zava Zone and Top Golf

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

Age: 8-15 Welsh Park				
42234	M	11/2	9 AM-3 PM	\$88/\$98

SCIENCE PROGRAMS

DEILAB

LEGO Innovation coursework is based on mechanical, artistic, design and robotics projects. Our unique programming explores the foundations of engineering in the modern day. Students will learn the practical application of structural foundations, construction and basic civil engineering as they create and improve their own personal projects.

LEGO Innovations

Age: 8-11 Lincoln Park CC				
42137	Tu	9/15-10/20	5-6 PM	\$155/\$165

Radio-Controlled Car Racing Academy

Start your engines and race into learning! Participants will drive fast RC cars while discovering the science and engineering behind speed, control and performance. Kids will test their cars on the track, tweak designs and learn how math and physics help cars go faster and handle better. With hands-on racing, friendly competition and high-energy fun, this program puts kids in the driver’s seat of STEM learning.

Age: 10-13 Lincoln Park CC				
42135	F	10/23-11/20	5-6 PM	\$155/\$165

Rockville’s Annual Winter Jubilee

Saturday, Dec. 19 • 1-4 p.m.

Enjoy games, arts and crafts, face painting and fun costumed characters with the whole family!

Register with course #42111. \$8 R/\$10 NR
Chaperones aged 18 and older get in free.



Croydon Creek Nature Center

852 Avery Road
Rockville, MD 20851

ccnc@rockvillemd.gov
rockvillemd.gov/croydoncreek
240-314-8770

HOURS

Closed Monday

Tuesday-Saturday

9 a.m.-4 p.m.

Sunday

1-4 p.m.

DISCOVER MORE

Find us on social media by scanning the QR codes below:



@CroydonCreek



@CroydonCreek



Visit the Croydon Creek Nature Center to discover more about the natural world through interactive exhibits and live-animal ambassadors.

Nestled along the edge of the Hayes Forest Preserve, the nature center provides access to more than 3 miles of hiking trails, open daily from dawn to dusk. Staff offers engaging programs

for schools, scout troops, homeschool groups and other organized groups, with programs tailored to meet your group’s needs.

Learn more about group programs at rockvillemd.gov/croydoncreek. 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.

HALLOWEEN HAPPENINGS

At Croydon Creek Nature Center

Croydon Creep

Halloween games, treats and a non-spooky hike through the forest. *See page 28 for more details.*

Mini-Creep

Non-spooky Halloween celebration for little ones! *See page 29 for more details.*

Bear Necessities

Discover the wild world of bears through games, activities, outdoor exploration and crafts! Learn what bears eat, where they live and the ways they prepare for winter as we uncover the “bear necessities” for survival in the wild.

Age: 6-10 Croydon Creek Nature Center				
41570	Su	11/15	1:30-2:30 PM	\$8/\$10

HALLOWEEN HAPPENINGS!

Croydon Creep

Join us from 6–8 p.m. at the nature center for a festive evening of Halloween games, treats, crafts, magic, balloon twisters, a campfire and more! These indoor activities are free and require no registration. All ages are welcome.

For children ages 5–12, add to the fun with a 30-minute non-spooky guided hike through the forest. Along the way, meet friendly woodland creatures and collect goodies as you go! An adult must accompany registered children. Advance ticket purchase is required for the hike.

Age: 5-12 Croydon Creek Nature Center				
41558	Sa	10/17	6-6:30 PM	\$10/\$12
41559	Sa	10/17	6:15-6:45 PM	\$10/\$12
41560	Sa	10/17	6:30-7 PM	\$10/\$12
41561	Sa	10/17	6:45-7:15 PM	\$10/\$12
41562	Sa	10/17	7-7:30 PM	\$10/\$12
41563	Sa	10/17	7:15-7:45 PM	\$10/\$12
41564	Sa	10/17	7:30-8 PM	\$10/\$12



Every Bird Counts: Family Bird Walk

Celebrate World Migratory Bird Day with a guided family bird walk at Croydon Creek. This year’s theme, “Every Bird Counts – Your Observations Matter,” highlights how everyday birdwatchers help scientists better understand and protect migratory birds and their habitats. Participants of all experience levels are welcome to join us and make bird observations of their own. Bring binoculars if you have them; a limited supply will be available to borrow. Adults and children must register.

Age: 5/up Croydon Creek Nature Center				
41568	Sa	10/3	9-10 AM	\$5/\$6

Fall Centerpiece Workshop

Use natural materials and draw on seasonal inspiration to create a fall centerpiece perfect for the autumn season. Guided by the city’s horticulturist, participants will create a unique arrangement using fresh natural elements while learning techniques and tips to recreate a centerpiece for their own holiday table. Leave with some new flower-arranging skills and a seasonal arrangement to enjoy at home.

Age: 16/up Croydon Creek Nature Center				
41575	Sa	11/14	10 AM-noon	\$35/\$50

Gentle Explorers

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

Age: 2-5 Croydon Creek Nature Center				
41571	Sa	9/19	10-11 AM	\$10/\$12
41572	Sa	10/3	10-11 AM	\$10/\$12
41573	Sa	11/21	10-11 AM	\$10/\$12



Getting Started with Beekeeping

Curious about starting a honeybee hive at home? Let’s talk about it! This introductory program presented by Croydon Creek’s beekeeper will cover the basics of backyard beekeeping, including what equipment you’ll need, where to get it, how to choose and prepare your apiary site and what to expect during your first and second seasons with bees. Learn what you can do now to be ready for bees next spring. Come with questions and leave with answers, resources and information to support your beekeeping journey.

Age: 16/up Croydon Creek Nature Center				
41569	Sa	9/19	11 AM-12:30 PM	\$12/\$15

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 Croydon Creek Nature Center				
41552	Sa	9/26	10-11 AM	\$10/\$12
41553	Sa	11/7	10-11 AM	\$10/\$12
41554	Sa	12/5	10-11 AM	\$10/\$12

Little Sprouts

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

Age: 18mo-3yr Croydon Creek Nature Center				
41555	Th	9/17	10-10:45 AM	\$8/\$10
41556	Th	10/8	10-10:45 AM	\$8/\$10
41557	Th	11/12	10-10:45 AM	\$8/\$10

HALLOWEEN HAPPENINGS!

Mini-Creep

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

Age: 2-5 Croydon Creek Nature Center				
41565	Sa	10/24	9:30-10:30 AM	\$12/\$15
41566	Sa	10/24	11 AM-noon	\$12/\$15



Nature Journaling for Adults

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

Age: 16/up Croydon Creek Nature Center				
41574	Su	10/25	1-3 PM	\$15/\$18

Pinecone Wreath Making Workshop

Bring the whole family and get creative with nature! Using pinecones and other natural materials, you’ll design and decorate your own festive wreath to take home. Welcome winter as you enjoy time together in this hands-on workshop. All materials are provided—just bring your imagination! The fee includes one wreath, with up to four family members working together.

Age: 5/up Croydon Creek Nature Center				
41567	Su	12/6	1:30-3 PM	\$25/\$30

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.



Teens

ARTS, DANCE AND ENRICHMENT

Adventure Theatre: Contemporary Musical Theatre Workshop

Step into the spotlight and experience the excitement of Broadway! Whether you're brand new to musical theatre or already love performing, this high-energy workshop is the perfect place to build confidence, creativity and stage skills. Students will learn and perform exciting song-and-dance numbers from three beloved musicals. The workshop concludes with a special showcase performance on the final day, giving students the chance to shine on stage and share what they've learned with family and friends!

Age: 11-15 | Rockville Senior Center

42101	Tu	9/15-11/17	5:30-6:30 PM	\$140/\$150
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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 | Rockcrest Ballet Center/Chongpinitchai

42119	Th	9/10-12/10	8-9:15 PM	\$180/\$190
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Int IV and Beg Pointe

Age: 11/up | Rockcrest Ballet Center/Chongpinitchai

42125	Th	9/10-12/10	5-6:30 PM	\$210/\$220
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Age: 11/up | Rockcrest Ballet Center/Adhikari

42112	Tu	9/8-12/8	5-6:30 PM	\$140/\$150
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Intermediate

Age: 13/up | Rockcrest Ballet Center/Adhikari

42124	Tu	9/8-12/8	8-9:30 PM	\$210/\$220
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Advanced

Age: 13/up | Rockcrest Ballet Center/Simpson

42126	W	9/9-12/9	6:15-7:45 PM	\$210/\$220
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Rockcrest Ballet Center/Chongpinitchai

42123	Th	9/10-12/10	6:30-8 PM	\$210/\$220
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42121	M	9/14-12/7	7:30-9 PM	\$210/\$220
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Rockcrest Ballet Center/Adhikari

42122	Tu	9/8-12/8	6:30-8 PM	\$210/\$220
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BEFORE AND AFTER SCHOOL ENRICHMENT

After School Fishing Club

Tighten those lines and get hooked on fishing! Learn the basics of freshwater fishing using both artificial and live bait. Try out different methods and tackle to catch a variety of fish! We meet at the Rockville Skate Park and participants are driven by city van to local fishing holes. No prior fishing experience is necessary to participate. All fishing tackle and bait is provided.

Age: 8-14 Rockville Skate Park				
41251	W	9/9-9/30	4-6 PM	\$75/\$85

Twinbrook Next Gen

This program provides a safe space where students in grades 6-8 can participate in a balance of academic support, recreation and enrichment activities that promote personal growth and positive social development. Students enjoy homework help, SSL opportunities, STEM projects, arts and crafts, leadership development, sports and field trips. The program also emphasizes social-emotional learning, teamwork, responsibility and healthy peer relationships. Transportation provided from Julius West Middle School.

Grades: 6-8 Twinbrook CRC				
41354	M-F	8/25-11/25	2:30-6:30 PM	\$65/\$75
41355	M-F	11/30-3/12	2:30-6:30 PM	\$65/\$75

2027 Rockville Student Juried Art Exhibit

This annual event, in partnership with the City of Rockville’s Arts Division and the Rockville Art League, provides a platform for young artists to share their visions and inspire the community.

Students in grades 6-12 who live or attend school within the corporate limits of Rockville are eligible to submit two original 2-D or 3-D works of art in any medium for consideration for the exhibit. All artwork must be complete, properly framed and securely wired for hanging.

Eighty works are expected to be selected for the exhibit. The exhibit will be hung in the Glenview Mansion Art Gallery at Rockville Civic Center Park. The call for artists will be posted on the city’s website in October; appear in the “Rockville

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 Rockville Swim and Fitness Center/Kolanowski				
41706	W	9/2-10/21	10:30-11:30 AM	\$102/\$123
41707	W	10/28-12/16	10:30-11:30 AM	\$102/\$123

Teen Fit

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

Age: 13-18 Rockville Swim and Fitness Center/Stokes				
41632	M	8/31-10/19	7-8 PM	\$70/\$84
41647	M	10/26-12/14	7-8 PM	\$80/\$96



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 Rockville Swim and Fitness Center/Honts				
41654	Sa	9/12-10/24	10:40-11:40 AM	\$89/\$107
42014	Sa	10/31-12/19	10:40-11:40 AM	\$89/\$107

SCHOOL BREAK PROGRAMS

Rock-Ventures

Want your kids to spend time outside? This travel adventure program may include rock climbing, mountain biking, ropes courses and more! Program runs on days when Montgomery County Public Schools are closed. Transportation provided.

Great Wolf Lodge

Take a trip with Rockville to Maryland’s best indoor water park, Great Wolf Lodge! This trip includes transportation and supervision from city staff. Please drop your child(ren) off by 8 a.m. The bus departs at 8:30 a.m. from Welsh Park.

Age: 8-15 Welsh Park				
42247	M	9/21	8 AM-5 PM	\$80/\$90

Sandy Spring Ropes Course

Let’s climb! Take a trip with Rockville to Adventure Park Sandy Springs and spend an unforgettable day with your friends! This trip includes: Entry fee, climbing equipment, transportation and supervision by city of Rockville staff. Please drop your child(ren) off by 9 a.m. The bus departs at 9:30 a.m. from Welsh Park.

Age: 8-15 Welsh Park				
42246	F	10/16	9 AM-3 PM	\$78/\$88

Zava Zone and Top Golf

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

Age: 8-15 Welsh Park				
42234	M	11/2	9 AM-3 PM	\$88/\$98

SPORTS – INSTRUCTIONAL

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 Rockville Fencing Academy/Sacks				
41283	Tu	9/15-11/3	7-8:20 PM	\$130/\$140
41285	Sa	9/19-11/7	2-3:20 PM	\$130/\$140

GROUP SKATEBOARD AND ROLLERBLADE LESSONS

Rollerblade – Rookie

Get ready to glide! Designed for kids and teens new to rollerblading, these classes focus on the essential skills needed to skate safely and confidently. Participants will learn how to stand, push, stop and turn, while developing balance, coordination and control. Safety gear, including helmets and pads, is emphasized, along with proper falling techniques.

Age: 6/up Rockville Skate Park/Besley				
41397	M	9/14-10/12	4-4:50 PM	\$95/\$120
41395	Tu	9/15-10/13	4-4:50 PM	\$95/\$120
41390	Tu	9/15-10/13	6-6:50 PM	\$95/\$120

Rollerblade – Semi Pro

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

Age: 6/up Rockville Skate Park/Besley				
41391	M	9/14-10/12	5-5:50 PM	\$95/\$120
41407	Tu	9/15-10/13	5-5:50 PM	\$95/\$120



WE WANT YOU TO JOIN OUR TEAM!

SUMMER AND YEAR-ROUND POSITIONS

- Before and after school staff.
- Trip leaders.
- Class Instructors for yoga, pilates, boot camp, pickleball, fitness, children’s sports and art.
- Lifeguards and swim instructors.
- Bus drivers (CDL required).
- Social event hosts.

SEASONAL POSITIONS

- Special events.
- Sports officials, gym managers and scorer/timers.

Visit rockvillemd.gov/careers or contact the Department of Human Resources at 240-314-8470.



Skateboard – Rookie

Designed for beginners to learn the foundational skills and safety essentials needed to enjoy skateboarding with confidence. Explore the basic components of a skateboard, learn proper stance and practice pushing, gliding, turning and stopping. Safety is a top priority—students are guided on helmet use and proper falling techniques to minimize injuries.

Age: 6/up Rockville Skate Park/Austin				
41403	M	9/14-10/12	4-4:50 PM	\$95/\$120
Age: 6/up Rockville Skate Park/Louis-Charles				
41410	Tu	9/15-10/13	4-4:50 PM	\$95/\$120
41405	Tu	9/15-10/13	5-5:50 PM	\$95/\$120
41393	W	9/16-10/14	6-6:50 PM	\$95/\$120
41388	Th	9/17-10/15	7-7:50 PM	\$95/\$120
41398	Th	9/17-10/15	6-6:50 PM	\$95/\$120
41389	F	9/18-10/16	6-6:50 PM	\$95/\$120
Age: 6/up Rockville Skate Park/Austin				
41400	Su	9/20-10/18	10-10:50 AM	\$95/\$120
41394	Su	9/20-10/18	12-12:50 PM	\$95/\$120

Skateboard – Semi-Pro

Designed for skaters who already know the basics and are ready to take on bigger challenges. Learn how to land advanced tricks like ollies, kickflips and grinds while exploring ramps, ledges and rails with confidence. Instructors will break down technique and style, focusing on balance, timing and foot placement so you can ride smoother, higher and stronger.

Age: 6/up Rockville Skate Park/Austin				
41396	M	9/14-10/12	5-5:50 PM	\$95/\$120
Age: 6/up Rockville Skate Park/Louis-Charles				
41409	Tu	9/15-10/13	6-6:50 PM	\$95/\$120
41387	W	9/16-10/14	7-7:50 PM	\$95/\$120
41402	Th	9/17-10/15	5-5:50 PM	\$95/\$120
41408	F	9/18-10/16	7-7:50 PM	\$95/\$120
Age: 6/up Rockville Skate Park/Austin				
41406	Su	9/20-10/18	11-11:50 AM	\$95/\$120

PRIVATE

SKATEBOARDING LESSONS

50 MINUTES ONCE A WEEK

\$250 Residents/\$275 Nonresidents

Classes are weather dependent.

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

LASKAR PICKLEBALL GROUP LESSONS

Join Laskar Pickleball for outdoor pickleball instruction led by highly skilled instructors certified through the Professional Pickleball Association (PPA) and the International Pickleball Teaching Professional Association (IPTPA).

Teens Pickleball Level 1

A beginner-friendly pickleball program for teens focused on skill development and game understanding. Learn proper paddle technique, serving, returning, dinking, volleys and basic strategy. Sessions balance instruction with live play to build confidence and consistency.

Grades: 6-8 Julius West Middle School/Laskar Tennis				
42034	W	9/23-10/14	3:15-4:15 PM	\$100/\$110
42045	Th	9/24-10/15	3:15-4:15 PM	\$110/\$120

Teen Pickleball

A beginner-friendly pickleball program for teens focused on skill development and game understanding. 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 Welsh Park/Laskar Tennis				
42030	Tu	9/15-10/13	6-7 PM	\$100/\$110
42028	Tu	10/27-11/17	6-7 PM	\$100/\$110

Middle School Volleyball

A co-ed volleyball clinic designed for players who are new to the game and looking to refine their skills. Athletes will build confidence and improve technique through a mix of instructional drills, skill-based activities, game play and scrimmages. Develop passing, setting, hitting, blocking, returning and team strategy skills and reinforcing game rules and on-court decision-making.

Grades: 6-8 Broome Gym and Athletic Park				
41423	W	9/9-10/28	6-8 PM	\$109/\$129

Tennis Skills and Drills II

Improve your strokes, rally skills and overall court confidence while having fun! 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 a racket and bottled water.

Age: 12-15 King Farm Park/M. Yargici				
42082	Sa	9/5-10/10	12-1:10 PM	\$96/\$106

LASKAR TENNIS GROUP LESSONS

Ace Teens Tennis – Level 1

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

Age: 10-16 King Farm Park/Laskar Tennis				
42036	M	9/14-10/12	6-7 PM	\$100/\$110
42032	M	11/2-11/23-11/16	6-7 PM	\$100/\$110

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 Dogwood Park/Laskar Tennis				
42046	W	9/16-10/14	6-7 PM	\$110/\$120
42048	W	11/4-11/25	6-7 PM	\$110/\$120

HALLOWEEN HAPPENINGS!

Halloteen Bash Event

Step right up... if you dare! The creepiest carnival in town is opening its gates for one night only! Grab your friends and experience a night packed with haunted carnival games, music, delicious snacks, Halloween activities and plenty of surprises. Dress to impress in your best costume for a chance to win awesome prizes, then see what spooky adventures await around every corner. Don’t miss the ultimate Halloween party just for teens!

Grades: 6-8 Thomas Farm CC				
42090	F	10/23	7:30-10:30 PM	Free/\$10

TRIPS

Friday Night Ski Club

Carve, cruise and chill with friends under the lights this winter! Every Friday night, we’re heading to Liberty Mountain and Whitetail Resorts for five weeks of skiing and snowboarding fun. Ride in style on a comfortable coach bus, hang out with friends and make the slopes your weekend kickoff. Spots are limited—don’t miss out!

Grades: 6-12 Julius West Middle School				
41418	F	1/8-2/5	3:30-11 PM	\$425/\$470
Grades: 6-8 Robert Frost Middle School				
41417	F	1/8-2/5	3:30-11 PM	\$425/\$470



DROP-IN SPORTS



PICKLEBALL

TCRC SCHEDULE:

Wed, 7:15-9:15 p.m.
Fri, 6:30-9:15 p.m.
Sat, 6:30-9:15 p.m.

TFCC SCHEDULE:

Mon, 11:30 a.m.-1:30 p.m.

BEGINNER/ADVANCED BEGINNER

Tue, 8-10 a.m.

INTERMEDIATE/ADVANCED

Tue, 1-3 p.m.

BEGINNER/ADVANCED BEGINNER

Wed, 10 a.m.-noon.

ALL LEVELS

Thu, 10 a.m.-noon.

INTERMEDIATE/ADVANCED

Fri, 4-6 p.m.

BADMINTON

TCRC SCHEDULE:

Thu, 7:15-9:15 p.m.
Sun, 3-6 p.m. (March-Dec.)
No Sundays (Jan.-March)

TFCC SCHEDULE:

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 SCHEDULE:

Tue, 7:15-9:15 p.m.

TFCC SCHEDULE:

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 pages 53-54.

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



Adults

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 | Rockcrest Ballet Center/Chongpinitchai

42119	Th	9/10-12/10	8-9:15 PM	\$180/\$190
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Int IV and Beg Pointe

Age: 11/up | Rockcrest Ballet Center/Chongpinitchai

42125	Th	9/10-12/10	5-6:30 PM	\$210/\$220
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Age: 11/up | Rockcrest Ballet Center/Adhikari

42112	Tu	9/8-12/8	5-6:30 PM	\$140/\$150
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Intermediate

Age: 13/up | Rockcrest Ballet Center/Adhikari

42124	Tu	9/8-12/8	8-9:30 PM	\$210/\$220
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Advanced

Age: 13/up | Rockcrest Ballet Center/Simpson

42126	W	9/9-12/9	6:15-7:45 PM	\$210/\$220
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Rockcrest Ballet Center/Chongpinitchai

42123	Th	9/10-12/10	6:30-8 PM	\$210/\$220
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42121	M	9/14-12/7	7:30-9 PM	\$210/\$220
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Rockcrest Ballet Center/Adhikari

42122	Tu	9/8-12/8	6:30-8 PM	\$210/\$220
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Creative Studio: Outdoor Art Walk

Wander, observe and draw the world around you. This outdoor class meets at three different parks throughout the session, blending gentle walking with guided drawing exercises that help you capture everything from sweeping landscapes to charming park features. A refreshing, creativity-boosting way to enjoy the fall season. Bring your own sketchbook.

Age: 18/up | RedGate Park/Rizzo

41590	W	9/9-10/28	12:30-1:30 PM	\$55/\$65
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Partner Dancing

Get ready to Cha-Cha into fall! 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 instructor's discretion.

Level 1

Age: 18/up | Thomas Farm CC/Polinger

42281	Tu	11/3-12/15	7:30-8:30 PM	\$125/\$135
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Level 2

Age: 18/up | Twinbrook CRC/Anderson

41602	F	9/11-10/30	7:30-8:30 PM	\$125/\$135
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SEW ESSENTIALS WORKSHOP

Sewing Together (Adult/Child)

Stitch, create and make memories together in this fun family sewing workshop! Designed for one adult and one child, this hands-on experience introduces the basics of sewing in a welcoming and creative environment. Participants will learn essential sewing skills, practice beginner-friendly techniques and work side by side to create matching or coordinating projects to take home. All materials provided and no sewing experience is needed.

Age: 7/up | Thomas Farm CC

42017		9/26	12-3 PM	\$140/\$150
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42019		11/14	12-3 PM	\$140/\$150
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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



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 hip-hop, country and pop songs. See you on the dance floor!

Age: 16/up | Rockville Swim and Fitness Center/Lyles
41594 F 9/11-10/23 6:30-7:30 PM \$79/\$89

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 time—no partner needed. Just bring your dancing feet and get ready to move, mingle and make memories!

Age: 18/up | Twinbrook CRC/Anderson
41965 F 9/11-10/30 7:30-8:30 PM \$125/\$135

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.

Beginner Tap
Age: 16/up | Thomas Farm CC/Swenton-Eppard
41599 Th 9/10-10/29 11 AM-noon \$120/\$130

Intermediate Tap
Age: 16/up | Thomas Farm CC/Kunz
41600 M 9/14-11/2 7:30-8:30 PM \$120/\$130

Line Dance & Tap Fusion
Age: 16/up | Thomas Farm CC/Swenton-Eppard
41601 Th 9/10-10/29 12-1 PM \$120/\$130

52nd ANNUAL

ROCKVILLE 10K/5K

Save the Date

Sunday, Nov. 1

at 8:30 a.m.

King Farm Village Center

403 Redland Blvd., Rockville

Register online at rockville10k5k.com

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. Virtual class.

Age: 16/up | Online/Johnson
41994 Tu 9/1-10/20 5:30-6:15 PM \$80/\$96
41996 Tu 10/27-12/15 5:30-6:15 PM \$80/\$96

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 | Rockville Swim and Fitness Center/Rubin
41629 M 8/31-10/19 5:45-6:45 PM \$70/\$84

Age: 16/up | Rockville Swim and Fitness Center/Rosal
41634 W 9/2-10/21 5:45-6:45 PM \$80/\$96

Age: 16/up | Rockville Swim and Fitness Center/Lewis
41638 F 9/4-10/23 9:15-10:15 AM \$80/\$96

Age: 16/up | Rockville Swim and Fitness Center/Rubin
41636 M 10/26-12/14 5:45-6:45 PM \$80/\$96

Age: 16/up | Rockville Swim and Fitness Center/Rosal
41646 W 10/28-12/16 5:45-6:45 PM \$80/\$96

Age: 16/up | Rockville Swim and Fitness Center/Lewis
41620 F 10/30-12/18 9:15-10:15 AM \$70/\$84

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 | Rockville Swim and Fitness Center
41628 Tu 9/1-10/20 6:30-7:30 AM \$80/\$96
41637 Th 9/3-10/22 6:30-7:30 AM \$80/\$96
41643 Tu 10/27-12/15 6:30-7:30 AM \$80/\$96
41625 Th 10/29-12/17 6:30-7:30 AM \$70/\$84

GET FIT

AT THE RSFC FITNESS ROOM



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).

Visit rockvillemd.gov/swimcenter or call 240-314-8750 for more information.

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 | Rockville Swim and Fitness Center/Ditullio

41642	Th	9/3-10/22	6-7 PM	\$80/\$96
41624	Th	10/29-12/17	6-7 PM	\$70/\$84

Dance Fitness
This class combines ballroom dance styles with full-body interval training to build cardio endurance, strength and coordination. No dance experience needed — just move to the music and have fun!
Age: 16/up | Rockville Swim and Fitness Center/Kawar Herrera

41645	M	8/31-10/19	12-1 PM	\$70/\$84
41623	M	10/26-12/14	12-1 PM	\$80/\$96

Flexible Strength
This dynamic class combines strength training and mobility exercises using resistance bands to build strong, flexible muscles. Participants will focus on controlled movement to improve joint stability, increase muscular endurance and enhance overall flexibility.
Age: 16/up | Rockville Swim and Fitness Center/Michaels

42007	Tu	9/1-10/20	11:15 AM-noon	\$59/\$72
42006	Th	9/3-10/22	11:15 AM-noon	\$59/\$72
42010	Tu	10/27-12/15	11:15 AM-noon	\$59/\$72
42009	Th	10/29-12/17	11:15 AM-noon	\$52/\$63

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 | Thomas Farm CC/Ramsey

41597	M	9/14-11/16	7:30-8:15 AM	\$115/\$125
42131	M	11/23-12/21	7:30-8:15 AM	\$42/\$52



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 | Online/Poole

42127	Tu	9/8-11/10	7:30-8:30 PM	\$115/\$125
42254	Tu	11/17-12/22	7:30-8:30 PM	\$75/\$85

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 | Rockville Swim and Fitness Center/Kolanowski

41706	W	9/2-10/21	10:30-11:30 AM	\$102/\$123
41707	W	10/28-12/16	10:30-11:30 AM	\$102/\$123

Power Sculpt
Are you looking to get strong and gain definition? With power sculpt, you'll find strength and energy to do it all. Designed for all fitness levels with routines to improve strength and muscle definition. Bring a mat and 3-to-5-pound weights.
Age: 16/up | Thomas Farm CC/Ramsey

41598	W	9/9-11/11	7:30-8:15 AM	\$115/\$125
42132	W	11/25-12/16	7:30-8:15 AM	\$42/\$52

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 and wear comfortable clothing.
Age: 16/up | Rockville Swim and Fitness Center/Stokes

42002	W	9/2-10/21	12-1 PM	\$80/\$96
42000	F	9/4-10/23	12-1 PM	\$80/\$96
42012	W	10/27-12/15	12-1 PM	\$80/\$96
42011	F	10/30-12/18	12-1 PM	\$70/\$84

Train Your Way to a 5K
Whether training for that first race or a seasoned runner, this course incorporates strength training, agility exercises and proper running form to help you beat that personal record or just cross the finish line. Running shoes are required for this class.
Age: 16+ | Rockville Swim and Fitness Center/Oakley

41617	Su	9/13-10/25	12-12:50 PM	\$70/\$84
41618	Su	11/1-12/20	12-12:50 PM	\$70/\$84

THRIVE YOGA
Beginner Hatha
Hatha Yoga is a slower-paced, alignment-focused practice that emphasizes mindful movement, steady breath, and intentional holds. Postures are approached one at a time, allowing space to build strength, improve flexibility, and deepen body awareness. This class supports balance, stability, and nervous system regulation, making it accessible for all levels and a great complement to more dynamic practices
Age: 13/up | Thrive Yoga

41303	Sa	9/19-11/7	9:15-10:15 AM	\$160/\$170
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Neighborhood Walk-n-Roll and Candlelight Vigil
Hosted by the Rockville Pedestrian Advocacy Committee
Oct. 15 at 6 p.m.
Join RPAC, city staff and elected officials on a short neighborhood walk-n-roll to learn about ongoing pedestrian initiatives and then participate in a candlelight vigil to remember victims of traffic violence at the end of the trip.



Bliss Restorative
Pure Bliss is designed to deeply rest and restore your mind/body and reset your nervous system. Practice a restorative yoga sequence to release tension and fatigue using props, blankets and bolsters to support your body in your favorite reclined yoga poses.
Age: 16/up | Thrive Yoga

41304	F	9/18-11/13	7:15-8:15 PM	\$160/\$170
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Flow
Popular class style that elevates your mood and increases fitness. Yoga postures and conscious breathing will be sequenced in fluid sets. Build strength, balance and flexibility. Find your joy of yoga by feeling amazing!
Age: 13/up | Thrive Yoga

41305	M	9/14-11/2	7:15-8 PM	\$160/\$170
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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 | Thomas Farm CC/Ramsey

41976	Tu	9/8-10/13	6-7 PM	\$79/\$89
41979	Th	9/10-10/15	6:30-7:30 PM	\$79/\$89
41986	F	9/11-10/16	7:30-8:30 AM	\$79/\$89
41988	Sa	9/12-10/17	8:30-9:30 AM	\$79/\$89
41978	Tu	10/27-12/15	6-7 PM	\$95/\$105
41981	Th	10/29-12/17	6:30-7:30 PM	\$95/\$105
41987	F	10/30-12/18	7:30-8:30 AM	\$95/\$105
41989	Sa	10/31-12/19	8:30-9:30 AM	\$95/\$105



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 Rockville Swim and Fitness Center/Mendoza				
41708	W	9/2-10/14	9:15-10:15 AM	\$102/\$123
41694	W	10/28-12/16	9:15-10:15 AM	\$102/\$123
Age: 16/up Rockville Swim and Fitness Center/Honts				
41652	Su	9/13-10/25	11 AM-noon	\$89/\$107
41656	Su	11/1-12/20	11 AM-noon	\$89/\$107

Yoga – Balance, Flexibility, Mood and Strength
Release tension, de-stress and refresh by practicing gentle yoga postures. Calm restless thoughts, cultivate concentration, support mental clarity and confidence using breath techniques and meditation practices. The heart of each class is a sequence of postures that stretch, strengthen and balance your body. Class includes sitting, standing and lying. Check with your doctor before enrolling. Bring a yoga mat, two yoga blocks, a sturdy blanket or bath sheet and a strap.

Age: 16/up Online/Neves				
41279	M	9/21-12/7	1-2:15 PM	\$105/\$115
Age: 16/up Thomas Farm CC/Neves				
41278	M	9/21-12/7	1-2:15 PM	\$105/\$115

ROCKVILLE BICYCLE ADVISORY COMMITTEE

Tuesday Evening Rides | Aug. 4, 11, 18 and 25 at 6:30 p.m.
Meet at Civic Center Park (603 Edmonston Dr.)
Join us for a casual neighborhood ride that will last about 60 to 90 minutes. 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.

Carl Henn Annual Memorial Ride | Saturday, Sept. 19 at 10:30 a.m.
Starts at Thomas Farm Community Center (700 Falls Grove Dr.)
Join us for a casual 13-mile neighborhood ride in honor of longtime Rockville resident and community advocate who died in July 2010 after a lightning strike during a powerful storm. You must be at least 15 years old to ride. No one will be left behind.

2nd annual Montgomery County Family Biking Festival
Sunday, Sept. 27 from 1-4:30 p.m. at Rockville Town Square
Wish you could get around with your family by bike? Curious to learn more about cycling with kids in MoCo? Come to the Montgomery County

Family Biking Festival to explore opportunities for family and youth cycling.

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

Haunted Rockville Ride | Thursday, Oct. 29 at 6:00 p.m.
Starts at Trek Bicycle shop (5750 Fishers Ln.)
Celebrate the season with a fun, social-paced ride through some of the City's most historic and allegedly haunted sites. Riders of all skill levels will explore cemeteries, spooky landmarks and local ghost stories at a relaxed, no-drop pace. Be sure you have front and rear lights on your bike!

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.

Visit [meetup.com/bike-rockville](https://www.meetup.com/bike-rockville) for more impromptu rides and last-minute changes.

rockvillemd.gov/rbac • rockvillebikerides@gmail.com
facebook.com/bikerockville

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 Online/Neves				
41276	Th	9/10-12/10	6:30-7:45 PM	\$115/\$125
Age: 16/up Rockville Senior Center/Neves				
41275	Th	9/10-12/10	6:30-7:45 PM	\$115/\$125

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 Online/Neves				
41277	M	9/21-12/7	6-7:15 PM	\$105/\$115
Age: 16/up Thomas Farm CC/Neves				
41280	M	9/21-12/7	6-7:15 PM	\$105/\$115

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 Rockville Swim and Fitness Center/Mendoza				
41696	Th	9/3-10/22	9:15-10:15 A	M\$102/\$123
41649	Th	10/29-12/17	9:15-10:15 AM	\$89/\$107



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 Rockville Swim and Fitness Center/Mendoza				
41699	Tu	9/1-10/20	9:15-10:15 AM	\$102/\$123
Age: 16/up Rockville Swim and Fitness Center/Stokes				
41705	Tu	9/1-10/20	7-8 PM	\$102/\$123
Age: 16/up Rockville Swim and Fitness Center/Mendoza				
41702	Tu	10/27-12/14	9:15-10:15 AM	\$102/\$123
Age: 16/up Rockville Swim and Fitness Center/Stokes				
41693	Tu	10/27-12/14	7-8 PM	\$102/\$123

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

Age: 16/up Rockville Swim and Fitness Center/Mendoza				
41704	M	8/31-10/19	9:15-10:15 AM	\$89/\$107
41709	M	10/26-12/14	9:15-10:15 AM	\$102/\$123
Age: 16/up Rockville Swim and Fitness Center/Chowdhury				
42240	W	9/2-10/21	7-8PM	\$102/\$123
42241	W	10/28-12/16	7-8PM	\$102/\$123
Age: 16/up Rockville Swim and Fitness Center/Honts				
42239	Su	9/13-10/25	9:45-10:45 AM	\$89/\$107
42238	Su	11/1-12/20	9:45-10:45 AM	\$89/\$107

Yoga Foundation
Get ready to stretch, breathe and relax! 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 Twinbrook CRC/Morales				
41964	Th	9/10-11/12	6:30-7:30 PM	\$79/\$89
41968	Th	11/19-12/17	6:30-7:30 PM	\$35/\$45

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 Thomas Farm CC/Creel				
41596	W	9/9-10/28	7:30-8:30 PM	\$95/\$105

Zumba Fit

Sculpt and tone your entire body during this fun and effective cardio dance workout. While intended as an introduction to the easy Latin- and international-inspired program, this high-energy, low-impact class has something to offer all fitness levels.

Age: 16/up Rockville Swim and Fitness Center/Creel				
41640	Th	9/3-10/22	7:05-7:50 PM	\$80/\$96
41630	Th	10/29-12/17	7:05-7:50 PM	\$70/\$84

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 Online/N. Ko, K. Ko				
41997	Sa	9/12-10/24	11:30 AM-12:15 PM	\$70/\$84
41999	Sa	10/31-12/19	11:30 AM-12:15 PM	\$70/\$84

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 Rockville Fencing Academy/Sacks				
41283	Tu	9/15-11/3	7-8:20 PM	\$130/\$140
41285	Sa	9/19-11/7	2-3:20 PM	\$130/\$140



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 about 200 years ago. Tai chi offers a wide range of benefits for your physical and mental well-being, regardless of your 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 Thomas Farm CC/Levine				
41592	M	9/14-11/2	9-10 AM	\$69/\$79
Age: 40/up Twinbrook CRC/Levine				
41962	Tu	9/8-11/10	6:30-7:30 PM	\$69/\$79

Intermediate

This class is designed for individuals who have attended our 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 Thomas Farm CC/Levine				
41593	M	9/14-11/2	10-11 AM	\$69/\$79
Age: 18/up Twinbrook CRC/Levine				
41967	Tu	9/8-11/10	7:30-8:30 PM	\$69/\$79

SPORTS – INSTRUCTIONAL

Adult Skateboard and Rollerblade Lessons

Rollerblade – All Levels

Age: 18/up Rockville Skate Park/Besley				
41401	M	9/14-10/12	6-6:50 PM	\$95/\$120
42244	M	9/14-10/12	7-7:50 PM	\$95/\$120

Skateboard – All Levels

Age: 18/up Rockville Skate Park/Austin				
41392	M	9/14-10/12	6-6:50 PM	\$95/\$120
41404	M	9/14-10/12	7-7:50 PM	\$95/\$120
41399	Su	9/20-10/18	1-1:50 PM	\$95/\$120

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.

Beginner Level 1 (1.0-2.0)

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

Age: 16/up Mattie Stepanek Park/Cao				
42060	W	9/2-9/16	5:30-6:45 PM	\$74/\$84
42061	Sa	9/5-9/19	2:15-3:30 PM	\$74/\$84

Age: 16/up Mattie Stepanek Park/Rosen				
42064	Su	9/6-9/20	8-9:15 AM	\$74/\$84

Age: 16/up Mattie Stepanek Park/Francis				
42058	M	10/11-10/18	7-9 PM	\$74/\$84
42066	W	10/14-10/28	7-8:15 PM	\$74/\$84

Beginner Level 2 (2.5)

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.

Age: 16/up Mattie Stepanek Park/				
42056	Sa	9/5-9/19	3:45-5 PM	\$74/\$84
Age: 16/up Mattie Stepanek Park/Rosen				
42062	Su	9/6-9/20	9:30-10:45 AM	\$74/\$84
42059	M	9/14-9/21	7-9 PM	\$74/\$84

Age: 16/up Mattie Stepanek Park/Francis				
42057	W	10/14-10/28	5:30-6:45 PM	\$74/\$84

Beginner League Prep (3.0-3.5)

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

Age: 16/up Mattie Stepanek Park/Cao				
42063	W	9/2-9/16	7-8:15 PM	\$74/\$84

Intermediate League Prep (4.0-4.5)

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

Age: 16/up Mattie Stepanek Park/Cao				
42065	Sa	9/5-9/19	5:15-6:30 PM	\$74/\$84



LASKAR PICKLEBALL GROUP LESSONS

Adult Pickleball – Level 1

A complete introduction to pickleball for adult beginners. Players learn all fundamental skills including serves, returns, dinks, volleys, court positioning and scoring. Ideal for new/ beginner players or those transitioning from tennis.

Age: 18/up Welsh Park/Laskar Tennis				
42041	Tu	9/15-10/13	7-8 PM	\$105/\$115
42039	Tu	10/27-11/17	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.

Age: 18/up Welsh Park/Laskar Tennis				
42052	Tu	9/15-10/13	8-9 PM	\$115/\$125
42053	Tu	10/27-11/17	8-9 PM	\$115/\$125

Recreation and Park Advisory Board

RPAB Meetings

FOURTH THURSDAY OF THE MONTH AT 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.

Visit rockvillemd.gov/rpab for more information.

TENNIS FOR ADULTS/TEENS

Learn and enjoy tennis through instruction, drills and game-play situations! 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
- This class is perfect for teens and adults looking to improve fundamentals, practice strategy and enjoy tennis in a supportive, skill-appropriate environment.

Beginner 0.0-1.5 NTRP Level

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

Age: 16/up Twinbrook CRC/Francis				
42072	M	8/31-10/5	6-6:50 PM	\$86/\$96
Age: 16/up Mattie Stepanek Park/Ou				
42075	W	9/2-10/7	6-6:50 PM	\$86/\$96



Beg./Novice 1.0-2.0 NTRP Level

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

Age: 16/up Dogwood Park/M. Yargici				
42078	Tu	9/1-10/6	6-6:50 PM	\$86/\$96

Novice/ Intermediate 2.0-3.5 NTRP Level

Limited experience. Learn to improve all strokes and get the ball in play.

Age: 16/up Twinbrook CRC/Francis				
42080	M	8/31-10/5	7-8:15 PM	\$96/\$106

Novice/Intermediate 2.0-3.0 NTRP Level

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

Age: 16/up Mattie Stepanek Park/Ou				
42081	W	9/2-10/7	7-8:15 PM	\$96/\$106

Intermediate 2.5-3.5 NTRP Level

Able to play games. Work on consistent strokes with spins and strategy.

Age: 16/up Dogwood Park/M. Yargici				
42083	Tu	9/1-10/6	7-8:15 PM	\$96/\$106



LASKAR TENNIS GROUP LESSONS

Led by USPTA- and USTA-trained coaches, classes focus on skill development, confidence building and enjoying the game in a fun, supportive environment.

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.

Age: 18/up King Farm Park/Laskar Tennis				
42042	M	9/14-10/12	7-8 PM	\$105/\$115
42040	M	11/2-11/23	7-8 PM	\$105/\$115

Adult Tennis Prime Time – Level 2

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

Age: 18/up Dogwood Park/Laskar Tennis				
42050	W	9/16-10/14	7-8 PM	\$115/\$125
42051	W	11/4-11/25	7-8 PM	\$115/\$125

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.

Age: 18/up Dogwood Park/Laskar Tennis				
42054	W	9/16-10/14	8-9 PM	\$125/\$135
42055	W	11/4-11/25	8-9 PM	\$125/\$135

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.

Age: 18/up Woodley Gardens Park/Laskar Tennis				
42026	Su	9/13-10/11	4-5 PM	\$100/\$110
42027	Su	11/1-11/22	4-5 PM	\$100/\$110

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.

Age: 18/up Woodley Gardens Park/Laskar Tennis				
42047	Su	9/13-10/11	3-4 PM	\$110/\$120
42049	Su	11/1-11/22	3-4 PM	\$110/\$120

SPORTS LEAGUES

Adult Kickball League

Games are played on lighted fields with trained umpires. Register as a team or individually, and friends may request to play together. The season includes six regular-season games, and all participants receive a Washington Nationals replica uniform.

Individual

Age: 18/up Broome Gym and Athletic Park				
41434	M	9/14-10/19	7-10 PM	\$55/\$65

Team Registration – Includes a team set of Washington Nationals replica uniforms

Age: 18/up Broome Gym and Athletic Park				
41435	M	9/14-10/19	7-10 PM	\$550

ADULT TEAM LEAGUES

REGISTER BY THE DATES AND COURSE NUMBERS BELOW
AT ROCKVILLEMD.GOV/REGISTRATION

Aug. 19: Men’s Softball

#41432

Aug. 21: Women’s Volleyball

#41411

Aug. 20: Co-Rec Soccer 18+

#41437

Sept. 1: Co-Rec Kickball

#41435

Aug. 20: Co-Rec Soccer 30+

#41438

Sept. 1: Co-Rec Volleyball

#41412

Aug. 21: Co-Rec Volleyball

#41413

rockvillemd.gov/recreation/sports • 240-314-8620



OFFICIALS NEEDED!

WEEKDAY EVENINGS & WEEKENDS

Youth & Adult Leagues

Youth Soccer • Flag Football • Youth Basketball • Adult Softball • Adult Soccer

FOR MORE INFORMATION:
240-314-8620 • sports@rockvillemd.gov

Adult Pickleball Ladder League Compete against players of similar skill level in this coed pickleball league. Weekly groups of four are formed based on ladder rankings, with players competing in three doubles matches in a round-robin format. Skill levels follow the USAPA rating system (usapa.org/player-skill-rating-definitions). Divisions range from Novice (1) to Advanced (4).				
Fall Ladder Novice (1)				
Age: 18/up Mattie Stepanek Park				
41376	Th	9/10-10/22	5-9 PM	\$55/\$65
Fall Ladder Intermediate (2)				
Age: 18/up Mattie Stepanek Park				
41377	Th	9/10-10/22	5-9 PM	\$55/\$65
Fall Ladder Competitive (3)				
Age: 18/up Mattie Stepanek Park				
41378	Th	9/10-10/22	5-9 PM	\$55/\$65
Fall Ladder Advanced (4)				
Age: 18/up Mattie Stepanek Park				
41379	Th	9/10-10/22	5-9 PM	\$55/\$65
Fall 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.				
Age: 18/up Mattie Stepanek Park				
41380	Th	9/10-10/22	5-9 PM	Free

Adult Pickleball Traditional League Doubles Team Pickleball League for men’s, women’s and coed teams. Teams compete in one of four self-rated divisions: Beginner, Novice, Competitive or Advanced. Each match consists of three games to 11 and is completed in approximately one hour.				
Fall Traditional Novice (1)				
Age: 18/up Mattie Stepanek Park				
41381	Tu	9/8-10/20	5-9 PM	\$55/\$65
Fall Traditional Intermediate (2)				
Age: 18/up Mattie Stepanek Park				
41382	Tu	9/8-10/20	5-9 PM	\$55/\$65
Fall Traditional Competitive (3)				
Age: 18/up Mattie Stepanek Park				
41383	Tu	9/8-10/20	5-9 PM	\$55/\$65
Fall Traditional Advanced (4)				
Age: 18/up Mattie Stepanek Park				
41384	Tu	9/8-10/20	5-9 PM	\$55/\$65
Fall Traditional League Sub List <i>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.</i>				
Age: 18/up Mattie Stepanek Park				
41385	Tu	9/8-10/20	5-9 PM	Free



FRIDAY NIGHT ADULT DROP-IN SPORTS Looking for a fun, flexible Friday night activity? Join us for Friday Night Adult Drop-In Sports. Don’t miss out on this exciting, social and recreational league!				
Drop-in Kickball				
Age: 18/up Broome Gym and Athletic Park				
41436	F	9/11-10/16	6:30-9 PM	\$45/\$55
Men’s Softball – Fall Men’s softball offered Wednesday evenings. The season is seven weeks plus playoffs; all regular season games are doubleheaders. Team registration required. Free agents will be put on a distribution list provided to registered teams.				
Wednesday League				
Age: 18/up Broome Gym and Athletic Park				
41432	W	9/2-10/21	6-10 PM	\$900
Free Agents Registering for this does not guarantee a spot on a team in the league. Free agent list will be sent out to existing teams to see if they have space for extra players on their team. If we have enough free agents, we will make a full team.				
Age: 18/up Broome Gym and Athletic Park				
41433	W	9/2-10/21	6-10 PM	Free
SOCCER CO-REC 7S A form of 7-a-side soccer. Games are 60 minutes in length. Starting lineups must have a minimum of three female players. Six-week season.				
Fall Team Registration Open Division Maximum squad size is 16 players. Teams must have a minimum of 3 female players.				
Age: 18/up Mark Twain Athletic Park				
41438	Th	9/3-10/22	6-10 PM	\$600
Fall Team Registration 30+ Division Maximum squad size is 16 players. Teams must have a minimum of 3 female players.				
Age: 30/up Mark Twain Athletic Park				
41437	Th	9/3-10/22	6-10 PM	\$600
Fall Free Agent List This is for both the 18+ and 30+ leagues. Free agent list will be sent out to existing teams to see if they have space for extra players on their team. If we have enough free agents, we will make a full team.				
Age: 18/up Mark Twain Athletic Park				
41439	Th	9/3-10/22	6-10 PM	Free



VOLLEYBALL – CO-REC Teams register on a first-come, first-paid basis until league is closed. Roster size is minimum of six and maximum of 15. Self-officiated. All game times are 6:30, 7:30 and 8:30 p.m.				
Fall Co-Rec Indoor Volleyball Team (Monday) C/D League three 20-point matches/rally scoring. Team registration required.				
Age: 18/up Broome Gym and Athletic Park				
41413	M	9/14-11/9	6-10 PM	\$380
Fall Indoor Volleyball – Free Agent (Monday) The free agent list will be sent out to existing teams to see if they have space for extra players on their team. If we have enough free agents, we will make a full team and you will be billed \$40.				
Age: 18/up Broome Gym and Athletic Park				
41415	M	9/14-11/9	6-10 PM	Free
Fall Co-Rec Indoor Volleyball Team (Friday) C/D League three 20-point matches/rally scoring. Team registration required.				
Age: 18/up Broome Gym and Athletic Park				
41412	F	9/18-11/13	6-10 PM	\$380
Fall Indoor Volleyball – Free Agent (Friday) The free agent list will be sent out to existing teams to see if they have space for extra players on their team. If we have enough free agents, we will make a full team and you will be billed \$40.				
Age: 18/up Broome Gym and Athletic Park				
42110	F	9/18-11/13	6-10 PM	Free
Volleyball – Women’s Women’s volleyball will be offered for C/D league. Roster size is minimum of six 6 and maximum of 15. Self-officiated. All games times are: 6:30, 7:30 and 8:30 p.m. C/D League three 20-point matches/rally scoring. Team registration required. Free agents will be put on a distribution list provided to registered teams.				
Age: 18/up Broome Gym and Athletic Park				
41411	Th	9/10-11/5	6:30-9:30 PM	\$380



4 on the Floor[™]

Dog Training

Providing fear-free and force-free positive reinforcement training and behavioral consulting in the Rockville neighborhood!



Classes are held on **Monday, Wednesday and Thursday** at **Elwood Smith Community Center**. Visit rockvillemd.gov/registration or scan the QR code to register for classes.

PUPPY FOUNDATIONS

- Basic Commands
- Socialization Skills
- Leash Manners
- Building Confidence

OBEDIENCE TRAINING

- Focus and Impulse Control
- Polite Greets
- Real-world Manners

ADVANCED & ACTIVE

- Fun tricks and brain games
- Mental Enrichment
- AKC Canine Good Citizen

HOWL-O-WEEN HAPPENINGS



Doggie Halloween Extravaganza

Wednesday, Oct. 28
6:30-8:30 p.m.
#39490 • \$20 R/\$25 NR

Join us for a pawsome costume event at Elwood Smith Park filled with tail-wagging tricks and treats! Dress up with your pup or come as you are for a barktacular time. Costumes are suggested, but not required. Please ensure your dog is comfortable around other dogs and people.

Rockville Senior Center

1150 Carnation Drive
Rockville, MD 20850

seniorcenter@rockvillemd.gov
rockvillemd.gov/seniorcenter
240-314-8800

BUILDING HOURS

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

Saturday (Drop-In Activities)
9 a.m.-3 p.m.

Closed Sunday

FITNESS CENTER HOURS

Monday-Thursday
7 a.m.-7 p.m.

Friday
7 a.m.-5 p.m.

Saturday
9 a.m.-3 p.m.

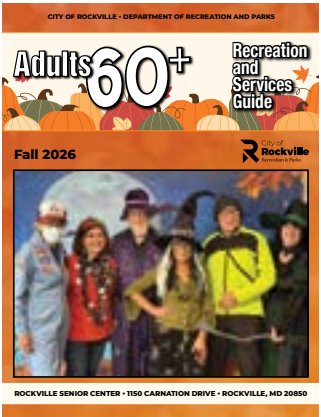


The Rockville Senior Center offers a wide range of programs, services and activities for adults age 60 and older. Most programs are open to all eligible participants without a membership; however, members receive benefits

such as discounted program fees, early registration and access to select facilities and drop-in programs. Learn more at rockvillemd.gov/seniorcenter or call 240-314-8800.

Memberships

Senior Center memberships start at \$40/year for Rockville residents and \$135/year for nonresidents and include early registration and program discounts. Fitness center access starts at \$95/year plus a \$15 safety orientation for new members. Visit rockvillemd.gov/seniorcenter or call 240-314-8800 for more details on membership pricing and benefits.



Fall Senior Guide

The Rockville Senior Center offers hundreds of programs, activities and services for adults age 60 and older.

To explore current offerings, visit rockvillemd.gov/seniorcenter to view the latest Adults 60+ Recreation and Services Guide. To begin receiving a copy by mail call 240-314-8800.

Food and Financial Services

Seniors experiencing food insecurity or a financial crisis, including eviction, utility shut-off or prescription assistance needs, may contact Andrea Rogers at 240-314-8817. Spanish-speakers call Mariella Correal at 240-314-8816.

Transportation

Free shuttle service is available to City of Rockville residents age 60 and older. Transportation assistance, including bus and taxi subsidies, is available for eligible seniors living within Rockville city limits. To make a reservation or learn more, call 240-314-8810.

Health and Wellness

The Senior Center's wellness team offers immunizations, blood pressure and body composition screenings, health education and wellness counseling. Individual and group support is also available for those experiencing loneliness, grief or other life transitions. For more information, call 240-314-8803.

Home Maintenance and Repairs

Receive trusted referrals and recommendations to home maintenance services, home evaluations on repair and safety needs, recommended contractors, snow/leaf removal and more. Call Jerry Jones at 240-314-8819 for more information.

Commission on Aging

The Commission on Aging advocates for Rockville's older adults by advising the Mayor and Council, identifying community needs and concerns and promoting programs and initiatives that support healthy aging and an age-friendly community. For more information visit rockvillemd.gov/commission.

Sponsorships

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

Senior Center Happenings

View detailed course descriptions by visiting rockvillemd.gov/registration or calling 240-314-8800.

Card Magic Series

Tuesdays, Sept. 1-22 • 10-11 a.m.
Course #41608 • \$50/\$60 • Senior Center

Supper Club

Tuesday, Sept. 15 • 4:30-6:45 p.m.
Course #41990 • \$32/\$42 • Senior Center

Travel the World Fitness Series

Tuesdays, Sept. 15-Oct. 6 • 12:15-1 p.m.
\$10/\$12 (each session) • Senior Center

Annual Turkey Trot

Thursday, Nov. 19 • 10-11:30 a.m.
Course #41589 • Free • Hybrid

Friendsgiving Lunch

Thursday, Nov. 19 • 11:30 a.m.-1 p.m.
Course #42280 • \$17/\$20 • Senior Center



Rockville Villages

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, tevans@rockvillemd.gov

HOSTED BY THE CITY OF ROCKVILLE MAYOR AND COUNCIL

Rockville Antique and Classic Car Show

Saturday, Oct. 17

11 a.m.-3:30 p.m.

Rockville Civic Center Park, 603 Edmonston Dr.

2026 vehicle eligibility: Open to motor vehicles (no custom/modified cars) up to and including the 2001 model year. Visit the event website to download a registration form.

The 2026 show is preregistration only for show and flea spaces. There will be no registration on the day of the event. If you plan to participate, you must pre-register.

rockvillemd.gov/carshow • 240-314-8620

FRUIT • VEGETABLES • MEAT • FLOWERS • CHEESE • BREAD • BAKED GOODS

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



Thomas Farm Community Center

700 Fallsgrove Drive, Rockville, MD 20850

TFCC offers classes for all ages, full-size gymnasium, 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.

Daily, monthly and annual memberships available.
Contact the center for more information.

BUILDING 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.

MORE INFORMATION

rockvillemd.gov/thomasfarm
thomasfarm@rockvillemd.gov
240-314-8840



Lincoln Park Community Center

357 Frederick Avenue, Rockville, MD 20850

This newly renovated, historic community center features two fitness rooms, a STEM lab, game room, gymnasium, a rental kitchen and two multipurpose rooms. Enjoy drop-in sports, after-school programs and rental space for your next event.

Daily, monthly and annual memberships available.
Contact the center for more information.

BUILDING HOURS

Monday-Saturday
9 a.m.-9:30 p.m.

Sunday
10 a.m.-6 p.m.

MORE INFORMATION

rockvillemd.gov/lpcc
lpcc@rockvillemd.gov
240-314-8780



Twinbrook Community Recreation Center

12920 Twinbrook Parkway, Rockville, MD 20851

TCRC has options for all ages in a safe and friendly community setting. Enjoy after-school programs, a full-size gymnasium, drop-in sports, family-friendly programs and rental space for your next event.

Daily, monthly and annual memberships available
Contact the center for more information.

BUILDING HOURS

Monday-Friday
6 a.m.-9:30 p.m.

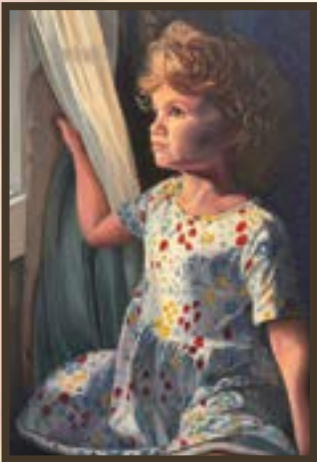
Saturday
8:30 a.m.-9:30 p.m.

Sunday
10 a.m.-6 p.m.

MORE INFORMATION

rockvillemd.gov/twinbrook
twinbrook@rockvillemd.gov
240-314-8830

Glenview Mansion Art Gallery



"The Age of Wonder"
by Isabella Martire

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

The Montpelier Arts Center Printmakers

Meet the Artists: Sunday, Sept. 27 • 1:30-3:30 p.m.
On Exhibit: Sept. 8-Oct. 2

Washington Calligraphers Guild

Meet the Artists: Sunday, Oct. 11 • 1:30-3:30 p.m.
On Exhibit: Oct. 11-Nov. 25

Rockville Art League Members' Juried Winter Show

Meet the Artists: Sunday, Dec. 6 • 1:30-3:30 p.m.
On Exhibit: Dec. 6-Jan. 15, 2027

F. Scott Fitzgerald Theatre

Rockville Civic Center Park • 603 Edmonston Drive
rockvillemd.gov/theatre • theatre@rockvillemd.gov
Box Office: 240-314-8690

UPCOMING SHOWS AND EVENTS

Moxie Events presents "Magic of Motown"

Friday, Aug. 21 at 7:30 p.m. and Saturday, Aug. 22 at 8 p.m.
Tiered Tickets: \$49-\$69

Victorian Lyric Opera Company presents "Haddon Hall"

Sept. 4 and 5 at 8 p.m. • Sept. 6 at 2 p.m.
\$30 Adults • \$28 Seniors • \$26 Students

ArmEvents presents "An Evening of Elegance & Virtuosity" Live Concert

Saturday, Sept. 12 at 7 p.m.
Tiered Tickets: \$65-\$120

Lightning Entertainment presents The Jersey Four: A Tribute to Frankie Valli and The 4 Seasons, featuring original member Gerry Polci

Sunday, Sept. 13 at 3 p.m.
Tiered Tickets: \$40-\$55

Civic Center Puppet Show presents "Rufus: A Story of Acceptance and Inclusion"

Saturday, Sept. 26, 11 a.m. and 12:30 p.m.
\$5 Rockville Residents • \$7 Nonresidents

Rockville Little Theatre presents "The Game's Afoot"

Six performances: Sep. 25 and 26 and Oct. 2 and 3 at 8 p.m.
Sep. 27 and Oct. 4 at 2 p.m.
\$24 Adults • \$22 Seniors and Students

InterPLAY Orchestra presents "Time of Our Lives"

Wednesday, Oct. 7 at 7:30 p.m.
\$20 General Admission

Rockville Musical Theatre presents "Caroline, or Change"

Oct. 31 and Nov. 6, 7, 13 and 14 at 7:30 p.m.
Nov. 1, 8 and 15 at 2 p.m.
\$26 Adults • \$23 Seniors and Students

Grand Kyiv Ballet presents "The Swan Lake: Symphony of Lights"

Thursday, Nov. 18 at 7 p.m.
\$44 General Admission

Washington Balalaika Society presents Fall Concert

Saturday, Nov. 21 at 8 p.m.
\$35 Adults • \$30 Seniors and Military • \$15 Students •
\$5 Children 12/under

Rockville Civic Ballet presents "The Nutcracker"

Dec. 4, 5, 11 and 12 at 7:30 p.m. • Dec. 5, 6, 12
and 13 at 2 p.m.
\$17 Adults • \$13 Seniors (60+) • Free for Children 12/under

Rockville Concert Band Series

Oct. 11, Nov. 22 and Dec. 20 at 3 p.m.
\$5 Suggested Donation

Rockville Chorus Winter Concert

Dec. 20 at 7 p.m. • \$5 Suggested Donation

AT GLENVIEW MANSION Murder at the Mansion presents "Funeral for a Gangster"

Four performances: Nov. 6 and 7 at 8 p.m.
• Nov. 7 and 8 at 2 p.m.
\$40 Adults • \$35 Students and Seniors
\$35 for Optional Buffet

SPECIAL EVENTS Annual Classic and Antique Car Show

Saturday, Oct. 17 from 11 a.m.-3:30 p.m.
Free and open to the public

The Winter Jubilee

Saturday, Dec. 19 from 1-4 p.m.
\$8 Rockville residents under 18 • \$10 Nonresidents under 18 •
Adult chaperones enter free

A TASTE FOR MURDER PRODUCTIONS PRESENTS

FUNERAL FOR A GANGSTER

We're celebrating 100 years of Glenview Mansion the only way we know how:
with a mob funeral and a missing fortune.

Welcome to 1926.

FOUR PERFORMANCES:

Friday, Nov. 6 and Saturday, Nov. 7 at 8 p.m.
Saturday, Nov. 7 and Sunday, Nov. 8 at 2 p.m.

Cash bar (beer, wine, soda) also available. Includes
dessert. Patrons are encouraged to dress in Roaring
Twenties-themed costumes for a chance to win a
prize!

TICKETS:

\$40 Adult • \$35 Seniors (62+) & Students
(15+) • Optional buffet \$30 (matinees now
featuring brunch!) • Group pricing available.

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

Celebrating the 30th Annual F. Scott Fitzgerald Literary Festival

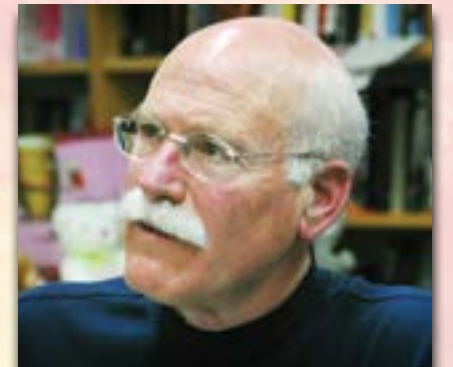
Saturday, Oct. 24
8:30 a.m.-4 p.m.

Montgomery College
Rockville Campus
51 Mannakee St., Rockville

Festival Highlights:

- Take part in a variety of writing workshops including "The Art of Fiction" with Tobias Wolff and special guest Richard Bausch.
- Hear keynote speaker Deborah Tannen present "Can We Talk: How Ways of Talking Can Make or Break Relationships."
- Celebrate Fitzgerald Scholars and the festival honoree at the awards ceremony.
- Take a bus tour of F. Scott Fitzgerald's haunts in Rockville and more!

For registration and full schedule visit fitzgeraldfestival.com.



Featuring Tobias Wolff
2026 Festival Honoree

Award-winning author of "This Boy's Life" and "Old School."

Recipient of the 2026
F. Scott Fitzgerald Award for
Achievement in American
Literature.



friendsrcb.org



ROCKVILLE CIVIC BALLET PRESENTS

The Nutcracker

DIRECTED BY ELEANOR SIMPSON AND ERIN KWONG.

FRIDAY SHOWTIMES
Dec. 4 and 11 at 7:30 p.m.

SATURDAY SHOWTIMES
Dec. 5 and 12 at 2 p.m. and 7:30 p.m.

SUNDAY SHOWTIMES
Dec. 6 and 13 at 2 p.m.

\$17 Adults
\$13 Children (12/under)
\$13 Seniors (60+)

Assigned seat tickets are available for purchase online, by phone or in person in late October. Visit rockvillemd.gov/theatre or call 240-314-8690.



Glenview Mansion
100
Anniversary

Rockville History a Century Strong

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

Historical Tour of Glenview Mansion and Formal Gardens
Sunday, Sept. 27 from 10 a.m.-1 p.m.
Use course #40375 at rockvillemd.gov/registration to register.

Glenview Mansion
at Rockville Civic Center Park
603 Edmonston Drive, Rockville
rockvillemd.gov/glenview • 240-314-8990

Murder at the Mansion and 1920s Costume Contest
Nov. 6-8 | Friday and Saturday at 8 p.m.
Saturday and Sunday at 2 p.m.

Tickets only:
\$40 Adults • \$35 Students and Seniors
Tickets plus optional buffet:
\$70 Adults • \$65 Seniors and Students
Purchase tickets at rockvillemd.gov/theatre.



GLENVIEW MANSION & PEERLESS ROCKVILLE

Speaker SERIES

2026-2027

Co-sponsored; free and open to all.

Thursdays at 7 p.m. at Glenview Mansion in Civic Center Park

DATE/COURSE #	TOPIC
Sept. 10 Course #41187	Montgomery County's 250th Birthday
Nov. 12 Course #41188	The Maryland 1864 Constitution: A Border State's Soldiers Stand for Freedom

Register with the course numbers above at rockvillemd.gov/registration.

  rockvillemd.gov/glenview
peerlessrockville.org



**DR. CHRISTINE HIGLEY,**
MUSIC DIRECTOR

Shadows & Specters
Music from the magical and macabre.
Sunday, Oct. 11 at 3 p.m.

Autumn Reflections
Music inspired by the seasonal warmth.
Sunday, Nov. 22 at 3 p.m.

Winter Celebration
Festive classics and favorites for all ages.
Sunday, Dec. 20 at 3 p.m.

No tickets required to attend.
\$5 suggested donation is welcomed.

F. Scott Fitzgerald Theatre at Rockville Civic Center Park
rockvillemd.gov/theatre
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, preschool, after school and community center extended day programs. Summer camps are not included in this program.

Applications for monthly scholarship assistance must be approved by the superintendent of recreation and must be applied for 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: Please provide proof of Rockville residency using any of the following below:

- **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.



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.



Monique Ashton, Mayor

Councilmembers

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

Jeff Mihelich, City Manager

Adriane Clutter, Director of Recreation and Parks

Chris Henry, Deputy Director of Recreation and Parks

Andy Lett, Superintendent of Recreation

Steve Mader, Superintendent of Parks and Facilities

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:

Sports Leagues Line (Info. Line).....	240-314-5055
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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

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.

- 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.
 - 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)

Online Registration System

Rockville’s online registration system, CivicRec, allows you to easily create an account so you can search, register and pay for activities and leagues. View memberships and manage profiles on any computer, tablet or smart phone. Visit rockvillemd.gov/registration to get started.



How to Register

Download a registration form at rockvillemd.gov/registration or scan the QR code. Email a completed form to registration@rockvillemd.gov.

Drop-off or Mail Form to:

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 Fallsgrave Drive, MD 20850
Twinbrook Community Recreation Ctr.
12920 Twinbrook Parkway, MD 20851

Satisfaction Guarantee

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

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

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

Hosted by Rockville Mayor and Council

ROCKTObIERFEST

ROCKVILLE, MARYLAND

BEER • FOOD • MUSIC

Saturday, Sept. 26
11 a.m.-5 p.m.

**AT ROCKVILLE
TOWN CENTER**



240-314-8620
rockvillemd.gov/rocktobierfest

