

Department of Recreation and Parks



# Recreation Guide

Winter 2014-15

Preschool

Children

Teens

Adults

Seniors

Winter  
registration  
begins Dec. 9



[www.rockvillemd.gov/recreation](http://www.rockvillemd.gov/recreation) • 240-314-8620

# What's Inside

## Choose Your Fun!

TOTS/PRESCHOOL .....	4-8
CHILDREN .....	10-18
CROYDON CREEK NATURE CENTER.....	20-21
TEENS.....	22-25
ADULTS.....	26-37
SENIORS.....	38-57
AQUATICS .....	58-67
CULTURAL ARTS.....	68-72



Use your smart phone  
for quick access to  
our website.

## What's Happening in Rockville?

Receive a list of Rockville's weekly events delivered to your email every Thursday.

- Recreation and Parks programs
- Special events
- Important meetings and more ...

Sign up today and look to the week ahead.

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

### KEY:

**Fee** = Rockville resident/non-resident

**LET'S MOVE!** = Healthy programs for youth

## GENERAL INFORMATION

Emergency/Weather Policy.....	76
Financial Assistance .....	73
Frequently Used Parks/Facilities .....	74
Individuals with Disabilities.....	75
Parties and Rentals .....	9
RedGate Golf Course.....	38
Registration Info. and Forms.....	77-79
Recreation and Parks Foundation .....	75
Skate Park.....	24

## Rockville Earns National Recognition for Healthy Initiatives

**Let's Move!** - Rockville achieved gold medals in all five categories and was recognized by the National League of Cities.

**Playful City USA** - The City was recognized as a leader in providing all children easy access to balanced and active play.

Rockville's Mayor and Council passed a resolution to be a **Healthy Eating Active Living** community, encouraging healthy living among residents and employees.





## Meet Our Senior Center Team



The Rockville Senior Center offers year-round programs and individualized services to help residents age well and live well in Rockville. The Center is located at the top of the Woodley Gardens community at 1150 Carnation Drive in a treed, park-like setting.

The dedicated Senior Services staff provides unique, specialized and lively programming and services for seniors including a variety of classes, special events, trips, language programs, outreach and counseling, fitness programs, daily lunch, transportation services and more!

Each season new opportunities are available to help seniors live an active, healthy lifestyle, rich in learning with a goal of living independently in their homes and community. The activities planned for this winter begin on page 38.

If you are age 60 or older and are looking to spend time with friends or make new ones, you will find the most attentive and friendly staff to help you at the Rockville Senior Center. Volunteers are always welcome! Stop in for a tour and learn about the available opportunities. You are sure to be greeted with a smile!

## Holiday Open House Series

### Glenview Mansion

Rockville Civic Center Park  
603 Edmonston Drive, Rockville, MD 20851

*Share in community spirit and friendship  
this holiday season!*

*Enjoy decorations contributed by community organizations and  
musical performances by local ensembles.*

Musical performances held at 1:15 p.m., 2:15 p.m.  
and 3:15 p.m. December 7, 14 and 21

#### **SUNDAY, DECEMBER 7**

##### **Art Gallery Opening Reception**

Rockville Art League Juried Members Show  
Awards Ceremony, 2nd Floor, 2 p.m.

#### **SUNDAY, DECEMBER 14**

##### **Children's Sunday with Santa and Mrs. Claus**

Enjoy a day with Santa and Mrs. Claus.  
Participate in fun crafts and activities.

#### **SUNDAY, DECEMBER 21**

##### **Music and Merriment**

Richard Montgomery Madrigals, 1:15 p.m.  
The Encore Singers, 2:15 p.m.

#### **SUNDAY, DECEMBER 28**

Decorated Glenview Mansion  
and Art Gallery  
Open to visitors, 1-4 p.m.

##### **ALL EVENTS FREE**

##### **OPEN TO THE PUBLIC**

240-314-8660

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

Recorded Directions:  
240-315-5004



# Tots/Preschool

We love parents . . . but in order to assist us in offering a quality programs for your preschooler, we ask that you do not remain at the class unless it is otherwise stated in the description. Experience has shown that preschoolers are easily distracted due to their short attention spans. Note: Classes with low enrollment will be cancelled 7-10 days prior to first class. Register early to avoid cancellations. **For holidays and no class dates, see <http://rockenroll.rockvillemd.gov>. Enter course number to view course details.**

## Arts, Dance and Enrichment

### Abrakadoodle Twoosy Doodlers

This is a special art class just for toddlers and parents (or helpers). Little fingers will experiment with paints, glue, printing and creating while developing fine motor, language and self-help skills. Each session has new activities. Note: \$24 non-refundable material fee due to instructor at first class.

Age: 20-36 months  
49117 W 1/21-3/11 10-10:45 AM \$120/\$130  
Twinbrook CRC/Abrakadoodle

### Act It Out!

Have an adventure through storybooks in this acting class that uses theater arts to teach children about relevant social issues and character education topics such as respect, truth and peace. Each week, these young actors learn various improvisational theater games, as well as a story they will act out using costumes and props. The actors will present their favorite story the last day of class.

Age: 4-6  
49118 Sa 1/24-3/14 10:30-11:15 AM \$105/\$115  
Thomas Farm CC/CARE Actor Staff

### Little Stars!

Introduce your little ones to the wonderful world of arts education in this theater class. These young minds will exercise their creativity and imaginations through music, movement, story time, acting games and art. Each week they will have a mini-art project to take home that relates to the class theme. Note: \$20 material fee is due at first class.

Age: 2-3  
49147 Sa 1/24-3/14 9:30-10:15 AM \$105/\$115  
Thomas Farm CC/CARE Actor Staff



### Music Together (Adult/Child)



Nurture your child's natural enthusiasm for music and movement through singing, dancing, chanting and instrument play. Children have an innate ability to learn music as language. Fee includes two Music Together trademark CDs, illustrated songbook and parent education materials. Cost of materials is non-refundable. Sibling fee is \$120. Siblings under 8 months may attend for free (no registration necessary). Fax, mail or walk-in your registration for siblings 9 months and older to receive a discount. Adult participation required.

Age: 1 month-5 years  
49150 W 1/7-3/11 9:30-10:15 AM \$200/\$225  
49151 W 1/7-3/11 10:30-11:15 AM \$200/\$225  
Thomas Farm CC/Liddle  
  
49152 Th 1/8-3/12 9:30-10:15 AM \$200/\$225  
49153 Th 1/8-3/12 10:30-11:15 AM \$200/\$225  
Elwood Smith RC/Winkler  
  
49154 F 1/9-3/13 10-10:45 AM \$200/\$225  
49155 F 1/9-3/13 11-11:45 AM \$200/\$225  
Kicks Karate/Winkler

### PB&J *New*

Play, Books & Jam! Parents, join your kids and have fun in this creative class as we read a book then create a craft based on the story. Then we will move on into the gym and jam to music.

Age: 2-4  
49841 M 2/9-3/16 10-11 AM \$30/\$36  
Lincoln Park CC





### Pre-Ballet



Introduce your child to dance, movement and basic ballet techniques. Rhythm, coordination and fun are emphasized. Ballet shoes, loose-fitting clothing or leotards and tights are recommended but not required. Ballet barres are provided at Rockcrest Ballet Center.

Age: 3-4

49160 Sa 1/17-3/7 10-10:45 AM \$82/\$92  
Twinbrook CRC/Simpson

49163 Sa 1/17-3/28 10:15-11 AM \$99/\$110  
Rockcrest Ballet Ctr./Chongpinitchai

49165 Sa 1/24-3/28 11-11:30 AM \$82/\$92

50045 Sa 1/24-3/28 11:45-AM-12:15 PM \$82/\$92  
Thomas Farm CC/Kwong

Age: 4-5

49161 Sa 1/17-3/7 11-11:45 AM \$82/\$92  
Twinbrook CRC/Simpson

49162 Sa 1/24-3/28 10-10:45 AM \$82/\$92  
Thomas Farm CC/Kwong

### Pre-Ballet Dansez Dansez!



Classes are taught in French (translated in English). Basic steps are broken down into small components. Develop poise, self-confidence, good posture, coordination and balance. Tights, leotard and ballet slippers required.

Age: 2-3

49166 Th 1/22-3/12 4-4:30 PM \$95/\$110

Age: 4-6

49167 Th 1/22-3/12 4:30-5:15 PM \$95/\$110  
Thomas Farm CC/Philippe

## Tots/Preschool

### Tiny Hand Crafts (Adult/Child)

This hands-on class encourages children to be creative, get messy and have fun with paint, glue, glitter, foam, fabric, wood items and more. Children make at least two projects per class. Note: \$24 material fee is payable to instructor at first class. Bring a smock. Adult participation required.

Age: 2-6

49171 Th 1/29-3/5 10:15-11 AM \$55/\$60

49172 Th 1/29-3/5 11:15 AM-12 PM \$55/\$60

Thomas Farm CC/Dion

### Tiny Tots Winter Wonderland

Preschool children and their adult are invited to a holiday celebration. The fun includes a special visit from the North Pole, play equipment in the gym, crafts, games and a light snack.

Age: 1+

49102 Tu 12/16 10 AM-12 PM \$6/\$8

Thomas Farm CC/Coester

### Tiny Tots Valentine's Celebration

This special event is designed for young children and an adult. Children can enjoy a morning of fun with crafts, games and refreshments. Pre-registration is not required, however, is encouraged.

Age: 1+

49103 Tu 2/10 10 AM-12 PM \$6/\$8

Thomas Farm CC



# Tots/Preschool

## Child Care - Preschool

### Montrose Discovery Preschool



**Professional, caring staff with years of experience provide a safe nurturing environment for your child.**

Preschoolers will learn through play while participating in learning centers, music, cultural activities, arts, crafts and outdoor time in this year-round licensed program. Experienced staff develop programs designed to focus on social and academic skills necessary for Kindergarten, while promoting self-confidence and individual expression. Children must be 3 years old and toilet trained. The program runs August 25, 2014 through June 5, 2015 with registration ongoing. Visit our website at [www.rockvillemd.gov/preschool](http://www.rockvillemd.gov/preschool) for a registration form. Call 240-314-8631 to schedule a tour. Vouchers are accepted and additional financial support is available. Note: Amounts below indicate the monthly fee.

Age: 3-5				
48402	M-F	8/25-6/5	8 AM-6 PM	\$855/\$959
48403	M-F	8/25-6/5	9 AM-12:30 PM	\$545/\$629
Montrose CC				

## Fitness and Wellness

**We recommend bringing a water bottle to all fitness programs.**



### Funfit Tots (Adult/Child)

Enjoy non-stop fun with active games, songs parachute play, balls and creative movement. Develop self-confidence, motor skills, socialization and reinforce cognitive learning. All abilities welcome.

Age: 1-2				
49675	M	1/26-3/23	9:30-10:15 AM	\$96/\$110
Twinbrook CRC/Funfit Staff				
49676	W	1/21-3/11	9:30-10:15 AM	\$96/\$110
Lincoln Park CC/Funfit Staff				
49677	F	1/23-3/20	10:15-11 AM	\$96/\$110
Thomas Farm CC/Funfit Staff				
Age: 2-3				
49679	M	1/26-3/23	10:15-11 AM	\$96/\$110
Twinbrook CRC/Funfit Staff				
49678	W	1/21-3/11	10:15-11 AM	\$96/\$110
Lincoln Park CC/Funfit Staff				
49990	F	1/23-3/20	11-11:45 AM	\$96/\$110
Thomas Farm CC/Funfit Staff				

### Kung Fu Cubs *New*

Learn a variety of martial art moves through fun activities that will help improve focus, coordination and physical fitness.

Age: 3-4				
49942	F	1/23-3/13	5-5:45 PM	\$65/\$75
Thomas Farm CC/Thompson				

**A resource for children's activities, classes and sports in Montgomery County**

**CLIMB  
ABOARD  
THE ROCKET**

[activityrocket.com](http://activityrocket.com)



**Activity  
ROCKET™**

Search. Share. Simple.



## Tots/Preschool

### Tiny Tigers

Help your child improve his or her concentration and attention span. Enhance motor skills including balance, agility and coordination while developing sharing and social skills in a safe, fun-filled atmosphere. Fee includes uniform for first time students.



Age: 3-4

49752 M & W 1/26-2/25 6-6:30 PM \$99/\$109

49753 Tu & Th 1/27-2/26 4-4:30 PM \$99/\$109

Kicks Karate/Staff



Sign up for City of Rockville Emergency Notifications



# ALERT Rockville

rockvillemd.gov/alerts



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

#### Signing up is EASY!

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

For more information and to sign up, visit [www.rockvillemd.gov/alerts](http://www.rockvillemd.gov/alerts).



Public Safety • Severe Weather • Traffic

## Time for Toddlers

### Monday Morning Moms

**Mondays, 10 a.m.-Noon**

Parents and preschoolers enjoy play equipment in the gym.

Twinbrook Community Recreation Center • 240-314-8830

### Tiny Tots Drop-In

**Tuesdays and Thursdays, 10 a.m.-Noon**

Winter Wonderland, Dec. 16 - #49102 • Tiny Hearts, February 10 - #49103

Thomas Farm Community Center • 240-314-8840

### Toddler Time

**Wednesdays, 10 a.m.-Noon**

Parents and preschoolers enjoy play equipment in the gym.

Lincoln Park Community Center • 240-314-8780

### Nature Tots

**Select Thursdays and Saturdays, 10-11:30 a.m.**

(Advanced registration required)

Croydon Creek Nature Center • 240-314-8770

# Tots/Preschool

## Sports - Instructional

We recommend bringing a water bottle to all sports programs.



### Little Tennis Aces (Adult/Child)



Play tennis with your youngster in this U.S.T.A. QuickStart class, designed to teach skills fast so everyone keeps moving. Proper grip, footwork and ground strokes are taught. Equipment is provided. Adult participation required.

Age: 5-6

49743 Su 1/11-2/8 11:10-11:55 AM \$46/\$55

49825 Su 3/1-3/22 11:10-11:55 AM \$46/\$55

Thomas Farm CC/Z. Yargici

### Tiny Hoopers



You're never too young to start playing basketball. This program will teach your little one sportsmanship, teamwork and the fundamentals needed to play the game.

Age: 4-5

49831 Tu 2/3-3/10 5:30-6:15 PM \$55/\$60

Age: 6-7

49832 Tu 2/3-3/10 6:15-7 PM \$55/\$60

Lincoln Park CC

### Wee Wanna Be (Adult/Child)



Which sports players do your kids pretend to be? This class builds self-esteem and confidence as children are taught sports and through supervised, non-competitive play sessions. Each child participates at his/her own pace. Sports change each season. Adult participation required.

Age: 2-5

49766 Su 1/11-3/8 10:15-11 AM \$66/\$76

Thomas Farm CC/Wilson

### Coach Doug Basketball



Kick off your child's basketball experience the Coach Doug way as fundamental skills, rules, and strategies are taught in a fun and friendly environment. Coach emphasizes building techniques and self-confidence.

Age: 3-6

50047 Su 1/11-3/8 9:15-10 AM \$66/\$76

Thomas Farm CC/Wilson

# visarts

## School's out - but VisArts is open!

### Kids Create! Winter Craft Day: 8:30 AM-5:00 PM - \$100 per day



Let's get creative this winter break! Day long camps featuring winter themed crafts, ice skating and hot chocolate! Lunch and snacks provided.

### Winter Craft Days:

-December 29th

-December 30th

-December 31st

-January 2nd

-January 19th

-January 20th

**\*\*Special new date:**

**February 16th!!**



**Registration now open!**

**Sign up online at**

**[www.VisArtsAtRockville.org](http://www.VisArtsAtRockville.org)**



# Party Time!

## Theme Parties

### **Croydon Creek Nature Center**

\$180(R)/\$204(NR) - 10 participants  
\$10 each additional child; Max 25  
Ages 3 and older  
[www.rockvillemd.gov/croydoncreek](http://www.rockvillemd.gov/croydoncreek)  
240-314-8770

## Gymnasiums

### **Lincoln Park Community Center**

[www.rockvillemd.gov/lpcc](http://www.rockvillemd.gov/lpcc)  
240-314-8780

### **Thomas Farm Community Center**

[www.rockvillemd.gov/thomasfarm](http://www.rockvillemd.gov/thomasfarm)  
240-314-8840

### **Twinbrook Community Recreation Center**

[www.rockvillemd.gov/twinbrook](http://www.rockvillemd.gov/twinbrook)  
240-314-8830

Let us be the  
site for your  
Winter Party!

## Multi-Purpose Rooms

### **Croydon Creek Nature Center**

[www.rockvillemd.gov/croydoncreek](http://www.rockvillemd.gov/croydoncreek)  
240-314-8770

### **Elwood Smith Recreation Center**

[www.rockvillemd.gov/parks-facilities](http://www.rockvillemd.gov/parks-facilities)  
240-314-8660

### **Glenview Mansion and Fitzgerald Theatre Social Hall**

[www.rockvillemd.gov/glenview](http://www.rockvillemd.gov/glenview)  
240-314-8660

### **Lincoln Park Community Center**

[www.rockvillemd.gov/lpcc](http://www.rockvillemd.gov/lpcc)  
240-314-8780

### **Pump House Community Center**

[www.rockvillemd.gov/parks-facilities](http://www.rockvillemd.gov/parks-facilities)  
240-314-8660

### **Rockville Senior Center**

[www.rockvillemd.gov/seniorcenter](http://www.rockvillemd.gov/seniorcenter)  
240-314-8800

### **Rockville Swim and Fitness Center**

[www.rockvillemd.gov/swimcenter](http://www.rockvillemd.gov/swimcenter)  
240-314-8750

### **Thomas Farm Community Center**

[www.rockvillemd.gov/thomasfarm](http://www.rockvillemd.gov/thomasfarm)  
240-314-8840

### **Twinbrook Community Recreation Center**

[www.rockvillemd.gov/twinbrook](http://www.rockvillemd.gov/twinbrook)  
240-314-8830

# Children

A message for parents . . . We require, for most programs, that children are the required age as of the date of the first class. All age requirements are set to benefit the child and allow for more consistent program instruction. In some instances, the requirements have been set for the child's safety. If your child does not meet the age requirements by the start of class and you would like to request an exception, please fax, mail or walk-in your child's registration form. Note: Classes with low enrollment will be cancelled 7-10 days prior to first class. Register early to avoid cancellations. **For holidays and no class dates, see <http://rockenroll.rockvillemd.gov>.**

**Enter course number to view course details.**

## Arts, Dance and Enrichment

### Abakadoodle - Draw It! Paint! *New*

Go from the simple drawing to bold painting. Everyone can draw. Learn some EZ techniques and the possibilities are endless. American artist Saul Steinberg and his creative use of dots and lines will be reviewed. Apply paint to your new designs and create abstract shapes, colorful fanciful trees or self-portraits. See where you can go with your imagination! A \$48 material fee is due to the instructor at first class.

Age: 6-12

50024 W 1/21-3/11 6:30-7:30 PM \$88/\$95  
Twinbrook CRC/Abakadoodle Staff

### Ballet for Children



Learn the art of ballet through an elementary but professional approach. Register for the appropriate level but it may be changed at the discretion of the instructor. Solid color leotard and ballet shoes recommended. Children should remain in Beginner for two years, then move on to Intermediate for four years before progressing to Advanced. Students with demonstrated proficiency are encouraged to perform with the Rockville Civic Ballet. Those previously enrolled at the RBC should register for the same class. Participants registering for two or more classes may apply a \$5 discount. Register by mail, fax or walk-in to receive a discount. See Teen section for more classes. For no class dates, see <http://rockenroll.rockvillemd.gov>. Enter course number to view course details.

**Young Beginner** - Age: 5-7

49133 Sa 1/17-5/23 11 AM-12 PM \$169/\$185  
Rockcrest Ballet Ctr./Chongpinitchai

**Young Beginner** - Age: 5-7

49134 Sa 1/24-5/23 9-10 AM \$149/\$165  
Thomas Farm CC/Kwong

**Young Beginner** - Age: 5-7

49135 Tu 1/20-5/26 5:15-6:15 PM \$185/\$199  
Twinbrook CRC/Chongpinitchai

**Beginner** - Age: 5-13

49130 F 1/23-5/29 3:45-4:45 PM \$169/\$185  
Rockcrest Ballet Ctr./Simpson

**Beginner** - Age: 6-12

49136 Sa 1/17-5/23 12:15-1:15 PM \$169/\$185  
Rockcrest Ballet Ctr./Chongpinitchai

**Beginner** - Age: 5-13

49127 M 1/26-5/18 3:45-4:45 PM \$135/\$149  
Rockcrest Ballet Ctr./Simpson

**Beginner Plus** - Age: 6-12

49132 F 1/23-5/29 5:45-6:45 PM \$169/\$185  
Rockcrest Ballet Ctr./Mangan

**Intermediate I** - Age: 7+

49131 F 1/23-5/29 4:45-5:45 PM \$169/\$185  
Rockcrest Ballet Ctr./Mangan

**Intermediate II** - Age: 7+

49125 Tu 1/20-5/26 4:15-5:15 PM \$169/\$185  
Rockcrest Ballet Ctr./Mangan

**Intermediate III & IV** - Age: 7+

49128 W 1/21-5/27 4:45-5:45 PM \$169/\$185  
Rockcrest Ballet Ctr./Mangan

**Intermediate III & IV Pointe Prep** - Age: 10-14

49124 M 1/26-5/18 4:45-5:45 PM \$135/\$149  
Rockcrest Ballet Ctr./Mangan

**Advanced Ballet & Pointe** - Age: 12+

49126 Tu 1/20-5/26 5:15-6:15 PM \$169/\$185

**Advanced Young Teens & Pointe** - Age: 12+

49129 Th 1/22-5/28 5:15-6:15 PM \$169/\$185  
Rockcrest Ballet Ctr./Mangan





# Children

## Hip-Hop Dansez! Dansez!



Keep movin' and havin' fun! Learn basic hip-hop choreography with a low impact workout with easy-to-learn steps to the latest music. Wear jazz shoes, dance slippers or sneakers.

Age: 5-8

49145 Th 1/22-2/12 5:20-6 PM \$45/\$52

49146 Th 2/19-3/12 5:20-6 PM \$45/\$52

Thomas Farm CC/Philippe

## Kids Night Out

Enjoy a Friday night out with your friends, playing in the gym, watching a movie, playing video games, singing karaoke and making a craft. Pizza dinner included.

Pre-registration required.

Grade: 5-8

50008 F 2/20 7-9 PM \$15/\$20

Twinbrook Community Rec. Center Annex

## Ukulele Magic

Learn to play the ukulele the Hawaiian way! Notes, chords, famous songs and neat tricks of the instrument will be taught. Bring a ukulele or rent one for \$25 per month. Note: \$6 fee for instructional book due at first class. Call 301-340-1150 for more information.

Age: 8-12

49173 W 1/28-3/4 5-5:30 PM \$80/\$85

The School of Music/Staff



**DANCE IN THE ANNUAL**  
*Student Performance*

Children and teens participating in ballet classes are eligible to register for the Annual Student Performance. (Pre-Ballet registrants not included.) Fee includes admission for family and friends. Separate costume fee due to instructor in March.

49538 Sa 5/30 12:30 PM \$30  
F. Scott Fitzgerald Theater

## Before and After School Enrichment



## After School Adventure



This afternoon program provides children with a safe and fun environment. Computer lab, crafts, organized games and other enrichment activities are offered. Transportation is available from Meadow Hall ES and Twinbrook ES. The program does not meet on MCPS non-school or early release days.

Age: 5-11

47948 M-F 11/17-12/23 3-6:30 PM \$139/\$159

50010 M-F 1/5-2/13 3-6:30 PM \$139/\$159

50011 M-F 2/16-3/20 3-6:30 PM \$139/\$159

Twinbrook Community Rec. Center Annex

## Early Birds



This morning program offers children a safe and fun environment. Computer lab, crafts, organized games and other enrichment activities are offered. Transportation is provided to Twinbrook ES. The program does not meet on MCPS non-school days. Note: Optional daily drop-in is available for a daily \$10 fee.

Age: 5-11

47951 M-F 11/17-12/23 7-9 AM \$115/\$125

50018 M-F 1/5-2/13 7-9 AM \$115/\$125

50019 M-F 2/16-3/27 7-9 AM \$115/\$125

Twinbrook Community Rec. Center Annex

# Children

## Clubhouse



This drop-in, after school program is designed for children to spend time learning, creating and exploring. Van transportation is provided from Maryvale ES. All other local school students are transported by MCPS request. Homework time, snack, crafts and games are scheduled daily. Field trips and special events are held throughout the year. 'Let's Move' Fitness days are incorporated in the program twice each week. Clubhouse is not held on MCPS non-school days but is open on half days. Note: All children must be picked up by 6:30 p.m. Extra charges will apply for late pick-ups.

Grade: K-5

47994	M-F	11/17-12/23	3:30-6:30 PM	\$95/\$135
49834	M-F	1/5-2/13	3:30-6:30 PM	\$95/\$135
49835	M-F	2/16-3/20	3:30-6:30 PM	\$95/\$135
49836	M-F	3/23-5/1	3:30-6:30 PM	\$95/\$135
49837	M-F	5/4-6/12	3:30-6:30 PM	\$95/\$135

Lincoln Park CC/Chase

## Twinbrook After School Club



Join us after school for activities that focus on recreation, fitness and fun. Homework help is included and a healthy snack is provided daily. The Club will meet on MCPS early release days but will not be held on non-school days. Scholarships are available for qualified City residents. Call 240-314-8620 for additional scholarship information.

Age: 5-13

47896	M-F	11/17-12/23	3:30-6:30 PM	\$139/\$159
49853	M-F	1/5-2/13	3:30-6:30 PM	\$139/\$159
49854	M-F	2/16-3/20	3:30-6:30 PM	\$139/\$159
49855	M-F	3/23-5/1	3:30-6:30 PM	\$139/\$159
50081	M-F	5/4-6/12	3:30-6:30 PM	\$139/\$159

Twinbrook ES



## Fitness and Wellness



**We recommend bringing a water bottle to all fitness programs.**



## Karate - Tang Soo Do Youth



This program is designed specifically for beginners and can help your child improve self-discipline, develop better concentration and improve academic performance. Fee includes uniform for first time students.

Age: 5-7

49687	M & W	1/26-2/25	4-4:40 PM	\$99/\$109
49688	Tu & Th	1/27-2/26	5:55-6:35 PM	\$99/\$109

Age: 8-12

49689	M & W	1/26-2/25	(M) 3:45-4:30 PM (W) 4:30-5:15 PM	\$109/\$119
49690	Tu & Th	1/27-2/26	6:30-7:15 PM	\$109/\$119

Kicks Karate/Staff

## Kids Fit Yoga



Did you know that in addition to improving strength, flexibility and body awareness, yoga can help increase focus and concentration? And if you're looking for cross-training for other sports, this class can help with injury prevention as well as improve neuromuscular coordination. Beginning and experienced students welcome.

Age: 8-12

49616	Sa	1/3-2/14	10:15-11 AM	\$86/\$99
49617	Sa	2/28-4/18	10:15-11 AM	\$86/\$99

Rockville Swim and Fitness Center/Groman

## Martial Arts (Soo Bahk Do)



Learn self-defense and conflict prevention by using traditional Korean martial arts techniques. This type of martial art is suitable for all ages and emphasizes discipline and respect. Master instructors with over 30 years of experience will teach proven self-defense skills.

Age: 7+

49696	M	1/12-3/16	7-8 PM	\$65/\$75
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Twinbrook CRC/Kea



## Children

### PE for Homeschoolers

Aimed at helping parents meet physical education requirements for their home-schooled children, this class will focus on the basic fundamentals of different sports and physical activities. Monday's class will focus on team sports while Friday's class will hone in on balance, strength, agility and flexibility.

Age: 5-15

49618	M	1/5-2/16	1:30-2:30 PM	\$56/\$65
49620	F	1/9-2/20	1:30-2:30 PM	\$56/\$65
49621	M	2/23-4/13	1:30-2:30 PM	\$56/\$65
49622	F	2/27-4/17	1:30-2:30 PM	\$56/\$65

Rockville Swim and Fitness Center/Serrano Gonzalez/Ocampo

### Tumbling and Tramp



Students will learn a variety of tumbling skills from forward rolls to back handsprings and will progress to more difficult moves as skills are mastered. Trampoline skills, including proper jumping and landing, seat drops and straddle and tuck jumps, will also be taught.

Age: 4-6

49758	F	1/16-2/20	4:30-5:30 PM	\$65/\$75
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Age: 7-12

49759	F	1/16-2/20	6-7 PM	\$65/\$75
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Xtreme Acro and Cheer/Staff

### Zumba Fit Kids



Zumba Fit is a fun and effective cardio dance workout that includes exercises designed to strengthen the entire body. While intended as an introduction to the easy Latin and international inspired program, this high energy/low impact class has something to offer all fitness levels.

Age: 7-12

49623	Sa	1/3-2/14	12-12:45 PM	\$56/\$65
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49624	Sa	2/28-4/18	12-12:45 PM	\$56/\$65
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Rockville Swim and Fitness Center

## WAITING LIST ...

*If your desired class is filled, you will be notified and placed on a waiting list.*



We make every effort to accommodate those on the list. If an opening becomes available, we will go to the wait list to fill the class.

## Visit a City Park this Winter!

### Enjoy ...

- the natural beauty of the John Hayes Forest Preserve.
- the playfulness of the Rockville Dog Park.
- over 905 acres of parkland in 65 parks.



Go to [www.rockvillemd.gov/parks](http://www.rockvillemd.gov/parks) to discover the amenities and features available in a specific park.

# Children

## Kung Fu Tigers *New*



Join us for fun, fitness and self-defense as you learn a variety of Kung Fu moves that will improve your coordination, physical fitness and stamina.

Age: 5-10

49943 M 1/26-3/23 6-7 PM

\$65/\$75

Elwood Smith RC/Thompson

## Sports - Instructional

**We recommend bringing a water bottle to all sports programs.**



### Basketball Skills - Co-Ed



Increase confidence as you gain fundamental basketball skills. Learn proper techniques, rules of the game and ball control. Execute a variety of drills and experience game-like situations.

**Beginner** - Age: 9-11

49659 Th 1/15-3/5 4-4:50 PM

\$69/\$79

**Advanced** - Age: 12-15

49660 Th 1/15-3/5 5-5:50 PM

\$69/\$79

Thomas Farm CC/Jordan

### Fencing - Youth Beginner



Designed to expose children to the Olympic sport of fencing, this class emphasizes safety and proper technique. Equipment is provided; however, participants need to wear comfortable clothes and a fencing glove (or garden/golf glove). Flexible swords are used.

Age: 7-9

49668 Th 1/22-3/19 6-7 PM \$128/\$151

49669 Sa 1/24-3/21 11 AM-12 PM \$128/\$151

49839 Su 1/25-3/22 9-10 AM \$128/\$151

Age: 10-13

49670 Th 1/22-3/19 7:20-8:40 PM \$128/\$151

49671 Sa 1/24-3/21 12:20-1:40 PM \$128/\$151

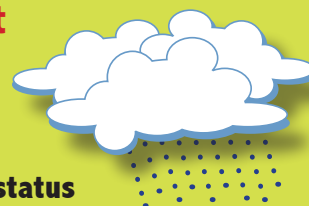
49840 Su 1/25-3/22 4-5:20 PM \$128/\$151

Rockville Fencing Academy/Staff

**Worried about the weather?**

**Call the Rec Line at 240-314-5023.**

**Select #1 for class status**



## Soccer Skills



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

Age: 4-5

49719 Tu 1/13-3/3 4-4:50 PM

\$65/\$75

Thomas Farm CC/Orell

## Community Center Fun Daze

Looking for something for the kids to do when school is out?

**Check out our "No School Day" programs.**

**K-5<sup>th</sup> Graders • 9 a. m. – 3 p.m.**

**Tuesday, Nov. 4**

**Thomas Farm CC, Twinbrook CRC**

**Monday, Dec. 29**

**Thomas Farm CC, Twinbrook CRC, Lincoln Park CC**

**Tuesday, Dec. 30**

**Thomas Farm CC, Twinbrook CRC, Lincoln Park CC**

**Call 240-314-8840 • 240-314-8830  
240-314-8780**





## Children

### T-Ball Skills - Beginner



Have your kids experience what it's like to be on a team through game-like play! Coach Mark teaches the fundamentals of baseball and gives one-on-one attention to help kids learn this great game. Bring a mitt to this fun and active indoor class!

Age: 5-7

49824 Tu 1/13-3/3 5-5:50 PM \$65/\$75  
Thomas Farm CC/Orrell

### Tennis - 10 and Under

Using kid-sized racquets, nets and balls, players learn tennis quickly on courts suited for their size. Skills are developed through game based teaching in a positive environment. Equipment is provided.

Age: 5-7

49725 Sa 1/10-2/7 10:15-11 AM \$46/\$55  
49945 Sa 2/28-3/21 10:15-11 AM \$46/\$55  
Thomas Farm CC/Gough

Age: 5-8

49729 Sa 1/24 4:30-5:20 PM **Free Demo\***  
49944 Sa 1/31-2/28 4:30-5:20 PM \$46/\$55  
49994 Tu 1/20 8-8:50 AM **Free Demo\***  
49995 Tu 1/27-2/17 8-8:50 AM \$46/\$55  
Twinbrook CRC/Raaf

Age: 7-10

49726 Sa 1/10-2/7 11-11:45 AM \$46/\$55  
49946 Sa 2/28-3/21 11-11:45 AM \$46/\$55  
Thomas Farm CC/Gough

Age: 9-12

49947 Su 1/25 10:30-11:20 AM **Free Demo\***  
49948 Su 2/1-3/1 10:30-11:20 AM \$46/\$55  
Lincoln Park CC/Raaf

**Free Demo\***

**When you're in Rockville,  
you're in the:**

**Respect for yourself.  
Respect for others.  
Responsibility for your actions.**



City of Rockville Department of Recreation and Parks  
www.rockvillemd.gov/Rzone



**Learn to Play Tennis ...  
The Sport for a Lifetime!**

**Sign up for FREE Demos:**  
Ages 5-8  
Before school, afternoon and weekend options.  
(See Tennis - 10 and Under on this page)

Racquets, nets, balls and court size  
designed for kids to succeed.

**Register Early - Space Limited**

**240-314-8620**



### Need Help with Past-Due Rent or Utility Payments?

#### Rockville Emergency Assistance Program (REAP)

Emergency assistance is available for eligible City of Rockville residents experiencing a financial crisis such as eviction or utility shut-off or who need prescription medication. Referrals for emergency food, clothing, financial counseling, housing assistance and foreclosure counseling are also provided.

Residents in financial crisis must apply first for emergency services at the Rockville office of Montgomery County Health and Human Services, 1301 Piccard Drive; 240-777-4550.

240-314-8310

www.rockvillemd.gov/communityservices/assistance

# Children

## Worried about the weather?

Call the Sports League Line  
at 240-314-5055.

## Sports - Leagues

We recommend bringing a water bottle to all league practices and games.



### Baseball - Co-Rec Coach Pitch



Swing your way into the game! Experience the next step up from T-Ball. Participants learn skills and have fun in a non-competitive setting. This class is recommended before pitching machine leagues. One practice per week. Practices tentatively begin the week of 3/23. League play begins 4/18. Register by: 3/5

Age: 7-9  
49639 Sa 4/18-5/30 9 AM-1 PM \$58/\$68  
Mark Twain Athletic Park



### T-Ball - Minors



Like watching the big leaguers? Have fun while learning simplified T-Ball rules in a safety-conscious atmosphere. Participants hit from a T-Ball stand. Special baseballs are used that are safer and help develop player confidence. One practice per week, tentatively begin week of 3/23. League play begins 4/18. Register by: 3/5

Age: 4-6  
49643 Sa 4/18-5/30 9 AM-1 PM \$58/\$68  
Mark Twain Athletic Park



### Spring Co-Rec Soccer



Your child will have a safe and beneficial soccer experience with emphasis on skill development and fun rather than competition. One practice per week. Practices tentatively begin the week of 3/23. Coaches will inform team members regarding practice and game times. Register by: 3/5

**Ankle Bitters** - Pre K  
49640 Su 4/19-5/31 1-5 PM \$58/\$68

**Tiny Kicks** - Grades K-1  
49642 Su 4/19-5/31 1-5 PM \$58/\$68

**Pee Wees** - Grades 2-3  
49641 Su 4/19-5/31 1-5 PM \$58/\$68  
Mark Twain Athletic Park

### Track and Field



Run like a Pro! Learn basic track and field skills through participation and competition. Practices begin in early April with meets to begin later in the month. Conference meets begin late May/early June. Players must either live or attend a school within the Rockville corporate limits. All dates are tentative. Register by: 3/5

**Bantams** - Born 2007-2009  
50029 W 4/22-5/27 5:45-9 PM \$62/\$72

**Midgets** - Born 2005-2006  
50030 W 4/22-5/27 5:45-9 PM \$62/\$72

**Juniors** - Born 2003-2004  
50028 W 4/22-5/27 5:45-9 PM \$62/\$72

**Intermediates** - Born 2001-2002  
*8th graders not born in specified years are able to participate.*  
50031 W 4/22-5/27 5:45-9 PM \$62/\$72  
Rockville High School



## OFFICIALS NEEDED!

**Youth and Adult Leagues**  
Weekday Evenings and Weekends



**Youth Baseball**

March Training

**Adult Softball**

March and Early April Training

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



In Partnership with City of Rockville,  
the Rockville Baseball Association offers

## Spring Youth Baseball Leagues

Ages 8-16

For registration, start date and other  
league details, visit [www.rbba.org](http://www.rbba.org)

## Summer Camp Guide



**LOOK FOR OUR GUIDE  
BEGINNING  
JANUARY 5**

### AT THE FOLLOWING LOCATIONS:

- [www.rockvillemd.gov/recreation](http://www.rockvillemd.gov/recreation)
- Rockville Community and Recreation Centers
- Rockville Swim and Fitness Center
- Rockville City Hall
- Rockville and Twinbrook Libraries
- Your Child's backpack  
(Sent home via Rockville schools)

### IMPORTANT DATES

**Tuesday, Jan. 20**

Resident and non-resident registration begins

**Monday, June 15**

Camps begin



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



# Children

## WINTER HAPPENINGS

### **Cookies with Santa**

Saturday, December 20, 2-4 p.m.  
Thomas Farm Community Center  
Come to Santa's Workshop for an afternoon of fun holiday activities.  
\$4/pp at door.



### **Pajama Jam Movie Night**

Friday, January 9, 7:30-9 p.m.  
Twinbrook Community Recreation Center  
Enjoy a fun family night out. Watch a movie on our large screen in your pajamas. Refreshments sold by Twinbrook ES. \$3/pp at door.

### **XOXO Afterschool Valentine's Dance**

Friday, February 13, 5:30-7:30 p.m.  
Lincoln Park Community Center  
Celebrate Valentine's Day with your beloved friends and family. DJ will spin the latest tunes. Dress in your favorite Valentine outfit. Refreshments sold. \$4/pp at door.

### **Annual Heart-to-Heart Family Valentine's Dance**

Friday, February 13, 7-9 p.m.  
Twinbrook Community Recreation Center  
Enjoy a red hot night! Families and friends spend time together making Valentine crafts and dancing as a DJ spins favorites.  
Refreshments sold by Twinbrook ES. \$3/pp at door.



### **Late Night Teen Valentine's Party**

Friday, February 13, 7-10 p.m.  
Thomas Farm Community Center  
Teens in grades 6-9 have the Center to themselves to celebrate Valentine's Day.  
Preregistration #49092 \$7R/\$10NR

### **Owl-n-tine's Day**

Saturday, February 14, 10-11 a.m.  
Croydon Creek Nature Center  
Love is in the air – for owls! While other birds are away on migration, owls stay near home for winter mating season. Learn about these birds, hear a story, dissect an owl pellet and take a peek at our resident owl. Ages 6+. Preregistration # 49987 \$7R/\$9NR

### **Family Movie Night**

Saturday, February 28, 6:30-9 p.m.  
Thomas Farm Community Center  
Watch a PG movie on our large screen. \$4/pp at door.



### **Family Bingo Night**

Friday, March 27, 7-8:30 p.m.  
Lincoln Park Community Center  
Join the fun and play BINGO! All tools provide. Just bring your good luck and try to win some cool prizes. Refreshments sold. Preregistration #49833 \$5R/\$7NR



CHECK OUT YOUR  
**Local Centers**

**CROYDON CREEK NATURE CENTER**

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

Tuesday–Saturday 9 a.m.–5 p.m.

Sunday, 1–5 p.m.



**LINCOLN PARK COMMUNITY CENTER**

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

Monday–Saturday, 9 a.m.–9:30 p.m.

Sunday, 10 a.m.–6 p.m.



**THOMAS FARM COMMUNITY CENTER**

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

Monday–Friday, 6 a.m.–9:30 p.m.

Saturday, 8:30 a.m.–9:30 p.m.

Sunday, 9 a.m.–8:30 p.m.



**TWINBROOK COMMUNITY RECREATION CENTER**

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

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.

(April–Oct.)

and 9 a.m.–8:30 p.m.

(Nov.–March)



## Free Counseling Services

*Free counseling for City of Rockville children, youth and families*

- Early intervention and prevention counseling is available to school-age children based on a short-term, 12-session model.
- Individual and family counseling is offered to City residents without health insurance or those unable to access counseling on their own, subject to an eligibility screening.
- Groups will be formed in the following areas, subject to demand: anger management, social skills, transition to middle school, transition to high school and more.
- Sessions take place by appointment at the Community Services Division office or in schools. Parental/guardian participation is strongly encouraged.
- Counseling is provided by a licensed professional counselor or Masters-level clinical interns under the supervision of a professional counselor.

For more information or to determine eligibility or for referral services, please contact the Community Services Division at 240-314-8310.

*The City of Rockville is a certified Youth Services Bureau.*

**240-314-8310**

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



# Croydon Creek Nature Center

852 Avery Road (off Baltimore Road) • Rockville, MD 20851 • 240-314-8770

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



Activities are held at Croydon Creek Nature Center. Registration is required. Note: There are no registration deadlines, unless otherwise stated. Registration is available for programs up until the day of the event as space allows.

## Bookworms (Adult/Child)

Curl up with a good book at the Nature Center. At each Bookworm program, we'll read a new story and you'll get a copy of the book to take home. Each program may include a craft or hike. Adult participation required.



Age: 2-5

### Who Will See Their Shadows This Year?

49925	Su	1/25	3:30-4:15 PM	\$10/\$12
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### Bear Snores On

49926	Su	2/22	3:30-4:15 PM	\$10/\$12
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### Extraordinary Egg

49927	Su	3/15	3:30-4:15 PM	\$10/\$12
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## SCOUT BADGE DAYS



### JUNIOR GIRL SCOUTS

#### ANIMAL HABITATS

Sunday, Feb. 1, 2-4 p.m.

#### WEBELOS

#### GEOLOGIST BADGE

Sunday, March 1, 2-4 p.m.

Naturalists will help you complete the necessary requirements to achieve the badges.

All materials provided; however, badges are not supplied by the Nature Center. Programs held rain or shine. Dress for the weather.

**Cost: \$14 residents; \$16 non-residents**

For additional information or to register, call Melinda Norton at **240-314-8771**.

## Croydon Creek Campfire (Adult/Child)

Gather around the campfire with your friends for stories, snacks and more. An adult must accompany children and all participants must register.

All Ages

### Spring Night Hike

Enjoy a night time hike into the forest to look and listen for signs of spring. After the hike, we'll gather around the campfire to enjoy a campfire treat.

49917	Sa	3/21	7:30-8:30 PM	\$5/\$6
49918	Sa	3/21	8-9 PM	\$5/\$6

## Family Ramble



Join a Naturalist on a hike through the Hayes Forest Preserve. Trails are not stroller friendly. All participants must register including adults. Children under 12 must be accompanied by an adult.

Age: 1+

### Winter Adaptations

Explore the winter adaptations of plants and animals while on a brisk walk in Civic Center Park.

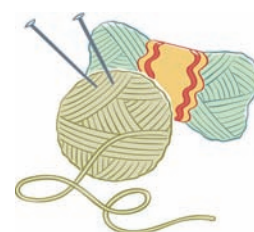
49928	Su	2/15	1:30-2:30 PM	\$4/\$6
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## Nature Knit Along *New*

Learn to knit or crochet a cozy nest that wildlife rehabilitation staff can use when taking care of their young patients. We'll provide the pattern and the yarn or bring some of your own (stash buster). You provide the needles or crochet hook. A link to the pattern is on our website. Finished nests will be taken to local wildlife rehabilitators.

Age: 8+

49986	Su	2/8	1:30-3:30 PM	Free
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### Nature Tots (Adult/Child)



Spend time with your child discovering the wonders of nature. A Naturalist will help you explore a new nature topic through nature play, crafts, stories and hikes. Dress for the weather. This program is intended to provide special one-on-one time for you and your child. Adult participation required. Spaces are limited.

Age: 2-5

#### Groundhog Day

49911	Th	1/29	10-11:30 AM	\$8/\$10
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#### Winter Birds

49912	Th	2/19	10-11:30 AM	\$8/\$10
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#### Nature Detectives

49913	Sa	2/28	10-11:30 AM	\$8/\$10
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#### Fur and Feathers

49914	Sa	3/14	10-11:30 AM	\$8/\$10
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#### Amphibians

49915	Th	3/19	10-11:30 AM	\$8/\$10
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### Open Fire Meals *New*

There's more to campfire cooking than hotdogs and s'mores. Learn how to make an entire meal over the campfire and enjoy a delicious lunch. Children under 12 must be accompanied by an adult. All participants must register.

All Ages

49931	Sa	3/7	11 AM-1 PM	\$12/\$14
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### Owl-n-tine's Day *New*

Love is in the air for owls! While other birds are away on migration, owls stay near home for their winter mating season. Come learn about these wonderful birds, hear a story, dissect an owl pellet and take a peek at our resident owl.

Age: 6+

49987	Sa	2/14	10-10:45 AM	\$7/\$9
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## Nature Center

### Saturday Story and Craft (Adult/Child)

Stop by the Nature Center on Saturday mornings for storytime and a craft. A Naturalist will read a story and then lead a craft activity based on the theme of the story. All children must be accompanied by an adult.

Age: 2-5

49922	Sa	1/17	10-10:45 AM	\$4/\$6
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49923	Sa	2/21	10-10:45 AM	\$4/\$6
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### Saturday Story and Hike

49919	Sa	3/28	10-11 AM	\$4/\$6
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### Survival Skills *New*

Spend the afternoon learning basic outdoor skills such as identifying plant and wildlife species in Maryland, orienteering, campfire construction and primitive shelter building. Round out the day by making a survival bracelet to take home.

Age: 9-14

49988	F	3/27	1-4 PM	\$15/\$18
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Croydon Creek Nature Center

## BIRD SEED SALE

Pre-orders due: **Monday, Dec. 1**      Pick-up orders: **Saturday, Dec. 13**

- Black Oil Sunflower
- Nyjer
- Patio Mix
- Suet Cakes and more!

For more details and order form  
See [www.rockvillemd.gov/croydoncreek](http://www.rockvillemd.gov/croydoncreek)

# Teens

## Arts, Dance and Enrichment

### Ballet Teen and Adult



Advanced students with five or more years of experience are welcome to learn advanced techniques. If a participant registers for two or more ballet classes, a \$5 discount may be applied to one class. Registration must be handled by mail, fax or walk-in to receive a discount. See Adult and Children Ballet for more classes.

Age: 13+

49122	M	1/26-5/18	5:45-7 PM	\$135/\$149
49123	W	1/21-5/27	5:45-7 PM	\$169/\$185
Rockcrest Ballet Ctr./Mangan				



### Late Night Teen Valentine's Party

Teens have the Center all to themselves to celebrate Valentine's Day with friends. Refreshments will be sold. Space is limited to the first 100 registrations. Pre-registration is strongly recommended. Fee at the door is \$10 residents; \$15 non-residents, beginning at 6:30 p.m. Grade: 6-9

49092	F	2/13	7-10 PM	\$7/\$10
Thomas Farm CC				



### Leaders in Training (L.I.T.)

## LEADERSHIP CAMPS

AGES: 13-16 (Must be 13 by July 1, 2015)

- To be eligible to participate for our summer LIT program, new LITs must first participate in a Leadership Camp.
- The two-week camp will provide fun, interactive workshops and activities designed to prepare teens to volunteer and/or work in a camp/playground (or for their first job). Topics will include communication, teamwork, planning and leading activities, peer evaluation, safety, child development, conflict resolution, body language and attitude.
- Team building trip is included in Week one.
- Opportunity to earn up to 30 hours of SSL in Week two.
- Staff will provide instruction, support, supervision and feedback (evaluations) to help participants have a positive experience.
- Returning LITs (ages 14-16) are not required to register for a Leadership Camp.

**240-314-8638**



## Before and After School Enrichment

### Rockville Leadership Academy

Rockville Leadership Academy (RLA) is much more than an after school program. RLA will incorporate learning a different leadership skill each week while hanging with your peers. Snack, homework time, fun fitness activities and special events will also be included. Earning SSL hours will be a big part of this program and members may prequalify for the Summer LIT program based on their age, performance and SSL hours earned. Detailed information will be mailed upon registration. Program will be held at Twinbrook Community Center with free evening transportation to Lincoln Park Community Center provided by the City of Rockville. Call 240-314-8634 for additional information.

Grade: 5-8

48990	M-F	11/17-12/23	3-6 PM	\$139/\$159
49973	M-F	1/5-2/13	3-6 PM	\$139/\$159
49974	M-F	2/16-3/27	3-6 PM	\$139/\$159
49975	M-F	3/30-5/8	3-6 PM	\$139/\$159
49979	M-F	5/11-6/12	3-6 PM	\$119/\$129

Twinbrook CRC

### Lincoln Park CC Transportation

48993	M-F	11/17-12/23	5:15-6 PM	Free
49976	M-F	1/5-2/13	5:15-6 PM	Free
49977	M-F	2/16-3/27	5:15-6 PM	Free
49978	M-F	3/30-5/8	5:15-6 PM	Free
49980	M-F	5/11-6/12	5:15-6 PM	Free

Lincoln Park CC

## Totally Teens

An after school program just for teens! Homework help, community service projects, sports, arts, dance, video games, ping pong, special interest clubs and more. Registration is required. Transportation is provided from Julius West MS. The program is held on half days, Noon-6:30 p.m. It is closed holidays or when MCPS is closed.

Grade: 6-10

### With Snack

49089	M-F	1/5-3/26	3-5 PM	\$289/\$305
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### Without Snack

49090	M-F	1/5-3/26	3-6:30 PM	\$229/\$245
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Thomas Farm CC



## Fitness and Wellness

We recommend bringing a water bottle to all fitness programs.



### Teen Fit

This fast-paced class includes basic strength training, cardiovascular conditioning and stretching exercises. Increase your overall fitness or support your sport-specific training. Taught by a certified personal trainer.

Age: 13-18

49625 Sa 1/3-2/14 2:30-3:30 PM \$70/\$81

49626 Sa 2/28-4/18 2:30-3:30 PM \$70/\$81

Rockville Swim and Fitness Center/Ocampo

## School Break Programs

### Winter Break Trips



No school and it's cold outside but there is still plenty of indoor fun to be had over MCPS winter break. Fees include admission, supervision and transportation. Trips depart from and return to Julius West and Wood Middle Schools. Detailed trip information will be mailed one week prior to trip departure.

Grade: 5-9

### Skyzone - Trampoline and Bowling

49981 M 12/29 10 AM-4 PM \$20/\$25

Grade: 5-9

### Laser Tag and Movie

49982 Tu 12/30 10:30 AM-4 PM \$20/\$25

Grade: 5-9

### Pottery and Lunch

49983 W 12/31 10:30 AM-2 PM \$20/\$25

Julius West MS



# Teens

## Trips

Registration for trips begins upon receipt of the Recreation Guide. Specific information will be mailed to participants one week prior to each trip. Call our Teen Staff with any questions or concerns at 240-314-8634.

## Snow Tubing



Feel the breeze through your hair as you swoosh down the slopes on a big inflatable rubber tube. We're heading to Ski Liberty for this winter break adventure. Cost includes snow tubing, transportation and supervision. Detailed information will be mailed upon registration. Pick-up and drop-off is at Julius West and Wood Middle Schools.

Grade: 5-9

49989 Tu 1/20 2-6 PM \$20/\$25

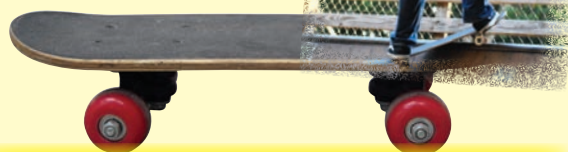
Come Skate at the Rockville **FREE**

**Skate Park**

355 Martins Lane  
(behind Swim and  
Fitness Center)



featuring:  
Micro Ramp with  
Escalator and Pyramid



Hours: 9 a.m. - 10 p.m. • 7 Days a Week  
Park has Lights • 240-314-8620  
[www.rockvillemd.gov/skatepark](http://www.rockvillemd.gov/skatepark)

## RockvilleRec is on Twitter

Follow us for weather and schedule updates, new class information and the latest in Rockville Recreation programs and services. Follow @RockvilleRec.

Log on and join @  
[www.twitter.com](http://www.twitter.com)



## Work in Recreation



### YEAR-ROUND POSITIONS

- Before and After School Staff
  - Trip Leaders
- Class Instructors - Zumba, Fitness, Sports
  - Lifeguards and Swim Instructors
  - Bus Drivers (CDL required)
  - Social Event Hosts



### SEASONAL POSITIONS

- Directors and Leaders - Camps/Playgrounds
  - Sports Officials
- Gym Managers • Scorers/Timers

For information, visit  
[www.rockvillemd.gov/careers](http://www.rockvillemd.gov/careers)  
or contact the Human Resources Department  
240-314-8470



# Teens

## Donate to our COAT DRIVE

JAN. 2 THROUGH JAN. 8

Lincoln Park Community Center has teamed up with Burlington Coat Factory and Shady Grove Hospital for their 8th Annual One Warm Coat Drive. Drop off coats (any size new or gently used) from Friday, Jan. 2 through Thursday, Jan. 8.



**240-314-8780**

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



**Burlington**  
coat factory

**Adventist**  
HealthCare



### Drop Off Locations

#### Shady Grove Hospital

15001 Shady Grove Rd, Rockville, MD 20850

#### Lincoln Park Community Center

357 Frederick Ave.



#### Rockville City Hall

111 Maryland Ave.



#### Rockville Police Station

2 W. Montgomery Ave.



#### Rockville Swim and Fitness Center

355 Martin's Ln.



#### Thomas Farm Community Center

700 Fallsgrave Dr.

#### Twinbrook Community Rec. Center

12920 Twinbrook Pkwy.

If your company or organization would like to support the coat drive either with donated coats or a financial contribution, contact Yvette Yeboah, LPCC supervisor, at [lpcc@rockvillemd.gov](mailto:lpcc@rockvillemd.gov) or 240-314-8783.



**Come to our meetings the first  
Wednesday of the month, 7-9 p.m.  
at Rockville City Hall.**

#### Some rules of the road for bikes:

##### **You can have at least a 3 feet buffer.**

If a car is passing you, the driver is required to give you at least three feet of space by Maryland Law.

##### **You can take the lane.**

If the shoulder is too narrow or not in good shape, riding the same lane as cars can be a good option. Be sure to follow the same rules as if you were driving a car.

##### **You can bike through crosswalks.**

Instead of dismounting when crossing at an intersection, you can bike through when the "walk" signal is lit.

##### **We can all share the road.**

Whether on a multi-use trail or road, be aware and respectful of other users. Stop for traffic signals, stay to the right, signal before turning and warn others before passing.

#### **Rockville Bicycle Advisory Committee**

[www.facebook.com/bikerockville](http://www.facebook.com/bikerockville)  
[rockvillebikeriders@gmail.com](mailto:rockvillebikeriders@gmail.com)

# Adults

## Arts, Dance and Enrichment

### Ballet

Geared for those with a range of interests and abilities, classes are planned for fun and exercise. Advanced classes are for serious dancers with previous training. Those with demonstrated proficiency are encouraged to perform with the Rockville Civic Ballet. Participants registering for two or more ballet classes may apply a \$5 discount to one class. To receive a discount, register by mail, fax or walk-in. See Teen Ballet for more classes.

Age: 13+

#### Beginner/Intermediate

49992 Sa 1/17-3/28 9-10 AM \$110/\$120  
Rockcrest Ballet Ctr./Chongpinitchai

49120 Th 1/22-3/26 7:45-9 PM \$99/\$109  
Rockcrest Ballet Ctr./Mangan

#### Advanced

49121 Tu 1/20-3/24 6:30-7:45 PM \$99/\$109

49119 Th 1/22-3/26 6:30-7:45 PM \$99/\$109  
Rockcrest Ballet Ctr./Mangan

### Broadway Moves

Dance like a Broadway Star! This fun and energetic exercise class focuses on being the 'One Singular Sensation' that is YOU. Burn calories, stretch, tone, improve posture and, most of all, enjoy the melodies of Broadway. Class is for all levels.

Age: 16+

49140 Tu 1/6-3/24 9:30-10:30 AM \$120/\$130

49139 Th 1/8-3/26 7:30-8:30 PM \$145/\$155  
Thomas Farm CC/Devine

### Getting Paid To Talk

Have you ever been told you have a great voice? Explore the numerous aspects of voice-over work for television, film, radio, books on tape, documentaries and the Internet. Learn how to prepare the all-important demo. Record a commercial script under the direction of a producer.

Age: 18+

49861 Tu 2/10 6:30-9 PM \$25/\$35  
Rockville Sr. Ctr.

### Guitar

Sight reading, chords, scales, songs, technique and theory will be taught in this basic class. Bring a fully-strung guitar, pen and paper.

Age: 13+

49144 M 1/26-3/9 7-8 PM \$85/\$99  
The School of Music/The School of Music Staff

## GLENVIEW MANSION

### National Register of Historic Places

Enjoy the 1926 grandeur of the Mansion and formal gardens.

Discover Rockville's Hidden Treasure  
in Rockville Civic Center Park

Special rental discounts for  
Rockville residents and businesses.



240-314-8660

www.rockvillemd.gov/glenview  
603 Edmonston Drive



*A Maryland Public  
Television Documentary*

The Mayor and Council Invite You to

# Be Part of Rockville's Story

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



# Adults

## Let's Cook!

Join Chef J. Lynda Moulton, a graduate of L'Academie de Cuisine, for an evening of culinary delights! Beginners and experienced cooks with a passion for cooking and baking who are eager to learn from a classically trained chef are welcome. Learn culinary techniques through interactive, hands-on workshops. **All recipes are gluten and grain free!**

Age: 18+

### Create Magical, Traditional Bone Stock

French chefs have a term "fonds de cuisine" which means "the foundation of the kitchen." Poultry, beef and fish stocks provide the rich foundation for exquisite, satisfying and beautifully flavored sauces and soups that are so easy. Come learn the secret of making the best soups, stews and sauces. Note: \$5 supply fee payable to instructor at workshop.

49951 Th 1/15 7-9 PM \$29/\$35

### Easy, Hearty Soups

Nothing is more satisfying than hot, homemade soup on a cold winter's night. Learn the lost art of making nutrient rich soup for an easy and quick family meal. These soups are planned with three things in mind: easy ingredients, your health and schedule. Note: \$15 supply fee payable to instructor at workshop.

49952 Th 1/29 7-9 PM \$29/\$35

### Real Food Fermentation - Beverages *New*

This is the second class in the Fermentation series. Learn the artisanal craft of beverage fermentation and add drinkable probiotics to your daily diet. Healthy, favorable bacteria in your digestive system is beneficial to your health and can help fight disease and infections. Note: \$12 supply fee payable to the instructor at workshop.

49953 Th 2/12 7-9 PM \$29/\$35

### Gluten and Grain Free Focaccia Pizza *New*

Yes, you can enjoy focaccia that is super quick and easy to make, even if you are avoiding ... GLUTEN! With these pizzas, it's not delivery - it's SO much tastier and easier to digest. Note: \$15 supply fee payable to instructor at workshop.

49954 Th 2/26 7-9 PM \$29/\$35

Rockville Sr. Ctr./Moulton



In the kitchen with Chef Moulton

## Nutrition and Cooking *New*

Chef Jamaludeen shares her passion for helping people through cooking and nutrition. Learn how to prepare nutritious foods to enhance a healthy life style.

Age: 18+

### Fish, Olive Oil, Fats and Omega

Fats and oils may be used in your diet if chosen wisely. Learn how to make delicious fish and seafood sautés and stews on a budget. It is easy to improve your health with knowledge of the practical science of fats and oils. Chef Jamaludeen will address all the tasty options! Note: \$15 supply fee due to instructor at class.

49649 F 2/20 7-9 PM \$29/\$35

### Vegetarian and Gluten Free

Experience new vegetables and learn how to make exciting cold food dishes, like appetizers, smoothies and salads. Choose gluten free ingredients and make a delicious breakfast. Taste several alternative protein sources and discover how to use eggs for breakfast, lunch and dinner. Note: \$15 supply fee payable to instructor at class.

49648 F 3/13 7-9 PM \$29/\$35

Rockville Sr. Ctr./Jamaludeen

# Adults

## Pottery - Introduction to Clay *New*

Explore the basics of ceramics/pottery. Learn to hand build with clay using techniques like slab and coil building. Finished pieces will be glazed and fired. Note: \$20 material fee payable to City of Rockville at first class. Cancellations must be received in writing at least a week prior to class to receive a credit or refund.

Age: 18+  
50035 Th 1/29-3/5 6:30-8:30 PM \$79/\$89  
Pump House Community Center/Mattocks

## Social Latin Dance *New*

Salsa and Latin dancing are hotter than ever! Latin dance clubs are all over the DC area. Learn the basics of Salsa, Merengue, Bachata and Cha Cha steps, a few figures for each, dance etiquette as well as lead and follow skills. No dance experience or partner required.

Age: 18+  
49168 M 2/2-3/16 8-8:55 PM \$59/\$69  
Ritchie Park ES/Stearns

## Tap Dance

In this introduction to a Broadway-style staple, students will experiment with single sounds all the way to complex combinations creating an excellent light cardio workout. Each class will build on the previous to a complete a simple routine. Tap shoes required. Contact Rowena at 301-467-3535 if you have further questions.

Age: 16+  
**Beginner**  
49169 Tu 1/6-3/10 7:30-8:25 PM \$89/\$99

**Continuing**  
49170 Tu 1/6-3/10 8:30-9:25 PM \$89/\$99  
Twinbrook CRC/DeLuca

## Wedding Expo

Join everyone for Glenview's 16th Annual Wedding Expo. Come sample the wares of more than 30 vendors showcasing catering, wedding cakes and dessert tables, photography, musical entertainment, floral arrangements and more. Guests may purchase tickets by registering through Rock Enroll or by calling 240-314-8660. Tickets are non-refundable.

All Ages  
49030 Su 1/25 12-4 PM \$5  
Glenview Mansion

## West Coast Swing - Beginner *New*

Try West Coast Swing - the smoothest form of swing dancing - then head out to dance the night away! Swing can be done to a variety of music including slow blues, country and rock and roll, so it's great for all ages! Learn basic patterns, dance etiquette and lead and follow techniques. No dance experience or partner required

Age: 18+  
49174 M 2/2-3/16 7-8 PM \$59/\$69  
Ritchie Park ES/Stearns



## Wine Workshops

Increase your knowledge of wines and how they are made. Each

workshop is independent and geared for beginning and intermediate students. Breads and cheeses will also be provided. Wine presenters, Neil Bassford and Bob Cecil, are working partners in Elk Run Vineyards, an award-winning winery in Frederick County. They will present representative wines from the most significant areas for tasting and comment. Participants must supply photo ID upon request. Cancellations must be received in writing at least 72 hours prior to each workshop to receive a credit, subject to the refund policy.

Age: 21+  
**Maryland vs Virginia**

We will compare and contrast some of the major wines made in Maryland and Virginia. The format will be a blind tasting pairing the same type of wines from each state.

49963 Th 2/5 7:30-9:30 PM \$35/\$39

## Tour de France

This workshop will cover what is considered by many to be the gold standard for the best wines in the world. All the major French wine regions, Bordeaux, Burgundy, Champagne, Loire Valley, Alsace and the Rhone Valley will be included as we seek affordable examples of these world famous wines.



49964 Th 3/5 7:30-9:30 PM \$35/\$39  
Glenview Mansion/Cecil



# Adults

## Fitness and Wellness

**We recommend bringing a water bottle to all fitness programs.**



### 20/20/20 Fitness

Enjoy 20 minutes of cardio, 20 minutes of strength training and 20 minutes of core strengthening and total body stretching. Get a well-rounded workout, increase your flexibility and get into shape. Bring mat and weights.

Age: 16+

<b>49653</b>	<b>M</b>	<b>1/5</b>	<b>6:15-7:15 PM</b>	<b>Free Demo</b>
49655	M	1/12-3/23	6:15-7:15 PM	\$68/\$80
Thomas Farm CC/Webb				

49657	Sa	1/10-3/14	8:45-9:45 AM	\$76/\$88
Rockville Sr. Ctr./Harris				

### Ab Sculpt

Strengthen your power house, lower abdominal muscles, lower back, buttocks and pelvic floor in just 30 minutes. Improve posture, help prevent lower back injuries and flatten your stomach in an intense core workout designed for every fitness level. A mat is recommended.

Age: 16+

49561	M	1/5-2/16	12:45-1:15 PM	\$35/\$42
49562	M	1/5-2/16	8:05-8:35 PM	\$35/\$42
49563	W	1/7-2/18	12:45-1:15 PM	\$35/\$42
49564	W	1/7-2/18	8:05-8:35 PM	\$35/\$42
49565	F	1/9-2/20	12:45-1:15 PM	\$35/\$42
49566	M	2/23-4/13	8:05-8:35 PM	\$35/\$42
49567	M	2/23-4/13	12:45-1:15 PM	\$35/\$42
49568	W	2/25-4/15	12:45-1:15 PM	\$35/\$42
49569	W	2/25-4/15	8:05-8:35 PM	\$35/\$42
49570	F	2/27-4/17	12:45-1:15 PM	\$35/\$42

Rockville Swim and Fitness Center/Serrano Gonzalez/  
Cortes/Ocampo/Groman

**Are you a  
Senior Center member?**

**If so, you are eligible for a  
discount on adult classes.**

**See page 39**

## Bodyweight Cardio-Strength

Challenge yourself with this demanding workout. The class will start with a quick warm up followed by high-intensity intervals of cardio and strength training, finishing with a full body stretch. The focus will be on maintaining great form throughout all of the movements.

Ages: 16+

49571	Tu	1/6-2/17	12-12:45 PM	\$56/\$65
49572	Tu	2/24-4/14	12-12:45 PM	\$56/\$65

Rockville Swim and Fitness Center/Ocampo

## Bootcamp - Intermediate/Advanced

This class incorporates drills designed to enhance agility, speed, power, strength and quickness. Workout in a team environment while challenging yourself to reach personal fitness goals.

Age: 16+

49573	M & W	1/5-2/18	5:45-6:45 PM	\$112/\$130
49575	M,W & F	1/5-2/20	6:30-7:30 AM	\$168/\$196
49574	M & W	2/23-4/15	5:45-6:45 PM	\$112/\$130
49830	M,W & F	2/23-4/17	6:30-7:30 AM	\$168/\$196

Rockville Swim and Fitness Center/Ocampo

## Cardio Kickbox

Tired of your normal routine or just interested in trying something new? Get into shape in a class that combines boxing, martial arts and aerobics. This total body workout will help increase stamina, flexibility, balance and strength. Wear comfortable clothes and shoes.

Age: 16+

49576	Su	1/4-2/15	11:30 AM-12:30 PM	\$56/\$65
49826	Su	3/1-4/19	11:30 AM-12:30 PM	\$56/\$65

Rockville Swim and Fitness Center/Fumagalli

## Circuit Step

Enjoy a great interval workout designed to get you fit. Class combines low impact step moves and strength training for all muscle groups. All fitness levels welcome. Bring weights and a mat.

Age: 15+

49661	Tu	1/6-3/17	5:30-6:15 PM	\$81/\$95
49662	Th	1/8-3/19	6-7 PM	\$81/\$95
49663	Sa	1/10-3/14	9-10 AM	\$74/\$87

Thomas Farm CC/Ramsey

# Adults

## Complete Core and Stretch *New*

Try this dynamic class which focuses on body alignment, core strengthening and intense stretching to gain flexibility and stability. Taught by a dancer, this class will help improve your posture. Finish the class feeling taller, stronger and more energetic.

Age: 18+

50005 M 1/12-3/16 10:45-11:45 AM \$85/\$95  
Thomas Farm CC/Devine

## Fitness Kickboxing

If you're looking for a fast-paced, calorie-burning, adrenaline-pumping, action-packed workout, then this class is for you. This ultimate conditioning workout is set to high energy music with kicks, punches and strikes. All classes are taught by certified Black Belts. Fee includes equipment and uniform for first time students.

Age: 13+

49672 M & W 1/26-2/25 6:10-6:55 PM \$99/\$119  
49673 Tu & Th 1/27-2/26 7:20-8:05 PM \$99/\$119  
Kicks Karate/Kicks Karate Staff

## Functional Interval Training

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

Age: 16+

49579 Su 1/4-2/15 9:45-10:30 AM \$56/\$65  
49577 Th 1/8-2/19 12-12:45 PM \$56/\$65  
49578 Th 2/26-4/16 12-12:45 PM \$56/\$65  
49580 Su 3/1-4/19 9:45-10:30 AM \$56/\$65  
Rockville Swim and Fitness Center/Owen/Ocampo

## Glow - Fitness *New*

Glow Fitness is an exercise party experience aimed at getting friends moving to the songs that make them feel good. Forget that you are exercising and remember that if you can show up and never give up, you can glow!

Age: 16+

49143 W 1/14 6:30-7:30 PM **Free Demo**  
49845 W 1/28-3/4 6:30-7:30 PM \$59/\$69  
Twinbrook CRC/Harris

## In Motion (Seniors)

Stay active and healthy! Exercise can energize your mood, relieve stress, help you manage symptoms of illness and pain, and improve your overall sense of well-being. This fitness class is designed to help seniors and older adults maintain their strength, balance, coordination and flexibility while enjoying the benefits of working out in a group.

Ages: 16+

49581 Tu 1/6-2/17 12:45-1:15 PM \$35/\$42  
49582 Tu 2/24-4/14 12:45-1:15 PM \$35/\$42  
Rockville Swim and Fitness Center/Ocampo

## Indoor Cycle Training

Don't let the short daylight hours or bad weather force you to give up cycling this winter. Grab your indoor trainer and join us for an intense workout. Concentrate on time trialing, climbing, sprinting, spinning and proper cycling technique with a certified USA triathlon and USA cycling coach. Bike and stationary trainer or rollers required.

Ages: 16+

49828 Sa 1/3-2/14 6:30-8 AM \$129/\$149  
49821 M 1/5-2/16 7-8 PM \$86/\$99  
49822 M 2/23-4/13 7-8 PM \$86/\$99  
49829 Sa 2/28-4/18 6:30-8 AM \$129/\$149  
Rockville Swim and Fitness Center/Nelson

## Interval Training and Stretch

Power through interval training circuits consisting of three minutes of strength, two minutes of cardio and one minute of core work to sculpt your body, burn fat and blast calories! Class ends with a power yoga routine leaving your body feeling stretched and relaxed! Bring a mat and weights.

Age: 16+

49681 Th 1/8-3/19 5:30-6:15 PM \$88/\$102  
Rockville Sr. Ctr./Maguire

## Introduction to Acupuncture and Herbal Medicine *New*

Explore the ancient healing tradition of Chinese medicine and discover how its principles can change your life. This workshop includes a calming and detoxifying acupuncture treatment and a sample of an herbal formula. Bring a mug!

Age: 18+

50001 W 1/28 7:30-9:30 PM \$35/\$45  
Rockville Sr. Ctr.



# Adults

## Jazzercise - Low Impact

Fitness that is invigorating, not intimidating! Great music and choreography but without the hop! This low impact workout combines elements of jazz dance, resistance training, Pilates, yoga, kick boxing and more. All ages and fitness levels. Bring weights and a mat.

Age: 16+

49682	M	1/5-3/16	6:45-7:45 PM	\$68/\$79
49683	W	1/7-3/18	6:45-7:45 PM	\$84/\$98

Beall ES/Proctor



The Holiday Drive collects and distributes Thanksgiving meals in November and toys and gifts in December to hundreds of children and families in Rockville. *Here's how you can get involved:*

- **Make** a tax-deductible contribution
- **Organize** a drive for canned food or new toys
- **Donate** \$20 gift cards for Target, Best Buy, Old Navy, or Giant
- **Sponsor** a family: Buy gifts for the December holidays tailored to a specific family's need
- **Assist** with sorting and packing food or delivering meals and gifts

Donations may be dropped off or mailed to the Community Services Division at Rockville City Hall, 111 Maryland Ave., Rockville, MD 20850 or at any City of Rockville Community Center.

**240-314-8310**

**[www.rockvillemd.gov/holidaydrive](http://www.rockvillemd.gov/holidaydrive)**

## Light and Easy Conditioning

This class targets many elements of fitness in just 30 minutes. Hand weights are used for upper body toning. An aerobic segment provides cardio and fat burning. Abdominal work targets core strengthening and stretching segment concentrates on muscle relief and recovery. Newcomers are welcome.

Age: 16+

49583	Th	1/8-2/19	12:45-1:15 PM	\$35/\$42
49584	Th	2/26-4/16	12:45-1:15 PM	\$35/\$42

Rockville Swim and Fitness Center/Ocampo

## Meditation - Beginner/Continuing

Meditation is a mind-body practice which helps manage stress and anxiety, as well as relieve tension. Relax with easy stretches and guided breathing. Printed materials will be available along with time for discussion. Bring a pillow or folded blanket and a mat.

Age: 18+

49148	M	1/26-3/9	6-7 PM	\$39/\$45
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Pump House Community Center/Farrell

## Nia - Movement/Fitness

Nia is based on movements that strengthen, open, balance and heal the body, mind and spirit. All fitness levels welcome; no experience necessary. Wear loose-fitting clothing. Class may be held barefoot. Bring a mat.

Age: 16+

49156	Tu	1/27-3/3	7:15-8:15 PM	\$65/\$75
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Rockville Sr. Ctr./Liss

## 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.

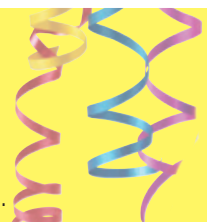
Age: 16+

49158	Tu	1/13-3/10	7:30-8:25 PM	\$99/\$109
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Rockville Swim and Fitness Center/Poole

## For holidays and "No Class Dates"

Check with instructor or see <http://rockenroll.rockvillemd.gov>  
Enter course # to view course details.



# Adults

## Pilates - Yoga Fusion

Fusion is a wonderful combination of the core strengthening and muscle-toning of Pilates and the meditative and flexibility benefits of yoga in a flowing workout. Bring a mat and wear comfortable clothing.

Age: 16+

49159 Tu 1/13-3/10 6:30-7:25 PM \$99/\$109  
Rockville Swim and Fitness Center/Poole

## Power Conditioning

Train like the pros! Build your core strength and endurance, increase your agility and flexibility, and take your fitness level from average to elite. This class will focus on increasingly difficult plyometric exercises and calisthenics to help your muscles reach the maximal force in the shortest amount of time.

Ages: 15+

49586 Sa 1/3-2/14 3:30-4:30 PM \$56/\$65  
49587 Sa 2/28-4/18 3:30-4:30 PM \$56/\$65  
Rockville Swim and Fitness Center/Ocampo

## Power Sculpt

This workout, for all fitness levels, includes routines designed to improve strength and definition of muscle groups. Bring a mat and 3-5 lb. weights.

Age: 15+

49701 M 1/5-3/16 9:30-10:30 AM \$66/\$78  
49702 Tu 1/6-3/17 6:20-7:20 PM \$81/\$95  
49703 W 1/7-3/18 9:30-10:30 AM \$81/\$95  
Thomas Farm CC/Ramsey

49704 Th 1/8-3/19 6:30-7:15 PM \$81/\$95  
Rockville Sr. Ctr./Webb

## 5 Week Power Sculpt Dance Aerobics

49705	Tu	1/6	6:30-7:30 PM	Free Demo
49706	Tu	1/13-2/10	6:30-7:30 PM	\$37/\$44
49707	Tu	2/17-3/17	6:30-7:30 PM	\$37/\$44

Twinbrook CRC/Harris



**New** The City of Rockville and the  
Montgomery County Road Runners Club (MCRRC)  
present  
**Adult 5K Winter Walk/Run  
Program**

If your 2015 New Year's Resolution is to walk your way to improved health and fitness, then embark on this beginning running program and maintain or improve your current 5K race pace.

**Program takes place January through March.**

**Practices:**  
Tuesdays - Rockville-based track  
Saturdays - Area park

**Fees:**  
\$45 - Members of MCRRC  
\$55 - Non-MCRRC Members

For more information, visit [www.mcrrc.org](http://www.mcrrc.org)






# Adults

## Small Group Training Classes

Enjoy the benefits of personal training combined with the motivation that comes from being part of a team. Our small group personal training classes offer the benefits of working with a certified personal trainer along with the support of participants with the same fitness goals. Enjoy group camaraderie, motivation, coaching and program design all at a fraction of the cost of a one-on-one training session. Groups consist of 4-6 members (running programs can go up to 8) and will all include a fitness evaluation and assessment at the beginning and end of the session.

Ages: 14+

### Foundational Strength and Movement

Certain movement patterns serve as a basis for all we do. Whether you are pushing a wheelbarrow, pulling a vacuum, or squatting to sit down, a strong foundation and correct movement techniques are necessary to avoid injury and pain. In this course, we will focus on movement correction and functional training, combining all five basic movement patterns to improve balance, increase strength and create an overall healthy you. (\$780 worth of training)

49589 Tu & Th 1/6-2/12 10:30-11:30 AM \$300/\$345  
Rockville Swim and Fitness Center/Cortes

## Sunday Stretch

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

Ages: 15+

49594 Su 1/4-2/15 10:40-11:10 AM \$35/\$42  
49595 Su 3/1-4/19 10:40-11:10 AM \$35/\$42  
Rockville Swim and Fitness Center/Owen

## T'ai Chi Ch'uan

Promote physical and mental rejuvenation through this ancient Chinese art. With separate instruction for beginning and continuing students, tone sinews and gently massage the spinal cord and internal organs. Unify your mind and body through slow, rhythmic, flowing movements.

Age: 18+

49722 Tu 1/20-3/24 7-8 PM \$61/\$69  
Pump House Community Center/Lamb



## Total Body Blast

Enjoy cardio, strength and core exercises all in one class. Challenge your stamina, improve strength and increase flexibility to get your entire body into tip-top shape. Bring a mat and weights.

Age: 16+

49755 W 1/7-3/18 6:20-7:15 PM \$91/\$106  
Thomas Farm CC/Maguire

## Wake Up-Work Out *New*

Start your day with this energetic exercise class which packs the hour full of cardio, weights, ab work and stretching all to upbeat music. Wake up and give your cardiovascular system a boost. Bring weights and mat. Showers available.

Age: 15+

<b>49843</b>	<b>Tu</b>	<b>1/6</b>	<b>7:30-8:30 AM</b>	<b>Free Demo</b>
49844	Tu	1/13-3/3	7:30-8:30 AM	\$59/\$69
50003	Th	1/15-3/5	7:30-8:30 AM	\$59/\$69

Thomas Farm CC/Devine

## WERQ

WERQ is the fiercely fun dance fitness workout class based on pop, rock, and hip-hop music taught by certified fitness professionals. The signature WERQ warmup previews the dance steps used in class and the signature WERQ cooldown includes balance and yoga inspired poses. Are you ready to WERQ?

Ages: 15+

49596	W	1/7-2/18	12-12:45 PM	\$56/\$65
49597	W	2/25-4/15	12-12:45 PM	\$56/\$65

Rockville Swim and Fitness Center/Pavelle

# Adults



## Yoga - Basic Flow for Beg./Cont.

Practice yoga poses and breathing exercises in flowing sequences. Flow yoga is a heat building style of yoga that increases strength, flexibility and fitness. Recommended for all levels. Bring a mat or rent one.

Age: 16+  
49175 Tu 1/6-2/24 4:30-5:45 PM \$89/\$99  
Thrive Yoga/Alter

## Yoga - Beginner and Continuing

Be introduced to traditional yoga techniques like meditation, breathing exercises and deep relaxation. Bring a yoga mat, two blocks and a smile.

Age: 16+  
49176 Th 1/22-3/12 6:30-7:45 PM \$69/\$79  
Twinbrook CRC/Jensen

## Yoga - Core

Strengthen your core and develop healthy back muscles with this fun, fast and energetic Hatha yoga workout. Using a core yoga ball, target your abdominals from every angle, reduce back pain, stabilize the spine, create a stronger midsection and improve overall body alignment.

Age: 16+  
49598 F 1/9-2/20 9:15-10:15 AM \$89/\$105  
49599 F 2/27-4/17 9:15-10:15 AM \$89/\$105  
Rockville Swim and Fitness Center/Cortes

## Yoga - Gentle

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

Age: 18+  
49602 Sa 1/3-2/14 9:15-10 AM \$86/\$99  
49600 W 1/7-2/18 9:15-10 AM \$86/\$99  
49601 W 2/25-4/15 9:15-10 AM \$86/\$99  
49603 Sa 2/28-4/18 9:15-10 AM \$86/\$99  
Rockville Swim and Fitness Center/Groman

## Yoga - Gentle Hatha Beg./Cont.

Practice gentle stretching and strengthening exercises as well as relaxation and breathing techniques. Those with injuries should consult a physician prior to registration. Bring a yoga mat.

Age: 16+  
49178 Th 1/15-3/12 7:30-8:45 PM \$110/\$120  
Rockville Sr. Ctr./Dodson

## Yoga - Hatha

Practice asanas, breathing and relaxation. Perfect for students at all levels who seek a yoga practice without the flow of Vinyasa. Great if you are less athletic, recovering from injury, have limited mobility or just seek a calmer paced class. Wear comfortable clothing and bring a yoga mat.

Age: 16+  
49179 Sa 1/10-2/28 8-9:10 AM \$89/\$99  
Thrive Yoga/Garaffo

## Yoga - Hatha Intermediate

Enjoy a balanced practice with longer posture holding times and a variety of sequences to increase stamina, flexibility and well-being. This physically challenging class is designed for individuals with prior yoga experience (exceptions granted), who are free of serious injuries or physical vulnerabilities. Bring a yoga mat, strap and block.

Age: 16+  
49180 M 1/5-3/16 7:30-8:45 PM \$110/\$120  
Thomas Farm CC/Neves



# Adults

## Yoga - Hot

Learn what all the buzz is about! Hot yoga is designed to detoxify the body and increase fitness, stamina and flexibility. The yoga room is heated to approximately 85 degrees to warm the muscles. No experience is necessary. Postures and sequences are instructed at a beginner's pace. Students must be free from injury.

Age: 18+

49182 Su 1/4-2/22 8-8:55 AM \$89/\$99  
Thrive Yoga/Bowen

## Yoga - Introduction

Always wanted to try yoga but weren't sure where to start? Learn the basic poses (asana) and how they can be sequenced for a balanced practice. Precautions and modifications will be covered as well as the benefits of each pose. Bring a sticky yoga mat.

Age: 16+

\*49186 W 1/7-3/25 7:30-8:25 PM \$145/\$155  
\*\*49187 Tu 1/27-3/10 10:35-11:30 AM \$72/\$79  
Thomas Farm CC/Farrell\*\*/Maguire\*

50034 Tu 1/27-3/10 5:30-6:30 PM \$72/\$79  
Pump House Community Center/Farrell

## Yoga-lates - On the Ball

Tone, strengthen and stretch your muscles in this total body conditioning workout utilizing a stability ball. Engage in exercises that challenge both the mind and body, while increasing body awareness, balance and coordination through core stability using yoga and Pilates.

Age: 16+

49188 Th 1/15-3/5 10:30-11:25 AM \$72/\$79  
Thomas Farm CC/Devine

## Yoga for Athletes

This class is designed to improve health, performance and mental acuity. It combines push-ups, sit-ups and squats with traditional yoga postures in a flowing format. Focus on reducing stress and pain in the lower back, increasing flexibility in the hamstrings, glutes and quadriceps to build a stronger core.

Age: 16+

49604 M 1/5-2/16 9:15-10:15 AM \$89/\$105  
49605 W 1/7-2/18 7-8 PM \$89/\$105  
49606 M 2/23-4/13 9:15-10:15 AM \$89/\$105  
49607 W 2/25-4/15 7-8 PM \$89/\$105  
Rockville Swim and Fitness Center/Groman

# 20 in 60

Looking to stay fit and healthy this winter?

Here are 20 options for staying fit in 60 minutes or less

1. Jump in the pool for a swim or water workout (pg. 58-67)
2. Power Sculpt with Dance Aerobics (pg. 32)
3. 5K Winter/Run Program (pg. 32)
4. Vegetarian and Gluten Free Cooking (pg. 27)
5. Exercise-A Powerful Medicine (60+) (pg. 50)
6. Dash and Splash (pg. 67)
7. Work out in one of our Fitness Centers (pg. 19)
8. West Coast Swing (pg. 28)
9. Kids Fit Yoga (8-12 years) (pg. 12)
10. Teen Fit (13-18 years) (pg. 23)
11. Ab Sculpt (pg. 29)
12. Play on a Volleyball or Basketball Team (pg. 36)
13. Creative Movement and Dance (60+) (pg. 49)
14. Tiny Hoopers (4-5 years) (pg. 8)
15. Take a walk in a Park (pg. 13)
16. Heart to Heart Valentine Dance (pg. 18)
17. Easy Hearty Soups (pg. 27)
18. Wake Up-Work Out (pg. 33)
19. Ballet for Teens and Adults (pg. 22 & 26)
20. Family Ramble - Hike from the Nature Center (pg. 20)

Did you know that 80% of Rockville Recreation and Parks programs have an exercise or nutrition component?

For these and many more options to stay healthy and happy through the winter, visit [www.rockvillemd.gov/recreation](http://www.rockvillemd.gov/recreation)

# Adults



## Winter Adult Team Sports

Women's Volleyball - Co-Rec Volleyball  
Men's Basketball

### LEAGUE PLAY BEGINS:

Jan. 2 Co-Rec Volleyball (Fri.)  
Jan. 4/5 Men's Basketball  
(Mon. & Sun. options)  
Jan. 5 Co-Rec Volleyball (Mon.)  
Jan. 8 Women's Volleyball

### NEW VOLLEYBALL LOCATIONS:

Mon. - Twinbrook CRC  
Thurs & Fri. - Frost M.S.

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



### Zumba Fit

Zumba Fit is a fun and effective cardio dance workout that includes sculpting exercises designed to tone the entire body. While intended as an introduction to the easy Latin and international inspired program, this high energy, low-impact class has something to offer all fitness levels.

Age: 16+

49608	Th	1/8-2/19	6:30-7:15 PM	\$56/\$65
49610	F	1/9-2/20	12-12:45 PM	\$56/\$65
49609	Th	2/26-4/16	6:30-7:15 PM	\$56/\$65
49611	F	2/27-4/17	12-12:45 PM	\$56/\$65

Rockville Swim and Fitness Center/Groman

### Zumba Toning

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

Age: 16+

49613	Sa	1/3-2/14	11:15 AM-12 PM	\$56/\$65
49612	M	1/5-2/16	12-12:45 PM	\$56/\$65
49614	M	2/23-4/13	12-12:45 PM	\$56/\$65
49615	Sa	2/28-4/18	11:15 AM-12 PM	\$56/\$65

Rockville Swim and Fitness Center/Pavelle

### Zumba® Dance Fitness

This is Latin dance at its finest. It is a high energy workout with fun, upbeat music. The steps are easy to follow and results are long lasting. New Friday night option at TFCC. Taught by licensed Zumba instructors.

Age: 16+

49194	F	1/16-3/20	7-8 PM	\$79/\$85
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Thomas Farm CC/Ford

49192	Tu	1/27-3/17	7:30-8:25 PM	\$79/\$89
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Thomas Farm CC/TBA

49193	W	2/4-3/11	7:30-8:25 PM	\$59/\$69
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Rockville Sr. Ctr./Graves



## Adults



## Sports - Instructional

We recommend bringing a water bottle to all sports programs.



## Fencing - Beginner

Designed to introduce beginners to the Olympic sport of fencing. This course emphasizes safety and proper technique. Equipment provided. Wear comfortable clothes and bring a fencing glove (or garden/golf glove). Flexible swords are used.

Age: 14+

49666	Tu	1/20-3/17	7-8:20 PM	\$128/\$151
49667	Sa	1/24-3/21	2-3:20 PM	\$128/\$151
49838	Su	1/25-3/22	11:25 AM-12:45 PM	\$128/\$151

Rockville Fencing Academy/Staff

## THANK YOU!

*A sincere "thanks" for contributing to the Rockville Youth Recreation Fund goes to:*

## Rockville Recreation and Parks Foundation

*Their generosity allows hundreds of children to participate in recreation and child care programs.*



## RedGate Membership 8 TIMES BETTER!



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# Seniors

**ROCKVILLE SENIOR CENTER** • 1150 Carnation Drive, Rockville, MD 20850 • 240-314-8800  
[www.rockvillemd.gov/seniorcenter](http://www.rockvillemd.gov/seniorcenter)

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

## REGISTRATION DATES

**(M) - Member** registration begins **Thursday, Dec. 4.** Members receive a discount on senior program fees and rentals, are eligible to join the Fitness Club, are mailed the monthly newsletter of events and are eligible for a discount on classes in the adult section of the Recreation Guide. Registration begins Dec. 9 for all other City programs.

**(R) - Resident** registration begins **Tuesday, Dec. 9** for Rockville residents who are not members of the Senior Center. (Must be age 60 and older and live within the Rockville City limits.) Residents receive a discount on program fees.

**(NR) - Nonresident/Nonmember** registration begins **Tuesday, Dec. 9** for seniors age 60 and older who live outside the Rockville City limits and who are not members of the Senior Center. Nonresidents/Nonmembers pay full price for programs offered at the Senior Center.

## TRANSPORTATION

**Rockville Call 'N Ride Service** – Taxi coupons may be purchased at a reduced rate, based on income and family size. Documentation required. Call 240-314-8810.

**Buses** – Door-to-door bus service is available to the Senior Center, shopping, club meetings and special trips. Reservations required. Call 240-314-8810.

## AGING INFORMATION, SERVICES AND SUPPORT

Seniors and families may obtain information, services and support related to aging issues by calling 240-314-8810. For outreach and assistance in English, call 240-314-8816; Spanish, 240-314-8817.

## ROCKVILLE SENIOR CENTER Hours

Monday-Friday, 8:30 a.m.–5 p.m.  
 Saturday, 8:30 a.m.–1 p.m.



## Directions

Call 240-314-5019

## Bus Transportation and Lunch Reservations

Call 240-314-8810



## Program Fees

Fee = member/resident/non-resident

## Center Membership Fees

\$40/year - Rockville Residents  
 \$135/year - Non-residents; \$65 spouse



## Fitness Club Membership Fees

\$85/year (Must be a Senior Center member)

## SENIOR ASSISTANCE FUND

Financial assistance for senior classes, day trips and Senior Center membership is available. (Must meet age and income guidelines.) To donate to this program send a check payable to the City of Rockville Senior Assistance Fund. Mail to the Rockville Senior Center, 1150 Carnation Drive, Rockville, MD 20850.

## MEAL PROGRAM

**Daily Lunch** – Hot and cold lunches are provided at Noon, Monday through Friday. Participants contribute as much as they are able toward the cost of the meal (\$5.49). Reservations required. Call 240-314-8810.



# Seniors

## SENIOR CENTER MEMBER BENEFIT

Discounts only apply for classes in the Adult section of the Recreation Guide. One discount below may be used per Senior Center member, per activity. Discounts must be applied for in-person. Note: Senior member program fees listed in the Recreation Guide are at a discounted rate. For senior discounts on swim classes, refer to activity descriptions in the Swim Center section. Call 240-314-8800.

Activity Fee	Discount
\$ 5-\$10	\$ 1
\$11-\$30	\$ 3
\$31-\$60	\$ 7
\$61 and up	\$14

## Arts and Enrichment

### "Old People Driving" - Film *New*

This film chronicles the adventures of 96-year old Milton and 99-year old Herbert as they confront the end of their driving years. Through their stories, and a review of the latest traffic safety research, the film dispels some of the myths about elderly drivers without shying away from the fact that many will outlive their ability to drive safely. The film has won many awards. Facilitated by Beth Shapiro, LCSW-C.

49554 W 1/7 10-11:30 AM Free  
Azalea Room

### All That Jazz - Cool Cats *New*

Come listen and learn how a jazz artist converts a familiar song into a new piece of music. During these classes, both verbal and musical illustrations will highlight the structure of a song and how the song can be transformed while still retaining its spirit. Jazz musicians also employ the blues, an older musical genre, when improvising. Spend the afternoon with some cool cats!

49959 M 1/26 & 2/23 1:15-2:30 PM \$4/\$5/\$6  
Azalea Room

### Art Appreciation *New*

Join us for this series with Stephen May, an independent historian and writer who lectures about art, culture and historic preservation.

#### National Treasures: White House Decorative Arts

The White House is not only the seat of power of the U.S. Government, but also the residence of the President's family. Over the years, each President and First Lady have left their imprints on the historic building by contributing furniture, decorative arts and artwork. This fully illustrated presentation offers glimpses into the private lives of the First Families through the objects left to the White House collection.

49470 W 1/21 10:15-11:45 AM \$5/\$7/\$10



#### Views of Venice: Canaletto and the Americans

Often called the most beautiful city in the world, Venice, with its canals, venerable buildings and festivals, has long been a magnet for artists. Starting with Canaletto's 18th-century panoramic views, European artists and a virtual who's who of American artists have applied their styles to depict the structures, waterways and people of Venice. Spend a morning with some of the most beautiful works in all of art history.

49471 W 2/18 10:15-11:45 AM \$5/\$7/\$10  
Azalea Room



# Seniors

## Birthday and Anniversary Parties

Celebrate with a festive afternoon of lively entertainment and light refreshments. Mark your calendar for these special events in partnership with Rockville Seniors, Inc. Registration is required one week prior to each party based on availability.

### January Party

Sponsored By: Jim and Joan Schneider-Wilson  
Entertainment by: New Year's Feud Game  
49114 W 1/7 1:30-3 PM Free/\$5

### February Party

Sponsored by: JoAnne Barron, Judy Pretka, Mary Jane and John Salerno, Oscar Sejas, Barbara and Peter Weidenbruch  
Entertainment by: Winfield Parker  
49115 W 2/4 1:30-3 PM Free/\$5

### March Party

Sponsored by: Joan and Joe West, Young in Heart Senior Club  
Entertainment by: Chyp and Andrea  
49116 W 3/4 1:30-3 PM Free/\$5  
Carnation Room

## Book Club

Participants enjoy an in-depth discussion covering a broad spectrum of books ranging from older classics to current best sellers. Books are selected by the group at each session and a moderator will present topics for discussion.

49113 Th 1/22 & 2/26 10-11 AM Free/\$5  
Board Room/Beck

## Bridge - Beginner *New*

This class is specially designed for those with no previous experience or those who wish to refresh basic skills. Topics covered will include bidding, what cards to lead with and how to play the hand. Participants will have the opportunity to play each hand with time for instruction and questions.

49769 Th 1/22-2/26 1-3 PM \$72/\$90/\$113  
Card Room/Shull

## Carnation Players

Calling all characters. If you would like to join this group and can sing, dance, play an instrument or would like to be in a skit, we need you. The Players cannot guarantee fame and fortune, but can ensure you will have lots of fun.

49542 Tu 1/27-3/31 3-4 PM Free/\$5  
Carnation Room/Beck

## Do Your Kids a Favor... *New*

Learn the facts about funeral and cemetery choices and final expense options. Review the advantages of pre-planning final arrangements to ensure that your personal wishes are known. Presented by Parklawn Memorial Park and Menorah Gardens.

49556 Tu 1/27 1-2 PM Free  
Azalea Room

## Drawing Basics *New*

Class participants will experiment using different drawing materials including pencils and pastels. Students will learn to discern shapes within objects and be introduced to perspective while working mostly from photographs and still life studies. A supply list will be sent to participants one week prior to class. Register by 1/5

49543 W 1/14-1/28 10 AM-12 PM \$40/\$50/\$64  
Blossom Room/Fry

## English Class

Classes include reading, speaking, listening and pronunciation for seniors whose first language is not English. Returning students should register for the class recommended by your teacher. New student placement is determined by assessment on January 5 & 7, 9:30-11 AM. Note: \$10 book fee may be required at first class.

### Level I

49532 M & W 1/5-3/18 10:15-11:45 AM \$18/\$20/\$25  
Arts and Crafts Room

### Level II

49533 Tu & Th 1/6-3/12 10 AM-12 PM \$18/\$20/\$25  
Card Room

### Level III

49534 Tu 1/6-3/10 10 AM-12 PM \$18/\$20/\$25  
Blossom Room

### Level IV

49535 W 1/7-3/11 10 AM-12 PM \$18/\$20/\$25  
Card Room



# Seniors

## English Conversation - Let's Talk

Speak more confidently about everyday topics.

49536 Tu 1/13-3/17 1-2:30 PM \$14/\$16/\$18  
Arts and Crafts Room

## Estate Planning and Elder Law

Learn the basics of estate planning and incapacity planning issues and have some of the myths dispelled that surround them. Topics covered will be the planning process, wills vs. trusts, planned giving, planning for incapacity, Medicaid-myths vs. reality, asset protections and more.

49555 Th 1/22 1-2 PM Free  
Azalea Room

## Fashion Show with Taylor Marie

The models will wow you - the clothes will astound you - and the prices delight you! We'll have the latest spring fashions in sizes for all, and accessories too. Taylor Marie brings the shopping to us. Alfred Dunner is just one of the designers offered. Prices are below retail. Light refreshments will be served.

49850 Th 3/26 1-2:30 PM \$4/\$6/\$9  
Carnation Room

## First Ladies of the U.S.

This series will take a look at the lives of the women behind the men. Join Joan Adams for an in-depth look at the ladies in this important position. Each has her own story and a role in American life.

### Frances Folsom Cleveland

At age 21 she married President Cleveland in the White House. He was the man who gifted her a silver rattle at birth. The youngest woman to serve as First Lady, she became a champion for the poor and lived in Baltimore until her death in 1947.

49908 M 1/26 10:15-11:15 AM \$5/\$7/\$10

### Caroline Lavinia Scott

This First Lady first met her husband "Ben" Harrison when they were teenagers. She was a music teacher and mother of two children. While living in the White House, she secured funding for its extensive renovation and oversaw the creation of the Daughters of the American Revolution. She served as First Lady following the election of her husband, Benjamin Harrison in 1888 until her death in 1892 during his reelection campaign.

49909 M 2/23 10:15-11:15 AM \$5/\$7/\$10

### Ida Saxton McKinley

Ida and Bill met at a picnic but they didn't begin courting until after she returned from a Grand Tour of Europe. She was totally dependent on her husband after she developed epilepsy. After leaving the White House, she kept busy with her hobby, crocheting slippers for charities.

49910 M 3/23 10:15-11:15 AM \$5/\$7/\$10  
Card Room

# HOLIDAY BAZAAR

Sponsored by Rockville Seniors, Inc.

**Saturday, Dec. 6**  
**9 a.m. - 2 p.m.**

**Handmade Crafts**  
**Book Sale**  
**Raffle**

**Thrift Shop**  
**Homemade Treats**

**ROCKVILLE SENIOR CENTER**

**1150 Carnation Drive Rockville, MD 20850**

**240-314-8800 \* Directions: 240-314-5019**

# Seniors

## French

If you haven't taken a French class in the last 50 years, this class is for you. Note: \$5 material fee payable to instructor.

49862 M & W 1/12-2/18 10 AM-12 PM \$40/\$45/\$50  
Sunroom

## French - Continuing

This class is for those who have a working knowledge of French and want to improve grammar and communication skills. Note: \$5 material fee is payable to instructor at first class.

49866 M & W 1/12-2/18 1-3 PM \$40/\$45/\$50  
Lounge

## Genealogy: What's It All About *New*

Genealogy is one of the most popular hobbies in the U.S. today. This program explains why so many people are searching their family histories and provides a description of how to get started. A brief discussion about researching your family records at the LDS Family History Center may also be offered. Presented by Montgomery County Historical Society.

49473 W 1/28 1-3 PM Free  
Azalea Room

## Gourmands Go Irish *New*

Let's go on an Irish Mystery Gourmands lunch. We'll enjoy traditional Irish fare and hospitality. We always have fun even when we don't have a clue where we're going. Another adventure for Gourmands! Food and beverages are purchased by individuals from a selected menu, bus transportation included.

49950 M 3/16 11 AM-3 PM \$25/\$32/\$37  
Lower Parking Lot/Glenview Mansion



## History through Art: Paris *New*

Art often offers an insight into history. In the mid-19th century, Napoleon III commissioned a redesign of the streets and neighborhoods of Paris, destroying the medieval city, along with hundreds of years of history and architecture. Impressionist painters found new subjects in street scenes on the new broad avenues. What was lost of Paris history, what was gained? Presented by Judith Feldman, PhD.

49651 Tu 3/10 1-2 PM \$5/\$8/\$10  
Azalea Room

## Home Maintenance - Tips for Spring

Give your home a complete physical - inside and out to be ready for the warm-weather months. Jerry Jones, Senior Citizen Home Maintenance Coordinator, will distribute and discuss a spring home maintenance checklist that includes roofs, windows, foundations, gutters, decks and more.

49848 Tu 3/17 10:30 AM-12 PM Free  
Azalea Room

## Homeowners Property Tax Credit *New*

If your household income is less than \$91,000 per year and your net worth is less than \$200,000 (not including the value of your home or qualified retirement savings) you could qualify for tax relief on the first \$495,000 of your home's assessed value. If you qualify, the credit could be several hundred dollars. Presented by Richard Gottfried, CPA, Master of Science in Taxation.

49634 Tu 1/20 1-2 PM Free  
Azalea Room

## NOTIFY ME!

Sign up to receive notifications of Recreation and Parks programs, cultural arts and special events, community center activities and more.

Go to the City's website at [www.rockvillemd.gov](http://www.rockvillemd.gov) and click on "Notify Me" button.

# Seniors



## Introduction to Social Media

Everyone is talking about social media like Facebook, Twitter, Pinterest and Instagram. Join us for an introduction to social media and an overview of how these forums and others are used.

49899 Tu 3/17 1-3 PM Free  
Computer Lab

## Luck of the Irish Painting *New*

Cathy Pasquariello will be back with a new painting on glass class just in time for St. Patrick's Day. This fun easy class is good for beginners as well as experienced artists. We'll send you home with a recipe for Irish goodies to serve on your new themed plate.

49827 Tu 2/24 10:30-12 PM \$14/\$18/\$23  
Arts and Crafts Room

## Mix and Mingle Thursdays *New*

Keep those winter doldrums away by mixing and mingling with your friends here at the Center! Meet new people, renew old friendships and have a good time in our fun, party atmosphere. Come join the party and enjoy the afternoon. Snicky snacks will be served.

## Dance Party Music

Enjoy DJ Eddie Lynn as he plays some classic and new line and group dances. Eddie will be out on the floor with you!

49628 Th 2/12 1-2:30 PM \$2/\$4/\$6

## Irish Tunes and Trivia

Celebrate the luck of the Irish as Jerry Roman entertains. Name that tune in three notes.

49932 Th 3/12 1-2:30 PM \$2/\$4/\$6  
Carnation Room

## News in Review *New*

Join Professor Joan Adams for this new program combining a bit of politics, current events and entertainment all rolled into one. She will keep us informed and enlightened on what's happening now.

49851 M 3/2 10:15-11:15 AM \$5/\$7/\$10  
Card Room

## Peeking at the Presidents

Joan Adams, our popular college professor, presents an in-depth view of the times and issues each Commander-in-Chief faced.

### Grover Cleveland

Cleveland was the only President to serve in non-consecutive terms and was the first President to marry in the White House. He ran the country during the beginnings of "yellow journalism." Known as "Uncle Jumbo," Cleveland had a very colorful past and had a secret surgery while in office.

49905 M 1/12 10:15-11:15 AM \$5/\$7/\$10

### Benjamin Harrison

The grandson of a President and Civil War brigadier general, Harrison was known as the "human iceberg." Six states were added to the Union during his presidency, a time of great change and civil strife. How did someone who hated small talk and lacked charisma become President of the United States?

49906 M 2/9 10:15-11:15 AM \$5/\$7/\$10

### William McKinley

McKinley was the last President to have served in the Civil War. He led the nation to victory in the Spanish-American War, raised protective tariffs to promote American industry and maintained the nation on the gold standard in a rejection of inflationary proposals. He was assassinated six months into his second term.



49907 M 3/9 10:15-11:15 AM \$5/\$7/\$10  
Card Room



# Seniors

## Piecemakers' Club

Come join our friendly group of quilters. You may work on your own or join a group project. This is a great opportunity to share ideas, techniques and keep current on the latest trends in quilting.

49849 M 1/26-3/9 12:45-2:45 PM \$9/\$13/\$17  
Arts and Crafts Room/Broad

## Positive Aging Project

Our Positive Aging Program offers free individual counseling and informal support groups designed to address the unique challenges of aging. All groups are led by Counselor Sarah Edmunds. To make an appointment for one-on-one support call 240-314-8810.

## Transitions

Life transitions often produce anxiety as well as a sense of loss and grief. This monthly group will give you an opportunity to explore how to cope with major life changes. Class meets second Thursday of the month.

49629 Th 1/8-3/12 11 AM-12:30 PM Free  
Blossom Room

## Women Living Alone

If you are a woman living alone, join us for this group. We will meet each month to share experiences and discuss strategies for improving the quality of our lives.

49630 Th 1/8, 2/5, 3/5 1-2 PM Free  
Arts and Crafts Room

## Adult Children and You

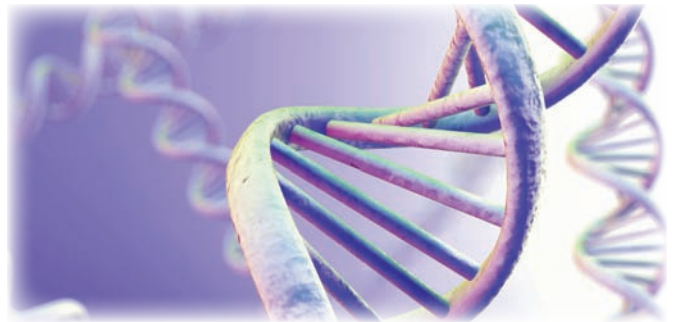
Explore changes in relationships between you and your adult children. Are shifting roles and different expectations the norm? Class meets the third Tuesday of the month.

49631 Tu 1/20-3/17 1-2:30 PM Free  
Board Room

## Positive Aging

This group will focus on how to maintain a positive outlook on life despite the physical, mental and emotional challenges that accompany aging. Class meets second Tuesday of the month.

49632 Tu 1/13-3/10 1-2 PM Free  
Health Room



## Science Tuesdays *New*

Join us each month for an engaging presentation and conversation with a scientist. A different topic will be the focus each meeting. No scientific background is required, just your curiosity. Co-sponsored by Rockville Science Center.

## Epigenetics

Epigenetics is nature's way of regulating how information in DNA is translated into cell behaviors. The behavior of a person's genes depends on the genes' DNA sequence as well as so-called epigenetic or non-DNA sequence related factors. Changes in these factors can play a critical role in disease. Learn about new research regarding the effect the environment has on hereditary issues. Presented by Dr. Catherine Vrentas, NIH.

49550 Tu 1/13 1-2 PM Free

## Knowledge Management

Patricia Eng, P.E., former Senior Advisor at the Nuclear Regulatory Commission, will discuss the agency's Knowledge Management Program. The program is designed to build institutional memory and encourage the sharing of knowledge across agencies thereby improving productivity. Millions of dollars were saved with the development of this initiative which enhances government communications.

49551 Tu 2/10 1-2 PM Free

## Climate Change

Researchers are seeking an increased understanding of ocean and atmospheric processes and their interactions. Hear from Eric Shettle, a retired researcher from the Naval Research Lab, about changes in weather and climate with a focus on the impact of greenhouse gas on the earth's temperature and precipitation patterns.

49552 Tu 3/10 1-2 PM Free  
Board Room

# Seniors

## Senior Scams: Just Say No! *New*

Financial scams targeting seniors have become so prevalent that they're now considered 'the crime of the 21st century.' They often go unreported, can be difficult to prosecute and are considered 'low-risk' crime and are frequently committed by the elder's own family members. Join this interactive session to learn how to protect yourself. Materials will be available in Spanish, Chinese, Vietnamese and Korean. Presented by Tom Hoopengardner, Master Financial Educator.

49548 W 2/11 1-2 PM Free  
Azalea Room

## Someone's In the Kitchen with Dinah *New*

Actress Karen Webber Gilat brings life to the story of Dinah Shore, an American singer, actress, TV personality and the top charting female vocalist of the 1940's. She reached the height of popularity as a recording artist during the Big Band era but achieved even greater success a decade later, in television, mainly as hostess of a series of variety programs for Chevrolet. Join us for an entertaining trip down memory lane.

49472 Th 1/22 10:30 AM-12 PM \$5/\$7/\$10  
Azalea Room

## The Classic Crooners *New*

Bing Crosby and Frank Sinatra had many hit recordings from 1933 to 1992. Join Irv Chamberlain and examine their various stylistic approaches and discuss the up and down careers of two great vocalists who dominated the entertainment world in the 20th century.

49767 W 2/11-2/25 1-2:30 PM \$5/\$7/\$10  
Card Room

## Turning 65?

Happy Birthday! You now have choices and Medicare is one of them. There are important questions you need to think about now. Do you need to sign up for Medicare? Can you work and get Medicare? Join representatives from the Senior Health Insurance Assistance Program and learn where to begin and how to get help.

49627 Tu 1/13 7-9 PM Free  
Carnation Room

## Variable Annuities *New*

A variable annuity is a contract between you and an insurance company, under which the insurer agrees to make periodic payments to you. Variable annuities have become a part of the retirement and investment plans of many Americans. Kevin Bradley, CPA, Personal Financial Specialist, will present the basics including tax deferral, growth and income phases, living benefits and death benefits.

49633 Th 3/12 1-2 PM Free  
Board Room

## Watercolor - Beginner/Continuing

Learn the beauty and magic of watercolor through basic techniques such as washes, wet-in-wet, dry brush and color mixing. The instructor will demonstrate and there will be studio time to explore these techniques. Focus will also be on values, composition and textures.

49545 Tu 1/20-3/3 1-3 PM \$75/\$95/\$115  
49546 Th 1/22-3/5 1-3 PM \$75/\$95/\$115  
Blossom Room/Fry

## Watercolor - Advanced

This class is for students who have previous experience working in watercolor. Investigate new techniques and refine skills while adding drama to your work. The class will discuss elements, principles, design and other methods you can use to make projects more engaging. Enjoy a small group setting with individual attention.

49547 Th 1/22-3/5 10 AM-12 PM \$75/\$95/\$115  
Card Room/Fry

## Who Gets Grandma's Yellow Pie Plate? *New*

Want to leave a legacy future generations are sure to treasure? Then you've got a little work to do. With a bit of information and deliberate decision-making, your heirlooms will be assured of a smooth trip to their new homes. Presented by Tom Hoopengardner, Master Financial Educator.

49549 Th 3/12 1-2 PM Free  
Azalea Room

# Seniors

## Computers for Seniors

**Before registering, we recommend visiting the Computer Lab for course information and placement. For class advice, call 240-314-8805 or email [rockvillecomplab@hotmail.com](mailto:rockvillecomplab@hotmail.com). (B)=Beginner; (I)=Intermediate; (IP)=Intermediate Photography.**

### (B) Computer Basics

In this introductory course, learn basic skills including computer vocabulary, opening and saving files, monitor and desktop settings, shortcuts, menus and software. Create a variety of different icons to personalize your computer. Learn how to access the Internet and your e-mail from any computer.

49868	Tu & Th	1/20 & 1/22	10 AM-12 PM	\$15/\$20/\$25
49869	Tu & Th	2/10 & 2/12	1-3 PM	\$15/\$20/\$25
49870	Tu & Th	3/17 & 3/19	10 AM-12 PM	\$15/\$20/\$25

Computer Lab

### (B) e-Mail Basics

Learn how to send and receive e-mail and how to send simple attachments. Students will be taught how to register and begin using e-mail during class.

49895	W	1/21	1-3 PM	\$6/\$8/\$10
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Computer Lab

### (B) Function Keys *New*

One of the biggest differences between a typewriter and the computer keyboard is the row of keys at the top of the keyboard that are labeled F1 through F12, commonly known as function keys. These keys may have a variety of different uses or no use at all. See how function keys will improve your work on your computer.

49882	M & W	1/5 & 1/7	1-3 PM	\$15/\$20/\$25
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Computer Lab/Hickman

### (B) New to Computers?

For those new to computers (or just afraid to try) this class will familiarize you with the basic components of computers. We will introduce you to everyday tasks like email, word processing and surfing the web. No experience required.

49878	Tu	1/6	10 AM-12 PM	\$5/\$7/\$9
49879	Tu	2/3	10 AM-12 PM	\$5/\$7/\$9
49880	Tu	3/3	10 AM-12 PM	\$5/\$7/\$9

Computer Lab/Hickman

### (B) Right Click - Left Click

Discover how to use your mouse in applications such as word processing, copying, file management and customizing your desktop. Using your computer is easier if you know how to use both mouse buttons.

49898	W	3/18	1-3 PM	\$6/\$8/\$10
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Computer Lab/Martin

### (B) Windows 8 Set-up

Windows 8, Microsoft's newest operating system, introduces a new style of application. Come and learn some common tips for setting up this version of Windows on your computer.

49892	M & W	3/16 & 3/18	10 AM-12 PM	\$15/\$20/\$25
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Computer Lab/Hickman

### (BI) PC Infections

As more and more information is available on the Web, it is increasingly important to protect your identity and to maintain your computer's security. Learn tips to ensure both you and your computer are protected against hackers, scammers and identity thieves. Learn how to identify the signs and symptoms of malicious software.

49891	Th	3/12	10 AM-12 PM	\$9/\$11/\$13
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Computer Lab/Hickman

### (BI) Voice Commands

Talk and your computer types. Imagine using your voice to control your computer! Create and edit documents or e-mails, launch applications, open files, control your mouse and more. Learn to set up your computer for Windows or Speech Recognition. Program requires Windows 7 or 8.

49874	W	1/14	10 AM-12 PM	\$9/\$11/\$13
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Computer Lab/Hickman





# Seniors

## (I) Computer Troubleshooting *New*

Most people experience occasional computer problems such as a document that won't print, a computer that won't turn on, the inability to access the internet or a blue screen. Don't panic. Come learn some basic troubleshooting techniques and solve your computer problems.

49883 M & W 2/23 & 2/25 10 AM-12 PM \$15/\$20/\$25  
Computer Lab/Hickman

## (I) Laptops - Windows 7

You can do just about anything on a laptop that you can do on a desktop. Bring your laptop to class and learn about wireless connections, touch pads, Internet access, protecting your computer from theft and other important features of Windows 7.

49877 M & W 1/26 & 1/28 10 AM-12 PM \$15/\$20/\$25  
Computer Lab/Hickman

## (I) Laptops - Windows 8 *New*

You can do just about anything on a laptop that you can do on a desktop. Bring your laptop to class and learn about wireless connections, touch pads, Internet access, protecting your computer from theft and other important features of Windows 8.

49890 M & W 3/2 & 3/4 10 AM-12 PM \$15/\$20/\$25  
Computer Lab/Hickman

## (I) Maintaining Your Computer

Does your system have frequent pop-up messages? Does it take a while to start up or shut down? We will look at some tips to help improve its performance and answer questions that puzzle you about your computer. Handouts included.

49887 M & W 3/9 & 3/11 10 AM-12 PM \$9/\$11/\$13  
Computer Lab/Hickman

## (I) PowerPoint 2010

Create a dynamic electronic presentation using eye-catching features. Learn how to use built-in templates, themes, designs and background styles. Topics will also include how to add titles, charts, tables and pictures. Note: \$5 material fee payable to instructor at the first class.

49886 M & W 2/2-2/9 10 AM-12 PM \$31/\$38/\$45  
Computer Lab/Hickman

## (I) Profit From Your Options

Options can work to enable you to double or triple dividends on stock you already own. Come and learn how to trade options safely on stock you do not own for returns of 1 - 5% weekly without investing any of your own money. Detailed handouts will be provided for your future reference and a handout fee of \$5 will be collected at the first meeting.

49867 Tu & Th 2/17-2/26 10 AM-12 PM \$36/\$46/\$56  
Computer Lab/Bender

## (I) Thumb Drives, Etc.

Learn how to copy pictures or files on to a flash drive (thumb drive) and how to then cut, copy and paste files from your thumb flash drive to any other computer. It's important to have a backup copy of work on your computer.

49893 Th 3/19 1-3 PM \$7/\$9/\$11  
Computer Lab/Hickman

## (I) Windows 7: Level 1

Check out the look of Windows 7: control panel, screen savers, wallpaper and more. Learn what's on the desktop, in file management, monitor settings and power settings. Have questions about security? Protecting your computer is easy with Windows 7.

49884 M & W 1/5 & 1/7 10 AM-12 PM \$31/\$38/\$45  
Computer Lab/Hickman

## (I) Windows 7: Level 2

You have picked up the basic features of Windows 7, now learn about more advanced tools such as auto-arranging your desktop, using sticky notes and the gadget feature and more.

49885 M & W 2/4-2/11 1-3 PM \$31/\$38/\$45  
Computer Lab/Hickman



# Seniors

## (IP) Digital Photography

This comprehensive program will address the digital camera to its fullest. Topics covered will be camera calibration, point and shoot enhancements, semi-automatic controls, manual controls, portrait proficiency, lighting, filtration and High Dynamic Range (HDR) photography. You'll get the most from your digital camera with this detailed program. A class handout (\$10) will be provided at the first meeting. Bring your camera and manual to every class.

49856 Tu & Th 1/6-2/12 3-5 PM \$117/\$143/\$169  
Computer Lab/Bender

## (IP) Photoshop

Layers, masks, alpha channels, compositing and camera raw will be covered first using supplied photographs as examples and then using student photographs for practical application. Note: \$10 materials fee payable to instructor at first class.

49857 Tu & Th 1/6-2/12 1-3 PM \$117/\$143/\$169  
Computer Lab/Bender

## (IP) Photoshop Advanced I

For those who have some experience using Photoshop, additional techniques will be introduced such as compositing, image adjustment, image creation, creating better masks, business cards and more. Note: \$5 material fee payable to instructor at first class.

49858 Tu & Th 2/17-2/26 1-3 PM \$36/\$46/\$56  
Computer Lab/Bender

## (IP) Photoshop Advanced II

Open to all who have a general working knowledge of Photoshop and its tools, this class will look into advanced masking techniques, editing with Alpha Channels, use of the PEN tool and advanced compositing techniques. Step by step handouts will be issued. Note: \$5 handout fee due at first class.

49860 Tu & Th 3/3-3/12 1-3 PM \$36/\$46/\$56  
Computer Lab/Bender

## Windows Explorer

Windows Explorer is the program that you use to browse through the files on your computer and connected devices. You can use it to browse network locations, manage your files and much more.

49900 M & W 3/23 & 3/25 1-3 PM \$6/\$8/\$10  
Computer Lab/Martin

## Fitness and Wellness

**We recommend bringing a water bottle to all fitness programs.**



### A Matter of Balance

Balance exercises help improve stability, coordination, leg strength and posture. The exercises learned in this class will help reduce the risk of falling, help prevent injury and improve overall daily life.

49960 M & W 1/5-3/11 12:10-12:50 PM \$48/\$60/\$72  
Exercise Room/Riggs

## Ask the Wellness Coach!

*Let our coach check your body fat composition.*

Ask questions related to nutrition, diet and general health.



Call for your free 15-minute appointment or stop by the Fitness Room desk.

*(Fitness Members Only)*

**240-314-8813**

# Seniors

## Aerobic Workout

Step up to the latest exercise designed for the active senior who can walk and turn with ease. Aerobic dancing provides enjoyable exercise using easy dance movements with one foot safely in contact with the floor at all times.

49474 Tu & Th 1/6-3/5 11 AM-12 PM \$48/\$60/\$72  
Exercise Room/Klopper

## Arthritis Foundation - Exercise

Designed by the Arthritis Foundation, this class uses gentle movements to help increase joint flexibility and range of motion, maintain muscle strength and increase overall stamina. Exercise can help reduce pain and stiffness as well as feelings of isolation and depression.

49476 Tu & Th 1/6-3/5 1-2 PM \$53/\$65/\$78  
Exercise Room/Owen

## Basic Ballroom Dance

Learn the basics of ballroom dancing. This class is designed for students with no previous ballroom experience. Learn proper dance position, how to lead and follow. No partner is needed!

49955 Tu 1/6-3/3 11 AM-12 PM \$38/\$48/\$57  
Carnation Room/Riggs

## Cardio Fusion *New*

Add some spice to your aerobic routine with this new class, which will combine the heart-healthy benefits of an aerobic workout using a variety of easy to follow Zumba, aerobic dance and basic kickboxing moves. Learn proper form and technique for each move before progressing to the next and then have fun putting them into practice for a great cardio workout.

49962 M 1/12-3/23 11:15 AM-12 PM \$33/\$41/\$48  
Carnation Room/Serrano Gonzalez

## Cardio Motion

Try this great new program designed to offer 30 minutes of easy to follow cardio dance movements followed by 30 minutes of strength training for a complete workout. Mat work will be done in this class.

49478 M & W 1/5-3/11 1-2 PM \$48/\$60/\$68  
Exercise Room/Riggs

## Chair Cardio

Try this exciting cardio class and get your heart pumping while listening to fun, energetic music. Stay seated throughout the entire class and get a great aerobic workout.

49479 F 1/9-3/6 1:30-2:30 PM \$30/\$37/\$43  
Exercise Room/Owen

## Chair Exercise

This seated program is performed to music. Exercise patterns are designed for those with limited mobility to help develop strength, flexibility, endurance and promote better circulation.

49480 M & W 1/5-3/11 11 AM-12 PM \$48/\$60/\$68  
Exercise Room/Ramsey

## Chair Yo-Chi *New*

This seated mind-body class combines Chinese T'ai Chi movement patterns with yoga postures. This program helps with mobility and flexibility by combining the two oldest mind-body programs, while increasing overall wellness.

49971 Th 1/15-3/12 10-10:50 AM \$30/\$37/\$43  
Blossom Room/Serrano Gonzalez

## Creative Movement and Dance *New*

Join this fun, energetic class and enjoy dancing to famous show tunes! Be swept away while moving to great music and enjoy the benefits of a great cardio workout.

49991 F 1/9-3/6 3:30-4:15 PM \$35/\$44/\$52  
Exercise Room/Devine

## Need Help With Your Taxes?

SENIOR INCOME TAX ASSISTANCE

**Mondays, Feb. 2 – April 13**

*Appointment Needed | No Fee | Call 240-777-2577*



# Seniors

## Dance Party Fitness *New*

Come to this "dance party" style fitness class and have a blast dancing and grooving to songs from the 1950's to present. Join us as we party around the world dancing from Big Band to Swing, Country music and Salsa.

49967 W 1/7-3/4 5-6 PM \$33/\$41/\$48  
Exercise Room/Riggs

## Easy Feet

Using fun, energetic music, you will learn easy to follow patterns while receiving a great light cardio workout. This class is appropriate for beginners.

49958 F 1/9-3/6 11:10 AM-12 PM \$28/\$35/\$42  
Exercise Room/Riggs

## Easy Zumba

Combine fun, energetic and motivating music with easy to follow movements and dance away your worries. Zumba is great for both the body and mind. This feel-happy workout will encourage you to keep coming back for more. The class is appropriate for beginners.

49484 M & W 1/5-3/11 10-10:50 AM \$48/\$60/\$72  
Exercise Room (M)/Serrano Gonzalez  
Carnation Room (W)/Serrano Gonzalez

## Questions about your workout?

### Ask the Trainer!

Call for a free 15-minute  
appointment  
or stop by the Fitness  
Room desk.

(Fitness Members Only)

240-314-8813

## Exercise - A Powerful Medicine *New*

Are you interested in learning more about lifestyle changes that can reduce and help you manage your medication intake? Suburban Hospital HeartWell Nurse Leni Barry, BSN, RN-BC, MA, will share the positive benefits of regular exercise and its influence over your daily regimen.

49846 Th 1/22 1-2 PM Free  
Azalea Room

## Fitness Club

Interested in becoming a Fitness Club member? Work out in our state of the art fitness room. Basic equipment training is required for new members. Instruction is offered by appointment only. You must be a Senior Center member to join the Fitness Club. The Fitness Club membership fee is \$85 annually.

### Basic Exercise Machine Training

Basic exercise machine training is required for all new Fitness Club members. This is done by appointment only. Appointments can be made at the front desk.

49485 M-F 1/5-4/24 8 AM-6 PM \$15

### Exercise Machine Training - Plus

For those individuals who would like more than the required basic training program, this training is led by one of our certified personal trainers. You will receive a basic exercise plan designed specifically for you at the conclusion of your session.

49486 M-F 1/5-4/24 8 AM-6 PM \$40  
Fitness Room/TBA

## Forever Fit

This is a great class for seniors just beginning an exercise routine. Receive a total body workout that combines cardio exercise, strength training and flexibility. All exercises are done standing or seated in a chair. No mat work will be done.

49487 Tu & Th 1/6-3/5 10-10:50 AM \$58/\$72/\$84  
Exercise Room/Maguire

# Seniors

## Young at Art (Grandparent/Child) *New*

Spend an afternoon creating with your Grandparent! Do you look at the world in the same way? Begin by working together on art activities to find out. For the final project, you will each create a canvas working from the same subject. Paint, watercolor paper and stretched canvas will be used. The results will be intriguing as each of you brings different experiences to your creations. Fee includes registration and supplies for grandparent and one child.

Age: 5-10

49852	Sa	2/7	1-3 PM	\$35/\$40
49859	Sa	3/21	1-3 PM	\$35/\$40

Rockville Sr. Ctr./Abrakadoodle



## Happy to 102 *New*

Maura Barillaro, RN, Director of Nursing, Home Care Assistance, will share the Balanced Care Method, adopted from the Okinawan people. The longest living elders in the world, this care goes beyond the physical and considers the emotional, spiritual and mental needs of the individual. Learn how to mirror the Okinawans to live a long and happy life, healthy and free from disease.

49557	W	2/11	1-2:30 PM	Free
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Board Room

## Hearing Aids and Hearing Loss *New*

This program will discuss hearing loss, offer information about hearing aids and present communication tips for people with hearing issues. Q & A will follow with an opportunity to have your hearing aids checked and cleaned. Presented by A & A Hearing Group.

49768	W	1/21	1-2:30 PM	Free
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Azalea Room

## Indoor Walking

Anytime is a great time to commit to a walking program. Feel and look better while getting healthier. This is a safe and fun indoor walking class that will help increase circulation, boost your immune system and burn calories. Walk approximately one mile each class.

49489	Tu & Th	1/6-3/5	12:15-12:45 PM	\$25/\$30/\$38
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Exercise Room/Owen

## Keep Your Eye on the Prize *New*

It's no secret that vision declines with age. Learn the essentials for eye health as well as prevention and treatment options for glaucoma and cataracts with optometrist Dr. Anupam Laul.

49847	Th	2/26	1-2 PM	Free
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Azalea Room



**Rockville Senior Center**  
**FITNESS CENTER**  
**It's the best time to be a senior in Rockville!**

7 a.m. – 7 p.m. Monday-Friday  
 7 a.m. – 3 p.m. Saturday

[www.rockvillemd.gov/seniorcenter](http://www.rockvillemd.gov/seniorcenter)  
 240-314-8800

# Seniors

## Modern Dentistry - Dental Implants *New*

Join Dr. Stuart Krohn, DDS from Mini Dental Implants of Rockville, LLC, as he discusses the latest innovations in modern dentistry. Topics will include home care (brushing and flossing), denture care and the disadvantages and benefits of dentures and modern implants. Q & A time.

49558 Tu 1/6 1-2 PM Free  
Azalea Room

## Personal Trainer

Be evaluated by a nationally-certified personal trainer who will design an individualized program based on your needs. Register at the front desk and you will be contacted by one of our trainers to schedule an appointment. Fitness Club members only. Some Saturday appointments are available.

### One - One Hour Session

49491 M-F 1/5-4/24 9 AM-6 PM \$49

### Two - One Hour Sessions.

49492 M-F 1/5-4/24 9 AM-6 PM \$95

### Three - One Hour Sessions

49493 M-F 1/5-4/24 9 AM-6 PM \$135

### Six - One Hour Sessions

49494 M-F 1/5-4/24 9 AM-6 PM \$250

### Ten- One Hour Sessions

49495 M-F 1/5-4/24 9 AM-6 PM \$395  
Fitness Room



## Hearty Lemon Chicken Soup

1 tbsp. olive oil  
2 medium carrots, coarsely chopped  
½ cup onion, chopped  
1 garlic clove, minced  
2 cups cooked chicken, chopped  
¼ cup fresh lemon juice  
Zest from 1 lemon  
1 can (10 ¾ oz.) fat-free, reduced sodium condensed cream of chicken soup  
5 ½ cups water  
½ tsp. ground black pepper  
1 ½ cups cooked wild rice

Heat oil in large pot over medium heat. Add carrots, onion and garlic. Cook, stirring occasionally, until they begin to soften (3-4 minutes). Stir in chicken, lemon juice, lemon zest, soup, water and black pepper. Bring to a boil. Stir in rice. Reduce heat to low. Cover pot; simmer over low heat until ready to serve.

Serves 6. 161 calories per serving



# Seniors

## Power Zumba Gold

Add some oomph to your workout with the Zumba fitness toning sticks. While using 1 lb. Zumba sticks, you can easily train certain muscles to work a little harder to the rhythm of the music. This great combination of strength training and cardio offers a total body workout.

49497 Th 1/8-3/5 5-6 PM \$33/\$41/\$48  
Exercise Room/Riggs

## Self Help with Jin Shin Jyutsu

Jin Shin Jyutsu is an ancient healing art which helps balance the body's energy and promotes optimum health and healing. Learn ways to help prevent colds, headaches, stomach aches, tiredness, breathing issues and much more! Simple daily maintenance will be discussed. Betty Figlure has been a JSJ practitioner for over 30 years and regularly teaches workshops.

49560 W 3/4 & 3/11 1-2:30 PM \$15/\$20/\$25  
Azalea Room

## Senior Abs and Back

The core is the key to better posture, better balance and better movement. This class will focus on the core through exercises using your upper and lower abdominals, pelvic floor, obliques, buttocks and mid and lower back muscles. Most exercises will be done on the floor; participants must be able to get up and down from the mat.

49961 Tu 1/6-3/3 5-5:45 PM \$32/\$40/\$48  
Exercise Room/Serrano Gonzalez



## Senior Core Fusion

Condition your body and increase flexibility in this fusion class, which is a combination of yoga, Pilates and functional core training. Stability balls and mats will be provided.

49500 F 1/9-3/6 1:45-2:30 PM \$40/\$48/\$57  
Exercise Room/Devine

## Senior Fit

Improve your health and become more independent with the help of an exercise physiologist. Sponsored by Holy Cross Hospital and Kaiser Permanente, all participants must register and have a signed doctor's certificate. Note: First Wednesday of every month, class held at Lincoln Park Community Center.

49501 M & W 1/5-3/18 1:30-2:15 PM Free  
49502 M & W 1/5-3/18 2:20-3:05 PM Free  
Carnation Room/Aehle

## Senior Functional Training

While focusing on functional movement, this class includes routines designed to improve strength for all muscle groups. Supercharge your workout, boost your metabolism, burn fat and reach your fitness goals. Participants will use weights and mats. This workout is for all fitness levels.

49965 Sa 1/10-3/7 10-11 AM \$38/\$48/\$57  
Fitness Room/Owen

## Senior Interval Training

Looking to increase your level of fitness? This class will challenge active seniors to increase energy, reduce stress and build confidence combining strength training, cardio and core work. Mat work will be done.

49503 M 1/5-3/16 3-4 PM \$43/\$54/\$64  
49865 W 1/7-3/4 2:15-3:15 PM \$43/\$54/\$64  
Exercise Room/TBA

## Senior Pilates Basics

Learn all the basic Pilates moves while targeting abdominal and pelvic muscles to improve balance, posture, flexibility and core strength. Enjoy this non-impact, mind/body workout using mats (provided). This class is appropriate for beginners.

49506 M 1/5-3/16 8:45-9:30 AM \$57/\$71/\$85  
Thomas Farm CC/TBA

# Seniors

## Senior Pilates - Intermediate

Participants should have a basic knowledge of Pilates movements and breathing. Strengthening and stretching exercises will target abdominal and pelvic muscles to improve balance, posture, flexibility and core strength.

49504	Tu	1/6-3/3	2:15-3 PM	\$57/\$71/\$85
49505	Tu & Th	1/6-3/5	2:15-3 PM	\$98/\$122/\$147

Exercise Room/Klopfer

## Senior Sculpt

It's never too late to build muscle. Work all your major muscle groups with the use of weights, bands and tubes. The instructor will guide you through each movement with specific instructions. All movements will be appropriate for seniors. This class includes work on the mat.

49507	F	1/9-3/6	9-9:45 AM	\$38/\$48/\$57
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Thomas Farm CC/Ramsey

## Senior Strength and Stretch

This class begins with 30 minutes of strength training exercises, which includes the use of weights, tubes and bands, as well as core-strengthening mat work. We will finish the class with 15 minutes of yoga, leaving the body stretched and relaxed. This class includes work done on the mat.

49508	F	1/9-3/6	9-9:45 AM	\$40/\$50/\$60
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Exercise Room/Maguire

49969	M	1/5-3/16	6:15-7 PM	\$40/\$50/\$60
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Exercise Room/TBA

## Senior Strength Training

This class is designed to build muscle strength, endurance and improve balance. Instructor will guide you through a variety of movements while working all major muscle groups with the use of weights, bands and tubes. This class includes work done on the mat.

49509	Tu & Th	1/6-3/5	9-9:45 AM	\$64/\$80/\$96
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Exercise Room/Ramsey

## Senior T'ai Chi Ch'uan - Beginner

Combine body movement, breathing and mental awareness to promote health and relaxation. Practiced in slow, circular, continuous movements, this class offers relaxation, breathing techniques and range-of-motion routines. For Senior Center members only.

49511	Tu & Th	1/6-3/5	10-10:50 AM	\$8
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Carnation Room/Gegan

## Senior Triple Challenge

This great class will address the three major components of exercise: cardio conditioning, strength training and flexibility. Receive a total body workout in only an hour. Class can be modified for most fitness levels. This class includes work done on the mat.

49513	W	1/7-3/4	5-6 PM	\$44/\$55/\$66
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Exercise Room/Biedscheid

## Senior Yoga

Yoga is a lifestyle incorporating exercise, diet, proper breathing, relaxation, meditation and positive thinking. Learn gentle stretching and strengthening exercises. Wear comfortable, loose-fitting clothing. Bring a yoga sticky mat.

49514	W & F	1/7-3/6	(W) 9:50-10:50 AM	\$93/\$116/\$139
			(F) 10-11 AM	

Exercise Room/Figlure

## Show Stoppers

A spin-off group from the senior aerobic workout class, the Show Stoppers perform at various functions. If you are interested in learning, practicing and performing choreographed dance routines, join this group and be a star.

49516	Tu & F	1/20-3/20	12:15-1 PM	Free
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Carnation Room/Riggs



# Seniors



## Stress Reduction and Meditation

Are you stressed? Does anxiety cause you to feel nervous and keep you awake at night? This class will give you the tools to focus, relax, and come to a more peaceful sense of being. Betty Figlure has taught meditation, guided imagery and stress reduction classes for over 28 years.

49559 M 1/5-3/16 1-2 PM \$30/\$35/\$40  
Blossom Room

## Total Conditioning Workout

This strength building, non-cardio fitness class is designed to improve strength, flexibility and balance using hand-held weights, bands and tubes. Intensity may be modified to suit most fitness levels. This class includes mat work.

49524 M 1/5-3/16 9-9:45 AM \$44/\$55/\$66  
49525 F 1/9-3/6 12:15-1 PM \$44/\$55/\$66  
Exercise Room Both Sides/Klopfer

## Triple Zen *New*

Experience the benefits of flexibility through yoga while gaining core strength and conditioning through Pilates in this fusion class, performed in a flowing pattern. Bring a yoga sticky mat.

49970 M 1/5-3/16 12:15-1 PM \$45/\$56/\$67  
Lounge/Maguire

## Yo-Chi *New*

This mind-body class combines standing and floor-based yoga postures with Chinese T'ai Chi movement patterns for the arms and legs. This fusion program will improve stability, strength, mobility and flexibility by combining the two oldest mind-body programs. Bring a yoga sticky mat.

49968 M 1/12-3/23 2:10-2:50 PM \$30/\$37/\$43  
Exercise Room/Serrano Gonzalez

## Yoga Flow

Sequence through basic yoga poses, including Warrior 2, Chair, and Tree pose, in a slow-to-moderate flow pattern. This yoga practice begins with a warm-up and ends with a relaxation period. Please bring a yoga sticky mat.

49527 Tu & Th 1/6-3/5 1-2 PM \$65/\$81/\$98  
Exercise Room/Serrano Gonzalez

## Yoga-lates on the Ball

Tone, strengthen and stretch your muscles in this dynamic total body conditioning workout utilizing the stability ball. Learn a variety of creative exercises that challenge both mind and body. Increase body awareness, balance and coordination through core stability, using yoga and Pilates.

49528 W 1/7-3/4 8:45-9:30 AM \$48/\$59/\$68  
Exercise Room/TBA

## Zumba Gold

This easy Latin and internationally-inspired program is designed for beginners. It creates a party-like atmosphere that is fun, different and effective. Zumba Gold is great for the body and soul and provides a total body workout.

49530 M 1/5-3/16 5-6 PM \$33/\$41/\$48  
49966 Sa 1/10-3/7 11 AM-12 PM \$33/\$41/\$48  
Exercise Room/Riggs/Brandstadter





# Seniors

## Sports - Instructional

**We recommend bringing a water bottle to all sports programs.**



### Badminton

Learn to play or improve your game. Play is held at Twinbrook Community Recreation Center which has a wood floor court for badminton. Free to Senior Center members and Rockville residents. (Ongoing)

49477 W & F 1/7-4/24 8:45-9:45 AM Free  
Twinbrook CC Gymnasium

### Table Tennis - Beginner

This class is for those with little or no experience who want to learn techniques, basic rules and scoring. Not only is it fun to play, but the game also helps increase dexterity, flexibility, coordination and reflexes. Paddles and balls available.

49520 M 1/26-3/9 1-2 PM \$28/\$35/\$42  
Game Room/TBA

### Table Tennis - Intermediate

This class is for those who have experienced playing and basic knowledge of the rules and scoring. The game is fun to play and it also aids in dexterity, flexibility and coordination. Paddles and balls available.

49519 W 1/21-2/25 1-2 PM \$28/\$35/\$42  
Game Room/TBA

### Table Tennis - Advanced

This class is for those players who have advanced beyond the intermediate level of play. Participants must have a strong knowledge of rules and scoring. Paddles and balls available.

49518 F 1/23-2/27 1-2 PM \$28/\$35/\$42  
Game Room/TBA

### Table Tennis Tournament

It's time to show us what you've got! Let's all get together for a friendly table tennis competition. Everyone must register for this activity and be a Senior Center Member.

49521 Th 3/26 1-3:30 PM Free  
Carnation Room/TBA

## Wii Play

Come bowl, play golf, baseball or tennis or try your fists at boxing - all through the game system, Wii. The light-weight remote is the key to these fun interactive games. Come and join the games on Friday mornings. Senior Center members only.

49526 F 1/9-3/6 10 AM-12 PM Free  
Board Room/TBA

## Sports - Leagues

**We recommend bringing a water bottle to all league practices and games.**



### Game Room Activities

Play pool and table tennis daily in our game room. Open Monday and Wednesday 8:30 a.m.- 7 p.m., Tuesday, Thursday and Friday, 8:30 a.m.- 5 p.m. and Saturday, 8:30 a.m.- 2:45 p.m. Practice games, clinics, instruction and tournaments are held regularly. Table Tennis is available at Twinbrook Community Recreation Center on Wednesday, 9-10 a.m. For members only.

49488 M-Sa 1/5-4/11 Times above Free  
Game Room

### Newcomb Volleyball

Join us for a different kind of volleyball in which players toss and catch the ball instead of hitting it over the net. Beginners, as well as experienced players, are welcome. Free to Senior Center members and Rockville residents. (Ongoing)

49490 W & F 1/7-4/24 10-11 AM Free/\$10  
Thomas Farm Gymnasium

### Ten Pin Rockin' Rollers

When was the last time someone cheered for you? Come out and bowl with us. New members welcome. Note: Weekly \$8.75 fee is payable directly to Bowl America (Clopper Road, Gaithersburg) on day of play. Includes three games and shoe rental.

49522 Th 1/8-3/26 1-3 PM Free  
Bowling Alley/Jaques

# Seniors

## Trips

### TRIP REGISTRATION



#### In-Person Lottery

**Thursday, Jan. 8, 10:30 a.m.**

Senior Center Members and Residents  
Numbers distributed random order, 10:15 a.m.

**Friday, Jan. 9**

Nonresidents and Nonmembers  
Registrations accepted at Senior Center only.

Individuals may register for themselves and one other person.

### Maryland Live! Casino *New*

Join us for a trip to Maryland Live Casino! This world-class casino, located at the Arundel Mills Mall, has Vegas-style slot machines and electronic table games. Lunch will be on your own with choices such as The Cheesecake Factory, Phillips Seafood, Bobby Flay's Burger Palace and more. Trip includes leadership and charter bus transportation. Note: Package availability will be announced at trip registration.

49636 Th 1/29 9 AM-3 PM \$32/\$40/\$46  
Departs: Glenview Mansion



### Smithsonian National Museum of African Art *New*

The Museum celebrates its 50th anniversary with a special exhibition of works from the collection of Bill and Camille Cosby. The Cosbys began what has become arguably the most renowned private collection of African-American art in the world more than four decades ago as an imperative to preserve cultural history. We will have a special tour of the exhibition and time to view other collections at the Museum. Trip will include: charter bus transportation and leadership. Bring a bag lunch for the ride home. Drinks and dessert will be provided.

49637 Tu 2/10 9 AM-3 PM \$32/\$40/\$46  
Departs: Glenview Mansion

### Liberty Mountain - Snow Tubing *New*

Whoosh - here we go!! We're off to Boulder Ridge Snow Tubing at Liberty Mountain for an exciting winter trip. Join us for two hours of tubing, followed by a pizza party to celebrate our great adventure. Trip includes: leadership, ticket, lunch and bus transportation.

49635 F 2/20 9:30 AM-3 PM \$52/\$65/\$75  
Departs: Glenview Mansion

### Blithe Spirit at the National *New*

The National Theatre will present Noel Coward's 'Blithe Spirit' starring the one and only Dame Angela Lansbury. We have orchestra seats to see this five-time Tony Award winning actress and TV icon in a classic comedy that will only be presented in four North American cities. Trip includes: orchestra seat, charter bus transportation and leadership.

49638 Tu 3/24 6-11 PM \$98/\$120/\$138  
Departs: Glenview Mansion

# Aquatics

## Rockville Swim and Fitness Center

355 Martins Lane, Rockville, MD 20850  
[www.rockvillemd.gov/swimcenter](http://www.rockvillemd.gov/swimcenter)  
240-314-8750



The Swim Center has two indoor and two outdoor pools, outside interactive "sprayground," 150-foot waterslide, dry saunas, whirlpool and fitness center and meeting rooms. Several types of memberships are available or a daily admission pass can be purchased. Pool memberships must be up-to-date to receive the discounted rate for classes.

**No classes 4/4 - 4/10/14**

Fees:

M = RSFC Member • NM = Non-RSFC Member

### Registration Procedures

**Swim Center members**

Thursday, Dec. 4, 8:30 a.m.

**Swim Center Non-members**

Tuesday, Dec. 9, 8:30 a.m.

**Registration Deadline**  
**One week prior to start date**

To be eligible for a membership discount, participants registering for a course must have an annual, winter or summer membership for aquatics or the full facility. See [www.rockvillemd.gov/swimcenterfeeschedule](http://www.rockvillemd.gov/swimcenterfeeschedule) 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: \$10 withdrawal fee for all refunds; \$5 transfer fee.

**Mail to:**

Swimming Lessons  
RSFC  
355 Martins Lane  
Rockville, MD 20850

**Fax to:**

Swimming Lessons  
240-314-8759

## Check Out Our Fitness Room

### Featuring:

- Rowing Machines
- 4 - Treadmills
- 4 - Elliptical Machines
- 2 - Recumbent Bikes
- 2 - Step/Climber Machines
- 13 pieces - Single Station Strength Training Equipment and Free Weights
- Meeting Room and Kitchenette (available for rentals and parties)

**240-314-8750**

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





# Aquatics

## Adult/Child Swim

**An adult must accompany each child into the water for every adult/child program. A signed doctor's note is required for the first class (either on the doctor's letterhead or a prescription pad.) The City does not provide a form for this purpose. Note: non-toilet trained children must wear a swim diaper under tight-fitting vinyl pants. Pants are on sale at the Center.**

### Bubblers 1

Introduce your baby to the water in a relaxed and playful manner. Learn basic skills and water safety.

Age: 6-18 months			M/NM
49253	Sa 1/3-2/14	10:50-11:20 AM	\$62/\$78
49254	Su 1/4-2/15	10:15-10:45 AM	\$62/\$78
49252	Tu 1/6-2/17	9-9:30 AM	\$62/\$78
49257	Tu 2/24-4/14	9-9:30 AM	\$62/\$78
49255	Sa 2/28-4/18	10:50-11:20 AM	\$62/\$78
49256	Su 3/1-4/19	10:15-10:45 AM	\$62/\$78

### Bubblers 2

Tots with little or no experience are welcome. Children will learn the basics of swimming such as submerging, floating, kicking and arm stroking.

Age: 18 months -3 years			M/NM
49259	Sa 1/3-2/14	10:15-10:45 AM	\$62/\$78
49260	Su 1/4-2/15	9:40-10:10 AM	\$62/\$78
49261	Su 1/4-2/15	11:25-11:55 AM	\$62/\$78
49262	M 1/5-2/16	2-2:30 PM	\$62/\$78
49258	Th 1/8-2/19	9-9:30 AM	\$62/\$78
49266	M 2/23-4/13	2-2:30 PM	\$62/\$78
49267	Th 2/26-4/16	9-9:30 AM	\$62/\$78
49263	Sa 2/28-4/18	10:15-10:45 AM	\$62/\$78
49264	Su 3/1-4/19	9:40-10:10 AM	\$62/\$78
49265	Su 3/1-4/19	11:25-11:55 AM	\$62/\$78

### Bobbers 1

Along with an adult, children will learn to adjust to the water. They will also learn simple water skills, such as submerging, floating, kicking and arm stroking.

Age: 3-5			M/NM
49234	Sa 1/3-2/14	9:05-9:35 AM	\$62/\$78
49235	Sa 1/3-2/14	11:25-11:55 AM	\$62/\$78
49236	Su 1/4-2/15	9:05-9:35 AM	\$62/\$78
49237	Su 1/4-2/15	10:50-11:20 AM	\$62/\$78
49232	W 1/7-2/18	2-2:30 PM	\$62/\$78
49233	Th 1/8-2/19	9:30-10 AM	\$62/\$78

49238	W 2/25-4/15	2-2:30 PM	\$62/\$78
49239	Th 2/26-4/16	9:30-10 AM	\$62/\$78
49242	Sa 2/28-4/18	11:25-11:55 AM	\$62/\$78
49243	Sa 2/28-4/18	9:05-9:35 AM	\$62/\$78
49240	Su 3/1-4/19	9:05-9:35 AM	\$62/\$78
49241	Su 3/1-4/19	10:50-11:20 AM	\$62/\$78

### Bobbers 2

Children who already know how to do a front float with a kick should sign up for this class. They will work on back floats, combining parts of the crawl stroke and endurance. Work in the deep end is done as well.

Age: 3-5			M/NM
49245	Sa 1/3-2/14	8:30-9 AM	\$62/\$78
49246	Sa 1/3-2/14	9:40-10:10 AM	\$62/\$78
49247	Su 1/4-2/15	8:30-9 AM	\$62/\$78
49244	Tu 1/6-2/17	9:30-10 AM	\$62/\$78
49251	Tu 2/24-4/14	9:30-10 AM	\$62/\$78
49248	Sa 2/28-4/18	8:30-9 AM	\$62/\$78
49249	Sa 2/28-4/18	9:40-10:10 AM	\$62/\$78
49250	Su 3/1-4/19	8:30-9 AM	\$62/\$78

### Fearful Floaters

This class is intended for children who have a reluctance to participate in a Floaters 1 class, but are ready to try a class without adult participation. Taught at a slower pace, it stresses water adjustment and comfort putting their face in water. To ease your child's anxiety, adults will remain on deck for the duration of the lesson.

Age: 4-6			M/NM
49276	M 1/5-2/16	4:40-5:10 PM	\$67/\$84
49277	W 1/7-2/18	4:40-5:10 PM	\$67/\$84
49278	M 2/23-4/13	4:40-5:10 PM	\$67/\$84
49279	W 2/25-4/15	4:40-5:10 PM	\$67/\$84



# Aquatics

## Preschool Swim

**We love parents ... but in order to assist us in offering a quality program for your preschooler, we ask that you do not remain at the class unless it is otherwise stated in the description. Experience has shown that preschoolers are easily distracted due to their short attention spans. Note: Registration deadline for all activities is two weeks prior to the start of the class, unless otherwise noted.**

### Floater 1

This class is designed for children who need to become adjusted to the water. They will learn to do front and back floats, kick and stroke as well as put their face in the water. Children will learn to swim five yards on their front and back.

Age: 4-6			M/NM
49280 Sa	1/3-2/14	9-9:40 AM	\$67/\$84
49282 Sa	1/3-2/14	10:30-11:10 AM	\$67/\$84
49283 Sa	1/3-2/14	11:15-11:55 AM	\$67/\$84
49288 Su	1/4-2/15	9-9:40 AM	\$67/\$84
49289 Su	1/4-2/15	9:45-10:25 AM	\$67/\$84
49290 Su	1/4-2/15	10:30-11:10 AM	\$67/\$84
49291 Su	1/4-2/15	11:15-11:55 AM	\$67/\$84
49286 M	1/5-2/16	3:30-4 PM	\$67/\$84
49292 M	1/5-2/16	4:05-4:35 PM	\$67/\$84
49281 Tu	1/6-2/17	4:30-5 PM	\$67/\$84
49285 Tu	1/6-2/17	5:05-5:35 PM	\$67/\$84
49287 Tu	1/6-2/17	5:40-6:10 PM	\$67/\$84
49301 W	1/7-2/18	4:05-4:35 PM	\$67/\$84
49302 Th	1/8-2/19	5:40-6:10 PM	\$67/\$84
49284 F	1/9-2/20	3:30-4 PM	\$67/\$84
49304 F	1/9-2/20	4:40-5:10 PM	\$67/\$84
49300 M	2/23-4/13	4:05-4:35 PM	\$67/\$84
49305 M	2/23-4/13	3:30-4 PM	\$67/\$84
49303 Tu	2/24-4/14	4:30-5 PM	\$67/\$84
49306 Tu	2/24-4/14	5:05-5:35 PM	\$67/\$84
49307 Tu	2/24-4/14	5:40-6:10 PM	\$67/\$84
49308 W	2/25-4/15	4:05-4:35 PM	\$67/\$84
49309 Th	2/26-4/16	5:40-6:10 PM	\$67/\$84
49310 F	2/27-4/17	3:30-4 PM	\$67/\$84
49311 F	2/27-4/17	4:40-5:10 PM	\$67/\$84
49293 Sa	2/28-4/18	9-9:40 AM	\$67/\$84
49294 Sa	2/28-4/18	10:30-11:10 AM	\$67/\$84
49299 Sa	2/28-4/18	11:15-11:55 AM	\$67/\$84
49295 Su	3/1-4/19	9-9:40 AM	\$67/\$84
49296 Su	3/1-4/19	9:45-10:25 AM	\$67/\$84
49297 Su	3/1-4/19	10:30-11:10 AM	\$67/\$84
49298 Su	3/1-4/19	11:15-11:55 AM	\$67/\$84

### Floater 2

Children who are comfortable in the water, can submerge for 5-10 seconds and know how to swim five yards on their front and back should take this class. They will continue to work on and develop basic swimming skills, such as front and back glides, kicking, arm strokes and rhythmic breathing.

Age: 4-6			M/NM
49319 Sa	1/3-2/14	9:45-10:25 AM	\$67/\$84
49320 Sa	1/3-2/14	11:15-11:55 AM	\$67/\$84
49321 Su	1/4-2/15	9:45-10:25 AM	\$67/\$84
49322 Su	1/4-2/15	11:15-11:55 AM	\$67/\$84
49312 M	1/5-2/16	4:05-4:35 PM	\$67/\$84
49313 Tu	1/6-2/17	5:05-5:35 PM	\$67/\$84
49314 W	1/7-2/18	3:30-4 PM	\$67/\$84
49315 Th	1/8-2/19	4:30-5 PM	\$67/\$84
49316 Th	1/8-2/19	5:05-5:35 PM	\$67/\$84
49317 F	1/9-2/20	3:30-4 PM	\$67/\$84
49318 F	1/9-2/20	4:05-4:35 PM	\$67/\$84
49329 M	2/23-4/13	4:05-4:35 PM	\$67/\$84
49330 Tu	2/24-4/14	5:05-5:35 PM	\$67/\$84
49331 W	2/25-4/15	3:30-4 PM	\$67/\$84
49332 Th	2/26-4/16	4:30-5 PM	\$67/\$84
49333 Th	2/26-4/16	5:05-5:35 PM	\$67/\$84
49334 F	2/27-4/17	3:30-4 PM	\$67/\$84
49335 F	2/27-4/17	4:05-4:35 PM	\$67/\$84
49323 Sa	2/28-4/18	9:45-10:25 AM	\$67/\$84
49324 Sa	2/28-4/18	10:30-11:10 AM	\$67/\$84
49325 Sa	2/28-4/18	11:15-11:55 AM	\$67/\$84
49326 Su	3/1-4/19	9:45-10:25 AM	\$67/\$84
49327 Su	3/1-4/19	10:30-11:10 AM	\$67/\$84
49328 Su	3/1-4/19	11:15-11:55 AM	\$67/\$84



# Aquatics

## Strokers I

Children who can swim a combined stroke on their front and back and can do kicking with arm stroking for at least eight yards should take this class. Stroke development, back crawl, whip kick, treading water and rhythmic breathing will be taught.

Age: 4-7			M/NM
49358 Sa	1/3-2/14	9:45-10:25 AM	\$67/\$84
49359 Su	1/4-2/15	9-9:40 AM	\$67/\$84
49360 Su	1/4-2/15	11:15-11:55 AM	\$67/\$84
49354 M	1/5-2/16	4:40-5:10 PM	\$67/\$84
49355 W	1/7-2/18	4:05-4:35 PM	\$67/\$84
49356 Th	1/8-2/19	5:05-5:35 PM	\$67/\$84
49357 F	1/9-2/20	4:40-5:10 PM	\$67/\$84
49363 M	2/23-4/13	4:40-5:10 PM	\$67/\$84
49365 Th	2/26-4/16	5:05-5:35 PM	\$67/\$84
49366 F	2/27-4/17	4:40-5:10 PM	\$67/\$84
49361 Sa	2/28-4/18	11:15-11:55 AM	\$67/\$84
49362 Su	3/1-4/19	9-9:40 AM	\$67/\$84

## Strokers 2

This class is for children who can swim a coordinated crawl stroke and backstroke for 15 yards and are comfortable in the deep water. They will work on perfecting front/back crawl and treading water. Students will be introduced to elementary backstroke and breaststroke.

Age: 4-7			M/NM
49370 Sa	1/3-2/14	9-9:40 AM	\$67/\$84
49371 Su	1/4-2/15	10:30-11:10 AM	\$67/\$84
49367 Tu	1/6-2/17	5:40-6:10 PM	\$67/\$84
49368 W	1/7-2/18	4:40-5:10 PM	\$67/\$84
49369 Th	1/8-2/19	4:30-5 PM	\$67/\$84
49375 Tu	2/24-4/14	5:40-6:10 PM	\$67/\$84
49376 W	2/25-4/15	4:05-4:35 PM	\$67/\$84
49377 Th	2/26-4/16	4:30-5 PM	\$67/\$84
49372 Sa	2/28-4/18	9:45-10:25 AM	\$67/\$84
49373 Sa	2/28-4/18	10:30-11:10 AM	\$67/\$84
49374 Su	3/1-4/19	11:15-11:55 AM	\$67/\$84

## Mini Swim Team Prep

Children should be able to swim 25 yards of freestyle and back stroke. A legal competitive breaststroke will be taught as well as an introduction to butterfly. Children are encouraged to take this course prior to registering for swim team.

Age: 5-7			M/NM
49344 Th	1/8-2/19	5:40-6:10 PM	\$67/\$84
49346 W	2/25-4/15	4:40-5:10 PM	\$67/\$84
49347 Th	2/26-4/16	5:40-6:10 PM	\$67/\$84
49345 Sa	2/28-4/18	9:45-10:25 AM	\$67/\$84

## Children/Teen Swim

**We love parents . . . but to assist us in offering quality programs for children, we ask that parents wait in the lobby during classes. Experience has shown that children are easily distracted because of their short attention spans.**

### Youth I

Water adjustment is the focus of this class. Children will be introduced to front and back floats, kicking, arm stroking, blowing bubbles and swimming five yards front and back. Children must also be able to put their face all the way in the water and must be comfortable with all of these skills prior to moving on to Youth 2.

Age: 7+			M/NM
49404 Sa	1/3-2/14	9:45-10:25 AM	\$62/\$77
49405 Sa	1/3-2/14	10:30-11:10 AM	\$62/\$77
49406 Su	1/4-2/15	10:30-11:10 AM	\$62/\$77
49407 Su	1/4-2/15	12-12:40 PM	\$62/\$77
49402 W	1/7-2/18	3:30-4 PM	\$62/\$77
49403 F	1/9-2/20	4:05-4:35 PM	\$62/\$77
49411 W	2/25-4/15	3:30-4 PM	\$62/\$77
49412 F	2/27-4/17	4:05-4:35 PM	\$62/\$77
49408 Sa	2/28-4/18	9-9:40 AM	\$62/\$77
49409 Su	3/1-4/19	10:30-11:10 AM	\$62/\$77
49410 Su	3/1-4/19	12-12:40 PM	\$62/\$77

### Youth 2

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

Age: 7+			M/NM
49414 Sa	1/3-2/14	9-9:40 AM	\$62/\$77
49415 Sa	1/3-2/14	10:30-11:10 AM	\$62/\$77
49416 Su	1/4-2/15	9-9:40 AM	\$62/\$77
49417 Su	1/4-2/15	12-12:40 PM	\$62/\$77
49418 M	1/5-2/16	3:30-4 PM	\$62/\$77
49413 Tu	1/6-2/17	4:30-5 PM	\$62/\$77
49422 M	2/23-4/13	3:30-4 PM	\$62/\$77
49423 Tu	2/24-4/14	4:30-5 PM	\$62/\$77
49419 Sa	2/28-4/18	9:45-10:25 AM	\$62/\$77
49420 Su	3/1-4/19	9-9:40 AM	\$62/\$77
49421 Su	3/1-4/19	12-12:40 PM	\$62/\$77



# Aquatics

## Youth 3

Children who can swim a combined stroke for five yards (kicking while moving their arms) on their front and back should take this class. Children will learn back crawl, whip kick, rhythmic breathing, how to tread water and improve their stroke.

Age: 7+			M/NM
49424 Sa	1/3-2/14	9-9:40 AM	\$62/\$77
49425 Su	1/4-2/15	9:45-10:25 AM	\$62/\$77
49426 Su	1/4-2/15	10:30-11:10 AM	\$62/\$77
49427 Su	1/4-2/15	12-12:40 PM	\$62/\$77
49428 Sa	2/28-4/18	9-9:40 AM	\$62/\$77
49429 Sa	2/28-4/18	10:30-11:10 AM	\$62/\$77
49430 Su	3/1-4/19	9-9:40 AM	\$62/\$77
49431 Su	3/1-4/19	9:45-10:25 AM	\$62/\$77
49432 Su	3/1-4/19	10:30-11:10 AM	\$62/\$77
49433 Su	3/1-4/19	12-12:40 PM	\$62/\$77

## Youth 4

Children who are comfortable in the water and can swim a coordinated crawl stroke and backstroke for 15 yards should take this class. Children will work on perfecting front and back crawl and treading water. Elementary back stroke and breaststroke as well as butterfly arms will be introduced.

Age: 7+			M/NM
49434 Sa	1/3-2/14	10:30-11:10 AM	\$62/\$77
49435 Sa	1/3-2/14	11:15-11:55 AM	\$62/\$77
49436 Su	1/4-2/15	9-9:40 AM	\$62/\$77
49437 Su	1/4-2/15	12-12:40 PM	\$62/\$77
49438 Su	1/4-2/15	11:15-11:55 AM	\$62/\$77
49439 Sa	2/28-4/18	9-9:40 AM	\$62/\$77
49440 Sa	2/28-4/18	9:45-10:25 AM	\$62/\$77
49441 Sa	2/28-4/18	11:15-11:55 AM	\$62/\$77
49442 Su	3/1-4/19	9:45-10:25 AM	\$62/\$77
49443 Su	3/1-4/19	11:15-11:55 AM	\$62/\$77

## Youth 5

This class is for children who can swim one length of front crawl, back crawl and swim 15 yards of elementary backstroke in good form as well as tread water, dive into and swim in deep water. Children will learn breaststroke and sidestroke. All other previously learned strokes will be refined.

Age: 7+			M/NM
49444 Sa	1/3-2/14	9-9:40 AM	\$62/\$77
49445 Sa	1/3-2/14	11:15-11:55 AM	\$62/\$77
49446 Su	1/4-2/15	9-9:40 AM	\$62/\$77
49447 Su	1/4-2/15	9:45-10:25 AM	\$62/\$77

49448 Su	1/4-2/15	11:15-11:55 AM	\$62/\$77
49449 Sa	2/28-4/18	9-9:40 AM	\$62/\$77
49450 Sa	2/28-4/18	9:45-10:25 AM	\$62/\$77
49451 Sa	2/28-4/18	11:15-11:55 AM	\$62/\$77
49452 Su	3/1-4/19	9-9:40 AM	\$62/\$77
49453 Su	3/1-4/19	9:45-10:25 AM	\$62/\$77
49454 Su	3/1-4/19	12-12:40 PM	\$62/\$77

## Youth 6

This class requires the ability to swim two lengths (50 yards) of front crawl, back crawl and 15 yards of side stroke, all in good form. Children will work on breaststroke, turns and the dolphin kick in addition to refining other strokes.

Age: 7+			M/NM
49455 Sa	1/3-2/14	9:45-10:25 AM	\$62/\$77
49456 Sa	1/3-2/14	11:15-11:55 AM	\$62/\$77
49457 Su	1/4-2/15	9:45-10:25 AM	\$62/\$77
49458 Su	1/4-2/15	10:30-11:10 AM	\$62/\$77
49459 Sa	2/28-4/18	9-9:40 AM	\$62/\$77
49460 Sa	2/28-4/18	10:30-11:10 AM	\$62/\$77
49461 Su	3/1-4/19	9-9:40 AM	\$62/\$77
49462 Su	3/1-4/19	11:15-11:55 AM	\$62/\$77

## Youth 7

Swimmers able to swim four lengths (100 yards) of freestyle, backstroke and one full length (25 yards) of breaststroke should take this class. Children will work on stroke improvement, endurance, butterfly, turns and racing dives. Prerequisite: Youth 5 and 6

Age: 7+			M/NM
49463 Sa	1/3-2/14	10:30-11:10 AM	\$62/\$77
49464 Su	1/4-2/15	9-9:40 AM	\$62/\$77
49465 Su	1/4-2/15	11:15-11:55 AM	\$62/\$77
49466 Su	1/4-2/15	12-12:40 PM	\$62/\$77
49467 Sa	2/28-4/18	10:30-11:10 AM	\$62/\$77
49468 Su	3/1-4/19	10:30-11:10 AM	\$62/\$77
49469 Su	3/1-4/19	12-12:40 PM	\$62/\$77



# Aquatics



## Swim 4 Fitness for Teens

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

Age: 12-17			M/NM
49382 Su	1/4-2/15	12-12:45 PM	\$62/\$77
49383 Su	3/1-4/19	12-12:45 PM	\$62/\$77

## Swim Team Prep

Swimmers must be able to swim four lengths (100 yards) of a coordinated freestyle, backstroke and breaststroke and one length (25 yards) of butterfly. Speed and endurance will be emphasized as well as turns and racing starts.

Prerequisite: Youth 6 and 7

Age: 7+			M/NM
49384 Sa	1/3-2/14	9:45-10:25 AM	\$62/\$77
49385 Su	1/4-2/15	9:45-10:25 AM	\$62/\$77
49386 Su	1/4-2/15	10:30-11:10 AM	\$62/\$77
49387 Sa	2/28-4/18	11:15-11:55 AM	\$62/\$77
49388 Su	3/1-4/19	9:45-10:25 AM	\$62/\$77
49389 Su	3/1-4/19	10:30-11:10 AM	\$62/\$77
49390 Su	3/1-4/19	11:15-11:55 AM	\$62/\$77

## Triathlon Training for Kids - Beginner

Designed to introduce kids to the swimming component of a triathlon, this class will teach the competition basics. Kids will improve their freestyle while also learning triathlon-specific skills, including sighting, drafting, passing and managing turns at buoys, as well as what to expect at the start of a race. Participants must be capable of swimming 100 meters of freestyle without stopping.

Age: 7-12			M/NM
49396 Sa	1/3-1/17	6:30-7:25 PM	\$27/\$30

## Triathlon Training for Kids - Intermediate

Designed to improve the swimming component for your young triathlete, this class will reinforce the competition basics. Kids will improve their freestyle while learning triathlon-specific skills, including sighting, drafting, passing and managing turns at buoys, as well as what to expect at the start of a race. Participants must be capable of swimming 200 meters of freestyle without stopping. Previous racing history is helpful.

Age: 7-12			M/NM
49397 Sa	1/3-2/14	7:30-8:25 PM	\$62/\$70
49398 Sa	2/28-4/18	7:30-8:25 PM	\$62/\$70

## Adult Swim

### Adult Beginner I

This is an aquatic orientation class. Adults will be introduced to basic swimming skills such as front and back floats, kicking, arm strokes and rhythmic breathing.

Age: 14+			M/NM
49199 Tu	1/6-2/17	8:25-9:10 PM	\$62/\$77
49200 W	1/7-2/18	8:35-9:20 PM	\$62/\$77
49201 Tu	2/24-4/14	8:25-9:10 PM	\$62/\$77
49202 W	2/25-4/15	8:35-9:20 PM	\$62/\$77

### Adult Beginner 2

This class is designed for adults who have been introduced to the basics of swimming but need to work on stroke coordination and rhythmic breathing. Treading water and breaststroke will be demonstrated.

Prerequisite: Adult Beginner 1

Age: 14+			M/NM
49203 W	1/7-2/18	8:35-9:20 PM	\$62/\$77
49204 Th	1/8-2/19	8:25-9:10 PM	\$62/\$77
49205 W	2/25-4/15	8:35-9:20 PM	\$62/\$77
49206 Th	2/26-4/16	8:25-9:10 PM	\$62/\$77



# Aquatics

## 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.

Prerequisite: Adult Beginner 2

Age: 14+			M/NM
49207 Tu	1/6-2/17	8:25-9:10 PM	\$62/\$77
49208 Tu	2/24-4/14	8:25-9:10 PM	\$62/\$77

## Adult Beginner 4

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

Age: 14+			M/NM
49209 Th	1/8-2/19	8:25-9:10 PM	\$62/\$77
49210 Th	2/26-4/16	8:25-9:10 PM	\$62/\$77

## Adult Stroke Correction

Swimmers who have perfected the basics but need to refine their strokes should take this class. Backstroke, free style, breaststroke, elementary backstroke and sidestroke will be further developed. Endurance and breathing are stressed. These sessions are not for beginners.

Prerequisite: Adult Beginner 4

Age: 14+			M/NM
49213 Tu	1/6-2/17	11:10-11:55 AM	\$62/\$77
49211 Th	1/8-2/19	11:10-11:55 AM	\$62/\$77
49214 Tu	2/24-4/14	11:10-11:55 AM	\$62/\$77
49212 Th	2/26-4/16	11:10-11:55 AM	\$62/\$77



## Adult Water Fitness

### Aqua Blast

Start your day off right with a fast-paced, early morning deep water exercise class. This no impact, high energy workout will tone your muscles while improving endurance with an emphasis on cardiovascular training. Includes abdominal and barbell work. Equipment will be provided.

Age: 18+			M/NM
49215 Tu & Th	1/6-4/16	6:35-7:20 AM	\$131/\$158

### Aqua Boot Camp

This fast-paced class will help you reach your fitness goals now! The exercises are performed in deep water and regardless of your age, size or fitness level, you can achieve very noticeable results. Great for those whose schedules allow just one day a week to attend or as a challenging addition to some of our other programs.

Age: 14+			M/NM
49217 M	1/5-4/13	10:15-11 AM	\$66/\$80
49218 W	1/7-4/15	10:15-11 AM	\$66/\$80
49216 F	1/9-4/17	10:15-11 AM	\$66/\$80

### Aqua Fitness

This low-impact, high-intensity program is designed to improve flexibility, range of motion, strength, muscle tone, posture and cardiovascular endurance all while burning calories! Exercises are performed in chest-deep water to music. Styrofoam barbells and/or pool noodles may be used and will be provided.

Age: 16+			M/NM
49219 M & W	1/5-4/15	8:30-9:15 AM	\$131/\$158
49220 Tu & Th	1/6-4/16	8:30-9:15 AM	\$131/\$158
49222 Tu & Th	1/6-4/16	9:15-10 AM	\$131/\$158
49221 W & F	1/7-4/17	8:30-9:15 AM	\$131/\$158
49223 F	1/9-4/17	8:30-9:15 AM	\$66/\$80

### Aqua Power 3/4 Hour

This vigorous shallow water class was developed from current scientific research supporting high intensity intervals (specifically timed, fast paced motions alternating with slower paced moves) as an efficient way to increase your metabolism and burn fat.

Age: 16+			M/NM
49224 M	1/5-4/13	9:15-10 AM	\$66/\$80
49225 W	1/7-4/15	9:15-10 AM	\$66/\$80



# Aquatics



## Aqua Zumba

This high energy, low impact water fitness class incorporates Latin music and dance moves while toning, sculpting and burning fat. This workout is for men and women and requires no swimming skills.

Age: 15+			M/NM
49823 Tu	1/6-4/14	10:15-11 AM	\$66/\$80
49229 Th	1/8-4/16	10:15-11 AM	\$66/\$80
49230 F	1/9-4/17	9:15-10 AM	\$66/\$80

## Deep Water Running and Conditioning

This program emphasizes cardiovascular strength and endurance as well as flexibility, range of motion and core strength. Classes are held in the deep water and participants use flotation belts. No swimming skills are necessary. Program will benefit runners and other active exercisers who are looking for a challenging workout.

Age: 18+			M/NM
49268 Tu	1/6-4/14	10:10-10:55 AM	\$66/\$80
49270 Tu & Th	1/6-4/16	10:10-10:55 AM	\$131/\$158
49269 Th	1/8-4/16	10:10-10:55 AM	\$66/\$80

## Deep Water Workout

Enjoy a class taught in the deep end of the South Pool. Ideal for participants who need a non-impact workout. Strengthen your core muscles and get an excellent workout without adding any stress to knee or hip joints. Flotation belts are used.

Age: 16+			M/NM
49271 M	1/5-4/13	9:15-10 AM	\$66/\$80
49272 Tu	1/6-4/14	7:40-8:25 PM	\$66/\$80
49273 W	1/7-4/15	9:15-10 AM	\$66/\$80
49274 Th	1/8-4/16	7:40-8:25 PM	\$66/\$80
49275 F	1/9-4/17	9:15-10 AM	\$66/\$80

## H2O Walking

Did you know thirty minutes of water walking equals two hours of land walking? Join this fitness program which includes walking in waist-to-chest deep water using different steps and directions at varying speeds to achieve cardio-respiratory fitness. Taught in chest deep and shallow water. Music is used.

Age: 15+			M/NM
49336 M	1/5-4/13	9:20-10:05 AM	\$66/\$80
49337 Tu	1/6-4/14	7:40-8:25 PM	\$66/\$80
49338 W	1/7-4/15	9:20-10:05 AM	\$66/\$80
49339 Th	1/8-4/16	7:40-8:25 PM	\$66/\$80
49340 F	1/9-4/17	9:20-10:05 AM	\$66/\$80

## Swim 4 Fitness

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

Age: 15+			M/NM4
49379 Tu	1/6-4/14	9:15-10 PM	\$70/\$86
49378 Tu	1/6-4/14	11:10-11:55 AM	\$70/\$86
49380 Th	1/8-4/16	11:10-11:55 AM	\$70/\$86
49381 Th	1/8-4/16	9:15-10 PM	\$70/\$86

## 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 will be emphasized. Race management and open water skills (drafting/close-contact, pack swimming) will be discussed and practiced. Participants should be capable of swimming 200 yards of continuous freestyle.

Age: 16+			M/NM
49391 Su	1/4-2/15	7-8:30 PM	\$93/\$105
49392 Su	3/1-4/19	7-8:30 PM	\$93/\$105

# SWIM CENTER CLOSED

## CHRISTMAS DAY NEW YEAR'S DAY

# Aquatics

## Triathlete Swim Speed Development

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

Age: 16+			M/NM
49393 Sa	3/14-4/11	6:30-8 PM	\$53/\$60

## Triathlon Swim Clinic

This clinic 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 will 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: 16+			M/NM
49394 Su	1/4-2/15	8:05-8:55 AM	\$62/\$70
49395 Su	3/1-4/19	8:05-8:55 AM	\$62/\$70

## Twinges in Your Hinges

Designed for, but not limited to, those suffering from arthritis and other related ailments. This low-impact class is geared toward increasing muscle strength, flexibility, range of motion, endurance and balance. Pain reduction and improved cardiovascular fitness are also emphasized.

Age: 14+			M/NM
49399 M & W	1/5-4/15	9:15-10:15 AM	\$147/\$185
49400 Tu & Th	1/6-4/16	8:30-9:30 AM	\$147/\$185

## Senior Swim

**Note: Senior residents pay the member fee.**

### 60 Plus Swim

Need some exercise? This class is taught in the shallow end of the pool and is designed to emphasize stretching and toning. Work out while listening to popular oldies music. No need to swim or even get your hair wet! Some swim equipment used.

Age: 60+			M/NM
49198 Tu & Th	1/6-4/16	2:05-2:50 PM	\$64/\$79

### Senior Aquacize - Beginner

Seniors will benefit from exercising in the water. Ease yourself into the water and get a gentle workout. Join others in this low-impact environment where the water provides gentle resistance to joints and muscles.

Age: 60+			M/NM
49352 M,W & F	1/5-4/17	10:10-10:55 AM	\$94/\$118

### Senior Aquacize - Advanced

This course is similar to Beginner Senior Aquacize, only faster paced.

Age: 60+			M/NM
49351 M,W & F	1/5-4/17	11:05-11:50 AM	\$94/\$118

### Senior Exercise Swim

Stop those aches and pains. Enjoy a program designed to rejuvenate, recondition and strengthen tired, aching bodies. The natural resistance provided by the water is the ideal environment for a gentle, yet dynamic approach to a healthy body.

Age: 60+			M/NM
49353 M & W	1/5-4/15	2:35-3:20 PM	\$64/\$79

## INTRODUCING ADAM GOLDSTEIN



Long time users of the Rockville Swim and Fitness Center have been seeing a new face around the place. Adam Goldstein joined the RSFC staff as Superintendent in October, 2013 and has been working hard to make the Center the best it can be!

Adam comes with years of recreation experience. He started as a volunteer in the City's "Workrecreation" program when he was in middle school and joined our staff at age 15. He worked for the City for over 15 years as a part-time employee. Adam is anxious to usher the Swim Center through the many upgrades and improvements planned over the next few years. Please feel free to stop in and say hello as you enjoy the Center this winter and year round!

# Aquatics

## Special Swim

### Aquatic Doctor's Orders

The doctors have spoken. Now practice what they preach. Water provides a stress-free environment that enables you to continue therapy and rehabilitation. Learn additional skills in this modified exercise program. Tailored to individual needs.

Age: 18+					M/NM
49231 Tu & Th	1/6-4/16	10:10-10:55 AM			\$147/\$185

### Dash and Splash

Looking for a fun challenge? Earn some bragging rights by competing in this event which consists of a 20 minute walk/run on a treadmill followed by a 20 minute swim. You will have 10 minutes to transition between stations. Winners in each age group will be determined by the total distance logged during the competition. Don't be late! Your wave starts and ends on time!

Age: 15+					M/NM
49787 Sa	2/21	8:30-8:50 AM			\$15/\$20
49788 Sa	2/21	9-9:20 AM			\$15/\$20
49789 Sa	2/21	9:30-9:50 AM			\$15/\$20
49790 Sa	2/21	10-10:20 AM			\$15/\$20
49791 Sa	2/21	10:30-10:50 AM			\$15/\$20
49792 Sa	2/21	11-11:20 AM			\$15/\$20
49793 Sa	2/21	11:30-11:50 AM			\$15/\$20
49794 Su	2/22	7:30-7:50 AM			\$15/\$20
49795 Su	2/22	8-8:20 AM			\$15/\$20
49796 Su	2/22	8:30-8:50 AM			\$15/\$20
49797 Su	2/22	9-9:20 AM			\$15/\$20
49798 Su	2/22	9:30-9:50 AM			\$15/\$20
49799 Su	2/22	10-10:20 AM			\$15/\$20
49800 Su	2/22	10:30-10:50 AM			\$15/\$20
49801 Su	2/22	11-11:20 AM			\$15/\$20
49802 Su	2/22	11:30-11:50 AM			\$15/\$20
49803 Su	2/22	12-12:20 PM			\$15/\$20

### Rockville Master's Swimming

This program is designed for swimmers who are competing in the Master's Program of U.S. Swimming, Inc. Those participating in the RMSC group will not be required to attach to RMSC for team purposes. Enjoy a structured workout with a professional coach. Participants are expected to have attained a reasonable level of proficiency in at least two of four competitive strokes.

Age: 18+					M/NM
49348 M,W & F	1/5-4/17	6:30-7:30 AM			\$189/\$231
49349 M & W	1/5-4/15	6:30-7:30 AM			\$140/\$168
49350 M	1/5-4/13	6:30-7:30 AM			\$80/\$96

### Women's Synchronized Swimming

Interested in learning a new sport? Synchronized swimming is an exceptional physical workout. Join us and combine swimming and exercise at the same time. This exciting program will teach water movements and the strokes you need. Class may be split according to ability.

Age: 18+					M/NM
49401 Tu	1/6-4/14	9:40-11 AM			\$102/\$129

## Certification and Training

**Note: For the certification and training classes, there is one fee for members and nonmembers.**

### Lifeguard Training

Participants must be 15 years old by the completion of the course and must attend all classes. Applicants must pass a pre-test (300 yard swim: 100 front crawl, 100 breaststroke, 100 front crawl or breaststroke; and a deep water brick retrieval within 100 seconds). This American Red Cross course will begin at the conclusion of the pre-test. Upon successful completion students will be issued certification in Lifeguarding, First Aid and CPR. Please view our website for up-to-date training schedules. Visit [www.rockvillemd.gov/swimcenter](http://www.rockvillemd.gov/swimcenter).

Age: 15+					M/NM
49341	Days vary	2/20-3/15			\$195
49939	Days vary	3/19-5/14			\$195
49938	Days vary	4/6-4/10			\$195
49940	Days vary	4/25-5/3			\$195

### Lifeguard Training Review

Participants must be 15 years old by the completion of the course and must attend all classes. Applicants must have a current Lifeguard certification and pass a pre-test (300 yard swim: 100 front crawl, 100 breaststroke, 100 front crawl or breaststroke; and a deep water brick retrieval within 100 seconds). This American Red Cross course will begin at the conclusion of the pre-test. Upon successful completion students will be issued certification in Lifeguarding, First Aid and CPR.

Age: 15+					M/NM
49343 Sa-Su	3/21-3/22	3-10:30 PM			\$125
49936 Sa-Su	4/11-4/12	3-10:30 PM			\$125
49342 Sa-Su	4/25-4/26	3-10:30 PM			\$125
49937 Sa-Su	5/9-5/10	3-10:30 PM			\$125



# Cultural Arts

## ROCKVILLE *Student Art Show*



Open to students who live or attend school within City of Rockville corporate limits (Grades K-12).

Students may submit one 2-D or 3-D work of art in any medium. Judging for ribbon awards, by grade level (Grades 4-12).



**Registration/Delivery  
of Artwork**  
Sunday, Feb. 15,  
1:30-3:30 p.m.

All participants receive  
a certificate.

Glenview Mansion Art Gallery  
Rockville Civic Center Park  
603 Edmonston Drive, Rockville, MD 20851

### **Opening Reception**

Sunday, Feb. 22, 1:30-3:30 p.m.

### **Student Artwork on Exhibit**

Feb. 22 - March 5

240-314-8682

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

## JOIN US FOR THE **Holidays**



**Rockville Concert Band**

## **Holiday En Pointe**

Sunday, Dec. 21, 3 p.m.

For information: 240-314-8681



**Rockville Chorus**

## **Holiday Concert**

Sunday, Dec. 21, 7:30 p.m.

For information: 240-314-8682

F. Scott Fitzgerald Theatre  
Rockville Civic Center Park

No tickets required \$5; suggested donation.

## Cultural Arts



### Sunday Afternoon

#### CONCERT SERIES

#### GLENVIEW MANSION

1st Floor Conservatory

**DEC.7, 1-4 P.M.**

#### HOLIDAY OPEN HOUSE

Featuring a variety of musical performances  
and beautiful holiday decorations.



**JAN. 11, 2 P.M.**

Billy Finch presents

#### FRANK SINATRA'S 100'S BIRTHDAY!

Impersonator Billy Finch pays tribute  
to Frank Sinatra

**FEB. 2, 2 P.M.**

#### JAMES MABRY

Acoustic Blues Guitar

**FREE – No tickets required**

240-314-8682

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

### 16th Annual GLENVIEW MANSION WEDDING EXPO

SUNDAY, JAN. 25  
NOON – 4 P.M.



MORE THAN 30 VENDOR EXHIBITS AND  
SAMPLES ON DISPLAY SPECIALIZING IN:

- CATERING
- WEDDING CAKES
- PHOTOGRAPHY
- MUSICAL ENTERTAINMENT
- FLORAL ARRANGEMENTS  
AND SO MUCH MORE!

\$5 ADMISSION AT THE DOOR  
or

PRE-REGISTER IN ROCK ENROLL  
USING COURSE #49030

*Glenview Mansion*

AT ROCKVILLE CIVIC CENTER PARK  
603 EDMONSTON DRIVE  
ROCKVILLE MD 20851  
[WWW.ROCKVILLEMD.GOV/GLENVIEW](http://WWW.ROCKVILLEMD.GOV/GLENVIEW)  
240-314-8660

# Cultural Arts



## F. Scott Fitzgerald Evenings of Literature

Join Jackson Bryer and Eleanor Heginbotham from the F. Scott Fitzgerald Literary Festival to discuss views and examine aspects of works by three different authors. Light refreshments will be served. \$10 per evening, 7-9 p.m.

### ***The Last Tycoon***

by F. Scott Fitzgerald

**Tuesday, Jan. 20**

Monroe Stahr struggles to find love and success in Fitzgerald's unfinished Hollywood novel, considered by some to be a masterpiece.

### ***The Paris Wife***

by Paula McLain

**Tuesday, Feb. 10**

Hadley Richardson and young Ernest Hemingway negotiate their difficult marriage in this *New York Times* best selling novel about expatriates in Paris.

### ***Everybody Was So Young: Gerald and Sara Murphy, A Lost Generation Love Story***

by Amanda Vaill

**Tuesday, March 24**

The "enchanted" Murphys, close friends of the Fitzgeralds and models for the fascinating Divers in *Tender is the Night's* are revealed with other famous residents of the 1920's Riviera and Paris.

### **Conservatory at Glenview Mansion**

Rockville Civic Center Park

603 Edmonston Drive, Rockville, MD 20851

Call Betty Wisda at 240-314-8681 or send an email to [bwisda@rockvillemd.gov](mailto:bwisda@rockvillemd.gov) to reserve a space.

## ROCKVILLE CIVIC BALLET

*Claudia Mangan, Director*



## "The Nutcracker"

**Saturdays, Dec. 6 and 13**  
2 p.m. and 7:30 p.m.

**Sundays, Dec. 7 and 14**  
2 p.m.



## "Spring Production"

**Saturday, March 21, 7:30 p.m.**

**Sunday, March 22, 2 p.m.**

TICKETS \$17 Adults; \$13 Children (ages 12 and younger)  
\$13 Seniors (ages 60 and older)

GROUP RATES \$16.50 - seven or more Adult tickets  
\$12.50 - 10 or more Children/Senior tickets

Assigned seat tickets may be purchased in-person,  
by phone, or by mail order at  
the F. Scott Fitzgerald Theatre Box Office.

**F. SCOTT FITZGERALD THEATRE**  
Rockville Civic Center Park

**FOR TICKETS: 240-314-8690**



## Cultural Arts

### Rockville Concert Band

John Saint Amour, Director

#### 2015 CONCERT SERIES



#### **"Annual Jazz Concert"**

Rockville Swing Band - Guest Ensemble  
February 8 at 3 p.m.

#### **"An American Collage"**

Our favorite works by American composers  
March 15 at 3 p.m.

#### **"Music for All Ages: Reel Music"**

April 12 at 3 p.m.



No tickets required;  
\$5 suggested donation.

F. Scott Fitzgerald Theatre  
Rockville Civic Center Park  
For information: 240-314-8681  
[www.rockvillemd.gov/arts](http://www.rockvillemd.gov/arts)



Art Gallery • 2<sup>nd</sup> floor

### Winter Exhibits

#### **Jan. 11-27**

Colette Kalvesmaki – "Sacred Presence"  
mixed media

F/I.4 - "Richly Black & White" photography

Michael Ian Goulding – "The Diversity Within"  
photography

Opening Reception: Sunday, Jan. 11, 1:30-3:30 p.m.

#### **Feb. 1-17**

Birgit Leindecker – "Myanmar – A Country in  
Transition" photography

Carl Lennartson – "Zen Paintings from the Tao Te  
Ching" mixed media

Anne Mattocks – sculpture

Howard Clark- photography

Opening Reception: Sunday, Feb. 1, 1:30-3:30 p.m.

#### **Feb. 22 - March 5**

Annual Rockville Student Art Show

Registration/Artwork Delivery: Sunday, Feb. 15,  
1:30-3:30 p.m.

Opening Reception: Sunday, Feb. 22, 1:30-3:30 p.m.

Artwork Pickup: Thursday, March 5, 5-7 p.m. and  
Friday, March 6, 2-5 p.m.

#### **Gallery Exhibit Hours:**

Mon., Wed., Fri., 9 a.m. - 4:30 p.m.

Tues. and Thurs., 9 a.m. - 9 p.m.

FREE – Open to the Public  
240-314-8682 • [www.rockville.gov/arts](http://www.rockville.gov/arts)

# Cultural Arts

## *F. Scott Fitzgerald Theatre*

Rockville Civic Center Park • 603 Edmonston Drive • Rockville MD 20851

**240-314-8690**

### **Rockville Concert Band**

#### *Holiday En Pointe*

Dec. 21 at 3 p.m.

No tickets required; \$5 suggested donation.

### **Rockville Chorus**

#### *Holiday Concert*

Dec. 21 at 7:30 p.m.

No tickets required; \$5 suggested donation.

### **Rockville Little Theatre**

#### *Go Back For Murder*

Jan. 16, 17, 23 and 24 at 8:00 p.m.

Jan. 18 and 25 at 2:00 p.m.

Tickets: \$20-\$22

### **Duquesne University**

#### *Tamburitzans!*

Feb. 7 at 7 p.m.

Tickets: \$33 - \$36

### **Rockville Concert Band**

#### *Annual Jazz Concert*

Feb. 8 at 3 p.m.

No tickets required; \$5 suggested donation.

### **National String Symphonia**

#### *Romero: Suite Para Cuerdas*

Feb. 21 at 8 p.m.

Tickets: \$10 - \$37.50

### **Victorian Lyric Opera Company**

#### *Haddon Hall*

Feb. 26, 27, 28 at 8 p.m.

March 6 and 7 at 8 p.m.

March 1 and 8 at 2 p.m.

Tickets: \$16 - \$24

### **Rockville Concert Band**

#### *An American Collage*

March 15 at 3 p.m.

No tickets required; \$5 suggested donation.

Box Office open Tues. - Sat., 2-7 p.m. and  
two hours prior to ticketed shows.

**[www.rockvillemd.gov/theatre](http://www.rockvillemd.gov/theatre)**

# Financial Assistance

## Rockville Youth Recreation Fund

### Ages 18 and younger

A limited amount of scholarships for program fees are available for **residents of the City of Rockville**. The participant must pay \$15 toward each program fee, unless otherwise specified. The Fund will cover the balance of the fees, up to \$100 maximum per person, per session (fall, winter, spring, summer); \$150 maximum per youth for the camp session; \$1,000 maximum per family, per year as funds permit. Any remaining balance must be paid by the participant. Financial assistance must be applied for in-person at the time of registration.

In addition, qualified participants who enroll their child in a program that meets a 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 in-person at Rockville City Hall with the Recreation Department bookkeeper.

Limited financial assistance is available for Rockville residents, ages 19 and older, based on income. Please call 240-314-8620 for an appointment.

## Documents Needed for Financial Assistance:

Participants must provide proof of Rockville residency and verification of any of the following:

- ✓ **Award letter from Maryland Dept. of Human Resources/Montgomery County Dept. of Social Services** verifying eligibility for Temporary Cash Assistance (TCA), Food Stamps (SNAP), Transitional Emergency Medical and Housing Assistance (TEMHA). The letter must indicate eligibility period and names of household members receiving benefits.
- ✓ **Proof 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 (MPDU not accepted for applicants purchasing a home). This must be a current document which names the eligible tenants from the agency providing assistance.
- ✓ **Supplemental Security Income** - Document must be dated within one year of application.

## How to Online

**24 hours a day/7 days a week**

**Rock Enroll is our online registration for recreation programs.**

- A family account must be set up in advance to register online.
- Go to [rockenroll.rockvillemd.gov](http://rockenroll.rockvillemd.gov) and complete the online registration form to receive a family account.
- Instructions on how to retrieve your family account and personal ID number will be emailed within 1-2 business days.
- Registration can be completed via fax, mail or walk-in without a family account set up in advance.

## Donate to the People-Helping-People



### Rockville Youth Recreation Fund

This scholarship fund provides financial assistance to those who would not otherwise be able to participate in our programs and activities.

If you would like to contribute, you may send a check, "add up" on your registration form or donate online at [www.rockvillemd.gov/recreation](http://www.rockvillemd.gov/recreation).

#### Online Donation Course #s

\$ 25 - #46993

\$ 50 - #46994

\$ 75 - #46995

\$100 - #46996

- Click on Rock Enroll
- Click on "Register for Programs"
- Enter your desired donation course number above

Donations by check may be made out in any amount.

Mail to Rockville Department of Recreation and Parks  
"Rockville Youth Recreation Fund Donation"  
111 Maryland Avenue, Rockville, MD 20850



## Frequently Used Program Facilities and Parks

**Beall ES**, 451 Beall Ave. 20850

**Broome Gym and Park**, 751 Twinbrook Pkwy. 20851

**Calvin Park**, 1248 Gladstone Dr. 20851

**City Hall**, 111 Maryland Ave. 20850

**Civic Ctr. Park**, 603 Edmonston Dr. 20851

- F. Scott Fitzgerald Theatre • Social Hall
- Glenview Mansion • Croydon Creek Nature Center
- Cottage • Rec. Serv. Bldg.

**College Gardens ES**, 1700 Yale Pl. 20850

**College Gardens Park**, 615 College Pkwy. 20850

**Croydon Creek Nature Ctr.**, 852 Avery Rd. 20851

**David Scull Park**, 1131 First St. 20850

**Dogwood Park**, 800 Monroe St. 20850

**Elwood Smith Rec. Ctr.**, 601 Harrington Rd. 20852

**Fallsmead ES**, 1800 Greenplace Ter. 20854

**Hillcrest Park**, 1150 Crawford Dr. 20850

**Julius West MS**, 651 Falls Rd. 20850

**Kicks Karate**, 800 Pleasant Dr., Suite #140, 20850

**King Farm Park**, 401 Watkins Pond Blvd. 20850

**Lakewood ES**, 2534 Lindley Ter. 20850

**Lincoln Park Com. Ctr.**, 357 Frederick Ave. 20850

**Mark Twain Park**, 14501 Avery Rd. 20853

**Maryvale ES/Park**, 1000 First St. 20850

**Mattie J.T. Stepanek Park**, 1800 Piccard Dr. 20850

**Meadow Hall ES**, 951 Twinbrook Pkwy. 20851

**Montrose Com. Ctr.**, 451 Congressional Ln. 20852

**Monument Park**, 550 Maryland Ave. 20850

**Potomac Woods Park**, 2276 Dunster Ln. 20854

**Pump House Com. Ctr.**, 401 S. Horners Ln. 20850

**RedGate Golf Course**, 14500 Avery Rd. 20853

**Richard Montgomery HS**

250 Richard Montgomery Dr. 20850

**Ritchie Park ES**, 1514 Dunster Rd. 20854

**Robert Frost MS**, 9201 Scott Dr. 20850

**Rockcrest Ballet Ctr.**, 1331 Broadwood Dr. 20851

**Rock Terrace School**, 390 Martins Ln. 20850

**Rockville Skate Park (at Welsh Park)**,  
355 Martins Ln. 20850

**Rockville Fencing Academy**, 15221 Display Ct. 20850

**Rockville Senior Ctr.**, 1150 Carnation Dr. 20850

**Rockville Swim and Fitness Center**

355 Martins Ln. 20850

**The Little Gym**, 1071 Seven Locks Rd. 20854

**The School of Music**, 1331 Rockville Pk. 20850

**Thomas Farm Com. Ctr.**, 700 Fallsgrove Dr. 20850

**Thrive Yoga**, 1321-B Rockville Pk. 20852

**Twinbrook ES**, 5911 Ridgway Ave. 20851

**Twinbrook Com. Rec. Ctr.**

12920 Twinbrook Pkwy. 20851

**Welsh Park**, 344 Martins Ln. 20850

**Woodley Gardens Park**, 900 Nelson St. 20850



Bridget Donnell Newton, Mayor

**Councilmembers**

Beryl L. Feinberg, Tom Moore  
Virginia D. Onley and Julie Palakovich Carr

Barbara B. Matthews, City Manager  
Tim Chesnutt, Director of Recreation and Parks  
Betsy Thompson, Superintendent of Recreation  
Steve Mader, Superintendent of Parks and Facilities

## Satisfaction Guarantee

The City 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.

## Individuals with Disabilities

We encourage individuals with disabilities to register and participate in Rockville recreation programs. To adequately plan for a successful and rewarding experience, contact our office at 240-314-8620 three weeks prior to the activity start date. Ample time is needed to secure auxiliary services and aides. For additional therapeutic program opportunities, contact Montgomery County Department of Recreation at 240-777-6870; TTY 240-777-6974. Upon request, this publication will be made available in alternate formats by contacting the ADA Coordinator at 240-314-8100; TTY 240-314-8137.

## We Need Your Support



## Rockville Recreation and Parks Foundation

is a 501(c)3 organization established to:

- Improve recreational activities, programs, parks and facilities;
- Support the Rockville Youth Recreation Fund;
- Assist with fundraising, the acquisition and maintenance of new parks and open space; and
- Purchase equipment and other amenities for the City's parks and facilities.



### Contributions online or mailed to:

107 W. Jefferson St.,  
Rockville, MD 20850  
[www.rrpfi.org](http://www.rrpfi.org) • 240-314-8867

Your gift, grant or promised bequest is a tax-deductible contribution.



## Recreation and Parks Mission Statement

To promote participation by all Rockville citizens in diverse, interesting and high quality recreational and leisure opportunities in safe, modern and well maintained parks and facilities.



## Inclement Weather Policy

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

The City of Rockville works diligently to keep residents safe and informed during inclement weather or an emergency situation. When weather has the possibility of affecting a City program, meeting or facility, every attempt is made to maintain standard operations throughout the City.

Decisions about whether to cancel morning programs or close facilities will be made by 8 a.m. with an update at 9 a.m. A decision on afternoon and evening programs will be made at 1:30 p.m. with an update at 4 p.m.

### Recreation Classes

If Montgomery County Public Schools (MCPS) close for the day or have a two-hour delay, morning recreation programs will be cancelled. Call 240-314-5023, the Information Line, for updates.

### Swim and Fitness Center

Students can check the Swim and Fitness Center website at [rockvillemd.gov](http://rockvillemd.gov) (click on the "Living In" link) and register for "Notify Me" to 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.



Nothing cancels a good class quicker than waiting until the last minute to register. If there aren't enough registrations by a certain date, the course may be cancelled.

**REGISTER EARLY!**

# Winter Holidays

**Christmas Day**

Dec. 25

**New Year's Day**

Jan. 1

**Martin Luther King Day**

Jan. 19

**Presidents Day**

Feb. 16

**Check on "Rock Enroll" or with instructor for class cancellation.**

## Keep in touch!

Childcare/Rec. Programs (Info. Line).....	240-314-5023
Classes, Camps, Trips .....	240-314-8620
Croydon Creek Nature Center .....	240-314-8770
Cultural Arts (Info. Line).....	240-314-5006
Directions Line: City Hall, Civic Center, Senior Center, Swim Center .....	240-314-5047
Lincoln Park Community Center .....	240-314-8780
Parks and Facilities Maintenance.....	240-314-8700
Park and Picnic Rentals .....	240-314-8660
Recreation and Parks Administration .....	240-314-8600
RedGate Golf Course .....	240-406-1650
Rockville Skate Park .....	240-314-8620
Rockville Civic Center Park:	
Art Gallery .....	240-314-8682
Glenview Mansion .....	240-314-8660
F. Scott Fitzgerald Theatre Box Office .....	240-314-8690
Rockville Swim and Fitness Center .....	240-314-8750
Rockville Senior Center .....	240-314-8800
Special Events Line (Info. Line) .....	240-314-5022
Sports Line (Info. Line) .....	240-314-5055
Thomas Farm Community Center .....	240-314-8840
Twinbrook Community Rec. Center.....	240-314-8830
TTY (City Hall) .....	240-314-8137



**MAIN CONTACT:** \*required information\*Primary Phone: \_\_\_\_\_ ☐ Check here if new address/phone since last time registered.

\*Last Name \_\_\_\_\_ \*First Name \_\_\_\_\_ DOB: / / Sex: M/F

\*Address: \_\_\_\_\_

\*City/State/Zip \_\_\_\_\_

\*Secondary Phone \_\_\_\_\_ \*Email Address: \_\_\_\_\_

**EMERGENCY CONTACT:** (other than parent or adult participant)

First Name \_\_\_\_\_ Last Name \_\_\_\_\_ Phone \_\_\_\_\_

**PARTICIPANTS:**

Name (Last, First)	Sex M/F	Birthdate M/D/Y	Activity/ Class Name	Course #	School Attending	Sch. Yr. '14-'15 Grade	Fee

Rec Fund: \$ \_\_\_\_\_ Sr. Ctr. Mem: \$ \_\_\_\_\_ Multi-Course Discount: \$ \_\_\_\_\_  
 \$5 \_\_\_\_\_ \$10 \_\_\_\_\_ \$20 \_\_\_\_\_ Contribution to Recreation Fund: \$ \_\_\_\_\_  
 Total: \$ \_\_\_\_\_

Special Needs: Participants with special needs should contact our office three weeks prior to activity.

**Release, Waiver, Assumption of Risk and Consent**

Participation in the program may be a hazardous activity. Participant should not participate in the program unless participant is in good physical shape and is medically able. Participant (or parent or guardian on behalf of a minor child participant) assumes all risks associated with participation in this program, including but not limited to, those generally associated with this type of program, the hazards of traveling on public roads, of accidents, of illness, and of the forces of nature. In consideration of the right to participate in the program and in further consideration of the arrangement made for the participant by the Mayor and Council of Rockville through its Department of Recreation and Parks for food, travel, and recreation, the participant, his or her heirs, and executors, or a parent or guardian on behalf of a minor child participant, agrees to release and indemnify the Mayor and Council of the City of Rockville and all of its agents, officers and employees, from any and all claims for injuries or loss of any person or property which may arise out of or result from participation in the program. The participant (or the parent or guardian on behalf of a minor child participant) grants permission for a doctor or emergency medical technician to administer emergency treatment of the participant and consents to the City's use of photographs taken or videotapes made of the program that include the participant. Neither the instructor nor any of the staff are responsible for participants prior to or after the scheduled program.

\*Signature of Participant/Guardian \_\_\_\_\_

**PAYMENT**Amount Paid \$ \_\_\_\_\_ Cash ☐ Check # \_\_\_\_\_
☐  ☐  \_\_\_\_\_ Exp. Date \_\_\_\_ / \_\_\_\_

Signature (name on card) \_\_\_\_\_

**OFFICE USE ONLY:**

Check \_\_\_\_\_ Cash \_\_\_\_\_ Charge \_\_\_\_\_

Other \_\_\_\_\_

Processed by: \_\_\_\_\_

Date Processed: \_\_\_\_\_

Total Paid: \$ \_\_\_\_\_

**CONTACTO PRINCIPAL: \*información obligatoria**

\*Teléfono fijo: \_\_\_\_\_

☐ Marque este casillero si cambió su dirección/su teléfono desde la última vez que se inscribió.

\*Apellido \_\_\_\_\_ \*Nombre \_\_\_\_\_ Fecha de nacimiento: / / Sexo: M/F

\*Dirección: \_\_\_\_\_

\*Ciudad/Estado/Código postal \_\_\_\_\_

\*Teléfono del trabajo \_\_\_\_\_ \* Dirección de correo electrónico: \_\_\_\_\_

**CONTACTO PARA EMERGENCIAS: (que no sean los padres o un adulto participante)**

\*Teléfono fijo segundario: \_\_\_\_\_ Apellido \_\_\_\_\_ Teléfono \_\_\_\_\_

**PARTICIPANTES:**

Nombre (Apellido, Nombre)	Sexo M/F	Fecha de nacimiento D/M/A	Nombre de la actividad/clase	N.º de curso	Escuela a la que asiste	Año escolar '14-'15 Grado	Tarifa

Fondo de rec.: \$ \_\_\_\_\_ Miembro de hogar de ancianos: \$ \_\_\_\_\_ Descuento por asistencia a varios cursos: \$ \_\_\_\_\_

Contribución adicional al Fondo de recreación: \$ \_\_\_\_\_

Total: \$ \_\_\_\_\_

**Necesidades especiales:** Los participantes con necesidades especiales deben comunicarse con nuestra oficina tres semanas antes de desarrollar la actividad.**Descargo y exención de responsabilidad, asunción de riesgos y consentimiento**

Participar en el programa puede ser una actividad peligrosa. El participante no debe tomar parte en el programa a menos que se encuentre en buen estado físico y sea apto desde el punto de vista médico. El participante (o su padre/madre/tutor en representación de un niño menor participante) asume todos los riesgos asociados a su participación en este programa, incluidos los que suelen asociarse a este tipo de programa, los riesgos de viajar por caminos públicos, de sufrir accidentes o enfermedades, y de exponerse a las fuerzas de la naturaleza. En relación con el derecho de participar en el programa y con los arreglos hechos para el participante por el Alcalde y el Consejo de Rockville a través de su Departamento de Recreación y Parques en torno a la comida, a los traslados y a la recreación, el participante, sus herederos y albaceas, o su padre/madre o tutor en representación de un niño menor participante, acuerda exonerar e indemnizar al Alcalde y al Consejo de la ciudad de Rockville y a todos sus agentes, funcionarios y empleados de cualquier reclamación por lesiones o pérdida de cualquier persona o propiedad que pudiera surgir o resultar de la participación en el programa. El participante (o su padre/madre/tutor en representación de un niño menor participante) otorga permiso para que un médico o un técnico médico de emergencias administren tratamiento de emergencia al participante y acepta que la Municipalidad use fotografías o videos del programa que incluyan al participante. Ni el instructor ni ningún miembro del personal son responsables de los participantes antes o después del programa establecido.

\*Firma del participante/tutor  \_\_\_\_\_**PAGO**Importe pagado \$ \_\_\_\_\_ Efectivo ☐ Cheque N.º \_\_\_\_\_

Vencimiento Fecha \_\_\_\_/\_\_\_\_/\_\_\_\_

Firma (nombre que aparece en la tarjeta) \_\_\_\_\_

**SÓLO PARA USO DE LA OFICINA:**

Cheque \_\_\_\_\_ Efectivo \_\_\_\_\_ Cargo \_\_\_\_\_

Otro \_\_\_\_\_

Procesado por:

Fecha de procesamiento:

Total pagado: \$ \_\_\_\_\_

# Four Easy Ways to Register!

## Registration Begins:

- Tuesday, Dec. 9, 8:30 a.m. by mail, fax, walk-in, online.

## Registration Deadlines:

- The registration deadline for all activities is two weeks prior to the start of the class unless otherwise noted.
- Programs may be cancelled 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.
- Late registrations will be accepted if space is available.

## 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 also are accepted for payment.

## Credits and Refunds:

- If staff cancels a class, refunds will automatically be issued.
- Our programs require advanced planning and purchase of supplies to provide a quality experience, therefore requests for a refund or credit must be submitted in writing to the program supervisor at least seven days in advance of the start of the program. 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; summer playgrounds \$25; childcare \$50; senior programs \$10; sports teams \$100; individual sports participants \$10; swim \$10; teens \$10. 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. Registrations cannot be transferred from one registrant to another due to wait lists. Note: \$25 fee is assessed for child care programs.

## Discounts:

- Multiple class discounts may not be combined. One discount will be applied per person/per registration.



**Most convenient method.  
7 days a week.**

## 1. Online:

- [www.rockvillemd.gov/recreation](http://www.rockvillemd.gov/recreation)  
click on Rock Enroll Registration under "Quick Links"

## 2. Fax to:

- Rockville City Hall - 240-314-8659
- Rockville Swim and Fitness Center - 240-314-8759
- Rockville Senior Center - 240-314-8809
- Croydon Creek Nature Center - 240-314-8779
- Lincoln Park Com. Center - 240-314-8789
- Thomas Farm Com. Center - 240-314-8849
- Twinbrook Com. Rec. Center - 240-314-8839

## 3. Mail to:

- Rockville City Hall, Dept. of Rec. and Parks  
111 Maryland Avenue 20850
- Rockville Swim and Fitness Center  
355 Martins Lane 20850
- Rockville Senior Center  
1150 Carnation Drive 20850
- Croydon Creek Nature Center  
852 Avery Road 20851
- Lincoln Park Community Center  
357 Frederick Avenue 20850
- Thomas Farm Community Center  
700 Falls Grove Drive 20850
- Twinbrook Community Recreation Center  
12920 Twinbrook Parkway 20851

## 4. Walk-In:

- All locations listed above accept walk-ins.  
Hours vary by facility. Call in advance to avoid unnecessary trips.



Use your smart phone  
for quick access to  
our website.



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

PRESORTED  
STANDARD  
U.S. POSTAGE PAID  
Rockville, MD  
Permit No. 63

ECR WSS  
Current Resident

# Summer Camps 2015

Look for the  
**Camp Guide**  
on or around  
**Jan. 5.**

## Save <sup>the</sup> Dates

Camp Registration Begins  
**Tuesday, Jan. 20**

Camps Begin  
**Monday, June 15**

240-314-8620  
[www.rockvillemd.gov/camps](http://www.rockvillemd.gov/camps)



The Camp Guide will be available at  
[www.rockvillemd.gov/recreation](http://www.rockvillemd.gov/recreation)  
and all City facilities beginning Jan. 5.