



City of  
**Rockville**  
Get Into It

# Recreation Guide

Department of Recreation & Parks  
**Summer 2013**

**Look inside for  
Preschool through  
Senior Programs**

**Resident  
Registration  
begins May 16**

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



Preschool Fitness Programs (adult/child) pages 7 & 8



Summer Camps page 11



Summer Playgrounds pages 16-20



## ROCKVILLE IS REGISTERED AS A "LET'S MOVE!" CITY

This campaign, started by First Lady Michelle Obama, has a national goal of solving the challenge of childhood obesity within a generation.

*Programs encouraging healthy living for children are designated in this guide with a Let's Move! logo.*

**Go to [www.letsmove.gov](http://www.letsmove.gov) for more information.**

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### BEHIND THE COVER

Swimming with Playgrounds is a highlight for many kids to "stay cool" over the summer. For more information see pages 16-19.

#### KEY:

**Fee** = Rockville resident/nonresident

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

# IN THE NEXT ISSUE...

Swing into fall in the City of Rockville with an outdoor concert by the **Rockville Swing Band** "Under the Stars" at the Senior Center!



*Rockville Swing Band*



*52nd Annual Classic Car Show*



*38th Annual Rockville 10K/5K*

Tradition continues at Rockville Civic Center Park with the **52nd Antique and Classic Car Show** on October 19th.

Why not get out your jog togs and join your neighbors at the **38th Annual Rockville 10K/5K** on November 3rd. Enjoy the colors as you run through the King Farm/Rockville area.

**There is always something rocking in Rockville!**



*Senior Fitness Programs*  
pages 50-56



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Use your smart phone for quick access to our website.

# Summer Highlights

## MAY

11, 18, 25	<b>Saturday Farmers' Market</b> , Rt. 28 & Monroe St (p 39)
15	<b>Ride of Silence</b> , Town Square (p 27)
18	<b>Kids to Parks Day</b> , Croydon Creek NC (p 28)
19	<b>Rockville Chorus</b> , "Spring Concert," FSF Theatre (p 72)
25- 26	<b>Hometown Holidays Celebration</b> , Town Center (p 80)
27	<b>Memorial Day Parade</b> , Downtown Rockville (p 80)
28	<b>Youth Orchestra Concert</b> , FSF Theatre (p 71)
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## JUNE

1, 8, 15, 22, 29	<b>Saturday Farmers' Market</b> , Rt. 28 & Monroe St. (p 39)
2	<b>Sunday Afternoon Concert</b> , Glenview Mansion (p 70)
2	<b>"Sculpture on the Grounds" Exhibit</b> , Glenview Mansion (p 70)
3	<b>Girls Summer Basketball League Kick-Off</b> , TCRC (p 15)
4	<b>Boys Summer Basketball League Kick-Off</b> , Broome Gym (p 15)
4, 11, 18, 25	<b>King Farm Evening Family Bike Ride</b> (p 27)
5, 12, 19, 26	<b>Wednesday Farmers' Market</b> , E. Montgomery Ave. (p 39)
8	<b>Twinbrook Community Day</b> , TCRC (p 9)
14	<b>International Day</b> , Rockville Senior Center (p 56)
16	<b>Carl Henn Millennium Trail Family Bike Ride</b> (p 27)
17	<b>Summer Camps Kick-Off</b> (p 11)
17	<b>Jr. Golf Clinics Kick-Off</b> , RedGate Golf Course (p 20)
21	<b>National Go Skate Day</b> , Rockville SK8 Park (p 26)
24	<b>Teens on the Go Kick-Off</b> (p 24-25)
24	<b>Summer Playgrounds Kick-Off</b> (p 16-19)
24	<b>Senior Duffers Golf League Kick-Off</b> (p 56)
28	<b>Men's Futsal Summer League Kick-Off</b> , TCRC (p 37)
30	<b>Sunday Afternoon Concert</b> , Glenview Mansion (p 70)

# Get into it!

## JULY

2, 9, 16, 23, 30	<b>King Farm Evening Family Bike Ride</b> (p 27)
3, 10, 17, 24, 31	<b>Wednesday Farmers' Market</b> , E. Montgomery Ave. (p 39)
4	<b>4th of July Celebration</b> , Montgomery College (p 38)
6, 13, 20, 27	<b>Saturday Farmers' Market</b> , Ft. 28 & Monroe St. (p 39)
17	<b>"Come Out and Play,"</b> Civic Center Grounds (p 20)
19	<b>Family Movie in the Park</b> , Isreal Park (p 9)
20	<b>Rockville Rotary Twilight Runfest</b> , Downtown Rockville (p 28)
21	<b>Carl Henn Millennium Trail Family Bike Ride</b> (p 27)
29	<b>Civil War Heritage Day</b> , Downtown Rockville (p 28)
30	<b>Square Dance</b> , Rockville Senior Center (p 54)
30	<b>Bocce Ball Tournament</b> , Rockville Senior Center (p 55)

## AUGUST

3,4	<b>Rockville Civic Ballet</b> , "Summer Production," FSF Theatre (p 71)
3, 10, 17, 24, 31	<b>Saturday Farmers' Market</b> , Rt. 28 & Monroe St. (p 39)
4	<b>Sunday Afternoon Concert</b> , Glenview Mansion (p 70)
6, 13, 20, 27	<b>King Farm Evening Family Bike Ride</b> (p 27)
7, 14, 21, 28	<b>Wednesday Farmers' Market</b> , E. Montgomery Ave. (p 39)
16	<b>Back-to-School Jam</b> , Lincoln Park CC (p 26)
18	<b>Carl Henn Millennium Trail Family Bike Ride</b> (p 27)
20	<b>Men's Softball League Kick-Off</b> (p 37)
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24	<b>Uncorked Wine &amp; Music Festival</b> , Town Square (p 39)
30	<b>Youth Tackle/Flag Football Kick-Off</b> , Mattie Stepanek Park (p 15)

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

# 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

### 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 a CD, cassette, songbook and education materials. Cost of materials is non-refundable. Sibling fee is \$78. Siblings 8 months and younger attend free (no registration necessary). Fax, mail or walk-in registration for siblings 9 months and older to receive a discount. Adult participation required. 6 classes

Age: 1 month-5 years

43289	W	6/26-7/31	9:30-10:15 AM	\$110/\$125/\$78
43290	W	6/26-7/31	10:30-11:15 AM	\$110/\$125/\$78
43291	W	6/26-7/31	11:30 AM-12:15 PM	\$110/\$125/\$78

Thomas Farm CC/Goodwin

43292	Th	6/20-8/1	9:30-10:15 AM	\$110/\$125/\$78
43293	Th	6/20-8/1	10:30-11:15 AM	\$110/\$125/\$78

Twinbrook CRC/Winkler

43294	F	6/21-8/2	10-10:45 AM	\$110/\$125/\$78
43295	F	6/21-8/2	11-11:45 AM	\$110/\$125/\$78

Kicks Karate/Winkler



### 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. 6 classes

Age: 3-4

43298	Sa	6/15-8/3	10-10:45 AM	\$59/\$68
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Twinbrook CRC/Mattos

Age: 3-4

43301	Sa	6/15-7/27	9-9:45 AM	\$59/\$68
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Elwood Smith CC/Chongpinitchai

Age: 3-4

43302	Sa	6/15-7/27	10-10:45 AM	\$59/\$68
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Elwood Smith CC/Chongpinitchai

Age: 4-5

43299	Sa	6/15-8/3	11-11:45 AM	\$59/\$68
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Twinbrook CRC/Mattos

Age: 4-5

43300	Sa	6/22-7/27	9-9:45 AM	\$59/\$68
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Thomas Farm CC/Baker

## 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 waiting list to fill the class.

# Preschool

## Child Care - Preschool



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

### Summer at Montrose

Preschoolers will learn through play while participating in learning centers, music, cultural activities, arts, crafts and outdoor time. Experienced staff develop programs designed to focus on the social and academic skills necessary for kindergarten, while promoting self-confidence and individual expression. Vouchers are accepted and additional financial support is available. Children must be 3 years old and toilet trained to start. For additional information or to schedule a tour, call 240-314-8631.

Age: 3-5					
43353	M-F	6/10-6/21	8 AM-6 PM	\$349/\$399	
43355	M-F	6/24-7/5	8 AM-6 PM	\$315/\$365	
43357	M-F	7/8-7/19	8 AM-6 PM	\$349/\$399	
43359	M-F	7/22-8/2	8 AM-6 PM	\$349/\$399	
43361	M-F	8/5-8/16	8 AM-6 PM	\$349/\$399	
Montrose CC					



## Fitness and Wellness

We recommend bringing a water bottle to all fitness programs.



### Birds@The Little Gym (Adult/Child)

Trained instructors combine their expertise in motor skill development with music and group activities to encourage problem solving and risk taking and to establish a sense of independence. Appropriate for both walkers and non-walkers. 8 classes

Age: 10-19 months  
 43497 M 6/17-8/5 11-11:45 AM \$88/\$99  
 The Little Gym/Staff

### Bugs@TheLittleGym (Adult/Child)



Enjoy music, bonding and fun activities with your child. Explore ways to reinforce positive physical, social and emotional development. Designed for infants, this class will help your child manipulate their body to build confidence and core motor skills. Caregivers welcome. 8 classes

Age: 4-10 months  
 43500 Tu 6/18-8/6 11-11:45 AM \$88/\$99  
 The Little Gym/Staff

### Exercise is Child's Play (Adult/Child)



Learn child-like yoga poses and stretches in this introduction to yoga and overall wellness for children and adults. Some exercise equipment may be used. Wear loose-fitting clothing and bring a towel or mat. Adult participation is required (one adult per child).

Age: 2-5  
 43918 Sa 6/22-8/10 11:15 AM-12 PM \$80/\$93  
 Rockville Swim and FC/TBA

### Hip Hoppers @ the Little Gym



Hip, hop and tumble on a variety of gym equipment as you learn coordination and rhythm movements. The fun never stops as you make new friends and build confidence. 8 classes

Age: 4-6  
 43953 Tu 6/18-8/6 4-5 PM \$88/\$99  
 The Little Gym/Staff

# 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. 10 classes

Age: 3-4  
 43577 M & W 6/24-7/24 6-6:30 PM \$89/\$105  
 43578 Tu & Th 6/25-7/30 4:30-5 PM \$89/\$105  
 Kicks Karate/Staff

## Tiny Tykes Basketball



Your little one will enjoy some exercise and fun and learn the basics of basketball: dribbling, passing and shooting. Socialization, teamwork and good sportsmanship will be emphasized. 6 classes

Age: 4-5  
 43580 Sa 6/29-8/17 10:15-11 AM \$52/\$62  
 Thomas Farm CC/Rose

## Sports - Instructional

We recommend bringing a water bottle to all sports programs.



### Shorty Sports

Enjoy learning the fundamentals of sports through games and a variety of instructional drills. Develop skills in throwing, catching, kicking and batting through sports such as soccer, T-ball and basketball. Wear sneakers. 6 classes

Age: 4-5  
 43539 Th 6/27-8/8 6:10-6:55 PM \$62/\$72  
 Thomas Farm CC/TBA

### Tennis for Toddlers (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. 6 classes

Age: 4  
 43569 Su 6/23-8/4 10:15-11 AM \$69/\$79

Age: 5  
 43570 Su 6/23-8/4 11:05-11:50 AM \$69/\$79  
 Thomas Farm CC/Z. Yargici

# TIME FOR TODDLERS

## TINY TOTS DROP-IN

Tuesdays, 10 a.m.-Noon

Sprinkler Splash - July 16

THOMAS FARM COMMUNITY CENTER  
 240-314-8840

## TODDLER TIME

Wednesdays, 10 a.m.-Noon

LINCOLN PARK COMMUNITY CENTER  
 240-314-8780

## POLLIWOG ADVENTURES

Select Wednesdays and Thursdays  
 10-11 a.m. - Spaces are limited.

(Advanced registration required)  
 CROYDON CREEK NATURE CENTER  
 240-314-8770

**Worried about the weather?**

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



# Get into Summer!

## Bike Rodeo

Learn bike safety, decorate your bike and pedal through an obstacle course.

AGES 4 AND OLDER, #43238

**Sat., June 8, 10 a.m.-Noon**

Thomas Farm Community Center

## Freaky Friday Club

Supervised club for members.

AGES 9 AND OLDER

**Fri., June 21 – Aug. 16, 3:30-5 p.m.**

Thomas Farm Community Center

## Movin' and Groovin' Dance

Learn the latest cheer and dance routines.

AGES 5-9

**Thurs., July 11-Aug. 15, 5-5:45 p.m.**

Lincoln Park Community Center

## Family Movie in the Park

Watch a movie on the BIG screen in Isreal Park. Popcorn and refreshments will be sold.

ALL AGES

**Fri., July 19, 8:30 p.m.** (sunset)

Lincoln Park Community Center

## Celebrate Honeybees

Learn about the gentle honeybee with our beekeeper. Explore beekeeping, honeybee biology and extract honey from the comb!

AGES 5 AND OLDER, #43386

**Sat., July 20, 1-3 p.m.**

Croydon Creek Nature Center

## Summer Literature Club

Children maintain their reading skills throughout the summer.

GRADES 1-5, #42357

**Mon.-Fri., July 1-26, 1-4 p.m.**

Twinbrook Community Recreation Center

## Last Hurrah

Crafts, organized games, sports and other fun activities.

AGES 5-12, #42321

**Mon.-Fri., Aug. 19-23, 9 a.m.-5 p.m.**

Twinbrook Community Recreation Center



# Twinbrook Community Day

**Saturday, June 8**

**2-5 p.m.**



**Twinbrook Community Recreation Center**

**ALL AGES**

**Kids activities, class demos & more ...**

**240-314-8830**

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

JOIN OUR



# Summer Literature Club

Twinbrook Community Recreation Center Annex

**July 1-26, 1-4 p.m.**

**Grades 1-5**

Course #42357

Maintain your reading skills while school is out.

**Registration required.**

**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, please register by fax, mail-in or walk-in. 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

### 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. To receive a discount, register by mail, fax or walk-in. See our Teen section for more classes. For holidays and no class dates, see <http://rockenroll.rockvillemd.gov>. Enter course number to view course details. 2-6 classes

#### Young Beginner - Age: 5-7

43280 Sa 6/15-7/27 11-11:55 AM \$59/\$68  
Elwood Smith RC/Chongpinitchai

#### Young Beginner - Age: 5-7

44011 Tu 6/18-7/23 5:15-6:15 PM \$50/\$57  
Twinbrook CRC/Chongpinitchai

#### Young Beginner - Age: 6-7

43281 Sa 6/22-7/27 10-10:55 AM \$59/\$68  
Thomas Farm CC/Baker

#### Beginner - Age: 6-12

43282 Sa 6/15-7/27 12:15-1:10 PM \$59/\$68  
Elwood Smith RC/Chongpinitchai

#### Intermediate I & II - Age: 7+

43271 M 6/24-8/5 4:45-5:45 PM \$50/\$57  
Elwood Smith RC/Mangan



#### Intermediate II & III - Age: 7+

43272 Tu 6/25-8/6 4:15-5:15 PM \$50/\$57  
44003 Tu 8/13-8/20 4:45-5:15 PM \$20/\$23  
Elwood Smith RC/Mangan

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

43275 W 6/26-8/7 4:45-5:45 PM \$50/\$57  
Elwood Smith RC/Mangan

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

43273 Tu 6/25-8/6 5:15-6:15 PM \$50/\$57  
44005 Tu 8/13-8/20 5:15-6:15 PM \$20/\$23  
Elwood Smith RC/Mangan

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

43276 Th 6/27-8/8 5:15-6:15 PM \$50/\$57  
Elwood Smith RC/Mangan

# Children

## Bike Rodeo (Adult/Child)

*New*

Join us for a morning of outdoor fun. Learn bike safety, decorate your child's wheels and pedal through an obstacle course. Two and three wheelers and training wheels welcome. A parent is required to attend with their child; however, only the child needs to register. Event will be canceled in event of inclement weather.

Age: 4+  
43238 Sa 6/8 10 AM-12 PM \$5/\$10  
Thomas Farm CC

## Cartooning

Explore the art of cartooning while creating your own cartoon panels. Students will be encouraged to stretch their drawing muscles while expanding on cartoon concepts. Note: \$10 material fee is payable to instructor at first class. 6 classes

Age: 7-12  
43286 Th 6/20-8/1 6:45-8 PM \$85/\$95  
Thomas Farm CC/Mason

# Summer Camps

*Celebrating Over Fifty Years of Fun!*

**fun Register now!**

Let's Move, Science  
Surrounds You, Creative  
Crafts and Multi-Sports . . .

just a few of the many choices.

*affordable*



Bus transportation and before and after camp care available for most programs.

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

## Before and After School Enrichment

### 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 Meadow Hall and Twinbrook E.S. The program does not meet on MCPS non-school days. Note: Optional daily drop-in fee of \$10 is available.

Age: 5-11  
43986 M-F 8/26-10/4 7-9 AM \$115/\$125  
43987 M-F 10/7-11/15 7-9 AM \$115/\$125  
43988 M-F 11/18-12/27 7-9 AM \$115/\$125  
Twinbrook CRC Annex/Staff

### 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 and Twinbrook E.S. The program does not meet on MCPS non-school or early release days.

Age: 5-11  
43981 M-F 8/26-10/4 3-6:30 PM \$139/\$159  
43982 M-F 10/7-11/15 3-6:30 PM \$139/\$159  
43983 M-F 11/18-12/18 3-6:30 PM \$139/\$159  
Twinbrook CRC Annex/Staff

### Twinbrook After School Club



Join us after school for activities that focus on recreation, fitness and fun. Homework help is included and a snack is provided daily. The program meets in the all-purpose room and makes use of the gym and outdoor play areas. The Club will meet on MCPS early release are available for qualified City residents.

Age: 5-13  
43470 M-F 8/26-10/4 3:30-6:30 PM \$139/\$159  
43471 M-F 10/7-11/15 3:30-6:30 PM \$139/\$159  
43472 M-F 11/18-12/20 3:30-6:30 PM \$139/\$159  
Twinbrook ES

# 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 E.S. All other local schools are transported by MCPS request. Homework time, snack, crafts and games are scheduled daily. Field trips and special events are held throughout the year. Fitness days are incorporated in the program. 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.

Grade: K-5				
43475	M-F	8/26-10/4	3:30-6:30 PM	\$85/\$125
43476	M-F	10/7-11/15	3:30-6:30 PM	\$85/\$125
43477	M-F	11/18-12/20	3:30-6:30 PM	\$85/\$125
Lincoln Park CC/Chase				

## Freaky Friday Club



Membership has its benefits! Games, crafts, nutrition, ping pong and sports are just a few of the activities planned. Each week will feature a special theme or field trip. Transportation is not provided. All participants must have an active TFCC membership. Additional fees may apply for special activities and trips.

Age: 9+				
43240	F	6/21	3:30-5 PM	\$5/\$10
43241	F	6/28	3:30-5 PM	\$5/\$10
43243	F	7/19	3:30-5 PM	\$5/\$10
43244	F	7/26	3:30-5 PM	\$5/\$10
43245	F	8/2	3:30-5 PM	\$5/\$10
43246	F	8/9	3:30-5 PM	\$5/\$10
43247	F	8/16	3:30-5 PM	\$5/\$10
Thomas Farm CC/Staff				

# Clubhouse Extra Camp

Lincoln Park Community Center

**June 24 - Aug. 1**

EXTENDED DAY PROGRAM

**M-F, 3:30-6:30 p.m. | Ages 5-13**

Crafts, sports, games, computer fun  
and daily snack. Course #43467

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

## Fitness and Wellness

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



### Karate - Tang Soo Do Youth

Give your child the gift of confidence. 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. 10 classes

<b>Little Ninjas</b> - Age: 5-7				
43522	M & W	6/24-7/24	4-4:40 PM	\$89/\$105
43523	Tu & Th	6/25-7/30	5:55-6:35 PM	\$89/\$105
<b>Youth</b> - Age: 8-12				
43524	M & W	6/24-7/24	(M) 3:45-4:30 PM (W) 4:30-5:15 PM	\$99/\$115
43525	Tu & Th	6/25-7/30	6:15-7 PM	\$99/\$115
Kicks Karate/Gray				

### Kung Fu for Kids



This martial art is a great tool for channeling energy and developing positive growth and focus. It will also increase physical fitness, flexibility, stamina, coordination and self-discipline. 8 classes

Age: 5-10				
43526	M	6/17-8/5	6:15-7:15 PM	\$63/\$72
Rockville Sr. Ctr./Thompson				

### PE for Homeschoolers

Aimed at helping parents meet the physical education requirements for their home schooled children, this class will focus on creating a healthy lifestyle. The basic fundamentals of different sports and physical activities will be taught with an emphasis on participation, fun and skill development.

Age: 5-15				
43912	M	6/17-8/5	1:30-2:30 PM	\$64/\$76
43913	W	6/19-8/7	1:30-2:30 PM	\$64/\$76
43914	F	6/21-8/9	1:30-2:30 PM	\$56/\$65
Rockville Swim and FC/TBA				

# Children

## Pre-Teen Fitness



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

Age: 7-12  
 43915 F 6/21-8/9 6:30-7:30 PM \$70/\$81  
 Rockville Swim and FC/Ramsey

## Zumba Fit-Kids



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: 7-12  
 43965 Sa 6/22-8/10 9:45-10:30 AM \$64/\$76  
 Rockville Swim and FC/Sanchez-Hall

## Sports - Instructional

We recommend bringing a water bottle to all sports programs.



### 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. 8 classes

Age: 7-9  
 43512 Th 7/11-8/29 6-7 PM \$115/\$135  
 43513 Sa 7/13-9/7 11 AM-12 PM \$115/\$135

Age: 10-13  
 43514 Th 7/11-8/29 7:20-8:40 PM \$115/\$135  
 43515 Sa 7/13-9/7 12:20-1:40 PM \$115/\$135  
 Rockville Fencing Academy/Staff

*"Coach Mark is absolutely the best coach a child could wish for his first baseball class. He took time to train each child and point out their improvement areas. We would love to continue with him for our five year old son."*

PARENT OF BEGINNER T-BALL SKILLS PARTICIPANT

## Make It Happen Basketball



This camp features techniques and drills that will turn you into a complete player. Learn the fundamentals of basketball by having fun. Rockville semi-professional basketball players will help with instruction.

Grade: 6-8  
 43469 M-Th 8/12-8/15 5:30-6:30 PM \$60/\$75  
 Lincoln Park CC/TBA

## Skateboarding for Kids



Interested in skateboarding? Whether you're a first time rider or a pro, this class will teach everything from the basic kick turn and ollie, to the advanced 360 flip and more! Bring skateboard, helmet, knee and elbow pads and wrist guards. All levels welcome. 6 classes

Age: 5-14  
 43541 Tu 6/25-7/30 4-5 PM \$59/\$69  
 Rockville Skate Park/Verdell

## Soccer Skills



Practice soccer fundamentals and develop better skills. Dribbling, passing, trapping and shooting are covered, as well as basic concepts for strategy and teamwork. Scrimmages included. 6 classes

Age: 4-5  
 43545 Sa 6/22-8/3 9-9:50 AM \$62/\$72

Age: 6-7  
 43546 Sa 6/22-8/3 10-10:50 AM \$62/\$72

Age: 7-9  
 43547 Sa 6/22-8/3 11-11:50 AM \$62/\$72  
 King Farm Park/TBA

## T-Ball Skills - Beginner



Youngsters will enjoy this fun and active class as they learn the fundamentals of catching, throwing, batting and fielding. Bring a mitt. 6 classes

Age: 5-7  
 43553 Sa 6/22-8/3 10-10:50 AM \$62/\$72  
 43554 Sa 6/22-8/3 11-11:50 AM \$62/\$72  
 King Farm Park/Orrrell

# Children

## Tennis - 10 and Under



This unique program is designed to help youngsters get into the game. Success is much easier using kid-sized rackets, balls and courts. Equipment is provided. 6 classes.

Age: 5-7  
43555 Sa 6/22-8/3 9-9:50 AM \$69/\$79  
King Farm Park/Meyer

Age: 8-10  
43556 Sa 6/22-8/3 10-10:50 AM \$69/\$79  
King Farm Park/Meyer

Age: 8-10  
43557 Sa 6/22-8/3 4-4:50 PM \$69/\$79  
Broome Athletic Park/Raaf

## Tennis Skills



Lessons for beginners will emphasize fundamentals that include grip, stance, a variety of strokes and rules. More advanced players will improve shot variety and strategies. Ability levels may vary and instructors will work on advancing skills for all participants. Bring a racquet. 6 classes

Age: 5-7  
43571 Th 6/20-8/1 5-5:50 PM \$69/\$79  
Montrose Park/Z. Yargici

Age: 5-7  
43574 W 6/26-7/31 4:30-5:20 PM \$69/\$79  
43576 Sa 6/22-8/3 3-3:50 PM \$69/\$79  
Broome Athletic Park/Raaf

Age: 8-10  
43573 Th 6/20-8/1 6-6:50 PM \$69/\$79  
Montrose Park/Z. Yargici

Age: 11-15  
43572 Sa 6/22-8/3 11-11:50 AM \$69/\$79  
King Farm Park/Meyer



## Sports - Leagues

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



### Cross Country

Have a blast with your friends running Cross Country in the fall. The program includes practices and meets for boys and girls. Five meets are planned. Volunteer coaches will conduct the practices. Montgomery County Road Runners will also assist with the Meets. Register by: 8/29

#### Lil' Rabbits - Grades 1-3

Run 3/4 mile at Meets.

43940 Sa 9/28-10/26 8-10 AM \$59/\$69

#### Striders - Grades 4-6

Run 1 mile at Meets.

43941 Sa 9/28-10/26 8-10 AM \$59/\$69

#### Rapid Runners - Grades 7-8

Run 2 miles at Meets.

43942 Sa 9/28-10/26 8-10 AM \$59/\$69

### Fall Soccer Co-Rec League



Your child will have a safe, fun and beneficial soccer experience. Emphasis is based on skill development and fun rather than competition. One practice per week. Coaches will inform team members regarding practice and game times. Register by: 8/30.

#### Ankle Biters - Pre-K (Age 4 only)

43947 Sa 9/21-10/26 9 AM-1 PM \$58/\$68  
Broome Athletic Park

#### Tiny Kicks - Grades K-1

43943 Sa 9/21-10/26 9 AM-1 PM \$58/\$68  
Broome Athletic Park

#### Pee Wees - Grades 2-3

43944 Sa 9/21-10/26 9 AM-1 PM \$58/\$68  
Broome Athletic Park

#### Bantams - Grades 4-5

43945 Sa 9/21-11/2 9 AM-1 PM \$60/\$70  
Mark Twain Athletic Park

#### Midgets - Grades 6-8

43946 Sa 9/21-11/2 9 AM-1 PM \$60/\$70  
Mark Twain Athletic Park

# Children

## NEW!

2nd and 3rd Grade

## SUMMER BASKETBALL LEAGUE

### Who:

Boys (#42686) and Girls (#42687)  
Teams comprised of current  
2nd and 3rd graders

### When:

Mondays, June 3 – July 8 (Girls)  
Tuesdays, June 4 – July 9 (Boys)

### Where:

Broome Gym (Boys)  
Twinbrook CRC (Girls)

**Cost:** \$60 R/\$70 NR

**Deadline:** Thursday, May 9

240-314-8620

[www.rockvillemd.gov/recreation/sports](http://www.rockvillemd.gov/recreation/sports)

## FALL TEAM SIGN-UPS ROCKVILLE FOOTBALL LEAGUE

Now in its 48th year!



### Tackle and Flag

Ages 6-14

### Start Dates:

Practices begin Aug. 1  
Games begin Aug. 30 and 31

### Location:

Mattie Stepanek Park  
1800 Piccard Drive, Rockville 20850

### Registration:

Information and fees available on RFL website

[www.rfl.cc](http://www.rfl.cc)

## THANK YOU!

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

Rockville Rotary Club  
Maryvale Shopping Center  
Cascade Officials Association  
Montgomery County Road Runners Club

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



# Summer Playgrounds

## 1 Sign-up for a SUMMER PLAYGROUND SITE

Enjoy weekly themes such as “Wacky and Wonderful,” “Exploring our Environment” and “Mystery Week.” Activities include fitness play, sports, arts and crafts and nature. Children must be age 6 by September 1, 2013 (proof required). Online registration is accepted until the first day of the program. Receive a 10% discount for sibling registrations (not available online). Financial assistance is available for those who qualify. **Note: Playgrounds will not be held July 4 and 17.** For more information, call 240-314-8620 or visit our website at: [www.rockvillemd.gov/recreation//playgrounds.html](http://www.rockvillemd.gov/recreation//playgrounds.html)

## 2 Register for PLAYGROUND EXTRAS

Extra activities are available to highlight your playground experience. These optional activities are listed below and require advance registration and additional fees. **Note: Children must first be registered for their playground site in order to sign-up for a playground extra.** For days and times, see individual playground listings on pages 17-19.

### Bowling

Ten-pin bowling trip to Shady Grove Lanes includes games, shoe rental, pizza, drinks and bus transportation. Buses will pick-up and return children to their playground site. (Ages: 6-12)

### Swim

Weekly swim. For days and times, see individual playground listings, on pages 17-19. (Ages: 6-12)

#### Swim Key Codes:

Bus = Bus transport to pool  
Walk = Walk to pool with staff

#### Pool Locations:

Twinbrook  
Rockville

### Tennis Aces

Basic skills will be taught at playground sites with tennis court access using “kid friendly” rackets, balls and nets. For days and times, see individual playground listings, on pages 17-19. (Ages: 6-12)

### Six Flags

Six Flags Amusement Park trip includes entrance ticket, staff supervision and bus transportation. Buses will pick-up (9 a.m.) and return (7 p.m.) children from the Rockville Civic Center parking lot. **Note: Season passes may not be used.** (Ages: 8-12)

## 3

## GO to your SUMMER PLAYGROUND SITE on June 24

Meet our wonderful staff and get ready for fun!

**Reminder – Bring completed Participant Information and Release Form on first day.**



# Summer Playgrounds

**CALVIN PARK (new site)**

Activity	Course #	Day(s)	Dates	Time	Cost	Ages
Playground	43174	M-F	6/24-8/1	9:30 a.m.-3:30 p.m.	\$115 R/\$195 NR	6-12
Swim	43190	W	7/3-7/31	Noon-2 p.m.	\$20 R/\$25 NR	6-12
Bus/Twinbrook					(No swim 7/17)	
Tennis Aces	43191	M	7/1-7/29	10-10:50 a.m.	\$25 R/\$30 NR	6-12
Bowling	43326	F	7/19	10:30 a.m.-1:30 p.m.	\$18 R & NR	6-12
Six Flags	43318	F	7/26	9 a.m.-7 p.m.	\$35 R & NR	8-12

**COLLEGE GARDENS PARK**

Activity	Course #	Day(s)	Dates	Time	Cost	Ages
Playground	43169	M-F	6/24-8/1	9:30 a.m.-3:30 p.m.	\$115 R/\$195 NR	6-12
Swim						
Bus/Rockville	43181	TH	7/11-8/1	10 a.m.-Noon	\$20 R/\$25 NR	6-12
Bowling	43324	F	7/5	10:30 a.m.-1:30 p.m.	\$18 R & NR	6-12
Six Flags	43330	F	7/26	9 a.m.-7 p.m.	\$35 R & NR	8-12

*Tennis Aces not offered*

**ELWOOD SMITH RECREATION CENTER AND PARK**

Activity	Course #	Day(s)	Dates	Time	Cost	Ages
Playground	43170	M-F	6/24-8/1	9:30 a.m.-3:30 p.m.	\$115 R/\$195 NR	6-12
Swim	43183	TH	7/11-8/1	10 a.m.-Noon	\$20 R/\$25 NR	6-12
Bus/Rockville						
Tennis Aces	43184	M	7/1-7/29	11:30 a.m.-12:20 p.m.	\$25 R/\$30 NR	6-12
Bowling	43321	F	7/12	10:30 a.m.-1:30 p.m.	\$18 R & NR	6-12
Six Flags	43331	F	7/26	9 a.m.-7 p.m.	\$35 R & NR	8-12

**FALLSGROVE/THOMAS FARM COMMUNITY CENTER**

Activity	Course #	Day(s)	Dates	Time	Cost	Ages
Playground	43171	M-F	6/24-8/1	9:30 a.m.-3:30 p.m.	\$115 R/\$195 NR	6-12
Swim	43185	TU	7/2-7/30	10 a.m.-Noon	\$25 R/\$30 NR	6-12
Bus/Rockville						
Tennis Aces	43186	TH	7/11-8/1	11:30 a.m.-12:20 p.m.	\$20 R/\$25 NR	6-12
Bowling	43317	F	7/5	10:30 a.m.-1:30 p.m.	\$18 R & NR	6-12
Six Flags	43332	F	7/26	9 a.m.-7 p.m.	\$35 R & NR	8-12

# Summer Playgrounds



## ISREAL PARK/LINCOLN PARK COMMUNITY CENTER

Activity	Course #	Day(s)	Dates	Time	Cost	Ages
Playground	43173	M-F	6/24-8/1	9:30 a.m.-3:30 p.m.	\$115 R/\$195 NR	6-12
Swim	43188	W	7/3-7/31	Noon-2 p.m.	\$20 R/\$25 NR	6-12
Bus/Twinbrook					(No swim 7/17)	
Tennis Aces	43189	TU	7/2-7/30	10-10:50 a.m.	\$25 R/\$30 NR	6-12
Bowling	43327	F	7/19	10:30 a.m.-1:30 p.m.	\$18 R & NR	6-12
Six Flags	43333	F	7/26	9 a.m.-7 p.m.	\$35 R & NR	8-12

## LAKWOOD ELEMENTARY SCHOOL

Activity	Course #	Day(s)	Dates	Time	Cost	Ages
Playground	43175	M-F	6/24-8/1	9:30 a.m.-3:30 p.m.	\$115 R/\$195 NR	6-12
Swim	43192	TH	7/11-8/1	10 a.m.-Noon	\$20 R/\$25 NR	6-12
Bus/Rockville						
Tennis Aces	43193	W	7/3-7/31	10-10:50 a.m.	\$20 R/\$25 NR	6-12
Tennis Aces	43194	TU	7/2-7/30	1:45-2:35 p.m.	\$25 R/\$30 NR	6-12
					(No class 7/17)	
Bowling	43319	F	7/5	10:30 a.m.-1:30 p.m.	\$18 R & NR	6-12
Six Flags	43334	F	7/26	9 a.m.-7 p.m.	\$35R & NR	8-12

## MARYVALE PARK

Activity	Course #	Day(s)	Dates	Time	Cost	Ages
Playground	43176	M-F	6/24-8/1	9:30 a.m.-3:30 p.m.	\$115 R/\$195 NR	6-12
Swim	43195	W	7/3-7/31	Noon-2 p.m.	\$20 R/\$25 NR	6-12
Bus/Twinbrook					(No swim 7/17)	
Bowling	43328	F	7/19	10:30 a.m.-1:30 p.m.	\$18 R & NR	6-12
Six Flags	43335	F	7/26	9 a.m.-7 p.m.	\$35 R & NR	8-12

*Tennis Aces not offered*





# Summer Playgrounds

## MONTROSE COMMUNITY CENTER AND PARK

Activity	Course #	Day(s)	Dates	Time	Cost	Ages
Playground	43177	M-F	6/24-8/1	9:30 a.m.-3:30 p.m.	\$115 R/\$195 NR	6-12
Swim	43197	TU	7/2-7/30	10 a.m.-Noon	\$25 R/\$30 NR	6-12
Bus/Rockville						
Tennis Aces	43198	TH	7/11-8/1	1:45-2:35 p.m.	\$20 R/\$25 NR	6-12
Tennis Aces	43199	W	7/3-7/31	11:30 a.m.-12:20 p.m.	\$20 R/\$25 NR (No class 7/17)	6-12
Bowling	43322	F	7/12	10:30 a.m.-1:30 p.m.	\$18 R & NR	6-12
Six Flags	43336	F	7/26	9 a.m.-7 p.m.	\$35 R & NR	8-12

## POTOMAC WOODS PARK

Activity	Course #	Day(s)	Dates	Time	Cost	Ages
Playground	43178	M-F	6/24-8/1	9:30 a.m.-3:30 p.m.	\$115 R/\$195 NR	6-12
Swim	43200	TH	7/11-8/1	10 a.m.-Noon	\$20 R/\$25 NR	6-12
Bus/Rockville						
Tennis Aces	43201	TU	7/2-7/30	11:30 a.m.-12:20 p.m.	\$25 R/\$30 NR	6-12
Bowling	43323	F	7/12	10:30 a.m.-1:30 p.m.	\$18 R & NR	6-12
Six Flags	43337	F	7/26	9 a.m.-7 p.m.	\$35 R & NR	8-12

## TWINBROOK ELEMENTARY SCHOOL

Activity	Course #	Day(s)	Dates	Time	Cost	Ages
Playground	43180	M-F	6/24-8/1	9:30 a.m.-3:30 p.m.	\$115 R/\$195 NR	6-12
Swim	43204	W	7/3-7/31	Noon-2 p.m.	\$20 R/\$25 NR	6-12
Walk/Twinbrook (No swim 7/17)						
Tennis Aces	43205	M	7/1-7/29	1:45-2:35 p.m.	\$25 R/\$30 NR	6-12
Bowling	43329	F	7/19	10:30 a.m.-1:30 p.m.	\$18 R & NR	6-12
Six Flags	43338	F	7/26	9 a.m.-7 p.m.	\$35 R & NR	8-12

## WOODLEY GARDENS PARK

Activity	Course #	Day(s)	Dates	Time	Cost	Ages
Playground	43179	M-F	6/24-8/1	9:30 a.m.-3:30 p.m.	\$115 R/\$195 NR	6-12
Swim	43202	TU	7/2-7/30	10 a.m.-Noon	\$25 R/\$29 NR	6-12
Bus/Rockville						
Tennis Aces	43203	TH	7/11-8/1	10-10:50 a.m.	\$20 R/\$25 NR	6-12
Bowling	43320	F	7/5	10:30 a.m.-1:30 p.m.	\$18 R & NR	6-12
Six Flags	43339	F	7/26	9 a.m.-7 p.m.	\$35 R & NR	8-12

Come Out and Play!



With Rockville Playgrounds!

Wed., July 17  
5:30-8 p.m.

Bring family, friends, lawn chairs, blankets and a picnic dinner.

Support your favorite Playground as they compete for the coveted "City Cup" and other awards.

Activity-based carnival, games moonbounce and more . . .

Enjoy skits presented by each Playground team.

**ROCKVILLE CIVIC CENTER GROUNDS**  
603 Edmonston Drive (behind Cottage)

[www.rockvillemd.gov/recreation/playgrounds.html](http://www.rockvillemd.gov/recreation/playgrounds.html)  
214-314-8620

# RedGate Summer Camps

*Open to all Juniors ages 6 – 16*

## Full Day

Combines instruction and on-course play.  
All skill levels welcome.  
Includes a snack break, lunch & Nike amenities package.

## Half Day

Instruction Only. All skill levels welcome.  
Includes a snack break & Nike amenities package.

## Schedule

June 17th – 21st	9am – 4pm	Full & Half Day	\$279/\$179
June 24th – 28th	9am – 4pm	Full & Half Day	\$279/\$179
July 15th – 19th	9am – 4pm	Full & Half Day	\$279/\$179
July 22nd – 26th	9am – 4pm	Full & Half Day	\$279/\$179
August 5th – 9th	9am – 4pm	Full & Half Day	\$279/\$179
August 12th – 16th	9am – 4pm	Full & Half Day	\$279/\$179

Call the Golf Shop at  
240.406.1650 to sign up.

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



## Meet Our Summer Playground Team!

Our dedicated Playground staff is looking forward to a summer full of active sports and games, creative arts and crafts and exciting trips.



Duncan Mullis, Nia Smith, Janet Opar and Alice Nikitina



# 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.

## Celebrate Honeybees (Adult/Child)

Learn about the amazing and gentle honeybee with our volunteer beekeeper. Explore beekeeping, honeybee biology, and extract honey from the comb. All participants must register and children under age 10 must be accompanied by a registered adult.

Age: 5+  
 43386 Sa 7/20 1-3 PM \$4/\$5

## Polliwog Adventures (Adult/Child)



Each week explore a new topic in natural history. Through stories, short hikes, games and activities, little ones will learn about nature in a hands-on environment. Adult participation required. Spaces are limited.

Age: 2-5  
**Summer Songbirds**  
 43615 Th 6/20 10-11 AM \$7/\$8

**Terrific Turtles**  
 43616 W 7/3 10-11 AM \$7/\$8

**Predators & Prey**  
 43617 Th 7/11 10-11 AM \$7/\$8

**Budding Botanists**  
 43618 Th 7/18 10-11 AM \$7/\$8

**Delightful Dragonflies**  
 43619 W 7/31 10-11 AM \$7/\$8

**Nature's Recyclers**  
 43620 Th 8/1 10-11 AM \$7/\$8

**Secrets of Seeds**  
 43621 Th 8/8 10-11 AM \$7/\$8

**In the Meadow**  
 43622 Th 8/15 10-11 AM \$7/\$8

## Saturday Story and Hike (Adult/Child)



Stop by the Nature Center for story time and a hike. Our Naturalist will read a story and lead a hike based on the story. Dress for the weather. All children must be accompanied by an adult.

Age: 2-5  
 43623 Sa 7/13 10-11 AM \$3/\$5  
 43624 Sa 8/17 10-11 AM \$3/\$5

## Spend Your Summer at Croydon Creek Nature Center

**Experience the Outdoors with Naturalist-Led Camps**

Ages 5-7  
**Guppy Camps**  
 (full and half-day options)

Ages 7-10  
**Nature Explorations**  
**Nature Art**

Ages 9-12  
**Discover Maryland**

Ages 10-14  
**Nature Television Camp**  
**Nature Service Learning Camp**



**Spaces are limited, so register early!**  
**240-314-8770**  
[www.rockvillemd.gov/croydoncreek](http://www.rockvillemd.gov/croydoncreek)

# Teens

## Arts, Dance and Enrichment

### Ballet for Teens - Advanced



Students with five or more years of experience are welcome to learn advanced techniques. Students with demonstrated proficiency are encouraged to register with the Rockville Civic Ballet. Note: If a participant registers for two or more ballet classes, a \$5 discount may be applied to one class. To receive a discount, registration must be handled by mail, fax or walk-in. See adult and children ballet for more classes.  
5 classes

Age: 13+

43284	M	6/24-8/5	5:45-7 PM	\$50/\$57
43285	W	6/26-8/7	5:45-7 PM	\$50/\$57

Elwood Smith RC/Mangan

### Fab Five

Come join us for five weeks of fun, fitness activities and field trips. Prepare tasty recipes and get fit through karate and active organized games. Strike the pins at bowling or cool off at the pool and more!

Grade: 6-8

43596	M & W	6/24-7/24	1-3:30 PM	\$15
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Rockville Civic Center Park

### SISTERS



Self-image is what strength, tenacity, empathy, responsibility and success (SISTERS) is all about. Join us for this fun group for middle school girls. Develop leadership, get fit through Zumba, go on field trips and make new friends too!

Grade: 6-8

43597	M, Tu & W	7/2-8/8	2-4 PM	Free
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Twinbrook CRC



## Before and After School Enrichment

### 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. The program operates only when MCPS is open to students. Transportation is provided from Julius West MS.

Grade: 6-10

43239	M-F	8/26-12/20	3-6:30 PM	\$229/\$245 (w/out snack)
				\$289/\$305 (w/snack)

Thomas Farm CC/Staff



Community Service Project

## Fitness and Wellness

We recommend bringing a water bottle to all fitness programs.



### Pilates - Teens and Adults

Enjoy a series of mat-based exercises derived from the classic methodology of Joseph Pilates. The class focuses on increasing flexibility and balance and incorporates stability, strength and awareness of the core.

Age: 13+

43916	F	6/21-8/9	5:30-6:15 PM	\$86/\$99
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Rockville Swim and FC/TBA

# Teens

## WE WANT YOU!



### Summer 2013 Camps and Playgrounds



### Great Hours – Excellent Salary!

7 week program/33 hours per week

- Teach sports and games
- Outdoor activities
- Arts and crafts and more . . .

For job openings and application information,  
visit [www.rockvillemd.gov/careers](http://www.rockvillemd.gov/careers)

Applications may also be completed at  
Rockville City Hall, Human Resources, 111 Maryland Ave.,  
Rockville, MD 20850. EOE

## THEME PARK TICKETS

On Sale April 12

For Parks, Prices and Information  
call 240-314-5024.



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

City of Rockville Department of Recreation and Parks  
[www.rockvillemd.gov/Rzone](http://www.rockvillemd.gov/Rzone)

# TEENS on the GO

THREE STEPS  
TO A SUMMER  
OF FUN!

## 1 Sign Up for "Teens on the Go"

"Teens on the Go" is a summer program for youth, in grades 6-10, held Monday through Friday. Hours will vary depending on the trip destination. Teens will be picked-up and dropped-off daily at one location that they choose, to attend various recreational trips and events. Spaces are limited for each trip & trips fill quickly. **Note: Registration began March 12 and is ongoing until programs are filled.**

In order to participate in the "Teens on the Go Trips" you must first register as a member for the summer by selecting one pick-up/drop-off location. This is FREE but required.

COURSE #	DAY	DATE	FEE	PICK-UP/DROP-OFF LOCATION	PICK-UP TIME
42571	M-F	6/24-8/2	FREE	Twinbrook Community Rec Ctr.	45mins prior to trip time
42572	M-F	6/24-8/2	FREE	Lincoln Park Community Ctr.	30mins prior to trip time
42573	M-F	6/24-8/2	FREE	Thomas Farm Community Ctr.	15mins prior to trip time
42574	M-F	6/24-8/2	FREE	Julius West MS - Parking Lot	10mins prior to trip time

## 2 Register for Trips

\*Weekly Sign up includes a **DISCOUNTED PRICE**  
Trips subject to change.

DATE	#	TRIP	TIME	COST (R/NR)	DEADLINE
6/24	42609	Swimming	12 p.m.-5 p.m.	\$7/\$8	6/14
6/25	42608	Go-Karting, Lunch & Roller Skating	10 a.m.-5 p.m.	\$35/\$39	6/14
6/26	42607	Bowling & Movie (PG/PG-13)	10 a.m.- 5 p.m.	\$15/\$19	6/14
6/27	42598	Six Flags	9 a.m.-7 p.m.	\$19/\$25	6/14
6/28	42597	Gaithersburg Water Park	12-5 p.m.	\$8/\$9	6/14
<b>Wk 1</b>	<b>42580</b>	<b>All Week #1 Trips*</b>	<b>Varies</b>	<b>\$79/\$95</b>	<b>6/14</b>
7/1	42594	Swimming	12-5 p.m.	\$7/\$8	6/21
7/2	42606	Indoor & Outdoor Laser Tag	10 a.m.-5 p.m.	\$29/\$35	6/21
7/3	42605	Pottery & Movie (PG/PG-13)	10 a.m.-5 p.m.	\$19/\$25	6/21
7/4	-----	Holiday – NO TRIP	-----	-----	-----
7/5	42604	Swimming	12-5 p.m.	\$7/\$8	6/21
<b>Wk 2</b>	<b>42581</b>	<b>All Week #2 Trips*</b>	<b>Varies</b>	<b>\$59/\$75</b>	<b>6/21</b>
7/8	42603	Swimming	12-5 p.m.	\$7/\$8	6/28
7/9	42600	Ropes Course & Lunch	10 a.m.-5 p.m.	\$29/\$35	6/28
7/10	42602	Rock Climbing	10 a.m.-5 p.m.	\$15/\$19	6/28
7/11	42599	Kings Dominion	9 a.m.-8 p.m.	\$35/\$39	6/28
7/12	42601	Gaithersburg Water Park	12-5 p.m.	\$8/\$9	6/28
<b>Wk 3</b>	<b>42582</b>	<b>All Week #3 Trips*</b>	<b>Varies</b>	<b>\$89/\$105</b>	<b>6/28</b>

# TEENS on the GO

DATE	#	TRIP	TIME	COST (R/NR)	DEADLINE
7/15	42589	Swimming	12–5 p.m.	\$7/\$8	7/5
7/16	42591	Rafting	8 a.m.–4 p.m.	\$35/\$39	7/5
7/17	42590	Splashdown Water Park	10 a.m.–5 p.m.	\$15/\$19	7/5
7/18	42588	Hershey Park	8 a.m.–8 p.m.	\$39/\$45	7/5
7/19	42587	Swimming	12–5 p.m.	\$7/\$8	7/5
<b>Wk 4</b>	<b>42583</b>	<b>All Week #4 Trips*</b>	<b>Varies</b>	<b>\$79/\$95</b>	<b>7/5</b>
7/22	42586	Swimming	12–5 p.m.	\$7/\$8	7/12
7/23	42575	Go-Karting, Lunch and Skating	10 a.m.–5 p.m.	\$35/\$39	7/12
7/24	42576	Washington Mystics	10 a.m.–5 p.m.	\$15/\$19	7/12
7/25	42596	Washington Nationals Game	10 a.m.–5 p.m.	\$19/\$25	7/12
7/26	42595	Gaithersburg Water Park	12–5 p.m.	\$8/\$9	7/12
<b>Wk 5</b>	<b>42584</b>	<b>All Week #5 Trips*</b>	<b>Varies</b>	<b>\$99/\$115</b>	<b>7/12</b>
7/30	42578	Indoor& Outdoor Laser Tag	10 a.m.–5 p.m.	\$29/\$35	7/19
7/31	42593	Bowling and Movie (PG/PG13)	10 a.m.–5 p.m.	\$15/\$19	7/19
8/1	42579	Kings Dominion	9 a.m.–8 p.m.	\$35/\$39	7/19
8/2	42592	Gaithersburg Water Park	12–5 p.m.	\$8/\$9	7/19
<b>Wk 6</b>	<b>42585</b>	<b>All Week #6 Trips*</b>	<b>Varies</b>	<b>\$89/\$105</b>	<b>7/19</b>

#### IMPORTANT TRIP NOTES:

- All trips will be held rain or shine, except for Monday and Friday swim days. Call the office for updates, 240-314-8634/8638.
- Trips may be cancelled due to insufficient registration. A cancellation letter will be mailed one week prior to the trip date.
- An alternative trip may be offered in the event a trip is cancelled. This is always our first option, but may not always be feasible. Please be sure we have your correct e-mail address on file, if available.
- Detailed trip information will be mailed a week prior to the trip date. If you do not receive a letter, please call 240-314-8634/8638.
- In the event a trip ends early, participants will participate in supervised games/activities at a City of Rockville Community Center until the scheduled pick up time. Parents are not required to come early.

## 3

### Meet Us:

At your designated pick-up/drop-off location on the day of the trip and be ready for some fun!

# Teens

13TH ANNUAL

## Back-To-School

# Jam

**Friday Aug. 16  
6:30-9 p.m.**

*Lincoln Park Community Center*

- \$1 per backpack with some school supplies to City of Rockville students. *(limit of 4 per family)*
- Information Tables
- School representatives
- DJ and Prizes
- Food, Drinks and more



*Thank you to all our sponsors and volunteers.*

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

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

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ABOARD  
THE ROCKET**



**Activity  
ROCKET™**

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

Search. Share. Simple

**FREE**

**Come Skate at the  
Rockville**



# Skate Park

355 Martins Lane  
(behind Swim and  
Fitness Center)

**Celebrate  
National Go Skate Day  
Friday, June 21  
5-8 p.m.**

Skateboarding Demos  
Skating clinics  
Prizes - Music - Food - Fun  
for ALL!

**featuring:**

**Micro Ramp  
with Escalator,  
Pyramid and  
Lights**



**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)

## Family



## Rides and Summer Biking Events

Rockville Farmers Market  
Saturdays, 10 a.m.–noon  
June and July

Local bike shop mechanics on hand to answer questions and provide free bike safety check-ups.

<http://rockvilleliving.com/go/rockville-farmers-market>

### King Farm Evening Family Bike Rides

Tuesdays, 6:30 –7:30 p.m.

June 4, 11, 18, 25, July 2, 9, 16, 23, 30

August 6, 13, 20, 27

[www.facebook.com/bikerockville](http://www.facebook.com/bikerockville)

### Carl Henn Millennium Trail 11 Mile–Guided Family Bike Rides

Sundays, 10 a.m.–noon

June 16, July 21 and August 18

[www.facebook.com/bikerockville](http://www.facebook.com/bikerockville)

## 7<sup>TH</sup> ANNUAL

### Rockville Ride of Silence

Town Center Plaza

Wednesday, May 15 | 7 p.m.

Meet in front of the Rockville Library with your bike and helmet for a 10 mile police-escorted ride through Rockville neighborhoods, including the West End, Watts Branch Meadows, Rockshire, Falls Grove and King Farm.

**FREE – No registration**

<http://rideofsilence.org/main.php>

for additional information

## Trips

Resident and nonresident registration for trips begins upon receipt of the Recreation Guide. A letter with specific information will be mailed to participants one week prior to each trip. Most outdoor activities require some degree of physical fitness. Participants younger than age 18 must be accompanied by an adult. Note: Cancellations must be received 10 days prior to a trip in order to receive a refund (less \$10 administrative fee). If you are unsure of your abilities, need tips on how to dress or have any other questions, call 240-314-8620.

### Bike the Western MD Rail Trail

Enjoy a day of cycling on one of the Mid-Atlantic's most picturesque paved paths. We'll begin near Fort Frederick State Park. After a leisurely 10-mile ramble, we'll stop in Hancock for lunch and sightseeing. Afterward, we'll continue cycling west for 10 miles. Bike (in good working condition), helmet and water bottle are required. Bring money for lunch. Cost includes transportation and leadership.

Age: 14+

43148 Sa 6/8 9 AM-6 PM \$45/\$55

Departs: Thomas Farm CC



### Kayak Piscatoway Creek

Sunday, June 9 | 8 a.m. – 3 p.m.

Join us for a 3-hour beginner  
Eco Kayak Tour this summer!

Starts in a bay-like environment where eagles and osprey hunt, winds through channels surrounded by water lilies, cattails and wild rice.

Spot great blue heron, osprey, bald eagles and turtles. Enjoy close-up views of beaver lodges.

Equipment, transportation, leadership and guide provided. Bring a lunch and water bottle. Spaces limited

Ages 14 + | Cost: \$65/RES; \$75/NR

Register by June 1 | Course #44013

Departs: Thomas Farm CC

240-314-8627

# Family



**Saturday, May 18 • 9 a.m. - 5 p.m.**

CELEBRATE  
**KIDS TO PARKS DAY**  
Croydon Creek Nature Center

- Spend time outdoors
- Enjoy the Hayes Forest Preserve
- Stop by the Nature Center for an activity and craft.

Sponsored by:  
The National Parks Trust • The City of Rockville  
**240-314-8770**

## BREAKING NEWS!

# THE CIVIL WAR COMES TO ROCKVILLE!

👉 SATURDAY, JUNE 29 ✨ 10 am TO 8:30 pm 👈

REENACTMENTS! LECTURES! CRAFTS! MUSIC! DANCING!  
**HERITAGE DAYS 2013**



**AT SITES AROUND  
DOWNTOWN ROCKVILLE**

Red Brick Courthouse • Beall-Dawson House & Grounds • And More!

**WWW.HERITAGEMONTGOMERY.ORG • 301-515-0753**

**28th Annual  
Rockville Rotary Twilight Runfest**  
Rockville Town Center  
N. Washington St. and Middle Lane

**Saturday, July 20**  
**8K Race and 1K "Fun Run"**



Festival begins	7:00 p.m.
8K Wheelchair	8:40 p.m.
8K Race	8:45 p.m.
Fun Run	8:50 p.m.

**Register Early and Save!**

- \$29 April 1 - May 19 online
- \$34 May 20 - June 30 online
- \$39 July 1-19 online (or at packet pick-up)
- \$45 July 21, 10 a.m.-8 p.m.

**Packet Pick-Up:**

Potomac River Running  
Rockville Town Center

**Online Registration**

<http://rockvilletwilghter.org>  
240-314-8620

# Adults

## Arts, Dance and Enrichment

### Ballet for Adults

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. 2-5 classes

Age: 13+

#### Beginner/Intermediate

43270 Th 6/27-8/8 7:45-9 PM \$50/\$57

#### Advanced

43268 Tu 6/25-8/6 6:30-7:45 PM \$50/\$57

43269 Th 6/27-8/8 6:30-7:45 PM \$50/\$57

44004 Tu 8/13 & 8/20 6:30-7:45 PM \$20/\$23

Elwood Smith RC/Mangan

### Dance Like the Stars

If you love "Dancing with the Stars," then come learn the basic steps to the standard ballroom dances (Foxtrot, East Coast Swing, Waltz, Rumba, Tango) seen on the TV show as well as other dances such as the Hustle and Country Two Step. Soft sole shoes are required. No tennis shoes or sandals. Class and fees are for couples only. 5 classes

Age: 18+

43288 Th 6/20-7/25 8:30-9:25 PM \$59/\$69

Rockville Swim and FC/Cunningham

### Getting A Job - Workshop

Learn how to use social media to your advantage at a workshop presented by the Jewish Social Service Agency. The session includes how to get started with LinkedIn, how to expand your professional network and protect your privacy. Bring a bag lunch if desired.

16+

43951 Th 7/11 11:30 AM-1 PM Free

Thomas Farm CC/TBA

For holidays and no class dates, see

<http://rockenroll.rockvillemd.gov>.

Enter course number to view course details.

## 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 exercises all in one class. Get a wellrounded workout, increase your flexibility and get into shape. Bring mat and weights. 8 classes

Age: 16+

43490 M 6/17-8/12 6:20-7:20 PM \$60/\$69

Thomas Farm CC/Maguire

43491 Sa 6/22-8/10 8:45-9:45 AM \$60/\$69

Rockville Sr. Center/Maguire



### 3-2-1 Workout

This 30-minute class combines 3 minutes of strength training, followed by 2 minutes of cardio, followed by 1 minute of core work to sculpt your body, burn fat and blast calories! Modifications offered for most exercises; suitable for all fitness levels. Bring mat and weights. 8 classes

Age: 16+

43492 Th 6/20-8/15 5:45-6:15 PM \$40/\$45

Rockville Sr. Ctr./Maguire

# Adults



## 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+				
43878	M	6/17-8/5	12:45-1:15 PM	\$40/\$48
43879	M	6/17-8/5	7:35-8:05 PM	\$40/\$48
43880	W	6/19-8/7	12:45-1:15 PM	\$40/\$48
43881	F	6/21-8/9	12:45-1:15 PM	\$35/\$42
43882	F	6/21-8/9	7:35-8:05 PM	\$35/\$42
Rockville Swim and FC/Ramsey/Cortes				

## Body Sculpt

Pump up your fitness level. Work all major muscles through a variety of weight-resistance exercises. Target different areas to get the most out of your strength workouts. Instructor is an A.C.E. certified personal trainer. Bring a mat and 3-5 lb. weights. 7-10 classes

Age: 16+				
43498	M	6/17-8/19	6:30-7:30 PM	\$71/\$81
43499	W	6/26-8/14	6:30-7:30 PM	\$49/\$58
King Farm Com. Rm./Salas				

## Body Weight Conditioning

Don't like using complicated machines at the gym? Learn how to strengthen and tone your physique with exercises, yoga, plyometrics and other core calisthenics. For both beginner and advanced fitness levels.

Age: 16+				
43934	Su	6/23-8/11	10-11 AM	\$64/\$76
Rockville Swim and FC/Schaffer				

*New*

## Bootcamp - Beginner/Intermediate

Reduce body fat, increase cardiovascular stamina and tone muscles in a team environment. Class is designed to introduce the new bootcamper to skills and drills of our advanced class. Workouts can be modified to increase or decrease intensity.

Age: 16+				
43885	Tu & Th	6/18-8/8	6:30-7:30 AM	\$120/\$140
43935	M, W & F	6/17-8/9	7:30-8:30 AM	\$184/\$213
Rockville Swim and FC/Nelson				

## Bootcamp - Intermediate/Advanced

This class is for the intermediate to advanced fitness enthusiast. It 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+				
43886	M, W & F	6/17-8/9	6:30-7:30 AM	\$184/\$213
43936	Tu & Th	6/18-8/8	7:30-8:30 AM	\$120/\$140
Rockville Swim and FC/Nelson				

## Cardio and Strength Fusion

Spice up your current workout with a variety of cardiovascular routines, including kickboxing and dance aerobics. This interval-style class transitions back and forth between cardiovascular movement and strength training. Keep your heart rate up, increase your metabolism and target all your major muscle groups. Modifications to increase or decrease intensity will be provided. Bring mat and weights. 7 classes

Age: 16+				
43501	Tu	6/25-8/6	6:45-7:30 PM	\$45/\$54
Twinbrook CRC/Nalle				



# Adults

## 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+  
43888 Th 6/20-8/8 6-7 PM \$56/\$65  
Rockville Swim and FC/TBA

## CardioFit

Get a great start on a new fit you! Burn some calories and enjoy a well-rounded workout including cardio, strength training, core work. Bring personal weights and mat.

Age: 16+  
43503 Sa 6/22-8/17 8:45-9:45 AM \$62/\$72  
Twinbrook CRC/Salas

## 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 mat. 8-10 classes

Age: 15+  
43504 Th 6/20-8/15 6:30-7:30 PM \$57/\$67  
43505 Tu 6/18-8/20 5:30-6:15 PM \$71/\$81  
43506 Sa 6/29-8/25 9-10 AM \$64/\$74  
Thomas Farm CC/Ramsey

## Core Fusion

Part Yoga, part Pilates and part functional core training, this course will help condition your body while developing long lean muscle and increased flexibility. This fusion class will give you a full body blitz that leaves you feeling refreshed and invigorated. Both mats and stability balls may be used.

16+  
43931 Tu 6/18-8/6 9:15-10 AM \$98/\$113  
43932 Th 6/20-8/8 9:15-10 AM \$86/\$99  
Rockville Swim and FC/Maguire

## Are you a Senior Center member?

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

See page 50

## 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.

Age: 13+  
43516 M & W 6/24-7/24 7-7:45 PM \$99/\$115  
43517 Tu & Th 6/25-7/30 7:15-8 PM \$99/\$115  
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 with this class.

Age: 16+  
43890 Tu 6/18-8/6 11:30 AM-12:20 PM \$64/\$76  
43891 Th 6/20-8/8 11:30 AM-12:20 PM \$56/\$65  
Rockville Swim and FC/TBA

## Fusion Power Hour

*New*

Bored with traditional cardio or strength classes? Get ready to fall in love with working out again. Our fusion classes have it all, from cardio kickboxing to plyometrics and body sculpting moves. Use your body weight, bands, light weights and balls to keep your heart pumping and your body moving.

Age: 16+  
43933 Sa 6/22-8/10 8:45-9:30 AM \$64/\$76  
Rockville Swim and FC/Salas

*"Sharon Ramsey is the finest fitness instructor I have ever had. I have taken her classes for three years. She is encouraging, energetic and motivating. Her classes make everyone feel welcome and able. She fosters the desire to do your best. Rockville is lucky to have her!"*

PARTICIPANT OF CIRCUIT STEP

# Adults

## Jazzercise - Low Impact

Fitness that's invigorating, not intimidating! Same great music and choreography but without the hop! This low-impact workout combines elements of jazz dance, resistance training, pilates, yoga, kickboxing and more. All ages and fitness levels. Bring weights and a mat. 8 classes

Age: 16+  
 43520 M 6/17-8/5 6:30-7:30 PM \$59/\$69  
 43521 W 6/19-8/7 6:30-7:30 PM \$59/\$69  
 Julius West MS/Ham

## Kung Fu/Bungo Fu

Learn the ancient art of self-defense with a Jamaican twist! Increase your flexibility, stamina, coordination and discipline while positively channeling your energy. Yoga-like stretches bring you to a calm meditative state and a fusion of Kung Fu self-defense forms and African Foot Fighting are taught to all skill levels. 8 classes

Age: 16+  
 43527 M 6/17-8/5 7:15-8:15 PM \$63/\$72  
 Rockville Sr. Ctr./Thompson

## Light and Easy Conditioning

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

Age: 16+  
 43894 Tu 6/18-8/6 12:30-1:15 PM \$64/\$76  
 43895 Th 6/20-8/8 12:30-1:15 PM \$56/\$65  
 Rockville Swim and FC/Owen

## 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. 1 class

Age: 18+  
 43385 W 7/31 7:30-8:30 PM \$10/\$12  
 Thomas Farm CC/Jensen

## 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. 8 classes

Age: 16+  
 43363 Tu 6/18-8/6 7:15-8:15 PM \$72/\$79  
 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. 8 classes

Age: 16+  
 43296 Tu 6/25-8/13 7:30-8:25 PM \$89/\$99  
 Rockville Swim and FC/Poole

## Pilates - Yoga Fusion

Fusion is a wonderful blend of the core strengthening and muscle toning of Pilates and the meditative and flexibility benefits of yoga combined in a flowing workout. Bring a mat. Wear comfortable clothing. 8 classes

Age: 16+  
 43297 Tu 6/25-8/13 6:30-7:25 PM \$89/\$99  
 Rockville Swim and FC/Poole



# Adults

## 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. 9-10 classes

Age: 15+				
43534	M	6/17-8/19	9:30-10:30 AM	\$71/\$81
43535	Tu	6/18-8/20	6:20-7:20 PM	\$71/\$81
43537	W	6/19-8/21	9:30-10:30 AM	\$71/\$81
Thomas Farm CC/Ramsey				

43536	Th	6/20-8/22	6:30-7:15 PM	\$64/\$74
Rockville Sr. Ctr./Salas				

## Sport Conditioning

*New*

Not just for the competitive athlete, this class will focus on all aspects of sports fitness: cardiovascular endurance, speed, agility, power, balance and coordination. No matter what your fitness level is, this class is designed to take you to the next stage and beyond.

Age: 16+				
43898	W	6/19-8/7	7-8 PM	\$64/\$74
43899	Su	6/23-8/11	11 AM-12 PM	\$64/\$76
Rockville Swim and FC/Schaffer				

## Stability Ball Training

This class strengthens the whole body while focusing on core stability. With the aid of a Swiss fitness ball, you will develop muscular strength and endurance, work on proper body alignment and improve your balance for a total body workout in just 30 minutes.

Age: 16+				
43900	W	6/19-8/7	8:05-8:35 PM	\$40/\$48
Rockville Swim and FC/TBA				

## Step Aerobics

Enjoy a low-impact, high intensity class that will strengthen, tone and improve your cardio fitness. Routines are choreographed to upbeat music. Beginners are welcome. Bring a mat/towel and hand weights (optional). Steps provided.

Age: 16+				
43901	M	6/17-8/5	6:30-7:30 PM	\$64/\$76
Rockville Swim and FC/Ramsey				

## 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. 8 classes

Age: 18+				
43551	Tu	6/25-8/27	7-8 PM	\$61/\$69
Rockville Sr. Ctr./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. 8 classes

Age: 16+				
43581	W	6/19-8/14	6:15-7:15 PM	\$60/\$69
Thomas Farm CC/Maguire				

## Triathlon 101

Build up your swimming, biking and running skills in this class. Sessions are split between classroom presentations and outdoor triathlon skills practice. Learn how to train properly and develop a race day plan.

Age: 16+				
43954	Sa	6/22-8/10	7-8:30 AM	\$106/\$120
Rockville Swim and FC/Nelson				



# 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. 8 classes

Age: 16+  
43305 Tu 6/18-8/6 4:30-5:45 PM \$69/\$79  
Thrive Yoga/Alter

## Yoga - Beginner

A beginner class that will help you open up areas of tightness, such as hips and shoulders, and cultivate power in your legs and core. Be introduced to traditional yoga techniques like meditation, breathing exercises and deep relaxation. Bring a yoga mat, two blocks and a smile. 4 classes

Age: 16+  
43384 Th 6/27-7/25 6:30-7:45 PM \$35/\$42  
43389 Th 8/1-8/22 6:30-7:45 PM \$35/\$42  
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+  
43903 F 6/21-8/9 9:15-10 AM \$86/\$99  
Rockville Swim and FC/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 a gentle yoga practice while promoting increased activity for better health. Recommended props: yoga mat, block and strap.

Age: 16+  
43904 W 6/19-8/7 9:15-10 AM \$98/\$113  
Rockville Swim and FC/Carter  
  
43905 Sa 6/22-8/10 9:15-10 AM \$98/\$113  
Rockville Swim and FC/TBA

## 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. 9 classes

Age: 16+  
43307 Th 6/20-8/22 7:30-8:45 PM \$109/\$119  
Rockville Sr. Ctr./Dodson

## Yoga - Hatha

Practice asanas, breathing and relaxation. Perfect for all levels of students who seek a yoga practice without the flow 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 mat. 8 classes

Age: 16+  
43308 Sa 6/22-8/10 8-9:10 AM \$69/\$79  
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. 9 classes

Age: 16+  
43309 M 6/17-8/12 7:30-8:45 PM \$109/\$119  
Thomas Farm CC/Neves

## 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 yoga mat, block and strap. 6 classes

Age: 16+  
43311 W 6/19-7/24 7:30-8:15 PM \$55/\$65  
Thomas Farm CC/Maguire

# Adults

## Yoga - Moms to Be

Build strength and flexibility and soothe daily anxieties and the little aches and pains that often accompany nine months of pregnancy. Improve your posture and total back strength. Increase focus and stamina for labor, delivery and beyond, while boosting circulation and improving your overall health.

Age: 16+  
43906 Sa 6/22-8/10 10:15-11 AM \$98/\$113  
Rockville Swim and FC/TBA

## Yoga for Athletes

This class is designed to improve health, performance, and mental acuity of athletes or individuals interested in improving their level of fitness. 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+  
43907 M 6/17-8/5 9:15-10 AM \$98/\$113  
Rockville Swim and FC/Cortes

## 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. Taught by certified Zumba instructor. 6-8 classes

Age: 16+  
43312 M 6/17-7/22 7-7:55 PM \$54/\$64  
Lincoln Park CC/Sheffield-Wright

43314 Th 6/20-8/1 7:15-8:10 PM \$54/\$64  
Rockville Swim and FC/Sheffield-Wright

43313 Tu 7/9-8/27 7:30-8:25 PM \$72/\$82  
Thomas Farm CC/LeClair



**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!**

## 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+  
43909 W 6/19-8/7 6:30-7:15 PM \$64/\$74  
43937 W 6/19-8/7 12-12:45 PM \$64/\$74  
43910 F 6/21-8/9 12-12:45 PM \$56/\$65  
Rockville Swim and FC/TBA (W), McCright (F)

## Zumba Toning

Students learn how to use small weights to tone and strengthen all their target zones, such as arms, glutes, abs and thighs in this dance fitness class. Fast and slow rhythms are used to maximize fat burning and to build muscle. Zumba Toning is the perfect way to sculpt your body naturally while having fun dancing to high-energy popular music. Bring 1 or 2 lb. weights.

Age: 16+  
43911 M 6/17-8/5 12-12:45 PM \$64/\$76  
Rockville Swim and FC/McCright

## Enjoy a Healthy Salad After Your Workout!

### TABOULEH

1 cup bulgar wheat (in cereal aisle)  
1 2/3 cups boiling water  
1/3 cup olive oil  
1/3 cup fresh lemon juice  
1 cup chopped green onions, white and green parts  
3 tomatoes, diced  
1 cup chopped fresh parsley  
1/4 cup fresh mint leaves, chopped  
1 cup cucumber, peeled, seeded and diced  
Salt and pepper to taste

1. Combine bulgar and boiling water in a large bowl. Cover and set aside to soak for 30 minutes to 1 hour or until wheat is soft and just a little crunchy.
2. Add oil, lemon juice, onions, parsley, mint, tomatoes, and cucumber; toss to combine.
3. Cover. Refrigerate at least 1 hour. Enjoy!

# 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. 8 classes

Age: 14+  
 43510 Tu 7/9-8/27 7-8:20 PM \$115/\$135  
 43511 Sa 7/13-9/7 2-3:20 PM \$115/\$135  
 Rockville Fencing Academy/Staff

### Safe Cycling - Level 1

*New*

Like to bike? Feel like a kid again? Great! Aimed at the recreational rider, this class covers the core principles of smart cycling, including bike selection and fit, handling skills, safety tips, trail etiquette and minor maintenance. Second session includes a group ride on bike paths and quiet streets, weather permitting. Bring a bike (in good working condition), helmet and water bottle. 2 classes

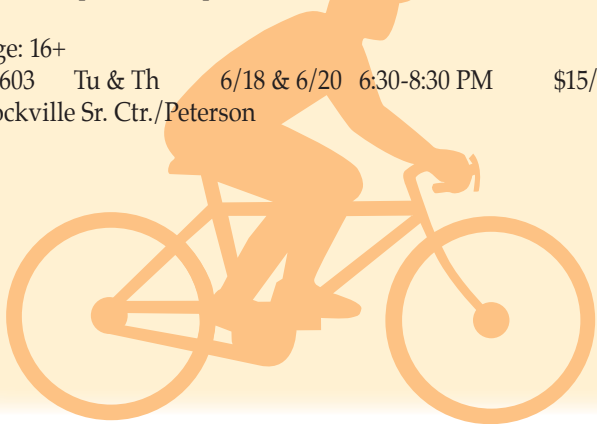
Age: 13+  
 43602 Tu & Th 6/11 & 6/13 6:30-8:30 PM \$15/\$20  
 Rockville Sr. Ctr./Peterson

### Safe Cycling - Level 2

*New*

Are you a potential bicycle commuter or weekend road warrior? This class covers advanced riding concepts, including traffic skills, lane positioning, hazard avoidance, clothing, equipment and more. Second session includes a group ride on city streets and multi-lane arterial roads, weather permitting. Bring a bike (in good working condition), helmet and water bottle on Thursday. Prerequisite: Level 1 class or equivalent experience. 2 classes

Age: 16+  
 43603 Tu & Th 6/18 & 6/20 6:30-8:30 PM \$15/\$20  
 Rockville Sr. Ctr./Peterson



### Tennis for Adults - Beginner

Learn fundamentals including basic grips and strokes (forehand, backhand, serve and volley). Rules and scoring taught. Bring a racquet. 6 classes

Age: 16+  
 43561 W 6/19-7/24 7-7:50 PM \$69/\$79  
 Mattie Stepanek Park/M. Yargici

43560 Th 6/20-8/1 7-7:50 PM \$69/\$79  
 Montrose Park/Z. Yargici

### Tennis for Adults - Intermediate

This program is for players who can sustain a slow rally but still lack control and depth. Learn top spin and slices, approach shots, returns, lobs and overheads. Percentage tennis, winning tactics and advanced strategy will be taught. (NTRP Rating 3.0-3.5) Bring a racquet. 6 classes

Age: 16+  
 43563 M 6/17-7/22 7-7:50 PM \$69/\$79  
 Twinbrook CRC/Asaka

43564 Tu 6/18-7/23 6-6:50 PM \$69/\$79  
 Dogwood Park/M. Yargici

### Tennis for Adults - Novice

For players who have a knowledge of tennis and are familiar with grips and strokes but have difficulty sustaining a rally. Learn and review basic strokes, directional hitting, lobs and basic strategy for singles and doubles. Bring a racquet. 6 classes

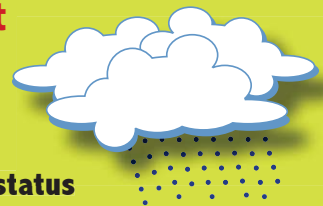
Age: 16+  
 43566 M 6/24-7/29 6-6:50 PM \$69/\$79  
 Twinbrook CRC/Asaka

43567 Tu 6/25-7/30 7-7:50 PM \$69/\$79  
 Dogwood Park/M. Yargici

**Worried about  
the weather?**

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

**Select #1 for class status**



# Adults

## Register a *Team* in our *Adult Sports Leagues*

Co-Rec and Women's Volleyball  
Co-Rec and Men's Softball  
Co-Rec Kickball  
Co-Rec Flag Football



### LEAGUE PLAY BEGINS:

Aug. 19 – Men's Softball

Aug. 20 – Co-Rec Softball

Sept. 5 – Women's Volleyball

Sept. 5 – Co-Rec Kickball

Sept. 9 – Co-Rec Volleyball

Fax or Mail to:

240-314-8659

City of Rockville

Dept. of Recreation and Parks

111 Maryland Ave., Rockville MD 20850

Attn: Sports Division

[www.rockvillemd.gov/recreation/sports](http://www.rockvillemd.gov/recreation/sports)

Coming Soon . . .

## Men's Futsal Summer League

(Format of Indoor Soccer)

Futsal creates an emphasis on improvisation, creativity and technique as well as ball control and passing in narrow spaces.

**Five-a-side  
Indoor Soccer  
League**

Minimum of seven players per team.

Course #: 42689

When: **Fridays, starting June 28  
7:30 p.m. and 11 p.m.**

Where: Twinbrook Community Recreation Center

Cost: \$49 residents; \$59 nonresidents  
*per individual*

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

## OFFICIALS NEEDED!



### Youth and Adult Leagues

Weekday Evenings and Weekends



### Youth Baseball

Baseball, Soccer and Basketball

### Adult Softball

Softball, Futsal and Basketball

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

# Consistency *Drives* Performance



**GET INTO THE GAME**



**\$39** Per Month  
**\$429** or One Time

## 2013 Player Development Program

### BENEFITS INCLUDE:

- Unlimited Range Balls 7 Days a Week After Twilight
- \$19 Walk or Ride During Twilight
- Discounts on Private Lessons



**Call 240.406.1650 To Purchase Your Card!**

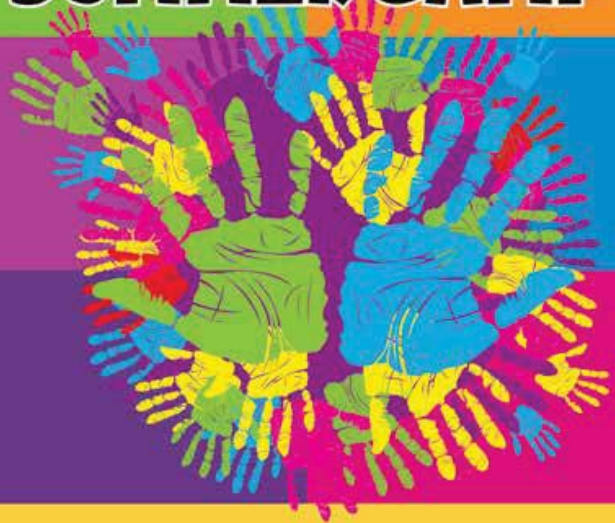
**RedGate**  
Golf Course

*Program details subject to change.*



REDGATEGOLF.COM

# KIDS CREATE! SUMMER CAMP



**visarts**  
AT ROCKVILLE

Rockville Town Square  
155 Gibbs Street, Suite 300 • Rockville, MD 20850  
301-315-8200 • [www.visartscenter.org](http://www.visartscenter.org)

This summer promises to be a great deal of fun for every child ages 5-12. We have great programs and a fantastic staff on board. Our program nurtures the budding talents of our students with age appropriate visual art projects in an assortment of media. This program also includes movement games, music and literature.

Register online at [www.VisArtsCenter.org](http://www.VisArtsCenter.org)

## Celebrate America's Birthday with Rockville!



Fireworks at Dusk • Live Music

**July 4th, 7-10 p.m.**  
Montgomery College  
Rockville Campus

*Join your friends,  
bring your family*

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



7th Annual Uncorked  
**WINE AND MUSIC  
FESTIVAL**

Saturday, Aug. 24  
Noon - 6 p.m.  
Rockville Town Square

- Sample wines from Maryland's best wineries.
- Listen to two stages of live music.
- Enjoy cooking demonstrations.

Check out our website this summer for more information.  
[www.rockvillemd.gov/uncorked](http://www.rockvillemd.gov/uncorked)



**Saturdays**  
9 a.m. - 1 p.m.  
May 11 - Nov. 23  
Corner of Route 28 and Monroe Street

**Wednesdays**  
11 a.m. - 2 p.m.  
June 5 - Sept. 25  
E. Montgomery Avenue



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



# 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, May 16**. 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.

**(R) - Resident** registration begins **Thursday, May 23** 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 **Thursday, May 30** 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 - Nonresidents; \$65 spouse



### Fitness Club Membership Fees

\$75/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 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.

**Carnation Supper Club** – Dinner, socializing and entertainment on the fourth Tuesday of each month at 5 p.m. Prepared by staff. Cost \$12. Call 240-314-8810.

# Seniors

## Arts and Enrichment

### Ancient Egypt New

This slide presentation will be by our own Murray Stein, who traveled to Egypt twice during the 80's. An amateur archeologist, he has pictures of places the average tourist has not visited. Would you believe there is a mural of the Last Supper on a hidden wall inside ancient Luxor? A picture inside Tut's Tomb? Murray will also share slides of the magnificent walls inside the tombs in the Valley of the Kings.

43485 W 6/19 10:30 AM-12 PM \$2/\$4/\$6  
Azalea Room

### Around the Garden New

The SWAT Team is coming! Members from the Master Gardeners of the University of Maryland Extension Service will discuss gardening issues just in time to help with your spring and summer flower planting. We will also discuss the possibility of starting a garden club and speaker program here at the Center. Prizes and refreshments are part of the morning.

43343 Tu 5/21 10:30 AM-12 PM \$3/\$4/\$6  
Blossom Room

### 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.

#### July

Sponsored by: Isabel Simmons, Betty Lloyd and Walgreens  
Entertainment by: The Class Act

43255 W 7/10 1:30-3 PM Free/\$5

#### August

Sponsored by: Diana Alt, Jean Deputy and Manor Care of Bethesda  
Entertainment by: Bingo for Prizes

43256 W 8/7 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.

43325 Th 6/27 & 7/25 10-11 AM Free/\$5  
Board Room/Beck

### Carnation Feud New

Comedy takes control of the podium! Join us for a game show type atmosphere with Judy and mystery guests at the Center's "Carnation Feud," similar to the game show Family Feud. Register to join the fun and laughter! Refreshments will follow.

43599 Tu 8/13 10:30 AM-12 PM Free/\$5  
Card Room

### Don't Run Out of Money

Most retirees face the same challenge of how to spend down assets without depleting them. There are a number of different risk factors that could affect your ability to outlive your money and leave a legacy for your children. Kevin Bradley, CPA/PFS, will discuss strategies for wealth management and ways to minimize your risk factors.

43368 Th 9/12 1-3 PM Free  
Azalea Room

### Emergency Preparedness for Seniors New

Do you know how to properly prepare yourself and home for a national or local emergency? Get ready in four easy steps! Checklists and proper procedures endorsed by the Montgomery County Office of Emergency Management and Homeland Security will be discussed by Rockville's Senior Home Maintenance Coordinator.

43920 Tu 8/6 10-11 AM Free  
Azalea Room

**ROCKVILLE SENIOR CENTER**

## Health Fair



**Wednesday, May 29**

**11 a.m. - 1:30 p.m. FREE**

Health Screenings and Information  
Healthy Snacks and More!

# Seniors

## Financial Workshops

*New*

Participate in a four week financial workshop, hosted by financial advisor, Patrick Berger of Edward Jones Investments in Rockville. All course materials will be provided and attendees should plan on attending all four sessions.

### Foundation of Investing

This is an introductory educational program designed for people who want an overview of investing, including key terms and investment types. Class covers basic features of bonds, stocks and mutual funds and the importance of proper asset allocation.

43364 W 7/10 1-3 PM Free

### Retirement by Design

Come to this program designed to help answer questions such as: Am I saving enough? What will I do when I retire? Will I even be able to retire? By translating your vision for retirement into tangible goals, you'll learn investment strategies you can use now to help you retire when and how you want to.

43365 W 7/17 1-3 PM Free

### Protecting What's Important

This session will provide you with basic information on different types of insurance including health, disability, life and long term care. You'll become familiar with how these different types of insurance help you attain your goals.

43366 W 7/24 1-3 PM Free

### Preparing Your Estate Plan

Designed to help you understand the importance of putting a plan into place to ensure that your wishes will be carried out if you should become incapacitated or die. You'll become familiar with several processes and tools, including a will, trust, powers of attorney and life insurance. These will assist you in determining which makes the most sense for your unique situation. Note: An estate planning attorney will be present for this course to answer questions.

43367 W 7/31 1-3 PM Free  
Azalea Room

## First Ladies of the U.S.

*New*

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.

### Dolley Payne Todd Madison

This lovely woman grew in beauty and popularity as a young girl but nothing can compare to her popularity as America's First Lady and White House hostess. She knew great hardship all the while displaying great courage. It is rumored that Martha Washington played matchmaker between Dolley and James. Mrs. Madison became one of America's treasures in her role as First Lady.

43480 M 7/22 10:15-11:15 AM \$4/\$6/\$9

### Elizabeth Kortright Monroe

This New York beauty was hailed in France as La Belle Americaine. Although she helped save Mme. de LaFayette from being beheaded during the 1795 Reign of Terror in France, as First Lady Elizabeth is not well remembered. During her time in the White House she was frail and not very active. Following Dolley Madison did not help her in social circles. Why was this brave, bold woman not revered at home?

43481 M 8/12 10:15-11:15 AM \$4/\$6/\$9  
Card Room

## French

Only French will be spoken but this class is perfect for both the beginner or anyone interested in refreshing his/her knowledge of the language. The learning technique is made up of a series of slides and open discussion in exactly the same way as anyone learns a language from birth.

43966 M & W 7/15-8/21 10 AM-12 PM \$25/\$30/\$35  
Board Room



Bonjour

# Seniors

## Gourmands - On The Town

Ooo la la!! Let's travel to a classic French country inn, La Ferme, located in the heart of Chevy Chase, for a fabulous gourmet dinner. An impressive wine list accompanies delicious entrees at this ever popular restaurant. Participants pay for meal and beverage the evening of the trip. Gourmands enjoy the ambiance without the air travel. Trip includes leadership and charter bus transportation.

43483 Th 7/11 5-9 PM \$25/\$32/\$37  
Lower Parking Lot

## Heat and Pest Home Protection *New*

The harsh heat of the summer sun and humidity often brings those pesky insects into your home. Topics such as eliminating pests in and around your home will be discussed at this seminar.

43919 M 7/8 10-11 AM Free  
Azalea Room

## Jazz with Jesse

Jesse Etelson will present two of his popular classes for the summer session.

### Jazz Meets Pop... Again

Jesse Etelson returns to continue his February discussion of jazz and pop! Come and learn how the jazz greats incorporated music of Broadway and Tin Pan Alley into their work and spun off a whole new series of popular music. This is a further examination of our earlier discussion with Etelson and all are welcome!

43226 M 6/17 1:15-2:45 PM Free/\$5

### Bebop For Seniors

The end of the so called swing era did not signal the end of the development of jazz styles. Bebop and its offshoot cousins offer some beautiful and joyous music. Come listen, learn and remember that great era!

43227 M 7/15 1:15-2:45 PM Free/\$5  
Azalea Room

## Lilly Stone

*New*

Judith Welles, author and a member of the MCHS Speakers Bureau, will tell us the remarkable story of Lilly Stone, who at the age of 62, began operating a quarry in Bethesda that provided stone for the National Cathedral, National Zoo and area buildings and homes. Historic photos will tell the story of Lilly Stone, from the Civil War to the Cold War. Books will be available for sale and signing by the author.

43592 Tu 7/23 10:30 AM-12 PM \$4/\$6/\$9  
Azalea Room



## MEET CHRIS VEIRS

Chris began her career with the City in 1991 as a member of the Senior Center staff. She is an essential part of the senior team, planning trips, classes and special events. Her education as a theater major adds a special touch to each trip she leads. Chris always goes out of her way to be sure seniors who come to the Center feel welcome, comfortable and want to return to continue learning and enjoying. Her laugh is infectious and her sparkling personality brightens everyone's day!

# Seniors

## Monet: The Supreme Impressionist *New*

One of the great landscape artists, Monet dedicated his life to capturing the beauty of nature in vivid color and light. Presented by Joan Hart, Director of Museum One, this art appreciation presentation provides an overview of his artistic career including such themes as flowering gardens, peaceful river scenes and the unforgettable water lilies Monet painted in his old age. Works of art in museums throughout the world will be highlighted.

43593 W 6/12 11 AM-12:30 PM \$4/\$6/\$9  
Azalea Room

## Music with Murray

A classical music program presented by Murray Stein – a summer highlight!

### Music with an Oriental Flavor

The term Oriental refers to a music style typical of the Near East, not the Far East. Such music utilizes cymbals, bells, percussion and rhythms to create beautiful sounds very different from the more often heard European music. We will hear works by composers who appreciated this style and created with great success: Mozart, Haydn, Ippolitov-Ivanov, Saint-Saens, Rimsky-Korsakov and Verdi.

43487 W 6/19 1-2:30 PM Free/\$5

### Mozart the Master

W.A. Mozart was so brilliant, he began composing and playing professionally before his peers could even read or write. His last three symphonies (39, 40, 41) were written in the unbelievable span of six weeks. Much of his appeal is due to the use of mathematical patterns used in his over 30 concertos, operas, sonatas and other works. We'll hear the last symphonies, "The Magic Flute" and his "Violin Concerto No. 5."

43488 W 7/17 1-2:30 PM Free/\$5

### Variations on a Theme (or Bach to Basics)

This popular program is back with What To Listen For as we hear the subtle techniques composers use to make their music interesting. Joseph Haydn took a nursery tune and focused a whole symphony around it. Mozart, Beethoven and Bach used mathematical patterns to create interest. Hear works by these composers and more as we vary our own music appreciation skills.

43489 W 8/21 1-2:30 PM Free/\$5  
Azalea Room/Stein

## Mysterious Hidden City - Petra *New*

Petra has now been officially designated as one of the 'Wonders of the Ancient World'. Constructed by the Nabateans starting in the 4th century BC, the magnificent 150-foot tall temples carved in rock cliffs still stand. Murray Stein's slides show the Nabateans to be extremely clever hydraulic engineers. Rediscovered in 1812, more than 90% of the site remains uncovered.

43486 W 7/17 10:30 AM-12 PM \$2/\$4/\$6  
Azalea Room

## Organizing for a Better Life

Join us the second Tuesday of the month to share tips and support each other as we organize and de-clutter our homes. This is an informal drop-in group and all are welcome. Facilitated by Barbara Wilson, counselor.

43924 Tu 7/9-9/10 1-2:30 PM Free/\$4  
Health 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.

### James Madison

President Madison's two terms in office marked the last of the Founding Fathers to serve as President. This giant of a man was short in stature but great in insight and intellect. As President during America's first war, he showed leadership, courage and resolve to keep America strong. Madison left a rich legacy. What other lasting ideas and matters belong to Madison?

43478 M 7/8 10:15-11:15 AM \$4/\$6/\$9

### James Monroe

To say that James Monroe was a popular President is an understatement; he ran unopposed for a second term. It was his Monroe Doctrine that became the foundation of American foreign policy and elevated the US to the position of a respected world power. James Monroe was known for being a plain and modest gentleman. How did he become so popular?

43479 M 8/5 10:15-11:15 AM \$4/\$6/\$9  
Card Room

# Seniors

## Preparing Your Home for Winter *New*

Learn what steps are necessary in order to get your home ready for the cold months ahead. Get "how to" information on subjects such as bleeding your hose bibs to ensuring that your gutters are free from debris.

43921 W 9/4 10-11 AM Free  
Blossom Room

## Pucker Up *New*

Pucker up and chill out with our Chef Judy and the legendary flavor of lemon in an array of dishes that are tasty, easy and elegant. From the perfect lemonade, to peach salad with lemon vinaigrette, to a no-bake lemon dessert, you will enjoy the wonders of these luscious lemon recipes during the summer season.

43473 Th 7/18 10 AM-12 PM \$22/\$28/\$35  
Arts and Crafts Room/Beck

## Rock On *New*

Come discover the astonishing properties of rocks and minerals. We will cover the differences, composition and identification and the crystal structure of these earthly specimens. The presentation will include a hands-on display of the fluorescence, phosphorescence and tenebrescence of various minerals using different wavelengths of ultraviolet. In addition, we will examine their unique luminescent properties.

43340 Tu 7/9 10:30-11:30 AM Free/\$5  
Azalea Room

## Social Security - Taxes - IRA's *New*

This workshop will help participants navigate the tax code maze to enhance their IRA, 401K, TSP or other qualified plan. BNB Financial, the presenters, will also offer ways to minimize or eliminate taxes on Social Security benefits.

43453 Tu 8/13 1-2 PM Free  
Azalea Room



## Spanish for Beginners *New*

If you have never studied Spanish before or if you are just brushing up, this series of fun and flexible classes is designed to make you feel more comfortable getting started with everyday conversation. Learn the fundamentals of the Spanish language and start speaking with confidence. This easy to follow class will include interactive activities.

43454 Tu & Th 7/9-8/15 10:15-11:45 AM \$35/\$40/\$45  
Arts and Crafts Room

## The Wonders of Science *New*

Would you like to see a tornado in a pickle jar? Here's your chance to discover some of the amazing things that can be done with electricity, magnetism and chemistry! Murray Stein, who taught engineering at GWU for 26 years, will be showing us some of the same phenomena that made his classes so popular in the 70's, 80's and 90's. Bring your video cameras for this one.

43484 W 8/21 10:30 AM-12 PM \$2/\$4/\$6  
Azalea 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? Do you know the Medicare alphabet? Join representatives from the Senior Health Insurance Assistance Program and learn where to begin and how to get help.

43989 Tu 8/27 7-9 PM Free  
Carnation Room

## Watercolor - Georgia O'Keefe Style *New*

Discover how to paint flowers in watercolor with a close focus approach. Participants will learn to select a color palette and work with glazing colors. Class will cover composition and techniques to make a painting more interesting. Flower lovers, this is the workshop for you. A supply list will be mailed. Register by 6/21.

43232 Th 7/11-8/1 10 AM-12 PM \$44/\$55/\$69  
Blossom Room/Fry

# Seniors

## Weather Maps and Forecasts *New*

Most of us get our weather information either from TV, the internet or the daily paper. In this slide-filled lecture, the science behind the causes of changes in our weather will be de-mystified in a non-technical presentation that should provide you with a much better understanding of the hows and whys of our variable weather in the Mid-Atlantic states. Dr. Paul Brown is a career internist and research neuroscientist and passionate meteorologist who has taught throughout the greater DC area.

43474 Th 9/5 10:30 AM-12 PM \$4/\$6/\$9  
Azalea Room

## Wise Real Estate Decisions *New*

Take the stress out of deciding whether or not to sell your home. What are the considerations? If you choose to sell, learn how to prepare your home for sale and how to set the best price. Get tips to help you decide whether to sell your home yourself, with a discount broker, or with a full service broker.

43391 W 8/14 1-2 PM Free  
Blossom Room

## Women Living Alone

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

43922 Th 8/1-9/12 1-2:30 PM Free/\$4  
Blossom Room

## Women's Legal /Financial Skills *New*

Did you know that women make better investors than men? Did you know that there are recent changes which can make your retirement easier? Many other interesting facts will be shared during this seminar led by Jeanne Richter, Esquire. Learn how to navigate the financial and legal obstacle course and make the best decisions for a secure future.

43605 Tu 8/27 1-3 PM Free  
Azalea Room

## Woodworking Shop For Women *New*

In this two day class, the first class will focus on tools, machines and safety. Participants will familiarize themselves with each machine and practice using scraps. During the second class, each participant will build a bird house. All materials will be provided.

43594 Tu & Th 7/30 & 8/1 10 AM-12 PM \$12/\$15/\$19  
Woodshop/Stein

## 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) Backing Up Your Computer

Backing up your system (files) is an often neglected task. When and how do I back up my system? How long do I hold my backups? What type of backup media is the best? Learn the answers to these and other important questions you might have. Note: \$3 material fee payable to instructor at first class.

43959 M 9/9 1-3 PM \$7/\$9/\$13  
Computer Lab/Hickman

### (B) Computer Basics

This class offers a hands-on introduction for beginning computer users. Prerequisite: Use of Keyboard and Mouse. Further free optional training is available in the Beginner Computer Practice Lab, 10 a.m.-12 p.m. on Fridays.

43460 Tu & Th 7/16-7/18 10-11:30 AM \$6/\$8/\$11  
43461 Tu & Th 8/20-8/22 10-11:30 AM \$6/\$8/\$11  
43462 Tu & Th 9/17-9/19 10-11:30 AM \$6/\$8/\$11  
Computer Lab/Frillman

### Senior Center members receive discounts on adult classes.

See class offerings on pages 29-36.

# Seniors

## (B) Computer Basics II

This class will teach you about control panel components, monitor settings, shortcuts and more. Customize your desktop and your start menu. Create a variety of different shortcuts and move to different locations in your computer. Learn about safe mode and creating wallpaper.

43968	Th	7/25	10 AM-12 PM	\$6/\$8/\$11
43969	M	8/26	1-3 PM	\$6/\$8/\$11

Computer Lab/Hickman

## (B) Computer Basics III

This sequel to Computer Basics II will teach you how to install and uninstall software, view your memory and determine the size of your hard drive. You will be taught how to check your computer drives and will learn what to do when the internet does not connect.

43971	Tu	7/30	10 AM-12 PM	\$6/\$8/\$11
43972	W	8/28	1-3 PM	\$6/\$8/\$11

Computer Lab/Hickman

## (B) Intro. to Word Processing

Word processing allows you to develop a wide range of documents. Unlike a typewriter, once you create a document on screen, you can make changes, correct mistakes and add photos. Learn basic navigation skills using the keyboard and mouse to create a simple document, preview, print and save your file.

43958	Tu & Th	8/6 & 8/8	1-3 PM	\$11/\$15/\$19
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Computer Lab/Martin

## (B) Intro. to Computer Concepts

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. Absolutely no experience required!

43463	W	7/3	10 AM-12 PM	\$5/\$7/\$10
43464	W	8/7	10 AM-12 PM	\$5/\$7/\$10
43465	W	9/4	10 AM-12 PM	\$5/\$7/\$10

Computer Lab/Hickman

## (B) Keyboard and Mouse

If you have never touched a mouse or a keyboard, this class will help you become familiar with their basic functions. Move at your own pace with individualized instruction.

43466	F	6/28-9/13	10 AM-12 PM	Free/\$3/\$5
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Computer Lab/Frillman

## (B) Microsoft Paint for Beginners

Microsoft Paint is a free drawing tool on your computer that you can use to create simple or elaborate drawings. You can use it for your desktop background, to paste in to another document or to view and edit scanned photos. Note: \$3 handout fee payable to instructor at first class.

43985	Tu & Th	8/20 & 8/22	1-3 PM	\$11/\$15/\$19
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Computer Lab/Martin

## (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.

43963	W	9/11	1-3 PM	\$6/\$8/\$11
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Computer Lab/Martin

## (B, I) Burners

Create a DVD from a VHS tape, copy your DVDs for backup, edit videos from your camcorder, duplicate a CD, make a CD from a cassette tape, all with minimal equipment. Note: \$5 material fee, payable to instructor at first class.

43628	F	9/6	1-3 PM	\$8/\$10/\$14
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Computer Lab/Bender

## (B, I) SKYPE/Webcams

Make free telephone calls anywhere in the world to anyone on your call list. That's what SKYPE does. We'll discuss how to set up this high-quality telephone service and its advantages.

43629	F	7/12	1-3 PM	\$8/\$10/\$14
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Computer Lab/Bender

# Seniors

## (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.

43977 M 9/9 10 AM-12 PM \$9/\$11/\$15  
Computer Lab/Hickman

## (BI) Speech Recognition

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

43976 Tu 7/9 10 AM-12 PM \$9/\$11/\$15  
Computer Lab/Hickman

## (I) Choosing a Digital Camera

Buying the right camera is a difficult task. Learn what to look for, what the technical specifications mean and what features you need for different subjects and types of photography. Some of the most popular models will be reviewed.

43627 Th 6/27 1-3 PM Free/\$15  
Azalea Room/Bender

## (I) e-Bay and Craig's List

*New*

Everyone has "junk" in their attic. Learn how to turn it into cash using e-Bay, Paypal and Sniping. Acquire new merchandise for sale and profit. Write your own eye-catching ads. Learn how to use watch lists, reserves, feedback and how to avoid fraud. Prerequisite: Ability to access the internet. Note: \$10 manual fee payable to instructor at first class.

43631 Tu 7/9-7/30 1-3 PM \$39/\$48/\$59  
Computer Lab/Bender

## (I) Facebook - Beginner

Facebook is a social networking website with billions of subscribers. Users create personal profiles to connect and share with friends and family. Learn how to join the world of Facebook and set up an account in class. Presented by Helen Triolo, Local First Media.

43960 Th 7/11 1-3 PM \$9/\$11/\$15  
Computer Lab/TBA

## (I) Facebook - Intermediate

If you already have a Facebook account and want to learn how to enhance your page, add or delete friends, or just be more comfortable using the site, join this class for personalized instruction. Presented by Helen Triolo, Local First Media.

43961 Th 7/18 1-3 PM \$9/\$11/\$15  
Computer Lab/TBA

## (I) Laptops

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.

43980 Tu & Th 8/13 & 8/15 10 AM-12 PM \$15/\$20/\$26  
Computer Lab/Hickman

## (I) Maintaining Your Computer

Does your system run slowly? Is your desktop loaded with icons? Let us offer you some tips on adjusting and maintaining your system for better performance. Handouts included.

43974 W 7/17 10 AM-12 PM \$9/\$11/\$15  
Computer Lab/Hickman

## (I) Microsoft Excel 2007

Learn how to enter data, create a basic worksheet from data, and design, develop, format and manipulate spreadsheets with MS Excel (07 Version). Note: \$5 material fee payable to instructor at first class. Prerequisite: Windows Essentials, previously called Computer Essentials.

43925 M & W 7/8-7/15 10 AM-12 PM \$31/\$38/\$46  
Computer Lab/Hickman

# Seniors

## (I) Microsoft Word 2007

Have you struggled with the appearance of your text, not been able to line up text, collate a list or make your documents look professional? Join us as we explore these and other issues. Note: \$5 material fee payable to instructor at first class.

43926 M & W 8/12-8/19 1-3 PM \$31/\$38/\$46  
Computer Lab/Hickman

## (I) PowerPoint

Let's take the PowerPoint Workshop to another level. 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. Prerequisite: Computer Essentials or equivalent experience. Note: \$5 material fee payable to instructor at the first class.

43928 M & W 7/1-7/8 1-3 PM \$31/\$38/\$46  
Computer Lab/Hickman

## (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 flash drive to any other computer. It's important to have a backup copy of work on your computer.

43978 W 9/4 1-3 PM \$7/\$9/\$13  
Computer Lab/Hickman

## (I) Ubuntu

Did you know there are three computer operating systems: Windows, Mac and Ubuntu? This class is an overview of Ubuntu and compatible software programs, all of which are free. Ubuntu is not subject to virus attack or system crashing and is much faster than its fee-based competitors. Note: \$3 materials fee includes a software disk.

43967 Tu 9/3 1-3 PM \$9/\$11/\$15  
Computer Lab/Bender

## (I) Windows 7: Basics

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

43929 Tu & Th 8/1-8/8 10 AM-12 PM \$31/\$38/\$46  
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.

43930 Tu & Th 8/27-9/3 10 AM-12 PM \$31/\$38/\$46  
Computer Lab

## (IP) Photoshop

This class will be a comprehensive study of the use of 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.

43632 M, W & F 7/15-8/7 3-5 PM \$109/\$135/\$159  
Computer Lab

## Twitter

Twitter is an online social networking service that enables users to send and read text-based posts of up to 140 characters, informally known as tweets. Helen Triolo will introduce Twitter and share how you can use this messaging tool as a new form of communication.

43962 Th 8/1 1-3 PM \$9/\$11/\$15  
Computer Lab



### Intermediate Photography (IP) DISCOUNT

Participants registering for two or more IP classes may apply for a \$5 discount. To receive a discount, participants must register by mail, fax or walk-in.

# 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

## Fitness and Wellness

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



### Acupuncture / Arthritis

*New*

Barbara Kandel, ISc, MAC, will review what acupuncture is, how it works and its benefits as well as how acupuncture can help arthritis symptoms. She will also discuss lifestyle changes that may help arthritis. Did you know that acupuncture can help the health of your pets too? A brief demonstration will be offered.

43394 Tu 7/23 1-2 PM Free  
Azalea Room

### Afternoon Tone and Stretch

This class concentrates on your muscle strength and flexibility. Starting gently, we'll work every part of your body to improve circulation, strength and muscle tone. Participants will use exercise tubes, weights, stability balls and mats.

43399 M & W 6/24-8/21 1-2 PM \$45/\$54/\$65  
Exercise Room /TBA



## Anti-Aging and Longevity

*New*

Degenerative diseases (cancer, arthritis, diabetes and heart disease) are reaching epidemic proportions in America. It is now predicted that one in three persons will get cancer in their lifetime. Presently, more than 950,000 people die of heart diseases yearly and one in six persons has diabetes. The purpose of this workshop is to teach individuals how to prevent degenerative diseases, increase life expectancy and maintain optimal health. Topics include nutrition, exercise, stress management and body mechanics. Presented by Dr. Rifkin, DC, of Rifkin Chiropractic and Wellness Center.

43392 Tu 7/16 1-2 PM Free  
Azalea Room

## Arthritis Foundation - Exercise

Designed by the Arthritis Foundation, this class uses gentle activities 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.

43400 Tu & Th 6/25-8/27 1-2 PM \$50/\$62/\$75  
Exercise Room/Smith

## Cancer Survivors Workshop

A certified cancer exercise specialist and survivor will teach you basic fitness assessments, risk identifications and preventions, exercise recommendations and nutrition. A light snack will be provided.

43403 W 6/26 1-3 PM \$10/\$12/\$15  
Blossom Room/Biedscheid

## 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.

43404 F 6/28-8/23 1:30-2:30 PM \$27/\$34/\$40  
Exercise Room /Ramsey

# Seniors

## Chair Exercise

These exercises are gentle and designed to start slowly and build gradually. This seated program, performed to music, is for men and women alike. Patterns are designed for those with limited mobility to help develop strength, flexibility, endurance and to promote better circulation.

43405 M & W 6/24-8/21 11 AM-12 PM \$45/\$56/\$67  
Exercise Room/Ramsey

## Chair Yoga

This class is designed for participants who cannot meet the demands of a physically straining exercise class. This class will be done seated, which eliminates getting up and down off a mat. Modifications of standard yoga poses will be used and work will be done with breathing, focusing attention on gentle stretching and balance issues. No previous experience necessary.

43406 F 6/28-8/23 8:45-9:30 AM \$47/\$59/\$70  
Exercise Room/Figure

## Depression

*New*

When all types of trauma visit, depression is not far behind. Why is that? Did you know this affliction is considered a disease and can be treated and cured? Learn how to prevent it, recognize it and manage it. This is an interactive discussion presented by Circle of Rights.

43396 Th 7/11 10-11:30 AM Free  
Azalea Room



## Dizziness / Balance

*New*

Please join Stacey Buckner, PT, DPT, to learn more about dizziness and balance. She will discuss causes of and treatment options for dizziness and balance disorders including inner ear disorders.

43393 Th 7/11 1-2 PM Free  
Azalea Room

## Easy Zumba

Combine fun, energetic and motivating music with easy to follow movements and combinations that allow Zumba participants to dance away their worries. Great for both the body and mind. This feel-happy workout will encourage you to keep coming back for more. Appropriate for beginners.

43408 M 6/24-8/12 10-10:50 AM \$30/\$37/\$45  
Exercise Room/TBA

## Fitness Club

Interested in becoming a Fitness Club member? Join our "state of the art" fitness room. Basic equipment training is required for new members for a one-time fee of \$10. Instruction is offered by appointment only. You must be a Senior Center member to join the Fitness Club. The fitness membership fee is \$75 annually.

### Basic Exercise Machine Training

Basic exercise machine training is required of all new fitness club members. This is done by appointment only. Appointments can be made at the front desk.

43409 M & W 8/12-10/2 10 AM-4:50 PM \$10

### Exercise Machine Training - Plus

For those individuals who would like more than the required basic training, this training is done by a certified personal trainer. Receive an exercise plan designed specifically for your individual needs.

43410 M & W 8/12-10/2 10 AM-4:50 PM \$30  
Fitness Room/Klopper

## Healthy Legs / Veins

*New*

Unhealthy leg veins are a serious condition that can lead to tired, heavy and achy legs. Women and men with this problem can have lower leg ulcers and big, bulging leg veins, with leg swelling by the end of the day. This interactive session will discuss keeping one's leg veins healthy and tips to avoid these issues as one ages. Presented by the LegWorks Group. Signs, symptoms and treatment options will be discussed. There will also be a "live" leg ultrasound demonstration.

43598 Tu 8/13 1-2 PM Free  
Blossom Room

# Seniors

## 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 more than one mile each class.

43413 Tu & Th 6/25-8/27 12:25-12:55 PM \$22/\$27/\$33  
Exercise Room/Smith

## Life Trail Outdoor Fitness

Try this introductory program as part of our outdoor fitness system, located near the rear parking lot of the Senior Center. Workout includes a warm-up and functional fitness training on the equipment. All muscles work together while isolating the core. Enjoy a great workout outdoors.

43414 Tu 6/11-7/16 9-9:30 AM \$15/\$17/\$20  
Parking Lot/Biedscheid

## Lunch Time Crunch Time

Try this lunch time class, designed to give a complete workout in 30 minutes. Class includes a continuous series of 3-minute cardio intervals, followed by 2-minute strength intervals and a 1-minute abdominal interval. Perfect for a great mid-day workout. Mats and weights provided.

43614 M & W 6/24-8/21 12:20-12:50 PM \$25/\$32/\$38  
Exercise Room/Maguire

## P.M. Stretch

This class is designed to help increase your flexibility, restore your body's natural alignment and release tension and stress. Try this 30-minute class to help you relax the mind and body.

43415 W 6/26-8/21 2:15-2:45 PM \$25/\$32/\$38  
Exercise Room/TBA

## Pain Management

In today's world almost everyone suffers from some sort of pain. Learn the categories and types of pain. Did you know that pain is considered a disease in itself? What can cause it? How can it be managed so one's life is not totally ruined? Join this discussion presented by Circle of Rights.

43398 Th 9/12 10-11:30 AM Free  
Azalea Room

*New*

## 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. For Fitness Club members only. (Ongoing)

### One - 1 Hour Session

43416 M & W 6/24-9/11 9 AM-4:50 PM \$45

### Partner Training

43417 M & W 6/24-9/11 9 AM-4:50 PM \$70

### Three - One Hour Sessions

43418 M & W 6/24-9/11 9 AM-4:50 PM \$120

### Six - One Hour Sessions

43419 M & W 6/24-9/11 9 AM-4:50 PM \$235

### Ten- One Hour Sessions

43420 M & W 6/24-9/11 9 AM-4:50 PM \$375  
Fitness Room/TBA

## Positive Aging

Discuss issues related to aging such as coping with loss, taking care of ourselves, relationships with adult children, dealing with loneliness and planning for the future. Group meets first and third Tuesday of the month. Facilitated by Barbara Wilson, counselor.

43923 Tu 7/2-8/20 1-2:30 PM Free  
Blossom Room

## Senior Aerobic Workout

Step up to the latest exercise designed for those seniors 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.

43421 Tu & Th 6/25-8/27 11 AM-12 PM \$45/\$56/\$67  
Exercise Room/Klopper

43939 F 6/28-8/23 11 AM-12 PM \$25/\$32/\$37  
Exercise Room/Smith

# Seniors

## Senior Belly Dance

Enjoy an expressive, exciting and energetic activity with movements based on the ancient dances of North Africa, the Middle East and Mediterranean. This low-impact form of exercise is suitable for all ages and body types. Receive the benefits of improved posture, muscle tone, weight loss and stress reduction.

43422 M 6/24-8/19 2-3 PM \$37/\$46/\$55  
Exercise Room/Porter-Nelson

## Senior Boot Camp

Looking to increase your level of fitness? Designed to challenge active seniors, increase energy, reduce stress and build confidence, this fun, yet challenging class is a great workout.

43607 M 6/24-8/19 8-8:45 AM \$40/\$50/\$60  
Exercise Room/Maguire

## 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. Forms available at Senior Center office. Note: the first Wednesday of every month, class will be held at Lincoln Park Community Center. (Ongoing)

43608 M & W 7/8-9/11 1:30-2:15 PM Free  
43609 M & W 7/8-9/11 2:20-3:50 PM Free  
Carnation Room/Aehle

## Senior Pilates - Beginner

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).

43425 W 6/26-8/21 6:15-7 PM \$53/\$66/\$79  
Exercise Room/Biedscheid

43426 W 6/26-8/21 8:45-9:30 AM \$53/\$66/\$79  
Exercise Room/Ramsey

## 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.

43427 Tu 6/25-8/20 2:15-3 PM \$53/\$66/\$79  
43428 Tu & Th 6/25-8/29 2:15-3 PM \$95/\$119/\$142  
Exercise Room/Klopfner

## 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.

43429 F 6/28-8/23 9-9:45 AM \$35/\$44/\$52  
Thomas Farm CC/Ramsey

## Senior Strength Training

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.

43432 Tu & Th 6/25-8/27 9-9:45 AM \$59/\$74/\$89  
Exercise Room/Ramsey



# Seniors

## Senior Stress

*New*

Stress is the modern-day person's worst nightmare. It has come across the ages and is still with us. Can we learn to overcome it? What causes it? Where does it come from? What are the symptoms? Can it be cured? Why must we live with it? This interactive discussion is presented by Circle of Rights.

43397 Th 8/8 10-11:30 AM Free  
Azalea Room

## 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.

43434 Tu & Th 6/25-8/27 10-10:50 AM \$8  
Exercise Room/Tuanmu

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

Participants should have a basic knowledge of T'ai Chi Ch'uan. The class combines intermediate body movements with breathing and mental awareness to help promote health and relaxation. For Senior Center members only.

44111 M 6/24-8/19 10-10:50 AM \$5

## 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.

43435 W 6/26-8/21 5-6 PM \$40/\$50/\$60  
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.

43436 W & F 6/26-8/23 9:50-10:50 AM \$88/\$110/\$132  
43437 M 6/24-8/19 7-8 PM \$50/\$63/\$75  
Exercise Room/Figlure

## Stress Reduction/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, breathe, be "mindful" and come to a more peaceful sense of being. Betty Figlure has taught meditation/guided image/stress reduction classes for over 28 years.

43395 M 7/1-9/9 1-2 PM \$30/\$35/\$40  
Board Room/Figlure

## Sunrise 3-2-1

Start your day energized and ready to go. Designed to give a complete workout in 30 minutes. Class includes a continuous series of 3-minute cardio intervals, followed by 2-minute strength intervals and a 1-minute abdominal interval. Perfect for the early morning exerciser. Mats and weights provided.

43438 Tu & Th 6/25-8/27 8-8:45 AM \$50/\$62/\$75  
Exercise Room/Maguire

## Toning Table Training

Training is required to use the toning tables in the Fitness Room. Register at the front desk for an appointment. Bring a towel, wear long pants and socks. Must be a Senior Center member and a Fitness Club member.

43611 F 6/28-8/23 3-4:30 PM Free  
Fitness Room/Smith

## Total Conditioning Workout

This strength building, non-cardio fitness class is for men and women. Workouts are designed to improve strength, flexibility and balance using hand-held weights, bands and tubes. Intensity may be modified to suit most fitness levels.

43442 M 6/24-8/19 9-9:45 AM \$40/\$48/\$57  
43443 F 6/28-8/23 12:30-1:15 PM \$40/\$48/\$57  
Exercise Room/Klopper

## SQUARE DANCE

Tuesday, July 30 • 7-9 p.m.

### Rockville Senior Center

Sponsored by the  
Senior Citizens Commission and Victory Court

**\$10 fee includes lessons and refreshments**

Call 240-314-8810 to register



# Seniors

## 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 the Pilates method.

43610 W 6/26-8/21 8:30-9:15 AM \$45/\$56/\$67  
Exercise Room/Maguire

## 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 workout.

43444 M 6/24-8/19 5-6 PM \$30/\$37/\$45  
43445 Tu 6/25-8/20 5:45-6:45 PM \$30/\$37/\$45  
43613 Sa 6/29-8/24 11 AM-12 PM \$30/\$37/\$45  
Exercise Room/TBA

## Sports - Instructional

We recommend bringing a water bottle to all sports programs.



### Bocce Ball Tournament

Enjoy an entertaining, fun and social morning. Our tournament is open to everyone.

43402 Tu 7/30 10-11 AM Free  
Bocce Ball Court/Neale

### Game Activities

Pool table, table tennis and a dart board are available. Practice games, clinics, instruction and tournaments are held. Mon.-Fri., 8:30 a.m.- 4:50 p.m.; Sat., 8:30 a.m.- 12:50 p.m. For Senior Center members only. Table tennis available at Twinbrook Community Recreation Center, on Wed., 9-10 a.m.

43411 M-Sa 6/10-9/7 8:30 AM-4:50 PM Free  
Game Room

## 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.

43441 M 6/24-7/29 1-2 PM \$25/\$31/\$37  
Game Room

## Table Tennis - Intermediate

This class is for those who have a basic knowledge of the rules and scoring and experience playing. Not only is the game fun to play but it also aids in dexterity, flexibility and coordination. Paddles and balls available.

43440 W 6/26-7/31 1-2 PM \$25/\$31/\$37  
Game Room



*★* Concert Under the Stars *★*

**Rockville Swing Band**  
Tuesday, Sept. 10  
7-8:30 p.m.  
★ Rockville Senior Center



**Free Concert**

Sponsored by the  
Senior Citizens Commission

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

# Seniors



## 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.

43439 F 6/28-8/2 1-2 PM \$25/\$31/\$37  
Game Room

## 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.

43612 F 6/28-8/23 10 AM-12 PM Free  
Board Room

## International Day

*A Celebration of Cultures*

**Friday June 14 • 10:30 a.m. - Noon**

Displays, costumes, tastings and dance demonstrations.



Rockville Senior Center

## Sports - Leagues

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



### Bocce Ball Club

This lawn game is easy to learn and can be enjoyed at all levels. We have a nice court located behind the Senior Center. If interested in joining a team, register for this activity at the front desk. For Senior Center members only. (Ongoing)

43401 Tu & Th 7/2-10/10 10-11 AM Free  
Bocce Ball Court/Neale

### Senior Duffers

Enjoy the peak of the 2013 golf season. Play is arranged at local golf courses. All levels of ability are invited to join, however this is not a teaching activity. Both 9 and 18-hole play are available.

43424 M 6/24-10/21 7:30 AM-1 PM \$6/\$7/\$9  
Reamy

## Rockville Senior Center



## FITNESS CENTER

It's the best time to be a Senior  
in Rockville!

**Monday-Friday**

7 a.m. – 7 p.m.

**Saturday**

7 a.m. – 3 p.m.

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

240-314-8800

# Seniors

## Trips

**Registration procedure for all trips: An in-person lottery registration will be held on Wednesday, May 15 at the Senior Center. Interested members and City residents may draw lottery numbers from 10:15 -10:30 a.m., with numbers called in random order. Registrations will be accepted at the Senior Center only. Non-residents and non-members may register as of Monday, May 20. Individuals may register for themselves and one other person. The fee listed is payable at the time of registration. Senior Center membership dues must be current through day of trip to receive member fee.**

### Celtic Woman at Wolf Trap

*New*

Praised as, "Riverdance for the Voice," the platinum selling Celtic Woman will captivate the audience at Wolf Trap with traditional Irish tunes and timeless contemporary ballads like, "You'll Never Walk Alone," "Bridge Over Troubled Water" and "Ave Maria." All the ladies are acclaimed solo musicians but together, this foursome will entertain us under the musical direction of Emmy-nominated composer David Downes. Trip includes rear orchestra ticket, leadership and charter bus transportation.

43448 F 6/14 6:30-11:59 PM \$68/\$76/\$91  
Departs: Glenview Mansion

### "Dames at Sea"

*New*

Totem Pole Playhouse, in its 63rd season, presents Broadway at its best with the hysterical tap dancing spoof of the 30's-style movie musical, "Dames at Sea." This show is the epitome of the musical spectacular and we have great orchestra seats to set sail with the cast and enjoy the afternoon. Prior to the show, we'll have a delectable buffet picnic lunch at The Links at Gettysburg. Trip includes charter bus transportation, leadership, lunch and show.

43447 W 6/26 10 AM-6:30 PM \$98/\$108/\$118  
Departs: Glenview Mansion



### Annual Crab Feast

Take a trip over the Chesapeake Bay Bridge to Kent Island for our annual crab feast at Fisherman's Crab Deck. Enjoy the breezes along the water's edge and have an all-you-can-eat crab experience. Trip includes leadership, charter bus transportation and lunch.

43450 Th 8/8 10:30 AM-4:30 PM \$70/\$87/\$114  
Departs: Glenview Mansion



### Sultana Sails

*New*

The schooner Sultana, a replica of a 1767 British schooner, will take us from Chestertown for a two-hour cruise on the Bay. Our focus will be on the history and natural environment of the Chesapeake. We will assist crew members with their duties and learn about Sultana's history as

we enjoy a beautiful day sailing. Once back on land, we will have lunch at the Fish Whistle Restaurant. Note: Trip involves lots of standing and walking. Trip includes charter bus transportation, private cruise, leadership and lunch.

43449 F 8/23 7:45 AM-3:45 PM \$89/\$111/\$127  
Departs: Glenview Mansion

## Looking for other trips and events...

See page 27 of the family section.

# 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.

### Fees:

**M = RSFC Member • NM = Non-RSFC Member**

### Registration Procedures

**Residents or Swim Center Members**  
 Thursday, May 16, 8:30 a.m.

**Nonresidents or Nonmembers**  
 Thursday, May 23, 8:30 a.m.

**No Classes July 4 - 5**

**Registration Deadline**  
 One week prior to start date

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 Swim 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
43675	F	6/21-8/9	10-10:30 AM	\$62/\$78
43676	Sa	6/22-8/10	10:55-11:25 AM	\$71/\$89
43677	Su	6/23-8/11	10:25-10:55 AM	\$71/\$89

### 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: 18-36 months				M/NM
43678	M & W	6/17-7/10	3-3:30 PM	\$71/\$89
43679	Tu & Th	6/18-7/11	9:30-10 AM	\$62/\$78
43680	Sa	6/22-8/10	8:30-9 AM	\$71/\$89
43681	Sa	6/22-8/10	10:10-10:40 AM	\$71/\$89
43682	Su	6/23-8/11	9:50-10:20 AM	\$71/\$89
43685	Su	6/23-8/11	11:30 AM-12 PM	\$71/\$89
43683	M-Th	7/15-7/25	4:30-5 PM	\$71/\$89
43684	Tu & Th	7/16-8/8	9:30-10 AM	\$71/\$89

### 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
43663	Tu & Th	6/18-7/11	3-3:30 PM	\$62/\$78
43668	Sa	6/22-8/10	9:05-9:35 AM	\$71/\$89
43669	Sa	6/22-8/10	11:30 AM-12 PM	\$71/\$89
43670	Su	6/23-8/11	9:15-9:45 AM	\$71/\$89
43671	Su	6/23-8/11	11-11:30 AM	\$71/\$89
43664	M-Th	7/1-7/11	4-4:30 PM	\$62/\$78
43665	M-Th	7/15-7/25	4-4:30 PM	\$71/\$89
43666	M & W	7/15-8/7	3-3:30 PM	\$71/\$89
43667	Tu & Th	7/16-8/8	3-3:30 PM	\$71/\$89

### 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
43672	Sa	6/22-8/10	9:40-10:10 AM	\$71/\$89
43673	Su	6/23-8/11	8:40-9:10 AM	\$71/\$89
43674	M-Th	7/1-7/11	4:30-5 PM	\$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
43693	Sa	6/22-8/10	11:15-11:55 AM	\$77/\$96
43694	Su	6/23-8/11	9:45-10:25 AM	\$77/\$96

## Water Safety Day

Friday, May 31

3:30-6:30 p.m.



### Gaithersburg Water Park

512 S. Frederick Ave., Gaithersburg

### Stay Safe at the Pool this Summer!

**FREE** swimming event

hosted by:

City of Gaithersburg

Montgomery County

City of Rockville

*Held Rain or Shine*

# 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.**

### Floaters I

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
43695	M-Th	6/17-6/27	9-9:40 AM	\$77/\$96
43696	M-Th	6/17-6/27	9:45-10:25 AM	\$77/\$96
43697	M-Th	6/17-6/27	3:40-4:15 PM	\$77/\$96
43698	M-Th	6/17-6/27	4:20-4:55 PM	\$77/\$96
43716	M-Th	6/17-6/27	7:35-8:10 PM	\$77/\$96
43715	Sa	6/22-8/10	11:15-11:55 AM	\$77/\$96
43721	Sa	6/22-8/10	9-9:40 AM	\$77/\$96
43722	Sa	6/22-8/10	9:45-10:25 AM	\$77/\$96
43723	Sa	6/22-8/10	10:30-11:10 AM	\$77/\$96
43699	Su	6/23-8/11	9-9:40 AM	\$77/\$96
43700	Su	6/23-8/11	10:30-11:10 AM	\$77/\$96
43714	Su	6/23-8/11	11:15-11:55 AM	\$77/\$96
43720	Su	6/23-8/11	12-12:40 PM	\$77/\$96
43701	M-Th	7/1-7/11	9-9:40 AM	\$67/\$84
43702	M-Th	7/1-7/11	9:45-10:25 AM	\$67/\$84
43703	M-Th	7/1-7/11	3:40-4:15 PM	\$67/\$84
43704	M-Th	7/1-7/11	4:20-4:55 PM	\$67/\$84
43717	M-Th	7/1-7/11	7:35-8:10 PM	\$67/\$84
43724	M-Th	7/1-7/11	8:15-8:55 PM	\$67/\$84
43725	M-Th	7/1-7/11	3-3:35 PM	\$67/\$84
43705	M-Th	7/15-7/25	9:45-10:25 AM	\$77/\$96
43706	M-Th	7/15-7/25	3:40-4:15 PM	\$77/\$96
43707	M-Th	7/15-7/25	4:20-4:55 PM	\$77/\$96
43712	M-Th	7/15-7/25	9-9:40 AM	\$77/\$96
43713	M-Th	7/15-7/25	3-3:35 PM	\$77/\$96
43719	M-Th	7/15-7/25	7:35-8:10 PM	\$77/\$96
43708	M-Th	7/29-8/8	9-9:40 AM	\$77/\$96
43709	M-Th	7/29-8/8	9:45-10:25 AM	\$77/\$96
43710	M-Th	7/29-8/8	3:40-4:15 PM	\$77/\$96
43711	M-Th	7/29-8/8	4:20-4:55 PM	\$77/\$96
43718	M-Th	7/29-8/8	7:35-8:10 PM	\$77/\$96
43726	M-Th	7/29-8/8	3-3:35 PM	\$77/\$96

### Floaters 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
43727	M-Th	6/17-6/27	9-9:40 AM	\$77/\$96
43728	M-Th	6/17-6/27	9:45-10:25 AM	\$77/\$96
43729	M-Th	6/17-6/27	3:40-4:15 PM	\$77/\$96
43730	M-Th	6/17-6/27	4:20-4:55 PM	\$77/\$96
43745	Sa	6/22-8/10	9-9:40 AM	\$77/\$96
43731	Su	6/23-8/11	9:45-10:25 AM	\$77/\$96
43732	Su	6/23-8/11	10:30-11:10 AM	\$77/\$96
43733	M-Th	7/1-7/11	9-9:40 AM	\$67/\$84
43734	M-Th	7/1-7/11	9:45-10:25 AM	\$67/\$84
43735	M-Th	7/1-7/11	3:40-4:15 PM	\$67/\$84
43736	M-Th	7/1-7/11	4:20-4:55 PM	\$67/\$84
43737	M-Th	7/15-7/25	9-9:40 AM	\$77/\$96
43738	M-Th	7/15-7/25	9:45-10:25 AM	\$77/\$96
43739	M-Th	7/15-7/25	3:40-4:15 PM	\$77/\$96
43740	M-Th	7/15-7/25	4:20-4:55 PM	\$77/\$96
43741	M-Th	7/29-8/8	9-9:40 AM	\$77/\$96
43742	M-Th	7/29-8/8	9:45-10:25 AM	\$77/\$96
43743	M-Th	7/29-8/8	3:40-4:15 PM	\$77/\$96
43744	M-Th	7/29-8/8	4:20-4:55 PM	\$77/\$96

### 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: 4-6				M/NM
43756	M-Th	6/17-6/27	4:20-4:55 PM	\$77/\$96
43757	Su	6/23-8/11	9:45-10:25 AM	\$77/\$96
43764	Su	6/23-8/11	11:15-11:55 AM	\$77/\$96
43758	M-Th	7/1-7/11	9:45-10:25 AM	\$67/\$84
43759	M-Th	7/1-7/11	3:40-4:15 PM	\$67/\$84
43760	M-Th	7/15-7/25	9-9:40 AM	\$77/\$96
43761	M-Th	7/15-7/25	3:40-4:15 PM	\$77/\$96
43762	M-Th	7/29-8/8	9:45-10:25 AM	\$77/\$96
43763	M-Th	7/29-8/8	3:40-4:15 PM	\$77/\$96

**No classes July 4 and 5**

# Aquatics

## 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: 4-6				M/NM
43765	M-Th	6/17-6/27	3:40-4:15 PM	\$77/\$96
43770	Sa	6/22-8/10	9-9:40 AM	\$77/\$96
43771	Su	6/23-8/11	11:15-11:55 AM	\$77/\$96
43766	M-Th	7/1-7/11	3:40-4:15 PM	\$67/\$84
43767	M-Th	7/15-7/25	9-9:40 AM	\$77/\$96
43768	M-Th	7/15-7/25	3:40-4:15 PM	\$77/\$96
43769	M-Th	7/29-8/8	3:40-4:15 PM	\$77/\$96

## 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 1

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: 6+				M/NM
43777	M-Th	6/17-6/27	9:45-10:25 AM	\$71/\$88
43778	M-Th	6/17-6/27	3:40-4:15 PM	\$71/\$88
43787	Su	6/23-8/11	9-9:40 AM	\$71/\$88
43788	Su	6/23-8/11	11:15-11:55 AM	\$71/\$88
43789	Su	6/23-8/11	12-12:40 PM	\$71/\$88
43779	M-Th	7/1-7/11	9-9:40 AM	\$62/\$77
43780	M-Th	7/1-7/11	9:45-10:25 AM	\$62/\$77
43781	M-Th	7/1-7/11	3:40-4:15 PM	\$62/\$77
43782	M-Th	7/15-7/25	9-9:40 AM	\$71/\$88
43783	M-Th	7/15-7/25	9:45-10:25 AM	\$71/\$88
43784	M-Th	7/15-7/25	3:40-4:15 PM	\$71/\$88
43785	M-Th	7/29-8/8	9-9:40 AM	\$71/\$88
43786	M-Th	7/29-8/8	3:40-4:15 PM	\$71/\$88

## 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: 6+				M/NM
43790	M-Th	6/17-6/27	9-9:40 AM	\$71/\$88
43791	M-Th	6/17-6/27	9:45-10:25 AM	\$71/\$88
43792	M-Th	6/17-6/27	3-3:35 PM	\$71/\$88
43805	Sa	6/22-8/10	11:15-11:55 AM	\$71/\$88
43793	Su	6/23-8/11	9:45-10:25 AM	\$71/\$88
43794	Su	6/23-8/11	10:30-11:10 AM	\$71/\$88
43804	Su	6/23-8/11	12-12:40 PM	\$71/\$88
43795	M-Th	7/1-7/11	9-9:40 AM	\$62/\$77
43796	M-Th	7/1-7/11	9:45-10:25 AM	\$62/\$77
43797	M-Th	7/1-7/11	3-3:35 PM	\$62/\$77
43798	M-Th	7/15-7/25	9-9:40 AM	\$71/\$88
43799	M-Th	7/15-7/25	9:45-10:25 AM	\$71/\$88
43800	M-Th	7/15-7/25	3-3:35 PM	\$71/\$88
43801	M-Th	7/29-8/8	9-9:40 AM	\$71/\$88
43802	M-Th	7/29-8/8	9:45-10:25 AM	\$71/\$88
43803	M-Th	7/29-8/8	3-3:35 PM	\$71/\$88



Treat your dog to an afternoon

# SPLASH

IN THE POOL

Rockville Swim and Fitness Center

## DOGGIE DIP DAY

Saturday, September 14  
Noon - 4 p.m.  
240-314-8650

# 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 will improve their stroke.

Age: 7+				M/NM
43806	M-Th	6/17-6/27	9-9:40 AM	\$71/\$88
43807	M-Th	6/17-6/27	9:45-10:25 AM	\$71/\$88
43808	M-Th	6/17-6/27	3-3:35 PM	\$71/\$88
43809	M-Th	6/17-6/27	4:20-4:55 PM	\$71/\$88
43824	Tu & Th	6/18-7/11	7:35-8:10 PM	\$62/\$77
43822	Sa	6/22-8/10	10:30-11:10 AM	\$71/\$88
43826	Sa	6/22-8/10	11:15-11:55 AM	\$71/\$88
43810	Su	6/23-8/11	9-9:40 AM	\$71/\$88
43811	Su	6/23-8/11	10:30-11:10 AM	\$71/\$88
43823	Su	6/23-8/11	11:15-11:55 AM	\$71/\$88
43812	M-Th	7/1-7/11	9-9:40 AM	\$62/\$77
43813	M-Th	7/1-7/11	9:45-10:25 AM	\$62/\$77
43814	M-Th	7/1-7/11	3-3:35 PM	\$62/\$77
43815	M-Th	7/15-7/25	9-9:40 AM	\$71/\$88
43816	M-Th	7/15-7/25	9:45-10:25 AM	\$71/\$88
43817	M-Th	7/15-7/25	3-3:35 PM	\$71/\$88
43818	M-Th	7/15-7/25	4:20-4:55 PM	\$71/\$88
43825	Tu & Th	7/16-8/8	7:35-8:10 PM	\$71/\$88
43819	M-Th	7/29-8/8	9-9:40 AM	\$71/\$88
43820	M-Th	7/29-8/8	9:45-10:25 AM	\$71/\$88
43821	M-Th	7/29-8/8	3-3:35 PM	\$71/\$88

## 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
43827	M-Th	6/17-6/27	9-9:40 AM	\$71/\$88
43828	M-Th	6/17-6/27	9:45-10:25 AM	\$71/\$88
43829	M-Th	6/17-6/27	3:40-4:15 PM	\$71/\$88
43845	Tu & Th	6/18-7/11	7:35-8:10 PM	\$62/\$77
43844	Sa	6/22-8/10	9:45-10:25 AM	\$71/\$88
43830	Su	6/23-8/11	9-9:40 AM	\$71/\$88
43831	Su	6/23-8/11	9:45-10:25 AM	\$71/\$88
43842	Su	6/23-8/11	11:15-11:55 AM	\$71/\$88
43843	Su	6/23-8/11	12-12:40 PM	\$71/\$88
43832	M-Th	7/1-7/11	9-9:40 AM	\$62/\$77
43833	M-Th	7/1-7/11	9:45-10:25 AM	\$62/\$77
43834	M-Th	7/1-7/11	3-3:35 PM	\$62/\$77
43835	M-Th	7/15-7/25	9-9:40 AM	\$71/\$88

43836	M-Th	7/15-7/25	9:45-10:25 AM	\$71/\$88
43837	M-Th	7/15-7/25	3:40-4:15 PM	\$71/\$88
43846	Tu & Th	7/16-8/8	7:35-8:10 PM	\$71/\$88
43838	M-Th	7/29-8/8	9-9:40 AM	\$71/\$88
43839	M-Th	7/29-8/8	9:45-10:25 AM	\$71/\$88
43840	M-Th	7/29-8/8	3-3:35 PM	\$71/\$88
43841	M-Th	7/29-8/8	4:20-4:55 PM	\$71/\$88

## 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
43847	M-Th	6/17-6/27	9-9:40 AM	\$71/\$88
43848	M-Th	6/17-6/27	3-3:35 PM	\$71/\$88
43857	Sa	6/22-8/10	10:30-11:10 AM	\$71/\$88
43858	Sa	6/22-8/10	9:45-10:25 AM	\$71/\$88
43849	Su	6/23-8/11	9:45-10:25 AM	\$71/\$88
43856	Su	6/23-8/11	10:30-11:10 AM	\$71/\$88
43850	M-Th	7/1-7/11	9-9:40 AM	\$62/\$77
43851	M-Th	7/1-7/11	4:20-4:55 PM	\$62/\$77
43852	M-Th	7/15-7/25	9:45-10:25 AM	\$71/\$88
43853	M-Th	7/15-7/25	3-3:35 PM	\$71/\$88
43854	M-Th	7/29-8/8	9-9:40 AM	\$71/\$88
43855	M-Th	7/29-8/8	4:20-4:55 PM	\$71/\$88

## 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
43859	M-Th	6/17-6/27	9:45-10:25 AM	\$71/\$88
43860	Su	6/23-8/11	9-9:40 AM	\$71/\$88
43861	Su	6/23-8/11	10:30-11:10 AM	\$71/\$88
43862	Su	6/23-8/11	12-12:40 PM	\$71/\$88
43863	M-Th	7/1-7/11	9:45-10:25 AM	\$62/\$77
43864	M-Th	7/1-7/11	4:20-4:55 PM	\$62/\$77
43865	M-Th	7/15-7/25	9:45-10:25 AM	\$71/\$88
43866	M-Th	7/15-7/25	4:20-4:55 PM	\$71/\$88
43867	M-Th	7/29-8/8	9:45-10:25 AM	\$71/\$88
43868	M-Th	7/29-8/8	3-3:35 PM	\$71/\$88
43869	M-Th	7/29-8/8	4:20-4:55 PM	\$71/\$88

# Aquatics

## 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
43870	M-Th	6/17-6/27	9-9:40 AM	\$71/\$88
43871	M-Th	6/17-6/27	9:45-10:25 AM	\$71/\$88
43872	M-Th	6/17-6/27	8:15-8:55 PM	\$71/\$88
43873	Sa	6/22-8/10	10:30-11:10 AM	\$71/\$88
43874	Su	6/23-8/11	9-9:40 AM	\$71/\$88
43875	Su	6/23-8/11	9:45-10:25 AM	\$71/\$88
43876	M-Th	7/15-7/25	8:15-8:55 PM	\$71/\$88
43877	M-Th	7/29-8/8	9:45-10:25 AM	\$71/\$88

## Adult Swim

### Adult Beginner 1

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
43634	M & W	6/17-7/10	7:35-8:20 PM	\$71/\$88
43635	Sa	6/22-8/10	9-9:40 AM	\$71/\$88
43636	M & W	7/15-8/7	7:35-8:20 PM	\$71/\$88
43637	Tu & Th	7/16-8/8	8:15-9 PM	\$71/\$88

### 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
43638	M & W	6/17-7/10	7:35-8:20 PM	\$71/\$88
43639	Tu & Th	6/18-7/11	8:15-9 PM	\$62/\$77
43640	Sa	6/22-8/10	9:45-10:25 AM	\$71/\$88
43641	M & W	7/15-8/7	7:35-8:20 PM	\$71/\$88

## 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
43642	M & W	6/17-7/10	8:20-9:05 PM	\$71/\$88
43643	Tu & Th	6/18-7/11	8:15-9 PM	\$62/\$77
43644	M & W	7/15-8/7	8:20-9:05 PM	\$71/\$88

## 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
43645	M & W	6/17-7/10	8:20-9:05 PM	\$71/\$88
43646	M & W	7/15-8/7	8:20-9:05 PM	\$71/\$88

## 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
43647	Tu & Th	7/16-8/8	8:15-9 PM	\$71/\$88

## Adult Water Fitness

### 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
43648	F	6/21-8/9	10:15-11 AM	\$33/\$40



**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!**

# Aquatics

## Aqua Fitness

Enjoy a low-impact, high-intensity program designed to improve flexibility, range of motion, strength, muscle tone, posture and cardiovascular endurance. Exercises are performed in chest-deep water to music. Styrofoam barbells and/or pool noodles may be used and will be provided.

Age: 15+				M/NM
43649	M & W	6/17-8/7	8:30-9:15 AM	\$74/\$90
43650	M & W	6/17-8/7	9:15-10 AM	\$74/\$90
43651	Tu & Th	6/18-8/8	8:30-9:15 AM	\$69/\$84
43654	Tu & Th	6/18-8/8	9:15-10 AM	\$69/\$84
43652	F	6/21-8/9	8:30-9:15 AM	\$33/\$40

## 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
43656	M	6/17-8/5	9:15-10 AM	\$37/\$45
43657	W	6/19-8/7	9:15-10 AM	\$37/\$45

## Aqua Sculpt

This class utilizes the whole pool creating a total body workout. The shallow water offers a low-impact strengthening program where the focus is on form. The deep water enables you to step up the intensity and work on core muscles and power to develop a high level of fitness without impact.

Age: 14+				M/NM
43658	M	6/17-8/5	10:15-11 AM	\$37/\$45
43659	W	6/19-8/7	10:15-11 AM	\$37/\$45

## Aqua Yoga

Lower impact than traditional yoga, Aqua Yoga puts less strain on joints and provides excellent exercise with a meditative yoga practice. Ideal for those suffering from arthritis, fibromyalgia, or high blood pressure, as well as the elderly, the overweight, and those recovering from injury or surgery.

Age: 16+				M/NM
43660	Tu & Th	6/18-8/8	2-2:50 PM	\$86/\$99

## 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
43661	F	6/21-8/9	9:15-10 AM	\$33/\$40

## 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
43686	Tu	6/18-8/6	10:10-10:55 AM	\$37/\$45
43688	Tu & Th	6/18-8/8	10:10-10:55 AM	\$69/\$84
43687	Th	6/20-8/8	10:10-10:55 AM	\$33/\$40

## Deep Water Workout

Enjoy a class which is taught in the deep end of the South Pool. Ideal for participants who need a no-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: 18+				M/NM
43689	M	6/17-8/5	9:10-9:55 AM	\$37/\$45
43692	Tu & Th	6/18-8/8	7:10-7:55 PM	\$69/\$84
43690	W	6/19-8/7	9:10-9:55 AM	\$37/\$45
43691	F	6/21-8/9	9:10-9:55 AM	\$33/\$40

## Developing Distance

**New**

This class is perfect for triathletes, distance swimmers, master swimmers, or anyone looking to build up their endurance in the water. Join this class to learn tips to improve your technique for long distance or open water swims. You must be able to swim at least 200 yards of freestyle.

Age: 15+				M/NM
43955	M, W & F	6/17-8/9	6-7 AM	\$98/\$120
43956	M & W	6/17-8/7	6-7 AM	\$76/\$94
43957	M	6/17-8/5	6-7 AM	\$44/\$54

# Aquatics

## H2O 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. Thirty minutes of water walking equals two hours of land walking. Taught in deep and shallow water. Music may be used.

Age: 15+				M/NM
43746	M	6/17-8/5	9:15-10 AM	\$37/\$45
43747	Tu & Th	6/18-8/8	11:05-11:50 AM	\$69/\$84
43750	Tu & Th	6/18-8/8	7:15-8 PM	\$69/\$84
43748	W	6/19-8/7	9:15-10 AM	\$37/\$45
43749	F	6/21-8/9	9:15-10 AM	\$33/\$40

## Swim for 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. You do not have to be a proficient swimmer to enroll, but you must be able to swim 100 yards of crawl stroke without stopping. Swimming equipment (fins, hand paddles and pull buoys, etc.) is recommended. Next challenge for you may be the Masters.

Age: 14+				M/NM
43774	M	6/17-8/5	7:35-8:20 PM	\$40/\$49
43772	Tu & Th	6/18-8/8	8:20-9:05 PM	\$75/\$92
43773	F	6/21-8/9	11-11:45 AM	\$35/\$43

## Triathlete Swim Endurance Development

These coached, structured workouts are designed to develop your endurance and technique for open water environments, with a secondary focus on developing speed. Participants are expected to already have attained a reasonable level of swim proficiency and be capable of swimming 200 meters freestyle without stopping.

Age: 16+				M/NM
43949	Su	6/23-8/11	7-8:30 PM	\$106/\$120



## Triathlete Swim Speed Development

These coached, structured workouts are designed to develop your speed and technique in open water environments, with a secondary focus on endurance. Participants are expected to already have attained a reasonable level of swim proficiency and be capable of swimming 200 meters freestyle without stopping.

Age: 16+				M/NM
43948	Sa	6/22-8/10	6:30-8 PM	\$106/\$120

## Triathlon Swim Clinic

Triathlon specific swim clinics are designed to develop endurance and speed with swim practice that focuses on proper breathing, stroke efficiency, technique drills, sighting, drafting, passing, mass start simulation, and close contact swimming. We will also discuss open water swim tips, various start and finish tips, and learn exercises to improve core and swim-specific strength.

Age: 16+				M/NM
43950	Su	6/23-8/11	8:05-8:55 AM	\$71/\$80

## Twinges in Your Hinges

This course is designed for, but not limited to, those suffering from arthritis and other related ailments. This low-impact class is geared towards increasing muscle strength, flexibility, range of motion, endurance and balance. Pain reduction and improving cardiovascular fitness are also emphasized.

Age: 15+				M/NM
43775	M & W	6/17-8/7	9:15-10:15 AM	\$84/\$105
43776	Tu & Th	6/18-8/8	8:30-9:30 AM	\$79/\$98

## 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. You do not need to swim or even get your hair wet! Some swim equipment is used.

Age: 60+				M/NM
43633	Tu & Th	6/18-8/8	2:05-2:50 PM	\$34/\$42

# Aquatics

## 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  
43754 M, W & F 6/17-8/9 10:10-10:55 AM \$52/\$65

## Senior Aquacize - Advanced

This course is similar to Beginner Senior Aquacize, only faster paced.

Age: 60+ M/NM  
43753 M, W & F 6/17-8/9 11:05-11:50 AM \$52/\$65

## Senior Exercise Swim

Need to stop those aches and pains? Come have the time of your life in 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  
43755 M, W & F 6/17-8/9 2-2:45 PM \$52/\$65



**Slide into  
a job!**

## Life Guards, Water and Land Fitness Instructors

Call 240-314-8756 for additional information.

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

## Special Swim

### Aqua Gait Training

This class is for participants of pre- or post-knee or hip replacement/surgery. It's intended to strengthen and tone muscles and help restore balance and flexibility and is taught in waist deep water. Students will use the ramp entry to the North Pool and must be able to walk with minor assistance. A doctor's approval is recommended prior to the start of class.

Age: 16+ M/NM  
43655 Tu & Th 6/18-8/8 9:35-10:05 AM \$69/\$85

### 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 multi-level modified exercise program. Tailored to individual needs.

Age: 16+ M/NM  
43662 Tu & Th 6/18-8/8 10:10-10:55 AM \$79/\$99

## Certification and Training

**Note: For the certification and training classes, there is one fee for members and non-members.**

### 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.

Age: 15+ FEE  
43752 M-Sa 6/3-6/8 4-10 PM \$195  
43751 M-F, Su 6/17-6/23 10 AM-4 PM \$195

# Party with Us!

## Theme Parties

### Croydon Creek Nature Center

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

**NEW  
Party  
Themes!**

## Gymnasiums

### Lincoln Park Community Center

(closed for renovations through May 31)  
[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

## Outdoor Rentals

### Thomas Farm Community Center

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

### Isreal Park at Lincoln Park Community Center

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

## 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 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

## Check Out Your LOCAL COMMUNITY CENTER

### Croydon Creek Nature Center

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

Admission is free. Visit live animals. Tour latest exhibits. Hike 2.5 miles of trails in the John G. Hayes Forest Preserve and experience the summer's beauty.



### Thomas Farm Community Center

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

Summer activities include City camps, playgrounds and classes. Open Gym for Center members includes basketball, badminton and volleyball. Special events include Bike Rodeo, Sprinkler Splash and Freaky Friday Club.

Ping pong is available.



### Lincoln Park Community Center

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

Summer activities and daily programs offered for school-aged children and teens. Weekly toddler program and teen/adult drop-in Open Gym and game room fun. New gym includes volleyball and badminton. Private, business, sport and group rentals available throughout the summer.



### Twinbrook Community Recreation Center

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

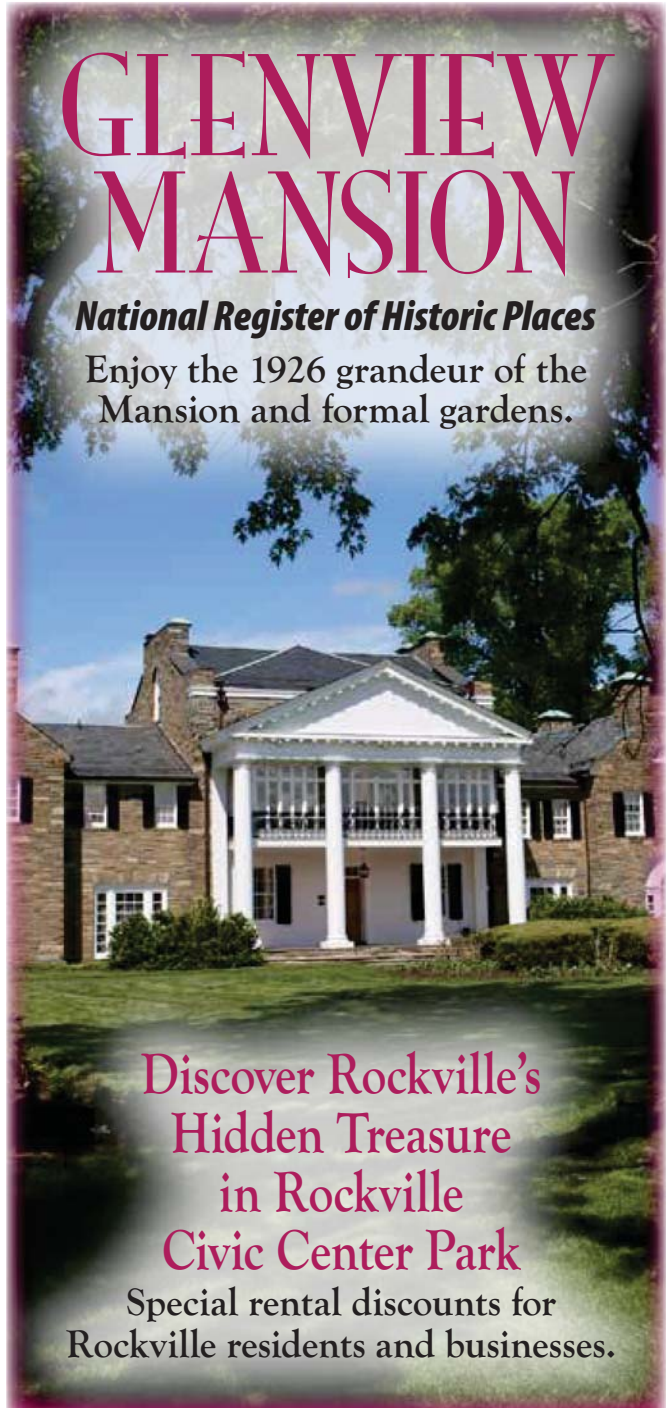
Summer activities include Summer Literature Club and Last Hurrah Camp. Gym and multi-purpose room rentals. Drop-in Open Gym for volleyball, family and adult basketball and badminton.



# 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](http://www.rockvillemd.gov/glenview)  
603 Edmonston Drive

## Cultural Arts

### 'FREE FOR ALL' in the Parks

Check out our fabulous parks  
Tuesday evenings  
7-8 p.m.

Bring a blanket, lawn chair, bug repellent  
and dinner for a great time.

JUNE 18

Montrose Park  
451 Congressional Lane 20852

#### Luau Fun!

Learn to dance the hula or try a limbo.  
Watch an exciting Warrior dance with fire!

JUNE 25

Thomas Farm Community Center  
700 Falls Grove Drive 20850

#### Lox & Vodka - Klezmer Band

Jewish soul music, "heavy shtetl"  
Learn simple dances.  
(moved to TFCC gym if inclement weather)

JULY 9

Calvin Park  
1248 Gladstone Drive, 20850

#### Bumper Jacks

A big, fat party! Hot and sweet music  
from the streets of New Orleans.

JULY 16

Rockville Senior Center  
Carnation Room  
1150 Carnation Drive, 20850

#### Billy Finch Stage Show

Featuring the lovely and talented Minerva.  
Singer, impersonator and comedian bring legends to life.

In case of inclement weather,  
call 240-314-8682 at 4 p.m. day of event  
[www.rockvillemd.gov/arts](http://www.rockvillemd.gov/arts)



## Sculpture on the Grounds

### 27th Annual Outdoor Sculpture Exhibit

Juried Regional Artist Show  
Varied Media

June 2 - October 20  
Rockville Civic Center Park

Opening Reception/Walking Tour  
Sunday, June 2, 1 p.m.  
Glenview Mansion  
Dining Room, First Floor

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

## Join the F. Scott Fitzgerald Book Club

at Glenview Mansion

### Be a part of the Great Gatsby Craze!

Meet people who share a passion for reading  
works by this legendary author who is buried  
in Rockville, along with his wife Zelda and  
daughter Scottie.

Call 240-314-8032 for additional information.



# Cultural Arts



## Sunday Afternoon

CONCERT SERIES

**Glenview Mansion**  
1st Floor Conservatory  
2 P.M.



### JUNE 2

#### CAPITAL BLEND

All female a cappella group based in the D.C. area who deliver songs with power and emotion.

### JUNE 30

#### JAMES MABRY

Exciting and dynamic Blues guitarist who captivates audiences with his strong, clear vocals. Catch a performance and hear the real thing from the heart of a gentleman and a scholar.

### AUGUST 4

To be announced

**Free – No tickets required.**

240-314-8682

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

## Glenview Mansion Art Gallery Summer Exhibits



### JUNE 2 - 25

Jacqui Crocetta – Acrylic on Canvas

Janet Wheeler – Mixed Media

*Free Opening Reception*

*Sunday, June 2, 1:30-3:30 p.m.*

### JUNE 30 - JULY 30

Robert Asura - Photography

Phil Fabrizio – Photography

Beamie Young - Photography

*Free Opening Reception*

*Sunday, June 30, 1:30-3:30 p.m.*

### AUGUST 4 - SEPT. 3

Women's Caucus for Art of Greater Washington

Varied Media

*Free Opening Reception*

*Sunday, August 4, 1:30-3:30 p.m.*

### FREE – Open to the public

240-314-8682 [www.rockvillemd.gov/arts](http://www.rockvillemd.gov/arts)



# Cultural Arts

## ROCKVILLE CIVIC BALLET

*Claudia Mangan, Director*

### 'Coppelia'



**Saturday, August 3 at 7:30 p.m.**  
**Sunday, August 4 at 2 p.m.**

**TICKETS:** \$17 Adults; \$13 Children (ages 12 and younger)  
\$13 Seniors (ages 60 and older)

**GROUP RATES** \$16.50 - for adult tickets  
\$12.50 - 10 children/seniors

Assigned seat tickets may be purchased in-person, by phone, or by mail order at the F. Scott Fitzgerald Theatre Box Office beginning July 9.

**F. SCOTT FITZGERALD THEATRE**  
Rockville Civic Center Park

**FOR TICKETS: 240-314-8690**

## Rockville Regional Youth Orchestra

*Bryan Seith, Director*

### Free Concert



**Tuesday, May 28**  
**7:30 p.m.**

F. Scott Fitzgerald Theatre  
Rockville Civic Center Park

*Refreshments after the show*

**Music students in grades 4-9 rehearse each week during the semester to bring you an evening of classical delights.**

**Auditions for the RRYO will take place in September for the fall semester.**



240-314-8682  
[www.rockvillemd.gov/arts](http://www.rockvillemd.gov/arts)

*Interested in Ballet lessons?*

Check out our children, teen and adult classes.  
(pages 10, 22 and 29)

# Cultural Arts

## *F. Scott Fitzgerald Theatre*

### POTOMAC VALLEY YOUTH ORCHESTRA Spring Concerts

May 11 at 4:30 and 7 p.m.

Tickets: \$5-\$20

### DAWN CRAFTON DANCE CONNECTION DCDC Concert

May 16-19

Call for Tickets: 301-840-8400

### ROCKVILLE CHORUS Songs of Hope and Freedom

May 19 at 7:30 p.m.

No tickets required.

\$5 suggested donation

### ROCKVILLE REGIONAL YOUTH ORCHESTRA Student Spring Concert

May 28 at 7:30 p.m.

No tickets required. Join us for punch and cookies afterwards!

### VICTORIAN LYRIC OPERA COMPANY The Red Mill

June 7, 8, 14, 15 at 8 p.m.

June 9, 16 at 2 p.m.

Tickets: \$16-\$24

Preview Performance: June 6.

All seats \$12

### VICTORIAN LYRIC OPERA COMPANY Fringe Festival Sneak Preview

July 3 at 8 p.m.

Tickets: \$16-\$24

### ROCKVILLE MUSICAL THEATRE Crazy For You

July 12, 13, 19, 20, 26, 27 at 8 p.m.

July 21, 28 at 2 p.m.

Tickets: \$20-\$22

### ROCKVILLE CIVIC BALLET "Coppelia"

August 3 at 7:30, August 4 at 2 p.m.

Tickets: \$13-\$17

### F. Scott Fitzgerald Theatre

#### ROCKVILLE CIVIC CENTER PARK

603 Edmonston Drive,  
Rockville, MD 20851

**240-314-8690**

Box Office is open  
Tuesday-Saturday, 2-7 p.m.  
and two hours prior  
to ticketed shows.

# Financial Assistance

## Rockville Youth Recreation Fund Ages 18 and younger

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. 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. 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.

## Documents Needed for Financial Assistance:

Participants must provide 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, Medical Assistance and/or Transitional Emergency Medical and Housing Assistance (TEMHA). The letter must indicate eligibility period and names of household members receiving benefits. (We do not accept Medicaid cards, FARM cards or Care for Kids.)

**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.

Financial assistance is available for Rockville residents, ages 19 and older, based on income. For additional information, please call 240-314-8620.

### 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 [www.rockvillemd.gov/recreation](http://www.rockvillemd.gov/recreation). Scroll down to online registration form and complete.
- 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 go online at "[www.rockvillemd.gov/recreation](http://www.rockvillemd.gov/recreation)."

#### Online Donation Course #s

\$ 25 - #43998  
\$ 50 - #43999  
\$ 75 - #44000  
\$100 - #44001

- 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
- 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 Com. Rm.**, 800 Pleasant Dr., #200, 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

**MarVa Tots'n Teens**, 5636 Randolph Rd. 20852

**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

**Thomas Farm Com. Ctr.**, 700 Fallsgrove Dr. 20850

**Thrive Yoga**, 1321-B Rockville Pk. 20852

**Twinbrook ES**, 5700 Ridgway Ave. 20851

**Twinbrook Com. Rec. Ctr.**  
12920 Twinbrook Pkwy. 20851

**Welsh Park**, 344 Martins Ln. 20850

**Woodley Gardens Park**, 900 Nelson St. 20850

### Need Facility Locations?

Check out the facility map  
[www.rockvillemd.gov/parks-facilities](http://www.rockvillemd.gov/parks-facilities)  
(click on "view maps")



**Phyllis Marcuccio, Mayor**  
Councilmembers  
**John F. Hall, Jr., Tom Moore,**  
**Bridget Donnell Newton, Mark Pierzchala**  
**Barbara B. Matthews, City Manager**  
**Christine Henry, Acting 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 • 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.





## Emergency Weather Policy

[www.rockvillemd.gov/weather.html](http://www.rockvillemd.gov/weather.html)

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 and Parks programs:

Childcare and Recreation Programs (info line)	240-314-5023
Croydon Creek Nature Center	240-314-8770
Cultural Arts Programs (info line)	240-314-5006
F. Scott Fitzgerald Theatre Box Office	240-314-8690
Events (info line)	240-314-5022
Glenview Mansion	240-314-8660
Lincoln Park Community Center	240-314-8780
Rockville Swim and Fitness Center	240-314-8750
Senior Citizen Programs	240-314-8800
Sports - League Play (info line)	240-314-5055
Twinbrook Community Recreation Center	240-314-8830
Thomas Farm Community Center	240-314-8840

### Recreation Classes - Standing Policy

If Montgomery County Public Schools (MCPS) close for the day or have a two-hour delay, morning recreation programs will be cancelled.

### Swim and Fitness Center - Standing Policy

Early Bird Swim – The Swim and Fitness Center will not open for Early Bird Swim when federal employees have been advised of an “unscheduled leave policy.”

## Find Out What's Happening This Week in **Rockville**

- Recreation and Parks programs
- Special Events
- Important meetings and more

**Emails sent every Thursday...  
Look to the week ahead.**

**Sign up today**

[www.rockvillemd.gov/contacts/listservs.html](http://www.rockvillemd.gov/contacts/listservs.html)  
(choose “City Events”)

## Keep in touch!

Classes, Camps, Trips.....	240-314-8620
Croydon Creek Nature Center .....	240-314-8770
Cultural Arts Information 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.....	240-314-8690
Rockville Swim and Fitness Center.....	240-314-8750
Rockville Senior Center .....	240-314-8800
Special Events Line (Recorded updates) ..	240-314-5022
Sports Line (Recorded updates).....	240-314-5055
Theme Park Tickets (Recorded updates) ..	240-314-5024
Thomas Farm Community Center.....	240-314-8840
Twinbrook Community Rec. Center .....	240-314-8830
TTY (City Hall) .....	240-314-8137

**MAIN CONTACT: \*required information**

\*Home/Cell Phone: \_\_\_\_\_  Check here if new address/phone since last time registered.

\*Last Name \_\_\_\_\_ First Name \_\_\_\_\_ DOB: / / Sex: M/F

\*Address: \_\_\_\_\_

\*City/State/Zip \_\_\_\_\_

\*Work 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. '12-'13 Grade	Fee

Rec Fund: \$ \_\_\_\_\_ Sr. Ctr. Mem: \$ \_\_\_\_\_ Multi-Course Discount: \$ \_\_\_\_\_  
 Additional 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: \$

# Ciudad de Rockville Formulario de Registro de Verano 2013

## CONTACTO PRINCIPAL: \*información obligatoria

\*Teléfono fijo particular/celular: \_\_\_\_\_  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)

Nombre \_\_\_\_\_ 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 '12-'13 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:

- Resident/member mail, fax, walk-in, internet:  
Thursday, May 16, 8:30 a.m.
- Nonresident/nonmember mail, fax, walk-in, internet:  
Thursday, May 23, 8:30 a.m.

## Registration Deadlines:

- The registration deadline for all activities is two weeks prior to the start of the class unless otherwise noted.
- Programs may be canceled if registration is insufficient. If a program is canceled, we will contact you. You may then select an alternate program, request a credit or a refund.
- 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.
- A refund or credit can be issued for medical reasons. Requests should be submitted in writing and accompanied by a letter from your physician. The following administrative fees are charged for issuing refunds: programs/classes - \$10; childcare - \$50; senior programs - \$10; sports teams - \$100, individual players - \$10; trips - \$10. No fee will be charged when a family account is credited or if you transfer to another program. Refunds will be prorated if a program has started. Credits will be given for registrations under \$20 (exception: senior 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  
click on



### 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.

Hosted by City of Rockville Mayor and Council

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

25TH ANNUAL

# HOMETOWN HOLIDAYS

HTH  
25 YEARS  
HOMETOWN HOLIDAYS

SUNNY SWEENEY • THE WAITING - A TRIBUTE TO TOM PETTY & THE HEARTBREAKERS • THE DIRTY GUY'NAHS • THE NIGHTHAWKS • DAVID WAX MUSEUM • LIONIZE • KELLY BELL BAND • THE WOODSHEDDERS • CHRISTYLEZ BACON • TED GARBER • SHANE GAMBLE • DALE & THE Z DUBS • THE WEBER BROTHERS • JAH WORKS • CHOPTTEETH • DONEGAL X-PRESS • MILKSHAKE • HILLBILLY GYPSIES • HONKY TONK CONFIDENTIAL • LLOYD DOBLER EFFECT • DIXIE POWER TRIO • THE DIRTY PINTS • RADIO CAROLINE • THE 19TH STREET BAND • BLAGGARDS • KING SOUL

FREE CONCERTS...OVER 30 BANDS  
...TASTE OF ROCKVILLE...KIDS ACTIVITIES  
...69th ANNUAL MEMORIAL DAY PARADE...  
BEST MEMORIAL DAY PARTY THIS SIDE OF BAY BRIDGE  
...AT ROCKVILLE TOWN CENTER

SATURDAY & SUNDAY,  
May 25 & May 26  
from 2-10 p.m.

MONDAY,  
May 27  
from 9 a.m.-1 p.m.

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

