



City of  
**Rockville**  
Get Into It

# Recreation Guide

Department of Recreation & Parks  
**Spring 2013**



Resident  
Registration  
begins March 12



Look inside for  
Preschool through  
Senior Programs

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



Soccer Skills  
PAGE 17



Hayes Forest Clean-Up  
PAGE 21



Youth Swim  
PAGE 61



## 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.**



### BEHIND THE COVER

The fun never stops at the Rockville Summer Playgrounds. (see page 10)

Photo by: Alice Nikitina, program specialist, Rockville Preschool Child Care Program and Summer Playgrounds.

## WHAT'S INSIDE Choose Your Fun!

PRESCHOOL.....	4-9
CHILDREN.....	10-19
CROYDON CREEK NATURE CENTER.....	20-21
TEENS.....	22-26
FAMILY TRIPS.....	27-28
ADULTS.....	29-39
SENIORS.....	40-57
AQUATICS.....	58-66
CULTURAL ARTS.....	68-72

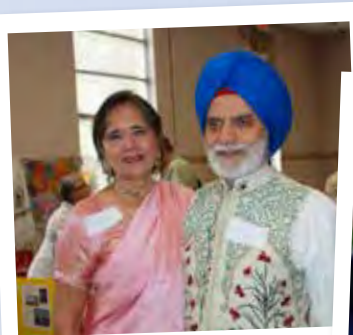
### SPECIAL EVENTS AND GENERAL INFORMATION

Emergency/Weather Policy.....	76
Employment Opportunities.....	26, 64
Farmer's Market.....	67
Financial Assistance.....	73

#### KEY:

**Fee** = Rockville resident/nonresident

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



International Day  
PAGE 45



Guitar Lessons  
PAGE 12

Frequently Used Parks/Facilities ..... 74

F. Scott Fitzgerald Theatre ..... 72

Hometown Holidays ..... **back cover**

International Day ..... 45

Kids to Parks Day ..... 20

Parties and Rentals ..... 8, 68

RedGate Golf Course ..... 29

Registration Information and Forms ..... 77-79

Recreation and Parks Foundation ..... 75

Rockin' Rewards/Redeeming Points..... 73

SK8Park..... 25

Spring Craft Bazaar ..... 57

Spring Festival and Plant Sale ..... 21

Summer Camps ..... 10

Summer Playgrounds..... 10

The Finest! ..... 67

Water Safety Day ..... 6



Use your smart phone for quick access to our website.

## IN THE NEXT ISSUE...

**Celebrate America's birthday** with Rockville on **July 4th**, at Montgomery College, Rockville Campus. Bring your family and friends and enjoy a picnic supper while listening to live music and then enjoy a spectacular fireworks display at dusk in our hometown!



July 4th



Rotary Twilight Runfest



7th Uncorked Wine and Music Festival

Whether or not you are a runner, the place to be on Saturday evening, July 20th is in downtown Rockville for the **28th Annual Rockville Rotary Twilight Runfest**. This event includes an 8K Race and 1K "Fun Run." There is live music, food and drink so come in your running togs or line the route to cheer on your favorite runner, either way it is an exciting evening!

The **7th Annual Uncorked Wine and Music Festival** will be held Saturday, August 24 in Rockville Town Square. The afternoon offers a chance to sample and purchase wines from Maryland's best wineries, enjoy live music and taste some recipes prepared by chefs at the cooking demonstration stage. Plan to spend the afternoon in Rockville's lively Town Square!

# 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

### Act It Out!



Have an adventure through storybooks in this acting class that uses theater arts to teach children about relevant social issues and character education topics such as respect, truth and peace. Each week, these young actors learn various improvisational theater games, as well as a story they will act out using costumes and props. The actors will present their favorite story the last day of class. 8 classes

Age: 4-6

42612 Sa 4/13-6/8 10:45-11:30 AM \$82/\$92  
Thomas Farm CC/CARE Actor Staff

### Music Together (Adult/Child)



Nurture your child's natural enthusiasm for music and movement through singing, dancing, chanting and instrument play. Children have an innate ability to learn music as language. Fee includes a CD, cassette, songbook and education materials. Cost of materials is non-refundable. Sibling fee is \$110. 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. 10 classes

Age: 1 month -5 years

42642	W	4/3-6/5	9:30-10:15 AM	\$175/\$195
42643	W	4/3-6/5	10:30-11:15 AM	\$175/\$195
42644	W	4/3-6/5	11:30 AM-12:15 PM	\$175/\$195

Thomas Farm CC/Goodwin

42645	Th	4/4-6/6	9:30-10:15 AM	\$175/\$195
42646	Th	4/4-6/6	10:30-11:15 AM	\$175/\$195

Elwood Smith RC/Winkler

42647	F	4/5-6/7	10-10:45 AM	\$175/\$195
42648	F	4/5-6/7	11-11:45 AM	\$175/\$195

Kicks Karate/Winkler

## Child Care - Preschool



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

### Montrose Discovery Preschool

Year-round licensed program: 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. Children must be 3 years old and toilet trained. Vouchers are accepted and additional financial support is available. Call 240-314-8631 to schedule a tour. Open House will be held on April 23, 5:30 p.m.-6:30 p.m. Program runs 8/27/12 - 6/7/13.

Registration is ongoing. Amount below indicates monthly fee.

Age: 3-5

40354	M-F	8 AM-6 PM	\$800/\$920
40355	M-F	9 AM-12:30 PM	\$525/\$603

Montrose CC



# Preschool

## 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 provided at Rockcrest Ballet Center. 6-8 classes

Age: 3  
42659 Sa 4/6-6/1 11-11:30 AM \$69/\$79  
Thomas Farm CC/Dickinson

Age: 3-4  
42653 Sa 4/6-6/1 10-10:45 AM \$79/\$90  
Twinbrook CRC/Mattos

Age: 3-4  
42656 Sa 4/13-5/25 10-10:45 AM \$69/\$79  
Rockcrest Ballet Ctr./Chongpinitchai

Age: 3-4  
42657 Sa 4/6-6/1 9:30-10:15 AM \$69/\$79  
Pump House CC/Dickinson

Age: 3-4  
42658 Sa 4/13-5/25 9-9:45 AM \$69/\$79  
Rockcrest Ballet Ctr./Chongpinitchai

Age: 3-4  
42734 Tu 4/9-5/21 4-4:45 PM \$59/\$68  
Pump House CC/Nalle

Age: 4-5  
42654 Sa 4/6-6/1 11-11:45 AM \$79/\$90  
Twinbrook CRC/Mattos

Age: 4-5  
42655 Sa 4/6-6/1 9-9:45 AM \$79/\$90  
Thomas Farm CC/Baker

Age: 4-5  
42660 M 4/8-5/20 4:30-5:15 PM \$69/\$79  
Twinbrook CRC/Chongpinitchai

Age: 4-5  
42735 Tu 4/9-5/21 5-5:45 PM \$59/\$68  
Pump House CC/Nalle



## Pre-Ballet Dansez Dansez



Classes are taught in French (translated into English). Basic steps are broken down into small components. Develop poise, self-confidence, good posture, coordination and balance. Tights, leotard and ballet slippers required. 8 classes

Age: 2-3  
42661 Th 4/11-5/30 4-4:30 PM \$90/\$105

Age: 4-6  
42662 Th 4/11-5/30 4:30-5:15 PM \$90/\$105  
Thomas Farm CC/Philippe

## Tiny Hand Crafts (Adult/Child)

This hands-on class encourages children to be creative, get messy and have fun with paint, glue, glitter, foam, fabric, wood items and more. Children make at least two projects per class. Note: \$24 material fee is payable to instructor at first class. Bring a smock. Adult participation required. 6 classes

Age: 2-6  
42665 Th 4/18-5/23 10:15-11 AM \$55/\$60  
Thomas Farm CC/Dion

## 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.

For holidays and no class dates, see <http://rockenroll.rockvillemd.gov>.

Enter course number to view course details.

# Preschool

## Twinkle Twinkle Tiny Tunes (Adult/Child)



Share the love of music with your child using songs, musical games, rhythm instruments and creative movement. The basics of music are made easy. Rhythm, pattern, tempo and pitch are the fundamentals, but the emphasis is on fun. Adult participation required. 6 classes

Age: 1 1/2 - 3 1/2 years  
42667 M 4/15-5/20 9:30-10:15 AM \$45/\$52  
Twinbrook CRC/Stahl

Age: 2 - 4 years  
42668 M 4/15-5/20 10:30-11:15 AM \$45/\$52  
Twinbrook CRC/Stahl

42669 Tu 4/9-5/14 10-10:45 AM \$45/\$52  
Pump House CC/Stahl

## 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

#### LEARN:

- Preventing drowning
- Proper use of life jackets
- Water rescue skills
- Skin cancer prevention
- Swim lessons (evaluations offered)

*Held Rain or Shine*

## Fitness and Wellness

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



### Birds@The Little Gym

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 in your child. Appropriate for both walkers and non-walkers. 9 classes

Age: 10-19 months  
42709 W 4/10-6/5 12-12:45 PM \$99/\$110  
The Little Gym/Staff

### Bugs@TheLittleGym



Enjoy music, bonding and 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. 9 classes

Age: 4-10 months  
42710 M 4/8-6/10 11:45 AM-12:30 PM \$99/\$110  
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  
43122 Sa 4/27-6/8 11:15 AM-12 PM \$70/\$81  
Rockville Swim and FC/TBA

## THANK YOU!

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

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.*

# Preschool

## Funfit Tots (Adult/Child)



This fun-filled activity brings fitness to a whole new level. Using balls, hoops, chutes and more, you and your child will get a heart-healthy workout in a stress-free class. Kids will build self-confidence, coordination, balance, language and cognitive development. One adult must attend with child(ren), who must be walking. 8 classes

Age: 1-2  
42475 F 4/19-6/7 10:15-11 AM \$88/\$99  
Thomas Farm CC/Staff

Age: 2-3  
42476 F 4/19-6/7 11-11:45 AM \$88/\$99  
Thomas Farm CC/Staff

## Little Ninjas



Introduce your child to martial arts. A certified instructor will begin classes with stretches followed by exercises and fun games that help children learn the basics while improving strength, flexibility and coordination. 6 classes

Age: 3-4  
42488 F 4/12-5/31 5:10-5:55 PM \$63/\$72  
Thomas Farm CC/Thompson

## MarVa Tots



This introductory gymnastics class for boys and girls centers around having fun and building self-confidence. Various types of tumbling skills will be taught along with the trampoline and other gymnastics equipment. 6 classes

Age: 3-5  
42489 Tu 4/23-5/28 6-6:45 PM \$65/\$75  
MarVa Tots and Teens/Staff

## 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  
42707 M & W 4/15-5/15 6-6:30 PM \$89/\$105  
42708 Tu & Th 4/16-5/16 4:30-5 PM \$89/\$105  
Kicks Karate/Staff

## Tumble Tots (Adult/Child)



This introductory tumbling class provides a safe learning atmosphere with lots of exploring and fun for both girls and boys. Child must be walking. Siblings or visitors will not be permitted on the floor during class. Adult participation required. 6 classes

Age: 9 months -3 years  
42531 Su 4/28-6/2 9:45-10:30 AM \$65/\$75  
43004 Su 4/28-6/2 11:15 AM-12 PM \$65/\$75  
MarVa Tots and Teens/Staff

## 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  
42498 Th 4/11-5/16 4:30-5:20 PM \$62/\$72

Age: 5-6  
42499 Th 4/11-5/16 5:30-6:20 PM \$62/\$72  
King Farm Park/Lopez-Zuniga

## 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  
42524 Su 4/21-6/2 9:30-10:15 AM \$69/\$79

Age: 5  
42525 Su 4/21-6/2 10:15-11 AM \$69/\$79  
King Farm Park/Z. Yargici

'Zehra is a wonderful instructor.  
The kids learned how to hit the ball and  
have FUN too!'

*Parent of Tennis for Toddlers participant*

# 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 March 1-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

## 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





# Preschool

## Tiny Tykes Basketball



Your little one will enjoy some exercise while learning the basics of basketball: dribbling, passing and shooting. Socialization, teamwork and good sportsmanship will be emphasized. 8 classes

Age: 4-5

42768 Sa 4/13-6/8 9-9:45 AM \$59/\$69  
Twinbrook CRC/Knight

43012 Sa 4/13-6/15 10:15-11 AM \$59/\$69  
Thomas Farm CC/Rose

## UK Elite - Petite Soccer



This program offers an introduction to the world's most popular sport! Our game-based approach to teaching soccer provides every child the opportunity to develop motor and social skills, coordination and general athletic ability in a stimulating, motivating, educational environment. 6 classes

Age: 3-5

42532 W 4/17-5/22 4-5 PM \$95/\$105  
42533 W 4/17-5/22 5-6 PM \$95/\$105

King Farm Park/Staff

## UK Elite Petite Soccer (Adult/Child)



Parents and toddlers will enjoy an afternoon together learning the game of soccer. Fundamentals will be taught to help participants improve their gross motor skills, coordination and social skills which will make the sport more enjoyable for youngsters and allow parents to assist with the learning process. Adult participation required. 6 classes

Age: 2-3

42534 W 4/17-5/22 4-5 PM \$95/\$105  
42535 W 4/17-5/22 5-6 PM \$95/\$105

King Farm Park/Staff

## Wee Wanna Be (Adult/Child)



Which sports players do your kids pretend to be? This innovative program builds self-esteem and confidence. Girls and boys receive instruction in sports and agility training through supervised, non-competitive play sessions. Each child participates at his/her own pace. Sports will change each season. Adult participation required. 8 classes

Age: 2-5

42538 Su 4/7-6/2 9:30-10:15 AM \$75/\$85  
42539 Su 4/7-6/2 10:15-11 AM \$75/\$85

Thomas Farm CC/Wilson

# TIME FOR TODDLERS

## MOMMY AND ME

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

TWINBROOK COMMUNITY RECREATION CENTER  
240-314-8830

## TINY TOTS DROP-IN

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

**Springtime Festival - April 16**

THOMAS FARM COMMUNITY CENTER  
240-314-8840

## TODDLER TIME

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

LINCOLN PARK COMMUNITY CENTER  
240-314-8780

## NATURE TOTS

**Alternate Thursdays, beginning March 21**  
**10-11:30 a.m.**

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



# 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 canceled 7-10 days prior to first class. Register early to avoid cancellations. For holidays and no class dates, see <http://rockenroll.rockvillemd.gov>. Enter course number to view course details.

## Arts, Dance and Enrichment

### Abrakadoodle - Drawsters *New*

Take drawing to a whole new level! Learn about contour drawing, patterning, font design, cartooning and other techniques while exploring fun and interesting artists and artistic styles. Build on your skills by using your imagination to create unique art. Note: \$53 materials fee due to instructor at first class. 8 classes

Age: 6-12

42769 Sa 4/13-6/1 11:15 AM-12:15 PM \$112/\$122  
Twinbrook CRC Annex/Abrakadoodle Staff

### Abrakadoodle - Kids on Canvas *New*

Jump into painting. Learn about painting on canvas paper, canvas board and stretched canvas using acrylics. Get inspired as you learn the techniques, style and vocabulary of such artists as Renoir, Mondrian, Jackson Pollock, Modigliani, Warhol, Sam Francis, Frank Stella and Laurel Burch. Note: \$60 materials fee due to instructor at first class. 8 classes

Age: 6-12

42683 Sa 4/13-6/1 10-11 AM \$112/\$122  
Twinbrook CRC Annex/Abrakadoodle Staff

## Summer Camp

### Registration is Under Way!

Most camps begin June 24. Check out programs that begin June 17.



Theater, sports, games, pottery, basketball, nature, fitness and field trips ... to name just a few!

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

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

## Summer Playgrounds



June 24 – August 1  
9:30 a.m. – 3:30 p.m.  
Ages 6-12

Arts, Crafts, Sports,  
Games, Weekly Swim  
and Field Trips

Spend quality time with experienced,  
creative and dedicated recreation leaders.



### Playground Locations

Calvin Park	Maryvale Park
College Gardens Park	Montrose Park
Elwood Smith Park	Potomac Woods Park
Fallsgrove Park	Twinbrook E.S.
Isreal Park/LPCC	Woodley Gardens Park
Lakewood E.S.	

Registration begins May 9

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

# Children



## 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 Teen section for more classes. Participants of ballet classes held at Rockcrest Ballet Center and Twinbrook CRC may participate in the spring recital (#42663) held at the F. Scott Fitzgerald Theater on June 1. There will be recital and costume fees for this program. The Thomas Farm class will have an in-class recital on the last day of the session. For holidays and no class dates, see <http://rockenroll.rockvillemd.gov>. Enter course number to view course details. 7-8 classes

### Young Beginner - Age: 5-7

42626 Sa 4/6-6/1 10-11 AM \$80/\$89  
Thomas Farm CC/Baker

### Young Beginner - Age: 5-7

42627 Tu 4/9-5/28 5:15-6:15 PM \$80/\$89  
Twinbrook CRC/Chongpinitchai

### Young Beginner - Age: 5-7

42629 Sa 4/13-5/25 11 AM-12 PM \$70/\$79  
Rockcrest Ballet Ctr./Chongpinitchai

### Beginner - Age: 5-13

42623 F 4/12-5/31 3:45-4:45 PM \$80/\$89  
Rockcrest Ballet Ctr./Mangan

### Beginner - Age: 6-12

42628 Sa 4/13-5/25 12:15-1:15 PM \$70/\$79  
Rockcrest Ballet Ctr./Chongpinitchai

### Beginner - Age: 7+

42621 M 4/8-5/20 3:45-4:45 PM \$70/\$79  
Rockcrest Ballet Ctr./Mangan

### Beginner Plus - Age: 6-12

42625 F 4/12-5/31 5:45-6:45 PM \$80/\$89  
Rockcrest Ballet Ctr./Mangan

### Intermediate I - Age: 7+

42616 M 4/8-5/20 4:45-5:45 PM \$70/\$79  
Rockcrest Ballet Ctr./Mangan



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

42619 W 4/10-5/29 3:45-4:45 PM \$80/\$89  
Rockcrest Ballet Ctr./Mangan

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

42617 Tu 4/9-5/28 4:15-5:15 PM \$80/\$89  
Rockcrest Ballet Ctr./Mangan

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

42620 W 4/10-5/29 4:45-5:45 PM \$80/\$89  
Rockcrest Ballet Ctr./Mangan

### Intermediate III and IV - Age: 10-14

42624 F 4/12-5/31 4:45-5:45 PM \$80/\$89  
Rockcrest Ballet Ctr./Mangan

### Advanced and Pointe - Age: 12+

42618 Tu 4/9-5/28 5:15-6:15 PM \$80/\$89  
Rockcrest Ballet Ctr./Mangan

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

42622 Th 4/11-5/30 5:15-6:15 PM \$80/\$89  
Rockcrest Ballet Ctr./Mangan

## DANCE IN THE SPRING

### Ballet Recital

Children and teens participating in ballet classes at Rockcrest Ballet Center or class #42627 are eligible to register for the Spring Ballet Recital. (Pre-Ballet registrants not included)

42663 Sa 6/1 1 PM \$35



# Children

## Breakfast with the Bunny

The Bunny is making a special trip to Thomas Farm Community Center. Activities will include crafts, egg hunt, entertainment, games and an opportunity to meet, greet and pose with the Bunny. Continental breakfast served. Bring your camera. Fee applies to each person attending. Pre-registration is required for breakfast. Note: \$5 at the door for 11 a.m. magic show and egg hunt.

Age: 2+  
42164 Sa 3/23 10 AM-12 PM \$10/\$12  
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: \$12 material fee is payable to instructor at first class. 8 classes

Age: 7-10  
42635 Th 4/11-5/30 6:30-7:45 PM \$99/\$109  
Thomas Farm CC/Mason

## Dramatic Kids!

This theater arts class provides plenty of fun and laughter as children learn improvisational techniques and social skills. Actors will convey their theatrical know-how and expertise through artistic expression by employing dramatic techniques, scene and monologue study. There will be a presentation on the last day of class. 8 classes

Age: 7-10  
42638 Sa 4/13-6/8 9:30-10:30 AM \$82/\$92  
Thomas Farm CC/CARE Actor Staff

## Royal Tea Party (Adult/Child)

Princesses and their royal families are invited to celebrate Mother's Day at our annual Royal Tea Party event. Dress in your fanciest princess attire. Royal games and activities will fill the afternoon. Fee applies to each person attending. Children must come with an adult family member or friend.

Age: 2+  
42165 Sa 5/11  
2-4 PM \$10/\$12  
Thomas Farm CC



## Strummin' for the Youngins'

Enjoy eight weeks of guitar glory! Learn guitar basics in weeks one and two, simple folk songs in weeks three and four, bar chords in weeks five and six and write your own song in weeks seven and eight. Bring a fully tuned acoustic guitar. 8 classes

Age: 8-11  
42664 Sa 4/6-6/8 1-1:50 PM \$99/\$115  
Thomas Farm CC/Flaherty

## 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: An optional daily drop-in fee of \$10 is available.

Age: 5-11  
42056 M-F 4/2-5/3 7-9 AM \$115/\$125  
43135 M-F 5/6-6/14 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  
42051 M-F 4/2-5/3 3-6:30 PM \$139/\$159  
43140 M-F 5/6-6/14 3-6:30 PM \$139/\$159  
Twinbrook CRC Annex/Staff

# Children



## Clubs

### 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. "Let's Move!" fitness days are incorporated in the program. Clubhouse is not held on MCPS non-school days but is open on half days. All children must be picked up by 6:30 p.m.

Grade: K-5  
 42771 M-F 5/6-6/14 3:30-6:30 PM \$85/\$125  
 Lincoln Park CC/Chase

### Twinbrook After School Club

Join us after school for activities that focus on recreation, fitness and fun. Homework help is also 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 days but will not be held on non-school days. Scholarships available for qualified City residents.

Grade: K-5  
 42031 M-F 4/2-5/3 3:30-6:30 PM \$139/\$159  
 43163 M-F 5/6-6/14 3:30-6:30 PM \$139/\$159  
 Twinbrook ES/Staff

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

**CLIMB ABOARD THE ROCKET**

**Activity ROCKET™**

[activityrocket.com](http://activityrocket.com) Search. Share. Simple

## 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

#### Little Ninjas

Age: 5-7  
 42479 M & W 4/22-5/22 4-4:40 PM \$89/\$105  
 42480 Tu & Th 4/23-5/23 5:55-6:35 PM \$89/\$105

#### Youth

Age: 8-12  
 42481 M & W 4/22-5/22 (M) 3:45 -4:30 PM \$99/\$115  
 (W) 4:30-5:15 PM  
 42482 Tu & Th 4/23-5/23 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  
 42483 M 4/8-6/3 6:15-7:15 PM \$63/\$72  
 Elwood Smith RC/Thompson

## Children



# Spring Happenings!



## Breakfast with the Bunny!

**Thomas Farm Community Center | Saturday, March 23, 10 a.m.-Noon**

Enjoy a magic show, egg hunt, and crafts, continental breakfast and a visit from the Bunny. Pre-registration required. \$10 residents; \$12 nonresidents. Course #42164  
Extra fees for show at the door. See page 12 for more details.

## Family Bingo Night

**Twinbrook Community Recreation Center | Friday, April 12, 7-9 p.m.**

Everybody loves to play Bingo. Come enjoy a night of family fun and win prizes too!  
All ages. \$3 per person at the door.



## Spring Community Outdoor Yard Sale

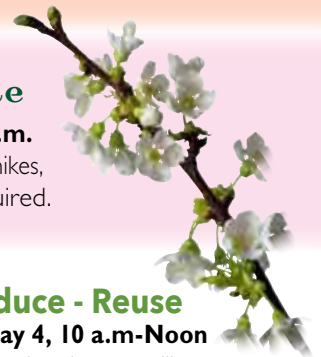
**Richard Montgomery HS – Parking Lot | Saturday, April 20, 8 a.m.-Noon**

Check out the bargains or sign up as a vendor to sell your treasures. Kick off your spring cleaning!  
Vendors must pre-register with payment to secure a space that includes one parking spot and a 6' x 3' table. Set up 7-8 a.m. Rain date: April 21. Organized by Lincoln Park Community Center and Teen Programs. Course #42770. Cost per table: \$20

## Spring Festival & Native Plant Sale

**Croydon Creek Nature Center | Saturday, April 27, 1-4 p.m.**

Enjoy the wonders of nature with your family. Live animal show, exhibits, woodland hikes, crafts, games and native plant sale. Free event. No registration required.



## Community Book Swap **Recycle - Reduce - Reuse**

**Twinbrook Community Recreation Center | Saturday May 4, 10 a.m.-Noon**

Tired of the same old books? Reduce, reuse or recycle old books and update your library.  
Drop books off from April 29- May 3 and receive tickets redeemable for book purchases.

## ROYAL TEA PARTY

**Thomas Farm Community Center | Saturday, May 11, 2 -4 p.m.**

Princesses and their royal families are invited to celebrate Mother's Day at our annual event.  
Pre-registration required. \$10 residents; \$12 nonresidents. Course #42165



# Children

## Mini Cheer



Beginning skills include cheer and chant motions, simple stunts and pom dancing. A performance is held at the last class. 7 classes

Age: 5-9				
42570	Th	4/18-5/30	4:30-5:30 PM	\$59/\$69
Twinbrook CRC/Zagami				
42490	F	4/19-5/31	4-5 PM	\$59/\$69
Thomas Farm CC/Zagami				

## 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				
43114	M	4/22-6/10	1:30-2:30 PM	\$56/\$65
43115	W	4/24-6/12	1:30-2:30 PM	\$64/\$74
43116	F	4/26-6/14	1:30-2:30 PM	\$64/\$74
Rockville Swim and FC/Yeatman/Wilson				

## 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				
43120	F	4/26-6/14	6:30-7:30 PM	\$80/\$92
Rockville Swim and FC/Ramsey				

## Yoga for Kids



Learn the joys of yoga through fun exercises and games. Children learn how to do yoga and make it a part of a healthy lifestyle. 8 classes

Age: 7-10				
42672	Tu	4/9-5/28	4:30-5:15 PM	\$79/\$89
Thomas Farm CC/Zook				

## Zumbatomic®



Children will learn choreographed fitness dances, play fun motivational games, and discover new cultures and styles of music. Zumbatomic classes increase focus and self-confidence, boost metabolism and improve coordination. 6 classes

Age: 8-10				
42766	Su	4/7-5/19	10-10:45 AM	\$59/\$69
Rockville Swim and FC/LeClair				

## School Break Programs

### Spring Break Mini-Camps

Children in Kindergarten through fifth grade will enjoy a week of supervised programs and participate in crafts, organized games, sports, fun and adventure. Mini-Camp will include a day trip to Croydon Creek Nature Center where there will be hiking, indoor and outdoor games and a campfire with s'mores. Programs may vary slightly by location. Participants should bring a lunch each day and wear comfortable clothes and sneakers.

Age: 5-11				
42169	M-F	3/25-3/29	9 AM-3 PM	\$130/\$140
Thomas Farm CC				
42773	M-F	3/25-3/29	9 AM-5 PM	\$130/\$140
Twinbrook CRC Annex				
42778	M-F	3/25-3/29	9 AM-3 PM	\$120/\$125
Lincoln Park CC				



**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 canceled.**

**REGISTER EARLY!**

# Children

## Sports - Instructional

We recommend bringing a water bottle to all sports programs.



### Basketball Skills - Co-Ed

Increase confidence as you gain fundamental basketball skills. Learn proper techniques, rules of the game and ball control. Execute a variety of drills and experience game-like situations. 8 classes

Age: 6-7

42455 Sa 4/13-6/8 10-10:50 AM \$61/\$70  
Twinbrook CRC/Knight

Age: 8-10

42453 Th 4/11-5/30 4-4:50 PM \$61/\$70  
Thomas Farm CC/Jordan

Age: 11-13

42454 Th 4/11-5/30 5-5:50 PM \$61/\$70  
Thomas Farm CC/Jordan

## YOUTH SPRING SPORTS



### LEAGUES NOW FORMING

(Limited space may be available)

**Co-Rec T-BALL | Ages: 4-6 #41668**

**Co-Rec COACH PITCH BASEBALL | Ages 7-9 #41669**

### TRACK and FIELD

**Ages: 6-8 #41684**

**Ages: 9-10 #41685**

**Ages: 11-12 #41686**

**Ages: 13-14 #41687**

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

## Cricket/Rugby



Learn two British games that will develop new skills, keep you moving and promote sportsmanship. Cricket, which is similar to baseball, and rugby, which is known as the "Father of American Football," will be covered. Participants will work on catching, kicking and throwing skills. Cleats are recommended. 6 classes

Age: 6-8

42465 Th 4/11-5/16 4:30-5:30 PM \$89/\$99

Age: 9-12

42466 Th 4/11-5/16 5:30-6:30 PM \$89/\$99  
Montrose Park/Challenger Sports Staff

## 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. 9 classes

Age: 7-9

42470 Th 4/11-6/6 6-7 PM \$128/\$151

42471 Sa 4/13-6/15 11 AM-12 PM \$128/\$151

Age: 10-13

42472 Th 4/11-6/6 7:20-8:40 PM \$128/\$151

42473 Sa 4/13-6/15 12:20-1:40 PM \$128/\$151

Rockville Fencing Academy/Staff

## MEET PAUL JORDAN . . .



Paul has over 30 years experience as a basketball teacher and coach, working with children of all ages as well as adults. He played semi-pro basketball for two years with the D.C. Jets and coached Boys Varsity Basketball at Quince Orchard and Gaithersburg High Schools. He also coached Girls AAU and Montgomery County Recreation leagues.

Paul believes that his classes are a means to improve the confidence and skills of each child, regardless of their talent.



# Children



## Lacrosse for Girls

Beginner to intermediate skills, as well as offensive and defensive team strategies will be taught. Participants are divided into groups based on age/skill level and experience. Players are required to have a woman's lacrosse stick, goggles and a colored mouth guard. Group discounts: \$10 off for each family member (2 or more) and \$10 off for each member of a team (5 or more). 4 classes

Grade: K-2  
42486 F 4/12-5/3 5:30-7 PM \$75/\$88

Grade: 3-9  
42487 F 4/12-5/3 5:30-7:30 PM \$75/\$88  
King Farm Park/McCormick

## 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  
42764 Tu 4/16-5/21 4-5 PM \$59/\$69  
Rockville Skate Park/Verdell

**Healthy children require 60 minutes per day of activity. Join one of our sports programs to stay active and live longer.**

## 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  
42503 Sa 4/13-5/18 9-9:50 AM \$62/\$72  
King Farm Park/Lopez-Zuniga

Age: 5-7  
43056 Tu 4/16-5/21 4:45-5:35 PM \$62/\$72  
Montrose Park/Lopez-Zuniga

Age: 6-7  
42504 Sa 4/13-5/18 10-10:50 AM \$62/\$72  
King Farm Park/Lopez-Zuniga

Age: 7-9  
42505 Sa 4/13-5/18 11-11:50 AM \$62/\$72  
King Farm Park/Lopez-Zuniga

Age: 7-10  
43057 Tu 4/16-5/21 5:45-6:35 PM \$62/\$72  
Montrose Park/Lopez-Zuniga

## Meet our Sports Team!



*Duncan Mullis, Jen Betts, Joy Parisi and Lisa Splaine*

The City of Rockville's Sports Division staff work diligently each year to provide the highest quality leagues. They offer a variety of programs for youth and adults at various facilities throughout the City's corporate limits. Youth programs include soccer, cross country, basketball, wrestling, track and field, t-ball, coach pitch baseball and tennis. Adult programs offered are softball, basketball, tennis, badminton, table tennis, futsal, kickball and volleyball. Check out our team at [www.rockvillemd.gov/recreation/sports/](http://www.rockvillemd.gov/recreation/sports/)

***We'll see you at the game!***

# Children

## Street Hockey for Kids - Beginner



Few sports match the speed, skill and excitement of hockey. Learn new tricks or expand your skills. Shooting tips, passing, stick handling and goalie techniques along with rules, teamwork, safety and sportsmanship will be covered. We recommend wearing gloves, long sleeves and elbow pads. Equipment is provided. 6 classes

Age: 7-10

42506 W 4/17-5/22 4-4:50 PM \$62/\$72  
Welsh Park/Orell

## 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

42509 Sa 4/13-5/18 10-10:50 AM \$62/\$72  
42510 Sa 4/13-5/18 11-11:50 AM \$62/\$72  
King Farm Park/Orell

## 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

42511 Sa 4/13-5/18 9-9:50 AM \$69/\$79  
King Farm Park/Meyer

Age: 8-10

42512 Sa 4/13-5/18 10-10:50 AM \$69/\$79  
King Farm Park/Meyer

Age: 8-10

42513 Su 4/14-5/19 4-4:50 PM \$69/\$79  
Broome Athletic Park/Raaf

**NEW**

**2nd and 3rd Grade  
SUMMER  
BASKETBALL  
LEAGUE**

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

**When:** Tuesdays, June 4 – July 9 (Boys)  
Wednesdays, June 5 – July 10 (Girls)

**Where:** Broome Gym (Boys)  
Twinbrook CRC (Girls)

**Cost:** \$60 residents;  
\$70 nonresidents

**Deadline: Thursday, May 9**

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

## 10 and Under Tennis Tournament Everyone's a Winner!

*Emphasizes skill development in a fun, non-competitive setting.*

*Have a smashing time using kid-sized courts, nets, rackets and low compression balls.*

**USTA approved**

Course #: 42691

When: May 11, 1-5 p.m.

Where: City of Rockville Tennis Courts

Cost: \$25 residents; \$30 nonresidents

Ages: Tiny Rackets (5-6 years)

Pee Wees (7-8 years)

Bantams (9-10 years)

**Adult Tournament also available, see page 25**

# Children

## Tennis Skills



Lessons for beginners 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

42526 Th 4/18-5/23 5-5:50 PM \$69/\$79  
Montrose Park/Z. Yargici

Age: 5-7

42529 W 4/17-5/22 4:30-5:20 PM \$69/\$79  
42530 Su 4/14-5/19 3-3:50 PM \$69/\$79  
Broome Athletic Park/Raaf

Age: 8-10

42528 Th 4/18-5/23 6-6:50 PM \$69/\$79  
Montrose Park/Z. Yargici

Age: 11-15

42527 Sa 4/13-5/18 11-11:50 AM \$69/\$79  
King Farm Park/Meyer

Age: 11-15

43132 W 4/17-5/22 5:30-6:20 PM \$69/\$79  
Broome Athletic Park/Raaf

## UK Elite Soccer - Brazilian Theme



Improve fundamental techniques, skills and all aspects of your game using Brazilian-style tactics of soccer. Bring shin guards. 6 classes

Age: 7-10

42536 W 4/17-5/22 6-7 PM \$95/\$105  
King Farm Park/Staff

## UK Elite Soccer - Technical



Focusing on the individual, this class will teach techniques and skills. A typical hour will include games, structured practices and scrimmages. Our professional coaches will ensure players improve their game and have a memorable experience. 6 classes

Age: 5-6

42537 W 4/17-5/22 6-7 PM \$95/\$105  
King Farm Park/Staff

## Rockville Baseball Association

in partnership with the  
**City of Rockville**



## Baseball and Softball Events

### Batting, Pitching, Base Running



Date ► Saturday, April 13  
(Raindate - April 20)

Place ► Dogwood Park

Time ► 10:30 a.m.

Cost ► Free

Ages ► 7-8, 9-10, 11-12 and 13-14  
Boys and girls compete separately.



**For information**  
**www.rbba.org**  
**301-637-0778**



# 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.

## Croydon Creek Campfire (Adult/Child)

Gather around the campfire with your friends for stories, snacks and more. An adult must accompany children and all participants must register. Bring a blanket or lawn chairs

All Ages

### Noises at Night

When it's time for humans to go to bed, lots of animals in nature are just beginning to wake up and sing. Learn about some common animal noises that you can hear in your own backyard.

43052 Sa 5/11 8-9 PM \$4/\$5

### Night-time Insects

There are more insects than there are any other type of animal on earth, including humans. Come find out about insects that are out after dark and why these insects are so important.

43053 Sa 6/1 8:30-9:30 PM \$4/\$5



## Hooray for Homeschoolers!

The Nature Center presents a series of programs offered specifically for our homeschooling friends. Each program consists of hands-on and minds-on activities that include both time in our classroom laboratory with activities and hikes outdoors.

Age: 5-8

### Habitats

Habitats are neighborhoods that animals call home. Learn about the types of habitats in Rockville and the animals that live in them.

43024 F 5/10 1:30-3 PM \$6/\$8

Age: 8-14

### Insects

There are between 10 and 30 million insect species on earth. New species are being discovered every day! Learn insect basics and try your hand at netting insects in the meadow.

43025 F 6/7 1-3 PM \$6/\$8



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

The National Parks Trust and the City of Rockville Recreation and Parks Department invite everyone to visit Croydon Creek Nature Center to celebrate

## KIDS TO PARKS DAY

Spend time outdoors. Enjoy the  
**Hayes Forest Preserve.**  
 240-314-8770

# Nature Center

## Nature Tots (Adult/Child)

Spend time with your child discovering the wonders of nature. A Naturalist will help you explore a new topic through nature play, crafts, stories and hikes. Dress for the weather. All children must be accompanied by an adult.

Age: 2-5

### Salamanders

43017 Th 4/4 10-11:30 AM \$8/\$10

### Eggs

43018 Th 4/18 10-11:30 AM \$8/\$10

### Snakes

43019 Th 5/2 10-11:30 AM \$8/\$10

### Ladybugs

43020 Th 5/16 10-11:30 AM \$8/\$10

### Meadow Adventure

43021 Th 5/30 10-11:30 AM \$8/\$10



## CLEAN-UP EVENTS Hayes Forest Preserve

Join us for some spring cleaning!

### CREEK CLEAN-UPS

Saturday, April 6, 9 a.m. – Noon  
Sunday, May 19, 1:30-4:30 p.m.

### INVASIVE SPECIES PULL

Sunday, April 14, 1:30-4:30 p.m.

- Time working at events is eligible for Student Service Learning hours.
- Students, 14 years and younger, must be accompanied by an adult.
- Gloves and bags provided.

No registration required.  
240-314-8770

11TH ANNUAL

## Spring Festival and Native Plant Sale

Saturday, April 27  
1-4 p.m.

*Bring the entire family and  
enjoy the wonders of nature  
in an urban setting.*

- » Woodland Hikes
- » Spring Native Plant Sale
- » Nature Games and Crafts
- » Live Animal Show
- » Sustainability Exhibits
- » Rain Barrel Sale

**FREE EVENT**

*No registration required*

852 Avery Road  
Rockville, MD 20851  
240-314-8770

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



## 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

43027	Sa	4/20	10-11 AM	\$3/\$5
43028	Sa	5/18	10-11 AM	\$3/\$5
43029	Sa	6/15	10-11 AM	\$3/\$5

## Star Party

Join us to learn about the stars in the spring sky. Discover objects easily visible in the night sky, look through telescopes with an astronomer and enjoy a campfire treat. All participants must register.

Age: 5+

43023	Sa	4/13	8-9 PM	\$5/\$6
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# 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.

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. It is recommended that participants register for trips as early as possible as space is limited.

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	COURSE #	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	Adventure Park USA	10 a.m.-5 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	COURSE #	TRIP	TIME	COST (R/NR)	DEADLINE
7/15	42589	Swimming	12–5 p.m.	\$7/\$8	7/5
7/16	42591	Washington Mystics & Lunch	10 a.m.–5 p.m.	\$15/\$19	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, Golf, Batting Cages, Skating	10 a.m.–5 p.m.	\$35/\$39	7/12
7/24	42576	Rafting	8 a.m.–4 p.m.	\$35/\$39	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>
7/29	42577	Swimming	12–5 p.m.	\$7/\$8	7/19
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	Swimming	12–5 p.m.	\$7/\$8	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 canceled 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 canceled. 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

## Arts, Dance and Enrichment

### Babysitting

This two-session workshop, geared for boys and girls, covers accident prevention and basic care for infants and children. Attendance at both sessions is required to receive a certificate.

Age: 12-15  
43041 F 5/17 & 5/24 4-6 PM \$49/\$55  
Rockville Sr. Ctr./Adventist Health Care Staff

### 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. Register for spring recital #42627. 7-8 classes

Age: 13+  
42630 M 4/8-5/20 5:45-7 PM \$70/\$79  
42631 W 4/10-5/29 5:45-7 PM \$80/\$89  
Rockcrest Ballet Ctr./Mangan

### Home Alone (Adult/Child)

This workshop helps prepare children and their parents for times when children will spend brief periods alone at home. Parent or guardian must attend with the child(ren). The fee is per child.

Age: 8-11  
43058 Sa 5/4 10 AM-12 PM \$14/\$19  
Rockville Sr. Ctr./Adventist Health Care Staff

### Late Night Friday

Pre-teens have the Center all to themselves to play in the gym, enjoy video games, dance and listen to music, make a craft and or just hang out with their friends. Refreshments will be sold. Pre-registration is strongly encouraged. Space is limited to the first 100 registrants. Fee at the door is \$10 residents; \$15 nonresidents, beginning 6:30 p.m.

Grade: 3-6  
42716 F 4/5 7-10:30 PM \$7/\$10  
Thomas Farm CC/Staff

### Teens Late Night Saturday

Teens have the Center all to themselves to play in the gym, enjoy video games, dance and listen to music or just hang out with their friends. Refreshments will be sold. Pre-registration is strongly encouraged. Space is limited to the first 100 registrants. Fee at the door is \$10 residents; \$15 nonresidents, beginning at 6:30 p.m.

Grade: 6-9  
42727 Sa 5/4 7-10:30 PM \$7/\$10  
Thomas Farm CC/Staff

## After School Enrichment

### Teen Lounge

Hang out with your friends after school at our fun, safe and laid back teen lounge. Enjoy computers with Internet access, sports, table tennis, computer games, field trips, craft projects, enrichment clubs and, of course, homework time. Daily attendance is encouraged but not required. Transportation is provided by the City of Rockville from Wood M.S. and by MCPS from Julius West M.S. The program is held on half-days, noon-6:30 p.m. It is closed holidays or when MCPS is closed.

Grade: 6-8  
43167 M-F 4/3-6/14 3-6:30 PM \$229/\$245  
Twinbrook CRC/Staff

### 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. For more information call, 240-314-8840.

Grade: 6-10  
42448 M-F 4/3-6/14 3-6:30 PM \$229/\$245  
Thomas Farm CC/Staff





# Adult Tennis Tournament



**The City is bringing back its' popular tennis tournament!**

Open to all adults, ages 16+. Brackets based on age, gender and ability. Fixed schedule for Opening Day and Finals.

Tournament duration - three weeks. All other games will work around your busy schedules!

## OPENING DAY

Saturday, May 4  
10 a.m.-3 p.m.

## FINALS

Saturday, May 18  
11 a.m.-2 p.m.



**City of Rockville Tennis Courts**  
Course # 42690  
\$45 residents; \$55 nonresidents  
[www.rockvillemd.gov/sports](http://www.rockvillemd.gov/sports)

## Worried about the weather?

Call the Sports League Information Line at 240-314-5055 for program updates.

# Teens

## 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+  
43124 F 4/26-6/14 5:30-6:15 PM \$98/\$112  
Rockville Swim and FC/TBA

### Teen Fit

This fast-paced class includes basic strength training, cardiovascular conditioning and stretching exercises. Teens will increase their overall fitness or use the sessions to support their sport-specific training. Class is taught by a certified personal trainer.

Age: 13-18  
43126 Su 4/28-6/16 1:10-2 PM \$70/\$81  
Rockville Swim and FC/Yeatman

## Come Skate at the Rockville

featuring:  
**Micro Ramp with Escalator, Pyramid**

**Skate Park**



**FREE**

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)  
[skatepark@rockvillemd.gov](mailto:skatepark@rockvillemd.gov)

# Teens

## Sports - Instructional

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



### March Madness

Team up with friends and play with City of Rockville Police Department. Check-in begins at 6 p.m. and tournament games begin at 7 p.m. Trophies will be awarded to the winning teams. The evening will also include a DJ. Refreshments will be sold by Twinbrook ES PTA. Don't miss this slam-dunk night. For more information, call 240-314-8830.

Grade: 5-9  
43143 F 3/22 6:30-9:30 PM \$5/\$6  
Twinbrook CRC

## Trips

**Registration for trips begins upon receiving the Recreation Guide. Specific information will be mailed to participants one week prior to each trip. Call our teen staff with any questions or concerns at 240-314-8638.**

### Pottery and Bowling

Spend your spring break with friends being creative painting pottery, followed by a game of bowling at nearest bowling alley. Cost includes all fees, transportation and supervision. Bring extra money for snacks. Pick-up and drop-off at Julius West MS.

Grade: 6-10  
43154 Th 3/28 11 AM-5 PM \$15/\$19  
Departs: Julius West MS

### Ropes Course and Trail Hike

Join your friends for a day full of fun and adventure at Sandy Spring Adventure Park. Challenge yourself and work as a team competing on the exciting rope courses. The cost includes admission, transportation and supervision. Bring money for lunch at a nearby restaurant. Pick-up and drop-off at Julius West MS.

Grade: 6-10  
43160 W 3/27 9:30 AM-5:30 PM \$29/\$35  
Departs: Julius West MS

## Go-Kart and Skating

Out of school for a week with nothing to do, nowhere to go? Join your friends for a day go-karting and roller skating. Cost includes supervision and transportation. Bring money for lunch and/or snack. Pick-up and drop-off at Julius West MS.

Grade: 6-10  
43162 Tu 3/26 11 AM-5 PM \$25/\$29  
Departs: Julius West MS

# WE WANT YOU!



## Summer 2013 Camps and Playgrounds



## Great Hours – Excellent Salary!

6-7 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

## Family

## Trips - Family and Adults

Resident and nonresident registration for trips begins upon receiving 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 240-314-8632.

### Blue Ridge Horseback Ride

The expert guides from Marriott Ranch will lead an amazing western-style 90-minute trail ride in the Blue Ridge Mountains. Enjoy the scenic beauty of the Shenandoah Valley and meet some new friends along the way. Cost includes transportation, leadership, horseback riding and guide. Bring a bag lunch and drink.

Age: 10+  
42794 Sa 4/13 8:30 AM-6 PM \$55/\$65  
Departs: Rockville City Hall

### Fallingwater Tour

Fallingwater, the Frank Lloyd Wright masterpiece, nestled within the lush, wooded Bear Run Nature Reserve, is a timeless monument to organic architecture. Tour the home and grounds of the most celebrated example of American architectural design. As a special bonus, we'll also tour Kentuck Knob. Price includes both admissions, transportation and leadership. Lunch is on your own.

Age: 12+  
43015 Sa 4/20 8 AM-7 PM \$75/\$85  
Departs: Rockville City Hall



### Georgetown House Tour

Join us for a tour in this historic district of Washington, D.C., featuring eight of Georgetown's most beautiful homes and their impressive gardens. Houses are arranged for easy walking at your own pace. Take time for tea and cookies in the afternoon. Included will be a tour of St. John's Episcopal Church. Cost includes tour fees, tea time, transportation and leadership. Register by: 4/18.

Age: 10+  
42793 Sa 4/27 10 AM-6 PM \$65/\$75  
Departs: Rockville City Hall

### Gold Rush Bike and Hike

Stake your claim to fun, adventure, history and a good old-fashioned ghost story. We'll begin with a scenic 10-mile bike ride down the C&O Canal towpath from Seneca to Great Falls. Once there, a moderate 3-mile loop hike will take us to the haunted ruins of the Maryland Mine. We'll conclude with a stroll out to the majestic falls overlook. Bike (in good working condition), helmet and water bottle are required. Bring a bag lunch or money for the snack bar. Cost includes transportation and leadership.

Age: 14+  
43050 Su 4/28 9 AM-4 PM \$29/\$39  
Departs: Rockville City Hall

### Harper's Ferry Excursion

Enjoy a day in historic Harper's Ferry! Take a brisk morning 4.6 mile hike overlooking Harper's Ferry or spend time browsing in town before lunch on your own at a quaint inn. Don't forget to save room for some history on a guided tour of the town post-lunch. Cost includes transportation, leadership and tour.

Age: 10+  
42796 Sa 5/4 9 AM-6 PM \$29/\$37  
Departs: Rockville City Hall

# Family

## Trailblazer's Triangle Bike Tour

Tap your inner explorer and join us for this expedition on some of Montgomery County's newest and most scenic paved bike paths. Starting in Olney, we'll enjoy a 20-mile ride along the ICC, Matthew Henson and Rock Creek Trails, with a stop at Lake Needwood. Afterward, we'll share tales of the trail over lunch at an eclectic sandwich shop. Route includes a few moderate hills and some brief on-road riding. Bike (in good working condition), helmet and water bottle are required. Bring money for lunch. Cost includes leadership. Transportation not included.

Age: 14+

43051 Su 5/19 9:30 AM-3 PM \$15/\$19

Departs: Roots Shopping Plaza, 16806 Georgia Ave., Olney

## Rockville Bike Advisory Committee Events



### Tour de Cookie Ride

Sunday, April 14, 9 a.m.

[www.treehousemd.org](http://www.treehousemd.org)

### Bike Month Kick-Off Ride

Saturday, May 4, 10 a.m.

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

### Tuesday Night Family Rides

May 7 - June 25, 6:30 p.m.

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

### 7th Annual Rockville Ride of Silence

Wednesday, May 15, 7 p.m.

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

### National Bike to Work Day

Friday, May 17, 6-9 a.m.

[www.mwcog.org/commuter2/commuter/bicycling/biketoworkday.html](http://www.mwcog.org/commuter2/commuter/bicycling/biketoworkday.html)

### RBAC at Farmers Market

Beginning Saturday, May 18, 10 a.m.-noon

Free bike check-ups

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

### Carl Henn Millennium Trail Ride

Sunday, June 16, 10 a.m.-noon

[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, Fallsgrove and King Farm.

**FREE – No registration**

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

for additional information

## White Water Rafting

Experience the whitewater in wild, wonderful West Virginia. Spend the afternoon rafting the Shenandoah River near Harper's Ferry and enjoy a picnic lunch on the river. All equipment is provided by the famous River and Trail Outfitters who will guide us down the river. Cost includes outfitter fees, equipment, picnic lunch, transportation and leadership. No experience required.

Age: 14+

42797 Sa 5/11 11 AM-7 PM \$75/\$85

Departs; Rockville City Hall

## 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: Rockville City Hall

# 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. 8 classes

Age: 13+

#### Beginner/Intermediate

42615 Th 4/11-5/30 7:45-9 PM \$80/\$89

#### Advanced

42613 Tu 4/9-5/28 6:30-7:45 PM \$80/\$89

42614 Th 4/11-5/30 6:30-7:45 PM \$80/\$89

Rockcrest Ballet Ctr./Mangan

### Ballroom Dance

Even if you think you have two left feet, join us and be surprised at what you can learn. We will teach the basic steps in standard ballroom dances (Foxtrot, Cha Cha, Waltz, Swing, Rumba and Tango). Classes and fees are for couples only. 8 classes

Age: 16+

#### Beginner

42632 W 4/3-5/22 7:30-8:25 PM \$93/\$105

#### Intermediate

42633 W 4/3-5/22 8:30-9:25 PM \$93/\$105

Ritchie Park ES/Mola

### Community Spring Yard Sale

Come check out all the great bargains or sign up as a vendor and get your parking spot to sell your treasures at our spring outdoor yard sale held at Richard Montgomery HS. This is a great way to kick off your spring cleaning. Vendors must pre-register with payment to secure a space. Payment holds one parking spot and one 6' X 3' table. Set-up time is 7-8 a.m. Raindate: April 21.

Age: 10+

42770 Sa 4/20 8 AM-12 PM \$20

Richard Montgomery HS

### Contemporary/Lyrical Ballet

Learn a form of ballet influenced by both modern and jazz dance. This style draws its technique from classical ballet. During class, the body experiences a greater range of movement than the lines set forth by the traditional schools of ballet. Intermediate ballet skills required. 7 classes

Age: 16+

42637 M 4/8-5/20 7:30-8:30 PM \$59/\$69

Twinbrook CRC/Chongpinitchai

### F. Scott Fitzgerald Book Club

Join scholars from the F. Scott Fitzgerald Literary Conference to discuss two of Fitzgerald's novelettes: "Winter Dreams" and "Babylon Revisited." "Winter Dreams" is one of his earlier works, written in 1922, and "Babylon Revisited" was written in 1931. Exchange views and examine aspects of both stories in the 1920s historic setting of Glenview Mansion. Refreshments will be served.

Age: 15+

42467 Tu 4/9 7-9 PM \$5/\$8

Glenview Mansion

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# Adults

## Guitar

Sight reading, chords, scales, songs, technique and theory will be taught in this basic class. Bring a fully-strung guitar, pen and paper. 8 classes

Age: 12+  
42639 Sa 4/6-6/8 12-12:50 PM \$99/\$115  
Thomas Farm CC/Flaherty

## Line Dancing for All

Join in the fun and get some exercise too. All levels welcome. Start with the basics and add steps and combinations as you go. This is a non-partner, self-paced class. Soft-soled shoes required. No sneakers. 8 classes

Age: 16+  
42640 M 4/8-6/3 7-8 PM \$59/\$69  
Ritchie Park ES/Cunningham

## Maryland Clean Car Clinic

ASE-certified technicians from the University of Maryland will provide a free 15-minute, 26-point non-invasive inspection in the parking lot at Thomas Farm Community Center. The inspection will include checking the tire pressure, belts and hoses, fluid levels, gas cap and other parts of the vehicle. You will be contacted to set up a specific appointment time.

Age: 18+  
42763 F 4/26 9 AM-12 PM Free  
Thomas Farm CC

## May 3rd Look for our Summer Recreation Guide

at the following locations:

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

*Sent home via Rockville schools*

Summer Recreation Guide  
will **not** be mailed

**240-314-8620**



## Pottery - Introduction to Clay

Explore the basics of ceramics/pottery. Learn to hand build with clay using techniques like slab and coil building. Finished pieces will be glazed and fired. Note: \$25 material fee payable to City of Rockville at first class. Cancellations must be received in writing at least 72 hours prior to class to receive a credit or refund. 8 classes

Age: 18+  
42688 M 4/8-6/3 6:30-8:30 PM \$109/\$125  
Pump House CC/Nicholson

## Wine Workshops

Increase your knowledge of wines and how they are made. Each workshop is independent and geared to beginning and intermediate students. Breads and cheeses will be provided. Wine presenters, Neil Bassford and Bob Cecil, are working partners in Elk Run Vineyards, an award-winning winery in Frederick County. Participants must supply photo ID upon request. Cancellations must be received in writing at least 72 hours prior to each workshop to receive a credit, subject to the refund policy.

Age: 21+  
**Tour de France**  
This workshop will cover what is considered by many to be the gold standard for the best wines in the world. All the major French wine regions will be included as we seek affordable examples of these world famous wines.

43039 Th 4/11 7:30-9:30 PM \$35/\$39

## Wines of Australia and New Zealand

This workshop will focus on the major wine regions of these new world countries which have demonstrated an ability to produce pleasurable wines at attractive prices, such as Pinot Noir and Sauvignon Blanc.

43040 Th 5/9 7:30-9:30 PM \$35/\$39  
Glenview Mansion/Cecil

# Adults

## Fitness and Wellness

We recommend bringing a water bottle to all fitness programs.



### 20/20/20 Fitness

Enjoy 20 minutes of cardio, 20 minutes of strength training and 20 minutes of core exercises all in one class. Get a well-rounded workout, increase your flexibility and get into shape. Bring mat and weights. 8-9 classes

Age: 16+

42449 M 4/8-6/10 6:20-7:20 PM \$60/\$69  
Thomas Farm CC/Maguire

42540 Sa 4/6-6/15 8:45-9:45 AM \$68/\$78  
Rockville Sr. Ctr./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. 9 classes

Age: 16+

42450 Th 4/4-6/13 5:45-6:15 PM \$45/\$51  
Rockville Sr. Ctr./Maguire

### 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+

43060 M 4/22-6/10 7:35-8:05 PM \$35/\$42

43061 W 4/24-6/12 12:45-1:15 PM \$40/\$48

43062 F 4/26-6/14 12:45-1:15 PM \$40/\$48

43063 F 4/26-6/14 7:35-8:05 PM \$40/\$48

Rockville Swim and FC/Ramsey/Cortes/Wilson

## Abs Action

Do you need a quick energy boost at the end of your day? This 30-minute core strengthening exercise class will rejuvenate you. Bring a mat. 11 classes

Age: 16+

42452 Th 4/4-6/13 6-6:30 PM \$55/\$65

Thomas Farm CC/Ramsey



## 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. 9-10 classes

Age: 16+

42457 M 4/8-6/10 6:30-7:30 PM \$64/\$74

42458 W 4/10-6/12 5:45-6:45 PM \$71/\$81

King Farm Com. Rm./Salas

## 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+

43071 Tu&Th 4/23-6/13 6:30-7:30 AM \$128/\$149

Rockville Swim and FC/TBA

Healthy adults require **30 minutes** of activity at least **5 days a week**. Register for one of our classes to stay healthy and live longer.

# Adults

## 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+  
43073 M, W & F 4/22-6/14 6:30-7:30 AM \$184/\$213  
Rockville Swim and FC/TBA

## Cardio and Strength Fusion

*New*

Spice up your current workout with a variety of cardiovascular routines, including basic kickboxing and dance aerobics. This interval-style class transitions back and forth between cardiovascular movement and strength training and will keep your heart rate up, increase your metabolism and target all your major muscle groups. Modifications to increase or decrease intensity will be provided. 8 classes

Age: 16+  
43134 Tu 4/9 6:45-7:30 PM Free Demo  
43133 Tu 4/16-6/11 6:45-7:30 PM \$52/\$59  
Twinbrook CRC/Nalle

## Cardio Dance Fitness

*New*

Get a great cardiovascular workout while learning basic dance steps including hip-hop, jazz and some Latin and Caribbean moves. Class includes hard core aerobic moves for a total body workout for all levels. 6 classes

Age: 18+  
42634 Tu 4/9-5/14 10-10:45 AM \$39/\$45  
Thomas Farm CC/Philippe

## Cardio Dancing

This class offers easy-to-follow aerobic dance moves. You'll burn more than 350 calories as you get fit to Top 40s music. All fitness levels welcome.

Age: 16+  
43075 M 4/22-6/10 5:30-6:15 PM \$52/\$62  
Rockville Swim and FC/Salas

## 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+  
43147 Th 4/25-6/13 6-7 PM \$64/\$74  
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 to class. 9 classes

Age: 16+  
42704 Sa 4/13-6/15 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 mat and weights. 9-11 classes

Age: 15+  
42463 Tu 4/2-6/11 5:30-6:15 PM \$75/\$85  
42461 Th 4/4-6/13 6:30-7:30 PM \$78/\$88  
42464 Sa 4/6-6/15 9-10 AM \$64/\$74  
Thomas Farm CC/Ramsey

## 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. 10 classes

Age: 13+  
42705 M & W 4/15-5/15 7-7:45 PM \$99/\$115  
42706 Tu & Th 4/16-5/16 7:15-8 PM \$99/\$115  
Kicks Karate/Staff



# Adults

## 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+

43079	Tu	4/30-6/18	11:30 AM-12:20 PM	\$64/\$77
43080	Th	4/25-6/13	11:30 AM-12:20 PM	\$64/\$77
43145	Su	4/28-6/16	11:30 AM-12:20 PM	\$56/\$65

Rockville Swim and FC/Owen



## 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. 9-10 classes

Age: 16+

42477	M	4/8-6/10	6:30-7:30 PM	\$66/\$75
42478	W	4/10-6/12	6:30-7:30 PM	\$74/\$84

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+

42484	M	4/8-6/3	7:15-8:15 PM	\$63/\$72
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Elwood Smith RC/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+

43084	Tu	4/23-6/11	12:35-1:30 PM	\$64/\$74
43146	Su	4/28-6/16	12:35-1:30 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. 6 classes

Age: 18+

42641	W	4/10-5/15	6-7 PM	\$52/\$62
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Pump House 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+

42650	Tu	4/9-5/28	7:15-8:15 PM	\$69/\$79
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Rockville Sr. Ctr./Liss

## Pilates

Enjoy a non-impact, mind-body workout that trains core muscles to stabilize the body. Stretching and strengthening exercises target abdominal and pelvic muscles. Improve posture, abdominal strength, balance and flexibility. No previous experience necessary. Bring a mat. 9 classes

Age: 16+

42651	Tu	4/9-6/4	7:30-8:25 PM	\$99/\$109
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Rockville Swim and FC/Poole

# Adults

## 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. Bring a mat. Wear comfortable clothing. 9 classes

Age: 16+  
42652 Tu 4/9-6/4 6:30-7:25 PM \$99/\$109  
Rockville Swim and FC/Poole

## 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. 9-11 classes

Age: 15+  
42494 Tu 4/2-6/11 6:20-7:20 PM \$78/\$89  
42493 M 4/8-6/10 9:30-10:30 AM \$64/\$74  
42496 W 4/10-6/12 9:30-10:30 AM \$71/\$81  
Thomas Farm CC/Ramsey  
42495 Th 4/11-6/13 6:30-7:15 PM \$71/\$81  
Rockville Sr. Ctr./Salas

## Running - Your First 5K

Improve your running performance under the guidance of a certified running coach. Learn to run farther and faster in this beginner class. Participants receive a training plan for a 5K run. Must be able to walk briskly for 30 minutes. Held in light rain. Strollers are welcome. 6 classes

Age: 15+  
42497 W 4/17-5/22 10-11 AM \$49/\$59  
King Farm Park/Schwartz

## Slimnastics

Increase your flexibility and muscle tone with isotonic exercises designed to maintain fitness, improve muscle strength and reduce sports injuries. No running or jumping. Bring a mat. Participants registering for two slimnastics classes may apply a \$5 discount to one class. To receive a discount you must register by mail, fax or walk-in. 9-10 classes

Age: 15+  
42500 M 4/8-6/10 10-11 AM \$59/\$68  
42501 W 4/10-6/12 10-11 AM \$65/\$75  
42502 F 4/12-6/14 10-11 AM \$65/\$75  
Pump House CC/Creamer

## Sport Conditioning

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+  
43088 W 4/24-6/12 7-8 PM \$64/\$74  
Rockville Swim and FC/TBA

## 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+  
43093 W 4/24-6/12 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 are provided.

Age: 16+  
43095 M 4/22-6/10 6:30-7:30 PM \$56/\$65  
Rockville Swim and FC/Ramsey

## Adventure for All!

**It's time to get out and enjoy some fresh air!**

Take a brisk hike in historic Harper's Ferry. Visit beautiful homes and gardens on the Georgetown House Tour. Saddle up for a horseback ride in the mountains or get wet while white-water rafting on the Shenandoah River.

**Rockville has an adventure trip for everyone.**

(see page 27 & 28)



# Adults

## 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+

42508 F 4/12-5/31 10-11 AM \$61/\$69

Thomas Farm CC/Gegan

42507 Tu 4/16-6/18 7-8 PM \$61/\$69

Pump House/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. 10 classes

Age: 16+

42767 W 4/3-6/12 6:15-7:15 PM \$75/\$85

Thomas Farm CC/Maguire

## 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+

42670 Tu 4/2-5/21 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. 8 classes

Age: 16+

42671 Th 4/11-5/30 6:30-7:45 PM \$69/\$79

Twinbrook CRC/Jensen

## Yoga - Core

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

Age: 16+

43098 F 4/26-6/14 9:15-10 AM \$98/\$113

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: 18+

43100 W 4/24-6/12 9:15-10 AM \$98/\$113

43101 Sa 4/27-6/15 9:15-10 AM \$86/\$99

Rockville Swim and FC/Cortes/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, block and strap. 11 classes

Age: 16+

42673 Th 4/4-6/13 7:30-8:45 PM \$129/\$139

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 of Vinyasa. Great if you are less athletic, recovering from injury, have limited mobility or just seek a calmer paced class. Wear comfortable clothing and bring a mat. 8 classes

Age: 16+

42674 Sa 4/6-5/25 8-9:10 AM \$69/\$79

Thrive Yoga/Garaffo

# Adults

## 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+  
42675 M 4/8-6/10 7:30-8:45 PM \$109/\$119  
Thomas Farm CC/Neves

## Yoga - Hot

Learn what all the buzz is about! Hot yoga is designed to detoxify the body and increase fitness, stamina and flexibility. The yoga room is heated to approximately 85 degrees to warm the muscles. No yoga experience is necessary. Postures and sequences will be instructed at a beginner's pace. All students must be free from injury. 8 classes

Age: 18+  
42676 Su 4/7-5/26 8-9 AM \$89/\$99  
Thrive Yoga/Bowen

## Yoga - Introduction

Always wanted to try yoga but weren't sure where to start? Learn the basic poses (asana) and how they can be sequenced for a balanced practice. Precautions and modifications will be covered as well as the benefits of each pose. Bring a yoga mat, block and strap. 8 classes

Age: 18+  
42677 W 4/3-5/29 7:30-8:25 PM \$89/\$99  
Thomas Farm CC/Maguire

## Yoga - Pre and Post Natal

*New*

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: 18+  
43104 Sa 4/27-6/15 10:15-11 AM \$86/\$99  
Rockville Swim and FC/TBA

## Are you a Senior Center member?

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

See page 50

## Yoga - Pre-Natal

*New*

Appropriate for any trimester, yoga will increase your energy and stamina while building strength, flexibility and balance. Breathing techniques and yoga postures will keep you and your baby healthy, calm and fit during pregnancy. Connect with other moms in a supportive environment. 8 classes

Age: 18+  
42780 Su 4/7-5/26 5:15-6 PM \$104/\$114  
Thrive Yoga/Thomas Gulden

## 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+  
43106 M 4/22-6/10 9:15-10 AM \$86/\$99  
Rockville Swim and FC/Cortes



# Adults

## 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 a certified Zumba instructor. 8 classes

Age: 16+					
42681	Tu	4/9-6/4	7:30-8:25 PM	\$69/\$79	
Thomas Farm CC/LaClaire					
42682	Th	4/11-5/30	7:15-8:10 PM	\$69/\$79	
Rockville Swim and FC/Sheffield-Wright					
42679	F	4/12-5/31	7:30-8:25 PM	\$69/\$79	
Thomas Farm CC/TBA					

## 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+					
43108	W	4/24-6/12	6:30-7:15 PM	\$64/\$74	
43109	F	4/26-6/14	12-12:45 PM	\$64/\$74	
Rockville Swim and FC/Hatch/McCright					

## 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 pound weights.

Age: 16+					
43112	M	4/22-6/10	12-12:45 PM	\$56/\$65	
Rockville Swim and FC/McCright					



## Health and Wellness Clinics

### Fitness Assessments

Learn your fitness level with a few simple challenges! Based on results, you will get a personalized program to enhance your fitness.

Age: 16+					
43208	Sa	4/27	10-11 AM	\$10/\$12	
Rockville Swim and FC/Salas					

### Are You Swimsuit Ready?

Learn how to reduce one inch from your waist in just one month with an easy-to-follow eating and exercise plan.

Age: 16+					
43209	Sa	5/4	10-11 AM	\$10/\$12	
Rockville Swim and FC/Salas					

### Oh, My Aching Back!

If you've ever said these words, this seminar is for you! Learn how to manage and prevent back pain.

Age: 16+					
43210	Sa	5/11	10-11 AM	\$10/\$12	
Rockville Swim and FC/Salas					

### Posture Perfect or Imperfect?

With this anatomical assessment, you'll find out how your posture lines up!

Age: 16+					
43211	Sa	5/18	10-11 AM	\$10/\$12	
Rockville Swim and FC/Salas					

### Stretching for Better Health

Experience a total body stretch routine that will help reduce stress while improving major joint range of motion.

Age: 16+					
43212	Sa	6/1	10-11 AM	\$10/\$12	
Rockville Swim and FC/Salas					

# Adults

## Legs, Legs, Legs

Strong leg muscles reduce the risk of injury to the knees, ankles and hips. Learn exercises to keep your lower body healthy and strong.

Age: 16+  
43213 Sa 6/8 10-11 AM \$10/\$12  
Rockville Swim and FC/Salas

## Core and More

The "core" of your body connects the upper body with the lower body. A strong core is vital to injury-free movement. Learn basic core exercises that you can do at home.

Age: 16+  
43214 Sa 6/15 10-11 AM \$10/\$12  
Rockville Swim and FC/Salas

## 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. 9 classes

Age: 14+  
42468 Tu 4/9-6/4 7-8:20 PM \$128/\$151  
42469 Sa 4/13-6/15 2-3:20 PM \$128/\$151  
Rockville Fencing Academy/Staff

### 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+  
42514 Th 4/18-5/23 7-7:50 PM \$69/\$79  
Montrose Park/Z. Yargici  
42515 W 4/17-5/22 7-7:50 PM \$69/\$79  
Mattie Stepanek Park/J. Samuel Estrada  
43131 Th 4/18-5/23 6-6:50 PM \$69/\$79  
Dogwood Park/Asaka

### 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+  
42521 M 4/15-5/20 6-6:50 PM \$69/\$79  
Twinbrook CRC/Asaka

42522 Tu 4/16-5/21 6-6:50 PM \$69/\$79  
Dogwood Park/M. Yargici

42523 Sa 4/20-6/1 4-4:50 PM \$69/\$79  
Thomas Farm CC/M. 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+  
42517 M 4/15-5/20 7-7:50 PM \$69/\$79  
Twinbrook CRC/Asaka

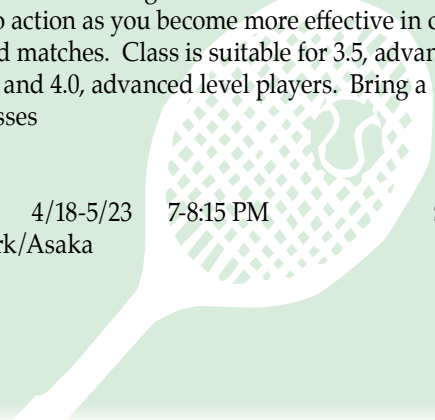
42518 Tu 4/16-5/21 7-7:50 PM \$69/\$79  
Dogwood Park/M. Yargici

42520 Sa 4/20-6/1 5-5:50 PM \$69/\$79  
Thomas Farm CC/M. Yargici

### Tennis for Adults - Doubles Strategies

Want to win more points in a doubles match? Learn which shots to use and when in a game situation. Put these strategies into action as you become more effective in closing out points and matches. Class is suitable for 3.5, advanced intermediate, and 4.0, advanced level players. Bring a racquet. 6 classes

Age: 16+  
43128 Th 4/18-5/23 7-8:15 PM \$79/\$89  
Dogwood Park/Asaka



# Adults

## Tennis and Fitness for Life

*New*

Enjoy learning and improving all of your tennis strokes and gain an extra benefit from cardio activities and nutrition tips. As you work on your ground strokes, volleys, serves and overheads, get your heart and other muscle groups in shape. Class is designed for beginners and advanced beginners. Bring a racquet. 6 classes

Age: 16+

43157 W 4/17-5/22 6-6:50 PM

\$69/\$79

Mattie Stepanek Park/J. Samuel Estrada

## SPRING ADULT TEAM LEAGUES



**Men's Basketball**  
**Men's Softball**  
**Co-Rec Softball**  
**Co-Rec Women's Kickball**

LEAGUE PLAY BEGINS:

Week of April 8 ▶ Men's Softball

April 12 ▶ Co-Rec Softball

April 18 ▶ Co-Rec Women's Kickball

April 24 ▶ Men's Basketball

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

240-314-8620

## OFFICIALS NEEDED!

### Youth and Adult Leagues

Weekday Evenings and Weekends



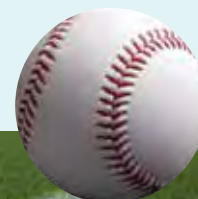
#### Youth Baseball

Late March Training

#### Adult Softball

March and Early April Training

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



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**

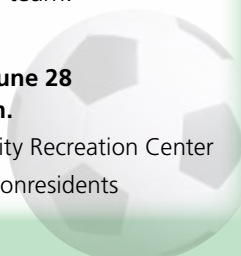
Minimum of seven players per team.

Course #: 42689

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

Where: Twinbrook Community Recreation Center

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



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

# 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 **Tuesday, March 12**. 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 **Tuesday, March 19** for Rockville residents who are not members of the Senior Center. (Must be age 60 and older and live within the Rockville City limits.) Residents receive a discount on program fees.

**(NR) - Nonresident/Nonmember** registration begins **Tuesday, March 26** 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

240-314-5019

### Bus Transportation and Lunch Reservations

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 \$10. Call 240-314-8810.



# Seniors

## Arts and Enrichment

### Jump, Jive and Boogie Woogie *New*

Pianist Daryl Davis, one of our area's most talented musicians, presents a rollicking afternoon of boogie woogie. From black barrel houses, honky-tonk and brothels to mainstream big band swing, rock n' roll and pop music, learn how this jazz form from the 1920's has had an impact on all genres of American music.

42610 Th 5/2 1-2:30 PM \$8/\$10/\$13  
Carnation Room

### Big Band Swing Era *New*

Come swing with us and listen to Goodman, Dorsey, Miller, Shaw, Ellington, Basie, Herman, Kenton and many others who defined the Big Band era. All the great orchestras and their original hits will be played and discussed. As always, audience sharing of memories is strongly encouraged.

42542 Tu 5/28-6/11 1-2:30 PM \$10/\$14/\$18  
Blossom Room

### Birthday and Anniversary Parties

Celebrate with an 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.

#### April

Sponsored by: Lucinda Hall, Bethany House and Willing 3 C's Senior Club

Entertainment by: Daryl Davis

42555 W 4/3 1:30-3 PM Free/\$5

#### May

Sponsored by: Marge Carter

Entertainment by: Carnation Players and the Showstoppers

42556 W 5/1 1:30-3 PM Free/\$5

#### June

Sponsored by: Jean Gregory

Entertainment by: Senior Star Showcase

42557 W 6/5 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.

42561 Th 4/25 & 5/23 10-11 AM Free/\$5  
Blossom Room/Beck

### Bridge - Enhance Your Basics *New*

These lessons review the following topics and are for players who play regularly and are at an intermediate level. Come learn which suit to bid first, what to do with balanced hands, what are limit raises and how do they work and what is a weak freak raise and how are they bid? Other basic subjects to be covered include bidding no-trump with and without stoppers and balanced distribution.

42543 Th 4/11-5/16 1-3 PM \$68/\$85/\$106  
Card Room/Shull

### Carnation Players

Calling all characters. If you can sing, dance, play an instrument or would like to be in a skit, we need you! The Players cannot guarantee fame and fortune, but can ensure you will have lots of fun. Help us prepare for performances at the Center and in the community.

42567 Tu 4/2-4/30 3-4 PM Free/\$5  
Carnation Room/Beck

### Cheers to Summer! *New*

Hand paint a set of two wine glasses with an umbrella motif. This parasol design is great for spring and summer entertaining. Instruction and all supplies will be provided by the instructor. No painting experience required.

42546 Tu 5/7 10 AM-12 PM \$15/\$19/\$24  
Arts and Crafts Room



# Seniors



## Citizenship

If you have been a U.S. resident for four years and nine months, and would like to become a citizen, please sign up. Instruction in English, communication and preparation for the I.N.S. naturalization interview is offered. Priority will be given to seniors and members of the Rockville Senior Center. You may register the first day of class.

42702 M&W 4/8-6/12 12:30-2:30 PM \$15/\$20/\$26  
Blossom Room

## Climbing Your Family Tree

*New*

Genealogy is one of the most popular pastimes for people of all ages. This presentation will introduce the techniques and resources available for those researching their family history. We will also touch on creating opportunities to draw younger family members into the project. Presented by Marlene Bishow, genealogist.

43030 W 4/10 1-2:30 PM Free  
Arts and Crafts Room

## Climbing Your Family Tree 101

*New*

Explore how to get started, interview techniques, Internet resources and how to organize research online, both free and fee based. Pre-requisite: basic Windows based PC experience. Note: \$6 material fee payable to instructor at first class. Presented by Marlene Bishow, genealogist.

43031 Tu 5/7 & 14, 6/4 & 11 1-3 PM \$19/\$24/\$29  
Computer Lab

## Coffee with the Birds

*New*

Do you enjoy watching birds with your morning coffee? Join the Center naturalist for coffee and bird watching. Learn more about common birds that visit our bird feeders and ways to attract birds to your yard.

42712 Th 4/4 9:15-10:15 AM Free/\$5  
Crydon Creek Nature Center/Norton

## Contractor Issues

*New*

Hiring a home improvement specialists? Everything from what to look for in a professional contractor to how to make a claim if the job goes sour will be covered. Bob Durant will acquaint you with the avenues that are available to you.

43048 W 6/26 11 AM-12 PM Free  
Azalea Room

## English Class

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

### Level I

42693 M&W 4/8-6/17 10:15-11:30 AM \$18/\$20/\$25  
Arts and Crafts Room

### Level II

42694 Tu 4/9-6/11 10 AM-12 PM \$18/\$20/\$25  
Card Room

### Level III

42695 Tu 4/9-6/11 10 AM-12 PM \$18/\$20/\$25  
Sunroom

### Level IV

42696 W 4/10-6/12 10 AM-12 PM \$18/\$20/\$25  
Dining Room

## English Conversation - Intermediate

This class is for students who can speak and understand easy conversations about everyday life.

42711 F 4/12-6/14 10 AM-12 PM \$15/\$18/\$23  
Card Room

## English Conversation - Advanced

This class is for students who already use English comfortably but would like to speak more fluently, including using English idioms.

42703 Th 4/11-6/13 10:30-11:30 AM \$15/\$18/\$23  
Health Room

# Seniors

## Eternal Love Songs New

Enjoy a sampling of romantic scores by these gifted composers: Chopin, Mozart, Debussy, Tchaikovsky, Porter, Berlin, the Gershwins plus Rodgers and Hammerstein. The best of the old and the new masters will be presented through music and anecdotes.

42541 Tu 4/2 & 4/9 1-2:30 PM \$8/\$10/\$14  
Blossom Room

## Felted Flower New

Create a beautiful felt flower with wool spun from local sheep, silk, mohair and bits of yarn, all hand-dyed. Learn felting techniques and take home a wearable piece of art. All materials supplied by instructor, Dalis Davidson.

42611 W 4/10 10 AM-12 PM \$28/\$35/\$44  
Arts and Crafts Room

## First Ladies of the U.S. New

This new 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.

### Martha Washington

This fearless woman followed her man into battle. She was the oldest of nine children born to John and Frances Dandridge. Little is known about her childhood, but she grew to become a force in American history.

42758 M 4/22 10:15-11:15 AM \$4/\$6/\$9

### Abigail Adams

A girl with little formal education grew up to be the wife of the U.S. President and mother of one. She was a strong advocate for the education of girls. Abigail Adams, an oft quoted highly partisan Federalist, was the first First Lady to occupy the White House.

42759 M 5/20 10:15-11:15 AM \$4/\$6/\$9

### Martha Jefferson and Patsy Randolph

Martha Jefferson served as First Lady of Virginia prior to her husband's presidency. While she did not live to become First Lady, she made a lasting impact on her husband, children and the country. Her death at age 33 left President Jefferson with no White House hostess. Patsy Randolph, Jefferson's daughter, filled that role.

42760 M 6/24 10:15-11:15 AM \$4/\$6/\$9  
Card Room

## Great French Paintings New

Where can you find 181 Renoirs, 69 Cezannes, 59 Matisse's, 46 Picassos and 16 Modiglianis? In the incredible personal collection of chemist Dr. Albert Barnes. This program presented by Joan Hart, will feature the best known works of the Barnes Foundation in Philadelphia, ranging from Renoir's colorful portraits to Cezanne's monumental landscapes to Matisse's sun-filled interiors.

42547 Tu 5/21 11 AM-12:30 PM \$4/\$6/\$9  
Azalea Room

## Guitar - Hits of the 1950's New

Learn fun and easy guitar techniques including chords, melody and rhythm through hit songs of the 1950's. Required materials include a fully strung guitar, pen and paper. Class is designed for beginning guitar students. Those interested in renting an instrument may call 240-314-8820 by April 1.

42749 W 4/10-5/15 1-2 PM \$60/\$75/\$94  
Azalea Room/Mittleman

## Guitar - Continuing

Further development of finger picking and strums for various forms of music from folk to classical to blues. Additional music theory will also be included in this four week class. Prerequisite is completion of Beginner Guitar or experience with chord changes in various musical keys. Exercises will be distributed in both tablature and musical notation form. Note: \$5 materials fee is due to the instructor at the first meeting.

42701 M 4/15-5/6 1:30-2:30 PM \$40/\$50/\$63  
Board Room/Bender

## Home Improvement Ideas New

Meet Bob Durant, our Home Improvement Coordinator, and get introduced to the many services available to you as well as aging-in-place strategies. Bring your questions or concerns as to how you might like this department to service your needs now and in the future.

43046 W 4/24 11 AM-12 PM Free  
Azalea Room

Look for great trips, classes and  
events in the family section.  
Pages 27-28.

# Seniors

## Home Safety

*New*

Our Home Maintenance Coordinator, Bob Durant, will discuss various safety issues facing seniors. Bob will discuss preventive steps to make your home a safer place as you age and provide information on how to prepare for the warmer months of spring and summer.

43047 Th 5/30 10:30 AM-12 PM Free  
Azalea Room

## Introduction to Social Media

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

43001 M 5/20 1-3 PM Free/\$2  
Azalea Room

## Lessons for Baby Boomers

*New*

Are you a "Baby Boomer?" Do you know one? Come to an entertaining and educational talk by Roberta Benor aimed at defining and inspiring this special group of folks as they continue to blossom.

42719 W 4/24 1-2 PM Free  
Azalea Room

## Montgomery County: 12,000 Years

*New*

This Power Point presentation introduces Montgomery County's history through the Paleo-Indian, Archaic and Woodland periods up to Native American contact with Europeans. Emphasis is on theories regarding changes in the environment, technology and cultural relationships.

42713 Th 5/2 10:30 AM-12 PM \$4/\$6/\$9  
Azalea Room

## New York Yankees - 1925-29

*New*

Sports historian and writer for the Cal Ripken Sr. League, Minor League News and Nats News, Gary Sarnoff, will discuss his new book, "The Story of the 1925-29 Yankees." The discussion will cover the building of the great Yankee dynasty including the relationship between Babe Ruth, Manager Miller Huggins and the winning teams of this period.

42748 Tu 5/14 10:30 AM-12 PM Free/\$5  
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.

42721 Tu 4/9-6/11 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.

### George Washington

A look at the first President of the United States. George Washington sets the stage for every other person to hold this office. He was known as the father of his country and put into motion the framework of the new country.

42755 M 4/8 10:15-11:15 AM \$4/\$6/\$9

### John Adams

Another critical time in American history finds a New Englander holding the office of President. John and Abigail were the first residents of the White House. Adams faced a possible war with France while dealing with the growth of a new nation. The country became more divided politically, thus the beginning of political parties.

42756 M 5/6 10:15-11:15 AM \$4/\$6/\$9

### Thomas Jefferson

Jefferson starts his term in office as a bitter President. This Renaissance man was able to double the size of his country and also deal with conspiracies and foreign threats. How did this Jefferson cope with the irony of his concept of government and expanding territory?

42757 M 6/10 10:15-11:15 AM \$4/\$6/\$9  
Card Room

## Piecemakers' Club

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

42558 M 4/15-5/20 12:45-2:45 PM \$8/\$12/\$16  
Arts and Crafts Room/Broad

# Seniors

## Probate and Estate Laws

Joseph Griffin, Register of Wills for Montgomery County, will review the probate process and the services provided by the Register of Wills. He also will discuss changes to estate laws and present informative material relating to trusts and when they are beneficial.

43038 Th 6/6 1-3 PM Free  
Carnation Room

## Protect Your Family

*New*

Begin the conversation now. This seminar will summarize the advantages of planning final arrangements in advance and how to ensure your personal wishes are known. Gather information regarding funeral and cemetery options, financial considerations and other details. Presented by Parklawn Memorial Park.

42761 M 5/6 1-2 PM Free  
Azalea Room

## Ride Smart

*New*

Learn how to travel in the D.C. area. The Ride Smart Program provides a two-part, hands-on training on how to use our public transit system including Metrobus, Metrorail, Ride-On and Metro Access. Participants receive a Senior SmartTrip card, if they do not already have one. Lunch is provided at the first session. Sponsored by the Jewish Council for the Aging and Montgomery County.

42692 Tu 4/16 10 AM-2:30 PM Free  
Azalea Room

## International Day

*A Celebration of Cultures*

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

Displays, costumes, tastings and dance demonstrations.



Rockville Senior Center

## STOP BY OUR THRIFT SHOP

OPEN MONDAY – FRIDAY • 10 A.M. – 2 P.M.

DONATIONS ACCEPTED

Clothing, knick-knacks, glassware, jewelry  
(no over-sized furniture or large electronics)



ROCKVILLE SENIOR CENTER  
240-314-8800



## Smartphones

What is a Smartphone and what makes it so smart? Are you thinking about buying a phone that lets you make calls and has added features such as the ability to send and receive emails? The instructor will guide you through the purchase process.

43011 W 5/22 1-3 PM Free  
Arts and Crafts Room

## Stolen Purse or Lost Wallet?

A stolen purse or lost wallet gives an identity thief all the information and documentation needed to take advantage of your good name and credit. Learn to protect what you have before it's lost or stolen. Immediate steps to take if you are a victim of a stolen purse or wallet will also be covered.

43016 Tu 4/9 1-2:30 PM Free  
Lounge

## Tanzania Safari

*New*

Tanzania, site of Kilimanjaro, Africa's highest mountain, the Serengeti and the Ngorongoro Conservation Area, is the subject of this virtual safari. Come and enjoy the beauty and majesty of one of Africa's most alluring destinations and discuss the issues facing the country today.

42765 Tu 4/16 & 4/23 10:30-11:30 AM Free/\$5  
Blossom Room

## Vulnerable Seniors - Adult Abuse

*New*

Abuse is a widespread problem in Montgomery County. Learn about the four types of abuse or neglect and what services are available for abuse victims, family members and those at risk of being abused. Presented by Community Prosecution Unit Team Leader Stephen Chaikin.

43044 W 5/8 10-11:30 AM Free  
Azalea Room

# Seniors

## Watercolor - Beginner /Continuing

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

42731 W 4/17-5/29 10 AM-12 PM \$63/\$79/\$99  
Blossom Room/Fry

## Watercolor - Intermediate

This class is designed for students with some previous watercolor experience. Class emphasis is on projects that will improve techniques, composition design and use of color.

42715 Th 4/18-5/30 1-3 PM \$63/\$79/\$99  
Arts and Crafts Room/Fry

## Watercolor - Advanced

This class is for students who have previous experience working in watercolor. Students will investigate new techniques to use in paintings. Refine your skills while adding drama to your work. The class will discuss elements, principles, design and layout to make projects more engaging. Enjoy a small group setting with individual attention.

42714 Th 4/18-5/30 10 AM-12 PM \$63/\$79/\$99  
Card Room/Fry

## 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.

42720 Th 4/4-6/6 1-2:30 PM Free/\$4  
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!



### WE DON'T SPAM...

Periodically you will receive emails about upcoming registration dates, weather-related closings, special promotions or new programs.

It is important that you have a valid email address in our database. If you change email addresses, move, or need to add a family member to your account, please send us an email at [RockEnroll@rockvillemd.gov](mailto:RockEnroll@rockvillemd.gov).



## Computers

**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.

43009 M 6/10 10 AM-12 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, 9:30-11:30 a.m. on Fridays.

42781 Tu & Th 4/16 & 4/18 10-11:30 AM \$6/\$8/\$11  
42782 Tu & Th 5/14 & 5/16 10-11:30 AM \$6/\$8/\$11  
42783 Tu & Th 6/18 & 6/20 10-11:30 AM \$6/\$8/\$11  
Computer Lab/Frillman

### (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.

42979 Tu 4/23 10 AM-12 PM \$6/\$8/\$11  
42980 Tu 5/21 10 AM-12 PM \$6/\$8/\$11  
42981 Tu 6/25 10 AM-12 PM \$6/\$8/\$11  
Computer Lab/Hickman

# Seniors

## (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.

42982	Th	4/25	10 AM-12 PM	\$6/\$8/\$11
42983	Th	5/23	10 AM-12 PM	\$6/\$8/\$11
42984	Th	6/27	10 AM-12 PM	\$6/\$8/\$11

Computer Lab/Hickman

## (B) Email Basics

This introductory session will use class accounts for you to learn the basics of sending, receiving, copying and saving emails.

42987	W	5/15	1-3 PM	\$6/\$8/\$11
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Computer Lab/Martin

## (B) File Management

Do you have trouble finding something after you have filed it somewhere in your computer? Learn how to back-up, save, copy, move, delete and rename files. Organize your work so you can find what you are looking for.

42989	W	6/12	1-3 PM	\$6/\$8/\$11
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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!

42784	W	4/3	10 AM-12 PM	\$5/\$7/\$10
42785	W	5/1	10 AM-12 PM	\$5/\$7/\$10
42786	W	6/5	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.

42787	F	4/5-6/21	10-11:30 AM	Free/\$3/\$5
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Computer Lab/Frillman

## (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.

42990	W	6/19	1-3 PM	\$6/\$8/\$11
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Computer Lab/Martin

## (B) Windows Accessories

Windows Accessories is a built-in program with a variety of tools designed to customize your computer. Go to the Start menu and learn how to use these programs and other gadgets from the Desktop Gadget Gallery to optimize your computer use.

43010	Th	5/9 & 5/16	1-3 PM	\$11/\$15/\$19
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Computer Lab

## (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 materials fee payable to instructor at the first class.

42788	F	6/7	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.

42789	F	4/5	1-3 PM	\$8/\$10/\$14
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Computer Lab/Bender

## (B, I) PC Infections

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

43005	M	6/3	10 AM-12 PM	\$7/\$9/\$13
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Computer Lab/Hickman

# Seniors

## (BI) Speech Recognition

*New*

Talk and your computer types. 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.

43003 Th 4/11 10 AM-12 PM \$7/\$9/\$13  
Computer Lab/Hickman

## (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.

42992 W 4/17 10 AM-12 PM \$9/\$11/\$15  
Computer Lab

## (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.

42993 W 4/24 10 AM-12 PM \$9/\$11/\$15  
Computer Lab

## (I) Google

Google Web searches provide quick results. Learn how to organize your photo album with Google Picasa. Travel virtually all around the planet with Google Earth and customize your news with Google News. Other tools and services will be reviewed.

42985 Tu & Th 5/28 & 5/30 10 AM-12 PM \$15/\$20/\$26  
Computer Lab/Hickman

## (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.

42986 Tu & Th 5/7 & 5/9 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.

43006 Tu 4/9 10 AM-12 PM \$9/\$11/\$15  
Computer Lab/Hickman

## (I) Microsoft Excel 2007

Learn how to enter data, create a basic worksheet and design, develop, format and manipulate spreadsheets with MS Excel. Note: \$5 materials fee payable to instructor at the first class. Pre-requisite: Windows Essentials, previously called Computer Essentials.

42974 M & W 4/8-4/15 10 AM-12 PM \$29/\$38/\$49  
Computer Lab/Hickman

## (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 materials fee payable to instructor at the first class.

42975 M & W 5/6-5/13 10 AM-12 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.

43008 W 6/12 10 AM-12 PM \$7/\$9/\$13  
Computer Lab/Hickman

## (I) Ubuntu

*New*

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.

43002 Tu 6/11 10 AM-12 PM \$7/\$9/\$13  
Computer Lab/Bender



# Seniors

## (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.

42977 M & W 5/6-5/13 1-3 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.

42978 M & W 5/15-5/22 10 AM-12 PM \$31/\$38/\$46  
Computer Lab

## (I) Windows Essentials

This class is the necessary foundation for the use of all computers and must be taken before advancing to any other class. Note: \$5 materials fee payable to instructor at first class. Prerequisite: Computer Basics, previously Computer Essentials.

42971 M & W 4/3-4/10 1-3 PM \$31/\$38/\$46  
Computer Lab/Bender

## (I) Word Perfect

*New*

The acknowledged leader of the word processing domain, Word Perfect is the software of choice for those in the "know." This system is especially user friendly and can easily be used to create newsletters, correspondence through readily accessible icons and formulas that include text and graphics. Note: \$8 materials fee payable to instructor at the first class.

43014 Tu & Th 4/9-4/18 1-3 PM \$39/\$48/\$59  
Computer Lab

## (IP) Calibration

The use of a digital camera gives us flexibility in making certain that photographic effort produces the best results as long as post production tools are in sync with each other. Cameras, monitors and printers are not calibrated when they leave the factory and can only produce quality results after calibration. Note: \$3 materials fee payable to instructor at the first class.

42791 F 6/21 1-3 PM \$19/\$23/\$29  
Computer Lab/Bender

## (IP) Digital Photography I

This is an in-depth study of how your digital camera operates in automatic mode. Bring a thumb drive and your camera with instructions. Read your camera manual prior to the class. Note: \$3 materials fee payable to instructor at the first class.

42972 Tu & Th 6/6-6/13 1-3 PM \$39/\$48/\$59  
Computer Lab/Bender

## (IP) Digital Photography II

This is a continuation of camera usage with emphasis on individual controls, manual, aperture, shutter speed and flash. Understanding the importance of depth of field and how to use it will be the basis of each assignment. Bring a pocket storage device and your camera with the instructions. Note: \$3 materials fee payable to instructor at the first class.

43042 Tu & Th 6/18-6/25 1-3 PM \$39/\$48/\$59  
Computer Lab/Bender

## (IP) Photoshop

*New*

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. Upon completion the student should possess a solid foundation of the software used to make photo editing more exciting, professional and enjoyable.

43013 M,W&F 4/10-5/3 3-5 PM \$109/\$135/\$159  
Computer Lab

## (IP) Transferring Photos

Do you want to print your digital photos or use them on the Internet? Pictures must be transferred from camera to computer. We'll cover the safest method of transfer and talk about how to send the photos to those on your email list. Note: \$5 coupon, valid for a digital handout in any digital photo or editing class is included.

42973 F 6/14 1-3 PM \$5/\$7/\$9  
Board Room/Bender

### 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.**



*New*

### AAA CarFit

CarFit is a program designed to be a quick, comprehensive check of how well you and your vehicle work together. A trained professional helps you complete a 12-point checklist. You must register and then you will be given an appointment for you and your car! Call 240-314-8803 for your appointment.

42550 M 4/22 10 AM-2 PM Free/\$2  
Senior Center Parking Lot

### 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.

42388 M & W 4/8-6/10 1-2 PM \$45/\$54/\$65  
Exercise Room/Cristiano

### Alzheimer's - The Basics

*New*

Alzheimer's disease is not a normal part of aging. This program provides information on detection, causes and risk factors, stages of the disease, treatment and much more. Presented by Mikki Firor, Programs and Services Manager, Alzheimer's Association, National Capital Area Chapter.

42564 Tu 4/9 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.

42389 Tu & Th 4/9-6/6 1-2 PM \$50/\$62/\$75  
Exercise Room/Smith

### Calypso Craze

Come join our Caribbean party. Let's go to the islands where calypso originated: Trinidad and Tobago. We'll learn how to work our waists while moving to classic calypso and other island music.. All fitness levels are welcome.

42754 W 4/10-6/5 11-11:45 AM \$30/\$38/\$45  
Thomas Farm CC/Ramsey

### Cardio Motion

Try this great new program designed to offer 30 minutes of easy-to-follow cardio dance movements followed by 30 minutes of strength training for a complete workout.

42753 Sa 4/13-6/8 9-10 AM \$30/\$38/\$45  
Exercise Room/TBA

### 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.

42393 F 4/12-6/7 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.

42394 M & W 4/8-6/10 11 AM-12 PM \$45/\$56/\$67  
Exercise Room/Cristiano

## Chair Yoga

Designed for participants who cannot meet the demands of a physically straining exercise class, this class will be done seated. 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.

42395 F 4/12-6/7 8:45-9:30 AM \$47/\$59/\$70  
Exercise Room/Figure

## Cholesterol

*New*

Are you familiar with the "right-for-you" numbers? Do you know your "best" numbers and how to attain and maintain those numbers? This presentation is given by Circle of Rights and is a continuation of the dialogue from the winter session. All are welcome.

42552 Th 4/11 10-11:30 AM Free  
Azalea Room

## Circuit Fit

This program consists of 10 exercise stations each completed for a 60-second interval, with a short rest period between. Circuit training is a challenging form of conditioning, targeting strength, endurance, flexibility and coordination. Instructor is a nationally-certified personal trainer. Must be a Fitness Club member to participate.

42396 Tu 4/9-5/14 4:30-5:15 PM \$40  
Fitness Room/Biedscheid

## 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.

42397 M 4/8-6/10 10-10:50 AM \$30/\$37/\$45  
Exercise Room/Hatch

## 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.

42399 M & W 4/22-8/7 8 AM-6 PM \$10

### Exercise Machine Training - Plus

If you would like more than the required basic training, make an appointment with one of our certified personal trainers. You will receive a one-on-one session and an exercise plan specifically tailored to your individual needs.

42400 Tu & Th 4/23-8/8 8 AM-6 PM \$30  
Fitness Room/Biedscheid

## Healthy Brain Aging

*New*

The health of your brain plays a critical role in almost everything you do. This program reviews normal changes in brain functions and introduces healthy lifestyle choices. This may help to reduce the risk of cognitive decline. Presented by Mikki Firor, Programs and Services Manager, Alzheimer's Association, National Capital Area Chapter.

42568 Tu 5/7 1-2 PM Free  
Azalea Room

Ask the *Wellness Coach!*  
Let our coach check your body fat composition



Ask questions related to nutrition, diet and general health.

Call for your free 15-minute appointment or stop by the Fitness Center desk.  
(Fitness Center Members Only)  
**240-314-8813**

# 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.

42402 Tu & Th 4/9-6/6 12:25-12:55 PM \$22/\$27/\$33  
Exercise Room/Cristiano

## Life Trail Outdoor Fitness

*New*

Try this introduction to 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.

42404 Tu 4/23-5/28 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.

43036 M&W 4/8-6/5 12:20-12:50 PM \$25/\$32/\$38  
Exercise Room/Maguire

## Nutrition

*New*

What you eat might be the death of you! Learn to read labels, recognize portion control and understand the differences in fats, proteins and carbohydrates. Eating the correct way can make your life wonderful and your body healthy. Presented by Circle of Rights.

42553 Th 5/9 10-11:30 AM Free  
Azalea Room

## Operation Heart

*New*

Are you taking medication for your heart or blood pressure? Student pharmacists from the University of Maryland School of Pharmacy help you understand how medications work and how you can make the best food and exercise choices. Join us for a presentation followed by plenty of time to ask questions.

42549 W 4/17 1-2 PM Free  
Azalea Room

## Oral Healthcare

*New*

Join Dr. Siva Screeni, oral surgeon at the Dental Implant Center of Rockville, as he discusses how to maintain oral hygiene as we get older and lose the manual dexterity to use a tooth brush as well as we should. He will also discuss missing teeth, replacement options and lesions and growths in the mouth.

42563 Th 4/25 1-2 PM Free  
Azalea Room

## P.M. Stretch

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

42406 W 4/10-6/5 2:15-2:45 PM \$25/\$32/\$38  
Exercise Room/Cristiano

## Parkinson's - Exercise and Fitness

This class is designed to focus directly on Parkinson's symptoms. It will help you anticipate, prevent and delay symptoms and improve your quality of life. You will be encouraged to work at your own pace.

42407 Tu&Th 4/9-6/6 3:15-4:15 PM \$50/\$62/\$75  
Exercise Room/Biedscheid

## Rockville Senior Center NEW AND EXPANDED



## FITNESS CENTER

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

**Monday-Friday**  
OPEN 7 a.m. – 3 p.m.

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

# Seniors



**ASK THE TRAINER!**  
 Questions about your workout?  
**LET OUR TRAINER HELP YOU!**  
 Call for a free 15-minute appointment.  
*(Fitness Members Only)*

- Mondays, 5-6 p.m.
- Thursdays, 9-10 a.m.
- Fridays, 9-10 a.m.

**240-314-8813**

## Personal Trainer

Be evaluated by one of our nationally certified personal trainers who will design an individualized program based on your personal needs. Upon registration, you will be contacted to arrange an appointment. For Fitness Club members only. (Ongoing)

### One - 1 Hour Session

42408 M&W 3/25-7/10 9 AM-4:50 PM \$45

### Partner Training

42409 M&W 3/25-7/10 9 AM-4:50 PM \$70

### Three - 1 Hour Sessions

42410 M&W 3/25-7/17 9 AM-4:50 PM \$120

### Six - 1 Hour Sessions

42411 M&W 3/25-7/10 9 AM-4:50 PM \$235

### Ten - 1 Hour Sessions

42412 M&W 3/25-7/10 9 AM-4:50 PM \$375  
 Fitness Room / Biedscheid

## Physical Fitness

*New*

You can watch your favorite TV program and get fit at the same time. View "Move the Skeleton and the Muscles will Follow," a one hour interactive presentation and learn why exercise is the magic of life! Given by Circle of Rights.

42554 Th 6/13 10-11:30 AM Free  
 Azalea Room

## Positive Aging

Join us to 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. The group meets the first and third Tuesday of the month, beginning in April. Facilitated by Barbara Wilson, counselor.

42722 Tu 4/2-6/18 1-2:30 PM Free  
 Arts and Crafts Room

## Safe Emergency Room Visit

*New*

Merry Adler, BA, MA, coordinator, Office of Seniors at Holy Cross Hospital, will discuss medical emergencies, how to decide when to go to the emergency room, how to be prepared and reminders for you upon discharge, such as getting questions answered by your physician or nurse before you leave.

42562 Tu 4/23 1-2 PM Free  
 Azalea Room

## Screening and Treatment Update

*New*

Prostate and breast cancers are among the most common types of cancer in the U.S. Early detection and prompt treatments are still the key to living a long, productive life. Judy Macon, RN, Suburban Hospital's cancer and outreach education manager, will provide updates on the latest screening and treatment options available.

42551 Th 5/16 1-2 PM Free  
 Azalea Room



# Seniors

## 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.

42413	Tu & Th	4/9-6/6	11 AM-12 PM	\$45/\$56/\$67
42414	F	4/12-6/7	11 AM-12 PM	\$25/\$32/\$37

Exercise Room/Klopfer

## 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.

42415	M	4/8-6/10	2-3 PM	\$37/\$46/\$55
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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.

42416	F	4/12-6/7	3:30-4:30 PM	\$40/\$50/\$60
43033	M	4/8-6/10	8-8:45 AM	\$40/\$50/\$60

Exercise Room/Federman  
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 are available at the Senior Center office. (Ongoing) Note: First Wednesday of every month, class held at Lincoln Park Community Center.

42419	M & W	4/29-7/3	1:30-2:15 PM	Free
42420	M & W	4/29-7/3	2:20-3:05 PM	Free

Carnation Room/Aehle

## Senior Pilates - Beginner

This is a gentle beginner class. 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).

42422	W	4/10-6/5	8:45-9:30 AM	\$53/\$66/\$79
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Exercise Room/Ramsey

42421	W	4/10-6/5	6:15-7 PM	\$53/\$66/\$79
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Exercise Room/TBA

## 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.

42423	Tu	4/9-6/4	2:15-3 PM	\$53/\$66/\$79
42424	Tu & Th	4/9-6/6	2:15-3 PM	\$95/\$119/\$142

Exercise Room/Klopfer

## Senior Sculpt

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

42427	M	4/8-6/10	11-11:45 AM	\$35/\$44/\$52
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Thomas Farm CC/TBA

42425	F	4/12-6/7	9-9:45 AM	\$35/\$44/\$52
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Thomas Farm CC/Ramsey

42426	Sa	4/13-6/8	11 AM-12 PM	\$35/\$44/\$52
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Exercise Room/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.

42428	Tu & Th	4/9-6/6	9-9:45 AM	\$59/\$74/\$89
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Exercise Room/Ramsey

# Seniors

## 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.

42430 Tu & Th 4/9-6/6 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. This class combines intermediate body movements with breathing and mental awareness to help promote health and relaxation. For Senior Center members only.

43034 M 4/8-6/10 10-10:50 AM \$5  
Carnation Room/Tuanmu

## 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.

42431 W 4/10-6/5 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.

42433 M 4/8-6/10 7-8 PM \$50/\$63/\$75  
42432 W & F 4/10-6/7 9:50-10:50 AM \$88/\$110/\$132  
Exercise Room/Figure



## Show Stoppers

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

42434 Tu 4/30-6/25 10-10:45 AM Free  
Carnation Room

## Stress Reduction/Meditation

*New*

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 Figlere has taught meditation/guided image/stress reduction classes for over 28 years.

42565 M 4/8-6/17 1-2 PM \$30/\$35/\$40  
Board Room

## 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.

42435 Tu & Th 4/9-6/6 7:30-8 AM \$50/\$62/\$75  
Exercise Room/TBA

## 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.

42440 M 4/8-6/10 9-9:45 AM \$40/\$48/\$57  
42441 F 4/12-6/7 12:30-1:15 PM \$40/\$48/\$57  
Exercise Room/Klopfner

## 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.

43035 W 4/10-6/5 8:30-9:15 AM \$45/\$56/\$67  
Exercise Room/Maguire

# Seniors

## 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.

42443 M	4/8-6/10	5-6 PM	\$30/\$37/\$45
42444 Tu	4/9-6/4	5:45-6:45 PM	\$30/\$37/\$45
43037 Sa	4/13-6/8	10-11 AM	\$30/\$37/\$45

Exercise Room/TBA

## Sports - Instructional

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



### Badminton

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

42390 W & F	4/19-5/22	8:45-9:45 AM	Free
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Gymnasium/TBA

### Game Room Activities

Pool tables, 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.

42401 M-Sa	4/1-6/22	8:30 AM-4:50 PM	Free
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Game Room/Cristiano

### 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.

42438 M	4/15-5/20	1-2 PM	\$25/\$31/\$37
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Game Room/TBA

### 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.

42437 W	4/17-5/22	1-2 PM	\$25/\$31/\$37
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Game Room/TBA

### Table Tennis - Advanced

This class is for those players who have advanced beyond the intermediate level of play. Participants must have a strong knowledge of rules and scoring.

42436 F	4/19-5/24	1:30-2:30 PM	\$25/\$31/\$37
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Game Room/TBA

### Tennis - Intermediate

Come join a fun group of intermediate level tennis enthusiasts and play a friendly game or two at Woodley Gardens tennis courts. This is not a teaching activity. Must register at the Rockville Senior Center to participate.

42439 F	4/5-5/31	9-10:30 AM	Free/\$12
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Tennis Court #1/TBA

### Wii Play

Come bowl, play golf, baseball or tennis or try your fists at boxing - all through the game system, Wii. The light-weight remote is the key to these fun interactive games. Come and join the games on Friday mornings. For Senior Center members only.

42442 F	4/12-6/7	10 AM-12 PM	Free
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Board Room/TBA

## 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, call Jackie Cristiano at 240-314-8825. For Senior Center members only. (Ongoing)

42391 Tu & Th	4/2-6/20	10-11 AM	Free
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Bocce Ball Court/Neale



# Seniors

## Newcomb Volleyball

Join us for a different kind of volleyball in which players toss and catch the ball instead of hitting it over the net. Beginners, as well as experienced players, are welcome. Free to Senior Center members and Rockville residents. (Ongoing)

42405 W & F 4/26-6/12 10-11 AM Free/\$10  
Twinbrook CRC

## Senior Co-Rec Softball Team

Join our Rockville team and compete with other senior teams in the Montgomery County Senior Softball League. Games are held on Wednesday mornings. Check Senior Center calendar for games and times. Come out and cheer for us. For more information call 240-314-8822.

42417 W 3/13-6/26 9-11 AM Free

## 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. Organizational meeting held on March 20, 10 a.m.

42418 M 4/29-8/26 7:30 AM-1 PM \$6/\$7/\$9

## Trips

**Registration procedure for all trips: An in-person lottery registration will be held Tuesday, March 12, at the Senior Center. Interested Center 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 may register as of Monday, March 18. 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.**

## "The Full Monty" at Riverside

*New*

Join us for this award-winning musical stage version of the British film. Six unemployed Buffalo steelworkers devise a novel way to make some money - they'll become strippers and go all the way in "The Full Monty." Trip includes: sit-down lunch, leadership, show and charter bus transportation.

42726 W 4/17 10 AM-6:30 PM \$88/\$110/\$127  
Departs: Glenview Mansion

## SPRING CRAFT BAZAAR

*Sponsored by Rockville Seniors, Inc.*

**Saturday, May 4 | 9 a.m. - 2 p.m.**

*Rockville Senior Center*

Refreshments | Bake Sale  
Computer Sale | Household Items  
Plant Sale | Arts and Crafts

*Gift & Thrift Shops Open | Indoor, Air-Conditioned*

**240-314-8800**

## National Gallery of Art Tour

*New*

Join us for a private tour with our own National Gallery docent to see the new installation "Masterpieces of American Furniture from the Kaufman Collection 1700-1830," one of the largest most refined groupings of early American furniture and decorative arts in private hands. The Collection also comprises American, Chinese and European porcelains and French floral watercolors by Pierre Joseph Redoute, as well as paintings by celebrated American artists such as Gilbert Stuart. Note: There is a great deal of walking for this trip. Lunch will be on your own at the cafeteria. Trip includes: leadership, charter bus transportation, guide and tour.

42723 Tu 4/30 9 AM-3 PM \$36/\$45/\$52  
Departs: Glenview Mansion

## May Mystery Trip

*New*

North, south, east or west...the suspense is building! Where are we off to this time and what will we be doing? Part of the fun is enjoying each other's company and not knowing the details. Let's just say we're planning a grand adventure and you'll want to be a part of it. Trip will include: charter bus transportation, leadership, lunch and other "things."

42792 W 5/8 9:30 AM-6:30 PM \$88/\$110/\$127  
Departs: Glenview Mansion

## Nationals Baseball Game

*New*

Battle of the Baltimore and DC Beltways! We're headed to Camden Yards to see the Nationals vs Orioles, for a 1:05 p.m. first pitch. We have seats located on the first base side on club level. Join us for a fun afternoon. Note: Food and beverages are on your own. Trip includes: ticket, leadership and charter bus transportation.

42725 M 5/27 11 AM-6 PM \$84/\$105/\$120  
Departs: Glenview Mansion

# Aquatics

## Rockville Swim and Fitness Center

355 Martins Lane, Rockville, MD 20850  
[www.rockvillemd.gov/swimcenter](http://www.rockvillemd.gov/swimcenter)  
 240-314-8750



The Swim Center has two indoor and two outdoor pools, outside interactive "sprayground," 150-foot waterslide, dry saunas, whirlpool and fitness center and meeting rooms. Several types of memberships are available or a daily admission pass can be purchased. Pool memberships must be up-to-date to receive the discounted rate for classes.

### Fees:

M = RSFC Member • NM = Non-RSFC Member

### Registration Procedures

**Residents or Swim Center Members**  
 Tuesday, March 12, 8:30 a.m.

**Nonresidents or Non-swim Center Members**  
 Tuesday, March 19, 8:30 a.m.

**No Classes May 25-27**

### 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 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
42829	Tu	4/23-6/11	9-9:30 AM	\$71/\$89
42831	Sa	4/27-6/15	10:50-11:20 AM	\$62/\$78
42830	Su	4/28-6/16	10:25-10:55 AM	\$62/\$78

### Bubblers 2

Tots with little or no experience are welcome. Children will learn the basics of swimming such as submerging, floating, kicking and arm stroking.

Age: 18-36 months				
42834	M	4/22-6/10	2-2:30 PM	\$62/\$78
42836	Th	4/25-6/13	9-9:30 AM	\$71/\$89
42832	Sa	4/27-6/15	10:10-10:40 AM	\$62/\$78
42835	Su	4/28-6/16	9:50-10:20 AM	\$62/\$78
42837	Su	4/28-6/16	11:30 AM-12 PM	\$62/\$78
42838	Su	4/28-6/16	8:05-8:35 AM	\$62/\$78

### Bobbers 1

Along with an adult, children will learn to adjust to the water. They will also learn simple water skills, such as submerging, floating, kicking and arm stroking.

Age: 3-5				M/NM
42821	W	4/24-6/12	2-2:30 PM	\$71/\$89
42822	Sa	4/27-6/15	11:25-11:55 AM	\$62/\$78
42823	Sa	4/27-6/15	9-9:30 AM	\$62/\$78
42824	Su	4/28-6/16	9:15-9:45 AM	\$62/\$78
42825	Su	4/28-6/16	11-11:30 AM	\$62/\$78

### Bobbers 2

Children who already know how to do a front float with a kick should sign up for this class. They will work on back floats, combining parts of the crawl stroke and endurance. Work in the deep end is done as well.

Age: 3-5				M/NM
42826	Sa	4/27-6/15	9:35-10:05 AM	\$62/\$78
42827	Sa	4/27-6/15	8:25-8:55 AM	\$62/\$78
42828	Su	4/28-6/16	8:40-9:10 AM	\$62/\$78

### Fearful Floaters

This class is intended for children who have a reluctance to participate in a Floaters 1 class, but are ready to try a class without adult participation. Taught at a slower pace, it stresses water adjustment and comfort putting their face in water. To ease your child's anxiety, adults will remain on deck for the duration of the lesson.

Age: 4-6				M/NM
42860	M	4/22-6/10	4:40-5:10 PM	\$67/\$84
42861	W	4/24-6/12	4:40-5:10 PM	\$77/\$96

## THEME PARK TICKETS

**On Sale April 12**

Parks, Prices and Information  
To be announced soon ....



Looking for spring activities for your child?  
See pages 4-9 for lots of opportunities.

# Aquatics

## Preschool Swim

We love parents ... but in order to assist us in offering a quality program for your preschooler, we ask that you do not remain at the class unless it is otherwise stated in the description. Experience has shown that preschoolers are easily distracted due to their short attention spans. **Note: Registration deadline for all activities is two weeks prior to the start of the class, unless otherwise noted.**

### Floater 1

This class is designed for children who need to become adjusted to the water. They will learn to do front and back floats, kick and stroke as well as put their face in the water. Children will learn to swim five yards on their front and back.

Age: 4-6				M/NM
42871	M	4/22-6/10	3:30-4 PM	\$67/\$84
42878	M	4/22-6/10	4:05-4:35 PM	\$67/\$84
42876	Tu	4/23-6/11	5:05-5:35 PM	\$77/\$96
42879	Tu	4/23-6/11	4:30-5 PM	\$77/\$96
42881	Tu	4/23-6/11	5:40-6:10 PM	\$77/\$96
42880	W	4/24-6/12	4:05-4:35 PM	\$77/\$96
42882	Th	4/25-6/13	5:40-6:10 PM	\$77/\$96
42869	F	4/26-6/14	3:30-4 PM	\$77/\$96
42870	F	4/26-6/14	4:40-5:10 PM	\$77/\$96
42865	Sa	4/27-6/15	9-9:40 AM	\$67/\$84
42866	Sa	4/27-6/15	9:45-10:25 AM	\$67/\$84
42867	Sa	4/27-6/15	10:30-11:10 AM	\$67/\$84
42868	Sa	4/27-6/15	11:15-11:55 AM	\$67/\$84
42872	Su	4/28-6/16	9-9:40 AM	\$67/\$84
42873	Su	4/28-6/16	9:45-10:25 AM	\$67/\$84
42874	Su	4/28-6/16	10:30-11:10 AM	\$67/\$84
42875	Su	4/28-6/16	11:15-11:55 AM	\$67/\$84
42877	Su	4/28-6/16	12-12:40 PM	\$67/\$84



### Floater 2

Children who are comfortable in the water, can submerge for 5-10 seconds and know how to swim five yards on their front and back should take this class. They will continue to work on and develop basic swimming skills, such as front and back glides, kicking, arm strokes and rhythmic breathing.

Age: 4-6				M/NM
42883	M	4/22-6/10	4:05-4:35 PM	\$67/\$84
42885	Tu	4/23-6/11	5:05-5:35 PM	\$77/\$96
42884	W	4/24-6/12	3:30-4 PM	\$77/\$96
42886	Th	4/25-6/13	5:05-5:35 PM	\$77/\$96
42894	Th	4/25-6/13	4:30-5 PM	\$77/\$96
42887	F	4/26-6/14	4:05-4:35 PM	\$77/\$96
42888	F	4/26-6/14	3:30-4 PM	\$77/\$96
42889	Sa	4/27-6/15	9:45-10:25 AM	\$67/\$84
42890	Sa	4/27-6/15	11:15-11:55 AM	\$67/\$84
42891	Su	4/28-6/16	9:45-10:25 AM	\$67/\$84
42892	Su	4/28-6/16	11:15-11:55 AM	\$67/\$84
42893	Su	4/28-6/16	9-9:40 AM	\$67/\$84

### Strokers 1

Children who can swim a combined stroke on their front and back and can do kicking with arm stroking for at least eight yards should take this class. Stroke development, back crawl, whip kick, treading water and rhythmic breathing will be taught.

Age: 4-7				M/NM
42908	M	4/22-6/10	4:40-5:10 PM	\$67/\$84
42909	W	4/24-6/12	4:05-4:35 PM	\$77/\$96
42910	Th	4/25-6/13	5:05-5:35 PM	\$77/\$96
42911	F	4/26-6/14	4:40-5:10 PM	\$77/\$96
42912	Sa	4/27-6/15	9:45-10:25 AM	\$67/\$84
42913	Su	4/28-6/16	9-9:40 AM	\$67/\$84
42914	Su	4/28-6/16	11:15-11:55 AM	\$67/\$84

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)

# 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: 4-7				M/NM
42916	M	4/22-6/10	3:30-4 PM	\$67/\$84
42919	Tu	4/23-6/11	5:40-6:10 PM	\$77/\$96
42915	W	4/24-6/12	4:40-5:10 PM	\$77/\$96
42920	Th	4/25-6/13	4:30-5 PM	\$77/\$96
42917	Sa	4/27-6/15	9-9:40 AM	\$67/\$84
42918	Su	4/28-6/16	10:30-11:10 AM	\$67/\$84
42921	Su	4/28-6/16	9:45-10:25 AM	\$67/\$84

## Children/Teen Swim

**We love parents ... but to assist us in offering quality programs for children, we ask that parents wait in the lobby during classes. Experience has shown that children are easily distracted because of their short attention spans.**

## Youth 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
42936	W	4/24-6/12	3:30-4 PM	\$71/\$88
42937	F	4/26-6/14	4:05-4:35 PM	\$71/\$88
42938	Sa	4/27-6/15	9:45-10:25 AM	\$62/\$77
42939	Sa	4/27-6/15	10:30-11:10 AM	\$62/\$77
42940	Su	4/28-6/16	10:30-11:10 AM	\$62/\$77
42941	Su	4/28-6/16	12-12:40 PM	\$62/\$77



## Youth 2

A class for children who can submerge for 5-10 seconds and do a front float. Basic swimming skills, such as front and back glides, arm stroking on front and back, kicking and rhythmic breathing will be taught.

Age: 6+				M/NM
42947	Tu	4/23-6/11	4:30-5 PM	\$71/\$88
42942	Sa	4/27-6/15	9-9:40 AM	\$62/\$77
42943	Sa	4/27-6/15	10:30-11:10 AM	\$62/\$77
42946	Sa	4/27-6/15	11:15-11:55 AM	\$62/\$77
42944	Su	4/28-6/16	9-9:40 AM	\$62/\$77
42945	Su	4/28-6/16	12-12:40 PM	\$62/\$77

## 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: 6+				M/NM
42948	Sa	4/27-6/15	11:15-11:55 AM	\$62/\$77
42952	Sa	4/27-6/15	10:30-11:10 AM	\$62/\$77
42949	Su	4/28-6/16	9:45-10:25 AM	\$62/\$77
42950	Su	4/28-6/16	10:30-11:10 AM	\$62/\$77
42951	Su	4/28-6/16	12-12:40 PM	\$62/\$77

## Youth 4

Children who are comfortable in the water and can swim a coordinated crawl stroke and backstroke for 15 yards should take this class. Children will work on perfecting front and back crawl and treading water. Elementary back stroke and breaststroke as well as butterfly arms will be introduced.

Age: 6+				M/NM
42953	Sa	4/27-6/15	10:30-11:10 AM	\$62/\$77
42954	Sa	4/27-6/15	11:15-11:55 AM	\$62/\$77
42955	Su	4/28-6/16	9-9:40 AM	\$62/\$77
42956	Su	4/28-6/16	9:45-10:25 AM	\$62/\$77
42957	Su	4/28-6/16	11:15-11:55 AM	\$62/\$77
42958	Su	4/28-6/16	12-12:40 PM	\$62/\$77
42959	Su	4/28-6/16	10:30-11:10 AM	\$62/\$77



# Aquatics

## 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: 6+				M/NM
42960	Sa	4/27-6/15	9-9:40 AM	\$62/\$77
42961	Sa	4/27-6/15	11:15-11:55 AM	\$62/\$77
42962	Su	4/28-6/16	9:45-10:25 AM	\$62/\$77
42963	Su	4/28-6/16	11:15-11:55 AM	\$62/\$77

## Youth 6

This class requires the ability to swim two lengths (50 yards) of front crawl, back crawl and 15 yards of side stroke, all in good form. Children will work on breaststroke, turns and the dolphin kick in addition to refining other strokes.

Age: 6+				M/NM
42964	Sa	4/27-6/15	9:45-10:25 AM	\$62/\$77
42965	Su	4/28-6/16	9:45-10:25 AM	\$62/\$77
42966	Su	4/28-6/16	10:30-11:10 AM	\$62/\$77

## Youth 7

Swimmers able to swim four lengths (100 yards) of freestyle, backstroke and one full length (25 yards) of breaststroke should take this class. Children will work on stroke improvement, endurance, butterfly, turns and racing dives. Prerequisite: Youth 5 and 6

Age: 6+				M/NM
42967	Sa	4/27-6/15	10:30-11:10 AM	\$62/\$77
42968	Su	4/28-6/16	9-9:40 AM	\$62/\$77
42969	Su	4/28-6/16	11:15-11:55 AM	\$62/\$77
42970	Su	4/28-6/16	12-12:40 PM	\$62/\$77

## Mini Swim Team Prep

Children should be able to swim 25 yards of freestyle and back stroke. A legal competitive breaststroke will be taught as well as an introduction to butterfly. Children are encouraged to take this course prior to registering for swim team.

Age: 5-7				M/NM
42900	Th	4/25-6/13	5:40-6:10 PM	\$77/\$96
42901	Sa	4/27-6/15	10:30-11:10 AM	\$67/\$84

## Swim 4 Fitness for Teens

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

Age: 12-17				M/NM
42926	Su	4/28-6/16	12-12:45 PM	\$62/\$77

## Swim Team Prep

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

Age: 7+				M/NM
42928	Sa	4/27-6/15	9-9:40 AM	\$62/\$77
42927	Sa	4/27-6/15	9:45-10:25 AM	\$62/\$77
42929	Su	4/28-6/16	10:30-11:10 AM	\$62/\$77
42930	Su	4/28-6/16	11:15-11:55 AM	\$62/\$77

## 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
42800	Tu	4/23-6/11	8:25-9:10 PM	\$71/\$88
42799	W	4/24-6/12	8:35-9:20 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
42801	W	4/24-6/12	8:35-9:20 PM	\$71/\$88
42802	Th	4/25-6/13	8:25-9:10 PM	\$71/\$88

# Aquatics

## Adult Beginner 3

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

Age: 14+				M/NM
42803	Tu	4/23-6/11	8:25-9:10 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
42804	Th	4/25-6/13	8:25-9:10 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
42805	Th	4/25-6/13	10:10-10:55 AM	\$71/\$88

## Adult Water Fitness

### Aqua Blast

Have a blast in our fast-paced, deep-water exercise class. Ideal for anyone who wants a vigorous workout first thing in the morning. The class consists of a variety of cardiovascular exercises designed to improve endurance and strengthen the heart. It includes concentrated segments for abdominals, as well as barbell work for muscle toning.

Age: 18+				M/NM
42806	Tu & Th	4/23-6/13	6:35-7:20 AM	\$74/\$90

## 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
42807	F	4/26-6/14	10:15-11 AM	\$37/\$45

## 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: 16+				M/NM
42808	M & W	4/22-6/12	8:30-9:15 AM	\$70/\$85
42810	Tu & Th	4/23-6/13	8:30-9:15 AM	\$74/\$90
42812	Tu & Th	4/23-6/13	9:15-10 AM	\$74/\$90
42809	W & F	4/24-6/14	8:30-9:15 AM	\$74/\$90
42811	F	4/26-6/14	8:30-9:15 AM	\$37/\$45

## 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
42814	M	4/22-6/10	9:15-10 AM	\$33/\$40
42815	W	4/24-6/12	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
42817	M	4/22-6/10	10:15-11 AM	\$33/\$40
42818	W	4/24-6/12	10:15-11 AM	\$37/\$45

# Aquatics

## Aqua Zumba

This high energy, low impact water fitness class incorporates Latin music and dance moves while toning, sculpting and burning fat. This workout is for men and women and requires no swimming skills.

Age: 15+ M/NM  
42819 F 4/26-6/14 9:15-10 AM \$37/\$45

## 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  
42852 Tu 4/23-6/11 10:10-10:55 AM \$37/\$45  
42854 Tu & Th 4/23-6/13 10:10-10:55 AM \$74/\$90  
42853 Th 4/25-6/13 10:10-10:55 AM \$37/\$45

## Deep Water Workout

Enjoy a class which is taught in the deep end of the South Pool and is ideal for participants who need a non-impact program. Strengthen your core muscles and get an excellent workout without adding any stress to knee or hip joints. Floatation belts are used.

Age: 16+ M/NM  
42855 M 4/22-6/10 9:15-10 AM \$33/\$40  
42858 Tu 4/23-6/11 7:35-8:20 PM \$37/\$45  
42856 W 4/24-6/12 9:15-10 AM \$37/\$45  
42859 Th 4/25-6/13 7:35-8:20 PM \$37/\$45  
42857 F 4/26-6/14 9:15-10 AM \$37/\$45

## NOW HIRING

### Life Guards, Water and Land Fitness Instructors

Call 240-314-8756 for additional information.  
[www.rockvillemd.gov/swimcenter](http://www.rockvillemd.gov/swimcenter)



## 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: 16+ M/NM  
42895 M 4/22-6/10 9:20-10:05 AM \$33/\$40  
42898 Tu 4/23-6/11 7:35-8:20 PM \$37/\$45  
42896 W 4/24-6/12 9:20-10:05 AM \$37/\$45  
42899 Th 4/25-6/13 7:35-8:20 PM \$37/\$45  
42897 F 4/26-6/14 9:20-10:05 AM \$37/\$45

## Swim 4 Fitness

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

Age: 15+ M/NM  
42922 Tu 4/23-6/11 11:10-11:55 AM \$40/\$49  
42923 Tu 4/23-6/11 9:15-10 PM \$40/\$49  
42924 Th 4/25-6/13 11:10-11:55 AM \$40/\$49  
42925 Th 4/25-6/13 9:15-10 PM \$40/\$49

## 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  
42931 Su 4/28-6/16 8:05-8:55 AM \$62/\$70



# Aquatics

## 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: 14+				M/NM
42932	M & W	4/22-6/12	9:15-10:15 AM	\$79/\$99
42933	Tu & Th	4/23-6/13	8:30-9:30 AM	\$84/\$106

## 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
42798	Tu & Th	4/23-6/13	2:05-2:50 PM	\$36/\$45

### 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
42906	M, W & F	4/22-6/14	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
42905	M, W & F	4/22-6/14	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
42907	M & W	4/22-6/12	2:35-3:20 PM	\$34/\$42

## 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
42813	Tu & Th	4/23-6/13	9:35-10:05 AM	\$74/\$91

### 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: 18+				M/NM
42820	Tu & Th	4/23-6/13	10:10-10:55 AM	\$84/\$106

### Rockville Masters Swimming

It's designed specifically for swimmers who are competing in the Masters Program of U.S. Swimming, Inc. Those participating in the RMSC group will not be required to attach to RMSC for team purposes. This class is a structured workout with a professional coach. Participants are expected to have attained a reasonable level of proficiency in at least two of four competitive strokes.

Age: 18+				M/NM
42902	M, W & F	4/22-6/14	6:30-7:30 AM	\$98/\$120
42903	M & W	4/22-6/12	6:30-7:30 AM	\$76/\$94
42904	M	4/22-6/10	6:30-7:30 AM	\$44/\$54

### Women's Synchronized Swimming

Join us and combine swimming and exercise at the same time. This exciting program will teach water movements and the strokes you need. Class may be split according to ability.

Age: 18+				M/NM
42935	Tu	4/23-6/11	9:40-11 AM	\$63/\$79

# Aquatics

## Certification and Training

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

### CPR/AED for the Professional Rescuer

The purpose of this American Red Cross course is to teach the skills needed to respond appropriately to breathing and cardiac emergencies. This full length course includes the use of automated external defibrillation. This class is for nurses, technicians, lifeguards, doctors, EMTs, paramedics and anyone else in the health care profession. (Lifeguards should take this course if their CPR/AED cert has already expired.)

All Ages				FEE
42841	Sa & Su	3/23 & 3/24	4-9 PM	\$125
42842	Sa & Su	4/20 & 4/21	4-9 PM	\$125
42843	Sa & Su	5/4 & 5/5	4-9 PM	\$125
42844	Sa & Su	5/18 & 5/19	4-9 PM	\$125

### CPR/AED for the Professional Rescuer Review

This American Red Cross course will certify participants in CPR/AED/FPR (for lifeguards). Students must present their American Red Cross certification card at the first class session. Certifications must be current or expired only within the last month. Registrants must bring their own pocket mask and textbook. Masks are available for a fee.

All Ages				FEE
42847	W & Th	3/20 & 3/21	7-9:30 PM	\$65
42848	M & W	4/1 & 4/3	7-9:30 PM	\$65
42849	M & W	4/29 & 5/1	7-9:30 PM	\$65
42850	M & W	5/6 & 5/8	7-9:30 PM	\$65
42851	M & W	5/13 & 5/15	7-9:30 PM	\$65

### First Aid/CPR/AED Adult, Child and Infant

This American Red Cross First Aid/CPR/AED course will give individuals the knowledge and skills necessary to recognize and provide basic care for injuries and sudden illness until advanced medical personnel arrive and take over. Includes CPR training for adult, child and infant care. Perfect for daycare employees, camp counselors, baby sitters, parents.

All Ages				FEE
42863	Sa & Su	4/13 & 4/14	4-9 PM	\$100
42864	Sa & Su	5/11 & 5/12	4-9 PM	\$100

## ROCKVILLE SWIM AND FITNESS CENTER

# FITNESS OPEN HOUSE

**Saturday, April 20**

**FREE**

Fitness Demos

Body Mass Index

Blood Pressure Reading

Body Composition Analysis



9-9:20 a.m.

9:30-9:50 a.m.

10-10:20 a.m.

10:30-10:50 a.m.

11-11:20 a.m.

11:30-11:50 a.m.

Noon-12:20 p.m.

12:30-12:50 p.m.

1-1:20 p.m.

1:30-1:50 p.m.

2-2:20 p.m.

2:30-2:50 p.m.

3-3:20 p.m.

3:30-3:50 p.m.

Bootcamp

Cardio Dance

Body Sculpt

Zumba

Zumba Toning

Step

Fit

Stability Ball

Sports Conditioning

Pilates

Yoga

Exercise is Child's Play

Teen Fit

PE for Homeschoolers



Certified personal trainers on site 9:30 a.m.–3:30 p.m. for consultations, fitness assessments and exercise orientations.

**For more information:  
240-314-8750**



**SATURDAYS**  
9 a.m. - 1 p.m.

May 11 - Nov. 23  
*Corner of Route 28 and Monroe Street*



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

## Audition for The Finest! Parade Marching Wildcatz!



The area's premier marching drill unit.

**Saturday, March 23, Noon-4 p.m.**  
**Twinbrook Community Recreation Center**

12920 Twinbrook Parkway, Rockville, MD 20851

\$43 residents/\$48 nonresidents

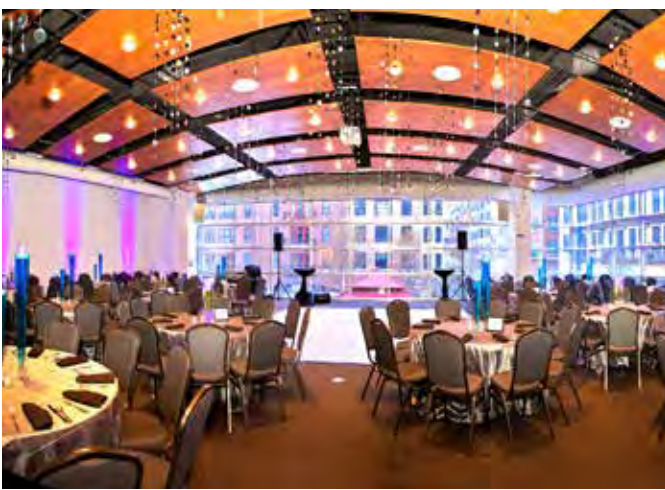


Looking for talented drummers,  
cymbal players and other percussionists.

Wear shorts/sneakers. (No jeans)  
Be prepared for an all-day work-out.  
Bring light lunch and water.

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

# Cultural Arts



## We host events filled with art, culture and creativity!

Modern and versatile, with a great open view of Rockville Town Square, the Buchanan Room is the ideal space for any event.

For more information, visit our website at [www.visartscenter.org](http://www.visartscenter.org) or contact:

**Amy Wollins**, Sales Director  
301-315-8200 x120  
awollins@visartscenter.org

**Jackie Senior**, Events Director  
301-315-8200 x121  
jsenior@visartscenter.org

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AT ROCKVILLE  
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155 Gibbs Street  
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[www.visartscenter.org](http://www.visartscenter.org)

*"You don't need to travel for great theatre productions.*

*Check out the events at F. Scott Fitzgerald Theatre this spring."*

SEE PAGE 72.

## 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

Join the

### **F. Scott Fitzgerald Book Club** *at Glenview Mansion*

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.

**Tuesday, April 9 | 7-9 p.m.**

Join in the discussion of two Novelettes, *Winter Dreams* and *Babylon Revisited*.

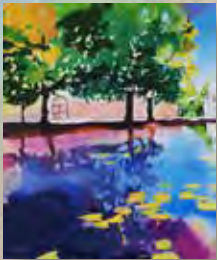
See page 29 for more details.



# Cultural Arts

ROCKVILLE

## Student Art Show



### WHO

Students who live or attend school within City of Rockville corporate limits. *Grades K-12*

### WHAT

Students may submit one 2-D or 3-D work of art in any medium. Judging for ribbon awards, by grade level. *Grades 4-12*



### WHEN

Registration/Delivery of Artwork Sunday, Feb. 24, 1:30-3:30 p.m.

### WHERE

Glenview Mansion  
Art Gallery  
Rockville Civic Center Park  
603 Edmonston Drive,  
Rockville, MD 20851



### Opening Reception

Sunday, March 3, 1:30-3:30 p.m.

### Student Artwork on Exhibit

March 3-22

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

## Rockville Regional Youth Orchestra

*Bryan Seith, Director*

## Spring Concert



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

F. Scott Fitzgerald Theatre  
Rockville Civic Center Park

Open to the public – No tickets required.



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

# Cultural Arts

## Glenview Mansion Art Gallery

2nd floor spring exhibits



### MARCH 3-22

Rockville Student Art Show  
Varied media  
from students, K-12  
*Opening Reception | Sunday,  
March 3, 1:30-3:30 p.m.*

### APRIL 7-30

Carol Reed - Mixed Media  
Bess Gonglewski - Sculpture ( rock/paper/wire)  
*Opening Reception : Sunday, April 7, 1:30-3:30 p.m.*

### MAY 5-28

Rockville Art League/Juried Members' Show  
Varied Media  
*Opening Reception: Sunday, May 5, 1:30-3:30 p.m.*

### JUNE 2-25

Jacqui Crocetta - Acrylic on Canvas  
Janet Wheeler - Mixed Media  
*Opening Reception: Sunday, June 2, 1:30-3:30 p.m.*

**FREE – Open to the public**

**240-314-8682**

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



## Sunday Afternoon

CONCERT SERIES

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



### APRIL 7

#### **BEAU SOIR ENSEMBLE**

Flute and harp duo perform classical music.

### MAY 5

#### **THE ROCKVILLE SINGERS**

Sing in Spring – varied musical repertoire

### JUNE 2

#### **CAPITAL BLEND**

An all female a cappella group  
singing pop, rock, R&B and country.

**Free – No tickets required.**

**240-314-8682**

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

# ROCKVILLE CONCERT BAND

*John Saint Amour, Director*

F. Scott Fitzgerald Theatre  
Rockville Civic Center Park

## 2013 CONCERT SERIES



### COMPOSER SPOTLIGHT: D.C. AREA PAST AND PRESENT

Guest Composer, Jerry Brubaker,  
former Chief Arranger for U.S. Navy Band  
MARCH 17, 3 P.M.

### MUSIC FOR ALL AGES: ANIMATED!

APRIL 14, 3 P.M.



No tickets required; \$5 suggested donation.

[www.rockvillemd.gov/arts](http://www.rockvillemd.gov/arts)  
240-314-8681

# Cultural Arts

## ROCKVILLE CIVIC BALLET

*Claudia Mangan, Director*



## Sleeping Beauty Gershwin Times Three

*A charming fairytale to music of Tchaikovsky  
and a contemporary ballet.*

**Saturday, March 9, 7:30 p.m.**

**Sunday, March 10, 2 p.m.**

**TICKETS** \$16 Adults; \$12 Children (ages 12 and younger)  
\$12 Seniors (ages 60 and older)

**GROUP RATES** \$15.50 - 7 or more Adult tickets  
\$11.50 - 10 or more Children/Senior tickets

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

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

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



*Interested in  
Ballet lessons?*

Check out our children, teen and adult classes.

(pages 11, 24 and 29)

# Cultural Arts

## *F. Scott Fitzgerald Theatre*

### Victorian Lyric Opera Company

#### *Iolanthe*

Feb. 22, 23 at 8 p.m. and February 24 at 2 p.m.

March 1, 2 at 8 p.m. and March 3 at 2 p.m.

Gilbert and Sullivan take pot shots at the aristocracy, lampoon the House of Lords and do it with humor and glee - it's all just good fun.

Tickets: \$16-\$24

### Rockville Civic Ballet

#### *Sleeping Beauty*

#### *Gershwin Times Three*

March 9 at 7:30 p.m. and March 10 at 2 p.m.

A charming fairytale to music of Tchaikovsky and a contemporary ballet.

Tickets: \$12-\$16

### Rockville Concert Band

#### Composer Spotlight: DC Area Past and Present

March 17 at 3 p.m.

Guest Composer Jerry Brubaker, former Chief Arranger for U.S. Navy Band.

No tickets, \$5 suggested donation

### Rockville Concert Band

#### Music for All Ages: Animated!

April 14 at 3 p.m.

Music from films and cartoons.

No tickets, \$5 suggested donation

### Rockville Little Theatre

#### *The Tempest*

April 25, 26, 27 and May 3, 4, 5

Young lovers and treacherous brothers are brought together on a deserted island filled with magic and monsters in Shakespeare's tale of love and forgiveness. Bring the whole family to this classic comedy!

Tickets: \$15-\$18

### 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.

### Home School Talent Cultural Arts

#### *Can You Hear Me Now?*

April 5-6

#### *Foiled Again, or Who's Poor Now? The Tempest*

April 12-13

#### *Pocahontas Gone With the Breeze*

April 19-20

Tickets: 301-294-0520.

(Tickets not sold at box office)



# 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 3-5 business days.
- Registration can be completed via fax, mail or walk-in without a family account set up in advance.



### Redeeming Points

**Deadline to redeem all points**

**June 30, 2013**

- Registrant must have all points needed (40 points per dollar cost). No combination of points and cash/check/credit accepted.
- Dollar value of course must be greater than \$20 (800 point minimum).
- To pay with points, visit any Rockville Recreation Center, City Hall or mail/fax registration.

## 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 canceled.

### 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: \$ \_\_\_\_\_

**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: \$ \_\_\_\_\_

# Registration Information

## Registration Begins:

- Resident/member mail, fax, walk-in, internet:  
Tuesday, March 12, 8:30 a.m.
- Nonresident/nonmember mail, fax, walk-in, internet:  
Tuesday, March 19, 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

## Four Easy Ways to Register!



### 1. Online:

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



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

Hosted by the City of Rockville  
Mayor and Council

# 25th Annual Hometown Holidays 2013

Memorial Day Weekend | Rockville Town Center



- ★ Free Concerts
- ★ Taste of Rockville
- ★ Kids and Teen Activities
- ★ 69th Rockville Memorial Day Ceremony and Parade



Watch for more information  
in Rockville Reports,  
on Channel 11, in local  
newspapers and at  
[www.rockvillemd.gov/hth](http://www.rockvillemd.gov/hth).



Like us on Facebook  
[www.facebook.com/  
rockvillehometownholidays](http://www.facebook.com/rockvillehometownholidays)