

# Go!

Gaithersburg

WINTER GUIDE 2016 - 17

**Registration  
Begins:**

**November 28**  
City Residents

**November 30**  
Open Registration



**move, play, grow**

**From the Director**

The Mayo Clinic describes Seasonal Affective Disorder (SAD) as a type of depression that's related to changes in seasons; sapping your energy and making you feel moody.

Most research suggests that SAD happens in autumn and winter due to lack of exposure to sunlight. Lack of natural light can throw off people's internal clocks, hormone production and serotonin levels, which all play major factors in the onset of SAD. The Mayo Clinic suggests these "home remedies" to help you combat these symptoms:

Make your environment sunnier and brighter. Open blinds, trim tree branches that block sunlight or add skylights to your home. Sit closer to bright windows while at home or in the office.

Get outside. Take a long walk, eat lunch at a nearby park, or simply sit on a bench and soak up the sun. Even on cold or cloudy days, outdoor light can help — especially if you spend time outside within two hours of getting up in the morning.

Exercise regularly. Exercise and other types of physical activity help relieve stress and anxiety, both of which can increase SAD symptoms. Being more fit can make you feel better about yourself, too, which can lift your mood.

Gaithersburg has plenty of parks to visit and many exercise programs to keep you active. Peruse them all in "Go! Gaithersburg."

Michele Potter, Director  
Department of Parks, Recreation and Culture

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**MAKE 2017 YOUR BEST HEALTHY YEAR YET**

Start the New Year off right! January is a perfect month to get on board with eating healthy and exercising! Casey Community Center and Casey Health Institute are combining forces to see that you get all the information you need about healthy eating so you can get the most out of our your exercise routine! A one hour class is designed with your

goals in mind. Learn about the healthy nutrients and what is best for your body to make the changes you want to see in this New Year!

Wednesday, January 8, 6:30 - 7:30 p.m.  
FREE

**HEALTHY HEART MONTH AT CASEY!**

Gather at the Casey Community Center for a demonstration of great recipes to celebrate Healthy Heart Month! Join the staff of Casey Community Center and the Casey Health Institute to see how to turn ingredients in your kitchen into healthy meals! Discover easy to fix healthy meals and enjoy a healthy sample.

Wednesday, February 7 at 6:30 p.m.  
Sign up now...Only \$5 per person/per class  
Call 301-258-6366

**Don't Miss the Boat!**

*Nothing cancels a good class more quickly than waiting until the last minute to register. If there aren't enough registrations by a certain date, the course may be cancelled. Register Early.*

The GO GAITHERSBURG GUIDE is a publication of the City of Gaithersburg Department of Parks, Recreation and Culture. It is produced four times a year, with distribution in February, May, July and November.

For additional City news and information, subscribe to inGaithersburg, our online weekly e-mail newsletter. You can also find the City of Gaithersburg on Facebook, Twitter, YouTube and Instagram.

For emergency communications register for Alert Gaithersburg. This service sends simultaneous emergency messages, including incident advisories, traffic and weather alerts, to your e-mail, and mobile devices. The service is free; however, text messaging fees from your carrier may apply.

Gaithersburg TV (GTV) keeps you informed with scrolling headline news, a calendar of events and informational programming. City residents can find it on Comcast and RCN channel 13, on Verizon FiOS channel 25, and online via streaming video.

- Mayor Jud Ashman
- Council Members
- Neil Harris
- Michael A. Sesma
- Ryan Spiegel
- Robert T. Wu

City Manager Tony Tomasello  
301-258-6350  
www.gaithersburgmd.gov

# BIRTHDAY PARTIES

Have a birthday coming up? Gaithersburg can help you celebrate with a variety of party packages. Enjoy indoor fun year 'round at our Youth Centers, or enjoy the great outdoors at the Skate and Miniature Golf Parks. Either way, it's sure to be a birthday worth remembering.

Contact the individual facilities or visit the City's website for information and registration forms.

## Skate Park

510 S. Frederick Ave.  
skatepark@gaitthersburgmd.gov  
Call Rachel Tailby at 301-258-6350

Available April – September  
Choose from one of three options:

### 1. Park Rental

Rent the entire park for a private party.  
Saturday or Sunday, 9:30 - 11:30 a.m. or 10 a.m. - 12 p.m.

- Admission for up to 30 participants
- 2 staff to assist with basic instruction
- In-line skates, skateboards, BMX bikes, scooters, or roller skates permitted
- \$150 City Residents/\$225 Nonresidents

### 2. Party Pack

Bring a group for a great rate during open hours.  
2-hour minimum

- Admission for up to 20 participants
  - One staff to assist with basic instruction
  - In-line skates or skateboards ONLY
  - \$60 City Residents/\$80 Nonresidents
- Additional hours:  
\$30/hour City Residents/\$40/hour Nonresidents

### 3. Combo Platter

Experience the best of both worlds with a split package!.  
One hour of exclusive and one hour after opening.  
Saturday or Sunday, 11 a.m. - 1 p.m.

- Admission for up to 25 participants
- 2 staff to assist with basic instruction for the first hour
- In-line skates, skateboards, BMX bikes, scooters, or roller skates for the first hour; in-line skates and skateboards ONLY during the second hour
- \$105 City Residents/\$155 Nonresidents

## Miniature Golf

514 S. Frederick Ave.  
minigolf@gaitthersburgmd.gov  
Call Demetria Good at 301-258-6350

Available May – October

- One round of golf
- Drinks and ice cream
- Basic decorations
- A special surprise for the guest of honor
- Option to purchase pizza for an additional fee
- \$11 per child (minimum of 10 children)

## Youth Center – Robertson Park

801 Rabbitt Rd.  
YC-Robertson@gaitthersburgmd.gov  
Call Jake Hersom at 301-258-6350

Available Throughout the School Year

- Billiards, Table Tennis, PlayStation 4, Xbox One, WiiU, sports equipment
- Tables, chairs, refrigerator
- Maximum guests – 50
- \$65 City Residents/\$80 Nonresidents

## Youth Center – Olde Towne

301 Teachers Way  
YC-oldetowne@gaitthersburgmd.gov  
Call Maura Dinwiddie at 301-258-6350

Available Year-Round

- Billiards
- Table Tennis
- PlayStation 3 and 4
- Xbox
- Wii
- Tables and chairs available
- Maximum guests – 50
- \$65 City Residents/\$80 Nonresidents

## Coming this Spring...



### MINIATURE GOLF

514 S. Frederick Ave.  
301-258-6350

Opening Day  
Saturday, May 6, 2017

More Information:  
Demetria Good at 301-258-6350 or  
minigolf@gaitthersburgmd.gov



### SKATE PARK

510 S. Frederick Ave  
301-258-6350

Opening Day  
Friday, April 7, 2017

For more information on group/private lessons, rentals and events please visit our website or email skatepark@gaitthersburgmd.gov

**Host your next meeting, event, party or social gathering at one of these fine facilities:**



**Activity Center at Bohrer Park**

506 S. Frederick Ave.

301-258-6350

Gail Velez

[gail.velez@gaitthersburgmd.gov](mailto:gail.velez@gaitthersburgmd.gov)

Planning a company meeting, training or luncheon? Graduation, birthday party or reception? Athletic event, team practice or game? The Activity Center at Bohrer Park is the place for you.

- Three meeting and party rooms that can be rented individually or combined
- Two gymnasiums with multi-purpose floors
- WiFi access and audio-visual and presentation equipment
- Hourly rentals

**Hours**

Monday – Friday 6 a.m. – 10 p.m.  
 Saturday 8 a.m. – Midnight  
 Sunday 8 a.m. – 5 p.m.



Call or e-mail for registration form, fees, park policies and brochures, and ask about our special rates for Miniature Golf and Water Park admission on the day of your event.



**Casey Community Center –**

***Celebrating its 40th Anniversary***

810 S. Frederick Ave.

301-258-6366

Katie Gleeson

[katie.gleeson@gaitthersburgmd.gov](mailto:katie.gleeson@gaitthersburgmd.gov)

The Center is perfect for birthday and family parties, wedding receptions, Bar and Bat Mitzvahs, and business meetings.

- Meeting and party rooms for 10-135 people
- Kitchen facilities
- WiFi access
- Hourly rentals

Prices for the largest room are:

	<b>Private Function</b>	<b>Business Function</b>
City Residents	\$90/hour	\$110/hour
Nonresidents	\$135/hour	\$165/hour

\$250 deposit required for all rentals

Reservations are taken on a first come, first served basis and may be made up to nine months in advance. All rentals serving alcohol will be charged a \$130 alcohol fee in addition to rental fees.

**Picnic Pavilions**

506 S. Frederick Ave.

301-258-6350

Sondra Unkenholz

[sondra.unkenholz@gaitthersburgmd.gov](mailto:sondra.unkenholz@gaitthersburgmd.gov)

The Picnic Pavilions are located at Bohrer Park at Summit Hall Farm. Other amenities at the Park include an Activity Center, Miniature Golf Course, Water Park and Skate Park.

Reservations for the 2017 season are currently being accepted. A security deposit is required to reserve a pavilion for a specific date and time.



### Arts Barn

311 Kent Square Rd.  
301-258-6394  
Shellie Williams  
shellie.williams@gaitthersburgmd.gov

The Arts Barn is a unique, culturally rich setting for corporate events, trainings and social gatherings.

- Recitals - two hours  
\$150 Residents/\$175 Nonresidents
- Hourly rates for rentals
- Audio-visual and presentation equipment
- WiFi access
- 99 seat theater/auditorium



### Kentlands Mansion

320 Kent Square Rd.  
301-258-6425  
Kristy King  
kristy.king@gaitthersburgmd.gov

Kentlands Mansion, built in early 1900, provides the perfect setting for weddings, receptions and other special events.

- Weddings, receptions, retirement parties, Bar & Bat Mitzvahs, business meetings and conferences
- Indoor and outdoor accommodations for up to 150 people
- Audio-visual and presentation equipment
- WiFi access

	Resident	Nonresident	Block of Time
Friday & Sunday	\$1,400	\$1,875	7 hours
Saturday	\$1,875	\$2,500	8 hours
Business Rates	\$150-450	\$175-525	8:30-4:30 M-F

Additional Fees: \$130 to serve alcohol  
\$200 to hold a ceremony (indoors or outdoors)



### Benjamin Gaither Center

80A Bureau Dr.  
301-258-6380  
Grace Whipple  
grace.whipple@gaitthersburgmd.gov

When not in use for programming on weekdays, the Benjamin Gaither Center is available for private use.

- Four rooms available for up to 250 people
- Entire Center can be rented
- WiFi access
- Alcoholic beverages allowed with permit (\$130), beer and wine only



### Gaithersburg Community Museum

9 S. Summit Ave.  
301-258-6160  
Nansie Wilde  
nansie.wilde@gaitthersburgmd.gov

When not in use for programming, the Museum offers unique spaces for parties and meetings. Rental of the Caboose, Budd Car (RDC passenger car) and the Freight House are available individually and as a whole complex.

# WINTER SEASON AT A GLANCE



## Memorable Performances in Beautiful Surroundings

Arts on the Green patrons enjoy professional concerts and a delightful mix of professional and community theater, dance and children's performances in the historic Arts Barn's 99-seat theater and at the elegant Kentlands Mansion.

## JUST FOR FAMILIES



### CATCH ME: A MAGIC DUEL

Presented by Thin Air Productions  
November 25 • 5 & 8 p.m. • Arts Barn  
Tickets: \$20/\$12

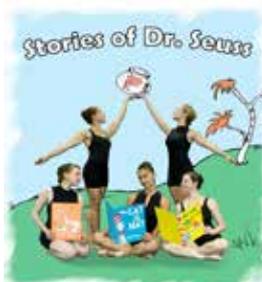
Mark Phillips and Brian Curry return with their new show. Join us for some skillful sleight of hand, clever repartee, and a few new twists on some classic magic. Reserve early because these tickets will "disappear" fast! Recommended for ages 10+.



### RUFUS THE REDNOSED RAINDOG

Presented by Blue Sky Puppet Theatre  
December 3, 10, 17 • 3 p.m. • Arts Barn  
Tickets: \$12

An original holiday treat! A lost and lonely dog shows up at Santa's workshop. At first he's rejected because he has a red nose, but eventually he and everyone around him realizes how special he is. A guaranteed crowd pleaser for ages 4+.



### STORIES OF DR. SEUSS DANCE ★

February 20 • 11 a.m. • Arts Barn  
Tickets: \$12

Dr. Seuss stories, "The Cat in the Hat," "Green Eggs and Ham" and "One Fish, Two Fish, Red Fish, Blue Fish," come to life through dance! Meet the dancers and celebrate Dr. Seuss's upcoming birthday after the show. Recommended for ages+.



## UNIQUELY AMERICAN

The *Uniquely American Series* at Arts on the Green showcases ordinary and extraordinary moments in American history and culture. In the heart of America, distinctive musical traditions have emerged: Jazz with its African antecedents and the roots music revival of the Singer Songwriter. Literary treasures Langston Hughes and Dr. Seuss have inspired generations and their work continues to delight us in spoken and written word, dance and theater.

Look for ★ throughout these listings for *Uniquely American* performances.



## INCLEMENT WEATHER

In the event of inclement weather or emergencies call 301-330-0050 x2430 for the recorded message pertaining to class cancellations.

For Tickets & Information call 301-258-6394

## THEATER AT THE ARTS BARN

Unless otherwise noted, performances are Fridays and Saturdays at 8 p.m., Sundays at 2 p.m.  
Enjoy daytime performances for every production.



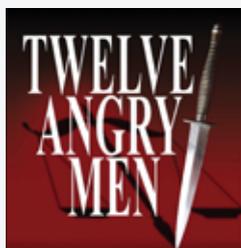
**POSTMORTEM** by Ken Ludwig  
Presented by Montgomery Playhouse  
November 4 – 20 • Arts Barn  
Tickets: \$20

Actor William Gillette, famous for his portrayal of Sherlock Holmes, invites the cast of his latest play to his pseudo-medieval castle in Connecticut for a séance. What follows is a clever whodunit packed with both suspense and laughter. Recommended for ages 15+.



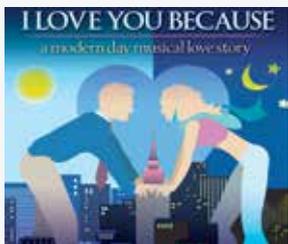
**BLACK NATIVITY** by Langston Hughes ★  
December 2 – 18  
Tickets: \$20/\$12

The Christmas story in dialogue, narrative, dance, pantomime, gospel song and folk spirituals—the unique creation of the poet and playwright Langston Hughes. An experience for the whole family.



**TWELVE ANGRY MEN** by Reginald Rose  
Presented by Sandy Spring Theatre Group  
January 6 – 22 • Arts Barn  
Tickets: \$20/\$12

Twelve jurors in a murder trial are corralled in a room for the duration of their deliberation. As prejudices are tested and evidence is weighed, the entire jury is forced to look past the show of the courtroom to unearth the shocking truth. Faced with playing the hangmen, these dozen jurors must first face themselves. Recommended for ages 12+.



**I LOVE YOU BECAUSE**  
Music by Joshua Salzman. Book and Lyrics by Ryan Cunningham.  
Presented by Damascus Theatre Company  
February 10 – 26 • Arts Barn  
Tickets: \$22

In a modern retelling of Jane Austen's *Pride and Prejudice*, a young, uptight greeting card writer's life is changed when he meets a flighty photographer. Along with their eccentric friends and siblings, they learn to love each other not in spite of their faults, but because of them. Recommended for ages 15+.



**MURDER AT THE MANSION** Dessert Theatre  
Presented by A Taste For Murder Productions  
February 10 – 12 • Kentlands Mansion  
Tickets: \$35 individual/\$60 for two

In Dean Fiala's "With a Deadly Finish," mysteries abound when a winery tour goes awry and the group discovers that even the smoothest wine can end with a deadly finish. Enjoy an outing riddled with clues and a buffet of scandalous sweet treats. Join us for a pre-show wine tasting.

**10% discount for groups of 10 or more**

Arts on the Green continues on page 8

For Tickets & Information call 301-258-6394

# ARTS ON THE GREEN

KENTLANDS MANSION & ARTS BARN

## MUSIC

### Elijah Jamal Balbed Quartet ★

January 28 • 8 p.m. • Arts Barn  
Tickets: \$25/\$15

Straight from the NYC club scene, the EJB Quartet thrills audiences with "...a hard swinging set of songs in the classic jazz tradition." A deep sense of tradition with free flowing elements of hard-bop, funk and go-go.



### Jeremy Eig: Virtuoso Clarinet Quintets

February 5 • 3 p.m. • Arts Barn  
Tickets: \$25/\$15

Brilliant clarinetist Jeremy Eig and acclaimed D.C. area string players bring two dazzling clarinet quintets to the Arts Barn stage. Jeremy Eig Quintet plays Mozart Quintet in A Major, K. 581 and Weber Quintet in B-flat Major, Op. 34. Meet and greet the artists after the performance.

### Dala

#### SINGER SONGWRITER CONCERT SERIES

Presented by O'Hair Salon + Spa

March 4 • 3 p.m. workshop, 7:30 p.m. concert • Arts Barn  
Tickets: \$50 workshop & concert/\$30 concert only

Woman-writing and performing duo Dala bring their fresh brand of acoustic pop to the Arts Barn. Drawing on influences like The Beatles, Joni Mitchell, Neil Young and Bob Dylan, Dala write songs that are both catchy and insightful! Their songs are performed with lush harmonies and performs with sheer, infectious joy!



## GAITHERSBURG CHORUS

Explore the joy of music with the Gaithersburg Chorus,  
now in its 29th year!

Rehearsals:  
Tuesdays, 7:30 - 9:30 p.m., starting January 3  
Activity Center at Bohrer Park  
\$100 Residents/\$120 Nonresidents  
Register online or at first rehearsal

Questions? email [llevy-page@gaitersburgmd.gov](mailto:llevy-page@gaitersburgmd.gov)  
or call 301-258-6394.



Concerts performed in May and December, plus other community events. Anyone age 16 and older can join this non-audition ensemble. Financial aid for registration fee is available.

# Winter Waltz Ball

In partnership with Two Left Feet Dance



**Friday, January 27  
at 7 p.m.**

Kentlands Mansion  
Tickets: \$30/individual

An elegant evening of ballroom and Latin dance fun at Kentlands Mansion. Instructors from Two Left Feet will teach Waltz as you dance the night away. Non-alcoholic refreshments included; cash bar available.

For tickets call 301-258-6425



## ARTS BARN

**November 4 – January 2  
“Bright Concepts”**

A bright and bold exhibit featuring the work of Mark Altrogge, Tony Glander, Bobbi Shulman, and Nellie Chao.  
Reception: November 22

**January 6 – February 27  
“Winter White”**

A juried, multimedia exhibit where the beauty of a snowy day is celebrated in simplicity, form and texture. All work is 95% without color.  
Reception January 19

## KENTLANDS MANSION

**November 18 – January 16  
“Studio 26”**

New York comes to Gaithersburg with the multimedia artists of the Studio 26 group.  
Reception November 22

**January 20 – April 16  
“4th Annual Art League of Germantown Exhibit.”**  
Reception February 9

## ACTIVITY CENTER

**October 21 – December 18  
“Natural Order”**

Seven multimedia artists share their views of the natural world. Stanley Goldberg, Charles Good, April Gratrix, Jean Phillips, Peter Plant, Paul Reuther and Ruth Sentelle.

**December 23 – February 20  
“Love & Harmony”**

An invitational exhibit with artists selected by guest curator, Cynthia Farrell Johnson.



# Young Artist Award



## Competition and Concert

**REGISTRATION DEADLINE:**  
Thursday, December 15, 2016

Register online under “Leisure – Arts” at [gaithersburgmd.gov](http://gaithersburgmd.gov)

**COMPETITION**  
Saturday, February 4, 2017

Solo classical musicians age 12-18 may audition in one of five categories: Piano, Strings, Woodwinds, Brass, and Vocal.

Prize winners perform in a public concert on March 31, 2017.

For more information call 301-258-6394 or visit [gaithersburgmd.gov](http://gaithersburgmd.gov).

See us at [Facebook.com/ArtsontheGreen](https://www.facebook.com/ArtsontheGreen) and on the new Gaithersburg Arts & Events App available at iTunes and Google Play.

# GAITHERSBURG COMMUNITY MUSEUM & GIFT SHOP



Museum hours:  
**Tuesday – Saturday, 10 a.m. – 3 p.m.**  
Free. Donations gratefully accepted.

9 South Summit Ave.  
301-258-6160  
museum@gaitersburgmd.gov

## STORYTIME STATION

A preschool read aloud program at the Community Museum. Fourth Tuesday of the month at 11 a.m. \$3 per child/adults and infants free

<b>December 27, 2016</b>	Holiday Theme
<b>January 24, 2017</b>	Snow Theme
<b>February 28, 2017</b>	Love Theme
<b>March 28, 2017</b>	Flower Theme

## DISCOVERY DAY

**Saturday, February 4** **Archaeology Day**  
10 a.m. – 3 p.m. **FREE**

The Montgomery County Archaeology Program will be at the museum with hands-on activities so visitors can do and learn archaeology.

## MUSEUM AFTER HOURS

Grow Your Mind with Museum After Hours – An Enlightening Speaker Series presented by the Gaithersburg Community Museum

<b>Friday, December 2</b>	<b>History of Drinking in the Free State</b>
6:30 – 8 p.m.	History, Greg and Nicole Priebe
6:30 – 7 p.m.	Tastings from a local distillery

The Southside, Diamondback and the Preakness – Marylanders imbibe history in their native cocktails, from local favorites to little-known classics. Using historic recipes with modern twists from renowned mixologists, Greg and Nicole Priebe mix up one part practical guide and three parts Maryland history with this fascinating topic. \$10 per person/**21 and over**

<b>Sunday, January 22</b>	<b>Preparing for the 2017 Solar Eclipse</b>
3 – 4 p.m.	Sue Bassett

On August 21, 2017, a total solar eclipse will be visible from North America. Sue Bassett, treasurer of the Astronomical Society of Greenbelt, will discuss the eclipse, its path, and how best to view the eclipse. \$5 per person

<b>Sunday, February 26</b>	<b>Railway Mail Service</b>
3 – 4 p.m.	Dr. Frank Scheer

Almost from the time the railroad began there was a Railway Mail Service. For much of its existence, until its end in 1977, the Railway Mail Service carried the bulk of our letters and packages across the country. Dr. Frank Scheer, Curator of the Railway Mail Service Library, will discuss this important aspect of railroading history. \$5 per person



## *All Aboard the Gaithersburg Community Museum for a unique party experience*

Perfect for ages 3-6 (for other ages, talk to staff). Explore the learning Centers in the museum's historic Caboose and Freight House. Enjoy your party cake in the Train Station Waiting Room.

### THE EXPRESS

\$225 resident/\$265 non-resident rental includes two-hour facility rental of Caboose and Freight House for 10 children plus accompanying adults. \$5 more for each child over 10 with a maximum of 15. Rental includes:

- Playtime in the Caboose and Freight House
- Storytime reading of Thomas the Tank Engine birthday book
- Bandanna for each guest
- Engineer hat for the birthday child

Renter is responsible for decorations, food, set-up and clean-up.

### THE CAPITOL LIMITED

\$320 resident/\$360 non-resident rental includes two-hour facility rental for 10 children plus accompanying adults. \$10 more for each child over 10 with a maximum of 15. Rental includes:

- Playtime in the Caboose and Freight House
- Storytime reading of Thomas the Tank Engine birthday book in the Budd Car
- Bandanna for each guest
- Engineer hat for the birthday child
- Group photograph taken in front of the Steam Engine
- Keepsake frame craft activity

Renter is responsible for decorations, food, set-up and clean-up.

## GAITHERSBURG-WASHINGTON GROVE VOLUNTEER FIRE DEPARTMENT MUSEUM

13 E. Diamond Ave., Gaithersburg, MD 20877

301-646-1222 • www.gwgvfd.org

**Open Saturday, 10 a.m. – 2 p.m.**

Free admission, donations gratefully accepted.



## BENJAMIN GAITHER CENTER

ACTIVE ADULTS 55 AND BETTER

80A Bureau Drive • Gaithersburg, Maryland • 301-258-6380

Open Monday through Friday, 8:30 a.m. – 4 p.m.

Discover the energy and vitality of the Benjamin Gaither Center!

If you are an active adult and would like to increase your fitness level, participate in trips, attend informative lectures, choose from a wide variety of classes, enjoy entertainment, and meet new people – we have it!

Not sure if this is for you? Try us out for one day for free.

### Or Try Us for a Month!

Gaithersburg City Residents – \$10 per person  
Nonresidents – \$25 per person

### Yearly Membership Rates

Gaithersburg City Residents – \$45/\$30 Spouse  
Nonresidents – \$125/\$70 Spouse

### Fitness Center

Annual Membership – \$75 per person  
(Must be Benjamin Gaither Center Member)

### Fitness Center Hours

Mondays – Thursdays 8:30 a.m. – 8 p.m.  
Fridays 8:30 a.m. – 4 p.m.  
Saturdays 9 a.m. – 11:45 a.m.

*Bus transportation available depending on your geographic location.*



## 7 REASONS TO JOIN THE BENJAMIN GAITHER CENTER

Award Winning Group Fitness Classes • State of the Art Fitness Center  
Great Day Trips • Meet New Friends • Learn & Share Skills  
Educational Opportunities • Community Engagement

# SCHOOL'S OUT – NOT A PROBLEM!



## WINTER BREAK BLAST

Friday, January 20  
 8:30 a.m. – 4:30 p.m.  
 Activity Center at Bohrer Park  
 Port Discovery

## WINTER BREAK BLAST

Friday, January 27  
 8:30 a.m. – 4:30 p.m.  
 Activity Center at Bohrer Park  
 GYC and Bounce U

## SPRING HALF DAY HOOPLA

Friday, March 3  
 12:55 p.m. – 5:30 p.m.  
 TBD  
 Departs from Summit Hall Elementary  
 School



## JOIN the City of Gaithersburg!

The City of Gaithersburg offers amazing field trips on MCPS Professional and half days. Trips are available for children in grades 1-5. Pre-registration and a fee are required.

### SPRING BREAK CAMP 2017

A four-day camp packed with fun activities and field trips for children in grades 1-5. Camp runs from 8:30 a.m. to 4:30 p.m. Monday, April 10 through Thursday, April 13 at the Activity Center. Registration begins in March.  
 \*Note trips are subject to change.

Questions? Call Sydney Stasch: 301-258-6350 or email [sydney.stasch@gaitthersburgmd.gov](mailto:sydney.stasch@gaitthersburgmd.gov)



### SUMMER IN THE CITY

It's never too early to start planning for a fun-filled summer! For information about 2017 Summer Camp Program, camp registration, volunteer openings and employment opportunities, stay on the look-out for this year's "Summer in the City" brochure, available mid January. Camp Registration for City residents begins in February. For questions regarding summer camps or to obtain a "Summer in the City" guide, please call 301-258-6350 or visit the Activity Center at Bohrer Park, 506 S. Frederick Ave.

*Please be advised that trip locations and times are subject to change.*

Registration forms are available at the Activity Center at Bohrer Park (506 S. Frederick Ave) about one month prior to the trip date.

For more information please call Sydney Stasch at 301-258-6350 or email [sydney.stasch@gaitthersburgmd.gov](mailto:sydney.stasch@gaitthersburgmd.gov).



## GAITHERSBURG YOUTH CLUB

Check out our website:  
[www.gaithersburgmd.gov](http://www.gaithersburgmd.gov)  
Keyword: GYC

### To Register for GYC Membership

Registration forms for students in Grades 6 – 8 are available at the Youth Center at Robertson Park, the Youth Center in Olde Towne and the Activity Center at Bohrer Park. Forms may also be downloaded from the GYC webpage. Students attending GMS, FOMS, GHS, LPMS and RVMS can obtain forms at their school.

### GYC - One Year Membership Fee

\$18 Residents / \$22 Nonresidents

*Your membership is good for one year from the date you sign up*

### Membership Cards

GYC members will receive a membership card. The student MUST show his/her card to ride the GYC Shuttle and participate at the Youth Centers. There is an additional \$5 charge to replace a lost card.

### Youth Centers

GYC members who attend GMS and FOMS have access to the Olde Towne Youth Center and students at LPMS and RVMS have access to the Robertson Park Youth Center. These are Recreational Centers where members are required to sign in, but may leave at any time during hours of operation.

### Club Friday

Club Fridays are held on select Fridays from 7-9 p.m. GYC members pay a \$5 admission fee. Activities may include a DJ, pizza, video games, and prizes.

### GYC Trips on Half-Days and Holidays

Students have the opportunity to go on some great half-day and holiday trips. including Adventure Park USA, laser tag, movies, and bowling. Pre-registration with registration fee is required and space is often limited for these special trips, so register early!

*\*Only GYC members are eligible for trips!*

## HOLIDAY AND EARLY RELEASE DAY SCHEDULE (TENTATIVE)

*Please Note: Trips are subject to change.*

### December 28, Winter Break Trip

Zava Zone

Cost: \$30

### January 16, MLK Day

No School, GYC Closed

MLK Day of Service (SSL Hours)

Lunch at CiCi's Pizza

Cost: \$15

### January 20, Professional Day

No School, GYC Open Noon – 6 p.m.

Great Blacks in Wax Museum

Cost: \$15

### January 27, Professional Day

GYC Open Noon – 6 p.m.

Bowling and Burritos

Cost: \$20

### February 20, Presidents Day

No School, GYC Closed

No Trip

**GYC  
OVERNIGHT!**

7:30 p.m. – 7:30 a.m.  
Trip Locations and Cost TBD

*Stay up all night with the GYC as we  
embark on the best night of trips ever!*

## ROBERTSON PARK

801 Rabbitt Road  
301-258-6166  
YC-Robertson@gaitthersburgmd.gov

### Featuring a 30 Foot Rock Wall

#### Hours of Operation

Monday – Friday	2:45 – 7 p.m.
Half-days	Noon – 6 p.m.
Most Holidays	Noon – 6 p.m.
High School	
Monday – Friday	5 – 7 p.m.

## OLDE TOWNE

301 Teachers Way  
301-258-6440  
YC-OldeTowne@gaitthersburgmd.gov

### Featuring a Professional Recording Studio

#### Hours of Operation

Monday – Friday	2:45 – 7 p.m.
Half-days	Noon – 6 p.m.
Most Holidays	Noon – 6 p.m.
High School	
Monday – Friday	5 – 7 p.m.

#### GYC Shuttle

A City shuttle to the Youth Centers is provided after school for GYC members at the following schools:

Youth Center at Robertson Park  
Ridgeview MS and Lakelands Park MS

Youth Center in Olde Towne  
Forest Oak MS

Students from Gaithersburg MS are welcome to walk to the GYC at Olde Towne after school.



## PROGRAM HIGHLIGHTS:

- **Homework Time** – *Kids can get homework help every day!* GYC staff will be available for anyone who needs help with assignments.
- **Community Service Program** – If any students need service learning hours, send them our way! The Youth Centers organize service projects for middle school students. GYC members have opportunities to earn SSL hours and have fun every month!
- **Environmental Fun** – The GYCs are GREEN BUILDINGS! Great learning activities come hand-in-hand with their environmentally-friendly features.
- **GYC Studios** – Educational programming introducing students to our music recording equipment and band room at the Olde Towne Youth Center.



#### Check Out Our Websites

[gaitthersburgmd.gov/about-gaitthersburg/city-facilities/robertson-park-youth-center](http://gaitthersburgmd.gov/about-gaitthersburg/city-facilities/robertson-park-youth-center)  
[gaitthersburgmd.gov/about-gaitthersburg/city-facilities/gaitthersburg-youth-center-in-olde-towne](http://gaitthersburgmd.gov/about-gaitthersburg/city-facilities/gaitthersburg-youth-center-in-olde-towne)



## OPPORTUNITIES

Available at our Youth Centers

- Sports/Games*
- Arts and Crafts*
- Special Holiday Events and Activities*
- Billiards*
- Latest Video Game Consoles*
- Foosball*
- Table Tennis*
- Cooking Classes*
- Fitness Activities*
- Monthly Mentoring Programs*
- Community Service Projects*

## HIGH SCHOOL STUDENT UNION

Students in grade 9 – 12 can join the High School Student Union! Membership includes:

- Student Services Learning (SSL) opportunities
- Participation in fundraising events
- Field trips
- Admission to the Olde Towne and Robertson Park Youth Centers during high school hours
- Access to the Music Studio at Olde Towne Youth Center
- Admission to after school high school recreation programs at the Activity Center at Bohrer Park

Registration forms are available at the Activity Center at Bohrer Park, Robertson Park and Olde Towne Youth Centers.

Student Union 1-Year Membership Fee:  
\$6 Residents/\$12 Nonresidents

Check out our website: [www.gaithersburgmd.gov](http://www.gaithersburgmd.gov)  
Keyword: GYC

Questions?  
Contact Maura Dinwiddie  
[maura.dinwiddie@gaithersburgmd.gov](mailto:maura.dinwiddie@gaithersburgmd.gov) or 301-258-6350



## “MARTIN LUTHER KING, JR. CHALLENGE”

January 17 – 20

Service projects, competitions and fun activities scheduled all week long to encourage MLK's challenge to bring kindness and justice to the world around us.



Questions? Please contact Jake Hersom, Community Facility Manager (Robertson Park) at 301-258-6350 or [jake.hersom@gaithersburgmd.gov](mailto:jake.hersom@gaithersburgmd.gov) or Maura Dinwiddie, Community Facility Manager (Olde Towne) at 301-258-6350 or [maura.dinwiddie@gaithersburgmd.gov](mailto:maura.dinwiddie@gaithersburgmd.gov).



# GAITHERSBURG SPORTS!

[www.gaithersburgmd.gov/leisure/sports](http://www.gaithersburgmd.gov/leisure/sports)

## YOUTH SPORTS PROGRAMS

All programs are operated with the goal of providing a fun-filled and safe experience for every participant. We attempt to develop fundamentals skills while teaching and exposing players to good sportsmanship, fair play and respect for all participants. A very low key approach to competition is encouraged. We ask all parents to be supportive of their child's active participation. Registration for Spring '17 sports will begin on February 1, 2017.

### SPRING

Start Smart Baseball	Coed ages 4 & 5*
Start Smart Golf	Coed ages 4 & 5*
Youth T-Ball	Boys and Girls, Grades K – 2
Youth Softball	Girls, Grades 3 – 7
Youth JUGS Baseball	Coed, Grades 2 – 5
Youth Soccer	Boys & Girls, Grades 1 – 6
Youth Track & Field	Coed, Ages 7 – 14
Youth Volleyball	Boys & Girls, Grades 4 – 5
Teen Volleyball	Boys & Girls, Grade 6 – 8

### Registration

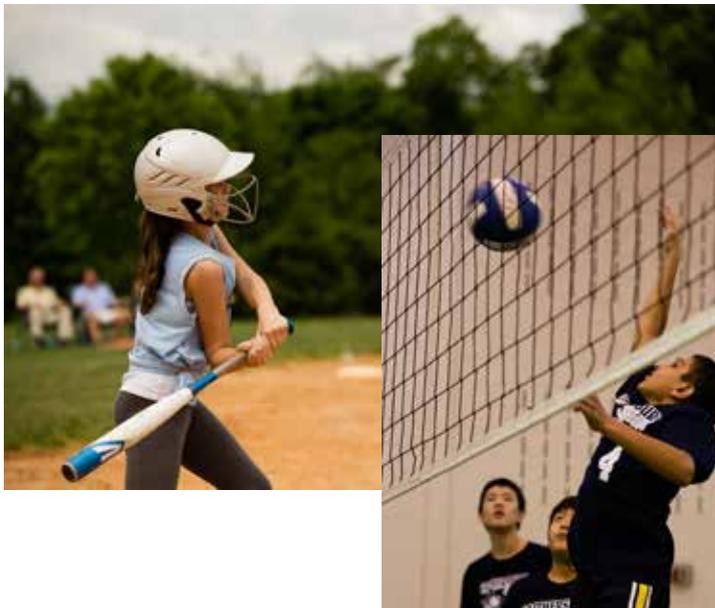
February 1 – First week of March

Fees:	Youth	\$50 City Residents/ \$65 Nonresidents
	Teen	\$55 City Residents/ \$70 Nonresidents

\* Start Smart Programs are limited to the first 20 registrants.

Some programs may be conducted in conjunction with another Recreation Department.

With the exception of "Start Smart," all of our youth and teen sports programs are formatted to practice one day a week and play one game a week. All practices and games are held at City or school facilities in the City of Gaithersburg.



## ADULT SPORTS

Adult sports are offered throughout the year, programmed for men and women 18 years of age or older. Our mission is to provide a safe environment where participants can enjoy the spirit of friendly competition.

### WINTER

- Men's Volleyball
- Women's Volleyball
- Open Gym Basketball
- Senior Bowling
- Pickleball

### SPRING

- Coed Softball
- Coed Volleyball
- Women's Volleyball
- Senior Tennis
- Senior Bowling
- Pickleball
- Golf Tournament

### SUMMER

- Indoor Volleyball
- Outdoor Doubles/Fours Volleyball
- Senior Tennis
- Senior Bowling
- Pickleball

### FALL

- Coed Softball
- Coed Volleyball
- Women's Volleyball
- Senior Tennis
- Senior Bowling
- Pickleball
- Golf Tournament

City of Gaithersburg  
301-258-6350

15th Annual  
*Spring Swing*

Friday, June 2, 2017  
8:45 a.m. Shotgun Start

Poolesville Golf Course  
16601 West Willard Road  
Poolesville, Maryland

**All proceeds  
benefit the youth coaches  
education program.**



## FITNESS ZONE

Activity Center  
at Bohrer Park  
506 S. Frederick Ave.  
301-258-6350

Maintaining a healthy routine couldn't be easier with our strength training and cardiovascular equipment, mats and locker rooms. We offer reasonable rates and a variety of membership plans. The Fitness Zone is open to everyone 16 years of age or older. Teens 13 – 15 are welcome after completing a fitness orientation. Membership and daily admission include use of fitness center and open gyms. All participants must check in at reception counter.

### FEES

Annual	Resident	Nonresident
Adult	\$180	\$215
*2-Person	\$295	\$355
Family	\$350	\$420
Senior (55+)	\$150	\$180
Youth (under 18)	\$150	\$180

\* Must reside within the same household

25-Admission	Resident	Nonresident
Adult	\$100	\$130
Senior (55+)	\$75	\$110
Youth (under 18)	\$75	\$110

3-Month Membership	Resident	Nonresident
All	\$70	\$105

Daily Admission	Resident	Nonresident
Adult	\$5	\$6
Senior (55+)	\$4	\$5
Youth (under 18)	\$4	\$5

### RECREATION SUPER PASS

A convenient, money-saving, all-inclusive membership plan that includes admission to:

- Water Park (seasonal)
- Gaithersburg Aquatic Center
- Fitness Center
- Open Gyms
- Miniature Golf Course (seasonal)

	Resident	Nonresident
Adult	\$305	\$500
*2-Person	\$455	\$685
Family	\$540	\$805

\* Must reside within the same household

# CREATIVE TOT TIME

## CASEY COMMUNITY CENTER

810 S. Frederick Ave.  
301-258-6366

### SCHOOL YEAR 2017 – 2018

Creative Tot Time provides a warm, loving environment where three and four year old can enjoy music and story time, arts and crafts, show and tell, and fun field trips.

#### Registration Dates

Residents: February 1, 2017  
Nonresidents: February 8, 2017

**25% of class fee is due at time of registration and there is a \$35 cancellation fee.**

#### 3-year old classes

(Children born between Sept. 1, 2013 – Sept. 1, 2014)

Class	Starts	Days	Time	Location
46333	9/5	T/TH	9:00 -11:30 am	CCC

Fees: \$700 Residents \$825 Nonresidents

#### 4-year old classes

(Children born on or before Sept. 1, 2013)

Class	Starts	Days	Time	Location
46334	9/6	M/W/F	9:00 -11:30 am	CCC

Fees: \$975 Residents \$1,150 Nonresidents

### SUMMER 2017

Creative Tot Time provides a warm, loving environment, where children three to five years of age will enjoy music, story time, arts & crafts, and show & tell. The summer program meets twice a week and has 12 sessions.

#### 3-year old classes

Class	Starts	Days	Time	Location
46371	6/26	M/W	9:00 -11:30 am	CCC
46372	6/27	T/TH	9:00 -11:30 am	CCC

#### 4-year old classes

Class	Starts	Days	Time	Location
46370	6/26	M/W	9:00 -11:30 am	CCC
46373	6/27	T/TH	9:00 -11:30 am	CCC

Fees: \$160 Residents \$195 Nonresidents

**Fees for Summer Creative Tot Time are due in FULL at time of registration.**

More information: Katie Gleeson at 301-258-6366 or katie.gleeson@gaitthersburgmd.gov



## PHYSICAL ACTIVITIES

### NEW ROCK N' WEAR

Baby-wearing dance is a light, loosely structured class and a great way to bond with your little one. The class begins with a quick baby carrier check to ensure the safety of our little ones. A group warm up and some strengthening exercises are followed by fun, easy to follow choreography. Little ones are not expected to be completely content throughout the class. If your brand new baby seems like he or she would rather cuddle up closer to mom or dad's face it is okay to take them out of the carrier and hold them however they are comfortable and continue dancing that way. If your walking child wants to get down and dance with the grown ups, that's okay, too.

**Age: 2 months - 1.5 years**

**Length: 45 minutes**

45870	1/23	M	10:45am	CCC 8	\$72(R)/\$79(N)	Woods
45871	1/21	Sa	11:00am	BGC 8	\$72(R)/\$79(N)	Woods

### PARENT AND ME GYMNASTICS

Parents and their little ones work together to crawl, climb, roll, balance, and play musical interactive games designed to promote development and body awareness.

**Age: 2 - 3 years**

**Length: 45 minutes**

45731	1/14	Sa	9:15am	CCC 9	\$81(R)/\$88(N)	Da Costa Lima
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### PRE-K GYMNASTICS

This fun filled class introduces your child to basic gymnastics skills. While they tumble, crawl and balance they also develop self-esteem, social skills and listening skills. In this class the children learn how to use a wide range of gymnastics equipment as well as small props such as hoops, bean bags and balls. Parents do not attend, but are invited to observe the last class.

**Age: 3 - 5 years**

**Length: 45 minutes**

45729	1/14	Sa	10:00am	CCC 9	\$81(R)/\$88(N)	Da Costa Lima
45730	1/12	Th	4:30pm	CCC 10	\$89(R)/\$96(N)	Da Costa Lima

### NEW YOGA - FAMILY

We plant seeds of peace in your child, yet this class is not very quiet, and that's okay! Young children learn best through play so we use toddler-friendly group and individual Yoga poses, stories, songs, and games. Children gain strength, develop motor skills, and relieve frustration. Adults develop breath awareness and the knowledge they can use Yoga as a tool with their children. Bring 2 Yoga mats.

**Age: 1 - 4 years**

**Length: 45 minutes**

45869	1/23	M	10:00am	CCC 8	\$72(R)/\$79(N)	Woods
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**DANCE**

**NEW FAMILY DANCE**

Share the joy of music and movement through rhythm and dance as you and your child are guided through playful dance exercises, instrument exploration, free expression, and group song. Your child will develop body awareness and control while exploring his or her own creativity to understand the connection between dance, rhythm and music. Please have one caregiver per child.

**Age: 1 - 4 years**

**Length: 45 minutes**

45872	1/23	M	4:00pm	CCC	8	\$72(R)/\$79(N)	Woods
45873	1/24	Tu	5:30pm	LMS	8	\$72(R)/\$79(N)	Woods
45874	1/21	Sa	10:00am	BGC	8	\$72(R)/\$79(N)	Woods

**CREATIVE DANCE**

Introduces children to the three elements of dance - energy, space and time - in a fun, image-oriented environment. Motor, spatial, cognitive and social skills are taught. Parents do not attend, but are invited to observe the last class.

**Age: 3 - 5 years**

**Length: 45 minutes**

45724	1/14	Sa	9:15am	CCC	9	\$81(R)/\$88(N)	Shriver
45725	1/23	M	5:00pm	LMS	8	\$72(R)/\$79(N)	Da Costa Lima
45727	1/14	Sa	11:15am	CCC	9	\$81(R)/\$88(N)	Da Costa Lima
45728	1/12	Th	5:30pm	CCC	10	\$89(R)/\$96(N)	Da Costa Lima

**MUSIC**

**PIANO FOR LITTLE FINGERS-PARENT AND CHILD**

Our youngest musicians will participate in instruction and age-appropriate theory along with musical games, listening excerpts, related projects and more. Each student will be issued a FREE rental instrument. Materials will be loaned for in-class and at-home exploration. A rental agreement must be signed by the parent at the first class. Instruments must be returned at the end of the program on the last scheduled class day. **Class registration fee is non-refundable.**

**Age: 2 - 5 years**

**Length: 30 minutes**

45805	1/21	Sa	10:00am	BGC	8	\$159(R)/\$166(N)	Staff
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**GUITAR – PARENT AND CHILD**

Our youngest musicians will participate in instruction and age-appropriate theory as well as musical games, listening excerpts, related projects and more. Each student will be issued a FREE rental instrument. Materials will be loaned for in-class and at-home exploration. A rental agreement must be signed by the parent at the first class. Instruments must be returned at the end of the program on the last scheduled class day. **Class registration fee is non-refundable.**

**Age: 4 - 7 years**

**Length: 30 minutes**

45806	1/21	Sa	10:45am	BGC	8	\$159(R)/\$166(N)	Staff
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**KEY:**

Activity	Start	Day	Time	Classes	Cost	Instructor
42356	9/10	Th	4:45pm	12	\$119(R)/\$126(N)	Jonson

(R) Resident / (N) Nonresident Resident

**CLASSES WILL NOT BE HELD:**

Monday, Jan. 16 – Martin Luther King, Jr. Day  
 Saturday, Feb. 18 – Presidents Day Weekend  
 Monday, Feb. 20 – Presidents Day



**PHYSICAL ACTIVITIES**

**NEW YOGA KIDS**

Through traditional and animal Yoga poses, songs, partner exercises, stories, and more, children at this age develop a familiarity with Yoga and its many benefits. While generally upbeat, students will also be guided through kid-friendly breathing and mindfulness exercises to gain the ability to find the peace within. Children are not expected to move quietly through this class. Moments of peace are often followed by laughter, wiggles, and even roars!

**Age: 5 - 7 years**

**Length: 45 minutes**

45875	1/23	M	6:00pm	CCC	8	\$72(R)/\$79(N)	Woods
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**ZUMBA KIDS**

Zumba Kids is exercise in disguise! Kids love to crank up the music, shake, wiggle, and have a blast with their friends. This class keeps kids engaged, reduces stress, gets the heart pumping, and makes them smile. In every class we learn a new dance, play dance games, and learn steps from around the world. Please bring water.

**Age: 6 - 11 years**

**Length: 1 hour**

45840	1/11	W	6:15pm	LMS	10	\$50(R)/\$57(N)	Batista
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**MUSIC**

**PIANO – GROUP**

Students participate in instruction and theory as well as musical games, listening excerpts, related projects and more. Each student will be issued a FREE rental instrument. Materials will be loaned for in-class and at-home exploration. A rental agreement must be signed by the parent at the first class. Instruments must be returned at the end of the program on the last scheduled class day. **Class registration fee is non refundable.**

**Age: 5 - 12 years**

**Length: 1 hour**

45802	1/23	M	7:00pm	BGC	8	\$192(R)/\$199(N)	Staff
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**CLASS LOCATION:**

ACBP	Activity Center at Bohrer Park
BGC	Benjamin Gaither Center
CCC	Casey Community Center
LMS	Lakelands Park Middle School

## PHYSICAL ACTIVITIES

### GYMNASTICS

Learn skills on the bars and balance beam, in vaulting and tumbling. Skills are taught in a safe, progressive order to build strength, flexibility and confidence. Participants should wear a tee-shirt and shorts or a leotard, and have bare legs and feet. Parents do not attend, but are invited to observe the last class.  
**Length: 1 hour**

#### 5-7 years

45416	1/21	Sa	9:00am	ACBP	8	\$79(R)/\$86(N)	Mongelli
45417	1/21	Sa	11:00am	ACBP	8	\$79(R)/\$86(N)	Mongelli
45418	1/31	Tu	5:30pm	ACBP	8	\$79(R)/\$86(N)	Mongelli
45422	1/31	Tu	6:30pm	ACBP	8	\$79(R)/\$86(N)	Mongelli
45722	1/21	Sa	10:00am	ACBP	8	\$79(R)/\$86(N)	Mongelli

#### 8-16 years

45419	1/21	Sa	10:00am	ACBP	8	\$79(R)/\$86(N)	Mongelli
45420	1/31	Tu	5:30pm	ACBP	8	\$79(R)/\$86(N)	Mongelli
45421	1/31	Tu	6:30pm	ACBP	8	\$79(R)/\$86(N)	Mongelli
45723	1/21	Sa	11:00am	ACBP	8	\$79(R)/\$86(N)	Mongelli

## Summer Gymnastics Clinics

Clinics are open to new and continuing students. Children learn skills on the bars and balance beam, in vaulting and tumbling. Skills are taught in a safe progressive order to build strength, flexibility and confidence. Participants should wear a t-shirt and shorts or a leotard and have bare legs and feet.

**Length: 1.5 hour**  
 Activity Center at Bohrer Park

#### Ages: 5 - 7 years

45909	6/19	MTuWThF	5:30pm	5	\$79(R)/\$89(N)	Mongelli
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#### Ages: 8-15 years

45910	6/19	MTuWThF	7:00pm	5	\$79(R)/\$89(N)	Mongelli
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### KARATE – TANG SOO DO YOUTH

Give your child the gift of confidence! Program can help your child improve self-discipline, develop better concentration and even improve school grades. Fee includes uniform. This is an introductory rate. Continuation after the trial session is only offered by Kicks Karate at an increased fee. Please note: Classes are held at the FH Shopping Center, 18226 FH Way and in Quince Orchard at The Shops at Potomac Valley, 12105 Darnestown Rd.

#### 4-6 yrs, 30 minutes

45878	1/10	TuTh	4:00pm	FH	10	\$98(R)/\$105(N)	Kicks
45879	1/9	MW	6:00pm	FH	10	\$98(R)/\$105(N)	Kicks
45880	1/9	MW	6:00pm	QO	10	\$98(R)/\$105(N)	Kicks
45881	1/10	TuTh	5:10pm	QO	10	\$98(R)/\$105(N)	Kicks
45882	1/9	MW	3:45pm	QO	10	\$98(R)/\$105(N)	Kicks
45887	2/14	TuTh	4:00pm	FH	10	\$98(R)/\$105(N)	Kicks
45888	2/13	MW	6:00pm	FH	10	\$98(R)/\$105(N)	Kicks
45889	2/13	MW	6:00pm	QO	10	\$98(R)/\$105(N)	Kicks
45890	2/14	TuTh	5:10pm	QO	10	\$98(R)/\$105(N)	Kicks
45891	2/13	MW	3:45pm	QO	10	\$98(R)/\$105(N)	Kicks

#### 7-12 yrs, 50 minutes

45883	1/10	TuTh	6:00pm	FH	10	\$98(R)/\$105(N)	Kicks
45884	1/9	MW	4:00pm	FH	10	\$98(R)/\$105(N)	Kicks
45885	1/9	MW	4:20pm	QO	10	\$98(R)/\$105(N)	Kicks
45886	1/10	TuTh	6:10pm	QO	10	\$98(R)/\$105(N)	Kicks
45892	2/14	TuTh	6:00pm	FH	10	\$98(R)/\$105(N)	Kicks
45893	2/13	MW	4:00pm	FH	10	\$98(R)/\$105(N)	Kicks
45894	2/13	MW	4:20pm	QO	10	\$98(R)/\$105(N)	Kicks
45895	2/14	TuTh	6:10pm	QO	10	\$98(R)/\$105(N)	Kicks

#### KEY:

Activity	Start	Day	Time	Classes	Cost	Instructor
42356	9/10	Th	4:45pm	12	\$119(R)/\$126(N)	Jonson

(R) Resident / (N) Nonresident



#### INCLEMENT WEATHER

In the event of inclement weather or emergencies call 301-330-0050 x2430 for the recorded message pertaining to class cancellations.



**DANCE**

**BALLET – INTRODUCTION**

Class introduces young children to ballet. It begins to teach an understanding of body movement, alignment, expression, grace and deportment.

**Age: 5 - 6 years**

**Length: 1 hour**

45854	1/12	Th	5:30pm	CCC	18	\$179(R)/\$186(N)	Meetze
45856	1/23	M	5:45pm	LMS	14	\$139(R)/\$146(N)	Da Costa Lima

**NEW**

**BALLET AND TAP**

This program is designed to introduce basic ballet and tap concepts and terminology. Begin work on the barre and continue with center work to improve balance, coordination, poise and rhythm while having fun and building the foundation for future studies in dance.

**Age: 5 - 6 years**

**Length: 1 hour**

45876	1/23	M	5:00pm	CCC	8	\$79(R)/\$86(N)	Woods
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**BALLET – INTRODUCTION TO BALLET/BALLET I**

This introductory class allows students to jump start their first experience with ballet, learning the basics in preparation for continuing study.

**Age: 5 - 10 years**

**Length: 1 hour**

45857	1/14	Sa	10:00am	CCC	9	\$89(R)/\$96(N)	Shriver
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**SUMMER DANCE CAMP**

This innovative camp offers students an opportunity to sample ballet, tap, modern, hip-hop and international dances. Students learn some dance history and tales of various ballets. Camp is open to new and continuing students. Register early as openings are limited.

**Age: 6 - 11 years**

**Length: 3 hours**

Casey Community Center

45907	6/26	MTuWThF	9:00am	5	\$139(R)/\$149(N)	Meetze
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Students should register for the appropriate level of ballet, but may be changed at the instructor's discretion.

**BALLET**

Classes provide the opportunity to learn or further one's knowledge of academic and classical ballet. An understanding of body movement, alignment, expression, grace and deportment are gained. Ballet training provides the foundation for tap, jazz and other theatrical dance forms.

**Level 1 (6.5-10 yrs)**

**Length: 1 hour**

45845	1/11	W	4:45pm	CCC	18	\$179(R)/\$186(N)	Meetze
45846	1/23	M	6:45pm	LMS	14	\$139(R)/\$146(N)	Da Costa Lima

**Level 2/3 ( 7-12 yrs)**

**Length: 1 hour**

45847	1/9	M	4:45pm	CCC	14	\$139(R)/\$146(N)	Meetze
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**Level 4/5 (9-16 yrs)**

**Length: 1 hour**

45848	1/9	M	5:45pm	CCC	14	\$139(R)/\$146(N)	Meetze
45849	1/11	W	5:45pm	CCC	18	\$179(R)/\$186(N)	Meetze

**Beginner Pointe (12-16 yrs)**

**Length: 1 1/2 hrs**

45850	1/10	Tu	6:15pm	CCC	18	\$270(R)/\$277(N)	Shriver
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**Beginner Pointe (12-16 yrs)**

**Length: 1 1/2 hour**

45853	1/13	F	6:15pm	CCC	17	\$255(R)/\$262(N)	Shriver
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**HIPHOP**

This class focuses on building technical skills, freestyle ability, and mastering Hip-Hop choreography. Students also are challenged to improve their coordination, musicality, and groove. Also, students learn foundation moves in other urban dance styles such as Popping, Locking and House. For more information visit [www.Esperonto.com](http://www.Esperonto.com)

**Length: 1 hour**

**Age: 8-10 yrs**

45394	1/12	Th	5:45pm	ACBP	18	\$179(R)/\$186(N)	Bean
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**Age: 11-16 yrs**

45395	1/12	Th	6:45pm	ACBP	18	\$179(R)/\$186(N)	Bean
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**CLASS LOCATION:**

ACBP	Activity Center at Bohrer Park
CCC	Casey Community Center
FH	Kicks Karate, Flower Hill Way
LMS	Lakelands Park Middle School
QO	Kicks Karate, Darnestown Road

**CLASSES WILL NOT BE HELD:**

Monday, Jan. 16 – Martin Luther King, Jr. Day  
 Saturday, Feb. 18 – Presidents Day Weekend  
 Monday, Feb. 20 – Presidents Day



**DANCE**

**BALLET, TEEN & ADULT**

Class consists of barre work, center floor and combinations. Designed for new students and those refreshing their abilities after a few years away.

**Age: 16 to Adult**

**Length: 1 hour**

45837	1/11	W	9:30am	CCC	11	\$109(R)/\$116(N)/\$55(S)	Meetze
45838	1/12	Th	6:30pm	CCC	11	\$109(R)/\$116(N)/\$55(S)	Meetze
45839	1/9	M	9:30am	CCC	9	\$89(R)/\$96(N)/\$45(S)	Meetze

**Summer  
Ballet Intensive**

Students will have a concentrated 90 minute ballet technique class. The program includes exploration of modern, stretch and strengthen exercise, as well as pointe variations. Prerequisite is a minimum of four years of ballet training.

**Age: 11 - 18 years**

**Length: 3 hours**

**Casey Community Center**

45908	6/26	MTuWThF	6:00pm	5	\$149(R)/\$159(N)	Shriver
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**BELLY DANCE — BEGINNER**

Learn to shimmy in style in this introduction to the beautiful art of belly dance. You'll practice foundation movements for the hips, torso, arms, and head, all while dancing to the latest music from the Middle East, North Africa, and the Mediterranean. Ananke breaks down each movement in easy to follow progressions. No experience required.

Two left feet okay!

**Age: 16 to Adult**

**Length: 1 hour**

45818	1/25	W	8:00pm	CCC	8	\$79(R)/\$86(N)/\$40(S)	Ananke
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**BELLY (MID EASTERN) DANCING – INTERMEDIATE**

Develop your own style in the practice and performance of dances from the Middle East, North Africa and the Mediterranean. Each semester focuses on an advanced topic such as the use of a prop, a folkloric style, improvisation techniques or performance skills. This is a class for experienced dancers who have completed Advanced Beginner Belly Dance, or who have otherwise gotten permission from the instructor.

**Age: 16 to Adult**

**Length: 1 hour**

45816	1/25	W	6:30pm	CCC	8	\$79(R)/\$86(N)/\$40(S)	Ananke
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**BELLY DANCE PRACTICE**

Take your study of belly dance to the next level in this 'bonus' cardio workout. Instructor-led drills are designed to increase your strength, flexibility, coordination and balance. It is a half hour of non-stop dancing that is guaranteed to improve your technique! Open to students who have completed or are concurrently enrolled in Advanced Beginner or Intermediate Belly Dance.

**Age: 16 to Adult**

**Length: 30 minutes**

45817	1/25	W	7:30pm	CCC	8	\$40(R)/\$47(N)	Ananke
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**Appropriate dance footwear must be worn for dance classes. No rubber soles, flip flops, or slides please.**

## COUNTRY WESTERN SAMPLER

Learn the basics of partner dancing to fast and slow country music. No partner and no experience required. Just come to have fun! Dances may include Country 2-Step, Waltz, Polka, Swing, Cha Cha, Nightclub, and others by request as time permits.

**Age: 16 to Adult**

**Length: 1 hour**

### Level 1

45864 1/15 Su 2:00pm CCC 4 \$39(R)/\$46(N)/\$35(S) Stearns

### Level 2

45913 2/26 Su 2:00pm CCC 4 \$39(R)/\$46(N)/\$35(S) Stearns

## LATIN VARIETY

Latin Variety is an introductory dance course that gives a foundation of movement for students who have had little or no dance experience. Students will learn the basics in Salsa, Merengue, Cha Cha and Bachata. Emphasis will be on fun and the overall wellness dancing brings. The development of partnering skills, lead and follow, the basic principles of timing, and variations of simple turn patterns will be covered. Everyone welcome!

**Age: 16 to Adult**

**Length: 1 hour**

### Level 2

45820 1/11 W 6:00pm BGC 10 \$99(R)/\$106(N)/\$50(S) Wherry

## WEST COAST SWING

West Coast Swing is the smoothest form of Swing dance and has grown in popularity in the past decade. The DC area is teeming with places to jump, jive and wail on the dance floor. No partner or experience is required. Come out, learn to dance, and be ready to have some fun.

**Age: 16 to Adult**

**Length: 1 hour**

### Level 1

45865 1/15 Su 3:00pm CCC 4 \$39(R)/\$46(N)/\$35(S) Stearns

### Level 2

45914 2/26 Su 3:00pm CCC 4 \$39(R)/\$46(N)/\$35(S) Stearns



## HIPHOP DANCE

Teens and adults are challenged to learn Hip Hop choreography while building skills and free-style moves.

**Age: Teen and Adult**

**Length: 1 hour**

45877 1/24 Tu 6:20pm LMS 8 \$79(R)/\$86(N) Woods

### CLASS LOCATION:

ACBP Activity Center at Bohrer Park  
 BGC Benjamin Gaither Center  
 CCC Casey Community Center  
 LMS Lakelands Park Middle School

### CLASSES WILL NOT BE HELD:

Monday, Jan. 16 – Martin Luther King, Jr. Day  
 Saturday, Feb. 18 – Presidents Day Weekend  
 Monday, Feb. 20 – Presidents Day

### KEY:

Activity	Start	Day	Time	Classes	Cost	Instructor
42356	9/10	Th	4:45pm	12	\$119(R)/\$126(N)/\$65(S)	Jonson

(R) Resident / (N) Nonresident / (S) Senior Resident



### INCLEMENT WEATHER

In the event of inclement weather or emergencies call 301-330-0050 x2430 for the recorded message pertaining to class cancellations.



**FITNESS**

**BONE BUILDERS**

Bone Builders is a free volunteer-led exercise program offered for ages 55+, in partnership with Montgomery County Department of Health and Human Services, Recreation, and the RSVP volunteer program. Participants lift ankle weights and hand weights to increase bone density in this evidence-based program. Bone Builders has a strict attendance policy: participants must consistently attend twice per week to maintain their places in class. Other similar, affordable, easily transitional offerings are available at the Benjamin Gaither Center and Montgomery County Recreation Centers.

**Age: 55 years and up**

**Length: 1 hour**

45408 1/9 MW 10:00am ACBP 24 Free(R)/Free(N) Snay

**CORE STRENGTH**

You think this is all sit-ups? Think again! This core workout lets you train like an athlete in just 45 minutes. A strong core, from shoulders to hips, allows you to develop supportive muscles, ease low back pain and improve functional motions. Please bring a mat for floor work and a towel (to be used as a tool). Hand weights (ranging from 2-10 lbs.) will be used for strength training. A limited number of weights are available at the facility; you are encouraged to bring your own.

**Age: 16 to Adult**

**Length: 45 minutes**

45793 1/9 MW 6:20pm LMS 16 \$104(R)/\$111(N) Brouillette  
 45794 1/9 M 6:20pm LMS 7 \$46(R)/\$53(N) Brouillette  
 45795 1/11 W 6:20pm LMS 9 \$59(R)/\$66(N) Brouillette

**STEP ROCKS!**

High-octane combinations set to motivating, current music create a fun and effective full-body workout. The moves are simple, athletic and easy to grasp yet vigorous enough that you KNOW you have had a workout. Class consists of a warm up, cardiovascular work with specific training objectives, challenging abdominals and a cool down/stretch sequence. Bring a step and mat to class. A limited number of steps are available on site. Call instructor Nancy at 301-990-1846 with any questions.

**Age: 16 to Adult**

**Length: 45 minutes**

45796 1/9 MW 7:15pm LMS 16 \$104(R)/\$111(N) Brouillette  
 45797 1/9 M 7:15pm LMS 7 \$46(R)/\$53(N) Brouillette  
 45798 1/11 W 7:15pm LMS 9 \$59(R)/\$66(N) Brouillette

**CORE + STEP ROCKS!**

Please see descriptions for Core and Step Rocks!

**Age: 16 to Adult**

**Length: 1 hour and 30 minutes**

45799 1/9 M 6:20pm LMS 7 \$91(R)/\$98(N)/\$77(S) Brouillette  
 45800 1/11 W 6:20pm LMS 9 \$117(R)/\$124(N)/\$99(S) Brouillette  
 45801 1/9 MW 6:20pm LMS 16 \$192(R)/\$199(N)/\$160(S) Brouillette

**HIGH-INTENSITY INTERVAL TRAINING (H.I.T.)**

Interval endurance training for the athletic adult. Warm up, and then go into high-intensity bursts (run or power walk, interspersed with recovery periods using other muscle groups) followed by balance challenges, flexibility with long sticks (provided) or floor work.

**Age: 18 to Adult**

**Length: 1 hour**

45423 1/3 Tu 9:15am ACBP 14 \$70(R)/\$77(N) Mornini  
 45424 1/5 Th 9:15am ACBP 14 \$70(R)/\$77(N) Mornini

**KICK-BOXING**

Aerobics class combined with the self defense techniques of blocking, kicking and punching. Wear regular workout clothes. Boxing gloves included in fee. Please note: Quince Orchard classes are held at The Shops at Potomac Valley, 12105 Darnestown Road. FH classes are held at 18226 FH Way.

**Age: 16 to Adult**

**Length: 50 minutes**

45896 1/10 TuTh 5:00pm QO 10 \$90(R)/\$97(N) Kicks  
 45897 1/9 MW 6:00pm QO 10 \$90(R)/\$97(N) Kicks  
 45898 1/10 TuTh 8:00pm FH 10 \$90(R)/\$97(N) Kicks  
 45899 1/9 MW 6:00pm FH 10 \$90(R)/\$97(N) Kicks  
 45900 1/14 Sa 8:00am FH 10 \$90(R)/\$97(N) Kicks  
 45901 1/14 Sa 11:00am QO 10 \$90(R)/\$97(N) Kicks  
 45902 2/14 TuTh 5:00pm QO 10 \$90(R)/\$97(N) Kicks  
 45903 2/13 MW 6:00pm QO 10 \$90(R)/\$97(N) Kicks  
 45904 2/14 TuTh 8:00pm FH 10 \$90(R)/\$97(N) Kicks  
 45905 2/13 MW 6:00pm FH 10 \$90(R)/\$97(N) Kicks

**LOW IMPACT AEROBIC FITNESS & DANCE**

Become healthier and more fit while having fun and improving your cardiovascular fitness. Includes warm-up, stretching, dancing and cool-down. No previous dance experience necessary. Bring a mat and hand weights up to 2 lbs.

**Age: 18 to Adult**

**Length: 1 hour**

45835 1/10 Tu 9:30am CCC 12 \$84(R)/\$91(N)/\$60(S) Ford  
 45836 1/12 Th 9:30am CCC 12 \$84(R)/\$91(N)/\$60(S) Ford

**PILATES – BEGINNING**

Ever wanted to try Pilates, but weren't sure what it was all about? Get in on the ground floor with this introductory class.

**Age: 16 to Adult**

**Length: 1 hour**

45407 1/12 Th 7:00pm ACBP 11 \$99(R)/\$106(N)/\$55(S) Beck

**PILATES – CLASSICAL MAT**

System of exercises designed to dynamically strengthen and lengthen the body. Balance, flexibility, joint stability, and improved posture are achieved and maintained. Relaxation techniques are incorporated to enhance mind/body awareness.

**Age: 16 to Adult**

**Length: 1 hour**

45405 1/13 F 11:15am CCC 11 \$99(R)/\$106(N)/\$55(S) Lu-Weir  
 45406 1/10 Tu 6:30pm ACBP 11 \$99(R)/\$106(N)/\$55(S) Beck



**PIYO**

PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of Yoga. By introducing you to dynamic, flowing sequences PiYo delivers a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined. Bring a mat.

**Age: Teen and Adult**

**Length: 1 hour**

45859	1/10	Tu	7:35pm	LMS	11	\$77(R)/\$84(N)/\$55(S)	McCright
45860	1/12	Th	7:30pm	LMS	11	\$77(R)/\$84(N)/\$55(S)	McCright

**SPIRIT CLUB FITNESS**

Fitness for All! SPIRIT is an acronym for Social, Physical, Interactive, Respectful, Integrated & Teamwork. Classes focus on body awareness, balance, stability, flexibility, functional movement, strength, endurance, agility, nutritional habits, social skills and more. They are created to accommodate people of all ages and abilities, led by certified Fitness Instructors with training through the Developmental Disabilities Administration.

**Age: 16 to Adult**

**Length: 1 hour**

45808	1/12	Th	6:00pm	BGC	4	\$90(R)/\$97(N)	Ciner
45809	2/16	Th	6:00pm	BGC	4	\$90(R)/\$97(N)	Ciner
45810	3/23	Th	6:00pm	BGC	4	\$90(R)/\$97(N)	Ciner

**STRETCH**

Increase flexibility and joint mobility in this alignment-oriented class. Work through stretches for the entire body as well as relaxation techniques to reduce stress.

**Age: 16 to Adult**

**Length: 1 hour**

45842	1/13	F	10:15am	CCC	11	\$99(R)/\$106(N)/\$55(S)	Lu-Weir
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**STRETCH AND BALANCE**

Increase flexibility, joint mobility and standing balance through improved alignment and balancing the functional muscles of the body. Relax and let go of stress to balance the mind as well.

**Age: 16 to Adult**

**Length: 1 hour**

45843	1/11	W	12:00pm	CCC	11	\$99(R)/\$106(N)/\$55(S)	Lu-Weir
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**TAI CHI**

An ancient Chinese exercise form practiced by millions for both physical and spiritual development. It exercises the body, calms the mind and uplifts the spirit. Benefits the average person, athletes or those recovering from injuries or back problems. Wear loose clothing.

**Age: Teen and Adult**

**Length: 1 hour**

45425	1/7	Sa	11:30am	ACBP	8	\$72(R)/\$79(N)/\$40(S)	Ostrove
45427	1/10	Tu	6:30pm	CCC	10	\$89(R)/\$96(N)/\$50(S)	Ostrove

**Continuing**

45426	1/7	Sa	10:30am	ACBP	8	\$72(R)/\$79(N)/\$40(S)	Shi
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**TAI CHI PRACTICE CLASS I**

Students who register for this class should have learned Tai Chi 24 Form and wish to further refine their knowledge of that Form. Qi Gong Ba Duan Jin Form, which focuses more on relaxing and stretching, is also practiced. An instructor is available to lead and assist.

**Age: Teen and Adult**

**Length: 1 hour**

45428	1/7	Sa	11:30am	ACBP	8	\$72(R)/\$79(N)/\$40(S)	Shi
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**TAI CHI PRACTICE II**

This class is for students who have learned the Tai Chi 24 Form and wish to learn additional Tai Chi Forms including the 42 Sword Competition Form and the Tai Chi 48 Form. Qi Gong Ba Duan Jin Form, which focuses more on relaxing and stretching, is also practiced.

**Age: 16 to Adult**

**Length: 1 hour**

45429	1/7	Sa	10:30am	ACBP	8	\$72(R)/\$79(N)/\$40(S)	Xu
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**WORK SMART STRENGTH TRAINING**

Work smarter not harder with a dynamic, whole-body workout. Engage your core muscles in new ways, attend to flexibility and subtle alignment for safety, and release restrictions in your connective tissue. You'll leave with a workout you can do at home or on the road.

**Age: 16 to Adult**

**Length: 1 hour**

45433	1/24	Tu	10:00am	ACBP	9	\$81(R)/\$88(N)/\$41(S)	Thompson
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**KEY:**

Activity	Start	Day	Time	Classes	Cost	Instructor
42356	9/10	Th	4:45pm	12	\$119(R)/\$126(N)/\$65(S)	Jonson

(R) Resident / (N) Nonresident / (S) Senior Resident

**CLASS LOCATION:**

- ACBP Activity Center at Bohrer Park
- BGC Benjamin Gaither Center
- CCC Casey Community Center
- FH Kicks Karate, Flower Hill Way
- LMS Lakelands Park Middle School
- QO Kicks Karate, Darnestown Road

**CLASSES WILL NOT BE HELD:**  
 Monday, Jan. 16 – Martin Luther King, Jr. Day  
 Saturday, Feb. 18 – Presidents Day Weekend  
 Monday, Feb. 20 – Presidents Day



**NEW** **YOGA BASICS**

Yoga Basics is an introductory class for beginners to learn foundational poses, as well as a way for current practitioners to learn more about their bodies and themselves as they deepen their understanding of the various types of poses. The course will focus mainly on standing poses, with the addition of a few basic backbends, twists, and forward folds for an overall balanced practice to help restore balance in the body. Please bring a Yoga mat.

**Age: 16 to Adult**  
**Length: 1 hour**  
 45867 1/10 Tu 7:15pm BGC 10 \$89(R)/\$96(N)/\$50(S) Psaltakis

**YOGA – ADAPTIVE**

Participants include individuals with herniated discs and back pain, chronic pain, MS and those post-surgery and injury. Warm-ups and movement explorations guide participants to ease into poses. Students will gain a working knowledge of Yoga and also learn how to carry these approaches into everyday activities such as walking, bending and lifting. Chair Poses: All explorations are done sitting in chairs. Floor Poses: Explore postures and movements while sitting or lying on the floor.

**Age: 16 to Adult**  
**Length: 1 hour**  
**Chair Poses**  
 45435 1/24 Tu 11:00am ACBP 9 \$81(R)/\$88(N)/\$41(S) Thompson

**Floor Poses**  
 45434 1/26 Th 11:00am ACBP 9 \$81(R)/\$88(N)/\$41(S) Thompson

**YOGA – GENTLE EXPLORATIONS**

Learn how to free muscle tension and stiff joints using movement explorations and Yoga poses that feel easy and relaxed. We'll explore how to apply effective alignment to everyday activities to increase your overall comfort and energy levels. Beginners and students with chronic pain welcome.

**Age: 16 to Adult**  
**Length: 1 hour**  
 45430 1/24 Tu 9:00am ACBP 9 \$81(R)/\$88(N)/\$41(S) Thompson  
 45431 1/23 M 6:45pm BGC 8 \$72(R)/\$79(N)/\$40(S) Thompson  
 45432 1/26 Th 10:00am ACBP 9 \$81(R)/\$88(N)/\$41(S) Thompson

**YOGA – RESTORATIVE**

Fully relax and surrender in this quieting, supportive and revitalizing Yoga practice. The class will begin with gentle flow leading into restorative postures that are supported by props and help to calm your mind and relax your body. Learn restorative and supportive practices you can do at home to help with easing stress and getting a good night's sleep. No Yoga experience needed.

**Age: 16 to Adult**  
**Length: 1 hour**  
 45863 1/14 Sa 10:00am BGC 9 \$81(R)/\$88(N)/\$45(S) Riley

**YOGA – VINYASA**

Follow the flow of breath through sequences of asanas or postures in this Vinyasa Flow class. Synchronize movement with breath to awaken strength, energy and flexibility. Open to all levels of practice. Options and modifications will be presented for all participants to work at their own levels.

**Age: 16 to Adult**  
**Length: 1 hour**  
 45862 1/14 Sa 9:00am BGC 9 \$81(R)/\$88(N)/\$45(S) Riley

**YOGA FOR REAL BODIES**

A pleasurable approach to Yoga. Alignment and movement adjustments allow you to gain a working knowledge of how to release tension and ease into poses. Beginners welcome. Monday and Thursday evenings are 75 minutes, Thursday mornings are 60 minutes.

**Age: 16 to Adult**  
**Length: 1 hour and 15 minutes**  
 45436 1/23 M 7:45pm BGC 8 \$91(R)/\$98(N)/\$50(S) Thompson  
 45437 1/26 Th 9:00am ACBP 9 \$81(R)/\$88(N)/\$41(S) Thompson  
 45438 1/26 Th 7:45pm BGC 9 \$102(R)/\$109(N)/\$56(S) Thompson

**YOGA CHALLENGE FOR REAL BODIES**

Prepare the body and attend to alignment so that you practice safety and experience the satisfaction of doing challenging poses with perfect balance of strength and relaxation. A nice workout for those who are physically fit and already familiar with Yoga.

**Age: 16 to Adult**  
**Length: 1 hour and 15 minutes**  
 45821 1/23 M 5:30pm BGC 8 \$91(R)/\$98(N)/\$50(S) Thompson  
 45822 1/26 Th 5:30pm BGC 9 \$102(R)/\$109(N)/\$56(S) Thompson

**YOGA FOR BACK PAIN**

Gentle movement sequences release tight back muscles and restricted joints. Learn how to effectively use your core to protect your back. Directions include new ways to adjust alignment and distribute movement more evenly through the body in order to prevent strain and future injuries.

**Age: 16 to Adult**  
**Length: 1 hour**  
 45832 1/26 Th 6:45pm BGC 9 \$81(R)/\$88(N)/\$41(S) Thompson

**CLASSES WILL NOT BE HELD:**  
 Monday, Jan. 16 – Martin Luther King, Jr. Day  
 Saturday, Feb. 18 – Presidents Day Weekend  
 Monday, Feb. 20 – Presidents Day



### ZUMBA

Our goal is simple: Love your workout. Zumba features interval dance sessions that combine fast and slow rhythms to maximize fat burning. Learn the Tango, Salsa, Cumbia and Reggaeton. We'll add some Latin flavor and international zest into the mix while you experience an hour of body-energizing, stress-relieving fun. Join the Zumba Fitness Party!

**Age: Teen and Adult**

**Length: 1 hour**

45410	1/21	Sa	9:00am	ACBP 8	\$40(R)/\$47(N)	Turner
45411	1/10	Tu	7:35pm	CCC 11	\$55(R)/\$62(N)	Edghill
45412	1/11	W	6:45pm	ACBP 12	\$60(R)/\$67(N)	Ford
45413	1/11	W	7:30pm	LMS 10	\$50(R)/\$57(N)	Batista
45414	1/11	W	7:05pm	BGC 10	\$50(R)/\$55(N)	Wherry

### ZUMBA FUSION 101

Zumba and toning all in one hour. Zumba Fusion 101 is an excellent introduction to Zumba. It features interval dance and toning choreography that combines slower rhythms and more basic choreography to maximize fat burning while building muscle. Zumba Fusion is for those new to fitness.

**Age: Teen and Adult**

**Length: 1 hour**

45833	1/9	M	11:00am	CCC 10	\$50(R)/\$57(N)	Ford
45834	1/11	W	10:35am	CCC 12	\$60(R)/\$67(N)	Ford

### ZUMBA STRONG

STRONG by Zumba(TM) combines high intensity interval training with the science of Synced Music Motivation. In every class, music and moves sync in a way that pushes you past your perceived limits, to reach your fitness goals faster.

**Age: 16 to Adult**

**Length: 50 minutes**

45868	1/17	Tu	6:30pm	LMS 10	\$50(R)/\$57(N)	Batista
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**Free demo:**

45906	1/10	Tu	6:30pm	LMS 1	Free(R)/Free(N)	Batista
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### ZUMBA TONING

Zumba Toning features interval dance and toning sessions that combine fast and slow rhythms to maximize fat burning while building muscle. Zumba Toning makes an excellent addition to your current Zumba dance fitness schedule, or provides a great workout on its own. Bring 1 or 2 pound hand weights.

**Age: Teen and Adult**

**Length: 1 hour**

45415	1/9	M	6:30pm	ACBP 10	\$50(R)/\$57(N)	Ford
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### VOICE ACTING: GETTING PAID TO TALK

Ever been told you have a great voice? From audio books and cartoons to documentaries, commercials, and more, this class introduces you to the field of voice over. Learn the history, industry pros and cons, and what those hiring will expect. Students each record a short professional script under the direction of a voice coach. More information is at <http://www.voicecoaches.com/gppt>.

**Age: 16 to Adult**

**Length: 2 hours and 30 minutes**

45815	1/18	W	6:30pm	BGC 1	\$35(R)/\$39(N)	Staff
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### NEW WRITING FROM TRAVEL PHOTOS

Do you have a flood of memories, tend to get lost in your thoughts, and maybe spin a few tall tales when you look at your travel photos? Take those creative impulses and write an essay, an article, or a fantasy. Join other travelers while sitting in our Community Museum Budd Car. Bring some photos, a laptop, tablet, or an old fashioned journal and let your imagination take off.

**Age: 16 to Adult**

**Length: 1 hour**

45912	1/10	Tu	6:30pm	CM 4	\$25(R)/\$29(N)	Lottes
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### GUITAR – GROUP

Students participate in musical instruction and theory as well as musical games, musical listening excerpts, related projects and more. Each student will be issued a FREE rental instrument. Materials will be loaned for in-class and at-home exploration. A rental agreement must be signed by the parent at the first class. Instruments must be returned at the end of the program on the last scheduled class day. **Class registration fee is non-refundable.**

**Age: Teen and Adult**

**Length: 1 hour**

45804	1/26	Th	7:00pm	BGC 8	\$192(R)/\$199(N)	Staff
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### PIANO – GROUP

Students participate in instruction and theory as well as musical games, listening excerpts, related projects and more. Each student will be issued a FREE rental instrument. Materials will be loaned for in-class and at-home exploration. A rental agreement must be signed by the parent at the first class. Instruments must be returned at the end of the program on the last scheduled class day. **Class registration fee is non refundable.**

**Age: Teen and Adult**

**Length: 1 hour**

45803	1/25	W	6:30pm	BGC 8	\$192(R)/\$199(N)	Staff
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### CLASS LOCATION:

ACBP	Activity Center at Bohrer Park
BGC	Benjamin Gaither Center
CCC	Casey Community Center
CM	Community Museum
LMS	Lakelands Park Middle School



**INCLEMENT WEATHER**  
In the event of inclement weather or emergencies call 301-330-0050 x2430 for the recorded message pertaining to class cancellations.

**KEY:**

Activity	Start	Day	Time	Classes	Cost	Instructor
42356	9/10	Th	4:45pm	12	\$119(R)/\$126(N)/\$65(S)	Jonson

(R) Resident / (N) Nonresident / (S) Senior Resident



## ARTS BARN

311 Kent Square Rd.  
301-258-6394

**Class registration fees are non-refundable.  
Registration is ongoing.**

### PRESCHOOL

#### ARTFUL SATURDAYS

Youngsters, together with their parent or guardian, create projects using an array of media. Discover colors and shapes while developing fine motor skills and expanding creativity. Each session explores a different theme. A supply fee of \$10 is due at the first class. No charge for parent/guardian. No class 2/18.

**Age: 3 - 5 years**

**Length: 45 minutes**

45952 2/11 Sa 3:45pm 6 \$59(R)/\$68(N) Donnelly



### MAKIN' ART MONDAYS

Budding artists, together with their parent or guardian, will create fun art projects using an array of 2- and 3-D mediums. Students work with colors and shapes while developing fine motor skills and expanding creativity. Each session explores a different theme. A supply fee of \$10 is due at first class. No charge for parent/guardian. No class 2/20.

**Age: 3 - 5 years**

**Length: 45 minutes**

46283 1/23 M 11:00am 4 \$39(R)/\$45(N) Srinivasan

### SHAKE, RATTLE & ROLL LITTLE HANDS

Sing, play instruments, dance and have fun! Children and their parent/guardian enjoy music and movement using drums, sticks, bells, shakers and more. A supply fee of \$8 is due at the first class for the Little Hands CD of songs.

**Length: 45 minutes**

**Infants (ages 2 months - 2.0 years)**

46086 1/17 Tu 11:15am 6 \$81(R)/\$90(N) Carvell

**Toddlers (ages 1.5-3.5 years)**

46089 1/17 Tu 10:15am 6 \$81(R)/\$90(N) Carvell

**Preschoolers (ages 3-5 years)**

46085 1/17 Tu 12:30pm 6 \$81(R)/\$90(N) Carvell

### YOUTH

#### A CAPPELLA SCHOOL

Students learn the basics of a cappella from the pros in a comfortable group setting. Increase performance skills and musicality as well as self-confidence, presence and the ability to work as part of a team. The class will culminate with a studio recording and live performance.

**Age: 8 - 11 years**

**Length: 1 hour and 15 minutes**

45915 1/17 Tu 4:15pm 6 \$98(R)/\$113(N) School Staff

**Age: 12 - 18 years**

**Length: 1 hour and 30 minutes**

46137 1/19 Th 4:00pm 6 \$117(R)/\$135(N) School Staff

#### ABC ARTIST

Come have fun with us as we study an artist for each alphabet letter. The artists have been chosen to enthrall the kindergarten and first grade child, inspiring 3-D and 2-D fun such as building with wood, painting blue horses, circus art, making mobiles, drawing monsters, splatter painting and painting with shapes. A supply fee of \$20 is due at first class. No class 2/18.

**Age: 5 - 7 years**

**Length: 45 minutes**

45919 2/11 Sa 2:00pm 6 \$59(R)/\$68(N) Waldhorn

#### BASICS OF ACTING: FAIRY TALES

Learn basic acting skills through a modern look at classic fairy tale characters. Students will rehearse with dynamic scripts, practice projection and articulation, and develop creative expression and physical awareness through improvisational exercises. They'll build strong characters and more. The final day of class is performance day! No class 2/20.

**Age: 8 - 12 years**

**Length: 1 hour and 30 minutes**

45968 1/23 M 4:15pm 8 \$156(R)/\$180(N) Phelan



## FINAL CUT!

Discover stimulating & dramatic art in Final Cut collage. The instructor explains cut paper media to explore unique design principles. Cut magazine pictures crafted on paper bring out a variety of creative visual effects to learn basic quilt-like patterns, textile and graphic design. Students may bring their own age-appropriate color magazine images or make color and subject selections from our expired magazine box. A supply fee of \$10 is due at first class. No class 2/20.

**Age: 8 - 11 years**

**Length: 1 hour**

46287 1/23 M 4:15pm 8 \$104(R)/\$120(N) Miller

## GO GREEN: THE ART OF UPCYCLING

Get creative in this fun-filled class. Explore a variety of new and recycled materials to create unique projects. Students will explore color, line and texture in 2- and 3-D art. A \$10 supply fee due at first class.

**Age: 7 - 11 years**

**Length: 1 hour and 15 minutes**

**Characters Galore!**

46138 1/19 Th 4:15pm 6 \$98(R)/\$113(N) Yuen

**Age: 4 - 6 years (w/ Parent/Guardian)**

**Length: 45 minutes**

**Make Your Own Toys**

46040 1/17 Tu 4:00pm 6 \$59(R)/\$68(N) Yuen

## IMAGINATIVE ART

Create art projects inspired by fine and folk art. A variety of media will be explored, including paints, pencils, pastels, ink and non-traditional art items. Please wear clothes that can get messy, or bring a smock. A supply fee of \$12 is due at first class. No class 2/20.

**Age: 8 - 12 years**

**Length: 1 hour**

46050 1/23 M 4:30pm 8 \$104(R)/\$120(N) Parris

## MUSICAL THEATRE ESSENTIALS

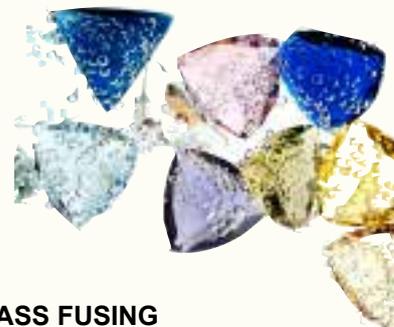
If you love musical theatre and would like to be a part of it, this class is for you. Develop musical theatre skills through Broadway hits, other show stoppers, monologues and more. Class culminates in a cabaret style performance with live accompaniment on the last day.

**Age: 9 - 14 years**

**Length: 1 hour and 15 minutes**

46065 1/18 W 4:30pm 11 \$179(R)/\$206(N) Bayer

## YOUTH WORKSHOP



### KID'S ADVENTURE GLASS FUSING

Explore the art of melting glass together. Each month offers a different project. Experiment with inclusions between glass as well as melting glass over forms. Students will be standing for most of the class. Please wear closed-toed shoes. A \$20 supply fee due at workshop. Project may be picked up the following Saturday.

**Age: 8 - 12 years**

**Length: 2 hours**

46115 1/7 Sa 1:30pm 1 \$36(R)/\$40(N) Glander

## TEENS TO ADULTS

### CARTOONING

For the teen that loves cartoons, anime and manga. Learn the art of cartooning, including drawing your own unique characters, the language and style of dialogue balloons and cartoon text, and more. Develop and improve drawing, painting, inking and cartooning skills. A supply list is available at the Arts Barn.

**Age: 11 - 18 years**

**Length: 1 hour and 30 minutes**

46281 1/17 Tu 4:00pm 6 \$117(R)/\$135(N) Mason

### DRAWING WITH FIRE

Charcoal is formed by burning wood without the presence of oxygen. Charcoal's deep black tones make it a very useful substance for black and white masterpieces. While sometimes challenging to use, charcoal can produce a very unique look that, when mastered, can mesmerize anyone's eye. This program is designed to equip any artist to create beautiful works of art using charcoal. Supply list available at the Arts Barn. Please bring supplies to the first class. No class 2/2.

**Age: 14 to Adult**

**Length: 1 hour and 30 minutes**

46285 1/19 Th 6:30pm 5 \$98(R)/\$113(N) Furman



### INCLEMENT WEATHER

In the event of inclement weather or emergencies call 301-330-0050 x2430 for the recorded message pertaining to class cancellations.

#### KEY:

Activity	Start	Day	Time	Classes	Cost	Instructor
42356	9/10	Th	4:45pm	12	\$119(R)/\$126(N)	Jonson

(R) Resident / (N) Nonresident

**TEENS TO ADULTS****FUNDAMENTALS OF OIL PAINTING**

Oil painting techniques and concepts are introduced through practice and demonstration. The class will cover use of materials, painting techniques, color mixing and composition, providing students with fundamentals for continuing studies in oil painting. Supply list available at the Arts Barn. Please bring supplies to the first class.

**Age: 15 to Adult**

**Length: 2 hours**

46286 1/23 M 10:00am 8 \$208(R)/\$240(N) Prinsloo

**MATERIALS AND METHODS FOR TEENS**

Teens will have the opportunity to learn about and work with different 2-D art materials, while studying specific techniques for drawing and painting. This academic year class builds on skills through each session, working towards portfolio pieces. Students joining after Fall I will need instructor permission. A \$20 supply fee due at first class.

**Age: 12 - 18 years**

**Length: 1 hour and 30 minutes**

46059 1/18 W 4:00pm 6 \$117(R)/\$135(N) Waldhorn

**PAINTING WITH PIXELS**

Students learn about art through the use of digital technology. While emphasis will be placed on traditional drawing and painting techniques, students will also learn how to create art digitally using a variety of drawing and painting tools on an iPad. Students must provide iPad and needed materials. Supply list available at the Arts Barn.

**Age: 14 to Adult**

**Length: 2 hours**

46282 1/17 Tu 6:30pm 6 \$156(R)/\$180(N) Mason

**PORTFOLIO PROJECTS FOR TEENS**

For the teen who would like to explore artistic creativity through personal and portfolio building projects. With guidance from a professional artist, students select, plan and execute projects with an emphasis on developing skills, exploration and self-expression. A \$20 supply fee due at first class.

**Age: 12 - 18 years**

**Length: 1 hour and 30 minutes**

46280 2/3 F 4:00pm 8 \$156(R)/\$180(N) Waldhorn

**PRINCIPLES OF PAINTING: ACRYLICS**

Have you always wanted to learn to paint? Acrylic paint is a great medium because it is affordable, versatile, water-soluble and dries quickly. Join in the fun and learn the essential techniques you need to build your skills in painting. Supply list available at the Arts Barn. Please bring supplies to the first class. No class 1/31.

**Age: 14 to Adult**

**Length: 2 hours**

46284 1/17 Tu 6:30pm 5 \$130(R)/\$150(N) Furman

**SCULPTING AND HANDBUILDING IN CLAY**

Build coil, pinch and slab vessels or sculpture from clay. Beginners will learn forming skills, while continuing students will develop their proficiency with individual projects. A \$15 supply fee is due at the first class.

**Age: 15 to Adult**

**Length: 2 hours**

46288 1/18 W 10:00am 6 \$156(R)/\$180(N) Prinsloo

**ADULT****ART ACROSS THE MEDIA**

A perfect class for the beginner to intermediate student. Learn about artists from across the continents and how their journey has influenced art. Create your own contemporary interpretation of these styles using traditional and non-traditional media. A \$15 supply fee is due at the first class. No class 2/20.

**Age: 18 to Adult**

**Length: 2 hours**

45925 1/23 M 7:00pm 8 \$208(R)/\$240(N) Parris

**BASICS OF COLORED PENCILS**

Explore the beauty of art through colored pencils. Through step-by-step instruction, students create drawings inspired by flowers, landscapes and more. Students incorporate shading, color blending and other art and drawing techniques to develop their own style. Supply list available at the Arts Barn.

**Age: 18 to Adult**

**Length: 2 hours**

46289 1/18 W 6:00pm 6 \$156(R)/\$180(N) Niazi

**BASICS OF WATERCOLOR**

Learn the basics of watercolor painting. Unlock the mystery of making colors. Discover the power of the color wheel, a painter's most valuable tool. Use the classic method of making all your colors from primary ones. Learn the simple truth about soft edges and hard edges - how to make them and when to use them. Create a 3-D optical illusion on a flat piece of paper by controlling value changes. Add four basic painting techniques and you will be prepared to paint a wide range of subjects. Supply list available at the Arts Barn. No class 1/16 & 2/20.

**Age: 18 to Adult**

**Length: 2 hours**

45970 1/9 M 6:00pm 5 \$130(R)/\$150(N) Niazi

**INCLEMENT WEATHER**

In the event of inclement weather or emergencies call 301-330-0050 x2430 for the recorded message pertaining to class cancellations.



### COLORED PENCILS

Explore the process and techniques used to create fine art with colored pencils. Students will learn layering, grisaille, blending, creating gradients, the use of solvents and other techniques. Supply list available at the Arts Barn. Please bring supplies to first class. No class 2/15.

**Age: 18 to Adult**

**Length: 2 hours**

45991 1/18 W 1:00pm 5 \$130(R)/\$150(N) Falk

### CREATIVE EXPRESSIONS IN OIL

For artists who are ready to expand their skills through a deeper understanding of the fundamentals and theory of oil painting. This class is structured for self-expression through personal projects guided and inspired by examples of the works of the masters combined with instructor demos, group and one-on-one instruction. Supply list available at the Arts Barn. Please bring supplies to first class. No class 2/4 or 2/18.

**Age: 18 to Adult**

**Length: 2 hours and 30 minutes**

45994 1/17 Tu 10:00am 6 \$195(R)/\$225(N) Cohen

45993 1/21 Sa 2:00pm 8 \$260(R)/\$300(N) Cohen

### DRAWING

Students of all levels will learn the fundamentals of drawing. Explore charcoal, pencils, pen & ink, and colored pencil to create dynamic drawings. Demos of all types of line-contour, gesture, variable and hatched lines are presented. Art themes such as still life, landscape, portraits and images from your own inspiration are covered. Supply list available at the Arts Barn. Please bring supplies to first class.

**Age: 18 to Adult**

**Length: 2 hours**

46012 1/18 W 10:00am 6 \$156(R)/\$180(N) Borchert

**KEY:**

Activity	Start	Day	Time	Classes	Cost	Instructor
42356	9/10	Th	4:45pm	12	\$119(R)/\$126(N)	Jonson

(R) Resident / (N) Nonresident

### PAINTING WITH ACRYLICS

Learn to paint with the easy and enjoyable acrylic medium. Students use painting and brush techniques to create still life paintings, landscapes, portraits and more. Supply list available at the Arts Barn. Bring supplies to first class.

**Age: 18 to Adult**

**Length: 2 hours**

46067 1/17 Tu 10:00am 6 \$156(R)/\$180(N) Borchert

### SEEING WITH AN ARTIST'S EYE: BEGINNING DRAWING

This course is designed to help people learn to draw by focusing on five basic perception skills necessary to accurate drawing: seeing edges, spaces, the relationships between objects, angles, and light and shadow. The concepts and exercises are based on the work and book of Betty Edwards, Drawing on the Right Side of the Brain. Students will discover what they are capable of as they learn to observe and trust what their eyes see. Supply list available at the Arts Barn.

**Age: 18 to Adult**

**Length: 2 hours**

46083 1/18 W 7:00pm 6 \$156(R)/\$180(N) Lewis

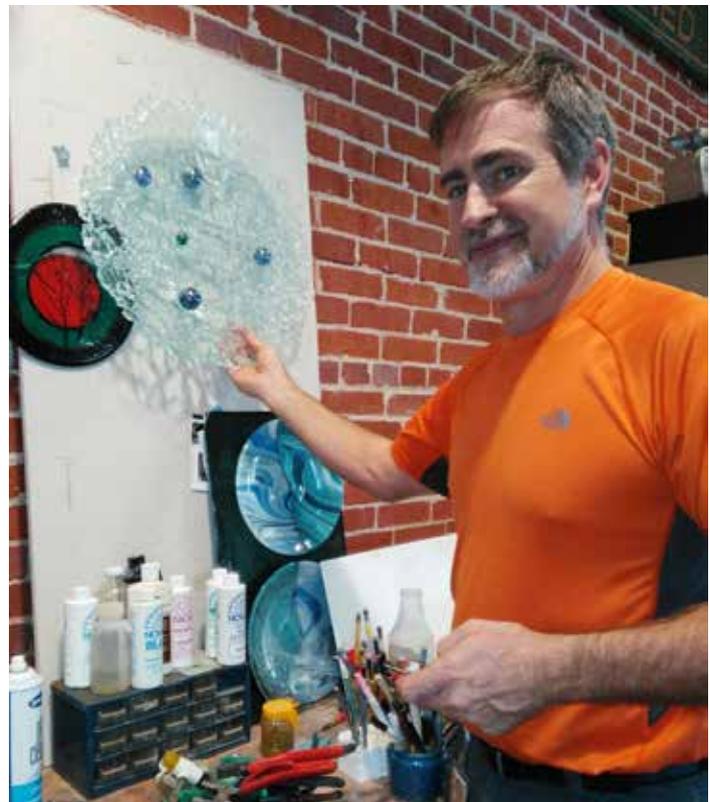
### WATERCOLOR EXPERIENCE

Learn about the beauty of watercolor painting by understanding techniques such as color washes, composition, texture, and the use of paper and paints. Enjoy step-by-step guided classes that emphasize group collaboration. Supply list available at the Arts Barn.

**Age: 18 to Adult**

**Length: 2 hours**

46101 1/20 F 10:00am 6 \$156(R)/\$180(N) Sadeghi





**GLASS FUSING FOR ADULTS**

Learn the basics of melting glass together. Experiment with inclusions between glass as well as melting glass over forms. Project may be picked up the following Saturday. Students will be standing for most of the class. Please wear closed toed shoes. A \$40 supply fee is due at workshop.

**Age: 16 to Adult**

**Length: 2 hours**

46109 2/18 Sa 1:30pm 1 \$36(R)/\$40(N) Glander

**PHOTOSHOP FUNDAMENTALS WORKSHOP**

Photoshop is extremely powerful for creating and editing imagery, but it is not always easy to master without guidance. Join Brian Mason for a weekend emersion workshop as he walks you through the tools and methods for using this amazing software. Students will need to bring a laptop with Photoshop Elements installed.

**Age: 16 to Adult**

**Length: 4 hours**

46291 1/21 SaSu 1:00pm 2 \$144(R)/\$160(N) Mason

**PORTRAITURE GROUP**

Join us for afternoons of portraiture at the Arts Barn. This class is designed for the artist interested in painting portraits with a live model. Portraiture group runs in three-week sessions with a new model for each three-week class. No previous experience needed. These are self-directed sessions with professional models.

**Age: 18 to Adult**

**Length: 3 hours**

46074 1/5 Th 10:00am 3 \$36(R)/\$40(N) AB Staff

46136 2/2 Th 10:00am 3 \$36(R)/\$40(N) AB Staff

**STAINED GLASS FOR ADULTS**

Learn the basics of stained glass art. Spend a day learning how to cut, foil and solder your own stained glass panel, choosing from three designs. Students will be standing and need to wear closed toed shoes. A \$40 supply fee due at workshop.

**Age: 16 to Adult**

**Length: 6 hours**

46120 1/14 Sa 10:00am 1 \$108(R)/\$120(N) Glander

**WORKSHOPS  
TEEN TO ADULT**

**WINE AND ART PARTY**

Join us for an art party where you will learn a bit about an artist, style or art medium, enjoy a glass of wine and make your own masterpiece. A professional artist guides you through the process; all levels of artists are welcome and no need to bring supplies. We will have everything you need! Participants must be at least 21. Workshop includes one drink ticket. There will be additional wine and beer for sale. An ID is required. Call and register with a friend to receive a \$5 discount for each person!

**Age: 21 years and up**

**Length: 2 hours and 30 minutes**

**Nicholas Roerich in Acrylic**

46124 1/20 F 7:00pm 1 \$45(R)/\$50(N) Parris

**Winter Watercolor**

46290 2/17 F 7:00pm 1 \$45(R)/\$50(N) Niazi

**WINE AND FINE CRAFT PARTY**

Join us for an art party, where you will learn a bit about working in a fine craft, enjoy a glass of wine and make your own masterpiece. A professional artist guides you through the process; all levels of artists are welcome and no need to bring supplies. We will have everything you need! Participants must be at least 21. Workshop includes one drink ticket. There will be additional wine and beer for sale. An ID is required. A \$15 supply fee for specialized supplies is due at the workshop.

**Age: 21 years and up**

**Length: 2 hours**

**Beading Basics-Earrings**

46292 2/10 F 7:00pm 1 \$40(R)/\$44(N) Cohen

**WINE AND IMPROV**

A night of fun & games! Dive into the world of improv, lead by a theatre professional. No experience needed, just come and enjoy a glass or two of wine and an evening of laughs. Must be 21 years of age. Workshop includes one drink ticket; additional wine and beer for sale. ID required. New games and hilarity each session.

**Age: 21 years and up**

**Length: 2 hours**

46128 2/24 F 7:00pm 1 \$36(R)/\$40(N) Phelan

## GAITHERSBURG AQUATIC CENTER (GAC)

2 Teachers Way (next to Gaithersburg Middle School)  
301-258-6345 (evenings and weekends)

### Aquatics Administrative Office

Bohrer Park, Summit Hall Farm  
512 S. Frederick Ave.  
301-258-6445



Serving the Gaithersburg community since 1976.  
The Center is owned by  
Montgomery County Public Schools  
and operated by the City of Gaithersburg.

**Six 25-yard lap lanes • Two diving boards**  
**Shallow water “teach pool”**  
**Outdoor patio • Full-size lockers**

**Open evenings and weekends only**

### PUBLIC SWIM HOURS

#### Family Recreational Swim

Entire pool is open for recreational use, including one to three lap lanes, shallow end of main pool, and teach pool. Visit the website for designated open deep water well and diving board times.

Monday & Wednesday	6:30 p.m. – 8:30 p.m.
Tuesday & Thursday	No Family Recreational Swim
Friday	6:30 p.m. – 9 p.m.
Saturday	4 p.m. – 8 p.m.
Sunday	1 p.m. – 6 p.m.

One to three lap lanes available during all recreational swim periods.

#### Lap Swim Only

Teach pool and recreation areas unavailable for general use. Be prepared to “circle swim.” Lanes marked according to speed of swimmer – please choose appropriately.

Monday – Friday	5:15 p.m. – 6:30 p.m.
Tuesday (1 to 3 lanes only)	6:30 p.m. – 8:30 p.m.
Thursday (1 to 3 lanes only)	6:30 p.m. – 8:30 p.m.
Sunday	11 a.m. – 1 p.m.

### HOLIDAY SCHEDULE

The Gaithersburg Aquatic Center will be CLOSED:

Thanksgiving	Thursday, November 24, 2016
Christmas Eve	Saturday, December 24, 2016
Christmas Day	Sunday, December 25, 2016
Christmas Holiday	Monday, December 26, 2016
New Year’s Eve	Saturday, December 31, 2016
New Year’s Day	Sunday, January 1, 2017
New Year’s Day Holiday	Monday, January 2, 2017
Easter	Sunday, April 16, 2017
Staff Training	Saturday, May 20, 2017
Staff Training	Sunday, May 21, 2017
Memorial Day	Monday, May 29, 2017
Independence Day	Tuesday, July 4, 2017

Please check our website at [www.gaithersburgmd.gov](http://www.gaithersburgmd.gov) for information on weather related closings.

### MEMBERSHIP AND FEES

**Daily Admission** – Most Economical for Infrequent Use

Youth (3 –17)	\$4
Adult (18+)	\$5

**Pool Pass** – Most Economical for Frequent Use

Save money and time at the admission counter. Family, two person, or individual passes available. Non-transferable and non-refundable.

	Individual Res/Nonres	2-Person Res/Nonres	Family Res/Nonres
Annual (GAC & WP)	\$250/400	\$300/500	\$350/600
Annual (GAC only)	\$200/200	\$250/250	\$300/300
Summer (WP only)	\$150/200	\$200/250	\$250/300
Monthly (GAC only)	\$50/50	\$75/75	\$100/100

WP = Outdoor Water Park

#### Benefits of membership include:

- Unlimited Entrance to Facility (Water Park included in some plans)
- Early registration for programs
- Discounts on youth and adult swim lessons, water exercise, and lifeguard training
- Guest admission fee at the resident rate

*Proof of residency is required at the admission counter for City residents to receive the discount.*



### INCLEMENT WEATHER POLICY

The Aquatic Center will close and all programs will be cancelled in connection with Montgomery County Public School (MCPS) closings:

MCPS Early Closure  
MCPS Weekday Closure  
MCPS Weekend Closure

If you are unsure of closures, please call 301-258-6445 ext. 205 for a recorded message or check the website at [www.gaithersburgmd.gov](http://www.gaithersburgmd.gov)

## SWIM CLASSES

FEES:	MEMBERS	\$50
	NONMEMBERS	\$55

All swim lessons meet six times for a half-hour each.



### WATER ADJUSTMENT – BUBBLERS

This class is for children 6 months to 3 years old and a parent. Objectives: To teach parents how to work with their child in the aquatic environment, to create a positive water experience for young children, and to promote interest in participating in future swim lessons. Participants must have an adult companion and wear swim diapers under waterproof pants if they are not potty trained.

**Age: 6 months - 3 years**

**Length: 30 minutes**

46255	1/7	Sa	9:15am	GAC
46254	1/8	Su	9:40am	GAC

### PRE-BEGINNER LEVEL I – BOBBERS

This class is for beginning 3 and 4 year olds. Students must function well in a group setting without parents, since parents DO NOT accompany children. Objectives: To orient young children to the aquatic environment by providing them a positive, developmentally appropriate learning experience.

**Age: 3 - 4 years**

**Length: 30 minutes**

46165	1/8	Su	10:20am	GAC
46166	1/8	Su	12:20pm	GAC
46153	1/10	Tu	5:20pm	GAC



### INCLEMENT WEATHER

In the event of inclement weather or emergencies call 301-258-6445 x205 for the recorded message pertaining to class cancellations or visit [gaithersburgmd.gov](http://gaithersburgmd.gov).

### PRE-BEGINNER LEVEL II – STROKERS

This class is for advanced 3 and 4 year olds. Students must function well in a group setting without parents, since parents DO NOT accompany children. On the first day of class, students must be able to: Enter water independently, blow bubbles, fully submerge their head, open their eyes underwater and retrieve submerged objects, kick on their front and back with support, and exit water independently. Objectives: To build upon basic aquatic skills taught in Bobbers course by providing the same positive, developmentally appropriate learning experience at a slightly more advanced degree. In this level students will begin to perform locomotion skills independently.

**Age: 3 - 4 years**

**Length: 30 minutes**

46177	1/7	Sa	9:55am	GAC
46186	1/8	Su	9:40am	GAC
46178	1/8	Su	11:00am	GAC
46185	1/12	Th	5:20pm	GAC

### YOUTH LEVEL I – GUPPIES

This is the beginning class for children ages 5 to 13 years old. Students must function well in a group setting without parents, since parents DO NOT accompany children. Objectives: To introduce beginning students to basic personal water safety and help them develop comfort in the aquatic environment by teaching them elementary swimming skills.

**Age: 5 - 13 years**

**Length: 30 minutes**

46204	1/7	Sa	9:15am	GAC
46205	1/7	Sa	9:55am	GAC
46222	1/8	Su	9:40am	GAC
46206	1/8	Su	10:20am	GAC
46197	1/8	Su	11:40am	GAC
46207	1/10	Tu	5:20pm	GAC
46208	1/10	Tu	6:40pm	GAC
46221	1/12	Th	5:20pm	GAC
46198	1/12	Th	6:00pm	GAC





## YOUTH LEVEL II – MINNOWS

This class is for children ages 5 to 13 years old. On the first day of class, students must be able to: Bob 5 times, float on their front and back and recover independently, and perform a front glide for a distance twice their body length. Objectives: To improve success in completing elementary water skills and develop simultaneous/alternating arm and leg actions, which will create a strong foundation for learning future strokes.

**Age: 5 - 13 years**

**Length: 30 minutes**

46226	1/7	Sa	9:15am	GAC
46227	1/8	Su	9:40am	GAC
46229	1/8	Su	11:00am	GAC
46228	1/8	Su	11:40am	GAC
46230	1/10	Tu	6:40pm	GAC
46223	1/12	Th	6:00pm	GAC

## YOUTH LEVEL III – SEAHORSES

This class is for children ages 5 to 13 years old who have successfully completed the Minnows class. On the first day of class, students must be able to: Bob 5 times, float on their front and back and recover independently, perform a front glide for a distance twice their body length, swim front crawl for 5 yards and swim on their backs for 5 yards. Objectives: To build on basic swimming skills by increasing knowledge of the technical aspects of swimming and teach students specific aspects of breath control. Students will learn skills necessary to increase their endurance in swimming front crawl and back crawl.

**Age: 5 - 13 years**

**Length: 30 minutes**

46243	1/7	Sa	9:55am	GAC
46244	1/8	Su	10:20am	GAC
46245	1/8	Su	12:20pm	GAC
46246	1/10	Tu	6:00pm	GAC
46242	1/12	Th	6:40pm	GAC

**KEY:**

Activity	Start	Day	Time	Classes	Cost	Instructor
42356	9/10	Th	4:45pm	12	\$119(M)/\$126(N)	Jonson

(M) Member / (N) Nonmember

## YOUTH LEVEL IV – DOLPHINS

This class is for children ages 6 to 13 years old who have successfully completed the Seahorses class. On the first day of class, students must be able to: Swim the front crawl with rotary breathing for 15 yards, swim the back crawl for 15 yards and swim elementary backstroke for 15 yards. Objectives: To introduce the basics of breaststroke, continue strengthening endurance in swimming front crawl and back crawl and help students master the technical aspects of swimming.

**Age: 5 - 13 years**

**Length: 30 minutes**

46261	1/7	Sa	9:15am	GAC
46262	1/8	Su	10:20am	GAC

## YOUTH LEVEL V – WHALES

This class is for children ages 6 to 13 years old who have successfully completed the Dolphins class. On the first day of class, students must be able to: Swim the front crawl, back crawl and elementary backstroke for 25 yards each, and swim breaststroke for 15 yards. Objectives: To improve breaststroke technique, introduce basic butterfly skills, refine the performance of previously learned strokes, and continue to build endurance to prepare students for the next swim lesson instructional level.

**Age: 6 - 13 years**

**Length: 30 minutes**

46269	1/8	Su	10:20am	GAC
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## REFUND POLICY

Students withdrawn by Aquatic staff on the first day of lessons due to the wrong level will be issued a full refund or credit to be used at a later date without a written request. All other refund requests must be submitted in writing to the attention of the Aquatics Superintendent. Withdrawal/refund requests received before the start of the program will be refunded less a \$10 processing fee. Requests received on or after the start date will be prorated based on the date the request is received and a \$10 processing fee will be charged. The refund will be issued in the form of a check or charge, depending on the original payment method. Please allow 10 – 15 business days for processing. No refund or credit requests will be considered after the last scheduled date of the course – no exceptions.



### ADULT BEGINNER SWIM LESSONS

This course is geared toward the non-swimming teen and adult. Prerequisite skills: No prior swimming experience is necessary. Objectives: To develop comfort in the water and learn the basics of swimming. Skills taught include floating, breathing and the fundamentals of swimming strokes.

**Age: Teen and Adult**

**Length: 30 minutes**

46144	1/7	Sa	9:55am	GAC
46145	1/8	Su	9:40am	GAC
46146	1/10	Tu	7:30pm	GAC

### ADULT INTERMEDIATE SWIM LESSONS

This course is geared toward teens and adults who can already swim and are looking to expand or perfect their knowledge of the different strokes. Prerequisite skills: Comfort in deep water. Objectives: To help adults reach their personal swimming goals.

**Age: Teen and Adult**

**Length: 30 minutes**

46148	1/12	Th	7:30pm	GAC
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**KEY:**

Activity	Start	Day	Time	Classes	Cost	Instructor
42356	9/10	Th	4:45pm	12	\$119(M)/\$126(N)	Jonson

(M) Member / (N) Nonmember



### INCLEMENT WEATHER

In the event of inclement weather or emergencies call 301-258-6445 x205 for the recorded message pertaining to class cancellations or visit [gaitersburgmd.gov](http://gaitersburgmd.gov).

## NOW HIRING

Applications are currently being accepted for aquatics staff, including lifeguards, swim instructors, pool operators, and cashiers. We train and certify. Applications are available online at [www.gaitersburgmd.gov](http://www.gaitersburgmd.gov).

## WATER EXERCISE



### AQUA ZUMBA

Aqua Zumba® combines many traditional elements of an aqua fitness class (such as jumping jacks and cross-country skiing) with the upbeat, Latin-infused dance moves and the fun, 'make-you-want-to-move' music that Zumba fitness is famous for. This high energy, low impact water fitness class is designed to create a party atmosphere while improving flexibility and cardiovascular fitness. No equipment will be used. What better way to end your day than experiencing the lively movements of this upbeat, fun aqua class?

**Age: 16 to Adult**

**Length: 45 minutes**

46274	1/5	Th	6:40pm	12	\$75(M)/\$82.50(N)	GAC
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### DEEP WATER WORKOUT

A no-impact but challenging workout designed to burn fat, increase cardiovascular fitness, range of motion and muscle tone. This workout is perfect for anyone who prefers a no-impact workout that is physically challenging yet gentle on the joints. Participants use noodles (provided) and water flotation belts (to be purchased by participant). You do not have to be a strong swimmer; however a comfort level in deeper water is a must. Contact the instructor for flotation belt information, 301-990-1846.

**Age: 16 to Adult**

**Length: 45 minutes**

46278	1/3	Tu	7:30pm	12	\$67(M)/\$75(N)	GAC
46279	1/5	Th	7:30pm	12	\$67(M)/\$75(N)	GAC

### SHALLOW (CHEST DEEP) WATER WORKOUT

A low impact but high intensity water class where no swimming skills are needed. Exercises are performed in water that is chest deep and are designed to improve your fitness level from head to toe. Let the resistance of the water cushion your feet, knees and back while you improve your flexibility, strength, range of motion and muscle tone. These effective, easy to follow exercises are appropriate for all ages.

**Age: 16 to Adult**

**Length: 45 minutes**

46276	1/3	Tu	6:40pm	12	\$67(M)/\$75(N)	GAC
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**KEY:**

Activity	Start	Day	Time	Classes	Cost	Instructor
42356	9/10	Th	4:45pm	12	\$119(M)/\$126(N)	Jonson

(M) Member / (N) Nonmember



# Lifeguard Training



## LIFEGUARD TRAINING

The American Red Cross Lifeguard Training course certifies you in Lifeguard Training, CPR/AED for the Professional Rescuer, and First Aid. Students must be 15 years old by the last day of the course (proof of age required) and pass a pre-screen test (300 yard continuous swim with rhythmic breathing using either front crawl or breast; 10 lbs brick retrieval within one minute, forty seconds) and tread water using legs only for two minutes on the first day in order to take class. Contact The Aquatics Office (301-258-6445 or [aquatics@gaitthersburgmd.gov](mailto:aquatics@gaitthersburgmd.gov)) for more details. If you do not pass the pre-screen, you will be issued a full refund. Space is very limited. On certain days, class may be split between two locations. Transportation is the responsibility of the student. A detailed Course Schedule/Syllabus is provided on the first day of class. Students MUST attend all scheduled class sessions.

**Age: 15 to Adult**

45606	Monday	12/26	9-4pm	GAC
	Tuesday	12/27	9-4pm	GAC
	Wednesday	12/28	9-4pm	GAC
	Thursday	12/29	9-4pm	GAC
	Friday	12/30	9-4pm	GAC
	Saturday	12/31	9-1pm	GAC

FEES (includes materials)  
 \$185 Members/ \$195 Nonmembers



## LIFEGUARD TRAINING & CPR/AED RE-CERTIFICATION

This course is a review course for those who need to renew their lifeguard training, CPR/AED and First Aid certification. The class is a very intense review. 100% attendance is mandatory. Participants must come to each class prepared with CURRENT lifeguard card, lifeguard book and CPR masks. (Books and masks are available for purchase at the first class.) Students registering for a re-certification class must present their American Red Cross certification card at the first class. Certifications must be current in order to participate in a re-certification class.

**Age: 15 to Adult**

45608	Saturday	12/31	9-5pm	GAC
	Monday	1/2	9-1pm	Activity Center Bohrer Park

FEES (materials available for purchase)  
 \$115 Members/ \$125 Nonmembers

## CLASS REGISTRATION BEGINS

### City Residents: November 28

All resident internet, mail-in, fax and walk-in registrations will be processed in the order in which they are received beginning November 28. All resident registrations received prior to that time will be processed on November 29.

### Nonresidents: November 30

All nonresident (persons residing outside Gaithersburg corporate City limits) internet, mail-in, fax and walk-in registrations will be processed in the order in which they are received beginning November 30. All nonresident registrations received prior to that time will be processed on December 1.

**Who is a resident?** All persons who reside within Gaithersburg's corporate City limits are residents. Montgomery Village is not within the City. Nonresidents are invited to register at a higher fee.

### NOTIFICATION

If the class you registered for is full, you will be notified. Please put your name on the wait list. We may be able to form another class. Otherwise, you may assume you have been accepted and attend the first class. Many classes quickly fill to capacity. In other cases, classes are cancelled several days before the starting date if they appear to be under-enrolled. Therefore, please register during the registration period to allow for efficient organization of the classes.

### ENROLLMENT

All students enrolling in preschool and youth classes should be the age indicated by the start of the class. Department of Parks, Recreation and Culture reserves the right to remove any participant from a class who is not of proper age, maturity, skill level or who inhibits the progress of the class or its members in any way. In this case, refunds will be issued for remaining classes. Signature of parent or guardian is required for participants under 18 years old.

### SENIOR CITIZENS

City of Gaithersburg residents who are 55 or older are invited to take classes at the indicated Senior Resident (S) rate listed under select classes. The senior discount cannot be prorated.

### PAYMENT METHODS

- Cash or check payable to "City of Gaithersburg"
- Visa, Discover, Mastercard or American Express

### REFUNDS

Withdrawal/refund requests received before start of program will be refunded less a \$10 processing fee. Requests received on or after start date will be prorated based on the date written notice is received and a \$10 processing fee will be applied. Full refunds will be made when classes are cancelled due to insufficient registration.

**Note: There is a no-exchange and no-refund policy for Arts Barn ticket sales and Arts Barn camps and classes.**

### CANCELLATIONS

In the event of inclement weather conditions or emergencies, call 301-330-0050 x2430 for the recorded message pertaining to class cancellations. Classes held in schools will be cancelled on days schools are closed for holidays and emergencies. **For Aquatic class cancellations call the Aquatics Administration Office at 301-258-6445 x205 or check the website at [www.gaithersburgmd.gov](http://www.gaithersburgmd.gov).**

## CLASS LOCATIONS

### ARTS BARN

311 Kent Square Rd.  
301-258-6394

### AQUATICS

**Gaithersburg Aquatic Center (GAC)**  
2 Teachers Way  
301-258-6345 (evenings and weekends)

### Water Park at Bohrer Park (WP) (seasonal)

Administrative Office  
512 S. Frederick Ave.  
301-258-6445

### COMMUNITY CENTERS

**Activity Center at Bohrer Park (ACBP)**  
506 S. Frederick Ave.  
301-258-6350

### Casey Community Center (CCC)

810 S. Frederick Ave.  
301-258-6366

### Benjamin Gaither Center (BGC)

80A Bureau Dr.  
301-258-6380

### COMMUNITY MUSEUM (CM)

9 S. Summit Ave.  
301-258-6350

### KENTLANDS MANSION

320 Kent Square Rd.  
301-258-6160

### PARKS

**Skate Park**  
510 S. Frederick Ave.  
301-258-6359

### SCHOOLS

**Lakelands Park Middle School (LMS)**  
1200 Main St.

### OTHER

**Kicks Karate**  
18226 Flower Hill Way (FH)  
12105 Darnestown Rd. (QO)  
(Quince Orchard in the Shops at Potomac Valley)

**AMERICANS WITH DISABILITIES ACT.** The City of Gaithersburg is committed to making reasonable accommodations as required by the Americans with Disabilities Act. Requests must be made two weeks prior to the start of the program. Please call 301-258-6350.

### MISSION STATEMENT

Provide quality parks, well-planned, sustainable facilities, and diverse cultural, artistic and recreational opportunities for all ages and interests to promote the health and well being of residents and visitors.

# CLASS REGISTRATION FORM

This registration form may be used to register for all classes listed in the Go Gaithersburg Guide. Multiple registrations may be included on one form for members of the same family. Unsigned forms will be returned and not processed.

## MAIN CONTACT

Check here if new address/phone since last time registered.

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ M  F

Address \_\_\_\_\_ Apt. # \_\_\_\_\_

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

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_ City Resident  Nonresident

Cell Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Do you wish to receive quarterly E-newsletters?  Yes  No

## PARTICIPANTS

Name (Last, First)	Sex M/F	Birthdate M/D/Y	Age	Activity/ Class Name	Activity #	Start Date	Day	Time	Res. Fee	Non Res. Fee	Total
<i>Example: Smith, Mary</i>	<i>F</i>	<i>02/14/05</i>	<i>12</i>	<i>Healthy Living</i>	<i>12345</i>	<i>01/09</i>	<i>Mon.</i>	<i>5 p.m.</i>	<i>\$00.00</i>	<i>\$00.00</i>	<i>\$00.00</i>
<b>TOTAL \$</b>											

The City of Gaithersburg is committed to making reasonable accommodations as required by the Americans with Disabilities Act. Requests must be made two weeks prior to the start of the program. Please call 301-258-6350 to indicate what accommodations are needed.

*I hereby grant permission for me/my child to attend the activity sponsored by the City of Gaithersburg. I understand that I am responsible for me/my child's insurance in case of injury. Furthermore, I understand that although safety precautions will be observed, the City of Gaithersburg, employees and agents will not be responsible for any personal property lost by me/my child or for any injury sustained in the program. I also consent to the City's use of any photographs and/or video tapes made of the program.*

Print Participant or Parent/Guardian Name \_\_\_\_\_

Signature of Participant or Parent/Guardian \_\_\_\_\_

<p><b>PAYMENT</b></p> <p>Amount Paid \$ _____ Cash <input type="checkbox"/> Check # _____</p> <p>Visa/MC/DISC/AMEX# _____ Exp.Date ___/___</p> <p>Signature (name on card) _____</p> <p>Print Name _____</p>	<p><b>OFFICE USE ONLY:</b></p> <p>Rec'd: _____ Initials _____</p> <p>W M F Resident: Y N</p> <p>Pr: _____</p> <p>Date _____</p>
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## WAYS TO REGISTER

### 1. INTERNET: [www.gaithersburgmd.gov/recxpress](http://www.gaithersburgmd.gov/recxpress)

Use the **RecXpress System** to register online the first day of registration. RecXpress may not be used to register once classes have started.

#### PREPARE AHEAD FOR ONLINE REGISTRATION

Go to [www.gaithersburgmd.gov/recxpress](http://www.gaithersburgmd.gov/recxpress) to create an account. Click on Create New and complete the information. Your login ID will be sent to your email address within 1-2 business days.

#### ALREADY A MEMBER BUT FORGOT YOUR LOGIN AND PASSWORD?

Go to [www.gaithersburgmd.gov/recxpress](http://www.gaithersburgmd.gov/recxpress) and click on Login tab, click the Forgot My Password/Login ID and enter your email address and the information will be forwarded to you.

**NOTE:** The numbers of participants registered and spaces open that are listed online DO NOT always reflect accurate counts. This is due to some classes being co-sponsored with other agencies.



### 2. FAX: 301-948-8364

Fax completed registration form with Visa, Discover, Mastercard or American Express information. Available 24 hrs. a day!

### 3. MAIL: Mail completed registration form and appropriate fee (include check or credit card information) to:

City of Gaithersburg  
506 S. Frederick Ave.  
Gaithersburg, MD 20877  
ATTN: Class Registration

### 4. WALK-IN: Register in person at the Parks, Recreation & Culture office at the Activity Center at Bohrer Park, 506 S. Frederick Ave.

Monday-Friday 6 a.m. – 9 p.m.  
Saturday 8 a.m. – 9 p.m.  
Sunday 8 a.m. – 4 p.m.

Payment by cash, check or credit card is accepted for walk-in registrations.

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301-258-6350 \* [gathersburgmd.gov](http://gathersburgmd.gov)



# Winter Lights

at Seneca Creek State Park, 11950 Clopper Rd.

Open Nightly Nov. 25 - Dec. 31 (Closed Dec. 25)



Sponsored in part by:

