



City of Gaithersburg  
www.gaithersburgmd.gov  
301-258-6350

Registration Dates  
City Resident – begins March 3  
Open Registration – begins March 5

spring 2014

# Leisure Times

A guide to recreational activities for all ages



Like us on Facebook at [www.facebook.com/GaithersburgRecreation](http://www.facebook.com/GaithersburgRecreation)

# Leisure Times

The Leisure Times 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 e-mail newsletter providing weekly updates. Register for this free service by using the link on the upper right side of our homepage. You can also find the City of Gaithersburg on Facebook.

For emergency communications register for Alert Gaithersburg. This service sends simultaneous emergency messages, including incident advisories, traffic and weather alerts, to your e-mail, cell phone or PDA. Sign up using the link on the upper right side of our homepage. The service is free; however, text messaging fees from your carrier may apply.

Gaithersburg TV (GTV) also 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 and on Verizon FiOS channel 25. Broadcasts can also be viewed live online via streaming video at [www.gaithersburgmd.gov](http://www.gaithersburgmd.gov).

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506 South Frederick Avenue  
Gaithersburg, MD 20877  
301-258-6350  
[www.gaithersburgmd.gov](http://www.gaithersburgmd.gov)

## Parks, Recreation & Culture 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.



## Get Out and Play!

It's that time of year in the City of Gaithersburg when many residents are experiencing cabin fever and ready to kick Old Man Winter to the curb. Fortunately the Spring Leisure Times is loaded with classes and events to drive away those cold-weather blues.

The days are getting longer and the flowers will be blooming soon. Get in shape for spring by taking one of the fabulous new recreation classes like Sonoma Suave, Ripped and Werq. What do these words even mean? Look inside to find out.

And there is so much more! Outdoor youth sports are starting soon, so don't miss the registration cutoff. City programs fill fast!! Water Safety Day on May 30 will feature swim testing and tips from the U.S. Coast Guard. The Arts Barn will be hosting a variety of plays, classes, workshops, performances and concerts. The Active Aging Expo on May 5 will offer valuable resources for senior citizens. Bargains galore can be found at Indoor Flea Markets at the Montgomery County Fairgrounds, while golfers gear up for the Spring Swing Golf Tournament on May 2.

You can also look forward to a new synthetic turf field at Lakelands Park and expansion of the Senior Center, which will include a new fitness center with 14 pieces of strength and cardiovascular equipment.

There are lots of options to excite your whole family this spring.

With so many great activities in Gaithersburg, how could anyone stay inside? Check out this issue and **GET OUT AND PLAY!**

Michele Potter, Director  
Department of Parks, Recreation and Culture

City of Gaithersburg  
301-258-6350

# SPRING SWING

GOLF TOURNAMENT

**Friday, May 2, 2014**

**8:30 a.m. Shotgun Start**

**Redgate Golf Course, Rockville, Maryland**

## 4 PLAYER SCRAMBLE

Limited to the first 30 foursomes. A limited number of foursomes are available.

## \$85 PER PLAYER

Includes: green fees, cart, door prizes, souvenirs and post tournament lunch.

**Pre-tournament payment is required!**

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



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## MUSEUMS OF GAITHERSBURG



### COMMUNITY MUSEUM

9 S. Summit Ave.  
301-258-6160  
museum@gaitHERSBURGMD.GOV  
<http://www.facebook.com/GaithersburgCommunityMuseum>

**Open Thursday – Saturday, 10 a.m. – 2 p.m.**

Exhibits include school room, bank, mercantile, the Lincoln Assassination and more. Private, group and school tours by appointment. Free admission, donations gratefully accepted.

If you are interested in history and/or trains and would like to volunteer, please contact the Museum for more information. Private, group and school tours are by appointment. Facility rentals are available. Please contact us for more information.

Keep an eye on our website and Facebook page for information about our new family Sunday Fundays program starting in February.

### GAITHERSBURG-WASHINGTON GROVE VOLUNTEER FIRE DEPARTMENT MUSEUM

13 E. Diamond Ave.  
Gaithersburg, MD 20877  
301-646-1222  
[www.gwgvfd.org](http://www.gwgvfd.org)

**Open Saturday, 10 a.m. – 2 p.m.**  
Free admission, donations gratefully accepted.

## INSTRUCTORS NEEDED. APPLY NOW!

Applications are accepted for part time instructors on an ongoing basis through the City website at [www.gaitHERSBURGMD.GOV/jobs](http://www.gaitHERSBURGMD.GOV/jobs).

We are looking for fitness professionals, artists, musicians, or people with a “niche skill” they feel passionate about sharing. Great new ideas are always entertained.

Contact Denise Mornini at 301-258-6350 x119 or [dmornini@gaitHERSBURGMD.GOV](mailto:dmornini@gaitHERSBURGMD.GOV) for more information.

**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 x160  
Gail Velez  
gvelez@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.



**Picnic Pavilions**

506 S. Frederick Ave.  
301-258-6350 x127  
Sondra Unkenholz  
sunkenholz@gaitthersburgmd.gov



**Casey Community Center**

810 S. Frederick Ave.  
301-258-6366  
Katie Gleeson  
kgleeson@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:

	Private Function	Business Function
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.

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 2014 season are currently being accepted. A security deposit is required to reserve a pavilion for a specific date and time. Reserve early – spring and summer weekends fill up fast!

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.



### Arts Barn

311 Kent Square Rd.  
301-258-6394  
Shellie Williams  
swilliams@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



### Gaithersburg Upcounty Senior Center

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

When not in use for programming on weekdays, the Gaithersburg Upcounty Senior 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



### Kentlands Mansion

320 Kent Square Rd.  
301-258-6425  
Kristy King  
kking2@gaitthersburgmd.gov

*“Allow us to make your dream a reality!”*

Kentlands Mansion, built in early 1900, provides the perfect setting for weddings, receptions and other special events. The Mansion features a graceful staircase in the foyer, mahogany paneled rooms, crystal chandeliers, hand carved moldings, and 22 foot ceilings.

The Georgian-styled Mansion sits on a beautifully manicured lawn with a captivating floral side garden. This enchanting view provides an unforgettable, intimate setting that perfectly complements your event.

Let the elegance and charm of Kentlands Mansion create an event to remember for a lifetime.

- 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
- Hourly rentals

	Resident	Nonresident	Block of Time
Friday & Sunday	\$1,250	\$1,875	7 hours
Saturday	\$1,375	\$2,500	8 hours
Business Rates	\$ 400	\$ 475	8:30-4:30 M-F

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

# 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.  
Call Rachel Tailby at 301-258-6350 x144  
skatepark@gaitthersburgmd.gov

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

City Residents - \$150  
Nonresidents - \$225

### 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

City Residents - \$60 (\$30/additional hour)  
Nonresidents - \$80 (\$40/additional hour)

### 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

City Residents - \$105  
Nonresidents - \$155

## Miniature Golf

514 S. Frederick Ave.  
Call Demetria Good at 301-258-6350 x133  
minigolf@gaitthersburgmd.gov

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)  
For more information visit [www.gaitthersburgmd.gov](http://www.gaitthersburgmd.gov)

## Youth Center – Robertson Park

801 Rabbitt Rd.  
Call Jesse Green at 301-258-6350 x165  
YC-Robertson@gaitthersburgmd.gov

Available Throughout the School Year

- Rockwall
- Billiards, Table Tennis, PlayStation 3, Xbox 360, Wii, PS4 and sports equipment
- Tables, chairs, refrigerator
- Maximum guests – 50

City Residents - \$65/hour  
Nonresidents - \$80/hour

## Youth Center – Olde Towne

301 Teachers Way  
Call Maura Dinwiddie at 301-258-6350 x168  
YC-oldetowne@gaitthersburgmd.gov

Available Year-Round

- Billiards
- Table Tennis
- PlayStation 3
- Xbox
- Wii
- Tables and chairs available
- Maximum guests – 50

City Residents - \$65/hour  
Nonresidents - \$80/hour



## WATER PARK

512 S. Fredrick Ave.  
301-258-6445

**Opens Saturday, May 24**

### HOURS OF OPERATION

#### May 24 – June 6

Weekends & Memorial Day	Noon – 6 p.m.
Weekdays May 27 – 29	Closed
Water Safety Day Event – May 30	3:30 – 6:30 p.m.
Weekdays June 2 – 6	3 – 7 p.m.

#### June 7 – August 24

Monday – Friday	11 a.m. – 7 p.m.
Saturday & Sunday	11 a.m. – 7:30 p.m.
Special Date – August 23	11 a.m. – 3 p.m.

#### August 25 – September 1

Weekdays August 25 – 29	Closed
Weekend August 30 – 31	11 a.m. – 7 p.m.
Labor Day – September 1	11 a.m. – 5 p.m.

Admission Fees	Weekdays	Weekends/Holidays
	Res*/Nonres	Res*/Nonres
All Ages (3 and above)	\$5.75/8	\$5.75/12
Putt-n-Pool Pass	\$9.25/11.50	\$9.25/16

Twilight Discount of \$.50 off (per person) for admissions purchased after 5:30 p.m.

\* Proof of residency is required at the front desk for City residents to receive the discount. City Residents – please have ID ready.

## NOW HIRING

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



## MINIATURE GOLF

514 S. Fredrick Ave.  
301-258-6350

**Opens Saturday, May 3**

It is the perfect time to visit the Miniature Golf Course at Bohrer Park. Our water features and beautifully landscaped course make for an ideal spot to enjoy the first days of spring or summer evenings or weekends.

### *Come Play a Round!*

#### May 3 – June 13

Saturday	11 a.m. - 10 p.m.
Sunday	11 a.m. - 8 p.m.
Monday – Friday	Closed
Monday, May 26 (Holiday)	11 a.m. - 7 p.m.

#### June 14 – August 24

Sunday – Thursday	11 a.m. - 9 p.m.
Friday and Saturday	11 a.m. - 10 p.m.
Friday, July 4 (Holiday)	11 a.m. - 7 p.m.

#### August 25 – October 12

Saturday	11 a.m. - 10 p.m.
Sunday	11 a.m. - 7 p.m.
Monday – Friday	Closed
Monday, September 1 (Holiday)	11 a.m. - 7 p.m.

We have rates that make it attractive to play more than one round. We also have package rates that make it lots of fun to get a group of friends or the entire family together for evening of putting around.

Admission Fees	Residents	Nonresidents
Per game	\$5	\$6
Unlimited Play	\$7	\$8
Seniors (55+)	\$4	\$5
Group rate (10 or more)	\$4 per person for one round, \$6 per person for unlimited play	

More Information: Demetria Good at 301-258-6350 x133 or [minigolf@gaitersburgmd.gov](mailto:minigolf@gaitersburgmd.gov)

## SKATE PARK

510 S. Frederick Ave  
301-258-6359

Opens Friday, April 11



The Skate Park is opening its doors again this spring with FREE ADMISSION! The park offers more than 12,000 square feet of new and old school ramps and structures for your skating pleasure. Open to skateboarders, in-line skaters, and BMX bikers (bikes permitted every day except Wednesdays & Saturdays). Take advantage of lessons, clinics, party rentals, competitions and other special events!

**Please Note:** Participants are required to have a signed waiver on file (parent/guardian signature if under 18) before skating.

### SPRING HOURS OF OPERATION:

April 11 - June 12

Monday – Friday 3 p.m. – Sunset  
Saturday & Sunday Noon – Sunset

Special Days of Operation (Noon – Sunset)  
April 14 – 21, May 26, June 12

\*The Skate Park closes in the event of rain, snow or excessive heat.

### PARTY RENTALS

Book the Skate Park for your special day! See page 6 for details. Available April – September.

### PRIVATE SKATEBOARDING LESSONS

(all ages)

	Residents	Nonresidents
1-lesson package	\$30	\$35
3-lesson package	\$80	\$85

For more information or to book lessons or rentals, please visit [www.gaithersburgmd.gov/skate](http://www.gaithersburgmd.gov/skate) or email [skatepark@gaithersburgmd.gov](mailto:skatepark@gaithersburgmd.gov)

### SPRING SATURDAY SCHOOL OF SK8

Following an assessment by our instructors, participants are assigned to a unit with skaters of the same skill-set. Beginner instruction is designed for skateboarders who can maneuver on open flat surfaces. Intermediate instruction is intended for skaters who have some experience in a skate park. Students are encouraged to progress at their own rate through a combination of group and one-on-one instruction.

A waiver must be signed prior to the first lesson.

Nonresidents pay an additional \$7 fee.

**Age: 7 – 14 years**

**Length: 2 hours**

**Beginner/Intermediate – Mixed levels 1 & 2**

39449	5/3	Sat	10:00 am	Skate Park	1	\$20
39450	5/17	Sat	10:00 am	Skate Park	1	\$20
39451	5/31	Sat	10:00 am	Skate Park	1	\$20

Gaithersburg Chorus

## Spring Concert

Rachmaninoff's *All Night Vigil*

**Saturday and Sunday, May 17 and 18**  
**7:30 p.m.**

St. John Neumann Catholic Church

**Tuesday, May 20**  
**7:00 p.m.**

Rosborough Cultural Arts Center  
Asbury Methodist Village

FREE!

Donations gratefully accepted.



## SFZ Salon Series

A series of concerts fusing classical, contemporary and experimental chamber music in an intimate salon setting. An inspirational, creative sanctuary for both artists and audience encouraging great music and lively discussion. Two featured wines at each concert.

### *In a Blue Light*

Gershwin Rhapsody in Blue, Crumb Voice of the Whale, Ravel Violin Sonata.

**Sunday, April 27, at 3 pm**

Arts Barn, 311 Kent Square Rd.

All Ages, Length: 2 hours

#38147

\$23(R)/\$25(N)



# THE ARTS BARN

THEATRE SERIES

- Plenty of adjacent FREE parking
- A unique arts center featuring theater, music and art
- Located across from the historic Kentlands Mansion
- Theatre tickets are non-refundable

Tickets available by phone or order online  
301-258-6394 • [www.gaithersburgmd.gov/RecXpress](http://www.gaithersburgmd.gov/RecXpress)

## THE GREAT AMERICAN TRAILER PARK MUSICAL

Welcome to Armadillo Acres Trailer Park, the other side of the tracks in Starke, Florida. Meet Norbert, a tollbooth collector, Jeannie, his agoraphobic wife and Pippi, a stripper. These three are soon engulfed in a love triangle that is narrated by a delightfully trashy trio acting as the show's Greek chorus. 'The Girls' invite us in to a world full of AstroTurf, road kill, spray cheese and pure, unadulterated fun. Produced by Rockville Musical Theatre in partnership with the City of Gaithersburg.

**Age: 17 to Adult**

**Length: 2 hours**

39131	4/4	F	8:00pm	\$16(R)/\$18(N)
39132	4/5	Sa	8:00pm	\$16(R)/\$18(N)
39133	4/6	Su	2:00pm	\$16(R)/\$18(N)
39134	4/11	F	8:00pm	\$16(R)/\$18(N)
39135	4/12	Sa	8:00pm	\$16(R)/\$18(N)
39136	4/13	Su	2:00pm	\$16(R)/\$18(N)
39137	4/18	F	8:00pm	\$16(R)/\$18(N)
39138	4/19	Sa	8:00pm	\$16(R)/\$18(N)
39139	4/20	Su	2:00pm	\$16(R)/\$18(N)

## WOODY ALLEN, WOODY ALLEN

A delightful pairing of two comedic plays by the master of comic angst, Woody Allen. Central Park West and Honeymoon Motel are both set in New York, the city he knows so well. In them, Allen has crafted two hilarious stories of infidelity, reality and the desperate attempt to find identify. Produced by Montgomery Playhouse in partnership with the City of Gaithersburg.

**Age: 17 to Adult**

**Length: 2 hours**

39122	5/2	F	8:00pm	\$14(R)/\$16(N)
39123	5/3	Sa	8:00pm	\$14(R)/\$16(N)
39124	5/4	Su	2:00pm	\$14(R)/\$16(N)
39125	5/9	F	8:00pm	\$14(R)/\$16(N)
39126	5/10	Sa	8:00pm	\$14(R)/\$16(N)
39127	5/11	Su	2:00pm	\$14(R)/\$16(N)
39128	5/16	F	8:00pm	\$14(R)/\$16(N)
39129	5/17	Sa	8:00pm	\$14(R)/\$16(N)
39130	5/18	Su	2:00pm	\$14(R)/\$16(N)

## MEL BROOKS' THE PRODUCERS

A down-on-his-luck Broadway producer and his mild-mannered accountant come up with a scheme to produce the most notorious flop in history, thereby bilking their backers (all 'little old ladies') out of millions of dollars. Only one thing goes awry: the show is a smash hit! Produced by Sandy Spring Theatre Group in partnership with the City of Gaithersburg.

**Age: 14 to Adult**

**Length: 2 hours and 45 minutes**

39144	6/13	F	8:00pm	\$16(R)/\$18(N)
39145	6/14	Sa	8:00pm	\$16(R)/\$18(N)
39146	6/15	Su	2:00pm	\$16(R)/\$18(N)
39147	6/20	F	8:00pm	\$16(R)/\$18(N)
39148	6/21	Sa	8:00pm	\$16(R)/\$18(N)
39149	6/22	Su	2:00pm	\$16(R)/\$18(N)
39150	6/27	F	8:00pm	\$16(R)/\$18(N)
39151	6/28	Sa	8:00pm	\$16(R)/\$18(N)
39152	6/29	Su	2:00pm	\$16(R)/\$18(N)

## THE COMEDY AND MAGIC SOCIETY

In partnership with Thin Air Productions, an astounding evening of magic and sleight of hand combined with interactive theatre and hilarious fun! Come and see some of the most entertaining magical artists of today. Different shows each night. These magicians will leave you wondering what's up their sleeve next!

**Age: 10 years and up**

**Length: 1 hour and 30 minutes**

38625	3/28	F	8:00pm	\$12(R)/\$15(N)
38626	4/25	F	8:00pm	\$12(R)/\$15(N)
39140	5/23	F	8:00pm	\$12(R)/\$15(N)
39141	6/18	W	8:00pm	\$12(R)/\$15(N)

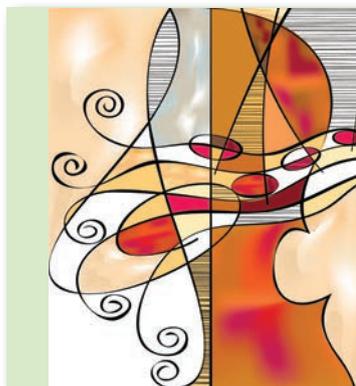
We strive to make our performances accessible for all. Please make specific accommodations requests at least 24 hours in advance of the performance you wish to attend.



Assistive listening devices available

**(R) Resident / (N) Nonresident**

ENTERTAINMENT



## Young Artist Award Concert

Young Artist Award winners are presented in concert. Incredible performances from talented, young musicians!

**Saturday, March 22 at 7:30 pm**

Rosborough Cultural Arts Center, Asbury Methodist Village

All Ages, Length: 2 hours

#39153

\$10(R)/\$12(N)

**GAITHERSBURG UPCOUNTY  
SENIOR CENTER**  
80-A Bureau Dr.  
301-258-6380

**For Active Older Adults  
Age 55 and Better!**

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

Discover the energy and vitality found at the Gaithersburg Senior Center! If you are an active older 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 of course, meet new people – we have it! Not sure if this is for you? Come try us out for one day for free.

**Yearly Membership Rates**

Gaithersburg City Residents – \$40 per person/\$70 per couple  
Nonresidents – \$120 per person/\$180 per couple

**Or Try Us for a Month!**

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

Bus transportation available depending on your geographic location.

**We have so much to offer:**

- Aerobics/Exercise Classes for all Levels,
- Weight Training, Flexible Strength, Stability Ball,
- Ballroom Dance, Yoga/Pilates Fusion,
- Computer Classes, English Classes,
- Book Discussions, Watercolor,
- Cross Stitch, Quilting, Embroidery,
- Safe Driving Classes, Educational
- and Informative Lectures, Crochet, Bridge,
- Mah Jongg, Canasta, Billiards, Scrabble, Carrom,
- Ping Pong, Poker, Bingo, Choral Group,
- Private Music Lessons and so much more!

**Check out our newsletter!**

**ACTIVE AGING EXPO**

**MONDAY, MAY 5**

9 A.M. – 2 P.M.

ACTIVITY CENTER  
AT THE BOHRER PARK  
506 S. FREDERICK AVE.



**TRIPS**

“The History of Jazz” at Strathmore, The National Capital Radio & Television Museum, “Camp David” at Arena Stage, American Ballet and The National Symphony Orchestra Rehearsals at the Kennedy Center, National Geographic Museum, Woodlawn, Frank Lloyd Wright’s Pope-Leighey House, Harper’s Ferry, Galloping Gourmets to Delicious Restaurants, Museums in Baltimore and Washington, D.C. and many, many more. We offer at least 6 trips a month!

**ACTIVITIES**

Trips, Classes, Exercise, Birthday Celebrations, Musical Performances, Dances, Parties, Discussion Groups, Diversity Programs, Informative Lectures and Presentations, Breakfasts and much, much more.

**HEALTHY SENIORS**

Exercise classes, daily lunch through the Senior Nutrition Program, support groups for caregivers, case management services, health screenings and enrichment programs through local hospitals.

**DROP-IN BALLROOM DANCE CLASS**

Tuesdays: Lesson at 2 p.m., Dancing at 2:45 p.m.

Gaithersburg Senior Center

Fee: \$5 for Senior Center Members  
\$7 for City Residents  
\$9 for Nonresidents

Join anytime! This class is for beginners as well as intermediate dancers. Call 301-258-6380 with questions and to verify the class schedule.

**Check out the evening offerings  
at the Senior Center in the Teen and Adult class  
listings of the Leisure Times!**

**DISCOUNTED DENTAL SERVICES**

Low-income older adults may qualify for drastically reduced basic dental services, available via a mobile van at the Senior Center beginning March 1.  
Call 301-258-6380 for details.

## MCPS NO SCHOOL DAYS:

### *Join the City of Gaithersburg!*

Looking for something for your elementary school child to do when school is out?

Look no further than the City of Gaithersburg.

On MCPS professional days and half-days, the City of Gaithersburg offers a variety of activities and field trips for children in grades 1-5. Pre-registration and a fee are required.



### HALF DAY HOOPLA

12:30 p.m. – 5 p.m.

Friday, February 28 – Bowling

\* Departs from Summit Hall Elementary School

### SPRING BREAK BLAST

8:30 a.m. – 4:30 p.m.

Activity Center at Bohrer Park

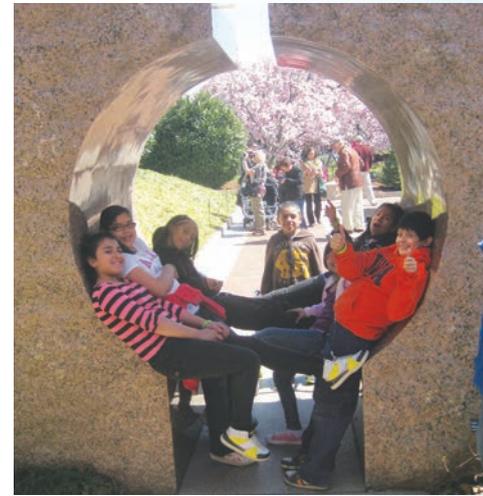
Friday, March 28 – Skate-N-Fun Zone

### SPRING BREAK CAMP

A four-day camp packed with fun activities and field trips for children in grades 1-5. Trips include Bounce U, Pizza Party and National Zoo. Camp runs from 8:30 a.m. to 4:30 p.m. daily at the Activity Center Monday, April 14 through Thursday, April 17. Registration begins second week in March.

Note that trips are subject to change.

Questions? Call Sydney Stasch: 301-258-6350 x126 or email [sstasch@gaitthersburgmd.gov](mailto:sstasch@gaitthersburgmd.gov).



### SUMMER IN THE CITY

It's never too early to start planning for a fun-filled summer! For information about the 2014 Summer Camp Program, camp registration, volunteer openings and employment opportunities, check out this year's "Summer in the City" brochure, available now. Please note that summer camp information will not be published in the Leisure Times. Camp Registration for City residents begins February 5. Open registration begins March 5. 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 at Summit Hall Farm, 506 S. Frederick Ave.

## Summer in the City

2014  
City of Gaithersburg Summer Camp Guide

**REGISTRATION**  
City Residents - Begins February 5 at 6 a.m.  
Open Registration - Begins March 5 at 6 a.m.

301-258-6350 • [www.gaitthersburgmd.gov](http://www.gaitthersburgmd.gov)

## GAITHERSBURG YOUTH CLUB (GYC)



### To Register for GYC Membership

Students in Grades 6-8 can obtain registration forms from the Youth Center at Robertson Park, the Youth Center in Olde Towne and the Activity Center at Bohrer Park. They may also download a registration form from the GYC website. Students attending GMS, FOMS, GHS, LPMS and RVMS can obtain forms from school.

### GYC- One Year Membership Fee

Residents: \$15  
Nonresidents: \$18

### 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 for lost cards.

### Youth Centers

GYC members who attend GMS, FOMS and GHS 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 anytime during hours of operation.

### GYC Friday Fun Nights

Friday Fun Nights 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. \*GYC Members receive a discounted price on all trips!

### Questions? Please contact:

Jesse Green, Community Facility Manager (Robertson Park) at 301-258-6350 or [jgreen@gaitthersburgmd.gov](mailto:jgreen@gaitthersburgmd.gov)  
Maura Dinwiddie, Community Facility Manager (Olde Towne) at 301-258-6350 or [mdinwiddie@gaitthersburgmd.gov](mailto:mdinwiddie@gaitthersburgmd.gov).

## HOLIDAY AND EARLY RELEASE DAY SCHEDULE (TENTATIVE):

*Trips are subject to change.*

March 28 GYC Open Hiking Trip & Picnic	No School 12 – 6 p.m. \$10
April 14-17 – Spring Break GYC Open Fun Spring Break Activities & Trips	No School 12 – 6 p.m. TBD
April 18 & 21 – Spring Break/Easter GYC Closed	No School No Trip
May 26 – Memorial Day GYC Closed	No School No Trip
June 12 – Early Release Day (Last Day of School) GYC Open Cookout!	12 – 6 p.m.
June 13 GYC Open Summer Water Games!	No School 12 – 6 p.m.

## 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
- Discounts on field trips!
- Admission to the Olde Towne Youth Center and access to its Music Studio
- Admission to after school High School Open Gym sessions at the Activity Center at Bohrer Park

Registration forms are available at the Activity Center at Bohrer Park or at the Olde Towne Youth Center.

Student Union 1-Year Membership Fee  
\$5 Residents/\$10 Nonresidents

Questions? Contact Maura Dinwiddie  
at [mdinwiddie@gaitthersburgmd.gov](mailto:mdinwiddie@gaitthersburgmd.gov) or 301-258-6350 x168

"It's Great to Be Green!"  
Week  
April 5 – 11



"Green" activities, environmental service projects, and fun programs scheduled all week long to celebrate Green Week!



## GAITHERSBURG YOUTH CLUB AT TWO LOCATIONS

Check us out online: [www.gaithersburgmd.gov](http://www.gaithersburgmd.gov)

### GYC AT ROBERTSON PARK

*Featuring a 30 Foot Rock Wall!*

801 Rabbitt Rd.  
Gaithersburg, MD 20878  
301-258-6166  
Email: [YC-Robertson@gaitersburgmd.gov](mailto:YC-Robertson@gaitersburgmd.gov)

Monday – Friday	2:45 – 7 p.m.
Half Days	Noon – 6 p.m.
Most Holidays	Noon – 6 p.m.

### GYC AT OLDE TOWNE

*Featuring a Professional Recording Studio!*

301 Teachers Way  
Gaithersburg, MD 20877  
301-258-6440  
Email: [YC-OldeTowne@gaitersburgmd.gov](mailto:YC-OldeTowne@gaitersburgmd.gov)

Middle School:	Monday – Friday	2:45 – 7 p.m.
	Half Days	Noon – 6 p.m.
	Most Holidays	Noon – 6 p.m.
High School:	Monday – Friday	4:30 – 7 pm

### GYC Shuttle

A shuttle to the Youth Centers will be provided after school for GYC members at the following locations:  
Youth Center at Robertson Park - Ridgeview MS and Lakelands Park MS  
Youth Center in Olde Towne - Forest Oak Middle School.

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

### PROGRAM HIGHLIGHTS:

- Computer/Study Room – This quiet computer/study room will be available for kids doing homework or research.
- Hour of Power – 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 at least two opportunities to earn SSL hours and have fun each month!
- Environmental Fun – The GYCs are GREEN BUILDINGS! Great learning activities come hand-in-hand with their environmentally-friendly features.
- Introduction to Sound – Educational program introducing students to our Pro-Tools and Studio equipment at the Olde Towne GYC.

### RECREATIONAL OPPORTUNITIES AVAILABLE AT BOTH YOUTH CENTERS

- |                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                        |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>■ Sports/Games</li> <li>■ Arts &amp; Crafts</li> <li>■ Special Holiday Events &amp; Activities</li> <li>■ Billiards</li> <li>■ Latest Video Game Consoles</li> <li>■ Foosball</li> </ul> | <ul style="list-style-type: none"> <li>■ Table Tennis</li> <li>■ Cooking Classes</li> <li>■ Fitness Activities</li> <li>■ Girl-zz/Boy-zz Breaks</li> <li>■ Student Lounge (quiet computer/study room)</li> <li>■ Community Service Projects</li> </ul> |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

**ARTS BARN**  
311 Kent Square Rd.  
301-258-6394

*Class registration fees are non-refundable.*



## YOUTH

### AFTER SCHOOL IN THE STUDIO

Get creative after school! Explore a new theme each week using a variety of materials. Try something different or explore favorites in-depth. This class is designed for young adventurers. Supply fee of \$10 is due the first class. **No class on 4/17/14.**

**Age: 7 - 11 years**

**Length: 1 hour and 15 minutes**

39070	4/10	Th	4:00pm	2	\$33(R)/\$38(N)	TBD
39071	5/8	Th	4:00pm	3	\$49(R)/\$57(N)	TBD

### ARTFUL SUNDAYS

An opportunity for families to explore art together. Children, along with a parent or guardian, create a variety of art and craft projects using an array of mediums. Together we explore colors and shapes, while developing fine motor skills and expanding creativity. Each session will explore a different theme and is taught by Arts Barn resident artist, Jaree Donnelly of the Arts Entwine Studio. Supply fee of \$5 is due at each class. No charge for parent/guardian.

**Age: 3 - 4 years**

**Length: 45 minutes**

<b>Artful Sundays - Bunny Edition</b>						
39064	4/13	Su	3:00pm	1	\$10(R)/\$12(N)	Donnelly
<b>Artful Sundays - Mother's Day</b>						
39065	5/11	Su	3:00pm	1	\$10(R)/\$12(N)	Donnelly
<b>Artful Sundays - Father's Day</b>						
39066	6/15	Su	3:00pm	1	\$10(R)/\$12(N)	Donnelly

### DISCOVERING ART

Discover the wonders of art by exploring a variety of media while learning and developing basic drawing skills. Over the course of several sessions work in pencil, colored pencils, oil pastels, watercolor, gouache, and acrylics. Each session explores different projects and themes. Supply fee of \$10 is due the first class.

**Age: 7 - 17 years**

**Length: 1 hour and 15 minutes**

**Discovering Art (7-12 years)**

39055	4/22	Tu	4:00pm	6	\$98(R)/\$113(N)	Kay
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**Discovering Art for Homeschoolers (7-12 years)**

39058	4/22	Tu	2:30pm	6	\$98(R)/\$113(N)	Kay
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**Discovering Art for Homeschoolers (13-17 years)**

39057	4/22	Tu	1:00pm	6	\$98(R)/\$113(N)	Kay
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### EXPLORING ART

Explore the basic elements of art and craft, using a variety of media, encouraging creativity and personal expression. Stories are incorporated as themes and inspiration. Each session explores different projects and themes. Please wear clothes that may get messy. Supply fee of \$5 due at each class.

**Age: 5 - 6 years**

**Length: 1 hour**

**Exploring Art - Bunny Edition**

39067	4/13	Su	1:00pm	1	\$13(R)/\$15(N)	Donnelly
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**Exploring Art - Mother's Day**

39068	5/11	Su	1:00pm	1	\$13(R)/\$15(N)	Donnelly
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**Exploring Art - Father's Day**

39069	6/15	Su	1:00pm	1	\$13(R)/\$15(N)	Donnelly
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### FUN ART

Learn how to create in the style of famous artists by using household items, recycled items and food. Explore different media - watercolor, pastel, tempera paint and colored pencils. Have fun mixing them to create your own unique artwork. Please wear clothes you can get messy or bring a smock. Supply fee of \$10 due at first class. **No class on 5/26/14.**

**Age: 3 - 9 years**

**Length: 1 hour**

**Fun Art - Ages 3-5**

39080	4/24	Th	2:00pm	6	\$78(R)/\$90(N)	Parris
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**Fun Art - Ages 4-6**

39078	4/28	M	2:00pm	5	\$65(R)/\$75(N)	Parris
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39081	4/24	Th	4:00pm	6	\$78(R)/\$90(N)	Parris
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**Fun Art - Ages 6-9**

39079	4/28	M	4:00pm	5	\$65(R)/\$75(N)	Parris
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### HANDBUILDING IN CLAY

In this class work on basic clay techniques such as slabbing and coiling to create low-relief sculptures, 3 dimensional sculptures, bowls and cups. A materials fee of \$25 is due at first class.

**Age: 7 - 12 years**

**Length: 1 hour and 30 minutes**

39094	4/25	F	4:00pm	6	\$117(R)/\$135(N)	Prinsloo
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### KID'S ADVENTURE GLASS FUSING

Come 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 the majority of the class. Please wear closed toe shoes. Supply fee of \$10 due at workshop. Project may be picked up the following Saturday.

**Age: 8 - 12 years**

**Length: 2 hours**

39089	5/24	Sa	1:30pm	1	\$36(R)/\$40(N)	Glander
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39090	6/21	Sa	1:30pm	1	\$36(R)/\$40(N)	Glander
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## Spring Break Camps



### ART AROUND THE WORLD

Learn about Australian Aboriginal Art, African Masks, Russian Folk Art, Dragons in Japanese culture and Spirit Art (Canadian Inuit Art). Create your own original art using different media. Please wear clothes that can get messy. There will be an exhibit on Friday for family and friends. Campers need to bring a lunch.

**Age: 7 - 11 years**

**Length: 6 hours**

39035 4/14 MTuWThF 9:00am 5 \$220(R)/\$270(N) Parris

### SPRING INTO ART

Spring is the theme for this fun week at camp. Each day we will experiment with different media as well as recycled material. Come explore many different ways to create 2 and 3 dimensional art. Wear clothes that can get messy or bring a smock. There will be an exhibit for family and friends the last day of camp. Campers will need to bring a lunch.

**Age: 7 - 11 years**

**Length: 6 hours**

39034 4/14 MTuWThF 9:00am 5 \$220(R)/\$270(N) Donnelly/  
Yuen

(R) Resident / (N) Nonresident

## TEEN AND ADULT CLASSES

### BEGINNING STAINED GLASS WORKSHOP

Learn the basics of this age old craft. In this workshop, learn how to cut, foil and solder a copper foil stained glass project. Please wear closed toe shoes. Students will be standing for the majority of the class. Supply fee of \$10 to be paid at workshop.

**Age: 16 to Adult**

**Length: 2 hours**

39088 5/15 Th 7:00pm 1 \$36(R)/\$40(N) Glander

### CLASSICAL REALISM PAINTING IN OIL

Perfect for beginner or more experienced painters. Carol Vogel, an award winning artist, presents skills and techniques necessary to paint or take your painting to a higher level. Color, composition, value, use of brushes and color mixing, painting techniques and painting process are presented. Supply list available at the Arts Barn. Please bring supplies to first class.

**Age: 14 to Adult**

**Length: 2 hours and 30 minutes**

39102 4/23 W 10:00am 6 \$195(R)/\$225(N) Vogel

### CLASSICAL REALISM PAINTING IN PASTEL

Perfect for beginner, intermediate or advanced students, Carol Vogel, an award winning artist, presents skills and techniques necessary to paint in pastel. Color, composition, value, color mixing, pastel techniques and painting process are presented. Supply list available at the Arts Barn. Please bring supplies to the first class.

**Age: 14 to Adult**

**Length: 2 hours and 30 minutes**

39104 4/25 F 10:00am 6 \$195(R)/\$225(N) Vogel

### CREATIVE EXPRESSIONS IN OIL

A class for both new and developing artists wanting to study painting. Explore the potential of oil painting, with individual attention provided to each student to improve skills and techniques. Accomplished painter, Howard Cohen shares fundamentals and theory. Supply list available at the Arts Barn. Please bring supplies to the first class. **No class on 5/24/14.**

**Age: 14 to Adult**

**Length: 2 hours and 30 minutes**

39052 4/22 Tu 10:00am 6 \$195(R)/\$225(N) Cohen

39051 4/26 Sa 2:00pm 6 \$195(R)/\$225(N) Cohen

### CREATIVE JEWELRY MAKING – WIRE AND BEAD CROCHET

Come and spend a fun afternoon creating jewelry by crocheting with beads and wire. Learn how to crochet different shapes and styles of beads onto fine wire and manipulate the wire to create truly one of a kind pieces of jewelry. No previous beading experience necessary. A supply fee of \$15 due at workshop.

**Age: 14 to Adult**

**Length: 2 hours**

39040 5/18 Su 1:00pm 1 \$26(R)/\$30(N) Cohen



## DRAWING

Internationally acclaimed artist, art educator and Corcoran graduate, Vian Borchert, teaches students how to use many drawing mediums. Explore charcoal, pencils, pen and 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: 14 to Adult**

**Length: 2 hours**

39041	4/23	W	10:00am	6	\$156(R)/\$180(N)	Borchert
39042	4/24	Th	7:00pm	6	\$156(R)/\$180(N)	Borchert

## 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 the majority of the class. Please wear closed toe shoes. Supply fee of \$10 is due at workshop.

**Age: 16 to Adult**

**Length: 2 hours**

39086	4/26	Sa	1:30pm	1	\$36(R)/\$40(N)	Glander
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## HAVING FUN WITH ACRYLICS

Join in the fun of creating beautiful paintings with the easy and enjoyable acrylic medium. Corcoran graduate, Vian Borchert guides students to create successful and accomplished paintings including still life, landscape and artwork from their imagination. Demos in painting and brush techniques are presented and highlights of art history discussed. Supply list available at the Arts Barn. Bring supplies to first class.

**Age: 14 to Adult**

**Length: 2 hours**

39045	4/23	W	7:00pm	6	\$156(R)/\$180(N)	Borchert
39046	4/24	Th	10:00am	6	\$156(R)/\$180(N)	Borchert

## WATERCOLOR

Students are guided through the fresh and translucent medium of watercolor. Vian Borchert, an internationally acclaimed artist, art educator and Corcoran graduate, walks students of all levels step-by-step through the techniques and methods to create a successful watercolor painting. Learn how to apply washes such as wet-on-dry, wet-on-wet, graded washes, masking and brushwork texture. Students use these methods to create still life, landscape and portrait compositions effectively. Supply list at Arts Barn. Please bring supplies to first class. **No class on 5/26/14.**

**Age: 14 to Adult**

**Length: 2 hours**

39049	4/28	M	7:00pm	5	\$130(R)/\$150(N)	Borchert
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## 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 with emphasis on group collaboration. Advice on framing and matting and purchasing art supplies will be shared. Taught by the lead teacher of the Washington Metropolitan Artist Society. To see samples of student work, visit [www.wmartists.com](http://www.wmartists.com). Supply list available at the Arts Barn.

**Age: 14 to Adult**

**Length: 2 hours**

39096	4/22	Tu	10:00am	6	\$156(R)/\$180(N)	Sadeghi
39097	4/22	Tu	7:00pm	6	\$156(R)/\$180(N)	Sadeghi
39098	4/25	F	10:00am	6	\$156(R)/\$180(N)	Sadegh

## PLEINAIRE IN THE KENTLANDS

Are you in love with the atmosphere and architecture of the Kentlands? Come join us for a pleinaire class to capture the beauty around us. This five week session will cover the basics of composition, one and two point perspective, and color theory in the media of your choice. Class will be held in and out of doors around the Arts Barn. Supply list, depending on media choice, available at the Arts Barn. **No class on 5/26/14.**

**Age: 17 to Adult**

**Length: 3 hours**

39073	4/28	M	10:00am	5	\$195(R)/\$225(N)	Prinsloo
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(R) Resident / (N) Nonresident



## ACTIVITY CENTER AT BOHRER PARK

506 S. Frederick Ave.  
301-258-6350

### FITNESS ZONE

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.



#### ZONE FEES

Annual	Resident	Nonresident
Adult	\$180	\$280
*2-Person	\$295	\$440
Family	\$350	\$525
Senior (55+)	\$150	\$225
Youth (under 18)	\$150	\$225

\* 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 (closed for repairs)
- Miniature Golf Course (seasonal)
- Fitness Center
- Open Gyms

	Resident	Nonresident
Adult	\$305	\$500
*2-Person	\$455	\$685
Family	\$540	\$805
Senior	\$245	\$390
Youth (under 18)	\$290	\$450

\* Must reside within the same household

# CREATIVE TOT TIME

**CASEY COMMUNITY CENTER**  
810 S. Frederick Ave.

## SUMMER REGISTRATION

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. Fees are due in full at time of registration.

A copy of the child's birth certificate is required at time of registration.

Registration is on going.

**Ages 3 & 4** as of December 31, 2013

1 Mon./Wed., June 16 – July 23	38936
2 Tue./Thu., June 17 – July 24	38937

**Ages 4 & 5** as of December 31, 2013

3 Mon./Wed, June 16 – July 23	38938
4 Tue./Thu., June 17 – July 24	38939

## SCHOOL YEAR 2014 – 2015

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

### Registration is ongoing.

25% of class fee is due now. Beginning August 1, 50% will be due. There is a \$35 cancellation fee.

### 3-Year Old Classes:

(Children born between Sept. 1, 2010 – Sept. 1, 2011)

\$700 Residents/\$825 Nonresidents

39447	9/10	T/TH	9:00-11:30 am	Casey-B
39448	9/10	T/TH	9:00-11:30 am	Casey-D

### 4-Year Old Classes:

(Children born on or before Sept. 1, 2010)

\$975 Residents/\$1,150 Nonresidents

39445	9/9	M/W/F	9:00-11:30 am	Casey-B
39446	9/9	M/W/F	9:00-11:30 am	Casey-D

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



## PRESCHOOL CLASSES

### 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, however are invited to observe the last class.

**Age: 3 - 5 years**

**Length: 45 minutes**

39375	4/1	Tu	9:45am	CCC	7	\$63(R)/\$70(N)	Meetze
39376	4/1	Tu	10:30am	CCC	7	\$63(R)/\$70(N)	Meetze
39377	4/2	W	10:40am	CCC	7	\$63(R)/\$70(N)	Meetze
39378	4/1	Tu	4:30pm	LMS	7	\$63(R)/\$70(N)	Meetze
39379	4/5	Sa	9:15am	CCC	6	\$54(R)/\$61(N)	Nerud
39380	4/3	Th	4:30pm	LMS	8	\$72(R)/\$79(N)	Nerud
39381	4/5	Sa	11:15am	CCC	7	\$63(R)/\$70(N)	Da Costa Lima

### MUSIC CORNER

This class is a great opportunity for a parent or a caregiver to share in music-making with a young child. The use of finger play, rhymes, lullabies and songs helps expand the language skills of a child. We wiggle, bounce and dance, and even sing a few songs in Spanish. Simple percussion instruments such as bells, shakers and drums are used .

**Age: 2 - 3 years**

**Length: 45 minutes**

39382	4/3	Th	9:30am	CCC	8	\$72(R)/\$79(N)	DaCosta 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, however are invited to observe the last class.

**Age: 3 - 5 years**

**Length: 45 minutes**

39383	4/3	Th	10:30am	CCC	8	\$72(R)/\$79(N)	Da Costa Lima
39384	4/3	Th	11:15am	CCC	8	\$72(R)/\$79(N)	Da Costa Lima

(R) Resident / (N) Nonresident

### CLASSES WILL NOT BE HELD:

May 24, 25 & 26 for Memorial Day Weekend.  
For Spring Break, please check with your instructor.

### CLASS LOCATION:

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



## YOUTH CLASSES

### 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 t-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

38730	3/29	Sa	9:00am	ACBP 7	\$67(R)/\$74(N)	Mongelli
38731	3/29	Sa	11:00am	ACBP 7	\$67(R)/\$74(N)	Mongelli
38732	4/1	Tu	5:30pm	ACBP 8	\$76(R)/\$83(N)	Mongelli
38736	4/1	Tu	6:30pm	ACBP 8	\$76(R)/\$83(N)	Mongelli

#### 8-15 years

38733	3/29	Sa	10:00am	ACBP 7	\$67(R)/\$74(N)	Mongelli
38734	4/1	Tu	5:30pm	ACBP 8	\$76(R)/\$83(N)	Mongelli
38735	4/1	Tu	6:30pm	ACBP 8	\$76(R)/\$83(N)	Mongelli



## SUMMER 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.

**Registration is ongoing.**

**Length: 1 hour and 30 minutes**

**Ages 5 - 7 years**

38369 6/17 TuWTh 5:30pm ACBP 6 \$89(R)/\$99(N) Mongelli

**Ages: 8 - 15 years**

38370 6/17 TuWTh 7:00pm ACBP 6 \$89(R)/\$99(N) Mongelli

### 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 Flower Hill Shopping Center, 18226 Flower Hill Way and in Quince Orchard at The Shops at Potomac Valley, 12105 Darnestown Rd.

#### 4-6 yrs, 30 minutes

39404	4/1	TuTh	4:00pm	FH	10	\$85(R)/\$92(N)	Kicks
39405	3/31	MW	6:00pm	FH	10	\$85(R)/\$92(N)	Kicks
39406	3/31	MW	6:00pm	QO	10	\$85(R)/\$92(N)	Kicks
39407	4/1	TuTh	5:00pm	QO	10	\$85(R)/\$92(N)	Kicks
39408	3/31	MW	3:00pm	QO	10	\$85(R)/\$92(N)	Kicks
39413	5/13	TuTh	4:00pm	FH	10	\$85(R)/\$92(N)	Kicks
39414	5/12	MW	6:00pm	FH	10	\$85(R)/\$92(N)	Kicks
39415	5/12	MW	6:00pm	QO	10	\$85(R)/\$92(N)	Kicks
39416	5/13	TuTh	5:00pm	QO	10	\$85(R)/\$92(N)	Kicks
39417	5/12	MW	3:00pm	QO	10	\$85(R)/\$92(N)	Kicks

#### 7-12 yrs, 50 minutes

39409	4/1	TuTh	6:00pm	FH	10	\$95(R)/\$102(N)	Kicks
39410	3/31	MW	4:00pm	FH	10	\$95(R)/\$102(N)	Kicks
39411	3/31	MW	4:00pm	QO	10	\$95(R)/\$102(N)	Kicks
39412	4/1	TuTh	6:00pm	QO	10	\$95(R)/\$102(N)	Kicks
39418	5/13	TuTh	6:00pm	FH	10	\$95(R)/\$102(N)	Kicks
39419	5/12	MW	4:00pm	FH	10	\$95(R)/\$102(N)	Kicks
39420	5/12	MW	4:00pm	QO	10	\$95(R)/\$102(N)	Kicks
39421	5/13	TuTh	6:00pm	QO	10	\$95(R)/\$102(N)	Kicks

### ZUMBATOMICS

Zumbatomics 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 a water bottle. Parents are invited to join us for the last 10 minutes of every class to see a performance. Bring those video cameras!

**Age: 6 - 11 years**

**Length: 1 hour**

39399 4/5 Sa 9:00am CCC 7 \$56(R)/\$63(N) Batista

### AUDITION PREPARATION FOR CHEERLEADING, POMS, ETC.

Miss Terri, who trained with the Redskinettes and the Wizard Ladies, gets you ready for any audition. Basic choreography techniques and steps will be taught to assist in audition numbers. Gain stage presence and confidence as you learn about music selection, what to wear to auditions (costumes), audition make-up and hair. Come away with choreography blocks you can combine to make a solo free-style routine.

**Age: 13 - 18 years**

**Length: 1 hour**

38765 3/31 M 4:30pm ACBP 6 \$54(R)/\$61(N) Thompson



### INCLEMENT WEATHER

In the event of inclement weather or emergencies call 301-330-0050, ext 2430 for the recorded message pertaining to class cancellations.

**TEEN AND ADULT CLASSES**



**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**

38757	3/31	M	7:15pm	LMS	7	\$56(R)/\$63(N)/\$35(S)	Staff
38759	4/5	Sa	9:00am	CCC	7	\$56(R)/\$63(N)/\$35(S)	Pavelle
38760	4/3	Th	7:15pm	CCC	10	\$80(R)/\$87(N)/\$40(S)	Kuo
38761	4/6	Su	11:00am	ACBP	6	\$48(R)/\$55(N)/\$35(S)	Batista

**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**

39394	4/1	Tu	6:30pm	LMS	9	\$72(R)/\$79(N)/\$36(S)	Pavelle
39395	4/2	W	10:35am	CCC	10	\$80(R)/\$87(N)/\$40(S)	Brandt

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

**CLASSES WILL NOT BE HELD:**  
**May 24, 25 & 26 for Memorial Day Weekend.**  
**For Spring Break, please check with your instructor.**

**ZUMBA FUSION/SENTAO**

Sizzle while you get sculpted! Fabuloso Zumba dance-party fun is interspersed with toning choreography. Then grab a chair for targeted resistance training that engages your core. This class energizes and is adaptable to anyone new to fitness.

**Age: Teen and Adult**

**Length: 1 hour**

39390	3/31	M	7:40pm	ACBP	8	\$64(R)/\$71(N)/\$35(S)	Zelaya
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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 weights.

**Age: Teen and Adult**

**Length: 1 hour**

39397	4/2	W	7:15pm	LMS	9	\$72(R)/\$79(N)/\$36(S)	Zelaya
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**ZUMBA IN PARK IS RETURNING!**

Look for us  
 at the City Hall Concert Pavilion  
 at 7 pm on Fridays  
 beginning in May.



## BOKWA

Energizing and addictive...Bokwa participants draw letters and numbers with their feet while moving together to music in free form rhythm.

**Age: Teen and Adult**

**Length: 1 hour**

39396 4/1 Tu 7:30pm LMS 9 \$72(R)/\$79(N)/\$36(S) Zelaya

## BOLLYWOOD MASALA

Theatrical, tantalizing, spectacular movement steeped in Indian tradition is given a modern, upbeat Bollywood twist. Develop stellar abs, expressive hands, limber hips, and shimmy away your stress. Suitable for all fitness levels. Bring your jangly dance scarf.

**Age: Teen and Adult**

**Length: 1 hour**

39398 4/3 Th 6:30pm LMS 9 \$72(R)/\$79(N)/\$36(S) Pavelle

## BOOTCAMP FOR BOOMERS

No Frills Drills - Safely challenge your body to the limit with a high-energy mix of resistance training, floorwork, and cardio training without fancy choreography. Work all major muscle groups in a no-fuss, no-excuses format. Bring a large exercise ball.

**Age: 16 to Adult**

**Length: 45 minutes**

38748 4/3 Th 6:45pm ACBP 9 \$63(R)/\$70(N)/\$35(S) Moran

## NEW: CARDIO FUNK

Cardio Funk is an easy to follow class for those new to fitness. This class is filled with the sounds of Santana, Earth, Wind and Fire, and the sassy soul classics of the Jackson Five and Barry Manilow. This class incorporates contemporary cardio-dance and stretching.

**Age: 16 to Adult**

**Length: 1 hour**

39425 4/2 W 6:45pm ACBP 10 \$80(R)/\$87(N)/\$40(S) Smith

## DOONYA

Doonya is a playful, energetic and exotic workout incorporating all the musical foundations of Bollywood including folk, classical, Bhangra and pop styles. High intensity movements provide a sizzling, cardio workout. It's fun, fast and unique.

**Age: Teen and Adult**

**Length: 1 hour**

39393 4/1 Tu 6:30pm CCC 10 \$80(R)/\$87(N)/\$40(S) Nagaraj

### CLASS LOCATION:

ACBP Activity Center at Bohrer Park

CCC Casey Community Center

LMS Lakelands Park Middle School



### INCLEMENT WEATHER

In the event of inclement weather or emergencies call 301-330-0050, ext 2430 for the recorded message pertaining to class cancellations.



## FIERCE4

Fierce4 blends Cardio Kick, Funk/Hip Hop, Pilates, Yoga and Martial Arts into a turbo-powered interval workout. Class puts you in the fat-burning zone with proven calorie-torching exercises and effective sculpting techniques.

**Age: 16 to Adult**

**Length: 1 hour**

38740 4/5 Sa 9:00am ACBP 7 \$63(R)/\$70(N)/\$35(S) Lieder

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

Interval endurance training for the athletic adult. Warm up, then go into high-intensity bursts (run or power walk, interspersed with recovery periods using other muscle groups) followed by a cool down using balance challenges, weights and/or bands.

**Age: 18 to Adult**

**Length: 45 minutes**

38741 4/1 Tu 9:15am ACBP 11 \$55(R)/\$62(N)/\$35(S) Mornini

38742 4/3 Th 9:15am ACBP 10 \$50(R)/\$57(N)/\$35(S) Mornini

# FUN & FITNESS



## 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 handweights up to 2 lbs.

**Age: 18 to Adult**

**Length: 1 hour**

39400 4/1 Tu 9:30am CCC 8 \$55(R)/\$62(N)/\$35(S) Suto  
39401 4/3 Th 9:30am CCC 8 \$55(R)/\$62(N)/\$35(S) Suto

## ☑ NEW: R.I.P.P.E.D.

Resistance, Intervals, Power, Plyometrics, Endurance, and Diet. This is the ultimate mix for your total body transformation. A certified professional takes you through 6-9 minute segments in a quick-change, circuit-style workout. Motivating music will get you jamming through the workout with smiles, determination, and strength. Bring a mat and elastic band or tubing.

**Age: 16 to Adult**

**Length: 1 hour**

39422 4/5 Sa 10:15am ACBP 7 \$63(R)/\$70(N)/\$35(S) Lieder

## ☑ NEW: SONOMA SUAVÉ

Sonoma Suavé is a new dance-fitness program developed by Pearl Jones for Creative Fitness. It features a soft and jazzy interpretation of Zumba dances, and adds a cool dimension...yet it is guaranteed to make you work! No jumping, no stomping, and no dance experience required. Two left feet welcome!

**Age: 16 to Adult**

**Length: 1 hour**

39423 3/31 M 9:30am CCC 8 \$64(R)/\$71(N)/\$35(S) Jones

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

## STEP ROCKS!

Athletic, high-octane combinations set to motivating, current music create a fun and effective full-body workout. Class consists of a warm up, upper body muscle toning, cardiovascular work with specific training objectives, abdominals and a cool down/stretch sequence. Students are encouraged to bring their own steps, mats, and hand weights, though a limited number are available for loan by arrangement with Nancy at 301-990-1846.

**Age: 16 to Adult**

**Length: 1 hour**

39109 3/31 MW 7:00pm LMS 15 \$105(R)/\$112(N)/\$53(S) Brouillette  
39110 3/31 M 7:00pm LMS 7 \$49(R)/\$56(N)/\$35(S) Brouillette  
39111 4/2 W 7:00pm LMS 8 \$56(R)/\$63(N)/\$35(S) Brouillette

## ☑ NEW: WERQ™

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

**Age: 16 to Adult**

**Length: 1 hour**

39424 3/31 M 6:30pm ACBP 8 \$64(R)/\$71(N)/\$35(S) Pavelle



## ADAPTIVE YOGA

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

**Age: 16 to Adult**

**Length: 1 hour**

**Chair Poses**

38756 4/1 Tu 11:00am ACBP 8 \$72(R)/\$79(N)/\$36(S) Thompson

**Floor Poses**

38755 4/3 Th 11:00am ACBP 9 \$81(R)/\$88(N)/\$41(S) Thompson

## GENTLE YOGA EXPLORATIONS

Learn how to free chronic muscle tension and stiff joints via movement explorations and Yoga poses that feel easy and relaxed. We'll look at 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**

38749 4/1 Tu 9:00am ACBP 8 \$72(R)/\$79(N)/\$35(S) Thompson  
 39402 3/31 M 6:45pm CCC 7 \$63(R)/\$70(N)/\$35(S) Thompson  
 39403 4/3 Th 10:00am ACBP 9 \$81(R)/\$88(N)/\$41(S) Thompson

## BONE BUILDERS

This class incorporates a balance and weight training program proven to increase bone density. Trained and enthusiastic volunteers lead the class. Bone Builders is a free program offered in partnership with Montgomery County Department of Health and Human Services. Wear comfortable clothing and athletic shoes. Class size is limited. Register for no more than three consecutive Bone Builders classes to allow others in the community a chance to receive the benefits of an introductory weight training class. Other similar, affordable, easily transitional offerings are available at the Gaithersburg Upcounty Senior Center and County Recreation Centers.

**Age: 35 years and up**

**Length: 1 hour**

38763 3/31 MW 10:00am ACBP 18 Free(R)/Free(N) Dingle

## MELT METHOD HAND & FOOT TREATMENT FOR PAIN RELIEF WORKSHOP

Join MELT instructor Amy Liss and learn this simple self-treatment that helps to make your whole body feel better and provides relief from neck and low back pain, arthritis, bunions, plantar fasciitis, and carpal tunnel syndrome. Learn simple techniques that rehydrate the connective tissue in your hands and feet while you regain whole-body balance. Come see how three little balls can change your life! Bring a Yoga mat. MELT balls provided, but the mini kit may be purchased for \$25.

**Age: 16 to Adult**

**Length: 1 hour and 30 minutes**

38768 4/12 Sa 10:15am CCC 1 \$30(R)/\$37(N) Liss  
 38769 5/14 W 7:40pm CCC 1 \$30(R)/\$37(N) Liss

### CLASSES WILL NOT BE HELD:

**May 24, 25 & 26 for Memorial Day Weekend.  
 For Spring Break, please check with your instructor.**

### CLASS LOCATION:

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



### INCLEMENT WEATHER

In the event of inclement weather or emergencies call 301-330-0050, ext 2430 for the recorded message pertaining to class cancellations.



## 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**

39116 3/31 M 5:30pm CCC 7 \$79(R)/\$86(N)/\$40(S) Thompson  
 39117 4/3 Th 5:30pm CCC 9 \$101(R)/\$108(N)/\$51(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**

39120 4/3 Th 6:45pm CCC 9 \$81(R)/\$88(N)/\$41(S) Thompson

## 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 are welcome. Monday and Thursday evenings are 75 minutes, Thursday mornings are 60 minutes.

**Age: 16 to Adult**

38752 3/31 M 7:45pm CCC 7 \$79(R)/\$86(N)/\$40(S) Thompson  
 38753 4/3 Th 9:00am ACBP 9 \$81(R)/\$88(N)/\$41(S) Thompson  
 39121 4/3 Th 7:45pm CCC 9 \$101(R)/\$108(N)/\$51(S) Thompson

## YOGALATES

Yoga and Pilates blended into an integrated routine. Discover the peaceful practice of mindful stretching. This class increases flexibility, strengthens and tones the core abdominal muscles, and promotes wellness...in one synergistic hour of exercises and poses. Bring a Yoga mat.

**Age: 16 to Adult**

**Length: 1 hour**

39391 3/31 M 7:40pm LMS 7 \$56(R)/\$63(N)/\$35(S) Ferrante

## PILATES MAT CLASS

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. Beginners always welcome.

**Age: 16 to Adult**

**Length: 1 hour**

38745 4/1 Tu 6:40pm ACBP 8 \$72(R)/\$79(N)/\$36(S) Beck  
 38746 4/3 Th 11:35am CCC 8 \$72(R)/\$79(N)/\$36(S) Lu-Weir

## 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**

39114 4/1 Tu 10:35am CCC 8 \$72(R)/\$79(N)/\$36(S) Lu-Weir  
 39115 4/4 F 10:30am CCC 8 \$72(R)/\$79(N)/\$36(S) Lu-Weir

## STRETCH, STRENGTHEN, RELEASE

Stiff and tired from a long day? Treat yourself! This class consists of three sequential components. It begins with gentle stretching, progresses to core strengthening exercises using Pilates principles, and concludes with relaxing movements and positions to release the day's tension. The course uses small props including straps and rollers. Participants may bring their own Yoga strap, but it is not required.

**Age: 16 to Adult**

**Length: 1 hour**

38747 4/1 Tu 7:40pm ACBP 8 \$72(R)/\$79(N)/\$36(S) Beck



**CLASSES WILL NOT BE HELD:**  
 May 24, 25 & 26 for Memorial Day Weekend.  
 For Spring Break, please check with your instructor.



## 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**

**Beginning**

38738 4/5 Sa 10:30am ACBP 8 \$72(R)/\$79(N)/\$36(S) Ostrove

**Continuing**

38737 4/5 Sa 10:30am ACBP 8 \$72(R)/\$79(N)/\$36(S) Xu

## TAI CHI PRACTICE CLASS

Students who register for this class should have learned Tai Chi 24 form. Instructor is available for assistance.

**Age: Teen and Adult**

**Length: 1 hour**

38739 4/5 Sa 11:30am ACBP 8 \$54(R)/\$61(N)/\$35(S) Shi

## VIETNAMESE LONGEVITY STICK

The Longevity Stick regimen incorporates a series of 12 movements designed to improve balance, flexibility, strength, mental focus, breathing capacity and vitality. The exercise, which is done while standing, takes its name from the only piece of equipment used in its practice, a 1-inch-thick dowel that is an inch or two longer than the practitioner's height. Some sticks are available to borrow, but bringing your own stick is encouraged.

**Age: 16 to Adult**

**Length: 30 minutes**

38764 4/1 TuTh 8:30am ACBP 20Free(R)/Free(N) Mornini

## WORK SMART STRENGTH TRAINING

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

**Age: 16 to Adult**

**Length: 1 hour**

38754 4/1 Tu 10:00am ACBP 8 \$72(R)/\$79(N)/\$36(R) Thompson

## CREATIVE WRITING FOR AGES 10 - 14

Creative Writing is a fantastic way for adolescents to put their imaginations to work. Students gain writing skills through stimulating, storytelling exercises. Our goal is to complete a personally crafted story. Maybe the next J.K.Rowling will emerge.

**Age: 10 - 14 years**

**Length: 1 hour**

39371 4/7 M 6:00pm CCC 8 \$72(R)/\$79(N) Karson

## CREATIVE WRITING

Take your passion for writing to the next level. Develop your voice and style, learning how to avoid overused clichés and refine your craft from a published writer and journalist. Whether you seek to someday publish or write for fun, all that's needed is a love for writing.

**Age: 15 to Adult**

**Length: 1 hour**

39372 4/7 M 7:00pm CCC 8 \$72(R)/\$79(N) Karson

## MICRO BUSINESS START-UP

A micro business is one with less than five employees. Most small business books and classes are designed for businesses that have up to 100 employees. This class is streamlined to provide essential information you need to start-up, maintain and market effectively. Launch into the class using a template of tasks to run your business. The teacher/mentor has taught business classes, has a business, and has been involved in the start up of two other business.

**Age: 16 to Adult**

**Length: 1 hour**

39374 4/9 W 7:00pm CCC 8 \$72(R)/\$79(N) Karson

## SOCIAL MEDIA IMMERSION

Befuddled by social media? Don't know where to begin? This class teaches you how to blog, use Facebook, Twitter, Instagram, Pinterest, YouTube, and others. By the end of the session you will be proficient and able to use social media effectively for your purpose. This class benefits private users as well as business owners. Bring your own laptop or tablet.

**Age: 16 to Adult**

**Length: 1 hour**

39373 4/9 W 6:00pm CCC 8 \$72(R)/\$79(N) Karson

## NEW: WEIGHT MANAGEMENT—STARTING THE JOURNEY

The program consists of weekly lessons and group activities under the direction of a physician (with a team of other experts from 'CHEERS,' a division of All Day Medical Clinic), who will provide helpful information and support to change lifelong habits related to nutrition, physical activity, and stress management. Special emphasis will be given to decreasing your risk for type 2 diabetes.

**Age: 16 to Adult**

**Length: 1 hour**

39432 4/1 Tu 6:30pm CCC 4 \$36(R)/\$42(N) Sokolsy, M.D.



## GPS FOR MARINERS

Use a GPS with confidence and utility. This hands-on course is for boaters (or anyone) wanting to better understand and operate a GPS/Chartplotter. Topics include: how GPS works, chartplotting, charts and computers, your GPS receiver, networking your GPS on-board, using GPS to navigate, GPS accuracy, DGPS and WAAS. Bring your handheld GPS to class. Loaners are available. Class includes an outdoor exercise using GPS.

**Age: 16 to Adult**

**Length: 2 hours**

38770 4/7 M 7:00pm ACBP 4 \$30(R)/\$37(N) Staff

## MARYLAND BOAT SAFETY

Keep your family safe on the water! Boat MD is a nationally recognized boating safety course adapted to address all USCG and Maryland DNR requirements for operating a powered recreational boat on Maryland waters. This 8-hour classroom course covers: Know Your Boat; Before You Get Underway; Operating Your Boat Safely; the Legal Requirements of Boating; Boating Emergencies - What to Do; and Enjoying Watersports. It is an especially good course for all members of a boating group or family to attend together. The course is taught by members of the US Coast Guard Auxiliary. Those successfully completing the course will be awarded the MD DNR Operators Certificate - required to operate a powered recreational vessel on Maryland waters (and most other states).

**Age: 10 years and up**

**Length: 2 hours**

38771 4/3 Th 7:00pm ACBP 4 \$25(R)/\$32(N) Staff

39106 5/12 MTh 7:00pm ACBP 4 \$25(R)/\$32(N) Staff

## CLICKER TRAINING FOR DOGS: GOOD BEHAVIOR AND FUN TRICKS

Do you ever wish you could improve your dog's behavior with the click of a button? Nothing is ever that simple, but clicker training is a fun and effective way to communicate with and train your dog. With a little practice it can have your dog on the path to training success. This class is an introduction to clicker training using basic obedience skills, simple tasks and cool tricks. (Open to dogs of any age and training level.) Bring dog on a leash. Clickers will be provided.

**Age: 18 to Adult**

**Length: 1 hour**

39426 4/26 Sa 11:00am LP 2 \$29(R)/\$33(N) Foley

39427 5/17 Sa 11:00am LP 2 \$29(R)/\$33(N) Foley

39428 6/7 Sa 11:00am LP 2 \$29(R)/\$33(N) Foley

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

### CLASS LOCATION:

ACBP Activity Center at Bohrer Park

CCC Casey Community Center

LP Lakelands Park



### INCLEMENT WEATHER

In the event of inclement weather or emergencies call 301-330-0050, ext 2430 for the recorded message pertaining to class cancellations.



### INTRODUCTION TO BALLET

Class introduces young children to ballet. It begins to teach an understanding of body movement, alignment, expression, grace and deportment. This class will not be included in the recital.

**Age: 5 - 6 years**

**Length: 1 hour**

39385 4/ 5 Sa 12:30pm CCC 7 \$63(R)/\$70(N) Da Costa Lima

### 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**

39388 4/ 7 M 7:45pm CCC 6 \$54(R)/\$61(N)/\$35(S) Meetze

39389 4/ 2 W 9:30am CCC 7 \$63(R)/\$70(N)/\$35(S) Meetze

## Dance Recital

The City of Gaithersburg will present a dance recital at Watkins Mill High School on Saturday, May 31, 2014. Dance students can look forward to this opportunity to perform in costume on stage.

**CLASSES WILL NOT BE HELD:**  
**May 24, 25 & 26 for Memorial Day Weekend.**  
**For Spring Break, please check with your instructor.**

#### CLASS LOCATION:

CCC Casey Community Center  
 LMS Lakelands Park Middle School



#### INCLEMENT WEATHER

In the event of inclement weather or emergencies call 301-330-0050, ext 2430 for the recorded message pertaining to class cancellations.

## SUMMER CONCENTRATED BALLET CAMP

Pre-pointe and Pointe students have an intense one and one-half hour ballet class. Includes an introduction to musical form and dance history. Prerequisite is a minimum of four years of ballet training.

**Registration is ongoing.**

**Age: 11 - 18 years**

**Length: 3 hours**

38673 6/16 MTuWThF 5:30pm CCC 5 \$149(R)/\$159(N) Mugg



## 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. There are a limited number of openings.

**Registration is ongoing.**

**Age: 6 - 11 years**

**Length: 3 hours**

38368 6/16 MTuWThF 9:00am CCC 5 \$139(R)/\$149(N)

#### Note:

**Most youth dance classes are continuing from the winter. A full complement of dance classes will be offered again in the fall.**

Appropriate dance footwear must be worn for dance classes. No rubber soles, flip flops, or slides please.

## BELLY (MID EASTERN) DANCING - INTERMEDIATE

The ancient art form that traditionally adorns celebrations in North Africa and the Middle East. Technique depends on fine muscle control of the torso, arms, and hips on the interpretation of intricate music. Students are required to have finger cymbals, which may be purchased at the first class for \$20 and to have some previous belly dance experience.

**Age: 16 to Adult**

**Length: 1 hour**

39159 4/2 W 7:30pm CCC 8 \$72(R)/\$79(N)/\$36(S) El Naar

## BELLY DANCE FOR SELF- EXPRESSION

Honor and celebrate your feminine beauty exactly as you are! Dancers of all shapes and sizes learn how to combine traditional moves with Middle Eastern and pop music to joyfully entertain. Beginners welcome. Belly baring is optional.

**Age: 16 to Adult**

**Length: 1 hour**

39113 4/1 Tu 7:30pm LMS 8 \$72(R)/\$79(N)/\$36(S) Basane

39158 4/2 W 6:30pm CCC 8 \$72(R)/\$79(N)/\$36(S) El Naar

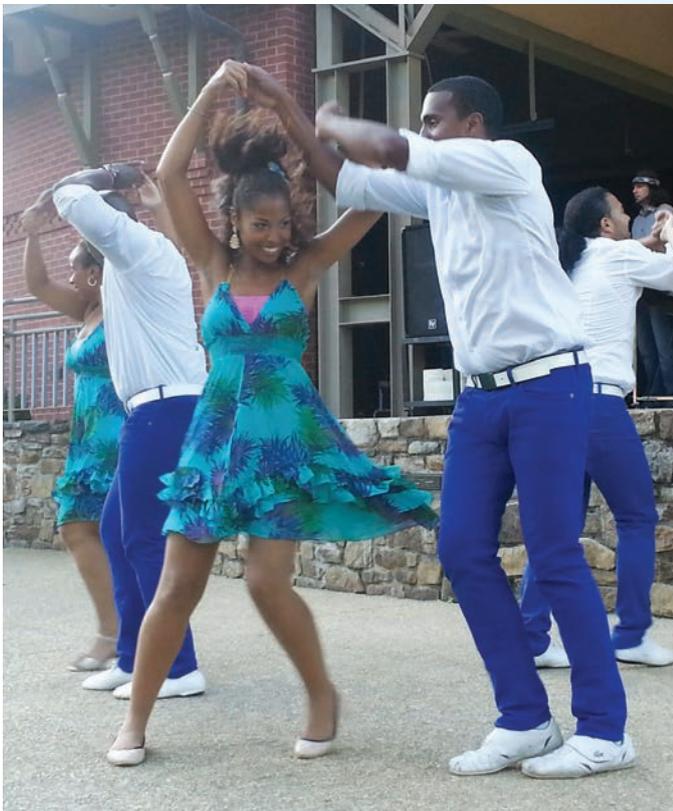
## COUNTRY WESTERN SAMPLER

Country 2-Step, Country Waltz, Country Cha Cha...and more. Put your boots on and join our new dance instructor, Amanda Stearns, on the dance floor. You don't need a twang to get the hang of Country Dancin'!

**Age: 16 to Adult**

**Length: 1 hour**

39107 4/6 Su 2:00pm CCC 6 \$59(R)/\$66(N)/\$35(S) Stearns



## NEW: INTRODUCTION TO LATIN SOCIAL DANCE

Learn the basics of Merengue, Cha Cha Cha and Salsa with simple turns and footwork. Successive classes build upon previous week's work. Neither experience nor partners are necessary. Instructor Eileen Torres has taught thousands to dance over a 35 year career.

**Age: 16 to Adult**

**Length: 1 hour**

38981 4/1 Tu 7:40pm CCC 8 \$79(R)/\$86(N)/\$40(S) Torres

## NEW: INTERMEDIATE SALSA

Achieve the look of a lifetime native dancer as you learn the footwork, turns, and patterns appropriate for the energy of each song. Successive classes build upon previous week's work. Instructor Eileen Torres has taught thousands to dance over a 35 year career.

**Age: 16 to Adult**

**Length: 1 hour**

38982 4/1 Tu 8:40pm CCC 8 \$79(R)/\$86(N)/\$40(S) Torres

## WEST COAST SWING

The DC area is teeming with places to jump, jive and wail on the dance floor. Want to get that happy elastic connection moving with your partner to blues, pop, hip-hop, country, or rock and roll? Learn the fundamental patterns, the etiquette of dancing on a crowded floor, and when to cut loose and improvise.

**Age: 16 to Adult**

**Length: 1 hour**

39108 4/6 Su 3:00pm CCC 6 \$59(R)/\$66(N)/\$35(S) Stearns

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



## KIDS TENNIS FESTIVAL

This event features tennis games and activities that are easy and welcoming for everyone, even if you've never held a racket. We welcome parents to attend this event with their children.

**Age: 5 - 10 years**

**Length: 1 hour and 30 minutes**

39028	3/30	Su	1:30pm	MP	1	\$5(R)/\$6(N)	Harwood
39029	5/25	Su	1:30pm	MP	1	\$5(R)/\$6(N)	Harwood

## KIDS TENNIS PLAY DAY

Kids will be matched against each other for games. Each child will compete in several matches using the USTA 10 and under guidelines. Kids should be able to serve, rally and keep score for their matches. Certificates and prizes will be given.

**Age: 5 - 10 years**

**Length: 2 hours**

39444	4/27	Su	10:00am	MP	1	\$5(R)/\$6(N)	Harwood
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## PEE WEE TENNIS

Basic introduction. Through the use of eye/hand coordination drills and specially designed games, children learn the basic strokes and rules.

**Age: 5 - 7 years**

**Length: 45 minutes**

39009	4/2	W	4:45pm	MP	6	\$60(R)/\$67(N)	Harwood
39008	4/3	Th	4:45pm	DP	6	\$60(R)/\$67(N)	Raaf
39010	4/5	Sa	11:00am	MP	6	\$60(R)/\$67(N)	Raaf
39011	4/6	Su	12:00pm	MP	6	\$60(R)/\$67(N)	Harwood

## TENNIS - YOUTH

The program teaches basic skills to those who have never had instruction or consistent practice.

**Age: 8 - 12 years**

**Length: 1 hour**

39014	4/2	W	5:30pm	MP	6	\$65(R)/\$72(N)	Harwood
39012	4/3	Th	5:30pm	DP	6	\$65(R)/\$72(N)	Raaf
39013	4/5	Sa	9:00am	MP	6	\$65(R)/\$72(N)	Raaf
39015	4/6	Su	12:45pm	MP	6	\$65(R)/\$72(N)	Harwood

## TENNIS

**Beginners:** Starting to play and have never had lessons. Learn fundamental strokes and scoring. **Advanced Beginners:** Have had some lessons, have more dependable strokes and are learning to judge where the ball is going. **Intermediate:** Can place shots with moderate success and sustain a slow paced rally. Focus on stroke dependability, depth, ball placement and strategy. Play simulation is emphasized by use of a tennis ball machine. Students are coached in singles and doubles techniques and strategy.

**Age: Teen and Adult**

**Length: 1 hour**

### Beginner

39018	4/2	W	6:30pm	MP	6	\$72(R)/\$79(N)/\$36(S)	Harwood
39016	4/3	Th	6:30pm	DF	6	\$72(R)/\$79(N)/\$36(S)	Raaf
39017	4/5	Sa	10:00am	MP	6	\$72(R)/\$79(N)/\$36(S)	Raaf
39019	4/6	Su	1:45pm	MP	6	\$72(R)/\$79(N)/\$36(S)	Harwood

### Advanced Beginner

39022	4/2	W	7:30pm	MP	6	\$72(R)/\$79(N)/\$36(S)	Harwood
39020	4/3	Th	7:30pm	DF	6	\$72(R)/\$79(N)/\$36(S)	Raaf
39021	4/5	Sa	12:00pm	MP	6	\$72(R)/\$79(N)/\$36(S)	Raaf
39025	4/6	Su	2:45pm	MP	6	\$72(R)/\$79(N)/\$36(S)	Harwood

### Intermediate

39026	4/2	W	8:30pm	MP	6	\$72(R)/\$79(N)/\$36(S)	Harwood
39023	4/3	Th	8:30pm	DP	6	\$72(R)/\$79(N)/\$36(S)	Raaf
39024	4/5	Sa	1:00pm	MP	6	\$72(R)/\$79(N)/\$36(S)	Raaf
39027	4/6	Su	3:45pm	MP	6	\$72(R)/\$79(N)/\$36(S)	Harwood

## TENNIS COMPETITION CLINIC FOR ADULTS

This clinic is for players who wish to work on their doubles and singles strategies and tactics.

**Age: 18 to Adult**

**Length: 1 hour and 30 minutes**

39030	4/2	W	10:30am	MP	6	\$72(R)/\$79(N)/\$36(S)	Harwood
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## GOLF LESSONS

Class includes instruction on grip, stance, ball position, alignment, balance and how to incorporate these into the dynamics of an athletic golf swing. These fundamentals are essential for beginners, part-time players and advanced players. Golf balls will be provided and clubs, if needed. Classes are held at Jack Doser's Montgomery Village Golf Club on Montgomery Village Ave.

**Age: Teen and Adult**

**Length: 1 hour**

39429	4/27	Su	5:00pm	MVGC	5	\$99(R)/\$106(N)	Staff
39430	4/22	Tu	6:30pm	MVGC	5	\$99(R)/\$106(N)	Staff
39431	4/23	W	6:30pm	MVGC	5	\$99(R)/\$106(N)	Staff

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

**CLASSES WILL NOT BE HELD:  
May 24, 25 & 26 for Memorial Day Weekend.  
For Spring Break, please check with your instructor.**

### CLASS LOCATION:

MP	Morris Park
DP	Diamond Farms Park
MVGC	Montgomery Village Golf Club



### INCLEMENT WEATHER

In the event of inclement weather or emergencies call 301-330-0050, ext 2430 for the recorded message pertaining to class cancellations.



## GAITHERSBURG SPORTS PROGRAMS

### YOUTH AND TEEN SPORTS

Youth and Teen Sports are offered in the fall, winter and spring of each year. A summary of the programs offered by season is listed below:

#### SPRING

Registration: February through first week in March

- Start Smart Sports: Golf & Baseball (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 Volleyball (Boys and Girls) (Grades 4 – 5)
- Youth Soccer (Boys and Girls – Grades 1 – 6)
- Youth Track & Field (Boys and Girls) (Ages 7 – 14)
- Teen Volleyball (Boys and Girls) (Grades 6 – 8)

#### FALL

Registration: Middle of July through first week in September

- Start Smart Sports (Coed) (Ages 4 & 5) Football & Soccer
- Youth Flag Football (Coed) (Grades K – 5)
- Youth Soccer (Boys and Girls) (Grades 1 – 6)
- Youth Volleyball (Boys and Girls) (Grades 4 – 5)
- Cross Country (Coed) (Grades 1 – 6)
- Teen Flag Football (Coed) (Grades 6 – 8)
- Teen Volleyball Clinic (Coed) (Grades 6 – 8)

#### WINTER

Registration: Middle of October through third week in November

- Start Smart Sports (Coed) (Ages 4 & 5) Basketball
- Youth Basketball (Boys and Girls) (Grades K – 6)
- Teen Basketball (Boys and Girls) (Grades 7 – 8)
- Teen Volleyball (Boys and Girls) (Grades 6 – 12)

#### SUMMER

- Strokes & Strides (Coed) (Ages 7 – 14)
- Ready, Set, Run (Coed) (Ages 7 – 14)
- Soccer Camps & Clinics (Coed) (Ages 3 – 14)
- Volleyball Camps (Coed) (Grades 4 – 8)
- Tennis Clinics (Coed) (Ages 7 – 11)

### ADULTS SPORTS

#### SPRING

- Softball (Coed, Men's)
- Volleyball (Women's, Coed)
- Tennis (Senior, League)
- Bowling

#### SUMMER

- Volleyball (Reverse, Women's, Outdoor Doubles)
- Bowling
- Senior Tennis

#### FALL

- Softball (Coed, Men's)
- Volleyball (Coed, Women's)
- Tennis (Senior, League, Tournament)
- Bowling

#### SENIOR TENNIS

Six-week recreational tennis program for Men and Women 50 years of age and over.

- Friday from 4:30 – 6:30 p.m. or 6:30 – 8:30 p.m. at Morris Park
- \$20 Residents/\$25 Nonresidents
- Program begins April 11, 2014
- For more information and a registration form call Pam Truxal at 301-258-6350 x 121 or email at ptruxal@gaitHERSBURGMD.GOV

#### SENIOR "PIN BUSTERS" (Year Round)

A year round social bowling group for men and women 50 years of age and over.

- Bowl America, 1101 Clopper Rd. Gaithersburg
- Mondays, 3 – 5 p.m.
- \$8.60 each time paid to Bowl America (includes: 3 games, shoe rental, soda, tea, water and light snacks).

## AQUATICS ADMINISTRATIVE OFFICE

Bohrer Park, Summit Hall Farm  
512 S. Frederick Ave.  
301-258-6445  
waterpark@gaitHERSBURGMD.GOV



### STAY CONNECTED

#### E-mail newsletter

Receive quarterly program alerts, registration dates and schedule changes in your in-box. Request to be added to the list by e-mailing [aquatics@gaitHERSBURGMD.GOV](mailto:aquatics@gaitHERSBURGMD.GOV).

#### Website

For complete details about memberships, public swim times, water fitness classes, swim lessons, facility rentals, birthday parties, and more, visit [www.gaitHERSBURGMD.GOV](http://www.gaitHERSBURGMD.GOV).

#### Money Saving All-Facility Super Pass

Includes admission to the indoor and outdoor pools, gyms, fitness center, and miniature golf course. See page 17 for details.

## SWIM CLASSES

### WATER ADJUSTMENT - BUBBLERS

This class is for children 6 months to 3 years old and a parent. Course objective: 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**

39165	6/14	Sa	9:40am	Water Park
39166	6/14	Sa	10:20am	Water Park
39167	6/15	Su	9:40am	Water Park
39168	6/15	Su	10:20am	Water Park
39169	6/16	MW	7:15pm	Water Park
39177	6/20	F	7:15pm	Water Park

### 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. Course objective: To orient young children to the aquatic environment by providing them a positive, developmentally appropriate learning experience.

**Age: 3 - 4 years**

**Length: 30 minutes**

39187	6/14	Sa	9:40am	Water Park
39188	6/14	Sa	10:20am	Water Park
39189	6/15	Su	9:00am	Water Park
39190	6/15	Su	9:40am	Water Park
39191	6/16	MW	7:15pm	Water Park
39192	6/17	TuTh	7:55pm	Water Park
39195	6/20	F	7:55pm	Water Park

### 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. Course objectives: To build on to 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**

39207	6/14	Sa	9:00am	Water Park
39208	6/15	Su	10:20am	Water Park
39209	6/16	MW	7:55pm	Water Park
39210	6/17	TuTh	7:15pm	Water Park
39212	6/20	F	7:15pm	Water Park

## GAITHERSBURG AQUATIC CENTER UPDATE

The Gaithersburg Aquatic Center at 2 Teachers Way has been closed for structural repairs since January, 2012. Montgomery County Public Schools has completed work to address the facility's integrity concerns. The City of Gaithersburg is now in phase two of renovations including: replacing filtration equipment, demolishing the old and installing new pool plaster, adding two ADA compliant pool lifts, renovating the front desk and entryway, and enhancing the pool's disinfection system with ultraviolet technology. It is anticipated that the building will reopen in the summer of 2014. The City continues to offer Lifeguard Training at Sport & Health on Russell Avenue. Please check page 33 for details.

## YOUTH LEVEL I - GUPPIES

This is the beginning class for children ages 5 and older. Students must function well in a group setting without parents, since parents DO NOT accompany children. Course objective: 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**

39226	6/14	Sa	9:00am	Water Park
39227	6/14	Sa	9:40am	Water Park
39228	6/14	Sa	10:20am	Water Park
39229	6/15	Su	9:00am	Water Park
39230	6/15	Su	9:40am	Water Park
39231	6/15	Su	10:20am	Water Park
39232	6/16	MW	7:15pm	Water Park
39233	6/16	MW	7:55pm	Water Park
39234	6/17	TuTh	7:15pm	Water Park
39235	6/17	TuTh	7:55pm	Water Park
39237	6/20	F	7:15pm	Water Park
39238	6/20	F	7:55pm	Water Park

## YOUTH LEVEL II - MINNOWS

This class is for children ages 5 years and older. 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. Course objective: 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**

39260	6/14	Sa	9:00am	Water Park
39261	6/14	Sa	9:40am	Water Park
39262	6/14	Sa	10:20am	Water Park
39263	6/15	Su	9:00am	Water Park
39264	6/15	Su	9:40am	Water Park
39265	6/15	Su	10:20am	Water Park
39266	6/16	MW	7:15pm	Water Park
39267	6/17	TuTh	7:15pm	Water Park
39268	6/17	TuTh	7:55pm	Water Park
39269	6/20	F	7:15pm	Water Park
39270	6/20	F	7:55pm	Water Park



## YOUTH LEVEL III - SEAHORSES

This class is for children 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. Course 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**

39290	6/14	Sa	9:00am	Water Park
39291	6/14	Sa	9:40am	Water Park
39292	6/14	Sa	10:20am	Water Park
39293	6/15	Su	9:00am	Water Park
39294	6/15	Su	10:20am	Water Park
39295	6/16	MW	7:15pm	Water Park
39296	6/16	MW	7:55pm	Water Park
39297	6/17	TuTh	7:15pm	Water Park
39298	6/17	TuTh	7:55pm	Water Park
39299	6/20	F	7:15pm	Water Park

## YOUTH LEVEL IV - DOLPHINS

This class is for children 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. Course objective: 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**

39315	6/14	Sa	10:20am	Water Park
39317	6/16	MW	7:15pm	Water Park
39318	6/17	TuTh	7:55pm	Water Park
39319	6/20	F	7:55pm	Water Park

## 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 Aquatic 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 exception.

<b>FEES:</b>	<b>MEMBERS</b>	<b>\$45</b>
	<b>RESIDENTS</b>	<b>\$50</b>
	<b>NONRESIDENTS</b>	<b>\$55</b>



### YOUTH LEVEL V - WHALES

This class is for children ages 6 and older 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. Course objective: 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**

39328	6/14	Sa	9:40am	Water Park
39329	6/15	Su	9:40am	Water Park
39330	6/17	TuTh	7:15pm	Water Park

### YOUTH LEVEL VI - SHARKS

This class is for children 6 years and older who have successfully completed the Whales class. On the first day of class, students must be able to: Swim the front crawl, back crawl, and elementary backstroke for 50 yards each and swim breaststroke for 25 yards. Course objective: To master each stroke in its entirety, as well as prepare students for a future in various aquatic activities, such as stroke and turn clinics, swim team or lifeguard training courses.

**Age: 6 - 13 years**

**Length: 30 minutes**

39340	6/15	Su	10:20am	Water Park
39341	6/16	MW	7:55pm	Water Park



### ADULT BEGINNER SWIM LESSONS

This course is geared toward the non-swimming adult. Prerequisite skills: No prior swimming experience is necessary. Course 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**

39350	6/14	Sa	9:00am	Water Park
39351	6/15	Su	9:40am	Water Park
39352	6/16	MW	7:55pm	Water Park
39353	6/17	TuTh	7:15pm	Water Park
39354	6/20	F	7:55pm	Water Park

### ADULT INTERMEDIATE SWIM LESSONS

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

**Age: Teen and Adult**

**Length: 30 minutes**

39364	6/15	Su	9:00am	Water Park
39365	6/17	TuTh	7:55pm	Water Park
39366	6/20	F	7:15pm	Water Park



## WATER SAFETY DAY

**FRIDAY, MAY 30**  
**3:30PM - 6:30PM**

**GAITHERSBURG WATER PARK**  
512 S. Frederick Ave  
Gaithersburg, MD 20877

*Stay safe at the pool this summer.*

**Learn about:**

- How to prevent drowning
- Proper use of life jackets
- Water Rescue Skills
- Skin cancer prevention
- Swim lessons (evaluations offered)

**Free Event**  
Food will be available for purchase.

**FREE SWIMMING EVENT**  
**PRESENTATIONS EVERY HALF HOUR.**

For more information, visit [gaithersburgmd.gov/waterpark](http://gaithersburgmd.gov/waterpark)  
[montgomerycountymd.gov/rec](http://montgomerycountymd.gov/rec) or [rockvillemd.gov/swimcenter](http://rockvillemd.gov/swimcenter)

*Hosted By*



**Gaithersburg**  
A CHARACTER COUNTS CITY



**MONTGOMERY COUNTY**  
**Recreation**



**City of Rockville**  
est. 1961



## 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 Aquatic 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**

**Class: 39433**

Days	Starts	Time	Location
M	3/3	7 – 9pm	Lakeforest Sport & Health
W	3/5	6 – 9pm	ACBP
Th	3/6	6 – 9pm	ACBP
Sa	3/8	1 – 5:30pm	ACBP
Sa	3/8	6 – 9pm	Lakeforest Sport & Health
Su	3/9	1 – 5:30pm	ACBP
Su	3/9	6 – 9pm	Lakeforest Sport & Health
W	3/12	6 – 9pm	ACBP
Th	3/13	6 – 9pm	ACBP
Sa	3/15	6 – 9pm	Lakeforest Sport & Health
Su	3/16	6 – 9pm	Lakeforest Sport & Health

**FEES** (Includes materials)

Aquatic Members \$175

Residents \$185

Nonresidents \$195

**REGISTRATION – Ongoing**

### 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**

Class	Starts	Days	Time	Location
39439	3/22	Sa	1 – 5pm	ACBP
	3/29	Sa	2 – 5:30pm	ACBP
	3/29	Sa	6 – 9pm	Lakeforest Sport & Health
39442	3/27	Th	5:30 – 9:30pm	ACBP
	3/30	Su	2 – 5:30pm	ACBP
	3/30	Su	6 – 9pm	Lakeforest Sport & Health
39443	4/16	W	1 – 5pm	ACBP
	4/19	Sa	2 – 5:30pm	ACBP
	4/19	Sa	6 – 9pm	Lakeforest Sport & Health

**FEES** (Includes materials)

Aquatic Members \$105

Residents \$115

Nonresidents \$125

**REGISTRATION – Ongoing**

### CPR/AED RE-CERTIFICATION

This course is designed for people who need to renew their CURRENT CPR/AED for the Professional Rescuer certification. Participant must come prepared with CPR book and mask. (Masks and books will be available for purchase on the first day of class.) You must be on time and stay the entire length of the 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**

Class	Starts	Days	Time	Location
39435	3/22	Sa	1 – 5pm	ACBP
39436	3/27	Th	5:30 – 9:30pm	ACBP
39437	4/16	W	1 – 5pm	ACBP

**FEES** (Includes materials)

Aquatic Members \$65

Residents \$70

Nonresidents \$75

**REGISTRATION – Ongoing**

## NOW HIRING

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

## CLASS REGISTRATION BEGINS

### City Residents: March 3

All resident internet, mail-in, fax and walk-in registrations will be processed in the order in which they are received beginning March 3. All resident registrations received prior to that time will be processed on March 6.

### Nonresidents: March 5

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 March 5. All nonresident registrations received prior to that time will be processed on March 6.

**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 or Mastercard

### 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.

### 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 Water Park at 301-258-6445 or check the website at [www.gaithersburgmd.gov](http://www.gaithersburgmd.gov).

### 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 LOCATIONS

### ARTS BARN

311 Kent Square Rd.  
301-258-6394  
[www.gaithersburgmd.gov/artsbarn](http://www.gaithersburgmd.gov/artsbarn)

### AQUATICS

**Gaithersburg Aquatic Center (GAC)** (Closed for repairs)  
2 Teachers Way  
301-258-6345

**Water Park at Bohrer Park (WP)** (seasonal)  
512 S. Frederick Ave.  
301-258-6445

**Lakeforest Sport & Health Club**  
700 Russell 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

**Gaithersburg Upcounty Senior Center (SC)**  
80A Bureau Dr.  
301-258-6380

### KENTLANDS MANSION

320 Kent Square Rd.  
301-258-6425

### PARKS

**Diamond Farms Park (DF)**  
857 Quince Orchard Blvd.

**Morris Park (MP)**  
421 Summit Hall Rd.

**Lakelands Park (LP)**  
1368 Main St.

**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)

**Montgomery Village Golf Club (MVGC)**  
19550 Montgomery Village Ave.

**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 2 weeks prior to the start of the program. Please call 301-258-6350.

This registration form may be used to register for all classes listed in the Leisure Times. 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 \_\_\_\_\_

**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: Shannon Connor</i>	<i>F</i>	<i>02/14/01</i>	<i>13</i>	<i>Basketball</i>	<i>12345</i>	<i>04/08</i>	<i>Thu.</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

**PAYMENT**  
 Amount Paid \$ \_\_\_\_\_ Cash  Check # \_\_\_\_\_  
 Visa/MC/DISC# \_\_\_\_\_ Exp.Date \_\_\_\_/\_\_\_\_  
 Signature (name on card) \_\_\_\_\_  
 Print Name \_\_\_\_\_

**OFFICE USE ONLY:**  
 Rec'd: \_\_\_\_\_ Initials \_\_\_\_\_  
 W M F Resident: Y N  
 Pr: \_\_\_\_\_  
 Date \_\_\_\_\_

**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. The 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 or Mastercard 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.

**REGISTRATION FORM**



# the new gaithersburgmd.gov

## *Debuting Soon!*

An all-access pass to the City of Gaithersburg,  
available on your smartphone, tablet or desktop.

- Easier Navigation
- Enhanced Search
- Calendars by Event Type
- E-newsletter Subscriptions
- Emergency Notifications
- Photo & Video Library
- E-services
  - Service Requests
  - Permitting & Planning Data
  - Class & Event Registration
  - Recycling Bin Requests
  - Parking Ticket Payment



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