

# Go!

## Gaithersburg

WINTER GUIDE 2015 - 16

**Registration  
Begins:**

**November 30**  
City Residents

**December 2**  
Open Registration



**move, play, grow**

**From the Director**



Winter is here and it's time for the holiday season to appear! While visions of sugaplums are all too appealing, remember that now is the best time to get out and get moving. Take in the Winter Lights in the festive Seneca Creek State Park or enjoy a nice cocoa at the Jingle Jubilee on December 5. If being cold isn't your thing why not try a new dance or hip hop class at the Activity Center? There will be

free sample classes of our favorite workouts such as PiYo, Dynamic Energy Boost, High Intensity Interval Training, and much more, so you're sure to find the right fit!

Whether you're enjoying our parks outdoors, taking in a new class, or listening to a concert at the Arts Barn, the City of Gaithersburg never slows down, so why should you? We are happy to be considered one of the Healthiest Cities, and whatever your goals are in the New Year, we hope to give everyone an opportunity to achieve them. Join us as we enjoy a healthy, happy holiday, and ring in the New Year with our great City!

Michele Potter, Director  
Department of Parks, Recreation and Culture

**Coming this Spring...**

**MINIATURE GOLF**

514 S. Frederick Ave.  
301-258-6350

**Opening Day:**  
**Saturday, May 7, 2016**

More Information:  
Demetria Good at 301-258-6350 x133  
or  
minigolf@gaitthersburgmd.gov



**SKATE PARK**

510 S. Frederick Ave  
301-258-6359

**Opening Day:**  
**Saturday, March 26, 2016**

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



**INSIDE THIS ISSUE...**

Active Adult Programs (55+ )	11
Arts Barn Classes	28-31
Aquatic Center	32
Ballet	20, 22
Birthday Parties	3
Creative Tot Time	18
Dance Classes	18, 20-22
Entertainment	6-10
Facility Rentals	4-5
Fitness Classes	23-26
Fitness Zone	17
Free Class Samples	19
Gymnastics	18-21
Karate	21
Lifeguard Training	37
Miniature Golf	2
Personal Development Classes	27
Preschool Activities	18
School's Out	12, 29
Skate Park	2
Sports	16
STEM	27
Swim Classes	33-36
Yoga	25-26
Youth Club & Centers	13-15
Youth Classes	20-21, 27, 28-29
Zumba	26

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

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

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

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

- Mayor: Jud Ashman
- Council Members:

  - Neil Harris
  - Henry F. Marraffa, Jr.
  - Michael A. Sesma
  - Ryan Spiegel
  - Robert T. Wu

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



## BIRTHDAY PARTIES

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

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

### Skate Park

510 S. Frederick Ave.

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

Call Rachel Tailby at 301-258-6350 x144

Available April – September

Choose from one of three options:

#### 1. Park Rental

Rent the entire park for a private party!

Saturday or Sunday, 9:30 - 11:30 a.m. or 10 a.m. - 12 p.m.

- Admission for up to 30 participants
- 2 staff to assist with basic instruction
- In-line skates, skateboards, BMX bikes, scooters, or roller skates permitted

\$150 City Residents/\$225 Nonresidents

#### 2. Party Pack

Bring a group for a great rate during open hours!

2-hour minimum

- Admission for up to 20 participants
- One staff to assist with basic instruction
- In-line skates or skateboards ONLY

\$60 City Residents/\$80 Nonresidents

Additional hours:

\$30/hour City Residents/\$40/hour Nonresidents

#### 3. Combo Platter

Experience the best of both worlds with a split package!

One hour of exclusive and one hour after opening.

Saturday or Sunday, 11 a.m. - 1 p.m.

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

\$105 City Residents/\$155 Nonresidents

### Miniature Golf

514 S. Frederick Ave.

[minigolf@gaithersburgmd.gov](mailto:minigolf@gaithersburgmd.gov)

Call Demetria Good at 301-258-6350 x133

Available May – October

- One round of golf
- Drinks and ice cream
- Basic decorations
- A special surprise for the guest of honor
- Option to purchase pizza for an additional fee

\$11 per child (minimum of 10 children)

### Youth Center – Robertson Park

801 Rabbitt Rd.

[YC-Robertson@gaithersburgmd.gov](mailto:YC-Robertson@gaithersburgmd.gov)

Call Jake Hersom at 301-258-6350 x165

Available Throughout the School Year

- Billiards, Table Tennis, PlayStation 4, Xbox One, WiiU, sports equipment
- Tables, chairs, refrigerator
- Maximum guests – 50

\$65 City Residents/\$80 Nonresidents

### Youth Center – Olde Towne

301 Teachers Way

[YC-oldetowne@gaithersburgmd.gov](mailto:YC-oldetowne@gaithersburgmd.gov)

Call Maura Dinwiddie at 301-258-6350 x168

Available Year-Round

- Billiards
- Table Tennis
- PlayStation 3 and 4
- Xbox
- Wii
- Tables and chairs available
- Maximum guests – 50

\$65 City Residents/\$80 Nonresidents

**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](mailto: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.



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



**Casey Community Center**

810 S. Frederick Ave.

301-258-6366

Katie Gleeson

[kgleeson@gaitthersburgmd.gov](mailto: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:

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

\$250 deposit required for all rentals

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

**Picnic Pavilions**

506 S. Frederick Ave.

301-258-6350 x127

Sondra Unkenholz

[sunkenholz@gaitthersburgmd.gov](mailto:sunkenholz@gaitthersburgmd.gov)

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

Reservations for the 2016 season are currently being accepted. A security deposit is required to reserve a pavilion for a specific date and time.



### Arts Barn

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



### Benjamin Gaither Center

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

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

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



### Kentlands Mansion

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

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

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

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

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

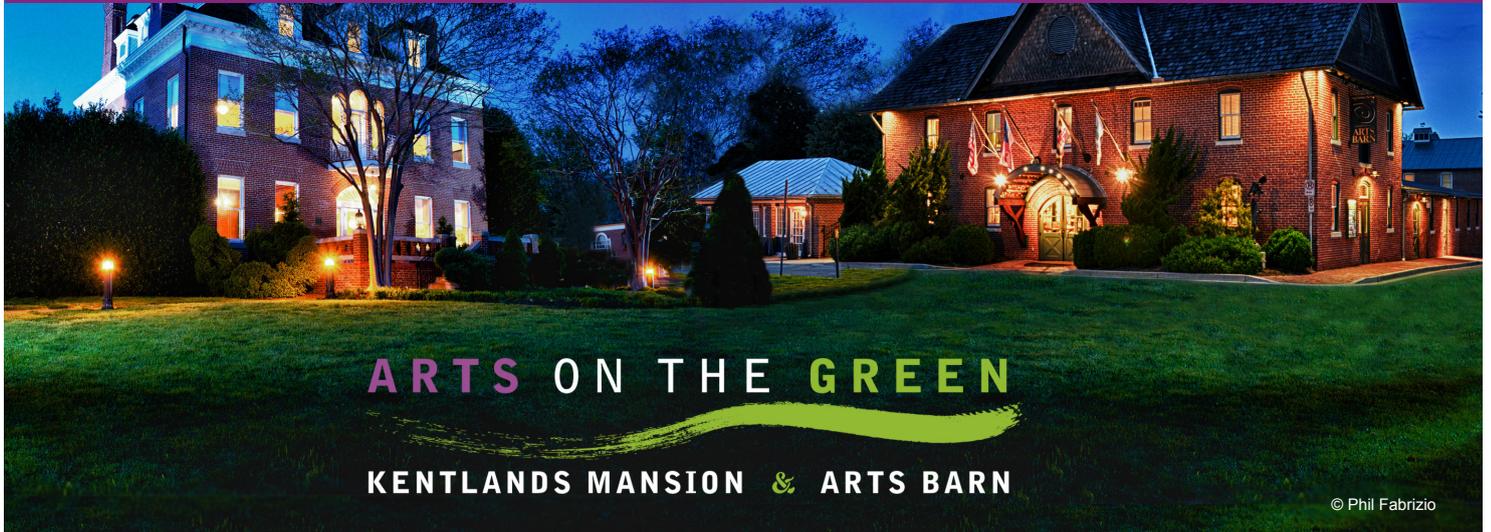


### Gaithersburg Community Museum

9 S. Summit Ave.  
301-258-6160  
Nansie Wilde  
nwilde@gaithersburgmd.gov

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

# FALL SEASON AT A GLANCE



Arts on the Green is the City of Gaithersburg's premier center for the performing and visual arts. Enjoy concerts, magic, dance, and professional and community theater at the Arts Barn, unique chamber performances in the elegant surroundings of Kentlands Mansion, and outdoor events and festivals on the park-like Green. Our historic buildings recall the charm of a bygone era, but our activities are anything but old fashioned!

## JUST FOR FAMILIES



### **The Comedy & Magic Society**

Friday, November 27

8 p.m.

Arts Barn

Presented by Thin Air Productions

\$18 (general)

\$12 (14 & under)

The Comedy & Magic Society returns to the Arts Barn for one night only with an evening of astounding magic and sleight of hand, dazzling card tricks, remarkable illusions and laugh out loud comedy. Recommended for ages 10+.



### **Celtic Dance and World Traveler Tea**

Saturday, January 30

3 p.m.

Arts Barn & Kentlands Mansion

\$8 (performance only)

\$20 (performance + tea)

Experience the excitement and pageantry of Celtic Dancing at the Arts Barn in a performance by dancers from Duffy School of Irish Dance. Afterward, indulge in a delicious family tea at Kentlands Mansion, featuring small sandwiches, baked sweets, fruit, lemonade and tea. It will be a whale of a time! Recommended for all ages.

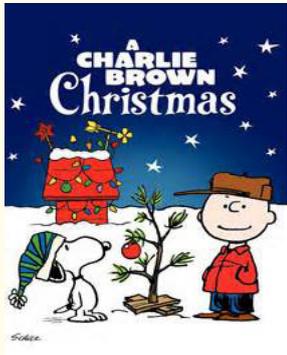
**Broadway Sing-Along**  
Sunday, February 28  
3:30 p.m.  
Arts Barn  
\$10



Broadway Sing-Along is back! Everyone is invited to "Get in the Act!" and sing favorite tunes from classic Broadway musicals. Play our trivia contest and win valuable prizes. Fun for the entire family!



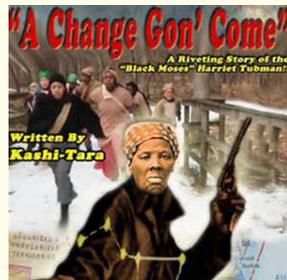
## THEATER AT THE ARTS BARN



### A CHARLIE BROWN CHRISTMAS by Charles M. Schulz

Stage adaptation by Eric Schaeffer  
 Presented by Sandy Spring Theatre Group  
**December 4 – 20**  
 Friday & Saturday at 8 p.m., Sunday at 2 p.m.  
 \$20 (general) / \$12 (14 & under)

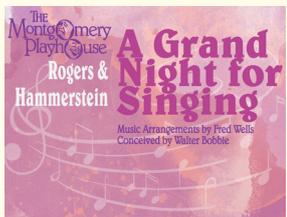
The classic animated television special A CHARLIE BROWN CHRISTMAS comes to life in this faithful stage adaptation where Charlie Brown, Snoopy and the rest of the Peanuts gang grapple with the real meaning of Christmas. Added bonus: A very special guest from the North Pole will read the classic holiday story “The Night Before Christmas” and provide a special holiday treat for kids of all ages! Recommended for ages 7+.



### A CHANGE GON' COME by Kashi-Tara

Presented by ANKH Repertory Theatre & The Finest! Performance Foundation, Inc.  
**January 8 – 24**  
 Friday & Saturday at 8 p.m., Sunday at 2 p.m.  
 \$20 (general) / \$12 (14 & under)

A CHANGE GON' COME is a riveting multi-media stage production about the life and times of Harriet Tubman and the Underground Railroad. Audiences will be transported to the front lines of unrelenting circumstances and choices that Harriet Tubman and every other slave had to make if they were to escape to freedom. Recommended for ages 12+.

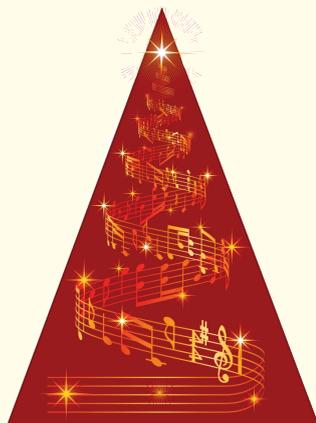


### A GRAND NIGHT FOR SINGING

Music by Richard Rodgers. Lyrics by Oscar Hammerstein II.  
 Music Arrangements by Fred Wells. Conceived by Walter Bobbie.  
 Presented by Montgomery Playhouse  
**February 12 – 27**  
 Friday & Saturday at 8 p.m., Sunday at 2 p.m.  
 Special matinee: Saturday, Feb. 20 at 2 p.m.  
 \$22 (general) / \$12 (14 & under)

Broadway's tribute to the genius of Rodgers & Hammerstein is truly A GRAND NIGHT FOR SINGING. This Tony-nominated Best Musical shows how wonderfully timeless their music is! There are more than 30 songs from Rodgers & Hammerstein shows, including OKLAHOMA!, THE SOUND OF MUSIC and CINDERELLA... It doesn't get any grander than this! Recommended for ages 12+.

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



### Jingle Jubilee

Saturday, December 5  
 7:30 p.m.  
 City Hall Concert Pavilion  
 Free

- Traditional Tree Lighting Ceremony
- Entertainment by Clear Harmonies Carolers (including a sing-along), Gaithersburg High School Band & Pritchard Music Honors Brass Quintet
- A Visit with Santa, plus a Holiday Photo Booth – Dress up with Fun Accessories
- Costumed Characters including Elmo, Cookie Monster, Frosty & Rudolph
- Holiday Giveaways



### INCLEMENT WEATHER

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

Arts on the Green continues on page 8

# ARTS ON THE GREEN

KENTLANDS MANSION & ARTS BARN

## MUSIC

### SINGER SONGWRITER CONCERT SERIES

Presented by O'Hair Salon + Spa

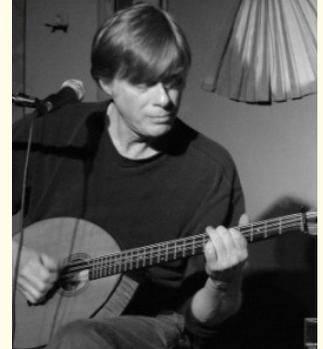
Kieran Kane

Saturday, November 28

3 p.m. workshop, 7:30 p.m. concert Arts Barn

\$45 workshop & concert / \$25 concert only

Kieran Kane is an iconic songwriter and performer and one of the founding artists of the Americana movement. His ability to create mini-movies within his songs—check out “Anybody’s Game”—proves that Kane is among only a small handful of writers capable of blending traditional roots music with modern themes.



### GAITHERSBURG CHORUS WINTER CONCERT

Tuesday, December 8

7:30 p.m., Rosborough Theatre at Asbury Methodist Village

Saturday, December 12

7:30 p.m., Gaithersburg High School

Free

Enjoy a free concert by the Gaithersburg Chorus, now in its 28th year and under the direction of a new conductor! The “Home for the Holidays” concert features some holiday favorites and a few lovely contemporary pieces, all in the spirit of the season.



### sfz SALON SERIES – MUSIC, CONVERSATION & WINE

Brahms and Bunch - Karin Brown, viola and Alex Peh, piano

Saturday, February 20

7:30 p.m., Kentlands Mansion

\$25 (general) / \$12 Youth (18 & under)

Karin Brown, Baltimore Symphony Orchestra violist extraordinaire, performs music of Johannes Brahms and Kenji Bunch. Kenji Bunch's unique brand of “New American” music contrasts and compliments the traditional yet innovative music of 19th century Romantic composer, Johannes Brahms. Alex Peh, brilliant pianist and sfz curator, provides fascinating background information. The sfz salon series is an engaging series of concerts presenting a fusion of classical, contemporary and experimental chamber music in an intimate salon setting. Great music. Lively conversation. Featured wines.

## GAITHERSBURG CHORUS

Explore the joy of music with the Gaithersburg Chorus,  
now in its 28th year!



Annual performances include concerts in December and May, as well as other community events. There are no auditions, and anyone age 16 and older can join.

Rehearsals: Tuesdays, 7:30 - 9:30 p.m.

Activity Center at Bohrer Park

\$100 Residents/\$120 Nonresidents

Register online or at first rehearsal

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



## YOUNG ARTIST AWARD COMPETITION



### COMPETITION

Saturday, February 6, 2016

Application deadline: December 21.

[www.gaithersburgmd.gov/leisure/arts/young-artist-award](http://www.gaithersburgmd.gov/leisure/arts/young-artist-award)



### CONCERT

Friday, March 11

7:30 p.m.

Arts Barn

\$12

Hear the 15 talented teenaged winners of the Young Artist Awards perform classical music on a variety of instruments and voice. An inspiring treat for all ages.

## IN THE GALLERY



### ARTS BARN

November 20 – December 27

“Magical Realism” featuring:

Richard Paul Weblinger, Photography

Alexey Zoob, Oil

Meg Schaap, Mixed Media

Pritha Srinivasin, Watercolors

Richardene Forrest-Thweatt, Stone Sculpture

The student work of Frouzeh Sadeghi

December 31 – February 29

“Seeking the Soul: The Artist’s View of the World and Its Inhabitants”, featuring:

Alessandra Chiotti, Mixed Media

Sue Kay, Watercolors

Yolanda Prinsloo, Oils

Ed Solow, Photography

Dareya Cohen, Jewelry

### KENTLANDS MANSION

November 6 – January 1

“Sacred Places,” Mixed Media – a juried art exhibit highlighting twenty artists’ interpretations of spiritual places

January 8 – March 18

ALOG 3rd Annual Exhibit, Mixed Media

### ACTIVITY CENTER

December 24 – February 21

In Celebration Of: African American History, featuring the works of Dorothy Brooks, Kevin Holder, and James E. Murphy, Jr.

February 26 – March 27

Young Artist Exhibit featuring the selected artwork of local middle and high school students

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

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

# GAITHERSBURG COMMUNITY MUSEUM & GIFT SHOP



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

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

## MUSEUM AFTER HOURS

Grow your mind with Museum After Hours, an enlightening speaker series presented by the Gaithersburg Community Museum.

**Age: 15 to Adult**  
**Length: 1 hour**

### Drink in America

Bruce Bustard, Speaker  
 43108 12/7 M 6:30pm Community Museum \$10

### Cartography for Children

Victoria Johnson, Speaker  
 43109 1/24 Su 3:00pm Community Museum \$5

### Pleasant View Historic Site

Jason Green, Speaker  
 43110 2/21 Su 3:00pm Community Museum \$5

### Flashes on the Map: Forgotten/Shorted Lived Places

Leo Dillon, Speaker  
 43111 3/8 Tu 7:00pm Community Museum \$5

## GAITHERSBURG STORYTIME STATION

Read aloud story time at the Gaithersburg Community Museum., taking place on the fourth Tuesday of each month at 11 a.m. Admission is \$3 per child; adults and infants in arms are free.

**Age: 3 - 6 years**  
**Length: 45 minutes**

### Holidays

43061 12/22 Tu 11:00am Community Museum \$3

### Wintertime

43062 1/26 Tu 11:00am Community Museum \$3

### Love, Caring & Sharing

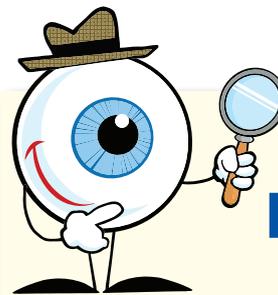
43063 2/23 Tu 11:00am Community Museum \$3

## GAITHERSBURG-WASHINGTON GROVE VOLUNTEER FIRE DEPARTMENT MUSEUM

13 E. Diamond Ave., Gaithersburg, MD 20877  
 301-646-1222 • www.gwgafd.org

**Open Saturday, 10 a.m. – 2 p.m.**

Free admission, donations gratefully accepted.



## DISCOVERY DAY

### COLLECTING STAMPS

Sunday, January 10  
 1– 4 p.m.

Free, with donations very much appreciated.

There has been stamp collecting almost as long as there have been stamps. Stamps can be miniature works of art that can tell us about the places they represent or the era in which they were created. Today's Discovery Day explores the appeal of stamps and how to collect. Participants will walk away with some stamps with which to build their own collection.

### MAKING VALENTINES

Saturday, February 6  
 11 a.m. – 2:30 p.m.

Free, with donations very much appreciated.

Valentine's Day cards used to be homemade affairs, using what materials were at hand and often recycling old cards and magazine clippings into new cards. Drop-in and make your own unique valentine cards.

### MORSE CODE AND THE TELEGRAPH

Saturday, March 19  
 11 a.m. – 2 p.m.

Free, with donations very much appreciated.

In anticipation of the new telegraph station coming this spring, this Discovery Day session will focus on the telegraph and Morse code.

# BENJAMIN GAITHER CENTER

For Active Older Adults Age 55 and Better!

80A Bureau Dr.  
301-258-6380



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

Discover the energy and vitality found at the Benjamin Gaither Center! If you are an active adult and would like to increase your fitness level, participate in trips, attend informative lectures, choose from a wide variety of classes, enjoy entertainment, and meet new people – we have it! Not sure if this is for you? 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

### Fitness Center

Annual Membership – \$75 per person

(Must be Benjamin Gaither Center Member)

Monthly Membership – \$15 per person

Bus transportation available depending on your geographic location.

## NEW!

We are now offering Small Group Personal Training. Find the schedule in the latest copy of our monthly newsletter available on our website at [www.gaithersburgmd.gov/services/senior-services](http://www.gaithersburgmd.gov/services/senior-services)

Check out evening offerings at the Benjamin Gaither Center in the class listings that starts on page 22 of this Go Gaithersburg Guide!

## SO MUCH TO OFFER

Aerobics/Exercise classes for all Levels, Weight Training, Flexible Strength, Power Stretching, Stability Ball, Computer Help, 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, Private Music Lessons and so much more!

## TRIPS

Toby's Dinner Theatre, Arena Stage, Mariinsky Ballet Rehearsal at the Kennedy Center, Museums in Baltimore and Washington, D.C. and many, many more. We offer at least 6 trips a month!



## ACTIVITIES

Musical Performances, Dances, Parties, Discussion Groups, Diversity Programs, Informative Lectures and Presentations, Breakfasts and much, much more.

## ENHANCE YOUR HEALTH

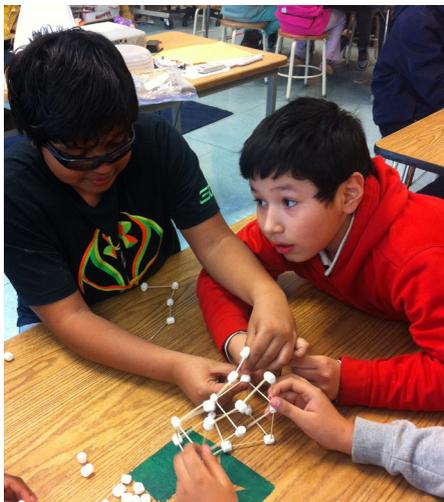
Exercise classes, daily lunch through the Senior Nutrition Program, support groups for caregivers, case management services, health screenings and enrichment programs through local hospitals.

**Come check out our new fitness center!**



ACTIVE ADULTS 55+

# SCHOOL'S OUT – NOT A PROBLEM!



## WINTER BREAK BLAST

Monday, January 25  
8:30 a.m. – 4:30 p.m.  
Activity Center at Bohrer Park  
Skate-N-Fun Zone

## SPRING BREAK BLAST

Thursday, March 24  
8:30 a.m. – 4:30 p.m.  
Activity Center at Bohrer Park  
Ballpark tour at Camden Yards

## ELECTION DAY BREAK BLAST

Tuesday, April 26  
8:30 a.m. – 4:30 p.m.  
Activity Center at Bohrer Park  
Butler's Orchard

## SPRING HALF DAY HOOPLA

Friday, February 26  
12:55 p.m. – 5:30 p.m.  
Kids Cookin'  
Departs from Summit Hall Elementary School



## JOIN the City of Gaithersburg!

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



## SPRING BREAK CAMP 2016

A four-day camp packed with fun activities and field trips for children in grades 1-5. Camp runs from 8:30 a.m. to 4:30 p.m. daily at the Activity Center Tuesday, March 29 through Friday, April 1. Registration begins late-February.  
\*Note trips are subject to change.

Questions? Call Sydney Stasch: 301-258-6350 x 126 or email [sstasch@gaitthersburgmd.gov](mailto:sstasch@gaitthersburgmd.gov)

*See page 29 for School's Out! Camp at the Arts Barn.*

## SUMMER IN THE CITY

It's never too early to start planning for a fun-filled summer! For information about 2016 Summer Camp Program, camp registration, volunteer openings and employment opportunities, stay on the look-out for this year's "Summer in the City" brochure, available mid January. Camp Registration for City residents begins February 3. For questions regarding summer camps or to obtain a "Summer in the City" guide, please call 301-258-6350 or visit the Activity Center at Bohrer Park, 506 S. Frederick Ave.



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

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

For more information please call Sydney Stasch at 301-258-6350 x 126 or email [sstasch@gaitthersburgmd.gov](mailto:sstasch@gaitthersburgmd.gov).



## GAITHERSBURG YOUTH CLUB

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

### To Register for GYC Membership

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

### GYC - One Year Membership Fee

\$15 Residents / \$20 Nonresidents

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

### Membership Cards

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

### Youth Centers

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

### Club Friday

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

### GYC Trips on Half-Days and Holidays

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

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



## HOLIDAY AND EARLY RELEASE DAY SCHEDULE (TENTATIVE)

*Please Note: Trips are subject to change.*

### December 30, Winter Break Trip

Rockville Ice Arena

Cost: \$15

### January 18, MLK Day

No School, GYC Closed

MLK Day of Service (SSL Hours)

Lunch at CiCi's Pizza

Cost: \$15

### January 25, Professional Day

No School, GYC Open Noon – 6 p.m.

Climb Zone Indoor Climbing

Cost: \$35

### February 15, Presidents Day

No School, GYC Closed

No Trip

### February 26, Early Release Day

GYC Open Noon – 6 p.m.

Cosmic Bowling

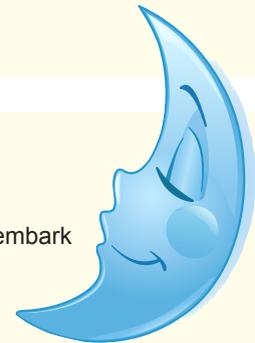
Cost: \$15

## February 12 – 13 GYC OVERNIGHT!

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

7:30 p.m. – 7:30 a.m.

Trip Locations and Cost TBD



## ROBERTSON PARK

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

### Featuring a 30 Foot Rock Wall

Hours of Operation  
Monday – Friday 2:45 – 7 p.m.  
Half-days Noon – 6 p.m.  
Most Holidays Noon – 6 p.m.

High School  
Monday – Friday 4:30 – 7 p.m.  
High School hours are new this year for our Student Union Members from Quince Orchard High School!

### Check Out Our Website

Find us under the Leisure tab at [gaitthersburgmd.gov](http://gaitthersburgmd.gov)  
Search word "GYC"

### GYC Shuttle

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

Youth Center at Robertson Park  
Ridgeview MS and Lakelands Park MS

Youth Center in Olde Towne  
Forest Oak MS

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

## PROGRAM HIGHLIGHTS:

- **Computer/Study Room** – This quiet computer/study room is available for kids doing homework or research.
- **Hour of Power** – *Kids can get homework help every day!* GYC staff are available for anyone who needs help with assignments.
- **Community Service Program** – If students need service learning hours, send them our way! The Youth Centers organize service projects for middle school students. GYC members have at least one opportunity 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.
- **Studio Fun-0-One** – This educational program introduces students to our Pro-Tools and Studio equipment at the Olde Towne GYC.
- **Local Trips** – We plan fun trips to local restaurants, parks, and other city recreational facilities.

## OLDE TOWNE

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

### Featuring a Professional Recording Studio

Hours of Operation  
Monday – Friday 2:45 – 7 p.m.  
Half-days Noon – 6 p.m.  
Most Holidays Noon – 6 p.m.

High School  
Monday – Friday 4:30 – 7 p.m.

Studio Hours  
Monday – Friday 3 – 6 p.m.

For information about studio time email [gycstudios@gaitthersburgmd.gov](mailto:gycstudios@gaitthersburgmd.gov)



## OPPORTUNITIES

Available at our Youth Centers

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



## HIGH SCHOOL STUDENT UNION

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

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

Registration forms can be obtained at the Activity Center at Bohrer Park, Robertson Park and Olde Towne Youth Centers.

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

Questions?

Contact Maura Dinwiddie ([mdinwiddie@gaitthersburgmd.gov](mailto:mdinwiddie@gaitthersburgmd.gov) or 301-258-6350 x168) or Jake Hersom ([jhersom@gaitthersburgmd.gov](mailto:jhersom@gaitthersburgmd.gov) at 301-258-6350 x165).

## “MARTIN LUTHER KING, JR. CHALLENGE”

**January 18 – 22**

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



## “GAITHERSBURG SKIS”

- A ski and snowboarding program for middle & high school students
- Every Saturday in January and February at Liberty and Whitetail Ski Resorts
- Registration begins late October
- Prices vary depending on package purchased
- Must be a member of Student Union or Youth Center
- Email Jake at [jhersom@gaitthersburgmd.gov](mailto:jhersom@gaitthersburgmd.gov) for more information

Questions? Please contact Jake Hersom, Community Facility Manager (Robertson Park) at 301-258-6350 or [jhersom@gaitthersburgmd.gov](mailto:jhersom@gaitthersburgmd.gov) or Maura Dinwiddie, Community Facility Manager (Olde Towne) at 301-258-6350 or [mdinwiddie@gaitthersburgmd.gov](mailto:mdinwiddie@gaitthersburgmd.gov).

# GAITHERSBURG SPORTS!

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



## YOUTH SPORTS PROGRAMS

All programs are operated with the goal of providing a fun-filled and safe experience for every participant. We attempt to develop fundamentals skills while teaching and exposing players to good sportsmanship, fair play and respect for all participants. A very low key approach to competition is encouraged. We ask all parents to be supportive of their child's active participation. Registration for Spring '16 sports will begin on February 1, 2016.

### SPRING

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

### Registration

February 1 – First week of March

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

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

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

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



## ADULT SPORTS

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

### WINTER

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

### SPRING

Men's Softball  
Men's 58+ Draft Softball  
Coed Softball  
Coed Volleyball  
Women's Volleyball  
Senior Tennis  
Coed Tennis League  
Senior Bowling  
Pickleball

### SUMMER

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

### FALL

Coed Softball  
Coed Volleyball  
Women's Volleyball  
Senior Tennis  
Coed Tennis League  
Coed Tennis Tournament  
Senior Bowling  
Pickleball

# Spring Swing

Friday, May 6, 2016

8:45 a.m.  
Shotgun Start



**New Location**  
**Poolesville Golf Course**

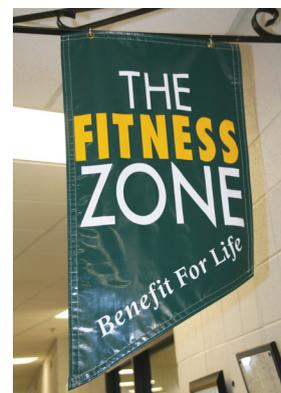
16601 W Willard Rd  
Poolesville, Maryland

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

**301-258-6350**  
**gathersburgmd.gov**

## ACTIVITY CENTER AT BOHRER PARK

506 S. Frederick Ave.  
301-258-6350  
www.gathersburgmd.gov



### 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.

#### 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
- 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

**FITNESS ZONE**

# CREATIVE TOT TIME

## CASEY COMMUNITY CENTER

810 S. Frederick Ave.

### SCHOOL YEAR 2016 - 2017

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

#### Registration Dates

Residents: February 3, 2016  
Nonresidents: February 10, 2016

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

#### 3-year old classes

(Children born between Sept. 1, 2012 – Sept. 1, 2013)

Class	Starts	Days	Time	Location
43593	8/30	T/TH	9:00 -11:30 am	CCC

Fees: \$700 Residents \$825 Nonresidents

#### 4-year old classes

(Children born on or before Sept. 1, 2012)

Class	Starts	Days	Time	Location
43595	8/29	M/W/F	9:00 -11:30 am	CCC

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

### SUMMER 2016

Children three to five years of age are invited to sign up for our summer program. Classes begin the week of June 20 and there are 12 sessions.

#### Registration Dates

Residents: February 3, 2016  
Nonresidents: February 10, 2016

#### 3-year old classes

Class	Starts	Days	Time	Location
43740	6/20	M/W	9:00 -11:30 am	CCC
43741	6/21	T/TH	9:00 -11:30 am	CCC

#### 4-year old classes

Class	Starts	Days	Time	Location
43742	6/20	M/W	9:00 -11:30 am	CCC
43743	6/21	T/TH	9:00 -11:30 am	CCC

Fees: \$160 Residents \$195 Nonresidents

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

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

## PHYSICAL ACTIVITIES

### PARENT AND ME GYMNASTICS

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

**Age: 2 - 3 years**

**Length: 45 minutes**

43084 1/9 Sa 9:15am CCC 8 \$72(R)/\$79(N) Da Costa Lima

### PRE-K GYMNASTICS

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

**Age: 3 - 5 years**

**Length: 45 minutes**

43082 1/9 Sa 10:00am CCC 8 \$72(R)/\$79(N) Da Costa Lima

43083 1/14 Th 3:00pm CCC 9 \$81(R)/\$88(N) Da Costa Lima

## DANCE

### 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**

43012 1/9 Sa 9:15am CCC 8 \$72(R)/\$79(N) Foster

43013 1/25 M 5:00pm LMS 7 \$63(R)/\$70(N) Da Costa Lima

43014 1/13 W 10:40am CCC 9 \$81(R)/\$88(N) Meetze

43015 1/9 Sa 11:15am CCC 8 \$72(R)/\$79(N) Da Costa Lima

43016 1/14 Th 4:00pm CCC 9 \$81(R)/\$88(N) Da Costa Lima



#### CLASS LOCATION:

ACBP Activity Center at Bohrer Park

BGC Benjamin Gaither Center

CCC Casey Community Center

LMS Lakelands Park Middle School

Not sure which class is right for you?

# TRY FREE SAMPLES

January 3 – 7, 2016

**Latin Variety**

Age: 16 – adult 1/3 W 6:30pm BGC

**Jazz/Tap**

Age: 6 - 12 1/5 Tu 6:00pm LMS

**High-intensity Interval Training**

Age: 16 – adult 1/5 Tu 9:15am ACBP

**Bollywood/PiYo**

Age: 13 – adult 1/5 Tu 6:30pm LMS

**WERQ**

Age: 16-adult 1/7 Th 6:30pm LMS

**Hip Hop**

Age: 8 – 16 1/7 Th 7:00pm ACBP

**Core/Step/DEB**

Age: 16 – adult 1/7 Th 7:00pm ACBP

**High-intensity Interval Training**

Age: 16 – adult 1/7 Th 9:15am ACBP



We continually add new classes. Explore new offerings at [www.gaithersburgmd.gov](http://www.gaithersburgmd.gov) under Leisure, Classes and Programs.



# Dance Recital

**On June 4, 2016 the City of Gaithersburg will present a dance recital at Gaithersburg High School.**

Performing is an important part of dance training and students will have the opportunity to perform on stage before family and friends.

**CLASS LOCATION:**

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

**CLASSES WILL NOT BE HELD:**

- Monday, Jan. 18 – Martin Luther King, Jr. Day
- Saturday, Feb. 13 – Presidents Day weekend
- Monday, Feb. 15 – Presidents Day

## DANCE

**Students should register for the appropriate level of ballet, but may be changed at the instructor's discretion.**

### BALLET - INTRODUCTION

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

**Age: 5 - 6 years**

**Length: 1 hour**

43017	1/7	Th	4:45pm	CCC	20	\$199(R)/\$206(N)	Meetze
43018	1/9	Sa	10:00am	CCC	18	\$179(R)/\$186(N)	Foster
43019	1/11	M	5:45pm	LMS	17	\$169(R)/\$176(N)	Da Costa Lima

### BALLET

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

**Length: 1 hour**

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

43021	1/9	Sa	11:00am	CCC	18	\$179(R)/\$186(N)	Foster
43022	1/7	Th	5:45pm	CCC	20	\$199(R)/\$206(N)	Meetze
43023	1/11	M	6:45pm	LMS	17	\$169(R)/\$176(N)	Da Costa Lima

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

43025	1/4	M	4:45pm	CCC	18	\$179(R)/\$186(N)	Meetze
43026	1/6	W	4:45pm	CCC	21	\$209(R)/\$216(N)	Meetze

**Level 3 (8-14 yrs)**

43027	1/4	M	5:45pm	CCC	18	\$179(R)/\$186(N)	Meetze
43028	1/6	W	5:45pm	CCC	21	\$209(R)/\$216(N)	Meetze

**Level 4/5 (9-16 yrs)**

43024	1/4	M	6:45pm	CCC	18	\$179(R)/\$186(N)	Meetze
43029	1/6	W	6:45pm	CCC	21	\$209(R)/\$216(N)	Meetze

**Beginner Pointe (12-16 yrs) Length 1 1/2 hrs**

43030	1/5	Tu	4:45pm	CCC	21	\$315(R)/\$322(N)	Horner
43033	1/8	F	4:45pm	CCC	19	\$285(R)/\$292(N)	Horner

**Intermediate/Advanced Pointe (12-18 yrs) Length: 1 1/2 hrs**

43031	1/5	Tu	6:15pm	CCC	21	\$315(R)/\$322(N)	Horner
43032	1/8	F	6:15pm	CCC	19	\$285(R)/\$292(N)	Horner

### BALLET FOR TEENAGE BEGINNERS

Did your desire to dance just blossom? It's never too late to learn barre exercises, basic floor combinations and dance terminology. Ballet is the foundation for many theatrical dance forms.

**Age: 13 - 19 years**

**Length: 1 hour**

43020	1/9	Sa	12:00pm	CCC	18	\$179(R)/\$186(N)	Foster
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**KEY:**

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

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



## HIPHOP

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

**Length: 1 hour**

**Age: 8 - 10 years**

42888 1/14 Th 5:45pm ACBP 19 \$189(R)/\$196(N) Bean

**Age: 11 - 16 years**

43094 1/14 Th 6:45pm ACBP 19 \$189(R)/\$196(N) Bean

**Age: 8 - 16 years**

43167 1/7 Th 7:00pm ACBP 1 Free Bean

## JAZZ/TAP

This fun class is designed to introduce students to tap and jazz dance. Learning some basic tap and jazz skills will allow the students to experience each style of dance while improving their flexibility, sense of rhythm and overall coordination.

**Length: 1 hour**

**Age: 9 - 12 years**

43152 1/12 Tu 6:00pm LMS 20 \$199(R)/\$206(N) Hayes

**Age: 6 - 12 years**

43476 1/5 Tu 6:00pm LMS 1 Free Hayes

## TAP DANCING FOR YOUTH

Tap is a style involving rhythm, dynamics, and varying sounds. Tappers will have a graduated warm-up to loosen their ankles and knees for proper execution of skills, across the floor progressions and have center floor work to learn and perfect new skills.

**Age: 6 - 8 years**

**Length: 1 hour**

43045 1/12 Tu 5:00pm LMS 20 \$199(R)/\$206(N) Hayes

## FITNESS

### ZUMBA KIDS

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

**Age: 6 - 11 years**

**Length: 1 hour**

42889 1/13 W 6:15pm LMS 10 \$50(R)/\$57(N) Batista

## PHYSICAL ACTIVITIES

### GYMNASTICS

Learn skills on the bars and balance beam, in vaulting and tumbling. Skills are taught in a safe, progressive order to build strength, flexibility and confidence. Participants should wear a 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**

42905 1/16 Sa 9:00am ACBP 8 \$79(R)/\$86(N) Mongelli

42906 1/16 Sa 11:00am ACBP 8 \$79(R)/\$86(N) Mongelli

42907 1/26 Tu 5:30pm ACBP 8 \$79(R)/\$86(N) Mongelli

42911 1/26 Tu 6:30pm ACBP 8 \$79(R)/\$86(N) Mongelli

**8-15 years**

42908 1/16 Sa 10:00am ACBP 8 \$79(R)/\$86(N) Mongelli

42909 1/26 Tu 5:30pm ACBP 8 \$79(R)/\$86(N) Mongelli

42910 1/26 Tu 6:30pm ACBP 8 \$79(R)/\$86(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**

43121 1/12 TuTh 4pm/4:30pm FH 10 \$85(R)/\$92(N) Kicks

43122 1/11 MW 6:00pm FH 10 \$85(R)/\$92(N) Kicks

43123 1/11 MW 6:00pm QO 10 \$85(R)/\$92(N) Kicks

43124 1/12 TuTh 5:10pm QO 10 \$85(R)/\$92(N) Kicks

43125 1/11 MW 3:45pm QO 10 \$85(R)/\$92(N) Kicks

43130 2/23 TuTh 4pm/4:30pm FH 10 \$85(R)/\$92(N) Kicks

43131 2/22 MW 6:00pm FH 10 \$85(R)/\$92(N) Kicks

43132 2/22 MW 6:00pm QO 10 \$85(R)/\$92(N) Kicks

43133 2/23 TuTh 5:10pm QO 10 \$85(R)/\$92(N) Kicks

43134 2/22 MW 3:45pm QO 10 \$85(R)/\$92(N) Kicks

**7-12 yrs, 50 minutes**

43126 1/12 TuTh 6:00pm FH 10 \$95(R)/\$102(N) Kicks

43127 1/11 MW 4pm/5pm FH 10 \$95(R)/\$102(N) Kicks

43128 1/11 MW 4:20pm QO 10 \$95(R)/\$102(N) Kicks

43129 1/12 TuTh 6:10pm QO 10 \$95(R)/\$102(N) Kicks

43135 2/23 TuTh 6:00pm FH 10 \$95(R)/\$102(N) Kicks

43136 2/22 MW 4pm/5pm FH 10 \$95(R)/\$102(N) Kicks

43137 2/22 MW 4:20pm QO 10 \$95(R)/\$102(N) Kicks

43138 2/23 TuTh 6:10pm QO 10 \$95(R)/\$102(N) Kicks



### INCLEMENT WEATHER

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

**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**

43034 1/6 W 9:30am CCC 10 \$99(R)/\$106(N)/\$50(S) Meetze

43035 1/7 Th 6:45pm CCC 10 \$99(R)/\$106(N)/\$50(S) Meetze

**BALLROOM ESSENTIALS**

Don't just survive the dance floor...become comfortable on it! A seasoned instructor takes you through the basic art of leading, following and music recognition (which steps go with which music). Last class will be a dance party to apply what you've learned. Welcome singles!

**Age: 16 to Adult**

**Length: 1 hour**

43119 1/15 F 6:30pm ACBP 8 \$79(R)/\$86(N)/\$40(S) Wherry

**BELLY DANCE - BEGINNER**

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

Two left feet okay!

**Age: 16 to Adult**

**Length: 1 hour**

43101 1/21 Th 7:30pm CCC 9 \$81(R)/\$88(N)/\$41(S) Ananke

**BELLY DANCE - ADVANCED BEGINNER**

In this second level of belly dance, students will review foundation movements and begin to incorporate more advanced techniques such as layering and traveling. You will also study musicality, transitions, and stylistic interpretation, and be given the opportunity to perform in student recitals. Successful completion of Beginner level required.

**Age: 16 to Adult**

**Length: 1 hour**

43100 1/20 W 8:00pm CCC 9 \$81(R)/\$88(N)/\$41(S) Ananke

**BELLY (MID EASTERN) DANCING - INTERMEDIATE**

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

**Age: 16 to Adult**

**Length: 1 hour**

43098 1/20 W 6:30pm CCC 9 \$81(R)/\$88(N)/\$41(S) Ananke

**BELLY DANCE PRACTICE**

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

**Age: 16 to Adult**

**Length: 30 minutes**

43099 1/20 W 7:30pm CCC 9 \$42(R)/\$49(N)/\$36(S) Ananke

**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'! Welcome singles!

**Age: 16 to Adult**

**Length: 1 hour**

43158 1/17 Su 2:00pm CCC 8 \$79(R)/\$86(N)/\$40(S) Stearns

**NEW**

**LATIN VARIETY**

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

**Age: 16 to Adult**

**Length: 1 hour**

43146 1/20 W 6:30pm BGC 8 \$79(R)/\$86(N)/\$40(S) Wherry

43164 1/13 W 6:30pm BGC 1 Free Wherry

**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. Welcome singles!

**Age: 16 to Adult**

**Length: 1 hour**

Beginner

43159 1/17 Su 3:00pm CCC 8 \$79(R)/\$86(N)/\$40(S) Stearns

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

## BOLLYWOOD WORKOUT

Move spectacularly and develop stellar abs! We combine Bhangra and Bollywood moves (expressively using your head, eyes, fingers, wrists, arms, and, of course, hips!) in one high-energy hour of stress-relieving fun. Bring your dance scarf!

**Age: Teen and Adult**

**Length: 1 hour**

43117 1/12 Tu 6:30pm LMS 9 \$63(R)/\$70(N)/\$36(S) Pavelle

## BOLLYWOOD/PIYO

Try 30 minutes of Bollywood Dance, and 30 minutes of PiYo - a dynamic mash up of Pilates and Yoga. Bring a mat.

**Age: Teen and Adult**

**Length: 1 hour**

43182 1/5 Tu 6:30pm LMS 1 Free Pavelle

## BONE BUILDERS

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

**Age: 35 years and up**

**Length: 1 hour**

42885 1/11 MW 10:00am ACBP 20 Free Snay

## CORE STRENGTH

You think this is all sit-ups? Think again! This core workout develops, strengthens, and tones muscles attached to the hips, pelvis, lower back, and front and side abdominals. Bring a mat and towel. (The towel will be used as a tool during class.)

**Age: 16 to Adult**

**Length: 30 minutes**

43039 1/11 MW 6:25pm LMS 18 \$90(R)/\$97(N) Brouillette

43040 1/11 M 6:25pm LMS 8 \$40(R)/\$47(N) Brouillette

43041 1/13 W 6:25pm LMS 10 \$50(R)/\$57(N) Brouillette

## DYNAMIC ENERGY BOOST/CORE/STEP

It's a 3-in-1 class! Try Core Strength, Step Rocks!, and Dynamic Energy Boost (DEB) Workout all in 1 hour.

**Age: 16 to Adult**

**Length: 1 hour**

43168 1/7 Th 7:00pm ACBP 1 Free Brouillette/Moran

## CLASS LOCATION:

ACBP Activity Center at Bohrer Park

BGC Benjamin Gaither Center

CCC Casey Community Center

LMS Lakelands Park Middle School

### CLASSES WILL NOT BE HELD:

Monday, Jan. 18 – Martin Luther King, Jr. Day

Saturday, Feb. 13 – Presidents Day weekend

Monday, Feb. 15 – Presidents Day



**NEW**

## DYNAMIC ENERGY BOOST (DEB) WORKOUT

Get charged by DEB! Safely challenge your body to its limit through interval drills, floorwork and resistance training. Bring your own large exercise ball.

**Age: 16 to Adult**

**Length: 45 minutes**

43184 1/14 Th 7:00pm ACBP 10 \$70(R)/\$77(N)/\$46(S) Moran

**NEW**

## PIYO

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

**Age: Teen and Adult**

**Length: 1 hour**

43172 1/12 Tu 7:35pm ACBP 9 \$63(R)/\$70(N)/\$36(S) Pavelle

## 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**

43079 1/12 Tu 10:35am CCC 10 \$89(R)/\$96(N)/\$45(S) Beck

43080 1/8 F 10:15am CCC 11 \$99(R)/\$106(N)/\$50(S) Lu-Weir

43477 1/12 Tu 7:15pm LMS 10 \$89(R)/\$96(N)/\$45(S) Hayes

### KEY:

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

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



## INCLEMENT WEATHER

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

## 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 balance challenges, flexibility with long sticks (provided) or floor work.

**Age: 18 to Adult**

**Length: 1 hour**

42912	1/5	Tu	9:15am	ACBP	13	\$65(R)/\$72(N)	Mornini
42913	1/7	Th	9:15am	ACBP	13	\$65(R)/\$72(N)	Mornini
43162	1/5	Tu	9:15am	ACBP	1	Free	Mornini
43163	1/7	Th	9:15am	ACBP	1	Free	Mornini

## LOW IMPACT AEROBIC FITNESS & DANCE

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

**Age: 18 to Adult**

**Length: 1 hour**

43147	1/5	Tu	9:30am	CCC	12	\$96(R)/\$103(N)/\$48(S)	Ford
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## PILATES - BEGINNING

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

**Age: 16 to Adult**

**Length: 1 hour**

42884	1/14	Th	7:00pm	ACBP	10	\$89(R)/\$96(N)/\$45(S)	Beck
43161	1/14	Th	10:00am	CCC	10	\$89(R)/\$96(N)/\$45(S)	Beck

## 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.

**Age: 16 to Adult**

**Length: 1 hour**

42881	1/12	Tu	6:30pm	ACBP	10	\$89(R)/\$96(N)/\$45(S)	Beck
42882	1/12	Tu	11:35am	CCC	10	\$89(R)/\$96(N)/\$45(S)	Beck
42883	1/8	F	11:15am	CCC	11	\$99(R)/\$106(N)/\$50(S)	Lu-Weir

## 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 using hand weights, 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**

43042	1/11	MW	7:00pm	LMS	18	\$126(R)/\$133(N)/\$82(S)	Brouillette
43043	1/11	M	7:00pm	LMS	8	\$56(R)/\$63(N)/\$37(S)	Brouillette
43044	1/13	W	7:00pm	LMS	10	\$70(R)/\$77(N)/\$46(S)	Brouillette

## CLASS LOCATION:

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

## 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

42917	1/9	Sa	11:30am	ACBP	10	\$89(R)/\$96(N)/\$45(S)	Shi
42918	1/12	Tu	7:00pm	LMS	9	\$81(R)/\$88(N)/\$41(S)	Ostrove

### Continuing

42916	1/9	Sa	10:30am	ACBP	10	\$89(R)/\$96(N)/\$45(S)	Ostrove
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## TAI CHI PRACTICE CLASS I

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

**Age: Teen and Adult**

**Length: 1 hour**

42919	1/9	Sa	11:30am	ACBP	10	\$89(R)/\$96(N)/\$45(S)	Shi
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## TAI CHI PRACTICE II

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

**Age: 16 to Adult**

**Length: 1 hour**

42920	1/9	Sa	10:30am	ACBP	10	\$89(R)/\$96(N)/\$45(S)	Xu
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## WERQ(TM)

WERQ(TM) is the intensely fun dance fitness workout based on pop, rock and Hip-Hop music taught by certified fitness professionals. The signature WERQ warm-up previews the dance steps used in class and the cool down includes balance and Yoga-inspired poses. Are you ready for a WERQout?

**Age: 16 to Adult**

**Length: 1 hour**

43118	1/14	Th	6:30pm	LMS	9	\$63(R)/\$70(N)/\$36(S)	Pavelle
43166	1/7	Th	6:30pm	LMS	1	Free	Pavelle

## WORK SMART STRENGTH TRAINING

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

**Age: 16 to Adult**

**Length: 1 hour**

42894	1/5	Tu	10:00am	ACBP	11	\$99(R)/\$106(N)/\$50(S)	Thompson
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### KEY:

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

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

## YOGA CLINICS

### **NEW** BETTER BALANCE

Feeling unsteady on your feet? Learn simple, effective things you can do at home to improve your equilibrium and mobility.

**Age: 16 to Adult**

**Length: 1 hour and 30 minutes**

43143 1/7 Th 10:30am ACBP 1 \$14(R)/\$16(N) Thompson

### **NEW** DEEP STRESS AND TENSION RELEASE

Learn to use stretches and Yoga poses to relax your body and techniques to release chronic stress and tension. Return to your natural state of balance.

**Age: 16 to Adult**

**Length: 3 hours**

43145 3/19 Sa 9:00am BGC 1 \$30(R)/\$34(N) Thompson

### **NEW** HEALTHY BONES

Learn some simple guidelines to align your posture into safe, weight-bearing uprightness and easy, effective exercises you can do in just a few minutes each day to give a healthy challenge to your bones.

**Age: 16 to Adult**

**Length: 3 hours**

43144 2/20 Sa 9:00am BGC 1 \$30(R)/\$34(N) Thompson

### **NEW** HEALTHY KNEES

Do you feel pain in your knees when you move? Have you ever had a knee injury or knee replacement? Come learn: common habits that irritate the knees, how to care for your knees and prevent injuries, and safe Yoga exercises to practice on your own so that you can better take care of your body and enjoy yourself as you age gracefully.

**Age: 16 to Adult**

**Length: 1 hour and 30 minutes**

43141 1/7 Th 9:00am ACBP 1 \$14(R)/\$16(N) Thompson

### YOGA FOR HEALTHY HIPS

Do you feel pain in your hips when you move? Have you ever had a hip injury or hip replacement? Come learn what happens to your hips as you age, how to care for your hips and prevent injuries, safe Yoga exercises to practice on your own, and how to take care of your body so you can enjoy yourself and age gracefully.

**Age: 16 to Adult**

**Length: 1 hour and 30 minutes**

43140 1/7 Th 7:15pm BGC 1 \$14(R)/\$16(N) Thompson

### **NEW** YOGA FOR NECK AND SHOULDER TENSION

Do you have pain in your neck? Tension in your shoulders? Learn techniques to relieve stiff muscles that contribute to neck and shoulder tension headaches. Learn Yoga poses to loosen up your shoulders.

**Age: 16 to Adult**

**Length: 1 hour and 30 minutes**

43139 1/7 Th 5:30pm BGC 1 \$14(R)/\$16(N) Thompson



### YOGA - ADAPTIVE

Participants include individuals with herniated discs and back pain, chronic pain, MS and those post-surgery and injury. Warm-ups and movement explorations guide participants to ease into poses. Students will gain a working knowledge of Yoga and also learn how to carry these approaches into everyday activities such as walking, bending and lifting. Chair Poses: All 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**

42896 1/5 Tu 11:00am ACBP 11 \$99(R)/\$106(N)/\$50(S) Thompson

**Floor Poses**

42895 1/14 Th 11:00am ACBP 10 \$89(R)/\$96(N)/\$45(S) Thompson

### YOGA - GENTLE EXPLORATIONS

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

42891 1/5 Tu 9:00am ACBP 11 \$99(R)/\$106(N)/\$50(S) Thompson

42892 1/4 M 6:45pm BGC 9 \$81(R)/\$88(N)/\$41(S) Thompson

42893 1/14 Th 10:00am ACBP 10 \$89(R)/\$96(N)/\$45(S) Thompson

### YOGA - RESTORATIVE

Fully relax and surrender layers of deeply held tension in this quieting, supportive and revitalizing Yoga practice. Restorative postures are done lying passively over props. The practice is therapeutic and helps with alignment and symptoms of chronic stress. Relax and find harmony with your body's natural rhythms.

**Age: 16 to Adult**

**Length: 1 hour**

43056 1/9 Sa 10:00am BGC 8 \$72(R)/\$79(N)/\$36(S) Potash

#### CLASSES WILL NOT BE HELD:

Monday, Jan. 18 – Martin Luther King, Jr. Day  
 Saturday, Feb. 13 – Presidents Day weekend  
 Monday, Feb. 15 – Presidents Day



**YOGA - VINYASA**

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

**Age: 16 to Adult**

**Length: 1 hour**

43055 1/9 Sa 9:00am BGC 8 \$72(R)/\$79(N)/\$36(S) Potash

**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**

43070 1/4 M 5:30pm BGC 9 \$102(R)/\$109(N)/\$51(S) Thompson

43071 1/14 Th 5:30pm BGC 10 \$114(R)/\$121(N)/\$57(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**

43072 1/14 Th 6:45pm BGC 10 \$89(R)/\$96(N)/\$45(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 welcome. Monday and Thursday evenings are 75 minutes, Thursday mornings are 60 minutes.

**Age: 16 to Adult**

**Length: 1 hour and 15 minutes**

42897 1/4 M 7:45pm BGC 9 \$102(R)/\$109(N)/\$51(S) Thompson

42898 1/14 Th 9:00am ACBP 10 \$89(R)/\$96(N)/\$50(S) Thompson

42899 1/14 Th 7:45pm BGC 10 \$114(R)/\$121(N)/\$57(S) Thompson

**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**

42901 1/9 Sa 9:00am ACBP 9 \$45(R)/\$52(N) Turner

42902 1/8 F 6:30pm ACBP 10 \$50(R)/\$57(N) Edghill

42903 1/13 W 6:45pm ACBP 10 \$50(R)/\$57(N) Ford

42904 1/13 W 7:15pm LMS 10 \$50(R)/\$57(N) 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**

43085 1/11 M 11:00am CCC 8 \$40(R)/\$47(N) Ford

43086 1/13 W 10:35am CCC 10 \$50(R)/\$57(N) Ford

**ZUMBA TONING**

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

**Age: Teen and Adult**

**Length: 1 hour**

42900 1/11 M 6:30pm ACBP 8 \$40(R)/\$47(N) Ford



**KEY:**

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

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

## STEM (Science/Technology/Engineering/Math)

### ROBOTICS: INTRODUCTION TO LEGO ROBOTICS

Life is more FUN with robots! Learn by doing with a certified STEM educator from Get Into STEM. This STEM-based class is designed to provide students with an exciting, hands-on introduction to robotics using the LEGO® Mindstorms™ EV3 system. Participants (in groups of 2-3) will build and program an autonomous robot to complete a pre-designed task. Hardware and software needed for the class will be provided; participants can bring in a flash drive to save their programs for future use. Class registration fees are non-refundable.

**Age: 9 - 11 years**

**Length: 5 hours**

43150 1/23 Sa 10:00am BGC 1 \$89(R)/\$96(N) Adetoro

**NEW**

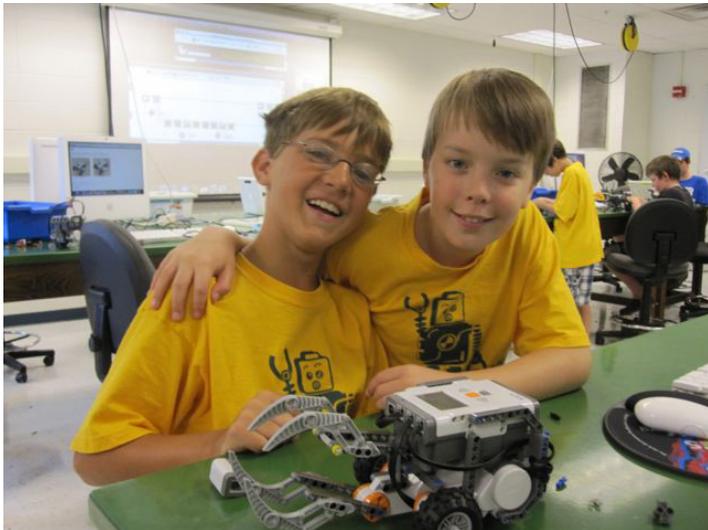
### ROBOTICS: INTERMEDIATE LEGO ROBOTICS

This intermediate robotics class (progression from the Introduction to LEGO Robotics class) is designed to provide students with an exciting, hands-on experience with the LEGO® Mindstorms™ EV3 system. Participants (in groups of 2-3) will expand on the introduction curriculum and learn how to use sensors, loop blocks, switch blocks, and wait blocks. Students should have either taken the Introduction to LEGO Robotics class or have experience with programming using the LEGO Mindstorms EV3 software. Class registration fees are non-refundable.

**Age: 9 - 11 years**

**Length: 5 hours**

43171 2/6 Sa 10:00am BGC 1 \$89(R)/\$96(N) Adetoro



#### CLASS LOCATION:

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

#### CLASSES WILL NOT BE HELD:

Monday, Jan. 18 – Martin Luther King, Jr. Day  
Saturday, Feb. 13 – Presidents Day weekend  
Monday, Feb. 15 – Presidents Day



**NEW**

### HEARTSAVER FIRST AID, CPR, AED

This instructor-led, video-based course teaches students critical skills needed to respond to and manage a first aid, choking, or sudden cardiac arrest emergency in the first few minutes until an ambulance arrives. This course is for anyone with limited or no medical training who needs a course completion card in First Aid, CPR and AED use to meet job, regulatory or other requirements.

**Age: Teen and Adult**

**Length: 2 hours and 30 minutes**

43153	1/9	Sa	9:15am	BGC	1	\$49(R)/\$56(N)	Bennett
43154	1/30	Sa	9:15am	BGC	1	\$49(R)/\$56(N)	Bennett
43155	2/27	Sa	9:15am	BGC	1	\$49(R)/\$56(N)	Bennett
43156	3/19	Sa	9:15am	BGC	1	\$49(R)/\$56(N)	Bennett

**NEW**

### VOICE ACTING: GETTING PAID TO TALK

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

**Age: 16 to Adult**

**Length: 2 hours and 30 minutes**

43170 1/21 Th 6:30pm BGC 1 \$35(R)/\$39(N) TBA



#### INCLEMENT WEATHER

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



## ARTS BARN

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

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

### PRESCHOOL

#### ARTFUL SATURDAYS

Families can explore art as youngsters, together with their parent or guardian, create projects using an array of mediums. Discover colors and shapes while developing fine motor skills and expanding creativity. Each session explores a different theme. No charge for Parent/Guardian. A \$10 supply fee is due at first class. No class February 6 and 13.

**Age: 3 - 5 years**  
**Length: 45 minutes**

43272 1/23 Sa 3:45pm 7 \$68(R)/\$79(N) Donnelly



#### INCLEMENT WEATHER

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

## YOUTH

### ART MENTORSHIP

For the teen who has a love for the fine arts. In this weekly mentorship class, students explore their creativity through personal projects. Students should bring a selection of their artwork (their 'portfolio') to the first class for review with the instructor. A supply fee of \$10 is due at the first class.

**Age: 12-14 years**

**Length: 1 hour and 30 minutes**

43265 1/22 F 4:00pm 7 \$136(R)/\$158(N) Donnelly

### BASICS OF THEATRICAL MAKEUP

Students learn how to apply basic stage makeup necessary for general characters, using highlights and shadows to alter the shape of an actor's face or emphasize a characteristic. A \$40 supply fee is due at first class.

**Age: 13 - 18 years**

**Length: 1 hour and 30 minutes**

43380 1/21 Th 7:00pm 6 \$117(R)/\$135(N) Ellis

### BEST OF BROADWAY FOR SINGERS

Students learn beloved Broadway hits and develop vocal techniques, musicality and the art of telling a story through song. There is a performance on the last day of class for family and friends.

**Age: 8-11 years**

**Length: 1 hour and 30 minutes**

43589 1/20 W 7:00pm 6 \$117(R)/\$135(N) Phelan

### 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, acrylics and printmaking. Learn fundamental art concepts, including color theory, perspective, and composition. Each session explores different projects and themes. A \$10 supply fee due at the first class.

**Discovering Art**

**Ages 8-12**

**Length: 1 hour**

43313 1/19 Tu 4:30pm 6 \$78(R)/\$90(N) Kay

**Discovering Art for Homeschoolers**

**Ages 8-14**

**Length: 1 hour and 15 minutes**

43314 1/19 Tu 3:00pm 6 \$98(R)/\$113(N) Kay

### FISH IN CLAY AND WATERCOLOR

Join us for a fun-filled class and create fish from the coral reef in clay and watercolor paint. Students will learn to use clay coils, slabs and armatures, and sculpting as well as wet-on-wet and layering watercolor techniques. A \$10 supply fee is due at first class.

**Age: 6 - 10 years**

**Length: 1 hour**

43409 1/22 F 4:30pm 6 \$78(R)/\$90(N) Prinsloo

#### KEY:

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

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



## SCHOOLS'S OUT! CAMP

Join us for a fabulous day of visual and performing arts as we create a mini play-in-a-day! Each School's Out explores art and theater with hands-on activities, creative writing, stage craft and performance. The day culminates in a performance for families and friends. Bring a bagged lunch.

**Age: 8 - 14 years**

**Length: 6 hours**

School's Out! Play in a Day

43393	1/25	M	9:00am	1	\$55(R)/\$60(N)	Phelan and Kay
43395	2/15	M	9:00am	1	\$55(R)/\$60(N)	Phelan and Kay

*See page 12 for additional School's Out! activities.*

## GO GREEN: THE ART OF UPCYCLING

Get creative in this fun-filled class. Explore a variety of new and recycled materials to create unique projects based on the four seasons. Students will explore color, line and texture in three- and two-dimensional art. A \$10 supply fee due at the first class.

**Length: 1 hour and 15 minutes**

**Go Green Jr.**

**Ages 4-6**

43343	1/19	Tu	4:30pm	6	\$98(R)/\$113(N)	Yuen
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**Go Green**

**Ages 7-11**

43342	1/20	W	4:30pm	6	\$98(R)/\$113(N)	Yuen
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## INTRODUCTION TO DRAWING

Learn the fundamentals of drawing. Use pencils, conte crayons, charcoal and your imagination. A \$15 supply fee is due at first class. No class February 6.

**Age: 8 - 14 years**

**Length: 1 hour**

43349	1/23	Sa	12:00pm	6	\$78(R)/\$90(N)	Mason
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## MUSICAL THEATRE CABARET

Do you dream of performing on Broadway someday? If so, this dynamic musical theatre intensive is for you! In the style of a Follies Cabaret, you will learn the songs and choreography to hits from 42nd Street, Thoroughly Modern Millie and other toe-tapping Broadway shows. Hone your song and dance skills learning vocal and dance techniques. There will be performances for friends and families on the last day of class. No class February 6.

**Age: 11-14 years**

**Length: 2 hours**

43590	1/23	Sa	11:00am	8	\$182(R)/\$210(N)	TBA
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## PAINTING WITH WATERCOLOR

Learn the fundamentals of watercolor painting and elements of design with Brian Mason. Create your own masterpieces. A \$15 supply fee is due at first class.

**Age: 7 - 12 years**

**Length: 1 hour and 15 minutes**

43358	1/25	M	4:15pm	5	\$82(R)/\$94(N)	Mason
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## SATURDAYS IN THE STUDIO

Saturday afternoon is the perfect time to get creative! Each week students explore different art mediums and themes (historic art periods, types of art, master artists, etc.). Young artists are encouraged to use their imagination and creativity to develop their own artwork, with guidance from our very own resident artist instructor. This class builds on skills throughout the year and is designed for those who truly LOVE art and want to spend time every week making something uniquely their own. Please wear clothes that may get messy. A \$10 supply fee is due at the first class. No class February 6 or February 13.

**Age: 8 - 11 years**

**Length: 1 hour and 15 minutes**

43365	1/23	Sa	2:00pm	7	\$114(R)/\$131(N)	Donnelly
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## YOUNG ARTISTS IN THE STUDIO

Young artists explore the basic elements of art and work on fundamental skills while using a variety of mediums. This class emphasizes creativity and personal expression. Stories, seasons, holidays, and other fun themes are used for inspiration, with each session unique throughout the year. These sessions are in the Arts Entwine studio, led by our own Arts Barn resident artist, Jaree Donnelly. Please wear clothes that may get messy or bring a smock. A \$10 supply fee is due at the first class. No class February 6 and 13.

**Age: 5 - 7 years**

**Length: 1 hour**

43378	1/23	Sa	12:30pm	7	\$78(R)/\$90(N)	Donnelly
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## YOUTH WORKSHOP



## KID'S ADVENTURE GLASS FUSING

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

**Age: 8 - 12 years**

**Length: 2 hours**

43387	1/23	Sa	1:30pm	1	\$36(R)/\$40(N)	Glander
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## TEENS TO ADULTS

### BASICS OF WATERCOLOR

Learn the basics of watercolor painting. Unlock the mystery of making colors. Discover the power of the color wheel, a painter's most valuable tool. Use the classic method of making all your colors from primary ones. Learn the simple truth about soft edges and hard edges; how to make them and when to use them. Create a three dimensional optical illusion on a flat piece of paper by controlling value changes. Add four basic painting techniques and you will be prepared to paint a wide range of subjects. Supply list available at the Arts Barn.

**Age: 18 to Adult**

**Length: 2 hours**

43410 1/21 Th 7:00pm 6 \$156(R)/\$180(N) Niazi

### COLORED PENCIL TECHNIQUES

Explore the process and techniques used for creating fine art with colored pencil. Students learn layering, grisaille, blending, creating gradients, the use of solvents and other techniques. Supply list available at the Arts Barn. Please bring supplies to first class.

**Age: 18 to Adult**

**Length: 2 hours**

43412 1/20 W 10:00am 6 \$156(R)/\$180(N) Falk

### CREATIVE EXPRESSIONS IN OIL

New and developing artists explore oil painting. Students learn fundamentals and theory. Individual attention is provided to improve skill and technique. Supply list available at the Arts Barn. Please bring supplies to first class. For ages 14 and older. No class February 6.

**Age: 14 to Adult**

**Length: 2 hours and 30 minutes**

43302 1/23 Sa 1:30pm 6 \$195(R)/\$225(N) Cohen

43303 1/19 Tu 10:00am 6 \$195(R)/\$225(N) Cohen

#### KEY:

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

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

### HAVING FUN WITH ACRYLICS

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

**Age: 16 to Adult**

**Length: 2 hours**

Acrylic Painting (All Levels)

43346 1/19 Tu 10:00am 6 \$156(R)/\$180(N) Borchert

### INTERMEDIATE WATERCOLOR PAINTING

Paint landscapes by learning how to render clouds, water, trees and fields. Practice methods such as overlapping shapes, diminishing size, color temperature and soft backgrounds to achieve the optical illusion of deep space in your compositions. You will begin to use the basic principles of good design by understanding compositional considerations such as selecting a view point, emphasizing the focal point, and setting the mood with color. Supply list available at the Arts Barn.

**Age: 18 to Adult**

**Length: 2 hours**

43411 1/25 M 7:00pm 5 \$130(R)/\$150(N) Niazi

### MIXED MEDIA PAINTING

Create beautiful paintings with the medium of your choice. Students of all levels will learn painting and brush techniques through teacher demonstrations. Highlights of art history will be discussed. Supply list available at the Arts Barn. Bring supplies to first class.

**Age: 16 to Adult**

**Length: 2 hours**

43354 1/20 W 7:00pm 6 \$156(R)/\$180(N) Borchert

### OPEN STUDIO FOR ARTISTS

Artists working in any style and medium are invited to attend this informal open studio to paint or draw and meet other artists. Bring your own supplies. Pay \$10 for each session when you come in.

**Age: 16 to Adult**

**Length: 2 hours**

January 14 – February 4 and February 11 – March 3

Thursdays, 10-Noon and 2-5pm

### WATERCOLOR EXPERIENCE

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

**Age: 14 to Adult**

**Length: 2 hours**

43376 1/22 F 10:00am 6 \$156(R)/\$180(N) Sadeghi



### INCLEMENT WEATHER

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

## WORKSHOPS

### TEEN TO ADULT

#### BRACELET AND EARRINGS

Create a beautiful Victorian era style bracelet and earring set. Students will use two holed silky beads and seed beads. This class is suitable for Beginner/Intermediate Level beaders. A \$15 supply fee is due at workshop.

**Age: 14 to Adult**

**Length: 2 hours**

43407 2/21 Su 2pm 1 \$36(R)/\$40(N) Cohen

#### ELEANOR EARRINGS

Create beautiful beaded earrings using seed beads and two-holed beads. Learn the basics of bead weaving. A \$10 supply fee is due at workshop.

**Age: 14 to Adult**

**Length: 2 hours**

43408 1/16 Sa 2pm 1 \$36(R)/\$40(N) Cohen

#### 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. A \$40 supply fee due at workshop.

**Age: 16 to Adult**

**Length: 2 hours**

43382 3/5 Sa 1:30pm 1 \$36(R)/\$40(N) Glander

#### PHOTOGRAPHY FOUNDATIONS WORKSHOPS

For photographers who have an understanding of exposure and feel comfortable operating their camera in different modes. Join professional photographer Jaree Donnelly as she explores specific intermediate topics in photography. Prerequisite: Basics of Exposure or instructor permission.

**Age: 16 to Adult**

**Length: 2 hours**

**Basics of Composition**

43405 4/17 Su 2:30pm 1 \$36(R)/\$40(N) Donnelly

**Beginning Color Control**

43404 3/20 Su 2:30pm 1 \$36(R)/\$40(N) Donnelly

**Elemental Use of Flash**

43403 1/24 Su 2:30pm 1 \$36(R)/\$40(N) Donnelly

**Introduction to Photoshop Elements-3 hours**

43402 2/21 Su 1:30pm 1 \$54(R)/\$60(N) Donnelly

#### QUILTING WITH YOUR OWN VOICE

Come join us for a master class in quilting. The instructor will share her own story-telling quilts and will present techniques for combining many fabrics in original designs in the morning. Students are encouraged to bring their own in-progress quilting project or ideas of personal story quilts for conversation and individual guidance during a working afternoon. Projects may be at any stage of completion. Please provide own materials.

**Age: 21 years and up**

**Length: 6 hours**

43406 4/16 Sa 10:00am \$108(R)/\$120(N) Kingsland



#### STAINED GLASS FOR ADULTS

Learn the basics of stained glass art. Spend a day learning how to cut, foil and solder your own stained glass panel, choosing from three designs. Students will be standing and need to wear closed toed shoes. For ages 16 and older. A \$40 supply fee due at workshop.

**Age: 16 to Adult**

**Length: 6 hours**

43388 2/13 Sa 10:00am 1 \$108(R)/\$120(N) Glander

#### TEA TIME ART PARTY

Join us for a Tea Time Art Party the 2nd Sunday of each month. Sample many different kinds of tea and goodies while creating beautiful works of art inspired by a different artist. Join Arts Barn professional artists as they explore many art mediums. Each time is a new inspiration!

**Age: 14 to Adult**

**Length: 2 hours and 30 minutes**

43389 1/10 Su 1:30pm 1 \$45(R)/\$50(N) Donnelly

43390 2/14 Su 1:30pm 1 \$45(R)/\$50(N) Donnelly

43396 3/13 Su 1:30pm 1 \$45(R)/\$50(N) Donnelly

43397 4/10 Su 1:30pm 1 \$45(R)/\$50(N) Donnelly

43398 5/8 Su 1:30pm 1 \$45(R)/\$50(N) Donnelly

#### WINE AND ART PARTY

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

**Age: 21 years and up**

**Length: 2 hours and 30 minutes**

43391 1/15 F 7:00pm 1 \$45(R)/\$50(N) Donnelly

43392 2/19 F 7:00pm 1 \$45(R)/\$50(N) Donnelly

43399 3/18 F 7:00pm 1 \$45(R)/\$50(N) Donnelly

43400 4/15 F 7:00pm 1 \$45(R)/\$50(N) Donnelly

43401 5/20 F 7:00pm 1 \$45(R)/\$50(N) Donnelly

# GAITHERSBURG AQUATIC CENTER (GAC)

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

## Aquatics Administrative Office

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



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

## FEATURES

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

*Open evenings and weekends only*

## PUBLIC SWIM HOURS

### Family Recreational Swim

Entire pool is open for recreational use, including one to three lap lanes, shallow end of main pool, teach pool, and one diving board.

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

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

### Lap Swim Only

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

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

## HOLIDAY SCHEDULE 2015-2016

The Gaithersburg Aquatic Center will be CLOSED:

Thanksgiving	Thursday, November 26
Christmas Eve	Thursday, December 24
Christmas	Friday, December 25
New Year's Eve	Thursday, December 31
New Year's Day	Friday, January 1
Easter	Sunday, March 27
Independence Day	Monday, July 4

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

## MEMBERSHIP AND FEES

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

Youth (3 –17)	\$4
Adult (18+)	\$5

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

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

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

WP = Outdoor Water Park

**Benefits of membership include:**

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

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



## INCLEMENT WEATHER POLICY

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

MCPS Early Closure  
MCPS Weekday Closure  
MCPS Weekend Closure

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



## SWIM CLASSES

FEES:	MEMBERS	\$50
	NONMEMBERS	\$55

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

### WATER ADJUSTMENT - BUBBLERS

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

Age: 6 months - 3 years

Length: 30 minutes

43448	1/30	Sa	9:40am	GAC
43450	1/30	Sa	11:00am	GAC
43451	1/31	Su	9:40am	GAC
43452	4/2	Sa	10:20am	GAC
43453	4/2	Sa	11:40am	GAC
43454	4/3	Su	10:20am	GAC

### PRE-BEGINNER LEVEL I - BOBBERS

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

Age: 3 - 4 years

Length: 30 minutes

43459	1/30	Sa	9:40am	GAC
43472	1/30	Sa	11:40am	GAC
43473	1/31	Su	10:20am	GAC
43474	4/2	Sa	11:00am	GAC
43458	4/3	Su	11:00am	GAC
43470	4/5	TuTh	5:20pm	GAC

**KEY:**

Activity	Start	Days	Time	Location
42356	9/10	Tu/Th	4:45pm	Gaithersburg Aqatic Center

### PRE-BEGINNER LEVEL II - STROKERS

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

Age: 3 - 4 years

Length: 30 minutes

43485	1/5	Tu	4:40pm	GAC
43483	1/30	Sa	10:20am	GAC
43484	1/30	Sa	11:40am	GAC
43491	1/31	Su	11:00am	GAC
43490	2/23	TuTh	5:20pm	GAC
43481	4/2	Sa	10:20am	GAC
43478	4/2	Sa	12:20pm	GAC
43479	4/3	Su	10:20am	GAC
43493	4/3	Su	11:40am	GAC
43488	4/5	TuTh	4:40pm	GAC



### REFUND POLICY

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



## YOUTH LEVEL I - GUPPIES

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

**Age: 5 - 13 years**

**Length: 30 minutes**

43513	1/ 5	Tu	5:20pm	GAC
43514	1/ 7	Th	4:40pm	GAC
43506	1/ 7	Th	6:00pm	GAC
43516	1/30	Sa	9:40am	GAC
43517	1/30	Sa	10:20am	GAC
43518	1/30	Sa	11:00am	GAC
43519	1/30	Sa	12:20pm	GAC
43521	1/31	Su	9:40am	GAC
43522	1/31	Su	10:20am	GAC
43523	1/31	Su	11:40am	GAC
43515	2/23	TuTh	4:40pm	GAC
43526	4/ 2	Sa	9:40am	GAC
43527	4/ 2	Sa	10:20am	GAC
43529	4/ 3	Su	9:40am	GAC
43530	4/ 3	Su	10:20am	GAC
43531	4/ 3	Su	11:00am	GAC
43532	4/ 3	Su	11:40am	GAC
43535	4/ 5	TuTh	4:40pm	GAC
43536	4/ 5	TuTh	5:20pm	GAC



## YOUTH LEVEL II - MINNOWS

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

**Age: 5 - 13 years**

**Length: 30 minutes**

43545	1/ 5	Tu	5:20pm	GAC
43546	1/ 7	Th	6:00pm	GAC
43538	1/30	Sa	11:00am	GAC
43539	1/30	Sa	12:20pm	GAC
43540	1/31	Su	9:40am	GAC
43541	1/31	Su	11:00am	GAC
43542	1/31	Su	11:40am	GAC
43548	2/23	TuTh	4:40pm	GAC
43550	4/ 2	Sa	9:40am	GAC
43551	4/ 2	Sa	11:00am	GAC
43552	4/ 2	Sa	11:40am	GAC
43553	4/ 2	Sa	12:20pm	GAC
43554	4/ 3	Su	9:40am	GAC
43555	4/ 3	Su	11:00am	GAC
43556	4/ 3	Su	11:40am	GAC
43549	4/ 5	TuTh	5:20pm	GAC

## YOUTH LEVEL III - SEAHORSES

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

**Age: 5 - 13 years**

**Length: 30 minutes**

43562	1/ 5	Tu	6:00pm	GAC
43563	1/ 7	Th	5:20pm	GAC
43557	1/30	Sa	11:40am	GAC
43558	1/30	Sa	12:20pm	GAC
43559	1/31	Su	10:20am	GAC
43560	1/31	Su	12:20pm	GAC
43564	2/23	TuTh	5:20pm	GAC
43565	4/ 2	Sa	11:00am	GAC
43566	4/ 2	Sa	11:40am	GAC
43568	4/ 2	Sa	12:20pm	GAC
43567	4/ 3	Su	9:40am	GAC



### INCLEMENT WEATHER

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



### YOUTH LEVEL IV - DOLPHINS

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

**Age: 5 - 13 years**

**Length: 30 minutes**

43571	1/ 5	Tu	4:40pm	GAC
43569	1/30	Sa	11:40am	GAC
43570	1/31	Su	10:20am	GAC
43572	2/23	TuTh	4:40pm	GAC
43573	4/ 2	Sa	9:40am	GAC
43574	4/ 2	Sa	11:40am	GAC
43575	4/ 3	Su	9:40am	GAC

### YOUTH LEVEL V - WHALES

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

**Age: 6 - 13 years**

**Length: 30 minutes**

43579	1/ 7	Th	4:40pm	GAC
43577	1/30	Sa	12:20pm	GAC
43578	1/31	Su	9:40am	GAC
43580	4/ 2	Sa	11:00am	GAC
43581	4/ 3	Su	10:20am	GAC

### YOUTH LEVEL VI - SHARKS

This class is for children ages 6 to 13 years old 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. Objectives: 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**

43582	1/30	Sa	9:40am	GAC
43584	4/ 2	Sa	10:20am	GAC
43583	4/ 5	TuTh	4:40pm	GAC

### COMPETITIVE STROKE AND TURN CLINIC



A program designed to prepare young and new swimmers for swim team training. Emphasis will be on developing all four competitive strokes, starts, and turns. Registrants must be able to swim two lengths on their front without stopping and one length of backstroke.

**Age: 6 - 13 years**

**Length: 1 hour**

43587	1/30	Sa	10:20am	GAC	6
43586	2/22	M	4:10pm	GAC	12

Fees: \$110 Members / \$125 Nonmembers

**No class on March 28**

**KEY:**

Activity	Start	Days	Time	Location
42356	9/10	Tu/Th	4:45pm	Gaithersburg Aqatic Center



### ADULT BEGINNER SWIM LESSONS

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

**Age: Teen and Adult**

**Length: 30 minutes**

43495	1/7	Th	7:00pm	GAC
43494	1/30	Sa	10:20am	GAC
43496	4/2	Sa	9:40am	GAC

### ADULT INTERMEDIATE SWIM LESSONS

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

**Age: Teen and Adult**

**Length: 30 minutes**

43499	1/5	Tu	7:00pm	GAC
43500	4/2	Sa	12:20pm	GAC



### INCLEMENT WEATHER

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

## NOW HIRING

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

## WATER EXERCISE

FEES:	MEMBERS	\$68
	NONMEMBERS	\$74

### DEEP WATER WORKOUT

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

**Age: 16 to Adult**

**Length: 45 minutes**

43440	1/5	Tu	7:45pm	GAC	10
43441	1/7	Th	6:45pm	GAC	10

### SHALLOW (CHEST DEEP) WATER WORKOUT

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

**Age: 16 to Adult**

**Length: 45 minutes**

43442	1/5	Tu	6:45pm	GAC	10
43443	1/7	Th	7:45pm	GAC	10



### KEY:

Activity	Start	Days	Time	Location
42356	9/10	Tu/Th	4:45pm	Gaithersburg Aqatic Center



# Lifeguard Training



## 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

43446	Monday	4/25	5-9pm	Activity Center Bohrer Park
	Tuesday	4/26	8-4pm	Gaithersburg Aquatic Center

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

## LIFEGUARD TRAINING

The American Red Cross Lifeguard Training course certifies you in Lifeguard Training, CPR/AED for the Professional Rescuer, and First Aid. Students must be 15 years old by the last day of the course (proof of age required) and pass a pre-screen test (300 yard continuous swim with rhythmic breathing using either front crawl or breast; 10 lbs brick retrieval within one minute, forty seconds) and tread water using legs only for two minutes on the first day in order to take class. Contact The Aquatics Office (301-258-6445 or [aquatics@gaithersburgmd.gov](mailto:aquatics@gaithersburgmd.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

43444	Wednesday	2/3	6-9pm	Gaithersburg Aquatic Center
	Saturday	2/6	8-4pm	
	Sunday	2/7	8-4pm	
	Wednesday	2/10	6-9pm	
	Saturday	2/13	8-4pm	
	Monday	2/15	8-4pm	
	Wednesday	2/17	6-9pm	
43445	Wednesday	3/23	6-9pm	Gaithersburg Aquatic Center
	Friday	3/25	8-4pm	
	Saturday	3/26	8-4pm	
	Monday	3/28	8-4pm	
	Tuesday	3/29	8-4pm	
	Wednesday	3/30	8-4pm	
	Friday	4/1	8-4pm	

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



## CLASS REGISTRATION BEGINS

### City Residents: November 30

All resident internet, mail-in, fax and walk-in registrations will be processed in the order in which they are received beginning November 30. All resident registrations received prior to that time will be processed on December 3.

### Nonresidents: December 2

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 December 2. All nonresident registrations received prior to that time will be processed on December 3.

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

### NOTIFICATION

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

### ENROLLMENT

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

### SENIOR CITIZENS

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

### PAYMENT METHODS

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

### REFUNDS

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

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

### CANCELLATIONS

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

## CLASS LOCATIONS

### ARTS BARN

311 Kent Square Rd.  
301-258-6394

### AQUATICS

#### Gaithersburg Aquatic Center (GAC)

2 Teachers Way  
301-258-6345 (evenings and weekends)

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

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

### COMMUNITY CENTERS

#### Activity Center at Bohrer Park (ACBP)

506 S. Frederick Ave.  
301-258-6350

#### Casey Community Center (CCC)

810 S. Frederick Ave.  
301-258-6366

#### Benjamin Gaither Center (BGC)

80A Bureau Dr.  
301-258-6380

### COMMUNITY MUSEUM

9 S. Summit Ave.  
301-258-6350

### KENTLANDS MANSION

320 Kent Square Rd.  
301-258-6160

### PARKS

#### Skate Park

510 S. Frederick Ave.  
301-258-6359

### SCHOOLS

#### Lakelands Park Middle School (LMS)

1200 Main St.

### OTHER

#### Kicks Karate

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

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

## MISSION STATEMENT

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

# CLASS REGISTRATION FORM

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

## MAIN CONTACT

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

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

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

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

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

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

## PARTICIPANTS

Name (Last, First)	Sex M/F	Birthdate M/D/Y	Age	Activity/ Class Name	Activity #	Start Date	Day	Time	Res. Fee	Non Res. Fee	Total
<i>Example: Smith, Mary</i>	<i>F</i>	<i>02/14/00</i>	<i>15</i>	<i>Healthy Living</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 \_\_\_\_\_

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

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

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

#### PREPARE AHEAD FOR ONLINE REGISTRATION

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

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

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

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

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

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

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

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

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

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

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

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POSTAL CUSTOMER

PRESORTED  
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Celebrating 20 Years of Enchantment

# Winter Lights



Open Nightly Nov. 27 - Dec. 31 (Closed Dec. 25)

Seneca Creek  
State Park  
11950  
Clopper Rd.

**Hours** 6 - 9 p.m.  
Open Until 10 p.m. Fri. & Sat.

**Admission** Mon. - Thurs. • \$12 per car  
Fri. - Sun. • \$15 per car  
See website for large passenger vehicle & bus fees

Sponsored in part by:



HUGHES

 301.258.6350 [gaitersburgmd.gov](http://gaitersburgmd.gov)

