

MONTGOMERY PARKS
GUIDE
SUMMER 2026



CLASSES. PROGRAMS. ACTIVITIES. EVENTS.



MONTGOMERY PARKS PROGRAM GUIDE | SUMMER 2026

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Programs are subject to change.
For the most up-to-date listings visit:
[MontgomeryParks.org](https://www.MontgomeryParks.org)





Register Online

Click the Course # link next to each program in this guide to register for that program or visit ActiveMONTGOMERY.org

Register By Mail

Download a [registration form](#) and mail to:
ActiveMONTGOMERY
2425 Reddie Drive, 10th Floor
Wheaton, MD 20902

Questions?

Call: 301-495-2580
Monday–Friday, 8:30 am–4:30 pm
Visit ActiveMONTGOMERY.org for answers to frequently-asked-questions.

Program Access & Inclusion Services

For inquiries regarding inclusion services and accommodations, contact the Program Access office:
Phone: **301-495-2581**
MD Relay: **7-1-1**
Email: ProgramAccess@MontgomeryParks.org
MontgomeryParks.org/Accessibility

REGISTRATION DATES

Summer Programs: May 11, 6:30 am

Ice/Tennis Summer Term: June 9, 6:30 am



Payment, Withdrawals, and Refunds

Visit the [Montgomery Parks Activity Withdrawals and Refund webpage](#) for complete details.

MONTGOMERY PARKS DIRECTORY

ATHLETIC FIELDS

Visit [Athletic Fields](#) for reservation information.

ARCHERY

[South Germantown Recreational Park](#)

18045 Central Park Circle, Boyds, MD 20841

[Rock Creek Regional Park](#)

5700 Needwood Lake Circle, Rockville, MD 20855

BIKE PARKS

[South Germantown Bike Park](#)

18045 Central Park Circle, Boyds, MD 20841

[The Pit at Fairland Bike Park](#)

3928 Greencastle Road Fairland, MD 20866

[Wheaton Gravity Mountain Bike Park](#)

2000 Shorefield Road in Wheaton, MD 20902

BOATING

[Black Hill Boats](#)

20920 Lake Ridge Drive, Boyds, MD 20841 • 301-528-3466

[Lake Needwood Boats](#)

15700 Needwood Lake Circle, Rockville, MD 20855
301-563-7540

CAMPING

[Little Bennett Campground](#)

23705 Frederick Road, Clarksburg, MD 20871
301-528-3430

[Robert C. McDonell Campground](#)

7701 Tuckerman Lane, Rockville, MD 20854
301-495-2525

Visit [Rentals and Permits](#) for additional camping options.

COMMUNITY GARDENS

Visit [Community Gardens](#) for information.

CULTURAL & HISTORIC ATTRACTIONS

Visit [History in the Parks](#) for more information.

[Agricultural History Farm Park](#)

18400 Muncaster Road, Derwood, MD 20855
301-670-4660

[Kingsley Schoolhouse](#)

24472 Clarksburg Road, Clarksburg, MD 20871
301-650-4373

[Josiah Henson Museum & Park](#)

11410 Old Georgetown Road, North Bethesda, MD 20852
301-765-8790

[Oakley Cabin African American Museum & Park](#)

3610 Brookeville Road, Olney, MD 20832
301-650-4373

[Woodlawn Manor Cultural Park](#) and [Underground Railroad Experience Trail](#)

16501 Norwood Road, Sandy Spring, MD 20860
301-929-5989

DOG PARKS

[Black Hill Regional Park](#)

20930 Lake Ridge Drive, Boyds, MD 20841
On Picnic Lane, SE of boat rentals on Lake Ridge Drive

[Cabin John Regional Park](#)

7400 Tuckerman Lane, Bethesda, MD 20817

[Columbia Local Park](#)

14900 Old Columbia Pike, Burtonsville, MD 20866

[Dewey Local Park](#)

1720 Dewey Road, Silver Spring, MD 20906

[Ellsworth Urban Park](#)

621 Ellsworth Drive, Silver Spring, MD 20910

[Hickory Grove Park](#)

14100 Quince Orchard Rd, North Potomac, MD 20878

[Olney Manor Recreational Park](#)

16601 Georgia Avenue, Olney, MD 20832

[Piedmont Woods Local Park](#)

12835 Snowden Farm Parkway, Clarksburg, MD 20871

[Ridge Road Recreational Park](#)

21155 Frederick Road, Germantown, MD 20876

[Wheaton Regional Park](#)

11710 Orebaugh Avenue, Wheaton, MD 20902

DRIVING RANGE/GOLF

[South Germantown Driving Range](#)

18045 Central Park Circle, Boyds, MD 20841
301-670-4670

EVENT CENTERS

Ideal venues for weddings, special events, meetings and more!

[Brookside Gardens](#)

1800 Glenallan Avenue, Wheaton, MD 20902
301-962-1404

Email: Event.Manager@MontgomeryParks.org

MONTGOMERY PARKS DIRECTORY

[The Lodge at Little Seneca Creek](#)

14500-A Clopper Road, Boyds, MD 20841
301-528-6010

Email: SenecaLodge@MontgomeryParks.org

[Rockwood Manor Retreats and Events](#)

11001 MacArthur Boulevard, Potomac, MD 20854
301-563-7510

Email: RockwoodManor@MontgomeryParks.org

GARDENS

[Brookside Gardens](#)

1800 Glenallen Avenue, Wheaton, MD 20902
301-962-1400 general information
301-962-1404 event rentals

[McCrillis Gardens](#)

6910 Greentree Road, Bethesda, MD 20817
301-962-1455

GOLF

Golf courses are operated by the [Montgomery County Revenue Authority](#).

[Little Bennett Golf Course](#)

25900 Prescott Road Clarksburg, MD 20871
301-253-1515

[Needwood Golf Course](#)

6724 Needwood Road, Derwood, MD 20855
301-948-1075

[Northwest Park Golf Course](#)

15711 Layhill Road, Silver Spring, MD 20906
301-598-6100

[Sligo Creek Golf Course](#)

9701 Sligo Creek Parkway, Silver Spring, MD 20901
301-585-6006

HORSEBACK RIDING & STABLES

Equestrian facilities are managed by private operators through partnerships with M-NCPPC.

[Callithea Farm Park](#)

15000 River Road, Potomac, MD 20854
301-977-8010

[Meadowbrook Riding Stables](#)

8200 Meadowbrook Lane, Chevy Chase, MD 20815
301-589-9026

[Rickman Farm Horse Park](#)

17320 Moore Road, Boyds, MD 20841
301-349-0075

[Wheaton Regional Park Stables](#)

1101 Glenallen Avenue, Wheaton, MD 20902
301-622-2424

[Woodstock Equestrian Park](#)

20100 Darnestown Road, Beallsville, MD 20839
301-495-2525

ICE SKATING

[Cabin John Ice Rink](#)

10610 Westlake Drive, Rockville, MD 20852
301-765-8620

[Wheaton Ice Arena](#)

11717 Orebaugh Avenue, Wheaton, MD 20902
301-905-3000

IN-LINE HOCKEY RINKS

[Dewey Local Park](#)

11720 Dewey Road, Veirs Mill, MD 20906

[Ridge Road Recreational Park](#)

21155 Frederick Road, Germantown, MD 20876

MINIATURE GOLF

[South Germantown Miniature Golf](#)

18056 Central Park Circle, Boyds, MD 20841
301-670-4680

NATURE CENTERS

[Black Hill Discovery Center](#)

20926 Lake Ridge Drive, Boyds, MD 20841
301-528-3492

[Brookside Nature Center](#)

1400 Glenallen Avenue, Wheaton, MD 20902
301-962-1480

[Locust Grove Nature Center](#)

7777 Democracy Boulevard, Bethesda, MD 20817
301-765-8660

[Maydale Nature Classroom](#)

1638 Maydale Drive, Colesville, MD 20905
301-962-1496

[Meadowside Nature Center](#)

5100 Meadowside Lane, Rockville, MD 20855
301-258-4030

MONTGOMERY PARKS DIRECTORY

PARK ACTIVITY BUILDINGS & PICNIC SHELTERS

Visit [Park Permits](#) for rental information.

SKATE PARKS

[Olney Manor Recreational Park](#)

16601 Georgia Avenue, Olney, MD 20832

[Takoma-Piney Branch Local Park](#)

2 Darwin Avenue Takoma Park, MD 20910

[Woodside Urban Park](#)

8800 Georgia Avenue, Silver Spring, MD 20910

SPLASH PARK

[South Germantown SplashPark](#)

18056 Central Park Circle, Boyds, MD 20841 | 301-670-4680

SPORTS COURTS (OUTDOOR)

Visit [Sports](#) for a list of outdoor basketball, tennis, pickleball, and soccer courts.

TENNIS (INDOOR)

[Pauline Betz Addie Tennis Center](#)

7801 Democracy Boulevard, Bethesda, MD 20817
301-765-8650

[Wheaton Indoor Tennis](#)

11715 Orebaugh Avenue, Wheaton, MD 20902 | 301-905-3030

[Montgomery TennisPlex*](#)

18010 Central Park Circle, Boyds, MD 20841
240-477-4430z

** This facility is managed by a private operator through a partnership with M-NCPPC. Please contact them directly for more information.*

TRAILS

Visit [Trails](#) for maps and detailed information about the more than 250 miles of trails in Montgomery Parks.

TRAINS (MINIATURE) AND CAROUSELS

[Cabin John Miniature Train](#)

7410 Tuckerman Lane, Rockville, MD 20852
301-765-8670 • 301-650-2880 party rentals

[Ovid Hazen Wells Carousel](#)

12121 Skylark Drive, Clarksburg, MD 20871

[Wheaton Train and Carousel](#)

2002 Shorefield Road, Wheaton, MD 20902
301-563-7545 • 301-650-2880 party rentals

TURF FIELD

200' x 85' covered synthetic turf playing field; rent for soccer, lacrosse, futsal, parties and more.

[Wheaton Sports Pavilion](#)

11751 Orebaugh Avenue, Wheaton, MD 20902
301-905-3070

CONTACT INFORMATION

[Montgomery Parks](#)

2425 Reddie Drive, Wheaton, MD 20902

[Customer Service](#)

Park information, maintenance requests, or concerns:

Call: 301-495-2595

Email: Info@MontgomeryParks.org

[Permits & Rentals](#)

Call: 301-495-2525

Email: ParkPermits@MontgomeryParks.org

[Volunteer Opportunities](#)

Call: 301-495-2504

Email: ParksVolunteers@MontgomeryParks.org

[Rainout Line](#)

Call: 301-579-5610 for Athletic Fields

Call: 240-270-0008 for Trail Conditions

[Park Police](#)

Call: 301-949-8010, Emergency call 911

Twitter: [@ParkPolice](https://twitter.com/ParkPolice)

ACCESSIBILITY

[Program Access & Inclusion Services](#)

For inquiries regarding inclusion services, programs, and accommodations, please contact the Program Access office:

Call: 301-495-2477

MD Relay: 7-1-1

Email: ProgramAccess@MontgomeryParks.org



ONE website
ONE account
for both Recreation & Parks
Registration, Reservations
and More!
[ActiveMontgomery.org](#)
Create your account today!



Make a difference with Montgomery Parks!

Join a clean-up at your neighborhood park, or assist at one of our historic sites, ice rinks, tennis centers, nature centers, gardens, or campground.

Indoor and outdoor opportunities available year-round!

Students can earn Student Service Learning (SSL) hours.

Great for team building - including corporate, school, and scout groups.

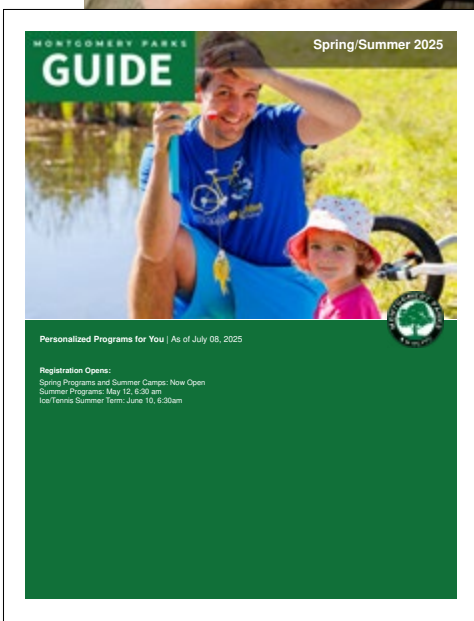
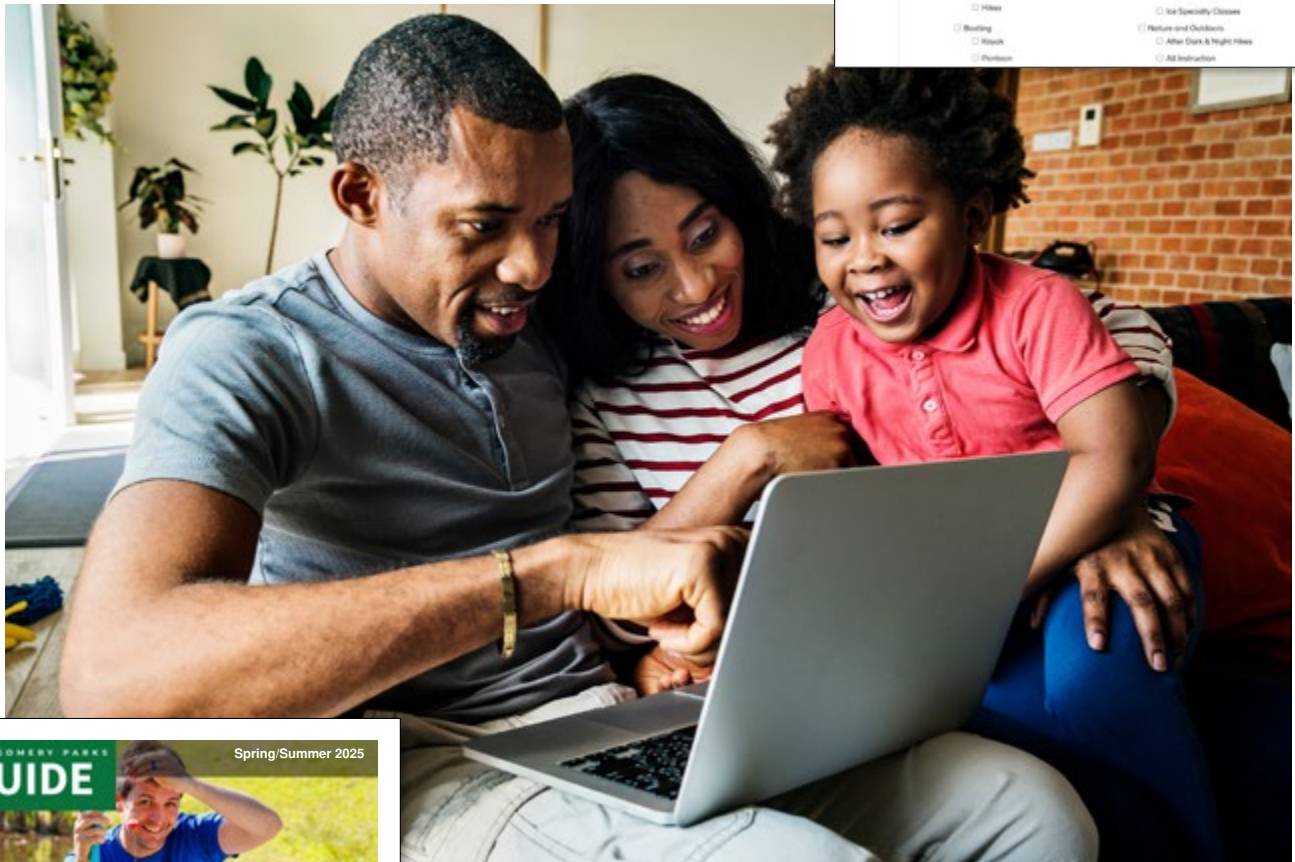


Visit ParksVolunteers.org for a complete list of opportunities or call 301-495-2504.

We ♥ our volunteers!



Build Your Own Guide!



- The new online Build Your Own Guide tool allows you to create a digital program guide customized to your specific interests.
- In just three easy steps, you can select the program categories, locations and age ranges you prefer, and then download or print your personalized guide at home.

MontgomeryParks.org/Your-Guide



Montgomery Parks... the perfect place to gather!



BIRTHDAY PARTIES • RECEPTIONS • REUNIONS •
NEIGHBORHOOD GATHERINGS • BUSINESS MEETINGS

Park Activity Buildings available
year-round

Picnic Shelters available
to rent April 1–October 31

Park Activity Buildings and Picnic Shelters
provide all the amenities needed to make your
next event enjoyable and hassle-free!



View availability
and book online at
[ActiveMontgomery.org](https://www.ActiveMontgomery.org)

Contact the Park Permits Office

Monday–Friday, 8:30am–5pm | 301.495.2525
ParkPermits@MontgomeryParks.org | [ParkPermits.org](https://www.ParkPermits.org)
2425 Reddie Drive, 2nd Floor | Wheaton, MD 20902



The natural choice for your special event!

Our event centers are the ideal venues for picture-perfect weddings, elegant celebrations, successful retreats, and more!

Available year-round at affordable rates.



BROOKSIDE GARDENS

50 acres of stunning garden areas

1800 Glenallan Avenue | Wheaton, MD 20902
301-962-1404 | BrooksideGardens.org
event.manager@montgomeryparks.org



Brookside Gardens

THE LODGE AT LITTLE SENECA CREEK

Rustic charm and beautiful panoramic views

14500-A Clopper Road | Boyds, MD 20841
301-670-3282 | LodgeatSeneca.org
senecalodge@montgomeryparks.org



The Lodge at Little Seneca Creek

ROCKWOOD MANOR RETREATS & EVENTS

Serene estate just six minutes from the Capital Beltway

11001 MacArthur Boulevard | Potomac, MD 20854
301-563-7510 | RockwoodManor.org
rockwoodmanor@montgomeryparks.org



Rockwood Manor

Now Booking Overnight Stays

ParkEventCenters.org





LITTLE BENNETT CAMPGROUND



STAY — & — PLAY

Range of accommodations including campsites, cabins, and yurts, to fit your needs

Hiking and biking trails, pedal kart track, jumping pillow, laser tag, outdoor movies, arts & crafts, and more!

[MINIMUM 2-NIGHT STAY]



LITTLE BENNETT CAMPGROUND
23705 Frederick Road | Clarksburg, MD 20871
LittleBennettCampground.org



MONTGOMERY PARKS

PARKS Playhouse Junior

Keep the kids moving and grooving this summer!

The outdoor performance series returns with sing-a-longs, dance-a-longs, puppets, theater, and more!



For performance dates and locations, scan the QR code or visit MoCoParks.org/PlayhouseJr



Sign Language Interpretation will be provided at select events.





PARKS Summer Concert Series

All Concerts are from 6 to 8 pm

Todos los conciertos programados de 6 a 8 p.m.

For more information, scan the QR code or visit

MoCoParks.org/SummerConcertSeries



Para más información, escanee el código QR o visite

MoCoParks.org/SummerConcertSeries

Check out the Lineup Echa un vistazo a la programación

July/Julio

July 16 / 16 de julio
Black Hill Regional Park
19th Street Band

High-energy blend of Irish, Americana, country, and rock.
Mezcla animada de música irlandesa, americana, country y rock.



July 23 / 23 de julio
Rock Creek Regional Park
KPOP DJ presented by WJ Dance & Entertainment

K-pop favorites and top summer hits.
Canciones populares de K-pop y éxitos del verano.



July 30 / 30 de julio
Black Hill Regional Park
8 Ohms Band

Horn-driven blend of funk, soul, pop, and R&B.
Música funk, soul, pop y R&B con instrumentos de viento.



August/Agosto

August 6 / 6 de agosto
Rock Creek Regional Park
Special Delivery Band

Classic rock and dance hits you know and love.
Éxitos conocidos de rock clásico y músicaailable.



August 13 / 13 de agosto
Cabin John Regional Park
Enslow Music, Taylor Tribute

A fun, era-spanning Taylor tribute by local artist Enslow.
Tributo a Taylor con música de diferentes etapas de su carrera, presentado por la artista local Enslow.





All Aboard!

NOW OPEN! Ovid Hazen Wells Carousel



Enjoy a scenic two-mile ride on a miniature train or take an enchanting spin on a classic carousel.

For schedule and ticket information visit MontgomeryParks.org/Trains



**CABIN JOHN
MINIATURE TRAIN**

Cabin John Regional Park
7410 Tuckerman Lane
Rockville, MD 20852



**WHEATON MINIATURE
TRAIN & CAROUSEL**

Wheaton Regional Park
2000 Shorefield Road
Wheaton, MD 20902



**OIDV HAZEN WELLS
CAROUSEL**

Ovid Hazen Wells
Recreational Park
12121 Skylark Road
Clarksburg, MD 20871



AGRICULTURAL HISTORY FARM PARK



AGRICULTURAL HISTORY FARM PARK
18400 Muncaster Road | Derwood, MD 20855
301-670-4660 | AgHistoryFarm.org

SPECIAL EVENTS

Dance Nights in the Barn

Kick up your boots and get ready to move with Dance Nights in the Barn! Join us for an upbeat, high-energy evening where dancers of all skill levels can learn classic and modern dances in a welcoming, rustic setting. Our instructor will guide you step-by-step, making it easy to jump in—whether you’re a seasoned dancer or trying it for the first time. Bring your friends, enjoy great music, and soak up the fun atmosphere as you dance the night away. No partner or experience needed—just comfortable shoes and a willingness to have a good time!

Agricultural History Farm Park

[Register on ActiveMontgomery.org](https://www.activemontgomery.org) | Activity: PAHFP0026

Jun 10	Wed	6 to 8pm	Ages 16 and up	\$15	1 class	PAHFP0026-200001
Jul 15	Wed	6 to 8pm	Ages 16 and up	\$15	1 class	PAHFP0026-200002
Aug 19	Wed	6 to 8pm	Ages 16 and up	\$15	1 class	PAHFP0026-200003

Trivia Night in the Barn

Put your knowledge to the test with Trivia Night at the Barn! Gather your friends, bring your thinking caps, and enjoy an evening of friendly competition in our rustic setting. Questions will span a variety of fun categories so there’s something for trivia buffs of all kinds – whether you’re a casual guesser or a seasoned quiz master. Enjoy a selection of light refreshments including soda and water. Come for the challenge, stay for the laughs, and enjoy a lively night out in a one-of-a-kind atmosphere. Prizes await the top contestants, so sharpen those skills and get ready to play!

Agricultural History Farm Park

[Register on ActiveMontgomery.org](https://www.activemontgomery.org) | Activity: PAHFP0025

Jun 23	Tue	6 to 8pm	Ages 21 and up	\$15	1 class	PAHFP0025-200001
Jul 28	Tue	6 to 8pm	Ages 21 and up	\$15	1 class	PAHFP0025-200002
Aug 25	Tue	6 to 8pm	Ages 21 and up	\$15	1 class	PAHFP0025-200003





PLAYTIME OR STORYTIME

Little Farm Explorers

Introduce your little one to the wonders of the Farm Park with Little Farm Explorers! This gentle, hour-long program invites children age 5 and under, and their adult companions, to enjoy a guided nature walk around the Farm Park. Together, we'll explore the sights, sounds, and textures of the natural world – spotting plants and wildlife, discovering seasonal changes, and encouraging curiosity every step of the way. Each walk is paced with young adventurers in mind, offering plenty of opportunities to observe, wonder and learn through simple sensory experiences.

Agricultural History Farm Park

[Register on ActiveMontgomery.org](https://www.activemontgomery.org) | Activity: PAHFP0022

Jun 3	Wed	10 to 11am	Ages 5 and under	\$7	1 class	PAHFP0022-200001
Jun 17	Wed	10 to 11am	Ages 5 and under	\$7	1 class	PAHFP0022-200002
Jul 1	Wed	10 to 11am	Ages 5 and under	\$7	1 class	PAHFP0022-200003
Jul 22	Wed	10 to 11am	Ages 5 and under	\$7	1 class	PAHFP0022-200004
Aug 12	Wed	10 to 11am	Ages 5 and under	\$7	1 class	PAHFP0022-200005
Aug 26	Wed	10 to 11am	Ages 5 and under	\$7	1 class	PAHFP0022-200006

Little Farm Friends

Spark your child's curiosity about farm life with Little Farm Friends! Each session brings farm animals to life through engaging, interactive learning. Designed for children age 5 and under, this engaging program introduces young learners to the wonderful world of farm animals. Each class highlights a different animal, giving little ones the chance to explore what makes that creature unique – how it looks, moves, sounds, and helps out on the farm.

Agricultural History Farm Park

[Register on ActiveMontgomery.org](https://www.activemontgomery.org) | Activity: PAHFP0023

Jun 26	Fri	10 to 11am	Ages 5 and under	\$10	1 class	PAHFP0023-200001
Jul 17	Fri	10 to 11am	Ages 5 and under	\$10	1 class	PAHFP0023-200002
Aug 21	Fri	10 to 11am	Ages 5 and under	\$10	1 class	PAHFP0023-200003

AGRICULTURAL HISTORY FARM PARK

Little Farmer Storytime

Join us for Little Farmer Storytime, a special hour just for little ones ages 5 years old and under and their loved ones. Here at the farm park, fun farm-related stories will be read out loud. It's a great way to learn about farm animals, plants, and all the wonderful things that happen on a farm! Comfy seating where little ones can enjoy the story will be offered. Whether you're a family who loves farms or just wants to spend some time in nature, this is the perfect way to enjoy a story together in a relaxing and friendly environment. The \$5 fee is per child – their accompanying adults are free. This program will be held on the historic side of the farm park, rain or shine, please dress accordingly for weather and bring water if needed.

Agricultural History Farm Park

[Register on ActiveMontgomery.org](https://www.ActiveMontgomery.org) | Activity: PAHFP0011

Jun 5	Fri	10 to 11am	Ages 5 and under	\$7	1 class	PAHFP0011-200001
Jun 20	Sat	10 to 11am	Ages 5 and under	\$7	1 class	PAHFP0011-200002
Jul 10	Fri	10 to 11am	Ages 5 and under	\$7	1 class	PAHFP0011-200003
Jul 18	Sat	10 to 11am	Ages 5 and under	\$7	1 class	PAHFP0011-200004
Aug 7	Fri	10 to 11am	Ages 5 and under	\$7	1 class	PAHFP0011-200005
Aug 22	Sat	10 to 11am	Ages 5 and under	\$7	1 class	PAHFP0011-200006



ARTS AND CRAFTS

Fun on the Farm

Discover the creativity and excitement of farm life with Fun on the Farm, our weekly summer program filled with engaging, farm-themed arts and crafts! Kids will get hands-on with projects like painting, clay sculpting, birdhouse building, and more. Each week highlights a new theme, giving young artists the chance to learn a bit of history, explore its importance, and create their own farm-inspired works of art. It's the perfect way for kids to unplug, get outdoors, and express their creativity while learning about the fascinating world of agriculture.

Agricultural History Farm Park

[Register on ActiveMontgomery.org | PAHFP0014](https://www.activemontgomery.org/PAHFP0014)

Jul 9	Thu	10am to 12pm	Ages 8 to 14	\$15	1 class	PAHFP0014-200001
Jul 16	Thu	10am to 12pm	Ages 8 to 14	\$15	1 class	PAHFP0014-200002
Jul 23	Thu	10am to 12pm	Ages 8 to 14	\$15	1 class	PAHFP0014-200003
Jul 30	Thu	10am to 12pm	Ages 8 to 14	\$15	1 class	PAHFP0014-200004
Aug 6	Thu	10am to 12pm	Ages 8 to 14	\$15	1 class	PAHFP0014-200005
Aug 13	Thu	10am to 12pm	Ages 8 to 14	\$15	1 class	PAHFP0014-200006
Aug 20	Thu	10am to 12pm	Ages 8 to 14	\$15	1 class	PAHFP0014-200007

ARCHAEOLOGICAL, HISTORICAL, AND CULTURAL

Hands-On History

Discover the joy of creating with Hands-On History! In this dynamic program, kids will dive into the skills and crafts of the past as they explore a variety of traditional hands-on activities. From wood carving and leather working to paper making, basket weaving and more, each session offers a new opportunity for young crafters to learn, create and connect with history in a tangible way. Guided by engaging instructors, participants will gain confidence as they work with real tools and materials – experiencing firsthand how everyday items were crafted long before modern technology. Each session brings a fresh project and a chance to explore a different historical technique.

Agricultural History Farm Park

[Register on ActiveMontgomery.org | PAHFP0021](https://www.activemontgomery.org/PAHFP0021)

Jun 14	Sun	1 to 3pm	Ages 10 to 14	\$15	1 class	PAHFP0021-200001
Jun 28	Sun	1 to 3pm	Ages 10 to 14	\$15	1 class	PAHFP0021-200002
Jul 12	Sun	1 to 3pm	Ages 10 to 14	\$15	1 class	PAHFP0021-200003
Jul 26	Sun	1 to 3pm	Ages 10 to 14	\$15	1 class	PAHFP0021-200004
Aug 9	Sun	1 to 3pm	Ages 10 to 14	\$15	1 class	PAHFP0021-200005
Aug 23	Sun	1 to 3pm	Ages 10 to 14	\$15	1 class	PAHFP0021-200006

HIKES

Hiking Histories

Come explore the Farm Park’s unique trails while uncovering its rich past with Hiking Histories! This 2–3 hour guided hike takes participants along the Farm Park’s 5.5 miles of trails, blending outdoor exploration with engaging historical insights. As we hike through meadows, woodlands and historic landscapes, you’ll learn about the people, places and events that shaped the area – bringing local history to life in a vivid and memorable way. Perfect for curious hikers and history enthusiasts alike, Hiking Histories offers a refreshing mix of exercise, discovery and a deeper understanding of the land beneath your feet.

Agricultural History Farm Park			Register on ActiveMontgomery.org PAHFP0024				
Jun 9	Tue	11am to 2pm	All Ages	\$12	1 class	PAHFP0024-200001	
Jul 7	Tue	11am to 2pm	All Ages	\$12	1 class	PAHFP0024-200002	
Aug 4	Tue	11am to 2pm	All Ages	\$12	1 class	PAHFP0024-200003	

THERAPEUTIC RECREATION

Inclusive Sensory Saturday

The Farm Park is partnering with Program Access to offer an inclusive experience for visitors with sensory sensitivities. Each month, the program will feature a different theme with multiple sensory stations to interact with welcoming people of all abilities. A supportive staff along with a variety of alternative seating, fidget tools, and other sensory-friendly materials will be provided to ensure a comfortable and inclusive experience for everyone. The \$5 fee is per participant – their accompanying companions are free.

Agricultural History Farm Park			Register on ActiveMontgomery.org PAHFP0007				
Jun 6	Sat	10am to 12pm	All Ages	\$7	1 class	PAHFP0007-200001	
Jul 11	Sat	10am to 12pm	All Ages	\$7	1 class	PAHFP0007-200002	
Aug 8	Sat	10am to 12pm	All Ages	\$7	1 class	PAHFP0007-200003	



MONTGOMERY PARKS

WALK-INS WELCOME

Josiah Henson Museum & Park



Admission required. Tickets available onsite.
Open Friday through Sunday
For hours and information visit JosiahHenson.org



Josiah Henson Museum & Park tells the story about the life and challenges of Reverend Josiah Henson, enslavement in Maryland, and the ongoing struggles of racial equality and justice.

Visit the museum and experience interactive multimedia exhibits. Explore the park and engage in personal or group reflection. Discover the archaeological sites throughout the park. Visit JosiahHenson.org for program and event information.



JOSIAH HENSON MUSEUM & PARK

11410 Old Georgetown Road
North Bethesda, Maryland 20852

301-765-8790 | JosiahHenson.org

Visitor Parking at Wall Local Park, 5900 Executive Blvd

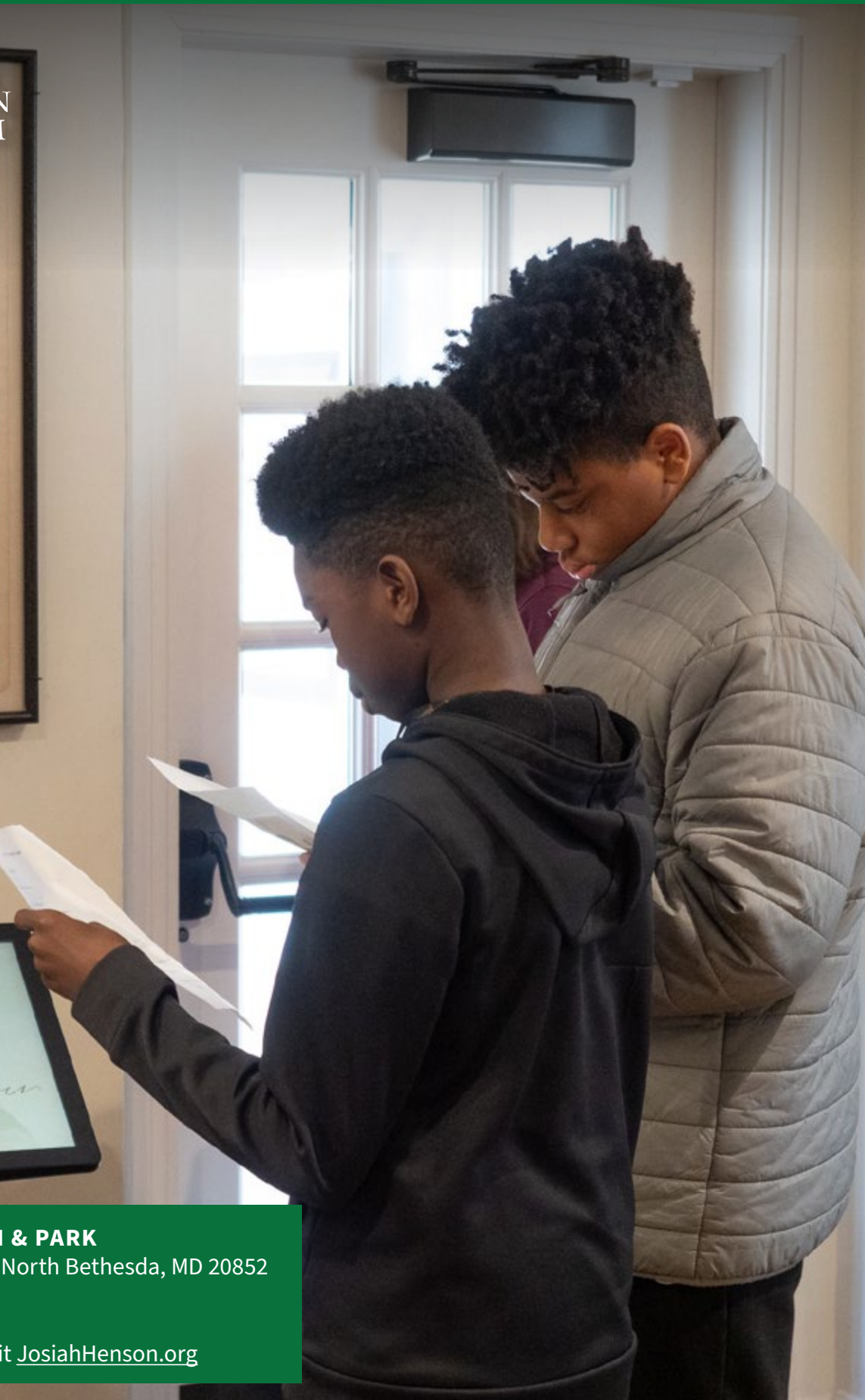


JOSIAH
HENSON
MUSEUM
& PARK



Montgomery Parks is dedicated to providing quality services and programs that are inclusive and accessible to all. ADA: MontgomeryParks.org/accessibility
Non-Discrimination: MontgomeryParks.org/about/parks/

f @MontgomeryParks
facebook.com/josiahhensonmuseum



JOSIAH HENSON MUSEUM & PARK

11410 Old Georgetown Road | North Bethesda, MD 20852

301-765-8790

Open Friday through Sunday

For hours and information visit JosiahHenson.org

JOSIAH HENSON MUSEUM & PARK

Parking information: Parking for the Josiah Henson Museum and Park is available one and a half blocks away at Wall Local Park, 5900 Executive Boulevard, North Bethesda. Limited accessible parking is available on site at the museum.

Note: Josiah Henson Museum and Park will be closed August 7 to 9.

SPECIAL EVENTS

Henson Birthday Celebration

Kick off your Juneteenth Week by joining us to celebrate Josiah Henson's birthday on June 13! International storyteller and griot The Honorable Baba-C will perform at 2pm and we'll have fun hands-on activities, games, and more! Admission is free; we look forward to celebrating with you! Parking for the Josiah Henson Museum and Park is 1.5 blocks away in Wall Local Park, located at 5900 Executive Boulevard.

Josiah Henson Museum and Park

Jun 13	Sat	10am to 4pm	All Ages	Free
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ARCHAEOLOGICAL, HISTORICAL, AND CULTURAL

Archaeology Tour

Join a staff member for a guided tour of the grounds at Josiah Henson Museum and Park to learn about the features and artifacts that inform our understanding of Rev. Josiah Henson's life at the Riley Plantation. This 30-minute tour is appropriate for ages 6 and up. Pre-registration is not required. Admission, \$3 per person available onsite on the day of tour. Does not include admission to museum. Parking for Josiah Henson Museum and Park is 1.5 blocks away at Wall Local Park located at 5900 Executive Boulevard

Josiah Henson Museum and Park

Jun 20	Sat	1 to 1:30pm	Ages 6 and up	\$3	1 class
Jul 11	Sat	1 to 1:30pm	Ages 6 and up	\$3	1 class
Aug 15	Sat	1 to 1:30pm	Ages 6 and up	\$3	1 class

SPEAKER SERIES, WORKSHOPS, OR DISCUSSIONS

History Book Club

Commemorate 250 years of American independence by delving into diverse narratives and experiences that shaped this country. Through fiction and nonfiction, we'll examine our shared past and its impact on today. Meetings will be held online and facilitated by staff from the Josiah Henson Museum and Park. If you have any questions, please contact HensonPrograms@MontgomeryParks.org.

Virtual

[Join the Book Club on ActiveMontgomery.org](https://www.active-montgomery.org)

Jun 10	Wed	6:30 to 8:30p	All Ages	Free	1 class
Jul 8	Wed	6:30 to 8:30p	All Ages	Free	1 class
Aug 12	Wed	6:30 to 8:30p	All Ages	Free	1 class

Live jazz music,
food, drinks

Música de jazz en vivo,
comida, bebidas

MONTGOMERY PARKS

JAZZ

AT JOSIAH
HENSON

Thursday,
June 11, 2026
5 to 8 pm

Jueves, 11 de
junio de 2026
de 5 a 8 p. m.

Josiah Henson Museum & Park
11410 Old Georgetown Road
North Bethesda, MD 20852



For more information:
Para más información:
[MontgomeryParks.org/
jazz-at-josiah-henson](https://MontgomeryParks.org/jazz-at-josiah-henson)





FREE GUIDED TOURS
April through October
2nd and 4th Saturdays
12 to 4 pm

Oakley Cabin

African American Museum & Park

Learn about the African American roadside community that lived and worked on this historic site from emancipation well into the 20th century. Their culture and traditions heavily influenced those of surrounding communities, and their story is deeply woven into Montgomery County's history.



Visiting when the cabin is closed?

Learn about the history of the cabin through the Oakley Cabin Augmented Reality Experience. Scan a series of QR codes onsite for an immersive learning experience.



Heritage Days

Saturday, June 27, 2026
12 to 4 p.m.

Join us for Montgomery County Heritage Days, an annual festival celebrating the county's historical and cultural sites.

Tour Oakley Cabin, enjoy live music, storytelling, and historic games.

OAKLEY CABIN AFRICAN AMERICAN MUSEUM & PARK

3610 Brookeville Road | Olney, MD 20832 | OakleyCabin.org | 301-650-4373

Share your love of history. Volunteer Opportunities Available.
ParksVolunteers.org



WOODLAWN MANOR CULTURAL PARK



WOODLAWN MANOR
CULTURAL PARK

WOODLAWN MANOR CULTURAL PARK

16501 Norwood Road | Sandy Spring, MD 20860
MCP-WoodlawnPrograms@montgomeryparks.org
301-929-5989 | WoodlawnManor.org

Park grounds and trails open daily sunrise to sunset.
Free of charge.

WOODLAWN MUSEUM

Open April to November
Friday and Saturday 10am to 4pm
Sunday 12 to 4pm
Fee Required.



SPECIAL EVENTS

Juneteenth at Woodlawn Manor Cultural Park

Juneteenth is a federal holiday commemorating the end of enslavement in the United States. Join us for special museum hours Friday, June 19 from 10am to 4pm. Admission can be purchased the day of in the Visitor Center. Adults \$7, Seniors and Children \$6, Children 5 and under are free.

Woodlawn Manor Cultural Park

Jun 19	Fri	10am to 4pm	All Ages
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Heritage Days

Sponsored by Heritage Montgomery, enjoy free admission to the Woodlawn Museum. Please check in at the Visitor Center. Normal admission rates apply for other programs.

Woodlawn Manor Cultural Park

Jun 27	Sat	10am to 4pm	All Ages
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19th Century Childhood Family Day

As we celebrate America's 250th birthday, experience what it was like for children in the Federal age! Drop in for hands-on activities including playing childhood games of the time, performing everyday chores on a farm, and learning penmanship 1800s style. The event takes place on the grounds of Woodlawn Manor Cultural Park. Guests should dress appropriately. Admission, FREE. No advanced reservation required. Recommended ages 8 and up. For more information call (301) 929 – 5989, or email MCP-WoodlawnPrograms@MontgomeryParks.org.

Woodlawn Manor Cultural Park

Aug 8	Sat	11am to 3pm	All Ages
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TEA AT WOODLAWN MANOR

Tea at Woodlawn Manor

Woodlawn Manor Cultural Park invites you to an educational tea party! Enjoy a traditional Afternoon Tea in the parlor of Woodlawn Manor. Clarksville Caterers has crafted a menu featuring English Tea sandwiches, assorted pastries, and fresh fruit. As you sip on a special Woodlawn Blend of tea, learn about the aftermath of the Civil War and what it meant for the formerly enslaved in Montgomery County through a lecture by Education Program Manager, Christian Murgia. Appropriate for ages 12 and up. Manor House doors open at 1:45pm. Part of a quarterly series.

Admission: \$55 per person, advance registration required at www.ActiveMontgomery.org. Registration closes Friday, May 22 at 5pm. For more information call (301) 929 – 5989, or email MCP-WoodlawnPrograms@MontgomeryParks.org

Woodlawn Manor Cultural Park

[Purchase Tickets on ActiveMontgomery.org](#)

Jun 6	Sat	2 to 4pm	Ages 12 and up	\$55
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Tea at Woodlawn Manor

As we celebrate America’s 250th birthday, Woodlawn Manor Cultural Park invites you to an educational tea party! Enjoy a traditional Afternoon Tea in the parlor of Woodlawn Manor. Clarksville Caterers has crafted a menu featuring English Tea sandwiches, assorted pastries, and fresh fruit. Imagine if the Boston Tea Party happened today and create your own protest sign! All while being immersed in the ambience of an early American home. Appropriate for ages 12 and up. Manor House doors open at 1:45pm. Part of a quarterly series.

Admission: \$55 per person, advance registration required at www.ActiveMontgomery.org. Registration closes Friday, June 26 at 5pm. For more information call (301) 929 – 5989, or email MCP-WoodlawnPrograms@MontgomeryParks.org.

Woodlawn Manor Cultural Park

[Purchase Tickets on ActiveMontgomery.org](#)

July 11	Sat	2 to 4pm	Ages 12 and up	\$55
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HIKES

Guided Hikes on the Underground Railroad Experience Trail

Learn about the experience of 19th century freedom seekers and Montgomery County residents in a guided hike of the Underground Railroad Experience Trail. Discover techniques used for navigation, eluding detection, and finding food/shelter on the perilous journey. Hike covers 2 miles on a natural surface hiking trail; not ADA accessible or appropriate for all strollers. Dress appropriately. Content appropriate for ages 7 and up; fee charged for ages 6 and up. Admission: \$10 for adults, \$8 for seniors and children. Advanced registration highly encouraged. Online ticket sales close day before hike at 12 noon. Limited tickets sold day-of at the Visitor Center.

Woodlawn Manor Cultural Park

[Purchase Tickets on ActiveMontgomery.org](#)

Jun 6	Sat	10 to 11:30am	Ages 6 and up	\$8-\$10
Jun 20	Sat	10 to 11:30am	Ages 6 and up	\$8-\$10
Jul 18	Sat	10 to 11:30am	Ages 6 and up	\$8-\$10
Aug 1	Sat	10 to 11:30am	Ages 6 and up	\$8-\$10
Aug 15	Sat	10 to 11:30am	Ages 6 and up	\$8-\$10

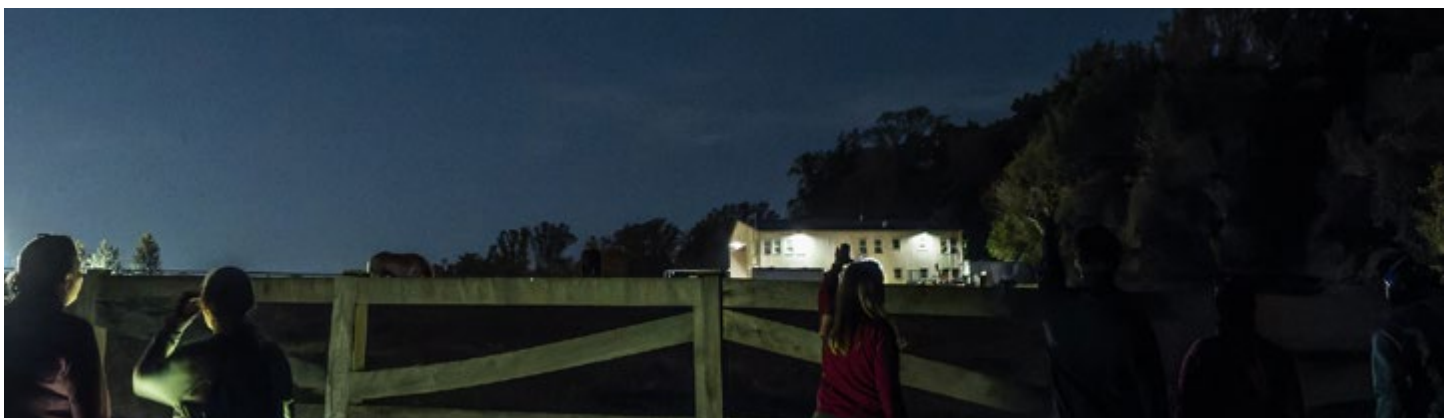
Twilight Trek

Learn historical context and techniques used to navigate the way North to freedom including the challenges and opportunities nighttime travel presented. Traverse the trail with the help of stars and moonlight while learning which plants were helpful along the journey. Participants are highly encouraged to bring a flashlight and wear light colored or reflective clothing. Woodlawn Museum admission included; please arrive 30 minutes prior to the start of the hike to explore the museum. Hike covers approx. 2 miles and lasts 1 ½ hours. The trail is not ADA accessible. Appropriate for ages 15 and up. Admission: \$10 for adults, \$8 for seniors and children. Advanced registration required by 5 pm Wednesday before hike. For more information call (301) 929 – 5989, or email mcp-Woodlawnprograms@montgomeryparks.org.

Woodlawn Manor Cultural Park

[Purchase Tickets on ActiveMontgomery.org](#)

Jun 27	Sat	6:30 to 8pm	Ages 15 and up	\$8-\$10
Jul 25	Sat	7 to 8:30pm	Ages 15 and up	\$8-\$10
Aug 29	Sat	7 to 8:30pm	Ages 15 and up	\$8-\$10



WOODLAWN MANOR CULTURAL PARK

WOODLAWN MUSEUM

Self-guided exhibits illustrate Montgomery County's agricultural history, enslaved and free black communities, the Quaker experience and the Underground Railroad.

Open April to November

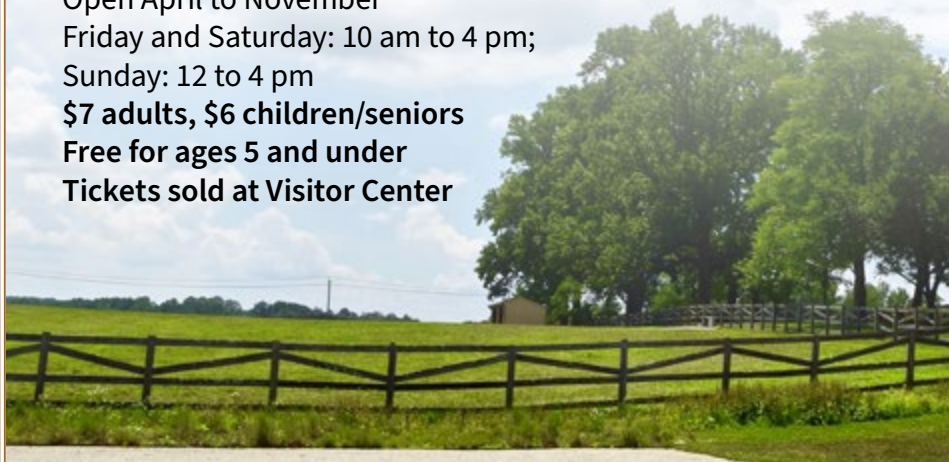
Friday and Saturday: 10 am to 4 pm;

Sunday: 12 to 4 pm

\$7 adults, \$6 children/seniors

Free for ages 5 and under

Tickets sold at Visitor Center



Woodlawn Manor House

Take a guided tour of the 19th century Woodlawn Manor House and learn about the Palmer family that oversaw the farm for nearly 100 years. Learn about the grounds and historic outbuildings and the role they played in this successful farm.

Tour includes indoor and outdoor spaces, including optional spaces that are not ADA accessible.

Open April to November by guided tour only.
Tours offered Saturdays, 11 am and 2 pm; Sundays, 1 pm.
Tour length 45 minutes.

\$5 per person. Tickets sold at Visitor Center.

WOODLAWN MANOR CULTURAL PARK

16501 Norwood Road | Sandy Spring, MD 20860

MCP-WoodlawnPrograms@montgomeryparks.org

301-929-5989 | WoodlawnManor.org



WOODLAWN MANOR
CULTURAL PARK





PARK ACADEMY SERIES

FITNESS

Toddler and You Yoga

Dance, sing and frolic with your toddler while learning yoga poses, participating in creative movement and learning breathing exercises and other methods small children can use for self calming.

Kensington Cabin Local Park [Register on ActiveMontgomery.org](https://www.activemontgomery.org) | Activity: PPACT0006

Jun 18 to Aug 13	Thu	11:15am to 12pm	Ages 2 to 5 years plus one adult	\$84	7 classes	PPACT0006-200001
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Tilden Woods Local Park [Register on ActiveMontgomery.org](https://www.activemontgomery.org) | Activity: PPACT0006

Jun 20 to Aug 15	Sat	11:15am to 12pm	Ages 2 to 5 years plus one adult	\$96	8 classes	PPACT0006-200002
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55+ Yoga for Strength and Vitality

Focusing on building strength and flexibility to promote healthy aging for ages 55 and up. This class is mat-based, but will have chairs available to modify poses and make the practice accessible to most levels.

Kensington Cabin Local Park [Register on ActiveMontgomery.org](https://www.activemontgomery.org) | Activity: PPACT0017

Jun 16 to Aug 11	Tue	10 to 11am	Ages 55 and up	\$63	7 classes	PPACT0017-200001
Jun 18 to Aug 13	Thu	10 to 11am	Ages 55 and up	\$63	7 classes	PPACT0017-200002
Jun 18 to Aug 13	Thu	12:15 to 1:15pm	Ages 55 and up	\$63	7 classes	PPACT0017-200003

55+ Yoga for Strength and Vitality (continued)

Tilden Woods Local Park

[Register on ActiveMontgomery.org | Activity: PPACT0017](#)

Jun 20 to Aug 15 Sat 10 to 11am Ages 55 and up \$72 8 classes PPACT0017-200004

Rise & Shine Flow Yoga

Rise & Shine Flow Yoga is intended to gently wake up the body and mind, and set yourself up for a positive day ahead. These classes combine breathwork, movement, and mindful sequences to build strength, flexibility, and balance, which promotes both physical and mental well-being. Options will be offered in poses, enabling individuals of varying abilities to create a yoga practice that is accessible and safe.

Kensington Cabin Local Park

[Register on ActiveMontgomery.org | Activity: PPACT0028](#)

Jun 17 to Aug 12 Wed 8:30 to 9:30am Ages 18 and up \$63 7 classes PPACT0028-200001

Pilates Mat

With schools about to end and summer camps upon us, make your summer a healthy one with Pilates Mat. Be fit for vacations or make the class your self-care time. Pilates Mat increases flexibility, builds muscle and core strength, and helps improve range of motion-plus it's fun! Exercise to your favorite songs provided by a certified Pilates instructor.

Argyle Local Park

[Register on ActiveMontgomery.org | Activity: PPACT0022](#)

Jun 18 to Aug 6 Thu 7 to 7:45pm Ages 18 and up \$80 8 classes PPACT0022-200001

POUND Fitness

Unleash your inner Rockstar! POUND is a drumming-inspired cardio indoor workout that uses Ripstix (lightly weighted drumsticks) to tone your body. Infused with Pilates based movements, strength training and plyometrics, you'll leave class feeling alive, confident and strong! It's a perfect way to destress after your workday. Let's jam to the beat of good music, move your body, and have fun!

Norbeck-Muncaster Mill Neighborhood Park

[Register on ActiveMontgomery.org | Activity: PPACT0004](#)

Jun 25 to Aug 13 Thu 6 to 6:45pm Age 18 and up \$72 8 classes PPACT0004-200001

Yoga for Body Positivity

This gentle yoga flow class aims to help students feel more comfortable and confident in their bodies. Each class will include: community, setting and discussion of a body-positive intention or mantra (such as "Thank you body"), breathing exercises, yoga poses and flow, and savasana with meditation on intention. Modification will be offered for all poses, because no two bodies are the same!

Kensington Cabin Local Park

[Register on ActiveMontgomery.org | Activity: PPACT0027](#)

Jun 24 to Jul 29 Wed 10:30 to 11:30am Ages 16 and up \$54 6 classes PPACT0027-200001

Summer Reset Yoga

Embrace summer with a refreshing midday yoga experience. In this 45-minute class, you'll flow through gentle postures designed to release tension, build flexibility and strength, and rejuvenate your mind and body. Complemented by mindful breathwork and sensory awareness, this four-week yoga class offers a supportive midweek break to reconnect with yourself and cultivate habits that enhance your well-being. Ideal for all levels, whether you're new to yoga or looking for a calming reset.

Kensington Cabin Local Park

[Register on ActiveMontgomery.org](#) | Activity: **PPACT0036**

Jul 1 to 22	Wed	12:15 to 1pm	Ages 18 and up	\$40	4 classes	PPACT0036-200001
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ART

Indigo in the Park

Get ready for a creative summer vibe at Indigo in the Park! In this hands-on outdoor workshop, you'll learn how to create your own tie-dyed fabrics using rich, natural indigo dye. We'll break down the fascinating dyeing process and explore how different cultures around the world have used indigo to design textiles for centuries. You'll have the chance to experiment with a variety of techniques, from classic tie-dye patterns to more intricate resist methods—all while enjoying fresh air and good company. Whether you're a total beginner or an experienced artist looking to try something new, come ready to get your hands a little blue and to be inspired by science in action through the magic of indigo! Materials fee included.

Sligo Avenue Neighborhood Park

[Register on ActiveMontgomery.org](#) | Activity: **PPACT0035**

Jun 22	Mon	12 to 4pm	Ages 18 and up	\$140	1 class	PPACT0035-200001
Jul 13	Mon	12 to 4pm	Ages 18 and up	\$140	1 class	PPACT0035-200002
Aug 17	Mon	12 to 4pm	Ages 18 and up	\$140	1 class	PPACT0035-200003

DANCE

MitranDe Bhangra Dance

Bhangra is a vibrant and energetic folk dance that originated in the Punjab region of India. Originally performed to celebrate the harvest, Bhangra has evolved into a powerful form of expression, blending music, rhythm, and movement. Today, it's not only a cultural treasure—it's also an incredible way to stay active. With its high-energy moves and upbeat music, Bhangra provides an excellent cardio workout, helps improve coordination, and uplifts your spirit. It's a dynamic art form that's both fun and easy to learn, making it perfect for all fitness levels and backgrounds. MitranDe Bhangra Dance class is passionate about sharing the joy and energy of Bhangra with everyone creating a welcoming, stress-free, and fun environment where people can learn, dance, and connect.

Clarksburg Neighborhood Park

[Register on ActiveMontgomery.org](#) | Activity: **PPACT0033**

Jul 7 to 28	Tue	6 to 7pm	Ages 16 and up	\$40	4 classes	PPACT0033-200001
Aug 4 to 25	Tue	6 to 7pm	Ages 16 and up	\$40	4 classes	PPACT0033-200002



Montgomery Parks 55+ programs are designed with the growing population of older adults in mind. Try something new in one of our beautiful park locations.

Visit [MoCoParks.org/55andbetter](https://www.montgomeryparks.org/55andbetter) for a complete list of programs.

PROGRAMS FOR ADULTS 55 AND UP

Socials for 55+: Lavender Delights

Socials for 55+ is a program designed for adults ages 55 and older that encourages social connection, creativity, and wellness through hands-on activities. In this session, participants will explore the many uses of lavender while learning about its calming and therapeutic benefits. Through guided instruction, participants will create lavender hand scrub, lavender lemonade mix, and lavender scent sachets while learning simple techniques for making herbal self-care products at home. Program Objectives: engage the senses, promote relaxation, and provide opportunities for participants to connect and socialize with peers in a welcoming environment. All materials are provided. Registration required.

Meadowbrook Local Park

[Register on ActiveMontgomery.org](https://www.active-montgomery.org) | Activity: PPACC0002

Aug 7

Fri

10:30am to 12pm

Ages 55 and up

\$8

1 class

PPACC0002-200006

Socials for 55+: Summer Wind Chimes

Socials for 55+ is a program designed for adults ages 55 and older that encourages creativity, social connection, and lifelong learning through engaging seasonal activities. In this June-themed session, participants will create their own summer wind chimes using shells, beads, and other decorative or recycled materials. As they craft, participants will reflect on and share favorite beach trips, vacations, and summer memories with the group. Program objectives: help participants practice simple crafting techniques, engage their creativity, and strengthen social connections in a welcoming environment while celebrating the relaxing sights and sounds of summer. All materials are provided. Registration required.

Meadowbrook Local Park

[Register on ActiveMontgomery.org](https://www.active-montgomery.org) | Activity: PPACC0002

Jun 5	Fri	10:30am to 12pm	Ages 55 and up	\$5	1 class	PPACC0002-200007
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55+ Kayaking for Beginners

Kayaking is even more fun than it looks, plus it has numerous health and physical benefits! Come learn how to paddle on flat water in recreational solo kayaks on Little Seneca Lake. Learn basic strokes, entries and exits, boat control, and more, taught by certified American Canoe Association instructors. You may get wet, so dress accordingly. All necessary equipment provided, and adaptive equipment will be available for those needing assistance getting in and out of the kayak. Please wear a hat, water sandals or shoes (no flip-flops, please) and bring water and sunscreen. Expect to get your feet wet and your clothes a bit damp. You must be able to swim. Meet in front of the gazebo by the pontoon boat dock and boat rental area. Registration required. A detailed email will be sent the week of the program as a reminder.

Black Hill Discovery Center

[Register on ActiveMontgomery.org](https://www.active-montgomery.org) | Activity: PPACC0010

Jun 7	Sun	10:30am to 12:30pm	Ages 55 and up	\$60	1 class	PPACC0010-200001
Jun 10	Wed	4 to 6pm	Ages 55 and up	\$60	1 class	PPACC0010-200002
Jun 24	Wed	4 to 6pm	Ages 55 and up	\$60	1 class	PPACC0010-200003
Jul 19	Sun	10:30am to 12:30pm	Ages 55 and up	\$60	1 class	PPACC0010-200007
Jul 22	Wed	4 to 6pm	Ages 55 and up	\$60	1 class	PPACC0010-200004
Aug 2	Sun	10:30am to 12:30pm	Ages 55 and up	\$60	1 class	PPACC0010-200005
Aug 12	Wed	4 to 6pm	Ages 55 and up	\$60	1 class	PPACC0010-200006



55+ PROGRAMS

55+ Lake Tour by Kayak

Want to watch wildlife or just enjoy a peaceful paddle? Then join us for a leisurely kayak tour of Little Seneca Lake. We could see beaver, herons, maybe even a bald eagle. We'll supply boats, paddles, and PFD's. Adaptive equipment will be available to assist participants in getting in and out of the kayak. Please wear a hat, water sandals or shoes (no flip-flops, please) and bring water and sunscreen. You can expect to get your feet wet and your clothes a bit damp. Basic paddling experience is necessary (this is not a lesson). Meet in front of the gazebo by the pontoon boat dock and boat rental area. Registration required.

Black Hill Discovery Center

[Register on ActiveMontgomery.org](https://www.activemontgomery.org) | Activity: PPACC0009

Jun 28	Sun	10:30am to 12:30pm	Ages 55 and up	\$30	1 class	PPACC0009-200001
Jul 29	Wed	4 to 6pm	Ages 55 and up	\$30	1 class	PPACC0009-200002
Aug 23	Sun	10:30am to 12:30pm	Ages 55 and up	\$30	1 class	PPACC0009-200003

Nature Book Club for 55+

Join our 55+ Nature Book Club and become part of a community that celebrates the beauty of literature and the outdoors! Explore a range of books centered around nature, wildlife, conservation, and environmental issues. Please complete membership registration to stay updated on the meeting schedule, book information, and club announcements. Each month, our members vote on the next book to read, ensuring a diverse and engaging reading list.

Sligo Dennis Avenue Local Park

[Join the Nature Book Club on ActiveMontgomery.org](https://www.activemontgomery.org)

May 19	Tue	6 to 7:30pm	Ages 55 and up	Free	1 class
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Virtual

[Join the Nature Book Club on ActiveMontgomery.org](https://www.activemontgomery.org)

Jun 16	Tue	6 to 7:30pm	Ages 55 and up	Free	1 class
Jul 21	Tue	6 to 7:30pm	Ages 55 and up	Free	1 class

Sligo Dennis Avenue Local Park

[Join the Nature Book Club on ActiveMontgomery.org](https://www.activemontgomery.org)

Aug 18	Tue	6 to 7:30pm	Ages 55 and up	Free	1 class
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View additional 55+ Programs throughout the guide:

- [55+ Yoga for Strength and Vitality - Page 31](#)
- [55+ Pontoon Cruise - Page 58](#)



Montgomery Parks is proudly celebrating Disability Pride Month and the significance of the 36th Anniversary of the Americans with Disabilities Act!

Join us throughout the month for a variety of inclusive, hands-on programs designed specifically for individuals with disabilities to promote access, joy, and connection in our parks.

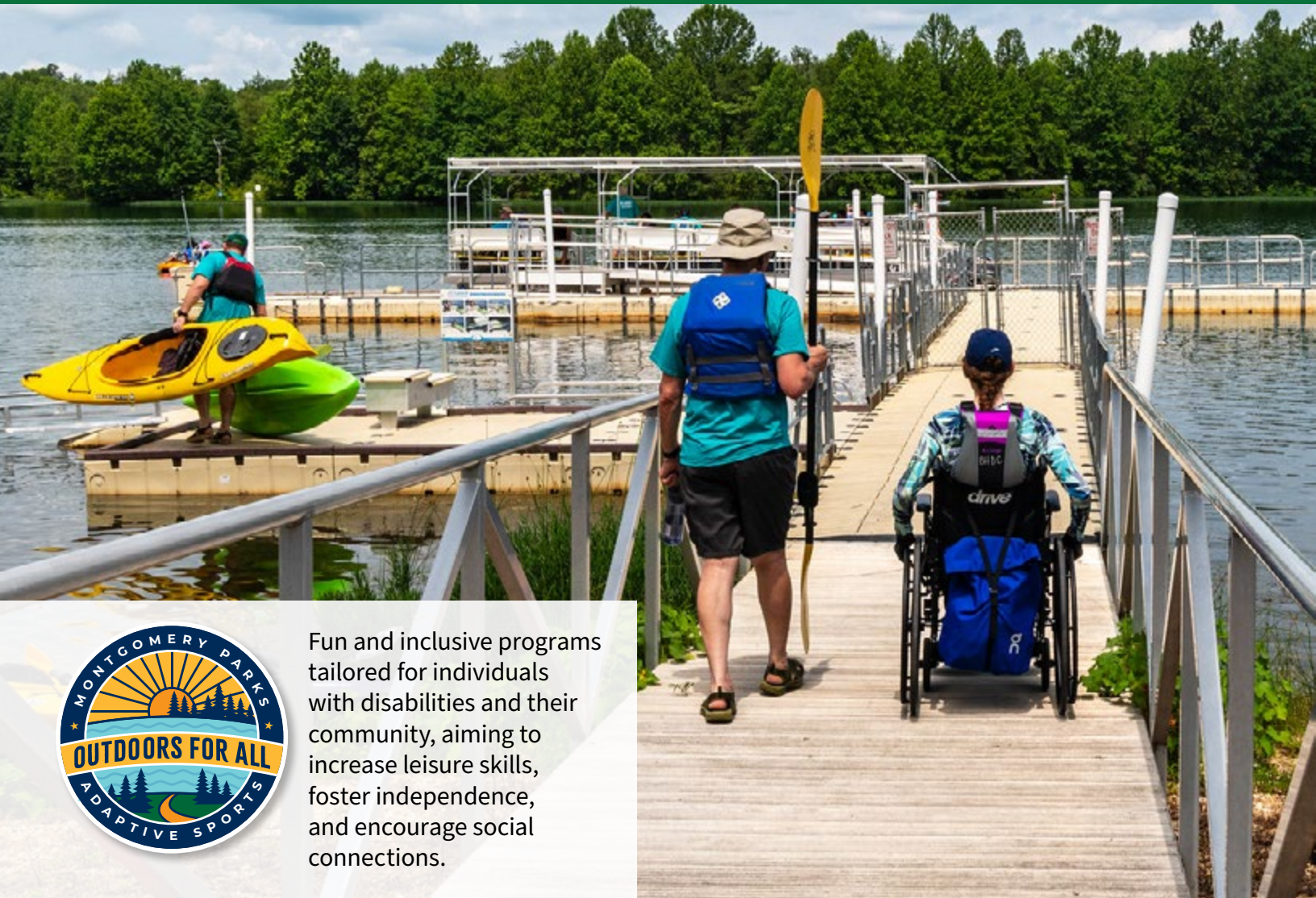
July 11	Sensory Saturdays	Agricultural History Farm Park
July 12	Sensory-Friendly Butterfly Experience	Brookside Gardens
July 29	Campfire Chats	Maydale Nature Classroom
July 22	Trail Trekkers	Wheaton Regional Park
July 26	Adaptive Kayaking Lesson	Black Hill Regional Park
July 26	Adaptive Kayaking Tour	Black Hill Regional Park
July 26	Adaptive Mountain Bike Ride	Black Hill Regional Park

Visit the Disability Pride Month webpage for the full schedule and detailed program information [MoCoParks.org/DisabilityPride](https://www.mocoparks.org/DisabilityPride)

Montgomery Parks is dedicated to providing quality services and programs that are inclusive and accessible to all.
 ADA: ProgramAccess@MontgomeryParks.org
 Non-Discrimination: [MontgomeryParks.org/about/parks/accessibility](https://www.MontgomeryParks.org/about/parks/accessibility)



ADAPTIVE PROGRAMS



Fun and inclusive programs tailored for individuals with disabilities and their community, aiming to increase leisure skills, foster independence, and encourage social connections.

ADAPTIVE PROGRAMS

MOUNTAIN BIKING

Montgomery Parks Program Access Office is proud to partner with our Natural Surface Trails team, Catalyst Sports, and Mid-Atlantic Off Road Enthusiasts to provide community members with disabilities the opportunity to experience mountain biking.

Our programs are designed for:

- First-time riders who want to learn the sport
- Returning riders looking to build skills and confidence
- Experienced riders ready to tackle longer and more technical trails

Please review each program description carefully to select the one that best matches your experience and skill level. For questions, contact our Inclusion & Adaptive Sports Specialist, Amanda.Espinoza@montgomeryparks.org. 240-961-1113 For additional information visit the Adaptive Mountain Biking webpage: MoCoParks.org/amb

Adaptive Mountain Biking Roots-to-Rocks Group Ride

Returning riders seeking to build skills and confidence on adaptive mountain bikes while improving physical fitness in a group ride setting are welcome to join our Adaptive Mountain Biking Roots-to-Rocks Group Ride, part of Montgomery Parks’ Roots-to-Rocks mountain biking program. This family-friendly, “party pace” ride is designed to support continued skill development while providing opportunities to access the outdoors in a safe, inclusive, and enjoyable environment for all participants. Riders will be accompanied by volunteer support riders to ensure a positive experience on rides averaging 5 miles. Participants can sign up to ride our Lasher Recumbent Handcycle or TerraTrike Recumbent Foot-Pedal Trike, depending on which bike best fits their needs. Bike assignments are based on availability on a first-come, first-served basis. Registration is required.

Lasher Recumbent Handcycle: An all-terrain handcycle designed for comfort and control, featuring adjustable seat settings, hand-operated braking, steering, and propulsion, with power assist for challenging terrain. This bike is suitable for riders with grip strength to use a hand brake, and transfers require some lower limb flexibility. The riding position is seated, recumbent, and low, offering a stable and enjoyable ride for all skill levels.

TerraTrike All Terrain with Power Assist: A foot-pedaled recumbent bike designed for trail riding in a seated position. It features a wide range of gears and power assist to handle hills, with a wide track for added balance. This bike is suitable for riders who can pedal but require the stability and seating position of a recumbent trike. Grip strength is needed to operate the brakes.

Cabin John Regional Park

[Register on ActiveMontgomery.org](#) | Activity: PPACC0012

Jun 12	Fri	5 to 7pm	Ages 16 and up	Free	1 class	PPACC0012-200001
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North Branch SVU4

Jul 16	Thu	5 to 7pm	Ages 16 and up	Free	1 class	PPACC0012-200002
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Cabin John Regional Park

Aug 7	Fri	5 to 7pm	Ages 16 and up	Free	1 class	PPACC0012-200003
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Lasher Recumbent Handcycle



TerraTrike All Terrain with Power Assist

ADAPTIVE PROGRAMS

Adaptive Mountain Biking Group Ride

Experienced returning riders looking to tackle longer or more technical trails are welcome to join our Adaptive Mountain Biking Group Rides. These monthly rides, offered in partnership with Catalyst Sports, are designed to increase physical fitness, support the development of more advanced mountain biking skills, and provide a fun, adventurous, and supportive setting to connect with others in the mountain biking community. Multiple pace groups may be offered, with rides averaging 8–10 miles. Riders will be accompanied by volunteer ride leaders and support riders. Information about available handcycle, foot-pedal, and prone bikes can be found on the Adaptive Mountain Biking webpage. Bike assignments are based on availability on a first-come, first-served basis. Registration is required.

Black Hill Regional Park

[Register on ActiveMontgomery.org](#) | Activity: PPACC0026

Disability Pride Month

Jul 26	Sun	2 to 3:30pm	Ages 16 and up	Free	1 class	PPACC0026-200004
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Northwest Branch Stream Valley Park

[Register on ActiveMontgomery.org](#) | Activity: PPACC0026

Jul 10	Fri	5:30 to 7pm	Ages 16 and up	Free	1 class	PPACC0026-200002
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Little Bennett Regional Park

[Register on ActiveMontgomery.org](#) | Activity: PPACC0026

Aug 28	Fri	5:30 to 7pm	Ages 16 and up	Free	1 class	PPACC0026-200003
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KAYAKING

Adaptive Kayaking Clinic

Participants with disabilities are welcome to join our Adaptive Kayaking Clinic on the calm, flat waters of Seneca Creek and the Potomac River. Offered in partnership with Team River Runner, this program is designed to support participants in learning new skills, improving physical fitness, enjoying time in nature, and building social connections within a supportive community. The program provides adaptive equipment such as transfer benches, hand and wrist supports, stabilizing outriggers, and supportive seating systems to enhance access and comfort for participants who benefit from physical supports. Participants must complete an adaptive sports intake form and consultation prior to attending. Registration is required.

Seneca Landing Special Park

[Register on ActiveMontgomery.org](#) | Activity: PPACC0005

Jun 17	Wed	5:30 to 7pm	Ages 16 and up	Free	1 class	PPACC0005-200001
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Jul 15	Wed	5:30 to 7pm	Ages 16 and up	Free	1 class	PPACC0005-200002
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Aug 19	Wed	5:30 to 7pm	Ages 16 and up	Free	1 class	PPACC0005-200003
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Adaptive Kayaking Lesson: Disability Pride Month

Celebrate Disability Pride Month on the calm waters of Little Seneca Lake! Whether you're new to kayaking or looking to build skills and confidence, this program offers a welcoming and supportive environment where participants can learn new skills, improve physical fitness, enjoy nature, and build social connections. Certified instructors, trained volunteers, and staff provide guidance throughout the experience. All equipment is provided, including kayaks, paddles, and life jackets (PFDs). Adaptive equipment such as transfer benches, hand and wrist supports, stabilizing outriggers, and supportive seating systems are also available to enhance access and comfort. Participants must complete an adaptive sports intake form and consultation prior to attending. Registration is required.

Black Hill Discovery Center

[Register on ActiveMontgomery.org](#) | **Activity: PPACC0005**

Jul 26	Sun	8 to 10am	Ages 16 and up	Free	1 class	PPACC0005-200004
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Adaptive Kayaking Tour: Disability Pride Month

Celebrate Disability Pride Month out on the water with a guided kayak tour of Little Seneca Lake. This program is not a lesson and is designed for participants with prior basic paddling experience who are ready to explore the lake at a steady, leisurely pace. Participants will have the opportunity to observe local wildlife and natural surroundings, with possible sightings including beavers, herons, and bald eagles, while continuing to build physical fitness, strengthen kayaking skills, connect with others, and enjoy time in nature. Our team of certified instructors, trained volunteers, and staff will be present to provide guidance and support throughout the tour. All necessary equipment is provided, including kayaks, paddles, life jackets (PFDs), and adaptive equipment. Participants must complete an adaptive sports intake form and consultation prior to attending. Registration is required.

Black Hill Discovery Center

[Register on ActiveMontgomery.org](#) | **Activity: PPACC0005**

Jul 26	Sun	10:30am to 12:30pm	Ages 16 and up	Free	1 class	PPACC0005-200005
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THERAPEUTIC RECREATION

MEANINGFUL DAY

Montgomery Parks' Meaningful Day programs offer adults with intellectual and developmental disabilities free opportunities to stay active and connect with the community while enjoying the great outdoors.

Meaningful Day: Therapeutic Recreation Kayaking Lesson

Join us for a fun, inclusive experience on the calm waters of Little Seneca Lake. Participants with intellectual and developmental disabilities will learn kayaking skills like basic strokes, entries and exits, boat control, and more taught by certified instructors. Our trained staff will ensure a safe and enjoyable program. Each registered participant can bring one guest by answering the custom question during registration. All necessary equipment is provided, including kayaks, paddles, and life jackets (PFDs). Participants must complete an adaptive sports intake form and consultation prior to attending. Registration is required.

Black Hill Discovery Center

[Register on ActiveMontgomery.org](#) | [Activity: PPACC0013](#)

Jun 3	Wed	10am to 12pm	Ages 18 and up	Free	1 class	PPACC0013-200001
Jul 1	Wed	10am to 12pm	Ages 18 and up	Free	1 class	PPACC0013-200002
Aug 5	Wed	10am to 12pm	Ages 18 and up	Free	1 class	PPACC0013-200003

Meaningful Day: Trail Trekkers

Join Trail Trekkers, a 6-week inclusive walking program for individuals with intellectual and developmental disabilities, their friends, family, and community members. Walk along accessible trails in Wheaton Regional Park, enjoy nature, and connect with others. Share conversations, make new friends, and have fun while staying active outdoors. Registration for the full series is required. A detailed email will be sent the week of the program as a reminder. Program objectives: Improve physical fitness, increase social connection, learn new nature-based skills.

Wheaton Regional Park

[Register on ActiveMontgomery.org](#) | [Activity: PPACC0014](#)

Jun 23 to Jul 28	Tue	10:30 to 11:30am	Ages 18 and up	Free	6 classes	PPACC0014-200001
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Meaningful Day: Trail Trekkers: Disability Pride Month

Wheaton Regional Park

[Register on ActiveMontgomery.org](#) | [Activity: PPACC0014](#)

Jul 22	Wed	10:30 to 11:30am	Ages 18 and up	Free	1 class	PPACC0014-200007
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Meaningful Day: Therapeutic Recreation Bocce

Join Program Access and the Special Olympics of Maryland for a 6-week bocce league at Wheaton Regional Park! Over the course of the program, participants with intellectual and developmental disabilities will have the opportunity to learn the game, build social skills, and improve their personal fitness. On the last day, we will celebrate participants with awards. Registration for the full series is required. Program Objectives: Improve physical fitness, increase social connection, learn new bocce skills.

Wheaton Regional Park

[Register on ActiveMontgomery.org](https://www.active-montgomery.org) | **Activity: PPACC0015**

Jul 16 to Aug 20	Thu	10:30am to 12pm	Ages 18 and up	Free	6 classes	PPACC0015-200001
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Meaningful Day: Campfire Chats

Campfire Chats is a therapeutic recreation program for adults with intellectual and developmental disabilities that blends the warmth of nature with supportive social engagement. Each session features open dialogue, reflective prompts, creative expression, and mindful moments—all in a relaxed, inclusive outdoor setting. During the summer, we will enjoy lemonade outside together at the end of the program. Registration is required for this free program. Program Objectives: Build relaxation and well-being habits, foster social connection.

Maydale Nature Classroom

[Register on ActiveMontgomery.org](https://www.active-montgomery.org) | **Activity: PPACC0020**

Painting and Planting

Jun 17	Wed	10:30am to 12pm	Ages 18 and up	Free	1 class	PPACC0020-200003
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Disability Pride Month

Jul 29	Wed	10:30am to 12pm	Ages 18 and up	Free	1 class	PPACC0020-200002
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Solar Printing

Aug 19	Wed	10:30am to 12pm	Ages 18 and up	Free	1 class	PPACC0020-200001
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Meaningful Day: Park Clean-Up

Kick-off the summer the right way by cleaning up your local park! Adults with intellectual and developmental disabilities are invited to join Program Access and the Watershed Cleanups Volunteer Program for a meaningful service day at Hillandale Local Park. Enjoy time outdoors, cleanup trash, and learn more about how we take care of our parks. On the last day, we will celebrate Disability Pride Month with a special activity at the beginning of the program. Montgomery Parks will provide gloves, trash bags, and any necessary tools. Participant registration for the whole series is required. Program Objectives: creating community, foster social connection, and improving physical fitness.

Hillandale Local Park

[Register on ActiveMontgomery.org](https://www.montgomeryparks.org/active-montgomery) | Activity: PPACC0028

Jun 18 to Jul 2 Thu 10:30am to 12pm Ages 18 and up Free 3 classes PPACC0028-200001

Memory Cafe at Meadowbrook Local Park

The Memory Café at Meadowbrook Local Park is offered through a partnership between Carpe Diem Arts and Montgomery Parks, bringing creativity into the natural beauty of the park setting. Designed for individuals experiencing memory change and their care partner, the café invites pairs to participate side by side in therapeutic arts experiences inspired by nature and taught by master teaching artists. With welcoming activities, relaxed social time, and light refreshments, participants share meaningful moments, creative expression, and a growing sense of community. Indoors/outdoors (weather permitting). Registration is for all sessions and is required. Please only register the person with memory changes. The program meets twice per month on the following dates from 10:00am - 12:00pm: 8/14, 8/28, 9/11, 9/25, 10/9, 10/23, 11/13, 11/20, 12/11, 12/18. Program objectives: Engage in social activities, develop meaningful interests and hobbies that can be integrated into the home, maintain or increase fitness levels.

Meadowbrook Local Park

[Register on ActiveMontgomery.org](https://www.montgomeryparks.org/active-montgomery) | Activity: PPACC0023

Aug 14 to Dec 18 Fri 10am to 12pm Ages 18 and above Free 10 classes PPACC0023-200001



BROOKSIDE GARDENS

Brookside
GARDENS

BROOKSIDE GARDENS

1800 Glenallan Avenue | Wheaton, MD 20902

301-962-1400

BrooksideGardens.org

SPECIAL EVENTS

Summer Twilight Concert Series

Join us each Tuesday evening in June for a series of musical performances set in the beauty of the Gardens! Admission is free, and no registration is required. Bring your friends and family, and don't forget your chairs, blankets, and picnics (allowed in the Gardens on concert evenings only). Food trucks will also be available for your dining pleasure. No registration required.

Brookside Gardens

Olney Big Band / Traditional Big Band Jazz / Swing & Dance

Jun 2	Tue	6:30 to 8pm	All Ages	Free
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The 19th Street Band / Americana / Country / Rock

Jun 9	Tue	6:30 to 8pm	All Ages	Free
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René Ibañez & Cubano Groove/ Latin / Cuban

Jun 16	Tue	6:30 to 8pm	All Ages	Free
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The Sidleys / Indie Rock / Soul

Jun 23	Tue	6:30 to 8pm	All Ages	Free
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Shakespeare In the Garden

Delight in the Gude Garden's transformation into an open-air theatre for an outdoor performance of As You Like It. Follow Rosalind, Orlando, and their fellow wanderers into the Forest of Arden, a world of hidden identities, newfound freedoms, and love stirred by spirited mischief. Bring a picnic or enjoy the on-site food truck.

Brookside Gardens

Jun 30	Tue	7 to 8:45pm	All Ages	Free
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EARLY CHILDHOOD AND PRESCHOOL

Yoga Sprouts

Bring your little ones to this series of fun, garden-related yoga movement classes. Physical exercise and mindfulness will awaken your senses, boost your energy, and give you good garden vibes to start your day. Classes are outdoors and either moved indoors or canceled in cases of inclement weather. Bring your own mat or borrow one of ours. Adults must accompany children. Meet at the South Terrace before walking with the instructor to the outdoor class location in the Woodland Chapel.

Brookside Gardens

[Register on ActiveMontgomery.org](https://www.activemontgomery.org) | Activity: PBG0078

Jun 6	Sat	10 to 10:45am	Ages 3 to 9	\$7	1 class	PBG0078-200006
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YOUTH EDUCATION

Storytime in the Garden

Join us for an interactive story time followed by an outdoor exploration or activity for children ages 3-7. We will meet in the outdoor classroom area located in the Children’s Garden, weather permitting. Adults must accompany children. Meet in the Outdoor Classroom located in the Children’s Garden area.

Brookside Gardens		Register on ActiveMontgomery.org Activity: PBG0111				
Jun 14	Sun	10 to 10:45am	Ages 3 to 7	\$5	1 class	PBG0111-200001

Birding in the Garden

Take a bird walk with an expert instructor and learn the basics of using binoculars, listening for bird calls, using field guides and digital tools, and looking carefully in all directions. Stop at the spots in the garden that are most attractive for local birds and learn more about them. Borrow a pair of our binoculars or bring your own (optional). Meet in the Visitor Center and dress for the weather.

Brookside Gardens		Register on ActiveMontgomery.org Activity: PBG0173				
Jun 14	Sun	9 to 9:45am	Ages 8 to 16	\$7	1 class	PBG0173-200001

Pop-Up Exploration Cart: National Pollinator Week

Celebrate National Pollinator Week with us and learn more about pollinators, their importance, and the plants they love. Enrich your garden visit with a fun pollinator scavenger hunt. Just stop by the Exploration Cart next to the Children’s Garden – no registration needed.

Brookside Gardens						
Jun 15 to 18 and Jun 22		Mon-Thu	11am to 1pm	All Ages	Free	

Pop-Up Exploration Cart: Insects

Celebrate the six-legged superheroes of the summer season in the Gardens they call home. Meet us outdoors to learn more about insects like butterflies and bees and explore the ecosystems they call home. Identification and measurement tools will be available for youth to try any time between 11 am to 1 pm. Just stop by the Exploration Cart next to the Children’s Garden – no registration needed.

Brookside Gardens						
Aug 27 to 28		Thu & Fri	11am to 1pm	All Ages	Free	

BROOKSIDE GARDENS

Butterflies of Brookside (Outdoors)

In the heat of the summer, monarchs, swallowtails, and other butterflies are busy outdoors in the gardens. Stop at the “hot spots” along the trail to identify different butterfly species, snap a few photos, and record observations in the nature journal provided. Meet at the Visitor Center and dress for the weather. **Note: this is an outdoor program that does NOT include tickets to the indoor butterfly experience.

Brookside Gardens

[Register on ActiveMontgomery.org](#) | [Activity: PBG0127](#)

Aug 29	Sat	10 to 11am	Ages 8 to 14	\$7	1 class	PBG0127-200004
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HEALTH AND WELLNESS

Tai Chi at Brookside Gardens

Instructor: Charles Votaw

Tai Chi is an ancient, Chinese form of exercise perfect for adults seeking stress reduction while strengthening muscles, improving balance, and increasing flexibility. The Forms are repetitive patterns that emphasize slow, flowing motions and controlled movements. Classes will help beginners to learn the Forms while providing regular practitioners the guidance of an experienced instructor. Location: Japanese Tea House. FOBG: \$12

Brookside Gardens

[Register on ActiveMontgomery.org](#) | [Activity: PBG0029](#)

Jun 3	Wed	9:15 to 10:30am	Ages 18 and up	\$14	1 class	PBG0029-200001
Jun 10	Wed	9:15 to 10:30am	Ages 18 and up	\$14	1 class	PBG0029-200002
Jun 17	Wed	9:15 to 10:30am	Ages 18 and up	\$14	1 class	PBG0029-200003
Jun 24	Wed	9:15 to 10:30am	Ages 18 and up	\$14	1 class	PBG0029-200004
Jul 1	Wed	9:15 to 10:30am	Ages 18 and up	\$14	1 class	PBG0029-200005
Jul 8	Wed	9:15 to 10:30am	Ages 18 and up	\$14	1 class	PBG0029-200006
Jul 15	Wed	9:15 to 10:30am	Ages 18 and up	\$14	1 class	PBG0029-200007
Jul 22	Wed	9:15 to 10:30am	Ages 18 and up	\$14	1 class	PBG0029-200008
Jul 29	Wed	9:15 to 10:30am	Ages 18 and up	\$14	1 class	PBG0029-200009
Aug 5	Wed	9:15 to 10:30am	Ages 18 and up	\$14	1 class	PBG0029-200010
Aug 12	Wed	9:15 to 10:30am	Ages 18 and up	\$14	1 class	PBG0029-200011
Aug 19	Wed	9:15 to 10:30am	Ages 18 and up	\$14	1 class	PBG0029-200012
Aug 26	Wed	9:15 to 10:30am	Ages 18 and up	\$14	1 class	PBG0029-200013

BROOKSIDE GARDENS

Gentle Yoga at Brookside Gardens

Instructor: Sherry Weber

These series of classes feature foundational yoga poses that are designed to support better breathing, walking, and space orientation. Yoga movements help build muscle, bone density and core strength while improving balance, posture, and flexibility. Mats are not included. Location: Japanese Tea House. FOBG: \$12

Brookside Gardens

[Register on ActiveMontgomery.org](#) | Activity: PBG0030

Jun 4	Thu	10 to 11am	Ages 18 and up	\$14	1 class	PBG0030-200001
Jun 11	Thu	10 to 11am	Ages 18 and up	\$14	1 class	PBG0030-200002
Jun 18	Thu	10 to 11am	Ages 18 and up	\$14	1 class	PBG0030-200003
Jun 25	Thu	10 to 11am	Ages 18 and up	\$14	1 class	PBG0030-200004
Jul 9	Thu	10 to 11am	Ages 18 and up	\$14	1 class	PBG0030-200005
Jul 16	Thu	10 to 11am	Ages 18 and up	\$14	1 class	PBG0030-200006
Jul 23	Thu	10 to 11am	Ages 18 and up	\$14	1 class	PBG0030-200007
Jul 30	Thu	10 to 11am	Ages 18 and up	\$14	1 class	PBG0030-200008
Aug 6	Thu	10 to 11am	Ages 18 and up	\$14	1 class	PBG0030-200009
Aug 13	Thu	10 to 11am	Ages 18 and up	\$14	1 class	PBG0030-200010
Aug 20	Thu	10 to 11am	Ages 18 and up	\$14	1 class	PBG0030-200011

Yoga at Brookside Gardens

Instructor: Tanory Ateek

Enjoy yoga held in a peaceful setting under the cover of the Japanese Tea House. Designed to increase flexibility and physical strength and to cultivate mental focus, these classes are a beautiful and relaxing way to begin your weekend. Mats are not included. Location: Japanese Tea House. FOBG: \$12

Brookside Gardens

[Register on ActiveMontgomery.org](#) | Activity: PBG0031

Jun 6	Sat	9:30 to 10:30am	Ages 18 and up	\$14	1 class	PBG0031-200002
Jun 13	Sat	9:30 to 10:30am	Ages 18 and up	\$14	1 class	PBG0031-200003
Jun 20	Sat	9:30 to 10:30am	Ages 18 and up	\$14	1 class	PBG0031-200004
Jun 27	Sat	9:30 to 10:30am	Ages 18 and up	\$14	1 class	PBG0031-200005
Jul 11	Sat	9:30 to 10:30am	Ages 18 and up	\$14	1 class	PBG0031-200007
Jul 18	Sat	9:30 to 10:30am	Ages 18 and up	\$14	1 class	PBG0031-200008
Jul 25	Sat	9:30 to 10:30am	Ages 18 and up	\$14	1 class	PBG0031-200009
Aug 1	Sat	9:30 to 10:30am	Ages 18 and up	\$14	1 class	PBG0031-200010
Aug 8	Sat	9:30 to 10:30am	Ages 18 and up	\$14	1 class	PBG0031-200011
Aug 15	Sat	9:30 to 10:30am	Ages 18 and up	\$14	1 class	PBG0031-200012

Shinrin-yoku: The Art of Forest Bathing

Instructor: Ana Ka’ahanui, certified Forest Therapy Guide

Connect with nature through a forest bathing walk among the vivid colors and rich fragrances of summer blooms. Stroll the grounds and neighboring forest at a measured pace that allows you to notice the small miracles of nature unfolding. About Forest Bathing: The Forest Agency of Japan began promoting forest bathing, or shinrin-yoku, in the 1980s as a response to the stresses of urban living and long work hours. This nature-oriented mindfulness practice, which is rooted in the traditional Japanese reverence for the natural world, has since become popular all over the world, bringing joy and improved mental and physical health to millions of people. Numerous health studies have confirmed forest bathing’s benefits and doctors and nurses in our region are taking note. Many are prescribing “Nature” to their patients. FOBG: \$30

Brookside Gardens

[Register on ActiveMontgomery.org | Activity: PBG0022](#)

Jun 25	Thu	10am to 12pm	Ages 18 and up	\$35	1 class	PBG0022-200001
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LOCAL FIELD TRIPS

Rachel Carson Conservation Park Walking Tour

NOTE: Address & parking logistics will be sent after registration.

Tour Guide: Ryan Colliton, Vegetation Ecology & Management Unit Leader, Montgomery Parks

Rachel Carson was a pioneering environmentalist who called Montgomery County home. Explore her namesake park to learn how Montgomery Parks’ restoration projects protect these natural habitats. Journey through colorful meadows housing rare plants and discover a prime example of a chestnut oak forest. Prepare for this active hike with sturdy shoes and a water bottle! FOBG: \$27

Brookside Gardens Off Site Program

[Register on ActiveMontgomery.org | Activity: PBG0086](#)

Jul 14	Tue	9 to 11am	Ages 18 and up	\$30	1 class	PBG0086-200001
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GARDEN TOURS

Rose Garden Tour – Redesign Updates

Tour Guide: Kristin Davey, Horticulturist, Brookside Gardens

This tour highlights the Rose Garden’s evolution. Explore an organic approach to managing disease- and insect-prone plants, design strategies blending native and traditional perennials, and learn how ongoing refinements to the plant palette support a healthy, visually striking, and sustainable garden. FOBG: \$10.

Brookside Gardens [Register on ActiveMontgomery.org | Activity: PBG0182](#)

Jun 11	Thu	10 to 11:15am	Ages 18 and up	\$12	1 class	PBG0182-200001
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HORTICULTURE CLASSES

Native Plant Solutions: Perennials That Work in Deer Territory

Shannon Currey, Izel Native Plants

When deer belly up to your garden buffet, it’s enormously frustrating. This session focuses on deer-resistant perennials and strategies to coexist in their presence. From phytochemicals to structural adaptations, many plants have evolved strategies to minimize browsing. No plant is completely off limits with the hungry hordes, but there are species that rarely make the menu. Join us for a look at native perennials that will give you beauty and ecological benefits even if you’re gardening in deer territory. FOBG: \$12

Brookside Gardens Virtual [Register on ActiveMontgomery.org | Activity: PBG0236](#)

Jun 10	Wed	7 to 8:30pm	Ages 18 and up	\$15	1 class	PBG0236-200001
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HANDS-ON WORKSHOPS

Leaves Three Ways: Drawing, Painting, and Printing Leaves at Brookside Gardens

Sue Fierston, Teaching Artist and President of the International Nature Printing Society

Capture summer by looking at leaves three different ways! Start by learning the meditative art of contour drawing and practice your skill on a variety of leaf shapes. When you’re done, try your hand at watercolor as you learn color mixing and techniques to paint your drawing. Finish the workshop by learning how to hand print your leaves onto calligraphy paper. You’ll leave the workshop with three to four leaf prints and one to two paintings, a naturalist’s record of a spring day. FOBG: \$45

Brookside Gardens [Register on ActiveMontgomery.org | Activity: PBG0234](#)

Jun 18	Thu	10am to 1pm	Ages 18 and up	\$50	1 class	PBG0234-200001
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Edible Flowers for Flavor and Health

Kathy Jentz, Author of *The Urban Garden*, Editor and Publisher of *Washington Gardener Magazine*

Discover the delicious world of edible flowers! Learn how common garden blooms and herbs can enhance recipes—from rose petal cocktails to calendula cream cheese—while offering health benefits and antioxidants. Explore over 20 varieties you may already grow, plus exotic options for next season. Dried flowers and herbs will be provided for participants to take home. FOBG: \$45

Brookside Gardens

[Register on ActiveMontgomery.org](#) | Activity: PBG0239

Jul 22	Wed	10:30am to 12pm	Ages 18 and up	\$50	1 class	PBG0239-200001
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Capturing The Essence of Herbs

Susan Belsinger, Herbalist and Author

Learn how to harvest, dry, and preserve culinary herbs for maximum flavor. Susan will demonstrate practical recipes—from herbal pastes and butters to infused syrups, honey, and vinegars—using tips from her book *Grow Your Own Herbs*. Sample her creations and leave inspired, making and taking home your own herbal vinegar and herb-infused honey to enjoy at home. FOBG: \$50

Brookside Gardens

[Register on ActiveMontgomery.org](#) | Activity: PBG0237

Aug 1	Sat	10am to 1pm	Ages 18 and up	\$55	1 class	PBG0237-200001
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SPEAKER SERIES, WORKSHOPS, OR DISCUSSIONS

Cultivation & Canvases: Gardening and American Impressionism

Marta McDowell, Author, New York Botanical Garden Instructor and Historian

Join New York Botanical Garden instructor and historian Marta McDowell for this engaging lecture. At the turn of the 20th century, cultivating flowers came into fashion. Enter a group of painters who stepped into the garden for inspiration and subject matter. Join us in this engaging lecture as we explore how landscape history, horticulture, and art converged in the vibrant movement we now call American Impressionism.

Brookside Gardens Virtual

[Register on ActiveMontgomery.org](#) | Activity: PBG0232

Jun 18	Thu	7 to 8:30pm	Ages 18 and up	Free	1 class	PBG0232-200001
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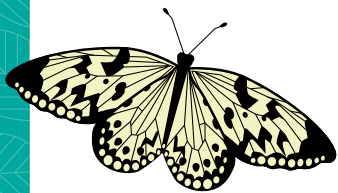
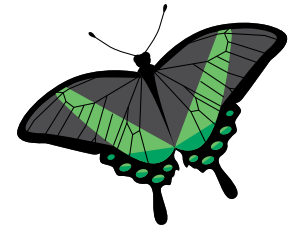


the butterfly experience

AT BROOKSIDE GARDENS

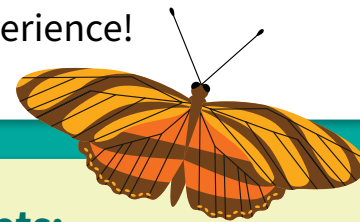
April 1 to September 7, 2026 | Daily, 9 am to 3 pm

Visitors to Brookside Gardens will be welcomed by a stunning display of live butterflies from the Americas, Africa, and Asia. Watch in awe as these beautiful insects flutter among vibrant flowers in the South Conservatory House. Join us to explore the amazing world of butterflies!



Learn about their vital role in our ecosystems and find out how you can support butterflies in your own community.

Don't miss this enchanting experience!



All visitors must have a ticket for a specific date and entry time.

For more information visit:
MontgomeryParks.org/Butterfly

Tickets:

- **Under age 3: Free**
- **Ages 3 to 12: \$10.99**
(ticket fee \$9 plus \$1.99 service charge)
- **Ages 13+: \$15.99**
(ticket fee \$14 plus \$1.99 service charge)

BROOKSIDE GARDENS

1800 Glenallan Avenue | Wheaton, MD 20902
301-962-1420 | BrooksideGardens.org

Brookside
GARDENS



SPONSORED BY FRIENDS OF BROOKSIDE GARDENS

SUMMER TWILIGHT CONCERT SERIES

FREE!

Dance the night away with this series of musical performances set in the beauty of the Gardens!

* **Olney Big Band** | Traditional Big Band Jazz, Swing & Dance

Tuesday, June 2 | 6:30 to 8pm

* **The 19th Street Band** | Americana, Country, Rock

Tuesday, June 9 | 6:30 to 8pm

* **René Ibañez & Cubano Groove** | Latin / Cuban

Tuesday, June 16 | 6:30 to 8pm

* **The Sidleys** | Indie Rock / Soul

Tuesday, June 23 | 6:30 to 8pm



Free Admission
No Registration Required

For more information,
scan the QR code or go to
MoCoParks.org/TwilightConcerts

- Bring your friends and family!
- Don't forget your chairs, blankets and picnics (allowed in the Gardens only on concert evenings).
- Food trucks will be available.
- No alcohol permitted.

BROOKSIDE GARDENS

1800 Glenallan Avenue | Wheaton, MD 20902
301-962-1400 | BrooksideGardens.org



Friends of Brookside
BROOKSIDE GARDENS

Brookside
GARDENS





BLACK HILL
DISCOVERY CENTER



BLACK HILL DISCOVERY CENTER

20926 Lake Ridge Drive | Boyds, MD 20841

301-528-3493

BlackHillDiscovery.org

SPECIAL EVENTS

Pride Lake Tour by Kayak

Want to watch wildlife or just enjoy a peaceful paddle with other LGBTQIA+ community members? Then join us for a leisurely kayak tour of Little Seneca Lake. We could see beavers, herons, maybe even a bald eagle. We'll supply boats, paddles, and PFD's, but you can bring your own PFD (Type III or V) if you have one. And don't forget to bring water, sunscreen, and extra shoes to change into after. You can expect to get your feet wet and your clothes a bit damp. Basic paddling experience is necessary (THIS IS NOT A LESSON). Meet in front of the gazebo by the pontoon boat dock and boat rental area. Registration required. FOBH \$24

Black Hill Discovery Center [Register on ActiveMontgomery.org | Activity: PBHDC0108](#)

Jun 11	Thu	6:30 to 8pm	Ages 18 and up	\$25	1 class	PBHDC0108-200001
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Pride on the Pontoon

Enjoy a leisurely cruise on our pontoon boat on Little Seneca Lake looking for local wildlife such as beaver, deer, otter, herons, and osprey as we celebrate the LGBTQIA+ community. Please register and pay for all participants. Meet at the pontoon boat dock by the boat rental area. Be sure to bring an extra jacket or blanket, as it's often cooler on the water. FOBH \$7

Black Hill Discovery Center [Register on ActiveMontgomery.org | Activity: PBHDC0108](#)

Jun 18	Thu	7 to 8:30pm	Ages 18 and up	\$8	1 class	PBHDC0108-200002
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BOATING

Kayaking for Beginners

Kayaking is even more fun that it looks! Come learn how to paddle on flat water in recreational solo kayaks on Little Seneca Lake. Learn basic strokes, entries and exits, boat control, and more, taught by certified American Canoe Association instructors. We won't roll, but you'll get wet, so dress accordingly. All necessary equipment provided but if you have your own PFD (Type III or V), you can bring it along. Please wear a hat, water sandals or shoes (no flip-flops, please) and bring water and sunscreen. You must be able to swim. Meet in front of the gazebo by the pontoon boat dock and boat rental area. Registration required.

Black Hill Discovery Center [Register on ActiveMontgomery.org | Activity: PBHDC0030](#)

Jun 7	Sun	8 to 10am	Ages 12 and up	\$60	1 class	PBHDC0030-200001
Jun 10	Wed	6:30 to 8:30pm	Ages 12 and up	\$60	1 class	PBHDC0030-200002
Jun 24	Wed	6:30 to 8:30pm	Ages 12 and up	\$60	1 class	PBHDC0030-200003
Jul 19	Sun	8 to 10am	Ages 12 and up	\$60	1 class	PBHDC0030-200004
Jul 22	Wed	6:30 to 8:30pm	Ages 12 and up	\$60	1 class	PBHDC0030-200005
Aug 2	Sun	8 to 10am	Ages 12 and up	\$60	1 class	PBHDC0030-200006
Aug 12	Wed	6 to 8pm	Ages 12 and up	\$60	1 class	PBHDC0030-200007

Lake Tour by Kayak

Want to watch wildlife or just enjoy a peaceful paddle? Then join us for a leisurely kayak tour of Little Seneca Lake. We could see beavers, herons, maybe even a bald eagle. We'll supply boats, paddles, and PFD's, but you can bring your own PFD (Type III or V) if you have one. And don't forget to bring water, sunscreen, and extra shoes to change into after. You can expect to get your feet wet and your clothes a bit damp. Basic paddling experience is necessary (THIS IS NOT A LESSON). Meet in front of the gazebo by the pontoon boat dock and boat rental area. Registration required. Registrants 15 and under must be accompanied by an adult. FOBH \$29

Black Hill Discovery Center

[Register on ActiveMontgomery.org](#) | Activity: PBHDC0008

Jun 4	Thu	6:30 to 8:30pm	Ages 12 and up	\$30	1 class	PBHDC0008-200001
Jun 28	Sun	8 to 10am	Ages 12 and up	\$30	1 class	PBHDC0008-200002
Jul 7	Tue	6:30 to 8:30pm	Ages 12 and up	\$30	1 class	PBHDC0008-200003
Jul 10	Fri	9 to 11am	Ages 12 and up	\$30	1 class	PBHDC0008-200004
Jul 16	Thu	6:30 to 8:30pm	Ages 12 and up	\$30	1 class	PBHDC0008-200005
Jul 18	Sat	9:30 to 11:30am	Ages 12 and up	\$30	1 class	PBHDC0008-200006
Jul 29	Wed	6:30 to 8:30pm	Ages 12 and up	\$30	1 class	PBHDC0008-200007
Aug 10	Mon	6:30 to 8:30pm	Ages 12 and up	\$30	1 class	PBHDC0008-200008
Aug 15	Sat	9:30 to 11:30am	Ages 12 and up	\$30	1 class	PBHDC0008-200009
Aug 21	Fri	7 to 9am	Ages 12 and up	\$30	1 class	PBHDC0008-200010
Aug 23	Sun	8 to 10am	Ages 12 and up	\$30	1 class	PBHDC0008-200012

Bats & Beavers Pontoon Boat Cruise

Join us for a sunset cruise aboard the pontoon boat. We'll search for beaver lodges and feeding sites, and hopefully see some beavers! As the sun sets, we'll use our bat detector to help us find feeding bats. Please register and pay for all participants. You may want to bring a jacket or sweater as it is often cooler on the boat. Meet at the pontoon boat dock, by the boat rentals. Registration required. FOBH \$7

Black Hill Discovery Center

[Register on ActiveMontgomery.org](#) | Activity: PBHDC0027

Jun 1	Mon	7 to 8:30pm	Ages 6 and up	\$8	1 class	PBHDC0027-200001
Jul 9	Thu	7 to 8:30pm	Ages 6 and up	\$8	1 class	PBHDC0027-200002
Jul 23	Thu	7 to 8:30pm	Ages 6 and up	\$8	1 class	PBHDC0027-200003
Jul 29	Wed	7 to 8:30pm	Ages 6 and up	\$8	1 class	PBHDC0027-200004
Aug 13	Thu	6:30 to 8pm	Ages 6 and up	\$8	1 class	PBHDC0027-200005
Aug 20	Thu	6:30 to 8pm	Ages 6 and up	\$8	1 class	PBHDC0027-200006
Aug 28	Fri	6:30 to 8pm	Ages 6 and up	\$8	1 class	PBHDC0027-200007

Full Moon Pontoon

Jun 29	Mon	7:30 to 9pm	Ages 6 and up	\$8	1 class	PBHDC0027-200008
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Storytime on the Lake

Join us aboard the pontoon boat to hear a story and scout out the wonders of Little Seneca Lake! Designed for children ages 3-5, accompanied by an adult. (no younger siblings, please). We'll provide the required PFDs for all children to wear. Please register and pay for every participant. Meet at the pontoon boat dock, by the boat rentals. FOBH\$6

Black Hill Discovery Center

[Register on ActiveMontgomery.org](#) | **Activity: PBHDC0116**

Fabulous Fish

Jun 16	Tue	10 to 11am	Ages 3 and up	\$7	1 class	PBHDC0116-200001
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Feathered Friends

Jul 14	Tue	10 to 11am	Ages 3 and up	\$7	1 class	PBHDC0116-200002
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Turtles

Aug 11	Tue	10 to 11am	Ages 3 and up	\$7	1 class	PBHDC0116-200003
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Early Morning Pontoon Cruise

Wildlife are busy in the early morning hours and the lighting is great for photos. Join us for an early morning pontoon tour for some birding and photography, or just a lovely morning cruise on Little Seneca Lake. Meet at the pontoon boat dock, by the boat rentals. Registration required. FOBH \$14

Black Hill Discovery Center

[Register on ActiveMontgomery.org](#) | **Activity: PBHDC0085**

Jun 24	Wed	8 to 10am	Ages 18 and up	\$15	1 class	PBHDC0085-200001
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Aug 31	Mon	8:30 to 10:30am	Ages 18 and up	\$15	1 class	PBHDC0085-200002
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55+ Pontoon Cruise

Enjoy a leisurely cruise on our pontoon boat on Little Seneca Lake looking for local wildlife such as beavers, deer, otter, herons, and osprey. Please register and pay for all participants. Meet at the pontoon boat dock by the boat rental area. Be sure to bring an extra jacket or blanket, as it's often cooler on the water. FOBH \$9

Black Hill Discovery Center

[Register on ActiveMontgomery.org](#) | **Activity: PBHDC0085**

Jun 17	Wed	9:30 to 11am	Ages 55 and up	\$10	1 class	PBHDC0085-200004
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Jul 22	Wed	9:30 to 11am	Ages 55 and up	\$10	1 class	PBHDC0085-200005
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Aug 19	Wed	9:30 to 11am	Ages 55 and up	\$10	1 class	PBHDC0085-200006
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A “Grand” Adventure: Grandparent and Child Pontoon Boat Tour

Join us aboard the pontoon boat for an adventure for grandparents and their grandkids. We'll cruise the lake looking for the creatures that are stirring around the lake and include some stories as we boat along. It could be chilly on the water so dress accordingly. Please register and pay for all participants. Meet at the pontoon boat dock, by the boat rentals. FOBH \$7

Black Hill Discovery Center

[Register on ActiveMontgomery.org](#) | **Activity: PBHDC0086**

Aug 27	Thu	10 to 11am	Ages 3 and up	\$8	1 class	PBHDC0086-200001
Aug 27	Thu	11:30am to 12:30pm	Ages 3 and up	\$8	1 class	PBHDC0086-200002

FISHING

Fishing with the Lil Ones

Let's go fishin'! We'll provide poles and bait, then see what we can catch off the dock at Little Seneca Lake. Meet at the pontoon boat dock by the boat rentals. Registration required. FOBH \$7

Black Hill Discovery Center

[Register on ActiveMontgomery.org](#) | **Activity: PBHDC0004**

Jun 4	Thu	9 to 10:30am	Ages 3 to 6	\$8	1 class	PBHDC0004-200001
Jul 9	Thu	9 to 10:30am	Ages 3 to 6	\$8	1 class	PBHDC0004-200002
Aug 26	Wed	9 to 10:30am	Ages 3 to 6	\$8	1 class	PBHDC0004-200003

Family Fishing Fun

Fishing is fun for the whole family and for all abilities! We'll show you how to set up a simple bobber rig, bait your hook, and give you some tips on casting. We'll provide the bait and rigging supplies; you just need to catch the fish! We have fishing poles you can borrow, but if you have your own bring it along. Anglers of all abilities are welcome. All registrants 16 and over must have a current MD fishing license. Meet at the pontoon boat dock by the boat rentals. Registration required. Please register only those planning to fish. FOBH \$14

Black Hill Discovery Center

[Register on ActiveMontgomery.org](#) | **Activity: PBHDC0003**

Jun 6	Sat	9 to 11am	Ages 3 and up	\$15	1 class	PBHDC0003-200001
Jun 16	Tue	6:30 to 8:30pm	Ages 3 and up	\$15	1 class	PBHDC0003-200002
Jul 8	Wed	6:30 to 8:30pm	Ages 3 and up	\$15	1 class	PBHDC0003-200003
Jul 28	Tue	9 to 11am	Ages 3 and up	\$15	1 class	PBHDC0003-200004
Aug 24	Mon	9 to 11am	Ages 3 and up	\$15	1 class	PBHDC0003-200005

PLAYTIME OR STORYTIME

Play Day in the Park

Toddlers of all abilities are invited to explore the exciting natural world in and around the Discovery Center. Families will explore at their own pace using nature play prompts that will remain out for the duration of the program. All ages are welcome but prompts and materials are geared towards children aged one to three. Registration required.

Black Hill Discovery Center

[Register on ActiveMontgomery.org](#) | **Activity: PBHDC0012**

Jun 5	Fri	11am to 12pm	Ages 6 months to 3 years	Free	1 class	PBHDC0012-200001
Jul 31	Fri	11am to 12pm	Ages 6 months to 3 years	Free	1 class	PBHDC0012-200002
Aug 7	Fri	11am to 12pm	Ages 6 months to 3 years	Free	1 class	PBHDC0012-200003

Sprinklers, Bubbles & Rainbows!

Come play in our backyard! Dance and run through sprinklers. Make bubbles with giant bubble wands. Splash in water play stations designed for the littlest of revelers. This is what summer is all about! Bring sunscreen, a towel and a change of clothes.

Black Hill Discovery Center

[Register on ActiveMontgomery.org](#) | **Activity: PBHDC0046**

Aug 21	Fri	11am to 1pm	All Ages	Free	1 class	PBHDC0046-200001
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Pics in the Park

Strike a pose and say cheese! Drop by for a unique photo op at the Discovery Center. We'll provide some fun props, and a staff member will take your photo on instant film, just like those original instant photos (shaking optional). Take home a memory you will never forget. No registration required; drop in anytime during program hours. Supplies are limited; first come, first served.

Black Hill Discovery Center

[Register on ActiveMontgomery.org](#) | **Activity: PBHDC0087**

Aug 22	Sat	3 to 5pm	All Ages	Free	1 class	PBHDC0087-200001
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HIKES, SCAVENGER HUNTS, AND CAMPFIRES

Babes in a Backpack

Let’s go outside and hike to improve fitness, play in nature, and experience the great outdoors as a family. You will meet a naturalist at the meet up spot and set out on a trail that will have nature play and fun learning prompts along the way. These hikes are designed for adults with young children. Most trails are not stroller accessible, so you’ll need a backpack or carrier for younger kids and non-walkers. Please register everyone attending no later than 24 hours before the hike so we can email you with the hike’s location and other important information.

Black Hill Discovery Center

[Register on ActiveMontgomery.org | Activity: PBHDC0051](#)

Jul 29	Wed	10am to 12pm	All Ages	Free	\$2/adult	PBHDC0051-200001
Aug 4	Tue	10am to 12pm	All Ages	Free	\$2/adult	PBHDC0051-200002

Campfires at Black Hill

There is nothing like being at a campfire under the stars. Join a naturalist for themed songs, stories, games, and of course, s’mores around a fire. Bring a blanket if it’s chilly. Meet at the campfire area by Shelter F on Parking Lot 3, in Black Hill Regional Park. Registration required for all attending. FOBH \$6

Black Hill Discovery Center

[Register on ActiveMontgomery.org | Activity: PBHDC0002](#)

Jun 20	Sat	7:30 to 8:30pm	Ages 1 and up	\$7	1 class	PBHDC0002-200001
Jul 11	Sat	7:30 to 8:30pm	Ages 1 and up	\$7	1 class	PBHDC0002-200002
Jul 25	Sat	7 to 8pm	Ages 1 and up	\$7	1 class	PBHDC0002-200003
Aug 1	Sat	7 to 8pm	Ages 1 and up	\$7	1 class	PBHDC0002-200004
Aug 29	Sat	6:30 to 7:30pm	Ages 1 and up	\$7	1 class	PBHDC0002-200005



NATURE, OUTDOOR EXPLORATIONS, AND SKILLS

Stream Adventures

What lives in a stream? Wade into the water and use nets to see what insects, fish, frogs, and other animals we can find. Please wear boots or closed-toe shoes that you don't mind getting wet (no flip-flops, please!). All children must be accompanied by an adult. Meet at the gravel Boat Launch parking lot on Black Hill Road. Registration required. FOBH \$7

Black Hill Discovery Center			Register on ActiveMontgomery.org Activity: PBHDC0026			
Jun 25	Thu	1:30 to 3pm	Ages 2 to 12	\$8	1 class	PBHDC0026-200001
Jul 16	Thu	1:30 to 3pm	Ages 2 to 12	\$8	1 class	PBHDC0026-200002
Aug 20	Thu	1:30 to 3pm	Ages 2 to 12	\$8	1 class	PBHDC0026-200003

Birding for Beginners

Want to join the 96 million other bird-watching Americans, but don't know where to start? We'll start with the basics of bird identification and go over how to select and use binoculars. Then we'll go do some birding! If you have your own binoculars, please bring them along. And be sure to dress for the weather. Meet at the Discovery Center. FOBH \$11

Black Hill Discovery Center			Register on ActiveMontgomery.org Activity: PBHDC0060			
Jun 27	Sat	9am to 12pm	Ages 16 and up	\$12	1 class	PBHDC0060-200001
Aug 1	Sat	9am to 12pm	Ages 16 and up	\$12	1 class	PBHDC0060-200002



Hummingbirds

Come to the Discovery Center to learn about the smallest bird visiting our gardens. Discover which plants attract them to your yard and find out about their amazing migration. Each family will make a hummingbird feeder to take home. FOBH \$6

Black Hill Discovery Center

[Register on ActiveMontgomery.org](#) | Activity: PBHDC0060

Jun 2	Tue	4 to 5pm	Ages 5 and up	\$7	1 class	PBHDC0060-200003
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Firefly Search & Night Hike

Join a naturalist for a night hike and firefly search at Black Hill Regional Park. Bring your bug boxes for catching these awesome insects. Meet at the Discovery Center for a brief talk, and then we'll head out into the twilight. FOBH \$7

Black Hill Discovery Center

[Register on ActiveMontgomery.org](#) | Activity: PBHDC0078

Jun 25	Thu	8:30 to 10pm	Ages 2 to 12	\$8	1 class	PBHDC0078-200001
Jul 15	Wed	8:30 to 10pm	Ages 2 to 12	\$8	1 class	PBHDC0078-200002

SPEAKER SERIES, WORKSHOPS, OR DISCUSSIONS

Black Hill Bookworms

Are you looking for a community of like-minded readers that enjoy science and nature books? Then join the Black Hill Discovery Center Bookworms! Our book discussion group meets in person, generally on the fourth Thursday of each month, except on select occasions. Books will focus on environmental, conservation, and nature-related topics including non-fiction and fiction titles. Group members have the chance to help select future books. Please register for each discussion you plan to attend so that we can contact you ahead of the meet-up. Please feel free to bring dinner or snacks with you to have during the discussion. All selected books are available through the Montgomery County Public Library. If you need help finding a copy to read or have any questions, please contact Christy.Korzen@MontgomeryParks.org.

Black Hill Discovery Center

[Register on ActiveMontgomery.org](#) | Activity: PBHDC0104

“Heartwood” by Amity Gaige

Jun 25	Thu	6 to 7:30pm	Ages 16 and up	Free	1 class	PBHDC0104-200001
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“The Book of Hope: A Survival Guide for Trying Times” by Jane Goodall

Jul 29	Wed	6 to 7:30pm	Ages 16 and up	Free	1 class	PBHDC0104-200002
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“Night Magic: Adventures Among Glowworms, Moon Gardens, and Other Marvels of the Dark” by Leigh Ann Henion

Aug 26	Wed	6 to 7:30pm	Ages 16 and up	Free	1 class	PBHDC0104-200003
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MONTGOMERY PARKS

MUDFEST

JUNE 13, 2026 | 11AM-3PM

\$20/Car

Get down and dirty, jumping, slipping, and sliding in giant mud pits! Cook up a mud pie, make mud art, and play games! This muddy fun is great for the whole family.

**This is a rain or shine event!*

**SAVE
THE
DATE**

WOODSTOCK EQUESTRIAN PARK

20207 Darnestown Road | Beallsville, MD 20842

301-528-3480 | BlackHillDiscovery.org



**BLACK HILL
DISCOVERY CENTER**





**BROOKSIDE
NATURE CENTER**



BROOKSIDE NATURE CENTER
1400 Glenallan Ave | Wheaton, MD 20902
301-962-1480
BrooksideNature.org

SPECIAL EVENTS

Insect Palooza

Join Brookside Nature Center for an evening insect celebration, where you will find insect crafts, insect games, live insects, and a family friendly insect movie. Bring your entire family as the entrance fee is per vehicle.

Brookside Nature Center

Aug 15	Sat	7 to 10pm	All Ages	\$40 per car	1 class
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NATURE, OUTDOOR EXPLORATION, AND SKILLS

Little Explorers

Let’s read stories, sing songs, and take mini-hikes meant for the youngest legs! Please note: The Little Explorers programs scheduled in the same month will have the same topic and activities. Register each child, a guardian must attend.

Brookside Nature Center

[Register on ActiveMontgomery.org](https://www.activemontgomery.org) | **Activity: PBNC0073**

Bees

Jun 10	Wed	10:30 to 11:15am	Ages 18 months to 2 years	\$7	1 class	PBNC0073-200001
Jun 13	Sat	10:30 to 11:15am	Ages 18 months to 2 years	\$7	1 class	PBNC0073-200002

Crickets

Aug 15	Sat	10:30 to 11:15am	Ages 18 months to 2 years	\$7	1 class	PBNC0073-200003
Aug 19	Wed	10:30 to 11:15am	Ages 18 months to 2 years	\$7	1 class	PBNC0073-200004





Afternoon at the Stream

A warm day is a great time to cool off at the stream! Bring your water shoes and we'll bring the buckets, nets, and other equipment needed to explore and have fun! All attendees over 3 must register; no registration required under 3.

Brookside Nature Center			Register on ActiveMontgomery.org Activity: PBNC0066			
Jun 13	Sat	2 to 3pm	Ages 3 and up	\$7	1 class	PBNC0066-200001
Aug 15	Sat	2 to 3pm	Ages 3 and up	\$7	1 class	PBNC0066-200002

Morning at the Stream

A warm day is a great time to cool off at the stream! Bring your water shoes and we'll bring the buckets, nets, and other equipment needed to explore and have fun! All attendees over 3 must register; no registration required under 3.

Brookside Nature Center			Register on ActiveMontgomery.org Activity: PBNC0069			
Aug 20	Thu	10:30 to 11:30am	Ages 3 and up	\$7	1 class	PBNC0069-200005

Make & Take: Tie-Dye

Pigments come from nature. Learn where colors come from in nature and create your own tie-dye tee shirt to take home.

Brookside Nature Center			Register on ActiveMontgomery.org Activity: PBNC0117			
Aug 1	Sat	10:30am to 12:30pm	Ages 8 and up	\$25	1 class	PBNC0117-200001

HIKES, SCAVENGERS HUNTS, AND CAMPFIRES

Shady Hike

Hike through the shady woods to escape the heat. Learn about the forest habitat and its residents. Bring a friend, niece, or grandparent. Hike will be on natural surface trails for approximately 2 miles. All attendees must register.

Brookside Nature Center

[Register on ActiveMontgomery.org](#) | **Activity: PBNC0124**

Jun 18	Thu	6 to 7:30pm	Ages 6 and up	\$10	1 class	PBNC0124-200001
Jul 23	Thu	6 to 7:30pm	Ages 6 and up	\$10	1 class	PBNC0124-200002
Aug 20	Thu	6 to 7:30pm	Ages 6 and up	\$10	1 class	PBNC0124-200003

Evening Campfire

Meet your neighbors around the campfire! Learn a bit about living with local wildlife, roast a marshmallow, play some games, and take a guided evening hike (optional). Marshmallows and roasting sticks provided, bring other treats if you'd like! All attendees over 3 must register; no registration required under 3.

Brookside Nature Center

[Register on ActiveMontgomery.org](#) | **Activity: PBNC0053**

Fireflies

Jun 27	Sat	7:30 to 9pm	Ages 3 and up	\$10	1 class	PBNC0053-200001
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Bats

Jul 25	Sat	7:30 to 9pm	Ages 3 and up	\$10	1 class	PBNC0053-200002
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Crickets and Katydid

Aug 22	Sat	7:30 to 9pm	Ages 3 and up	\$10	1 class	PBNC0053-200003
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BROOKSIDE NATURE CENTER

Drop-in Weekend Programs

Free | No Registration Required

Turtle Talk

June 13, 27; July 11, 25; August 8, 22
Saturdays | 1 to 1:30pm
All Ages

Watch our Eastern box turtle stretch their legs in their outdoor enclosure! Learn about the big role they play in our forests and communities.



Creature Feature

June 20; July 18; August 1, 29
Saturdays | 1 to 1:30pm
All Ages

Join us for an up-close encounter with one of our animal ambassadors. Why do they live at the nature center? What would their wild counterparts be doing at this time of year? We'll answer these questions and more.



BROOKSIDE NATURE CENTER

1400 Glenallan Ave. | Wheaton, Maryland 20902
301-962-1480 | BrooksideNature.org



BROOKSIDE NATURE CENTER

Insect Palooza

Bring the entire family for an evening celebrating some of nature's tiniest and most fascinating creatures!

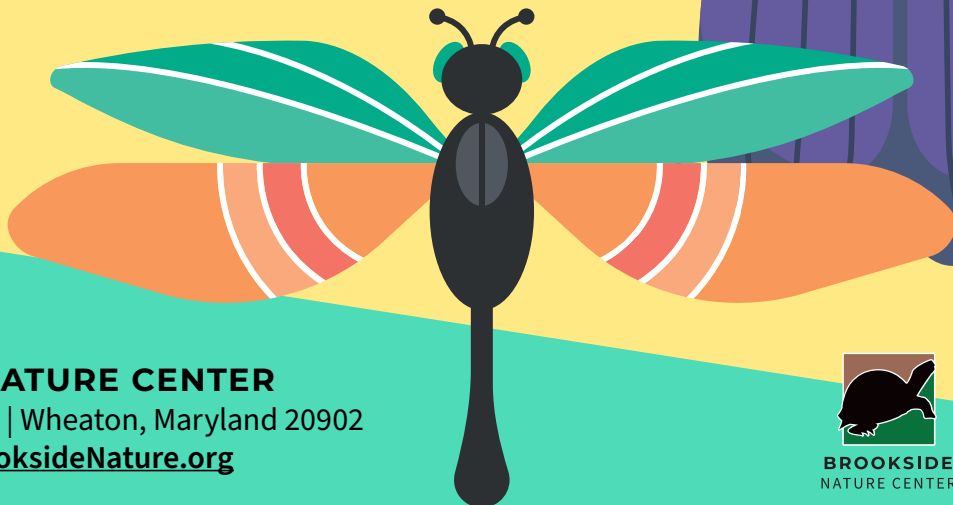
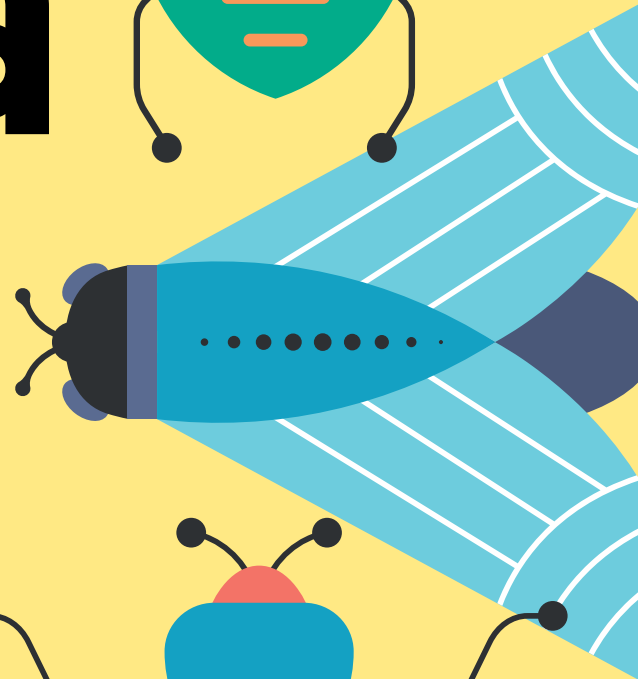
We will have insect crafts, insect games, live insects, and a family-friendly insect movie.

Saturday, August 15, 2026

7 to 10 pm

All Ages | \$40 per car

MoCoParks.org/insectpalooza



BROOKSIDE NATURE CENTER

1400 Glenallan Ave. | Wheaton, Maryland 20902
301-962-1480 | BrooksideNature.org



BROOKSIDE
NATURE CENTER



LOCUST GROVE NATURE CENTER



LOCUST GROVE
NATURE CENTER

LOCUST GROVE NATURE CENTER

7777 Democracy Blvd | Bethesda, MD 20817

301-765-8660

LocustGroveNature.org

ART AND CRAFTING

Nature Journaling for Kids-Summer Sunset Journaling

Learn how to connect with the natural world through art. Kids love being out in nature and through journaling they can learn how to connect with nature even more. Join a naturalist to learn how to truly observe nature around you and how to get those observations and thoughts on paper. After a guided session, you will have the opportunity to create a nature journal entry on your own. Nature walks will be a part of this program so participants should be able to walk on natural surface trails, which may have some steep inclines. Following our dusk observations, we will gather around a campfire (weather permitting) to share our journal entries. For ages 8-15. Registration is required.

Locust Grove Nature Center		Register on ActiveMontgomery.org Activity: PLGNC0031				
Aug 15	Sat	4:30 to 6pm	Ages 8 to 15	Free	1 class	PLGNC0031-200002

NATURE, OUTDOOR EXPLORATION, AND SKILLS

Birding for All

Birding is for anyone with a passion for nature. Join us for an afternoon of birding at Locust Grove Nature Center. We will start off the program with a brief introduction to birding, along with helpful birding tips. Then for those who wish to practice their birding tips can join a naturalist on a guided walk on our trails. Another naturalist will also remain at the bird feeders with those who wish to remain on our back deck. Binoculars are recommended, however we will provide binoculars if needed. This program celebrates Pride Month by providing a safe and welcoming learning environment for all participants who would like to join, especially for members of the LGBTQIA+ community, BIPOC identities, disability community and their families.

Locust Grove Nature Center		Register on ActiveMontgomery.org Activity: PLGNC0044				
Jun 20	Sat	4:30 to 6pm	Ages 6 and up	Free	1 class	PLGNC0044-200001

Mothing by Moonlight

Join us in the park after dark to look for moths. We'll set up a mothing station designed to attract these beautiful yet secretive nocturnal animals. Our insect enthusiasts will be on hand to help us identify what we find as we collect data for an ongoing study. Bring a lawn chair and extra layers, as well as a headlamp or flashlight. The mothing station will be set up a short walk from the parking lot. You must be comfortable walking in the woods at night on natural surface trails. Bring your own snacks and drinks to keep your stamina! Participants may leave at any time and do not have to stay for the duration of the program. In the event of rain, we cancel.

Locust Grove Nature Center		Register on ActiveMontgomery.org Activity: PLGNC0013				
Aug 8	Sat	8:30 to 11:45pm	Ages 8 and up	Free	1 class	PLGNC0013-200002

HIKES, SCAVENGER HUNTS, AND CAMPFIRES

Full Moon Fridays

Join us for the magic of the full moon for a hike and campfire on each Friday nearest to the full moon. Feel free to bring your own food to warm over the fire and we'll provide marshmallows. The hike will be about a half mile on a natural surface trail. Ages 5 and up. All attendees must register.

Locust Grove Nature Center			Register on ActiveMontgomery.org Activity: PLGNC0001			
Jun 26	Fri	6:30 to 8pm	Ages 5 and up	\$8	1 class	PLGNC0001-200001
Jul 31	Fri	6:30 to 8pm	Ages 5 and up	\$8	1 class	PLGNC0001-200002
Aug 28	Fri	6:30 to 8pm	Ages 5 and up	\$8	1 class	PLGNC0001-200003

GARDENING AND NATIVE PLANTS

Fall Wildflower Walk

Fall is a rainbow of wildflowers, from goldenrods to asters in every shade of purple. Take a leisurely stroll through the park with our Master Naturalists who will interpret this last spectacular show of color before the changing of the seasons. Now a three part series, you may join us for one class or sign up for all three to watch the season unfold before your eyes. Participants should be able to walk on natural surface trails, which may have some steep inclines. Inclement weather will cancel this program.

Locust Grove Nature Center			Register on ActiveMontgomery.org Activity: PLGNC0022			
Aug 23	Sun	10 to 11:30am	Age 16 and up	\$7	1 class	PLGNC0022-200001



MAYDALE NATURE CLASSROOM



MAYDALE
NATURE CLASSROOM



MAYDALE NATURE CLASSROOM

1638 Maydale Drive | Colesville, MD 20905

301-962-1496

MaydaleNature.org

ART AND CRAFTING

Family Craft Night

Join us for an evening of family fun crafting using materials found in nature! Take a short walk to gain inspiration and work with a naturalist to create beautiful works of art.

Maydale Nature Classroom

[Register on ActiveMontgomery.org](#) | Activity: PMAY0056

Jun 18	Thu	5:30 to 6:30pm	Ages 6 and up	\$7	1 class	PMAY0056-200001
Jul 16	Thu	5:30 to 6:30pm	Ages 6 and up	\$7	1 class	PMAY0056-200002
Aug 20	Thu	5:30 to 6:30pm	Ages 6 and up	\$7	1 class	PMAY0056-200003

Inspired by Nature: Art Journaling

Are you fascinated by nature? Do you love being creative? In this program you get to combine your two passions! A short nature walk will be followed by the creation of a nature inspired art journal. The tools to practice mixed media techniques such as doodling, drawing, painting, collage and more, will be provided. All attendees must register.

Maydale Nature Classroom

[Register on ActiveMontgomery.org](#) | Activity: PMAY0057

Aug 14	Fri	4:30 to 6pm	Ages 18 and up	\$20	1 class	PMAY0057-200001
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MINDFULNESS AND WELLNESS

Paws With A Therapy Dog

If you just need a little boost, a bit of laughter or just a break from your daily routine stop by to meet a friendly canine! Therapy dogs are not service dogs. They are simply dogs trained to provide comfort, affection, and support to individuals in various settings such as schools, hospitals or nursing homes. All attendees must register. Minors must be accompanied by an adult.

Maydale Nature Classroom

[Register on ActiveMontgomery.org](#) | Activity: PMAY0042

Aug 7	Fri	10:30 to 11:30am	Ages 3 and up	Free	1 class	PMAY0042-200001
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NATURE, OUTDOOR EXPLORATIONS, AND SKILLS

Bonkers for Bats

Join us as we try and sneak a peak at these mysterious nighttime creatures. As we explore, we'll discuss the different bats in our area, issues they're facing, and what they might be up to on a summer's evening. Please meet at the lower parking lot. All those six years and older must register, including adults.

Maydale Nature Classroom

[Register on ActiveMontgomery.org](#) | Activity: PMAY0019

Jun 13	Sat	8:30 to 9:30pm	Ages 6 and up	\$7	1 class	PMAY0019-200001
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HIKES, SCAVENGER HUNTS AND CAMPFIRES

Summer Family Scavenger Hunt

Grab a scavenger hunt sheet and head out with us as we explore the summer wonders of Maydale! Please meet at the lower parking lot. All those three years and older must register, including adults.

Maydale Nature Classroom

[Register on ActiveMontgomery.org](#) | Activity: PMAY0055

Jul 11	Sat	10 to 11am	Ages 3 and up	\$5	1 class	PMAY0055-200001
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Hiking with Your Dog

Explore the park from a dog's perspective. During this guided hike on natural surface paths, you and your pup will engage side-by-side through a series of playful, sense-based activities. We'll compare how humans and dogs use sight, smell, sound, and touch, practice simple ways to help dogs feel confident in new outdoor spaces, and enjoy a frozen treat together at the end of the walk.

Maydale Nature Classroom

[Register on ActiveMontgomery.org](#) | Activity: PMAY0053

Aug 8	Sat	10:30am to 12pm	Ages 6 and up	\$10	1 class	PMAY0053-200001
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End of Summer Night Hike

Join us as we hike through the woods, meadow, and ponds of Maydale exploring the late summer sights and sounds that surround us! Please meet at the lower parking lot. All those six years and older must register, including adults.

Maydale Nature Classroom

[Register on ActiveMontgomery.org](#) | Activity: PMAY0054

Aug 21	Fri	8:30 to 9:30pm	Ages 6 and up	\$7	1 class	PMAY0054-200001
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MONTGOMERY PARKS

WaterFest

Maydale Nature Classroom

Saturday, June 6, 2026
11 am to 2 pm
Maydale Nature Classroom

Come make a splash while learning about your local watershed through crafts, games, exhibitors, and activities.

Crafts and Activities Include:

- Rainstick making and shaking
- Fish print creations
- Bubble Fun
- Water Cycle Adventures
- Spring Crafts



For more information scan the QR code or go to MoCoParks.org/WaterFest

MAYDALE NATURE CLASSROOM
1638 Maydale Drive | Colesville, MD 20905
MaydaleNature.org



MAYDALE
NATURE CLASSROOM



MEADOWSIDE NATURE CENTER



MEADOWSIDE
NATURE CENTER



MEADOWSIDE NATURE CENTER

5100 Meadowside Lane | Rockville, Maryland 20855

301-258-4030

MeadowsideNature.org

SPECIAL EVENTS

Predators and Pastries

Celebrate National Donut Day with our birds of prey! At this lunchtime event, you'll enjoy donuts and coffee on our raptor check while observing and learning about our owls, hawks, and vulture.

Meadowside Nature Center [Register on ActiveMontgomery.org](#) | **Activity: PMNC0239**

Jun 6	Sat	12 to 12:45pm	All Ages	\$7	1 class	PMNC0239-200001
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Shakespeare in the Parks: As You Like It

Love, disguise, and redemption collide in Shakespeare's As You Like It. Driven from court by sibling rivalry and ruthless ambition, Orlando and Rosalind escape into the Forest of Arden, where identities blur and hearts awaken. Disguised as a young man, Rosalind playfully tests Orlando's devotion, turning exile into a journey of love and self-discovery. Free but registration is encouraged as parking lot capacity may be reached and you may be turned away without prior registration.

Meadowside Nature Center [Register on ActiveMontgomery.org](#) | **Activity: PMNC0082**

Jun 20	Sat	6:30 to 8:30pm	All Ages	Free		PMNC0082-200002
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Soaring Solstice

Come celebrate the longest day of the year with our birds of prey! We will learn about raptors' amazing adaptations that help them hunt in a variety of environments and lighting conditions. You will also learn how to help protect our raptor neighbors!

Meadowside Nature Center [Register on ActiveMontgomery.org](#) | **Activity: PMNC0240**

Jun 21	Sun	4 to 5pm	All Ages	\$7	1 class	PMNC0240-200001
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Nature Nerd Board Games

Nerd out with your local nature center crew with a bonanza of board games! Peruse through a suite of nature-themed board games in this choose-your-own adventure gaming meetup. The nature center will provide some light snacks and games, and guests can bring their own favorite nature games to share as well

Meadowside Nature Center [Register on ActiveMontgomery.org](#) | **Activity: PMNC0248**

Aug 22	Sat	12 to 3pm	Ages 16 and up	\$7	1 class	PMNC0248-200001
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CAMPS

Trail Mix: An Adult Summer Camp

Remember the simple joy of summer camp? Trail Mix: An Adult Summer Camp brings nostalgia back without the sticky floors, yelling kids, or lights-out rules. This grown-up weekend is your permission to unwind, explore, and play. Your agenda is blissfully simple; relax and have fun. Guests will enjoy camp classics with an adult twist; expect campfires, hikes, field games, forest frolics, crafty creations, good ole RnR, and more! A full schedule of activities and meals included will be available at MoCoParks.org/TrailMix. This camp features three days of summer fun with one evening of overnight camping on Saturday. Tents will be provided, but participants must provide their own sleeping gear. Friday 11am to 6pm; Saturday 10am to 10pm or overnight; Sunday 9am to 3pm

Meadowside Nature Center		Register on ActiveMontgomery.org Activity: PMNC0223				
Jun 12 to 14	Fri to Sun	Ages 21 and over	\$550	3 days	PMNC0223-500001	

ART AND CRAFTING

Crafting for Animals

Get crafty with recyclables for animals! Meadowside Nature Center (MNC) is home to permanently injured, non-releasable birds of prey. These birds are offered enrichment objects that bring their wild homes to them. Structures made of recyclables and animal-safe materials invite the birds to flex their natural skills, such tearing, shredding, sensing colors or scents, hopping, or flying. This is where you come in! Join us in a group crafting session to create enrichment objects for owls, hawks, and a vulture. Guests 14 and older can earn Student Service Learning Hours for their participation and may register as an independent participant. Children under 14 years must be accompanied by a caretaker.

Meadowside Nature Center		Register on ActiveMontgomery.org Activity: PMNC0247				
Jun 25	Thu	12:30 to 2pm	Ages 7 and up	Free	1 class	PMNC0247-200001
Aug 13	Thu	5:30 to 6:30pm	Ages 7 and up	Free	1 class	PMNC0247-200002

Junior Birders

Make a birdfeeder to hang at the nature center or use at home and learn how to spot birds on a Naturalist-led birding hike.

Meadowside Nature Center		Register on ActiveMontgomery.org Activity: PMNC0242				
Aug 19	Wed	10 to 11am	All Ages	\$7	1 class	PMNC0242-200001

PLAYTIME OR STORYTIME

Toddler Time

Meadowside’s aquatic, forest, and meadow habitats are bustling with life in the summer! Join us on a naturalist-led stroll as we explore a difference habitat and learn about the wildlife that live there. The morning will include activities just right for kiddos aged 2-4 years. Register children only.

Meadowside Nature Center

[Register on ActiveMontgomery.org](#) | **Activity: PMNC0251**

Pond Life

Jun 10	Wed	10 to 11am	Ages 2 to 4	\$7	1 class	PMNC0251-200001
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Forest Friends

Jul 22	Wed	10 to 11am	Ages 2 to 4	\$7	1 class	PMNC0251-200002
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Summer Meadows

Aug 5	Wed	10 to 11am	Ages 2 to 4	\$7	1 class	PMNC0251-200003
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HIKES, SCAVENGER HUNTS, AND CAMPFIRES

Campfire Cooking Series

Spice up your camping meals and try something new with these campfire recipes. Learn how to make 3 delicious snacks around the campfire that you can do at home or on your next camping trip! Each class will make different recipes to enjoy, so sign up for one, or all, to increase your camp cooking repertoire.

Meadowside Nature Center

[Register on ActiveMontgomery.org](#) | **Activity: PMNC0241**

Jun 26	Fri	4:30 to 6pm	Ages 7 and up	\$15	1 class	PMNC0241-200001
Jul 24	Fri	4:30 to 6pm	Ages 7 and up	\$15	1 class	PMNC0241-200002
Aug 28	Fri	4:30 to 6pm	Ages 7 and up	\$15	1 class	PMNC0241-200003

Fairy Houses: Hike, Seek and Craft

Take a stroll along the trails to find fairy houses hidden among the trees. Once you’ve reached the end of the trail, create a fairy house of your own to invite more magical creatures to Meadowside!

Meadowside Nature Center

[Register on ActiveMontgomery.org](#) | **Activity: PMNC0253**

Jul 25	Sat	12 to 1pm	All Ages	\$7	1 class	PMNC0253-200001
Jul 25	Sat	12:30 to 1:30pm	All Ages	\$7	1 class	PMNC0253-200002
Jul 25	Sat	1 to 2pm	All Ages	\$7	1 class	PMNC0253-200003



NATURE, OUTDOOR EXPLORATION, AND SKILLS

Creek Crawl

Grab a net because we are “crawling” the creek looking for macroinvertebrates. We will learn about these aquatic bugs before heading down to the creek to get our feet wet. As we collect our critters, a naturalist will enter them into a phone app that will help us learn about water quality. Participants will get wet and closed-toe shoes are required. Rain prior to the event will cancel this program. Adult chaperones are required to attend with each registered participant, but do not need to register themselves. Please register all children.

Meadowside Nature Center

[Register on ActiveMontgomery.org](https://www.activemontgomery.org) | **Activity: PMNC0243**

Jun 5	Fri	5:30 to 6:30pm	Ages 5 and up	\$7	1 class	PMNC0243-200001
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Queer Nature Families- Creek Crawl

Grab a net because we are “crawling” the creek looking for macroinvertebrates. We will learn about these aquatic bugs before heading down to the creek to get our feet wet. As we collect our critters, a naturalist will enter them into a phone app that will help us learn about water quality. Participants will get wet and closed-toe shoes are required. Rain prior to the event will cancel this program. Adult chaperones are required to attend with each registered participant, but do not need to register themselves. Please register all children.

Meadowside Nature Center

[Register on ActiveMontgomery.org](https://www.activemontgomery.org) | **Activity: PMNC0243**

Jul 10	Fri	11am to 12pm	Ages 5 and up	\$7	1 class	PMNC0243-200002
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Leaf Boat Float

Create a miniature boat using natural and upcycled materials, take a Naturalist led hike down to Meadowside’s bubbling creek, and watch your boat float its way downstream! Please register all children attending.

Meadowside Nature Center

[Register on ActiveMontgomery.org](https://www.activemontgomery.org) | **Activity: PMNC0189**

Jun 16	Tue	11am to 12pm	Ages 6 and up	\$7	1 class	PMNC0189-200001
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Introduction to Freshwater Fishing

Let's cast our lines and dive into the basics of freshwater fishing! Participants will learn how to tie knots, cast a spinning rod, learn fish identification, and more. We will focus on ethical catch and release techniques and spend a majority of the program fishing and practicing skills. Participants need to purchase a Maryland Nontidal Sport Fishing License prior to the workshop and have it with them when fishing. This is a catch and release program. This program will be held at the pavilion near Lake Needwood Boats.

Lake Needwood Boats

[Register on ActiveMontgomery.org](#) | [Activity: PMNC0244](#)

Jul 11	Sat	10am to 12pm	Ages 12 and up	\$25	1 class	PMNC0244-200001
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Firefly Frenzy

Join a naturalist in a guided exploration of firefly homes in the park. A short walk on a natural surface trail will spotlight the spaces that make for good homes for fireflies, and tips on how to spot them throughout the year.

Meadowside Nature Center

[Register on ActiveMontgomery.org](#) | [Activity: PMNC0250](#)

Jul 18	Sat	7 to 8:30pm	Ages 10 and up	\$7	1 class	PMNC0250-200001
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W.A.N.D.E.R.- Useful Plants at Meadowside Nature Center

For generations, Maryland's native plants have been used for gardening, art, medicine, and more. Join us for an immersive morning as we walk the trails to find useful plants growing all around us. Entering the forest opens the door to nature's medicine cabinet, craft drawer and kitchen pantry! W.A.N.D.E.R. – Women And Non-binary individuals Deepening their Environmental Relationships, is a series of empowering hands-on programs that provides accessible and practical knowledge in various outdoor activities.

Meadowside Nature Center

[Register on ActiveMontgomery.org](#) | [Activity: PMNC0254](#)

Aug 1	Sat	10 to 11am	Ages 18 and up	\$7	1 class	PMNC0254-200001
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Introduction to Kayaking

Grab your hat and sunscreen and learn to paddle a kayak. Our certified kayak instructors will teach you the basics of paddling, entering and exiting a kayak, and a few basic strokes before you launch your kayak on Lake Needwood. Once on the water, you can continue to practice your skills and/or tour the lake looking for wildlife. It's a perfect way to spend a relaxing summer day. Kayak rentals and life jackets are included in registration. Paddlers must be confident enough to paddle alone in a single-person kayak. Please meet at the Lake Needwood Boat House, 15700 Needwood Lake Cir, Rockville, MD 20855.

Lake Needwood Boats

[Register on ActiveMontgomery.org](#) | [Activity: PMNC0245](#)

Aug 8	Sat	10am to 12pm	Ages 12 and up	\$50	1 class	PMNC0245-200001
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MINDFULNESS AND WELLNESS

Queerness and Mindfulness in Nature

Join park naturalists for an immersive mindfulness experience in nature. We'll explore how our queer identities are an integral part of the natural world and practice mindfulness activities while strolling through Meadowside's forests.

Meadowside Nature Center

[Register on ActiveMontgomery.org](#) | [Activity: PMNC0252](#)

Jul 17	Fri	6 to 7pm	Ages 18 and up	\$7	1 class	PMNC0252-200001
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SPEAKER SERIES, WORKSHOPS, OR DISCUSSIONS

Raptor Caretaker Chats

Come and learn how our Naturalist Staff care for our amazing birds of prey! Discover what raptors eat for lunch, what raptors do for fun, and how trainers build relationships with these incredible animals. This program takes place at Meadowside Nature Center.

Meadowside Nature Center

[Register on ActiveMontgomery.org](#) | [Activity: PMNC0044](#)

Aug 1	Sat	2 to 2:45pm	All Ages	Free	1 class	PMNC0044-200003
Aug 8	Sat	2 to 2:45pm	All Ages	Free	1 class	PMNC0044-200007
Aug 15	Sat	2 to 2:45pm	All Ages	Free	1 class	PMNC0044-200004
Aug 22	Sat	2 to 2:45pm	All Ages	Free	1 class	PMNC0044-200005
Aug 29	Sat	2 to 2:45pm	All Ages	Free	1 class	PMNC0044-200006



Rent a kayak,
canoe, pedal
boat, or
rowboat and
spend a day
on the water



BLACK HILL BOATS

20920 Lake Ridge Drive | Boyds, MD 20841
BlackHillBoats.org

LAKE NEEDWOOD BOATS

15700 Needwood Lake Circle | Rockville, MD 20855
LakeNeedwoodBoats.org

★ **OPENING MEMORIAL DAY WEEKEND** ★

Cool off in
the 280-jet
water maze
or challenge
yourself to
a round of
miniature golf



SOUTH GERMANTOWN SPLASHPARK & MINIGOLF

18056 Central Park Circle | Boyds, MD 20841
SplashandGolf.com





ROOTS TO ROCKS

MOUNTAIN BIKING

A limited number of bikes and helmets are available to borrow for all Roots to Rocks programs. For those who bring their own bicycle, please ensure that the bike is in safe working order prior to attending the program. Participants must wear closed toe shoes and provide their own water bottle/hydration pack. It is also recommended that participants wear sunscreen, bike gloves, and above the ankle socks. Reminder to check the email Inbox associated with the registred participant prior to the event for information specific to your program. In the event of inclement weather, we will either cancel our program or adjust it to accommodate. If we must cancel a program, we will do our best to notify you 24 hours in advance.

(*) indicates adaptive mountain bikes can be reserved for this ride. See [page 39](#) for more details, or contact our Program Access team 301-495-2581, ProgramAccess@MontgomeryParks.org

Roots to Rocks - Learn to Ride

This is a perfect way to learn the basics of biking from certified bike coaches. We have a limited number of bikes and helmets available to borrow (we will ask to hold something as collateral during the program – cell phone/credit card/etc.). For those who bring their own bicycle, ensure that the bike is in safe working order PRIOR to attending the group ride. Program requirements: Ages 6 and up, must bring a positive attitude, get ready to have fun!

Fairland Recreational Park

[Register on ActiveMontgomery.org](#) | [Activity: PPSDT0001](#)

Jun 6	Sat	10am to 12pm	Ages 6 and up	Free	1 class	PPSDT0001-200001
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Black Hill Regional Park

Aug 1	Sat	10am to 12pm	Ages 6 and up	Free	1 class	PPSDT0001-200002
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Roots to Rocks - Mountain Bike Group Ride

This is a no rider left behind group ride – think “party pace.” There will likely be some “session-ing” and skills instruction along the way. This is a perfect way to meet other riders and build skills on your bike. We have a limited number of bikes and helmets available to borrow (we will ask to hold something as collateral during the program – cell phone/credit card/etc.). For those who bring their own bicycle, ensure that the bike is in safe working order PRIOR to attending the group ride. Program pre-requisites: Ages 6 and up, must know how to ride a bicycle, must know how to operate a bicycle with gears/hand brakes (no coaster brakes).

Fairland Recreational Park

[Register on ActiveMontgomery.org](https://www.active-montgomery.org) | Activity: PPSDT0002

Jun 4	Thu	5 to 7pm	Ages 6 and up	Free	1 class	PPSDT0002-200001
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Cabin John Local Park

Jun 12*	Fri	5 to 7pm	Ages 6 and up	Free	1 class	PPSDT0002-200002
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Black Hill Regional Park

Jun 14	Sun	10am to 12pm	Ages 6 and up	Free	1 class	PPSDT0002-200003
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Needwood Mansion

Jun 18	Thu	5 to 7pm	Ages 6 and up	Free	1 class	PPSDT0002-200004
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Royce Hanson Conservation Park

Jul 9	Fri	5 to 7pm	Ages 6 and up	Free	1 class	PPSDT0002-200006
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North Branch SV U 4

Jul 16*	Thu	5 to 7pm	Ages 6 and up	Free	1 class	PPSDT0002-200007
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Block House Point Conservation Park

Jul 24	Fri	5 to 7pm	Ages 6 and up	Free	1 class	PPSDT0002-200009
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Burnt Mills West Special Park

Jul 26	Sun	10am to 12pm	Ages 6 and up	Free	1 class	PPSDT0002-200010
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Damascus Recreational Park

Jul 30	Thu	5 to 7pm	Ages 6 and up	Free	1 class	PPSDT0002-200011
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Cabin John Regional Park

Aug 7*	Fri	5 to 7pm	Ages 6 and up	Free	1 class	PPSDT0002-200012
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Damascus Community Recreation Center

Aug 27	Thu	5 to 7pm	Ages 6 and up	Free	1 class	PPSDT0002-200013
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Roots to Rocks - Bike Park Day

Come out to the bike parks to hang out and ride with the Roots to Rocks coaches! We will be “session-ing” the pump track, features and progressive jumps with some individualized skills instruction along the way. This is a perfect way to meet other riders and build skills on your bike. We have a limited number of bikes and helmets available to borrow (we will ask to hold something as collateral during the program – cell phone/ credit card/etc.). For those who bring their own bicycle, ensure that the bike is in safe working order PRIOR to attending the group ride. Program pre-requisites: Ages 6 and up, must know how to ride a bicycle, must know how to operate a bicycle with gears/hand brakes (no coaster brakes)

South Germantown Recreational Park [Register on ActiveMontgomery.org | Activity: PPSDT0002](#)

Jun 20	Sat	1 to 3pm	Ages 6 and up	Free	1 class	PPSDT0002-200005
Jul 18	Sat	1 to 3pm	Ages 6 and up	Free	1 class	PPSDT0002-200008

Fairland Recreational Park [Register on ActiveMontgomery.org | Activity: PPSDT0002](#)

Aug 29	Sat	10am to 12pm	Ages 6 and up	Free	1 class	PPSDT0002-200014
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Roots to Rocks - Bike Clinics-Pump Track

This is a perfect way to expand on your skills aboard a bicycle from certified bike coaches. Depending on the location you can expect a program that includes: Bike set up and safety, Body position, Shifting and cadence, Looking ahead, Effective braking, And more! Please pay attention to the location of the program as some programs will require dirt tires

South Germantown Recreational Park [Register on ActiveMontgomery.org | Activity: PPSDT0003](#)

June 20	Sat	10am to 12pm	Free	1 class	PPSDT0003-200005
Jul 18	Sat	10am to 12pm	Free	1 class	PPSDT0003-200006





SOUTH GERMANTOWN
Driving Range



SOUTH GERMANTOWN DRIVING RANGE
18045 Central Park Circle | Boyds, MD 20841
301-670-4670
SGDrivingRange.org

GOLF

Parent and Child Golf

Golf is a great game for kids to start early, and you will have a great time learning together. With the help of a Montgomery County Golf Academy Certified Instructor, you and your child (age 7-15) will learn the basics of golf, including proper stance, grip, chipping, putting, driving, and more. If you are already a golfer, the instructor will work with you at your level to help you improve your game. Fee covers one child and one adult; register the child only. Fee covers instruction, loaner clubs and balls.

South Germantown Driving Range

[Register on ActiveMontgomery.org](#) | Activity: PSGDR2015

Jun 13 to Jul 11	Sat	11am to 12pm	Ages 7 to 15	\$140	4 classes	PSGDR2015-100001
Jun 13 to Jul 11	Sat	12 to 1pm	Ages 7 to 15	\$140	4 classes	PSGDR2015-100002
Jun 13 to Jul 11	Sat	4:30 to 5:30pm	Ages 7 to 15	\$140	4 classes	PSGDR2015-100003
Jul 25 to Aug 15	Sat	11am to 12pm	Ages 7 to 15	\$140	4 classes	PSGDR2015-100004
Jul 25 to Aug 15	Sat	12 to 1pm	Ages 7 to 15	\$140	4 classes	PSGDR2015-100005
Jul 25 to Aug 15	Sat	4:30 to 5:30pm	Ages 7 to 15	\$140	4 classes	PSGDR2015-100006

Beginner Golf, Junior (30 minute class)

If you have always wanted to try golf or have not played in years and want to pick it up again, this is an easy, inexpensive way to get into the sport. You will get four weeks of professional instruction from a Montgomery County Golf Academy Certified Instructor, and learn the basics of golf: proper stance, grip, chipping, putting, driving, golf etiquette, and more. Fee covers loaner clubs and balls. Class sizes are small (no more than 8 students), so you are sure to get a good bit of personal attention.

South Germantown Driving Range

[Register on ActiveMontgomery.org](#) | Activity: PSGDR0011

Jun 9 to 30	Tue	5 to 5:30pm	Ages 7 to 15	\$60	4 classes	PSGDR0011-100003
Jun 11 to Jul 2	Thu	5 to 5:30pm	Ages 7 to 15	\$60	4 classes	PSGDR0011-100004
Jul 21 to Aug 11	Tue	5 to 5:30pm	Ages 7 to 15	\$60	4 classes	PSGDR0011-100005
Jul 23 to Aug 13	Thu	5 to 5:30pm	Ages 7 to 15	\$60	4 classes	PSGDR0011-100006



GOLF AND ARCHERY

Beginner Golf, Junior (1 hour class)

If you have always wanted to try golf or have not played in years and want to pick it up again, this is an easy, inexpensive way to get into the sport. You will get four weeks of professional instruction from a Montgomery County Golf Academy Certified Instructor, and learn the basics of golf: proper stance, grip, chipping, putting, driving, golf etiquette, and more. Fee covers loaner clubs and balls. Class sizes are small (no more than 8 students), so you are sure to get a good bit of personal attention.

South Germantown Driving Range

[Register on ActiveMontgomery.org](#) | Activity: PSGDR2011

Jun 13 to Jul 11	Sat	3:30 to 4:30pm	Ages 7 to 15	\$120	4 classes	PSGDR2011-100001
Jul 25 to Aug 15	Sat	3:30 to 4:30pm	Ages 7 to 15	\$120	4 classes	PSGDR2011-100002

Beginner Golf, Adult

If you have always wanted to try golf or have not played in years and want to pick it up again, this is an easy, inexpensive way to get into the sport. You will get four weeks of professional instruction from a Montgomery County Golf Academy Certified Instructor, and learn the basics of golf: proper stance, grip, chipping, putting, driving, golf etiquette, and more. Fee covers loaner clubs and balls. Class sizes are small (no more than 8 students), so you are sure to get a good bit of personal attention.

South Germantown Driving Range

[Register on ActiveMontgomery.org](#) | Activity: PSGDR2010

Jun 9 to 30	Tue	5:30 to 6:30pm	Ages 18 and up	\$120	4 classes	PSGDR2010-100001
Jun 11 to Jul 2	Thu	5:30 to 6:30pm	Ages 18 and up	\$120	4 classes	PSGDR2010-100002
Jun 13 to Jul 11	Sat	2:30 to 3:30pm	Ages 18 and up	\$120	4 classes	PSGDR2010-100003
Jul 21 to Aug 11	Tue	5:30 to 6:30pm	Ages 18 and up	\$120	4 classes	PSGDR2010-100004
Jul 23 to Aug 13	Thu	5:30 to 6:30pm	Ages 18 and up	\$120	4 classes	PSGDR2010-100005
Jul 25 to Aug 15	Sat	2:30 to 3:30pm	Ages 18 and up	\$120	4 classes	PSGDR2010-100006

ARCHERY

Parent and Child Archery

Whether you are a novice, or you shoot better than Robin Hood, this class is for parent/guardian and their children interested in the sport of archery. It is a really FUN way for boys and girls to learn about archery in a positive learning environment involving both parent and child! Participants should wear comfortable clothing. This is an outdoor class, so participants should dress accordingly. Fee covers one child and one adult; register the child only.

South Germantown Driving Range

[Register on ActiveMontgomery.org](#) | Activity: PSGDR2004

Jun 13 to Jul 11	Sat	12:30 to 2pm	Ages 7 to 15	\$75	4 classes	PSGDR2004-100001
Jun 7 to Jul 12	Sun	12:30 to 2pm	Ages 7 to 15	\$75	4 classes	PSGDR2004-100002
Jul 25 to Aug 15	Sat	12:30 to 2pm	Ages 7 to 15	\$75	4 classes	PSGDR2004-100003
Jul 26 to Aug 16	Sun	12:30 to 2pm	Ages 7 to 15	\$75	4 classes	PSGDR2004-100004



Youth Archery

Interested in learning archery? Participants will learn basic skills and safety instruction. You will learn how to hold, aim, draw, and shoot a bow. We will introduce or build on participant's current knowledge/skills of archery and provide time to practice each new skill. We will supply all the equipment, a safe place to shoot, and a Certified Instructor to guide you. Please bring a water bottle and dress for the weather.

South Germantown Driving Range			Register on ActiveMontgomery.org Activity: PSGDR2001		
Jul 25 to Aug 15	Sat	2 to 3:30pm	Ages 8 to 15	\$60	4 classes PSGDR2001-100001
Jun 7 to Jul 12	Sun	2 to 3:30pm	Ages 8 to 15	\$60	4 classes PSGDR2001-100002
Jun 13 to Jul 11	Sat	2 to 3:30pm	Ages 8 to 15	\$60	4 classes PSGDR2001-100003
Jul 26 to Aug 16	Sun	2 to 3:30pm	Ages 8 to 15	\$60	4 classes PSGDR2001-100004

Adult Archery

Adult archery focuses on the draw cycle. You will learn how to anchor, transfer/hold, aim, and release/follow through. We will supply all the equipment, a safe place to shoot, and a Certified Instructor to guide you. Please bring a water bottle and dress for the weather.

South Germantown Driving Range			Register on ActiveMontgomery.org Activity: PSGDR2003		
Jun 13 to Jul 11	Sat	3:30 to 5pm	Ages 8 to 15	\$60	4 classes PSGDR2003-100001
Jun 7 to Jul 12	Sun	3:30 to 5pm	Ages 8 to 15	\$60	4 classes PSGDR2003-100002
Jul 26 to Aug 16	Sun	3:30 to 5pm	Ages 8 to 15	\$60	4 classes PSGDR2003-100003
Jul 25 to Aug 15	Sat	3:30 to 5pm	Ages 8 to 15	\$60	4 classes PSGDR2003-100004

ICE SKATING



**Cabin John
Ice Rink**



**Wheaton
Ice Arena**



CABIN JOHN ICE RINK

10610 Westlake Dr | Rockville, MD 20852
301-765-8620
CabinJohnIce.org

WHEATON ICE ARENA

11717 Orebaugh Ave | Wheaton, MD 20902
301-905-3000
WheatonIceArena.org

CLASS DATES

Registration Dates: June 9 to 24

Wheaton Ice Class Dates: June 16 to August 9

Cabin John Ice Class Dates: June 26 to August 9

No classes: July 3, 4, 5

On your first day of class...

- Check in at the Group Lesson area in the rink lobby to pick up your practice card.
- Wear one pair of thin long socks that cover your ankles.
- Helmets and gloves are highly recommended for safety.
- Arrive at the rink 30 minutes early for your first lesson, and 15–20 minutes early for subsequent lessons to have time to get skates on properly.
- Pick up your skates at the skate exchange. Ask for one size smaller than your sneaker size. You'll have better balance and protections against injuries.

PUBLIC SESSIONS

Visit our websites for schedules and pricing.

CabinJohnIce.org

WheatonIceArena.org



**Cabin John
Ice Rink**



**Wheaton
Ice Arena**

EVENTS AND IMPORTANT DATES:

- Rinks Closed: July 4

COURSE FEES COVER

1. Six instructed group lessons
2. Skate rental
3. A practice pass good for public skating admissions and skate rental during the lesson series

PLEASE NOTE

- No make-ups or refunds for missed lessons.
- Please read course descriptions carefully and select courses that match the skater's ability and experience. At the end of each class series, the skater will receive an evaluation form recommending the class that should be taken in the future.
- If you see a class you like, register! Classes may be canceled or combined if a minimum enrollment is not met.
- If you wish to practice on the same day as your lesson, please see the public skating schedules before signing up
- Skaters will receive a ribbon award at the end of the course.



ICE SKATING

Parent and Tot Ice Skating

Skating is fun, and great exercise for you and your child! This class teaches children ages 3 to 5 beginning skating skills with Mom or Dad right there to help them feel safe. We'll teach your child how to fall and get up and march while moving on the ice. Parents will need basic skating skills to skate with their child. Fee covers registration for child and parent, skate rental for child and parent, and a practice card good for admission to six public skate sessions to practice skills learned in class. Register only the child for the course. Equipment Required: Helmet and Gloves.

Cabin John Ice Rink

[Register on ActiveMontgomery.org](https://www.activemontgomery.org) | Activity: PICE0100

Jun 28 to Aug 9	Sun	12 to 12:30pm	Ages 3 to 5	\$120	6 classes	PICE0100-212000
Jun 28 to Aug 9	Sun	12:30 to 1pm	Ages 3 to 5	\$120	6 classes	PICE0100-212001
Jul 1 to Aug 5	Wed	4:30 to 5pm	Ages 3 to 5	\$120	6 classes	PICE0100-212002
Jun 27 to Aug 8	Sat	10:30 to 11am	Ages 3 to 5	\$120	6 classes	PICE0100-212003

Wheaton Ice Arena

[Register on ActiveMontgomery.org](https://www.activemontgomery.org) | Activity: PICE0100

Jun 28 to Aug 9	Sun	1:15 to 1:45pm	Ages 3 to 5	\$120	6 classes	PICE0100-215001
Jun 16 to Jul 21	Tue	6 to 6:30pm	Ages 3 to 5	\$120	6 classes	PICE0100-215002

Preschool Ice Skating 1

This class is designed for children ages 3 to 5 who are beginning skaters. Skaters will learn how to sit and stand up on skates both off and on the ice, march in place, march forward, glide on two feet, and dip in place. Fee includes rental skates and a practice card good for admission to six public skate sessions for the skater to practice skills learned in class. Equipment required: Helmet and gloves. Bike helmets are acceptable.

Cabin John Ice Rink

[Register on ActiveMontgomery.org](https://www.activemontgomery.org) | Activity: PICE0101

Jun 28 to Aug 9	Sun	12 to 12:30pm	Ages 3 to 5	\$120	6 classes	PICE0101-212000
Jun 29 to Aug 3	Mon	3:30 to 4pm	Ages 3 to 5	\$120	6 classes	PICE0101-212001
Jun 30 to Aug 4	Tue	4:15 to 4:45pm	Ages 3 to 5	\$120	6 classes	PICE0101-212002
Jul 1 to Aug 5	Wed	4:30 to 5pm	Ages 3 to 5	\$120	6 classes	PICE0101-212003
Jun 27 to Aug 8	Sat	10:30 to 11am	Ages 3 to 5	\$120	6 classes	PICE0101-212004

Wheaton Ice Arena

[Register on ActiveMontgomery.org](https://www.activemontgomery.org) | Activity: PICE0101

Jun 28 to Aug 9	Sun	1:15 to 1:45pm	Ages 3 to 5	\$120	6 classes	PICE0101-215001
Jun 16 to Jul 21	Tue	6 to 6:30pm	Ages 3 to 5	\$120	6 classes	PICE0101-215002

ICE SKATING

Preschool Ice Skating 2

Prerequisite: Preschool Ice Skating 1. Skaters will learn how to march followed by a long glide, dip while moving, backward wiggles, forward two-foot swizzles, beginning snowplow stop, and a two-foot hop in place. Fee includes rental skates and a practice card good for admission to six public skate sessions for the skater to practice skills learned in class. Required equipment: Helmet and gloves. Bike helmets are acceptable.

Cabin John Ice Rink

[Register on ActiveMontgomery.org](#) | Activity: PICE0102

Jun 30 to Aug 4	Tue	4:15 to 4:45pm	Ages 3 to 5	\$120	6 classes	PICE0102-212000
Jun 28 to Aug 9	Sun	12 to 12:30pm	Ages 3 to 5	\$120	6 classes	PICE0102-212001
Jun 29 to Aug 3	Mon	3:30 to 4pm	Ages 3 to 5	\$120	6 classes	PICE0102-212002
Jul 1 to Aug 5	Wed	4:30 to 5pm	Ages 3 to 5	\$120	6 classes	PICE0102-212003
Jun 27 to Aug 8	Sat	10:30 to 11am	Ages 3 to 5	\$120	6 classes	PICE0102-212004

Wheaton Ice Arena

[Register on ActiveMontgomery.org](#) | Activity: PICE0102

Jun 28 to Aug 9	Sun	1:15 to 1:45pm	Ages 3 to 5	\$120	6 classes	PICE0102-215001
Jun 16 to Jul 21	Tue	6 to 6:30pm	Ages 3 to 5	\$120	6 classes	PICE0102-215002

Preschool Ice Skating 3

Prerequisite: Preschool Ice Skating 2. Skaters will learn forward skating, forward one-foot glides, forward and backward swizzles, a snowplow stop, and curves. Fee includes skate rental and a practice card good for admission to six public skate sessions to practice skills learned in class. Required equipment: Helmet and gloves. Bike helmets are acceptable.

Cabin John Ice Rink

[Register on ActiveMontgomery.org](#) | Activity: PICE0103

Jun 28 to Aug 9	Sun	12 to 12:30pm	Ages 3 to 5	\$120	6 classes	PICE0103-212000
Jun 29 to Aug 3	Mon	3:30 to 4pm	Ages 3 to 5	\$120	6 classes	PICE0103-212001
Jun 30 to Aug 4	Tue	4:15 to 4:45pm	Ages 3 to 5	\$120	6 classes	PICE0103-212002
Jun 27 to Aug 8	Sat	10:30 to 11am	Ages 3 to 5	\$120	6 classes	PICE0103-212003

Wheaton Ice Arena

[Register on ActiveMontgomery.org](#) | Activity: PICE0103

Jun 28 to Aug 9	Sun	1:15 to 1:45pm	Ages 3 to 5	\$120	6 classes	PICE0103-215001
Jun 16 to Jul 21	Tue	6 to 6:30pm	Ages 3 to 5	\$120	6 classes	PICE0103-215003

Preschool Ice Skating 4

Prerequisite: Preschool Ice Skating 3. Skaters will learn forward skating, backward two-foot glides, backward swizzles, rocking horse, two-foot turns from forward to backward in place, and two-foot hop. Fee includes skate rental and a practice card good for admission to six public skate sessions to practice skills learned in class. Required equipment: Helmet and gloves. Bike helmets are acceptable.

Cabin John Ice Rink

[Register on ActiveMontgomery.org](#) | [Activity: PICE0104](#)

Jun 28 to Aug 9	Sun	12 to 12:30pm	Ages 3 to 5	\$120 6 classes	PICE0104-212000
Jun 29 to Aug 3	Mon	3:30 to 4pm	Ages 3 to 5	\$120 6 classes	PICE0104-212001
Jun 30 to Aug 4	Tue	4:15 to 4:45pm	Ages 3 to 5	\$120 6 classes	PICE0104-212002
Jun 27 to Aug 8	Sat	10:30 to 11am	Ages 3 to 5	\$120 6 classes	PICE0104-212003

Wheaton Ice Arena

[Register on ActiveMontgomery.org](#) | [Activity: PICE0104](#)

Jun 28 to Aug 9	Sun	1:15 to 1:45pm	Ages 3 to 5	\$120 6 classes	PICE0104-215001
Jun 16 to Jul 21	Tue	6 to 6:30pm	Ages 3 to 5	\$120 6 classes	PICE0104-215002

Skating Superstars

For skaters ages 4-8, who have completed Preschool Skating Level 3 or Youth Level 1, this 30-minute class offers a high-energy fun time on the ice. Class starts with an on ice warm-up to music, followed by focused skating technique work. Engaging games and colorful obstacle courses strengthen forward/backward skating, turns and stopping skills and further independent practice.

Wheaton Ice Arena

[Register on ActiveMontgomery.org](#) | [Activity: PICE0105](#)

Jun 28 to Aug 9	Sun	1:15 to 1:45pm	Ages 4 to 8	\$120 6 classes	PICE0105-215010
Jun 16 to Jul 21	Tue	6 to 6:30pm	Ages 4 to 8	\$120 6 classes	PICE0105-215011



ICE SKATING

Youth Ice Skating 1

This class is for beginner skaters ages 6 to 11 years old. Skaters will learn how to sit on the ice and stand up, march forward across the ice, forward two-foot glide, dip, forward swizzles, backward wiggles, beginning snowplow stops, and a two-foot hop. Fee includes skate rental plus a practice card good for admission to six public skate sessions to practice skills learned in class. Required equipment: Helmet and gloves. Bike helmets are acceptable.

Cabin John Ice Rink

[Register on ActiveMontgomery.org](#) | Activity: PICE0201

Jun 28 to Aug 9	Sun	12:30 to 1pm	Ages 6 to 11	\$120	6 classes	PICE0201-212000
Jun 29 to Aug 3	Mon	4 to 4:30pm	Ages 6 to 11	\$120	6 classes	PICE0201-212003
Jun 30 to Aug 4	Tue	3:45 to 4:15pm	Ages 6 to 11	\$120	6 classes	PICE0201-212004
Jul 1 to Aug 5	Wed	4 to 4:30pm	Ages 6 to 11	\$120	6 classes	PICE0201-212005
Jul 2 to Aug 6	Thu	3:30 to 4pm	Ages 6 to 11	\$120	6 classes	PICE0201-212006
Jun 25 to Jul 30	Thu	6:15 to 6:45pm	Ages 6 to 11	\$120	6 classes	PICE0201-212007
Jun 27 to Aug 8	Sat	11 to 11:30am	Ages 6 to 11	\$120	6 classes	PICE0201-212008

Wheaton Ice Arena

[Register on ActiveMontgomery.org](#) | Activity: PICE0201

Jun 28 to Aug 9	Sun	1:45 to 2:15pm	Ages 6 to 11	\$120	6 classes	PICE0201-215001
Jun 16 to Jul 21	Tue	6:30 to 7pm	Ages 6 to 11	\$120	6 classes	PICE0201-215002

Youth Ice Skating 2

Prerequisite: Passed Youth Ice Skating 1 or Preschool Ice Skating 4. Skaters will learn forward one-foot glides, backward two-foot glide, rocking horse, scooter pushes, backward swizzles, a two-foot turn from forward to backward in place, and a moving snowplow stop. Fee includes skate rental plus a practice card good for admission to six public skate sessions to practice skills learned in class. Helmet and gloves are strongly recommended.

Cabin John Ice Rink

[Register on ActiveMontgomery.org](#) | Activity: PICE0202

Jun 28 to Aug 9	Sun	12 to 12:30pm	Ages 4 to 11	\$120	6 classes	PICE0202-212000
Jun 28 to Aug 9	Sun	12:30 to 1pm	Ages 4 to 11	\$120	6 classes	PICE0202-212001
Jun 28 to Aug 9	Sun	1:45 to 2:15pm	Ages 4 to 11	\$120	6 classes	PICE0202-212002
Jun 29 to Aug 3	Mon	4 to 4:30pm	Ages 4 to 11	\$120	6 classes	PICE0202-212003
Jun 29 to Aug 3	Mon	4:30 to 5pm	Ages 4 to 11	\$120	6 classes	PICE0202-212004
Jun 30 to Aug 4	Tue	3:45 to 4:15pm	Ages 4 to 11	\$120	6 classes	PICE0202-212005
Jul 1 to Aug 5	Wed	4 to 4:30pm	Ages 4 to 11	\$120	6 classes	PICE0202-212006
Jul 2 to Aug 6	Thu	3:30 to 4pm	Ages 4 to 11	\$120	6 classes	PICE0202-212007
Jul 2 to Aug 6	Thu	4 to 4:30pm	Ages 4 to 11	\$120	6 classes	PICE0202-212008
Jun 27 to Aug 8	Sat	11 to 11:30am	Ages 4 to 11	\$120	6 classes	PICE0202-212009

ICE SKATING

Youth Ice Skating 2 (continued)

Wheaton Ice Arena			Register on ActiveMontgomery.org Activity: PICE0202			
Jun 28 to Aug 9	Sun	1:45 to 2:15pm	Ages 4 to 11	\$120	6 classes	PICE0202-215001
Jun 16 to Jul 21	Tue	6:30 to 7pm	Ages 4 to 11	\$120	6 classes	PICE0202-215004

Youth Ice Skating 3

Prerequisite: Passed Youth Ice Skating 2. Skaters will learn forward stroking, forward half-swizzle pumps on a circle, moving forward to backward two-foot turns, backward one-foot glides, backward snowplow stop, forward slaloms, and forward pivot. Fee includes skate rental plus a practice card good for admission to six public skate sessions to practice skills learned in class.

Cabin John Ice Rink			Register on ActiveMontgomery.org Activity: PICE0203			
Jun 28 to Aug 9	Sun	12 to 12:30pm	Ages 4 to 11	\$120	6 classes	PICE0203-212000
Jun 28 to Aug 9	Sun	12:30 to 1pm	Ages 4 to 11	\$120	6 classes	PICE0203-212001
Jun 28 to Aug 9	Sun	1:45 to 2:15pm	Ages 4 to 11	\$120	6 classes	PICE0203-212002
Jun 29 to Aug 3	Mon	4 to 4:30pm	Ages 4 to 11	\$120	6 classes	PICE0203-212003
Jun 30 to Aug 4	Tue	3:45 to 4:15pm	Ages 4 to 11	\$120	6 classes	PICE0203-212004
Jul 1 to Aug 5	Wed	4 to 4:30pm	Ages 4 to 11	\$120	6 classes	PICE0203-212005
Jul 1 to Aug 5	Wed	5 to 5:30pm	Ages 4 to 11	\$120	6 classes	PICE0203-212006
Jul 2 to Aug 6	Thu	3:30 to 4pm	Ages 4 to 11	\$120	6 classes	PICE0203-212007
Jun 27 to Aug 8	Sat	11 to 11:30am	Ages 4 to 11	\$120	6 classes	PICE0203-212008

Wheaton Ice Arena			Register on ActiveMontgomery.org Activity: PICE0203			
Jun 28 to Aug 9	Sun	1:45 to 2:15pm	Ages 4 to 11	\$120	6 classes	PICE0203-215001
Jun 16 to Jul 21	Tue	6:30 to 7pm	Ages 4 to 11	\$120	6 classes	PICE0203-215003



ICE SKATING

Youth Ice Skating 4

Prerequisite: Passed Youth Ice Skating 3. Skaters will learn forward outside and inside edges on a circle (R and L), forward crossovers, backward half-swizzle pumps on a circle, backward one-foot glides, beginning two-foot spin, and forward lunges. Fee includes skate rental plus a practice card good for admission to six public skate sessions to practice skills learned in class.

Cabin John Ice Rink

[Register on ActiveMontgomery.org](#) | [Activity: PICE0204](#)

Jun 28 to Aug 9	Sun	12 to 12:30pm	Ages 4 to 11	\$120	6 classes	PICE0204-212000
Jun 28 to Aug 9	Sun	12:30 to 1pm	Ages 4 to 11	\$120	6 classes	PICE0204-212001
Jun 28 to Aug 9	Sun	1:45 to 2:15pm	Ages 4 to 11	\$120	6 classes	PICE0204-212002
Jun 29 to Aug 3	Mon	4:30 to 5pm	Ages 4 to 11	\$120	6 classes	PICE0204-212003
Jul 1 to Aug 5	Wed	5 to 5:30pm	Ages 4 to 11	\$120	6 classes	PICE0204-212005
Jul 2 to Aug 6	Thu	4 to 4:30pm	Ages 4 to 11	\$120	6 classes	PICE0204-212006
Jun 27 to Aug 8	Sat	11 to 11:30am	Ages 4 to 11	\$120	6 classes	PICE0204-212007

Wheaton Ice Arena

[Register on ActiveMontgomery.org](#) | [Activity: PICE0204](#)

Jun 28 to Aug 9	Sun	1:45 to 2:15pm	Ages 4 to 11	\$120	6 classes	PICE0204-215001
Jun 16 to Jul 21	Tue	6:30 to 7pm	Ages 4 to 11	\$120	6 classes	PICE0204-215002

Youth Ice Skating 5

Prerequisite: Passed Youth Ice Skating 4. Skaters will learn backward outside and inside edges on a circle (R and L), backward crossovers, forward outside three-turns, advanced two-foot spin, hockey stop, and side toe hop. Fee includes skate rental plus a practice card good for admission to six public skate sessions to practice skills learned in class.

Cabin John Ice Rink

[Register on ActiveMontgomery.org](#) | [Activity: PICE0205](#)

Jun 28 to Aug 9	Sun	12 to 12:30pm	Ages 4 to 11	\$120	6 classes	PICE0205-212000
Jun 28 to Aug 9	Sun	12:30 to 1pm	Ages 4 to 11	\$120	6 classes	PICE0205-212001
Jun 29 to Aug 3	Mon	4:30 to 5pm	Ages 4 to 11	\$120	6 classes	PICE0205-212003
Jul 1 to Aug 5	Wed	5 to 5:30pm	Ages 4 to 11	\$120	6 classes	PICE0205-212005
Jul 2 to Aug 6	Thu	4 to 4:30pm	Ages 4 to 11	\$120	6 classes	PICE0205-212006
Jun 27 to Aug 8	Sat	11 to 11:30am	Ages 4 to 11	\$120	6 classes	PICE0205-212007

Wheaton Ice Arena

[Register on ActiveMontgomery.org](#) | [Activity: PICE0205](#)

Jun 28 to Aug 9	Sun	1:45 to 2:15pm	Ages 4 to 11	\$120	6 classes	PICE0205-215001
Jun 16 to Jul 21	Tue	6:30 to 7pm	Ages 4 to 11	\$120	6 classes	PICE0205-215002

ICE SKATING

Youth Ice Skating 6

Prerequisite: Passed Youth Ice Skating 5. Skaters will learn forward inside three-turns, moving backward to forward two-foot turns on a circle, backward stroking, T-stop, bunny hops, forward spiral on a straight line, beginning one-foot spin, and shoot the duck. Fee includes skate rental plus a practice card good for admission to public skate sessions to practice skills learned in class.

Cabin John Ice Rink

[Register on ActiveMontgomery.org](#) | [Activity: PICE0206](#)

Jun 28 to Aug 9	Sun	1 to 1:45pm	Ages 4 to 11	\$180	6 classes	PICE0206-212000
Jun 29 to Aug 3	Mon	5 to 5:45pm	Ages 4 to 11	\$180	6 classes	PICE0206-212001
Jul 2 to Aug 6	Thu	4:30 to 5:15pm	Ages 4 to 11	\$180	6 classes	PICE0206-212003
Jun 20 to Aug 1	Sat	9:45 to 10:30am	Ages 4 to 11	\$180	6 classes	PICE0206-212004

Wheaton Ice Arena

[Register on ActiveMontgomery.org](#) | [Activity: PICE0206](#)

Jun 28 to Aug 9	Sun	1:45 to 2:15pm	Ages 4 to 11	\$120	6 classes	PICE0206-215001
Jun 16 to Jul 21	Tue	6:30 to 7pm	Ages 4 to 11	\$120	6 classes	PICE0206-215002

Teens and Tweens Ice Skating 1

This class is for beginner skaters ages 12 to 17. Skaters will learn how to sit on the ice and stand up, march forward across the ice, forward two-foot glide, dip, forward swizzles, backward wiggles, beginning snowplow stops, and a two-foot hop. Fee includes skate rental plus a practice card good for admission to public skate sessions to practice skills learned in class. Required Equipment: Helmet (bike helmet is fine) and gloves.

Cabin John Ice Rink

[Register on ActiveMontgomery.org](#) | [Activity: PICE0231](#)

Jun 28 to Aug 9	Sun	1 to 1:45pm	Ages 12 to 17	\$180	6 classes	PICE0231-212000
Jun 29 to Aug 3	Mon	6 to 6:45pm	Ages 12 to 17	\$180	6 classes	PICE0231-212001
Jul 1 to Aug 5	Wed	6:15 to 7pm	Ages 12 to 17	\$180	6 classes	PICE0231-212002

Wheaton Ice Arena

[Register on ActiveMontgomery.org](#) | [Activity: PICE0231](#)

Jun 28 to Aug 9	Sun	2:15 to 2:45pm	Ages 12 to 17	\$120	6 classes	PICE0231-215000
Jun 16 to Jul 21	Tue	7 to 7:30pm	Ages 12 to 17	\$120	6 classes	PICE0231-215002



ICE SKATING

Teens and Tweens Ice Skating 2

Prerequisite: Passed Tweens & Teens 1. Skaters will learn forward one-foot glides, backward two-foot glide, rocking horse, scooter pushes, backward swizzles, a two-foot turn from forward to backward in place, and a moving snowplow stop. Fee includes skate rental plus a practice card good for admission to public skate sessions to practice skills learned in class. Helmet and gloves are strongly recommended.

Cabin John Ice Rink

[Register on ActiveMontgomery.org](#) | Activity: PICE0232

Jun 28 to Aug 9	Sun	1 to 1:45pm	Ages 12 to 17	\$180	6 classes	PICE0232-212000
Jun 29 to Aug 3	Mon	6 to 6:45pm	Ages 12 to 17	\$180	6 classes	PICE0232-212001
Jul 1 to Aug 5	Wed	6:15 to 7pm	Ages 12 to 17	\$180	6 classes	PICE0232-212002

Wheaton Ice Arena

[Register on ActiveMontgomery.org](#) | Activity: PICE0232

Jun 28 to Aug 9	Sun	2:15 to 2:45pm	Ages 12 to 17	\$120	6 classes	PICE0232-215000
Jun 16 to Jul 21	Tue	7 to 7:30pm	Ages 12 to 17	\$120	6 classes	PICE0232-215002

Teens and Tweens Ice Skating 3

Prerequisite: Passed Tweens & Teens 2 and for ages 12-17. Skaters will learn forward stroking, forward half-swizzle pumps on a circle, moving forward to backward two-foot turns, backward one-foot glides, backward snowplow stop, forward slaloms, and forward pivot. Fee includes skate rental plus a practice card good for admission to public skate sessions to practice skills learned in class. Helmet and gloves are strongly recommended.

Cabin John Ice Rink

[Register on ActiveMontgomery.org](#) | Activity: PICE0233

Jun 28 to Aug 9	Sun	1 to 1:45pm	Ages 12 to 17	\$180	6 classes	PICE0233-212000
Jun 29 to Aug 3	Mon	6 to 6:45pm	Ages 12 to 17	\$180	6 classes	PICE0233-212001
Jul 1 to Aug 5	Wed	6:15 to 6:45pm	Ages 12 to 17	\$180	6 classes	PICE0233-212002

Wheaton Ice Arena

[Register on ActiveMontgomery.org](#) | Activity: PICE0233

Jun 28 to Aug 9	Sun	2:15 to 2:45pm	Ages 12 to 17	\$120	6 classes	PICE0233-215000
Jun 16 to Jul 21	Tue	7 to 7:30pm	Ages 12 to 17	\$120	6 classes	PICE0233-215002

Teens and Tweens Ice Skating 4

Prerequisite: Passed Tweens & Teens 3 and for ages 12-17. Skaters will learn forward outside and inside edges on a circle (R and L), forward crossovers, backward half-swizzle pumps on a circle, backward one-foot glides, beginning two-foot spin, and forward lunges. Fee includes skate rental plus a practice card good for admission to public skate sessions to practice skills learned in class. Helmet and gloves are strongly recommended.

Cabin John Ice Rink

[Register on ActiveMontgomery.org](#) | Activity: PICE0234

Jun 28 to Aug 9	Sun	1:45 to 2:30pm	Ages 12 to 17	\$180	6 classes	PICE0234-212000
Jun 29 to Aug 3	Mon	7:30 to 8:15pm	Ages 12 to 17	\$180	6 classes	PICE0234-212001
Jul 1 to Aug 5	Wed	6:15 to 7pm	Ages 12 to 17	\$180	6 classes	PICE0234-212002

ICE SKATING

Teens and Tweens Ice Skating 4 (continued)

Wheaton Ice Arena		Register on ActiveMontgomery.org Activity: PICE0234				
Jun 28 to Aug 9	Sun	2:15 to 2:45pm	Ages 12 to 17	\$120	6 classes	PICE0234-215000
Jun 16 to Jul 21	Tue	7 to 7:30pm	Ages 12 to 17	\$120	6 classes	PICE0234-215002

Teens and Tweens Ice Skating 5

Prerequisite: Passed Tweens & Teens 4 and for ages 12-17. Skaters will learn backward outside and inside edges on a circle (R and L), backward crossovers, forward outside three-turns, advanced two-foot spin, hockey stop, and side toe hop. Fee includes skate rental plus a practice card good for admission to public skate sessions to practice skills learned in class. Helmet and gloves are strongly recommended.

Cabin John Ice Rink		Register on ActiveMontgomery.org Activity: PICE0235				
Jun 28 to Aug 9	Sun	1:45 to 2:30pm	Ages 12 to 17	\$180	6 classes	PICE0235-212000
Jun 29 to Aug 3	Mon	7:30 to 8:15pm	Ages 12 to 17	\$180	6 classes	PICE0235-212001
Jul 1 to Aug 5	Wed	6:15 to 7pm	Ages 12 to 17	\$180	6 classes	PICE0235-212002
Wheaton Ice Arena		Register on ActiveMontgomery.org Activity: PICE0235				
Jun 28 to Aug 9	Sun	2:15 to 2:45pm	Ages 12 to 17	\$120	6 classes	PICE0235-215000
Jun 16 to Jul 21	Tue	7 to 7:30pm	Ages 12 to 17	\$120	6 classes	PICE0235-215002

Teens and Tweens Ice Skating 6

Prerequisite: Passed Tweens & Teens 5 and for ages 12-17. Skaters will learn forward inside three-turns, moving backward to forward two-foot turns on a circle, backward stroking, T-stop, bunny hops, forward spiral on a straight line, beginning one-foot spin, and shoot the duck. Fee includes skate rental plus a practice card good for admission to public skate sessions to practice skills learned in class. Helmet and gloves are strongly recommended.

Cabin John Ice Rink		Register on ActiveMontgomery.org Activity: PICE0236				
Jun 28 to Aug 9	Sun	1:45 to 2:30pm	Ages 12 to 17	\$180	6 classes	PICE0236-212000
Jun 29 to Aug 3	Mon	7:30 to 8:15pm	Ages 12 to 17	\$180	6 classes	PICE0236-212001
Jul 1 to Aug 5	Wed	6:15 to 7pm	Ages 12 to 17	\$180	6 classes	PICE0236-212002
Wheaton Ice Arena		Register on ActiveMontgomery.org Activity: PICE0236				
Jun 28 to Aug 9	Sun	2:15 to 2:45pm	Ages 12 to 17	\$120	6 classes	PICE0236-215000
Jun 16 to Jul 21	Tue	7 to 7:30pm	Ages 12 to 17	\$120	6 classes	PICE0236-215002

ICE SKATING

Adult Ice Skating 1

This class is for beginner skaters ages 18 and older. Skaters will learn how to sit on the ice and stand up, march forward across the ice, forward two-foot glide, dip, forward swizzles, backward wiggles, beginning snowplow stops, and a two-foot hop. Fee includes skate rental plus a practice card good for admission to public skate sessions to practice skills learned in class. Required Equipment: Helmet (bike helmet is fine) and gloves.

Cabin John Ice Rink

[Register on ActiveMontgomery.org](#) | Activity: PICE0241

Jun 28 to Aug 9	Sun	1 to 1:45pm	Ages 18 and up	\$180	6 classes	PICE0241-212000
Jun 29 to Aug 3	Mon	6 to 6:45pm	Ages 18 and up	\$180	6 classes	PICE0241-212001
Jul 1 to Aug 5	Wed	6:15 to 7pm	Ages 18 and up	\$180	6 classes	PICE0241-212002

Wheaton Ice Arena

[Register on ActiveMontgomery.org](#) | Activity: PICE0241

Jun 28 to Aug 9	Sun	2:15 to 2:45pm	Ages 18 and up	\$120	6 classes	PICE0241-215000
Jun 16 to Jul 14	Tue	7 to 7:30pm	Ages 18 and up	\$120	5 classes	PICE0241-215002

Adult Ice Skating 2

Prerequisite: Passed Adult 1 and for ages 18 and older. Skaters will learn forward one-foot glides, backward two-foot glide, rocking horse, scooter pushes, backward swizzles, a two-foot turn from forward to backward in place, and a moving snowplow stop. Fee includes skate rental plus a practice card good for admission to public skate sessions to practice skills learned in class. Helmet and gloves are strongly recommended.

Cabin John Ice Rink

[Register on ActiveMontgomery.org](#) | Activity: PICE0242

Jun 28 to Aug 9	Sun	1 to 1:45pm	Ages 18 and up	\$180	6 classes	PICE0242-212000
Jun 29 to Aug 3	Mon	6 to 6:45pm	Ages 18 and up	\$180	6 classes	PICE0242-212001
Jul 1 to Aug 5	Wed	6:15 to 7:30pm	Ages 18 and up	\$180	6 classes	PICE0242-212002

Wheaton Ice Arena

[Register on ActiveMontgomery.org](#) | Activity: PICE0242

Jun 28 to Aug 9	Sun	2:15 to 2:45pm	Ages 18 and up	\$120	6 classes	PICE0242-215000
Jun 16 to Jul 21	Tue	7 to 7:30pm	Ages 18 and up	\$120	6 classes	PICE0242-215002

Adult Ice Skating 3

Prerequisite: Passed Adult Ice Skating 2 and for ages 18 and older. Skaters will learn forward stroking, forward half-swizzle pumps on a circle, moving forward to backward two-foot turns, backward one-foot glides, backward snowplow stop, forward slaloms, and forward pivot. Fee includes skate rental plus a practice card good for admission to public skate sessions to practice skills learned in class. Helmet and gloves are strongly recommended.

Cabin John Ice Rink

[Register on ActiveMontgomery.org](#) | Activity: PICE0243

Jun 28 to Aug 9	Sun	1 to 1:45pm	Ages 18 and up	\$180	6 classes	PICE0243-212000
Jun 29 to Aug 3	Mon	6 to 6:45pm	Ages 18 and up	\$180	6 classes	PICE0243-212001
Jul 1 to Aug 5	Wed	6:15 to 7pm	Ages 18 and up	\$180	6 classes	PICE0243-212002

ICE SKATING

Adult Ice Skating 3 (continued)

Wheaton Ice Arena			Register on ActiveMontgomery.org Activity: PICE0243		
Jun 28 to Aug 9	Sun	2:15 to 2:45pm	Ages 18 and up	\$120	6 classes PICE0243-215000
Jun 16 to Jul 21	Tue	7 to 7:30pm	Ages 18 and up	\$120	6 classes PICE0243-215002

Adult Ice Skating 4

Prerequisite: Passed Adult 3 and for ages 18 and older. Skaters will learn forward outside and inside edges on a circle (R and L), forward crossovers, backward half-swizzle pumps on a circle, backward one-foot glides, beginning two-foot spin, and forward lunges. Fee includes skate rental plus a practice card good for admission to public skate sessions to practice skills learned in class. Helmet and gloves are strongly recommended.

Cabin John Ice Rink			Register on ActiveMontgomery.org Activity: PICE0244		
Jun 28 to Aug 9	Sun	1:45 to 2:30pm	Ages 18 and up	\$180	6 classes PICE0244-212000
Jun 29 to Aug 3	Mon	7:30 to 8:15pm	Ages 18 and up	\$180	6 classes PICE0244-212001
Jul 1 to Aug 5	Wed	6:15 to 7pm	Ages 18 and up	\$180	6 classes PICE0244-212002
Wheaton Ice Arena			Register on ActiveMontgomery.org Activity: PICE0244		
Jun 28 to Aug 9	Sun	2:15 to 2:45pm	Ages 18 and up	\$120	6 classes PICE0244-215000
Jun 16 to Jul 21	Tue	7 to 7:30pm	Ages 18 and up	\$120	6 classes PICE0244-215002

Adult Ice Skating 5

Prerequisite: Passed Adult 4 and for ages 18 and older. Skaters will learn backward outside and inside edges on a circle (R and L), backward crossovers, forward outside three-turns, advanced two-foot spin, hockey stop, and side toe hop. Fee includes skate rental plus a practice card good for admission to public skate sessions to practice skills learned in class. Helmet and gloves are strongly recommended.

Cabin John Ice Rink			Register on ActiveMontgomery.org Activity: PICE0245		
Jun 28 to Aug 9	Sun	1:45 to 2:30pm	Ages 18 and up	\$180	6 classes PICE0245-212000
Jun 29 to Aug 3	Mon	7:30 to 8:15pm	Ages 18 and up	\$180	6 classes PICE0245-212001
Jul 1 to Aug 5	Wed	6:15 to 7pm	Ages 18 and up	\$180	6 classes PICE0245-212002
Wheaton Ice Arena			Register on ActiveMontgomery.org Activity: PICE0245		
Jun 28 to Aug 9	Sun	2:15 to 2:45pm	Ages 18 and up	\$120	6 classes PICE0245-215000
Jun 16 to Jul 21	Tue	7 to 7:30pm	Ages 18 and up	\$120	6 classes PICE0245-215002

ICE SKATING

Adult Ice Skating 6

Prerequisite: Passed Adult 5 and for ages 18 and older. Skaters will learn forward inside three-turns, moving backward to forward two-foot turns on a circle, backward stroking, T-stop, bunny hops, forward spiral on a straight line, beginning one-foot spin, and shoot the duck. Fee includes skate rental plus a practice card good for admission to public skate sessions to practice skills learned in class. Helmet and gloves are strongly recommended.

Cabin John Ice Rink

[Register on ActiveMontgomery.org](#) | Activity: PICE0246

Jun 28 to Aug 9	Sun	1:45 to 2:30pm	Ages 18 and up	\$180	6 classes	PICE0246-212000
Jun 29 to Aug 3	Mon	7:30 to 8:15pm	Ages 18 and up	\$180	6 classes	PICE0246-212001
Jul 1 to Aug 5	Wed	6:15 to 7pm	Ages 18 and up	\$180	6 classes	PICE0246-212002

Wheaton Ice Arena

[Register on ActiveMontgomery.org](#) | Activity: PICE0246

Jun 28 to Aug 9	Sun	2:15 to 2:45pm	Ages 18 and up	\$120	6 classes	PICE0246-215000
Jun 16 to Jul 21	Tue	7 to 7:30pm	Ages 18 and up	\$120	6 classes	PICE0246-215002

Adult Free Skate

Prerequisite: Passed Adult Ice Skating 6. This class will focus on introductory free skating skills including beginner jumps and spins. Fee includes skate rental plus a practice card good for admission to public skate sessions to practice skills learned in class. Helmet and gloves are strongly recommended.

Cabin John Ice Rink

[Register on ActiveMontgomery.org](#) | Activity: PICE0247

Jul 1 to Aug 5	Wed	6:15 to 7pm	Ages 18 and up	\$180	6 classes	PICE0247-212000
Jun 27 to Aug 8	Sat	9:45 to 10:30am	Ages 18 and up	\$180	6 classes	PICE0247-212001

Wheaton Ice Arena

[Register on ActiveMontgomery.org](#) | Activity: PICE0247

Jul 2 to Aug 6	Thu	6:15 to 6:45pm	Ages 18 and up	\$120	6 classes	PICE0247-215001
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Adult Figures

Prerequisite: Passed Adult Ice Skating 5. Learn the history and tracing of compulsory figures. This is the oldest form of figure skating originating from over 200 years ago. Skaters will learn the forward outside and inside eight, forward waltz eight, backward outside eight, and various serpentine eights. This class will be split into a beginning and advanced group. Fee includes six lessons, skate rental, and a practice card for public session admission to practice during the series.

Cabin John Ice Rink

[Register on ActiveMontgomery.org](#) | Activity: PICE0260

Jun 29 to Aug 3	Mon	7 to 7:30pm	Ages 18 and up	\$120	6 classes	PICE0260-212000
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ICE SKATING

Pre Free Skate

Prerequisite: Passed Youth Ice Skating 6. Skaters will learn forward inside open mohawk, backward outside edge to forward outside edge transition on a circle, ballet jump, backward crossovers to backward outside edge glides, combination step sequences, one-foot upright spin, mazurka, and waltz jump. Fee includes skate rental and a practice card good for admission to public skate sessions to practice skills learned in class.

Cabin John Ice Rink

[Register on ActiveMontgomery.org](#) | [Activity: PICE0300](#)

Jun 28 to Aug 9	Sun	1 to 1:45pm	Ages 4 to 12	\$180	6 classes	PICE0300-212000
Jun 29 to Aug 3	Mon	5 to 5:45pm	Ages 4 to 12	\$180	6 classes	PICE0300-212001
Jul 2 to Aug 6	Thu	4:30 to 5:15pm	Ages 4 to 12	\$180	6 classes	PICE0300-212003
Jun 27 to Aug 8	Sat	9:45 to 10:30am	Ages 4 to 12	\$180	6 classes	PICE0300-212004

Wheaton Ice Arena

[Register on ActiveMontgomery.org](#) | [Activity: PICE0300](#)

Jun 28 to Aug 9	Sun	1:45 to 2:15pm	Ages 4 to 12	\$120	6 classes	PICE0300-215001
Jul 2 to Aug 6	Thu	6:15 to 6:45pm	Ages 4 to 12	\$120	6 classes	PICE0300-215003

Free Skate 1

Prerequisite: Passed Pre Free Skate. Learn forward power stroking, forward outside & inside consecutive edges, backward outside three-turns, upright one-foot spin from back crossovers, half flip, toe loop, and waltz jump combinations. Fee includes skate rental (if needed) plus a skating practice card.

Cabin John Ice Rink

[Register on ActiveMontgomery.org](#) | [Activity: PICE0310](#)

Jun 28 to Aug 9	Sun	1 to 1:45pm	Ages 5 and up	\$180	6 classes	PICE0310-212001
Jul 2 to Aug 6	Thu	5:30 to 6:15pm	Ages 5 and up	\$180	6 classes	PICE0310-212002
Jun 27 to Aug 8	Sat	9:45 to 10:30am	Ages 5 and up	\$180	6 classes	PICE0310-212003

Wheaton Ice Arena

[Register on ActiveMontgomery.org](#) | [Activity: PICE0310](#)

Jun 28 to Aug 9	Sun	1:45 to 2:15pm	Ages 5 and up	\$120	6 classes	PICE0310-215001
Jul 2 to Aug 6	Thu	6:15 to 6:45pm	Ages 5 and up	\$120	6 classes	PICE0310-215003

Free Skate 2

Prerequisite: Passed Free Skate 1. Skaters will learn basic back outside and back inside consecutive edges, forward outside and inside spirals on an axis, backward inside three-turns, beginning back spin, half lutz, and salchow. Fee includes skate rental (if needed) plus a skating practice card.

Cabin John Ice Rink

[Register on ActiveMontgomery.org](#) | [Activity: PICE0312](#)

Jun 28 to Aug 9	Sun	1 to 1:45pm	Ages 5 and up	\$180	6 classes	PICE0312-212001
Jul 2 to Aug 6	Thu	5:30 to 6:15pm	Ages 5 and up	\$180	6 classes	PICE0312-212002
Jun 27 to Aug 8	Sat	9:45 to 10:30am	Ages 5 and up	\$180	6 classes	PICE0312-212003

Wheaton Ice Arena

[Register on ActiveMontgomery.org](#) | [Activity: PICE0312](#)

Jul 2 to Aug 6	Thu	6:15 to 6:45pm	Ages 5 and up	\$120	6 classes	PICE0312-215002
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ICE SKATING

Free Skate 3

Prerequisite: Passed Free Skate 2. Skaters will learn alternating back crossovers to backward outside edges, alternating mohawk/crossover sequence, waltz three turns, advanced back spin, loop jump, waltz jump/toe loop combination and salchow/toe loop combination. Fee includes skate rental (if needed) plus a practice card good for admission to public skate sessions.

Cabin John Ice Rink

[Register on ActiveMontgomery.org](#) | [Activity: PICE0314](#)

Jun 28 to Aug 9	Sun	1 to 1:45pm	Ages 5 and up	\$180	6 classes	PICE0314-212001
Jul 2 to Aug 6	Thu	5:30 to 6:15pm	Ages 5 and up	\$180	6 classes	PICE0314-212002
Jun 27 to Aug 8	Sat	9:45 to 10:30am	Ages 5 and up	\$180	6 classes	PICE0314-212003

Wheaton Ice Arena

[Register on ActiveMontgomery.org](#) | [Activity: PICE0314](#)

Jul 2 to Aug 6	Thu	6:15 to 6:45pm	Ages 5 and up	\$120	6 classes	PICE0314-215002
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Free Skate 4

Prerequisite: Passed Free Skate 3. Skaters will learn forward power three-turns, waltz eight, forward upright to backward upright spin, sit spin, half loop, flip, and split jump. Fee includes skate rental (if needed) plus a practice card good for admission to public skate sessions to practice skills learned in class.

Cabin John Ice Rink

[Register on ActiveMontgomery.org](#) | [Activity: PICE0316](#)

Jul 2 to Aug 6	Thu	6:45 to 7:30pm	Ages 5 and up	\$180	6 classes	PICE0316-212002
Jun 28 to Aug 9	Sun	1 to 1:45pm	Ages 5 and up	\$180	6 classes	PICE0316-212003

Wheaton Ice Arena

[Register on ActiveMontgomery.org](#) | [Activity: PICE0316](#)

Jul 2 to Aug 6	Thu	6:15 to 6:45pm	Ages 5 and up	\$120	6 classes	PICE0316-215002
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Free Skate 5

Prerequisite: Passed Free Skate 4. Skaters will learn backward power three-turns, five-step mohawk sequence, camel spin, waltz jump/loop jump combination, lutz, and loop/loop jump combination. Fee includes skate rental (if needed) plus a practice card good for admission to public skate sessions to practice skills learned in class.

Cabin John Ice Rink

[Register on ActiveMontgomery.org](#) | [Activity: PICE0318](#)

Jun 28 to Aug 9	Sun	1 to 1:45pm	Ages 5 and up	\$180	6 classes	PICE0318-212001
Jul 2 to Aug 6	Thu	6:45 to 7:30pm	Ages 5 and up	\$180	6 classes	PICE0318-212002

Wheaton Ice Arena

[Register on ActiveMontgomery.org](#) | [Activity: PICE0318](#)

Jul 2 to Aug 6	Thu	6:15 to 6:45pm	Ages 5 and up	\$120	6 classes	PICE0318-215001
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ICE SKATING

Free Skate 6

Prerequisite: Passed Free Skate 5. Skaters will learn forward power pulls, creative step sequence, camel/sit spin combination, layback or cross foot spin, waltz jump/half loop/salchow combination, axel exercises, and backward outside pivot. Fee includes skate rental (if needed) plus a practice card good for admission to public skate session to practice skills learned in class.

Cabin John Ice Rink [Register on ActiveMontgomery.org | Activity: PICE0320](#)

Jun 28 to Aug 9	Sun	1 to 1:45pm	Ages 5 and up	\$180	6 classes	PICE0320-212001
Jul 2 to Aug 6	Thu	6:45 to 7:30pm	Ages 5 and up	\$180	6 classes	PICE0320-212002

Wheaton Ice Arena [Register on ActiveMontgomery.org | Activity: PICE0320](#)

Jul 2 to Aug 6	Thu	6 to 6:30pm	Ages 5 and up	\$120	6 classes	PICE0320-215001
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Beginner Spins

Prerequisite: Must have passed an Ice Skating 6 level. The beginning spin class is a 30-minute class designed for skaters to focus on establishing their spin technique. Proper positioning, centering, speed, and skating skills are a necessity to achieving all phases of a well-rounded spin. Skaters will focus on these phases while learning the upright spin, beginning sit spin, change foot spin, and exercises to strengthen and enhance future spin positions such as the camel and layback spin. Fee includes six 30-minute lessons, skate rental, and a practice card for six public session admission to practice.

Cabin John Ice Rink [Register on ActiveMontgomery.org | Activity: PICE0324](#)

Jul 2 to Aug 6	Thu	6:15 to 6:45pm	Ages 6 and up	\$120	6 classes	PICE0324-212000
Jun 27 to Aug 8	Sat	10:30 to 11am	Ages 6 and up	\$120	6 classes	PICE0324-212001

Wheaton Ice Arena [Register on ActiveMontgomery.org | Activity: PICE0324](#)

Jul 2 to Aug 6	Thu	7:15 to 7:45pm	Ages 6 and up	\$120	6 classes	PICE0324-215001
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Advanced Spins

Prerequisite: Free Skate 4 and higher. This class focus on advanced spins. (Skaters should be comfortable with scratch spin, sit spin, and beginning camel spin). Class will focus on learning basic spin features, combination spins, and flying spins. Fee includes a practice card good for admission to six public skating sessions.

Cabin John Ice Rink [Register on ActiveMontgomery.org | Activity: PICE0325](#)

Jul 2 to Aug 6	Thu	6:15 to 6:45pm	Ages 6 and up	\$120	6 classes	PICE0325-212000
Jun 27 to Aug 8	Sat	10:30 to 11am	Ages 6 and up	\$120	6 classes	PICE0325-212001

Wheaton Ice Arena [Register on ActiveMontgomery.org | Activity: PICE0325](#)

Jul 2 to Aug 6	Thu	7:15 to 7:45pm	Ages 6 and up	\$120	6 classes	PICE0325-215001
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ICE SKATING

Single Jumps

For skaters at the Free Skate 3 and higher level. Single Jumps class will work on the loop, flip, and lutz. Axels and Beyond class will work in exercises and techniques for axels and beginning double jumps.

Wheaton Ice Arena

[Register on ActiveMontgomery.org](https://www.activemontgomery.org) | Activity: PICE0331

Jul 2 to Aug 6	Thu	7:15 to 7:45pm	Ages 6 and up	\$120	6 classes	PICE0331-215001
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Axels and Beyond

For skaters at the Free Skate 3 and higher level. Single Jumps class will work on the loop, flip, and lutz. Axels and Beyond class will work in exercises and techniques for axels and beginning double jumps.

Wheaton Ice Arena

[Register on ActiveMontgomery.org](https://www.activemontgomery.org) | Activity: PICE0331

Jul 2 to Aug 6	Thu	7:15 to 7:45pm	Ages 6 and up	\$120	6 classes	PICE0331-215011
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High Turns and Edges

This class is for skaters at the Free Skate 3 level and higher. The focus is on developing edges and turns to improve edge quality, power, and acceleration while building stronger, more confident skating.

Wheaton Ice Arena

[Register on ActiveMontgomery.org](https://www.activemontgomery.org) | Activity: PICE0334

Jul 2 to Aug 6	Thu	6:45 to 7:15pm	Ages 6 and up	\$120	6 classes	PICE0334-215002
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Low Turns and Edges

Prerequisite: Passed Ice skating Level 4. This class introduces core skating fundamentals with a focus on body alignment, technique, and flow. Skaters will develop skills in stroking, edges, turns, and connecting steps, learning how to blend them together smoothly and confidently. Designed to support progression, this class complements skaters in level 4 through Free Skate 2 while helping movements look strong, controlled, and effortless.

Wheaton Ice Arena

[Register on ActiveMontgomery.org](#) | **Activity: PICE0335**

Jul 2 to Aug 6	Thu	6:45 to 7:15pm	Ages 6 to 17	\$120 6 classes	PICE0335-215001
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Adult Edge

Prerequisite: Adult Ice Skating 4 and higher. This class focuses on developing strong edges, balance, and control in a fun and supportive adult environment. Skaters will work on edge quality, turns, flow, and connecting movements, building confidence and smooth, controlled skating. Perfect for adults looking to refine their skills, improve technique, and make their skating feel more effortless and enjoyable.

Wheaton Ice Arena

[Register on ActiveMontgomery.org](#) | **Activity: PICE0335**

Jul 2 to Aug 6	Thu	6:45 to 7:15pm	Ages 18 and up	\$120 6 classes	PICE0335-215004
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Teens and Tweens Free Skate

Prerequisite: Passed Tweens and Teens 6. This class will focus on introductory free skating skills including beginner jumps and spins. Fee includes skate rental plus a practice card good for admission to public skate sessions to practice skills learned in class. Helmet and gloves are strongly recommended.

Cabin John Ice Rink

[Register on ActiveMontgomery.org](#) | **Activity: PICE0347**

Jun 27 to Aug 8	Sat	9:45 to 10:30am	Ages 12 to 17	\$180 6 classes	PICE0347-212001
Jul 1 to Aug 5	Wed	6:15 to 7pm	Ages 12 to 17	\$180 6 classes	PICE0347-212002

Wheaton Ice Arena

[Register on ActiveMontgomery.org](#) | **Activity: PICE0347**

Jul 2 to Aug 6	Thu	7:15 to 7:45pm	Ages 12 to 17	\$120 6 classes	PICE0347-215001
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HOCKEY

Tots with Sticks

Prerequisite: Must have passed Preschool Ice Skating 1. Does your child want a hockey stick? Let us put a hockey stick in their hands! This class is geared for the high-energy toddler who likes to move, bang, and bash. We will teach them to skate and how to shoot a hockey puck! Skaters will follow the Preschool 2 curriculum. Caged hockey helmet and gloves are required. Hockey shin guards and elbow pads are suggested.

Cabin John Ice Rink

[Register on ActiveMontgomery.org](#) | Activity: PICE0112

Jun 30 to Aug 4	Tue	6:45-7:30pm	Ages 3 to 6	\$180	6 classes	PICE0112-212002
Jun 27 to Aug 8	Sat	9:45 to 10:30am	Ages 3 to 6	\$180	6 classes	PICE0112-212003

Wheaton Ice Arena

[Register on ActiveMontgomery.org](#) | Activity: PICE0112

Jun 28 to Aug 9	Sun	1:15 to 1:45pm	Ages 3 to 6	\$120	6 classes	PICE0112-215000
Jun 16 to Jul 21	Tue	1:15 to 1:45pm	Ages 3 to 6	\$120	6 classes	PICE0112-215002

Kinder Sticks

Must have passed Preschool 2 and Tots with Sticks. Kinder Sticks expands on the beginning skating skills taught through Tots with Sticks program and aims to prepare young skater for Hockey 1. Skaters will follow the Preschool 3 and 4 curriculums. Equipment Required: Caged Hockey Helmet. Gloves/Mittens. Suggested equipment: Hockey shin guards and elbow pads.

Cabin John Ice Rink

[Register on ActiveMontgomery.org](#) | Activity: PICE0113

Jun 27 to Aug 8	Sat	9:45 to 10:30am	Ages 4 to 6	\$180	6 classes	PICE0113-212001
Jun 30 to Aug 4	Tue	6:45 to 7:30pm	Ages 4 to 6	\$180	6 classes	PICE0113-212000

Wheaton Ice Arena

[Register on ActiveMontgomery.org](#) | Activity: PICE0113

Jun 28 to Aug 9	Sun	1:15 to 1:45pm	Ages 4 to 6	\$120	6 classes	PICE0113-215000
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ICE HOCKEY

Mini Sticks

Prerequisite: Must have passed Kinder Sticks. Mini Sticks expands on Kinder Sticks and is the perfect step into the world of hockey for our youngest skaters. This playful, high energy class blends the Youth 2 curriculum with age appropriate stick handling, confidence building activities, and plenty of smiles. Skaters learn how to move safely with a stick, glide with control, practice simple passes, and take their very first shots. Mini Sticks is the ideal bridge between early skating classes and more structured hockey levels, preparing young skaters for Hockey 2 and beyond. Required equipment: Caged Hockey Helmet and Gloves/Mittens. Suggested equipment: Hockey shin guards and elbow pads.

Cabin John Ice Rink

[Register on ActiveMontgomery.org](#) | Activity: PICE0114

Jun 27 to Aug 8	Sat	9:45 to 10:30am	Ages 4 to 6	\$180 6 classes	PICE0114-212000
Jun 30 to Aug 4	Tue	6:45 to 7:30pm	Ages 4 to 6	\$180 6 classes	PICE0114-212001

Hockey 1

Prerequisite: Passed Youth Ice Skating 1 or Preschool Ice Skating 4. Skater will learn falling and getting up in hockey skates, proper stance, march forward across the ice, 8-10 steps, forward two-foot glide, dip, forward swizzles, T-push to a two-foot glide, front to back turns, and snowplow stop. Fee includes skate rental, and a practice card good for admission to six public skate sessions to practice skills learned in class. Equipment required: Caged hockey helmet, flat stick cut to skater's height, and hockey skates.

Cabin John Ice Rink

[Register on ActiveMontgomery.org](#) | Activity: PICE0351

Jun 30 to Aug 4	Tue	5 to 5:30pm	Ages 4 to 12	\$120 6 classes	PICE0351-212001
Jun 27 to Aug 8	Sat	10:30 to 11am	Ages 4 to 12	\$120 6 classes	PICE0351-212003

Hockey 2

Prerequisite: Passed Hockey 1. Skaters will learn strides using 45-degree v push, forward one-foot push and glides, forward alternating C-cuts, backward hustles to glides on two feet, backward swizzles, backward alternating C-cuts, moving skateboard push, and moving snowplow stop. Fee includes skate rental, and a practice card good for admission to six public skate sessions to practice skills learned in class. Required equipment: Caged hockey helmet, shin guards, hockey gloves, flat stick cut to skater's height, and hockey skates. Additional recommended equipment: elbow pads, shoulder pads, hockey pants.

Cabin John Ice Rink

[Register on ActiveMontgomery.org](#) | Activity: PICE0352

Jun 30 to Aug 4	Tue	5 to 5:30pm	Ages 4 to 12	\$120 6 classes	PICE0352-212001
Jun 27 to Aug 8	Sat	10:30 to 11am	Ages 4 to 12	\$120 6 classes	PICE0352-212003

Hockey 3

Prerequisite: Passed Hockey 2. Skaters will learn lateral crossover march, forward C-cuts on a circle, forward outside and inside edges on half circles, backward C-cuts, backward snowplow stops, forward stop-starts, and one-foot forward snowplow stops. Fee includes skate rental and a practice card good for admission to public sessions to practice skills learned in class. Required equipment: Full gear is required which includes a caged hockey helmet, neck guard, hockey gloves, shin guards, elbow pads, shoulder pads, hockey pants, curved stick, and hockey skates.

Cabin John Ice Rink

[Register on ActiveMontgomery.org](#) | Activity: PICE0353

Jun 30 to Aug 4	Tue	5:30 to 6:15pm	Ages 4 to 12	\$180 6 classes	PICE0353-212001
Jul 1 to Aug 5	Wed	5:45 to 6:30pm	Ages 4 to 12	\$180 6 classes	PICE0353-212002
Jun 27 to Aug 8	Sat	8:15 to 9am	Ages 4 to 12	\$180 6 classes	PICE0353-212003

Hockey 4

Prerequisite: Passed Hockey 3. Skaters will learn quick starts using V-starts, backward one-foot glides, forward and backward crossovers, forward to backward Mohawk pivots, and hockey stops. Fee includes skate rental and a practice card good for admission to public skate sessions to practice skills learned in class. Equipment required: Caged hockey helmet, shoulder and elbow pads, hockey pants, shin guards, hockey gloves, protective cup, curved stick cut to skater's height, and hockey skates.

Cabin John Ice Rink

[Register on ActiveMontgomery.org](#) | Activity: PICE0354

Jun 30 to Aug 4	Tue	5:30 to 6:15pm	Ages 4 to 12	\$180 6 classes	PICE0354-212001
Jul 1 to Aug 5	Wed	5:45 to 6:30pm	Ages 4 to 12	\$180 6 classes	PICE0354-212002
Jun 27 to Aug 8	Sat	8:15 to 9am	Ages 4 to 12	\$180 6 classes	PICE0354-212003

Our Pro Shops offer a full line of skating equipment and services.

- CCM Hockey skates and equipment
- Figure skates
- Skating apparel and accessories
- Hockey gear sizing and fitting
- Skate services including sharpening, heat molding, blade mounting, and stretching

Discounts available for students enrolled in group lessons





Hockey Advanced

Prerequisite: Passed Hockey 4. Skaters will learn powerful backward C-cuts, alternating forward and backward crossovers, forward power hockey turns, lateral pivots, fast stops and starts, and fast backward skating with quick backward V-stops. Fee includes skate rental, and a practice card good for admission to public skate sessions to practice skills learned in class. Equipment required: Caged hockey helmet, shoulder and elbow pads, hockey pants, shin guards, hockey gloves, protective cup, stick cut to skater’s height, and hockey skates.

Cabin John Ice Rink

[Register on ActiveMontgomery.org](https://www.activemontgomery.org) | Activity: PICE0355

Jul 1 to Aug 5	Wed	6:30 to 7:15pm	Ages 4 to 14	\$180 6 classes	PICE0355-212002
Jun 27 to Aug 8	Sat	8:15 to 9am	Ages 4 to 14	\$180 6 classes	PICE0355-212003

Teen and Adult Hockey 1

Prerequisite: Passed Teen 1 or Adult 1 in hockey skates. Learn the fundamentals of hockey skating including alternating forward and backward c-cuts, backward swizzles, one-foot snowplow stop, lateral crossover march, forward c-cuts on a circle, and turns from forward to backward. Skaters will also learn skating with a puck and beginning passing and stickhandling skills. Fee includes skate rental, and a practice card good for admission to public skate sessions to practice skills learned in class. Equipment required: Caged hockey helmet, shoulder and elbow pads, hockey pants, shin guards, hockey gloves, protective cup, stick cut to skater’s height, and hockey skates (rental hockey skates are available).

Cabin John Ice Rink

[Register on ActiveMontgomery.org](https://www.activemontgomery.org) | Activity: PICE0357

Jun 20 to Aug 1	Sat	8:15 to 9am	Ages 13 and up	\$180 6 classes	PICE0357-212001
Jul 1 to Aug 5	Wed	7:15 to 8pm	Ages 13 and up	\$180 6 classes	PICE0357-212002

Teen and Adult Hockey 2

Prerequisite: Passed Teen and Adult Hockey 1. This class will focus on more advanced skating skills including backward crossovers, hockey stops, forward power hockey turns, fast stops & starts, backward V-stops, and forward to backward mohawk pivots. Skaters will also learn hockey techniques, rules, and game play including some scrimmage time. Fee includes skate rental, and a practice card good for admission to public skate sessions to practice skills learned in class. Equipment required: Caged hockey helmet, shoulder and elbow pads, hockey pants, shin guards, hockey gloves, protective cup, stick cut to skater's height, and hockey skates (rental hockey skates are available).

Cabin John Ice Rink

[Register on ActiveMontgomery.org](#) | Activity: PICE0358

Jul 1 to Aug 5	Wed	7:15 to 8pm	Ages 13 and up	\$180	6 classes	PICE0358-212001
Jun 27 to Aug 8	Sat	8:15 to 9am	Ages 13 and up	\$180	6 classes	PICE0358-212002

Beginner Scrimmage Class

Passed Hockey 3. This hands-on instructional class focuses on key elements of hockey. Skaters will learn rules of the game, enhance their skills, and practice through a series of scrimmages. Fee includes skate rental, and a practice card good for admission to public skate sessions to practice skills learned in class. Equipment required: Full gear required.

Cabin John Ice Rink

[Register on ActiveMontgomery.org](#) | Activity: PICE0362

Jun 27 to Aug 8	Sat	11 to 11:30am	Ages 6 to 12	\$120	6 classes	PICE0362-212003
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Advanced Scrimmage (Ages 8 to 13) Passed Hockey 3.

This hands-on instructional class focuses on key elements of hockey. Skaters will learn rules of the game, enhance their skills, and practice through a series of scrimmages. Fee includes skate rental, and a practice card good for admission to public skate sessions to practice skills learned in class. Equipment required: Full gear required.

Cabin John Ice Rink

[Register on ActiveMontgomery.org](#) | Activity: PICE0362

Jun 30 to Aug 4	Tue	6:15 to 6:45pm	Ages 8 to 13	\$120	6 classes	PICE0362-212004
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Youth Stickhandling and Scrimmage

Prerequisite: Passed Hockey 2. This advanced hockey class will focus on technique for stickhandling and passing getting through the offensive zone and putting the puck in the net. Topics covered will include shooting techniques and accuracy, speed and agility, stickhandling, skating in open ice, receiving passes, and defending the puck. Full gear required. Ages: 6 to 12

Cabin John Ice Rink

[Register on ActiveMontgomery.org](#) | Activity: PICE0364

Jun 27 to Aug 8	Sat	9 to 9:30am	Ages 5 to 12	\$120	6 classes	PICE0364-212000
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Teen & Adult Stickhandling and Scrimmage

Prerequisite: Passed Hockey 2. This advanced hockey class will focus on technique for stickhandling and passing getting through the offensive zone and putting the puck in the net. Topics covered will include shooting techniques and accuracy, speed and agility, stickhandling, skating in open ice, receiving passes, and defending the puck. Full gear required. Ages: 6 to12

Cabin John Ice Rink

[Register on ActiveMontgomery.org](#) | Activity: [PICE0364](#)

Jun 27 to Aug 8 Sat 9 to 9:30am Ages 13 and up \$120 6 classes PICE0364-212003

Hockey Power Skating

Improve your conditioning and skating skills. This class will focus on stride length, take-offs and acceleration, agility skating, and edge work. Skaters must have passed Hockey 3

Cabin John Ice Rink

[Register on ActiveMontgomery.org](#) | Activity: [PICE0365](#)

Jun 27 to Aug 8 Sat 9 to 9:30am Ages 5 to 12 \$120 6 classes PICE0365-212001

Teen and Adult Hockey Power Skating

Improve your conditioning and skating skills. This class will focus on stride length, take-offs and acceleration, agility skating, and edge work. Skaters must have passed Hockey 3

Cabin John Ice Rink

[Register on ActiveMontgomery.org](#) | Activity: [PICE0365](#)

Jun 27 to Aug 8 Sat 9 to 9:30am Ages 13 and up \$120 6 classes PICE0365-212002

TENNIS



**Pauline Betz Addie
Tennis Center**



**Wheaton
Indoor Tennis**



PAULINE BETZ ADDIE TENNIS CENTER

7801 Democracy Blvd | Bethesda, MD 20817

301-765-8650

PBATennis.org

WHEATON INDOOR TENNIS

11715 Orebaugh Ave | Wheaton, MD 20902

301-905-3030

WheatonTennis.org

TENNIS

Programs are subject to change.
For the most up-to-date listings visit:

PBATennis.org or WheatonTennis.org

CLASS DATES

Registration Dates: June 9 to 24
Class Dates: June 26 to August 9

On your first day of class...

- Bring a racquet and water bottle.
- Wear proper footwear and athletic clothes.

COURSE FEES COVER

- Six group lessons

PLEASE NOTE

- No make-ups or refunds for missed lessons.
- Please read course descriptions carefully and select courses that match player ability and experience.
- At the end of each class series, the player will receive an evaluation recommending your next class.
- If you see a class you like, register!
Classes may be canceled if a minimum enrollment is not met.
- Starter racquets available for purchase



TENNIS

Parent & Child Tennis (Ages 4-5)

Our youngest beginners, with the help of a parent, will practice basic tennis skills through fun exercises and games that can be continued outside of class. Fee covers one adult and one child; register the child only. (Red Court/Red Balls; loaner racquets available)

Pauline Betz Addie Tennis Center [Register on ActiveMontgomery.org | Activity: PTEN0001](#)

Jun 28 to Aug 9	Sun	9 to 10am	Ages 4 to 5	\$156 6 classes	PTEN0001-210012
Jun 29 to Aug 3	Mon	5 to 6pm	Ages 4 to 5	\$156 6 classes	PTEN0001-210014
Jun 25 to Aug 6	Thu	6 to 7pm	Ages 4 to 5	\$156 6 classes	PTEN0001-210020

Wheaton Indoor Tennis [Register on ActiveMontgomery.org | Activity: PTEN0001](#)

Jun 28 to Aug 9	Sun	10 to 11am	Ages 4 to 5	\$135 6 classes	PTEN0001-216007
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Youth Tennis, Beginner 6-8

Group lesson class for the young beginner who has limited or no prior tennis experience. Class teaches basic strokes and promotes cooperative play through games and skill-building activities. Instruction for ages 6-8 focuses on hand-eye coordination, movement, and basic tennis strokes. Instruction for ages 9-10 focuses on racquet control drills, sending and receiving, rallying skills, and ABCs (agility, balance, and coordination). (Combination of Red Court/Red Balls and Orange Court/Orange Balls; loaner racquets available)

Pauline Betz Addie Tennis Center [Register on ActiveMontgomery.org | Activity: PTEN0005](#)

Jun 28 to Aug 9	Sun	9 to 10am	Ages 6 to 8	\$150 6 classes	PTEN0005-210024
Jun 29 to Aug 3	Mon	5 to 6pm	Ages 6 to 8	\$150 6 classes	PTEN0005-210025
Jun 30 to Aug 4	Tue	5 to 6pm	Ages 6 to 8	\$150 6 classes	PTEN0005-210026

Wheaton Indoor Tennis [Register on ActiveMontgomery.org | Activity: PTEN0005](#)

Jun 27 to Aug 8	Sat	10 to 11am	Ages 6 to 8	\$132 6 classes	PTEN0005-216017
Jun 28 to Aug 9	Sun	11am to 12pm	Ages 6 to 8	\$132 6 classes	PTEN0005-216018

Youth Tennis, Intermediate 6-8

Prerequisite: Passed Beginner level. For the developing player who can rally on the Red Court but needs additional work on stroke production, tennis specific footwork, and situational play. Skill building continues with increased emphasis on cooperative drills. (Combination of Red Court/Red Balls and Orange Court/Orange Balls; loaner racquets available)

Pauline Betz Addie Tennis Center [Register on ActiveMontgomery.org | Activity: PTEN0010](#)

Jun 28 to Aug 9	Sun	10 to 11am	Ages 6 to 8	\$150 6 classes	PTEN0010-210025
Jun 30 to Aug 4	Tue	5 to 6pm	Ages 6 to 8	\$150 6 classes	PTEN0010-210027
Jun 25 to Aug 6	Thu	6 to 7pm	Ages 6 to 8	\$150 6 classes	PTEN0010-210029

Youth Tennis, Beginner 9-10

Group lesson class for the young beginner who has limited or no prior tennis experience. Class teaches basic strokes and promotes cooperative play through games and skill-building activities. Instruction for ages 6-8 focuses on hand-eye coordination, movement, and basic tennis strokes. Instruction for ages 9-10 focuses on racquet control drills, sending and receiving, rallying skills, and ABCs (agility, balance, and coordination). (Combination of Red Court/Red Balls and Orange Court/Orange Balls; loaner racquets available)

Pauline Betz Addie Tennis Center [Register on ActiveMontgomery.org | Activity: PTEN0015](#)

Jun 28 to Aug 9	Sun	1 to 2pm	Ages 9 to 10	\$150 6 classes	PTEN0015-210035
Jun 29 to Aug 3	Mon	6 to 7pm	Ages 9 to 10	\$150 6 classes	PTEN0015-210036
Jun 30 to Aug 4	Tue	6 to 7pm	Ages 9 to 10	\$150 6 classes	PTEN0015-210037
July 1 to Aug 5	Wed	6 to 7pm	Ages 9 to 10	\$150 6 classes	PTEN0015-210038

Wheaton Indoor Tennis [Register on ActiveMontgomery.org | Activity: PTEN0015](#)

Jun 28 to Aug 9	Sun	9 to 10am	Ages 9 to 10	\$132 6 classes	PTEN0015-216038
Jun 29 to Aug 3	Mon	6 to 7pm	Ages 9 to 10	\$132 6 classes	PTEN0015-216039

Youth Tennis, Intermediate 9-10

Prerequisite: Passed Beginner level. For the developing player who can rally on the Orange Court but needs additional work on stroke production, tennis specific footwork, and situational play. Skill building continues with increased emphasis on cooperative drills. (Combination of Red Court/Red Balls and Orange Court/Orange Balls; loaner racquets available)

Pauline Betz Addie Tennis Center [Register on ActiveMontgomery.org | Activity: PTEN0020](#)

Jun 28 to Aug 9	Sun	10 to 11am	Ages 9 to 10	\$150 6 classes	PTEN0020-210046
Jun 29 to Aug 3	Mon	6 to 7pm	Ages 9 to 10	\$150 6 classes	PTEN0020-210047
Jun 30 to Aug 4	Tue	6 to 7pm	Ages 9 to 10	\$150 6 classes	PTEN0020-210048
July 1 to Aug 5	Wed	6 to 7pm	Ages 9 to 10	\$150 6 classes	PTEN0020-210049

Wheaton Indoor Tennis [Register on ActiveMontgomery.org | Activity: PTEN0020](#)

Jun 27 to Aug 8	Sat	11am to 12pm	Ages 9 to 10	\$132 6 classes	PTEN0020-216046
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Youth Tennis, Beginner 11-12

Prerequisite: For beginners who have never played before or have not played recently. The goal of this class is to teach fundamentals of the game, including etiquette and vocabulary, rules, positioning, and scorekeeping. Players will learn basic mechanics for hitting groundstrokes, volleys, overheads and serves. May incorporate use of Orange and Green Dot Balls to reinforce development, consistency, and control.

Pauline Betz Addie Tennis Center [Register on ActiveMontgomery.org | Activity: PTEN0040](#)

Jun 28 to Aug 9	Sun	11am to 12pm	Ages 11 to 12	\$150 6 classes	PTEN0040-210085
July 1 to Aug 5	Wed	5 to 6pm	Ages 11 to 12	\$150 6 classes	PTEN0040-210087

Youth Tennis, Beginner 11-12 (continued)

Wheaton Indoor Tennis			Register on ActiveMontgomery.org Activity: PTEN0040		
July 1 to Aug 5	Wed	6 to 7pm	Ages 11 to 12	\$132	6 classes PTEN0040-216084
Jun 28 to Aug 9	Sun	10 to 11am	Ages 11 to 12	\$132	6 classes PTEN0040-216085

Youth Tennis, Intermediate 11-12

Prerequisite: Passed Beginner Tennis or player with recent playing experience seeking a refresher on fundamentals. Class includes a review of tennis etiquette and vocabulary, safety, rules, and scoring. Continued focus on footwork, positioning, and directional control. Additional time will be spent on drills and situational play. Groundstrokes, volleys, overheads, and serves will be critiqued.

Pauline Betz Addie Tennis Center			Register on ActiveMontgomery.org Activity: PTEN0045		
July 1 to Aug 5	Wed	5 to 6pm	Ages 11 to 12	\$150	6 classes PTEN0045-210098
Wheaton Indoor Tennis			Register on ActiveMontgomery.org Activity: PTEN0045		
Jun 28 to Aug 9	Sun	11am to 12pm	Ages 11 to 12	\$132	6 classes PTEN0045-216094

Teen Tennis, Beginner 13-18

Prerequisite: For beginners who have never played before or have not played recently. The goal of this class is to teach fundamentals of the game, including etiquette and vocabulary, rules, positioning, and scorekeeping. Players will learn basic mechanics for hitting groundstrokes, volleys, overheads and serves. May incorporate use of Orange and Green Dot Balls to reinforce development, consistency, and control.

Pauline Betz Addie Tennis Center			Register on ActiveMontgomery.org Activity: PTEN0055		
Jun 25 to Aug 6	Thu	5 to 6pm	Ages 13 to 18	\$150	6 classes PTEN0055-210115
Jun 28 to Aug 9	Sun	11am to 12pm	Ages 13 to 18	\$150	6 classes PTEN0055-210116
Wheaton Indoor Tennis			Register on ActiveMontgomery.org Activity: PTEN0055		
Jun 27 to Aug 8	Sat	12 to 1pm	Ages 13 to 18	\$132	6 classes PTEN0055-216114

Teen Tennis, Intermediate 13-18

Prerequisite: Passed Beginner Tennis or player with recent playing experience seeking a refresher on fundamentals. Class includes a review of tennis etiquette and vocabulary, safety, rules, and scoring. Continued focus on footwork, positioning, and directional control. Additional time will be spent on drills and situational play. Groundstrokes, volleys, overheads, and serves will be critiqued.

Pauline Betz Addie Tennis Center			Register on ActiveMontgomery.org Activity: PTEN0060		
Jun 25 to Aug 6	Thu	5 to 6pm	Ages 13 to 18	\$150	6 classes PTEN0060-210126

TENNIS

Teen Tennis, Advanced 13-18

Prerequisite: Passed Intermediate Tennis. Players have experience in the fundamentals of tennis and are ready to work on consistency, accuracy, and technical mastery of strokes and footwork. The focus will be on drills and play situations to improve rallying skills and overall level of play.

Wheaton Indoor Tennis

[Register on ActiveMontgomery.org](#) | Activity: PTEN0065

Jun 27 to Aug 8	Sat	12 to 1pm	Ages 13 to 18	\$132	6 classes	PTEN0065-216132
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Adult Beginner 1 Tennis, NTRP 1.0

Designed to turn adult beginners into tennis players. Students will enjoy one-hour lessons with our certified tennis coaches and learn the basics of tennis including the serve, forehand, backhand, and net play for singles and doubles featuring a Rally and Play approach.

Pauline Betz Addie Tennis Center

[Register on ActiveMontgomery.org](#) | Activity: PTEN0090

Jun 27 to Aug 8	Sat	10 to 11am	Ages 18 and up	\$150	6 classes	PTEN0090-210190
Jun 29 to Aug 3	Mon	7 to 8pm	Ages 18 and up	\$150	6 classes	PTEN0090-210194
July 1 to Aug 5	Wed	7 to 8pm	Ages 18 and up	\$150	6 classes	PTEN0090-210196

Wheaton Indoor Tennis

[Register on ActiveMontgomery.org](#) | Activity: PTEN0090

Jun 25 to Aug 6	Thu	6 to 7pm	Ages 18 and up	\$132	6 classes	PTEN0090-216186
Jun 28 to Aug 9	Sun	9 to 10am	Ages 18 and up	\$132	6 classes	PTEN0090-216187

Adult Beginner 2 Tennis, NTRP 2.5

This player has played some tennis but needs additional instruction on basic skills and techniques. Rally and Play approach reinforces introduction to positioning, movement, and rules of play.

Pauline Betz Addie Tennis Center

[Register on ActiveMontgomery.org](#) | Activity: PTEN0095

Jun 27 to Aug 8	Sat	1 to 2pm	Ages 18 and up	\$150	6 classes	PTEN0095-210198
Jun 29 to Aug 3	Mon	7 to 8pm	Ages 18 and up	\$150	6 classes	PTEN0095-210200
Jun 25 to Aug 6	Thu	7 to 8pm	Ages 18 and up	\$150	6 classes	PTEN0095-210203

Wheaton Indoor Tennis

[Register on ActiveMontgomery.org](#) | Activity: PTEN0095

Jun 27 to Aug 8	Sat	11am to 12pm	Ages 18 and up	\$132	6 classes	PTEN0095-216202
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Adult Intermediate Tennis, NTRP 3.0

Prerequisite: Passed Beginner 2, Adult. This player can keep the ball in play but needs to improve consistency of strokes and overall understanding of court positioning, strategy, and use of shots in various situations.

Pauline Betz Addie Tennis Center [Register on ActiveMontgomery.org](#) | Activity: PTEN0100

Jun 27 to Aug 8	Sat	12 to 1pm	Ages 18 and up	\$150	6 classes	PTEN0100-210211
Jun 28 to Aug 9	Sun	12 to 1pm	Ages 18 and up	\$150	6 classes	PTEN0100-210212
Jun 30 to Aug 4	Tue	7 to 8pm	Ages 18 and up	\$150	6 classes	PTEN0100-210214

Wheaton Indoor Tennis [Register on ActiveMontgomery.org](#) | Activity: PTEN0100

Jun 29 to Aug 3	Mon	7 to 8pm	Ages 18 and up	\$132	6 classes	PTEN0100-216209
July 1 to Aug 5	Wed	7 to 8pm	Ages 18 and up	\$132	6 classes	PTEN0100-216211

Adult Intermediate Tennis, NTRP 3.5

Prerequisite: Passed Intermediate 3.0, Adult. Learn to hit with a higher shot quality that keeps opponents neutral or at a disadvantage more often on serves and returns, during baseline exchanges and when approaching and at the net. Learn to make better, 'high percentage' decisions as to when to attack, defend, or stay neutral.

Pauline Betz Addie Tennis Center [Register on ActiveMontgomery.org](#) | Activity: PTEN0105

Jun 27 to Aug 8	Sat	2 to 3pm	Ages 18 and up	\$150	6 classes	PTEN0105-210301
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Adult Advanced Tennis, NTRP 4.0+

Prerequisite: Passed Intermediate 3.5 or Instructor approval. A competitive clinic involving intense drilling, competitive situational games, and match play. Course will focus on finessing use of lobs, overheads, approach shots, and volleys. Student will also concentrate on hitting with power, spin, depth, and control.

Pauline Betz Addie Tennis Center [Register on ActiveMontgomery.org](#) | Activity: PTEN0110

Jun 27 to Aug 8	Sat	9 to 10am	Ages 18 and up	\$156	6 classes	PTEN0110-210226
Jun 30 to Aug 4	Tue	7 to 8pm	Ages 18 and up	\$156	6 classes	PTEN0110-210228
Jun 25 to Aug 6	Thu	7 to 8pm	Ages 18 and up	\$156	6 classes	PTEN0110-210229

Wheaton Indoor Tennis [Register on ActiveMontgomery.org](#) | Activity: PTEN0110

Jun 29 to Aug 3	Mon	8 to 9pm	Ages 18 and up	\$135	6 classes	PTEN0110-216223
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TENNIS

Adult Ball Machine Clinic

The ball machine clinic is a high-repetition, structured class where players use the ball machine to practice specific strokes, improve consistency, and enhance footwork under the guidance of a coach. These clinics offer rapid-fire drills, allowing players to work on groundstrokes, volleys, and overheads in a controlled environment.

Pauline Betz Addie Tennis Center [Register on ActiveMontgomery.org](#) | Activity: PTEN0180

Jun 28 to Aug 9	Sun	1 to 2pm	Ages 18 and up	\$156	6 classes	PTEN0180-201275
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Wheaton Indoor Tennis [Register on ActiveMontgomery.org](#) | Activity: PTEN0180

Jun 29 to Aug 3	Mon	6 to 7pm	Ages 18 and up	\$135	6 classes	PTEN0180-216270
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Adult Match Play 3.0 Tennis

The 3.0 player is fairly consistent when hitting medium-paced shots but is not comfortable with all strokes and lacks execution when trying for directional control, depth, and pace. First half of class focuses on needed drills and skills. Class finishes with a session of supervised match play. Instructor reserves the right to transfer you up or down a level if you are not closely matched in skill level.

Wheaton Indoor Tennis [Register on ActiveMontgomery.org](#) | Activity: PTEN0115

Jun 25 to Aug 6	Thu	7 to 9pm	Ages 18 and up	\$270	6 classes	PTEN0115-216233
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Adult Cardio Tennis

This is a high energy class that combines the best features of the sport of tennis with cardiovascular exercise, delivering the ultimate, full body, calorie burning aerobic workout.

Pauline Betz Addie Tennis Center [Register on ActiveMontgomery.org](#) | Activity: PTEN0125

Jun 27 to Aug 8	Sat	11am to 12pm	Ages 18 and up	\$156	6 classes	PTEN0125-210266
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Jun 28 to Aug 9	Sun	8 to 9am	Ages 18 and up	\$156	6 classes	PTEN0125-210267
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Jun 28 to Aug 9	Sun	12 to 1pm	Ages 18 and up	\$156	6 classes	PTEN0125-210268
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July 1 to Aug 5	Wed	7 to 8pm	Ages 18 and up	\$156	6 classes	PTEN0125-210276
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Wheaton Indoor Tennis [Register on ActiveMontgomery.org](#) | Activity: PTEN0125

July 1 to Aug 5	Wed	8 to 9pm	Ages 18 and up	\$135	6 classes	PTEN0125-216256
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Jun 27 to Aug 8	Sat	10 to 11am	Ages 18 and up	\$135	6 classes	PTEN0125-216257
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SPORTS



**Wheaton
Sports Pavilion**



WHEATON SPORTS PAVILION

11751 Orebaugh Avenue | Wheaton, MD 20902
301-905-3070

WheatonSportsPavilion.org

SPORTS

Adult Pick-Up Soccer

No team or commitment needed, just drop in and enjoy a fun casual game with other soccer lovers.

Wheaton Sports Pavilion

[Register on ActiveMontgomery.org](http://ActiveMontgomery.org) | Activity: **PWSP0006**

Jun 6	Sat	10 to 11:30am	Ages 18 and up	\$10	1 class	PWSP0006-100010
Jun 13	Sat	10 to 11:30am	Ages 18 and up	\$10	1 class	PWSP0006-100011
Jun 20	Sat	10 to 11:30am	Ages 18 and up	\$10	1 class	PWSP0006-100012
Jun 27	Sat	10 to 11:30am	Ages 18 and up	\$10	1 class	PWSP0006-100013
Jul 4	Sat	10 to 11:30am	Ages 18 and up	\$10	1 class	PWSP0006-200001
Jul 11	Sat	10 to 11:30am	Ages 18 and up	\$10	1 class	PWSP0006-200002
Jul 18	Sat	10 to 11:30am	Ages 18 and up	\$10	1 class	PWSP0006-200003
Jul 25	Sat	10 to 11:30am	Ages 18 and up	\$10	1 class	PWSP0006-200004
Aug 1	Sat	10 to 11:30am	Ages 18 and up	\$10	1 class	PWSP0006-200005
Aug 8	Sat	10 to 11:30am	Ages 18 and up	\$10	1 class	PWSP0006-200006
Aug 15	Sat	10 to 11:30am	Ages 18 and up	\$10	1 class	PWSP0006-200007
Aug 22	Sat	10 to 11:30am	Ages 18 and up	\$10	1 class	PWSP0006-200008
Aug 29	Sat	10 to 11:30am	Ages 18 and up	\$10	1 class	PWSP0006-200009

Trails open? Game on?

Montgomery Parks
has you covered.

When inclement weather occurs, use the **RainoutLine** system to get instant information on Montgomery Parks trails and athletic fields.

Three ways to access RainoutLine:

- 1 **Phone:** Trail Conditions: 240-270-0008 or Athletic Field Status: 301-579-5610
- 2 **Online:** Go to MontgomeryParks.org/RainoutLine
- 3 **App:** Download the free mobile app for your smartphone.

MontgomeryParks.org/RainoutLine

MONTGOMERY PARKS
Rainout Line





WORK — FOR — MONTGOMERY PARKS

NOW HIRING

Full-Time and Part-Time Positions in Park Operations, Management, Administration and more!

Seasonal positions open to ages 16 and up

Career & Full-Time Positions

- Park Maintenance
- Skilled Trades
- Tree Workers
- Ice Rink Management
- Heavy Equipment
- Park Police Officers
- Admin Support
- Horticulture
- Construction Management

Part-Time & Seasonal Staff Positions

Summer Camp Staff, Tennis Facility Positions, Park Maintenance, Museum Educators, Horticulture and more

We offer a **competitive compensation package** with **exceptional benefits** that will provide security for you and your family through every stage of life.

Have Questions? Email us at MCP-ParksCareers@montgomeryparks.org



To view all our open positions, scan the QR code or go to MoCoParks.org/jobs

