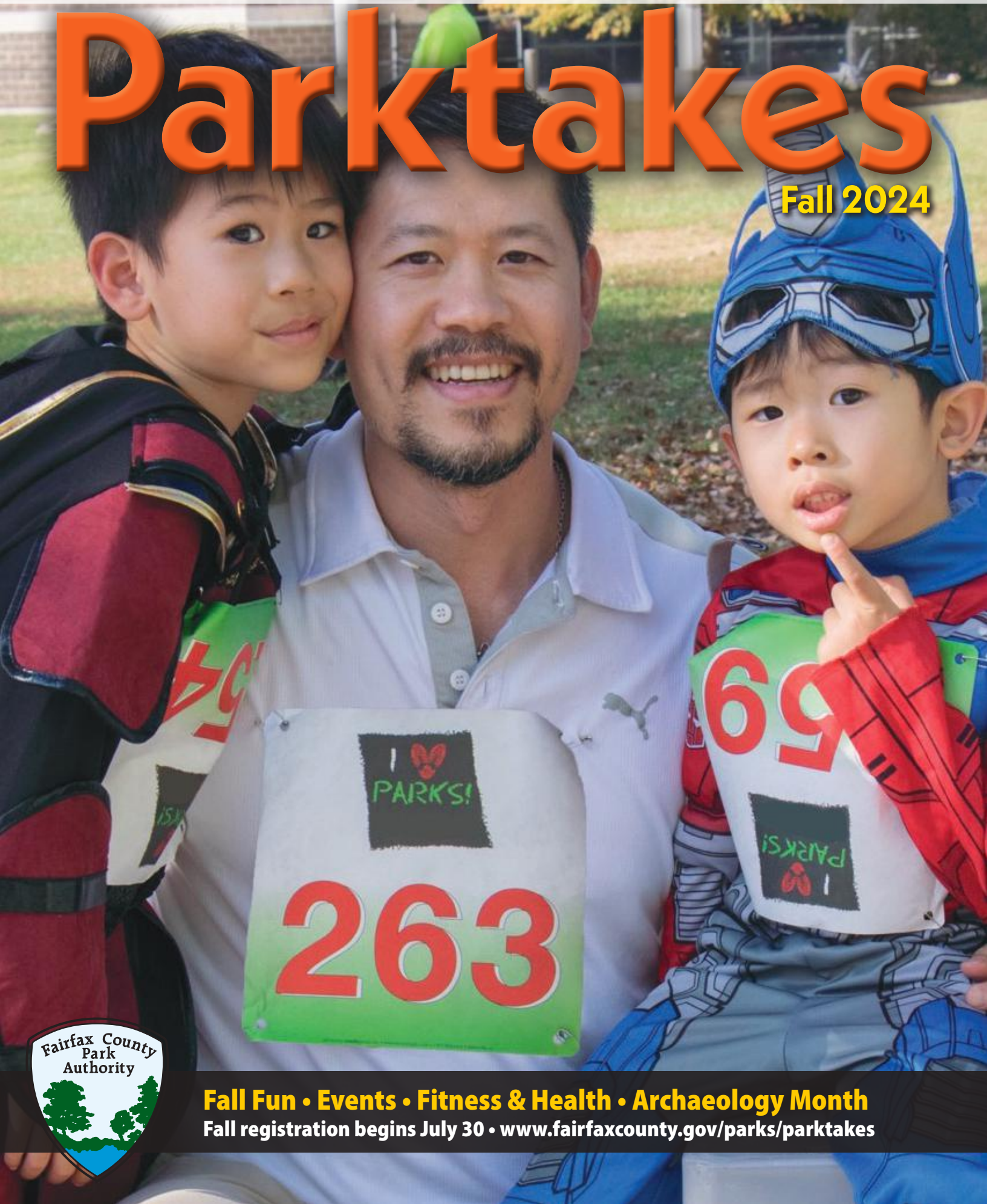


A Quarterly Guide to Parks and Recreation • Fairfax County Park Authority

Parktakes

Fall 2024



Fall Fun • Events • Fitness & Health • Archaeology Month

Fall registration begins July 30 • www.fairfaxcounty.gov/parks/parktakes



Ice Skating Lessons

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7-Week Program including:

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Tot 1/2 (Ages 3-6)—Beginner Level

Skills Learned: Marching While Moving, Swizzles

Day	Time	Cost	Begins	Age
Monday	5:35pm	\$175	Sept 9	3-6
Tuesday	6:40pm	\$175	Sept 10	3-6
Wednesday	6:40pm	\$175	Sept 11	3-6
Thursday	6:40pm	\$175	Sept 12	3-6
Saturday	10:05am	\$180	Sept 14	3-6

Tot 3/4 (Ages 3-6)—Prerequisite Tot 1/2

Skills Learned: Push & Glide, Swizzles, Stopping

Day	Time	Cost	Begins	Age
Tuesday	6:40pm	\$175	Sept 10	3-6
Saturday	9:30am	\$180	Sept 14	3-6

Ways to register for classes

- ☐ Online—fairfaxicearena.com (click Lessons tab)
- ☎ Over the phone call 703-323-1132
- 👤 In-person registration at Fairfax Ice Arena

Pre-Alpha Lessons (Ages 7-13)—Beginner Level

Skills Learned: One-Foot Glide, Fwd/Bkwd Swizzles

Day	Time	Cost	Begins	Age
Monday	6:10pm	\$175	Sept 9	7-13
Tuesday	7:15pm	\$175	Sept 10	7-13
Wednesday	7:15pm	\$175	Sept 11	7-13
Thursday	7:15pm	\$175	Sept 12	7-13
Saturday	10:40am	\$180	Sept 14	7-13

Pre-Alpha Lessons (14 & Up)—Beginner Level

Skills Learned: One-Foot Glide, Fwd/Bkwd Swizzles

Day	Time	Cost	Begins	Age
Tuesday	7:50pm	\$175	Sept 10	14 & Up
Tuesday	1:30pm	\$175	Sept 10	14 & Up
Thursday	7:50pm	\$175	Sept 12	14 & Up
Thursday	1:30pm	\$175	Sept 12	14 & Up
Saturday	11:15am	\$180	Sept 14	14 & Up

Alpha Lessons (Ages 7-13)—Novice Level

Skills Learned: Stroking, Crossovers, Stopping

Day	Time	Cost	Begins	Age
Tuesday	7:15pm	\$175	Sept 10	7-13
Saturday	10:05am	\$180	Sept 14	7-13

Alpha Lessons (Ages 14 & Up)—Novice Level

Skills Learned: Stroking, Crossovers, Stopping

Day	Time	Cost	Begins	Age
Tuesday	7:50pm	\$175	Sept 10	14 & Up
Saturday	11:15am	\$180	Sept 14	14 & Up

Call our Lesson Office today or visit us online for additional ice skating classes.

Register for Ice Skating Lessons in person or online at www.fairfaxicearena.com



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ADULT ICE HOCKEY LEAGUE AND CLINIC—REGISTER NOW!



National Public Lands Day, pg. 3



Virginia Native American Festival, pg. 55



Halloween on the Farm, pg. 55

Cover: Family enjoying South Run Rec Center's Halloween Fun Run.
Photo by Shirley Walley. For more information, turn to pg. 57.

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DISCOVER THE GERRY CONNOLLY CROSS COUNTY TRAIL:

**A Fairfax County Gem of Recreational,
Natural and Cultural History Awaits**



BRADDOCK ROAD

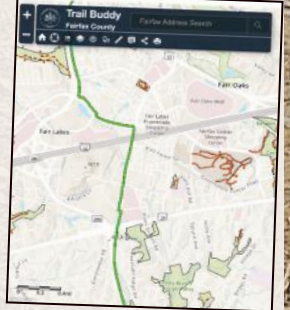
The Gerry Connolly Cross County Trail is a must-visit destination for Fairfax County residents and visitors alike. Spanning 42 miles from Great Falls National Park on the Potomac River to the serene Occoquan River, this trail offers an unparalleled opportunity to explore the county's diverse landscapes.

Experience a variety of terrains as you traverse through remote wooded areas, open meadows, vibrant parks and historic sites. The trail winds its way through scenic stream valleys and rolling hills, providing a perfect backdrop for hiking, biking and equestrian activities. Whether you're a seasoned adventurer or a casual nature enthusiast, the Cross County Trail offers something for everyone.

The trail surface varies significantly, accommodating a wide range of users. Some sections feature wide, paved paths ideal for leisurely walks or bike rides, while others are covered in stone dust or natural terrain, perfect for hikers and mountain bikers. Equestrians will also find suitable stretches to enjoy a peaceful ride through nature.

Along the way, you'll cross several streams and many of the county's main east-west roads. In areas where an off-road route isn't feasible, the trail follows roadside paths or sidewalks, ensuring continuity and safety for all users. Multiple access points for vehicles, bicycles and pedestrians make it easy to hop on or off the trail at your convenience.

The Park Authority is actively working to enhance the Cross County Trail experience by creating an improved way finding system along the trail. In the meantime, if you're planning to explore the Cross County Trail – or any part of the Park Authority's 334 miles of trails – you may find the Park Authority's Trail Buddy app to be helpful. This dynamic tool includes a map of all Park Authority trails and can guide you to amenities such as parking, restrooms and points of interest. To learn more about the app and try it out yourself, visit www.fairfaxcounty.gov/parks/trails/trail-buddy.



The Cross County trail is a testament to the collaborative effort of local, regional and federal entities, alongside dedicated community volunteers who initiated the effort with former Board of Supervisors Chairman and current Congressman, Gerry Connolly. The completed trail was officially opened in 2006 and runs through all nine supervisory districts and the City of Fairfax, making it a vital recreational amenity for the entire community.

Whether you're looking to engage in active pursuits like hiking, biking or horseback riding, or prefer passive activities such as birding and photography, the Gerry Connolly Cross County Trail promises a memorable experience. Explore endless possibilities the trail offers and continue to rediscover the natural beauty and recreational richness of Fairfax County.



COMMUNITIES PITCH IN AT TREASURED PARKS ON NATIONAL PUBLIC LANDS DAY

Held annually on the fourth Saturday of September, National Public Lands Day is the largest, single-day volunteer event in America to preserve, restore, improve and enjoy America's public lands. Together, public servants, advocacy groups, civic organizations, businesses and community volunteers regularly come together to protect the natural, cultural, historical and recreational resources that enrich the quality of life we all experience.

In commemoration of National Public Lands Day, on September 28, the Fairfax County Park Authority (FCPA) is inviting members of the community to join us at several featured service opportunities across the county. Learn more about how and where you can be involved at www.fairfaxcounty.gov/parks/topics/national-public-lands-day.

"The Park Authority is the steward of more than 23,000 acres of parkland and 334 miles of trails. There is no way that we would be as successful as we are without the generous contribution of time and effort by thousands upon thousands of volunteers from within our community," said FCPA Executive Director Jai Cole. "Just last year we had more than 10,000 volunteers contribute 124,000-plus hours of service to beautify, care for and improve our parks and trails all over the county. The extraordinary quality of our public lands is a reflection of that immense support we receive and we are very grateful for that relationship."

Celebrating our parks and open spaces doesn't have to be limited to one day a year! If you'd like to be involved, but can't make it to the park on September 28, there are many more park volunteer opportunities to explore. To see how you can be involved any time of the year visit www.fairfaxcounty.gov/parks/volunteer.



RETRACING GROUNDBREAKING HISTORY: UNLEASH YOUR INNER ARCHAEOLOGIST AT ARC-TOBER FEST!



October is Virginia Archaeology Month, and what better way to celebrate than by stepping into the shoes of a real archaeologist and embarking on a journey of discovery right here in Fairfax County? Join us for Arc-Tober Fest, a free, family-friendly event held at Sully Historic Site on Saturday, October 12 from 10 a.m. to 2 p.m. and find out if you have what it takes to be an archaeologist!

Spot historic foundations while hiking along the trail, meet with exhibitors showcasing their work and enjoy demonstrations that bring archeology to life. Check out some of the latest high-tech tools and equipment used in the field and let your imagination soar with creative archaeological-themed crafts.

Attendees of all ages can learn, explore and celebrate Archaeology Month alongside the County Archaeological Research Team.

For more information visit www.fairfaxcounty.gov/parks/event-highlights.

KICK OFF SWEATER WEATHER

As the leaves turn color, the Fairfax County Park Authority invites you to burst onto the fall scene.

In September, stay active and get close to nature with hikes and garden walks offered at various locations. Mid-month don't miss the Virginia Native American Festival at Riverbend Park. Wrap up the month with a celebration of insects at Lake Accotink's Bug Fest!

October offers festive events with Ghost Town at Burke Lake Park, Haunted Mini Golf at Oakmont Rec Center, Halloween on the Farm at Frying Pan Farm Park and Family Skate and Dance Night: Halloween Costume Party at Franconia Rec Center. Get crafty outside with events like historic crafts and trades, Legends & Lore Night Hike & Campfire, Fall tea parties and cider making classes throughout the parks. Embrace everything pumpkin with a trip to a pumpkin patch at Nature Playce at Hidden Oaks, pumpkin painting at Green Spring Gardens and a pumpkin party on the hill at Historic Huntley.

Next, we breeze into November with experiences to celebrate history and science. Get the wheels turning with the Fall Engineering Challenge at Hidden Oaks Nature Center, Nature Appreciation and Celebration at Hidden Pond Nature Center, Astronomy Festival at Turner Farm Park and Make Room for Turkeys at Ellanor C. Lawrence Park.

For more info on fall events visit pg. 55 or www.fairfaxcounty.gov/parks/event-highlights.

NEW INLINE SKATE PARK OPEN NOW



Roll up to Lake Fairfax Park's newly opened Inline Skate Park! This new facility includes an 85' x 185' rink with player boxes, penalty boxes, hockey goals and bleachers. The rink is ideally constructed with ample lighting, sport floor tiles on an asphalt pad, easy maintenance, and modular tile replacement for ball and inline hockey as well as skating.

The rink was made possible by a partnership with the Washington Capitals, who donated the rink via turnkey installation on an improved site constructed by the Fairfax County Park Authority.

"The Capitals are proud to partner with the Fairfax County Park Authority on this new facility. Investments like this one are part of the Capitals commitment to growing the game of hockey by providing access to the sport in all its forms," said Peter Robinson, Capitals Director of Youth Hockey Development.

When it's not reserved, the rink is open for general use from 9 a.m. until 9:30 p.m. To find out more information, please visit www.fairfaxcounty.gov/parks/lake-fairfax/skate-park and select the "Inline Skate Rink" tab, or call 703-471-5415.

Tuesday, July 30		
Fall Registration Begins		pg. 118
Thursday, September 5		
The Great Zucchini	Frying Pan Farm Park	pgs. 45, 85
Saturday, September 7		
Dog Daze	The Water Mine	pg. 103
Family Fun-Monarch Migration	Green Spring Gardens	pg. 91
Saturday, September 14		
Virginia Native American Festival	Riverbend Park	pgs. 55, 83
Saturday, September 28		
Bug Fest	Lake Accotink Park	pgs. 55, 92
Nature Walk with a Police Officer	Hidden Oaks Nature Center	pg. 93
Saturday, October 5		
Parktober Fest	Cabell's Mill/Middlegate	pg. 56
Fall Festival at Green Spring Gardens	Green Spring Gardens	pg. 73
Four Club Fall Classic	Jefferson Golf Course	pg. 76
Goblin Golf	Burke Lake Park	pg. 40
Saturday, October 12		
Arctober Fest-Celebrate Archaeology	Sully Historic Site	pgs. 55, 56, 80
Friday, October 18		
Shot in the Dark	Burke Lake Golf Center	pg. 76
Farm Harvest Carnival	Frying Pan Farm Park	pg. 54
Saturday, October 19		
House of Reptiles	Ellanor C. Lawrence	pg. 93
Haunted Pond	Hidden Pond Nature Center	pgs. 41, 91
Fall Tea Party	Colvin Run Mill	pg. 81
Fall Full Moon Hike	Huntley Meadows Park	pg. 94
Farm Harvest Carnival	Frying Pan Farm Park	pg. 54
Sunday, October 20		
Fall Foliage Kayak Expedition	Lake Accotink Park	pg. 99
Fall Festival Scramble	Pincrest Golf Course	pg. 76
Farm Harvest Carnival	Frying Pan Farm Park	pg. 54
Friday, October 25		
Legends & Lore Night Hike & Campfire	Ellanor C. Lawrence Park	pg. 96
Shot in the Dark II	Burke Lake Golf Center	pg. 76
Halloween on the Farm	Frying Pan Farm Park	pgs. 54, 55
Haunted Mini Golf	Oakmont Rec Center	pg. 60
Saturday, October 26		
Halloween on the Farm	Frying Pan Farm Park	pgs. 54, 55
Haunted Mini Golf	Oakmont Rec Center	pg. 60
Ghost Town	Burke Lake Park	pgs. 55, 57, 101
Pumpkin Patch at Nature Playce	Hidden Oaks Nature Center	pg. 90
Family Fun - Pumpkin Painting	Green Spring Gardens Park	pg. 72
Halloween Runs	South Run Rec Center	pg. 57
Family Skate Night: Halloween Costume Party	Franconia Rec Center	pg. 39
Sunday, October 27		
Ghost Town	Burke Lake Park	pgs. 55, 57, 101
Fall Community Open House	Sully Historic Site	pgs. 57, 60
Pumpkin Party on the Hill	Historic Huntley	pg. 80
Saturday, November 9		
Adapted Sights and Sounds of Fall Campfire	Ellanor C. Lawrence Park	pg. 20
Fall Nature Appreciation & Celebration	Hidden Pond Nature Center	pg. 94
Sunday, November 10		
The War of 1812 and the Homefront	Colvin Run Mill	pgs. 81, 82
Saturday, November 16		
Fall Engineering Challenge	Hidden Oaks Nature Center	pg. 106
Astronomy Festival	Turner Farm Park Observatory	pgs. 53, 60
Thursday, November 21		
Turkey Cup	Greendale Golf Course	pg. 76

FALL '24

CALENDAR

Classes, Events, Programs and Registration Dates





BUG FEST RETURNS!

Insect fans are sure to find something to enjoy at our third year of Bug Fest at a new location, Lake Accotink, on Saturday, September 28 from 10 a.m. to 2 p.m. Participants will be able to enjoy bug-themed programs, activities and demonstrations. Embark on an insect safari, discover live insects, inspect insect collections, roll over logs to find creatures, play in soil stations, go on bug walks and hear critter talks. You will also have the chance to design your own bug and use technology to examine the world of insects.

Lake Accotink Park is located at 7500 Accotink Park Road in Springfield. For more information, visit www.fairfaxcounty.gov/parks/lake-accotink.



JUNG SU MARTIAL ARTS CELEBRATES 40 YEARS



Founded in 1984 by Master Brian Costello, Jung Su Martial Arts holds the distinction of being one of the longest-running martial arts program within the Fairfax County Park Authority.

Since its inception at the Cub Run Recreation Center in 2005, Jung Su Martial Arts blends traditional Eastern training with modern practical combat applications. The name "Jung Su" translates to "the Mind, Body and Spirit working together as one." This system incorporates styles such as Tang Soo Do, Jujitsu, Karate and Kickboxing at its core, with students cross-training in various styles as the program evolves.

"It's been amazing watching generations of students come through the program. Helping a student realize that obstacles and challenges are the pathway to growth is an incredibly rewarding experience.

The philosophy of continuous improvement and that personal boundaries are only temporary, is what's kept the program going strong all these years," says Master Costello

Master Joe Bui, who joined Jung Su Martial Arts in 1991 and earned his black belt in 1994 and his fourth degree black belt in 2014, began teaching in 2000 at Franconia Recreation Center (formerly Lee District). He took over for Master Costello at Audrey Moore Recreation Center in 2005.

"Jung Su has been a significant part of my life for the last 33 years and I'm happy to have shared something that I truly love with hundreds of students over the last 24 years as an instructor. For 40 years, Master Costello has created an environment where students can learn an eclectic martial art, overcome personal challenges, and achieve success not only as a martial artist, but as a human being," says Master Bui.

Master Costello continues to teach at Cub Run, while Master Bui leads classes at Audrey Moore Recreation Center. To learn register for a class, please turn to the Martial Arts section starting on pg. 86.



Employee Spotlight: **Harris Lechtman VSGA Scholarship Recipient**

Oakmont Golf Center employee, Harris Lechtman, is the recipient of the prestigious \$5,000 Member Club Support Scholarship from the Virginia State Golf Association (VSGA) VIP Scholarship Foundation. Established in 1984, the foundation provides college assistance to Virginia students with a passion for golf. This year, the Foundation introduced the Member Club Support Scholarships, awarded to students who work at a member club.

Harris has been passionate about golf since before he could walk. "I started playing with plastic clubs and played my first 9-holes at Oakmont when I was around 6 years old," Harris shared. His father and grandfather, both avid golfers, inspired his love for the game. Throughout his childhood, Lechtman participated in VSGA tournaments, which taught him to think as a competitor and stay relaxed in all aspects of life.

Harris has been a dedicated and hard-working member of the Oakmont team. "We are delighted to see him receive this well-deserved recognition," said Joey Sinclair, General Manager at Oakmont Golf Center.

Harris will be attending Virginia Tech this fall to study engineering and continue his golf journey. His goal is to become a scratch golfer and possibly pursue a career in golf club design.

Golf Fairfax is committed to fostering young talent through our partnership with the VSGA's Youth on Course program, allowing junior golf members to play rounds for just \$5 at Oakmont and Burke Lake Golf Centers.

For information about Golf Fairfax's partnership with the VSGA and the Youth on Course program, please visit www.fairfaxcounty.gov/parks/golf/youth-on-course.

Shaping Future Leaders

First Tee Partnership with Golf Fairfax



Josephine "Joey" Nguyen, a senior at Lake Braddock Secondary School, exemplifies the incredible opportunities provided by the First Tee in partnership with Golf Fairfax. Since joining First Tee-Greater Washington DC (GWDC) in 2014 as a junior golfer, Joey has excelled both on and off the golf course. In 2023 she received the First Tee-GWDC Most Outstanding Participant Award, which recognized her for her skill and dedication in junior golf.

Now a First Tee Ace participant and volunteer coach at Fairfax County golf facilities like Twin Lakes, Laurel Hill and Oakmont, Nguyen's journey highlights the program's impact. She began her junior golf journey in First Tee golf classes and now has participated in prestigious First Tee National events like the PURE Insurance Championship at Pebble Beach. Her junior golf career boasts top finishes in the American Junior Golf Association (AJGA) and Peggy Kirk Bell Girls Golf Tour (PKBGT) tournaments. In 2022 she led her high school varsity golf team to the State Championship.

Beyond golf, Joey is a leader in her community. She's passionate about empowering young women and created a club called Girls in Roles of Leadership (G.I.R.Ls). With G.I.R.Ls, she hosted a Professional Women's Conference hosting 100 young women and professionals. The event connected young high school women with professionals, which expanded the student networks and helped them navigate potential college selections, majors and careers. She is also active in leadership on her school's Athletic Council and as a member of the National Honors Society.

Joey's achievements reflect the powerful partnership between First Tee and Golf Fairfax and the opportunities it creates for diverse communities in golf. In the fall 2024, Joey will attend Drew University in Madison, N.J. where she will play on the women's golf team. She looks forward to continuing to make a difference in her community, at college and with First Tee-Greater Washington DC and the Golf Fairfax junior golf community.

For more information on Junior Golf and First Tee programs visit www.fairfaxcounty.gov/parks/golf/first-tee-experience.



Healthy Coaching



Do you find yourself struggling to maintain healthy eating habits and a consistent exercise routine in today's fast-paced world? Wondering how to break free from the cycle of fad diets and unsustainable fitness trends? A Health Coach may be for you!

Health coaching is a collaborative approach that empowers individuals to make positive lifestyle changes and improve their overall well-being. A health coach partners with clients to identify goals, overcome barriers and develop strategies for achieving optimal health.

Health coaching encompasses guiding individuals to set realistic, personalized goals that align with their values, providing consistent support and accountability to keep them on track. It involves helping clients identify and change unhealthy behaviors while fostering self-awareness and empowerment for long-term, sustainable change. A holistic perspective is maintained, addressing not just physical health but also mental, emotional and social well-being.

Betsy Conner is one of the Healthy Coaches at the Fairfax County Park Authority and is ready to help! Conner has a passion for health and fitness. In addition to teaching a running class for Fairfax County since 2015, she is credentialed as a certified Health Coach by the Institute of Integrative Nutrition (IIN), a Wellness Coach by the National Exercise Trainers Association (NETA), and Group Fitness certified through the National Academy for Sports Medicine (NASM).

By partnering with a health coach like Conner, individuals gain the knowledge, skills, and support needed to overcome barriers, develop sustainable habits, and achieve their desired health and wellness goals.

You can mix and match personal training with nutritional counseling. To get started, contact Providence Rec Center's Fitness Director, Christine Molina at christine.molina@fairfaxcounty.gov or 703-698-1351.

Explore Aqua Flex

Sample Aquatic Fitness During the Aqua Flex Event

Interested in joining aquatics fitness but want to sample what the Fairfax County Park Authority (FCPA) has to offer? Sign up to participate in the Aqua Flex '24 event, on Saturday, November 2 from 2-4 p.m. Aqua Flex offers the perfect opportunity to check out the aquatic exercise programs. Instructors will lead participants through a series of aquatics exercise class demonstrations for adults of all fitness levels.

The free Aqua Flex event will occur simultaneously at three different Rec Centers — Audrey Moore, Oakmont and Franconia. Registration is required. For more information, turn to page 33 or visit www.fairfaxcounty.gov/parks/reccenter/swimming.


Join Classes All Year with Aqua Flex Pass

Do you often enjoy workouts in the pool? Jump into the pool with the Aqua Flex pass. This pass gets you access to more than 150 aquatics fitness classes offered at any FCPA Rec Center, in affordable 10-visit, 20-visit and 30-visit bundles, space permitting. Use these visits for drop-in water exercise classes as well as any drop-in water exercise class listed in Parktakes.


During November, get a 15% discount when purchasing the 30-visit Aqua Flex pass or a 10% discount when purchasing the 20-visit Aqua Flex pass.

Learn more at www.fairfaxcounty.gov/parks/reccenter/swimming.

Spring Hill Rec Center Unveils Energy Improvements



Just in time for fall, the Fairfax County Park Authority (FCPA), working with the County Office of Environmental and Energy Coordination, has completed its energy improvement project at Spring Hill Rec Center. Spring Hill now offers energy-efficient pool dehumidification units, solar panels to harness the beautiful fall sun, a geothermal HVAC system to keep members warm as the days get shorter, LED lighting upgrades and environmentally conscious improvements to the building's automation systems. These new upgrades are expected to reduce the Rec Center's electric consumption by 19% and gas consumption by 29% annually, reducing energy costs and stress on the environment.



These improvements are examples of meaningful strides Fairfax County is making toward its goal for carbon neutrality, as well as striving for 50% of county electricity to come from renewable sources by 2040. These goals align with the Countywide Strategic Plan and the 2021 County Operational Energy Strategy outlined on the Fairfax County website.

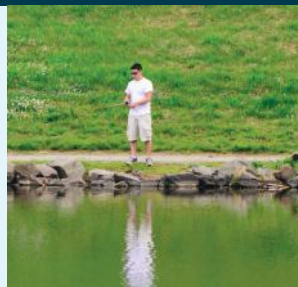
The CMTA, Fairfax County's energy service company contractor, coordinated these improvements. The County and CMTA are working together to make energy, lighting and mechanical upgrades at 21 facilities, including the projects already completed at Cub Run Rec Center, South Run Rec Center and the City of Fairfax Regional Library.

FCPA is proud to lead projects that help preserve our environment and resources, and we hope you enjoy the upgraded Spring Hill Rec Center!

HIDDEN
GEM



Royal Lake



Nestled in the Braddock District of Fairfax County lies Royal Lake that is home to two parks – Royal Lake Park and Lakeside Park. Within the northwest curve of the V-shaped lake, Royal Lake Park offers something for everyone! Whether you are looking to have a picnic in the park with friends and family, play a pickup game of hoops, have a tennis match or just get outside and play, there is so much to enjoy. The park features include two tennis courts, a playground, a basketball court, picnic tables, easy access to hiking trails surrounding the lake and parking. In addition to a plethora of recreational activities, Royal Lake hosts a part of the Fairfax County Park Authority's Summer Entertainment Series, where people of all ages can attend free concerts in the park. Of course, nature is also a vital part of the area, and one is bound to see and hear many signs of wildlife including turtles, squirrels, ducks, geese and other waterfowl that inhabit the area. Fairfax County Park Authority conducts occasional nature and campfire programs at Royal Lake.

Royal Lake Park shares the area with Lakeside Park located near the top of the 'J,' where an almost two-mile hiking trail begins from the parking lot with the option to walk the top of a nearly quarter-mile dam. Learn more about other amenities at www.fairfaxcounty.gov/parks/small-lakes.



INTRODUCING TIM CARNAHAN, NEW DIRECTOR OF BURKE LAKE GOLF ACADEMY

Meet Tim Carnahan, the new Director of the Burke Lake Golf Academy. With a lifelong passion for golf and sales, Carnahan transitioned to golf instruction eleven years ago after a 30-year corporate career in finance.

He specializes in club fitting and beginner golf instruction, and now works with players of all skill levels. Carnahan is a certified United States Golf Teachers Federation (USGTF) instructor and a certified USGTF coach and a master certified club fitter.

Carnahan emphasizes solid fundamentals and honest feedback, helping students achieve their best. He offers group, private and semi-private lessons, supported by video analysis and launch monitor technology. He is looking forward to expanding the offerings of the Burke Lake Golf Academy!

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Kathy L. Smith.....Sully

The Winter issue of Parktakes
will be available in mid-October.

Park Authority Board meetings are open to the public.

For more information about dates and times, visit www.fairfaxcounty.gov/parks/board.

About Parktakes

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available at all staffed park locations, county libraries and government centers.

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Photos: The FCPA reserves the right to photograph and videotape all its activities, events, classes, programs and facilities for promotional purposes. Vehicle safety audio/video systems may record program

A Quarterly Magazine

Fall 2024 • Vol. 39/No.4

participants when they are being transported in Park Authority vehicles.



Fairfax County's programs, services and facilities are available to all citizens regardless of race, color, national origin, sex, age or disability. To request reasonable accommodations under the ADA, call 703-324-8563 or TTY Va. Relay 711.

VOLUNTEER & DONOR PROFILE

Transurban



Partnerships with corporations, foundations and individuals are critical to the success of the Fairfax County Park Foundation. A partnership that the Fairfax County Park Foundation and the Fairfax County Park Authority have appreciated since 2009 is that with Transurban, the operator of the 495/95/395 Express Lanes.

“At Transurban, we’re more than the roads we operate; we’re dedicated to supporting communities along the 395, 95 and 495 Express Lanes. We’re long-time supporters of the Fairfax County Park Foundation, actively working to improve the environment and community well-being. Our goal is to help deliver more sustainable communities along our corridors — where people can live, work and play for the long term,” said Amanda Allen, Transurban Government and Community Relations Manager.

Transurban’s support ranges from environmental education projects to sponsoring the Summer Entertainment Series. Their most recent donation was for an Invasive Management Area (IMA) project at Churchill Road Park. Not only did they make a monetary donation, but Transurban employees also volunteered for an IMA Workday project.

“Transurban’s contribution was used to treat about 1.5 acres of parkland and trees struggling under the weight of several species of invasive vines. Transurban employees also joined us at an IMA Workday to volunteer their time and energy. These volunteers helped to weed and mulch around recently planted native trees, and built individual protective cages around oak trees and dogwoods. They also helped to remove weeds around the park’s playground. With the IMA Program’s limited budget and staffing, our volunteers’ contributions to invasive plant management and maintenance of restoration plantings are highly valued and appreciated,” says Gloria Medina, IMA Manager.

Volunteers are critical in helping the Park Authority manage invasive species on parkland. Donations further protect the parks by giving a greater capacity to control invasive species through contractor support where volunteers may not be able to reach. Donations may be made directly to the IMA Program at Invasive Management Area Program (IMA) – Fairfax County Park Foundation (fairfax-parkfoundation.org). Interested groups may reach out to the IMA Program at Invasive Management Area Program (www.fairfaxcounty.gov/parks/invasive-management-area) to learn more about volunteer opportunities.

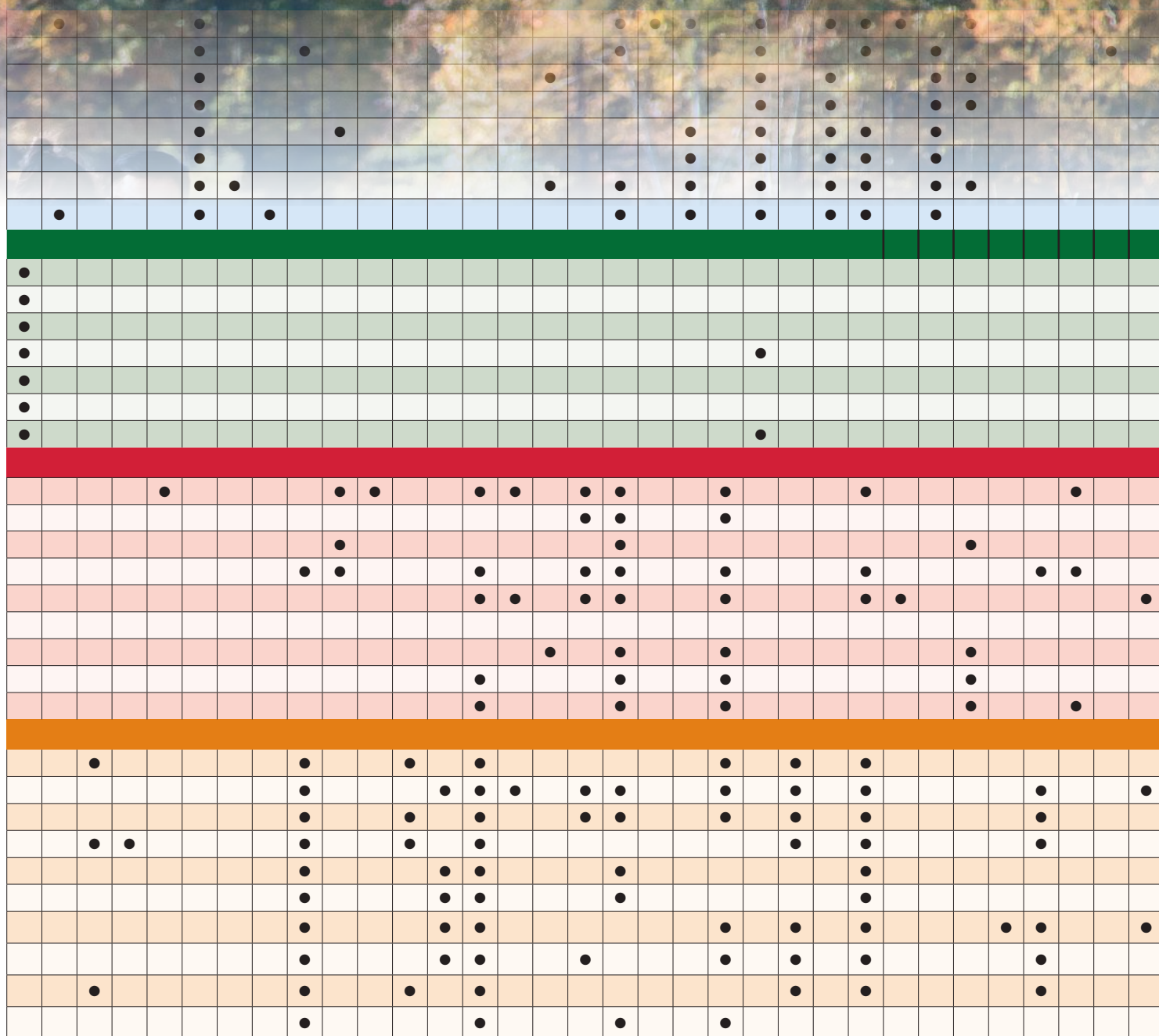
The Fairfax County Park Foundation and the Invasive Management Area (IMA) Program teams are grateful for Transurban’s continued support and their in-kind donation of funds and volunteerism for invasive plant management at Churchill Road Park.



PARKS at a Glance

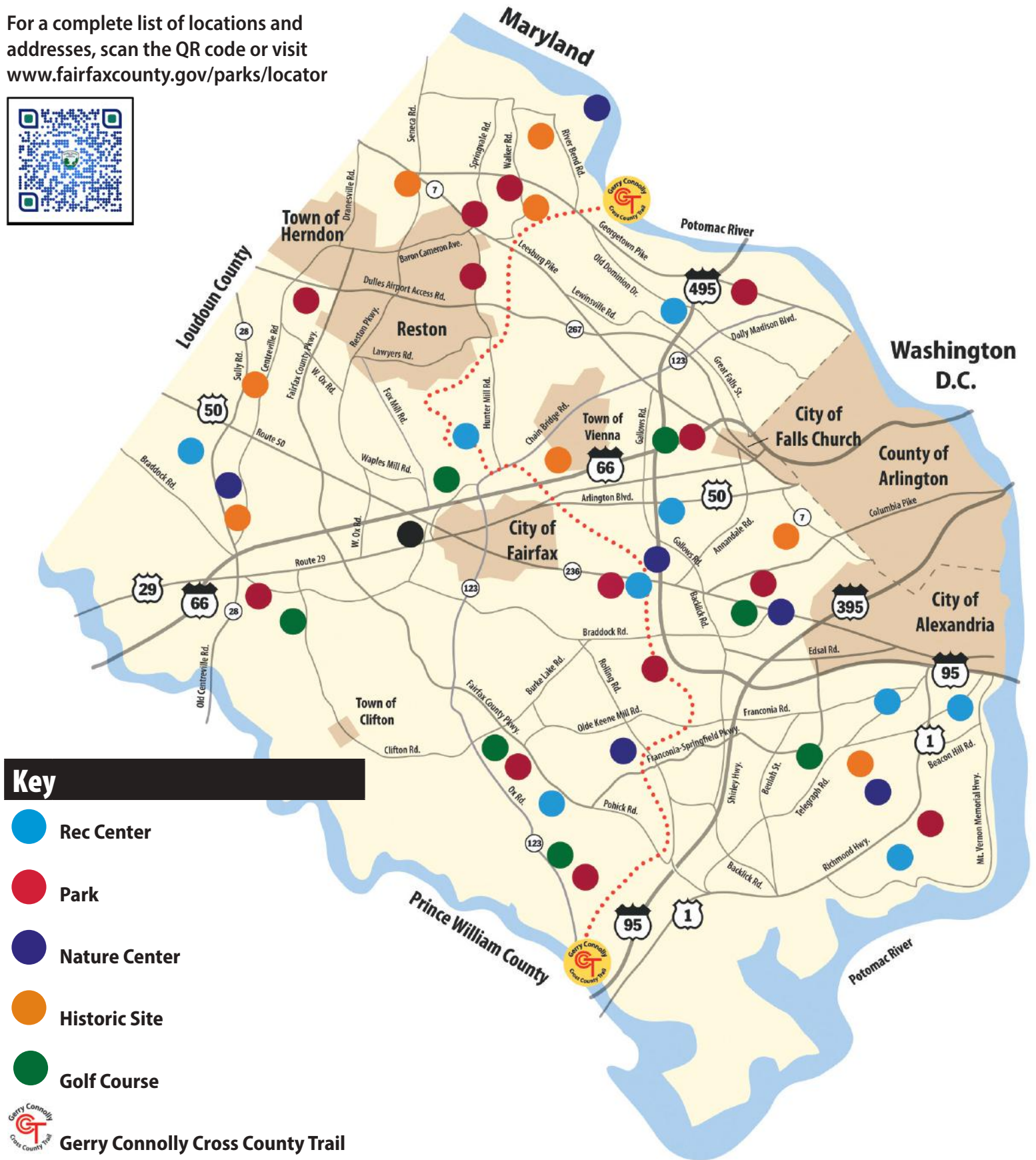
For more information, visit www.fairfaxcounty.gov/parks

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PARK LOCATIONS

For a complete list of locations and addresses, scan the QR code or visit www.fairfaxcounty.gov/parks/locator



Rec Centers

- 1 **Audrey Moore Rec Center**
8100 Braddock Road
Annandale 22003 • 703-321-7081
- 2 **Cub Run Rec Center**
4630 Stonecroft Blvd.
Chantilly 20151 • 703-817-9407
- 3 **George Washington Rec Center**
8426 Old Mt. Vernon Road
Alexandria 22309 • 703-780-8894
- 4 **Franconia Park & Rec Center**
6601 Telegraph Road
Franconia 22310 • 703-922-9841
- 5 **Mount Vernon Rec Center**
(Closed for Renovations until 2025)
- 6 **Oakmont Rec Center**
(formerly Oak Marr Rec Center)
3200 Jermantown Road
Oakton 22124 • 703-281-6501
- 7 **Providence Rec Center**
7525 Marc Drive
Falls Church 22042 • 703-698-1351
- 8 **Spring Hill Rec Center**
1239 Spring Hill Road
McLean 22102 • 703-827-0989
- 9 **South Run Rec Center**
7550 Reservation Drive
Springfield 22153 • 703-866-0566

Major Parks

- 10 **Braddock Park**
13241 Braddock Road
Clifton 20124 • 703-324-8702
- 11 **Burke Lake Park**
7315 Ox Road
Fairfax Station 22039 • 703-323-6600
- 12 **Clemyjontri Park**
6317 Georgetown Pike
McLean 22101 • 703-388-2807
- 13 **Frying Pan Farm Park**
2709 West Ox Road
Herndon 20171 • 703-437-9101
- 14 **Jefferson District Park**
7900 Lee Highway
Falls Church 22042 • 703-573-0443
- 15 **Lake Accotink Park**
7500 Accotink Park Road
Springfield 22150 • 703-569-3464
- 16 **Lake Fairfax Park**
1400 Lake Fairfax Drive
Reston 20190 • 703-471-5414
- 17 **Central Green**
8780 Lorton Road
Lorton 22079 • 703-437-9101

Major Parks

- 18 **Martin Luther King, Jr. Park**
8115 Fordson Road
Alexandria 22306 • 703-324-8732
- 19 **Mason District Park**
6621 Columbia Pike
Annandale 22003 • 703-941-1730
- 20 **Turner Farm Park**
925 Springvale Road
Great Falls 22066 • 703-324-8702
- 21 **Wakefield Park**
8100 Braddock Road
Annandale 22003 • 703-321-7081
- 22 **Water Mine Family Swimmin' Hole**
1400 Lake Fairfax Drive
Reston 20190 • 703-471-5414

Nature Centers

- 23 **Ellanor C. Lawrence Park**
5040 Walney Road
Chantilly 20151 • 703-631-0013
- 24 **Green Spring Gardens**
4603 Green Spring Road
Alexandria 22312 • 703-642-5173
- 25 **Hidden Oaks Nature Center**
7701 Royce St.
Annandale 22003 • 703-941-1065
- 26 **Hidden Pond Nature Center**
8511 Greeley Blvd.
Springfield 22152 • 703-451-9588
- 27 **Huntley Meadows Park**
3701 Lockheed Blvd.
Alexandria 22306 • 703-768-2525
- 28 **Riverbend Park**
8700 Potomac Hills St.
Great Falls 22066 • 703-759-9018

Historic Sites

- 29 **Cabell's Mill**
5235 Walney Road
Centreville 20151 • 703-827-0609
- 30 **Clark House**
6332 Barcroft Mews Drive
Falls Church 22041 • 703-827-0609
- 31 **Colvin Run Mill**
10017 Colvin Run Road
Great Falls 22066 • 703-759-2771
- 32 **Dranesville Tavern**
11919 Leesburg Pike
Dranesville 20170 • 703-827-0609
- 33 **Great Falls Grange and Forestville Schoolhouse**
9818 Georgetown Pike
Great Falls 22066 • 703-827-0609

Historic Sites

- 34 **Nottoway Park & Hunter House**
9537 Courthouse Road
Vienna 22181 • 703-827-0609
- 35 **Stone Mansion & Stoneybrooke Park**
3900 Stoneybrooke Drive
Alexandria 22306 • 703-827-0609
- 36 **Sully Historic Site**
3650 Historic Sully Way
Chantilly 20151 • 703-437-1794

Golf Courses

- 37 **Burke Lake Golf Center**
6915 Ox Road
Fairfax Station 22039 • 703-323-1641
- 38 **Greendale Golf Course**
6700 Telegraph Road
Alexandria 22310 • 703-971-6170
- 39 **Jefferson District Golf Course**
7900 Lee Highway
Falls Church 22042 • 703-573-0443
- 40 **Laurel Hill Golf Club**
8701 Laurel Crest Drive
Lorton 22079 • 703-493-8849
- 41 **Oakmont Golf Center**
(formerly Oak Marr Golf Complex)
3136 Jermantown Road
Oakton 22124 • 703-255-5390
- 42 **Pinecrest Golf Course**
6600 Little River Turnpike
Alexandria 22312 • 703-941-1061
- 43 **Twin Lakes Golf Course**
6201 Union Mill Road
Clifton 20124 • 703-631-9372
- 44 **FCPA Headquarters**
12055 Government Center Parkway,
Suite 927, Fairfax 22035 • 703-324-8700

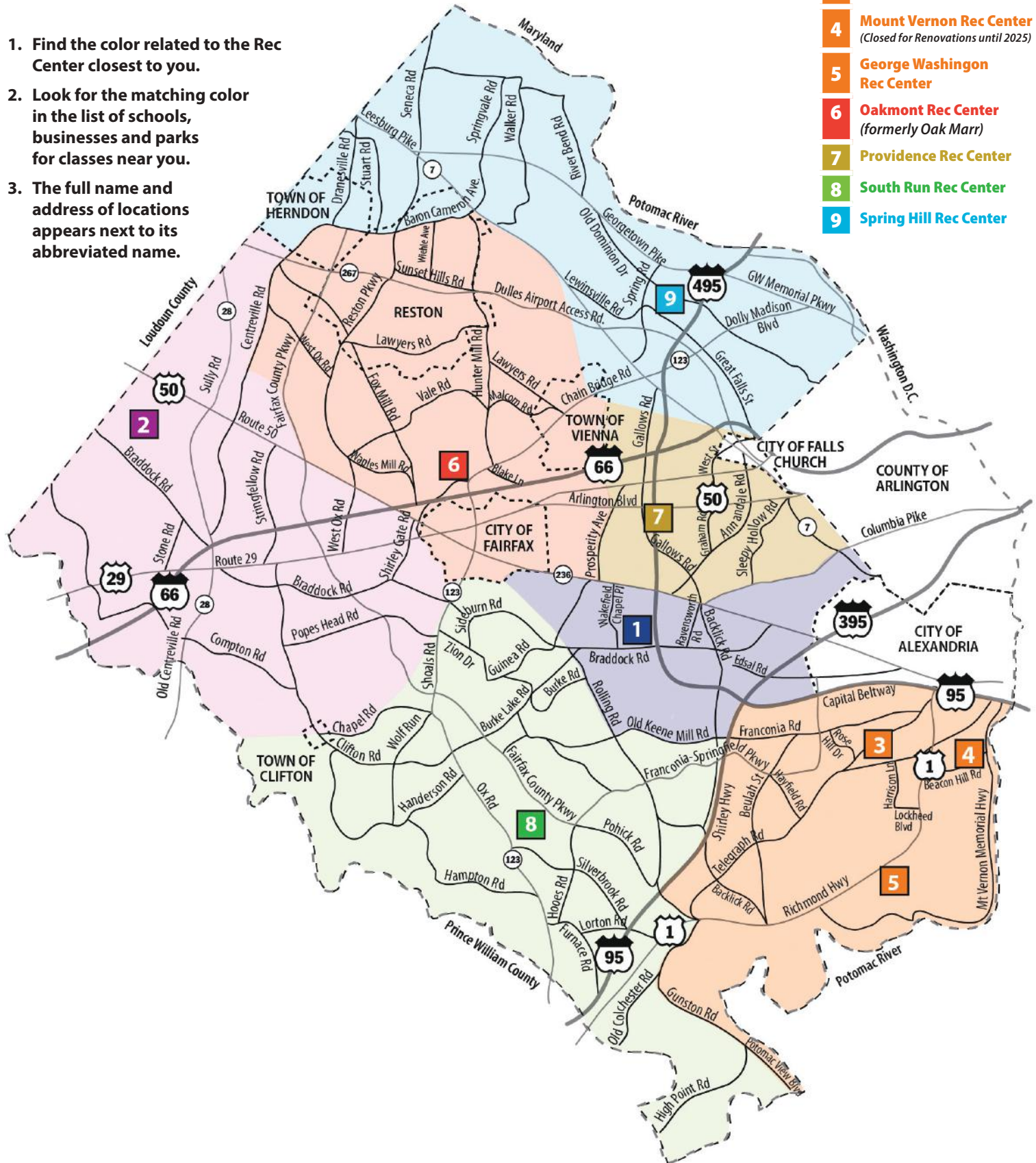


LOCATION ABBREVIATION GUIDE

Looking for conveniently located Park Authority classes in your Rec Center service area?

1. Find the color related to the Rec Center closest to you.
2. Look for the matching color in the list of schools, businesses and parks for classes near you.
3. The full name and address of locations appears next to its abbreviated name.

- 1** Audrey Moore Rec Center
- 2** Cub Run Rec Center
- 3** Franconia Rec Center
- 4** Mount Vernon Rec Center
(Closed for Renovations until 2025)
- 5** George Washington Rec Center
- 6** Oakmont Rec Center
(formerly Oak Marr)
- 7** Providence Rec Center
- 8** South Run Rec Center
- 9** Spring Hill Rec Center



Abbrv	Name	Address	City, Zip
1: Audrey Moore/Wakefield			
AnnandalePk	Annandale Park	4030 Hummer Rd	Annandale 22003
Camelot ES	Camelot Elementary	8100 Guinevere Dr	Annandale 22003
GrnSprGardn	Green Spring Gardens Park	4603 Green Spring Rd	Alexandria 22312
Hidden Oaks	Hidden Oaks Nature Center	7701 Royce St	Annandale 22003
LkAccotinkPk	Lake Accotink Park	7500 Accotink Park Dr	Springfield 22151
LittleRun ES	Little Run Elementary	4511 Olley Ln	Fairfax 22032
Olde Crk ES	Olde Creek Elementary	9524 Old Creek Rd	Fairfax 22032
Pinecrest GC	Pinecrest Golf Course	6600 Little River Tnpk	Alexandria 22312
Wkfld/Moore	Wakefield RECenter	8100 Braddock Rd	Annandale 22003
Woodson HS	Woodson High School	9525 Main St	Fairfax 22031

2: Cub Run			
ArrowbrookPk	Arrowbrook Park	2351 Field Point Rd	Herndon 20170
CubRunREC	Cub Run Rec Center	4630 Stonecroft Blvd.	Chantilly 20151
ECLawrencePk	Ellanor C. Lawrence Park	5040 Walney Rd	Chantilly 20151
Floris ES	Floris Elementary School	2708 Centreville Rd	Herndon 20171
Frying Pan Pk	Frying Pan Park	2709 West Ox Rd	Herndon 20171
Patriot Park North	Patriot Park North	5425 Willow Springs School Rd	Fairfax 22030
Stone MS	Stone Middle School	5500 Sully Park Dr	Centreville 21020
SullyCommCtr	Sully Community Center	13808 Wall Rd	Herndon 20171
Sully	Sully Historic Site	3650 Historic Sully Way	Chantilly 20151
TwnLk Golf	Twin Lakes Golf Course	6201 Union Mill Rd	Clifton 20124

3-5: Franconia /Mt. Vernon /GW			
Belle Vw ES	Belle View Elementary	6701 Fort Hunt Rd	Alexandria 22307
Bucknell ES	Bucknell Elementary	6925 University Dr	Alexandria 22307
FranconiaREC	Franconia Rec Center	6601 Telegraph Rd	Franconia 22310
GWREC	George Washington Rec Center	8426 Old Mount Vernon Rd	Alexandria 22309
Greendale Golf Co	Greendale Golf Course	6700 Telegraph Rd	Alexandria 22310
HistHuntley	Historic Huntley	6918 Harrison Ln	Alexandria 22306
HuntMdws	Huntley Meadows Park	3701 Lockheed Blvd	Alexandria 22306
Stone Mansion	Stone Mansion	3900 Stonybrook Dr	Alexandria 22306
Waynewood ES	Waynewood Elementary	1205 Waynewood Blvd	Alexandria 22308

6: Oakmont (formerly Oak Marr)			
Cunn Pk ES	Cunningham Park Elementary	1001 Park Street	Vienna 2210
FfxIceArena	Fairfax Ice Arena	3779 Pickett Rd	Fairfax 22030
Flint HI ES	Flint Hill Elementary	2444 Flint Hill Rd	Vienna 22181
Hunter House	Hunter House	9537 Courthouse Rd	Vienna 22181
LkFairfax Pk	Lake Fairfax Park	1400 Lake Fairfax Dr	Reston 20190
LdbyExFrOks	Lead by Example TKD	11226 Waples Mill Rd	Fairfax 22033
NottowayPk	Nottoway Park	9601 Courthouse Rd	Vienna 22181
Oakmont Golf Ctr	Oakmont Golf Center	3200 Jermantown Rd	Oakton 22124
Oakmont REC	Oakmont Rec Center	3200 Jermantown Rd	Oakton 22124
Oakton ES	Oakton Elementary	3000 Chain Bridge Rd	Oakton 22124
Wapls MI ES	Waples Mill Elementary	11509 Waples Mill Rd	Oakton 22124

Abbrv	Name	Address	City, Zip
7: Providence			
Clark House	Clark House	6338 Barcroft Mews Dr	Alexandria 22312
Fairhill ES	Fairhill Elementary	3001 Chichester Ln	Fairfax 22031
Jefferson Golf	Jefferson Golf Course	7900 Lee Hwy	Falls Church 22042
JRheeFlsCh	Jhoon Rhee Falls Church	1136 West Broad St	Falls Church 22046
MasonDistPk	Mason District Park	6621 Columbia Pike	Annandale, 22003
NOVA Fencers	No. VA Fencers Club	3431-E Carlin Springs Rd	Falls Church 22041
Pine Spring ES	Pine Spring Elementary	7607 Willow Lane	Falls Church 22042
ProvREC	Providence Rec Center	7525 Marc Dr	Falls Church 22042
RndtreePk	Roundtree Park	3411 Casilear Rd	Falls Church 22042
Shrevewd ES	Shreveood Elementary	7525 Shreve Rd	Falls Church 22043
Woodbrn ES	Woodburn Elementary	3401 Hemlock Dr	Falls Church 22042

8: South Run			
BlkBlttFfx	Black Belt Academy Fairfax	10635 Braddock Rd	Fairfax 22032
BurkeLakeGolf	Burke Lake Golf	6915 Ox Rd	Fairfax Station 22039
Burke Lake Pk	Burke Lake Park	7315 Ox Rd	Fairfax Station 22039
Card Fst ES	Cardinal Forest Elementary	8600 Forrester Blvd	Springfield 22152
Hidden Pond	Hidden Pond Nature Center	8511 Greeley Blvd	Springfield 22152
Huntsman Lk	Huntsman Lake	9150 Dorothy Ln	Springfield 22153
Lk Mercer Pk	Lake Mercer Park	9500 Silverbrook Rd	Fairfax Station 22039
Laurel Hill GC	Laurel Hill Golf Course	8701 Laurel Crest Dr	Lorton 22079
LaurelHillPk	Laurel Hill Park	8400 Lorton Rd	Lorton 22079
OrngHunt ES	Orange Hunt Elementary	6820 Sydenstricker Rd	Springfield 22152
RollVallyW Pk	Rolling Valley West Park	6512 Sydenstricker Rad	Burke 22015
RoyalLakePk	Royal Lake Park	5344 Gainsborough Dr	Fairfax, 22032
Saratoga ES	Saratoga Elementary	8111 Northumberland Road	Springfield 22153
SoRunREC	South Run Rec Center	7550 Reservation Dr	Springfield 22153

9: Spring Hill			
Clemyjontri	Clemyjontri Park	6317 Georgetown Pike	McLean 22101
ColvinRunMill	Colvin Run Mill	10017 Colvin Run Rd	Great Falls 22066
Dransvil Trvn	Dranesville Tavern	11919 Leesburg Pk	Herndon 20171
FreedomH ES	Freedom Hill Elementary	1945 Lord Fairfax Rd	Vienna 22182
GrtFlsGrange	Great Falls Grange	9818 Georgetown Pk	Great Falls 22066
Lewinsville PK	Lewinsville Park	1659 Chain Bridge Road	McLean 22101
McLeanCntrlPk	McLean Central Park	1468 Dolley Madison Blvd	McLean 22102
RiverbendPk	Riverbend Park	8700 Potomac Hills St	Great Falls 22066
ScottsRnNat	Scotts Run Nature Preserve	7400 Georgetown Pk	McLean 22102
SpringHI ES	Spring Hill Elementary	8201 Lewinsville Rd	McLean 22102
SPhillIREC	Spring Hill Rec Center	1239 Spring Hill Rd	McLean 22102
TurnerFarmPk	Turner Farm Park	925 Springvale Rd	Great Falls 22066



For a complete list of locations and addresses, scan the QR code or visit www.fairfaxcounty.gov/parktakes

Adapted Recreation Programs

Scan the QR code to go directly to the Parktakes Online Adapted Recreation Programs page.



ADA/Inclusion Support



In keeping with the Americans with Disabilities Act (ADA), Fairfax County is committed to giving all residents equal access to recreational opportunities. Park Authority activities, programs, camps and classes are inclusive, and reasonable accommodations are available for people with disabilities. ADA accommodations include sign interpreters, assistive listening devices, program modifications and inclusion support. To request accommodations, or for more information about adapted program opportunities, call 703-324-8727. The Park Authority makes every attempt to provide accommodations; however, fulfillment of requests received with less than 10 days notice cannot be guaranteed.

Facility Accessibility

The Fairfax County Park Authority offers parks and facilities that are accessible to all Fairfax County residents. For information on accessible features or issues associated with usage, call 703-324-8727 or visit www.fairfaxcounty.gov/parks/ada-inclusion.

Follow guidelines when registering

We suggest if it has been a month or longer since a student has participated in a swimming lesson, that they repeat the previous course completed. If you have any questions about which class is right for you or your child, please contact the Adapted Program Specialist at 703-324-8565. For safety reasons and to ensure customers get the maximum aquatic program benefits, the Park Authority reserves the right to remove students from an inappropriate class and either issue a refund or place them, when possible, in a class that better matches their ability.

Practice and Repetition are keys to success

Each student progresses at a different speed in learning aquatic skills. Students often repeat a level several times before developing the endurance and skill proficiency necessary for advancement. Repeating a level does not constitute failure; it is to be expected. Mastering skills takes time, practice, and patience.



Cub Run Rec Center INDOOR POOL PLAYGROUND

Slides • Bubblers • Sprays • Lazy River • Open year-round
www.fairfaxcounty.gov/parks/reccenter/cub-run



Adapted Aquatics

Adapted One on One Swim Lessons

(3-18 yrs.) These swim lessons are for children ages 3-18 with intellectual and developmental disabilities that target individual skill levels. Children must leave parent willingly, be comfortable in the water, and be able to follow simple directions. With one-on-one swim lessons, an instructor can spend more time helping overcome obstacles which may require more time or dedication than a standard swim lesson.

4AVE 7--30 minute lessons--\$303						
Location	Day	Time	Code	Begin	\$	
GWREC	Sa	9am	MHL.XLUY	9/7	4AVE	
GWREC	Sa	9:35am	MHL.JJF4	9/7	4AVE	
GWREC	Sa	10:10am	MHL.3KAS	9/7	4AVE	
GWREC	Sa	10:45am	MHL.AHZU	9/7	4AVE	
GWREC	Sa	9am	MHL.LL63	10/26	4AVE	
GWREC	Sa	9:35am	MHL.VUFN	10/26	4AVE	
GWREC	Sa	10:10am	MHL.QYAR	10/26	4AVE	
GWREC	Sa	10:45am	MHL.35E2	10/26	4AVE	

Adapted Swimming-Preschoolers

(3-5 yrs.) Through play and individual attention, preschoolers and their parents work on adjusting to a new environment. Focus is on entry and exit skills, water safety, blowing bubbles and arm and leg propulsion on the front and back. Parent participation is required.

4AD 6--30 minute lessons--\$96						
4AE 7--30 minute lessons--\$111						
Location	Day	Time	Code	Begin	\$	
GWREC	Sa	11:40am	COA.L7C9	9/7	4AE	
GWREC	Sa	11:40am	COA.C4BL	10/26	4AE	
OakmontREC	Sa	9:20am	COA.7ZWC	9/7	4AE	
OakmontREC	Sa	9:20am	COA.5KXG	10/26	4AD	
SoRunREC	Sa	11:45am	COA.594A	9/7	4AE	
SoRunREC	Su	12:15pm	COA.MT72	9/8	4AE	
SoRunREC	Sa	11:45am	COA.777P	11/2	4AD	
SoRunREC	Su	12:15pm	COA.PTBY	11/3	4AD	

Adapted Swimming 1

(6-12 yrs.) This is a learn-to-swim class designed for students with disabilities. Students engage in activities to overcome fear and gain basic swimming and water safety skills. Skills include entering and exiting the water safely, blowing bubbles, floating and the introduction of arm and leg action with assistance. Parent/caregiver participation may be required.

4AD 6--30 minute lessons--\$96						
4AE 7--30 minute lessons--\$111						
Location	Day	Time	Code	Begin	\$	
CubRunREC	Su	2pm	E4B.WXB8	9/8	4AE	
CubRunREC	Su	2pm	E4B.NBFV	10/27	4AE	
GWREC	Sa	12:20pm	E4B.WRPS	9/7	4AE	
GWREC	Sa	12:20pm	E4B.DPSQ	10/26	4AE	
OakmontREC	Sa	10am	E4B.9434	9/7	4AE	
OakmontREC	Sa	10am	E4B.GUVQ	10/26	4AD	
SoRunREC	Sa	9:05am	E4B.FMEU	9/7	4AE	
SoRunREC	Su	12:55pm	E4B.GM3E	9/8	4AE	
SoRunREC	Sa	9:05am	E4B.6EKN	11/2	4AD	
SoRunREC	Su	12:55pm	E4B.SVSJ	11/3	4AD	

Adapted Swimming 2

(6-12 yrs.) Prerequisite: Swimming 1 or equivalent skill proficiency. This is a learn-to-swim class designed for students with disabilities. Students should be comfortable entering the water on their own, blowing bubbles, and using their arms and legs to swim with assistance. Skills include floating on both front and back, gliding and swimming without assistance. Parent/caregiver participation may be required.

4AD 6--30 minute lessons--\$96						
4AE 7--30 minute lessons--\$111						
Location	Day	Time	Code	Begin	\$	
CubRunREC	Su	2:35pm	6D7.W4XB	9/8	4AE	
CubRunREC	Su	2:35pm	6D7.EKEK	10/27	4AE	
GWREC	Sa	1pm	6D7.AMDD	9/7	4AE	
GWREC	Sa	1pm	6D7.VN53	10/26	4AE	
OakmontREC	Sa	10:40am	6D7.LTZT	9/7	4AE	
OakmontREC	Sa	10:40am	6D7.M5AB	10/26	4AD	
ProvREC	Su	11am	6D7.G5S5	9/8	4AE	
ProvREC	Su	11am	6D7.XWCA	10/27	4AD	
SoRunREC	Sa	9:45am	6D7.CNPR	9/7	4AE	
SoRunREC	Su	1:35pm	6D7.9A4P	9/8	4AE	
SoRunREC	Sa	9:45am	6D7.5VTS	11/2	4AD	
SoRunREC	Su	1:35pm	6D7.KSNS	11/3	4AD	



REGISTER ONLINE
www.fairfaxcounty.gov/parks/parktakes



ADAPTED PROGRAMS GROW AND EXPAND IN FAIRFAX

Everyone should be able to enjoy the wonders of parks and recreation. The Fairfax County Park Authority (FCPA) Access and Inclusion team is working to make this goal a reality, introducing a continually growing suite of programs for people of all abilities.

"We heard your feedback and suggestions and are thrilled to announce that we've expanded our range of adapted programs to meet your unique needs and preferences," says Monica Klock, FCPA Adapted Program Specialist. The Access and Inclusion team provides accommodations that allow individuals with disabilities to participate in FCPA's classes, camps and events.

The variety of adapted classes FCPA offers continues to grow, providing people of all ages and abilities with the ability to experience dance, music, nature, fitness and sports. "These classes are designed to cater to different skill levels and interests, providing a comprehensive and enjoyable learning experience," Klock says.

"Whether you are interested in learning a new dance style, exploring the wonders of nature, improving your fitness levels or mastering a sport, we have something for everyone," Klock says. "Our classes are taught by experienced instructors who are passionate about their craft and committed to creating a safe and inclusive learning environment."

"Join us and discover your hidden talents, make new friends and have fun while you learn," Klock says. Sign up for a class or come out to enjoy a sensory friendly time at one of our water parks this summer. Learn more about these opportunities and more at www.fairfaxcounty.gov/parks/accessible/. If you have questions, please contact fcpaaccess@fairfaxcounty.gov.



Adapted Swimming 3

(6-12 yrs.) Prerequisite: Swimming 2 or equivalent skill proficiency. This is a learn-to-swim class designed for students with disabilities. Students should be able to swim at least two body lengths without assistance. Skills include treading water, retrieving objects and swimming on both front and back without assistance. Parent/caregiver participation may be required.

4AD	6--30 minute lessons--\$96				
4AE	7--30 minute lessons--\$111				
Location	Day	Time	Code	Begin	\$
GWREC	Sa	1:40pm	422.XGVL	9/7	4AE
GWREC	Sa	1:40pm	422.T9NJ	10/26	4AE
OakmontREC	Sa	11:20am	422.S7J6	9/7	4AE
OakmontREC	Sa	11:20am	422.U34Y	10/26	4AD
ProvREC	Su	11:35am	422.TGV2	9/8	4AE
ProvREC	Su	11:35am	422.SXXY	10/27	4AD
SoRunREC	Sa	10:25am	422.2F6G	9/7	4AE
SoRunREC	Sa	10:25am	422.JHFG	11/2	4AD

Learn to Swim Teens/Adults w/Disabilities

(13-Adult) Classes take place in depths of less than five feet. Skills include entering and exiting water, floating, gliding on front and back, breathing techniques, and using arms and legs to perform front crawl and elementary backstroke. Parent/caregiver participation may be required.

4AD		6--30 minute lessons--\$96			
4AE		7--30 minute lessons--\$111			
Location	Day	Time	Code	Begin	\$
OakmontREC	Sa	12pm	03B.PUBV	9/7	4AE
OakmontREC	Sa	12pm	03B.VDE6	10/26	4AD
SoRunREC	Sa	11:05am	03B.T6CF	9/7	4AE
SoRunREC	Sa	11:05am	03B.6W36	11/2	4AD

Adapted Intro to Basic Strokes

(8-Adult) Prerequisite: Students must be able to swim a minimum of 15 yards independently. This class is designed to prepare students with disabilities for more advanced competitive swimming and focuses on the basic steps and progressions of the four competitive strokes: front crawl, back crawl, breaststroke and butterfly.

4AAF	14--45 minute lessons--\$227				
4AAT	12--45 minute lessons--\$194				
4AN	6--45 minute lessons--\$96				
4AO	7--45 minute lessons--\$112				
Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	2pm	E06.UBQU	9/7	4AAF
OakmontREC	Sa	12:40pm	E06.THUB	9/7	4AO
OakmontREC	Sa	12:40pm	E06.YN49	10/26	4AN
ProvREC	Su	12:15pm	E06.FNHN	9/8	4AO
ProvREC	Su	12:15pm	E06.LJHB	10/27	4AN
SpHillREC	Sa	12pm	E06.L6JN	9/7	4AAF
Wkfld/Moore	Sa	12pm	E06.JQJN	9/7	4AAT

Adapted Lap Swim and Water Walking

(13-Adult) This class is designed for individuals with intellectual and developmental disabilities. Students receive personalized instruction focused on improving fitness and endurance through lap swimming or water walking.

4AO 7--45 minute lessons--\$112					
Location	Day	Time	Code	Begin	\$
CubRunREC	Su	3:15pm	UM5.F2D8	9/8	4AO
CubRunREC	Su	3:15pm	UM5.EK58	10/27	4AO

Aqua Fitness-Individuals

w/Physical Disabilities

(13-Adult) Students with physical disabilities (cerebral palsy, spinal cord injury, MS, etc.) work at their individual ability levels as they pursue their personal fitness goals. Shallow water exercises and swim program improve body awareness and increase range of motion, flexibility and muscle tone. Wheelchair users welcome. Caretaker/family member participation may be required.

4AAF 14--45 minute lessons--\$227					
4AAR 13--45 minute lessons--\$210					
Location	Day	Time	Code	Begin	\$
SpHillREC	Su	3:30pm	460.A2T3	9/8	4AAR
SpHillREC	Su	4:15pm	460.2DYL	9/8	4AAR
SpHillREC	Su	5pm	460.X6JH	9/8	4AAR
Wkfld/Moore	F	11am	460.TN85	9/6	4AAF

Swim Team Training/Intermediate

Swimmers w/Disabilities

(8-Adult) Prerequisite: Swimmers must be able to swim 25 yards on their front and back. Prior competitive experience is not necessary. This is competitive training for swimmers who may want to participate in Special Olympics. Swimmers are coached in freestyle, backstroke, breaststroke and butterfly.

4AAD	12--55 minute lessons--\$198				
4AAH	14--55 minute lessons--\$239				
4AAI	13--55 minute lessons--\$222				
Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	3pm	C26.43VM	9/7	4AAH
Franconia Rec	Sa	2pm	C26.RZNN	9/7	4AAD
OakmontREC	Su	2pm	C26.K76V	9/8	4AAI
SpHillIREC	Sa	1pm	C26.355S	9/7	4AAH
Wkfld/Moore	Sa	2pm	C26.UA28	9/7	4AAD

Swim Team Training/Advanced Swimmers w/Disabilities

(8-Adult) Prerequisite: Swimmers must be able to swim 25 yards in the front and back while circle swimming with other swimmers. This is competitive training for swimmers who may want to participate in Special Olympics. Swimmers are coached in freestyle, backstroke, breaststroke and butterfly.

4AAD 12--55 minute lessons--\$198					
4AAH 14--55 minute lessons--\$239					
4AAI 13--55 minute lessons--\$222					
Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	4pm	B1D.EZWG	9/7	4AAH
Franconia Rec	W	7pm	B1D.8V46	9/11	4AAI
Franconia Rec	Sa	3pm	B1D.X9M6	9/7	4AAD
OakmontREC	Su	1pm	B1D.VWYM	9/8	4AAI
OakmontREC	Su	3pm	B1D.56S9	9/8	4AAI
SpHillREC	Sa	2pm	B1D.SCPG	9/7	4AAH
Wkfld/Moore	Sa	1pm	B1D.3NDE	9/7	4AAD

Adapted Dance & Music

Adapted Dance Flow

(13-Adult) This class for individuals with intellectual disabilities stimulates body awareness in a fun, creative way. Various dance styles, from hip-hop to line dancing, cultivate fine and gross motor skills, encourage attention, cooperation and self-expression in a safe, structured environment.

4EB 11--55 minute lessons--\$145					
Location	Day	Time	Code	Begin	\$
SpHillREC	F	4:15pm	522.IY92	9/20	4EB

Adapted Recreation

Mini Maestros Adapted Music

(2-5 yrs.) Led by a board-certified music therapist, this class is open to children of all abilities and is designed to foster developmental, social and emotional skill acquisition through specialized music activities. Children will engage in singing, movement, instrument play and mindfulness to learn a variety of fundamental skills.

CAAA 8--45 minute lessons--\$147

Location	Day	Time	Code	Begin	\$
Sully CommCtr W		10:30am	181.GP6Q	9/11	CAAA

Adapted Outdoor Opportunities

Adapted Birding

(13-Adult) This class is designed for individuals with intellectual disabilities who want to develop their bird watching skills. Join a park naturalist to learn important tips for bird identification and a short walk along the trail to utilize your bird watching skills. Parent/caregiver participation is required.

R90E 1--1 hour 30 minute program--\$11

Location	Day	Time	Code	Begin	\$
HuntMdws	F	8:30am	J13.2ZKE	10/25	R90E

Adapted Park Explorers

(6-11 yrs.) See the best that our park has to offer with topics that fit your interests. Explore different features of the park with hands-on science and nature activities tailored to young people with disabilities. A different topic each month. Parents must be accessible during the program but are not required to register.

4B4 1--1 hour program--\$11

Location	Day	Time	Code	Begin	\$
Frying Pan Pk	M	11am	206.OY8U	10/14	4B4
HiddenPondNC	Sa	10am	206.7TES	9/14	4B4
HuntMdws	Sa	10am	206.JAKM	10/19	4B4
Riverbend Pk	Su	10am	206.WGD1	10/13	4B4

Adapted Sights and Sounds of

Fall Campfire

(4-Adult) Bring your family to enjoy a delightful campfire and observe the park at dusk. Relax with s'mores in beautiful natural surroundings as you look and listen animals that only come out at night. All children must be accompanied by a registered adult.

4B4 1--1 hour program--\$11

Location	Day	Time	Code	Begin	\$
ECLawncePk	Sa	5:30pm	3TC.UIN6	11/9	4B4

Adapted Walking Club

(15-Adult) Join us for a walk through the park, while also learning about health, fitness and goal setting. These accessible walks are designed for individuals with intellectual or developmental disabilities. Must be able to walk for the duration of class with minimal breaks. The adapted walking club will meet at a different location each week.

DAVA 8--55 minute lessons--\$148

Location	Day	Time	Code	Begin	\$
Burke Lake Pk	Sa	9am	BSM.5HCP	9/14	DAVA

Adapted Walking for Individuals with

Physical Disabilities

(Adults) Join us for a walk through the park. These accessible walks are designed for individuals with

physical disabilities. Students must be able to walk for the duration of class with minimal breaks.

4B4 1--1 hour program--\$11

Location	Day	Time	Code	Begin	\$
HuntMdws	T	12pm	ORV.PD2H	9/10	4B4
GreenSprings	T	1pm	ORV.PVTP	10/8	4B4
HiddenPond	T	12p	ORV.Y9ZX	11/12	4B4

Adapted Sports & Fitness

Adapted Basketball

(8-12 yrs.) This JST Athletics class is for individuals with mild intellectual and developmental disabilities. Emphasis on the development of basketball skills including dribbling, passing, and shooting.

DTVE 8--45 minute lessons--\$140

Location	Day	Time	Code	Begin	\$
Sully CommCtr Su		12pm	SSI.YFKW	9/15	DTVE

Adapted Fitness Training

(13-Adult) Designed for students who have mild intellectual disabilities who can participate in a class with a 4:1 ratio. Learn fitness and wellness skills in a fun and social environment. Class may include weight room exercises, team games, yoga, swimming, outdoor activities and nutrition instruction. Students must be able to ambulate independently.

4EB 11--55 minute lessons--\$145

Location	Day	Time	Code	Begin	\$
OakmontREC	T	5pm	76F.38L4	9/24	4EB



Adapted Soccer by Vendor

This JST Athletics class for individuals with mild intellectual disabilities provides basic instruction geared for beginning players. Emphasis is on development of soccer skills including kicking, dribbling and goal-keeping. Bring shin guards and a soccer ball. Classes held at schools are indoors using soft soccer balls and no not require cleats.

DTVE 8--45 minute lessons--\$140

Location	Day	Time	Code	Begin	\$
(6-8 yrs.)					
Sully CommCtr Su		1pm	G3K.SEZ2	9/15	DTVE
(8-12 yrs.)					
SoRunREC	Sa	12pm	GOB.EWWG	9/14	DTVE

Adapted Sports and Fitness

(13-Adult) Designed for participants with mild intellectual disabilities who can participate in a class with a 4:1 ratio. Learn safe and proper sports skills while enjoying the benefits of fitness conditioning and teamwork through a variety of activities such as beach ball volleyball, sports and games and outdoor activities.

4EB 11--55 minute lessons--\$145

Location	Day	Time	Code	Begin	\$
ProvREC	T	5pm	5D9.3M16	9/17	4EB
ProvREC	T	6:15pm	5D9.T8JL	9/17	4EB

Adapted Walking Soccer

(6-12 yrs.) This slow-paced Sanowar Fitness class is designed for individuals with intellectual disabilities. Class aims to increase cardiovascular health and develop balance, agility and coordination while learning developmental soccer skills.

DAVA 8--55 minute lessons--\$148

Location	Day	Time	Code	Begin	\$
LittleRn ES	Sa	9am	6C3.HP0K	9/21	DAVA
LittleRn ES	Sa	10am	6C3.RICU	9/21	DAVA

Adapted Tae Kwon Do I

Class is designed for students with disabilities on the high-functioning end of the autism spectrum. Students learn basic kicking, punching, blocking and sparring skills and forms as they improve confidence and flexibility. Martial arts uniforms are required. Extra fee for belt testing.

DMVB 8--45 minute lessons--\$115

Location	Day	Time	Code	Begin	\$
(5-10 yrs.)					
LdbyExFrOks	Sa	3:30pm	A12.Y6T4	9/14	DMVB
(10-17 yrs.)					
LdbyExFrOks	Sa	4:15pm	EEC.B8G3	9/14	DMVB
(16-Adult)					
LdbyExFrOks	W	7:45pm	456.PDZP	9/18	DMVB

Adapted Yoga

(13-Adult) This class for individuals with intellectual disabilities focuses on basic yoga positions to improve strength, balance and flexibility and introduces breathing techniques for physical and mental relaxation. Please bring a mat. Parent/caregiver participation may be required.

4EB 11--55 minute lessons--\$145

Location	Day	Time	Code	Begin	\$
SpHillIREC	F	5:15pm	DOE.QC05	9/20	4EB

Aquatics

Scan the QR code to go directly to the Parktakes Online Aquatics page.



Fairfax County Park Authority aquatic facilities offer something for all ages and levels of swimming ability. Monthly calendars listing pool hours are available at the Park Authority's Rec Centers and online at www.fairfaxcounty.gov/parks.

Follow guidelines when registering

We suggest if it has been a month or longer since a student has participated in a swimming lesson, that they repeat the previous course completed. If you have any questions about which class is right for you or your child, please contact the aquatic staff at your favorite Rec Center. For safety reasons and to ensure customers get the maximum aquatic program benefits, the Park Authority reserves the right to remove students from an inappropriate class and either issue a refund or place them, when possible, in a class that better matches their ability.

Practice and Repetition are keys to success

Each student progresses at a different speed in learning aquatic skills. Students often repeat a level several times before developing the endurance and skill proficiency necessary for advancement. Repeating a level does not constitute failure; it is to be expected. Mastering skills takes time, practice and patience.

Combining course levels

When enrollment is low, course levels may be combined to avoid class cancellations.

Pool Health Information

For more information about practicing healthy swim habits, please visit: www.fairfaxcounty.gov/parks/rules/pool/pool-health

One on One Swim Lessons

(3-Adult) Children must leave parent willingly, be comfortable in the water, and be able to follow simple directions. Private swim lessons are a great way to improve swimming skills and water safety techniques of any level. With one-on-one swim lessons, an instructor can spend more time helping overcome obstacles which may require more time or dedication than a standard swim lesson. Lessons are also available for adult swimmers. Senior discount does not apply to these lessons. See website for details and times.



Swim Classes for Children

Baby & Me Swim

(6 mos.-18 mos.) Register your baby for this class designed for babies and their parent(s), or other favorite adult who want to learn water adjustment and aquatic skills together in a fun environment. Learn how to enter and exit the water in a safe manner, feel comfortable in the water and explore submerging to the mouth, nose and eyes. Explore buoyancy on front and back, change body position and learn safety information. Two adults may participate with each child. Babies must wear tight-fitting swim diaper and plastic pants under bathing suit.

4AA	3--30 minute lessons--\$47
4AD	6--30 minute lessons--\$96
4AE	7--30 minute lessons--\$111
4AF	8--30 minute lessons--\$127

Location	Day	Time	Code	Begin	\$
CubRunREC	T	10:30am	665.E87F	9/3	4AF
CubRunREC	Sa	9am	665.TV9N	9/7	4AE
CubRunREC	Sa	10:10am	665.NZ7T	9/7	4AE
CubRunREC	Su	9am	665.ESXS	9/8	4AE
CubRunREC	Su	10:10am	665.APK3	9/8	4AE
CubRunREC	Sa	9am	665.EC07	10/26	4AF
CubRunREC	Sa	10:10am	665.YDK3	10/26	4AF
CubRunREC	Su	9am	665.TSAJ	10/27	4AF
CubRunREC	Su	10:10am	665.G4SM	10/27	4AF
CubRunREC	T	10:30am	665.QE9S	10/29	4AF
Franconia Rec	Sa	9am	665.EL0B	9/7	4AE
Franconia Rec	Su	9am	665.HR94	9/8	4AE
Franconia Rec	Sa	9am	665.NE1U	10/26	4AE
Franconia Rec	Su	9am	665.48XV	10/27	4AE
GWREC	Sa	9:05am	665.KGBD	8/24	4AF
GWREC	Sa	10:15am	665.2QOW	8/24	4AF
GWREC	M	10am	665.7G0U	8/26	4AF
GWREC	W	11:10am	665.BAVS	8/28	4AF
GWREC	Sa	9:05am	665.0Q6X	10/26	4AE
GWREC	Sa	10:15am	665.PK91	10/26	4AE
GWREC	M	10am	665.NTQD	10/28	4AF
GWREC	W	11:10am	665.KIJ9	10/30	4AE
OakmontREC	Sa	9am	665.8VOZ	9/14	4AD
OakmontREC	Sa	10:10am	665.3FKA	9/14	4AD
OakmontREC	Su	10:05am	665.AGL6	9/15	4AD
OakmontREC	W	10:05am	665.3A8M	9/18	4AD
OakmontREC	F	10am	665.3BS6	9/20	4AD
OakmontREC	Sa	9am	665.LUAC	10/26	4AE
OakmontREC	Sa	10:10am	665.40G0	10/26	4AE
OakmontREC	Su	10:05am	665.726S	10/27	4AE
OakmontREC	W	10:05am	665.7LYT	10/30	4AF
OakmontREC	F	10am	665.P6H5	11/1	4AD
OakmontREC	Sa	9am	665.DNE1	12/7	4AA
OakmontREC	Su	10am	665.HC60	12/8	4AA
ProvREC	Sa	8:15am	665.MP66	8/24	4AF
ProvREC	Sa	10am	665.RVEV	8/24	4AF
ProvREC	Su	9am	665.JSR6	8/25	4AF
ProvREC	Su	10:45am	665.YASN	8/25	4AF
ProvREC	Sa	8:15am	665.ATRZ	10/26	4AE
ProvREC	Sa	10am	665.U36Y	10/26	4AE
ProvREC	Su	9am	665.TOR5	10/27	4AE
ProvREC	Su	10:45am	665.COXN	10/27	4AE
SoRunREC	Sa	9:55am	665.EU08	9/14	4AD
SoRunREC	Su	10:15am	665.8ZEY	9/15	4AD
SoRunREC	Su	10:15am	665.XYCC	9/15	4AD
SoRunREC	Sa	9:55am	665.B4UA	10/26	4AF
SoRunREC	Su	10:15am	665.83A7	10/27	4AF
SoRunREC	Su	10:15am	665.UB02	10/27	4AF
SpHillIREC	W	6pm	665.YCD9	9/4	4AF
SpHillIREC	Sa	9am	665.RUHK	9/7	4AE
SpHillIREC	Su	9am	665.0X9X	9/8	4AE
SpHillIREC	M	10:10am	665.3JUI	9/9	4AE
SpHillIREC	Sa	9am	665.V32I	10/26	4AF
SpHillIREC	Su	9am	665.MFGY	10/27	4AF
SpHillIREC	M	10:10am	665.5MXD	10/28	4AF
SpHillIREC	W	6pm	665.VHYP	10/30	4AF

Toddler & Me Swim

(19 mos.-2 yrs.) Register your toddler for this class designed for children and their parent(s) or other favorite adult(s) who want to learn water adjustment, basic swimming and safety skills in a fun environment. Up to two adults may participate with each child. Children not toilet trained must wear tight-fitting swim diapers and plastic pants under their bathing suit.

4AA	3--30 minute lessons--\$47
4AD	6--30 minute lessons--\$96
4AE	7--30 minute lessons--\$111
4AF	8--30 minute lessons--\$127

Location	Day	Time	Code	Begin	\$
CubRunREC	T	10:30am	FAB.MBL7	9/3	4AF
CubRunREC	Sa	9:35am	FAB.V8WK	9/7	4AE
CubRunREC	Sa	10:10am	FAB.FX1T	9/7	4AE
CubRunREC	Sa	10:45am	FAB.PSPK	9/7	4AE
CubRunREC	Sa	11:20am	FAB.8PTA	9/7	4AE
CubRunREC	Su	9:35am	FAB.21BE	9/8	4AF
CubRunREC	Su	10:10am	FAB.AM2Z	9/8	4AE
CubRunREC	Su	10:45am	FAB.KFBE	9/8	4AE
CubRunREC	Su	11:20am	FAB.Q6CB	9/8	4AE
CubRunREC	Sa	9:35am	FAB.Z3CG	10/26	4AF
CubRunREC	Sa	10:10am	FAB.HT4E	10/26	4AF
CubRunREC	Sa	10:45am	FAB.MWUY	10/26	4AF
CubRunREC	Sa	11:20am	FAB.YPMN	10/26	4AF
CubRunREC	Su	9:35am	FAB.4N7N	10/27	4AF
CubRunREC	Su	10:10am	FAB.MPL3	10/27	4AF
CubRunREC	Su	10:45am	FAB.XC5J	10/27	4AF
CubRunREC	Su	11:20am	FAB.LTSC	10/27	4AF
CubRunREC	T	10:30am	FAB.YCDI	10/29	4AF
Franconia Rec	Sa	9:35am	FAB.DPR9	9/7	4AE
Franconia Rec	Sa	10:45am	FAB.1CFH	9/7	4AE
Franconia Rec	Su	9:35am	FAB.KYU4	9/8	4AE
Franconia Rec	Su	10:50am	FAB.NO15	9/8	4AE
Franconia Rec	Sa	9:35am	FAB.3CK4	10/26	4AE
Franconia Rec	Sa	10:45am	FAB.G6H5	10/26	4AE
Franconia Rec	Su	9:35am	FAB.EWJ4	10/27	4AE
Franconia Rec	Su	10:50am	FAB.785E	10/27	4AE
GWREC	Sa	9:40am	FAB.S193	8/24	4AF
GWREC	Sa	10:50am	FAB.BKAI	8/24	4AF
GWREC	M	10:35am	FAB.BFJO	8/26	4AF
GWREC	Sa	9:40am	FAB.TTVY	10/26	4AE
GWREC	Sa	10:50am	FAB.Q109	10/26	4AE
GWREC	M	10:35am	FAB.HKZJ	10/28	4AF
OakmontREC	Sa	9:35am	FAB.SIAN	9/14	4AD
OakmontREC	Sa	10:45am	FAB.0R2A	9/14	4AD
OakmontREC	Su	10:40am	FAB.INPZ	9/15	4AD
OakmontREC	W	10:10am	FAB.CFD9	9/18	4AD
OakmontREC	F	10am	FAB.EQP4	9/20	4AD
OakmontREC	Sa	9:35am	FAB.5HKS	10/26	4AE
OakmontREC	Sa	10:45am	FAB.4KK8	10/26	4AE
OakmontREC	Su	10:40am	FAB.PHFQ	10/27	4AE
OakmontREC	W	10:40am	FAB.ZYR	10/30	4AF
OakmontREC	F	10am	FAB.SKYG	11/1	4AD
OakmontREC	Sa	9:35am	FAB.ZUY5	12/7	4AA
OakmontREC	Sa	10:35am	FAB.HLS8	12/8	4AA
ProvREC	Sa	8:50am	FAB.9G6Y	8/24	4AF
ProvREC	Sa	10:35am	FAB.MLCR	8/24	4AF
ProvREC	Su	9:35am	FAB.33Z3	8/25	4AF
ProvREC	Su	11:20am	FAB.Y3PW	8/25	4AF
ProvREC	Sa	8:50am	FAB.VUQQ	10/26	4AE
ProvREC	Sa	10:35am	FAB.82MK	10/26	4AE
ProvREC	Su	9:35am	FAB.1ST9	10/27	4AE
ProvREC	Su	11:20am	FAB.S9L8	10/27	4AE
SoRunREC	M	11:15am	FAB.DCHH	9/9	4AE
SoRunREC	W	11:15am	FAB.42D8	9/11	4AE
SoRunREC	F	11:15am	FAB.25ZC	9/13	4AE
SoRunREC	Sa	11am	FAB.AQAJ	9/14	4AD
SoRunREC	Su	11:05am	FAB.2LB0	9/15	4AD
SoRunREC	Sa	11am	FAB.9UGY	10/26	4AF
SoRunREC	Su	11:05am	FAB.7VRO	10/27	4AF
SoRunREC	M	11:15am	FAB.DB0Z	10/28	4AF
SoRunREC	W	11:15am	FAB.D1AR	10/30	4AF

SoRunREC	F	11:15am	FAB.RNIX	11/1	4AE
SpHillREC	W	6:35pm	FAB.ZLHW	9/4	4AF
SpHillREC	Th	5:25pm	FAB.7ZHA	9/5	4AF
SpHillREC	Sa	9:35am	FAB.HG9F	9/7	4AE
SpHillREC	Sa	12:25pm	FAB.C7PG	9/7	4AE
SpHillREC	Su	9:35am	FAB.TZX8	9/8	4AE
SpHillREC	Su	11:55am	FAB.ER4F	9/8	4AE
SpHillREC	M	10:10am	FAB.WUJ8	9/9	4AE
SpHillREC	Sa	9:35am	FAB.EY68	10/26	4AF
SpHillREC	Sa	10:10am	FAB.U7MG	10/26	4AF
SpHillREC	Su	9:35am	FAB.GAWN	10/27	4AF
SpHillREC	Su	11:55am	FAB.42HG	10/27	4AF
SpHillREC	M	10:10am	FAB.ZY9E	10/28	4AF
SpHillREC	W	6:35pm	FAB.NS26	10/30	4AF
SpHillREC	Th	6pm	FAB.XN25	11/7	4AD

Preschooler & Me Swim

(3-5 yrs.) Register your preschooler for this class designed for children and their parents(s) or other favorite adult(s) who want to learn water adjustment, basic swimming and safety skills in a fun environment. Up to two adults may participate with each child. Children not toilet trained must wear tight-fitting swim diapers and plastic pants. This class is designed especially for children who have limited group social experience and are reluctant to leave their parents. All teaching is done through the adult. Skills: Same as Pee Wee Paddler 1.

4AA	3--30 minute lessons--\$47
4AD	6--30 minute lessons--\$96
4AE	7--30 minute lessons--\$111
4AF	8--30 minute lessons--\$127
4AG	9--30 minute lessons--\$141
4AH	10--30 minute lessons--\$158

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	10:45am	D6F.G8SV	9/7	4AE
CubRunREC	Su	10:45am	D6F.COWB	9/8	4AE
CubRunREC	Sa	10:45am	D6F.NT9D	10/26	4AF
CubRunREC	Su	10:45am	D6F.A0JE	10/27	4AF
Franconia Rec	Sa	11:20am	D6F.28XE	9/7	4AE
Franconia Rec	Su	11:25am	D6F.1WVY	9/8	4AE
Franconia Rec	Sa	11:20am	D6F.FB3F	10/26	4AE
Franconia Rec	Su	11:25am	D6F.9PL2	10/27	4AE
GWREC	Sa	11:25am	D6F.71S2	8/24	4AF
GWREC	Sa	11:25am	D6F.Y69X	10/26	4AE
OakmontREC	Sa	11:30am	D6F.Y5CW	9/14	4AD
OakmontREC	Su	11:20am	D6F.UWYM	9/15	4AD
OakmontREC	M/W	5:55pm	D6F.R70J	9/16	4AH
OakmontREC	W	9:30am	D6F.OZD1	9/18	4AD
OakmontREC	F	6pm	D6F.VENL	9/20	4AD
OakmontREC	M/W	5:55pm	D6F.1GWY	10/21	4AF
OakmontREC	Sa	11:30am	D6F.JIEC	10/26	4AE
OakmontREC	Su	11:20am	D6F.62CX	10/27	4AE
OakmontREC	W	9:30am	D6F.Z6AH	10/30	4AF
OakmontREC	M/W	5:55pm	D6F.DURB	11/18	4AG
OakmontREC	Sa	10:10am	D6F.LTHW	12/7	4AA
OakmontREC	Su	11:15am	D6F.B6IV	12/8	4AA
ProvREC	Sa	9:25am	D6F.NB4L	8/24	4AF
ProvREC	Sa	11:10am	D6F.M880	8/24	4AF
ProvREC	Su	10:10am	D6F.AL7B	8/25	4AF
ProvREC	Su	11:55am	D6F.OBQW	8/25	4AF
ProvREC	Sa	9:25am	D6F.HZH2	10/26	4AE
ProvREC	Sa	11:10am	D6F.O10Y	10/26	4AE
ProvREC	Su	10:10am	D6F.FOE5	10/27	4AE
ProvREC	Su	11:55am	D6F.CVL4	10/27	4AE
SoRunREC	Sa	9:35am	D6F.G19V	9/14	4AF
SoRunREC	Sa	9:35am	D6F.S39Q	10/26	4AF
SpHillREC	W	7:10pm	D6F.JYGO	9/4	4AF
SpHillREC	Sa	10:10am	D6F.OPB4	9/7	4AE
SpHillREC	Su	10:10am	D6F.HEX9	9/8	4AE
SpHillREC	Sa	10:45am	D6F.Y787	10/26	4AF
SpHillREC	Su	10:10am	D6F.E6DZ	10/27	4AF
SpHillREC	W	7:10pm	D6F.BU7I	10/30	4AF

Intro to Pee Wee Paddler

(2.5-3.5 yrs.) Intro to Pee Wee Paddler introduces 2-year 6 month to 3 year 6-month-old children to floating, kicking, paddling, submerging, and water safety skills in a unique setting designed to prepare the child for the next session of Pee Wee Paddler 1 once they turn 3 years 6 months. This class has a smaller instructor-student ratio with no more than 4 students allowed per instructor. Children must function well in a group setting without a parent. Non-potty-trained participants must wear swim diapers under swimsuit- no disposable or cloth diapers are allowed.

2IP1	6--25 minute lessons--\$96
2IP2	7--25 minute lessons--\$111
2IP3	8--25 minute lessons--\$127

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	9:35am	AQI.H8AS	9/7	2IP2
CubRunREC	Sa	10:40am	AQI.HNCX	9/7	2IP2
CubRunREC	Sa	9:35am	AQI.IHM2	10/26	2IP3
CubRunREC	Sa	10:40am	AQI.Z9P3	10/26	2IP3
CubRunREC	Su	9:35am	AQI.3VFM	9/8	2IP2
CubRunREC	Sa	10:40am	AQI.AEOK	9/8	2IP2
CubRunREC	Su	9:35am	AQI.DNAC	10/27	2IP3
CubRunREC	Su	10:40am	AQI.Y9IW	10/27	2IP3

Pee Wee Paddler 1

(3-5 yrs.) Prerequisite: Child must leave parent willingly, be comfortable in the water, follow directions and function well in a group. When possible, children are grouped by ability. Class emphasizes helping children gain basic aquatic skills including entering and exiting the water safely, blowing bubbles with mouth and nose submerged, submerging under water. With assistance students learn to float and glide on front and back, rolling from front to back and back to front, swimming using arms and legs on front and back at least two body lengths. For safety reasons, flotation devices may be used. Flotation devices are used for all Pee Wee 1 classes at Audrey Moore and Franconia Rec Centers.

4AA	3--30 minute lessons--\$47
4AB	4--30 minute lessons--\$64
4AD	6--30 minute lessons--\$96
4AE	7--30 minute lessons--\$111
4AF	8--30 minute lessons--\$127
4AG	9--30 minute lessons--\$141
4AH	10--30 minute lessons--\$158
4ANF	8--30 minute lessons--\$196

Location	Day	Time	Code	Begin	\$
CubRunREC	T	5pm	4EC.V6EI	9/3	4AF
CubRunREC	T	11:05am	4EC.0M84	9/3	4AF
CubRunREC	Sa	9am	4EC.8B22	9/7	4AE
CubRunREC	Sa	9:35am	4EC.AJTH	9/7	4AE
CubRunREC	Sa	10:10am	4EC.3VFM	9/7	4AE
CubRunREC	Sa	11:20am	4EC.AEOK	9/7	4AE
CubRunREC	Su	9am	4EC.DNAC	9/8	4AE
CubRunREC	Su	9:35am	4EC.Y9IW	9/8	4AE
CubRunREC	Su	10:10am	4EC.YVPA	9/8	4AE
CubRunREC	Su	11:20am	4EC.0F9N	9/8	4AE
CubRunREC	Sa	9am	4EC.K28B	10/26	4AF
CubRunREC	Sa	9:35am	4EC.IV82	10/26	4AF
CubRunREC	Sa	10:10am	4EC.HH2T	10/26	4AF
CubRunREC	Sa	11:20am	4EC.6XV4	10/26	4AF
CubRunREC	Su	9am	4EC.C9U3	10/27	4AF
CubRunREC	Su	9:35am	4EC.U9KG	10/27	4AF
CubRunREC	Su	10:10am	4EC.9KV7	10/27	4AF
CubRunREC	Su	11:20am	4EC.FAUT	10/27	4AF
CubRunREC	T	5pm	4EC.HVEV	10/29	4AF
CubRunREC	T	11:05am	4EC.8D5L	10/29	4AF
Franconia Rec	T	5:30pm	4EC.JQ9U	9/3	4AF



GWREC	Sa	9:40am	4EC.4ZV9	10/26	4AE
GWREC	Sa	10:15am	4EC.CW2T	10/26	4AE
GWREC	Su	9:05am	4EC.7TZN	10/27	4AE
GWREC	Su	10:15am	4EC.7ZYL	10/27	4AE
GWREC	M	4:55pm	4EC.94Z3	10/28	4AF
GWREC	T	5pm	4EC.EA7D	10/29	4AF
GWREC	T	9:30am	4EC.VZ8V	10/29	4AF
GWREC	W	5:30pm	4EC.X6VL	10/30	4AE
GWREC	W	9:30am	4EC.Q955	10/30	4AE
GWREC	Th	9:30am	4EC.B780	11/7	4AD
OakmontREC	Sa	9am	4EC.FYJV	9/14	4AD
OakmontREC	Sa	10:10am	4EC.GHOF	9/14	4AD
OakmontREC	Sa	11:30am	4EC.ZCDK	9/14	4AD
OakmontREC	Sa	12:05pm	4EC.YMUD	9/14	4AD
OakmontREC	Su	9:05am	4EC.3SYH	9/15	4AD
OakmontREC	Su	10:15am	4EC.TVUZ	9/15	4AD
OakmontREC	Su	11:30am	4EC.9N0P	9/15	4AD
OakmontREC	Su	11:55am	4EC.4G90	9/15	4AD
OakmontREC	M/W	6:30pm	4EC.QJA1	9/16	4AH
OakmontREC	T/Th	5:55pm	4EC.Q0BE	9/17	4AH
OakmontREC	M/W	6:30pm	4EC.62AI	10/21	4AF
OakmontREC	T/Th	5:55pm	4EC.WS47	10/22	4AE
OakmontREC	Sa	9am	4EC.KZY1	10/26	4AE
OakmontREC	Sa	10:10am	4EC.E24C	10/26	4AE
OakmontREC	Sa	11:30am	4EC.WP99	10/26	4AE
OakmontREC	Sa	12:05pm	4EC.FW18	10/26	4AE
OakmontREC	Su	9:05am	4EC.4EQG	10/27	4AE
OakmontREC	Su	10:15am	4EC.YNT4	10/27	4AE
OakmontREC	Su	11:30am	4EC.IOHS	10/27	4AE
OakmontREC	Su	11:55am	4EC.IF9K	10/27	4AE
OakmontREC	M/W	6:30pm	4EC.WLNN	11/18	4AG
OakmontREC	T/Th	5:55pm	4EC.S2CW	11/19	4AG
OakmontREC	Sa	9am	4EC.C1Z8	12/7	4AA
OakmontREC	Su	10am	4EC.BT77	12/8	4AA
ProvREC	Sa	8:15am	4EC.D5KC	8/24	4AF
ProvREC	Sa	11:40am	4EC.TLFO	8/24	4AF
ProvREC	Su	9am	4EC.OZ58	8/25	4AF
ProvREC	Su	12:30pm	4EC.78IC	8/25	4AF
ProvREC	M	6pm	4EC.71TD	8/26	4AF
ProvREC	Sa	8:15am	4EC.40IO	10/26	4AE
ProvREC	Sa	11:40am	4EC.1L5M	10/26	4AE
ProvREC	Su	9am	4EC.L2YO	10/27	4AE
ProvREC	Su	12:30pm	4EC.AD4Z	10/27	4AE
ProvREC	M	6pm	4EC.JN6A	10/28	4AF
SoRunREC	M/W	6:05pm	4EC.JN8S	9/9	4AD
SoRunREC	M	10:40am	4EC.SP9F	9/9	4AF
SoRunREC	W	10:40am	4EC.60DS	9/11	4AE
SoRunREC	F	10:40am	4EC.BW1Q	9/13	4AE
SoRunREC	F	10:40am	4EC.RFWH	9/13	4AE
SoRunREC	Sa	9am	4EC.DM18	9/14	4AD
SoRunREC	Sa	11:50am	4EC.BA2G	9/14	4AD
SoRunREC	Su	8:30am	4EC.QDKY	9/15	4AD
SoRunREC	Su	9:05am	4EC.SRB9	9/15	4AD
SoRunREC	Su	9:40am	4EC.DZ3G	9/15	4AD
SoRunREC	M/W	6:05pm	4EC.YWEK	9/30	4AD
SoRunREC	T/Th	6pm	4EC.BGJO	10/1	4AD
SoRunREC	T/Th	6pm	4EC.J91S	10/1	4AD
SoRunREC	M/W	6:05pm	4EC.R163	10/21	4AF
SoRunREC	T/Th	6pm	4EC.SUD1	10/22	4AE
SoRunREC	Sa	9am	4EC.SAN8	10/26	4AF
SoRunREC	Sa	11:15am	4EC.108S	10/26	4AF
SoRunREC	Sa	11:50am	4EC.NYAT	10/26	4AF
SoRunREC	Su	8:30am	4EC.SWB2	10/27	4AF
SoRunREC	Su	9:05am	4EC.ECEQ	10/27	4AF
SoRunREC	Su	9:40am	4EC.72DY	10/27	4AF
SoRunREC	M	10:40pm	4EC.6LUU	10/28	4AF
SoRunREC	W	10:40am	4EC.7ZPP	10/30	4AF
SoRunREC	F	10:20am	4EC.Y7E5	11/1	4AE
SoRunREC	M/W	6:05pm	4EC.C30I	11/18	4AG
SoRunREC	T/Th	6pm	4EC.79R2	11/19	4AG
SpHillREC	T	4:10pm	4EC.VEZD	9/3	4AF
SpHillREC	T	5:25pm	4EC.WW2I	9/3	4AF
SpHillREC	W	4:35pm	4EC.TT7C	9/4	4AF

SpHillREC	Th	4pm	4EC.NUDY	9/5	4AF
SpHillREC	Th	4:50pm	4EC.JVTH	9/5	4AF
SpHillREC	F	3:55pm	4EC.2MPH	9/6	4AF
SpHillREC	F	5:05pm	4EC.G16H	9/6	4AF
SpHillREC	F	9:35am	4EC.QIRM	9/6	4AF
SpHillREC	Sa	9am	4EC.NTAR	9/7	4AE
SpHillREC	Sa	9:35am	4EC.BWOE	9/7	4AE
SpHillREC	Sa	10:10am	4EC.P49V	9/7	4AE
SpHillREC	Sa	11:55am	4EC.V8BF	9/7	4AE
SpHillREC	Sa	12:30pm	4EC.IDCS	9/7	4AE
SpHillREC	Su	9am	4EC.SK60	9/8	4AE
SpHillREC	Su	9:35am	4EC.Z2D4	9/8	4AE
SpHillREC	Su	10:10am	4EC.HMRP	9/8	4AE
SpHillREC	Su	10:45am	4EC.S7ZP	9/8	4AE
SpHillREC	Su	12:10pm	4EC.WBAY	9/8	4AE
SpHillREC	M	4pm	4EC.5NL5	9/9	4AE
SpHillREC	M	5:10pm	4EC.66AY	9/9	4AE
SpHillREC	M	9am	4EC.3ZQ9	9/9	4AE
SpHillREC	Sa	9am	4EC.8XMH	10/26	4AF
SpHillREC	Sa	9:35am	4EC.YV50	10/26	4AF
SpHillREC	Sa	10:10am	4EC.VWRE	10/26	4AF
SpHillREC	Sa	11:55am	4EC.D3AN	10/26	4AF
SpHillREC	Sa	12:30pm	4EC.8FE4	10/26	4AF
SpHillREC	Su	9:35am	4EC.Y2ZC	10/27	4AF
SpHillREC	Su	10:10am	4EC.MACV	10/27	4AF
SpHillREC	Su	10:45am	4EC.JHZW	10/27	4AF
SpHillREC	Su	11:20am	4EC.VAPV	10/27	4AF
SpHillREC	Su	9:00 am	4EC.DY3K	10/27	4AF
SpHillREC	M	4:35pm	4EC.3END	10/28	4AF
SpHillREC	M	10:45am	4EC.DTJO	10/28	4AF
SpHillREC	T	4:10pm	4EC.SKBS	10/29	4AF
SpHillREC	T	5:25pm	4EC.RAX6	10/29	4AF
SpHillREC	W	4pm	4EC.2GP1	10/30	4AF
SpHillREC	W	5:10pm	4EC.NPUV	10/30	4AF
SpHillREC	F	3:55pm	4EC.LOHF	11/1	4AE
SpHillREC	F	7:20pm	4EC.POTC	11/1	4AB
SpHillREC	F	9:35am	4EC.OSB8	11/1	4AE
SpHillREC	Th	4pm	4EC.XJ56	11/7	4AD
SpHillREC	Th	4:50pm	4EC.E028	11/7	4AD
SpHillREC	M	4pm	33C.GP9Y	10/28	4ANF

Pee Wee Paddler 2

(3-5 yrs.) Prerequisites: Pee Wee Paddler 1 or equivalent skill proficiency. Class emphasizes helping children increase independence in their skill performance while continuing to increase comfort in the water. Skills include bobbing, floating and gliding on front and back with and without assistance, swimming on front and back at least three body lengths with and without assistance. Flotation devices may be used.

4AA	3--30 minute lessons--\$47
4AD	6--30 minute lessons--\$96
4AE	7--30 minute lessons--\$111
4AF	8--30 minute lessons--\$127
4AG	9--30 minute lessons--\$141
4AH	10--30 minute lessons--\$158
4ANE	7--30 minute lessons--\$172
4ANF	8--30 minute lessons--\$196

Location	Day	Time	Code	Begin	\$
CubRunREC	T	5:35pm	7D6.6VEA	9/3	4AF
CubRunREC	T	6:45pm	7D6.NI44	9/3	4AF
CubRunREC	T	11:40am	7D6.HRNQ	9/3	4AF
CubRunREC	Sa	9am	7D6.C3CN	9/7	4AE
CubRunREC	Sa	9:35am	7D6.OKQY	9/7	4AE
CubRunREC	Sa	10:45am	7D6.B6KN	9/7	4AE
CubRunREC	Sa	11:20am	7D6.HE1F	9/7	4AE
CubRunREC	Su	9am	7D6.L522	9/8	4AE
CubRunREC	Su	9:35am	7D6.403Y	9/8	4AE
CubRunREC	Su	10:45am	7D6.WGKL	9/8	4AE
CubRunREC	Su	11:20am	7D6.4R44	9/8	4AE
CubRunREC	T/Th	6:55pm	7D6.L60I	9/10	4AD
CubRunREC	T/Th	6:55pm	7D6.QNHA	10/1	4AD

Aquatics

CubRunREC	T/Th	6:55pm	7D6.8PLJ	10/22	4AE	OakmontREC	Sa	12:40pm	7D6.9G0R	9/14	4AD	SpHillREC	Sa	10:45am	7D6.U1P4	9/7	4AE
CubRunREC	Sa	9am	7D6.5MSR	10/26	4AF	OakmontREC	Su	9:40am	7D6.M33X	9/15	4AD	SpHillREC	Sa	12:10pm	7D6.YNKE	9/7	4AE
CubRunREC	Sa	9:35am	7D6.E980	10/26	4AF	OakmontREC	Su	12:05pm	7D6.IZWX	9/15	4AD	SpHillREC	Su	9:35am	7D6.RD28	9/8	4AE
CubRunREC	Sa	10:45am	7D6.F94T	10/26	4AF	OakmontREC	Su	12:25pm	7D6.RZIK	9/15	4AD	SpHillREC	Su	10:10am	7D6.9YUB	9/8	4AE
CubRunREC	Sa	11:20am	7D6.N3MU	10/26	4AF	OakmontREC	Su	12:30pm	7D6.QNOF	9/15	4AD	SpHillREC	Su	11:20am	7D6.8KM9	9/8	4AE
CubRunREC	Su	9am	7D6.KT9D	10/27	4AF	OakmontREC	M/W	6:30pm	7D6.MSNR	9/16	4AH	SpHillREC	Su	11:35am	7D6.6SWE	9/8	4AE
CubRunREC	Su	9:35am	7D6.4XHP	10/27	4AF	OakmontREC	T/Th	6:30pm	7D6.HV34	9/17	4AH	SpHillREC	M	4:35pm	7D6.EWMK	9/9	4AE
CubRunREC	Su	10:45am	7D6.Q7LH	10/27	4AF	OakmontREC	F	6pm	7D6.Z9BQ	9/20	4AD	SpHillREC	M	5:45pm	7D6.UNNC	9/9	4AE
CubRunREC	Su	11:20am	7D6.9C4S	10/27	4AF	OakmontREC	M/W	6:30pm	7D6.I2PR	10/21	4AF	SpHillREC	M	9:35am	7D6.KXOT	9/9	4AE
CubRunREC	T	5:35pm	7D6.7JVN	10/29	4AF	OakmontREC	T/Th	6:30pm	7D6.JBQ4	10/22	4AE	SpHillREC	Sa	9am	7D6.4J4Q	10/26	4AF
CubRunREC	T	6:45pm	7D6.KKHD	10/29	4AF	OakmontREC	Sa	9am	7D6.KBPX	10/26	4AE	SpHillREC	Sa	9:35am	7D6.7109	10/26	4AF
CubRunREC	T	11:40am	7D6.0T5W	10/29	4AF	OakmontREC	Sa	9:35am	7D6.GN7A	10/26	4AE	SpHillREC	Sa	10:45am	7D6.NQC3	10/26	4AF
CubRunREC	T/Th	6:55pm	7D6.LT1X	11/19	4AG	OakmontREC	Sa	10:45am	7D6.VP5J	10/26	4AE	SpHillREC	Sa	11:35am	7D6.6COB	10/26	4AF
Franconia Rec	T	6:05pm	7D6.T6DN	9/3	4AF	OakmontREC	Sa	12:05pm	7D6.HYG0	10/26	4AE	SpHillREC	Sa	12:10pm	7D6.FMPA	10/26	4AF
Franconia Rec	M/W	5:30pm	7D6.Q463	9/4	4AE	OakmontREC	Sa	12:40pm	7D6.QD00	10/26	4AE	SpHillREC	Su	9am	7D6.YOAF	10/27	4AF
Franconia Rec	M/W	6:05pm	7D6.5BSL	9/4	4AE	OakmontREC	Su	9:40am	7D6.KW1A	10/27	4AE	SpHillREC	Su	9:35am	7D6.6PE9	10/27	4AF
Franconia Rec	Th	5:30pm	7D6.I5GW	9/5	4AE	OakmontREC	Su	12:05pm	7D6.JFQY	10/27	4AE	SpHillREC	Su	10:10am	7D6.R7VH	10/27	4AF
Franconia Rec	F	5pm	7D6.PX6Y	9/6	4AF	OakmontREC	Su	12:25pm	7D6.MKEL	10/27	4AE	SpHillREC	Su	11:20am	7D6.B5QC	10/27	4AF
Franconia Rec	Sa	9am	7D6.KJ80	9/7	4AE	OakmontREC	Su	12:30pm	7D6.AXBJ	10/27	4AE	SpHillREC	Su	11:55am	7D6.0BEM	10/27	4AF
Franconia Rec	Sa	9:35am	7D6.E7EB	9/7	4AE	OakmontREC	M/W	6:30pm	7D6.1JT6	11/18	4AG	SpHillREC	M	4pm	7D6.6ZYU	10/28	4AF
Franconia Rec	Sa	12:30pm	7D6.66QU	9/7	4AE	OakmontREC	T/Th	6:30pm	7D6.LZE6	11/19	4AG	SpHillREC	M	5:10pm	7D6.60HX	10/28	4AF
Franconia Rec	Su	9am	7D6.J518	9/8	4AE	OakmontREC	Sa	9am	7D6.9EGA	12/7	4AA	SpHillREC	M	9:35am	7D6.AWG6	10/28	4AF
Franconia Rec	Su	10:50am	7D6.TG80	9/8	4AE	OakmontREC	Su	10am	7D6.FWVM	12/8	4AA	SpHillREC	T	4:15pm	7D6.V06P	10/29	4AF
Franconia Rec	Su	12:35pm	7D6.NMAK	9/8	4AE	ProvREC	Sa	8:50am	7D6.9UW1	8/24	4AF	SpHillREC	W	4:35pm	7D6.JZUR	10/30	4AF
Franconia Rec	M/W	5:30pm	7D6.T9V7	9/30	4AF	ProvREC	Sa	9:25am	7D6.PUDS	8/24	4AF	SpHillREC	F	4:30pm	7D6.WYXD	11/1	4AE
Franconia Rec	M/W	6:05pm	7D6.E7UT	9/30	4AF	ProvREC	Sa	12:15pm	7D6.3I2P	8/24	4AF	SpHillREC	F	10:45am	7D6.HCD8	11/1	4AE
Franconia Rec	Th	5:30pm	7D6.PEOA	10/24	4AE	ProvREC	Su	9:35am	7D6.9MMM	8/25	4AF	SpHillREC	Th	4:35pm	7D6.WOSP	11/7	4AD
Franconia Rec	Th	6:05pm	7D6.E2UL	10/24	4AE	ProvREC	Su	12:25pm	7D6.EOL9	8/25	4AF	CubRunREC	M	6:10pm	591.AUSZ	9/9	4ANE
Franconia Rec	Sa	9am	7D6.QH42	10/26	4AE	ProvREC	M	6pm	7D6.2WDB	8/26	4AF	CubRunREC	F	6:10pm	591.BZPP	9/27	4ANF
Franconia Rec	Sa	9:35am	7D6.KWVP	10/26	4AE	ProvREC	W	6pm	7D6.AOGT	8/28	4AG	CubRunREC	M	6:10pm	591.ZJD1	10/28	4ANF
Franconia Rec	Sa	12:30am	7D6.7IOD	10/26	4AE	ProvREC	F	4:30pm	7D6.5ZJN	8/30	4AG	SpHillREC	M	4pm	591.MLX5	9/9	4ANE
Franconia Rec	Sa	12:30am	7D6.9LGE	10/26	4AE	ProvREC	Sa	8:50am	7D6.3TNE	10/26	4AE	SpHillREC	W	4pm	591.AGOJ	10/30	4ANF
Franconia Rec	Su	9am	7D6.NICY	10/27	4AE	ProvREC	Sa	9:25am	7D6.GAC1	10/26	4AE						
Franconia Rec	Su	10:50am	7D6.2083	10/27	4AE	ProvREC	Sa	12:15pm	7D6.G68Q	10/26	4AE						
Franconia Rec	Su	12:35pm	7D6.09WX	10/27	4AE	ProvREC	Su	9:35am	7D6.BVI2	10/27	4AE						
Franconia Rec	M/W	5:30pm	7D6.9RZ0	10/28	4AF	ProvREC	Su	12:25pm	7D6.C190	10/27	4AE						
Franconia Rec	M/W	6:05pm	7D6.MIYJ	10/28	4AF	ProvREC	M	6pm	7D6.VE03	10/28	4AF						
Franconia Rec	T	6:05pm	7D6.8F6P	10/29	4AF	ProvREC	W	6pm	7D6.VGQT	10/30	4AE						
Franconia Rec	M/W	6pm	7D6.WN2Y	11/25	4AF	SoRunREC	M/W	6:40pm	7D6.0VCY	9/9	4AD						
GWREC	Sa	9:05am	7D6.3YTJ	8/24	4AF	SoRunREC	M	10:05am	7D6.FV9H	9/9	4AE						
GWREC	Sa	9:40am	7D6.TR4A	8/24	4AF	SoRunREC	W	9:30am	7D6.DL8V	9/11	4AE						
GWREC	Sa	10:50am	7D6.A2NA	8/24	4AF	SoRunREC	F	10:05am	7D6.ZX57	9/13	4AE						
GWREC	Su	9:40am	7D6.YWFH	8/25	4AF	SoRunREC	Sa	9am	7D6.NONG	9/14	4AD						
GWREC	Su	10:50am	7D6.CCLA	8/25	4AF	SoRunREC	Sa	9:50am	7D6.480P	9/14	4AD						
GWREC	M	5:30pm	7D6.T7TD	8/26	4AF	SoRunREC	Sa	11:50am	7D6.Z4WU	9/14	4AD						
GWREC	M	6:05pm	7D6.FD3G	8/26	4AF	SoRunREC	Su	8:30am	7D6.180G	9/15	4AD						
GWREC	T	1:30pm	7D6.MIQ6	8/27	4AF	SoRunREC	Su	9:05am	7D6.EQVD	9/15	4AD						
GWREC	T	5:30pm	7D6.MWLX	8/27	4AF	SoRunREC	Su	9:40am	7D6.YWYU	9/15	4AD						
GWREC	T	10:05am	7D6.PP88	8/27	4AF	SoRunREC	Su	10:10am	7D6.4RFT	9/15	4AD						
GWREC	W	1:30pm	7D6.GLE8	8/28	4AF	SoRunREC	Su	10:50am	7D6.3QSU	9/15	4AD						
GWREC	W	6:05pm	7D6.NWE6	8/28	4AF	SoRunREC	M/W	6:40pm	7D6.Q807	9/30	4AD						
GWREC	W	10:05am	7D6.9Y2S	8/28	4AF	SoRunREC	M/W	6:40pm	7D6.7AVM	10/21	4AF						
GWREC	Th	1:30pm	7D6.LQXC	8/29	4AF	SoRunREC	Sa	9am	7D6.6ELN	10/26	4AF						
GWREC	Th	10:05am	7D6.4M71	8/29	4AF	SoRunREC	Sa	9:50am	7D6.U5X4	10/26	4AF						
GWREC	Sa	9:05am	7D6.R00B	10/26	4AE	SoRunREC	Sa	11:50am	7D6.63IU	10/26	4AF						
GWREC	Sa	9:40am	7D6.NIDW	10/26	4AE	SoRunREC	Su	8:30am	7D6.BBRR	10/27	4AF						
GWREC	Sa	10:50am	7D6.1AGZ	10/26	4AE	SoRunREC	Su	9:05am	7D6.P0AI	10/27	4AF						
GWREC	Su	9:40am	7D6.UJ14	10/27	4AE	SoRunREC	Su	9:40pm	7D6.FRN5	10/27	4AF						
GWREC	Su	10:50am	7D6.P73W	10/27	4AE	SoRunREC	Su	10:10am	7D6.F9S4	10/27	4AF						
GWREC	M	5:30pm	7D6.N6X3	10/28	4AF	SoRunREC	Su	10:50am	7D6.MFBF	10/27	4AF						
GWREC	M	6:05pm	7D6.77U5	10/28	4AF	SoRunREC	M	10:05am	7D6.7RP6	10/28	4AF						
GWREC	T	1:30pm	7D6.3IZ3	10/29	4AF	SoRunREC	W	10:05am	7D6.TR1M	10/30	4AF						
GWREC	T	5:30pm	7D6.6MRW	10/29	4AF	SoRunREC	F	10:05am	7D6.0BN5	11/1	4AE						
GWREC	T	10:05am	7D6.JPDE	10/29	4AF	SoRunREC	M/W	6:40pm	7D6.QFU3	11/18	4AG						
GWREC	W	1:30pm	7D6.PQJ5	10/30	4AE	SpHillREC	T	4:15pm	7D6.LNQC	9/3	4AF						
GWREC	W	6:05pm	7D6.NN1Q	10/30	4AE	SpHillREC	W	4pm	7D6.0FJ5	9/4	4AF						
GWREC	W	10:05am	7D6.XSFH	10/30	4AE	SpHillREC	W	4:35pm	7D6.I1QK	9/4	4AF						
GWREC	Th	1:30pm	7D6.I91F	11/7	4AD	SpHillREC	Th	4:35pm	7D6.MIRC	9/5	4AF						
GWREC	Th	10:05am	7D6.SP33	11/7	4AD	SpHillREC	Th	6pm	7D6.ELZC	9/5	4AF						
OakmontREC	Sa	9am	7D6.NMDY	9/14	4AD	SpHillREC	F	4:30pm	7D6.JB0V	9/6	4AF						
OakmontREC	Sa	9:35am	7D6.GZJ8	9/14	4AD	SpHillREC	F	10:45am	7D6.00YM	9/6	4AF						
OakmontREC	Sa	10:45am	7D6.0HFB	9/14	4AD	SpHillREC	Sa	9am	7D6.T33P	9/7	4AE						
OakmontREC	Sa	12:05pm	7D6.EHUM	9/14	4AD	SpHillREC	Sa	10:10am	7D6.VYHO	9/7	4AE						

Pee Wee Paddler 3

(4-6 yrs.) Prerequisites: Pee Wee 2 or equivalent skill proficiency. Class emphasizes helping children gain basic swimming propulsive skills and increase endurance and distance without assistance or using flotation devices. Skills include jumping in chest deep water, submerging and holding breath five seconds, bobbing, treading water, swimming front crawl 10 yards, and on back five yards.

4AA	3--30 minute lessons--\$47
4AB	4--30 minute lessons--\$64
4AD	6--30 minute lessons--\$96
4AE	7--30 minute lessons--\$111
4AF	8--30 minute lessons--\$127
4AG	9--30 minute lessons--\$141
4AH	10--30 minute lessons--\$158
4ANE	7--30 minute lessons--\$172
4ANF	8--30 minute lessons--\$196

Location	Day	Time	Code	Begin	\$
CubRunREC	Su	9am	E4E.209E	9/1	4AE
CubRunREC	T	6:10pm	E4E.PUC8	9/3	4AF
CubRunREC	T	12:15pm	E4E.SZD4	9/3	4AF
CubRunREC	Sa	9am	E4E.QQI6	9/7	4AE
CubRunREC	Sa	9:35am	E4E.KJ6Y	9/7	4AE
CubRunREC	Sa	10:10am	E4E.Q892	9/7	4AE
CubRunREC	Sa	10:45am	E4E.MFER	9/7	4AE
CubRunREC	Sa	11:20am	E4E.PDUI	9/7	4AE
CubRunREC	Su	9:35am	E4E.F2GW	9/8	4AE
CubRunREC	Su	10:10am	E4E.G7G0	9/8	4AE
CubRunREC	Su	10:45am	E4E.GG6K	9/8	4AE
CubRunREC	Su	11:20am	E4E.FCGV	9/8	4AE
CubRunREC	Sa	9am	E4E.3GLF	10/26	4AF
CubRunREC	Sa	9:35am	E4E.ZYMJ	10/26	4AF
CubRunREC	Sa	10:10am	E4E.2WKI	10/26	4AF
CubRunREC	Sa	10:45am	E4E.EFII	10/26	4AF
CubRunREC	Sa	11:20am	E4E.BGR1	10/26	4AF
CubRunREC	Su	9am	E4E.7X64	10/27	4AF
CubRunREC	Su	9:35am	E4E.X0YH	10/27	4AF
CubRunREC	Su	10:10am	E4E.75QJ	10/27	4AF

CubRunREC	Su	10:45am	E4E.W2QC	10/27	4AF
CubRunREC	Su	11:20am	E4E.HHA7	10/27	4AF
CubRunREC	T	6:10pm	E4E.954F	10/29	4AF
CubRunREC	T	12:15pm	E4E.I7D8	10/29	4AF
Franconia Rec	T	5:30pm	E4E.QQBQ	9/3	4AF
Franconia Rec	M/W	5:30pm	E4E.7G5P	9/4	4AE
Franconia Rec	Th	6:05pm	E4E.RIXH	9/5	4AE
Franconia Rec	F	5:35pm	E4E.N7MO	9/6	4AF
Franconia Rec	Sa	9am	E4E.DGZQ	9/7	4AE
Franconia Rec	Sa	10:10am	E4E.M2YD	9/7	4AE
Franconia Rec	Sa	12:30pm	E4E.3GUN	9/7	4AE
Franconia Rec	Su	10:10am	E4E.CSU5	9/8	4AE
Franconia Rec	Su	11:25am	E4E.RZW7	9/8	4AE
Franconia Rec	M/W	5:30pm	E4E.R47V	9/30	4AF
Franconia Rec	Th	6:05pm	E4E.NH7L	10/24	4AE
Franconia Rec	Sa	9am	E4E.4RHI	10/26	4AE
Franconia Rec	Sa	10:10am	E4E.R5CP	10/26	4AE
Franconia Rec	Sa	12:30pm	E4E.GCUH	10/26	4AE
Franconia Rec	Su	10:10am	E4E.VC1X	10/27	4AE
Franconia Rec	Su	11:25am	E4E.815H	10/27	4AE
Franconia Rec	M/W	5:30pm	E4E.JTY1	10/28	4AF
Franconia Rec	T	5:30pm	E4E.L3VS	10/29	4AF
Franconia Rec	M/W	6pm	E4E.JOJS	11/25	4AF
GWREC	Sa	12pm	E4E.I9OA	8/24	4AF
GWREC	Su	11:25am	E4E.PAGP	8/25	4AF
GWREC	M	5:30pm	E4E.1N17	8/26	4AF
GWREC	M	6:05pm	E4E.E3Q2	8/26	4AF
GWREC	T	2:05pm	E4E.QJKR	8/27	4AF
GWREC	T	6:05pm	E4E.SXOX	8/27	4AF
GWREC	T	10:40am	E4E.FHOQ	8/27	4AF
GWREC	W	2:05pm	E4E.SOHP	8/28	4AF
GWREC	W	10:40am	E4E.OAA8	8/28	4AF
GWREC	Th	2:05pm	E4E.GLZF	8/29	4AF
GWREC	Th	10:40am	E4E.OIQM	8/29	4AF
GWREC	Sa	12pm	E4E.T899	10/26	4AE
GWREC	Su	11:25am	E4E.7T18	10/27	4AE
GWREC	M	5:30pm	E4E.ZIR1	10/28	4AF
GWREC	M	6:05pm	E4E.WS21	10/28	4AF
GWREC	T	2:05pm	E4E.VAC7	10/29	4AF
GWREC	T	6:05pm	E4E.10KE	10/29	4AF
GWREC	T	10:40am	E4E.MJCO	10/29	4AF
GWREC	W	2:05pm	E4E.98E1	10/30	4AE
GWREC	W	10:40am	E4E.TEKX	10/30	4AE
GWREC	Th	2:05pm	E4E.XIOR	11/7	4AD
GWREC	Th	10:40am	E4E.ABBL	11/7	4AD
OakmontREC	Sa	9am	E4E.UKX3	9/14	4AD
OakmontREC	Sa	9:35am	E4E.Y877	9/14	4AD
OakmontREC	Sa	10:10am	E4E.A66S	9/14	4AD
OakmontREC	Sa	12:40pm	E4E.HKJA	9/14	4AD
OakmontREC	Su	10:50am	E4E.RQ6Q	9/15	4AD

OakmontREC	Su	12:40pm	E4E.W0HI	9/15	4AD
OakmontREC	T/Th	5:55pm	E4E.PEW3	9/17	4AH
OakmontREC	F	6:35pm	E4E.ZT6S	9/20	4AD
OakmontREC	T/Th	5:55pm	E4E.XUQK	10/22	4AE
OakmontREC	Sa	9am	E4E.VTRQ	10/26	4AE
OakmontREC	Sa	9:35am	E4E.RK8C	10/26	4AE
OakmontREC	Sa	10:10am	E4E.GG7X	10/26	4AE
OakmontREC	Sa	12:40pm	E4E.NGEE	10/26	4AE
OakmontREC	Su	10:50am	E4E.Y53M	10/27	4AE
OakmontREC	Su	12:40pm	E4E.E8XA	10/27	4AE
OakmontREC	T/Th	5:55pm	E4E.IYWR	11/19	4AG
OakmontREC	Sa	9:35am	E4E.GWJB	12/7	4AA
OakmontREC	Sa	10:45am	E4E.NZF2	12/7	4AA
OakmontREC	Su	10:35am	E4E.89JV	12/8	4AA
ProvREC	Sa	8:50am	E4E.820P	8/24	4AF
ProvREC	Sa	9:25am	E4E.9T1H	8/24	4AF
ProvREC	Sa	12:15pm	E4E.R2GN	8/24	4AF
ProvREC	Su	9:35am	E4E.L3YY	8/25	4AF
ProvREC	Su	10:10am	E4E.VYZK	8/25	4AF
ProvREC	T	6pm	E4E.C5LV	8/27	4AG
ProvREC	W	6:35pm	E4E.PLKC	8/28	4AG
ProvREC	F	5:05pm	E4E.OX9R	8/30	4AG
ProvREC	Sa	8:50am	E4E.P59Y	10/26	4AE
ProvREC	Sa	9:25am	E4E.0W4K	10/26	4AE
ProvREC	Sa	12:15pm	E4E.NTPK	10/26	4AE
ProvREC	Su	9:35am	E4E.4XJ9	10/27	4AE
ProvREC	Su	10:10am	E4E.JUGH	10/27	4AE
ProvREC	T	6pm	E4E.IM4N	10/29	4AF
ProvREC	W	6:35pm	E4E.DIHN	10/30	4AE
SoRunREC	M/W	6pm	E4E.CXHE	9/9	4AD
SoRunREC	M	9:30am	E4E.AORL	9/9	4AE
SoRunREC	T/Th	7:55pm	E4E.EP03	9/10	4AD
SoRunREC	W	10:05am	E4E.WT70	9/11	4AE
SoRunREC	F	9:30am	E4E.F5RS	9/13	4AE
SoRunREC	Sa	9:50am	E4E.K0S0	9/14	4AD
SoRunREC	Sa	11:35am	E4E.FOHC	9/14	4AD
SoRunREC	Su	8:30am	E4E.TNTK	9/15	4AD
SoRunREC	Su	9:05am	E4E.SA17	9/15	4AD
SoRunREC	Su	10:45am	E4E.3184	9/15	4AD
SoRunREC	M/W	6pm	E4E.GV15	9/30	4AD
SoRunREC	T/Th	7:55pm	E4E.FTC5	10/1	4AD
SoRunREC	M/W	6pm	E4E.PAVO	10/21	4AF
SoRunREC	T/Th	7:55pm	E4E.SFD7	10/22	4AE
SoRunREC	Sa	9:50am	E4E.013W	10/26	4AF
SoRunREC	Sa	11:35am	E4E.8ILL	10/26	4AF
SoRunREC	Su	8:30am	E4E.G5M3	10/27	4AF
SoRunREC	Su	9:05am	E4E.SABK	10/27	4AF
SoRunREC	Su	10:45am	E4E.3T06	10/27	4AF
SoRunREC	M	9:30am	E4E.PYRX	10/28	4AF
SoRunREC	W	9:30am	E4E.IVTG	10/30	4AF
SoRunREC	F	9:30am	E4E.DVOA	11/1	4AE
SoRunREC	M/W	6pm	E4E.7DLE	11/18	4AG
SoRunREC	T/Th	7:55pm	E4E.2NR3	11/19	4AG
SpHillREC	T	4:50pm	E4E.MU1Q	9/3	4AF
SpHillREC	W	5:10pm	E4E.0HHB	9/4	4AF
SpHillREC	W	6pm	E4E.9CXA	9/4	4AF
SpHillREC	Th	4:15pm	E4E.KAIC	9/5	4AF
SpHillREC	Th	7:10pm	E4E.NUEU	9/5	4AF
SpHillREC	Sa	9:35am	E4E.OYVK	9/7	4AE
SpHillREC	Sa	10:45am	E4E.QW0S	9/7	4AE
SpHillREC	Sa	11:20am	E4E.HU0B	9/7	4AE
SpHillREC	Su	9am	E4E.8GBM	9/8	4AE
SpHillREC	Su	10:45am	E4E.8DZT	9/8	4AE
SpHillREC	Su	12:30pm	E4E.X8Z2	9/8	4AE
SpHillREC	M	4:35pm	E4E.Q0JF	9/9	4AE
SpHillREC	M	6:20pm	E4E.JQDQ	9/9	4AE
SpHillREC	Sa	10:10am	E4E.TU1R	10/26	4AF
SpHillREC	Sa	11:20am	E4E.PDHC	10/26	4AF
SpHillREC	Sa	12:10pm	E4E.HUCJ	10/26	4AF
SpHillREC	Su	9:35am	E4E.GIZ1	10/27	4AF
SpHillREC	Su	10:45am	E4E.OUH1	10/27	4AF
SpHillREC	Su	12:30pm	E4E.PG6F	10/27	4AF
SpHillREC	M	4:35pm	E4E.PZ8A	10/28	4AF

SpHillREC	M	7:10pm	E4E.4U3B	10/28	4AF
SpHillREC	T	4:50pm	E4E.5N3R	10/29	4AF
SpHillREC	W	4:35pm	E4E.OUYA	10/30	4AF
SpHillREC	W	6:35pm	E4E.6PXA	10/30	4AF
SpHillREC	F	3:55pm	E4E.JJ61	11/1	4AE
SpHillREC	F	6:45pm	E4E.ZD6C	11/1	4AB
SpHillREC	Th	4:15pm	E4E.N63Q	11/7	4AD
SpHillREC	Th	5:25pm	E4E.4JMI	11/7	4AD
CubRunREC	M	5:35pm	667.E8ZK	9/9	4ANE
CubRunREC	M	7:20pm	667.R6EN	9/9	4ANE
CubRunREC	F	5:35pm	667.8LIC	9/27	4ANF
CubRunREC	M	5:35pm	667.YZ89	10/28	4ANF
CubRunREC	M	7:20pm	667.2RJ1	10/28	4ANF
SpHillREC	W	4pm	667.78CO	9/4	4ANF

Pee Wee Paddler 4

(4-6 yrs.) Prerequisite: Pee Wee Paddler 3 or equivalent skill proficiency. Class emphasizes helping students continue to improve their endurance and water treading skills, front crawl and back strokes. Skills include swimming front crawl 15 yards, elementary backstroke and back crawl five yards, diving (sitting and kneeling) from side of pool in deep water and treading water for 20 seconds.

4AA	3--30 minute lessons--\$47
4AC	5--30 minute lessons--\$79
4AD	6--30 minute lessons--\$96
4AE	7--30 minute lessons--\$111
4AF	8--30 minute lessons--\$127
4AG	9--30 minute lessons--\$141
4AH	10--30 minute lessons--\$158
4ANE	7--30 minute lessons--\$172
4ANF	8--30 minute lessons--\$196

Location	Day	Time	Code	Begin	\$
CubRunREC	T	12:50pm	198.RPX0	8/27	4AG
CubRunREC	T	5:35pm	198.K35T	9/3	4AF
CubRunREC	Sa	9:35am	198.A2MS	9/21	4AC
CubRunREC	Sa	11am	198.PYIP	9/21	4AC
CubRunREC	Su	9:35am	198.ZSX9	9/22	4AC
CubRunREC	Su	11am	198.RTEX	9/22	4AC
CubRunREC	Sa	9:35am	198.UBHQ	10/26	4AF
CubRunREC	Sa	11am	198.PUH1	10/26	4AF
CubRunREC	Su	9:35am	198.VT9M	10/27	4AF
CubRunREC	Su	11am	198.1894	10/27	4AF
CubRunREC	T	6:10pm	198.UVWI	10/29	4AF
CubRunREC	T	12:50pm	198.BOCX	10/29	4AF
Franconia Rec	T	6:05pm	198.6EJA	9/3	4AF
Franconia Rec	M/W	6:05pm	198.TV14	9/4	4AE
Franconia Rec	Sa	10:10am	198.EADY	9/7	4AE
Franconia Rec	Su	9:35am	198.6QNB	9/8	4AE
Franconia Rec	Su	12pm	198.LYT2	9/8	4AE
Franconia Rec	M/W	6:05pm	198.V8C1	9/30	4AF
Franconia Rec	Sa	10:10am	198.IPDB	10/26	4AE
Franconia Rec	Su	9:35am	198.STC5	10/27	4AE
Franconia Rec	Su	12pm	198.YXD3	10/27	4AE
Franconia Rec	M/W	6:05pm	198.ZOE8	10/28	4AF
Franconia Rec	T	6:05pm	198.J1W3	10/29	4AF
GWREC	Sa	9:05am	198.W826	8/24	4AF
GWREC	T	2:45pm	198.384T	8/27	4AF
GWREC	W	2:40pm	198.6CIS	8/28	4AF
GWREC	Sa	9:05am	198.JWPU	10/26	4AE
GWREC	T	2:45pm	198.741X	10/29	4AF
GWREC	W	2:40pm	198.07OL	10/30	4AE
OakmontREC	Sa	9:35am	198.22B0	9/14	4AD
OakmontREC	Sa	11:35am	198.N3N5	9/14	4AD
OakmontREC	Su	11:50am	198.T6HI	9/15	4AD
OakmontREC	M/W	5:55pm	198.AWH7	9/16	4AH
OakmontREC	T/Th	6:30pm	198.76XW	9/17	4AH
OakmontREC	F	6:35pm	198.ZN9H	9/20	4AD
OakmontREC	M/W	5:55pm	198.DOHN	10/21	4AF
OakmontREC	T/Th	6:30pm	198.00RO	10/22	4AE
OakmontREC	Sa	9:35am	198.LICV	10/26	4AE



Aquatics

OakmontREC	Sa	11:35am	198.QZ4I	10/26	4AE
OakmontREC	Su	11:50am	198.ULR7	10/27	4AE
OakmontREC	M/W	5:55pm	198.LAUM	11/18	4AG
OakmontREC	T/Th	6:30pm	198.R53T	11/19	4AG
OakmontREC	Sa	9:35am	198.MXVC	12/7	4AA
OakmontREC	Su	10:35am	198.9QN2	12/8	4AA
ProvREC	Sa	8:15am	198.4ZPM	8/24	4AF
ProvREC	Su	9am	198.IK4L	8/25	4AF
ProvREC	Su	12:25pm	198.XUOL	8/25	4AF
ProvREC	T	6pm	198.B09Q	8/27	4AG
ProvREC	F	5:05pm	198.81PB	8/30	4AG
ProvREC	Sa	8:15am	198.2RXZ	10/26	4AE
ProvREC	Su	9am	198.SOGO	10/27	4AE
ProvREC	Su	12:25pm	198.MA1V	10/27	4AE
ProvREC	T	6pm	198.Y2EO	10/29	4AF
SoRunREC	Sa	11:40am	198.APLH	9/14	4AD
SoRunREC	Su	11am	198.6UGX	9/15	4AD
SoRunREC	Su	11am	198.FOZ7	9/15	4AD
SoRunREC	Sa	11:40am	198.2WEX	10/26	4AF
SoRunREC	Su	11am	198.6XY5	10/27	4AF
SoRunREC	Su	11am	198.1105	10/27	4AF
SpHillREC	T	6pm	198.F7PN	9/3	4AF
SpHillREC	W	6:35pm	198.1BHS	9/4	4AF
SpHillREC	Th	6:35pm	198.J7KP	9/5	4AF
SpHillREC	F	4:30pm	198.V5WK	9/6	4AF
SpHillREC	Sa	9am	198.73YB	9/7	4AE
SpHillREC	Sa	11:35am	198.F04G	9/7	4AE
SpHillREC	Su	9am	198.HQ14	9/8	4AE
SpHillREC	Su	12:25pm	198.ZRF2	9/8	4AE
SpHillREC	M	5:10pm	198.TUW8	9/9	4AE
SpHillREC	Sa	9am	198.JZJP	10/26	4AF
SpHillREC	Sa	11:35am	198.HH5M	10/26	4AF
SpHillREC	Su	9am	198.GZ5H	10/27	4AF
SpHillREC	Su	12:25pm	198.9Q01	10/27	4AF
SpHillREC	M	5:45pm	198.0ESJ	10/28	4AF
SpHillREC	T	6pm	198.FLJ4	10/29	4AF
SpHillREC	F	4:30pm	198.LHGT	11/1	4AE
SpHillREC	Th	6:35pm	198.44T3	11/7	4AD
CubRunREC	W	5:35pm	9DB.FXLY	9/4	4ANF
CubRunREC	M	6:45pm	9DB.XC7G	9/9	4ANE
CubRunREC	F	5pm	9DB.IMUE	9/27	4ANF
CubRunREC	M	6:45pm	9DB.SP9M	10/28	4ANF
CubRunREC	W	5:35pm	9DB.SA6F	10/30	4ANE
SpHillREC	T	8:15pm	9DB.8ZLP	10/29	4ANF

Pee Wee Paddler 5

(4-6 yrs.) Prerequisite: Pee Wee Paddler 4 or equivalent skill proficiency. Class emphasizes helping students improve their swimming stroke mechanics and increase endurance. Skills include swimming front crawl and elementary backstroke 25 yards, back crawl 15 yards, breaststroke 10 yards, standing dives in deep water and treading water for 20 seconds.

4AA	3--30 minute lessons--\$47
4AB	4--30 minute lessons--\$64
4AC	5--30 minute lessons--\$79
4AD	6--30 minute lessons--\$96
4AE	7--30 minute lessons--\$111
4AF	8--30 minute lessons--\$127
4AG	9--30 minute lessons--\$141
4ANC	5--30 minute lessons--\$123
4ANF	8--30 minute lessons--\$196

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	9am	631.SQ54	9/21	4AC
CubRunREC	Sa	9am	631.TAZR	9/21	4AC
CubRunREC	Sa	9am	631.W0GP	9/21	4AC
CubRunREC	Su	9am	631.ZRAO	9/22	4AC
CubRunREC	Su	11:35am	631.9GFF	9/22	4AC
CubRunREC	Sa	9am	631.4TON	10/26	4AF
CubRunREC	Sa	11:35am	631.COET	10/26	4AF
CubRunREC	Su	9am	631.R3W4	10/27	4AF
CubRunREC	Su	11:35am	631.0RVV	10/27	4AF



CubRunREC	T	5:35pm	631.MXB2	10/29	4AF
Franconia Rec	Sa	12:30pm	631.HVRT	9/7	4AE
Franconia Rec	Su	12:35pm	631.WCTQ	9/8	4AE
Franconia Rec	Sa	12:30pm	631.4J42	10/26	4AE
Franconia Rec	Su	12:35pm	631.318W	10/27	4AE
GWREC	Sa	10:50am	631.JUGB	8/24	4AF
GWREC	Sa	10:50am	631.JQ77	10/26	4AE
OakmontREC	Sa	10:10am	631.DLJQ	9/14	4AD
OakmontREC	Su	12:40pm	631.VQIV	9/15	4AD
OakmontREC	F	6:35pm	631.3H03	9/20	4AD
OakmontREC	Sa	10:10am	631.LD01	10/26	4AE
OakmontREC	Su	12:40pm	631.AZKQ	10/27	4AE
OakmontREC	Sa	10:10am	631.4EKD	12/7	4AA
OakmontREC	Su	11:15am	631.KV62	12/7	4AA
ProvREC	Sa	11:40am	631.JOAY	8/24	4AF
ProvREC	Su	10:10am	631.96FU	8/25	4AF
ProvREC	F	4:30pm	631.I3AT	8/30	4AG
ProvREC	Sa	11:40am	631.AYBG	10/26	4AE
ProvREC	Su	10:10am	631.E39E	10/27	4AE
SpHillREC	T	6:35pm	631.EJYT	9/3	4AF
SpHillREC	W	6:35pm	631.X32H	9/4	4AF
SpHillREC	F	5:05pm	631.HCN4	9/6	4AF
SpHillREC	Sa	9:35am	631.1PP3	9/7	4AE
SpHillREC	Su	9:35am	631.29KM	9/8	4AE
SpHillREC	M	5:45pm	631.9TM7	9/9	4AE
SpHillREC	Sa	9:35am	631.P51S	10/26	4AF
SpHillREC	Su	12:30pm	631.2400	10/27	4AF
SpHillREC	M	6:50pm	631.7H18	10/28	4AF
SpHillREC	T	6:35pm	631.0AGK	10/29	4AF
SpHillREC	W	6:35pm	631.MXRH	10/30	4AF
SpHillREC	F	7:55pm	631.38II	11/1	4AB
SpHillREC	Th	7:10pm	631.SW8B	11/7	4AD
CubRunREC	M	6:10pm	166.QZKU	9/23	4ANC
CubRunREC	M	5:50pm	166.DGCF	10/28	4ANF

Pee Wee Paddler 6

(4-7 yrs.) Prerequisite: Pee Wee Paddler 5 or equivalent skill proficiency. Class emphasizes improving swimming stroke proficiency and endurance. Skills include swimming front crawl, back crawl, elementary backstroke and breaststroke 25 yards, butterfly stroke 10 yards, and treading water for 30 seconds.

4AA	3--30 minute lessons--\$47
4AC	5--30 minute lessons--\$79
4AD	6--30 minute lessons--\$96
4AE	7--30 minute lessons--\$111
4AF	8--30 minute lessons--\$127
4ANC	5--30 minute lessons--\$123
4ANF	8--30 minute lessons--\$196

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	10am	FC3.T6ZP	9/21	4AC
CubRunREC	Su	10am	FC3.4AEM	9/22	4AC
CubRunREC	Sa	10am	FC3.VB8Y	10/26	4AF
CubRunREC	Su	10am	FC3.73B0	10/27	4AF
GWREC	Sa	11:25am	FC3.L03B	8/24	4AF
GWREC	Sa	11:25am	FC3.0FBA	10/26	4AE
OakmontREC	F	6pm	FC3.J56Z	9/20	4AD
OakmontREC	Sa	10:10am	FC3.HEHZ	12/7	4AA
OakmontREC	Sa	11:15am	FC3.81AC	12/8	4AA
SpHillREC	Sa	10:10am	FC3.D051	9/7	4AE
SpHillREC	Su	10:10am	FC3.L65N	9/8	4AE
SpHillREC	Sa	10:10am	FC3.GK2A	10/26	4AF
SpHillREC	Su	10:10am	FC3.63Q0	10/27	4AF
SpHillREC	Su	12:25pm	FC3.RC6E	10/27	4AF
SpHillREC	M	7:25pm	FC3.SQX3	10/28	4AF
SpHillREC	W	6pm	FC3.DNDN	10/30	4AF
CubRunREC	W	6:10pm	F47.6UBK	9/25	4ANC
CubRunREC	W	6:10pm	F47.8WH2	10/23	4ANF
SpHillREC	T	8:15pm	F47.7LYF	9/3	4ANF
SpHillREC	F	8:10pm	F47.MM80	9/6	4ANF

Intro to Swimming for Children

(5-8 yrs.) Prerequisite: Children must be able to function in a group setting. Class emphasizes helping participants gain basic swimming and water safety skills and overcome fear of water. Skills include entering and exiting water safely, blowing bubbles through mouth and nose. With assistance students learn to float on front and back, glide on front and back, roll over from front to back and back to front and swim at least two body lengths on front and back using arms and legs.

4AE	7--30 minute lessons--\$111
4AF	8--30 minute lessons--\$127

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	9am	DYK.HEAU	9/7	4AE
CubRunREC	Sa	10:05am	DYK.JNGL	9/7	4AE
CubRunREC	Sa	11:15am	DYK.YQME	9/7	4AE
CubRunREC	Su	9am	DYK.LGPO	9/8	4AE
CubRunREC	Su	10:05am	DYK.ZCBT	9/8	4AE
CubRunREC	Su	11:15am	DYK.DSFC	9/8	4AE
CubRunREC	Sa	9am	DYK.D1BA	10/26	4AF
CubRunREC	Sa	10:05am	DYK.31FN	10/26	4AF
CubRunREC	Sa	11:15am	DYK.FBAX	10/26	4AF
CubRunREC	Su	9am	DYK.9XTC	10/27	4AF
CubRunREC	Su	10:05am	DYK.KKSO	10/27	4AF
CubRunREC	Su	11:15am	DYK.06RW	10/27	4AF

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Swimming 1 for Children

(6-12 yrs.) Prerequisite: Children must be able to function in a group setting. Class emphasizes helping participants gain basic swimming and water safety skills and overcome fear of water. Skills include entering and exiting water safely, blowing bubbles through mouth and nose. With assistance students learn to float on front and back, glide on front and back, roll over from front to back and back to front and swim at least two body lengths on front and back using arms and legs.

4AK	3--45 minute lessons--\$48
4AL	4--45 minute lessons--\$66
4AM	5--45 minute lessons--\$81
4AN	6--45 minute lessons--\$96
4AO	7--45 minute lessons--\$112
4AP	8--45 minute lessons--\$130
4AQ	9--45 minute lessons--\$147
4AR	10--45 minute lessons--\$162
4APE	7--45 minute lessons--\$185
4APF	8--45 minute lessons--\$211

Location	Day	Time	Code	Begin	\$
CubRunREC	T	6:10pm	48D.9N1X	9/3	4AP
CubRunREC	Th	5:35pm	48D.X9EZ	9/5	4AP
CubRunREC	Sa	9am	48D.KBPO	9/21	4AM
CubRunREC	Sa	9:50am	48D.RGXK	9/21	4AM
CubRunREC	Sa	10:40am	48D.EULZ	9/21	4AM
CubRunREC	Su	9am	48D.MYSY	9/22	4AM
CubRunREC	Su	9:50am	48D.GPTW	9/22	4AM
CubRunREC	Su	10:40am	48D.WQ37	9/22	4AM
CubRunREC	Sa	9am	48D.X8BL	10/26	4AP
CubRunREC	Sa	9:50am	48D.44BB	10/26	4AP
CubRunREC	Sa	10:40am	48D.X3K5	10/26	4AP
CubRunREC	Su	9am	48D.XSUG	10/27	4AP
CubRunREC	Su	9:50am	48D.0B3D	10/27	4AP
CubRunREC	Su	10:40am	48D.W8BP	10/27	4AP
CubRunREC	T	5:55pm	48D.DAX3	10/29	4AP
CubRunREC	Th	5:35pm	48D.AYCG	11/7	4AN
Franconia Rec	T	6:40pm	48D.MZRM	9/3	4AP
Franconia Rec	M/W	6:40pm	48D.2YD7	9/4	4AO
Franconia Rec	F	6:10pm	48D.XPOK	9/6	4AP
Franconia Rec	Sa	10:45am	48D.2LOD	9/7	4AO
Franconia Rec	Sa	11:40am	48D.AMUG	9/7	4AO
Franconia Rec	Su	10:30am	48D.VCV4	9/8	4AO
Franconia Rec	Th	6:40pm	48D.0SML	9/15	4AO
Franconia Rec	M/W	6:40pm	48D.D6HI	9/30	4AP
Franconia Rec	Sa	10:45am	48D.EC9W	10/26	4AO
Franconia Rec	Sa	11:40am	48D.KC78	10/26	4AO
Franconia Rec	Su	10:30am	48D.330Q	10/27	4AO
Franconia Rec	M/W	6:40pm	48D.0B3H	10/28	4AP
Franconia Rec	T	6:40pm	48D.9NDY	10/29	4AP
Franconia Rec	M/W	6:35pm	48D.WWEE	11/25	4AP
GWREC	Sa	10:15am	48D.2TCA	8/24	4AP
GWREC	Sa	11:25am	48D.3GT6	8/24	4AP
GWREC	Su	9:30am	48D.7CJZ	8/25	4AP
GWREC	T	5:35pm	48D.HRYC	8/27	4AP
GWREC	Sa	10:15am	48D.5RJL	10/26	4AO
GWREC	Sa	11:25am	48D.6G3W	10/26	4AO
GWREC	Su	9:30am	48D.E3IT	10/27	4AO
GWREC	T	5:35pm	48D.A0S2	10/29	4AP
OakmontREC	Sa	9am	48D.QJX6	9/14	4AN
OakmontREC	Sa	10:40am	48D.XWOW	9/14	4AN
OakmontREC	Su	10:05am	48D.F2WR	9/15	4AN
OakmontREC	T/Th	7:05pm	48D.MGUQ	9/17	4AR
OakmontREC	F	7:10pm	48D.ZZYV	9/20	4AN
OakmontREC	T/Th	7:05pm	48D.M3IC	10/22	4AO
OakmontREC	Sa	9am	48D.J1BA	10/26	4AO
OakmontREC	Sa	10:40am	48D.3W80	10/26	4AO
OakmontREC	Su	10:05am	48D.W7ES	10/27	4AO
OakmontREC	T/Th	7:05pm	48D.FI2F	11/19	4AQ
OakmontREC	Sa	11:20am	48D.BLOU	12/7	4AK
ProvREC	Sa	10:50am	48D.NA7K	8/24	4AP



ProvREC	Sa	11:45am	48D.0CUM	8/24	4AP
ProvREC	Su	10:45am	48D.B0N3	8/25	4AP
ProvREC	M	6:35pm	48D.MEJ4	8/26	4AP
ProvREC	W	6pm	48D.TAJG	8/28	4AQ
ProvREC	Th	6pm	48D.LUKN	8/29	4AQ
ProvREC	F	5:40pm	48D.SL98	8/30	4AQ
ProvREC	Sa	10:50am	48D.UCMW	10/26	4AO
ProvREC	Sa	11:45am	48D.JWKS	10/26	4AO
ProvREC	Su	10:45am	48D.83BI	10/27	4AO
ProvREC	M	6:35pm	48D.4AOA	10/28	4AP
ProvREC	W	6pm	48D.G57Y	10/30	4AO
ProvREC	Th	6pm	48D.BASA	11/7	4AN
SoRunREC	M/W	6:35pm	48D.6J6Y	9/9	4AN
SoRunREC	T/Th	6:05pm	48D.C5OE	9/10	4AN
SoRunREC	Sa	9am	48D.L14Y	9/14	4AN
SoRunREC	Sa	10:10am	48D.IZDM	9/14	4AN
SoRunREC	Su	9:20am	48D.6YQF	9/15	4AN
SoRunREC	M/W	6:35pm	48D.29HY	9/30	4AN
SoRunREC	T/Th	6:05pm	48D.W986	10/1	4AN
SoRunREC	M/W	7:25pm	48D.N0IX	10/21	4AP
SoRunREC	T/Th	6:05pm	48D.M1XH	10/22	4AO
SoRunREC	Sa	9am	48D.L3CM	10/26	4AP
SoRunREC	Sa	10:10am	48D.BN4C	10/26	4AP
SoRunREC	Su	9:20am	48D.XBV1	10/27	4AP
SoRunREC	M/W	6:35pm	48D.T768	11/18	4AQ
SoRunREC	T/Th	6:05pm	48D.B7DJ	11/19	4AQ
SpHillREC	T	4:45pm	48D.MKQU	9/3	4AP
SpHillREC	W	5:10pm	48D.ZBJR	9/4	4AP
SpHillREC	Th	5:10pm	48D.AYT6	9/5	4AP
SpHillREC	F	5:40pm	48D.LI22	9/6	4AP
SpHillREC	Sa	10:45am	48D.Y9WM	9/7	4AO
SpHillREC	Su	11:20am	48D.PSWB	9/8	4AO
SpHillREC	M	6:20pm	48D.ZKIN	9/9	4AO
SpHillREC	Sa	10:45am	48D.K49H	10/26	4AP
SpHillREC	Su	10:45am	48D.ZA9K	10/27	4AP
SpHillREC	M	6:20pm	48D.GK6I	10/28	4AP
SpHillREC	T	4:45pm	48D.3XZN	10/29	4AP
SpHillREC	F	5:55pm	48D.Y982	11/1	4AL
SpHillREC	Th	5:10pm	48D.0DMT	11/7	4AN
CubRunREC	W	6:10pm	E21.CUBH	9/4	4APF
CubRunREC	M	7:15pm	E21.K5XW	9/9	4APE
CubRunREC	M	6:45pm	E21.AGE7	10/28	4APF
CubRunREC	W	6:10pm	E21.NEWJ	10/30	4APE

assistance or use of flotation devices. Skills include: jumping in chest deep water, blowing bubbles with face submerged under water, floating on front and back, gliding on front and back at least two body lengths, rolling over from front to back and back to front, swimming on front and back at least three body lengths using arms and legs and treading water.

4AK	3--45 minute lessons--\$48
4AM	5--45 minute lessons--\$81
4AN	6--45 minute lessons--\$96
4AO	7--45 minute lessons--\$112
4AP	8--45 minute lessons--\$130
4AQ	9--45 minute lessons--\$147
4AR	10--45 minute lessons--\$162
4APE	7--45 minute lessons--\$185
4APF	8--45 minute lessons--\$211

Location	Day	Time	Code	Begin	\$
CubRunREC	T	7pm	F13.EDKP	9/3	4AP
CubRunREC	Th	6:25pm	F13.K6QN	9/5	4AP
CubRunREC	Sa	9am	F13.7EDC	9/21	4AM
CubRunREC	Sa	10:40am	F13.KZEE	9/21	4AM
CubRunREC	Sa	11:30am	F13.76L6	9/21	4AM
CubRunREC	Su	9am	F13.DCVX	9/22	4AM
CubRunREC	Su	10:40am	F13.257Y	9/22	4AM
CubRunREC	Su	11:30am	F13.9RSU	9/22	4AM
CubRunREC	Sa	9am	F13.C2Q9	10/26	4AP
CubRunREC	Sa	10:40am	F13.KARS	10/26	4AP
CubRunREC	Sa	11:30am	F13.NHZ5	10/26	4AP
CubRunREC	Su	9am	F13.3H9T	10/27	4AP
CubRunREC	Su	10:40am	F13.81HK	10/27	4AP
CubRunREC	Su	11:30am	F13.P122	10/27	4AP
CubRunREC	T	6:45pm	F13.9W6V	10/29	4AP
CubRunREC	Th	6:25pm	F13.JNS8	11/7	4AN
Franconia Rec	T	6:40pm	F13.OAOK	9/3	4AP
Franconia Rec	M/W	6:40pm	F13.CR84	9/4	4AO
Franconia Rec	Th	6:40pm	F13.LXYO	9/5	4AO
Franconia Rec	F	6:10pm	F13.HPNW	9/6	4AP
Franconia Rec	Sa	10:45am	F13.B125	9/7	4AO
Franconia Rec	Su	9:35am	F13.ETSO	9/8	4AO
Franconia Rec	Su	11:25am	F13.JRPA	9/8	4AO
Franconia Rec	M/W	6:40pm	F13.24CB	9/30	4AP
Franconia Rec	Th	6:40pm	F13.Q740	10/24	4AO
Franconia Rec	Sa	11:40am	F13.8Z8P	10/26	4AO
Franconia Rec	Su	9:35am	F13.YWK5	10/27	4AO
Franconia Rec	Su	11:25am	F13.AHSS	10/27	4AO
Franconia Rec	M/W	6:40pm	F13.2G7G	10/28	4AP

Swimming 2 for Children

(6-12 yrs.) Prerequisite: Swimming 1 or equivalent skill proficiency. Class emphasizes increasing confidence and ability to perform skills with and without

Franconia Rec	T	6:40pm	F13.S3KX	10/29	4AP
Franconia Rec	M/W	6:35pm	F13.9QQN	11/25	4AP
GWREC	Sa	9:40am	F13.YCSC	8/24	4AP
GWREC	Sa	11:05am	F13.BJDW	8/24	4AP
GWREC	Sa	11:20am	F13.N204	8/24	4AP
GWREC	Su	10:20am	F13.Z1GW	8/25	4AP
GWREC	M	6:40pm	F13.LTAW	8/26	4AP
GWREC	Sa	9:40am	F13.ZP6A	10/26	4AO
GWREC	Sa	11:05am	F13.8A5H	10/26	4AO
GWREC	Sa	11:20am	F13.TQYO	10/26	4AO
GWREC	Su	10:20am	F13.99N2	10/27	4AO
GWREC	M	6:40pm	F13.9HKW	10/28	4AP
OakmontREC	Sa	9am	F13.PRWG	9/14	4AN
OakmontREC	Sa	10:45am	F13.CPLI	9/14	4AN
OakmontREC	Su	11am	F13.8BJP	9/15	4AN
OakmontREC	M/W	7:05pm	F13.33UX	9/16	4AR
OakmontREC	F	7:10pm	F13.02LH	9/20	4AN
OakmontREC	M/W	7:05pm	F13.BYCF	10/21	4AP
OakmontREC	Sa	9am	F13.28B5	10/26	4AO
OakmontREC	Sa	10:45am	F13.FETR	10/26	4AO
OakmontREC	Su	11am	F13.T9SU	10/27	4AO
OakmontREC	M/W	7:05pm	F13.L8Q7	11/18	4AQ
OakmontREC	Sa	11:20am	F13.XSTZ	12/7	4AK
ProvREC	Sa	10am	F13.PR3P	8/24	4AP
ProvREC	Sa	10:50am	F13.WNYI	8/24	4AP
ProvREC	Su	10:45am	F13.RZK6	8/25	4AP
ProvREC	Su	11:35am	F13.L2SN	8/25	4AP
ProvREC	M	7:25pm	F13.03LQ	8/26	4AP
ProvREC	T	6:35pm	F13.P0IB	8/27	4AQ
ProvREC	W	6:50pm	F13.M344	8/28	4AQ
ProvREC	Th	6:50pm	F13.W4U7	8/29	4AQ
ProvREC	F	5:40pm	F13.KVUI	8/30	4AQ
ProvREC	Sa	10am	F13.GEYO	10/26	4AO
ProvREC	Sa	10:50am	F13.0PJ1	10/26	4AO
ProvREC	Su	10:45am	F13.QFGH	10/27	4AO
ProvREC	Su	11:35am	F13.W3V3	10/27	4AO
ProvREC	M	7:25pm	F13.LRHI	10/28	4AP
ProvREC	T	6:35pm	F13.8ZJB	10/29	4AP
ProvREC	W	6:50pm	F13.XPET	10/30	4AO
ProvREC	Th	6:50pm	F13.E3V6	11/7	4AN
SoRunREC	M/W	7:25pm	F13.CIM1	9/9	4AN
SoRunREC	T/Th	6:35pm	F13.HOZO	9/10	4AN
SoRunREC	Sa	9:35am	F13.70UC	9/14	4AN
SoRunREC	Sa	10:25am	F13.LQE6	9/14	4AN
SoRunREC	Su	8:30am	F13.LAWP	9/15	4AN
SoRunREC	Su	9:40am	F13.LX9Q	9/15	4AN
SoRunREC	M/W	7:25pm	F13.ADRR	9/30	4AN
SoRunREC	T/Th	6:35pm	F13.W3NI	10/1	4AN
SoRunREC	M/W	7:25pm	F13.WIDM	10/21	4AP
SoRunREC	T/Th	6:35pm	F13.MUNH	10/22	4AO
SoRunREC	Sa	9:35am	F13.FFYR	10/26	4AP
SoRunREC	Sa	10:25am	F13.QQ28	10/26	4AP
SoRunREC	Su	8:30am	F13.X8RQ	10/27	4AP
SoRunREC	Su	9:40am	F13.F5BX	10/27	4AP
SoRunREC	M/W	7:25pm	F13.74ZT	11/18	4AQ
SoRunREC	T/Th	6:35pm	F13.JKEG	11/19	4AQ
SpHillREC	T	5:35pm	F13.NV8Y	9/3	4AP
SpHillREC	Th	6pm	F13.VN5U	9/5	4AP
SpHillREC	F	6:30pm	F13.A1IX	9/6	4AP
SpHillREC	Sa	11:35am	F13.RBRS	9/7	4AO
SpHillREC	Su	10:45am	F13.2NGM	9/8	4AO
SpHillREC	M	7:10pm	F13.9LJB	9/9	4AO
SpHillREC	Sa	11:20am	F13.RRFM	10/26	4AP
SpHillREC	Su	11:35am	F13.VXPY	10/27	4AP
SpHillREC	M	5:10pm	F13.MFRM	10/28	4AP
SpHillREC	T	5:35pm	F13.4HOY	10/29	4AP
SpHillREC	W	5:10pm	F13.3HLZ	10/30	4AP
SpHillREC	F	5:05pm	F13.II6X	11/1	4AO
SpHillREC	Th	6pm	F13.85F1	11/7	4AN
CubRunREC	W	7pm	B5F.Z9F1	9/4	4APF
CubRunREC	M	6:25pm	B5F.DBZA	9/9	4APE
CubRunREC	M	6:25pm	B5F.KWQN	10/28	4APF
CubRunREC	W	7pm	B5F.E897	10/30	4APE

Swimming 3 for Children

(6-12 yrs.) Prerequisite: Swimming 2 or equivalent skill proficiency. Class emphasizes increasing endurance and independent swimming skills performance. Without assistance or flotation devices, students safely enter, exit, swim and tread water in deep water, tread water 15 seconds, push off in a streamlined position on front and back then flutter kick at least four body lengths. Skills also include rotary breathing, swimming front crawl, elementary backstroke and back crawl at least 15 yards.

4AK	3--45 minute lessons--\$48
4AM	5--45 minute lessons--\$81
4AN	6--45 minute lessons--\$96
4AO	7--45 minute lessons--\$112
4AP	8--45 minute lessons--\$130
4AQ	9--45 minute lessons--\$147
4AR	10--45 minute lessons--\$162
4AQC	5--45 minute lessons--\$135
4AQD	6--45 minute lessons--\$161
4AQE	7--45 minute lessons--\$189
5AQF	7--45 minute lessons--\$216

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	9:50am	7E0.K4B4	9/21	4AM
CubRunREC	Sa	10:10am	7E0.D331	9/21	4AM
CubRunREC	Sa	11:30am	7E0.Y6ZC	9/21	4AM
CubRunREC	Sa	12:10pm	7E0.NKEM	9/21	4AM
CubRunREC	Su	9:50am	7E0.652L	9/22	4AM
CubRunREC	Su	10:10am	7E0.QQJW	9/22	4AM
CubRunREC	Su	11:30am	7E0.343R	9/22	4AM
CubRunREC	Su	12:10pm	7E0.6X96	9/22	4AM
CubRunREC	T	6:45pm	7E0.E4VF	9/24	4AM
CubRunREC	Sa	9:50am	7E0.GT5K	10/26	4AP
CubRunREC	Sa	10:10am	7E0.NV4W	10/26	4AP
CubRunREC	Sa	11:30am	7E0.V6VZ	10/26	4AP
CubRunREC	Sa	12:10pm	7E0.2XZQ	10/26	4AP
CubRunREC	Su	9:50am	7E0.FY61	10/27	4AP
CubRunREC	Su	10:10am	7E0.FOZ8	10/27	4AP
CubRunREC	Su	11:30am	7E0.1AZY	10/27	4AP
CubRunREC	Su	12:10pm	7E0.EI4C	10/27	4AP
CubRunREC	T	6:45pm	7E0.NK22	10/29	4AP
Franconia Rec	T	7:30pm	7E0.FRTK	9/3	4AP
Franconia Rec	M/W	7:30pm	7E0.GHDC	9/4	4AO
Franconia Rec	Th	7:30pm	7E0.ECVD	9/5	4AO
Franconia Rec	F	7pm	7E0.J5FM	9/6	4AP
Franconia Rec	Sa	10:55am	7E0.G7EA	9/7	4AO
Franconia Rec	Sa	11:40am	7E0.TIBI	9/7	4AO
Franconia Rec	Su	9am	7E0.LH9T	9/8	4AO
Franconia Rec	Su	12:15pm	7E0.HLSE	9/8	4AO
Franconia Rec	M/W	7:30pm	7E0.WQIT	9/30	4AP
Franconia Rec	Th	6:40pm	7E0.5YCA	10/24	4AO
Franconia Rec	Sa	10:45am	7E0.2HAI	10/26	4AO
Franconia Rec	Su	9am	7E0.C32B	10/27	4AO
Franconia Rec	Su	12:15am	7E0.OZML	10/27	4AO
Franconia Rec	M/W	7:30pm	7E0.3479	10/28	4AP
Franconia Rec	T	7:30pm	7E0.V31M	10/29	4AP
Franconia Rec	M/W	7:25pm	7E0.PEPJ	11/25	4AP
GWREC	Sa	10:30am	7E0.O03I	8/24	4AP
GWREC	M	6:40pm	7E0.U5RR	8/26	4AP
GWREC	T	6:25pm	7E0.269J	8/27	4AP
GWREC	W	6:40pm	7E0.GREB	8/27	4AP
GWREC	W	6:40pm	7E0.O6D6	8/27	4AP
GWREC	Sa	10:30am	7E0.DA50	10/26	4AO
GWREC	M	6:40pm	7E0.ONXE	10/28	4AP
GWREC	T	6:25pm	7E0.JNTS	10/29	4AP
GWREC	W	6:40pm	7E0.GTVU	10/30	4AO
OakmontREC	Sa	9:50am	7E0.NN4L	9/14	4AN
OakmontREC	Sa	11:40am	7E0.OAGH	9/14	4AN
OakmontREC	Su	10:05am	7E0.7ZBP	9/15	4AN
OakmontREC	Su	11:50am	7E0.D2CL	9/15	4AN
OakmontREC	M/W	7:05pm	7E0.DC5K	9/16	4AR

OakmontREC	T/Th	7:05pm	7E0.GM4B	9/17	4AR
OakmontREC	F	7:10pm	7E0.AA4D	9/20	4AN
OakmontREC	M/W	7:05pm	7E0.700A	10/21	4AP
OakmontREC	T/Th	7:05pm	7E0.TR10	10/22	4AO
OakmontREC	Sa	9:50am	7E0.K4XH	10/26	4AO
OakmontREC	Sa	11:40am	7E0.IU6E	10/26	4AO
OakmontREC	Su	10:05am	7E0.TPGA	10/27	4AO
OakmontREC	Su	11:50am	7E0.XDUG	10/27	4AO
OakmontREC	M/W	7:05pm	7E0.NTV5	11/18	4AQ
OakmontREC	T/Th	7:05pm	7E0.HP9B	11/19	4AQ
OakmontREC	Sa	10:45am	7E0.DIVO	12/7	4AK
ProvREC	Sa	10am	7E0.77GV	8/24	4AP
ProvREC	Su	11:35am	7E0.E214	8/25	4AP
ProvREC	M	6:35pm	7E0.FSLI	8/26	4AP
ProvREC	T	6:35pm	7E0.A51Y	8/27	4AQ
ProvREC	Th	7:40pm	7E0.9GHT	8/29	4AQ
ProvREC	F	6:30pm	7E0.I6UA	8/30	4AQ
ProvREC	Sa	10am	7E0.D6C4	10/26	4AO
ProvREC	Su	11:35am	7E0.2PLR	10/27	4AO
ProvREC	M	6:35pm	7E0.X9HV	10/28	4AP
ProvREC	T	6:35pm	7E0.CB07	10/29	4AP
ProvREC	Th	7:40pm	7E0.GZDS	11/7	4AN
SoRunREC	M/W	7:15pm	7E0.4SLB	9/9	4AN
SoRunREC	T/Th	6pm	7E0.FIYE	9/10	4AN
SoRunREC	Sa	9am	7E0.QVL7	9/14	4AN
SoRunREC	Sa	11am	7E0.KJCH	9/14	4AN
SoRunREC	Sa	11:25am	7E0.N3EK	9/14	4AN
SoRunREC	Su	8:30am	7E0.ZU2A	9/15	4AN
SoRunREC	Su	9:20am	7E0.1KRY	9/15	4AN
SoRunREC	Su	11:10am	7E0.B72E	9/15	4AN
SoRunREC	M/W	7:15pm	7E0.TINX	9/30	4AN
SoRunREC	T/Th	6pm	7E0.6GWN	10/1	4AN
SoRunREC	M/W	7:15pm	7E0.YQ3G	10/21	4AP
SoRunREC	T/Th	6pm	7E0.L8U1	10/22	4AO
SoRunREC	Sa	9am	7E0.09PR	10/26	4AP
SoRunREC	Sa	11am	7E0.GC62	10/26	4AP
SoRunREC	Sa	11:25am	7E0.J4A8	10/26	4AP
SoRunREC	Su	8:30am	7E0.NOU4	10/27	4AP
SoRunREC	Su	9:20am	7E0.5TFD	10/27	4AP
SoRunREC	Su	11:10am	7E0.MI2	10/27	4AP
SoRunREC	M/W	7:15pm	7E0.5UQL	11/18	4AQ
SoRunREC	T/Th	6pm	7E0.7WW4	11/19	4AQ
SpHillREC	T	7:10pm	7E0.LOEN	9/3	4AP
SpHillREC	W	5:45pm	7E0.011E	9/4	4AP
SpHillREC	F	7:20pm	7E0.RQHL	9/6	4AP
SpHillREC	Sa	10:45am	7E0.E5S5	9/7	4AO
SpHillREC	Sa	11:20am	7E0.F600	9/7	4AO
SpHillREC	Su	10:45am	7E0.GJMF	9/8	4AO
SpHillREC	Su	11:35am	7E0.IQNO	9/8	4AO
SpHillREC	M	6:20pm	7E0.8G03	9/9	4AO
SpHillREC	Sa	10:45am	7E0.M6T7	10/26	4AP
SpHillREC	Su	10:45am	7E0.5S20	10/27	4AP
SpHillREC	Su	11:35am	7E0.R5TW	10/27	4AP
SpHillREC	M	6pm	7E0.2IG1	10/28	4AP
SpHillREC	T	7:10pm	7E0.1B90	10/29	4AP
SpHillREC	W	5:45pm	7E0.SIX1	10/30	4AP
SpHillREC	F	5:05pm	7E0.ICCB	11/1	4AO
CubRunREC	M	7:35pm	COC.F3UQ	9/23	4AQC
CubRunREC	M	7:35pm	COC.1VSV	10/28	4AQF
OakmontREC	Sa	10:40am	COC.Z5Z0	9/14	4AQD
OakmontREC	Sa	10:40am	COC.DC0Q	10/26	4AQE



Swimming 4 for Children

(6-12 yrs.) Prerequisite: Swimming 3 or equivalent skill proficiency. Class emphasizes improving confidence, skill proficiency, distance and endurance. Skills include diving progression from side in deep water, swimming under water three body lengths, swimming front crawl, elementary backstroke, back crawl and breaststroke 25 yards, lap swimming techniques and safety and treading water for 30 seconds.

4AK	3--45 minute lessons--\$48
4AM	5--45 minute lessons--\$81
4AN	6--45 minute lessons--\$96
4AO	7--45 minute lessons--\$112
4AP	8--45 minute lessons--\$130
4AQ	9--45 minute lessons--\$147
4AR	10--45 minute lessons--\$162
4AQC	5--45 minute lessons--\$135
4AQE	7--45 minute lessons--\$189
4AQF	8--45 minute lessons--\$216
4AQD	6--45 minute lessons--\$161
4AQE	7--45 minute lessons--\$189

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	9am	A7C.XIXX	9/21	4AM
CubRunREC	Sa	10:35am	A7C.DRXL	9/21	4AM
CubRunREC	Sa	11:50am	A7C.4TVQ	9/21	4AM
CubRunREC	Su	9am	A7C.7DXT	9/22	4AM
CubRunREC	Su	10:35am	A7C.MAGW	9/22	4AM
CubRunREC	Su	11:50am	A7C.P1EW	9/22	4AM
CubRunREC	T	7:35pm	A7C.2MGN	9/24	4AM
CubRunREC	Sa	9am	A7C.H73G	10/26	4AP
CubRunREC	Sa	10:35am	A7C.NDGG	10/26	4AP
CubRunREC	Sa	11:50am	A7C.FUVU	10/26	4AP
CubRunREC	Su	9am	A7C.XFIV	10/27	4AP
CubRunREC	Su	10:35am	A7C.6U22	10/27	4AP
CubRunREC	Su	11:50am	A7C.V6YQ	10/27	4AP
CubRunREC	T	7:35pm	A7C.V3M4	10/29	4AP
Franconia Rec	T	7:30pm	A7C.L3LO	9/3	4AP
Franconia Rec	M/W	6:40pm	A7C.U4MK	9/4	4AO
Franconia Rec	F	7pm	A7C.UCLC	9/6	4AP
Franconia Rec	Sa	10am	A7C.QL8M	9/7	4AO
Franconia Rec	Sa	11:45am	A7C.G0JO	9/7	4AO
Franconia Rec	Su	9:50am	A7C.MOBW	9/8	4AO
Franconia Rec	M/W	6:40pm	A7C.VPXF	9/30	4AP
Franconia Rec	Th	7:30pm	A7C.BVGA	10/24	4AO
Franconia Rec	Sa	10am	A7C.5W9W	10/26	4AO
Franconia Rec	Sa	11:55am	A7C.HQCW	10/26	4AO
Franconia Rec	Su	9:50am	A7C.NOL4	10/27	4AO
Franconia Rec	M/W	6:40pm	A7C.EZ83	10/28	4AP
Franconia Rec	M/W	6:35pm	A7C.KOMO	11/25	4AP
GWREC	Sa	10am	A7C.9GVD	8/24	4AP
GWREC	T	6:40pm	A7C.ADWR	8/27	4AP
GWREC	Sa	10am	A7C.CJIG	10/26	4AO
GWREC	T	6:40pm	A7C.DMIO	10/29	4AP
OakmontREC	Sa	10:45am	A7C.RWTL	9/14	4AN
OakmontREC	Sa	12:30pm	A7C.OBD4	9/14	4AN
OakmontREC	Su	10:05am	A7C.RAD7	9/15	4AN
OakmontREC	Su	11am	A7C.YZBM	9/15	4AN
OakmontREC	M/W	6pm	A7C.L9B0	9/16	4AR
OakmontREC	T/Th	6pm	A7C.OSPG	9/17	4AR
OakmontREC	F	6pm	A7C.DG38	9/20	4AN
OakmontREC	M/W	6pm	A7C.AJFF	10/21	4AP
OakmontREC	T/Th	6pm	A7C.WQT6	10/22	4AO
OakmontREC	Sa	10:45am	A7C.RE1J	10/26	4AO
OakmontREC	Sa	12:30pm	A7C.9B2T	10/26	4AO
OakmontREC	Su	10:05am	A7C.QK7R	10/27	4AO
OakmontREC	Su	11am	A7C.PND9	10/27	4AO
OakmontREC	M/W	6pm	A7C.J9U0	11/18	4AQ
OakmontREC	T/Th	6pm	A7C.YEP2	11/19	4AQ
OakmontREC	Sa	9am	A7C.ELWL	12/7	4AK
ProvREC	Sa	9:10am	A7C.59IS	8/24	4AP
ProvREC	Sa	12pm	A7C.Z7SB	8/24	4AP
ProvREC	Su	9am	A7C.QSP5	8/25	4AP



ProvREC	M	7:25pm	A7C.1DXT	8/26	4AP
ProvREC	T	7:25pm	A7C.251F	8/27	4AQ
ProvREC	F	6:30pm	A7C.FC7S	8/30	4AQ
ProvREC	Sa	9:10am	A7C.9VC3	10/26	4AO
ProvREC	Sa	12pm	A7C.C1B1	10/26	4AO
ProvREC	Su	9am	A7C.57QS	10/27	4AO
ProvREC	M	7:25pm	A7C.ZUMW	10/28	4AP
ProvREC	T	7:25pm	A7C.0G22	10/29	4AP
SoRunREC	M/W	6:10pm	A7C.NEY9	9/9	4AN
SoRunREC	T/Th	6:50pm	A7C.IDGF	9/10	4AN
SoRunREC	Sa	9am	A7C.BMHE	9/14	4AN
SoRunREC	Sa	9:50am	A7C.ZI26	9/14	4AN
SoRunREC	Su	9:30am	A7C.6EFJ	9/15	4AN
SoRunREC	Su	10:10am	A7C.TQJY	9/15	4AN
SoRunREC	M/W	6:10pm	A7C.VJTH	9/30	4AN
SoRunREC	M/W	8:15pm	A7C.UMZ2	9/30	4AN
SoRunREC	T/Th	6:50pm	A7C.PVO3	10/1	4AN
SoRunREC	M/W	6:10pm	A7C.L7GL	10/21	4AP
SoRunREC	T/Th	6:50pm	A7C.SPCD	10/22	4AP
SoRunREC	Sa	9am	A7C.OVFZ	10/26	4AP
SoRunREC	Sa	9:50am	A7C.1JVQ	10/26	4AP
SoRunREC	Su	9:30am	A7C.A4FT	10/27	4AP
SoRunREC	Su	10:10am	A7C.KQKH	10/27	4AP
SoRunREC	M/W	6:10pm	A7C.R94M	11/18	4AQ
SoRunREC	M/W	8:15pm	A7C.5T09	11/18	4AQ
SoRunREC	T/Th	6:50pm	A7C.OUV0	11/19	4AQ
SpHillREC	T	6:25pm	A7C.M1T2	9/3	4AP
SpHillREC	W	7:10pm	A7C.QXCY	9/4	4AP
SpHillREC	Sa	9:10am	A7C.SMSI	9/7	4AO
SpHillREC	Sa	12:10pm	A7C.CBWW	9/7	4AO
SpHillREC	Su	9:10am	A7C.7VSD	9/8	4AO
SpHillREC	Su	12pm	A7C.01F1	9/8	4AO
SpHillREC	M	7:10pm	A7C.VFFK	9/9	4AO
SpHillREC	Sa	9:10am	A7C.5XX1	10/26	4AP
SpHillREC	Sa	12:10pm	A7C.E45P	10/26	4AP
SpHillREC	Su	9:10am	A7C.S1LQ	10/27	4AP
SpHillREC	M	6:05pm	A7C.VB4X	10/28	4AP
SpHillREC	T	6:25pm	A7C.T8L5	10/29	4AP
SpHillREC	W	7:10pm	A7C.XIK3	10/30	4AP
CubRunREC	M	6:45pm	D76.MQPO	9/23	4AQC
CubRunREC	W	6:45pm	D76.CMRF	9/25	4AQC
CubRunREC	F	7:35pm	D76.20BX	9/27	4AQF
CubRunREC	M	7:15pm	D76.RBHO	10/28	4AQF
CubRunREC	W	6:45pm	D76.DADN	10/30	4AQE
OakmontREC	Sa	9:50am	D76.708K	9/14	4AQD
OakmontREC	Sa	11:35am	D76.MTM1	9/14	4AQD
OakmontREC	Sa	9:50am	D76.FG9J	10/26	4AQE
OakmontREC	Sa	11:35am	D76.8FRG	10/26	4AQE

Swimming 5 for Children

(6-12 yrs.) Prerequisite: Swimming 4 or equivalent skill proficiency. Class emphasizes increasing endurance and swimming stroke proficiency. Skills include treading water one minute, swimming front crawl, back crawl and breaststroke 50 yards, elementary backstroke 25 yards, open turns, circle swimming in lap lane, bi-lateral breathing for front crawl, butterfly arms and legs, breaststroke pull out and standard sculling 30 seconds.

4AAA	9--55 minute lessons--\$152
4AAB	10--55 minute lessons--\$170
4AU	3--55 minute lessons--\$49
4AV	4--55 minute lessons--\$67
4AW	5--55 minute lessons--\$84
4AX	6--55 minute lessons--\$102
4AY	7--55 minute lessons--\$118
4AZ	8--55 minute lessons--\$135
4ARC	5--55 minute lessons--\$135
4ARD	6--55 minute lessons--\$165
4ARE	7--55 minute lessons--\$189

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	9:50am	D55.L5JW	9/21	4AW
CubRunREC	Sa	12:45pm	D55.Y7NP	9/21	4AW
CubRunREC	Su	9:50am	D55.6N7Y	9/22	4AW
CubRunREC	Su	9:50am	D55.FBWQ	9/22	4AW
CubRunREC	Sa	9:50am	D55.5AKU	10/26	4AZ
CubRunREC	Sa	9:50am	D55.Z8G2	10/26	4AZ
CubRunREC	Su	9:50am	D55.L3WY	10/27	4AZ
CubRunREC	Su	12:45pm	D55.UEC2	10/27	4AZ
Franconia Rec	M/W	7:30pm	D55.1S05	9/4	4AY
Franconia Rec	Sa	11:55am	D55.EIU8	9/7	4AY
Franconia Rec	Su	10:45am	D55.YM2T	9/8	4AY
Franconia Rec	Sa	10:55am	D55.BXLU	10/26	4AY
Franconia Rec	Su	10:45am	D55.DU61	10/27	4AY
Franconia Rec	M/W	7:30pm	D55.IMEW	10/28	4AZ
Franconia Rec	T	7:30pm	D55.2TVE	10/29	4AZ
GWREC	Sa	9:05am	D55.IMIO	8/24	4AZ
GWREC	Sa	9:05am	D55.MQCW	10/26	4AY
OakmontREC	Sa	11:40am	D55.5158	9/14	4AX
OakmontREC	Su	11am	D55.UQ9N	9/15	4AX
OakmontREC	M/W	6:50pm	D55.0QJ4	9/16	4AAB
OakmontREC	T/Th	6:50pm	D55.JWNP	9/17	4AAB
OakmontREC	F	6:50pm	D55.Q309	9/20	4AX
OakmontREC	M/W	6:50pm	D55.6Z3E	10/21	4AZ
OakmontREC	T/Th	6:50pm	D55.VKAR	10/22	4AY

Aquatics

OakmontREC	Sa	11:40am	D55.UJF3	10/26	4AY
OakmontREC	Su	11am	D55.7MCO	10/27	4AY
OakmontREC	M/W	6:50pm	D55.6AEX	11/18	4AAA
OakmontREC	T/Th	6:50pm	D55.ET04	11/19	4AAA
OakmontREC	Sa	9:50am	D55.MOPP	12/7	4AU
ProvREC	Sa	10am	D55.C8KZ	8/24	4AZ
ProvREC	Su	9:50am	D55.7YY5	8/25	4AZ
ProvREC	W	7:10pm	D55.SU14	8/28	4AAA
ProvREC	Sa	10am	D55.J9QV	10/26	4AY
ProvREC	Su	9:50am	D55.HKZ0	10/27	4AY
ProvREC	W	7:10pm	D55.EF5E	10/30	4AY
SoRunREC	M/W	7:55pm	D55.QYSZ	9/9	4AX
SoRunREC	T/Th	7:30pm	D55.7Z65	9/10	4AX
SoRunREC	Sa	10:25am	D55.OKBQ	9/14	4AX
SoRunREC	Su	11:20am	D55.5V01	9/15	4AX
SoRunREC	M/W	7:55pm	D55.5N2T	9/30	4AX
SoRunREC	T/Th	7:30pm	D55.CAC0	10/1	4AX
SoRunREC	M/W	7:55pm	D55.49N6	10/21	4AZ
SoRunREC	T/Th	7:30pm	D55.TNL7	10/22	4AY
SoRunREC	Sa	10:25am	D55.AJH3	10/26	4AZ
SoRunREC	Su	11:20am	D55.AP8E	10/27	4AZ
SoRunREC	M/W	7:55pm	D55.QQXY	11/18	4AAA
SoRunREC	T/Th	7:30pm	D55.05SS	11/19	4AAA
SpHillREC	T	7:15pm	D55.3ZKZ	9/3	4AZ
SpHillREC	Th	7:50pm	D55.75IR	9/5	4AZ
SpHillREC	F	5:40pm	D55.MGAX	9/6	4AZ
SpHillREC	Sa	10am	D55.2Z20	9/7	4AY
SpHillREC	Sa	12pm	D55.980J	9/7	4AY
SpHillREC	Su	10am	D55.8185	9/8	4AY
SpHillREC	M	6:55pm	D55.5ZJ4	9/9	4AY
SpHillREC	Sa	10am	D55.M36L	10/26	4AZ
SpHillREC	Sa	12pm	D55.42X2	10/26	4AZ
SpHillREC	Su	10am	D55.87RW	10/27	4AZ
SpHillREC	Su	12pm	D55.KU2Z	10/27	4AZ
SpHillREC	M	6:55pm	D55.9P98	10/28	4AZ
SpHillREC	T	7:15pm	D55.9Q9G	10/29	4AZ
SpHillREC	F	5:55pm	D55.QK2C	11/1	4AV
SpHillREC	Th	7:50pm	D55.DZG6	11/7	4AX
CubRunREC	W	7:35pm	HQJ.1J3K	9/25	4ARC
CubRunREC	W	7:35pm	HQJ.AZEC	10/30	4ARE
OakmontREC	Sa	12:25pm	HQJ.ZGJ9	9/14	4ARD
OakmontREC	Sa	12:25pm	HQJ.40LU	10/26	4ARE

Swimming 6 for Children

(6-12 yrs.) Prerequisite: Swimming 5 or equivalent skill proficiency. Class continues to refine swim strokes and increasing endurance. Skills include swimming front crawl, back crawl and breaststroke 100 yards, sidestroke and butterfly 25 yards, an introduction in individual medley (IM), treading water for two minutes and flip turns.

4AAA	9--55 minute lessons--\$152
4AAB	10--55 minute lessons--\$170
4AU	3--55 minute lessons--\$49
4AV	4--55 minute lessons--\$67
4AW	5--55 minute lessons--\$84
4AX	6--55 minute lessons--\$102
4AY	7--55 minute lessons--\$118
4AZ	8--55 minute lessons--\$135

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	9am	DF4.6NKK	9/21	4AW
CubRunREC	Sa	10:50am	DF4.55ZL	9/21	4AW
CubRunREC	Su	9am	DF4.UU73	9/22	4AW
CubRunREC	Su	10:50am	DF4.87D6	9/22	4AW
CubRunREC	Sa	9am	DF4.JZ7L	10/26	4AZ
CubRunREC	Sa	10:50am	DF4.L2TY	10/26	4AZ
CubRunREC	Su	9am	DF4.EPD7	10/27	4AZ
CubRunREC	Su	10:50am	DF4.YZIE	10/27	4AZ
Franconia Rec	Sa	10:55am	DF4.RNBV	9/7	4AY
Franconia Rec	Su	11:45am	DF4.WHM7	9/8	4AY
Franconia Rec	M/W	7:30pm	DF4.A0OW	9/30	4AZ
Franconia Rec	Sa	11:55am	DF4.A0BF	10/26	4AY

Franconia Rec	Su	11:45am	DF4.8RXI	10/27	4AY
Franconia Rec	M/W	7:25pm	DF4.RY0Z	11/25	4AZ
OakmontREC	Sa	12:40pm	DF4.G07D	9/14	4AX
OakmontREC	Su	12pm	DF4.BRYI	9/15	4AX
OakmontREC	M/W	7:50pm	DF4.VA29	9/16	4AAB
OakmontREC	T/Th	7:50pm	DF4.ATDZ	9/17	4AAB
OakmontREC	F	7:50pm	DF4.QWR3	9/20	4AX
OakmontREC	M/W	7:50pm	DF4.TD0Q	10/21	4AZ
OakmontREC	T/Th	7:50pm	DF4.SL8G	10/22	4AY
OakmontREC	Sa	12:40pm	DF4.H5S4	10/26	4AY
OakmontREC	Su	12pm	DF4.S74Q	10/27	4AY
OakmontREC	M/W	7:50pm	DF4.P206	11/18	4AAA
OakmontREC	T/Th	7:50pm	DF4.DAQ1	11/19	4AAA
OakmontREC	Sa	10:50am	DF4.KSKQ	12/7	4AU
ProvREC	Sa	11am	DF4.5LYT	8/24	4AZ
ProvREC	Sa	11am	DF4.D8RY	10/26	4AY
SoRunREC	M/W	6pm	DF4.GT9M	9/9	4AX
SoRunREC	T/Th	7pm	DF4.9R6L	9/10	4AX
SoRunREC	Su	8:30am	DF4.SWQT	9/15	4AX
SoRunREC	M/W	6pm	DF4.P16U	9/30	4AX
SoRunREC	T/Th	7pm	DF4.USWP	10/1	4AX
SoRunREC	M/W	6pm	DF4.9W8W	10/21	4AZ
SoRunREC	T/Th	7pm	DF4.EH15	10/22	4AY
SoRunREC	Su	8:30pm	DF4.V9QU	10/27	4AZ
SoRunREC	M/W	6pm	DF4.9DFS	11/18	4AAA
SoRunREC	T/Th	7pm	DF4.5G0Y	11/19	4AAA
SpHillREC	Th	6:50pm	DF4.GQR6	9/5	4AZ
SpHillREC	F	6:40pm	DF4.GCX6	9/6	4AZ
SpHillREC	Sa	11am	DF4.4WBD	9/7	4AY
SpHillREC	Su	11am	DF4.CQ56	9/8	4AY
SpHillREC	M	7:55pm	DF4.HD9M	9/9	4AY
SpHillREC	Sa	11am	DF4.30IF	10/26	4AZ
SpHillREC	Su	11am	DF4.W0MY	10/27	4AZ
SpHillREC	M	7:55pm	DF4.4ZYG	10/28	4AZ
SpHillREC	F	6:55pm	DF4.066T	11/1	4AV
SpHillREC	Th	6:50pm	DF4.XU7N	11/7	4AX

Home School Learn to Swim Level 1 & 2

(7-17 yrs.) This course combines the learn-to-swim levels I & II and targets children who are home schooled, but is open to any child. Children work on basic swimming skills such as breathing, floating on front and back, and swimming on front and back.

4AM	5--45 minute lessons--\$81
4AO	7--45 minute lessons--\$112
4AP	8--45 minute lessons--\$130

Location	Day	Time	Code	Begin	\$
CubRunREC	T	1:25pm	CAC.2286	9/24	4AM
CubRunREC	T	1:25pm	CAC.YWLE	10/29	4AP
SoRunREC	W	2:30pm	CAC.KW9B	9/11	4AO
SoRunREC	W	2:30pm	CAC.P6GT	10/30	4AP

Home School Learn to Swim Level 3 & 4

(6-17 yrs.) Prerequisite: Swimming 1 or skill proficiency to swim unassisted on front and back at least three body lengths using arms and legs, and to blow bubbles through mouth and nose with face submerged underwater at least three seconds. This course combines Swimming 3 & 4 skills and targets children who are home schooled but is open to any child with the appropriate skill level. For more information about skills taught in this class see descriptions for Swimming 3 and Swimming 4.

4AM	5--45 minute lessons--\$81
4AO	7--45 minute lessons--\$112
4AP	8--45 minute lessons--\$130

Location	Day	Time	Code	Begin	\$
CubRunREC	T	2:15pm	8B2.PSGM	9/24	4AM
CubRunREC	T	2:15pm	8B2.6GUJ	10/29	4AP
SoRunREC	W	1:40pm	8B2.2MRS	9/11	4AO
SoRunREC	W	1:40pm	8B2.PD25	10/30	4AP

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Home School Learn to Swim Level 5 & 6

(6-17 yrs.) Prerequisite: Swimming 4 or skill proficiency to enter deep water safely, tread water 30 seconds; swim front crawl, elementary backstroke and back crawl at least 25 yards, and breaststroke at least 15 yards. Class emphasizes helping students increase endurance and skill proficiency for Swimming 5 and Swimming 6 level skills.

4AY	7--55 minute lessons--\$118
4AZ	8--55 minute lessons--\$135

Location	Day	Time	Code	Begin	\$
SoRunREC	W	12:30pm	A75.4KER	9/11	4AY
SoRunREC	W	12:30pm	A75.8KAX	10/30	4AZ

Home School Stroke & Swim

(9-17 yrs.) This class is for swimmers who can swim at least 25 yards non-stop on front and back. Class is designed to help swimmers improve techniques such as breathing, kicks, strokes and fitness level. Students are divided into groups by ability when possible.

4AW	5--55 minute lessons--\$84
4AX	6--55 minute lessons--\$102
4AY	7--55 minute lessons--\$118
4AZ	8--55 minute lessons--\$135

Location	Day	Time	Code	Begin	\$
CubRunREC	T	1:25pm	AFC.7MJH	9/24	4AW
CubRunREC	T	1:25pm	AFC.4MUT	10/29	4AZ
OakmontREC	F	11:30am	AFC.9PBC	9/20	4AX
OakmontREC	F	11:30am	AFC.QFIK	11/1	4AX
SoRunREC	W	11:30am	AFC.NZWK	9/11	4AY
SoRunREC	W	11:30am	AFC.DNH5	10/30	4AZ

Swim Classes for Teens & Adults

Swimming 1 - Teens & Adults

(13-Adult) Class emphasizes helping students gain basic swimming and safety skills and overcome fear of water. Skills include entering and exiting water,

floating on front and back, gliding on front and back, breathing techniques, rolling from front to back and back to front, swimming at least two body lengths on front and back using arms and legs.

4AAA	9--55 minute lessons--\$152
4AAB	10--55 minute lessons--\$170
4AU	3--55 minute lessons--\$49
4AW	5--55 minute lessons--\$84
4AX	6--55 minute lessons--\$102
4AY	7--55 minute lessons--\$118
4AZ	8--55 minute lessons--\$135

Location	Day	Time	Code	Begin	\$
CubRunREC	W	8pm	7D5.FXDM	9/4	4AZ
CubRunREC	Th	7:15pm	7D5.AGTL	9/5	4AZ
CubRunREC	Su	8am	7D5.CLVB	9/22	4AW
CubRunREC	F	12pm	7D5.YZQ4	9/27	4AW
CubRunREC	Su	8am	7D5.RU1X	10/27	4AZ
CubRunREC	W	8pm	7D5.WBQ3	10/30	4AY
CubRunREC	F	12pm	7D5.M3AM	11/1	4AY
CubRunREC	Th	7:15pm	7D5.N54X	11/7	4AX
Franconia Rec	M/W	7:30pm	7D5.G0SN	9/4	4AY
Franconia Rec	Th	7:30pm	7D5.S9Z0	9/5	4AY
Franconia Rec	Sa	9am	7D5.TE02	9/7	4AY
Franconia Rec	Sa	9am	7D5.HUMK	10/26	4AY
Franconia Rec	M/W	7:30pm	7D5.0C50	10/28	4AZ
GWREC	Th	7pm	7D5.9KLJ	8/29	4AZ
GWREC	Th	7pm	7D5.WQBX	11/7	4AX
OakmontREC	Su	9:05am	7D5.C7JZ	9/15	4AX
OakmontREC	M/W	7:55pm	7D5.NY20	9/16	4AAB
OakmontREC	T/Th	7:55pm	7D5.AX07	9/17	4AAB
OakmontREC	F	8pm	7D5.D2GN	9/20	4AX
OakmontREC	F	10:40am	7D5.UBTV	9/20	4AX
OakmontREC	M/W	7:55pm	7D5.A43Z	10/21	4AZ
OakmontREC	T/Th	7:55pm	7D5.YULJ	10/22	4AY
OakmontREC	Su	9:05am	7D5.MKLC	10/27	4AY
OakmontREC	F	10:40am	7D5.530Q	11/1	4AX
OakmontREC	M/W	7:55pm	7D5.ZQ48	11/18	4AAA
OakmontREC	T/Th	7:55pm	7D5.U80E	11/19	4AAA
OakmontREC	Su	9am	7D5.60AI	12/8	4AU

ProvREC	M	7:30pm	7D5.BT1M	8/26	4AZ
ProvREC	M	7:30pm	7D5.2FY9	10/28	4AZ
SoRunREC	M/W	8:05pm	7D5.1LZ4	9/9	4AX
SoRunREC	M/W	8:05pm	7D5.UYPL	9/30	4AX
SoRunREC	M/W	8:05pm	7D5.VP8R	10/21	4AZ
SoRunREC	M/W	8:05pm	7D5.5G9E	11/18	4AAA
SpHillREC	Th	7:45pm	7D5.36KI	9/5	4AZ
SpHillREC	Su	12:10pm	7D5.UFXO	9/8	4AY
SpHillREC	M	8pm	7D5.3TA7	9/9	4AY
SpHillREC	M	7:45pm	7D5.IAP9	10/28	4AZ
SpHillREC	Th	7:45pm	7D5.LW3D	11/7	4AX

Swimming 2 - Teens & Adults

(13-Adult) Prerequisite: Swimming 1 or skill proficiency to blow bubbles with face submerged at least three seconds, float on front and back at least three seconds, swim on front and back using arms and legs at least two body lengths. Class emphasizes performing skills without support or flotation devices. Skills include floating on front and back, swimming on front and back at least three body lengths and rolling over from front to back and back to front. Treading water is introduced.

4AAA	9--55 minute lessons--\$152
4AAB	10--55 minute lessons--\$170
4AU	3--55 minute lessons--\$49
4AW	5--55 minute lessons--\$84
4AX	6--55 minute lessons--\$102
4AY	7--55 minute lessons--\$118
4AZ	8--55 minute lessons--\$135

Location	Day	Time	Code	Begin	\$
CubRunREC	Su	8am	75A.8PBW	9/22	4AW
CubRunREC	Th	7pm	75A.CTAH	9/26	4AW
CubRunREC	F	10am	75A.D6LM	9/27	4AW
CubRunREC	Su	8am	75A.JPEX	10/27	4AZ
CubRunREC	F	10am	75A.H76K	11/1	4AY
CubRunREC	Th	7pm	75A.R7N2	11/7	4AX
Franconia Rec	M/W	7:30pm	75A.YLH7	9/30	4AZ
Franconia Rec	Th	7:30pm	75A.QIDW	10/24	4AY
Franconia Rec	Sa	10:55am	75A.C8SB	10/26	4AY
Franconia Rec	M/W	7:25pm	75A.4A30	11/25	4AZ
GWREC	Th	8pm	75A.UQ9J	8/24	4AZ
GWREC	Th	8pm	75A.1UCM	11/7	4AX
OakmontREC	Su	9:05am	75A.0Z0A	9/15	4AX
OakmontREC	M/W	7:55pm	75A.JPEZ	9/16	4AAB
OakmontREC	T/Th	7:55pm	75A.8CSP	9/17	4AAB
OakmontREC	F	8pm	75A.XPGG	9/20	4AX
OakmontREC	F	11:40am	75A.5XIO	9/20	4AX
OakmontREC	M/W	7:55pm	75A.RZNP	10/21	4AZ
OakmontREC	T/Th	7:55pm	75A.KU22	10/22	4AY
OakmontREC	Su	9:05am	75A.7T87	10/27	4AY
OakmontREC	F	11:40am	75A.6RMM	11/1	4AX
OakmontREC	M/W	7:55pm	75A.HMB1	11/18	4AAA
OakmontREC	T/Th	7:55pm	75A.4R8A	11/19	4AAA
OakmontREC	Su	9am	75A.AU8X	12/8	4AU
ProvREC	T	7:25pm	75A.36DE	8/27	4AAA
ProvREC	T	7:25pm	75A.2CDF	10/29	4AZ
SoRunREC	T/Th	7:40pm	75A.5J4N	9/10	4AX
SoRunREC	T/Th	7:40pm	75A.05YX	10/1	4AX
SoRunREC	T/Th	7:40pm	75A.4ANV	10/22	4AY
SoRunREC	T/Th	7:40pm	75A.RARR	11/19	4AAA
SpHillREC	T	8pm	75A.490U	9/3	4AZ
SpHillREC	Th	7:45pm	75A.V3HQ	9/5	4AZ
SpHillREC	Su	12:10pm	75A.10Q5	9/8	4AY
SpHillREC	T	8pm	75A.Z6DJ	10/29	4AZ
SpHillREC	Th	7:45pm	75A.B4UN	11/7	4AX



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Aquatics

Swimming 3 - Teens & Adults

(13-Adult) Prerequisite: Swimming 2 or skill proficiency to swim unassisted on front and back at least three body lengths using arms and legs, and to submerge face in water for at least three seconds. Class emphasizes increasing endurance and independent swimming skills. Skills include rotary breathing, entering deep water safely, treading water 15 seconds, and swimming front crawl and elementary backstroke 15 yards, and swimming back crawl five yards without assistance or support.

4AAA	9--55 minute lessons--\$152
4AU	3--55 minute lessons--\$49
4AW	5--55 minute lessons--\$84
4AX	6--55 minute lessons--\$102
4AY	7--55 minute lessons--\$118
4AZ	8--55 minute lessons--\$135

Location	Day	Time	Code	Begin	\$
CubRunREC	Su	8am	346.Y3V6	9/22	4AW
CubRunREC	Th	8pm	346.ZWB9	9/26	4AW
CubRunREC	F	11am	346.EEPM	9/27	4AW
CubRunREC	Su	8am	346.YMK5	10/27	4AZ
CubRunREC	F	11am	346.S3MC	11/1	4AY
CubRunREC	Th	8pm	346.NDQ1	11/7	4AX
OakmontREC	Su	9:05am	346.IIGE	9/15	4AX
OakmontREC	F	8pm	346.HIMO	9/20	4AX
OakmontREC	F	12:45pm	346.CVOQ	9/20	4AX
OakmontREC	Su	9:05am	346.WKSW	10/27	4AY
OakmontREC	F	12:45pm	346.6JOF	11/1	4AX
OakmontREC	Su	9am	346.2I50	12/8	4AU
ProvREC	W	7:40pm	346.POMN	8/28	4AAA
ProvREC	W	7:40pm	346.NO68	10/30	4AY
SphillIREC	W	7:10pm	346.TND2	9/4	4AZ
SphillIREC	W	7:10pm	346.NOMZ	10/30	4AZ

Swimming 4 - Teens & Adults

(13-Adult) Prerequisite: Swimming 3 or skill proficiency to safely enter deep water, rotary breathing, treading water 15 seconds, swimming front crawl and elementary backstroke 15 yards. Class emphasizes developing confidence, improving skill proficiency and increasing distance and endurance. Skills include diving from side in deep water, swimming under water, treading water 30 seconds; and swimming front crawl and elementary backstroke 25 yards; and back crawl and breaststroke 15 yards.

4AU	3--55 minute lessons--\$49
4AW	5--55 minute lessons--\$84
4AX	6--55 minute lessons--\$102
4AY	7--55 minute lessons--\$118
4AZ	8--55 minute lessons--\$135

Location	Day	Time	Code	Begin	\$
CubRunREC	Su	8am	915.Q2HU	9/22	4AW
CubRunREC	F	11am	915.T62Y	9/27	4AW
CubRunREC	Su	8am	915.567H	10/27	4AZ
CubRunREC	F	11am	915.KRET	11/1	4AY
OakmontREC	Su	9:05am	915.3ED0	9/15	4AX
OakmontREC	M	11:30am	915.DZ1K	9/16	4AX
OakmontREC	M	11:30am	915.TV80	9/16	4AX
OakmontREC	Su	9:05am	915.KHJW	10/27	4AY
OakmontREC	M	11:30am	915.AUX4	10/28	4AZ
OakmontREC	Su	9am	915.RZN8	12/8	4AU

Swimming 5 - Teens & Adults

(13-Adult) Prerequisite: Swimming 4 or skill proficiency to enter deep water safely, tread water 30 seconds, and swim front crawl, elementary backstroke and back crawl at least 25 yards; and breaststroke 15 yards. Class emphasizes helping students to increase

endurance and skill proficiency for treading water one minute; and swimming front crawl, back crawl, elementary backstroke and breaststroke 50 yards. Butterfly and open turns are introduced.

4AX	6--55 minute lessons--\$102
4AZ	8--55 minute lessons--\$135

Location	Day	Time	Code	Begin	\$
OakmontREC	M	10:30am	7CA.YCYL	9/16	4AX
OakmontREC	M	10:30am	7CA.L0L2	10/28	4AZ

Advanced Swimming

Stroke Mechanics 1

(6-12 yrs.) Prerequisite: Swimming 6 skill level; ability to tread water for one minute; continuously swim 50 yards freestyle, backstroke and breaststroke, and 15 yards butterfly. Student must wear a one-piece competitive-style swim suit and goggles. Students with long hair may be required to wear a swim cap. Class emphasizes refining freestyle, backstroke and breaststroke skills. Swimming drills are introduced, and lane etiquette is practiced.

4AHB	6--45 minute lessons--\$97
4AHC	7--45 minute lessons--\$114
4AHD	8--45 minute lessons--\$132
4AHE	9--45 minute lessons--\$149
4AHN	10--45 minute lessons--\$167
4AHQ	5--45 minute lessons--\$83

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	9am	2C5.4EJ8	9/21	4AHQ
CubRunREC	Sa	11:20am	2C5.G3G9	9/21	4AHQ
CubRunREC	Su	9am	2C5.G5VU	9/22	4AHQ
CubRunREC	Su	11:20am	2C5.HQ6B	9/22	4AHQ
CubRunREC	F	5pm	2C5.X6FG	9/27	4AHD
CubRunREC	Sa	9am	2C5.65NT	10/26	4AHD
CubRunREC	Sa	9am	2C5.XAZ6	10/26	4AHD
CubRunREC	Sa	11:20am	2C5.Q5LJ	10/26	4AHD
CubRunREC	Su	9am	2C5.WHY9	10/27	4AHD
CubRunREC	Su	11:20am	2C5.SWQ2	10/27	4AHD
Franconia Rec	Sa	10am	2C5.LY5X	9/7	4AHC
Franconia Rec	Sa	10am	2C5.QN80	10/26	4AHC
OakmontREC	Sa	11:05am	2C5.ZZJ8	9/14	4AHC
OakmontREC	Su	10:05am	2C5.2YX8	9/15	4AHC
OakmontREC	T/Th	6:45pm	2C5.X8B5	9/17	4AHC
OakmontREC	T/Th	6:45pm	2C5.ASXC	10/22	4AHC
OakmontREC	Sa	11:05am	2C5.AR9E	10/26	4AHC
OakmontREC	Su	10:05am	2C5.4UFO	10/27	4AHC
OakmontREC	T/Th	6:45pm	2C5.9192	11/19	4AHE
ProvREC	Sa	9am	2C5.BIM6	8/24	4AHD
ProvREC	Th	6pm	2C5.NWIW	8/29	4AHE
ProvREC	Sa	9am	2C5.VIS3	10/26	4AHC
ProvREC	Th	6pm	2C5.RJCB	11/7	4AHC
SoRunREC	M/W	8pm	2C5.UKH9	9/9	4AHC
SoRunREC	Su	10:20am	2C5.QUSR	9/15	4AHC
SoRunREC	M/W	8pm	2C5.FTDM	9/30	4AHC
SoRunREC	M/W	8pm	2C5.COVX	10/21	4AHD
SoRunREC	Su	10:20am	2C5.I7U9	10/27	4AHD
SpHillIREC	W	6:10pm	2C5.06QL	9/4	4AHD
SpHillIREC	Sa	9:10am	2C5.Z3ZA	9/7	4AHC
SpHillIREC	Su	9:10am	2C5.2GV6	9/8	4AHC
SpHillIREC	M	6:10pm	2C5.QAKE	9/9	4AHC
SpHillIREC	Sa	9:10am	2C5.EHBS	10/26	4AHD
SpHillIREC	Su	9:10am	2C5.02ZW	10/27	4AHD
SpHillIREC	M	6:10pm	2C5.SESK	10/28	4AHD
SpHillIREC	W	6:10pm	2C5.FEKO	10/30	4AHD

MORE CLASSES ONLINE:
www.fairfaxcounty.gov/parks/parktakes



FAIRFAX COUNTY PARK AUTHORITY
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OPEN HOUSE





MONDAY, SEPTEMBER 9

FREE ADMISSION ALL DAY!

ATTEND 4:30 TO 7:30 P.M. ENJOY:

- SAMPLE CLASSES AND DEMONSTRATIONS
- GIVEAWAYS AND GAMES
- FAMILY FRIENDLY ACTIVITIES
- FOOD AND FUN!

Find out all the things Rec Centers have to offer!
www.fairfaxcounty.gov/parks/reccenter





Stroke Mechanics 2

(6-14 yrs.) Prerequisite: Must have completed Stroke Mechanics 1 and be able to tread water for one minute and to swim freestyle, breaststroke, backstroke, and butterfly using proper techniques and timing, continuously swim 100 yards freestyle and backstroke, 50 yards breaststroke, and 25 yards butterfly. Student must wear a one-piece, competitive style swimsuit and goggles. Students with long hair are required to wear a swim cap. Class emphasizes refining and improving freestyle, backstroke and breaststroke skills focusing on USA Swimming standards. Interval training, relays, starts, turns and finishes are introduced.

4AHH	6--55 minute lessons--\$103
4AHI	7--55 minute lessons--\$120
4AHJ	8--55 minute lessons--\$138
4AHK	9--55 minute lessons--\$154
4AHL	10--55 minute lessons--\$172
4AHP	5--55 minute lessons--\$85

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	9:50am	6D4.8M74	9/21	4AHP
CubRunREC	Su	9:50am	6D4.TTK9	9/22	4AHP
CubRunREC	F	5:50pm	6D4.D2SL	9/27	4AHJ
CubRunREC	Sa	9:50am	6D4.PPY3	10/26	4AHJ
CubRunREC	Su	9:50am	6D4.4GUD	10/27	4AHJ
Franconia Rec	Sa	9am	6D4.RVJB	9/7	4AHI
Franconia Rec	Sa	9am	6D4.AHXL	10/26	4AHI
OakmontREC	Sa	10:55am	6D4.6BFI	9/14	4AHH
OakmontREC	Su	11:05am	6D4.2IRT	9/15	4AHH
OakmontREC	M/W	6pm	6D4.DR76	9/16	4AHL
OakmontREC	M/W	6pm	6D4.29G0	10/21	4AHJ
OakmontREC	Sa	10:55am	6D4.2YQ7	10/26	4AHI
OakmontREC	Su	11:05am	6D4.0TJ6	10/27	4AHI
OakmontREC	M/W	6pm	6D4.R9QV	11/18	4AHK

ProvREC	Sa	9:50am	6D4.NN22	8/24	4AHJ
ProvREC	Th	6:50pm	6D4.M8GS	8/29	4AHK
ProvREC	Sa	9:50am	6D4.NVQN	10/26	4AHI
ProvREC	Th	6:50pm	6D4.TXPI	11/7	4AHH
SoRunREC	T/Th	6pm	6D4.XJ16	9/10	4AHH
SoRunREC	Sa	10:40am	6D4.BUKW	9/14	4AHH
SoRunREC	T/Th	6pm	6D4.UF4A	10/1	4AHH
SoRunREC	T/Th	6pm	6D4.6K6Z	10/22	4AHI
SoRunREC	Sa	10:40am	6D4.IS61	10/26	4AHJ
SpHillREC	W	7pm	6D4.PUPO	9/4	4AHJ
SpHillREC	Sa	10am	6D4.AL5Y	9/7	4AHI
SpHillREC	Su	10am	6D4.D2OW	9/8	4AHI
SpHillREC	M	7pm	6D4.K38R	9/9	4AHI
SpHillREC	Sa	10am	6D4.CQV6	10/26	4AHJ
SpHillREC	Su	11am	6D4.DDSY	10/27	4AHJ
SpHillREC	M	7pm	6D4.XL0L	10/28	4AHJ
SpHillREC	W	7pm	6D4.0UNF	10/30	4AHJ

Stroke Mechanics 3

(9-15 yrs.) Prerequisite: Experienced swimmers who have completed Stroke Mechanics 2, can tread water for one minute and swim continuously at least 150 yards freestyle, 100 yards backstroke, 50 yards breaststroke, and 25 yards butterfly. Students must wear a one-piece, competitive style swimsuit and goggles. Students with long hair are required to wear a swim cap. Class emphasizes increasing swimming endurance and distances through interval training and pace clock use and further refines swim strokes, starts and turns. Individual Medley (IM) is introduced and practiced.

4AAA	9--55 minute lessons--\$152
4AHH	6--55 minute lessons--\$103
4AHI	7--55 minute lessons--\$120
4AHJ	8--55 minute lessons--\$138
4AHK	9--55 minute lessons--\$154
4AHL	10--55 minute lessons--\$172
4AHP	5--55 minute lessons--\$85

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	10:50am	E57.DMCH	9/21	4AHP
CubRunREC	Su	10:50am	E57.K5SP	9/22	4AHP
CubRunREC	F	6:50pm	E57.Z7LQ	9/27	4AHJ
CubRunREC	Sa	10:50am	E57.ERU2	10/26	4AHJ
CubRunREC	Su	10:50am	E57.8QY8	10/27	4AHJ
OakmontREC	Sa	11:55am	E57.N5KD	9/14	4AHH
OakmontREC	Su	11am	E57.0Y5Q	9/15	4AHH
OakmontREC	T/Th	6:50pm	E57.R0R0	9/17	4AHL
OakmontREC	T/Th	6:50pm	E57.X536	10/21	4AHI
OakmontREC	Sa	11:55am	E57.A0R4	10/26	4AHI
OakmontREC	Su	11am	E57.20VK	10/27	4AHI
OakmontREC	T/Th	6:50pm	E57.FP13	11/19	4AHH
ProvREC	Sa	10:55am	E57.K0V9	8/24	4AHJ
ProvREC	Su	10:50am	E57.HAN7	8/25	4AHJ
ProvREC	Th	7:50pm	E57.2830	8/29	4AHK
ProvREC	Sa	10:55am	E57.WTA7	10/26	4AHI
ProvREC	Su	10:50am	E57.VAMA	10/27	4AHI
ProvREC	Th	7:50pm	E57.0HNV	11/7	4AHH
SoRunREC	M/W	7pm	E57.QG08	9/9	4AHH
SoRunREC	T/Th	8pm	E57.LH27	9/10	4AHH
SoRunREC	M/W	7pm	E57.FSNA	9/30	4AHH
SoRunREC	T/Th	8pm	E57.6V1B	10/1	4AHH
SoRunREC	M/W	7pm	E57.AS88	10/21	4AHJ
SoRunREC	T/Th	8pm	E57.KG7J	10/22	4AHI
SoRunREC	M/W	7pm	E57.0QL5	11/18	4AHK
SoRunREC	T/Th	8pm	E57.TMFC	11/19	4AHK
SpHillREC	T	6pm	E57.FA4V	9/3	4AHJ
SpHillREC	Th	6pm	E57.26XK	9/5	4AHJ
SpHillREC	Sa	11am	E57.LMOW	9/7	4AHI
SpHillREC	Su	11am	E57.CCLY	9/8	4AHI
SpHillREC	Sa	11am	E57.WS27	10/26	4AHJ
SpHillREC	Su	12pm	E57.2HA2	10/27	4AHJ
SpHillREC	T	6pm	E57.CP6Z	10/29	4AHJ
SpHillREC	Th	6pm	E57.Q2A2	11/7	4AHH



Saturday, November 2

2 - 4 p.m.

FREE! • Adults Only
Registration Required

3 Rec Centers:
Oakmont
Audrey Moore
Franconia

Take the plunge into aquatic fitness!
Sample various styles and intensities
of water aerobics during this two-hour
aquatic fitness showcase.

www.fairfaxcounty.gov/parks/reccenter/swimming



Stroke Mechanics 4

(11-18 yrs.) Prerequisite: Must have a high endurance level to swim an intense workout each class and be able to tread water for one minute, swim continuously 200 yards each freestyle and backstroke, 100 yards breaststroke, 50 yards butterfly, and 100 yards IM. Students must wear a one-piece, competitive-style swim suit and goggles. Students with long hair must wear a swim cap. Class emphasizes high-intensity interval workout and refines freestyle, backstroke, breaststroke, butterfly, starts, turns and finishes.

4AAA	9--55 minute lessons--\$152
4AHH	6--55 minute lessons--\$103
4AHI	7--55 minute lessons--\$120
4AHJ	8--55 minute lessons--\$138
4AHK	9--55 minute lessons--\$154
4AHL	10--55 minute lessons--\$172
4AHP	5--55 minute lessons--\$85

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	11:50am	2F3.VB61	9/21	4AHP
CubRunREC	Su	11:50am	2F3.W13U	9/22	4AHP
CubRunREC	F	7:50pm	2F3.TH9Z	9/27	4AHJ
CubRunREC	Sa	11:50am	2F3.2NBZ	10/26	4AHJ
CubRunREC	Su	11:50am	2F3.7DJB	10/27	4AHJ
OakmontREC	Sa	11:55am	2F3.143Z	9/14	4AHH
OakmontREC	Su	12pm	2F3.9DGD	9/15	4AHH
OakmontREC	M/W	7pm	2F3.OFE3	9/16	4AHL
OakmontREC	M/W	7pm	2F3.K20S	10/21	4AHJ
OakmontREC	Sa	11:55am	2F3.JG6M	10/26	4AHI
OakmontREC	Su	12pm	2F3.EQB1	10/27	4AHI
OakmontREC	M/W	7pm	2F3.BN8V	11/18	4AHK
ProvREC	Sa	11:55am	2F3.FZL7	8/24	4AHJ
ProvREC	Su	11:50am	2F3.REG0	8/25	4AHJ
ProvREC	Sa	11:55am	2F3.3L6S	10/26	4AHI
ProvREC	Su	11:50am	2F3.2WW5	10/27	4AHI
SoRunREC	M/W	8pm	2F3.6H5C	9/9	4AHH
SoRunREC	M/W	8pm	2F3.G5ME	9/30	4AHH
SoRunREC	M/W	8pm	2F3.24LY	10/21	4AHJ
SoRunREC	M/W	8pm	2F3.PFWJ	11/18	4AHK
SpHillREC	T	7pm	2F3.QEW3	9/3	4AHJ
SpHillREC	Th	7pm	2F3.6CT8	9/5	4AHJ
SpHillREC	Sa	12pm	2F3.B94A	9/7	4AHI
SpHillREC	Su	12pm	2F3.13SX	9/8	4AHI
SpHillREC	Sa	12pm	2F3.7N9E	10/26	4AHJ
SpHillREC	Su	10am	2F3.MWTX	10/27	4AHJ
SpHillREC	T	7pm	2F3.GWIN	10/29	4AHJ
SpHillREC	Th	7pm	2F3.9CLC	11/7	4AHH

Lap Swim

(13-Adult) This class focuses on increasing your physical endurance and swim distance. Workouts are designed to meet class abilities and to improve overall physical fitness through lap swimming. Students are also taught to design a personal workout and to use the pace clock.

4AAA	9--55 minute lessons--\$152
4AAB	10--55 minute lessons--\$170
4AU	3--55 minute lessons--\$49
4AV	4--55 minute lessons--\$67
4AW	5--55 minute lessons--\$84
4AX	6--55 minute lessons--\$102
4AY	7--55 minute lessons--\$118
4AZ	8--55 minute lessons--\$135

Location	Day	Time	Code	Begin	\$
CubRunREC	Su	8am	41A.T31J	9/22	4AW
CubRunREC	T	8pm	41A.74QV	9/24	4AW
CubRunREC	Th	8pm	41A.9T5B	9/26	4AW
CubRunREC	F	1pm	41A.FUBC	9/27	4AW
CubRunREC	Su	8am	41A.9GQ0	10/27	4AZ
CubRunREC	T	8pm	41A.6E59	10/29	4AZ
CubRunREC	F	1pm	41A.FYHM	11/1	4AY
CubRunREC	Th	8pm	41A.92JI	11/7	4AX

OakmontREC	Sa	9am	41A.2D75	9/14	4AX
OakmontREC	Su	10:05am	41A.4HL8	9/15	4AX
OakmontREC	M	9:30am	41A.DUOA	9/16	4AX
OakmontREC	T/Th	7:50pm	41A.EAD3	9/17	4AAB
OakmontREC	W	11:40am	41A.T4QV	9/18	4AX
OakmontREC	F	10:30am	41A.XORP	9/20	4AX
OakmontREC	T/Th	7:50pm	41A.IL19	10/22	4AY
OakmontREC	Sa	9am	41A.US4H	10/26	4AY
OakmontREC	Su	10:05am	41A.ENE6	10/27	4AY
OakmontREC	M	9:30am	41A.TQ50	10/28	4AZ
OakmontREC	W	11:40am	41A.B8P8	10/30	4AZ
OakmontREC	F	10:30am	41A.RYRY	11/1	4AX
OakmontREC	T/Th	7:50pm	41A.ODOX	11/19	4AAA
OakmontREC	Su	10am	41A.JJQ7	12/8	4AU
ProvREC	F	7:20pm	41A.RKLP	8/30	4AAA
SoRunREC	T/Th	9:30am	41A.53ZL	9/10	4AX
SoRunREC	T/Th	9:30am	41A.GW26	10/1	4AX
SoRunREC	T/Th	9:30am	41A.8ZEI	10/22	4AZ
SoRunREC	T/Th	9:30am	41A.Z64W	11/19	4AAA
SpHillREC	W	8pm	41A.CFM9	9/4	4AZ
SpHillREC	F	7:40pm	41A.Y30I	9/6	4AZ
SpHillREC	W	8pm	41A.W5JO	10/30	4AZ
SpHillREC	F	8pm	41A.TUB8	11/1	4AV

Lap Swim Lite

(13-Adult) Prerequisite: Ability to swim at least 25 yards on front and back. This is the perfect class for people who want to start swimming laps or for those who have not been a lap swimmer for an extended time. Learn techniques needed to swim laps, improve swimming skills and proficiency, increase your confidence, endurance and distance swimming.

4AAA	9--55 minute lessons--\$152
4AX	6--55 minute lessons--\$102
4AZ	8--55 minute lessons--\$135

Location	Day	Time	Code	Begin	\$
OakmontREC	W	10:35am	C96.P686	9/18	4AX
OakmontREC	W	10:35am	C96.D6OX	10/30	4AX
SoRunREC	T/Th	10:30am	C96.Z8BV	9/10	4AX
SoRunREC	T/Th	10:30am	C96.MKYZ	10/1	4AX
SoRunREC	T/Th	10:30am	C96.Q35N	10/22	4AZ
SoRunREC	T/Th	10:30am	C96.6THH	11/19	4AAA

Advanced Lap Swim

(13-Adult) The ultimate swimming workout that helps students refine strokes to increase efficiency, endurance and swim distance. Students are taught how to adjust their personal workout to keep interest and gradually increase their workout to make it more challenging.

4AAA	9--55 minute lessons--\$152
4AAB	10--55 minute lessons--\$170
4AU	3--55 minute lessons--\$49
4AX	6--55 minute lessons--\$102
4AY	7--55 minute lessons--\$118
4AZ	8--55 minute lessons--\$135

Location	Day	Time	Code	Begin	\$
OakmontREC	Sa	10am	85E.QKEJ	9/14	4AX
OakmontREC	Su	9:05am	85E.CF3K	9/15	4AX
OakmontREC	M/W	8pm	85E.HUGZ	9/16	4AAB
OakmontREC	W	9:30am	85E.TUER	9/18	4AX
OakmontREC	F	9:30am	85E.Q7GC	9/20	4AX
OakmontREC	M/W	8pm	85E.F5H5	10/21	4AZ
OakmontREC	Sa	10am	85E.YPHM	10/26	4AY
OakmontREC	Su	9:05am	85E.UJG9	10/27	4AY
OakmontREC	W	9:30am	85E.JEOA	10/30	4AZ
OakmontREC	F	9:30am	85E.ZILU	11/1	4AX
OakmontREC	M/W	8pm	85E.UFCH	11/18	4AAA
OakmontREC	Su	9am	85E.QIWA	12/8	4AU

Swim Clinics

Butterfly & Breaststroke Clinic 1

(6-14 yrs.) Prerequisite: Ability to demonstrate arm and leg actions for both breaststroke and butterfly for six yards. Class emphasizes developing arm and leg actions for these strokes while coordinating timing and breathing. Starts and turns for these strokes are introduced.

4AK	3--45 minute lessons--\$48
4AN	6--45 minute lessons--\$96
4AO	7--45 minute lessons--\$112

Location	Day	Time	Code	Begin	\$
OakmontREC	Sa	10am	8DD.Z5Z6	9/14	4AN
OakmontREC	Sa	10am	8DD.NYR6	10/26	4AO
OakmontREC	Sa	9:50am	8DD.4XCD	12/7	4AK
OakmontREC	Su	10:55am	8DD.4WCC	12/8	4AK

Butterfly & Breaststroke Clinic 2

(7-18 yrs.) Prerequisite: Ability to swim 15 yards of butterfly and breaststroke with breathing technique. Clinic emphasizes refining butterfly and breaststroke to increase efficiency and swimming distances. Starts and turns for these strokes are reviewed.

4AU	3--55 minute lessons--\$49
4AY	7--55 minute lessons--\$118
4AZ	8--55 minute lessons--\$135

Location	Day	Time	Code	Begin	\$
OakmontREC	Sa	10:05am	2D5.3T3U	12/7	4AU
OakmontREC	Su	12:05pm	2D5.SB81	12/8	4AU
SpHillREC	Su	1pm	2D5.JC46	9/8	4AY
SpHillREC	Su	1pm	2D5.W8MP	10/27	4AZ

Freestyle & Backstroke Clinic 1

(6-14 yrs.) Prerequisite: Ability to swim freestyle and backstroke 15 yards using arm and leg action. Class emphasizes developing backstroke elements using arm and leg actions while implementing breathing techniques. Starts and turns for these strokes are introduced.

4AK	3--45 minute lessons--\$48
4AN	6--45 minute lessons--\$96
4AO	7--45 minute lessons--\$112

Location	Day	Time	Code	Begin	\$
OakmontREC	Su	12:05pm	9D9.L8ER	9/15	4AN
OakmontREC	Su	12:05pm	9D9.EGFO	10/27	4AO
OakmontREC	Sa	9am	9D9.ZUU5	12/7	4AK
OakmontREC	Su	10am	9D9.WORU	12/8	4AK

Freestyle & Backstroke Clinic 2

(7-18 yrs.) Prerequisite: Ability to swim 25 yds. freestyle with side breathing and backstroke. Clinic emphasizes refining freestyle and backstrokes using drills to increase stroke proficiency. Starts and turns for these strokes are also reviewed.

4AU	3--55 minute lessons--\$49
4AY	7--55 minute lessons--\$118
4AZ	8--55 minute lessons--\$135

Location	Day	Time	Code	Begin	\$
OakmontREC	Sa	9am	40A.43AZ	12/7	4AU
OakmontREC	Su	11am	40A.FTRH	12/8	4AU
SpHillREC	Su	1pm	40A.YYF9	9/8	4AY
SpHillREC	Su	1pm	40A.ZNL7	10/27	4AZ

MORE CLASSES ONLINE:
www.fairfaxcounty.gov/parks/parktakes

IM and Relay Clinic

(11-18 yrs.) Prerequisite: Ability to swim 100 yds. IM and to demonstrate all starts and turns. Clinic emphasizes improving starts, turns and finishes for each stroke while refining stroke efficiency for this event.

4AU 3--55 minute lessons--\$49					
Location	Day	Time	Code	Begin	\$
OakmontREC	Sa	10:40am	D49.QHVA	12/7	4AU
OakmontREC	Su	11:45am	D49.F956	12/8	4AU

Swim Team Prep

(6-12 yrs.) Get the competitive edge and prepare for swim team season with this swimming skill tune up. This class helps swimmers who have swim-team experience and want to get their competitive skills and swimming strokes ready for the next swim team season.

4AO 7--45 minute lessons--\$112					
4AP 8--45 minute lessons--\$130					
4AX 6--55 minute lessons--\$102					
4AY 7--55 minute lessons--\$118					
Location	Day	Time	Code	Begin	\$
GWREC	Sa	11am	E8D.K1ZI	8/24	4AP
GWREC	Sa	12pm	E8D.JOT1	8/24	4AP
GWREC	Sa	11am	E8D.WUSJ	10/26	4AO
GWREC	Sa	12pm	E8D.4LRI	10/26	4AO
OakmontREC	Sa	9am	E8D.951V	9/14	4AX
OakmontREC	Su	9:05am	E8D.SEOU	9/15	4AX
OakmontREC	Sa	9am	E8D.TBBK	10/26	4AY
OakmontREC	Su	9:05am	E8D.YO2Z	10/27	4AY

Aquatic Fitness

Options for aquatic exercisers:

Drop-In (or pay as you go)

- Best for the customer with a busy schedule or who wishes to try a new program.
- Daily drop-in rate to attend aquatic exercise classes, space permitting.

Aqua Exercise Flex Pass

- Allows entry into any Park Authority water exercise class, space permitting.
- Valid for four months from date of purchase, Aqua Exercise Flex Passes are sold at all Rec Centers and at www.fairfaxcounty.gov/parks/passesonline.htm in increments of 10, 20 or 30 visits.
- Pricing based on the per-class fee for coded classes. Senior pass rates are available. Early registration discounts and scholarships are not available for the Aqua Exercise Flex Pass.

Register for coded class listed in Parktakes

Registration guarantees a space in the class. Your class registration entitles you to only the class you registered for. Missed classes cannot be made up.

Aerobic Water Exercise

(13-Adult) This shallow-water class provides cardiovascular workout and increases muscle tone, strength and endurance.

4AB1 16--55 minute lessons--\$229					
4AB3 43--55 minute lessons--\$616					
4ABC 13--55 minute lessons--\$186					
4ABD 14--55 minute lessons--\$202					
4ABJ 29--55 minute lessons--\$417					
4ABT 32--55 minute lessons--\$459					
4AGA 45--55 minute lessons--\$646					
4AGD 49--55 minute lessons--\$704					
Location	Day	Time	Code	Begin	\$
CubRunREC	W	10am	3AD.E2VX	9/4	4AB1
GWREC	M/W/F	8:30am	3AD.A5V4	8/26	4AGD
GWREC	T/Th	5:05pm	3AD.7RLI	8/27	4ABT

OakmontREC	Su	4pm	3AD.Q5DI	9/15	4ABC
OakmontREC	W	9am	3AD.ZA5Q	9/18	4ABD
OakmontREC	Th	9am	3AD.ZGFW	9/19	4ABC
OakmontREC	Th	10am	3AD.ENCI	9/19	4ABC
OakmontREC	F	9am	3AD.OSXN	9/20	4ABC
SoRunREC	M/W/F	9am	3AD.4857	9/9	4AB3
SoRunREC	T/Th	9am	3AD.RB5S	9/10	4ABJ
SpHillREC	M/W/F	8:30am	3AD.RF13	9/4	4AGA

Advanced Water Aerobics

(13-Adult) This high-energy, cardio-intensive class uses water resistance to give you maximum fitness benefits. This program is for the experienced water aerobics student who wants a more intense workout and for anyone who wants to cross-train or enhance overall fitness.

4AB1 16--55 minute lessons--\$229					
4ABC 13--55 minute lessons--\$186					
4ABD 14--55 minute lessons--\$202					
4AGA 45--55 minute lessons--\$646					
4ABO 31--55 minute lessons--\$444					
Location	Day	Time	Code	Begin	\$
Franconia Rec	M/W	8:30am	40C.9LHK	9/4	4ABO
OakmontREC	W	8am	40C.1GWD	9/18	4ABD
OakmontREC	Th	8am	40C.7I77	9/19	4ABC
OakmontREC	F	8am	40C.4SBX	9/20	4ABC
SpHillREC	T	10am	40C.BHKI	9/3	4AB1
SpHillREC	M/W/F	7:30am	40C.CM07	9/4	4AGA

Arthritis Water Exercise

(13-Adult) Shallow-water exercises using water's buoyancy and resistance helps improve your overall range of motion, joint mobility and muscle strength. While this class is designed for students with arthritis, it is open to those who have other physical limitations.

4AB3 43--55 minute lessons--\$616					
4ABC 13--55 minute lessons--\$186					
4AB1 25--55 minute lessons--\$359					
4ABJ 29--55 minute lessons--\$417					
4ABT 32--55 minute lessons--\$459					
4AGA 45--55 minute lessons--\$646					
4AGD 49--55 minute lessons--\$704					
Location	Day	Time	Code	Begin	\$
CubRunREC	T/Th	9am	9E8.ETEC	9/24	4AB1
GWREC	M/W/F	11:30am	9E8.RGCF	8/26	4AGD
GWREC	T/Th	8am	9E8.V00F	8/27	4ABT
GWREC	T/Th	9am	9E8.AC52	8/27	4ABT
OakmontREC	Th	11am	9E8.ZQ22	9/19	4ABC
SoRunREC	M/W/F	10am	9E8.YE2E	9/9	4AB3
SoRunREC	T/Th	10am	9E8.6R1X	9/10	4ABJ
SoRunREC	T/Th	11am	9E8.OHSW	9/10	4ABJ
SpHillREC	M/W/F	10:40am	9E8.OTKL	9/4	4AGA

Deep Water Exercise

(13-Adult) Prerequisite: Students must be able to swim 25 yards continuously. Take the plunge for a no-impact workout. You use a variety of deep water exercises and running techniques to get the maximum benefit from water's natural resistance.

4AB1 16--55 minute lessons--\$229					
4AB3 43--55 minute lessons--\$616					
4AB6 8--45 minute lessons--\$114					
4ABC 13--55 minute lessons--\$186					
4AB1 25--55 minute lessons--\$359					
4ABJ 29--55 minute lessons--\$417					
4ABM 39--55 minute lessons--\$553					
4AGD 49--55 minute lessons--\$704					
Location	Day	Time	Code	Begin	\$
CubRunREC	T/Th	10am	B8B.HL3E	9/24	4AB1

GWREC	M/W/F	7:30am	B8B.ICJ1	8/26	4AGD
GWREC	M/W/F	9:30am	B8B.KMG5	8/26	4AGD
GWREC	M/W/F	10:30am	B8B.TS10	8/26	4AGD
OakmontREC	Su	5pm	B8B.8UHG	9/15	4ABC
OakmontREC	M/W/F	9:10am	B8B.EQF2	9/16	4ABM
SoRunREC	M/W/F	8am	B8B.D5YP	9/9	4AB3
SoRunREC	T/Th	8am	B8B.OYZM	9/10	4ABJ
SpHillREC	T	9am	B8B.RC67	9/3	4AB1
SpHillREC	M/W/F	9:40am	B8B.K2JX	9/4	4AB6

ABCs of Deep Water Training

(13-Adult) Deep water Aquatic Boot Camp (ABC) is a fast-paced, deep-water workout that targets cardio and core. Build strength, agility and balance while maximizing deep-water resistance by using aqua equipment. This high-intensity class uses a variety of equipment to target all muscle groups and combines short bursts using different movements as well as longer durations to build endurance. Prerequisite: can swim 25 yards continuously and confidently without stopping and can tread water for one minute without flotation assistance.

4ABM 39--55 minute lessons--\$553					
4ABH 26--55 minute lessons--\$373					
Location	Day	Time	Code	Begin	\$
Franconia Rec	Sa/Su	3:00pm	4A8.64KS	9/7	4ABH
OakmontREC	M/W/F	10:10am	4A8.576U	9/16	4ABM

Advanced Deep Water Exercise

(13-Adult) Prerequisite: Students must be able to swim 25 yards continuously. An excellent full-body workout that is more intense than the Deep Water Exercise class. This class is for the experienced deep water exerciser looking for a more challenging workout.

4ABM 39--55 minute lessons--\$553					
4ABC 13--55 minute lessons--\$186					
4AGB 42--55 minute lessons--\$603					
Location	Day	Time	Code	Begin	\$
Franconia Rec	Sat	10:00am	B79.9YZE	9/7	4ABC
Franconia Rec	T/Th/F	8:30am	B79.30T6	9/3	4AGB
OakmontREC	M/W/F	8:10am	B79.3T52	9/16	4ABM

Hydro Pilates

(13-Adult) Experience the water's natural support and resistance while you increase your body's range of motion and challenge and strengthen core stability and control. Build abdominal and back strength, flexibility and muscle tone while maintaining core stabilization, posture alignment and balance.

4ABJ 29--55 minute lessons--\$417					
Location	Day	Time	Code	Begin	\$
SoRunREC	T/Th	12pm	7F0.E8C6	9/10	4ABJ

Aqua Fiesta

(13-Adult) Join the Party! Unete a la diversion! Get all the fun and benefits of a high energy aerobic workout with a combination of rumba, samba, merengue and salsa! Burn calories, tone your whole body and have a blast. Unete a la Fiesta! Diviertete y ponte en forma bailando en el agua con una combinacion de samba, merengue y salsa que te encantara. Quema calorías, entonces todo tu cuerpo y disfruta mientras ejercitas tu cuerpo al maximo.

4AB1 16--55 minute lessons--\$218					
Location	Day	Time	Code	Begin	\$
Franconia Rec	T	9:45am	XJN.Z8B8	9/3	4AB1

Aquatics

Aqua Fit and Tone

(13-Adult) This low-impact and low-intensity workout is taught in shallow water. You increase muscular endurance while you tone muscles and improve flexibility.

4ABE 15--55 minute lessons--\$215

Location	Day	Time	Code	Begin	\$
Franconia Rec	F	9:45am	AA8.9YZE	9/6	4ABX

Aqua Get Fit

(13-Adult) This class focuses on building strength, balance, and endurance using the water's buoyancy and support. Designed for those new to water exercise or those looking for a new fitness opportunity, this fun-filled class focuses on using aqua fitness to progress individual health goals.

4ABX 30--55 minute lessons--\$431

Location	Day	Time	Code	Begin	\$
Franconia Rec	T/Th	7pm	2A9.QMN7	9/3	4ABX

Power Finning

(13-Adult) Prerequisite: Students must be able to swim 25 yds. continuously. Treat yourself to this unique workout designed to enhance cardiovascular fitness while strengthening and toning muscles. Students need to provide their own fins for a challenging workout utilizing fins, kickboards and float belts. Class is held in the deep end of the pool.

4AB1 16--55 minute lessons--\$229

4ABC 13--55 minute lessons--\$186

Location	Day	Time	Code	Begin	\$
Franconia Rec	M	7:30pm	83P.VIBE	9/9	4ABE
Franconia Rec	Sa	9am	83P.7KVO	9/7	4ABC
GWREC	Th	10am	83P.OWMG	8/29	4AB1

S'WET Aqua Fitness

(13-Adult) Come S'WET with us in the pool. Structured Water Exercise Training is designed to incorporate unique blocks, each with a specific purpose, focused on high intensity interval training, strength, advanced cardio and plyometric training.

4AGA 45--55 minute lessons--\$646

Location	Day	Time	Code	Begin	\$
Franconia Rec	M/W/F	6:35am	GS8.3PSA	9/4	4AGA

S'WET Deep Water

(13-Adult) S'WET Deep is an innovative aquatic training program that focuses on suspended work, reducing joint impact and optimizing muscle contractions through structured deep-water exercise and movements. This class is taught in deep water and participants must be able to swim 25 yards continuously.

4ABE 15--55 minute lessons--\$215

Location	Day	Time	Code	Begin	\$
Franconia Rec	W	7:30pm	32R.L8SC	9/4	4ABE

Water Walking

(13-Adult) This class is designed to improve muscle tone and aerobic fitness. Ideal for those who want the effects of walking without adding stress to muscles and joints. Instructors guide participants in different types of walking in water to benefit all parts of the body.

4ABO 31--55 minute lessons--\$444

Location	Day	Time	Code	Begin	\$
CubRunREC	M/W	11am	7B5.MBQH	9/4	4ABO

Specialty Classes

American Red Cross Lifeguard Training

(15-Adult) This course is for the person who wants to be a lifeguard at a community pool. Skills and knowledge necessary to respond to aquatic emergencies are covered, including first aid and CPR for the professional rescuer. Students must be at least 15 years old before course completion (no exceptions). Must be able to swim 300 yards continuously using front crawl or breaststroke; swim 20 yards, dive 7-10 feet, retrieve 10 pound brick, surface and then swim 20 yards back to starting point and exit the water without use of ladder or stairs; tread water two minutes. Students who pass the class receive a certificate valid for two years. Note: This program does not qualify you to be a lifeguard for the Park Authority. For more information about becoming a Park Authority lifeguard call 703-324-8548.

4ACJ 4--7 hour 30 minute lessons--\$407

Location	Day	Time	Code	Begin	\$
SoRunREC	Sa/Su	9am	202.KCOK	12/27	4ACJ
SoRunREC	Sa/Su	9am	202.TDJD	12/27	4ACJ

Springboard Diving-Beginning

(6-Adult) Prerequisite: Must be able to swim at least 25 yards. Class emphasizes an introduction to the four main dive components: approach, takeoff, flight and entry. Students are also introduced to forward and back dives.

4AX 6--55 minute lessons--\$102

4AY 7--55 minute lessons--\$118

4AZ 8--55 minute lessons--\$135

Location	Day	Time	Code	Begin	\$
CubRunREC	F	6pm	5B5.VJZN	9/27	4AZ
OakmontREC	Su	11am	5B5.HAK3	9/15	4AX
OakmontREC	Su	11am	5B5.RQ1I	10/27	4AY
ProvREC	Sa	1:05pm	5B5.M77M	8/24	4AZ
ProvREC	Sa	1:05pm	5B5.B1F3	10/26	4AY

Springboard Diving-Intermediate

(6-Adult) Prerequisite: Must be able to swim at least 25 yards and have completed, or have skill level for Springboard Diving-Beginner. Class emphasizes developing the four main dive components: approach, takeoff, flight and entry and the four basic diving positions: layout, pike, tuck and free.

4AX 6--55 minute lessons--\$102

4AY 7--55 minute lessons--\$118

4AZ 8--55 minute lessons--\$135

Location	Day	Time	Code	Begin	\$
BCubRunREC	F	7pm	8A5.CBWT	9/27	4AZ
OakmontREC	Su	12pm	8A5.9AN5	9/15	4AX
OakmontREC	Su	12pm	8A5.GCUA	10/27	4AY
ProvREC	Sa	2:05pm	8A5.7JJF	8/24	4AZ
ProvREC	Sa	2:05pm	8A5.T43S	10/26	4AY



Park Authority web portal for programs and activities for active older adults.



Visit www.fairfaxcounty.gov/parks/fifty-plus

Buy the pass that gets you into aquatic fitness

Aqua Flex Pass Sale

COMING THIS NOVEMBER!

- Aqua Flex Passes get you drop-in entry into aquatics exercise classes.
- Get a **15% discount** on the **30-visit pass** and a **10% discount** on the **20-visit pass**!



Learn more and purchase passes today at www.fairfaxcounty.gov/parks/reccenter/swimming

Attractions

Scan the QR code to go directly to the Parktakes Online Attractions page.



Clemyjontri Park



**6317 Georgetown Pike
McLean, Va. 22101
703-388-2807
www.fairfaxcounty.gov/parks/clemyjontri**

- Fully accessible play-ground
- Two-acres
- Track rides
- Balance beams
- Swings
- Maze
- Carousel recessed to ground level
- Picnic pavilion with tables that accommodate wheelchairs
- Trackless train for children and adults

Hours

The park is open year-round from 7 a.m. to dusk. The carousel operates daily Memorial Day – Labor Day, 9:30 a.m.-1 p.m. Mon.- Fri.; 9:30 a.m.-6 p.m. weekends. Open weekends only in September and October, 9:30 a.m.-6 p.m.

The picnic pavilion may be reserved for a fee; additional picnic tables are available on a first-come, first-served basis.

Birthday Party Packages

What better place to celebrate than in your favorite park? With an array of birthday party options and star attractions, there's a party style to suit every child. For party particulars, check the listings at www.fairfaxcounty.gov/parks/parties or call the sites directly.

Audrey Moore Rec Center	703-321-7081
Burke Lake Park	703-323-6600
Cub Run Rec Center	703-817-9407
Ellanor C Lawrence Park	703-631-0013
Franconia Rec Center	703-922-9841
Frying Pan Park	703-437-9101
Green Spring Gardens	703-642-5173
George Washington Rec Center	703-780-8894
Hidden Oaks Nature Center	703-941-1065
Hidden Pond Nature Center	703-451-9588
Huntley Meadows Park	703-768-2525
Jefferson District Park and Golf Course	703-573-0443
Lake Accotink Park	703-569-0285
Lake Fairfax Park	703-471-5414
Oakmont Rec Center	703-281-6501
Pinecrest Golf Course	703--941-1061
Providence Rec Center	703-698-1351
Riverbend Nature Center	703-759-9018
South Run Rec Center	703-866-0566
Spring Hill Rec Center	703-827-0989
Sully Historic Site	703-437-1794



The Water Mine at Lake Fairfax Park

**1400 Lake Fairfax Drive, Reston
703-471-5415**

www.fairfaxcounty.gov/parks/watermine

Follow in the footsteps of Miner Pete for a day of family fun that's cool and wet! The Water Mine captures the excitement of the Old West's Gold Rush with attractions and thrills for the whole family. Features include:

- Three-3-story water slides
 - Interactive water playground
 - Big Pete and Little Pete water slides
 - Activity pool with floatable rafts
 - Spraypad for tots
 - Tubing on the Rattlesnake River
 - Concessions available, picnics allowed
 - No glass, alcohol or personal grills allowed
- Located in Lake Fairfax Park in Reston, The Water Mine is open through Labor Day. For admission rates and hours of operation, visit the website or call the park. Group rates available.

COME CHECK OUT THE NEW

Fairfax County Park Authority

INLINE SKATE RINK



- Roller Hockey
- Street Hockey
- Inline/Roller Skating Fun!

Make Reservations Online:
www.fairfaxcounty.gov/parks/lake-fairfax/skate-park

More Family Fun

The Park Authority offers attractions for every age, including carousels, wagon and miniature train rides, an ice cream parlor and boating opportunities. For pricing, hours of operation and other details, call the parks listed below.

Burke Lake 703-323-6600	Boat rentals, carousel, mini golf, miniature train rides, ice cream parlor
Frying Pan Farm Park 703-437-9101	Farm animals, carousel, wagon rides, Country Store
Lake Accotink 703-569-3464	Boat and kayak rentals, carousel, mini golf, bike rentals, free fishing pole rentals
Lake Fairfax 703-471-5414	Boat and kayak rentals, free fishing pole rentals
Riverbend 703-759-9018	Boat and kayak rentals, free fishing pole rentals



Attractions and Amusements



Bike Rentals offered at Accotink Marina

Bike the trails at Lake Accotink Park — even if you didn't bring a bike! Through a partnership with Trails for Youth, Lake Accotink Park rents out bikes for older kids and adults. Each bike rents for \$10 per hour. Fee drops to \$5 per hour for each additional bike rented during the same time period. Helmets provided. Photo ID required for rental. For hours of operation, call 703-569-3464.



Mini-golf is the cross-generational game perfect for kids, parents and grandparents. Visit the sites listed below for a swing at great family fun. For additional mini-golf park attractions, fees and hours of operation, visit www.fairfaxcounty.gov/parks/minigolf.

Burke Lake Park

7315 Ox Road, Fairfax Station
703-323-6600

Oakmont Rec Center

3200 Jermantown Road, Oakton
703-281-6501

Jefferson Falls in Jefferson District Park

7900 Lee Highway, Falls Church
703-573-0444

Lucky Duck in Lake Accotink Park

It is right by the carousel for added fun!
7500 Accotink Park Road, Springfield
703-569-0285

Cub Run for Water Fun Year Round



Slides, a "river" current and other fun features turn the indoor leisure pool at Cub Run Rec Center into a water playground. Here the temperature is tropical for 12 months of the year, and parents never have to worry about kids getting sunburned! Rec Center admission includes the leisure pool.

For more information and hours, visit www.fairfaxcounty.gov/parks/reccenter/cub-run/leisure-pool or call 703-817-9407.



Celebrate your Birthday in the Parks!

Swing into Fun with Mini Golf

Burke Lake • Jefferson • Lake Accotink • Oakmont

Splash Around Year Round

Your Local Rec Center Pools & Party Rooms

Ride a Carousel or Train

Burke Lake • Clemjontri • Lake Accotink
Lake Fairfax • Frying Pan Farm Park

Bounce Around a Soft Playroom

Franconia Rec Center

For information, call the individual sites.
Attractions vary by site.



Park Trails

If you live in Fairfax County, there's a good chance there's a nature trail close to your backyard. Let the Park Authority's Trail Buddy mapping tool be your guide. Visit www.fairfaxcounty.gov/parks/trails.

The Cross County Trail

Extending from Lorton in the south to Great Falls in the north, the 40-mile Gerry Connolly Cross County Trail runs through the heart of Fairfax County. The trail offers recreation, exercise, opportunities for contact with nature and history, and the "green" option of walking or biking instead of driving to work, to shopping centers or to Metro stations.

For GCCCT maps, visit www.fairfaxcounty.gov/parks/trails/cross-county-trail.

Come to the Parks for Picnics



Chances are there's a picnic-perfect park in your neighborhood. Sites offer exciting features for your next outdoor event. Attractions may include pedal boats, a carousel, an ice cream parlor, miniature golf, tennis, basketball, athletic fields, train rides, volleyball and nature trails. For information about our reservable areas, fees, amenities, availability and booking, visit www.fairfaxcounty.gov/picnics.

For help planning your event, email FCPApicnics@fairfaxcounty.gov or call 703-324-8732.



Camps

Art and Performing Arts

NEW! A Day into S.T.E.A.M.

(6-12 yrs.) Join SciGenie (formally SciGenius) for a dynamic and engaging learning experience, focusing on various STEAM (Science, Technology, Engineering, Art, and Math) concepts. The perfect blend of educational enrichment and hands-on activities, ensuring that campers learn new skills and have a blast while doing so. Join us for a day filled with exploration, creativity, and innovation!

Location	Days	Time	Code	Dates	\$
SpHillREC	M	9am-4pm	9LI.1LTT	10/14	\$85

ACTION! Acting Adventures

(7-14 yrs.) In this camp by Moonlit Wings, kids explore a world of imagination and creativity! Dive into the art of acting and improvisation and perform skits inspired by your favorite stories and shows, with new activities every session. Moonlit Wings' award-winning programs are packed with opportunities for all creative kids to shine! Bring a swimsuit and towel for a swim break.

Location	Days	Time	Code	Dates	\$
OakmontREC	F	9am-4pm	WXT.SSCI	11/1	\$79
ProvREC	F	9am-4pm	WXT.DK18	11/1	\$79
SoRunREC	F	9am-4pm	WXT.AG7R	11/1	\$79
SpHillREC	M	9am-4pm	WXT.11HT	10/14	\$79
Wkfld/Moore	M	9am-4pm	WXT.25QK	10/14	\$79

ACTION! Broadway Camp

(7-14 yrs.) In this camp by Moonlit Wings, kids step into the spotlight and feel the Broadway magic come alive! Sing, dance, and act along to your favorite show tunes while exploring new activities every session and original scripts, inspired by popular musicals. Moonlit Wings' award-winning programs are packed with opportunities for all creative kids to shine! Rec Center camps bring swimsuit/towel for swim break.

Location	Days	Time	Code	Dates	\$
FranconiaREC	F	9am-4pm	THV.CY2Z	11/1	\$79
FryingPanPk	M	9am-4pm	THV.WP8C	10/14	\$79
OakmontREC	M	9am-4pm	THV.TSFA	10/14	\$79
Wkfld/Moore	F	9am-4pm	THV.2CYM	11/1	\$79

ACTION! Pop Star Spotlight

(7-14 yrs.) In this camp by Moonlit Wings, kids rock the stage and unleash their inner star! Sing and dance along to your favorite radio hits and explore hilarious improv games, with new activities every session. Moonlit Wings' award-winning programs are packed with opportunities for all creative kids to shine! Bring a swimsuit and towel for a swim break

Location	Days	Time	Code	Dates	\$
Wkfld/Moore	M-Tu	9am-4pm	J8D.C2PX	11/4-11/5	\$159
SpHillREC	F	9am-4pm	J8D.QH6V	11/1	\$79

NEW! Bonjour! With Kidcreate

(5-12 yrs.) In this workshop, young artists will use a simple step-by-step process as they learn to draw the Eiffel Tower. Then campers will add glow-in-the-dark paint so it lights up the Parisian night sky.

Location	Day	Time	Code	Dates	\$
OakmontREC	F	1pm-4pm	LPN.KKS3	11/1	\$59

NEW! Fall Leaf Pinch Pots with Kidcreate

(5-12 yrs.) Get ready to take your clay creations to the next level with a fun and festive fall-themed project.



Create pinch pots that are not only artfully formed, but also beautifully embellished with colorful beads and shimmering sequins.

Location	Day	Time	Code	Dates	\$
OakmontREC	F	9am-12pm	CGJ.YQ6L	11/1	\$59

NEW! Goo Factory with Kidcreate

(5-12 yrs.) Let your child discover the messier side of art. In this camp, we'll mix up a batch of the gooiest papier mâché, then sculpt it into a silly monster.

Location	Day	Time	Code	Dates	\$
OakmontREC	M	9am-12pm	MG7.5JG5	10/14	\$59

NEW! Glow Ghosts with Kidcreate

(5-12 yrs.) With neon art supplies, this Halloween-inspired glow party will be a hit! Watch as your artist creates a glowy ghost using special blacklight-reactive materials. Paint and party under the blanket of a darkened room with neon colors that will make your creations glow!

Location	Day	Time	Code	Dates	\$
OakmontREC	M	1pm-4pm	VZY.6VGL	10/14	\$59

Ultimate Music Experience Minicamp

(5-12 yrs.) Learn Now Music introduces campers to a variety of musical instruments and concepts including piano, guitar, violin, drums, voice and movement. Campers participate in musical games, crafts, musical listening excerpts and related projects. FREE instrument rentals are provided to borrow for in camp use and at-home exploration (rental agreement must be signed). Instruments must be returned at the end of the week. All campers should bring a snack and drink daily; full-day campers should also bring a bag lunch.

Location	Days	Time	Code	Dates	\$
SpHillREC	F	9am-5pm	YYG.M4TS	11/1	\$119
Wkfld/Moore	M-Tu	9am-5pm	YYG.0HFW	11/4-11/5	\$239

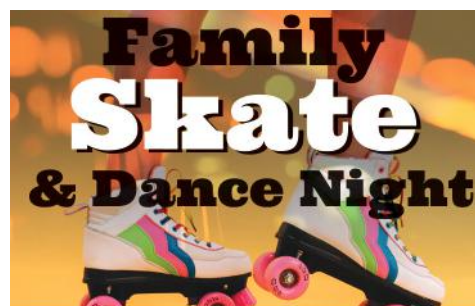


Cooking

Cooking: Master Chef

(6-10 yrs.) Master Chef is a new favorite at Tiny Chefs! Campers will spark their kitchen creativity by creating recipes for every meal of the day, breakfast, lunch, and dinner. We will move beyond just the basics skills of cooking and baking, arming our Master Chefs with challenging techniques.

Location	Day	Time	Code	Dates	\$
ECLawncPk	Th-F	9am-4pm	U2C.FNGH	10/3-10/4	\$249
ProvREC	Th-F	9am-4pm	U2C.3D56	10/3-10/4	\$249



Strap on skates or dancing shoes on the following Saturdays for an all-around good time!

Hawaiian Luau and Carribean Night
July 20 • 6 - 9 p.m.

Back to School Flashback to the 90s and 00s
August 17 • 6 - 9 p.m.

Come on Skaters, Let's Go Party!
(Barbie™ themed)
September 21 • 6 - 9 p.m.

Halloween Costume Party
October 26 • 6 - 10 p.m.

Learn more and register at
www.fairfaxcounty.gov/parks/reccenter/franconia/



FAIRFAX COUNTY PARK AUTHORITY
REC CENTERS

Camps

NEW! Cooking: Tropical Fusion

(6-10 yrs.) Join Tiny Chefs to sip on wonderful fruit smoothies made from fresh pineapple, coconuts, papayas and other scrumptious island fruits. Campers will make tropical salsas with mangoes and pineapples and will be introduced to tropical spices, such as jerk and curry.

Location	Days	Time	Code	Dates	\$
ECLawrencePk	M	9am-4pm	N10.W7A5	10/14	\$130
SoRunREC	M	9am-4pm	N10.PFOX	10/14	\$130

Dance

Baroody Dance Camp

(6-12 yrs.) Campers will love learning choreography and movement using some of the most popular songs out today. Arts and crafts will also be incorporated as campers decorate props and shirts.

Location	Days	Time	Code	Dates	\$
FranconiaREC	Th-F	9am-4pm	ULU.K2NT	10/3-10/4	\$129

Outdoor

Eco-Engineer Experts

(6-11 yrs.) Join our park naturalists as we search for inspiration from nature's engineers- honeybees, beavers, birds and plants. Test out different materials to create things that blend in, shelter, float or fly. Explore the great outdoors using nature as inspiration to create your own inventions.

Location	Day	Time	Code	Dates	\$
HuntMdwsPk	M-Tu	9am-4pm	UI3.NYWX	11/4-11/5	\$135

Fishing Minicamp

(9-14 yrs.) From mastering the intricacies of fishing equipment to understanding fish behavior and

responsible angling practices, campers will gain the knowledge and skills necessary to become self-reliant anglers. The camp's focus is to foster a deep appreciation for the outdoors while equipping campers with the tools to enjoy fishing as a lifelong pursuit.

Location	Days	Time	Code	Dates	\$
GWREC	M	9am-4pm	8QN.OD50	10/14	\$129

Outdoor Adventure Minicamp

(10-14 yrs.) Step into the wild with Baroody Outside, where kids with a passion for the outdoors will explore nature's wonders. Camp may include: orienteering, kayaking, white water rafting, tubing, or hiking adventures.

Location	Days	Time	Code	Dates	\$
GWREC	M	9am-4pm	WJL.T8DK	11/11	\$129

Pioneer Survival Skills Camp

(6-12 yrs.) What skills did early settlers need to survive when Fairfax was still a frontier country? Learn how they adapted to create a new way of life through fire making, animal tracking, shelter-building, and foraging for edible plants.

Location	Days	Time	Code	Dates	\$
HuntMdwsPk	Th-F	9am-4pm	N8C.MKLS	10/3-10/4	\$135

NEW! Rockin' Rock Cycle Camp

(5-8 yrs.) Campers will join The Science Seed to learn about the rock cycle and create crafts like chocolate rock making and painting their own pet rock. Free play, playground time and story time fills out this fun camp day.

Location	Days	Time	Code	Dates	\$
OakmontREC	F	9am-4pm	WRT.JRPO	11/1	\$89

Young Adventures Camp

(7-9 yrs.) Join Baroody Outside for a dynamic outdoor experience tailored for kids with a passion for exploring nature and the wild. Camp may include fishing, orienteering, hiking, creek exploration, and climbing. Campers will be transported to various scenic spots, equipped with all necessary gear, and embark on a journey of self-discovery and skill development.

Location	Days	Time	Code	Dates	\$
GWREC	Th-F	9am-4pm	K1Q.ZTDO	10/3-10/4	\$259

Speciality

NEW! Little Shoppers Camp

(6-9 yrs.) In this practical program, campers become savvy shoppers through games and hands-on projects with SPARK Business Academy. Campers analyze marketing power, put their cashier math skills to the test, and engage in dynamic marketplaces taking turns as buyers and sellers.

Location	Days	Time	Code	Dates	\$
Wkfld/Moore	F	9am-4pm	C10.02EE	11/1	\$99

NEW! Money Makers Camp

(9-13 yrs.) Join SheEO Academy to build financial literacy by using play, take-home money to understand the cycle of money. Design your own currency, build your own wallet, then make "budget buddies" while playing money games. Explore what "counts" in the world of business!

Location	Days	Time	Code	Dates	\$
SpHillREC	F	9am-4pm	LZ7.87A2	11/1	\$69
SoRunREC	F	9am-4pm	LZ7.Q7RB	11/1	\$69

NEW! Name that Product!

(9-13 yrs.) Do you ever wonder how products are made, why they are made, who made them and how they got there? Guess famous products' jingle, logo, company and founder. Then, design your own product and a jingle and logo with SheEO Academy.

Location	Days	Time	Code	Dates	\$
OakmontREC	M	9am-4pm	XJB.URPF	10/14	\$69
SpHillREC	Th-F	9am-4pm	XJB.AQQM	10/3-10/4	\$139
SoRunREC	Th-F	9am-4pm	XJB.QJWD	10/3-10/4	\$139

Volatile Volcanoes Minicamp

(5-8 yrs.) In this not-so-volatile camp by The Science Seed, explore the world of volcanoes. Learn how volcanoes form, the signs of an eruption and the tools scientists use to monitor volcanoes. We'll make and erupt volcanoes and more exciting experiments. Free play, playground time and story time fills out this fun camp day.

Location	Days	Time	Code	Dates	\$
ProvREC	Th-F	9am-4pm	WN5.T3E2	10/3-10/4	\$179

Sports

Baroody Basketball Camp

(6-12 yrs.) Coaches will help children of any skill level improve their shooting, ball handling, defense and rebounding while having fun in a lightly competitive environment. Players will work together and compete while they have fun playing in basketball related games like Knockout, Dribble Wars, and Sharks and Minnows.

Location	Days	Time	Code	Dates	\$
FranconiaREC	F	9am-4pm	VF7.X7EK	11/1	\$69



Goblin Golf
at Burke Lake Park Mini Golf Course

Weekends:
October 5-6, 12-13 and 19-20
11 a.m. - 5 p.m.
Burke Lake Park
Cost: \$10 per person

Scare up some seasonal mini golf fun featuring:

- Halloween-themed decorations
- Autumn leaves
- Special Treats!

Register online: www.fairfaxcounty.gov/parks/burke-lake or call 703-323-6600

Burke Lake Park • 7315 Ox Road • Fairfax Station, Va. 22039

Baroody Soccer Minicamp

(5-9 yrs.) This Baroody Sports camp uses fun games to teach soccer skills leading up to playing small-sided soccer. Campers will learn and improve on soccer skills involving different moves, fakes and passing.

Location	Days	Time	Code	Dates	\$
FranconiaREC	Th-F	9am-4pm	J3M.KBY1	10/3-10/4	\$139
FranconiaREC	M-Tu	9am-4pm	J3M.NKEA	11/4-11/5	\$139
Wkfld/Moore	F	9am-4pm	J3M.JW9S	11/1	\$69

Baroody Sports & PE Games

(6-12 yrs.) Enjoy the best sports and PE games ever invented. Choose from knockout, extreme kickball, handball, capture the flag, modified dodgeball, ultimate frisbee, floor hockey and soccer. Campers will be motivated to compete with high effort and a positive attitude towards self and others.

Location	Days	Time	Code	Dates	\$
FranconiaREC	M	9am-4pm	Q7F.RT41	10/14	\$69
GWREC	Th-F	9am-4pm	Q7F.5XRZ	10/3-10/4	\$139
GWREC	M	9am-4pm	Q7F.YCOX	10/14	\$69
SpHillREC	Th-F	9am-4pm	Q7F.P1A3	10/3-10/4	\$139
SpHillREC	M	9am-4pm	Q7F.8HJ0	10/14	\$69
SpHillREC	F	9am-4pm	Q7F.KCIU	11/1	\$69
Wkfld/Moore	M-Tu	9am-4pm	Q7F.JBPD	11/4-11/5	\$139

Basketball & Sports Minicamp

(6-12 yrs.) Join One on One Basketball for a unique camp where focus includes basketball and other sports which may include soccer, kickball, fun ball and flag tag. Bring a swimsuit and towel for a swim break.

Location	Day	Time	Code	Dates	\$
SpHillREC	Th-F	9am-4pm	CT4.I57Z	10/3-10/4	\$139
SpHillREC	M	9am-4pm	CT4.VGW8	10/14	\$69
SpHillREC	F	9am-4pm	CT4.V7R1	11/1	\$69
SpHillREC	M	9am-4pm	CT4.1RBT	11/11	\$69
Wkfld/Moore	M	9am-4pm	CT4.P3VW	10/14	\$69
Wkfld/Moore	F	9am-4pm	CT4.ZLA1	11/1	\$69

Challenger Core Soccer Camp

(6-14 yrs.) Challenger Sports has taken their popular British Soccer and TetraBrazil programs and integrated them into this unique international soccer experience. This camp highlights the global nature of the sport and provides young players with a variety of coaching styles, practices and influences that help them develop well-rounded skills. Camp is mainly outdoors, rain or shine. Everyone receives a ball and shirt. Campers should bring cleats. Bring a swimsuit and towel for a swim break..

Location	Day	Time	Code	Dates	\$
SoRunREC	Th-F	9am-4pm	ODC.HNR4	10/3-10/4	\$120

Travel Mountain Biking MiniCamp

(9-14 yrs.) Join Baroody outside for an exhilarating experience for young riders eager to master the art of mountain biking. From foundational skills to tackling intermediate challenges, campers will receive comprehensive instruction on steering, shifting, hill climbing and descending, obstacle negotiation, trail etiquette, bike maintenance and safety.

Location	Days	Time	Code	Dates	\$
GWREC	F	9am-4pm	C9Z.WCKX	11/1	\$129

Ping Pong Panda Minicamp

(6-14 yrs.) A comprehensive program from Green Tea Ideas introduces the sport of table tennis to campers through a progressive range of innovative lessons and activities. Bring lunch, snack and water bottle. Camp may include afternoon swim break.

Location	Days	Time	Code	Dates	\$
SpHillREC	M	9am-4pm	Z6T.TQVS	11/11	\$59

STEM**NEW! Baroody LEGO® SPIKE™ Prime: Life Hacks**

(10-13 yrs.) Campers will develop effective problem-solving skills by breaking down problems into smaller parts. Using code, they will systematically identify and fix bugs, use conditions and compound conditions to program encoded devices then build a robot that helps them make life easier..

Location	Days	Time	Code	Dates	\$
GWREC	Th-F	9am-4pm	KKD.184V	10/3-10/4	\$139

Baroody LEGO® SPIKE™ Essential Robotics

(5-12 yrs.) Unleash your creativity and bring STEAM ideas to life through hands-on projects using everyday themes. By combining the use of Lego bricks, the latest codable hubs, cameras, motion sensors, tilting sensors, poles and axles, campers will create robots that dance, mimic, follow routes, and even drive themselves.

Location	Days	Time	Code	Dates	\$
FranconiaREC	M	9am-4pm	H4P.5NCY	10/14	\$69
GWREC	M	9am-4pm	H4P.0GMU	10/14	\$69

Haunted Pond

Saturday, October 19
Hidden Pond Nature Center

- **Ages 3-6: 4:30-6:30 p.m. • \$12**
- **Ages 6-12: 7-8:30 p.m. • \$10**
- Craft activities and twilight walk into the forest
- Campfire with spell-binding stories and s'mores
- Scary stories (for older groups) and not-so-scary stories (for younger groups)

www.fairfaxcounty.gov/parks/hidden-pond



Life-changing opportunities through golf!



Juniors-Play a Round for \$5

Where: Burke Lake (Nine or 18 holes) or Oakmont (Nine holes)

Who: Youth on Course members, ages 6-18

When: Monday-Thursday after 12 p.m. or Friday-Sunday after 2 p.m.

Learn more and become a member at www.fairfaxcounty.gov/parks/golf/junior

In partnership with Youth on Course and the Virginia State Golf Association.



NEW! Baroody LEGO® WeDo 2.0:

Zooland Robotics

(7-12 yrs.) Campers will bring their favorite animals to life through hands-on projects using the LEGO WeDo 2.0 kit. From jungle beasts to sea creatures, children will create animal-themed robots using their creativity and problem-solving skills. As they work on their projects, campers will learn about the functions of various robotic components such as motors, hubs, and sensors.

Location	Days	Time	Code	Dates	\$
GWREC	Th-F	9am-4pm	QWR.JR4G	10/3-10/4	\$139

Chess MiniCamp

(6-13 yrs.) Play and learn chess with Magnus Academy. We've taught 100,000+ children of all levels from absolute beginners to national champions! Campers enjoy chess lessons and practice games daily, along with fresh air breaks.

Location	Day	Time	Code	Dates	\$
SpHillREC	Th-F	9am-4pm	2A1.8ZSM	10/3-10/4	\$159
SpHillREC	F	9am-4pm	2A1.MDED	11/1	\$79
SpHillREC	M	9am-4pm	2A1.UT06	11/11	\$79
Wkfld/Moore	F	9am-4pm	2A1.N2BE	11/1	\$79

NEW! Haunted House Workshop w/LEGO®

(5-10 yrs.) This Halloween season, join Play-Well TEKologies for a LEGO Haunted House workshop. Campers will engineer their own trap then they will see if their LEGO Minifigure can go through.

Location	Day	Time	Code	Dates	\$
SpHillREC	M	9am-12pm	98Q.2GZF	10/14	\$45
Wkfld/Moore	M	9am-12pm	98Q.JHVV	10/14	\$45

iCode Battle Bots:

Tournament of Champions

(8-12 yrs.) Campers will learn the fundamentals of mechanical engineering as they team up to build robotic systems and compete against one another.

Location	Day	Time	Code	Dates	\$
SoRunREC	Th-F	9am-4pm	T0V.49W8	10/3-10/4	\$149

iCode Claymation:

Stop Motion Animation

(8-12 yrs.) Join us for a day of filming, video editing, and learning the fundamentals of Claymation. Campers will present their final movie at the end of the day.

Location	Day	Time	Code	Dates	\$
SoRunREC	M	9am-4pm	OJV.ZHPC	10/14	\$109
SpHillREC	M	9am-4pm	OJV.OPL	10/14	\$109

NEW! iCode Jr Creator:

Electronics and Game Development

(7-10 yrs.) Campers will learn the fundamentals of hardware and software manipulation by building circuits using Makey Makey. After becoming familiar with the fundamentals of electrical engineering, campers will develop games that will be played with and by other campers.

Location	Days	Time	Code	Dates	\$
GWREC	F	9am-4pm	EPT.ZV8C	11/1	\$109

Science: Potions & Explosions Camp

(5-9 yrs.) Create "magic" potions and exciting chemical reactions that will blow your mind. Erupt a volcano, make indoor snow, grow crystals and blast a rocket into the air. Learn about the states of matter and how things change with mixtures, solutions and chemical reactions. Join us to channel your inner Professor Snape!

Location	Days	Time	Code	Dates	\$
ECLawrencePk	F	9am-4pm	IGH.WFU9	11/1	\$79

Snapology Creative

(5-14 yrs.) Pick your favorite theme and explore different methods of creating brick models that are strong and functional while thinking critically and using teamwork. Campers will imagine, plan and engineer structures and scenes and master presentation skills by sharing their creations with their peers. Campers will work in teams and develop positive teamwork skills and respectful collaboration.

Location	Days	Time	Code	Dates	\$
Bricks&Minifigs	Th	9am-12pm	K4L.OZZO	10/3	\$39

Superheroes



Bricks&Minifigs	Th	1pm-4pm	K4L.IVJX	10/3	\$39
Bricks&Minifigs	Tu	9am-12pm	K4L.Z6IC	11/5	\$39
Bricks&Minifigs	Tu	1pm-4pm	K4L.N4UT	11/5	\$39

Movie Favorites

Bricks&Minifigs	F	9am-12pm	M20.2LOZ	10/4	\$39
Bricks&Minifigs	F	1pm-4pm	M20.B4S2	10/4	\$39

Jedi Masters

Bricks&Minifigs	M	9am-12pm	HRA.CICW	11/4	\$39
Bricks&Minifigs	M	1pm-4pm	HRA.G1GT	11/4	\$39

Castles and Kingdoms

Bricks&Minifigs	F	9am-12pm	DXM.G01J	11/1	\$39
Bricks&Minifigs	F	1pm-4pm	DXM.V2BW	11/1	\$39

Snapology Robotics

(5-14 yrs.) Campers will explore the basics of robotics while digging into their favorite themes. Working with a partner, campers will be challenged to understand how to effectively use a sensor, how different mechanical components can alter the power and speed of their machine, and how programming is a challenging but rewarding skill that they can master with just a little practice.

Location	Days	Time	Code	Dates	\$
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Robo Pets

Bricks&Minifigs	Th	9am-12pm	IDW.1ZNO	10/3	\$39
Bricks&Minifigs	Th	1pm-4pm	IDW.DR1X	10/3	\$39
Bricks&Minifigs	M	9am-12pm	IDW.5E9E	11/11	\$39
Bricks&Minifigs	M	1pm-4pm	IDW.28NM	11/11	\$39

Space Wars

Bricks&Minifigs	Tu	9am-12pm	OTI.CTSK	11/5	\$39
Bricks&Minifigs	Tu	1pm-4pm	OTI.DIGW	11/5	\$39

Combat Robots

Bricks&Minifigs	M	9am-12pm	5Y0.4E4Q	10/14	\$39
Bricks&Minifigs	M	1pm-4pm	5Y0.N2Q8	10/14	\$39

Snapology Engineer:

Planes Trains Automobiles

(5-14 yrs.) Campers will explore the world of transportation with LEGO to build models of their favorite forms of transportation as they learn about energy, wheels and axles and air resistance. They will also learn about the history and modern use of these vehicles and apply this knowledge to their builds.

Location	Days	Time	Code	Dates	\$
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Bricks&Minifigs	M	9am-12pm	OUS.1WRX	10/14	\$39
Bricks&Minifigs	M	1pm-4pm	OUS.PZBV	10/14	\$39
Bricks&Minifigs	M	9am-12pm	OUS.OS4H	11/4	\$39
Bricks&Minifigs	M	1pm-4pm	OUS.GCK4	11/4	\$39

Snapology Engineer:

Machines & Contraptions

(5-14 yrs.) Does your camper love to tinker and create new things, or take things apart to see what's inside? This camp provides the tools to understand mechanical movement and the importance of simple machines. Campers will see these moving parts up-close as they follow instructions to build machines and contraptions, then use them to develop new design ideas, test out physics concepts, and play games.

Location	Days	Time	Code	Dates	\$
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Motorcycles & Merry Go Rounds

Bricks&Minifigs	F	9am-12pm	CM0.TZKX	10/4	\$39
Bricks&Minifigs	F	1pm-4pm	CM0.D683	10/4	\$39

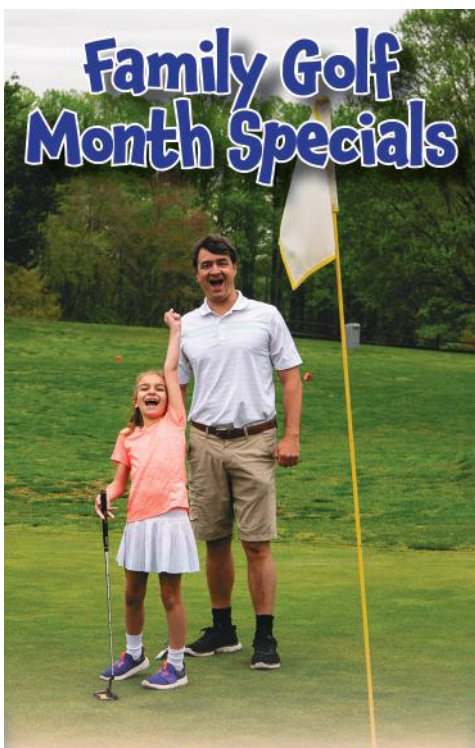
Go Karts & Battle Tops

Bricks&Minifigs	F	9am-12pm	PKM.JQTR	11/1	\$39
Bricks&Minifigs	F	1pm-4pm	PKM.OSGK	11/1	\$39

Windmills & Wheels

Bricks&Minifigs	F	9am-12pm	JOE.KWJL	11/1	\$39
Bricks&Minifigs	F	1pm-4pm	JOE.RVWA	11/1	\$39

Family Golf Month Specials



AUGUST 2024

Buy one adult, 9-hole round and get one free for your child or teen!

Weekdays all day
Weekends after 1 p.m.

Jefferson

7900 Lee Highway, Falls Church
703-573-0444

Pinecrest

6600 Little River Turnpike, Alexandria
703-941-1061

Oakmont

3136 Jermantown Rd., Oakton
703-255-5390

Limit one child per paying adult. Not valid with any other offers or discounts or multi-round pass usage.



For more info visit
www.fairfaxcounty.gov/parks/golf

Stem ExCEL Minecraft & Computer Science

(6-12 yrs.) Campers will use programming fundamentals to design and implement large-scale Minecraft modifications. Hands-on activities will take place at the beginning of camp that introduce vital concepts then use the easy drag-and-drop interface to create programs, solve problems and design games. Next, campers will learn functions, variables and conditionals.

Location	Days	Time	Code	Dates	\$
FranconiaREC	F	9am-4pm	EH0.9YDE	11/1	\$89
SpHillREC	Th-F	9am-4pm	EH0.M1QN	10/3-10/4	\$179

Stem ExCEL Roblox & Computer Science

(6-12 yrs.) Program and develop games using character development, powerups and traps in a ROBLOX adventure. Teams will compete honing strategies while learning from each other. Learn functions, variables and conditionals through hands-on activities that help reinforce vital concepts. Use our easy drag-and-drop interface to put your new knowledge into play, to create programs and solve problems.

Location	Days	Time	Code	Dates	\$
SpHillREC	M	9am-4pm	IU0.6QTJ	11/11	\$89



REGISTER ONLINE
www.fairfaxcounty.gov/parks/parktakes

Junior Golf

Introduce your teen or child to golf!

- ▶ 35% off Greens Fees at all courses*
- ▶ Burke Lake and Oakmont - Buy any sized bucket and get one small bucket free, one per day.
- ▶ Classes and Camps for kids (5-8 yrs.) and juniors (7-17 yrs.)
- ▶ Clubs not required

*Course availability varies.

For more info visit
www.fairfaxcounty.gov/parks/golf/junior



Children's Corner

Scan the QR code to go directly to the Parktakes Online Children's Corner page.



Our specialized programs introduce babies and preschoolers to creative concepts and fun activities designed to promote coordination and social skill development. Classes and programs for preschoolers and older children also are listed in Nature, History and Gardening and other Parktakes sections. Some classes may have supply fees so check class descriptions for details. Any supply fees are payable to instructor at first class and are non-refundable.



Kids Play for Preschoolers

(3-5 yrs.) Registration for our popular preschool is ongoing. This licensed program, which runs September – June, includes a theme-based curriculum packed with fun, engaging and educational activities. Children must be potty trained and of the appropriate age by Sept. 30. For more details, please call Franconia or Spring Hill Rec Centers.

Locations:

Franconia Rec Center 703-922-9841
Spring Hill Rec Center 703-827-0989

Preschool on the Farm

(3, 4, 5 yrs.) Learning is done through play at this popular preschool, held in the schoolhouse on the farm. Children will visit the farm animals, take nature walks, make crafts, sing songs and play games. Social, emotional, and verbal skills are developed to prepare students for kindergarten. Children must be potty trained. This program is administered by Katydid, Inc. and licensed by the Virginia Department of Education. Physical exam and immunization record are required. The preschool follows Fairfax County Public Schools holiday and inclement weather schedule. Classes begin after Labor Day. Students are accepted all year on a space-available basis. Visits can be scheduled by phone: 703-689-3104 or e-mail: info@katydidkids.com. For more information, visit www.katydidkids.com.

9-11:45 a.m. MW, TR, TRF, MTWF
12:30-3:15 p.m. TRF, TWR, MTWRF

Tot Instructors Wanted

Teach what you love! Instructors are needed for story time, music, arts and crafts, sports, gymnastics and tumbling. Weekday/weekend classes, flexible schedule. Contact your local Rec Center or email instructors@fairfaxcounty.gov for an application.

Art & Variety Classes

ABCs and 1-2-3s

(2-3 yrs.) Learning can be fun when teaching children their letters and numbers through hands-on crafts. Kids learn how to associate a sound with each letter and number from the craft they make in class. Adult must participate with child with the 2- to 3-year-old age group. Additional supply fee payable to instructor.

4TA	10--45 minute lessons--\$114				
4TC	8--45 minute lessons--\$97				
Location	Day	Time	Code	Begin	\$
CubRunREC	W	10am	378.1QNJ	9/18	4TC
Franconia Rec	Sa	9:15am	378.HN30	9/14	4TA
Franconia Rec	T	9:30am	378.LH8D	9/17	4TA
Wkfld/Moore	Sa	9am	378.5YNP	9/14	4TA
Wkfld/Moore	Sa	10am	378.0MM2	9/14	4TA
Wkfld/Moore	T	10am	378.6GPH	9/17	4TC
Wkfld/Moore	T	11am	378.541A	9/17	4TC

Abakadoodle Mini Doodlers

(3-6 yrs.) Ignite your child's imagination using real artists' materials, including watercolors, tempera paints, oil pastels, creative tools and more. Carefully designed lessons help children develop skills while enhancing creativity. A \$30-\$40 materials fee is due at first class (checks payable to Abakadoodle).

DTVW 8--45 minute lessons--\$161					
Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	10:30am	498.V9JJ	9/21	DTVW
OakmontREC	W	11am	498.G1LA	9/25	DTVW
OakmontREC	W	2pm	498.V3PY	9/25	DTVW
ProvREC	W	5pm	498.U39F	9/18	DTVW
SoRunREC	Sa	12:30pm	498.Q02M	9/14	DTVW
SoRunREC	T	11:15am	498.I2U1	9/17	DTVW
SoRunREC	W	3:30pm	498.B3P2	9/18	DTVW
SpHillREC	Sa	2pm	498.U7TH	9/14	DTVW
Wkfld/Moore	Th	2pm	498.D22A	9/19	DTVW

Abakadoodle Twoosy Doodlers

(20-36 mos.) Little ones experiment with painting, gluing, sticking, printing and creating while developing fine-motor, language and self-help skills. This Abakadoodle class, for toddlers and their parents, inspires creativity while emphasizing an I-can-do-it spirit! A \$30-\$40 materials fee is due at first class (checks payable to Abakadoodle).

DTVW		8--45 minute lessons--\$161			
Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	9:30am	F2D.DMQT	9/14	DTVW
OakmontREC	M	10am	F2D.RBWV	9/23	DTVW
OakmontREC	M	11am	F2D.WD29	9/23	DTVW
OakmontREC	W	10am	F2D.BH7Z	9/25	DTVW
ProvREC	F	10am	F2D.MOQB	9/20	DTVW
SoRunREC	Sa	11:30am	F2D.LF8E	9/14	DTVW
SoRunREC	T	10:15am	F2D.5F8Z	9/17	DTVW
SpHillREC	Sa	1am	F2D.XX9J	9/14	DTVW
SpHillREC	T	10am	F2D.Q4EU	9/17	DTVW
Wkfld/Moore	Th	10am	F2D.PW68	9/19	DTVW
Wkfld/Moore	Th	11am	F2D.B1MV	9/19	DTVW

Animal Antics

(2-5 yrs.) Children enhance fine and gross motor skills in this class featuring a different animal each week. Activities include animal crafts, animal songs, animal stories and acting like an animal.

4TA 10--45 minute lessons--\$114					
Location	Day	Time	Code	Begin	\$
Franconia Rec	T	11:30am	0F1.BDWO	9/17	4TA
OakmontREC	T	3:30pm	0F1.2HGX	9/24	4TA

Art Adventures

(3-5 yrs.) Let your little one's imagination soar in our hands-on art class! We'll explore squishy clay, colorful paper, and build their motor skills with pottery and modeling projects. Supply fee payable at first class.

4TA 10--45 minute lessons--\$114					
Location	Day	Time	Code	Begin	\$
Franconia Rec	F	1:30pm	ZFC.HHIE	9/20	4TA

Ceramic Creations

(3-5 yrs.) Young artists sculpt and create works of art using air dry clay. The entire creative process of sculpting with clay from idea to set-up, clean up and clay storage will be covered. An adult must participate with the child.

4TC 8--45 minute lessons--\$98						
Location	Day	Time	Code	Begin	\$	
CubRunREC	Th	5pm	Q3F.LVT0	9/17	4TC	

Colors, Shapes & Numbers

(2-3 yrs.) Learning can be fun through hands-on crafts. Kids learn colors, shapes and number from the crafts, books or songs they use in class. Adult must participate with child. Additional supply fee payable to instructor.

4TC 8--45 minute lessons--\$97						
Location	Day	Time	Code	Begin	\$	
CubRunREC	Th	10am	950.JIVB	9/19	4TC	

Crafty Kids

(3-5 yrs.) Children create arts-and-crafts projects that can be repeated at home using a variety of materials. Supply fee payable to instructor at first class.

4TA 10--45 minute lessons--\$114						
Location	Day	Time	Code	Begin	\$	
Franconia Rec	Sa	10:15am	4M6.G3PX	9/14	4TA	

Little Artists

(3-5 yrs.) Little artists explore a world of color. We'll be using sponges, brushes, and our imaginations to get messy and make masterpieces! Supply fee payable to instructor at first class.

4TA 10--45 minute lessons--\$114						
Location	Day	Time	Code	Begin	\$	
Franconia Rec	F	2:30pm	AMP.3JLO	9/20	4TA	

Preschool Picassos

(2-5 yrs.) Children delight in exploring their artistic abilities through projects that build self-confidence and encourage self-expression. Class projects and art media progress with age. Additional art supply fee payable to instructor at first class.

4TA 10--45 minute lessons--\$114						
4TC 8--45 minute lessons--\$97						
Location	Day	Time	Code	Begin	\$	
CubRunREC	Th	11am	0A7.40P1	9/19	4TC	
Franconia Rec	Th	9:30am	0A7.4QR9	9/19	4TA	
OakmontREC	M	10am	0A7.TDBZ	9/23	4TC	
OakmontREC	W	10am	0A7.GTJR	9/25	4TC	
Wkfld/Moore	Sa	11am	0A7.FZFQ	9/14	4TA	
Wkfld/Moore	Sa	12pm	0A7.B700	9/14	4TA	

Preschool Prep

(2-3 yrs.) Get ready for preschool by working on socialization and fine and gross motor skills. Concepts such as sharing, taking turns, following directions, colors and counting are introduced through a variety of music, instruments, play equipment, dancing, singing and stories. Adult must participate with child.

4TA 10--45 minute lessons--\$114						
4TC 8--45 minute lessons--\$97						
Location	Day	Time	Code	Begin	\$	
Franconia Rec	T	10:30am	2BC.YGDZ	9/17	4TA	
Franconia Rec	Th	10:30am	2BC.OY6R	9/19	4TA	
OakmontREC	Th	9am	2BC.DSSM	9/26	4TA	
OakmontREC	Th	10am	2BC.7PMV	9/26	4TA	
SoRunREC	T	11:05am	2BC.GY6T	9/24	4TC	

Story Corner

(3-5 yrs.) Explore childhood favorite books with our storytellers. They bring the love of children's books alive through flannel boards, puppets, props, movement activities and art projects. Any supply fee payable to instructor at first class.

4TC 8--45 minute lessons--\$97						
Location	Day	Time	Code	Begin	\$	
CubRunREC	W	11am	7F1.SQ22	9/18	4TC	

Tiny Tot Activity Time

(24-42 mos.) Enjoy art projects, songs and circle time with your child. Class includes fine and gross motor skills to enhance learning. Classes are in the old schoolhouse in front of the carousel. Spring themes concentrate on farm and nature. Parents and children are welcome to visit the farm after class.

DTVM 8--45 minute lessons--\$135						
Location	Day	Time	Code	Begin	\$	
Frying Pan Pk	Th	9:30am	55F.70LI	9/12	DTVM	
Frying Pan Pk	Th	10:30am	55F.IA8R	9/12	DTVM	
Frying Pan Pk	F	9:30am	55F.OYGE	9/13	DTVM	
Frying Pan Pk	F	10:30am	55F.302H	9/13	DTVM	

Holiday Tiny Tot Activity Time

(24-42 mos.) Children enjoy seasonal activities and crafts, and delight in the sights, sounds and smells of the holidays. Any supply fee payable at first class.

DTVS 3--45 minute lessons--\$44						
Location	Day	Time	Code	Begin	\$	
Frying Pan Pk	Th	9:30am	ED5.4BKP	12/5	DTVS	
Frying Pan Pk	Th	10:30am	ED5.9UWJ	12/5	DTVS	
Frying Pan Pk	F	9:30am	ED5.LHTG	12/6	DTVS	
Frying Pan Pk	F	10:30am	ED5.WDCM	12/6	DTVS	

Variety Zone

(3-5 yrs.) In this class, children experience a variety of Parktakes classes in art, music and movement. A perfect way to sample our children's programs. Supply fee payable to instructor at first class.

4TA 10--45 minute lessons--\$114						
Location	Day	Time	Code	Begin	\$	
Franconia Rec	Th	11:30am	F75.U0A4	9/19	4TA	

Cooking Classes

Cooking around the World

(4-6 yrs.) In this class offered by Tiny Chefs students learn how to create the cuisines of multiple countries. Cook up the fabulous flavors while learning some of the cooking techniques and ingredients which make them unique. Any supply fee payable to instructor at class. Not recommended for children with food allergies. Supply fee of \$15 payable at first class.

4TC 8--45 minute lessons--\$97						
Location	Day	Time	Code	Begin	\$	
Wkfld/Moore	Th	10am	B2E.HBV8	9/19	4TC	

Just Desserts

(3-5 yrs.) Students learn how to make some of their favorite desserts. From cupcakes, pudding and brownies to pancakes and ice cream, these easy recipes will make for fun cooking and yummy eating. Adult must participate with child. Supply fee payable to instructor at first class.

4TC 8--45 minute lessons--\$97						
Location	Day	Time	Code	Begin	\$	
Wkfld/Moore	Th	11:15am	TDK.H27R	9/19	4TC	

Magic Kitchen

(4-6 yrs.) Children create colorful treats while learning basic baking skills. Additional supply fee payable to the instructor at first class.

4TA 10--45 minute lessons--\$114						
Location	Day	Time	Code	Begin	\$	
Franconia Rec	Sa	11am	1D4.QL85	9/14	4TA	

Dance Classes

Baby Ballerinas

(2-4 yrs.) This class for the youngest pink ballerinas stretches their minds and feet. Adult must participate with child.

4TA 10--45 minute lessons--\$114						
DTVR 8--45 minute lessons--\$112						
DTVA 10--45 minute lessons--\$139						
DTVP 8--45 minute lessons--\$160						
DTVQ 10--45 minute lessons--\$169						

Location	Day	Time	Code	Begin	\$	
Franconia Rec	Sa	9am	YDT.GOPX	9/21	DTVQ	
Franconia Rec	Su	9:15am	YDT.MBP3	9/29	DTVP	
SoRunREC	Sa	10:15am	YDT.74V0	9/14	DTVA	
Wkfld/Moore	W	5pm	YDT.E04U	9/18	DTVA	
Belle Vw ES	Sa	9:30am	B1C.ETJ9	9/21	4TA	
Belle Vw ES	Sa	11:30am	B1C.YAXR	9/21	4TA	
Oakton ES	Sa	9:30am	YDT.R5MD	9/21	DTVR	
Oakton ES	Sa	11:30am	YDT.W6WW	9/212	DTVR	

STELLAR CHILDREN'S ENTERTAINMENT

at Frying Pan Farm Park

Prepare for a Magical Morning with The Great Zucchini!
Interactive, hands-on magic shows by The Great Zucchini

Thursday, September 5:
10 a.m. - 10:45 a.m.
and
11:30 a.m. - 12:15 p.m.
Frying Pan Farm Park
Visitor Center Auditorium • \$10
Registration required for ages 2 and up

Get ready to rock with Boogie Bennie and Williebob on stage!

Thursday, October 3:
10 a.m. - 10:45 a.m.
and
11:30 a.m. - 12:15 p.m.
Frying Pan Farm Park
Visitor Center Auditorium • \$10
Registration required for ages 2 and up

Rocknoceros

www.fairfaxcounty.gov/parks/frying-pan-park

Children's Corner

Ballet & Acro

(4-5 yrs.) Children will learn basic tumbling and acro movement as well as ballet movements, terminology and flexibility.

DTVR	8--45 minute lessons--\$112
DTVA	10--45 minute lessons--\$139

Location	Day	Time	Code	Begin	\$
SoRunREC	Th	10:30am	I75.I249	9/19	DTVA
Wkfld/Moore	F	1:45pm	I75.JABJ	9/20	DTVR

Ballet & Tap

Introduction to basic ballet and tap steps and movements. This is not a parent/child class.

DTVA	10--45 minute lessons--\$139
DTVF	8--45 minute lessons--\$140
DTVP	8--45 minute lessons--\$160
DTVQ	10--45 minute lessons--\$169
DTVR	8--45 minute lessons--\$112

Location	Day	Time	Code	Begin	\$
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(2-3 yrs.)

CubRunREC	Su	12:30pm	5F8.5J56	9/22	DTVQ
Franconia Rec	M	11:15am	5F8.BGNY	9/16	DTVR
Franconia Rec	F	10:55am	5F8.J1WY	9/20	DTVR
Franconia Rec	Sa	12pm	5F8.OQUQ	9/21	DTVQ
Franconia Rec	Su	10:15am	5F8.WMI8	9/29	DTVP
SoRunREC	Sa	12pm	5F8.LYMU	9/14	DTVA
SoRunREC	Th	9:30am	5F8.6YHU	9/19	DTVA

(3-5 yrs.)

Franconia Rec	M	10:15am	AD3.EXW8	9/16	DTVR
Franconia Rec	Sa	11am	AD3.EITW	9/21	DTVQ
OakmontREC	Su	9am	AD3.HRSA	9/22	DTVA
OakmontREC	Su	10am	AD3.58X1	9/22	DTVA
OakmontREC	Su	10:50am	AD3.O2OA	9/22	DTVA
ProvREC	Sa	9am	AD3.V8EB	9/14	DTVA
ProvREC	Sa	9:50am	AD3.DMOD	9/14	DTVA
SoRunREC	Su	9am	AD3.ILS9	9/15	DTVA
SoRunREC	M	1:30pm	AD3.KISZ	9/16	DTVA
SoRunREC	Th	11:30am	AD3.JF7F	9/19	DTVA
SpHillREC	Su	10am	AD3.3EEN	9/15	DTVF
Wkfld/Moore	Sa	9am	AD3.6LVH	9/14	DTVA

(4-5 yrs.)

CubRunREC	Su	2:15pm	6C5.UDX7	9/22	DTVA
SoRunREC	Sa	11:05am	6C5.YI08	9/14	DTVA

Combo Ballet & Hip Hop

(3-5 yrs.) Students learn the basic fundamentals of ballet and hip-hop as well as coordination, flexibility, and dance terminology.

DTVA	10--45 minute lessons--\$139
DTVQ	10--45 minute lessons--\$169
DTVR	8--45 minute lessons--\$112

Location	Day	Time	Code	Begin	\$
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CubRunREC	Su	1:20pm	CMH.E71C	9/22	DTVQ
Franconia Rec	F	10:05am	CMH.K14M	9/20	DTVR
OakmontREC	Su	9:55am	CMH.ZH80	9/22	DTVA
OakmontREC	Su	10:45am	CMH.W4Y7	9/22	DTVA
ProvREC	Sa	10:40am	CMH.M6HI	9/14	DTVA
ProvREC	Th	5pm	CMH.FCK4	9/19	DTVA
SoRunREC	Su	10am	CMH.WSFO	9/15	DTVA
SoRunREC	M	2:30pm	CMH.DBZQ	9/16	DTVA
SoRunREC	M	4pm	CMH.9G2C	9/16	DTVA
Wkfld/Moore	W	1:30pm	CMH.ZDCD	9/18	DTVA
Wkfld/Moore	F	3pm	CMH.5NU4	9/20	DTVA

LOOKING FOR MORE PROGRAMS AT YOUR FAVORITE NATURE SITES?

Check Events, Gardening, History and Outdoor sections.

Hip Hop for Tots

(3-5 yrs.) Tots are introduced to basic hip hop steps and combinations. Class focuses on creativity, coordination, flexibility and fun. All moves are set to age-appropriate music.

4TA	10--45 minute lessons--\$114
DTVA	10--45 minute lessons--\$139
DTVF	8--45 minute lessons--\$140
DTVQ	10--45 minute lessons--\$169

Location	Day	Time	Code	Begin	\$
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Franconia Rec	Sa	1pm	370.5SYD	9/21	DTVQ
OakmontREC	Sa	12:45pm	370.67Y6	9/21	DTVA
SpHillREC	Su	10:50am	370.21FZ	9/15	DTVF
SoRunREC	Th	4pm	R55.1ZGR	9/19	4TA

Intro to Ballet

(3-5 yrs.) Students are introduced to the basic movement elements to build a foundation for progression in ballet. Classes ignite students' imagination through creative games and stories while focusing on muscle development, coordination, music and fun.

4TA	10--45 minute lessons--\$114
DTVA	10--45 minute lessons--\$139
DTVR	8--45 minute lessons--\$112

Location	Day	Time	Code	Begin	\$
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Franconia Rec	F	5pm	PMD.VD5Q	9/20	DTVR
OakmontREC	T	5pm	PMD.XPEQ	9/24	DTVA
ProvREC	Su	10am	PMD.EWMG	9/15	DTVA
Belle Vw ES	Sa	10:30am	1B1.DMF6	9/21	4TA

Lil Tap and Tu Tu's

(4-5 yrs.) Let your child develop an appreciation for the arts in this combination class that progresses from simple tap and ballet moves to more advanced steps. Techniques in placement and flexibility are covered. Tap and ballet shoes, leotard and tights may be needed.

4TA	10--45 minute lessons--\$114
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Location	Day	Time	Code	Begin	\$
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SoRunREC	T	4:30pm	2A4.NFDO	9/17	4TA
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Little Dancers

(3 yrs.) Youngsters should put on their dancing shoes and get ready for fun in this dance class focusing on coordination, rhythm and creative play. Spring Hill classes taught by Reston Conservatory.

4TA	10--45 minute lessons--\$114
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Location	Day	Time	Code	Begin	\$
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SoRunREC	T	3:30pm	AOA.8RBE	9/17	4TA
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Drama & Music Classes

Let's Make Music

(2-5 yrs.) Discover the joy of family music. Mixed-age grouping encourages children to interact together in positive playful ways. Come sing, dance, play instruments and meet other families with young children. Adult must participate with child in this interactive course.

4TA	10--45 minute lessons--\$114
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Location	Day	Time	Code	Begin	\$
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Wkfld/Moore	Sa	3pm	962.GGHN	9/14	4TA
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Music in Nature

(3-5 yrs.) Preschool aged children and their adult explore songs and instruments in nature. Children will be introduced songs that allow them to explore moving their bodies, using simple instruments and

their voices together as a group. This program will be held outside except in the case of inclement weather. Adult must participate with child.

BTVC	6--30 minute lessons--\$107
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Location	Day	Time	Code	Begin	\$
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Riverbend Pk	W	3:30pm	YRA.OWUO	10/2	BTVC
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Tiny Tot Music & Movement

Your toddler explores upbeat and mellow movements, major and minor song keys, and a wide variety of genres, time signatures, and rhythms. Children and grown-ups sing, play percussive instruments and dance with props including parachutes, ribbons and scarves as we learn to express ourselves through music. Class may be held outside.

DTVM	8--45 minute lessons--\$135
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Location	Day	Time	Code	Begin	\$
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(18-30 mos.)

Frying Pan Pk	T	9:30am	326.32SD	9/10	DTVM
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Frying Pan Pk	W	9:30am	326.JGMN	9/11	DTVM
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(24-42 mos.)

Frying Pan Pk	T	10:30am	71E.42DJ	9/10	DTVM
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Frying Pan Pk	W	10:30am	71E.4Z3U	9/11	DTVM
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Holiday Tiny Tot Music & Movement

In this special holiday session offered by Katydid your toddler explores upbeat and mellow movements, major and minor song keys, genres, tempos and rhythms. Children and their caregivers will sing, play instruments and dance with props as they learn to express themselves through music.

DTVS	3--45 minute lessons--\$44
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Location	Day	Time	Code	Begin	\$
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(18-30 mos.)

Frying Pan Pk	T	9:30am	BEB.6YWD	12/3	DTVS
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Frying Pan Pk	W	9:30am	BEB.AWYI	12/4	DTVS
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(24-42 mos.)

Frying Pan Pk	T	10:30am	D14.T8NF	12/3	DTVS
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Frying Pan Pk	W	10:30am	D14.VJSK	12/4	DTVS
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Martial Arts Classes

Little Ninjas

Kids develop gross motor skills and build self-confidence, attention span and listening skills in a fun learning environment. Martial arts uniforms are required. Extra fee for belt testing.

4TA	10--45 minute lessons--\$114
4TC	8--45 minute lessons--\$97
DMVE	10--30 minute lessons--\$107
DMVF	10--45 minute lessons--\$103

Location	Day	Time	Code	Begin	\$
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(3 yrs.)

LdbyExFrOks	Sa	11am	943.K100	9/14	DMVE
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(3-5 yrs)

BlkBltFFX	M	5pm	1B7.MFH8	9/9	DMVE
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BlkBltFFX	T	5pm	1B7.P65C	9/10	DMVE
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BlkBltFFX	W	5pm	1B7.KDOT	9/11	DMVE
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BlkBltFFX	Th	5pm	1B7.UFXM	9/12	DMVE
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(4-6 yrs.)

CubRunREC	Su	10:15am	TSJ.WZE7	10/6	4TC
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OakmontREC	Sa	3pm	TSJ.108A	9/21	4TA
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SoRunREC	Sa	11:15am	415.85QM	9/14	DMVE
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LdbyExFrOks	T	6pm	415.QUZM	9/17	DMVF
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LdbyExFrOks	W	4:30pm	415.V9BM	9/18	DMVF
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LdbyExFrOks	Th	6pm	415.A01L	9/19	DMVF
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LdbyExFrOks	F	4:30pm	415.DMCD	9/20	DMVF
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LdbyExFrOks	Sa	11:30am	415.X6F4	9/14	DMVF
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Little Ninjas II

(4-6 yrs.) Prerequisite: Little Ninjas I or equivalent. Uniforms are required.

4TA 10--45 minute lessons--\$114					
Location	Day	Time	Code	Begin	\$
OakmontREC	Sa	4pm	4AF.ZEKL	9/21	4TA

Movement Classes

Blast Off for Babies

(18-24 mos.) Fun is guaranteed when you and your tiny tot blast off in our play environment. Children love the games, songs and fingerplays. A great way to introduce youngsters to interactive play. Adult must participate with child. Socks required for everyone.

4TA 10--45 minute lessons--\$114					
Location	Day	Time	Code	Begin	\$
Franconia Rec	W	10:15am	ABC.ACF3	9/18	4TA
Franconia Rec	Sa	10:15am	ABC.2AVX	9/14	4TA
Wkfld/Moore	Sa	4pm	ABC.OMEX	9/14	4TA

Creative Movement

(2-3 yrs.) Students are introduced to basic dance elements such as body, time, space, energy and action in a fun, positive environment. Classes ignite students' imagination through creative games and stories, while focusing on muscle development, coordination, music and fun.

DTVQ 10--45 minute lessons--\$169					
Location	Day	Time	Code	Begin	\$
Franconia Rec	Sa	10am	C6B.2QAC	9/21	DTVQ

Full Speed Ahead

(2-5 yrs.) In this fun Baroody Camps program the possibilities are endless. Kids will traverse obstacle courses and play unique games tangled up in song. Adult must participate with child. Socks are required, fun ones recommended.

DTVQ 10--45 minute lessons--\$169					
Location	Day	Time	Code	Begin	\$
CubRunREC	M	11am	01M.89L8	9/23	DTVQ
Wkfld/Moore	M	10:30am	01M.06KE	9/16	DTVQ
Wkfld/Moore	W	10:30am	01M.YZ4P	9/18	DTVQ
Wkfld/Moore	F	10:30am	01M.4HUY	9/20	DTVQ
SoRunREC	W	10am	01M.X7RT	9/25	DTVQ

Funfit Tots

A high-energy, adult/child activity class that includes songs, stories, parachutes, games, balls, music and more. Develop coordination, muscle tone, balance, socialization and language skills. It is recommended that your child be walking. Adult must participate with child.

DTVM 8--45 minute lessons--\$135					
Location	Day	Time	Code	Begin	\$
(11 mos.-4 yrs.)					
SpHillREC	Su	9:10pm	61F.YLFL	9/15	DTVM
SpHillREC	Th	9:10pm	61F.EBTO	9/19	DTVM
(1-2 yrs.)					
SpHillREC	Su	10:05pm	D21.4B1M	9/15	DTVM
SpHillREC	Th	10:05pm	D21.JTM3	9/19	DTVM
(2-3 yrs.)					
SpHillREC	Su	11am	504.ZTQ6	9/15	DTVM
SpHillREC	Th	11am	504.OVDM	9/19	DTVM

The Tot Spot

(2-5 yrs.) This fun Baroody Camps program fuses two things children love most-music and movement, in a

variety of activities to make use of their imagination. Tots venture into a world of games and sound while participating in fan favorite activities such as parachute games, dancing and obstacle courses. Kids will have a blast developing their basic motor and social skills with peers throughout.

DTVA 10--45 minute lessons--\$139					
Location	Day	Time	Code	Begin	\$
CubRunREC	M	10am	U04.93EF	9/23	DTVA
Wkfld/Moore	W	9:30am	U04.83IJ	9/16	DTVA
Wkfld/Moore	W	9:30am	U04.RL8B	9/19	DTVA
Wkfld/Moore	F	9:30am	U04.9YKO	9/20	DTVA
SoRunREC	W	11am	U04.98VJ	9/25	DTVA

TotZone

(2-5 yrs.) Children love this best-of class combining Let's Make Music and Zoom Around the Room for a healthy dose of movement with songs and games. Activities include circle time, parachute, dancing, musical instrument exploration, obstacle courses and toddler games. Activities develop motor skills, balance, socialization and music appreciation.

4TC 8--45 minute lessons--\$97					
Location	Day	Time	Code	Begin	\$
CubRunREC	F	11am	D66.W113	9/27	4TC
SoRunREC	T	10am	D66.P6ER	9/17	4TC

Zoom Around the Room

(2-5 yrs.) In this fun and safe environment, kids love the obstacle courses and creative games that are intermingled with songs and fingerplays. Adult must participate with child. Socks required.

4TA 10--45 minute lessons--\$114					
4TC 8--45 minute lessons--\$97					
Location	Day	Time	Code	Begin	\$
CubRunREC	F	10am	A7B.HFSH	9/27	4TC
Franconia Rec	W	9:15am	A7B.UBSY	9/18	4TA
Franconia Rec	W	11:15am	A7B.VDY5	9/18	4TA
Franconia Rec	Sa	9:15am	A7B.5L33	9/14	4TA
Franconia Rec	Sa	11:15am	A7B.RKSP	9/14	4TA

Science & Nature Classes

Dinosaurs Galore

(3-7 yrs.) Follow a naturalist as you and your child dig into dinosaurs and explore this prehistoric world. Children make a fossil to take home and dig for buried dinosaur bones. Reservations required.

R19C 1--1 hour program--\$9					
Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	10am	871.GSGK	9/14	R19C
CubRunREC	Sa	10am	871.93PW	10/5	R19C
CubRunREC	Sa	10am	871.J6V8	10/12	R19C

LEGO STEAM Park

(3-5 yrs.) Welcome to LEGO STEAM Park, where children investigate the world of early science, technology, engineering, art and math. Students construct parts of a STEAM theme park full of moving rides and fun games. As students return to the STEAM park, they will grow their understanding of gears, motion, measurement, and solving problems together in a fun and engaging way.

DTVK 8--45 minute lessons--\$144					
Location	Day	Time	Code	Begin	\$
ProvREC	Sa	10am	04B.I5BZ	9/14	DTVK
ProvREC	Sa	11am	04B.SUXO	9/14	DTVK
Franconia Rec	Su	11am	04B.L44U	9/15	DTVK
Franconia Rec	Su	10am	04B.P88I	9/15	DTVK

Little Labcoats

(3-5 yrs.) Children love making discoveries while conducting hands-on experiments. Projects encourage self-exploration of science. Additional supply fee payable to instructor at first class.

4TC 8--45 minute lessons--\$97					
Location	Day	Time	Code	Begin	\$
OakmontREC	M	11am	661.FQ04	9/23	4TC
OakmontREC	T	4:30pm	661.FQML	9/24	4TC
OakmontREC	W	11am	661.CSN2	9/25	4TC

Nature Detectives

(3-5 yrs.) During this naturalist-led class, children and parents will explore the natural world through hikes, stories, songs, crafts and other hands-on activities. A \$5 cash supply fee payable at first class.

4NC 8--1 hour 25 minute lessons--\$121					
CTVH 4--55 minute lessons--\$58					
Location	Day	Time	Code	Begin	\$
CubRunREC	T	11am	875.HOWS	11/5	CTVH
HuntMdw	M	10am	875.4F4G	10/14	4NC

Science: My Body

(4-5 yrs.) Your child discover how the human body works by learning about organs and systems functioning together. Conduct experiments that help them understand what happens when we eat, breathe and play.

4TA 10--45 minute lessons--\$114					
Location	Day	Time	Code	Begin	\$
OakmontREC	Th	11am	C2Z.05BV	9/26	4TA

The Science Seed

(3-6 yrs.) This series of classes introduces children to science in fun, interactive and age-appropriate ways. Children will learn about geology, chemistry, biology and nature through activities so that children build a foundation for a love of science and learning. Each class includes a note for the parents about what was taught and how lessons can be continued at home.

DTV9 8--55 minute lessons--\$186					
Location	Day	Time	Code	Begin	\$
OakmontREC	M	4:30pm	YMM.40FL	9/23	DTV9
ProvREC	Su	10am	YMM.99X5	9/15	DTV9
ProvREC	Su	11am	YMM.679G	9/15	DTV9
SoRunREC	Su	10am	YMM.2K3I	9/15	DTV9
SoRunREC	Su	11am	YMM.GLA2	9/15	DTV9
Wkfld/Moore	Sa	10am	YMM.4GBW	9/14	DTV9
Wkfld/Moore	Sa	11am	YMM.0B2F	9/14	DTV9

Snapology Junior Builders

(4-6 yrs.) If your little learner likes to tinker, explore and create new thing this Snapology program provides students opportunities to build functional models of amusement park rides, boats, ramps, cars more using DUPLO® blocks. Students can explore animals and dinosaurs as they build on their sorting and counting skills while learning how to work as a team with other little engineers.

DTV9 8--55 minute lessons--\$186					
Location	Day	Time	Code	Begin	\$
SpHillREC	W	10am	BH3.2KHR	9/18	DTV9



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Sports & Fitness Classes

Beginning Athletes in Team Sports

(4-5 yrs.) This high-energy class introduces kids to a variety of sports including soccer, basketball and flag football. Kids have fun learning new sports while emphasizing teamwork.

CTVK	7--45 minute lessons--\$116
DTVA	10--45 minute lessons--\$139
DTVF	8--45 minute lessons--\$140
DTVQ	10--45 minute lessons--\$169

Location	Day	Time	Code	Begin	\$
SoRunREC	Su	12pm	FC7.BU09	9/15	DTVF
SoRunREC	W	5pm	FC7.OBLF	9/18	CTVK
SpHillREC	Sa	9am	FC7.TFAP	9/14	DTVQ
Sully CommCtr	Th	5pm	FC7.6YFY	9/5	DTVF
Wkfld/Moore	Th	9am	FC7.1J4	9/14	DTVA

Basketball

Children learn basketball skills and techniques including passing, shooting, dribbling and other fundamentals. Classes held at schools may be indoors.

DTVA	10--45 minute lessons--\$139
DTVD	10--55 minute lessons--\$139
DTVF	8--45 minute lessons--\$140
DTVI	10--45 minute lessons--\$143
DTVQ	10--45 minute lessons--\$169

Location	Day	Time	Code	Begin	\$
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(4-5 yrs. with parent)

Franconia Rec	Sa	9:30am	176.S56S	9/14	DTVA
Wkfld/Moore	Sa	10am	176.OSVI	9/14	DTVA

(4-6 yrs. child only)

CubRunREC	Th	3:30pm	EFA.9F5F	9/19	DTVQ
Orng Hnt ES	Sa	9am	EFA.3250	9/14	DTVQ
SpHillREC	Su	9am	EFA.3N9G	9/15	DTVD
SpHillREC	Th	5pm	EFA.922A	9/19	DTVD
SpHillREC	F	5:30pm	EFA.ST60	9/20	DTVQ
Sully CommCtr	W	5pm	EFA.EOL2	9/4	DTVF
Wkfld/Moore	M	5:30pm	EFA.QWTB	9/16	DTVQ

Gym Jam

(3-5 yrs.) A fun introduction to fitness through creative up-beat exercises and sports-related skills with an emphasis on team play and group interaction.

4TC	8--45 minute lessons--\$97
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Location	Day	Time	Code	Begin	\$
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CubRunREC	Th	11am	705.7S9L	9/19	4TC
SoRunREC	Sa	11am	705.30HT	9/14	4TC

Soccer I

Kids kick into action in this class emphasizing coordination through skill development and teamwork. Athletic shoes required. Bring a ball. ProvRec and classes held in the schools may be held indoors using soft soccer balls.

4TC	8--45 minute lessons--\$97
4SM	8--55 minute lessons--\$125
CTVK	7--45 minute lessons--\$116
DTVD	10--55 minute lessons--\$139
DTVF	8--45 minute lessons--\$140
DTVQ	10--45 minute lessons--\$169

Location	Day	Time	Code	Begin	\$
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(3 yrs.)

SoRunREC	Sa	9am	4BE.G6G4	9/14	4TC
OakmontREC	T	9:30am	SFC.RYPM	9/24	DTVF
SoRunREC	Su	9am	SFC.FOAJ	9/15	DTVF
SoRunREC	F	9:15am	SFC.QIFT	9/20	DTVF

(4-5 yrs.)

SoRunREC	Sa	10am	5C6.31MA	9/14	4TC
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OakmontREC	T	10:30am	39V.1S1G	9/24	DTVF
ProvREC	Su	11am	39V.LFZH	9/15	DTVQ
ProvREC	Th	5:30pm	39V.C5Q4	9/19	DTVQ
SoRunREC	Sa	9am	39V.TYQE	9/14	DTVF
SoRunREC	Su	9am	39V.2B3D	9/15	DTVF
SoRunREC	Su	10am	39V.N28H	9/15	DTVF
SoRunREC	M	5pm	39V.E011	9/16	CTVK
SoRunREC	T	5pm	39V.1LN1	9/17	CTVK
SoRunREC	F	10am	39V.GOVX	9/20	DTVF
SpHillREC	Sa	9am	39V.W9UW	9/7	4SM
SpHillREC	Sa	10am	39V.HN05	9/7	4SM
SpHillREC	Su	9am	39V.06BM	9/8	4SM
SpHillREC	Su	10am	39V.QA08	9/8	4SM
Sully CommCtr	F	5pm	39V.0K0Q	9/6	DTVF
Wkfld/Moore	Sa	9am	39V.43Z6	9/14	DTVD
Wkfld/Moore	Su	9am	39V.7HSW	9/15	DTVD
LittleRn ES	Su	10am	39V.LCV5	9/22	4SM

Challenger TinyTykes Soccer-Cubs

(2-3 yrs.) In these "Cubs" classes, soccer is used to help develop balance, agility, coordination, color recognition and numerical learning along with increasing confidence and social skills in a fun and relaxed environment. Focus is on core technical foundations, receiving the ball, passing, dribbling and more. These core foundations provide the building blocks for future success. Parent participation is preferred.

DTVF	8--45 minute lessons--\$140
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Location	Day	Time	Code	Begin	\$
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Franconia Rec	W	9:30am	EF0.04BJ	9/11	DTVF
Franconia Rec	Sa	9am	EF0.E00D	9/14	DTVF
OakmontREC	Th	10am	EF0.BKRX	9/26	DTVF
Oakton ES	Sa	9am	EF0.QEKC	9/14	DTVF
Orng Hnt ES	Su	9am	EF0.5CA9	9/15	DTVF
SoRunREC	T	10am	EF0.44M9	9/17	DTVF

Challenger TinyTykes Soccer-Lions

(3-4 yrs.) In these "Lions" classes, soccer is used to help develop balance, agility, coordination, color recognition and numerical learning. Children will increase confidence and social skills in a fun and relaxed environment. Focus is on the core technical foundations, receiving the ball, passing, and dribbling. Technical areas are also integrated such as differing foot surfaces for kicking, team play, shooting and throwing/catching.

DTVJ	8--55 minute lessons--\$156
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Location	Day	Time	Code	Begin	\$
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Franconia Rec	W	10:30am	38C.9GDT	9/11	DTVJ
Franconia Rec	Sa	10am	38C.4KEZ	9/14	DTVJ
OakmontREC	Th	11am	38C.060J	9/26	DTVJ
Oakton ES	Sa	9:50am	38C.KR7T	9/14	DTVJ
Orng Hnt ES	Su	10am	38C.C7Q0	9/15	DTVJ
SoRunREC	T	11am	38C.UWL3	9/17	DTVJ

Challenger International Soccer

Academy

(4-6 yrs.) Players get to train with our coaches and work on core skills such as shooting, dribbling and passing while working on balance, coordination, agility and teambuilding. With no emphasis on winning, practices only have one goal--to develop and improve each player both on and off the field. Practices are taken from our age-specific developmental curriculum designed by experts from around the world.

DTVJ	8--55 minute lessons--\$156
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Location	Day	Time	Code	Begin	\$
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Franconia Rec	Sa	11am	E08.59T9	9/14	DTVJ
Oakton ES	Sa	10:50am	E08.AJ10	9/14	DTVJ
Orng Hnt ES	Su	11am	E08.QCKC	9/15	DTVJ

T-Ball

(4-5 yrs.) Get a head start on the T-ball season. Fun skill development includes base running, hitting off tee, throwing and catching. Group interaction, cooperation and team play emphasized. Bring your own glove.

DTVM	8--45 minute lessons--\$135
DTVQ	10--45 minute lessons--\$169

Location	Day	Time	Code	Begin	\$
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SpHillREC	Sa	11am	HFX.L929	9/14	DTVQ
Wkfld/Moore	Su	9am	HFX.B4G1	9/15	DTVM

Yoga for Tots

(18 mos.-3 yrs.) Class focuses on flexibility, body awareness and coordination. Designed to enhance the physical and mental well-being of children. Adult must participate with child.

4TA	10--45 minute lessons--\$114
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Location	Day	Time	Code	Begin	\$
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Franconia Rec	T	10am	1E3.P812	9/17	4TA
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Tumbling & Gymnastics Classes

Gymnastics with Parent

(18 mos.-3 yrs.) This fun-filled class introduces youngsters to floor exercises and balance beam moves while incorporating creative movement, listening skills and gross motor development. Equipment varies at each site. Adult must participate with child.

4TA	10--45 minute lessons--\$114
DTVF	8--45 minute lessons--\$140
DTVP	8--45 minute lessons--\$160
DTVQ	10--45 minute lessons--\$169

Location	Day	Time	Code	Begin	\$
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Franconia Rec	T	11am	088.G5LS	9/17	4TA
Wkfld/Moore	Su	4pm	088.B04D	9/15	4TA
Wkfld/Moore	Su	9am	088.G5U9	9/15	4TA
Franconia Rec	Sa	9:15pm	IBA.W3V1	9/28	DTVP
Franconia Rec	Su	10:15pm	IBA.ROTJ	9/29	DTVP
OakmontREC	Sa	10am	IBA.9GA0	9/21	DTVF
OakmontREC	Th	5pm	IBA.G9VA	9/26	DTVP
ProvREC	T	4:30pm	IBA.71R0	9/24	DTVP
ProvREC	W	12:30pm	IBA.PTZ9	9/25	DTVP
ProvREC	Sa	9am	IBA.M2GC	9/28	DTVP
ProvREC	Sa	12pm	IBA.50VU	9/28	DTVP
ProvREC	Su	11am	IBA.PL31	9/29	DTVP
SoRunREC	Su	1pm	IBA.CLF1	9/15	DTVP
SoRunREC	Su	2pm	IBA.YV68	9/15	DTVP
SoRunREC	T	12pm	IBA.D47S	9/17	DTVP
Wkfld/Moore	Sa	1pm	IBA.HP3N	9/14	DTVP

Gymnastics for Preschoolers

An exciting challenge for children interested in gymnastics that incorporates creative movement, listening skills, fun gross motor development and introduces youngsters floor exercises, balance beam moves and more. Equipment varies at each site.

4TA	10--45 minute lessons--\$114
4TC	8--45 minute lessons--\$97
DTVF	8--45 minute lessons--\$140
DTVP	8--45 minute lessons--\$160
DTVQ	10--45 minute lessons--\$169

Location	Day	Time	Code	Begin	\$
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(3-4 yrs.)

CubRunREC	M	4:30pm	2B8.LVK2	9/16	4TC
CubRunREC	T	9:30am	2B8.XOVJ	9/17	4TC
CubRunREC	W	5pm	2B8.WW0W	9/18	4TC
Franconia Rec	Sa	8:30am	2B8.8P2U	9/14	4TA

OakmontREC	Sa	10:55am	BWO.C10Y	9/21	DTVF
SoRunREC	Su	11am	BWO.2QXY	9/15	DTVP
(3-5 yrs.)					
Franconia Rec	T	12pm	E42.B037	9/17	4TA
Wkfld/Moore	Su	10am	E42.S748	9/15	4TA
Wkfld/Moore	Su	11am	E42.7XPY	9/15	4TA
Franconia Rec	Sa	10:15am	UR8.NILX	9/28	DTVP
Franconia Rec	Sa	12:20pm	UR8.PUHD	9/28	DTVP
Franconia Rec	Su	9:15am	UR8.DP05	9/29	DTVP
OakmontREC	Th	5:50pm	UR8.HBFT	9/26	DTVP
ProvREC	T	5:20pm	UR8.Y8CW	9/24	DTVP
ProvREC	W	1:20pm	UR8.EVVZ	9/25	DTVP
ProvREC	Sa	10am	UR8.KFPP	9/28	DTVP
ProvREC	Sa	11am	UR8.3746	9/28	DTVP
ProvREC	Su	11:50am	UR8.CXCX	9/29	DTVP
SoRunREC	T	12:50pm	UR8.4CYZ	9/17	DTVP
Wkfld/Moore	Sa	10am	UR8.9ROT	9/14	DTVP
Wkfld/Moore	M	5pm	UR8.SI2Q	9/16	DTVP
Wkfld/Moore	Sa	1:50pm	UR8.1DF1	9/14	DTVP
Wkfld/Moore	T	10:30am	UR8.NHV4	9/17	DTVP
Wkfld/Moore	Th	10:30am	UR8.HINY	9/14	DTVP
Wkfld/Moore	Th	5pm	UR8.R1BA	9/19	DTVP
(4-5 yrs.)					
CubRunREC	M	5:20pm	094.IS3I	9/16	4TC
CubRunREC	T	7pm	094.OJXC	9/17	4TC
CubRunREC	W	6pm	094.AGH8	9/18	4TC
Franconia Rec	Sa	9:30am	094.KJ6Z	9/14	4TA
Franconia Rec	Sa	10:30am	094.B991	9/14	4TA
SoRunREC	Sa	1:15pm	094.SVMR	9/14	4TC
Wkfld/Moore	Su	3pm	094.69Z0	9/15	4TA
Wkfld/Moore	Su	12pm	094.278C	9/15	4TA
OakmontREC	Sa	11:50am	M3Q.CON3	9/21	DTVF
SoRunREC	Su	12pm	M3Q.0392	9/15	DTVP
Wkfld/Moore	Sa	11am	M3Q.2T87	9/14	DTVP
Wkfld/Moore	T	9:30am	IBA.ABR1	9/17	DTVP
Wkfld/Moore	Th	9:30am	IBA.K7P7	9/19	DTVP
Wkfld/Moore	Sa	9am	IBA.IVVV	9/14	DTVP
Wkfld/Moore	Sa	12pm	IBA.RV9V	9/14	DTVP

Tumbling

(4-6 yrs.) Children roll right into this stimulating class that introduces them to basic tumbling moves and skills. A great way to reinforce social concepts of taking turns and following directions with skill-oriented activities that enhance balance, strength and coordination.

4TA	10--45 minute lessons--\$114
4TC	8--45 minute lessons--\$97
DTVP	8--45 minute lessons--\$160

Location	Day	Time	Code	Begin	\$
CubRunREC	T	11:30am	D57.BYOV	9/17	4TC
Wkfld/Moore	Su	2pm	D57.X3UE	9/15	4TA
ProvREC	W	6pm	RD2.QXQG	9/25	DTVP

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Early Bird Registration (\$10 off) ends on July 21.
Registration closes on August 14.



Pioneer Baseball League was the recipient of a generous grant from The Board of Congressional Sports for Charity, which allows us to offer free T-ball registration for the spring season.



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Fees for Minors, Majors & Pioneer Babe Ruth
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Dance

Scan the QR code to go directly to the Parktakes Online Dance page.



- All dance instructors have different teaching styles.
- Ballet classes require ballet attire (leotard, tights and appropriate shoes).
- For other classes, be sure to wear comfortable clothing. Any clothing requirements will be discussed at the first class.
- Check the listings for information on couples-only classes.
- Instructional aids, publications and tapes may be available for optional purchase in some classes.
- Some classes may have supply fees so check class descriptions for details. Any supply fees are payable at first class and are non-refundable.

Wake Up & Dance

(13-Adult) Start your day off with dance! Course covers stretching, movement exercises and different styles of dance.

4PA 10--55 minute lessons--\$133

Location	Day	Time	Code	Begin	\$
Franconia Rec	W	6:30am	ZIH.80QU	9/18	4PA

Ballet & Stretch

(13-Adult) For students who have danced before or those who wish to learn. This class is a unique combination of ballet fundamentals and stretching.

4PA 10--55 minute lessons--\$133

Location	Day	Time	Code	Begin	\$
Belle Vw ES	Th	8pm	61A.CYZG	9/19	4PA

Intro to Ballet

(5-7 yrs.) Introduction to basic ballet positions. Frequent shifts between ballet activities, creative movement and other activities keep children engaged in learning.

CPVF 8--55 minute lessons--\$121
DPVJ 10--55 minute lessons--\$151

Location	Day	Time	Code	Begin	\$
Franconia Rec	F	6pm	408.SCQ3	9/20	CPVF
OakmontREC	T	6pm	408.4D05	9/24	DPVJ

Ballet I

Basic ballet fundamentals help develop self-confidence, posture and body awareness. It is recommended that students purchase shoes, leotard and tights after first session.

4PA 10--55 minute lessons--\$133
DPDA 8--55 minute lessons--\$96
DPVJ 10--55 minute lessons--\$151
DPVK 10--55 minute lessons--\$182

Location	Day	Time	Code	Begin	\$
(5-7 yrs.)					
SoRunREC	W	5pm	SSF.895Y	9/18	4PA
Belle Vw ES	Sa	11:30am	SSF.16Q1	9/21	4PA
CubRunREC	Su	3:05pm	2BE.S3M0	9/22	DPVK
Franconia Rec	Sa	2pm	2BE.LK01	9/21	DPVK
OakmontREC	Su	9am	2BE.JSDM	9/22	DPVJ



ProvREC	Su	9am	2BE.GDNC	9/15	DPVJ
Wkfld/Moore	Sa	9:55am	2BE.C2QG	9/14	DPVJ
Wkfld/Moore	W	6pm	2BE.W4N3	9/18	DPVJ
Wkfld/Moore	F	4pm	2BE.K5IU	9/20	DPVJ

(6-12 yrs.)

ProvREC	Th	7pm	6A6.B9EK	9/19	DPVJ
Stone MS	Th	5:30pm	5KA.I2ZS	9/19	DPDA
(8-12 yrs.)					
OakmontREC	Su	11:45am	VWV.TB7Y	9/22	DPVJ
(10-14 yrs.)					
Stone MS	Th	4:30pm	96S.AM6M	9/19	DPD
(13-Adult)					
Wkfld/Moore	T	8pm	63B.43AB	9/17	4PA

Ballet & Jazz

Introduction to basic steps and movements for ballet and jazz.

DPVJ 10--55 minute lessons--\$151

Location	Day	Time	Code	Begin	\$
(5-7 yrs.)					
ProvREC	Th	6pm	10E.8DQE	9/19	DPVJ
(6-12 yrs.)					
OakmontREC	T	7pm	224.3TW8	9/24	DPVJ
SoRunREC	Su	1pm	224.80DH	9/15	DPVJ

Combo Dance & Tap

Students are introduced to dance forms such as ballet, jazz and tap.

4PA 10--55 minute lessons--\$133
CPVL 8--55 minute lessons--\$165
DPVJ 10--55 minute lessons--\$151

Location	Day	Time	Code	Begin	\$
(5-8 yrs.)					
Franconia Rec	Su	11:15am	3A9.K42Z	9/29	CPVL
OakmontREC	Su	12:45pm	3A9.UMES	9/22	DPVJ
SoRunREC	Sa	1pm	3A9.TQ92	9/14	DPVJ
SoRunREC	Su	11am	3A9.AJ23	9/15	DPVJ
(6-12 yrs.)					
SoRunREC	T	5:30pm	3EE.KUJZ	9/17	4PA
SoRunREC	W	6pm	3EE.NHKE	9/18	4PA
Belle Vs ES	Th	6pm	3EE.037M	9/10	4PA
(8-12 yrs.)					
Wkfld/Moore	W	7pm	764.SYJL	9/18	DPVJ

Home School Dance Combo

(6-10 yrs.) Home school students are introduced to dance forms such as ballet, jazz and tap.

DPVJ 10--55 minute lessons--\$151

Location	Day	Time	Code	Begin	\$
SoRunREC	Th	1:45pm	DP8.P13Z	9/19	DPVJ

Combo Ballet & Hip Hop

(5-8 yrs.) Students learn the basic fundamentals of ballet and hip-hop as well as coordination, flexibility, and dance terminology.

DPVJ 10--55 minute lessons--\$151

Location	Day	Time	Code	Begin	\$
OakmontREC	Su	11:45am	NFK.F2BU	9/22	DPVJ
ProvREC	Sa	11:30am	NFK.OREB	9/14	DPVJ
Wkfld/Moore	F	5pm	NFK.U8L2	9/20	DPVJ

Hip Hop I

Get into the beat with the latest street dances. These routines are great for exercise, coordination, balance and flexibility.

4PA 10--55 minute lessons--\$133
DPVJ 10--55 minute lessons--\$151
DPVK 10--55 minute lessons--\$182

Location	Day	Time	Code	Begin	\$
(5-7 yrs.)					
SoRunREC	Th	5pm	GH0.99U1	9/19	4PA
Franconia Rec	Sa	3pm	209.X70G	9/21	DPVK
OakmontREC	Su	12:55pm	209.PX3Y	9/22	DPVJ
ProvREC	Su	10:50am	209.23DH	9/15	DPVJ
SoRunREC	Su	12pm	209.JV57	9/15	DPVJ
SoRunREC	M	5pm	209.RU8W	9/16	DPVJ
SpHillIREC	Th	5:30pm	209.LQSA	9/19	DPVK
Wkfld/Moore	Sa	11am	209.P7G6	9/14	DPVJ
(8-13 yrs.)					
OakmontREC	Su	2pm	085.5HRK	9/22	DPVJ
ProvREC	Su	11:45am	085.U7J5	9/15	DPVJ
SoRunREC	M	6pm	085.HOPC	9/16	DPVJ
SpHillIREC	Th	6:30pm	085.Y3LC	9/19	DPVK
Wkfld/Moore	Sa	12pm	085.43TT	9/14	DPVJ
(8-17 yrs.)					
Belle Vw ES	Th	7pm	B4A.5CLF	9/19	4PA

Jazz I

Introduction to basic moves, turns, combinations to music and visual expression of music.

CPVF 8--55 minute lessons--\$121
DPVJ 10--55 minute lessons--\$151

Location	Day	Time	Code	Begin	\$
(5-7 yrs.)					
Wkfld/Moore	F	6pm	AB9.6NAE	9/20	DPVJ
(6-12 yrs.)					
Franconia Rec	F	7pm	AOP.C5RJ	9/20	CPVF

Street Jazz

(13-Adult) Street Jazz combines jazz, hip hop and funk. Students learn a new, upbeat choreo each week set to pop music influenced by jazz technique and street dance grooves.

DPVJ 10--55 minute lessons--\$151

Location	Day	Time	Code	Begin	\$
SoRunREC	T	6:30pm	5MC.J9ID	9/17	DPVJ

Tap I

(13-Adult) Introduction to basic tap technique, counting and movement with music.

DPVJ 10--55 minute lessons--\$151

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	W	12:30pm	XNE.EF3D	9/18	DPVJ

Tap II

(13-Adult) For students with some experience. A more complex class than Tap I.

4PA 10--55 minute lessons--\$133

Location	Day	Time	Code	Begin	\$
Franconia Rec	Su	7pm	D94.U2UT	9/15	4PA

Tap Techniques

(13-Adult) Learn to be light on your feet through basic steps, tap combinations and routines. This adult tap dance class provides exercise and rhythm.

4PA 10--55 minute lessons--\$133

Location	Day	Time	Code	Begin	\$
Franconia Rec	Su	6pm	C3B.P4EH	9/15	4PA

Ballroom Dancing I

(13-Adult) This class introduces you to traditional American ballroom dance basics. Learn proper dance position and how to lead and follow. Dances include foxtrot, waltz, rumba and cha-cha. Each student must register.

3PA 8--55 minute lessons--\$105
4PA 10--55 minute lessons--\$133

Location	Day	Time	Code	Begin	\$
(Singles & Couples)					
OakmontREC	Su	1pm	162.H8FN	9/22	4PA
Wkfld/Moore	T	6:30pm	162.F1X9	9/17	4PA
(Couples only)					
Frying Pan Pk	T	7pm	A6D.E8VT	9/10	3PA
SpHillREC	Su	3pm	A6D.JFPO	9/15	4PA

Ballroom Dancing II

(13-Adult) Prerequisite: Ballroom I or equivalent. Each student must register.

3PA 8--55 minute lessons--\$105
4PA 10--55 minute lessons--\$133

Location	Day	Time	Code	Begin	\$
(Singles & Couples)					
OakmontREC	Su	2pm	956.S8AP	9/22	4PA
Wkfld/Moore	T	7:30pm	956.2WJQ	9/17	4PA
(Couples only)					
Frying Pan Pk	T	7pm	25B.ZDBC	9/10	3PA

Ballroom Dancing III Couples only

(13-Adult) Prerequisite: Ballroom II or equivalent. Each student must register.

3PA 8--55 minute lessons--\$100

Location	Day	Time	Code	Begin	\$
Frying Pan Pk	T	8pm	F68.G91S	9/10	3PA

Line Dancing I

(13-Adult) This fun and exciting class combines low, moderate and high energy dance routines from different decades. No experience or partner necessary.

4PA 10--55 minute lessons--\$133
DPVK 10--55 minute lessons--\$182

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	M	7pm	7D2.1E3I	9/16	4PA
OakmontREC	F	10am	W7D.Q26T	9/20	DPVK
SpHillREC	T	11am	W7D.VVE3	9/17	DPVK
SpHillREC	F	5pm	W7D.G07Y	9/20	DPVK

Line Dancing II

(13-Adult) Prerequisite: Level I. Take your line dance skills up a notch with fun dances from many decades that include more complex choreography. Building on the skills learned in Level I, this class will improve agility, reaction time, and balance. No partner is necessary.

4PA 10--55 minute lessons--\$133
DPVK 10--55 minute lessons--\$182

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	M	8pm	6L5.42DU	9/16	4PA
Wkfld/Moore	F	7:30pm	6L5.IYU9	9/20	4PA
OakmontREC	F	9am	9Z4.8XUL	9/20	DPVK
SpHillREC	F	6pm	9Z4.035C	9/20	DPVK

Swing Dance

(13-Adult) Learn basic swing and jitterbug steps. Each student must register.

4PA 10--55 minute lessons--\$133

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Sa	4pm	35B.UIDO	9/14	4PA

West Coast Swing

(13-Adult) Danced to slower blues music, this slotted dance allows for more freedom and playfulness while dancing with your partner, especially for the women who do expressive swivel walks and hip swings. Singles are welcome, partners are recommended.

4PA 10--55 minute lessons--\$133

Location	Day	Time	Code	Begin	\$
OakmontREC	Su	3pm	FEF.ESKL	9/22	4PA

West Coast Swing II

(13-Adult) Prerequisite: West Coast Swing I. Singles are welcome, partners are recommended. Each student must register.

4PA 10--55 minute lessons--\$133

Location	Day	Time	Code	Begin	\$
OakmontREC	Su	4pm	MD6.62T2	9/22	4PA

MORE CLASSES ONLINE:
www.fairfaxcounty.gov/parks/parktakes



Dance

Social Dance-Basic Survival I

(13-Adult) Designed with the non-dancer in mind. Learn waltz, rumba, foxtrot, tango, swing, cha-cha and merengue basics. Partners encouraged, singles welcome. Each student must register.

3PA	8--55 minute lessons--\$105
DPBC	8--1 hour 25 minute lessons--\$143

Location	Day	Time	Code	Begin	\$
ProvREC	M	7pm	6D1.3FH8	9/16	3PA
Card Fst ES	Th	8:30pm	6D1.RMW4	9/12	DPBC
Woodson HS	T	7pm	6D1.UM7V	9/10	DPBC

Social Dance-Basic Survival II

(13-Adult) Prerequisite: Social Dance Basic Survival I, Ballroom I or equivalent. Continue expanding skills learned in level I. Partners encouraged, singles welcome. Each student must register.

DPBC	8--1 hour 25 minute lessons--\$143
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Location	Day	Time	Code	Begin	\$
Woodson HS	T	8:30pm	7A3.CADS	9/10	DPBC

Beyond Basic Survival-Couples

(13-Adult) For those who have completed Social Dance/Basic Survival II, Ballroom Dance II or equivalent. This class introduces additional advanced-level patterns in all dances plus additional dances. Each student must register.

DPBC	8--1 hour 25 minute lessons--\$143
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Location	Day	Time	Code	Begin	\$
Card Fst ES	Th	7pm	50D.GSOT	9/12	DPBC

Country & Western Line Dancing

Beginning I

(13-Adult) A variety of country and western line dances. Singles and couples welcome.

4PA	10--55 minute lessons--\$133
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Location	Day	Time	Code	Begin	\$
Frying Pan Pk	W	6pm	607.JW59	9/11	4PA
OakmontREC	Su	3pm	607.CGUW	9/22	4PA

Country & Western Line Dancing

Beginning II

(13-Adult) Prerequisite: Country & Western Line Dancing Beginning I or equivalent.

4PA	10--55 minute lessons--\$133
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Location	Day	Time	Code	Begin	\$
Frying Pan Pk	W	7:15pm	C8C.D788	9/11	4PA
OakmontREC	Su	4pm	C8C.1J65	9/22	4PA

Country & Western Line Dancing

Intermediate I

(13-Adult) Prerequisite: Country & Western Line Dancing Beginning II or equivalent.

4PA	10--55 minute lessons--\$133
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Location	Day	Time	Code	Begin	\$
OakmontREC	Su	5pm	742.EP5P	9/22	4PA

Country & Western Line Dancing

Intermediate II

(13-Adult) Prerequisite: Country & Western Line Dancing Intermediate I or equivalent.

4PA	10--55 minute lessons--\$133
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Location	Day	Time	Code	Begin	\$
OakmontREC	Su	6pm	81E.4HMY	9/22	4PA

Belly Dance I

(13-Adult) Join the fun and get in shape while learning the magic and mystery of the oldest dance form.

CPVF	8--55 minute lessons--\$121
DPVJ	10--55 minute lessons--\$151

Location	Day	Time	Code	Begin	\$
Franconia Rec	M	9:15am	Y21.5LLS	9/16	CPVF
Franconia Rec	F	9am	Y12.ST75	9/20	CPVF
ProvREC	F	12:20pm	Y21.0JKZ	9/20	CPVF
SoRunREC	Th	12:35pm	Y21.JS2H	9/19	DPVJ

Bachata

(13-Adult) Learn this popular, Dominican Republic dance that combines movements and turn patterns with some of the most exciting Argentine tango, cha-cha and salsa elements.

3PA	8--55 minute lessons--\$105
4PA	10--55 minute lessons--\$133

Location	Day	Time	Code	Begin	\$
ProvREC	M	8pm	872.2BK0	9/16	3PA
Wkfld/Moore	Th	6:30pm	871.MZ8K	9/19	4PA
Wkfld/Moore	Sa	5pm	872.VCJO	9/14	4PA

Latin Dancing I

(13-Adult) Learn the basic figures and turns from the three most popular dances at salsa clubs - salsa, merengue, and bachata. Also learn how to distinguish each dance's music and how to put a little bit of style into your dancing. For singles or couples, each student must register.

4PA	10--55 minute lessons--\$133
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Location	Day	Time	Code	Begin	\$
SpHillREC	Su	2pm	7BF.U6ER	9/15	4PA

Salsa I Singles & Couples

(13-Adult) Learn salsa basics and dance to current Latin hits. Each student must register.

4PA	10--55 minute lessons--\$133
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Location	Day	Time	Code	Begin	\$
Wkfld/Moore	F	6:30pm	375.YXTX	9/20	4PA

Salsa II Singles & Couples

(13-Adult) Prerequisite: Salsa I. Singles are welcome, partners are recommended. Each student must register.

4PA	10--55 minute lessons--\$133
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Location	Day	Time	Code	Begin	\$
OakmontREC	Su	5pm	P7M.ATWO	9/22	4PA
Wkfld/Moore	Th	7:30pm	P7M.70GY	9/19	4PA

Combo Salsa and Swing

(13-Adult) Learn the fiery steps of salsa and the smooth moves of East Coast Swing in a fun and energetic class. Students focus on building their confidence and rhythm in both styles. No partner needed.

3PA	8--55 minute lessons--\$105
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Location	Day	Time	Code	Begin	\$
Franconia Rec	Th	11am	MQB.6457	9/19	3PA

Hula Dance-Beginning

(13-Adult) Learn basic hula foot and hand motions and incorporate them into dances. Students should wear loose-fitting skirts.

4PA	10--55 minute lessons--\$133
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Location	Day	Time	Code	Begin	\$
SpHillREC	Su	2pm	DA9.EODV	9/15	4PA

Hula Dance-Intermediate

(13-Adult) Prerequisite: Hula I or equivalent. Wear loose-fitting skirts.

4PA	10--55 minute lessons--\$133
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Location	Day	Time	Code	Begin	\$
SpHillREC	Su	3pm	FAF.KSVW	9/15	4PA

Qualified instructors needed to teach children's classes

Contact Jennifer Braun 703-324-5540 or e-mail instructors@fairfaxcounty.gov.



Equestrian and Farm

FCPA Equestrian Facilities

Frying Pan Farm Park



2709 West Ox Road, Herndon

www.fairfaxcounty.gov/parks/frying-pan-park

703-437-9101

- Indoor and outdoor riding arenas
 - Jump equipment
 - Dressage ring
 - Cross-country course
 - Brand-new sound system
 - Horse shows
 - State-of-the-art barns with stalls for 150 horses.
- Due to the heavy use of indoor riding arena, please call for availability and cost. Frying Pan Farm Park does not have horses for rent. For show schedules, entry forms and rental details: www.fairfaxcounty.gov/parks/frying-pan-park/equestrian

Equestrian Programs and Classes

Please note that if you are unable to attend class, you must notify the stable at least one day in advance.

Please check with the stable; a make-up fee may be charged. For safety reasons, students must wear riding helmets and hard-soled shoes with a heel, not athletic shoes. Student must not exceed 200 lbs.

Frying Pan Farm Park

All classes at Frying Pan Farm Park are taught by Spirit Open Equestrian Program, Inc. (www.spirit-equestrian.org) and offer a safe and fun equestrian program for people of all ages and abilities. Classes are held outdoors and indoors depending on facility availability. All riders should arrive 15 minutes prior to class, wear long pants, shoes or boots with heels and dress for the weather. Helmets are mandatory, you may bring your own or one will be provided. Classes will be conducted with current, appropriate health and safety precautions. All participants must fill out paperwork prior to the first class. Download forms at www.fairfaxcounty.gov/parks/frying-pan-park/equestrian and <https://spirit-equestrian.org/documents>.



Laurel Hill Equestrian Center



9500 Furnace Road, Lorton

- Large, multi-purpose outdoor arena with all-weather footing
- Stadium jumps and dressage markers
- Trails for horse and bicycle riding
- Available dawn to dusk
- Private lessons, horse schooling and riding practice allowed
- Reservations are not required
- Use of the equestrian center is free of charge
- There are currently no horses for rent on the property

Scan the QR code to go directly to the Parktakes Online Equestrian & Farm page.



English Style Riding Lessons

Therapeutic Horseback Riding

(4-Adult) Class is open to new and returning students and is for riders with developmental, emotional, neurological and physical disabilities. Therapeutic riding contributes positively each rider's well-being, teaching safe and effective horsemanship in a group setting. Each lesson is tailored to the rider's abilities and focuses on development of balance, gross and fine motor skills, confidence and communication. Student weight must not exceed 200 lbs. A medical form is required by SPIRIT for participation.

DHAF 8--45 minute lessons--\$799

Location	Day	Time	Code	Begin	\$
Frying Pan Pk	M	6pm	1F7.VF53	9/16	DHAF
Frying Pan Pk	T	6pm	1F7.TQJ	9/17	DHAF
Frying Pan Pk	W	6pm	1F7.CL90	9/18	DHAF
Frying Pan Pk	Th	6pm	1F7.8U5M	9/19	DHAF

Therapeutic Horseback Riding II

(4-Adult) Prerequisite: Students must have taken Therapeutic Horseback Riding I for three consecutive sessions. Advancement is based on the rider's

Turner Farm Park



925 Springvale Road, Great Falls

703-437-8261

- Former dairy farm
- Almost 40 acres of open fields enclosed by perimeter fencing
- Open for general riding
- Novice-level, cross-country course
- Water, ditch and bank complexes
- Round pen
- Large multi-purpose outdoor arena
- All-weather footing
- Stadium jumps
- Dressage markers
- Reservations are not required
- Use of the equestrian center is free of charge
- Available dawn to dusk
- May be reserved for shows or events
- There are currently no horses for rent on the property

abilities, needs and personal progress. Each lesson is tailored to the rider's abilities. Student weight must not exceed 200 lbs. A medical form is required by Spirit for participation.

DHAF 8--45 minute lessons--\$799

Location	Day	Time	Code	Begin	\$
Frying Pan Pk	M	7pm	JJJ.QC8G	9/16	DHAF
Frying Pan Pk	T	7pm	JJJ.ZYU5	9/17	DHAF
Frying Pan Pk	W	7pm	JJJ.78IL	9/18	DHAF
Frying Pan Pk	Th	7pm	JJJ.ZVOB	9/19	DHAF

Horseback Riding-Beginner

(8-14 yrs.) For the student who has never taken lessons and wants to learn the basics. Student weight must not exceed 200 lbs.

DHAF 8--45 minute lessons--\$799

Location	Day	Time	Code	Begin	\$
Frying Pan Pk	M	6pm	15F.PUFP	9/16	DHAF
Frying Pan Pk	M	7pm	15F.BPQW	9/16	DHAF
Frying Pan Pk	T	6pm	15F.V251	9/17	DHAF
Frying Pan Pk	T	7pm	15F.RLLR	9/17	DHAF
Frying Pan Pk	Th	6pm	15F.AWXO	9/19	DHAF
Frying Pan Pk	Th	7pm	15F.3CWI	9/19	DHAF

Horseback Riding Advanced Beginner

(8-14 yrs.) Prerequisite: Students must have taken Horseback Riding Beginning for three consecutive sessions. Riders will build on skills learned in level I. Student weight must not exceed 200 lbs.

DHAF 8--45 minute lessons--\$799

Location	Day	Time	Code	Begin	\$
Frying Pan Pk	W	6pm	GR4.IKZ6	9/18	DHAF
Frying Pan Pk	W	7pm	GR4.L45A	9/18	DHAF

Kidwell Farm at

Frying Pan Farm Park

2709 West Ox Road, Herndon
703-437-9101

www.fairfaxcounty.gov/parks/fryingpanpark

Down on the Farm

Meet draft horses, chickens, peacocks, rabbits, sheep, goats, cows and pigs at Kidwell farm, Frying Pan Farm Park's 1930s era working farm. Pet the friendly farm animals, take a wagon ride or watch the farm hands at work. At the Kidwell Farm House, you can take a tour to see how farm families lived in the 1930s. Kidwell Farm is open daily from 9 a.m. to 5 p.m. More information about the park's historic schoolhouse, blacksmith shop and meeting house is available on the web. Groups are welcome, fees may apply. Field trip programs can be requested from the website. Call for tour information.

The Country Store

703-435-3710

Located in the former Vocational Agriculture Shop (c.1920), the Frying Pan Country Store is a one-stop shop with something for everyone - books of all kinds, toys, snacks and drinks, decorative items for the home and unique gifts.

Hours:

Monday-Thursday 10 a.m.-2 p.m.
Friday-Sunday 10 a.m.-4:30 p.m.

Child and Parent Programs

Animal Tea Party

(4-7 yrs.) Join us for a cozy tea party on the farm! Bring your favorite stuffed animal, help us decorate for the party and read a story. We will enjoy drinks and cookies in a special environmentally friendly tea set and meet one of our animals.

1--45 minute program

Location	Day	Time	Code	Date	\$
Frying Pan Pk	Sa	10am	M3W.0U9F	10/5	\$10/child
Frying Pan Pk	Sa	2pm	M3W.96QN	10/5	\$10/child
Frying Pan Pk	Sa	10am	M3W.A7DF	10/12	\$10/child
Frying Pan Pk	Sa	2pm	M3W.ICRR	10/12	\$10/child

Happy Birthday, Peter Rabbit!

(4-7 yrs.) Come celebrate the anniversary of this famous rabbit with a craft, cupcakes and our own farm bunnies.

1--1 hour program

Location	Day	Time	Code	Date	\$
Frying Pan Pk	Th	9:30am	3EN.0PFI	10/3	\$10/child
Frying Pan Pk	Th	11:30am	3EN.D5KQ	10/3	\$10/child

Little Hands on the Farm

Join us to learn about a different element of farm life each week. Children learn about a different part of the farm each session. Other activities can include story time, crafts and introductory level farm chores. One adult must attend with each child. Please limit one parent to attend with each child.

1--45 minute program

Location	Day	Time	Code	Date	\$
(2-3 yrs.)					
Frying Pan Pk	T	9:45am	58A.X0FD	9/10	\$10/child
Frying Pan Pk	T	9:45am	58A.2INS	9/24	\$10/child
Frying Pan Pk	T	9:45am	58A.TXK9	10/8	\$10/child
Frying Pan Pk	T	9:45am	58A.ZMDN	10/22	\$10/child

(3-5 yrs.)

Frying Pan Pk	T	11am	100.YRGD	9/10	\$10/child
Frying Pan Pk	T	11am	100.WKCF	9/24	\$10/child
Frying Pan Pk	T	11am	100.Q4KD	10/8	\$10/child
Frying Pan Pk	T	11am	100.0FWM	10/22	\$10/child

Little Hands on the Farm

(Spanish Language)

(2-5 yrs.) Join us to learn about a different element of farm life each week. Children will get to spend time with a different farm animal each session. Other activities can include, story time, creating crafts, and introductory level farm chores. One adult must attend with each child. Please limit one parent to attend with each child.

1--45 minute program

Location	Day	Time	Code	Date	\$
Frying Pan Pk	M	10:30am	EQK.JKKT	11/4	\$10/child

Putting the Animals to Bed

(3-Adult) When evening shadows spread over Kidwell Farm, it is time to put the animals to bed. Bring your flashlight or lantern for this twilight tour and learn how our farm animals settle down for the night. Dress for the weather. Children must be accompanied by a registered adult.

1--1 hour program

Location	Day	Time	Code	Date	\$
Frying Pan Pk	F	7pm	KOP.JDCE	9/6	\$10/ea.
Frying Pan Pk	Sa	7pm	KOP.006Z	9/7	\$10/ea.
Frying Pan Pk	Su	7pm	KOP.84TO	9/8	\$10/ea.
Frying Pan Pk	F	7pm	KOP.L7FT	9/13	\$10/ea.
Frying Pan Pk	Sa	7pm	KOP.07C3	9/14	\$10/ea.
Frying Pan Pk	Su	7pm	KOP.CQEP	9/15	\$10/ea.

HALLOWEEN ON THE FARM

SPOOKY FUN AWAITS:

Come trick-or-treat on the farm!

Friday, October 25

5 - 8 p.m.

Saturday, October 26

4:30 - 7:30 p.m.

\$10 per person



- Trick-or-treating on the farm
- Visit with farm animals
- Create spooky crafts
- Play Halloween games
- Tour the decorated farmhouse

Frying Pan Farm Park
2709 West Ox Road, Herndon

www.fairfaxcounty.gov/parks/frying-pan-park/

Fall Carnival Fun

at Frying Pan Farm Park

Back by Popular Demand!

Carnival & Harvest Fun!



Big Truck Night

Friday, October 18 - 5-7 p.m.

\$10 parking fee

FREE! See an assortment of Big Trucks throughout the farmyard from huge tractors to giant fire engines!



Fall Carnival

Friday, October 18 • 5-9 p.m.

Saturday, October 19 • 11a.m.-9 p.m.

Sunday, October 20 • 11a.m.-9 p.m.

\$10 parking fee

Games and Rides
Tasty Fair Food

Carnival tickets are \$1.25 each • 24 for \$25 • 48 for \$50

Carnival rides take 3-5 tickets each
<https://colerides.com/tickets>



Farm Harvest Days

Saturday-Sunday, October 19-20

10 a.m.-3 p.m.

\$10 parking fee

FREE! Watch the cider press in action, milk a cow, shell corn, peel apples, meet farm animals, play old-fashioned games, and watch farm demos.



Frying Pan Farm Park
2709 West Ox Road, Herndon
www.fairfaxcounty.gov/parks/frying-pan-park



FALL IN LOVE WITH PARKS AT THESE EVENTS



The Great Zucchini at Frying Pan Farm Park

Thursday, September 5

10 a.m. • HXC.PQBV

11:30 a.m. • HXC.MTNW

Frying Pan Farm Park • \$10/ea.

(2-Adult) Join us for a morning of laughter and fun as Frying Pan Farm Park welcomes The Great Zucchini. For over 25 years, The Great Zucchini has provided children with interactive, hands-on magic shows. This show will take place in our Visitor Center auditorium. Registration is required for everyone ages 2 and up.



Arctoberfest - Celebrate Archeology

Saturday, October 12

10 a.m.

Sully Historic Site

\$4M.AINJ • Free

(All Ages) Celebrate archeology month with a gathering of local archeologists. Fun demonstrations are available throughout the event. Explore the archaeological trail with our experienced staff archeologists, learn about the skills archeologists need and see some high-tech tools of the trade. Activities are family friendly and include a create your own take home craft.



Halloween on the Farm

Friday, October 25

5 p.m. • C1A.8SSV

6 p.m. • C1A.Q2Z5

7 p.m. • C1A.R5TW

Saturday, October 26

4:30 p.m. • C1A.S6PN

5:30 p.m. • C1A.STY0

6:30 p.m. • C1A.L0P7

Frying Pan Farm Park • \$10/ea

(All Ages) Come trick or treat on the farm! Visit with farm animals, create crafts, play games, tour the decorated farmhouse and enjoy the fall on the farm. The program runs in one hour time slots. Children must be accompanied by a registered adult.

Bug Fest

Saturday, September 28

10 a.m.-2 p.m. • Lake Accotink Park

2B5.NWQN • \$8/ea.

(4-Adult) Celebrate all things bugs with the whole family at our creepy-crawly adventure! Games and activities include insect safaris, live insects, insect collections, log rolling, soil stations, bug walks, critter talks, bug science, and crafts to make your own bug. Use technology to explore the world of insects. Children must be accompanied by a registered adult.



Ghost Town

Saturday, October 26 • 11 a.m. • 400.GFWV

Sunday, October 27 • 11 a.m. • 400.PRPG

Burke Lake Park • \$15/ea.

(All Ages) At this family-friendly Halloween event, family members can come in their best costumes to celebrate the holiday with an afternoon packed with fun but not-spooky activities. Ghost Town includes themed activity areas, train ride, carousel ride, crafts, a bounce house and mini golf. Tickets available online up until two days before the event. The price of admission covers all Ghost Town activities and services for one person. Pick up passes at the ice cream parlor on the day of the event. Children under age two ride free but must be accompanied by a paying adult. No refunds once the event has started. Contact the site directly with any questions.

Scan the QR code to go
directly to the Parktakes
Online Events page.



ELLANOR C. LAWRENCE PARK
PARKTOBER FEST
SPONSORED BY ECLP FRIENDS

Saturday, October 5, 2024
Noon - 5 p.m.

- Live music by The Walkaways & Kentucky Avenue
- Local foods and beverages brought to you by ODD BBQ, District Small Bites, ONO Brewery and River Sea Chocolates
- Area artisans and vendors
- Nature crafts with ECLP naturalists, and more

ATTENDANCE IS FREE!
www.fairfaxcounty.gov/parks/eclawrence
Cabell's Mill/Middlegate
5235 Walney Rd. • Chantilly

Unleash Your Inner Archaeologist at
ARC-TOBER FEST!
FREE

Saturday, October 12 • 10 a.m. - 2p.m.
Sully Historic Site

Don't miss this exciting opportunity to learn, explore and celebrate Archaeology Month with us at Arc-Tober Fest!

EXPERIENCE HANDS-ON ACTIVITIES LED BY REAL ARCHAEOLOGISTS:

- Search for clues and learn about historic resources.
- Discover the latest high-tech tools and equipment.
- Learn about valuable skills through interactive workshops.
- Meet and interact with exhibitors showcasing their work.
- Create archaeological-themed crafts.
- Participate in fun and engaging demonstrations.

www.fairfaxcounty.gov/parks/topics/archaeology-month

Thursday, September 5		
The Great Zucchini	Frying Pan Farm Park	pgs. 45, 85
Saturday, September 7		
Dog Daze	The Water Mine	pg. 103
Family Fun-Monarch Migration	Green Spring Gardens	pg. 91
Saturday, September 14		
Virginia Native American Festival	Riverbend Park	pgs. 55, 83
Saturday, September 28		
Bug Fest	Lake Accotink Park	pgs. 55, 92
Nature Walk with a Police Officer	Hidden Oaks Nature Center	pg. 93
Saturday, October 5		
Parktober Fest	Cabell's Mill/Middlegate	pg. 56
Fall Festival at Green Spring Gardens	Green Spring Gardens	pg. 73
Four Club Fall Classic	Jefferson Golf Course	pg. 76
Goblin Golf	Burke Lake Park	pg. 40
Saturday, October 12		
Arctober Fest-Celebrate Archaeology	Sully Historic Site	pgs. 55, 56, 80
Friday, October 18		
Shot in the Dark	Burke Lake Golf Center	pg. 76
Farm Harvest Carnival	Frying Pan Farm Park	pg. 54
Saturday, October 19		
House of Reptiles	Ellanor C. Lawrence	pg. 93
Haunted Pond	Hidden Pond Nature Center	pgs. 41, 91
Fall Tea Party	Colvin Run Mill	pg. 81
Fall Full Moon Hike	Huntley Meadows Park	pg. 94
Farm Harvest Carnival	Frying Pan Farm Park	pg. 54
Sunday, October 20		
Fall Foliage Kayak Expedition	Lake Accotink Park	pg. 99
Fall Festival Scramble	Pinecrest Golf Course	pg. 76
Farm Harvest Carnival	Frying Pan Farm Park	pg. 54
Friday, October 25		
Legends & Lore Night Hike & Campfire	Ellanor C. Lawrence Park	pg. 96
Shot in the Dark II	Burke Lake Golf Center	pg. 76
Halloween on the Farm	Frying Pan Farm Park	pgs. 54, 55
Haunted Mini Golf	Oakmont Rec Center	pg. 60
Saturday, October 26		
Halloween on the Farm	Frying Pan Farm Park	pgs. 54, 55
Haunted Mini Golf	Oakmont Rec Center	pg. 60
Ghost Town	Burke Lake Park	pgs. 55, 57, 101
Pumpkin Patch at Nature Playce	Hidden Oaks Nature Center	pg. 90
Family Fun - Pumpkin Painting	Green Spring Gardens Park	pg. 72
Halloween Runs	South Run Rec Center	pg. 57
Family Skate Night: Halloween Costume Party	Franconia Rec Center	pg. 39
Sunday, October 27		
Ghost Town	Burke Lake Park	pgs. 55, 57, 101
Fall Community Open House	Sully Historic Site	pgs. 57, 60
Pumpkin Party on the Hill	Historic Huntley	pg. 80
Saturday, November 9		
Adapted Sights and Sounds of Fall Campfire	Ellanor C. Lawrence Park	pg. 20
Fall Nature Appreciation & Celebration	Hidden Pond Nature Center	pg. 94
Sunday, November 10		
The War of 1812 and the Homefront	Colvin Run Mill	pgs. 81, 82
Saturday, November 16		
Fall Engineering Challenge	Hidden Oaks Nature Center	pg. 106
Astronomy Festival	Turner Farm Park Observatory	pgs. 53, 60
Thursday, November 21		
Turkey Cup	Greendale Golf Course	pg. 76



Monster Mash 5K Dash, Halloween Fun Run and Spooktacular Tiny Tot Trot

Saturday, October 26 • South Run Rec Center

Monster Mash 5K Dash

3:30pm • LRD.3001 \$25

(8-Adult) Sport your best Halloween outfit in this spooky informal 5K event in our beautiful, trailed parkland. No frills, just chills!

Halloween Fun Run

3:35 p.m. • TFO.Q72D \$15

(5-Adult) Sport your best Halloween outfit in this spooky informal one-mile fun run in our beautiful, trailed parkland. No frills, just chills!

Spooktacular Tiny Tot Trot

4 p.m. • WWF.1VVC \$15

(2-4 yrs.) Tiny Tots can off their energy on our mighty mash obstacle course filled with Halloween flair.



Fall Community Open House

Sunday, October 27 • 12 p.m.-5 p.m.

Sully Historic Site

CCO.94BY • \$12/ea.

(All Ages) Experience fall on an 18th century farm at Sully Historic Site and learn about the people who lived and worked on the farm. See demonstrations of spinning wool, and dyeing yarn with walnuts. Kids can play at pumpkin painting, candle making and fashioning corn husk dolls.

Astronomy Festival

Saturday, November 16 • 5-7:30 p.m.

Turner Farm

4DF.6NYG • \$10/ea.

(3-Adult) Enjoy activities including guided star gazing, looking through the telescope, and listening to ancient stories about the constellations around the campfire. Participate in other activities and games throughout the evening. Hot chocolate included with price of registration. Canceled if raining or snowing.



GHOST TOWN: NO SCREAMS, JUST TREATS!

SATURDAY-SUNDAY, OCTOBER 26-27

11 a.m. - 5 p.m. • BURKE LAKE PARK

\$15 in advance, \$20 at the door

THEMED ACTIVITY AREAS • TRAIN RIDE • CAROUSEL RIDE
CRAFTS • BOUNCE HOUSE • MINI GOLF

TICKET INFORMATION:

- Tickets available online up until two days before the event.
- Admission price covers all Ghost Town activities and services for one person.
- Children under age two ride free but must be accompanied by a paying adult.
- Passes can be picked up at the ice cream parlor on the day of the event.
- No refunds once the event has started.



www.fairfaxcounty.gov/parks/burke-lake



FREE!



*Live performances
through August!*

FAIRFAX COUNTY PARK AUTHORITY
Summer Entertainment Series
2024



A Free Children's Entertainment Series

Saturdays, June 15-August 17 • 10 a.m.

Burke Lake, Ellanor C. Lawrence Amphitheater

Mason District Park Amphitheater, Wakefield Park

Saturdays, June 15-August 17 • 6 p.m. • Mosaic District

Wednesdays, June 19-August 14 • 10 a.m. • Frying Pan Farm Park

Saturdays, August 3-24 • 7 p.m. • Sully Historic Site

Braddock Nights

Fridays, July 5-August 16 • 7:30 p.m.

Lake Accotink Park, Royal Lake Park

*Evenings on
the Ellipse*

Thursdays, July 11-August 15 • 5:30 p.m.

Fairfax County Government Center

**Franconia
Nights**

Wednesdays, July 3-August 21 • 7:30 p.m.

Franconia District Park

**HUNTER MILL
MELODIES**

Thursdays, July 11-August 15 • 7:30 p.m.

Frying Pan Farm Park

For a schedule of performances, visit www.fairfaxcounty.gov/parks/performances

The Summer Entertainment Series performances are possible thanks to the Fairfax County Park Authority, Board of Supervisors, volunteers and the many individuals, businesses and corporations who sponsored the series through the Fairfax County Park Foundation.

Performances are held outdoors, bring lawn chairs. In case of inclement weather call the concert hotline at 703-324-7469 before leaving home. Cancellations are posted one hour prior to the show time.



123 Andrés
(6/19 – Frying Pan Farm Park)



Ballet Folklórico Boliviano Nuestras Raíces
(7/13 - Ossian Hall Park)



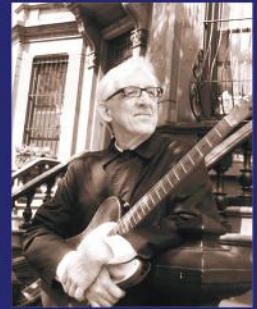
Saved by the 90s
(7/20 - Mosaic District)



The United States Navy Band Commodores
(7/26 – Mason District Park)



Pablo Perez El Alcalde de La Salsa
(7/31 – Franconia District Park)



Bill Kirchen
(8/2 – Royal Lake Park)

MOUNT VERNON NIGHTS

Fridays, June 7-August 30 • 7:30 p.m. • Grist Mill Park
Saturdays, June 1-August 24 • 7:30 p.m.
Workhouse Arts Center

Music at Arrowbrook Centre Park

Saturdays, July 13-August 31 • 7:30 p.m.
Arrowbrook Centre Park

Providence Presents

Thursdays, July 11-August 15 • 7:30 p.m.
Nottoway Park
Saturdays, June 15-August 17 • 6 p.m.
Mosaic Live! at Mosaic District

Spotlight by Starlight

Wednesdays, Fridays and Sundays
June 14-August 18 • 7:30 p.m. • Mason District Park
Saturdays, June 15-August 17 • 7:30 p.m.
Ossian Hall Park

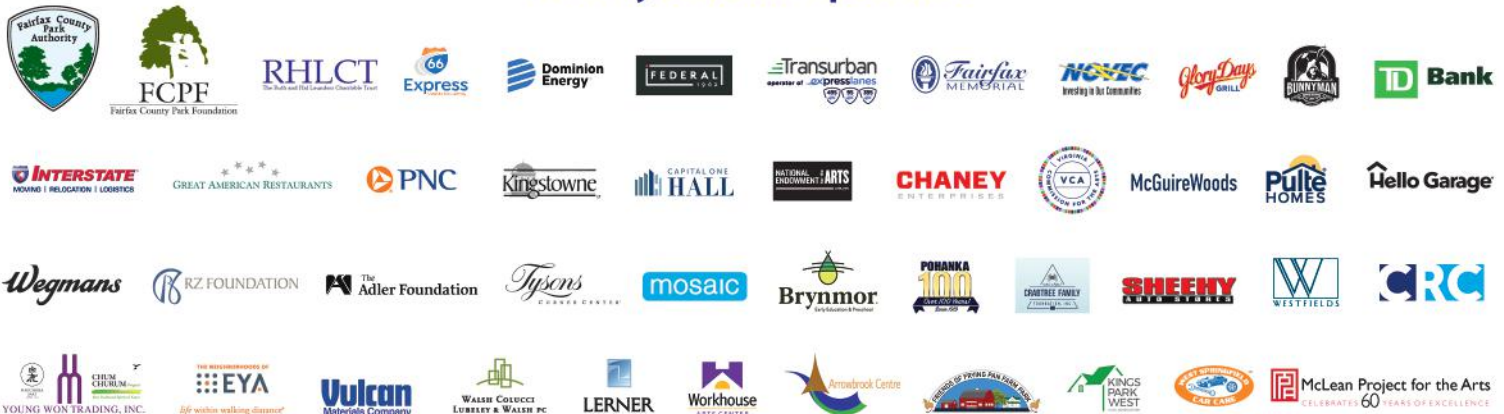
Springfield Nights

Wednesdays, June 26-August 21 • 7 p.m.
Burke Lake Park

Starlight Cinema

Fridays, August 3, 10, 17 and 24
Gates open - 6 p.m. • Children's show - 7 p.m.
Family Movie starts at dark • Sully Historic Site

Thank you to our sponsors!



Anonymous Donors • Canterbury Woods Civic Association • Family & Friends of Bob Lydick • Hilltop Sand and Gravel • Supporters of Mason District Park

Sunday, October 27 • Noon - 5 p.m.
Sully Historic Site • \$12 entry

Step Back in Time and Fall into Fun at the Community Open House!

- Demonstrations of spinning wool and dyeing yarn with walnuts
- Butter-making demonstrations
- Insights into food preservation methods
- Pumpkin painting and candle making for kids
- Crafting corn husk dolls



www.fairfaxcounty.gov/parks/sully-historic-site

OAK HILL OPEN HOUSE

Saturday, September 21

10 a.m.–2 p.m.

Oak Hill

4716 Wakefield Chapel Rd., Annandale

*Visit one of the oldest homes
in Fairfax County!*

In 2004, the Northern Virginia Conservation Trust, the Fairfax County Park Authority and the Fairfax County Board of Supervisors agreed to a historic and conservation easement to preserve the privately-owned Oak Hill home and property. The owners will open the property for tours of the grounds and first floor for this annual event.

www.fairfaxcounty.gov/parks/oak-hill



ASTRONOMY FESTIVAL Make Your Fall Out of This World!

Saturday, November 16 ♦ 5 p.m. - 7:30 p.m.

Turner Farm Park Observatory ♦ \$10

- Guided star gazing sessions
- Telescope viewing
- Ancient constellation stories around the campfire
- Other evening activities and games
- Hot chocolate included with registration
- Event canceled if raining or snowing



www.fairfaxcounty.gov/parks/astronomy

HAUNTED MINI GOLF

October 25 & 26 • 4–9 p.m.

Come dressed in your best costume!

All werewolves, vampires and goblins (and their families) are invited for a fun night of mini golf. Trick-or-treat and win various goodies at Oakmont Mini Golf!

- Food trucks
- Face painting
- Popcorn
- Games

Tickets cost \$12 in advance/\$15 at the door

Visit www.fairfaxcounty.gov/parks/reccenter/oakmont to register.

Oakmont Rec Center
3200 Jermantown Rd.
Oakton, Va. 22124



Frying Pan Farm Park

August 1-4, 2024

FAIRFAX COUNTY 4-H FAIR & CARNIVAL

- Old-Fashioned Family Fun
- Carnival Games & Rides
- Tractor Demos
- 4-H Exhibits & Shows
- Fair Food
- Live Entertainment
- Visit Farm Animals

Big Truck Night
Friday,
August 2
5-7 p.m.

UNLIMITED WRISTBAND SALES:

Purchase unlimited ride ticket wristbands in advance and save!

- Online: (Thursday and Friday) **\$20 per person**
 In-Person: (Thursday and Friday) **\$25 per person**
 Regular Ride Ticket Prices: **\$1.25 each | 24 for \$25 | 72 for \$60**

\$10 Parking fee Friday night
starting at 4 p.m. through Sunday

Tickets and information:
www.fairfaxcounty.gov/parks/4H-Fair



For Inclusion and ADA Support, call 703-324-8563. TTY Va. Relay 711



**2024
SCHEDULE**
*Buy Fresh,
Buy Local.*

WEDNESDAYS

**McCutcheon/Mt. Vernon
Sherwood Library**

April 17-December 18 • 8 a.m.-Noon
2501 Sherwood Hall Lane, Alexandria
SNAP accepted, bonus dollar program!



Oakmont Rec Center

May 1-November 6 • 8 a.m.-Noon
3200 Jermantown Road, Oakton

Wakefield • Wakefield Park

May 1-October 30 • 2 - 6 p.m.
8100 Braddock Road, Annandale
SNAP accepted, bonus dollar program!



THURSDAYS

Annandale • Mason District Park

May 2-November 14 • 8 a.m.-Noon
6621 Columbia Pike, Annandale
SNAP accepted, bonus dollar program!



Herndon

May 2-November 7 • 8 a.m.-Noon
700 Block of Lynn St., Herndon

FRIDAYS

McLean • Lewinsville Park

May 3-November 15 • 8 a.m.-Noon
1659 Chain Bridge Road, McLean
Closed May 17

Kingstowne

May 3-October 25 • 3 - 7 p.m.
5870 Kingstowne Towne Center, Alexandria

SATURDAYS

Burke • VRE Parking Lot

April 20-December 21 • 8 a.m.-Noon
5671 Roberts Parkway, Burke

Reston • Lake Anne Village Center

April 27-December 7 • 8 a.m.-Noon
1609-A Washington Plaza, Reston
SNAP accepted, bonus dollar program!



SUNDAYS

Lorton • VRE Parking Lot

May 5-November 10 • 8 a.m.-Noon
8990 Lorton Station Boulevard, Lorton
SNAP accepted, bonus dollar program!



For information and directions, visit
www.fairfaxcounty.gov/parks/farmersmarkets
or call 703-642-0128

Exercise and Physical Fitness

Scan the QR code to go directly to the Parktakes Online Exercise and Physical Fitness page.



Our Fitness and Wellness team is dedicated to putting fun in fitness. Whether you pay the daily Rec Center admission fee or purchase a longer-term pass, your admission entitles you to the variety and convenience of more than 300 drop-in classes a week. Rec Centers also offer specialty classes for an additional registration fee.

Rec Center Membership Pass

- No initiation fee. Convenient pass options available. Visit <http://go.usa.gov/5TK> for a list of rates.
- More than 300 drop-in fitness classes per week. Visit <http://go.usa.gov/52S> to see the list.
- Access to all Rec Center fitness centers fully equipped with Cybex strength equipment and a variety of cardiovascular machines.
- Pass privileges also include use of pools and admission to selected special events.
- Visit www.fairfaxcounty.gov/parks/passes for more information.

Personal Training

Our trainers' expert guidance and education can remove obstacles and help you reach your potential by:

- Using the latest training techniques to overcome plateaus and jumpstart your workout.
- Providing accountability and motivating you on the fast track to your desired results.
- Helping with a specific illness, injury or conditions.
- Providing sports-specific training to improve your performance.

Invest in your future fitness and enjoy the healthy payoff of working with one of our dedicated trainers. Small-group and private lessons in Pilates/reformer, yoga, TRX suspension training, and sports-specific conditioning available. For more information, visit <http://go.usa.gov/5Tg> or call your local Rec Center.

Healthy Strides Active Living Classes

5K Team-Beginner

(13-Adult) If you're in it to finish, try this beginner-friendly team. You start out mostly walking and end up running the whole 3.1-mile race.

3EB 8--55 minute lessons--\$104						
Location	Day	Time	Code	Begin	\$	
ProvREC	Sa	9am	2E4.7RRT	9/21	3EB	

Group Muscular Strength & Conditioning

Body Sculpting

(13-Adult) A lighter total body workout open to all levels of participants, this class focuses on general muscle conditioning.

4ED 11--55 minute lessons--\$146						
Location	Day	Time	Code	Begin	\$	
OakmontREC	Th	8am	8B3.XTD9	9/26	4ED	

MORE CLASSES ONLINE:
www.fairfaxcounty.gov/parks/parktakes



BODYPUMP

(13-Adult) BODYPUMP is the original barbell class that strengthens your entire body. Challenge all of your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Senior discount does not apply to these lessons.

4ECA 11--55 minute lessons--\$165						
Location	Day	Time	Code	Begin	\$	
ProvREC	M	6pm	A90.IBSH	9/16	4ECA	
ProvREC	W	6pm	A90.D2TX	9/18	4ECA	
SoRunREC	M	7pm	A90.IEFQ	9/16	4ECA	
SoRunREC	W	7pm	A90.KWDT	9/18	4ECA	
SoRunREC	Sa	8am	A90.K06D	9/21	4ECA	

Fitness for Women

(16-Adult) This specialized program delivers a female-friendly fitness makeover.

4ED 11--55 minute lessons--\$146						
Location	Day	Time	Code	Begin	\$	
SpHillREC	Su	5pm	41C.I0ZK	9/22	4ED	

Fitness for Seniors

(60 yrs+) Class is designed to help students build greater strength, flexibility and cardiovascular endurance by using weights, bands and low-to moderate-intensity aerobics.

4EB 11--55 minute lessons--\$144						
4EC 22--55 minute lessons--\$286						
Location	Day	Time	Code	Begin	\$	
CubRunREC	T	8am	1A0.UROV	9/17	4EB	
CubRunREC	T	12pm	1A0.ZJYB	9/17	4EB	
OakmontREC	T	8am	1A0.D73B	9/24	4EB	
OakmontREC	F	8am	1A0.I700	9/27	4EB	
ProvREC	T/Th	8:30am	1A0.Z9B1	9/17	4EC	
SpHillREC	T	12pm	1A0.0B58	9/17	4EB	
SpHillREC	F	11am	1A0.F907	9/20	4EB	

Kettlebell Training

(16-Adult) Kettlebell training is an excellent way to burn fat while building strength and power with just the right amount of controlled, explosive movement. Learn how to safely execute kettlebell technique and how to make appropriate modifications that work every major muscle group.

4ED 11--55 minute lessons--\$146						
Location	Day	Time	Code	Begin	\$	
SpHillREC	T	7pm	81F.OYZL	9/17	4ED	

Pickleball Conditioning

(60 yrs+) Improve your game and learn how to reduce the risk of injuries related to this popular sport. Exercises presented will help improve your agility, balance, strength, coordination, and range of motion.

4EB 11--55 minute lessons--\$144						
Location	Day	Time	Code	Begin	\$	
SpHillREC	W	1pm	FJE.BQ98	9/18	4EB	

Stay Active/Independent for Life-Standing

(55 yrs+) Stay Active and Independent for Life (SAIL) is a twelve-week evidenced-based strength, balance and fitness program designed to help students with balance issues or a history of falls. Class meets twice weekly with a certified SAIL instructor who leads exercises to improve overall fitness while focusing on improving balance. Exercise is done standing up.

4EVA 24--55 minute lessons--\$284						
Location	Day	Time	Code	Begin	\$	
ProvREC	T/Th	10am	E98.59GB	9/17	4EVA	

Total Body Conditioning

(60 yrs+) Add variety to your exercise program. Improve agility, balance and coordination, while increasing muscular endurance and strength.

4EB 11--55 minute lessons--\$144						
Location	Day	Time	Code	Begin	\$	
OakmontREC	M	12pm	F0C.9DT1	9/23	4EB	
OakmontREC	T	9:30am	F0C.X30D	9/24	4EB	
OakmontREC	W	12pm	F0C.OJQF	9/25	4EB	
OakmontREC	Th	10:30am	F0C.JCSQ	9/26	4EB	

TRX Suspension Training

(13-Adult) TRX suspension training uses individual body weight, gravity and suspension tools in an exciting way to get a whole new workout. Senior discount does not apply to these lessons.

4ECA 11--55 minute lessons--\$165						
Location	Day	Time	Code	Begin	\$	
SoRunREC	Th	7pm	35C.X7N5	9/19	4ECA	
SpHillREC	Su	3:30pm	35C.WG47	9/22	4ECA	
Wkfld/Moore	M	9am	35C.Q4PW	9/16	4ECA	
Wkfld/Moore	T	9am	35C.C0S0	9/17	4ECA	
Wkfld/Moore	W	7pm	35C.HOUR	9/18	4ECA	
Wkfld/Moore	Th	7pm	35C.83JW	9/19	4ECA	



HEALTHY STRIDES

Programs for your health and wellness

Learn more:
www.fairfaxcounty.gov/parks/healthy-strides



Weight Training

These classes are a great introduction to weight-training and combine educational topics (from safety, tips, and techniques to muscle groups and workout planning) with hands-on practice to learn proper form. Exercises and equipment covered will vary by location, with modifications presented for a variety of ages and abilities.

4EX 11--55 minute lessons--\$181					
Location	Day	Time	Code	Begin	\$
(Co-ed 16-Adult)					
SpHillREC	Sa	9am	BB2.OKQC	9/21	4EX
(Ladies only 16-Adult)					
SpHillREC	F	12pm	9EA.4ARY	9/20	4EX
(60 yrs.+)					
SpHillREC	Th	12pm	503.XSFY	9/19	4EX

Weight Training for Teens

(12-15 yrs.) Learn proper equipment use, techniques and safety along with stretching, strength and endurance exercises. Students who complete a final test are issued a weight room pass (to be used with admission) that entitles them to use the weight room without adult supervision.

4EW 5--55 minute lessons--\$85						
Location	Day	Time	Code	Begin	\$	
CubRunREC	Sa	10am	E8B.ATZZ	10/5	4EW	
OakmontREC	Th	5pm	E8B.OM6Z	9/26	4EW	
ProvREC	W	4pm	E8B.5FV3	9/18	4EW	
ProvREC	W	4pm	E8B.S1V7	10/23	4EW	
SoRunREC	Sa	4pm	E8B.OKQ7	9/21	4EW	
SpHillREC	W	4pm	E8B.KN6H	9/18	4EW	
SpHillREC	Su	5pm	E8B.G7D7	9/22	4EW	
SpHillREC	W	4pm	E8B.PAWJ	10/23	4EW	
SpHillREC	Su	5pm	E8B.7DCP	10/27	4EW	
Wkfld/Moore	M	5pm	E8B.69IN	9/16	4EW	
Wkfld/Moore	M	5pm	E8B.MZJ9	10/21	4EW	

Free Weight Training

(16-Adult) Learn proper techniques, safety and stretches to give you a great workout using free weights. This class focuses the upper body.

4EW 5--55 minute lessons--\$85						
Location	Day	Time	Code	Begin	\$	
SoRunREC	Sa	5pm	52C.1V8Q	9/21	4EW	
SoRunREC	Sa	5am	52C.ANB7	10/26	4EW	
SpHillREC	Su	4pm	52C.RV4D	9/22	4EW	
SpHillREC	Su	4pm	52C.2NYM	10/27	4EW	

Group Aerobic Exercise

Aerobics II

(60 yrs.+) This class is for the older adult who is beyond beginner but not quite advanced. Muscle strengthening with hand weights, low impact, moderate intensity aerobics and stretching are taught.

4EB 11--55 minute lessons--\$144						
Location	Day	Time	Code	Begin	\$	
OakmontREC	F	9:30am	C1D.A7J4	9/27	4EB	

Barre Workout

(13-Adult) This class incorporates ballet exercises, barres and light weights to help you tone and define your muscles. Learn the secrets of dancers for a totally toned body. Barre techniques class highly recommended prior to this program. Socks required.

4EB 11--55 minute lessons--\$144						
Location	Day	Time	Code	Begin	\$	
OakmontREC	M	7am	3BF.4EHA	9/23	4EB	
SoRunREC	W	9:30am	3BF.ZJ17	9/18	4EB	
SoRunREC	Sa	8am	3BF.IFUA	9/21	4EB	
SpHillREC	Sa	10am	3BF.L4FC	9/21	4EB	

Body Combat

(13-Adult) This is a high-energy, martial arts-inspired, non-contact workout. Punch, kick and strike your way to fitness! Please bring a water bottle and towel to class.

4EB 11--55 minute lessons--\$144						
Location	Day	Time	Code	Begin	\$	
Franconia Rec	Su	10am	45Q.DZEE	9/21	4EB	

Cardio Kickboxing

(13-Adult) This high-energy cardio class tones your entire body plus teaches you self-defense tactics. No contact required.

4EB 11--55 minute lessons--\$144						
Location	Day	Time	Code	Begin	\$	
ProvREC	T	6:30pm	7C5.RC4R	9/17	4EB	
ProvREC	Th	6:30pm	7C5.VLH7	9/19	4EB	
SoRunREC	T	6:30pm	7C5.OAE5	9/17	4EB	

Crew

(13-Adult) This class offers a non-impact, cardiovascular workout that strengthens the upper and lower body while burning a significant amount of calories. Rowers are provided.

4EB 11--55 minute lessons--\$144						
Location	Day	Time	Code	Begin	\$	
CubRunREC	W	9am	022.G1ZK	9/18	4EB	

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Exercise and Physical Fitness

Cycle Spin

(13-Adult) Ride your way to a stronger, leaner body. This group exercise program using stationary spin bike for a great cardio workout. Please bring a water bottle and towel to class.

4EB 11--55 minute lessons--\$144						
Location	Day	Time	Code	Begin	\$	
ProvREC	M	6pm	EIJ.ZSZL	9/16	4EB	
SoRunREC	T	6pm	EIJ.9XFI	9/17	4EB	
SoRunREC	Th	6:30pm	EIJ.8C7G	9/19	4EB	
SoRunREC	Sa	9am	EIJ.0UJ4	9/21	4EB	
SoRunREC	Su	3:45pm	EIJ.6YJJ	9/22	4EB	

Gentle Cardio

(13-Adult) This class is easy on the joints. Low impact aerobics offers an exciting, moderate intensity workout without any jumping. Class may include light body sculpting with hand weights or floor work at the end.

4EB 11--55 minute lessons--\$144						
Location	Day	Time	Code	Begin	\$	
CubRunREC	Th	12pm	GN4.U83N	9/19	4EB	

Zumba

(13-Adult) Dance themes combined with dynamic music turn fitness into a party! Maximize caloric output and tone your body using easy-to-follow dance steps. All levels welcome.

4EB 11--55 minute lessons--\$144						
Location	Day	Time	Code	Begin	\$	
SoRunREC	M	8pm	69F.D6WH	9/16	4EB	
SoRunREC	W	8pm	69F.XEOA	9/18	4EB	
SoRunREC	Sa	9am	69F.8AEL	9/21	4EB	
Wkfld/Moore	F	9am	69F.UIPT	9/20	4EB	

Zumba Gold

(60 yrs.+) Class features the same great Latin music and dance styles as Zumba but at a slower pace. This is a safe, easy way to do a great total body workout.

4EB 11--55 minute lessons--\$144						
Location	Day	Time	Code	Begin	\$	
ProvREC	M	10:30am	8F6.6801	9/16	4EB	
ProvREC	W	10:30am	8F6.FX5Z	9/18	4EB	
ProvREC	F	11am	8F6.4XTW	9/20	4EB	
SphillIREC	Th	10am	8F6.5BQI	9/19	4EB	
Wkfld/Moore	Th	9am	8F6.R5WB	9/19	4EB	

Alternative Exercise

Awareness through Movement for Better Posture

(13-Adult) Learn gentle and safe Feldenkrais lessons specifically designed to help you sit more comfortably. Find easy skeletal support to free your shoulders, arms and hands.

4EW 5--55 minute lessons--\$85						
Location	Day	Time	Code	Begin	\$	
ProvREC	Th	2:15pm	WE3.0ERD	10/24	4EW	

Awareness through Movement-Focus on Feet & Ankles

(13-Adult) Learn gentle and safe Feldenkrais lessons specifically designed to help you reduce tension that interferes with a stable and springy walk.

4EW 5--55 minute lessons--\$85						
Location	Day	Time	Code	Begin	\$	
ProvREC	Th	2:15pm	RPL.JV84	9/19	4EW	



Baby & Me Yoga

(Adults) This class is designed for caregivers and babies ages 6 weeks through crawling. Classes provide the opportunity to practice yoga with your baby and build community while doing poses that allow you to connect to your breath, body, and little one.

4EB 11--55 minute lessons--\$144						
Location	Day	Time	Code	Begin	\$	
CubRunREC	W	11am	BC3.VS99	9/18	4EB	

Balance and Beyond

(55 yrs+) Certified balance and mobility specialists help you enhance mobility, strength and flexibility. Advanced techniques from the FallProof fall prevention program are incorporated to improve wellness.

4EB 11--55 minute lessons--\$144						
Location	Day	Time	Code	Begin	\$	
OakmontREC	W	11am	FDD.1HU9	9/25	4EB	
ProvREC	Th	1pm	FDD.3GIH	9/19	4EB	
Wkfld/Moore	T	1:30pm	FDD.AFZN	9/17	4EB	
Wkfld/Moore	Th	11am	FDD.MUOU	9/19	4EB	

Bones for Life

(13-Adult) Learn safe weight-bearing exercises to increase and maintain bone health. This class uses impact exercises designed to reduce stress on vulnerable joints while building bone strength, balance and overall health.

4EE 11--1 hour 25 minute lessons--\$215						
Location	Day	Time	Code	Begin	\$	
ProvREC	Th	3:30pm	519.FMFP	9/19	4EE	

Creative Balance

(Adults) This class will help participants regain and improve balance skills and move with more ease, agility, and confidence. With fun music, simple physical games, props and challenges, you'll get social while addressing a wide range of factors involved in balance, from foot stability to core strength.

3EB 8--55 minute lessons--\$104						
4EB 11--55 minute lessons--\$144						
Location	Day	Time	Code	Begin	\$	
ProvREC	T	12:30pm	WBB.D67G	9/17	3EB	
SphillIREC	M	11am	WBB.RIEH	9/16	4EB	

Chair Yoga

(13-Adult) This gentle yoga class is for those who are unable to get up and down off the floor or who want the extra support of a chair. Students coordinate breath with movement and perform stretches, relaxation techniques, meditation and concentration exercises while using a chair for support.

4EB 11--55 minute lessons--\$144						
Location	Day	Time	Code	Begin	\$	
OakmontREC	Th	1pm	ED6.4ZXA	9/26	4EB	
SoRunREC	T	3:05am	ED6.RBS2	9/17	4EB	
SoRunREC	Th	11:15am	ED6.NX60	9/19	4EB	
Wkfld/Moore	M	1pm	ED6.H7I2	9/16	4EB	
Wkfld/Moore	T	10am	ED6.EXQ2	9/17	4EB	

Gentle Yoga

(13-Adult) Gentle stretches, yoga postures and breathing techniques increase flexibility and strength for those desiring a slower pace. This gentle practice may be suitable for individuals returning from illness or injury or those with physical challenges.

4EB 11--55 minute lessons--\$144						
Location	Day	Time	Code	Begin	\$	
CubRunREC	W	9am	21C.T403	9/18	4EB	
ProvREC	T	5:30pm	21C.7V88	9/17	4EB	
SoRunREC	T	2pm	21C.KUQY	9/17	4EB	
SoRunREC	Th	10am	21C.1GCL	9/19	4EB	
Wkfld/Moore	T	6pm	21C.T5UD	9/17	4EB	
Wkfld/Moore	F	11am	21C.LUJA	9/20	4EB	

Hatha Yoga I

(13-Adult) Learn basic yoga postures as you gain more strength and flexibility while using different breathing techniques. This class is designed to help improve your posture and bring you relaxation. Please bring a mat and towel to class.

4EB 11--55 minute lessons--\$144						
4EE 11--1 hour 25 minute lessons--\$215						
Location	Day	Time	Code	Begin	\$	
Franconia Rec	M	6pm	C21.HDQ0	9/16	4EB	
Franconia Rec	F	10:30am	C21.B41V	9/20	4EB	
Franconia Rec	Su	10:30am	C21.HZ2D	9/22	4EB	
OakmontREC	M	9:30am	C21.NJC7	9/23	4EB	
OakmontREC	T	6pm	C21.ELG2	9/24	4EE	
OakmontREC	Th	10:15am	C21.FK90	9/26	4EE	
OakmontREC	F	12pm	C21.3WFQ	9/27	4EB	
OakmontREC	Su	10:30am	C21.A1NM	9/29	4EE	
ProvREC	Th	5:30pm	C21.C9B0	9/19	4EB	
SoRunREC	M	5:45pm	C21.LSIP	9/16	4EB	
SoRunREC	M	9:30am	C21.QN8U	9/16	4EB	
SoRunREC	T	8pm	C21.DNMY	9/17	4EB	
SoRunREC	T	9am	C21.QL3M	9/17	4EE	
SoRunREC	W	7pm	C21.6ISG	9/18	4EB	
SoRunREC	W	10:30am	C21.D3Z4	9/18	4EB	
SoRunREC	Su	5pm	C21.96MK	9/22	4EB	
Wkfld/Moore	T	12pm	C21.OMAL	9/17	4EE	
Wkfld/Moore	W	7pm	C21.W3TX	9/18	4EE	

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Hatha Yoga II

(13-Adult) Prerequisite: Hatha Yoga I or equivalent. Please bring a mat and towel to class.

4EB	11--55 minute lessons--\$144				
4EE	11--1 hour 25 minute lessons--\$215				
Location	Day	Time	Code	Begin	\$
CubRunREC	Th	7pm	19F.IUSA	9/19	4EB
Wkfld/Moore	Th	7pm	19F.STSL	9/19	4EE

Hatha Combo

(13-Adult) Focus on basic yoga postures in this multi-level class. Practice includes varying levels with modifications to postures based on student experience. Please bring a mat and towel to class.

4EB	11--55 minute lessons--\$144				
4EE	11--1 hour 25 minute lessons--\$215				
Location	Day	Time	Code	Begin	\$
Frying Pan Pk	M	7pm	F3F.BOFU	9/9	4EE
Wkfld/Moore	T	10:30am	F3F.IPPE	9/17	4EB

Gentle Pilates

(13-Adult) Loosen the joints and spine and create new movement opportunities gently in a class designed to support special needs and abilities of the practitioner. Use basic Pilates principles, working from the inside out and integrating mind, breath and body to leave this class renewed and reinvigorated.

4EB 11--55 minute lessons--\$144					
Location	Day	Time	Code	Begin	\$
OakmontREC	W	3:30pm	F82.ODUT	9/25	4EB
OakmontREC	F	7am	F82.WNAZ	9/27	4EB

Pilates

(13-Adult) Practice classical exercise sequences based on Pilates method. Focus on core control, alignment and breathing to properly execute exercises that strengthen and lengthen the body.

4EB		11--55 minute lessons--\$144			
Location	Day	Time	Code	Begin	\$
CubRunREC	W	5pm	16E.N84E	9/18	4EB
CubRunREC	Sa	8am	16E.69M5	9/21	4EB
Franconia Rec	W	5:30pm	16E.R6HT	9/18	4EB
OakmontREC	W	9am	16E.20K0	9/25	4EB
SoRunREC	Th	6pm	16E.TC67	9/19	4EB
SoRunREC	F	7pm	16E.KT4I	9/20	4EB
SoRunREC	Su	5pm	16E.B506	9/22	4EB
SpHillREC	T	10am	16E.9NV9	9/17	4EB
SpHillREC	Th	10am	16E.K2NW	9/19	4EB

Gentle Pilates Allegro Reformer

(13-Adult) Pilates lessons on a special apparatus that provides various resistance levels within a full range of motion. These gentle lessons help loosen the joints and spine and create new movement opportunities, balance, and flexibility in a class designed to support the special needs and abilities of the practitioner. Senior discount does not apply to these lessons.

4EAA 11--55 minute lessons--\$234					
Location	Day	Time	Code	Begin	\$
SpHillREC	F	11am	78C.OHH7	9/20	4EAA
SpHillREC	F	12pm	78C.DTD5	9/20	4EAA
SpHillREC	Sa	11am	78C.4GUR	9/21	4EAA

Pilates Allegro Reformer Lessons

(13-Adult) Pilates lessons on a special apparatus that provides various levels of resistance within the full

range of motion. Private lessons stretch and strengthen your entire body and help you develop body muscle balance, flexibility, agility and bone density. Intro to Pilates Mat recommended. Senior discount does not apply to these lessons.

4EAA	11--55 minute lessons--\$234				
Location	Day	Time	Code	Begin	\$
CubRunREC	M	6pm	08E.AUQ0	9/16	4EAA
CubRunREC	M	9:45am	08E.3NXR	9/16	4EAA
CubRunREC	T	5:45pm	08E.VQOT	9/17	4EAA
CubRunREC	T	9am	08E.Y257	9/17	4EAA
CubRunREC	T	10am	08E.CLGK	9/17	4EAA
CubRunREC	T	11am	08E.4P7P	9/17	4EAA
CubRunREC	W	10am	08E.VQ5A	9/18	4EAA
CubRunREC	W	11am	08E.YIET	9/18	4EAA
CubRunREC	F	10am	08E.CR3E	9/20	4EAA
CubRunREC	Sa	11am	08E.Q7XT	9/21	4EAA
CubRunREC	Sa	12pm	08E.ZOHM	9/21	4EAA
CubRunREC	Su	9:30am	08E.TP8U	9/22	4EAA
CubRunREC	Su	10:45am	08E.TGU7	9/22	4EAA
Franconia Rec	M	6:30pm	08E.9XOV	9/16	4EAA
Franconia Rec	M	7:30pm	08E.9F95	9/16	4EAA
Franconia Rec	W	6:30pm	08E.3UTL	9/18	4EAA
Franconia Rec	W	10am	08E.T48Q	9/18	4EAA
Franconia Rec	Th	4pm	08E.PEJF	9/19	4EAA
Franconia Rec	Su	5:30pm	08E.PPRQ	9/22	4EAA
ProvREC	M	10:30am	08E.KHGQ	9/16	4EAA
ProvREC	T	6pm	08E.L522	9/17	4EAA
ProvREC	T	10am	08E.UXE0	9/17	4EAA
ProvREC	T	11am	08E.KX27	9/17	4EAA
ProvREC	W	10am	08E.MSCY	9/18	4EAA
ProvREC	Th	5:30pm	08E.V2B8	9/19	4EAA
ProvREC	Th	10:30am	08E.0KGK	9/19	4EAA
ProvREC	Th	11:30am	08E.6BGZ	9/19	4EAA
ProvREC	Su	9am	08E.MKLI	9/22	4EAA
SoRunREC	M	6pm	08E.JQ9A	9/16	4EAA
SoRunREC	W	10am	08E.WU40	9/18	4EAA
SpHillREC	W	6pm	08E.AYLY	9/18	4EAA
SpHillREC	W	7pm	08E.7YFG	9/18	4EAA
SpHillREC	Th	6pm	08E.PDDO	9/19	4EAA
SpHillREC	Sa	9am	08E.A6ZP	9/21	4EAA

Pilates Allegro Reformer Lessons II

(13-Adult) Pilates lessons on a special apparatus that provides a workout with complex exercise variations and longer sets. The movements develop coordination, strength and flexibility while the concentration required improves the mind-and-body connection. Prerequisite: Pilates Allegro Reformer I. Senior discount does not apply to these lessons.

4EAA 11--55 minute lessons--\$234					
Location	Day	Time	Code	Begin	\$
CubRunREC	T	7pm	5B6.CZAP	9/17	4EAA
CubRunREC	Th	5:45pm	5B6.HSOP	9/19	4EAA
Franconia Rec	T	5:30pm	5B6.FCXV	9/17	4EAA
Franconia Rec	W	7:30pm	5B6.U9JE	9/18	4EAA
ProvREC	T	5pm	5B6.4FLM	9/17	4EAA
SpHillREC	M	6:30pm	5B6.4L8J	9/16	4EAA
SpHillREC	T	8am	5B6.UEZG	9/17	4EAA
SpHillREC	T	9am	5B6.79Q2	9/17	4EAA
SpHillREC	W	8am	5B6.H772	9/18	4EAA
SpHillREC	W	8am	5B6.IF7T	9/18	4EAA
SpHillREC	W	10am	5B6.LQ03	9/18	4EAA
SpHillREC	W	10am	5B6.RNRS	9/18	4EAA
SpHillREC	F	10am	5B6.4GJQ	9/20	4EAA



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Exercise and Physical Fitness



Pilates Allegro Reformer & Tower

(13-Adult) Prerequisite: Pilates Allegro Reformer I or Pilates Mat. This full-body workout uses Allegro Reformers and Towers, mat work and props. Lessons enhance core strength, flexibility, neuromuscular coordination and balance. Improve body awareness as you learn the essentials of working on the towers. Senior discount does not apply to these lessons.

4EAA 8--55 minute lessons--\$234						
Location	Day	Time	Code	Begin	\$	
SpHillREC	Th	7pm	A40.PKZ2	9/19	4EAA	
SpHillREC	Sa	10am	A40.HDSQ1	9/21	4EAA	

Pilates Allegro Reformer Jumpboard

(13-Adult) This exciting express format adds aerobic elements to your Pilates reformer program through the use of a jumpboard attachment. Participants will also perform a variety of additional strength and stability exercises. Students should be able to do level 2 class work.

4EAC 11--minute lessons--\$117						
Location	Day	Time	Code	Begin	\$	
SpHillREC	W	11am	719.3M3V	9/18	4EAC	

Mat Fusion

(13-Adult) Looking for a safe and effective way to improve flexibility, endurance and muscle tone? Mat fusion encompasses the Eastern philosophy of yoga, the holistic approach of Pilates and the application of floor-based exercise techniques.

4EB 11--55 minute lessons--\$144						
Location	Day	Time	Code	Begin	\$	
SoRunREC	T	7pm	34B.D037	9/17	4EB	

Meditation

(13-Adult) Focus and calm your mind with breathing exercises that release tension. Centered mindfulness relaxes the physical body for overall wellbeing, concentration and positive energy.

4EB 11--55 minute lessons--\$144						
Location	Day	Time	Code	Begin	\$	
CubRunREC	T	8:30pm	7C4.E16F	9/18	4EB	

Tai Chi I

(13-Adult) Tai Chi promotes flexibility, balance and physical control. This low-impact mind/body class is based on ancient Chinese exercises to increase energy flow while decreasing stress.

3EB 8--55 minute lessons--\$104						
4EB 11--55 minute lessons--\$144						
Location	Day	Time	Code	Begin	\$	
CubRunREC	T	5pm	ED9.RCM1	9/17	4EB	
Franconia Rec	W	6pm	ED9.4QHH	9/18	4EB	
Frying Pan Pk	Th	8pm	ED9.955F	9/12	3EB	
GrnSprGardn	M	1:30pm	ED9.0V91	9/9	4EB	
OakmontREC	M	4:30pm	ED9.GGXK	9/23	4EB	
OakmontREC	T	8pm	ED9.LPNV	9/24	3EB	
ProvREC	M	1pm	ED9.YH7Y	9/16	4EB	
ProvREC	W	1pm	ED9.RMJK	9/18	4EB	
SpHillREC	M	7pm	ED9.YQGT	9/16	4EB	
SpHillREC	Sa	9am	ED9.BRX9	9/21	4EB	

Tai Chi II

(13-Adult) Tai Chi I strongly recommended.

4EB 11--55 minute lessons--\$144						
Location	Day	Time	Code	Begin	\$	
CubRunREC	T	7pm	630.8032	9/17	4EB	
Franconia Rec	Th	6pm	630.7FE1	9/19	4EB	
GrnSprGardn	M	11am	630.TS6H	9/9	4EB	
OakmontREC	M	5:30pm	630.9KTL	9/23	4EB	
ProvREC	M	2pm	630.M9R0	9/16	4EB	
ProvREC	W	2pm	630.SF3W	9/18	4EB	
SpHillREC	M	7pm	630.4XN9	9/16	4EB	
SpHillREC	Sa	10am	630.EG2T	9/21	4EB	



ADAPTED AQUATICS VOLUNTEERS

- Under the supervision of trained instructors, Adapted Aquatics volunteers work one-on-one with children and adults who have intellectual or physical disabilities.
- The only requirements are a willing heart and a commitment to an eight or 10-week class series. You don't have to be an expert swimmer - just comfortable in the water.
- Volunteers work at **Audrey Moore, Cub Run, Franconia, George Washington, Oakmont, Providence, South Run and Spring Hill Rec Centers.**

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Tai Chi III

(13-Adult) Tai Chi II strongly recommended.

4EB 11--55 minute lessons--\$144						
Location	Day	Time	Code	Begin	\$	
CubRunREC	T	6pm	156.RF57	9/17	4EB	
Franconia Rec	Th	7pm	156.BIG7	9/19	4EB	
GrnSprGardn	M	12:15pm	156.LR65	9/9	4EB	
OakmontREC	M	3:15pm	156.9RDB	9/23	4EB	
ProvREC	W	3pm	156.Y4G9	9/18	4EB	

Tai Chi w/Props I

(13-Adult) Prerequisite: Tai Chi II or equivalent. For the continuing tai chi practitioner interested in learning the tai chi fan. Equipment is available for purchase from instructor or bring your own with instructor permission.

3EB 8--55 minute lessons--\$104						
Location	Day	Time	Code	Begin	\$	
SpHillREC	W	7pm	CF1.2EYU	9/18	3EB	

Tai Chi Yang Style

(13-Adult) Learn six choreographed forms of Tai Chi consisting of 108 postures that are often described as "moving meditation." Traditional martial arts warm-up exercises are included in all classes. Please bring a water bottle, mat and towel to class.

4EB 11--55 minute lessons--\$144						
Location	Day	Time	Code	Begin	\$	
Wkfld/Moore	W	7pm	LLG.XUJS	9/18	4EB	
Wkfld/Moore	Su	9:30am	LLG.HUYR	9/22	4EB	
Wkfld/Moore	Su	10:30am	LG.WM2Y	9/22	4EB	

Prenatal Yoga

(Adults) Designed for the pregnant body, mind, and soul. Students learn modified postures for comfort and stability as well as tools to use throughout pregnancy and labor such as appropriate breathing techniques and meditations.

4EB 11--55 minute lessons--\$144						
Location	Day	Time	Code	Begin	\$	
CubRunREC	W	10am	ZIF.3K7T	9/18	4EB	

Vinyasa Yoga

(13-Adult) This active, flowing yoga style incorporates breath-synchronized movements, allowing poses to flow from one to another. Class develops strength, flexibility and breath awareness while leaving the body energized and the mind at peace.

4EB 11--55 minute lessons--\$144						
4EE 11--1 hour 25 minute lessons--\$215						
Location	Day	Time	Code	Begin	\$	
CubRunREC	M	7pm	308.QXKW	9/16	4EB	
OakmontREC	M	6:30pm	308.06AQ	9/23	4EE	
SpHillREC	M	1pm	308.JOPD	9/16	4EE	

Yin Yoga

(13-Adult) Yin Yoga incorporates seated and supine postures that are held for longer periods (1-5 minutes each), targeting connective tissues, joints, and fascial networks. In this relaxing class, you will stretch all major muscle groups to help improve flexibility, regain range of motion, reduce pain, and prevent injuries. It will also help calm the mind, reduce stress, activate the parasympathetic nervous system and improve concentration. Bring a mat and a towel to class.

4EE 11--1 hour 25 minute lessons--\$215						
Location	Day	Time	Code	Begin	\$	
SpHillREC	Th	6pm	KXS.3RRT	9/19	4EE	

Yoga & Bonfire Evening at Lake Accotink

(13-Adult) If you are looking for something a little different that is peaceful, inspirational and transformative, then bring your yoga mat to Lake Accotink for an evening sunset, star gazing and a bonfire. The evening's practice will focus on Hatha techniques to stretch, build core strength, and stability to the mind and body. This practice is for all levels of yoga. Please bring a mat, towel, and water. If the evening is cool, please bring a wrap or sweater as we will practice outside near the lake.

3EYZ 1--2 hour session--\$26

Location	Day	Time	Code	Begin	\$
LkAccotnkPk	Su	6:30pm	DRC.VNK1	9/22	3EYZ

Yoga for Gardeners

(Adults) This class features a gentle introduction to the Vinyasa method which helps participants increase the strength, flexibility and endurance necessary for gardening. Class held indoors.

4EB 11--55 minute lessons--\$144

Location	Day	Time	Code	Begin	\$
GrnSprGardn	M	9:30am	6E6.7C84	9/9	4EB

Yoga for Golfers

(13-Adult) Classes focus improving flexibility, swing rotation, posture awareness and balance. Your stamina improves and risk of injury decreases.

4EA 5--55 minute lessons--\$67

Location	Day	Time	Code	Begin	\$
Pinecrest GC	Sa	9am	835.ZBUL	9/7	4EA



Yoga for Stress Management

(13-Adult) The stress of everyday life can create body tension and stiffness and can also affect mood and energy level. This class combines yoga postures and stretching with breathing and relaxing meditations restoring positive energy and renewing an overall sense of wellness.

4EE 11--1 hour 25 minute lessons--\$215

Location	Day	Time	Code	Begin	\$
SpHillREC	Su	5pm	D01.WKEH	9/22	4EE

Yoga Groove

(13-Adult) Chill out vinyasa style in this upbeat class that fuses classic yoga poses and flows with popular music. Movement, music and breath are used to open the body's energy centers so energy can flow freely through the body. No previous yoga or dance experience needed.

4EB 11--55 minute lessons--\$144

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	M	7pm	49D.5V4W	9/16	4EB

Outdoor Classes

Outdoor Running for Fitness

(13-Adult) Master the basics of running to reduce your chances for injury. This class builds confidence, improves your form and increases your fitness. Beginners welcome! Class takes place outdoors.

4EB 11--55 minute lessons--\$144

Location	Day	Time	Code	Begin	\$
SoRunREC	Sa	8:30am	EC2.02C5	9/21	4EB

Virtual Classes

Virtual Chair Yoga

(13-Adult) This gentle yoga class is for those who are unable to get up and down off the floor or who want the extra support of a chair. Students coordinate breath with movement and perform stretches, relaxation techniques and meditation/concentration exercises while using a chair for support. This class will be delivered online using Microsoft Teams or Zoom. Class registrants will be emailed a link to the class meetings prior to the start of class.

4EB 11--55 minute lessons--\$144

Location	Day	Time	Code	Begin	\$
Virtual FCPA	T	3:05pm	I1Y.M3N9	9/17	4EB
Virtual FCPA	Th	11:15am	I1Y.IVTO	9/19	4EB

Virtual Pilates

(13-Adult) Practice classical exercise sequences based on Pilates method. Focus on core control, alignment and breathing to properly execute exercises that strengthen and lengthen the body. This class will be delivered online using Microsoft Teams or Zoom. Class registrants will be emailed a link to the class meetings prior to the start of class.

4EC 22--55 minute lessons--\$286

Location	Day	Time	Code	Begin	\$
Virtual FCPA	T	8:30am	IS8.AKXH	9/24	4EC

Virtual Tai Chi II

(13-Adult) Build on the movements learned in Tai Chi I for a longer sequence of movement patterns for better flexibility and balance. Tai Chi I recommended. This class will be delivered online using Microsoft Teams or Zoom. Class registrants will be emailed a link to the class meetings prior to the start of class.

4EB 11--55 minute lessons--\$144

Location	Day	Time	Code	Begin	\$
Virtual FCPA	M	12pm	MXS.1A2D	9/23	4EB



Meet Providence Rec Center Instructor Patricia Linderman: Creativity and Positive Change at Any Age

Providence Rec Center instructor Patricia Linderman, age 63, knows what it's like to worry about "going downhill." Ten years ago, alarmed at the decline in her fitness and energy levels, she switched to a Mediterranean-style eating plan and joined aqua exercise classes at Providence and Spring Hill Rec Centers three times a week. Excited about the positive changes she felt, she broadened her range of activities and started a learning journey that eventually led to certifications as a personal trainer, health coach, Laughter Yoga leader and Functional Aging Specialist, with an independent practice called "Fierce After 45."

Now she is sharing her famously infectious enthusiasm at Providence Rec Center in a class called Creative Balance (where one participant in her 70s regained her ability to put on her pants while standing up!) and a wide range of drop-in wellness workshops, ranging from Pelvic Floor Health to Laughter Yoga to Falling Safely and Getting Back Up Again.

Her methods are aimed at people who might be a little skeptical, as she was, about the possibility of feeling better even as we age. She emphasizes quick, simple activities we can add to our busy lives to improve our well-being in both mind and body. She's also well-known for the unconditionally supportive environment of her classes and her creativity in using music, props and non-competitive games. Keep an eye out for Patricia's Creative Balance class in Parktakes and for the wellness workshops on Providence's drop-in calendar.

Fine Arts and Crafts

Scan the QR code to go directly to the Parktakes Online Fine Arts page.



Some classes may have supply fees so check class descriptions for details. Any supply fees are payable at first class and are non-refundable.

Composition in Art

(Adults) Students learn about art composition through pictures and exercises, then will apply these skills to create their own artwork. Topics include the rule of thirds, the golden ratio and elements of composition. Class is for all skill levels.

4FB 10--1 hour 25 minute lessons--\$188

Location	Day	Time	Code	Begin	\$
OakmontREC	Th	11am	WFJ.04M6	9/26	4FB

Art Above & Beyond

(6-12 yrs.) This mixed-media class offers a variety of projects including drawing and painting. Supply fee payable to instructor at first class.

3FA 8--55 minute lessons--\$101
3FB 8--1 hour 25 minute lessons--\$150
4FA 10--55 minute lessons--\$125

Location	Day	Time	Code	Begin	\$
OakmontREC	T	4:30pm	EB5.3P7S	9/24	3FB
SoRunREC	Sa	4:30pm	EB5.AW74	9/14	3FA
SoRunREC	Sa	10:30am	EB5.6IAA	9/14	3FA
Wkfld/Moore	M	5:30pm	EB5.H42L	9/16	4FA

Colorful Art by Abrakadoodle

(6-12 yrs.) Young artists will create colorful paintings, imaginative drawings, and unique sculptures using watercolors, modeling compounds and paints. Practice "masking" while painting an abstract forest. Students will take an imaginary tour to New England and paint lighthouse scenes.

DFVW 8--55 minute lessons--\$173

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	11:30am	PRL.R6OF	9/21	DFVW
SoRunREC	W	5pm	PRL.HDTB	9/18	DFVW
SphillREC	T	5pm	PRL.6NB9	9/17	DFVW

Discovery Art

(6-12 yrs.) Develop basic art skills using a variety of media. Additional supply fee payable to instructor at first class.

3FB 8--1 hour 25 minute lessons--\$150

Location	Day	Time	Code	Begin	\$
OakmontREC	Th	4:30pm	FG7.R5I9	9/26	3FB



www.fairfaxcounty.gov/parks/volunteer



Discover Drawing I

This course teaches fundamental drawing skills through various techniques and projects. Students need to bring an 11"x14" sketch pad and two drawing pencils (HB & 6B). Supply fee payable to instructor at first class.

4FA 10--55 minute lessons--\$125
4FB 10--1 hour 25 minute lessons--\$188
DFGB 8--1 hour 25 minute lessons--\$145

Location	Day	Time	Code	Begin	\$
SoRunREC	Sa	11:45am	D6A.SUKE	9/14	4FA
Wkfld/Moore	F	5pm	D6A.OLCK	9/20	4FB
Wkfld/Moore	F	6:45pm	D6A.TT24	9/20	4FB
OakmontREC	T	10am	B34.E8SP	9/24	4FB
WoodsonHS	T	7pm	B34.ZZNE	9/17	DFGB

Drawing with Color

(16-Adult) Class focuses on drawing fundamentals, such as lines, angles, and shading from light to dark shades as well as developing an eye for forms, shapes and details. Students learn to present the speed of action using by lines, colors and motions. Color values, saturations and temperature, warm light and cool shadow will also be covered.

4FB 10--1 hour 25 minute lessons--\$188

Location	Day	Time	Code	Begin	\$
OakmontREC	Th	12:30pm	D7E.ZDEH	9/26	4FB

Drawing with Perspective

(Adults) This class is for art students of any level who want to understand and manage perspective skills in their drawings and paintings. Work on pieces in your preferred medium that explore basics of perspective, helping artists to learn concepts of depth, sense of space, proportions and dimensions. Perspective concepts to be covered include one point perspective, vanishing point and horizon line. Recommended art supply list will be sent via email before start of class.

4FB 10--1 hour 25 minute lessons--\$188

Location	Day	Time	Code	Begin	\$
ProvREC	W	11:30am	SSQ.00W8	9/18	4FB

Creating Comics

Students learn about various aspects of drawing and creating comics, such as emotive faces, anatomy, character development, and important elements in sequential storytelling. This Baroody Camps class is geared towards those interested in creating their own personal comic books. The program, developed and taught by pro comic book creator Arisia Rozegar (credits include Marvel's Iron Man, The Incredible Hulk and X-Men) delves into the hands-on fun of creating sequential art that is not limited to the super-hero genre. Any supply fee payable to instructor at first class.

DFVR 8--55 minute lessons--\$137

Location	Day	Time	Code	Begin	\$
CubRunREC	Su	11:30am	7KT.8JYW	9/15	DFVR
LittleRun ES	Sa	9:30am	7KT.CKUB	9/21	DFVR
Woodson HS	T	6:30pm	7KT.OJPA	9/24	DFVR
LittleRun ES	Sa	10:30am	LEH.THQM	9/21	DFVR
Woodson HS	T	7:30pm	LEH.GSH4	9/24	DFVR

Drawing and Learning about Mushrooms

(16-Adult) Early fall is a great time to look for fungi in the woodlands. Learn some categories of local fungi based on shapes, tips for drawing and painting mushrooms and hike to search for fungi each week in the park. We will try some field sketching too. Your choice of colored pencil or watercolor. Dress for the weather.

3FL 2--2 hour lessons--\$46

Location	Day	Time	Code	Begin	\$
HiddenOaks	Sa	9:30am	46T.1R6T	9/14	3FL

Nature Drawing

(Adults) Join local naturalist and artist Margaret Wohler on the trails to learn about and draw the plants and animals that live in Huntley Meadows Park. Class focuses on basic drawing skills, color theory, perspective, shading, gesture, contour and realistic rendering. Emphasis is on experience over product.

4FPB 4--1 hour 25 minute lessons--\$80

Location	Day	Time	Code	Begin	\$
HuntMdws	M	1pm	205.F3ZJ	10/7	4FPB

Sketching Along the Lakeside

(13-Adult) Walk with a naturalist by the lakeside and learn techniques and tips for drawing the natural world. Gain a better understanding of how to utilize different sketching and observational skills. Bring the medium of your choice to the class.

DFAU 1--2 hour lesson--\$23					
Location	Day	Time	Code	Begin	\$
Burke Lake Pk	Sa	10am	9DM.XQ9X	11/9	DFAU

Abrakadoodle Kids on Canvas

(6-12 yrs.) Children will learn to paint as they imagine a fantastic world inspired by nature. Learn about shapes, how to create 3D buildings and how to explore maps, and how to mix colors.

DFVW 8--55 minute lessons--\$173					
Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Th	5pm	ZBL.VTA3	9/19	DFVW

Discover Painting

(13-Adult) This course provides a basic introduction painting fundamentals. Students learn basic painting skills and techniques to create simple works of art. Practical exercises include simple sketching, use of color theory and application and basic composition.

4FB 10--1 hour 25 minute lessons--\$188					
Location	Day	Time	Code	Begin	\$
OakmontREC	T	11:45am	E9E.VA9H	9/24	4FB
OakmontREC	F	10am	E9E.3HD1	9/27	4FB

Creative Art Workshop-Acrylics

(13-Adult) Explore different painting techniques designed to enhance your artistic skills. Supply fee of \$10 per session payable to instructor.

DFAL 1--2 hour lesson--\$49					
Location	Day	Time	Code	Begin	\$
OakmontREC	Su	3:30pm	2CY.8W5M	9/29	DFAL
OakmontREC	Su	3:30pm	2CY.FGMO	11/17	DFAL

Creative Art Workshop-Soft Pastels

(13-Adult) Explore various painting techniques designed to enhance your artistic skills. Supply fee of \$10 per session payable to instructor.DFAL

1--2 hour lesson--\$49					
Location	Day	Time	Code	Begin	\$
OakmontREC	Su	3:30pm	759.H207	10/27	DFAL

Watercolor Painting I

(Adults) Students are introduced to watercolor techniques and color basics. Concepts such as wet on wet, dry watercolor, color layering and blending are explored. Supply fee payable at first class.

DFGA 8--2 hour 25 minute lessons--\$239					
Location	Day	Time	Code	Begin	\$
Frying Pan Pk	W	9:30am	BC7.WK5S	9/4	DFGA

Watercolor Painting II

(Adults) Prerequisite: Watercolor Painting I or equivalent. Continue sharpening basic skills and techniques. Develop brush styles and individual approaches to projects and exercises. Students need to bring supplies to class.

DFGA 8--2 hour 25 minute lessons--\$239					
Location	Day	Time	Code	Begin	\$
Frying Pan Pk	W	9:30am	9E5.Q3HC	9/4	DFGA

Introduction to Watercolor

(Adults) Students learn fundamental concepts needed to start painting with watercolor. Topics cover include understanding supplies dos and don'ts, essential color palette, composition, watercolor techniques, color theory, value scale, wet on wet, wet on dry, color layering and blending. By the end of the course, students gain great confidence as artists and a deeper appreciation of the technique. Supply list to be provided in the first class.

4FC 10--1 hour 55 minute lessons--\$249					
Location	Day	Time	Code	Begin	\$
ProvREC	Th	9:30am	APB.K67M	9/19	4FC

Intermediate Watercolor

(Adults) Prerequisite: Introduction to watercolor. Build on skills learned Introduction to Watercolor. Focus is on more advanced techniques and composition concepts. Students use brush strokes and create three dimensional pieces. By the end of the course, students begin to apply techniques that are more tailored to each artist's imagination, tastes and goals.

3FB 8--1 hour 25 minute lessons--\$150					
4FC 10--1 hour 55 minute lessons--\$249					
Location	Day	Time	Code	Begin	\$
ProvREC	Th	11:30am	45.RDM2	9/19	4FC
Wkfld/Moore	M	2:30pm	C45.MUNH	9/16	3FB
Wkfld/Moore	M	10am	C45.COPW	9/16	3FB

Advanced Watercolor

(Adults) Prerequisite: Intermediate Watercolor instructor approval. Course offers a focused study on combining the various techniques learned previous level classes, applying more advanced composition, and constructively evaluating and improving a painting.

3FB 8--1 hour 25 minute lessons--\$150					
Location	Day	Time	Code	Begin	\$
Wkfld/Moore	M	12:30pm	UXA.QIVD	9/16	3FB

Master Watercolor Studio

(Adults) Prerequisite: Intermediate Watercolor. Class provides experienced artists focused art time and an opportunity to work independently with the mentorship and support of the instructor and their peers. Students learn to finesse their skills, evaluate technique options, plan pieces and make stronger decisions on how to start, progress and complete their own unique art pieces.

4FC 10--1 hour 55 minute lessons--\$249					
Location	Day	Time	Code	Begin	\$
ProvREC	W	9:30am	2SX.4RCR	9/18	4FC

Watercolor Workshop - Botanical Watercolors

(Adults) For the beginner or advanced student, artist and instructor Dawn Flores will share watercolor techniques through exercises that help you understand color, composition and improve brush control. Learn about the history and types of paper used in botanical art. Basic drawing skills are helpful for drawing the plant specimen from which to paint an elegant botanical portrait. A supply list will be emailed before class. Bring a lunch.

DFAK 1--6 hour lesson--\$107					
Location	Day	Time	Code	Begin	\$
GrnSprGardn	Sa	10am	6CZ.810Q	11/9	DFAK

Watercolor Workshop - Landscapes

(16-Adult) Artist Dawn Flores helps you translate the beauty of nature into a watercolor painting by showing how to paint skies, trees, water, mountains and rocks. Learn strategies for building depth and focus in your work using color and value. Get techniques for building texture and masking to preserve the white of the page. A supply list will be emailed before the program. Bring a lunch.

DFAK 1--6 hour lesson--\$107					
Location	Day	Time	Code	Begin	\$
GrnSprGardn	Sa	10am	68F.04Z5	9/28	DFAK

Watercolor Workshop - Paint the Sky

(Adults) In this class learn various ways to paint skies with watercolor using some techniques from artist and instructor Marni Maree. Paint clear skies, skies with different kinds of clouds, and starry night skies. A supply list will be emailed before class. Bring a lunch.

DFAK 1--6 hour lesson--\$107					
Location	Day	Time	Code	Begin	\$
GrnSprGardn	Sa	9:30am	33Q.R9QJ	9/7	DFAK

Watercolor Workshop - Trees & Leaves

(16-Adult) See the world of trees through a painter's eyes with the help of artist and instructor Dawn Flores. Dawn will provide special instruction for creating beautiful and accurate leaves, bark and branches and give technical demonstrations on line, shape, value and color to help you improve your drawing and watercolor skills. Work through your new leaf and tree drawing/painting skills in class with instructor guidance. Supply list will be emailed before class. Bring a lunch.

DFAK 1--6 hour lesson--\$107					
Location	Day	Time	Code	Begin	\$
GrnSprGardn	Sa	10am	429.SCHW	10/19	DFAK

Landscape Painting

(16-Adult) Students will use design elements such as lines, shapes, values and spatial relation, to create landscape paintings. Students construct and deconstruct landscapes from realism to abstract. Bring watercolor paper and water-based medium watercolors or acrylics. Additional supply list provided before start of class.

4FB 10--1 hour 25 minute lessons--\$188					
Location	Day	Time	Code	Begin	\$
OakmontREC	M	1pm	A39.VEGD	9/23	4FB

Fun with Acrylics

(13-Adult) This class introduces students to acrylics in a pressure-free way. Learn to make simple paintings using acrylic paints on canvas as you explore color, texture, composition and design. Supply fee of \$30 payable to instructor at first class.

4FPB 4--1 hour 25 minute lessons--\$80					
DFGB 8--1 hour 25 minute lessons--\$145					
Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	9am	4VW.92HP	9/21	DFGB
CubRunREC	Sa	9am	4VW.YQUR	11/16	4FPB
OakmontREC	T	2pm	4VW.RZSZ	9/24	DFGB
Olde Crk ES	M	7pm	4VW.QLXL	9/9	DFGB
SoRunREC	W	6:30pm	4VW.9A1S	9/18	DFGB
Wkfld/Moore	T	6:30pm	4VW.5CB1	9/17	DFGB

Fine Arts and Crafts

Fun with Acrylics II

(13-Adult) Prerequisite: Fun with Acrylics I or equivalent. Class builds on skills previously learned and introduces more advanced concepts. Supply fee of \$30 payable to instructor at first class.

DFGB 8--1 hour 25 minute lessons--\$145

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Th	7pm	VOF.2I24	9/19	DFGB

Mixed Media Painting

(13-Adult) In this mixed media class students create works using basic techniques in acrylic, ink, watercolor and pastels. Supply fee of \$30 payable to instructor at first class.

3FB 8--1 hour 25 minute lessons--\$150

Location	Day	Time	Code	Begin	\$
OakmontREC	Th	2pm	MOK.HYSG	9/26	3FB

Master Studio Oil or Acrylics

(Adults) Prerequisite: Introduction to Oil or Acrylics. Build on skills acquired in Introduction to Oil or Acrylics. Class provides experienced artists focused art time and an opportunity to work independently with mentorship support from the teacher and their peers. Students learn to finesse their skills, evaluate technique options, plan pieces and make stronger decisions on how to start, progress and complete their own unique art pieces.

4FC 10--1 hour 55 minute lessons--\$249

Location	Day	Time	Code	Begin	\$
ProvREC	T	1pm	HQ6.PNW4	9/17	4FC

Clay Makers

(6-12 yrs.) Learn the magic of clay by creating jewelry for mom, animals in the wild, a garden of flowers and bugs, keychain emojis or new additions to an old mug. The possibilities are endless in this Baroody Camps program. Students will use their clay craft tool kit to tackle projects to see how creative they can be. Materials are included in the price of the class.

DFVR 8--55 minute lessons--\$137

Location	Day	Time	Code	Begin	\$
CubRunREC	Su	10:30am	OAQ.GTLQ	9/15	DFVR
LittleRun ES	Sa	12pm	OAQ.BQ32	9/21	DFVR
OrgHnt ES	W	6pm	OAQ.ZENP	9/25	DFVR

Ceramic Creations

(6-8 yrs.) Young artists sculpt and create works of art using air dry clay. The entire creative process of sculpting with clay from idea to set-up, clean up and clay storage will be covered.

3FA 8--55 minute lessons--\$101

Location	Day	Time	Code	Begin	\$
CubRunREC	Th	6pm	7SZ.89AK	9/19	3FA

Pottery for Children

Introduction to clay and the pottery-making process using hand-building methods. Make pinch pots and learn coiling, slab work techniques, painting, glazing and firing.

DFP3 10--1 hour 25 minute lessons--\$212

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Sa	9am	Q7L.ECG1	9/14	DFP3
Wkfld/Moore	Sa	4pm	AZ5.GZM4	9/14	DFP3

Pottery for Teens

(13-17 yrs.) Create beautiful pots and clay forms using simple tools and the pottery wheel. Explore hand building with the three most common forms of creating hand-built pots: pinch pot, coiling, and slab techniques. Then paint, glaze and kiln fire your pieces. Bring hand tools to the first class meeting or purchase a set during class.

DFP1 10--1 hour 55 minute lessons--\$282

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Sa	12:45pm	8C.294U	9/14	DFP1

Pottery I

(16-Adult) Introduction to the potter's wheel with emphasis on clay preparation, centering, firing and glazing. Attendance at first class is essential. Class fee includes 25 lbs. of clay and three hours of lab time. Bring hand tools to the first class meeting or purchase a set during class.

DFP2 10--2 hour 55 minute lessons--\$382

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Su	3pm	A6F.U6TM	9/15	DFP2
Wkfld/Moore	M	1pm	A6F.CJ61	9/16	DFP2
Wkfld/Moore	M	6pm	A6F.AXVW	9/16	DFP2
Wkfld/Moore	T	1pm	A6F.QCOW	9/17	DFP2
Wkfld/Moore	Th	1pm	A6F.4E1A	9/19	DFP2
Wkfld/Moore	Th	9am	A6F.I9AS	9/19	DFP2

Pottery II

(16-Adult) Prerequisite: Pottery I. Refine and develop your clay preparation, throwing, trimming and glazing skills. Attendance at first class is essential. Class fee includes 25 lbs. of clay and three hours of lab time. Bring hand tools to the first class meeting or purchase a set during class.

DFP2 10--2 hour 55 minute lessons--\$382

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Sa	3pm	54E.RRMD	9/14	DFP2
Wkfld/Moore	T	6pm	54E.QR4U	9/17	DFP2
Wkfld/Moore	W	6pm	54E.P09F	9/18	DFP2
Wkfld/Moore	W	9am	54E.XGJ0	9/18	DFP2

Pottery - Handbuilding

(16-Adult) Introduction to intermediate instruction using pinch, slab and coil methods to create either functional or abstract pieces. Glazing and techniques for textures and other decorations are included. Class fee includes 25 lbs. of clay and three hours of lab time.

DFP2 10--2 hour 55 minute lessons--\$382

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	T	9am	BE7.MQVZ	9/17	CFP2
Wkfld/Moore	Th	6pm	BE7.HVZA	9/19	CFP2

Digital Photography

(13-Adult) There's more to photography than just using the automatic setting. Topics include your camera's controls, resolution, flash, composition, stop motion and close ups. Course includes weekly assignments with reviews. Software and printing are also covered. Any supply fee is payable to instructor at first class.

3FB 8--1 hour 25 minute lessons--\$150

4FC 10--1 hour 55 minute lessons--\$249

Location	Day	Time	Code	Begin	\$
Frying Pan Pk	W	6:30pm	F54.Q1RA	9/4	3FB
Wkfld/Moore	W	7pm	F54.3E25	9/18	4FC
Wkfld/Moore	Th	9:30am	F54.ZYE5	9/19	4FC

Cell Phone Photography

(13-Adult) Smartphones have tremendous power to take great photos if you know what you are doing. In this class, we will explore the wonders and push the limits of cell phone photography. Learn how to create photos with depth, stop and capture motion, editing and how to take good photos in low light.

DFAU 1--2 hour lesson--\$23

Location	Day	Time	Code	Begin	\$
HiddenPondNC	Sa	4pm	ZEC.PZG7	9/28	DFAU

Floral Workshop - Gourd-geous Arrangements

(16-Adult) Create an eye-catching succulent plant and pumpkin arrangement with Green Spring horticulturist Parker Jennings. Mix balance, scale, proportion and contrast to add flair to your fall decor. Your guests will be impressed with this conversation piece. Please register for the program and supply fee.

RG39 1--1 hour 30 minute lesson--\$44

Location	Day	Time	Code	Begin	\$
GrnSprGardn	Sa	10:30am	83L.MJ3N	10/19	RG39

Calligraphy

(Adults) Introduction to supplies, including dip pen and sumi ink, and terminology. Instruction focuses on miniscule and majuscule (Roman capitals) and uncial. Students also learn layout and design to produce a final product. Supply fee payable at first class.

DFBB 6--2 hour 25 minute lessons--\$182

Location	Day	Time	Code	Begin	\$
OakmontREC	Th	10am	2C0.S219	9/19	DFBB

Calligraphy-Italics

(Adults) Italics is the most versatile of alphabets. In addition to miniscule and majuscule, variations and flourishing, students are taught to mix watercolor gouache paint to make colored ink and experiment with the colored ink or different colored papers. Bring your tools. Supply fee payable at first class.

DFBB 6--2 hour 25 minute lessons--\$182

Location	Day	Time	Code	Begin	\$
OakmontREC	Th	10am	B0A.XO46	10/31	DFBB

Paper Quilling Ornaments

(8-Adult) Create beautiful ornaments using paper quilling techniques. Quilling, also known as filigree, is the art of coiling strips of paper rolls and then shaping them into beautiful works of art. Supply fee payable to instructor at first class.

DFAR 1--3 hour lesson--\$41

Location	Day	Time	Code	Begin	\$
OakmontREC	Su	2pm	L8P.U66T	9/29	DFAR
ProvREC	Su	2pm	L8P.AZTG	11/24	DFAR

Felting Basics - Make a Bear

(16-Adult) Spend two evenings at Colvin Run Mill making your own personality-filled felted toy bear. Practice the skills and shapes it takes to make felted animals and apply them to creating your choice of a bear you can take home. These hand-made bears make wonderful decorations or gifts.

DFVX 2--2 hour lessons--\$49

Location	Day	Time	Code	Begin	\$
ColvinRunMill	W	6:30pm	CVP.CSTK	10/16	DFVX

Knitting

(13-Adult) Master knitting basics. Students learn knitting techniques and terminology and how to choose materials.

4FC	10--1 hour 55 minute lessons--\$249				
4FG	5--1 hour 25 minute lessons--\$93				
Location	Day	Time	Code	Begin	\$
CubRunREC	F	11:30am	8AD.WPZP	9/20	4FG
CubRunREC	F	11:30am	AD.JDL1	11/8	4FG
ProvREC	W	10am	8AD.OOTN	9/18	4FC

Knitting II

(13-Adult) Prerequisite: Knitting I.

4FC	10--1 hour 55 minute lessons--\$249				
4FG	5--1 hour 25 minute lessons--\$93				
Location	Day	Time	Code	Begin	\$
CubRunREC	F	10am	FD8.PAJZ	9/20	4FG
CubRunREC	F	10am	FD8.V8DT	11/8	4FG
ProvREC	T	10am	FD8.Y7BJ	9/17	4FC

Quilting-All Levels

(13-Adult) Learn modern quilt construction basics. Subjects covered include fabric and thread selection, rotary cutting methods and piecing methods. Also included are instructions for finishing a quilt including sandwiching, quilting and binding. This is an ongoing class with students at all stages of their chosen project.

DFCC	10--2 hour 25 minute lessons--\$290				
Location	Day	Time	Code	Begin	\$
Frying Pan Pk	Th	12:30pm	285.35HD	9/5	DFCC

Sewing 101

(12-Adult) In this class, offered by My Last Gift Sewing Institute, students learn basic sewing skills including using the ruler, proper measuring and how to read a pattern. Course also covers sewing machine use and maintenance. Skills are put to use creating a variety of projects. No previous experience necessary. Sewing machines and a sewing primer are provided. Supply fee of \$35 is payable to instructor at first class and includes kits for creating pillow and tote bags (or other projects if student has made these already).

DFVC	4--2 hour 25 minute lessons--\$219				
Location	Day	Time	Code	Begin	\$
Franconia Rec	T	6:30pm	3B2.91GN	9/17	DFVC
OakmontREC	M	6:30pm	3B2.XYZC	9/16	DFVC
Wkfld/Moore	W	6:30pm	3B2.AT6V	9/18	DFVC

Sewing 102

(12-Adult) Prerequisite: Sewing 101 or equivalent. In this class, offered by My Last Gift Sewing Institute, students build on skills learned in Sewing 101 to create more advanced projects including neck pillows and backpacks. Sewing machines and a sewing primer are provided. Supply fee of \$35 is payable to instructor at first class and includes project kits.

DFVC	4--2 hour 25 minute lessons--\$219				
Location	Day	Time	Code	Begin	\$
Franconia Rec	T	6:30pm	EEE.ZCHI	10/15	DFVC
OakmontREC	M	6:30pm	EEE.E8LX	10/14	DFVC
Wkfld/Moore	W	6:30pm	EEE.SQ3S	10/16	DFVC

Sewing 103

(12-Adult) Prerequisite: Sewing 102 or equivalent. In this class, offered by My Last Gift Sewing Institute, students build on skills learned in Sewing 102 to make a variety of more advanced hand and machine sewing



projects. Sewing machines and a sewing primer are provided. Supply fee of \$35 is payable to instructor at first class and includes project kits.

DFVC	4--2 hour 25 minute lessons--\$219				
Location	Day	Time	Code	Begin	\$
OakmontREC	M	6:30pm	85C.YUFG	11/11	DFVC
Wkfld/Moore	W	6:30pm	85C.B6YH	11/13	DFVC

Sewing Workshop-Machine Fundamentals

(9-Adult) In this workshop, offered by My Last Gift Sewing Institute, students will learn about sewing machines including threading, bobbin-winding and placement, parts of the machine, how to make a buttonhole and basic stitches. This class is not a prerequisite for all sewing classes, but is a great course for those interested in learning how to sew. Bring your machine to class or use one of ours. Supply fee of \$15 is payable to instructor at the workshop.

DFVD	1--3 hour lesson--\$69				
Location	Day	Time	Code	Begin	\$
Franconia Rec	Sa	9:30am	E49.15MH	12/7	DFVD
OakmontREC	Sa	9:30am	E49.024J	9/7	DFVD
Wkfld/Moore	Sa	9:30am	E49.DWOM	9/21	DFVD

Sewing Workshop-Alterations

(9-Adult) Prerequisite: Machine Fundamentals workshop. In this program by My Last Gift Sewing Institute, learn techniques for altering garments such as hemming by hand or machine, taking in/letting out waistlines, shortening sleeves and changing buttons. Skills covered include measuring using a ruler and tape measure, using commercial patterns, hand and machine sewing and fabric structure. Supply fee of \$15 is payable to instructor at the workshop.

DFVD	1--3 hour lesson--\$69				
Location	Day	Time	Code	Begin	\$
OakmontREC	Sa	1pm	912.7H4I	9/7	DFVD
OakmontREC	Sa	9:30am	912.GKKO	10/5	DFVD
OakmontREC	Sa	9:30am	912.E9DV	11/9	DFVD
Wkfld/Moore	Sa	9:30pm	912.8X14	11/23	DFVD

Sewing Workshop-Alterations II

(9-Adult) Prerequisite: Machine Fundamentals workshop. In this program, offered by My Last Gift Sewing Institute, learn techniques for altering tailored garments such as hemming by hand or machine, taking in/letting out waistlines, shortening sleeves and changing buttons. Skills include measuring using a ruler and tape measure, using commercial patterns,

hand and machine sewing and fabric structure. Supply fee of \$15 is payable to instructor at the workshop.

DFVD	1--3 hour lesson--\$69				
Location	Day	Time	Code	Begin	\$
OakmontREC	Sa	1pm	79E.LR79	10/5	DFVD
Wkfld/Moore	Sa	9:30am	79E.V1WI	11/23	DFVD

Sewing Workshop-Home Decor

(9-Adult) Prerequisite: Machine Fundamentals workshop. In this program, offered by My Last Gift Sewing Institute, learn techniques for creating decor for your room or home such as pillow shams, curtains, pillow cases and pillows. Skills include measuring using a ruler and tape measure, using commercial patterns, hand and machine sewing and fabric structure. Supply fee of \$15 is payable to instructor at the workshop.

DFVD	1--3 hour lesson--\$69				
Location	Day	Time	Code	Begin	\$
OakmontREC	Sa	1pm	EDC.MTAK	11/9	DFVD
Wkfld/Moore	Sa	1pm	EDC.L45K	9/21	DFVD

Sewing Workshop-Parent & Me Holiday Aprons

(9-Adult) In this program, offered by My Last Gift Sewing Institute, students learn about sewing machines including threading, bobbin-winding and placement, parts of the machine and how to make basic stitches while making a custom holiday Apron. Bring your machine to class or use one of ours. Both adult and child need to register. Supply fee of \$15 is payable to instructor at first class.

DFVD	1--3 hour lesson--\$69				
Location	Day	Time	Code	Begin	\$
Franconia REC	Sa	1pm	U7Q.C9PQ	12/7	DFVD

Furniture Facelift

(13-Adult) Learn how to transform a small piece of furniture in this workshop. All you need is a little paint and wax to give an old piece of furniture a lovely new look. Skills include prepping, sanding, and painting. Bring your own small piece of furniture to the class. A supply fee may be payable to the instructor at the first class.

4FPB	4--1 hour 25 minute lessons--\$80				
Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Th	6:30pm	4W7.Z2FI	9/19	4FPB
Wkfld/Moore	Th	6:30pm	4W7.75CS	10/17	4FPB
Wkfld/Moore	Th	6:30pm	4W7.80QM	11/14	4FPB

Gardening

Scan the QR code to go directly to the Parktakes Online Gardening page.



Green Spring Gardens



4603 Green Spring Road, Alexandria
703-642-5173

www.fairfaxcounty.gov/parks/green-spring

Visit Green Spring Gardens for ideas and inspiration for gardening. Gardens feature trees, shrubs, vines, perennials, annuals, bulbs and vegetables that grow well in our region.

- Themed gardens
- Private garden tours
- Art exhibits
- Nature walks
- Horticulture Center
- Glasshouse
- Library
- Plant Shop
- Event rental space
- Gift Shop

To book a private garden tour, call 703-941-7987. Cost is \$12 per person for a group of two to 19; \$10 per person for a group of 20 or more.

Visit the Gate Plant Shop (closes October 30) and choose from a nice selection of shrubs, perennials, and ornamental grasses (many of which are native to our region). Mid to late Spring we also offer annuals and tender perennials that provide highlights to containers and garden beds. Friends of Green Spring (FROGS) receive 10% off in the plant shop. For more information, call Green Spring Gardens at 703-642-5173.

Hours and Admission:

Horticulture Center open Monday-Saturday, 9 a.m.-4:30 p.m. and Sunday, 12-4:30 p.m.

Garden Gate Plant Shop open Monday-Saturday, 9:30 a.m.-3:30 p.m. and Sunday, 12:30-3:30 p.m. (closes October 30)

Gift Shop open Monday-Saturday, 9 a.m.-4 p.m. and Sunday, 12-4 p.m.

Park grounds open dawn to dusk daily

Events

Eco-Savvy Gardening Faire

(Adults) Come to the EcoSavvy Gardening Faire and immerse yourself in sustainable gardening information provided by the VCE Master Gardeners. Choose program sessions with specialized speakers and topics, browse educational displays on gardening, composting and sustainable plantings. Enjoy a guided tour, demonstrations and free educational materials.

1--5 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	9am	29Z.JUTW	11/2	\$35/ea.



Child and Parent Programs

Garden Sprouts Fall - Nature Playgroup

(3-5 yrs.) Your preschooler enjoys nature-themed toys and puzzles while you meet other playgroup parents one Monday a month. Through games, songs, activities and a garden walk we will explore seasonal topics. Kids must be accompanied by a parent or guardian who does not need to register for the program.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
GrnSprGardn	M	10:30am	C72.8ISS	9/9	\$12/child
GrnSprGardn	M	10:30am	C72.N452	10/14	\$12/child
GrnSprGardn	M	10:30am	C72.U51F	11/4	\$12/child

Family/All Ages

Family Fun - Monarch Migration

(4-Adult) Learn about the amazing migration of the monarch butterfly as we search the garden for caterpillars and butterflies. Discover the secrets of this butterfly's life cycle, from egg to flight and beyond. Take home a monarch-themed craft. All attendees, including parents, must be registered for the program.

1--1 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	1pm	E09.TSJC	9/7	\$10/ea.

Garden Artists - Flower Pressing

(5-Adult) Learn about the history and process of flower and leaf pressing, then create your own beautiful botanical creation to take home. Tour the gardens and collect materials to press for future classes to use. All attendees, including parents, must be registered for the program.

1--1 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Su	1pm	WGX.LK2Z	9/15	\$15/ea.
GrnSprGardn	Su	10:30am	WGX.MQD3	9/15	\$15/ea.
GrnSprGardn	Su	1pm	WGX.HUHI	10/6	\$15/ea.
GrnSprGardn	Su	10:30am	WGX.OJ8F	10/6	\$15/ea.

Family Fun - Pumpkin Painting

(5-Adult) Learn the history of how this gourd grew from its humble beginnings as a garden plant to an iconic symbol of fall. Track the life cycle from seed to sprout to pumpkin, then decorate your own pumpkin to take home. All attendees, including parents, must be registered for the program.

1--1 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	1pm	UCJ.2XS6	10/26	\$10/ea.



INVASIVE MANAGEMENT AREA

VOLUNTEERS NEEDED!



The Invasive Management Area (IMA) Volunteer Program is a community-based project designed to reduce invasive plants on our parklands.

To learn more visit
www.fairfaxcounty.gov/parks/invasive-management-area



Garden Artists - Seasonal Nature Prints

(3-Adult) Shapes and patterns are everywhere in nature. Enjoy a walk through the gardens to discover your favorite patterns in nature and then turn them into prints you can take home and keep forever. From leaves to seeds to petals, come explore the art nature has to offer. All attendees, including parents, must be registered for the program.

1--1 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	1pm	CPA.K7PL	11/16	\$10/ea.

Adult Programs**Edible Garden Tour**

(16-Adult) Explore the bounty of Green Spring's Edible Garden with an Extension Master Gardener docent who showcases many food plants – from vegetables to fruit trees – suitable for home landscapes. See how edibles can grow in containers and small spaces and discover their ornamental value in the garden.

1--1 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	10am	96U.8C2M	9/7	\$15/ea.

Small Space Garden Design

(Adults) Explore the basics of design, from hardscape and bed layout to unique plant selection, with the help of Green Spring's head of horticulture, Adam Bucher. Learn how to fill your townhouse plot or garden nook with year-round interest and a few key elements to make it a little slice of paradise. Lecture followed by a walk through the gardens to view design examples.

1--1 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	10:30am	W76.HRYG	9/14	\$18/ea.

GROW GREEN AND DIVE INTO SUSTAINABILITY**at the Eco-Savvy Gardening Faire!**

Saturday, November 2 • 9 a.m. - 2 p.m.
Green Spring Gardens • \$35

- Specialized speakers and topics on sustainable gardening
- Educational displays on gardening, composting and sustainable plantings
- Guided tours, demonstrations and free educational materials



www.fairfaxcounty.gov/parks/green-spring

**Gardening for Native and Migratory Birds**

(Adults) Make a positive contribution to our feathered friends by planting a bird-friendly garden. Learn about native plants and ecological gardening techniques to support native and migrating birds with food, nesting sites, cover and space in this walk and talk program. Curatorial horticulturalist, Brenda Skarphol, will lead you through the gardens of Green Spring to see these prized plants first-hand so you can decide which ones would work best for your garden. Dress for the weather.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	10:30am	WW6.D3IS	9/21	\$19/ea.

Garden Talks**Garden Talk - Standout Fall Beauty Bark & Berries**

(Adults) Bring the glorious colors of fall to your landscape. An Extension Master Gardener will show you gorgeous trees and shrubs with dazzling leaves in rich gold, burnt orange, brilliant burgundy and vibrant red colors. Make fall magical with warm and inviting colors.

1--1 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	10:30am	3YO.ORD7	9/7	\$12/ea.

Garden Talk - Build the Lawn of Your Dreams

(Adults) Take the luck out of lawn care and learn the tips and tricks you need to keep your lawn healthy, thick and green. Extension Master Gardener discusses fertilization, seeding and weed prevention to withstand dry, hot weather.

1--1 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	F	1:30pm	B28.UPV5	9/20	\$12/ea.

Garden Talk - Alternatives for Invasive Plants

(Adults) Give bullying plants an inch and they'll take over your yard. Fairfax County has an ordinance against bamboo. Come listen to Extension Master Gardeners give you alternatives to grow instead. You'll be amazed at the choices you have.

1--1 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	F	1:30pm	E8L.FU6Z	10/11	\$12/ea.

**Fall Festival at Green Spring Gardens**

Saturday, October 5, 2024
9 a.m. - 3 p.m.

Green Spring Gardens
4603 Green Spring Rd, Alexandria

Friends of Green Spring Gardens (FROGS) will be holding a garden festival for the entire family!

Activities include:

- Vendors selling a variety of plants and other items
- Silent Auction
- Family Activities
- Bake Sale & Book Sale
- Music

www.fairfaxcounty.gov/parks/green-spring

**Garden Talk-Make a Backyard Sanctuary for Wildlife**

(Adults) Habitat loss has reduced wildlife diversity in our neighborhoods. Extension Master Gardener will discuss gardening techniques for attracting wildlife to turn your corner of the planet into a thriving habitat for pollinators, birds and other native insects.

1--1 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	10:30am	1C2.2VLS	10/26	\$12/ea.

Garden Talk - Composting Made Simple

(16-Adult) Instead of dragging your kitchen, garden and yard waste out to the curb week after week, learn how to use it to make your own valuable compost to use throughout your yard and garden. Extension master gardeners show what you need to do to have your own compost pile.

1--1 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	F	1:30pm	844.CL1C	11/8	\$12/ea.

Garden Talk - Adapt & Thrive with Climate Change

(Adults) Extension Master Gardener discusses how climate change impacting our garden practices and share ways to adapt to a changing conditions thorough plant selection, water management and other practices.

1--1 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	10:30am	Ø9C.ID85	11/16	\$12/ea.

Golf

Scan the QR code to go directly to the Parktakes Online Golf page.



Burke Lake Golf Center

6915 Ox Road
Fairfax Station

703-323-1641

<https://bit.ly/fcpa-blgc>

- 18-hole, par-3 course, 2,843 yards.
- Putting green and chipping area.
- Burke Lake Golf Academy group and private lessons: 703-324-9719.
- Short game holes from 90-200 yards.
- Clubhouse offers food service, clubs and golf supplies.
- Pull carts and clubs are available for rent.
- Two-level driving range with 64 hitting stations; 24 are heated and covered.



Greendale Golf Course

6700 Telegraph Road, Alexandria
703-971-3788

<https://bit.ly/greendalegc>

- 18-hole regulation, par-70 course, 6,237 yards.
- Bermuda grass fairways and several water hazards.
- Practice putting green.
- Clubhouse offers food service and golf supplies.
- Power carts, golf clubs and pull carts are available for rent.
- Private golf lessons and outing packages are available.



Jefferson District Golf Course

7900 Route 29, Falls Church
703-573-0444

<https://bit.ly/jeffersongc>

- 9-hole, par-35 executive course, 2,415 yards.
- Practice putting green and chipping area.
- Great walking course for all ages.
- Clubhouse offers food service and golf supplies.
- Pull carts and power carts are available for rent.
- Additional features: 18-hole miniature golf course, lighted basketball and tennis courts.



Laurel Hill Golf Club

8701 Laurel Crest Drive, Lorton
703-493-8849

<https://bit.ly/laurelhillgc>

- 18-hole, par-71 championship course, 7,102-yards.
- 30-station driving range.
- Putting green, chipping area and practice bunkers.
- Power carts and golf clubs are available for rent.
- Clubhouse offers food service, event catering and golf supplies.
- Instruction for all levels including juniors, through Eisman Golf Academy, call 703-919-3056.
- Classes and camps for ages 7-18 through The First Tee of Greater Washington DC, call 202-479-2588.



Oakmont Golf Center

3136 Jermantown Road
Oakton, Va. 22124

703-255-5390

<https://bit.ly/oakmontgc>

- 9-hole, par-3 course, 1,456-yards.
- Large practice area for chipping, putting and sand shots.
- Lighted, 78-station driving range with sand bunker and grass tees.
- Covered and heated driving range stations allow for practice in all weather conditions.
- Everybody Golf School offers private and group lessons: 703-255-5396.
- Additional instruction for ages 7-18 through The First Tee: 202-479-2588.



Pinecrest Golf Course

6600 Little River Turnpike
Alexandria, Va. 22312

703-941-1061

<https://bit.ly/pinecrestgc>

- 9-hole, par-35 executive course, 2,462 yards.
- Putting green and 10-outdoor practice nets.
- Indoor practice bays and TrackMan 4 golf simulator.
- Clubhouse offers food service and golf supplies.
- Pinecrest Golf Academy offers private and group lessons: 703-941-1061.
- Golf clubs, pull carts and power carts are available for rent.



Twin Lakes Golf Course

6201 Union Mill Road
Clifton, Va. 20124

703-631-9099

<https://bit.ly/twin-lakes-gc>

- Two courses; two golf experiences; one location.
- The Oaks Course, 18-hole, par-71, 6,715 yards.
- The Lakes Course, 18-hole, par-72, 6,695 yards.
- Putting green, chipping area and driving range.
- Clubhouse offers food service, special event catering, clubs and golf accessories.
- Eisman Golf Academy offers private and group lessons: 703-919-3056.



Golfers, please note:

Cart rental and greens fees vary by site. Call the course of your choice for information. Metal golf spikes are prohibited at all Fairfax County Park Authority golf courses. Senior and Junior rate availability varies by course.

Junior Golf Fairfax

Golf Fairfax is committed to encouraging juniors, ages 5-17*, to learn, practice, play and enjoy the game. Golf is an excellent family sport that promotes good manners, builds friendships and can be enjoyed for a lifetime. Members receive discounted greens fees and range balls at all courses. Classes, camps and lessons are also available.

To learn more, call the course of your choice.

*Minimum age for course play at Greendale, Laurel Hill and Twin Lakes is six.

USGA handicap service offered

Handicap services are provided at Greendale, Jefferson, Pinecrest, Twin Lakes, Burke Lake, Oakmont and Laurel Hill golf courses. The hands-on system allows you to enter your own scores and get an updated handicap, which you receive twice monthly. The Handicap Index is computed under the USGA Handicap System. By enrolling, you are eligible to participate in Virginia State Golf Association events. Handicap services are available year-round. Contact any Park Authority golf course for more information.

Golf Classes**Get Golf Ready Parent/Child I**

(7-17 yrs.) This course covers grip, posture, ball position, alignment, chipping, putting and full-swing fundamentals. Course orientation, etiquette, rules and basic understanding of equipment are also covered. Classes at Pinecrest are held indoors during inclement weather. Parent participates in class with registered child.

4GG 5--55 minute lessons--\$193

Location	Day	Time	Code	Begin	\$
Burke Lake GC	Su	3pm	A60.SBZM	9/8	4GG
Burke Lake GC	T	5pm	A60.THMO	9/10	4GG
Burke Lake GC	Th	5pm	A60.OZ8T	9/12	4GG
Burke Lake GC	Su	3pm	A60.R296	10/20	4GG
Burke Lake GC	T	5pm	A60.661G	10/22	4GG
Burke Lake GC	Th	5pm	A60.OB54	10/24	4GG
Pinecrest GC	Sa	12pm	A60.2604	9/7	4GG
Pinecrest GC	Sa	11am	A60.YQ77	10/19	4GG

Get Golf Ready Parent/Child II

(7-17 yrs.) Prerequisite: Get Golf Ready Parent/Child I. For those who want to advance their skills through more advanced instruction while still emphasizing the basics. Range balls are included in the class fee, and loaner clubs are available.

4GG 5--55 minute lessons--\$193

Location	Day	Time	Code	Begin	\$
Burke Lake GC	Su	4pm	BB7.4YXY	9/8	4GG
Burke Lake GC	T	6pm	BB7.45AM	9/10	4GG
Burke Lake GC	Th	6pm	BB7.HSHV	9/12	4GG
Burke Lake GC	Su	4pm	BB7.OJ9X	10/20	4GG
Burke Lake GC	T	6pm	BB7.EG67	10/22	4GG
Burke Lake GC	Th	6pm	BB7.05NJ	10/24	4GG
Pinecrest GC	Sa	4pm	BB7.OAWK	9/7	4GG
Pinecrest GC	Sa	4pm	BB7.UIHS	10/19	4GG

Starting New at Golf (SNAG)

(5-7 yrs.) Course covers basic golf elements in a modified form for kids. Children have fun using larger and more colorful clubs to increase confidence and coordination. All equipment is provided. Athletic shoes are recommended. Classes at Pinecrest are held indoors.

4GB 5--55 minute lessons--\$152

Location	Day	Time	Code	Begin	\$
Burke Lake GC	Sa	10am	CSA.G308	9/7	4GB
Burke Lake GC	Sa	11am	CSA.CAX3	9/7	4GB
Burke Lake GC	Sa	10am	CSA.TDQW	10/19	4GB
Burke Lake GC	Sa	11am	CSA.AWZ6	10/19	4GB
Pinecrest GC	Su	2pm	CSA.SCMX	9/8	4GB
Pinecrest GC	Su	3pm	CSA.7UPL	9/8	4GB
Pinecrest GC	Sa	3pm	CSA.YXWB	10/19	4GB
Pinecrest GC	Su	1pm	CSA.LTKU	10/20	4GB
Pinecrest GC	Su	3pm	CSA.OQ3W	10/20	4GB

SNAG II

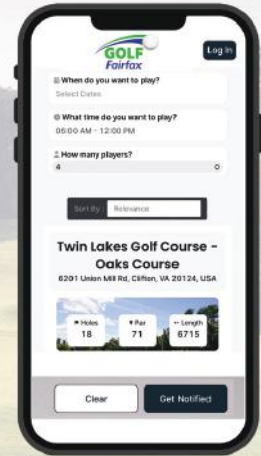
(5-7 yrs.) Prerequisite: SNAG I. Students review and expand upon fundamentals learned in SNAG I using additional training aids to reinforce proper technique. All equipment is provided and athletic shoes are recommended.

4GB 5--55 minute lessons--\$152

Location	Day	Time	Code	Begin	\$
Burke Lake GC	Sa	1pm	D71.8MOU	9/7	4GB
Burke Lake GC	Sa	1pm	D71.JBY8	10/19	4GB
Burke Lake GC	Sa	2pm	D71.57WK	10/19	4GB
Pinecrest GC	Sa	3pm	D71.AQQO	9/7	4GB
Pinecrest GC	Su	1pm	D71.7ZQ2	9/8	4GB
Pinecrest GC	Su	4pm	D71.8485	9/8	4GB
Pinecrest GC	Sa	2pm	D71.T55A	10/19	4GB
Pinecrest GC	Su	2pm	D71.ZEGQ	10/20	4GB
Pinecrest GC	Su	4pm	D71.RBHC	10/20	4GB

Be the First to Know When Tee Times Open Up!

Try our New Virtual Tee Time Waitlist and Assistant



Receive real-time text and email alerts when the tee time you want becomes available.

Sign up in 30 seconds at fairfaxcounty.noteefy.app

**AT BURKE LAKE GOLF CENTER****ORANGE TEE CLUB**

Junior golfers and their parents can play golf with other parents and their kids!

- Relaxed pace of play
- Family-friendly environment
- Orange tees are closer to the hole for an easier game
- Saturday afternoons from 4 -5 p.m. and select times on Fridays and Sundays
- A win-win for kids and families!

Call the Burke Lake Pro Shop to reserve your tee time today!

703-324-9719

For more information visit
www.fairfaxcounty.gov/parks/golf/juniors



The Orange Tee Club is provided with support from the Fairfax County Park Foundation.



SNAG III

(5-7 yrs.) Prerequisite: SNAG II. Students apply skills learned in SNAG II while playing simulated golf holes. Lessons focus on proper club selection, swing dynamics, scoring and course etiquette. All equipment is provided and athletic shoes are recommended.

4GB 5--55 minute lessons--\$152

Location	Day	Time	Code	Begin	\$
Burke Lake GC	Sa	3pm	19C.UDM7	9/7	4GB
Burke Lake GC	Sa	3pm	19C.PN7S	10/19	4GB
Pinecrest GC	Sa	2pm	19C.77E3	9/7	4GB

Junior Get Golf Ready I

(7-12 yrs.) This PGA-developed class introduces students to golf in a fun and friendly environment. Class focuses on fundamentals and step-by-step drills. Topics include grip, stance, target and balance. Range balls are included in the class fee and loaner clubs are available.

4GB 5--55 minute lessons--\$152

Location	Day	Time	Code	Begin	\$
Burke Lake GC	Sa	1pm	8CO.TE8F	9/7	4GB
Burke Lake GC	Su	1pm	8CO.YEKZ	9/8	4GB
Burke Lake GC	M	5pm	8CO.UM1B	9/9	4GB
Burke Lake GC	Sa	1pm	8CO.SWCO	10/19	4GB
Burke Lake GC	Su	1pm	8CO.THMV	10/20	4GB
Burke Lake GC	M	5pm	8CO.ZEEZ	10/21	4GB
Pinecrest GC	Sa	1pm	8CO.1R8N	9/7	4GB

Junior Get Golf Ready II

(7-12 yrs.) Group lessons covering additional rules, course etiquette, club grip, putting, stance

and golf swing. Range balls are included in the class fee and loaner clubs are available.

4GB 5--55 minute lessons--\$152

Location	Day	Time	Code	Begin	\$
Burke Lake GC	Sa	2pm	265.6U0Z	9/7	4GB
Burke Lake GC	Su	2pm	265.C8JJ	9/8	4GB
Burke Lake GC	M	6pm	265.1Y4H	9/9	4GB
Burke Lake GC	Sa	2pm	265.0G6B	10/19	4GB
Burke Lake GC	Su	2pm	265.57DW	10/20	4GB
Burke Lake GC	M	6pm	265.AKML	10/21	4GB
Pinecrest GC	Sa	10am	265.Q452	10/19	4GB

Get Golf Ready I

(13-Adult) This PGA-developed class introduces game fundamentals to new golfers. Grip, stance, set up and ball position are taught for putting, chipping and iron play along with hitting tee shots with hybrids and woods. A basic knowledge of golf equipment is included. Range balls are included in the class fee, and loaner clubs are available. Final class may be held on the golf course.

4GB 5--55 minute lessons--\$152

Location	Day	Time	Code	Begin	\$
Burke Lake GC	Sa	9am	AEE.JA6X	9/7	4GB
Burke Lake GC	Su	9am	AEE.923X	9/8	4GB
Burke Lake GC	M	10am	AEE.PI74	9/9	4GB
Burke Lake GC	Th	10am	AEE.6WN3	9/12	4GB
Burke Lake GC	Sa	9am	AEE.CZHV	10/19	4GB
Burke Lake GC	Su	9am	AEE.L8C1	10/20	4GB
Burke Lake GC	M	10am	AEE.IBHO	10/21	4GB
Burke Lake GC	Th	10am	AEE.90NU	10/24	4GB
Pinecrest GC	Sa	11pm	AEE.RFJ6	9/7	4GB

Pinecrest GC	Su	11am	AEE.D0F8	9/8	4GB
Pinecrest GC	Su	12pm	AEE.8XR1	10/20	4GB

(Ladies only)

Burke Lake GC	Sa	11am	219.BIWO	9/7	4GB
Burke Lake GC	Su	11am	219.HI3A	9/8	4GB
Burke Lake GC	W	5pm	219.WB90	9/11	4GB
Burke Lake GC	Su	11am	219.MFVH	10/20	4GB
Burke Lake GC	W	5pm	219.5475	10/23	4GB
Pinecrest GC	Sa	10am	219.9N99	9/7	4GB
Pinecrest GC	Su	12pm	219.RJRI	9/8	4GB

Get Golf Ready in Korean

이 PGA 개발 수업은 학생들에게 재미있고 친근한 환경에서 골프를 소개합니다. 수업은 기초 교육과 단계별 훈련에 중점을 둡니다. 주제는 그림, 스탠스, 타겟, 밸런스입니다. 수업은 5-55분간 연속적으로 진행됩니다. 이 수업은 주로 한국어로 진행될 것입니다. **(13-Adult)** This PGA-developed class introduces game fundamentals to new golfers in Korean. Grip, stance, set up and ball position are taught for putting, chipping and iron play along with hitting tee shots with hybrids and woods. A basic knowledge of golf equipment is included. Range balls are included in the class fee, and loaner clubs are available. Final class may be held on the golf course.

4GB 5--55 minute lessons--\$152

Location	Day	Time	Code	Begin	\$
Pinecrest GC	Su	10am	8FR.701Y	9/8	4GB
Pinecrest GC	Su	10am	8FR.6KK3	10/20	4GB

Get Golf Ready II

(13-Adult) Prerequisite: Get Golf Ready I. This course covers advanced topics for beginning golfers. Aim and alignment are introduced to putting,



2024 FALL GOLF TOURNAMENTS

Burke Lake Golf Center

BLGC Club Championship (7-Adult)

Saturday, September 28 • 8 a.m.
Cost: \$60 per player, includes lunch, complimentary range balls and push cart

Shot in the Dark (12-Adult)

Friday, October 18 • 7:30 a.m.
Cost: \$100 per team, includes dinner, one glow ball and flashlight

Shot in the Dark II (12-Adult)

Friday, October 25 • 7:30 a.m.
Cost: \$100 per team, includes dinner, one glow ball and flashlight

Greendale Golf Course

Turkey Club (Adults)

Thursday, November 21 • 9:30 a.m.
Cost: \$130 per team, includes lunch, greens fee and power cart

Jefferson Golf Course

Four Club Fall Classic (Adults)

Saturday, October 5 • 10 a.m.
Cost: \$40 per player

Oakmont Golf Center

Club Championship (12-Adult)

Saturday, September 14 • 8 a.m.
Cost: \$45 per player

Pinecrest Golf Course

PC9 Championship (13-Adult)

Sunday, September 8 • 8 a.m.
Cost: \$55 per player, lunch and carts included

Fall Festival Scramble (7-Adult)

Sunday, October 20 • 9 a.m.
Cost: \$110 per team, lunch and carts included

Looking for a fun autumn challenge?

Join one of Golf Fairfax's golf tournaments and swing into fall with some friendly competition!



To register visit www.fairfaxcounty.gov/parks/golf/tournaments



chipping and iron shots, and hybrids and woods are hit without a tee. Range balls are included in the class fee, and loaner clubs are available. The final class may be held on the golf course.

4GB 5--55 minute lessons--\$152

Location	Day	Time	Code	Begin	\$
(Co-Ed)					
Burke Lake GC	Sa	10am	F2A.SWTU	9/7	4GB
Burke Lake GC	Su	10am	F2A.UO70	9/8	4GB
Burke Lake GC	M	11am	F2A.HYIN	9/9	4GB
Burke Lake GC	Th	11am	F2A.WPHE	9/12	4GB
Burke Lake GC	Sa	10am	F2A.8NZ0	10/19	4GB
Burke Lake GC	Su	10am	F2A.Z9AN	10/20	4GB
Burke Lake GC	M	11am	F2A.NOOR	10/21	4GB
Pinecrest GC	Sa	12pm	F2A.8TLY	10/19	4GB
Pinecrest GC	Su	11am	F2A.9HWG	10/20	4GB
(Ladies only)					
Burke Lake GC	Su	12pm	46F.GKX0	9/8	4GB
Burke Lake GC	W	6pm	46F.XYVV	9/11	4GB
Burke Lake GC	Su	12pm	46F.BQ92	10/20	4GB
Burke Lake GC	W	6pm	46F.3MIS	10/23	4GB
Pinecrest GC	Sa	1pm	46F.FKQP	10/19	4GB

Golf Skills & Drills

(13-Adult) This class uses golf-specific drills and exercises to help the golfer who wants a better game to build power and focus on the four most common faults that potentially affect your swing. This class is taught by a Titleist Performance Institute Certified Instructor.

4GB 5--55 minute lessons--\$152

Location	Day	Time	Code	Begin	\$
Pinecrest GC	Sa	9am	PMN.QZ5B	10/19	4GB

Work on every part of your golf game while enjoying great food and beverage specials at one of Golf Fairfax's award-winning ranges!



BURKE LAKE GOLF CENTER - BUCKETS AND BEER

Small bucket + 16 oz. canned beer = \$12

OAKMONT GOLF CENTER -

FREE SMALL RANGE BUCKET

with the purchase of a pizza • 11 a.m. - 3 p.m.

TWIN LAKES GOLF COURSE - BUCKETS AND BEER

Small bucket + One Beer/Wine/Seltzer = \$10 or
Large bucket + One Beer/Wine/Seltzer = \$15

*Range specials may not be used with current range passes or combined with any other offers. Purchase in Pro Shop.

For more information visit:
www.fairfaxcounty.gov/parks/golf/practice



Golf-Long Game Lessons

(13-Adult) Course focuses on the clubs used in the long game such as irons, hybrids, fairway woods and drivers. Range balls are included in the class fee and loaner clubs are available.

4GC 4--55 minute lessons--\$128

Location	Day	Time	Code	Begin	\$
Burke Lake GC	M	12pm	49C.YB3Z	9/9	4GC
Burke Lake GC	Th	12pm	49C.QAXM	9/12	4GC
Burke Lake GC	M	12pm	49C.J2YE	10/21	4GC
Burke Lake GC	Th	12pm	49C.U8SB	10/24	4GC

Golf-Recovery/Trouble Shots

(13-Adult) Prerequisite: Beginner Golf Ready or equivalent. Lessons focus on proper setup, club selection and recovering from trouble situations in addition to course management. Burke Lake uses uneven ramps on its heated, covered driving range to simulate course conditions.

4GC 4--55 minute lessons--\$128

Location	Day	Time	Code	Begin	\$
Burke Lake GC	Sa	3pm	A6E.BSW8	9/7	4GC
Burke Lake GC	Sa	3pm	A6E.UNFB	10/19	4GC
Burke Lake GC	Th	2pm	A6E.004S	10/24	4GC

Golf-Wedge & Short Irons

(13-Adult) Course focuses on improving shots that will lower your score such as pitch shots, flop shots, 60 yards and in, as well as the distances for each shot type. Range balls are included in the class fee and loaner clubs are available.

4GC 4--55 minute lessons--\$128

Location	Day	Time	Code	Begin	\$
Burke Lake GC	Sa	4pm	D23.YW92	9/7	4GC
Burke Lake GC	Th	1pm	D23.1T5Q	10/24	4GC



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BENEFITS:

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- Redeem and check balance at the ball dispenser (or use Select Pi app)
- No need to visit the pro shop until you need to reload
- Works at all Golf Fairfax ranges, Oakmont, Burke Lake and Twin Lakes ranges

For more information visit www.fairfaxcounty.gov/parks/golf/practice





Every Body Golf School

Teaching the game of a lifetime

Head Golf Professionals: Noel Jablonski, LPGA • George Danielson, PGA
3136 Jermantown Road • Oakton, VA 22124



Lesson Information

- **Lessons taught** by the area's most experienced team of PGA, LPGA, and USGTF professionals year round.
- **Gift Certificates** are available for purchase at everybodygolf.com
- **Club fitting** available for Callaway and PXG
- **Loaner clubs** available upon request.
- **Lessons conducted in Sheltered and heated practice bays.**

Intermediate Golf For Adults

This four week class features an intermediate level review of fundamentals, and most typical golf shots. Prerequisite: Beginning Golf 2 or equivalent experience. Four- 50 minute lessons on four consecutive weeks. Fee: \$125, plus range balls.

Day	Time	Start Date
Sunday	12:05pm	Sept 15 OR Oct 20

Short Game Intensive

Students will work on all areas of the short game including putting, chipping and sand shots. Two 100-minute sessions. Fee: \$125, Practice balls provided

Day	Time	Start Date
Saturday	10:05am	Sept 14
Saturday	12:05pm	Oct 12

Oakmont 2024 Fall Schedule

Beginning Golf 1 For Adults

Students learn the basic skills needed to play golf. Grip, stance, full swing, putting, chipping, and pitching are taught, as well as etiquette and rules. Six 50-minute sessions on six consecutive weeks. Fee: \$140 plus range balls.

Day	Time	Start Date
Monday	7:05pm	Sept 9
Saturday	9:05am	Sept 14
Saturday	10:05am	Sept 14 (Ladies Only)
Sunday	1:05pm	Sept 15
Tuesday	10:05am	Sept 17 (Ladies Only)

Accelerated Beginning Golf 1 For Adults

Students learn the basic skills needed to play golf. Grip, stance, full swing, putting, chipping, and pitching are taught, as well as etiquette and rules. Six 50-minute sessions TWICE A WEEK ON THREE CONSECUTIVE WEEKS. Fee: \$140 plus range balls.

Day	Time	Start Date
Sat-Sun	11:05am	Sept 14 OR Oct 12
Tues- Thurs	7:05pm	Sept 10 OR Oct 8

Beginning Golf 2 For Adults

This class reviews golf fundamentals: grip, stance, and swing. This class also reviews various shots: fairway clubs, tee shots, and short game. PREREQUISITE: Beginning Golf 1 or equivalent experience. Fee: \$140 plus range balls.

Day	Time	Start Date
Wednesday	7:05pm	Sept 4
Saturday	2:05pm	Sept 14
Tuesday	11:05am	Sept 17 (Ladies Only)

Adult/Junior Beginning Golf

This class covers all the basic skills of golf including grip, stance, full swing, chipping, and putting. Rules and etiquette are also taught. A great course for any beginning adults and juniors. AGES 8 and UP. Six-50 minute lessons on 6 consecutive weeks. Class is limited to 10 students. Fee: \$140 plus range balls.

Day	Time	Start Date
Saturday	4:05pm	Sept 14
Sunday	4:05pm	Sept 15

SNAG (Starting New at Golf)

Every Body Golf School offers a child-friendly, safe, and easy method to teach basic golf skills to youngsters who have not had prior golf experience. The SNAG COACHING SYSTEM uses task-focused instruction to improve the motor skills required to play golf. Students use specifically designed equipment that will make the transition to traditional golf equipment faster and easier. Let us help your future player get on the right track! Limited to 6 students. We provide all equipment. Four 45-minute sessions. Fee: \$90

Day	Time	Start Date
Saturday	1:05pm	Oct 12
Sunday	1:05pm	Oct 13

Beginning Junior Golf

Limited to 10 students, this class is designed to help junior golfers learn the basics of the game including rules and etiquette, the short game and full swing. Four 50-minute sessions on four consecutive weeks. Fee: \$95, includes range balls.

Day	Time	Start Date
Saturday	3:05pm	Sept 14 OR Oct 19
Sunday	3:05pm	Sept 15 OR Oct 20

Beginning Teen Golf

Limited to 10 students, this class is designed to help teen golfers ages 13-17, learn the basics of the game including rules and etiquette, the short game, and the full swing. Four 50-minute lessons on four consecutive weeks. Fee: \$95 includes range balls.

Day	Time	Start Date
Sunday	2:05pm	Sept 15 OR Oct 20

Intermediate Junior Golf

This four-week class is designed for the young golfer who has taken our basic junior program. This class will be limited to 8 students to allow the instructor to work more closely with each child on specific individual needs. Four 50-minute sessions on four consecutive weeks. Fee: \$110 includes range balls.

Day	Time	Start Date
Saturday	1:05pm	Sept 14 OR Oct 19

- Two easy ways to register: Online at www.everybodygolf.com or by phone at 703-255-5396.

History

Scan the QR code to go directly to the Parktakes Online History page.



Colvin Run Mill Historic Site

10017 Colvin Run Road • Great Falls
703-759-2771

www.fairfaxcounty.gov/parks/colvinrunmill

Now a beautiful, wooded park, Colvin Run Mill Historic Site preserves and interprets Fairfax County's agricultural and industrial history. The buildings here were the center of the Colvin Run community throughout the 19th and early 20th centuries. The water-powered Colvin Run Mill was essential to the local farming community and the Colvin Run General Store was where people shopped, gathered, and conducted business.

- Take a self-guided walk and see the Colvin Run Mill's exterior, including the 20-foot waterwheel
- Join a docent-guided Mill Tour to explore this still-operational example of early American mass production
- Visit the 200-year-old Miller's House and replanted gardens to experience 1800s home life
- Shop in the c. 1910 Colvin Run General Store, where you can see exhibits, purchase CRM-ground grains and other gift items
- Recreational and educational activities for all ages
- Thematic tours, classes, camps, school programs and special events
- On the National Register of Historic Places and the Virginia Landmark Register

Hours and Admission

General Store open Thursday-Sunday,
11 a.m.-4 p.m.

Miller's House open most Saturdays-Sundays,
11 a.m.-4 p.m.



Ellanor C. Lawrence Park and Walney Visitor Center

5040 Walney Road • Chantilly
703-631-0013

www.fairfaxcounty.gov/parks/eclawrence

The Walney Visitor Center features natural and cultural exhibits and a hands-on area to introduce the public to the past farmland and present parkland.

- Historic structures and foundations: dairy foundation, spring house, icehouse foundation and smokehouse
- Gardens
- Kid-friendly red wagon sandboxes

Hours and Admission

Visitor Center open Monday, Wednesday-Friday, 9 a.m.-5 p.m. and Saturday-Sunday 12 p.m.-5 p.m. (closed Tuesdays). Programs meet at the Walney Visitor Center unless otherwise noted. Various themed tours are available for \$10 per person. For more information, call 703-631-0013. Grounds open dawn to dusk.



Historic Green Spring

4603 Green Spring Road • Alexandria
703-941-7987

www.fairfaxcounty.gov/parks/green-spring/historic-house

Families occupied the 1784 Historic House until the mid-20th century when Green Spring became a public garden. Features include:

- Historic House and garden
- Lectures
- English tea programs
- Tasting parties
- Workshops
- Changing art exhibits
- Historic photo exhibit and informational videos
- On the National Register of Historic Places
- Listed on the Virginia Landmarks Register
- Tea-themed items for purchase

Hours and Admission

Historic House is open Wednesday-Sunday,
Noon-4:30 p.m. Grounds open dawn to dusk daily.



Historic Huntley

6918 Harrison Lane • Alexandria
703-768-2525

www.fairfaxcounty.gov/parks/historic-huntley

The Huntley Villa, built circa 1825 and connected to the Mason family, is listed on the National Register of Historic Places and the Virginia Landmark's Register. Historic Huntley is a three-acre park containing the Federal style villa, a brick privy, an icehouse, root cellar, an additional residence and cultural landscape features. The grounds at Historic Huntley are open dawn to dusk from March through November.

Huntley Meadows Park

3701 Lockheed Blvd. • Alexandria
703-768-2525

www.fairfaxcounty.gov/parks/huntley-meadows



Sully Historic Site

3650 Historic Sully Way • Chantilly
703-437-1794

www.fairfaxcounty.gov/parks/sully

The 1794 home of Northern Virginia's first congressman, Richard Bland Lee, combines aspects of Georgian and Federal architecture. Guided tours highlight the early 19th century Lee family, the enslaved community, and other families who lived here before it became a park in 1959. Features include:

- Historic house
- Original outbuildings
- Slave quarter cabin
- Heirloom garden
- Squirrel's Nest gift shop
- Accredited by the American Alliance of Museums
- On the National Register of Historic Places
- Listed on the Virginia Civil Wars Trail
- Part of the Underground Railroad Network to Freedom

Hours and Admission

Gift shop Open Saturday-Sunday, 11 a.m.-4 p.m.

Child and Parent Programs

History Tots

(1-3 yrs.) Bring your toddler to explore history through sight, sound, smell and touch. Program includes indoor and outdoor activities. Adults must be able to participate with children. A different topic every month.

1--45 minute program

Location	Day	Time	Code	Date	\$
ECLawrencePk	W	10am	BHL.736I	9/11	\$10/child
ECLawrencePk	W	10am	BHL.7T20	10/9	\$10/child
ECLawrencePk	W	10am	BHL.JPFU	11/13	\$10/child
ECLawrencePk	W	10am	BHL.SAGT	12/11	\$10/child

Mini Millers

(2-5 yrs.) Explore Colvin Run Mill with your toddler or preschooler through STEAM activities, hands-on history, crafts, stories, and games. Programs include indoor and outdoor activities. Adults must participate with children. Prepaid reservations required. A different program each week: 10/7 Discover Waterwheels; 10/21: Making and Drinking Apple Cider and 11/ 18: Celebrating the Harvest.

1--45 minute program

Location	Day	Time	Code	Date	\$
ColvinRunMill	M	10am	Y61.944I	10/7	\$10/child
ColvinRunMill	M	10am	Y61.HM5C	10/21	\$10/child
ColvinRunMill	M	10am	Y61.7TRV	11/18	\$10/child

Children's Programs

Pumpkin Party on the Hill

(2-12 yrs.) Bring a pumpkin to paint and decorate, make and taste some pumpkin ice cream, and make and bring home your own pumpkin play-dough. Learn about the history of pumpkins and enjoy a pumpkin story.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
HistHuntley	Su	2pm	099.9TNN	10/27	\$9/child

Family/All Ages

Chocolate Ice Cream at Huntley

(All Ages) Savor a taste of hand-made chocolate ice cream to celebrate National Chocolate Day! Did you know that chocolate was first made by Native Americans? Learn more about this decadent dairy treat as you help to make a batch.

1--1 hour program

Location	Day	Time	Code	Date	\$
HistHuntley	M	2pm	EF9.5A1W	9/2	\$10/ea.

Surviving Unplugged - Foraging and Gardening

(6-Adult) Discover the bounty of edible plants in your backyard and learn practical knowledge about cultivating herbs with culinary and medicinal benefits. Explore Sully collections and stories as examples of how the people of Sully survived without today's modern conveniences.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
Sully	Su	2pm	P08.192V	9/8	\$15/ea.

Surviving Unplugged - Pots and Paints

(6-Adult) Unearth the secrets of crafting clay pots and firing them without modern technology. Discover the traditional methods of making paints and pig-



ments from natural materials, connecting with our ancestors' resourcefulness for a resilient future.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
Sully	Su	2pm	75B.15WM	9/15	\$15/ea.

Surviving Unplugged - Candle Making and Light

(6-Adult) Dive into the centuries-old tradition of crafting candles using natural materials and traditional techniques. Illuminate your journey back in time with examples from the resourceful people at Sully. Make your own candles from Crisco and crayons.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
Sully	Su	1pm	U20.0WVK	9/22	\$15/ea.

Surviving Unplugged - Knots and Rope

(6-Adult) Master the ancient art of rope making and knot tying in our unplugged survival class. Learn to make ropes from string and tie essential knots for shelter, rescue, and other uses. Arm yourself with indispensable skills for when modern conveniences are not available.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
Sully	Su	2pm	2WX.07T7	9/29	\$15/ea.

Paths of Freedom Seekers

(8-Adult) Listen to stories of African Americans who were forced to live and work on this farm. Reflect on individuals' stories of resistance and survival. Learn how enslaved communities and freedom seekers have forged a path of resiliency throughout American history.

1--1 hour program

Location	Day	Time	Code	Date	\$
ECLawrencePk	Su	5:30pm	QYM.JA85	9/29	\$8/ea.

Mill in Motion

(All Ages) We're running the mill like it's 1811 when the mill was first operating. Come see one of the country's remaining examples of early American mass production. Learn why Oliver Evans' plans for an automated mill received one of the first US patents and revolutionized food production in the young country. After you explore the mill, visit the 19th century Miller's House exhibit and stop in the Colvin Run General Store to purchase grain ground at the mill.

1--3 hour program

Location	Day	Time	Code	Date	\$
ColvinRunMill	Su	12pm	9NY.HSIL	10/6	\$10/ea.

Spy Craft

(7-Adult) Explore the lives of the men and women during the Revolutionary War who passed along secrets and information and the technology they used in dangerous times. Try your hand at a little spy craft to take home.

1--1 hour program

Location	Day	Time	Code	Date	\$
ECLawrencePk	Su	3pm	1EF.Y7F6	10/6	\$9/ea.

Surviving Unplugged - Pickling and Preservation

(6-Adult) Discover the traditional methods of preserving food before refrigerators were available. Try your hand at pickling and take home some tasty skills.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
Sully	Su	3pm	4DJ.90B1	10/6	\$15/ea.

Unleash Your Inner Archaeologist at

ARCTOBER

FEST! FREE

Saturday, October 12 • 10 a.m. - 2p.m.
Sully Historic Site

Don't miss this exciting opportunity to learn, explore and celebrate Archaeology Month with us at Arc-Tober Fest!

EXPERIENCE HANDS-ON ACTIVITIES LED BY REAL ARCHAEOLOGISTS:

- Search for clues and learn about historic resources.
- Discover the latest high-tech tools and equipment.
- Learn about valuable skills through interactive workshops.
- Meet and interact with exhibitors showcasing their work.
- Create archaeological-themed crafts.
- Participate in fun and engaging demonstrations.

www.fairfaxcounty.gov/parks/topics/archaeology-month

Cider Making

(All Ages) Bring up to 8 people and learn how to use an old-fashioned cider press by making your own cider. Your group needs to bring approximately 100 apples of their choosing and tightly sealable containers for transporting approximately 2 gallons of cider. Participants will carry and press their own apples and cider. Dress accordingly. All participants will be contacted prior to their program with full details. Weekday time slots upon request. Call the Colvin Run Site to check availability.

1--1 hour program

Location	Day	Time	Code	Date	\$
ColvinRunMill	Sa	11am	GTO.K2T3	10/12	\$60/family
ColvinRunMill	Sa	1pm	GTO.FU3E	10/12	\$60/family
ColvinRunMill	Sa	3pm	GTO.Ø1MR	10/12	\$60/family
ColvinRunMill	Su	11am	GTO.LL3V	10/13	\$60/family
ColvinRunMill	Su	1pm	GTO.FHEZ	10/13	\$60/family
ColvinRunMill	Su	3pm	GTO.DL16	10/13	\$60/family
ColvinRunMill	Sa	11am	GTO.DD78	10/19	\$60/family
ColvinRunMill	Sa	1pm	GTO.MW5Q	10/19	\$60/family
ColvinRunMill	Sa	3pm	GTO.DCVF	10/19	\$60/family
ColvinRunMill	Sa	11am	GTO.MDRK	10/26	\$60/family
ColvinRunMill	Sa	1pm	GTO.359Ø	10/26	\$60/family
ColvinRunMill	Sa	3pm	GTO.L25Y	10/26	\$60/family
ColvinRunMill	Su	11am	GTO.YH8G	10/27	\$60/family
ColvinRunMill	Su	1pm	GTO.ZQ1L	10/27	\$60/family
ColvinRunMill	Su	3pm	GTO.HVX1	10/27	\$60/family

Fall Tea Party

(3-Adult) Bring your child to the Mill and celebrate Fall. We'll have tea, savory and sweet treats and play 19th century games. Children must be accompanied by a registered adult.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
ColvinRunMill	Sa	2:30pm	KH6.ECK7	10/19	\$15/ea.

Historic Crafts and Trades

(5-Adult) Discover nineteenth century crafts and trades and see demonstrations by craftspeople of today. In the 1800s, people depended on experts who hand-crafted the goods they needed. Some of these crafts and trades are practiced by contemporary artisans. Demonstrations may include basketweaving, wood carving, broom making, spinning and dyeing, distilling and cider making. Make time to see our historic mill in motion, powered by the water of Colvin Run. You can also visit the general store and explore the miller's house exhibit.

1--3 hour program

Location	Day	Time	Code	Date	\$
ColvinRunMill	Su	1pm	C3L.1YE9	10/20	\$10/ea.

Drill like a Soldier

(6-Adult) Our Continental Army, formed in 1775, was created from colonial volunteers. Farmers and tradespeople learned to follow directions, march and fight as one unit. Join us as we practice drilling and talk about the Army's struggles and successes around the campfire.

1--1 hour program

Location	Day	Time	Code	Date	\$
ECLawncPk	Su	2pm	5XV.WPOB	10/20	\$8/ea.

Making a Scarecrow

(2-Adult) Come out and enjoy the season by creating your own Fall friend. Bring old clothing to stuff with hay and afterwards pose with your new friend. Play some games and make a craft to take home. Great

Fall photo opportunities. This program takes place outdoors. All participants, including adults must be registered for this program.

1--1 hour program

Location	Day	Time	Code	Date	\$
BurkeLakePk	Su	1pm	K73.V9LF	11/3	\$8/ea.

Surviving Unplugged - Weaving and Wool

(6-Adult) Explore the world of textiles before department stores. Enjoy a make-your-own experience with working wool onto felt and try your hand at basic weaving to make useful items. Sully's historic collections illuminate the crafting techniques of the past that we are disconnected from today.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
Sully	Sa	2pm	WRB.HDFB	11/9	\$15/ea.

The War of 1812 and the Homefront

(All Ages) Discover how communities like Colvin Run supported the young US Navy during the War of 1812. Learn how farmers and millers fed the sailors at sea. Meet members of Ship's Company, a War of 1812 reenactors' group, and hear stories about life at sea. Examine their navigation tools, see their uniforms and discover what they ate. Make time to see the historic mill in motion, visit the miller's house and stop in the general store.

1--3 hour program

Location	Day	Time	Code	Date	\$
ColvinRunMill	Su	12pm	Ø7A.N7GO	11/10	\$10/ea.

Dutch Oven Brunch

(6-Adult) Join us around the campfire for some corn pancakes and freshly made butter as we learn about the history of Thanksgiving foodways and how Thanksgiving might not have been celebrated by the Masons!

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
HistHuntley	F	10am	269.8ØUH	11/15	\$15/ea.

Surviving Unplugged - Sewing

(6-Adult) Unravel the threads of survival in our post-apocalyptic sewing class. Learn essential techniques to mend clothes, and create useful items, in a world without modern luxuries. Learn stitching basics and embark on a journey of self-sufficiency through the art of needle and thread.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
Sully	Su	1pm	UEP.Z5Ø8	11/17	\$15/ea.

Make Room for Turkeys!

(7-Adult) Turkeys are native to the Americas and have been everything from decorative to Thanksgiving centerpiece. They've been here for 10 million years but how can you make sure they have a place here for a million more? Find out more about the role of turkeys in different cultures and how important habitat restoration will make room for turkeys!

1--1 hour program

Location	Day	Time	Code	Date	\$
ECLawncPk	Sa	2pm	1RQ.5ZØP	11/23	\$8/ea.
ECLawncPk	Sa	10am	1RQ.N5Ø1	11/30	\$8/ea.



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The Resident Curator Program is designed to preserve historic properties by offering long-term leases to qualified tenants who agree to rehabilitate and maintain these historic resources. In return, curators pay no rent as long as they continue to meet the terms of their contract.





Teen/Adult Programs

Secrets, Spies, Sputnik and Huntley

(Adults) Take a stroll with us on the less-visited side of the park to uncover the history of spies, espionage and how the Cold War struggle between the US and the USSR shaped Huntley and the Fairfax County we know today. Meets at South King Highway entrance includes a 2.4 mile walk over flat terrain.

1--2 hour program

Location	Day	Time	Code	Date	\$
HuntMdws	W	10am	F8B.RQXE	9/11	\$10/ea.
HuntMdws	Th	2pm	F8B.VKC8	10/24	\$10/ea.

Civil War at Huntley - Division and Endurance

(16-Adult) Fairfax was as divided as the nation in 1861. Yet these divisions help to explain how Huntley endured the war. This program will examine Huntley through the Civil War through the experiences of the Mason family, their neighbors, and an occupying army. Includes a tour of Historic Huntley.

1--1 hour program

Location	Day	Time	Code	Date	\$
HistHuntley	Th	10am	4NZ.048W	9/19	\$10/ea.
HistHuntley	T	10am	4NZ.YBY5	10/29	\$10/ea.
HistHuntley	Su	1pm	4NZ.DJTC	11/17	\$10/ea.

Mason Tea

(Adults) Enjoy an afternoon tea circa 1830 much as Betsey Mason would have with the gleam of polished silver and proper tea etiquette. Sample a menu of tasty treats appropriate to the period in an historic setting as you brush up on your tea history. Includes a tour of Historic Huntley.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
HistHuntley	Sa	1pm	87A.OBK4	9/21	\$35/ea.

Epidemics of the Past

(14-Adult) Disease has always shaped our history. Enjoy a healthy stroll up to a lovely view while we uncover why the Masons built a summer home upon a hill and how epidemics of the past shaped the society we live in today.

1--1 hour program

Location	Day	Time	Code	Date	\$
HistHuntley	W	10am	ZGS.NH6Y	10/9	\$10/ea.

Beginning Woodcarving - Bird in the Round

(14-Adult) Learn beginning woodcarving with the Northern Virginia Woodcarvers. Start with basic carving cuts and progress to carving a comfort "bird in the round." This fun and relaxing class is a great way to learn new skills and explore a traditional art. An additional \$60 fee, paid to the instructor the first day of class, will purchase supplies you will keep after the class.

3--3 hour lessons

Location	Day	Time	Code	Date	\$
ColvinRunMill	Su	12pm	XRQ.CIRT	10/13	\$60/ea.

Enslaved Lives and the Legacy of Slavery

(Adults) Join a historian for a tour of Huntley that examines the relationship of the Mason family to slavery and recovers insights into the lives of the Humphrey family and other enslaved people whose labor maintained Mason wealth and social status.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
HistHuntley	W	1pm	BF1.KSVR	11/20	\$12/ea.

War of 1812 and the Homefront



Sunday, November 10
Noon-3 p.m.
\$10 per person
Colvin Run Mill

- Discovering how communities supported the young U.S. Navy during the War of 1812
- Meeting members of Ship's Company reenactors' group
- Exploring the historic mill, Miller's house and General Store

www.fairfaxcounty.gov/parks/colvin-run-mill



Tasting Programs

Tasting - Blended Scotch Whisky

(21 yrs.+) Enjoy a sampling of fine blended scotches. Budding connoisseurs learn about the ancient history of Scotland's "water of life" and the art of combining different whiskies to create harmonious and consistent blends that rival the best single malts. Delicious Scottish accompaniments served.

1--2 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	4pm	BCY.RBU7	10/12	\$60/ea.

Historic Green Spring Tea Programs

A traditional British afternoon tea served in the Historic House follows each tea program. Full tea includes finger sandwiches, pastries and scone with cream and jam. Programs are by reservation only. Call 703- 941-7987, TTY 703-324-3988.

Fall Garden Tour and Tea

Thursday, September 19 and October 17

1-3 p.m. • \$40

(Adults) Tour the glorious demonstration gardens with an Extension Master Gardener docent. Hear about Green Spring past and present and discover a wealth of ideas for your fall home landscape. Afterwards, come inside for a traditional British afternoon tea.

Textile Treasures

Sunday, September 22

1-3 p.m. • \$45 (lecture + tea); \$22 (lecture only)

From flax and wool to silks and taffetas, textiles have figured in every society throughout history. Artist and collector Caroline Hottenstein reveals laborious past methods of textile care and demonstrates the art and science of it today. Learn how proper cleaning, handling and storage will preserve your heirloom textile treasures.

All Things Macabre

Sunday, October 27

1-3 p.m. • \$40 (lecture + tea); \$18 (lecture only)

'Tis the season. Discover the tradition of the "Danse Macabre" or "Dance of Death" and enjoy a sampling of all things historically macabre, from gallows humor and famous last words to body snatchers and memento mori. Not for the faint of heart.

Dress Up Your Walls

Sunday, November 10

1-3 p.m. • \$40 (lecture + tea); \$18 (lecture only)

Hear about the history of wall décor and picture hanging. Discover how evolving styles of art placement - from cave paintings to 18th century salon walls to modern art installations - reflect time and place. Explore effective techniques to display, group and hang artwork in your home.

Succession

Sunday, November 24,

1-3 p.m. • \$40 (lecture + tea); \$18 (lecture only)

Throughout history, dramas have played out over family succession. Dynastic disputes have even led to war and murder. Hear about family feuds- royal and otherwise - over inherited wealth, land and titles as we explore scandalous court cases, curious wills and contested bequests. Happy Thanksgiving.

Tours

Historic Huntley House Tour

Saturdays, September-October

10:30 a.m. & 12 p.m.

\$10 per adult, \$8 Seniors/Students/Children (5-15 yrs.)**1-hour tour, Reservations Recommended**

(All Ages) Discover a Historic Huntley and the many vistas, voices, and stories which reflect the American quest for freedom. The tour includes the unfurnished late Federal style 1825 villa, farm out-buildings, stories from the Huntley community, and an unparalleled view of the Hybla Valley. The short walk to the villa proceeds up a steep hill, an ADA compliant cart is available on request (please contact us in advance). Private tours are available upon request. Please contact the site for details. Individual tickets available at Parktakes online.

Sully Historic House Tour

Saturday and Sunday, September-October

11 a.m., 1 p.m. & 3 p.m.

\$10 per adult, \$8 Seniors/Students/Children (5-15 yrs.)**45-minute tour, Reservations Recommended**

(All Ages) Enjoy a 45-minute tour of the 1794 dwelling, built for Richard Bland Lee, Northern Virginia's first Congressman. The story includes his family, political career and the life of the enslaved community that supported Sully. Accredited by the American Alliance of Museums, Sully is on the National Register of Historic Places and is part of the National Park Service Underground Railroad Network to Freedom. Private tours available upon request. Please contact the site for details. Individual tickets are available at Parktakes online.

Sully Illuminated

Fridays and Saturday, November 1-23

4:45 p.m. – 7 p.m.

\$12 per adult, \$10 Seniors/Students/Children (8-15 yrs.)**45-minute tour, Reservations Required**

(8-Adult) Come and tour the historic house and landscape by lantern, torch and safe candlelight. Experience how the kinds of light used reflected on the lives of Sully's residents enslaved and free. Individual tickets are available at Parktakes online.



Celebrating FCPA's new partnership with ServiceSource at the Ellmore Farmhouse



Tours of the farmhouse are offered every Monday and Thursday from 10 a.m. - 2 p.m.

Enjoy a bite to eat at the onsite café Monday-Friday from 10 a.m. - 2 p.m.

Visit the gift shop to browse a selection of handcrafted items made by ServiceSource participants. Participants receive 100% of the profits.

www.fairfaxcounty.gov/parks/resident-curator-program/ellmore
Ellmore Farmhouse • Frying Pan Farm Park • 2739 West Ox Road • Herndon 20171

VIRGINIA NATIVE AMERICAN FESTIVAL

STEP INTO TRADITION AND EXPERIENCE THE SPIRIT OF VIRGINIA
AT THE NATIVE AMERICAN FESTIVAL

Saturday, September 14, 2024**10 a.m. - 3 p.m. • \$12 each**

- Performance by the Rappahannock Native American Dancers and Drum group
 - Virginia tribal vendors offering traditional crafts
 - Opportunities to learn about present-day events and cultural heritage
- Hands-on demonstrations, including bow and arrow use

Riverbend Park, Great Falls, Va.

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www.fairfaxcounty.gov/parks/riverbend-park


Ice Skating

Scan the QR code to go directly to the Parktakes Online Ice Skating page.



Ice skating classes:

- Offered at Fairfax Ice Arena.
- Students should report 15 minutes before class and be ready to go on the ice at class time.
- Prior to the first class, students should attend a public session to become accustomed to the ice and to determine proper skate fitting.
- Recommended clothing is a sweater or jacket, knit hat, gloves or mittens and warm, comfortable slacks.
- Ice skating classes include free admission to public skating sessions equal to the number of classes. All group-lesson students are entitled to free rental skates for use during lessons and practice sessions.
- Although there are no equipment requirements except as noted in Hockey 1 and up, head protection (hockey or biking helmets), knee and elbow protection are strongly recommended.

Skating Tots

Snowplow Sam 1

(4-6 yrs.) This class helps students develop preliminary coordination and strength necessary for ice skating. Students must be able to work in a group setting without direct parental supervision and be able to listen to and follow instructions. Skating skills include falling safely, marching in place, marching forward, marching then gliding on two feet, dipping in place and other skills geared towards balance, movement and coordination. Helmets are required.

DIAA 7--30 minute lessons--\$154

Location	Day	Time	Code	Begin	\$
FfxIceArena	M	5:35pm	8A6.VTRK	9/9	DIAA
FfxIceArena	T	1:30pm	8A6.NC2J	9/10	DIAA
FfxIceArena	T	6:40pm	8A6.KJQX	9/10	DIAA
FfxIceArena	W	6:40pm	8A6.6DJ6	9/11	DIAA
FfxIceArena	Th	6:40pm	8A6.Y338	9/12	DIAA
FfxIceArena	Sa	10:40am	8A6.7PUB	9/14	DIAA

Tot 1

(4-6 yrs.) For children who have not had organized skating instruction. Students work on standing and falling properly, getting up properly and marching in a standing position.

DIAA 7--30 minute lessons--\$154

Location	Day	Time	Code	Begin	\$
FfxIceArena	M	5:35pm	9B3.Y0FG	9/9	DIAA
FfxIceArena	T	1:30pm	9B3.6X7B	9/10	DIAA
FfxIceArena	T	6:40pm	9B3.PKP8	9/10	DIAA
FfxIceArena	W	6:40pm	9B3.J7M4	9/11	DIAA
FfxIceArena	Th	6:40pm	9B3.QEB9	9/12	DIAA
FfxIceArena	Sa	10:05am	9B3.H35Q	9/14	DIAA

Beginning Skating – Youth

Basic 1

(7-13 yrs.) For students who have never skated before, this class helps students develop preliminary coordination and strength necessary for



ice skating. Students learn basic elements which provide a solid foundation for more advanced skills. Skating skills include falling safely, sitting on ice and standing up, marching in place, marching forward across the ice, marching then gliding on two feet, forward two-foot glide, dipping in place, forward swizzles, backward wiggles, beginning snowplow stop on two feet or one foot and other skills geared towards balance, movement and coordination. Helmets are required.

DIAA 7--30 minute lessons--\$154

Location	Day	Time	Code	Begin	\$
FfxIceArena	M	6:10pm	7AC.LAAG	9/9	DIAA
FfxIceArena	T	7:15pm	7AC.9XT5	9/10	DIAA
FfxIceArena	W	7:15pm	7AC.S4F0	9/11	DIAA
FfxIceArena	Th	7:50pm	7AC.R04Z	9/12	DIAA
FfxIceArena	Sa	10:50am	7AC.V56C	9/14	DIAA

Pre-Alpha

(7-13 yrs.) For those who have not had organized skating instruction. Students work on standing and falling properly, getting up properly and marching in a standing position.

DIAA 7--30 minute lessons--\$154

Location	Day	Time	Code	Begin	\$
FfxIceArena	M	6:10pm	E65.EA6I	9/9	DIAA
FfxIceArena	T	7:15pm	E65.19ED	9/10	DIAA
FfxIceArena	W	7:15pm	E65.GP29	9/11	DIAA
FfxIceArena	Th	7:15pm	E65.N92I	9/12	DIAA
FfxIceArena	Sa	10:40am	E65.7S88	9/14	DIAA

Beginning Skating – Teens/Adults

Adult 1

(14-Adult) For students with some skating ability who have had no organized skating instruction. This class by Fairfax Ice Arena helps students develop preliminary coordination and strength necessary for ice skating. Students learn basic skills such as falling and recovery, forward marching, forward two-foot glide, forward swizzles, one forward swizzle/one backward swizzle, dip and

other skills geared toward balance, movement and coordination.

DIAA 7--30 minute lessons--\$154

Location	Day	Time	Code	Begin	\$
FfxIceArena	T	7:50pm	GCH.FERP	9/10	DIAA
FfxIceArena	Th	7:50pm	GCH.HOLA	9/12	DIAA
FfxIceArena	Sa	11:15am	GCH.KOMG	9/14	DIAA

Pre-Alpha

(14-Adult) For those who have not had organized skating instruction. Students work on gliding, forward and backward swizzles, backward wiggles and one-foot glides.

DIAA 7--30 minute lessons--\$154

Location	Day	Time	Code	Begin	\$
FfxIceArena	T	7:50pm	C52.BVBR	9/10	DIAA
FfxIceArena	Th	7:50pm	C52.C2EH	9/12	DIAA
FfxIceArena	Sa	11:15am	C52.DFXB	9/14	DIAA

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- 💻 Online—fairfaxicearena.com
- ☎ Over the phone call 703-323-1132

Martial Arts

Scan the QR code to go directly to the Parktakes Online Martial Arts page.



For yoga, meditation, Pilates, Qigong and Tai Chi classes, see the alternative exercise listings in the Exercise and Fitness section.

For martial arts classes:

- Testing, conducted on and off site for an additional fee, may be required to advance to the next martial arts level. Testing dates are announced at the start of class.
- Uniforms are required for classes at all locations. Uniforms may be purchased through any source and may be available from the instructor for a separate fee. Since specific uniforms may be mandatory for testing/advancement in certain classes, it is recommended that you check with the instructor before buying.
- Separate fees may be charged for tournaments, protective gear and belts, if required for advancement.



Aikido & Self Defense Beginning

Japanese concept of circular motion to neutralize an attacker's power by moving with it. Defense against grabbing, choking and striking attacks are covered. Emphasis is on techniques that are effective without causing serious or permanent injury to the attacker.

4MJ	12--1 hour 25 minute lessons--\$226				
Location	Day	Time	Code	Begin	\$
(10-17 yrs.)					
SpHillREC	Su	2:30pm	OKJ.E9RE	9/15	4MJ
(13-Adult)					
SoRunREC	Sa	4pm	78D.OHXY	9/14	4MJ

Aikido & Self-Defense Intermediate

(13-Adult) Prerequisite: Aikido and Self-Defense Beginning or permission of instructor.

4MJ	12--1 hour 25 minute lessons--\$226				
Location	Day	Time	Code	Begin	\$
SpHillREC	Su	4pm	CF6.1ZQW	9/15	4MJ

Aikido-Jo

(13-Adult) This traditional Japanese martial art focuses on using a wooden staff (jo) as a weapon, an integral part of Aikido training and complements empty-hand techniques. The Jo staff is used for spearing, hitting, or deflecting a strike from an opponent. While similar to jodo in that both styles involve fencing techniques, the styles differ in the overall nature of and strategies that are used.

4MJ	12--1 hour 25 minute lessons--\$226				
Location	Day	Time	Code	Begin	\$
SpHillREC	Su	5:30pm	1V2.JYY0	9/15	4MJ

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Japanese Swordsmanship

(13-Adult) Students learn the ancient samurai sword arts stances, postures and movements, including iaijutsu sword-drawing and cutting techniques and paired-student kenjutsu exercises. Equipment is provided for beginning students.

4MA	10--55 minute lessons--\$126				
Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Su	5pm	90A.1HJT	9/15	4MA
Wkfld/Moore	W	8pm	90A.XYG1	9/18	4MA

Jodo-Japanese Staff

(13-Adult) Class focuses on the Japanese marital art of jodo, uses a 50-inch hardwood staff and is based on the Shindo Muso Ryu martial tradition. Class covers basic jodo techniques as well as a series of interactive drills and kata that comprise the art. All levels welcome and all equipment provided.

4MH	12--55 minute lessons--\$151				
Location	Day	Time	Code	Begin	\$
CubRunREC	Th	7pm	60E.X5ND	9/19	4MH

Judo

(13-Adult) Learn the most efficient use of mental and physical energy for defense through judo techniques including throwing, choking, holding and joint locking.

4MH	12--55 minute lessons--\$151				
4MJ	12--1 hour 25 minute lessons--\$226				
Location	Day	Time	Code	Begin	\$
ProvREC	Su	5pm	5F3.QBAB	9/8	4MH
SpHillREC	Su	12:30pm	5F3.VU2Q	9/15	4MJ
SpHillREC	F	7:30pm	5F3.8XK7	9/20	4MJ

Jujitsu-All Levels

(13-Adult) Self-defense typified by grab escapes, throwing and submission holds.

4MJ	12--1 hour 25 minute lessons--\$226				
Location	Day	Time	Code	Begin	\$
ProvREC	Su	3:30pm	E32.T9Y7	9/8	4MJ

Jung Su Beginning

Martial art that combines tang soo do, jujitsu and kickboxing. Learn a wide range of skills that cover blocking, striking, kicking, grappling, sparring, weapons defense and traditional armed fighting.

4MA	10--55 minute lessons--\$126				
4MH	12--55 minute lessons--\$151				
Location	Day	Time	Code	Begin	\$
(6-Adult)					
CubRunREC	Sa	11am	28A.T03J	9/14	4MH
(13-Adult)					
Wkfld/Moore	Sa	10am	11F.OZ5W	9/14	4MA

Jung Su Advanced

Prerequisite: Jung Su Beginning or equivalent.

4MB	10--1 hour 25 minute lessons--\$189				
4MJ	12--1 hour 25 minute lessons--\$226				
Location	Day	Time	Code	Begin	\$
(6-Adult)					
CubRunREC	Sa	11am	563.10MP	9/14	4MJ
(8-Adult)					
Wkfld/Moore	Sa	11am	3BJ.TRW9	9/14	4MB
Wkfld/Moore	M	7pm	3BJ.SN18	9/16	4MB
Wkfld/Moore	W	7pm	3BJ.4Q4D	9/18	4MB
Wkfld/Moore	M	6pm	3BJ.PT85	9/16	4MA
Wkfld/Moore	W	6pm	3BJ.HTEZ	9/18	4MA

Karate I

Designed to help you learn self-defense, gain confidence, and build leadership and independence.

4MA	10--55 minute lessons--\$126				
DMVF	10--45 minute lessons--\$111				
Location	Day	Time	Code	Begin	\$
(6-12 yrs.)					
OakmontREC	Su	3pm	27A.PA6A	9/22	4MA
SoRunREC	Sa	1pm	27A.9PAG	9/14	4MA
BlkBltFFX	M	5:30pm	4XF.U1QT	9/9	DMVF
BlkBltFFX	T	5:30pm	4XF.QKXR	9/10	DMVF
BlkBltFFX	W	5:30pm	4XF.4255	9/11	DMVF
BlkBltFFX	Th	5:30pm	4XF.8SK6	9/12	DMVF
BlkBltFFX	F	4:45pm	4XF.G6EJ	9/13	DMVF
(13-Adult)					
SoRunREC	Sa	1pm	996.107C	9/14	4MA
BlkBltFFX	T	7:45pm	LYL.E1VD	9/10	DMVF
BlkBltFFX	Th	7:45pm	LYL.QBK0	9/12	DMVF
Floris ES	Th	7pm	996.RTIH	9/19	4MA

Karate II

(6-Adult) Prerequisite: Karate I or equivalent.

4MA	10--55 minute lessons--\$126				
4MH	12--55 minute lessons--\$151				
Location	Day	Time	Code	Begin	\$
Franconia Rec	Sa	11am	964.LSRL	9/14	4MH
SoRunREC	Sa	2pm	964.F4SH	9/14	4MA

Karate III

(6-Adult) Prerequisite: Karate II or equivalent.

4MA	10--55 minute lessons--\$126				
Location	Day	Time	Code	Begin	\$
SoRunREC	Sa	3pm	B94.VOIK	9/14	4MA

Karate for Families

(6-Adult) In this class, gives families an opportunity to participate together. Students learn self-defense, gain confidence and build leadership and independence. Each student must register individually.

3MA		8--55 minute lessons--\$102				
4MH		12--55 minute lessons--\$151				
Location	Day	Time	Code	Begin	\$	
Franconia Rec	Sa	10am	D2F.8XRW	9/14	4MH	
Franconia Rec	Sa	12:30pm	D2F.FZLH	9/14	4MH	
Franconia Rec	M	7pm	D2F.AFCW	9/16	4MH	
Franconia Rec	T	6:30pm	D2F.T7T5	9/17	4MH	
Franconia Rec	W	7:30pm	D2F.OW16	9/18	4MH	
Franconia Rec	F	7:30pm	D2F.ODR8	9/20	4MH	
Frying Pan Pk	Th	7pm	D2F.U3YM	9/12	3MA	
ProvREC	Su	1pm	D2F.MR61	9/15	4MH	
ProvREC	Su	12pm	D2F.2198	9/15	4MH	

Karate for Black Belts

(15-Adult) Prerequisite: Student must have already achieved black belt. This class focuses on advanced techniques, higher-level forms and sparring strategies. Class will also include use of props.

3MA		8--55 minute lessons--\$102				
Location	Day	Time	Code	Begin	\$	
Frying Pan Pk	M	6pm	3UE.CM9Q	9/9	3MA	

Okinawan Goju Ryu Karate

(13-Adult) Class focuses on teaching proper goju ryu technique with applications rather than extensive physical training. Kihon (basics), kata (forms) and bunkai (applications) are covered. Sparring is introduced as an option for interested students.

4MH		12--55 minute lessons--\$151				
Location	Day	Time	Code	Begin	\$	
CubRunREC	Su	11am	8E5.P5DU	9/15	4MH	

Okinawan Kenpo Karate

(13-Adult) Students learn traditional methods and develop connections to the Okinawan Masters of kenpo while gaining increased confidence, sense of community and knowledge of practical self-defense techniques. No prior experience is necessary.

4MB		10--1 hour 25 minute lessons--\$189				
Location	Day	Time	Code	Begin	\$	
Sully CommCtr	Su	10:30am	5XR.PFAG	9/15	4MB	

Shotokan Japanese Karate I

(6-Adult) Learn self-defense through techniques such as blocking, punching, striking and kicking in combination with other related movements.

4MA		10--55 minute lessons--\$126				
Location	Day	Time	Code	Begin	\$	
SpHillREC	Sa	8am	31A.LN4Y	9/14	4MA	
SpHillREC	Sa	10am	31A.HXAN	9/14	4MA	
SpHillREC	M	7pm	31A.ENPF	9/16	4MA	
SpHillREC	W	6pm	31A.TOGT	9/18	4MA	

Shotokan Japanese Karate II

(6-Adult) Shotokan Japanese Karate I strongly recommended.

4MA		10--55 minute lessons--\$126				
Location	Day	Time	Code	Begin	\$	
SpHillREC	Sa	8am	454.J69T	9/14	4MA	
SpHillREC	Sa	9am	454.N18T	9/14	4MA	
SpHillREC	M	7pm	454.Z7MQ	9/16	4MA	
SpHillREC	T	7pm	454.A8NM	9/17	4MA	
SpHillREC	W	7pm	454.UUDX	9/18	4MA	

Shotokan Japanese Karate III

(6-Adult) Shotokan Japanese Karate II strongly recommended.

4MA		10--55 minute lessons--\$126				
Location	Day	Time	Code	Begin	\$	
SpHillREC	Sa	8am	3E5.YGQ3	9/14	4MA	
SpHillREC	Sa	9am	3E5.XQZ4	9/14	4MA	
SpHillREC	M	7pm	3E5.PTSD	9/16	4MA	
SpHillREC	T	7pm	3E5.8MYE	9/17	4MA	
SpHillREC	W	7pm	3E5.4Z06	9/18	4MA	

Traditional Karate Uechi-Ryu

Success by complete discipline, physical defense, high personal standards, respect for others, positive attitude, confidence, leadership and control.

4MA		10--55 minute lessons--\$126			
4MB		10--1 hour 25 minute lessons--\$189			
Location	Day	Time	Code	Begin	\$
(6-Adult)					
OakmontREC	Su	4pm	9CF.QX6R	9/22	4MA
OakmontREC	Sa	5pm	9CF.R2J8	9/21	4MA
SoRunREC	Sa	10:15am	9CF.OFKV	9/14	4MA
(13-Adult)					
CubRunREC	Th	7pm	889.PQGM	9/19	4MA
Waynewd ES	M	7:30pm	889.M3IG	9/16	4MB
Waynewd ES	W	7:30pm	889.603A	9/18	4MB

Kendo

Traditional art of Japanese fencing using a bamboo sword-shinai.

4MH		12--55 minute lessons--\$151			
Location	Day	Time	Code	Begin	\$
(8-Adult)					
SphillREC	T	7:15pm	3F3.P02Q	9/17	4MH
(13-Adult)					
Franconia Rec	F	7pm	48C.P0FJ	9/20	4MH

Kendo II

(6-Adult) Prerequisite: Kendo I or equivalent.

4MJ		12--1 hour 25 minute lessons--\$226				
Location	Day	Time	Code	Begin	\$	
SpHillREC	T	7:15pm	357.ICOX	9/17	4MJ	

Kung Fu

(6-Adult) This traditional northern-style utilizes the empty hand, kicking and weapons training of Chinese Martial Arts. Additional fee for class t-shirt and pants.

4MA		10--55 minute lessons--\$126				
4MH		12--55 minute lessons--\$151				
Location	Day	Time	Code	Begin	\$	
SpHillREC	Sa	10am	9DF.STHM	9/14	4MH	
SpHillREC	T	7pm	9DF.3IJP	9/17	4MH	
SpHillREC	Th	7pm	9DF.BNH8	9/19	4MA	

Kung Fu II

(6-Adult) Prerequisite: Kung Fu I. This traditional northern-style utilizes the empty hand, kicking and weapons training of Chinese Martial Arts. For beginners to intermediate levels of white to green sash. Additional fee for class t-shirt and pants.

4MA		10--55 minute lessons--\$126				
4MH		12--55 minute lessons--\$151				
Location	Day	Time	Code	Begin	\$	
SpHillREC	Sa	9am	CA6.457I	9/14	4MH	
SpHillREC	T	7pm	CA6.IZX3	9/17	4MH	
SpHillREC	Th	7pm	CA6.XHVT	9/19	4MA	

MORE CLASSES ONLINE:
www.fairfaxcounty.gov/parks/parktates



Martial Arts

Kung Fu III

(6-Adult) Prerequisite: Kung Fu II. For intermediate and advanced green to black sash students with continued training on long fist and short hand and northern kicks, as well as weapons training in staff, broadsword, straight sword and spear. Sparring and light contact drills offered as preparation for tournament competition.

4MH 12--55 minute lessons--\$151

Location	Day	Time	Code	Begin	\$
SpHillREC	Sa	8am	9TG.F9M8	9/14	4MH

Kung Fu MMA

(13-Adult) This class focuses on challenging conditioning and skills in the standing and ground arena. Tactics include versatility in punching and kicking and counters as well as options in common clinch and ground positions. Some personal safety equipment required.

4MA 10--55 minute lessons--\$126

Location	Day	Time	Code	Begin	\$
SpHillREC	Th	8pm	8K6.Q2GK	9/19	4MA

Indonesian Kung Fu

(13-Adult) Unique combination of Chinese gungfu and Indonesian pentjak silat offers a modern hybrid of the fighting arts. Training includes single- and multiple-attacker exercises, forms, solo drills, weapons and body conditioning.

4MB 10--1 hour 25 minute lessons--\$189

4MJ 12--1 hour 25 minute lessons--\$226

Location	Day	Time	Code	Begin	\$
Franconia Rec	Sa	11am	6B2.DECV	9/14	4MJ
SoRunREC	Th	7pm	6B2.HJZZ	9/19	4MB

Kushin Itto-Ryu

(Adults) Kushin Itto-Ryu is a martial arts system that starts with aikijujutsu and then advances to uses of wooden bokken and other types of wooden practice weapons. Students will need to purchase a gi, bokken and hakama (for advanced practice).

4MB 10--1 hour 25 minute lessons--\$189

Location	Day	Time	Code	Begin	\$
CubRunREC	T	6:30pm	MLJ.KQZD	9/17	4MB

Tae Kwon Do I

Korean martial art that teaches traditional self-defense techniques including kicking, punching, blocking, sparring and forms through individual and partner training. These classes are taught by our private vendor partners.

3MA 8--55 minute lessons--\$102

4MA 10--55 minute lessons--\$126

4MH 12--55 minute lessons--\$151

DMVF 10--45 minute lessons--\$111

Location	Day	Time	Code	Begin	\$
(6-12 yrs.)					
SoRunREC	Sa	12pm	6MJ.V445	9/14	DMVF
BlkBlitFFX	M	5:30pm	6MJ.I4G2	9/9	DMVF
BlkBlitFFX	T	5:30pm	6MJ.F6R2	9/10	DMVF
BlkBlitFFX	W	5:30pm	6MJ.PZJA	9/11	DMVF
BlkBlitFFX	Th	5:30pm	6MJ.FHAE	9/12	DMVF
BlkBlitFFX	F	4:45pm	6MJ.N91M	9/13	DMVF
JRheeFlsCh	T	5:30pm	6MJ.VZSR	9/10	CMVF
JRheeFlsCh	W	6pm	6MJ.9GCU	9/11	CMVF
JRheeFlsCh	F	5:30pm	6MJ.SPPZ	9/13	CMVF
LdbyExFrOks	T	4:30pm	6MJ.3R9D	9/17	DMVF
LdbyExFrOks	W	6pm	6MJ.GUZV	9/18	DMVF
LdbyExFrOks	Th	4:30pm	6MJ.SDBL	9/19	DMVF

LdbyExFrOks	F	5:15pm	6MJ.DK1U	9/20	DMVF
(6-Adult)					
CubRunREC	W	7:15pm	31F.NC9W	9/18	4MA
CubRunREC	Su	11am	31F.QK30	10/6	3MA
Frying Pan Pk	Th	6pm	31F.GESQ	9/12	3MA
OakmontREC	T	7pm	31F.GNXO	9/24	3MA
SpHillREC	M	5:30pm	31F.7KX7	9/16	4MH
LdbyExFrOks	Sa	12:15pm	BAZ.057T	9/14	DMVF
(13-Adult)					
BlkBlitFFX	T	7:45pm	FM7.2B0U	9/10	DMVF
BlkBlitFFX	Th	7:45pm	FM7.PFJL	9/12	DMVF
LdbyExFrOks	W	6:45pm	FM7.88MD	9/18	DMVF
LdbyExFrOks	F	6:45pm	FM7.U1WM	9/20	DMVF

Tae Kwon Do II

(6-Adult) Prerequisite: Tae Kwon Do I or equivalent.

3MA 8--55 minute lessons--\$102

4MC 20--55 minute lessons--\$251

Location	Day	Time	Code	Begin	\$
CubRunREC	Su	12pm	2B9.CM74	10/6	3MA
SpHillREC	M/W	6:30pm	2B9.7IUE	9/16	4MC

Tae Kwon Do III

(6-Adult) Prerequisite: Tae Kwon Do II or equivalent.

4MC 20--55 minute lessons--\$251

Location	Day	Time	Code	Begin	\$
SpHillREC	M/W	7:30pm	B14.SRKD	9/16	4MC

Martial Arts for Seniors

(55 yrs.+) Basic martial arts techniques are introduced in this non-contact class. Movements are designed to help improve balance and strength.

DMVD 8--55 minute lessons--\$130

Location	Day	Time	Code	Begin	\$
OakmontREC	M	6pm	2IF.590Y	9/23	DMVD
Wkfld/Moore	Th	6:30pm	2IF.VTZI	9/19	DMVD

Shoshinkan Martial Arts

(13-Adult) Learn principles, techniques and self-defense applications of traditional Karate, Kobudo (weapons) and Jujitsu.

4MB 10--1 hour 25 minute lessons--\$189

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Su	4:30pm	E5D.I2KK	9/15	4MB
Wkfld/Moore	Th	6:30pm	E5D.8DOE	9/19	4MB

Self-Defense for Women

(13-Adult) Learn proper use of strategy and tactics to defend yourself against attack. Course covers physical and psychological training, environmental awareness, verbal strategies, use of weapons and empty-handed defense.

4MF 5--1 hour 25 minute lessons--\$97

DMVD 8--55 minute lessons--\$130

Location	Day	Time	Code	Begin	\$
OakmontREC	M	7pm	UBC.4V6L	9/23	DMVD
SoRunREC	Sa	4pm	UBC.0WPZ	9/14	DMVD
Wkfld/Moore	Th	7:30pm	UBC.EJNJ	9/19	DMVD
SoRunREC	T	7pm	158.04WW	9/17	4MF

Self-Defense for Women II

(13-Adult) Prerequisite: Self-Defense for Women I or equivalent.

4MF 5--1 hour 25 minute lessons--\$97

Location	Day	Time	Code	Begin	\$
SoRunREC	T	7pm	077.J2W8	10/22	4MF



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www.fairfaxcounty.gov/parks/parktakes

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703-273-1100

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Nature

Scan the QR code to go directly to the Parktakes Online Nature page.



All park and nature center hours are located online by visiting www.fairfaxcounty.gov/parks/holiday-hours. Park grounds are open dawn till dusk daily.

Burke Lake Park



7315 Ox Rd. • Fairfax Station
703-323-6600

www.fairfaxcounty.gov/parks/burkelake
Park grounds are open dawn till dusk daily.

Cub Run Rec Center



4630 Stonecroft Blvd. • Chantilly
703-817-7081

www.fairfaxcounty.gov/parks/reccenter/cub-run

Ellanor C. Lawrence Park and Walney Visitor Center



5040 Walney Rd. • Chantilly
703-631-0013

www.fairfaxcounty.gov/parks/eclawrence
The Walney Visitor Center features live animals, natural and cultural exhibits and a hands-on area for young visitors highlighting the past farmland and present parkland. Features include:

- Historic structures and foundations: dairy foundation, Spring house, Icehouse foundation and Smokehouse
- Gardens
- Meadow
- Woodland trails
- Kid-friendly red wagon sandboxes

Hidden Oaks Nature Center



7701 Royce Street • Annandale
703-941-1065

www.fairfaxcounty.gov/parks/hiddenoaks
Located in Annandale District Park, the Hidden Oaks Nature Center is nestled among woodland trails and creeks with a pond, gardens and a butterfly-themed playground nearby. Center features include:

- Nature Playce outdoor exploration center
 - Self-guided interpretive trail
 - Live animal displays
 - Interactive urban woodlands exhibit
 - Meeting rooms reservable for private functions
- Visit the Winged Wonders wall to compare your "wingspan" to that of wild animals and take a photo next to the woodland wildlife tree sculpture.

Hidden Pond Nature Center



8511 Greeley Blvd. • Springfield
703-451-9588

www.fairfaxcounty.gov/parks/hiddenpond
Beautiful scenery, extensive woodland trails and abundant wildlife supported by Pohick Creek surround Hidden Pond Nature Center. Features include:

- Nature center exhibits
- Nature trail
- Pond
- Tot playground
- Picnic shelter

Huntley Meadows Park and Visitor Center



3701 Lockheed Blvd. • Alexandria
703-768-2525

www.fairfaxcounty.gov/parks/huntley-meadows
One of the Park Authority's largest parks (1,500 acres), Huntley Meadows offers some of the best wildlife watching around! Features include:

- Wetland boardwalk
- Interpretive trail
- Observation platforms
- Visitor Center
- Forests, meadows, streams and ponds
- Auditorium
- Exhibits

Lake Accotink Park



7500 Accotink Park Rd. • Springfield
703-569-0285

www.fairfaxcounty.gov/parks/accotink

Lake Fairfax Park



1400 Lake Fairfax Drive • Reston
703-471-5415

www.fairfaxcounty.gov/parks/lakefairfax
Lake Fairfax Park has 476 acres of parkland. Features include:

- Campgrounds
- Skate park
- Pump track
- Hiking and biking trails
- Athletic fields

Riverbend Park



8700 Potomac Hills St. • Great Falls
703-759-9018

www.fairfaxcounty.gov/parks/riverbend
Fairfax County Park Authority's only riverfront park has 418 acres of forest, meadows and ponds. Nature highlights include:

- Extraordinary river views
- Spectacular wildflowers and birds
- 10+ miles of trails
- Potomac Heritage Trail
- Canoe and single/tandem kayak rentals available
- Fishing
- Visitor Center with snack bar, gift shop and exhibits

Woodlands Stewardship Education Center



5301 Walney Rd. • Chantilly
www.fairfaxcounty.gov/parks/eclawrence/woodlands-stewardship-education-center

The Woodlands Stewardship Education Center is a gateway to nature and stewardship. Features include:

- LOOP- Learning Observational Outdoor Pod self-guided exploratory learning space
- Access to Big Rocky Run Trail
- Meadow and Walney pond
- Larger than life size eastern box turtle sculpture

Child and Parent Programs

Child must be accompanied by an adult for all child and parent programs.

Nature Tots

(1-3 yrs.) Bring your toddler to explore nature through sight, sound, smell and touch. Programs include indoor and outdoor activities. A different amazing topic every month.

1--45 minute program

Location	Day	Time	Code	Date	\$
ECLawncPk	W	9:45am	SYX.NVVU	9/4	\$10/child
ECLawncPk	W	11am	SYX.M6FI	9/4	\$10/child
ECLawncPk	W	9:45am	SYX.6NJA	10/2	\$10/child
ECLawncPk	W	11am	SYX.V89F	10/2	\$10/child
ECLawncPk	W	9:45am	SYX.T7G1	11/6	\$10/child
ECLawncPk	W	11am	SYX.M4YC	11/6	\$10/child
ECLawncPk	W	9:45am	SYX.CL5J	12/4	\$10/child
ECLawncPk	W	11am	SYX.3CBK	12/4	\$10/child

Little Acorns - Fall

(2-5 yrs.) Youngsters and their accompanying adult begin sharing nature's wonders in this interactive class. Experiences include: meeting animals, stories, games and outdoor exploration. Dress for the weather. Quiet infants welcome. Topics covered are: 9/9 Spiders, 9/16 Beautiful Beetles, 9/23 Underground Animals, 9/30 Squirrels, 10/7 Reptiles, 10/21 Funny Feet, 10/28 All About Autumn, 11/18 American Indians, 11/25 Tricky Turkeys.

1--45 minute program

Location	Day	Time	Code	Date	\$
HiddenOaks	M	9:45am	8E2.0VYD	9/9	\$10/child
HiddenOaks	M	11am	8E2.TSIH	9/9	\$10/child
HiddenOaks	M	9:45am	8E2.K3U1	9/16	\$10/child
HiddenOaks	M	11am	8E2.30WC	9/16	\$10/child
HiddenOaks	M	9:45am	8E2.TBKL	9/23	\$10/child
HiddenOaks	M	11am	8E2.NB17	9/23	\$10/child
HiddenOaks	M	9:45am	8E2.ZUKJ	9/30	\$10/child
HiddenOaks	M	11am	8E2.QMXP	9/30	\$10/child
HiddenOaks	M	9:45am	8E2.XF5S	10/7	\$10/child
HiddenOaks	M	11am	8E2.OZY9	10/7	\$10/child
HiddenOaks	M	9:45am	8E2.9Y3H	10/21	\$10/child
HiddenOaks	M	11am	8E2.4GX1	10/21	\$10/child
HiddenOaks	M	9:45am	8E2.G2UJ	10/28	\$10/child
HiddenOaks	M	11am	8E2.JJUZ	10/28	\$10/child
HiddenOaks	M	9:45am	8E2.52RI	11/18	\$10/child
HiddenOaks	M	11am	8E2.41XG	11/18	\$10/child
HiddenOaks	M	9:45am	8E2.DM0F	11/25	\$10/child
HiddenOaks	M	11am	8E2.8BN3	11/25	\$10/child

Nature Detective

(3-5 yrs.) Naturalist-led class where child and parent explore nature through hikes, stories, songs, hands-on activities and crafts. Topics vary seasonally.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
HuntMdws	M	10am	02B.SN60	9/9	\$12/child



Little Gardeners

(2-6 yrs.) Explore the ever-changing landscape of the garden. Each week, participants will explore and discover the changes in the garden. This program will feature seasonal activities that can include planting seeds, pollinators, harvesting vegetables, digging in the soil and exploring plant parts.

1--45 minute program

Location	Day	Time	Code	Date	\$
ECLawncPk	M	10am	ZF6.GQF7	9/16	\$10/child
ECLawncPk	M	10am	ZF6.UPSB	10/21	\$10/child
ECLawncPk	M	10am	ZF6.7B6L	11/18	\$10/child

Critter Crawl

(2-6 yrs.) Walk with a naturalist and your child as we investigate the critters who make this park their home.

1--1 hour program

Location	Day	Time	Code	Date	\$
ECLawncPk	Th	10am	6A8.HHJR	9/19	\$10/child
ECLawncPk	Th	10am	6A8.25IA	10/17	\$10/child
ECLawncPk	Th	10am	6A8.32GK	11/21	\$10/child

Feeding Day

(4-13 yrs.) Join a naturalist as they demonstrate how we feed our site display animals. Make a birdfeeder to take home and use. Search for worms and insects and assist in serving dinner.

1--1 hour program

Location	Day	Time	Code	Date	\$
ECLawncPk	Sa	10am	605.AZMP	9/28	\$10/child

Animal Pajama Party

(3-7 yrs.) Put on your pajamas and come to the nature center to hear bedtime stories, meet animals and wish goodnight to the center's live animals. Bring your favorite stuffed animal with you.

1--45 minute program

Location	Day	Time	Code	Date	\$
HiddenOaks	Sa	6:45pm	6CC.4M2X	10/5	\$10/child
HiddenOaks	Sa	6:45pm	6CC.LQVI	11/9	\$10/child

Pumpkin Patch at Nature Playce

(3-5 yrs.) Preschoolers hunt for their favorite miniature pumpkin to decorate and take home. Enjoy seasonal stories and a craft. Cancelled in case of inclement weather.

1--1 hour program

Location	Day	Time	Code	Date	\$
HiddenOaks	Sa	1pm	E6E.0Z4B	10/26	\$10/child
HiddenOaks	Sa	2:30pm	E6E.S4YX	10/26	\$10/child
HiddenOaks	Sa	4pm	E6E.EL1F	10/26	\$10/child

Furry Foxes

(3-8 yrs.) These wild members of the dog family are a common sight in our neighborhoods. Learn about their lives through activities and practice yipping like a fox.

1--1 hour program

Location	Day	Time	Code	Date	\$
LkAccontPk	Sa	4:30pm	7YG.DMLW	10/26	\$8/child
BurkeLakePk	Su	1pm	7YG.5NB0	11/24	\$8/child

Nature Nook-Terrific Turtles

(3-5 yrs.) Join a naturalist for a short hike and meet water and land turtles, enjoy a story and activity.

1--1 hour program

Location	Day	Time	Code	Date	\$
HiddenOaks	Su	2pm	U2I.0H34	11/10	\$10/child

Tricky Turkeys

(2-5 yrs.) Do you know a jake from a jenny? Baby turkeys and their grown-ups are surprisingly curious creatures. Find out about these birds through a story, song and craft.

1--1 hour program

Location	Day	Time	Code	Date	\$
HiddenOaks	Sa	9:30am	6AD.V55Q	11/23	\$10/child
HiddenOaks	Sa	11am	6AD.Z0FQ	11/23	\$10/child

Children's Programs

Nature Quest

(3-6 yrs.) Be a part of the long-running naturalist program designed for preschool-age explorer. From field to stream and everything in between, children learn about many of our local animal species hands-on and in the field. Program topics vary each week.

4--1 hour programs

Location	Day	Time	Code	Date	\$
HiddenPond	M	11am	741.6UJ6	9/9	\$32/child
HiddenPond	Th	11:30am	741.8IZG	10/31	\$32/child



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MONARCH MADNESS

Fall Migration of the Great Monarch

Dive into the enchanting world of monarch butterflies with our series of monarch migration programs!

Join us for an educational and delightful journey as we learn about their fascinating life cycle and migration.

- **Family Fun - Monarch Migration**
Saturday, September 7 • 1-2 p.m.
Green Spring Gardens Park • \$10
- **Monarch & More**
Sunday, September 22 • 1-2 p.m.
Hidden Oaks Nature Center • \$8
- **Monarch Tag and Tea**
Sunday, September 29 • 2-3:30 p.m.
Hidden Oaks Nature Center • \$15

www.fairfaxcounty.gov/parks/event-highlights



Science and Nature Explorers

(5-7 yrs.) Supplement your child's science education. Students will participate in science experiments and activities exploring the Virginia science standard of learning, as they relate to nature and the outdoors. This program focuses on grades K to 1.

6--1 hour programs

Location	Day	Time	Code	Date	\$
HiddenPond	W	5pm	555.F8BV	9/11	\$54/child

Salamanders Undercover

(7-12 yrs.) Assist a naturalist with a forest salamander survey and then help find salamanders in the park's streams. Learn about the secret lives of these important amphibians through hands-on discoveries.

1--2 hour program

Location	Day	Time	Code	Date	\$
Riverbend Pk	Sa	1pm	21D.PR9N	9/28	\$10/ea.
Riverbend Pk	Sa	1pm	21D.KFVJ	10/12	\$10/ea.

Environmental Science & Nature Club

(9-12 yrs.) Join naturalists for a weekly exploration of our forest and stream ecosystems. We'll investigate the natural world through hands-on activities and experiments. Topics will supplement learning towards the VA science SOLs for grades 4-6, while we have fun outdoors or in our science "lab". Bring your curiosity and get ready for some eco-adventure.

6--1 hour 30 minute programs

Location	Day	Time	Code	Date	\$
HiddenOaks	Th	4:30pm	GOF.PIAR	10/10	\$78/child

Pohick Explorers

(8-12 yrs.) Inspired by Pohick Rangers, this series takes you on an adventure to the lesser-known areas of the park. Learn how we care for our natural resources and explore a wide range of topics such as wetland diversity, forest habitats, or pond wildlife. Hypothesize, investigate, survey, observe and discover all things flora and fauna.

6--1 hour 30 minute programs

Location	Day	Time	Code	Date	\$
HiddenPond	Th	5pm	W07.6XZ1	10/10	\$85/child

Haunted Pond Jr.

(3-6 yrs.) This nocturnal wildlife and local lore program features a craft, a twilight walk into the forest, a campfire with spell-binding stories that are not too scary, and s'mores.

1--2 hour program

Location	Day	Time	Code	Date	\$
HiddenPond	Sa	4:30pm	946.39LK	10/19	\$12/child

Haunted Pond

(6-12 yrs.) This nocturnal wildlife and local lore program features a craft, a twilight walk into the forest, a campfire with spell-binding stories and s'mores. Scary stories told in the last 30 minutes.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
HiddenPond	Sa	7pm	BAE.0T9W	10/19	\$10/child

Family/All Ages

Children must be accompanied by an adult also registered in the program.

Autumn Leaves Hike & Craft

(5-Adult) Hike through the fall foliage and identify trees. Find that perfect autumn leaf and make a craft keepsake.

1--1 hour program

Location	Day	Time	Code	Date	\$
BurkeLakePk	Su	1pm	1C0.NEMG	9/1	\$8/ea.
Riverbend Pk	Sa	3pm	1C0.8QP8	10/12	\$8/ea.
Riverbend Pk	Sa	3pm	1C0.X707	10/26	\$8/ea.

Animal Feeding

(3-Adult) It's dinner time at the nature center and worms and insects are on the menu. Help our naturalist care for and feed the nature center's animals.

1--1 hour program

Location	Day	Time	Code	Date	\$
HiddenPond	W	5:30pm	46D.P02E	9/4	\$8/ea.
HiddenPond	W	5:30pm	46D.CPAZ	10/23	\$8/ea.
HiddenPond	W	5:30pm	46D.2KCK	11/6	\$8/ea.
HiddenPond	W	5:30pm	46D.HZ73	11/20	\$8/ea.

Twilight Boardwalk Stroll

(6-Adult) Join a park naturalist for a guided walk along the forested paths to the wetland and experience the park as it transitions from day into night. Watch and listen for nocturnal residents such as beavers and owls.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
HuntMdws	F	7:15pm	343.2E4N	9/6	\$10/ea.

Leave it to Beavers

(4-Adult) Look for signs of beavers at the park with a guided tour around their aquatic habitat. Get hands-on with beaver related activities. Investigate the elements of the beaver world and hope to get a glimpse of these elusive aquatic mammals.

1--1 hour program

Location	Day	Time	Code	Date	\$
ECLawrncePk	Sa	6pm	3DX.FJOP	9/7	\$8/ea.

Lake Life

(2-Adult) Meet a naturalist and explore the lake. Bring old shoes that can get wet and muddy. Join us as we search for tadpoles and dragonfly nymphs to catch and release. Children must be accompanied by a registered adult.

1--1 hour program

Location	Day	Time	Code	Date	\$
LkAccotnkPk	Sa	4:30pm	ARL.HVHF	9/7	\$8/ea.
BurkeLakePk	Su	1pm	ARL.QNKV	9/15	\$8/ea.
BurkeLakePk	Su	10am	ARL.2UTY	10/20	\$8/ea.

Hike with a Naturalist

(8-Adult) Join our park naturalist on a hike and explore wild plants and animals throughout the trails. Learn how to use the iNaturalist app to take pictures of things you find along the way. Smart phones, cameras and binoculars welcome. Each hike will feature a different theme and may include: salamanders, birds and other wildlife, wildflowers, trees, nature photography, cultural history, or a scenic destination.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
LkAccotnkPk	Sa	6pm	XTG.UJF9	9/7	\$8/ea.
BurkeLakePk	Su	1pm	XTG.S9T2	10/20	\$8/ea.
BurkeLakePk	Sa	1pm	XTG.LSU9	11/9	\$8/ea.

Birds Around Us

(4-Adult) Beaks, feathers, nests and talons are examined to explore the avian world that surrounds us. Find out about bird life cycles, migration patterns and adaptations that make these creatures fascinating. Children must be accompanied by a registered adult.

1--1 hour program

Location	Day	Time	Code	Date	\$
BurkeLakePk	Su	10am	6ED.ØU9R	9/8	\$8/ea.

Bug Bingo

(3-Adult) Hike with a naturalist to learn about different insects' behavior and habitats. Explore the park to fill out bingo sheets to better appreciate the tiny workers around us.

1--1 hour program

Location	Day	Time	Code	Date	\$
LkFairfaxPk	Sa	1pm	3XZ.QA3P	9/14	\$8/ea.
BurkeLakePk	Su	1pm	3XZ.H172	9/22	\$8/ea.

Making Art from Nature

(6-Adult) Using blocks of wiggly gelatin, paints, rollers and a variety of natural items, you can make beautiful prints to keep. Join a naturalist for a short hike to collect natural subjects to print and learn the art of gelli printing. All materials will be provided; paints are acrylic and not washable from fabric.

1--2 hour program

Location	Day	Time	Code	Date	\$
HuntMdws	T	1pm	E9P.MC17	9/17	\$10/child
HuntMdws	Th	1pm	E9P.W930	11/14	\$10/child

Corn Grinding & Clay Pottery

(4-Adult) How did the Powhatan Native Americans use the plants and animals you see every day for their

medicine, grocery store, clothing and fun? Immerse yourself in a way of life 400 years ago. Grind corn, make a clay pot, master corn darts and go on a guided tour to see the park from the perspective of a Virginia Indian.

1--2 hour program

Location	Day	Time	Code	Date	\$
HuntMdws	W	1pm	147.WØWV	9/18	\$12/ea.
HuntMdws	Su	1pm	147.6463	10/20	\$12/ea.

Birds of Prey

(5-Adult) Join a naturalist to learn about what makes birds of prey, also known as raptors, different from other birds. Participate in activities and discussions about how these fierce hunters have adapted to their environment and why they are essential creatures in our ecosystem. The class will end with a walk to search for signs of raptors all around us.

1--1 hour program--\$8

1--2 hour program--\$9

Location	Day	Time	Code	Date	\$
HiddenPond	F	6pm	ZBZ.DZH9	9/20	\$9/ea.
BurkeLakePk	Su	10am	ZBZ.8Z8G	10/13	\$8/ea.

Bats

(7-Adult) Walk the meadows and forest edges to see bats feeding on insects. Use a bat detector to hear echolocation. Learn about our native bats and their habits. Children must be accompanied by a registered adult.

1--1 hour program

Location	Day	Time	Code	Date	\$
ECLawrncePk	F	7pm	Ø72.WB1A	9/20	\$8/ea.

Foraging for Wild Edibles

(9-Adult) With every season there are different blooms, leaves, roots, seeds and mushrooms that you can identify and eat. Learn how to eat from the forest safely and ethically as you join a Naturalist on a walk by the Lake.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
BurkeLakePk	Sa	10am	8Y3.ZATO	9/21	\$10/ea.

Are You Going to Eat That?

(10-Adult) Enjoy a naturalist-led hike and identify plants that are safe to eat and which ones to avoid. Learn the usefulness of plants for such rope making and folk remedies with connections to Eastern Woodland Indians. Meet at the pond.

1--1 hour program

Location	Day	Time	Code	Date	\$
ECLawrncePk	Su	10am	7A8.WWAB	9/22	\$8/ea.



Saturday, September 28 • 10 a.m. - 2 p.m.
Lake Accotink Park • \$8

- Insect safaris
- Live insect exploration
- Insect collections inspection
- Log rolling
- Soil stations
- Bug walks
- Critter talks
- Make your own bug craft
- Technology exploration of the insect world



www.fairfaxcounty.gov/parks/lake-accotink



www.fairfaxcounty.gov/parks/volunteer

STELLAR FALL LINEUP: EXPLORE THE COSMOS

WITH FAIRFAX COUNTY
PARK AUTHORITY

Dive into a universe of discovery with the Fairfax County Park Authority's stellar fall lineup of astronomy programs! From exploring nebulae and star clusters to learning about comets and telescope observing, join us at Turner Farm Park for an unforgettable journey through the cosmos.

Nebulas, Star Clusters & Galaxies, Oh My!
Monday, September 9 • 7:30-8:30 p.m., \$8

**Impacts & Craters -
Landscaping the Solar System**
Wednesday, September 11 • 7:30-8:30 p.m., \$8

Night Sky Tour at the Roll - Top Observatory
Tuesday, September 17 • 7:30-8:30 p.m., \$8

Introduction to Astronomy
Wednesday, September 25 • 7:30-8:30 p.m., \$8

**Astronomy - The Relentless
and Violent Universe**
Monday, September 30 • 7:30-8:30 p.m., \$8

Introduction to Telescopes
Monday, October 7 • 7:30-9 p.m., \$12

Looking at the Moon
Wednesday, October 9 • 5-7:30 p.m., \$10

**Comets - Exotic Visitors to
the Inner Solar System**
Tuesday, October 15 • 7-8 p.m., \$8

Night Sky Tour at the Roll - Top Observatory
Monday, October 21 • 7:30-8:30 p.m., \$8

Introduction to Astronomy
Wednesday, October 30 • 7:30-8:30 p.m., \$8

Telescope Observing for Beginners
Monday, November 4 • 7:30-8:30 p.m., \$8

Stargazing with Binoculars
Thursday, November 7 • 7:30-8:30 p.m., \$8

Planet Adventure Night
Monday, November 11 • 7-8 p.m., \$8

Astronomy Festival
Saturday, November 16 • 5-7:30 p.m., \$10

Night Sky Tour at the Roll-Top Observatory
Wednesday, November 20 • 7:30-8:30 p.m., \$8

**Find Your Way in the Night Sky -
Intro to Star Maps**
Monday, November 25 • 7:30-8:30 p.m., \$8



Visit www.fairfaxcounty.gov/parks/astronomy
for more information.

Monarch & More

(4-Adult) Discover the fascinating life cycle of monarchs and other butterflies. Learn how to identify butterflies and assist with tagging monarchs when available. The nature center raises monarchs annually for tagging and release. If available, at least one monarch will be tagged during the program. Due to the dramatic decline in the monarch butterfly population, wild monarchs may not be available for tagging. Visit a Monarch waystation and native butterfly garden. Learn about the monarch migration, its challenges and how you can make a difference. Children must attend with an adult and all attendees must register.

1--1 hour program

Location	Day	Time	Code	Date	\$
HiddenOaks	Su	1pm	1CF.LCBG	9/22	\$8/ea.

Stream Life

(4-Adult) Freshwater ecosystems are full of fascinating creatures. Search for stoneflies, hellgrammites, water pennies and crayfish. Explore the park's streams with a naturalist, use dip nets and kick nets to catch and release these creatures. Class meets at the ECL Woodlands Stewardship Education Center

1--1 hour program

Location	Day	Time	Code	Date	\$
ECLawncePk	Su	6pm	CC5.GA64	9/22	\$8/ea.

Nature Walk with a Police Officer

(All Ages) Families are invited to join a naturalist to stroll and explore along the Old Oak Trail. We will roll logs, peek into the pond, and search the forest floor. We'll learn about safety while being a nature detective! An officer from the community outreach of Mason District FCPD will join us in this investigation.

1--Free Program

Location	Day	Time	Code	Date	\$
HiddenOaks	Sa	1pm	ØRQ.M6T5	9/28	free

Walney Creek Walk

(8-Adult) Hike along Walney Creek to learn about the plants and animals that call this watershed home. Observe evidence of how humans have interacted with Walney Creek throughout history.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
ECLawncePk	Sa	5:30pm	CØ9.BXEA	9/28	\$8/ea.

Monarch Tag and Tea

(4-Adult) Adults and children sip tea or cocoa and enjoy meeting and tagging live monarch butterflies, if available or meet caterpillars. Learn about the fascinating migration phenomenon. Release ceremony after the tea party. Tea treats include sweets from the Michoacan area of Mexico, the ultimate destination of the monarchs now traveling through Virginia. Children must be accompanied by an adult registered in this program.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
HiddenOaks	Su	2pm	5ED.GSMT	9/29	\$15/ea.

Life in the Underworld

(4-Adult) Come and explore the "underworld" under fallen logs. Discover the bugs, fungus and salamanders that live under the forest floor. Collect, examine and identify creatures using magnifiers and

microscopes. Learn about their important jobs as pollinators and decomposers through projects and scientific investigations.

1--1 hour program

Location	Day	Time	Code	Date	\$
BurkeLakePk	Sa	10am	V36.9BEO	10/5	\$8/ea.
LkFairfaxPk	Su	11am	6JA.I8RV	11/17	\$8/ea.

Trainers on the Go

(8-Adult) Combine your interests with a guided Pokémon Go hike at Riverbend Park. Learn about nature while enjoying playing Pokémon Go with your family or friends. Participants must be familiar with Pokémon Go, supply their own smart device, and have Pokémon Go already installed. Backup battery or charger recommended. Program will be outdoors, so participants must dress for the weather.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
Riverbend Pk	Sa	2:30pm	V36.9BEO	10/5	\$9/ea.
Riverbend Pk	Sa	2:30pm	V36.5WVJ	11/2	\$9/ea.

Hot Cocoa Wetland Night Hike

(4-Adult) Sip hot cocoa and join a naturalist for a special winter wonder wetland tour after dark. We will look for signs and listen for sounds of beavers, owls, deer and other nocturnal winter animals. Participants are encouraged to bring their own mug to help us reduce waste. Children must be accompanied by registered adult.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
HuntMdws	Sa	5:30pm	756.ICLG	10/12	\$10/ea.

Bats Class

(7-Adult) Walk the meadows to see bats feeding on insects. Use a bat detector to hear echolocation. Learn about native bats and their habits. Children must be accompanied by a registered adult.

1--1 hour program

Location	Day	Time	Code	Date	\$
LkFairfaxPk	Sa	7pm	CØE.SOKZ	10/12	\$8/ea.
LkFairfaxPk	M	7pm	CØE.QBZQ	11/4	\$8/ea.

Colors of the Forest

(7-Adult) Get into the science of why leaves turn colors and hike with a park naturalist to find out what else is falling from the trees.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
Riverbend Pk	Su	2pm	ØFC.TFKX	10/13	\$8/ea.
Riverbend Pk	Su	2pm	ØFC.ZLYB	10/27	\$8/ea.
LkAccontkPk	Sa	2pm	ØFC.M78W	11/2	\$8/ea.
LkAccontkPk	Sa	2pm	ØFC.MFEO	11/16	\$8/ea.

House of Reptiles

(4-Adult) You can only visit, but amazing reptiles call our park home. Play games, test your courage with a touch table and meet these wonderful creatures up close. Calm your nerves by roasting s'mores at a campfire while listening to stories and then take a stroll through the darkening autumn woods.

1--1 hour program

Location	Day	Time	Code	Date	\$
ECLawncePk	Sa	6pm	F2B.S2IX	10/19	\$10/ea.
ECLawncePk	Sa	6:30pm	F2B.YBYU	10/19	\$10/ea.
ECLawncePk	Sa	7pm	F2B.36TJ	10/19	\$10/ea.

Fall Full Moon Hike

(4-Adult) Join us for a rare opportunity to explore the boardwalk under a bright full moon on this fall evening. We will look and listen for wildlife as we explore the forest and marsh trails.

1--2 hour program

Location	Day	Time	Code	Date	\$
HuntMdws	Sa	8pm	490.RTRA	10/19	\$10/ea.

Make Your Own Flying Squirrel Feeding Box

(4-Adult) Learn proven strategies to encourage our amazing native flying squirrels to your treed backyard and how to recognize their presence. Assemble a feeding box to take home. Two attendees permitted per registration (one adult and one child over age 4 or two adults). Program is held outside. If possible, bring your own hammer and Phillips head screwdriver. \$25 supply cost will be included at check out.

1--1 hour program

Location	Day	Time	Code	Date	\$
HiddenOaks	Su	1pm	4W2.E1CW	10/20	\$15/ea.

Skulls and Skeletons

(8-Adult) Learn about the skulls and skeletons of local animals using materials found in Fairfax County parks. Discover how to identify skulls and how similar four-legged mammals really are on the inside.

1--1 hour program

Location	Day	Time	Code	Date	\$
LkAccontPk	Sa	6pm	KT1.4GYD	10/26	\$8/ea.

Invasive Plant Identification Walk

(8-Adult) Identify some of Fairfax County's common invasive plant species. Explore ways to lessen these plants around your home.

1--1 hour program

Location	Day	Time	Code	Date	\$
BurkeLakePk	Sa	1pm	660.XI7B	11/2	\$8/ea.



COMPOST AT ALL 10 FCPA FARMERS MARKETS

Collect your food scraps at home and drop them off at any of the ten FCPA Farmers Markets. Composting reduces trash, combats climate change, and builds nutrient rich soil.



Use your SNAP benefits at select Farmers Markets and get up to \$40 dollars of additional fruits and vegetables for FREE. Come to the SNAP information tent to swipe your EBT card in exchange for tokens. Use your tokens like cash, but only at the Market at which they were purchased. Tokens never expire.



For information, visit:
www.fairfaxcounty.gov/parks/farmersmarkets/
 or call 703-642-0128





Primitive Basics

(6-Adult) Learn ancient techniques of starting a fire, working on a dug out canoe and using a bow and arrow.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
Riverbend Pk	Su	1pm	MX5.F6MM	11/3	\$12/ea.
Riverbend Pk	Su	1pm	MX5.YWTC	11/17	\$12/ea.

Family Owl Outing

(6-Adult) Discover the secret world of owls. Learn what makes these raptors excellent night predators with a presentation followed by a trail hike to hopefully hear or spot one of Huntley's resident owls. Children must be accompanied by a registered adult.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
HuntMdws	F	4:45pm	A78.1CEZ	11/8	\$9/ea.
HuntMdws	Su	4:30pm	A78.02KS	11/17	\$9/ea.

Fall Nature Appreciation & Celebration

(3-Adult) November is National Gratitude Month. Learn why we appreciate trees, forests, streams and the wildlife they contain. Join us for a hike to enjoy the fall foliage and observe our waterways. Make a craft to take home to remember to be thankful for nature.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
HiddenPond	Sa	1pm	VU5.EM5I	11/9	\$10/ea.

Survival in Nature

(3-Adult) Investigate different plant and animal species with a naturalist to understand how they adapt to their environments. Discover what physical and behavioral adaptations our native species use to survive in our ecosystem through various activities along a nature walk.

1--1 hour program

Location	Day	Time	Code	Date	\$
BurkeLakePk	Su	1pm	SL7.WS83	11/10	\$8/ea.

Snake and Turtle Feeding

(4-Adult) Enjoy a brief presentation and demonstration by our animal caretaker staff. At least one snake, two turtles and a toad will be fed. Children must be accompanied by a registered adult.

1--1 hour program

Location	Day	Time	Code	Date	\$
HiddenOaks	M	3pm	EFC.HATZ	11/11	\$8/ea.

American Indian Games & Crafts

(4-Adult) Play traditional Eastern Woodland Indian games of skill and luck which were common during the period of first European contact. Enjoy oral storytelling. Make a game to take home. Children must be accompanied by a registered adult.

1--1 hour program

Location	Day	Time	Code	Date	\$
HiddenOaks	Su	2pm	F14.LTQ8	11/24	\$8/ea.
HiddenOaks	Su	3:30pm	F14.SR48	11/24	\$8/ea.

Teen/Adult Programs

Using Technology in Nature

(12-Adult) Learn how to use your phone to enhance your outdoor experiences. Assist in community science and join a bustling community of online scientists and nature enthusiasts.

1--1 hour program

Location	Day	Time	Code	Date	\$
BurkeLakePk	Su	10am	TQN.Y5H8	9/1	\$7/ea.

Goldenrods and Asters - Fall Wildflowers

(12-Adult) Stroll along the riverbank in search of our fall wildflowers and learn some of the folklore associated with them.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
Riverbend Pk	Su	10am	CA4.1DIH	9/1	\$9/ea.
Riverbend Pk	Sa	10am	CA4.RZRD	9/21	\$9/ea.

Paw-Paw Prowl

(14-Adult) Go off trail with a naturalist to learn about the Paw-Paws historical and ecological importance to Virginia.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
ECLawnrPk	Su	5:30pm	25E.DSS2	9/1	\$8/ea.

Practical Plants -

Foraging for Herbal Remedies

(12-Adult) Learn about the healing power of plants. Discover the herbal remedies and wild edibles of Virginia and how to gather these plants safely and sustainably. Conclude the class with a make-and-take.

1--2 hour program

Location	Day	Time	Code	Date	\$
Riverbend Pk	Su	10am	LUX.1AET	9/8	\$12/ea.
Riverbend Pk	Su	10am	LUX.0D1J	9/22	\$12/ea.





Full Moon Meditation

(Adults) Take time to set intentions for the next month while engaging in mindfulness practices under the full moon along the Potomac River. A variety of techniques such as breathwork, gentle stretches and purposeful movement will be used. Please bring your own yoga mat or camping chair. Appropriate for all skill levels.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
Riverbend Pk	T	7:30pm	8EC.5YDZ	9/17	\$12/ea.
Riverbend Pk	Th	6:30pm	8EC.ESKR	10/17	\$12/ea.
Riverbend Pk	F	5pm	8EC.HLIS	11/15	\$12/ea.

Autumn Equinox Evening Hike

(Adults) Welcome the first night of fall with a pleasant evening tour of the park at sunset. Learn about common wildlife in the marsh and where to find them.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
HuntMdws	M	6pm	6B8.JNDX	9/23	\$9/ea.

Wetland at Dusk Walk

(Adults) Join park naturalists for a relaxing stroll through the park's forest and wetland paths. Look and listen for wildlife settling down or waking up during the transition of day to night.

1--2 hour program

Location	Day	Time	Code	Date	\$
HuntMdws	F	5:30pm	F3C.CDGY	9/27	\$10/ea.

Owl Outing

(Adults) These nocturnal raptors are pair-bonding and looking for nesting sites at this time of year. Prowl the park after dark to listen for and learn about our local owls and possibly see a barred owl. Meet at the Visitor Center and dress for the weather and standing off trail.

1--2 hour program

Location	Day	Time	Code	Date	\$
HuntMdws	Sa	5:45pm	6B8.QVV6	11/2	\$10/ea.

Boardgames and Bird Walk

(12-Adult) Hone your birding skills on the trail and learn to play our favorite bird themed board game: Wingspan. We will enjoy a round or more of this wonderful boardgame and take a bird walk in the park. All skill levels welcome.

1--3 hour program

Location	Day	Time	Code	Date	\$
HuntMdws	Sa	3pm	1VC.D0TX	11/9	\$15/ea.
HuntMdws	Sa	3pm	1VC.EJ81	11/16	\$15/ea.
HuntMdws	Sa	3pm	1VC.LGJ7	11/23	\$15/ea.
HuntMdws	Sa	3pm	1VC.AS7P	11/30	\$15/ea.

Campfire Programs

Children must be accompanied by a registered adult.

Campfire Fridays

(5-Adult) Join us for an evening campfire the whole family can enjoy. Explore the wonders of our natural world through nature walks, interactive activities and animal presentations. Includes s'mores. Topics vary by date.

1--1 hour campfire--\$8

1--1 hour 30 minute campfire--\$10

Location	Day	Time	Code	Date	\$
HiddenPond	F	7pm	546.7PR7	9/6	\$10/ea.
LkAccontkPk	F	7:30pm	546.HZJY	9/6	\$8/ea.
LkAccontkPk	F	7pm	546.BKU1	9/20	\$8/ea.
LkFairfaxPk	F	7pm	546.UJ6V	9/20	\$10/ea.
LkAccontkPk	F	7pm	546.5QTJ	10/4	\$8/ea.
LkFairfaxPk	F	7pm	546.RZ2H	10/4	\$10/ea.
HiddenPond	F	6:30pm	546.RLHN	10/11	\$10/ea.
LkFairfaxPk	F	7pm	546.JANI	10/18	\$10/ea.
LkAccontkPk	F	6:30pm	546.EF4C	11/1	\$8/ea.
HiddenPond	F	6:30pm	546.R6JH	11/15	\$10/ea.

Campfire Saturdays - Stargazing

(3-Adult) Enjoy a stroll along the lake shores and learn about the constellations, their stories and other night-sky features. Our astronomical naturalist will identify the stars and will have some telescopes to

use. The program concludes with a campfire. S'mores ingredients provided.

1--1 hour 30 minute campfire

Location	Day	Time	Code	Date	\$
BurkeLakePk	Sa	7pm	395.17W7	9/14	\$10/ea.
BurkeLakePk	Sa	5pm	395.IMTH	11/16	\$10/ea.

All About Owls Campfire

(4-Adult) Barred owls inhabit our stream valley parks. Learn to identify these owls from other native owls while enjoying the campfire. Toast marshmallows over the embers. Canceled in case of inclement weather.

1--1 hour campfire

Location	Day	Time	Code	Date	\$
CubRunREC	Th	5pm	232.GCJL	9/19	\$8/ea.
ECLawncPk	Su	6pm	232.7PWG	10/6	\$8/ea.
CubRunREC	Th	5pm	232.QDJJ	10/24	\$8/ea.
HiddenOaks	Su	7pm	232.K7OU	10/27	\$8/ea.

Riverside Campfire - Fishing Fun

(6-Adult) Fish from the river bank and learn about the fish's world. S'mores provided. Borrow our fishing rods or bring your own, tackle and bait provided. Meet at the Visitor Center.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
Riverbend Pk	F	5pm	2F2.NJ0B	10/4	\$15/ea.

Campfire Saturdays

(4-Adult) Join us for an evening campfire the whole family can enjoy. During the program we will explore the wonders of our natural world. Our programs may include nature walks, interactive activities, animal presentations, or other opportunities to learn about nature and our place in it. Includes s'mores. Topics vary by date.

1--1 hour 30 minute campfire

Location	Day	Time	Code	Date	\$
BurkeLakePk	Sa	6:30pm	UUJ.73EQ	10/12	\$10/ea.
BurkeLakePk	Sa	5pm	UUJ.GBGV	11/23	\$10/ea.

Hot Dog, S'mores, Wagon Ride & Campfire

(4-Adult) Meets at Cabell's Mill. Enjoy a turkey hot dog supper roasted over the campfire and a brisk wagon ride through the Rocky Run stream valley. Discover who Ellanor C. Lawrence was and learn about the areas local and natural history. We provide hot dogs, buns, condiments, and s'mores. Feel free to bring your own drinks and sides.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
ECLawncPk	W	6pm	524.CM7N	10/16	\$12/ea.
ECLawncPk	W	5pm	524.MHC1	11/13	\$12/ea.

Full Moon Nature Hike & Campfire

(6-Adult) Enjoy nature's tranquil beauty and the night sky under a full moon. Your naturalist guide points out signs of creatures that glide, fly and tiptoe through the woods in the dark. Enjoy a campfire after the hike with s'mores provided.

1--1 hour 30 minute campfire

Location	Day	Time	Code	Date	\$
LkAccontkPk	Th	6:30pm	193.NHEC	10/17	\$10/ea.
Riverbend Pk	Sa	7pm	193.TG6S	10/19	\$10/ea.

Legends & Lore Night Hike & Campfire

(8-Adult) Spark your interest in Walney history through legends, lore and stories of the supernatural on a night hike. Then gather around the campfire for s'mores.

1--1 hour 30 minute campfire

Location	Day	Time	Code	Date	\$
ECLawmncePk	F	6:30pm	B96.A9GT	10/25	\$10/ea.

Campfire Night Hike - Predators at Night

(4-Adult) Enjoy a night hike to learn about nocturnal hunters. Listen to taped calls of owls and coyotes and possibly catch a glimpse of them in the forest. End the evening with s'mores round the campfire.

1--1 hour campfire

Location	Day	Time	Code	Date	\$
ECLawmncePk	Sa	5:30pm	02D.W410	11/16	\$8/ea.

Homeschool Programs

Homeschool at the Pond

(7-11 yrs.) This program is based on the popular Pock-Rangers series geared to meet some homeschool science requirements. Topics vary. Meets every other week.

6--1 hour 30 minute programs

Location	Day	Time	Code	Date	\$
HiddenPond	T	1pm	8A7.OT56	9/3	\$85/child

Homeschool Animal Vets

(6-10 yrs.) Students get hands on experiences caring for animals in the visitor center as well as trying out beginning veterinary skills on stuffy patients they bring from home. Consult with your fellow veterinarians to accomplish an assortment of veterinary procedures and practice STEM and fine motor skills that all doctors need.

4--1 hour 25 minute programs

Location	Day	Time	Code	Date	\$
ECLawmncePk	Th	1:30pm	A4A.XOUF	9/5	\$49/child

Homeschool Wilderness Skills-Fall

(7-12 yrs.) Learn orienteering skills such as using a compass and reading maps and stars at night to find your way. Learn how to track animals and read the natural landscape around you to help you survive. Shelter building, fire building, guided nature hikes and engaging activities aid in our wilderness skills development. \$5 supply fee due to instructor first class.

4--2 hour programs

Location	Day	Time	Code	Date	\$
HuntMdws	M	1pm	D2D.LOE4	9/9	\$72/child

Homeschool at the Lake - Nature Exploration

(8-12 yrs.) Students will join a naturalist to learn new ways to observe and explore the natural world. Classes will use tools and equipment to not only learn how to navigate the outdoors, but also to better understand the part we play in maintaining a healthy ecosystem. The focus of study varies each week depending on the season.

6--1 hour 30 minute programs

Location	Day	Time	Code	Date	\$
BurkeLakePk	T	9am	4UM.3ZSE	9/10	\$85/child
LkFairfaxPk	F	1pm	4UM.9WDH	9/13	\$85/child

Homeschool at the Lake-Fall

(6-12 yrs.) This program for school children focuses on the natural and historical world. A different topic and hands-on activity is covered each day.

1--1 hour program

Location	Day	Time	Code	Date	\$
LkAccontkPk	Th	9:30am	494.SP91	9/12	\$8/child
LkAccontkPk	Th	9:30am	494.J5MG	10/10	\$8/child
LkAccontkPk	Th	9:30am	494.TAAW	11/7	\$8/child

Sketch Hike Programs

Ancient Plants Sketch Hike

(12-Adult) Huntley's forests are home to certain plants whose ancestors have been with us since dinosaur times. Join artist and naturalist, Margaret Wohler, to learn about and sketch the ferns, moss and their allies on a 1.5 mile walk (flat terrain).

1--2 hour program

Location	Day	Time	Code	Date	\$
HuntMdws	Sa	10am	187.NJAT	9/7	\$18/ea.

Fall Wildflowers ID Sketch Hike

(10-Adult) Turtlehead, jewelweed, seed box, cardinal flowers; come see our beautiful fall wetland flowers. Discover how they live and how to draw them.

1--2 hour program

Location	Day	Time	Code	Date	\$
HuntMdws	Sa	10am	736.TDUQ	10/5	\$18/ea.

Looking for more programs at your favorite nature sites?

Check Events, Gardening, History and Outdoor sections.



Signs of the Beaver Sketch Hike

(12-Adult) Join artist and naturalist Margaret Wohler to learn about Huntley's nocturnal engineers by studying and drawing the tracks and traces they leave behind. We will learn about the lives of beavers, have a little basic drawing instruction and then go hiking to find signs of beaver activity. All art materials provided.

1--2 hour program

Location	Day	Time	Code	Date	\$
HuntMdws	Su	10am	W7C.COTG	10/6	\$18/ea.

Lichens Sketch Hike

(10-Adult) What happens when a fungus and an algae take a lichen to each other? Join local artist and naturalist, Margaret Wohler, to learn all about this hybrid organism, identify those greenish patches seen on trees and rocks and learn how to draw the textures defining lichen colonies.

1--2 hour program

Location	Day	Time	Code	Date	\$
HuntMdws	Sa	10am	830.3L29	10/12	\$18/ea.

Fall Color Snap Sketch Hike

(10-Adult) Join us for a hike and learn how to draw a beautiful autumn scene.

1--2 hour program

Location	Day	Time	Code	Date	\$
HuntMdws	Su	10am	B68.FM2G	10/13	\$18/ea.

Oaks of Hidden Oaks- Hike and Draw

(16-Adult) Learn about the importance of oak trees and how to identify local oak species on a hike around the park. Then return to the classroom to draw acorns and leaves in pencil, colored pencil or watercolor. Dress for the weather.

1--2 hour 30 minute program

Location	Day	Time	Code	Date	\$
HiddenOaks	Sa	9am	VST.KYU3	10/26	\$25/ea.

Marvelous Monarch Migration

As the days get colder, monarch butterflies begin their journey toward the mountains of Mexico. They cannot survive the cold northern winters and their nectar sources begin to dwindle, which results in their 3,000-mile expedition.

Monarchs are the only butterflies that make a long return migration. On their trip, they stop for nectar and to shelter from bad weather. In March, these butterflies begin to fly north again, reaching the central U.S. around late April and May.

Join the Park Authority to learn about the world of monarchs and their awe-inspiring migration at monarch-related events this fall.

For more information visit
www.fairfaxcounty.gov/parks/event-highlight.

Saturday,
September 7 • 1-2 p.m.

*Family Fun -
Monarch Migration*
Green Spring Gardens Park • \$10

Sunday, September 22 • 1-2 p.m.
Monarch & More
Hidden Oaks Nature Center • \$8

Sunday, September 29 • 2-3:30 p.m.
Monarch Tag and Tea
Hidden Oaks Nature Center • \$15



Sketching along the Lakeside

(13-Adult) Walk with a naturalist by the lakeside and learn techniques and tips for drawing the natural world. Gain a better understanding of how to utilize different sketching and observational skills. Bring the medium of your choice to the class.

1--2 hour program					
Location	Day	Time	Code	Date	\$
BurkeLakePk	Sa	10am	NYJ.9J87	11/9	\$18/ea.

Drawing Nuts, Seeds, Pods and Berries

(16-Adult) Learn some tips to identify and draw these beautiful botanical items. Weather permitting, we will take a short 1/2-hour walk to search for these items near the nature center. Then we will come back inside to draw them, using our dried plant and seed collection. Your choice of watercolor or colored pencils. Dress for the weather.

1--2 hour 30 minute program					
Location	Day	Time	Code	Date	\$
HiddenOaks	Sa	9am	NK7.COQF	11/16	\$25/ea.





The Fairfax County Park Authority has a variety of beautiful outdoor facilities available for your next event! For information about our reservable areas, fees, amenities, availability and booking, visit www.fairfaxcounty.gov/parks/picnics

For help planning your event, email FCPApicnics@fairfaxcounty.gov or call 703-324-8732.



Pitch in to preserve, restore and improve Fairfax County Parks on National Public Lands Day!

In commemoration of **National Public Lands Day**, on September 28, the Fairfax County Park Authority is inviting members of the community to join us at several featured service opportunities across the county.

Learn more about how and where you can be involved at www.fairfaxcounty.gov/parks/topics/national-public-lands-day

Outdoor Recreation

Scan the QR code to go directly to the Parktakes Online Outdoor Rec page.



Burke Lake Park
7315 Ox Road • Fairfax Station
703-323-6600
www.fairfaxcounty.gov/parks/burkelake
Burke Lake’s expansive park offers a wide range of activities for all ages.

- Boating
- Fishing (Va. fishing license required)
- Camping
- Trails
- Mini golf
- Volleyball
- Miniature train
- Carousel
- Ice cream parlor
- Picnic areas with grills
- Playgrounds
- Disc golf course

Sailboats, gasoline motors, kayaks (unless used for fishing) and swimming are prohibited. Park grounds and restrooms are open daily, closed only on Dec. 25. Rowboat rentals available. For hours and fees, visit the website or call the park.



Lake Accotink Park
7500 Accotink Park Road • Springfield
703-569-0285
www.fairfaxcounty.gov/parks/accotink
Nestled in Springfield, Lake Accotink is a hidden gem bursting with fun for the whole family! Pavilion shelters and picnic areas with grills may be reserved by calling 703-324-8732. Sailboats, gasoline

- Boating
- Fishing (Va. fishing license required)
- Trails
- Picnic areas with grills
- Bike rentals
- Kayak and pedal boat rentals
- Playground
- Mini Golf
- Carousel

motors, swimming, paddleboarding and windsurfing are prohibited. Park grounds are open year-round. For facility hours and fees, visit the website or call the park.



Lake Fairfax Park
1400 Lake Fairfax Drive • Reston
703-471-5415
www.fairfaxcounty.gov/parks/lakefairfax
Home of the Water Mine Family Swimmin’ Hole, Lake Fairfax is for outdoor lovers of all ages!

- Boating
- Fishing (Va. fishing license required)
- Camping
- Trails
- Picnic areas with grills
- Athletic fields
- Skate park
- Pump track
- Boat rentals
- The Water Mine Family Swimmin’ Hole (Open through Sept 2.)

Pavilion shelters and picnic areas with grills may be reserved by calling 703-324-8732. Sailboats, gasoline motors, electric-powered boats and swimming in the lake are prohibited. For hours and fees, visit the website or call the park.



Riverbend Park
8700 Potomac Hills Street • Great Falls
703-759-9018
www.fairfaxcounty.gov/parks/riverbend
A park steeped in Native American history, Riverbend Park is a tranquil setting on the Potomac River that offers outdoor recreation and wildlife.

- Boating
- Fishing (Va. or Md. fishing license required)
- Trails
- Forest
- Meadows
- Kayak and canoe rentals
- Boat launch
- Riverside picnic areas with grills
- River view observation deck
- Visitor center

Fishing bait and tackle, rod rentals and snacks are available at the visitor center. Grounds open from 7 a.m. to dusk. A boat launch is provided for kayaks, canoes and jon boats (\$5 per boat or \$40 for annual launch pass).



Birding Programs

Birding for Beginners
(12-Adult) Learn about the park’s birds and some basic identification skills. This program for beginners starts with a bird identification discussion. Children age 12 to 16 must be accompanied by a registered adult.

1--3 hour program					
Location	Day	Time	Code	Date	\$
HuntMdws	Su	8am	A4F.IQNR	9/22	\$19
HuntMdws	Su	8am	A4F.60LZ	10/13	\$19

Camping Programs

Campfire Cooking
(5-Adult) Learn about the different methods that can be used to cook over a campfire, as well as what types of food are best prepared using each cooking style. Then, practice building your own cooking fire. Stay for a demonstration and a snack around the campfire.

1--1 hour program					
Location	Day	Time	Code	Date	\$
BurkeLakePk	Su	3pm	9SP.3774	9/8	\$10
BurkeLakePk	Su	1pm	9SP.PPZW	10/6	\$10

Campfire Skills
(5-Adult) Learn all about building a campfire. Practice starting a fire without matches, and stay for a demonstration.

1--1 hour program					
Location	Day	Time	Code	Date	\$
BurkeLakePk	Su	1pm	U4B.GWRT	9/8	\$10
BurkeLakePk	Su	10am	U4B.67CL	10/6	\$10

Family Campout

(5-Adult) Join Burke Lake Park for a fun and exciting family camping experience and let the park's naturalists help alleviate some of the stress of camping, whether it's your first time camping or you're a camping expert. Participate in a range of planned activities lead by naturalists, such as a campground orientation, a guided nature hike, a demonstration on how to set up a campfire and end the evening with s'mores and games in the field. The next morning, join the naturalists to fish at the park's marina. One registration is required per family, and includes a campsite, all of the programs listed above and a bundle of firewood. Check-in starts at 2 p.m. on Saturday and check-out is at 11 a.m. on Sunday.

1--family reservation

Location	Day	Time	Code	Date	\$
BurkeLakePk	Sa	2pm	9C3.PFCK	9/21	\$102

Fishing Programs

Participants 16 and older must have a valid Virginia fishing license.

Family Fishing

(5-Adult) Join a naturalist to learn the basics of fishing while enjoying the beauty of the lakefront. Gain a better understanding of not only how to fish, but also how we can better connect with the natural world while participating in recreational activities, such as fishing. Rod and bait will be provided.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
LkAccontkPk	Sa	9:30am	UMS.5W2X	9/7	\$12
LkAccontkPk	Sa	9:30am	UMS.R6KY	9/21	\$12
BurkeLakePk	Su	1pm	UMS.YUEE	9/29	\$12
LkAccontkPk	Sa	9:30am	UMS.5MTO	10/5	\$12
LkAccontkPk	Sa	10:30am	UMS.H6Y4	11/2	\$12

Family Fishing at Sunset

(5-Adult) Enjoy the beauty of the lakefront at sunset while learning the basics of fishing with a naturalist. Many fish like to come up to eat when the water cools after a hot day, making it a great time to fish with family members and enjoy each other's company. Rod and bait will be provided.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
BurkeLakePk	F	6pm	2E6.V611	9/13	\$12

Fishing for Parent and Child

(5-Adult) Learn how to fish alongside your parent or child as you enjoy the scenery around the lake. Gain a better understanding on how to rig and use a fishing rod, how to safely fish, and how we can be environmentally conscious while we fish. Rod and bait will be provided.

1--1 hour 30 minute program--\$12

Location	Day	Time	Code	Date	\$
LkFairfaxPk	Sa	2:30pm	BC9.33P8	9/7	\$12
LkFairfaxPk	Su	10am	BC9.QTFN	9/15	\$12
Riverbend Pk	Sa	10am	BC9.7CGI	9/28	\$12

River Fishing by Boat

(5-Adult) Fish for smallmouth bass and sunfish from a canoe or jon boat. Get started with an introduction to boating and fishing basics. Previous experience rowing or paddling not required. Boats and PFDs

provided. Fishing rods and bait provided. Canceled if inclement weather or hazardous river conditions. Maximum three participants per boat, one of whom must be 16 or older. Each participant must register.

1--2 hour lesson

Location	Day	Time	Code	Date	\$
Riverbend Pk	Sa	10am	2AE.G2EO	9/7	\$23
Riverbend Pk	Sa	10am	2AE.VDP4	9/21	\$23
Riverbend Pk	Su	10am	2AE.GU6C	10/6	\$23

All kayaks, paddles and necessary safety equipment is included.

Kayaking Programs

Fall Foliage Kayak Expedition

(13-Adult) Enjoy a new perspective of fall colors at Lake Accotink this season aboard one of our kayaks. Our expedition takes us to the northern part of the lake to see glorious natural tunnels of orange, yellow and red leaves. Previous kayak experience is necessary.

1--2 hour lesson

Location	Day	Time	Code	Date	\$
LkAccontkPk	Su	10am	CBC.1YVQ	10/20	\$43
LkAccontkPk	Su	10am	CBC.J6LR	11/3	\$43

Intro to Kayaking

(12-Adult) This introductory-level class is perfect for beginners or for those who want to learn how to paddle more efficiently. Learn about different kayaks, paddles, personal flotation devices and safety gear. On the water learn to move the boat in every direction using forward and reverse strokes, a turning stroke, a slice stroke and stopping maneuvers.

1--2 hour lesson

Location	Day	Time	Code	Date	\$
LkFairfaxPk	Sa	11:30am	16A.B2HX	9/7	\$43
LkFairfaxPk	Sa	3pm	16A.ZPIO	9/14	\$43
LkFairfaxPk	Sa	11:30am	16A.SNVD	10/12	\$43

Kayaking Basics

(12-Adults) Learn the fundamentals of kayaking in a relaxed and comfortable setting. Discover proper strokes and paddling techniques. Understand the basics of water safety and how to plan a pleasant paddling experience.

2--1 hour 30 minute lessons

Location	Day	Time	Code	Date	\$
LkAccontkPk	Sa	9am	MVW.L3BR	9/14	\$64
LkAccontkPk	Sa	9am	MVW.B1K9	10/5	\$64

Kayaking Skills

(12-Adult) This course is designed to complement the Kayaking Basics Class and for students that have some experience and wish to practice skills in open water conditions.

2--1 hour 30 minute lessons

Location	Day	Time	Code	Date	\$
LkAccontkPk	Sa	11am	X7T.SKCC	10/5	\$64

Kayak Tour - Moonlight

(14-Adult) Experience the Potomac River in a new light as we paddle under the moon. Discover the peace and wildlife of the evening river as a guide leads you on a tour through the calmest section of the river during each full moon this summer. No paddling

experience necessary. Canceled if inclement weather or hazardous river conditions. Single & tandem kayaks and PFDs are provided. Each individual must register.

1--1 hour 25 minute lesson

Location	Day	Time	Code	Date	\$
Riverbend Pk	F	7:30pm	EBE.IZNM	9/20	\$41

Kayak Tour - Wildlife of the Potomac

(14-Adult) Watch for deer foraging on the islands, and osprey and bald eagles searching for fish as we paddle through this wildlife-rich section of the Potomac River. This is not a whitewater tour. No previous experience required. Kayaks provided, one person per kayak. Download waiver and bring completed to tour: <https://go.usa.gov/xnJUB>. Canceled in case of inclement weather or hazardous river conditions.

1--2 hour lesson

Location	Day	Time	Code	Date	\$
Riverbend Pk	F	5:30pm	BBA.IZRL	9/6	\$43
Riverbend Pk	F	5:30pm	BBA.EK33	9/27	\$43

Nature Kayaking

(12-Adult) Paddle with a naturalist to learn about the flora and fauna that call the lake its home. Find out what's growing along the lake's edge, who likes to wade in the water and what might be swimming underneath you.

1--2 hour lesson

Location	Day	Time	Code	Date	\$
LkFairfaxPk	Su	1pm	YCJ.Q5QC	9/15	\$43
BurkeLakePk	Sa	10am	YCJ.L6UQ	10/12	\$43
LkFairfaxPk	Sa	3pm	YCJ.10LY	10/12	\$43

Paddle and Paint the Potomac

(16-Adult) Take a short paddling trip up the Potomac River and take in the beautiful scenery. Stop at an island to paint the scenery then float back to shore. Art supplies provided. Some paddling experience preferred. All participants must sign a boating waiver.

1--3 hour lesson

Location	Day	Time	Code	Date	\$
Riverbend Pk	Sa	9am	W32.0H8Q	10/19	\$43

Twilight by Kayak

(12-Adult) Watch the sunset on the lake as the wildlife settles in for the night, then return to the dock by the light of the moon.

1--2 hour lesson

Location	Day	Time	Code	Date	\$
LkFairfaxPk	Su	6:30pm	CA1.QTX9	9/8	\$43
BurkeLakePk	F	6:30pm	CA1.9N6X	9/20	\$43

Other Programs

Geocaching Adventures

(8-Adult) Join us for a tour of caches throughout Fairfax County. Hunt for hidden treasures throughout our park system using a GPS. Join one class or sign up for them all. Equipment provided.

1--2 hour lesson

Location	Day	Time	Code	Date	\$
BurkeLakePk	Sa	10am	K98.T9TJ	10/19	\$23
BurkeLakePk	Sa	2pm	K98.S5QS	11/2	\$23
LkFairfaxPk	Su	10am	K98.M62F	11/3	\$23

Performing Arts

Scan the QR code to go directly to the Parktakes Online Performing Arts page.



Please note:

- All instructors have different teaching styles.
- Wear comfortable clothing. Any clothing requirements will be discussed at the first class.
- All music classes are group instruction.
- Music books or any other instructional aids are available for purchase at the first class.
- Students must have their own guitar, banjo or harmonica for use in class.
- Piano students need to have access to a piano for practice out of class.
- Some classes may have supply fees so check class descriptions for details. Any supply fees are payable to instructor at first class and are non-refundable.

Drama Classes

Act Up! The Lion Kids

(7-14 yrs.) Young performers experience a theatrical journey inspired by "The Lion King" in this Moonlit Wings class. Explore original scenes, songs and games that bring the savanna to life. Sharpen your acting and singing skills while making new friends along the way. Parents are invited to a mini performance during the final class.

DPVD 7--1 hour 25 minute lessons--\$138						
Location	Day	Time	Code	Begin	\$	
CubRunREC	Th	6:30pm	TYA.IQSK	10/10	DPVD	
Franconia Rec	M	7pm	TYA.PBLS	10/7	DPVD	
OakmontREC	Su	11:30pm	TYA.BMVC	10/6	DPVD	
ProvREC	Sa	11:30am	TYA.9710	10/12	DPVD	
SoRunREC	T	7pm	TYA.SKZ6	10/29	DPVD	
SpHillREC	Th	7pm	TYA.VZSE	10/3	DPVD	
Wkfld/Moore	Sa	3:30pm	TYA.Z90F	10/12	DPVD	

All Star Drama Club

(7-14 yrs.) Dive into new lessons every season with fresh scripts of comedy, drama and hilarious improv games. At the Moonlit Wings' Drama Club, sharpen speech, stage presence, and teamwork through theatre. Parents are invited to a mini performance during the final class.

DPVD 7--1 hour 25 minute lessons--\$138						
Location	Day	Time	Code	Begin	\$	
CubRunREC	Th	5pm	UN4.Z1ZT	10/10	DPVD	
Franconia Rec	M	5:30pm	UN4.D5NV	10/7	DPVD	
OakmontREC	Su	10am	UN4.CLSI	10/6	DPVD	
ProvREC	Sa	10am	UN4.Y73T	10/12	DPVD	
SoRunREC	T	5:30pm	UN4.BBX3	10/29	DPVD	
SpHillREC	Th	5:30pm	UN4.QGR7	10/3	DPVD	
Wkfld/Moore	Sa	2pm	UN4.MLPI	10/12	DPVD	



Music Classes

Guitar I

Learn to play, tune and care for your guitar. Students must furnish their own instrument. Any supply fees are payable to instructor at first class.

3PPA 8--55 minute lessons--\$102 4PPA 10--55 minute lessons--\$127					
Location	Day	Time	Code	Begin	\$
(6-10 yrs.)					
CubRunREC	Su	1pm	DFD.YOJZ	9/15	4PPA
SoRunREC	Sa	10am	DFD.SMM6	9/14	4PPA
Wkfld/Moore	M	6pm	DFD.GP63	9/16	4PPA
(10-Adult)					
CubRunREC	Su	1pm	128.15P2	9/15	4PPA
OakmontREC	T	6pm	128.7QGO	9/24	3PPA
SoRunREC	Sa	10am	128.4OZ3	9/14	4PPA
SoRunREC	M	5:30pm	128.JT1G	9/16	4PPA
(16-Adult)					
ProvREC	T	11am	1BF.BQ1R	9/24	3PPA
Wkfld/Moore	M	8pm	1BF.B9IS	9/16	4PPA

Guitar II

Prerequisite: Guitar I or equivalent.

3PPA 8--55 minute lessons--\$102 4PPA 10--55 minute lessons--\$127					
Location	Day	Time	Code	Begin	\$
(6-12 yrs.)					
CubRunREC	F	5pm	641.1GPR	9/20	4PPA
SoRunREC	Sa	11am	641.DSW2	9/14	4PPA
Wkfld/Moore	M	7pm	641.WLCV	9/16	4PPA
(10-Adult)					
CubRunREC	F	5pm	030.00A2	9/20	4PPA
ProvREC	T	10am	030.NXGZ	9/24	3PPA
SoRunREC	Sa	11am	030.L88M	9/14	4PPA

Rock Guitar

(10-Adult) An introduction to rock-and-roll guitar playing. Students learn rock guitar and improvisation basics. Beginners encouraged. Students should supply their own instruments. Those with electric guitars should bring a portable amplifier.

4PPA 10--55 minute lessons--\$127						
Location	Day	Time	Code	Begin	\$	
CubRunREC	F	6pm	189.A6W7	9/20	4PPA	
SoRunREC	M	6:40pm	189.BCLI	9/16	4PPA	

Groovy Guitar

(6-12 yrs.) Students will be introduced to the guitar and participate in an ensemble music group in this Learn Now Music class. \$20 supply fee for rental instrument and music is payable before class starts online at learnnowmusic.com/updatepayment/.

BPVK 6--55 minute lessons--\$141 CPVK 8--55 minute lessons--\$194						
Location	Day	Time	Code	Begin	\$	
OakmontREC	W	7pm	UKT.WE2R	10/2	CPVK	
ProvREC	Th	6pm	UKT.7BDZ	10/3	BPVK	

Piano-Beginning I

Group instruction. Learn fundamentals including reading music and keyboard skills. Students must have access to piano or keyboard for practice. Supply fee \$10-\$15 payable to instructor at first class.

DPPA 8--55 minute lessons--\$97					
Location	Day	Time	Code	Begin	\$
(6-9 yrs.)					
LittleRn ES	Sa	9am	F66.5Q7H	9/21	DPPA
(6-12 yrs.)					
LittleRn ES	Sa	10am	69C.T5BT	9/21	DPPA
Orange Hnt ES	Sa	11am	69C.NOEA	9/21	DPPA
Orange Hnt ES	Sa	12pm	69C.TOKZ	9/21	DPPA
(10-Adult)					
Orange Hnt ES	Sa	9am	A86.7XAK	9/21	DPPA
(16-Adult)					
ProvREC	Th	11:10am	NK6.59QG	9/26	DPPA

Piano-Beginning II

Group instruction for students who have some piano experience. Improve fundamentals including reading music and keyboard skills. Students must have access to piano or keyboard for practice. Supply fee \$10-\$15 payable to instructor at first class.

3PPA 8--55 minute lessons--\$102 DPPA 8--55 minute lessons--\$97						
Location	Day	Time	Code	Begin	\$	
(6-12 yrs.)						
LittleRn ES	Sa	1pm	A0C.RH3B	9/21	DPPA	
LittleRn ES	Sa	12pm	A0C.G8VF	9/21	DPPA	
Orange Hnt ES	Sa	1pm	A0C.AWHJ	9/12	DPPA	
(10-15 yrs.)						
LittleRn ES	Sa	11am	023.ZA01	9/21	DPPA	
(10-Adult)						
Orange Hnt ES	Sa	10am	LSN.2XG4	9/21	DPPA	
(16-Adult)						
ProvREC	Th	10:10am	91D.711I	9/26	3PPA	

Poppin Piano

(6-12 yrs.) Students will be introduced to the piano and participate in an ensemble music group in this Learn Now Music class. \$20 supply fee for rental instrument and music is payable before class starts online at <https://learnnowmusic.com/updatepayment/>.

BPVK CPVK 6--55 minute lessons--\$141 8--55 minute lessons--\$194					
Location	Day	Time	Code	Begin	\$
OakmontREC	W	6pm	KCZ.FI66	10/2	CPVK
ProvREC	Th	5pm	KCZ.D1LL	10/3	BPVK
SoRunREC	F	6pm	KCZ.ZWON	10/4	BPVK
Wkfld/Moore	T	6pm	KCZ.8KDI	10/1	CPVK

Virtual Piano I

Group instruction. Learn fundamentals including reading music and keyboard skills in this online class. Students must have access to piano or keyboard for practice. We will email the Microsoft Teams link for the class as well as the information to purchase the required piano book which will cost about \$10.

DPPA 8--55 minute lessons--\$97					
Location	Day	Time	Code	Begin	\$
(6-12 yrs.)					
Virtual FCPA	Sa	10am	JTQ.ESL9	9/7	DPPA
Virtual FCPA	Th	5pm	JTQ.OPTF	9/26	DPPA
(10-Adult)					
Virtual FCPA	Sa	9am	WZX.EP3I	9/7	DPPA
Virtual FCPA	Th	7pm	WZX.AJ40	9/26	DPPA

Virtual Piano II

Group instruction for students who have some piano experience. Improve fundamentals including reading

music and keyboard skills. Students must have access to piano or keyboard for practice. We will email the Microsoft Teams link for the class as well as the information to purchase the required piano book which will cost about \$10.

DPPA 8--55 minute lessons--\$97					
Location	Day	Time	Code	Begin	\$
(6-12 yrs.)					
Virtual FCPA	Th	6pm	BHQ.X68J	9/26	DPPA
(10-Adult)					
Virtual FCPA	Th	8pm	COU.KMIW	9/26	DPPA

Ukulele

(10-Adult) Learn music Aloha style. Class covers instrument playing basics including chord progressions, single-note playing and right-hand strumming techniques. Numerous styles are taught. Students must bring their own instrument.

4PPA 10--55 minute lessons--\$127					
Location	Day	Time	Code	Begin	\$
SpHillREC	Su	12pm	A61.3522	9/15	4PPA

Ukulele II

(10-Adult) Prerequisite; Ukulele I or equivalent.

4PPA 10--55 minute lessons--\$127					
Location	Day	Time	Code	Begin	\$
SpHillREC	Su	1pm	3F1.FGYG	9/15	4PPA

Virtual Ukulele

(10-Adult) Learn to play simple songs with your ukulele. Class covers instrument playing basics including names of strings and frets, musical notes and counting rhythms, chord progressions right-hand

strumming techniques. Reading music notes on the staff is not necessary. Students must have their own instrument. Class link and information will be emailed prior to first class.

DPPA 8--55 minute lessons--\$97					
Location	Day	Time	Code	Begin	\$
Virtual FCPA	Sa	11am	HA5.ZDAA	9/7	DPPA

Viva Violin

(6-12 yrs.) Students will be introduced to the violin and participate in an ensemble music group in this Learn Now Music class. \$20 supply fee for rental instrument and music is payable before class starts online at learnnowmusic.com/updatepayment/.

BPVK CPVK 6--55 minute lessons--\$141 8--55 minute lessons--\$194					
Location	Day	Time	Code	Begin	\$
SoRunREC	F	7pm	Q1M.J4XK	10/4	BPVK
Wkfld/Moore	T	7pm	Q1M.ZV9K	10/1	CPVK

Join us for Fall Camps!

When schools close for student holidays or cultural observances, Fairfax County Park Authority has you covered with camp.



Thursday-Friday, October 3-4

Monday, October 14

Friday, November 1

Monday-Tuesday, November 4-5

Monday, November 11

Explore exciting camp opportunities coming this fall at www.fairfaxcounty.gov/parks/camps



GHOST TOWN:

NO SCREAMS, JUST TREATS!

SATURDAY-SUNDAY, OCTOBER 26-27
11 a.m. - 5 p.m. • BURKE LAKE PARK
\$15 in advance, \$20 at the door

THEMED ACTIVITY AREAS • TRAIN RIDE • CAROUSEL RIDE
CRAFTS • BOUNCE HOUSE • MINI GOLF

TICKET INFORMATION:

- Tickets available online up until two days before the event.
- Admission price covers all Ghost Town activities and services for one person.
- Children under age two ride free but must be accompanied by a paying adult.
- Passes can be picked up at the ice cream parlor on the day of the event.
- No refunds once the event has started.

www.fairfaxcounty.gov/parks/burke-lake

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Fairfax's Community TV and Radio

Visit or call us at:
fcac.org / 571-749-1132

Pet Place

Scan the QR code to go directly to the Parktakes Online Pet Place page.



Our dog obedience classes help build a strong relationship between pet and handler by developing understanding and communication. Flexible training methods are employed for home management, problem solving and correction. Please note:

- Dogs that display fear or aggression are not permitted in Park Authority classes.
- Bring a shot record with proof of DHLA rabies and parvovirus shots to the first class.
- All dogs must be legally licensed, vaccinated, wear a visible dog license and be leashed when entering or leaving the class area.
- Check with instructor at first class for proper leashes, collars and other equipment.
- An adult must stay with student if younger than 16 or does not have own transportation.
- All classes are held outdoors.
- **Register the handler, not the dog; one handler/one dog per registration.**
- Some classes may have supply fees, so check class descriptions for details. Any supply fees are payable at first class and are non-refundable.

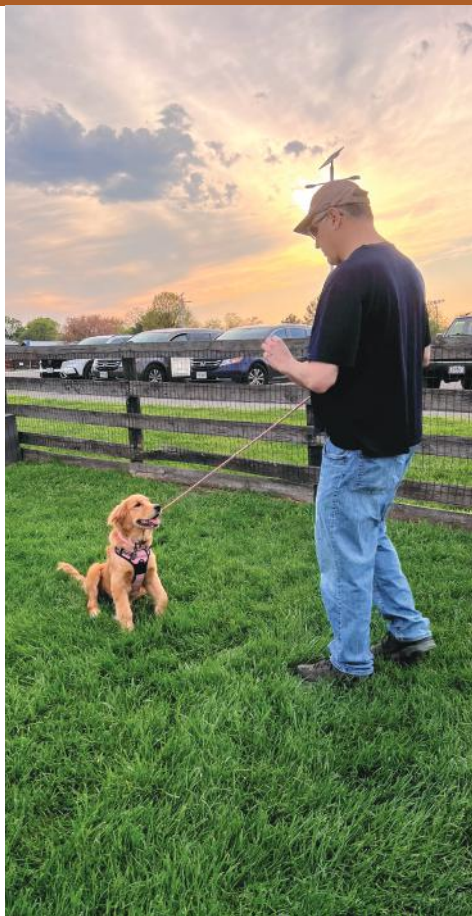
Off-Leash Dogs Welcome in Special Dog Parks

Owners of well-mannered canines can take their pets to fenced, off-leash dog parks for free play, a good run or a friendly romp with other dogs. FCPA has eleven established dog parks:

- **Baron Cameron**, 11300 Baron Cameron Ave., Reston
- **Blake Lane**, 10033 Blake Lane, Oakton
- **Chandon**, 900 Palmer Drive, Herndon
- **Dulles Station Community Park**, 13707 Sayward Blvd, Herndon
- **Grist Mill**, 4710 Mt. Vernon Memorial Hwy, Alexandria
- **Lenclair**, 6725 Lenclair St., Alexandria
- **Mason District**, 6621 Columbia Pike, Annandale
- **Monticello Park**, 5315 Guinea Road, Burke
- **Rock Hill District Park**, 15150 Old Lee Road, Centreville
- **South Run**, 7550 Reservation Drive, Springfield
- **Westgrove**, 6801 Fort Hunt Road, Alexandria

Most of the Park Authority dog parks are public/private partnerships, developed in cooperation with sponsoring organizations of pet owners. Volunteers assist with monitoring and cleaning up the facilities, making users aware of dog park rules and regulations and reporting maintenance needs to the Park Authority.

Dog parks are open year-round from 7 a.m. to 30 minutes after sunset on weekdays and from 8 a.m. to 30 minutes after sunset on weekends and Federal holidays. Neither Fairfax County nor the Fairfax County Park Authority is liable for any injury or damage caused by any dog in the off-leash area. For off-leash dog park rules and regulations, visit www.fairfaxcounty.gov/parks/parkrules/dogpark.htm, or call 703-324-8594



AKC Classes

AKC Star Puppy Class

(14-Adult) Class focuses on how to care and raise a puppy, as well as basic puppy obedience, and follows the AKC Star curriculum. Puppies must be less than a year old and up to date on age-appropriate vaccinations. Rabies vaccination is required at 16 weeks. Dogs must attend 6 of the 8 lessons to qualify to take the AKC Star Puppy test. This is not a puppy play group. One handler per dog.

4DA	8--55 minute lessons--\$130				
Location	Day	Time	Code	Begin	\$
SoRunREC	M	11:30am	UJN.NN6C	9/16	4DA

AKC Fit Dog I

(14-Adult) Prerequisite: dogs must be at least one year old and have completed Dog Obedience Level 1. AKC Fit Dog is a reward-based program developed to help build your dog's fitness with fun, short and safe exercises. This class introduces you and your dog to exercises to improve their flexibility, strength and confidence. These skills increase your dog's performance, decrease their risk of injury, and lower their stress levels while they work toward a healthier body and mind. If you are participating in dog sports, plan to run or compete with your dog or just have a very active dog that needs a challenge, this course is for you. All breeds and ages are welcome, but dogs must be a healthy weight, (not obese) and free from injury and/or pain.

4DA	8--55 minute lessons--\$130				
Location	Day	Time	Code	Begin	\$
SoRunREC	T	12:30pm	IGE.L6OF	9/17	4DA

AKC Fit Dog II

(14-Adult) Prerequisite: dogs must be 18 months or older and have completed AKC Fit Dog I. In this level II class dogs build on the foundational skills learned in Level I. This is not a class for dogs who are recovering from injuries, morbidly obese, or suffering from chronic pain.

4DA	8--55 minute lessons--\$130				
Location	Day	Time	Code	Begin	\$
SoRunREC	T	11:30am	E6U.X8B9	9/17	4DA

AKC Fit III

(14-Adult) Prerequisite: dogs must be 18 months or older, have completed AKC Fit Dog II and have trainer's recommendation for this class. In this level III class dogs build on the foundational skills learned in Level II. This is not a class for dogs who are recovering from injuries, morbidly obese, or suffering from chronic pain.

4DA	8--55 minute lessons--\$130				
Location	Day	Time	Code	Begin	\$
SoRunREC	T	11:30am	05X.AQB6	9/17	4DA

AKC Trick Dog

(14-Adult) Prerequisite: Completion of Fairfax County Dog Obedience 1 or instructor permission. Trick training allows an owner and dog to bond and help improve a dog's focus, confidence, and impulse control while building on the basic cues learned in Dog Obedience 1. Students will have the opportunity to take the AKC Novice and/or Advanced Trick Dog tests and earn an AKC title. Canine Good Citizen behaviors will also be practiced in class. Dogs must be at least 8 months old and show no signs of aggression.

4DA	8--55 minute lessons--\$130				
Location	Day	Time	Code	Begin	\$
Frying Pan Pk	T	10:30am	DPK.REUW	9/3	4DA

Dog Obedience

Puppy Kindergarten

(14-Adult) Puppies 10 to 23 weeks old learn socialization and discipline fundamentals. Puppy owners learn how to address problems such as housebreaking, chewing and jumping. Puppies should wear a buckle collar and be up-to-date with shots.

4DA	8--55 minute lessons--\$130				
Location	Day	Time	Code	Begin	\$
Frying Pan Pk	Sa	12:30pm	6CD.R5NQ	9/7	4DA
OakmontREC	T	6pm	6CD.81HH	9/24	4DA
SoRunREC	Sa	12pm	6CD.Q482	9/14	4DA
SoRunREC	Su	1:15pm	6CD.W3WR	9/15	4DA
Wkfld/Moore	W	1:30pm	6CD.Z196	9/18	4DA

Puppy Kindergarten Family

(9-Adult) Class is designed for family units of two or three. Puppies 10 to 23 weeks old learn socialization and discipline fundamentals. Handlers learn together how to address problems such as housebreaking, chewing and jumping. Puppies should wear a buckle collar and be up to date with shots. No more than three family members and one dog per registration. One adult per family must be present at each class, and all family members must be age 9 or older. Dogs must be at least 10 weeks old.

4DB	8--55 minute lessons--\$165				
Location	Day	Time	Code	Begin	\$
Frying Pan Pk	W	6:30pm	XMO.70ZV	9/4	4DB

Dog Obedience I

(14-Adult) Includes home management, discipline and problem solving. Methods employed are affection and restraint. Dogs must be at least 6 months old.

4DA	8--55 minute lessons--\$130
DDVA	8--55 minute lessons--\$153

Location	Day	Time	Code	Begin	\$
Frying Pan Pk	W	7:30pm	635.5QKC	9/4	4DA
Frying Pan Pk	Th	6:30pm	635.JN8X	9/5	4DA
Frying Pan Pk	Sa	9:30am	635.NNWP	9/7	4DA
OakmontREC	T	7pm	635.8CB3	9/24	4DA
OakmontREC	T	10:30am	635.JGGE	9/24	4DA
SoRunREC	M	4:30pm	635.CWMO	9/9	4DA
SoRunREC	Sa	9am	635.LH0Y	9/14	4DA
SoRunREC	Su	11:05am	635.RBLY	9/15	4DA
SoRunREC	M	12:30pm	635.SSJ2	9/16	4DA
SoRunREC	T	1:30pm	635.FR7U	9/17	4DA
SoRunREC	T	4:30pm	635.S7A8	9/17	4DA
SoRunREC	F	9am	635.K4F8	9/20	4DA
Wkfld/Moore	W	4pm	635.XPFX	9/18	4DA
Wkfld/Moore	W	12:30pm	635.CYPH	9/18	4DA
ProvREC	Th	7pm	V89.73LX	9/19	DDVA
Wkfld/Moore	Sa	4pm	V89.PRM3	9/14	DDVA

Dog Obedience I Family

(9-Adult) Class is designed for family units of two or three. Handlers learn together how to train their dog to sit, lie down, come, stay and walk on a leash. Class also includes home management and problem solving. No more than three family members and one dog per registration. One adult per family must be present at each class, and all family members must be age 9 or older. Dogs must be at least 6 months old.

4DB	8--55 minute lessons--\$165
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Location	Day	Time	Code	Begin	\$
Frying Pan Pk	Th	7:30pm	26E.VWQ3	9/5	4DB
Frying Pan Pk	Sa	11:30am	26E.V25Y	9/7	4DB
SoRunREC	Su	12:10pm	26E.9CSD	9/15	4DB

Dog Obedience II

(14-Adult) Prerequisite: Dog and owner must have completed a Fairfax County level I class or have permission of instructor. Dogs must be at least 8 months old and show no signs of aggression. Course will prepare the dog to successfully complete the AKC Canine Good Citizen test given on course completion.

4DA	8--55 minute lessons--\$130
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Location	Day	Time	Code	Begin	\$
Frying Pan Pk	Sa	10:30am	C14.DDRT	9/7	4DA
Frying Pan Pk	T	7:45pm	C14.Y79F	9/3	4DA
OakmontREC	T	8pm	C14.57M0	9/24	4DA
OakmontREC	T	11:30am	C14.365X	9/24	4DA
SoRunREC	M	5:30pm	C14.333D	9/9	4DA
SoRunREC	Sa	10am	C14.ER0Z	9/14	4DA
SoRunREC	Su	10am	C14.6CFR	9/15	4DA
SoRunREC	F	10am	C14.HBYA	9/20	4DA
Wkfld/Moore	W	5pm	C14.YOWK	9/18	4DA

K9 Nose Work

(14-Adult) K9 Nose Work is a great way to bond with your dogs, stimulate their curious minds, hone their obedience skills and build their confidence and focus. This class encourages dogs to use their sense of smell and natural instincts to search and problem solve. It also gives them an outlet to use their love of hunting. As a low-impact class, it is perfect for dogs of any age, size and personality.

DDVC	6--55 minute lessons--\$109
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Location	Day	Time	Code	Begin	\$
ProvREC	Su	4:30pm	9D8.P1P4	9/15	DDVC
Wkfld/Moore	F	7pm	9D8.B31C	9/20	DDVC

K9 Nose Work II

(14-Adult) Prerequisite: K9 Nose Work I or equivalent. Build on skills learned in level I through different,

more advanced activities. This low-impact class is perfect for dogs of any age, size and personality.

DDVC 6--55 minute lessons--\$109					
Location	Day	Time	Code	Begin	\$
Wkfld/Moore	F	8pm	X01.255Z	9/20	DDVC

Rally Obedience

(14-Adult) Prerequisite: Completion of Fairfax County Dog Obedience II or permission of instructor. Rally obedience exercises and corresponding signs from the beginner through expert level are taught. Dogs must show no fear or aggression.

4DA	8--55 minute lessons--\$130
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Location	Day	Time	Code	Begin	\$
Frying Pan Pk	T	10am	126.X77Y	9/3	4DA
Frying Pan Pk	T	6:30pm	126.UV35	9/3	4DA
OakmontREC	T	9:30am	126.JSY1	9/24	4DA

Competitive Dog Agility

Competitive Dog Agility I

(14-Adult) Prerequisite: Dog Obedience I or equivalent. Dogs must have one primary handler for the entire session. This class focuses on basic skills needed to succeed in agility and to make agility a game your dog will love. A minimum of 75% class attendance and contact/target behavior is required for progression. Attendance at first class is mandatory. Dog and handler are assessed at first class.

4DE	6--55 minute lessons--\$146
4DG	8--55 minute lessons--\$194

Location	Day	Time	Code	Begin	\$
Frying Pan Pk	Su	9:30am	A22.BTHV	9/8	4DE
SoRunREC	T	11am	A22.YX0L	9/17	4DG

Competitive Dog Agility II

(14-Adult) Prerequisite: Competitive Dog Agility I. Dogs and handlers build on the skills introduced in Level I such as clicker training, building focus, attention and teamwork, targeting, basic handling and obstacle skills. Dogs are exposed to all agility equipment. Dogs must have one primary handler for the entire session. Attendance at first class is mandatory, and overall attendance is required for progression. Bring dogs to first class.

4DE	6--55 minute lessons--\$146
4DG	8--55 minute lessons--\$194

Location	Day	Time	Code	Begin	\$
Frying Pan Pk	Su	10:45am	7ED.YHGB	9/8	4DE
SoRunREC	T	9am	7ED.ZZSC	9/17	4DG

Competitive Dog Agility III

(14-Adult) Prerequisite: Competitive Dog Agility II. Class expands proficiency and builds performance confidence on all obstacles. Handlers and dogs must have a good working understanding of clicker and targeting, with strong emphasis on contact obstacles and weave poles. Teams begin to work off leash and improve attention, focus and teamwork. Students are encouraged to repeat this class to perfect obstacle performance. Overall attendance is required for progression. Bring dogs to first class.

4DG	8--55 minute lessons--\$194
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Location	Day	Time	Code	Begin	\$
Frying Pan Pk	M	6pm	00F.747N	9/9	4DE
SoRunREC	Th	11am	00F.VPGP	9/19	4DG

Dog Daze

at The Water Mine

Saturday, Sept. 7, 2024

9 a.m. – 1 p.m.

The Water Mine goes to the dogs with a season-ending event to benefit your parks through the Fairfax County Park Foundation.

- Dogs-only Swimming
- Canine Resource Fair
- Family Fun
- \$15 per dog

Visit www.fairfaxcounty.gov/parks/dogs

The Water Mine at Lake Fairfax Park
1400 Lake Fairfax Drive, Reston



Competitive Dog Agility IV

(14-Adult) Prerequisite: Competitive Dog Agility III or equivalent. Class focuses on advanced handling skills. Dogs must be able to work off leash and should exhibit appropriate performance and proficiency with all agility equipment. Focus is on handling skills, contact performance and short sequences. Overall attendance is required for progression. Bring dogs to first class.

4DG		8--55 minute lessons--\$194				
Location	Day	Time	Code	Begin	\$	
Frying Pan Pk	M	7:15pm	F02.80W7	9/9	4DE	
SoRunREC	Th	10am	F02.UCT9	9/19	4DG	

Competitive Dog Agility V

(14-Adult) Prerequisite: Competitive Dog Agility IV or equivalent with permission of instructor. Class is aimed at preparing dog/handler teams to compete. Hone your handling skills and learn what it takes to compete at agility trials. Strong emphasis on advanced handling sequences involving full courses. Dogs must be able to perform straight up 12 weaves, full-height teeter and be confident and capable of taking commands at a distance. Handlers must be able to control their off-lead dogs at all times. Bring dogs to first class.

4DG		8--55 minute lessons--\$194				
Location	Day	Time	Code	Begin	\$	
SoRunREC	Th	9am	EBF.CAW8	9/19	4DG	

Contacts, Weaves and Teeters

(14-Adult) Prerequisite: Competitive Dog Agility I or II or equivalent skill level with permission from instructor. Class helps dog/handler teams gain the skills and training criteria for consistent performance

of the contacts, weaves and teeter. Emphasis is on the training steps and required behaviors needed to successfully perform these obstacles. Handlers must be able to control off-lead dogs at all times. Bring dogs to first class.

4DG		8--55 minute lessons--\$194				
Location	Day	Time	Code	Begin	\$	
SoRunREC	T	10am	A45.IN4Y	9/17	4DG	

Non-Competitive Dog Agility

Dog Agility for the Fun of It

(13-Adult) Prerequisite: Dog Obedience I. Class offers an introduction to dog agility. This class is not competition oriented. Dogs must be at least 1 year old. Dogs and handlers learn teamwork, targeting and handling skills basics. Class utilizes agility equipment. Attendance at first class is required. Bring dogs to first class.

4DG		8--55 minute lessons--\$194				
Location	Day	Time	Code	Begin	\$	
SoRunREC	M	12pm	859.GANQ	9/16	4DG	
SoRunREC	W	12pm	859.ES7S	9/18	4DG	

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Dog Agility for the Fun of It II

(13-Adult) Prerequisite: Agility for the Fun of It I or Dog Agility I. More fun with agility sequences and obstacle performance. Dogs must know obedience behaviors sit, lie down, stay and come and be reliable off leash. Confidence in performing contact obstacles (A-frame and dog walk) is required. Bring dogs to first class.

4DE		6--55 minute lessons--\$146				
4DG		8--55 minute lessons--\$194				
Location	Day	Time	Code	Begin	\$	
Frying Pan Pk	Sa	10am	585.V22Y	9/7	4DE	
Frying Pan Pk	W	6pm	859.WPCW	9/4	4DG	
Frying Pan Pk	Sa	12pm	859.T3HH	9/7	4DE	
Frying Pan Pk	W	7pm	585.S4R6	9/4	4DG	
Frying Pan Pk	Sa	11am	585.45SH	9/7	4DE	
SoRunREC	M	11am	585.N78U	9/16	4DG	
SoRunREC	W	10am	585.B899	9/18	4DG	
SoRunREC	W	11am	585.TC8V	9/18	4DG	

Dog Agility for Fun of It III

(13-Adult) Prerequisite: Dog Agility for the Fun of It II/Competitive Dog Agility II. Class is designed for dogs with an excellent command of all equipment and handlers ready to learn skills such as front and rear crosses, serpentine and pinwheels. Full courses are run using all of the equipment. Dogs must be able to handle each apparatus off leash. Bring dogs to first class.

4DE		6--55 minute lessons--\$146				
4DG		8--55 minute lessons--\$194				
Location	Day	Time	Code	Begin	\$	
Frying Pan Pk	Sa	9am	180.2A1C	9/7	4DE	
Frying Pan Pk	Th	6pm	180.K4AR	9/5	4DG	
Frying Pan Pk	Th	7pm	180.NLE3	9/5	4DG	
SoRunREC	M	10am	180.FIRV	9/16	4DG	
SoRunREC	W	9am	180.6ILE	9/18	4DG	

Dog Agility for Fun of It IV

(13-Adult) Prerequisite: Dog Agility for the Fun of It III/Competitive Dog Agility III. Class is designed for dogs with an excellent command of all equipment and handlers who want to learn advanced skills. Full courses are run using all of the equipment. Dogs must be able to handle each apparatus off leash. Bring dogs to first class.

4DG		8--55 minute lessons--\$194				
Location	Day	Time	Code	Begin	\$	
SoRunREC	M	9am	645.3JZH	9/16	4DG	

Other Programs

Dance with your Pooch

(16-Adult) This class is a great opportunity to exercise and dance with your pet dog while enjoying popular music. Students learn dance moves and how to take your dance routine to a higher level. Students and their dog learn dance moves and can put on a show at parties and other events. This is not a dog training class. Prerequisite: Dog and owner must have completed a Dog Obedience level I class or have permission of instructor. Dogs must be at least 8 months old and show no signs of aggression.

4DA		8--55 minute lessons--\$130				
Location	Day	Time	Code	Begin	\$	
Franconia Rec	Sa	11am	H2P.ZCYF	9/14	4DA	

Science/Technology

Scan the QR code to go directly to the Parktakes Online Science/Technology page.



Some classes may have supply fees so check class descriptions for details. Any supply fees are payable to instructor at first class and are non-refundable.

Astronomy Programs

Courses are held rain or clear skies in the Roll-Top Observatory at Turner Farm Park. Advance registration required, no walk-in registration available. Instruction for programs are provided by volunteers of the Analemma Society.

Astronomy - The Relentless and Violent Universe

(8-Adult) While looking up at the night sky, the universe seems quiet and restful. But the universe is full of relentless and violent events. Join us to learn about pulsars, giant black holes and quasars. Our own galaxy will collide with the Magellanic Clouds and then with the Andromeda Galaxy. The discussion is followed by an observing session with telescopes, weather permitting.

FEE B 1--1 hour program--\$8						
Location	Day	Time	Code	Date	\$	
TurnerFarm	M	7:30pm	PA6.PBAR	9/30	FEE B	

Boardwalk Astronomy

(8-Adult) Join park naturalists as they take you on a tour of constellations, comets and other current events happening in the skies above. Children must be accompanied by adult also registered.

STAA 1--2 hour program--\$14						
Location	Day	Time	Code	Begin	\$	
HuntMdws	Sa	8pm	TTM.YQJA	9/14	STAA	
HuntMdws	Sa	8pm	TTM.I1BF	9/28	STAA	

Comets - Exotic Visitors to the Inner Solar System

(8-Adult) Comets are fascinating objects that make infrequent visits to our celestial neighborhood and don't stay for long. Originating in the far reaches of the solar system as clumps of ice and dust, comets undergo a remarkable transformation as they approach the sun and are heated by its radiation. Join us in this one-hour class as we explore the life history of a comet and celebrate great comets of the past.

FEE B 1--1 hour program--\$8						
Location	Day	Time	Code	Date	\$	
TurnerFarm	T	7pm	LZK.9EJA	10/15	FEE B	

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Find Your Way in the Night Sky-Intro to Star Maps

(8-Adult) This presentation will cover an introduction to sky coordinates, how astronomical objects are represented on maps of the sky, and how to read star maps to find your way among the stars in the sky. The talk will be illustrated by a variety of star atlases. The classroom discussion is followed by an observatory session with telescopes, weather permitting.

FEE B 1--1 hour program--\$8						
Location	Day	Time	Code	Date	\$	
TurnerFarm	M	7:30pm	837.Y50G	11/25	FEE B	

Impacts & Craters - Landscaping the Solar System

(8-Adult) Our Moon gives us a great glimpse into the variety and extent of impact explosion cratering - the most common landscape form in our solar system. Learn how to recognize the three types of craters and understand both how they were formed and how they can change over time. Classroom discussion and hands on demonstration are followed by a lunar crater and night sky observation session with telescopes, weather permitting.

FEE B 1--1 hour program--\$8						
Location	Day	Time	Code	Date	\$	
TurnerFarm	W	7:30pm	3YX.J9E8	9/11	FEE B	

Intro to Telescopes

(8-Adult) For those who are new to using a telescope or contemplating purchasing one, this course goes into introductory basics of astronomy, observing the sky, and what you need to know to setup and use your telescope. Class will provide hands-on use of telescopes and observing objects in the sky in the Roll-Top Observatory if the weather allows. Attendees can bring their own telescope for assistance and advice.

FEE AK 1--1 hour 30 minute program--\$12						
Location	Day	Time	Code	Date	\$	
TurnerFarm	M	7:30pm	58B.CPOF	10/7	FEE AK	

Introduction to Astronomy

(8-Adult) This course provides a general introduction to some fundamentals of astronomy and the universe. We will discuss the basic types of astronomical objects from the small to the large, the motions of the planets and stars, and interesting phenomena in the night sky. A classroom discussion is followed by an observatory session with telescopes, weather permitting.

FEE B 1--1 hour program--\$8						
Location	Day	Time	Code	Date	\$	
TurnerFarm	W	7:30pm	C83.NFPZ	9/25	FEE B	
TurnerFarm	W	7:30pm	C83.4CL2	10/30	FEE B	

Looking at the Moon

(8-Adult) This program covers basic information about the Earth's natural satellite, the Moon. Learn how to view and recognize features on the Moon's surface even with a small telescope. The class includes observing the Moon and other objects in the night sky with telescopes, weather permitting. The course is held rain or clear skies in the Roll-Top Observatory at Turner Farm Park.

FEE B 1--1 hour program--\$8						
Location	Day	Time	Code	Date	\$	
TurnerFarm	W	7:30pm	TH8.JOXD	10/9	FEE B	

Nebulas, Star Clusters & Galaxies, Oh My!

(8-Adult) We are familiar with the stars and planets that we can see when the Sun sets. However, the night sky contains many wonders that are visible with binoculars or modest telescopes. This fun and interactive presentation is designed as an introduction to the most common of these astronomical "deep sky" objects. After the class, look through the telescopes in the observatory (weather permitting).

FEE B 1--1 hour program--\$8						
Location	Day	Time	Code	Date	\$	
TurnerFarm	M	7:30pm	C98.AV3X	9/9	FEE B	

Night Sky Tour at the Roll-Top Observatory

(8-Adult) Take a tour of planets, constellations, stars, nebulas, and galaxies in the night sky at the Roll-Top observatory at Turner Farm Park using telescopes or just your eyes. In case of inclement weather, we will discuss and show images of objects that could be observed in clear skies. No knowledge of astronomy is needed.

FEE B 1--1 hour program--\$8						
Location	Day	Time	Code	Date	\$	
TurnerFarm	T	7:30pm	S84.8VP2	9/17	FEE B	
TurnerFarm	M	7:30pm	S84.57ES	10/21	FEE B	
TurnerFarm	W	7:30pm	S84.K17T	11/20	FEE B	

Planet Adventure Night

(6-Adult) This program is a tour of the planets and moons of our Solar System which are viewable in the current night sky. The classroom discussion is followed by an observatory session of planets and the stars beyond in telescopes, weather permitting. No knowledge of astronomy is needed, just an interest in learning about the universe.

FEE B 1--1 hour program--\$8						
Location	Day	Time	Code	Date	\$	
TurnerFarm	M	7pm	8PM.VLLH	11/11	FEE B	

Stargazing with Binoculars

(8-Adult) Binoculars offer a fine introduction to the sights that lie in our night sky. Learn about different types of binoculars and how to use them to find planets, galaxies, star clusters, nebulae and to visually stroll through the beautiful star fields of the Milky Way. Attendees are welcome to bring binoculars. Program includes an observing session to help you find objects visible in the night sky, weather permitting.

FEE B 1--1 hour program--\$8						
Location	Day	Time	Code	Date	\$	
TurnerFarm	Th	7:30pm	6WS.KP4F	11/7	FEE B	

Telescope Observing for Beginners

(8-Adult) This course covers the basics of observing the night sky and objects with a telescope and astronomy resources. Class will provide hands-on observation with telescopes weather permitting. Attendees can bring their own telescopes to use and receive assistance. Supplements the "Introduction to Telescopes" class but can be taken independently.

FEE B 1--1 hour program--\$8						
Location	Day	Time	Code	Date	\$	
TurnerFarm	M	7:30pm	12U.LZQR	11/4	FEE B	

Science Classes

Fall Engineering Challenge

(6-11 yrs.) Use your critical thinking skills and problem-solving abilities to engineer a solution for our secret seasonal challenge. Attack the design problem and work within the criteria and constraints to see if you can come up with the best solution.

Fee AJ 1--1 hour program--\$10						
Location	Day	Time	Code	Begin	\$	
HiddenOaks	Sa	3pm	L96.X09N	11/16	Fee AJ	

Home Scientists

(7-11 yrs.) Students will become scientists, learning how to conduct experiment in a laboratory or using

materials at home. Join us for a new topic each class to create interactive homegrown experiments.

4ND 5--55 minute lessons--\$64						
Location	Day	Time	Code	Begin	\$	
HiddenPondNCT		5pm	S90.A1PA	9/10	4ND	

Homeschool Science- Vertebrate Classification

(6-12 yrs.) How does an animals body covering, like fur, feathers or scales, help it to survive? Learn the how mammals, reptiles, amphibians, birds and fish are classified. We use outdoor exploration, observation and lab skills to explore this topic.

STAA 1--2 hour program--\$14						
Location	Day	Time	Code	Begin	\$	
HuntMdws	F	1pm	85D.Q26R	10/25	STAA	

Homeschool Science-Introduction to Ornithology

(6-12 yrs.) Explore how bird adaptations allow birds to live in their chosen ecosystem. Study the parks collection of preserved specimens. Afterwards, make observations and explorations using field tools to learn identification and classification.

STAA 1--2 hour program--\$14						
Location	Day	Time	Code	Begin	\$	
HuntMdws	Th	2pm	F32.D82D	10/10	STAA	

Science for Homeschoolers

(9-12 yrs.) Students join a park naturalist to investigate the interrelationship between earth cycles, ecosystems, and plant and animal functions at the cell level. Examine human impact on ecosystem health. Includes hands-on activities, experiments, nature hikes and outdoor exploration. Topics change seasonally.

FEE Z 5--1 hour 30 minute lessons--\$81						
Location	Day	Time	Code	Begin	\$	
HuntMdws	F	1pm	YX8.WF6L	9/13	FEE Z	

Science Potions & Explosions

(6-9 yrs.) In this Baroody Camps class, students create potions and exciting chemical reactions. Erupt a volcano, make indoor snow, step inside a giant bubble, grow a giant crystal or blast a rocket into the air while learning about the states of matter and how things change with mixtures, solutions, and chemical reactions.

DXVE 8--55 minute lessons--\$141						
Location	Day	Time	Code	Begin	\$	
Wkfld/Moore	F	7:30pm	EDO.XHHK	9/20	DXVE	

Skeleton Science

(5-11 yrs.) Learn why skeletons aren't scary, but are essential to your everyday life. Make a glow-in-the-dark skeleton craft to take home.

Fee AJ Each 1--1 hour program--\$10						
Location	Day	Time	Code	Begin	\$	
HiddenOaks	Sa	1pm	5YV.RVIM	10/19	Fee AJ	
HiddenOaks	Sa	3pm	5YV.ZBCM	10/19	Fee AJ	

Slime Time

(6-12 yrs.) In this Baroody Camps class, students find out the science behind making slime, such as what an activator is and why no slime is complete without

it. Students will also learn how different ingredients change the outcome, texture and use of slime. Materials are included in the price of the class.

DXVE 8--55 minute lessons--\$141						
Location	Day	Time	Code	Begin	\$	
Wkfld/Moore	F	5:30pm	2WR.AW6V	9/20	DXVE	

Spooky Dry Ice Science

(5-Adult) Discover the states of matter through dry ice science as we make bubbling concoctions, screaming spoons and Boo bubbles. Children must be accompanied by a paying adult, registered in the program.

FEE B 1--1 hour program--\$8						
Location	Day	Time	Code	Begin	\$	
HiddenOaks	F	6pm	HN.V.EOT1	10/4	FEE B	
HiddenOaks	Su	5pm	HN.V.XPU2	10/27	FEE B	

Technology Classes

3D Modeling & Printing

(8-14 yrs.) Students experience the excitement of using computer aided design, 2D and 3d modeling processes, design thinking and 3D printing and produce a digital object. This Youth Technology Network class is perfect for students with no prior experience. All materials and equipment are provided.

DXV7 4--1 hour 25 minute lessons--\$207						
Location	Day	Time	Code	Begin	\$	
SpHillREC	M/W	5pm	RDS.C3CS	10/21	DXV7	

3D Printing Basics

(13-Adults) Whether you're a curious beginner or an enthusiast eager to explore the latest technology, this hands-on course will take you on a captivating journey. Expert instructors will guide you through understanding the basics of 3D printing to creating and printing your own designs. Unleash your creativity and be amazed at the endless possibilities of this innovative and transformative technology. No prior experience required. A laptop or tablet with mouse and an email address are required. A Fairfax County library card number is recommended. There will be a \$15 materials fee.

4XF 5--1 hour 25 minute lessons--\$88						
Location	Day	Time	Code	Begin	\$	
ProvREC	Sa	4pm	IIS.J6FT	9/14	4XF	
ProvREC	Su	4pm	IIS.R1VC	9/15	4XF	
ProvREC	Sa	4pm	IIS.31ZF	10/19	4XF	
ProvREC	Su	4pm	IIS.JTOU	10/20	4XF	



3D Printing Basics with Parent

(6-12 yrs.) Designed especially for young curious minds, this course introduces children and their parent to 3D printing. Through fun and age-appropriate activities, students the basics of 3D design and witness their creations come to life as tangible objects. From custom toys to personalized backpack tags, this class is an exciting adventure of creativity and technology. No prior experience needed. A laptop or tablet, Fairfax County library card and an email address are required. There will be a \$15 materials fee.

CXVL 5--55 minute lessons--\$98						
Location	Day	Time	Code	Begin	\$	
ProvREC	Sa	2pm	Z2W.8K7R	9/14	CXVL	
ProvREC	Sa	3pm	Z2W.IGWD	9/14	CXVL	
ProvREC	Su	2pm	Z2W.92FS	9/15	CXVL	
ProvREC	Su	2pm	Z2W.DK9Z	9/15	CXVL	
ProvREC	Sa	2pm	Z2W.34Z1	10/19	CXVL	
ProvREC	Sa	3pm	Z2W.6TRS	10/19	CXVL	
ProvREC	Su	2pm	Z2W.U008	10/20	CXVL	
ProvREC	Su	3pm	Z2W.XWWY	10/20	CXVL	

3D Science Exploration

(8-14 yrs.) Students use the zSpace® AR/VR system for a 3D exploration of earth and space sciences, life sciences, physical sciences, geography and social sciences. Students conduct experiments, dissections, explorations and other fun projects. All materials and equipment provided.

DXV8 6--55 minute lessons--\$216						
Location	Day	Time	Code	Begin	\$	
SpHillREC	M/W	5pm	Q6X.YANU	9/23	DXV8	

Battle Robots

(7-12 yrs.) Learn engineering strategies for building sturdy structures using unique RoboThink bricks, and then apply that knowledge to build multiple robots for a variety of friendly competitions. You'll have a blast as you play robot soccer, compete in robot relay races, and complete dozens of other fun challenges in this RoboThink program.

DXVZ 8--55 minute lessons--\$212						
Location	Day	Time	Code	Begin	\$	
Olde Crk ES	Sa	10am	R8R.4RNB	9/21	DXVZ	
Oakton ES	W	5:30pm	R8R.NLZD	9/18	DXVZ	
Colvin Run ES	F	5:30pm	R8R.SQAQ	9/20	DXVZ	

Coding in Minecraft

In this Cybertek Academy class, students use a custom mod called "ComputerCraft" to program robots called "Turtles" inside the world of Minecraft. Students utilize problem-solving skills to program their robots to complete various tasks and objectives such as automatically building, mining, and crafting items and structures. Students are introduced to programming using if-then-else statements, for-while loops, and implementing their own functions using Lua, a simple scripting language.

DXVG 6--55 minute lessons--\$173					
Location	Day	Time	Code	Begin	\$
(6-8 yrs.)					
SoRunREC	Sa	2pm	9CC.2M9W	9/14	DXVG
Woodbrn ES	W	6:15pm	9CC.1XIB	9/18	DXVG
Flint HI ES	Su	11:15am	9CC.4SHI	9/22	DXCG
(8-13 yrs.)					
SoRunREC	Sa	3:15pm	71A.LGE8	9/14	DXVG
Woodbrn ES	W	5pm	71A.NGUF	9/18	DXVG
Flint HI ES	Su	10am	71A.X819	9/22	DXVG

Electronics w/Minecraft Redstone

(6-12 yrs.) In this class offered by STEM exCEL, students explore electronics in a virtual world with essentially infinite resources. Using Minecraft's wire system called Redstone, students can build constructs representing real-world electrical circuits and simple computer projects. Students gain an initial understanding of circuitry, electronics and electrical theory to understand virtually how real circuits, switches, bread boards, etc. are used. Any supply fee payable to instructor at first class.

DXVF 6--55 minute lessons--\$145						
Location	Day	Time	Code	Begin	\$	
Franconia Rec	Sa	1pm	4F8.8QCY	10/5	DXVF	

eSports Class

In this interactive gaming class gamers are in a classroom setting where they can learn and gain tips from others plus receive coaching on strategic game play. Participants will make new friends, have fun playing games and feel safe in an inclusive environment. This session features the Nintendo Switch platform with various games.

4XH		8--1 hour 25 minute lessons--\$141			
Location	Day	Time	Code	Begin	\$
(8-14 yrs.)					
SpHillREC	Su	12:30pm	X49.X58X	9/15	4XH
(11-17 yrs.)					
Wkfld/Moore	F	6pm	3AK.23LS	9/20	4XH

Game Development & Python

(9-12 yrs.) In this iCode program students learn foundational concepts in computer skills, programming, game development and robotics with extra exposure to patterns, sequencing and logical thinking that results in an improved ability to solve problems. Students work through coding basics, basic digital design using Roblox Studio, program design, game theory and design, electronics programming and drone operations and handling.

DXVZ 8--55 minute lessons--\$212						
Location	Day	Time	Code	Begin	\$	
Wkfld/Moore	Sa	12pm	7M9.HTIY	9/14	DXVZ	

Intro to Drones

(8-14 yrs.) In this Youth Technology Network "hands-on & brains-on" STEM program students build and operate a small drone while exploring physics, math, electronics, engineering, coding, teambuilding, as well as developing motor skills and hand-eye coordination. Course also covers recreational and professional uses for drones and how to operate them safely and responsibly. All materials provided.

DXV3 5--1 hour 25 minute lessons--\$267						
Location	Day	Time	Code	Begin	\$	
Franconia Rec	Sa	10am	Y10.CBJG	10/5	DXV3	
SoRunREC	T	5pm	Y10.WJ53	9/24	DXV3	

Intro to Game Design

(6-12 yrs.) In this STEM exCEL class, students learn the fundamentals and concepts of game design with a real game engine. Students will design and build their game from the ground up while learning 2D game art and programming logic.

DXVF 6--55 minute lessons--\$145						
Location	Day	Time	Code	Begin	\$	
OakmontREC	Sa	1pm	766.S1M9	10/5	DXVF	
ProvREC	Su	1pm	766.FWJF	10/6	DXVF	
Wkfld/Moore	Sa	1pm	766.8TP1	10/5	DXVF	

Java & Game Development

with Video Editing

(11-14 yrs.) In this iCode program students learn foundational concepts in computer skills, programming, game development and robotics with extra exposure to patterns, sequencing and logical thinking that results in an improved ability to solve problems. Students learn the basics of object-oriented programming and create a program using a Java environment as well as editing videos and performing video edits for game design.

DXVZ 8--55 minute lessons--\$202						
Location	Day	Time	Code	Begin	\$	
Wkfld/Moore	Sa	1pm	7EP.SSST	9/14	DXVZ	

Junior Lego Robotics & Engineering

(5-8 yrs.) This SciGenius class combines the exciting world of LEGO with programming. Students work in teams through a series of challenges to program and manipulate their own robots. Skills are enhanced across science, engineering, technology and coding through project-based activities. The unique combination of the LEGO brick, classroom-friendly software and inspiring, standards-based science projects results in a resource that builds students' confidence.

DXVR 8--55 minute lessons--\$182						
Location	Day	Time	Code	Begin	\$	
SoRunREC	T	5pm	8CV.X6UQ	9/17	DXVR	
SpHillREC	T	5:30pm	8CV.5L80	9/10	DXVR	

LEGO Amazing Amusement Park

(6-12 yrs.) Get ready for a thrilling ride with Lego SPIKE Robotics: Amazing Amusement Park! In this Baroody Camps course students explore the exciting world of amusement parks as they build and code their own attractions. From Ferris wheels to spinning teacups, wild ideas come to life through hands-on projects using everyday themes. As they work on their projects, students develop computational thinking skills, including the ability to create and follow sequences, identify cause and effect, and understand simple loops, followed by testing and debugging programs to ensure that their creations are ready for the amusement park.

DXVE 8--55 minute lessons--\$141						
Location	Day	Time	Code	Begin	\$	
CubRunREC	F	6:30pm	32L.FE51	9/20	DXVE	
OakmontREC	W	6:30pm	32L.ZC1B	9/25	DXVE	

LEGO Aquatic Bots

(5-8 yrs.) Make LEGO® WeDo 2.0 AquaBots in this Baroody Camps robotics class. Each day students build and code a different water-themed robot using LEGO® gears, pulleys, axles, motors and sensors. Make boats, seaplanes, ocean explorers and robotic denizens of the deep.

DXVE 8--55 minute lessons--\$141						
Location	Day	Time	Code	Begin	\$	
OakmontREC	Sa	11am	XZ7.AWSZ	9/21	DXVE	
SoRunREC	F	6pm	XZ7.IIDO	9/20	DXVE	



LEGO Robotics & Engineering

(8-12 yrs.) This SciGenius class combines the exciting world of LEGO with programming. Students work in teams through a series of challenges to program and manipulate their own robots. Skills are enhanced across science, engineering, technology and coding through project-based activities. The unique combination of the LEGO brick, classroom-friendly software and inspiring, standards-based science projects results in a resource that builds students' confidence.

DXVR 8--55 minute lessons--\$182					
Location	Day	Time	Code	Begin	\$
SpHillREC	W	5:30pm	FX5.AXR1	9/18	DXVR

LEGO WeDo Robotics

(5-8 yrs.) In this Baroody Camps class, students use a curriculum powered by LEGO Educational group which includes fun robotics projects using LEGO bricks to build robots. Projects help students improve their math, physics and engineering skills while having a ton of fun.

DXVE 8--55 minute lessons--\$141					
Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Th	5:30pm	GQ9.1XMK	9/19	DXVE

LEGO Zooland

(5-8 yrs.) In this Baroody Camps class students bring their favorite zoo animals to life. Each week, students build and code a different animal robot using axles, timing belts, gears, laptops and coding blocks while learning fun facts about these animals. The creations will be animated using special programming software. This program provides fun learning experiences while helping to develop skills such as confidence, creativity and collaboration.

DXVE 8--55 minute lessons--\$141					
Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Th	6:30pm	P1X.WSPG	9/19	DXVE

LEGO WeDo 2.0 JurassicBots

(8-11 yrs.) In this Baroody Camps class students revive the prehistoric world by building dinosaur themed robots with walking mechanisms. They will learn how to convert rotational motion into translational motion, increase force with levers, gears and belt drives, and work with motion and tilt sensors. The robots will be animated using special programming software. In every lesson students will build a different dinosaur robot, each with a unique functionality.

DXVE 8--55 minute lessons--\$141					
Location	Day	Time	Code	Begin	\$
OakmontREC	Sa	12pm	CH0.48HO	9/21	DXVE
SoRunREC	M	7:30pm	CH0.1344	9/16	4PA

LEGO WeDo Space & Aviation

(8-11 yrs.) In this Baroody Camps class students use LEGO bricks and kid-friendly software to build a different type of aircraft each week. Young engineers will build aircraft, helicopters and spacecraft robots with walking mechanisms, convert rotational motion into translational motion, and increase force with levers, gears and belt drives and use special programming software, to bring their projects to life.

DXVE 8--55 minute lessons--\$141					
Location	Day	Time	Code	Begin	\$
OakmontREC	W	7:30pm	VB5.FWBC	9/25	DXVE
SoRunREC	Th	6pm	VB5.6V3T	9/19	4PA

Minecraft Programming

(6-12 yrs.) In this Stem exCEL Minecraft Programming class students learn important problem-solving and design skills with Command Block and Redstone. Coding concepts are instructed for all kinds of amazing projects that include flying machines, large-scale rollercoasters, and water elevators.

DXVF 6--55 minute lessons--\$145					
Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	1pm	TRE.FT14	10/5	DXVF

Roblox Game Design

(6-12 yrs.) This Stem exCEL Roblox Game Design class teaches students learn how to create an obby, as well as game design concepts with the popular game engine Roblox Studio. Students create amazing 3D games while learning about 3D modeling and programming logic.

DXVF 6--55 minute lessons--\$145					
Location	Day	Time	Code	Begin	\$
SpHillREC	ua	1pm	JYR.D191	10/6	DXVF

RoboPetz

(7-12 yrs.) Students unleash their creativity and construct a variety of animal robots in this RoboThink program. Using mainboards, DC motors, gears and axles, students gain programming skills while creating captivating pet robots.

DXVZ 8--55 minute lessons--\$212					
Location	Day	Time	Code	Begin	\$
Camelot ES	T	5:30pm	8VG.7BJ0	9/17	DXVZ
Olde Crk ES	T	5:30pm	8VG.V9GI	9/17	DXVZ
Shreveud ES	Th	5:30pm	8VG.VTEF	9/19	DXVZ
WaplesMI ES	Th	5:30pm	8VG.NABA	9/19	DXVZ

STEM Inventions

(7-12 yrs.) Students in this RoboThink program use cutting-edge hardware to create a range of creations that have shaped history. From the water mill to the conveyor belt, young inventors will unleash their inventing potential.

DXVZ 8--55 minute lessons--\$212					
Location	Day	Time	Code	Begin	\$
Fairhill ES	M	5:30pm	ZHV.RT4M	9/16	DXVZ
PineSpring ES	M	5:30pm	ZHV.7H1L	9/16	DXVZ
FreedomHI ES	W	5:30pm	ZHV.W7TA	9/18	DXVZ
SpringHill ES	W	5:30pm	ZHV.8OUT	9/18	DXVZ

Scratch Coding Jr.

(5-7 yrs.) In this Baroody Camps course, children will use Scratch Jr., a visual programming language specifically designed for young children, to create interactive stories, games, and animations by dragging and dropping blocks to specify the actions of their program and create their own narrated stories. In addition to using audio recordings, children will also learn how to use loops to repeat actions, control structures to make decisions, and variables to store and manipulate data. By the end of this course, children will have the skills to create their own interactive programs in Scratch Jr and be well on their way to becoming coding experts.

DXVE 8--55 minute lessons--\$134					
Location	Day	Time	Code	Begin	\$
CubRunREC	F	5:30pm	ZM7.F1FZ	9/20	DXVE

Snapology Engineering

(7-14 yrs.) Students learn about mechanical movement and simple machines in this Snapology class.

LEGO bricks are used to build various machines and contraptions, then the models are used to test out concepts and play games.

DXV1 8--55 minute lessons--\$227					
Location	Day	Time	Code	Begin	\$
OrngHnt ES	Sa	9:30am	F7W.L4NW	9/21	DXV1

Snapology Robotics

(7-14 yrs.) Students will build a variety of robots in this Snapology program. Using sensors and mechanical components students will work in teams to program their machines, experimenting with speed and power to solve engineering challenges.

DXV1 8--55 minute lessons--\$227					
Location	Day	Time	Code	Begin	\$
OrngHnt ES	Sa	10:30am	SP0.N0C9	9/21	DXV1

Stemtree Coding

(6-12 yrs.) This Stemtree program teaches students to create and develop computer programs (games, stories, etc.) instead of playing them. Students learn computer programming concepts in a fun and interactive way by combining media elements to create and share stories, animations, games, music and more and using basic reasoning and problem solving skills. They also create their own computer programs to implement computer games and combine multiple topics (Science, Engineering, Teamwork).

DXVN 8--55 minute lessons--\$190					
Location	Day	Time	Code	Begin	\$
SpHillREC	Sa	11:40am	525.4D4V	9/14	DXVN

Stemtree Robo-Fun

(6-12 yrs.) This Stemtree program uses robots to inspire students to learn engineering, apply their basic science, model construction, computer programming and problem-solving skills and knowledge to explore STEM concepts.

DXVN 8--55 minute lessons--\$190					
Location	Day	Time	Code	Begin	\$
SpHillREC	Sa	10:30am	LD7.X4ZE	9/14	DXVN

WeDo Robotics

(5-8 yrs.) In this Baroody Camps class, students use a curriculum powered by LEGO Educational group which includes fun robotics projects using LEGO bricks to build robots. Projects help students improve their math, physics and engineering skills while having a ton of fun.

DXVE 8--55 minute lessons--\$141					
Location	Day	Time	Code	Begin	\$
OakmontREC	W	5:30pm	GW9.Q0FY	9/25	DXV

Join us for Fall Camps!

When schools close for student holidays or cultural observances, Fairfax County Park Authority has you covered with camp.

Thursday-Friday, October 3-4
Monday, October 14
Friday, November 1
Monday-Tuesday, November 4-5
Monday, November 11

Explore exciting camp opportunities coming this fall at www.fairfaxcounty.gov/parks/camps



Scouts

Scan the QR code to go directly to the Parktakes Online Scouts page.



Complete most or all requirements to earn your scout badges with Fairfax County Parks. Programs are offered at Rec Centers, nature centers and historic sites. Some sites offer flexible scheduling for programs by request. To inquire please contact the site directly or complete a program request form on our scouting main page. Early registration discount and out-of-county fees do not apply.



BSA Scouts are required by Scouting BSA to bring a blue card signed by their Scoutmaster to any merit badge program. Scouts are encouraged to have completed all prework before the start of class.

Pre-work and program details available at www.fairfaxcounty.gov/parks/scouts. Scouts unable to complete all requirements may receive partial credit from their merit badge counselor.

Girl Scout Programs

Daisy Girl Scouts (5-7 yrs.)

Buddy Camper

1--1 hour lesson

Location	Day	Time	Code	Date	\$
BurkeLakePk	Su	1pm	83J.3PRH	11/17	\$7

Space Science Explorer

1--1 hour lesson

Location	Day	Time	Code	Date	\$
Riverbend Pk	F	6:30pm	A15.4EMJ	11/8	\$7

Using Resources Wisely

1--1 hour lesson

Location	Day	Time	Code	Date	\$
ECLawrencePk	Su	2pm	057.S77Z	10/27	\$7

Brownie Girl Scouts (7-9 yrs.)

Bugs Naturalist

1--1 hour lesson

Location	Day	Time	Code	Date	\$
HiddenOaks	Su	11am	315.OA72	9/15	\$7

Home Scientist

1--2 hour lesson

Location	Day	Time	Code	Date	\$
Riverbend Pk	Sa	10am	D35.JZLP	11/9	\$14

Space Science Adventurer

1--1 hour lesson--\$7

1--1 hour 30 minute lesson--\$11

Location	Day	Time	Code	Date	\$
BurkeLakePk	Sa	7:30pm	608.URIW	10/19	\$7
Riverbend Pk	F	6:30pm	608.LI8A	11/22	\$11



Junior Girl Scouts (9-11 yrs.)

Animal Habitats

1--1 hour 30 minute lesson

Location	Day	Time	Code	Date	\$
LkFairfaxPk	Su	1pm	4C3.ESX7	10/20	\$11
ECLawrencePk	Su	10am	4C3.0R41	11/3	\$11
LkFairfaxPk	Sa	1pm	4C3.X027	11/16	\$11

Detective

1--1 hour 30 minute lesson

Location	Day	Time	Code	Date	\$
Sully	Su	1pm	DB7.0XRQ	10/6	\$11

Flowers

1--2 hour lesson

Location	Day	Time	Code	Date	\$
Riverbend Pk	Sa	10am	673.Q210	9/7	\$14
BurkeLakePk	Su	9am	673.8TOE	9/29	\$14

Geocacher

1--2 hour lesson

Location	Day	Time	Code	Date	\$
LkFairfaxPk	Sa	10am	1E4.Y8WY	11/9	\$14

Playing the Past

1--1 hour 30 minute lesson

Location	Day	Time	Code	Date	\$
Sully	Su	1pm	87E.BCTA	10/20	\$11

Cadette Girl Scouts (11-14 yrs.)

Archery

1--3 hour lesson

Location	Day	Time	Code	Date	\$
BurkeLakePk	Su	1pm	A58.6ZF7	10/13	\$45

Night Owl

1--2 hour lesson

Location	Day	Time	Code	Date	\$
Riverbend Pk	F	7:30pm	F93.GKVH	10/25	\$14
HiddenOaks	Sa	6:30pm	F93.2R4Q	11/16	\$14

Start Your Journey-Breathe

1--2 hour lesson

Location	Day	Time	Code	Date	\$
LkFairfaxPk	Sa	1pm	340.E6QD	11/9	\$14

Trees Naturalist

1--2 hour lesson

Location	Day	Time	Code	Date	\$
Riverbend Pk	Su	2pm	BB6.Q92F	10/20	\$14

Woodworker

1--1 hour 30 minute lesson

Location	Day	Time	Code	Date	\$
ColvinRunMill	F	10am	7D9.TH10	10/4	\$13

Senior Girl Scouts (14-18 yrs.)

Start Your Journey-Sow What?

1--3 hour lesson

Location	Day	Time	Code	Date	\$
Riverbend Pk	Sa	1pm	6A3.C1HX	9/21	\$21

Speciality Scout Programs

Brownie Scout Badge Workshop

(6-10 yrs.) Join us for this all-day Brownie Girl Scout badge workshop. Hike along our trails, make crafts, play games, meet our resident animals and earn up to 4 different badges in one day. Please bring water and pack a lunch. Badges are included in the price.

1--6 hour lesson

Location	Day	Time	Code	Date	\$
Riverbend Pk	Th	10am	FET.021F	10/3	\$60

Dark Sky Patch - Daisy & Brownie

(5-9 yrs.) This patch will help you understand the importance of dark skies and how you can protect this resource. You will learn about light pollution, see the effect of light pollution yourself, learn how you can make changes to reduce light pollution, and share what you have learned with others. This program was made possible by support from the Fairfax County Park Foundation. Patch included.

1--1 hour 30 minute lesson

Location	Day	Time	Code	Date	\$
ECLawrencePk	F	6pm	5ZY.U79P	10/18	\$11
Riverbend Pk	F	6:30pm	5ZY.AQ8S	11/1	\$11

Fishing Fun Patch

(8-14 yrs.) Go on an adventure and learn about fishing at Riverbend Park. Girl scouts will learn about fishing equipment, techniques, regulations and spend an hour fishing on the Potomac River. Fun patch included with completion of the program.

1--2 hour lesson

Location	Day	Time	Code	Date	\$
Riverbend Pk	Su	9am	XCB.NCOA	9/29	\$14

Girl Scout STEM Outdoors Charm Patch

(7-12 yrs.) Experience STEM in the outdoors at your local park! Explore different habitats and learn about the wildlife that call Riverbend park its home. Learn how everything is connected and how to be stewards of the natural world. Earn up to six charms that will attach to a fun patch for the back of your vest. Charms and patch included in the price. Please bring a water bottle and pack a lunch.

1--6 hour lesson

Location	Day	Time	Code	Date	\$
Riverbend Pk	M	10am	2ST.J37G	10/14	\$60

Junior Scout Badge Workshop

(6-12 yrs.) Join us for this all-day Junior Girl Scout badge workshop. Hike along our trails, make crafts, play games, meet our resident animals and earn up to 4 different badges in one day. Please bring water and pack a lunch. Badges are included in the price.

1--6 hour lesson						
Location	Day	Time	Code	Date	\$	
Riverbend Pk	F	10am	ØCC.GQ59	10/4	\$60	

BSA Scout Programs

Cub Scout Wolf (7-8 yrs.)

Digging in the Past-Wolf Elective

1--1 hour 30 minute lesson						
Location	Day	Time	Code	Date	\$	
HiddenOaks	Su	10am	BA.YØXX	9/22	\$11	

Cub Scout Bear (8-9 yrs.)

Fur, Feathers and Ferns-Bear Adventure

1--1 hour 30 minute lesson						
Location	Day	Time	Code	Date	\$	
ECLawrncePk	Su	10am	4ØB.ØLIO	10/20	\$11	

Super Science-Bear Elective Adventure

1--1 hour 30 minute lesson includes supplies						
Location	Day	Time	Code	Date	\$	
HiddenOaks	Su	10:30am	795.7RWL	10/20	\$12	

Merit Badges (11-17 yrs.)

Animal Science

1--2 hour Merit Badge						
Location	Day	Time	Code	Date	\$	
Frying Pan Pk	W	4:30pm	479.5VGT	10/2	\$24	

Archery

1--6 hour Merit Badge						
Location	Day	Time	Code	Date	\$	
BurkeLakePk	Sa	10am	A9F.GB5I	9/14	\$96	
BurkeLakePk	Sa	10am	A9F.GZGP	10/5	\$96	
BurkeLakePk	Sa	11am	A9F.LTC4	11/16	\$96	

Astronomy

1--4 hour Merit Badge						
Location	Day	Time	Code	Date	\$	
TurnerFarm	M	4:30pm	2FE.U9RG	11/11	\$48	

Bird Study

1--4 hour Merit Badge						
Location	Day	Time	Code	Date	\$	
ECLawrncePk	Sa	9am	BCB.ICIE	10/12	\$48	
Riverbend Pk	Su	9am	BCB.MKV9	10/20	\$48	

Camping

1--5 hour Merit Badge						
Location	Day	Time	Code	Date	\$	
LkFairfaxPk	Su	9am	642.ZP64	9/29	\$60	
LkFairfaxPk	Su	10am	642.GVBV	10/6	\$60	
Riverbend Pk	T	11am	642.VJDA	11/5	\$60	

Citizenship in the Community

1--4 hour Merit Badge						
Location	Day	Time	Code	Date	\$	
HiddenOaks	Sa	8:30am	FEØ.GØR9	10/12	\$48	
ColvinRunMill	M	9am	FEØ.M3UZ	10/14	\$48	
HistHuntley	M	10am	FEØ.SGJU	10/14	\$48	
HiddenOaks	Su	8:30am	FEØ.2ZX4	11/3	\$48	

Citizenship in the Nation

1--4 hour Merit Badge						
Location	Day	Time	Code	Date	\$	
HiddenOaks	Sa	1pm	38A.GFSK	10/12	\$48	
HiddenOaks	Su	1pm	38A.1PL3	11/3	\$48	
HistHuntley	M	10am	38A.FOTF	11/4	\$48	

Citizenship in the World

1--5 hour Merit Badge						
Location	Day	Time	Code	Date	\$	
HuntMdws	Su	10am	DDB.AIMD	9/8	\$60	
HiddenOaks	M	12pm	DDB.GVKL	10/14	\$60	
HiddenOaks	T	9am	DDB.3CVJ	11/5	\$60	

Communication

1--4 hour Merit Badge						
Location	Day	Time	Code	Date	\$	
HiddenOaks	Su	9am	5BE.432H	10/13	\$48	
Riverbend Pk	M	10am	5BE.NDDD	11/4	\$48	

Disabilities Awareness

1--4 hour Merit Badge						
Location	Day	Time	Code	Date	\$	
HiddenOaks	Sa	12:30pm	9F8.ABAP	9/21	\$48	

Environmental Science

1--5 hour Merit Badge						
Location	Day	Time	Code	Date	\$	
HuntMdws	Su	10am	FFA.TWL5	9/29	\$60	
Riverbend Pk	Sa	11am	FFA.BUTH	10/26	\$60	
ECLawrncePk	Sa	10am	FFA.H4CR	11/2	\$60	

Farm Mechanics Merit Badge

1--3 hour Merit Badge						
Location	Day	Time	Code	Date	\$	
Frying Pan Pk	W	4pm	767.A1ØF	11/6	\$36	

Fingerprinting & Crime Prevention

1--4 hour Merit Badge						
Location	Day	Time	Code	Date	\$	
HiddenOaks	Th	12:30pm	WYM.PØ68	10/3	\$48	

First Aid

1--5 hour Merit Badge						
Location	Day	Time	Code	Date	\$	
HiddenOaks	F	12pm	869.SUHB	10/4	\$60	
HuntMdws	Sa	10am	869.L752	11/2	\$60	

Fishing

1--3 hour Merit Badge						
Location	Day	Time	Code	Date	\$	
Riverbend Pk	Su	9am	CEE.GS2D	9/8	\$45	

Forestry

1--4 hour Merit Badge						
Location	Day	Time	Code	Date	\$	
Riverbend Pk	Su	10am	BDE.79DV	10/27	\$48	
CubRunREC	F	12pm	BDE.5QMN	11/1	\$48	
CubRunREC	M	12pm	BDE.3GMH	11/11	\$48	

Geocaching

1--4 hour Merit Badge						
Location	Day	Time	Code	Date	\$	
Riverbend Pk	Sa	1pm	464.3ØØT	9/22	\$48	

Indian Lore

1--4 hour Merit Badge						
Location	Day	Time	Code	Date	\$	
HiddenOaks	M	1pm	ØCD.H6W7	11/4	\$48	

Insect Study

1--4 hour Merit Badge						
Location	Day	Time	Code	Date	\$	
Riverbend Pk	Su	10am	Ø2F.Z5ØI	9/29	\$48	

Mammal Study

1--2 hour Merit Badge						
Location	Day	Time	Code	Date	\$	
HuntMdws	Sa	10am	16Ø.4Y75	9/14	\$24	
ECLawrncePk	Su	9:30am	16Ø.KWKR	11/17	\$24	

Oceanography

1--4 hour Merit Badge						
Location	Day	Time	Code	Date	\$	
CubRunREC	Th	12pm	A5E.F5QP	10/3	\$48	
CubRunREC	Th	12pm	A5E.UG9A	10/3	\$48	

Reptile & Amphibian

1--4 hour Merit Badge						
Location	Day	Time	Code	Date	\$	
Riverbend Pk	Su	10am	EAC.DVGR	10/6	\$48	

Soil & Water Conservation

1--4 hour Merit Badge						
Location	Day	Time	Code	Date	\$	
HuntMdws	M	10am	ØA1.2UEJ	9/2	\$48	

Sustainability

1--4 hour Merit Badge						
Location	Day	Time	Code	Date	\$	
LkFairfaxPk	Sa	9am	435.DI5L	10/19	\$48	
LkFairfaxPk	M	9am	435.7A4F	11/11	\$48	
HuntMdws	W	10am	435.L9U7	11/27	\$48	

Wilderness Survival

1--5 hour Merit Badge						
Location	Day	Time	Code	Date	\$	
HiddenOaks	F	12pm	CCC.7V1W	11/1	\$60	

Sports and Leagues

Scan the QR code to go directly to the Parktakes Online Sports page.



Golf facilities, classes and tournaments are listed in the Golf section.

Beginning Athletes

(6-8 yrs.) Kids love this high-energy class that introduces them to a variety of sports and activities each week including soccer, basketball and flag football. Have lots of fun with teamwork as you learn new sports.

CSV 7--55 minute lessons--\$129

DSVF 8--55 minute lessons--\$148

DSVT 10--55 minute lessons--\$177

Location	Day	Time	Code	Begin	\$
SoRunREC	Su	11am	FOZ.MWCH	9/15	DSVF
SoRunREC	W	5:45pm	FOZ.5BVR	9/18	CSV
SpHillREC	Sa	10am	FOZ.UVJW	9/14	DSVT

Home School P.E.

(5-9 yrs.) Students stay fit and gain confidence while participating in cooperative games, team building, movement activities and a variety of sports.

DSVT 10--55 minute lessons--\$177

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	T	9:30am	8FE.7E52	9/17	DSVT
Wkfld/Moore	Th	1:30pm	8FE.PDFL	9/19	DSVT

Archery I

Learn archery basics following the 11 Steps of Success taught in the USA Archery National Training System. Determine your dominate eye, develop your technique using a string bow, and practice international style target shooting using a recurve bow and a compound bow.

4SD 5--55 minute lessons--\$82

Location	Day	Time	Code	Begin	\$
(9-15 yrs.)					
Burke Lake Pk	W	4:30pm	E27.MFMJ	9/11	4SD
Burke Lake Pk	F	4:30pm	E27.VUEH	9/13	4SD
(13-Adult)					
Burke Lake Pk	W	5:30pm	F74.AOVK	9/11	4SD
Burke Lake Pk	F	5:30pm	F74.10D5	9/13	4SD

Archery II

Prerequisite: Archery I or equivalent.

4SD 5--55 minute lessons--\$82

Location	Day	Time	Code	Begin	\$
(9-12 yrs.)					
Burke Lake Pk	Th	4:30pm	E59.WUTG	9/12	4SD
(13-Adult)					
Burke Lake Pk	Th	5:30pm	80A.Z7T6	9/12	4SD

Enrich your parks!



Baseball I

(6-12 yrs.) This class teaches basic skills and game rules. Scrimmages give you experience preparing for league teams. Participants need to bring their own glove.

DSV1 8--55 minute lessons--\$152

DSVF 8--55 minute lessons--\$148

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Sa	2pm	DDF.MC7L	9/14	DSV1
Wkfld/Moore	Su	11am	DDF.R39H	9/15	DSVF

Basketball I

Children learn basketball skills and techniques including passing, shooting, dribbling and other fundamentals. Class includes scrimmages to reinforce teamwork. Classes at Providence meet outdoors.

4SA 10--55 minute lessons--\$168

DSV1 8--55 minute lessons--\$152

DSVF 8--55 minute lessons--\$148

DSVK 10--55 minute lessons--\$163

DSVR 10--55 minute lessons--\$192

Location	Day	Time	Code	Begin	\$
(6-8 yrs.)					
Flint HL ES	Su	9am	OF7.8TCJ	9/15	DSVF
Franconia Rec	Sa	10:30am	OF7.8GOQ	9/14	DSVK
Franconia Rec	Su	9:30am	OF7.FXG6	9/15	DSVK
Oakton ES	Sa	12pm	OF7.S400	9/14	DSVF
Orng Hnt ES	Sa	10am	OF7.S8WS	9/14	DSVR
SpHillREC	Sa	11am	OF7.7MEP	9/14	4SA
SpHillREC	Th	6pm	OF7.2UQB	9/19	4SA
SpHillREC	F	6:30pm	OF7.2E97	9/20	DSVR
Sully CommCtr	W	6pm	OF7.HEEQ	9/4	DSV1
Sully CommCtr	Th	6pm	OF7.UE8I	9/5	DSV1
Sully CommCtr	Su	2pm	OF7.GXIE	9/8	DSV1
Wkfld/Moore	Sa	11am	OF7.NQIF	9/14	4SA
Wkfld/Moore	M	6:30pm	OF7.BT5N	9/16	DSVR
Wkfld/Moore	Th	5:30pm	OF7.4LKW	9/19	DSVR

(8-10 yrs.)

Flint HL ES	Su	10am	134.LW2E	9/15	DSVF
Franconia Rec	Su	10:30am	134.N1ZZ	9/15	DSVK
Franconia Rec	M	5:30pm	134.JKTP	9/16	DSVK
Oakton ES	Sa	1pm	134.0108	9/14	DSVF

Orng Hnt ES	Sa	11am	134.CJ6G	9/14	DSVR
SpHillREC	Sa	12pm	134.BMIB	9/14	4SA
SpHillREC	Th	7pm	134.6ZK6	9/19	4SA
SpHillREC	F	7:30pm	134.P110	9/20	DSVR
Sully CommCtr	W	7pm	134.DWIO	9/4	DSV1
Sully CommCtr	Su	3pm	134.VZVD	9/8	DSV1
Wkfld/Moore	M	7:30pm	134.203W	9/16	DSVR
Wkfld/Moore	Th	6:30pm	134.P7ED	9/19	DSVR
(11-13 yrs.)					
Franconia Rec	M	6:30pm	188.RXH9	9/16	DSVK
Orng Hnt ES	Sa	12pm	188.85NK	9/14	DSVR
SpHillREC	Sa	1pm	188.CLZI	9/14	4SA
Sully CommCtr	Th	7pm	188.U5E0	9/5	DSV1
Wkfld/Moore	Sa	1pm	188.UX8P	9/14	4SA
Wkfld/Moore	Su	12pm	188.3EU9	9/15	4SA
Wkfld/Moore	Th	7:30pm	188.3PFM	9/19	DSVR

Basketball II

Learn a variety of offensive and defensive strategies in this intermediate class.

4SA 10--55 minute lessons--\$168

DSVF 8--55 minute lessons--\$148

Location	Day	Time	Code	Begin	\$
(6-8 yrs.)					
SpHillREC	Su	12pm	Z8E.NAA6	9/15	4SA
(8-10 yrs.)					
SpHillREC	Su	1pm	919.SXXW	9/15	4SA
(10-12 yrs.)					
Oakton ES	Sa	2pm	680.7KZH	9/14	DSVF
Wkfld/Moore	Sa	12pm	680.2T26	9/14	4SA

Basketball III

Learn to move without the basketball on offense. Practice different defensive and offensive sets in this advanced class.

4SA 10--55 minute lessons--\$168

DSVF 8--55 minute lessons--\$148

Location	Day	Time	Code	Begin	\$
(8-12 yrs.)					
Oakton ES	Sa	3pm	988.1MM8	9/14	DSVF
SpHillREC	T	5pm	988.X3JV	9/17	4SA
(12-14 yrs.)					
Wkfld/Moore	Sa	2pm	94C.K3TG	9/14	4SA

Basketball Training/Girls

(8-12 yrs.) Students learn basketball skills and techniques including passing, shooting, dribbling and other fundamentals. Class includes scrimmages to reinforce teamwork.

4SA 10--55 minute lessons--\$168						
Location	Day	Time	Code	Begin	\$	
SpHillREC	Su	11am	924.9CSA	9/15	4SA	

Basketball Training for Girls II

(11-14 yrs.) Prerequisite: Level I or equivalent. Students learn advanced skills as well as offensive and defensive strategies. Class includes scrimmages to reinforce teamwork.

4SA 10--55 minute lessons--\$168						
Location	Day	Time	Code	Begin	\$	
SpHillREC	Su	10am	SX4.QHE5	9/15	4SA	
SpHillREC	T	6pm	SX4.2S5L	9/17	4SA	

Basketball Shooting Clinic

(10-16 yrs.) Shooting is the most essential skill in basketball. With modern offenses geared towards five perimeter players, shooting has become paramount on all teams at all levels. Focus will on reworking shooting mechanics for maximum accuracy, a lightning-quick release and discovering the mindset and training required to become a better shooter.

DSVU 4--1 hour 25 minute lessons--\$111						
Location	Day	Time	Code	Begin	\$	
Flint HL ES	Su	11am	3LV.6KHV	9/15	DSVU	
Flint HL ES	Su	11am	3LV.0HIZ	10/13	DSVU	
SpHillREC	Sa	2pm	3LV.PLW3	9/14	DSVU	
SpHillREC	Sa	2pm	3LV.SZ9U	10/12	DSVU	
Wkfld/Moore	Su	1pm	3LV.83TG	9/15	DSVU	

Now Hiring and Training LIFEGUARDS




- No prior training or experience required.
- Training provided after employment offer.
- Positions available at all Rec Centers and the Water Mine.

www.fairfaxcounty.gov/parks/recenter/jobs

Game Time Basketball

(5-6 yrs.) This U6 league introduces 5- and 6-year-olds to basketball and teaches them the rules and basic game fundamentals.

DSVK 10--55 minute lessons--\$163						
Location	Day	Time	Code	Begin	\$	
Franconia Rec	F	5:30pm	A55.LOKL	9/20	DSVK	

Game Time Basketball

This co-ed class is a perfect complement to skill-building basketball classes and camps and focuses on core team concepts, game strategies, and basketball fundamentals. Class incorporates full-court game play.

DSVK 10--55 minute lessons--\$163					
Location	Day	Time	Code	Begin	\$
(7-9 yrs.)					
Franconia Rec	F	6:30pm	097.YHB4	9/20	DSVK
(10-13 yrs.)					
Franconia Rec	F	7:30pm	45C.K7AL	9/20	DSVK

Coach Rich's Co-ed 3-on-3

Basketball League

(7-13 yrs. Co-ed) Games will be played on Sundays for the winter. The number of players registered will determine the schedule, approximately 40 minutes of game play each week. 3-on-3 basketball is a great format for incorporating multiple skills and ensuring players are involved in every phase of the game. Upon registration, you will be contacted with further information regarding schedules and important dates. There is no need for parent volunteers and no weekly practices. The fee includes one evaluation session and nine games.

DSV9 10--2 hour 15 minute lessons--\$197						
Location	Day	Time	Code	Begin	\$	
Franconia Rec	Sa	12pm	CD5.N113	9/14	DSV9	

Co-ed Basketball League

This U6 and U7 leagues introduce students to basketball and teaches them the rules and basic game fundamentals. Fee includes uniform shirt.

DSV2 8--55 minute lessons--\$197					
DSVW 10--55 minute lessons--\$247					
Location	Day	Time	Code	Begin	\$
(5-6 yrs.)					
SpHillREC	Sa	9am	086.LT3A	9/14	DSV2
(6-7 yrs.)					
SpHillREC	Sa	10am	403.RNOA	9/14	DSV2
Wkfld/Moore	Su	11am	403.3ZTJ	9/15	DSVW

Flag Football

Students learn the fundamentals of football in an upbeat and engaging environment. Focus in on throwing, catching, and route running, as well as offensive and defensive positional techniques. Learn to compete in a positive sports environment while developing teamwork and sportsmanship.

4SA 10--55 minute lessons--\$168						
Location	Day	Time	Code	Begin	\$	
(8-11 yrs.)						
Wkfld/Moore	Su	11am	N49.K5AY	9/15	4SA	
Belle Vw ES	Sa	9am	N49.RX2G	9/21	4SA	
(12-14 yrs.)						
Belle Vw ES	Sa	10am	LED.7N2K	9/21	4SA	

Gymnastics for Girls

(5-7 yrs.) Skill-oriented class includes strength work, conditioning, beam, bars, floor and vault.

DSVL 8--55 minute lessons--\$173						
Location	Day	Time	Code	Begin	\$	
Franconia Rec	Su	11:15am	COF.W517	9/29	DSVL	
OakmontREC	Th	6:40pm	COF.KNVE	9/26	DSVL	
ProvREC	T	6:15pm	COF.JQQV	9/24	DSVL	
ProvREC	Su	12:45pm	COF.UXX8	9/29	DSVL	
Wkfld/Moore	Sa	2:45pm	COF.HC2U	9/14	DSVL	
Wkfld/Moore	M	5:50pm	COF.84MK	9/16	DSVL	
Wkfld/Moore	W	5:30pm	COF.WZ9R	9/18	DSVL	
Wkfld/Moore	Th	5:50pm	COF.BUOS	9/19	DSVL	

Gymnastics I

Introduction to gymnastics through floor exercise, balance beam, uneven bars, vaulting and springboard jumping. Low student-to- teacher ratio enhances the learning process.

4SM DSVL					
8--55 minute lessons--\$133 8--55 minute lessons--\$173					
Location	Day	Time	Code	Begin	\$
(6-9 yrs.)					
OakmontREC	Th	7:40pm	8D7.VDIR	9/26	DSVL
ProvREC	T	7:15pm	8D7.810Y	9/24	DSVL
ProvREC	Su	2pm	8D7.6ZWI	9/29	DSVL
SoRunREC	Su	3pm	8D7.NJKV	9/15	DSVL
Wkfld/Moore	Sa	3:45pm	8D7.AR3K	9/14	DSVL
Wkfld/Moore	M	6:50pm	8D7.YKXR	9/16	DSVL
Wkfld/Moore	Th	6:50pm	8D7.NSOV	9/19	DSVL
(6-12 yrs.)					
CubRunREC	M	6:15pm	0D9.ALKY	9/16	4SM
CubRunREC	M	7:10pm	0D9.RRBL	9/16	4SM
CubRunREC	W	7pm	0D9.HCDL	9/18	4SM
SoRunREC	Sa	2pm	0D9.HAZL	9/14	4SM
SoRunREC	Sa	3pm	0D9.IUPG	9/14	4SM
Franconia Rec	M	5:05pm	JBN.G9AG	9/23	DSVL
Franconia Rec	Sa	1:15pm	JBN.FIAH	9/28	DSVL
Franconia Rec	Sa	11:15am	JBN.R7TV	9/28	DSVL
ProvREC	W	7pm	JBN.C40N	9/25	DSVL
ProvREC	Sa	1pm	JBN.X5KK	9/28	DSVL
SoRunREC	Su	4pm	JBN.DWTO	9/15	DSVL
Wkfld/Moore	W	6:30pm	JBN.AEZW	9/18	DSVL

Gymnastics II

(6-12 yrs.) Prerequisite: Gymnastics I.

DSVL 8--55 minute lessons--\$173						
Location	Day	Time	Code	Begin	\$	
Franconia Rec	M	6:05pm	ZA4.9N0D	9/23	DSVL	
Franconia Rec	Su	12:15pm	A4.C7JG	9/29	DSVL	
Wkfld/Moore	W	7:30pm	ZA4.0329	9/18	DSVL	

Beginning Fencing

(9-13 yrs.) Known as the physical game of chess, fencing provides a physical and mental workout for students of all athletic abilities. This course primarily uses the foil, a light sport weapon, and introduces the sabre (modern equivalent of the cavalry sword) and epee (modern equivalent of the rapier). An equipment fee of \$49 is payable at the first class.

DSVC 6--55 minute lessons--\$87						
Location	Day	Time	Code	Begin	\$	
Wkfld/Moore	W	6pm	D7D.DXS9	9/18	DSVC	

Intermediate Fencing

(9-Adult) This class offers a continuation program for students who have completed the VAF Beginning Fencing class or have previous fencing experience. Students will learn and utilize advanced techniques



and strategies, and be introduced to competitive bouting using electronic equipment. An equipment fee of \$49 is payable at first class.

CPVH 7--55 minute lessons--\$103
DSVC 6--55 minute lessons--\$87

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Sa	2pm	PZQ.NRS3	9/14	DSVC
Wkfld/Moore	Sa	12pm	PZQ.KOSN	9/14	CPVH
Wkfld/Moore	M	8pm	PZQ.GDNP	9/16	CPVH
Wkfld/Moore	W	7pm	PZQ.HOQN	9/18	DSVC

Intro to Sport Fencing

This class introduces students to the sport of Olympic. Students learn how to fence and referee all three disciplines of sport fencing: foil, sabre and epee. No previous experience needed. Equipment can be rented from the instructor for \$49 or purchased for \$199 with payment due after first class.

CPVH 7--55 minute lessons--\$103
DSVC 6--55 minute lessons--\$87

Location	Day	Time	Code	Begin	\$
(8-14 yrs.)					
Wkfld/Moore	Sa	10am	TSB.MDO9	9/14	CPVH
Wkfld/Moore	M	6pm	TSB.WD4U	9/16	CPVH
(14-Adult)					
Wkfld/Moore	Sa	1pm	IAB.PFXS	9/14	DSVC
Wkfld/Moore	Sa	11am	IAB.D7PO	9/14	CPVH
Wkfld/Moore	M	7pm	IAB.PL94	9/16	CPVH

Lacrosse

Students develop lacrosse fundamentals including passing, catching, shooting and defensive positions. Students must bring their own lacrosse stick, mouth-guard and water bottle.

DSVT 10--55 minute lessons--\$177

Location	Day	Time	Code	Begin	\$
(6-8 yrs.)					
Wkfld/Moore	Sa	12:30pm	D48.LXG3	9/14	DSVT
(8-12 yrs.)					
Wkfld/Moore	Sa	1:30pm	72D.RDK3	9/14	DSVT

Pickleball 1

(Adults) Pickleball is a fun, easy-to-learn, mini

tennis-like game that combines elements of tennis, badminton, table tennis and racquetball. In this class students learn basic pickleball skills and how to play doubles while being active and improving fitness. Paddles and balls provided.

4SM 8--55 minute lessons--\$133
BPV1 5--55 minute lessons--\$97
CSVA 6--55 minute lessons--\$114
DSP1 8--55 minute lessons--\$139
DSV1 8--55 minute lessons--\$152
DSVR 10--55 minute lessons--\$192
DSVT 10--55 minute lessons--\$177
DPV1 10--55 minute lessons--\$192
DVP2 8--55 minute lessons--\$153

Location	Day	Time	Code	Begin	\$
Indoor Classes					
Franconia Rec	T	9am	TTX.20S1	9/17	4SM
Franconia Rec	Th	9am	TTX.SQNU	9/19	4SM
SpHillREC	T	10am	BTX.8YDU	9/10	DSP1
Franconia Rec	Su	1pm	B60.HUSN	9/15	DPV1
SpHillREC	M	9am	B60.TH7Y	9/16	DPV1
SpHillREC	W	9am	B60.TB0T	9/18	DPV1
SpHillREC	Th	9am	B60.XIZ5	9/19	DPV1
SpHillREC	Th	11am	B60.5MMY	9/19	DPV1
Sully CommCtr	T	10am	B60.Z659	9/3	DVP2
Sully CommCtr	W	10:30am	B60.MAIV	9/4	DVP2
Sully CommCtr	Sa	3pm	B60.ZYFQ	9/7	DVP2
Sully CommCtr	Su	4pm	B60.7RF8	9/8	DVP2
Sully CommCtr	M	5:30pm	B60.9LAD	9/9	DVP2
Sully CommCtr	T	10am	B60.32SK	10/29	CSVA
Sully CommCtr	W	10:30am	B60.GUGY	10/30	CSVA
Sully CommCtr	Su	4pm	B60.HNM3	11/3	CSVA

Outdoor Classes

RndtreePk	Th	10am	J11.K4J2	9/19	4SM
SoRunREC	Sa	7am	J11.SRAF	9/14	DSP1
SoRunREC	M	9am	J11.TG1V	9/16	DSP1
SoRunREC	W	3:30pm	J11.KRZJ	9/18	DSP1
Wkfld/Moore	T	6pm	J11.B76L	9/17	DSVT
Wkfld/Moore	T	9:30am	J11.LKW9	9/17	DSP1
Wkfld/Moore	W	6pm	J11.MYRN	9/18	DSVT
Wkfld/Moore	Th	6pm	J11.46ME	9/19	DSVT
Wkfld/Moore	Th	9:30am	J11.YPFX	9/19	DSP1
Wkfld/Moore	F	6pm	J11.JJQA	9/20	DSVT
Cunn Pk ES	Sa	8am	DZV.3XOC	9/14	DPV1

Wkfld/Moore	T	6pm	J11.IT25	9/17	DSVT
Cunn Pk ES	Th	10:30am	DZV.ZTK5	9/19	DPV1
LewinsvillPk	T	10am	DZV.K7KF	9/17	BPV1
SoRunREC	Th	10am	DZV.DM63	9/19	DVP2
Wkfld/Moore	Sa	9am	DZV.68F6	9/14	DSV1
Wkfld/Moore	M	6pm	DZV.E7H3	9/16	DSVT
Wkfld/Moore	W	1pm	DZV.KVM8	9/18	DSVR
Wkfld/Moore	F	1pm	DZV.7X4N	9/20	DSV1

Pickleball 2

(Adults) Prerequisite: Pickleball I. This class focuses on improving essential skills including dinks, volleys, forehands, backhands and the serve. Doubles strategy is introduced. Paddles and balls provided.

4SM 8--55 minute lessons--\$133
BPV1 5--55 minute lessons--\$97
CSVA 6--55 minute lessons--\$114
DPV1 10--55 minute lessons--\$192
DSP1 8--55 minute lessons--\$139
DSV1 8--55 minute lessons--\$152
DSVR 10--55 minute lessons--\$192
DSVT 10--55 minute lessons--\$177
DVP2 8--55 minute lessons--\$153

Location	Day	Time	Code	Begin	\$
Indoor Classes					
Franconia Rec	Su	2pm	QJ3.Y69J	9/15	DPV1
Franconia Rec	T	10am	REP.NBST	9/17	4SM
Franconia Rec	Th	10am	REP.G8PK	9/19	4SM
SpHillREC	T	11am	REP.QD1L	9/10	DSP1
SpHillREC	T	12:15pm	REP.UCBE	9/10	DSP1
SpHillREC	M	10am	QJ3.OC69	9/16	DPV1
SpHillREC	W	10am	QJ3.S37Y	9/18	DPV1
SpHillREC	W	11am	QJ3.BWFE	9/18	DPV1
SpHillREC	Th	10am	QJ3.P1LK	9/19	DPV1
SpHillREC	F	9am	QJ3.Z8TM	9/20	DPV1
SpHillREC	F	11am	QJ3.48VN	9/20	DPV1
Sully CommCtr	T	11:30am	QJ3.WDRX	9/3	DVP2
Sully CommCtr	T	12:30pm	QJ3.J36V	9/3	DVP2
Sully CommCtr	Th	10am	QJ3.3MAC	9/5	DVP2
Sully CommCtr	F	10am	QJ3.2IRP	9/6	DVP2
Sully CommCtr	F	11am	QJ3.AUMG	9/6	DVP2
Sully CommCtr	Sa	4pm	QJ3.B3BC	9/7	DVP2
Sully CommCtr	Su	6pm	QJ3.UG17	9/8	DVP2
Sully CommCtr	Su	5pm	QJ3.CJ6F	9/8	DVP2
Sully CommCtr	M	6:30pm	QJ3.QZRA	9/9	DVP2
Sully CommCtr	M	7:30pm	QJ3.9ZTN	9/9	DVP2
Sully CommCtr	Th	11am	QJ3.MS05	10/29	DVP2
Sully CommCtr	Th	11am	QJ3.LEU2	9/5	CSVA
Sully CommCtr	T	11:30am	QJ3.BI6K	10/29	CSVA
Sully CommCtr	F	11am	QJ3.OE2W	11/1	CSVA
Sully CommCtr	Su	5pm	QJ3.7HO6	11/3	CSVA
Sully CommCtr	Su	6pm	QJ3.8F07	11/3	CSVA

Outdoor Classes

RndtreePk	W	10am	YB0.8SDA	9/18	4SM
RndtreePk	Th	11am	YB0.JMAT	9/19	4SM
SoRunREC	Sa	8am	YB0.QLRA	9/14	DSP1
SoRunREC	M	10am	YB0.MW5L	9/16	DSP1
SoRunREC	W	4:30pm	YB0.9NFD	9/18	DSP1
Wkfld/Moore	T	7pm	YB0.CJSH	9/17	DSVT
Wkfld/Moore	T	10:30am	YB0.PXLA	9/17	DSP1
Wkfld/Moore	W	7pm	YB0.KFOL	9/18	DSVT
Wkfld/Moore	Th	7pm	YB0.HWJT	9/19	DSVT
Wkfld/Moore	Th	10:30am	YB0.DFOI	9/19	DSP1
Wkfld/Moore	F	7pm	YB0.IRVM	9/20	DSVT
Wkfld/Moore	T	7pm	YB0.T9RK	9/17	DSVT
Cunn Pk ES	Sa	9am	8RX.N192	9/14	DPV1
Cunn Pk ES	Th	11:30am	8RX.EU7F	9/19	DPV1
LewinsvillPk	T	11am	8RX.YJKH	9/17	BPV1
Franconia Rec	Sa	10am	8RX.GTVS	9/14	DTVR
SoRunREC	Th	11am	8RX.BAAG	9/19	DVP2
Wkfld/Moore	Sa	10am	8RX.OKHO	9/14	DSV1
Wkfld/Moore	M	7pm	8RX.DAG1	9/16	DPV1
Wkfld/Moore	W	2pm	8RX.IEF8	9/18	DSVR
Wkfld/Moore	F	2pm	8RX.B79U	9/20	DSV1

Pickleball 3

(Adults) Prerequisite: Pickleball II. Class focuses on Doubles strategy and execution.

4SM	8--55 minute lessons--\$133
BPV1	5--55 minute lessons--\$97
CSVA	6--55 minute lessons--\$114
DPV1	10--55 minute lessons--\$192
DSP1	8--55 minute lessons--\$139
DSV1	8--55 minute lessons--\$152
DSVR	10--55 minute lessons--\$192
DSVT	10--55 minute lessons--\$177
DVP2	8--55 minute lessons--\$153

Location	Day	Time	Code	Begin	\$
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Indoor Classes

Franconia Rec	T	11am	NMX.36MZ	9/17	4SM
Franconia Rec	Th	11am	NMX.JKAD	9/19	4SM
Franconia Rec	Su	3pm	UQP.T2XN	9/15	DTVR
SpHillREC	T	1:15pm	NMX.P5N5	9/10	DSP1
SpHillREC	T	2:15pm	NMX.1JH8	9/10	DSP1
SpHillREC	W	12pm	UQP.K8G0	9/18	DPV1
SpHillREC	Th	12pm	UQP.E0RA	9/19	DPV1
SpHillREC	F	10am	UQP.3UPE	9/20	DPV1
SpHillREC	F	12pm	UQP.BC96	9/20	DPV1
Sully CommCtr	W	11:30am	UQP.OJVV	9/4	DVP2
Sully CommCtr	Th	12pm	UQP.J8ZF	9/5	DVP2
Sully CommCtr	F	12pm	UQP.I3S7	9/6	DVP2
Sully CommCtr	Sa	5pm	UQP.J36Z	9/7	DVP2
Sully CommCtr	Su	7pm	UQP.II31	9/8	DVP2
Sully CommCtr	W	11:30am	UQP.TFYR	10/30	CSVA
Sully CommCtr	F	12pm	UQP.K5WA	11/1	CSVA
Sully CommCtr	Su	7pm	UQP.7VQ4	11/3	CSVA

Outdoor Classes

RndtreePk	Su	10am	BON.6UM8	9/15	4SM
RndtreePk	T	5pm	BON.AM36	9/17	4SM
RndtreePk	W	12pm	BON.QL8W	9/18	4SM
Wkfld/Moore	M	10am	BON.2CAW	9/16	DSP1
Wkfld/Moore	T	8pm	BON.OS9H	9/17	DSVT
Wkfld/Moore	T	11:30am	BON.RE42	9/17	DSP1
Wkfld/Moore	W	8pm	BON.WS0S	9/18	DSVT
Wkfld/Moore	W	10am	BON.H4W6	9/18	DSP1
Wkfld/Moore	Th	8pm	BON.DVG2	9/19	DSVT
Wkfld/Moore	Th	11:30am	BON.7EB7	9/19	DSP1
Wkfld/Moore	F	8pm	BON.8984	9/20	DSVT
Cunn Pk ES	Sa	10am	NUB.2VZ7	9/14	DPV1
Franconia Rec	Sa	11am	NUB.8IGC	9/14	DTVR
LewinsvillPk	T	12pm	NUB.98NH	9/17	BPV1
Wkfld/Moore	Sa	11am	NUB.F1M2	9/14	DSV1
Wkfld/Moore	M	8pm	NUB.6FPF	9/16	DPV1
Wkfld/Moore	T	8pm	BON.KNT5	9/17	DSVT
Wkfld/Moore	W	3pm	NUB.RN6D	9/18	DSVR
Wkfld/Moore	F	3pm	NUB.GVZH	9/20	DSV1
Sully CommCtr	Th	11am	NUB.FLXK	10/31	CSVA

Indoor Pickleball 1 Coached Play

(Adults) Participants rally with other players alongside a certified coach in this indoor program. Individuals benefit from varied play and timely coaching for boosting their pickleball game and fun. Beginners focus on learning basic strokes and rules.

DPV1	10--55 minute lessons--\$192
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Location	Day	Time	Code	Begin	\$
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SpHillREC	M	11am	GDO.RTYI	9/16	DPV1
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Park Authority web portal for programs and activities for active older adults.

Visit www.fairfaxcounty.gov/parks/fifty-plus

Pickleball 2 Coached Play

(Adults) Prerequisite: Pickleball 2. Participants rally with other players alongside a certified coach in this program. Students should know the basic strokes. Individuals benefit from varied play and timely coaching for boosting their pickleball game and fun with the focus on developing consistency.

4SM	8--55 minute lessons--\$133
DPV1	10--55 minute lessons--\$192

Location	Day	Time	Code	Begin	\$
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Indoor Classes

Franconia Rec	Su	4pm	JAE.14IO	9/15	DPV1
SpHillREC	M	12pm	JAE.015G	9/16	DPV1

Outdoor Classes

RndtreePk	W	11am	OSC.OV87	9/18	4SM
RndtreePk	Th	12pm	OSC.BLD8	9/19	4SM

Pickleball 3 Coached Play

(Adults) Prerequisite: Pickleball 3. Participants rally with other players alongside a certified coach. Individuals benefit from varied play and timely coaching for boosting their pickleball game. Focus is on executing strokes with increasing consistency.

4SM	8--55 minute lessons--\$133
DPV1	10--55 minute lessons--\$192

Location	Day	Time	Code	Begin	\$
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Indoor Classes

SpHillREC	M	1pm	20X.22HE	9/16	DPV1
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Outdoor Classes

RndtreePk	Su	11am	UZS.RRWB	9/15	4SM
RndtreePk	T	6pm	UZS.IKUN	9/17	4SM
Wkfld/Moore	M	11am	UZS.NL26	9/16	DSP1
Wkfld/Moore	W	11am	UZS.AWS9	9/18	DSP1
Wkfld/Moore	F	7:30am	UZS.2P3Y	9/20	DSP1

Outdoor Senior Pickleball I

(65 yrs.+) This outdoor, slower paced class focuses on basic pickleball skills and how to play doubles while being active and improving fitness. Paddles and balls provided.

DPV1	10--55 minute lessons--\$192
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Location	Day	Time	Code	Begin	\$
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Cunn Pk ES	Th	9:30am	W14.1YFB	9/19	DPV1
Wkfld/Moore	T	2pm	W14.MNW3	9/17	DPV1
Wkfld/Moore	Th	2pm	W14.ZPAT	9/19	DPV1

Outdoor Senior Pickleball II

(65 yrs.+) Prerequisite: previous pickleball class or experience. This outdoor, slower paced class focuses on improving essential skills including dinks, volleys, forehands, backhands and the serve. Doubles strategy is introduced. Paddles and balls provided.

DPV1	10--55 minute lessons--\$192
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Location	Day	Time	Code	Begin	\$
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Wkfld/Moore	T	3pm	NGG.0QZF	9/17	DPV1
Wkfld/Moore	Th	3pm	NGG.10B2	9/19	DPV1

Ping Pong

Students are introduced to ping pong grips, positions and basic strokes. Students practice exercises and games to improve hand-eye coordination. Students may bring their own paddles, or an official supply set is available for purchase from instructor for \$25.

4SA	10--55 minute lessons--\$168
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Location	Day	Time	Code	Begin	\$
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(8-12 yrs.)					
SpHillREC	Sa	2pm	393.CH2J	9/14	4SA
(13-Adult)					
SpHillREC	Sa	3pm	AAF.50YV	9/14	4SA

Soccer I

Basic instruction geared for beginning players. Emphasis is on soccer skill development including kicking, dribbling and goal-keeping. Bring shin guards and a soccer ball. Classes held at schools are indoors using soft soccer balls.

4SA	10--55 minute lessons--\$168
4SM	8--55 minute lessons--\$133
CSVR	7--55 minute lessons--\$129
DSV1	8--55 minute lessons--\$152

Location	Day	Time	Code	Begin	\$
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(6-8 yrs.)

SoRunREC	Sa	10am	29D.463K	9/14	DSV1
SoRunREC	Su	10am	29D.7M68	9/15	DSV1
SoRunREC	M	5:45pm	29D.MNT8	9/16	CSVR
SoRunREC	T	5:45pm	29D.L05R	9/17	CSVR
SpHillREC	Sa	11am	29D.N7S6	9/7	4SM
SpHillREC	Su	11am	29D.W6YP	9/8	4SM
Sully CommCtr	F	6pm	29D.P9CV	9/6	DSV1
Wkfld/Moore	Sa	10am	29D.BTGB	9/14	4SA
Wkfld/Moore	Su	10am	29D.MY5L	9/15	4SA

(8-12 yrs.)

SoRunREC	Su	11am	F64.0WLT	9/15	DSV1
SoRunREC	M	5:45pm	F64.ZJDY	9/16	CSVR
SoRunREC	T	5:45pm	F64.02ND	9/17	CSVR
SpHillREC	Sa	12pm	F64.8G0Z	9/7	4SM
SpHillREC	Su	12pm	F64.4IN7	9/8	4SM
Sully CommCtr	F	7pm	F64.MULA	9/6	DSV1
Wkfld/Moore	Sa	11am	F64.J8GK	9/14	4SA
Wkfld/Moore	Su	11am	F64.J1D5	9/15	4SA

Soccer II

Prerequisite: Soccer I. Bring shin guards and a soccer ball. Classes held at schools are indoors using soft soccer balls.

4SM	8--55 minute lessons--\$133
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Location	Day	Time	Code	Begin	\$
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(6-8 yrs.)

SpHillREC	Sa	1pm	580.WJN9	9/7	4SM
SpHillREC	Su	1pm	580.EZUX	9/8	4SM

(8-12 yrs.)

SpHillREC	Sa	2pm	DA0.QY9K	9/7	4SM
SpHillREC	Su	2pm	DA0.ZK4G	9/8	4SM

Small Goal Soccer

(6-8 yrs.) In this class Sanowar Fitness introduces students to Small Goal Soccer which is played five-on-five using smaller goals. Students build skills and self-confidence in a fun environment.

DSVR	10--55 minute lessons--\$192
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Location	Day	Time	Code	Begin	\$
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Wkfld/Moore	Sa	12pm	816.9DQ5	9/14	DSVR
Wkfld/Moore	Su	12pm	816.UQWH	9/15	DSVR

T-Ball

(5-7 yrs.) Get a head start on the spring T-ball season. Skill development includes base running, hitting off tee, throwing and catching. Bring a baseball glove.

DSV1	8--55 minute lessons--\$152
DSVF	8--55 minute lessons--\$148
DSVT	10--55 minute lessons--\$177

Location	Day	Time	Code	Begin	\$
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SpHillREC	Sa	12pm	3E1.52PW	9/14	DSVT
Wkfld/Moore	Sa	1pm	3E1.HU6A	9/14	DSV1
Wkfld/Moore	Su	10am	3E1.AHML	9/15	DSVF

Tennis Beginning I

An introduction to the basics: forehand and backhand drive, serve, footwork, rules, scoring and court etiquette. Emphasis is on correct form. Students need a tennis racquet and 2 cans of balls.

4SM	8--55 minute lessons--\$133
CSVK	6--55 minute lessons--\$91
DSV1	8--55 minute lessons--\$152

Location	Day	Time	Code	Begin	\$
(5-8 yrs.)					
MasonDistPk	Sa	11am	A08.9T6Y	9/14	4SM
Franconia Rec	Sa	9am	MKL.S5EV	9/14	DSV1
Franconia Rec	M	5:30pm	MKL.4015	9/16	DSV1
McLeanCntrlPk	Sa	3pm	MKL.7N74	9/14	CSVK
McLeanCntrlPk	Sa	5pm	MKL.E047	9/14	CSVK
McLeanCntrlPk	Su	2pm	MKL.3KFS	9/15	CSVK
NottowayPk	Sa	10am	MKL.3G23	9/14	DSV1
NottowayPk	M	5pm	MKL.D4NU	9/16	DSV1
SoRunREC	Sa	9am	MKL.GILX	9/14	DSV1
SoRunREC	Su	9am	MKL.T9IN	9/15	DSV1
SoRunREC	M	5pm	MKL.ULNK	9/16	DSV1
SoRunREC	F	5pm	MKL.QOLU	9/20	DSV1
SpHillREC	Sa	2:30pm	MKL.RCN5	9/14	DSV1
SpHillREC	Sa	3:30pm	MKL.JJHL	9/14	DSV1

(9-12 yrs.)

Franconia Rec	Sa	10am	N0B.GCL9	9/14	DSV1
Franconia Rec	M	6:30pm	N0B.EIY4	9/16	DSV1
McLeanCntrlPk	Sa	2pm	N0B.E2F8	9/14	CSVK
McLeanCntrlPk	Sa	4pm	N0B.BG54	9/14	CSVK
McLeanCntrlPk	Su	3pm	N0B.OXDL	9/15	CSVK
NottowayPk	Sa	11am	N0B.RFYU	9/14	DSV1
NottowayPk	M	6pm	N0B.SBDB	9/16	DSV1
SoRunREC	Sa	10am	N0B.HHXL	9/14	DSV1
SoRunREC	Su	10am	N0B.WV62	9/15	DSV1
SoRunREC	M	6pm	N0B.SNYW	9/16	DSV1

SoRunREC	F	6pm	N0B.CHMT	9/20	DSV1
Wkfld/Moore	M	5:30pm	N0B.91YR	9/16	DSV1
Franconia Rec	Sa	11am	A49.Z61C	9/14	DSV1
Franconia Rec	M	7:30pm	A49.VBYB	9/16	DSV1
NottowayPk	Sa	12pm	A49.ZJDB	9/14	DSV1
NottowayPk	M	7pm	A49.GJBY	9/16	DSV1
SoRunREC	Sa	11am	A49.OE0G	9/14	DSV1
SoRunREC	Su	12pm	A49.ZZHX	9/15	DSV1
SoRunREC	M	7pm	A49.V0TA	9/16	DSV1
SoRunREC	F	7pm	A49.S5YJ	9/20	DSV1
Wkfld/Moore	Sa	2pm	A49.G4JH	9/14	DSV1
Wkfld/Moore	M	6:30pm	A49.TX5J	9/16	DSV1

(Adults)

MasonDistPk	Sa	9am	2AB.NVWN	9/14	4SM
NottowayPk	W	10am	2AB.IMXY	9/18	4SM
Wkfld/Moore	T	9am	2AB.1Q15	9/17	4SM
Franconia Rec	Sa	12pm	PL0.D908	9/14	DSV1
SoRunREC	Su	11am	PL0.91KD	9/15	DSV1
Wkfld/Moore	M	7:30pm	PL0.UJKE	9/16	DSV1
Wkfld/Moore	W	6:30pm	PL0.6R4J	9/18	DSV1

Tennis Beginning II

Students should be able to rally with the forehand and know the basic strokes. Stroke production, including ball trajectory over the net and basic game strategy, is refined. Students need a tennis racquet and 2 cans of balls.

4SM	8--55 minute lessons--\$133
DSV1	8--55 minute lessons--\$152

Location	Day	Time	Code	Begin	\$
(5-8 yrs.)					
Franconia Rec	T	5:30pm	Q98.OZD5	9/17	DSV1
NottowayPk	T	5pm	Q98.8ZN9	9/17	DSV1
SoRunREC	T	5pm	Q98.051U	9/17	DSV1

(9-12 yrs.)

Franconia Rec	T	6:30pm	IWH.OXLC	9/17	DSV1
NottowayPk	T	6pm	IWH.796B	9/17	DSV1
SoRunREC	T	6pm	IWH.XLGO	9/17	DSV1

(10-17 yrs.)

Franconia Rec	T	7:30pm	TZD.96PD	9/17	DSV1
NottowayPk	T	7pm	TZD.Q3GL	9/17	DSV1
SoRunREC	T	7pm	TZD.3D24	9/17	DSV1

(13-17 yrs.)

Wkfld/Moore	W	5:30pm	2PX.GJAD	9/18	DSV1
NottowayPk	W	11am	457.34NC	9/18	4SM
Wkfld/Moore	Th	9am	457.VK23	9/19	4SM
Wkfld/Moore	Sa	3pm	2P8.AUXG	9/14	DSV1
Wkfld/Moore	W	7:30pm	2P8.UEWR	9/18	DSV1

Tennis Intermediate I

Student should know basic strokes, scoring, rules and court etiquette. Emphasis is on stroke production, shot placement and consistency. Students need a tennis racquet and 2 cans of balls.

4SM	8--55 minute lessons--\$133
DSV1	8--55 minute lessons--\$152

Location	Day	Time	Code	Begin	\$
(9-12 yrs.)					
SoRunREC	W	5:30pm	041.N1Y7	9/18	DSV1
(10-17 yrs.)					
SoRunREC	W	6:30pm	W8K.J7A2	9/18	DSV1
(13-17 yrs.)					
Wkfld/Moore	F	5:30pm	6CX.OUUR	9/20	DSV1
(Adults)					
NottowayPk	W	12pm	572.AGZI	9/18	4SM
Wkfld/Moore	T	10am	572.RW86	9/17	4SM
Wkfld/Moore	Th	10am	572.RFOW	9/19	4SM
NottowayPk	W	5:30pm	HNK.EEE6	9/18	DSV1
SoRunREC	W	7:30pm	HNK.ASVL	9/18	DSV1
Wkfld/Moore	F	7:30pm	HNK.KWTU	9/20	DSV1

Visit one of our driving ranges year-round.

Have fun and stay safe • Range bays are 6 ft. apart



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- Six covered stations
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Sports and Leagues

Tennis Intermediate II

Stroke consistency and control are key factors at this level. Emphasis is on shot variety and pace under pressure. Percentage is stressed and mastery of intermediate skills is required. Students need a tennis racquet and 2 cans of balls.

4SM	8--55 minute lessons--\$133
DSV1	8--55 minute lessons--\$152
DSVM	8--1 hour 25 minute lessons--\$172

Location	Day	Time	Code	Begin	\$
(13-17 yrs.)					
Wkfld/Moore	F	6:30pm	K3G.8MDQ	9/20	DSV1
(Adults)					
Wkfld/Moore	T	11am	013.0ADA	9/17	4SM
Wkfld/Moore	W	9:30am	013.QEM2	9/18	DSVM
NottowayPk	W	6:30pm	QHM.YJC2	9/18	DSV1
Wkfld/Moore	Sa	4pm	QHM.XMZQ	9/14	DSV1

Tennis Advanced

(Adults) Students should be able to execute all basic strokes and have at least informal competitive playing experience. Stroke reliability and aggressive shots with pace and depth are expected. Students need a tennis racquet and 2 cans of balls.

4SM	8--55 minute lessons--\$133
DSV1	8--55 minute lessons--\$152

Location	Day	Time	Code	Begin	\$
MasonDistPk	Sa	10am	B86.Z142	9/14	4SM
Wkfld/Moore	W	11am	B86.S3XJ	9/18	4SM
Wkfld/Moore	Th	11am	B86.AUDK	9/19	4SM
NottowayPk	W	7:30pm	QN1.DDDH	9/18	DSV1

Doubles Tennis I

(Adults) Class focuses on both offensive and defensive doubles strategy and includes practical education to hone your skills. Students must bring a racquet and two cans of tennis balls to the first class.

4SM	8--55 minute lessons--\$133
-----	-----------------------------

Location	Day	Time	Code	Begin	\$
MasonDistPk	Su	3pm	DBD.2L17	9/15	4SM

Intermediate Doubles Tennis

(Adults) Course builds on skills learned in the level I class. Students must bring a racquet and two cans of tennis balls to the first class.

4SM	8--55 minute lessons--\$133
-----	-----------------------------

Location	Day	Time	Code	Begin	\$
MasonDistPk	Su	4pm	QIA.FPVA	9/15	4SM
MasonDistPk	Su	5pm	QIA.TNXM	9/15	4SM



Cub Run Rec Center INDOOR POOL PLAYGROUND

Slides • Bubblers • Sprays • Lazy River • Open year-round

www.fairfaxcounty.gov/parks/reccenter/cub-run

Enrich your parks!



Volleyball

Learn basic volleyball skills through drills and games. Class covers scoring, serving, bumping, spiking and team play.

DSVP	8--55 minute lessons--\$127
DSVT	10--55 minute lessons--\$177

Location	Day	Time	Code	Begin	\$
(8-12 yrs.)					
SpHillREC	M	5:40pm	8D1.3IQ4	9/16	DSVT
SpHillREC	W	5:40pm	8D1.SC2I	9/18	DSVT
Wkfld/Moore	M	6pm	8D1.ADVI	9/16	DSVT
Woodbrn ES	Su	10am	8D1.HBPW	9/15	DSVP
(12-17 yrs.)					
Wkfld/Moore	M	7pm	BA8.EGAU	9/16	DSVT
(16-Adult)					
Wkfld/Moore	M	8pm	CR8.AQ7J	9/16	DSVT

Volleyball II

Prerequisite: Volleyball I. This challenging and more intense class is for experienced players and focuses on more advanced skills.

DSVP	8--55 minute lessons--\$127
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Location	Day	Time	Code	Begin	\$
(8-12 yrs.)					
Woodbrn ES	Su	11am	0X0.HPOV	9/15	DSVP
(12-17 yrs.)					
Woodbrn ES	Su	12pm	6J8.Y398	9/15	DSV



Adapted Programs for All Abilities

Explore these upcoming adapted programs:

- Adapted Walking Club
- Adapted Walking for Individuals with Physical Disabilities
- Mini Maestros Adapted Music
- Adapted Birding

www.fairfaxcounty.gov/parks/adapted-programs

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Scan the QR code to go directly to the Parktakes Online Xtras page.



Bridge I

(13-Adult) Designed for beginning players and for students who would like to improve. Stresses bidding and basic defense. This course provides an excellent brush-up for players returning to the game.

4XC 10--1 hour 55 minute lessons--\$255
4XL 8--1 hour 55 minute lessons--\$205

Location	Day	Time	Code	Begin	\$
OakmontREC	T	10:30am	DF7.K3IT	9/24	4XL
ProvREC	M	6pm	DF7.BAWX	9/16	4XL
ProvREC	M	10:30am	DF7.W3LP	9/16	4XL
SoRunREC	M	7:05pm	DF7.G5XX	9/16	4XC

Bridge II

(13-Adult) Further develop your defensive bridge skills. Designed for students with bridge knowledge. Learn to be offensive on defense. Sessions include a review of basic Standard American Bidding System.

4XL 8--1 hour 55 minute lessons--\$205

Location	Day	Time	Code	Begin	\$
OakmontREC	T	1pm	70C.3GOM	9/24	4XL
ProvREC	M	1pm	70C.YPAI	9/16	4XL

Bridge IV

(13-Adult) This course is the back of the Standard Yellow Card, with particular emphasis on bidding hands with two suits in competition.

4XC 10--1 hour 55 minute lessons--\$255

Location	Day	Time	Code	Begin	\$
SoRunREC	Su	1pm	DFE.IIJO	9/15	4XC

Brush-Up Bridge

(13-Adult) Not for beginners. For bridge players that want to update their skills. Modern Standard American opening bids and responses are emphasized. After demonstration hands, class shuffles and deals.

4XC 10--1 hour 55 minute lessons--\$255

Location	Day	Time	Code	Begin	\$
SoRunREC	Su	3pm	615.UPRT	9/15	4XC
SoRunREC	M	1pm	615.LT8P	9/16	4XC

Chess by Magnus Chess Academy

(6-12 yrs.) Learn chess with Magnus Chess Academy (formerly Silver Knights)! They've taught 100,000 children to play, including state & national champions, but most students are beginners. Class time is divided between lessons and practice games. Lessons range from the basic rules to advanced tournament strategies. Students will have the opportunity to play in tournaments. All chess supplies provided. All skill levels are welcome.

DXVE 8--55 minute lessons--\$147
DXVK 10--55 minute lessons--\$186

Location	Day	Time	Code	Begin	\$
CubRunREC	W	6pm	2PM.J1VM	10/16	DXVE
Franconia Rec	T	6pm	2PM.PIX3	9/24	DXVE
SoRunREC	M	6pm	2PM.KKIS	9/16	DXVE
SpHillREC	M	6pm	2PM.72IO	9/16	DXVE
Wkfld/Moore	M	6pm	2PM.MPBO	9/30	DXVK



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FCPA has many vacant positions for positive, energetic, motivated and friendly people.

MINIMUM REQUIREMENTS INCLUDE:

- A valid driver's license
- Ability to lift 50 pounds
- Desire to work outdoors in variable weather conditions.



www.fairfaxcounty.gov/parks/parkops/employment-opportunities

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- Minutes from airports, lodging and our nation's capital
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IMPORTANT REGISTRATION INFORMATION

REGISTER BY AUGUST 9 AND SAVE \$8*

REGISTRATION
STARTS 9 A.M.
JULY 30

FIVE EASY WAYS TO REGISTER

Register Online

www.fairfaxcounty.gov/parks/parktakes. Browse online listings, check class enrollment and register.

Talk to an Operator 703-222-4664

Mon. – Fri., 9 a.m. – 4 p.m. Please have class activity codes handy when you call.

Fax it 703-631-2004

Registration processing begins July 30 for faxed forms. Forms received prior to July 30 are held until that date. Sorry! Due to volume, we cannot confirm fax receipt. Allow 3-5 days for processing.

Mail It

Send completed forms to FCPA/Parktakes, P.O. Box 4606, Fairfax, Va. 22038. Mailed registration processing begins July 30. Forms received prior to July 30 are held until that date. Allow 3-5 days for processing.

Walk-In Registration

Walk-in registration begins August 12. Visit our **Walk-in Registration Office** in the Herrity Building, 12055 Government Center Parkway Suite 105. Hours: 9 a.m. - 4 p.m., Monday - Friday.

CAN'T FIND YOUR ACCOUNT?

How do I Create an Account?

- Go to the Parktakes Online website, and click the Create Account button on the top right of the screen.
- Fill in the New Customer form.
- After completing the form, click on Create Account.

How do I Recover my Account?

- Go to the Parktakes Online website, and click the Login button on the top right of the screen. Follow the on-screen link to Recover Your Account. Then, simply enter your email address in the field. Check your inbox for a message with a temporary password. You can then use your email address and temporary password to log in, create a new password and update your information.
- If your email address is not on file, you will receive a message stating the email address you entered in the system is not found or is invalid. If you are unable to reset your password, you may need to add an email address to your account. For assistance, please email PTOnline@fairfaxcounty.gov for assistance.

CONFIRMATION

Confirmations are sent by email to customers who register online. To check your registration status, click on Your Account then Your Signups at Parktakes online or call 703-222-4664. Refunds are not given for a missing/lost/not received confirmation.

HOLIDAY CLOSINGS

Any exception to regular schedules will be announced by the instructor at the first class.

IN THE EVENT OF BAD WEATHER

The Park Authority follows Fairfax County Government closures, rather than public school closures.

- Classes held at school locations may be canceled, even when classes at Rec Centers and other Park Authority and Government locations are running. To check for weather related cancellations, visit www.fairfaxcounty.gov/parks or call the Park Authority inclement weather information line: 703-324-8661.
- Cancellation information is also communicated via local TV and radio stations and Fairfax County government cable channels 16 and 21.
- Cancellations for classes held at vendor locations are made independently. Please call the location where the class is being held.
- For tour cancellation information, call the tours hotline, 703-324-8687.

REFUNDS

- FCPA will automatically post a full credit to your account when a class or program is canceled in its entirety. If the FCPA cancels individual meetings due to inclement weather or other circumstances, your account will be credited at the end of the program session for any classes not made up.
- FCPA will issue a full refund when a class or program is changed by FCPA, and the change makes it impossible for the customer to continue with the class.
- Refunds or class credits are not issued for missed individual meetings for classes, camps, workshops, programs, or trips due to personal schedule conflicts or illness.

When a customer cancels a registration, the following fees apply per registration:

Classes

- Request received 14 or more days prior to the start date - full refund.
- Request received 13 or fewer days prior to the start date - \$15 processing fee applied.
- Request received on class start date - refund minus cost of one class and \$15 processing fee.
- Request received after start date - prorated refund based on number of classes and \$15 processing fee.
- Requests for refunds must be submitted prior to the end of the session.

Camps/Workshops

- Transfer and refund requests must be received 14 days prior to the camp start date. A \$25 processing fee per session will be deducted.
- Request received 13 or fewer days prior to the start date - no refund.

Day Trips and Tours

- Request received 14 or more days prior to the trip date - full refund.
- Requests received 13 or fewer days prior to the trip date - no refund.

CLASS TRANSFERS

Not the right class? Call for transfer options before the second class meets: 703-222-4664

Please Note: Classes, Camps, programs and Workshops are subject to change without notice.

SENIOR DISCOUNTS

Fairfax County and Fairfax city residents age 65 or older get a 35% discount. This applies to CODED activities only. Not included: Day Trips and Tours, Pilates lessons, FallProof, gravity lessons, per family fees and programs priced \$45 or less.

*Early registration discount

Does not apply to activities without catalog ID's, events, re-advertised tours, scout programs, camp extended care, per family fees or classes priced \$45 or less.

SCHOLARSHIPS AND PUBLIC ASSISTANCE

\$15 PROCESSING FEE APPLIES

Scholarships for one coded class per quarter are available for dependent children of Fairfax County residents who receive public assistance. A \$15 processing fee applies for each scholarship class and is refundable only if Fairfax County cancels the program. Students must pay any supply fees.

Note: No scholarships are offered for camps, workshops, day trips/tours, vendor-provided programs, FallProof, TRX or Pilates Allegro lessons.

Required documentation: A verification letter from the assisting agency must accompany the scholarship request form and include eligibility dates and the name of the family member who will receive the scholarship. Eligible forms of public assistance are:

- Medicaid
- Free lunch verification from Fairfax County Public Schools
- SNAP (food stamps)
- TANF
- WIC
- Head Start
- FAMIS

REGISTER FOR SCHOLARSHIPS:

1. Complete a scholarship eligibility form at www.fairfaxcounty.gov/parks/scholarships and submit it online, by fax or by mail.
2. Once you receive a scholarship confirmation receipt to your account, you may register for classes via phone, fax, mail, in person or online at www.fairfaxcounty.gov/parks/parktakes.

Senior Adults and Adults with Disabilities

Senior adults and adults with disabilities who meet the following income guidelines are eligible to receive a scholarship for one class per quarter:

- \$16,700/one person
- \$22,500/family of two
- \$28,300/family of three
- \$34,100/family of four
- \$39,900/family of five
- \$45,700/family of six

For each additional person, add \$5,800 to determine maximum annual income for eligibility.

FALL 2024 REGISTRATION FORM • Registration starts at 9 a.m. July 30 • Register by August 9 and SAVE \$8*

Mail: FCPA/Parktakes, PO Box 4606, Fairfax, Va. 22038-4606 • Phone: 703-222-4664 • Fax: 703-631-2004

Subscribe to Parktakes! It's FREE! ☐ Mail Parktakes to street address below. ☐ I want to consider the environment. Send Parktakes to my e-mail address.

Fill out the form completely and legibly, including a valid household email address.



Fairfax County is committed to giving all residents equal access to recreation and leisure opportunities. Reasonable accommodations and inclusion opportunities are provided in accordance with the Americans with Disabilities Act in all Park Authority programs, classes and camps. ADA accommodations include sign interpreters, assistive listening devices, program modifications and inclusion support. Call 703-324-8565 or TTY: Va. Relay 711 at least 10 working days in advance of the date services are needed.

CN-Staff use only#

PLEASE PRINT

☐ Check if change of address

Primary Account Holder		Date of Birth		<input type="checkbox"/> Check if change of address					
Street		Apt.							
City		State		Zip					
Phone #s		Home		Work					
Email		Cell							
Participant's Name (last, first)		Date of Birth Month/Day/Year	Gender	1ST CHOICE Activity Code	Activity Name	Start Date	Start Time	Listed Fee	2ND CHOICE Activity Code
SAMPLE, JOEY		3/15/13	M	38C.D5A7	PEE WEE PADDLER 1	6/23	2 PM	\$91	38C.90E4
		/ /							
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		/ /							
		/ /							
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PAYMENT INSTRUCTIONS

1	Total Listed Fee(s): For all 1st choice programs		
2	Fairfax County Senior Discount (classes with activity code): Multiply line 1 by 0.35 to calculate 35% senior discount. Do NOT round off cents. Write result in line 3. Only residents of Fairfax County and Fairfax City age 65 or older are eligible. Not included: Day Trips and Tours, Plates lessons, FallProof, Gravity lessons or classes priced \$45 or less. See senior discount section on next page.	Line 1x 0.35 = Seniors Only	
3	SUBTOTAL Line 1 minus line 2	=	
4	Early Registration Discount per Class: Deduct \$8 for each activity code submitted (postmarked if mailed) by early registration date. Does not apply to programs without catalog ID, re-advertised tours, scout programs or classes priced \$45 or less.	-	
5	SUBTOTAL Line 3 minus line 4	=	
6	Deduct House Account Credit: Deduct any credits received on this line	-	
7	Out-of-County Registration Fee: Add \$15 per catalog ID for activities priced \$46 and up; add \$2 for programs priced \$45 or less.	+	
8	Class Scholarship Donation: Add any amount you wish to donate. Fairfax County Park Foundation will send written confirmation of a tax deductible donation of \$10 or more.	+	
9	TOTAL (PAY THIS AMOUNT): Total lines 5-8. Pay this amount. Make checks payable to FCPA. A \$50 fee will be charged for returned checks.	=	

SCHOLARSHIP REQUEST

Requires \$15 processing fee per class • Check one:	
<input type="checkbox"/> Income-Eligible Senior or Income-Eligible Disabled Adult	<input type="checkbox"/> Public Assistance Recipient (attach verification)
See scholarship information on next page. Signature is required.	
Signature	CN-Staff use only#
PAYMENT METHOD	
Check one:	
<input type="checkbox"/> Credit Card (Check type)	<input type="checkbox"/> VISA <input type="checkbox"/> DISCOVER
#:	
Exp. Date:	Zip:
Signature	
<input type="checkbox"/> Cash (walk-in only)	<input type="checkbox"/> Check enclosed \$ #:
<input type="checkbox"/> Use House Account Credits (if credits don't cover full cost of registration, use any payment method listed above for balance due)	
One household per registration form, please. Additional registration forms may be photocopied or downloaded from the Park Authority web page, www.fairfaxcounty.gov/parks and search "registration form"	

ACE

ADULT AND COMMUNITY EDUCATION



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aceclasses.fcps.edu



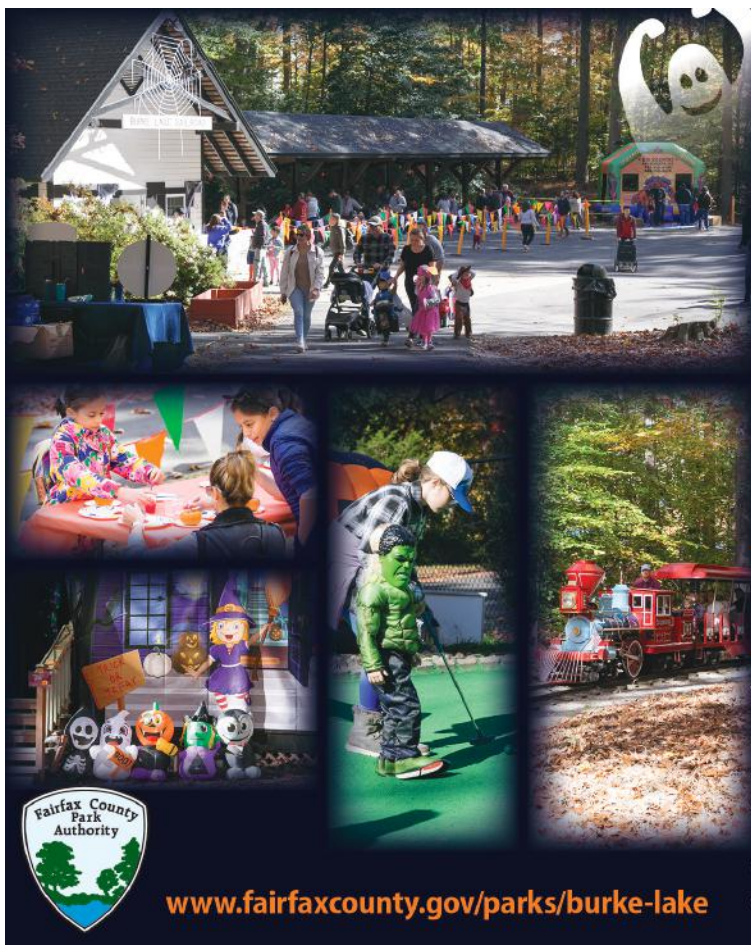
We're hiring to fill positions in all areas of the Park Authority

For available employment opportunities, visit www.fairfaxcounty.gov/parks/jobs-internships

If you have questions, please email FCPAJOBS@fairfaxcounty.gov



Fairfax County is an Equal Opportunity Employer and a proud Virginia Values Veterans (V3)-certified organization.



GHOST TOWN: NO SCREAMS, JUST TREATS!

SATURDAY-SUNDAY, OCTOBER 26-27

11 a.m. - 5 p.m. • BURKE LAKE PARK

\$15 in advance, \$20 at the door

THEMED ACTIVITY AREAS • TRAIN RIDE • CAROUSEL RIDE
CRAFTS • BOUNCE HOUSE • MINI GOLF

TICKET INFORMATION:

- Tickets available online up until two days before the event.
- Admission price covers all Ghost Town activities and services for one person.
- Children under age two ride free but must be accompanied by a paying adult.
- Passes can be picked up at the ice cream parlor on the day of the event.
- No refunds once the event has started.

www.fairfaxcounty.gov/parks/burke-lake



HELP GET ANOTHER **Wonder Wagon** ROLLING!



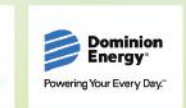
The Wonder Wagon Mobile Nature Center will bring environmental education to our neighbors particularly those in underserved and underrepresented communities. Children attending community outreach events, summer camps, SACC programs at Title 1 schools in Fairfax County, events and other popular gatherings will have fun with hands-on learning about our local environment, and increase connectedness to nature where they live.

To learn more, scan the QR code or visit www.fairfaxcounty.gov/parks/wonder-wagon

The Fairfax County Park Foundation is accepting donations to support a second Wonder Wagon Mobile Nature Center!

To make a donation, visit www.FairfaxParkFoundation.org or call 703-324-8582.

Thanks to everyone who donated to the first Wonder Wagon! Another e-Vehicle is needed to serve our vast Fairfax County.





Parktakes



Fairfax County Park Authority
12055 Government Center Parkway, Suite 927
Fairfax, VA 22035-5500



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Photo of Yumi Kurosawa Trio by Gail Hadani



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