

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

Parktakes

Summer 2023

WATER MINE

**Make a
Splash!**



Celebrate National Outdoors Month! • Golf • Fitness & Health
Summer registration begins April 25 • www.fairfaxcounty.gov/parks/parktakes

PARKSIDE

Luca E. Twohie Human Resources Generalist



Come grow with us! That is a statement the Park Authority takes to heart and one that has impacted me. I started my journey with FCPA in 2018 as a lifeguard at the Water Mine Family Swimmin' Hole in Reston. I applied for my first job when I was 15 to be a cashier. Unfortunately, all the cashier positions were filled, so I decided to become a lifeguard. After working half of the summer as a lifeguard, I was given the opportunity to apply for an assistant aquatics supervisor position – and I got the job. I worked hard the rest of the summer and

returned the following season as the scheduling manager and an aquatics supervisor. In these roles, my supervisors helped me develop new skills. The next year, I was hired on as the hiring and personnel manager, where I was able to share my passion for working at the Water Mine with potential applicants.

In 2020, the pandemic shuttered the Water Mine and I was reassigned to the Human Resources (HR) team to provide temporary support during an extremely busy time. While working on the HR team and going to school, I accepted a part-time job with the Employment and Recruiting section of the HR branch. Since then, I graduated high school, started college, and continued to grow in my role. Most recently, I was promoted to an human resources generalist, responsible for implementing and overseeing a recruiting program for all of the Park Authority's part-time and seasonal positions. My supervisors and the agency provide the flexibility to continue school full-time while working and gaining real-world job experience.

Whenever I meet a job seeker at a job fair or just out and about, my first questions are always: what are you interested in and what do you like to



Luca Twohie, 20
Human Resources Generalist, Fairfax County Park Authority (FCPA)
As human resources generalist at the Fairfax County Park Authority (FCPA) in Virginia, Luca Twohie works with the staff recruitment team. In 2021, Twohie created the #JoinFCPA hiring campaign, as the park authority revived programs post-COVID-19. He used market research data and collaborated with the communications team to implement an innovative online and offline marketing communication plan to fill 1,200 part-time seasonal positions. His campaigns filled hiring gaps and created FCPA brand awareness. The campaign targeted racially-diverse candidates, including college students and retirees. The nonprofit social media recruitment campaign reached 25,000 social media users, resulting in 3,500 applications and ultimately 1,100 hires.

do? I ask this question because whatever their answer, we usually have a job just for them. Are you interested in cooking? Become a cooking class instructor at one of our Rec Centers. Love nature? Get a job at one of our nature centers. Have a passion for golf? We're hiring at our golf courses! Like interacting with people? You could work at ANY of our parks!

FCPA is full of overachievers making real change each day and one thing we do is recognize our team. I was honored to be nominated by FCPA leadership and selected by the National Recreation and Park Association as a 30 under 30, which highlights 30 exceptional young professionals in the field of parks and recreation. This is just the start of my career and my story. I hope you will consider starting your journey with an agency that goes on the adventure with you.

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Cover: Our Special Harbor at Franconia Park. For information about the splash park, visit www.fairfaxcounty.gov/parks/waterparks-spray-grounds

YIKES! I FOUND THIS IN MY

Have you ever walked into your yard only to become frozen in fear seeing something creepy and crawling? The best thing to do is to stay calm and remember that creatures and plants in nature serve a purpose. Here is a guide to try to arm you with knowledge to alleviate your fear!



SPIDERS

Spiders are feared for their bite. Most spiders in Virginia are venomous, however, black widows are the only ones native to Virginia with a potentially dangerous bite to humans. In fact, the Black and Yellow Garden Spider, for example, are not aggressive towards humans and are beneficial at controlling insect pests in your yard. They usually come around in late summer. So if you find a spider in your yard, it is best to leave it be.

Did you know, ticks are in the same class as spiders (arachnida)?

SPOTTED LANTERNFLY

The spotted lanternfly is native to Asia. In Fairfax County, they have become invasive and are a threat to fruit crops like grapes, peaches and hops in addition to a number of trees such as walnut, maple and oak.

If you find spotted lanternfly, do not panic. Take photos of the lanternfly and upload them with your address to the mobile app iNaturalist or send by email at ReportSLF@fairfaxcounty.gov. After you have properly identified the insect, which has multiple life stages, smash the eggs, nymphs, or adults and scrape or vacuum the remains to dispose of them.



SNAKES

Snakes are perhaps the most under appreciated creature in Fairfax County. Sometimes they can be seen basking in the sun in the woods, wetlands and streams, but most of the time they are resting in a crevice, a hole or under a log. When a snake is threatened, cornered, or poked it may act defensively. Of the three venomous snakes found in Virginia-the Eastern Copperhead, Northern Cottonmouth, and Timber Rattlesnake-only the Eastern Copperhead resides in Fairfax County. All snakes are beneficial by eating nuisance rodents and insects, such as mice, slugs, snails, and fish in addition to eating sick or dying fish and providing food for other wildlife. Give snakes their space and try not to disturb their habitats.

YARD-WHAT SHOULD I DO?!

COMMON FIVE-LINED SKINK

The Common Five-lined skink, also called the Blue tailed skink, is one of the most common lizards found in the eastern United States and Canada. Adult males are reddish-orange. Adult females have dark bodies with silver or blue tails. Juveniles have bright blue tails and are black with five bright yellow lines. They grow to between 4-8 inches and live under logs, rocks, or leaves and are active during the day. They primarily eat insects and spiders. When skinks feel threatened by predators, they can distract them by disconnecting their tails that continue to twitch while they make their escape. These lizards are not venomous and are completely harmless.



PRAYING MANTIS

The praying mantis is an alien-looking insect that can grow up to 2-5 inches. There are three species in Fairfax County, the Virginia native Carolina mantid and two larger, not native cousins: the European mantid and Chinese mantid. Praying mantis can change colors to either brown or green to camouflage against prey. There is an old wives' tale that says killing these insects is illegal. While it is not illegal, praying mantis are beneficial because they eat insect pests like aphids and grasshoppers. Seeing these in your yard is a sign of a healthy garden, and it is best to leave them be.

POISON IVY

"Leaves of three-let it be!" This motto can be frequently be heard recited by scout troops on hikes. According to the Fairfax County Master Gardeners, poison ivy "is very common in our area and can be very dangerous. It grows in a wide variety of places but prefers damp, partial to full shady areas. The sap or oil from any part of the plant at any time of year (even winter) causes a severe allergic reaction in most people when it comes into contact with skin or other parts of the body.

It is extremely dangerous if it gets into your eyes, lungs or respiratory tract." If you decide to try to remove it from your yard, wear rubber or heavy-duty work gloves, long-sleeved shirt, long pants tucked into your socks, and shoes or boots. Eye protection is also recommended. Poison ivy must be dug up by the roots and sealed in a bag for disposal. While poison ivy seems like a scary plant, it has its important role in nature. It is a beneficial plant to wildlife and provides berries for birds to eat.



It's about progress, not perfection



The very first child Beth Campbell taught to swim was a boy with autism who lived on a lake in Massachusetts when she was 15 years old. In the nearly 50 years since that summer, Beth has taught thousands of children how to be safe around the water and to swim “their” stroke. When asked to remember some of her favorite students, Beth’s eyes lit up about one special child in particular.

Carsen was your typical energetic 4-year-old. That is until her parents started to notice changes in her gait and speech. After 10 years of doctors’ visits throughout the country, Carsen was diagnosed with a COX-20 gene deficiency. “She is one of 27 documented cases of this disease that has robbed her of many of her abilities, the biggest ones being her speech, movement and energy. What was once your average energetic child that enjoyed surfing, ziplining, archery and adaptive kayaking, her world has become smaller and opportunities to have fun and just be a teenager have started to dwindle.” says her mom, Karen.

When Carsen met Beth, she was still able to walk into the George Washington Rec Center pool on her own. But with each passing year Carsen lost more and more of her mobility and ability to access the pool. Beth was always one step ahead. She figured out a way to get Carsen in the pool using a wheelchair and ramp. “When that became too challenging, she found other ways to access the pool. Even advocating for the installation of a pool lift to allow Carsen the dignity of entering the pool without the assistance of two and sometimes three people.”, Karen added.

Being in the pool is freeing for Carsen, whether she is swimming or not. Beth has made that possible for her and so much more. Carsen is speech impaired, so she and Beth communicate via Communication Cards. This allows Beth the ability to understand Carsen’s needs in the pool. Her mom says, “Carsen is motivated because Beth believes in her and always encourages her to persevere.” Karen went on to add, “She is like a part of our family, and we could not be

where we are today without her dedication, perseverance and knowledge of teaching swimming.”

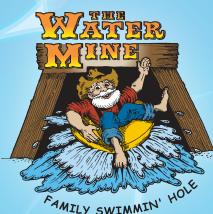
Beth Campbell doesn’t give up. She has a unique ability to always make every child feel special, and to motivate them to be the best version of themselves. And sometimes a special child will allow Beth to become the best version of herself. Carsen will continue to write her own story, and her swim instructor will be there with her every stroke of the way.

If you are interested in volunteering to assist one of the hundreds of students in FCPA’s Access and Inclusion classes please visit www.fairfaxcounty.gov/parks/ada-inclusion for more information.



SENSORY FRIENDLY TIMES AT THE WATER PARKS

*Open to all with disabilities
and their families only.*



THE WATER MINE

**June 20
August 8**

10 – 11 a.m.

**at Lake Fairfax Park
1400 Lake Fairfax Dr., Reston
703-471-5415**



OUR SPECIAL HARBOR

**Wednesdays
10 – 11 a.m.**

**at Franconia Park
6601 Telegraph Rd., Alexandria
703-922-9841**

DELAYING DIABETES

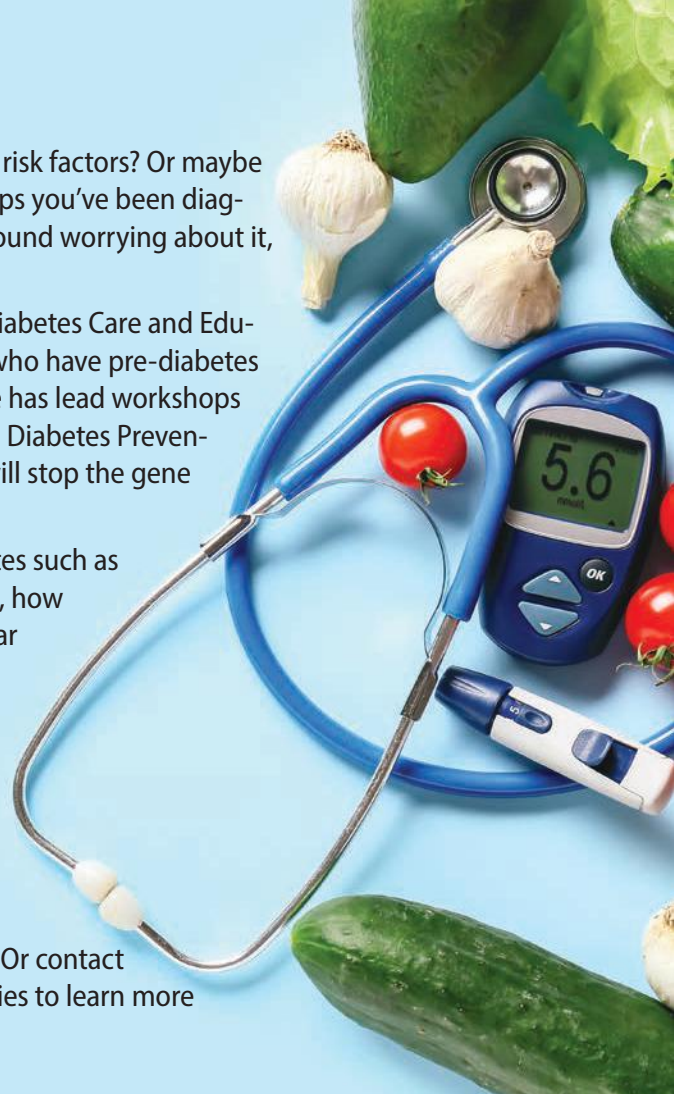
Do you think you might be at risk for diabetes because you have a few of the risk factors? Or maybe your parents or siblings have developed diabetes, so you're at risk too? Perhaps you've been diagnosed with diabetes and still feel a little fuzzy on things. Instead of sitting around worrying about it, do something about it!

Catherine Bavido-Arrage, a Registered Dietitian Nutritionist and a Certified Diabetes Care and Education Specialist, teaches the course that can help delay diabetes. For those who have pre-diabetes or have diabetes, the course teaches students to manage their diagnosis. She has lead workshops and classes on this subject since 2019. Delaying Diabetes is synonymous with Diabetes Prevention, but she prefers Delaying Diabetes because "there isn't any magic that will stop the gene from expressing itself whenever it feels like."

These classes cover the basic topics for someone with Pre-Diabetes or Diabetes such as the disease itself, how blood sugar numbers are affected by the food you eat, how activity affects your blood sugar numbers, how stress affects your blood sugar numbers and how everything comes together so you can keep your blood sugars within range.

As a follow up to these classes, students have the option of one-on-one training sessions with Catherine, where she can work closely with them on a personal basis. Students can also combine the sessions with personal training to get an exercise component as well.

So, keep an eye out for Delaying Diabetes courses by checking regularly on www.fairfaxcounty.gov/parks/parktakes to see when they are being offered. Or contact Christine Molina at christine.molina@fairfaxcounty.gov to discuss opportunities to learn more about your diabetes journey.



5 Reasons to Hire a Personal Trainer - Change starts here!

There's no shortage of free fitness guides and tips on the internet and social media. This is great, but sometimes it's more overwhelming than helpful. Figuring out which workout plans, what works for your goals, what kind of exercise equipment to use and if you can commit to the workout plan is a daunting task. If you can relate to this last point, hiring a personal trainer may be a great solution to get your personalized plan.

Hiring a personal trainer is a big decision and is worth your time, even on a short-term basis. Personal trainers at the Park Authority tailor a custom plan just for you to provide invaluable support and accountability in your fitness journey. No matter if you're just start-

ing out, or maybe you took a break from working out and want to get back into it, a trainer is the perfect person to make sure you are doing exercises correctly and making the most of your time.

The Park Authority offers many different types of fitness and wellness services. There are personal trainers available to meet at several of our Rec Centers, as well as convenient virtual sessions to serve you. Find out more about these services by reaching out to Laurie.Strickland@fairfaxcounty.gov.



5 Reasons to Hire a Personal Trainer

1. You're just getting started with a workout routine
2. You've been injured, had surgery or given birth
3. You need accountability
4. Your schedule is so crazy, you don't know when you can go to the gym
5. You're an athlete looking to improve in your sport

GOLF FAIRFAX FORGES FRIENDSHIPS WORLDWIDE



A group of Fairfax County Golf volunteers and employees from Oak Marr, Laurel Hill and Jefferson District Golf Courses, took a break from their daily duties with a goal of connecting with fellow golf enthusiasts around the world.

Deemed the Virginia International Golf Club (VIGC), the group of avid golfers of mixed ages escaped the cold of January and headed to Cairo, Egypt for an epic golf adventure. Their ten-day itinerary was packed with play at championship courses, sight-seeing at world-class attractions including the Pyramids and Sphinx of Giza, the National Museum of Egyptian Civilization and walks along the Nile River. The group stayed at the beautiful Katameya Dunes Golf Resort in New Cairo, a gated community surrounding a 27-hole Nick Faldo designed championship golf course.

Decked out in matching outfits, the VIGC team had the opportunity to compete at amazing courses including New Giza Golf Club in the shadow of the pyramids in Giza and at the Sokhna Golf Club on the Red Sea. Next, they played in a Pro-Am at the Robert Trent Jones-designed Madinaty Golf Club, the site of recent Asia and Middle East and North Africa Golf Tour professional golf tournaments. Adding another element of camaraderie and friendly rivalry back at the Katameya Dunes Golf Resort, the VIGC team challenged a team of Katameya Dunes members (Team Egypt) in a Ryder Cup style competition in the Atlantic Cup Championship. Fierce competition coupled with spirited golfers resulted in a tie for the day that lead to a sudden death playoff with two players from each team playing the 18th hole. In a nail-biter, Team Egypt won by one stroke and claimed the Atlantic Cup trophy.



Regardless of the winner, all walked away with newly formed friendships, fond memories and membership in part of a community of global golfers. The VIGC challenged Team Egypt to a rematch next year on U.S. soil, with hopes to take back the trophy at a Fairfax County Park Authority course.

GOLF OPENS DOORS AND TRANSFORMS LIVES OF YOUTH

The Fairfax County Park Authority's Burke Lake and Oak Marr Golf Centers are proud to partner with Youth on Course and the Virginia State Golf Association to provide juniors ages 5-17 with access to life-changing opportunities through golf. The unique partnership strives to create inviting, inclusive and accessible golf to help the next generation of lifelong players develop a love for the game. The partnership eliminates common barriers for young golfers such as cost and accessibility.

"Junior golfers represent the future of the game," said Ryan Carmen, Director of Golf Operations for the Park Authority. "We're proud to partner with Youth On Course to welcome young players and promote a life-long love of the game at two of Virginia's best golf centers."

Youth On Course members can play nine holes at Oak Marr Golf Center and either nine or 18 holes at Burke Lake Golf Center for \$5, Monday-Thursday after 12 p.m. and Friday-Sunday after 2 p.m.

Youth on Course is a non-profit that not only offers affordable golf, but provides opportunities for young people to get the support they need to succeed through our career prep, leadership and scholarship programs.

To learn more about the Youth on Course and how to become a member visit www.fairfaxcounty.gov/parks/golf/youth-on-course



MEET CUB RUN REC CENTER'S NEW FITNESS DIRECTOR



When talking to Cub Run Rec Center's newest fitness director, **Cristian Gonzalez**, it is hard not to feel inspired. Cristian has aspirations based on his past experiences, with his main goal being to help others.

After attending Westfield High School in Chantilly and graduating from Mountain View in Centreville, Cristian attended George Mason University. When he researched internship opportunities, he noticed Cub Run Rec Center was on the list and was immediately excited at the chance to work in a place so close to his home. He enjoyed his internship so much that he extended it two times. Before his internship was over, he was offered a fitness attendant position. Cristian continued being offered promotions, first as a Wellness Coach, then as a Manager on Duty which led to a Personal Training position. He is now the Fitness Director at Cub Run Rec Center. Cristian promised himself if he got the position of Fitness Director, he would help the community, recruit more interns and help them move up like he did.

When asked what his favorite thing about his job is, he enthusiastically says "Helping others." Cristian has big plans. When his family moved to the United States from Guatemala when he was 12 years old, he knew very little English. Feeling overwhelmed with communication limitations in school and with his classmates has had a lingering impact on Gonzalez. This has led Cristian to pursue an idea to one day "teach personal fitness in different languages-not only Spanish, but Korean, French, etc." He is passionate about helping others and feels if customers know they can receive instruction in their native language, they will feel more comfortable exercising in the gym. He also wants to explore other opportunities such as more fitness programs for the entire family which would include parents and children, outdoor fitness and maybe even boxing. Cristian's main goal in life is to give back to the community. Cristian understands there are many students in the community just like him and hopes to be an example of perseverance to them.

Cristian has advice for customers if they are new to fitness. "It's going to change your life. It's hard at first but gets easier, so do not give up," says Gonzalez. He says it's important that everyone be versatile and understand how to use all the equipment in the fitness room. You can target the same area in the body using different equipment, so don't just stick to what you know!

UNPLUG AND CONNECT WITH THE OUTDOORS JUNE IS NATIONAL GREAT OUTDOORS MONTH

Calling all outdoor enthusiasts! June is National Great Outdoors Month and the Fairfax County Park Authority is celebrating! This commemorative month started in 1998 as Great Outdoors Week and expanded to a month long celebration in 2004. The U.S. Senate officially designated June as Great Outdoors Month in 2019.

Get out and play! Take in some fresh air with friends and family and escape from the daily grind. The outdoors is an important part of a healthy lifestyle and can help to reduce stress, improve mental health and increase social skills.

Spending time outside surrounded by nature can be fun and affordable. Go for a hike, have a picnic, take a nature class, go camping, rent a boat, go geocaching, explore fishing or enjoy a bike ride. The Fairfax County Park Authority owns and manages 420 parks on more than 23,500 acres of land, offering more than 330 miles of formal park trails, our most popular amenity.

To find out more about National Great Outdoors month, visit our website at www.fairfaxcounty.gov/parks/topics/great-outdoors-month.





Summer Swim League

Since the Northern Virginia Swim League (NVSL) was founded in 1956, thousands of children have competed in swimming

in neighboring community and FCPA pools by joining their local teams. But not every child has access to the neighborhood pools and program either due to location or financial constraints on the family. Nor do all parents want to commit to an established program with high competition expectations before knowing if their children would enjoy it and would rather just expose them to the sport in a more relaxed, non-committal and economical fashion.

Enter Fairfax County Park Authority and the Summer Swim League. Started in 2021, the FCPA's Summer Swim League is a program geared towards introducing young swimmers to training, teamwork and swim strokes while having them experience competitive swimming at swim meets. "The goal is to teach children about the competitive side of swimming, in a fun and relaxed environment" says league coordinator Levi Lainhart. "Summer Swim League is wonderfully low key and just FUN!! Its perfect for any level of swimmer, as long as you can make it across the pool."



With the league still in its infancy, slow continued growth is the recipe for success. "Last year we had more people on the waiting list than we had registered, so my team and I spent all off-season coming up with how we can get more children into the program. Our goal this year is to add 100 new swimmers!" he said.

Registration for Summer Swim League is open until June 9. For more about the Swim League, visit www.fairfaxcounty.gov/parks/reccenter/swimming.



HIDDEN
GEM



Sully Historic Site



Tucked away from the busy airport traffic lies Sully Historic Site. The park sits on over 128 acres and is just miles south of the Dulles International Airport at the intersection of Route 28 (Sully Road) and U.S. Route 50. In fact, if it wasn't for Dwight D. Eisenhower, Sully Historic Site would have been demolished to build Dulles Airport. In 1959 Eisenhower signed legislation to preserve Sully as an historic site.



Sully reflects Fairfax County history. It was the 1794 home of Richard Bland

Lee, Northern Virginia's first Representative to Congress and General Robert E. Lee's uncle. Sully is on the National Register for Historic Places, is accredited by the American Association of Museums and is part of the National Park Service's Underground Railroad Network to Freedom.

Whether you are a seasoned history buff or a nature lover, Sully offers a unique experience to go back in time. Take a self-paced walking tour of the grounds, explore history with a guided house tour and hear stories of the Lee family. With walking trails and picnic areas, Sully makes a great place to take a hike, take pictures of the beautiful grounds, enjoy a picnic, or even watch the planes come and go at Dulles Airport.



Sully is packed full of activities for all interests and ages. Enjoy a museum program, attend summer camp, plan a school field trip, or embark on a scout adventure. The park hosts several special events including Earth Day, spring egg hunts, an annual car show, concerts and holiday candlelight tours.

The park grounds are open daily from 9 a.m. to 5 p.m. To learn more about Sully Historic Site visit www.fairfaxcounty.gov/parks/sully-historic-site.



SUMMER '23

CALENDAR

*Classes, Events,
Programs, and
Registration Dates*

Saturday, April 22		
Earth Day Fairfax Celebration	Sully Historic Site	pg. 57
Tuesday, April 25		
Summer Registration Begins		pg. 110
Saturday, April 29		
Healthy Strides 5K/10K & Kids Dash	Burke Lake Park	pg. 55
Sunday, May 7		
Spring Scramble Golf Tournament	Pinecrest Golf Course	pg. 75
Saturday, May 13		
Skate the Wake	Wakefield Skate Park	pg. 56
Par 3 Challenge Golf Tournament	Jefferson Golf Course	pg. 75
Person Best Ball Golf Tournament	Oak Marr Golf Course	pg. 75
Saturday, May 20		
Spring Garden Day The Big Plant Sale	Green Spring Gardens	pg. 56
Saturday, May 27		
The Water Mine Opens for the Season	The Water Mine at Lake Fairfax Park	pg. 19
Bug Fest!	Lewinsville Historic House	pg. 55
Saturday, June 10		
Under the Sea Party	Oak Marr Rec Center	pg. 56
Summer Scramble Golf Tournament	Jefferson Golf Course	pg. 75
2-Person Scramble Golf Tournament	Oak Marr Golf Course	pg. 75
Sunday, June 11		
Celebrate Juneteenth-Paths of Freedom Seekers	Ellanor C. Lawrence Park	pg. 57
Thursday, June 15		
Celebrate Juneteenth-Forgotten Road Tour	Sully Historic Site	pg. 57
Saturday, June 17		
Celebrate Juneteenth-Juneteenth Celebration	Frying Pan Farm Park	pg. 57
Sunday, June 18		
Sully Annual Car Show	Sully Historic Site	pg. 55
Tuesday, June 20		
Sensory Friendly Time	The Water Mine at Lake Fairfax Park	pg. 19
Wednesday, June 21		
Sensory Friendly Time	Our Special Harbor at Franconia	pg. 19
Saturday, June 24		
Poetry in the Parks-Pride Month Poetry	Ellanor C. Lawrence Park	pg. 57
Wednesday, June 28		
Concert in the Garden	Green Spring Gardens	pg. 55
Saturday, July 1		
Fireworks, Food, and Family Fun!	Lake Fairfax Park	pg. 60
Sunday, July 2		
Red, White, and Blue Golf Tournament	Pinecrest Golf Course	pg. 75
Saturday, July 15		
Junior Club Championship Golf Tournament	Oak Marr Golf Course	pg. 75
Saturday, July 29		
Evening Farm Tour-Beatrix Potter Night	Frying Pan Farm Park	pg. 54
Thursday, August 3		
4-H Fair & Carnival	Frying Pan Farm Park	pg. 60
Tuesday, August 8		
Sensory Friendly Time	The Water Mine	pg. 19
Saturday, August 19		
Poetry in the Parks-Poetry Beneath the Stars	Turner Farm Park	pg. 57
Saturday, August 26		
Annual Begonia Show and Sale	Green Spring Gardens	pg. 55





LIFEGUARD COMPETITION

As the dog days of summer wind down, you can be sure the lifeguards of Fairfax County are still hard at work, watching over the thousands of water goers using Park Authority facilities trying to beat the heat. What you don't see are the hours of training these young professionals have put into their craft. "Each new summer lifeguard we hire puts in about 30 hours of training

before they ever step into the lifeguard stand." Says Water Mine Park Manager Tammy Yelmgren. With nine indoor and outdoor pools, a spray ground, and of course the Water Mine, the Park Authority needs over 500 lifeguards in the summer to remain operational. With all that training and so many staff, the annual Park Authority Lifeguard Competition is the perfect way to recognize these exceptional guards with some friendly competition.

The Fairfax County Park Authority's Lifeguard Competition is an annual event held at the end of July that let guards from each Rec Center and the Water Mine compete in a variety of events to test their physical abilities and rescue skills. "Our competition is designed to mimic real life scenarios that include swimming, paddling, treading water and communication which are the essential skills needed to keep our swimmers safe," said Lifeguard Competition chair Sarah Barrack. But is there anything fun? "We also have some events that require the guards to use what they have learned but in a new manner, from searching for something in muddy water to building a raft and swimming it across the pool, and my personal favorite the lifeguard manakin relay." This consists of the entire team swimming a leg of a relay with the lifeguard manakin serving as the baton. "I love it because we get a great crowd of non-competing lifeguards at the pool to support their site, and it involves every member of the team." Sara added.

For more information on becoming an FCPA Lifeguard visit www.fairfaxcounty.gov/parks/reccenter/aquatic-certification.



Fairfax County Park Authority Board Members

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Ken Quincy.....Providence
Michael Thompson, Jr.....Springfield
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Dalia A. Palchik.....Providence
Pat Herrity.....Springfield
Kathy L. Smith.....Sully

The Fall issue of Parktakes will be available in mid-July. Registration will begin on August 1.

Park Authority Board meetings are open to the public. For more information about dates and times, visit www.fairfaxcounty.gov/parks/board.

About Parktakes

Advertising: Paid advertising included in Parktakes does not imply endorsement of the advertised goods, products or services by the Fairfax County Park Authority. To place an ad in Parktakes, contact Cindy Fortuno at cindy.fortuno@fairfaxcounty.gov.

Publication and Subscriptions: Free subscriptions are available for both printed and electronic formats through our registration office 703-222-4664 or by signing up online: www.fairfaxcounty.gov/parks/ptsubs.htm. Parktakes copies are also

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

Postage: Periodicals postage paid at Fairfax, Va. (USPS 010-296). POSTMASTER: Send address changes to FCPA/Parktakes, P.O. Box 4606, Fairfax, Va. 22038-4606.

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

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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

Hilton Worldwide Corporate



The Fairfax County Park Authority (FCPA) and the Fairfax County Park Foundation (FCPF) are grateful to the Hilton Worldwide Corporate employees for their monetary donation and for their volunteering to help remove invasive plants from Lewinsville Park in McLean.

In a display of great partnership, volunteers from Plant NoVA Natives worked with FCPA's Invasive Management Area (IMA) Program Staff to plan and implement a large volunteer workday for Hilton Worldwide Corporate headquarters staff. Dr. Margaret Fisher, Chair for Plant NoVA Natives Outreach Committee stated, "The success of the regional native tree campaign depends on

everyone's participation, including our local corporations and the people who work there, so we are very grateful to the Hilton volunteers for their hard work and support."

Approximately 60 Hilton team members learned how invasive species reduce wildlife habitat and threaten mature trees. The volunteers picked up tools and removed aggressive porcelain-berry vines to create space for native plants and save Lewinsville Park trees. The Hilton volunteers also learned about proper planting techniques and planted 40 native trees in the newly cleared area. Volunteers left Lewinsville Park that day knowing that the effort they gave will help to protect trees and enhance the urban forest. The Park Authority staff are grateful for the contributions made by the Hilton volunteers. The partnership is an excellent example of the Chinese proverb, "many hands make light work!"

With the donation from Hilton to FCPF, IMA staff purchased trees, tools and supplies that support the restoration of the Lewinsville Park, which will also provide support for future volunteer activities. 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 through the Park Foundation webpage at Donate – Fairfax County Park Foundation (fairfaxparkfoundation.org). In 2022, 4,759 volunteers worked 24,860 hours to collect 4,450 bags of invasive species! And they planted almost 2,000 native trees, flowering plants, and grasses. While this may seem like a lot of volunteers, even more are needed to eradicate the hundreds of invasive species acres. Interested groups may reach out to the IMA Program staff www.fairfaxcounty.gov/parks/invasive-management-area to request volunteer opportunities.



Visit www.fairfaxparkfoundation.org to find out how you can make a difference to your parks!

PARKS at a Glance

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

Phone Number	Accessible Playground	Agriculture Field/Kitchen Garden	Basketball Courts (Indoors)	Basketball Courts (Outdoors)	Birthday Parties	Boating/Boat Rentals	Campgrounds	Carousel	Catering	Childcare Center	Demonstration Gardens	Disc Golf	Equestrian Facilities	Family Water Park	Farm	Fishing	Fitness Center	Fitness Trails	Food Service/Concession	Golf-Driving Cages/Indoor Range	Golf-Driving Range	Golf Lessons	Golf-Number of Holes	Golf-Par	Golf-Adapted Power Carts	Golf-Power Carts	Golf Pro Shop
Rec Centers																											
Audrey Moore	703-321-7081			•	•	•											•										
Cub Run	703-817-9407					•											•										
G. Washington	703-780-8894					•																					
Franconia*	703-922-9841			•	•	•		•									•										
Oak Marr	703-281-6501					•				•							•										
Providence	703-698-1351				•	•											•										
South Run	703-866-0566				•	•											•										
Spring Hill	703-827-0989			•		•											•										
Golf Courses																											
Burke Lake	703-323-1641																		•		•	•	18	54	•		•
Greendale	703-971-6170																		•			•	18	70	•	•	•
Jefferson	703-573-0443																		•				9	35	•	•	•
Laurel Hill	703-493-8849								•										•		•	•	18	71	•	•	•
Oak Marr	703-255-5390																				•	•	9	27	•		•
Pinecrest	703-941-1061																		•	•	•	•	9	35	•	•	•
Twin Lakes	703-631-9099								•										•		•	•	36	71	•	•	•
Major Parks																											
Burke Lake	703-323-6600					•	•	•	•			•				•		•	•								
Clemyjontri	703-388-2807	•						•																			
Jefferson District	703-573-0444				•	•													•								
Lake Accotink	703-569-3464			•		•	•	•									•		•								
Lake Fairfax	703-471-5414					•	•	•						•		•			•								
Laurel Hill	703-437-9101											•															
M. L. King Jr.	703-324-8732																										
Mason District	703-324-8700				•														•								
Nottoway	703-324-8700				•														•								
Nature and Historic Sites																											
Colvin Run Mill	703-759-2771										•																
Ellanor C. Lawrence	703-631-0013	•			•						•					•											
Frying Pan Farm	703-437-9101	•			•			•			•		•		•												
Green Spring Gardens	703-642-5173	•			•						•																
Hidden Oaks	703-941-1065				•						•																
Hidden Pond	703-451-9588				•						•																
Huntley Meadows	703-768-2525				•																						
Riverbend	703-759-9018				•	•										•											
Sully Historic Site	703-437-1794				•						•																
Turner Farm/ Observatory	703-759-9018												•														



Golf-Pull Carts																																
Gymnasium	●	●				●	●	●	●							●	●	●	●		●		●	●	●	●						
Historic Gardens																																
Horticulture Library																																
Ice Cream Parlor																																
Indoor Pools	●	●	●	●	●	●	●	●	●																							
Indoor Turf Field						●																										
Indoor Walking Track	●																															
Interpretive Programs							●																									
Mini Golf		●																														
Mini-Train																																
Museum																																
Nature Center																																
Nature Trails																																
Orienteering																																
Pickleball Courts		●																														
Picnic Area																																
Playground	●	●	●	●	●	●																										
Pottery Lab	●																															
Racquet & Wallyball Courts	●	●	●	●	●	●																										
Reservable Shelter/Picnic		●																														
Room/Banquet Rentals	●	●	●	●	●	●																										
Sales and Gifts																																
Sauna	●	●	●	●	●	●																										
Scout/School Programs	●	●	●	●	●	●																										
Skate Park	●																															
Spa	●	●	●	●	●	●																										
Tennis Courts	●	●	●	●	●	●																										
Viewing Tower																																
Visitor Center																																
Volleyball	●																															
Water Playground		●	●																													
Wetlands Boardwalk																																

PARK LOCATIONS



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 **Mt. Vernon Rec Center**
(Closed for Renovations until 2025)
- 6 **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 **Laurel Hill Equestrian Center**
9500 Furnace 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 **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 **FPCA Headquarters**
12055 Government Center Parkway,
Suite 927, Fairfax 22035 • 703-324-8700

Visit www.fairfaxcounty.gov/parks/locator for more park locations and directions.

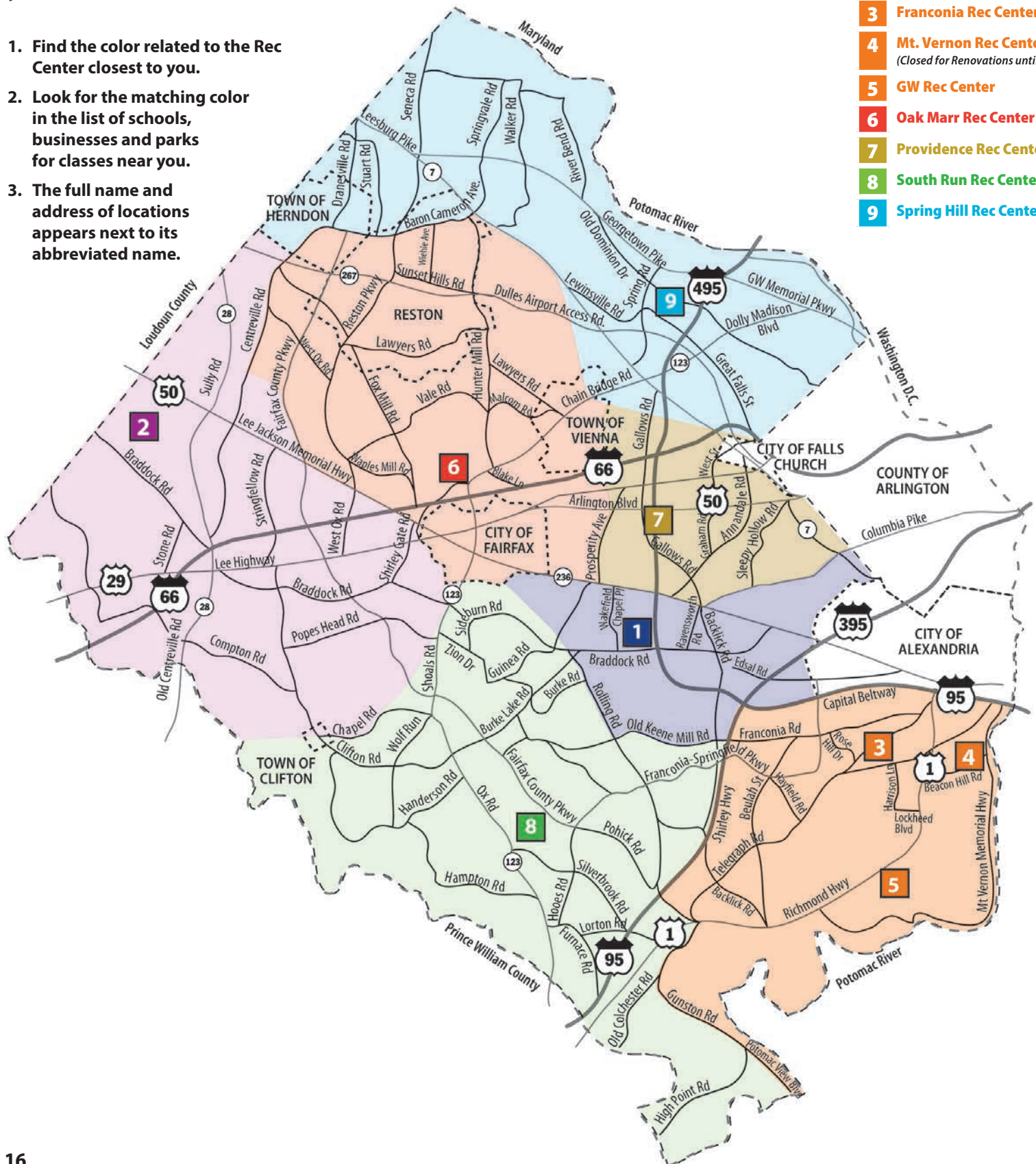


LOCATION ABBREVIATION GUIDE

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 | Mt. Vernon Rec Center
(Closed for Renovations until 2025) |
| 5 | GW Rec Center |
| 6 | Oak Marr Rec Center |
| 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
GrnSprGardn	Green Spring Gardens Park	4603 Green Spring Rd	Alexandria 22312
Hidden Oaks	Hidden Oaks Nature Center	7701 Royce St	Annandale 22003
Kings Pk ES	Kings Park Elementary	5400 Harrow Way	Springfield 22151
LkAccotinkPk	Lake Accotink Park	7500 Accotink Park Dr	Springfield 22151
LittleRun ES	Little Run Elementary	4511 Olley Ln	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
Braddock Park	Braddock Park	13451 Braddock Rd	Clifton 20124
Chalet Wds Pk	Chalet Woods Park	14912 Cranoke St	Centreville 20120
Chantilly HS	Chantilly High School	4201 Stringfellow Rd	Chantilly 20151
Cub Run ES	Cun Run Elementary	5301 Sully Station Dr	Centreville 20120
CubRunREC	Cub Run Rec Center	4630 Stonecroft Blvd.	Chantilly 20151
Deer Pk ES	Deer Park Elementary	15109 Carlbern Dr	Centreville 20120
ECLawrencePk	Ellanor C. Lawrence Park	5040 Walney Rd	Chantilly 20151
Frying Pan Pk	Frying Pan Park	2709 West Ox Rd	Herndon 20171
GreenbrW ES	Greenbriar West Elementary	13300 Poplar Tree Rd	Fairfax 22033
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
VA Run ES	Virginia Run Elementary	15450 Martins Hundred Dr	Centreville 20120

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
Ft Hunt ES	Fort Hunt Elementary	8832 Linton Ln	Alexandria 22308
Frnconia ES	Franconia Elementary	6301 Beulah St	Alexandria 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
Lane ES	Lane Elementary	7137 Beulah St	Alexandria 22315
LeeREC	Franconia Rec Center	6601 Telegraph Rd	Franconia 22310
Sandburg MS	Sandburg Middle School	8428 Fort Hunt Rd	Alexandria 22308
Stone Mansion	Stone Mansion	3900 Stoneybrooke Dr	Alexandria 22306
Waynewood ES	Waynewood Elementary	1205 Waynewood Blvd	Alexandria 22308

6. Oak Marr			
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
Mosaic ES	Mosaic Elementary	9819 Five Oaks Rd	Fairfax 22031
NottowayPk	Nottoway Park	9601 Courthouse Rd	Vienna 22181
Oak Marr Golf	Oak Marr Golf Complex	3200 Jermantown Rd	Oakton 22124
OakMarREC	Oak Marr Rec Center	3200 Jermantown Rd	Oakton 22124
Oakton ES	Oakton Elementary	3000 Chain Bridge Rd	Oakton 22124

Abbrv	Name	Address	City, Zip
7. Providence			
Clark House	Clark House	6338 Barcroft Mews Dr	Alexandria 22312
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
ProvREC	Providence Rec Center	7525 Marc Dr	Falls Church 22042
RndtreePk	Roundtree Park	3411 Casilear Rd	Falls Church 22042
Woodbrn ES	Woodburn Elementary	3401 Hemlock Dr	Falls Church 22042

8. South Run			
BlkBltFfx	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
CherryRun ES	Cherry Run Elementary	9732 Ironmaster Dr	Burke 22015
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
OakVw ES	Oak View Elementary	5004 Sideburn Rd	Fairfax 22032
Orng Hnt ES	Orange Hunt Elementary	6820 Sydenstricker Rd	Springfield 22152
RollValy ES	Rolling Valley Elementary	6703 Barnack Dr	Springfield 22152
RoyalLakePk	Royal Lake Park	5344 Gainsborough Dr	Fairfax, 22032
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 Trvrn	Dranesville Tavern	11919 Leesburg Pk	Herndon 20171
GrtFlsGrange	Great Falls Grange	9818 Georgetown Pk	Great Falls 22066
LewinsvllHse	Lewinsville House/ Park	1659 Chain Bridge Rd	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
SphillREC	Spring Hill Rec Center	1239 Spring Hill Rd	McLean 22102
TurnerFarmPk	Turner Farm Park	925 Springvale Rd	Great Falls 22066



Adapted Recreation Programs



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.

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 703-324-8727. 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.

Adapted Aquatics

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.

4AE	7--30 minute lessons--\$106					
Location	Day	Time	Code	Begin	\$	
OakMarREC	Sa	9:20am	COA.DE54	6/24	4AE	
SoRunREC	Sa	11:45am	COA.JG58	6/24	4AE	
SoRunREC	Su	12:15pm	COA.RLG4	6/25	4AE	



Fan us on Instagram
www.instagram.com/fairfaxparks/



Adapted Swimming 1

(6-12 yrs.) Students engage in activities to overcome fear of water and gain basic swimming and water safety skills in a group setting. Skills include entering and exiting water safely, blowing bubbles, floating, gliding and using arms and legs to swim with flotation assistance. Parent participation may be required.

4AE	7--30 minute lessons--\$106					
Location	Day	Time	Code	Begin	\$	
OakMarREC	Sa	10am	E4B.LDPW	6/24	4AE	
ProvREC	Su	11am	E4B.W4QH	6/25	4AE	
SoRunREC	Sa	9:05am	E4B.CWEE	6/24	4AE	
SoRunREC	Su	12:55pm	E4B.RKXG	6/25	4AE	

Adapted Swimming 2

(6-12 yrs.) Prerequisite: Swimming 1 or equivalent skill proficiency. Students increase confidence and ability to perform swimming skills with and without assistance or flotation devices. Skills include blowing bubbles with face submerged under water, floating on front and back and gliding or swimming at least two body lengths using arms and legs. Parent participation may be required.

4AE	7--30 minute lessons--\$106					
Location	Day	Time	Code	Begin	\$	
CubRunREC	Su	2pm	6D7.CX6G	6/25	4AE	
OakMarREC	Sa	10:40am	6D7.VNWC	6/24	4AE	
ProvREC	Su	11:35am	6D7.UBW2	6/25	4AE	
SoRunREC	Sa	9:45am	6D7.4724	6/24	4AE	
SoRunREC	Su	1:35pm	6D7.VPLF	6/25	4AE	

Adapted Swimming 3

(6-12 yrs.) Prerequisite: Swimming Level 2 or equivalent skill proficiency. This class is designed to increase endurance and independent swimming skills. Skills include treading water, retrieving objects, and swimming front crawl and back crawl without flotation devices. Parent participation may be required.

4AE	7--30 minute lessons--\$106					
Location	Day	Time	Code	Begin	\$	
CubRunREC	Su	2:35pm	422.RVYL	6/25	4AE	
OakMarREC	Sa	11:20am	422.P9JW	6/24	4AE	
SoRunREC	Sa	10:25am	422.7WTN	6/24	4AE	

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.

4AE	7--30 minute lessons--\$106					
Location	Day	Time	Code	Begin	\$	
OakMarREC	Sa	12pm	03B.DKG7	6/24	4AE	
SoRunREC	Sa	11:05am	03B.NUYL	6/24	4AE	

NEED ACCOMMODATIONS?



Fairfax County Park Authority is committed to providing all residents equal access to programs, classes, camps and other Park Authority activities.

Reasonable accommodations include:

- Physical accessibility
- Sign language interpreters
- Leisure coaches
- Assistive devices and materials
- An accommodation plan
- Sensitivity training for other classmates
- Adapted service staff training



For more information or to request
ADA accommodations,
call 703-324-8727 • Va. Relay 711

www.fairfaxcounty.gov/parks/accessible

All programs and activities will follow current health safety protocols.

Adapted Intro to Basic Strokes

(8-Adult) Prerequisite: Students must be able to swim 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.

4AO 7--45 minute lessons--\$107					
Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	2pm	E06.QPNP	6/24	4AO
ProvREC	Su	12:15pm	E06.6LE2	6/25	4AO

Swim Team Training/

Intermediate Swimmers w/Disabilities

(8-Adult) Competitive swimming for individuals who may want to participate in Special Olympics. Swimmers must be able to swim 25 yards and do not need prior competitive experience. Students are coached in free-style, breaststroke, backstroke and butterfly.

4AY 7--55 minute lessons--\$112					
Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	3pm	C26.PFBB	6/24	4AY
OakMarREC	Su	2pm	C26.6MSD	6/25	4AY

Swim Team Training/

Advanced Swimmers w/Disabilities

(8-Adult) Competitive swimming for individuals who may want to participate in Special Olympics. Swimmers must be able to swim 25 yards while circle swimming with other students. Students are coached in freestyle, breaststroke, backstroke, and butterfly.

4AY 7--55 minute lessons--\$112					
Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	4pm	B1D.9WJY	6/24	4AY
FranconiaRec	W	7pm	B1D.UKAP	6/21	4AY
OakMarREC	Su	3pm	B1D.SJ99	6/25	4AY

SENSORY FRIENDLY TIMES at the Water Parks

Open to all with disabilities and their families only.

The Water Mine

June 20 and August 8

10 - 11 a.m.

at Lake Fairfax Park

1400 Lake Fairfax Dr., Reston

703-471-5415

Our Special Harbor

Wednesdays

10 - 11 a.m.

at Franconia Park

6601 Telegraph Rd., Alexandria

703-922-9841



For more information visit:

www.fairfaxcounty.gov/parks/accessible

Adapted Deep Water Aqua Fitness

(13-Adult) This class is designed for individuals with intellectual disabilities who are comfortable in water depths over six feet. Classes provide personalized instruction focusing on water exercise and stroke development.

4AO 7--45 minute lessons--\$107					
Location	Day	Time	Code	Begin	\$
CubRunREC	Su	3:15pm	70A.FLU7	6/25	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.

4AO 7--45 minute lessons--\$107					
4AP 8--45 minute lessons--\$124					
Location	Day	Time	Code	Begin	\$
SpHillREC	Su	3:30pm	460.KESX	6/25	4AO
SpHillREC	Su	4:30pm	460.P5B3	6/25	4AO
Wkfld/Moore	F	11am	460.A98S	6/23	4AP

Adapted Sports & Fitness

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.)					
LdbyExFr0ks	Sa	3pm	A12.OEPG	6/17	DMVB
(10-17 yrs.)					
LdbyExFr0ks	Sa	4:15pm	EEC.LM46	6/17	DMVB
(16-Adult)					
LdbyExFr0ks	W	7:45pm	456.CZ70	6/21	DMVB

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.

DAVA 8--55 minute lessons--\$141					
Location	Day	Time	Code	Begin	\$
SpHillREC	M	3pm	K79.QHVI	6/26	DAVA

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--\$141					
Location	Day	Time	Code	Begin	\$
LittleRun ES	Sa	9am	6C3.4XC1	6/17	DAVA
LittleRun ES	Sa	10am	6C3.AOLZ	6/17	DAVA

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.

DPVN 8--55 minute lessons--\$144

Location	Day	Time	Code	Begin	\$
SpHillREC	M	3pm	K79.QHVI	6/26	DPVN

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. Bring a mat. Parent/caregiver participation may be required.

3EJ 4--55 minute lessons--\$50					
Location	Day	Time	Code	Begin	\$
ProvREC	T	5pm	D0E.919U	7/11	3EJ
SpHillREC	F	5:15pm	D0E.310U	7/7	3EJ

Other Adapted Opportunities

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.

3EJ 4--55 minute lessons--\$50					
Location	Day	Time	Code	Begin	\$
SpHillREC	F	4pm	522.1B08	7/7	3EJ

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--\$10					
Location	Day	Time	Code	Begin	\$
ECLawmcePk	Sa	11am	206.7QMP	6/10	4B4
ECLawmcePk	Sa	6pm	206.9JGM	7/15	4B4

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, Oak Marr, Providence, South Run and Spring Hill Rec Centers.**

VOLUNTEER TRAINING AVAILABLE
ONLINE. TO SIGN UP, EMAIL
LINDA.CRONE2@FAIRFAXCOUNTY.GOV



Aquatics

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 nine 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

Small-Group Lessons

Rec Centers offer small-group lessons. This lesson option complements the Park Authority's other swim instruction offerings:

- Private Lessons for students ages 3 to adult offer one-on-one instruction solely based on the student's skill level.
- Semi-private lessons for students ages 3 to adult offer instruction between two participants of similar ability and one instructor.
- Small-group lessons offer the same curriculum as the larger, traditional group lessons but to a smaller group of swimmers. Small-group lessons lower student-to-teacher ratios, offer more personalized instruction and more practice time than large-group lessons.

Traditional group lessons offer a comprehensive curriculum for participants ranging in age from 6 mos. to adult.



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.

4AB	4--30 minute lessons--\$61
4AD	6--30 minute lessons--\$91
4AE	7--30 minute lessons--\$106
4AF	8--30 minute lessons--\$121
4AG	9--30 minute lessons--\$134

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	9am	665.DMAY	6/24	4AE
CubRunREC	Sa	10:10am	665.490K	6/24	4AE
CubRunREC	Su	9am	665.XGVZ	6/25	4AE
CubRunREC	Su	10:10am	665.LOL7	6/25	4AE
FranconiaRec	Sa	10:15am	665.DLCU	6/24	4AE
FranconiaRec	Su	10:10am	665.N27Y	6/25	4AE
GWREC	Sa	10:10am	665.XZDI	6/24	4AE
GWREC	Sa	11:05am	665.R1LS	6/24	4AE
OakMarREC	Sa	9am	665.BHD5	6/24	4AE

OakMarREC	Su	10:05am	665.H6X9	6/25	4AE
ProvREC	Sa	8:15am	665.RZF2	6/24	4AF
SoRunREC	M-Th	10:25am	665.9FEF	6/19	4AF
SoRunREC	Sa	10:25am	665.A3W6	6/24	4AE
SoRunREC	Su	9:35am	665.EPTA	6/25	4AE
SoRunREC	M-Th	10:25am	665.ZYX4	7/5	4AD
SoRunREC	M-Th	10:25am	665.DYID	7/17	4AF
SoRunREC	M-Th	10:25am	665.KFEP	7/31	4AF
SpHillIREC	M-Th	10:15am	665.2U7F	6/19	4AF
SpHillIREC	Th	5:45pm	665.CTMI	6/22	4AG
SpHillIREC	Sa	9:50am	665.EZFX	6/24	4AF
SpHillIREC	Su	10:10am	665.B5WG	6/25	4AF
SpHillIREC	M-Th	10:15am	665.A001	7/10	4AF
SpHillIREC	M/W	10:50am	665.VU30	7/24	4AB
SpHillIREC	M-Th	10:15am	665.PXU6	8/7	4AF
Wkfld/Moore	Sa	10:10am	665.VA6P	6/24	4AE
Wkfld/Moore	Sa	11:30am	665.KK6S	6/24	4AE

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.

4AB	4--30 minute lessons--\$61
4AD	6--30 minute lessons--\$91
4AE	7--30 minute lessons--\$106
4AF	8--30 minute lessons--\$121
4AG	9--30 minute lessons--\$134
4AH	10--30 minute lessons--\$150

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	9:35am	FAB.ZOX0	6/24	4AE
CubRunREC	Sa	11:20am	FAB.8LOQ	6/24	4AE
CubRunREC	Su	9:35am	FAB.9TYX	6/25	4AE
CubRunREC	Su	11:20am	FAB.NXGR	6/25	4AE
FranconiaRec	M/W	5:30pm	FAB.YBS1	6/19	4AE
FranconiaRec	Sa	9:35am	FAB.XEP9	6/24	4AE
FranconiaRec	Sa	11:30am	FAB.G2QT	6/24	4AE
FranconiaRec	Su	9:35am	FAB.FKO2	6/25	4AE
FranconiaRec	Su	11:30am	FAB.P7MK	6/25	4AE
GWREC	Sa	9am	FAB.77HE	6/24	4AE
GWREC	Sa	9am	FAB.HQRQ	6/24	4AE
GWREC	Sa	9:35am	FAB.WCG3	6/24	4AE
OakMarREC	Sa	9:35am	FAB.QXSQ	6/24	4AE
OakMarREC	Su	10:40am	FAB.U93E	6/25	4AE
ProvREC	Sa	8:50am	FAB.SIKI	6/24	4AF
SoRunREC	M/W	6:35pm	FAB.RS1B	6/19	4AE
SoRunREC	M-Th	9am	FAB.Q7LD	6/19	4AF
SoRunREC	M-Th	11:35am	FAB.OMJP	6/19	4AF
SoRunREC	Sa	9am	FAB.EHZE	6/24	4AE
SoRunREC	Sa	11:35am	FAB.QBDW	6/24	4AE
SoRunREC	Su	10:10am	FAB.J431	6/25	4AE
SoRunREC	M-Th	9am	FAB.6JVE	7/5	4AD
SoRunREC	M-Th	11:35am	FAB.AGT5	7/5	4AD
SoRunREC	M/W	6:35pm	FAB.IU63	7/17	4AH
SoRunREC	M-Th	9am	FAB.CU51	7/17	4AF
SoRunREC	M-Th	11:35am	FAB.YHER	7/17	4AF
SoRunREC	M-Th	9am	FAB.Q9ZX	7/31	4AF
SoRunREC	M-Th	11:35am	FAB.UBUI	7/31	4AF
SpHillIREC	M-Th	10:15am	FAB.CG17	6/19	4AF
SpHillIREC	Th	5:45pm	FAB.AVDB	6/22	4AG
SpHillIREC	Sa	10:25am	FAB.NH9E	6/24	4AF
SpHillIREC	Sa	11:35am	FAB.8J48	6/24	4AF
SpHillIREC	Su	10:45am	FAB.QNX6	6/25	4AF
SpHillIREC	M-Th	10:15am	FAB.Z2ER	7/10	4AF
SpHillIREC	T/Th	10:50am	FAB.B57A	7/25	4AB
SpHillIREC	M-Th	10:15am	FAB.EIBQ	8/7	4AF
Wkfld/Moore	Sa	9:35am	FAB.BBQ6	6/24	4AE
Wkfld/Moore	Sa	10:55am	FAB.JXEY	6/24	4AE
Wkfld/Moore	M-Th	10:25am	FAB.HIGQ	7/5	4AD

Preschooler and Me Swim

(3-5 yrs.) Register your preschooler for this class designed for children and their parents(s) or other favorite

All programs and activities will follow current health safety protocols.

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 I.

4AD	6--30 minute lessons--\$91
4AE	7--30 minute lessons--\$106
4AF	8--30 minute lessons--\$121
4AG	9--30 minute lessons--\$134
4AH	10--30 minute lessons--\$150

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	10:45am	D6F.W51F	6/24	4AE
CubRunREC	Su	10:45am	D6F.1J0R	6/25	4AE
FranconiaRec	M/W	5:30pm	D6F.PW3S	6/21	4AH
FranconiaRec	Sa	10:55am	D6F.IPV1	6/24	4AE
FranconiaRec	Su	10:55am	D6F.YAYX	6/25	4AE
GWREC	Sa	12:15pm	D6F.3H49	6/24	4AE
OakMarREC	M/W	5:40pm	D6F.JZNF	6/19	4AE
OakMarREC	T/Th	5:40pm	D6F.J749	6/20	4AE
OakMarREC	F	6pm	D6F.81X3	6/23	4AF
OakMarREC	F	8:30am	D6F.N8NJ	6/23	4AG
OakMarREC	Sa	10:10am	D6F.MSVZ	6/24	4AE
OakMarREC	Su	11:15am	D6F.K75F	6/25	4AE
OakMarREC	M/W	5:40pm	D6F.V1NE	7/17	4AH
OakMarREC	T/Th	5:40pm	D6F.QXUT	7/18	4AH
ProvREC	Sa	9:15am	D6F.9T5Q	6/24	4AF
SoRunREC	M-Th	11:25am	D6F.VVEJ	6/19	4AF
SoRunREC	Sa	11:25am	D6F.4BZP	6/24	4AE
SoRunREC	Su	9am	D6F.M6CS	6/25	4AE
SoRunREC	M-Th	11:25am	D6F.S18C	7/5	4AD
SoRunREC	M-Th	11:25am	D6F.ZMF5	7/17	4AF
SoRunREC	M-Th	11:25am	D6F.BTX1	7/31	4AF
SpHillREC	Sa	11am	D6F.U2H1	6/24	4AF
SpHillREC	Su	11:20am	D6F.U1KB	6/25	4AF
Wkfld/Moore	M-Th	10:25am	D6F.2HTM	6/20	4AE
Wkfld/Moore	Sa	9am	D6F.IV9N	6/24	4AE
Wkfld/Moore	Sa	12:05pm	D6F.VJR6	6/24	4AE
Wkfld/Moore	Su	12pm	D6F.0SGC	7/9	4AD
Wkfld/Moore	M-Th	10:25am	D6F.DCLR	7/17	4AF

Pee Wee Paddler I

(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 I classes at Audrey Moore and Franconia Rec Centers.

4AB	4--30 minute lessons--\$61
4AD	6--30 minute lessons--\$91
4AE	7--30 minute lessons--\$106
4AF	8--30 minute lessons--\$121
4AG	9--30 minute lessons--\$134
4AH	10--30 minute lessons--\$150

Location	Day	Time	Code	Begin	\$
CubRunREC	M-F	9:05am	4EC.0F8X	6/20	4AF
CubRunREC	M/W	5pm	4EC.T7F0	6/21	4AD
CubRunREC	Sa	9am	4EC.8DKI	6/24	4AE
CubRunREC	Sa	10:10am	4EC.4SIJ	6/24	4AE
CubRunREC	Sa	11:20am	4EC.Z7F7	6/24	4AE
CubRunREC	Su	9am	4EC.JFKU	6/25	4AE
CubRunREC	Su	10:10am	4EC.E8ZS	6/25	4AE
CubRunREC	Su	11:20am	4EC.Z3CJ	6/25	4AE
CubRunREC	M-F	9:05am	4EC.2BZC	7/5	4AF
CubRunREC	M/W	5pm	4EC.6X3D	7/17	4AH

CubRunREC	M-Th	9:05am	4EC.6WIZ	7/17	4AF
CubRunREC	M-Th	9:05am	4EC.QEAG	7/31	4AF
FranconiaRec	M/W	5:30pm	4EC.7NPP	6/19	4AE
FranconiaRec	M/W	6:05pm	4EC.V670	6/19	4AE
FranconiaRec	T/Th	5:30pm	4EC.BN5Y	6/20	4AE
FranconiaRec	T/Th	6:05pm	4EC.SJFR	6/20	4AE
FranconiaRec	M-Th	9:50am	4EC.1RTD	6/20	4AF
FranconiaRec	M-Th	10:30am	4EC.6JRZ	6/20	4AF
FranconiaRec	F	5pm	4EC.SYVK	6/23	4AG
FranconiaRec	F	5:35pm	4EC.UXXH	6/23	4AG
FranconiaRec	Sa	9am	4EC.266S	6/24	4AE
FranconiaRec	Sa	10:25am	4EC.BK58	6/24	4AE
FranconiaRec	Sa	12:05pm	4EC.H43U	6/24	4AE
FranconiaRec	Su	9am	4EC.51BZ	6/25	4AE
FranconiaRec	Su	9:35am	4EC.4MBO	6/25	4AE
FranconiaRec	Su	10:25am	4EC.PHHW	6/25	4AE
FranconiaRec	Su	12:05pm	4EC.OVY8	6/25	4AE
FranconiaRec	M-Th	9:50am	4EC.U136	7/5	4AD
FranconiaRec	M/W	5:30pm	4EC.25P0	7/17	4AH
FranconiaRec	M/W	6:05pm	4EC.03UX	7/17	4AH
FranconiaRec	M-Th	9:50am	4EC.UQGD	7/17	4AF
FranconiaRec	M-Th	10:30am	4EC.1QTA	7/17	4AF
FranconiaRec	T/Th	5:30pm	4EC.SJL5	7/18	4AH
FranconiaRec	T/Th	6:05pm	4EC.Y4BP	7/18	4AH
FranconiaRec	M-Th	9:50am	4EC.3597	7/31	4AF
GWREC	M-Th	9am	4EC.347Y	6/19	4AF
GWREC	M-Th	9am	4EC.7JD8	6/19	4AB
GWREC	Sa	9am	4EC.ZLH4	6/24	4AE
GWREC	Sa	9:35am	4EC.062U	6/24	4AE
GWREC	Sa	10:45am	4EC.0ENU	6/24	4AE
GWREC	M-Th	9am	4EC.TOB3	6/26	4AB
GWREC	M-Th	9:30am	4EC.PX2W	7/3	4AE
GWREC	M-Th	11am	4EC.3KF4	7/3	4AE

GWREC	M-Th	11am	4EC.93A9	7/3	4AE
GWREC	M-Th	9am	4EC.ADJR	7/10	4AB
GWREC	M-Th	9am	4EC.31S5	7/17	4AF
GWREC	M-Th	9am	4EC.EUP6	7/17	4AB
GWREC	M-Th	9am	4EC.DBT2	7/24	4AB
GWREC	M-Th	9am	4EC.UHLX	7/31	4AF
GWREC	M-Th	9am	4EC.PKX6	7/31	4AB
GWREC	M-Th	11am	4EC.4YUB	7/31	4AF
GWREC	M-Th	9am	4EC.J6NY	8/7	4AB
GWREC	M-Th	9am	4EC.QUPE	8/14	4AB
OakMarREC	M/W	6:15pm	4EC.IUFB	6/19	4AE
OakMarREC	M-Th	10:10am	4EC.BM8L	6/19	4AF
OakMarREC	T/Th	5:40pm	4EC.QBNF	6/20	4AE
OakMarREC	F	9:05am	4EC.GW40	6/23	4AG
OakMarREC	Sa	10:10am	4EC.CKJV	6/24	4AE
OakMarREC	Sa	12pm	4EC.WIU0	6/24	4AE
OakMarREC	Su	10:05am	4EC.QNNW	6/25	4AE
OakMarREC	Su	11:55am	4EC.ACOP	6/25	4AE
OakMarREC	M-Th	10:10am	4EC.LNBE	7/5	4AD
OakMarREC	M/W	6:15pm	4EC.3RPL	7/17	4AH
OakMarREC	M-Th	10:10am	4EC.N9TY	7/17	4AF
OakMarREC	T/Th	5:40pm	4EC.M998	7/18	4AH
OakMarREC	M-Th	10:10am	4EC.6NPO	7/31	4AF
ProvREC	M-Th	9:30am	4EC.9ZFF	6/19	4AF
ProvREC	W	5:25pm	4EC.9NSH	6/21	4AG
ProvREC	F	9:30am	4EC.XMM2	6/23	4AG
ProvREC	Sa	8:50am	4EC.9M44	6/24	4AF
ProvREC	Sa	9:25am	4EC.755A	6/24	4AF
ProvREC	Sa	9:25am	4EC.RJ4A	6/24	4AF
ProvREC	Su	9am	4EC.04AK	6/25	4AF
ProvREC	Su	10:10am	4EC.5J4H	6/25	4AF
ProvREC	Su	12:25pm	4EC.BGOM	6/25	4AF
ProvREC	M	5:45pm	4EC.AF2K	6/26	4AE
ProvREC	M-Th	9:30am	4EC.9G8V	7/10	4AF
SoRunREC	M/W	6pm	4EC.7KJ8	6/19	4AE
SoRunREC	M-Th	9am	4EC.CGGH	6/19	4AF
SoRunREC	M-Th	9:35am	4EC.HKUA	6/19	4AF
SoRunREC	M-Th	11:30am	4EC.G9NB	6/19	4AF
SoRunREC	T/Th	7:25pm	4EC.VHHE	6/20	4AE
SoRunREC	Sa	9am	4EC.YNJ9	6/24	4AE
SoRunREC	Sa	9:35am	4EC.TGBX	6/24	4AE
SoRunREC	Sa	11:30am	4EC.RZFF	6/24	4AE
SoRunREC	Su	9am	4EC.R9G4	6/25	4AE
SoRunREC	Su	10:10am	4EC.4PFM	6/25	4AE
SoRunREC	Su	10:40am	4EC.CR5S	6/25	4AE
SoRunREC	Su	11:20am	4EC.51LL	6/25	4AE
SoRunREC	Su	12:05pm	4EC.N710	6/25	4AE
SoRunREC	M-Th	9am	4EC.41E1	7/5	4AD
SoRunREC	M-Th	9:35am	4EC.QS2H	7/5	4AD
SoRunREC	M-Th	11:30am	4EC.M26I	7/5	4AD
SoRunREC	M/W	6pm	4EC.MCB2	7/17	4AH
SoRunREC	M/W	7:10pm	4EC.1XEN	7/17	4AH
SoRunREC	M-Th	9am	4EC.40JU	7/17	4AF
SoRunREC	M-Th	9:35am	4EC.70DK	7/17	4AF
SoRunREC	M-Th	11:30am	4EC.Z3F2	7/17	4AF
SoRunREC	T/Th	7:25pm	4EC.Q12C	7/18	4AH
SoRunREC	M-Th	9am	4EC.BTKT	7/31	4AF
SoRunREC	M-Th	9:35am	4EC.NK8V	7/31	4AF
SoRunREC	M-Th	11:30am	4EC.6SL5	7/31	4AF
SpHillREC	M	4pm	4EC.VCUG	6/19	4AF
SpHillREC	M	5:45pm	4EC.7AOL	6/19	4AF
SpHillREC	M-Th	8:30am	4EC.UENO	6/19	4AF
SpHillREC	M-Th	11:25am	4EC.DGZC	6/19	4AF
SpHillREC	T	5pm	4EC.JUD5	6/20	4AF
SpHillREC	W	5:10pm	4EC.H726	6/21	4AG
SpHillREC	Th	4pm	4EC.TPYJ	6/22	4AG
SpHillREC	F	3:55pm	4EC.H1WB	6/23	4AF
SpHillREC	F	9:30am	4EC.DUAG	6/23	4AG
SpHillREC	Sa	9am	4EC.RKUS	6/24	4AF
SpHillREC	Sa	9:35am	4EC.RY4Y	6/24	4AF
SpHillREC	Sa	10:10am	4EC.OAXX	6/24	4AF
SpHillREC	Sa	11:20am	4EC.ZWOJ	6/24	4AF
SpHillREC	Sa	12:30pm	4EC.GFBI	6/24	4AF
SpHillREC	Su	9am	4EC.OLD2	6/25	4AF
SpHillREC	Su	9:35am	4EC.JQD0	6/25	4AF
SpHillREC	Su	10:45am	4EC.KM6Q	6/25	4AF
SpHillREC	M-Th	8:30am	4EC.BILF	7/10	4AF

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- Toddler & Me Swim
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- Pee Wee Paddlers
- Swimming for Children
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All programs and activities will follow current health safety protocols.

SpHillREC	M-Th	10:50am	4EC.Z094	7/10	4AF
SpHillREC	M-Th	10:15am	4EC.HHUL	7/24	4AF
SpHillREC	M-Th	9:40am	4EC.XGG5	8/7	4AF
SpHillREC	M-Th	11:25am	4EC.XWNA	8/7	4AF
Wkfld/Moore	M-Th	10:25am	4EC.JTAM	6/19	4AF
Wkfld/Moore	T/Th	5:30pm	4EC.EZ47	6/20	4AE
Wkfld/Moore	T/Th	6:05pm	4EC.GW2V	6/20	4AE
Wkfld/Moore	M-Th	9:50am	4EC.ESN8	6/20	4AE
Wkfld/Moore	M-Th	10:25am	4EC.R8LK	6/20	4AE
Wkfld/Moore	M/W	5:30pm	4EC.6YNN	6/21	4AD
Wkfld/Moore	M/W	6:05pm	4EC.GN4Q	6/21	4AD
Wkfld/Moore	F	5:30pm	4EC.AOT1	6/23	4AG
Wkfld/Moore	F	6:05pm	4EC.WCWE	6/23	4AG
Wkfld/Moore	Sa	9am	4EC.W2AN	6/24	4AE
Wkfld/Moore	Sa	10:25am	4EC.W3JP	6/24	4AE
Wkfld/Moore	Sa	12pm	4EC.5JWX	6/24	4AE
Wkfld/Moore	M-Th	9:50am	4EC.PK1Q	7/5	4AD
Wkfld/Moore	M-Th	10:25am	4EC.PAP3	7/5	4AD
Wkfld/Moore	Su	3pm	4EC.OUSM	7/9	4AD
Wkfld/Moore	Su	9am	4EC.6HOL	7/9	4AD
Wkfld/Moore	Su	10:25am	4EC.OY60	7/9	4AD
Wkfld/Moore	Su	12pm	4EC.854N	7/9	4AD
Wkfld/Moore	M/W	5:30pm	4EC.MWXX	7/17	4AH
Wkfld/Moore	M/W	6:05pm	4EC.108N	7/17	4AH
Wkfld/Moore	M-Th	9:50am	4EC.RGM1	7/17	4AF
Wkfld/Moore	M-Th	10:25am	4EC.FYKD	7/17	4AF
Wkfld/Moore	T/Th	5:30pm	4EC.I705	7/18	4AH
Wkfld/Moore	T/Th	6:05pm	4EC.9J9S	7/18	4AH
Wkfld/Moore	M-Th	9:50am	4EC.8W8C	7/31	4AF
Wkfld/Moore	M-Th	10:25am	4EC.K7KM	7/31	4AF

Pee Wee Paddler II

(3-5 yrs.) Prerequisites: Pee Wee Paddler I 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--\$45
4AB	4--30 minute lessons--\$61
4AD	6--30 minute lessons--\$91
4AE	7--30 minute lessons--\$106
4AF	8--30 minute lessons--\$121
4AG	9--30 minute lessons--\$134
4AH	10--30 minute lessons--\$150

Location	Day	Time	Code	Begin	\$
CubRunREC	T/Th	6:45pm	7D6.MYCY	6/20	4AE
CubRunREC	M/W	5:35pm	7D6.ACOX	6/21	4AD
CubRunREC	M/W	6:10pm	7D6.D9N6	6/21	4AD
CubRunREC	M-F	9:20am	7D6.IVH5	6/21	4AF
CubRunREC	Sa	9am	7D6.BBY7	6/24	4AE
CubRunREC	Sa	9:35am	7D6.M33E	6/24	4AE
CubRunREC	Su	9am	7D6.5AJV	6/25	4AE
CubRunREC	Su	9:35am	7D6.MG38	6/25	4AE
CubRunREC	M-F	9:20am	7D6.NWMJ	7/5	4AF
CubRunREC	M/W	5:35pm	7D6.ZQ8L	7/17	4AH
CubRunREC	M/W	6:10pm	7D6.URTF	7/17	4AH
CubRunREC	M-Th	9:20am	7D6.ESL6	7/17	4AF
CubRunREC	T/Th	6:45pm	7D6.RBL8	7/18	4AH
CubRunREC	M-Th	9:20am	7D6.8Q01	7/31	4AF
FranconiaRec	M/W	5:30pm	7D6.ZQV7	6/19	4AE
FranconiaRec	T/Th	5:30pm	7D6.RRSD	6/20	4AE
FranconiaRec	M-Th	9:50am	7D6.T9V0	6/20	4AE
FranconiaRec	F	5pm	7D6.9UYF	6/23	4AG
FranconiaRec	Sa	9am	7D6.GRXL	6/24	4AE
FranconiaRec	Sa	10:25am	7D6.4PI6	6/24	4AE
FranconiaRec	Sa	11:55am	7D6.XGKW	6/24	4AE
FranconiaRec	Su	9am	7D6.YE3K	6/25	4AE
FranconiaRec	Su	10:25am	7D6.4CTT	6/25	4AE
FranconiaRec	Su	12:05pm	7D6.SKY0	6/25	4AE
FranconiaRec	M-Th	9:50am	7D6.CY7B	7/5	4AD
FranconiaRec	M/W	5:30pm	7D6.LZ5G	7/17	4AH
FranconiaRec	M-Th	9:50am	7D6.NM51	7/17	4AF
FranconiaRec	T/Th	5:30pm	7D6.DKOJ	7/18	4AH

FranconiaRec	M-Th	9:50am	7D6.PPKB	7/31	4AF
GWREC	M-Th	9am	7D6.55KD	6/19	4AF
GWREC	M-Th	9:35am	7D6.FKN6	6/19	4AF
GWREC	M-Th	9:35am	7D6.13EW	6/19	4AB
GWREC	T-Th	9:35am	7D6.HILJ	6/20	4AA
GWREC	Sa	9am	7D6.TF7A	6/24	4AE
GWREC	Sa	9:35am	7D6.MVOF	6/24	4AE
GWREC	Sa	11:20am	7D6.WNC3	6/24	4AE
GWREC	Sa	11:40am	7D6.FXJP	6/24	4AE
GWREC	Sa	12:30pm	7D6.3GKZ	6/24	4AE
GWREC	M-Th	9:35am	7D6.1NJU	6/26	4AB
GWREC	M-Th	9am	7D6.M8IT	7/3	4AE
GWREC	M-Th	10:25am	7D6.WDOT	7/3	4AE
GWREC	M-Th	9:35am	7D6.IYP8	7/10	4AB
GWREC	M-Th	9am	7D6.M7YR	7/17	4AF
GWREC	M-Th	9:35am	7D6.TS34	7/17	4AF
GWREC	M-Th	10:10am	7D6.VP4A	7/17	4AB
GWREC	M-Th	9:35am	7D6.EYIU	7/24	4AB
GWREC	M-Th	9:35am	7D6.CWB2	7/31	4AF
GWREC	M-Th	9:35am	7D6.3LBX	7/31	4AB
GWREC	M-Th	9:35am	7D6.1VPO	8/7	4AB
GWREC	M-Th	9:35am	7D6.GMHS	8/14	4AB
OakMarREC	M/W	6:55pm	7D6.58T8	6/19	4AE
OakMarREC	M-Th	10:45am	7D6.28Q0	6/19	4AF
OakMarREC	T/Th	6:15pm	7D6.T0P0	6/20	4AE
OakMarREC	F	6pm	7D6.RP8S	6/23	4AF
OakMarREC	F	9:45am	7D6.1YY7	6/23	4AG
OakMarREC	Sa	9:35am	7D6.N5A9	6/24	4AE
OakMarREC	Sa	11:25am	7D6.MSLD	6/24	4AE
OakMarREC	Su	10:40am	7D6.NTHM	6/25	4AE
OakMarREC	Su	12:30pm	7D6.DWKU	6/25	4AE
OakMarREC	M-Th	10:45am	7D6.AHD5	7/5	4AD
OakMarREC	M/W	6:55pm	7D6.APOQ	7/17	4AH
OakMarREC	M-Th	10:45am	7D6.9GTP	7/17	4AF
OakMarREC	T/Th	6:15pm	7D6.H9JB	7/18	4AH
OakMarREC	M-Th	10:45am	7D6.VRB6	7/31	4AF
ProvREC	M-Th	10:05am	7D6.EPNZ	6/19	4AF
ProvREC	W	6pm	7D6.JB50	6/21	4AG
ProvREC	F	4:30pm	7D6.EALE	6/23	4AE
ProvREC	F	10:05am	7D6.W14A	6/23	4AG
ProvREC	Sa	8:50am	7D6.AFI9	6/24	4AF
ProvREC	Sa	9:25am	7D6.XG3X	6/24	4AF
ProvREC	Sa	11:40am	7D6.WI72	6/24	4AF
ProvREC	Su	9:35am	7D6.XRNP	6/25	4AF
ProvREC	Su	12:25pm	7D6.0UUN	6/25	4AF
ProvREC	M	5:45pm	7D6.VK2F	6/26	4AE
ProvREC	M-Th	10:05am	7D6.3AOC	7/10	4AF
ProvREC	M-Th	9:30am	7D6.Y526	7/24	4AF
ProvREC	M-Th	9:30am	7D6.2RY0	8/7	4AF
SoRunREC	M/W	6pm	7D6.7LPB	6/19	4AE
SoRunREC	M/W	6:35pm	7D6.ZW6R	6/19	4AE
SoRunREC	M-Th	9:35am	7D6.AAC2	6/19	4AF
SoRunREC	M-Th	10:10am	7D6.JGTW	6/19	4AF
SoRunREC	T/Th	6pm	7D6.XEUQ	6/20	4AE
SoRunREC	M-Th	9am	7D6.NAKL	6/20	4AE
SoRunREC	Sa	9am	7D6.N5FT	6/24	4AE
SoRunREC	Sa	9:35am	7D6.IDSG	6/24	4AE
SoRunREC	Sa	10:10am	7D6.MXNR	6/24	4AE
SoRunREC	Su	9am	7D6.GQ2K	6/25	4AE
SoRunREC	Su	9:35am	7D6.QZLZ	6/25	4AE
SoRunREC	Su	10:45am	7D6.I066	6/25	4AE
SoRunREC	M-Th	9am	7D6.PI0U	7/5	4AD
SoRunREC	M-Th	9:35am	7D6.1YSN	7/5	4AD
SoRunREC	M-Th	10:10am	7D6.EU64	7/5	4AD
SoRunREC	M/W	6pm	7D6.T83W	7/17	4AH
SoRunREC	M/W	6:35pm	7D6.6HSC	7/17	4AH
SoRunREC	M-Th	9am	7D6.PTAK	7/17	4AF
SoRunREC	M-Th	9:35am	7D6.AXGN	7/17	4AF
SoRunREC	M-Th	10:10am	7D6.LY16	7/17	4AF
SoRunREC	T/Th	6pm	7D6.LIML	7/18	4AH
SoRunREC	M-Th	9am	7D6.U7ZL	7/31	4AF
SoRunREC	M-Th	9:35am	7D6.YBE2	7/31	4AF
SoRunREC	M-Th	10:10am	7D6.SZXL	7/31	4AF
SpHillREC	M	4:35pm	7D6.750R	6/19	4AF
SpHillREC	M-Th	9:05am	7D6.BNGX	6/19	4AF
SpHillREC	T	5:35pm	7D6.2CXW	6/20	4AF
SpHillREC	W	4pm	7D6.IG1K	6/21	4AG

SpHillREC	W	6:20pm	7D6.94XS	6/21	4AG
SpHillREC	Th	4:35pm	7D6.QSQV	6/22	4AG
SpHillREC	F	4:30pm	7D6.CA05	6/23	4AF
SpHillREC	F	5:35pm	7D6.PA8D	6/23	4AF
SpHillREC	F	10:05am	7D6.L51D	6/23	4AG
SpHillREC	Sa	9:35am	7D6.0P1E	6/24	4AF
SpHillREC	Sa	10:45am	7D6.GZ1B	6/24	4AF
SpHillREC	Sa	11:55am	7D6.5C5L	6/24	4AF
SpHillREC	Sa	12pm	7D6.DTUN	6/24	4AF
SpHillREC	Su	9:35am	7D6.VG89	6/25	4AF
SpHillREC	Su	11:20am	7D6.MB5E	6/25	4AF
SpHillREC	Su	12:30pm	7D6.HLNN	6/25	4AF
SpHillREC	M-Th	9:05am	7D6.8KJ2	7/10	4AF
SpHillREC	M-Th	9:40am	7D6.0IC7	7/24	4AF
SpHillREC	M-Th	11:25am	7D6.2JN1	7/24	4AF
SpHillREC	M-Th	8:30am	7D6.SQ5Y	8/7	4AF
Wkfld/Moore	T/Th	5:30pm	7D6.PK5V	6/20	4AE
Wkfld/Moore	T/Th	6:05pm	7D6.990R	6/20	4AE
Wkfld/Moore	M-Th	9:50am	7D6.C0VJ	6/20	4AE
Wkfld/Moore	M/W	6:05pm	7D6.HJ64	6/21	4AD
Wkfld/Moore	F	6:05pm	7D6.YSYF	6/23	4AG
Wkfld/Moore	Sa	9am	7D6.NWMU	6/24	4AE
Wkfld/Moore	Sa	10:25am	7D6.YV8V	6/24	4AE
Wkfld/Moore	Sa	12pm	7D6.CMGK	6/24	4AE
Wkfld/Moore	M-Th	9:50am	7D6.HJHW	7/5	4AD
Wkfld/Moore	Su	3:35pm	7D6.4G0C	7/9	4AD
Wkfld/Moore	Su	9am	7D6.52EJ	7/9	4AD
Wkfld/Moore	Su	10:25am	7D6.88QD	7/9	4AD
Wkfld/Moore	Su	12pm	7D6.X2XM	7/9	4AD
Wkfld/Moore	M/W	6:05pm	7D6.7NFO	7/17	4AH
Wkfld/Moore	M-Th	9:50am	7D6.U3H0	7/17	4AF
Wkfld/Moore	T/Th	5:30pm	7D6.46SM	7/18	4AH
Wkfld/Moore	T/Th	6:05pm	7D6.16CW	7/18	4AH
Wkfld/Moore	M-Th	9:50am	7D6.KOPX	7/31	4AF

Pee Wee Paddler III

(4-6 yrs.) Prerequisites: Pee Wee II 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.

4AB	4--30 minute lessons--\$61
4AD	6--30 minute lessons--\$91
4AE	7--30 minute lessons--\$106
4AF	8--30 minute lessons--\$121
4AG	9--30 minute lessons--\$134
4AH	10--30 minute lessons--\$150

Location	Day	Time	Code	Begin	\$
CubRunREC	T/Th	6:10pm	E4E.P8A2	6/20	4AE
CubRunREC	M-F	10:30am	E4E.ZDHG	6/20	4AF
CubRunREC	M/W	5pm	E4E.4IQ9	6/21	4AD
CubRunREC	M/W	6:10pm	E4E.HZJ4	6/21	4AD
CubRunREC	Sa	9:35am	E4E.WAQQ	6/24	4AE
CubRunREC	Sa	10:10am	E4E.16MS	6/24	4AE
CubRunREC	Sa	10:45am	E4E.WLIZ	6/24	4AE
CubRunREC	Su	9:35am	E4E.QA0N	6/25	4AE
CubRunREC	Su	10:10am	E4E.TAY8	6/25	4AE
CubRunREC	Su	10:45am	E4E.62QW	6/25	4AE
CubRunREC	M-F	10:30am	E4E.OPH3	7/5	4AF
CubRunREC	M/W	5pm	E4E.39MM	7/17	4AH
CubRunREC	M/W	6:10pm	E4E.AWMK	7/17	4AH
CubRunREC	M-Th	10:30am	E4E.T3V5	7/17	4AF
CubRunREC	T/Th	6:10pm	E4E.K4Q8	7/18	4AH
CubRunREC	M-Th	10:30am	E4E.QNK6	7/31	4AF
FranconiaRec	M/W	6:05pm	E4E.ACK8	6/19	4AE
FranconiaRec	T/Th	6:05pm	E4E.6TFO	6/20	4AE
FranconiaRec	M-Th	10:30am	E4E.QVXL	6/20	4AE
FranconiaRec	F	5:35pm	E4E.QWIR	6/23	4AG
FranconiaRec	Sa	9am	E4E.J048	6/24	4AE
FranconiaRec	Sa	11:55am	E4E.F9TU	6/24	4AE
FranconiaRec	Su	9am	E4E.675I	6/25	4AE
FranconiaRec	Su	10:10am	E4E.62LC	6/25	4AE

All programs and activities will follow current health safety protocols.

FranconiaRec	M-Th	10:30am	E4E.BQRL	7/5	4AD
FranconiaRec	M/W	6:05pm	E4E.E28K	7/17	4AH
FranconiaRec	M-Th	10:30am	E4E.2KYT	7/17	4AF
FranconiaRec	T/Th	6:05pm	E4E.Z4EW	7/18	4AH
FranconiaRec	M-Th	10:30am	E4E.D4W4	7/31	4AF
GWREC	M-Th	9:35am	E4E.LFAG	6/19	4AF
GWREC	M-Th	10:10am	E4E.KMOK	6/19	4AB
GWREC	M-Th	11am	E4E.6AZO	6/19	4AF
GWREC	Sa	9am	E4E.UK8F	6/24	4AE
GWREC	Sa	9:35am	E4E.IREM	6/24	4AE
GWREC	Sa	11:55am	E4E.74RG	6/24	4AE
GWREC	Sa	12:30pm	E4E.B6HF	6/24	4AE
GWREC	M-Th	10:10am	E4E.8D8A	6/26	4AB
GWREC	M-Th	10:25am	E4E.NYJB	7/3	4AE
GWREC	M-Th	11am	E4E.R5D4	7/3	4AE
GWREC	M-Th	10:10am	E4E.S9QS	7/10	4AB
GWREC	M-Th	9:35am	E4E.ZUDY	7/17	4AF
GWREC	M-Th	10:10am	E4E.QRMR	7/17	4AB
GWREC	M-Th	10:10am	E4E.W100	7/24	4AB
GWREC	M-Th	9am	E4E.875Y	7/31	4AF
GWREC	M-Th	9:35am	E4E.AYYQ	7/31	4AF
GWREC	M-Th	10:10am	E4E.BE1C	7/31	4AB
GWREC	M-Th	10:10am	E4E.6LAS	8/7	4AB
GWREC	M-Th	10:10am	E4E.OCHP	8/14	4AB
OakMarREC	M/W	5:40pm	E4E.D2FN	6/19	4AE
OakMarREC	M/W	7:30pm	E4E.IJMO	6/19	4AE
OakMarREC	M-Th	11:20am	E4E.Y990	6/19	4AF
OakMarREC	T/Th	6:50pm	E4E.XUZY	6/20	4AE
OakMarREC	F	6:35pm	E4E.I1Q6	6/23	4AF
OakMarREC	F	10:20am	E4E.DC06	6/23	4AG
OakMarREC	Sa	9am	E4E.Y55T	6/24	4AE
OakMarREC	Sa	10:50am	E4E.MJ5H	6/24	4AE
OakMarREC	Su	1:05pm	E4E.RUQ8	6/25	4AE
OakMarREC	Su	11:15am	E4E.X4Q7	6/25	4AE
OakMarREC	M-Th	11:20am	E4E.PBZ6	7/5	4AD
OakMarREC	M/W	5:40pm	E4E.8MDP	7/17	4AH
OakMarREC	M/W	7:30pm	E4E.AASF	7/17	4AH
OakMarREC	M-Th	11:20am	E4E.6RCX	7/17	4AF
OakMarREC	T/Th	6:50pm	E4E.T6C7	7/18	4AH
OakMarREC	M-Th	11:20am	E4E.FPZC	7/31	4AF
ProvREC	M-Th	10:40am	E4E.YT08	6/19	4AF
ProvREC	T	6pm	E4E.15E0	6/20	4AF
ProvREC	W	6:35pm	E4E.NGJ5	6/21	4AG
ProvREC	F	5:05pm	E4E.GISY	6/23	4AE
ProvREC	F	10:40am	E4E.N7YW	6/23	4AG
ProvREC	Sa	8:15am	E4E.FUW6	6/24	4AF
ProvREC	Sa	12:15pm	E4E.PD64	6/24	4AF
ProvREC	Su	9:35am	E4E.YE2V	6/25	4AF
ProvREC	Su	10:10am	E4E.SCK6	6/25	4AF
ProvREC	M-Th	10:40am	E4E.PVIM	7/10	4AF
ProvREC	M-Th	10:05am	E4E.NC6H	7/24	4AF



ProvREC	M-Th	10:05am	E4E.MZTJ	8/7	4AF
SoRunREC	M/W	6:50pm	E4E.MUVS	6/19	4AE
SoRunREC	M-Th	9am	E4E.S2E9	6/19	4AF
SoRunREC	M-Th	11:10am	E4E.SB04	6/19	4AF
SoRunREC	T/Th	6:50pm	E4E.QX01	6/20	4AE
SoRunREC	Sa	9am	E4E.YQDP	6/24	4AE
SoRunREC	Sa	11am	E4E.RP13	6/24	4AE
SoRunREC	Sa	11:10am	E4E.AHNB	6/24	4AE
SoRunREC	Su	9:35am	E4E.ES17	6/25	4AE
SoRunREC	M-Th	9am	E4E.WT8Y	7/5	4AD
SoRunREC	M-Th	11:10am	E4E.MJN7	7/5	4AD
SoRunREC	M/W	6:50pm	E4E.15B9	7/17	4AH
SoRunREC	M/W	6:50pm	E4E.SOX5	7/17	4AH
SoRunREC	M-Th	9am	E4E.JNWI	7/17	4AF
SoRunREC	M-Th	11:10am	E4E.OSSJ	7/17	4AF
SoRunREC	M-Th	9am	E4E.XV1B	7/31	4AF
SoRunREC	M-Th	11:10am	E4E.SY0A	7/31	4AF
SpHillREC	M	5:10pm	E4E.81Y2	6/19	4AF
SpHillREC	M-Th	9:40am	E4E.E5BJ	6/19	4AF
SpHillREC	T	6:10pm	E4E.ZCNX	6/20	4AF
SpHillREC	T	7:20pm	E4E.9HLC	6/20	4AF
SpHillREC	W	4:35pm	E4E.RN67	6/21	4AG
SpHillREC	Th	7:15pm	E4E.YTLN	6/22	4AG
SpHillREC	F	5pm	E4E.QWM7	6/23	4AF
SpHillREC	F	10:40am	E4E.G702	6/23	4AG
SpHillREC	Sa	9am	E4E.EM1J	6/24	4AF
SpHillREC	Sa	10:10am	E4E.U1HS	6/24	4AF
SpHillREC	Sa	11:20am	E4E.LKRM	6/24	4AF
SpHillREC	Su	10:10am	E4E.O1VX	6/25	4AF
SpHillREC	Su	11:55am	E4E.QF09	6/25	4AF
SpHillREC	M-Th	9:40am	E4E.8HUB	7/10	4AF
SpHillREC	M-Th	9:05am	E4E.AAXA	7/24	4AF
SpHillREC	M-Th	10:50am	E4E.IN7U	8/7	4AF
Wkfld/Moore	T/Th	6:05pm	E4E.NWVW	6/20	4AE
Wkfld/Moore	M-Th	9:50am	E4E.12FO	6/20	4AE
Wkfld/Moore	M/W	6:05pm	E4E.UG47	6/21	4AD
Wkfld/Moore	F	6:05pm	E4E.8RLO	6/23	4AG
Wkfld/Moore	Sa	9am	E4E.M9FU	6/24	4AE
Wkfld/Moore	Sa	10:25am	E4E.K6EZ	6/24	4AE
Wkfld/Moore	M-Th	9:50am	E4E.HKKO	7/5	4AD
Wkfld/Moore	Su	9am	E4E.DZUN	7/9	4AD
Wkfld/Moore	Su	10:25am	E4E.SD6K	7/9	4AD
Wkfld/Moore	M/W	6:05pm	E4E.FBXT	7/17	4AH
Wkfld/Moore	M-Th	9:50am	E4E.HUGW	7/17	4AF
Wkfld/Moore	T/Th	6:05pm	E4E.CPIB	7/18	4AH
Wkfld/Moore	M-Th	9:50am	E4E.MBUO	7/31	4AF
Wkfld/Moore	M-Th	10:25am	E4E.RHM8	7/31	4AF

Pee Wee Paddler IV

(4-6 yrs.) Prerequisite: Pee Wee Paddler III 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.

4AD	6--30 minute lessons--\$91
4AE	7--30 minute lessons--\$106
4AF	8--30 minute lessons--\$121
4AG	9--30 minute lessons--\$134
4AH	10--30 minute lessons--\$150

Location	Day	Time	Code	Begin	\$
CubRunREC	T/Th	6:45pm	198.A43C	6/20	4AE
CubRunREC	M-F	10:10am	198.99KL	6/20	4AF
CubRunREC	M/W	5:35pm	198.RDE0	6/21	4AD
CubRunREC	Sa	10:45am	198.XOM6	6/24	4AE
CubRunREC	Sa	11:20am	198.XOS7	6/24	4AE
CubRunREC	Su	10:45am	198.2YM9	6/25	4AE
CubRunREC	Su	11:20am	198.2RJE	6/25	4AE
CubRunREC	M-F	10:10am	198.0LSL	7/5	4AF
CubRunREC	M/W	5:35pm	198.1S2G	7/17	4AH
CubRunREC	M-Th	10:10am	198.6KB4	7/17	4AF
CubRunREC	T/Th	6:45pm	198.YD06	7/18	4AH
CubRunREC	M-Th	10:10am	198.RWZ8	7/31	4AF
FranconiaRec	M/W	6:05pm	198.S057	6/19	4AE
FranconiaRec	T/Th	5:30pm	198.MD31	6/20	4AE
FranconiaRec	Sa	12:30pm	198.7INT	6/24	4AE
FranconiaRec	Su	9am	198.Y100	6/25	4AE
FranconiaRec	Su	11:30am	198.81LX	6/25	4AE
FranconiaRec	M-Th	10:30am	198.JE1N	7/5	4AD
FranconiaRec	M/W	6:05pm	198.PS4R	7/17	4AH
FranconiaRec	T/Th	5:30pm	198.9X7W	7/18	4AH
FranconiaRec	M-Th	10:30am	198.6NEE	7/31	4AF
GWREC	Sa	11:05am	198.218N	6/24	4AE
GWREC	Sa	11:55am	198.LSP3	6/24	4AE
GWREC	M-Th	9:35am	198.KNOZ	7/17	4AF
GWREC	M-Th	11am	198.QASZ	7/17	4AF
GWREC	M-Th	10:10am	198.7PYW	7/31	4AF
OakMarREC	M/W	6:20pm	198.MKK6	6/19	4AE
OakMarREC	M-Th	9:35am	198.JFEG	6/19	4AF
OakMarREC	T/Th	6:15pm	198.OHJG	6/20	4AE
OakMarREC	F	6:35pm	198.W4PH	6/23	4AF
OakMarREC	F	10:25am	198.6GPA	6/23	4AG
OakMarREC	Sa	10:50am	198.0PUO	6/24	4AE

THE 4 S'S OF WATER SAFETY

SUPERVISION Children should be directly supervised by an adult, even in the presence lifeguards. Non swimmers should be within reach of the supervising adult at all times.

SECURE Secure your private pool with a locking fence.

SWIM Learn how to swim well. The Park Authority offers a wide variety of swimming and water safety classes.

SAFE Swim in safe areas only. Ideally, swim only in places supervised by a lifeguard.

All programs and activities will follow current health safety protocols.

OakMarREC	Sa	12pm	198.SQV9	6/24	4AE
OakMarREC	Su	11:55am	198.GQGW	6/25	4AE
OakMarREC	M-Th	9:35am	198.QECP	7/5	4AD
OakMarREC	M/W	6:20pm	198.220H	7/17	4AH
OakMarREC	M-Th	9:35am	198.LSFK	7/17	4AF
OakMarREC	T/Th	6:15pm	198.SQGH	7/18	4AH
OakMarREC	M-Th	9:35am	198.7PZ3	7/31	4AF
ProvREC	M-Th	11:15am	198.T2AG	6/19	4AF
ProvREC	T	6am	198.OPMA	6/20	4AF
ProvREC	F	11:15am	198.76Z8	6/23	4AG
ProvREC	F	11:15am	198.K1SR	6/23	4AE
ProvREC	Sa	8:15am	198.Y60F	6/24	4AF
ProvREC	Sa	11:40am	198.EBBS	6/24	4AF
ProvREC	Su	9am	198.9IRB	6/25	4AF
ProvREC	M-Th	11:15am	198.9E6C	7/10	4AF
ProvREC	M-Th	10:40am	198.HHWA	7/24	4AF
ProvREC	M-Th	10:40am	198.DND1	8/7	4AF
SoRunREC	M-Th	11:45am	198.GIXY	6/19	4AF
SoRunREC	Sa	11:45am	198.9DQR	6/24	4AE
SoRunREC	Su	11:45am	198.VTZG	6/25	4AE
SoRunREC	M-Th	11:45am	198.G57M	7/5	4AD
SoRunREC	M-Th	11:45am	198.KFSG	7/17	4AF
SoRunREC	M-Th	11:45am	198.DSFO	7/31	4AF
SpHillREC	M-Th	10:50am	198.SRZO	6/19	4AF
SpHillREC	T	6:45pm	198.1RGP	6/20	4AF
SpHillREC	W	7:20pm	198.0FPK	6/21	4AG
SpHillREC	Th	5:10pm	198.CGA9	6/22	4AG
SpHillREC	F	5:05pm	198.FVBN	6/23	4AF
SpHillREC	F	11:15am	198.PL1V	6/23	4AG
SpHillREC	Sa	10:45am	198.H41A	6/24	4AF
SpHillREC	Sa	12:30pm	198.0KWC	6/24	4AF
SpHillREC	Su	9am	198.9P4K	6/25	4AF
SpHillREC	M-Th	8:30am	198.DSKM	7/24	4AF
SpHillREC	M-Th	9:05am	198.0MOX	8/7	4AF
Wkfld/Moore	M/W	5:30pm	198.ALQI	6/19	4AF
Wkfld/Moore	T/Th	5:30pm	198.061W	6/20	4AE
Wkfld/Moore	M-Th	10:25am	198.WGLM	6/20	4AE
Wkfld/Moore	M/W	5:30pm	198.7MN7	6/21	4AD
Wkfld/Moore	F	5:30pm	198.DTBO	6/23	4AG
Wkfld/Moore	Sa	12pm	198.GSRP	6/24	4AE
Wkfld/Moore	M-Th	10:25am	198.7302	7/5	4AD
Wkfld/Moore	Su	12pm	198.GSRV	7/9	4AD
Wkfld/Moore	M/W	5:30pm	198.0IH8	7/17	4AH
Wkfld/Moore	M-Th	10:25am	198.ZR5F	7/17	4AF
Wkfld/Moore	T/Th	5:30pm	198.E6EE	7/18	4AH
Wkfld/Moore	M-Th	10:25am	198.6WUR	7/31	4AF

Pee Wee Paddler V

(4-6 yrs.) Prerequisite: Pee Wee Paddler IV 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.

4AD	6--30 minute lessons--\$91
4AE	7--30 minute lessons--\$106
4AF	8--30 minute lessons--\$121
4AG	9--30 minute lessons--\$134
4AH	10--30 minute lessons--\$150

Location	Day	Time	Code	Begin	\$
CubRunREC	T/Th	6:10pm	631.UQJZ	6/20	4AE
CubRunREC	M-F	10:30am	631.H80G	6/20	4AF
CubRunREC	Sa	11:55am	631.JQZF	6/24	4AE
CubRunREC	Su	11:55am	631.VG53	6/25	4AE
CubRunREC	M-F	10:30am	631.U2SR	7/5	4AF
CubRunREC	M-Th	10:30am	631.R7Y0	7/17	4AF
CubRunREC	T/Th	6:10pm	631.7P93	7/18	4AH
CubRunREC	M-Th	10:30am	631.E585	7/31	4AF
FranconiaRec	T/Th	6:05pm	631.MWQ4	6/20	4AE
FranconiaRec	Sa	12:30pm	631.PEE6	6/24	4AE
FranconiaRec	Su	10:55am	631.YX1E	6/25	4AE
FranconiaRec	T/Th	6:05pm	631.HF87	7/18	4AH
OakMarREC	M/W	6:55pm	631.QUEH	6/19	4AE

OakMarREC	M-Th	11:25am	631.SH9S	6/19	4AF
OakMarREC	T/Th	6:50pm	631.GOTC	6/20	4AE
OakMarREC	F	6:35pm	631.AGAR	6/23	4AF
OakMarREC	Sa	11:25am	631.KC1X	6/24	4AE
OakMarREC	Su	12:30pm	631.51U7	6/25	4AE
OakMarREC	M-Th	11:25am	631.D5JF	7/5	4AD
OakMarREC	M/W	6:55pm	631.UG7S	7/17	4AH
OakMarREC	M-Th	11:25am	631.18AA	7/17	4AF
OakMarREC	T/Th	6:50pm	631.JOD9	7/18	4AH
OakMarREC	M-Th	11:25am	631.QQUS	7/31	4AF
ProvREC	F	4:30pm	631.1GKF	6/23	4AE
ProvREC	Sa	12:15pm	631.S1S1	6/24	4AF
ProvREC	Su	12:25pm	631.GW16	6/25	4AF
ProvREC	M-Th	11:15am	631.W2JG	7/24	4AF
ProvREC	M-Th	11:15am	631.3HWF	8/7	4AF
SpHillREC	M	7:20pm	631.JQQP	6/19	4AF
SpHillREC	W	5:45pm	631.0UKH	6/21	4AG
SpHillREC	Sa	12:30pm	631.J6KV	6/24	4AF
SpHillREC	Su	12:20pm	631.48MA	6/25	4AF
SpHillREC	M-Th	11:25am	631.K61E	7/10	4AF
Wkfld/Moore	M/W	5:30pm	631.3PDS	6/21	4AD
Wkfld/Moore	F	5:30pm	631.30Y2	6/23	4AG
Wkfld/Moore	Sa	12pm	631.5Y4N	6/24	4AE
Wkfld/Moore	M/W	5:30pm	631.CAJR	7/17	4AH

Pee Wee Paddler VI

(4-7 yrs.) Prerequisite: Pee Wee Paddler V 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.

4AE	7--30 minute lessons--\$106				
4AF	8--30 minute lessons--\$121				
Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	11:55am	FC3.JFZT	6/24	4AE
CubRunREC	Su	11:55am	FC3.PZ1Q	6/25	4AE
OakMarREC	F	6pm	FC3.6JOM	6/23	4AF
OakMarREC	Sa	12:30pm	FC3.XK7X	6/24	4AE
OakMarREC	Su	10:55am	FC3.PVKD	6/25	4AE
SpHillREC	M-Th	12pm	FC3.QN45	6/19	4AF
SpHillREC	F	7:20pm	FC3.4CTZ	6/23	4AF
SpHillREC	M-Th	12pm	FC3.W9MI	7/24	4AF

Swimming I 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.

4AN	6--45 minute lessons--\$91
4AO	7--45 minute lessons--\$107
4AP	8--45 minute lessons--\$124
4AQ	9--45 minute lessons--\$140
4AR	10--45 minute lessons--\$154

Location	Day	Time	Code	Begin	\$
CubRunREC	T/Th	5:10pm	48D.5RKD	6/20	4AO
CubRunREC	M-F	8:30am	48D.Z8GA	6/20	4AP
CubRunREC	M/W	6:45pm	48D.XK9L	6/21	4AN
CubRunREC	Sa	9am	48D.IX0J	6/24	4AO
CubRunREC	Sa	11:55am	48D.MCE9	6/24	4AO
CubRunREC	Su	9am	48D.MFU1	6/25	4AO
CubRunREC	Su	11:55am	48D.SQUY	6/25	4AO
CubRunREC	M-F	8:30am	48D.HNA8	7/5	4AP
CubRunREC	M/W	6:45pm	48D.PGDM	7/17	4AR
CubRunREC	M-Th	8:30am	48D.KCCP	7/17	4AP
CubRunREC	T/Th	5:10pm	48D.78JR	7/18	4AR
CubRunREC	M-Th	8:30am	48D.CRRQ	7/31	4AP
FranconiaRec	M/W	6:45pm	48D.BONN	6/19	4AO

FranconiaRec	T/Th	6:45pm	48D.DI7L	6/20	4AO
FranconiaRec	M-Th	9am	48D.28AZ	6/20	4AO
FranconiaRec	M-Th	11:05am	48D.ZXKX	6/20	4AO
FranconiaRec	T/Th	6:10pm	48D.U2X1	6/23	4AQ
FranconiaRec	Sa	9:35am	48D.KJMI	6/24	4AO
FranconiaRec	Sa	11:05am	48D.TU01	6/24	4AO
FranconiaRec	Su	9:35am	48D.JVNU	6/25	4AO
FranconiaRec	Su	11:05am	48D.57GE	6/25	4AO
FranconiaRec	M-Th	9am	48D.0GRO	7/5	4AN
FranconiaRec	M-Th	11:05am	48D.Y7G0	7/5	4AN
FranconiaRec	M/W	6:45pm	48D.M50Y	7/17	4AR
FranconiaRec	M-Th	9am	48D.16J3	7/17	4AP
FranconiaRec	T/Th	6:45pm	48D.CF88	7/18	4AR
FranconiaRec	M-Th	9am	48D.LM1A	7/31	4AP
FranconiaRec	M-Th	11:05am	48D.LWIG	7/31	4AP
GWREC	M-Th	10:10am	48D.PG81	6/19	4AP
GWREC	Sa	10:10am	48D.GGW8	6/24	4AO
GWREC	M-Th	9:35am	48D.28FI	7/3	4AO
GWREC	M-Th	10:10am	48D.LT17	7/17	4AP
OakMarREC	M/W	5:30pm	48D.YZUK	6/19	4AO
OakMarREC	M-Th	9:35am	48D.8KUN	6/19	4AP
OakMarREC	T/Th	5:40pm	48D.DQGA	6/20	4AO
OakMarREC	F	7:10pm	48D.QBXX	6/23	4AP
OakMarREC	F	8:30am	48D.0UT8	6/23	4AQ
OakMarREC	Sa	9am	48D.76BV	6/24	4AO
OakMarREC	Sa	10:45am	48D.3C45	6/24	4AO
OakMarREC	Su	10:55am	48D.92XZ	6/25	4AO
OakMarREC	Su	11:50am	48D.1DCN	6/25	4AO
OakMarREC	M-Th	9:35am	48D.M200	7/5	4AN
OakMarREC	M/W	5:30pm	48D.JKCU	7/17	4AR
OakMarREC	M-Th	9:35am	48D.05C3	7/17	4AP
OakMarREC	T/Th	5:40pm	48D.Y161	7/18	4AR
OakMarREC	M-Th	9:35am	48D.8LWC	7/31	4AP
ProvREC	M	6:20pm	48D.K502	6/19	4AO
ProvREC	M-Th	9:30am	48D.7PHF	6/19	4AP
ProvREC	M-Th	10:20am	48D.JRBM	6/19	4AP
ProvREC	T	5:10pm	48D.Q6SV	6/20	4AP
ProvREC	W	6pm	48D.0POQ	6/21	4AQ
ProvREC	F	5:40pm	48D.81EK	6/23	4AO
ProvREC	Sa	10am	48D.FJHY	6/24	4AP
ProvREC	Sa	10:50am	48D.020H	6/24	4AP
ProvREC	Su	10:45am	48D.5MFO	6/25	4AP
ProvREC	Su	11:35am	48D.4I73	6/25	4AP
ProvREC	M-Th	9:30am	48D.LXKP	7/10	4AP
ProvREC	M-Th	10:20am	48D.FDRP	7/10	4AP
ProvREC	M-Th	10:20am	48D.3RPL	7/24	4AP
ProvREC	M-Th	11:10am	48D.0TD9	7/24	4AP
ProvREC	M-Th	10:20am	48D.XLO4	8/7	4AP
ProvREC	M-Th	11:10am	48D.0UGH	8/7	4AP
SoRunREC	M/W	6pm	48D.GSND	6/19	4AO
SoRunREC	M-Th	9am	48D.3CCF	6/19	4AP
SoRunREC	M-Th	10:40am	48D.20XG	6/19	4AP
SoRunREC	T/Th	6pm	48D.KXE8	6/20	4AO
SoRunREC	Sa	9am	48D.UQRX	6/24	4AO
SoRunREC	Sa	10:40am	48D.CA12	6/24	4AO
SoRunREC	Su	10:10am	48D.MQ08	6/25	4AO
SoRunREC	Su	11:50am	48D.2DFM	6/25	4AO
SoRunREC	M-Th	9am	48D.Z3G1	7/5	4AN
SoRunREC	M-Th	10:40am	48D.HLBP	7/5	4AN
SoRunREC	M/W	6pm	48D.P1T2	7/17	4AR
SoRunREC	M-Th	9am	48D.18J5	7/17	4AP
SoRunREC	M-Th	10:40am	48D.5Q1P	7/17	4AP
SoRunREC	T/Th	6pm	48D.I3JH	7/18	4AR
SoRunREC	M-Th	9am	48D.P4DH	7/31	4AP
SoRunREC	M-Th	10:40am	48D.A4UJ	7/31	4AP
SpHillREC	M	4pm	48D.HN7U	6/19	4AP
SpHillREC	M-Th	8:30am	48D.H6HY	6/19	4AP
SpHillREC	T	4:10pm	48D.PWJS	6/20	4AP
SpHillREC	W	5:40pm	48D.0SRJ	6/21	4AQ
SpHillREC	Th	4:45pm	48D.8RM7	6/22	4AQ
SpHillREC	F	4:10pm	48D.RCRR	6/23	4AP
SpHillREC	Sa	9am	48D.R1YB	6/24	4AP
SpHillREC	Sa	12:10pm	48D.39FV	6/24	4AP
SpHillREC	Su	10:40am	48D.CS9Z	6/25	4AP
SpHillREC	M-Th	8:30am	48D.MJSC	7/10	4AP

All programs and activities will follow current health safety protocols.

SpHillREC	M-Th	9:20am	48D.2STG	7/24	4AP
SpHillREC	M-Th	10:10am	48D.ZRBJ	8/7	4AP
Wkfld/Moore	T/Th	6:40pm	48D.DK8F	6/20	4AO
Wkfld/Moore	M-Th	9am	48D.ZYNE	6/20	4AO
Wkfld/Moore	M-Th	11am	48D.GMFO	6/20	4AO
Wkfld/Moore	M/W	6:40pm	48D.TV3J	6/21	4AN
Wkfld/Moore	F	6:40pm	48D.OMK3	6/23	4AQ
Wkfld/Moore	Sa	9:35am	48D.7AP5	6/24	4AO
Wkfld/Moore	Sa	11:10am	48D.CIYK	6/24	4AO
Wkfld/Moore	M-Th	9am	48D.LXOU	7/5	4AN
Wkfld/Moore	M-Th	11am	48D.3XAO	7/5	4AN
Wkfld/Moore	Su	4:10pm	48D.ZIV3	7/9	4AN
Wkfld/Moore	Su	9:35am	48D.2NWY	7/9	4AN
Wkfld/Moore	Su	11:10am	48D.WPC2	7/9	4AN
Wkfld/Moore	M/W	6:40pm	48D.WKY0	7/17	4AR
Wkfld/Moore	M-Th	9am	48D.R6UL	7/17	4AP
Wkfld/Moore	M-Th	11am	48D.NWDO	7/17	4AP
Wkfld/Moore	T/Th	6:40pm	48D.9B58	7/18	4AR
Wkfld/Moore	M-Th	9am	48D.JQSY	7/31	4AP
Wkfld/Moore	M-Th	11am	48D.QIBK	7/31	4AP

Swimming II for Children

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

4AN	6--45 minute lessons--\$91
4AO	7--45 minute lessons--\$107
4AP	8--45 minute lessons--\$124
4AQ	9--45 minute lessons--\$140
4AR	10--45 minute lessons--\$154

Location	Day	Time	Code	Begin	\$
CubRunREC	T/Th	4:30pm	F13.VICS	6/20	4AO
CubRunREC	M-F	8:30am	F13.ZJW9	6/20	4AP
CubRunREC	M/W	7:35pm	F13.HTIN	6/21	4AN
CubRunREC	Sa	10:40am	F13.MLMN	6/24	4AO
CubRunREC	Sa	12:20pm	F13.3WKO	6/24	4AO
CubRunREC	Su	10:40am	F13.8TUE	6/25	4AO
CubRunREC	Su	12:20pm	F13.QVNV	6/25	4AO
CubRunREC	M-F	8:30am	F13.ZYWQ	7/5	4AP
CubRunREC	M/W	7:35pm	F13.940R	7/17	4AR
CubRunREC	M-Th	8:30am	F13.HCR3	7/17	4AR
CubRunREC	T/Th	4:30pm	F13.54V0	7/18	4AP
CubRunREC	M-Th	8:30am	F13.4IB3	7/31	4AP
FranconiaRec	M/W	6:45pm	F13.ZPQ7	6/19	4AO
FranconiaRec	T/Th	6:45pm	F13.YT3P	6/20	4AO
FranconiaRec	M-Th	9am	F13.GX2I	6/20	4AO
FranconiaRec	M-Th	11:05am	F13.HB3F	6/20	4AO
FranconiaRec	F	6:10pm	F13.IVPZ	6/23	4AQ
FranconiaRec	Sa	9:35am	F13.20TX	6/24	4AO
FranconiaRec	Sa	11:05am	F13.E5DQ	6/24	4AO
FranconiaRec	Su	9:35am	F13.T7QR	6/25	4AO
FranconiaRec	Su	11:05am	F13.NK1N	6/25	4AO
FranconiaRec	M-Th	9am	F13.GQUC	7/5	4AN
FranconiaRec	M/W	6:45pm	F13.RLIF	7/17	4AR
FranconiaRec	M-Th	9am	F13.ZBV8	7/17	4AP
FranconiaRec	M-Th	9:50am	F13.IHMK	7/17	4AP
FranconiaRec	T/Th	6:45pm	F13.DPD8	7/18	4AR
FranconiaRec	M-Th	9am	F13.EZMS	7/31	4AP
FranconiaRec	M-Th	11:05am	F13.ELV5	7/31	4AP
GWREC	M-Th	10:10am	F13.ABA5	6/19	4AP
GWREC	Sa	10:10am	F13.ZAY8	6/24	4AO
GWREC	Sa	11:05am	F13.BR5E	6/24	4AO
GWREC	M-Th	9:35am	F13.XIKW	7/3	4AP
GWREC	M-Th	10:45am	F13.5TA1	7/17	4AP
GWREC	M-Th	10:10am	F13.46KL	7/31	4AP
OakMarREC	M/W	6:20pm	F13.559H	6/19	4AO
OakMarREC	M-Th	11:15am	F13.47XN	6/19	4AP

OakMarREC	T/Th	7:20pm	F13.EA3I	6/20	4AO
OakMarREC	F	7:10pm	F13.06EU	6/23	4AP
OakMarREC	F	9:20am	F13.EN3K	6/23	4AQ
OakMarREC	Sa	9:40am	F13.GNXX	6/24	4AO
OakMarREC	Sa	11:35am	F13.YFFW	6/24	4AO
OakMarREC	Su	10:05am	F13.3QSN	6/25	4AO
OakMarREC	Su	12:40pm	F13.63HI	6/25	4AO
OakMarREC	M-Th	11:15am	F13.SE3Q	7/5	4AN
OakMarREC	M/W	6:20pm	F13.TDMO	7/17	4AR
OakMarREC	M-Th	11:15am	F13.5G9H	7/17	4AP
OakMarREC	T/Th	7:20pm	F13.WOX5	7/18	4AR
OakMarREC	M-Th	11:15am	F13.E9BH	7/31	4AP
ProvREC	M-Th	9:30am	F13.FM04	6/19	4AP
ProvREC	M-Th	10:20am	F13.5CJ4	6/19	4AP
ProvREC	T	6:35pm	F13.NM93	6/20	4AP
ProvREC	W	6:50pm	F13.SQZ4	6/21	4AQ
ProvREC	F	5:40pm	F13.N9G6	6/23	4AQ
ProvREC	Sa	10am	F13.ITAP	6/24	4AP
ProvREC	Sa	10:50am	F13.A5L8	6/24	4AP
ProvREC	Su	9:50am	F13.V1TR	6/25	4AP
ProvREC	Su	10:45am	F13.3NB8	6/25	4AP
ProvREC	Su	11:35am	F13.JKH1	6/25	4AP
ProvREC	M	7:10pm	F13.1KPO	6/26	4AO
ProvREC	M-Th	9:30am	F13.ZV12	7/10	4AP
ProvREC	M-Th	10:20am	F13.BZ7G	7/10	4AP
ProvREC	M-Th	10:20am	F13.JQYU	7/24	4AP
ProvREC	M-Th	10:20am	F13.8QZQ	8/7	4AP
SoRunREC	M/W	7:25pm	F13.PXKB	6/19	4AO
SoRunREC	M-Th	9:50am	F13.8DMA	6/19	4AP
SoRunREC	M-Th	10:35am	F13.NA32	6/19	4AP
SoRunREC	T/Th	6:55pm	F13.Y79W	6/20	4AO
SoRunREC	T/Th	7:10pm	F13.IM5U	6/20	4AO
SoRunREC	Sa	9:50am	F13.BX2Y	6/24	4AO
SoRunREC	Sa	10:35am	F13.BUSH	6/24	4AO
SoRunREC	Su	9am	F13.5MV3	6/25	4AO
SoRunREC	M-Th	9:50am	F13.1TMJ	7/5	4AN
SoRunREC	M-Th	10:35am	F13.0EPJ	7/5	4AN

SoRunREC	M/W	7:25pm	F13.XDJW	7/17	4AR
SoRunREC	M-Th	9:50am	F13.XOSL	7/17	4AP
SoRunREC	M-Th	10:35am	F13.Q16C	7/17	4AP
SoRunREC	T/Th	6:35pm	F13.VVWS	7/18	4AR
SoRunREC	T/Th	7:10pm	F13.Y6Z8	7/18	4AR
SoRunREC	M-Th	9:50am	F13.SYV3	7/31	4AP
SoRunREC	M-Th	10:35am	F13.0G4P	7/31	4AP
SpHillREC	M	6:30pm	F13.ASLF	6/19	4AP
SpHillREC	M-Th	9:20am	F13.QEDA	6/19	4AP
SpHillREC	T	4pm	F13.0XMT	6/20	4AP
SpHillREC	W	4:50pm	F13.PVGQ	6/21	4AQ
SpHillREC	Th	3:55pm	F13.90RQ	6/22	4AQ
SpHillREC	F	5:40pm	F13.7FC2	6/23	4AP
SpHillREC	Sa	9am	F13.KOCL	6/24	4AP
SpHillREC	Sa	9:50am	F13.NMJ9	6/24	4AP
SpHillREC	Su	9:50am	F13.WIDA	6/25	4AP
SpHillREC	M-Th	9:20am	F13.1993	7/10	4AP
SpHillREC	M-Th	10:10am	F13.35BE	7/24	4AP
SpHillREC	M-Th	8:30am	F13.FRBJ	8/7	4AP
Wkfld/Moore	M/W	6:40pm	F13.9XEX	6/20	4AO
Wkfld/Moore	M-Th	9am	F13.Y80I	6/20	4AO
Wkfld/Moore	M/W	6:40pm	F13.Q86V	6/21	4AN
Wkfld/Moore	F	6:40pm	F13.BMOV	6/23	4AN
Wkfld/Moore	Sa	9:35am	F13.UW40	6/24	4AO
Wkfld/Moore	Sa	11:10am	F13.3R7D	6/24	4AO
Wkfld/Moore	M-Th	9am	F13.VTJE	7/5	4AN
Wkfld/Moore	Su	5pm	F13.H4ID	7/9	4AN
Wkfld/Moore	Su	9:35am	F13.WDBH	7/9	4AN
Wkfld/Moore	Su	11:10am	F13.31DG	7/9	4AN
Wkfld/Moore	M/W	6:40pm	F13.M5T6	7/17	4AR
Wkfld/Moore	M-Th	9am	F13.7HWJ	7/17	4AP
Wkfld/Moore	M/W	6:40pm	F13.IEV3	7/18	4AR
Wkfld/Moore	M-Th	9am	F13.FOZA	7/31	4AP

Swimming III for Children

(6-12 yrs.) Prerequisite: Swimming II 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.

4AN	6--45 minute lessons--\$91
4AO	7--45 minute lessons--\$107
4AP	8--45 minute lessons--\$124
4AQ	9--45 minute lessons--\$140
4AR	10--45 minute lessons--\$154

Location	Day	Time	Code	Begin	\$
CubRunREC	T/Th	4:30pm	7E0.Z0TP	6/20	4AO
CubRunREC	M-F	9:20am	7E0.6U6P	6/20	4AP
CubRunREC	M/W	6:45pm	7E0.M6XN	6/21	4AN
CubRunREC	Sa	9:50am	7E0.HK2S	6/24	4AO
CubRunREC	Sa	10:40am	7E0.V42B	6/24	4AO
CubRunREC	Sa	11:30am	7E0.1TTE	6/24	4AO
CubRunREC	Su	9:50am	7E0.73PG	6/25	4AO
CubRunREC	Su	10:40am	7E0.90ST	6/25	4AO
CubRunREC	Su	11:30am	7E0.72G6	6/25	4AO
CubRunREC	M-F	9:20am	7E0.TM5A	7/5	4AP
CubRunREC	M/W	6:45pm	7E0.OJZN	7/17	4AR
CubRunREC	M-Th	9:20am	7E0.05GY	7/17	4AP
CubRunREC	T/Th	4:30pm	7E0.RD05	7/18	4AR
CubRunREC	M-Th	9:20am	7E0.243P	7/31	4AP
FranconiaRec	M/W	7:35pm	7E0.TVDR	6/19	4AO
FranconiaRec	T/Th	7:35pm	7E0.J8Z4	6/20	4AO
FranconiaRec	M-Th	9am	7E0.WBJO	6/20	4AO
FranconiaRec	F	7pm	7E0.900P	6/23	4AQ
FranconiaRec	Sa	10:05am	7E0.GVYQ	6/24	4AO
FranconiaRec	Sa	11:05am	7E0.GLKO	6/24	4AO
FranconiaRec	Su	10am	7E0.BGG8	6/25	4AO
FranconiaRec	Su	12pm	7E0.9170	6/25	4AO
FranconiaRec	M-Th	9am	7E0.CU3S	7/5	4AN
FranconiaRec	M-Th	11:05am	7E0.C7TP	7/5	4AN



Gold Rush Season Passes go on sale April 1st



Buy your passes online at
www.fairfaxcounty.gov/parks/watermine
 or call 703-246-5929.



The Water Mine
 at Lake Fairfax Park
 1400 Lake Fairfax Dr.
 Reston, VA 20190



FranconiaRec	M/W	7:35pm	7EO.H3G1	7/17	4AR	SpHillREC	M-Th	10:10am	7EO.M4PM	6/19	4AP										
FranconiaRec	M-Th	9am	7EO.NN78	7/17	4AP	SpHillREC	T	4:50pm	7EO.OL00	6/20	4AP										
FranconiaRec	M-Th	11:05am	7EO.DJPB	7/17	4AP	SpHillREC	W	4pm	7EO.XTZT	6/21	4AQ										
FranconiaRec	T/Th	6:45pm	7EO.3NAI	7/18	4AR	SpHillREC	Th	6:25pm	7EO.TCKS	6/22	4AQ										
FranconiaRec	M-Th	9am	7EO.7DZF	7/31	4AP	SpHillREC	F	6:30pm	7EO.NHJT	6/23	4AP										
GWREC	M-Th	10:45am	7EO.WR1B	7/31	4AP	SpHillREC	Sa	10:40am	7EO.MD72	6/24	4AP										
OakMarREC	M/W	7:15pm	7EO.WL8N	6/19	4AO	SpHillREC	Su	9am	7EO.G395	6/25	4AP										
OakMarREC	M-Th	10:25am	7EO.ETP6	6/19	4AP	SpHillREC	Su	11:30am	7EO.6WNQ	6/25	4AP										
OakMarREC	T/Th	6:30pm	7EO.B56I	6/20	4AO	SpHillREC	M-Th	10:10am	7EO.HL48	7/10	4AP										
OakMarREC	F	7:10pm	7EO.YMK9	6/23	4AP	SpHillREC	M-Th	8:30am	7EO.AE7H	7/24	4AP										
OakMarREC	F	10:10am	7EO.DE7C	6/23	4AQ	SpHillREC	M-Th	9:20am	7EO.RV84	8/7	4AP										
OakMarREC	Sa	9:50am	7EO.MGOG	6/24	4AO	Wkfld/Moore	T/Th	6:40pm	7EO.25R4	6/20	4AO										
OakMarREC	Sa	11:35am	7EO.MPIR	6/24	4AO	Wkfld/Moore	M-Th	9am	7EO.0F12	6/20	4AO										
OakMarREC	Su	10:05am	7EO.KRJH	6/25	4AO	Wkfld/Moore	M/W	6:40pm	7EO.D3LO	6/21	4AN										
OakMarREC	Su	12:30pm	7EO.EHPJ	6/25	4AO	Wkfld/Moore	F	6:40pm	7EO.WURW	6/23	4AQ										
OakMarREC	M-Th	10:25am	7EO.6HCF	7/5	4AN	Wkfld/Moore	Sa	9:35am	7EO.4NQL	6/24	4AO										
OakMarREC	M/W	7:15pm	7EO.FLOJ	7/17	4AR	Wkfld/Moore	Sa	11:10am	7EO.AJRO	6/24	4AO										
OakMarREC	M-Th	10:25am	7EO.4RLH	7/17	4AP	Wkfld/Moore	M-Th	9am	7EO.TCX7	7/5	4AN										
OakMarREC	T/Th	6:30pm	7EO.UR6E	7/18	4AR	Wkfld/Moore	Su	9:35am	7EO.C41E	7/9	4AN										
OakMarREC	M-Th	10:25am	7EO.YMRB	7/31	4AP	Wkfld/Moore	Su	11:10am	7EO.HAHM	7/9	4AN										
ProvREC	M-Th	11:10am	7EO.XO4I	6/19	4AP	Wkfld/Moore	M/W	6:40pm	7EO.5WXD	7/17	4AR										
ProvREC	T	6:35pm	7EO.B8QB	6/20	4AP	Wkfld/Moore	M-Th	9am	7EO.6PNQ	7/17	4AP										
ProvREC	F	6:30pm	7EO.APOG	6/23	4AO	Wkfld/Moore	T/Th	6:40pm	7EO.4417	7/18	4AR										
ProvREC	Sa	10am	7EO.QJJK	6/24	4AP	Wkfld/Moore	M-Th	9am	7EO.BBE5	7/31	4AP										
ProvREC	Sa	10:50am	7EO.49ZZ	6/24	4AP	Swimming IV for Children (6-12 yrs.) Prerequisite: Swimming III 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.															
ProvREC	Su	9am	7EO.9VG8	6/25	4AP																
ProvREC	Su	10:45am	7EO.18OF	6/25	4AP																
ProvREC	Su	11:35am	7EO.WRSH	6/25	4AP																
ProvREC	M	6:20pm	7EO.HHLY	6/26	4AO																
ProvREC	M-Th	11:10am	7EO.51BQ	7/10	4AP	<table><tr><td>4AN</td><td>6--45 minute lessons--\$91</td></tr><tr><td>4AO</td><td>7--45 minute lessons--\$107</td></tr><tr><td>4AP</td><td>8--45 minute lessons--\$124</td></tr><tr><td>4AQ</td><td>9--45 minute lessons--\$140</td></tr><tr><td>4AR</td><td>10--45 minute lessons--\$154</td></tr></table>						4AN	6--45 minute lessons--\$91	4AO	7--45 minute lessons--\$107	4AP	8--45 minute lessons--\$124	4AQ	9--45 minute lessons--\$140	4AR	10--45 minute lessons--\$154
4AN	6--45 minute lessons--\$91																				
4AO	7--45 minute lessons--\$107																				
4AP	8--45 minute lessons--\$124																				
4AQ	9--45 minute lessons--\$140																				
4AR	10--45 minute lessons--\$154																				
ProvREC	M-Th	9:30am	7EO.JV6W	7/24	4AP																
ProvREC	M-Th	9:30am	7EO.LTID	8/7	4AP																
SoRunREC	M/W	7:10pm	7EO.7VXR	6/19	4AO																
SoRunREC	M-Th	9:35am	7EO.6H2X	6/19	4AP																
SoRunREC	M-Th	11am	7EO.S4GV	6/19	4AP	Location	Day	Time	Code	Begin	\$										
SoRunREC	T/Th	6:20pm	7EO.9G9H	6/20	4AO	CubRunREC	T/Th	5:20pm	A7C.3FLV	6/20	4AO										
SoRunREC	Sa	9:35am	7EO.SDF2	6/24	4AO	CubRunREC	M-F	8:30am	A7C.8URM	6/20	4AP										
SoRunREC	Sa	11am	7EO.6P9L	6/24	4AO	CubRunREC	M/W	7:35pm	A7C.7ZYS	6/21	4AN										
SoRunREC	Su	11:35am	7EO.WOUH	6/25	4AO	CubRunREC	Sa	9am	A7C.CFOH	6/24	4AO										
SoRunREC	M-Th	9:35am	7EO.HY4S	7/5	4AN	CubRunREC	Sa	9:50am	A7C.9AWM	6/24	4AO										
SoRunREC	M-Th	11am	7EO.POVL	7/5	4AN	CubRunREC	Su	9am	A7C.AWU5	6/25	4AO										
SoRunREC	M/W	7:10pm	7EO.ELEH	7/17	4AR	CubRunREC	Su	9:50am	A7C.QK1E	6/25	4AO										
SoRunREC	M-Th	9:35am	7EO.XY99	7/17	4AP																
SoRunREC	M-Th	11am	7EO.LVVC	7/17	4AP																
SoRunREC	T/Th	6:20pm	7EO.RGJL	7/18	4AR																
SoRunREC	M-Th	9:35am	7EO.K6RM	7/31	4AP																
SoRunREC	M-Th	11am	7EO.DKWM	7/31	4AP																
SpHillREC	M	5:40pm	7EO.FLU6	6/19	4AP																

CubRunREC	M-F	8:30am	A7C.SGYV	7/5	4AP	Wkfld/Moore	M/W	5:30pm	A7C.HQY3	6/21	4AN
CubRunREC	M/W	7:35pm	A7C.JVNO	7/17	4AR	Wkfld/Moore	F	7:30pm	A7C.T7BW	6/23	4AQ
CubRunREC	M-Th	8:30am	A7C.3P41	7/17	4AP	Wkfld/Moore	Sa	11:10am	A7C.5MT3	6/24	4AO
CubRunREC	T/Th	5:20pm	A7C.8Y02	7/18	4AR	Wkfld/Moore	M-Th	11am	A7C.TK88	7/5	4AP
CubRunREC	M-Th	8:30am	A7C.NJNF	7/31	4AP	Wkfld/Moore	M/Th	11:10am	A7C.1JYF	7/5	4AN
FranconiaRec	M/W	6:45pm	A7C.OV72	6/19	4AO	Wkfld/Moore	Su	7:10am	A7C.69BK	7/9	4AN
FranconiaRec	T/Th	6:45pm	A7C.BI4H	6/20	4AO	Wkfld/Moore	M/W	5:30pm	A7C.D36M	7/17	4AR
FranconiaRec	M-Th	9:50am	A7C.PJRQ	6/20	4AO	Wkfld/Moore	M-Th	11am	A7C.LY69	7/17	4AP
FranconiaRec	F	7pm	A7C.4JPM	6/23	4AQ	Wkfld/Moore	T/Th	5:30pm	A7C.HYGZ	7/18	4AR
FranconiaRec	Sa	11:55am	A7C.RP9C	6/24	4AO	Wkfld/Moore	M-Th	11am	A7C.VA2T	7/31	4AP
FranconiaRec	Su	12pm	A7C.N020	6/25	4AO						
FranconiaRec	M-Th	9:50am	A7C.KZSS	7/5	4AN						
FranconiaRec	M/W	6:45pm	A7C.1PLJ	7/17	4AR						
FranconiaRec	M-Th	11:05am	A7C.LDOV	7/17	4AP						
FranconiaRec	T/Th	7:35pm	A7C.88HC	7/18	4AR						
FranconiaRec	M-Th	9:50am	A7C.AUOE	7/31	4AP						
OakMarREC	M/W	6pm	A7C.GX5P	6/19	4AO						
OakMarREC	M-Th	9:35am	A7C.K00V	6/19	4AP						
OakMarREC	T/Th	6pm	A7C.46F5	6/20	4AO						
OakMarREC	F	6pm	A7C.MP1A	6/23	4AP						
OakMarREC	F	8:30am	A7C.37H5	6/23	4AQ						
OakMarREC	Sa	9am	A7C.YANH	6/24	4AO						
OakMarREC	Sa	10:45am	A7C.U58Z	6/24	4AO						
OakMarREC	Su	10:05am	A7C.QTD5	6/25	4AO						
OakMarREC	Su	11:35am	A7C.MZDI	6/25	4AO						
OakMarREC	M-Th	9:35am	A7C.Q1QK	7/5	4AN						
OakMarREC	M/W	6pm	A7C.F1P1	7/17	4AR						
OakMarREC	M-Th	9:35am	A7C.8JSU	7/17	4AP						
OakMarREC	T/Th	6pm	A7C.UM10	7/18	4AR						
OakMarREC	M-Th	9:35am	A7C.64Y8	7/31	4AP						
ProvREC	M-Th	11:10am	A7C.B40Q	6/19	4AP						
ProvREC	T	7:25pm	A7C.Z2N6	6/20	4AP						
ProvREC	F	6:30pm	A7C.SXZU	6/23	4AO						
ProvREC	Sa	9:10am	A7C.OIDF	6/24	4AP						
ProvREC	Sa	12pm	A7C.HOZ4	6/24	4AP						
ProvREC	Su	9am	A7C.8HUR	6/25	4AP						
ProvREC	Su	11:50am	A7C.4EX5	6/25	4AP						
ProvREC	M	7:10pm	A7C.2F1R	6/26	4AO						
ProvREC	M-Th	11:10am	A7C.P4L1	7/10	4AP						
ProvREC	M-Th	9:30am	A7C.NZJY	7/24	4AP						
ProvREC	M-Th	9:30am	A7C.TWXG	8/7	4AP						
SoRunREC	M/W	8pm	A7C.LP4H	6/19	4AO						
SoRunREC	M-Th	10:45am	A7C.HIOW	6/19	4AP						
SoRunREC	T/Th	7:25pm	A7C.169X	6/20	4AO						
SoRunREC	Sa	10:45am	A7C.2NHF	6/24	4AO						
SoRunREC	Su	9:50am	A7C.03IE	6/25	4AO						
SoRunREC	Su	11:15am	A7C.759L	6/25	4AO						
SoRunREC	M-Th	10:45am	A7C.ANNL	7/5	4AN						
SoRunREC	M/W	8pm	A7C.OYQR	7/17	4AR						
SoRunREC	M-Th	10:45am	A7C.U15E	7/17	4AP						
SoRunREC	T/Th	7:25pm	A7C.WM40	7/18	4AR						
SoRunREC	M-Th	10:45am	A7C.LK6C	7/31	4AP						
SpHillREC	M	4:50pm	A7C.WHNS	6/19	4AP						
SpHillREC	M-Th	11am	A7C.M76I	6/19	4AP						
SpHillREC	T	5:40pm	A7C.8Y3I	6/20	4AP						
SpHillREC	W	6:30pm	A7C.P6KX	6/21	4AQ						
SpHillREC	Th	5:35pm	A7C.BXYT	6/22	4AQ						
SpHillREC	F	6:10pm	A7C.56WV	6/23	4AP						
SpHillREC	Sa	9:10am	A7C.ZT47	6/24	4AP						
SpHillREC	Sa	12pm	A7C.F720	6/24	4AP						
SpHillREC	Su	11am	A7C.U942	6/25	4AP						
SpHillREC	M-Th	11am	A7C.A454	7/10	4AP						
SpHillREC	M-Th	11am	A7C.UKOL	7/24	4AP						
Wkfld/Moore	T/Th	5:30pm	A7C.YEL4	6/20	4AO						
Wkfld/Moore	M-Th	11am	A7C.EA2T	6/20	4AO						
Wkfld/Moore	M/W	5:30pm	A7C.HQY3	6/21	4AN						
Wkfld/Moore	F	7:30pm	A7C.T7BW	6/23	4AQ						
Wkfld/Moore	Sa	11:10am	A7C.5MT3	6/24	4AO						
Wkfld/Moore	M-Th	11am	A7C.TK88	7/5	4AP						
Wkfld/Moore	M/Th	11:10am	A7C.1JYF	7/5	4AN						
Wkfld/Moore	Su	7:10am	A7C.69BK	7/9	4AN						
Wkfld/Moore	M/W	5:30pm	A7C.D36M	7/17	4AR						
Wkfld/Moore	M-Th	11am	A7C.LY69	7/17	4AP						
Wkfld/Moore	T/Th	5:30pm	A7C.HYGZ	7/18	4AR						
Wkfld/Moore	M-Th	11am	A7C.VA2T	7/31	4AP						

All programs and activities will follow current health safety protocols.

Swimming V for Children

(6-12 yrs.) Prerequisite: Swimming IV 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--\$145
4AAB	10--55 minute lessons--\$162
4AX	6--55 minute lessons--\$97
4AY	7--55 minute lessons--\$112
4AZ	8--55 minute lessons--\$129

Location	Day	Time	Code	Begin	\$
CubRunREC	T/Th	7:20pm	D55.521T	6/20	4AY
CubRunREC	M-F	8:30am	D55.X8D1	6/20	4AZ
CubRunREC	Sa	12:20pm	D55.MECK	6/24	4AY
CubRunREC	Su	12:20pm	D55.N8CL	6/25	4AY
CubRunREC	M-F	8:30am	D55.ACY4	7/5	4AZ
CubRunREC	M-Th	8:30am	D55.1VAY	7/17	4AZ
CubRunREC	T/Th	7:20pm	D55.5GFI	7/18	4AAB
CubRunREC	M-Th	8:30am	D55.KVDB	7/31	4AZ
FranconiaRec	M/W	7:35pm	D55.C79Q	6/19	4AY
FranconiaRec	M-Th	10:45am	D55.BNHX	6/20	4AY
FranconiaRec	F	7:50pm	D55.0LS4	6/23	4AAA
FranconiaRec	Sa	12:05pm	D55.G5XU	6/24	4AY
FranconiaRec	Su	11am	D55.2EV8	6/25	4AY
FranconiaRec	M-Th	10:45am	D55.XNOZ	7/17	4AZ
FranconiaRec	T/Th	7:35pm	D55.IJGM	7/18	4AAB
OakMarREC	M/W	6:50pm	D55.LDY6	6/19	4AY
OakMarREC	M-Th	10:25am	D55.4ZS1	6/19	4AZ
OakMarREC	T/Th	6:50pm	D55.ZDFD	6/20	4AY
OakMarREC	F	6:50pm	D55.5SZQ	6/23	4AZ
OakMarREC	F	9:20am	D55.RH61	6/23	4AAA
OakMarREC	Sa	11:05am	D55.NHM9	6/24	4AY
OakMarREC	Su	10:55am	D55.CUPM	6/25	4AY
OakMarREC	M-Th	10:25am	D55.SAVQ	7/5	4AX
OakMarREC	M/W	6:50pm	D55.UVNY	7/17	4AAB
OakMarREC	M-Th	10:25am	D55.Z8M5	7/17	4AZ
OakMarREC	T/Th	6:50pm	D55.2ZCP	7/18	4AAB
OakMarREC	M-Th	10:25am	D55.Y49B	7/31	4AZ
ProvREC	W	7:10pm	D55.HCOU	6/21	4AAA
ProvREC	Sa	10am	D55.8ZP7	6/24	4AZ
ProvREC	Su	9:50am	D55.5HWT	6/25	4AZ
ProvREC	M	8pm	D55.YEY2	6/26	4AY
ProvREC	M-Th	11:10am	D55.92RI	7/24	4AZ
ProvREC	M-Th	11:10am	D55.3PF4	8/7	4AZ
SoRunREC	M/W	7:45pm	D55.HYR7	6/19	4AY
SoRunREC	M-Th	10:10am	D55.9D1T	6/19	4AZ
SoRunREC	T/Th	8pm	D55.QMU1	6/20	4AY
SoRunREC	Sa	10:10am	D55.9HX2	6/24	4AY
SoRunREC	M-Th	10:10am	D55.26AX	7/5	4AX
SoRunREC	M/W	7:45pm	D55.HME7	7/17	4AAB
SoRunREC	M-Th	10:10am	D55.S8UX	7/17	4AZ
SoRunREC	T/Th	8pm	D55.MTOE	7/18	4AAB
SoRunREC	M-Th	10:10am	D55.14IV	7/31	4AZ
SpHillREC	W	6pm	D55.BMDX	6/21	4AAA
SpHillREC	Th	6pm	D55.MJPY	6/22	4AAA
SpHillREC	F	7pm	D55.LESD	6/23	4AZ
SpHillREC	Sa	10am	D55.WWVB	6/24	4AZ
SpHillREC	Su	9am	D55.2WSJ	6/25	4AZ
SpHillREC	Su	11:50am	D55.XFNS	6/25	4AZ
SpHillREC	M-Th	11:50am	D55.G8XE	7/24	4AZ
SpHillREC	M-Th	11am	D55.R8DT	8/7	4AZ
Wkfld/Moore	T/Th	6:20pm	D55.1FRA	6/20	4AY
Wkfld/Moore	T/Th	7:20pm	D55.JY3Y	6/20	4AY
Wkfld/Moore	M-Th	11am	D55.DMOG	6/20	4AY
Wkfld/Moore	M/W	5:45pm	D55.KVZG	6/21	4AX
Wkfld/Moore	M/W	7:20pm	D55.ENHT	6/21	4AX
Wkfld/Moore	F	7:20pm	D55.5GR4	6/23	4AAA
Wkfld/Moore	Sa	9am	D55.HGOH	6/24	4AY
Wkfld/Moore	Sa	10am	D55.W7VV	6/24	4AY
Wkfld/Moore	Sa	12pm	D55.ZEPA	6/24	4AY

Wkfld/Moore	M-Th	11am	D55.NL85	7/5	4AX
Wkfld/Moore	Su	9am	D55.B74K	7/9	4AX
Wkfld/Moore	Su	10am	D55.G5G8	7/9	4AX
Wkfld/Moore	M/W	6:20pm	D55.0HIR	7/17	4AAB
Wkfld/Moore	M/W	7:20pm	D55.7UR9	7/17	4AAB
Wkfld/Moore	M-Th	11am	D55.90R8	7/17	4AZ
Wkfld/Moore	T/Th	6:20pm	D55.EZUC	7/18	4AAB
Wkfld/Moore	T/Th	7:20pm	D55.16Y7	7/18	4AAB
Wkfld/Moore	M-Th	11am	D55.GSHZ	7/31	4AZ

Swimming VI for Children

(6-12 yrs.) Prerequisite: Swimming VI 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 individual medley (IM), treading water for two minutes and flip turns.

4AAA	9--55 minute lessons--\$145
4AAB	10--55 minute lessons--\$162
4AX	6--55 minute lessons--\$97
4AY	7--55 minute lessons--\$112
4AZ	8--55 minute lessons--\$129

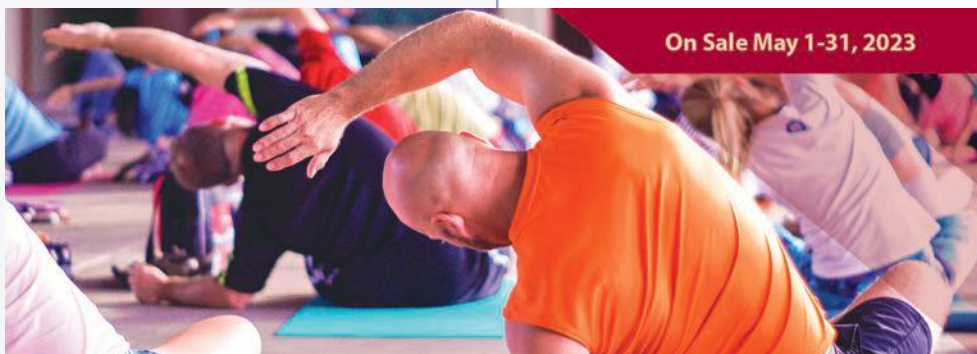
Location	Day	Time	Code	Begin	\$
CubRunREC	M-F	9:30am	DF4.XK6G	6/20	4AZ
CubRunREC	Sa	12:20pm	DF4.S68T	6/24	4AY
CubRunREC	Su	12:20pm	DF4.DMZB	6/25	4AY
CubRunREC	M-F	9:30am	DF4.DFS0	7/5	4AZ
CubRunREC	M-Th	9:30am	DF4.AIJJ	7/17	4AZ
CubRunREC	M-Th	9:30am	DF4.PHT2	7/31	4AZ
FranconiaRec	T/Th	7:35pm	DF4.NVUX	6/20	4AY
FranconiaRec	Sa	11:05am	DF4.T1R8	6/24	4AY
FranconiaRec	Su	12pm	DF4.HYN1	6/25	4AY
FranconiaRec	M-Th	10:45am	DF4.C9X7	7/5	4AX
FranconiaRec	M/W	7:35pm	DF4.NPOG	7/17	4AAB
FranconiaRec	T/Th	7:35pm	DF4.7COG	7/18	4AAB

FranconiaRec	M-Th	10:45am	DF4.R458	7/31	4AZ
OakMarREC	M/W	7:50pm	DF4.JKK0	6/19	4AY
OakMarREC	F	7:50pm	DF4.UPEX	6/23	4AZ
OakMarREC	Sa	12:05pm	DF4.UG29	6/24	4AY
OakMarREC	Su	12pm	DF4.GPCZ	6/25	4AY
OakMarREC	M/W	7:50pm	DF4.BDKX	7/17	4AAB
ProvREC	Sa	11am	DF4.F89I	6/24	4AZ
ProvREC	Su	10:50am	DF4.C5SS	6/25	4AZ
SoRunREC	M-Th	9:35am	DF4.HPYU	6/19	4AZ
SoRunREC	Sa	9:35am	DF4.WOEL	6/24	4AY
SoRunREC	Su	10am	DF4.JUMD	6/25	4AY
SoRunREC	M-Th	9:35am	DF4.MIL9	7/5	4AX
SoRunREC	M-Th	9:35am	DF4.W4DQ	7/17	4AZ
SoRunREC	M-Th	9:35am	DF4.T9UK	7/31	4AZ
SpHillREC	W	7pm	DF4.Q92H	6/21	4AAA
SpHillREC	Th	7pm	DF4.H18K	6/22	4AAA
SpHillREC	F	8pm	DF4.DR41	6/23	4AZ
SpHillREC	Sa	11am	DF4.LU50	6/24	4AZ
SpHillREC	Su	10am	DF4.PWV5	6/25	4AZ
SpHillREC	M-Th	12pm	DF4.C51R	8/7	4AZ

Instructors Wanted



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OAK MARR, Oakton • PROVIDENCE, Falls Church • SOUTH RUN, Springfield • SPRING HILL, McLean

Swim Classes for Teens/Adults

Swimming I - 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--\$145
4AAB	10--55 minute lessons--\$162
4AX	6--55 minute lessons--\$97
4AY	7--55 minute lessons--\$112
4AZ	8--55 minute lessons--\$129

Location	Day	Time	Code	Begin	\$
CubRunREC	Su	8am	7D5.0B1Q	6/24	4AY
FranconiaRec	M/W	7:35pm	7D5.0140	6/19	4AY
FranconiaRec	F	7:50pm	7D5.JUFI	6/23	4AAA
FranconiaRec	Sa	9am	7D5.46X0	6/24	4AY
FranconiaRec	Sa	9am	7D5.HQ98	6/24	4AAA
GWREC	Sa	11:40am	7D5.B9X6	6/24	4AY
OakMarREC	T/Th	7:30pm	7D5.ZSTG	6/20	4AY
OakMarREC	F	8pm	7D5.DLKZ	6/23	4AZ
OakMarREC	Su	9am	7D5.KR8U	6/24	4AY
OakMarREC	T/Th	7:30pm	7D5.XOEZ	7/18	4AAB
ProvREC	M	8pm	7D5.3C2Q	6/19	4AZ
ProvREC	Sa	11:40am	7D5.CAAK	6/24	4AZ
ProvREC	Sa	11:40am	7D5.G2FT	6/24	4AZ
SoRunREC	M/W	8pm	7D5.626G	6/19	4AY
SoRunREC	M/W	8pm	7D5.1P7L	7/17	4AAB
SpHillREC	T	7:55pm	7D5.9ZYP	6/20	4AZ
SpHillREC	Sa	11:30am	7D5.F6T2	6/24	4AZ
SpHillREC	Su	11:55am	7D5.6NGC	6/25	4AZ
Wkfld/Moore	M/W	7:30pm	7D5.Y4NI	6/21	4AX
Wkfld/Moore	Su	3pm	7D5.RC6A	7/9	4AX

Swimming II - Teens & Adults

(13-Adult) Prerequisite: Swimming I 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--\$145
4AAB	10--55 minute lessons--\$162
4AX	6--55 minute lessons--\$97
4AY	7--55 minute lessons--\$112
4AZ	8--55 minute lessons--\$129

Location	Day	Time	Code	Begin	\$
CubRunREC	Su	8am	75A.Z969	6/25	4AY
FranconiaRec	T/Th	7:35pm	75A.CS9L	6/20	4AY
FranconiaRec	Su	9am	75A.1EEQ	6/25	4AY
FranconiaRec	M/W	7:35pm	75A.NDPK	7/17	4AAB
OakMarREC	M/W	7:30pm	75A.WSFE	6/19	4AY
OakMarREC	F	8pm	75A.YWK3	6/23	4AZ
OakMarREC	Su	9am	75A.ZAYL	6/25	4AY
OakMarREC	M/W	7:30pm	75A.31ZY	7/17	4AAB
ProvREC	Sa	7:25pm	75A.XGSG	6/24	4AZ
SoRunREC	T/Th	8pm	75A.XMGE	6/20	4AY
SoRunREC	T/Th	8pm	75A.PSUE	7/18	4AAB
SpHillREC	Th	7:50pm	75A.LSNU	6/22	4AAA
SpHillREC	Sa	11:30am	75A.PPSA	6/24	4AZ
SpHillREC	Su	11:55am	75A.C8K2	6/25	4AZ
Wkfld/Moore	Su	4pm	75A.P9R7	7/9	4AX
Wkfld/Moore	M/W	7:30pm	75A.OEC8	7/17	4AAB

Swimming III - Teens & Adults

(13-Adult) Prerequisite: Swimming II 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.

4AAA	9--55 minute lessons--\$145
4AAB	10--55 minute lessons--\$162
4AX	6--55 minute lessons--\$97
4AY	7--55 minute lessons--\$112
4AZ	8--55 minute lessons--\$129

Location	Day	Time	Code	Begin	\$
CubRunREC	Su	8am	346.ABEE	6/25	4AY
OakMarREC	M/W	8:05pm	346.FBZU	6/19	4AY
OakMarREC	T/Th	7:30pm	346.3D3K	6/20	4AY
OakMarREC	F	8pm	346.NOM5	6/23	4AZ
OakMarREC	Su	9am	346.0FDG	6/25	4AY
OakMarREC	M/W	8:05pm	346.LWIO	7/17	4AAB
OakMarREC	T/Th	7:30pm	346.3W8G	7/18	4AAB
ProvREC	W	7:35pm	346.FNGA	6/24	4AAA
Wkfld/Moore	T/Th	7:30pm	346.0T72	6/20	4AY
Wkfld/Moore	Su	5pm	346.7CSY	7/9	4AX

Swimming IV - Teens & Adults

(13-Adult) Prerequisite: Swimming III 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.

4AAA	9--55 minute lessons--\$145
4AAB	10--55 minute lessons--\$162
4AY	7--55 minute lessons--\$112

Location	Day	Time	Code	Begin	\$
OakMarREC	T/Th	7:50pm	915.L1TV	6/20	4AY
OakMarREC	Su	9am	915.GL5Z	6/25	4AY
OakMarREC	T/Th	7:50pm	915.VODA	7/18	4AAB
SpHillREC	W	6:55pm	915.9962	6/21	4AAA
SpHillREC	W	6:55pm	915.A0B7	6/21	4AAA
Wkfld/Moore	T/Th	7:30pm	915.13Y9	7/18	4AAB

Advanced Swimming

Stroke Mechanics

(13-Adult) Prerequisite: Ability to tread water for one minute; continuously swim 50 yards. combined stroke using freestyle, backstroke and breaststroke. Student must have a competitive style swim suit (one piece) and goggles. Students with long hair may be required to use a swim cap. Class emphasizes improving swimming strokes and turn efficiency for fitness, competition, and/or triathlon competition. Participants improve breathing techniques and stroke mechanics for freestyle, backstroke, breaststroke, and turns. Butterfly is introduced.

4AHH	6--55 minute lessons--\$98
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Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Su	12pm	BEE.FRL8	7/9	4AHH

Stroke Mechanics I

(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--\$92
4AHC	7--45 minute lessons--\$109
4AHD	8--45 minute lessons--\$126
4AHE	9--45 minute lessons--\$142
4AHN	10--45 minute lessons--\$159

Location	Day	Time	Code	Begin	\$
CubRunREC	M-F	9:20am	2C5.PPLH	6/20	4AHD
CubRunREC	Sa	12pm	2C5.3PYG	6/24	4AHC
CubRunREC	Sa	12pm	2C5.NPXH	6/24	4AHC
CubRunREC	Su	12pm	2C5.WI28	6/25	4AHC
CubRunREC	M-F	9:20am	2C5.KMSD	7/5	4AHD
CubRunREC	M-Th	9:20am	2C5.J9GT	7/17	4AHD
CubRunREC	M-Th	9:20am	2C5.LUYM	7/31	4AHD
FranconiaRec	Sa	9:10am	2C5.STJK	6/24	4AHC
OakMarREC	T/Th	6pm	2C5.H0DS	6/20	4AHC
OakMarREC	Sa	10am	2C5.YYQQ	6/24	4AHC
OakMarREC	Su	11:05am	2C5.OIZC	6/25	4AHC
OakMarREC	T/Th	6pm	2C5.KFHN	7/18	4AHN
ProvREC	Th	6pm	2C5.591F	6/22	4AHE
ProvREC	Sa	9:10am	2C5.V8HE	6/24	4AHD
ProvREC	Su	9am	2C5.OAOT	6/25	4AHD
SoRunREC	T/Th	8:15pm	2C5.B0YS	6/20	4AHC
SoRunREC	Su	11am	2C5.NHUY	6/25	4AHC
SoRunREC	T/Th	8:15pm	2C5.9QE8	7/18	4AHN
SpHillREC	M	6pm	2C5.17NI	6/19	4AHD
SpHillREC	Sa	9:10am	2C5.00Y8	6/24	4AHD
SpHillREC	Su	9am	2C5.D238	6/25	4AHD
Wkfld/Moore	Sa	9am	2C5.RDC4	6/24	4AHC
Wkfld/Moore	Su	9am	2C5.61NP	7/9	4AHB

Stroke Mechanics II

(6-14 yrs.) Prerequisite: Must have completed Stroke Mechanics I 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 swim suit 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--\$98
4AHI	7--55 minute lessons--\$114
4AHJ	8--55 minute lessons--\$131
4AHK	9--55 minute lessons--\$147
4AHL	10--55 minute lessons--\$164

Location	Day	Time	Code	Begin	\$
CubRunREC	M-F	10:10am	6D4.FKJ1	6/20	4AHJ
CubRunREC	Sa	11am	6D4.P8BE	6/24	4AHI
CubRunREC	Su	11am	6D4.6Y2Q	6/25	4AHI
CubRunREC	M-F	10:10am	6D4.3EGZ	7/5	4AHJ
CubRunREC	M-Th	10:10am	6D4.W23A	7/17	4AHJ
CubRunREC	M-Th	10:10am	6D4.6T77	7/31	4AHJ
FranconiaRec	Sa	10am	6D4.RPZN	6/24	4AHI
OakMarREC	M/W	6pm	6D4.0ORW	6/19	4AHI
OakMarREC	Sa	10am	6D4.7FZ1	6/24	4AHI
OakMarREC	Su	10:05am	6D4.UC51	6/25	4AHI
OakMarREC	M/W	6pm	6D4.Z8LH	7/17	4AHL
ProvREC	Th	6:50pm	6D4.1TU7	6/22	4AHL
ProvREC	Sa	10am	6D4.B6KE	6/24	4AHJ
ProvREC	Su	9:50am	6D4.OL81	6/25	4AHJ
SoRunREC	Su	10:45am	6D4.GHQ5	6/25	4AHI
SpHillREC	M	6:50pm	6D4.AG80	6/19	4AHJ
SpHillREC	Sa	10am	6D4.5MXI	6/24	4AHJ
SpHillREC	Su	9:50am	6D4.OIRH	6/25	4AHJ
Wkfld/Moore	Sa	9:50am	6D4.DFDW	6/24	4AHI
Wkfld/Moore	Su	9:50am	6D4.LY45	7/9	4AHH

All programs and activities will follow current health safety protocols.



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.



Stroke Mechanics III

(9-15 yrs.) Prerequisite: Experienced swimmers who have completed Stroke Mechanics II, 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 swim suit 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.

4AHI	7--55 minute lessons--\$114
4AHJ	8--55 minute lessons--\$131
4AHK	9--55 minute lessons--\$147
4AHL	10--55 minute lessons--\$164

Location	Day	Time	Code	Begin	\$
CubRunREC	M-F	8:30am	E57.NGKW	6/20	4AHJ
CubRunREC	Sa	9am	E57.OM5K	6/24	4AHI
CubRunREC	Su	9am	E57.5TSQ	6/25	4AHI
CubRunREC	M-F	8:30am	E57.TC89	7/5	4AHJ
CubRunREC	M-Th	8:30am	E57.000G	7/17	4AHJ
CubRunREC	M-Th	8:30am	E57.SML5	7/31	4AHJ
OakMarREC	T/Th	6:50pm	E57.10A3	6/20	4AHI
OakMarREC	Sa	10:55am	E57.VISL	6/24	4AHI
OakMarREC	Su	11:05am	E57.A2M0	6/25	4AHI
OakMarREC	T/Th	6:50pm	E57.1J7S	7/18	4AHL
ProvREC	Su	10:50am	E57.U2WW	6/22	4AHK
ProvREC	Sa	11am	E57.QZNN	6/24	4AHJ
ProvREC	Su	10:50am	E57.XYHI	6/25	4AHJ
SoRunREC	Su	9am	E57.KSJS	6/25	4AHI
SpHillREC	T	6pm	E57.60YH	6/20	4AHJ
SpHillREC	Sa	11am	E57.GA64	6/24	4AHJ
SpHillREC	Su	10:50am	E57.HXQE	6/25	4AHJ
Wkfld/Moore	Sa	11am	E57.PYFU	6/24	4AHI

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Stroke Mechanics IV

(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.

4AHH	6--55 minute lessons--\$98
4AHI	7--55 minute lessons--\$114
4AHJ	8--55 minute lessons--\$131
4AHL	10--55 minute lessons--\$164

Location	Day	Time	Code	Begin	\$
CubRunREC	M-F	9:30am	2F3.VZLP	6/20	4AHJ
CubRunREC	Sa	10am	2F3.RUZ3	6/24	4AHI
CubRunREC	Su	10am	2F3.086J	6/25	4AHI
CubRunREC	M-F	9:30am	2F3.SHR4	7/5	4AHJ
CubRunREC	M-Th	9:30am	2F3.V8H5	7/17	4AHJ
CubRunREC	M-Th	9:30am	2F3.8941	7/31	4AHJ
OakMarREC	M/W	7pm	2F3.490B	6/19	4AHI
OakMarREC	Sa	11:55am	2F3.M7YR	6/24	4AHI
OakMarREC	Su	12:05pm	2F3.JQ3M	6/25	4AHI
OakMarREC	M/W	7pm	2F3.AFVY	7/17	4AHL
ProvREC	Sa	12pm	2F3.1DBG	6/24	4AHJ
ProvREC	Su	11:50am	2F3.EJDY	6/25	4AHJ
SpHillREC	T	7pm	2F3.AKCO	6/20	4AHJ
SpHillREC	Sa	12pm	2F3.Z6DP	6/24	4AHJ
SpHillREC	Su	11:50am	2F3.OM9K	6/25	4AHJ
Wkfld/Moore	Su	11am	2F3.TXJ3	7/9	4AHL

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--\$145
4AAB	10--55 minute lessons--\$162
4AX	6--55 minute lessons--\$97
4AY	7--55 minute lessons--\$112

Location	Day	Time	Code	Begin	\$
OakMarREC	T/Th	7:50pm	41A.6J12	6/20	4AY
OakMarREC	Sa	9am	41A.LI3Z	6/24	4AY
OakMarREC	Su	9am	41A.6JLO	6/25	4AY
OakMarREC	T/Th	7:50pm	41A.6WLU	7/18	4AAB
ProvREC	F	7:20pm	41A.YZCX	6/23	4AY
SpHillREC	W	7:55pm	41A.LDOI	6/21	4AAA
Wkfld/Moore	M/W	7:30pm	41A.OBYM	6/21	4AX
Wkfld/Moore	M/W	7:30pm	41A.AHS1	7/17	4AAB

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.

4AAB	10--55 minute lessons--\$162
4AY	7--55 minute lessons--\$112

Location	Day	Time	Code	Begin	\$
OakMarREC	M/W	8pm	85E.A2IJ	6/19	4AY
OakMarREC	Sa	9am	85E.ZQ5X	6/24	4AY
OakMarREC	Su	9am	85E.ZY5P	6/25	4AY
OakMarREC	M/W	8pm	85E.Z9YX	7/17	4AAB

Swim Clinics

Butterfly & Breaststroke Clinic II

(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.

4AZ 8--55 minute lessons--\$129

Location	Day	Time	Code	Begin	\$
SpHillREC	Su	1pm	2D5.4AZK	6/25	4AZ

Freestyle & Backstroke Clinic II

(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.

4AZ 8--55 minute lessons--\$129

Location	Day	Time	Code	Begin	\$
SpHillREC	Su	1pm	40A.6JOP	6/25	4AZ

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.

4AY 7--55 minute lessons--\$112

Location	Day	Time	Code	Begin	\$
OakMarREC	Su	10:05am	E8D.Q3KA	6/25	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 online at www.fairfaxcounty.gov/parks/passe-online.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 attend only the class for which you registered. Missed classes cannot be made up.



HEALTHY STRIDES

Programs for your health and wellness

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www.fairfaxcounty.gov/parks/healthy-strides





Aerobic Water Exercise

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

4AB9 7--55 minute lessons--\$96
4ABH 26--55 minute lessons--\$355
4ABI 25--55 minute lessons--\$342
4ABU 9--55 minute lessons--\$123
4ABW 17--55 minute lessons--\$232
4ABZ 8--55 minute lessons--\$109

Location	Day	Time	Code	Begin	\$
CubRunREC	W	10am	3AD.87M9	6/21	4ABU
GWREC	M/W/F	8:30am	3AD.5N84	6/19	4ABH
GWREC	T/Th	5:05pm	3AD.QLT2	6/20	4ABW
OakMarREC	T/Th	9am	3AD.5CUZ	6/20	4ABW
OakMarREC	T/Th	10am	3AD.YZL4	6/20	4ABW
OakMarREC	F	9am	3AD.QCEZ	6/23	4ABU
OakMarREC	Su	4pm	3AD.9RZ1	6/25	4AB9
ProvREC	M/W/F	7:30am	3AD.713X	6/19	4ABH
ProvREC	M/W/F	10:30am	3AD.5EWO	6/19	4ABH
ProvREC	T/Th	8:30am	3AD.RYAB	6/20	4ABW
ProvREC	T/Th	9:30am	3AD.SJS2	6/20	4ABW
ProvREC	Su	9am	3AD.FUJP	6/25	4ABZ
SoRunREC	M/W/F	9am	3AD.4T23	6/19	4ABH
SoRunREC	T/Th	9am	3AD.JR8A	6/20	4ABW
SpHillREC	M/W/F	8:30am	3AD.N6R4	6/19	4ABH
Wkfld/Moore	T	9:05am	3AD.8W02	6/20	4ABZ
Wkfld/Moore	M/W/F	8:50am	3AD.BD0I	6/21	4AB1

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.

4ABH 26--55 minute lessons--\$355
4ABU 9--55 minute lessons--\$123
4ABW 17--55 minute lessons--\$232
4ABZ 8--55 minute lessons--\$109

Location	Day	Time	Code	Begin	\$
OakMarREC	T/Th	8am	40C.HR73	6/20	4ABW
OakMarREC	F	8am	40C.TZ45	6/23	4ABU
ProvREC	M/W	6pm	40C.453W	6/19	4ABW
ProvREC	Sa	9am	40C.4YVS	6/24	4ABZ
SpHillREC	M/W/F	7:30am	40C.249D	6/19	4ABH
SpHillREC	T	10am	40C.KBHV	6/20	4ABZ

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.

4ABZ 8--55 minute lessons--\$109

Location	Day	Time	Code	Begin	\$
ProvREC	Sa	8am	2A9.LLYS	6/24	4ABZ

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.

4AB9 7--55 minute lessons--\$96
4ABH 26--55 minute lessons--\$355
4ABN 10--55 minute lessons--\$137
4ABW 17--55 minute lessons--\$232

Location	Day	Time	Code	Begin	\$
CubRunREC	T/Th	9am	9E8.U11B	6/20	4AB9
CubRunREC	T/Th	9am	9E8.DWJV	7/18	4ABN
GWREC	M/W/F	11:30am	9E8.C81Q	6/19	4ABH
GWREC	T/Th	8am	9E8.EPQE	6/20	4ABW
GWREC	T/Th	9am	9E8.SOU2	6/20	4ABW
OakMarREC	T/Th	11am	9E8.2MR4	6/20	4ABW
ProvREC	M/W/F	11:30am	9E8.RA0Y	6/19	4ABH
ProvREC	T/Th	11:30am	9E8.ZBSJ	6/20	4ABH
SoRunREC	M/W/F	10am	9E8.Q08Q	6/19	4ABH
SoRunREC	T/Th	10am	9E8.WH34	6/20	4ABW
SoRunREC	T/Th	11am	9E8.K7G2	6/20	4ABW
SpHillREC	M/W/F	10:40am	9E8.5HQ9	6/19	4ABH
Wkfld/Moore	T/Th	11:05am	9E8.V2H2	6/20	4ABW

Arthritis Deep Water Exercise

(13-Adult) Prerequisite: Students must be able to swim at least 25 yards continuously. Deep water exercise can increase muscle strength, endurance and cardiovascular fitness. Exercises also provides a challenge for alignment and posture, balance and coordinated movement. All students wear a flotation device.

4ABW 17--55 minute lessons--\$232

Location	Day	Time	Code	Begin	\$
ProvREC	T/Th	4:50pm	250.51EK	6/20	4ABW

All programs and activities will follow current health safety protocols.

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.

4AB0	5--55 minute lessons--\$68
4AB1	16--55 minute lessons--\$218
4AB9	7--55 minute lessons--\$96
4ABH	26--55 minute lessons--\$355
4ABN	10--55 minute lessons--\$137
4ABW	17--55 minute lessons--\$232
4ABZ	8--55 minute lessons--\$109

Location	Day	Time	Code	Begin	\$
CubRunREC	T/Th	10am	B8B.G9IY	6/20	4AB9
CubRunREC	T/Th	10am	B8B.KJ58	7/18	4ABN
GWREC	M/W/F	7:30am	B8B.AQR9	6/19	4ABH
GWREC	M/W/F	9:30am	B8B.WYNT	6/19	4ABH
GWREC	M/W/F	10:30am	B8B.2SHO	6/19	4ABH
GWREC	T/Th	11am	B8B.7MDV	6/20	4ABW
GWREC	T/Th	12pm	B8B.DYNO	6/20	4ABW
OakMarREC	M/W/F	9:10am	B8B.B8BG	6/19	4ABH
OakMarREC	T/Th	9am	B8B.E1E8	6/21	4ABW
OakMarREC	Su	5pm	B8B.YJ4K	6/25	4AB0
ProvREC	M/W/F	8:30am	B8B.KFSK	6/19	4ABH
ProvREC	T/Th	5:50pm	B8B.CAIF	6/20	4ABW
ProvREC	T/Th	6:50pm	B8B.5SL9	6/20	4ABW
SoRunREC	M/W/F	8am	B8B.E8I3	6/19	4ABH
SoRunREC	T/Th	8am	B8B.WDSG	6/20	4ABW
SpHillREC	M/W/F	9:40am	B8B.D64J	6/19	4ABH
SpHillREC	T	9am	B8B.U1DC	6/20	4ABZ
Wkfld/Moore	T	8am	B8B.QHYJ	6/20	4ABZ
Wkfld/Moore	M/W	11am	B8B.EJRG	6/21	4AB1
Wkfld/Moore	Su	11am	B8B.3WNT	7/9	4AB9

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.

4ABH	26--55 minute lessons--\$355
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Location	Day	Time	Code	Begin	\$
OakMarREC	M/W/F	10:10am	4A8.A8HX	6/19	4ABH

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.

4ABH	26--55 minute lessons--\$355
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Location	Day	Time	Code	Begin	\$
OakMarREC	M/W/F	8:10am	B79.GLU2	6/19	4ABH
ProvREC	M/F	9:30am	B79.E9AT	6/19	4ABH

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.

4ABW	17--55 minute lessons--\$232
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Location	Day	Time	Code	Begin	\$
SoRunREC	T/Th	12pm	7F0.524C	6/19	4ABW

Deep Water Hydro Pilates

(13-Adult) Prerequisite: Students must be able to swim 25 yards continuously. Take the plunge for a workout that is no impact. Use Pilates moves in the deep water to help you increase your range of motion, challenge and strengthen core stability and control and build abdominal and back strength, flexibility and muscle tone.

4ABZ	8--55 minute lessons--\$109
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Location	Day	Time	Code	Begin	\$
ProvREC	W	9:30am	08B.XFC6	6/21	4ABZ

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.

4ABU	9--55 minute lessons--\$123
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Location	Day	Time	Code	Begin	\$
GWREC	Th	10am	83P.ENXX	6/22	4ABU

THE WATER MINE

Buy your passes online!



The Water Mine
at Lake Fairfax Park
1400 Lake Fairfax Dr., Reston
703-246-5929

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.

4ABI	25--55 minute lessons--\$342
4ABZ	8--55 minute lessons--\$109

Location	Day	Time	Code	Begin	\$
ProvREC	T	10:30am	7B5.05TZ	6/20	4ABZ
Wkfld/Moore	M/W/F	10am	7B5.D7UY	6/21	4ABI

Specialty Classes

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 introduced to forward and back dives.

4AX	6--55 minute lessons--\$97
4AZ	8--55 minute lessons--\$129

Location	Day	Time	Code	Begin	\$
OakMarREC	Su	11:05am	5B5.X8PA	6/25	4AX
ProvREC	Sa	1:05pm	5B5.Q42G	6/24	4AZ
ProvREC	Sa	2:05pm	5B5.2A98	6/24	4AZ

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--\$97
4AZ	8--55 minute lessons--\$129

Location	Day	Time	Code	Begin	\$
OakMarREC	Su	12:05pm	8A5.R4KC	6/25	4AX
ProvREC	Sa	3:05pm	8A5.P6VA	6/24	4AZ

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Attractions and Amusements

All programs and activities will follow current health safety protocols.

Attractions

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
Oak Marr 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, Va. 20190
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
- Sprypad 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.



Our Special Sprayground at Franconia Park



Our Special Harbor spray ground at Franconia Park in Franconia is a fully accessible complex featuring Chesapeake Bay-themed attractions including a spraying osprey nest, Chessie the sea serpent, misting sunflowers and a lighthouse. The beach area is quieter with softer bubblers and interactive water tables. The computerized water maze and dumping crab basket provide lively activity. Children will also enjoy the fully accessible tree house that overlooks the family recreation area featuring the Tiki Village playground for ages 5-12 and the Nautical Cove for ages 2-5. Our special Harbor opens Memorial Day Weekend and closes Labor Day. General admission is free. Group admission is \$5 per person in-county, \$10 out-of-county for both children and adults, including chaperones. For more information, call the park at 703-922-9841.

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/recenter/cub-run/leisure-pool or call 703-817-9407.

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	Rowboats, canoes, tour boat, carousel, miniature train, ice cream parlor.
Frying Pan Farm Park 703-437-9101	Carousel, wagon rides.
Lake Accotink 703-569-3464	Pedal boats, canoes, kayaks, carousel, bike rentals, snack bar.
Lake Fairfax 703-471-5414	Pedal boats, tour boat, carousel, skate park, packaged ice cream.
Riverbend 703-759-9018	Jon boats, kayaks.



All programs and activities will follow current health safety protocols.



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, Va.
703-323-6600

Oak Marr Rec Center

3200 Jermantown Road, Oakton, Va.
703-281-6501

Jefferson Falls in Jefferson District Park

7900 Lee Highway, Falls Church, Va.
703-573-0444

Lucky Duck in Lake Accotink Park –

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

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.



Celebrate your Birthday in the Parks!

Swing into Fun with Mini Golf

Burke Lake • Jefferson • Lake Accotink • Oak Marr

Splash Around Year Round

Your Local Rec Center Pools & Party Rooms

Ride a Carousel, Train, Tourboat

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

Bounce Around a Soft Playroom

Franconia Rec Center

For information, call the individual sites.
Attractions varies 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



Parks offer exciting features for your family, company, club or church picnic. Attractions may include pedal boats, a carousel, an ice cream parlor, miniature golf, tennis, athletic fields, tour boats, train rides, swimming, volleyball and nature trails. Some special features are available year-round, others are offered seasonally. To check availability, picnic site features and to schedule your picnic, visit www.fairfaxcounty.gov/parks/picnics or call 703-324-8732.

F.C.P.A. CAMP GUIDE

REGISTRATION for CAMPS is OPEN. REGISTER by May 5 and SAVE \$8!

See the registration page for details.

Refunds/Transfers for CAMPS and WORKSHOPS

- Camp cancellations may be done online through your house account. All cancellations/transfers/refunds/credits require 14 days advance notice of the camp you are cancelling. There is a \$25 cancellation fee applied to all refunds.
- If you cancel your camp within 13 days of the start of camp, you will NOT receive money back, but the system will allow you to drop out.
- Transfers may not be done online. If you wish to transfer from one camp to another, you can avoid the cancellation fee by contacting the registration desk (703-222-4664) to process the change. Transfers require 14 days advance notice for the camp you are withdrawing from. Transfers cannot be done within 13 days of the start of a camp.
- You can request a refund or transfer 14 days in advance by emailing us at camps@fairfaxcounty.gov.
- There are no refunds or credits for missed days due to work or vacation schedules, sick days or other non-emergency reasons.
- Within 14 days of the start of a camp session, refunds are only approved for medical emergencies with a doctor's note if it is received before the camp ends.
- If a medical emergency occurs during camp, a doctor's note is required within 24 hours for a pro-rated refund. Requests received after the camp session ends will not be granted.
- We do not provide refunds or credits for changes to camp schedules due to weather.

The FCPA routinely monitors guidance from the CDC and governing health agencies to ensure enhanced safety protocols are in place to maintain a healthy environment for children and staff. To ensure everyone's safety, camp procedures are subject to change at the direction of the CDC and local health officials. Activities may also be altered or omitted based on recommendations for our area.

- Some camps are licensed by the Va. Dept. of Social Services. These camps require additional paperwork such as an immunization record and proof of child's identity. Download the camp forms packet at <https://www.fairfaxcounty.gov/parks/camps> to determine if your child's camp is licensed.
- Non-Fairfax County residents are welcome to join our camps. There is a \$15 out-of-county fee.
- To provide several options for our customers, camp length and times vary. Be sure to check the number of days and hours for each camp.
- On rainy days or when substantial rain is expected, some outdoor camps may be canceled for the day. On code red days, campers will engage in outdoor activities during the day while taking in plenty of water and several shaded breaks. Many of our camps are held outdoors. Please check with the site for more information.
- Many of our camps will email participants a few days prior to the start date about what campers should bring. Most half-day camps will ask campers to bring a snack and drink. Full-day campers will need a snack, drink and lunch. If your child's camp includes swim time, also bring a swimsuit and towel. ALL campers should wear weather-appropriate, comfortable play clothes and have sunscreen applied before leaving home.
- To expedite the check-in process, make copies of your child's forms for each camp/each week. Forms are not transferred from one camp to another and can be downloaded at <https://www.fairfaxcounty.gov/parks/camps>.
- If your child needs to have medication administered during camp, please complete the Medication Authorization Form at <https://www.fairfaxcounty.gov/parks/camps>.
- If swimming is a part of your child's camp, substitute activities will occur when Rec Center pools are closed for maintenance and/or cleaning. Contact the site directly for details.
- Several camps require signed waivers for participation. If you want to request review of the waivers prior to registering, email us at camps@fairfaxcounty.gov.
- Host-a-Coach Program: we are always looking for families who would like to host an international soccer coach for a week during the summer. In turn for hosting, families earn a free week of Challenger International Soccer Camp. For application and details, visit <https://www.fairfaxcounty.gov/parks/camps>.
- It is important to register early! Camps that do not meet minimum requirements for enrollment may be canceled. This decision is made two weeks in advance.
- Camps may be added after Parktakes was printed. Check camp website for additional listings.

Extended Care Information (NEW)



**8-9 a.m. and 4-5 p.m. \$75/week
EXTENDED CARE IS NOT ELIGIBLE FOR THE
\$8 EARLY INCENTIVE DISCOUNT**

Dates & locations vary, see website for the most up-to-date details! www.fairfaxcounty.gov/parks/camps

Extended care provides one hour of additional care in the morning and afternoon for campers at their specific camp location. **Only campers who are already enrolled in full-day camps can attend extended care.** Camps ending before 4 p.m. are not eligible for extended care. Campers choose from supervised activities including board games, cards, drawing, coloring and age-appropriate movies. Registration for extended care is weekly, **be sure to register for two weeks if your child is in a two-week camp.**

**Advance registration is required as space is limited* online at www.fairfaxcounty.gov/parks/camps or by phone 703-222-4664*

Refunds/Transfers: Extended Care refunds are given in full if requested prior to the camp week. No refunds are given once the week begins.

Late Fee: \$1 will be charged for each minute after 5 p.m. parents are late picking up their camper.

Before You Arrive at Camp, Download Your Camp Forms at www.fairfaxcounty.gov/Parks/Camps



SUMMER CAMPS

Register by May 5 for summer camps and save \$8!

Variety Day Camps

Kiddie Camp

(3-5 yrs.) Preschoolers love the variety of activities in this camp including music, movement, arts and crafts, outdoor games, water play and a special event. Campers must be potty-trained, able to separate with ease and be three years old by the first day of camp. Bring a snack, lunch and drink. This is a licensed program. Bring immunization record and proof of child's identity. No camp these dates: June 5, 19 and July 3-4.

Location	Time	Code	Dates	\$
StoneMansion	9am-1pm	E8A.A1AW	6/6-6/9	\$180
StoneMansion	9am-1pm	E8A.TALW	6/12-6/16	\$225
StoneMansion	9am-1pm	E8A.PSUR	6/26-6/30	\$225
StoneMansion	9am-1pm	E8A.3JOQ	7/5-7/7	\$135
StoneMansion	9am-1pm	E8A.K7IO	7/24-7/28	\$225
StoneMansion	9am-1pm	E8A.GBXR	7/31-8/4	\$225

Summer ROCS and Junior ROCS

This summer really R.O.C.S. (Rec Centers Offer Cool Stuff)! Campers will enjoy swimming, arts and crafts, outdoor activities, cooperative games and exciting themes. Some camps offer special event days depending on the week. Bring a lunch, drink, swimsuit/towel. No camp July 3-4. Some pools may be closed in late August for maintenance. Camp the week of June 12 is for non-FCPS students.

Location	Time	Code	Dates	\$
Junior ROCS (5 yrs3 mos.- 7 yrs.)				
CubRun REC	9am-4pm	CEC.N9KO	7/5-7/7	\$165
FranconiaRec	9am-4pm	CEC.12YP	6/12-6/16	\$269
Summer ROCS (8-12 yrs.)				
CubRun REC	9am-4pm	BA1.1RWT	7/5-7/7	\$165
CubRun REC	9am-4pm	BA1.NNQC	7/31-8/4	\$269
FranconiaRec	9am-4pm	BA1.H1QB	6/12-6/16	\$269
FranconiaRec	9am-4pm	BA1.ZBDO	7/5-7/7	\$165
FranconiaRec	9am-4pm	BA1.6MUN	7/10-7/14	\$269
FranconiaRec	9am-4pm	BA1.TEVP	7/17-7/21	\$269
FranconiaRec	9am-4pm	BA1.7577	7/31-8/4	\$269

Aquatic, Boating and Fishing Camps

Aqua Adventures

(7-12 yrs.) A great camp for high-level swimmers. Activities include water safety, swim clinics, water relays and water sports like volleyball and basketball. Campers also enjoy out-of-pool games/activities. Prerequisite: child must be able to swim 25 yards unassisted, pass a swim test, be comfortable in deep water and tread water for two minutes. Bring at least two swimsuits, two-three towels, snacks, lunch, and water bottle. No camp June 19.

Location	Time	Code	Dates	\$
CubRun REC	9am-4pm	SEF.CPCK	6/20-6/23	\$255
CubRun REC	9am-4pm	SEF.PN55	7/31-8/4	\$315
GW REC	9am-4pm	SEF.9P92	6/26-6/30	\$315
GW REC	9am-4pm	SEF.HPM1	7/10-7/14	\$315
GW REC	9am-4pm	SEF.S008	7/17-7/21	\$315



Junior Lifeguard Camp

(11-14 yrs.) Learn skills and techniques used by lifeguards to help you prepare for future certification. (FCPA lifeguards receive formal training at age 15). Campers are introduced to CPR, first aid and rescue techniques. Participants must be able to swim 100 yards and tread water for one minute.

Location	Time	Code	Dates	\$
FranconiaRec	9am-4pm	F44.04M1	7/10-7/14	\$275

Art and Craft-Related Camps

NEW! Kidcreate Studios 3D Pop-Out Art

(5-12 yrs.) Learn how to create amazing pop-out art in this half-day camp. Your masterpiece is sure to attract smiles as it pops right off the page.

Location	Time	Code	Dates	\$
RavenswthES	1pm-4pm	WNU.OWY9	7/10/7/14	\$239

NEW! Kidcreate Studios Drawing Made Easy

(5-12 yrs.) Learn simple step-by-step techniques that make drawing easy! Create well-dressed llamas, cute kittens, and adorable pandas in this half-day camp.

Location	Time	Code	Dates	\$
RavenswthES	9am-12pm	CRS.LM6V	7/10-7/14	\$239

NEW! Mudskippers Let's Get Muddy

(7-12 yrs.) Learn the foundations of hand-built pottery with pinch pots, coil pots and slabs using stoneware clay. Paint ready-made bisqueware just like in pottery studios. Campers also enjoy modeling clay creations, painting and printmaking.

Location	Time	Code	Dates	\$
WashMill ES	9am-4pm	GLO.7S10	7/31-8/4	\$395
VA Run ES	9am-4pm	GLO.P037	7/24-7/28	\$395

Mudskippers Pottery Camp

(6-12 yrs.) Come ready to get your hands dirty with Mudskippers! Campers will enjoy days full of art, clay and a lot of play! No camp July 3-4.

Location	Time	Code	Dates	\$
RavenswthES	9am-4pm	7GV.YTHO	7/5-7/7	\$239

Photo Explorers Camp

(8-13 yrs.) Learn new skills while exploring your own creative talent. Topics include focusing and motion techniques, separating subjects from backgrounds, using creative modes, exposure and some basic editing. Campers do one major project and many smaller activities during the week to learn and practice skills. Bring a digital photo device/camera, snack, lunch, drink, and swimsuit/towel for daily swim break.

Location	Time	Code	Dates	\$
WaplesMillES	9am-4pm	A67.ESAA	6/26-6/30	\$329

Sew & Swim Camp

(8-12 yrs.) Boys and girls will learn sewing basics including measuring, hand and machine techniques, maintenance and machine operation. Create a custom towel wrap or a waterproof swim bag. Bring a lunch, drink and swimsuit/towel (Wednesday and Friday) for afternoon swim break. A supply fee of \$35 is due on the first day for materials.

Location	Time	Code	Dates	\$
FranconiaRec	9am-4pm	BC6.761U	7/17-7/21	\$415



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NEW! Donut & Cookie Pillow Sewing Camp

(8-12 yrs.) Boys & girls learn basic hand and machine techniques, measuring, using patterns, fabric structure, maintenance and sewing machine operation. Design and decorate your favorite donut or cookie out of fleece making a fun pillow! A supply fee of \$35 is due on the first day for materials. No camp July 3-4.

Location	Time	Code	Begin	\$
FranconiaRec	9am-4pm	GGE.MNZU	8/7-8/11	\$415
Laurel Hill ES	9am-4pm	GGE.YMA7	7/5-7/7	\$249
Waynewd ES	9am-4pm	GGE.QOZ2	7/10-7/14	\$415

Sewing: Fashion Design Camp

(8-12 yrs.) Boys & Girls discover how fashion design works and how clothing lines are created. Learn fashion sketching plus basic hand and machine techniques to create a dress for an 18" doll and fun jewelry. Campers who have already taken this camp will work on a clear tote bag. A supply fee of \$35 is due on the first day for materials. No camp June 19 and July 3-4.

Location	Time	Code	Dates	\$
FranconiaRec	9am-4pm	059.T77R	7/5-7/7	\$249
WashMill ES	9am-4pm	059.CANH	6/26-6/30	\$415

Equestrian and Farm-Related Camps**Adventures on the Farm**

(6-10 yrs.) Discover what life is like on the farm with fun games and crafts. Campers will visit the farm, go on nature hikes, play games and make a tie-dye creation. Campers must have completed Kindergarten. For specific camp questions, call Katydid Camp 703-689-3104. No camp July 3-4.

Location	Time	Code	Dates	\$
Frying Pan	8:30am-3:30pm	10W.V94Z	7/5-7/7	\$175
Frying Pan	8:30am-3:30pm	10W.C66G	7/24-7/28	\$289

All About Animals

(4-6 yrs.) Learn fun facts about farm and forest animals through daily crafts, hikes, visits to the farm animals, plus songs and games. Children must be potty-trained by June 1. For specific camp questions, call Katydid Camp 703-689-3104. No camp June 19 and July 3-4.

Location	Time	Code	Dates	\$
Frying Pan	9am-1pm	500.9NY6	6/5-6/9	\$220
Frying Pan	9am-1pm	500.8D9M	7/5-7/7	\$135
Frying Pan	9am-1pm	500.XR4I	7/17-7/21	\$220
Frying Pan	9am-1pm	500.RHHN	7/24-7/28	\$220
Frying Pan	9am-1pm	500.I8G9	7/31-8/4	\$220
Frying Pan	9am-1pm	500.CU0Y	8/7-8/11	\$220

Nature-Based Camps**Lakeside Nature Discovery Camp**

(6-10 yrs.) Campers enjoy guided nature hikes, crafts, fishing and boat rides (boats vary depending on availability and may include kayak, rowboat, tour boat). Shaded trails and lakefronts are perfect settings for exploring creatures and plants that live in our streams, lakes and forests. Lake Accotink meets at the large shelter by marina; Burke Lake meets at shelter C. Camps run rain or shine. Contact the park for details on extreme weather days. No camp July 3-4.

Location	Time	Code	Dates	\$
LakeAccotinkPk	9am-4pm	4B3.1F70	7/5-7/7	\$169

Nature Fun Camp

(7-12 yrs.) Campers will learn about various aspects of nature through hands-on activities such as nature hikes and games. On the last day of camp, campers will perform a short skit demonstrating the concepts learned at camp. Camp is completely outdoors and cancelled on



inclement weather days.

Location	Time	Code	Dates	\$
MasonDistrictPk	8:30am-12:30pm	TS3.P8XT	7/10-7/14	\$259
MasonDistrictPk	8:30am-12:30pm	TS3.YGAS	7/17-7/21	\$259
MasonDistrictPk	8:30am-12:30pm	TS3.2D04	7/24-7/28	\$259
MasonDistrictPk	8:30am-12:30pm	TS3.2GXM	7/31-8/4	\$259

NEW! Nature Tales

(4-6 yrs.) Come enjoy silly and educational stories we link to the nature found in our backyards. Activities include stories about nature, outdoor explorations in the woods and trails, games and art projects that complement our discoveries. New content each week. Children must be potty trained.

Location	Time	Code	Dates	\$
CubRun REC	9am-1pm	Q0D.UUXH	6/26-6/30	\$229

Wetlanders Camp

(8-12 yrs.) Discover water dynamics and wetland habitats. Explore how the living and non-living interact in a wet ecosystem. Using science tools, experiments and games, find the answer to why water habitats are so important and what makes each kind of wetland unique.

Location	Time	Code	Dates	\$
RiverbendPk	9am-4pm	M93.7FEK	8/14-8/18	\$325

NEW! Words in the Woods

(9-12 yrs.) Writers and readers will create journals, write poetry and spend time exploring famous nature-inspired literary works. Daily creative writing prompts and lessons in the gardens and on the grounds will inspire campers.

Location	Time	Code	Dates	\$
GrnSprgGrdn	9am-1pm	HY8.W3VN	7/31-8/4	\$229

Performing Arts Camps**NEW! ACTION! Pop Star Spotlight**

(7-14 yrs.) In this one-week camp by Moonlit Wings Productions, young performers channel their favorite pop stars like Dua Lipa, Olivia Rodrigo, Bruno Mars and Harry Styles. Take center stage singing and dancing and

acting in original scenes/skits. Young performers enjoy improvisation games, character creation, a talent show and more! Family/friends enjoy a mini performance on Friday. No camp July 3-4. Camp the week of June 12 is for non-FCPS students.

Location	Time	Code	Dates	\$
Frying Pan	9am-4pm	E5L.W4XY	6/12-6/16	\$315
RavenswthES	9am-4pm	E5L.L96M	7/10-7/14	\$315
VA Run ES	9am-4pm	E5L.M0XU	7/5-7/7	\$189

Applause! Jam-ilton

(7-14 yrs.) In this two-week, Hamilton-inspired camp by Moonlit Wings Productions, campers will blast back to 1776 and become musical showstoppers. Write original scenes and sing songs themed to the American Revolution. Explore music from "Hamilton" and other Broadway shows and create your own characters from heroes to foes. Family/friends enjoy a mini performance on the last day.

Location	Time	Code	Dates	\$
RavenswthES	9am-4pm	173.MSVI	7/24-8/4	\$589

Applause! The Greatest ShowKid

(7-14 yrs.) In this two-week camp by Moonlit Wings Productions, young performers put on a circus-themed original play inspired by the imagination of P.T. Barnum. Young performers shine through improvisation games, character creation, and a talent show. Rec Center campers should also bring swimsuit/towel for a daily swim break if pool is available. Family/friends enjoy a mini performance on the last day. No Camp July 3-4.

Location	Time	Code	Dates	\$
VA Run ES	9am-4pm	BGB.YGXQ	7/17-7/28	\$589

NEW! B2R Beat Making Camp

(8-15 yrs.) Discover the world of DJing and music production. Learn how to make your own beats and craft songs through loop, beats and samples on the popular music production program, BandLab.

Location	Time	Code	Dates	\$
B2R Herndon	12:30-4pm	052.MUIB	7/24-7/28	\$299

All programs and activities will follow current health safety protocols.

B2R Glee Camp

(7-15 yrs.) Build your performance skills and learn how to sing as part of a larger group. Receive coaching from trained vocalists to learn, record and perform popular songs. Make the most of your singing voice while learning to care for your vocal cords, control volume and pitch and refine techniques like melody and harmony.

Location	Time	Code	Dates	\$
B2R Herndon	9am-12:30pm	AH7.Y3XZ	7/10-7/14	\$249
B2R Herndon	9am-12:30pm	AH7.G084	7/31-8/4	\$249
B2R McLean	9am-12:30pm	AH7.J8RA	8/7-8/11	\$249

B2R Rock Band Camp

(7-15 yrs.) Practice and perform as part of a real rock band on the instrument of your choice. Bands receive coaching from professional musicians to learn, record, and perform at least two songs by the end of the week. Depending on the skill level of the students, bands are encouraged to write songs or pick from our 400+ popular arrangements. No music experience required.

Location	Time	Code	Dates	\$
B2R Herndon	9am-4pm	D91.BNGY	7/10-7/14	\$399
B2R Herndon	9am-4pm	D91.VWPR	7/24-7/28	\$399
B2R Herndon	9am-4pm	D91.VQSO	7/31-8/4	\$399
B2R Herndon	9am-4pm	D91.CYN7	8/7-8/11	\$399
B2R Herndon	9am-4pm	D91.N669	8/14-8/18	\$399
B2R McLean	9am-4pm	D91.NQY0	7/24-7/28	\$399
B2R McLean	9am-4pm	D91.D1ZC	7/31-8/4	\$399

B2R Rock City World Tour

(4-7 yrs.) Learn core musical concepts, like loud and soft, fast and slow, and high and low notes through fun, movement-based activities. Children receive hands-on experience with a variety of instruments while learning skills to prepare them for future music lessons.

Location	Time	Code	Dates	\$
B2R Herndon	9:30am-12:30pm	FTU.XCR1	6/26-6/30	\$199
B2R Herndon	9:30am-12:30pm	FTU.Y8TJ	7/10-7/14	\$199
B2R Herndon	9:30am-12:30pm	FTU.ZOYH	7/17-7/21	\$199
B2R Herndon	9:30am-12:30pm	FTU.ZKOE	7/24-7/28	\$199
B2R Herndon	9:30am-12:30pm	FTU.XIO6	7/31-8/4	\$199
B2R Herndon	9:30am-12:30pm	FTU.F4A6	8/7-8/11	\$199
B2R Herndon	9:30am-12:30pm	FTU.C2M7	8/14-8/18	\$199
B2R McLean	9:30am-12:30pm	FTU.YYEP	6/26-6/30	\$199
B2R McLean	9:30am-12:30pm	FTU.FJZG	7/10-7/14	\$199
B2R McLean	9:30am-12:30pm	FTU.5LCB	7/24-7/28	\$199
B2R McLean	9:30am-12:30pm	FTU.3KDZ	7/31-8/4	\$199

Ballet & Butterflies Dance Camp

(4-6 yrs.) Start the foundation of dance with ballet. Envision Dance campers learn ballet and creative movement techniques through fun learning games and arts and crafts activities. We'll also learn the cycle of butterflies during story time and dancing. Campers will put on a performance at the end of the week. No camp June 19.

Location	Time	Code	Dates	\$
FranconiaRec	1pm-4pm	AXI.M0AL	6/12-6/16	\$149
FranconiaRec	9am-12pm	AXI.NK3	6/20-6/23	\$120
WashMill ES	9am-12pm	AXI.W62E	6/26-6/30	\$149
LaurelHillES	9am-12pm	AXI.I204	7/31-8/4	\$149

Ballet: Princess Ballet Camp

(4-6 yrs.) Start the foundation of dance with Envision Dance's ballet camp. Campers learn ballet and creative movement through fun learning activities. We'll dance to our favorite princess songs, enjoy making crafts and learn about princesses through story time. Campers will put on a performance at the end of the week. No camp June 19.

Location	Time	Code	Dates	\$
FranconiaRec	9am-12pm	U2Y.8B31	6/12-6/16	\$149
FranconiaRec	1pm-4pm	U2Y.VOUR	6/20-6/23	\$119
WashMill ES	1pm-4pm	U2Y.GTUD	6/26-6/30	\$149
LaurelHillES	1pm-4pm	U2Y.EBLC	7/31-8/4	\$149
OaktonES	1pm-4pm	U2Y.806A	7/24-7/28	\$149

NEW! Born 2 Dance

(6-9 yrs.) Learn many styles in this Envision Dance camp including ballet, jazz and hop-hop. A great way to discover many dance styles in one week. Learn dance terminology, positions and choreography. Campers will also enjoy games and crafts and will put on a performance at the end of the week.

Location	Time	Code	Dates	\$
LaurelHillES	9am-4pm	9J7.X3G7	7/10-7/14	\$239

Camp Stomp: Rhythm & Drums

(6-13 yrs.) Take a room full of creative kids, add rhythm sticks and household items and watch the magic begin. In this high-energy music camp, children experience rhythm and movement in the style of the hit Broadway musical Stomp! Campers will create music under the direction of professional educators. The week culminates with a performance for family/friends.

Location	Time	Code	Dates	\$
CherryRn ES	9am-4pm	B7C.08GD	7/24-7/28	\$299
VA Run ES	9am-4pm	B7C.T6G6	6/26-6/30	\$299

NEW! Dance: Adventures with Elsa & Anna

(3-6 yrs.) Join Elsa, Anna, Kristoff, Olaf and Sven as they embark on a new journey to find out more about Elsa's powers in this magical dance camp! This Art in Motion adventure is filled with amazing new songs, beautiful dancing activities, costumes and adorable crafts. Ballerinas will perform a show on Friday.

Location	Time	Code	Dates	\$
VA Run ES	9:30am-12:30pm	Y30.XCXH	6/26-6/30	\$199

Dance: Magical Villains Dance Camp

(6-9 yrs.) Get ready to groove with your favorite characters and all their hit songs in this Art in Motion camp. Learn funky dance moves, make adorable crafts and dress up as our favorite villains such as Maleficent, the Evil Queen, Aurora and Belle. The week ends with a spectacular camper showcase on Friday.

Location	Time	Code	Dates	\$
FrankSherES	1pm-4pm	85Y.H13M	7/17-7/21	\$199
Oakton ES	1pm-4pm	85Y.STN0	7/31-8/4	\$199
RavenswthES	1pm-4pm	85Y.4RA9	7/24-7/28	\$199

Dance: Superhero Dance Camp

(3-6 yrs.) Discover superpowers while dancing to favorite songs, activities, crafts, costumes and props. This Art in Motion dance camp teaches campers how to work together to solve problems, spot a villain and use superpowers responsibly.

Location	Time	Code	Dates	\$
VA Run ES	1pm-4pm	4YA.UV7J	6/26-6/30	\$199

Gymnastics & Cheer Camp

(5 ½-11 yrs.) Metro Movement gives kids a lot to cheer about in this camp. Learn jumps, stunts, cheers and a dance routine from former NFL, NBA & collegiate cheerleaders. Build skills using the balance beam, bars, floor and vault taught by USA Gymnastics Instructors. Campers will receive a free shirt. A signed participation release is due on the first day. No camp June 19 and July 3-4.

Location	Time	Code	Dates	\$
SullyCommCtr	9am-4pm	95C.SZ29	7/5-7/7	\$179

Hip Hop, Pop & Lock with JST

(6-12 yrs.) Learn the most popular street dance styles through high energy games and movement techniques. Campers will love busting out their moves at the end of camp dance battle. No camp July 3-4.

Location	Time	Code	Dates	\$
LaurelHillES	9am-4pm	B77.7257	7/17-7/21	\$269

NEW! Mini Dance Camp: Hip-Hop & Ballet

(4-6 yrs.) Campers will learn ballet, creative movement, and hip-hop dance moves with Envision Dance. Other activities include arts and crafts, games and a dance performance at the end of camp.

Location	Time	Code	Dates	\$
FranconiaRec	1pm-4pm	2WE.69YY	7/24-7/28	\$149
StenwoodES	9am-12pm	2WE.GM18	7/5-7/7	\$99
StenwoodES	1pm-4pm	2WE.VHS2	7/5-7/7	\$99
StenwoodES	9am-12pm	2WE.3KFD	7/10-7/14	\$149
StenwoodES	1pm-4pm	2WE.M8FU	7/10-7/14	\$149

Total Rock Band Camp

(6-13 yrs.) Campers will learn to play music together in a rock band format, taking turns experiencing multiple instruments, including guitars and percussion. Perform new and familiar pieces using provided instruments or bring your own. Great for all proficiency levels. Bring a lunch, snack and drink.

Location	Time	Code	Dates	\$
CherryRn ES	9am-4pm	300.09N0	7/17-7/21	\$299
VA Run ES	9am-4pm	300.8N6B	7/31-8/4	\$299

NEW! Ultimate Circus & Magic Camp

(6-12 yrs.) This Spirit Pros camp combines the best of circus arts which includes magic, juggling, balloon and sculpting. Try your hand at popular circus stunts using a variety of apparatus. Learn magic tricks to stump your friends, how to juggle different objects and create fascinating balloon sculptures. Rec Center campers should bring swimsuit/towel for afternoon swim time. A signed participation release is due on the first day.

Location	Time	Code	Dates	\$
FranconiaRec	9am-4pm	8T9.JMP8	7/10-7/14	\$315
Frying Pan	9am-4pm	8T9.C4F5	7/31-8/4	\$315
WaplesMillES	9am-4pm	8T9.NLYG	7/17-7/21	\$315

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Ultimate Music Experience

(5-12 yrs.) Learn Now Music introduces campers to a variety of musical instruments and concepts through musical games, crafts, musical listening excerpts and related projects. Campers are issued an instrument to borrow for at-home exploration that will be returned at the end of camp (rental agreement required). Instruments differ between morning and afternoon sessions (a.m. session is piano and drum; p.m. session is violin and guitar). Campers in both sessions are supervised during a lunch break. No camp June 19 and July 3-4.

Location	Time	Code	Dates	\$
CherryRn ES	1:30-5:30pm	F4P.6250	6/26-6/30	\$259
CherryRn ES	9am-1pm	F4P.1VVS	6/26-6/30	\$259
CherryRn ES	1:30-5:30pm	F4P.MXDN	7/24-7/28	\$259
CherryRn ES	9am-1pm	F4P.GIT8	7/24-7/28	\$259
FranconiaRec	1:30-5:30pm	F4P.YIUL	7/5-7/7	\$159
FranconiaRec	9am-1pm	F4P.8EH1	7/5-7/7	\$159
FrnkSher ES	1:30-5:30pm	F4P.2TIG	6/26-6/30	\$259
FrnkSher ES	9am-1pm	F4P.Q633	6/26-6/30	\$259
FrnkSher ES	1:30-5:30pm	F4P.Y8BJ	7/24-7/28	\$259
FrnkSher ES	9am-1pm	F4P.DP80	7/24-7/28	\$259
Hunter House	1:30-5:30pm	F4P.J97M	6/20-6/23	\$209
Hunter House	9am-1pm	F4P.ZPKU	6/20-6/23	\$209
Laurel Hill ES	1:30-5:30pm	F4P.6WZ6	7/5-7/7	\$159
Laurel Hill ES	9am-1pm	F4P.IUB0	7/5-7/7	\$159
Laurel Hill ES	1:30-5:30pm	F4P.U7PD	7/17-7/21	\$259
Laurel Hill ES	9am-1pm	F4P.COIU	7/17-7/21	\$259
Laurel Hill ES	1:30-5:30pm	F4P.U971	7/31-8/4	\$259
Laurel Hill ES	9am-1pm	F4P.3EF5	7/31-8/4	\$259
OakMarREC	1:30-5:30pm	F4P.P813	8/14-8/18	\$259
OakMarREC	1:30-5:30pm	F4P.PGGK	8/14-8/18	\$259
OakMarREC	9am-1pm	F4P.U4TD	8/14-8/18	\$259
Oakton ES	1:30-5:30pm	F4P.HZ9L	6/26-6/30	\$259
Oakton ES	9am-1pm	F4P.7GL8	6/26-6/30	\$259
Stenwood ES	1:30-5:30pm	F4P.ZF5U	7/5-7/7	\$159
Stenwood ES	9am-1pm	F4P.F5H3	7/5-7/7	\$159
Stenwood ES	1:30-5:30pm	F4P.YJK9	7/17-7/21	\$259
Stenwood ES	9am-1pm	F4P.V4S2	7/17-7/21	\$259
Wapls MI ES	1:30-5:30pm	F4P.4WBZ	7/31-8/4	\$259
Wapls MI ES	9am-1pm	F4P.01E5	7/31-8/4	\$259
Waynewd ES	1:30-5:30pm	F4P.6GSA	7/5-7/7	\$159
Waynewd ES	9am-1pm	F4P.8RSK	7/5-7/7	\$159
Waynewd ES	1:30-5:30pm	F4P.11VO	7/17-7/21	\$259
Waynewd ES	9am-1pm	F4P.VMAA	7/17-7/21	\$259
Wkfld/Moore	9am-1pm	F4P.B118	7/10-7/14	\$259
Wkfld/Moore	1:30-5:30pm	F4P.Q0M8	7/24-7/28	\$259
Wkfld/Moore	9am-1pm	F4P.E8PG	7/24-7/28	\$259
Wkfld/Moore	1:30-5:30pm	F4P.W0IU	8/14-8/18	\$259

Science, Technology, Engineering & Math (STEM) Camps**Adventures in STEM with LEGOs®**

(7-12 yrs.) Power up your engineering skills with Play-Well TEKnologies. Apply real-world concepts in physics, engineering and architecture through engineer-designed projects using tens of thousands of LEGOs. Explorers will design tow trucks, motorized bowlers, and battle tanks. Camp the week of June 12 is for non-FCPS students.

Location	Time	Code	Dates	\$
Frying Pan Park	9am-12pm	14H.FCFB	6/12-6/16	\$215

Chemistry in the Kitchen

(5-8 yrs.) Explore chemistry in the kitchen with The Science Seed, like the difference between baking soda and baking powder, and the role yeast plays in pizza dough. The day is rounded out by outdoor recess, story time tied to the day's science, free reading, exploration and a daily journal entry.

Location	Time	Code	Dates	\$
LaurelHill ES	9am-4pm	SBV.VKJM	6/26-6/30	\$349

**Cool Science Investigations**

(6-10 yrs.) Learn the fundamentals of electrical circuits through the use of snap circuits. Discover how each component works and what happens when changing the layout of a circuit. This SciGenius camp starts with simple circuits and progressively incorporates additional components for a more challenging experience.

Location	Time	Code	Dates	\$
FrankSherES	9am-4pm	OOG.7507	7/17-7/21	\$399
Westfld HS	9am-4pm	OOG.Y60F	7/17-7/21	\$399

Cosmetic Chemist

(6-10 yrs.) Join SciGenius as we make various cosmetic products such as bath bombs, lip balms, perfume and many more products. An excellent opportunity to show how cosmetic chemists make a difference in the STEAM field.

Location	Time	Code	Dates	\$
FrankSherES	9am-4pm	4TO.S4KZ	7/24-7/28	\$399

Crazy Chemworks

(6-10 yrs.) Junior chemists will have a blast as they make crazy concoctions in this Mad Science camp. Learn to recognize chemical reactions and mix up a few reactive ingredients for some sensational results. Check out the colors of chemistry and probe the properties of light. No camp July 3-4.

Location	Time	Code	Dates	\$
CherryRn ES	9am-4pm	CK7.PSHD	7/5-7/7	\$229
Waynewd ES	9am-4pm	CK7.WKWT	7/17-7/21	\$379

NEW! Curious Minds: VEX Robotics

(11-14 yrs.) SK Robotics instructors lead campers in solving various challenges while exploring STEM ideas and concepts with VEX EXP. Campers will work in teams to create game strategy, build a VEX EXP base bot and code robots for multiple challenges adding sensors and autonomous movements. Put your skills to the test with a friendly competition on the last day.

Location	Time	Code	Dates	\$
CherryRn ES	9am-4pm	MXF.LT42	6/26-6/30	\$449
FrankSherES	9am-4pm	MXF.OW1G	7/17-7/21	\$449
WaplesMiles	9am-4pm	MXF.M4MU	7/31-8/4	\$449

NEW! Electric Circuitry with SciGenius

(8-12 yrs.) Our world is filled with devices that use electricity. Discover how electricity works from concept to design and function. Gain an understanding of electric currents and magnetic forces through interesting projects.

Location	Time	Code	Dates	\$
FrankSherES	9am-4pm	BUL.VQ4I	7/10-7/14	\$399
Oakton ES	9am-4pm	BUL.3LLZ	6/26-6/30	\$399

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All programs and activities will follow current health safety protocols.

NEW! Engineering Design Process

(8-11 yrs.) Learn what engineers do and the process used to create functional products. If you enjoy brainstorming, problem-solving or just have an interest in engineering, this Youth Technology Network half-day camp is for you.

Location	Time	Code	Dates	\$
FranconiaRec	9am-12pm	RP7.80DZ	6/26-6/30	\$259
FranconiaRec	9am-12pm	RP7.6Z78	8/7-8/11	\$259
SoRun REC	9am-12pm	RP7.X8JK	7/5-7/7	\$155
SoRun REC	9am-12pm	RP7.3MKY	7/10-7/14	\$259
Wkfld/Moore	9am-12pm	RP7.00SZ	6/26-6/30	\$259
Wkfld/Moore	9am-12pm	RP7.R5C1	7/17-7/21	\$259

Fantastic Fossils

(5-8 yrs.) Explore the world of fossils and geology with The Science Seed. Erupt your own volcano, create and excavate a dino dig, explore real fossils, and make a cast of a real fossil. Round out the day with an outside break, a science-related story time and a daily journal entry.

Location	Time	Code	Dates	\$
LaurelHillES	9am-4pm	1Y6.DXL0	7/24-7/28	\$349

Flight Academy

(6-10 yrs.) Become a Mad Science flight cadet-in-training and discover how airplanes fly. Test your airplane's performance in a wind tunnel. Build your own kite, stunt plane and model rocket. Discover how hot air balloons, blimps and parachutes work. No camp July 3-4.

Location	Time	Code	Dates	\$
StenwoodES	9am-4pm	BVU.FPTL	7/5-7/7	\$229

NEW! Hidden Oaks STEAM Camp

(8-12 yrs.) Experience all the aspects of STEAM as we explore a different topic each day with a new instructor. Topics include science, technology, engineering, art and math with engaging and hands-on fun.

Location	Time	Code	Dates	\$
HiddnOksNC	9am-12pm	WAS.YBTO	6/20-6/23	\$190

NEW! Intro to Cybersecurity

(12-15 yrs.) Learn about computers, cybersecurity and explore career opportunities in cybersecurity in this Youth Technology Network half-day camp. No camp July 3-4.

Location	Time	Code	Dates	\$
FranconiaRec	1pm-4pm	KBL.720Y	6/26-6/30	\$259
FranconiaRec	1pm-4pm	KBL.1UJ2	8/7-8/11	\$259
SoRun REC	1pm-4pm	KBL.3E64	7/5-7/7	\$159
SoRun REC	1pm-4pm	KBL.K88L	7/10-7/14	\$259
Wkfld/Moore	1pm-4pm	KBL.LPSD	6/26-6/30	\$259
Wkfld/Moore	1pm-4pm	KBL.0GF6	7/17-7/21	\$259

JEDI Engineering with LEGOs®

Get ready to embark on your LEGO journey as we defend the Wookies on Kashyyyk, repair the Rebel shield generator on Hoth, and rescue Baby Yoda from Moff Gideon. Come explore a galaxy far, far away with the help of an experienced Play-Well instructor and learn which "Force" is really with us! No camp June 19.

Location	Time	Code	Dates	\$
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(5-6 yrs.) JEDI Engineering

FrankSherES	9am-12pm	397.U268	7/24-7/28	\$215
Frying Pan	9am-12pm	397.XZVW	6/20-6/23	\$175

(7-12 yrs.) JEDI Master Engineering

FrankSherES	1pm-4pm	8EA.7YHU	7/24-7/28	\$215
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LEGO® Astronaut & Dinosaur Camp

(6-10 yrs.) Explore the solar system in our astronaut training academy with SteamKidz Lab. Use LEGOs to create space gadgets. Learn about constellations, rockets, and planetary geology. In the afternoon, put on your paleontologist hat and enter a time machine back

to a lost island of dinosaurs. Study dinosaur bones, hunt for fossils, and create fossil models. Bring a snack, lunch, and drink. No camp July 3-4.

Location	Time	Code	Dates	\$
CherryRn ES	9am-4pm	F26.AWC2	7/5-7/7	\$229
LaurelHillES	9am-4pm	F26.K3PZ	7/17-7/21	\$379

NEW! LEGO® Flix and Animation Flix

(7-13 yrs.) It's stop-motion madness in this Incrediflix camp that brings LEGOs to life. Work in groups to create a stop-motion movie with your own voice-over. Create up to five new stop motion movies using animate cars, and pixelation while exploring a new style each day. Incrediflix emails projects within a month after camp ends.

Location	Time	Code	Dates	\$
KeeneMillES	9am-4pm	NH2.QSA4	7/17-7/21	\$455
LaurelHillES	9am-4pm	NH2.ORM9	7/31-8/4	\$455
RavenswthES	9am-4pm	NH2.OEIR	6/26-6/30	\$455

LEGO® Robotics: Bot vs. Bot

(6-11 yrs.) Take the WeDo 2.0 LEGO robot challenge in this SK Robotics camp. Build and program bots that Sumo wrestle, that play ball and that compete in a demolition derby! Campers will receive a t-shirt on Friday.

Location	Time	Code	Dates	\$
SpHill REC	9am-4pm	1S1.QLKF	6/12-6/16	\$449
Stenwood ES	9am-4pm	1S1.KQQQ	7/17-7/21	\$449

NEW! Live Action & Claymation Flix

(7-13 yrs.) Discover your filmmaking talents as we guide you through the Hollywood process to learn to create, direct, film and act. Gain skills to make your own movies. Afternoons we'll focus on claymation. Work in small groups to create a clay character to star in a movie that you film, direct and do voice-over for. Incrediflix will email projects within a month after the camp ends.

Location	Time	Code	Dates	\$
FrankSherES	9am-4pm	JSW.GBSN	6/26-6/30	\$455
LaurelHillES	9am-4pm	JSW.IGVN	7/10-7/14	\$455

Magic & Spy Camp

(6-10 yrs.) SteamKidz Lab introduces campers to the science behind magic and how to be the best spy. Spend mornings making vanishing illusions and performing color-changing tricks. Through magic, explore chemistry, optics, physics, engineering, and life sciences. In the afternoon you'll enter the spy training program and solve mysteries using handwriting analyses, secret codes, and special gadgets. Experiment with cool tools like periscopes. Bring a snack, lunch, and drink.

Location	Time	Code	Dates	\$
LaurelHillES	9am-4pm	433.1RKU	6/26-6/30	\$379

May the Force Be with You

(5-8 yrs.) Explore how things move and learn about sinking, floating, flight and balance with the Science Seed. We'll also experiment with gravity, magnets, friction and simple machines. Campers will also enjoy outdoor recess, story time tied to the day's science, free reading, exploration and a daily journal entry.

Location	Time	Code	Dates	\$
WashMill ES	9am-4pm	3KH.WQMA	7/17-7/21	\$349

NEW! Pokémon Masters & YouTube Creators

(8-14 yrs.) Create a digital Pokémon-style card game using your imagination and modeling software. Learn how to prepare a model for 3D printing and create a design portfolio of your work. We'll also explore a variety of YouTube content and personalities to learn good practices and digital citizenship. Develop your own content niche, on-camera presence, channel branding and professional editing skills for your own channel. Projects will be available on Black Rocket's password-protected website. No camp July 3-4.

Location	Time	Code	Dates	\$
Prov REC	9am-4pm	VV1.UAYE	7/5-7/7	\$275



NEW! ROBLOX Coders & Cyber Spies

(8-14 yrs.) Discover the Lua language through a visual block coding system while designing worlds in ROBLOX. We'll combine game design concepts, coding and fun. Young entrepreneurs will navigate ROBLOX's fast-growing marketplace to publish their games. Discover what it takes to become the next great cyber spy. Work in teams to collect clues, recover lost data and explore the tools of the trade in this Black Rocket specialty camp.

Location	Time	Code	Dates	\$
Prov REC	9am-4pm	EXA.00EB	8/14-8/18	\$449

Science Games & Survivor Camp

(6-10 yrs.) It's nonstop action in this SteamKidz camp packed with races, games, and surviving on a desert island! Play Earthquake and Floor is Lava. Build and race paper airplanes. Stretch slime to the finish line. Use earth, wind, fire and water to survive on a desert island and build gadgets, explore volcanoes, create a water filter and track and identify animals. Bring a snack, lunch, and drink.

Location	Time	Code	Dates	\$
KeeneMILLIES	9am-4pm	J1M.HVSI	7/5-7/7	\$229

Science in Motion

(6-10 yrs.) Discover how things move in this Mad Science Camp. Take apart pellets to see what an owl cannot digest, build bridges, domes, cubes, and pyramids. Assemble and control pulleys, levers, catapults, and simple machines. Make your own sidewalk chalk, crystal gardens, and chromatography-dyed T-shirt. No camp July 3-4.

Location	Time	Code	Dates	\$
HunterHouse	9am-4pm	3C1.0X1C	7/5-7/7	\$229
VA Run ES	9am-4pm	3C1.10VR	7/10-7/14	\$379
Westfld HS	9am-4pm	3C1.YACU	7/24-7/28	\$379

NEW! Science: Make It or Break It

(6-12 yrs.) Baroody campers will examine good construction techniques for houses, bridges and towers and test how much force it takes to knock them down. Make bouncy balls with super strong polymers to see how high they can go. Test your strength and creativity in this hands-on camp.

Location	Time	Code	Dates	\$
LaurelHILLIES	9am-4pm	OHV.OGGL	7/10-7/14	\$329

Secret Agent Lab

(6-10 yrs.) Connect the dots using science to help solve a crime in this hands-on, Mad Science camp. Uncover the science involved in evidence gathering, analysis and fingerprinting detection. Enhance your recall and observation skills and learn how to use spy equipment. No camp July 3-4.

Location	Time	Code	Dates	\$
KeeneMILLIES	9am-4pm	LDQ.M9PE	7/24-7/28	\$379
WaplesMILLIES	9am-4pm	LDQ.X02I	7/5-7/7	\$229

Slimes and Concoctions

(6-10 yrs.) Explore chemistry with slime-making and potion-concocting. Investigate magnetism and diffusion plus test crazy, sticky, foamy, sparkly, fluorescing and otherwise unidentifiable slimes. In the afternoon, make wild and wacky concoctions like exploding lava, grow crystals, and a lava lamp. Through SteamKidz Lab hands-on investigation, discover chemical and physical changes, reactions, and neutralization. Bring a snack, lunch, and drink. No camp July 3-4.

Location	Time	Code	Dates	\$
VA Run ES	9am-4pm	945.ORAA	7/5-7/7	\$229

NEW! STEM exCEL Bitcoin STEM

(6-12 yrs.) Campers are introduced to programming basics like functions and variables. Develop a 3D model base on Mars with shops and businesses to simulate a Bitcoin economy with wallet software, nodes and mining hardware. Receive a 3D printed memento for your first transaction. No camp July 3-4.

Location	Time	Code	Dates	\$
SpHill REC	9am-4pm	HWW.QN6S	7/5-7/7	\$265
Wkfld/Moore	9am-4pm	HWW.IX4Q	8/14-8/18	\$439

STEM exCEL Minecraft & Computer Science Camp

(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	Time	Code	Dates	\$
Westfld HS	9am-4pm	A65.QGSG	7/10-7/14	\$385

STEM exCEL Robotics & Redstone

(6-12 yrs.) Learn how to design, build and program LEGO Mindstorms EV3 robots. Apply engineering concepts and advanced sensor programming skills to perfect design and solve a variety of challenges. Use Minecraft's Redstone material to explore the fundamentals of electronics and circuitry. Learn functions, variables and conditionals by using Redstone blocks to build constructs in your Minecraft world.

Location	Time	Code	Dates	\$
StenwoodES	9am-4pm	048.C38G	6/26-6/30	\$385

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All programs and activities will follow current health safety protocols.



Specialty Camps

NEW! Adapted: Summer ACE & Jr. ACE

Get ready for ACE (Adapted Camp Excitement), a camp designed for kids with disabilities. Participants enjoy a 4:1 ratio, engaging in theme-based indoor and outdoor games, arts and crafts, and fitness activities.

Location	Time	Code	Dates	\$
(6-9 yrs.) Jr ACE				
FrankSherES	9am-4pm	2VE.IROA	7/17-7/21	\$269
WashMill ES	9am-4pm	2VE.BW9N	7/31-8/4	\$269

(10-13 yrs.)

FrankSherES	9am-4pm	V9E.70LA	7/24-7/28	\$269
KeeneMillES	9am-4pm	V9E.Z20J	7/10-7/14	\$269

NEW! Camp Bloom & Grow

(3-5 yrs.) Campers love Kinderjam's interactive play-time that promotes social development, fosters self-expression and reinforces foundational early academic skills making for a smooth transition into school. Campers must be potty trained. No camp June 19 and July 3-4.

Location	Time	Code	Dates	\$
SpHill REC	9am-1pm	IN1.XA1B	6/20-6/23	\$199
SpHill REC	9am-1pm	IN1.BEM3	7/5-7/7	\$155

Camp Colvin

(8-12 yrs.) Discover what it was like to grow up in the past. Explore history through simple recipes, heritage crafts and games. Learn weaving and metal working, bake with grain you've ground, work and play as you become a time-traveler through history.

Location	Time	Code	Dates	\$
ColvinRun	9am-4pm	PQ7.PVWZ	7/31-8/4	\$315

Camp Movin' N Groovin'

(5-8 yrs.) Celebrate childhood with Kinderjam's exciting activities and loads of summer memory making fun! Make new friends while engaging in inclusive games, creative crafts and outdoor play. Bring a lunch and water bottle.

Location	Time	Code	Dates	\$
RavenswthES	9am-4pm	E2A.TK41	7/10-7/14	\$309
RavenswthES	9am-4pm	E2A.QEWM	7/17-7/21	\$309
RavenswthES	9am-4pm	E2A.HK6T	7/24-7/28	\$309

Chess Camp

(6-13 yrs.) Magnus Chess Academy (formerly Silver Knights) has taught this great strategy game to more than 100,000 children including national champions. A great camp for advanced players to sharpen their skills or beginners who want to learn the game. Activities include learning the rules, openings, tactics, strategy, endgames, playing games and outdoor breaks. Bring a snack, a drink and lunch. Campers will receive a t-shirt and chess set on Friday. No camp July 3-4.

Location	Time	Code	Dates	\$
FranconiaRec	9am-4pm	FFZ.3UJU	6/26-6/30	\$389
HunterHouse	9am-4pm	FFZ.YU5S	8/7-8/11	\$389
LaurelHillES	9am-4pm	FFZ.M2L7	7/5-7/7	\$235
LaurelHillES	9am-4pm	FFZ.03TB	7/24-7/28	\$389
Oakton ES	9am-4pm	FFZ.2W04	7/5-7/7	\$235
Prov REC	9am-4pm	FFZ.4SU0	6/26-6/30	\$389
Prov REC	9am-4pm	FFZ.G8SV	7/17-7/21	\$389
RavenswthES	9am-4pm	FFZ.U9YQ	7/31-8/4	\$389
SpHill REC	9am-4pm	FFZ.JW6N	6/26-6/30	\$389
SpHill REC	9am-4pm	FFZ.DDBO	7/5-7/7	\$235
VA Run ES	9am-4pm	FFZ.7FJC	7/31-8/4	\$389
WaplesMillES	9am-4pm	FFZ.QEWF	7/10-7/14	\$389
WaplesMillES	9am-4pm	FFZ.OU60	7/17-7/21	\$389
Waynewd ES	9am-4pm	FFZ.4AXK	7/10-7/14	\$389

Cooking & Crafts Camp

(8-12 yrs.) Creatively experience history through simple recipes, crafts, and games. Hand crank home-made ice cream, churn your own delicious butter and cook over a fire. Learn how to make candles and play historical games.

Location	Time	Code	Dates	\$
Sully	9am-1pm	KX9.0TNN	7/24-7/28	\$225

Cooking Around the World

(5-9 yrs.) Join Tiny Chefs in creating cuisines from around the world. Enjoy making fabulous flavors of Italian, Indian, Vietnamese, Mexican and French foods and learn cooking techniques and ingredients that make them unique.

Location	Time	Code	Dates	\$
VA Run ES	9am-4pm	4VS.A7AY	7/31-8/4	\$399

Cooking: Cupcake Wars 2.0

(10-14 yrs.) Older chefs will enjoy new recipes and competitions. Campers will create recipes that double as breakfast foods, drinks and savory cupcakes while learning precise decorating techniques. This Tiny Chefs Camp includes the campers forming groups for a fun competition.

Location	Time	Code	Dates	\$
VA Run ES	9am-4pm	K52.DZXM	7/24-7/28	\$399

Master Chef & Master Chef Jr.

Campers' creativity is sparked by creating tasty and interesting recipes for every meal of the day. Tiny Chef's staff teach the basic skills of cooking and baking then arm our master chefs with challenging techniques as the week progresses.

Location	Time	Code	Dates	\$
(5-9 yrs.) Master Chef Jr.				
VA Run	9am-4pm	AOW.PZEO	7/10-7/14	\$399

Restaurant Creation

(10-14 yrs.) A great camp for those who want to own their own restaurant! Tiny Chef's staff teach campers how to create multiple courses and design a restaurant according to their selected menu.

Location	Time	Code	Dates	\$
WashMill ES	9am-4pm	NH1.Y2BX	7/31-8/4	\$399

NEW! Girl Boss: Build Her Jewelry Business

(7-14 yrs.) SheEO Academy empowers the CEO in every girl! Learn how to make, market, merchandise, manage then monetize a real product. Apply a STEAM approach to bring entrepreneurship to life. Each girl will take home her product and a plan.

Location	Time	Code	Dates	\$
WashMill ES	9am-4pm	EQV.R2SD	6/26-6/30	\$335
LaurelHillES	9am-4pm	EQV.7KEN	7/17-7/21	\$335

NEW! Girl Boss: Build Her Soap Business

(7-14 yrs.) SheEO Academy empowers the CEO in every girl! Learn how to make, market, merchandise, manage then monetize a real product. Apply a STEAM approach to bring entrepreneurship to life. Each girl will take home her product and a plan.

Location	Time	Code	Dates	\$
HunterHouse	9am-4pm	WG1.L62N	7/10-7/14	\$335
StenwoodES	9am-4pm	WG1.WTDD	7/24-7/28	\$335

NEW! Little Girl Boss:

Build Her Slime Business

(5-6 yrs.) SheEO Academy empowers the CEO in every girl! Learn how to make, market, merchandise, manage then monetize a real product. Apply a STEAM approach to bring entrepreneurship to life. Each girl will take home her product and a plan. No camp July 3-4.

Location	Time	Code	Dates	\$
WashMill ES	9am-12pm	HOK.TCED	7/31-8/4	\$159
WashMill ES	1pm-4pm	HOK.86XS	7/31-8/4	\$159
WaplesMillES	9am-12pm	HOK.00JT	7/5-7/7	\$99
WaplesMillES	1pm-4pm	HOK.KZ14	7/5-7/7	\$99

NEW! Ultimate Games &

Teambuilding Camp

(6-12 yrs.) Spirit Pros brings you creative games, team-building challenges and cooperative activities. Roll in our giant Zorb ball, launch water balloons with our super bungee cord, learn to use juggling sticks, make home-made ice cream with special soccer balls and play a variety of fun games. Rec Center campers should bring swimsuit/towel for afternoon swim time. A signed participation release is due on the first day.

Location	Time	Code	Dates	\$
LaurelHillES	9am-4pm	J14.QHAN	7/5-7/7	\$185

Sports Camps

Advanced Golf Summer Camp (13-17 yrs.)

(13-17 yrs.) Designed for the experienced teen golfer who is trying out for or playing on their high school team. Our qualified instructors cover all aspects of golf in addition to etiquette and rules. Class fee includes all range balls and green fees for on-course instruction. Campers receive a certificate and golf fun pack at the end of camp.

Location	Time	Code	Begin	\$
Burke Lake GC	12pm-5pm	8CA.PA13	7/17-7/21	\$425
Burke Lake GC	12pm-5pm	8CA.1VL0	7/24-7/28	\$425

Agility & Strength Training Camp

(10-14 yrs.) Young athletes improve strength training using resistance and body weight while learning nutrition basics. This Sanowar Fitness camp is a great outdoor camp for enhancing speed and agility in a safe and fun environment. Campers should bring lunch for a short break. No camp June 19.

Location	Time	Code	Dates	\$
Sphill REC	9am-1pm	95M.MK6H	6/20-6/23	\$119
Stenwood ES	9am-1pm	95M.MTNP	6/26-6/30	\$149
Waples Mill ES	9am-1pm	95M.N6VF	7/17-7/21	\$149
Wkfld/Moore	9am-1pm	95M.B6S2	7/24-7/28	\$149

All Sports Camp with Alpha Sports

(7-11 yrs.) Learn the fundamentals of multiple sports including football, volleyball, soccer, baseball, track and lacrosse. Campers are grouped by age and enjoy participating in scrimmages and tournaments.

Location	Time	Code	Dates	\$
Laurel Hill ES	9am-4pm	9U0.425U	7/24-7/28	\$285
Oakton ES	9am-4pm	9U0.1SVY	7/10-7/14	\$285
Oakton ES	9am-4pm	9U0.YRLG	7/17-7/21	\$285

Archery Camp at Bull Run

(9-15 yrs.) Develop archery skills shooting Olympic-style (recurve) bows in this indoor 3-day camp. Learn patience, focus and attention to detail through focused instruction. Other archery-related activities provide a broader introduction and fun. Equipment is provided.

Location	Time	Code	Dates	\$
BullRunPk	9am-12pm	228.13ZK	6/26-6/28	\$185
BullRunPk	9am-12pm	228.AAXX	7/10-7/12	\$185
BullRunPk	9am-12pm	228.QHIG	7/17-7/19	\$185
BullRunPk	9am-12pm	228.VIYT	7/24-7/26	\$185
BullRunPk	9am-12pm	228.K3DE	7/31-8/2	\$185
BullRunPk	9am-12pm	228.161P	8/7-8/9	\$185
BullRunPk	9am-12pm	228.QY9R	8/14-8/16	\$185

Baroody Kiddie Sports Camp

(3-5 yrs.) Young campers are introduced to sports skills through fun games that enhance running, throwing, catching and teamwork. Other activities are included plus time for a lunch break. Pack a water bottle and bag lunch. Campers must be potty-trained and 3 years old by the first day of camp.

Location	Time	Code	Dates	\$
Laurel Hill ES	9am-1pm	6VH.PVC3	6/26-6/30	\$225
Laurel Hill ES	9am-1pm	6VH.OLJK	7/31-8/4	\$225

Baroody Sports Camp

(5-12 yrs.) Play some of the best sports and PE games ever invented. Choose from knockout, extreme kickball, handball, capture the flag, ultimate frisbee, and soccer. Emphasis is on healthy competition and sportsmanship.

Location	Time	Code	Dates	\$
SoRun REC	9am-4pm	65Q.3W69	6/12-6/16	\$259

Baroody Sports: Pickleball Camp

Pickleball is a fun, fast-paced paddle sport that combines tennis, table tennis and badminton. Learn the rules of pickleball and practice basic skills through games. Campers will work as a team while competing in fun tournament style matches. No camp July 3-4.

Location	Time	Code	Dates	\$
(5-7 yrs.)				
Camelot ES	9am-12pm	SL1.CHX3	6/26-6/30	\$159
Oakton ES	9am-12pm	SL1.2FTW	7/5-7/7	\$99
Oakton ES	9am-12pm	SL1.VP3B	7/24-7/28	\$159
Wkfld/Moore	9am-12pm	SL1.BOQT	7/10-7/14	\$159
(8-12 yrs.)				
Oakton ES	1pm-4pm	HLU.914Y	7/24-7/28	\$159

Baroody Sports: Volleyball Camp

(7-12 yrs.) Join us for one of the fastest growing sports in the area. We'll work on the fundamentals through games and drills that build strength and confidence. Our goal is for campers to have constant engagement, whether they are a beginner or more experienced player.

Location	Time	Code	Dates	\$
Keene Mill ES	9am-12pm	MOW.M8H5	7/5-7/8	\$99
Keene Mill ES	1pm-4pm	MOW.R8HN	7/5-7/8	\$99
Laurel Hill ES	9am-12pm	MOW.8C7M	7/10-7/14	\$159
Laurel Hill ES	1pm-4pm	MOW.YL3E	7/10-7/14	\$159
Waples Mill ES	9am-12pm	MOW.WGCN	7/31-8/4	\$159
Waples Mill ES	1pm-4pm	MOW.Y4BR	7/31-8/4	\$159
Waynewd ES	9am-12pm	MOW.P9RV	7/24-7/28	\$159
Waynewd ES	1pm-4pm	MOW.X50R	7/24-7/28	\$159
Wkfld/Moore	9am-12pm	MOW.G4EX	8/14-8/18	\$159

Baseball Beginners Camp

(5-6 yrs.) Join Alpha Sports for a great camp introducing youngsters to hitting, fielding, throwing, catching and base running. Fun, age-appropriate drills are used to reinforce basic skills. Emphasis is on group interaction, cooperation and teamwork. Bring a water bottle, snack, batting helmet, glove and a bat.

Location	Time	Code	Dates	\$
CherryRn ES	9am-12pm	A7R.JTRC	6/26-6/30	\$169
CherryRn ES	9am-12pm	A7R.JQIA	7/10-7/14	\$169
CherryRn ES	9am-12pm	A7R.5B5Z	7/17-7/21	\$169
CherryRn ES	9am-12pm	A7R.DPYX	7/24-7/28	\$169

Baseball Camp with Alpha Sports

(7-11 yrs.) Campers will get basic instruction in a game-like setting to build skills and confidence. Emphasis is on teamwork and fun. A swim break is included each afternoon. Bring a glove, bat, helmet, water bottle, lunch, swimsuit/towel and protective equipment. No camp June 19.

Location	Time	Code	Dates	\$
SoRun REC	9am-4pm	EUK.MW61	6/20-6/23	\$215
SoRun REC	9am-4pm	EUK.37F1	6/26-6/30	\$269
SoRun REC	9am-4pm	EUK.E6SP	7/10-7/14	\$269
SoRun REC	9am-4pm	EUK.LGWZ	7/17-7/21	\$269
SoRun REC	9am-4pm	EUK.VE8P	7/24-7/28	\$269

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* NEW CAMP LOCATION FOR SUMMER 2023! *

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Join the summer camp fun!

Sign your child up to participate in one of the 21 different camps being offered at Laurel Hill Elementary School in Lorton, Virginia.

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Laurel Hill Elementary School, 8390 Laurel Crest Dr., Lorton, Va. 22079



SCAN TO REGISTER

All programs and activities will follow current health safety protocols.



Baseball Camp with US9

(7-12 yrs.) US9 Baseball offers an instructional baseball camp designed to teach both fundamentals and advanced skills in a fun atmosphere. In addition to daily scrimmage games and trivia contests, all campers receive instruction on pitching, hitting, baserunning, fielding, game situations, rules and sportsmanship. Camps ending at 4 p.m. include a swim break. No camp June 19.

Location	Time	Code	Dates	\$
PatriotPkNth	9am-2pm	OWK.OV4A	6/20-6/23	\$215
PatriotPkNth	9am-2pm	OWK.MYIC	7/10-7/14	\$249
PatriotPkNth	9am-2pm	OWK.H5EW	7/31-8/4	\$249
SpHill REC	9am-4pm	OWK.DEI8	6/26-6/30	\$285
SpHill REC	9am-4pm	OWK.TMK2	7/17-7/21	\$285
SpHill REC	9am-4pm	OWK.FJFT	7/24-7/28	\$285
SpHill REC	9am-4pm	OWK.G08F	7/31-8/4	\$285
SpHill REC	9am-4pm	OWK.PP33	8/14-8/18	\$285
SullyCommCtr	9am-2pm	OWK.USAH	7/17-7/21	\$249
Wkfld/Moore	9am-2pm	OWK.CEOP	6/20-6/23	\$215
Wkfld/Moore	9am-2pm	OWK.B9WR	6/26-6/30	\$249
Wkfld/Moore	9am-2pm	OWK.6A5I	7/10-7/14	\$249
Wkfld/Moore	9am-2pm	OWK.IJJR	7/31-8/4	\$249
Wkfld/Moore	9am-2pm	OWK.PK47	8/7-8/11	\$249

NEW! Baseball-Softball Beginners

US9 Camp

(5-6 yrs.) US9 Baseball-Softball offers a beginner's half-day camp designed to teach the basics of playing baseball and softball. Campers are introduced to the basics of throwing, catching, fielding, hitting and baserunning. Camp consists of attention-grabbing, short sessions of skill related activities using batting drills, safety balls, bean bags and targets.

Location	Time	Code	Dates	\$
PatriotPkNth	9am-12pm	NFR.BKBV	6/20-6/23	\$140
PatriotPkNth	9am-12pm	NFR.EA5P	7/10-7/14	\$165
SullyCommCtr	9am-12pm	NFR.74E0	7/17-7/21	\$165
Wkfld/Moore	9am-12pm	NFR.BZSG	6/26-6/30	\$165
Wkfld/Moore	9am-12pm	NFR.2QJO	7/10-7/14	\$165
Wkfld/Moore	9am-12pm	NFR.TVUL	7/31-8/4	\$165
Wkfld/Moore	9am-12pm	NFR.IT22	8/7-8/11	\$165

NEW! Baseball & Flag Football Camp

(6-14 yrs.) This unique SMUV camp focuses on fundamentals with drills and contests in two popular sports-baseball and flag football. Campers will enjoy game play daily. Rec Center camp includes an afternoon swim break. Sully Community Center camp is fully outdoors. No camp July 3-4.

Location	Time	Code	Dates	\$
SullyCommCtr	9am-4pm	040.ETPZ	6/26-6/30	\$279
Wkfld/Moore	9am-4pm	040.QQ01	7/5-7/7	\$169

NEW! Baseball & Games Camp

(6-14 yrs.) This unique SMUV camp focuses on baseball and a variety of different field activities. Campers are introduced to sports including capture the flag, kickball and many other fun field activities. Rec Center camp includes an afternoon swim break.

Location	Time	Code	Dates	\$
Wkfld/Moore	9am-4pm	ADC.3IIP	7/17-7/21	\$279
Wkfld/Moore	9am-4pm	ADC.ZOMU	7/24-7/28	\$279
Wkfld/Moore	9am-4pm	ADC.ICEP	8/14-8/18	\$279



Basketball & Sports Camp

(6-12 yrs.) Join One on One Basketball for a unique camp where focus includes basketball and different sports each day. Campers get to play soccer, kickball, fun ball and flag tag. Camp will be held outdoors as much as possible. Rec Center camp includes an afternoon swim break. No camp July 3-4. Camp the week of June 12 is for non-FCPS students.

Location	Time	Code	Dates	\$
WashMill ES	9am-4pm	LOI.2DOJ	7/10-7/14	\$295
KeeneMillES	9am-4pm	LOI.CLGG	7/10-7/14	\$295
SpHill REC	9am-4pm	LOI.ZDCA	6/12-6/16	\$295
Waynewd ES	9am-4pm	LOI.CMAJ	7/5-7/7	\$179

Basketball Summer Hoops Camp

(6-12 yrs.) One on One has been running camps for over 25 years and this fun program features real-game action! Campers of all skill levels will participate in drills and contests before daily game play. The week concludes with Championship Friday. Rec Center camps include an afternoon swim break. No camp July 3-4.

Location	Time	Code	Dates	\$
CherryRn ES	9am-4pm	TTW.QFCR	6/26-6/30	\$295
CherryRn ES	9am-4pm	TTW.CO2N	7/31-8/4	\$295
WashMill ES	9am-4pm	TTW.MMZA	7/31-8/4	\$295
KeeneMillES	9am-4pm	TTW.EK1G	7/17-7/21	\$295
RavenswthES	9am-4pm	TTW.OQ7W	7/10-7/14	\$295
SpHill REC	9am-4pm	TTW.HAIN	7/5-7/7	\$179
StenwoodES	9am-4pm	TTW.LO16	6/26-6/30	\$295
StenwoodES	9am-4pm	TTW.X2PX	7/5-7/7	\$179
WaynewoodES	9am-4pm	TTW.RDJC	7/17-7/21	\$295
Wkfld/Moore	9am-4pm	TTW.S02J	7/5-7/7	\$179

Coach Rich Basketball Camp

(6-14 yrs.) Coach Rich Sandler and his staff have instilled sound fundamentals and a love of the game for more than 20 years. Boys and girls of all skill levels will benefit from outstanding area coaches and college level players through teaching stations and full-court competition. Bring a swimsuit/towel for an afternoon swim break. No camp June 19 and July 3-4.

Location	Time	Code	Dates	\$
FranconiaRec	9am-4pm	033.052F	7/5-7/7	\$169

Hoops & More with JST

(6-12 yrs.) Develop a love for two ultimate sports! Players will learn the fundamental skills of each sport and build confidence through drills and scrimmages incorporating offensive/defensive strategies. This JST camp includes other fun activities like ultimate knockout, capture the football, and a combine course. No camp July 3-4.

Location	Time	Code	Dates	\$
*Basketball & Flag Football				
CherryRn ES	9am-4pm	OE3.3F4T	7/5-7/7	\$165

Dual Sports Camps

(7-13 yrs.) This unique One on One camp focuses on two sports each day to improve camper's skills. Work on fundamentals with drills and contests before playing regular games. Camp will be held outdoors as much as possible. No camp July 3-4.

Location	Time	Code	Dates	\$
*Flag Football & Basketball				
CherryRn ES	9am-4pm	HSU.2BNH	7/17-7/21	\$295
KeeneMillES	9am-4pm	HSU.QARC	7/10-7/14	\$295
StenwoodES	9am-4pm	HSU.QT2C	7/24-7/28	\$295
WaplesMillES	9am-4pm	HSU.9XPX	7/5-7/7	\$179



eSports & More

(6-12 yrs.) This unique One on One camp combines physical activity with the most popular eSports games. Develop on-court skills and play various games. Emphasis is on teamwork and sportsmanship. Spend time in our eSports lab working on gaming technique and strategy using NBA2K, Madden, FIFA, NHL, Gran Turismo and MLB The Show. Skills are put to the test with Championship Friday. No camp July 3-4.

Location	Time	Code	Dates	\$
CherryRn ES	9am-4pm	4K9.YSN5	6/26-6/30	\$299
RavenswthES	9am-4pm	4K9.TFY5	7/5-7/7	\$79
StenwoodES	9am-4pm	4K9.0210	7/31-8/4	\$299
WaplesMilES	9am-4pm	4K9.8X5N	7/24-7/28	\$299

Fencing Camp w/Fairfax Fencers

(7-17 yrs.) In this action-packed camp, build new friendships while learning skills, etiquette and fencing safety of all three Olympics fencing disciplines (foil, epee and saber). Show off your skills at the end-of-the-week camp tournament. Full-day and half-day options available. Contact Fairfax Fencers about before and after care. No camp June 19 and July 3-4.

Location	Time	Code	Dates	\$
Fx Fencers	9am-1pm	5DE.U6HF	6/20-6/23	\$289
Fx Fencers	9am-1pm	5DE.NGJS	6/26-6/30	\$289
Fx Fencers	9am-1pm	5DE.XABJ	7/5-7/7	\$159
Fx Fencers	9am-4pm	5DE.LQ34	7/5-7/7	\$225
Fx Fencers	9am-1pm	5DE.TC08	7/10-7/14	\$289
Fx Fencers	9am-1pm	5DE.2FEC	7/17-7/21	\$289
Fx Fencers	9am-1pm	5DE.01EQ	7/24-7/28	\$289
Fx Fencers	9am-1pm	5DE.JA3K	7/31-8/4	\$289
Fx Fencers	9am-1pm	5DE.FGTL	8/14-8/18	\$289



Junior Golf Camp

(9-14 yrs.) Enhance golf skills and learn putting, chipping, irons and woods play, course etiquette and best safety practices. Learn from a certified golf instructor and use your newly acquired skills on the course at the end of the week. Campers should bring a golf glove and clubs if available (not required). All campers will receive a certificate and golf fun pack on Friday. Campers in morning and afternoon sessions will have a supervised hour lunch break. No camp June 19 and July 3-4.

Location	Time	Code	Dates	\$
PinecrstGolf	1pm-4pm	1CT.ARSZ	7/5-7/7	\$159
PinecrstGolf	1pm-4pm	1CT.KDLM	7/17-7/21	\$265
PinecrstGolf	9am-12pm	1CT.8AYN	7/24-7/28	\$265
PinecrstGolf	1pm-4pm	1CT.4J6F	7/24-7/28	\$265
PinecrstGolf	9am-12pm	1CT.YKUH	7/31-8/4	\$265
PinecrstGolf	1pm-4pm	1CT.GWTQ	7/31-8/4	\$265
PinecrstGolf	1pm-4pm	1CT.VUQ5	8/7-8/11	\$265
PinecrstGolf	1pm-4pm	1CT.VXT7	8/14-8/18	\$265

Hammer LAX Boys Camp

(7-13 yrs.) Boys learn the fundamentals of lacrosse including stick skills, dodging, shooting and game simulation. Camp includes a week with top players/coaches and a one-day clinic with a former pro-lax player. Rec Center camps include an afternoon swim break. Campers should bring a lacrosse stick, helmet, arm/shoulder pads, gloves and mouth guard. A signed participation release form is due on the first day.

Location	Time	Code	Dates	\$
OakMarREC	9am-4pm	E53.2SSC	7/24-7/28	\$285
OakMarREC	9am-4pm	E53.3KFO	8/7-8/11	\$285
SoRun REC	9am-4pm	E53.BYVF	6/26-6/30	\$285
Wkfld/Moore	9am-4pm	E53.07NF	7/17-7/21	\$285

NEW! Hammer LAX Girls Camp

(8-13 yrs.) Girls learn the fundamentals of lacrosse including stick skills, dodging, shooting and game simulation. Rec Center camps include an afternoon swim break. Campers should bring a lacrosse stick, goggles and mouth guard. A signed participation release form is due on the first day.

Location	Time	Code	Dates	\$
OakMarREC	9am-4pm	3V0.9BIR	7/24-7/28	\$285
SoRun REC	9am-4pm	3V0.LUE9	6/26-6/30	\$285
Wkfld/Moore	9am-4pm	3V0.D701	7/17-7/21	\$285

Soccer: Challenger International

Soccer Camp

(6-12 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. The best coaching methodologies and practices from many countries have been woven together for a multi-faceted experience. Camp is mainly outdoors, rain or shine. Everyone receives a ball and shirt. Campers should bring cleats. Rec Center camps also include an afternoon swim break. No camp June 19 and July 3-4. Host a coach and get your child's camp for free (see website for details). Camp the week of June 12 is for non-FCPS students.

Location	Time	Code	Dates	\$
FranconiaRec	9am-4pm	VE4.1WIR	6/12-6/16	\$289
FranconiaRec	9am-4pm	VE4.PC3B	7/10-7/14	\$289
FranconiaRec	9am-4pm	VE4.P3ZX	7/24-7/28	\$289
FranconiaRec	9am-4pm	VE4.74P9	8/14-8/18	\$289
WashMill ES	9am-4pm	VE4.U3XJ	6/26-6/30	\$289
WashMill ES	9am-4pm	VE4.42TB	7/17-7/21	\$289
KeeneMillES	9am-4pm	VE4.4WIB	7/24-7/28	\$289
OakMarREC	9am-4pm	VE4.0EWO	6/12-6/16	\$289
SpHill REC	9am-4pm	VE4.4YTL	6/12-6/16	\$289
Stenwood ES	9am-4pm	VE4.CY2U	7/10-7/14	\$289
Stenwood ES	9am-4pm	VE4.2J80	7/24-7/28	\$289

NEW! SMUV: Soccer & Games Camp

(6-14 yrs.) A unique camp focusing on soccer and a variety of different field activities each day. Campers will build soccer skills while participating in other games including capture the flag, kickball, flag tag, and other field activities. Rec Center camp includes an afternoon swim break. No camp June 19.

Location	Time	Code	Dates	\$
CherryRn ES	9am-4pm	WB3.LSMJ	7/24-7/28	\$279
KeeneMillES	9am-4pm	WB3.6E6J	7/31-8/4	\$279
SullyCommCtr	9am-4pm	WB3.6BY6	6/20-6/23	\$225

NEW! Softball Camp with US9

(7-13 yrs.) US9 Softball offers an instructional softball camp designed to teach both fundamentals and advanced skills in a fun atmosphere. In addition to daily scrimmage games and trivia contests, all campers receive instruction on pitching, hitting, baserunning, fielding, game situations, rules and sportsmanship. Groups and teams will be created by age and/or prior experience with a goal to build camper confidence.

Location	Time	Code	Dates	\$
Wkfld/Moore	9am-2pm	W33.8G7K	6/26-6/30	\$265
Wkfld/Moore	9am-2pm	W33.UAV0	7/10-7/14	\$265
Wkfld/Moore	9am-2pm	W33.9EMJ	7/31-8/4	\$265
Wkfld/Moore	9am-2pm	W33.DPTG	8/7-8/11	\$265

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Total Sports Camp

(6-13 yrs.) Play a variety of sports such as basketball, flag football, soccer and track in this fast-paced, high-energy camp. Appropriate for boys and girls of all skill/experience levels. Camp includes a daily swim break. Camp the week of June 12 is for non-FCPS students. No camp July 3-4.

Location	Time	Code	Dates	\$
FranconiaRec	9am-4pm	1E1.N522	6/12-6/16	\$289
FranconiaRec	9am-4pm	1E1.WYTC	7/5-7/7	\$175

Virtual Camps**3D Game Design with Unity**

Virtual Camp. Take your game design skills to another level. With Unity, an industry-grade design software, aspiring game designers will learn level editing, 3D modeling, impactful gameplay creation, as well as how to utilize scripts and variables. Projects will be available on Black Rocket's protected website. Compatible with MAC and Windows OS only and requires a 64-bit operating system. This is an online camp. Log-in information will be sent by email the weekend before the camp begins.

Location	Time	Code	Dates	\$
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(8-11 yrs.)				
Virtual FCPA	1pm-3:30pm	6BP.OZ7L	6/19-6/23	\$169
Virtual FCPA	9:30am-12pm	6BP.OIBT	7/10-7/14	\$169
(11-14 yrs.)				
Virtual FCPA	1pm-3:30pm	YKG.NBZN	7/31-8/4	\$169

Beats and Jams: Digital Music Creators

Virtual Camp. Begin your rise to the top of the charts with digital music production. Just like today's top artists, you can design your own beats or remix a mashup of your favorite songs to become a digital composer and sound engineer. Learn to produce digital music, record sound, make sound effects and mix tracks. Created soundtracks will be available on Black Rocket's password protected website. Compatible with MAC, Windows and Chrome OS.

Location	Time	Code	Dates	\$
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(8-11 yrs.)				
Virtual FCPA	9:30am-12pm	CXC.344J	7/17-7/21	\$169
(11-14 yrs.)				
Virtual FCPA	1pm-3:30pm	WQK.QC8N	7/17-7/21	\$169

Code Breakers Virtual Camp

Learn the basics of coding languages like HTML, JavaScript and CSS through a series of web projects and design challenges. Projects will be available on a Black Rocket's protected website. Compatible with MAC, Windows and Chrome OS. Online camp. No camp July 4.

Location	Time	Code	Dates	\$
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(8-11 yrs.)				
Virtual FCPA	9:30am-12pm	7SL.5RQ8	7/3-7/7	\$35
(11-14 yrs.)				
Virtual FCPA	1pm-3:30pm	OGO.5F15	7/3-7/7	\$135
Virtual FCPA	9:30am-12pm	OGO.0FPR	8/14-8/18	\$169

Make Your First Video Game

Virtual Camp. Make your first video game while learning the key to designing a 2D platform game. Campers will explore conceptualization, play experience, level design, graphics, sounds and simple coding. Projects will be available on Black Rocket's protected website. This online camp and games are only compatible on PC's and with Windows OS only.

Location	Time	Code	Dates	\$
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(8-11 yrs.)				
Virtual FCPA	1pm-3:30pm	RT9.0D25	6/26-6/30	\$169
Virtual FCPA	1pm-3:30pm	RT9.8P9F	7/24-7/28	\$169
(11-14 yrs.)				
Virtual FCPA	9:30-12pm	P8Q.27V8	6/26-6/30	\$169

Minecraft Modders Virtual Camp

Learn scripting and logic statements as you design your first mods and customize your own Minecraft world. Create a wide variety of new elements and gameplay mechanics. Projects will be available on Black Rocket's protected website. Requires Java version of Minecraft. This online camp compatible with MAC and Windows OS only.

Location	Time	Code	Dates	\$
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(8-11 yrs.)				
Virtual FCPA	1pm-3:30pm	ASN.QF4M	8/7-8/11	\$169
(11-14 yrs.)				
Virtual FCPA	9:30am-12pm	YST.OLWP	8/7-8/11	\$169

Python Programmers Virtual Camp

Learn the world's fastest-growing programming language favored by Google, NASA, YouTube, and the CIA. Discover how to code with Python to create engaging apps and games. Each lesson takes you step-by-step on a programming path that will let you challenge friends with fun content. This online camp is compatible with MAC, Windows and Chrome OS.

Location	Time	Code	Dates	\$
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(8-11 yrs.)				
Virtual FCPA	1pm-3:30pm	VKC.RCJJ	7/10-7/14	\$169
Virtual FCPA	1pm-3:30pm	VKC.QQ22	7/31-8/4	\$169
(11-14 yrs.)				
Virtual FCPA	1pm-3:30pm	73P.SQ70	6/19-6/23	\$169
Virtual FCPA	9:30am-12pm	73P.SSFY	7/31-8/4	\$169

ROBLOX Makers Virtual Camp

(8-11 yrs.) Unlock the power of ROBLOX Studio, the world creation tool used by real-world developers. Build 3D models and create an adventure in your ROBLOX world. Design characters that are brought to life with unique animations. Projects will be available on Black

Rocket's protected website. This online camp is compatible with MAC and Windows OS only.

Location	Time	Code	Dates	\$
Virtual FCPA	9:30am-12pm	L7T.AMTX	7/24-7/28	\$169

YouTube Content Creators

(11-14 yrs.) Virtual Camp. Explore the variety of content and personalities that exist on YouTube and discover how to find your own niche. Learn the do's and don'ts of the platform and practice good digital citizenship. Develop your on-camera presence with your own channel branding and professional editing skills. Take home a plan for launching your own channel with the content created in camp. Projects will be available on Black Rocket's protected website. This online camp requires a webcam and is compatible with MAC and Windows OS only.

Location	Time	Code	Dates	\$
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Virtual FCPA	1pm-3:30pm	M8J.C179	8/14-8/18	\$169
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Virtual Chess Camp

(6-13 yrs.) This Magnus Chess online camp features a mix of live lessons, practice games, puzzles and tournaments. Everything is online, so there's no need for a physical board. No camp June 19 and July 3-4.

Location	Time	Code	Dates	\$
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Virtual FCPA	9:30-12pm	AEL.754M	6/20-6/23	\$129
Virtual FCPA	9:30-12pm	AEL.9KW8	6/26-6/30	\$159
Virtual FCPA	9:30-12pm	AEL.9HE3	7/5-7/7	\$99
Virtual FCPA	9:30-12pm	AEL.789I	7/10-7/14	\$159
Virtual FCPA	9:30-12pm	AEL.44Y7	7/17-7/21	\$159
Virtual FCPA	9:30-12pm	AEL.S72P	7/24-7/28	\$159
Virtual FCPA	9:30-12pm	AEL.T76J	7/31-8/4	\$159
Virtual FCPA	9:30-12pm	AEL.VRHC	8/7-8/11	\$159
Virtual FCPA	9:30-12pm	AEL.H9IG	8/14-8/18	\$159

Every Body Golf School

2023 Spring and Summer Junior Golf Camps

Offered at Oak Marr Golf Center

Certified instruction for boys and girls, ages 8-17 • Cost: \$289

5 Day Summer Junior Golf Camp 10-1 Student to pro ratio

In this camp, students will develop the skills of putting, chipping, sand shots, and full swings with both woods and irons. Rules and etiquette will also be taught. At the end of the week, students will test their skills on Oak Marr's par 3 Golf Course. Loaner clubs will be available for students who do not own a set

June 19-23 • July 10-14 • July 24-28 • 8 AM-11:30 AM

July 31- August 4 • August 7-11 • August 14-18 • 8 AM-11:30 AM OR 12:30 PM to 4 PM

5 Day Players Camp 6-1 Student to pro ratio

This five-day camp is open to juniors who own a set of golf clubs and have some playing experience. Campers will spend more time on the course. The main focus of this camp is short game, including putting, chipping, and more. Other basics of golf such as scorekeeping and rules will also be taught. This is an excellent camp for campers looking to improve an already experienced game, or to prepare to play at the high school level

June 19-23 • July 10-14 • July 24-28 • 12:30 PM- 4 PM

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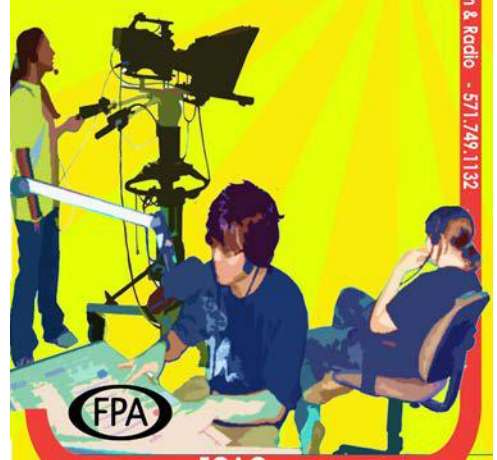


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All programs and activities will follow current health safety protocols.

Children's Corner

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, MTWTF
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. Parent must attend class with the 2-to-3 year-old age group. Additional supply fee payable to instructor.

3TE	6--45 minute lessons--\$67				
Location	Day	Time	Code	Begin	\$
FranconiaRec	Sa	9:15am	378.M650	6/17	3TE
FranconiaRec	Th	9:30am	378.7GXL	6/22	3TE

Abrakadoodle Mini Doodlers

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

BTVW	6--45 minute lessons--\$125				
DTVW	8--45 minute lessons--\$153				
Location	Day	Time	Code	Begin	\$
Jackson MS	Th	10am	498.Y0YW	6/29	BTVW
Lees Cnr ES	Th	10:30am	498.N6XE	6/29	BTVW
Oakton ES	W	2pm	498.Z1VB	6/28	BTVW
Oakton ES	W	11:15am	498.KMXG	6/28	BTVW
RavenswrthES	Th	2pm	498.OEAW	6/29	BTVW
SoRunREC	Sa	12:15pm	498.OQ08	6/24	DTVW
SpHillREC	Sa	1:30pm	498.4D3V	6/24	DTVW
SpHillREC	T	6:15pm	498.L4K4	6/27	DTVW

Abrakadoodle 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 Abrakadoodle class, for toddlers and their parents, inspires creativity while emphasizing an I-can-do-it spirit! A \$40 materials fee is due at first class (checks payable to Abrakadoodle).

BTVW	6--45 minute lessons--\$125				
DTVW	8--45 minute lessons--\$153				
Location	Day	Time	Code	Begin	\$
Lees Cnr ES	Th	10:30am	F2D.94FH	6/29	BTVW
Oakton ES	M	10:15am	F2D.G4KJ	6/26	BTVW
Oakton ES	W	10:15am	F2D.XQ2N	6/28	BTVW
RavenswrthES	Th	10am	F2D.2EHQ	6/29	BTVW
RavenswrthES	Th	11am	F2D.KRKS	6/29	BTVW
SoRunREC	Sa	11:15am	F2D.P25P	6/24	DTVW
SpHillREC	Sa	2:30pm	F2D.UVEA	6/24	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.

3TE	6--45 minute lessons--\$67				
4TC	8--45 minute lessons--\$92				
Location	Day	Time	Code	Begin	\$
Indoors					
FranconiaRec	M	10:30am	0F1.XD39	6/19	3TE
Outdoors					
CubRunREC	Th	9:30am	3VX.4JT0	6/29	4TC

Magical Art by Abrakadoodle

(3-6 yrs.) Do you believe in magic? Create a rabbit, then make him disappear. Mix up a new, interesting color for a bubbling magic potion. Use special paper and PRESTO your artwork magically appears.

BTVW	6--45 minute lessons--\$125				
Location	Day	Time	Code	Begin	\$
Jackson MS	Th	11am	UWV.IUIG	6/29	BTVW

Preschool Picasso

(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.

3TE	6--45 minute lessons--\$67				
4TC	8--45 minute lessons--\$92				
4TD	5--45 minute lessons--\$62				
Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	11am	0A7.1RUJ	6/24	4TC
FranconiaRec	Sa	10:15am	0A7.ZTQJ	6/17	3TE
FranconiaRec	M	9:30am	0A7.5R1A	6/19	3TE
Lees Cnr ES	W	11am	0A7.JC7L	7/5	4TD

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 participation is required.

3TE	6--45 minute lessons--\$67				
Location	Day	Time	Code	Begin	\$
FranconiaRec	Th	10:30am	2BC.PXF9	6/22	3TE
FranconiaRec	Th	11:30am	2BC.9ZQ5	6/22	3TE

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.

3TE	6--45 minute lessons--\$67				
Location	Day	Time	Code	Begin	\$
FranconiaRec	Sa	11:15am	F75.4HV6	6/17	3TE
FranconiaRec	M	11:30am	F75.POU4	6/19	3TE

Dance Classes

Baby Ballerinas

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

3TE	6--45 minute lessons--\$67				
CTVE	8--45 minute lessons--\$118				
Location	Day	Time	Code	Begin	\$
Belle Vw ES	Sa	9:30am	B1C.GM7Q	6/24	3TE
Oakton ES	Sa	9:30am	B1C.6KRO	6/17	CTVE
Oakton ES	Sa	10:10am	B1C.15IF	6/17	CTVE

Ballet & Tap

Introduction to basic ballet and tap steps and movements.

CTVR	7--45 minute lessons--\$92				
CTVX	6--45 minute lessons--\$80				
DTVF	8--45 minute lessons--\$133				
DTVR	8--45 minute lessons--\$107				

Location	Day	Time	Code	Begin	\$
(2-3 yrs.)					
SoRunREC	Sa	12:15pm	5F8.NT4J	6/24	CTVX
(3-5 yrs.)					
CubRunREC	Su	12:30pm	AD3.43E3	6/25	DTVF
CubRunREC	Su	12:30pm	AD3.QLSU	6/25	DTVF
FranconiaRec	Sa	11am	AD3.6PSJ	7/1	DTVF
OakMarREC	Su	10am	AD3.H814	6/25	CTVR
OakMarREC	Su	10:50am	AD3.AQ7F	6/25	CTVR
ProvREC	Th	5pm	AD3.LOKI	6/26	DTVR
ProvREC	F	5pm	AD3.61RD	6/30	DTVF
SoRunREC	Su	9am	AD3.RVZ3	6/25	CTVX
SoRunREC	W	6pm	AD3.AIMI	6/28	CTVX
SoRunREC	Sa	11:15am	AD3.Y7CX	6/24	CTVX
SpHillREC	T	5pm	AD3.DQ09	6/27	CTVX
SpHillREC	W	5:30pm	AD3.5SRV	6/28	DTVF
Wkfld/Moore	Sa	9am	AD3.ISYJ	6/24	CTVX



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.

CTVR	7--45 minute lessons--\$92				
CTVX	6--45 minute lessons--\$80				
Location	Day	Time	Code	Begin	\$
OakMarREC	Su	11:45am	CMH.PTXN	6/25	CTVR
SoRunREC	Su	11am	CMH.JPTG	6/25	CTVX
SoRunREC	Sa	10:15am	370.5MFW	6/24	CTVX

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.

CTVR	7--45 minute lessons--\$92				
CTVX	6--45 minute lessons--\$80				
DTVF	8--45 minute lessons--\$133				
Location	Day	Time	Code	Begin	\$
FranconiaRec	Sa	1pm	370.2PGY	7/1	DTVF
OakMarREC	Sa	10am	370.OPGO	6/24	CTVR
Wkfld/Moore	F	4:30pm	370.XQH8	6/30	CTVX

Intro to Ballet

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.

3TE	6--45 minute lessons--\$67				
DTVR	8--45 minute lessons--\$107				
Location	Day	Time	Code	Begin	\$
(3-5 yrs.)					
CubRunREC	Th	5pm	PMD.6A26	6/29	DTVR
ProvREC	Sa	3:30pm	PMD.SC30	6/24	DTVR
(4-5 yrs.)					
Belle Vw ES	Sa	10:30am	1B1.Q523	6/24	3TE

Kids Hop/Zumba Kids

(4-5 yrs.) Two of our most popular classes are combined into one! Step into the beat and break a sweat while having a dance party with Zumba. New dances

and games are introduced every week to keep classes fun and exciting.

DTVF	8--45 minute lessons--\$133				
Location	Day	Time	Code	Begin	\$
SpHillREC	Th	5:30pm	5E1.HF76	6/29	DTVF

Drama & Music Classes

Little Fingers Piano w/Parent

(2-5 yrs.) Students and parents are introduced to instrumental music through a group learning experience in this Learn Now Music class. Learn to read musical symbols and play songs in a relaxing, age-appropriate environment. \$20 supply fee for instruments and music is payable to instructor at first class.

DTVN	8--30 minute lessons--\$140				
Location	Day	Time	Code	Begin	\$
FranconiaRec	Su	10am	1F0.BI6M	6/18	DTVN

My First Music Class

(2-5 yrs.) In this Learn Now Music class students and their parents explore fun topics such as the farm, cooks in the kitchen, the sea, birds, animals, parts of the body and more. Musical activities reinforce language repetition, speech development, greetings and good-byes, verbal and physical counting, memory & reaction exercises, gross and fine motor skills, rhythm exercises and listening. \$20 supply fee for instruments and music is payable to instructor at first class.

DTVN	8--30 minute lessons--\$140				
Location	Day	Time	Code	Begin	\$
FranconiaRec	Su	10:35am	T39.KQ88	6/18	DTVN



All programs and activities will follow current health safety protocols.

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.

CTVB	8--30 minute lessons--\$88
4TC	8--45 minute lessons--\$92
DMVE	10--30 minute lessons--\$102
DMVF	10--45 minute lessons--\$103

Location	Day	Time	Code	Begin	\$
(3 yrs.)					
LdbyExFr0ks	Sa	10am	943.CCGA	6/17	DMVE
(3-5 yrs.)					
BlkBltFFX	M	5:15pm	1B7.LYYL	6/19	DMVE
BlkBltFFX	T	5:15pm	1B7.JI2I	6/20	DMVE
BlkBltFFX	W	5:15pm	1B7.XEBJ	6/21	DMVE
BlkBltFFX	Th	5:15pm	1B7.SWCE	6/22	DMVE
LdbyExFr0ks	F	4:30pm	1B7.KVKH	6/16	DMVF
(4-6 yrs.)					
CubRunREC	Su	10:15am	TSJ.EHY8	6/25	4TC
OakMarREC	Sa	1pm	TSJ.IIIO	6/24	4TC
OakMarREC	Sa	1pm	TSJ.TQJ	6/24	4TC
SoRunREC	Sa	11:05am	415.FCPT	6/24	CTVB
LdbyExFr0ks	T	6pm	415.KF10	6/13	DMVF
LdbyExFr0ks	W	4:30pm	415.UMCH	6/14	DMVF
LdbyExFr0ks	Th	6pm	415.5AIJ	6/15	DMVF
LdbyExFr0ks	Sa	11:30am	415.OQ6L	6/17	DMVF

Little Ninjas II

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

4TC 8--45 minute lessons--\$92					
Location	Day	Time	Code	Begin	\$
OakMarREC	Sa	2pm	4AF.NPT6	6/24	4TC

Movement Classes

Blast Off for Babies

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. Adults must attend class. Socks required for everyone.

3TE		6--45 minute lessons--\$67			
Location	Day	Time	Code	Begin	\$
(13-18 mos.)					
FranconiaRec	Sa	10:15am	334.NRK9	6/17	3TE
FranconiaRec	W	9:15am	334.7HEQ	6/21	3TE
(18-24 mos.)					
FranconiaRec	T	10:15am	ABC.YFIJ	6/20	3TE
FranconiaRec	F	10:15am	ABC.UULA	6/23	3TE



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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.

DTVF 8--45 minute lessons--\$133					
Location	Day	Time	Code	Begin	\$
FranconiaRec	Sa	10am	C6B.T8E7	7/1	DTVF

Funfit Tots

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

DTVM		8--45 minute lessons--\$129			
Location	Day	Time	Code	Begin	\$
(11 mos.-4 yrs.)					
SphillREC	Su	9:15am	61F.7IVL	6/25	DTVM
(1-2 yrs.)					
SphillREC	Su	10:05am	D21.5IGZ	6/25	DTVM
(2-3 yrs.)					
SphillREC	Su	11am	504.REBX	6/25	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 fun 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.

DTVF		8--45 minute lessons--\$133			
Location	Day	Time	Code	Begin	\$
ProvREC	Sa	8am	U04.1YWA	6/24	DTVF
ProvREC	Sa	9am	U04.LJWZ	6/24	DTVF
ProvREC	Su	8am	U04.NSVH	6/25	DTVF
ProvREC	Su	9am	U04.AQGF	6/25	DTVF
Wkfld/Moore	Sa	9am	U04.BA8Z	6/24	DTVF

Zoom Around the Room

In this fun and safe environment, kids love the obstacle courses and creative games that are intermingled with songs and fingerplays. Franconia Rec classes held in unique soft play room. Adult must attend class. Socks required.

3TE	6--45 minute lessons--\$67				
Location	Day	Time	Code	Begin	\$
(2 yrs.)					
FranconiaRec	Th	10:15am	421.MNPH	6/22	3TE
(2-5 yrs.)					
FranconiaRec	Sa	9:15am	A7B.DQQV	6/17	3TE
FranconiaRec	Sa	11:15am	A7B.7RQ7	6/17	3TE
FranconiaRec	T	9:15am	A7B.DE0J	6/20	3TE
FranconiaRec	T	11:15am	A7B.JAKZ	6/20	3TE
FranconiaRec	W	10:15am	A7B.PBE3	6/21	3TE
FranconiaRec	W	11:15am	A7B.9KNM	6/21	3TE
FranconiaRec	Th	9:15am	A7B.05MO	6/22	3TE
FranconiaRec	Th	11:15am	A7B.U3MG	6/22	3TE
FranconiaRec	F	9:15am	A7B.V2HQ	6/23	3TE
FranconiaRec	F	10:15am	A7B.GAVC	6/23	3TE

Science & Nature Classes

Bug Walks & Critter Talks

(3-5 yrs.) Preschoolers and their adult explore the outdoors in search of nature's fascinating creatures. Through forest, stream and meadow walks, live animals, nature talks, stories, insect and other collections and

arts and crafts, families develop a better understanding of and appreciation for the natural world.

4TD 5--45 minute lessons--\$62					
Location	Day	Time	Code	Begin	\$
HiddenOaks	F	10am	774.2317	7/14	4TD

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.

R17C		1--1 hour program--\$7			
Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	10am	871.453J	6/10	R17C
CubRunREC	Sa	10am	871.8MGZ	7/1	R17C

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--\$92				
4TD	5--45 minute lessons--\$62				
Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	10am	661.55H3	6/24	4TC
Lees Cnr ES	W	10am	661.0A6B	7/5	4TD

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, and an assortment of other activities. Kids have fun learning new sports while emphasizing teamwork.

DSVA		8--55 minute lessons--\$100			
DTVF		8--45 minute lessons--\$133			
Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	1:30pm	FC7.901F	6/24	DTVF
SoRunREC	W	5:30pm	FC7.ISFT	6/28	DTVF
SoRunREC	W	11am	FC7.YQ57	6/28	DTVF
SoRunREC	Th	5pm	FC7.E47G	6/29	DTVF
SpHillREC	Su	9am	EFA.AZYQ	6/25	4SM
SpHillREC	T	5pm	EFA.WT2U	6/27	4SM
SpHillREC	Th	5pm	EFA.CJTV	6/29	4SM
Sully CommCtr	Su	2:30pm	FC7.IU88	6/18	DTVF
Kings Park	Sa	9am	FC7.3QWT	6/17	DSVA
LittleRn ES	Su	9am	FC7.3QWT	6/18	DSVA

Basketball I

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

DTVF	8--45 minute lessons--\$133				
DTVP	8--45 minute lessons--\$152				
DTVR	8--45 minute lessons--\$107				
DSVZ	8--55 minute lessons--\$108				
Location	Day	Time	Code	Begin	\$
(4-5 yrs.) with parent					
FranconiaRec	Sa	10:15am	176.F2AO	6/17	DTVR
Wkfld/Moore	Sa	10am	176.860E	6/24	DTVR
(4-6 yrs.) child only					
LittleRun ES	Su	10am	EFA.LPOR	6/18	DTVF
Kings Park ES	Sa	10am	EFA.51VZ	6/17	DTVP
Oakton ES	Sa	10:30am	EFA.YNOS	6/17	DTVF
LittleRun ES	Sa	9am	EFA.XEEL	6/17	DTVF
SpHillREC	Su	9am	EFA.AZYQ	6/25	DSVZ
SpHillREC	T	5pm	EFA.WT2U	6/27	DSVZ
SpHillREC	Th	5pm	EFA.CJTV	6/29	DSVZ
Sully CommCtr	Sa	9am	EFA.VOLC	6/17	DSVZ
Sully CommCtr	Sa	9am	EFA.KAP2	6/17	DSVZ
Sully CommCtr	Su	2:30pm	EFA.PZEN	6/18	DSVZ



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.

4SM DTVF	8--55 minute lessons--\$114 8--45 minute lessons--\$133				
Location	Day	Time	Code	Begin	\$
(3 yrs.)					
SoRunREC	M	9:30am	SFC.ZU01	6/26	DTVF
SoRunREC	W	10am	SFC.8AZE	6/28	DTVF
SoRunREC	Su	9am	SFC.MV80	6/25	DTVF
(4-5 yrs.)					
SoRunREC	M	6pm	39V.Y7DU	6/26	DTVF
SoRunREC	M	10:30am	39V.QZYO	6/26	DTVF
SoRunREC	T	5pm	39V.JP7Q	6/27	DTVF
SoRunREC	Sa	9am	39V.XGUC	6/24	DTVF
SoRunREC	Su	10am	39V.G8X0	6/25	DTVF
SpHillREC	Sa	9am	39V.AGZS	6/24	4SM
SpHillREC	Sa	10am	39V.KEMX	6/24	4SM
SpHillREC	Su	9am	39V.05HW	6/25	4SM
Sully CommCtr	Su	12:30pm	39V.YTKP	6/18	DTVF

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.

CTVF	6--45 minute lessons--\$100				
Location	Day	Time	Code	Begin	\$
FranconiaRec	Sa	9am	EF0.IU94	6/17	CTVF

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 along with increasing 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.

CTVJ	6--55 minute lessons--\$112				
Location	Day	Time	Code	Begin	\$
FranconiaRec	Sa	10am	38C.FMW6	6/17	CTVJ

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.

CTVJ	6--55 minute lessons--\$112				
Location	Day	Time	Code	Begin	\$
FranconiaRec	Sa	11am	E08.2YAQ	6/17	CTVJ

Futsal

Futsal is similar to soccer but played indoors at a fast pace with time restrictions. Students learn basic skills and strategies while having fun. Bring a soccer ball.

DFVG	8--55 minute lessons--\$140				
Location	Day	Time	Code	Begin	\$
(4-6 yrs.)					
WstSprgfld ES	Sa	9am	TOQ.AXWW	6/17	DFVG
Woodbrn ES	Sa	9am	TOQ.ZR0D	6/17	DFVG

Little Tennis I

(3-5 yrs.) Kids learn tennis basics and coordination through skill development and teamwork. Tennis shoes and racquets required.

4TC DTVR	8--45 minute lessons--\$92 8--45 minute lessons--\$107				
Location	Day	Time	Code	Begin	\$
Wkfld/Moore	W	9am	61E.9A2Q	6/28	4TC
Wkfld/Moore	Sa	9am	KUB.QQWG	6/24	DTVR
Wkfld/Moore	Su	10am	KUB.FI8M	6/25	DTVR
Wkfld/Moore	Su	11am	KUB.MX57	6/25	DTVR

Tumbling & Gymnastics Classes

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, and balance beam moves. Equipment varies at each site.

4TC DTVP	8--45 minute lessons--\$92 8--45 minute lessons--\$152				
Location	Day	Time	Code	Begin	\$
(3-4 yrs.)					
CubRunREC	Sa	10am	2B8.GAI4	6/24	4TC
FranconiaRec	Sa	10:20am	BW0.MDQY	6/17	DTVP
FranconiaRec	T	5:15pm	BW0.TGBD	6/20	DTVP
SoRunREC	Su	1:20pm	BW0.QSWT	6/25	DTVP
SoRunREC	W	5:15pm	BW0.AR8H	6/28	DTVP
(3-5 yrs.)					
CubRunREC	Sa	9am	E42.S56L	6/24	4TC
(4-5 yrs.)					
CubRunREC	Sa	11am	094.HTL5	6/24	4TC

Gymnastics with Parent

(18 mos.-3 yrs.) An adult must participate with the child for this fun-filled class for children interested in gymnastics that incorporates creative movement, listening skills, fun gross motor development and introduces youngsters floor exercises, and balance beam moves. Equipment varies at each site.

DTVP	8--45 minute lessons--\$152				
Location	Day	Time	Code	Begin	\$
FranconiaRec	Sa	9:30am	IBA.NYS4	6/17	DTVP
SoRunREC	Su	12:30pm	IBA.AW19	6/25	DTVP

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All programs and activities will follow current health safety protocols.

Dance

- 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.

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.

2PA 6--55 minute lessons--\$76

Location	Day	Time	Code	Begin	\$
Bucknell ES	Th	8pm	61A.6G16	6/29	2PA

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.

BPVF 6--55 minute lessons--\$97

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Sa	9:55am	408.YNLO	6/24	BPVF

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.

2PA 6--55 minute lessons--\$76
3PA 8--55 minute lessons--\$100
BPVF 6--55 minute lessons--\$97
CPVF 8--55 minute lessons--\$115
DPVN 8--55 minute lessons--\$138
CPVH 7--55 minute lessons--\$101

Location	Day	Time	Code	Begin	\$
(5-7 yrs.)					
Belle Vw ES	Sa	11:30am	SSF.M9W7	6/24	2PA
CubRunREC	Su	2:30pm	2BE.S4IV	6/25	DPVN
CubRunREC	Th	6pm	2BE.IACH	6/29	BPVF
FranconiaREC	Sa	12pm	2BE.6GEM	7/1	DPVN
OakMarREC	Su	9am	2BE.IBIK	6/24	CPVH
ProvREC	Sa	4:30pm	2BE.WUCS	6/24	CPVF
ProvREC	Th	6pm	2BE.KHGX	6/29	CPVF
ProvREC	F	6pm	2BE.63CS	6/30	DPVN
SoRunREC	Su	9:50am	2BE.804U	6/25	BPVF
SoRunREC	W	7pm	2BE.YC5K	6/28	BPVF
SpHillREC	W	6:20pm	2BE.1XFD	6/28	DPVN
SpHillREC	Th	5pm	2BE.15P8	6/29	BPVF
(13-Adult)					
Wkfld/Moore	T	8pm	63B.W01X	6/27	3PA



Combo Dance & Tap

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

2PA 6--55 minute lessons--\$76
BPVF 6--55 minute lessons--\$97
CPVH 7--55 minute lessons--\$101

Location	Day	Time	Code	Begin	\$
(5-8 yrs.)					
OakMarREC	Su	12:45pm	3A9.MKVN	6/25	CPVH
SoRunREC	Su	12pm	3A9.H4MV	6/25	BPVF
(6-12 yrs.)					
Bucknell ES	Th	6pm	3EE.28DV	6/29	2PA
(8-12 yrs.)					
SoRunREC	Sa	1:15pm	764.GL7W	6/24	BPVF

Hip Hop I

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

2PA 6--55 minute lessons--\$76
BPVF 6--55 minute lessons--\$97
CPVH 7--55 minute lessons--\$101
DPVN 8--55 minute lessons--\$138

Location	Day	Time	Code	Begin	\$
(5-7 yrs.)					
FranconiaREC	Sa	9am	209.AC25	7/1	DPVN
OakMarREC	Sa	10:55am	209.URJQ	6/24	CPVH
OakMarREC	Su	1:45pm	209.FQCY	6/25	CPVH
SoRunREC	W	8pm	209.30L2	6/28	BPVF
SpHillREC	Th	6:20pm	209.UUFN	6/29	DPVN
Wkfld/Moore	Sa	11am	209.91H3	6/24	BPVF
Wkfld/Moore	F	5:30pm	209.BFOP	6/30	BPVF
(8-13 yrs.)					
OakMarREC	Sa	11:55am	085.ZG1D	6/24	CPVH
OakMarREC	Su	2:50pm	085.MOJL	6/25	CPVH
ProvREC	Sa	6:30pm	085.S54D	6/24	CPVF
ProvREC	Th	7pm	085.G1D7	6/29	CPVF
Wkfld/Moore	Sa	12pm	085.7BKR	6/24	BPVF
Wkfld/Moore	F	6:30pm	085.LIC3	6/30	BPVF
(8-17 yrs.)					
Bucknell ES	Th	7pm	B4A.GJ26	6/29	2PA

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.

BPVF 6--55 minute lessons--\$97

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	F	7:30pm	5MC.VLIL	6/30	BPVF

Ballroom Dancing I

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--\$100

Location	Day	Time	Code	Begin	\$
(13-Adult) Singles & Couples					
Wkfld/Moore	T	6:30pm	162.6RX2	6/27	3PA
(13-Adult) Couples					
SpHillREC	Su	2pm	A6D.R10J	6/25	3PA

Ballroom Dancing II

Prerequisite: Ballroom I or equivalent. Each student must register.

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

Location	Day	Time	Code	Begin	\$
(13-Adult) Singles & Couples					
Wkfld/Moore	T	7:30pm	956.MBAC	6/27	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.

3PA 8--55 minute lessons--\$100
DPVN 8--55 minute lessons--\$138

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	M	6:30pm	7D2.PFXQ	6/26	3PA
Wkfld/Moore	F	6:30pm	7D2.3BHK	6/30	3PA
SpHillREC	T	11am	W7D.4XC8	6/27	DPVN
SpHillREC	F	6pm	W7D.LMHT	6/30	DPVN

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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.

3PA 8--55 minute lessons--\$100						
DPVN 8--55 minute lessons--\$138						
Location	Day	Time	Code	Begin	\$	
Wkfld/Moore	M	7:30pm	6L5.350J	6/26	3PA	
Wkfld/Moore	F	7:30pm	6L5.00QX	6/30	3PA	
SpHillREC	F	7pm	924.60XA	6/30	DPVN	

Swing Dance I

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

3PA 8--55 minute lessons--\$100						
Location	Day	Time	Code	Begin	\$	
Wkfld/Moore	Sa	4pm	35B.3ATM	6/24	3PA	

Swing Dance II

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

3PA 8--55 minute lessons--\$100						
Location	Day	Time	Code	Begin	\$	
Wkfld/Moore	Sa	5pm	64A.HW32	6/24	3PA	

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.

3PA 8--55 minute lessons--\$100						
Location	Day	Time	Code	Begin	\$	
OakMarREC	Su	4:30pm	FEF.A477	6/25	3PA	

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--\$100						
CPCC 6--1 hour 25 minute lessons--\$102						
Location	Day	Time	Code	Begin	\$	
ProvREC	M	7:30pm	6D1.GMFB	6/26	3PA	
Card Fst ES	Th	8:30pm	6D1.5RKQ	6/15	CPCC	
Woodson HS	T	7pm	6D1.LAAK	6/13	CPCC	

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.

CPCC 6--1 hour 25 minute lessons--\$102						
Location	Day	Time	Code	Begin	\$	
Woodson HS	T	8:30pm	7A3.DQZ8	6/13	CPCC	

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.

CPCC 6--1 hour 25 minute lessons--\$102						
Location	Day	Time	Code	Begin	\$	
Card Fst ES	Th	7pm	50D.08P1	6/15	CPCC	

Country & Western Line Dancing Beginning I

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

3PA 8--55 minute lessons--\$100						
4PA 10--55 minute lessons--\$127						
Location	Day	Time	Code	Begin	\$	
FranconiaRec	Sa	4pm	607.09RG	6/17	3PA	
Frying Pan Pk	W	6pm	607.Z573	6/14	4PA	
OakMarREC	Su	3pm	607.85KW	6/25	3PA	

Country & Western Line Dancing Beginning II

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

3PA 8--55 minute lessons--\$100						
4PA 10--55 minute lessons--\$127						
Location	Day	Time	Code	Begin	\$	
FranconiaRec	Sa	5pm	C8C.IB16	6/17	3PA	
Frying Pan Pk	W	7pm	C8C.E3A1	6/14	4PA	
OakMarREC	Su	4pm	C8C.8Q6Y	6/25	3PA	

Country & Western Line Dancing Intermediate I

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

3PA 8--55 minute lessons--\$100						
Location	Day	Time	Code	Begin	\$	
OakMarREC	Su	5pm	742.F75D	6/25	3PA	

Country & Western Line Dancing Intermediate II

(13-Adult) Prerequisite: Country & Western Line Danc-

ing Intermediate I or equivalent.

3PA 8--55 minute lessons--\$100						
Location	Day	Time	Code	Begin	\$	
OakMarREC	Su	6pm	81E.G5DK	6/25	3PA	

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--\$100						
Location	Day	Time	Code	Begin	\$	
OakMarREC	Su	3:30pm	872.Y2SL	6/25	3PA	
Wkfld/Moore	Th	6:30pm	872.PWMA	6/29	3PA	

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.

3PA 8--55 minute lessons--\$100						
Location	Day	Time	Code	Begin	\$	
ProvREC	M	6:30pm	78F.9VC7	6/26	3PA	
SpHillREC	Su	3pm	78F.X27X	6/25	3PA	

Salsa I Singles & Couples

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

3PA 8--55 minute lessons--\$100						
Location	Day	Time	Code	Begin	\$	
OakMarREC	Su	5:30pm	375.NI81	6/25	3PA	
Wkfld/Moore	Th	7:30pm	375.Z1U9	6/29	3PA	

Bollywood Fusion

(6-10 yrs.) Children enjoy the fun of dancing in this class that combines Indian dance movements and modern-day hip hop to vibrant Indian fusion music mixes.

2DE 4--55 minute lessons--\$47						
Location	Day	Time	Code	Begin	\$	
CubRunREC	W	5:30pm	VE2.G3IS	7/5	2PA	



Celebrate your Special Day

at Laurel Hill Golf Club or Twin Lakes Golf Course clubhouse.

Visit www.fairfaxcounty.gov/parks/golf

Equestrian and Farm

FCPA Equestrian Facilities



Frying Pan Farm Park

2709 West Ox Road
Herndon, Va. 20171
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/fryingpanpark.

Laurel Hill Equestrian Center

9500 Furnace Road
Lorton, Va. 22079

- 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

Turner Farm Park

925 Springvale Road
Great Falls, Va. 22066
703-388-2807

- 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

Equestrian Programs and Classes

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.



Follow us at **fairfaxparks**

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. All participants must fill out paperwork prior to the first class. Download forms at www.fairfaxcounty.gov/parks/fpp/equest.htm. Classes will be conducted with current, appropriate health and safety precautions.

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. A medical form is required by SPIRIT for participation.

CHAH 4--45 minute lessons--\$399

Location	Day	Time	Code	Begin	\$
Frying Pan Pk	M	6pm	1F7.LX2X	6/5	CHAH
Frying Pan Pk	T	6pm	1F7.XKS3	6/6	CHAH
Frying Pan Pk	Th	6pm	1F7.4HUG	6/8	CHAH
Frying Pan Pk	M	6pm	1F7.WK4A	7/31	CHAH
Frying Pan Pk	T	6pm	1F7.XAFV	8/1	CHAH
Frying Pan Pk	Th	6pm	1F7.H2W4	8/3	CHAH



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 abilities, needs and personal progress. Each lesson is tailored to the rider's abilities. A medical form is required by Spirit for participation.

CHAH 4--45 minute lessons--\$399

Location	Day	Time	Code	Begin	\$
Frying Pan Pk	M	7pm	JJJ.2WQG	6/5	CHAH
Frying Pan Pk	T	7pm	JJJ.GWF4	6/6	CHAH
Frying Pan Pk	Th	7pm	JJJ.X9A2	6/8	CHAH
Frying Pan Pk	M	7pm	JJJ.X7U6	7/31	CHAH
Frying Pan Pk	T	7pm	JJJ.7Z1Z	8/1	CHAH
Frying Pan Pk	Th	7pm	JJJ.U12G	8/3	CHAH

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.

CHAH 4--45 minute lessons--\$399

Location	Day	Time	Code	Begin	\$
Frying Pan Pk	W	6pm	GR4.RXSA	6/7	CHAH
Frying Pan Pk	W	7pm	GR4.QAC5	6/7	CHAH
Frying Pan Pk	W	6pm	GR4.TLVD	8/2	CHAH
Frying Pan Pk	W	7pm	GR4.SVAY	8/2	CHAH

REGISTER ONLINE
www.fairfaxcounty.gov/parks/parktakes

Horseback Riding-Beginner

(8-14 yrs.) For the student who has never taken lessons and wants to learn the basics.

CHAH 4--45 minute lessons--\$399

Location	Day	Time	Code	Begin	\$
Frying Pan Pk	M	6pm	15F.XMZN	6/5	CHAH
Frying Pan Pk	M	7pm	15F.4AQL	6/5	CHAH
Frying Pan Pk	T	6pm	15F.RY3Q	6/6	CHAH
Frying Pan Pk	T	7pm	15F.YGU7	6/6	CHAH
Frying Pan Pk	Th	6pm	15F.QP1S	6/8	CHAH
Frying Pan Pk	Th	7pm	15F.75GS	6/8	CHAH
Frying Pan Pk	M	6pm	15F.RGLW	7/31	CHAH
Frying Pan Pk	M	7pm	15F.4SS9	7/31	CHAH
Frying Pan Pk	T	6pm	15F.HZYD	8/1	CHAH
Frying Pan Pk	T	7pm	15F.CNL2	8/1	CHAH
Frying Pan Pk	Th	6pm	15F.PB7Q	8/3	CHAH
Frying Pan Pk	Th	7pm	15F.117P	8/3	CHAH

Kidwell Farm at Frying Pan Farm Park



2709 West Ox Road
Herndon, Va. 20171
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 1930's 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 sit for a spell on the porch or 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, and school programs are available by appointment. 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. The country store is open Monday-Thursday, 10 a.m.-2 p.m. and Friday-Sunday 10 a.m.-4:30 p.m.

Children and Parent Programs

Little Hands on the Farm

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	\$
(2-3 yrs.)					
Frying Pan Pk	T	9:45am	58A.VWPJ	6/13	\$10/child
Frying Pan Pk	T	9:45am	58A.V6J3	7/11	\$10/child
Frying Pan Pk	T	9:45am	58A.XZHU	7/25	\$10/child
Frying Pan Pk	T	9:45am	58A.2T82	8/29	\$10/child
(3-5 yrs.)					
Frying Pan Pk	T	11am	100.ZMQ7	6/13	\$10/child
Frying Pan Pk	T	11am	100.B0AP	7/11	\$10/child
Frying Pan Pk	T	11am	100.568M	7/25	\$10/child
Frying Pan Pk	T	11am	100.P3EE	8/29	\$10/child

Children's Programs

Farm Skills - Dairy

(7-14 yrs.) Come learn about Dairy cows on one of the last working Dairy farms in Fairfax County! See our cow get milked, feed our cows, dive into the history of Dairy farming, and what it takes to get milk to make your favorite dairy products.

1--1 hour program

Location	Day	Time	Code	Date	\$
Frying Pan Pk	Sa	3:45pm	V35.0AJT	7/15	\$8/ea.

Farm Skills - Animal Caretaker

(7-14 yrs.) Our farmers make taking care of the animals look easy. Here is your chance for a behind the scenes farm tour to see all the hard work that goes into raising our farm animals. Participants tour our feed room, visit our animal areas, meet farm animals, and learn the different management practices that we use to keep the animals happy and healthy. One adult must attend with a registered child in this program.

1--1 hour program

Location	Day	Time	Code	Date	\$
Frying Pan Pk	Sa	3:45pm	E4D.RGRP	8/12	\$8/ea.

Family/All Ages

Evening Farm Tour - Beatrix Potter Night

(4-Adult) Come learn about this famous children's author, farmer, and conservationist. Hear some Beatrix Potter tales, have a trivia game, and share a snack in honor of her July birthday. We will meet some of the critters that inspired her stories, and then walk through the farm and talk about her lasting contribution to land preservation. Learn a little of Frying Pan Pk's preservation history too, as we bid the animals good night. All participants must be registered in the program.

1--1 hour program

Location	Day	Time	Code	Date	\$
Frying Pan Pk	Sa	7pm	UAD.HKEW	7/29	\$10/ea.

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



All programs and activities will follow current health safety protocols.

Events

Sully Annual Car Show

(All ages) Bring Dad out this Father's Day, June 18 to see over 200 antique cars on display. Classic cars will be judged and trophies awarded. Included in the show will be restoration displays, cars for sale, tours of the first floor of the historic house, music, food, a children's tent and a flea market! Learn about Juneteenth and little known African American inventors and patent holders in the transportation industry. Pre-registration will be available online until June 15, walk-ins are also accepted.

1--full day event--\$12

Location	Day	Time	Code	Begin	\$
Sully	Su	10am	OD0.SFCS	6/18	\$12/ea.



Concert in the Garden

(All ages) Every summer, the Friends of Green Spring (FROGS) extend a special welcome to families in the community by hosting a free concert in the garden. Bring your lawn chairs or blankets, pack a picnic dinner to enjoy on the lawn, and kick back to hear lively music. Bring the children at 5:30 p.m. enjoy fun activities and have their picture taken with Ribbit the frog! For more information, call Green Spring at 703-642-5173.

1--2 hour event--Free

Location	Day	Time	Code	Begin	\$
GrnSprGrdn	W	6-8 pm		6/28	Free

Annual Begonia Show and Sale

(Adults) Feast your eyes on this show sponsored by the Potomac branch of the American Begonia Society. Be tempted with splashes of color and shapes for homes, terrariums and greenhouses that last long after frosts have put our outdoor gardens to bed. The sale offers a wide variety of begonias, including tropical and subtropical species.

1--full day event--Free

Location	Day	Time	Code	Begin	\$
GrnSprGrdn	Sa	9am-4:30 pm		8/26	Free
GrnSprGrdn	Su	Noon-3:30 pm		8/27	Free



Saturday, May 27 • 10 a.m.-2 p.m.
Lewinsville Historic House • \$8 per person

Bug Fest features exciting, creepy bug-themed programs, activities, and demonstrations. Join an insect safari, explore live insects and bug science, observe insect collections, roll logs to find bugs, play in soil stations, go for a bug walk, and even make your own bug! You can also use technology to explore the world of insects.

Register at <http://bit.ly/3nx0v9j>



Last Chance to Register!

HEALTHY STRIDES
5K/10K & KIDS DASH
SATURDAY, APRIL 29, 2023
BURKE LAKE PARK

LACE UP FOR THE LAKE!

Register now at www.fairfaxcounty.gov/parks/healthy-strides/10k5k

Aquatics Special Events

Under the Sea Party

(5-12 yrs.) Explore the elegant depths of Atlantis or frolic with friendly sea creatures. Swim with mermaids and hunt for sharks. All things are possible at our Under the Sea party. This fun-filled take on exploring the ocean depths includes games, activities and special ocean-themed crafts and treats. Proper swimming attire is required and parent participation for all non-swimmers is mandatory.



1--2 hour event--\$15

Location	Day	Time	Code	Begin	\$
OakMarREC	Sat	2pm-4pm	EAU.WC4R	6/10	\$15

Pooluau

(3-12 yrs.) Join us poolside for this fun-filled take on a traditional luau! Your Keiki(child) will enjoy activities in and out of the water including hula dancing, Honu (sea turtles) pool floats, and much more. Each Keiki will receive a flower lei and grass skirt. Proper swimming attire is required and parent participation for all non-swimmers is mandatory.

1--2 hour event--\$15

Location	Day	Time	Code	Begin	\$
GWREC	Sat	2pm-4pm	YUM.BRJ8	6/24	\$15

Boats and Floats

(6-14 yrs.) It's time to grab your flip flops, swim trunks, and a handful of friends to party at South Run Rec Center! We are turning the indoor pool into a harbor with floating docks, personal watercraft, and kayaks for all to enjoy, in a safe and fun environment. And after you are tired of all that relaxation and fun, head on over to our Ice Cream Float Bar for a classic summertime treat. Children must be comfortable in 12' deep water and be able to swim 25 yards to use the floats in the dive well.

1--2 hour event--\$15

Location	Day	Time	Code	Begin	\$
SoRunREC	Sat	1pm-3pm	JXG.GWXR	7/1	\$15

Lumberjack Party-

(6-12 yrs.) There's no better way to show appreciation for summertime than channeling your inner outdoorsman at your favorite Rec Center pool! We decided to stay toasty this August by throwing our own lumberjack themed party - complete with rustic charm and tasty treats. Get set for an expedition of your own at Providence Rec Center as we take a spin at log rolling, axe throwing (just the soft ones), Diving Boards, and every lumberjack's favorite sandwich "S'MORES!" Children need to be comfortable in 12.5' deep water and be able to swim 25 yards to use the diving boards.

1--2 hour event--\$15

Location	Day	Time	Code	Begin	\$
ProvREC	Sat	2pm-4pm	2RS.BTBF	8/13	\$15

National Water Park Day

(6-14 yrs.) Celebrate National Waterpark Day as Cub Run Rec Center transforms the Competition Pool into an extension of the Leisure Pool with additional waterpark features like an inflatable obstacle course and log rolling. Proper swimming attire is required and parent participation for all non-swimmers is mandatory.

1--2 hour event--\$15

Location	Day	Time	Code	Begin	\$
CubRunREC	Mon	6pm-8pm	FWB.G2DE	7/31	\$15

One in a Melon

(3-12 yrs.) Enjoy pool floats, games, entertainment and watermelon activities. Each child will receive a hand-picked watermelon and special watermelon-themed treats. Proper swimming attire is required and parent participation for all non-swimmers is mandatory.

1--2 hour event--\$15

Location	Day	Time	Code	Begin	\$
OakMarREC	Sat	2pm-4pm	7NV.UB3C	8/5	\$15

Lucky Duckies

(6-14 yrs.) Waddle on over Audrey Moore Rec Center's pool for a fun filled afternoon! There will be pool floats, diving boards, rubber duck games, and a duck race. Each child will get to adopt several ducks from the pool to keep. Children must be comfortable in 13' deep water and be able to swim 25 yards to use the diving boards.

1--2 hour event--\$15

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Sun	2pm-4pm	RWJ.TLH6	8/6	\$15

Spring GARDEN DAY

The Big Plant Sale

Green Spring Gardens

Saturday, May 20, 2023 • 9 a.m. - 3 p.m.
 Annuals • Perennials • Shrubs • Trees
 Gardening tips & more from dozens of local vendors and master gardeners

Green Spring Gardens
 4603 Green Spring Rd, Alexandria
 703-642-5173 • www.fairfaxcounty.gov/parks/greenspring

Saturday, May 13 • 10 a.m. - 2 p.m.
 Wakefield Skatepark, 8100 Braddock Road, Annandale

Community, Art, Music, Food and Fun

Meet Mimi Knoop, 5 Time X Games Medalist and Former Professional Skateboarder

Solstik Music - the sound of life grinding into the light, from house, dance and electronic DJ sessions

Skateboard Trick Clinic
Best Trick Contest

For more information and to register for events, visit <https://bit.ly/fcpa-skate-the-wake>.

IT'S NOT A HOBBY, IT'S AN ATTITUDE!

All programs and activities will follow current health safety protocols.

CELEBRATE JUNETEENTH

Paths of Freedom Seekers
Ellanor C Lawrence Park
 Sunday, June 11 • 5:30-6:30 p.m. • \$8
 Thursday, June 22 • 6-7 p.m. • \$8
www.fairfaxcounty.gov/parks/eclawrence

Underground Railroad Quilt Codes
Green Spring Gardens
 Sunday, June 18 • 1-2 p.m. • \$15
www.fairfaxcounty.gov/parks/green-spring

Forgotten Road Tour
Sully Historic Site
 Thursday-Saturday, June 15-17
 2-2:45 p.m. • Free
www.fairfaxcounty.gov/parks/sully-historic-site

Juneteenth Celebration
Frying Pan Farm Park
 Saturday, June 17 • 11 a.m.-1 p.m. • Free
www.fairfaxcounty.gov/parks/frying-pan-park/



Free!

Poetry in the Parks

Come celebrate a new poetry series called "Poetry in the Parks", hosted by ArtsFairfax and the Fairfax Poet Laureate.

Saturday, June 24 - Pride Month Poetry
 (Ellanor C. Lawrence Park), 3 - 4 p.m.

Saturday, August 19 - Poetry Beneath the Stars
 (Turner Farm Park), 7:30 - 9:30 p.m.

Space is limited.

Programs are FREE, but require registration through Parktakes Online. For additional info see the program listings online or in the Nature section.




HEALTHY PLANET • HEALTHY PEOPLE



LIVE ENTERTAINMENT

Meet & Greet with WUSA9's TOPPER SHUTT!
BILLY B
 Songwriter and performer

RECYCLING PIRATES
 Musical puppet show

TED GARBER
 Blues Americana Rock Music

SYNTHETIC ICE SKATING RINK
 Skates provided for all ages

FEATURING

- Outdoor Learning Activities
- Nature Exhibits
- Tree Care Clinic
- Animals from Frying Pan Farm Park
- Food Trucks
- Obstacle Course
- Giveaways
- Sully Historic House Tours
- Touch-a-Truck
- Scavenger Hunt
- Beer Garden




Fairfax County's Official Earth Day Celebration!








For more information, scan the QR code or visit www.fairfaxcounty.gov/parks/earth-day-festival

June is National Great Outdoors Month and we have plenty of activities planned this year to celebrate! Whether you are a hiker, camper, or enjoy fishing or boating, we have it all. Come explore programs and activities in your park as we gear-up for the summer season and outdoor exploration.

Visit www.fairfaxcounty.gov/parks/topics/great-outdoors-month



FREE!



*Live performances
June 2 thru August 26, 2023!*

FAIRFAX COUNTY PARK AUTHORITY Summer Entertainment Series 2023



A Free Children's Entertainment Series

Saturdays and Wednesdays • 10 a.m.
and Saturday Evenings • 7 p.m.

Burke Lake • Mason District • EC Lawrence Amphitheater • Frying Pan Farm
Wakefield Park • Trinity Centre



Fridays • 7:30 p.m.

Royal Lake Park, Fairfax
Lake Accotink Park, Springfield

*Evenings on
the Ellipse*

Thursdays • 5:30 p.m.
Fairfax County Government Center, Fairfax



Thursdays • 7:30 p.m.
Frying Pan Farm Park • Herndon



Wednesdays • 7:30 p.m.
Franconia Park, Franconia

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, business and corporate sponsors, individual donors and 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



Bruce in the USA



The Seldom Scene

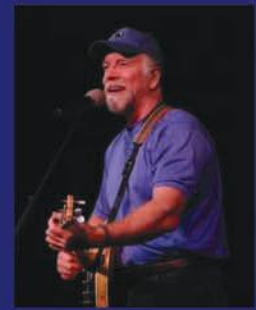
All programs and activities will follow current health safety protocols.



Chuck Brown Band



Crack the Sky



John McCutcheon

MOUNT VERNON NIGHTS

Fridays • 7:30 p.m. • Grist Mill Park, Alexandria
Saturdays • 7:30 p.m. • Workhouse Arts Center, Lorton

Music at Arrowbrook Centre Park

Saturdays • 7:30 p.m.
Arrowbrook Centre Park, Herndon

Providence Presents

Thursdays • 7:30 p.m. • Nottoway Park, Vienna
mosaic Saturdays • 6 p.m.
Mosaic, Merrifield

Spotlight by Starlight

Wednesdays, Fridays, Sundays • 7:30 p.m.
Mason District Park, Annandale
Saturdays • 7:30 p.m. • Ossian Hall Park, Annandale

Springfield Nights

Wednesdays • 7 p.m.
Burke Lake Park, Fairfax Station

Starlight Cinema

Saturdays • 6 p.m.
Trinity Centre, Centreville

Thank you to our sponsors!



All programs and activities will follow current health safety protocols.

48th Annual Sully Antique Car Show



Sunday, June 18, 2023 • 10 a.m.-3:30 p.m.
 Sully Historic Site, Chantilly, VA
 \$12 adult, \$10 senior, \$8 child (5-15)
 Tickets can be purchased online at fairfaxcounty.gov/parks/sully

More than 350 Antique Cars
 to be judged & trophies awarded

- Car Corral
- Live Music
- Food Vendors
- Antique Craft & Flea Market
- Parade of 100 year old cars
- House Tours (of first floor only)

Classic Cars & Classic Fun for Father's Day

703-437-1794
fairfaxcounty.gov/parks/sully



FIREWORKS, FOOD AND FAMILY FUN!

Saturday, July 1, 2023
Noon to 10 p.m.
Fireworks at 9:15 p.m.
Park generally closes to new arrivals around 8:45 p.m.
Don't get stuck in line!
Beat the last minute rush and come early.

Lake Fairfax Park

Tickets:
\$15 in advance/\$20 at gate
 (bikes and pedestrians are free).

Food Trucks

Water Mine Water Park
11 a.m.-6 p.m.
Come early as Water Mine reaches capacity early.

LAKE FAIRFAX PARK
 1400 Lake Fairfax Dr. Reston (near the Water Mine)
 For event information, visit www.fairfaxcounty.gov/parks/lake-fairfax



Life's a Picnic



The Fairfax County Park Authority has a variety of park settings perfect for hosting your next birthday party, family reunion, company picnic, or sports banquet. To make your reservation, please see our online availability calendars and download our picnic application at www.fairfaxcounty.gov/parks/picnics

For more information, contact the Park Authority's centralized picnic reservation line at 703-324-8732.



Fairfax County 4-H Fair & Carnival
Frying Pan Farm Park
August 3-6, 2023

Old-Fashioned Family Fun

- Carnival Games & Rides
- Tractor Demos
- 4-H Exhibits & Shows
- Fair Food
- Live Entertainment
- Live Farm Animals

\$10 Parking Fee Saturday & Sunday
 For carnival ride and ticket information, visit Bit.ly/4HFair-Carnival



Frying Pan Farm Park
 2709 West Ox Road • Herndon, Va.
 703-437-9101




All programs and activities will follow current health safety protocols.

Exercise and Physical Fitness

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/STK> for a list of rates.
- More than 400 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.
- For more information, visit www.fairfaxcounty.gov/parks or your Rec Center.

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/STg> or call your local Rec Center.

Healthy Strides Active Living Classes

Active Living-Weight Management

(Adults) This class focuses on developing successful behaviors to support weight management. Class involves group discussion and physical activity.

3EX 8--55 minute lessons--\$126						
Location	Day	Time	Code	Begin	\$	
SoRunREC	Sa	10am	856.D9D1	7/8	3EX	
SoRunREC	W	4pm	856.QY4L	7/12	3EX	

Looking for something to do this weekend?



Check out our online calendar of events:
www.fairfaxcounty.gov/parks/park-events-calendar



Group Muscular Strength and Conditioning

Body Sculpting

(13-Adult) A lighter total body workout open to all levels of participants, this class focuses on general muscle conditioning.

3EB 8--55 minute lessons--\$99						
Location	Day	Time	Code	Begin	\$	
OakMarREC	Th	8am	8B3.AE2U	7/13	3EB	

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.

3ECA 8--55 minute lessons--\$113						
Location	Day	Time	Code	Begin	\$	
FranconiaRec	Su	8:05am	A90.HG1C	7/9	3ECA	
ProvREC	M	6pm	A90.J6MV	7/10	3ECA	
ProvREC	W	6pm	A90.Y02K	7/12	3ECA	
SoRunREC	Sa	8am	A90.XGFZ	7/8	3ECA	
SoRunREC	M	7pm	A90.ZB49	7/10	3ECA	
SoRunREC	W	7pm	A90.GQ0S	7/12	3ECA	

Fitness for Women

(16-Adult) This specialized program delivers a female-friendly fitness makeover.

3ED 8--55 minute lessons--\$104						
Location	Day	Time	Code	Begin	\$	
SpHillREC	Su	5pm	41C.K374	7/9	3ED	

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.

3EW 4--55 minute lessons--\$63						
Location	Day	Time	Code	Begin	\$	
SpHillREC	Su	4pm	52C.B20N	7/9	3EW	
SpHillREC	Su	4pm	52C.F0FL	8/6	3EW	

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.

3ED 8--55 minute lessons--\$104						
Location	Day	Time	Code	Begin	\$	
SpHillREC	T	7pm	81F.MHET	7/11	3ED	

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.

3ECA 8--55 minute lessons--\$113						
Location	Day	Time	Code	Begin	\$	
Wkfld/Moore	M	9am	35C.TIV7	7/10	3ECA	
Wkfld/Moore	W	7pm	35C.WPMV	7/12	3ECA	
Wkfld/Moore	Th	7pm	35C.1T6E	7/13	3ECA	

Weight Training for Women I

(16-Adult) Learn basic weight circuit safety, techniques and orientation.

3EX 8--55 minute lessons--\$126						
Location	Day	Time	Code	Begin	\$	
SpHillREC	F	12pm	9EA.NJVO	7/14	3EX	

Intro to Powerlifting

(16-Adult) Ready to take your program to the next level? Learn safe and effective lifting techniques as well as mobility exercises and stretches. This class focuses on primary lifts (squat, deadlift and bench press) and includes assessments, workout planning, and modifications to help you progress through the class at your own level.

3EV 8--1 hour 25 minute lessons--\$125						
Location	Day	Time	Code	Begin	\$	
SpHillREC	Su	6pm	RWF.18XP	7/9	3EV	

Group Aerobic Exercise

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.

3EB 8--55 minute lessons--\$99						
Location	Day	Time	Code	Begin	\$	
OakMarREC	M	7am	3BF.08GN	7/10	3EB	
SoRunREC	W	9:30am	3BF.K9FT	7/12	3EB	
SpHillREC	Sa	10am	3BF.1C6E	7/8	3EB	

Exercise and Physical Fitness

All programs and activities will follow current health safety protocols.

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.

3EB 8--55 minute lessons--\$99						
Location	Day	Time	Code	Begin	\$	
FranconiaRec	Sa	10am	45Q.58FE	7/8	3EB	
SoRunREC	T	6:30pm	45Q.W0FJ	7/11	3EB	

Cardio Kickboxing

(13-Adult) This high-energy cardio class tones your entire body plus teaches you self-defense tactics. No contact required. Bag gloves are recommended.

DMVK 10--55 minute lessons--\$113						
Location	Day	Time	Code	Begin	\$	
LdbyExFr0ks	W	7:30pm	B57.3G3B	6/14	DMVK	
LdbyExFr0ks	Sa	9am	B57.BAE0	6/17	DMVK	

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.

3EB 8--55 minute lessons--\$99						
Location	Day	Time	Code	Begin	\$	
ProvREC	M	5:30pm	EUJ.5ZIO	7/10	3EB	
SoRunREC	Su	3:45pm	EUJ.X5ZK	7/9	3EB	

HIGH Fitness

(13-Adult) HIGH transforms old school aerobics by adding easy to follow modern fitness techniques like plyometrics and high impact interval training. The class alternates between cardio peaks and toning tracks to bring your heart rate up. Modifications are made for all fitness and comfort levels.

3EB 8--55 minute lessons--\$99						
Location	Day	Time	Code	Begin	\$	
SoRunREC	W	7pm	CAP.E62L	7/12	3EB	

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.

3EB 8--55 minute lessons--\$99						
Location	Day	Time	Code	Begin	\$	
SoRunREC	Sa	9am	69F.3U59	7/8	3EB	
SoRunREC	M	8pm	69F.396A	7/10	3EB	
SoRunREC	W	8pm	69F.XJHV	7/12	3EB	
SoRunREC	W	8:30am	69F.FR8V	7/12	3EB	
Wkfld/Moore	F	9am	69F.SG8F	7/14	3EB	

Alternative Exercise

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.

3EB 8--55 minute lessons--\$99						
Location	Day	Time	Code	Begin	\$	
OakMarREC	Th	12pm	ED6.0C8U	7/13	3EB	
SoRunREC	T	3:05pm	ED6.8Y7R	7/11	3EB	
SoRunREC	Th	11:15am	ED6.EMMV	7/13	3EB	
Wkfld/Moore	M	1pm	ED6.00NO	7/10	3EB	
Wkfld/Moore	T	10am	ED6.6GT5	7/11	3EB	

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.

3EB 8--55 minute lessons--\$99						
Location	Day	Time	Code	Begin	\$	
CubRunREC	W	7am	21C.853V	7/12	3EB	
FranconiaRec	Su	4pm	21C.6CED	7/9	3EB	
SoRunREC	T	2pm	21C.CLYN	7/11	3EB	
SoRunREC	Th	10am	21C.GAT7	7/13	3EB	
Wkfld/Moore	T	6pm	21C.SISL	7/11	3EB	
Wkfld/Moore	T	10:30am	21C.0UFG	7/11	3EB	
Wkfld/Moore	F	11am	21C.0ITX	7/14	3EB	

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.

3EB 8--55 minute lessons--\$99						
3EE 8--1 hour 25 minute lessons--\$149						
Location	Day	Time	Code	Begin	\$	
FranconiaRec	Su	11am	C21.EKSN	7/9	3EB	
FranconiaRec	M	6pm	C21.LXWT	7/10	3EB	
FranconiaRec	F	10:30am	C21.GIYI	7/14	3EB	
OakMarREC	Su	10:30am	C21.2ZZZ	7/9	3EE	
OakMarREC	Su	10:30am	C21.JMLZ	7/9	3EE	
OakMarREC	T	6pm	C21.UKGL	7/11	3EE	
OakMarREC	Th	10:15am	C21.MJWP	7/13	3EE	

ProvREC	Th	5:30pm	C21.WMID	7/13	3EB
SoRunREC	Sa	9:05am	C21.U44P	7/8	3EB
SoRunREC	Su	5pm	C21.9PKC	7/9	3EB
SoRunREC	M	6pm	C21.ASYB	7/10	3EB
SoRunREC	M	7pm	C21.D2ST	7/10	3EB
SoRunREC	T	8pm	C21.L68M	7/11	3EB
SoRunREC	T	9am	C21.00Q9	7/11	3EB
SoRunREC	W	7pm	C21.FGQG	7/12	3EB
SoRunREC	W	10:30am	C21.827W	7/12	3EB
SoRunREC	Th	8am	C21.3HIY	7/13	3EB
Wkfld/Moore	Sa	10am	C21.PN85	7/8	3EE
Wkfld/Moore	T	12pm	C21.XRZE	7/11	3EE
Wkfld/Moore	W	7pm	C21.0FLI	7/12	3EE

Hatha Yoga II

(13-Adult) Prerequisite: Hatha Yoga I or equivalent. Please bring a mat and towel to class.

3EB 8--55 minute lessons--\$99						
3EE 8--1 hour 25 minute lessons--\$149						
Location	Day	Time	Code	Begin	\$	
CubRunREC	Th	7pm	19F.7PSM	7/13	3EB	
ProvREC	T	5:30pm	19F.UWA2	7/11	3EB	
SoRunREC	Sa	8am	19F.NSZA	7/8	3EB	
Wkfld/Moore	Th	7pm	19F.28VR	7/13	3EE	

Hatha Combo

(13-Adult) Focus on basic yoga postures. Practice includes varying levels with modifications to postures based on student experience. Please bring a mat and towel to class.

3EE 8--1 hour 25 minute lessons--\$149						
Location	Day	Time	Code	Begin	\$	
Frying Pan Pk	M	7pm	F3F.J2A6	7/10	3EE	



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QR Code:  SCAN ME

All programs and activities will follow current health safety protocols.



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.

3EB 8--55 minute lessons--\$99						
Location	Day	Time	Code	Begin	\$	
OakMarREC	W	3:30pm	F82.YC2K	7/12	3EB	

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.

3EB 8--55 minute lessons--\$99						
Location	Day	Time	Code	Begin	\$	
SpHillREC	T	10am	16E.INBC	7/11	3EB	
SpHillREC	Th	10am	16E.10QA	7/13	3EB	

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.

3EAA 8--55 minute lessons--\$164						
Location	Day	Time	Code	Begin	\$	
SpHillREC	Sa	11am	78C.H6HL	7/8	3EAA	
SpHillREC	F	11am	78C.2QMP	7/14	3EAA	
SpHillREC	F	12pm	78C.39TJ	7/14	3EAA	

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.

3EAA 8--55 minute lessons--\$164						
Location	Day	Time	Code	Begin	\$	
CubRunREC	T	5:45pm	08E.COSX	7/11	3EAA	
CubRunREC	T	9am	08E.7SQ0	7/11	3EAA	
CubRunREC	T	10am	08E.0DB9	7/11	3EAA	
FranconiaRec	Su	5:30pm	08E.04SG	7/9	3EAA	
FranconiaRec	M	6:30pm	08E.S4VP	7/10	3EAA	
FranconiaRec	M	7:30pm	08E.6MM5	7/10	3EAA	
FranconiaRec	T	5:30pm	08E.BHP7	7/11	3EAA	
FranconiaRec	W	6:30pm	08E.OIBI	7/12	3EAA	
FranconiaRec	W	10am	08E.DS8Z	7/12	3EAA	
FranconiaRec	Th	4pm	08E.UKGV	7/13	3EAA	
ProvREC	Su	9am	08E.JNWN	7/9	3EAA	
ProvREC	T	6pm	08E.XSCI	7/11	3EAA	
ProvREC	T	10am	08E.RV68	7/11	3EAA	
ProvREC	T	11am	08E.U10H	7/11	3EAA	
ProvREC	W	4pm	08E.BW10	7/12	3EAA	
ProvREC	W	5pm	08E.AE9Y	7/12	3EAA	
ProvREC	Th	10:30am	08E.34RV	7/13	3EAA	
ProvREC	Th	11:30am	08E.C1ZZ	7/13	3EAA	
SoRunREC	Sa	7am	08E.LL55	7/8	3EAA	
SoRunREC	M	5pm	08E.QKRK	7/10	3EAA	
SoRunREC	M	6pm	08E.8H84	7/10	3EAA	
SoRunREC	W	6pm	08E.KFVD	7/12	3EAA	
SoRunREC	W	11:30am	08E.W8Z6	7/12	3EAA	
SpHillREC	Sa	9am	08E.10NQ	7/8	3EAA	
SpHillREC	W	6pm	08E.S1I2	7/12	3EAA	
SpHillREC	W	7pm	08E.SQGC	7/12	3EAA	
SpHillREC	Th	6pm	08E.WIK2	7/13	3EAA	

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.

3EAA 8--55 minute lessons--\$164						
Location	Day	Time	Code	Begin	\$	
CubRunREC	T	7pm	5B6.ARBRR	7/11	3EAA	
CubRunREC	Th	5:45pm	5B6.RYOC	7/13	3EAA	
FranconiaRec	W	7:30pm	5B6.H68Z	7/12	3EAA	
ProvREC	T	5pm	5B6.ZC2B	7/11	3EAA	
SpHillREC	M	6:30pm	5B6.2J2U	7/10	3EAA	
SpHillREC	T	8am	5B6.2X0J	7/11	3EAA	
SpHillREC	W	8am	5B6.AXDI	7/12	3EAA	
SpHillREC	W	9am	5B6.MFSZ	7/12	3EAA	
SpHillREC	W	10am	5B6.VVWM	7/12	3EAA	
SpHillREC	F	10am	5B6.EZGT	7/14	3EAA	

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.

3EAA 8--55 minute lessons--\$164						
Location	Day	Time	Code	Begin	\$	
SpHillREC	Sa	10am	A40.L088	7/8	3EAA	
SpHillREC	Th	7pm	A40.AWV4	7/13	3EAA	

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 strength and stability exercises. Students should be able to do level 2 class work.

3EAC 8--30 minute lessons--\$81						
Location	Day	Time	Code	Begin	\$	
SpHillREC	W	11:30am	719.7ASW	7/12	3EAC	

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.

3EB 8--55 minute lessons--\$99						
Location	Day	Time	Code	Begin	\$	
SoRunREC	T	7pm	34B.ID1L	7/11	3EB	

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--\$99						
Location	Day	Time	Code	Begin	\$	
FranconiaRec	W	6pm	ED9.KSZJ	7/12	3EB	
Frying Pan Pk	Th	8pm	ED9.ELNE	6/15	3EB	
ProvREC	W	1pm	ED9.NEPZ	7/12	3EB	
SpHillREC	Sa	9am	ED9.F2XE	7/8	3EB	
SpHillREC	M	7pm	ED9.2FOK	7/10	3EB	

Exercise and Physical Fitness

All programs and activities will follow current health safety protocols.

Tai Chi I

(13-Adult) Tai Chi I strongly recommended.

3EB	8--55 minute lessons--\$99				
3EE	8--1 hour 25 minute lessons--\$149				
Location	Day	Time	Code	Begin	\$
FranconiaRec	Th	6pm	630.TE7J	7/13	3EB
ProvREC	W	2pm	630.P7SR	7/12	3EB
SpHillREC	Sa	10pm	630.4IBG	7/8	3EE
SpHillREC	M	7pm	630.0099	7/10	3EB

Tai Chi III

(13-Adult) Tai Chi II strongly recommended.

3EB 8--55 minute lessons--\$99					
Location	Day	Time	Code	Begin	\$
FranconiaRec	Th	7pm	156.BMMU	7/13	3EB

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--\$99					
Location	Day	Time	Code	Begin	\$
SpHillREC	W	7pm	CF1.FIVT	7/12	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.

3EB		8--55 minute lessons--\$99			
Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Su	9:30am	LLG.YPMJ	7/9	3EB
Wkfld/Moore	Su	10:30am	LLG.ETJA	7/9	3EB

Vinyasa Yoga

(13-Adult) This active, flowing yoga style incorporates breath-synchronized movements, allowing poses to flow from one to another. Class helps develop strength, flexibility and body and breath awareness while leaving the body energized and the mind at peace.

3EE 8--1 hour 25 minute lessons--\$149					
Location	Day	Time	Code	Begin	\$
OakMarREC	M	6:30pm	308.3GJA	7/10	3EE

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.

3EE 8--1 hour 25 minute lessons--\$149					
Location	Day	Time	Code	Begin	\$
SpHillREC	Th	6pm	KXS.9XSV	7/13	3EE

Yoga for Gardeners I

(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--\$137					
Location	Day	Time	Code	Begin	\$
GrnSprGardn	M	9:30am	6E6.RG44	6/12	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--\$64				
Location	Day	Time	Code	Begin	\$
CubRunREC	F	5pm	835.9RT4	7/14	4EA
Pinecrest GC	W	5:30pm	835.CIN1	7/12	4EA
Pinecrest GC	Sa	9am	835.ZL3Y	7/15	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.

3EE 8--1 hour 25 minute lessons--\$149					
Location	Day	Time	Code	Begin	\$
SpHillREC	Th	6pm	D01.ZCJA	7/9	3EE

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.

3EB 8--55 minute lessons--\$99					
Location	Day	Time	Code	Begin	\$
Wkfld/Moore	M	8pm	49D.HN3P	7/10	3EB

Youth and Teen Fitness

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.

3EW	4--55 minute lessons--\$63				
4EW	5--55 minute lessons--\$81				
Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	10am	E8B.WEY3	7/8	4EW
ProvREC	W	4pm	E8B.7G8C	7/12	4EW
SpHillREC	Su	5pm	E8B.ZKHX	7/9	3EW
SpHillREC	T	5pm	E8B.Y58Q	7/11	3EW
SpHillREC	Su	5pm	E8B.MFOB	8/6	3EW
SpHillREC	T	5pm	E8B.T2BC	8/8	3EW

Weight Training for Teens II

(12-17 yrs.) Prerequisite: Weight Training for Teens. Expand your knowledge of cables, dumbbells, weight plates, benches and bars to enhance your skills and technique with more challenging exercises.

3EW		4--55 minute lessons--\$63			
Location	Day	Time	Code	Begin	\$
SpHillREC	Su	3pm	9A8.TKW7	7/9	3EW
SpHillREC	Su	3pm	9A8.96H1	8/6	3EW

MORE CLASSES ONLINE:
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All programs and activities will follow current health safety protocols.

Senior Fitness

Aerobics I - Senior

(60 yrs.+)
For the senior who is just returning to exercise or has been recently released from a hospital exercise program. Beginning muscular strengthening exercises with hand weights, easy aerobics and stretching are taught to get you moving safely.

3EB	8--55 minute lessons--\$99				
Location	Day	Time	Code	Begin	\$
OakMarREC	W	1pm	F73.2HUN	7/12	3EB

Aerobics II - Senior

(60 yrs.+)
This class is for the active senior who is beyond beginner but not quite advanced. Muscle strengthening with hand weights, low impact, moderate intensity aerobics and stretching are taught.

3EB	8--55 minute lessons--\$99				
Location	Day	Time	Code	Begin	\$
OakMarREC	F	9:30am	C1D.KJMZ	7/14	3EB

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 overall wellness.

3EB	8--55 minute lessons--\$99				
Location	Day	Time	Code	Begin	\$
OakMarREC	W	11am	FDD.X747	7/12	3EB

Chair Fitness - Senior

(60 yrs.+)
Exercises designed to improve and maintain body strength, range of motion and flexibility. Variations are offered for those who wish to stand. Relaxation techniques and light cardio conditioning are included.

3EB	8--55 minute lessons--\$99				
Location	Day	Time	Code	Begin	\$
SpHillREC	M	11:05am	3A4.ZSHI	7/10	3EB

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.

3EB	8--55 minute lessons--\$99				
3EC	16--55 minute lessons--\$199				
Location	Day	Time	Code	Begin	\$
ProvREC	T/Th	8:30am	1A0.OJ7D	7/11	3EC
SpHillREC	T	12pm	1A0.HYR1	7/11	3EB
SpHillREC	F	11am	1A0.K88J	7/14	3EB

Weight Training - Senior

(60 yrs.+)
Learn safe, effective and proper techniques for using weight-training equipment to increase strength and improve health and fitness.

3EX	8--55 minute lessons--\$126				
Location	Day	Time	Code	Begin	\$
SpHillREC	Th	12pm	503.NM2T	7/13	3EX

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.

3EB	8--55 minute lessons--\$99				
Location	Day	Time	Code	Begin	\$
ProvREC	M	10:30am	8F6.DGG7	7/10	3EB
ProvREC	W	10:30am	8F6.BFUU	7/12	3EB
ProvREC	F	11am	8F6.TSLW	7/14	3EB
SpHillREC	Th	10am	8F6.QH8T	7/13	3EB
Wkfld/Moore	Th	9am	8F6.UZ8U	7/13	3EB

Outdoor Classes

Outdoor Boot Camp

(13-Adult)
Physical, total-body training that may include calisthenics and weight exercises. Class takes place outdoors.

3EB	8--55 minute lessons--\$99				
Location	Day	Time	Code	Begin	\$
SoRunREC	M	7pm	6YY.R87F	7/10	3EB
SoRunREC	W	7pm	6YY.N5CL	7/12	3EB

Outdoor Cardio Kickboxing

(13-Adult)
This high energy cardio class strengthens your entire body using kicks and punches. It's great for muscle toning and conditioning. Class takes place outdoors.

3EB	8--55 minute lessons--\$99				
Location	Day	Time	Code	Begin	\$
ProvREC	T	6:30pm	G5E.SGAL	7/11	3EB

Outdoor Fitness for Seniors

(60 yrs.+)
Beginning muscular strengthening exercises with hand weights, easy aerobics and stretching are taught to get you moving safely. Class takes place outdoors.

3EB	8--55 minute lessons--\$99				
Location	Day	Time	Code	Begin	\$
CubRunREC	Su	9am	VTM.2URK	7/9	3EB
CubRunREC	T	8am	VTM.3AME	7/11	3EB
OakMarREC	T	8am	VTM.7G4T	7/11	3EB
OakMarREC	F	8am	VTM.0L3M	7/14	3EB

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.

3EB	8--55 minute lessons--\$99				
Location	Day	Time	Code	Begin	\$
SoRunREC	Sa	8:30am	EC2.ANUW	7/8	3EB

Outdoor Tai Chi I

(13-Adult)
Tai Chi promotes flexibility, balance and physical control. This low-impact mind/body class is based on ancient Asian exercises to increase energy flow while decreasing stress. Class takes place outdoors.

3EB	8--55 minute lessons--\$99				
Location	Day	Time	Code	Begin	\$
OakMarREC	M	6:30pm	FRQ.F8XV	7/10	3EB

Outdoor 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. Class takes place outdoors.

3EB	8--55 minute lessons--\$99				
Location	Day	Time	Code	Begin	\$
OakMarREC	M	5:30pm	I89.D9NT	7/10	3EB

Outdoor Tai Chi III

(13-Adult)
Build on the movements learned in Tai Chi II for a longer sequence of movement patterns for better flexibility and balance. Class takes place outdoors.

3EB	8--55 minute lessons--\$99				
Location	Day	Time	Code	Begin	\$
OakMarREC	M	3:15pm	R6B.SOVU	7/10	3EB

WORK OUT YOUR WAY!

INDOORS

ONLINE

OUTDOORS

At the gym and at home, Rec Centers now offer so many training options, it's easy to get fit and stay fit!

Find the best fit for you: www.fairfaxcounty.gov/parks or contact the fitness director at your favorite Rec Center for more information.



Virtual Classes

Virtual Cardio Kickboxing

(13-Adult) This high-energy cardio class tones your entire body plus teaches you self-defense tactics. No contact required. Bag gloves are 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.

3EB 8--55 minute lessons--\$99

Location	Day	Time	Code	Begin	\$
Virtual FCPA	Th	6:30pm	AY4.C57T	7/13	3EB

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.

3EB 8--55 minute lessons--\$99

Location	Day	Time	Code	Begin	\$
Virtual FCPA	T	3:05pm	IY.MXOK	7/11	3EB
Virtual FCPA	Th	11:15am	IY.FXVE	7/13	3EB

Virtual 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. 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.

3EB 8--55 minute lessons--\$99

Location	Day	Time	Code	Begin	\$
Virtual FCPA	T	2pm	3LE.TPYX	7/11	3EB
Virtual FCPA	Th	10am	3LE.Y88Y	7/13	3EB

Virtual 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. You will need a mat and towel. 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.

3EB 8--55 minute lessons--\$99

Location	Day	Time	Code	Begin	\$
Virtual FCPA	Sa	9:05am	KG2.E2LO	7/8	3EB
Virtual FCPA	Su	5pm	KG2.ZDQZ	7/9	3EB
Virtual FCPA	M	6pm	KG2.C1FC	7/10	3EB
Virtual FCPA	M	7pm	KG2.QIMH	7/10	3EB
Virtual FCPA	T	9am	KG2.ZLSB	7/11	3EB
Virtual FCPA	W	7pm	KG2.UBK6	7/12	3EB
Virtual FCPA	W	10:30am	KG2.QAWY	7/12	3EB

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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.



**HEALTHY
STRIDES
COMMUNITY
CLASSES**

Add the fun and flexibility of virtual classes to your fitness program.

Visit www.fairfaxcounty.gov/parks/healthy-strides to take your favorite classes with your favorite Park Authority instructors at home.

Need some extra motivation? Our certified trainers are ready to help you achieve your summer shape-up goals. In-person and new virtual options available. Visit <http://bit.ly/recenter-personal-training>.



All programs and activities will follow current health safety protocols.

Fine Arts

Some classes may have supply fees so check class descriptions for details. Any supply fees are payable at first class and are non-refundable.

Art Above and Beyond

(6-12 yrs.) This mixed-media class offers a variety of fun projects including drawing and painting. Supply fee payable to instructor at first class.

3FA	8--55 minute lessons--\$96				
Location	Day	Time	Code	Begin	\$
Wkfld/Moore	M	5:30pm	EB5.IZ11	6/26	3FA

Art and Mindfulness

(16-Adult) Art can be a way to express yourself and cope with stress. Explore a variety of art media in a supportive and engaging environment. Each session includes an introduction to theme, painting to further explore personal associations and time to reflect and share. A supply fee of \$30 is payable to the instructor at first class.

DFGB	8--1 hour 25 minute lessons--\$138				
Location	Day	Time	Code	Begin	\$
OakMarREC	Sa	4pm	6VL.HTU5	6/24	DFGB

Colorful Art by Abrakadoodle

(6-12 yrs.) Explore fabulous artist tools and products. Create colorful paintings, imaginative drawings, and unique sculptures using watercolors, modeling compounds and paints. Practice "masking" while painting an abstract forest, take an imaginary tour to New England and paint Lighthouse scenes.

CFVW	6--55 minute lessons--\$128				
DFVW	8--55 minute lessons--\$165				
Location	Day	Time	Code	Begin	\$
Lees Cnr ES	Th	11:30am	PRL.2Q08	6/29	CFVW
SoRunREC	Sa	1:15pm	PRL.JJ1L	6/24	DFVW
SoRunREC	T	5:15pm	PRL.78X0	6/27	DFVW
SpHillREC	T	5pm	PRL.9JKS	6/27	DFVW

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.

3FB	8--1 hour 25 minute lessons--\$143				
DFVH	8--1 hour 25 minute lessons--\$218				
DFVR	8--55 minute lessons--\$124				
Location	Day	Time	Code	Begin	\$
(6-12 yrs.)					
LittleRun ES	Sa	11am	FLU.CJR3	6/17	DFVR
OakMarREC	Th	6pm	D6A.2ZG6	6/29	3FB
Wkfld/Moore	F	6pm	D6A.GD17	6/30	3FB
(13-Adult)					
Woodson HS	T	7:30pm	E5M..5NV6	6/13	DFVH

FCPA Farmers Markets
Buy Fresh, Buy Local...
fruits, vegetables,
baked goods, plants,
honey, meat, dairy, eggs
cut flowers, and more.



Drawing & Investigating Owls

(16-Adult) Learn about owl adaptations as you draw owl feathers, eggs, talons, skulls, and taxidermy mounts. Go on a hike to learn about owl habitats, then dissect your own owl pellet to figure out what owls eat and draw some of the bones. Your choice of watercolor, colored pencil or ink pens.

DFAB	1--2 hour 25 minute lesson--\$24				
Location	Day	Time	Code	Begin	\$
HiddenOaks	Sa	9am	OLE.A6DW	7/22	DFAB

Drawing Workshop - Insect Illustration

(16-Adult) Use your basic drawing skills to accurately render insect anatomy for a beautiful finished illustration. Artist and instructor Caroline Hottenstein shows you how to use a micron pen, watercolor, graphite, and colored pencils to capture and highlight details. Your finished project is a 2D specimen board using the color media of your choice. Previous drawing experience encouraged. A supply list will be emailed before class. Bring a lunch.

DFAK	1--6 hour lesson--\$102				
Location	Day	Time	Code	Begin	\$
GrnSprGardn	Sa	9:30am	54F.0WK6	6/3	DFAK

Drawing Workshop - Miniature Landscape Sketching

(16-Adult) Create miniature works no larger than 4" x 6" using a micron pen, watercolor, graphite, or colored pencils. Artist and instructor Caroline Hottenstein will show you how to draw quick, miniature sketches of landscapes and then use them for a detailed, finished work using your medium of choice. Previous sketching experience encouraged. A supply list will be emailed before class. Bring a lunch.

DFAK	1--6 hour lesson--\$102				
Location	Day	Time	Code	Begin	\$
GrnSprGardn	Sa	9:30am	GP4.MBJ8	8/12	DFAK

Comic Cartooning

(6-12 yrs.) Calvin & Hobbes, Spongebob Squarepants, Bugs Bunny, and other cartoons come to life in this fun Baroody Camps program developed and taught by pro comic book and children's book creator, Arisia Rozegar (credits include Marvel's Iron Man, The Incredible Hulk, X-Men and more). Using simple methods with shapes and lines, as well as tricks, tips and techniques, students learn that drawing cartoons is easier than you can imagine! Any supply fee payable to instructor at first class.

DFVK	8--55 minute lessons--\$153				
Location	Day	Time	Code	Begin	\$
Woodson HS	M	6:30pm	WA0.2LS6	6/19	DFVK

Creating Comics

Students learn about various aspects of drawing and creating comics, such as emotive faces, anatomy, character development, and important elements in sequential story-telling in this Baroody Camps class geared towards those interested in creating their own personal comic books. Not just limited to the super-hero genre, this 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. Any supply fee payable to instructor at first class.

DFVK	8--55 minute lessons--\$153				
Location	Day	Time	Code	Begin	\$
(6-12 yrs.)					
LittleRun ES	Sa	9am	7KT.8TUC	6/17	DFVK
Woodson HS	T	6:30pm	7KT.1H69	6/20	DFVK
(13-Adult)					
LittleRun ES	Sa	10am	LEH.9QWK	6/17	DFVK
Woodson HS	T	7:30pm	LEH.5TLR	6/20	DFVK

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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--\$22				
Location	Day	Time	Code	Begin	\$
Burke Lake Pk	Sa	10am	9DM.AKH2	7/22	DFAU

Abakadoodle 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. Once registered, download camp forms from website.

CFVW	6--55 minute lessons--\$128				
DFVW	8--55 minute lessons--\$165				
Location	Day	Time	Code	Begin	\$
ProvREC	Th	5pm	ZBL.P6IG	6/29	CFVW
Wkfld/Moore	Th	5pm	ZBL.BOUW	6/29	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.

3FB	8--1 hour 25 minute lessons--\$143				
Location	Day	Time	Code	Begin	\$
OakMarREC	W	6pm	E9E.IQA6	6/28	3FB

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 to instructor at first class.

DFBE	6--1 hour 25 minute lessons--\$115				
Location	Day	Time	Code	Begin	\$
RavenswrthES	M	10am	BC7.HAC5	6/26	DFBE

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.

DFBE	6--1 hour 25 minute lessons--\$115				
Location	Day	Time	Code	Begin	\$
RavenswrthES	M	12:30pm	9E5.JCIN	6/26	DFBE

Watercolor Painting III

(Adults) Prerequisite: Watercolor Painting II. Students need to bring supplies to class.

DFBE	6--1 hour 25 minute lessons--\$115				
Location	Day	Time	Code	Begin	\$
RavenswrthES	M	2:30pm	151.CL4R	6/26	DFBE

Watercolor Workshop - Illustrated Found Poems

(16-Adult) Celebrate Poet's Day by finding the words to your poem already printed on a page in a book, magazine or newspaper (a method inspired by Austin

Kleon's Blackout Poetry). Once you find your poem, artist and instructor Marni Maree will show you how to use watercolor (and more) to decorate and illustrate it. A supply list will be emailed before class. Bring a lunch.

CFAK	1--6 hour lesson--\$110				
Location	Day	Time	Code	Begin	\$
GrnSprGardn	Sa	9:30am	NRB.XDBW	8/19	CFAK

Watercolor Workshop - Orchids

(16-Adult) Some subjects just scream to be painted in watercolors and orchids are one of those subjects. Taught by botanical artist Dawn Flores, plan and execute an orchid-inspired painting. Information on orchid anatomy, lessons on color, and a variety of watercolor techniques and transfer practices are presented. Orchid owners may bring in their own specimen or work from photographs provided by the instructor. This class is appropriate for any skill level. A supply list will be emailed before class. Bring a lunch.

DFAK	1--6 hour lesson--\$102				
Location	Day	Time	Code	Begin	\$
GrnSprGardn	Sa	10am	893.QHA0	7/8	DFAK

Fun with Acrylics

(13-Adult) Class introduces you to acrylics in a fun and 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.

3FB	8--1 hour 25 minute lessons--\$143				
DFBE	6--1 hour 25 minute lessons--\$115				
Location	Day	Time	Code	Begin	\$
OldeCrk ES	M	7pm	4VW.X2M2	6/26	DFBE
OakMarREC	T	6pm	4VW.QZTM	6/27	3FB

The Many Faces of Abstraction

(16-Adult) Learn a variety of fun and exciting techniques needed to create your own abstract masterpiece. No experience necessary, just bring your imagination and learn in a pressure-free atmosphere. A supply fee of \$30 is payable to the instructor at first class.

DFGB	8--1 hour 25 minute lessons--\$138				
Location	Day	Time	Code	Begin	\$
OakMarREC	Th	5:30pm	BVK.MW8W	6/29	DFGB

Abakadoodle Sculpt It

(6-12 yrs.) Learn to sculpt using a variety of modeling compounds and papers along with other items such as wire, wood, clay, aluminum, plastic, string in this Abakadoodle class. We'll mold, bend, twist, and stretch while we design each three-dimensional creation. Learn about a variety of amazing artists while creating eight 3D artworks that are dynamic, creative and fun.

CFVW	6--55 minute lessons--\$128				
DFVW	8--55 minute lessons--\$165				
Location	Day	Time	Code	Begin	\$
ProvREC	Th	6pm	EH9.F3HS	6/29	CFVW
SoRunREC	Th	5:15pm	EH9.8Z1S	6/29	DFVW
SpHillREC	Sa	3:30pm	EH9.CPX1	6/24	DFVW



Poetry in the Parks

Come celebrate a new poetry series called "Poetry in the Parks", hosted by ArtsFairfax and the Fairfax Poet Laureate.

Saturday, June 24 - Pride Month Poetry
(Ellanor C. Lawrence Park), 3 - 4 p.m.

Saturday, August 19 - Poetry Beneath the Stars
(Turner Farm Park), 7:30 - 9:30 p.m.

Space is limited.

Programs are FREE, but require registration though Parktakes Online. For additional info see the program listings online or in the Nature section.






Enrich your parks!

Learn more at www.fairfaxparkfoundation.org

All programs and activities will follow current health safety protocols.



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--\$124					
Location	Day	Time	Code	Begin	\$
LittleRun ES	Sa	12pm	OAQ.SME4	6/17	DFVR
WstSprgfl ES	Th	6:30pm	OAQ.9Z4C	6/15	DFVR

Fun with Clay!

(6-12 yrs.) Students make a variety of simple projects with clay while learning the basics of working with clay. Supply fee payable to instructor at first class.

3FA 8--55 minute lessons--\$96					
Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Th	5:30pm	154.EB8K	6/29	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.

CFP3 8--1 hour 25 minute lessons--\$162					
Location	Day	Time	Code	Begin	\$
(6-9 yrs.)					
Wkfld/Moore	Sa	9am	Q7L.UU9C	6/24	CFP3
(9-12 yrs.)					
Wkfld/Moore	Sa	10:45am	AZ5.PKS5	6/24	CFP3
Wkfld/Moore	M	4pm	AZ5.FJ4S	6/26	CFP3

Pottery for Teens

(13-17 yrs.) Create beautiful pots and clay forms by 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.

CFP1 8---1 hour 25 minute lessons--\$215					
Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Sa	12:45pm	D8C.4FZE	6/24	CFP1

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.

CFP2 8--2 hour 55 minute lessons--\$291					
Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Su	3pm	A6F.1ND9	6/25	CFP2
Wkfld/Moore	M	6pm	A6F.GEQE	6/26	CFP2
Wkfld/Moore	T	1pm	A6F.3X6E	6/27	CFP2
Wkfld/Moore	Th	9am	A6F.WJ4D	6/29	CFP2

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.

CFP2 8--2 hour 55 minute lessons--\$291					
Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Sa	3pm	54E.BK5A	6/24	CFP2
Wkfld/Moore	T	6pm	54E.3P2B	6/27	CFP2
Wkfld/Moore	W	6pm	54E.OP8N	6/28	CFP2
Wkfld/Moore	W	9am	54E.JM1X	6/28	CFP2



More Arts and Crafts programs are listed in:

- Camps
- Children's Corner
- Nature

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.

CFP2 8--2 hour 55 minute lessons--\$291					
Location	Day	Time	Code	Begin	\$
Wkfld/Moore	T	9am	BE7.UYBB	6/27	CFP2
Wkfld/Moore	Th	2pm	BE7.51HW	6/29	CFP2
Wkfld/Moore	Th	6pm	BE7.N4L7	6/29	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, close ups and more. Course includes weekly assignments with reviews. Software and printing are also covered. Any supply fee payable to instructor at first class.

3FC 8--1 hour 55 minute lessons--\$190					
Location	Day	Time	Code	Begin	\$
Wkfld/Moore	W	7pm	F54.LWUP	6/28	3FC

Photography-Get Off Auto & Intro to Lighting

(10-Adult) Picking up your camera and exploring new photographic opportunities will motivate and inspire you to grow as a photographer. This workshop will take you safely and directly to shooting portraits, basics of posing, manipulating available light (including natural light). This simplistic workflow and knowledge of your camera will give you the confidence and motivation to explore new horizons and capture beautiful memories. The course will also touch on some principles of landscape and macro photography.

3FM 2--4 hour lessons--\$96					
Location	Day	Time	Code	Begin	\$
SpHillREC	Sa	1pm	PWF.Z8AW	7/15	3FM

Virtual Floral Workshop - Grab a Bunch

(16-Adult) Learn how to make an attractive floral design in a variety of vase shapes and sizes. Betty Ann Galway, a certified floral designer, will demonstrate different techniques. Sign up for the class and the supply fee. Your supplies will be available for pickup at Green Spring Gardens the day before or day of the program, and a Zoom link will be emailed before class.

RG39 1--1 hour 30 minute lesson--\$42					
Location	Day	Time	Code	Begin	\$
GrnSprGardn	Th	1pm	T97.IJ7K	7/27	RG39

Knitting

(13-Adult) Master knitting basics. Students learn knitting techniques and terminology and how to choose materials.

4FG 5--1 hour 25 minute lessons--\$89					
Location	Day	Time	Code	Begin	\$
Lees Cnr ES	F	10am	8AD.THVV	6/30	4FG

Knitting II

(13-Adult) Prerequisite: Knitting I.

4FG 5--1 hour 25 minute lessons--\$89					
Location	Day	Time	Code	Begin	\$
Lees Cnr ES	F	11:30am	FD8.P1DK	6/30	4FG

Gardening

Green Spring Gardens



4603 Green Spring Road
Alexandria, Va. 22312
703-642-5173

www.fairfaxcounty.gov/parks/green-spring

Visit Green Spring Gardens for ideas and inspiration for gardening in the Washington metro area. 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.

Hours and Admission:

Horticulture Center open Monday-Saturday, 9 a.m.-4:30 p.m. and Sunday, 12-4:30 p.m.

Plant Shop open Monday-Saturday, 10 a.m.-3 p.m. and Sunday, 12-3 p.m.

Gift Shop open Monday-Saturday, 9 a.m.-4 p.m. and Sunday, 12-4 p.m.

Park grounds open dawn to dusk daily



Family/All Ages

Family Fun - Planting Your Plate

(4-Adult) Join us to learn how to plant, grow and harvest herbs, flowers, and vegetables to make colorful and delicious additions to every meal. Explore our park's Edible Garden and plant your own mini edible garden to take home and enjoy. All attendees, including parents, must be registered for the program.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	10am	4K4.HCXJ	6/17	\$10/ea.

Family Fun - Aquatic Adventures

(4-Adult) Our aquatic ecosystems are bursting with activity in the summertime. Learn all about the amazing animals that live there, such as turtles, tadpoles, fish and dragonflies. You are sure to see some spectacular creatures as we study their habitats and activities. Binoculars and magnifying glasses will be provided. Bring old shoes that can get muddy. All attendees, including parents, must be registered for the program.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	10am	GJN.ER8D	7/1	\$10/ea.

Family Fun - Tree Trails

(4-Adult) Join us for a walk around the park to explore all the different kinds of trees we have at Green Spring. Discover the many roles trees play in the ecosystem as you learn how to tell trees apart. All attendees, including parents, must be registered for the program.

1--1 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	10am	7S6.XL93	8/5	\$10/ea.

IMA 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



VOLUNTEER

www.fairfaxcounty.gov/parks/volunteer

All programs and activities will follow current health safety protocols.

Adult Programs**International Storytime in Spanish****Sunday, June 4, 1:30-2:30 p.m.**

Come and listen to our storytellers read nature-themed stories in Spanish in the magical setting of the Children's Garden. There will be children's activities and Ribbit the frog will make an appearance! Afterwards, enjoy a walk around the gardens or a picnic. In the case of inclement weather, the program will take place indoors. International Storytime is sponsored by the Friends of Green Spring (FROGS) and will be available in other languages in the future. Free.

Growing Low -**Designing with Groundcover Plants**

(Adults) Groundcovers can be a great accent in the garden with many flowering and evergreen options for sun or shade. Join Green Spring Gardens for a short lecture on how to use groundcovers to solve design challenges, followed by a walk around the grounds to view some of our gardeners' favorites. Dress for the weather.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	9:30am	PKS.ZCVO	6/3	\$19/ea.

Native Plants for Pollinators

(Adults) Join Horticulturalist Brenda Skarphol to discuss the vast variety of local pollinators that evolved with the native flowering plants of Northern Virginia. Explore the many native plants growing at Green Spring Gardens to see our local pollinators. We will help you with a plant list to start a pollinator garden.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	10:30am	OUW.SHEY	6/17	\$19/ea.

**FPCA FARMERS MARKETS 2023****Buy Fresh, Buy Local.**

Fruits, vegetables, baked goods, plants, honey, cut flowers, meat, dairy, eggs and more.

WEDNESDAYS

**McCutcheon/Mt. Vernon
Sherwood Library**

Starting April 19th • 8 a.m.-Noon

2501 Sherwood Hall Lane, Alexandria
SNAP accepted, bonus dollar program!

**Oak Marr Rec Center****Starting May 3rd • 8 a.m.-Noon**

3200 Jermentown Road, Oakton

Wakefield Park**Starting May 3rd • 2 - 6 p.m.**

8100 Braddock Road, Annandale

THURSDAYS**Annandale • Mason District Park****Starting May 4th • 8 a.m. - Noon**

6621 Columbia Pike, Annandale
SNAP accepted, bonus dollar program!

**Old Town Herndon****Starting May 4th • 8 a.m.-12:30 p.m.**

700 Block of Lynn St., Herndon

FRIDAYS**McLean • Lewinsville Park****Starting May 5th • 8 a.m.-Noon (Closed 5/19)**

1659 Chain Bridge Road, McLean

Kingstowne Towne Center (Giant parking lot)**Starting May 5th • 3 - 7 p.m.**

5870 Kingstowne Towne Center, Alexandria

SATURDAYS**Burke • VRE parking Lot****Starting April 22nd • 8 a.m.-Noon**

5671 Roberts Parkway, Burke

Reston • Lake Anne Village Center**Starting April 29th • 8 a.m.-Noon**

1609-A Washington Plaza, Reston

Closed for Multicultural event date TBD
SNAP accepted, bonus dollar program!

**SUNDAYS****Lorton • VRE parking Lot****Starting May 7th • 9 a.m.-1 p.m.**

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

GARDEN DAY

The Big Plant Sale

Green Spring Gardens

Saturday, May 20, 2023 • 9 a.m. - 3 p.m.

Annuals • Perennials • Shrubs • Trees

Gardening tips & more from dozens of local vendors and master gardeners

Green Spring Gardens

4603 Green Spring Rd, Alexandria

703-642-5173 • www.fairfaxcounty.gov/parks/greenspring

Golf



Burke Lake Golf Center
6915 Ox Road
Fairfax Station, Va. 22039
703-323-1641

<http://bit.ly/burkelakegc>

- 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, Va. 22310
703-971-3788

<http://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 Lee Highway
Falls Church, Va. 22042
703-573-0444

<http://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, Va. 22079
703-493-8849

<http://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, golf clubs and pullcarts are available for rent.
- Clubhouse offers food service, event catering and golf supplies.
- Eisman Golf Academy offers private and group lessons: 703-919-3056.
- Lessons for ages 7-18 through The First Tee: 202-479-2588.



Oak Marr Golf Center
3136 Jermantown Road
Oakton, Va. 22124
703-255-5390

<http://bit.ly/oakmarrgc>

- 9-hole, par-3 course, 1,456-yards.
- Large practice area for chipping, putting and sand shots.
- Lighted, 78-station driving range with target greens, 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

<http://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

<http://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:

Court 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.

USGA handicap service offered

Handicap services are provided at Greendale, Jefferson, Pinecrest, Twin Lakes 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 LakeGC	M	7pm	A60.5GJF	6/26	4GG
Burke LakeGC	T	6pm	A60.12G1	8/8	4GG
Pinecrest GC	Sa	11am	A60.13FS	7/15	4GG

Get Golf Ready Parent/Child II

(7-17 yrs.) Prerequisite: Get Golf Ready Parent/Child I. Class is for those who want to further their golf 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 LakeGC	T	7pm	BB7.66W7	6/27	4GG
Burke LakeGC	M	6pm	BB7.NZL7	8/7	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 LakeGC	Su	10am	CSA.LH2N	6/25	4GB
Burke LakeGC	Su	11am	CSA.ASCA	6/25	4GB
Burke LakeGC	Sa	9am	CSA.3AAQ	8/5	4GB
Burke LakeGC	Su	9am	CSA.6C30	8/6	4GB
Pinecrest GC	Sa	3pm	CSA.WRJT	7/15	4GB
Pinecrest GC	Su	2pm	CSA.AD7N	7/16	4GB
Pinecrest GC	Su	12pm	CSA.AGYE	7/16	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 LakeGC	Su	1pm	D71.0Q52	6/25	4GB
Burke LakeGC	Sa	11am	D71.0L9K	8/5	4GB
Burke LakeGC	Su	10am	D71.8Q5L	8/6	4GB
Pinecrest GC	Sa	1pm	D71.DQC9	7/15	4GB
Pinecrest GC	Su	1pm	D71.UNWF	7/16	4GB
Pinecrest GC	Su	3pm	D71.G9PT	7/16	4GB

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 LakeGC	Su	2pm	19C.FCGK	6/25	4GB
Burke LakeGC	Su	11am	19C.Y6LO	8/6	4GB
Pinecrest GC	Sa	2pm	19C.6XFX	7/15	4GB
Pinecrest GC	Sa	12pm	19C.MLXO	7/15	4GB



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www.instagram.com/fairfaxparks/



PRIVATE GOLF INSTRUCTION



Learn from the Pros!

- Private and Semi-Private Lessons
- Top-rates instructors and facilities
- PGA, LPGA & USGTF pros
- On-course Packages



For all options visit www.fairfaxcounty.gov/parks/golf/instruction








SNAG IV

(5-7 yrs.) Prerequisite: SNAG III. This is taught with real clubs and balls and is designed for SNAG III graduates who do not meet the minimum age requirements for our Junior Get Golf Ready classes but are ready for advancement. Topics include grip, stance, target and balance. Last class goes out on course to play two holes. Range balls included in class fee and loaner clubs are available.

4GB	5--55 minute lessons--\$152				
Location	Day	Time	Code	Begin	\$
Burke LakeGC	Su	12pm	0EC.D453	8/6	4GB

Junior Get Golf Ready

(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				
4GC	4--55 minute lessons--\$128				
Location	Day	Time	Code	Begin	\$
Burke LakeGC	Sa	10am	8CO.Z6CY	6/24	4GC
Burke LakeGC	M	6pm	8CO.INZ1	6/26	4GC
Burke LakeGC	Sa	10am	8CO.EWB4	8/5	4GC
Burke LakeGC	Su	10am	8CO.21E9	8/6	4GC
Pinecrest GC	Su	10am	8CO.M10S	7/16	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 LakeGC	Sa	11am	265.9YQ0	6/24	4GB
Burke LakeGC	T	6pm	265.AX8M	6/27	4GB
Burke LakeGC	Sa	11am	265.C9CL	8/5	4GB
Burke LakeGC	Su	10am	265.CSG6	8/6	4GB
Burke LakeGC	M	6pm	265.1SY4	8/7	4GB
Pinecrest GC	Sa	12pm	265.TS79	7/15	4GB

Get Golf Ready I

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	\$
(Co-ed 13-17)					
Burke LakeGC	Th	6pm	IIU.L7OX	8/10	4GB
(Co-ed 13-Adult)					
Burke LakeGC	Sa	1pm	AEE.M30R	6/24	4GB
Burke LakeGC	Sa	9am	AEE.2PMD	6/24	4GB
Burke LakeGC	Th	10am	AEE.1W33	6/29	4GB
Burke LakeGC	Th	12pm	AEE.BHRF	6/29	4GB
Burke LakeGC	Sa	12pm	AEE.D4TI	8/5	4GB
Burke LakeGC	Su	1pm	AEE.JEWL	8/6	4GB
Burke LakeGC	Su	2pm	AEE.EJKP	8/6	4GB
Burke LakeGC	Th	10am	AEE.L2V2	8/10	4GB
Pinecrest GC	Sa	9am	AEE.1IRS	7/15	4GB
Pinecrest GC	Su	9am	AEE.OS8I	7/16	4GB
(Ladies only 13-Adult)					
Burke LakeGC	Sa	11am	219.RSSZ	6/24	4GB
Pinecrest GC	Sa	1pm	219.FCQZ	7/15	4GB

Get Golf Ready II

Prerequisite: Get Golf Ready I. This course covers advanced topics for beginning golfers. Aim and alignment are introduced to putting, 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 13-17 yrs.)					
Burke LakeGC	Th	6pm	GC0.6IEZ	8/10	4GB
(Co-ed 13-Adult)					
Burke LakeGC	Sa	2pm	F2A.4DG8	6/24	4GB
Burke LakeGC	Th	6pm	F2A.KIH3	6/29	4GB
Burke LakeGC	Th	11am	F2A.OVGF	6/29	4GB
Burke LakeGC	Sa	10am	F2A.UR86	8/5	4GB
Burke LakeGC	Th	6pm	F2A.CN6X	8/10	4GB
Pinecrest GC	Sa	10am	F2A.CBCZ	7/15	4GB
Pinecrest GC	Su	11am	F2A.C96P	7/16	4GB
(Ladies only 13-Adult)					
Burke LakeGC	Sa	4pm	46F.Q66K	6/24	4GB
Burke LakeGC	W	7pm	46F.ZF70	6/28	4GB
Burke LakeGC	Sa	4pm	46F.68LG	8/5	4GB
Burke LakeGC	W	7pm	46F.J9SU	8/9	4GB

Get Golf Ready-Taking it to the Course

(13-Adult) Prerequisite: Get Golf Ready II. This course transitions students onto the course to put their skills into action. Range balls are included in the class fee and loaner clubs are available.

4GB	5--55 minute lessons--\$152				
Location	Day	Time	Code	Begin	\$
Pinecrest GC	Su	12pm	436.DWWG	7/16	4GB

Junior Golf

Introduce your teen or child to golf!

- ▶ 35% off Greens Fees at all courses*
- ▶ Burke Lake and Oak Marr - 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

**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 LakeGC	Su	10am	49C.9IV8	8/6	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.

4GB	5--55 minute lessons--\$152				
Location	Day	Time	Code	Begin	\$
Pinecrest GC	Sa	4pm	A6E.8HJ	7/15	4GB

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 LakeGC	Su	3pm	D23.UKZ7	8/6	4GC

All programs and activities will follow current health safety protocols.

Golf Tournaments

Fee due at time of registration, call course to register.

Spring Scramble

Sunday, May 7, 10 a.m.,

(7-Adult) Pinecrest Golf Course, 703-941-1061.

Teams of two players compete in a 9-hole scramble format. Closest to the pin contest. Prizes for first, second and third place teams in three age divisions: Adult/Junior 7-12, Adult/Junior 13-17, Adult/Adult. Limited to first 24 teams. Rain date May 21. \$90 per team. Includes lunch.

Par 3 Challenge

Saturday, May 13, 10 a.m.

(Adults) Jefferson Golf Course, 703-323-1641.

Participants compete in an individual stroke play tournament. Jefferson's tee boxes will be moved around to turn the entire course into a par-3. Rain date May 20. \$35 per player

Person Best Ball (Shotgun Start)

Saturday, May 13, 8 a.m.

(12-Adult) Oak Marr Golf Center, 703-255-5390.

Teams of two compete in a 9-hole, best ball, stroke play tournament, also known as better ball or four ball. Each participant plays their own ball from the tee shot through putting out, and the team records the lowest score between the teammates as their team score. Prizes will be awarded for first, second, third, and closest to the pin. Limited to the first 18 teams. Rain date May 20. \$60 per team.



TWIN LAKES GOLF COURSE

GRAND SLAM

TOURNAMENT & WATCH PARTY

**PARTNER UP WITH A PRO,
THEN WATCH THE TOURNAMENT!**



9 a.m. Shotgun

May 21: PGA Championship

June 18: US Open • July 23: The Open

Each golfer will be partnered with one pro from the Tour Major i.e. Jon Rahm.

- Format: Stroke play
- Scoring: Golfer net + Pro (Sunday only)
- 88 Players max

\$100 per event, per player includes:

- 18-holes
- Power cart
- Warm up balls
- Coffee, donuts, non-alcoholic beverages
- Post-round watch party and lunch
- 21+ Drink ticket
- Prizes

Rain or shine. Refundable until 3 days before event. Please note the PGA Pros will NOT be on site.

Register at www.fairfaxcounty.gov/parks/golf/twin-lakes/grand-slam



Summer Scramble

Saturday, June 10, 10 a.m.

(Adults) Jefferson Golf Course, 703-323-1641.

Teams of two compete in a 9-hole, scramble format (captain's choice). Rain date June 17. \$70 per team

2-Person Scramble (Shotgun Start)

Saturday, June 10, 8 a.m.

(12-Adult) Oak Marr Golf Center. Teams of two

compete in a 9-hole, scramble format (captain's choice). Prizes will be awarded for first, second, third, and closest to the pin. Limited to the first 18 teams. Rain date July 17. \$60 per team.

Red, White and Blue Tournament

Sunday, July 2, 8 a.m.

(7-Adult) Pinecrest Golf Course, 703-941-1061.

Teams of two players compete in a 9-hole scramble format. Closest to the pin contest. Prizes for first, second and third place teams in three age divisions: Adult/Junior 7-12, Adult/Junior 13-17, Adult/Adult. Limited to first 24 teams. No rain date. \$90 per team. Includes lunch.

Junior Club Championship

Saturday, July 15, 8 a.m.

(5-17 yrs.) Oak Marr Golf Center, 703-255-5390.

Participants compete in a 9-hole stroke play tournament for both age divisions: 12 and under, 13 - 17. Prizes will be awarded for first, second, and closest to the pin in each division. Low overall score will be the Junior Club Champion. Tee times will be assigned two days before the event. Rain date July 22. \$30 per player.

Join us for golf Fairfax league play



Adult Leagues

Connect, compete and socialize

April-October

**Burke Lake, Greendale,
Jefferson, Oak Marr,
Pinecrest, Twin Lakes**

Leagues

- Women's
- Men's
- Senior
- Co-Ed
- Social and Beginner

For more information or to join visit
www.fairfaxcounty.gov/parks/golf/leagues





Modified Stableford

Saturday, July 15, 10 a.m.

(Adults) Jefferson Golf Course, 703-323-1641. Participants compete in a 9-hole stroke play tournament utilizing a modified Stableford scoring system. This system awards points for good scores (double eagles, eagles and birdies) and deducts points for poor scores (bogey and double bogey). The participant with the most points wins. Rain date July 22. \$35 per player

Club Championship

Saturday, August 19, 8 a.m.

(Adults) Jefferson Golf Course, 703-323-1641. Participants compete in an 18-hole stroke play tournament. Players are placed into flights based on their first 9-hole score. Rain date August 26. \$50 per player.



Visit one of our driving ranges year-round.

Have fun and stay safe • Range bays are 6 ft. apart

Life-changing opportunities through golf!

Juniors- Play a Round for \$5

Where: Burke Lake (Nine or 18 holes) or Oak Marr (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.



6915 Ox Road
 Fairfax Station, Va. 22039
 703-323-1641

- 64-station lighted driving range
- 24 covered, heated stations
- Reservable area for private functions



8701 Laurel Crest Drive
 Lorton, Va. 22079
 703-493-8849

- 30-station practice range
- Mat and natural-grass tees
- Target greens at varying distances



3136 Jermantown Road
 Oakton, Va. 22124
 703-255-5390

- 78 stations
- 30 covered, heated stations
- New open design
- New target greens
- LED Lights
- Mat and natural-grass tees



6600 Little River Turnpike
 Alexandria, Va. 22312
 703-941-1061

- TrackMan 4 Private Suite Rentals
- Indoor hitting stations
- Outdoor hitting nets



6201 Union Mill Road
 Clifton, Va. 20124
 703-631-9099

- Six covered stations
- 36-station driving range
- Mat and natural-grass tees



Get the best savings with a multi-range pass! • Visit www.fairfaxcounty.gov/parks/golf



Every Body Golf School

Teaching the game of a lifetime



Head Golf Professionals: Noel Jablonski, LPGA • George Danielson, PGA
3136 Jermentown 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.

- Two easy ways to register:
Online at www.everybodygolf.com
Call us at 703-255-5396

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	2:05PM	June 18
Sunday	2:05PM	July 30

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	June 17
Saturday	10:05AM	August 5

Oak Marr 2023 Summer 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
Saturday	10:05 AM	June 17
Tuesday	10:05 AM	June 20 (Ladies Only)
Sunday	3:05 PM	July 9
Monday	7:05 PM	July 10

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
Tue-Thu	7:05 PM	Jun 13 OR July 25
Sat-Sun	1:05 PM	July 8 OR Aug 5

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
Saturday	11:05 AM	June 17
Tuesday	11:05 AM	June 20 (Ladies Only)
Wednesday	7:05 PM	June 28

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	4:05 PM	June 17
Sunday	4:05 PM	July 9

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	3:05 PM	June 17 OR July 29
Sunday	3:05 PM	June 18 OR July 30

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	3:05 PM	June 17 OR July 29
Sunday	3:05 PM	June 18 OR July 30

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
Saturday	12:05 PM	June 17 OR July 18
Sunday	12:05 PM	June 18 OR July 30

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	2:05 PM	June 17
Saturday	2:05 PM	July 29

History

Colvin Run Mill Historic Site



10017 Colvin Run Road
Great Falls, Va. 22066
703-759-2771

www.fairfaxcounty.gov/parks/colvinrun-mill

- Featuring an operational 19th century, water-powered gristmill, recreational and educational activities for all ages through tours, school programs and special events
- 200-year-old miller's house
- On the National Register of Historic Places
- Listed on the Virginia Landmark Register
- Accredited by the American Alliance of Museums
- Colvin Run General Store c. 1900 features a selection of flour, cornmeal and grits ground at the mill (selection varies, call ahead to check supply)

Hours and Admission

General Store open Thursday-Sundays,
11 a.m.-4 p.m.

Miller's House open most Saturdays-Sundays,
11 a.m.-4 p.m.

Tours

Colvin Run Mill Tour

Saturdays & Sundays, June-August,
11 a.m., 12 p.m., 1 p.m. & 2 p.m.

Reservations recommended, 1 hour program
\$10 per person

(All Ages) Enjoy a tour of historic Colvin Run Mill Built c.1811. The Mill is a tribute to industrial and mechanical innovation, and to the working people who made it happen. You will learn the importance of the Mill to the multifaceted, surrounding community. Explore why our operational, water-powered gristmill is a prime example of how people, technology, and society rely upon each other for survival and success. You will see how the miller continues to make flour and cornmeal today. The tour covers the main grinding floor and the basement, including the gear pit. This tour is ADA compliant. Private tours available upon request. Please contact the site for details. Grain products ground at the Mill are available for purchase in our General Store year round! Individual tour tickets available at Parktakes online.

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Learn more at www.fairfaxparkfoundation.org



Family/All ages

Grind Day

(All Ages) We're running the mill like it's 1811 when the mill was first operating. Fresh products, stone-ground on-site. Come learn how an Oliver Evan's mill operates and don't forget to buy your grain at the historic General Store before you leave. Program is open house style and registered participants are welcome to arrive anytime between noon and 3 p.m.

1--3 hour program

Location	Day	Time	Code	Date	\$
ColvinRunMill	Su	12pm	6FD.T38A	6/4	\$10/ea.
ColvinRunMill	Su	12pm	6FD.X0H6	7/2	\$10/ea.
ColvinRunMill	Su	12pm	6FD.Z6JU	7/16	\$10/ea.
ColvinRunMill	Su	12pm	6FD.CZL9	8/6	\$10/ea.
ColvinRunMill	Su	12pm	6FD.HKYR	8/20	\$10/ea.

Ice Cream and Games at the Mill

(3-Adult) Enjoy a summer afternoon like the miller's family did in the 1800s. Churn and eat ice cream. Play with historic games and toys, then make a toy to take home. Registered participants are welcome to arrive anytime between noon and 3 p.m.

1--3 hour program

Location	Day	Time	Code	Date	\$
ColvinRunMill	Sa	12pm	GRG.H9YY	7/22	\$10/ea.

Ellanor C. Lawrence Park and Walney Visitor Center



5040 Walney Road
Chantilly, Va. 20151
703-631-0013

www.fairfaxcounty.gov/parks/ec/

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.

Family/All Ages

Making Ice & Ice Cream at Walney

(4-Adult) Crank ice cream as you discover how ice was harvested and stored in this 19th century farm. Try using ice tongs. Children must be accompanied registered adult.

1--1 hour program

Location	Day	Time	Code	Date	\$
ECLawrncePk	Su	2pm	AC3.CTPH	6/4	\$9/ea.
ECLawrncePk	Su	11am	AC3.G4JF	7/16	\$9/ea.
ECLawrncePk	Su	6pm	AC3.DNF3	7/16	\$9/ea.
ECLawrncePk	Sa	2pm	AC3.NEJQ	8/12	\$9/ea.

African Americans at Walney Walking Tour

(8-Adult) Hear the names and stories of many African American families who lived and worked here at Walney. Learn about slave tenancy, stories of resistance and survival.

1--1 hour program

Location	Day	Time	Code	Date	\$
ECLawrncePk	Su	5:30pm	775.9BPB	6/11	\$10/ea.
ECLawrncePk	Su	5:30pm	775.6INO	8/27	\$10/ea.



Follow us at **fairfaxparks**

All programs and activities will follow current health safety protocols.

Adult Programs**Historic Desserts**

(Adults) Learn the challenges of cooking in the 1800s. Make historic desserts over an open hearth. Desserts will reflect the season.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
ECLawncePk	W	6:30pm	279.XXIW	8/16	\$12/ea.

Frying Pan Farm Park

2709 West Ox Road
Herndon, Va. 20171
703-437-9101
www.fairfaxcounty.gov/parks/fryingpanpark

The History of the Frying Pan Meeting House

(14-Adult) Join a park staff member on a tour of Frying Pan's Historic Baptist Meeting House. Learn the history of the origin of the building and the history of the people who worshipped there and including the Civil War history of the site. Tours will start at the Meeting House and last one hour. Admission is \$10 a person.

1--1 hour program

Location	Day	Time	Code	Date	\$
Frying Pan Pk	Sa	6pm	RWH.2XQ3	7/22	\$10/ea.

**Historic Green Spring**

4603 Green Spring Road
Alexandria, Va. 22312
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 park. 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 gift shop

Hours and Admission

Historic House is open Wednesday-Sunday, 12 p.m.-4:30 p.m.

Grounds open dawn to dusk daily.

Historic Green Spring Tea Programs

A traditional English tea follows each lecture. 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

Color Me Amazed!

Sunday, June 11 1-3pm
\$38 (program + tea); \$15 (program only)

(Adults) Feeling blue? Put on your rose-colored glasses and seize this golden opportunity to learn about the meanings of colors. Historic House staffer Karen Heyda Jackson explores how colors have been interpreted and used throughout human history to express emotion, manipulate behaviors, and more.

The Fashionable Fit

Sunday, June 25 1-3:30pm
\$44 (program + tea); \$22 (program only)

(Adults) Artist and collector Caroline Hottenstein presents the story of dressmaking since the 1700s. Hear about the shifting roles of tailor and dressmaker and technological advancements that helped both keep up with changing fashions. Learn how dressmaking became an empowering professional occupation for women. View a display of antique sewing tools and clothing items.

What's Your Name?

Sunday, July 23 1-3pm
\$38 (program + tea); \$15 (program only)

(Adults) Names influence perceptions of people, with the power to bestow dignity and respect, or disgrace and ridicule. Explore the power of our names in reflecting values, traditions, and cultural connections, and why people throughout history have changed their names, whether by choice or under compulsion.

Patent Pending

Sunday, August 6 1-3pm
\$38 (program + tea); \$15 (program only)

(Adults) Discover incredible inventions of our ingenious forebears as we explore the history of patents. Enjoy an amusing snapshot of historical innovation showcasing highly unusual patents of the past and hear about the less amusing gender and racial gaps in patenting history.

Faces From the Past

Sunday, August 20 1-3pm
\$38 (program + tea); \$15 (program only)

(Adults) Portraits and physical descriptions of famous historical figures are often inaccurate. What did they really look like? Explore the methods used by historians to put real faces to names. View stunning modern forensic facial reconstructions of people – known and unknown – who lived centuries ago.



**Paths of
Freedom Seekers**
Ellanor C Lawrence Park

Sunday, June 11 • 5:30-6:30 p.m. • \$8

Thursday, June 22 • 6-7 p.m. • \$8

www.fairfaxcounty.gov/parks/eclawrence

**Underground Railroad
Quilt Codes**

Green Spring Gardens
Sunday, June 18 • 1-2 p.m. • \$15

www.fairfaxcounty.gov/parks/green-spring

Forgotten Road Tour
Sully Historic Site

Thursday-Saturday, June 15-17
2-2:45 p.m. • Free

www.fairfaxcounty.gov/parks/sully-historic-site

Juneteenth Celebration
Frying Pan Farm Park

Saturday, June 17 • 11 a.m.-1 p.m. • Free
www.fairfaxcounty.gov/parks/frying-pan-park/





Summer Garden Tour and Tea

Thursdays, June 15, July 13 & August 17
1-3pm

\$38 (tour + tea)

(Adults) Take a gentle walking tour of Green Spring's vibrant summer demonstration gardens with an Extension Master Gardener docent. View some standout plants and plant combinations of the season and hear all about Green Spring past and present. Afterwards, relax over a sumptuous afternoon tea in the 1784 Historic House.

Underground Railroad Quilt Codes

(Adults) According to legend, fabric quilts were stitched with coded patterns to assist escaped enslaved people moving along the historic Underground Railroad to find safety. While historians debate this legend, local quilter, Sharon Tindall, supports this theory of quilt codes through her specialization in African American quilt patterns. View her handmade quilts, created with fabrics and patterns typically used in the mid 1800s. Learn more about these magnificent storied quilts and what they mean to our American history.

1--1 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Su	1pm	CMU.BVOS	6/18	\$15/ea.

Garden Tour and Ice Cream

(Afternoon tea NOT included)

(Adults) Tour the vibrant summer gardens with a Green Spring Master Gardener docent. Finish at the Historic House lawn to enjoy delicious ices, served with toppings and garnishes.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	10am	I7Q.HA76	7/15	\$15/ea.
GrnSprGardn	Sa	10am	I7Q.M2AL	8/12	\$15/ea.

Historic Huntley



**6918 Harrison Lane
Alexandria, Va. 22306
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 ice house, root cellar, an additional residence and cultural landscape features. Tours available on Saturdays during spring, summer and fall. Purchase tickets online. Private tours are also available upon request. Contact the site directly for more info. The grounds at Historic Huntley are open dawn to dusk from March through November.

Historic Huntley House Tour

Saturdays, June – August, 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 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.

Ice Cream at Historic Huntley

(All Ages) Make and enjoy hand-cranked ice cream as Huntley's Harris family may have done. Discover how the histories of ice cream and Huntley follow a similar path from elite luxury to family fare. Ice well and Historic Huntley House tour included.

1--1 hour program

Location	Day	Time	Code	Date	\$
HistHuntley	F	12pm	633.SUSV	6/2	\$10/ea.

Sully Historic Site



**3650 Historic Sully Way
Chantilly, Va. 20151
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 Thursday-Sunday, 11 a.m.- 4 p.m.



All programs and activities will follow current health safety protocols.

Tours

Sully Historic House Tour**Thursday-Sunday, June - August,
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 available at Parktakes online.

Forgotten Road Tour**Thursday-Sunday, June - August, 2 p.m.****\$10 Adults,****\$8 Seniors/Students/Children (5-15 yrs.)****45 minute tour, Reservations recommended**

(All Ages) The tour includes a walk into the original outbuildings and representative slave quarter cabin. Learn the history of the enslaved people who lived and worked at Sully over 200 years ago. Sully is accredited by the American Alliance of Museums, is on the National Register of Historic Places is part of the National Park Service Underground Railroad Network to Freedom. Tour is held weather permitting. Individual tickets available at Parktakes online.

Events

Sully Annual Car Show

(All Ages) Bring Dad out this Father's Day, June 18, to see over 200 antique cars on display. Classic cars will be judged and trophies awarded. Included in the show will be restoration displays, cars for sale, tours of the first floor of the historic house, music, food, a children's tent and a flea market! Learn about Juneteenth and little known African American inventors and patent holders in the transportation industry. Pre-registration will be available online until June 15, walk-ins are also accepted. Price is \$12/adult, \$10/senior (65+) and \$8/children (5-15), under 5 free."

1--full day event

Location	Day	Time	Code	Date	\$
Sully	Su	10am	0D0.SFCS	6/18	\$8-12/ea.

Family/All Ages**Discover Cain's Branch Trail**

(5-Adult) Hike the trails and learn about the history of abandoned sites hidden from most visitor's view. Follow trails of forested areas and Cain's Branch waterway to learn about the life of early inhabitants who made Sully their home. This outdoor guided program does involve some walking over uneven terrain and along trails. Program is held weather permitting. For more information, please call 703-437-1794.

1--1 hour program

Location	Day	Time	Code	Date	\$
Sully	Th	11am	ZNR.KRD4	6/8	\$10
Sully	Th	11am	ZNR.QZ76	6/22	\$10
Sully	Th	11am	ZNR.HRSY	7/6	\$10
Sully	Th	11am	ZNR.72L8	7/20	\$10
Sully	Th	11am	ZNR.VAYE	8/3	\$10
Sully	Th	11am	ZNR.ZYGG	8/24	\$10

Peaches and Cream

(6-Adult) Get a taste of summer with hearth-cooked peach pie! Back in the 18th century, Sully Historic Site had more than 1,200 peach trees. Although the orchard is gone, you can still explore the history of Sully's peaches and all their uses as you cook peach pie using dried peaches, following our historic recipe, in our 18th century kitchen. Make sure to have it a la mode with our hand-churned peach ice cream!

1--2 hour program--\$15 ea.

Location	Day	Time	Code	Date	\$
Sully	Sa	10am	271.9QA6	8/26	\$15/ea.
Sully	Sa	1pm	271.321K	8/26	\$15/ea.

Dairy Days-Ice Cream Making & Butter

(5-Adult) Churn butter, crank ice cream, milk a fake cow, play 18th century games, and experience the products of an historic dairy. Children must be accompanied by an adult.

1--45 minute program

Location	Day	Time	Code	Date	\$
Sully	Sa	11am	851.W00T	7/1	\$8/ea.
Sully	Sa	1pm	851.XEZA	7/1	\$8/ea.
Sully	Sa	3pm	851.073U	7/1	\$8/ea.
Sully	F	11am	851.651Y	7/7	\$8/ea.
Sully	F	1pm	851.ZCOT	7/7	\$8/ea.
Sully	F	3pm	851.L036	7/7	\$8/ea.
Sully	Su	11am	851.4NUZ	7/16	\$8/ea.
Sully	Su	1pm	851.161X	7/16	\$8/ea.
Sully	Su	3pm	851.POV3	7/16	\$8/ea.
Sully	F	11am	851.A4DK	7/21	\$8/ea.
Sully	F	1pm	851.INHB	7/21	\$8/ea.
Sully	F	3pm	851.KOEM	7/21	\$8/ea.
Sully	Sa	11am	851.UQFO	8/5	\$8/ea.
Sully	Sa	1pm	851.60LE	8/5	\$8/ea.
Sully	Sa	3pm	851.XF7B	8/5	\$8/ea.



48th Annual

Sully Antique Car Show

Sunday, June 18, 2023 • 10 a.m.-3:30 p.m.
 Sully Historic Site, Chantilly, VA
\$12 adult, \$10 senior, \$8 child (5-15)
 Tickets can be purchased online at fairfaxcounty.gov/parks/sully

More than 350 Antique Cars to be judged & trophies awarded

- Car Corral
- Live Music
- Food Vendors
- Parade of 100 year old cars
- House Tours (of first floor only)
- Antique Craft & Flea Market

Classic Cars & Classic Fun for Father's Day

703-437-1794
fairfaxcounty.gov/parks/sully





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**HISTORY ★ PRESERVATION
PARTNERSHIPS**

Help Fairfax County preserve our tangible past by partnering with us to care for our historic resources.

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.

For more information visit
www.fairfaxcounty.gov/parks/rcp
 call 703-324-8700 or email
Parkmail@fairfaxcounty.gov



Ice Skating

Skating Tots/Preschool

Mom or Dad and Me

(3-5 yrs.) This class helps students develop preliminary coordination and strength necessary for ice skating. The skills are like those in Snowplow Sam 1 except that adults and children stay together on the ice for the whole class. Each participating adult must be able to skate without assistance to help the student in the learning process; this is not a learn-to-skate class for the adult. Skating skills include falling safely, marching in place, marching forward, marching then gliding on two feet, dipping in place and other skills geared toward balance, movement and coordination. Helmets are required.

4IA 6--30 minute lessons--\$134

Location	Day	Time	Code	Begin	\$
St. James	Sa	10:30am	EB9.NVNI	7/8	4IA

Snowplow Sam 1

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.

4IA 6--30 minute lessons--\$134

DIAA 7--30 minute lessons--\$147

Location	Day	Time	Code	Begin	\$
(3-5 yrs.)					
St. James	Sa	10am	9BB.L27J	7/8	4IA
(4-6 yrs.)					
FfxIceArena	M	6:30pm	8A6.9WPO	6/19	DIAA
FfxIceArena	T	6:40pm	8A6.XXGO	6/20	DIAA
FfxIceArena	T	12:30pm	8A6.KW40	6/20	DIAA
FfxIceArena	Th	6:40pm	8A6.6MHK	6/22	DIAA
FfxIceArena	Th	12:30pm	8A6.GZBS	6/22	DIAA
FfxIceArena	Sa	10:05am	8A6.MTUO	6/24	DIAA

Snowplow Sam

(3-5 yrs.) This class delves further into skills learned in Snowplow Sam 1. Skating skills include march followed by a long glide, dip while moving, backward walking, backward wiggles, forward swizzle, beginning snowplow stop motion in place or holding onto barrier, two-foot hop in place and other skills geared toward balance, movement and coordination. Prerequisite: Snowplow Sam 1 or Tot 1. Helmets are required.

4IA 6--30 minute lessons--\$134

Location	Day	Time	Code	Begin	\$
St. James	Sa	10am	800.HOPO	7/8	4IA
St. James	Sa	10:30am	800.ZVHA	7/8	4IA



Snowplow Sam 3

(3-5 yrs.) This class emphasizes skills learned in Sam 1 and 2 and teaches students basic ice-skating elements. Skills include forward skating, forward one-foot glide, forward swizzles, backward swizzles, moving forward snowplow stop, curves and other skills geared toward balance, movement and coordination. Prerequisite: Snowplow Sam 2. Helmets are required.

4IA 6--30 minute lessons--\$134

Location	Day	Time	Code	Begin	\$
St. James	Sa	10:30am	C1B.W89N	7/8	4IA

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--\$147

Location	Day	Time	Code	Begin	\$
FfxIceArena	M	6:30pm	9B3.80GS	6/19	DIAA
FfxIceArena	T	6:40pm	9B3.0P1C	6/20	DIAA
FfxIceArena	T	12:30pm	9B3.XKAG	6/20	DIAA
FfxIceArena	Th	6:40pm	9B3.NJNS	6/22	DIAA
FfxIceArena	Th	12:30pm	9B3.RNBD	6/22	DIAA
FfxIceArena	Sa	10:05am	9B3.G3KR	6/24	DIAA

Beginning Skating – Youth

Basic 1

For students who have never skated before, this class helps develop preliminary coordination and strength necessary for ice skating. Students learn basic elements including 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 and other skills geared toward balance, movement and coordination. Helmets are required.

4IA 6--30 minute lessons--\$134

DIAA 7--30 minute lessons--\$147

Location	Day	Time	Code	Begin	\$
(6-13 yrs.)					
St. James	Sa	9:30am	FBC.QDAN	7/8	4IA
St. James	Sa	10am	FBC.GYND	7/8	4IA
St. James	Sa	10:30am	FBC.M107	7/8	4IA
(7-13 yrs.)					
FfxIceArena	M	7:05pm	7AC.W18J	6/19	DIAA
FfxIceArena	T	7:15pm	7AC.QQ1Z	6/20	DIAA
FfxIceArena	T	12:30pm	7AC.4TXC	6/20	DIAA
FfxIceArena	Th	7:15pm	7AC.Y30B	6/22	DIAA
FfxIceArena	Th	12:30pm	7AC.NACO	6/22	DIAA
FfxIceArena	Sa	10:40am	7AC.OHKW	6/24	DIAA

Basic 1 Advanced

(6-13 yrs.) For students with some skating ability who have had no organized skating instruction or for those who wish to repeat Basic 1. Students continue to learn basic elements which provide a solid foundation for advanced skills. Class is adjusted based on participants' skill level. 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 and other skills geared toward balance, movement and coordination.

4IA 6--30 minute lessons--\$134

Location	Day	Time	Code	Begin	\$
St. James	Sa	9:30am	B6D.L59X	7/8	4IA



All programs and activities will follow current health safety protocols.

Basic 2

(6-13 yrs.) This class concentrates on elements designed to make the skater comfortable gliding on one foot, skating backward and turning from forward to backward on two feet. Skating skills include scooter pushes, forward one-foot glides, backward two-foot glide, rocking horse, backward swizzles, two-foot turns from forward to backward in place moving snowplow stop and other skills geared toward balance, movement and coordination. Prerequisite: Basic 1.

4IA 6--30 minute lessons--\$134

Location	Day	Time	Code	Begin	\$
St. James	Sa	9:30am	291.MPR1	7/8	4IA
St. James	Sa	10:30am	291.L3JC	7/8	4IA

Basic 3

(6-13 yrs.) Skaters continue working on skills including beginning forward stroking showing correct use of blade, forward half swizzle pumps on a circle, moving forward to backward two-foot turns on a circle, beginning backward one-foot glides, backward snowplow stop, forward slalom and other skills geared toward balance, movement and coordination. Prerequisite: Basic 2.

4IA 6--30 minute lessons--\$134

Location	Day	Time	Code	Begin	\$
St. James	Sa	9:30am	63A.MCCT	7/8	4IA

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--\$147

Location	Day	Time	Code	Begin	\$
FfxIceArena	M	7:05pm	E65.GHEA	6/19	DIAA
FfxIceArena	T	7:15pm	E65.IL53	6/20	DIAA
FfxIceArena	T	12:30pm	E65.B7TW	6/20	DIAA
FfxIceArena	Th	7:15pm	E65.2L9Y	6/22	DIAA
FfxIceArena	Th	12:30pm	E65.TUPY	6/22	DIAA
FfxIceArena	Sa	10:40am	E65.D10W	6/24	DIAA

Beginning Skating – Teens/Adults**Adult Introductory Skating**

(14-Adult) This class, for students who have never skated before, develops preliminary coordination and strength necessary for ice skating. Students learn basic skills such as falling safely, sitting on the ice and standing up, marching in place, marching forward across the ice, marching then gliding on two feet, forward two-foot glide, dip in place, forward swizzles, backward wiggles and other skills geared toward balance, movement and coordination.

4IA 6--30 minute lessons--\$134

Location	Day	Time	Code	Begin	\$
St. James	Sa	10am	C06.DZPB	7/8	4IA

Adult 1

(14-Adult) For students with some skating ability who have had no organized skating instruction. This class 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.

**4IA 6--30 minute lessons--\$134
DIAA 7--30 minute lessons--\$147**

Location	Day	Time	Code	Begin	\$
St. James	Sa	10am	AA1.8BT4	7/8	4IA
FfxIceArena	T	7:50pm	GCH.NNGQ	6/20	DIAA
FfxIceArena	Th	7:50pm	GCH.YCLH	6/22	DIAA
FfxIceArena	Sa	11:15am	GCH.P1KR	6/24	DIAA

Adult 2

(14-Adult) Skaters concentrate on forward skating across the width of the ice, forward one-foot glides, forward slalom, backward skating, backward swizzles, two-foot turns in place and other skills geared toward balance, movement and coordination. Prerequisite: Adult 1.

4IA 6--30 minute lessons--\$134

Location	Day	Time	Code	Begin	\$
St. James	Sa	10:30am	5B4.GU5D	7/8	4IA

Adult 3

(14-Adult) Students concentrate on forward stroking using the blade properly, forward half-swizzle pumps on the circle, moving forward to backward and backward to forward two-foot turn on a circle,

backward skating into a long two-foot glide, forward chasses on a circle, backward snowplow stop and other skills geared toward balance, movement and coordination. Prerequisite: Adult 2.

4IA 6--30 minute lessons--\$134

Location	Day	Time	Code	Begin	\$
St. James	Sa	10:30am	B42.7COQ	7/8	4IA

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--\$147

Location	Day	Time	Code	Begin	\$
FfxIceArena	T	7:50pm	C52.ZGP5	6/20	DIAA
FfxIceArena	Th	7:50pm	C52.MOMU	6/22	DIAA
FfxIceArena	Sa	11:15am	C52.DLBA	6/24	DIAA

Intermediate Skating – Youth**Basic 4**

(6-13 yrs.) Students focus on skills including skating on the proper outside and inside edges, forward crossovers, backward half swizzle pumps on a circle, backward one-foot glides, beginning two-foot spin and other skills geared toward balance, movement and coordination. Prerequisite: Basic 3.

4IA 6--30 minute lessons--\$134

Location	Day	Time	Code	Begin	\$
St. James	Sa	9:30am	98F.TBE2	7/8	4IA



Basic 5

(6-13 yrs.) Skills include skating backward on the outside and the inside edge on a circle, backward crossovers, forward outside three-turn, advanced two-foot spin, hockey stops and other skills geared toward balance, movement and coordination. Prerequisite: Basic 4.

4IA 6--30 minute lessons--\$134

Location	Day	Time	Code	Begin	\$
St. James	Sa	10am	681.OVP1	7/8	4IA

Basic 6

(6-13 yrs.) Skills include forward inside three-turn, moving backward to forward two-foot turn on a circle, backward stroking, beginning one-foot spin with optional free leg position and entry, T-stops, bunny hop, forward spiral on a straight line and other skills geared toward balance, movement and coordination. Prerequisite: Basic 5.

4IA 6--30 minute lessons--\$134

Location	Day	Time	Code	Begin	\$
St. James	Sa	10am	4C4.90KC	7/8	4IA

Advanced Skating – All Ages

Intro to Free Skate

(6-Adult) This class prepares skaters to advance into specialized ice skating areas. Skills include forward inside open mohawk from a standstill position, backward crossovers to a backward outside edge glides, backward outside edge to a forward outside edge transition, two forward crossovers into a forward inside mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, one-foot upright spin and

other skills geared toward balance, movement and coordination. Prerequisite: Basic 6.

4IA 6--30 minute lessons--\$134

Location	Day	Time	Code	Begin	\$
St. James	Sa	9:30am	381.J8HW	7/8	4IA

Free Skate 1

(6-Adult) The following elements must be mastered before moving on to the next level: forward power stroking, basic forward outside and forward inside consecutive edges, backward outside three-turns, upright spin, entry from back crossovers, half flip, toe loop and other skills geared toward balance, movement and coordination. Prerequisite: Intro to Free Skate.

4IA 6--30 minute lessons--\$134

Location	Day	Time	Code	Begin	\$
St. James	Sa	9:30am	37E.M2GX	7/8	4IA

Free Skate 2

(6-Adult) This class focuses on alternating forward outside and inside spirals on a continuous axis, basic backward outside and backward inside consecutive edges, backward inside three-turns, beginning back spin, half Lutz, salchow and other skills geared toward balance, movement and coordination. Prerequisite: Free Skate 1.

4IA 6--30 minute lessons--\$134

Location	Day	Time	Code	Begin	\$
St. James	Sa	10am	087.4L79	7/8	4IA



REGISTER ONLINE
www.fairfaxcounty.gov/parks/parktakes

Free Skate 3

(6-Adult) This class focuses on alternating backward crossovers to back outside edges, alternating mohawk/crossover sequence, waltz three-turns, advanced back spin with free foot in crossed leg position, loop jump, waltz jump-toe loop or salchow-toe loop combination and other skills geared toward balance, movement and coordination. Prerequisite: Free Skate 2.

4IA 6--30 minute lessons--\$134

Location	Day	Time	Code	Begin	\$
St. James	Sa	10am	4F3.7530	7/8	4IA

Free Skate 4

(6-Adult) This class focuses on forward power three-turns, waltz eight, forward upright spin to backward upright spin, sit spin, half loop, flip and other skills geared toward balance, movement and coordination. Prerequisite: Free Skate 3.

4IA 6--30 minute lessons--\$134

Location	Day	Time	Code	Begin	\$
St. James	Sa	10:30am	3E7.KZ6M	7/8	4IA

Free Skate 5

(6-Adult) This class focuses on backward outside three-turn, Mohawk (clockwise and counter clockwise), Five-step Mohawk sequence, Camel spin (MIN 3 revolutions), Waltz jump-loop combination and Lutz Jump. Prerequisite: Free Skate 4.

4IA 6--30 minute lessons--\$134

Location	Day	Time	Code	Begin	\$
St. James	Sa	10:30am	09F.ZZEY	7/8	4IA



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Martial Arts

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 I

(13-Adult) 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.

3MG	8--1 hour 55 minute lessons--\$191
3MA	8--55 minute lessons--\$97

Location	Day	Time	Code	Begin	\$
SoRunREC	Sa	4pm	78D.SWGY	6/24	3MG
SpHillREC	Su	3pm	78D.Y2W4	6/25	3MA
SpHillREC	Su	4pm	78D.7VLM	6/25	3MA

Aikido & Self-Defense II

(13-Adult) Prerequisite: Aikido and Self-Defense I or permission of instructor.

3MA	8--55 minute lessons--\$97
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Location	Day	Time	Code	Begin	\$
SpHillREC	Su	5pm	CF6.TIKU	3/26	4MA

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.

3MA	8--55 minute lessons--\$97
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Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Su	6pm	90A.LLKF	6/25	3MA
Wkfld/Moore	W	7pm	90A.NZAP	6/28	3MA

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.

4MA	10--55 minute lessons--\$120
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Location	Day	Time	Code	Begin	\$
CubRunREC	Th	7pm	60E.6701	6/29	4MA

Jung Su Advanced

(6-Adult) Prerequisite: Jung Su Beginning or equivalent.

3MB	8--1 hour 25 minute lessons--\$144
4MB	10--1 hour 25 minute lessons--\$180

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	11am	563.03DF	6/24	4MB
Wkfld/Moore	Sa	11am	563.BIEN	6/24	3MB
Wkfld/Moore	M	7pm	563.5ZM4	6/26	3MB
Wkfld/Moore	W	7pm	563.KT2S	6/28	3MB

Karate I

Designed to help you learn self-defense, gain confidence, and build leadership and independence.

3MA	8--55 minute lessons--\$97
DMVF	10--45 minute lessons--\$106

Location	Day	Time	Code	Begin	\$
(6-12 yrs.)					
OakMarREC	Su	1pm	27A.JCZH	6/25	3MA
BlkBltFFX	M	5:30pm	4XF.6P30	6/19	DMVF
BlkBltFFX	T	5:30pm	4XF.P1AH	6/20	DMVF
BlkBltFFX	W	5:30pm	4XF.86NP	6/21	DMVF
BlkBltFFX	Th	5:30pm	4XF.CEMY	6/22	DMVF
BlkBltFFX	F	4:45pm	4XF.W6J3	6/23	DMVF

(13-Adult)

BlkBltFFX	T	7:45pm	LYL.I2UR	6/20	DMVF
BlkBltFFX	Th	7:45pm	LYL.LT8E	6/22	DMVF
Floris ES	Th	7pm	996.827Z	6/15	3MA

Karate II

(6-Adult) Prerequisite: Karate I or equivalent.

4MA	10--55 minute lessons--\$120
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Location	Day	Time	Code	Begin	\$
FranconiaRec	Sa	11am	964.INT0	6/17	4MA

Karate for Families

(6-Adult) This class gives family members 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--\$97
4MA	10--55 minute lessons--\$120

Location	Day	Time	Code	Begin	\$
FranconiaRec	Sa	10am	D2F.1D73	6/17	4MA
FranconiaRec	Sa	12:30pm	D2F.YEDW	6/17	4MA
FranconiaRec	M	7pm	D2F.4YA9	6/19	4MA
FranconiaRec	T	6:30pm	D2F.ZAJ2	6/20	4MA
FranconiaRec	W	7pm	D2F.QHOS	6/21	4MA
FranconiaRec	F	7pm	D2F.4NYP	6/23	4MA
Frying Pan Pk	Th	7pm	D2F.UYTP	6/15	3MA
OakMarREC	Su	3pm	D2F.NPN7	6/25	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.

4MA	10--55 minute lessons--\$120
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Location	Day	Time	Code	Begin	\$
CubRunREC	Su	11am	8E5.60MQ	6/25	4MA



Martial Arts

All programs and activities will follow current health safety protocols.

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--\$120					
Location	Day	Time	Code	Begin	\$
SpHillREC	Sa	10am	31A.PUV7	6/24	4MA
SpHillREC	W	6pm	31A.D918	6/28	4MA

Shotokan Japanese Karate II

(6-Adult) Shotokan Japanese Karate I strongly recommended.

4MA 10--55 minute lessons--\$120					
Location	Day	Time	Code	Begin	\$
SpHillREC	Sa	9am	454.IBZG	6/24	4MA
SpHillREC	T	7pm	454.SZ27	6/27	4MA
SpHillREC	W	7pm	454.AFKQ	6/28	4MA

Shotokan Japanese Karate III

(6-Adult) Shotokan Japanese Karate II strongly recommended.

4MA 10--55 minute lessons--\$120					
Location	Day	Time	Code	Begin	\$
SpHillREC	Sa	9am	3E5.MTOJ	6/24	4MA
SpHillREC	T	7pm	3E5.S71S	6/27	4MA
SpHillREC	W	7pm	3E5.230C	6/28	4MA

Shotokan Japanese Karate-All Levels

(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--\$120					
Location	Day	Time	Code	Begin	\$
SpHillREC	Sa	8am	481.CL68	6/24	4MA
SpHillREC	M	7pm	481.O2AN	6/26	4MA

Traditional Karate Uechi-Ryu

Success by complete discipline, physical defense, high personal standards, respect for others, positive attitude, confidence, leadership and control.

3MA 8--55 minute lessons--\$97					
4MA 10--55 minute lessons--\$120					
4MJ 12--1 hour 25 minute lessons--\$215					
Location	Day	Time	Code	Begin	\$
(6-Adult)					
OakMarREC	Sa	4pm	9CF.VIJW	6/24	3MA
OakMarREC	Su	2pm	9CF.YGEO	6/25	3MA
SoRunREC	Sa	10:10am	9CF.QZFO	6/24	3MA
(13-Adult)					
CubRunREC	Th	7pm	889.D169	6/29	4MA
OakMarREC	W	7:30pm	889.CHDJ	6/28	3MA
SoRunREC	Th	6:30pm	889.OKKY	6/29	3MA
Waynewd ES	M/W	7:30pm	889.39MG	6/26	4MJ

Kendo

(13-Adult) Traditional art of Japanese fencing using a bamboo sword-shinai. Supply fee of \$35 payable at first class.

4MA 10--55 minute lessons--\$120					
Location	Day	Time	Code	Begin	\$
FranconiaRec	F	7pm	48C.JHJ6	6/23	4MA

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--\$120					
Location	Day	Time	Code	Begin	\$
SpHillREC	T	7pm	9DF.NSHP	6/20	4MA
SpHillREC	Th	7pm	9DF.3CAU	6/22	4MA
SpHillREC	Sa	10am	9DF.2F8Q	6/24	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--\$120					
Location	Day	Time	Code	Begin	\$
SpHillREC	T	7pm	CA6.A8E5	6/20	4MA
SpHillREC	Th	7pm	CA6.WZHS	6/22	4MA
SpHillREC	Sa	9am	CA6.FB3B	6/24	4MA

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.

4MA 10--55 minute lessons--\$120					
Location	Day	Time	Code	Begin	\$
SpHillREC	Sa	8am	9TG.EIIP	6/24	4MA

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--\$120					
Location	Day	Time	Code	Begin	\$
SpHillREC	Th	8pm	8K6.79IP	6/22	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.

3MB 8--1 hour 25 minute lessons--\$144					
4MB 10--1 hour 25 minute lessons--\$180					
Location	Day	Time	Code	Begin	\$
FranconiaRec	Sa	11am	6B2.9U4J	6/17	4MB
SoRunREC	Th	7pm	6B2.W3EU	6/29	3MB

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).

3MB 8--1 hour 25 minute lessons--\$144					
Location	Day	Time	Code	Begin	\$
CubRunREC	Th	7pm	MLJ.WJ7E	6/27	3MB

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--\$97					
CMVF 8--45 minute lessons--\$85					
DMVF 10--45 minute lessons--\$106					
Location	Day	Time	Code	Begin	\$
(6-12 yrs.)					
BIKBltFFX	M	5:30pm	6MJ.KW05	6/19	DMVF
BIKBltFFX	T	5:30pm	6MJ.J9DA	6/20	DMVF
BIKBltFFX	W	5:30pm	6MJ.AXOF	6/21	DMVF
BIKBltFFX	Th	5:30pm	6MJ.08ZF	6/22	DMVF
BIKBltFFX	F	4:45pm	6MJ.S5G9	6/23	DMVF
JRheeFlsCh	T	5:15pm	6MJ.ROUY	6/13	CMVF
JRheeFlsCh	W	6pm	6MJ.2X16	6/14	CMVF
JRheeFlsCh	F	5:15pm	6MJ.1WUM	6/16	CMVF
LdbyExFrOks	T	4:30pm	6MJ.NB51	6/13	DMVF
LdbyExFrOks	W	6pm	6MJ.009QJ	6/14	DMVF
LdbyExFrOks	Th	4:30pm	6MJ.805V	6/15	DMVF
LdbyExFrOks	F	5:15pm	6MJ.K34F	6/16	DMVF
SoRunREC	Sa	12pm	6MJ.TSVZ	6/24	CMVF
(6-Adult)					
CubRunREC	Su	11am	31F.1KP3	6/25	3MA
CubRunREC	W	7pm	31F.B8QZ	6/28	3MA
Frying Pan Pk	Th	6pm	31F.LSVM	6/15	3MA
LdbyExFrOks	Sa	12:15pm	BAZ.LQ2S	6/17	DMVF
(13-Adult)					
BIKBltFFX	T	7:45pm	FM7.3378	6/20	DMVF
BIKBltFFX	Th	7:45pm	FM7.YLAR	6/22	DMVF
LdbyExFrOks	T	8:30pm	FM7.3R5G	6/13	DMVF
LdbyExFrOks	W	6:45pm	FM7.PYW6	6/14	DMVF
LdbyExFrOks	F	6:45pm	FM7.VX9X	6/16	DMVF
LdbyFrOks	Th	8:30pm	FM7.24RU	6/15	DMVF

Tae Kwon Do II

(6-Adult) Prerequisite: Tae Kwon Do I or equivalent.

3MA 8--55 minute lessons--\$97					
Location	Day	Time	Code	Begin	\$
CubRunREC	Su	12pm	2B9.ZAQP	6/25	3MA

Shoshinkan Martial Arts

(13-Adult) Learn principles, techniques and self-defense applications of traditional Karate, Kobudo (weapons) and Jujitsu.

3MB 8--1 hour 25 minute lessons--\$144					
Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Su	4:30pm	ESD.LAMT	6/25	3MB
Wkfld/Moore	Th	6:30pm	ESD.IN20	6/29	3MB

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.

CMVA 6--55 minute lessons--\$91					
Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Th	7pm	UBC.EHQH	6/29	CMVA
SoRunREC	Sa	4pm	UBC.VOWL	6/17	CMVA

Qualified instructors needed to teach children's classes

Contact Jennifer Braun 703-324-5540 or e-mail instructors@fairfaxcounty.gov.



Nature

Burke Lake Park



7315 Ox Road, Fairfax Station, Va.
703-323-6600
www.fairfaxcounty.gov/parks/burkelake

Burke Lake Park is over 800 acres and home to the largest lake in Fairfax County. This lake is around 218 acres and hosts a wild variety of wildlife. Surrounding the lake is an Oak-Hickory forest which includes streams, meadows and vernal pools. All these unique habitats are a great resource for our nature programs. Park grounds are open dawn till dusk daily.

Child and Parent Programs

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. Children must be accompanied by an adult.

1--1 hour program

Location	Day	Time	Code	Date	\$
Burke Lake Pk	Sa	10am	7YG.S1RA	7/29	\$10/child

Family/All Ages

Summer Sun Hike and Craft

(4-Adult) Hike through the summer woods to learn some useful tips for identifying summer trees. A fun summer-themed craft completes the class. Children must be accompanied by a registered adult.

1--1 hour program

Location	Day	Time	Code	Date	\$
Burke Lake Pk	Sa	2pm	FT1.SRRT	6/3	\$8/ea.
Burke Lake Pk	Su	1pm	FT1.IGEG	8/6	\$8/ea.

Lake Life

(2-Adult) Meet a naturalist and explore the lake. Bring old shoes that can get wet and muddy. 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	\$
Burke Lake Pk	Su	2pm	ARL.OC5	6/4	\$8/ea.
Burke Lake Pk	Sa	10am	ARL.SBIY	7/8	\$8/ea.
Burke Lake Pk	Su	10am	ARL.VDYK	8/6	\$8/ea.

Weeds - Friends or Foes?

(4-Adult) There are many plants that we consider weeds that are essential to our native wildlife. Join a naturalist in learning the difference between helpful and harmful plants in nature and our own gardens. Children must be accompanied by a registered adult.

1--1 hour program

Location	Day	Time	Code	Date	\$
Burke Lake Pk	Su	10am	N08.IGG1	6/11	\$8/ea.

Planting for Life

(4-Adult) All living things rely on the oxygen that plants give us, so what would happen if all plant life were to disappear? Join a naturalist in exploring these questions about how essential plants are not just in our own survival, but in all living things. Finish the class by planting your own native plant to take home. Children must be accompanied by a registered adult.

1--1 hour program

Location	Day	Time	Code	Date	\$
Burke Lake Pk	Su	1pm	5F1.WDQ1	6/11	\$10/ea.

Born in the Wild Walk

(4-Adult) Walk with a naturalist to learn about how animal parents help keep their babies safe during the summer, as well as the various adaptations these babies have to keep them hidden from predators and other dangers in the wild. Children must be accompanied by a registered adult.

1--1 hour program

Location	Day	Time	Code	Date	\$
Burke Lake Pk	Sa	2pm	X94.XY03	6/17	\$8/ea.

Firefly Walk

(5-Adult) Join us on a magical evening walk in the park to learn about and see the different colors and signal patterns of this fascinating insect.

1--1 hour program

Location	Day	Time	Code	Date	\$
Burke Lake Pk	F	8:30pm	4F1.DU9T	6/23	\$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	\$
Burke Lake Pk	Sa	9am	8Y3.GU76	6/24	\$10/ea.

Life in the Underworld

(4-Adult) Come and explore the "underworld" under fallen logs. Discover what lives under the forest floor; bugs, fungus, and salamanders. 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	\$
Burke Lake Pk	Su	1pm	6JA.YSTX	6/25	\$8/ea.
Burke Lake Pk	Sa	12pm	6JA.IOT8	7/29	\$8/ea.
Burke Lake Pk	Su	12pm	6JA.P043	8/13	\$8/ea.



Bats - Friendly Flyers

(4-Adult) Come join naturalists at for a night of learning about the beauty of our local bats. It's time to clear these flying mammals' good name and understand how helpful they are to humans. The program will involve not only talking about bats, but also looking and listening for nearby bats as well.

1--1 hour program

Location	Day	Time	Code	Date	\$
Burke Lake Pk	F	8pm	N1F.U2JM	7/7	\$8/ea.

Radical Raptors

(5-Adult) Join us to search for signs of raptors and explore what makes them different from other birds.

1--1 hour program

Location	Day	Time	Code	Date	\$
Burke Lake Pk	Su	10am	B0B.2SKC	7/16	\$8/ea.

Owl Walk and Talk

(4-Adult) Enjoy a late afternoon walk to learn why winter is the best time to go owl-ing. Enjoy a story, learn to identify local owl calls, discover why owls are nicknamed flying tigers of the night and enjoy a woodland stroll. Children must be accompanied by an adult who is also registered in the class.

1--1 hour program

Location	Day	Time	Code	Date	\$
Burke Lake Pk	F	8:30pm	7X8.T2BM	7/21	\$8/ea.

Keepin' It Cool Walk

(4-Adult) Hike with a naturalist to better understand what techniques and tools different animals use during the hot summer months. Children must be accompanied by a registered adult.

1--1 hour program

Location	Day	Time	Code	Date	\$
Burke Lake Pk	Su	10am	6FS.VDPK	7/23	\$8/ea.

Colors in Nature

(4-Adult) Discover the rainbows of colors in nature. From flowers to animals, learn how the colors in light give color to everything we see.

1--1 hour program

Location	Day	Time	Code	Date	\$
Burke Lake Pk	Su	10am	NXL.BL7H	7/30	\$8/ea.

Dye It Up!

(5-Adult) Learn to make and use natural dyes to transform white shirts into colorful masterpieces. Please bring your own white t-shirt or other white fabric to the class.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
Burke Lake Pk	Sa	1pm	ZFY.CFHE	8/12	\$12/ea.

Nocturnal Night Hike

(4-Adult) Hike with a naturalist to learn which animals are up at night and how they use their senses to survive the darkness. Children must be accompanied by a registered adult.

1--1 hour program

Location	Day	Time	Code	Date	\$
Burke Lake Pk	F	8pm	PNY.ZYCC	8/18	\$8/ea.

Monarchs - The Mighty Migrants

(3-Adult) Monarch butterflies are essential pollinators in our ecosystem, and they need our help to survive to adulthood. Learn how to identify monarch butterflies throughout their life stages, the plants they need to survive, and the dangers that threaten their survival.

1--1 hour program

Location	Day	Time	Code	Date	\$
Burke Lake Pk	Su	1pm	WOW.9GJL	8/20	\$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	\$
Burke Lake Pk	Sa	10am	3XZ.XGBX	8/26	\$8/ea.

To Build a Fire

(4-Adult) Learn the science and art of building a fire and then test your skill with primitive fire bows and modern fire-making techniques. Use your new skills to roast some s'mores at the end. Children must be accompanied by a registered adult.

1--1 hour program

Location	Day	Time	Code	Date	\$
Burke Lake Pk	Sa	1pm	9DC.F7YV	8/26	\$8/ea.

Campfire Programs

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; hot dogs welcome. Children must be accompanied by a registered adult.

1--1 hour 30 minute campfire

Location	Day	Time	Code	Date	\$
Burke Lake Pk	Sa	8:30pm	395.MV56	6/3	\$10/ea.
Burke Lake Pk	Sa	8:30pm	395.NPYG	7/22	\$10/ea.
Burke Lake Pk	Sa	8pm	395.KGGN	8/26	\$10/ea.

Campfire Saturdays - Summer

(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, and animal presentations. Includes S'mores. Topics vary by date: 6/10 frogs, 7/8 fireflies, 8/5 bats. Children must be accompanied by a registered adult.

1--1 hour 30 minute campfire

Location	Day	Time	Code	Date	\$
Burke Lake Pk	Sa	8pm	NS6.DZJO	6/10	\$10/ea.
Burke Lake Pk	Sa	8pm	NS6.FF2N	7/8	\$10/ea.
Burke Lake Pk	Sa	8pm	NS6.Z9OK	8/5	\$10/ea.

Teen/Adult Programs

Using Technology in Nature

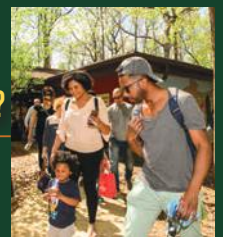
(12-Adult) Learn how to use your phone to enhance your outdoor experiences. Assist in community science and join a bustling community of online scientists and nature enthusiasts.

1--1 hour program

Location	Day	Time	Code	Date	\$
Burke Lake Pk	Sa	1pm	TQN.6D74	8/5	\$8/ea.

LOOKING FOR MORE PROGRAMS AT YOUR FAVORITE NATURE SITES?

Check Events, Gardening, History and Outdoor sections.



All programs and activities will follow current health safety protocols.

Quiet Moments in Nature

(12-Adult) Going on nature walks are not only beneficial for your physical health, but also for your mental health. Clear your mind as you walk with a naturalist through the woods, as you learn what techniques you can use to help repair your mind from the stress of your day-to-day life.

1--1 hour program

Location	Day	Time	Code	Date	\$
Burke Lake Pk	Sa	9am	IXU.G04P	8/12	\$7/ea.

Cub Run Rec Center

**4630 Stonecroft Blvd.
Chantilly, Va 20151
703-817-7081
www.fairfaxcounty.gov/parks/reccenter/cub-run**

Campfire Programs**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. Children must be accompanied by an adult registered in the program.

1--1 hour program

Location	Day	Time	Code	Date	\$
CubRunREC	F	7pm	02D.U8YI	6/23	\$8/ea.

Campfire Fridays

(3-Adult) Join us for an evening campfire the whole family can enjoy. During the program we will explore the wonders of our natural world through nature walks, interactive activities, and/or animal presentations. Includes S'mores. Topics vary by date. Children must be accompanied by a registered adult.

1--1 hour 30 minute campfire

Location	Day	Time	Code	Date	\$
CubRunREC	F	7pm	7DY.JQ3V	7/7	\$10/ea.
CubRunREC	F	7pm	7DY.1GL1	8/18	\$10/ea.

Teen/Adult Programs**Environmental Ethics Discussion**

(16-Adult) Learn about extinction with a naturalist and then discuss with your peers the ethical implications, stakeholders, and real-world scenarios.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
CubRunREC	F	7pm	IMW.OH01	6/9	\$9/ea.

Ellanor C. Lawrence Park and Walney Visitor Center

**5040 Walney Rd., Chantilly, Va.
703-631-0013
www.fairfaxcounty.gov/parks/ecL**

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:

- Dairy historic foundation
- Spring house
- Icehouse historic foundation
- Smokehouse
- Gardens
- Meadow and pond
- Woodland trails
- Kid-friendly red wagon sandboxes

Hours and Admission

Open Monday, Wednesday-Friday 9 a.m.-5 p.m. and Saturday-Sunday 12-5 p.m. (closed Tuesdays). Programs meet at the Walney Visitor Center unless otherwise noted. Grounds open dawn to dusk.

Child and Parent Programs**Toddler Take Over**

(1-4 yrs.) Get moving with your toddler as we explore the park with their senses. Each month we will make/taste, dance/walk, sing/tell stories. Seasonally based activities.

1--45 minute program

Location	Day	Time	Code	Date	\$
ECLawncPk	W	10am	754.3432	6/7	\$10/child
ECLawncPk	W	10am	754.QNU5	7/12	\$10/child
ECLawncPk	W	10am	754.TDHV	8/9	\$10/child

Family/All Ages**Pond Life**

(4-Adult) Join us as we search tadpoles, dragonfly nymphs, and water scorpions to catch and release. Learn about how they reflect the health of the pond. Meets at Walney Pond. Children must be accompanied by an adult registered in the program.

1--1 hour program

Location	Day	Time	Code	Date	\$
ECLawncPk	Su	9:30am	87B.5PQH	6/11	\$8/ea.
ECLawncPk	Su	10am	87B.C6VW	7/23	\$8/ea.

Creek Adventure Wagon Ride

(2-Adult) Explore Rocky Run Stream Valley by wagon and by wading in to learn about the creatures that live in the stream.

1--1 hour program

Location	Day	Time	Code	Date	\$
ECLawncPk	Sa	6pm	4D2.RIN3	6/17	\$10/ea.
ECLawncPk	Sa	7:30pm	4D2.JDZ9	6/17	\$10/ea.
ECLawncPk	F	6pm	4D2.R635	7/14	\$10/ea.
ECLawncPk	F	7:30pm	4D2.8Y4U	7/14	\$10/ea.
ECLawncPk	Su	6pm	4D2.QENJ	8/13	\$10/ea.
ECLawncPk	Su	7:30pm	4D2.UPUJ	8/13	\$10/ea.

The Buzz on Bees

(6-Adult) Buzz through the ins and outs of a bee colony. Learn about the park's history of bees, how colonies thrive and grow and watch as we open the bee boxes. End the fun evening with a sweet taste of honey.

1--1 hour program

Location	Day	Time	Code	Date	\$
ECLawncPk	W	6:30pm	6AF.F1MG	6/21	\$8/ea.

Fairfax Poet Laureate - Pride Month Poetry

(4-Adult) Hosted by ArtsFairfax and the Fairfax Poet Laureate, come celebrate a new poetry series called "Poetry in the Parks." For this event in this series, a poetry reading will be held during Pride Month featuring poems of some of the region's most prominent LGBTQ+ poets including Malik Thompson, Sunu Chandy, Holly Mason, and Kim Roberts.

1--Free Program

Location	Day	Time	Code	Date	\$
ECLawncPk	Sa	3pm	HL4.8048	6/24	Free

Fireflies in the Meadow

(4-Adult) Join us at Cabell's Mill to enjoy an evening of fireflies. Bring a plastic jar with a lid to catch and release. Children must be accompanied by a registered adult.

1--1 hour program

Location	Day	Time	Code	Date	\$
ECLawncPk	Sa	8:30pm	327.9WW4	6/24	\$8/ea.
ECLawncPk	Sa	8:30pm	327.3AWV	7/8	\$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. Learn stream monitoring techniques and the impacts humans have on these fragile ecosystems. Meets at the pond.

1--1 hour program

Location	Day	Time	Code	Date	\$
ECLawncPk	Su	6pm	CC5.0GBQ	7/9	\$8/ea.
ECLawncPk	Su	10am	CC5.2Z5Q	8/13	\$8/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. Meets at the pond.

1--1 hour program

Location	Day	Time	Code	Date	\$
ECLawncPk	Su	6pm	7A8.19DX	8/20	\$8/ea.

Dragons and Damsels at the Pond

(4-Adult) In the summer, dragonflies and damselflies dart above the surface of Walney Pond. Learn myths and facts about these beautiful insects. Discover their secret lives under the water. Meets at the pond.

1--1 hour program

Location	Day	Time	Code	Date	\$
ECLawncPk	Sa	10am	506.DP3L	8/26	\$8/ea.

Campfire Programs

Frog Karaoke Campfire

(4-Adult) Bring your best frog voice as you learn about our native frogs while enjoying refreshments at a campfire. Hop along with a naturalist to our pond to sing with the chorus.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
ECLawncPk	F	7:30pm	82E.M014	6/9	\$10/ea.
ECLawncPk	Sa	7:30pm	82E.90G3	7/29	\$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. Children must be accompanied by an adult registered in the program.

1--1 hour program

Location	Day	Time	Code	Date	\$
ECLawncPk	Sa	8:30pm	02D.BA7X	8/5	\$8/ea.



Hidden Oaks Nature Center



7701 Royce Street, Annandale, Va. 22003
703-941-1065

www.fairfaxcounty.gov/parks/hiddenoaks/

Located in Annandale District Park, the newly renovated and expanded 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
- By-request programs
- 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.

Hours and Admission

Open Monday, Wednesday-Friday, 9 a.m.-5 p.m. and Saturday-Sunday 12-5 p.m. (closed Tuesdays). Grounds open dawn to dusk.

Child and Parent Programs

Water Critters

(4-8 yrs.) Explore the wet world at the nature center with a visit to our creek and pond. Meet a live turtle and toad. Wear close-toed shoes that can get wet. One adult per registered child only please.

1--1 hour program

Location	Day	Time	Code	Date	\$
HiddenOaks	Th	10am	779.1P80	6/1	\$10/child

Animal Dads

(2-6 yrs.) Pretend to be a penguin, wolf and beaver dad as you learn about these doting fathers. Meet live animals and make a craft for your favorite father/grandfather. Child must be accompanied by an adult.

1--45 minute program

Location	Day	Time	Code	Date	\$
HiddenOaks	Su	1pm	AA5.NAAT	6/18	\$10/child

Toddler Time - Terrific Turtles

(2-4 yrs.) Explore nature through outdoor activities and meet one of our turtles. Children must be accompanied by an adult.

1--45 minute program

Location	Day	Time	Code	Date	\$
HiddenOaks	F	10:30am	995.X70U	7/7	\$10/child
HiddenOaks	Sa	10am	995.EI2K	7/15	\$10/child

Animals Underground

(2-5 yrs.) Dig down deep and investigate who lives in the dark, damp world under the forest floor as we learn about moles, earthworms, termites and the many other creatures of the soil. Children must be accompanied by an adult.

1--45 minute program

Location	Day	Time	Code	Date	\$
HiddenOaks	Su	3pm	213.DT05	7/16	\$10/child
HiddenOaks	Su	4:15pm	213.E91A	7/16	\$10/child

Duck, Duck, Goose

(2-5 yrs.) Waddle on over to learn about our feathered friends. Honk like a goose, quack like a duck and find Mrs. Goose's lost eggs. Children must be accompanied by an adult.

1--45 minute program

Location	Day	Time	Code	Date	\$
HiddenOaks	Sa	4pm	DE5.X2U4	7/29	\$10/child

Walk, Waddle and Wiggle

(2-5 yrs.) Animals move in fascinating ways. Walk, waddle or wiggle on over to enjoy activities and try out some animal locomotion. Children must be accompanied by an adult.

1--45 minute program

Location	Day	Time	Code	Date	\$
HiddenOaks	Sa	10am	EA5.NCCB	8/5	\$10/child

Animal Sounds

(3-6 yrs.) Do frogs really say "ribbit" and birds call "tweet"? Learn the real sounds of local species and see how good you are at recognizing animal calls. Outdoor program. Only one adult per registered child may attend.

1--45 minute program

Location	Day	Time	Code	Date	\$
HiddenOaks	Su	4pm	SIL.LXV2	8/13	\$10/child

Animal Crackers and Me

(3-8 yrs.) Learn about animal adaptations while you munch on cookies and lemonade. Enjoy a story, craft and trail activity along a short hike.

1--45 minute program

Location	Day	Time	Code	Date	\$
HiddenOaks	Su	1pm	BDF.QE4K	8/20	\$10/child
HiddenOaks	Su	3pm	BDF.2BOM	8/20	\$10/child

Children's Programs

Bubble Science

(5-12 yrs.) You may have enjoyed making bubbles before, but have you ever been inside one? Explore this and more as you learn about the science of bubbles in this interactive class.

1--1 hour program

Location	Day	Time	Code	Date	\$
HiddenOaks	Sa	1pm	SS8.08KB	6/17	\$10/child

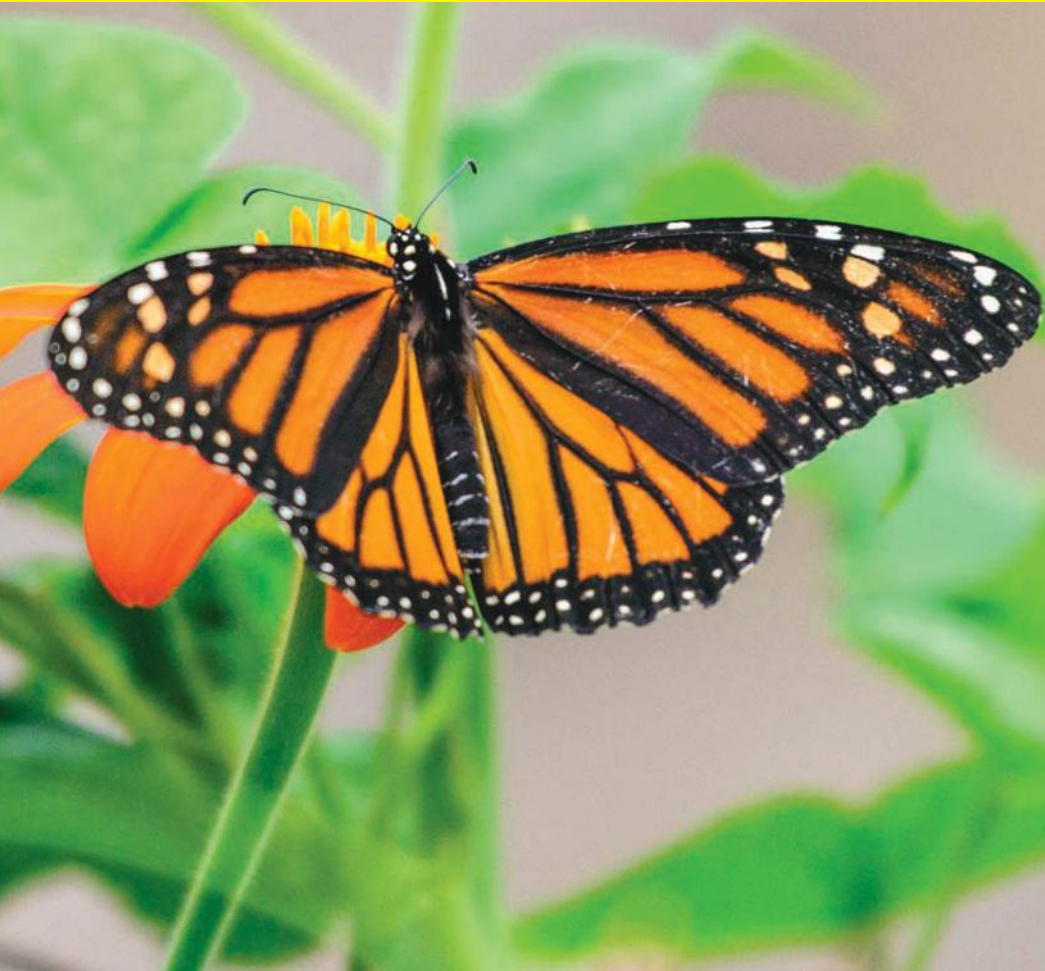
Family/All Ages

Enrich your parks!



Learn more at www.fairfaxparkfoundation.org

All programs and activities will follow current health safety protocols.



Animal Habitat Hunt & Explore

(3-Adult) Meet at the woodland wildlife tree sculpture to join a guided hike to find where animals live in the woodland. Meet live animals and find out how the forest is a habitat for many creatures. Registration required for children and adults.

1--1 hour program

Location	Day	Time	Code	Date	\$
HiddenOaks	F	11am	TUD.W219	6/2	\$8/ea.

Goodnight Walk - Frogs

(3-Adult) Look for frogs in the pond and meet different species of frogs. Make a craft and enjoy a night hike with a naturalist. Children must be accompanied by an adult registered in the program.

1--1 hour program

Location	Day	Time	Code	Date	\$
HiddenOaks	F	7pm	6SQ.BX6L	6/2	\$8/ea.

Scavenger Hunt - Pond or Stream?

(All Ages) Develop a deeper appreciation of nature as you practice new ways of seeing the world. After a short program at the woodland wildlife tree sculpture, join a naturalist for a scavenger hunt to find natural features and animals in wet habitats. Every child or family receives a hunt to complete. Children must be accompanied by an adult registered in the program.

1--1 hour program

Location	Day	Time	Code	Date	\$
HiddenOaks	Su	1pm	7J9.7750	6/4	\$8/ea.

Ladybugs - Fierce or Friendly?

(2-Adult) Most cultures view ladybugs as symbols of good fortune. To some creatures, ladybugs are ferocious predators. Which is right? Learn of the lore as you meet, greet and release ladybugs. Children must be accompanied by an adult registered in the program.

1--1 hour program

Location	Day	Time	Code	Date	\$
HiddenOaks	Sa	1pm	V6L.QNYQ	6/10	\$8/ea.

Mesozoic Dinosaur Hike

(4-Adult) Join a naturalist along the 1/3 mile Old Oak Trail. Learn what plants and animals would have shared their world with dinosaurs. End your adventure in Nature Playce to see how you measure up to dinosaurs. Registration required for children and adults.

1--1 hour program

Location	Day	Time	Code	Date	\$
HiddenOaks	Su	11am	09S.6CJ3	6/11	\$8/ea.

Goodnight Walk - Bats

(3-Adult) Search the skies for native bats. Learn about these important insectivores through a walk and talk, craft and viewing specimens. Children must be accompanied by an adult who is registered in the program.

1--1 hour program

Location	Day	Time	Code	Date	\$
HiddenOaks	Sa	8pm	9SG.XFUS	6/17	\$8/ea.

Fireflies - Fierce or Friendly?

(2-Adult) Catching and releasing fireflies is part of the magic of summer. Learn how fireflies create light and why they glow. The evening includes making a craft. Meet at the Annandale Community Park picnic shelter. Children must be accompanied by an adult registered in the program. Bring a container for catching and releasing fireflies.

1--1 hour program

Location	Day	Time	Code	Date	\$
HiddenOaks	Sa	7:45pm	FEK.P9AM	6/24	\$8/ea.

Goodnight Walk - Owls

(3-Adult) Learn to recognize the calls and features of local owls. Enjoy a night hike with a naturalist and make a craft. Children must be accompanied by an adult registered in the program.

1--1 hour program

Location	Day	Time	Code	Date	\$
HiddenOaks	Sa	7pm	N40.36UR	8/12	\$8/ea.

Monarch & More

(4-Adult) Discover their 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	Sa	1pm	1CF.RMFZ	8/26	\$8/ea.
HiddenOaks	Su	1pm	1CF.16XE	8/27	\$8/ea.

Campfire Programs

Summer Solstice Campfire

(6-Adult) Come celebrate the longest day of the year when the earth wears a green cloak. Learn to separate fact and fiction regarding midsummer and its celestial events. Head out on a hike as we wait for the sun to set and enjoy roasting marshmallows around a campfire. Minimum age to attend is 6 yrs.

1--1 hour program

Location	Day	Time	Code	Date	\$
HiddenOaks	W	7:30pm	1AC.SN64	6/21	\$8/ea.

Bat Fest and Find Campfire

(4-Adult) Join a naturalist for a night hike to search for bats with a sonar detector and learn about bat adaptations. Children will enjoy bat crafts while adults learn more about local bat species and white nose syndrome. End the night with a campfire, s'mores and the legend of how bats came to be. Children must be accompanied by an adult who is also registered in this program. Not appropriate for children under the age of 4 yrs.

1--1 hour program

Location	Day	Time	Code	Date	\$
HiddenOaks	Sa	8pm	21F.EA4D	8/19	\$8/ea.

Teen/Adult Programs

Drawing Small Wonders

(16-Adult) Search for small items such as fungus, seeds, flowers, feathers, and bugs on a 30 minute stroll. Then create a nature sampler of several objects from your hike or from our collection. Magnifying lenses and microscopes will be available for use, as well as art supplies such as ink pen, colored pencils or watercolor.

1--2 hour 30 minute program

Location	Day	Time	Code	Date	\$
HiddenOaks	Sa	9am	Y70.XM26	8/19	\$25/ea.

Hidden Pond Nature Center



**8511 Greeley Boulevard, Springfield, Va.
703-451-9588
www.fairfaxcounty.gov/parks/hidden-pond**

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

Hours and Admission

The **Nature Center** is open Monday-Friday, 9 a.m.-5 p.m. (closed on Tuesdays) and Saturday-Sunday, 12-5 p.m. Group programs are available by request. **Park grounds** open dawn to dusk.

Children's Programs

Hidden Pond - A Closer look

(8-12 yrs.) Discover Hidden Pond's natural wonders with a site naturalist. Take a deep dive into your favorite animal, plant, or natural history topic. Get the full run down of each subject from start to finish and then head out into the park to see what we can collect and identify. Long pants and sturdy walking shoes are encouraged.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
HiddenPond	F	5pm	E9B.FQZ4	6/9	\$9/ea.
HiddenPond	F	5pm	E9B.XQ3V	7/7	\$9/ea.
HiddenPond	F	5pm	E9B.MHW3	8/25	\$9/ea.

Family/All Ages

Pond Fest

(3-Adult) Bring the whole family to explore the Pohick Stream Valley. The evening includes a twilight pond and stream study, a swamp walk, fishing and campfire.

1--2 hour program

Location	Day	Time	Code	Date	\$
HiddenPond	Sa	6pm	3DF.F6XB	6/3	\$12/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	5pm	46D.NYJ5	6/14	\$8/ea.
HiddenPond	W	5pm	46D.UB9I	7/19	\$8/ea.
HiddenPond	W	5pm	46D.6J8M	8/30	\$8/ea.

Huntley Meadows Park and Visitor Center



**3701 Lockheed Blvd., Alexandria, Va.
703-768-2525
www.fairfaxcounty.gov/parks/huntley-meadows**

One of Fairfax County Park Authority's largest parks (1,500 acres), Huntley Meadows offers opportunities for some of the best wildlife watching around!

Features include:

- Wetland boardwalk
- Interpretive trail
- Observation platforms
- Visitor Center
- Forests, meadows, streams and ponds
- Auditorium
- Exhibits
- Outdoor classroom

Hours and Admission

Visitor Center open Monday-Friday, 9 a.m.-5 p.m. (closed Tuesday) and weekends, 12-5 p.m. All programs require reservations. Private programs also available upon request. For more information visit the website or call the park directly. **Park grounds** open dawn to dusk.

Family/All Ages

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. Children must be accompanied by a registered adult.

1--2 hour program

Location	Day	Time	Code	Date	\$
HuntMdw	Th	12pm	147.Z0S7	6/1	\$12/ea.
HuntMdw	W	10am	147.R6S9	8/23	\$12/ea.



FCPA Farmers Markets

Buy Fresh, Buy Local . . .
fruits, vegetables,
baked goods, plants,
honey, meat, dairy, eggs
cut flowers, and more.



Catch a Critter!

(4-Adult) Grab a net and join us for a special day with a park scientist to see, touch, and study wetland creatures up close and personal. Use magnifying lenses to study their unique characteristics. This rare opportunity to dip-net in the wetland is possible through the guidance of our park naturalists. Children must be accompanied by a registered adult.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
HuntMdw	F	10am	F81.69F7	6/2	\$10/ea.
HuntMdw	M	10am	F81.HIVA	8/21	\$10/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 beavers, owls and other nocturnal residents. Children must be accompanied by a registered adult.

1--2 hour program

Location	Day	Time	Code	Date	\$
HuntMdw	Sa	8pm	343.J49K	6/10	\$10/ea.

Firefly Walk

(5-Adult) Join us on a magical evening walk in the park to learn about and see the different colors and signal patterns of this fascinating insect. Children must be accompanied by a registered adult.

1--2 hour program

Location	Day	Time	Code	Date	\$
HuntMdw	F	8pm	4F1.8UHM	6/23	\$10/ea.
HuntMdw	Sa	8pm	4F1.BEQR	6/24	\$10/ea.
HuntMdw	F	8pm	4F1.XFBT	6/30	\$10/ea.
HuntMdw	Sa	8pm	4F1.OFF5	7/1	\$10/ea.

All programs and activities will follow current health safety protocols.

Wildlife Walk at Huntley Meadows

(4-Adult) Enjoy a naturalist guided walk through the forested trails and wetland boardwalk. Look and listen for seasonally active wildlife like birds, frogs, turtles, dragonflies, and muskrats. Touch biofacts like turtle shells and snakeskin. Each season brings different wildlife into view. Children must be accompanied by registered adult.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
HuntMdws	M	6pm	65A.N2LL	8/28	\$9/ea.

Sketch Hike Programs

Ancient Plants Sketch Hike

(13-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). A complimentary field sketch book and drawing materials included, courtesy of the RunningBrooke Fund.

1--2 hour program

Location	Day	Time	Code	Date	\$
HuntMdws	Su	1pm	187.22IP	6/4	\$18/ea.

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.7IBL	7/2	\$18/ea.

Adult Programs

Daring Dragonflies

(Adults) Learn about the life cycle, behavior and identification of Huntley's many dragonflies and damselflies. Venture to the wetland to observe these acrobatic fliers in action. Canceled if it rains.

1--2 hour program

Location	Day	Time	Code	Date	\$
HuntMdws	Su	10am	9F7.H230	8/13	\$10/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	T	8pm	F3C.9VH1	7/11	\$10/ea.
HuntMdws	Sa	8pm	F3C.WCNE	7/29	\$10/ea.
HuntMdws	Sa	7:15pm	F3C.X50G	8/12	\$10/ea.



Lake Accotink Park



7500 Accotink Park Road, Springfield, Va.
703-569-0285
www.fairfaxcounty.gov/parks/accotink

Family/All Ages

Hike with a Naturalist

(8-Adult) Join our park naturalist lead 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 and other plants, Nature Photography, Cultural History, or a scenic destination.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
LkAccontPk	Sa	2pm	XTG.YB6V	6/3	\$8/ea.
LkAccontPk	Sa	1:30pm	XTG.NDWY	6/10	\$8/ea.
LkAccontPk	Sa	5pm	XTG.VFOO	8/19	\$8/ea.

Bats Class

(7-Adult) Walk the meadows and forest edges to see bats feeding on insects. Use a bat detector to hear echo-location. 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	\$
LkAccontPk	Sa	8:30pm	COE.EQP9	6/3	\$8/ea.

Firefly Walk

(5-Adult) Join us on a magical evening walk in the park to learn about and see the different colors and signal patterns of this fascinating insect.

1--1 hour program

Location	Day	Time	Code	Date	\$
LkAccontPk	Sa	8:30pm	4F1.NZDL	6/10	\$8/ea.

Beginning Birdwatching & More

(4-Adult) Borrow child or adult binoculars (sanitized) for a view of outdoor bird feeding stations. Learn identification tips by sight and sound and how to make your yard more attractive to preferred species. Registration required for children and adults.

1--1 hour program

Location	Day	Time	Code	Date	\$
LkAccontPk	Sa	8:30am	MY4.XWH5	6/17	\$8/ea.
LkAccontPk	Sa	8:30am	MY4.OIVG	7/8	\$8/ea.
LkAccontPk	Sa	8:30am	MY4.HAKG	8/5	\$8/ea.

Fungus Among Us

(4-Adult) Get down and dirty with a naturalist and see how another kingdom lives! Investigate how common decomposers survive and thrive in our own woods.

1--1 hour program

Location	Day	Time	Code	Date	\$
LkAccontPk	Sa	2pm	EFB.T10E	6/17	\$8/ea.
LkAccontPk	Sa	2pm	EFB.K8XZ	7/8	\$8/ea.
LkAccontPk	Sa	2pm	EFB.4RMV	8/5	\$8/ea.

Lake Life

(2-Adult) Meet a naturalist and explore the lake. Bring old shoes that can get 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	\$
LkAccontPk	Sa	12:30pm	ARL.XNW2	7/8	\$8/ea.
LkAccontPk	Sa	12:30pm	ARL.OCYN	8/5	\$8/ea.

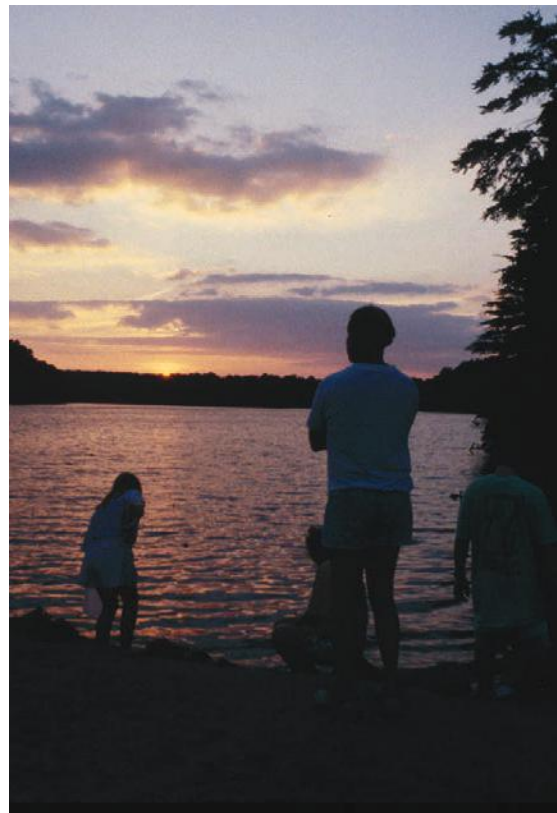
Campfire Programs

Campfire Fridays

(3-Adult) Join us for an evening campfire with the whole family. Explore the wonders of our natural world through nature walks, interactive activities, and animal presentations. Includes S'mores. Topics vary by date. Children must be accompanied by a registered adult.

1--1 hour campfire

Location	Day	Time	Code	Date	\$
LkAccontPk	F	8pm	546.ZL69	6/2	\$8/ea.
LkAccontPk	F	8pm	546.YR2E	6/16	\$8/ea.
LkAccontPk	F	8pm	546.4NQ6	6/30	\$8/ea.
LkAccontPk	F	8pm	546.KIBK	7/14	\$8/ea.
LkAccontPk	F	8pm	546.OA3L	7/28	\$8/ea.
LkAccontPk	F	8pm	546.9XG5	8/4	\$8/ea.
LkAccontPk	F	8pm	546.FUYS	8/11	\$8/ea.
LkAccontPk	F	8pm	546.SEF9	8/25	\$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	\$
LkAccontPk	Sa	4pm	TQN.08UJ	6/3	\$8/ea.
LkAccontPk	Sa	12:30pm	TQN.8ZT8	6/17	\$8/ea.

Lake Fairfax Park



1400 Lake Fairfax Drive, Reston, Va.
703-471-5415

www.fairfaxcounty.gov/parks/lakefairfax

Lake Fairfax Park is a 476-acre park, boasting fully wooded campsites surrounded by more than five miles of trails. The 18-acre lake is home to many species of waterfowl, fish, and reptiles. The lake is surrounded by a forest. The unique habitats around the lake provide resources for nature programs and is a popular spot to learn about wildlife

Family/All Ages

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 and other plants, Nature Photography, Cultural History, or a scenic destination.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
LkFairfaxPk	Sa	10am	XTG.9E14	6/3	\$8/ea.
LkFairfaxPk	Sa	2pm	XTG.54VU	7/15	\$8/ea.
LkFairfaxPk	Su	1pm	XTG.57Y4	7/23	\$8/ea.

Bats Class

(7-Adult) Walk the meadows and forest edges to see bats feeding on insects. Use a bat detector to hear echo-location. 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	\$
LkFairfaxPk	F	8pm	COE.JGCL	6/9	\$8/ea.
LkFairfaxPk	F	8:15pm	COE.9BU9	7/14	\$8/ea.

Firefly Walk

(5-Adult) Join us on a magical evening walk in the park to learn about and see the different colors and signal patterns of this fascinating insect.

1--1 hour program

Location	Day	Time	Code	Date	\$
LkFairfaxPk	Sa	8pm	4F1.LE2U	6/17	\$8/ea.

Frogs, Toads and Salamanders at the Lake

(3-Adult) Explore the lake for signs of frogs, toads, and salamanders. Hike the trail and make a craft. Program is outdoors. Child must be accompanied by an adult also registered in this program.

1--1 hour program

Location	Day	Time	Code	Date	\$
LkFairfaxPk	Su	1pm	466.S1FA	6/11	\$8/ea.

Super Spiders!

(4-Adult) Learn about the world of spiders, and how some live in water, some on land and some even fly. Join us on an adventure searching for spiders in the woods and fields.

1--1 hour program

Location	Day	Time	Code	Date	\$
LkFairfaxPk	Sa	2pm	BJ2.QA3K	6/17	\$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	\$
LkFairfaxPk	Su	1pm	ARL.CYSG	6/18	\$8/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	\$
LkFairfaxPk	Su	11am	6JA.Y1L8	7/16	\$8/ea.

Campfire Programs

Night Hike and S'mores Campfire

(4-Adult) Enjoy a naturalist-led walk through the forest to listen for nocturnal animals and to look for evidence of wildlife. End your hike at our campfire and make s'mores. Children must be accompanied by an adult registered in the program.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
LkFairfaxPk	Sa	7:30pm	F6C.79G9	6/3	\$12/ea.
LkFairfaxPk	Sa	7:30pm	F6C.L8EA	7/8	\$12/ea.
LkFairfaxPk	Sa	7:30pm	F6C.7XMC	7/22	\$12/ea.
LkFairfaxPk	Sa	7:30pm	F6C.5A0Y	8/5	\$12/ea.

Turner Farm Park



925 Springvale Road
Great Falls, Va. 22066
www.fairfaxcounty.gov/parks/turner-farm

Fairfax Poet Laureate - Poetry Beneath the Stars

(8-Adult) Hosted by ArtsFairfax and the Fairfax Poet Laureate, come celebrate a new poetry series called "Poetry in the Parks." Write a poem while gazing at the night sky to see if you can find a shooting star! During this event in the series you will be asked to dig deep and contemplate the cosmos through poetic form. Examples of star-gazing poetry and writing prompts will be provided. This event will include telescope viewing in the Roll Top Observatory, weather permitting.

1--Free Program

Location	Day	Time	Code	Date	\$
TurnerFarmPk	Sa	7:30pm	OAH.6YQ0	8/19	Free

Outdoor Recreation



Burke Lake Park

7315 Ox Road
Fairfax Station, Va. 22039
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, Va. 22150
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

- Boating
- Fishing (*Va. fishing license required*)
- Trails
- Picnic areas with grills
- Bike rentals
- Kayak and pedal boat rentals
- Playground
- Mini Golf
- Carousel

reserved by calling 703-324-8732. Sailboats, gasoline 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, Va. 20190
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
- Carousel
- Boat rentals
- Water Mine Family Swimmin' Hole

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, Va. 22066
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.

4BCA 1--1 hour 30 minute program--\$12
FEE H 1--3 hour program--\$19

Location	Day	Time	Code	Date	\$
Burke Lake Pk	Sa	7am	A4F.MSLM	6/17	4BCA
Burke Lake Pk	Su	9am	A4F.29UA	7/9	4BCA
HuntMdw	Su	8am	A4F.LAF6	6/18	FEE H

Birding by Kayak-Single

(13-Adult) Enjoy a naturalist-led birding trip by kayak. Park Authority lakes are home to more than 100 species of birds and holds many unique habitats. See how these small vessels can provide a closer look into the world of birds. Travel in a one-person kayak.

3BE 1--2 hour lesson--\$43

Location	Day	Time	Code	Date	\$
LkAccotnkPk	Su	8am	218.5RRC	6/4	3BE
LkAccotnkPk	Su	8am	218.GX30	8/27	3BE

Boating Programs

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.

3BE 1--2 hour lesson--\$43

Location	Day	Time	Code	Date	\$
LkFairfaxPk	Sa	10am	16A.6LWK	6/10	3BE
LkFairfaxPk	Su	10am	16A.JSCO	6/18	3BE
LkFairfaxPk	Sa	9am	16A.Z4ND	7/8	3BE
LkFairfaxPk	Su	9am	16A.WYEO	7/23	3BE





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 right now. Single kayaks and all equipment provided

3BE 1--2 hour lesson--\$43

Location	Day	Time	Code	Date	\$
LkAccontPk	Sa	5:30pm	YCJ.WWZE	6/3	3BE
LkAccontPk	Sa	5:30pm	YCJ.5BKF	6/10	3BE
LkFairfaxPk	Su	10am	YCJ.MDXH	6/11	3BE
LkAccontPk	Sa	10am	YCJ.NPRJ	6/17	3BE
Burke Lake Pk	Sa	10:30am	YCJ.ZWSI	6/17	3BE
LkAccontPk	Sa	10am	YCJ.782W	7/8	3BE
LkFairfaxPk	Su	9am	YCJ.2QJQ	7/9	3BE
Burke Lake Pk	Sa	10:30am	YCJ.PQTB	7/9	3BE
LkFairfaxPk	Sa	4:30pm	YCJ.XFRV	7/22	3BE
LkAccontPk	Sa	10am	YCJ.VPQE	8/5	3BE

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. Single kayaks and all equipment provided.

3BE 1--2 hour lesson--\$43

Location	Day	Time	Code	Date	\$
Burke Lake Pk	F	7:30pm	CA1.G0BA	6/9	3BE
LkFairfaxPk	Sa	7pm	CA1.AMBW	6/10	3BE
Burke Lake Pk	F	7:30pm	CA1.WD7J	7/14	3BE
LkFairfaxPk	Su	6:30pm	CA1.8KNS	8/6	3BE
LkAccontPk	Sa	7pm	CA1.W4J2	8/19	3BE
Burke Lake Pk	F	7:30pm	CA1.U65N	8/25	3BE

Twilight by Kayak - Perseid Meteor Shower

(12-Adult) You can see so many stars from the lake! Catch a glimpse of the Perseid Meteor Shower as it begins at dusk. A Naturalist will guide you as you paddle across the lake.

3BE 1--2 hour lesson--\$43

Location	Day	Time	Code	Date	\$
Burke Lake Pk	Sa	8pm	YVM.UIRF	8/12	3BE

Camping Programs

Introduction to Camping

(Adults) Camping is a wonderful way to get outdoors and explore nature. This class will inform you of safe practices in the wild, what gear to bring for short and long trips, and how to make sure that you are prepared for anything when you go camping.

4B5 1--2 hour lesson--\$12

Location	Day	Time	Code	Date	\$
Burke Lake Pk	Su	10am	514.FFFI	6/4	4B5

Family Campout

(5-Adult) Burke Lake Park is the perfect setting for a family campout and we're making it even better. Join us for planned events such as a campground orientation, guided nature programs and hike, DIY campfire and s'more supplies, and fishing. All the programs above and one campsite with one bundle of wood is included with each registration. Program starts at 2 p.m. on Saturday and ends at 11 a.m. on Sunday. One registration per family.

DNAA 1--family reservation--\$102

Location	Day	Time	Code	Date	\$
Burke Lake Pk	Sa/Su	2pm	9C3.S5EN	6/24	DNAA
Burke Lake Pk	Sa/Su	2pm	9C3.YGD5	8/19	DNAA

Fishing Programs

Fishing for Parent and Child

(5-Adult) Learn how to fish together. This introductory course starts you with the basics including how to rig and use a fishing rod, safety, environmental awareness and fishing. Rod and bait will be provided. Each person must register. Participants 16 and older must have valid Virginia fishing license.

4BCA 1--1 hour 30 minute program--\$12

Location	Day	Time	Code	Date	\$
LkFairfaxPk	Su	10am	BC9.FIZL	6/4	4BCA
LkFairfaxPk	Sa	1pm	BC9.W1XC	6/10	4BCA
LkAccontPk	Sa	3:30pm	BC9.Y868	6/10	4BCA
LkFairfaxPk	Su	3:30pm	BC9.UZ41	6/25	4BCA
LkFairfaxPk	Su	9am	BC9.1IRE	7/16	4BCA
LkAccontPk	Sa	3pm	BC9.OQXG	8/19	4BCA

Family Fishing

(5-Adult) Come out and enjoy some guided fishing with a park naturalist at Burke Lake Park. Program meeting location will be emailed to registered participants a day before the program date. Equipment and bait provided.

4BCA 1--1 hour 30 minute program--\$12

Location	Day	Time	Code	Date	\$
Burke Lake Pk	Sa	9am	UMS.7F61	6/10	4BCA
Burke Lake Pk	Sa	9am	UMS.XJ5F	7/15	4BCA
Burke Lake Pk	Su	9am	UMS.QSVP	8/27	4BCA

Family Fishing at Sunset

(4-Adult) Fish like to come up to eat when the water cools after a hot day. Join us for a beginning fishing lesson that might end up as a Fish Dinner! Fishing License required.

4BCA 1--1 hour 30 minute program--\$12

Location	Day	Time	Code	Date	\$
Burke Lake Pk	F	7pm	2E6.ZOAG	6/2	4BCA
Burke Lake Pk	F	7pm	2E6.3GT3	8/11	4BCA

Other Programs

Campfire Cooking

(5-Adult) Join a naturalist and learn about the different ways of cooking between the trees. Stay for a demonstration of different campfire cooking styles.

4B4 1--1 hour program--\$10

Location	Day	Time	Code	Date	\$
LkFairfaxPk	Sa	10am	9SP.LQYR	6/24	4B4
LkFairfaxPk	Sa	10am	9SP.XTXN	7/15	4B4
Burke Lake Pk	Su	1pm	9SP.A9Q2	7/16	4B4

Campfire Skills

(5-Adult) Learn all about building a campfire. Practice starting a fire without matches, and stay for a demonstration.

4B4 1--1 hour program--\$10

Location	Day	Time	Code	Date	\$
LkFairfaxPk	Sa	11:30am	U4B.RQ34	6/24	4B4
LkFairfaxPk	Sa	11:30am	U4B.2EU0	7/15	4B4

Geocaching Workshop

(8-Adult) Students learn to use hand-held Global Positioning System (GPS) units to locate hidden treasure caches within the park. After learning how to enter latitude and longitude coordinates into a GPS, students follow the coordinates to find a hidden object, container or unique geological feature. Bring your own GPS; a limited number are available to borrow from instructor at class.

4NJ 1--2 hour lesson--\$23

Location	Day	Time	Code	Date	\$
LkFairfaxPk	Su	1pm	197.IX20	6/4	4NJ

FREE RENTAL FISHING GEAR

Available Spring '23 at FCPA Parks



Beginning Spring 2023, the Fairfax County Park Authority and Virginia Department of Wildlife Resources with a grant from the Recreational Boating and Fishing Foundation (RBFF) will provide free fishing rods, reels, and tackle (live bait not included) at these four locations:

Burke Lake Park	703-323-6600
Lake Accotink Park	703-569-3464
Lake Fairfax Park	703-471-5414
Riverbend Park	703-759-9018

Rods and tackle will be for day use only and a short survey from VDWR is required for using a free rod. Please call the sites for more details.



All programs and activities will follow current health safety protocols.

Performing Arts

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.

Music Classes

Reading Music for Non-Musicians

(8-Adult) This class introduces students to the world of music and prepares them for playing instruments. Focus is on the basics of music theory, rhythmic patterns and chord charts, as well as reading notes on staff. Supply fee payable to instructor at first class.

CPPA 6--55 minute lessons--\$71

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	12pm	IPO.KKZD	6/24	CPPA

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--\$97

CPPA 6--55 minute lessons--\$71

Location	Day	Time	Code	Begin	\$
(6-10 yrs.)					
CubRunREC	Sa	10am	DFD.7W69	6/24	3PPA
CubRunREC	Su	2pm	DFD.1IX7	6/25	3PPA
Lees Cnr ES	F	10am	DFD.4ZAS	6/30	CPPA
Wkfld/Moore	M	6pm	DFD.OYLU	6/26	3PPA
(10-Adult)					
CubRunREC	Sa	10am	128.V27Q	6/24	3PPA
CubRunREC	Su	2pm	128.TWMY	6/25	3PPA
Lees Cnr ES	F	11:30am	128.BQXM	6/30	CPPA
OakMarREC	Su	4pm	128.T57V	6/25	3PPA
OakMarREC	M	6pm	128.6ABW	6/26	3PPA
SoRunREC	M	5:30pm	128.UIS6	6/26	3PPA
(16-Adult)					
Jackson MS	M	11:30am	1BF.WLKK	6/26	CPPA
Jackson MS	W	11am	1BF.KN3G	6/28	CPPA
ProvREC	W	8pm	1BF.2WJ9	6/28	CPPA
Wkfld/Moore	M	8pm	1BF.MN48	6/26	3PPA



Guitar II

Prerequisite: Guitar I or equivalent.

3PPA 8--55 minute lessons--\$97

CPPA 6--55 minute lessons--\$71

Location	Day	Time	Code	Begin	\$
(6-12 yrs.)					
CubRunREC	Sa	11am	641.DL7C	6/24	3PPA
CubRunREC	Su	3pm	641.QTE3	6/25	3PPA
Lees Cnr ES	F	11am	641.C7B5	6/30	CPPA
Wkfld/Moore	M	7pm	641.18UA	6/26	3PPA
(10-Adult)					
CubRunREC	Sa	11am	030.466T	6/24	3PPA
CubRunREC	Su	3pm	030.53DA	6/25	3PPA
Jackson MS	W	10am	030.0K81	6/28	CPPA
Lees Cnr ES	F	11am	030.Y53V	6/30	CPPA
ProvREC	W	7pm	030.WD5W	6/28	CPPA

LNM Guitar I

(6-12 yrs.) In this Learn Now Music group instruction class, students learn to play, tune and care for their guitar. Supply fee of \$20 for instruments and music is payable to instructor at first class. An equipment rental agreement must be signed at first class.

BPVK 6--55 minute lessons--\$134

CPVK 8--55 minute lessons--\$185

Location	Day	Time	Code	Begin	\$
Bucknell ES	T	7pm	2C2.HR5B	6/20	BPVK
FranconiaRec	F	6pm	2C2.DOJD	6/23	CPVK
OakMarREC	W	6pm	2C2.XEAI	6/28	CPVK
ProvREC	M	7pm	2C2.NY47	6/26	CPVK
SoRunREC	W	7pm	2C2.LRJS	6/28	CPVK
SpHillREC	Th	7pm	2C2.061X	6/29	CPVK

Blues Guitar

(10-Adult) Prerequisite: Guitar I or equivalent, this is not a beginners course. Students should be familiar with and efficient at playing the basic guitar cords. Course introduces some 12-bar blues rock rhythm studies using the E, G and A major scales as well as simple blues concepts. Students expand their guitar playing using a variety of rhythm fills along with the triads, sus, and add9 cords. Students must furnish their own instrument.

3PPA 8--55 minute lessons--\$97

Location	Day	Time	Code	Begin	\$
CubRunREC	Su	1pm	FGZ.3FNU	6/24	3PPA
SoRunREC	M	7pm	FGZ.Y5B0	6/26	3PPA

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.

CPPA 6--55 minute lessons--\$71

Location	Day	Time	Code	Begin	\$
(6-9 yrs.)					
LittleRn ES	Sa	9am	F66.VDEW	6/17	CPPA
(6-12 yrs.)					
LittleRn ES	Sa	10am	69C.JZHK	6/17	CPPA
(16-Adult)					
Jackson MS	Th	11am	NK6.VOWQ	6/29	CPPA

Looking for something to do this weekend?



Check out our online calendar of events:
www.fairfaxcounty.gov/parks/park-events-calendar



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.

CPPA 6--55 minute lessons--\$71

Location	Day	Time	Code	Begin	\$
(6-12 yrs.)					
LittleRn ES	Sa	11am	A0C.SAPL	6/17	CPPA
LittleRn ES	Sa	12pm	A0C.5K60	6/17	CPPA
(10-15 yrs.)					
LittleRn ES	Sa	1pm	023.F8FM	6/17	CPPA
(16-Adult)					
Jackson MS	Th	10am	91D.QX0K	6/29	CPPA

LNM Piano-Beginning I

(6-12 yrs.) In this Learn Now Music group instruction class, students learn piano fundamentals including reading music and keyboard skills. Students must have access to piano or keyboard for practice. Supply fee of \$20 for instruments and music is payable to instructor at first class. An equipment rental agreement must be signed at first class.

BPVK 6--55 minute lessons--\$134

CPVK 8--55 minute lessons--\$185

Location	Day	Time	Code	Begin	\$
Bucknell ES	T	6pm	DCF.QFLI	6/20	BPVK
FranconiaRec	F	5pm	DCF.JORV	6/23	CPVK
OakMarREC	W	5pm	DCF.WCG6	6/28	CPVK
ProvREC	M	6pm	DCF.25FZ	6/26	CPVK
SoRunREC	W	6pm	DCF.UY8G	6/28	CPVK
SpHillREC	Th	6pm	DCF.JKTQ	6/29	CPVK
Wkfld/Moore	M	6pm	DCF.XZII	6/26	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--\$92

Location	Day	Time	Code	Begin	\$
(6-12 yrs.)					
Virtual FCPA	Sa	10am	JTQ.E2ON	6/10	DPPA
Virtual FCPA	F	5:30pm	JTQ.3FJ5	6/23	DPPA
Virtual FCPA	F	10am	JTQ.IRL5	6/16	DPPA
Virtual FCPA	F	11am	JTQ.KVKE	6/16	DPPA
Virtual FCPA	Th	6pm	JTQ.T53X	6/15	DPPA
Virtual FCPA	Sa	11am	JTQ.VJ2D	6/10	DPPA
(10-Adult)					
Virtual FCPA	Sa	9am	WZX.6GEM	6/10	DPPA
Virtual FCPA	Th	7pm	WZX.9RJG	6/15	DPPA
Virtual FCPA	F	9am	WZX.B87U	6/16	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--\$92

Location	Day	Time	Code	Begin	\$
(6-12 yrs.)					
Virtual FCPA	F	6:30pm	BHQ.UEX6	6/23	DPPA
(10-Adult)					
Virtual FCPA	Sa	11am	COU.23G6	6/10	DPPA
Virtual FCPA	F	6pm	COU.ZDBT	6/16	DPPA
Virtual FCPA	F	7pm	COU.7TBU	6/16	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.

CPPA 6--55 minute lessons--\$71

Location	Day	Time	Code	Begin	\$
Jackson MS	M	12:30pm	A61.3UJV	6/26	CPPA
Jackson MS	W	12pm	A61.E8M5	6/28	CPPA

Summer Jobs Start with Your Park's Lifeguards, Rec-PAC, Summer Camp and Waterfront Staff.



Visit www.fairfaxcounty.gov/parks/jobs-internships for more information.

Pet Place

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 to instructor 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



Dog Obedience Classes

Puppy Kindergarten

(14-Adult) Puppies ages 10 to 23 weeks old will learn socialization and discipline fundamentals. Puppy owners will 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--\$124				
Location	Day	Time	Code	Begin	\$
OakMarREC	T	6pm	6CD.P5RR	6/27	4DA
SoRunREC	T/Th	11am	6CD.740F	6/27	4DA

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--\$124				
Location	Day	Time	Code	Begin	\$
SoRunREC	T	6:30pm	UJN.TKSA	6/27	4DA

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--\$124				
DDVA	8--55 minute lessons--\$146				
DDVC	6--55 minute lessons--\$104				
Location	Day	Time	Code	Begin	\$
Frying Pan Pk	W	7:30pm	635.HPAW	6/14	4DA
Frying Pan Pk	Th	6:30pm	635.IDKR	6/15	4DA
OakMarREC	T	7pm	635.MJSL	6/27	4DA
SoRunREC	Sa	9am	635.W20C	6/24	4DA
SoRunREC	T/Th	9am	635.LVU4	6/27	4DA
SoRunREC	F	9am	635.853I	6/30	4DA
ProvREC	Su	7pm	V89.7AX5	6/25	DDVC
Wkfld/Moore	Sa	3pm	V89.JT2A	6/24	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--\$157				
Location	Day	Time	Code	Begin	\$
Frying Pan Pk	W	6:30pm	26E.GAJS	6/14	4DB
Frying Pan Pk	Th	7:30pm	26E.NF7Z	6/15	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--\$124				
DDVA	8--55 minute lessons--\$146				
DDVC	6--55 minute lessons--\$104				
Location	Day	Time	Code	Begin	\$
OakMarREC	T	8pm	C14.KYT7	6/27	4DA
SoRunREC	Sa	8am	C14.MG24	6/24	4DA
SoRunREC	T/Th	10am	C14.SERL	6/27	4DA
SoRunREC	F	10am	C14.ZE08	6/30	4DA
ProvREC	Su	8pm	M70.Q47S	6/25	DDVC
Wkfld/Moore	Sa	4pm	M70.XFSR	6/24	DDVA

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--\$104				
Location	Day	Time	Code	Begin	\$
ProvREC	Th	4:30pm	9D8.JILP	6/29	DDVC
Wkfld/Moore	F	7pm	9D8.FP3B	6/30	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--\$104				
Location	Day	Time	Code	Begin	\$
ProvREC	Th	5:30pm	X01.U6YA	6/29	DDVC
Wkfld/Moore	F	8pm	X01.QH4D	6/30	DDVC

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. Dog and handler are assessed at first class so attendance is mandatory.

4DE	6--55 minute lessons--\$139				
4DG	8--55 minute lessons--\$185				
Location	Day	Time	Code	Begin	\$
Frying Pan Pk	Su	9am	A22.E6SC	6/11	4DG
SoRunREC	T	10:30am	A22.LJ9D	6/27	4DE

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--\$139						
Location	Day	Time	Code	Begin	\$	
Frying Pan Pk	Su	10:15am	7ED.VGPB	6/11	4DE	
SoRunREC	T	8:30am	7ED.G310	6/27	4DE	

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.

4DE 6--55 minute lessons--\$139						
Location	Day	Time	Code	Begin	\$	
SoRunREC	Th	10:30am	00F.R33Z	6/29	4DE	

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.

4DE 6--55 minute lessons--\$139						
Location	Day	Time	Code	Begin	\$	
SoRunREC	Th	9:30am	F02.7HHL	6/29	4DE	

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.

4DE 6--55 minute lessons--\$139						
Location	Day	Time	Code	Begin	\$	
SoRunREC	Th	8:30am	EBF.70HQ	6/29	4DE	



VOLUNTEER

www.fairfaxcounty.gov/parks/volunteer

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.

4DE 6--55 minute lessons--\$139						
Location	Day	Time	Code	Begin	\$	
SoRunREC	T	9:30am	A45.ABGL	6/27	4DE	

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.

4DE 6--55 minute lessons--\$139						
4DG 8--55 minute lessons--\$185						
Location	Day	Time	Code	Begin	\$	
Frying Pan Pk	Sa	11am	859.VCJE	6/10	4DE	
Frying Pan Pk	Sa	12pm	859.VVPQ	6/10	4DE	
SoRunREC	M	9am	859.4UQ1	6/26	4DG	
SoRunREC	W	11am	859.C5YC	6/28	4DE	

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--\$139						
4DG 8--55 minute lessons--\$185						
Location	Day	Time	Code	Begin	\$	
Frying Pan Pk	Sa	10am	585.4KCU	6/10	4DE	
SoRunREC	W	10am	585.85KA	6/28	4DE	
SoRunREC	M	10am	585.TCG9	6/26	4DG	


Dog Agility for the 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, serpentines 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--\$139						
4DG 8--55 minute lessons--\$185						
Location	Day	Time	Code	Begin	\$	
Frying Pan Pk	Sa	9am	180.XNMI	6/10	4DE	
SoRunREC	W	9am	180.057V	6/28	4DE	

Dog Daze

at The Water Mine
Saturday, Sept. 9, 2023
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
- \$10 per dog

Visit www.fairfaxcounty.gov/parks and search "Dog Daze" for more information

The Water Mine
at Lake Fairfax Park
1400 Lake Fairfax Drive, Reston




Science/Technology

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.

Science Classes

Boardwalk Astronomy

(8-Adult) Join park naturalists as they take you on a tour of constellations, comets and other current events happening in the heavens above. Children must be accompanied by adult also registered.

STAA 1--2 hour program--\$14						
Location	Day	Time	Code	Begin	\$	
HuntMdws	Sa	7:30pm	TTM.AP7I	8/26	STAA	

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. Students will be provided 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. Advance registration required, no walk-in registration available. Instruction for this program is provided by volunteers of the Analemma Society.

FEE T 1--1 hour 30 minute program--\$11						
Location	Day	Time	Code	Begin	\$	
TurnerFarmPk	T	8pm	58B.3H3P	7/11	FEE T	

Introduction to Astronomy

(8-Adult) This course provides a general introduction to some fundamentals of astronomy and the universe we see in the sky around us. 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. The classroom discussion is followed by an observatory session with telescopes, weather permitting. The course is held rain or clear skies in the Roll-Top Observatory at Turner. Instruction for this program is provided by volunteers of the Analemma Society.

FEE B 1--1 hour program--\$8						
Location	Day	Time	Code	Begin	\$	
TurnerFarmPk	M	8pm	C83.CW1N	6/12	FEE B	
TurnerFarmPk	W	8pm	C83.VQZT	8/16	FEE B	

Meteorites-Exploring Visitors from Space

(8-Adult) This class is an introduction to meteorites as we explore what they are and where they came from. Participants will be able to examine actual meteorites including specimens from the Moon and Mars. The discussion is followed by an observatory session with telescopes, weather permitting. The course will be held in the Roll-Top observatory classroom at Turner Farm Park. Instruction for this program is provided by volunteers of the Analemma Society.

FEE B 1--1 hour program--\$8						
Location	Day	Time	Code	Begin	\$	
TurnerFarmPk	W	8pm	C90.BWII	6/7	FEE B	



Night Sky Tour at the Roll-Top Observatory

(8-Adult) This program is a fun tour of planets, constellations, stars, nebulae, and galaxies in the night sky that can be seen with the eye and in telescopes at the Roll-Top observatory at Turner Farm Park. If inclement weather, then we will discuss and show images of objects that could be observed in clear skies. No knowledge of astronomy is needed, just an interest in learning about the universe around our planet. The course is held rain or clear skies in the Roll-Top Observatory at Turner Farm Park. Instruction for this program is provided by volunteers of the Analemma Society.

FEE B 1--1 hour program--\$8						
Location	Day	Time	Code	Begin	\$	
TurnerFarmPk	M	8pm	S84.F2S3	7/24	FEE B	
TurnerFarmPk	T	8pm	S84.4RNE	8/8	FEE B	
TurnerFarmPk	W	8pm	S84.53US	8/23	FEE B	

Outdoor Science Lab at Huntley

(6-Adult) Explore the exciting world of science with fun hands-on experiments, activities, and challenges! Enrich your understanding of various science and engineering topics using scientific investigations, observations, and lab skills with the guidance of a park naturalist. Each outdoor class will focus on a different science theme. Check session notes for details. All supplies included. Children must be accompanied by a registered adult.

Fee AJ Fee AK 1--1 hour program--\$10 1--90 minute program--\$12						
Location	Day	Time	Code	Begin	\$	
HuntMdws	T	2pm	JDI.OQCQ	6/6	Fee AJ	
HuntMdws	Th	11:30am	JDI.6ST5	8/31	Fee AK	

Rainbows, Haloes & Glories

(6-Adult) Learn about common and some uncommon phenomena you can see in the day or night skies such as rainbows, haloes and glories. We will also explore sunrise and sunset phenomena like the green flash, the purple light, and simple questions like why the sky is blue and sunsets are orange. The course is held rain or clear skies in the Roll-Top observatory classroom at Turner Farm Park. It is recommend parents accompany younger children. Advance registration required, no walk-in registration available.

FEE B 1--1 hour program--\$8						
Location	Day	Time	Code	Begin	\$	
TurnerFarmPk	M	8pm	855.W8LJ	6/26	FEE B	

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--\$134						
Location	Day	Time	Code	Begin	\$	
CubRunREC	M	6:30pm	ED0.3WAV	6/26	DXVE	

Spy Science

(5-8 yrs.) Learn the trick of the spy trade and forensic science in this Baroody Camps program. Students investigate fingerprints, spying techniques (surveillance), secret codes, invisible ink, evidence under a black light, and other sneaky science.

DXVE 8--55 minute lessons--\$134						
Location	Day	Time	Code	Begin	\$	
SoRunREC	T	5:30pm	RXQ.QHY4	6/27	DXVE	
SpHillREC	Sa	4:30pm	RXQ.1T5S	6/24	DXVE	

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. Instruction for this program is provided by volunteers of the Analemma Society.

FEE B 1--1 hour program--\$8						
Location	Day	Time	Code	Begin	\$	
TurnerFarmPk	W	8pm	6WS.X4AW	7/26	FEE B	

Telescope Observing for Beginners

(8-Adult) This course covers for beginner and less experienced telescope users the basics of observing the night sky and objects with a telescope and astronomy resources you might use. Class will provide hands-on observing with telescopes if the weather allows. Attendees can bring their own telescopes to use and for assistance. Supplements the "Introduction to Telescopes" class but can be taken independently. The course is held rain or clear skies in the Roll-Top Observatory at Turner Farm Park. Instruction for this program is provided by volunteers of the Analemma Society.

FEE B 1--1 hour program--\$8						
Location	Day	Time	Code	Begin	\$	
TurnerFarmPk	W	8pm	12U.PKW5	8/2	FEE B	



The Strange Shape of Sundials

(8-Adult) Sundials are the world's oldest clocks, seen in alignments of Stonehenge and Newgrange. Ben Franklin had exploding sundials and Thomas Jefferson built a new type sundial. Learn about the many kinds of sundials and make your own paper sundial. The course will be held in the Roll-Top observatory classroom followed by telescope observing of the sun.

FEE B 1--1 hour program--\$8						
Location	Day	Time	Code	Begin	\$	
TurnerFarmPk	Sa	11am	16F.WOQC	8/5	FEE B	

The Sun - Our Neighborhood Star

(5-Adult) This presentation will cover what causes the Sun to shine, the Sun's life cycle, and how the Sun compares to other stars. We will also discuss features on the Sun and how to view the Sun safely. The classroom discussion is accompanied by an observing session of the Sun with solar telescopes, weather permitting. The course is held rain or clear skies in the Roll-Top Observatory at Turner Farm Park. Instruction for this program is provided by volunteers of the Analemma Society.

FEE B 1--1 hour program--\$8						
Location	Day	Time	Code	Begin	\$	
TurnerFarmPk	Sa	11am	XMI.OCDB	7/8	FEE B	

Technology Classes

Battle Robots

(7-12 yrs.) Do you think you can build the strongest and most agile robot? Can your robot win a head-to-head combat mission? 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--\$202						
Location	Day	Time	Code	Begin	\$	
FreedomHI ES	W	5:30pm	R8R.1FJU	6/14	DXVZ	
ColvinRun ES	Th	5:30pm	R8R.40GW	6/15	DXVZ	

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--\$134						
Location	Day	Time	Code	Begin	\$	
SoRunREC	Th	5:30pm	XZ7.ITQX	6/29	DXVE	
Wkfld/Moore	W	6:30pm	XZ7.DZBX	6/28	DXVE	

LEGO Spike Quirky Creations

(8-11 yrs.) In this Baroody Camps program, students develop engineering design skills as they investigate ways of defining problems, brainstorming solutions, and testing and refining prototypes. Students then refine their problem-solving skills as they create a solution to a problem that has constraints, and improve on others' ideas while building fun and out of the ordinary creations.

DXVE 8--55 minute lessons--\$134						
Location	Day	Time	Code	Begin	\$	
SoRunREC	M	6:20pm	QUS.TBII	6/26	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 young engineers will build and learn about a different dinosaur robot, each with a unique functionality.

DXVE 8--55 minute lessons--\$134						
Location	Day	Time	Code	Begin	\$	
Wkfld/Moore	Th	6:30pm	CHO.7F2Z	6/29	DXVE	

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--\$134						
Location	Day	Time	Code	Begin	\$	
SoRunREC	F	6:30pm	VB5.END9	6/30	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 that bring science to life while helping to develop skills such as confidence, creativity and collaboration.

DXVE 8--55 minute lessons--\$134						
Location	Day	Time	Code	Begin	\$	
CubRunREC	M	5:30pm	P1X.6U3K	6/26	DXVE	
Wkfld/Moore	W	5:30pm	P1X.2UYD	6/28	DXVE	

Tech Club

(6-8 yrs.) In this iCo9de's program students learn foundational concepts in computer skills, programming, game development, and logical thinking. Using robotics, circuits, programming, digital art, and python, students develop proper keyboarding skills, explain the purpose of loops, define basic programming concepts, learn programming logic using Processing Programming, and discover modern art by developing self-expression and creativity!

DXVZ 8--55 minute lessons--\$202						
Location	Day	Time	Code	Begin	\$	
WstSprgfld ES	Sa	11am	X8J.VQD9	6/17	DXVZ	
ProvREC	Th	5pm	X8J.WCF7	6/15	DXVZ	

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--\$134						
Location	Day	Time	Code	Begin	\$	
SoRunREC	F	5:30pm	GW9.SOYF	6/30	DXVE	
Wkfld/Moore	Th	5:30pm	GW9.VDZ8	6/29	DXVE	

Minecraft 101: A Beginner's Guide

(5-12 yrs.) In this beginner level Baroody Camps class students Minecraft 101, students create and build simple and complex buildings in the Minecraft world. Students build a new project each week using different types of blocks, windows, doors, walls and floorings. Students enhance their creativity, basic computer skills, civil engineering ideas while having fun within the Minecraft secured world. Projects can be saved on a USB to take home at the end of the session.

DXVE 8--55 minute lessons--\$134						
Location	Day	Time	Code	Begin	\$	
SoRunREC	M	5:15pm	71R.	6/26	DXVE	

Summer Jobs Start with Your Park's Lifeguards, Rec-PAC, Summer Camp and Waterfront Staff.

Visit www.fairfaxcounty.gov/parks/jobs-internships for more information.

Scouts

Complete some or all requirements to earn your scout badges in Fairfax County Parks! Programs are offered at Rec Centers, nature centers and historic sites, and some offer flexible scheduling options. For program details and requirements or to request a program on your schedule, call the site of your choice. See pages 10-11 for contact information. 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. Pre-work and program details available at www.fairfaxcounty.gov/parks/scouts.

Girl Scout Programs

Junior Girl Scouts (9-11 yrs.)

JGS-Gardener

1--2 hour program

Location	Day	Time	Code	Date	\$
Frying Pan Pk	Sa	9am	DD4.SCGA	6/10	\$14

BSA Scout Programs

Merit Badges (11-17 yrs.)

American Cultures

1--4 hour Merit Badge

Location	Day	Time	Code	Date	\$
Sully	W	10am	69E.SOCE	6/28	\$48
Sully	Su	10am	69E.OOHE	8/20	\$48

American Heritage

1--4 hour Merit Badge

Location	Day	Time	Code	Date	\$
Sully	W	10am	FE4.5AZL	8/2	\$48

American Labor

1--4 hour Merit Badge

Location	Day	Time	Code	Date	\$
Sully	Sa	10am	91F.PIQO	6/3	\$48

Animal Science

1--2 hour Merit Badge

Location	Day	Time	Code	Date	\$
Frying Pan Pk	W	4pm	647.5WCS	7/5	\$24

Archaeology

1--5 hour Merit Badge

Location	Day	Time	Code	Date	\$
HistHuntley	Su	10am	04C.23S1	8/20	\$60

Art

1--3 hour Merit Badge

Location	Day	Time	Code	Date	\$
HuntMdws	F	10am	3DD.Q8GK	7/7	\$36

Bird Study

1--4 hour Merit Badge

Location	Day	Time	Code	Date	\$
CubRunREC	Th	9am	BCB.P6WQ	7/6	\$48



Camping

1--5 hour Merit Badge

Location	Day	Time	Code	Date	\$
LkFairfaxPk	Su	10am	642.OJVX	6/25	\$60
LkFairfaxPk	Sa	10am	642.HR5C	8/5	\$60

Chemistry

1--4 hour Merit Badge

Location	Day	Time	Code	Date	\$
CubRunREC	W	9am	A71.VLSU	8/16	\$48

Citizenship in the Community

1--4 hour Merit Badge

Location	Day	Time	Code	Date	\$
Sully	Su	10am	FE0.LUVR	6/25	\$48
HiddenOaks	Su	8:30am	FE0.HCFH	7/2	\$48
Sully	Su	10am	FE0.4GUT	7/30	\$48

Citizenship in the Nation

1--4 hour Merit Badge

Location	Day	Time	Code	Date	\$
Sully	Sa	10am	38A.PDNZ	6/24	\$48
HiddenOaks	Su	1pm	38A.NGWC	7/2	\$48
Sully	W	10am	38A.CAMF	8/16	\$48

Citizenship in the World

1--5 hour Merit Badge

Location	Day	Time	Code	Date	\$
HiddenOaks	M	12pm	DDB.1K8N	7/3	\$60
Sully	Sa	10am	DDB.6DRO	8/19	\$60

Communication

1--4 hour Merit Badge

Location	Day	Time	Code	Date	\$
Sully	Su	10am	5BE.SA30	6/4	\$48
HuntMdws	Th	10am	5BE.R8DM	7/6	\$48
HiddenOaks	Th	1pm	5BE.QRNK	7/6	\$48
Sully	Su	10am	5BE.SQ40	7/9	\$48
Sully	Su	10am	5BE.RAOD	8/6	\$48

Environmental Science

1--4 hour Merit Badge--\$48

1--5 hour Merit Badge--\$60

Location	Day	Time	Code	Date	\$
ECLawrencePk	Su	12pm	FFA.JUSE	6/11	\$60
HiddenOaks	Sa	12pm	FFA.F8E9	7/8	\$60
CubRunREC	Th	9am	FFA.MR2V	8/17	\$48

Exploration

1--4 hour Merit Badge

Location	Day	Time	Code	Date	\$
HiddenOaks	Sa	1pm	8E9.FS6P	8/12	\$48

Farm Mechanics

1--3 hour Merit Badge

Location	Day	Time	Code	Date	\$
Frying Pan Pk	W	4pm	767.WTN5	8/23	\$36

First Aid Merit Badge

1--5 hour Merit Badge

Location	Day	Time	Code	Date	\$
HuntMdws	Sa	10am	869.Q85F	8/26	\$60



www.fairfaxcounty.gov/parks/volunteer

Forestry

1--4 hour Merit Badge

Location	Day	Time	Code	Date	\$
CubRunREC	W	9am	BDE.2SVK	7/5	\$48

Geology

1--4 hour Merit Badge

Location	Day	Time	Code	Date	\$
CubRunREC	T	9am	SE3.VVSG	8/15	\$48

Mammal Study

1--2 hour Merit Badge

Location	Day	Time	Code	Date	\$
HuntMdws	M	12pm	160.05XM	7/3	\$24
ECLawncPk	Su	9am	160.FFOZ	8/6	\$24

Nature Study

1--4 hour Merit Badge

Location	Day	Time	Code	Date	\$
ECLawncPk	Su	9am	C84.Z68F	6/25	\$48
HiddenOaks	Sa	1pm	C84.11X5	8/5	\$48

Oceanography

1--4 hour Merit Badge

Location	Day	Time	Code	Date	\$
CubRunREC	F	1pm	ASE.FTRU	7/7	\$48
HiddenOaks	F	1pm	ASE.SJD7	7/7	\$48



Scouts by Request



We are keeping up with the latest scout program changes. View our newest by-request programs at <https://www.fairfaxcounty.gov/parks/scouts>



Reptile & Amphibian

1--3 hour Merit Badge

Location	Day	Time	Code	Date	\$
HiddenOaks	W	9am	EAC.DV2E	7/5	\$36
ECLawncPk	Su	9am	EAC.2YMP	7/30	\$36

Soil & Water Conservation Merit Badge

1--4 hour Merit Badge

Location	Day	Time	Code	Date	\$
HiddenOaks	W	1pm	0A1.859X	7/5	\$48

Sustainability Merit Badge

1--4 hour Merit Badge

Location	Day	Time	Code	Date	\$
HiddenOaks	Th	8:30am	435.Q3K8	7/6	\$48
HuntMdws	Su	10am	435.GK8X	8/27	\$48

Weather Merit Badge

1--4 hour Merit Badge

Location	Day	Time	Code	Date	\$
HuntMdws	Sa	10am	89D.VDF8	6/17	\$48



Now Hiring and Training LIFEGUARDS

- No prior training or experience required.
- Training provided after employment offer.
- Positions available at Rec Centers and the Water Mine.



www.fairfaxcounty.gov/parks/recenter/jobs

THE WATER MINE

Gold Rush Season Passes go on sale April 1st.

Buy your passes online at www.fairfaxcounty.gov/parks/watermine or call 703-246-5929.

The Water Mine at Lake Fairfax Park
1400 Lake Fairfax Dr.
Reston, VA 20190

All programs and activities will follow current health safety protocols.

Sports and Leagues

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.

DSV1	8--55 minute lessons--\$145				
DSVL	8--55 minute lessons--\$165				
Location	Day	Time	Code	Begin	\$
Kings Pk ES	Sa	1pm	JEE.1IYG	6/17	DSVL
SoRunREC	W	6:30pm	FOZ.SDU3	6/28	DSV1
SoRunREC	Th	5:45pm	FOZ.LFK4	6/29	DSV1

Mixed Sport & P. E. Games

(6-12 yrs.) Play some of the best sports and PE games ever invented including extreme kickball, handball, capture the flag, ultimate frisbee, floor hockey, and soccer in this Baroody Camps program. Program goals are motivating each player to compete with high effort and a positive attitude towards self and others and improving teamwork skills. For extra fun, students can propose new games for the group to try!

DSVF	8--55 minute lessons--\$141				
Location	Day	Time	Code	Begin	\$
ProvREC	Su	5:30pm	IP0.7Z5M	6/25	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.

4SM	8--55 minute lessons--\$127				
DSV1	8--55 minute lessons--\$145				
DSVL	8--55 minute lessons--\$165				
DSVF	8--55 minute lessons--\$141				

Location	Day	Time	Code	Begin	\$
(6-8 yrs.)					
LittleRun ES	Su	11am	0F7.U79Z	6/18	DSVF
FranconiaRec	Sa	11:15am	0F7.RA0D	6/17	4SM
Kings Pk ES	Sa	12pm	0F7.ER89	6/17	DSVL
Oakton ES	Sa	11:30am	0F7.FC60	6/17	DSVF
WstSprgflld ES	Sa	10am	0F7.JQP7	6/17	DSV1
ProvREC	Th	6pm	0F7.6HBI	6/29	DSV1
SpHillREC	Sa	11am	0F7.NI1J	6/24	4SM
SpHillREC	Sa	12pm	0F7.YVZ5	6/24	4SM
SpHillREC	T	6pm	0F7.M7TG	6/27	4SM
Sully CommCtr	Sa	10am	0F7.SJVM	6/17	4SM
Sully CommCtr	T	6pm	0F7.UAB5	6/20	DSV1
Sully CommCtr	W	6pm	0F7.VG1T	6/21	DSV1
Wkfld/Moore	Sa	11am	0F7.TBXT	6/24	4SM
Wkfld/Moore	M	5:30pm	0F7.GXAD	6/26	DSV1
Wkfld/Moore	Th	5:30pm	0F7.OH1F	6/29	DSV1
Woodbrn ES	Sa	1pm	0F7.S7MV	6/17	DSVL

(8-10 yrs.)

LittleRun ES	Su	12pm	134.3L36	6/18	DSVF
Kings Pk ES	Sa	10am	134.BCAR	6/17	DSVL
WstSprgflld ES	Sa	12:30pm	134.VK6W	6/17	DSVF
Orng Hnt ES	Sa	11am	134.1457	6/17	DSV1
ProvREC	Th	7pm	134.G9T5	6/29	DSV1
SpHillREC	Sa	1pm	134.H485	6/24	4SM
SpHillREC	T	7pm	134.NAXR	6/27	4SM
Sully CommCtr	Sa	11am	134.J7A9	6/17	4SM
Wkfld/Moore	M	6:30pm	134.1NK9	6/26	DSV1
Wkfld/Moore	Th	6:30pm	134.14IH	6/29	DSV1
Woodbrn ES	Sa	2pm	134.1TUG	6/17	DSVL



(11-13 yrs.)

Kings Pk ES	Sa	11am	188.S538	6/17	DSVL
WstSprgflld ES	Sa	12pm	188.XV9J	6/17	DSV1
Sully CommCtr	Sa	12pm	188.M44F	6/17	4SM
Sully CommCtr	T	7pm	188.DDSA	6/20	DSV1
Sully CommCtr	W	7pm	188.E5XK	6/21	DSV1
Wkfld/Moore	Su	11:30am	188.OEQU	6/25	4SM
Wkfld/Moore	M	7:30pm	188.59WV	6/26	DSV1
Wkfld/Moore	Th	7:30pm	188.UJZB	6/29	DSV1
Woodbrn ES	Sa	3pm	188.XM93	6/17	DSVL

Basketball II

Learn a variety of offensive and defensive strategies in this intermediate class.

DSVF	8--55 minute lessons--\$141				
4SM	8--55 minute lessons--\$127				

Location	Day	Time	Code	Begin	\$
(6-8 yrs.)					
SpHillREC	Su	10am	28E.537C	6/25	4SM
SpHillREC	Th	6pm	28E.795D	6/29	4SM
(8-12 yrs.)					
LittleRun ES	Su	1pm	58D.P4ZA	6/18	DSVF
Oakton ES	Sa	9:30am	58D.RRCU	6/17	DSVF
SpHillREC	Su	12pm	58D.D094	6/25	4SM
SpHillREC	Th	7pm	58D.41E4	6/29	4SM

Basketball III

(12-14 yrs.) Learn to move without the basketball on offense. Practice different defensive and offensive sets in this advanced class.

4SM	8--55 minute lessons--\$127				
Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Sa	12pm	94C.JPD1	6/24	4SM

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.

4SM	8--55 minute lessons--\$127				
Location	Day	Time	Code	Begin	\$
SpHillREC	Su	11am	924.G0GL	6/25	4SM

Co-ed Basketball League

These U6 and U7 leagues introduce students to basketball and teach them the rules and basic game fundamentals. Fee includes uniform shirt.

DSV2	8--55 minute lessons--\$188				
Location	Day	Time	Code	Begin	\$
(5-6 yrs.)					
SpHillREC	Sa	9am	086.BGC3	6/24	DSV2
Sully CommCtr	Sa	1:30pm	086.9VJQ	6/17	DSV2
(6-7 yrs.)					
SpHillREC	Sa	10am	403.IU92	6/24	DSV2
Sully CommCtr	Sa	2:30pm	403.II78	6/17	DSV2

Windball Cricket

Windball Cricket is a ball-and-bat game played between two teams. Learn the basic skills and techniques of this fun game in this Sanowar Fitness class. Equipment will be provided and tennis balls will be used. Students do not need cleats.

DSV1	8--55 minute lessons--\$145				
Location	Day	Time	Code	Begin	\$
(6-8 yrs.)					
WstSprgflld ES	Su	9am	OPY.E8JP	6/18	DSV1
Stenwood ES	Su	11am	OPY.NDYP	6/18	DSV1
Stenwood ES	Sa	12pm	OPY.WJOB	6/17	DSV1
(9-12 yrs.)					
Stenwood ES	Sa	11am	R47.OJIM	6/17	DSV1
Stenwood ES	Su	12pm	R47.ARST	6/18	DSV1
WstSprgflld ES	Sa	10am	R47.EALM	6/18	DSV1

Intro to Olympic Sport Fencing

Introduction to Olympic Sport Fencing through drills, games and exercises done in pairs. Learn basic foot movements such as advances, retreats and lunges, as well as basic hand movements including thrusts and blocks. An equipment fee of \$29 is payable at first class.

DSVP	8--55 minute lessons--\$121				
Location	Day	Time	Code	Begin	\$
(7-13 yrs.)					
NOVA Fencers	T/th	6pm	30E.G3A3	7/11	DSVP
NOVA Fencers	M/W	6pm	30E.CTIH	7/10	DSVP
(13-Adult)					
NOVA Fencers	M/W	7pm	9C1.UZQ4	7/10	DSVP

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--\$98					
Location	Day	Time	Code	Begin	\$
(8-14 yrs.)					
Wkfld/Moore	Sa	10am	TSB.CRZI	6/24	CPVH
Wkfld/Moore	T	6pm	TSB.9MRP	6/27	CPVH
(14-Adult)					
Wkfld/Moore	Sa	11am	IAB.HVVA	6/24	CPVH
Wkfld/Moore	T	7pm	IAB.FWE7	6/27	CPVH

Flag Football

In this Masi Sports Academy program 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 sportsman-ship.

DSVL 8--55 minute lessons--\$141					
Location	Day	Time	Code	Begin	\$
(8-11 yrs.)					
FranconiaREC	Th	5:30pm	N49.AOWS	6/15	DSVL
Woodbrn ES	Sa	10am	N49.GZJ1	6/17	DSVL
(12-14 yrs.)					
FranconiaREC	Th	6:30pm	LED.53LW	6/15	DSVL
Woodbrn ES	Sa	11am	LED.TWQB	6/15	DSVL

Floor Hockey

Floor hockey is an action packed game where players move constantly. Students learn hockey basics and how to compete as a team with high effort and sportsman-ship in this Baroody Camps class. Each class begins with lead-up games and skill building and ends with a game.

DSVF 8--55 minute lessons--\$141					
Location	Day	Time	Code	Begin	\$
(5-7 yrs.)					
ProvREC	Sa	6:30pm	ME2.RTRO	6/24	DSVF
Wkfld/Moore	Sa	10am	ME2.5K2A	6/24	DSVF
(8-12 yrs.)					
Wkfld/Moore	Sa	11am	YYO.0D88	6/24	DSVF

Gymnastics for Girls

(5-7 yrs.) Skill-oriented class includes strength work, conditioning, beam, bars, floor and vault.

DSVL 8--55 minute lessons--\$165					
Location	Day	Time	Code	Begin	\$
FranconiaREC	T	6:05pm	COF.ADLG	6/20	DSVL
SoRunREC	W	6:05pm	COF.12G9	6/28	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.

DSVL 8--55 minute lessons--\$165					
Location	Day	Time	Code	Begin	\$
(6-9 yrs.)					
FranconiaREC	Sa	1:15pm	8D7.H75F	6/17	DSVL
FranconiaREC	Sa	11:15am	8D7.7APT	6/17	DSVL
FranconiaREC	T	7:05pm	8D7.6HBG	6/20	DSVL
SoRunREC	Su	2:15pm	8D7.X3WJ	6/25	DSVL
SoRunREC	W	7:05pm	8D7.H665	6/28	DSVL



(10-12 yrs.)					
FranconiaREC	Sa	12:15pm	FZS.TNEJ	6/17	DSVL
FranconiaREC	T	8:05pm	FZS.DI8I	6/20	DSVL
SoRunREC	Su	3:15pm	FZS.172W	6/25	DSVL
SoRunREC	W	8:05pm	FZS.E2C8	6/28	DSVL

Team Handball

Team handball is similar to soccer except you only use your hands. Learn the skills and techniques of this fun game in this Sanowar Fitness class. No equipment required, wear athletic shoes.

DSV1 8--55 minute lessons--\$145					
Location	Day	Time	Code	Begin	\$
(6-8 yrs.)					
Stenwood ES	Sa	10am	Y2F.3VI9	6/17	DSV1
Stenwood ES	Su	9am	Y2F.9JVV	6/18	DSV1
WstSprgfl ES	Su	12pm	Y2F.49N2	6/18	DSV1
(9-12 yrs.)					
Stenwood ES	Sa	9am	8YU.5IE0	6/17	DSV1
Stenwood ES	Su	10am	8YU.CK7C	6/18	DSV1
WstSprgfl ES	Su	11am	8YU.IIBA	6/18	DSV1

Pickleball I

Pickleball is a fun, easy-to-learn, mini tennis-like game that combines elements of tennis, badminton, table tennis and racquetball. In this class by Baroody Camps students learn basic pickleball skills and how to play doubles while being active and improving fitness. Paddles and balls provided.

CSVA 6--55 minute lessons--\$109 DSP1 8--55 minute lessons--\$132 DVP2 8--55 minute lessons--\$146					
Location	Day	Time	Code	Begin	\$
(6-12 yrs.)					
Wkfld/Moore	M	5:30pm	UT4.14WE	6/26	DVP2
Wkfld/Moore	W	5:30pm	UT4.B6LX	6/28	DVP2

Wkfld/Moore	F	5:30pm	UT4.RH87	6/30	DVP2
(Adults)					
FranconiaREC	Su	1:15pm	931.49QT	6/18	DSP1
Wkfld/Moore	M	9:30am	931.0E7B	6/26	DSP1
Wkfld/Moore	T	9:30am	931.3RQC	6/27	CSVA
Wkfld/Moore	W	9:30am	931.DDKA	6/28	DSP1
Wkfld/Moore	Th	9:30am	931.6APF	6/29	CSVA
Wkfld/Moore	F	9:30am	931.D1XC	6/30	DSP1
SpHillREC	T	4:30pm	B60.V40D	6/27	DVP2
SpHillREC	T	5:30pm	B60.AXQ5	6/27	DVP2
SpHillREC	W	4:30pm	B60.MYIZ	6/28	DVP2
Sully CommCtr	Sa	5pm	B60.9CTS	6/17	DVP2
Sully CommCtr	Sa	6pm	B60.ZK2I	6/17	DVP2
Sully CommCtr	Su	6pm	B60.UAV5	6/18	DVP2
Sully CommCtr	Su	7pm	B60.607Y	6/18	DVP2
Sully CommCtr	M	5:30pm	B60.FJ00	6/19	DVP2
Sully CommCtr	Su	7pm	B60.N8J8	6/19	DVP2
Wkfld/Moore	M	6:30pm	B60.TE3J	6/26	DVP2
Wkfld/Moore	W	6:30pm	B60.EFLE	6/28	DVP2
Wkfld/Moore	F	6:30pm	B60.1AFC	6/30	DVP2

Pickleball II

(Adults) Prerequisite: Pickleball I. Class focuses on improving essential skills including dinks, volleys, forehands, backhands and the serve. Doubles strategy is introduced. Paddles and balls provided.

CSVA 6--55 minute lessons--\$109 DSP1 8--55 minute lessons--\$132 DVP2 8--55 minute lessons--\$146					
Location	Day	Time	Code	Begin	\$
FranconiaREC	Su	2:15pm	A17.XJYC	6/18	DSP1
Wkfld/Moore	M	10:30am	A17.BH44	6/26	DSP1
Wkfld/Moore	T	10:30am	A17.P6H0	6/27	CSVA
Wkfld/Moore	W	10:30am	A17.A97H	6/28	DSP1
Wkfld/Moore	Th	10:30am	A17.GJSI	6/29	CSVA
Wkfld/Moore	F	10:30am	A17.LJV9	6/30	DSP1
SpHillREC	W	5:30pm	QJ3.ALK9	6/28	DVP2
Sully CommCtr	Sa	7pm	QJ3.K2ST	6/17	DVP2
Sully CommCtr	M	7:30pm	QJ3.A6EE	6/19	DVP2
Wkfld/Moore	M	7:30pm	QJ3.FREV	6/26	DVP2
Wkfld/Moore	W	7:30pm	QJ3.KGSP	6/28	DVP2
Wkfld/Moore	F	7:30pm	QJ3.B4KZ	6/30	DVP2

Pickleball III

(Adults) Prerequisite: Pickleball II. Class focuses on Doubles strategy and execution.

CSVA 6--55 minute lessons--\$109 DSP1 8--55 minute lessons--\$132 DVP2 8--55 minute lessons--\$146					
Location	Day	Time	Code	Begin	\$
Wkfld/Moore	M	11:30am	58E.21PU	6/26	DSP1
Wkfld/Moore	T	11:30am	58E.X5HG	6/27	CSVA
Wkfld/Moore	W	11:30am	58E.XX96	6/28	DSP1
Wkfld/Moore	Th	11:30am	58E.LRWA	6/29	CSVA
Wkfld/Moore	F	11:30am	58E.K10E	6/30	DSP1
ProvREC	M	6:30pm	SZ4.78W9	6/26	DVP2
ProvREC	W	7:30pm	SZ4.QC78	6/28	DVP2

Pickleball 2 Coached Play

(Adults) Prerequisite: Pickleball 2. Participants rally with other players alongside a certified coach. 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.

DVP2 8--55 minute lessons--\$146					
Location	Day	Time	Code	Begin	\$
ProvREC	M	4:30pm	D8K.GT2J	6/26	DVP2
ProvREC	M	5:30pm	D8K.XX58	6/26	DVP2
ProvREC	W	5:30pm	D8K.H290	6/28	DVP2
ProvREC	W	6:30pm	D8K.EOW0	6/28	DVP2

All programs and activities will follow current health safety protocols.

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.

DSV1	8--55 minute lessons--\$145
4SM	8--55 minute lessons--\$127
DSVF	8--55 minute lessons--\$141

Location	Day	Time	Code	Begin	\$
(6-8 yrs.)					
SoRunREC	Sa	10am	29D.VOD3	6/24	DSVF
SoRunREC	Su	1am	29D.W058	6/25	DSVF
SoRunREC	M	7pm	29D.GMR0	6/26	DSVF
SoRunREC	T	5:45pm	29D.I04N	6/27	DSVF
SpHillREC	Sa	11am	29D.YUML	6/25	4SM
SpHillREC	T	5pm	29D.MFW3	6/27	4SM
Sully CommCtr	Th	6pm	29D.E4G3	6/22	DSV1
Sully CommCtr	F	6pm	29D.I7MI	6/23	DSV1
(8-12 yrs.)					
SoRunREC	Sa	11am	F64.K8D7	6/24	DSVF
SpHillREC	Sa	1pm	F64.85EG	6/24	4SM
SpHillREC	T	6pm	F64.456F	6/27	4SM
Sully CommCtr	Th	7pm	F64.TDAG	6/22	DSV1
Sully CommCtr	F	7pm	F64.QD1W	6/23	DSV1

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--\$127
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Location	Day	Time	Code	Begin	\$
(6-8 yrs.)					
SpHillREC	Sa	12pm	580.MA5M	6/24	4SM
SpHillREC	Su	10am	580.2HF1	6/25	4SM
SpHillREC	Th	5pm	580.3R7Y	6/29	4SM
(8-12 yrs.)					
SpHillREC	Th	6pm	DA0.7W66	6/29	4SM

Small Goal Soccer

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.

DSV1	8--55 minute lessons--\$145
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Location	Day	Time	Code	Begin	\$
(6-8 yrs.)					
LittleRun ES	Sa	11am	816.73AI	6/17	DSV1
SpHillREC	Su	11am	816.2M6B	6/25	DSV1
SpHillREC	M	5pm	816.P9KZ	6/26	DSV1
(9-12 yrs.)					
LittleRun ES	Su	12pm	3C5.YBUI	6/17	DSV1
SpHillREC	Su	12pm	3C5.118R	6/25	DSV1
SpHillREC	M	6pm	3C5.DZQH	6/26	DSV1

Futsal

Futsal is similar to soccer but played indoors at a fast pace with time restrictions. Students learn basic skills and strategies while having fun. Bring a soccer ball.

DSV1	8--55 minute lessons--\$145
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Location	Day	Time	Code	Begin	\$
(6-8 yrs.)					
SleepyHlw ES	Th	5:30pm	FNH.N4R8	6/15	DSV1
Woodbrn ES	Sa	10am	FNH.WTX0	6/17	DSV1
(8-12 yrs.)					
SleepyHlw ES	Th	6:30pm	FTR.NRF5	6/15	DSV1
Woodbrn ES	Sa	11am	FTR.R8II	6/17	DSV1
(13-17 yrs.)					
SleepyHlw ES	Th	7:30pm	BDQ.HCUK	6/15	DSV1
Woodbrn ES	Sa	12pm	BDQ.HQTG	6/17	DSV1

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.

**Senior Tennis**

(65 yrs.+) This slower paced class focuses on improving essential skills such as 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--\$127
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Location	Day	Time	Code	Begin	\$
Wkfld/Moore	M	11am	5WF.1XZ1	6/26	4SM
Wkfld/Moore	F	11am	5WF.GKF4	6/30	4SM

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.

DSBB	8--55 minute lessons--\$91
4SM	8--55 minute lessons--\$127
DSV1	8--55 minute lessons--\$145

Location	Day	Time	Code	Begin	\$
(5-8 yrs.)					
GreenbriarPk	Sa	10am	A08.6L8W	6/17	DSBB
MasonDistPk	Sa	11am	A08.EM7Q	6/24	4SM
NottowayPk	M	5pm	A08.SVD6	6/26	4SM
Wkfld/Moore	W	10am	A08.OBLV	6/28	4SM
ArrowbrookPk	M	5pm	MKL.VWA1	6/19	DSV1
FranconiaRec	Sa	10am	MKL.HY17	7/1	DSV1
SoRunREC	M	6pm	MKL.QGRF	6/26	DSV1
SoRunREC	F	6pm	MKL.XIOF	6/30	DSV1
Wkfld/Moore	Sa	10am	MKL.PSHJ	6/24	4SM
Wkfld/Moore	Su	12pm	MKL.YYF8	6/25	4SM
(9-12 yrs.)					
MasonDistPk	Sa	12pm	9F3.8Q62	6/24	4SM
NottowayPk	T	6pm	9F3.COZO	6/27	4SM
Wkfld/Moore	W	11am	9F3.5BFV	6/28	4SM
ArrowbrookPk	M	6pm	N0B.TJHI	6/19	DSV1
GreenbriarPk	Sa	11am	9F3.1A79	6/17	DSBB
FranconiaRec	Sa	11am	N0B.EP4L	7/1	DSV1
SoRunREC	M	7pm	N0B.632X	6/26	DSV1
SoRunREC	F	7pm	N0B.26VE	6/30	DSV1
Wkfld/Moore	Sa	1pm	N0B.JJ4G	6/24	DSV1

Wkfld/Moore	Sa	11am	N0B.32K6	6/24	4SM
Wkfld/Moore	M	5:30pm	N0B.N0HD	6/26	DSV1
(10-17 yrs.)					
FranconiaRec	Sa	12pm	A49.ZHLJ	7/1	DSV1
SoRunREC	M	8pm	A49.B2BL	6/26	DSV1
SoRunREC	F	8pm	A49.KOV0	6/30	DSV1
Wkfld/Moore	Sa	2pm	A49.IS7E	6/24	DSV1
Wkfld/Moore	M	6:30pm	A49.WF48	6/26	DSV1
(Adults)					
GreenbriarPk	Sa	9am	2AB.18D3	6/17	DSBB
MasonDistPk	Sa	12pm	2AB.7MEB	6/24	4SM
NottowayPk	M	8pm	2AB.EWOD	6/26	4SM
Wkfld/Moore	M	9am	2AB.7WMC	6/26	4SM
Wkfld/Moore	T	8am	2AB.7NT0	6/27	4SM
Wkfld/Moore	Th	6pm	2AB.EFIP	6/29	4SM
Wkfld/Moore	F	9am	2AB.6TWU	6/30	4SM
ArrowbrookPk	T	9am	PLO.E08I	6/20	DSV1
Chalet Wds Pk	Th	9am	PLO.GCX9	6/22	DSV1
FranconiaRec	Sa	1pm	PLO.HWFA	7/1	DSV1
Wkfld/Moore	M	7:30pm	PLO.PUP9	6/26	DSV1
Wkfld/Moore	W	6:30pm	PLO.8BRV	6/28	DSV1

THE WATER MINE



Buy your passes online at
www.fairfaxcounty.gov/parks/watermine or call 703-246-5929.



The Water Mine
 at Lake Fairfax Park
 1400 Lake Fairfax Dr., Reston

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.

DSBB	8--55 minute lessons--\$91
4SM	8--55 minute lessons--\$127
DSV1	8--55 minute lessons--\$145

Location	Day	Time	Code	Begin	\$
(5-8 yrs.)					
GreenbriarPk	Su	10am	3E6.5NOC	6/18	DSBB
NottowayPk	M	6pm	3E6.LTR3	6/26	4SM
SoRunREC	T	6pm	Q98.KQKE	6/27	DSV1
(9-12 yrs.)					
ArrowbrookPk	M	6pm	IWH.28FW	6/19	DSV1
GreenbriarPk	Su	11am	F9D.IS7A	6/18	DSBB
SoRunREC	T	7pm	IWH.5XOD	6/27	DSV1
Wkfld/Moore	Sa	12pm	IWH.24F5	6/24	4SM
(10-17 yrs.)					
SoRunREC	T	8pm	TZD.8A1A	6/27	DSV1
(13-17 yrs.)					
NottowayPk	M	7pm	905.V430	6/26	4SM
Wkfld/Moore	W	5:30pm	2PX.WFOT	6/28	DSV1
(Adults)					
GreenbriarPk	Su	9am	457.IUVY	6/18	DSBB
NottowayPk	T	7pm	457.PZTQ	6/27	4SM
Wkfld/Moore	Th	7pm	457.776M	6/29	4SM
Wkfld/Moore	Th	8am	457.GDJJ	6/29	4SM
ArrowbrookPk	T	10am	2P8.CEZ9	6/20	DSV1
Chalet Wds Pk	Th	10am	2P8.HJLG	6/22	DSV1
FranconiaRec	Sa	9am	2P8.JHIQ	7/1	DSV1
Wkfld/Moore	Sa	3pm	2P8.CHOL	6/24	DSV1
Wkfld/Moore	W	7:30pm	2P8.KY9S	6/28	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--\$127
DSV1	8--55 minute lessons--\$145

Location	Day	Time	Code	Begin	\$
(9-12 yrs.)					
FranconiaRec	Th	5pm	041.MNNQ	6/29	DSV1
SoRunREC	W	5pm	041.18TS	6/28	DSV1
(10-17 yrs.)					
FranconiaRec	There are		W8K.J67S	6/29	DSV1
SoRunREC	W	6pm	W8K.N05C	6/28	DSV1
(13-17 yrs.)					
Wkfld/Moore	F	5:30pm	6CX.VWEY	6/30	DSV1
(Adults)					
NottowayPk	W	6pm	572.S9LI	6/28	4SM
SoRunREC	W	7pm	572.XURU	6/28	DSV1
Wkfld/Moore	M	10am	572.ZT42	6/26	4SM
Wkfld/Moore	T	9am	572.WBXH	6/27	4SM
Wkfld/Moore	Th	9am	572.JH9F	6/29	4SM
Wkfld/Moore	F	10am	572.3XSA	6/30	4SM
ArrowbrookPk	T	11am	HNK.B83P	6/20	DSV1
Chalet Wds Pk	Th	11am	HNK.PUJQ	6/22	DSV1
FranconiaRec	Th	7pm	HNK.6110	6/29	DSV1
Wkfld/Moore	F	7:30pm	HNK.MFLX	6/30	DSV1

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--\$127
DSV1	8--55 minute lessons--\$145

Location	Day	Time	Code	Begin	\$
(9-12 yrs.)					
NottowayPk	T	6pm	974.NRQJ	6/27	4SM

(13-17 yrs.)

Wkfld/Moore	F	6:30pm	K3G.EJWK	6/30	DSV1
(Adults)					
NottowayPk	W	7pm	013.9G9G	6/28	4SM
Wkfld/Moore	T	10am	013.2U9C	6/27	4SM
Wkfld/Moore	Sa	4pm	QHM.67F9	6/24	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--\$127
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Location	Day	Time	Code	Begin	\$
NottowayPk	W	8pm	B86.WXT4	6/28	4SM
Wkfld/Moore	Th	10am	B86.S5R0	6/29	4SM

Doubles Tennis

(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--\$127
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Location	Day	Time	Code	Begin	\$
MasonDistPk	Su	4pm	DBD.6RIP	6/25	4SM
MasonDistPk	Su	5pm	DBD.9USD	6/25	4SM

Ultimate Frisbee

(7-12 yrs.) In this super active class, offered by Baroody Camps, players will learn the basics of Ultimate Frisbee. Students share strategies, learn how to make calls fairly while refereeing and work with teammates to make the most out of every play.

DSVF	8--55 minute lessons--\$141
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Location	Day	Time	Code	Begin	\$
ProvREC	Sa	5:30pm	TLO.TZTG	6/24	DSVF
ProvREC	Su	6:30pm	TLO.FPL2	6/25	DSVF

Volleyball

Learn basic volleyball skills through drills and games. Class covers scoring, serving, bumping, spiking and team play.

4SM	8--55 minute lessons--\$127
DSVF	8--55 minute lessons--\$141

Location	Day	Time	Code	Begin	\$
(8-12 yrs.)					
Sully CommCtr	Su	9am	8D1.0DFH	6/18	DSVF
Woodbrn ES	Su	10am	8D1.4K8F	6/18	4SM
Wkfld/Moore	M	6pm	8D1.CODG	6/26	DSVF

(12-17 yrs.)					
Sully CommCtr	Su	10am	BA8.TA5U	6/18	DSVF
Woodbrn ES	Su	11am	BA8.PJ81	6/18	4SM
Wkfld/Moore	M	7pm	BA8.PAR4	6/26	DSVF

(16-Adult)					
Sully CommCtr	Su	12:30pm	CR8.FV13	6/18	DSVF
Wkfld/Moore	M	8pm	CR8.LDSH	6/26	DSVF

Volleyball II

Prerequisite: Volleyball I. This challenging and more intense class is for experienced players and focuses on more advanced skills. (8-12 yrs.) Prerequisite: Volleyball I. This challenging and more intense class is for experienced players and focuses on more advanced skills.

4SM	8--55 minute lessons--\$127
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Location	Day	Time	Code	Begin	\$
(8-12 yrs.)					
Woodbrn ES	Su	12pm	0X0.3GMQ	6/18	4SM
(12-17 yrs.)					
Woodbrn ES	Su	1pm	6J8.GWW5	6/18	4SM

Feel Better • Look Better • Live Healthier



Customized training programs at Fairfax County Park Authority's Rec Centers include:

- New virtual training options for flexible at home personal workouts with your favorite trainer
- One-on-one and small- group training
- Yoga and Pilates personal training
- Sports oriented training to improve performance or prepare for competition
- Team training for athletes to enhance team performance
- Youth fitness training

Request a session online: www.fairfaxcounty.gov/parks/recenter/personal-training

For scheduling and more information, contact the fitness director at your Rec Center or stop at the front desk for a personal training packet.



All programs and activities will follow current health safety protocols.

Xtras

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.

Game Classes

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.

4XL 8--1 hour 55 minute lessons--\$195

Location	Day	Time	Code	Begin	\$
SoRunREC	M	7pm	DF7.EH19	6/26	4XL

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--\$195

Location	Day	Time	Code	Begin	\$
SoRunREC	Su	1pm	70C.50WF	6/25	4XL

Brush-Up Bridge

(13-Adult) Not for beginners. Must be playing bridge and want to update your skills. Modern Standard American opening bids and responses are emphasized. After demonstration hands, class shuffles and deals.

4X6 8--1 hour 55 minute lessons--\$195

Location	Day	Time	Code	Begin	\$
SoRunREC	Su	3pm	615.60JE	6/25	4XL
SoRunREC	M	1pm	615.6ZMW	6/26	4XL



Chess

(6-14 yrs.) Class time is evenly split between lesson and play. Lessons range from learning the rules to advanced tournament strategies. Play time is structured to pair each student against an opponent of similar skill. Any supply fee payable to instructor at first class.

3XB 8--55 minute lessons--\$94

Location	Day	Time	Code	Begin	\$
ProvREC	T	6pm	72C.QMUS	6/27	3XB
ProvREC	Th	6pm	72C.OMZM	6/29	3XB

Cooking Classes

Cooking Sweet & Savory

(6-12 yrs.) Just like the name suggests, each meeting of this Baroody Camps class features a sweet treat that will go perfectly with dinner and one savory dish that is sure to become a family favorite! Students learn new baking skills such as creaming, whisking and melting as well as cooking skills such as stewing, stir-frying, and sautéing.

DXVE 8--55 minute lessons--\$140

Location	Day	Time	Code	Begin	\$
SoRunREC	T	6:30pm	NFM.X2A9	6/27	DXVE



NOW HIRING

Come join our award winning team!

We're hiring to fill positions in all areas of the Park Authority

To view available employment opportunities, visit www.fairfaxcounty.gov/parks/jobs-internships or scan the QR code



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.



IMPORTANT REGISTRATION INFORMATION

REGISTER BY MAY 5 AND SAVE \$8*

REGISTRATION
STARTS 9 A.M.
APRIL 25

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 April 25 for faxed forms. Forms received prior to April 25 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 April 25. Forms received prior to April 25 are held until that date. Allow 3-5 days for processing.

Walk-In Registration

Walk-in registration begins May 8. 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.

SUMMER 2023 REGISTRATION FORM • Registration starts at 9 a.m. April 25 • Register by May 5 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		Apt.	
Street		City		State	
Phone #s		Home		Work	
Email		Cell			
Participant's Name (last, first)		Date of Birth Month/Day/Year	Gender	1ST CHOICE Activity Code	2ND CHOICE Activity Code
Sample, Joey		3/15/13	M	33C.DS47	33C.9CE4
		/ /			
		/ /			
		/ /			
		/ /			
		/ /			

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

<input type="checkbox"/> Income-Eligible Senior or Income-Eligible Disabled Adult Requires \$15 processing fee per class • Check one:		<input type="checkbox"/> Public Assistance Recipient (attach verification)	
See scholarship information on next page. Signature is required.			
Signature		CN-Staff use only#	
Check one: <div> <input type="checkbox"/> Credit Card (Check type) <div> </div> </div>			
#:			
Exp. Date:		Zip:	
Signature			
<input type="checkbox"/> Cash (walk-in only)	<input type="checkbox"/> Check enclosed	\$	#:
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

Offering courses in:

- Apprenticeship
- Business
- Culinary
- Driver Education
- CPR and First Aid
- ESOL
- Floral Design
- Health & Medical
- Information Technology
- K-12 Enrichment
- Professional Workplace Skills
- Real Estate
- Test Preparation
- Trade and Industrial
- World Languages, K-Adult

and many more!

Contact us if you need more
information about classes or if
you are interested in teaching
for ACE

ACEOnline@fcps.edu

aceclasses.fcps.edu



DÍA DE LA COMUNIDAD DE CULMORE 2023

Sábado, 6 de Mayo, 2023
10 a.m.-1 p.m.

Woodrow Wilson Library
6101 Knollwood Dr. • Falls Church, Va. 22041

Admisión Gratis • Actividades para Niños • Música en Vivo
Rifas y Premios • Bailes Culturales • Exhibición de Animales
Exhibición de Servicios • Seguridad Pública

Presentado por el Comité Día de la Comunidad de Culmore

Para más información, 703-324-8514

www.fairfaxcounty.gov/parks



Para Inclusión y ADA Apoyo llame 703-324-8563. TTY: Va. Relé 711



The Water Mine Family Swimmin' Hole Opens Saturday, May 27!

THE WATER MINE FAMILY SWIMMIN' HOLE™

Featuring:

- Three 3-Story waterslides
- Children's water slides
- Activity pool with floatable animals and rafts
- Interactive water playground for all ages
- 725 foot long Lazy River
- Tenderfoot pond and sprypad for tots
- Bubblers and fountains
- Concession and picnic areas
- Cabana rentals

Reservations required.

Advanced tickets encouraged but not required.

**Visit www.fairfaxcounty.gov/parks/WaterMine
to reserve your tickets, or call 703-246-5929.**

The Water Mine at Lake Fairfax

1400 Lake Fairfax Drive • Reston, Va. 22039

www.fairfaxcounty.gov/parks/WaterMine





Spread a Little Sunshine



FCPF

Fairfax County Park Foundation

In Fairfax County, 80,441 people live in poverty and 25,286 of those are children.

Many of these people live on less than \$30,000 a year in the fifth wealthiest county in the United States, and enriching camps and educational classes are simply out of reach for them.

Help your neighbors in need enjoy Fairfax County Park Authority camps and classes!

1

When you

- **Register** for FCPA Classes, Programs, Camps and Events
- **Reserve** Picnic and Birthday Party Shelters or Trips & Tours
- **Buy** Rec Center Memberships or Aqua Passes

2

Make a voluntary contribution to the Fairfax County Park Foundation*.

3

Smile knowing you made a difference helping to provide class and camp scholarships for neighbors who would otherwise do without.



FCPF

Fairfax County Park Foundation



FCPF

703-324-8532

parkfoundation@fairfaxcounty.gov
www.FairfaxParkFoundation.org

* Fairfax County Park Foundation is a 501(c)(3) charitable organization. Contributions are tax-deductible to the fullest extent of the law.
Tax ID # 54-2019179

For questions about Fairfax County Park Authority camps and classes, please call 703-222-4664.



Parktakes

Fairfax County Park Authority
12055 Government Center Parkway, Suite 927
Fairfax, VA 22035-5500



A Fairfax County,
Virginia, publication



WOLF TRAP SUMMER 2023

Tickets On Sale Now!



June 4
Charlie Puth
The "Charlie" Live Experience
Blu DeTiger



June 24 • 25
Out & About Festival
Brandi Carlile
Yola | Lucius | Rufus Wainwright
Celisse | Jake Wesley Rogers | Brandy Clark
Bad Moves | Oh He Dead

Indigo Girls
Larkin Poe
June 7

Signature Theatre
and Wolf Trap Present
Broadway in the Park
Lea Salonga and Megan Hilty
June 16



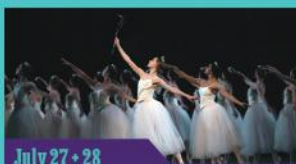
July 12
**Disney Princess -
The Concert**



July 14 • 15
Joe Hisaishi Symphonic Concert
**Music from Studio Ghibli
Films of Hayao Miyazaki**
National Symphony Orchestra

**Jurassic Park™
in Concert**
National Symphony Orchestra
July 22

**Jason Mraz
and His Superband**
August 6



July 27 • 28
**American Ballet Theatre
Giselle**



July 30
KIDZ BOP
Never Stop Live Tour

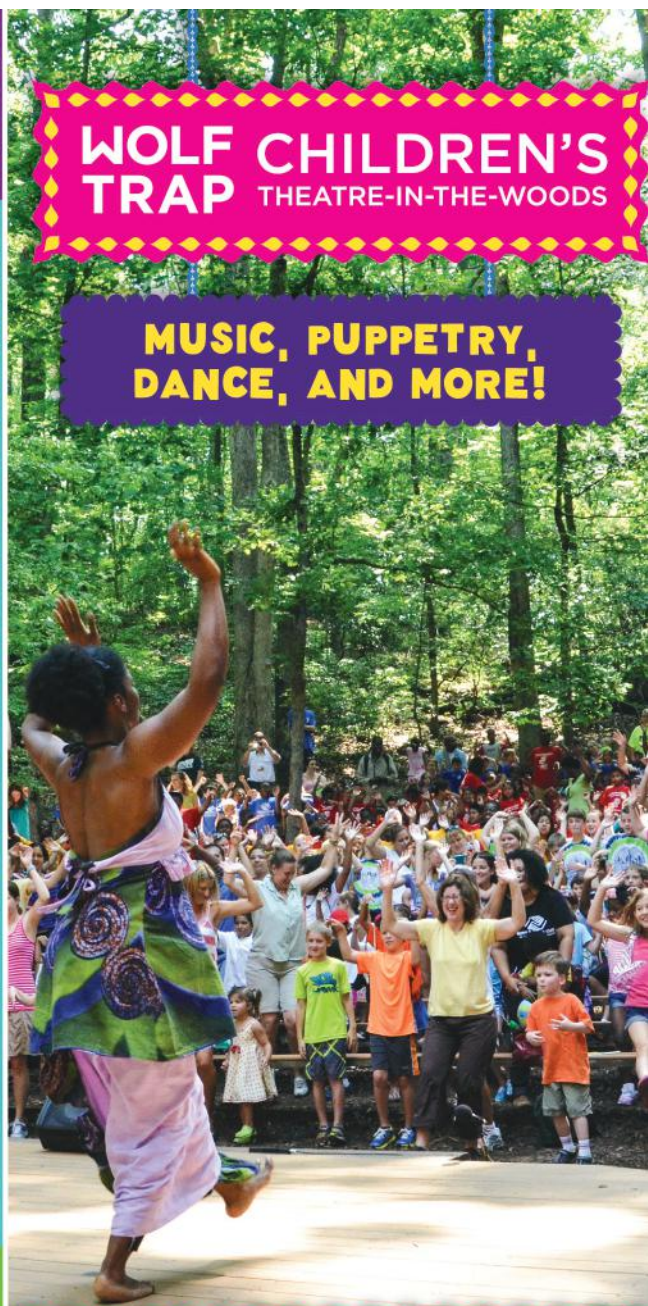
**The Concert
A Tribute to ABBA**
August 13

Juanes
La Santa Cecilia
August 18

...and many more!

WOLFTRAP.ORG

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DANCE, AND MORE!**

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TICKETS ON SALE NOW
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