

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

Fall 2025

# Parktakes

**Two stories.  
One climb.**

**A towering  
new experience  
at Mount Vernon  
Rec Center.**



**Fall Events • Mount Vernon Reopens • Reimagining Sully • Swim Lessons  
Fall Class Registration begins July 29**





SMALL  
STAGE.

BIG  
TALENT.

# GATHER. IMAGINE. BELONG.

Coming up this season...

Cirque Kalabanté "Afrique en Cirque"

Sunday, Nov. 9, 2 p.m.

"I Want a Hippopotamus for Christmas"

Monday, Dec. 22, 11 a.m. (ASL)

Monday, Dec. 22, 6 p.m.

Norbert Leo Butz "Broadway or Busk"

Saturday, March 7, 7 p.m.

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Community  
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# Ice Skating Lessons

## AT FAIRFAX ICE ARENA



### BEGINNER & NOVICE LEVEL SKATING CLASSES

TOTS, CHILDREN, TEENS AND ADULTS

7-Week Program including:

- ★ Seven 30-minute lessons
- ★ Seven practice sessions
- ★ FREE skate rental

**Only \$180\***

\* Weekend classes slightly higher

#### Tot 1/2 (Ages 3-6)—Beginner

Skills Learned: Marching While Moving, Swizzles

Day	Time	Cost	Begins	Age
Monday	5:35pm	\$180	Sept 8	3-6
Tuesday	6:40pm	\$180	Sept 9	3-6
Wednesday	6:40pm	\$180	Sept 10	3-6
Thursday	6:40pm	\$180	Sept 11	3-6
Saturday	10:05am	\$185	Sept 13	3-6

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

Skills Learned: Push & Glide, Swizzles, Stopping

Day	Time	Cost	Begins	Age
Tuesday	6:40pm	\$180	Sept 9	3-6
Saturday	9:30am	\$185	Sept 13	3-6

#### Ways to register for classes

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

#### Pre-Alpha (Ages 7-13)—Beginner

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

Day	Time	Cost	Begins	Age
Monday	6:10pm	\$180	Sept 8	7-13
Tuesday	7:15pm	\$180	Sept 9	7-13
Wednesday	7:15pm	\$180	Sept 10	7-13
Thursday	7:15pm	\$180	Sept 11	7-13
Saturday	10:40am	\$185	Sept 13	7-13

#### Pre-Alpha (14 & Up)—Beginner

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

Day	Time	Cost	Begins	Age
Tuesday	7:50pm	\$180	Sept 9	14 & Up
Wednesday	7:50pm	\$180	Sept 10	14 & Up
Thursday	7:50pm	\$180	Sept 11	14 & Up
Saturday	11:15am	\$185	Sept 13	14 & Up

#### Alpha (Ages 7-13)—Novice

Skills Learned: Stroking, Crossovers, Stopping

Day	Time	Cost	Begins	Age
Tuesday	7:15pm	\$180	Sept 9	7-13
Saturday	10:05am	\$185	Sept 13	7-13

#### Alpha (Ages 14 & Up)—Novice

Skills Learned: Stroking, Crossovers, Stopping

Day	Time	Cost	Begins	Age
Tuesday	7:50pm	\$180	Sept 9	14 & Up
Saturday	11:15am	\$185	Sept 13	14 & Up

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

**Register for Ice Skating Lessons in person or online at [www.fairfaxicearena.com](http://www.fairfaxicearena.com)**



PLEASE SCAN

Fairfax Ice Arena • 3779 Pickett Road, Fairfax, VA 22031 • 703-323-1132 • [fairfaxicearena.com](http://fairfaxicearena.com)

### 3 GREAT SKATING COUPONS AT FAIRFAX ICE ARENA

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With this coupon only. Not valid with any other offers. Offer expires 12/31/25.

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Register at Fairfax Ice Arena or  
Register online at [www.fairfaxicearena.com](http://www.fairfaxicearena.com)

Use Promo Code: **PARKTAKES**

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**ADULT ICE HOCKEY LEAGUE AND CLINIC—REGISTER NOW!**



# FALL '25

# CALENDAR

*Classes, Events, Programs  
and Registration Dates*



Tuesday, July 29		
Registration begins for Fall Classes		pg. 134
Saturday, September 6		
Dog Daze	Lake Fairfax Park	pg. 116
Sunday, September 7		
Clemyjontri Park Open House	Clemyjontri Park	pg. 67
PC9 Club Championship Golf Tournament	Pinecrest Golf Course	pg. 88
Saturday, September 20		
Bug Fest	Lake Accotink Park	pg. 66
Historic Oak Hill Open House	Oak Hill	pg. 94
Sunday, September 28		
Anglers with Autism	Lake Fairfax Park	pg. 21
Saturday, October 4		
Goblin Golf	Burke Lake Park	pg. 67
Four Club Fall Classic Golf Tournament	Jefferson Golf Course	pg. 88
Sunday, October 5		
Goblin Golf	Burke Lake Park	pg. 67
Saturday, October 11		
Tasting - Teas of Africa	Green Spring Gardens	pg. 94
Friday, October 17		
Farm Harvest Days-Big Truck Night & Fall Carnival	Frying Pan Farm Park	pg. 67
Shot in the Dark Golf Tournament	Burke Lake Golf Center	pg. 88
Saturday, October 18		
Farm Harvest Days & Fall Carnival	Frying Pan Farm Park	pg. 67
Sunday, October 19		
Farm Harvest Days & Fall Carnival	Frying Pan Farm Park	pg. 67
Sensory-Friendly Trick-or-Treat	Clemyjontri Park	pg. 67
Fall Festival Scramble Golf Tournament	Pinecrest Golf Course	pg. 88
Friday, October 24		
Halloween on the Farm	Frying Pan Farm Park	pg. 66
Virginia Hauntings - Legends & Lore	Colvin Run Mill	pg. 66
Haunted Mini Golf	Oakmont Rec Center	pg. 68
Shot in the Dark II Golf Tournament	Burke Lake Golf Center	pg. 88
Saturday, October 25		
Halloween on the Farm	Frying Pan Farm Park	pg. 66
Ghost Town	Burke Lake Park	pg. 66
Monster Mash 5K Dash, Halloween Fun Run and Tot Trot	South Run Rec Center	pg. 66
Virginia Hauntings - Legends & Lore	Colvin Run Mill	pg. 66
Haunted Mini Golf	Oakmont Rec Center	pg. 68
Sunday, October 26		
Ghost Town	Burke Lake Park	pg. 66
Saturday, November 1		
Aqua Flex '25	3 Rec Centers	Pg. 40
Friday, November 7		
Sully Illuminated	Sully Historic Site	Pg. 95
Saturday, November 15		
Astronomy Festival	Turner Farm Park	Pg. 66



# PARKSIDE

## Letter from Laura Grape



Fall is my favorite time to be in parks. It's the fun family events, cooler temperatures, tapestries of colorful leaves, and even that earthy aroma that envelops you in the change of seasons. It is time to be outside. Here are a few activities and events that I'm looking forward to:

**Taking a hike!** With over 300 miles of trails across Fairfax County, there is a place for everyone at every speed. Visit Trail Buddy at [www.fairfaxcounty.gov/parks/trails/trail-buddy](http://www.fairfaxcounty.gov/parks/trails/trail-buddy) to plan your next adventure.

**Fishing with friends** at our popular Anglers with Autism event returning to Lake Fairfax Park. The event, held on Sunday, September 28, is open to individuals with autism and their families to learn how to fish.

**Scaring myself silly** at Bug Fest this year at Lake Accotink. Games, live insects, crafts and bug science are sure to delight all who attend. And Ghost Town returns to Burke Lake Park. Geared for families with young children, there are plenty of treats but no tricks or frights at this annual event.

**Celebrating archaeology month** with Archtoberfest at Sully Historic Site. Explore the archaeological trail and learn about the skills archaeologists need. Find other history events and commemorate America's 250th anniversary in Parks by visiting [www.fxva.com/fairfax250](http://www.fxva.com/fairfax250).

**Savoring harvest season** at Frying Pan Farm Park throughout October. Enjoy games, rides, and festive food at the Fall Carnival. During Farm Harvest Days, come can see how cider is made, milk a cow, shell corn, and watch farm demos. Halloween on the Farm comes next with trick-or-treating, visits with farm animals, games, crafts and tours of the decorated farmhouse.

And you'll find so much more in this issue of Parktakes. Aren't we lucky to have parks to experience all the wonders of autumn? See you out there!

Laura Grape  
Division Director,  
Resource Management and Interpretation



**Cover:** Children enjoying the climbing wall at the Mount Vernon Rec Center. Photo by Melodie Stehling. For more information, turn to pg. 10.

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# Swim Lessons for All Ages

A little over half of adults in the United States know how to swim according to the Red Cross. In a recent survey, 80% of adults say they know how to swim yet only 54% know the five basic lifesaving skills: treading water for 1 minute, jumping into deep water and coming to the surface, rotate a full circle in the water and be able to exit, swim 25 yards to an exit, and the ability to exit from the water (in a pool, without the aid of a ladder). When you consider that almost 200 million Americans visit beaches, pools or lakes annually, knowing lifesaving swim skills is essential for staying safe.

If you do not know how to swim or need a refresher course, the Park Authority has several options to suit your needs. Group classes are offered quarterly from beginners to advanced classes for those wanting to work on Stroke Mechanics. For more individualized attention, Rec Centers offer small group and private lessons.

Having children start in swim classes when they are young is best so they can learn proper water safety. Park Authority swim classes teach those as young as 6 months of age! Swim classes are offered at all Rec Centers with several locations offering classes in Spanish.

Adapted aquatics classes are offered for students with disabilities from age 3 to adult.

Classes are taught to beginners and students who are interested in advancing their skills. Swim

Team Training courses are also available to those who may want to participate in the Special Olympics.

To find out more about Aquatics classes please turn to the Aquatics section or contact your closest Rec Center. For Adapted Aquatics classes, please turn to the Adapted Recreation section or call 703-324-8565.

## Fall Fun with Adapted Programs

Explore all the exciting, adapted programs the Park Authority is offering this Fall. Children ages 6-11 years old can explore the outdoors with Adapted Park Explorers, including hands-on science and nature activities. Families

can celebrate Halloween at Sensory-Friendly Family Trick-or-Treat at Clemyjontri Park in a calm, sensory-friendly outdoor event. Activities include train and carousel rides, arts and crafts, and themed treat stations throughout the playground. Costumes are welcome, but not required. Individuals with autism and their families are invited to fish at Lake Fairfax for our Anglers with Autism event. This popular event includes a basic fishing lesson, and all equipment is provided.

Adapted swimming classes are offered for ages 3 to adult at many of our Rec Centers. Classes vary from beginner to swim team training for those interested in competing in the Special Olympics. Other sports classes include adapted classes for basketball, fitness training, soccer, taekwondo and yoga.

To find out more, please turn to the Adapted Recreation section or visit [www.fairfaxcounty.gov/parks/adapted-programs](http://www.fairfaxcounty.gov/parks/adapted-programs). If an individual would like to participate any of our classes, programs or events and needs support, please reach out to our Access and Inclusion services at 703-324-8565.





# CONGRESSMAN GERRY CONNOLLY'S CONTRIBUTIONS TO PARKS



The Fairfax County Park Authority joins Fairfax County and the community in remembering Congressman Gerry Connolly. During his tenure on the Board of Supervisors and as the Representative for Virginia's 11<sup>th</sup> District, Congressman Connolly focused on the parks, open space preservation, and environmental sustainability. His love of parks led to his efforts for the acquisition of 8,427 additional acres of parkland and the promotion of environmentally sustainable practices throughout the park system.

As Chairman of the Fairfax County Board of Supervisors, Congressman Connolly initiated the creation of a 41.5 mile trail connecting communities from Great Falls to Lorton. Completed in 2005, the trail was named the Gerry Connolly Cross County Trail in his honor.



One of Congressman Connolly's goals was for ten percent of all land in Fairfax County to be owned by the Park Authority, and the Park Authority is moving steadily towards his goal. He also promoted volunteering in parks, inspiring individuals to provide service hours annually.

Congressman Connolly's relentless passion and support reflect his ability to unite people and create a vision of stewardship and equity. His legacy will be felt throughout our park system for generations to come.



## SCOUTING PROGRAMS IN PARKS



The Park Authority offers a variety of scouting programs throughout the county for both Scouting America and Girl Scouts of the USA. Programs offered include opportunities for scouts to work toward badges, journeys and patches at all levels. Troops are invited to sign up for prescheduled programs advertised in the Scouts section of Parktakes or to call and schedule a time for your troop with our trained naturalists and counselors.

Visit [www.fairfaxcounty.gov/parks/scouts](http://www.fairfaxcounty.gov/parks/scouts) for more information or turn to the Scouts section.

### LOCATIONS THAT OFFER SCOUTING PROGRAMS

- Burke Lake Park
- Colvin Run Mill
- Cub Run Rec Center
- Ellanor C. Lawrence Park
- Frying Pan Farm Park
- Green Spring Gardens
- Hidden Oaks Nature Center
- Hidden Pond Nature Center
- Huntley Meadows Park
- Lake Accotink Park
- Lake Fairfax Park
- Riverbend Park
- Sully Historic Site



# NEW FALL CLASSES

The Park Authority has hundreds of new classes and programs this fall, from day trips to garden talks to Halloween happenings, there is something for every age and interest. Here is a small sampling of what the parks have to offer!

## DAY TRIPS:

Getaway - Harpers Ferry Fall Foliage Hike  
Getaway - Gettysburg & Tea

## FINE ARTS:

Colors of Autumn - Watercolor Fall Foliage Cozy  
Creations & Winter Wellness Workshop Drawing  
Workshop - Fungi and Ferns  
Introduction to Basketweaving Workshop  
Paper Quilling Workshop - Flower Cards  
Paper Quilling Workshop - Holiday Ornaments  
Plein Air Oil Painting Workshop  
Poetry Workshop - Harvest Season  
Watercolor Workshop - Mono Printing

## GARDENING:

Bad Naturalist: Learning the Hard Way  
Book Signing  
Fall Plants for Small Gardens  
Family Fun - Autumn Leaves  
Garden Artists - Painting in the Gardens  
Garden Artists - Plant Poetry and Prose  
Garden Artists - Seasonal Wrap & Walk

Garden Talk - Ground Cover Great Lawn  
Alternatives

Garden Talk - Natives with Fall Interest  
Garden Talk - Winterizing Your Garden  
Growing a Container Kitchen Garden  
Howl-O-Ween - Dog Toy Workshop  
Howl-O-Ween - Dog Treat Workshop  
Meditation in the Gardens

Native Plants Tell Indigenous Stories  
Seasonal Holiday Plants and Bulb Forcing Demo  
Sunset Soirée - Botanical Bath Salts Workshop  
Sunset Soirée - Mini Herb Garden Workshop  
Wizards Warlocks & Witch(hazel)s, Oh My!

## HISTORY:

Grit & Grain - African American Millers Historic  
House Walk and Talk  
Movie at the Mill - Sleepy Hollow  
Podcasts of the Past  
Surviving Unplugged - Herbs for Food and  
Medicine  
Tasting - Teas of Africa  
The Less of Sully  
Virginia Hauntings - Legends & Lore

## NATURE:

Bat Walk at the Bend  
Creepy Crawlies  
Drawing Songbirds  
Family Fossil Fun  
Fungi and Friends  
Glow Hike  
Halloween in the Hollows  
Hops & Holes  
Huntley Meadows Birding Club  
Junior Forest Foragers  
Living Dinosaurs  
Nature Crafting Series  
Nature Journaling - Reciprocity in Nature  
Spooky Snakes  
Storytime from the Pumpkin Patch  
Veterans in Nature

## SCOUTS:

Build It - Webelos Elective  
BGS - Craft & Tinker  
Gizmos and Gadgets - Lion Elective



What do you do with a large, white storage container sitting in the parking lot of a busy park? When the Natural Resource Branch of the Park Authority needed to use this space for storage at Lewinsville Park in McLean, they also wanted to take the opportunity to make it meaningful. This past Spring the container received a major new look thanks to a talented local artist, Emely Ramos. The colorful design is intended to promote the weekly Farmers Market that is open from May 2-October 31. The items depicted in the painting showcase some of the products that can be purchased at the Farmers Market.

The artist, Emely Ramos, is a George Mason alumna who was commissioned to design and paint a mural by the Park Authority through their Murals at Mason program. Ramos graduated from George Mason University with a Bachelor of Fine Arts and is currently pursuing a Masters in Art Education.

To find out more about Lewinsville Park and the Farmers Markets, visit [www.fairfaxcounty.gov/parks/farmersmarkets](http://www.fairfaxcounty.gov/parks/farmersmarkets).

## Mural at Lewinsville Park



# Golf Fairfax Impact at Local High Schools

At Golf Fairfax courses like Pinecrest and Burke Lake, a group of passionate instructors are making an impact beyond the fairways. These dedicated pros not only teach course strategy and swing mechanics, they also serve as high school golf coaches, mentors and role models, helping teens navigate both the game and life.

When Tim Sample stepped in as head coach for Meridian High School's varsity golf team three weeks before the season began, he wasn't expecting to lead the team to their first-ever VHSL State Championship. But with a calm, confidence-building approach and a focus on helping players "play their game," that's exactly what he did. "Golf is a sport of self-awareness," says Sample, who also teaches private lessons and camps at Pinecrest Golf Course. "Watching these players grow, not only as golfers, but as people, is incredibly rewarding."

Sample is one of several Golf Fairfax instructors who are doing more than just teaching swings. They're building relationships with junior golfers and giving back to their communities through school athletics.

At Annandale High School, Edwin Coreas brings the same energy and encouragement he shares with students in Pinecrest's group classes. "I love helping young players improve, especially when they start hitting the ball clean and smile with confidence," he says. "Seeing them around the neighborhood or at the store and hearing how proud they are – it reminds me why I do this."

For Alexandria City High School coach David Yentzer, instruction is about connection. "Teenagers won't care what you know until they know you care," he says. Whether coaching on the course at Pinecrest, or leading junior camps, Yentzer's "back to basics" philosophy and personal approach help students feel seen and work toward success.

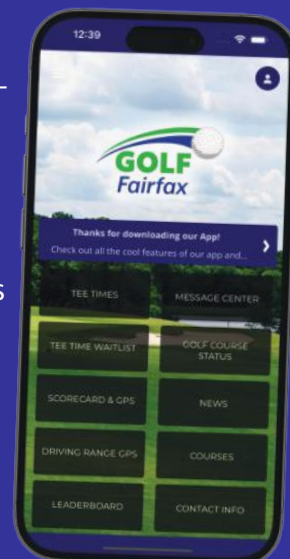
Interested in learning from these passionate pros? Book private lessons, learn about group instruction and junior camps and classes at [www.fairfaxcounty.gov/parks/golf/instruction](http://www.fairfaxcounty.gov/parks/golf/instruction).



## GALLUS FAIRFAX LAUNCHES MOBILE APP

Golf Fairfax has launched its new mobile app, powered by Gallus Golf, now available for free on both the Apple App Store and Google Play. This innovative app is designed to enhance the golfing experience across all Golf Fairfax courses.

The app offers a suite of features tailored for golfers of all skill levels. Users can book tee times, access GPS-enabled course maps, and use the driving range GPS and interactive scorecard. Noteefy, our tee time waitlist assistant, also sends notifications directly through the app so golfers can be the first to know when their preferred tee time is available. Keep up-to-date with news, special events, tournaments and exclusive offerings right at your fingertips.



Download the app today to elevate your golf experience:  
<https://apps.apple.com/us/app/gallus-golf-club/id1446474893>



# FAIRFAX'S EXPANDING PARK SYSTEM



This fall, the Fairfax County Park Authority (FCPA) invites the community to explore and enjoy two brand new parks – Mount Vernon Woods Park in Alexandria and Ruckstuhl Park in Vienna, as well as major improvements at the popular McLean Central Park and Hybla Valley Park. Together, these projects reflect FCPA's continued investment in safe, welcoming, and accessible spaces that encourage people of all ages to connect with the outdoors and each other.

In Alexandria, Mount Vernon Woods Park is a completely new park designed to meet the recreational and wellness needs of a growing community. This thoughtfully designed space includes an expansive open lawn play field, a multi-sport court that supports both futsal and basketball, and an all-abilities and all-ages playground. The park also features a fitness area, picnic pavilion, drinking fountain, and passive seating areas, all set among newly installed landscaping. A skate park is also in the works that will open in the months ahead.

In Vienna, Ruckstuhl Park offers another brand-new destination for recreation, reflection, and relaxation. This park includes a playground, outdoor fitness equipment, open play lawn, and an ADA-accessible trail that loops through natural landscaping and green infrastructure. A picnic pavilion and parking area complete the space, making it easy for individuals and families to gather and enjoy the outdoors close to home. Ruckstuhl is emblematic of passive neighborhood parks, ideal for strolls, quiet picnics, or letting kids explore unstructured play.

Just north in McLean, longtime favorite McLean Central Park has received a significant upgrade. The new playground was designed for all ages and abilities, and is supported by ADA-accessible parking. The park also includes a spacious pavilion with amphitheater-style seating, ideal for performances or community events. Visitors can enjoy a refreshed fitness area, renovated restrooms, and both new and resurfaced trails that connect the park's many features. Stormwater infrastructure and landscaping improvements enhance the park's beauty and resilience, while resurfaced basketball and tennis/pickleball courts, completed in 2023, extend the park's appeal to active users.

The facilities at Hybla Valley Park were underutilized and in need of a refresh. With input from the community, staff converted the tennis courts into a combination sport court and a new all-ability playground. The parking lot was reconfigured with additional parking spaces including accessible spaces to make this park truly welcoming to the entire community.

Each of these projects is rooted in FCPA's core mission: to create equitable, inclusive, and sustainable spaces that bring people together. Whether you're discovering a brand-new neighborhood park or rediscovering an old favorite with a fresh new look, there's something new to explore in every corner of Fairfax County.

Visit [www.fairfaxcounty.gov/parks/locator](http://www.fairfaxcounty.gov/parks/locator) for park location information and to explore all that FCPA has to offer.

## PICKLEBALL & TENNIS: SOMETHING FOR EVERY PLAYER



FCPA offers a wide range of court options: 20 dedicated pickleball courts, 156 dedicated tennis courts,

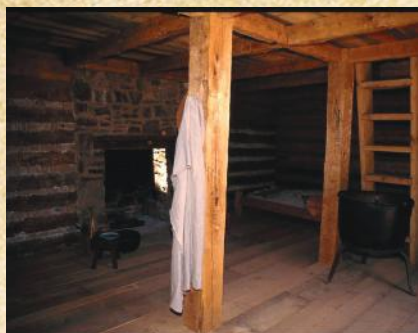
and 50 practice courts countywide. An additional 38 shared-use courts (with tennis and pickleball lines) provide even more access. This fall, Wakefield Park is expected to complete construction on 10 dedicated tennis courts and 8 dedicated pickleball courts — a major win for local racquet sports enthusiasts.





# REIMAGINING SULLY HISTORIC SITE

The story of Sully Historic Site reflects more than 250 years of Fairfax County and national history. Exploring the lives of the people who lived and labored here tells us how we became the community and country we are today. Since 1959 when Sully was signed over to the Park Authority, it has become a cultural and educational resource for the region, attracting thousands of visitors each year. From its history of preservation and education, Sully is preparing for the future by studying the site in different ways to bring old and new stories to all visitors.



**REIMAGINING SULLY** Sully Historic Site is excited to take the first steps towards reimagining its future. After Executive Director Jai Cole's first tour of Sully Historic Site, she made its reimagining a priority. This means re-interpreting the site beyond the Lee Family to include all the different people who occupied it, both free and enslaved, 19th and early 20th century Quakers and dairy farmers, mid-20th century diplomats, and its preservation during the unprecedented growth of Fairfax County since the 1950s. A Senior Advisory Team comprised of Fairfax County government officials and representatives from other stakeholder groups will discuss key practices for the ethical interpretation of history at former sites of enslavement, review the site's history, and produce a recommended purpose statement and goals for a comprehensive interpretive plan to be created in the next phase of the project.

**NEW SITE TOUR AND HOURS** *The Sully Historic House Tour* is now the *Sully Historic Site Tour* and has an expanded focus. In addition to visiting the owner's house, tour participants will now see the historic outbuildings, including the kitchen, laundry, dairy and smokehouse, as well as the re-created home for enslaved people. Participants will hear how the first Northern Virginia Congressman, Richard Bland Lee, and his family lived, and discover the stories of the enslaved people whose forced labor helped build Fairfax County and the nation. Historic Site Tours are available at 11:30 a.m., 1 p.m. and 2:30 p.m., Thursday through Sunday.

**SPECIAL-INTEREST TOURS AND PROGRAMS** Join a Discover Cain's Branch Tour to learn what archaeology tells us about the hidden features of the park. The Civil War at Sully program shares the stories of the Quaker family who lived at Sully during the turbulent war years. Explore the lives and legacy of the people who were enslaved at Sully between the colonial period and emancipation on the Remembrance: Enslaved Lives at Sully Tour. The Lees at Sully Tour tells the story of Richard Bland Lee, his family and his contributions to civic life in early Virginia and the nation. Other programs focus on 19th century practices such as map making, food preservation and weaving and teach participants new skills. Check Sully's website or Parktakes magazine for dates and times.



Tickets for all tours can be purchased online and at the Sully Visitor Center, which is open Thursday through Sunday, 11 a.m. to 4 p.m. For more information, visit [www.fairfaxcounty.gov/parks/sully](http://www.fairfaxcounty.gov/parks/sully) or turn to the History section.





# EXPLORE NEW AMENITIES AT

*The vibrant, renovated Mount Vernon Rec Center opened its doors to the community this summer.*

The newly expanded facility, located in Alexandria, features a stunning two-story Fitness Center, an expansive Ice Arena with two National Hockey League (NHL)-sized ice rinks and skate rentals, the Park Authority's first climbing wall, and a pool with aquatic climbing wall.

Come experience this cutting-edge space for yourself, where community and opportunity intersect. "It's a cornerstone of this community," says Park Authority Executive Director Jai Cole. "It's a place where people of all ages come together to connect, grow and support one another in reaching their health and wellness goals. We are so proud to bring this revitalized space back to the Mount Vernon community."

## ICE ARENA

Glide onto the Rec Center's two indoor ice rinks — join ice skating, figure skating and hockey classes, public skate sessions, and events. The expansive ice arena includes skate rentals and sharpening services, team and referee locker rooms, a party room and warming pantry.

## INDOOR TRACK

Get your steps in, rain or shine. Take a lap on the indoor track that sits above the ice rink closest to the lobby.

## POOL

Swim in the world-class, Olympic size pool featuring beach entry area and the Park Authority's first aquatic climbing wall. Try out the lap lanes, perfect your form off the diving boards, watch swimmers from bleachers, and book birthday parties or training events that use the wet classroom. Opening late summer.

## CLIMBING WALL

Reach new heights with the Park Authority's first indoor climbing wall. This two-story artificial rock wall features auto-belays as well as boulder areas for additional challenge. Book a climbing themed birthday party!

## BIRTHDAY PARTIES

Have a birthday to remember at Mount Vernon Rec Center! Choose from three party package options — swim, climb or ice skate! Enjoy one hour of the activity and one hour in the party room.

## FITNESS CENTER

Meet your wellness goals using an impressive collection of exercise equipment. Workout your way — get your cardio in, use free weights and strength training equipment, join drop-in group exercise classes in four studio rooms and sign up for additional wellness services such as personal training or nutrition coaching.

## DROP-IN CHILDCARE

Use drop-in childcare services while you use the Rec Center. With discounted rates for Rec Center members, adults can participate in fitness, classes, activities and events inside the Rec Center while their child/children enjoy safe, age-appropriate activities under the supervision of our experienced staff!

**Explore Mount Vernon Rec Center and connect with your community:  
[www.fairfaxcounty.gov/parks/reccenter/mount-vernon/](http://www.fairfaxcounty.gov/parks/reccenter/mount-vernon/)**



# Drop-In Childcare

Parents can now workout with peace of mind that their child is safe and entertained at one of the three drop-in childcare rooms available at Cub Run, Oakmont and Mount Vernon Rec Centers.

Fairfax County Park Authority staff are ready to entertain and supervise little ones with plenty of activities, games, books, arts and crafts that get kids moving and playing.

Every staff member is certified in CPR and First Aid and must pass a background check. Staff provide focused care for children, ages 6 months to 10 years.

Guardians are able to have their children in the daycare room a maximum of 2 hours per day and are required to stay inside the Rec Center for the time their child is in the drop-in childcare. Rec Center members enjoy a discounted rate for drop-in childcare of \$3 per child. Non-member rates are \$10 per child. Find hours for the rooms listed online under the Rec Center at [www.fairfaxcounty.gov/parks/operational-hours](http://www.fairfaxcounty.gov/parks/operational-hours).

Learn more online at [www.fairfaxcounty.gov/parks/reccenter/childcare](http://www.fairfaxcounty.gov/parks/reccenter/childcare).

## Drop-in childcare is available at:

### Cub Run Rec Center

4630 Stonecroft Blvd., Chantilly  
703-817-9407

### Oakmont Rec Center

3200 Jermantown Rd., Oakton  
703-281-6501

### Mount Vernon Rec Center

2017 Belle View Blvd. Alexandria  
703-768-3224

HIDDEN  
GEM



## Burke Lake Golf Center

You may have walked the scenic trails or paddled across the calm waters of Burke Lake — but did you know that one of Fairfax County's best-kept secrets is just steps away? Backing right up to the park is Burke Lake Golf Center, a picturesque 18 hole par 3 course and an award-winning double-decker driving range.

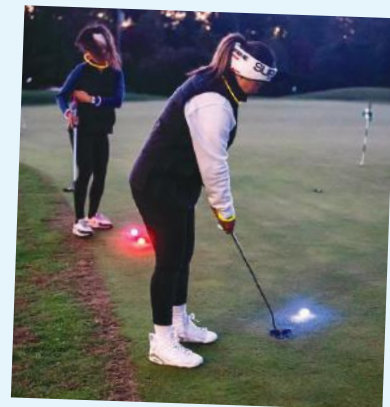
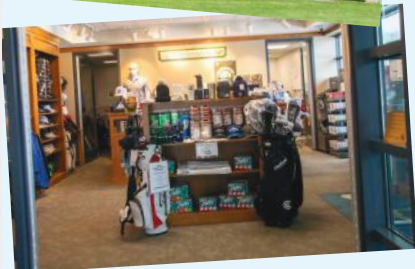
Ideal for beginners and seasoned players alike, the course offers a relaxed but challenging environment to sharpen your golf game. Whether you're learning to swing or aiming to shoot under par, Burke Lake's golf offerings are designed for all ages and skill levels.

The Burke Lake Golf Academy hosts year-round lessons, including the SNAG (Starting New at Golf) program for ages 5-7, Get Golf Ready classes for ages 7-17, parent and child classes and specialty classes for women. The Burke Lake Golf Academy also offers clinics, private instruction and custom club fittings to help experienced golfers elevate their game.

Burke Lake also offers a variety of leagues and junior programming, including the Orange Tee Club, a program that allows junior golfers to play from the forward orange tees for a more enjoyable round with family.

After your round, golfers can refuel at Mulligan's Grill, a full-service snack bar with patio seating that overlooks the course.

To learn more, visit [www.fairfaxcounty.gov/parks/golf/burke-lake](http://www.fairfaxcounty.gov/parks/golf/burke-lake).





# A Lasting Legacy at the Ice Rink at Mount Vernon



If you skated at Mount Vernon Rec Center between 1979 and 2020, chances are you saw Shirley Hughes. Her steady presence helped to shape a figure skating program that produced not only national and international competitors but deeply grounded young people.

She taught with structure, devotion and innovation; installing climbing ropes to build core strength, designing her own self-evaluation points system for skaters and holding off-ice plyometric classes before they were common practice. Her annual Holiday Ice Show became a celebrated tradition.

Among the many talented skaters she coached were Junior World Champion Derrick Delmore, Olympic medalist Ashley Wagner, National competitor Brynne McIsaac and World Championship competitor Diane Chen. She also coached both her daughter and granddaughter to the national level.

Shirley passed away in January 2025 at age 83, leaving behind a legacy that goes far beyond medals and routines. Though her loss is deeply felt, her influence continues to shine through every skater who glides across the Mount Vernon ice.

“She had a deep belief in each of her skaters,” says former student Oliva Zhang. “A belief in excellence and beauty through hard work, a belief in the person that we were each capable of becoming. It was a true gift to learn from her, and the greatness of that gift has only registered more and more with time.”

Her impact on the Park Authority and the Mount Vernon skating community will continue to inspire skaters for generations to come.



## Fairfax County Park Authority Board Members

Kiel Stone.....Chairman, Braddock  
Timothy B. Hackman.....Vice Chairman, Dranesville  
Dr. Abena Aidoo Hewton, Ph. D.....Treasurer, At Large  
Dr. Cynthia Jacobs Carter, Ed.D...Secretary, Franconia  
William G. Bouie.....Hunter Mill  
Linwood Gorham.....Mt. Vernon  
Faisal Khan.....Member-at-Large  
Rick Healy.....Mason  
Ken Quincy.....Providence  
Michael Thompson, Jr.....Springfield  
Jose Peralta.....Sully  
JohnaToomey.....Member-at-Large

## Fairfax County Park Authority Leadership

Jai Cole.....Executive Director/CEO  
Sara Baldwin.....Deputy Director/COO  
Aimee L. Vosper.....Deputy Director/CBD

## Parktakes Production Staff

Cindy Fortuno.....Editor, Graphic Design & Advertising  
Melodie Stehling, Don Sweeney, Shirl Walley, Jonae Guest, Kyle Williamson.....Photography  
John Rodgers, Jennifer Croteau.....Graphic Design  
Freeport Press.....Printing

## Fairfax County Board of Supervisors

Jeffrey C. McKay.....Chairman  
James R. Walkinshaw.....Braddock  
James N. Bierman, Jr.....Dranesville  
Rodney L. Lusk.....Franconia  
Walter L. Alcorn.....Hunter Mill  
Andres F. Jimenez.....Mason  
Daniel G. Storck.....Mt. Vernon  
Dalia A. Palchik.....Providence  
Pat Herrity.....Springfield  
Kathy L. Smith.....Sully

The Winter 2026 issue of Parktakes will be available in late October.

## 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](mailto: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](http://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 participants when they are being transported in Park

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Authority vehicles.

**Prices, hours, programs and services are subject to change without prior notice.**

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.





# THE FAIRFAX COUNTY PARK FOUNDATION



Fairfax County Park Foundation

The Fairfax County Park Authority (FCPA) receives the majority of its funding from revenue through fees from recreation centers, golf courses, and classes. However, some programs and park facilities can't be fee-based. That is where the Fairfax County Park Foundation comes in to provide support and fill funding gaps.

The Fairfax County Park Foundation was established in April 2000 as a 501(c)(3) nonprofit charitable organization. The Foundation is led by a volunteer Board of Directors and staffed by an Executive Director with a lean and efficient staff. The Board is comprised of volunteer community and business leaders.



The Fairfax County Park Foundation supports FCPA by raising private funds, obtaining grants and creating partnerships that supplement tax dollars to meet the community's need for park land, facilities and services.

However you choose to donate, we thank you for your support of your Fairfax County parks!

## How You Can Help!



### Give Online

Donate to Camps, Classes, Adapted & Equity Outreach Programs anytime or when you register for FCPA Classes, Programs, Camps or Events; when you reserve Picnic Shelters or spaces for Parties; or when you purchase a Rec Center Membership Pass

### Donate a Vehicle

Donate your unwanted car, truck, motorcycle, boat, motor-home or other vehicle. Donating is fast and easy and vehicle pick-up is free through our partner CARS (Charitable Adult Rides & Services). Vehicles do not need to be in operating condition.

### Monetary Gifts

Give Stock & Bonds, IRA Distribution Gifts or Donor Advised Funds

### Workplace Giving

Many employers will matching gifts or you can set-up to give monthly through credit card payments or payroll deductions

## SOMEONE MAKING A DIFFERENCE: JAE KINDER-LEMESHAWSKY

Jae Kinder-Lemeshawsky, "Ms. Jae", a gymnastic teacher at Franconia and Mount Vernon Rec Centers, should really be considered a volunteer because she voluntarily donated all her paychecks for the past 12 years — \$20,000 to the Fairfax County Park Foundation (FCPF) to fund new gymnastic equipment for the recently renovated Mount Vernon Rec Center! This very generous donation will ensure that the community has high quality facilities and enhance local recreational opportunities and contribute to maintaining the county's status as a leader in parks and programs.

Ms. Jae is a much-loved teacher for 3-6-year-olds who brings a love of teaching, gymnastics and a touch of magic to her students by pairing healthy eating with magic tricks. She also teaches sign language to promote good manners and respect, creating an inclusive environment that leaves a lasting impression on children and their families.

Join Ms. Jae by donating to FCPF today!





# PARKS at a Glance

For more information, visit [www.fairfaxcounty.gov/parks](http://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	Drop-in Childcare Center	Demonstration Gardens	Disc Golf	Equestrian Facilities	Family Water Park	Farm	Farmers Market	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					●					●								●												
George Washington	703-780-8894					●																									
Franconia	703-922-9841			●	●	●			●										●												
Mount Vernon	703-768-3224					●					●								●												
Oakmont	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	●	●	●		
Oakmont	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													●																	







# PARK LOCATIONS

For a complete list of locations and addresses, scan the QR code or visit [www.fairfaxcounty.gov/parks/locator](http://www.fairfaxcounty.gov/parks/locator)





## Rec Centers

- 1 **Audrey Moore Rec Center**  
8100 Braddock Road  
Annandale 22003 • 703-321-7081
- 2 **Cub Run Rec Center**  
4630 Stonecroft Blvd.  
Chantilly 20151 • 703-817-9407
- 3 **Franconia Park & Rec Center**  
6601 Telegraph Road  
Franconia 22310 • 703-922-9841
- 4 **George Washington Rec Center**  
8426 Old Mt. Vernon Road  
Alexandria 22309 • 703-780-8894
- 5 **Mount Vernon Rec Center**  
2017 Belle View Blvd.  
Alexandria 22037 • 703-768-3224
- 6 **Oakmont Rec Center**  
3200 Jermantown Road  
Oakton 22124 • 703-281-6501
- 7 **Providence Rec Center**  
7525 Marc Drive  
Falls Church 22042 • 703-698-1351
- 8 **South Run Rec Center**  
7550 Reservation Drive  
Springfield 22153 • 703-866-0566
- 9 **Spring Hill Rec Center**  
1239 Spring Hill Road  
McLean 22102 • 703-827-0989

## 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 Central Green**  
8780 Lorton Road  
Lorton 22079 • 703-437-9101

## Major Parks

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

## Nature Centers

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

## Historic Sites

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

## Historic Sites

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

## Golf Courses

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



Visit [www.fairfaxcounty.gov/parks/locator](http://www.fairfaxcounty.gov/parks/locator) for more park locations and directions.

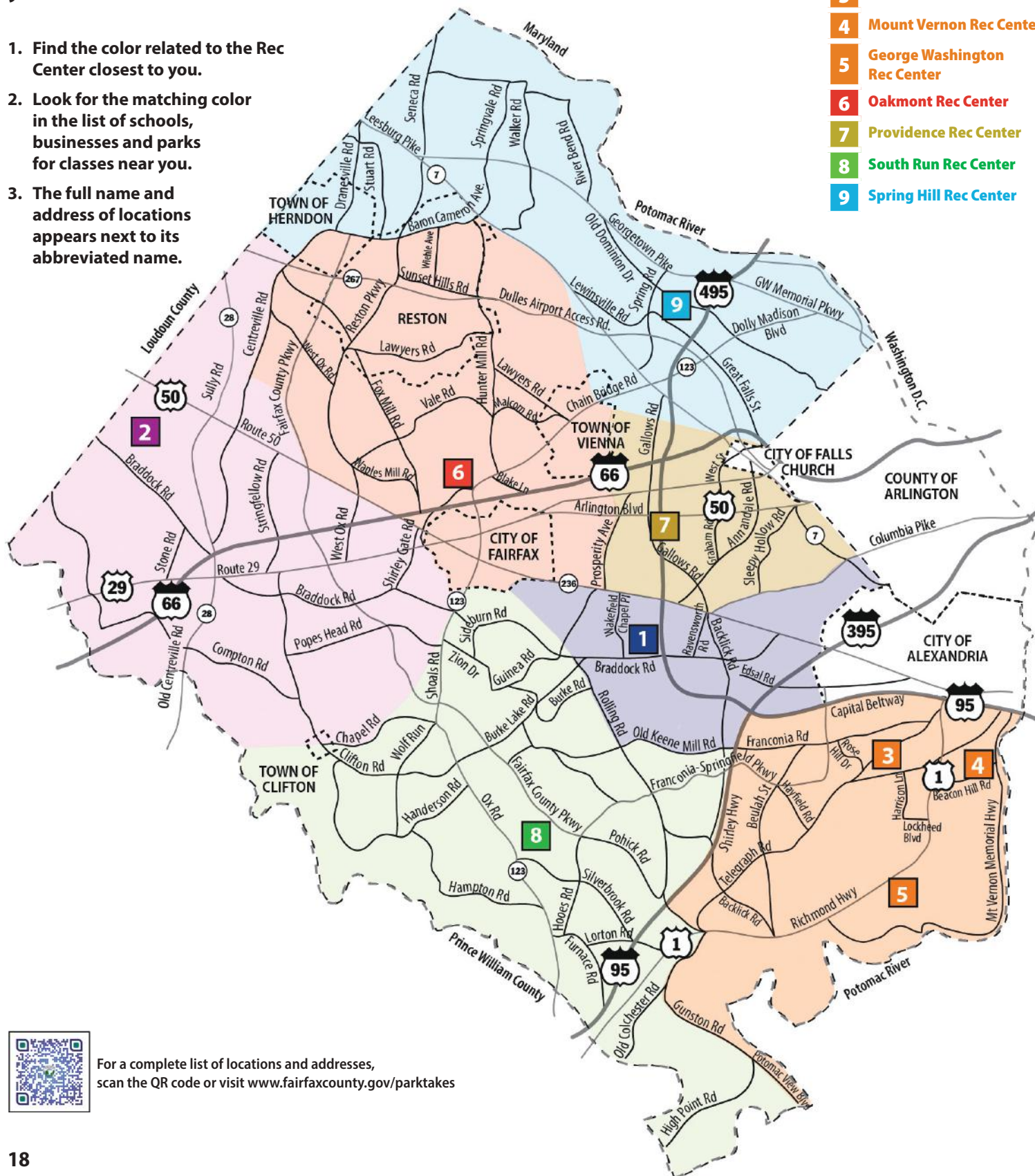


# LOCATION ABBREVIATION GUIDE

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** Mount Vernon Rec Center
- 5** George Washington Rec Center
- 6** Oakmont Rec Center
- 7** Providence Rec Center
- 8** South Run Rec Center
- 9** Spring Hill Rec Center



For a complete list of locations and addresses, scan the QR code or visit [www.fairfaxcounty.gov/parktakes](http://www.fairfaxcounty.gov/parktakes)



Abbrv	Name	Address	City, Zip
<b>1: Audrey Moore/Wakefield</b>			
Camelot ES	Camelot Elementary	8100 Guinevere Dr	Annandale 22003
GrnSprGardn	Green Spring Gardens Park	4603 Green Spring Rd	Alexandria 22312
Hidden Oaks NC	Hidden Oaks Nature Center	7701 Royce St	Annandale 22003
LkAccotinkPk	Lake Accotink Park	7500 Accotink Park Dr	Springfield 22151
LittleRun ES	Little Run Elementary	4511 Olley Ln	Fairfax 22032
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

Bricks&Minifigs	Bricks & Minifigs Herndon	1064 Elden St	Herndon 20170
Craftspace	Craftspace	3675 Concorde Pkwy	Chantilly 20151
CubRunES	Cub Run Elementary	5301 Sully Station Dr	Centreville 20120
CubRunREC	Cub Run Rec Center	4630 Stonecroft Blvd.	Chantilly 20151
DeerPark ES	Deer Park Elementary	15109 Carlbern Drive	Centreville 20120
ECLawrencePk	Ellanor C. Lawrence Park	5040 Walney Rd	Chantilly 20151
Floris ES	Floris Elementary School	2708 Centreville Rd	Herndon 20171
Frying Pan Pk	Frying Pan Park	2709 West Ox Rd	Herndon 20171
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

## 3-5: Franconia /Mt. Vernon /GW

Belle Vw ES	Belle View Elementary	6701 Fort Hunt Rd	Alexandria 22307
FRANCONIA REC	Franconia Rec Center	6601 Telegraph Rd	Franconia 22310
GWREC	George Washington Rec Center	8426 Old Mount Vernon Rd	Alexandria 22309
Greendale Golf Co	Greendale Golf Course	6700 Telegraph Rd	Alexandria 22310
HistHuntley	Historic Huntley	6918 Harrison Ln	Alexandria 22306
HuntMdws	Huntley Meadows Park	3701 Lockheed Blvd	Alexandria 22306
Mt Vernon REC	Mount Vernon RECenter	2017 Belle View Blvd	Alexandria 22307
WoodleyHillsES	Woodley Hills Elementary	8718 Old Mount Vernon Road	Alexandria 22309

## 6: Oakmont

unn Pk ES	Cunningham Park Elementary	1001 Park Street	Vienna 2210
FfxlceArena	Fairfax Ice Arena	3779 Pickett Rd	Fairfax 22030
Flint HI ES	Flint Hill Elementary	2444 Flint Hill 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
Navy ES	Navy Elementary	3500 West Ox Rd	Fairfax 22033
NottowayPk	Nottoway Park	9601 Courthouse Rd	Vienna 22181
Oakmont Golf Ctr	Oakmont Golf Center	3200 Jermantown Rd	Oakton 22124
Oakmont REC	Oakmont Rec Center	3200 Jermantown Rd	Oakton 22124
Oakton ES	Oakton Elementary	3000 Chain Bridge Rd	Oakton 22124

Abbrv	Name	Address	City, Zip
<b>7: Providence</b>			
Fairhill ES	Fairhill Elementary	3001 Chichester Ln	Fairfax 22031
Jefferson Golf	Jefferson Golf Course	7900 Lee Hwy	Falls Church 22042
JRheeFlsCh	Jhoon Rhee Falls Church	1136 West Broad St	Falls Church 22046
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
ShreveWood ES	ShreveWood Elementary	7525 Shreve Rd	Falls Church 22043
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
CherryRun ES	Cherry Run Elementary	9732 Ironmaster Dr	Burke 22015
Hidden Pond	Hidden Pond Nature Center	8511 Greeley Blvd	Springfield 22152
Laurel Hill GC	Laurel Hill Golf Course	8701 Laurel Crest Dr	Lorton 22079
LaurelHillPk	Laurel Hill Park	8400 Lorton Rd	Lorton 22079
Legacy Martial Arts	Legacy Martial Arts	7200 Fullerton Rd B-300	Springfield 22150
OrngHunt ES	Orange Hunt Elementary	6820 Sydenstricker Rd	Springfield 22152
RollngVly ES	Rolling Valley Elementary	6703 Barnack Dr	Springfield 22152
Sangster ES	Sangster Elementary	7420 Reservation Dr	Springfield 22153
SoRunREC	South Run Rec Center	7550 Reservation Dr	Springfield 22153
Terra Centre ES	Terra Centre Elementary	6000 Burke Centre Pkwy	Burke 22015
WstSprngfld ES	West Springfield ES	6802 Deland Dr	Springfield 22152

## 9: Spring Hill

B2R McLean	Bach to Rock McLean	6649A Old Dominion Drive	McLean 22101
Clemjyontri	Clemjyontri Park	6317 Georgetown Pike	McLean 22101
ColvinRunMill	Colvin Run Mill	10017 Colvin Run Rd	Great Falls 22066
FrnkShermES	Franklin Sherman Elementary	6633 Brawner St	McLean 22101
LemonRd ES	Lemon Road Elementary	7230 Idylwood Rd	Falls Church 22043
Lewinsville PK	Lewinsville Park	1659 Chain Bridge Road	McLean 22101
RiverbendPk	Riverbend Park	8700 Potomac Hills St	Great Falls 22066
ScottsRnNat	Scotts Run Nature Preserve	7400 Georgetown Pk	McLean 22102
SpringHI ES	Spring Hill Elementary	8201 Lewinsville Rd	McLean 22102
SPHillREC	Spring Hill Rec Center	1239 Spring Hill Rd	McLean 22102
TurnerFarmPk	Turner Farm Park	925 Springvale Rd	Great Falls 22066





## Adapted Recreation Programs

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



### ADA/Inclusion Support



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

### Facility Accessibility

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

### Follow guidelines when registering

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

### Practice and Repetition are keys to success

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

**Make a Splash!**

Swim Lessons offered year round at Rec Center Pools. **Sign up today!**



## 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.

4AD	6--30 minute lessons--\$99				
4AE	7--30 minute lessons--\$114				
Location	Day	Time	Code	Begin	\$
OakmontREC	Sa	9:20am	COA.AY3G	9/6	4AE
OakmontREC	Sa	9:20am	COA.MMCL	10/25	4AD
SoRunREC	Sa	11:45am	COA.K5K8	9/6	4AD
SoRunREC	Su	12:15pm	COA.QUJU	9/7	4AE
SoRunREC	Sa	11:45am	COA.62PW	10/25	4AE
SoRunREC	Su	12:15pm	COA.GF4K	11/2	4AD

### Adapted Swimming 1

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

4AB	4--30 minute lessons--\$66				
4AD	6--30 minute lessons--\$99				
4AE	7--30 minute lessons--\$114				
Location	Day	Time	Code	Begin	\$
CubRunRec	Su	2pm	E4B.88W4	9/28	4AB
CubRunREC	Su	2pm	E4B.RGNX	10/26	4AE
OakmontREC	Sa	10am	E4B.2N64	9/6	4AE
OakmontREC	Sa	10am	E4B.5ZRK	10/25	4AD
SoRunREC	Sa	9:05am	E4B.HRHM	9/6	4AD
SoRunREC	Su	12:55pm	E4B.NYHG	9/7	4AE
SoRunREC	Sa	9:05am	E4B.5BHZ	10/25	4AE
SoRunREC	Su	12:55pm	E4B.3QMM	11/2	4AD

## Adapted Swimming 2

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

4AD	6--30 minute lessons--\$99				
4AE	7--30 minute lessons--\$114				
4AB	4--30 minute lessons--\$66				
Location	Day	Time	Code	Begin	\$
CubRunREC	Su	2:35pm	6D7.CGZ7	9/28	4AB
CubRunREC	Su	2:35pm	6D7.344N	10/26	4AE
OakmontREC	Sa	10:40am	6D7.MKP6	9/6	4AE
OakmontREC	Sa	10:40am	6D7.DA3W	10/25	4AD
SoRunREC	Sa	9:45am	6D7.729G	9/6	4AD
SoRunREC	Su	1:35pm	6D7.8YGW	9/7	4AE
SoRunREC	Sa	9:45am	6D7.3KHM	10/25	4AE
SoRunREC	Su	1:35pm	6D7.RXLL	11/2	4AD

## Adapted Swimming 3

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

4AD	6--30 minute lessons--\$99				
4AE	7--30 minute lessons--\$114				
Location	Day	Time	Code	Begin	\$
OakmontREC	Sa	11:20am	422.BUQT	9/6	4AE
OakmontREC	Sa	11:20am	422.HH3P	10/25	4AD
ProvREC	Su	11am	422.KUMK	9/7	4AE
ProvREC	Su	11am	422.SEDM	10/26	4AD
SoRunREC	Sa	10:25am	422.HDLG	9/6	4AD
SoRunREC	Sa	10:25am	422.P3HH	10/25	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.

4AD	6--30 minute lessons--\$99				
4AE	7--30 minute lessons--\$114				
Location	Day	Time	Code	Begin	\$
OakmontREC	Sa	12pm	03B.ML9X	9/6	4AE
OakmontREC	Sa	12pm	03B.JZ8Y	10/25	4AD
SoRunREC	Sa	11:05am	03B.ZWYM	9/6	4AD
SoRunREC	Sa	11:05am	03B.RXPT	10/25	4AE

**Wonder Wagon**

The Wonder Wagon is a mobile nature center that brings nature, stewardship and education directly to residents through engagement and guided activities.

To learn more, visit [www.fairfaxcounty.gov/parks/wonder-wagon](http://www.fairfaxcounty.gov/parks/wonder-wagon)



## Adapted Intro to Basic Strokes

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

4AAR	13--45 minute lessons--\$216
4AAT	12--45 minute lessons--\$200
4AO	7--45 minute lessons--\$115
4AN	6--45 minute lessons--\$99

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	2pm	E06.YEN6	9/20	4AAT
OakmontREC	Sa	12:40pm	E06.CDDU	9/6	4AO
OakmontREC	Sa	12:40pm	E06.2JCU	10/25	4AN
ProvREC	Su	11:35am	E06.8J8H	9/7	4AO
ProvREC	Su	12:15pm	E06.FA44	9/7	4AO
ProvREC	Su	11:35am	E06.XRMT	10/26	4AN
ProvREC	Su	12:15pm	E06.9DKQ	10/26	4AN
SpHillREC	Sa	12pm	E06.4HYS	9/13	4AAR
Wkfld/Moore	Sa	12pm	E06.2VQV	9/6	4AAR

## Adapted Lap Swim and Water Walking

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

4AO	7--45 minute lessons--\$115
3AAB	4--45 minute lessons--\$59

Location	Day	Time	Code	Begin	\$
CubRunREC	Su	3:15pm	UM5.SW23	9/28	3AAB
CubRunREC	Su	3:15pm	UM5.6Y44	10/26	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.

4AAI	13--55 minute lessons--\$229
4AAR	13--45 minute lessons--\$216

Location	Day	Time	Code	Begin	\$
SpHillREC	Su	3:30pm	460.2JPX	9/14	4AAR
SpHillREC	Su	4:15pm	460.D2FX	9/14	4AAR
SpHillREC	Su	5pm	460.MFUC	9/14	4AAR
Wkfld/Moore	F	11am	460.US22	9/5	4AAI

## Swim Team Training/Intermediate Swimmers w/Disabilities

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

4AAA	9--55 minute lessons--\$153
4AAD	12--55 minute lessons--\$204
4AAI	13--55 minute lessons--\$229

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	3pm	C26.QHAH	9/20	4AAD
Franconia Rec	Sa	2pm	C26.YZ3Z	9/20	4AAA
OakmontREC	Su	2pm	C26.2F3J	9/7	4AAI
SpHillREC	Sa	1pm	C26.CR3D	9/13	4AAI
Wkfld/Moore	Sa	2pm	C26.YVWY	9/6	4AAI

## Swim Team Training/Advanced Swimmers w/Disabilities

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

4AAA	9--55 minute lessons--\$153
4AAD	12--55 minute lessons--\$204
4AAI	13--55 minute lessons--\$229

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	4pm	B1D.26L8	9/20	4AAD
Franconia Rec	W	7pm	B1D.W8FC	9/17	4AAD
Franconia Rec	Sa	3pm	B1D.TTGL	9/20	4AAA
OakmontREC	Su	1pm	B1D.SRY3	9/7	4AAI
OakmontREC	Su	3pm	B1D.DVRK	9/7	4AAI
SpHillREC	Sa	2pm	B1D.47TE	9/13	4AAI
Wkfld/Moore	Sa	1pm	B1D.CMG4	9/6	4AAI

## Adapted Outdoor Opportunities

### 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. Topics vary by date. Parents must be accessible during the program but are not required to register.

4B4	1--1 hour program--\$11
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Location	Day	Time	Code	Begin	\$
HiddenPndNC	Sa	10am	206.6Z5Q	9/6	4B4
Riverbend Pk	Su	10am	206.Y4RV	10/5	4B4

### Anglers with Autism

**(6-21 yrs.)** This event is designed for participants with Autism and their families to learn about fishing on World Autism Awareness Day. Learn how to fish together through basic fishing education and a guided fishing opportunity at Lake Fairfax Park. All equipment is provided. Participants 16 and older must have a valid VA fishing license. Family participation is required.

DEE1	1--3 hour program--\$17
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Location	Day	Time	Code	Begin	\$
LakeFairfaxPk	Su	1pm	U50.DH8F	9/28	DEE1

## Sensory-Friendly Family Trick-or-Treat at Clemjontri

**(All ages)** Celebrate Halloween in a calm, inclusive and sensory-friendly way at Clemjontri Park. This outdoor event is designed for children and individuals who benefit from a quieter, more structured environment. Enjoy a variety of fun and accessible activities, including a carousel ride, a train ride, arts and crafts, a sensory tent and themed treat stations throughout the playground. Families can enjoy a safe and welcoming Halloween experience with reduced noise and sensory support. Costumes are welcome, but they are not required.

41EV	1--event--\$20
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Location	Day	Time	Code	Begin	\$
Clemjontri	Su	1pm	PBD.LEQ2	10/19	41EV



## Adapted Sports & Fitness

### Adapted Basketball

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

4AZ	8--55 minute lessons--\$139
DTVE	8--45 minute lessons--\$147

Location	Day	Time	Code	Begin	\$
Sully CommCtr	Su	1pm	SSI.8YLE	9/7	DTVE
Sully CommCtr	Su	12pm	SSI.2CYP	9/7	DTVE
Wkfld/Moore	Su	2:30pm	SSI.LJCM	9/21	4AZ

### Adapted Fitness Training

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

4EB	11--55 minute lessons--\$152
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Location	Day	Time	Code	Begin	\$
OakmontREC	T	5pm	76F.ZOMA	9/16	4EB

# Adapted Programs Coming this Fall!

Explore these upcoming adapted programs:

- Basketball
- Ice Skating
- Soccer
- Movement to Music
- Sports and Fitness
- Yoga

[www.fairfaxcounty.gov/parks/adapted-programs](http://www.fairfaxcounty.gov/parks/adapted-programs)

*Everyone Can Have Fun in Parks!*

[www.fairfaxcounty.gov/parks/accessible](http://www.fairfaxcounty.gov/parks/accessible)



FAIRFAX COUNTY PARK AUTHORITY  
**ACCESS & INCLUSION**



## Adapted Recreation



### Adapted Walking Soccer

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

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

Location	Day	Time	Code	Begin	\$
Lemon Rd ES	Su	9am	6C3.A54T	9/14	DAVA
LittleRn ES	Sa	9am	6C3.EKRO	9/13	DAVA

### Adapted Soccer

**(8-12 yrs.)** This JST Athletics class for individuals with mild intellectual disabilities provides basic instruction geared for beginning players. Emphasis is on development of soccer skills including kicking, dribbling and goal-keeping. Bring shin guards and a soccer ball. Classes held at schools are indoors using soft soccer balls and do not require cleats.

**DTVE 8--45 minute lessons--\$147**

Location	Day	Time	Code	Begin	\$
SoRunREC	Sa	12pm	GOB.6TEM	9/13	DTVE

### Adapted Sports and Fitness

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

**4EB 11--55 minute lessons--\$152**

Location	Day	Time	Code	Begin	\$
ProvREC	T	5pm	5D9.BUTC	9/16	4EB
ProvREC	T	6:15pm	5D9.IVNF	9/16	4EB

### Adapted Tae Kwon Do

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--\$121**

Location	Day	Time	Code	Begin	\$
(5-10 yrs.)					
LdbyExFr0ks	Sa	3:30pm	A12.QLVU	9/13	DMVB

**(10-17 yrs.)**

LdbyExFr0ks Sa 4:15pm EEC.T8ZM 9/13 DMVB

**(16-Adult)**

LdbyExFr0ks W 7:45pm 456.2NMU 9/17 DMVB

### Adapted Yoga

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

**4EL 11--45 minute lessons--\$151**

Location	Day	Time	Code	Begin	\$
SoRunREC	Th	6:10pm	DOE.6VIK	9/18	4EL

## Other Adapted Opportunities

### Adapted Movement to Music

**(13-Adult)** Students enjoy practicing warm-ups, basic dance moves, cool-downs, expressive free movement using with like scarves and ribbons and other creative movements. This class will help students increase strength, improve flexibility, decrease muscle tension and boost coordination using movement to promote emotional, social and physical integration.

**4EB 11--55 minute lessons--\$152**

Location	Day	Time	Code	Begin	\$
SpHILLREC	W	4pm	TL8.D6R6	9/17	4EB

### Mini Maestros Adapted Music

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

**4AQ 9--45 minute lessons--\$141**

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	W	4:30pm	I8I.D53G	9/17	4AQ
MkVern REC	T	4:30pm	I8I.AY7Q	9/16	4AQ



# Adapted Recreation SPECIAL EVENTS

**at Clemjontri Park**  
6317 Georgetown Pike, McLean



## Clemjontri Park OPEN HOUSE

**SUNDAY, SEPTEMBER 7**  
10 a.m. - 3 p.m. • FREE

Experience the wonders of this inclusive park!

Enjoy a day of family fun for  
all ages and abilities with:

- Carousel rides
- Trackless train
- Arts and crafts
- Community resource fair
- Wonder Wagon mobile nature center
- Guided nature hike

EXPLORE | PLAY | CONNECT

## Sensory-Friendly Family TRICK-OR-TREAT

**SUNDAY, OCTOBER 19**  
1 - 6 p.m. • \$20/person

Celebrate Halloween  
in a calm, inclusive,  
sensory-friendly way.  
Enjoy a variety of  
accessible activities  
including:

- Carousel rides
- Train rides



[www.fairfaxcounty.gov/parks/clemjontri](http://www.fairfaxcounty.gov/parks/clemjontri)



## Aquatics

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



Fairfax County Park Authority Aquatics offers something for all ages and swimming abilities. Monthly calendars listing pool hours are available at FCPA Rec Centers and online at [www.fairfaxcounty.gov/parks](http://www.fairfaxcounty.gov/parks).

### Follow guidelines when registering

If it has been a month or longer since a student has participated in a swimming lesson, it is suggested that they repeat the previous course completed. If you have any questions about which class is right please contact the aquatics staff at your favorite Rec Center. For safety reasons and to ensure customers get the maximum benefits, the Park Authority reserves the right to remove students from a 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 learns at different speeds. 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](http://www.fairfaxcounty.gov/parks/rules/pool/pool-health)

## One on One Swim Lessons

**(3-Adult)** Children must leave parent willingly, be comfortable in the water, and be able to follow simple directions. Private swim lessons are a great way to improve swimming skills and water safety techniques of any level. With one-on-one swim lessons, an instructor can spend more time helping overcome obstacles which may require more time or dedication than a standard swim lesson. Classes are also offered for intermediate and advanced level swimmers. 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. 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.

4AD	6--30 minute lessons--\$99
4AE	7--30 minute lessons--\$114
4AF	8--30 minute lessons--\$131
4AG	9--30 minute lessons--\$145

Location	Day	Time	Code	Begin	\$
CubRunREC	T	10:30am	665.2PP7	9/2	4AF
CubRunREC	Sa	9am	665.XHWW	9/6	4AE
CubRunREC	Sa	10:10am	665.KKUB	9/6	4AE
CubRunREC	Su	9am	665.5TJQ	9/7	4AE
CubRunREC	Su	10:10am	665.36E6	9/7	4AE
CubRunREC	Sa	9am	665.CXSD	10/25	4AF
CubRunREC	Sa	10:10am	665.3ASB	10/25	4AF
CubRunREC	Su	9am	665.9K3X	10/26	4AF
CubRunREC	Su	10:10am	665.LGKQ	10/26	4AF
CubRunREC	T	10:30am	665.QSNJ	10/28	4AF
Franconia Rec	Sa	8:55am	665.LD4T	9/6	4AD
Franconia Rec	Sa	10:05am	665.X9RZ	9/6	4AD
Franconia Rec	Su	8:40am	665.HPHE	9/7	4AD
Franconia Rec	Su	9:55am	665.49PI	9/7	4AD
Franconia Rec	T	5:30pm	665.AI3P	9/9	4AE
Franconia Rec	F	5:30pm	665.EWQO	9/12	4AD
Franconia Rec	Sa	8:55am	665.TNMS	10/25	4AE
Franconia Rec	Sa	10:05am	665.CG36	10/25	4AE
Franconia Rec	Su	8:40am	665.Z14Q	10/26	4AE
GWREC	Sa	9:05am	665.NVZP	9/6	4AE
GWREC	Sa	11:30am	665.A7SY	9/6	4AE
GWREC	M	10am	665.HL2B	9/8	4AE
GWREC	Sa	9:05am	665.9BQI	10/25	4AF
GWREC	Sa	11:30am	665.1JHC	10/25	4AF
GWREC	M	10am	665.ZUYV	10/27	4AF
MtVernREC	Sa	9am	665.E61B	9/6	4AE
MtVernREC	Sa	10:45am	665.ZXPR	9/6	4AE

MtVernREC	Su	9am	665.JU90	9/7	4AE
MtVernREC	Su	10:45am	665.348G	9/7	4AE
MtVernREC	Sa	9am	665.7R20	10/25	4AF
MtVernREC	Sa	10:45am	665.BPKC	10/25	4AF
MtVernREC	Su	9am	665.3VZH	10/26	4AF
MtVernREC	Su	10:45am	665.VKCV	10/26	4AF
OakmontREC	Sa	9am	665.G6DU	8/23	4AF
OakmontREC	Sa	10:10am	665.6HSN	8/23	4AF
OakmontREC	Su	9:10am	665.G58L	8/24	4AF
OakmontREC	Su	10:20am	665.TPQO	8/24	4AF
OakmontREC	W	5:45pm	665.3HSU	8/27	4AG
OakmontREC	F	5:30pm	665.EQKQ	8/29	4AG
OakmontREC	Sa	9am	665.H1IJ	10/25	4AE
OakmontREC	Sa	10:10am	665.AZSF	10/25	4AE
OakmontREC	Su	9:10am	665.WXPZ	10/26	4AE
OakmontREC	Su	10:20am	665.3FJF	10/26	4AE
ProvREC	W	5:30pm	665.2U75	9/3	4AF
ProvREC	Sa	8:15am	665.NBVR	9/6	4AE
ProvREC	Sa	10:05am	665.LGCY	9/6	4AE
ProvREC	Su	9am	665.L2KK	9/7	4AE
ProvREC	Sa	8:15am	665.U8V4	10/25	4AE
ProvREC	Sa	10:05am	665.P06V	10/25	4AE
ProvREC	Su	9am	665.M1SM	10/26	4AE
ProvREC	W	5:30pm	665.121Y	10/29	4AE
SoRunREC	Sa	11:15am	665.INYW	8/23	4AF
SoRunREC	Su	10:15am	665.WSPV	8/24	4AF
SoRunREC	Sa	11:15am	665.1AA7	10/25	4AF
SoRunREC	Su	10:15am	665.EUQH	10/26	4AF
SpHillIREC	Sa	9am	665.4K9H	9/6	4AE
SpHillIREC	Su	9:35am	665.F6V1	9/7	4AE
SpHillIREC	M	10am	665.M76A	9/8	4AE
SpHillIREC	W	5:10pm	665.ONK9	9/10	4AE
SpHillIREC	F	10am	665.EN34	9/12	4AE
SpHillIREC	Sa	9am	665.200H	10/25	4AF
SpHillIREC	Su	9:35am	665.F44X	10/26	4AF
SpHillIREC	M	10am	665.YBYZ	10/27	4AF
SpHillIREC	W	5:10pm	665.BKNE	10/29	4AE
SpHillIREC	F	10am	665.3QLH	11/7	4AD
Wkfld/Moore	Sa	10:05am	665.A9FI	9/6	4AE
Wkfld/Moore	Sa	12:30pm	665.7028	9/6	4AE
Wkfld/Moore	Su	10:05am	665.9IA1	9/7	4AE
Wkfld/Moore	Su	12:30pm	665.1V4F	9/7	4AE
Wkfld/Moore	Sa	10:05am	665.X3YQ	10/25	4AF
Wkfld/Moore	Sa	12:30pm	665.KPC9	10/25	4AF
Wkfld/Moore	Su	10:05am	665.MAMH	10/26	4AF
Wkfld/Moore	Su	12:30pm	665.S0QK	10/26	4AF

### Preschooler & Me Swim

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

4AD	6--30 minute lessons--\$99
4AE	7--30 minute lessons--\$114
4AF	8--30 minute lessons--\$131

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	10:45am	D6F.BFKZ	9/6	4AE
CubRunREC	Su	10:45am	D6F.57DL	9/7	4AE
CubRunREC	Sa	10:45am	D6F.EKGV	10/25	4AF
CubRunREC	Su	10:45am	D6F.BB6D	10/26	4AF
Franconia Rec	Sa	11:25am	D6F.7BKV	9/6	4AD
Franconia Rec	Su	11:05am	D6F.SY2V	9/7	4AD
Franconia Rec	Sa	11:25am	D6F.D37R	10/25	4AE
Franconia Rec	Su	11:05am	D6F.8N90	10/26	4AE
GWREC	Sa	10:15am	D6F.S8IQ	9/6	4AE
GWREC	M	11:10am	D6F.O0JO	9/8	4AE



# Aquatics

GWREC	Sa	10:15am	D6F.VEHR	10/25	4AF
GWREC	M	11:10am	D6F.YULJ	10/27	4AF
MtVernREC	Sa	10:10am	D6F.HXQQ	9/6	4AE
MtVernREC	Su	10:10am	D6F.4RLS	9/7	4AE
MtVernREC	Sa	10:10am	D6F.NGWQ	10/25	4AF
MtVernREC	Su	10:10am	D6F.8JJB	10/26	4AF
OakmontREC	Sa	11:20am	D6F.PUHO	8/23	4AF
OakmontREC	Su	10:55am	D6F.6SOD	8/24	4AF
OakmontREC	Sa	11:20am	D6F.DTGG	10/25	4AE
OakmontREC	Su	10:55am	D6F.GNDY	10/26	4AE
ProvREC	W	6:40pm	D6F.ZFB1	9/3	4AF
ProvREC	Sa	9:25am	D6F.TIMI	9/6	4AE
ProvREC	Sa	11:15am	D6F.OS4P	9/6	4AE
ProvREC	Su	10:10am	D6F.OF91	9/7	4AE
ProvREC	Sa	9:25am	D6F.7G2Y	10/25	4AE
ProvREC	Sa	11:15am	D6F.ORB3	10/25	4AE
ProvREC	Su	10:10am	D6F.GPES	10/26	4AE
ProvREC	W	6:40pm	D6F.ODFJ	10/29	4AE
SoRunREC	Sa	9:35am	D6F.QRR1	8/23	4AF
SoRunREC	Su	11:35am	D6F.SS3J	8/24	4AF
SoRunREC	Sa	9:35am	D6F.UH1Z	10/25	4AF
SoRunREC	Su	11:35am	D6F.2GTM	10/26	4AF
SpHillREC	Sa	10:10am	D6F.Z401	9/6	4AE
SpHillREC	Su	10:50am	D6F.COFI	9/7	4AE
SpHillREC	M	11:10am	D6F.3HHA	9/8	4AE
SpHillREC	W	6:25pm	D6F.23R1	9/10	4AE
SpHillREC	F	11:10am	D6F.50TK	9/12	4AE
SpHillREC	Sa	10:10am	D6F.IZPC	10/25	4AF
SpHillREC	Su	10:50am	D6F.VG4W	10/26	4AF
SpHillREC	M	11:10am	D6F.O2WO	10/27	4AF
SpHillREC	W	6:25pm	D6F.MP2K	10/29	4AE
SpHillREC	F	11:10am	D6F.H7PU	11/7	4AD
Wkfld/Moore	Sa	10:50am	D6F.FCWS	9/6	4AE
Wkfld/Moore	Su	10:50am	D6F.J2YQ	9/7	4AE
Wkfld/Moore	Sa	10:50am	D6F.QMOX	10/25	4AF
Wkfld/Moore	Su	10:50am	D6F.CNHU	10/26	4AF

## Toddler & Me Swim

(19 mos. -2 yrs.) Register your toddler for this class designed for children and their parent(s) or other favorite adult(s) who want to learn water adjustment, basic swimming and safety skills. 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.

4AD	6--30 minute lessons--\$99
4AE	7--30 minute lessons--\$114
4AF	8--30 minute lessons--\$131
4AG	9--30 minute lessons--\$145

Location	Day	Time	Code	Begin	\$
CubRunREC	T	10:30am	FAB.J4WU	9/2	4AF
CubRunREC	Sa	9:35am	FAB.8G3N	9/6	4AE
CubRunREC	Sa	10:10am	FAB.452W	9/6	4AE
CubRunREC	Sa	10:45am	FAB.ZCJP	9/6	4AE
CubRunREC	Sa	11:20am	FAB.DLAK	9/6	4AE
CubRunREC	Su	9:35am	FAB.AVP7	9/7	4AE
CubRunREC	Su	10:10am	FAB.WZAW	9/7	4AE
CubRunREC	Su	10:45am	FAB.GT5L	9/7	4AE
CubRunREC	Su	11:20am	FAB.C8S8	9/7	4AE
CubRunREC	Sa	9:35am	FAB.S4DA	10/25	4AF
CubRunREC	Sa	10:10am	FAB.FZZF	10/25	4AF
CubRunREC	Sa	10:45am	FAB.M7KD	10/25	4AF
CubRunREC	Sa	11:20am	FAB.ZZHB	10/25	4AF
CubRunREC	Su	9:35am	FAB.ZTXV	10/26	4AF
CubRunREC	Su	10:10am	FAB.KJPR	10/26	4AF
CubRunREC	Su	10:45am	FAB.8VSH	10/26	4AF
CubRunREC	Su	11:20am	FAB.J86P	10/26	4AF
CubRunREC	T	10:30am	FAB.9GPD	10/28	4AF
Franconia Rec	Sa	9:30am	FAB.L25L	9/6	4AD
Franconia Rec	Sa	10:40am	FAB.ADYH	9/6	4AD
Franconia Rec	Su	9:15am	FAB.F7G8	9/7	4AD
Franconia Rec	Su	10:30am	FAB.PAAC	9/7	4AD

Franconia Rec	T	6:05pm	FAB.3JNZ	9/9	4AE
Franconia Rec	F	6:05pm	FAB.8DQ9	9/12	4AD
Franconia Rec	Sa	9:30am	FAB.1Z6C	10/25	4AE
Franconia Rec	Sa	10:40am	FAB.YSP7	10/25	4AE
Franconia Rec	Su	9:15am	FAB.KGIG	10/26	4AE
Franconia Rec	Su	10:30am	FAB.F365	10/26	4AE
GWREC	Sa	9:40am	FAB.3XQC	9/6	4AE
GWREC	Sa	10:50am	FAB.U812	9/6	4AE
GWREC	M	10:35am	FAB.8EIT	9/8	4AE
GWREC	Sa	9:40am	FAB.MAA6	10/25	4AF
GWREC	Sa	10:50am	FAB.6XD8	10/25	4AF
GWREC	M	10:35am	FAB.33VK	10/27	4AF
MtVernREC	Sa	9:35am	FAB.AZRJ	9/6	4AE
MtVernREC	Sa	11:20am	FAB.7HH3	9/6	4AE
MtVernREC	Su	9:35am	FAB.AFZE	9/7	4AE
MtVernREC	Su	11:20am	FAB.P93S	9/7	4AE
MtVernREC	Sa	9:35am	FAB.SBGC	10/25	4AF
MtVernREC	Sa	11:20am	FAB.0ZHF	10/25	4AF
MtVernREC	Su	9:35am	FAB.WXCK	10/26	4AF
MtVernREC	Su	11:20am	FAB.251E	10/26	4AF
OakmontREC	Sa	9:35am	FAB.7INC	8/23	4AF
OakmontREC	Sa	10:45am	FAB.JIH4	8/23	4AF
OakmontREC	Su	9:45am	FAB.XPKZ	8/24	4AF
OakmontREC	W	5:10pm	FAB.WXME	8/27	4AG
OakmontREC	F	5:30pm	FAB.8INQ	8/29	4AG
OakmontREC	Sa	9:35am	FAB.92Z5	10/25	4AE
OakmontREC	Sa	10:45am	FAB.AOVX	10/25	4AE
OakmontREC	Su	9:45am	FAB.8NJF	10/26	4AE
OakmontREC	W	5:45pm	FAB.J7S9	10/29	4AF
ProvREC	W	6:05pm	FAB.X784	9/3	4AF
ProvREC	Sa	8:50am	FAB.8EIK	9/6	4AE
ProvREC	Sa	10:40am	FAB.ADB1	9/6	4AE
ProvREC	Su	9:35am	FAB.1KZ0	9/7	4AE
ProvREC	Sa	8:50am	FAB.LVOV	10/25	4AE
ProvREC	Sa	10:40am	FAB.QM8L	10/25	4AE
ProvREC	Su	9:35am	FAB.A41V	10/26	4AE
ProvREC	W	6:05pm	FAB.JG6W	10/29	4AE
SoRunREC	Sa	11am	FAB.7L33	8/23	4AF
SoRunREC	Su	11am	FAB.9ENO	8/24	4AF
SoRunREC	M	11:15am	FAB.790L	8/25	4AF
SoRunREC	W	11:15am	FAB.810J	8/27	4AG
SoRunREC	F	11:15am	FAB.T5WS	9/5	4AF
SoRunREC	Sa	11am	FAB.TRE8	10/25	4AF
SoRunREC	Su	11am	FAB.Z368	10/26	4AF
SoRunREC	M	11:15am	FAB.2DSX	10/27	4AF
SoRunREC	W	11:15am	FAB.LLM6	10/29	4AF
SoRunREC	F	11:15am	FAB.EYX2	10/31	4AE
SpHillREC	Sa	9:35am	FAB.JP68	9/6	4AE
SpHillREC	Su	10:10am	FAB.U930	9/7	4AE
SpHillREC	Su	11:25am	FAB.ED4H	9/7	4AE
SpHillREC	M	10:35am	FAB.U54F	9/8	4AE
SpHillREC	W	5:50pm	FAB.1C01	9/10	4AE
SpHillREC	Th	5:25pm	FAB.UU57	9/11	4AE
SpHillREC	F	10:35am	FAB.83S0	9/12	4AE
SpHillREC	Sa	9:35am	FAB.FA09	10/25	4AF
SpHillREC	Su	10:10am	FAB.M8X1	10/26	4AF
SpHillREC	Su	11:25am	FAB.VV0C	10/26	4AF
SpHillREC	M	10:35am	FAB.U26P	10/27	4AF
SpHillREC	W	5:50pm	FAB.FZFP	10/29	4AE
SpHillREC	Th	5:25pm	FAB.PG9D	10/30	4AE
SpHillREC	F	10:35am	FAB.95Q9	11/7	4AD
Wkfld/Moore	Sa	9:35am	FAB.XELL	9/6	4AE
Wkfld/Moore	Sa	11:55am	FAB.VEQJ	9/6	4AE
Wkfld/Moore	Su	9:30am	FAB.RY7Z	9/7	4AE
Wkfld/Moore	Su	11:55am	FAB.OQ28	9/7	4AE
Wkfld/Moore	Sa	9:35am	FAB.BZMJ	10/25	4AF
Wkfld/Moore	Sa	11:55am	FAB.7UVN	10/25	4AF
Wkfld/Moore	Su	11:55am	FAB.7N3X	10/26	4AF
Wkfld/Moore	Su	11:55am	FAB.CP6B	10/26	4AF

## Aqua Flex Pass Sale

### November

Buy the Pass that Gets You Access to Aquatic Fitness



**10%**  
Discount on  
20-Visit  
Pass

**15%**  
Discount on  
30-Visit  
Pass

Purchase the 30-Visit Pass for the Best Rate!

- Aqua Flex Passes = Drop-In Entry Into Any Aquatics Exercise Class\*
- Choose From More Than 150 Drop-In Classes
- Offered at ALL Rec Centers

\*Entry into classes is space permitting.




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## Intro to Pee Wee Paddler

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

<b>2IP1</b>	<b>6--25 minute lessons--\$99</b>
<b>2IP2</b>	<b>7--25 minute lessons--\$114</b>
<b>2IP3</b>	<b>8--25 minute lessons--\$131</b>
<b>2IP4</b>	<b>9--25 minute lessons--\$147</b>

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	9am	AQI.EL67	9/6	2IP2
CubRunREC	Sa	11:15am	AQI.4KCD	9/6	2IP2
CubRunREC	Su	9:35am	AQI.WQSP	9/7	2IP2
CubRunREC	Su	10:40am	AQI.F9AA	9/7	2IP2
CubRunREC	Sa	9:35am	AQI.LXT4	10/25	2IP3
CubRunREC	Sa	10:40am	AQI.QMJ7	10/25	2IP3
CubRunREC	Su	9:35am	AQI.SQRC	10/26	2IP3
CubRunREC	Su	10:40am	AQI.7TNP	10/26	2IP3
Franconia Rec	M/W	4:30pm	AQI.916Q	9/8	2IP1
Franconia Rec	M/W	5pm	AQI.TD2R	9/8	2IP1
Franconia Rec	T	4:30pm	AQI.F38K	9/9	2IP2
Franconia Rec	Th	4:30pm	AQI.KGCT	9/11	2IP2
Franconia Rec	Th	5pm	AQI.03KY	9/11	2IP2
Franconia Rec	F	4:30pm	AQI.3UQO	9/12	2IP1
Franconia Rec	M/W	4:30pm	AQI.706P	9/29	2IP3
Franconia Rec	M/W	5pm	AQI.FRMW	9/29	2IP3
MtVernREC	T/Th	5pm	AQI.TJFO	9/2	2IP3
MtVernREC	T/Th	5pm	AQI.7GSA	9/30	2IP3
OakmontREC	Sa	9am	AQI.GZ2C	8/23	2IP3
OakmontREC	Sa	10:05am	AQI.BSJK	8/23	2IP3
OakmontREC	Su	9am	AQI.9N86	8/24	2IP3
OakmontREC	Su	10:05am	AQI.UXMA	8/24	2IP3
OakmontREC	Th	5:15pm	AQI.0LLM	8/28	2IP4
OakmontREC	Sa	9am	AQI.J6FR	10/25	2IP2
OakmontREC	Sa	10:05am	AQI.ST37	10/25	2IP2
OakmontREC	Su	9am	AQI.SOBM	10/26	2IP2
OakmontREC	Su	10:05am	AQI.49BQ	10/26	2IP2
OakmontREC	W	5:15pm	AQI.LU8S	10/29	2IP3
OakmontREC	Th	5:15pm	AQI.A6CJ	10/30	2IP2
SphillREC	Su	9:05am	AQI.FHXY	9/7	2IP2
SphillREC	M	4:10pm	AQI.C109	9/8	2IP2
SphillREC	T	4:05pm	AQI.K910	9/9	2IP2
SphillREC	Su	9:05am	AQI.HP62	10/26	2IP3
SphillREC	M	4:10pm	AQI.IGXO	10/27	2IP3
SphillREC	T	4:05pm	AQI.F04X	10/28	2IP3
Wkfld/Moore	Sa	9am	AQI.3069	9/6	2IP2
Wkfld/Moore	Sa	11:25am	AQI.NSRF	9/6	2IP2
Wkfld/Moore	Su	9am	AQI.103N	9/7	2IP2
Wkfld/Moore	Su	11:25am	AQI.OUPB	9/7	2IP2
Wkfld/Moore	Sa	9am	AQI.EJW7	10/25	2IP3
Wkfld/Moore	Sa	11:25am	AQI.04JA	10/25	2IP3
Wkfld/Moore	Su	9am	AQI.OR32	10/26	2IP3
Wkfld/Moore	Su	11:25am	AQI.AMII	10/26	2IP3


## Pee Wee Paddler 1

**(3-5 yrs.)** Prerequisite: Child must leave parent willingly, be comfortable in the water, follow directions and function well in a group. When possible, children are grouped by ability. Class emphasizes helping children gain basic aquatic skills including entering and exiting the water safely, blowing bubbles with mouth and nose submerged, submerging under water. With assistance students learn to float and glide on front and back, rolling from front to back and back to front,

swimming using arms and legs on front and back at least two body lengths. For safety reasons, flotation devices may be used. Flotation devices are used for all Pee Wee 1 classes at Audrey Moore and Franconia Rec Centers.

<b>4AD</b>	<b>6--30 minute lessons--\$99</b>
<b>4AE</b>	<b>7--30 minute lessons--\$114</b>
<b>4AF</b>	<b>8--30 minute lessons--\$131</b>
<b>4AG</b>	<b>9--30 minute lessons--\$145</b>
<b>4AH</b>	<b>10--30 minute lessons--\$163</b>

Location	Day	Time	Code	Begin	\$
CubRunREC	T	5pm	4EC.Z9D1	9/2	4AF
CubRunREC	T	11:05am	4EC.LGWA	9/2	4AF
CubRunREC	Sa	9am	4EC.FK63	9/6	4AE
CubRunREC	Sa	9:35am	4EC.HDJH	9/6	4AE
CubRunREC	Sa	10:10am	4EC.2AF2	9/6	4AE
CubRunREC	Sa	11:20am	4EC.TBHC	9/6	4AE
CubRunREC	Su	9am	4EC.7R7J	9/7	4AE
CubRunREC	Su	9:35am	4EC.QH6U	9/7	4AE
CubRunREC	Su	10:05am	4EC.GE4Y	9/7	4AE
CubRunREC	Su	11:20am	4EC.QJPS	9/7	4AE
CubRunREC	Sa	9am	4EC.Z2WK	10/25	4AF
CubRunREC	Sa	9:35am	4EC.U3K9	10/25	4AF
CubRunREC	Sa	10:10am	4EC.C8ZP	10/25	4AF
CubRunREC	Sa	11:20am	4EC.S5AH	10/25	4AF
CubRunREC	Su	9am	4EC.W6BS	10/26	4AF
CubRunREC	Su	9:35am	4EC.MKJ8	10/26	4AF
CubRunREC	Su	10:10am	4EC.CXWF	10/26	4AF
CubRunREC	Su	11:20am	4EC.P4BT	10/26	4AF
CubRunREC	T	5pm	4EC.QF9B	10/28	4AF
CubRunREC	T	11:05am	4EC.5SQL	10/28	4AF
Franconia Rec	Sa	9:35am	4EC.GZTZ	9/6	4AD
Franconia Rec	Sa	11:55am	4EC.PBFK	9/6	4AD
Franconia Rec	Sa	12pm	4EC.TCXI	9/6	4AD
Franconia Rec	Sa	12:30pm	4EC.PCOA	9/6	4AD
Franconia Rec	Su	8:40am	4EC.9SE0	9/7	4AD
Franconia Rec	Su	11:50am	4EC.HAXC	9/7	4AD
Franconia Rec	M/W	5:30pm	4EC.2RPJ	9/8	4AD
Franconia Rec	M/W	6:05pm	4EC.316D	9/8	4AD
Franconia Rec	T	5pm	4EC.UGSM	9/9	4AE
Franconia Rec	Th	5:30pm	4EC.LJFC	9/11	4AE
Franconia Rec	F	5pm	4EC.7JYF	9/12	4AD
Franconia Rec	M/W	5:30pm	4EC.JZBW	9/29	4AF
Franconia Rec	M/W	6:05pm	4EC.WLSR	9/29	4AF
Franconia Rec	Sa	12pm	4EC.RTB6	10/25	4AE
Franconia Rec	Sa	12:35pm	4EC.HYC1	10/25	4AE
Franconia Rec	Su	8:40am	4EC.JVF1	10/26	4AE
Franconia Rec	Su	11:50am	4EC.N7AI	10/26	4AE
Franconia Rec	M/W	6:05pm	4EC.D8DD	10/27	4AF
Franconia Rec	M/W	6pm	4EC.G106	12/1	4AD
GWREC	Sa	9:05am	4EC.I36Q	9/6	4AE
GWREC	Sa	11am	4EC.QKOM	9/6	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.



GWREC	Su	9:30am	4EC.BT02	9/7	4AE
GWREC	M	5:40pm	4EC.9L5F	9/8	4AE
GWREC	T	1:30pm	4EC.OHAJ	9/9	4AE
GWREC	T	9:30am	4EC.HTE3	9/9	4AE
GWREC	W	1:30pm	4EC.BE60	9/10	4AE
GWREC	W	9:30am	4EC.1A3H	9/10	4AE
GWREC	Th	1:30pm	4EC.PJ8H	9/11	4AE
GWREC	Th	9:30am	4EC.S9ZF	9/11	4AE
GWREC	Sa	9:05am	4EC.Q323	10/25	4AF
GWREC	Sa	11am	4EC.WE63	10/25	4AF
GWREC	Su	9:30am	4EC.TECB	10/26	4AF
GWREC	M	5:40pm	4EC.011Y	10/27	4AF
GWREC	T	1:30pm	4EC.KWYM	10/28	4AF
GWREC	T	9:30am	4EC.DYG5	10/28	4AF
GWREC	W	1:30pm	4EC.Q7WP	10/29	4AE
GWREC	W	9:30am	4EC.HD0E	10/29	4AE
GWREC	Th	1:30pm	4EC.OSQG	10/30	4AE
GWREC	Th	9:30am	4EC.WPNX	10/30	4AE
MtVernREC	T/Th	5pm	4EC.YP8R	9/2	4AF
MtVernREC	M/W	5pm	4EC.R008	9/3	4AE
MtVernREC	F	5pm	4EC.2LCS	9/5	4AF
MtVernREC	F	6:45pm	4EC.P7KB	9/5	4AF
MtVernREC	Sa	9am	4EC.HXAV	9/6	4AE
MtVernREC	Sa	10:10am	4EC.WR8Z	9/6	4AE
MtVernREC	Sa	12:15pm	4EC.91BJ	9/6	4AE
MtVernREC	Su	9am	4EC.B9B3	9/7	4AE
MtVernREC	Su	10:10am	4EC.CS02	9/7	4AE
MtVernREC	Su	12:15pm	4EC.I993	9/7	4AE
MtVernREC	M/W	5pm	4EC.SIBW	9/29	4AF
MtVernREC	M/W	7:15pm	4EC.BF8T	9/29	4AF
MtVernREC	Sa	9am	4EC.RLKQ	10/25	4AF
MtVernREC	Sa	10:10am	4EC.2R5N	10/25	4AF
MtVernREC	Sa	12:15pm	4EC.W5UK	10/25	4AF
MtVernREC	Su	9am	4EC.BUJY	10/26	4AF
MtVernREC	Su	10:10am	4EC.HYHE	10/26	4AF
MtVernREC	Su	12:15pm	4EC.LHS7	10/26	4AF
MtVernREC	M/W	5pm	4EC.Y315	10/27	4AF
MtVernREC	M/W	7:15pm	4EC.S28H	10/27	4AF
MtVernREC	T/Th	5:35pm	4EC.XKME	10/28	4AF
MtVernREC	M/W	5pm	4EC.R1N8	11/24	4AE
MtVernREC	T/Th	5:35pm	4EC.VS9W	11/25	4AE
OakmontREC	Sa	9am	4EC.4BCJ	8/23	4AF
OakmontREC	Sa	10:10am	4EC.LD3U	8/23	4AF
OakmontREC	Sa	11:55am	4EC.G40S	8/23	4AF
OakmontREC	Su	8am	4EC.V122	8/24	4AF
OakmontREC	Su	9am	4EC.G1ML	8/24	4AF
OakmontREC	Su	11:20am	4EC.NW9U	8/24	4AF
OakmontREC	M	5:10pm	4EC.P9ZQ	8/25	4AF
OakmontREC	M	6:20pm	4EC.1H1V	8/25	4AF
OakmontREC	T	5:10pm	4EC.U09U	8/26	4AG
OakmontREC	T	5:45pm	4EC.YZU6	8/26	4AG
OakmontREC	W	5:10pm	4EC.BSBJ	8/27	4AG
OakmontREC	Th	5:45pm	4EC.4084	8/28	4AG
OakmontREC	F	6:05pm	4EC.VULK	8/29	4AG
OakmontREC	Sa	9am	4EC.59RH	10/25	4AE
OakmontREC	Sa	10:10am	4EC.7KDL	10/25	4AE
OakmontREC	Sa	11:55am	4EC.HQC2	10/25	4AE
OakmontREC	Sa	12:30pm	4EC.L119	10/25	4AE
OakmontREC	Su	8am	4EC.XMIS	10/26	4AE
OakmontREC	Su	9am	4EC.DMXB	10/26	4AE
OakmontREC	Su	11:20am	4EC.M9ZL	10/26	4AE
OakmontREC	M	5:10pm	4EC.ZKD1	10/27	4AF
OakmontREC	M	6:20pm	4EC.O0B0	10/27	4AF
OakmontREC	T	5:10pm	4EC.YGTM	10/28	4AF
OakmontREC	T	5:45pm	4EC.2M9J	10/28	4AF
OakmontREC	W	6:20pm	4EC.G9FF	10/29	4AF
OakmontREC	Th	5:10pm	4EC.6AUU	10/30	4AE
ProvREC	W	5:30pm	4EC.HWUH	9/3	4AF
ProvREC	Sa	8:15am	4EC.PKFW	9/6	4AE
ProvREC	Sa	8:50am	4EC.W0HR	9/6	4AE
ProvREC	Su	9am	4EC.8G69	9/7	4AE
ProvREC	Su	10:10am	4EC.JH4C	9/7	4AE
ProvREC	M	5:30pm	4EC.MUID	9/8	4AE





## Pee Wee Paddler 2

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

<b>4AD</b>	<b>6--30 minute lessons--\$99</b>
<b>4AE</b>	<b>7--30 minute lessons--\$114</b>
<b>4AF</b>	<b>8--30 minute lessons--\$131</b>
<b>4AG</b>	<b>9--30 minute lessons--\$145</b>
<b>4AH</b>	<b>10--30 minute lessons--\$163</b>

ProvREC	Sa	8:15am	4EC.HSBL	10/25	4AE	SpHillREC	W	4pm	4EC.5BVE	9/10	4AE	CubRunREC	T	5:35pm	7D6.HK55	9/2	4AF
ProvREC	Sa	8:50am	4EC.OMBR	10/25	4AE	SpHillREC	W	4:35pm	4EC.D7X5	9/10	4AE	CubRunREC	T	11:40am	7D6.YGDE	9/2	4AF
ProvREC	Su	9am	4EC.RKQI	10/26	4AE	SpHillREC	Th	4:50pm	4EC.LZ2Q	9/11	4AE	CubRunREC	Sa	9am	7D6.S38F	9/6	4AE
ProvREC	Su	10:10am	4EC.EHIO	10/26	4AE	SpHillREC	F	5:05pm	4EC.4WBZ	9/12	4AE	CubRunREC	Sa	9:30am	7D6.HV4Y	9/6	4AE
ProvREC	M	5:30pm	4EC.LOHQ	10/27	4AF	SpHillREC	Sa	1:10pm	4EC.Z52V	10/25	4AF	CubRunREC	Sa	10:05am	7D6.6BJG	9/6	4AE
ProvREC	W	5:30pm	4EC.HF9R	10/29	4AE	SpHillREC	Sa	10:10am	4EC.3VDL	10/25	4AF	CubRunREC	Sa	10:45am	7D6.R6RL	9/6	4AE
SoRunREC	Sa	9am	4EC.SUOI	8/23	4AF	SpHillREC	Sa	11:25am	4EC.ODIA	10/25	4AF	CubRunREC	Su	9am	7D6.TY3B	9/7	4AE
SoRunREC	Sa	11:15am	4EC.SW3K	8/23	4AF	SpHillREC	Su	9:35am	4EC.OWEO	10/26	4AF	CubRunREC	Su	9:35am	7D6.S3MT	9/7	4AE
SoRunREC	Sa	11:50am	4EC.293T	8/23	4AF	SpHillREC	Su	10:50am	4EC.VFKI	10/26	4AF	CubRunREC	Su	10:10am	7D6.W5G6	9/7	4AE
SoRunREC	Su	8:30am	4EC.62VJ	8/24	4AF	SpHillREC	Su	12pm	4EC.V24K	10/26	4AF	CubRunREC	Su	10:45am	7D6.8X84	9/7	4AE
SoRunREC	Su	9:40am	4EC.EPTE	8/24	4AF	SpHillREC	M	4:40pm	4EC.LD8H	10/27	4AF	CubRunREC	Sa	9am	7D6.P32J	10/25	4AF
SoRunREC	Su	11:25am	4EC.SNX2	8/24	4AF	SpHillREC	T	4:35pm	4EC.WQ8K	10/28	4AF	CubRunREC	Sa	9:35am	7D6.AW8C	10/25	4AF
SoRunREC	M/W	6:05pm	4EC.DBJ8	8/25	4AG	SpHillREC	W	4pm	4EC.DRBB	10/29	4AE	CubRunREC	Sa	10:05am	7D6.ETM7	10/25	4AF
SoRunREC	M/W	6:35pm	4EC.4U90	8/25	4AG	SpHillREC	W	4:35pm	4EC.Q9A1	10/29	4AE	CubRunREC	Sa	10:45am	7D6.CDXK	10/25	4AF
SoRunREC	M	10:40am	4EC.KK2X	8/25	4AF	SpHillREC	Th	4:50pm	4EC.2UOH	10/30	4AE	CubRunREC	Su	9am	7D6.A4AK	10/26	4AF
SoRunREC	T/Th	6pm	4EC.4671	8/26	4AH	Wkfld/Moore	T	5:30pm	4EC.LPUQ	9/2	4AF	CubRunREC	Su	9:35am	7D6.S8GH	10/26	4AF
SoRunREC	W	10:40am	4EC.8C0G	8/27	4AG	Wkfld/Moore	T	6:05pm	4EC.BGPW	9/2	4AF	CubRunREC	Su	10:45am	7D6.CGE4	10/26	4AF
SoRunREC	F	1:30pm	4EC.LOPT	9/5	4AF	Wkfld/Moore	M/W	5:30pm	4EC.LSHA	9/3	4AE	CubRunREC	Su	11:10am	7D6.UX7N	10/26	4AF
SoRunREC	F	5:35pm	4EC.RHYK	9/5	4AF	Wkfld/Moore	M/W	5:30pm	4EC.L5HA	9/3	4AE	CubRunREC	T	5:35pm	7D6.9MCU	10/28	4AF
SoRunREC	F	10:40am	4EC.F71M	9/5	4AF	Wkfld/Moore	M/W	6:05pm	4EC.LUGX	9/3	4AE	CubRunREC	T	11:40am	7D6.WERQ	10/28	4AF
SoRunREC	M/W	6pm	4EC.B7VX	9/29	4AF	Wkfld/Moore	Th	5:30pm	4EC.ZJZA	9/4	4AF	Franconia Rec	Sa	8:20am	7D6.XE4G	9/6	4AD
SoRunREC	M/W	6:35pm	4EC.2LOV	9/29	4AF	Wkfld/Moore	Th	6:05pm	4EC.9G9H	9/4	4AF	Franconia Rec	Sa	11:55am	7D6.FHNF	9/6	4AD
SoRunREC	T/Th	6pm	4EC.JWWQ	9/30	4AF	Wkfld/Moore	F	5:30pm	4EC.SIOC	9/5	4AF	Franconia Rec	Sa	12:35pm	7D6.G3H4	9/6	4AD
SoRunREC	Sa	9am	4EC.4E2D	10/25	4AF	Wkfld/Moore	F	5:30pm	4EC.XOQM	9/5	4AF	Franconia Rec	Su	8:05am	7D6.GW8S	9/7	4AD
SoRunREC	Sa	11:15am	4EC.BAGV	10/25	4AF	Wkfld/Moore	F	6:05pm	4EC.V485	9/5	4AF	Franconia Rec	Su	10:25am	7D6.P79M	9/7	4AD
SoRunREC	Sa	11:50am	4EC.15TX	10/25	4AF	Wkfld/Moore	Sa	9am	4EC.NUAQ	9/6	4AE	Franconia Rec	Su	12:25pm	7D6.WAND	9/7	4AD
SoRunREC	Su	8:30am	4EC.36U5	10/26	4AF	Wkfld/Moore	Sa	10:25am	4EC.HOWJ	9/6	4AE	Franconia Rec	M/W	5:30pm	7D6.Z7PT	9/8	4AD
SoRunREC	Su	9:40am	4EC.ZF3Y	10/26	4AF	Wkfld/Moore	Su	2:30pm	4EC.1MXS	9/7	4AE	Franconia Rec	M/W	6:05pm	7D6.9JFM	9/8	4AD
SoRunREC	Su	11:25am	4EC.NF5P	10/26	4AF	Wkfld/Moore	Su	9am	4EC.JZWL	9/7	4AE	Franconia Rec	T	5:05pm	7D6.UZSF	9/9	4AE
SoRunREC	M/W	6pm	4EC.GFGV	10/27	4AF	Wkfld/Moore	Su	10:25am	4EC.7N7X	9/7	4AE	Franconia Rec	Th	6:05pm	7D6.6WUK	9/11	4AE
SoRunREC	M/W	6:35pm	4EC.9E1X	10/27	4AF	Wkfld/Moore	M/W	5:30pm	4EC.U815	9/29	4AD	Franconia Rec	F	5:05pm	7D6.KQXZ	9/12	4AD
SoRunREC	M	10:40am	4EC.5432	10/27	4AF	Wkfld/Moore	M/W	6:05pm	4EC.GKIV	9/29	4AD	Franconia Rec	M/W	5:30pm	7D6.KBC0	9/29	4AF
SoRunREC	T/Th	6pm	4EC.DU3E	10/28	4AF	Wkfld/Moore	M/W	5:30pm	4EC.KAV1	10/20	4AH	Franconia Rec	M/W	6:05pm	7D6.CXNH	9/29	4AF
SoRunREC	W	10:40am	4EC.QQWU	10/29	4AF	Wkfld/Moore	M/W	6:05pm	4EC.XLDH	10/20	4AH	Franconia Rec	Sa	9:35am	7D6.RM7Q	10/25	4AE
SoRunREC	F	1:30pm	4EC.OOPL	10/31	4AE	Wkfld/Moore	Sa	9am	4EC.OZU2	10/25	4AF	Franconia Rec	Sa	11:20am	7D6.HXEK	10/25	4AE
SoRunREC	F	10:40am	4EC.XKUY	10/31	4AE	Wkfld/Moore	Sa	10:25am	4EC.4Z8I	10/25	4AF	Franconia Rec	Sa	11:55am	7D6.O3B7	10/25	4AE
SoRunREC	M/W	6pm	4EC.UYGB	11/24	4AE	Wkfld/Moore	Su	2:30pm	4EC.1KV8	10/26	4AF	Franconia Rec	Su	9:55am	7D6.LV5M	10/26	4AE
SoRunREC	M/W	6:35pm	4EC.MOQP	11/24	4AE	Wkfld/Moore	Su	9am	4EC.GGTN	10/26	4AF	Franconia Rec	Su	10:25am	7D6.Y7SH	10/26	4AE
SoRunREC	T/Th	6pm	4EC.FNKO	11/25	4AE	Wkfld/Moore	Su	10:25am	4EC.WRR9	10/26	4AF	Franconia Rec	Su	12:25pm	7D6.7MC9	10/26	4AE
SpHillREC	Sa	1:10pm	4EC.86VF	9/6	4AE	Wkfld/Moore	T	5:30pm	4EC.AVGL	10/28	4AF	Franconia Rec	M/W	6:05pm	7D6.9V6Y	10/27	4AF
SpHillREC	Sa	10:10am	4EC.PWYZ	9/6	4AE	Wkfld/Moore	T	6:05pm	4EC.T9MI	10/28	4AF	Franconia Rec	T	6pm	7D6.D1KF	10/28	4AF
SpHillREC	Sa	11:25am	4EC.07R1	9/6	4AE	Wkfld/Moore	Th	5:30pm	4EC.WYNA	10/30	4AE	Franconia Rec	Th	6pm	7D6.28UJ	10/30	4AE
SpHillREC	Su	9:35am	4EC.H99J	9/7	4AE	Wkfld/Moore	Th	6:05pm	4EC.B1HA	10/30	4AE	Franconia Rec	M/W	6pm	7D6.G5R1	12/1	4AD
SpHillREC	Su	10:50am	4EC.6063	9/7	4AE	Wkfld/Moore	F	5:30pm	4EC.MCGB	11/7	4AD	GWREC	Sa	9:40am	7D6.3ANY	9/6	4AE
SpHillREC	Su	12pm	4EC.JG77	9/7	4AE	Wkfld/Moore	F	6:05pm	4EC.X3M0	11/7	4AD	GWREC	Su	10:05am	7D6.OQXN	9/7	4AE
SpHillREC	M	4:40pm	4EC.FEG5	9/8	4AE	Wkfld/Moore	M/W	5:30pm	4EC.P8KR	11/24	4AE	GWREC	M	6:15pm	7D6.QS1R	9/8	4AE
SpHillREC	T	4:35pm	4EC.XULP	9/9	4AE	Wkfld/Moore	M/W	6:05pm	4EC.OT32	11/24	4AE	GWREC	T	2:05pm	7D6.VP14	9/9	4AE
												GWREC	T	10:05am	7D6.VG6Q	9/9	4AE
												GWREC	W	2:05pm	7D6.QW25	9/10	4AE
												GWREC	W	10:05am	7D6.WQKI	9/10	4AE
												GWREC	Th	2:05pm	7D6.1ZFH	9/11	4AE
												GWREC	Th	10:05am	7D6.LCIU	9/11	4AE
												GWREC	Sa	9:40am	7D6.549P	10/25	4AF
												GWREC	Su	10:05am	7D6.9XVR	10/26	4AF
												GWREC	M	6:15pm	7D6.ZNNT	10/27	4AF
												GWREC	T	2:05pm	7D6.XR0N	10/28	4AF
												GWREC	T	10:05am	7D6.MD74	10/28	4AF



GWREC	W	2:05pm	7D6.AZV1	10/29	4AE
GWREC	W	10:05am	7D6.X1CN	10/29	4AE
GWREC	Th	2:05pm	7D6.52SD	10/30	4AE
GWREC	Th	10:05am	7D6.PM59	10/30	4AE
MtVernREC	M/W	5:35pm	7D6.PP4W	9/3	4AE
MtVernREC	F	6:10pm	7D6.4U9X	9/5	4AF
MtVernREC	F	6:45pm	7D6.WP23	9/5	4AF
MtVernREC	F	7:55pm	7D6.4RPC	9/5	4AF
MtVernREC	Sa	9am	7D6.ZIBC	9/6	4AE
MtVernREC	Sa	9:35am	7D6.XQFD	9/6	4AE
MtVernREC	Sa	11:40am	7D6.22VK	9/6	4AE
MtVernREC	Sa	12:35pm	7D6.8T8M	9/6	4AE
MtVernREC	Su	9am	7D6.T830	9/7	4AE
MtVernREC	Su	9:35am	7D6.HERU	9/7	4AE
MtVernREC	Su	11:40am	7D6.UMRL	9/7	4AE
MtVernREC	Su	12:35pm	7D6.IHH6	9/7	4AE
MtVernREC	M/W	5pm	7D6.MV4E	9/29	4AF
MtVernREC	M/W	5:35pm	7D6.BT5Y	9/29	4AF
MtVernREC	M/W	7:50pm	7D6.EF1H	9/29	4AF
MtVernREC	T/Th	5:35pm	7D6.MN65	9/30	4AF
MtVernREC	Sa	9am	7D6.GJFR	10/25	4AF
MtVernREC	Sa	9:35am	7D6.1TEQ	10/25	4AF
MtVernREC	Sa	11:40am	7D6.BWQK	10/25	4AF
MtVernREC	Sa	12:35pm	7D6.42IN	10/25	4AF
MtVernREC	Su	9am	7D6.XEPG	10/26	4AF
MtVernREC	Su	9:35am	7D6.YHBB	10/26	4AF
MtVernREC	Su	11:40am	7D6.A475	10/26	4AF
MtVernREC	Su	12:35pm	7D6.KUML	10/26	4AF
MtVernREC	M/W	5pm	7D6.UMZ2	10/27	4AF
MtVernREC	M/W	5:35pm	7D6.QPIX	10/27	4AF
MtVernREC	M/W	7:15pm	7D6.L1VN	10/27	4AF
MtVernREC	T/Th	5pm	7D6.DZCH	10/28	4AF
MtVernREC	M/W	5pm	7D6.6LA9	11/24	4AE
MtVernREC	M/W	5:35pm	7D6.G87Q	11/24	4AE
MtVernREC	M/W	7:15pm	7D6.WRK2	11/24	4AE
MtVernREC	T/Th	5pm	7D6.52W8	11/25	4AE

OakmontREC	Sa	9am	7D6.3APL	8/23	4AF
OakmontREC	Sa	9:35am	7D6.SPJ9	8/23	4AF
OakmontREC	Sa	10:45am	7D6.8XFK	8/23	4AF
OakmontREC	Sa	11:55am	7D6.XY3Q	8/23	4AF
OakmontREC	Sa	12:30pm	7D6.3521	8/23	4AF
OakmontREC	Su	8:35am	7D6.MN4M	8/24	4AF
OakmontREC	Su	9am	7D6.4UPZ	8/24	4AF
OakmontREC	Su	10:45am	7D6.0S02	8/24	4AF
OakmontREC	M	5:10pm	7D6.SFUX	8/25	4AF
OakmontREC	T	5:10pm	7D6.0H4N	8/26	4AG
OakmontREC	W	6:20pm	7D6.DALT	8/27	4AG
OakmontREC	Th	5:10pm	7D6.34RH	8/28	4AG
OakmontREC	Sa	9am	7D6.GD1F	10/25	4AE
OakmontREC	Sa	9:35am	7D6.5QTP	10/25	4AE
OakmontREC	Sa	10:45am	7D6.FCR7	10/25	4AE
OakmontREC	Sa	11:55am	7D6.9TJP	10/25	4AE
OakmontREC	Su	8:35am	7D6.6N2R	10/26	4AE
OakmontREC	Su	9am	7D6.DFOW	10/26	4AE
OakmontREC	Su	10:45am	7D6.BLXM	10/26	4AE
OakmontREC	M	5:10pm	7D6.BLS9	10/27	4AF
OakmontREC	T	5:10pm	7D6.CHSX	10/28	4AF
OakmontREC	W	5:10pm	7D6.1V6B	10/29	4AF
OakmontREC	Th	5:45pm	7D6.06NT	10/30	4AE
ProvREC	W	6:05pm	7D6.J6GI	9/3	4AF
ProvREC	F	4:30pm	7D6.SKSV	9/5	4AF
ProvREC	Sa	8:50am	7D6.S53C	9/6	4AE
ProvREC	Sa	9:25am	7D6.JXFL	9/6	4AE
ProvREC	Su	9am	7D6.8SXZ	9/7	4AE
ProvREC	Su	9:35am	7D6.J9N1	9/7	4AE
ProvREC	M	5:30pm	7D6.1G4Y	9/8	4AE
ProvREC	Sa	8:50am	7D6.L87F	10/25	4AE
ProvREC	Sa	9:25am	7D6.24KL	10/25	4AE
ProvREC	Su	9am	7D6.8002	10/26	4AE
ProvREC	Su	9:35am	7D6.LUE2	10/26	4AE
ProvREC	M	5:30pm	7D6.WI53	10/27	4AF
ProvREC	W	6:05pm	7D6.J2IY	10/29	4AE
SoRunREC	Sa	9am	7D6.08M0	8/23	4AF
SoRunREC	Sa	9:50am	7D6.8N1T	8/23	4AF
SoRunREC	Sa	11:50am	7D6.ZTPW	8/23	4AF
SoRunREC	Su	9:05am	7D6.F08R	8/24	4AF
SoRunREC	Su	10:10am	7D6.U18L	8/24	4AF
SoRunREC	Su	10:50am	7D6.JNY9	8/24	4AF
SoRunREC	M/W	6:35pm	7D6.TUW6	8/25	4AG
SoRunREC	M	10:05am	7D6.7YF3	8/25	4AF
SoRunREC	T/Th	6:55pm	7D6.0CXK	8/26	4AH
SoRunREC	W	9:30am	7D6.DNGK	8/27	4AG
SoRunREC	F	2:05pm	7D6.MRJF	9/5	4AF
SoRunREC	F	5:30pm	7D6.29P1	9/5	4AF
SoRunREC	F	6:55pm	7D6.VJBN	9/5	4AF
SoRunREC	F	10:05am	7D6.AR4B	9/5	4AF
SoRunREC	M/W	6:35pm	7D6.9408	9/29	4AF
SoRunREC	T/Th	6:55pm	7D6.SU2B	9/30	4AF
SoRunREC	Sa	9am	7D6.T6GR	10/25	4AF
SoRunREC	Sa	9:50am	7D6.5375	10/25	4AF
SoRunREC	Sa	11:50am	7D6.CTT9	10/25	4AF
SoRunREC	Su	9:05am	7D6.G8XP	10/26	4AF
SoRunREC	Su	10:10am	7D6.EUQ0	10/26	4AF
SoRunREC	Su	10:50am	7D6.GI4C	10/26	4AF
SoRunREC	M/W	6:35pm	7D6.ECJJ	10/27	4AF
SoRunREC	M	10:05am	7D6.SDSR	10/27	4AF
SoRunREC	T/Th	6:55pm	7D6.CEZ7	10/28	4AF
SoRunREC	W	9:30am	7D6.CB91	10/29	4AF
SoRunREC	F	2:05pm	7D6.WGMH	10/31	4AE
SoRunREC	F	10:05am	7D6.0XWM	10/31	4AE
SoRunREC	M/W	6:35pm	7D6.0F3K	11/24	4AE
SoRunREC	T/Th	6:55pm	7D6.H3U7	11/25	4AE
SpHillREC	Sa	9am	7D6.VN4Y	9/6	4AE
SpHillREC	Sa	10:50am	7D6.M3DA	9/6	4AE
SpHillREC	Sa	12:55pm	7D6.139K	9/6	4AE
SpHillREC	Su	9am	7D6.7RSI	9/7	4AE
SpHillREC	Su	11:25am	7D6.FSPA	9/7	4AE
SpHillREC	Su	12:35pm	7D6.FBOJ	9/7	4AE
SpHillREC	M	5:15pm	7D6.OXEJ	9/8	4AE

SpHillREC	T	5:10pm	7D6.8JWI	9/9	4AE
SpHillREC	W	4pm	7D6.VJ8K	9/10	4AE
SpHillREC	W	4:35pm	7D6.NAKX	9/10	4AE
SpHillREC	Th	6:05pm	7D6.9ZW0	9/11	4AE
SpHillREC	Sa	9am	7D6.FFJY	10/25	4AF
SpHillREC	Sa	10:50am	7D6.T6DS	10/25	4AF
SpHillREC	Sa	12:55pm	7D6.QJT3	10/25	4AF
SpHillREC	Su	9am	7D6.PGXY	10/26	4AF
SpHillREC	Su	11:25am	7D6.YOM6	10/26	4AF
SpHillREC	Su	12:35pm	7D6.NDWD	10/26	4AF
SpHillREC	M	5:15pm	7D6.SH5U	10/27	4AF
SpHillREC	T	5:10pm	7D6.5Z5I	10/28	4AF
SpHillREC	W	4pm	7D6.FD2L	10/29	4AE
SpHillREC	W	4:35pm	7D6.ZE7K	10/29	4AE
SpHillREC	Th	6:05pm	7D6.0G9J	10/30	4AE
Wkfld/Moore	T	5:30pm	7D6.S6E0	9/2	4AF
Wkfld/Moore	T	6:05pm	7D6.F9X1	9/2	4AF
Wkfld/Moore	M/W	5:30pm	7D6.70RJ	9/3	4AE
Wkfld/Moore	M/W	6:05pm	7D6.LTY5	9/3	4AE
Wkfld/Moore	Th	5:30pm	7D6.2PR1	9/4	4AF
Wkfld/Moore	Th	6:05pm	7D6.14ZP	9/4	4AF
Wkfld/Moore	F	6:05pm	7D6.JCOT	9/5	4AF
Wkfld/Moore	Sa	9am	7D6.IVKO	9/6	4AE
Wkfld/Moore	Sa	12:35pm	7D6.ZQZH	9/6	4AE
Wkfld/Moore	Su	2:30pm	7D6.T07A	9/7	4AE
Wkfld/Moore	Su	9am	7D6.8WOC	9/7	4AE
Wkfld/Moore	Su	12:35pm	7D6.61C0	9/7	4AE
Wkfld/Moore	Su	12:35pm	7D6.Z01T	9/7	4AE
Wkfld/Moore	M/W	5:30pm	7D6.9GR2	9/29	4AD
Wkfld/Moore	M/W	6:05pm	7D6.7M4L	9/29	4AD
Wkfld/Moore	M/W	5:30pm	7D6.MT0C	10/20	4AH
Wkfld/Moore	M/W	6:05pm	7D6.M4PS	10/20	4AH
Wkfld/Moore	Sa	9am	7D6.ZVE1	10/25	4AF
Wkfld/Moore	Sa	12:35pm	7D6.JNEN	10/25	4AF
Wkfld/Moore	Su	2:30pm	7D6.41JW	10/26	4AF
Wkfld/Moore	Su	9am	7D6.5YQ9	10/26	4AF
Wkfld/Moore	Su	12:35pm	7D6.ZNB4	10/26	4AF
Wkfld/Moore	T	5:30pm	7D6.6YCB	10/28	4AF
Wkfld/Moore	T	6:05pm	7D6.98T9	10/28	4AF
Wkfld/Moore	Th	5:30pm	7D6.ASHG	10/30	4AE
Wkfld/Moore	Th	6:05pm	7D6.GD17	10/30	4AE
Wkfld/Moore	F	6:05pm	7D6.5102	11/7	4AD
Wkfld/Moore	M/W	5:30pm	7D6.JYE8	11/24	4AE
Wkfld/Moore	M/W	6:05pm	7D6.2LPI	11/24	4AE

## SGL Pee Wee Paddler 2

**(3-5 yrs.)** Prerequisite: Pee Wee Paddler 1 or equivalent skill proficiency. This small group class is designed to help children increase independence in their skill performance and continue 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.

<b>4ANE</b>	<b>7--30 minute lessons--\$177</b>
<b>4ANF</b>	<b>8--30 minute lessons--\$202</b>

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Sa	9am	591.50A0	9/6	4ANE
Wkfld/Moore	Su	9am	591.DXGB	9/7	4ANE
Wkfld/Moore	Sa	9am	591.0FTC	10/25	4ANF
Wkfld/Moore	Su	9am	591.7XH9	10/26	4ANF



## Level Up Your SWIM SKILLS

Opportunities for ages 6 months through adults.

**Jump into swimming with Fairfax County Park Authority!**

- Learn to Swim:** Build swim skills and confidence in the water — Baby & Me, Toddler & Me, Preschooler & Me, Pee Wee Paddler, Swimming, Stroke Mechanics, Private/Semi-Private Lessons.
- Swim Clinics:** Short, focused swim sessions teach new strokes. *Special single session clinics coming to Oakmont Rec Center in December!*
- Swim Team:** Build skills needed to join our Rec Center swim teams!
- Diving:** Build diving skills.
- Lap Swim Sessions:** Get moving while improving your lap lane swimming.
- Water Exercise:** Get moving in our pools — with water walking to aerobics to deep water movement. Sign up for sessions or check out drop-in classes (using Aqua Flex passes)!

**Explore more and register today:**  
[www.fairfaxcounty.gov/parks/reccenter/swimming](http://www.fairfaxcounty.gov/parks/reccenter/swimming)



# Aquatics

## Pee Wee Paddler 3

**(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.

<b>4AC</b>	<b>5--30 minute lessons--\$81</b>
<b>4AD</b>	<b>6--30 minute lessons--\$99</b>
<b>4AE</b>	<b>7--30 minute lessons--\$114</b>
<b>4AF</b>	<b>8--30 minute lessons--\$131</b>
<b>4AG</b>	<b>9--30 minute lessons--\$145</b>
<b>4AH</b>	<b>10--30 minute lessons--\$163</b>

Location	Day	Time	Code	Begin	\$
CubRunREC	T	6:10pm	E4E.295B	9/2	4AF
CubRunREC	T	12:15pm	E4E.V7GM	9/2	4AF
CubRunREC	Sa	9:35am	E4E.PKRD	9/6	4AE
CubRunREC	Sa	10:10am	E4E.EGVM	9/6	4AE
CubRunREC	Sa	10:40am	E4E.Y3CT	9/6	4AE
CubRunREC	Sa	11:15am	E4E.ZXN5	9/6	4AE
CubRunREC	Su	9am	E4E.FNUW	9/7	4AE
CubRunREC	Su	10:10am	E4E.FLVL	9/7	4AE
CubRunREC	Su	10:45am	E4E.JC4D	9/7	4AE
CubRunREC	Su	11:10am	E4E.YZOX	9/7	4AE
CubRunREC	Sa	9am	E4E.S2R6	10/25	4AF
CubRunREC	Sa	10:10am	E4E.W21M	10/25	4AF
CubRunREC	Sa	10:45am	E4E.24FL	10/25	4AF
CubRunREC	Sa	11:10am	E4E.XNLU	10/25	4AF
CubRunREC	Sa	11:20am	E4E.097K	10/25	4AF
CubRunREC	Su	9am	E4E.YCJ3	10/26	4AF
CubRunREC	Su	10:05am	E4E.Y05M	10/26	4AF
CubRunREC	Su	10:10am	E4E.L3E9	10/26	4AF
CubRunREC	Su	10:45am	E4E.K5AF	10/26	4AF
CubRunREC	Su	11:20am	E4E.5XDE	10/26	4AF
CubRunREC	T	6:10pm	E4E.JYVD	10/28	4AF
CubRunREC	T	12:15pm	E4E.E08T	10/28	4AF
Franconia Rec	Sa	8:15am	E4E.G11B	9/6	4AD
Franconia Rec	Sa	9am	E4E.U75B	9/6	4AD
Franconia Rec	Sa	10:35am	E4E.8KN4	9/6	4AD
Franconia Rec	Su	9:50am	E4E.NWWP	9/7	4AD
Franconia Rec	Su	11:10am	E4E.F108	9/7	4AD
Franconia Rec	M/W	5:30pm	E4E.3XRN	9/8	4AD
Franconia Rec	T	5:40pm	E4E.E5RP	9/9	4AE
Franconia Rec	Th	5:30pm	E4E.C04M	9/11	4AE
Franconia Rec	F	5:40pm	E4E.GXMO	9/12	4AD
Franconia Rec	M/W	5:20pm	E4E.UXGF	9/29	4AF
Franconia Rec	Sa	9am	E4E.ENXM	10/25	4AE
Franconia Rec	Sa	10:35am	E4E.S5SS	10/25	4AE
Franconia Rec	Sa	12:30pm	E4E.C9GO	10/25	4AE
Franconia Rec	Su	8:05am	E4E.HGK3	10/26	4AE
Franconia Rec	Su	9:50am	E4E.BNYQ	10/26	4AE
Franconia Rec	Su	12:20pm	E4E.03S3	10/26	4AE
GWREC	Sa	10:15am	E4E.H4FG	9/6	4AE
GWREC	Su	10:40am	E4E.VXOX	9/7	4AE
GWREC	M	6:50pm	E4E.UA02	9/8	4AE
GWREC	T	2:40pm	E4E.0M80	9/9	4AE
GWREC	T	10:40am	E4E.8VXI	9/9	4AE
GWREC	W	2:40pm	E4E.AKIG	9/10	4AE
GWREC	W	10:40am	E4E.A108	9/10	4AE
GWREC	Th	2:40pm	E4E.NPBA	9/11	4AE
GWREC	Th	10:40am	E4E.YZZN	9/11	4AE
GWREC	Sa	10:15am	E4E.QHS2	10/25	4AF
GWREC	Su	10:40am	E4E.4PQL	10/26	4AF
GWREC	M	6:50pm	E4E.2E3P	10/27	4AF
GWREC	T	2:40pm	E4E.NTLX	10/28	4AF
GWREC	T	10:40am	E4E.Y8NP	10/28	4AF
GWREC	W	2:40pm	E4E.YQM6	10/29	4AE
GWREC	W	10:40am	E4E.K9SJ	10/29	4AE
GWREC	Th	2:40pm	E4E.KSVI	10/30	4AE
GWREC	Th	10:40am	E4E.OYVG	10/30	4AE

MtVernREC	T/Th	5pm	E4E.W7YX	9/2	4AF
MtVernREC	M/W	5pm	E4E.CT01	9/3	4AE
MtVernREC	M/W	7:50pm	E4E.XFXB	9/3	4AE
MtVernREC	F	5:35pm	E4E.IVJ6	9/5	4AF
MtVernREC	F	6:10pm	E4E.XL63	9/5	4AF
MtVernREC	Sa	9:35am	E4E.SUQ8	9/6	4AE
MtVernREC	Sa	12pm	E4E.FQL9	9/6	4AE
MtVernREC	Su	9:35am	E4E.UDOL	9/7	4AE
MtVernREC	Su	12:35pm	E4E.RWQK	9/7	4AE
MtVernREC	M/W	5pm	E4E.34YG	9/29	4AF
MtVernREC	M/W	7:15pm	E4E.8XYU	9/29	4AF
MtVernREC	T/Th	5pm	E4E.1XFQ	9/30	4AF
MtVernREC	Sa	9:35am	E4E.F156	10/25	4AF
MtVernREC	Sa	12pm	E4E.SW85	10/25	4AF
MtVernREC	Su	9:35am	E4E.RP40	10/26	4AF
MtVernREC	Su	12:35pm	E4E.EA2D	10/26	4AF
MtVernREC	M/W	5pm	E4E.XT7B	10/27	4AF
MtVernREC	M/W	7:50pm	E4E.WAEI	10/27	4AF
MtVernREC	T/Th	5pm	E4E.RR3L	10/28	4AF
MtVernREC	M/W	5pm	E4E.WNHL	11/24	4AE
MtVernREC	M/W	7:50pm	E4E.BCQ2	11/24	4AE
MtVernREC	T/Th	5pm	E4E.K1GE	11/25	4AE
OakmontREC	Sa	9:35am	E4E.RYWB	8/23	4AF
OakmontREC	Sa	11:20am	E4E.ZKE7	8/23	4AF
OakmontREC	Sa	12:30pm	E4E.SA1W	8/23	4AF
OakmontREC	Su	9:35am	E4E.TXS8	8/24	4AF
OakmontREC	Su	11:30am	E4E.OLH9	8/24	4AF
OakmontREC	M	5:45pm	E4E.HB3T	8/25	4AF
OakmontREC	T	5:45pm	E4E.XTDQ	8/26	4AG
OakmontREC	W	5:45pm	E4E.5CQ3	8/27	4AG
OakmontREC	Th	6:20pm	E4E.L140	8/28	4AG
OakmontREC	F	6:40pm	E4E.FPA2	8/29	4AG
OakmontREC	Sa	9:35am	E4E.6BXR	10/25	4AE
OakmontREC	Sa	11:20am	E4E.Q6Z4	10/25	4AE
OakmontREC	Sa	12:30pm	E4E.XG5N	10/25	4AE
OakmontREC	Su	9:35am	E4E.YBDP	10/26	4AE
OakmontREC	Su	11:30am	E4E.4DNG	10/26	4AE
OakmontREC	M	5:45pm	E4E.T8KK	10/27	4AF
OakmontREC	T	5:45pm	E4E.OMC1	10/28	4AF
OakmontREC	W	5:45pm	E4E.E05B	10/29	4AF
OakmontREC	Th	6:20pm	E4E.B4VH	10/30	4AE
ProvREC	T	5:45pm	E4E.65GB	9/2	4AF
ProvREC	W	6:40pm	E4E.M0ZG	9/3	4AF
ProvREC	F	4:30pm	E4E.SL31	9/5	4AF
ProvREC	Sa	8:15am	E4E.OBK0	9/6	4AE
ProvREC	Sa	9:25am	E4E.N3AK	9/6	4AE
ProvREC	Sa	11:45am	E4E.BIFZ	9/6	4AE
ProvREC	Su	9:35am	E4E.5PLQ	9/7	4AE
ProvREC	Su	10:10am	E4E.T800	9/7	4AE
ProvREC	Sa	8:15am	E4E.N6S9	10/25	4AE
ProvREC	Sa	9:25am	E4E.5CS0	10/25	4AE
ProvREC	Sa	11:45am	E4E.W482	10/25	4AE
ProvREC	Su	9:35am	E4E.VV3A	10/26	4AE
ProvREC	Su	10:10am	E4E.PM63	10/26	4AE
ProvREC	T	5:45pm	E4E.XTBY	10/28	4AF
ProvREC	W	6:40pm	E4E.KKT5	10/29	4AE
SoRunREC	Sa	9:50am	E4E.JAX7	8/23	4AF
SoRunREC	Sa	11:35am	E4E.560J	8/23	4AF
SoRunREC	Su	8:30am	E4E.QHKY	8/24	4AF
SoRunREC	Su	9:05am	E4E.I0QP	8/24	4AF
SoRunREC	Su	10:45am	E4E.OP4V	8/24	4AF
SoRunREC	M/W	6pm	E4E.CEMI	8/25	4AG
SoRunREC	M	9:30am	E4E.GT80	8/25	4AF
SoRunREC	T/Th	7:25pm	E4E.PEKC	8/26	4AH
SoRunREC	W	10:05am	E4E.7IQF	8/27	4AG
SoRunREC	F	2:40pm	E4E.N6MP	9/5	4AF
SoRunREC	F	7:30pm	E4E.GRN7	9/5	4AF
SoRunREC	F	9:30am	E4E.822N	9/5	4AF
SoRunREC	M/W	6pm	E4E.B750	9/29	4AF
SoRunREC	T/Th	7:25pm	E4E.TG3M	9/30	4AF
SoRunREC	Sa	9:50am	E4E.IDT3	10/25	4AF
SoRunREC	Sa	11:35am	E4E.KNAG	10/25	4AF
SoRunREC	Su	8:30am	E4E.A9ZM	10/26	4AF

SoRunREC	Su	9:05am	E4E.5972	10/26	4AF
SoRunREC	Su	10:45am	E4E.700Q	10/26	4AF
SoRunREC	M/W	6pm	E4E.RJW3	10/27	4AF
SoRunREC	M	9:30am	E4E.YKFO	10/27	4AF
SoRunREC	T/Th	7:25pm	E4E.FNOZ	10/28	4AF
SoRunREC	W	10:05am	E4E.HWFB	10/29	4AF
SoRunREC	F	2:40pm	E4E.4W2L	10/31	4AE
SoRunREC	F	9:30am	E4E.PYUH	10/31	4AE
SoRunREC	M/W	6pm	E4E.46NA	11/24	4AE
SoRunREC	T/Th	7:25pm	E4E.KVJJ	11/25	4AE
SpHillREC	Sa	9:35am	E4E.RVFL	9/6	4AE
SpHillREC	Sa	10:50am	E4E.ATOG	9/6	4AE
SpHillREC	Su	10:10am	E4E.YE7Y	9/7	4AE
SpHillREC	Su	12pm	E4E.INOH	9/7	4AE
SpHillREC	M	4:40pm	E4E.AJOL	9/8	4AE
SpHillREC	M	5:55pm	E4E.NL90	9/8	4AE
SpHillREC	T	5:50pm	E4E.KVGV	9/9	4AE
SpHillREC	W	5:10pm	E4E.KLBF	9/10	4AE
SpHillREC	W	6:25pm	E4E.N502	9/10	4AE
SpHillREC	Th	4:15pm	E4E.LOBW	9/11	4AE
SpHillREC	Th	7:15pm	E4E.NWXU	9/11	4AE
SpHillREC	Sa	9:35am	E4E.GICA	10/25	4AF
SpHillREC	Sa	10:50am	E4E.Q1JE	10/25	4AF
SpHillREC	Su	10:10am	E4E.99VG	10/26	4AF
SpHillREC	Su	12pm	E4E.WOAP	10/26	4AF
SpHillREC	M	4:40pm	E4E.MF5M	10/27	4AF
SpHillREC	M	5:55pm	E4E.D2KM	10/27	4AF
SpHillREC	T	5:50pm	E4E.X75W	10/28	4AF
SpHillREC	W	5:10pm	E4E.HE81	10/29	4AE
SpHillREC	W	6:25pm	E4E.YOIB	10/29	4AE
SpHillREC	Th	4:15pm	E4E.SGES	10/30	4AE
SpHillREC	Th	7:15pm	E4E.C6FO	10/30	4AE
Wkfld/Moore	T	6:05pm	E4E.SVCE	9/2	4AF
Wkfld/Moore	M/W	6:05pm	E4E.82BM	9/3	4AE
Wkfld/Moore	Th	6:05pm	E4E.WB6B	9/4	4AF
Wkfld/Moore	F	5:30pm	E4E.XTKT	9/5	4AF
Wkfld/Moore	F	6:05pm	E4E.72W4	9/5	4AF
Wkfld/Moore	Sa	10:25am	E4E.8A5X	9/6	4AE
Wkfld/Moore	Su	3:05pm	E4E.E73D	9/7	4AE
Wkfld/Moore	Su	10:25am	E4E.ZFHP	9/7	4AE
Wkfld/Moore	M/W	6:05pm	E4E.9GIO	9/29	4AD
Wkfld/Moore	M/W	6:05pm	E4E.VWON	10/20	4AH
Wkfld/Moore	Sa	10:25am	E4E.WZBU	10/25	4AF
Wkfld/Moore	Su	3:05pm	E4E.J37E	10/26	4AF
Wkfld/Moore	Su	10:25am	E4E.1PFF	10/26	4AC
Wkfld/Moore	T	6:05pm	E4E.KXR3	10/28	4AF
Wkfld/Moore	Th	6:05pm	E4E.ZLKR	10/30	4AE
Wkfld/Moore	F	5:30pm	E4E.LNVR	11/7	4AD
Wkfld/Moore	F	6:05pm	E4E.TPJ6	11/7	4AD
Wkfld/Moore	M/W	6:05pm	E4E.4MHQ	11/24	4AE

## SGL Pee Wee Paddler 3

**(4-6 yrs.)** Prerequisite: Pee Wee Paddler 2 or equivalent skill proficiency. This small group class is designed to help 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.

<b>4ANE</b>	<b>7--30 minute lessons--\$177</b>
<b>4ANF</b>	<b>8--30 minute lessons--\$202</b>

Location	Day	Time	Code	Begin	\$
CubRunREC	M	5:05pm	667.UJ7J	9/8	4ANE
CubRunREC	M	6:45pm	667.LPD3	9/8	4ANE
CubRunREC	F	5:35pm	667.7DNN	9/19	4ANF
CubRunREC	M	5:05pm	667.J6BS	10/27	4ANF
CubRunREC	M	6:45pm	667.CF2B	10/27	4ANF
Wkfld/Moore	Sa	12:25pm	667.9MV5	9/6	4ANE
Wkfld/Moore	Su	12:25pm	667.L66N	9/7	4ANE
Wkfld/Moore	Sa	12:25pm	667.TWPX	10/25	4ANF
Wkfld/Moore	Su	12:35pm	667.I4R3	10/26	4ANF



## Pee Wee Paddler 4

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

<b>4AD</b>	<b>6--30 minute lessons--\$99</b>
<b>4AE</b>	<b>7--30 minute lessons--\$114</b>
<b>4AF</b>	<b>8--30 minute lessons--\$131</b>
<b>4AG</b>	<b>9--30 minute lessons--\$145</b>
<b>4AH</b>	<b>10--30 minute lessons--\$163</b>

Location	Day	Time	Code	Begin	\$
CubRunREC	Su	11am	198.7W7L	9/7	4AD
CubRunREC	Sa	9:35am	198.RUE8	9/13	4AD
CubRunREC	Sa	11am	198.SH9W	9/13	4AD
CubRunREC	Su	9:35am	198.EWSY	9/14	4AD
CubRunREC	T	5:35pm	198.ZOJZ	9/16	4AD
CubRunREC	T	12:15pm	198.LQK6	9/16	4AD
CubRunREC	Sa	9:35am	198.SHP6	10/25	4AF
CubRunREC	Sa	11am	198.7PQR	10/25	4AF
CubRunREC	Su	9:35am	198.QNEZ	10/26	4AF
CubRunREC	Su	11am	198.F8LC	10/26	4AF
CubRunREC	T	5:35pm	198.Y4ZW	10/28	4AF
CubRunREC	T	12:15pm	198.W0PY	10/28	4AF
Franconia Rec	Sa	10:10am	198.OCA3	9/6	4AD
Franconia Rec	Su	9:15am	198.AA04	9/7	4AD
Franconia Rec	Su	11:45am	198.JCF1	9/7	4AD
Franconia Rec	M/W	6:05pm	198.KKVD	9/8	4AD
Franconia Rec	T	6:15pm	198.C5C1	9/9	4AE
Franconia Rec	F	6:15pm	198.E6AM	9/12	4AD
Franconia Rec	M/W	5:55pm	198.F551	9/29	4AF
Franconia Rec	Sa	10:10am	198.LOLH	10/25	4AE
Franconia Rec	Su	9:15am	198.ERW9	10/26	4AE
Franconia Rec	Su	11:10am	198.OYOS	10/26	4AE
Franconia Rec	M/W	6:05pm	198.E17R	10/27	4AF
Franconia Rec	T	6pm	198.HXA5	10/28	4AF
Franconia Rec	Th	6pm	198.1KMD	10/30	4AE
Franconia Rec	Th	6pm	198.146P	10/30	4AE
Franconia Rec	M/W	6pm	198.V73L	12/1	4AD
GWREC	Sa	9am	198.QJ9J	9/6	4AE
GWREC	Sa	9am	198.65VF	10/25	4AF
MtVernREC	T/Th	5:35pm	198.KN9J	9/2	4AF
MtVernREC	M/W	7:15pm	198.60JG	9/3	4AE
MtVernREC	F	5:35pm	198.GX19	9/5	4AF
MtVernREC	F	7:20pm	198.TNOM	9/5	4AF
MtVernREC	Sa	10:10am	198.H1V7	9/6	4AE
MtVernREC	Sa	12:40pm	198.SZBK	9/6	4AE
MtVernREC	Su	10:10am	198.4SEZ	9/7	4AE
MtVernREC	Su	12pm	198.XSBZ	9/7	4AE
MtVernREC	M/W	7:50pm	198.6TYG	9/29	4AF
MtVernREC	T/Th	5:35pm	198.YLQM	9/30	4AF
MtVernREC	Sa	10:10am	198.Z9RI	10/25	4AF
MtVernREC	Sa	11:55am	198.ZWX9	10/25	4AF
MtVernREC	Su	10:10am	198.JJDJ	10/26	4AF
MtVernREC	Su	12pm	198.J92N	10/26	4AF
MtVernREC	M/W	7:50pm	198.3JWM	10/27	4AF
MtVernREC	T/Th	5:35pm	198.LLMQ	10/28	4AF
MtVernREC	M/W	7:50pm	198.CYFI	11/24	4AE
OakmontREC	Sa	9am	198.SHXC	8/23	4AF
OakmontREC	Sa	10:10am	198.V3G1	8/23	4AF
OakmontREC	Su	9:35am	198.WJOB	8/24	4AF
OakmontREC	M	6:20pm	198.HPGO	8/25	4AF
OakmontREC	T	6:20pm	198.5847	8/26	4AG
OakmontREC	W	6:20pm	198.7VNW	8/27	4AG
OakmontREC	Th	5:45pm	198.82D1	8/28	4AG
OakmontREC	F	5:30pm	198.BV7C	8/29	4AG
OakmontREC	Sa	9am	198.OEMU	10/25	4AE



OakmontREC	Sa	10:10am	198.0DWC	10/25	4AE
OakmontREC	Su	9:35am	198.SH45	10/26	4AE
OakmontREC	M	6:20pm	198.ZLSB	10/27	4AF
OakmontREC	T	6:20pm	198.92A7	10/28	4AF
OakmontREC	Th	5:45pm	198.3AE2	10/30	4AE
ProvREC	T	5:45pm	198.UFXZ	9/2	4AF
ProvREC	F	5:05pm	198.06HT	9/5	4AF
ProvREC	Sa	11:45am	198.LLFY	9/6	4AE
ProvREC	Su	12:30pm	198.0RLB	9/7	4AE
ProvREC	Sa	11:45am	198.PI7P	10/25	4AE
ProvREC	Su	12:30pm	198.1CSS	10/26	4AE
ProvREC	T	5:45pm	198.W0TJ	10/28	4AF
SoRunREC	Sa	11:40am	198.FUNX	8/23	4AF
SoRunREC	Su	10:30am	198.4SHO	8/24	4AF
SoRunREC	Su	11:05am	198.40FP	8/24	4AF
SoRunREC	Sa	11:40am	198.HCB2	10/25	4AF
SoRunREC	Su	10:30am	198.42UF	10/26	4AF
SoRunREC	Su	11:05am	198.B0BQ	10/26	4AF
SpHiIREC	Sa	9:35am	198.NWJH	9/6	4AE
SpHiIREC	Sa	10:50am	198.0KQN	9/6	4AE
SpHiIREC	Su	10:25am	198.8ZMS	9/7	4AE
SpHiIREC	Su	11:55am	198.6X65	9/7	4AE
SpHiIREC	M	5:15pm	198.A4RH	9/8	4AE
SpHiIREC	W	5:50pm	198.S96F	9/10	4AE
SpHiIREC	Th	6:40pm	198.BNKH	9/11	4AE
SpHiIREC	F	4:30pm	198.W5DC	9/12	4AE
SpHiIREC	Sa	9:35am	198.1KJV	10/25	4AF
SpHiIREC	Sa	10:50am	198.41BN	10/25	4AF
SpHiIREC	Su	10:25am	198.84D3	10/26	4AF
SpHiIREC	Su	11:55am	198.3VVO	10/26	4AF
SpHiIREC	M	5:15pm	198.9KNP	10/27	4AF
SpHiIREC	W	5:50pm	198.C9C0	10/29	4AE
SpHiIREC	Th	6:40pm	198.ZDGN	10/30	4AE
Wkfld/Moore	T	5:30pm	198.553Y	9/2	4AF
Wkfld/Moore	M/W	5:30pm	198.0D07	9/3	4AE
Wkfld/Moore	Th	5:30pm	198.QHRA	9/4	4AF
Wkfld/Moore	F	5:30pm	198.BQLN	9/5	4AF
Wkfld/Moore	Sa	12pm	198.D9FJ	9/6	4AE
Wkfld/Moore	Su	3:05pm	198.5643	9/7	4AE
Wkfld/Moore	Su	12pm	198.NMC1	9/7	4AE
Wkfld/Moore	M/W	5:30pm	198.XXLH	9/29	4AD
Wkfld/Moore	M/W	5:30pm	198.ER3D	10/20	4AH
Wkfld/Moore	Sa	12pm	198.2AYQ	10/25	4AF
Wkfld/Moore	Su	3:05pm	198.15HT	10/26	4AF
Wkfld/Moore	Su	12pm	198.Q0S8	10/26	4AF
Wkfld/Moore	T	5:30pm	198.6131	10/28	4AF
Wkfld/Moore	Th	5:30pm	198.RZJ9	10/30	4AE
Wkfld/Moore	F	5:30pm	198.JUP4	11/7	4AD
Wkfld/Moore	M/W	5:30pm	198.R1NR	11/24	4AE

## SGL Pee Wee Paddler 4

**(4-6 yrs.)** Prerequisite: Pee Wee Paddler 3 or equivalent skill proficiency. This small group class is designed to help students continue to improve their endurance and skills for treading water, 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.

<b>4ANE</b>	<b>7--30 minute lessons--\$177</b>
<b>4ANF</b>	<b>8--30 minute lessons--\$202</b>
<b>4ANG</b>	<b>9--30 minute lessons--\$229</b>

Location	Day	Time	Code	Begin	\$
CubRunREC	M	6:10pm	9DB.CKEX	9/8	4ANE
CubRunREC	F	5pm	9DB.YJP5	9/19	4ANF
CubRunREC	M	6:10pm	9DB.23R3	10/27	4ANF
OakmontREC	F	7:15pm	9DB.K751	8/29	4ANG
Wkfld/Moore	Sa	12:25pm	9DB.82BH	9/6	4ANE
Wkfld/Moore	Su	9am	9DB.VC0Z	9/7	4ANE
Wkfld/Moore	Sa	12:25pm	9DB.U8P2	10/25	4ANF
Wkfld/Moore	Su	9am	9DB.87WV	10/26	4ANF

## Pee Wee Paddler 5

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

<b>4AD</b>	<b>6--30 minute lessons--\$99</b>
<b>4AE</b>	<b>7--30 minute lessons--\$114</b>
<b>4AF</b>	<b>8--30 minute lessons--\$131</b>
<b>4AG</b>	<b>9--30 minute lessons--\$145</b>

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	9am	631.7CSZ	9/13	4AD
CubRunREC	Sa	11:35am	631.LXE5	9/13	4AD
CubRunREC	Su	9am	631.8TC6	9/14	4AD
CubRunREC	Su	11:35am	631.9H5W	9/14	4AD
CubRunREC	T	6:10pm	631.FB62	9/16	4AD
CubRunREC	Sa	9am	631.LTSR	10/25	4AF
CubRunREC	Sa	11:35am	631.6PAN	10/25	4AF
CubRunREC	Su	9am	631.FVWN	10/26	4AF
CubRunREC	Su	11:35am	631.NZRA	10/26	4AF
CubRunREC	T	6:10pm	631.SNBG	10/28	4AF
Franconia Rec	Sa	9am	631.XPYA	9/6	4AD
Franconia Rec	Sa	12:35pm	631.LD8J	9/6	4AD
Franconia Rec	Su	12:20pm	631.XYZY	9/7	4AD



Franconia Rec	Th	6:05pm	631.SMTW	9/11	4AE
Franconia Rec	Sa	12:35pm	631.OVVK	10/25	4AE
Franconia Rec	Su	11:45am	631.SP3Y	10/26	4AE
GWREC	Sa	9:35am	631.LQ36	9/6	4AE
GWREC	Sa	9:35am	631.MAWX	10/25	4AF
MtVernREC	M/W	6:40pm	631.346V	9/3	4AE
MtVernREC	F	5pm	631.K65V	9/5	4AF
MtVernREC	M/W	7:15pm	631.E596	11/24	4AE
MtVernREC	T/Th	5:35pm	631.Z2ZV	11/25	4AE
OakmontREC	Sa	9:35am	631.R3TH	8/23	4AF
OakmontREC	Su	10:10am	631.TS9C	8/24	4AF
OakmontREC	M	5:45pm	631.LEZG	8/25	4AF
OakmontREC	T	6:20pm	631.OKGL	8/26	4AG
OakmontREC	F	6:05pm	631.7MVZ	8/29	4AG
OakmontREC	Sa	9:35am	631.MALQ	10/25	4AE
OakmontREC	Su	10:10am	631.JA8X	10/26	4AE
OakmontREC	T	6:20pm	631.6V1S	10/28	4AF
OakmontREC	W	6:20pm	631.RL18	10/29	4AF
ProvREC	F	5:05pm	631.91H4	9/5	4AF
ProvREC	Sa	12:20pm	631.AQZL	9/6	4AE
ProvREC	Su	12:30pm	631.1B1B	9/7	4AE
ProvREC	Sa	12:20pm	631.NNJE	10/25	4AE
ProvREC	Su	12:30pm	631.2JPH	10/26	4AE
SpHillREC	Sa	10:10am	631.M5TH	9/6	4AE
SpHillREC	Su	9:50am	631.07AS	9/7	4AE
SpHillREC	W	6:25pm	631.F619	9/10	4AE
SpHillREC	F	5:05pm	631.50BP	9/12	4AE
SpHillREC	Sa	10:10am	631.7CIK	10/25	4AF
SpHillREC	Su	9:50am	631.AKGI	10/26	4AF
SpHillREC	W	6:25pm	631.P9H7	10/29	4AE
Wkfld/Moore	Sa	12pm	631.26CM	9/6	4AE
Wkfld/Moore	Su	12pm	631.16WK	9/7	4AE
Wkfld/Moore	Sa	12pm	631.YP21	10/25	4AF
Wkfld/Moore	Su	12pm	631.M60K	10/26	4AE

SGL Pee Wee Paddler 5

(4-6 yrs.) Prerequisite: Pee Wee Paddler 4 or equivalent skill proficiency. This small group class is designed to help 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.

4AND	6--30 minute lessons--\$152				
4ANE	7--30 minute lessons--\$177				
4ANF	8--30 minute lessons--\$202				
Location	Day	Time	Code	Begin	\$
CubRunREC	W	5:35pm	166.C5LX	9/17	4AND
CubRunREC	F	6:10pm	166.BT6V	9/19	4ANF
Wkfld/Moore	Sa	9am	166.B45N	9/6	4ANE
Wkfld/Moore	Sa	9am	166.PYLE	10/25	4ANF

Pee Wee Paddler 6

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

4AD	6--30 minute lessons--\$99				
4AE	7--30 minute lessons--\$114				
4AF	8--30 minute lessons--\$131				
4AG	9--30 minute lessons--\$145				
Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	10am	FC3.HB6E	9/13	4AD
CubRunREC	Su	10am	FC3.850A	9/14	4AD
CubRunREC	Sa	10am	FC3.9HPV	10/25	4AF
CubRunREC	Su	10am	FC3.1AEE	10/26	4AF
Franconia Rec	Sa	11:15am	FC3.F46G	9/6	4AD
OakmontREC	Sa	10:10am	FC3.B90V	8/23	4AF

OakmontREC	Su	10:10am	FC3.F5I3	8/24	4AF
OakmontREC	Th	6:20pm	FC3.JOQX	8/28	4AG
OakmontREC	F	6:40pm	FC3.IVOR	8/29	4AG
OakmontREC	Sa	10:10am	FC3.SD8T	10/25	4AE
OakmontREC	Su	10:10am	FC3.TLZG	10/26	4AE
OakmontREC	M	5:45pm	FC3.MHZC	10/27	4AF
OakmontREC	Th	6:20pm	FC3.BINC	10/30	4AE
ProvREC	Sa	12:20pm	FC3.25JS	9/6	4AE
ProvREC	Su	12:30pm	FC3.19XG	9/7	4AE
ProvREC	Sa	12:20pm	FC3.AN3G	10/25	4AE
ProvREC	Su	12:30pm	FC3.WWRJ	10/26	4AE
SpHillREC	Sa	9am	FC3.D1RW	9/6	4AE
SpHillREC	Su	12:30pm	FC3.L4X1	9/7	4AE
SpHillREC	Sa	9am	FC3.19X4	10/25	4AF
SpHillREC	Su	12:30pm	FC3.UHXJ	10/26	4AF
Wkfld/Moore	Sa	12:35pm	FC3.9I36	9/6	4AE
Wkfld/Moore	Su	12:35pm	FC3.Z810	9/7	4AE
Wkfld/Moore	Sa	12:35pm	FC3.29PJ	10/25	4AF
Wkfld/Moore	Su	12:35pm	FC3.R74S	10/26	4AF

SGL Pee Wee Paddler 6

(4-7 yrs.) Prerequisite: Pee Wee Paddler 5 or equivalent skill proficiency. This small group class is designed to help students improve 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.

4AND	6--30 minute lessons--\$152				
4ANE	7--30 minute lessons--\$177				
Location	Day	Time	Code	Begin	\$
CubRunREC	W	6:10pm	F47.UDAW	9/17	4AND
CubRunREC	W	5:35pm	F47.R53S	10/29	4ANE

Intro to Swimming for Children

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

4AD	6--30 minute lessons--\$99				
4AE	7--30 minute lessons--\$114				
4AF	8--30 minute lessons--\$131				
4AG	9--30 minute lessons--\$145				
Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	9am	DYK.ZRC4	9/13	4AD
CubRunREC	Sa	10:25am	DYK.W3D9	9/13	4AD
CubRunREC	Su	9am	DYK.YUV5	9/14	4AD
CubRunREC	Su	10:25am	DYK.NP96	9/14	4AD
CubRunREC	Su	11:50am	DYK.334S	9/14	4AD
CubRunREC	Sa	9am	DYK.3W3H	10/25	4AF
CubRunREC	Sa	10:25am	DYK.9FNF	10/25	4AF
CubRunREC	Sa	11:50am	DYK.BRL4	10/25	4AF
CubRunREC	Su	9am	DYK.KYVB	10/26	4AF
CubRunREC	Su	11:15am	DYK.JZ32	10/26	4AF
Franconia Rec	M/W	4:55pm	DYK.CDOA	9/8	4AD
Franconia Rec	M/W	4:55pm	DYK.KFEC	9/8	4AD
Franconia Rec	Th	4:55pm	DYK.P70L	9/11	4AE
Franconia Rec	M/W	4:45pm	DYK.JPWV	9/29	4AF
Franconia Rec	M/W	4:55pm	DYK.PYS1	9/29	4AF
OakmontREC	Sa	9:30am	DYK.LSN5	8/23	4AF
OakmontREC	Sa	10:35am	DYK.NQ3F	8/23	4AF
OakmontREC	Su	9:30am	DYK.M1Y0	8/24	4AF
OakmontREC	Su	10:35am	DYK.AWZU	8/24	4AF
OakmontREC	W	6:55pm	DYK.LWBV	8/27	4AG
OakmontREC	Sa	9:30am	DYK.W6ZF	10/25	4AE

OakmontREC	Sa	10:35am	DYK.M3MN	10/25	4AE
OakmontREC	Su	9:30am	DYK.46T6	10/26	4AE
OakmontREC	Su	10:35am	DYK.SOWA	10/26	4AE
SpHillREC	Sa	1:30pm	DYK.T69B	9/6	4AE
SpHillREC	Su	12:30pm	DYK.YL10	9/7	4AE
SpHillREC	Sa	1:30pm	DYK.ZCAZ	10/25	4AF
SpHillREC	Su	12:30pm	DYK.DV6E	10/26	4AF
Wkfld/Moore	Su	3:40pm	DYK.9FB7	9/7	4AE
Wkfld/Moore	Su	3:40pm	DYK.T1R4	10/26	4AF

Swimming 1 for Children

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

4AN	6--45 minute lessons--\$99
4AO	7--45 minute lessons--\$115
4AP	8--45 minute lessons--\$134
4AQ	9--45 minute lessons--\$151
4AR	10--45 minute lessons--\$167

Location	Day	Time	Code	Begin	\$
CubRunREC	T	6:45pm	48D.GMHQ	9/2	4AP
CubRunREC	Sa	9:35am	48D.W2W8	9/13	4AN
CubRunREC	Sa	11am	48D.52UP	9/13	4AN
CubRunREC	Su	9:35am	48D.VHBH	9/14	4AN
CubRunREC	Su	11am	48D.XG68	9/14	4AN
CubRunREC	Sa	9:35am	48D.2TVN	10/25	4AP
CubRunREC	Sa	11am	48D.2PWF	10/25	4AP
CubRunREC	Su	9am	48D.FCSZ	10/26	4AP
CubRunREC	Su	10:25am	48D.TDDH	10/26	4AP
CubRunREC	Su	11:45am	48D.Y9RF	10/26	4AP
CubRunREC	T	6:45pm	48D.RZM3	10/28	4AP
Franconia Rec	Sa	9:45am	48D.159Y	9/6	4AN
Franconia Rec	Sa	10:45am	48D.YQRO	9/6	4AN
Franconia Rec	Su	8:40am	48D.01RD	9/7	4AN
Franconia Rec	Su	10:25am	48D.97K8	9/7	4AN
Franconia Rec	M/W	6:40pm	48D.G3XK	9/8	4AN
Franconia Rec	T	6:50pm	48D.3U1N	9/9	4AO
Franconia Rec	Th	6:45pm	48D.EDJV	9/11	4AO
Franconia Rec	F	6:50pm	48D.Y7HO	9/12	4AN
Franconia Rec	M/W	6:50pm	48D.NSPF	9/29	4AP
Franconia Rec	Sa	9:45am	48D.ENTB	10/25	4AO
Franconia Rec	Sa	10:45am	48D.CWIU	10/25	4AO
Franconia Rec	Su	10:25am	48D.M17S	10/26	4AO
Franconia Rec	M/W	6:40pm	48D.J1LL	10/27	4AP
Franconia Rec	T	6:35pm	48D.2HBP	10/28	4AP
Franconia Rec	Th	6:35pm	48D.VWFJ	10/30	4AO
Franconia Rec	M/W	6:35pm	48D.82BU	12/1	4AN
GWREC	Sa	11:35am	48D.J8WK	9/6	4AO
GWREC	Sa	11:35am	48D.9PGE	10/25	4AP
MtVernREC	T/Th	6:10pm	48D.HUX9	9/2	4AP
MtVernREC	M/W	5:35pm	48D.W5GP	9/3	4AO
MtVernREC	M/W	7:10pm	48D.M9SU	9/3	4AO
MtVernREC	F	5:50pm	48D.AJNE	9/5	4AP
MtVernREC	F	7:20pm	48D.4TXG	9/5	4AP
MtVernREC	Sa	10:45am	48D.04QT	9/6	4AO
MtVernREC	Sa	12:25pm	48D.X1LX	9/6	4AO
MtVernREC	Su	10:45am	48D.8GZ3	9/7	4AO
MtVernREC	Su	11:35am	48D.P18V	9/7	4AO
MtVernREC	M/W	5:35pm	48D.PL70	9/29	4AP
MtVernREC	Sa	10:45am	48D.03WO	10/25	4AP
MtVernREC	Su	10:45am	48D.GPCW	10/26	4AP
MtVernREC	Su	11:35am	48D.WJX8	10/26	4AP
MtVernREC	M/W	5:35pm	48D.79CZ	10/27	4AP
MtVernREC	M/W	7:10pm	48D.XOQ1	10/27	4AP
MtVernREC	T/Th	6:10pm	48D.2370	10/28	4AP



MtVernREC	M/W	5:35pm	48D.RYUJ	11/24	4A0	SoRunREC	T/Th	6:05pm	48D.J80X	10/28	4AP
MtVernREC	T/Th	6:10pm	48D.ENKP	11/25	4A0	SoRunREC	M/W	7:10pm	48D.PUN1	11/24	4A0
OakmontREC	Sa	10:45am	48D.6PSQ	8/23	4AP	SoRunREC	T/Th	6:05pm	48D.177Y	11/25	4A0
OakmontREC	Su	10:45am	48D.4CV3	8/24	4AP	SpHillREC	Sa	12:05pm	48D.0QTA	9/6	4A0
OakmontREC	T	6:55pm	48D.KOMV	8/26	4AQ	SpHillREC	Su	9am	48D.XMYI	9/7	4A0
OakmontREC	Th	6:55pm	48D.QSXV	8/28	4AQ	SpHillREC	M	5:15pm	48D.L7QE	9/8	4A0
OakmontREC	Sa	10:45am	48D.RRFD	10/25	4A0	SpHillREC	W	4:05pm	48D.6DDG	9/10	4A0
OakmontREC	Su	10:45am	48D.CZD5	10/26	4A0	SpHillREC	F	5:45pm	48D.1P8A	9/12	4A0
OakmontREC	T	6:55pm	48D.YX8D	10/28	4AP	SpHillREC	Sa	12:05pm	48D.CJCY	10/25	4AP
OakmontREC	W	6:55pm	48D.5FIF	10/29	4AP	SpHillREC	Su	9am	48D.9718	10/26	4AP
ProvREC	T	6:20pm	48D.6F6B	9/2	4AP	SpHillREC	M	5:15pm	48D.KTNC	10/27	4AP
ProvREC	Th	5:45pm	48D.BS2D	9/4	4AP	SpHillREC	W	4:05pm	48D.JPKC	10/29	4A0
ProvREC	F	5:40pm	48D.AK13	9/5	4AP	Wkfld/Moore	T	6:40pm	48D.LW7J	9/2	4AP
ProvREC	Sa	10:05am	48D.OUD8	9/6	4A0	Wkfld/Moore	M/W	6:40pm	48D.VQ9Z	9/3	4A0
ProvREC	Sa	10:55am	48D.VXT8	9/6	4A0	Wkfld/Moore	Th	6:40pm	48D.9JOC	9/4	4AP
ProvREC	Su	10:50am	48D.A2P4	9/7	4A0	Wkfld/Moore	F	6:40pm	48D.PGN7	9/5	4AP
ProvREC	Su	11:40am	48D.5NYG	9/7	4A0	Wkfld/Moore	Sa	9am	48D.YB2Z	9/6	4A0
ProvREC	M	6:05pm	48D.MEDX	9/8	4A0	Wkfld/Moore	Sa	11:10am	48D.8K0J	9/6	4A0
ProvREC	Sa	10:05am	48D.4GZA	10/25	4A0	Wkfld/Moore	Su	4:30pm	48D.7BPE	9/7	4A0
ProvREC	Sa	10:55am	48D.72M0	10/25	4A0	Wkfld/Moore	Su	9:35am	48D.R373	9/7	4A0
ProvREC	Su	10:50am	48D.D07J	10/26	4A0	Wkfld/Moore	Su	11:10am	48D.U04R	9/7	4A0
ProvREC	Su	11:40am	48D.9J1N	10/26	4AP	Wkfld/Moore	M/W	6:40pm	48D.KPMV	9/29	4AN
ProvREC	M	6:05pm	48D.MMK7	10/27	4AP	Wkfld/Moore	M/W	6:40pm	48D.BN33	10/20	4AR
ProvREC	T	6:20pm	48D.G48L	10/28	4AP	Wkfld/Moore	Sa	9:35am	48D.H1MU	10/25	4AP
ProvREC	Th	5:45pm	48D.G2N4	10/30	4A0	Wkfld/Moore	Sa	11:10am	48D.BAHT	10/25	4AP
SoRunREC	Sa	9am	48D.OH3V	8/23	4AP	Wkfld/Moore	Su	4:30pm	48D.WJSB	10/26	4AP
SoRunREC	Sa	10:10am	48D.WXEA	8/23	4AP	Wkfld/Moore	Su	9:35am	48D.U1HK	10/26	4AP
SoRunREC	Su	9:20am	48D.OAEN	8/24	4AP	Wkfld/Moore	Su	11:10am	48D.1115	10/26	4AP
SoRunREC	M/W	7:10pm	48D.84KV	8/25	4AQ	Wkfld/Moore	T	6:40pm	48D.11BS	10/28	4AP
SoRunREC	T/Th	6:05pm	48D.HFDO	8/26	4AR	Wkfld/Moore	Th	6:40pm	48D.AUEP	10/30	4A0
SoRunREC	M/W	7:10pm	48D.LOQT	9/29	4AP	Wkfld/Moore	F	6:40pm	48D.N9EY	11/7	4AN
SoRunREC	T/Th	6:05pm	48D.1NTQ	9/30	4AP	Wkfld/Moore	M/W	6:40pm	48D.INT5	11/24	4A0
SoRunREC	Sa	9am	48D.XN13	10/25	4AP						
SoRunREC	Sa	10:10am	48D.6F10	10/25	4AP						
SoRunREC	Su	9:20am	48D.KOWO	10/26	4AP						
SoRunREC	M/W	7:10pm	48D.IYP7	10/27	4AP						

## SGL Swimming 1 for Children

(6-12 yrs.) Prerequisite: Children must be able to function in a group setting. This small-group class is designed to help students 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: floating on front and back, gliding on front and back, rolling over from front to back and back to front, swimming at least two body lengths on front and back using arms and legs.

**4APE 7--45 minute lessons--\$191**  
**4APF 8--45 minute lessons--\$217**

Location	Day	Time	Code	Begin	\$
CubRunREC	W	7:20pm	E21.HWLF	9/3	4APF
CubRunREC	M	7:20pm	E21.JQ55	9/8	4APE
CubRunREC	M	7:20pm	E21.3VNM	10/27	4APF
Wkfld/Moore	Sa	9:35am	E21.4J9G	9/6	4APE
Wkfld/Moore	Sa	9:35am	E21.DYM3	9/6	4APE
Wkfld/Moore	Su	9:35am	E21.DCAV	9/7	4APE
Wkfld/Moore	Sa	9:35am	E21.DH01	10/25	4APF
Wkfld/Moore	Su	9:35am	E21.ZYN1	10/26	4APF

## Swimming 2 for Children

(6-12 yrs.) Prerequisite: Swimming 1 or equivalent skill proficiency. Class emphasizes increasing confidence and ability to perform skills with and without 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--\$99**  
**4AO 7--45 minute lessons--\$115**  
**4AP 8--45 minute lessons--\$134**  
**4AQ 9--45 minute lessons--\$151**  
**4AR 10--45 minute lessons--\$167**

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	9am	F13.ST45	9/13	4AN
CubRunREC	Sa	10:40am	F13.MV7N	9/13	4AN
CubRunREC	Sa	11:50am	F13.KKRN	9/13	4AN
CubRunREC	Su	9am	F13.8W73	9/14	4AN
CubRunREC	Su	10:40am	F13.945P	9/14	4AN
CubRunREC	Su	12:25pm	F13.T4VY	9/14	4AN
CubRunREC	T	7:35pm	F13.4FAP	9/16	4AN
CubRunREC	Th	6:10pm	F13.EGT4	9/18	4AN
CubRunREC	Sa	9am	F13.HBHO	10/25	4AP
CubRunREC	Sa	10:40am	F13.YN8D	10/25	4AP
CubRunREC	Sa	11:45am	F13.ZVJU	10/25	4AP
CubRunREC	Su	9:35am	F13.BFWH	10/26	4AP
CubRunREC	Su	10:40am	F13.AQH8	10/26	4AP
CubRunREC	Su	11:50am	F13.X4Y2	10/26	4AP
CubRunREC	T	7:35pm	F13.PC86	10/28	4AP
CubRunREC	Th	6:10pm	F13.AVT2	10/30	4A0
Franconia Rec	Sa	8:50am	F13.HXL8	9/6	4AN
Franconia Rec	Sa	11:45am	F13.TXTL	9/6	4AN
Franconia Rec	Su	9:35am	F13.A62I	9/7	4AN
Franconia Rec	Su	11:25am	F13.60XZ	9/7	4AN
Franconia Rec	M/W	6:40pm	F13.R0V5	9/8	4AN
Franconia Rec	T	6:50pm	F13.3BX0	9/9	4A0
Franconia Rec	Th	6:40pm	F13.XTFZ	9/11	4A0
Franconia Rec	F	6:50pm	F13.53E2	9/12	4AN
Franconia Rec	Sa	8:55am	F13.HOBV	10/25	4A0
Franconia Rec	Sa	11:45am	F13.GW37	10/25	4A0
Franconia Rec	Su	8:40am	F13.5A6P	10/26	4A0
Franconia Rec	Su	11:25am	F13.0V4T	10/26	4A0
Franconia Rec	M/W	6:40pm	F13.S7DF	10/27	4AP
Franconia Rec	T	6:35pm	F13.86QY	10/28	4AP
Franconia Rec	Th	6:35pm	F13.UV60	10/30	4A0
Franconia Rec	M/W	6:35pm	F13.MB3L	12/1	4AN
GWREC	Sa	10:10am	F13.UZFL	9/6	4A0
GWREC	T	6pm	F13.VUHX	9/9	4A0
GWREC	Sa	10:10am	F13.3CX7	10/25	4AP

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# Aquatics

GWREC	T	6pm	F13.QS2M	10/28	4AP
MtVernREC	M/W	5pm	F13.BJXY	9/3	4AO
MtVernREC	M/W	7:15pm	F13.P1AH	9/3	4AO
MtVernREC	F	5pm	F13.5EOW	9/5	4AP
MtVernREC	Sa	9:50am	F13.JK7A	9/6	4AO
MtVernREC	Sa	10:45am	F13.IEFM	9/6	4AO
MtVernREC	Su	9:50am	F13.UATU	9/7	4AO
MtVernREC	Su	10:45am	F13.Z03D	9/7	4AO
MtVernREC	M/W	6:25pm	F13.XNNZ	9/29	4AP
MtVernREC	M/W	7:10pm	F13.XDMA	9/29	4AP
MtVernREC	T/Th	6:10pm	F13.VUJN	9/30	4AP
MtVernREC	Sa	9:50am	F13.B6LB	10/25	4AP
MtVernREC	Sa	10:45am	F13.CGCZ	10/25	4AP
MtVernREC	Su	10:40am	F13.C6RN	10/26	4AP
MtVernREC	M/W	5:35pm	F13.3N4I	10/27	4AP
MtVernREC	T/Th	6:10pm	F13.3T93	10/28	4AP
MtVernREC	M/W	5:35pm	F13.V0BK	11/24	4AO
MtVernREC	M/W	7:10pm	F13.06EI	11/24	4AO
MtVernREC	T/Th	6:10pm	F13.SNKK	11/25	4AO
OakmontREC	Sa	12:25pm	F13.HEOL	8/23	4AP
OakmontREC	Su	10:40am	F13.ZSHX	8/24	4AP
OakmontREC	Su	11:35am	F13.14AH	8/24	4AP
OakmontREC	M	6:55pm	F13.LW1G	8/25	4AP
OakmontREC	W	6:55pm	F13.99YP	8/27	4AQ
OakmontREC	F	7:15pm	F13.8WTA	8/29	4AQ
OakmontREC	Sa	12:25pm	F13.Z4K7	10/25	4AO
OakmontREC	Su	10:40am	F13.AMOQ	10/26	4AO
OakmontREC	Su	11:35am	F13.QJLO	10/26	4AO
OakmontREC	M	6:55pm	F13.55B4	10/27	4AP
OakmontREC	W	6:55pm	F13.61B3	10/29	4AP
OakmontREC	Th	6:55pm	F13.DKBJ	10/30	4AO
ProvREC	T	7:10pm	F13.5S2Z	9/2	4AP
ProvREC	Th	6:35pm	F13.TAMZ	9/4	4AP
ProvREC	F	5:40pm	F13.NI9T	9/5	4AP
ProvREC	Sa	10:05am	F13.D6GY	9/6	4AO
ProvREC	Sa	10:55am	F13.C544	9/6	4AO
ProvREC	Su	10:50am	F13.3HU6	9/7	4AO
ProvREC	Su	11:40am	F13.YSCG	9/7	4AO
ProvREC	M	7pm	F13.FFPG	9/8	4AO
ProvREC	Sa	10:05am	F13.MLP0	10/25	4AO
ProvREC	Sa	10:55am	F13.E9J5	10/25	4AO
ProvREC	Su	10:50am	F13.TMM8	10/26	4AO
ProvREC	Su	11:40am	F13.L0SX	10/26	4AO
ProvREC	M	7pm	F13.5LMB	10/27	4AP
ProvREC	T	7:10pm	F13.E8Z7	10/28	4AP
ProvREC	Th	6:35pm	F13.5RJA	10/30	4AO
SoRunREC	Sa	9:35am	F13.VEPC	8/23	4AP
SoRunREC	Sa	10:25am	F13.PWA0	8/23	4AP
SoRunREC	Su	8:30am	F13.564A	8/24	4AP
SoRunREC	Su	9:40am	F13.GPDD	8/24	4AP
SoRunREC	M/W	8pm	F13.4BFX	8/25	4AQ
SoRunREC	T/Th	6:35pm	F13.73FE	8/26	4AR
SoRunREC	F	7:05pm	F13.JQWG	9/5	4AP
SoRunREC	M/W	8pm	F13.R4IW	9/29	4AP
SoRunREC	T/Th	6:35pm	F13.K7FR	9/30	4AP
SoRunREC	Sa	9:35am	F13.GALD	10/25	4AP
SoRunREC	Sa	10:25am	F13.VB9B	10/25	4AP
SoRunREC	Su	8:30am	F13.9PQ8	10/26	4AP
SoRunREC	Su	9:40am	F13.AXC7	10/26	4AP
SoRunREC	M/W	8pm	F13.8YE4	10/27	4AP
SoRunREC	T/Th	6:35pm	F13.YR6P	10/28	4AP
SoRunREC	M/W	8pm	F13.C9NK	11/24	4AO
SoRunREC	T/Th	6:35pm	F13.L2MF	11/25	4AO
SphillREC	Sa	11:25am	F13.LTC2	9/6	4AO
SphillREC	Su	11:05am	F13.W529	9/7	4AO
SphillREC	Th	4:10pm	F13.R0NQ	9/11	4AO
SphillREC	F	6:35pm	F13.QCAF	9/12	4AO
SphillREC	Sa	11:25am	F13.04BZ	10/25	4AP
SphillREC	Su	11:05am	F13.UZ82	10/26	4AP
SphillREC	Th	4:10pm	F13.UN5R	10/30	4AO
Wkfld/Moore	T	6:40pm	F13.2X9Y	9/2	4AP
Wkfld/Moore	M/W	6:40pm	F13.00EP	9/3	4AO
Wkfld/Moore	Th	6:40pm	F13.1BNS	9/4	4AP

Wkfld/Moore	F	6:40pm	F13.QQCI	9/5	4AP
Wkfld/Moore	Sa	9:35am	F13.H4BM	9/6	4AO
Wkfld/Moore	Su	9:35am	F13.960R	9/7	4AO
Wkfld/Moore	M/W	6:40pm	F13.2GBZ	9/29	4AN
Wkfld/Moore	M/W	6:40pm	F13.A9PE	10/20	4AR
Wkfld/Moore	Sa	9:35am	F13.6FAL	10/25	4AP
Wkfld/Moore	Su	9:35am	F13.C4EB	10/26	4AP
Wkfld/Moore	T	6:40pm	F13.YVQ8	10/28	4AP
Wkfld/Moore	Th	6:40pm	F13.BWY6	10/30	4AO
Wkfld/Moore	F	6:40pm	F13.Q4D0	11/7	4AN
Wkfld/Moore	M/W	6:40pm	F13.8YFQ	11/24	4AO

## SQL Swimming 2 for Children

**(6-12 yrs.)** Prerequisite: Swimming 1 or equivalent skill proficiency. This small group class is designed to help students increase confidence and ability to perform skills with and without assistance or use of flotation devices. Skills include: entering water by 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 and swimming on front and back at least three body lengths using arms and legs. Treading water is introduced.

4APD	6--45 minute lessons--\$163
4APE	7--45 minute lessons--\$191
4APF	8--45 minute lessons--\$217

Location	Day	Time	Code	Begin	\$
CubRunREC	M	6:25pm	B5F.E67N	9/15	4APD
CubRunREC	W	7pm	B5F.GKD6	9/17	4APD
CubRunREC	M	6:25pm	B5F.3FJ8	10/27	4APF
CubRunREC	W	7pm	B5F.BL3Q	10/29	4APE
Wkfld/Moore	Sa	9:35am	B5F.X479	9/6	4APE
Wkfld/Moore	Su	9:35am	B5F.JZW5	9/7	4APE
Wkfld/Moore	Su	9:35am	B5F.KNDN	10/25	4APF
Wkfld/Moore	Su	9:35am	B5F.1X5G	10/26	4APF

## Swimming 3 for Children

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

4AN	6--45 minute lessons--\$99
4AO	7--45 minute lessons--\$115
4AP	8--45 minute lessons--\$134
4AQ	9--45 minute lessons--\$151
4AR	10--45 minute lessons--\$167

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	9:50am	7E0.XCQH	9/13	4AN
CubRunREC	Sa	10:10am	7E0.KNVD	9/13	4AN
CubRunREC	Sa	11:30am	7E0.FEDF	9/13	4AN
CubRunREC	Sa	12:10pm	7E0.Z732	9/13	4AN
CubRunREC	Su	9:50am	7E0.JXDE	9/14	4AN
CubRunREC	Su	10:10am	7E0.7JZY	9/14	4AN
CubRunREC	Su	11:30am	7E0.PJBO	9/14	4AN
CubRunREC	Su	12:10pm	7E0.BWHU	9/14	4AN
CubRunREC	T	6:45pm	7E0.FRCN	9/16	4AN
CubRunREC	T	12:50pm	7E0.TG55	9/16	4AN
CubRunREC	Th	5:20pm	7E0.J9DJ	9/18	4AN
CubRunREC	Sa	9:50am	7E0.DFQM	10/25	4AP
CubRunREC	Sa	10:10am	7E0.NMTE	10/25	4AP
CubRunREC	Sa	11:30am	7E0.RG6E	10/25	4AP
CubRunREC	Sa	12:10pm	7E0.7CZ2	10/25	4AP
CubRunREC	Su	9:50am	7E0.YCK1	10/26	4AP

CubRunREC	Su	10:10am	7E0.TWL6	10/26	4AP
CubRunREC	Su	11:30am	7E0.QACK	10/26	4AP
CubRunREC	Su	12:10pm	7E0.QKDV	10/26	4AP
CubRunREC	T	6:45pm	7E0.8ZS2	10/28	4AP
CubRunREC	T	12:50pm	7E0.LH6V	10/28	4AP
CubRunREC	Th	5:20pm	7E0.FGSS	10/30	4AO
Franconia Rec	Sa	10:25am	7E0.QVLF	9/6	4AN
Franconia Rec	Sa	12:15pm	7E0.KQOF	9/6	4AN
Franconia Rec	Su	9am	7E0.FXHM	9/7	4AN
Franconia Rec	Su	12:15pm	7E0.YEPF	9/7	4AN
Franconia Rec	M/W	7:30pm	7E0.UZQY	9/8	4AN
Franconia Rec	T	7:40pm	7E0.EPYO	9/9	4AO
Franconia Rec	Th	7:35pm	7E0.GRN5	9/11	4AO
Franconia Rec	F	7:40pm	7E0.B865	9/12	4AN
Franconia Rec	M/W	7:40pm	7E0.F44L	9/29	4AP
Franconia Rec	Sa	10:20am	7E0.7SVH	10/25	4AO
Franconia Rec	Sa	12:10pm	7E0.IQ1P	10/25	4AO
Franconia Rec	Su	9am	7E0.HUKR	10/26	4AO
Franconia Rec	Su	9:35am	7E0.KR7J	10/26	4AO
Franconia Rec	M/W	7:30pm	7E0.ZOLH	10/27	4AP
Franconia Rec	T	7:25pm	7E0.GPHB	10/28	4AP
Franconia Rec	Th	7:25pm	7E0.VXES	10/30	4AO
Franconia Rec	M/W	7:25pm	7E0.VWLI	12/1	4AN
GWREC	Sa	11am	7E0.NDNB	9/6	4AO
GWREC	T	6:50pm	7E0.9XOE	9/9	4AO
GWREC	Sa	11am	7E0.F1WB	10/25	4AP
GWREC	T	6:50pm	7E0.2N91	10/28	4AP
MtVernREC	T/Th	6:10pm	7E0.BHGM	9/2	4AP
MtVernREC	M/W	6:25pm	7E0.G7TX	9/3	4AO
MtVernREC	F	7:30pm	7E0.DE05	9/5	4AP
MtVernREC	Sa	9am	7E0.LAAL	9/6	4AO
MtVernREC	Sa	10:45am	7E0.LWXI	9/6	4AO
MtVernREC	Su	10:40am	7E0.LW82	9/7	4AO
MtVernREC	Su	12:25pm	7E0.E8VL	9/7	4AO
MtVernREC	M/W	5:35pm	7E0.RCZR	9/29	4AP
MtVernREC	T/Th	6:10pm	7E0.AL2A	9/30	4AP
MtVernREC	Sa	9am	7E0.YNYU	10/25	4AP
MtVernREC	Sa	10:40am	7E0.N77C	10/25	4AP
MtVernREC	Sa	12:25pm	7E0.ON3H	10/25	4AP
MtVernREC	Su	9:50am	7E0.F57E	10/26	4AP
MtVernREC	Su	10:45am	7E0.PYJU	10/26	4AP
MtVernREC	Su	12:25pm	7E0.NL5E	10/26	4AP
MtVernREC	M/W	6:25pm	7E0.EZNM	10/27	4AP
MtVernREC	M/W	6:25pm	7E0.EE2Z	11/24	4AO
OakmontREC	Sa	11:35am	7E0.OUKO	8/23	4AP
OakmontREC	Su	9:50am	7E0.1FRC	8/24	4AP
OakmontREC	M	6:55pm	7E0.LVIU	8/25	4AP
OakmontREC	T	6:55pm	7E0.SWFX	8/26	4AQ
OakmontREC	W	7:30pm	7E0.QMK9	8/27	4AQ
OakmontREC	Th	6:55pm	7E0.4K05	8/28	4AQ
OakmontREC	F	7:50pm	7E0.UILH	8/29	4AQ
OakmontREC	Sa	11:35am	7E0.ZW2P	10/25	4AO
OakmontREC	Su	9:50am	7E0.VT1J	10/26	4AO
OakmontREC	M	6:55pm	7E0.23XW	10/27	4AP
OakmontREC	T	6:55pm	7E0.T1X8	10/28	4AP
OakmontREC	Th	6:55pm	7E0.QOD2	10/30	4AO
ProvREC	T	6:20pm	7E0.DOIF	9/2	4AP
ProvREC	Th	7:25pm	7E0.OOIF	9/4	4AP
ProvREC	F	6:35pm	7E0.EH6H	9/5	4AP
ProvREC	Sa	8:15am	7E0.1U4V	9/6	4AO
ProvREC	Su	10:50am	7E0.K6EO	9/7	4AO
ProvREC	Su	11:40am	7E0.WTOE	9/7	4AO
ProvREC	M	6:05pm	7E0.RCAC	9/8	4AO
ProvREC	Sa	8:15am	7E0.N85L	10/25	4AO
ProvREC	Su	10:50am	7E0.WTFK	10/26	4AO
ProvREC	Su	11:40am	7E0.B2RE	10/26	4AO
ProvREC	M	6:05pm	7E0.2M20	10/27	4AP
ProvREC	T	6:20pm	7E0.UJZJ	10/28	4AP
ProvREC	Th	7:25pm	7E0.1XMZ	10/30	4AO
SoRunREC	Sa	9am	7E0.KVPY	8/23	4AP
SoRunREC	Sa	10:25am	7E0.ZTAV	8/23	4AP
SoRunREC	Sa	11:25am	7E0.XYOC	8/23	4AP
SoRunREC	Su	8:30am	7E0.YA9A	8/24	4AP





SoRunREC	Su	9:20am	7EO.82LB	8/24	4AP
SoRunREC	Su	11:20am	7EO.TXZ7	8/24	4AP
SoRunREC	M/W	7:15pm	7EO.E71X	8/25	4AQ
SoRunREC	T/Th	6pm	7EO.JPPW	8/26	4AR
SoRunREC	M/W	7:15pm	7EO.BOHP	9/29	4AP
SoRunREC	T/Th	6pm	7EO.2249	9/30	4AP
SoRunREC	Sa	9am	7EO.6U3I	10/25	4AP
SoRunREC	Sa	10:25am	7EO.CDQJ	10/25	4AP
SoRunREC	Sa	11:25am	7EO.RVHX	10/25	4AP
SoRunREC	Su	8:30am	7EO.BH21	10/26	4AP
SoRunREC	Su	9:20am	7EO.3B5C	10/26	4AP
SoRunREC	Su	11:20am	7EO.MFSW	10/26	4AP
SoRunREC	M/W	7:15pm	7EO.44IW	10/27	4AP
SoRunREC	T/Th	6pm	7EO.MNOH	10/28	4AP
SoRunREC	M/W	7:15pm	7EO.E680	11/24	4AO
SoRunREC	T/Th	6pm	7EO.3YXI	11/25	4AO
SpHillREC	Sa	11:25am	7EO.BWNT	9/6	4AO
SpHillREC	Sa	12:15pm	7EO.GJCD	9/6	4AO
SpHillREC	Su	9am	7EO.E2QU	9/7	4AO
SpHillREC	Su	11:05am	7EO.F6VH	9/7	4AO
SpHillREC	M	5:55pm	7EO.OFYS	9/8	4AO
SpHillREC	T	6:25pm	7EO.7Y17	9/9	4AO
SpHillREC	W	4:05pm	7EO.VJHI	9/10	4AO
SpHillREC	W	4:55pm	7EO.ALFO	9/10	4AO
SpHillREC	Th	7:05pm	7EO.7VP4	9/11	4AO
SpHillREC	F	7:25pm	7EO.YR8E	9/12	4AO
SpHillREC	Sa	11:25am	7EO.28U1	10/25	4AP
SpHillREC	Sa	12:15pm	7EO.INWY	10/25	4AP
SpHillREC	Su	9am	7EO.1YCY	10/26	4AP
SpHillREC	Su	11:05am	7EO.NK3M	10/26	4AP
SpHillREC	M	5:55pm	7EO.4P86	10/27	4AP
SpHillREC	T	6:25pm	7EO.B3C3	10/28	4AP
SpHillREC	W	4:05pm	7EO.XAXU	10/29	4AO
SpHillREC	W	4:55pm	7EO.Q1S7	10/29	4AO
SpHillREC	Th	7:05pm	7EO.GT09	10/30	4AO
Wkfld/Moore	T	6:40pm	7EO.H4A4	9/2	4AP
Wkfld/Moore	M/W	6:40pm	7EO.MBQW	9/3	4AO
Wkfld/Moore	Th	6:40pm	7EO.7DKO	9/4	4AP
Wkfld/Moore	F	6:40pm	7EO.52FD	9/5	4AP
Wkfld/Moore	Sa	11:10am	7EO.096P	9/6	4AO
Wkfld/Moore	Su	4:15pm	7EO.RXNU	9/7	4AO
Wkfld/Moore	Su	11:10am	7EO.QKY4	9/7	4AO
Wkfld/Moore	M/W	6:40pm	7EO.9V28	9/29	4AN
Wkfld/Moore	M/W	6:40pm	7EO.G60D	10/20	4AR
Wkfld/Moore	Sa	11:10am	7EO.QQIH	10/25	4AP
Wkfld/Moore	Su	4:15pm	7EO.WEMT	10/26	4AP
Wkfld/Moore	Su	11:10am	7EO.2ZLD	10/26	4AP
Wkfld/Moore	T	6:40pm	7EO.GX4X	10/28	4AP
Wkfld/Moore	Th	6:40pm	7EO.LOVI	10/30	4AO
Wkfld/Moore	F	6:40pm	7EO.HAPB	11/7	4AN
Wkfld/Moore	M/W	6:40pm	7EO.C601	11/24	4AO
Wkfld/Moore	M/W	6:40pm	7EO.FASR	11/24	4AO

## SGL Swimming 3 for Children

**(6-12 yrs.)** Prerequisite: Swimming 2 or equivalent skill proficiency. This small group class is designed to help increase student's endurance and independent swimming performance. Skills include, without assistance or use of flotation devices, safely entering, exiting, swimming and treading deep water, treading water 15 seconds, pushing off in a streamlined position on front and back then flutter kicking at least four body lengths, rotary breathing, swimming front crawl, elementary backstroke and back crawl at least 15 yards.

4AQD	6--45 minute lessons--\$166
4AQE	7--45 minute lessons--\$195
4AQF	8--45 minute lessons--\$222

Location	Day	Time	Code	Begin	\$
CubRunREC	M	7:15pm	COC.W4WD	9/15	4AQD
CubRunREC	W	6:10pm	COC.QFM6	9/17	4AQD
CubRunREC	F	6:45pm	COC.959P	9/19	4AQD
CubRunREC	M	7:15pm	COC.CR6C	10/27	4AQF
OakmontREC	Sa	10:45am	COC.TYJU	8/23	4APF
OakmontREC	Sa	10:45am	COC.9G7P	10/25	4AQE
OakmontREC	W	7:45pm	COC.O3NU	10/29	4AQF
Wkfld/Moore	Sa	10:25am	COC.5YNR	9/6	4AQE
Wkfld/Moore	Su	10:25am	COC.KBU4	9/7	4AQF
Wkfld/Moore	Su	10:25am	COC.DNPN	10/26	4AQF

## Swimming 4 for Children

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

4AN	6--45 minute lessons--\$99
4AO	7--45 minute lessons--\$115
4AP	8--45 minute lessons--\$134
4AQ	9--45 minute lessons--\$151
4AR	10--45 minute lessons--\$167

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	9am	A7C.JEDG	9/13	4AN
CubRunREC	Sa	10:35am	A7C.SRBG	9/13	4AN
CubRunREC	Sa	11:50am	A7C.EKEE	9/13	4AN
CubRunREC	Su	9am	A7C.6A7F	9/14	4AN
CubRunREC	Su	10:35am	A7C.Q7NU	9/14	4AN
CubRunREC	Su	11:50am	A7C.H6YP	9/14	4AN
CubRunREC	T	1:40pm	A7C.GEGX	9/16	4AN

CubRunREC	T	7:35pm	A7C.M25S	9/16	4AN
CubRunREC	Sa	9am	A7C.6AF2	10/25	4AP
CubRunREC	Sa	10:35am	A7C.JN57	10/25	4AP
CubRunREC	Sa	12:20pm	A7C.BLD2	10/25	4AP
CubRunREC	Su	9am	A7C.QA92	10/26	4AP
CubRunREC	Su	10:35am	A7C.9GGU	10/26	4AP
CubRunREC	Su	11:50am	A7C.6MUV	10/26	4AP
CubRunREC	T	1:40pm	A7C.QC7J	10/28	4AP
CubRunREC	T	7:35pm	A7C.XWZN	10/28	4AP
Franconia Rec	Sa	8:10am	A7C.HH5G	9/6	4AN
Franconia Rec	Sa	9:35am	A7C.PBOK	9/6	4AN
Franconia Rec	Sa	11:25am	A7C.7KAZ	9/6	4AN
Franconia Rec	Su	8:10am	A7C.331T	9/7	4AN
Franconia Rec	Su	9:50am	A7C.S52Z	9/7	4AN
Franconia Rec	M/W	6:40pm	A7C.JLWV	9/8	4AN
Franconia Rec	T	7:40pm	A7C.5NHR	9/9	4AO
Franconia Rec	Th	7:30pm	A7C.J5ZI	9/11	4AO
Franconia Rec	F	7:40pm	A7C.KGVW	9/12	4AN
Franconia Rec	M/W	6:30pm	A7C.90E9	9/29	4AP
Franconia Rec	Sa	9:30am	A7C.SRMN	10/25	4AO
Franconia Rec	Sa	11:20am	A7C.5Y1N	10/25	4AO
Franconia Rec	Su	9:50am	A7C.0FQM	10/26	4AO
Franconia Rec	Su	12:15pm	A7C.IU8F	10/26	4AO
Franconia Rec	M/W	6:40pm	A7C.ZS9T	10/27	4AP
Franconia Rec	T	7:25pm	A7C.OJ3A	10/28	4AP
Franconia Rec	Th	7:25pm	A7C.Y7AE	10/30	4AO
Franconia Rec	M/W	6:35pm	A7C.VXZ0	12/1	4AN
GWREC	Sa	11:15am	A7C.XE9H	9/6	4AO
GWREC	F	6pm	A7C.KY3Q	9/12	4AR
GWREC	Sa	11:15am	A7C.X3TA	10/25	4AP
MtVernREC	M/W	5:50pm	A7C.ETUM	9/3	4AO
MtVernREC	F	6:40pm	A7C.6EC6	9/5	4AP
MtVernREC	Sa	9:05am	A7C.CLKC	9/6	4AO
MtVernREC	Sa	11:35am	A7C.SZAN	9/6	4AO
MtVernREC	Su	9am	A7C.ZICF	9/7	4AO
MtVernREC	M/W	6:25pm	A7C.Y3RK	9/29	4AP
MtVernREC	Sa	9:05am	A7C.JEHX	10/25	4AP
MtVernREC	Sa	11:35am	A7C.K7PB	10/25	4AP
MtVernREC	Su	9am	A7C.ESD5	10/26	4AP
MtVernREC	M/W	6:25pm	A7C.D74P	10/27	4AP
MtVernREC	M/W	6:25pm	A7C.DOW0	11/24	4AO
OakmontREC	Sa	9am	A7C.VZKN	8/23	4AP
OakmontREC	Sa	11:50am	A7C.2FOS	8/23	4AP
OakmontREC	Su	9am	A7C.FEJ5	8/24	4AP
OakmontREC	Su	11am	A7C.U1P4	8/24	4AP
OakmontREC	M	6pm	A7C.6YF0	8/25	4AP
OakmontREC	T	6pm	A7C.2Z18	8/26	4AQ
OakmontREC	W	6pm	A7C.GF2B	8/27	4AQ
OakmontREC	W	7:45pm	A7C.ANTM	8/27	4AQ
OakmontREC	Th	7:45pm	A7C.7M52	8/28	4AQ
OakmontREC	Sa	9am	A7C.2V00	10/25	4AO
OakmontREC	Sa	11:50am	A7C.6XUI	10/25	4AO
OakmontREC	Su	9am	A7C.84SK	10/26	4AO
OakmontREC	Su	11am	A7C.2SGP	10/26	4AO
OakmontREC	M	6pm	A7C.18V6	10/27	4AP
OakmontREC	T	6pm	A7C.RMHX	10/28	4AP
OakmontREC	W	6pm	A7C.MNS1	10/29	4AP
OakmontREC	W	7:45pm	A7C.U78H	10/29	4AP
OakmontREC	Th	7:45pm	A7C.6XCL	10/30	4AO
ProvREC	T	7:10pm	A7C.SW6F	9/2	4AP
ProvREC	F	6:35pm	A7C.YZ3I	9/5	4AP
ProvREC	Sa	9:05am	A7C.PV33	9/6	4AO
ProvREC	Sa	12pm	A7C.91P8	9/6	4AO
ProvREC	Su	9am	A7C.VQT3	9/7	4AO
ProvREC	M	7pm	A7C.F9BL	9/8	4AO
ProvREC	Sa	9:05am	A7C.98PM	10/25	4AO
ProvREC	Sa	12pm	A7C.7UW6	10/25	4AO
ProvREC	Su	9am	A7C.GV66	10/26	4AO
ProvREC	M	7pm	A7C.2CW4	10/27	4AP
ProvREC	T	7:10pm	A7C.YBNO	10/28	4AP
SoRunREC	Sa	9am	A7C.DUFT	8/23	4AP
SoRunREC	Sa	9:50am	A7C.ONJ3	8/23	4AP
SoRunREC	Su	9:30am	A7C.81EU	8/24	4AP
SoRunREC	Su	10:10am	A7C.J717	8/24	4AP



# Aquatics

SoRunREC	M/W	6:10pm	A7C.J696	8/25	4AQ
SoRunREC	T/Th	6:50pm	A7C.YWDI	8/26	4AR
SoRunREC	F	6:05pm	A7C.ITXC	9/5	4AP
SoRunREC	M/W	6:10pm	A7C.G4SF	9/29	4AP
SoRunREC	T/Th	6:50pm	A7C.SAM9	9/30	4AP
SoRunREC	Sa	9am	A7C.FOZX	10/25	4AP
SoRunREC	Sa	9:50am	A7C.ZAZY	10/25	4AP
SoRunREC	Su	9:30am	A7C.RIAA	10/26	4AP
SoRunREC	Su	10:10am	A7C.WWYE	10/26	4AP
SoRunREC	M/W	6:10pm	A7C.NAY7	10/27	4AP
SoRunREC	T/Th	6:50pm	A7C.UF7B	10/28	4AP
SoRunREC	M/W	6:10pm	A7C.PZRS	11/24	4AO
SoRunREC	T/Th	6:50pm	A7C.L2N4	11/25	4AO
SpHillREC	Sa	9:10am	A7C.XTQM	9/6	4AO
SpHillREC	Sa	12:15pm	A7C.IQDW	9/6	4AO
SpHillREC	Su	9:10am	A7C.SBC8	9/7	4AO
SpHillREC	Su	12:05pm	A7C.1C9I	9/7	4AO
SpHillREC	M	7:10pm	A7C.61EI	9/8	4AO
SpHillREC	T	5:10pm	A7C.OCHA	9/9	4AO
SpHillREC	W	6:10pm	A7C.FFS3	9/10	4AO
SpHillREC	Sa	9:10am	A7C.T4I4	10/25	4AP
SpHillREC	Sa	12:15pm	A7C.OOJS	10/25	4AP
SpHillREC	Su	9:10am	A7C.6A20	10/26	4AP
SpHillREC	Su	12:05pm	A7C.NZVG	10/26	4AP
SpHillREC	M	7:10pm	A7C.1JOF	10/27	4AP
SpHillREC	T	5:10pm	A7C.Q2DM	10/28	4AP
SpHillREC	W	6:10pm	A7C.6QQU	10/29	4AO
Wkfld/Moore	T	5:30pm	A7C.3NYH	9/2	4AP
Wkfld/Moore	M/W	5:30pm	A7C.ZF20	9/3	4AO
Wkfld/Moore	Th	5:30pm	A7C.XW9B	9/4	4AP
Wkfld/Moore	F	5:30pm	A7C.FIUN	9/5	4AP
Wkfld/Moore	Sa	9am	A7C.OE27	9/6	4AO
Wkfld/Moore	Sa	12pm	A7C.SEYO	9/6	4AO
Wkfld/Moore	Su	10am	A7C.WQYY	9/7	4AO
Wkfld/Moore	M/W	5:30pm	A7C.JZNN	9/29	4AN
Wkfld/Moore	M/W	5:30pm	A7C.PBH2	10/20	4AR
Wkfld/Moore	Sa	9am	A7C.KVNE	10/25	4AP
Wkfld/Moore	Sa	12pm	A7C.2H4L	10/25	4AP
Wkfld/Moore	Su	10am	A7C.V3JR	10/26	4AP
Wkfld/Moore	T	5:30pm	A7C.BZSJ	10/28	4AP
Wkfld/Moore	Th	5:30pm	A7C.WH88	10/30	4AO
Wkfld/Moore	F	5:30pm	A7C.VL55	11/7	4AN
Wkfld/Moore	M/W	5:30pm	A7C.3BRM	11/24	4AO

## SGL Swimming 4 for Children

(6-12 yrs.) Prerequisite: Swimming 3 or equivalent skill proficiency. This small group class is designed to help students improve confidence, skill proficiency, distance and endurance. Skills include diving progression from side in deep water, swimming under water three body lengths, swim front crawl, elementary backstroke, back crawl and breaststroke 25 yards, lap swimming techniques and safety and treading water for 30 seconds.

4AQD	6--45 minute lessons--\$166
4AQE	7--45 minute lessons--\$195
4AQF	8--45 minute lessons--\$222
4AQG	9--45 minute lessons--\$255

Location	Day	Time	Code	Begin	\$
CubRunREC	M	6:45pm	D76.KRGC	9/15	4AQD
CubRunREC	W	6:45pm	D76.SXIJ	9/17	4AQD
CubRunREC	F	7:35pm	D76.HGFX	9/19	4AQF
CubRunREC	M	6:45pm	D76.TUD9	10/27	4AQF
CubRunREC	W	6:10pm	D76.4AFA	10/29	4AQE
OakmontREC	Sa	11:35am	D76.B85J	8/23	4AQF
OakmontREC	M	7:45pm	D76.FFPK	8/25	4AQF
OakmontREC	Th	6pm	D76.2KU1	8/28	4AQG
OakmontREC	Sa	11:35am	D76.3123	10/25	4AQE
OakmontREC	Th	6pm	D76.BRJF	10/30	4AQE
Wkfld/Moore	Sa	10:25am	D76.HJK3	9/6	4AQE
Wkfld/Moore	Su	10:25am	D76.JCGU	9/7	4AQE
Wkfld/Moore	Sa	10:25am	D76.8UES	10/25	4AQF
Wkfld/Moore	Su	10:25am	D76.SAG7	10/26	4AQF

## Swimming 5 for Children

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

4AAA	9--55 minute lessons--\$157
4AAB	10--55 minute lessons--\$175
4AX	6--55 minute lessons--\$105
4AY	7--55 minute lessons--\$122
4AZ	8--55 minute lessons--\$139

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	9:50am	D55.2XYE	9/13	4AX
CubRunREC	Sa	12:40pm	D55.9P9U	9/13	4AX
CubRunREC	Su	9:50am	D55.F3HV	9/14	4AX
CubRunREC	Su	12:40pm	D55.FZ05	9/14	4AX
CubRunREC	Sa	9:50am	D55.RVT8	10/25	4AZ
CubRunREC	Sa	12:15pm	D55.ECVH	10/25	4AZ
CubRunREC	Su	9:50am	D55.HPER	10/26	4AZ
CubRunREC	Su	12:15pm	D55.GBR0	10/26	4AZ
Franconia Rec	Sa	10:05am	D55.OM3V	9/6	4AX
Franconia Rec	Sa	11:50am	D55.BL7L	9/6	4AX
Franconia Rec	Su	10:50am	D55.079G	9/7	4AX
Franconia Rec	M/W	7:30pm	D55.H59Z	9/8	4AX
Franconia Rec	Th	5:30pm	D55.JKE7	9/11	4AY
Franconia Rec	Sa	11:45am	D55.QYB4	10/25	4AY
Franconia Rec	Su	10:50am	D55.61HF	10/26	4AY
Franconia Rec	M/W	7:30pm	D55.2127	10/27	4AZ
GWREC	Sa	9am	D55.LEM8	9/6	4AY
GWREC	F	6:50pm	D55.GCRB	9/12	4AAB
GWREC	Sa	9am	D55.QWED	10/25	4AZ
MtVernREC	T/Th	5pm	D55.X7TN	9/2	4AZ
MtVernREC	Sa	11am	D55.ZMF2	9/6	4AY
MtVernREC	Su	11:55am	D55.VFJT	9/7	4AY
MtVernREC	T/Th	5pm	D55.DA8K	9/30	4AZ
MtVernREC	Sa	11am	D55.0SL9	10/25	4AZ
MtVernREC	Su	11:55am	D55.090P	10/26	4AZ
MtVernREC	T/Th	5pm	D55.VLJ9	10/28	4AZ
MtVernREC	T/Th	5pm	D55.QG19	11/25	4AZ
OakmontREC	Sa	9:50am	D55.WRIR	8/23	4AZ
OakmontREC	Su	9am	D55.HEV8	8/24	4AZ
OakmontREC	M	6:50pm	D55.NDBT	8/25	4AZ
OakmontREC	T	6:50pm	D55.F2XA	8/26	4AAA
OakmontREC	W	7:50pm	D55.6KOF	8/27	4AAA
OakmontREC	Th	6:50pm	D55.Q5QA	8/28	4AAA
OakmontREC	F	6pm	D55.FP1R	8/29	4AAA
OakmontREC	Sa	9am	D55.N5A5	10/25	4AY
OakmontREC	Su	9am	D55.18LP	10/26	4AY
OakmontREC	M	6:50pm	D55.EAUQ	10/27	4AZ
OakmontREC	T	6:50pm	D55.M9Q7	10/28	4AZ
OakmontREC	W	7:50pm	D55.MX75	10/29	4AZ
OakmontREC	Th	6:50pm	D55.ZJ9M	10/30	4AY
ProvREC	F	7:25pm	D55.J9PR	9/5	4AZ
ProvREC	Sa	9:55am	D55.CCGE	9/6	4AY
ProvREC	Su	9:50am	D55.C6WV	9/7	4AY
ProvREC	Sa	9:55am	D55.3EQE	10/25	4AY
ProvREC	Su	9:50am	D55.DTQJ	10/26	4AY
SoRunREC	Sa	10:25am	D55.71ZQ	8/23	4AZ
SoRunREC	Su	11:10am	D55.6QZ5	8/24	4AZ
SoRunREC	M/W	7pm	D55.SME0	8/25	4AAA
SoRunREC	T/Th	7:30pm	D55.0WYA	8/26	4AAB
SoRunREC	F	6:05pm	D55.6RBG	9/5	4AZ
SoRunREC	M/W	7pm	D55.JHU0	9/29	4AZ
SoRunREC	T/Th	7:30pm	D55.RU9B	9/30	4AZ
SoRunREC	Sa	10:25am	D55.PZEZ	10/25	4AZ
SoRunREC	Su	11:10am	D55.BPZD	10/26	4AZ
SoRunREC	M/W	7pm	D55.N5YQ	10/27	4AZ
SoRunREC	T/Th	7:30pm	D55.L4KI	10/28	4AZ

SoRunREC	M/W	7pm	D55.RIR8	11/24	4AY
SoRunREC	T/Th	7:30pm	D55.QARZ	11/25	4AY
SpHillREC	Sa	10am	D55.8KD7	9/6	4AY
SpHillREC	Sa	12:05pm	D55.3FS1	9/6	4AY
SpHillREC	Su	10am	D55.IUVG	9/7	4AY
SpHillREC	M	6:10pm	D55.F7L0	9/8	4AY
SpHillREC	T	6:05pm	D55.K3I6	9/9	4AY
SpHillREC	W	7:05pm	D55.ONM1	9/10	4AY
SpHillREC	Th	6:05pm	D55.158J	9/11	4AY
SpHillREC	F	5:45pm	D55.KZG6	9/12	4AY
SpHillREC	Sa	10am	D55.SSHW	10/25	4AZ
SpHillREC	Sa	12:05pm	D55.74UW	10/25	4AZ
SpHillREC	Su	10am	D55.0WN6	10/26	4AZ
SpHillREC	M	6:10pm	D55.H6H8	10/27	4AZ
SpHillREC	T	6:05pm	D55.FOKS	10/28	4AZ
SpHillREC	W	7:05pm	D55.HKMW	10/29	4AY
SpHillREC	Th	6:05pm	D55.7MG8	10/30	4AY
Wkfld/Moore	T	6:20pm	D55.ZVQV	9/2	4AZ
Wkfld/Moore	M/W	6:20pm	D55.V9CP	9/3	4AY
Wkfld/Moore	Th	6:20pm	D55.WFD1	9/4	4AZ
Wkfld/Moore	F	6:30pm	D55.NVHG	9/5	4AZ
Wkfld/Moore	Sa	10am	D55.QB27	9/6	4AY
Wkfld/Moore	M/W	6:20pm	D55.552V	9/29	4AX
Wkfld/Moore	M/W	6:20pm	D55.PPS0	10/20	4AAB
Wkfld/Moore	Sa	10am	D55.WUDA	10/25	4AZ
Wkfld/Moore	T	6:20pm	D55.0XP8	10/28	4AZ
Wkfld/Moore	Th	6:20pm	D55.K6JV	10/30	4AY
Wkfld/Moore	F	6:30pm	D55.92R3	11/7	4AX
Wkfld/Moore	M/W	6:20pm	D55.13GH	11/24	4AY

## SGL Swimming 5 for Children

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

4ARD	6--55 minute lessons--\$170
4ARE	7--55 minute lessons--\$195
4ARF	8--55 minute lessons--\$222

Location	Day	Time	Code	Begin	\$
CubRunREC	M	7:35pm	HQJ.WUL6	9/15	4ARD
CubRunREC	W	7:35pm	HQJ.Y5K6	9/17	4ARD
CubRunREC	M	7:35pm	HQJ.EBJJ	10/27	4ARF
CubRunREC	W	7:35pm	HQJ.LRXD	10/29	4ARD
OakmontREC	M	7:45pm	HQJ.P1BQ	10/27	4ARF
Wkfld/Moore	Sa	11:25am	HQJ.Z80Y	9/6	4ARE
Wkfld/Moore	Su	11:25am	HQJ.M75U	9/7	4ARE
Wkfld/Moore	Sa	11:25am	HQJ.TEGT	10/25	4ARF
Wkfld/Moore	Su	11:25am	HQJ.FN6M	10/26	4ARF

## Swimming 6 for Children

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

4AAA	9--55 minute lessons--\$157
4AAB	10--55 minute lessons--\$175
4AX	6--55 minute lessons--\$105
4AY	7--55 minute lessons--\$122
4AZ	8--55 minute lessons--\$139

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	9am	DF4.RVVV	9/13	4AX
CubRunREC	Sa	10:50am	DF4.RKRE	9/13	4AX
CubRunREC	Su	9am	DF4.X1VV	9/14	4AX



CubRunREC	Su	10:50am	DF4.X4FG	9/14	4AX
CubRunREC	Sa	9am	DF4.653K	10/25	4AZ
CubRunREC	Sa	10:50am	DF4.PFHK	10/25	4AZ
CubRunREC	Su	9am	DF4.KYPA	10/26	4AZ
CubRunREC	Su	10:50am	DF4.GA1C	10/26	4AZ
Franconia Rec	Su	11:50am	DF4.X226	9/7	4AX
Franconia Rec	F	5:30pm	DF4.TJW6	9/12	4AX
Franconia Rec	M/W	7:30pm	DF4.1TTQ	9/29	4AZ
Franconia Rec	Sa	10:45am	DF4.5SS1	10/25	4AY
Franconia Rec	Su	11:50am	DF4.F9SW	10/26	4AY
Franconia Rec	M/W	7:25pm	DF4.4U0S	12/1	4AX
GWREC	Sa	10am	DF4.A90J	9/6	4AY
GWREC	Sa	10am	DF4.EG0K	10/25	4AZ
MtVernREC	T/Th	6pm	DF4.VMDY	9/2	4AZ
MtVernREC	Sa	10am	DF4.XZTU	9/6	4AY
MtVernREC	Su	11:50am	DF4.FCA6	9/7	4AY
MtVernREC	T/Th	6pm	DF4.05GP	9/30	4AZ
MtVernREC	Sa	10am	DF4.W437	10/25	4AZ
MtVernREC	Su	11:50am	DF4.0WJG	10/26	4AZ
MtVernREC	T/Th	6pm	DF4.JMTP	10/28	4AZ
MtVernREC	T/Th	6pm	DF4.NJZM	11/25	4AY
OakmontREC	Sa	9am	DF4.DDBM	8/23	4AZ
OakmontREC	Sa	10:50am	DF4.XU3L	8/23	4AZ
OakmontREC	Su	10am	DF4.G3CS	8/24	4AZ
OakmontREC	M	7:50pm	DF4.CGPF	8/25	4AZ
OakmontREC	T	7:50pm	DF4.IHY6	8/26	4AAA
OakmontREC	W	6:50pm	DF4.4Q22	8/27	4AAA
OakmontREC	F	7pm	DF4.7VK5	8/29	4AAA
OakmontREC	Sa	9am	DF4.QPFO	10/25	4AY
OakmontREC	Sa	10:50am	DF4.PY1A	10/25	4AY
OakmontREC	Su	10am	DF4.9I31	10/26	4AY
OakmontREC	M	7:50pm	DF4.FE0S	10/27	4AZ
OakmontREC	T	7:50pm	DF4.VP3T	10/28	4AZ
OakmontREC	W	6:50pm	DF4.34DE	10/29	4AZ
ProvREC	Sa	11am	DF4.SYDK	9/6	4AY
ProvREC	Su	10:55am	DF4.4XPX	9/7	4AY
ProvREC	Sa	11am	DF4.6FVC	10/25	4AY
ProvREC	Su	10:55am	DF4.OV92	10/26	4AY
SoRunREC	Su	8:30am	DF4.PWV3	8/24	4AZ
SoRunREC	M/W	6pm	DF4.AJ6M	8/25	4AAA
SoRunREC	T/Th	7pm	DF4.K79B	8/26	4AAB
SoRunREC	M/W	6pm	DF4.L7T6	9/29	4AZ
SoRunREC	T/Th	7pm	DF4.527F	9/30	4AZ
SoRunREC	Su	8:30am	DF4.X544	10/26	4AZ
SoRunREC	M/W	6pm	DF4.D2P4	10/27	4AZ
SoRunREC	T/Th	7pm	DF4.E9PX	10/28	4AZ
SoRunREC	M/W	6pm	DF4.TPOL	11/24	4AY
SoRunREC	T/Th	7pm	DF4.KTCN	11/25	4AY
SphillREC	Sa	11:05am	DF4.NYXX	9/6	4AY
SphillREC	Su	11:05am	DF4.ZZ2P	9/7	4AY
SphillREC	T	7:05pm	DF4.JWFD	9/9	4AY
SphillREC	Th	5pm	DF4.9PT4	9/11	4AY
SphillREC	F	6:45pm	DF4.Y9ET	9/12	4AY
SphillREC	Sa	11:05am	DF4.PYZI	10/25	4AZ
SphillREC	Su	11:05am	DF4.FWZV	10/26	4AZ
SphillREC	T	7:05pm	DF4.YWOR	10/28	4AZ
SphillREC	Th	5pm	DF4.FKTT	10/30	4AY
Wkfld/Moore	T	7:20pm	DF4.4X7Y	9/2	4AZ
Wkfld/Moore	M/W	7:20pm	DF4.J5Y7	9/3	4AY
Wkfld/Moore	Th	7:20pm	DF4.R06X	9/4	4AZ
Wkfld/Moore	F	7:30pm	DF4.N9QN	9/5	4AZ
Wkfld/Moore	Sa	11am	DF4.TFMO	9/6	4AY
Wkfld/Moore	Sa	11am	DF4.XE6Z	9/6	4AY
Wkfld/Moore	Sa	11:25am	DF4.DDLT	9/6	4AY
Wkfld/Moore	Su	9am	DF4.PZHP	9/7	4AY
Wkfld/Moore	Su	11:25am	DF4.H07G	9/7	4AY
Wkfld/Moore	M/W	7:20pm	DF4.EU7Z	9/29	4AX
Wkfld/Moore	M/W	7:20pm	DF4.EXC1	10/20	4AAB
Wkfld/Moore	Sa	11am	DF4.VZ9A	10/25	4AZ
Wkfld/Moore	Sa	11:25am	DF4.R2KK	10/25	4AZ
Wkfld/Moore	Su	9am	DF4.ESYB	10/26	4AZ
Wkfld/Moore	Su	11:25am	DF4.NECE	10/26	4AZ
Wkfld/Moore	T	7:20pm	DF4.6T6X	10/28	4AZ
Wkfld/Moore	Th	7:20pm	DF4.IZ80	10/30	4AY
Wkfld/Moore	F	7:30pm	DF4.0G8P	11/7	4AX
Wkfld/Moore	M/W	7:20pm	DF4.3A16	11/24	4AY



## Home School Learn to Swim Level 1 & 2

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

4AN	6--45 minute lessons--\$99
4AP	8--45 minute lessons--\$134
4AQ	9--45 minute lessons--\$151

Location	Day	Time	Code	Begin	\$
CubRunREC	T	12:50pm	CAC.JEX3	9/16	4AN
CubRunREC	T	12:50pm	CAC.WCBK	9/16	4AN
CubRunREC	T	12:50pm	CAC.GWLF	10/28	4AP
SoRunREC	W	2:30pm	CAC.DXUQ	8/27	4AQ
SoRunREC	W	2:30pm	CAC.YGNB	10/29	4AP

## Home School Learn to Swim Level 3 & 4

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

4AP	8--45 minute lessons--\$134
4AQ	9--45 minute lessons--\$151

Location	Day	Time	Code	Begin	\$
SoRunREC	W	1:40pm	8B2.LJ76	8/27	4AQ
SoRunREC	W	1:40pm	8B2.68T2	10/29	4AP

## Home School Learn to Swim Level 5 & 6

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

4AAA	9--55 minute lessons--\$157
4AZ	8--55 minute lessons--\$139

Location	Day	Time	Code	Begin	\$
SoRunREC	W	12:30pm	A75.J6ZQ	8/27	4AAA
SoRunREC	W	12:30pm	A75.0902	10/29	4AZ

## Home School Stroke & Swim

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

4AAA	9--55 minute lessons--\$157
4AX	6--55 minute lessons--\$105
4AZ	8--55 minute lessons--\$139

Location	Day	Time	Code	Begin	\$
CubRunREC	T	1:40pm	AFC.AIGV	9/16	4AX
CubRunREC	T	1:40pm	AFC.95HP	10/28	4AZ
OakmontREC	F	10:30am	AFC.XJW2	8/29	4AAA
OakmontREC	F	10:30am	AFC.3E2H	10/31	4AX
SoRunREC	W	11:30am	AFC.EH03	8/27	4AAA
SoRunREC	W	11:30am	AFC.G04D	10/29	4AZ

## Swim Classes for Teens & Adults

### Swimming 1 - Teens & Adults

(13-Adult) Class emphasizes helping students gain basic swimming and safety skills and overcome fear of water. Skills include entering and exiting water, floating on front and back, gliding on front and back, breathing techniques, rolling from front to back and back to front, swimming at least two body lengths on front and back using arms and legs.

4AAA	9--55 minute lessons--\$157
4AX	6--55 minute lessons--\$105
4AY	7--55 minute lessons--\$122
4AZ	8--55 minute lessons--\$139

Location	Day	Time	Code	Begin	\$
CubRunREC	Su	8am	7D5.CCD8	9/14	4AX
CubRunREC	W	8pm	7D5.KP2W	9/17	4AX
CubRunREC	Th	7pm	7D5.J052	9/18	4AX
CubRunREC	F	11am	7D5.QKJM	9/19	4AX
CubRunREC	Su	8am	7D5.S2K8	10/26	4AZ
CubRunREC	W	8pm	7D5.WQDE	10/29	4AY
CubRunREC	Th	7pm	7D5.XWK8	10/30	4AY
CubRunREC	F	11am	7D5.KFQN	11/7	4AX
Franconia Rec	Sa	8am	7D5.5FMD	9/6	4AX



# Aquatics

Franconia Rec	Su	9am	7D5.635J	9/7	4AX
Franconia Rec	Th	6:30pm	7D5.2B2P	9/11	4AY
Franconia Rec	F	6:30pm	7D5.MPM1	9/12	4AX
Franconia Rec	Su	9am	7D5.AQC0	10/26	4AY
Franconia Rec	Th	6:30pm	7D5.89TA	10/30	4AY
GWREC	Th	7pm	7D5.IV5C	9/11	4AY
GWREC	Th	7pm	7D5.PRFQ	10/30	4AY
MtVernREC	T/Th	7pm	7D5.NYUY	9/2	4AZ
MtVernREC	M/W	6:10pm	7D5.KM13	9/3	4AY
MtVernREC	Sa	11:35am	7D5.N80I	9/6	4AY
MtVernREC	Su	11:35am	7D5.HAET	9/7	4AY
MtVernREC	T/Th	7pm	7D5.L0T6	9/30	4AZ
MtVernREC	M/W	6:10pm	7D5.7VNR	10/27	4AZ
MtVernREC	T/Th	7pm	7D5.TELJ	10/28	4AZ
MtVernREC	T/Th	7pm	7D5.K862	11/25	4AY
OakmontREC	Su	8am	7D5.8E6D	8/24	4AZ
OakmontREC	T	7:45pm	7D5.4L06	8/26	4AAA
OakmontREC	Th	7:45pm	7D5.1TBM	8/28	4AAA
OakmontREC	Su	8am	7D5.MD9F	10/26	4AY
OakmontREC	T	7:45pm	7D5.675V	10/28	4AZ
OakmontREC	Th	7:45pm	7D5.3J00	10/30	4AY
ProvREC	W	7:20pm	7D5.D0DP	9/3	4AZ
ProvREC	Sa	11:50am	7D5.LLSN	9/6	4AY
ProvREC	M	7:50pm	7D5.NETR	9/8	4AY
ProvREC	Sa	11:50am	7D5.FGU4	10/25	4AY
ProvREC	M	7:50pm	7D5.NVU5	10/27	4AZ
ProvREC	W	7:20pm	7D5.QIVF	10/29	4AY
SoRunREC	M/W	8:05pm	7D5.4RH8	8/25	4AAA
SoRunREC	M/W	8:05pm	7D5.HH05	9/29	4AZ
SoRunREC	M/W	8:05pm	7D5.IQY3	10/27	4AZ
SoRunREC	M/W	8:05pm	7D5.9L4C	11/24	4AY
SpHillREC	Su	1:10pm	7D5.T80Q	9/7	4AY
SpHillREC	Su	1:10pm	7D5.EBCI	10/26	4AZ
Wkfld/Moore	M/W	7:30pm	7D5.NSXX	9/3	4AY
Wkfld/Moore	Su	2:30pm	7D5.CGW9	9/7	4AY
Wkfld/Moore	M/W	7:30pm	7D5.YLJ3	9/29	4AX
Wkfld/Moore	Su	2:30pm	7D5.9125	10/26	4AZ

## Swimming 2 - Teens & Adults

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

<b>4AAA</b>	<b>9--55 minute lessons--\$157</b>
<b>4AAB</b>	<b>10--55 minute lessons--\$175</b>
<b>4AW</b>	<b>5--55 minute lessons--\$87</b>
<b>4AX</b>	<b>6--55 minute lessons--\$105</b>
<b>4AY</b>	<b>7--55 minute lessons--\$122</b>
<b>4AZ</b>	<b>8--55 minute lessons--\$139</b>

Location	Day	Time	Code	Begin	\$
CubRunREC	Su	8am	75A.R4DS	9/14	4AX
CubRunREC	Th	8pm	75A.IC3X	9/18	4AX
CubRunREC	F	12pm	75A.E3LR	9/19	4AX
CubRunREC	Su	8am	75A.OKL8	10/26	4AZ
CubRunREC	Th	8pm	75A.A52X	10/30	4AY
CubRunREC	F	12pm	75A.A0PH	11/7	4AX
Franconia Rec	Su	8am	75A.G33W	9/7	4AX
Franconia Rec	Th	7:30pm	75A.KBKT	9/11	4AY
Franconia Rec	F	7:30pm	75A.8VOM	9/12	4AX
Franconia Rec	M/W	7:40pm	75A.PT8I	9/29	4AZ
Franconia Rec	Sa	8:30am	75A.5QTD	10/25	4AY
Franconia Rec	Su	8am	75A.ZUQQ	10/26	4AY
Franconia Rec	Th	7pm	75A.28KZ	10/30	4AY
Franconia Rec	M/W	7:25pm	75A.T0HC	12/1	4AX

MtVernREC	T/Th	7pm	75A.XQ72	9/2	4AZ
MtVernREC	M/W	6:10pm	75A.5HBN	9/29	4AZ
MtVernREC	T/Th	7pm	75A.Q1FW	9/30	4AZ
MtVernREC	Sa	11:35am	75A.V4RN	10/25	4AZ
MtVernREC	Su	11:35am	75A.DZRR	10/26	4AZ
MtVernREC	T/Th	7pm	75A.1U9V	10/28	4AZ
MtVernREC	M/W	6:10pm	75A.G90J	11/24	4AY
MtVernREC	T/Th	7pm	75A.206P	11/25	4AY
OakmontREC	Su	8am	75A.MGX8	8/24	4AZ
OakmontREC	T	7:45pm	75A.W37M	8/26	4AAA
OakmontREC	F	9:30am	75A.YY20	8/29	4AAA
OakmontREC	Su	8am	75A.0G35	10/26	4AY
OakmontREC	T	7:45pm	75A.3XG2	10/28	4AZ
OakmontREC	F	9:30am	75A.2WLF	10/31	4AX
SoRunREC	T/Th	7:40pm	75A.4ZXQ	8/26	4AAB
SoRunREC	T/Th	7:40pm	75A.DY5I	9/30	4AZ
SoRunREC	T/Th	7:40pm	75A.WEII	10/28	4AZ
SoRunREC	T/Th	7:40pm	75A.1R6M	11/25	4AY
SpHillREC	Su	1:10pm	75A.QMTY	9/7	4AY
SpHillREC	Su	1:10pm	75A.UFEK	10/26	4AZ
Wkfld/Moore	T	7:30pm	75A.7SIM	9/2	4AZ
Wkfld/Moore	Th	7:30pm	75A.QYLI	9/4	4AZ
Wkfld/Moore	Su	2:30pm	75A.NRYO	9/7	4AY
Wkfld/Moore	Su	3:40pm	75A.M5MZ	9/7	4AW
Wkfld/Moore	M/W	7:30pm	75A.JQ64	10/20	4AAB
Wkfld/Moore	Su	2:30pm	75A.Z8P8	10/26	4AW
Wkfld/Moore	Su	3:40pm	75A.8VLX	10/26	4AW

## Swimming 3 - Teens & Adults

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

<b>4AAA</b>	<b>9--55 minute lessons--\$157</b>
<b>4AX</b>	<b>6--55 minute lessons--\$105</b>
<b>4AY</b>	<b>7--55 minute lessons--\$122</b>
<b>4AZ</b>	<b>8--55 minute lessons--\$139</b>

Location	Day	Time	Code	Begin	\$
CubRunREC	Su	8am	346.74K2	9/14	4AX
CubRunREC	Th	8pm	346.3REW	9/18	4AX
CubRunREC	F	12pm	346.P5M2	9/19	4AX
CubRunREC	Su	8am	346.T2HA	10/26	4AZ
CubRunREC	Th	8pm	346.HDZV	10/30	4AY
CubRunREC	F	12pm	346.0CRB	11/7	4AX
OakmontREC	Su	8am	346.NFDE	8/24	4AZ
OakmontREC	M	7:45pm	346.G7TV	8/25	4AZ
OakmontREC	F	10:30am	346.6COT	8/29	4AAA
OakmontREC	Su	8am	346.EE2H	10/26	4AY
OakmontREC	M	7:45pm	346.7UM3	10/27	4AZ
OakmontREC	F	10:30am	346.GXQH	10/31	4AX
ProvREC	W	7:20pm	346.X2WW	9/3	4AZ
ProvREC	W	7:20pm	346.5CEH	10/29	4AZ
Wkfld/Moore	Su	3:30pm	346.1KEW	9/7	4AY
Wkfld/Moore	Su	3:30pm	346.Y947	10/26	4AZ
Wkfld/Moore	M/W	7:30pm	346.DFJY	11/24	4AY



## Swimming 4 - Teens & Adults

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

<b>4AAA</b>	<b>9--55 minute lessons--\$157</b>
<b>4AX</b>	<b>6--55 minute lessons--\$105</b>
<b>4AY</b>	<b>7--55 minute lessons--\$122</b>
<b>4AZ</b>	<b>8--55 minute lessons--\$139</b>

Location	Day	Time	Code	Begin	\$
CubRunREC	Su	8am	915.UADM	9/14	4AX
CubRunREC	T	7pm	915.V2AD	9/16	4AX
CubRunREC	F	1pm	915.3TNX	9/19	4AX
CubRunREC	Su	8am	915.VLXS	10/26	4AZ
CubRunREC	T	7pm	915.8E47	10/28	4AZ
CubRunREC	F	1pm	915.PPK1	11/7	4AX
OakmontREC	Su	8am	915.G19S	8/24	4AZ
OakmontREC	Th	7:50pm	915.VYTS	8/28	4AAA
OakmontREC	F	11:30am	915.COJM	8/29	4AAA
OakmontREC	Su	8am	915.GZXH	10/26	4AY
OakmontREC	Th	7:50pm	915.C002	10/30	4AY
OakmontREC	F	11:30am	915.PKZF	10/31	4AX
Wkfld/Moore	Su	3:30pm	915.RMU0	9/7	4AY
Wkfld/Moore	Su	7:30pm	915.FA3E	10/26	4AZ
Wkfld/Moore	T	7:30pm	915.3B0F	10/28	4AZ
Wkfld/Moore	Th	7:30pm	915.5XS3	10/30	4AY

## Swimming 5 - Teens & Adults

**(13-Adult)** Prerequisite: Swimming 4 or skill proficiency to enter deep water safely, tread water 30 seconds, and swim front crawl, elementary backstroke and back crawl at least 25 yards; and breaststroke 15 yards. Class emphasizes helping students to increase endurance and skill proficiency for treading water one minute; and swimming front crawl, back crawl, elementary backstroke and breaststroke 50 yards. Butterfly and open turns are introduced.

<b>4AY</b>	<b>7--55 minute lessons--\$122</b>
<b>4AZ</b>	<b>8--55 minute lessons--\$139</b>

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Su	4:30pm	7CA.YFNP	9/7	4AY
Wkfld/Moore	Su	4:30pm	7CA.00RY	10/26	4AZ



# Clases de Natación en Español



## Toddler & Me Swim en Español

**(19 meses -2 años)** Registre a su niño pequeño para esta clase diseñada para niños y sus padres u otros adultos favoritos que quieran aprender ajuste de agua, natación básica y habilidades de seguridad en un ambiente divertido. Pueden participar hasta dos adultos con cada niño. Los niños que no están entrenados para ir al baño deben usar pañales de natación ajustados y pantalones de plástico debajo de su traje de baño.

**4AE 7--30 minute lessons--\$114**  
**4AF 8--30 minute lessons--\$131**

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Sa	10:25am	RPF.5DA8	9/6	4AE
Wkfld/Moore	Su	10:25am	RPF.F36E	9/7	4AE
Wkfld/Moore	Sa	10:25am	RPF.2SEB	10/25	4AF
Wkfld/Moore	Su	10:25am	RPF.95WS	10/26	4AF

## Pee Wee Paddler 1 en Español

**(3-5 años)** Prerrequisito: El niño debe dejar a sus padres voluntariamente, sentirse cómodo en el agua, seguir instrucciones y funcionar bien en grupo. Cuando es posible, los niños se agrupan por habilidad. La clase enfatiza ayudar a los niños a adquirir habilidades acuáticas básicas, incluida la entrada y salida del agua de manera segura, soplar burbujas con la boca y la nariz sumergidas, sumergirse bajo el agua. Con ayuda, los estudiantes aprenden a flotar y deslizarse hacia adelante y hacia atrás, rodando de adelante hacia atrás y de atrás hacia adelante, nadando usando brazos y piernas en la parte delantera y trasera al menos dos longitudes corporales. Por razones de seguridad, se pueden utilizar dispositivos de flotación. Los dispositivos de flotación se utilizan para todas las clases de Pee Wee 1 en los Centros Recreativos Audrey Moore y Franconia.

**4AD 6--30 minute lessons--\$99**  
**4AE 7--30 minute lessons--\$114**  
**4AF 8--30 minute lessons--\$131**  
**4AH 10--30 minute lessons--\$163**

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	T	5:30pm	3ZN.IOTY	9/2	4AF
Wkfld/Moore	M/W	5:30pm	3ZN.QNL9	9/3	4AE

Wkfld/Moore	Th	5:30pm	3ZN.WQ1V	9/4	4AF
Wkfld/Moore	Sa	9am	3ZN.WKQ6	9/6	4AE
Wkfld/Moore	Su	9am	3ZN.8CFB	9/7	4AE
Wkfld/Moore	M/W	5:30pm	3ZN.PG02	9/29	4AD
Wkfld/Moore	M/W	5:30pm	3ZN.UWPA	10/20	4AH
Wkfld/Moore	Sa	9am	3ZN.PENE	10/25	4AF
Wkfld/Moore	Su	9am	3ZN.EFOM	10/26	4AF
Wkfld/Moore	T	5:30pm	3ZN.3IAC	10/28	4AF
Wkfld/Moore	Th	5:30pm	3ZN.VJZH	10/30	4AE
Wkfld/Moore	M/W	5:30pm	3ZN.GD2E	11/24	4AE

## Pee Wee Paddler 2 en Español

**(3-5 años)** Requisitos previos: Pee Wee Paddler 1 o dominio de habilidades equivalentes. La clase enfatiza ayudar a los niños a aumentar la independencia en el desempeño de sus habilidades mientras continúan aumentando la comodidad en el agua. Las habilidades incluyen balancearse, flotar y deslizarse hacia adelante y hacia atrás con y sin ayuda, nadar hacia adelante y hacia atrás al menos tres longitudes de cuerpo con y sin ayuda. Se pueden utilizar dispositivos de flotación.

**4AD 6--30 minute lessons--\$99**  
**4AE 7--30 minute lessons--\$114**  
**4AF 8--30 minute lessons--\$131**  
**4AH 10--30 minute lessons--\$163**

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	T	6:05pm	E3T.QDNZ	9/2	4AF
Wkfld/Moore	M/W	6:05pm	E3T.G09A	9/3	4AE
Wkfld/Moore	Th	6:05pm	E3T.TOD0	9/4	4AF
Wkfld/Moore	Sa	12:35pm	E3T.9TTW	9/6	4AE
Wkfld/Moore	Su	12:35pm	E3T.D1DQ	9/7	4AE
Wkfld/Moore	M/W	6:05pm	E3T.7P88	9/29	4AD
Wkfld/Moore	M/W	6:05pm	E3T.FCPY	10/20	4AH
Wkfld/Moore	Sa	12:35pm	E3T.PZYY	10/25	4AF
Wkfld/Moore	Su	12:35pm	E3T.H08E	10/26	4AF
Wkfld/Moore	T	6:05pm	E3T.IICC	10/28	4AF
Wkfld/Moore	Th	6:05pm	E3T.NKYO	10/30	4AE
Wkfld/Moore	M/W	6:05pm	E3T.JON4	11/24	4AE

## Pee Wee Paddler 3 en Español

**(4-6 años)** Requisitos previos: Pee Wee 2 o dominio de habilidades equivalentes. La clase enfatiza ayudar a los niños a adquirir habilidades básicas de

propulsión de natación y aumentar la resistencia y la distancia sin ayuda ni usar dispositivos de flotación. Las habilidades incluyen saltar en agua hasta el pecho, sumergirse y contener la respiración durante cinco segundos, balancearse, pisar el agua, nadar crol 10 yardas y boca arriba cinco yardas.

**4AE 7--30 minute lessons--\$114**  
**4AF 8--30 minute lessons--\$131**

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Sa	12pm	QPS.VL02	9/6	4AE
Wkfld/Moore	Su	12pm	QPS.UWE8	9/7	4AE
Wkfld/Moore	Sa	12pm	QPS.094S	10/25	4AF
Wkfld/Moore	Su	12pm	QPS.XAKG	10/26	4AF

## Swimming 1 for Children en Español

**(6-12 años)** Prerrequisito: Los niños deben ser capaces de funcionar en un entorno grupal. La clase enfatiza ayudar a los participantes a adquirir habilidades básicas de natación y seguridad en el agua y a superar el miedo al agua. Las habilidades incluyen entrar y salir del agua de manera segura, soplar burbujas por la boca y la nariz. Con ayuda, los estudiantes aprenden a flotar de frente y de espaldas, a deslizarse de adelante y de atrás, a rodar de adelante hacia atrás y de atrás hacia adelante y a nadar al menos dos longitudes de cuerpo de adelante y de espaldas usando los brazos y las piernas.

**4AN 6--45 minute lessons--\$99**  
**4AO 7--45 minute lessons--\$115**  
**4AP 8--45 minute lessons--\$134**  
**4AR 10--45 minute lessons--\$167**

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	T	6:40pm	V9B.C4FW	9/2	4AP
Wkfld/Moore	M/W	6:40pm	V9B.643X	9/3	4AO
Wkfld/Moore	Th	6:40pm	V9B.9CON	9/4	4AP
Wkfld/Moore	Sa	11:10am	V9B.Y3XV	9/6	4AO
Wkfld/Moore	Su	11:10am	V9B.F3JJ	9/7	4AO
Wkfld/Moore	M/W	6:40pm	V9B.5EYN	9/29	4AN
Wkfld/Moore	M/W	6:40pm	V9B.N2FF	10/20	4AR
Wkfld/Moore	Sa	11:10am	V9B.VF5X	10/25	4AP
Wkfld/Moore	Su	11:10am	V9B.KZUB	10/26	4AP
Wkfld/Moore	T	6:40pm	V9B.WSH8	10/28	4AP
Wkfld/Moore	Th	6:40pm	V9B.XCGS	10/30	4AO
Wkfld/Moore	M/W	6:40pm	V9B.XT02	11/24	4AO

## Swimming 2 for Children en Español

**(6-12 años)** Prerrequisito: Natación 1 o competencia de habilidades equivalentes. La clase enfatiza el aumento de la confianza y la capacidad para realizar habilidades con y sin asistencia o uso de dispositivos de flotación. Las habilidades incluyen: saltar en el agua hasta el pecho, soplar burbujas con la cara sumergida bajo el agua, flotar por delante y por detrás, deslizarse por delante y por detrás al menos dos longitudes del cuerpo, rodar de adelante hacia atrás y de atrás hacia adelante, nadar de frente y de espaldas al menos tres longitudes del cuerpo usando brazos y piernas y pisando el agua.

**4AO 7--45 minute lessons--\$115**  
**4AP 8--45 minute lessons--\$134**

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Sa	9:25am	JY3.ADA1	9/6	4AO
Wkfld/Moore	Su	9:35am	JY3.CPY6	9/7	4AO
Wkfld/Moore	Sa	9:35am	JY3.08ZC	10/25	4AP
Wkfld/Moore	Sa	9:35am	JY3.W2AR	10/25	4AP



## 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.

<b>4AHC</b>	<b>7--45 minute lessons--\$117</b>
<b>4AHD</b>	<b>8--45 minute lessons--\$136</b>
<b>4AHH</b>	<b>6--55 minute lessons--\$106</b>
<b>4AHJ</b>	<b>8--55 minute lessons--\$142</b>

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Sa	12pm	BEE.UBE1	9/6	4AHC
Wkfld/Moore	Su	12pm	BEE.DLXZ	9/7	4AHC
Wkfld/Moore	Sa	12pm	BEE.PSP8	10/25	4AHD
Wkfld/Moore	Su	12pm	BEE.CQ8L	10/26	4AHD
CubRunREC	Sa	11:25am	BEE.65L8	9/13	4AHH
CubRunREC	Sa	11:25am	BEE.HKNF	10/25	4AHJ
CubRunREC	Su	12:25pm	BEE.4PMD	9/14	4AHH
CubRunREC	Su	11:50am	BEE.H657	10/26	4AHJ

### Stroke Mechanics 1

**(6-12 yrs.)** Prerequisite: Swimming 6 skill level; ability to tread water for one minute; continuously swim 50 yards freestyle, backstroke and breaststroke, and 15 yards butterfly. Student must wear a one-piece competitive-style swimsuit 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.

<b>4AHB</b>	<b>6--45 minute lessons--\$100</b>
<b>4AHC</b>	<b>7--45 minute lessons--\$117</b>
<b>4AHD</b>	<b>8--45 minute lessons--\$136</b>
<b>4AHE</b>	<b>9--45 minute lessons--\$153</b>

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	9am	2C5.9G8S	9/13	4AHB
CubRunREC	Sa	11:25am	2C5.MJ7H	9/13	4AHB
CubRunREC	Su	9am	2C5.QFQM	9/14	4AHB
CubRunREC	Su	11:25am	2C5.UWV9	9/14	4AHB
CubRunREC	F	5pm	2C5.2BXD	9/19	4AHD
CubRunREC	Sa	9am	2C5.MM2Y	10/25	4AHD
CubRunREC	Sa	12:25pm	2C5.5WKQ	10/25	4AHD
CubRunREC	Su	9am	2C5.W7YM	10/26	4AHD
CubRunREC	Su	11:25am	2C5.3U3L	10/26	4AHD
Franconia Rec	Sa	9:15am	2C5.IKZQ	9/6	4AHB
Franconia Rec	Su	10am	2C5.B433	9/7	4AHB
Franconia Rec	M/W	7:30pm	2C5.MSQ8	9/8	4AHB
Franconia Rec	T	5:30pm	2C5.594H	9/9	4AHC
Franconia Rec	Su	10am	2C5.02Z4	10/26	4AHC
MtVernREC	T/Th	7pm	2C5.SQB9	9/2	4AHD
MtVernREC	Sa	11am	2C5.XZRY	9/6	4AHC
MtVernREC	Su	10am	2C5.J0FT	9/7	4AHC
MtVernREC	T/Th	7pm	2C5.QC6F	9/30	4AHD
MtVernREC	Sa	11am	2C5.9B5W	10/25	4AHD
MtVernREC	Su	10am	2C5.TBZH	10/26	4AHD
OakmontREC	Sa	10am	2C5.QICC	8/23	4AHD
OakmontREC	Su	9am	2C5.XUMN	8/24	4AHD
OakmontREC	T	6pm	2C5.YYPJ	8/26	4AHE
OakmontREC	Th	6pm	2C5.RLCO	8/28	4AHE
OakmontREC	Sa	10am	2C5.F71L	10/25	4AHC
OakmontREC	Su	9am	2C5.2U6R	10/26	4AHC
OakmontREC	T	6pm	2C5.LV7I	10/28	4AHD
OakmontREC	Th	6pm	2C5.MFZO	10/30	4AHC

ProvREC	Th	5:45pm	2C5.4IS2	9/4	4AHD
ProvREC	Sa	9am	2C5.5L97	9/6	4AHC
ProvREC	Su	9am	2C5.60S8	9/7	4AHC
ProvREC	Sa	9am	2C5.3T1G	10/25	4AHC
ProvREC	Su	9am	2C5.06WZ	10/26	4AHC
ProvREC	Th	5:45pm	2C5.21KN	10/30	4AHC
SoRunREC	Su	10:20am	2C5.MDWZ	8/24	4AHD
SoRunREC	M/W	8pm	2C5.JS17	8/25	4AHE
SoRunREC	M/W	8pm	2C5.C6P7	9/29	4AHD
SoRunREC	Su	10:20am	2C5.JDHY	10/26	4AHD
SoRunREC	M/W	8pm	2C5.W6WM	10/27	4AHD
SoRunREC	M/W	8pm	2C5.0C7C	11/24	4AHC
SpHillREC	Sa	10:10am	2C5.74JU	9/6	4AHC
SpHillREC	Su	9:10am	2C5.E1VR	9/7	4AHC
SpHillREC	M	6:10pm	2C5.2LJH	9/8	4AHC
SpHillREC	W	6pm	2C5.E8XY	9/10	4AHC
SpHillREC	Sa	11:05am	2C5.8PRD	10/25	4AHD
SpHillREC	Su	9:10am	2C5.AH1W	10/26	4AHD
SpHillREC	M	6:10pm	2C5.HX8Z	10/27	4AHD
SpHillREC	W	6pm	2C5.5AVF	10/29	4AY
Wkfld/Moore	Su	9am	2C5.R1ZS	9/7	4AHC
Wkfld/Moore	Su	9am	2C5.7RZJ	10/26	4AP

### Stroke Mechanics 2

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

<b>4AHH</b>	<b>6--55 minute lessons--\$106</b>
<b>4AHI</b>	<b>7--55 minute lessons--\$124</b>
<b>4AHJ</b>	<b>8--55 minute lessons--\$142</b>
<b>4AHK</b>	<b>9--55 minute lessons--\$159</b>
<b>4AHL</b>	<b>10--55 minute lessons--\$177</b>

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	9:50am	6D4.K4ZP	9/13	4AHH
CubRunREC	Su	9:50am	6D4.ABPA	9/14	4AHH
CubRunREC	F	5:50pm	6D4.JU84	9/19	4AHJ
CubRunREC	Sa	9:50am	6D4.SF27	10/25	4AHJ
CubRunREC	Su	9:50am	6D4.QGPU	10/26	4AHJ
Franconia Rec	Sa	8:15am	6D4.NZDC	9/6	4AHH
Franconia Rec	Su	11am	6D4.IUOW	9/7	4AHH
Franconia Rec	T	6:20pm	6D4.GG55	9/9	4AHI
Franconia Rec	Sa	9:35am	6D4.GW61	10/25	4AHI
Franconia Rec	Su	11am	6D4.GLIT	10/26	4AHI
Franconia Rec	M/W	7:30pm	6D4.URZ3	10/27	4AHJ
Franconia Rec	T	6pm	6D4.5G9X	10/28	4AHJ
MtVernREC	Sa	10am	6D4.F6YP	9/6	4AHI
MtVernREC	Su	9am	6D4.HBZN	9/7	4AHI
MtVernREC	Sa	10am	6D4.WLXC	10/25	4AHJ
MtVernREC	Su	9am	6D4.PT7U	10/26	4AHJ
MtVernREC	T/Th	7pm	6D4.2WY7	10/28	4AHI
MtVernREC	T/Th	7pm	6D4.39JT	11/25	4AHI
OakmontREC	Sa	10am	6D4.65K1	8/23	4AHJ
OakmontREC	Su	9:50am	6D4.Y15L	8/24	4AHJ
OakmontREC	M	6pm	6D4.7DQX	8/25	4AHJ
OakmontREC	W	6pm	6D4.8D3W	8/27	4AHC
OakmontREC	Sa	10am	6D4.GR9N	10/25	4AHI
OakmontREC	Su	9:50am	6D4.DWT6	10/26	4AHI
OakmontREC	M	6pm	6D4.G8FD	10/27	4AHJ
OakmontREC	W	6pm	6D4.JA88	10/29	4AHJ
ProvREC	Th	6:35pm	6D4.0C5X	9/4	4AHJ
ProvREC	Sa	9:50am	6D4.LDDE	9/6	4AHI
ProvREC	Su	9:50am	6D4.77JQ	9/7	4AHI

ProvREC	Sa	9:50am	6D4.FQ4N	10/25	4AHI
ProvREC	Su	9:50am	6D4.917B	10/26	4AHI
ProvREC	Th	6:35pm	6D4.IAKD	10/30	4AHI
SoRunREC	Sa	10:40am	6D4.9357	8/23	4AHJ
SoRunREC	T/Th	6pm	6D4.1X70	8/26	4AHL
SoRunREC	T/Th	6pm	6D4.WH7X	9/30	4AHJ
SoRunREC	Sa	10:40am	6D4.5ZU5	10/25	4AHJ
SoRunREC	T/Th	6pm	6D4.WYGT	10/28	4AHJ
SoRunREC	T/Th	6pm	6D4.RFKQ	11/25	4AHI
SpHillREC	Sa	11:05am	6D4.NN5N	9/6	4AHI
SpHillREC	Su	10am	6D4.2CZN	9/7	4AHI
SpHillREC	M	7pm	6D4.Z707	9/8	4AHI
SpHillREC	W	6:50pm	6D4.PD10	9/10	4AHI
SpHillREC	Sa	11:05am	6D4.XLQP	10/25	4AHJ
SpHillREC	Su	10am	6D4.J1FW	10/26	4AHJ
SpHillREC	M	7pm	6D4.KU87	10/27	4AHJ
SpHillREC	W	6:50pm	6D4.RLSZ	10/29	4AHI
Wkfld/Moore	Su	9:50am	6D4.7EB9	9/7	4AHI
Wkfld/Moore	Su	9:50am	6D4.5MG1	10/26	4AHI

### Stroke Mechanics 3

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

<b>4AHH</b>	<b>6--55 minute lessons--\$106</b>
<b>4AHI</b>	<b>7--55 minute lessons--\$124</b>
<b>4AHJ</b>	<b>8--55 minute lessons--\$142</b>
<b>4AHK</b>	<b>9--55 minute lessons--\$159</b>
<b>4AHL</b>	<b>10--55 minute lessons--\$177</b>

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	10:50am	E57.W589	9/13	4AHH
CubRunREC	Su	10:50am	E57.2FGM	9/14	4AHH
CubRunREC	F	6:50pm	E57.BXTZ	9/19	4AHJ
CubRunREC	Sa	10:50am	E57.QA9C	10/25	4AHJ
CubRunREC	Su	10:50am	E57.4QZF	10/26	4AHJ
Franconia Rec	Su	12pm	E57.UBSF	9/7	4AHH
Franconia Rec	T	7:20pm	E57.MJXN	9/9	4AHI
Franconia Rec	T	7:20pm	E57.N7U4	9/9	4AHI
Franconia Rec	Sa	8:35am	E57.HDBM	10/25	4AHI
Franconia Rec	Su	12pm	E57.K06V	10/26	4AHI
Franconia Rec	T	7pm	E57.5YYX	10/28	4AHJ
MtVernREC	Sa	11:50am	E57.V1RN	9/6	4AHI
MtVernREC	Sa	11:50am	E57.2LUE	10/25	4AHJ
OakmontREC	Sa	11am	E57.46VD	8/23	4AHJ
OakmontREC	Su	10:50am	E57.SHCU	8/24	4AHJ
OakmontREC	T	6:50pm	E57.CYYA	8/26	4AHC
OakmontREC	Th	6:50pm	E57.IFCJ	8/28	4AHC
OakmontREC	Sa	11am	E57.5PTW	10/25	4AHI
OakmontREC	Su	10:50am	E57.TLQ	10/26	4AHI
OakmontREC	T	6:50pm	E57.W9SG	10/28	4AHJ
OakmontREC	Th	6:50pm	E57.IU3E	10/30	4AHI
ProvREC	Th	7:35pm	E57.8CVL	9/4	4AHJ
ProvREC	Sa	10:55am	E57.77AX	9/6	4AHI
ProvREC	Su	10:55am	E57.9D2E	9/7	4AHI
ProvREC	Sa	10:55am	E57.IBW9	10/25	4AHI
ProvREC	Su	10:55am	E57.92V1	10/26	4AHI
ProvREC	Th	7:35pm	E57.454W	10/30	4AHI
SoRunREC	M/W	7pm	E57.W50E	8/25	4AHC
SoRunREC	T/Th	8pm	E57.VSTO	8/26	4AHL
SoRunREC	M/W	7pm	E57.G43R	9/29	4AHJ
SoRunREC	T/Th	8pm	E57.LIMC	9/30	4AHJ
SoRunREC	M/W	7pm	E57.6XZN	10/27	4AHJ
SoRunREC	T/Th	8pm	E57.SZGA	10/28	4AHJ



SoRunREC	M/W	7pm	E57.70RZ	11/24	4AH
SoRunREC	T/Th	8pm	E57.AY90	11/25	4AH
SpHillREC	Sa	12:05pm	E57.DMNR	9/6	4AH
SpHillREC	Su	11:05am	E57.R8KT	9/7	4AH
SpHillREC	T	6:05pm	E57.3EPZ	9/9	4AH
SpHillREC	Th	6pm	E57.E150	9/11	4AH
SpHillREC	Sa	12:05pm	E57.798L	10/25	4AHJ
SpHillREC	Su	11:05am	E57.5210	10/26	4AHJ
SpHillREC	T	6:05pm	E57.C6E1	10/28	4AHJ
SpHillREC	Th	6pm	E57.14UF	10/30	4AH
Wkfld/Moore	Sa	9am	E57.OSZG	9/6	4AH
Wkfld/Moore	Su	11am	E57.INUS	9/7	4AH
Wkfld/Moore	Sa	9am	E57.DME0	10/25	4AHJ
Wkfld/Moore	Su	11am	E57.QH2J	10/26	4AHJ

## Stroke Mechanics 4

**(11-18 yrs.)** Prerequisite: Must have a high endurance level to swim an intense workout each class and be able to tread water for one minute, swim continuously 200 yards each freestyle and backstroke, 100 yards breaststroke, 50 yards butterfly, and 100 yards IM. Students must wear a one-piece, competitive-style swimsuit 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.

<b>4AHH</b>	<b>6--55 minute lessons--\$106</b>
<b>4AHI</b>	<b>7--55 minute lessons--\$124</b>
<b>4AHJ</b>	<b>8--55 minute lessons--\$142</b>
<b>4AHK</b>	<b>9--55 minute lessons--\$159</b>

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	11:50am	2F3.83MT	9/13	4AHH
CubRunREC	Su	11:50am	2F3.NEYN	9/14	4AHH
CubRunREC	F	7:50pm	2F3.UCVU	9/19	4AHJ
CubRunREC	Sa	11:50am	2F3.SXHZ	10/25	4AHJ
CubRunREC	Su	11:50am	2F3.FC73	10/26	4AHJ
OakmontREC	Sa	12pm	2F3.ARIO	8/23	4AHJ
OakmontREC	Su	11:50am	2F3.8DRL	8/24	4AHJ
OakmontREC	M	7pm	2F3.LZJV	8/25	4AHJ
OakmontREC	W	7pm	2F3.CRDH	8/27	4AHK
OakmontREC	Sa	12pm	2F3.UPDO	10/25	4AHI
OakmontREC	Su	11:50am	2F3.NW8X	10/26	4AHI
OakmontREC	M	7pm	2F3.1T13	10/27	4AHJ
OakmontREC	W	7pm	2F3.3GYL	10/29	4AHJ
ProvREC	Sa	11:55am	2F3.4YOL	9/6	4AHI
ProvREC	Su	11:55am	2F3.CBSJ	9/7	4AHI
ProvREC	Sa	11:55am	2F3.USKK	10/25	4AHI
ProvREC	Su	11:55am	2F3.YKL5	10/26	4AHI
SoRunREC	M/W	8pm	2F3.TBPS	8/25	4AHK
SoRunREC	M/W	8pm	2F3.EGAN	9/29	4AHJ
SoRunREC	M/W	8pm	2F3.T3JR	10/27	4AHJ
SoRunREC	M/W	8pm	2F3.FF6I	11/24	4AHI
SpHillREC	Sa	1:05pm	2F3.OAGV	9/6	4AHI
SpHillREC	Su	12:05pm	2F3.06LV	9/7	4AHI
SpHillREC	T	7:05pm	2F3.XSSV	9/9	4AHI
SpHillREC	Th	7pm	2F3.JPT0	9/11	4AHI
SpHillREC	Sa	1:05pm	2F3.12B1	10/25	4AHJ
SpHillREC	Su	12:05pm	2F3.WJIB	10/26	4AHJ
SpHillREC	T	7:05pm	2F3.RC8B	10/28	4AHJ
SpHillREC	Th	7pm	2F3.8850	10/30	4AHI
Wkfld/Moore	Sa	10:10am	2F3.QUV8	9/6	4AHI
Wkfld/Moore	Su	12pm	2F3.3M37	9/7	4AHI
Wkfld/Moore	Sa	10am	2F3.HH7G	10/25	4AHJ
Wkfld/Moore	Su	12pm	2F3.29NG	10/26	4AHJ



## Lap Swim

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

<b>4AAA</b>	<b>9--55 minute lessons--\$157</b>
<b>4AAB</b>	<b>10--55 minute lessons--\$175</b>
<b>4AX</b>	<b>6--55 minute lessons--\$105</b>
<b>4AY</b>	<b>7--55 minute lessons--\$122</b>
<b>4AZ</b>	<b>8--55 minute lessons--\$139</b>

Location	Day	Time	Code	Begin	\$
CubRunREC	Su	8am	41A.NTAS	9/14	4AX
CubRunREC	T	8pm	41A.KWCF	9/16	4AX
CubRunREC	Th	7pm	41A.WQ6G	9/18	4AX
CubRunREC	F	1pm	41A.8JND	9/19	4AX
CubRunREC	Su	8am	41A.LRGW	10/26	4AZ
CubRunREC	T	8pm	41A.V1MB	10/28	4AZ
CubRunREC	Th	7pm	41A.B6TS	10/30	4AY
CubRunREC	F	1pm	41A.M12H	11/7	4AX
GWREC	Th	8pm	41A.T07W	9/11	4AY
GWREC	Th	8pm	41A.159G	10/30	4AY
MtVernREC	Sa	9am	41A.W41Z	9/6	4AY
MtVernREC	Sa	9am	41A.B12K	10/25	4AZ
OakmontREC	Su	8am	41A.KVNC	8/24	4AZ
OakmontREC	T	7:50pm	41A.6Z0J	8/26	4AAA
OakmontREC	W	10:30am	41A.XLYN	8/27	4AAA
OakmontREC	Su	8am	41A.CUQW	10/26	4AY
OakmontREC	T	7:50pm	41A.XV7D	10/28	4AZ
OakmontREC	W	10:30am	41A.T3ZP	10/29	4AZ
ProvREC	F	7:25pm	41A.BNKU	9/5	4AZ
ProvREC	M	7:50pm	41A.TTUM	9/8	4AY
ProvREC	M	7:50pm	41A.5YTL	10/27	4AZ
SoRunREC	T/Th	9:30am	41A.IKRV	8/26	4AAB
SoRunREC	T/Th	9:30am	41A.J290	9/30	4AZ
SoRunREC	T/Th	9:30am	41A.HBOV	10/28	4AZ
SoRunREC	T/Th	9:30am	41A.OESX	11/25	4AY
SpHillREC	Sa	9:10am	41A.7LPN	9/6	4AY
SpHillREC	M	6:30pm	41A.41BT	9/8	4AY
SpHillREC	F	7:45pm	41A.OT53	9/12	4AY
SpHillREC	Sa	9:10am	41A.K3NZ	10/25	4AZ
SpHillREC	M	6:30pm	41A.DAMR	10/27	4AZ
Wkfld/Moore	Sa	10am	41A.06N1	9/6	4AY
Wkfld/Moore	Su	4:30pm	41A.ZPJB	9/7	4AY
Wkfld/Moore	Sa	10am	41A.4V0A	10/25	4AZ
Wkfld/Moore	Su	4:30pm	41A.BG0E	10/26	4AZ

## Lap Swim Lite

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

<b>4AAA</b>	<b>9--55 minute lessons--\$157</b>
<b>4AAB</b>	<b>10--55 minute lessons--\$175</b>
<b>4AX</b>	<b>6--55 minute lessons--\$105</b>
<b>4AY</b>	<b>7--55 minute lessons--\$122</b>
<b>4AZ</b>	<b>8--55 minute lessons--\$139</b>

Location	Day	Time	Code	Begin	\$
OakmontREC	W	11:30am	C96.CJ3H	8/27	4AAA
OakmontREC	F	11:30am	C96.63LA	8/29	4AAA
OakmontREC	W	11:30am	C96.VU42	10/29	4AZ
OakmontREC	F	11:30am	C96.X7WQ	10/31	4AX
SoRunREC	T/Th	10:30am	C96.8SUM	8/26	4AAB
SoRunREC	T/Th	10:30am	C96.2L17	9/30	4AZ
SoRunREC	T/Th	10:30am	C96.6LAL	10/28	4AZ
SoRunREC	T/Th	10:30am	C96.0J90	11/25	4AY
Wkfld/Moore	Sa	11am	C96.GZ80	9/6	4AY
Wkfld/Moore	Sa	11am	C96.X1NC	10/25	4AZ

## 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 make it more challenging.

<b>4AAA</b>	<b>9--55 minute lessons--\$157</b>
<b>4AX</b>	<b>6--55 minute lessons--\$105</b>
<b>4AY</b>	<b>7--55 minute lessons--\$122</b>
<b>4AZ</b>	<b>8--55 minute lessons--\$139</b>

Location	Day	Time	Code	Begin	\$
OakmontREC	Sa	9am	85E.E88U	8/23	4AZ
OakmontREC	Su	8am	85E.4PVF	8/24	4AZ
OakmontREC	M	8pm	85E.V6Z3	8/25	4AZ
OakmontREC	W	8pm	85E.L2XJ	8/27	4AAA
OakmontREC	W	9:30am	85E.M657	8/27	4AAA
OakmontREC	F	9:30am	85E.A3CI	8/29	4AAA
OakmontREC	Sa	9am	85E.RH4F	10/25	4AY
OakmontREC	Su	8am	85E.NOJK	10/26	4AY
OakmontREC	M	8pm	85E.AHJ3	10/27	4AZ
OakmontREC	W	8pm	85E.OUSR	10/29	4AZ
OakmontREC	W	9:30am	85E.TVWS	10/29	4AZ
OakmontREC	F	9:30am	85E.4V1K	10/31	4AX
Wkfld/Moore	Sa	9am	85E.0T05	9/6	4AY
Wkfld/Moore	Sa	9am	85E.DODY	10/25	4AZ





# Aquatics

## Swim Clinics

### Butterfly & Breaststroke Clinic 1

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

<b>4AO</b>	<b>7--45 minute lessons--\$115</b>				
<b>4AP</b>	<b>8--45 minute lessons--\$134</b>				
<b>Location</b>	<b>Day</b>	<b>Time</b>	<b>Code</b>	<b>Begin</b>	<b>\$</b>
OakmontREC	Sa	11:40am	8DD.OMH8	8/23	4AP
OakmontREC	Sa	11:40am	8DD.OEN5	10/25	4AO
Wkfld/Moore	Su	3:20pm	8DD.Z05Z	9/7	4AO
Wkfld/Moore	Su	3:20pm	8DD.DKW6	10/26	4AO

### Butterfly & Breaststroke Clinic 2

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

4AO	7--45 minute lessons--\$115				
4AY	7--55 minute lessons--\$122				
4AZ	8--55 minute lessons--\$139				
Location	Day	Time	Code	Begin	\$
OakmontREC	Su	11am	2D5.MSZQ	8/24	4AZ
OakmontREC	Su	11am	2D5.58EM	10/26	4AY
SpHillREC	Su	1pm	2D5.YSWV	9/7	4AY
SpHillREC	Su	1pm	2D5.40LY	10/26	4AZ
Wkfld/Moore	Sa	12pm	2D5.LD4C	9/6	4AO
Wkfld/Moore	Sa	12pm	2D5.X698	10/25	4AO

### Freestyle & Backstroke Clinic 1

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

4AO	7--45 minute lessons--\$115				
4AP	8--45 minute lessons--\$134				
Location	Day	Time	Code	Begin	\$
MtVernREC	Sa	12pm	9D9.W2VC	9/6	4AO
MtVernREC	Sa	12pm	9D9.39HE	10/25	4AP
OakmontREC	Sa	10:50am	9D9.WYF6	8/23	4AP
OakmontREC	Sa	10:50am	9D9.J92D	10/25	4AO
Wkfld/Moore	Su	2:30pm	9D9.IOH4	9/7	4AO
Wkfld/Moore	Su	2:30pm	9D9.ID5F	10/26	4AP

### Freestyle & Backstroke Clinic 2

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

4AO	7--45 minute lessons--\$115				
4AY	7--55 minute lessons--\$122				
4AZ	8--55 minute lessons--\$139				
Location	Day	Time	Code	Begin	\$
OakmontREC	Su	10am	40A.R9FI	8/24	4AZ
OakmontREC	Su	10am	40A.7IQ4	10/26	4AY
SpHillREC	Su	1:05pm	40A.J31Q	9/7	4AY
SpHillREC	Su	1:05pm	40A.BU8R	10/26	4AZ
Wkfld/Moore	Sa	11am	40A.N601	9/6	4AO
Wkfld/Moore	Sa	11am	40A.98SI	10/25	4AO

## Swim Team Prep

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.

4AAA	9--55 minute lessons--\$157
4AO	7--45 minute lessons--\$115
4AP	8--45 minute lessons--\$134
4AX	6--55 minute lessons--\$105
4AY	7--55 minute lessons--\$122
4AZ	8--55 minute lessons--\$139

Location	Day	Time	Code	Begin	\$
(6-12 yrs.)					
CubRunREC	Su	4pm	E8D.CAT9	9/14	4AX
CubRunREC	Su	5pm	E8D.4F8Z	9/14	4AX
CubRunREC	Su	4pm	E8D.9AE5	10/26	4AZ
CubRunREC	Su	5pm	E8D.E09C	10/26	4AZ
GWREC	Sa	11am	E8D.OCDI	9/6	4AO
GWREC	Sa	12pm	E8D.UF34	9/6	4AO
GWREC	Sa	11am	E8D.U6DK	10/25	4AP
GWREC	Sa	12pm	E8D.0CXB	10/25	4AP
OakmontREC	Su	9am	E8D.N71Z	8/24	4AZ
OakmontREC	Th	7:50pm	E8D.0KHS	8/28	4AAA
OakmontREC	F	8pm	E8D.PPFA	8/29	4AAA
OakmontREC	Su	9am	E8D.21BV	10/26	4AY
OakmontREC	Th	7:50pm	E8D.MAD6	10/30	4AY
SoRunREC	Su	4pm	E8D.XYNI	8/24	4AZ
SoRunREC	Su	4pm	E8D.FHSM	10/26	4AZ
Wkfld/Moore	Su	4:10pm	E8D.MGZU	9/7	4AY
Wkfld/Moore	Su	4:10pm	E8D.R7A9	10/26	4AZ
(13-18 yrs.)					
CubRunREC	Su	4pm	246.4XQB	9/14	4AX
CubRunREC	Su	5pm	246.DG5T	9/14	4AX
CubRunREC	Su	4pm	246.HXEF	10/26	4AZ
CubRunREC	Su	5pm	246.R2HF	10/26	4AZ
SoRunREC	Su	5pm	246.V36V	8/24	4AZ
SoRunREC	Su	5pm	246.CORA	10/26	4AZ



**Saturday, November 1**  
**2 - 4 p.m.**  
**FREE! • Adults Only**  
**Registration Required**  
**3 Rec Centers:**  
**Oakmont**  
**Audrey Moore**  
**Franconia**

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

[www.fairfaxcounty.gov/parks/reccenter/swimming](http://www.fairfaxcounty.gov/parks/reccenter/swimming)







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## Aquatic Fitness

### Options for aquatic exercisers:

#### Drop-In (or pay as you go)

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

#### Aqua Exercise Flex Pass

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

#### Register for coded class listed in Parktakes

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



## Aerobic Water Exercise

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

4AB1	16--55 minute lessons--\$236
4AB3	43--55 minute lessons--\$634
4ABE	15--55 minute lessons--\$221
4ABO	31--55 minute lessons--\$457
4ABW	17--55 minute lessons--\$251
4AGA	45--55 minute lessons--\$665
4AGD	49--55 minute lessons--\$725

Location	Day	Time	Code	Begin	\$
GWREC	M/W/F	8:30am	3AD.1Z9S	9/8	4AB3
OakmontREC	Su	4pm	3AD.DFLF	8/24	4AB1
OakmontREC	T	8am	3AD.FOU3	8/26	4ABW
OakmontREC	T	10am	3AD.3CKO	8/26	4ABW
OakmontREC	W	9am	3AD.FA1S	8/27	4ABW
OakmontREC	Th	10am	3AD.6QGU	8/28	4AB1
ProvREC	T/Th	8:30am	3AD.QJVD	9/2	4ABO
ProvREC	T/Th	9:30am	3AD.MJK9	9/2	4ABO
ProvREC	M/W/F	7:30am	3AD.OSZ9	9/3	4AGA
ProvREC	M/W/F	10:30am	3AD.WZ8H	9/3	4AGA
ProvREC	Su	9am	3AD.4XTU	9/7	4ABE
SpHillREC	M/W/F	8:30am	3AD.AZD2	8/25	4AGD

## 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.

4ABC	13--55 minute lessons--\$192
4ABE	15--55 minute lessons--\$221
4ABW	17--55 minute lessons--\$251
4AGD	49--55 minute lessons--\$725

Location	Day	Time	Code	Begin	\$
CubRunREC	Th	7pm	40C.PFRH	9/18	4ABC
OakmontREC	W	8am	40C.SXSW	8/27	4ABW
OakmontREC	F	8am	40C.2V81	8/29	4ABE
SpHillREC	M/W	7:30am	40C.Y7KJ	8/25	4AGD
SpHillREC	T	10am	40C.ENAU	8/26	4ABW
MtVernREC	Sa	2:30pm	40C.F1U4	9/6	4ABE

## 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.

4AB3	43--55 minute lessons--\$634
4ABJ	29--55 minute lessons--\$430

Location	Day	Time	Code	Begin	\$
Franconia Rec	M/W/F	8am	2A9.YTPY	9/8	4AB3
Franconia Rec	T/Th	7:35pm	2A9.2Y5B	9/9	4ABJ
MtVernREC	M/W	8am	2A9.DVV9	9/3	4ABX
MtVernREC	F	9:10am	2A9.NCP1	9/5	4ABE

## 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.

4AB1	16--55 minute lessons--\$236
4AB3	43--55 minute lessons--\$634
4ABJ	29--55 minute lessons--\$430
4ABO	31--55 minute lessons--\$457
4ABW	17--55 minute lessons--\$251
4AGA	45--55 minute lessons--\$665
4AGC	27--55 minute lessons--\$399
4AGD	49--55 minute lessons--\$725

Location	Day	Time	Code	Begin	\$
CubRunREC	T/Th	9am	9E8.NLEH	9/16	4AGC
Franconia Rec	M/W/F	10:15am	9E8.2EGH	9/8	4AB3
GWREC	T/Th	9am	9E8.KAHY	9/8	4ABJ
GWREC	T/Th	10am	9E8.VQJB	9/8	4ABJ
OakmontREC	T	11am	9E8.B2FB	8/26	4ABW
OakmontREC	Th	11am	9E8.S1WP	8/28	4AB1
ProvREC	T/Th	11:30am	9E8.8TLO	9/2	4ABO
ProvREC	M/W/F	11:30am	9E8.YF2C	9/3	4AGA
SpHillREC	M/W/F	10:40am	9E8.5C48	8/25	4AGD
MtVernREC	M/W	9:10am	9E8.7ZL4	9/3	4ABX
MtVernREC	T	9:10am	9E8.WQP3	9/2	4AB1

## Deep Water Exercise

**(13-Adult)** Prerequisite: Students must be able to swim 25 yards continuously. Take the plunge for a no-impact workout. You will use a variety of deep

water exercises and running techniques to get the maximum benefit from water's natural resistance.

4AB1	16--55 minute lessons--\$236
4AB3	43--55 minute lessons--\$634
4ABE	15--55 minute lessons--\$221
4ABJ	29--55 minute lessons--\$430
4ABK	33--55 minute lessons--\$488
4ABO	31--55 minute lessons--\$457
4ABW	17--55 minute lessons--\$251
4AGA	45--55 minute lessons--\$665
4AGC	27--55 minute lessons--\$399
4AGD	49--55 minute lessons--\$725

Location	Day	Time	Code	Begin	\$
CubRunREC	T/Th	10am	B8B.UFXA	9/16	4AGC
GWREC	Su	1pm	B8B.PC1D	9/7	4ABE
GWREC	M/W/F	7:30am	B8B.ASUM	9/8	4AB3
GWREC	M/W/F	9:30am	B8B.VZ01	9/8	4AB3
GWREC	M/W/F	10:30am	B8B.EK1S	9/8	4AB3
GWREC	T/Th	5:05pm	B8B.E57Q	9/9	4ABJ
OakmontREC	Su	5pm	B8B.W3FA	8/24	4AB1
OakmontREC	M/W/F	9:10am	B8B.FNRE	8/25	4AGD
OakmontREC	T/Th	9am	B8B.LEDN	8/26	4ABK
ProvREC	T/Th	5:50pm	B8B.X17T	9/2	4ABO
ProvREC	T/Th	6:50pm	B8B.KZSD	9/2	4ABO
ProvREC	M/W/F	8:30am	B8B.HXUG	9/3	4AGA
SpHillREC	M/W/F	9:40am	B8B.8QT5	8/25	4AGD
SpHillREC	T	9am	B8B.4S3S	8/26	4ABW

## Now Hiring and Training LIFEGUARDS

- No prior training or experience required.
- Training provided after employment offer.
- Positions available at all Rec Centers and the Water Mine.



[www.fairfaxcounty.gov/parks/reccenter/jobs](http://www.fairfaxcounty.gov/parks/reccenter/jobs)





# Aquatics

## 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.

**4AGD 49--55 minute lessons--\$725**

Location	Day	Time	Code	Begin	\$
OakmontREC	M/W/F	10:10am	4A8.8T2X	8/25	4AGD
MtVernREC	F	8am	4A8.DQ18	9/5	4ABD

## 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.

**4AB3 43--55 minute lessons--\$634**

**4ABC 13--55 minute lessons--\$192**

**4AGA 45--55 minute lessons--\$665**

**4AGD 49--55 minute lessons--\$725**

Location	Day	Time	Code	Begin	\$
Franconia Rec	Sa	10am	B79.LOPI	9/6	4ABC
Franconia Rec	Su	4pm	B79.C6YF	9/7	4ABC
Franconia Rec	M/W/F	9:10am	B79.TDKL	9/8	4AB3
OakmontREC	M/W/F	8:10am	B79.P5FQ	8/25	4AGD
ProvREC	M/W/F	9:30am	B79.VGKM	9/3	4AGA
MtVernREC	T/Th	8am	B79.4DOP	9/2	4ABO

## 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.

**4ABC 13--55 minute lessons--\$192**

**4ABD 14--55 minute lessons--\$208**

**4ABE 15--55 minute lessons--\$221**

Location	Day	Time	Code	Begin	\$
Franconia Rec	Sa	9am	83P.ETDK	9/6	4ABC
Franconia Rec	M	7:35pm	83P.1M1H	9/8	4ABE
GWREC	Th	10am	83P.FVYX	9/11	4ABD

## S'WET Deep

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

**4ABE 15--55 minute lessons--\$221**

Location	Day	Time	Code	Begin	\$
Franconia Rec	W	7:35pm	32R.9LA6	9/10	4ABE

## S'WET Shallow

**(13-Adult)** S'WET shallow water combines muscle, strength, and high intensity interval training with advanced cardio, plyometrics, unique equipment from around the world, and a splash of fun. S'WET offers an



intense, athletic boot camp that is modifiable for all levels of experience and ability.

**4AB3 43--55 minute lessons--\$634**

**4ABC 13--55 minute lessons--\$192**

Location	Day	Time	Code	Begin	\$
Franconia Rec	Su	3pm	NC7.JQZW	9/7	4AB3
Franconia Rec	M/W/F	6:35am	NC7.2I6S	9/8	4AB3
MtVernREC	Th	9:10am	2C7.QA5S	9/4	4ABE

## Water Walking

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

**4AB3 43--55 minute lessons--\$634**

**4ABC 13--55 minute lessons--\$192**

**4ABO 31--55 minute lessons--\$457**

Location	Day	Time	Code	Begin	\$
Franconia Rec	Sa	8am	7B5.S2NK	9/6	4ABC
Franconia Rec	M/W/F	11:20am	7B5.P29U	9/8	4AB3
ProvREC	T/Th	10:30am	7B5.1RDU	9/2	4ABO

## 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 also introduced to forward and back dives.

**4AX 6--55 minute lessons--\$105**

**4AY 7--55 minute lessons--\$122**

**4AZ 8--55 minute lessons--\$139**

Location	Day	Time	Code	Begin	\$
CubRunREC	F	6pm	5B5.T42B	9/19	4AZ
OakmontREC	Su	9am	5B5.1XU7	8/24	4AZ
OakmontREC	Su	11am	5B5.EMMQ	8/24	4AZ
OakmontREC	Su	9am	5B5.H57F	10/26	4AY
OakmontREC	Su	11am	5B5.WF8M	10/26	4AY
ProvREC	Sa	1:05pm	5B5.DA82	9/6	4AY
ProvREC	Sa	1:05pm	5B5.I0JQ	10/25	4AY
Wkfld/Moore	F	5:30pm	5B5.ZWX6	9/5	4AZ
Wkfld/Moore	Sa	3:45pm	5B5.VMG2	9/6	4AY
Wkfld/Moore	Sa	12:10pm	5B5.GSYQ	9/6	4AY
Wkfld/Moore	Su	11am	5B5.HUB8	9/7	4AY
Wkfld/Moore	Sa	3:45pm	5B5.KWUB	10/25	4AZ
Wkfld/Moore	Sa	12:10pm	5B5.RCSL	10/25	4AZ
Wkfld/Moore	Su	11am	5B5.F8OG	10/26	4AZ
Wkfld/Moore	F	5:30pm	5B5.RSEX	11/7	4AX

### 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--\$105**

**4AY 7--55 minute lessons--\$122**

**4AZ 8--55 minute lessons--\$139**

Location	Day	Time	Code	Begin	\$
CubRunREC	F	7pm	8A5.GAY5	9/19	4AZ
OakmontREC	Su	10am	8A5.QV1X	8/24	4AZ
OakmontREC	Su	12pm	8A5.CTSD	8/24	4AZ
OakmontREC	Su	10am	8A5.ZQSG	10/26	4AY
OakmontREC	Su	12pm	8A5.9322	10/26	4AY
ProvREC	Sa	2:05pm	8A5.383A	9/6	4AY
ProvREC	Sa	2:05pm	8A5.BW6W	10/25	4AY
Wkfld/Moore	F	6:30pm	8A5.UPQK	9/5	4AZ
Wkfld/Moore	Sa	2:40pm	8A5.2CFD	9/6	4AY
Wkfld/Moore	Sa	4:50pm	8A5.Z6JQ	9/6	4AY
Wkfld/Moore	Sa	12:10pm	8A5.S9JW	9/6	4AY
Wkfld/Moore	Su	10am	8A5.H7AG	9/7	4AY
Wkfld/Moore	Sa	2:40pm	8A5.DR14	10/25	4AZ
Wkfld/Moore	Sa	4:50pm	8A5.083C	10/25	4AZ
Wkfld/Moore	Sa	11:10am	8A5.XWAH	10/25	4AZ
Wkfld/Moore	Su	10am	8A5.ITGN	10/26	4AZ
Wkfld/Moore	F	6:30pm	8A5.M7ID	11/7	4AX

### Springboard Diving-Advanced

**(6-Adult)** Prerequisite: Must be able to swim at least 25 yards, and have completed or have skill level for Springboard Diving-Intermediate. Class emphasizes refining and improving the four main dive components: approach, takeoff, flight and entry, and the four basic dive positions: layout, pike, tuck and free. More advanced dives and flips are also introduced.

**4AX 6--55 minute lessons--\$105**

**4AY 7--55 minute lessons--\$122**

**4AZ 8--55 minute lessons--\$139**

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	F	6:30pm	535.ASUT	9/5	4AZ
Wkfld/Moore	Sa	1:35pm	535.DC83	9/6	4AY
Wkfld/Moore	Sa	10:10am	535.0WWG	9/6	4AY
Wkfld/Moore	Su	9am	535.6JL3	9/7	4AY
Wkfld/Moore	Sa	1:35pm	535.4D73	10/25	4AZ
Wkfld/Moore	Sa	10:10am	535.HFQS	10/25	4AZ
Wkfld/Moore	Su	9am	535.PZOH	10/26	4AZ
Wkfld/Moore	F	6:30pm	535.9Z00	11/7	4AX



## Attractions

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



### Clemyjontri Park



6317 Georgetown Pike, McLean  
703-388-2807

[www.fairfaxcounty.gov/parks/clemyjontri](http://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.



### 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](http://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](http://www.fairfaxcounty.gov/parks/trails/cross-county-trail).

### 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](http://www.fairfaxcounty.gov/parks/parties) or call the sites directly.

Audrey Moore Rec Center	703-321-7081
Cub Run Rec Center	703-817-9407
Ellanor C Lawrence Park	703-631-0013
Franconia Rec Center	703-922-9841
Frying Pan Farm Park	703-437-9101
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	703-569-3464
Mount Vernon Rec Center	703-768-3224
Oakmont Rec Center	703-281-6501
Pinecrest Golf Course	703-941-1061
Providence Rec Center	703-698-1351
Riverbend Nature Center	703-759-9018
South Run Rec Center	703-866-0566
Spring Hill Rec Center	703-827-0989



For additional mini-golf park attractions, fees and hours of operation, visit [www.fairfaxcounty.gov/parks/minigolf](http://www.fairfaxcounty.gov/parks/minigolf).

### Burke Lake Park

7315 Ox Road, Fairfax Station • 703-323-6600

### Oakmont Rec Center

3200 Jermantown Road, Oakton • 703-281-6501

### Jefferson Falls in Jefferson District Park

7900 Lee Highway, Falls Church • 703-573-0444

### Lucky Duck in Lake Accotink Park

*It is right by the carousel for added fun!*

7500 Accotink Park Road, Springfield  
703-569-3464

### FCPA Farmers Markets

*Buy Fresh, Buy Local...*

fruits, vegetables, honey  
baked goods, plants, eggs  
meat, dairy and flowers



[www.fairfaxcounty.gov/farmersmarkets](http://www.fairfaxcounty.gov/farmersmarkets)



### 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.

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





# Attractions and Amusements

## Our Special Harbor 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.
- Beach area with softer bubblers and interactive water tables.
- Computerized water maze and dumping crab basket.
- 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 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/reccenter/cub-run/leisure-pool](http://www.fairfaxcounty.gov/parks/reccenter/cub-run/leisure-pool) or call 703-817-9407.

## Come to the Parks for Picnics



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

For help planning your event, email [FCPAPicnics@fairfaxcounty.gov](mailto:FCPAPicnics@fairfaxcounty.gov) or call 703-324-8732.



## The Water Mine at Lake Fairfax Park



1400 Lake Fairfax Drive, Reston • 703-471-5415  
[www.fairfaxcounty.gov/parks/watermine](http://www.fairfaxcounty.gov/parks/watermine)

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

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



## Celebrate your Birthday in the Parks!

**Swing into Fun with Mini Golf**  
Burke Lake • Jefferson • Lake Accotink • Oakmont

**Splash Around Year Round**  
Your Local Rec Center Pools & Party Rooms

**Ride a Carousel or Train**  
Burke Lake • Clemjontri • Lake Accotink  
Lake Fairfax • Frying Pan Farm Park

**Bounce Around a Soft Playroom**  
Franconia Rec Center

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



## Gift a Fairfax County Park Authority Experience this Holiday Season!



*Experience the magic of parks with a:*

• **Fairfax County Park Authority Gift Card:**  
Available at Nature Centers/Historic Sites and Online

• **Golf Fairfax Gift Card:**  
Available at Golf Pro Shops

*Activities, Classes, Camps, Food and Merchandise*



Learn more at  
[www.fairfaxcounty.gov/parks/giftcards](http://www.fairfaxcounty.gov/parks/giftcards)



FALL  
CAMPS

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



## Adventure and Nature Camps

## Eat What You Grow

(6-10 yrs.) Help us in the kitchen garden and learn how the people of Colvin Run relied on plants for food, medicine, and housekeeping. Bring home a starter garden and a garden treat.

Location	Day	Time	Code	Dates	\$
ColvinRun	M-Tu	9am-4pm	W3B.82LE	11/3-11/4	\$149

## Election Day on the Farm Camp

(6-12 yrs.) Which animal will be elected President of the Kidwell Farm Yard? Campers will meet and learn about the farm animal candidates, create a campaign with posters and buttons, write a speech and hold an election to get a farm animal elected. The winner will pardon a turkey for Thanksgiving. Campers should bring snacks and lunch.

Location	Day	Time	Code	Dates	\$
FryingPanPk	M-Tu	9am-4pm	9TU.YFH4	11/3-11/4	\$149

## Map Your Own Adventure

(6-10 yrs.) Explore map making and letter writing in the 1800s. Survey and create maps of the Sully Historic Site, solve codes and make ink to write letters. Learn to navigate the world with 19th century skills and technology.

Location	Day	Time	Code	Dates	\$
SullyHistSite	M	9am-4pm	IKT.B5KW	10/13	\$119

## Outdoor Adventure Minicamp

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

Location	Day	Time	Code	Dates	\$
ECLawrence	T	8:30am-4:30pm	WJL.8K3X	9/23	\$129
ECLawrence	M	8:30am-4:30pm	WJL.QAZM	10/13	\$129
GWREC	Th	8:30am-4:30pm	WJL.NOLN	10/2	\$129

## Survival Camp

(9-13 yrs.) Embark on a thrilling journey of wilderness exploration and self-sufficiency with Baroody Outside. This immersive experience is designed to equip campers with essential skills and knowledge needed to thrive in the great outdoors. Guided by experienced instructors and fueled by a spirit of adventure, campers will engage in hands-on activities that encompass survival techniques, teamwork, and a deep connection to nature.

Location	Day	Time	Code	Dates	\$
ECLawrence	M	8:30am-4:30pm	U9M.AKML	11/3	\$129
GWREC	M	8:30am-4:30pm	U9M.VX78	10/20	\$129

## Enrich your parks!



Learn more at [www.fairfaxparkfoundation.org](http://www.fairfaxparkfoundation.org)



## Travel Mountain Biking MiniCamp

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

Location	Day	Time	Code	Dates	\$
GWREC	M	8:30am-4:30pm	C9Z.OLPL	10/13	\$129

## Wetlanders Camp

(6-11 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	Day	Time	Code	Dates	\$
HuntMdwsPk	M-Tu	9am-4pm	9YD.BAYB	11/3-11/4	\$149

## Young Adventures Camp

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

Location	Day	Time	Code	Dates	\$
GWREC	T	8:30am-4:30pm	K1Q.V4QZ	9/23	\$129

## Art and Performing Arts Camps

## 3D Mania Art Camp

(5 ½-12 yrs.) Use your fingers to pat, push and pull clay materials into ceramic objects with Abakadoodle. Be inspired by ancient and modern artists to create your own expressions of clay art. Lessons using Chinese artifacts, mythology, and modern decorative design give the young artist an opportunity to make 3D objects that encourage mastery of clay techniques.

Location	Day	Time	Code	Dates	\$
SoRunREC	T	9am-4pm	SWA.YIS5	11/11	\$69

## Action! Acting Adventures

(7-14 yrs.) In this camp by Moonlit Wings, kids will dive into the art of acting and improvisation to perform skits inspired by their favorite stories and shows. Moonlit Wings' award-winning programs are packed with opportunities for new activities every session. Rec Center camps bring swimsuit/towel for swim break.

Location	Day	Time	Code	Dates	\$
MtVernonREC	Th	9am-4pm	WXT.6GS2	10/2	\$79
MtVernonREC	M	9am-4pm	WXT.U1JQ	10/20	\$79
ProvREC	T	9am-4pm	WXT.OC9U	9/23	\$79
ProvREC	T	9am-4pm	WXT.KC1F	11/11	\$79
SoRunREC	T	9am-4pm	WXT.LQF7	9/23	\$79
SoRunREC	M	9am-4pm	WXT.BRDH	10/13	\$79
SpHillREC	T	9am-4pm	WXT.RNPK	9/23	\$79
SpHillREC	M	9am-4pm	WXT.JHBY	10/13	\$79
SpHillREC	T	9am-4pm	WXT.UMQO	11/11	\$79
Wkfld/Moore	M-Tu	9am-4pm	WXT.GPGW	11/3-11/4	\$159

## Action! Broadway Camp

(7-14 yrs.) In this camp by Moonlit Wings, kids will sing, dance, and act along to their favorite show tunes. Young performers will have opportunities to shine while exploring new activities and original scripts, inspired by popular musicals. Rec Center camps bring swimsuit/towel for swim break.

Location	Day	Time	Code	Dates	\$
MtVernonREC	T	9am-4pm	THV.U672	9/23	\$79
MtVernonREC	M	9am-4pm	THV.RPA0	10/13	\$79
MtVernonREC	T	9am-4pm	THV.BTJC	11/11	\$79
ProvREC	M	9am-4pm	THV.X5WL	10/13	\$79
ProvREC	M-Tu	9am-4pm	THV.TSJS	11/3-11/4	\$159
SpHillREC	Th	9am-4pm	THV.S7EV	10/2	\$79
SpHillREC	M	9am-4pm	THV.2T6I	10/20	\$79
Wkfld/Moore	T	9am-4pm	THV.80RG	9/23	\$79

## Action! Wickedly Wizards &amp; Witches

(7-14 yrs.) In this Moonlit Wings camp, campers perform in a magical Oz-themed musical variety show with original scenes and skits. Campers will explore improvisation games, character creation, a talent show to develop imagination, storytelling skills, and teamwork. All levels welcome. Rec Center camps bring swimsuit/towel for swim break.

Location	Day	Time	Code	Dates	\$
MtVernonREC	M-T	9am-4pm	QDO.TB0U	11/3-11/4	\$159
ProvREC	Th	9am-4pm	QDO.3SS6	10/2	\$79
ProvREC	M	9am-4pm	QDO.NB00	10/20	\$79
Wkfld/Moore	M	9am-4pm	QDO.QK9U	10/20	\$79

## NEW Action Art

(5-12 yrs.) This Kidcreate camp is the perfect place for your camper's creative spirit to shine. Young artists will create vivid and energetic artwork while they move and groove to their heart's content.

Location	Day	Time	Code	Dates	\$
LkFairfaxPk	M	1pm-4pm	7WL.61JP	10/13	\$55
Oakmont REC	M	1pm-4pm	7WL.SFJU	10/13	\$55

## NEW! America the Beautiful

(5 ½-12 yrs.) Make unique art as you journey across the United States with Abakadoodle. Explore the depths Arizona's Grand Canyon, Alaska's Northern Lights, and hot air balloons of New Mexico. Create abstract prints using potatoes, make expressive lava brushstrokes, and draw massive redwoods in one-point perspective.

Location	Day	Time	Code	Dates	\$
MtVernonREC	M-Tu	9am-4pm	SKT.05OK	11/3-11/4	\$139



**NEW! Art Innovators**

**(6-9 yrs.)** This hands-on program is a great way to introduce future artists to art and innovation with Spark Business Academy. Campers will draw self-portraits, mold sculptures, and create captivating collages. As campers explore the world of art, from da Vinci to Kahlo, they'll show their creativity and grow their confidence by sharing their work with others.

Location	Day	Time	Code	Dates	\$
MtVernonREC	M	9am-4pm	1H8.D9ZI	10/13	\$119

**NEW! Artsy Crafty WOW**

**(5 ½-12 yrs.)** Join Abrakadoodle for this DIY Camp where students explore crafts from around the world, develop new skills and get creative juices flowing. Activities include bowl making and weaving in this make-it and take-it camp.

Location	Day	Time	Code	Dates	\$
MtVernonREC	T	9am-4pm	DAH.QX60	9/23	\$69

**NEW! Artsy Discoveries**

**(5 ½-12 yrs.)** Abrakadoodle instructors help campers notice design in nature, engineered structures, human-made products and the surrounding world. This new awareness of art elements and principles enhances the joy of discovery. Doodle and design to explore new techniques, exciting materials, art history, and design-loving artists.

Location	Day	Time	Code	Dates	\$
MtVernonREC	M	9am-4pm	KXD.C2AM	10/20	\$69
SoRunREC	M	9am-4pm	KXD.KBAA	10/20	\$69

**B2R Rock Band Camp**

**(7-17 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 their own songs or pick from our 400+ popular arrangements. No music experience required.

Location	Day	Time	Code	Dates	\$
B2R McLean	T	9am-4pm	L6Q.SAZL	9/23	\$85
B2R McLean	Th	9am-4pm	L6Q.1CJS	10/2	\$85
B2R McLean	M	9am-4pm	L6Q.K66B	10/13	\$85
B2R McLean	M	9am-4pm	L6Q.1S29	10/20	\$85
B2R McLean	M-Tu	9am-4pm	L6Q.F85P	11/3-11/4	\$169
B2R McLean	Tu	9am-4pm	L6Q.2BEB	11/11	\$85

**B2R Rock City World Tour**

**(4-6 yrs.)** Learn core musical concepts, like loud and soft, fast and slow, and high and low notes through movement-based activities. Receive hands-on experience with a variety of instruments.

Location	Day	Time	Code	Dates	\$
B2R McLean	T	9:30am-12:30pm	ZTC.R86U	9/23	\$45
B2R McLean	Th	9:30am-12:30pm	ZTC.PRK6	10/2	\$45
B2R McLean	M	9:30am-12:30pm	ZTC.7PYJ	10/13	\$45
B2R McLean	M	9:30am-12:30pm	ZTC.PHQV	10/20	\$45
B2R McLean	M-T	9:30am-12:30pm	ZTC.Q077	11/3-11/4	\$89
B2R McLean	T	9:30am-12:30pm	ZTC.AY0Y	11/11	\$45

**NEW! Circus Art Camp**

**(5 ½-12 yrs.)** The circus is coming to town in Abrakadoodle style! Stretch your creative muscles while you tame animal sculptures and create a 3D clown puppet.

Location	Day	Time	Code	Dates	\$
MtVernonREC	Th	9am-4pm	A1V.XGEZ	10/2	\$69
Oakmont REC	Th	9am-4pm	A1V.E3XQ	10/2	\$69

**NEW! Creation of Monet Masterpiece**

**(5-12 yrs.)** Join Kidcreate to learn all about the impressionist painter Claude Monet. Campers will create their own masterpiece on canvas board.

Location	Day	Time	Code	Dates	\$
Oakmont REC	M-Tu	1pm-4pm	LWS.E5VR	11/3-11/4	\$109

**NEW! Creative Colors of Fall**

**(6-13 yrs.)** Celebrate the vibrant hues of Autumn with a day of seasonal crafting with Craftsplace. Campers will explore the beauty of Fall through hands-on projects, festive decorations, and nature-inspired masterpieces.

Location	Day	Time	Code	Dates	\$
Craftspace	Tu	9am-4pm	9HI.T05W	11/4	\$85

**NEW! Creepy Crafting Camp**

**(6-13 yrs.)** Celebrate Halloween with Craftsplace to create spooky, silly, and magical Halloween-themed crafts. Projects include haunted house decorations and pumpkin-inspired masterpieces.

Location	Day	Time	Code	Dates	\$
Craftspace	Tu	9am-4pm	Q59.0JUS	10/21	\$85

**Dance Camp**

**(6-12 yrs.)** Baroody campers will learn choreography and movement using some of today's most popular songs. Arts and crafts will also be incorporated as campers decorate props and shirts. Performances included at the end of the last camp day.

Location	Day	Time	Code	Dates	\$
Franconia REC	Th	9am-4pm	ULU.JPLM	10/2	\$69
MtVernonREC	T	9am-4pm	ULU.I2BX	9/23	\$69
MtVernonREC	M	9am-4pm	ULU.4H2P	10/13	\$69
MtVernonREC	M	9am-4pm	ULU.JRUA	10/20	\$69
MtVernonREC	M-T	9am-4pm	ULU.X38U	11/3-11/4	\$139
Wkfld/Moore	Th	9am-4pm	ULU.7UK8	10/2	\$69

**NEW! Fall into Fun**

**(6-13 yrs.)** Craftsplace campers will celebrate fall by making colorful leaf art, cozy decorations, and festive harvest-themed projects.

Location	Day	Time	Code	Dates	\$
Craftspace	M	9am-4pm	FH8.X3Z6	11/3	\$85

**Fall Leaf Pinch Pots**

**(5-12 yrs.)** Join Kidcreate to create pinch pots that are not only artfully formed, but also beautifully embellished with colorful beads and shimmering sequins.

Location	Day	Time	Code	Dates	\$
LkFairfaxPk	M	9am-12pm	CGJ.IZXW	10/13	\$55
OakmontREC	M	9am-12pm	CGJ.05Y6	10/13	\$55

**NEW! Fingerprint Pooch**

**(5-12 yrs.)** Campers will use their fingers to paint an adorable pooch with Kidcreate.

Location	Day	Time	Code	Dates	\$
LkFairfaxPk	T	1pm-4pm	4P2.6L1R	9/23	\$55
OakmontREC	T	1pm-4pm	4P2.GY18	9/23	\$55
ProvREC	T	1pm-4pm	4P2.I61D	9/23	\$55

**NEW! Honoring Heroes**

**(6-13 yrs.)** Celebrate and honor our veterans through creative crafts. Craftsplace campers will make patriotic projects, heartfelt thank-you cards, and symbolic decorations to show appreciation for those who have served.

Location	Day	Time	Code	Dates	\$
Craftspace	Tu	9am-4pm	VFC.08XE	11/11	\$85

**NEW! Inspired By: Jasper Johns**

**(5-12 yrs.)** With a range of art materials and techniques, Kidcreate brings iconic works to life to honor our veterans. Campers will make a mesmerizing cultural symbols flag inspired by Jasper Johns.

Location	Day	Time	Code	Dates	\$
LkFairfaxPk	Tu	1pm-4pm	8LQ.HWRM	11/11	\$55

**NEW! Little Mess Makers**

**(5-12 yrs.)** In this hands-on Kidcreate class, young artists will paint, sculpt and scribble marvelously messy masterpieces.

Location	Day	Time	Code	Dates	\$
ECLawrence	M	1pm-4pm	V59.93R7	10/20	\$55
LkFairfaxPk	M	1pm-4pm	V59.MRC5	10/20	\$55

**NEW! Pajama Party: 3D Dino World**

**(5-12 yrs.)** Join Kidcreate instructors in your jammies for this hands-on art camp making 3D crafts.

Location	Day	Time	Code	Dates	\$
LkFairfaxPk	T	9am-12pm	WV9.ZP8S	11/11	\$55

**NEW! Personalize Art!**

**(5-12 yrs.)** Dive into the magical world of monograms in this Kidcreate class. Get hands-on to make a clay trinket box and fabulous yarn wrapped wall decor.

Location	Day	Time	Code	Dates	\$
LkFairfaxPk	T	9am-12pm	WZ0.MFEF	9/23	\$55
OakmontREC	T	9am-12pm	WZ0.CPSW	9/23	\$55
ProvREC	T	9am-12pm	WZ0.0LC9	9/23	\$55

**NEW! Pumpkin Party**

**(6-13 yrs.)** Join Craftsplace to celebrate the season with a pumpkin-filled day of crafting. Campers will create adorable pumpkin-themed crafts, from painted pumpkins to festive fall decorations.

Location	Day	Time	Code	Dates	\$
Craftspace	M	9am-4pm	VOV.Y52R	10/20	\$85

**NEW! Sail into Crafting**

**(6-13 yrs.)** Set sail on a creative adventure this Columbus Day with Craftsplace. Campers will explore history through hands-on projects inspired by exploration, discovery, and the spirit of adventure.

Location	Day	Time	Code	Dates	\$
Craftspace	M	9am-4pm	092.IRIP	10/13	\$85

**STEAM: Design a Treehouse**

**(5-12 yrs.)** Join Kidcreate to create your dream play space in the trees. This camp incorporates STEAM principles to teach campers how to think like engineers and architects.

Location	Day	Time	Code	Dates	\$
ECLawrence	M	9am-12pm	CJQ.5ARL	10/20	\$55
LkFairfaxPk	M	9am-12pm	CJQ.61LZ	10/20	\$55

**Ultimate Music Experience Minicamp**

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

Location	Day	Time	Code	Dates	\$
MtVernonREC	Th	9am-4pm	E8C.74V4	10/2	\$85
MtVernonREC	T	9am-4pm	E8C.10PJ	11/11	\$85
SpHillREC	M	9am-4pm	E8C.PQAZ	10/13	\$85
Wkfld/Moore	T	9am-4pm	E8C.Q4HN	9/23	\$85
Wkfld/Moore	M	9am-4pm	E8C.4KQG	10/20	\$85



**NEW! Wickedly Wonderful Art**

(5-12 yrs.) Join Kidcreate and create magical masterpieces exploring themes of friendship, courage, and enchantment while bringing the vibrant world of the green and pink witches to life.

Location	Day	Time	Code	Dates	\$
Oakmont REC	M-Tu	9am-12pm	R2S.DVKZ	11/3-11/4	\$109

**NEW! Yummy Art**

(5 ½-12 yrs.) Get your spoon, paintbrush and chocolate syrup ready – we're going to create art with Abrakadoodle! Build spaghetti sculptures, learn about food artists and paint a chocolate portrait. No peanut or peanut oils will be used.

Location	Day	Time	Code	Dates	\$
MtVernonREC	M	9am-4pm	10Q.XB99	10/13	\$69

## Science, Technology, Engineering & Math (STEM) Camps

**Battle of the Bots:****Tournament of Champions**

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

Location	Day	Time	Code	Dates	\$
Franconia REC	M-T	9am-4pm	9RM.C9C8	11/3-11/4	\$219
Oakmont REC	M	9am-4pm	9RM.ETAW	10/13	\$109
Oakmont REC	M-T	9am-4pm	9RM.GRZR	11/3-11/4	\$219
ProvREC	M	9am-4pm	9RM.FOC2	10/13	\$109
Wkfld/Moore	M	9am-4pm	9RM.VADL	10/13	\$109

**Bricking Fun LEGO® Engineering**

(5-12 yrs.) Through hands-on projects and interactive games with Bricks & Minifigs Herndon, campers discover the secrets of mechanical engineering.

Location	Day	Time	Code	Dates	\$
Bricks&Minifigs	Tu	9am-12pm	VU4.AQM8	9/23	\$39

**Bey Blade and Crane**

Bricks&Minifigs	Th	9am-12pm	N50.3YYD	10/2	\$39
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**Crank it Up!**

Bricks&Minifigs	M	9am-12pm	MEH.TOWO	10/13	\$39
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**Spooky Contraptions**

Bricks&Minifigs	M	9am-12pm	VQE.218D	10/20	\$39
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**Beveling Machines**

Bricks&Minifigs	M	9am-12pm	DWQ.GMAP	11/3	\$39
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**Force Multiplied!**

Bricks&Minifigs	Tu	9am-12pm	NUO.A0XA	11/4	\$39
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**Engineering Corps**

Bricks&Minifigs	Tu	9am-12pm	HZG.ZEVO	11/11	\$39
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**Bricking Fun LEGO® Robotics**

(5-12 yrs.) Campers will explore the basics of robotics while digging into their favorite themes with Bricks & Minifigs Herndon. Working with a partner, campers will be challenged to understand how to effectively use a sensor, how different mechanical components can alter the power and speed of their machine, and how programming is a challenging but rewarding skill that they can master with just a little practice.

Location	Day	Time	Code	Dates	\$
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**Creature Creator**

Bricks&Minifigs	Tu	1pm-4pm	53M.EEYV	9/23	\$39
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**Back to Life**

Bricks&Minifigs	Th	1pm-4pm	R16.EOP9	10/2	\$39
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**Out of This World**

Bricks&Minifigs	M	1pm-4pm	EQQ.OEX8	10/13	\$39
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**Monstrous Automats**

Bricks&Minifigs	M	1pm-4pm	N68.13Y3	10/20	\$39
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**Fun and Games**

Bricks&Minifigs	M	1pm-4pm	EZL.NQ4Q	11/3	\$39
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**Work, Work, Work**

Bricks&Minifigs	Tu	1pm-4pm	Y6S.L44K	11/4	\$39
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**Military Robots**

Bricks&Minifigs	Tu	1pm-4pm	XOZ.0018	11/11	\$39
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**NEW! Celebrate Mini Golf Day with LEGO®**

(5-10 yrs.) Did you know that September 21 is officially known as Miniature Golf Day? Join Play-Well TEKologies to celebrate by creating your own LEGO® golfer and designing epic miniature golf courses, while also learning about the engineering concepts.

Location	Day	Time	Code	Dates	\$
ProvREC	T	9am-12pm	FES.22ZA	9/23	\$45

**Chemistry: Potions & Explosions**

(5-7 yrs.) Create "magic" potions and exciting chemical reactions that will blow your mind in this Baroody camp. Erupt a volcano, make indoor snow, grow crystals and blast a rocket into the air. Learn about the states of matter and how things change with mixtures, solutions and chemical reactions.

Location	Day	Time	Code	Dates	\$
SoRunREC	M-T	9am-4pm	IGH.PKY4	11/3-11/4	\$139

**Combat Robots**

(7-12 yrs.) Learn engineering strategies for building sturdy structures using LEGO® bricks and then apply that knowledge to build a robot for friendly competition with Snapology. Afterwards, campers will have the opportunity to play robot football and complete a hoop challenge.

Location	Day	Time	Code	Dates	\$
LkFairfaxPk	M-Tu	9am-4pm	YV1.OMBP	11/3-11/4	\$159
MtVernonREC	T	9am-4pm	YV1.Q4WH	9/23	\$79
MtVernonREC	M	9am-4pm	YV1.5DRC	11/3	\$79
Oakmont REC	Th	9am-4pm	YV1.BVMR	10/2	\$79
Wkfld/Moore	M-Tu	9am-4pm	YV1.YL6B	11/3-11/4	\$159

**Explore Science & Python/Scratch Coding**

(6-12 yrs.) Stemtree curriculum empowers campers to become confident scientific thinkers by exploring the core principles of science with hands-on experiences. Campers will code in either Python or Scratch based on their grade levels. Scratch is a highly visual programming language suitable for younger students. Python is one of the most popular programming languages used in data sciences and machine learning. Previous participants will continue learning new STEM concepts.

Location	Day	Time	Code	Dates	\$
Franconia REC	M-Tu	9am-4pm	MM9.FTC5	11/3-11/4	\$219
MtVernon REC	Th	9am-4pm	MM9.PEVS	10/2	\$109
SpHill REC	M	9am-4pm	MM9.U7DR	10/20	\$109

**NEW! Explore the Seashore**

(5-8 yrs.) Join The Science Seed to learn about different types of seashores and beaches. Campers will learn about the plants and animals that get washed up on the beach, explore real specimens and build sandcastles. Free play, playground time and story time complete the day.

Location	Day	Time	Code	Dates	\$
ProvREC	M	9am-4pm	OXW.GU9C	10/20	\$94

**Explore the Solar System**

(5-8 yrs.) Discover the solar system with The Science Seed. Campers will learn about the planets, orbiting, day and night and how shadows form. Space related crafts, games, free play, playground time, and story time completes the day.

Location	Day	Time	Code	Dates	\$
ProvREC	M-T	9am-4pm	XP6.PTY2	11/3-11/4	\$189
SpHillREC	T	9am-4pm	XP6.MBMM	9/23	\$94

**Fantastic Fossils**

(5-8 yrs.) Explore the world of fossils and geology with The Science Seed. Create and excavate a dino dig, explore real fossils and make a cast of a real fossil. Free play, playground time and story time complete the day.

Location	Day	Time	Code	Dates	\$
ProvREC	Th	9am-4pm	Q93.3DB6	10/2	\$94

**Gamer Adventures**

(6-12 yrs.) Join STEM exCEL to learn the fundamentals of programming, art and level design to create a video game from the ground up. Using a game engine with integrated art software and an easy-to-use events system, campers have the freedom to create a product that is truly their own. Campers leave with a digital copy of their work.

Location	Day	Time	Code	Dates	\$
SoRunREC	M	9am-4pm	VAV.51XR	10/20	\$89







## Junior LEGO® Engineers

**(5-8 yrs.)** Build simple models using LEGO®--from motorcycles and racecars to windmills and cranes with Snapology. Experience pulleys, levers, gears, wheels and axles while exploring energy, buoyancy, and balance. Camp includes free-building time to promote creativity. Campers will learn basic engineering and mechanical ideas and practice early science skills.

Location	Day	Time	Code	Dates	\$
Franconia REC	T	9am-4pm	DAN.QEPU	9/23	\$79
Franconia REC	M	9am-4pm	DAN.Q077	10/13	\$79
MtVernonREC	T	9am-4pm	DAN.S21L	11/4	\$79

## LEGO® BricQ: Winning with Science

**(5-7 yrs.)** Baroody campers will explore motion and physics through their LEGO® creations. Examine concepts such as balance, velocity, and mass through projects that showcase the effects of force and motion. Campers analyze the patterns of motion in their projects.

Location	Day	Time	Code	Dates	\$
GW REC	T	9am-4pm	K1J.ZZ2L	9/23	\$69

## LEGO® SPIKE™ Essential Robotics

**(5-12 yrs.)** This Baroody camp brings together LEGO® bricks, a multi-port Hub, programing based on Scratch and easy STEAM lessons that build confidence and critical thinking skills. Use a new generation of codable hubs, cameras, motion sensors and more to build robots that dance, mimic and follow routes.

Location	Day	Time	Code	Dates	\$
GWREC	Th	9am-4pm	H4P.GRFO	10/2	\$69
MtVernonREC	M	9am-4pm	H4P.J86R	10/20	\$69

## LEGO® SPIKE™ Prime: Life Hacks

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

Location	Day	Time	Code	Dates	\$
GWREC	M	9am-4pm	KKD.DSE5	10/20	\$69

## LEGO® SPIKE™ Prime Robotics

**(10-13 yrs.)** This Baroody camp brings together LEGO® bricks, a multi-port Hub, programing based on Scratch and easy STEAM lessons that build confidence and critical thinking skills. Use a new generation of codable hubs, cameras and motion sensors to build robots that dance, mimic and follow routes.

Location	Day	Time	Code	Dates	\$
GWREC	M	9am-4pm	ZU8.H180	10/13	\$69

## LEGO® WeDo 2.0: Space and Aviation

**(5-12 yrs.)** Campers explore the sky and beyond as they build and program their own aviation and space-themed robots with Baroody camps. With projects that include helicopters, lunar rovers and flying animals campers bring the future into their hands through programmable LEGO® sets.

Location	Day	Time	Code	Dates	\$
MtVernonREC	T	9am-4pm	H39.UZL9	11/11	\$69

## Minecraft & Computer Science

**(6-12 yrs.)** In this STEM exCEL camp, programming fundamentals will be taught to design and implement large-scale Minecraft modifications. Campers will engage in hands-on activities then will transition to easy to use drag-and-drop interface to create programs, solve problems and design games. Next, campers will learn functions, variables and conditionals.

Location	Day	Time	Code	Dates	\$
Franconia REC	M	9am-4pm	EH0.FVYX	10/13	\$89
Oakmont REC	M	9am-4pm	EH0.EXSR	10/20	\$89
SoRunREC	M-Tu	9am-4pm	EH0.CXTD	11/3-11/4	\$179
SpHillREC	T	9am-4pm	EH0.R7KR	9/23	\$89

## Minecraft Creative Adventures

**(5-12 yrs.)** This Baroody camp is beginner-friendly and perfect for young minds eager to explore, create, and play. Campers will use their creativity to construct everything from small villages to grand castles. They'll learn the basics of Minecraft, including navigation, block types, and building techniques. The program encourages individual creativity, allowing campers to express their imaginations through virtual worlds.

Location	Day	Time	Code	Dates	\$
MtVernonREC	T	9am-4pm	AP0.63W2	9/23	\$69
MtVernonREC	T	9am-4pm	AP0.QRX3	11/11	\$69
SpHillREC	Th	9am-4pm	AP0.89Q2	10/2	\$69
SpHillREC	M	9am-4pm	AP0.8MGT	10/20	\$69

## Minecraft Creator:

### Team Design Challenge

**(8-10 yrs.)** Through building a city, zoo, or an amusement park in the Minecraft World, campers will practice team collaboration, engineering design processes, mathematical concepts, and project management in this iCode camp.

Location	Day	Time	Code	Dates	\$
Franconia REC	T	9am-4pm	A3W.KSTV	9/23	\$109
Oakmont REC	T	9am-4pm	A3W.QVCR	9/23	\$109

## Minecraft Engineering with LEGO®

**(5-10 yrs.)** Venture into the world of Minecraft in our unique LEGO® experience. Get ready to build your base, craft your tools, use your Minecraft to harvest raw resources, and battle to stop the Ender Dragon from ending the world. Explore the endless possibilities of LEGO® with a trained Play-Well TEKologies instructor.

Location	Day	Time	Code	Dates	\$
LkFairfaxPk	Th	9am-12pm	ZNL.XXE1	10/2	\$45

## Minecraft Survival

**(7-12 yrs.)** This Baroody camp challenges kids to sharpen their survival skills in the adventurous world of Minecraft. Explore more advanced gameplay, such as resource gathering, shelter building, and crafting essential tools. Navigate various biomes and face environmental challenges. Campers will apply planning, teamwork, and adaptability in a dynamic, ever-changing virtual environment.

Location	Day	Time	Code	Dates	\$
MtVernonREC	Th	9am-4pm	G6M.IYQN	10/2	\$69
SpHillREC	T	9am-4pm	G6M.78U9	11/11	\$69

## Python/Scratch Coding & Robo Fun

**(6-13 yrs.)** Stemtree campers will code in either Python or Scratch based on their grade levels. Scratch is a highly visual programming language suitable for younger students. Python is one of the most popular programming languages used in data sciences and machine learning. Robots inspire campers to learn engineering, apply basic science, model construction, computer programming, problem-solving skills and knowledge to explore STEM concepts. Previous participants will continue learning new STEM concepts.

Location	Day	Time	Code	Dates	\$
ProvREC	M-Tu	9am-4pm	73A.44HH	11/3-11/4	\$219
SoRunREC	M	9am-4pm	73A.IKOD	10/13	\$109

## Real World Robotics

**(7-12 yrs.)** Explore how robots help humans live in the modern world and explore other worlds with Snapology. While working with a partner to complete various challenges, your camper will learn to effectively utilize sensors, how different mechanical components work in their robots, and how programming is a challenging but rewarding skill that they can master with just a little practice.

Location	Day	Time	Code	Dates	\$
SoRunREC	Th	9am-4pm	CSK.75FA	10/2	\$79

## Roblox Creator: Battle Royale

**(8-10 yrs.)** Drop in, gear up, and create your own Battle Royale-style game in Roblox Studio! iCode campers design custom maps, set up game mechanics, and use Lua scripting to bring this action-packed world to life. From shrinking safe zones to power-ups and player eliminations, campers build an epic multi-player experience.

Location	Day	Time	Code	Dates	\$
Franconia REC	Th	9am-4pm	VQ6.7H1I	10/2	\$109
FryingPan	Th	9am-4pm	VQ6.C15Z	10/2	\$109
SoRunREC	T	9am-4pm	VQ6.5BX0	11/11	\$109
Wkfld/Moore	Th	9am-4pm	VQ6.5BX0	10/2	\$109





### Roblox Game Design & Computer Science

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

Location	Day	Time	Code	Dates	\$
Oakmont REC	T	9am-4pm	6Y1.GGUA	11/11	\$89
ProvREC	Th	9am-4pm	6Y1.89PE	10/2	\$89
Wkfld/Moore	M	9am-4pm	6Y1.18H1	10/13	\$89

### 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	Day	Time	Code	Dates	\$
ECLawrence	Th	9am-4pm	YN4.TKYO	10/2	\$69

### Science for Wizards

(7-11 yrs.) Explore science with this spell-binding camp filled with an array of bewitching lessons and experiments mesmerizing even the most astute sorcerer. Study natural herbs, potion preparations, mythical creatures in this outdoor and indoor camp.

Location	Day	Time	Code	Dates	\$
LewinsvilleHse	Tu	9am-4pm	DJN.BPVZ	9/23	\$79

### Slime Time

(5-11 yrs.) This Baroody camp is designed to see just how many kinds of slime we can create. We'll discuss what an activator is and why no slime is complete without it and how different ingredients will change the outcome, texture and use of slime.

Location	Day	Time	Code	Dates	\$
MtVernonREC	M	9am-4pm	ND5.7H0V	10/20	\$69
MtVernonREC	T	9am-4pm	ND5.2403	11/11	\$69

### NEW! Spooktacular Halloween Workshop w/LEGO®

(5-10 yrs.) Build spooky ghosts and other moving decorations while learning about gear drives and other engineering concepts with Play-Well instructors.

Location	Day	Time	Code	Dates	\$
Franconia REC	M	9am-12pm	A0E.GQ2B	10/20	\$45
Wkfld/Moore	M	9am-12pm	A0E.PXCX	10/20	\$45

### Spy Science

(5-9 yrs.) Baroody campers will learn forensic science and the tricks of the spy trade. Investigate fingerprints, spying techniques (surveillance), secret codes and invisible ink.

Location	Day	Time	Code	Dates	\$
ProvREC	M	9am-4pm	STZ.FQH1	10/13	\$69

### STEAMCRAFT: Minecraft Science

(6-12 yrs.) Join Baroody camps to bring to life Minecraft experiences using science. From Creeper slime to item enchantments, put on your lab coat and dissect the wonderful world of Minecraft.

Location	Day	Time	Code	Dates	\$
FryingPan	M	9am-4pm	FTH.2VDP	10/13	\$69



### STEM & Pokemon with LEGO®

(5-10 yrs.) In this Play-Well TEKologies camp, build projects inspired by machines while applying real-world concepts in physics, engineering, and architecture. Then join Ash and Pikachu to explore the vast world of Pokémon as we build and catch, rescue Pikachu from Team Rocket, and take a ride on the S.S. Anne to uncover rare and mystic Pokémon.

Location	Day	Time	Code	Dates	\$
MtVernonREC	M	9am-4pm	VIC.LUV0	10/13	\$69
Oakmont REC	M	9am-4pm	VIC.KGOA	10/13	\$69

### STEM & Radical Rides with LEGO®

(5-10 yrs.) Discover the world around us through our inquiry-based learning model and engineer-designed projects. Next, build and design an array of exciting machines with the assistance of experienced Play-Well TEKologies instructors using tens of thousands of LEGO® parts. Learn about the engineering principles behind motors and gears.

Location	Day	Time	Code	Dates	\$
ProvREC	T	9am-4pm	LZI.076G	11/11	\$69

### STEM Discovery with LEGO®

(5-10 yrs.) Join Play-Well TEKologies to engineer designed projects as you discover the world through inquiry-based learning. Projects are rotated seasonally to ensure that both new and returning campers can explore the endless creative possibilities of the LEGO® building system.

Location	Day	Time	Code	Dates	\$
MtVernonREC	M-Tu	9am-12pm	U3L.KKU1	11/3-11/4	\$139
ProvREC	T	1pm-4pm	U3L.79LP	9/23	\$69

## Specialty Camps

### Beading Camp

(6-13 yrs.) Join Green Tea Ideas to make necklaces, wristbands, earrings and a wearable jewelry set. Rec Center camps may include an afternoon swim break. Supply fee of \$10 due on the first day.

Location	Day	Time	Code	Dates	\$
MtVernonREC	T	9am-4pm	U7W.K6F6	9/23	\$89
OakmontREC	T	9am-4pm	U7W.MJLN	9/23	\$89
SpHillREC	Th	9am-4pm	U7W.4KYW	10/2	\$89
Wkfld/Moore	M	9am-4pm	U7W.DAS1	10/13	\$89

### Chess MiniCamp

(6-13 yrs.) This Silver Knights camp has taught chess to more than 100,000 children including national champions. This one-day camp is for advanced players to sharpen their skills or beginners who want to learn the game. Campers will learn the rules, openings, tactics, strategy, endgames, while playing games and taking outdoor breaks.

Location	Day	Time	Code	Dates	\$
SpHillREC	T	9am-4pm	2A1.GE73	9/23	\$85
SpHillREC	Th	9am-4pm	2A1.C74U	10/2	\$85
SpHillREC	M	9am-4pm	2A1.BBF9	10/13	\$85
SpHillREC	M	9am-4pm	2A1.LNJR	10/20	\$85
SpHillREC	T	9am-4pm	2A1.IDLH	11/11	\$85
Wkfld/Moore	T	9am-4pm	2A1.HHSA	9/23	\$85
Wkfld/Moore	M-Tu	9am-4pm	2A1.S275	11/3-11/4	\$169

### Cookie Explosions

(6-10 yrs.) From measuring and mixing to creaming, folding, and rolling, Tiny Chef campers master key techniques while making a variety of delicious cookies. They'll also learn essential baking skills like oven safety, timing, and decorating. It's the perfect way to get hands-on in the kitchen and explore the sweet art of cookie making. Disclaimer: Tiny Chefs can accommodate some mild allergies based on our discretion. Examples of ingredients used in our camps: dairy, egg, wheat/gluten, soy, coconut, sesame. We cannot guarantee a completely allergen-free environment.

Location	Day	Time	Code	Dates	\$
SoRun REC	T	9am-4pm	SEH.EKJM	9/23	\$129

### Cultural Cuisine

(5-7 yrs.) Campers in this Baroody camp will create cuisines from different countries & cultures. Campers will collaborate while learning about the importance of safety and teamwork in the kitchen. They will learn different skills such as dicing, coring and slicing, and about units of measuring, like teaspoons, tablespoons, cups, pints and gallons.

Location	Day	Time	Code	Dates	\$
ProvREC	T	9am-4pm	RJZ.9URY	11/11	\$119

### Dips & Donuts

(6-10 yrs.) In this hands-on camp, young chefs will learn to mix, bake, and blend a variety of savory and sweet treats. From creamy dips to delicious donuts,



# Camps

Tiny Chefs will practice essential skills like stirring, glazing, and baking while exploring the art of dipping and dunking. Disclaimer: Disclaimer: Tiny Chefs can accommodate some mild allergies based on our discretion. Examples of ingredients used in our camps: dairy, egg, wheat/gluten, soy, coconut, sesame. We cannot guarantee a completely allergen-free environment.

Location	Day	Time	Code	Dates	\$
SoRunREC	Th	9am-4pm	BXQ.1EQT	10/2	\$129

## Farming a Pizza

(5-8 yrs.) Campers will learn about pizza and where all the ingredients come from with The Science Seed. They will experiment with yeast and make their own dough and pizzas. Free play, playground time, story time, and more fills out the day.

Location	Day	Time	Code	Dates	\$
ECLawrence	T	9am-4pm	LW6.V3IE	11/11	\$94

## NEW! Heroic Kitchens:

### A Super Chef Journey

(6-10 yrs.) Your Tiny Chef will whip up delicious recipes inspired by the favorite foods of iconic superheroes and villains. From mixing to frosting and decorating, campers will learn essential cooking and baking techniques while crafting heroic (and villainous) menus. Disclaimer: Tiny Chefs can accommodate some mild allergies based on our discretion. Examples of ingredients used in our camps: dairy, egg, wheat/gluten, soy, coconut, sesame. We cannot guarantee a completely allergen-free environment.

Location	Day	Time	Code	Dates	\$
MtVernon REC	T	9am-4pm	2FM.NBYD	11/11	\$129

## NEW! Junior CEOs

(10-13 yrs.) In this Spark Business Academy camp, act as CEOs for leading companies and collaborate to make strategic recommendations to address real business issues. Case studies include popular companies and examine the role of female and minority CEOs. Campers enhance their problem-solving skills, develop business savvy and cultivate a strategic mindset as future leaders.

Location	Day	Time	Code	Dates	\$
MtVernonREC	M	9am-4pm	K47.QFG0	10/13	\$119

## NEW! Model UN

(10-13 yrs.) In this Spark Business Academy camp, campers act as United Nations (UN) delegates, collaborating in teams to develop policy recommendations and debating current global issues aligned to the UN's sustainable development goals. Campers will enhance research and communication skills, while gaining a solid exposure to debating international affairs, problem solving in a diplomatic context, and making persuasive presentations.

Location	Day	Time	Code	Dates	\$
MtVernonREC	M	9am-4pm	KZ0.SAV1	10/20	\$119

## NEW! Money Math

(6-9 yrs.) Designed for our youngest campers, this program serves as a real-life math lab where campers practice their computational skills and develop a foundation in financial literacy. Spark Business Academy instructors lead campers in money math games and activities that help them internalize how they can use their math skills in everyday life.

Location	Day	Time	Code	Dates	\$
MtVernonREC	Th	9am-4pm	IKA.NOAM	10/2	\$119
Wkfld/Moore	Th	9am-4pm	IKA.ZTHD	10/2	\$119

## My First Food Truck

(10-13 yrs.) In this SPARK Business Academy camp, campers will select a food theme, choose an ideal location, identify target customers and design appealing menus. Campers will also form a comprehensive business plan covering strategy, marketing, operations and finance, including capital-raising needs. Note: no food is handled at camp.

Location	Day	Time	Code	Dates	\$
Oakmont REC	Th	9am-4pm	16H.YGDN	10/2	\$119

## My First Passport

(6-9 yrs.) Develop a global mindset and build international awareness in this SPARK Business Academy camp. Explore cultural differences across countries, geography games, famous landmarks, world currencies, current global events and the role of international institutions like the UN. Campers role-play as diplomats and come up with solutions to key global problems like hunger, poverty and pollution.

Location	Day	Time	Code	Dates	\$
ProvREC	M	9am-4pm	CVI.9K8K	10/20	\$119

## Stay Cool Ice Skating Camp

(6-13 yrs.) Beat the heat and improve your ice-skating skills. Enjoy a daily, on-ice lesson, free skate time, on-ice games, and activities. Direct on-ice time is 1.5-2 hours. Camp includes free use of rental skates. Previous skating experience (Basic 1 level) required. Campers also enjoy off ice activities. Bring snack, lunch and drink.

Location	Day	Time	Code	Dates	\$
MtVernonREC	M-Tu	9am-4pm	SZ2.XMT4	11/3-11/4	\$169

## Sports Camps

### Basketball Camp

(8-14 yrs.) Campers will learn about teamwork at this Love the Ball basketball camp. Drills, skills, moves and scrimmages help players improve technique, co-ordination and ball familiarity.

Location	Day	Time	Code	Dates	\$
Franconia REC	M	9am-4pm	L17.0H8Y	10/20	\$69

### Basketball & Flag Football

(6-12 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. Campers should bring a swimsuit/towel for afternoon swim time if pool is available.

Location	Day	Time	Code	Dates	\$
SpHillREC	Th	9am-4pm	TU6.PJP3	10/2	\$69

### Basketball & Pickleball

(6-12 yrs.) This camp will focus on fundamentals and skills in both basketball and pickleball with One on One coaches. Campers will participate in drills and contests before playing daily games in each sport. The program will culminate with championship games. Bring a swimsuit/towel for afternoon pool time if available.

Location	Day	Time	Code	Dates	\$
SpHillREC	M	9am-4pm	XC2.I304	10/13	\$69

### Basketball & Sports Minicamp

(6-12 yrs.) Join One on One Basketball for a unique camp where focus includes basketball and other sports such as soccer, kickball, fun ball and flag tag. Camp includes an afternoon swim break.

Location	Day	Time	Code	Dates	\$
SpHillREC	T	9am-4pm	CT4.5CQ7	9/23	\$69
SpHillREC	M	9am-4pm	CT4.10PW	10/20	\$69
SpHillREC	T	9am-4pm	CT4.R7R9	11/11	\$69
Wkfld/Moore	Th	9am-4pm	CT4.QZMF	10/2	\$69
Wkfld/Moore	M-Tu	9am-4pm	CT4.MAUC	11/3-11/4	\$139

### Brazilian Soccer Camp

(7-14 yrs.) Brazilian United Soccer provides experienced international coaches who specialize in unique player development. Kids will enhance their skills through technical, tactical, and small-sided games. Tailored to various age groups and skill levels, the #BeyondSoccer approach, combined with authentic Brazilian soccer techniques, offers transformative experiences.

Location	Day	Time	Code	Dates	\$
Franconia REC	T	9am-4pm	OM6.CBDV	9/23	\$69
Franconia REC	M-Tu	9am-4pm	OM6.A8GI	11/3-11/4	\$139
Oakmont REC	T	9am-4pm	OM6.YZ6I	9/23	\$69
Oakmont REC	M	9am-4pm	OM6.370F	10/13	\$69
Oakmont REC	T	9am-4pm	OM6.HZSZ	11/11	\$69
Wkfld/Moore	M	9am-4pm	OM6.RA82	10/20	\$69





**Challenger Core Soccer Camp**

(6-13 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 soccer and provides young players with a variety of coaching styles, practices and influences.. Camp is mainly outdoors, rain or shine. Everyone receives a ball and shirt. Campers should bring cleats. Camp includes an afternoon swim break.

Location	Day	Time	Code	Dates	\$
FranconiaREC	Th	9am-4pm	ODC.8COT	10/2	\$69
SoRunREC	T	9am-4pm	ODC.S2SE	11/11	\$69

**Flag Football Camp**

(6-12 yrs.) In this super active Baroody camp, players will learn the basics of flag football. Begin with lead-up games and skill building to build throwing, catching, dodging, and flag pulling skills and end the day with full games. Players will learn how to run a huddle and create plays to share with teammates to make the most out of each snap.

Location	Day	Time	Code	Dates	\$
Oakmont REC	M	9am-12pm	ETI.5DF5	10/20	\$39

**Soccer Camp**

(6-14 yrs.) Love the Ball campers will learn about teamwork and about the game of soccer. Drills, skills, moves and scrimmages are fundamentals of this camp. Campers will be primarily outdoors and should come prepared for outdoor and indoor activities.

Location	Day	Time	Code	Dates	\$
Oakmont REC	Th	9am-4pm	3UV.MH4I	10/2	\$69
Oakmont REC	M-Tu	9am-4pm	3UV.QZGU	11/3-11/4	\$139

**Sports & PE Games**

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

Location	Day	Time	Code	Dates	\$
Wkfld/Moore	T	9am-4pm	Q7F.3RBQ	9/23	\$69
Wkfld/Moore	M	9am-4pm	Q7F.EGB0	10/13	\$69

**Table Tennis Camp**

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

Location	Day	Time	Code	Dates	\$
SpHillREC	M	9am-4pm	Z6T.BVD1	10/13	\$69
SpHillREC	Tu	9am-4pm	Z6T.7KCG	11/11	\$69

**Ultimate Sports Camp**

(6-13 yrs.) Athletes in this Overtime Athletics camp will play soccer, basketball, flag football, floor hockey and wiffle-ball. Campers will take part in a variety of competitions and fundamental drill work. This camp also features a skills competition to give campers an opportunity to find which skills they need to improve to make them a more complete player.

Location	Day	Time	Code	Dates	\$
Franconia REC	M	9am-4pm	NNT.R5HA	10/13	\$69
SoRunREC	T	9am-4pm	NNT.Q06Q	9/23	\$69
SoRunREC	M	9am-4pm	NNT.TJTW	10/13	\$69
SoRunREC	M-Tu	9am-4pm	NNT.M67N	11/3-11/4	\$139
SpHillREC	T	9am-4pm	NNT.T193	9/23	\$69
SpHillREC	Th	9am-4pm	NNT.63TV	10/2	\$69
SpHillREC	M	9am-4pm	NNT.KXAN	10/20	\$69
SpHillREC	T	9am-4pm	NNT.LXVP	11/11	\$69

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## Children's Corner

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



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

### Art & Variety Classes

#### ABCs and 123s

(2-3 yrs.) Children will learn their letters and numbers through hands-on crafts in this class. 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.

4TA	10--45 minute lessons--\$120
Location	Day Time Code Begin \$
CubRunREC	Th 11am 378.B3H6 9/14 4TA
Franconia Rec	Sa 9:15am 378.BRLN 9/13 4TA

#### 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 \$30-\$40 materials fee is due at first class (checks payable to Abrakadoodle).

BTWV	6--45 minute lessons--\$138
DTWV	8--45 minute lessons--\$169
Location	Day Time Code Begin \$
CubRunREC	Sa 10:30am 498.U1EY 9/13 DTWV
OakmontREC	W 2pm 498.DRKW 9/17 DTWV
SoRunREC	Sa 2:30pm 498.HLA6 9/13 DTWV
SoRunREC	T 11:15am 498.804B 9/16 BTWV
SoRunREC	Th 5pm 498.PAM2 9/18 DTWV
SpHillREC	Sa 2pm 498.OWEJ 9/6 DTWV

## 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. Various day and times options. 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@kattydidkids.com. For more information, visit www.kattydidkids.com.



#### 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 \$30-\$40 materials fee is due at first class (checks payable to Abrakadoodle).

DTWV	8--45 minute lessons--\$169
Location	Day Time Code Begin \$
CubRunREC	Sa 9:30am F2D.BERZ 9/13 DTWV
OakmontREC	M 10am F2D.UR52 9/15 DTWV
OakmontREC	M 11am F2D.BVYL 9/15 DTWV
OakmontREC	W 10am F2D.Q158 9/17 DTWV
ProvREC	F 10am F2D.WSBG 9/19 DTWV
SoRunREC	T 10:15am F2D.JDMQ 9/16 DTWV
SpHillREC	Sa 3pm F2D.3335 9/6 DTWV
SpHillREC	T 10am F2D.I8TL 9/9 DTWV
Wkfld/Moore	Th 10am F2D.LUER 9/18 DTWV

#### Animal Antics

(2-5 yrs.) Children enhance fine and gross motor skills in this class featuring a different animal each week. Animals are featured in activities including crafts, songs, stories and acting.

4TA	10--45 minute lessons--\$120
4TC	8--45 minute lessons--\$102
Location	Day Time Code Begin \$
CubRunREC	M 10am 0F1.UPMB 9/15 4TA
CubRunREC	W 11am 0F1.3ME5 9/17 4TA
OakmontREC	Su 10:15am 0F1.8Z5E 9/14 4TA
OakmontREC	Su 11:15am 0F1.D6Gp 9/14 4TA
SoRunREC	Su 10:45am 0F1.28CU 9/14 4TC

#### Animal Art

(4-5 yrs.) Learn about our tame and wild animal friends through a variety of art activities.

4TA	10--45 minute lessons--\$120
Location	Day Time Code Begin \$
Franconia Rec	T 10am 256.XKGG 9/9 4TA

#### Art Adventures

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

4TC	8--45 minute lessons--\$102
4TA	10--45 minute lessons--\$120
Location	Day Time Code Begin \$
OakmontREC	Th 10:15am ZFC.JO10 9/11 4TA
SoRunREC	Su 11:45am ZFC.XA53 9/14 4TC

#### Art in Nature

(3-5 yrs.) An immersive experience in which children will discover nature through a multitude of artistic expression including exploratory art mediums, song, dance, storytelling and dramatic play. A great deal of this experience will be spent outdoors. Please dress for the weather and plan to get messy. All children must be accompanied by an adult.

Fee CN	6--1 hour 25 minute lessons--\$109
Location	Day Time Code Begin \$
RiverbendPk	T 9:30am WGW.DUM7 9/9 CN
RiverbendPk	Th 9:30am WGW.QQK0 9/11 CN

#### Ceramic Creations

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

3TE	6--45 minute lessons--\$74
Location	Day Time Code Begin \$
OakmontREC	M 5pm Q3F.CK4B 9/22 3TE
OakmontREC	W 5pm Q3F.JZYM 9/24 3TE

#### Crafty Kids

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

4TA	10--45 minute lessons--\$120
Location	Day Time Code Begin \$
Franconia Rec	T 11am 4M6.NQFJ 9/9 4TA
Franconia Rec	Sa 10:15am 4M6.ABM3 9/13 4TA

#### Kidcreate Keepsake Art

(4-6 yrs.) In this Kidcreate class, young artists create adorable keepsakes to display at home or give as very special gifts. Projects include artwork featuring little handprints, a darling self-portrait on a real canvas board and more. These mementos will be treasured for decades to come.

DTVM	8--45 minute lessons--\$142
Location	Day Time Code Begin \$
MtVernREC	Sa 10:30am N3L5FVD 9/13 DTVM
MtVernREC	T 4:30pm N3L.OZGZ 9/14 DTVM

#### Little Artists

(3-5 yrs.) Little artists will use their imaginations as they explore a world of color using sponges and brushes. Supply fee payable to instructor at first class.

4TA	10--45 minute lessons--\$120
Location	Day Time Code Begin \$
Franconia Rec	F 10am AMP.1AXJ 9/12 4TA



## Mixed Media Art Explorers

**(3-5 yrs.)** Students enjoy open ended art experiences that encourage creativity while exploring mixed media art with painting, printmaking, collage and mark making. Supply fee of \$10 payable at first class.

4TA 10--45 minute lessons--\$120						
Location	Day	Time	Code	Begin	\$	
MtVernREC	W	4:30pm	Q9Y.9X7N	9/17	4TA	
MtVernREC	Su	2pm	Q9Y.TUN0	9/14	4TA	

## Preschool Picassos

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

4TA 10--45 minute lessons--\$120						
4TC 8--45 minute lessons--\$102						
Location	Day	Time	Code	Begin	\$	
CubRunREC	T	10am	0A7.TR8W	9/16	4TA	
Franconia Rec	F	11am	0A7.DQC6	9/12	4TA	
OakmontREC	M	3pm	0A7.001D	9/8	4TA	

## Preschool Prep

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.

4TC 4TA					
8--45 minute lessons--\$102 10--45 minute lessons--\$120					
Location	Day	Time	Code	Begin	\$
(2-3 yrs.)					
CubRunREC	Su	11am	2BC.80Q0	9/14	4TC
OakmontREC	T	10:15am	2BC.SLT9	9/9	4TA
(4-6 yrs.)					
OakmontREC	T	11:15am	U4F.IYQX	9/9	4TA

## Under the Sea

**(3-6 yrs.)** Explore the deep blue sea through crafts, snacks, and stories that focus on different aspects of our oceans.

4TA 10--45 minute lessons--\$120						
Location	Day	Time	Code	Begin	\$	
CubRunREC	T	11am	7C0.PGKH	9/16	4TA	

## Tiny Tot Activity Time

**(24-42 mos.)** Enjoy arts and crafts, songs, stories, puppets, circle time, and other activities related to the theme of the week with your child. Class includes fine and gross motor skills to enhance learning. Classes are held in the Schoolhouse in front of the carousel. A \$5 supply fee is due the first day of class. Parents and children can visit the farm after class on their own or with new friends. For information call 703-689-3104.

DTVM 8--45 minute lessons--\$142						
Location	Day	Time	Code	Begin	\$	
Frying Pan Pk	Th	9:30am	55F.RSJQ	9/11	DTVM	
Frying Pan Pk	Th	10:30am	55F.PKSQ	9/11	DTVM	
Frying Pan Pk	F	9:30am	55F.QMIO	9/12	DTVM	
Frying Pan Pk	F	10:30am	55F.C34G	9/12	DTVM	

## Young Rembrandts Drawing

**(3-5 yrs.)** In this Young Rembrandts class, children will create artwork as they learn drawing skills and develop kindergarten readiness. Lesson plans use

stepwise instruction to inspire students' independent drawings, including seasonal, realistic and abstract images. Any supply fee payable to instructor at first class.

CTVC 8--55 minute lessons--\$172						
Location	Day	Time	Code	Begin	\$	
Wkfld/Moore	Sa	11am	2CF.NNJK	9/13	CTVC	

## Cooking Classes

### Magic Kitchen

Children create colorful treats while learning basic baking skills. Additional supply fee payable to the instructor at first class.

4TA 10--45 minute lessons--\$120					
Location	Day	Time	Code	Begin	\$
(3-5 yrs.)					
CubRunREC	F	11am	53D.VHMI	9/19	4TA
OakmontREC	W	10am	53D.AZWR	9/10	4TA
OakmontREC	W	11am	53D.MI75	9/10	4TA
(4-6 yrs.)					
Franconia Rec	Sa	11:15am	1D4.BYY2	9/13	4TA

## Dance Classes

### Baby Ballerinas

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

DTVA 10--45 minute lessons--\$146						
Location	Day	Time	Code	Begin	\$	
Franconia Rec	Sa	9:30am	YDT.VFHO	9/13	DTVA	
Franconia Rec	M	9:30am	YDT.TQVM	9/15	DTVA	
Franconia Rec	F	9:30am	YDT.28LH	9/19	DTVA	
OaktonES	Sa	9:30am	YDT.PP1Z	9/13	DTVR	
OaktonES	Sa	10:30am	YDT.RR1J	9/13	DTVR	
OaktonES	Sa	11:30am	YDT.12PI	9/13	DTVR	
OakmontREC	Sa	9:30am	YDT.AK45	9/13	DTVA	
OakmontREC	M	9:30am	YDT.MHP6	9/15	DTVA	
ProvREC	W	9:30am	YDT.YOWM	9/17	DTVA	
SoRunREC	Sa	10am	YDT.WQTO	9/13	DTVA	
SoRunREC	M	9:45am	YDT.G4GE	9/15	DTVA	
Wkfld/Moore	Th	10:30am	YDT.BGCR	9/18	DTVA	

## Ballet & Acro

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

DTVA 10--45 minute lessons--\$146						
Location	Day	Time	Code	Begin	\$	
OakmontREC	W	11:45am	I75.5G3U	9/17	DTVA	
Wkfld/Moore	F	1:45pm	I75.97BU	9/19	DTVA	

## Ballet & Tap

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

DTVA 10--45 minute lessons--\$146						
DTVR 8--45 minute lessons--\$118						
Location	Day	Time	Code	Begin	\$	
(2-3 yrs.)						
CubRunREC	Su	12:30pm	5F8.XWLH	9/14	DTVA	
OakmontREC	W	10:55am	5F8.7ZDA	9/17	DTVA	
(3-5 yrs.)						
CubRunREC	Su	2:15pm	AD3.KFJM	9/14	DTVA	
Franconia Rec	Sa	10:30am	AD3.AH93	9/13	DTVA	
Franconia Rec	M	10:20am	AD3.A5BA	9/15	DTVA	
Franconia Rec	F	10:30am	AD3.YXLZ	9/19	DTVA	

OakmontREC	Su	10am	AD3.X43A	9/14	DTVA	
OakmontREC	Su	10:50am	AD3.6DKV	9/14	DTVA	
OakmontREC	M	10:20am	AD3.300G	9/15	DTVA	
ProvREC	Sa	9am	AD3.HVR4	9/13	DTVR	
ProvREC	Sa	9:50am	AD3.T43L	9/13	DTVR	
ProvREC	W	11:30am	AD3.9TQC	9/17	DTVA	
SoRunREC	Su	9am	AD3.42X6	9/14	DTVA	
SoRunREC	M	1:30pm	AD3.CQ21	9/15	DTVA	
Wkfld/Moore	Sa	9am	AD3.M3SV	9/13	DTVA	
Wkfld/Moore	Th	11:30am	AD3.PVCZ	9/18	DTVA	
Wkfld/Moore	F	4:20pm	AD3.DKCN	9/19	DTVA	

## Combo Ballet & Hip Hop

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

DTVA 10--45 minute lessons--\$146						
DTVR 8--45 minute lessons--\$118						
Location	Day	Time	Code	Begin	\$	
CubRunREC	Su	1:20pm	CMH.72PK	9/14	DTVA	
Franconia Rec	Th	10:45am	CMH.NQT5	9/18	DTVA	
Franconia Rec	F	5:45pm	CMH.BZEQ	9/19	DTVA	
OakmontREC	Sa	10:25am	CMH.JVM3	9/13	DTVA	
OakmontREC	Su	9am	CMH.2QTW	9/14	DTVA	
OakmontREC	Su	10am	CMH.6UMY	9/14	DTVA	
OakmontREC	M	12:15pm	CMH.ZAE3	9/15	DTVA	
OakmontREC	W	10am	CMH.KSOW	9/17	DTVA	
ProvREC	Sa	10:40am	CMH.SIGF	9/13	DTVR	
SoRunREC	Sa	11am	CMH.I4WD	9/13	DTVA	
SoRunREC	Su	10am	CMH.K6EQ	9/14	DTVA	
SoRunREC	M	10:45am	CMH.BZAW	9/15	DTVA	
SoRunREC	M	12:30pm	CMH.AWPU	9/15	DTVA	
Wkfld/Moore	Th	9:30am	CMH.M7HQ	9/18	DTVA	

## FALL FUN WITH CAMPS!

When school's out, Fairfax County Park Authority camps are ON:

- Tuesday, September 23
- Thursday, October 2
- Monday, October 13
- Monday, October 20
- Monday-Tuesday, November 3-4
- Tuesday, November 11

Explore a new hobby, meet friends and make memories at camp.

Register today:  
[www.fairfaxcounty.gov/parks/camps](http://www.fairfaxcounty.gov/parks/camps)



# Children's Corner

## Creative Dance

In this class students improve their coordination, flexibility, balance, self-confidence and focus while building on the basic steps of dance.

4TA 10--45 minute lessons--\$120					
Location	Day	Time	Code	Begin	\$
(2-3 yrs.)					
MtVernREC	Sa	9:30am	TQD.4D90	9/13	4TA
(3-5 yrs.)					
MtVernREC	Sa	10:30am	211.SCC2	9/13	4TA

## Hip Hop for Tots

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

DTVA 10--45 minute lessons--\$146						
Location	Day	Time	Code	Begin	\$	
Franconia Rec	Sa	11:30am	370.IHZ1	9/13	DTVA	
OakmontREC	Sa	12:45pm	370.488J	9/13	DTVA	
OakmontREC	M	11:15am	370.MDBO	9/15	DTVA	
ProvREC	Su	9:30am	370.CRQM	9/14	DTVA	
ProvREC	W	10:30am	370.XJY8	9/17	DTVA	
Wkfld/Moore	F	5:15pm	370.PTKD	9/19	DTVA	

## Intro to Ballet

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

DTVA 10--45 minute lessons--\$146						
4TA 10--45 minute lessons--\$120						
Location	Day	Time	Code	Begin	\$	
Franconia Rec	M	11:15am	PMD.W2TS	9/15	DTVA	
Franconia Rec	Th	5pm	PMD.KMUY	9/18	DTVA	
MtVernREC	Sa	11:30am	1B1.2PPA	9/13	4TA	
ProvREC	Th	5pm	PMD.XCP4	9/18	DTVA	
SoRunREC	M	11:40am	PMD.3RUB	9/15	DTVA	
Wkfld/Moore	F	3:30pm	PMD.OHG1	9/19	DTVA	

## Lil Tap and Tu Tu's

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

4TA 10--45 minute lessons--\$120						
Location	Day	Time	Code	Begin	\$	
SoRunREC	T	5pm	2A4.02KN	9/16	4TA	
SoRunREC	W	4pm	2A4.OPSO	9/17	4TA	

## Little Dancers

(3-5 yrs.) Youngsters dance and move in this class focusing on coordination, rhythm and creative play.

4TA 10--45 minute lessons--\$120						
Location	Day	Time	Code	Begin	\$	
SoRunREC	T	4pm	1B4.1F3C	9/16	4TA	

**LOOKING FOR MORE PROGRAMS AT YOUR FAVORITE NATURE SITES?**

Check Events, Gardening, History and Outdoor sections.





## Martial Arts Classes

### Little Ninjas

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

4TA	10--45 minute lessons--\$120				
DMVE	10--30 minute lessons--\$112				
DMVF	10--45 minute lessons--\$113				
BMVE	8--30 minute lessons--\$90				
Location	Day	Time	Code	Begin	\$
(3 yrs.)					
LdbyExFr0ks	Sa	11am	943.C7XD	9/13	DMVE
(3-5 yrs.)					
BlkBltFFX	M	4:30pm	1B7.80ec	9/15	DMVE
BlkBltFFX	T	4:30pm	1B7.VKPV	9/16	DMVE
BlkBltFFX	M	4:30pm	1B7.Q17X	9/17	DMVE
(4-6 yrs.)					
CubRunREC	Su	10:15am	TSJ.SLZN	9/14	4TA
SoRunREC	Sa	11:15am	415.Z9ZD	9/13	DMVE
LdbyExFr0ks	Sa	11:30am	415.8FC5	9/13	DMVF
LdbyExFr0ks	T	6pm	415.01WC	9/16	DMVF
LdbyExFr0ks	W	4:30pm	415.9LPZ	9/17	DMVF
LdbyExFr0ks	Th	6pm	415.IMAL	9/18	DMVF
LdbyExFr0ks	F	4:30pm	415.JSKP	9/19	DMVF
Legacy Mart	T	5:15pm	415.DBWB	9/9	BMVE
Legacy Mart	T	5:45pm	415.FLDD	9/9	BMVE

## Movement Classes

### Blast Off for Babies

(18-24 mos.) Fun is guaranteed when you and your tiny tot blast off in our play environment. Children will be introduced to interactive play games, songs and fingerplays. Adults must attend class. Socks required for everyone.

4TA 10--45 minute lessons--\$114						
Location	Day	Time	Code	Begin	\$	
CubRunREC	T	10am	ABC.2C6J	9/16	4TA	

### Creative Movement

(18 mos.-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.

4TA 10--45 minute lessons--\$120						
Location	Day	Time	Code	Begin	\$	
OakmontREC	F	10:15am	02E.00V2	9/12	4TA	

## Full Speed Ahead

(2-5 yrs.) In this Baroody Camps program, kids will traverse obstacle courses and play unique games tangled up in song. Adults must be present and participate throughout the classes. Socks are required, fun ones recommended.

DTVK 8--45 minute lessons--\$159						
DTVQ 10--45 minute lessons--\$177						
Location	Day	Time	Code	Begin	\$	
SoRunREC	Sa	12:30pm	01M.ZBLM	9/13	DTVK	
Wkfld/Moore	W	9:30am	01M.GSCF	9/17	DTVQ	
Wkfld/Moore	F	9:30am	01M.CPRR	9/19	DTVQ	

## 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--\$142						
Location	Day	Time	Code	Begin	\$	
(11 mos.-4 yrs.)						
SpHillREC	Su	9:10am	61F.PJEV	9/7	DTVM	
SpHillREC	Th	9:10am	61F.AD3B	9/11	DTVM	
(1-2 yrs.)						
SpHillREC	Su	10:05am	D21.DRQO	9/7	DTVM	
SpHillREC	Th	10:05am	D21.TV7N	9/11	DTVM	
(2-3 yrs.)						
SpHillREC	Su	11am	504.PHDV	9/7	DTVM	
SpHillREC	Th	11am	504.UW5Y	9/11	DTVM	

## The Tot Spot

(2-5 yrs.) This Baroody Camps program fuses two things children love most-music and movement, in a variety of activities. Tots venture into a world of games and sound while participating in fan favorite activities such as parachute games, dancing and obstacle courses. Kids will have a blast developing their basic motor and social skills with peers throughout.

DTVK 8--45 minute lessons--\$159						
DTVQ 10--45 minute lessons--\$177						
Location	Day	Time	Code	Begin	\$	
SoRunREC	Sa	9am	U04.GZEU	9/13	DTVK	
SoRunREC	W	10am	U04.SQVQ	9/17	DTVK	
Wkfld/Moore	W	10:30am	U04.ENR5	9/17	DTVQ	
Wkfld/Moore	F	10:30am	U04.UB7J	9/19	DTVQ	

## TotZone

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

4TA 10--45 minute lessons--\$120						
4TC 8--45 minute lessons--\$102						
Location	Day	Time	Code	Begin	\$	
CubRunREC	Th	10am	D66.3DS5	9/18	4TA	
SoRunREC	T	10am	D66.MHOD	9/16	4TC	
SoRunREC	T	11am	D66.GBND	9/16	4TC	



### Zoom Around the Room

(2-5 yrs.) In this class, obstacle courses and creative games that are intermingled with songs and finger-plays. Adult must attend class. Socks required.

4TA	10--45 minute lessons--\$120
4TC	8--45 minute lessons--\$102

Location	Day	Time	Code	Begin	\$
CubRunREC	F	10am	A7B.TVE2	9/19	4TA
SullyCommCtr	M	2:05pm	A7B.DB05	9/8	4TC

### Music Classes

#### Let's Make Music

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

4TA	10--45 minute lessons--\$120
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Location	Day	Time	Code	Begin	\$
CubRunREC	W	10am	962.2CHG	9/17	4TA

#### Little Fingers Piano

(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. A \$20 fee for rental instrument and music payable online @ <https://learnnowmusic.com/updatepayment>

DTV1	10--45 minute lessons--\$195
DTVG	10--45 minute lessons--\$167

Location	Day	Time	Code	Begin	\$
ProvREC	Sa	11am	1F0.KX9P	9/20	DTVG
Wkfld/Moore	Su	11am	1F0.92AB	9/14	DTV1

### Tiny Tot Music & Movement

You and your toddler will explore upbeat and mellow movements, major and minor song keys and a variety of genres, time signatures, and rhythms. Children and grown-ups will sing, play percussive instruments, and dance with props such as parachutes, ribbons, and scarves as we learn to express ourselves through music. A \$5 supply fee is payable at first class. Classes are held in the Schoolhouse in front of the carousel.

DTVM	8--45 minute lessons--\$142
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Location	Day	Time	Code	Begin	\$
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(18-30 mos.)

Frying Pan Pk T 9:30am 326.MPFM 9/2 DTVM

Frying Pan Pk W 9:30am 326.OWD2 9/3 DTVM

(24-42 mos.)

Frying Pan Pk T 10:30am 71E.53WY 9/2 DTVM

Frying Pan Pk W 10:30am 71E.PS7G 9/3 DTVM

### Nature & Science Classes

#### Dinosaurs Galore

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

R19C	1--1 hour program--\$9
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Location	Day	Time	Code	Begin	\$
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CubRunREC Sa 10am 871.LT4Q 9/13 R19C

CubRunREC Sa 10:30am 871.RT04 9/20 R19C

CubRunREC Sa 12pm 871.S9Y9 10/11 R19C

CubRunREC Sa 10:30am 871.NZ3J 10/18 R19C

### LEGO STEAM Park

(3-5 yrs.) Welcome to LEGO STEAM Park, where children investigate the world of early science, tech-

nology, engineering, art and math. Students construct parts of a STEAM theme park full of moving rides and games. As students return to the STEAM park, they will grow their understanding of gears, motion, measurement, and solving problems together.

DTVK	8--45 minute lessons--\$159
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Location	Day	Time	Code	Begin	\$
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OakmontREC Sa 10am 04B.08BS 9/13 DTVK

ProvREC Sa 10am 04B.CR00 9/13 DTVK

ProvREC Sa 11am 04B.NDUB 9/13 DTVK

### Little Labcoats

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

4NG	6--1 hour 25 minute lessons--\$109
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4TA	10--45 minute lessons--\$120
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Location	Day	Time	Code	Begin	\$
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CubRunREC M 11am 661.32B0 9/15 4TA

Riverbend Pk T 9:30am 661.JB4Z 9/2 4NG

Riverbend Pk Th 9:30am 661.V01D 9/4 4NG

### Nature Detectives

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

4NC	8--1 hour 25 minute lessons--\$127
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4NG	6--1 hour 25 minute lessons--\$109
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Location	Day	Time	Code	Begin	\$
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HuntMdws M 10am 875.FFH3 9/8 4NC

HuntMdws Th 10am 875.MVBV 9/11 4NC

Riverbend Pk T 12pm 875.4POM 9/2 4NG

Riverbend Pk Th 12pm 875.OKUB 9/4 4NG

# BIRTHDAY PARTIES!

SWIM • CLIMB • SKATE



**POOL PARTY:** Splash into fun with access to our indoor pool!

**CLIMBING PARTY:** Reach new heights with climbing time on our indoor rock wall!

**SKATING PARTY:** Glide across the ice with skating time at our indoor rink!

**BOOK ONLINE NOW!**

**YOUR PARTY INCLUDES:**

- ▶ 20 ADMISSIONS
- ▶ 2 HOUR PARTY:
  - 1 HOUR OF ACTIVITY TIME
  - 1 HOUR IN THE PARTY ROOM

Party pricing starts at \$350.



## MOUNT VERNON REC CENTER

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## Nature for Tiny Tots

(24 mos.-42 mos.) Children and their parent learn about plants, animals and their habitats through songs, crafts, and activities. Supply fee of \$5 is due to instructor at first class. Adult participation is required.

4TC 8--45 minute lessons--\$102					
Location	Day	Time	Code	Begin	\$
HuntMdws	W	10am	OBA.KYED	9/10	4TC
HuntMdws	F	10am	OBA.JP6D	9/12	4TC

## The Science Seed

(3-6 yrs.) Children will learn about geology, chemistry, biology and nature through activities in this series of interactive classes. Each class includes a note for the parents about what was taught and how lessons can be continued at home.

DTV9 8--55 minute lessons--\$195					
Location	Day	Time	Code	Begin	\$
OakmontREC	M	4:30pm	YMM.ZA29	9/15	DTV9
ProvREC	Su	10am	YMM.JJK4	9/14	DTV9
ProvREC	Su	11am	YMM.2C8V	9/14	DTV9
SoRunREC	Su	10am	YMM.SPMV	9/14	DTV9
SoRunREC	Su	11am	YMM.NZNG	9/14	DTV9
Wkfld/Moore	Sa	10am	YMM.S1BM	9/13	DTV9
Wkfld/Moore	Sa	11am	YMM.709F	9/13	DTV9

## 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.

CTVK 7--45 minute lessons--\$122					
DTVA 10--45 minute lessons--\$146					
DTVF 8--45 minute lessons--\$147					
DTVQ 10--45 minute lessons--\$177					
DTHR 8--45 minute lessons--\$118					
Location	Day	Time	Code	Begin	\$
Oakton ES	Sa	10am	FC7.JMXQ	9/13	DTVR
SoRunREC	Su	11am	FC7.OSLK	9/14	DTVF
SoRunREC	W	5pm	FC7.20SQ	9/17	CTVK
Sully CommCtr	Th	5pm	FC7.3XMO	9/11	DTVF
Wkfld/Moore	M	11:30am	FC7.01L2	9/15	DTVQ
Wkfld/Moore	Th	11:30am	FC7.WOH6	9/18	DTVQ
Wkfld/Moore	Sa	9am	FC7.XPML	9/13	DTVA

## Basketball

(4-5 yrs.) Children learn basketball skills and techniques including passing, shooting, dribbling and other fundamentals. Adult participation required. Classes held at schools may be indoors.

DTVA 10--45 minute lessons--\$146					
DTVD 10--55 minute lessons--\$146					
DTVF 8--45 minute lessons--\$147					
DTVI 10--45 minute lessons--\$150					
DTHR 8--45 minute lessons--\$118					
DTVQ 10--45 minute lessons--\$177					

Location	Day	Time	Code	Begin	\$
(4-5 yrs. with Adult)					
Franconia Rec	Sa	9:30am	176.WQMY	9/13	DTVI
Oakton ES	Sa	9am	176.93P5	9/13	DTVR
Wkfld/Moore	Sa	10am	176.WU7M	9/13	DTVA
(4-6 yrs. Child only)					
BelleVw ES	Sa	9am	EFA.WQ4T	9/13	DTVI
Flint HL ES	Su	9am	EFA.NHSS	9/14	DTVF
Org Hnt ES	Sa	9am	EFA.0GZR	9/13	DTVF
SphillIREC	F	5:30pm	EFA.L5MY	9/7	DTVD
SphillIREC	Su	9am	EFA.QXMK	9/7	DTVD
SphillIREC	Th	5pm	EFA.EBZE	9/11	DTVD
Sully CommCtr	W	5pm	EFA.F6DP	9/10	DTVF
Wkfld/Moore	M	5:30pm	EFA.HWUW	9/15	DTVQ

## Gym Jam

(2-3 yrs.) Children will be introduced to fitness through creative up-beat exercises and sports related skills with an emphasis on team play and group interaction. Parent participation is required.

4TA 10--45 minute lessons--\$120					
4TC 8--45 minute lessons--\$102					
DTVJ 8--45 minute lessons--\$147					
DTVQ 10--45 minute lessons--\$177					

Location	Day	Time	Code	Begin	\$
SoRunREC	Su	10am	CE7.3EFC	9/14	DTVJ
SoRunREC	Th	10am	CE7.6A1Y	9/18	4TA
SullyCommCtr	M	1:15pm	CE7.8QZ7	9/8	4TC
Wkfld/Moore	M	9:30am	CE7.GR72	9/15	DTVQ
Wkfld/Moore	Th	9:30am	CE7.C5DR	9/18	DTVQ

## Soccer I

Kids kick into action in this class emphasizing coordination through skill development and teamwork. Athletic shoes required. Bring a ball.

4TA 10--45 minute lessons--\$120					
CTVK 7--45 minute lessons--\$122					
DTVD 10--55 minute lessons--\$146					
DTVF 8--45 minute lessons--\$147					
DTVQ 10--45 minute lessons--\$177					
DTVY 10--55 minute lessons--\$150					
DSVA 8--55 minute lessons--\$114					

Location	Day	Time	Code	Begin	\$
(3 yrs.)					
SoRunREC	Th	11am	4BE.0NAF	9/18	4TA
SoRunREC	Sa	9am	SFC.312L	9/13	DTVJ
SoRunREC	Sa	10am	SFC.EIKU	9/13	DTVJ
SoRunREC	Su	9am	SFC.FG2H	9/14	DTVJ
SoRunREC	Su	12pm	SFC.576U	9/14	DTVJ
SoRunREC	W	9am	SFC.WLGI	9/17	DTVJ
SoRunREC	F	9am	SFC.4P8G	9/19	DTVJ
Wkfld/Moore	M	10:30am	SFC.EVH8	9/15	DTVQ
Wkfld/Moore	Th	10:30am	SFC.75ZJ	9/18	DTVQ

## (4-5 yrs.)

Franconia Rec	Sa	9am	39V.XB5A	9/6	DTVD
Franconia Rec	Sa	10am	39V.YA3I	9/6	DTVD
Franconia Rec	Su	9am	39V.2GMQ	9/7	DTVD
Franconia Rec	Su	10am	39V.ZWU5	9/7	DTVD
Little Run ES	Sa	10am	39V.IHGO	9/13	DSVA
LemonRd ES	Su	11am	39V.MHPS	9/14	DSVA
SoRunREC	Sa	10am	39V.X35P	9/13	DTVF
SoRunREC	Sa	11am	39V.5ZYF	9/13	DTVF
SoRunREC	Su	10am	39V.B7Y2	9/14	DTVF
SoRunREC	T	5pm	39V.DZXS	9/16	CTVK
SoRunREC	F	10am	39V.GALC	9/19	DTVF
SpringHl ES	Sa	9am	39V.SJZN	9/6	DTVY
SpringHl ES	Su	9am	39V.3VNU	9/7	DTVY
Sully CommCtr	Th	6pm	39V.NI80	9/11	DTVF
Wkfld/Moore	Sa	9am	39V.HWGF	9/13	DTVD
Wkfld/Moore	Su	9am	39V.84ME	9/14	DTVD

## Challenger TinyTykes Soccer-Cubs

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

DTVF 8--45 minute lessons--\$147					
Location	Day	Time	Code	Begin	\$
Franconia Rec	W	9:30am	EF0.KNLS	9/17	DTVF
OakmontREC	Th	10am	EF0.PTHH	9/11	DTVF
Org Hnt ES	Su	9am	EF0.GQ20	9/14	DTVF
SoRunREC	T	10am	EF0.OW2S	9/16	DTVF
Wkfld/Moore	Su	10am	EF0.528L	9/14	DTVF

## Challenger TinyTykes Soccer-Lions

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

DTVJ 8--55 minute lessons--\$164					
Location	Day	Time	Code	Begin	\$
Franconia Rec	W	10:30am	38C.8FG9	9/17	DTVJ
OakmontREC	Th	11am	38C.HNAH	9/11	DTVJ
Org Hnt ES	Su	10am	38C.7HT1	9/14	DTVJ
SoRunREC	T	11am	38C.WTAU	9/16	DTVJ
Wkfld/Moore	Su	11am	38C.XVSM	9/14	DTVJ

## Challenger International Soccer

### Academy

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

DTVJ 8--55 minute lessons--\$164					
Location	Day	Time	Code	Begin	\$
Org Hnt ES	Su	11am	E08.RGXV	9/14	DTVJ

## Yoga for Tots

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

4TA 10--45 minute lessons--\$120					
Location	Day	Time	Code	Begin	\$
Franconia Rec	T	12pm	1E3.ZDN2	9/16	4TA

## Tumbling & Gymnastics

### Gymnastics with Parent

(18 mos.-3 yrs.) This class incorporates creative movement, listening skills, and gross motor development. Children are also introduced to floor exercises, and balance beam moves. An adult must participate with the child. Equipment varies at each site.

4TA 10--45 minute lessons--\$120					
DTVA 10--45 minute lessons--\$146					
DTVF 8--45 minute lessons--\$147					
DTVG 10--45 minute lessons--\$167					
DTVP 8--45 minute lessons--\$168					

Location	Day	Time	Code	Begin	\$
Franconia Rec	T	11am	088.WQ6I	9/16	4TA
Wkfld/Moore	Sa	9am	088.6FNC	9/13	4TA
Wkfld/Moore	Sa	10am	088.KXC9	9/13	4TA
Wkfld/Moore	Su	4pm	088.UE7V	9/14	4TA
Wkfld/Moore	Su	9am	088.QIXA	9/14	4TA
Wkfld/Moore	Su	10am	088.LG5F	9/14	4TA
Franconia Rec	Su	9am	IBA.6XDQ	9/14	DTVG
OakmontREC	Sa	9am	IBA.310J	9/13	DTVF
OakmontREC	Sa	9:55am	IBA.XZTO	9/13	DTVF
OakmontREC	T	9am	IBA.J9WY	9/16	DTVP
SoRunREC	Su	10am	IBA.WY40	9/14	DTVA
Wkfld/Moore	Sa	1pm	IBA.6DI7	9/13	DTVP



### Gymnastics for Preschoolers

An exciting challenge for children interested in gymnastics that incorporates creative movement, listening skills, and gross motor development. Youngsters are also introduced to floor exercises, and balance beam moves. Equipment varies at each site.

4TA	10--45 minute lessons--\$120
DTVA	10--45 minute lessons--\$146
DTVF	8--45 minute lessons--\$147
DTVG	10--45 minute lessons--\$167
DTVP	8--45 minute lessons--\$168

Location	Day	Time	Code	Begin	\$
<b>(3-4 yrs.)</b>					
CubRunREC	M	4:30pm	BWO.5410	9/15	DTVP
CubRunREC	T	5:50pm	BWO.CPO0	9/16	DTVP
CubRunREC	W	5pm	BPW.7700	9/17	DTVP
MtVernREC	Sa	8:30am	2B8.FF8W	9/13	4TA
OakmontREC	Sa	10:50am	BWO.UCEJ	9/13	DTVF
OakmontREC	T	9:55am	BWO.T2ZT	9/16	DTVP
SoRunREC	Su	11am	BWO.MUJE	9/14	DTVA
Sully CommCtr	Sa	9:30am	BWO.IW0A	9/6	DTVP
<b>(3-5 yrs.)</b>					
Franconia Rec	T	10am	E42.VH1M	9/16	4TA
Wkfld/Moore	Sa	11am	E42.ZWA1	9/13	4TA
Wkfld/Moore	Su	3pm	E42.QLS8	9/14	4TA
Wkfld/Moore	Su	12pm	E42.JWSM	9/14	4TA
Franconia Rec	Sa	11am	UR8.C11D	9/14	DTVG
Sully CommCtr	Sa	10:20am	UR8.99ZB	9/6	DTVP
Wkfld/Moore	Sa	1:50pm	UR8.AZXN	9/13	DTVP
Wkfld/Moore	T	5pm	UR8.EDAD	9/16	DTVP
<b>(4-5 yrs.)</b>					
CubRunREC	M	5:20pm	M3Q.9NC8	9/15	DTVP
CubRunREC	T	5:50pm	M3Q.YMH5	9/16	DTVP
CubRunREC	W	5:50pm	M3Q.LL60	9/17	DTVP
MtVernREC	Sa	9:30am	094.3UPU	9/13	4TA
MtVernREC	Sa	10:30am	094.M7Z5	9/13	4TA
OakmontREC	Su	12pm	M3Q.SLX5	9/14	DTVF
OakmontREC	Sa	11:45am	M3Q.VOAS	9/13	DTVF
SoRunREC	Su	12pm	M3Q.7MRU	9/14	DTVA
Sully CommCtr	Sa	11:10am	M3Q.QS54	9/6	DTVP

### Tumbling

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

4TA	10--45 minute lessons--\$120
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Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Sa	12pm	D57.VAY3	9/13	4TA
Wkfld/Moore	Su	2pm	D57.RUY0	9/14	4TA
Wkfld/Moore	Su	11am	D57.KHMZ	9/14	4TA



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## Dance

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



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

## Wake Up &amp; Dance

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

**4PA 10--55 minute lessons--\$140**

Location	Day	Time	Code	Begin	\$
MtVernREC	W	6:30am	ZIH.L308	9/17	4PA

## Intro to Ballet

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

**DPVJ 10--55 minute lessons--\$159**

Location	Day	Time	Code	Begin	\$
Franconia Rec	Sa	12:30pm	408.HHSW	9/13	DPVJ
ProvREC	Th	6pm	408.K2CY	9/18	DPVJ

## Ballet I

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

**3PA 8--55 minute lessons--\$110**  
**4PA 10--55 minute lessons--\$140**  
**DPVJ 10--55 minute lessons--\$159**  
**DPVK 10--55 minute lessons--\$191**

Location	Day	Time	Code	Begin	\$
<b>(5-7 yrs.)</b>					
CubRunREC	Su	3:10pm	2BE.BGBL	9/14	DPVK
Franconia Rec	F	6pm	2BE.Y276	9/19	DPVJ
MtVernREC	Sa	12:30pm	55F.733F	9/13	4PA
OakmontREC	Su	9am	2BE.TXMX	9/14	DPVJ
SoRunREC	T	6pm	55F.M7WR	9/16	4PA
SoRunREC	W	5pm	55F.NIF2	9/17	4PA
Wkfld/Moore	Sa	9:55am	2BE.5M7Q	9/13	DPVJ
<b>(6-12 yrs.)</b>					
ProvREC	Th	7pm	6A6.7AFG	9/18	DPVJ
DeerPk ES	Th	4:30pm	5KA.NDGO	9/18	3PA
<b>(10-14 yrs.)</b>					
DeerPk ES	Th	5:30pm	96S.PLNN	9/18	3PA
<b>(13-Adult)</b>					
MtVernREC	Th	8pm	63B.WMYH	9/18	4PA
Wkfld/Moore	T	8pm	63B.23F7	9/16	4PA
ProvREC	W	12:30pm	6JT.ZVFX	9/17	DPVJ



## Ballet &amp; Jazz

Introduction to basic steps and movements for ballet and jazz.

**DPVJ 10--55 minute lessons--\$159**  
**DPVK 10--55 minute lessons--\$191**

Location	Day	Time	Code	Begin	\$
<b>(5-7 yrs.)</b>					
Wkfld/Moore	Th	5:15pm	10E.TQM2	9/18	DPVJ
<b>(6-12 yrs.)</b>					
SoRunREC	Su	1pm	224.RP27	9/14	DPVK

## Combo Dance &amp; Tap

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

**4PA 10--55 minute lessons--\$140**  
**DPVJ 10--55 minute lessons--\$159**  
**DPVK 10--55 minute lessons--\$191**

Location	Day	Time	Code	Begin	\$
<b>(5-8 yrs.)</b>					
OakmontREC	Su	12pm	3A9.EXBK	9/14	DPVJ
SoRunREC	Su	11am	3A9.X8UF	9/14	DPVK
<b>(6-12 yrs.)</b>					
SoRunREC	W	6pm	3EE.0SON	9/17	4PA

## Combo Ballet &amp; Hip Hop

Students learn the basic fundamentals of ballet and hip-hop as well as coordination, flexibility, and dance terminology.

**CPVF 8--55 minute lessons--\$127**  
**DPVJ 10--55 minute lessons--\$159**  
**4PA 10--55 minute lessons--\$140**

Location	Day	Time	Code	Begin	\$
<b>(5-8 yrs.)</b>					
Franconia Rec	Th	5:50pm	NFK.VIJE	9/18	DPVJ
OakmontREC	Su	10:55am	NFK.VOKW	9/14	DPVJ
ProvREC	Sa	11:45am	NFK.311G	9/13	CPVF
Wkfld/Moore	F	6:10pm	NFK.ZAFI	9/19	DPVJ
<b>(6-12 yrs.)</b>					
MtVernREC	Th	6pm	NBE.AULJ	9/18	4PA

## Hip Hop I

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

**4PA 10--55 minute lessons--\$140**  
**DPVJ 10--55 minute lessons--\$159**  
**DPVK 10--55 minute lessons--\$191**  
**DPVN 8--55 minute lessons--\$152**

Location	Day	Time	Code	Begin	\$
<b>(5-7 yrs.)</b>					
MtVernREC	Sa	1pm	GH0.0DMZ	9/20	4PA
OakmontREC	Su	1pm	209.DAVX	9/14	DPVJ
ProvREC	Su	10:30am	209.T204	9/14	DPVJ
SoRunREC	Sa	12pm	209.F7AW	9/13	DPVK
SoRunREC	Su	12pm	209.Q3KR	9/14	DPVK
SpHillIREC	Th	6pm	209.1FNC	9/11	DPVN
Wkfld/Moore	Sa	11am	209.BDSK	9/13	DPVJ
<b>(8-13 yrs.)</b>					
ProvREC	Su	11:30am	085.G6DX	9/14	DPVJ
SpHillIREC	Th	7pm	085.76EO	9/11	DPVN
SoRunREC	Sa	1pm	085.8DOK	9/13	DPVK
Wkfld/Moore	Sa	12pm	085.LORS	9/13	DPVJ
MtVernREC	Th	7pm	P3P.08LX	9/18	4PA

## Street Jazz

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

**DPVJ 10--55 minute lessons--\$159**

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	F	7:15pm	5MC.7IRZ	9/19	DPVJ

## Tap I

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

**DPVJ 10--55 minute lessons--\$159**

Location	Day	Time	Code	Begin	\$
Franconia Rec	M	12:15pm	XNE.5H7R	9/15	DPVJ
OakmontREC	Sa	11:15am	XNE.X31G	9/13	DPVJ

## Tap II

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

**4PA 10--55 minute lessons--\$140**

Location	Day	Time	Code	Begin	\$
Franconia Rec	Su	7pm	D94.EQF4	9/14	4PA

## Tap Techniques

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

**4PA 10--55 minute lessons--\$140**

Location	Day	Time	Code	Begin	\$
Franconia Rec	Su	6pm	C3B.8LKQ	9/14	4PA

**Qualified instructors needed to teach children's classes**

Email [instructors@fairfaxcounty.gov](mailto:instructors@fairfaxcounty.gov).





**Ballroom Dancing I**

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

3PA	8--55 minute lessons--\$110
4PA	10--55 minute lessons--\$140

Location	Day	Time	Code	Begin	\$
<b>(Singles &amp; Couples)</b>					
OakmontREC	Su	12pm	162.XE39	9/14	4PA
SoRunREC	F	6pm	162.KZ63	9/19	4PA
Wkfld/Moore	T	6:30pm	162.VOOG	9/16	4PA
<b>(Couples only)</b>					
Franconia Rec	Th	8:10pm	A6D.YTVA	9/18	4PA
Frying Pan Pk	T	7pm	A6D.D1XD	9/16	3PA
ProvREC	M	7pm	A6D.N61M	9/22	3PA

**Ballroom Dancing II**

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

3PA	8--55 minute lessons--\$110
4PA	10--55 minute lessons--\$140

Location	Day	Time	Code	Begin	\$
<b>(Singles &amp; Couples)</b>					
OakmontREC	Su	1pm	956.330E	9/14	4PA
SoRunREC	F	7pm	956.56YJ	9/19	4PA
Wkfld/Moore	T	7:30pm	956.WLZM	9/16	4PA
<b>Couples only</b>					
Frying Pan Pk	T	7pm	25B.SL20	9/16	3PA
Franconia Rec	Th	8:10pm	25B.FD3Z	9/18	4PA

**Ballroom Dancing III**

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

3PA	8--55 minute lessons--\$110
4PA	10--55 minute lessons--\$140

Location	Day	Time	Code	Begin	\$
<b>(Singles &amp; Couples)</b>					
OakmontREC	Su	2pm	B81.XIAO	9/14	4PA
Wkfld/Moore	Th	7:30pm	B81.RSXJ	9/18	4PA
<b>Couples only</b>					
Frying Pan Pk	T	8pm	F68.VL2D	9/16	3PA
Franconia Rec	M	8:10pm	F68.DUNP	9/15	4PA

**Ballroom Dancing IV Couples only**

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

4PA	10--55 minute lessons--\$133
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Location	Day	Time	Code	Begin	\$
Franconia Rec	M	8:10pm	DAD.PPXE	9/15	4PA

**Hustle I**

(13-Adult) The Hustle is the partner version of disco dancing. This fusion of swing and disco is danced to the club hits from the 1970's through today.

4PA	10--55 minute lessons--\$140
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Location	Day	Time	Code	Begin	\$
OakmontREC	Su	5pm	BI5.EF5A	9/14	4PA

**Hustle II**

(13-Adult) Students build on the basic hustle steps using syncopated timing, plus double turns, free spins and wraps.

4PA	10--55 minute lessons--\$140
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Location	Day	Time	Code	Begin	\$
Wkfld/Moore	F	7:30pm	WIX.AZE4	9/19	4PA

**East Coast Swing**

(13-Adult) This vibrant, upbeat, rhythm dance belongs to the group of swing dance. Dance features a basic 6-count pattern with a variety of turns, spins and wraps. No prior experience needed. All students must register.

4PA	10--55 minute lessons--\$140
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Location	Day	Time	Code	Begin	\$
OakmontREC	Su	4pm	QM4.PPQO	9/14	4PA
Wkfld/Moore	Sa	4pm	QM4.RQJ2	9/13	4PA

**West Coast Swing**

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

4PA	10--55 minute lessons--\$140
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Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Sa	5pm	FEF.J7DL	9/13	4PA

**West Coast Swing II**

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

4PA	10--55 minute lessons--\$140
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Location	Day	Time	Code	Begin	\$
OakmontREC	Su	3pm	MD6.0CLJ	9/14	4PA



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**Line Dancing I**

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

4PA	10--55 minute lessons--\$140
DPVK	10--55 minute lessons--\$191

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	M	6:30pm	7D2.ARBV	9/15	4PA
SpHillIREC	T	11am	W7D.TDW3	9/9	DPVK
OakmontREC	F	10am	W7D.K8TT	9/12	DPVK

**Line Dancing II**

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

4PA	10--55 minute lessons--\$140
DPVK	10--55 minute lessons--\$191

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	M	7:30pm	6L5.RUSM	9/15	4PA
SpHillIREC	T	9:30am	9Z4.40N5	9/9	DPVK

**Line Dancing All Levels**

(13-Adult) Students of all ability levels are welcome in this class which provides alternative steps for different abilities. Basic steps such as grapevines, as well as more complex steps such as weaves, sailor shuffles and swivels.

4PA	10--55 minute lessons--\$140
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Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Th	6:30pm	U56.8IBQ	9/18	4PA

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# Dance



## Country & Western Dancing I

**(13-Adult)** Learn the latest in basic country dancing in a relaxed setting. Singles and couples welcome.

4PA 10--55 minute lessons--\$140						
Location	Day	Time	Code	Begin	\$	
Franconia Rec	Sa	3pm	706.CDU5	9/13	4PA	

## Country & Western Line Dancing Beginning I

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

4PA 10--55 minute lessons--\$140						
Location	Day	Time	Code	Begin	\$	
Franconia Rec	Sa	4pm	607.U37A	9/13	4PA	
Frying Pan Pk	W	6pm	607.MP6V	9/10	4PA	
OakmontREC	Su	3pm	607.T6AI	9/14	4PA	

## Country & Western Line Dancing Beginning II

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

4PA 10--55 minute lessons--\$140						
Location	Day	Time	Code	Begin	\$	
Franconia Rec	Sa	5pm	C8C.2CPC	9/13	4PA	
Frying Pan Pk	W	7:15pm	C8C.3TLU	9/10	4PA	
OakmontREC	Su	4pm	C8C.D924	9/14	4PA	

## Country & Western Line Dancing Intermediate I

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

4PA 10--55 minute lessons--\$140						
Location	Day	Time	Code	Begin	\$	
OakmontREC	Su	5pm	742.TKHA	9/14	4PA	

## Country & Western Line Dancing Intermediate II

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

4PA 10--55 minute lessons--\$140						
Location	Day	Time	Code	Begin	\$	
OakmontREC	Su	6pm	81E.WG00	9/14	4PA	

## 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--\$110						
Location	Day	Time	Code	Begin	\$	
ProvREC	M	8pm	872.VQC4	9/22	3PA	

## Salsa I Singles & Couples

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

4PA 10--55 minute lessons--\$140						
Location	Day	Time	Code	Begin	\$	
Wkfld/Moore	F	6:30pm	375.CQC0	9/19	4PA	

## Belly Dance I

**(13-Adult)** Get in shape while learning the magic and mystery of the oldest dance form.

CPVF 8--55 minute lessons--\$127						
DPVJ 10--55 minute lessons--\$159						
Location	Day	Time	Code	Begin	\$	
Franconia Rec	Th	11:35am	Y21.GKL2	9/18	DPVJ	
OakmontREC	W	12:45pm	Y21.EYQF	9/17	DPVJ	
ProvREC	F	12:20pm	Y21.DREA	9/19	CPVF	
Wkfld/Moore	T	6pm	Y21.45ZS	9/16	DPVJ	

## Hula Dance-Beginning

**(13-Adult)** Learn basic hula foot and hand motions and incorporate them into dances. Students should wear loose-fitting skirts.

4PA 10--55 minute lessons--\$140						
Location	Day	Time	Code	Begin	\$	
SpHillREC	Su	2pm	DA9.5I2D	9/7	4PA	

## Hula Dance-Intermediate

**(13-Adult)** Prerequisite: Hula I or equivalent. Wear loose-fitting skirts.

3PA 8--55 minute lessons--\$110						
Location	Day	Time	Code	Begin	\$	
SpHillREC	Su	3pm	FAF.8F5R	9/7	3PA	

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

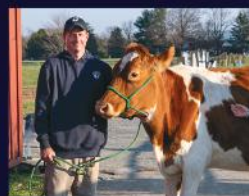
Visit [www.fairfaxcounty.gov/parks/fifty-plus](http://www.fairfaxcounty.gov/parks/fifty-plus)



## WE'RE HIRING TO FILL POSITIONS IN ALL AREAS OF THE PARK AUTHORITY

For available employment opportunities, visit [www.fairfaxcounty.gov/parks/jobs-internships](http://www.fairfaxcounty.gov/parks/jobs-internships)

If you have questions, please email [FCPAJOBS@fairfaxcounty.gov](mailto:FCPAJOBS@fairfaxcounty.gov)



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@fairfaxparks



Fairfax County is an Equal Opportunity Employer and a proud Virginia Values Veterans (V3)-certified organization.



## Day Trips & Tours

Scan the QR code to go directly to the Parktakes Online Day Trips & Tours page.



### Day Trips & Tours Information & Policies

**Transportation:** Transportation is either by chartered motor coach equipped with reclining seats and restroom or by a small bus or van.

**Bus Seating:** Registered participants may select seats on a first-come first-served basis. Usually, two seats adjacent to the driver are reserved for the trip escort and a tour guide (if needed). The trip escort will try to accommodate requests for special seating when possible.

**Age Parameters:** FCPA trips are for ages 18 years and older.

**Alcohol:** No kegs, opened cans or glass containers are allowed on the bus. No large coolers are allowed unless the cooler can be positioned on the back seat so that it does not take away a seat from any passenger. Damage or spillage from a cooler can stain coach seat upholstery and compromise bus cleanliness and appearance.

**Discounts:** Early registration discounts apply only to tours first advertised in this issue of Parktakes. Senior discount fees do not apply to tours. The class scholarship policies also do not apply to tours.

**People with Disabilities:** Participants requiring ADA accommodations must call 703-324-8563 at least 10 business days in advance of the scheduled activity. TTY Va. Relay 711.

**Cancellations:** The FCPA reserve the right to cancel a trip due to low enrollment and/or other circumstances. If a trip is canceled, all registrants will be notified, and all fees will be refunded to your Parktakes account. Trips are not canceled due to inclement weather unless you are notified by phone.

**Refund Policy:** Refunds, credits or transfers for day trips are allowed up to 14 days prior to the trip date. Cancellation/refund requests received 13 or fewer days prior to the trip date will not be granted because of bus company and vendor deadlines. For trips requiring deposits, the deposit is nonrefundable. You can, however, substitute another person in your place.

The FCPA retains the right to decline, accept or retain any person as a member of a trip when such action is deemed to be in the best interest of the health, safety or general welfare of the tour group or the individual concerned.

Schedule times are approximate. Reasonable substitutions for some items included in the printed trip description may be necessary in certain cases. Refunds are not given for delays or changes in the itinerary due to weather, traffic, security delays, crowds, mechanical breakdown, or other factors beyond the Park Authority's control. FCPA is not liable for cost of tickets, meals or expenses due to schedule changes.

**Confirmation and Itinerary:** A welcome email is sent 1-2 weeks before the trip with important information regarding the trip.



### Getaway - Gettysburg & Tea

**(Adults)** Step back in time on this enriching day trip to Gettysburg, where history comes alive. Tour the Eisenhower National Historic Site, the beloved farm and retreat of President Dwight D. Eisenhower. Then explore the Gettysburg museum and iconic battlefield that shaped a nation. Afterwards unwind with an afternoon tea, complete with delicious finger sandwiches, sweets and freshly brewed tea — the perfect ending to a day of reflection and relaxation. Includes motor coach, tour, museum entrance and tea. The bus departs Green Spring Gardens at 7:45 a.m. and returns at 5:45 p.m. Last day to cancel is October 22, 2025.

Location	Day	Time	Code	Date	\$
GrnSprGardn	W	7:45am	H62.TWP4	11/5	\$164

### Getaway - Harpers Ferry Fall Foliage Hike

**(Adults)** Join us for a scenic day trip to experience the breathtaking fall foliage in Harpers Ferry, where the vibrant colors of autumn meet the rich history of one of America's most storied towns. Harpers Ferry offers stunning mountain views, charming 19th-century architecture and a fascinating past—from John Brown's raid to Civil War landmarks. Leisurely hike along the scenic trails or spend time strolling the historic streets and browsing local shops. Afterwards we'll head to a nearby vineyard to unwind with live music, an art gallery and beautiful views. Bring your own lunch or grab something to eat there. Includes motor coach and admission. The bus departs Green Spring Gardens at 7 a.m. and returns at 4 p.m. Last day to cancel is October 4, 2025.

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	7am	P0J.IT8M	10/18	\$89

### Getaway - Longwood Gardens Holiday Lights, Chester County, PA

**(Adults)** Longwood Gardens' holiday wonderland sparkles with more than 500,000 twinkling lights, spectacular performing fountains, festive floral displays, and live music. Includes motor coach, garden admission and tour. Meals are BYO or at the site cafe. Bus departs from Green Spring Gardens at 11 a.m. and returns at 11 p.m. Trip cancellation deadline is November 18, 2025.

Location	Day	Time	Code	Date	\$
GrnSprGardn	T	11am	BB3.05MH	12/2	\$159

### Getaway - Mt. Cuba Center and Winterthur, New Castle, DE

**(Adults)** Includes motor coach, entrance and tour. Travel to Delaware and see some of the finest woodland gardens around. Tour Mt. Cuba's native plant gardens in the morning and spend the afternoon at Winterthur with a self-guided house tour plus a tram tour of the gorgeous grounds and gardens. The morning tour requires extensive walking on various surfaces, so wear comfortable shoes and dress for the weather. Price includes motor coach and tours. Lunch is on your own at Winterthur Café. Bus departs Green Spring Gardens at 7:30 a.m. and returns at 7:30 p.m. Cancellation deadline is September 10, 2025.

Location	Day	Time	Code	Date	\$
GrnSprGardn	W	7:30am	Y5J.HE19	9/24	\$169



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## Equestrian and Farm

### FCPA Equestrian Facilities

#### Frying Pan Farm Park



2709 West Ox Road, Herndon

[www.fairfaxcounty.gov/parks/frying-pan-park](http://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 visit [www.fairfaxcounty.gov/parks/fryingpanpark](http://www.fairfaxcounty.gov/parks/fryingpanpark).

#### Laurel Hill Equestrian Center



9500 Furnace Road, Lorton

- Large, multi-purpose outdoor arena with all-weather footing
- Stadium jumps and dressage markers
- Trails for horse and bicycle riding
- Available dawn to dusk
- Private lessons, horse schooling and riding practice allowed
- Reservations are not required
- Use of the equestrian center is free of charge
- There are currently no horses for rent on the property

Scan the QR code to go directly to the Parktakes Online Equestrian & Farm page.



#### Turner Farm Park



925 Springvale Road, Great Falls

703-437-8261

- Former dairy farm
- Almost 40 acres of open fields enclosed by perimeter fencing
- Open for general riding
- Novice-level, cross-country course
- Water, ditch and bank complexes
- Round pen
- Large multi-purpose outdoor arena
- All-weather footing
- Stadium jumps
- Dressage markers
- Reservations are not required
- Use of the equestrian center is free of charge
- Available dawn to dusk
- May be reserved for shows or events
- There are currently no horses for rent on the property

### Equestrian Programs and Classes

Please note that if you are unable to attend class, you must notify the stable at least one day in advance.

Please check with the stable; a make-up fee may be charged. For safety reasons, students must wear riding helmets and hard-soled shoes with a heel, not athletic shoes.

#### Frying Pan Farm Park

All classes at Frying Pan Farm Park are taught by Spirit Open Equestrian Program, Inc. ([www.spiritequestrian.org](http://www.spiritequestrian.org)) and offer equestrian programs for people of all ages and abilities. Classes are held outdoors and indoors depending on facility availability. All riders should arrive 15 minutes prior to class, wear long pants, shoes or boots with heels and dress for the weather. Helmets are mandatory, you may bring your own or one will be provided. Classes will be conducted with current, appropriate health and safety precautions. All participants must fill out paperwork prior to the first class. Download forms at [www.fairfaxcounty.gov/parks/frying-pan-park/equestrian](http://www.fairfaxcounty.gov/parks/frying-pan-park/equestrian) and <https://spiritequestrian.org/documents>.



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### English Style Riding Lessons

#### Horseback Riding-Beginner

(8-14 yrs.) For the student who has never taken lessons and wants to learn the basics. Student weight must not exceed 200 lbs.

DHAF 8--45 minute lessons--\$799

Location	Day	Time	Code	Date	\$
Frying Pan Pk	M	6pm	15F.GU7K	9/15	DHAF
Frying Pan Pk	M	7pm	15F.26BW	9/15	DHAF
Frying Pan Pk	T	6pm	15F.CMKB	9/16	DHAF
Frying Pan Pk	T	7pm	15F.Z1WG	9/16	DHAF
Frying Pan Pk	Th	6pm	15F.F00M	9/18	DHAF
Frying Pan Pk	Th	7pm	15F.LQ9E	9/18	DHAF

#### Horseback Riding Advanced Beginner

(8-14 yrs.) Prerequisite: Students must have taken Horseback Riding Beginning for three consecutive sessions. Riders will build on skills learned in level I. Student weight must not exceed 200 lbs.

DHAF 8--45 minute lessons--\$799

Location	Day	Time	Code	Date	\$
Frying Pan Pk	W	6pm	GR4.6Z0E	9/17	DHAF
Frying Pan Pk	W	7pm	GR4.5BWK	9/17	DHAF

**FCPA Farmers Markets**  
*Buy Fresh, Buy Local...*  
fruits, vegetables, honey  
baked goods, plants, eggs  
meat, dairy and flowers  
[www.fairfaxcounty.gov/parks/farmersmarkets](http://www.fairfaxcounty.gov/parks/farmersmarkets)



## Therapeutic Horseback Riding

**(4-Adult)** Class is open to new and returning students and is for riders with developmental, emotional, neurological and physical disabilities. Therapeutic riding contributes positively each rider's well-being, teaching safe and effective horsemanship in a group setting. Each lesson is tailored to the rider's abilities and focuses on development of balance, gross and fine motor skills, confidence and communication. Student weight must not exceed 200 lbs. A medical form is required by SPIRIT for participation.

### DHAF 8--45 minute lessons--\$799

Location	Day	Time	Code	Date	\$
Frying Pan Pk	M	6pm	1F7.WVYL	9/15	DHAF
Frying Pan Pk	T	6pm	1F7.OBG2	9/16	DHAF
Frying Pan Pk	W	6pm	1F7.3SNC	9/17	DHAF
Frying Pan Pk	Th	6pm	1F7.IWE9	9/18	DHAF

## Therapeutic Horseback Riding II

**(4-Adult)** Prerequisite: Students must have taken Therapeutic Horseback Riding I for three consecutive sessions. Advancement is based on the rider's abilities, needs and personal progress. Each lesson is tailored to the rider's abilities. Student weight must not exceed 200 lbs. A medical form is required by Spirit for participation.

### DHAF 8--45 minute lessons--\$799

Location	Day	Time	Code	Date	\$
Frying Pan Pk	M	7pm	JJJ.QZ5G	9/15	DHAF
Frying Pan Pk	T	7pm	JJJ.YGOS	9/16	DHAF
Frying Pan Pk	W	7pm	JJJ.ØPAQ	9/17	DHAF
Frying Pan Pk	Th	7pm	JJJ.QØ5Z	9/18	DHAF

## Kidwell Farm at Frying Pan Farm Park



2709 West Ox Road, Herndon  
703-437-9101

[www.fairfaxcounty.gov/parks/fryingpanpark](http://www.fairfaxcounty.gov/parks/fryingpanpark)

### Down on the Farm

Meet draft horses, chickens, peacocks, rabbits, sheep, goats, cows and pigs at Kidwell farm, Frying Pan Farm Park's 1930s era working farm. Pet the friendly farm animals, take a wagon ride or watch the farm hands at work. At the Kidwell Farm House, you can take a tour to see how farm families lived in the 1930s. Kidwell Farm is open daily from 9 a.m. to 5 p.m. More information about the park's historic schoolhouse, blacksmith shop and meeting house is available on the web. Groups are welcome, fees may apply. Field trip programs can be requested from the website. Call for tour information.

### The Country Store

703-435-3710

Located in the former Vocational Agriculture Shop (c.1920), the Frying Pan Country Store is a one-stop shop with something for everyone - books of all kinds, toys, snacks and drinks, decorative items for the home and unique gifts.

See current hours at [www.fairfaxcounty.gov/parks/operational-hours](http://www.fairfaxcounty.gov/parks/operational-hours)



## Child and Parent Programs

### Animal Tea Party

**(4-7 yrs.)** Join us for a cozy tea party on the farm. Bring your favorite stuffed animal, help us decorate for the party and read a story. We will enjoy drinks and cookies in a special environmentally friendly tea set and meet one of our animals.

#### 1--1 hour program

Location	Day	Time	Code	Date	\$
Frying Pan Pk	Sa	10am	M3W.724P	10/4	\$10/child
Frying Pan Pk	Sa	2pm	M3W.B1SS	10/4	\$10/child
Frying Pan Pk	Sa	10am	M3W.ICHW	10/11	\$10/child
Frying Pan Pk	Sa	2pm	M3W.7761	10/11	\$10/child

### Little Hands on the Farm

Join us to learn about a different element of farm life each week. classes held during the same week will have repeat topics. Other activities can include story time, crafts and small farm chores. One adult must attend with each child. Please limit one parent to attend with each child.

#### 1--45 minute program

Location	Day	Time	Code	Date	\$
Frying Pan Pk	M	9:45am	58A.OKAA	9/8	\$10/child
Frying Pan Pk	Th	9:45am	58A.N2PZ	9/11	\$10/child
Frying Pan Pk	M	9:45am	58A.89SY	9/22	\$10/child
Frying Pan Pk	Th	9:45am	58A.AI1L	9/25	\$10/child
Frying Pan Pk	M	9:45am	58A.2BT1	10/6	\$10/child
Frying Pan Pk	Th	9:45am	58A.N4FW	10/9	\$10/child
Frying Pan Pk	M	9:45am	58A.A8CU	10/20	\$10/child
Frying Pan Pk	Th	9:45am	58A.MKZ3	10/23	\$10/child
Frying Pan Pk	M	9:45am	58A.BJFF	11/3	\$10/child
Frying Pan Pk	Th	9:45am	58A.KFR4	11/6	\$10/child

#### (3-5 yrs.)

Frying Pan Pk	M	11am	1ØØ.ZRON	9/8	\$10/child
Frying Pan Pk	Th	11am	1ØØ.ØJW7	9/11	\$10/child
Frying Pan Pk	M	11am	1ØØ.BDIO	9/22	\$10/child
Frying Pan Pk	Th	11am	1ØØ.Z4OH	9/25	\$10/child
Frying Pan Pk	M	11am	1ØØ.19MØ	10/6	\$10/child
Frying Pan Pk	Th	11am	1ØØ.T7JS	10/9	\$10/child
Frying Pan Pk	M	11am	1ØØ.6NRI	10/20	\$10/child
Frying Pan Pk	Th	11am	1ØØ.NK32	10/23	\$10/child
Frying Pan Pk	M	11am	1ØØ.AW54	11/3	\$10/child
Frying Pan Pk	Th	11am	1ØØ.N42C	11/6	\$10/child

## Family/All Ages

Children must be accompanied by an adult also registered in the program.

### Campfire Wagon Ride

**(2-Adult)** Enjoy an intimate after hours experience at the farm as day turns to night. Register for a wagon ride time and enjoy the bonfire after your ride. Staff will provide marshmallows for roasting but feel free to bring along any other treat for yourselves.

#### 1--1 hour program

Location	Day	Time	Code	Date	\$
Frying Pan Pk	Sa	5pm	DEB.ORZN	11/1	\$10/ea.
Frying Pan Pk	Sa	5:30pm	DEB.LTØ3	11/1	\$10/ea.
Frying Pan Pk	Sa	6pm	DEB.DHLZ	11/1	\$10/ea.
Frying Pan Pk	F	4pm	DEB.GVTF	11/7	\$10/ea.
Frying Pan Pk	F	4:30pm	DEB.6GØ1	11/7	\$10/ea.
Frying Pan Pk	F	5pm	DEB.VY3D	11/7	\$10/ea.
Frying Pan Pk	Sa	4pm	DEB.KR42	11/8	\$10/ea.
Frying Pan Pk	Sa	4:30pm	DEB.B4CF	11/8	\$10/ea.
Frying Pan Pk	Sa	5pm	DEB.YX24	11/8	\$10/ea.
Frying Pan Pk	F	4pm	DEB.3AG5	11/14	\$10/ea.
Frying Pan Pk	F	4:30pm	DEB.ØRU1	11/14	\$10/ea.
Frying Pan Pk	F	5pm	DEB.4YØ7	11/14	\$10/ea.
Frying Pan Pk	Sa	4pm	DEB.172X	11/15	\$10/ea.
Frying Pan Pk	Sa	4:30pm	DEB.ZKTW	11/15	\$10/ea.
Frying Pan Pk	Sa	5pm	DEB.NTXW	11/15	\$10/ea.

### Putting the Animals to Bed

**(3-Adult)** When evening shadows spread over Kidwell Farm, it is time to put the animals to bed. Bring your flashlight or lantern for this twilight tour and learn how our farm animals settle down for the night. Dress for the weather.

#### 1--1 hour program

Location	Day	Time	Code	Date	\$
Frying Pan Pk	F	7pm	KØP.MØY5	9/5	\$10/ea.
Frying Pan Pk	Sa	7pm	KØP.LZØE	9/6	\$10/ea.
Frying Pan Pk	Su	7pm	KØP.SK6E	9/7	\$10/ea.
Frying Pan Pk	F	7pm	KØP.ØAØT	9/12	\$10/ea.
Frying Pan Pk	Sa	7pm	KØP.VMA9	9/13	\$10/ea.
Frying Pan Pk	Su	7pm	KØP.YYTX	9/14	\$10/ea.





# SUMMER ENTERTAINMENT SERIES

**FREE** LIVE PERFORMANCES • JUNE 6 - AUGUST 30, 2025



**For a schedule of performances, visit [www.fairfaxcounty.gov/parks/performances](http://www.fairfaxcounty.gov/parks/performances)**

The Summer Entertainment Series performances are possible thanks to the Fairfax County Park Authority, Board of Supervisors, volunteers and the many individuals, businesses and corporations who sponsored the series through the Fairfax County Park Foundation.

Performances are held outdoors, bring lawn chairs. In case of inclement weather, call the concert hotline at 703-324-7469 before leaving home. Cancellations are posted one hour prior to the show time.



## ARTS in the PARKS

**Saturdays, June 14-August 16 • 10 a.m.**  
Burke Lake, Ellanor C. Lawrence Amphitheater,  
Mason District Park Amphitheater, Wakefield Park

**Wednesdays, June 18-July 9 • August 6-13**  
Frying Pan Farm Park

## Franconia Nights

**Wednesdays, July 2-August 20 • 7:30 p.m.**  
Leonardus K. Plenty Amphitheater

### NEW! Kid's Concerts on the Green

**Saturdays, June 14 & 21 • 10-10:45 a.m.**  
Springfield Overlook

## Spotlight by Starlight

**Saturdays, June 14-August 16 • 7:30 p.m.**  
Ossian Hall Park

**Fridays and Sundays**  
**June 20-August 17 • 7:30 p.m.\***  
Mason District Amphitheater

## Braddock Nights

**Fridays, July 11-August 15 • 7:30 p.m.**  
Royal Lake and Lake Accotink

## HUNTER MILL MELODIES

**Thursdays, July 3-August 14 • 7:30 p.m.**  
Frying Pan Farm Park

## Music at Arrowbrook Centre Park

**Saturdays, July 12-August 30 • 7:30 p.m.**  
Arrowbrook Centre Park

## Springfield Nights

**Wednesdays, June 25-August 20 • 7 p.m.**  
Burke Lake Park

\* No concerts on July 4

## Evenings on the Ellipse

**Thursdays, July 3-August 14 • 5:30 p.m.**  
Fairfax County Government Center

## MOUNT VERNON NIGHTS

**Fridays, June 6-August 29 • 7:30 p.m.\***  
Grist Mill Park

**Saturdays, June 7 - August 30 • 7:30 p.m.**  
Workhouse Arts  
(Ticketed Event - June 28)

## Providence Presents

**Saturdays, June 14-August 16 • 6 p.m.**  
Mosaic Live! At Mosaic District

**Thursdays, July 3-August 14 • 7:30 p.m.**  
Nottoway Park

## Starlight Cinema

**Saturdays, August 2-August 23**  
Gates open 6 p.m., Children's show 7 p.m.  
Movie starts at dark  
Sully Historic Site

## Thank you to our sponsors!





# FALL IN LOVE WITH PARKS AT THESE EVENTS

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



## Bug Fest

**(4-Adult)** Celebrate all things bugs with the whole family at our creepy-crawly adventure. Games and activities include insect safaris, live insects, insect collections, log rolling, soil stations, bug walks, critter talks, bug science and crafts to make your own bug. Use technology to explore the world of insects. Children must be accompanied by a registered adult.

**1--4 hour event**

Location	Day	Time	Code	Date	\$
LkAccontPk	Sa	10am	2B5.K9RK	9/20	\$10/ea.

## Ghost Town

**(All Ages)** At this Family-friendly Halloween event, Family members can come in their best costumes to celebrate the holiday with an afternoon packed with fun but not-spooky activities. The Ghost Town includes themed activity areas, train ride, carousel ride, crafts, a bounce house and mini golf. Tickets available online up until two days before the event. The price of admission covers all Ghost Town activities and services for one person. Pick up passes at the ice cream parlor on the day of the event. Children under age two ride free but must be accompanied by a paying adult. No refunds once the event has started. Contact the site directly with any questions.



**1--6 hour event pass**

Location	Day	Time	Code	Date	\$
BurkeLakePk	Sa	11am	400.GFWV	10/25	\$20/ea.
BurkeLakePk	Su	11am	400.PRPG	10/26	\$20/ea.



## Virginia Hauntings - Legends & Lore

**(12-Adult)** Learn about local ghost stories, legends, and tales of the supernatural on this "nighttime lantern-lit tour. The tour guide will lead you through the historic house and the 19<sup>th</sup> century gristmill.

**1--1 hour program**

Location	Day	Time	Code	Date	\$
ColvinRunMill	F	7pm	G7G.BPWZ	10/24	\$10/ea.
ColvinRunMill	Sa	7pm	G7G.CEAX	10/25	\$10/ea.



## Monster Mash 5K Dash, Halloween Fun Run and Spooktacular Tiny Tot Trot at South Run

### Monster Mash 5K Dash

**(8-Adult)** Sport your best Halloween outfit in this spooky informal 5K event in our beautiful, trailed parkland. No frills, just chills!

Location	Day	Time	Code	Date	\$
SoRunREC	Sa	3:30pm	LRD.KFMO	10/25	\$25/ea.

### Halloween Fun Run

**(5-Adult)** Sport your best Halloween outfit in this spooky informal one-mile fun run in our beautiful, trailed parkland. No frills, just chills!

Location	Day	Time	Code	Date	\$
SoRunREC	Sa	3:35pm	TFO.XH5Q	10/25	\$15/ea.

### Spooktacular Tiny Tot Trot

**(2-4 yrs.)** Tiny Tots can off their energy on our mighty mash obstacle course filled with Halloween flair.

Location	Day	Time	Code	Date	\$
SoRunREC	Sa	4pm	WWF.G495	10/25	\$15/child



## Halloween on the Farm

**(2-Adult)** Come trick or treat on the farm! Visit with farm animals, create crafts, play games, tour the decorated farmhouse and enjoy the fall on the farm. The program runs in one hour time slots. Children must be accompanied by a registered adult.

**1--1 hour event**

Location	Day	Time	Code	Date	\$
Frying Pan Pk	F	5pm	C1A.52JC	10/24	\$12/ea.
Frying Pan Pk	F	6pm	C1A.B5XA	10/24	\$12/ea.
Frying Pan Pk	F	7pm	C1A.YOSN	10/24	\$12/ea.
Frying Pan Pk	Sa	4:30pm	C1A.55SV	10/25	\$12/ea.
Frying Pan Pk	Sa	5:30pm	C1A.9VE8	10/25	\$12/ea.
Frying Pan Pk	Sa	6:30pm	C1A.DWZZ	10/25	\$12/ea.



## Astronomy Festival

**(3-Adult)** Enjoy activities including guided star gazing, looking through the telescope, and listening to ancient stories about the constellations around the campfire. Participate in other activities and games throughout the evening. Hot chocolate included with price of registration. Canceled if raining or snowing.

**1--2 hour 30 minute event**

Location	Day	Time	Code	Date	\$
TurnerFarmPk	Sa	5pm	4DF.FV9N	11/15	\$10/ea.



# Adapted Recreation SPECIAL EVENTS

at Clemyjontri Park  
6317 Georgetown Pike, McLean



## Clemyjontri Park OPEN HOUSE

SUNDAY, SEPTEMBER 7  
10 a.m. - 3 p.m. • FREE

Experience the wonders of this inclusive park!  
Enjoy a day of family fun for  
all ages and abilities with:

- Carousel rides
- Trackless train
- Arts and crafts
- Community resource fair
- Wonder Wagon mobile nature center
- Guided nature hike

EXPLORE | PLAY | CONNECT

## Sensory-Friendly Family TRICK-OR-TREAT

SUNDAY, OCTOBER 19  
1 - 6 p.m. • \$20/person

Celebrate Halloween  
in a calm, inclusive,  
sensory-friendly way.  
Enjoy a variety of  
accessible activities  
including:

- Carousel rides
- Train rides



[www.fairfaxcounty.gov/parks/clemyjontri](http://www.fairfaxcounty.gov/parks/clemyjontri)

# Goblin Golf

at Burke Lake Park Mini Golf Course

**Saturdays: October 4, 11, 18**  
**Sundays: October 5, 12, 19**  
Choose start times between 11 a.m. - 5 p.m.  
\$10 per person (registration recommended) • (Sales end 4 p.m.)

- Tee up Halloween with 18 holes of mini golf
- Goblins and golf will visit the greens
- Bring a date, a friend or the whole family
- Treats included (no tricking!)

Register online: [www.fairfaxcounty.gov/parks/burke-lake](http://www.fairfaxcounty.gov/parks/burke-lake)  
Burke Lake Park • 7315 Ox Road • Fairfax Station, Va. 22039

# Farm Harvest Days

at Frying Pan Farm Park

Carnival  
& Harvest  
Fun!



## Big Truck Night

Friday, October 17  
5-7 p.m.

\$10 parking fee  
FREE! See an assortment of  
Big Trucks from huge tractors  
to giant fire engines!



## Farm Harvest Days

Saturday-Sunday,  
October 18-19  
10 a.m.-3 p.m.  
\$10 parking fee

FREE! Watch the cider press  
in action, milk a cow, shell  
corn, peel apples, meet farm animals, play  
old-fashioned games, and watch farm demos.



## Fall Carnival

Friday, October 17  
5-9 p.m.

Saturday, October 18  
11 a.m.-10 p.m.

Sunday, October 19  
11 a.m.-6 p.m.

\$10 parking fee

## Unlimited Rides Wristbands

Presale: \$20 (Purchase online  
until Friday, October 17 at 5 p.m.)

At the Door/Day of Carnival: \$25



Frying Pan Farm Park  
2709 West Ox Road, Herndon

[www.fairfaxcounty.gov/parks/frying-pan-park](http://www.fairfaxcounty.gov/parks/frying-pan-park)





## HALLOWEEN ON THE FARM

**AT FRYING PAN  
FARM PARK :**

**Friday, October 24**

Choose your one-hour time  
slot between 5 - 7 p.m.

**Saturday, October 25**

Choose your one-hour time  
slot between 4:30 - 6:30 p.m.

**Online presale: \$12**  
Sales End Day Before Event

**All Ages**

*(Children must be accompanied  
by a registered adult)*

- Visit with farm animals
- Create crafts
- Play games
- Tour the decorated farmhouse
- Experience fall on the farm

**Frying Pan Farm Park**  
2709 West Ox Road, Herndon



# GHOST TOWN AT BURKE LAKE

**SATURDAY-SUNDAY, OCTOBER 25-26**

**11 a.m. - 5 p.m.**

Show off your best costume with a day  
of Halloween treats and fun (not spooky!)

**THEMED ACTIVITIES INCLUDE: TRAIN RIDE • CAROUSEL RIDE  
CRAFTS • TRICK-OR-TREAT HOUSE • MINI GOLF**

### TICKET INFORMATION:

- **Online Presale:** \$20 (Sales end Wednesday, October 22 at 11:59 p.m.)
- **At the Door:** \$25 (Sales end at 3 p.m.)
- Children under age two are free when accompanied by a paying adult.

**[www.fairfaxcounty.gov/parks/burke-lake](http://www.fairfaxcounty.gov/parks/burke-lake)**  
**Burke Lake Park • 7315 Ox Road, Fairfax Station**



## Haunted Mini Golf

**Friday & Saturday**  
**October 24 & 25 • 4-9 p.m.**

**Come dressed in your best costume!**

Welcoming all werewolves, vampires and  
goblins (and their families) for a fun night of  
mini golf. Trick-or-treat and win various  
goodies at every Oakmont Mini Golf hole!

Food trucks • Popcorn • Games

**Online Presale: \$12**

**At the Door: \$15**



**Oakmont Rec Center**  
3200 Jermantown Road, Oakton

Visit [www.fairfaxcounty.gov/parks/reccenter/oakmont](http://www.fairfaxcounty.gov/parks/reccenter/oakmont) to register.



## ASTRONOMY FESTIVAL

**Saturday, November 15 • 5 - 7:30 PM • Ages 3+**

- Guided stargazing
- Peep the night sky through  
a telescope
- Listen to ancient stories about the  
constellations around the campfire
- Activities and games
- Warm up with hot chocolate

*Canceled if rain or snowing.*

**Online Presale: \$10 per person**  
(Sales end November 14 at 11:49 pm)

**At the Door: \$12 per person**  
(Sales end November 15 at 7 pm)

**Turner Farm Park**  
925 Springvale Road, Great Falls



Register at  
[www.fairfaxcounty.gov/parks/turnerfarm](http://www.fairfaxcounty.gov/parks/turnerfarm)



# CALENDAR OF EVENTS

<b>Tuesday, July 29</b>		
Registration begins for Fall Classes		pg. 134
<b>Saturday, September 6</b>		
Dog Daze	Lake Fairfax Park	pg. 116
<b>Sunday, September 7</b>		
Clemyjontri Park Open House	Clemyjontri Park	pg. 67
PC9 Club Championship Golf Tournament	Pinecrest Golf Course	pg. 88
<b>Saturday, September 20</b>		
Bug Fest	Lake Accotink Park	pg. 66
Historic Oak Hill Open House	Oak Hill	pg. 94
<b>Sunday, September 28</b>		
Anglers with Autism	Lake Fairfax Park	pg. 21
<b>Saturday, October 4</b>		
Goblin Golf	Burke Lake Park	pg. 67
Four Club Fall Classic Golf Tournament	Jefferson Golf Course	pg. 88
<b>Sunday, October 5</b>		
Goblin Golf	Burke Lake Park	pg. 67
<b>Saturday, October 11</b>		
Tasting - Teas of Africa	Green Spring Gardens	pg. 94
<b>Friday, October 17</b>		
Farm Harvest Days-Big Truck Night & Fall Carnival	Frying Pan Farm Park	pg. 67
Shot in the Dark Golf Tournament	Burke Lake Golf Center	pg. 88
<b>Saturday, October 18</b>		
Farm Harvest Days & Fall Carnival	Frying Pan Farm Park	pg. 67
<b>Sunday, October 19</b>		
Farm Harvest Days & Fall Carnival	Frying Pan Farm Park	pg. 67
Sensory-Friendly Trick-or-Treat	Clemyjontri Park	pg. 67
Fall Festival Scramble Golf Tournament	Pinecrest Golf Course	pg. 88
<b>Friday, October 24</b>		
Halloween on the Farm	Frying Pan Farm Park	pg. 66
Virginia Hauntings - Legends & Lore	Colvin Run Mill	pg. 66
Haunted Mini Golf	Oakmont Rec Center	pg. 68
Shot in the Dark II Golf Tournament	Burke Lake Golf Center	pg. 88
<b>Saturday, October 25</b>		
Halloween on the Farm	Frying Pan Farm Park	pg. 66
Ghost Town	Burke Lake Park	pg. 66
Monster Mash 5K Dash, Halloween Fun Run and Tot Trot	South Run Rec Center	pg. 66
Virginia Hauntings - Legends & Lore	Colvin Run Mill	pg. 66
Haunted Mini Golf	Oakmont Rec Center	pg. 68
<b>Sunday, October 26</b>		
Ghost Town	Burke Lake Park	pg. 66
Virginia Hauntings - Legends & Lore	Colvin Run Mill	pg. 66
<b>Saturday, November 1</b>		
Aqua Flex '25	3 Rec Centers	Pg. 40
<b>Friday, November 7</b>		
Sully Illuminated	Sully Historic Site	Pg. 95
<b>Saturday, November 15</b>		
Astronomy Festival	Turner Farm Park	Pg. 66





## Exercise and Physical Fitness

Scan the QR code to go directly to the Parktakes Online Exercise and Physical Fitness page.



Whether you pay the daily Rec Center admission fee or purchase a longer-term pass, your admission entitles you to a variety of drop-in classes and specialty classes for an additional registration fee.

### Rec Center Membership Pass

- No initiation fee. Convenient pass options available. Visit <http://go.usa.gov/5TK> for a list of rates.
- More than 300 drop-in fitness classes per week. Visit <http://go.usa.gov/52S> to see the list.
- Access to all Rec Center fitness centers fully equipped with strength equipment and a variety of cardiovascular machines.
- Pass privileges also include use of pools and admission to selected special events.
- Visit [www.fairfaxcounty.gov/parks/passes](http://www.fairfaxcounty.gov/parks/passes) for more information.

### Personal Training

Our trainers' expert guidance and education can remove obstacles and help you reach your potential by:

- Using the latest training techniques to overcome plateaus and jumpstart your workout.
- Providing accountability and motivating you on the fast track to your desired results.
- Helping with a specific illness, injury or conditions.
- Providing sports-specific training to improve your performance.

Small-group and private lessons in Pilates/reformer, yoga, TRX suspension training, and sports-specific conditioning available.

For more information, visit <http://go.usa.gov/5Tg> or call your local Rec Center.

## Group Muscular Strength & Conditioning

### Body Sculpting

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

4EB	11--55 minute lessons--\$151					
Location	Day	Time	Code	Begin	\$	
MtVernREC	Sa	10:30am	8B3.9WS3	9/20	4EB	
OakmontREC	Th	8am	8B3.3M8S	9/18	4EB	

### BODYPUMP

**(13-Adult)** BODYPUMP is the original barbell class that strengthens your entire body. Challenge all of your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Senior discount does not apply to these lessons.

4ECA	11--55 minute lessons--\$173					
Location	Day	Time	Code	Begin	\$	
MtVernREC	T	6pm	A90.Q51E	9/16	4ECA	
ProvREC	M	6pm	A90.OINE	9/15	4ECA	
ProvREC	W	6pm	A90.ZQCN	9/17	4ECA	
SoRunREC	M	7pm	A90.AKR3	9/15	4ECA	
SoRunREC	W	7pm	A90.DG5I	9/17	4ECA	
SoRunREC	Sa	7:45am	A90.HHK2	9/20	4ECA	



### Fitness for Seniors

**(60 yrs+)** Class is designed to help students build greater strength, flexibility and cardiovascular endurance by using weights, bands and low-to moderate-intensity aerobics.

4EB	11--55 minute lessons--\$151					
4EC	22--55 minute lessons--\$300					
Location	Day	Time	Code	Begin	\$	
CubRunREC	T	1pm	1A0.J31B	9/16	4EB	
CubRunREC	T	8am	1A0.WM2C	9/16	4EB	
CubRunREC	T	12pm	1A0.BZPT	9/16	4EB	
MtVernREC	M	11am	1A0.8TPP	9/15	4EB	
MtVernREC	W	11am	1A0.I8QM	9/17	4EB	
MtVernREC	F	11am	1A0.9R7P	9/19	4EB	
OakmontREC	F	8am	1A0.RYA0	9/19	4EB	
ProvREC	T/Th	8:30am	1A0.76L6	9/16	4EC	
SpHillREC	T	12pm	1A0.24FE	9/16	4EB	
SpHillREC	Th	1pm	1A0.UB8C	9/18	4EB	
SpHillREC	F	11am	1A0.9YQS	9/19	4EB	

### Fitness for Women

**(16-Adult)** Unlock your full potential and embrace a healthier, more confident you in this class. This dynamic program is designed specifically to cater to the unique fitness needs and goals of women, offering a balanced mix of strength training, cardiovascular exercises, and flexibility routines.

4ED	11--55 minute lessons--\$153					
Location	Day	Time	Code	Begin	\$	
OakmontREC	T	8am	41C.P7OX	9/16	4ED	
SpHillREC	Su	5pm	41C.UKIZ	9/21	4ED	

### Golf Fit

**(13-Adult)** For the golfer who wants a better, all-around game through a golf-specific fitness program. Improve your strength, flexibility, balance, posture, stabilization and endurance training.

4ED	11--55 minute lessons--\$153					
Location	Day	Time	Code	Begin	\$	
SpHillREC	W	5pm	83D.2BNV	9/17	4ED	

### Pickleball Conditioning

**(60 yrs.+)** Improve your game and learn how to reduce the risk of injuries related to this popular sport. Exercises presented will help improve your agility, balance, strength, coordination, and range of motion.

4EB	11--55 minute lessons--\$151					
Location	Day	Time	Code	Begin	\$	
SpHillREC	W	1pm	FJE.35NG	9/17	4EB	

### Stay Active/Independent for Life-Standing

**(55 yrs.+)** Stay Active and Independent for Life (SAIL) is a twelve-week evidenced-based strength, balance and fitness program designed to help students with balance issues or a history of falls. Class meets twice weekly with a certified SAIL instructor who leads exercises to improve overall fitness while focusing on improving balance. Exercise is done standing up.

4EVA	24--55 minute lessons--\$298					
Location	Day	Time	Code	Begin	\$	
ProvREC	T/Th	10am	E98.119K	9/16	4EVA	

### Total Body Conditioning

**(60 yrs.+)** For students who want to add variety to their exercise program. Improve agility, balance and coordination, while increasing muscular endurance and strength.

4EB	11--55 minute lessons--\$151					
Location	Day	Time	Code	Begin	\$	
OakmontREC	T	9:30am	F0C.6JCF	9/16	4EB	
OakmontREC	W	12pm	F0C.RXHZ	9/17	4EB	
OakmontREC	Th	10:30am	F0C.45TA	9/18	4EB	
OakmontREC	M	12pm	F0C.TQHB	9/22	4EB	

### TRX Suspension Training

**(13-Adult)** TRX suspension training uses individual body weight, gravity and suspension tools in an exciting way to get a whole new workout. Senior discount does not apply to these lessons.

4ECA	11--55 minute lessons--\$173					
Location	Day	Time	Code	Begin	\$	
SoRunREC	Th	7:30pm	35C.2UNI	9/18	4ECA	
SpHillREC	Su	3:30pm	35C.R3DY	9/21	4ECA	
Wkfld/Moore	T	9am	35C.I6WO	9/16	4ECA	
Wkfld/Moore	W	7pm	35C.Y9VH	9/17	4ECA	
Wkfld/Moore	Th	11:15am	35C.MX1B	9/18	4ECA	

### Weight Training

**(16-Adult)** These classes are a great introduction to weight-training and combine educational topics (from safety, tips, and techniques to muscle groups and workout planning) with hands-on practice to learn proper form. Exercises and equipment covered will vary by location, with modifications presented for a variety of ages and abilities.

4EX	11--55 minute lessons--\$190					
Location	Day	Time	Code	Begin	\$	
SoRunREC	W	6:30pm	BB2.ELWX	9/17	4EX	
SoRunREC	Sa	3pm	BB2.H87Y	9/20	4EX	
SoRunREC	Su	11am	BB2.69VD	9/21	4EX	
SpHillREC	Sa	9am	BB2.GFMP	9/20	4EX	

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

Visit [www.fairfaxcounty.gov/parks/fifty-plus](http://www.fairfaxcounty.gov/parks/fifty-plus)



## Weight Training for Women I

**(16-Adult)** These classes are a great introduction to weight-training and combine educational topics (from safety, tips, and techniques to muscle groups and workout planning) with hands-on practice to learn proper form. Exercises and equipment covered will vary by location, with modifications presented for a variety of ages and abilities. For women only.

4EX 11--55 minute lessons--\$190						
Location	Day	Time	Code	Begin	\$	
SoRunREC	Sa	3pm	9EA.1RQG	9/20	4EX	
SoRunREC	Su	9am	9EA.BOX2	9/21	4EX	
SpHillREC	F	12pm	9EA.57PO	9/19	4EX	

## Weight Training

**(60 yrs.+)** These classes are a great introduction to weight-training and combine educational topics (from safety, tips, and techniques to muscle groups and workout planning) with hands-on practice to learn proper form. Exercises and equipment covered will vary by location, with modifications presented for a variety of ages and abilities.

4EX 11--55 minute lessons--\$190						
Location	Day	Time	Code	Begin	\$	
SpHillREC	Th	12pm	503.V5HR	9/18	4EX	

## Weight Training for Teens

**(12-15 yrs.)** Learn proper equipment use, techniques and safety along with stretching, strength and endurance exercises. Students who complete a final test are issued a weight room pass (to be used with admission) that entitles them to use the weight room without adult supervision.

4EW 5--55 minute lessons--\$89						
Location	Day	Time	Code	Begin	\$	
CubRunREC	Sa	1pm	E8B.7SJJ	10/4	4EW	
MtVernREC	M	4pm	E8B.SSZE	9/15	4EW	
MtVernREC	M	4pm	E8B.ZNES	10/27	4EW	
OakmontREC	W	4pm	E8B.160D	9/17	4EW	
ProvREC	T	4:30pm	E8B.OWNB	9/16	4EW	
ProvREC	T	4:30pm	E8B.HGXV	10/21	4EW	
SoRunREC	W	5:30pm	E8B.54QZ	9/17	4EW	
SoRunREC	Sa	4pm	E8B.1X80	9/20	4EW	
SoRunREC	Su	10am	E8B.LZF6	9/21	4EW	
SoRunREC	W	5:30pm	E8B.WFCZ	10/22	4EW	
SoRunREC	Sa	4pm	E8B.0331	10/25	4EW	
SpHillREC	W	4pm	E8B.5XLP	9/17	4EW	
SpHillREC	Su	4pm	E8B.FXG	9/21	4EW	
SpHillREC	W	4pm	E8B.42HJ	10/29	4EW	
SpHillREC	Su	4pm	E8B.ULOA	11/2	4EW	
Wkfld/Moore	M	5pm	E8B.H1BM	9/15	4EW	
Wkfld/Moore	M	5pm	E8B.ZXPV	10/20	4EW	

## Free Weight Training

**(16-Adult)** Learn proper techniques, safety and stretches to give you a great workout using free weights. This class focuses the upper body.

4EW 5--55 minute lessons--\$89						
Location	Day	Time	Code	Begin	\$	
SoRunREC	W	6:30pm	52C.PWJH	9/17	4EW	
SoRunREC	Sa	3pm	52C.PFOS	9/20	4EW	
SoRunREC	W	6:30pm	52C.N5AV	10/22	4EW	
SoRunREC	Sa	3pm	52C.HPCK	10/25	4EW	
SpHillREC	T	10am	52C.56GB	9/16	4EW	
SpHillREC	T	10am	52C.04W3	10/28	4EW	

## Group Aerobic Exercise

### Aerobics II

**(60 yrs.+)** This class is for the older adult who is beyond beginner but not quite advanced. Muscle

strengthening with hand weights, low impact, moderate intensity aerobics and stretching are taught.

4EB 11--55 minute lessons--\$151						
Location	Day	Time	Code	Begin	\$	
OakmontREC	F	9:30am	C1D.8RGQ	9/19	4EB	

## Barre Workout

**(13-Adult)** This class incorporates ballet exercises, barres and light weights to help you tone and define your muscles. Learn the secrets of dancers for a totally toned body. Barre techniques class highly recommended prior to this program. Socks required.

4EB 11--55 minute lessons--\$151						
Location	Day	Time	Code	Begin	\$	
MtVernREC	T	9:30am	3BF.CNSY	9/16	4EB	
MtVernREC	Th	9:30am	3BF.QN00	9/18	4EB	
MtVernREC	F	5:30pm	3BF.9XLO	9/19	4EB	
OakmontREC	M	7am	3BF.CXCD	9/15	4EB	
SoRunREC	W	9:30am	3BF.5XG7	9/17	4EB	
SoRunREC	Sa	8am	3BF.C8UJ	9/20	4EB	
SpHillREC	Sa	10am	3BF.04TK	9/20	4EB	

## Cardio Kickboxing

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

4EB 11--55 minute lessons--\$151						
Location	Day	Time	Code	Begin	\$	
ProvREC	T	7pm	7C5.PFRV	9/16	4EB	
ProvREC	Th	7pm	7C5.EPHW	9/18	4EB	
SoRunREC	T	6:30pm	7C5.V4D1	9/16	4EB	

## Cycle Spin

**(13-Adult)** Ride your way to a stronger, leaner body. This group exercise program using stationary spin

bike for a great cardio workout. Please bring a water bottle and towel to class.

4EB 11--55 minute lessons--\$151						
4EL 11--45 minute lessons--\$151						
Location	Day	Time	Code	Begin	\$	

MtVernREC	F	12pm	EJ.J.QWOP	9/19	4EB	
ProvREC	M	5:30pm	EJ.J.M496	9/15	4EB	
SoRunREC	T	6pm	EJ.J.B6W0	9/16	4EB	
SoRunREC	Th	6:30pm	EJ.J.JFJQ	9/18	4EB	
SoRunREC	Sa	10am	EJ.J.NUTD	9/20	4EB	
SoRunREC	Su	3:45pm	EJ.J.FGQG	9/21	4EB	

## Gentle Cardio

**(13-Adult)** This low impact aerobics offers an exciting, moderate intensity workout without any jumping so it's easy on the joints. Class may include light body sculpting with hand weights or floor work.

4EB 11--55 minute lessons--\$151						
Location	Day	Time	Code	Begin	\$	
CubRunREC	T	11am	GN4.08KZ	9/16	4EB	
CubRunREC	Th	12pm	GN4.8V06	9/18	4EB	
Virtual FCPA	W	8am	GN4.Z6TN	9/17	4EB	

## H.I.I.T.

**(13-Adult)** This High Intensity Interval Training class will introduce you to this effective workout known as H.I.I.T. Cardio health and fat loss are just some of the benefits. All levels welcome.

4EB 11--55 minute lessons--\$151						
Location	Day	Time	Code	Begin	\$	
SpHillREC	Th	5pm	OJJ.VZLD	9/18	4EB	

## 15% OFF Annual Memberships Sept. 1-30 • Access to All Rec Centers



## JOIN • CONNECT • GET ACTIVE

### MEMBER BENEFITS

Pools, Spas and Saunas  
Fitness Center (FREE Orientations)

Drop-in Group Fitness Classes (Cycle, Yoga, BODYPUMP™, Pilates)

Courts, Gyms and Tracks

Drop-In Pickleball and Basketball

Racquetball and Volleyball

Discounts on Drop-In Childcare

Public Skate and Rock Wall Sessions

Flexible  
Membership  
Options

NO  
Initiation Fee



FAIRFAX COUNTY PARK AUTHORITY

## REC CENTERS



\*Amenities vary  
by location.

[www.fairfaxcounty.gov/parks/passes](http://www.fairfaxcounty.gov/parks/passes)

Purchase at Rec Centers or Online. [www.fairfaxcounty.gov/parks/passes](http://www.fairfaxcounty.gov/parks/passes)



# Exercise and Physical Fitness



## 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.

4EB	11--55 minute lessons--\$151				
Location	Day	Time	Code	Begin	\$
OakmontREC	Sa	9am	CAP.1G1V	9/20	4EB

## Zumba

**(13-Adult)** Dance themes combined with dynamic music turn fitness into a party! Maximize caloric output and tone your body using easy-to-follow dance steps. All levels welcome.

4EB	11--55 minute lessons--\$151				
Location	Day	Time	Code	Begin	\$
SoRunREC	M	8pm	69F.GSP3	9/15	4EB
SoRunREC	W	8pm	69F.I1VO	9/17	4EB
SoRunREC	Th	6:30pm	69F.09SE	9/18	4EB
SoRunREC	Sa	9am	69F.IUFO	9/20	4EB
Wkfld/Moore	F	9am	69F.1FMT	9/19	4EB

## Zumba Gold

**(60 yrs.+)** Class features the same great Latin music and dance styles as Zumba but at a slower pace. This is a safe, easy way to do a great total body workout.

4EB	11--55 minute lessons--\$151				
Location	Day	Time	Code	Begin	\$
CubRunREC	F	5pm	8F6.H8GB	9/19	4EB
ProvREC	M	10:30am	8F6.OH0Z	9/15	4EB
ProvREC	W	10:30am	8F6.HKC2	9/17	4EB
ProvREC	F	11am	8F6.ZIXO	9/19	4EB
SpHillREC	Th	10am	8F6.WHBS	9/18	4EB
Wkfld/Moore	Th	9am	8F6.89Z1	9/18	4EB

## Alternative Exercise

### Awareness through Movement for a Pain Free Back

**(13-Adult)** Learn gentle and safe Feldenkrais lessons specifically designed to help you reduce and prevent back pain, tension and movement restrictions. This class will help improve your posture and flexibility.

4EW	5--55 minute lessons--\$89				
Location	Day	Time	Code	Begin	\$
ProvREC	Th	2:15pm	I93.6FZB	9/18	4EW

### Awareness through Movement Happy Hips

**(13-Adult)** These Feldenkrais lessons provide a safe and effective way to revive the dynamic, healthy use of your hip joints, improve your comfort, range of movement and sense of stability and balance.

4EW	5--55 minute lessons--\$89				
Location	Day	Time	Code	Begin	\$
ProvREC	Th	2:15pm	DDJ.PPQI	10/23	4EW

## 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.

4EB	11--55 minute lessons--\$151				
Location	Day	Time	Code	Begin	\$
OakmontREC	W	11am	FDD.7L94	9/17	4EB
ProvREC	Th	1pm	FDD.LVP8	9/18	4EB
Wkfld/Moore	T	1:30pm	FDD.DSHH	9/16	4EB
Wkfld/Moore	Th	11am	FDD.OJVL	9/18	4EB

## BodyAwake Yoga®

**(13-Adult)** BodyAwake® Yoga is an accessible practice that blends ancient yogic practices and asana (postures) with energy medicine techniques. Through asana, breathwork and conscious energy flow, the students learn to tap into the energetic fields of their body and anchor deeply in their core. This unique practice enlivens the energetic circuitry in the body resulting in a transformational practice focused on embodiment and conscious integration of body, mind and spirit.

4EB	11--55 minute lessons--\$151				
Location	Day	Time	Code	Begin	\$
Franconia Rec	F	10:30am	E7T.WU6W	9/19	4EB
Franconia Rec	Su	10:30am	E7T.P841	9/21	4EB

## Bones for Life

**(13-Adult)** Learn safe weight-bearing exercises to increase and maintain bone health. This class uses impact exercises designed to reduce stress on vulnerable joints while building bone strength, balance and overall health.

4EB	11--55 minute lessons--\$151				
Location	Day	Time	Code	Begin	\$
ProvREC	Th	3:30pm	519.W805	9/18	4EB

## Creative Balance

**(Adults)** This class will help participants regain and improve balance skills and move with more ease, agility, and confidence. With upbeat music, simple physical games, props and challenges, you'll get social while addressing a wide range of factors involved in balance, from foot stability to core strength.

4EB	11--55 minute lessons--\$151				
Location	Day	Time	Code	Begin	\$
ProvREC	T	12:30pm	WBB.HOYO	9/16	4EB
SpHillREC	M	11am	WBB.L9TV	9/15	4EB

## Chair Yoga

**(13-Adult)** This gentle yoga class is for those who are unable to get up and down off the floor or who want the extra support of a chair. Students coordinate breath with movement and perform stretches, relaxation techniques and meditation/concentration exercises while using a chair for support.

4EB	11--55 minute lessons--\$151				
Location	Day	Time	Code	Begin	\$
MtVernREC	W	2pm	ED6.CYSO	9/17	4EB
SoRunREC	T	3:05pm	ED6.TLYH	9/16	4EB
SoRunREC	Th	11:15am	ED6.9PUL	9/18	4EB
Wkfld/Moore	M	1pm	ED6.FFCO	9/15	4EB

## Gentle Yoga

**(13-Adult)** Gentle stretches, yoga postures and breathing techniques increase flexibility and strength for those desiring a slower pace. This gentle practice may be suitable for individuals returning from illness or injury or those with physical challenges.

4EB	11--55 minute lessons--\$151				
Location	Day	Time	Code	Begin	\$
CubRunREC	W	9am	21C.R9PF	9/17	4EB
OakmontREC	Th	11am	21C.RJ9N	9/18	4EB
SoRunREC	T	2pm	21C.9Y7O	9/16	4EB
SoRunREC	Th	10am	21C.S162	9/18	4EB
Wkfld/Moore	T	6pm	21C.9J9Y	9/16	4EB



## Hatha Yoga I

**(13-Adult)** Learn basic yoga postures as you gain more strength and flexibility while using different breathing techniques. This class is designed to help improve your posture and bring you relaxation. Please bring a mat and towel to class.

<b>4EB</b>	<b>11--55 minute lessons--\$151</b>
<b>4EE</b>	<b>11--1 hour 25 minute lessons--\$226</b>

Location	Day	Time	Code	Begin	\$
MtVernREC	M	12:30pm	C21.PVJY	9/15	4EB
MtVernREC	W	12:30pm	C21.ADWA	9/17	4EB
MtVernREC	Sa	10:30am	C21.L806	9/20	4EB
MtVernREC	Su	10am	C21.ZGNA	9/21	4EB
OakmontREC	Su	10:30am	C21.ZMTM	9/21	4EE
ProvREC	Th	5:30pm	C21.ARRA	9/18	4EB
SoRunREC	M	10:30am	C21.HMZI	9/15	4EB
SoRunREC	M	5:45pm	C21.ODSR	9/15	4EB
SoRunREC	T	8pm	C21.OA93	9/16	4EB
SoRunREC	W	7pm	C21.92GH	9/17	4EB
SoRunREC	W	10:30am	C21.E3IV	9/17	4EB
SoRunREC	Su	5pm	C21.RGXC	9/21	4EB
Wkfld/Moore	T	12pm	C21.LE38	9/16	4EE
Wkfld/Moore	W	7pm	C21.VJTC	9/17	4EE

## Hatha Yoga II

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

<b>4EB</b>	<b>11--55 minute lessons--\$151</b>
<b>4EE</b>	<b>11--1 hour 25 minute lessons--\$226</b>

Location	Day	Time	Code	Begin	\$
CubRunREC	Th	7pm	19F.A6EB	9/18	4EB
MtVernREC	T	12:30pm	19F.9CM9	9/16	4EB
MtVernREC	Th	12:30pm	19F.VTSC	9/18	4EB
OakmontREC	F	10:30am	19F.05BL	9/19	4EE
Wkfld/Moore	Th	7pm	19F.6QWU	9/18	4EE

## Hatha Combo

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

<b>4EB</b>	<b>11--55 minute lessons--\$151</b>
<b>4EE</b>	<b>11--1 hour 25 minute lessons--\$226</b>

Location	Day	Time	Code	Begin	\$
Frying Pan Pk	M	7pm	F3F.4L81	9/15	4EE
Wkfld/Moore	T	10:30am	F3F.DYXP	9/16	4EB
Wkfld/Moore	F	11am	F3F.TRS4	9/19	4EB

## Movement Connection

**(13-Adult)** In today's world, we sit too much and feel disconnected from our bodies, nature and each other. This class helps reverse that by using everyday objects and outdoor spaces (weather permitting) to restore natural ease, balance and strength through guided, level-appropriate challenges. With dynamic and mindful movement, you'll build physical confidence while enjoying connection and time in nature.

<b>4EB</b>	<b>11--55 minute lessons--\$151</b>
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Location	Day	Time	Code	Begin	\$
ProvREC	M	11:30am	771.QP8B	9/15	4EB

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## 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.

<b>4EB</b>	<b>11--55 minute lessons--\$151</b>
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Location	Day	Time	Code	Begin	\$
OakmontREC	F	7am	F82.WXZR	9/19	4EB
OakmontREC	W	3:30pm	F82.UUPB	9/24	4EB

## Pilates

**(13-Adult)** Practice classical exercise sequences based on Pilates method. Focus on core control, alignment and breathing to properly execute exercises that strengthen and lengthen the body.

<b>4EB</b>	<b>11--55 minute lessons--\$151</b>
<b>4EL</b>	<b>11--45 minute lessons--\$151</b>

Location	Day	Time	Code	Begin	\$
CubRunREC	W	5pm	16E.L1YK	9/17	4EB
Franconia Rec	W	5:30pm	16E.ID4X	9/17	4EB
OakmontREC	W	9am	16E.RGF7	9/24	4EB
SoRunREC	Th	6pm	16E.8HZB	9/18	4EB
SoRunREC	Sa	8:50am	16E.CAKA	9/20	4EL
SpHillREC	T	10am	16E.508A	9/16	4EB
SpHillREC	Th	10am	16E.ES28	9/18	4EB

## Gentle Pilates Allegro Reformer

**(13-Adult)** Pilates lessons on a special apparatus that provides various resistance levels within a full range of motion. These gentle lessons help loosen the joints and spine and create new movement opportunities, balance, and flexibility in a class designed to support the special needs and abilities of the practitioner. Senior discount does not apply to these lessons.

<b>4EAA</b>	<b>11--55 minute lessons--\$246</b>
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Location	Day	Time	Code	Begin	\$
SpHillREC	F	11am	78C.B1A1	9/19	4EAA
SpHillREC	F	12pm	78C.R1BJ	9/19	4EAA
SpHillREC	Sa	11am	78C.QQY	9/20	4EAA

## Pilates Allegro Reformer Lessons

**(13-Adult)** Pilates lessons on a special apparatus that provides various levels of resistance within the full range of motion. Private lessons stretch and strengthen your entire body and help you develop body muscle balance, flexibility, agility and bone density. Intro to Pilates Mat recommended. Senior discount does not apply to these lessons.

<b>4EAA</b>	<b>11--55 minute lessons--\$246</b>
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Location	Day	Time	Code	Begin	\$
CubRunREC	M	6pm	08E.7H5K	9/15	4EAA
CubRunREC	M	7pm	08E.YIGS	9/15	4EAA
CubRunREC	M	9:45am	08E.X2PY	9/15	4EAA
CubRunREC	M	11am	08E.2EZV	9/15	4EAA
CubRunREC	M	12pm	08E.PV6D	9/15	4EAA
CubRunREC	T	5:45pm	08E.MIOH	9/16	4EAA
CubRunREC	T	7pm	08E.BS02	9/16	4EAA
CubRunREC	T	9am	08E.S27N	9/16	4EAA
CubRunREC	T	10am	08E.3CZW	9/16	4EAA
CubRunREC	Th	5:45pm	08E.E9D5	9/18	4EAA
CubRunREC	F	10am	08E.V8TA	9/19	4EAA
CubRunREC	Sa	10am	08E.3V3G	9/20	4EAA
CubRunREC	Sa	11am	08E.DY5H	9/20	4EAA
CubRunREC	Su	9:30am	08E.4GF4	9/21	4EAA
CubRunREC	Su	10:45am	08E.7JN5	9/21	4EAA
Franconia Rec	M	6:30pm	08E.QTFW	9/15	4EAA

Franconia Rec	M	7:30pm	08E.40WU	9/15	4EAA
Franconia Rec	W	6:30pm	08E.XG2T	9/17	4EAA
Franconia Rec	W	10am	08E.LRLL	9/17	4EAA
Franconia Rec	Th	4pm	08E.NBT9	9/18	4EAA
Franconia Rec	Su	5:30pm	08E.NJ9D	9/21	4EAA
MtVernREC	M	4pm	08E.1WL8	9/15	4EAA
MtVernREC	M	6am	08E.R776	9/15	4EAA
MtVernREC	M	7pm	08E.GH16	9/15	4EAA
MtVernREC	M	10:45am	08E.ACKV	9/15	4EAA
MtVernREC	T	5:30pm	08E.JSG1	9/16	4EAA
MtVernREC	W	6pm	08E.Y306	9/17	4EAA
MtVernREC	W	7pm	08E.TVBY	9/17	4EAA
MtVernREC	W	11am	08E.UW9H	9/17	4EAA
MtVernREC	Th	5:30pm	08E.6FE6	9/18	4EAA
MtVernREC	Sa	9:30am	08E.0WMC	9/20	4EAA
ProvREC	Su	9am	08E.RUZR	9/14	4EAA
ProvREC	M	10:30am	08E.S5S0	9/15	4EAA
ProvREC	T	6pm	08E.SY99	9/16	4EAA
ProvREC	T	10am	08E.W4QU	9/16	4EAA
ProvREC	T	11am	08E.A8GR	9/16	4EAA
ProvREC	W	9:30am	08E.DMK1	9/17	4EAA
ProvREC	W	10:30am	08E.3DCZ	9/17	4EAA
ProvREC	Th	10:30am	08E.BWP7	9/18	4EAA
ProvREC	Th	11:30am	08E.GAJ5	9/18	4EAA
SoRunREC	M	6pm	08E.GWEY	9/15	4EAA
SoRunREC	T	12:30pm	08E.WZ1D	9/16	4EAA
SoRunREC	W	10am	08E.0GOR	9/17	4EAA
SoRunREC	Th	1:30pm	08E.5W07	9/18	4EAA
SoRunREC	Th	12:30pm	08E.8V38	9/18	4EAA
SpHillREC	W	6pm	08E.RP1T	9/17	4EAA
SpHillREC	W	7pm	08E.KADW	9/17	4EAA
SpHillREC	Th	6pm	08E.LVVC	9/18	4EAA
SpHillREC	Sa	9am	08E.EU8N	9/20	4EAA
SpHillREC	Su	10:45am	08E.K8NG	9/21	4EAA

## Pilates Allegro Reformer Lessons II

**(13-Adult)** Pilates lessons on a special apparatus that provides a workout with complex exercise variations and longer sets. The movements develop coordination, strength and flexibility while the concentration required improves the mind-and-body connection. Prerequisite: Pilates Allegro Reformer I. Senior discount does not apply to these lessons.

<b>4EAA</b>	<b>11--55 minute lessons--\$246</b>
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Location	Day	Time	Code	Begin	\$
Franconia Rec	T	5:30pm	5B6.WL9I	9/16	4EAA
Franconia Rec	W	7:30pm	5B6.BKU7	9/17	4EAA
MtVernREC	M	7am	5B6.C6ZG	9/15	4EAA
MtVernREC	M	8pm	5B6.S9BJ	9/15	4EAA
MtVernREC	T	6:30pm	5B6.IHQS	9/16	4EAA
MtVernREC	W	5pm	5B6.AR8V	9/17	4EAA
MtVernREC	Th	6:30pm	5B6.SFJP	9/18	4EAA
ProvREC	T	5pm	5B6.AW14	9/16	4EAA
SpHillREC	M	6:30pm	5B6.QBRT	9/15	4EAA
SpHillREC	M	7:30pm	5B6.RFOT	9/15	4EAA
SpHillREC	T	8am	5B6.PBAM	9/16	4EAA
SpHillREC	T	9am	5B6.BWUK	9/16	4EAA
SpHillREC	W	8am	5B6.Z5KJ	9/17	4EAA
SpHillREC	W	9am	5B6.AXE7	9/17	4EAA
SpHillREC	W	10am	5B6.8P8L	9/17	4EAA
SpHillREC	F	10am	5B6.XJEO	9/19	4EAA

## 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.

<b>4EAA</b>	<b>11--55 minute lessons--\$246</b>
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Location	Day	Time	Code	Begin	\$
SpHillREC	Th	7pm	A40.R3F4	9/18	4EAA
SpHillREC	Sa	10am	A40.BC22	9/20	4EAA





## Pilates Allegro Reformer Jumpboard

**(13-Adult)** This express format adds aerobic elements to your Pilates reformer program through the use of a jumpboard attachment. Participants will also perform a variety of additional strength and stability exercises. Students should be able to do level 2 class work.

**4EAA 11--55 minute lessons--\$246**  
**4EAC 11--30 minute lessons--\$123**

Location	Day	Time	Code	Begin	\$
CubRunREC	M	5pm	719.UXW4	9/15	4EAA
SpHillREC	W	11am	719.EH55	9/17	4EAC

## Mat Fusion

**(13-Adult)** Looking for a safe and effective way to improve flexibility, endurance and muscle tone? Mat fusion encompasses the Eastern philosophy of yoga, the holistic approach of Pilates and the application of floor-based exercise techniques.

**4EB 11--55 minute lessons--\$151**

Location	Day	Time	Code	Begin	\$
SoRunREC	T	7pm	34B.WF8P	9/16	4EB

## Intro to Tai Chi: Find your Balance

**(13-Adult)** In this introductory class, discover the gentle movements and stress-reducing benefits of Tai Chi. Learn fundamental principles, basic forms and cultivate a sense of mind-body connection in a welcoming environment. This class provides a great way to discover if Tai Chi is right for you.

**4EZZ 1--55 minute lesson--\$13**

Location	Day	Time	Code	Begin	\$
GrnSprGardn	Sa	10am	Y5R.M20Z	9/27	4EZZ
GrnSprGardn	Sa	10am	Y5R.1SC1	10/11	4EZZ
GrnSprGardn	Sa	10am	Y5R.HABZ	11/8	4EZZ
GrnSprGardn	Sa	10am	Y5R.Z5CW	12/6	4EZZ

## 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--\$109**  
**4EB 11--55 minute lessons--\$151**

Location	Day	Time	Code	Begin	\$
CubRunREC	T	7pm	ED9.5C14	9/16	4EB
Franconia Rec	W	6pm	ED9.XXU0	9/17	4EB
Frying Pan Pk	Th	8pm	ED9.QBGO	9/11	3EB
GrnSprGardn	M	1:30pm	ED9.1BGO	9/8	4EB
OakmontREC	Th	4:30pm	ED9.K1C4	9/18	4EB
ProvREC	M	1:30pm	ED9.9DBU	9/15	4EB
ProvREC	W	1pm	ED9.D7Z2	9/17	4EB
SpHillREC	M	7pm	ED9.NRWS	9/15	4EB
SpHillREC	Sa	9am	ED9.4UV5	9/20	4EB

## Tai Chi II

**(13-Adult)** Tai Chi I strongly recommended.

**4EB 11--55 minute lessons--\$151**

Location	Day	Time	Code	Begin	\$
CubRunREC	T	5pm	630.K2XE	9/16	4EB
Franconia Rec	Th	6pm	630.T6VT	9/18	4EB
Franconia Rec	Th	7pm	630.Y5ZG	9/18	4EB
GrnSprGardn	M	12:15pm	630.5Y8Q	9/8	4EB
OakmontREC	Th	5:30pm	630.D061	9/18	4EB
ProvREC	M	2:30pm	630.BDPT	9/15	4EB
ProvREC	W	2:30pm	630.ZJVO	9/17	4EB
SpHillREC	M	8pm	630.WQO2	9/15	4EB
SpHillREC	Sa	10am	630.U9LN	9/20	4EB

## Tai Chi III

**(13-Adult)** Tai Chi II strongly recommended.

**4EB 11--55 minute lessons--\$151**

Location	Day	Time	Code	Begin	\$
CubRunREC	T	6pm	156.N5K0	9/16	4EB
GrnSprGardn	M	11am	156.F8I3	9/8	4EB
OakmontREC	Th	3:15pm	156.OLDB	9/18	4EB

## Tai Chi Yang Style

**(13-Adult)** Learn six choreographed forms of Tai Chi consisting of 108 postures that are often described as "moving meditation." Traditional martial arts warm-up exercises are included in all classes. Please bring a water bottle, mat and towel to class.

**4EB 11--55 minute lessons--\$151**

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	W	7pm	LLG.N2U0	9/17	4EB
Wkfld/Moore	Su	9:30am	LLG.U39Y	9/21	4EB
Wkfld/Moore	Su	10:30am	LLG.EQF1	9/21	4EB

## Sunrise Stretch

**(13-Adult)** This is the perfect class to add to your morning ritual. Wake up and stretch through a gentle standing and floor sequence to energize the body. These pure mobility stretches and flows give you energy, flexibility and strength all day long!

**4EL 11--45 minute lessons--\$151**

Location	Day	Time	Code	Begin	\$
OakmontREC	F	6am	NYZ.BPGY	9/19	4EL

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## 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.

<b>4EB</b>	<b>11--55 minute lessons--\$151</b>
<b>4EE</b>	<b>11--1 hour 25 minute lessons--\$226</b>

Location	Day	Time	Code	Begin	\$
OakmontREC	M	6:30pm	308.RVZJ	9/15	4EE
OakmontREC	M	9:30am	308.VSTY	9/15	4EB
OakmontREC	Th	10:15am	308.8XAA	9/18	4EE

## Yin Yoga

**(13-Adult)** Yin Yoga incorporates seated and supine postures that are held for longer periods (1-5 minutes each), targeting connective tissues, joints, and fascial networks. In this relaxing class, you will stretch all major muscle groups to help improve flexibility, regain range of motion, reduce pain, and prevent injuries. It will also help calm the mind, reduce stress, activate the parasympathetic nervous system and improve concentration. Bring a mat and a towel to class.

<b>4EE</b>	<b>11--1 hour 25 minute lessons--\$226</b>
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Location	Day	Time	Code	Begin	\$
SphillREC	Th	6pm	KXS.G9UE	9/18	4EE

## Yoga & Bonfire Evening at Lake Accotink

**(13-Adult)** Looking for renewal, peace, inspiration, transformation, and / or something a little different, then bring your yoga mat to Lake Accotink for an evening sunset, star gazing and a bonfire. The evening's practice will focus on Hatha techniques to stretch, build core strength, and stability to the mind and body. This practice is for all levels of yogis - new or advanced. Please bring a mat, towel, and water. If the evening is cool, please bring a wrap or sweater as we will practice outside near the lake.

<b>BEYA</b>	<b>1--1 hour 30 minute lessons--\$25</b>
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Location	Day	Time	Code	Begin	\$
LkAccotnkPk	Sa	5:30pm	DRC.CPNL	10/18	BEYA

## Yoga & Walking at Lake Accotink

**(13-Adult)** Manage your stress and rejuvenate your spirit in the natural beauty and sounds of Lake Accotink Park. Take an invigorating walk while exploring nature and merge fitness and mindfulness. The physical and mental benefits combining of yoga and walking may help reduce stress, build agility, and strengthen self-awareness. All classes meet outdoors. No previous experience needed. Please bring water and be prepared to walk on varying terrain.

<b>4EZZ</b>	<b>1--55 minute lesson--\$13</b>
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Location	Day	Time	Code	Begin	\$
LkAccotnkPk	Su	8am	FJO.9KER	9/13	4EZZ

## Yoga for Gardeners

**(Adults)** This class features a gentle introduction to the Vinyasa method which helps participants increase the strength, flexibility and endurance necessary for gardening. Class held indoors.

<b>4EB</b>	<b>11--55 minute lessons--\$151</b>
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Location	Day	Time	Code	Begin	\$
GrnSprGardn	M	9:30am	6E6.S6Z1	9/8	4EB



## 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.

<b>4EE</b>	<b>11--1 hour 25 minute lessons--\$226</b>
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Location	Day	Time	Code	Begin	\$
SphillREC	Su	5pm	D01.R7OK	9/21	4EE

## Yoga Groove

**(13-Adult)** Chill out vinyasa style in this upbeat class that fuses classic yoga poses and flows with popular music. Movement, music and breath are used to open the body's energy centers so energy can flow freely through the body. No previous yoga or dance experience needed.

<b>4EB</b>	<b>11--55 minute lessons--\$151</b>
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Location	Day	Time	Code	Begin	\$
Wkfld/Moore	M	7pm	49D.HXLS	9/15	4EB

## Outdoor Classes

### 5K Team-Beginner

**(13-Adult)** If you're in it to finish, try this beginner-friendly team. You start out mostly walking and end up running the whole 3.1-mile race.

<b>3EB</b>	<b>8--55 minute lessons--\$109</b>
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Location	Day	Time	Code	Begin	\$
ProvREC	Sa	9am	2E4.K0IU	9/20	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.

<b>4EB</b>	<b>11--55 minute lessons--\$151</b>
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Location	Day	Time	Code	Begin	\$
SoRunREC	Sa	9am	EC2.STZ0	9/20	4EB

## Virtual Classes

### Virtual Chair Yoga

**(13-Adult)** This gentle yoga class is for those who are unable to get up and down off the floor or who want the extra support of a chair. Students coordinate breath with movement and perform stretches, relaxation techniques and meditation/concentration exercises while using a chair for support. This class will be delivered online using Microsoft Teams. Class registrants will be emailed a link to the class meetings prior to the start of class.

<b>4EB</b>	<b>11--55 minute lessons--\$151</b>
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Location	Day	Time	Code	Begin	\$
Virtual FCPA	T	3:05pm	IY.CNNB	9/16	4EB
Virtual FCPA	Th	11:15am	IY.LWEB	9/18	4EB

### Virtual Pilates

**(13-Adult)** Practice classical exercise sequences based on Pilates method. Focus on core control, alignment and breathing to properly execute exercises that strengthen and lengthen the body. This class will be delivered online using Microsoft Teams. Class registrants will be emailed a link to the class meetings prior to the start of class.

<b>4EC</b>	<b>22--55 minute lessons--\$300</b>
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Location	Day	Time	Code	Begin	\$
Virtual FCPA	T/Th	8:30am	IS8.DA8F	9/23	4EC

### Virtual 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. This class will be delivered online using Microsoft Teams. Class registrants will be emailed a link to the class meetings prior to the start of class.

<b>4EB</b>	<b>11--55 minute lessons--\$151</b>
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Location	Day	Time	Code	Begin	\$
Virtual FCPA	M	1:15pm	XF2.FBMQ	9/15	4EB

### Virtual Tai Chi II

**(13-Adult)** Build on the movements learned in Tai Chi I for a longer sequence of movement patterns for better flexibility and balance. Tai Chi I recommended. This class will be delivered online using Microsoft Teams. Class registrants will be emailed a link to the class meetings prior to the start of class.

<b>4EB</b>	<b>11--55 minute lessons--\$151</b>
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Location	Day	Time	Code	Begin	\$
Virtual FCPA	M	12pm	MXS.WQ80	9/15	4EB

### Virtual Wall Pilates

**(Adults)** This simple and gentle form of exercise for beginners and seniors offers a safe and effective way to get your body moving. Virtual Wall Pilates is a low-impact exercise that is great for strengthening, stretching and balance. The only equipment needed is a wall and mat. The wall is used for resistance and support in a variety of different poses and movements. This class will be delivered online using Microsoft Teams. Link will be emailed prior to first class.

<b>4EB</b>	<b>11--55 minute lessons--\$151</b>
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Location	Day	Time	Code	Begin	\$
Virtual FCPA	F	11:15am	32X.TTOV	9/19	4EB



## Fine Arts and Crafts

Scan the QR code to go directly to the Parktakes Online Fine Arts page.



Some classes may have supply fees so check class descriptions for details. Any supply fees are payable at first class and are non-refundable.

### Drawing Classes

#### Discover Drawing I

This course teaches fundamental drawing skills through various techniques and projects. Students need to bring an 11"x14" sketch pad and two drawing pencils (HB & 6B). Supply fee payable to instructor at first class.

4FA	10--55 minute lessons--\$131
4FB	10--1 hour 25 minute lessons--\$197
DFGB	8--1 hour 25 minute lessons--\$152

Location	Day	Time	Code	Begin	\$
<b>(6-12 yrs.)</b>					
SoRunREC	Sa	1:15pm	D6A.IAEU	9/13	4FA
Wkfld/Moore	F	5pm	D6A.2GV1	9/19	4FB
Wkfld/Moore	F	6:45pm	D6A.CB2I	9/19	4FB
<b>(13-Adult)</b>					
Woodson HS	T	7pm	B34.W0SF	9/9	DFGB

#### Creating Comics

Students learn about various aspects of drawing and creating comics, such as emotive faces, anatomy, character development, and important elements in sequential storytelling. This Baroody Camps class is geared towards those interested in creating their own personal comic books. The program, developed and taught by pro comic book creator Arsia Rozegar (credits include Marvel's Iron Man, The Incredible Hulk and X-Men) delves into creating sequential art that is not limited to the super-hero genre. Any supply fee payable to instructor at first class.

DFVR	8--55 minute lessons--\$144
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Location	Day	Time	Code	Begin	\$
<b>(6-12 yrs.)</b>					
OakmontREC	F	5:30pm	7KT.SWHW	9/19	DFVR
LittleRn ES	Sa	10:00am	7KT.IYLR	9/13	DFVR
Woodson HS	T	6:30pm	7KT.EVTG	9/9	DFVR
<b>(13-Adult)</b>					
LittleRn ES	Sa	11am	LEH.09WU	9/13	DFVR
Woodson HS	T	7:30pm	LEH.WKWJ	9/9	DFVR

#### Drawing and Learning About Mushrooms

**(16-Adult)** Early fall is a great time to look for fungi in the woodlands. Learn some categories of local fungi based on shapes, tips for drawing and painting mushrooms and hike to search for fungi each week in the park. We will try some field sketching too. Your choice of colored pencil or watercolor. Dress for the weather.

3FL	2--2 hour lessons--\$48
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Location	Day	Time	Code	Date	\$
HiddenOaks	Sa	9:30am	46T.KL6Z	9/20	3FL

#### Drawing Workshop - Fungi and Ferns

**(16-Adult)** Explore the wonder of fungi and the secrets of ferns using your drawing skills. Artist and instructor Caroline Hottenstein shows you how to use the media of your choice - a micron pen, watercolor, graphite or colored pencils to illustrate them. Bring



specimens (non-poisonous mushrooms) or photos to work from. Previous drawing experience encouraged. A supply list will be emailed before class. Bring a lunch.

DFAK	1--6 hour lesson--\$112
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Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	9:30am	J4T.ZKFB	10/4	DFAK

#### Kidcreate Drawing

**(6-12 yrs.)** This beginning drawing class by Kidcreate is far from ordinary. Students work with paint, glitter, bubbles and more as they learn basic art terms and drawing techniques. Students receive a sketchbook to use and keep.

DFVK	8--55 minute lessons--\$161
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Location	Day	Time	Code	Begin	\$
MtVernREC	Sa	11:30am	GUX.3L51	9/13	DFVK
MtVernREC	T	5:30pm	GUX.D62E	9/16	DFVK

#### Nature Drawing

**(Adults)** Join local naturalist and artist Margaret Wohler on the trails to learn about and draw the plants and animals that live in Huntley Meadows Park. Class focuses on basic drawing skills, color theory, perspective, shading, gesture, contour and realistic rendering. Emphasis is on experience over product.

3FG	4--1 hour 25 minute lessons--\$79
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Location	Day	Time	Code	Date	\$
HuntMdws	M	1pm	20S.D8RZ	10/6	3FG

#### 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--\$24
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Location	Day	Time	Code	Date	\$
BurkeLakePk	Su	10am	9DM.OZLR	11/16	DFAU

#### Young Rembrandts Cartooning

**(6-12 yrs.)** In this Young Rembrandts class students learn to draw exciting, dynamic characters using a structured stepwise format to create their own animated characters in humorous settings. Objects and ideas are broken down into simple shapes, through use of exaggeration, caricature, and personification to construct cartoon images. Any supply fee payable to instructor at first class.

DFVG	8--55 minute lessons--\$173
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Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Sa	12pm	D63.XRTX	9/13	DFVG

### Drawing & Painting Classes

#### Art Above & Beyond

**(6-12 yrs.)** This mixed-media class offers a variety of projects including drawing and painting. Supply fee payable to instructor at first class.

4FA	10--55 minute lessons--\$131
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Location	Day	Time	Code	Begin	\$
SoRunREC	Sa	12pm	EB5.S9GD	9/13	4FA
Wkfld/Moore	M	5:30pm	EB5.YCJV	9/15	4FA

#### Colorful Art by Abakadoodle

**(6-12 yrs.)** Young artists will create colorful paintings, imaginative drawings, and unique sculptures using watercolors, modeling compounds and paints. Practice "masking" while painting an abstract forest. Students will take an imaginary tour to New England and paint lighthouse scenes. Supply fee of \$32 payable to instructor at first class.

DFVW	8--55 minute lessons--\$182
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Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	11:30am	PRL.9023	9/13	DFVW

### Audrey Moore Rec Center Pottery Lab



Open pottery lab is offered for experienced potters who want extra time to work on their project.

**Save by purchasing a 12-hour lab pass:**  
\$50 for current students  
\$150 for non-students.

Clay is \$34 for a 25-pound bag, firing fee included with purchased clay.  
We only fire pieces that were made with clay issued by the Rec Center.

#### Open Pottery Lab Hours:

**Sunday:** 10 a.m. - 1 p.m.  
**Monday:** 9 a.m. - Noon  
**Friday:** 9 a.m. - Noon  
**Friday:** 6 p.m. - 9 p.m.

Call Audrey Moore Rec Center at 703-321-7081 to confirm lab hours on given days. Lab closed on holidays.



## Future Artists

**(5-9 yrs.)** Artists are introduced to painting, drawing, watercolors, self-portraits and clay creation in this class offered by Athletes Global. Students create various projects throughout the class and present their favorite creation at the end of the program.

DFVG 8--55 minute lessons--\$173						
Location	Day	Time	Code	Begin	\$	
OakmontREC	Su	10am	5JK.HKAK	9/14	DFVG	

## Young Artists Explore Mixed Media

**(6-12 yrs.)** Young artists explore open ended art experiences while developing their personal and unique creativity using mixed media including drawing, painting, printmaking and collage. Supply fee of \$10 payable to instructor at first class.

4FA 10--55 minute lessons--\$131						
Location	Day	Time	Code	Begin	\$	
MtVernREC	Su	3pm	NZ6.W7FP	9/14	4FA	
MtVernREC	W	5:30pm	NZ6.CN9S	9/17	4FA	

## Painting Classes

### Abacadoodle 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. Supply fee payable to instructor at first class.

DFVW 8--55 minute lessons--\$182						
Location	Day	Time	Code	Begin	\$	
SoRunREC	Th	6:15pm	ZBL.Q9V1	9/18	DFVW	

### Animals in Art

**(6-12 yrs.)** Class focuses on capturing the beauty of animals, from pets to wildlife, using a variety of mediums including acrylic, soft pastels and watercolor. Students learn the basics of composition, balance and texture, and study how artists have depicted animals throughout history. A supply fee of \$20 is payable to the instructor at the first class.

4FB 10--1 hour 25 minute lessons--\$197						
Location	Day	Time	Code	Begin	\$	
OakmontREC	T	4:30pm	1SL.V4FS	9/16	4FB	

### Introduction to Watercolor

**(Adults)** Students learn fundamental concepts needed to start painting with watercolor. Topics cover include understanding supplies dos and don'ts, essential color palette, composition, watercolor techniques, color theory, value scale, wet on wet, wet on dry, color layering and blending. By the end of the course, students gain great confidence as artists and a deeper appreciation of the technique. Supply list to be provided in the first class.

4FB 10--1 hour 25 minute lessons--\$197						
Location	Day	Time	Code	Begin	\$	
ProvREC	Th	9:30am	APB.GSRP	9/18	4FB	

### 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 list will be emailed to registered participants prior to the first day of class.

DFBB 6--2 hour 25 minute lessons--\$191						
Location	Day	Time	Code	Date	\$	
Frying Pan Pk	W	9:30am	BC7.RZBZ	10/15	DFBB	

### 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. Supply list will be emailed to registered participants prior to the first day of class.

DFBB 6--2 hour 25 minute lessons--\$191						
Location	Day	Time	Code	Date	\$	
Frying Pan Pk	W	9:30am	9E5.G4JK	10/15	DFBB	

### Intermediate Watercolor

**(Adults)** Prerequisite: Introduction to watercolor. Build on skills learned Introduction to Watercolor. Focus is on more advanced techniques and composition concepts. Students use brush strokes and create three dimensional pieces. By the end of the course, students begin to apply techniques that are more tailored to each artist's imagination, tastes and goals.

4FC 10--1 hour 55 minute lessons--\$262						
Location	Day	Time	Code	Begin	\$	
ProvREC	Th	11:15am	C45.WPOE	9/18	4FC	

### Advanced Watercolor

**(Adults)** Prerequisite: Intermediate Watercolor instructor approval. Course focuses on combining the various techniques learned previous level classes, applying more advanced composition, and constructively evaluating and improving a painting.

DFGD 8--1 hour 55 minute lessons--\$204						
Location	Day	Time	Code	Begin	\$	
Wkfld/Moore	M	10am	UXA.A3HT	9/15	DFGD	

### Master Watercolor Studio

**(Adults)** Prerequisite: Intermediate Watercolor. Class provides experienced artists focused art time and an opportunity to work independently with the mentorship and support of the instructor and their peers. Students learn to finesse their skills, evaluate technique options, plan pieces and make stronger decisions on how to start, progress and complete their own unique art pieces.

DFGD 8--1 hour 55 minute lessons--\$204						
Location	Day	Time	Code	Begin	\$	
Wkfld/Moore	M	1pm	2SX.Y16A	9/15	DFGD	

### Watercolor Workshop - Botanical Watercolors

**(16-Adult)** For the beginner or advanced student, artist and instructor Dawn Flores will share watercolor techniques through exercises that help you understand color, composition and improve brush control. Learn about the history and types of paper used in botanical art. Basic drawing skills are helpful for drawing the plant specimen from which to paint an elegant botanical portrait. A supply list will be emailed before class. Bring a lunch.

DFAK 1--6 hour lesson--\$112						
Location	Day	Time	Code	Date	\$	
GrnSprGardn	Sa	10am	6CZ.94LD	11/15	DFAK	

### Watercolor Workshop - Landscapes

**(16-Adult)** Artist Dawn Flores helps you translate the beauty of nature into a watercolor painting by showing how to paint skies, trees, water, mountains and rocks. Learn strategies for building depth and focus in your work using color and value. Get techniques for building texture and masking to preserve the white

of the page. A supply list will be emailed before the program. Bring a lunch.

DFAK 1--6 hour lesson--\$112						
Location	Day	Time	Code	Date	\$	
GrnSprGardn	Sa	10am	68F.UHVV	9/20	DFAK	

### Watercolor Workshop - Mono Printing

**(16-Adult)** Join artist Marni Maree in creating many one of a kind watercolor mono-prints on various types of paper. Learn the unique process of making hand pulled prints using your watercolor palette and some very common household products. A supply list will be emailed before class. Bring a lunch.

DFAK 1--6 hour lesson--\$112						
Location	Day	Time	Code	Date	\$	
GrnSprGardn	Sa	9:30am	50L.RADB	11/22	DFAK	

### Watercolor Workshop - Trees & Leaves

**(16-Adult)** See the world of trees through a painter's eyes with the help of artist and instructor Dawn Flores. Dawn will provide special instruction for creating beautiful and accurate leaves, bark and branches and give technical demonstrations on line, shape, value and color to help you improve your drawing and watercolor skills. Work through your new leaf and tree drawing/painting skills in class with instructor guidance. Supply list will be emailed before class. Bring a lunch.

DFAK 1--6 hour lesson--\$112						
Location	Day	Time	Code	Date	\$	
GrnSprGardn	Sa	10am	429.X0M8	10/11	DFAK	

### Colors of Autumn -

#### Watercolor Fall Foliage

**(16-Adult)** Celebrate the season with watercolor as we explore the brilliant colors of fall leaves. Using real foliage as inspiration, you'll learn basic techniques like layering and blending.

DFAH 1--2 hour lesson--\$22						
Location	Day	Time	Code	Date	\$	
HiddenOaks	Sa	9:30am	RIJ.XILC	10/18	DFAH	

### Mixed Media Painting

**(13-Adult)** In this mixed media class students create works using basic techniques in acrylic, ink, watercolor and pastels. Supply fee of \$30 payable to instructor at first class.

4FB 10--1 hour 25 minute lessons--\$197						
Location	Day	Time	Code	Begin	\$	
OakmontREC	Th	4:30pm	MOK.E7TS	9/18	4FB	

### Introduction to Oil or Acrylic

**(Adults)** Students learn fundamental concepts needed to start painting with oil or acrylics. Topics include understanding supplies dos and don'ts, essential color palette, value scale, light and shadows, light sources, composition, color theory, and most commonly used oil or acrylic techniques. Supply list to be provided in the first class.

4FC 10--1 hour 55 minute lessons--\$262						
Location	Day	Time	Code	Begin	\$	
ProvREC	F	9:30am	ZA8.11F4	9/19	4FC	



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## Plein Air Oil Painting Workshop

**(16-Adult)** Enjoy being surrounded by beautiful blooms as you learn to paint with oils at Green Spring Gardens. Receive instruction on fundamental oil painting techniques, including how to capture light, color and atmosphere in the landscape. Learn how to set up for outdoor painting, work efficiently in changing conditions and care for your supplies on the go. A supply list will be emailed before class.

**DFAJ 1--2 hour lesson--\$28**

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	1pm	UN5.DFQD	10/11	DFAJ

## 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.

**DFGB 8--1 hour 25 minute lessons--\$152**

**DFVE 10--1 hour 25 minute lessons--\$276**

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	9am	4VW.UGLJ	9/13	DFVE
SoRunREC	W	6:30pm	4VW.YDFH	9/17	DFGB
Wkfld/Moore	T	7pm	4VW.KG06	9/30	DFGB

## Fun with Acrylics II

**(13-Adult)** Students should have some experience paint with acrylics. Class builds on skills previously learned and introduces more advanced concepts. Supply fee of \$30 payable to instructor at first class.

**DFGB 8--1 hour 25 minute lessons--\$152**

Location	Day	Time	Code	Begin	\$
SoRunREC	M	7pm	VOF.QZQA	9/15	DFGB
Wkfld/Moore	Th	7pm	VOF.92R0	10/9	DFGB

## Composition in Art

**(Adults)** Students learn the rules and theories of composition in art through pictures and exercises, then will apply these them to their own artwork. Topics include the rule of thirds, the golden ratio and elements of composition. Class is for all skill levels.

**4FB 10--1 hour 25 minute lessons--\$197**

Location	Day	Time	Code	Begin	\$
ProvREC	F	11:45am	WFJ.9M2F	9/19	4FB

## Creative Art Workshop-Acrylics

**(13-Adult)** Explore different painting techniques designed to enhance your artistic skills. We will focus on acrylic, soft pastels, painting on a photo and more. Supply fee of \$10 per session payable to instructor. Focus of this session is acrylics.

**DFAL 1--2 hour lesson--\$51**

Location	Day	Time	Code	Begin	\$
OakmontREC	Su	3:30pm	2CY.OP85	9/14	DFAL
OakmontREC	Su	3:30pm	2CY.TUM9	10/12	DFAL
OakmontREC	Su	3:30pm	2CY.JS0C	11/9	DFAL
OakmontREC	Su	3:30pm	2CY.O4RA	12/7	DFAL

## Creative Art Workshop-Soft Pastels

**(13-Adult)** Explore various painting techniques designed to enhance your artistic skills. We will focus on acrylic, soft pastels and painting on a photo. Focus of this session is on soft-pastels. Supply fee of \$10 per session payable to instructor.

**DFAL 1--2 hour lesson--\$51**

Location	Day	Time	Code	Begin	\$
OakmontREC	Su	3:30pm	759.42BJ	9/28	DFAL
OakmontREC	Su	3:30pm	759.PGFN	10/26	DFAL
OakmontREC	Su	3:30pm	759.87UH	11/23	DFAL

## Flowers in Art

**(13-Adult)** Capture the beauty of flowers using a variety of mediums including acrylic, soft pastels and watercolor. Composition, balance, texture and color blending are covered. A supply fee of \$25 is payable to the instructor at the first class.

**4FB 10--1 hour 25 minute lessons--\$197**

Location	Day	Time	Code	Begin	\$
OakmontREC	T	2pm	RXR.KQJQ	9/16	4FB

## Painting Sunsets and Moonlight

**(13-Adult)** Artists have been fascinated with the magical glow of sunsets and moonlight for centuries. Learn their techniques using various mediums including acrylic, soft pastels, and watercolor. Class covers the basics of composition, balance, texture and color blending. A supply fee of \$25 is payable to the instructor at the first class.

**4FB 1--1 hour 25 minute lessons--\$188**

Location	Day	Time	Code	Begin	\$
OakmontREC	Th	2pm	4JP.HF4Y	9/18	4FB



**FAIRFAX COUNTY PARK AUTHORITY**

# REC CENTERS

# OPEN HOUSE

**TUESDAY, SEPT. 23**

**4:30-7:30 P.M.**

**AT ALL LOCATIONS**

**FREE ADMISSION ALL DAY WITH SIGN UP!\***

\*Admission requires sign up for 7 day free pass or sign up/purchase of 30 days for \$30 pass.

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

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## Photography

### Digital Photography

**(13-Adult)** There's more to photography than just using the automatic setting. Topics include your camera's controls, resolution, flash, composition, stop motion and close ups. Course includes weekly assignments with reviews. Software and printing are also covered. Any supply fee is payable at first class.

4FC 10--1 hour 55 minute lessons--\$262						
Location	Day	Time	Code	Begin	\$	
Wkfld/Moore	W	7pm	F54.4EJ1	9/17	4FC	
Wkfld/Moore	Th	9:30am	F54.FG80	9/18	4FC	

### Cell Phone Photography

**(13-Adult)** Smartphones have tremendous power to take great photos if you know what you are doing. In this class, we will explore the wonders and push the limits of cell phone photography. We will cover how to create photos with depth, stop and capture motion, editing and how to take good photos in low light.

DFAU 1--2 hour lesson--\$24						
Location	Day	Time	Code	Date	\$	
HiddenPond	Su	4pm	ZEC.E607	9/28	DFAU	

### Photography- Get Off Auto & Intro to Lighting

**(10-Adult)** 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.

CFEB 1--4 hour lesson--\$66						
Location	Day	Time	Code	Begin	\$	
SpHillREC	F	5pm	PWF.ZXFF	9/12	CFEB	
SpHillREC	F	5pm	PWF.HVJW	12/5	CFEB	

## Pottery and Clay

### Abrakadoodle 3D Art

**(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 Abrakadoodle 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. Supply fee payable to instructor at first class.

DFVW 8--55 minute lessons--\$182						
Location	Day	Time	Code	Begin	\$	
SoRunREC	Sa	3:30pm	EH9.UI3U	9/13	DFVW	

### 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--\$144						
Location	Day	Time	Code	Begin	\$	
LittleRn ES	Sa	12:15pm	OAQ.O87F	9/13	DFVR	
Orgn Hnt ES	W	5:30pm	OAQ.ZFV5	9/17	DFVR	
RollValy ES	Th	5:30pm	OAQ.AC2A	9/18	DFVR	

## Pottery for Children

Introduction to clay and the pottery-making process using hand-building methods. Make pinch pots and learn coiling, slab work techniques, painting, glazing and firing.

DFP3 10--1 hour 25 minute lessons--\$227						
Location	Day	Time	Code	Begin	\$	

<b>(6-9 yrs.)</b>						
Wkfld/Moore	Sa	9am	Q7L.NTYO	9/13	DFP3	
<b>(9-12 yrs.)</b>						
Wkfld/Moore	Sa	10:45am	AZ5.PQAD	9/13	DFP3	

## Pottery for Teens

**(13-17 yrs.)** Create beautiful pots and clay forms using simple tools and the pottery wheel. Explore hand building with the three most common forms of creating hand-built pots: pinch pot, coiling, and slab techniques. Then paint, glaze and kiln fire your pieces. Either bring hand tools or plan purchase to first class.

DFP1 10--1 hour 55 minute lessons--\$302						
Location	Day	Time	Code	Begin	\$	
Wkfld/Moore	Sa	12:45pm	D8C.1HC8	9/13	DFP1	

## Pottery I

**(16-Adult)** Introduction to the potter's wheel with emphasis on clay preparation, centering, firing and glazing. Attendance at first class is essential. Class fee includes 25 lbs. of clay and three hours of lab time. Either bring hand tools or plan purchase to first class.

DFP2 10--2 hour 55 minute lessons--\$409						
Location	Day	Time	Code	Begin	\$	
Wkfld/Moore	Su	3pm	A6F.JTRE	9/14	DFP2	
Wkfld/Moore	M	1pm	A6F.O8JI	9/15	DFP2	
Wkfld/Moore	M	6pm	A6F.6JRP	9/15	DFP2	
Wkfld/Moore	T	1pm	A6F.26H3	9/16	DFP2	
Wkfld/Moore	Th	1pm	A6F.7ROL	9/18	DFP2	
Wkfld/Moore	Th	9am	A6F.GOKD	9/18	DFP2	

## Pottery II

**(16-Adult)** Prerequisite: Pottery I. Refine and develop your clay preparation, throwing, trimming and glazing skills. Attendance at first class is essential. Class fee includes 25 lbs. of clay and three hours of lab time. Either bring hand tools or plan purchase to first class.

DFP2 10--2 hour 55 minute lessons--\$409						
Location	Day	Time	Code	Begin	\$	
Wkfld/Moore	Sa	3pm	54E.ZI9C	9/13	DFP2	
Wkfld/Moore	T	6pm	54E.PLEL	9/16	DFP2	
Wkfld/Moore	W	6pm	54E.L32H	9/17	DFP2	
Wkfld/Moore	W	9am	54E.X3C8	9/17	DFP2	

## Pottery - Handbuilding

**(16-Adult)** Introduction to intermediate instruction using pinch, slab and coil methods to create either functional or abstract pieces. Glazing and techniques for textures and other decorations are included. Class fee includes 25 lbs. of clay and three hours of lab time.

DFP2 10--2 hour 55 minute lessons--\$409						
Location	Day	Time	Code	Begin	\$	
Wkfld/Moore	T	9am	BE7.Y968	9/16	DFP2	
Wkfld/Moore	Th	6pm	BE7.SECB	9/18	DFP2	

## MORE CLASSES ONLINE:

[www.fairfaxcounty.gov/parks/parktakes](http://www.fairfaxcounty.gov/parks/parktakes)

## Needlecrafts

### Crocheting

Students receive individual attention based on skill level. Class covers basic stitches and pattern reading. Bring one crochet hook in size G (6), H (8), I (9) or J (10) and a skein of light colored four-ply worsted weight yarn. Any supply fee payable to instructor at class.

3FA 8--55 minute lessons--\$106					
Location	Day	Time	Code	Begin	\$
(8-12 yrs.)					
Wkfld/Moore	T	5:30pm	EL6.1ENX	9/16	3FA
(Adults)					
Wkfld/Moore	T	6:30pm	7B1.ZEM8	9/16	3FA

### Cozy Creations & Winter Wellness Workshop

**(14-Adult)** Learn to crochet a beautiful scarf and discover essential self-care practices for winter. Whether you're a novice or a pro, enjoy a relaxing environment to enhance your skills and connect with others. Discuss self-care techniques and take a nature walk for inspiration. Create, connect and embrace the cozy spirit of the season.

DFAH 1--2 hour lesson--\$22						
Location	Day	Time	Code	Date	\$	
GrnSprGardn	Sa	12pm	4MV.WTXP	12/6	DFAH	

### Felting Basics - Make a Bear

**(16-Adult)** Outside the bears are going to sleep, but you can make your own personality-filled felted toy bear. Spend two evenings at Colvin Run Mill learning needle felting basics. Practice the skills and shapes it takes to make felted animals and apply them to creating your choice of a bear you can take home. These hand-made bears make wonderful decorations or gifts.

DFVX 2--2 hour lessons--\$51						
Location	Day	Time	Code	Date	\$	
ColvinRunMill	W	6:30pm	CVP.BWIY	9/24	DFVX	

### Knitting

**(13-Adult)** Master knitting basics. Students learn knitting techniques and terminology and how to choose materials.

4FC 10--1 hour 55 minute lessons--\$262						
4FG 5--1 hour 25 minute lessons--\$98						
Location	Day	Time	Code	Begin	\$	
CubRunREC	F	11:30am	8AD.R039	9/19	4FG	
CubRunREC	F	11:30am	8AD.G9VX	10/24	4FG	
ProvREC	W	10am	8AD.ICDV	9/17	4FC	

### Knitting II

**(13-Adult)** Prerequisite: Knitting I.

4FC 10--1 hour 55 minute lessons--\$262						
4FG 5--1 hour 25 minute lessons--\$98						
Location	Day	Time	Code	Begin	\$	
CubRunREC	F	10am	FD8.R7L8	9/19	4FG	
CubRunREC	F	10am	FD8.VKR7	10/24	4FG	
ProvREC	T	10am	FD8.4PCM	9/16	4FC	





# Fine Arts and Crafts

## Quilting-All Levels

**(13-Adult)** Learn modern quilt construction basics. Subjects covered include fabric and thread selection, rotary cutting methods and piecing methods. Also included are instructions for finishing a quilt including sandwiching, quilting and binding. This is an ongoing class with students at all stages of their chosen project. Supply list will be emailed to registered participants prior to the first day of class.

DFGA 8--2 hour 25 minute lessons--\$251					
Location	Day	Time	Code	Date	\$
Frying Pan Pk	Th	12:30pm	285.XWNØ	9/11	DFGA

## Sewing 101

**(12-Adult)** In this class offered by My Last Gift Sewing Institute, students learn basic sewing skills including using the ruler, proper measuring and how to read a pattern. Course also covers sewing machine use and maintenance. Skills are put to use creating a variety of projects. No previous experience necessary. Sewing machines and a sewing primer are provided. Supply fee of \$35 is payable to instructor at first class and includes kits for creating pillow and tote bags (or other projects if student has made these already).

DFVC 4--2 hour 25 minute lessons--\$230					
Location	Day	Time	Code	Begin	\$
Franconia Rec	T	6:30pm	3B2.8E1Z	9/16	DFVC
OakmontREC	M	6:30pm	3B2.D9OT	9/15	DFVC
Wkfld/Moore	W	6:30pm	3B2.IYQW	9/17	DFVC

## Sewing 102

**(12-Adult)** Prerequisite: Sewing 101 or equivalent. In this class offered by My Last Gift Sewing Institute, students build on skills learned in Sewing 101 to create more advanced projects including neck pillows and backpacks. Sewing machines and a sewing primer are provided. Supply fee of \$35 is payable to instructor at first class and includes project kits.

DFVC 4--2 hour 25 minute lessons--\$230					
Location	Day	Time	Code	Begin	\$
Franconia Rec	T	6:30pm	EEE.LU5W	10/14	DFVC
OakmontREC	M	6:30pm	EEE.GWNX	10/13	DFVC
Wkfld/Moore	W	6:30pm	EEE.4Y38	10/15	DFVC

## Sewing-Alterations

**(9-Adult)** Revive garments to fit and look better, as well as save you time and money. Learn to shorten/lengthen hems, take in/let out waistlines, shorten sleeves and changing buttons. Techniques include machine and hand sewing. Learn basic sewing skills including using the ruler, proper measuring and how to read a pattern. Garments covered include jeans/tailored pants, suit coats/coats, dresses and shirts. Bring your own garment to class. Supply fee of \$35 payable to instructor.

DFVC 4--2 hour 25 minute lessons--\$230					
Location	Day	Time	Code	Begin	\$
Wkfld/Moore	W	6:30pm	12A.D6JJ	11/12	DFVC

## Sewing Workshop-Machine Fundamentals

**(9-Adult)** In this workshop, offered by My Last Gift Sewing Institute, students will learn about sewing machines including threading, bobbin-winding and placement, parts of the machine, how to make a buttonhole and basic stitches. This class is not a prerequisite for all sewing classes, but is a great course for those interested in learning how to sew. Bring your



machine to class or use one of ours. Supply fee of \$15 is payable to instructor at the workshop.

DFVD 1--3 hour lesson--\$72					
Location	Day	Time	Code	Begin	\$
Franconia Rec	Sa	9:30am	E49.S39Q	10/11	DFVD
OakmontREC	Sa	9:30am	E49.5JT1	9/27	DFVD
OakmontREC	Sa	9:30am	E49.4K7N	11/8	DFVD
Wkfld/Moore	Sa	9:30am	E49.LXFE	10/25	DFVD
Wkfld/Moore	Sa	9:30am	E49.9VU3	11/22	DFVD

## Sewing Workshop-Alterations

**(9-Adult)** Prerequisite: Machine Fundamentals workshop. In this program by My Last Gift Sewing Institute, you learn techniques for altering garments such as hemming by hand or machine, taking in/letting out waistlines, shortening sleeves and changing buttons. Skills covered include measuring using a ruler and tape measure, using commercial patterns, hand and machine sewing and fabric structure. Supply fee of \$15 is payable to instructor at the workshop.

DFVD 1--3 hour lessons--\$72					
Location	Day	Time	Code	Begin	\$
OakmontREC	Sa	1pm	912.AV30	9/27	DFVD
Wkfld/Moore	Sa	1pm	912.QOVT	10/25	DFVD

## Sewing Workshop-Alterations II

**(9-Adult)** Prerequisite: Machine Fundamentals workshop. In this program offered by My Last Gift Sewing Institute, you will learn techniques for altering tailored garments such as hemming by hand or machine, taking in/letting out waistlines, shortening sleeves and changing buttons. Skills include measuring using a ruler and tape measure, using commercial patterns, hand and machine sewing and fabric structure. Supply fee of \$15 is payable to instructor at the workshop.

DFVD 1--3 hour lessons--\$72					
Location	Day	Time	Code	Begin	\$
Franconia Rec	Sa	1pm	79E.LE87	10/11	DFVD
OakmontREC	Sa	1pm	79E.FAJD	11/8	DFVD

## Sewing Workshop-Home Decor

**(9-Adult)** Prerequisite: Machine Fundamentals workshop. In this program, offered by My Last Gift Sewing Institute, learn techniques for creating decor for your room or home such as pillow shams, curtains, pillow cases and pillows. Skills include measuring using a ruler and tape measure, using commercial patterns, hand and machine sewing and fabric structure. Supply fee of \$15 is payable to instructor at the workshop.

DFVD 1--3 hour lessons--\$72					
Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Sa	1pm	EDC.MEEU	11/22	DFVD

## Floral Crafts

### Floral Workshop -

#### Gourd-geous Arrangements

**(16-Adult)** Create an eye-catching succulent plant and pumpkin arrangement with Green Spring horticulturist Parker Jennings. Mix balance, scale, proportion and contrast to add flair to your fall decor. Your guests will be impressed with this conversation piece. Please register for the program and supply fee.

DFAS 1--1 hour lesson --\$46					
Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	10:30am	83L.6EB5	10/11	DFAS

## Ikebana Floral Design Workshop

**(Adults)** Discover the elegance and simplicity of Ikebana, the traditional Japanese art of flower arranging. Alice Buch, 2nd Degree Master of the Ohara School, teaches you the basic techniques and principles of Ikebana while demonstrating a Hana Isho Rising Form arrangement that you will get to make yourself. Supplies included: a plastic container, kenzan and flowers. Participants are encouraged to bring their own flower scissors. No prior experience necessary. Please register for both the class and the \$30 supply fee.

RG39 1--1 hour 30 minute lesson--\$46					
Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	10am	3FB.DW91	9/27	RG39

## Seasonal Fairy Garden Workshop

**(Adults)** Create a one-of-a-kind fairy garden scene out of natural materials with the help of instructor Bailey Price. Go on a guided walk to find inspiration and collect items from nature to work with. Learn how to build miniature furniture using hot glue and natural materials such as dried plants, acorns, twigs and bark. Feel free to bring fairy garden pieces from home to incorporate in your design. Register for both the class and the \$35 supply fee. Bring a box or container that will help you transport your creation home.

DFAE 1--2 hour lesson--\$43					
Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	11am	ZKJ.IE22	10/4	DFAE
GrnSprGardn	Sa	2pm	ZKJ.6N9F	10/4	DFAE
GrnSprGardn	Sa	2pm	ZKJ.XQ7J	11/8	DFAE

## Winter Wreath Workshop

**(16-Adult)** Create a beautiful winter wreath to take home for your front door after Green Spring staff demonstrate the dazzling possibilities. Greens, forms, ribbon and cones included with the supply fee. Bring pruners and light work gloves if you have them. Please register for program and supply fee.

DFAL 1--2 hour lesson--\$51					
Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	10am	YIB.TGVC	12/6	DFAL
GrnSprGardn	Sa	1:30pm	YIB.LMWD	12/6	DFAL



## Other Opportunities

### Cosmic Smash Book Art Journaling

**(Adults)** Connect with your creativity through Cosmic Smash Booking, a guided art journaling experience, and to transform an ordinary composition notebook into a Cosmic Smashbook art journal. Each week students explore a new journal prompt and create an easy art project using a variety of techniques including painting, collage and mixed media. Journals will be provided. No artistic talent needed!

**4FB 10--1 hour 25 minute lessons--\$197**

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Th	7pm	08Y.SQOP	9/18	4FB

### Furniture Facelift

**(13-Adult)** Learn how to transform a small piece of furniture in this workshop. All you need is a little paint and wax to give an old piece of furniture a lovely new look. Skills include prepping, sanding, and painting. Bring your own small piece of furniture to the class. A supply fee may be payable to the instructor at the first class.

**DFVY 4--1 hour 25 minute lessons--\$93**

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Th	6:30pm	4W7.NW61	9/18	DFVY
Wkfld/Moore	Th	6:30pm	4W7.HOYB	10/23	DFVY

### Introduction to Basketweaving Workshop

**(16-Adult)** Join expert basket maker Sharon Shaeffer for a hands-on workshop where you'll learn the art of basket weaving from start to finish. Sharon will guide you through each step of the process—from selecting materials to adding personal embellishments—so you can create a beautiful basket to take home. Whether you're a beginner or looking to refine your skills, this class offers inspiration, instruction and everything you need to get started. This program includes a 30 minute break for lunch. Bring a lunch.

**CFEB 1--4 hour lesson--\$66**

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	9:30am	MGM.QFWG	9/6	CFEB

### Jewelry Masters

**(6-12 yrs.)** In this Athena Coding class students design and string beads to make unique bracelets, necklaces and earrings. Students learn jewelry making techniques and discover the magic of combining different shapes, colors, and textures to fashion truly one-of-a-kind pieces.

**DFVW 8--55 minute lessons--\$182**

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	11:30am	AN5.X60N	9/13	DFVW
ProvREC	Th	3:45pm	AN5.RC74	9/18	DFVW



## BEAUTY IN EVERY CURL: THE ART OF PAPER QUILLING

Paper quilling is a timeless art form that involves rolling, shaping and gluing thin strips of paper into intricate designs. Though it dates back to the Renaissance, modern quilling has seen a vibrant revival, captivating artists and crafters with its elegance, versatility and meditative nature.

At its core, quilling uses basic tools - a slotted tool, paper strips and glue - to create coiled shapes that can be arranged into anything

from delicate floral motifs to detailed portraits, animals and abstract patterns. With a little creativity, paper becomes a medium of expression that combines structure with flow.

What makes quilling especially unique is its accessibility. Artists of all levels can engage with it, whether they're creating greeting cards, wall art, ornaments or three-dimensional pieces. Techniques range from simple coils and scrolls to more advanced methods like on-edge quilling and combing, which add texture and dimension to the work.

Beyond its aesthetic appeal, paper quilling is often praised for its calming, mindful process. Many artists find that the repetitive nature of curling and shaping paper promotes focus and relaxation, making it both an art and a form of self-care.

Today, paper quilling is gaining visibility in galleries, classrooms and online art communities. Artists around the world are pushing its boundaries, blending tradition with innovation. Whether you're a seasoned crafter or new to the art world, quilling offers a beautiful way to tell stories - one paper curl at a time.



### Paper Quilling Workshop - Flower Cards

**(16-Adult)** Create stunning handmade flower-themed greeting cards using the art of paper quilling. This beginner-friendly session will guide you step by step to make your own unique card. Supply fee payable to instructor at class.

**DFAR 1--3 hour lesson--\$43**

Location	Day	Time	Code	Date	\$
GrnSprGardn	Su	1:30pm	GAD.EFTF	10/26	DFAR

### Paper Quilling Workshop - Greeting Cards

**(8-Adult)** Create beautiful greeting cards using paper quilling techniques. Quilling, also known as filigree, is the art of coiling strips of paper rolls and then shaping them into beautiful works of art. \$25 Supply fee payable to instructor at class.

**DFAR 1--3 hour lesson--\$43**

Location	Day	Time	Code	Begin	\$
Prov REC	Sa	2pm	4ZV.UFLE	11/22	DFAR

### Paper Quilling Workshop - Holiday Ornaments

**(16-Adult)** Create stunning handmade holiday ornaments, perfect for decorating your tree or gifting to loved ones. This beginner-friendly workshop will guide you step by step through the art of paper quilling. Supply fee payable to instructor at class.

**DFAR 1--3 hour lesson--\$43**

Location	Day	Time	Code	Date	\$
GrnSprGardn	Su	1:30pm	8TN.Y1R0	12/14	DFAR
Oakmont REC	Sa	2pm	8TN.5F95	12/13	DFAR

### Paper Quilling Workshop - Pumpkin Frames

**(8-Adult)** Discover how to turn paper strips into beautiful works of art. For beginners or have some experience, this workshop is perfect for anyone who loves crafts and wants to try something new. Students learn how to roll, shape, and glue strips to create pumpkin frames. \$30 supply fee payable at class.

**DFAR 1--3 hour lesson--\$43**

Location	Day	Time	Code	Begin	\$
Prov REC	Sa	2pm	DQD.4W3H	10/11	DFAR

### Paper Quilling Workshop - Sunflower Frames

**(8-Adult)** Discover how to turn simple looking paper strips into beautiful works of art. For beginners or those we some experience, this workshop is perfect for anyone who loves crafts and wants to try something new. Students learn how to roll, shape, and glue strips to create beautiful sunflower frames. A \$30 supply fee payable at class.

**DFAR 1--3 hour lesson--\$43**

Location	Day	Time	Code	Begin	\$
Oakmont REC	Sa	2pm	SEB.B3W0	9/13	DFAR

### Poetry Workshop - Harvest Season

**(16-Adult)** Join published poet Sherri Waas Shunfenthal outdoors meditating on nature and the fall season. Using your senses, memories or an object found, Sherri will guide you in creating poetry. There will be discussion, writing and sharing time. Bring a journal or sketchbook to enhance with poetry.

**RG08 1--1 hour 30 minute program--\$12**

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	10:30am	UM0.NYIL	9/20	RG08

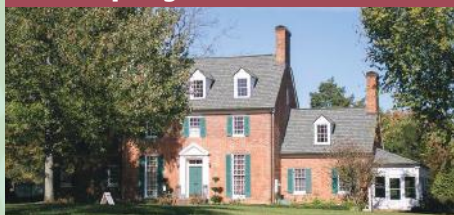


## Gardening

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



### Green Spring Gardens



**4603 Green Spring Road, Alexandria**  
**703-642-5173**

**www.fairfaxcounty.gov/parks/green-spring**  
Visit Green Spring Gardens for ideas and inspiration for gardening in the Washington metro area. Gardens feature trees, shrubs, vines, perennials, annuals, bulbs and vegetables that grow well in our region.

- Themed gardens
- Art exhibits
- Horticulture Center
- Library
- Event rental space
- Private garden tours
- Nature walks
- Glasshouse
- Plant Shop
- Gift Shop

To book a private garden tour, call 703-642-5173. Cost is \$15 per person for a group of 8 to 19; \$12 per person for a group of 20 or more.

Visit the garden Gate Plant Shop and choose from a nice selection of shrubs, perennials, and ornamental grasses (many of which are native to our region). Friends of Green Spring (FROGS) receive 10% off in the plant shop. For more information, call Green Spring Gardens at 703-642-5173.

#### Hours and Admission:

**Horticulture Center and Gift Shop** open  
Monday-Saturday, 9 a.m.-4:30 p.m. and  
Sunday, 12-4:30 p.m.

**Garden Gate Plant Shop** open  
Monday-Saturday, 9:30 a.m.-3:30 p.m. and  
Sunday, 12:30-3:30 p.m.

**Historic House** open  
Wednesday-Sunday, 12-4:30 p.m.

**Park grounds open dawn to dusk daily**

### Child and Parent Programs

Child must be accompanied by a parent or guardian who does not need to register for the program.

#### Garden Sprouts Fall - Nature Playgroup

**(3-5 yrs.)** Your preschooler will enjoy nature-themed toys and puzzles while you meet other playgroup parents one Monday a month. Through games, songs, activities and a garden walk we will explore seasonal topics. Siblings under 3 welcome to accompany parent without registering.

##### 1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
GrnSprGardn	M	10:30am	C72.BK02	9/8	\$12/child
GrnSprGardn	M	10:30am	C72.CKTQ	10/13	\$12/child
GrnSprGardn	M	10:30am	C72.RIK9	11/10	\$12/child
GrnSprGardn	M	10:30am	C72.3MKR	12/8	\$12/child



### Children's Programs

#### Wizards Warlocks & Witch(hazel)s, Oh My!

**(6-12 yrs.)** Join us for a magical nature walk to explore the witchy folklore of our native American Witch Hazel. Learn its enchanting history and then create a themed craft to take home. Feel free to wear your favorite witch or wizard costume and let your imagination run wild.

##### 1--1 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	12pm	1T5.C7TI	10/4	\$12/ea.

### Family/All Ages

All attendees, including parents, must be registered for these programs.

#### Family Fun - Autumn Leaves

**(3-Adult)** Fallen leaves aren't just litter to rake. They are also important habitat for native insects like luna moths, bumblebees and tiger swallowtail butterflies. Go on a nature walk to learn more about why these insects need the leaves. Create an autumn leaf suncatcher with materials collected on the walk to take home.

##### 1--1 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	10am	UIG.WQ26	10/18	\$10/ea.

#### Family Fun - Backyard Birding

**(6-Adult)** Come backyard birding at White Gardens. Learn about different birds and their songs, then take a walk around the gardens with a naturalist and see which feathered friends you can spot. Binoculars provided. All attendees, including parents, must be registered for the program.

##### 1--1 hour program

Location	Day	Time	Code	Date	\$
WhiteGrdnsPk	Sa	1pm	5ZP.LBEZ	9/20	\$10/ea.

#### Family Fun - Excellent Evergreens

**(6-Adult)** Learn about the wonderful world of evergreen trees and plants that really stand out this time of year. Enjoy a seasonal walk through the gardens and make an evergreen craft to decorate your home.

##### 1--1 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	12pm	4FD.MK3Z	12/13	\$10/ea.

#### Family Fun - Monarch Migration

**(4-Adult)** Learn about the amazing migration of the monarch butterfly as we search the garden for caterpillars and butterflies. Discover the secrets of this butterfly's life cycle, from egg to flight and beyond. Take home a monarch-themed craft.

##### 1--1 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Su	1pm	E09.YQ2G	9/7	\$10/ea.

#### Family Fun - Our Ancestors' Gardens

**(7-Adult)** Our ancestors were masters of gardening and agriculture. Walk in their footsteps and explore how they created medicinal herb gardens, magical oases, and edible gardens full of life. Plant your own mini edible garden to take home and grow.

##### 1--1 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	1pm	8CW.H1HE	10/18	\$12/ea.

#### Family Fun - The Story of Rain

**(7-Adult)** Cultures around the world have legends and myths dedicated to rain, the bringer of life and hope. Listen to our storytellers and take home a craft.

##### 1--1 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	11am	NTB.2HZI	9/13	\$10/ea.



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**Garden Artists - Painting in the Gardens**

**(5-Adult)** Spend a relaxing day together surrounded by nature's beauty. In this guided family painting class, you'll create your own garden-inspired masterpiece while enjoying the peaceful setting of Green Spring Gardens. No experience needed—just bring your creativity. All supplies are provided.

**1--1 hour 30 minute program**

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	10:30am	HB1.OKMF	10/4	\$15/ea.

**Garden Artists - Plant Poetry and Prose**

**(9-Adult)** Explore nature and spark your creativity. Walk through the garden, discovering hidden poems, then work on putting your own thoughts down on paper. Learn about different poetry forms, from sonnets to limericks to haiku. Whether you love to write or are just starting, this adventure will inspire you and help you feel closer to the world around you.

**1--1 hour program**

Location	Day	Time	Code	Date	\$
GrnSprGardn	Su	1pm	UQU.7E12	11/16	\$10/ea.

**Garden Artists - Seasonal Wrap & Walk**

**(5-Adult)** Chill out from the busy holiday season with a relaxing seasonal walk around Green Spring. Create your own wrapping paper out of natural materials collected on your walk, then spend some time getting your holiday wrapping done. Attendees may bring a few small gifts to wrap or bring your wrapping paper home.

**1--1 hour program**

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	10am	ENL.A73V	12/13	\$10/ea.

**Adult Garden Programs****Bad Naturalist: Learning the Hard Way Book Signing**

**(16-Adult)** Join us for a tale of rewinding a Blue Ridge mountaintop that is entirely relatable to anyone who has fallen in love with native plants. *Bad Naturalist: One Woman's Ecological Education on a Wild Virginia Mountaintop* is a memoir about Paula Whyman's attempts to restore native meadows on a mountaintop in the foothills of the Blue Ridge, about the obstacles she encountered, the (many) mistakes she made, the failures and—important—the successes and the discoveries she made along the way. Douglas Tallamy, founder of the Homegrown National Park movement, calls the book "self-deprecating, humorous and thoroughly engaging." Paula Whyman will share her story and answer questions.

**1--1 hour 30 minute program**

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	11am	UEW.FX9D	10/25	\$15/ea.

**Edible Garden Tour**

**(16-Adult)** Explore the bounty of Green Spring's Edible Garden with an Extension Master Gardener docent who showcases many food plants – from vegetables to fruit trees – suitable for home landscapes. See how edibles can grow in containers and small spaces and discover their ornamental value in the garden.

**1--1 hour program**

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	9am	96U.CCNS	9/13	\$15/ea.

**Fall Plants for Small Gardens**

**(16-Adult)** Join Green Spring Gardens' horticulturist Brenda Skarphol on a walk to look at the variety of colors and forms of beloved plants with fall interest, including bloom, fruit and colorful fall foliage. See a mix of herbaceous perennials, trees and shrubs that grow well in small spaces, from containers to gardens. Get plant recommendations tailored to your garden. Dress for the weather.

**1--1 hour 30 minute program**

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	10:30am	DDX.WZR9	9/13	\$19/ea.

**Forest Bathing Walk in the Gardens**

**(Adults)** Experience Green Spring Gardens with all your senses. Join Certified Forest Therapy Guide and co-founder of local nonprofit Capital Nature, Ana Ka'ahanui, for a slow, meditative walk around the gardens. Inspired by the Japanese practice of Shinrin-yoku, this contemplative walk inspires interaction with the surrounding nature in a way that will help reduce blood pressure, boost immunity and enhance mood and creativity. Decompress and feel a deeper connection with the natural world. The experience concludes with a soothing spot of tea, offering a moment to reflect and savor the essence of nature. Bring something to sit on the ground, which may be damp, and a water bottle. Dress for the weather.

**1--2 hour program**

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	10am	ZØY.EPØØ	11/8	\$35/ea.

**Growing a Container Kitchen Garden**

**(16-Adult)** Learn how to grow edible plants in a small yard or sunny balcony. Start now for a spring edible garden in containers. GSG staff will teach you which vegetables, herbs and fruits grow well in pots and containers, how to prepare the soil and the light and watering requirements. Soon you'll be serving up delicious meals from your own garden.

**1--1 hour 30 minute program**

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	10:30am	11I.GG2Ø	10/18	\$19/ea.

**Meditation in the Gardens**

**(16-Adult)** Explore how nature, metaphor, and deep listening can enhance connection—with yourself, others and the world around you. This immersive garden-based class combines guided reflection, emotional awareness practices, and practical tools for mindful communication. Learn to tune into your inner landscape while engaging with the natural one. End with a relaxing sound bathing experience to help you integrate, unwind and return to your day grounded and refreshed. Class goes outside, weather permitting.

**1--2 hour lesson**

Location	Day	Time	Code	Date	\$
GrnSprGardn	Su	1pm	3DC.NHIQ	9/14	\$24/ea.
GrnSprGardn	Su	1pm	3DC.MN8G	11/2	\$24/ea.

**Special Workshops****Howl-O-Ween - Dog Toy Workshop**

**(11-Adult)** Turn your old jeans and t-shirts into tail-wagging fun. In this hands-on craft workshop, learn how to make durable, eco-friendly tug toys your dog will love—no sewing required. Using recycled denim and soft t-shirt fabric, we'll guide you step-by-step to braid and twist the perfect playtime toy. All materials provided, or bring your own worn clothes for a personal touch. Workshop is for humans only, please leave dogs at home.

**1--40 minute workshop**

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	2pm	DNK.FH7Y	10/25	\$15/ea.

**Howl-O-Ween - Dog Treat Workshop**

**(8-Adult)** Treat your furry friend to something homemade. Learn how to make healthy, simple and tail-waggingly tasty dog treats using wholesome ingredients. No baking required. Perfect for pet parents who want to spoil their pups with love (and snacks). Recipe is easy to recreate at home and customizable for your dog's dietary needs. Leave with a handful of treats and a new recipe to keep the goodness going. Workshop is for humans only, please leave dogs at home.

**1--40 minute workshop**

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	1pm	NW3.BILL	10/25	\$15/ea.





# Gardening

## Native Plants Tell Indigenous Stories

**(16-Adult)** Join Smithsonian Gardens horticulturist, Christine Price-Abelow for a fascinating lecture on the garden surrounding the National Museum of the American Indian. Learn about the carefully selected native plants, their cultural significance, and the stories they tell about the land and Indigenous traditions. Discover how the landscape honors the connection between plants and the American Indian community.

### 1--1 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	1pm	T11.DSNL	11/15	\$15/ea.

## Rare Plants at Green Spring Gardens

**(16-Adult)** Many plants species are common in horticulture through legal propagation, but are rare, endangered or even extinct in the wild. Led by Green Spring's head of horticulture, Adam Bucher, take a tour of the gardens to learn about several of these "rare" plants, their ecological history and growing conditions for their care at home.

### 1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	10am	TXW.A3Z7	9/27	\$19/ea.

## Seasonal Holiday Plants and Bulb Forcing Demo

**(16-Adult)** Join Kathy Jentz, Editor and Publisher of Washington Gardener Magazine, for a festive and informative workshop on caring for classic seasonal plants. Kathy will share expert tips on nurturing holiday favorites and introduce a few unique plant varieties that make thoughtful gifts and charming additions to your home décor. You'll also learn the basics of bulb forcing—a fun technique for coaxing spring bloomers to flower early, brightening your home just when you need it most in the gray days of late winter. As part of the workshop, you'll decorate a pot and plant a bulb to take home—perfect for holiday gifting or bringing a touch of green to your own winter space. Please register for the class and the supply fee.

### 1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	1pm	TQL.D06W	11/22	\$43/ea

## Sunset Soirée - Botanical Bath Salts Workshop

**(Adults)** Join us after-hours in the Horticulture Center. View the glasshouse tropicals in the light of the setting sun and peruse the art exhibit while enjoying a refreshing mocktail made with herbs grown at Green Spring Gardens. In this workshop, learn about the calming and restorative properties of plants and how to blend them into a relaxing bath soak. Leave with a custom blend of botanical bath salts and the knowledge to make more at home. Bring your favorite glass jar for storage (12 oz or less) or use one that will be provided. No prior experience needed; all materials are provided. Includes entry, mocktail and all supplies for bath salt mix.

### 1--30 minute workshop

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	5:30pm	DTF.ODJJ	9/20	\$21/ea.
GrnSprGardn	Sa	6:15pm	DTF.AHSD	9/20	\$21/ea.
GrnSprGardn	Sa	7pm	DTF.L3LP	9/20	\$21/ea.



## Indoor Gardening

**(13-Adult)** Learn how to grow fresh herbs and vegetables year-round. Perfect for beginners and apartment dwellers, this hands-on course covers everything from choosing the right containers and soil to lighting, watering and plant care. Discover easy-to-grow edible plants that thrive indoors and gain the confidence to start your own windowsill or balcony garden. Supply fee payable at first class.

### GGA1 8--55 minute lessons--\$104

Location	Day	Time	Code	Date	\$
MtVernREC	T	6pm	3ZH.RSDR	9/16	GGA1
MtVernREC	Sa	1pm	3ZH.3KQC	9/13	GGA1.

## Garden Talks

### Garden Talk - Fall Lawn Care

**(16-Adult)** Fall is the best season to get your lawn in shape. Take the luck out of lawn care and learn the tips and tricks you need to keep your lawn healthy, thick and green. Extension Master Gardeners discuss fertilization, seeding and weed prevention.

### 1--1 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	F	1:30pm	B28.B0ZM	9/26	\$12/ea.

## Sunset Soirée - Mini Herb Garden Workshop

**(Adults)** Join us after-hours in the Horticulture Center. View the glasshouse tropicals in the light of the setting sun and peruse the art exhibit while enjoying a refreshing mocktail made with herbs grown at Green Spring Gardens. In this workshop, plant your own mini kitchen herb garden. Learn the basics of growing herbs at home—whether on a sunny windowsill or small patio—and get tips on care, harvesting, and how to use your herbs. No green thumb needed—just come ready to dig in. Includes entry, mocktail, and herbs with all the needed potting supplies.

### 1--30 minute workshop

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	5:30pm	GGX.50CE	9/20	\$21/ea.
GrnSprGardn	Sa	6:15pm	GGX.IIW1	9/20	\$21/ea.
GrnSprGardn	Sa	7pm	GGX.3FRZ	9/20	\$21/ea.

## Garden Talk - Fall Vegetable Gardening

**(16-Adult)** Planting a fall vegetable garden extends the gardening season so you can continue to harvest fresh produce. Many cool-season vegetables such as carrots, broccoli, cauliflower and Brussels sprouts produce their best flavor and quality when they mature during cool weather. Extension Master Gardeners share tips and recommendations.

### 1--1 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	10:30am	3A3.0W9Q	9/13	\$12/ea.



## 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](http://www.fairfaxcounty.gov/parks/invasive-management-area)





### Garden Talk - Ground Cover Great Lawn Alternatives

**(16-Adult)** Groundcovers are a great alternative to the traditional lawn. Learn how to use them in areas your lawn just won't grow. They are low maintenance, spread quickly and can return each year. Come hear from Extension Master Gardener on how to select, grow and maintain different groundcover options.

#### 1--1 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	F	1:30pm	46G.AW65	11/7	\$12/ea.

### Garden Talk - Natives with Fall Interest

**(16-Adult)** Native plants provide beautiful fall foliage, color and berries. Extension Master Gardeners show you perennials, shrubs and trees in vibrant colors to add glorious colors of fall to your existing plantings. With a colorful palette that's so warm and inviting, fall is a magical time.

#### 1--1 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	10:30am	N10.GA9D	10/18	\$12/ea.

### Garden Talk - Tips on Growing Beautiful Bulbs

**(16-Adult)** Colorful bulbs can turn an ordinary garden into extraordinary. Planted in mass displays, small groupings or containers, they are a welcome sight. Now is the time to plant bulbs for bright, beautiful color next spring. Learn how to plant and care for them from Extension Master Gardeners.

#### 1--1 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	F	1:30pm	9FF.KRZB	10/10	\$12/ea.



### Garden Talk - Winterizing Your Garden

**(16-Adult)** Cleaning up your garden beds and pruning this fall can make your spring tasks lighter and improve the overall health of your garden. Learn from Extension Master Gardeners what you need to do to ensure that your plants are prepared for winter, from pruning, transplanting and mulching.

#### 1--1 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	10:30am	0CW.YFL0	11/15	\$12/ea.

### Garden Tour - Green Spring Up and Down

**(Adults)** Extension Master Gardener docents lead a special "Grand Tour" of Green Spring! View some upper demonstration gardens, then take the garden path less travelled to explore the naturalistic lower garden areas: the Virginia Native Plant Garden, woodland stream valley and ponds. Tour involves a steep slope with loose gravel.

#### 1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	9:30am	8A0.LQX9	10/4	\$18/ea.

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## 2025 SCHEDULE

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WEDNESDAYS

**McCutcheon/Mount Vernon  
Sherwood Library**

April 16-November 26 • 8 a.m.-Noon  
2501 Sherwood Hall Lane, Alexandria  
*SNAP accepted, bonus dollar program!*

**Oakmont Rec Center**

May 7-October 29 • 8 a.m.-Noon  
3200 Jermantown Road, Oakton

**Wakefield • Wakefield Park**

May 7-October 29 • 2-6 p.m.  
8100 Braddock Road, Annandale  
*SNAP accepted, bonus dollar program!*

THURSDAYS

**Annandale • Mason District Park**

May 1-November 6 • 8 a.m.-Noon  
6621 Columbia Pike, Annandale  
*SNAP accepted, bonus dollar program!*

**Herndon**

May 1-October 30 • 8 a.m.-Noon  
700 Block of Lynn St., Herndon

FRIDAYS

**McLean • Lewinsville Park**

May 2-October 31\* • 8 a.m.-Noon  
1659 Chain Bridge Road, McLean  
*\*Closed May 16 for McLean Day*

**Kingstowne**

May 2-October 24 • 3-7 p.m.  
5870 Kingstowne Towne Center, Alexandria

SATURDAYS

**Burke • VRE Parking Lot**

April 19-November 22 • 8 a.m.-Noon  
5671 Roberts Parkway, Burke

**Reston • Lake Anne Village Center**

April 26-November 22 • 8 a.m.-Noon  
1609-A Washington Plaza, Reston  
*SNAP accepted, bonus dollar program!*

SUNDAYS

**Lorton • VRE Parking Lot**

May 4-November 23 • 8 a.m.-Noon  
8990 Lorton Station Boulevard, Lorton  
*SNAP accepted, bonus dollar program!*



For information and directions, visit:  
[www.fairfaxcounty.gov/parks/  
farmersmarkets](http://www.fairfaxcounty.gov/parks/farmersmarkets)  
or call 703-642-0128



## Golf

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### Burke Lake Golf Center

**6915 Ox Road  
Fairfax Station**

**703-323-1641**

**<https://bit.ly/fcpa-blgc>**

- 18-hole, par-3 course, 2,843 yards.
- Putting green and chipping area.
- Burke Lake Golf Academy group and private lessons: 703-324-9719.
- Short game holes from 90-200 yards.
- Clubhouse offers food service, clubs and golf supplies.
- Pull carts and clubs are available for rent.
- Two-level driving range with 64 hitting stations; 24 are heated and covered.



### Greendale Golf Course

**6700 Telegraph Road, Alexandria**

**703-971-3788**

**<https://bit.ly/greendalegc>**

- 18-hole regulation, par-70 course, 6,237 yards.
- Bermuda grass fairways and several water hazards.
- Practice putting green.
- New practice bays and nets.
- Clubhouse offers food service and golf supplies.
- Power carts, golf clubs and pull carts are available for rent.
- Private golf lessons and outing packages are available.



### Jefferson District Golf Course

**7900 Route 29, Falls Church**

**703-573-0444**

**<https://bit.ly/jeffersongc>**

- 9-hole, par-35 executive course, 2,415 yards.
- Practice putting green and chipping area.
- Great walking course for all ages.
- Clubhouse offers food service and golf supplies.
- Pull carts and power carts are available for rent.
- Additional features: 18-hole miniature golf course, lighted basketball and tennis courts.



### Laurel Hill Golf Club

**8701 Laurel Crest Drive, Lorton**

**703-493-8849**

**<https://bit.ly/laurelhillgc>**

- 18-hole, par-71 championship course, 7,102-yards.
- 30-station driving range.
- Putting green, chipping area and practice bunkers.
- Power carts and golf clubs are available for rent.
- Clubhouse offers food service, event catering and golf supplies.
- Instruction for all levels including juniors, through Eisman Golf Academy, call 703-919-3056.
- Classes and camps for ages 7-18 through The First Tee of Greater Washington DC, call 202-479-2588.



### Oakmont Golf Center

**3136 Jermantown Road  
Oakton**

**703-255-5390**

**<https://bit.ly/oakmontgc>**

- 9-hole, par-3 course, 1,456-yards.
- Large practice area for chipping, putting and sand shots.
- Lighted, 78-station driving range with sand bunker.
- 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**

**703-941-1061**

**<https://bit.ly/pinecrestgc>**

- 9-hole, par-35 executive course, 2,459 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**

**703-631-9099**

**<https://bit.ly/twin-lakes-gc>**

- Two courses; two golf experiences; one location.
- The Oaks Course, 18-hole, par-71, 6,715 yards.
- The Lakes Course, 18-hole, par-72, 6,695 yards.
- Putting green, chipping area and driving range.
- Clubhouse offers food service, special event catering, clubs and golf accessories.
- Eisman Golf Academy offers private and group lessons: 703-919-3056.



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**Golfers, please note:**

Cart rental and greens fees vary by site. Call the course of your choice for information. Metal golf spikes are prohibited at all Fairfax County Park Authority golf courses. Senior and Junior rate availability varies by course.

**Junior Golf Fairfax**

Golf Fairfax is committed to encouraging juniors, ages 5-17\*, to learn, practice, play and enjoy the game. Golf is an excellent family sport that promotes good manners, builds friendships and can be enjoyed for a lifetime. Members receive discounted greens fees and range balls at all courses. Classes, camps and lessons are also available.

To learn more, call the course of your choice.

\*Minimum age for course play at Greendale is six. Minimum age for course play at Laurel Hill and Twin Lakes is eight.

**USGA handicap service offered**

Handicap services are provided at Greendale, Jefferson, Pinecrest, Twin Lakes, Burke Lake, Oakmont and Laurel Hill golf courses. The hands-on system allows you to enter your own scores and get an updated handicap, which you receive twice monthly. The Handicap Index is computed under the USGA Handicap System. By enrolling, you are eligible to participate in Virginia State Golf Association events. Handicap services are available year-round. Contact any Park Authority golf course for more information.

**Golf Classes****Starting New at Golf (SNAG)**

(5-7 yrs.) Course covers basic golf elements in a modified form for kids. Children use 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--\$160**

Location	Day	Time	Code	Begin	\$
Burke LakeGC	Sa	10am	C5A.3H6K	9/6	4GB
Burke LakeGC	Sa	11am	C5A.RNMV	9/6	4GB
Burke LakeGC	Sa	10am	C5A.RX7R	10/18	4GB
Burke LakeGC	Sa	11am	C5A.9H0X	10/18	4GB
Pinecrest GC	Su	2pm	C5A.ISTM	9/7	4GB
Pinecrest GC	Su	3pm	C5A.T2PS	9/7	4GB
Pinecrest GC	Sa	2pm	C5A.PASE	10/18	4GB
Pinecrest GC	Su	2pm	C5A.URIN	10/19	4GB
Pinecrest GC	Su	3pm	C5A.B222	10/19	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--\$160**

Location	Day	Time	Code	Begin	\$
Burke LakeGC	Sa	1pm	D71.RDLW	9/6	4GB
Burke LakeGC	Sa	1pm	D71.EA4L	10/18	4GB
Burke LakeGC	Sa	2pm	D71.Z1IQ	10/18	4GB
Pinecrest GC	Sa	3pm	D71.46XG	9/6	4GB
Pinecrest GC	Sa	3pm	D71.M702	10/18	4GB



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**TWIN LAKES GOLF COURSE**  
**BUCKETS AND BEER**  
Small bucket + One Beer/Wine/Seltzer = \$11  
Large bucket + One Beer/Wine/Seltzer = \$17

**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--\$160**

Location	Day	Time	Code	Begin	\$
Burke LakeGC	Sa	3pm	19C.QROH	9/6	4GB
Burke LakeGC	Sa	3pm	19C.I2VR	10/18	4GB
Pinecrest GC	Sa	2pm	19C.4M8W	9/6	4GB
Pinecrest GC	Su	1pm	19C.X0KO	9/7	4GB

**Junior Get Golf Ready I**

(7-12 yrs.) This PGA-developed class introduces students to golf in a fun and friendly environment. Class focuses on fundamentals and step-by-step drills. Topics include grip, stance, target and balance. Range balls are included in the class fee and loaner clubs are available.

**4GB 5--55 minute lessons--\$160**

Location	Day	Time	Code	Begin	\$
Burke LakeGC	Sa	1pm	8C0.F0AU	9/6	4GB
Burke LakeGC	Su	1pm	8C0.51H8	9/7	4GB
Burke LakeGC	M	5pm	8C0.7A90	9/8	4GB
Burke LakeGC	Sa	1pm	8C0.VE7G	10/18	4GB
Burke LakeGC	Su	1pm	8C0.18LD	10/19	4GB
Burke LakeGC	M	5pm	8C0.3CRJ	10/20	4GB
Pinecrest GC	Sa	1pm	8C0.65SK	9/6	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--\$160**

Location	Day	Time	Code	Begin	\$
Burke LakeGC	Sa	2pm	265.LQPD	9/6	4GB
Burke LakeGC	Su	2pm	265.NOX4	9/7	4GB
Burke LakeGC	M	6pm	265.RSRJ	9/8	4GB
Burke LakeGC	Sa	2pm	265.9PQL	10/18	4GB
Burke LakeGC	Su	2pm	265.2LEZ	10/19	4GB
Burke LakeGC	M	6pm	265.EA4I	10/20	4GB
Pinecrest GC	Sa	10am	265.8DI6	10/18	4GB

**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--\$203**

Location	Day	Time	Code	Begin	\$
Burke LakeGC	Su	3pm	A60.FFG7	9/7	4GG
Burke LakeGC	T	5pm	A60.3Z6G	9/9	4GG
Burke LakeGC	Th	5pm	A60.WSXD	9/11	4GG
Burke LakeGC	Su	3pm	A60.1FMU	10/19	4GG
Burke LakeGC	T	5pm	A60.8RB4	10/21	4GG
Burke LakeGC	Th	5pm	A60.IPEP	10/23	4GG
Pinecrest GC	Sa	12pm	A60.A6EX	9/6	4GG
Pinecrest GC	Sa	11am	A60.F0A4	10/18	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--\$203**

Location	Day	Time	Code	Begin	\$
Burke LakeGC	Su	4pm	BB7.081S	9/7	4GG
Burke LakeGC	T	6pm	BB7.7GQU	9/9	4GG
Burke LakeGC	Th	6pm	BB7.87VV	9/11	4GG
Burke LakeGC	Su	4pm	BB7.13CL	10/19	4GG
Burke LakeGC	T	6pm	BB7.291W	10/21	4GG
Burke LakeGC	Th	6pm	BB7.4V5J	10/23	4GG
Pinecrest GC	Su	1pm	BB7.NRK1	10/19	4GG

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### Get Golf Ready in Korean

이 PGA 개발 수업은 학생들에게 재미있고 친근한 환경에서 골프를 소개합니다. 수업은 기초 교육과 단계별 훈련에 중점을 둡니다. 주제는 그립, 스탠스, 타겟, 밸런스입니다. 수업은 5-55분간 연속적으로 진행됩니다. 이 수업은 주로 한국어로 진행될 것이다. This PGA-developed class introduces game fundamentals to new golfers in Korean. Grip, stance, set up and ball position are taught for putting, chipping and iron play along with hitting tee shots with hybrids and woods. A basic knowledge of golf equipment is included. Range balls are included in the class fee, and loaner clubs are available. Final class may be held on the golf course.

#### 4GB 5--55 minute lessons--\$160

Location	Day	Time	Code	Begin	\$
Pinecrest GC	Su	10am	8FR.XG3A	9/7	4GB
Pinecrest GC	Su	10am	8FR.0808	10/19	4GB

### Get Golf Ready I

(13-Adult) This PGA-developed class introduces game fundamentals to new golfers. Grip, stance, set up and ball position are taught for putting, chipping and iron play along with hitting tee shots with hybrids and woods. A basic knowledge of golf equipment is included. Range balls are included in class fee, and loaner clubs are available. Final class may be held on the golf course.

#### 4GB 5--55 minute lessons--\$160

Location	Day	Time	Code	Begin	\$
<b>Co-ed</b>					
Burke LakeGC	Sa	9am	AEE.3GAQ	9/6	4GB
Burke LakeGC	Su	9am	AEE.79VL	9/7	4GB
Burke LakeGC	M	10am	AEE.R6SV	9/8	4GB
Burke LakeGC	W	1pm	AEE.QQJ3	9/10	4GB
Burke LakeGC	Th	10am	AEE.8FZ2	9/11	4GB

Burke LakeGC	Sa	9am	AEE.CZPA	10/18	4GB
Burke LakeGC	Su	9am	AEE.ZOMN	10/19	4GB
Burke LakeGC	M	10am	AEE.OJWE	10/20	4GB
Burke LakeGC	W	1pm	AEE.763X	10/22	4GB
Burke LakeGC	Th	10am	AEE.GW0I	10/23	4GB
Pinecrest GC	Sa	11am	AEE.S46M	9/6	4GB
Pinecrest GC	Su	11am	AEE.P12Z	9/7	4GB
Pinecrest GC	Su	12pm	AEE.OUP7	10/19	4GB

### Ladies only

Burke LakeGC	Sa	11am	219.QAX0	9/6	4GB
Burke LakeGC	Su	11am	219.Y7SF	9/7	4GB
Burke LakeGC	T	1pm	219.DB9R	9/9	4GB
Burke LakeGC	W	5pm	219.PSYH	9/10	4GB
Burke LakeGC	Su	11am	219.8XDX	10/19	4GB
Burke LakeGC	T	1pm	219.7UFF	10/21	4GB
Burke LakeGC	W	5pm	219.VZT2	10/22	4GB
Pinecrest GC	Sa	10am	219.7NT0	9/6	4GB
Pinecrest GC	Su	12pm	219.YU6V	9/7	4GB

### Get Golf Ready II

(13-Adult) Prerequisite: Get Golf Ready I. This course covers advanced topics for beginning golfers. Aim and alignment are introduced to putting, 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--\$160

Location	Day	Time	Code	Begin	\$
<b>Co-ed</b>					
Burke LakeGC	Sa	10am	F2A.XQ5M	9/6	4GB
Burke LakeGC	Su	10am	F2A.JYGI	9/7	4GB
Burke LakeGC	M	11am	F2A.66V1	9/8	4GB
Burke LakeGC	W	2pm	F2A.XY1K	9/10	4GB
Burke LakeGC	Th	11am	F2A.AV00	9/11	4GB
Burke LakeGC	Sa	10am	F2A.B8U2	10/18	4GB
Burke LakeGC	Su	10am	F2A.WQ7W	10/19	4GB
Burke LakeGC	M	11am	F2A.ZQL5	10/20	4GB

Burke LakeGC	W	2pm	F2A.DKE2	10/22	4GB
Pinecrest GC	Sa	12pm	F2A.ODDF	10/18	4GB
Pinecrest GC	Su	11am	F2A.VZCC	10/19	4GB

### Ladies only

Burke LakeGC	Su	12pm	46F.9G86	9/7	4GB
Burke LakeGC	T	2pm	46F.YJGF	9/9	4GB
Burke LakeGC	W	6pm	46F.MFQV	9/10	4GB
Burke LakeGC	Su	12pm	46F.9BMY	10/19	4GB
Burke LakeGC	T	2pm	46F.I2C0	10/21	4GB
Burke LakeGC	W	6pm	46F.ACQ9	10/22	4GB
Pinecrest GC	Sa	1pm	46F.JX4M	10/18	4GB

### 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--\$134

Location	Day	Time	Code	Begin	\$
Burke LakeGC	M	12pm	49C.EKGS	9/8	4GC
Burke LakeGC	Th	12pm	49C.KHB9	9/11	4GC
Burke LakeGC	M	12pm	49C.00HB	10/20	4GC
Burke LakeGC	Th	12pm	49C.K0ZB	10/23	4GC

### Golf-Recovery/Trouble Shots

(13-Adult) Prerequisite: Beginner Golf Ready or equivalent. Lessons focus on proper setup, club selection and recovering from trouble situations in addition to course management. Burke Lake uses uneven ramps on its heated, covered driving range to simulate course conditions.

#### 4GC 4--55 minute lessons--\$134

Location	Day	Time	Code	Begin	\$
Burke LakeGC	Sa	3pm	A6E.1YJS	9/6	4GC
Burke LakeGC	Sa	3pm	A6E.YL00	10/18	4GC
Burke LakeGC	Th	2pm	A6E.XSPE	10/23	4GC



# 2025 FALL GOLF TOURNAMENTS

## Burke Lake Golf Center

### Burke Lake Golf Center Shot in the Dark I (12 years +)

Friday, October 17 • 7 p.m.  
Cost: \$100 per team, includes dinner,  
one glow ball and flashlight

### Shot in the Dark II (12 years +)

Friday, October 24 • 7 p.m.  
Cost: \$100 per team, includes dinner,  
one glow ball and flashlight

## Jefferson Golf Course

### Four Club Fall Classic Jefferson Cup Tournament Series (18 yrs. +)

Saturday, October 4 • 9 a.m. Tee time start  
Cost: \$40 per player

## Pinecrest Golf Course

### PC9 Club Championship (13 yrs. +)

Sunday, September 7 • 8 a.m. Tee time start  
Cost: \$55 per player, includes lunch and cart

### Fall Festival Scramble (7 yrs. +)

Sunday, October 19 • 9 a.m. Tee time start  
Cost: \$110 per team, includes lunch and carts

Join a Golf Fairfax tournament  
and test your game with some  
friendly competition!



To register visit [www.fairfaxcounty.gov/parks/golf/tournaments](http://www.fairfaxcounty.gov/parks/golf/tournaments)





**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--\$134**

Location	Day	Time	Code	Begin	\$
Burke LakeGC	Sa	4pm	D23.NWDL	9/6	4GC
Burke LakeGC	Th	1pm	D23.73ZW	10/23	4GC

**Advanced Putting Clinic**

**(16-Adult)** This clinic is for experienced golfers looking to improve their putting skills and takes a deep dive into all aspects of putting at an advanced level. The class consists of three sessions meeting weekly on the same day and time. As part of the course each student receives a putting mirror and a sleeve of balls that have an alignment aid printed on the ball. Participants will also be offered a 10% discount on a new putter.

**4GP 3--55 minute lessons--\$114**

Location	Day	Time	Code	Begin	\$
Burke LakeGC	W	5pm	C19.YZJO	9/10	4GP
Burke LakeGC	F	10am	C19.8G4T	9/12	4GP
Burke LakeGC	W	5pm	C19.8J2Z	10/22	4GP
Burke LakeGC	F	10am	C19.B2HB	10/24	4GP



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# Save on Every Stroke at Seven Golf Fairfax Courses!

## GOLF ROUND FALL PASS SALE



**November 15-28, 2025**

**Seasonal Savings,  
Year-Round Play**

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20% off 10 Rounds  
10% off 5 Rounds**

**Seniors (65+)  
Buy 15 rounds and  
only pay for 14 rounds.**

**Rounds are good for 2 years  
for greens fees only at  
course purchased.**

Discounts apply to regular weekend/  
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Jefferson, Oakmont, Pinecrest, Laurel Hill  
(senior rounds only) and Twin Lakes golf  
courses. Purchase in Pro Shops. Rounds  
are good for 2 years for greens fees  
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Go to [www.fairfaxcounty.gov/parks/golf](http://www.fairfaxcounty.gov/parks/golf)

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703-631-9099

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# Every Body Golf School

## Teaching the game of a lifetime



Head Golf Professionals: Noel Jablonski, LPGA • George Danielson, PGA  
3136 Jermantown Road • Oakton, VA 22124

### Lesson Information

- **Lessons taught** by the area's most experienced team of PGA, LPGA, and USGTF professionals year round.
- **Gift Certificates** are available for purchase at [everybodygolf.com](http://everybodygolf.com)
- **Club fitting** available for Callaway Golf
- **Loaner clubs** available upon request.
- Lessons conducted in **Sheltered and heated** practice bays.

#### Intermediate Golf For Adults

This four week class features an intermediate level review of fundamentals, and most typical golf shots. Prerequisite: Beginning Golf 2 or equivalent experience. Four- 50 minute lessons on four consecutive weeks. Fee: \$125, plus range balls.

Day	Time	Start Date
Saturday	9:05am	Sept 13

#### Short Game Intensive

Students will work on all areas of the short game including putting, chipping and sand shots. Two 100-minute sessions. Fee: \$125, Practice balls provided

Day	Time	Start Date
Saturday	10:05am	Sept 13
Sunday	10:05am	Oct 12

### Oakmont 2025 Fall Schedule

#### Beginning Golf 1 For Adults

Students learn the basic skills needed to play golf. Grip, stance, full swing, putting, chipping, and pitching are taught, as well as etiquette and rules. Six 50-minute sessions on six consecutive weeks. Fee: \$140 plus range balls.

Day	Time	Start Date
Monday	7:05pm	Sept 8
Tuesday	10:05am	Sept 9 (Ladies Only)
Wednesday	8:05pm	Sept 10
Saturday	10:05am	Sept 13 (Ladies Only)
Saturday	11:05am	Sept 13
Sunday	11:05am	Sept 14

#### 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
Tues- Thurs	7:05pm	Sept 9 OR Oct 7
Sat- Sun	12:05pm	Sept 13 OR Oct 11

#### 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
Tuesday	11:05am	Sept 9 (Ladies Only)
Wednesday	7:05pm	Sept 10
Saturday	1:05pm	Sept 13
Sunday	1:05pm	Sept 14

#### Adult/Junior Beginning Golf

This class covers all the basic skills of golf including grip, stance, full swing, chipping, and putting. Rules and etiquette are also taught. A great course for any beginning adults and juniors. AGES 8 and UP. Six-50 minute lessons on 6 consecutive weeks. Class is limited to 10 students. Fee: \$140 plus range balls.

Day	Time	Start Date
Saturday	4:05pm	Sept 13
Sunday	4:05pm	Sept 14

#### 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	11:05am	Sept 13
Saturday	12:05pm	Sept 13 or Oct 18

#### Beginning Junior Golf

Limited to 10 students, this class is designed to help junior golfers learn the basics of the game including rules and etiquette, the short game and full swing. Four 50-minute sessions on four consecutive weeks. Fee: \$95, includes range balls.

Day	Time	Start Date
Saturday	3:05pm	Sept 13 OR Oct 18

#### 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	2:05pm	Sept 13 OR Oct 18

#### 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
Sunday	2:05pm	Sept 14 OR Oct 19

- Two easy ways to register: Online at [www.everybodygolf.com](http://www.everybodygolf.com) or by phone at 703-255-5396.



## History

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



### Colvin Run Mill Historic Site

10017 Colvin Run Road • Great Falls  
703-759-2771

[www.fairfaxcounty.gov/parks/colvinrunmill](http://www.fairfaxcounty.gov/parks/colvinrunmill)

Now a beautiful, wooded park, Colvin Run Mill Historic Site preserves and interprets Fairfax County's agricultural and industrial history. The buildings here were the center of the Colvin Run community throughout the 19th and early 20th centuries. The water-powered Colvin Run Mill was essential to the local farming community and the Colvin Run General Store was where people shopped, gathered, and conducted business.

- Take a self-guided walk and see Colvin Run Mill's exterior, including the 20-foot waterwheel
- Join a docent-guided Mill Tour to explore this still-operational example of early American mass production
- Family-friendly Discovery Baskets
- Visit the 200-year-old Miller's House and replanted gardens to experience 1800s home life
- Shop in the c. 1910 Colvin Run General Store, where you can see exhibits, purchase CRM-ground grains and other gift items
- Recreational and educational activities for all ages
- Thematic tours, classes, camps, school programs and special events
- On the National Register of Historic Places and the Virginia Landmark Register

#### Hours and Admission

**General Store and Miller's House** Please visit the website for hours of operation.



### Ellanor C. Lawrence Park and Walney Visitor Center

5040 Walney Road • Chantilly  
703-631-0013

[www.fairfaxcounty.gov/parks/eclawrence](http://www.fairfaxcounty.gov/parks/eclawrence)

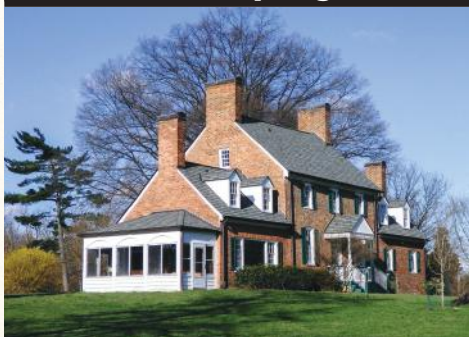
The Walney Visitor Center features natural and cultural exhibits and a hands-on area to introduce the public to the past farmland and present parkland.

- Historic structures and foundations: dairy foundation, spring house, icehouse foundation and smokehouse
- Gardens
- Kid-friendly red wagon sandboxes
- Self-guided historic grounds tour

#### Hours

Please visit the website for hours of operation. Programs meet at the Walney Visitor Center unless otherwise noted. Grounds open dawn to dusk.

### Historic Green Spring



4603 Green Spring Road • Alexandria  
703-941-7987

[www.fairfaxcounty.gov/parks/green-spring/historic-house](http://www.fairfaxcounty.gov/parks/green-spring/historic-house)

Families occupied the 1784 Historic House until the mid-20th century when Green Spring became a public garden. Features include:

- Historic House and garden
- Lectures
- English tea programs
- Tasting parties
- Workshops
- Changing art exhibits
- Historic photo exhibit and informational videos
- On the National Register of Historic Places
- Listed on the Virginia Landmarks Register
- Tea-themed items for purchase

#### Hours and Admission

Please visit the website for hours of operation.



### Historic Huntley

6918 Harrison Lane • Alexandria  
703-768-2525

[www.fairfaxcounty.gov/parks/historic-huntley](http://www.fairfaxcounty.gov/parks/historic-huntley)

The Huntley Villa, built circa 1825 and connected to the Mason family, is listed on the National Register of Historic Places and the Virginia Landmark's Register. Historic Huntley is a three-acre park containing the Federal style villa, a brick privy, an icehouse, root cellar, an additional residence and cultural landscape features. The grounds at Historic Huntley are open dawn to dusk from March through November.

### Huntley Meadows Park

3701 Lockheed Blvd. • Alexandria  
703-768-2525

[www.fairfaxcounty.gov/parks/huntley-meadows](http://www.fairfaxcounty.gov/parks/huntley-meadows)



### Sully Historic Site

3650 Historic Sully Way • Chantilly  
703-437-1794

[www.fairfaxcounty.gov/parks/sully](http://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
- Reconstructed home of enslaved residents
- Heirloom garden
- Accredited by American Alliance of Museums
- On the National Register of Historic Places and the Virginia Landmark Register
- Listed on the Virginia Civil Wars Trail
- Part of the Underground Railroad Network to Freedom

#### Hours and Admission

Please visit the website for hours of operation.



## Child and Parent Programs

Child must be accompanied by an adult for all child and parent programs.

### Mini Millers

**(2-5 yrs.)** Explore Colvin Run Mill with your little one through STEAM activities, hands-on history, crafts, stories, and games. Programs include indoor and outdoor activities. Adults must participate with children. A different program each week: 9/29: Discover Waterwheels; 10/13: Making and Drinking Apple Cider; 10/27: Fall Colors; and 11/10: Giving Thanks.

#### 1--45 minute program

Location	Day	Time	Code	Date	\$
ColvinRunMill	M	10am	Y61.DDG3	9/29	\$10/child
ColvinRunMill	M	10am	Y61.SMNC	10/13	\$10/child
ColvinRunMill	M	11:30am	Y61.ILLN	10/13	\$10/child
ColvinRunMill	M	10am	Y61.K803	10/27	\$10/child
ColvinRunMill	M	10am	Y61.95BK	11/10	\$10/child

## Homeschool Programs

### Homeschool - Kitchen Garden Adventures

**(6-10 yrs.)** Help us in the kitchen garden and practice your seasonal cooking skills.

#### 4--1 hour 25 minute lessons

Location	Day	Time	Code	Date	\$
ColvinRunMill	F	1pm	GRN.58JE	10/3	\$41/ea.

### Mapping the Past for Homeschoolers

**(7-13 yrs.)** Supplement your historical studies with a fun day of exploring, interpreting and making maps. Try your hand at orienteering, learn about different types of maps from around the world, and take home a personalized map of your life.

#### 1--2 hour program

Location	Day	Time	Code	Date	\$
HistHuntley	T	1pm	C5B.YT83	9/16	\$14/ea.

## Family/All Ages

### Chocolate Ice Cream at Huntley

All attendees, including parents, must be registered for these programs.

**(All Ages)** Savor a taste of hand-made chocolate ice cream to celebrate National Chocolate Day. Did you know that chocolate was first made by Native Americans? Learn more about this decadent dairy treat as you help to make a batch.

#### 1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
HistHuntley	Sa	2pm	EF9.79AT	10/18	\$10/ea.

### Civil War at Huntley - Division and Endurance

**(16-Adult)** Fairfax was as divided as the nation in 1861. Yet these divisions help to explain how Huntley endured the war. This program will examine Huntley through the Civil War through the experiences of the Mason family, their neighbors, and an occupying army. Includes a tour of Historic Huntley.

#### 1--1 hour program

Location	Day	Time	Code	Date	\$
HistHuntley	W	10:30am	4NZ.L061	11/12	\$10/ea.



### Cider Making

Now offered at two locations:

**Frying Pan Farm Park**  
Saturdays & Sundays, September 13-28  
11 a.m., 1 p.m. & 3 p.m.

**Colvin Run Mill**  
Saturdays & Sundays, October 5-26  
11 a.m., 1 p.m. & 3 p.m.

**\$60, 1 hour program**  
(for group of up to eight people)  
Reservations Recommended

**(All Ages)** Bring up to eight people and learn how to use an old-fashioned cider press by making your own cider. Your group needs to bring approximately 100 apples of their choosing and tightly sealable containers for transporting approximately 2 gallons of cider. Participants will carry and press their own apples and cider. Dress accordingly. All participants will be contacted prior to their program with full details. Register now at Parktakes online.

## Discover Cain's Branch Trail

**(6-Adult)** Hike the trail 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.

#### 1--1 hour program

Location	Day	Time	Code	Date	\$
Sully	Sa	1:30pm	ZNR.RQ0W	9/13	\$10/ea.
Sully	Sa	1:30pm	ZNR.8853	10/18	\$10/ea.

### Fall Tea Party

**(3-Adult)** Bring your child to the Mill and celebrate Fall. We'll have tea, savory and sweet treats and play 19th century games.

#### 1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
ColvinRunMill	Sa	1pm	KH6.YEUR	10/11	\$15/ea.

## Historic Crafts and Trades

**(5-Adult)** Discover nineteenth century crafts and trades and see demonstrations by craftspeople of today. In the 1800s, people depended on experts who hand-crafted the goods they needed. Some of these crafts and trades are practiced by contemporary artisans. Demonstrations may include basketweaving, wood carving, broom making, spinning and dyeing, distilling and cider making. Make time to see our historic mill in motion, powered by the water of Colvin Run. You can also visit the general store and explore the miller's house exhibit.

#### 1--3 hour program

Location	Day	Time	Code	Date	\$
ColvinRunMill	Su	12pm	C3L.NTAK	10/19	\$10/ea.

### Mill in Motion

**(4-Adult)** Explore Colvin Run Mill to see how it operated in 1811. Hear and feel the Mill grinding grain. Learn about Oliver Evans and his first US patents that revolutionized food production. Try your hands at simple machines. Visit the 19th century Miller's House and stop by Colvin Run General Store to purchase our ground grain.

#### 1--2 hour program

Location	Day	Time	Code	Date	\$
ColvinRunMill	Su	12pm	9NY.5MYW	9/7	\$12/ea.
ColvinRunMill	Su	12pm	9NY.0YC1	9/21	\$12/ea.
ColvinRunMill	Su	12pm	9NY.JVOP	10/5	\$12/ea.

## Make Room for Turkeys!

**(7-Adult)** Turkeys are native to the Americas and have been everything from decorative to Thanksgiving centerpiece. They've been here for 10 million years but how can you make sure they have a place here for a million more? Find out more about the role of turkeys in different cultures and how important habitat restoration will make room for turkeys.

#### 1--1 hour program

Location	Day	Time	Code	Date	\$
ECLawncPk	Sa	1pm	1RQ.9V8N	11/15	\$8/ea.
ECLawncPk	Sa	3pm	1RQ.UL6L	11/15	\$8/ea.

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## Podcasts of the Past

**(8-Adult)** Podcasts and social media platforms are changing the way we create and receive information. Radio played a very similar role in rural America during the 1920s until the dawn of television. Come see old time radios, hear the most famous broadcasts from the period and do an activity related to the monthly topic. August- The Grand Ole Opry 100th year. Barn dances, bluegrass music, comedy and the longest running radio show, September- Baseball & True Crime, October- Invaders from Mars & War of the Worlds, November- Fireside Chats, December- A Christmas Story.

### 1--1 hour program

Location	Day	Time	Code	Date	\$
Frying Pan Pk	Sa	6pm	NZB.MSG6	9/13	\$10/ea.
Frying Pan Pk	Su	6pm	NZB.OIYS	10/26	\$10/ea.
Frying Pan Pk	Sa	6pm	NZB.OM2Z	11/8	\$10/ea.

## Spy Craft

**(7-Adult)** Explore the lives of the men and women during the Revolutionary War who passed along secrets and information and the technology they used in dangerous times. Try your hand at a little spy craft to take home.

### 1--1 hour program

Location	Day	Time	Code	Date	\$
ECLawrencePk	Sa	10am	1EF.5G6X	11/8	\$9/ea.

## Surviving Unplugged - Candle Making and Light

**(6-Adult)** Dive into the centuries-old tradition of crafting candles using natural materials and traditional techniques. Illuminate your journey back in time

with examples from the resourceful people at Sully. Make your own candles from Crisco and crayons.

### 1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
Sully	Th	11am	U2O.HKNF	10/2	\$15/ea.

## Surviving Unplugged - Herbs for Food and Medicine

**(6-Adult)** Explore Sully's heirloom garden and learn how early Americans used herbs in cooking, medicine and housekeeping.

### 1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
Sully	Sa	11:30am	L9N.X2TS	10/4	\$15/ea.

## Surviving Unplugged - Pickling and Preservation

**(6-Adult)** Discover the traditional methods of preserving food before refrigerators were available. Try your hand at pickling and take home some tasty skills.

### 1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
Sully	Sa	1:30pm	4DJ.YA8P	10/25	\$15/ea.

## Surviving Unplugged - Weaving and Wool

**(6-Adult)** Explore the world of textiles before department stores. Enjoy a make-your-own experience with working with wool and try your hand at basic weaving to make useful items. Sully's historic collections illuminate the crafting techniques of the past that we are disconnected from today.

### 1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
Sully	Sa	1:30pm	WRB.J6W1	11/22	\$15/ea.

## The Civil War at Sully

**(6-Adult)** Discover more about the turbulent history and importance of Sully and Fairfax County during the Civil War. Tour the historic site and learn about the different figures who experienced the war at Sully. Hear about Maria Barlow, who encountered and dealt with troops on both sides. Gain a better understanding of the effects the war had on Fairfax County and why it matters today.

### 1--1 hour program

Location	Day	Time	Code	Date	\$
Sully	Su	1:30pm	YAN.F32C	9/7	\$10/ea.
Sully	Su	1:30pm	YAN.VXIV	11/9	\$10/ea.

## The Lees at Sully

**(5-Adult)** Discover the 1794 home built for Richard Bland Lee, Northern Virginia's first Congressman. Hear stories of his family and friends, political career and the lives of the people enslaved at Sully.

### 1--1 hour program

Location	Day	Time	Code	Date	\$
Sully	Su	1:30pm	Z9D.05J4	9/21	\$10/ea.
Sully	Su	1:30pm	Z9D.L703	10/5	\$10/ea.



## BE A PRESERVATION HERO

### 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 and to apply visit  
[www.fairfaxcounty.gov/parks/rcp](http://www.fairfaxcounty.gov/parks/rcp)  
 call 703-324-8700 or email  
[Parkmail@fairfaxcounty.gov](mailto:Parkmail@fairfaxcounty.gov).





**The War of 1812 and the Homefront**

**(All Ages)** Discover how communities like Colvin Run supported the young US Navy during the War of 1812. Learn how farmers and millers fed the sailors at sea. Meet members of Ship's Company, a War of 1812 reenactors' group and hear stories about life at sea. Examine their navigation tools, see their uniforms and discover what they ate. Make time to see the historic mill in motion, visit the miller's house and stop in the general store.

**1--1 hour 30 minute program**

Location	Day	Time	Code	Date	\$
ColvinRunMill	Su	12pm	Ø7A.BMW4	11/2	\$10/ea.

**Teen/Adult Programs****Beginning Woodcarving - Wooden Spoon**

**(14-Adult)** Northern Virginia Carvers teach beginning woodcarving. Basic carving cuts progress to spoon carving. Learn new skills and enjoy a meditative art. Additional required \$60.00 supply fee to be paid to the instructor the first day of class. You will be contacted by the instructor prior to first class with information on purchasing safety equipment.

**3--3 hour lessons**

Location	Day	Time	Code	Date	\$
ColvinRunMill	Su	1pm	SJX.A415	10/5	\$60/ea.

**Creating Oils, Tinctures and Vinegars**

**(16-Adult)** In this program, learn the basics of using plants from the garden to make oils, tinctures and vinegars. Learn how different infusions extract different properties from the plants and how plants have been used in traditional medicines for healing and

strengthening the immune system. Participants will go home with one tincture, one vinegar and one oil.

**1--1 hour 30 minute program**

Location	Day	Time	Code	Date	\$
ColvinRunMill	Sa	11am	WVZ.Ø8WA	9/20	\$25/ea.

**Grit & Grain - African American Millers**

**(14-Adult)** African Americans' labor, experience, and knowledge were crucial to 19th-century grist milling. Explore a historic mill as you discuss the contributions of African American millers in Fairfax County.

**1--1 hour program**

Location	Day	Time	Code	Date	\$
ColvinRunMill	Sa	11am	VUG.ZXE1	9/27	\$10/ea.

**Remembrance - Enslaved Lives at Sully**

**(12-Adult)** Learn about the lives and legacy of the people enslaved at Sully Historic Site from the 1700s to the Civil War. This tour includes a walk into the original outbuildings, main house and representative housing for the enslaved. Sully is on the National Register of Historic Places and is part of the National Park Service Underground Railroad Network to Freedom. The tour is held weather permitting.

**1--1 hour program**

Location	Day	Time	Code	Date	\$
Sully	Sa	1:30pm	UNQ.KVR7	9/20	\$10/ea.
Sully	Su	1:30pm	UNQ.KYE4	10/19	\$10/ea.

**Virginia Hauntings - Legends & Lore**

**(12-Adult)** Learn about local ghost stories, legends, and tales of the supernatural on this nighttime lantern-lit tour. The tour guide will lead you through the historic house and the 19th century gristmill.

**1--1 hour program**

Location	Day	Time	Code	Date	\$
ColvinRunMill	F	7pm	G7G.BPWZ	10/24	\$10/ea.
ColvinRunMill	Sa	7pm	G7G.CEAX	10/25	\$10/ea.

**Adult Programs****Christmas Tea at the Harrisons**

**(Adults)** December in the late 1800s might have included a Ladies Housekeeping Society tea hosted by Mrs. Harrison. The halls of Huntley will be decked and we'll share some Christmas history with you as you enjoy teas, scones, fruit and a light savory.

**1--2 hour tea program**

Location	Day	Time	Code	Date	\$
HistHuntley	Th	1pm	C33.MUEB	12/11	\$35/ea.

**Enslaved Lives and the Legacy of Slavery**

**(Adults)** Join a historian for a tour of Huntley that examines the relationship of the Mason family to slavery and recovers insights into the lives of the Humphrey family and other enslaved people whose labor maintained Mason wealth and social status.

**1--1 hour program**

Location	Day	Time	Code	Date	\$
HistHuntley	W	10:30am	BF1.5MUV	11/19	\$10/ea.

**Historic House Walk and Talk**

**(Adults)** Take a brief outdoor stroll around the 1784 Historic House to learn about its architecture and historic designed landscape. Step inside the house to learn about residents of Green Spring past. Enjoy compelling stories of public service, trailblazing wom-

en, espionage, civil rights, enslavement and freedom. Hear what we know about enslaved people who lived and worked on Green Spring Farm, and ongoing research to discover more.

**1--1 hour program**

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	10am	R40.MFFZ	9/13	\$15/ea.

**Mason Tea**

**(Adults)** Enjoy an afternoon tea circa 1830 much as Betsey Mason would have with the gleam of polished silver and proper tea etiquette. Sample a menu of tasty treats appropriate to the period in an historic setting as you brush up on your tea history. Includes a tour of Historic Huntley.

**1--1 hour 30 minute program**

Location	Day	Time	Code	Date	\$
HistHuntley	Sa	1pm	87A.JEX9	11/15	\$35/ea.

**Movie at the Mill - Sleepy Hollow**

**(17-Adult)** Watch an outdoor screening of Sleepy Hollow (1999) at the 19th century gristmill. Bring your own blanket or low lawn chair. Refreshments and concessions will be available for purchase. The Miller's House Exhibit will be open for self-guided tours at 6 p.m. and will close at the start of the film. The film will start at sunset - 7 p.m.

**1--2 hour program**

Location	Day	Time	Code	Date	\$
ColvinRunMill	Sa	7pm	CJ0.QVW5	10/4	\$10/ea.

**Secrets, Spies, Sputnik and Huntley**

**(Adults)** Take a stroll with us on the less-visited side of the park to uncover the history of spies, espionage and how the Cold War struggle between the US and the USSR shaped Huntley and the Fairfax County we know today. Meets at South King Highway entrance includes a 2.4 mile walk over flat terrain.

**1--2 hour program**

Location	Day	Time	Code	Date	\$
HuntMdws	Th	1pm	F8B.4TDØ	9/25	\$10/ea.
HuntMdws	T	10am	F8B.37F5	11/25	\$10/ea.

**Tasting Programs****TASTING - TEAS OF AFRICA**

**(Adults)** Africa is home to a wide range of unique and flavorful teas: robust black teas, greens, delicate whites and herbal infusions. Hear about the history and heritage of tea cultivation in Africa and how the teas reflect local traditions. Then sample a range of delicious brews from across the continent.

**1--1 hour 30 minute program**

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	10am	NT6.5FCE	10/11	\$35/ea.



**HISTORIC**  
*Oak Hill*  
**OPEN HOUSE**

**Saturday, September 20**  
**10 a.m. - 1 p.m.**  
**Oak Hill**  
4716 Wakefield Chapel Rd., Annandale

*Visit of one of the oldest homes  
in Fairfax County!*

In 2004, the Northern Virginia Conservation Trust, the Fairfax County Park Authority and the Fairfax County Board of Supervisors agreed to a historic and conservation easement to preserve the privately-owned Oak Hill home and property. The owners will open the property for tours of the grounds and first floor for this annual event.

[www.fairfaxcounty.gov/parks/oak-hill](http://www.fairfaxcounty.gov/parks/oak-hill)





A traditional British afternoon tea served in the Historic House follows a program. Full tea includes finger sandwiches, pastries and scone with cream and jam. Programs are by reservation only. Call 703-941-7987, TTY 703-324-3988. Cancellation policy: Full refund will be issued up to two weeks prior to event. Thereafter, a \$15 cancellation fee will apply. No refund given within 72 hours (3 working days) of a tea.

### Portals to the Past

**Sunday, September 7 1-3 p.m.**  
**\$42 (lecture + tea); \$18 (lecture only)**

**(Adults)** Doors and thresholds have been symbolic portals, defenses, and status symbols, revealing details about their time in history and about what lies within. Explore the fascinating – and sometimes humorous – history of doorways, their purposes and their accessories, from medieval portcullises to door knockers, bolts and boot scrapers. Hear about the recent project to replace the front steps and stoop of Green Spring's 1784 Historic House and what its doorways – past and present – reveal to us about the house as a home.

### Fall Garden Tour and Tea

**Thursdays, September 18 and October 16 1-3 p.m.**

**\$42 (lecture + tea);**

**(Adults)** Tour the glorious demonstration gardens with an Extension Master Gardener docent. Hear about Green Spring past and present and discover a wealth of ideas for your fall home landscape. Afterwards, come inside the Historic House for a traditional British afternoon tea.

### Jane Austen: Dressing for the Occasion

**Sunday, September 28 1-3:30 p.m.**  
**\$48 (lecture + tea); \$23 (lecture only)**

**(Adults)** Celebrate Jane Austen's birth 250 years ago with a look at the fashions of her day. Green Spring historian Debbie Waugh highlights the importance of dressing for the occasion for Austen's characters, particularly social gatherings like balls and dances. Then artist and collector Caroline Hottenstein explores different aspects of Regency-era fashions, from the fancy to the everyday, through the lens of Austen's novels.

### Murder Most Foul

**Sunday, October 26 1-3 p.m.**  
**\$42 (lecture + tea); \$18 (lecture only)**

**(Adults)** Through the ages people have been captivated by murder and mystery, and true crime and "whodunits" still enthrall us today. Explore the grisly history of murder and famous cases from the past as we consider the enduring appeal of "murder most foul" this Halloween.

### Swindle School

**Saturday, November 1 1-3 p.m.**

**\$52 (program + tea); \$25 (program only)**

**(12-Adults)** Sleight of hand trickery has been practiced around the world since ancient times to present day. In his show "Swindle School" award-winning journalist and Maryland Renaissance Festival performer Brian Wendell Morton captivates us with games that fool the eye and educates us on the art of deception.

### Appetite for Art

**Sunday, November 23 1-3 p.m.**

**\$42 (lecture + tea); \$18 (lecture only)**

**(Adults)** As the traditional season of feasting approaches, consider food as a popular motif in paintings. Enjoy a selection of food-filled masterpieces. Discover how they reveal fascinating details of their time and place in history and explore art that has captured the essence of Thanksgiving.

### Ringing in a New Year

**Saturday, December 6 & Sunday, December 7 1-3 p.m.**

**\$45 (lecture + tea);**

**(12-Adult)** Celebrate the festive season and look ahead to ringing in the new year. Learn how new year traditions have evolved throughout history and surprising new year observances around the world today. Door prizes and favors included.

## Historic Tours

### Colvin Run Mill Tour

**Saturdays & Sundays, September-November 11 a.m., 12 p.m., 1 p.m. & 2 p.m.**

**\$10 per person,**

**\$8 Seniors/Students/Children (5-15 yrs.)**

**1 hour tour, Reservations Recommended**

**(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. Learn the importance of the Mill for the 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.

### Historic Green Spring Tour

**Thursdays, September-October 11 a.m.**

**\$10 per adult,**

**\$8 Seniors/Students/Children (9-15 yrs.)**

**45-minute visit, Reservations Recommended**

**(9-Adult)** Visit the first floor of Green Spring Gardens' 1784 Historic House and learn about the site's 18th century origins, its early owners and the enslaved people who once lived and toiled here. Hear fascinating stories of past residents and discover how Green Spring became a horticultural and historical resource for visitors today. This house visit is ADA compliant. Individual tour tickets available at Parktakes online.

### Historic Huntley House Tour

**Saturdays, September-October 10:30 a.m. & 12 p.m.**

**\$10 per adult,**

**\$8 Seniors/Students/Children (5-15 yrs.)**

**1-hour tour, Reservations Recommended**

**(All Ages)** Discover a view for all time during a tour of Historic Huntley. The view from Huntley is not singular, here we have many vistas, voices, and stories. Many of these stories 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 are available at Parktakes online.

### Sully Historic Site Tour

**Thursday-Sunday, September-November 11:30 a.m., 1 p.m. & 2:30 p.m.**

**\$10 per adult,**

**\$8 Seniors/Students/Children (5-15 yrs.)**

**45-minute tour, Reservations Recommended**

**(All Ages)** Learn about the history and importance of Sully Historic Site. Explore the lives of the people who lived and worked at this site from the 1700s to the 1950s. This guided tour covers the housing of enslaved people, the 1794 Sully house, the kitchen, the laundry, and other historic structures. Private tours available upon request. Please contact the site for details. Individual tickets are available at Parktakes online.

## Sully Illuminated

**(8-Adult)** Come and tour the historic house and landscape by lantern, torch and safe candlelight. Experience how the kinds of light used reflected on the lives of Sully's residents enslaved and free.

### 1--hour program

Location	Day	Time	Code	Date	\$
Sully	F	5:30pm	TNS.RRCL	11/7	\$10/ea.
Sully	F	6pm	TNS.MDMK	11/7	\$10/ea.
Sully	Sa	5:30pm	TNS.1DSS	11/8	\$10/ea.
Sully	Sa	6pm	TNS.N9P2	11/8	\$10/ea.
Sully	F	5:30pm	NS.S5YQ	11/14	\$10/ea.
Sully	F	6pm	TNS.W8JV	11/14	\$10/ea.
Sully	Sa	5:30pm	TNS.BAQH	11/15	\$10/ea.
Sully	Sa	6pm	TNS.Q5Y1	11/15	\$10/ea.





## Ice Skating

Scan the QR code to go directly to the Parktakes Online Ice Skating page.

**Ice skating classes:**

- Offered at Mount Vernon Ice Arena at Mount Vernon Rec Center and at Fairfax Ice Arena.
- Students should report 15 minutes before class and be ready to go on the ice at class time.
- Prior to the first class, students should attend a public session to become accustomed to the ice and to determine proper skate fitting.
- Recommended clothing is a sweater or jacket, knit hat, gloves or mittens and warm, comfortable slacks.
- Ice skating classes include free admission to public skating sessions equal to the number of classes. All group-lesson students are entitled to free rental skates for use during lessons and practice sessions.
- Although there are no equipment requirements except as noted in Hockey 1 and up, head protection (hockey or biking helmets), knee and elbow protection are strongly recommended.

**WHICH LEVEL IS RIGHT FOR ME?**

Two different instructional progressions are used for lessons, USFSA (Skate with US – Snowplow Sam, Basic, Freestyle, Adult) and ISI (Ice Skating Institute – Tot, Pre-Alpha, Alpha, Beta). The Park Authority offers the full progression of classes for USFSA and the ISI introductory-level classes for each age group. \*Students in one progression may change to the other progression at the appropriate skating level by using the chart below. Consult the course descriptions for more information.

USFSA	Ages	ISI
<b>Snowplow Sam 1</b>	3-6 yrs.	Tot 1 or 2 (4-6 yrs.)
<b>Snowplow Sam 2</b>	3-6 yrs	*
<b>Snowplow Sam 3</b>	3-6 yrs	*
<b>Basic 1</b>	6-13 yrs.	Pre-Alpha (7-13 yrs.)
<b>Basic 2</b>	6-13 yrs.	*
<b>Basic 3</b>	6-13 yrs.	*
<b>Basic 4</b>	6-13 yrs.	*
<b>Basic 5</b>	6-13 yrs.	*
<b>Basic 6</b>	6-13 yrs.	*
<b>Basic 7</b>	7-13 yrs.	*
<b>Basic 8</b>	6-Adult	*
<b>Adult 1</b>	14-Adult	Pre-Alpha Adult
<b>Adult 2</b>	14-Adult	*
<b>Adult 3</b>	14-Adult	*
<b>Adult 4</b>	14-Adult	*

**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--\$148**

Location	Day	Time	Code	Begin	\$
MtVernREC	Sa	10:35am	EB9.J4TG	9/6	4IA
MtVernREC	Sa	11:45am	EB9.A40V	9/6	4IA
MtVernREC	Su	12:10pm	EB9.XZNL	9/7	4IA
MtVernREC	Su	12:10pm	EB9.NEVK	10/19	4IA
MtVernREC	Sa	10:35am	EB9.VZAF	10/25	4IA
MtVernREC	Sa	11:45am	EB9.CNV0	10/25	4IA

**Doing More with Specialists**

The Park Authority contracts with specialists in different areas to offer a broad range of programs and times to skate. Service partners who rent the ice at the Mount Vernon Rec Center include

- Youth and Adult Hockey Leagues/Clubs
- Adult drop-in hockey
- Figure Skating Clubs
- Special Olympics

A list of these organizations is available online: [www.fairfaxcounty.gov/parks/recenter/mount-vernon/ice-arena](http://www.fairfaxcounty.gov/parks/recenter/mount-vernon/ice-arena).

**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--\$148**

Location	Day	Time	Code	Begin	\$
<b>(3-5 yrs.)</b>					
MtVernREC	T	4:15pm	9BB.K82D	9/2	4IA
MtVernREC	Sa	11:10am	9BB.BRPI	9/6	4IA
MtVernREC	Sa	11:45am	9BB.LX1J	9/6	4IA
MtVernREC	Su	11:35am	9BB.919Z	9/7	4IA
MtVernREC	Su	11:35am	9BB.0U2G	10/19	4IA
MtVernREC	T	4:15pm	9BB.7MD7	10/21	4IA
MtVernREC	Sa	11:10am	9BB.7ZKA	10/25	4IA
MtVernREC	Sa	11:45am	9BB.VFQL	10/25	4IA
<b>(4-6 yrs.)</b>					
FfxIceArena	M	5:35pm	8A6.F1PM	9/8	DIAA
FfxIceArena	T	1:30pm	8A6.H68J	9/9	DIAA
FfxIceArena	T	6:40pm	8A6.VYWG	9/9	DIAA
FfxIceArena	W	6:40pm	8A6.TB6F	9/10	DIAA
FfxIceArena	Th	6:40pm	8A6.E059	9/11	DIAA
FfxIceArena	Sa	10:05am	8A6.NEJO	9/13	DIAA

**Snowplow Sam 2**

**(3-5 yrs.)** This class delves further into ice skating 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--\$148**

Location	Day	Time	Code	Begin	\$
MtVernREC	T	4:15pm	800.PGK0	9/2	4IA
MtVernREC	Sa	10:35am	800.Y05B	9/6	4IA
MtVernREC	Sa	11:45am	800.H2ED	9/6	4IA
MtVernREC	Su	11:35am	800.BWE6	9/7	4IA
MtVernREC	Su	11:35am	800.Q5DK	10/19	4IA
MtVernREC	T	4:15pm	800.QTIQ	10/21	4IA
MtVernREC	Sa	10:35am	800.GS9P	10/25	4IA
MtVernREC	Sa	11:45am	800.30DV	10/25	4IA

**Snowplow Sam 3**

**(3-5 yrs.)** This class emphasizes ice skating 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--\$148**

Location	Day	Time	Code	Begin	\$
MtVernREC	T	4:45pm	C1B.DZY1	9/2	4IA
MtVernREC	Sa	11:10am	C1B.58GP	9/6	4IA
MtVernREC	Sa	11:45am	C1B.8C8J	9/6	4IA
MtVernREC	Su	12:10pm	C1B.NE2V	9/7	4IA
MtVernREC	Su	12:10pm	C1B.2CT8	10/19	4IA
MtVernREC	T	4:45pm	C1B.QYLC	10/21	4IA
MtVernREC	Sa	11:10am	C1B.DU93	10/25	4IA
MtVernREC	Sa	11:45am	C1B.MONK	10/25	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--\$162**

Location	Day	Time	Code	Begin	\$
FfxIceArena	M	5:35pm	9B3.ECQ1	9/8	DIAA
FfxIceArena	T	1:30pm	9B3.YDJP	9/9	DIAA
FfxIceArena	T	6:40pm	9B3.BXQ8	9/9	DIAA
FfxIceArena	W	6:40pm	9B3.BPW0	9/10	DIAA
FfxIceArena	Th	6:40pm	9B3.K43E	9/11	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--\$148  
DIAA 7--30 minute lessons--\$162**

Location	Day	Time	Code	Begin	\$
<b>(6-13 yrs.)</b>					
MtVernREC	T	4:15pm	FBC.A6NI	9/2	4IA
MtVernREC	T	5:15pm	FBC.1XCH	9/2	4IA
MtVernREC	Sa	10am	FBC.OGCM	9/6	4IA
MtVernREC	Sa	10:35am	FBC.609F	9/6	4IA
MtVernREC	Sa	11:10am	FBC.Z12W	9/6	4IA
MtVernREC	Sa	11:45am	FBC.ZNA4	9/6	4IA
MtVernREC	Su	11am	FBC.8RDF	9/7	4IA
MtVernREC	Su	11:35am	FBC.35S0	9/7	4IA
MtVernREC	Su	12:10pm	FBC.KOTX	9/7	4IA

MtVernREC	Su	11am	FBC.PJOL	10/19	4IA
MtVernREC	Su	11:35am	FBC.38YX	10/19	4IA
MtVernREC	Su	12:10pm	FBC.XZQT	10/19	4IA
MtVernREC	T	4:14pm	FBC.XWYJ	10/21	4IA
MtVernREC	T	5:15pm	FBC.BSTL	10/21	4IA
MtVernREC	Sa	10am	FBC.TFXL	10/25	4IA
MtVernREC	Sa	10:35am	FBC.3A91	10/25	4IA
MtVernREC	Sa	11:10am	FBC.7688	10/25	4IA
MtVernREC	Sa	11:45am	FBC.PX1L	10/25	4IA
<b>(7-13 yrs.)</b>					
FfxIceArena	M	6:10pm	7AC.2SUS	9/8	DIAA
FfxIceArena	T	7:15pm	7AC.PHS7	9/9	DIAA
FfxIceArena	W	7:15pm	7AC.50MJ	9/10	DIAA
FfxIceArena	Th	7:15pm	7AC.KWBY	9/11	DIAA
FfxIceArena	Sa	10:40am	7AC.M4N5	9/13	DIAA

**Basic 1 Advanced**

**(6-13 yrs.)** For students with some ice 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--\$148**

Location	Day	Time	Code	Begin	\$
MtVernREC	Sa	10:35am	B6D.2K06	9/6	4IA
MtVernREC	Sa	11:45am	B6D.C6TA	9/6	4IA
MtVernREC	Su	11am	B6D.HV58	9/7	4IA
MtVernREC	Su	12:10pm	B6D.P7V2	9/7	4IA
MtVernREC	Su	11am	B6D.LMYS	10/19	4IA
MtVernREC	Su	12:10pm	B6D.UK10	10/19	4IA
MtVernREC	Sa	10:35am	B6D.8D45	10/25	4IA
MtVernREC	Sa	11:45am	B6D.X754	10/25	4IA

**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 ice skating skills geared toward balance, movement and coordination. Prerequisite: Basic 1.

**4IA 6--30 minute lessons--\$148**

Location	Day	Time	Code	Begin	\$
MtVernREC	T	4:45pm	291.2DDP	9/2	4IA
MtVernREC	Sa	10am	291.P5LD	9/6	4IA
MtVernREC	Sa	11:10am	291.3WA7	9/6	4IA
MtVernREC	Su	11am	291.0T5F	9/7	4IA
MtVernREC	Su	12:10pm	291.NNBF	9/7	4IA
MtVernREC	Su	11am	291.LIGQ	10/19	4IA
MtVernREC	Su	12:10pm	291.YXZT	10/19	4IA
MtVernREC	T	4:45pm	291.4V60	10/21	4IA
MtVernREC	Sa	10am	291.UQJC	10/25	4IA
MtVernREC	Sa	11:10pm	291.FG53	10/25	4IA

**Basic 3**

**(6-13 yrs.)** Skaters continue working on ice skating 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--\$148**

Location	Day	Time	Code	Begin	\$
MtVernREC	T	5:15pm	63A.TCWA	9/2	4IA
MtVernREC	Sa	10am	63A.GPRG	9/6	4IA
MtVernREC	Sa	11:10am	63A.VPGU	9/6	4IA
MtVernREC	Su	11am	63A.U7TV	9/7	4IA
MtVernREC	Su	11am	63A.32ZQ	10/19	4IA
MtVernREC	T	5:15pm	63A.BYTD	10/21	4IA
MtVernREC	Sa	10am	63A.Y7JJ	10/25	4IA
MtVernREC	Sa	11:10am	63A.87DR	10/25	4IA



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# Ice Skating

## 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--\$162						
Location	Day	Time	Code	Begin	\$	
FfxIceArena	M	6:10pm	E65.9XKW	9/8	DIAA	
FfxIceArena	T	7:15pm	E65.HQ2H	9/9	DIAA	
FfxIceArena	W	7:15pm	E65.06AM	9/10	DIAA	
FfxIceArena	Th	7:15pm	E65.FUJO	9/11	DIAA	
FfxIceArena	Sa	10:40am	E65.FRCJ	9/13	DIAA	

## Beginning Skating – Teens/Adults

### Adult Introductory Skating

(14-Adult) This class is 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--\$148						
Location	Day	Time	Code	Begin	\$	
MtVernREC	Sa	10am	C06.7S7S	9/6	4IA	
MtVernREC	Su	11:35am	C06.6WXG	9/7	4IA	
MtVernREC	M	7:45pm	C06.MR7G	9/8	4IA	
MtVernREC	Su	11:35am	C06.ZMM2	10/19	4IA	
MtVernREC	M	7:45pm	C06.499Q	10/20	4IA	
MtVernREC	Sa	10am	C06.CZ3	10/25	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--\$148						
DIAA 7--30 minute lessons--\$162						
Location	Day	Time	Code	Begin	\$	
MtVernREC	Sa	10am	AA1.CQUJ	9/6	4IA	
MtVernREC	Su	11:35am	AA1.T246	9/7	4IA	
MtVernREC	M	7:45pm	AA1.A9XX	9/8	4IA	
MtVernREC	Su	11:35am	AA1.UNEW	10/19	4IA	
MtVernREC	M	7:45pm	AA1.QCJ7	10/20	4IA	
MtVernREC	Sa	10am	AA1.WGT5	10/25	4IA	
FfxIceArena	T	7:50pm	GCH.WKA3	9/9	DIAA	
FfxIceArena	Th	7:50pm	GCH.6WZ1	9/11	DIAA	
FfxIceArena	Sa	11:15am	GCH.T5VF	9/13	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 ice skating skills geared toward balance, movement and coordination. Prerequisite: Adult 1.

4IA 6--30 minute lessons--\$148						
Location	Day	Time	Code	Begin	\$	
MtVernREC	Sa	11:10am	5B4.E7AK	9/6	4IA	
MtVernREC	Su	12:10pm	5B4.MW6J	9/7	4IA	
MtVernREC	M	8:15pm	5B4.P2DN	9/8	4IA	
MtVernREC	Su	12:10pm	5B4.CZDZ	10/19	4IA	
MtVernREC	M	8:15pm	5B4.NYIV	10/20	4IA	
MtVernREC	Sa	11:10am	5B4.LJVN	10/25	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--\$148						
Location	Day	Time	Code	Begin	\$	
MtVernREC	Sa	11:10am	B42.GIBH	9/6	4IA	
MtVernREC	M	8:15pm	B42.8HJ4	9/8	4IA	
MtVernREC	M	8:15pm	B42.G89W	10/20	4IA	
MtVernREC	Sa	11:10am	B42.G98T	10/25	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--\$162						
Location	Day	Time	Code	Begin	\$	
FfxIceArena	T	7:50pm	C52.QGMX	9/9	DIAA	
FfxIceArena	Th	7:50pm	C52.LIIE	9/11	DIAA	
FfxIceArena	Sa	11:15am	C52.47AN	9/13	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 ice skating skills geared toward balance, movement and coordination. Prerequisite: Basic 3.

4IA 6--30 minute lessons--\$148						
Location	Day	Time	Code	Begin	\$	
MtVernREC	T	5:15pm	98F.FVG6	9/2	4IA	
MtVernREC	Sa	10:35am	98F.Z7SL	9/6	4IA	
MtVernREC	Su	11am	98F.25WD	9/7	4IA	
MtVernREC	Su	11am	98F.QRON	10/19	4IA	
MtVernREC	T	5:15pm	98F.EWY9	10/21	4IA	
MtVernREC	Sa	10:35am	98F.VYU5	10/25	4IA	

### Basic 5

(6-13 yrs.) Skills include skating backward on the outside edge on a circle, skating backward on the inside edge on a circle, backward crossovers, forward outside three-turn, advanced two-foot spin, hockey stops and other ice skating skills geared toward balance, movement and coordination. Prerequisite: Basic 4.

4IA 6--30 minute lessons--\$148						
Location	Day	Time	Code	Begin	\$	
MtVernREC	T	4:45pm	681.TS60	9/2	4IA	
MtVernREC	Sa	10:35am	681.7VR7	9/6	4IA	
MtVernREC	Su	11:35am	681.GQV4	9/7	4IA	
MtVernREC	Su	11:35am	681.M320	10/19	4IA	
MtVernREC	T	4:45pm	681.LE41	10/21	4IA	
MtVernREC	Sa	10:35am	681.TFDO	10/25	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 ice skating skills geared toward balance, movement and coordination. Prerequisite: Basic 5.

4IA 6--30 minute lessons--\$148						
Location	Day	Time	Code	Begin	\$	
MtVernREC	T	5:15pm	4C4.0XCZ	9/2	4IA	
MtVernREC	Sa	10am	4C4.7F0Z	9/6	4IA	
MtVernREC	Su	11:35am	4C4.3D09	9/7	4IA	
MtVernREC	Su	11:35am	4C4.F2IN	10/19	4IA	
MtVernREC	T	5:15pm	4C4.QPDL	10/21	4IA	
MtVernREC	Sa	10am	4C4.Q45X	10/25	4IA	

## Advanced Skating – All Levels

### 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--\$148						
Location	Day	Time	Code	Begin	\$	
MtVernREC	T	5:15pm	381.IBRS	9/2	4IA	
MtVernREC	Sa	10am	381.DV0G	9/6	4IA	
MtVernREC	Su	11:35am	381.WW16	9/7	4IA	
MtVernREC	T	5:15pm	381.JICY	10/21	4IA	
MtVernREC	Sa	10am	381.JT2D	10/25	4IA	
MtVernREC	Su	11:35am	381.232P	10/26	4IA	

### Free Skate 1

(6-Adult) The following ice skating 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--\$148						
Location	Day	Time	Code	Begin	\$	
MtVernREC	T	4:15pm	37E.URXU	9/2	4IA	
MtVernREC	Sa	10am	37E.MPIF	9/6	4IA	
MtVernREC	Su	11am	37E.H3BA	9/7	4IA	
MtVernREC	Su	11am	37E.ONZL	10/19	4IA	
MtVernREC	T	4:15pm	37E.WPT8	10/21	4IA	
MtVernREC	Sa	10am	37E.YNOD	10/25	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 ice skating skills geared toward balance, movement and coordination. Prerequisite: Free Skate 1.

4IA 6--30 minute lessons--\$148						
Location	Day	Time	Code	Begin	\$	
MtVernREC	T	4:45pm	087.6K9G	9/2	4IA	
MtVernREC	Sa	10am	087.SD7E	9/6	4IA	
MtVernREC	Sa	10am	087.PBS2	10/25	4IA	
MtVernREC	T	4:45pm	087.DREH	10/21	4IA	



**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 ice skating skills geared toward balance, movement and coordination. Prerequisite: Free Skate 2.

41A 6--30 minute lessons--\$148						
Location	Day	Time	Code	Begin	\$	
MtVernREC	Sa	10:35am	4F3.6MHM	9/6	41A	
MtVernREC	Sa	10:35am	4F3.TH36	10/25	41A	

**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 ice skating skills geared toward balance, movement and coordination. Prerequisite: Free Skate 3.

41A 6--30 minute lessons--\$148						
Location	Day	Time	Code	Begin	\$	
MtVernREC	Sa	10:35am	3E7.T61J	9/6	41A	
MtVernREC	Sa	10:35am	3E7.3JNL	10/25	41A	



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**Free Skate 5**

**(6-Adult)** This class focuses on skating skills such as 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.

41A 6--30 minute lessons--\$148						
Location	Day	Time	Code	Begin	\$	
MtVernREC	Sa	11:45am	09F.X9XQ	9/6	41A	
MtVernREC	Sa	11:45am	09F.X6RX	10/25	41A	

**Hockey - All Levels****Intro to Hockey**

**(6-Adult)** For students who have never played ice hockey before. This class helps students develop the preliminary coordination and strength necessary for hockey. Students learn basic elements which provide a solid foundation for more advanced skills. Students need hockey skates, hockey gloves and a helmet. Prerequisite: Snowplow Sam 3 or Basic 2.

41A 6--30 minute lessons--\$148						
Location	Day	Time	Code	Begin	\$	
MtVernREC	Sa	11:45am	5D3.KJZV	9/6	41A	
MtVernREC	Su	12:10pm	5D3.4KWU	9/7	41A	
MtVernREC	M	7:45pm	5D3.JVDO	9/8	41A	
MtVernREC	Su	12:10pm	5D3.Z4JH	10/19	41A	
MtVernREC	M	7:45pm	5D3.FE4H	10/20	41A	
MtVernREC	Sa	11:45am	5D3.FE82	10/25	41A	

**Hockey 1**

**(6-Adult)** This class focuses on ice hockey fundamentals including proper balance and correct

hockey skating technique. Students need hockey skates, hockey gloves, a helmet and a correctly sized stick. Prerequisite: Introduction to Hockey.

41A 6--30 minute lessons--\$148						
Location	Day	Time	Code	Begin	\$	
MtVernREC	T	4:15pm	BBE.F7E7	9/2	41A	
MtVernREC	Sa	11:10am	BBE.LWIE	9/6	41A	
MtVernREC	Su	12:10pm	BBE.JZUX	9/7	41A	
MtVernREC	M	7:45pm	BBE.LL7L	9/8	41A	
MtVernREC	M	8:15pm	BBE.NL3T	9/8	41A	
MtVernREC	Su	12:10pm	BBE.91HD	10/19	41A	
MtVernREC	M	7:45pm	BBE.0TTP	10/20	41A	
MtVernREC	M	8:15pm	BBE.ZT7J	10/20	41A	
MtVernREC	M	4:15pm	BBE.C5D5	10/21	41A	
MtVernREC	Sa	11:10am	BBE.FUXH	10/25	41A	

**Hockey 2**

**(6-Adult)** This class continues to focus on hockey fundamentals such as forward strides using 45 degree v-push, forward one-foot push and glide, forward c-cuts single leg and alternating feet in a straight line, backward hustle or march, backward swizzles/double c-cuts, backward c-cuts single leg and alternating feet in a straight line and two-foot moving snowplow stop. Students need hockey skates, hockey gloves, a helmet and a hockey stick. Prerequisite: Hockey 1.

41A 6--30 minute lessons--\$148						
Location	Day	Time	Code	Begin	\$	
MtVernREC	T	4:45pm	E3B.XXGL	9/2	41A	
MtVernREC	Sa	11:10am	E3B.A68J	9/6	41A	
MtVernREC	M	8:15pm	E3B.XWQ5	9/8	41A	
MtVernREC	M	8:15pm	E3B.BA5T	10/20	41A	
MtVernREC	T	4:45pm	E3B.FGQC	10/21	41A	
MtVernREC	Sa	11:10am	E3B.K15C	10/25	41A	



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### For martial arts classes:

- Testing, conducted on and off site for an additional fee, may be required to advance to the next martial arts level. Testing dates are announced at the start of class.
- Uniforms are required for classes at all locations. Uniforms may be purchased through any source and may be available from the instructor for a separate fee. Since specific uniforms may be mandatory for testing/advancement in certain classes, it is recommended that you check with the instructor before buying.
- Separate fees may be charged for tournaments, protective gear and belts, if required for advancement.

### Aikido & Self Defense Beginning

Japanese concept of circular motion to neutralize an attacker's power by moving with it. Defense against grabbing, choking and striking attacks are covered. Emphasis is on techniques that are effective without causing serious or permanent injury to the attacker.

4MB	10--1 hour 25 minute lessons--\$198
4MG	10--1 hour 55 minute lessons--\$264

Location	Day	Time	Code	Begin	\$
(10-17 yrs.)					
SpHillREC	Su	2:30pm	OKJ.EGJC	9/7	4MB
(13-Adult)					
SoRunREC	Sa	4pm	78D.QIZU	9/13	4MG

### Aikido & Self-Defense Intermediate

(13-Adult) Prerequisite: Aikido and Self-Defense Beginning or permission of instructor.

4MB	10--1 hour 25 minute lessons--\$198
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Location	Day	Time	Code	Begin	\$
SpHillREC	Su	4pm	CF6.XSS5	9/7	4MB

### Aikido-Jo

(13-Adult) This traditional Japanese martial art focuses on using a wooden staff (jo) as a weapon. It is an integral part of Aikido training and complements empty-hand techniques. The Jo staff is used for spearing, hitting, or deflecting a strike from an opponent. While similar to jodo in that both styles involve fencing techniques, the styles differ in the overall nature of and strategies that are used.

DMVF	10--45 minute lessons--\$117
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Location	Day	Time	Code	Begin	\$
SpHillREC	Su	5:30pm	1V2.AIZ1	9/7	DMVF



### Japanese Swordsmanship

(13-Adult) Students learn the ancient samurai sword arts stances, postures and movements, including iaijutsu sword-drawing and cutting techniques and paired-student kenjutsu exercises. Equipment is provided for beginning students.

4MA	10--55 minute lessons--\$132
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Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Su	5pm	90A.J1J1	9/14	4MA
Wkfld/Moore	W	8pm	90A.3MVN	9/17	4MA

### Jodo-Japanese Staff

(13-Adult) Class focuses on the Japanese marital art of jodo, uses a 50-inch hardwood staff and is based on the Shindo Muso Ryu martial tradition. Class covers basic jodo techniques as well as a series of interactive drills and kata that comprise the art. All levels welcome and all equipment provided.

4MH	12--55 minute lessons--\$159
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Location	Day	Time	Code	Begin	\$
CubRunREC	Su	10am	60E.J04P	9/14	4MH

### Judo

(13-Adult) Learn the most efficient use of mental and physical energy for defense through judo techniques including throwing, choking, holding and joint locking.

4MA	10--55 minute lessons--\$132
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Location	Day	Time	Code	Begin	\$
ProvREC	Su	5pm	5F3.CWWL	9/14	4MA

### Jujitsu-All Levels

(13-Adult) Self-defense typified by grab escapes, throwing and submission holds.

4MB	10--1 hour 25 minute lessons--\$198
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Location	Day	Time	Code	Begin	\$
ProvREC	Su	3:30pm	E32.BHVI	9/14	4MB

### Jung Su Beginning

(6-Adult) Martial art that combines tang soo do, ju-jitsu and kickboxing. Learn a wide range of skills that cover blocking, striking, kicking, grappling, sparring, weapons defense and traditional armed fighting.

4MA	10--55 minute lessons--\$132
4MH	12--55 minute lessons--\$159

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	11am	28A.BNZ5	9/13	4MH
Wkfld/Moore	Sa	10am	28A.F4UF	9/13	4MA
Wkfld/Moore	M	6pm	28A.ZCNN	9/15	4MA

### Jung Su Intermediate

(8-Adult) Prerequisite: Jung Su Beginning. For yellow and green belt students only. This continuation of learning covers blocking, striking, kicking, grappling and sparring concepts.

4MA	10--55 minute lessons--\$132
4MB	10--1 hour 25 minute lessons--\$198

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Sa	11am	10K.XE60	9/13	4MB
Wkfld/Moore	W	6pm	10K.HT5L	9/17	4MA

### Jung Su Advanced

(8-Adult) Prerequisite: Jung Su Beginning or equivalent.

4MB	10--1 hour 25 minute lessons--\$198
4MJ	12--1 hour 25 minute lessons--\$237

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	11am	3BJ.JSJR	9/13	4MJ
Wkfld/Moore	M	7pm	3BJ.JWU3	9/15	4MB
Wkfld/Moore	W	7pm	3BJ.YZ8F	9/17	4MB

### Karate I

Designed to help you learn self-defense, gain confidence, and build leadership and independence.

4MA	10--55 minute lessons--\$132
DMVF	10--45 minute lessons--\$111

Location	Day	Time	Code	Begin	\$
(6-12 yrs.)					
SoRunREC	Sa	1pm	27A.CJC4	9/13	4MA
BlkBltFFX	M	5:30pm	4XF.S5L0	9/15	DMVF
BlkBltFFX	T	5:30pm	4XF.A0B2	9/16	DMVF
BlkBltFFX	W	5:30pm	4XF.AA8Q	9/17	DMVF
BlkBltFFX	Th	5:30pm	4XF.2RD4	9/18	DMVF
BlkBltFFX	F	4:45pm	4XF.XS05	9/19	DMVF

### (13-Adult)

ProvREC	Su	1pm	996.XGQK	9/14	4MA
SoRunREC	Sa	1pm	996.1JBS	9/13	4MA
Floris ES	Th	7pm	996.JEPZ	9/11	4MA
BlkBltFFX	T	7:45pm	LYL.77RV	9/16	DMVF
BlkBltFFX	Th	7:45pm	LYL.007J	9/18	DMVF

### Karate II

(6-Adult) Prerequisite: Karate I or equivalent.

4MA	10--55 minute lessons--\$132
4MH	12--55 minute lessons--\$159

Location	Day	Time	Code	Begin	\$
Franconia Rec	Sa	11am	964.D7BE	9/13	4MH
SoRunREC	Sa	2pm	964.64E9	9/13	4MA

### Karate III

(6-Adult) Prerequisite: Karate II or equivalent.

4MA	10--55 minute lessons--\$132
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Location	Day	Time	Code	Begin	\$
SoRunREC	Sa	3pm	B94.T1B7	9/13	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--\$107
4MA	10--55 minute lessons--\$132
4MH	12--55 minute lessons--\$159

Location	Day	Time	Code	Begin	\$
Franconia Rec	Sa	10am	D2F.U1EE	9/13	4MH
Franconia Rec	Sa	12:30pm	D2F.H274	9/13	4MH
Franconia Rec	M	7pm	D2F.G58Z	9/15	4MH
Franconia Rec	T	6:30pm	D2F.3UFL	9/16	4MH
Franconia Rec	W	7:30pm	D2F.5JKF	9/17	4MH
Franconia Rec	F	7pm	D2F.GDRP	9/19	4MH
Frying Pan Pk	Th	7pm	D2F.R9HK	9/11	3MA
OakmontREC	M	7pm	D2F.6H76	9/15	3MA
ProvREC	Su	12pm	D2F.FFYK	9/14	4MA
Wkfld/Moore	T	6pm	D2F.BCL2	9/16	3MA

## Okinawan Goju Ryu Karate

**(13-Adult)** Class focuses on teaching proper goju ryu technique with applications rather than extensive physical training. Kihon (basics), kata (forms) and bunkai (applications) are covered. Sparring is introduced as an option for interested students.

4MH	12--55 minute lessons--\$159
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Location	Day	Time	Code	Begin	\$
CubRunREC	Su	11am	8E5.QTOI	9/14	4MH

## Shoshinkan Karate

**(13-Adult)** Learn the principles, techniques and self-defense applications of traditional Okinawan and Japanese karate (empty hand). Emphasis is on kata (forms) and paired drills.

4MA	10--55 minute lessons--\$132
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Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Su	4pm	DTQ.KV55	9/14	4MA
Wkfld/Moore	Th	6pm	DTQ.BC7Q	9/18	4MA

## 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--\$132
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Location	Day	Time	Code	Begin	\$
SpHillREC	Sa	10am	31A.NUVL	9/6	4MA
SpHillREC	W	6pm	31A.J8AI	9/10	4MA
MtVernREC	F	5pm	31A.197Y	9/12	4MA
MtVernREC	T	5pm	31A.Y6HE	9/9	4MA

## Shotokan Japanese Karate II

**(6-Adult)** Shotokan Japanese Karate I strongly recommended.

4MA	10--55 minute lessons--\$132
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Location	Day	Time	Code	Begin	\$
SpHillREC	Sa	9am	454.RIHC	9/6	4MA
SpHillREC	T	7pm	454.SMF9	9/9	4MA
SpHillREC	W	7pm	454.SIUP	9/10	4MA

## Shotokan Japanese Karate III

**(6-Adult)** Shotokan Japanese Karate II strongly recommended.

4MA	10--55 minute lessons--\$132
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Location	Day	Time	Code	Begin	\$
SpHillREC	Sa	9am	3E5.07PQ	9/6	4MA
SpHillREC	T	7pm	3E5.QNVG	9/9	4MA
SpHillREC	W	7pm	3E5.ZPE5	9/10	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--\$132
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Location	Day	Time	Code	Begin	\$
SpHillREC	Sa	8am	481.198N	9/6	4MA
SpHillREC	M	7pm	481.9UJW	9/8	4MA

**MORE CLASSES ONLINE:**  
[www.fairfaxcounty.gov/parks/parktakes](http://www.fairfaxcounty.gov/parks/parktakes)

## Traditional Karate Uechi-Ryu

Success by complete discipline, physical defense, high personal standards, respect for others, positive attitude, confidence, leadership and control.

4MA	10--55 minute lessons--\$132
4MB	10--1 hour 25 minute lessons--\$198
4MH	12--55 minute lessons--\$159

Location	Day	Time	Code	Begin	\$
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**(6-Adult)**

SoRunREC Sa 10:15am 9CF.JB1M 9/13 4MA

**(13-Adult)**

CubRunREC Th 7pm 889.SZKE 9/18 4MH

MtVernREC M 7:30pm 889.JCSS 9/15 4MB

MtVernREC W 7:30pm 889.G220 9/17 4MB

## Kendo

Traditional art of Japanese fencing using a bamboo sword-shinai.

4MA	10--55 minute lessons--\$132
4MH	12--55 minute lessons--\$159

Location	Day	Time	Code	Begin	\$
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**(8-Adult)**

SpHillREC T 7:15pm 3F3.DD9I 9/9 4MA

**(13-Adult)**

Franconia Rec F 7pm 48C.GWJ9 9/19 4MH

## Kendo II

**(8-Adult)** Prerequisite: Kendo I or equivalent.

4MB	10--1 hour 25 minute lessons--\$198
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Location	Day	Time	Code	Begin	\$
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SpHillREC T 7:15pm 357.AJHG 9/9 4MB

## Kung Fu

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--\$132
CMVF	8--45 minute lessons--\$89

Location	Day	Time	Code	Begin	\$
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**(6-Adult)**

SpHillREC Sa 10am 9DF.9VVB 9/6 4MA

SpHillREC T 7pm 9DF.FM18 9/9 4MA

SpHillREC Th 7pm 9DF.FEGO 9/11 4MA

**(6-12 yrs.)**

JRheeFlsCh Su 4pm DV6.WSTJ 9/14 CMVF

## 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--\$132
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Location	Day	Time	Code	Begin	\$
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SpHillREC Sa 9am CA6.9XR0 9/6 4MA

SpHillREC T 7pm CA6.7BP5 9/9 4MA

SpHillREC Th 7pm CA6.J4K1 9/11 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--\$132
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Location	Day	Time	Code	Begin	\$
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SpHillREC Sa 8am 9TG.RIRP 9/6 4MA



# Martial Arts

## 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--\$132					
Location	Day	Time	Code	Begin	\$
SpHillREC	Th	8pm	8K6.MOKB	9/11	4MA

## Indonesian Kung Fu

**(13-Adult)** Unique combination of Chinese gungfu and Indonesian pentjak silat offers a modern hybrid of the fighting arts. Training includes single- and multiple-attacker exercises, forms, solo drills, weapons and body conditioning.

4MB	10--1 hour 25 minute lessons--\$198				
4MJ	12--1 hour 25 minute lessons--\$237				
Location	Day	Time	Code	Begin	\$
Franconia Rec	Sa	11am	6B2.9ETI	9/13	4MJ
SoRunREC	Th	7pm	6B2.MFNO	9/18	4MB

## Tae Kwon Do I

Korean martial art that teaches traditional self-defense techniques including kicking, punching, blocking, sparring and forms through individual and partner training. These classes are taught by our private vendor partners.

3MA	8--55 minute lessons--\$107				
4MA	10--55 minute lessons--\$132				
CMVF	8--55 minute lessons--\$89				
DMVF	10--45 minute lessons--\$117				
Location	Day	Time	Code	Begin	\$

(6-12 yrs.)					
SoRunREC	Sa	12pm	6MJ.KJ56	9/13	DMVF
BlkBitFFX	M	5:30pm	6NJ.WZ2G	9/15	DMVF
BlkBitFFX	T	5:30pm	6MJ.TR83	9/16	DMVF
BlkBitFFX	W	5:30pm	6MJ.3J4D	9/17	DMVF
BlkBitFFX	Th	5:30pm	6MJ.SN00	9/18	DMVF
BlkBitFFX	F	4:45pm	6MJ.U4K7	9/19	DMVF
JRheeFlsCh	T	4:45pm	6MJ.NKRU	9/16	CMVF
JRheeFlsCh	W	5:30pm	6MJ.YTVF	9/17	CMVF
JRheeFlsCh	F	6:15pm	gMJ.OZ23	9/19	CMVF
LdbyExFrOks	Sa	11:30am	6MJ.VOZC	9/13	DMVF
LdbyExFrOks	T	4:30pm	6MJ.GLCW	9/16	DMVF
LdbyExFrOks	W	6pm	6MJ.5XEY	9/17	DMVF
LdbyExFrOks	Th	4:30pm	6MJ.MJVL	9/18	DMVF
LdbyExFrOks	F	5:15pm	6MJ.SM8B	9/19	DMVF
Legacy Mart	M	5:15pm	6MJ.B5FS	9/8	CMVF
Legacy Mart	W	5:15pm	6MJ.R2L5	9/10	CMVF
(6-Adult)					
CubRunREC	Su	11am	31F.RZ20	9/14	4MA
CubRunREC	W	7:15pm	31F.TED3	9/16	4MA
Frying Pan Pk	Th	6pm	31F.2V0H	9/11	3MA
SpHillREC	M	5:30pm	31F.3QHT	9/8	4MA
(13-Adult)					
BlkBitFFX	T	7:45pm	FM7.QLQY	9/16	DMVF
BlkBitFFX	Th	7:45pm	FM7.YD5L	9/18	DMVF
JRheeFlsCh	Th	7:30pm	FM7.MR8L	9/19	CMVF
LdbyExFrOks	W	6:45pm	FM7.NROM	9/19	DMVF
LdbyExFrOks	F	6:45pm	FM7.RMFL	9/17	DMVF
Legacy Mart	Th	7pm	FM7.P3YR	9/11	CMVF
Legacy Mart	Su	1:15pm	FM7.OWOP	9/7	CMVF



## Tae Kwon Do II

**(6-Adult)** Prerequisite: Tae Kwon Do I or equivalent.

4MA	10--55 minute lessons--\$132				
4MC	20--55 minute lessons--\$264				
Location	Day	Time	Code	Begin	\$
CubRunREC	Su	12pm	2B9.D7K5	9/14	4MA
SpHillREC	M/W	6:30pm	2B9.BRXV	9/8	4MC

## Tae Kwon Do III

**(6-Adult)** Prerequisite: Tae Kwon Do II or equivalent.

4MC 20--55 minute lessons--\$264					
Location	Day	Time	Code	Begin	\$
SpHillREC	M/W	7:30pm	B14.7CQ0	9/8	4MC

## Tae Kwon Do IV

**(9-Adult)** Prerequisite: Tae Kwon Do III or equivalent. Advanced Tae Kwon Do for high red belt students and higher.

4MA 10--55 minute lessons--\$132					
Location	Day	Time	Code	Begin	\$
SpHillREC	W	5:30pm	E9Y.00YS	9/10	4MA

## Martial Arts for Seniors

**(55 yrs.+)** Basic martial arts techniques are introduced in this non-contact class. Movements are designed to help improve balance and strength.

DMVD 8--55 minute lessons--\$137					
Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Th	6:30pm	2IF.37G5	9/18	DMVD

## Shoshinkan Kubodo (13-Adult)

**(13-Adult)** Learn the techniques and self-defense applications of traditional Okinawan weapons including bo (6' staff), sai, and nunchaku. Emphasis on kata (forms) and paired drills. Weapons will be available for beginners.

4MA 10--55 minute lessons--\$132					
Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Su	5pm	BPH.KX6M	9/14	4MA
Wkfld/Moore	Th	7pm	BPH.69B7	9/18	4MA

## Self-Defense for Women

**(13-Adult)** Learn proper use of strategy and tactics to defend yourself against attack. Course covers physical and psychological training, environmental awareness, verbal strategies, use of weapons and empty-handed defense.

4MF		5--1 hour 25 minute lessons--\$102			
DMVD		8--55 minute lessons--\$137			
Location	Day	Time	Code	Begin	\$
OakmontREC	M	7pm	UBC.B9H9	9/15	DMVD
SoRunREC	Sa	4pm	UBC.OCQD	9/13	DMVD
Wkfld/Moore	Th	7:30pm	UBC.7DHH	9/18	DMVD
SoRunREC	T	7pm	158.S671	9/16	4MF

## Self-Defense for Women II

**(13-Adult)** Prerequisite: Self-Defense for Women I or equivalent.

4MF 5--1 hour 25 minute lessons--\$102					
Location	Day	Time	Code	Begin	\$
SoRunREC	T	7pm	077.G7M9	10/21	4MF

## Lead By Example Tae Kwon Do

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[www.LeadByExampleTaeKwonDo.com](http://www.LeadByExampleTaeKwonDo.com)



## Nature

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



## Burke Lake Park



7315 Ox Rd., Fairfax Station • 703-323-6600  
[www.fairfaxcounty.gov/parks/burkelake](http://www.fairfaxcounty.gov/parks/burkelake)

- Campgrounds
- Marina
- Hiking & Biking trails
- Volleyball court
- Disc golf course
- Picnic Areas

## Ellanor C. Lawrence Park and Walney Visitor Center



5040 Walney Rd., Chantilly • 703-631-0013  
[www.fairfaxcounty.gov/parks/eclawrence](http://www.fairfaxcounty.gov/parks/eclawrence)

- Natural and cultural exhibits
- Hands-on children's area
- Live Animal Display
- Self-guided historic structure walking tour
- Gardens
- Woodlands Trails and Meadow
- No cost kid-friendly red wagon sandboxes

## Hidden Oaks Nature Center



7701 Royce Street, Annandale • 703-941-1065  
[www.fairfaxcounty.gov/parks/hiddenoaks](http://www.fairfaxcounty.gov/parks/hiddenoaks)

- Woodland trails
- Creeks with a pond
- Gardens and Butterfly-themed playground
- Nature Playce outdoor exploration center
- Self-guided interpretive trail
- Live animal displays
- Interactive urban woodlands exhibit
- Meeting rooms reservable for private functions
- Winged Wonders wall

## Hidden Pond Nature Center



8511 Greeley Blvd., Springfield • 703-451-9588  
[www.fairfaxcounty.gov/parks/hidden-pond](http://www.fairfaxcounty.gov/parks/hidden-pond)

- Extensive woodland trails
- Wildlife supported by Pohick Creek
- Nature center exhibits
- Pond
- Picnic shelter
- Tot playground
- Nature trail

## Huntley Meadows Park and Visitor Center



3701 Lockheed Blvd., Alexandria • 703-768-2525  
[www.fairfaxcounty.gov/parks/huntley-meadows](http://www.fairfaxcounty.gov/parks/huntley-meadows)

- 1,500 acres
- Wildlife watching
- Wetland boardwalk
- Interpretive trail
- Observation platforms
- Visitor Center
- Forests, meadows, streams and ponds
- Auditorium
- Exhibits

## Lake Accotink Park



7500 Accotink Park Rd., Springfield • 703-569-0285  
[www.fairfaxcounty.gov/parks/accotink](http://www.fairfaxcounty.gov/parks/accotink)

- Marina
- Miniature golf
- Carousel
- Hiking and biking trails
- Basketball Courts
- Visitor Center
- Volleyball Courts
- Picnic Areas

## Lake Fairfax Park



1400 Lake Fairfax Dr., Reston • 703-471-5415  
[www.fairfaxcounty.gov/parks/lakefairfax](http://www.fairfaxcounty.gov/parks/lakefairfax)

- Campgrounds
- Skate park
- Pump track
- Hiking and biking trails
- Athletic fields
- 476 acres of parkland

## Riverbend Park



8700 Potomac Hills St. • Great Falls • 703-759-9018  
[www.fairfaxcounty.gov/parks/riverbend](http://www.fairfaxcounty.gov/parks/riverbend)

- The Park Authority's only riverfront park
- 418 acres of forest, meadows and ponds
- Wildflowers and birds
- 10 miles of trails including Potomac Heritage Trail
- Canoe and single/tandem kayak rentals available
- Fishing
- Visitor Center with snack bar, gift shop & exhibits

## Woodlands Stewardship Education Center



5301 Walney Rd. • Chantilly  
[www.fairfaxcounty.gov/parks/eclawrence/woodlands-stewardship-education-center](http://www.fairfaxcounty.gov/parks/eclawrence/woodlands-stewardship-education-center)

- LOOP- Learning Outdoor Observational Pod self-guided exploratory learning space
- Access to Big Rocky Run Trail
- Meadow and Walney pond
- Larger than life size eastern box turtle sculpture

All park and nature center hours are located online by visiting  
[www.fairfaxcounty.gov/parks/holiday-hours](http://www.fairfaxcounty.gov/parks/holiday-hours). Park grounds are open dawn till dusk daily.



## Child and Parent Programs

**Child must be accompanied by an adult for all child and parent programs.**

### Animal Pajama Party

**(3-7 yrs.)** Put on your pajamas and come to the nature center to hear bedtime stories, meet animals and wish goodnight to the center's live animals. Bring your favorite stuffed animal with you.

#### 1--45 minute program

Location	Day	Time	Code	Date	\$
HiddenOaks	Sa	6:30pm	6CC.50UI	10/18	\$10/child
HiddenOaks	Sa	6:30pm	6CC.GXBF	11/15	\$10/child

### Celebrate National Teddy Bear Day

**(4-9 yrs.)** Bring your teddy bear or other plush friend to find out how bears became many children's first best friend. Learn about bears, have a bear treat and make a bear craft.

#### 1--1 hour program

Location	Day	Time	Code	Date	\$
HiddenOaks	Sa	12pm	A44.RRFT	9/6	\$10/child

### Critter Crawl

**(2-6 yrs.)** Walk with a naturalist and your child as we investigate the critters who make this park home.

#### 1--1 hour program

Location	Day	Time	Code	Date	\$
ECLawrncePk	Th	10am	6A8.PPOH	9/18	\$10/child
ECLawrncePk	Th	10am	6A8.50FH	10/16	\$10/child
ECLawrncePk	Th	10am	6A8.VZLO	11/13	\$10/child

### Little Acorns - Fall

**(2-5 yrs.)** Youngsters and their accompanying adult begin sharing nature's wonders in this interactive class. Experience includes meeting animals, stories, games and outdoor exploration. Dress for the weather. Quiet infants welcome. Topics covered are: 9/8 Squirrels, 9/15 Whitetail Deer, 9/22 All About Autumn, 9/29 Birds Fly South, 10/6 Bones, 10/20 Pumpkins, 10/27 Halloween Fun, 11/3 Bats, 11/10 Bear Buddies, 11/17 Animals Getting Ready for Winter and 11/24 Turkeys.

#### 1--45 minute program

Location	Day	Time	Code	Date	\$
HiddenOaks	M	9:45am	8E2.646N	9/8	\$10/child
HiddenOaks	M	11am	8E2.DQC4	9/8	\$10/child
HiddenOaks	M	9:45am	8E2.3Q6J	9/15	\$10/child
HiddenOaks	M	11am	8E2.ENBW	9/15	\$10/child
HiddenOaks	M	9:45am	8E2.ZY6Y	9/22	\$10/child
HiddenOaks	M	11am	8E2.M9D8	9/22	\$10/child
HiddenOaks	M	9:45am	8E2.ZBGC	9/29	\$10/child
HiddenOaks	M	11am	8E2.YNEH	9/29	\$10/child
HiddenOaks	M	9:45am	8E2.A4WW	10/6	\$10/child
HiddenOaks	M	11am	8E2.7PA1	10/6	\$10/child
HiddenOaks	M	9:45am	8E2.8XY7	10/20	\$10/child
HiddenOaks	M	11am	8E2.50AQ	10/20	\$10/child
HiddenOaks	M	9:45am	8E2.3F8X	10/27	\$10/child
HiddenOaks	M	11am	8E2.MDG0	10/27	\$10/child
HiddenOaks	M	9:45am	8E2.J4I5	11/3	\$10/child
HiddenOaks	M	11am	8E2.I472	11/3	\$10/child
HiddenOaks	M	9:45am	8E2.CK09	11/10	\$10/child
HiddenOaks	M	11am	8E2.VS37	11/10	\$10/child
HiddenOaks	M	9:45am	8E2.1RK3	11/17	\$10/child
HiddenOaks	M	11am	8E2.ZHNT	11/17	\$10/child
HiddenOaks	M	9:45am	8E2.JKSB	11/24	\$10/child
HiddenOaks	M	11am	8E2.025T	11/24	\$10/child



### Little Gardeners

**(2-6 yrs.)** Explore the ever-changing landscape of the garden. Each week, participants will explore and discover the changes in the garden. This program will feature seasonal activities that can include planting seeds, pollinators, harvesting vegetables, digging in the soil and exploring plant parts.

#### 1--45 minute program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	10:30am	ZF6.IPJ5	9/6	\$10/child
ECLawrncePk	M	10am	ZF6.TE0X	9/8	\$10/child
ECLawrncePk	M	10am	ZF6.R7NQ	10/6	\$10/child
GrnSprGardn	Sa	10:30am	ZF6.Q80R	10/11	\$10/child
ECLawrncePk	M	10am	ZF6.2XZA	11/3	\$10/child
GrnSprGardn	Sa	10:30am	ZF6.35WM	11/15	\$10/child

### Mr. Weather Bear

**(2-5 yrs.)** With the help of Mr. Bear, learn about the weather with a felt-board story, bubble play, an ice cube race and songs.

#### 1--1 hour program

Location	Day	Time	Code	Date	\$
Riverbend Pk	Sa	4pm	20B.165B	11/1	\$10/child

### Nature Storytime

**(3-6 yrs.)** Join us for bi-weekly story time at the Nature Center. Each session will feature a story read-aloud and related craft, as well as meeting one of our live animals.

#### 6--1 hour programs

Location	Day	Time	Code	Date	\$
Riverbend Pk	W	1pm	XXP.0BT1	9/10	\$54/child

### Nature Tots

**(1-3 yrs.)** Bring your toddler to explore nature through sight, sound, smell and touch. Programs include indoor and outdoor activities. A different amazing topic every month

#### 1--45 minute program

Location	Day	Time	Code	Date	\$
ECLawrncePk	W	9:45am	SYX.UKSZ	9/3	\$10/child
ECLawrncePk	W	11am	SYX.XSV2	9/3	\$10/child
ECLawrncePk	W	9:45am	SYX.69BE	9/10	\$10/child
ECLawrncePk	W	11am	SYX.2D4C	9/10	\$10/child
ECLawrncePk	W	9:45am	SYX.SUDW	9/17	\$10/child
ECLawrncePk	W	11am	SYX.DEDG	9/17	\$10/child
ECLawrncePk	W	9:45am	SYX.7ZOM	9/24	\$10/child
ECLawrncePk	W	11am	SYX.OVIQ	9/24	\$10/child

### Pumpkin Patch at Nature Playce

**(3-5 yrs.)** Preschoolers hunt for their favorite miniature pumpkin to decorate and take home. Enjoy seasonal stories and a craft. Cancelled in case of inclement weather.

#### 1--1 hour program

Location	Day	Time	Code	Date	\$
HiddenOaks	Sa	1pm	E6E.FA81	10/25	\$10/child
HiddenOaks	Sa	2:30pm	E6E.EH0V	10/25	\$10/child
HiddenOaks	Sa	4pm	E6E.7NK3	10/25	\$10/child

### Storytime from the Pumpkin Patch

**(3-6 yrs.)** Jump into fall and discover the wonders of Autumn through storytelling, crafts & hikes. Please dress for the weather and expect to get messy.

#### 6--1 hour programs

Location	Day	Time	Code	Date	\$
Riverbend Pk	W	1pm	C8D.60C9	9/3	\$54/child

### Tricky Turkeys

**(2-5 yrs.)** Baby turkeys and their grown-ups are surprisingly curious creatures. Find out about these birds through a story, song and craft.

#### 1--1 hour program

Location	Day	Time	Code	Date	\$
HiddenOaks	Su	9:30am	6AD.1X7G	11/23	\$10/child
HiddenOaks	Su	11am	6AD.TG2N	11/23	\$10/child

## Children's Programs

### Critter Catch

**(2-7 yrs.)** Join a naturalist to discover the various wildlife that can be found in the lake. Search for tadpoles, insects, and frogs to catch and release, while also learning about what makes each creature special. Bring old shoes that can get wet and muddy.

#### 1--1 hour program

Location	Day	Time	Code	Date	\$
BurkeLakePk	Su	10am	XR0.62T7	10/5	\$10/child





**Environmental Science & Nature Club**

**(8-12 yrs.)** Join naturalists for one or all of these weekly explorations of our forest and stream ecosystems. We'll investigate the natural world through hands-on activities and experiments. Topics will supplement learning towards the VA science SOLs for grades 4-6, while in our outdoors science "lab". Sept 24-Citizen Science, Oct 1-Trees Around You, Oct 8-Rocks Rock, Oct 15-Salamander Science, Oct 22-Fantastic Fungi. Bring your curiosity and get ready for some eco-adventure.

**1--1 hour 30 minute program**

Location	Day	Time	Code	Date	\$
HiddenOaks	W	4:30pm	GOF.2P1W	9/24	\$12/child
HiddenOaks	W	4:30pm	GOF.8AG0	10/1	\$12/child
HiddenOaks	W	4:30pm	GOF.J2FY	10/8	\$12/child
HiddenOaks	W	4:30pm	GOF.GKZR	10/15	\$12/child
HiddenOaks	W	4:30pm	GOF.E30F	10/22	\$12/child

**Ecosystem Engineers**

**(6-10 yrs.)** Put on your hard hats and your safety vests as we explore animal architects, engineers and even sanitation workers. From building dams to cleaning up the streets, discover the important impact that these busy creatures have on the environment.

**1--1 hour program**

Location	Day	Time	Code	Date	\$
HiddenOaks	Sa	1pm	MNI.KW7X	9/20	\$10/child

**Feeding Day**

**(4-13 yrs.)** Join a naturalist as they demonstrate how we feed our site display animals. Make a birdfeeder to take home and use. Search for worms and insects and assist in serving dinner. Children must be accompanied by an adult.

**1--1 hour program**

Location	Day	Time	Code	Date	\$
ECLawncePk	Su	10am	605.FPEF	9/28	\$10/child

## FALL FUN WITH CAMPS!

**When school's out, Fairfax County  
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- Thursday, October 2
- Monday, October 13
- Monday, October 20
- Monday-Tuesday, November 3-4
- Tuesday, November 11

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memories at camp.**

Register today:

[www.fairfaxcounty.gov/parks/camps](http://www.fairfaxcounty.gov/parks/camps)

**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	\$
BurkeLakePk	Su	10am	7YG.ZT83	11/9	\$8/ea.

**Geo Rangers**

**(8-12 yrs.)** This hands-on program will cover the rock types and allow the participants to become familiar with our local geology. Program includes fossils and their formation, uses of rocks and minerals and science experiments.

**4--1 hour 30 minute lessons**

Location	Day	Time	Code	Date	\$
HiddenPond	Th	5pm	124.LKNO	9/4	\$54/child

**Haunted Pond**

**(6-12 yrs.)** This nocturnal wildlife and local lore program features a craft, a twilight walk into the forest, trick or treating, animal activity stations and campfire with scary stories and s'mores. Campfire takes place during the last half hour of the program. Costumes are encouraged.

**1--1 hour 30 minute program**

Location	Day	Time	Code	Date	\$
HiddenPond	Sa	7pm	BAE.Q0DG	10/18	\$10/child

**Haunted Pond Jr.**

**(3-6 yrs.)** This nocturnal wildlife and local lore program features a craft, a twilight walk into the

forest, trick or treating, animal activity stations and a campfire with spell-binding stories and s'mores. The stories are 'not so scary' as we don't want to frighten you and will take place during the last half hour of the program. Costumes are encouraged.

**1--1 hour 30 minute program**

Location	Day	Time	Code	Date	\$
HiddenPond	Sa	4:30pm	946.2Y8J	10/18	\$10/child

**Huntley Meadows Birding Club**

**(8-15 yrs.)** Huntley Meadows Park is starting a birding club. Come along with experienced Naturalists to learn about the wonderful birds that live and thrive in our forests and wetlands. Sketchbook provided for recording your all your observations. This program is offered at no cost, paid for by the Friends of Huntley Meadows Park. Space is limited and registration is required.

**6--1 hour 30 minute programs**

Location	Day	Time	Code	Date	\$
HuntMdwds	Th	4pm	VOK.AJ2E	9/18	Free

**Junior Forest Foragers**

**(7-14 yrs.)** Adapted from our popular adult foraging class, this program teaches the basics of sustainable foraging but geared towards a younger audience. Join a naturalist on a hike to learn how to identify plants that are edible and/or medicinal and conclude the class with a delicious, foraged creation made with seasonal plants.

**1--2 hour program**

Location	Day	Time	Code	Date	\$
Riverbend Pk	Su	1pm	R0Z.517C	9/14	\$16/child
Riverbend Pk	Su	1pm	R0Z.A7SP	9/28	\$16/child

**Nature Quest**

**(3-6 yrs.)** Be a part of the long-running naturalist program designed for preschool-age explorer. From field to stream and everything in between, children learn about many of our local animal species hands-on and in the field. Program topics vary each week.

**4--1 hour programs--\$32****6--1 hour 30 minute programs--\$85**

Location	Day	Time	Code	Date	\$
HiddenPond	M	11am	741.V7PU	9/8	\$32/child
CubRunREC	T	11am	741.A93M	9/9	\$32/child
Riverbend Pk	T	12pm	741.JRZF	9/9	\$85/child
Riverbend Pk	Th	12pm	741.H2Q0	9/11	\$85/child
HiddenPond	Th	11:30am	741.95JT	10/30	\$32/child
CubRunREC	T	11am	741.P7CT	11/4	\$32/child

**Salamanders Undercover**

**(7-12 yrs.)** Assist a naturalist with a forest salamander survey and then help find salamanders in the park's streams. Learn about the secret lives of these important amphibians through hands-on discoveries.

**1--2 hour program**

Location	Day	Time	Code	Date	\$
Riverbend Pk	Sa	9am	21D.JCGH	9/27	\$10/child

**Santa's Critters & Craft**

**(2-12 yrs.)** Come to meet Santa and his merry band of critters. Bring your camera to take a picture with Jolly Saint Nick, his elves and their animal friends.

**1--1 hour program**

Location	Day	Time	Code	Date	\$
HiddenPond	Sa	10am	5BF.MH5B	12/13	\$10/child
HiddenPond	Sa	11:30am	5BF.SRCX	12/13	\$10/child



## Science and Nature Explorers

**(5-7 yrs.)** Supplement your child's science education. Students will participate in science experiments and activities exploring the Virginia science standard of learning, as they relate to nature and the outdoors. This program focuses on grades K to 1.

### 6--1 hour programs

Location	Day	Time	Code	Date	\$
HiddenPond	W	5pm	555.SG88	9/10	\$54/child

## Homeschool Programs

### Homeschool at the Lake -

#### Nature Exploration

**(4-10 yrs.)** Students will join a naturalist to learn new ways to observe and explore the natural world. Classes will use tools and equipment to not only learn how to navigate the outdoors, but also to better understand the part we play in maintaining a healthy ecosystem. The focus of study varies each week depending on the season.

### 1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
BurkeLakePk	T	9:30am	4UM.JE2T	9/9	\$12/child
BurkeLakePk	T	9:30am	4UM.60FD	9/16	\$12/child
BurkeLakePk	T	9:30am	4UM.91UF	9/23	\$12/child
BurkeLakePk	T	9:30am	4UM.4U9Y	9/30	\$12/child

### Homeschool Animal Vets

**(6-10 yrs.)** Students get hands on experiences caring for animals in the visitor center as well as trying out beginning veterinary skills on stuffy patients they bring from home. Consult with your fellow veterinarians to accomplish an assortment of veterinary procedures and practice STEM and fine motor skills that all doctors need.

### 4--1 hour 25 minute lessons

Location	Day	Time	Code	Date	\$
ECLawrncePk	Th	1:30pm	A4A.1Q12	9/18	\$49/child

### Homeschool at the Lake-Fall

**(6-12 yrs.)** This program for school children focuses on the natural and historical world. A different topic and hands-on activity is covered each day.

### 1--1 hour program

Location	Day	Time	Code	Date	\$
LkAccontPk	F	10:30am	494.VYGP	9/26	\$8/child
LkAccontPk	F	10:30am	494.1FKN	10/24	\$8/child
LkAccontPk	F	10:30am	494.500Y	11/21	\$8/child

### Homeschool at the Pond

**(7-11 yrs.)** This program is based on the popular Pohick Rangers series geared to meet some homeschool science requirements. Topics vary. Meets every week.

### 6--1 hour 30 minute programs

Location	Day	Time	Code	Date	\$
HiddenPond	T	1pm	8A7.CHSU	9/9	\$85/child

### Homeschool Wilderness Skills - Fall

**(7-12 yrs.)** Learn orienteering skills such as using a compass and reading maps and stars at night to find your way. Learn how to track animals and read the natural landscape around you to help you survive. Shelter building, fire building, guided nature hikes and engaging activities aid in our wilderness skills development. A \$5 supply fee due at the first class.

### 4--2 hour programs

Location	Day	Time	Code	Date	\$
HuntMdws	M	1pm	D2D.FKOD	9/8	\$72/child

## Family/All Ages

**Children must be accompanied by an adult also registered in the program.**

### American Indian Games & Crafts

**(4-Adult)** Play traditional Eastern Woodland Indian games of skill and luck which were common during the period of first European contact. Enjoy oral storytelling and make a game to take home.

### 1--1 hour program

Location	Day	Time	Code	Date	\$
HiddenOaks	Su	2:30pm	F14.RVVG	11/23	\$8/ea.

### Animal Feeding

**(3-Adult)** It's dinner time at the nature center and worms and insects are on the menu. Help our naturalist care for and feed the nature center's animals.

### 1--1 hour program

Location	Day	Time	Code	Date	\$
HiddenPond	W	5:30pm	46D.UJYU	9/3	\$8/ea.
HiddenPond	W	5:30pm	46D.ZRVA	10/1	\$8/ea.
HiddenPond	W	5:30pm	46D.M9HG	10/29	\$8/ea.
HiddenPond	W	5:30pm	46D.6A5F	11/12	\$8/ea.

### Autumn Leaves Hike & Craft

**(5-Adult)** Hike through the fall foliage and identify trees. Find that perfect autumn leaf and make a craft keepsake.

### 1--1 hour program

Location	Day	Time	Code	Date	\$
Riverbend Pk	Sa	4pm	1C0.B9E4	10/25	\$8/ea.

### Bats

**(7-Adult)** Walk the meadows and forest edges to see bats feeding on insects. Use a bat detector to hear echolocation. Learn about our native bats and their habits.

### 1--1 hour program

Location	Day	Time	Code	Date	\$
ECLawrncePk	Sa	6pm	072.QL07	10/4	\$8/ea.

### Bats - Friendly Flyers

**(4-Adult)** Join a naturalist 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.

### 1--1 hour program

Location	Day	Time	Code	Date	\$
LkFairfaxPk	Sa	7pm	N1F.XGCG	9/6	\$8/ea.
BurkeLakePk	F	8pm	N1F.8QSY	10/10	\$8/ea.

### Bat Walk at the Bend

**(5-Adult)** Kick off the start of international bat week at Riverbend Park. Learn about the fascinating lives of these flying mammals as you participate in an educational scavenger hunt through the woods. Conclude the evening with a naturally crafted bat decoration to take home.

### 1--1 hour program

Location	Day	Time	Code	Date	\$
Riverbend Pk	Sa	7pm	KYH.S616	10/25	\$10/ea.

## Birds of Prey

**(5-Adult)** Join a naturalist to learn about what makes birds of prey, also known as raptors, different from other birds. Participate in activities and discussions about how these fierce hunters have adapted to their environment and why they are essential creatures in our ecosystem. The class will end with a walk to search for signs of raptors all around us.

### 1--2 hour program

Location	Day	Time	Code	Date	\$
HiddenPond	F	6pm	ZBZ.QQ42	9/19	\$9/ea.

## Bug Bingo

**(3-Adult)** Hike with a naturalist to learn about different insects' behavior and habitats. Explore the park to fill out bingo sheets to better appreciate the tiny workers around us.

### 1--1 hour program

Location	Day	Time	Code	Date	\$
LkFairfaxPk	Sa	1pm	3XZ.JWMX	9/27	\$8/ea.

## Corn Grinding & Clay Pottery

**(4-Adult)** Learn how the Powhatan Native Americans used the plants and animals you see every day for their medicine, grocery store and clothing. Immerse yourself in a way of life 400 years ago. Grind corn, make a clay pot, master corn darts and go on a guided tour to see the park from the perspective of a Virginia Indian.

### 1--2 hour program

Location	Day	Time	Code	Date	\$
HuntMdws	Su	1pm	147.VP17	9/21	\$12/ea.
HuntMdws	Th	1pm	147.KJ3J	11/20	\$12/ea.

## Creepy Crawlies

**(4-Adult)** Join a naturalist this spooky season to learn more about the creepy crawlies. Face your fears and meet them in person.

### 1--1 hour program

Location	Day	Time	Code	Date	\$
BurkeLakePk	Sa	10am	EMT.I9U3	10/11	\$8/ea.

## Fall Celebration

**(3-Adult)** November is National Gratitude Month. Learn why we appreciate trees, forests, streams and the wildlife they contain. Join us for a hike to enjoy the fall foliage and observe our waterways. Make a craft to take home to remember to be thankful for nature.

### 1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
HiddenPond	Sa	1pm	VU5.TYIR	11/8	\$10/ea.

## Family Fossil Fun

**(5-Adult)** Enjoy learning about the ancient Earth and start your own collection of fabulous fossils with this family friendly program. We will be handling, studying and drawing Middle Devonian marine fossils (350-400 million years old) and Miocene shells and shark teeth (20 million years old) in beach sediment. You can even keep the fossils you find.

### 1--2 hour program

Location	Day	Time	Code	Date	\$
HuntMdws	Sa	1pm	VK1.HY0C	10/18	\$15/ea.
HuntMdws	Sa	1pm	VK1.4C10	11/15	\$15/ea.



**Family Owl Outing**

**(6-Adult)** Discover the secret world of owls. Learn what makes these raptors excellent night predators with a presentation followed by a trail hike to hopefully hear or spot one of Huntley's resident owls.

**1--1 hour 30 minute program**

Location	Day	Time	Code	Date	\$
HuntMdws	Sa	5:30pm	A78.GVKG	10/25	\$9/ea.
HuntMdws	Su	4:30pm	A78.NTN8	11/2	\$9/ea.

**Fungi and Friends**

**(4-Adult)** Join a Naturalist to scavenge parks nooks and crannies for some fungi and friends to observe and hear about all the roles they play in our great outdoors.

**1--1 hour program**

Location	Day	Time	Code	Date	\$
BurkeLakePk	Su	1pm	QER.G4PV	9/21	\$8/ea.

**Glow Hike**

**(4-Adult)** Explore the park with a naturalist after dark using UV flashlights to see what glows. Learn about why certain animals see UV light and what other creatures come out after dark.

**1--1 hour program**

Location	Day	Time	Code	Date	\$
BurkeLakePk	F	7pm	FCV.6VPX	10/31	\$10/ea.

**Hike with a Naturalist**

**(8-Adult)** Join our park naturalist on a hike and explore wild plants and animals throughout the trails. Learn how to use the iNaturalist app to take pictures of things you find along the way. Smart phones, cameras and binoculars welcome. Each hike will feature a different theme and may include: salamanders, birds and other wildlife, wildflowers, trees, nature photography, cultural history, or a scenic destination.

**1--1 hour program**

Location	Day	Time	Code	Date	\$
LkAccontPk	Su	9am	XTG.N5AU	9/7	\$8/ea.
LkAccontPk	Su	1pm	XTG.T8D6	10/5	\$8/ea.

**Hops & Holes**

**(4-Adult)** Amphibians can use all sorts of small bodies of water to complete their lifecycles. Join a naturalist as we explore park's miniature golf course looking for frogs and tadpoles. Finish off the program with some miniature golf.

**1--1 hour 30 minute program**

Location	Day	Time	Code	Date	\$
BurkeLakePk	Su	9am	LDO.WQVN	9/7	\$15/ea.

**Hot Cocoa Wetland Night Hike**

**(4-Adult)** Sip hot cocoa and join a naturalist for a special winter wonder wetland tour after dark. We will look for signs and listen for sounds of beavers, owls, deer and other nocturnal winter animals. Participants are encouraged to bring their own mug to help us reduce waste.

**1--1 hour 30 minute program**

Location	Day	Time	Code	Date	\$
HuntMdws	Su	4:30pm	756.4F6A	11/16	\$10/ea.
HuntMdws	Sa	4pm	756.Q20L	11/29	\$10/ea.

**House of Reptiles**

**(4-Adult)** Amazing reptiles call our park home. Play games, test your courage with a touch table and meet these wonderful creatures up close. Calm your nerves by roasting s'mores at a campfire while listening to stories and then take a stroll through the darkening autumn woods.

**1--1 hour 30 minute program**

Location	Day	Time	Code	Date	\$
ECLawrencePk	Sa	6pm	F2B.0H1D	10/18	\$10/ea.
ECLawrencePk	Sa	6:30pm	F2B.2FSU	10/18	\$10/ea.
ECLawrencePk	Sa	7pm	F2B.8B2P	10/18	\$10/ea.

**Lake Life**

**(4-Adult)** Meet a naturalist and explore the lake. Join as we search for and learn more about the creatures who call the lake home including reptiles, amphibians, and macroinvertebrates. Bring old shoes that can get wet and muddy.

**1--1 hour program**

Location	Day	Time	Code	Date	\$
BurkeLakePk	Su	1pm	ARL.N5FH	9/28	\$8/ea.

**Life in the Underworld**

**(4-Adult)** Explore the "underworld" under fallen logs. Discover the bugs, fungi and salamanders that live under the forest floor. Collect, examine and identify creatures using magnifiers and microscopes. Learn about their important jobs as pollinators and decomposers through projects and scientific investigations.

**1--1 hour program**

Location	Day	Time	Code	Date	\$
BurkeLakePk	Su	10am	6JA.7MGK	9/14	\$8/ea.
LkFairfaxPk	Sa	12pm	6JA.A7QC	11/1	\$8/ea.

**Living Dinosaurs**

**(8-Adult)** Birds are sometimes called living dinosaurs. Join a naturalist to learn how our feathered friends have evolved from dinosaurs and what characteristics they share with them.

**1--1 hour program**

Location	Day	Time	Code	Date	\$
BurkeLakePk	Su	10am	10J.LBFU	11/23	\$8/ea.

**Make Your Own Flying Squirrel Feeding Box**

**(4-Adult)** Learn proven strategies to encourage our amazing native flying squirrels to your treed backyard and how to recognize their presence. Assemble a feeding box to take home. Two attendees permitted per registration (one adult and one child over age 4 or two adults). Program is held outside. If possible, bring your own hammer and Phillips head screwdriver. A \$25 supply cost will be included at check out.

**1--1 hour program**

Location	Day	Time	Code	Date	\$
HiddenOaks	Sa	12pm	4W2.PM5D	10/18	\$15/ea.

**Monarch & More**

**(4-Adult)** Discover the fascinating life cycle of monarchs and other butterflies. Learn how to identify butterflies and assist with tagging monarchs when available. The nature center raises monarchs annually for tagging and release. If available, at least one monarch will be tagged during the program. Due to the dramatic decline in the monarch butterfly population, wild monarchs may not be available for tagging. Visit a Monarch waystation and native butterfly garden. Learn about the monarch migration, its challenges and how you can make a difference.

**1--1 hour program**

Location	Day	Time	Code	Date	\$
HiddenOaks	Su	1pm	1CF.0459	9/21	\$8/ea.

**Monarch Tag and Tea**

**(4-Adult)** Adults and children sip tea or cocoa and enjoy meeting and tagging live monarch butterflies, if available or meet caterpillars. Learn about the fascinating migration phenomenon. Release ceremony after the tea party. Tea treats include sweets from the Michoacan area of Mexico, the ultimate destination of the monarchs now traveling through Virginia.

**1--1 hour 30 minute program**

Location	Day	Time	Code	Date	\$
HiddenOaks	Su	2pm	5ED.EALH	9/28	\$15/ea.

**Nature Walk with a Police Officer**

**(All Ages)** Families are invited to join a naturalist to stroll and explore along the nature trail. We will roll logs and search the forest floor and other habitats. We'll learn about safety while being a nature detective! An officer from the community outreach of the local district FCPD will join us in this investigation.

**Free program**

Location	Day	Time	Code	Date	\$
HiddenOaks	Sa	2pm	0RQ.C1AY	9/27	Free
HiddenOaks	Sa	2pm	0RQ.P7T7	11/8	Free

**MORE CLASSES ONLINE:**  
[www.fairfaxcounty.gov/parks/parktakes](http://www.fairfaxcounty.gov/parks/parktakes)



## Owl Walk and Talk

**(4-Adult)** Enjoy a late afternoon walk to learn why winter is the best time to go owl-ing. During a story reading, learn to identify local owl calls, discover why owls are nicknamed flying tigers of the night and enjoy a woodland stroll.

### 1--1 hour program

Location	Day	Time	Code	Date	\$
LkFairfaxPk	Sa	5pm	7X8.2VX7	11/15	\$8/ea.

## Primitive Basics

**(6-Adult)** Learn ancient techniques of starting a fire, making a dug out canoe and using a bow and arrow.

### 1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
Riverbend Pk	Su	1pm	MX5.UI77	11/16	\$12/ea.

## Snake and Turtle Feeding

**(4-Adult)** Enjoy a brief presentation and demonstration by our animal caretaker staff. At least one snake, two turtles and a toad will be fed.

### 1--1 hour program

Location	Day	Time	Code	Date	\$
HiddenOaks	T	1:30pm	EFC.2HJR	9/23	\$8/ea.
HiddenOaks	Su	3pm	EFC.WMJ8	11/30	\$8/ea.

## Spellbinders - Tales of Tails

**(4-Adult)** Enjoy oral storytelling from countries around the world. Attendees are welcome to share a 5-minute story for ages 4 and above. From trickster tales to fables, oral stories share traditions and connect communities. Every child receives a free book.

### Free program

Location	Day	Time	Code	Date	\$
HiddenOaks	Su	12pm	M0Q.88AR	11/2	Free

## Spooky Snakes

**(4-Adult)** Join a naturalist this spooky season to learn more about the snakes we thought were our enemies that are secretly the underdogs of our ecosystems.

### 1--1 hour program

Location	Day	Time	Code	Date	\$
BurkeLakePk	Sa	10am	607.JL6P	10/4	\$8/ea.

## Stream Life

**(4-Adult)** Freshwater ecosystems are full of fascinating creatures. Search for stoneflies, hellgrammites, water pennies and crayfish. Explore the park's streams with a naturalist, use dip nets and kick nets to catch and release these creatures. Class meets at the ECL Woodlands Stewardship Education Center

### 1--1 hour program

Location	Day	Time	Code	Date	\$
ECLawncPk	Su	6pm	CC5.6W0V	10/5	\$8/ea.

## Super Snakes

**(5-Adult)** Join a naturalist to meet live snakes and learn why snakes are important then head out on a hike to search for snakes and learn about their habitat and habits. Dress for the weather and wear comfortable shoes.

### 1--1 hour program

Location	Day	Time	Code	Date	\$
BurkeLakePk	Su	10am	B78.EB3G	9/28	\$8/ea.

## Trainers on the Go

**(8-Adult)** Combine your interests with a guided Pokémon Go hike at Riverbend Park. Learn about nature while enjoying playing Pokémon Go with your family or friends. Participants must be familiar with Pokémon Go, supply their own smart device, and have Pokémon Go already installed. Backup battery or charger recommended. Program will be outdoors, so participants must dress for the weather.

### 1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
Riverbend Pk	Sa	2:30pm	V36.3585	10/4	\$9/ea.
Riverbend Pk	Sa	2:30pm	V36.EKM1	11/1	\$9/ea.

## Twilight Boardwalk Stroll

**(6-Adult)** Join a park naturalist for a guided walk along the forested paths to the wetland and experience the park as it transitions from day into night. Watch and listen for nocturnal residents such as beavers and owls.

### 1--2 hour program

Location	Day	Time	Code	Date	\$
HuntMdws	F	7:30pm	343.DXLA	9/5	\$10/ea.

## Walney Creek Walk

**(8-Adult)** Hike along Walney Creek to learn about the plants and animals that call this watershed home. Observe evidence of how humans have interacted with Walney Creek throughout history.

### 1--1 hour program

Location	Day	Time	Code	Date	\$
ECLawncPk	Su	6pm	C09.1L9K	9/28	\$8/ea.

## Older Family Programs

### Are You Going to Eat That?

**(10-Adult)** Enjoy a naturalist-led hike and identify plants that are safe to eat and which ones to avoid. Learn the usefulness of plants for such rope making and folk remedies with connections to Eastern Woodland Indians. Meet at the pond.

### 1--1 hour program

Location	Day	Time	Code	Date	\$
ECLawncPk	Sa	1pm	7A8.9E7G	10/4	\$8/ea.

## Boardgames and Bird Walk

**(12-Adult)** Hone your birding skills on the trail and learn to play our favorite bird themed board game: Wingspan. We will enjoy a round or more of this wonderful boardgame and take a bird walk in the park. All skill levels welcome.

### 1--3 hour program

Location	Day	Time	Code	Date	\$
HuntMdws	Sa	2pm	1VC.KVN5	11/8	\$15/ea.
HuntMdws	Sa	2pm	1VC.EIFV	11/15	\$15/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. Please be aware that foraging is prohibited in Fairfax County parks. This class will focus on how to safely identify various edible plants, as well as their uses. No plants will be picked during the course of the class.

### 1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
BurkeLakePk	Sa	10am	8Y3.SUIH	9/27	\$10/ea.

## Goldenrods and Asters - Fall Wildflowers

**(12-Adult)** Stroll along the riverbank in search of our fall wildflowers and learn some of the folklore associated with them.

### 1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
Riverbend Pk	Sa	12pm	CA4.BDHF	9/27	\$11/ea.

## Nature Charms

**(9-Adult)** Join a naturalist to learn how to preserve nature by creating resin pendants encapsulating small natural specimens. Discover how to responsibly select natural materials, while also learning how to use resin to make your own natural charm. No living wildlife will be affected in the making of the charms. All materials will be provided.

### 1--1 hour program

Location	Day	Time	Code	Date	\$
BurkeLakePk	Sa	10am	GBW.6JZE	11/8	\$15/ea.

## Practical Plants -

### Foraging for Herbal Remedies

**(12-Adult)** Learn about the healing power of plants. Discover the herbal remedies and wild edibles of Virginia and how to gather these plants safely and sustainably. Conclude the class with a make-and-take.

### 1--2 hour program

Location	Day	Time	Code	Date	\$
Riverbend Pk	Su	10am	LUX.BOL3	9/7	\$14/ea.
Riverbend Pk	Su	10am	LUX.LPGW	9/21	\$14/ea.

## Adult Programs

### Owl Outing

**(Adults)** These nocturnal raptors are pair-bonding and looking for nesting sites at this time of year. Prowl the park after dark to listen for and learn about our local owls and possibly see a barred owl. Meet at the Visitor Center and dress for the weather and standing off trail.

### 1--2 hour program

Location	Day	Time	Code	Date	\$
HuntMdws	Sa	5:30pm	68B.3Q0Y	11/1	\$10/ea.
HuntMdws	Su	4pm	68B.IQU6	11/9	\$10/ea.

## Veterans in Nature

**(Adult)** Explore Hidden Oaks with our naturalists. Learn about all the health benefits of spending time in nature. All abilities welcome.

### 1 Free Program

Location	Day	Time	Code	Date	\$
HiddenOaks	Sa	10am	CML.SAB5	9/13	\$0/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	Su	6:30pm	F3C.4WDG	9/7	\$10/ea.
HuntMdws	F	6pm	F3C.KJB1	10/3	\$10/ea.
HuntMdws	Su	6pm	F3C.Y6RX	10/5	\$10/ea.
HuntMdws	Su	5:45pm	F3C.EN3Z	10/26	\$10/ea.

### Campfire Programs

**Children must be accompanied by an adult also registered in the campfire program.**

### All About Owls Campfire

**(4-Adult)** Barred owls inhabit our stream valley parks. Learn to identify these owls from other native owls while enjoying the campfire. Toast marshmallows over the embers. Canceled in case of inclement weather.

#### 1--1 hour program--\$10

#### 1--1 hour 30 minute campfire--\$12

Location	Day	Time	Code	Date	\$
CubRunREC	F	7pm	232.RXUØ	9/12	\$10/ea.
ECLawrncePk	F	6pm	232.1W6E	10/10	\$12/ea.
HiddenOaks	Su	7pm	232.TT05	10/26	\$10/ea.

### Campfire Fridays

**(5-Adult)** Join us for an evening campfire the whole family can enjoy. Explore nature walks, interactive activities and animal presentations. Includes s'mores. Topics vary by date.

#### 1--1 hour program--\$10

#### 1--1 hour 30 minute campfire--\$12

Location	Day	Time	Code	Date	\$
LkFairfaxPk	F	7pm	546.HUØJ	9/5	\$12/ea.
BurkeLakePk	F	5:30pm	546.VV4U	9/12	\$12/ea.
HiddenPond	F	7pm	546.1ØRH	9/12	\$12/ea.
LkFairfaxPk	F	6:30pm	546.1LKB	9/26	\$12/ea.
LkAccontkPk	F	7pm	546.FNOQ	9/26	\$10/ea.
LkFairfaxPk	F	6pm	546.G318	10/17	\$12/ea.
LkAccontkPk	F	6:30pm	546.2N95	10/17	\$10/ea.
HiddenPond	F	6:30pm	546.VVDO	10/24	\$12/ea.
LkFairfaxPk	F	5pm	546.EJØU	11/7	\$12/ea.
HiddenPond	F	5:30pm	546.4A44	11/14	\$12/ea.

### Campfire Night Hike - Predators at Night

**(4-Adult)** Enjoy a night hike to learn about nocturnal hunters. Listen to taped calls of owls and coyotes and possibly catch a glimpse of them in the forest. End the evening with s'mores round the campfire.

#### 1--1 hour campfire--\$10

#### 1--1 hour 30 minute campfire--\$12

Location	Day	Time	Code	Date	\$
CubRunREC	M	7pm	Ø2D.BMJJ	10/20	\$10/ea.
ECLawrncePk	F	6pm	Ø2D.EKXJ	11/7	\$12/ea.

### Campfire Saturdays - Stargazing

**(3-Adult)** Enjoy a stroll along the lake shores and learn about the constellations, their stories and other night-sky features. Our astronomical naturalist will identify the stars and will have some telescopes to use. The program concludes with a campfire. S'mores ingredients provided.

#### 1--1 hour 30 minute campfire

Location	Day	Time	Code	Date	\$
BurkeLakePk	Sa	7:30pm	395.6RQN	10/4	\$12/ea.
LkFairfaxPk	Sa	6:30pm	395.7KRU	10/11	\$12/ea.
BurkeLakePk	Sa	6pm	395.M44U	11/22	\$12/ea.

### Full Moon Nature Hike & Campfire

**(6-Adult)** Enjoy nature's tranquil beauty and the night sky under a full moon. Your naturalist guide points out signs of creatures that glide, fly and tiptoe through the woods in the dark. Enjoy a campfire after the hike with s'mores provided.

#### 1--1 hour 30 minute campfire

Location	Day	Time	Code	Date	\$
Riverbend Pk	Sa	7:30pm	193.09ØD	9/6	\$12/ea.
Riverbend Pk	Sa	7pm	193.4228	10/4	\$12/ea.

### Hot Dog, Smores, Wagon Ride

#### & Campfire

**(4-Adult)** Meets at Cabell's Mill. Enjoy a turkey hot dog supper roasted over the campfire and a brisk wagon ride through the Rocky Run stream valley. Discover who Ellanor C. Lawrence was and learn about the areas local and natural history. We provide hot dogs, buns, condiments and s'mores. Feel free to bring your own drinks and sides.

#### 1--1 hour 30 minute campfire

Location	Day	Time	Code	Date	\$
ECLawrncePk	Sa	5pm	524.EUYU	9/13	\$12/ea.
ECLawrncePk	Sa	6pm	524.RPJK	9/13	\$12/ea.

### Legends & Lore Night Hike & Campfire

**(8-Adult)** Explore natural history through legends, lore and stories of the supernatural on a night hike. Then gather around the campfire for s'mores.

#### 1--1 hour 30 minute campfire

Location	Day	Time	Code	Date	\$
ECLawrncePk	Sa	6pm	B96.QJBD	10/25	\$12/ea.

### Riverside Campfire - Fishing Fun

**(6-Adult)** Fish from the river bank and learn about the fish's world. S'mores provided. Borrow our fishing rods or bring your own, tackle and bait provided. Meet at the Visitor Center.

#### 1--1 hour 30 minute campfire

Location	Day	Time	Code	Date	\$
Riverbend Pk	F	5pm	2F2.P3UW	10/3	\$15/ea.

### Halloween in the Hollows

**(4-Adult)** Join us for a spooktacular evening to celebrate the wildlife most commonly associated with Halloween. Take a guided hike down the Follow the Hollows trail in search of bats, toads, salamanders, spiders and owls and learn about how these animals became a symbol of spooky season. End the evening by the warm cozy fire, accompanied by s'mores.

#### 1--1 hour 30 minute campfire

Location	Day	Time	Code	Date	\$
Riverbend Pk	F	7pm	JØT.Y71Q	10/31	\$12/ea.

## Sketch Hike & Nature Drawing Programs

### Ancient Plants Sketch Hike

**(12-Adult)** Huntley's forests are home to certain plants whose ancestors have been with us since dinosaur times. Join artist and naturalist, Margaret Wohler, to learn about and sketch the ferns, moss and their allies on a 1.5 mile walk (flat terrain).

#### 1--2 hour program

Location	Day	Time	Code	Date	\$
HuntMdws	Sa	10am	187.FNRX	9/6	\$18/ea.

### Drawing Songbirds

**(16-Adult)** Get to know our local songbirds through field sketches and studies. Includes a presentation on natural history, drawing tips, and a short bird hike.

#### 1--2 hour program

Location	Day	Time	Code	Date	\$
HiddenOaks	Su	3pm	E1G.AZTJ	10/5	\$20/ea.

### Fall Color Snap Sketch Hike

**(10-Adult)** Join us for a hike and learn how to draw a beautiful autumn scene.

#### 1--2 hour program

Location	Day	Time	Code	Date	\$
HuntMdws	Su	10am	B68.IKDC	10/12	\$18/ea.

### Fall Wildflowers ID Sketch Hike

**(10-Adult)** Turtlehead, jewelweed, seed box, cardinal flowers; come see our beautiful fall wetland flowers. Discover how they live and how to draw them.

#### 1--2 hour program

Location	Day	Time	Code	Date	\$
HuntMdws	Su	10am	736.ZT2C	10/5	\$18/ea.

### Nature Crafting Series

**(13-Adult)** Join artist Margaret Wohler for a 4-class crafting series where we will learn gelli printing, book binding to make your own little sketchbook, slow pattern drawing and color patches and collage. All materials will be provided. If you have ever wanted to start and maintain a sketchbook journaling practice, you will learn and experiment with art practices.

#### 4--2 hour programs

Location	Day	Time	Code	Date	\$
HuntMdws	M	1pm	Ø5H.IVU5	9/22	\$80/ea.

### Nature Journaling - Reciprocity in Nature

**(16-Adult)** Explore your relationship with the natural world through writing and sketching. In this reflective class, we'll use journaling prompts and simple drawing exercises to consider the ways we give to and receive from nature. No art or writing experience needed

#### 1--2 hour program

Location	Day	Time	Code	Date	\$
HiddenOaks	Sa	9:30am	YD.Y.1245	11/15	\$20/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	Sa	10am	W7C.1SIE	10/25	\$18/ea.



## Outdoor Recreation

Scan the QR code to go directly to the Parktakes Online Outdoor Rec page.



### Burke Lake Park

7315 Ox Road • Fairfax Station

703-323-6600

[www.fairfaxcounty.gov/parks/burkelake](http://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 and swimming are prohibited. Park grounds and restrooms are open daily, closed only on Dec. 25. Rowboat rentals available. For hours and fees, visit the website or call the park.



### Lake Accotink Park

7500 Accotink Park Road • Springfield

703-569-0285

[www.fairfaxcounty.gov/parks/accotink](http://www.fairfaxcounty.gov/parks/accotink)

Nestled in Springfield, Lake Accotink is a hidden gem bursting with fun for the whole family! Pavilion shelters and picnic areas with grills may be reserved by calling 703-324-8732. Sailboats, gasoline 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.

- Boating
- Fishing (Va. fishing license required)
- Trails
- Picnic areas with grills
- Kayaks
- Playground
- Mini Golf
- Carousel
- Visitor Center



### Lake Fairfax Park

1400 Lake Fairfax Drive • Reston

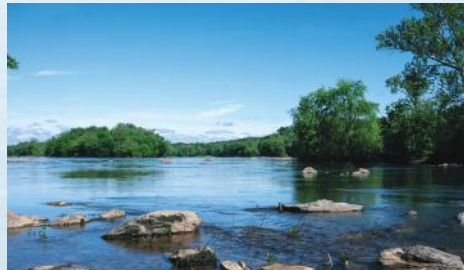
703-471-5415

[www.fairfaxcounty.gov/parks/lakefairfax](http://www.fairfaxcounty.gov/parks/lakefairfax)

Home of The Water Mine Family Swimmin' Hole, Lake Fairfax is for outdoor lovers of all ages!

- Boating
- Fishing (Va. fishing license required)
- Camping
- Trails
- Picnic areas with grills
- Athletic fields
- Skate park
- Pump track
- Boat rentals
- The Water Mine Family Swimmin' Hole (Open through Sept 2.)

Pavilion shelters and picnic areas with grills may be reserved by calling 703-324-8732. Sailboats, gasoline motors, electric-powered boats, paddleboarding, windsurfing and swimming in the lake are prohibited. For hours and fees, visit the website or call the park.



### Riverbend Park

8700 Potomac Hills Street • Great Falls

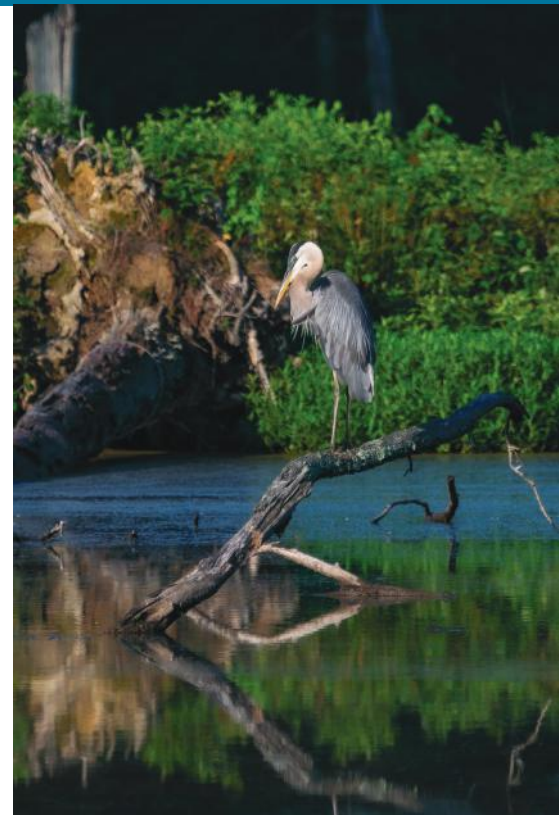
703-759-9018

[www.fairfaxcounty.gov/parks/riverbend](http://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

Children age 12 to 16 years must be accompanied by a registered adult.

### Birds and Beans

(12-Adult) Enjoy a hot cup of coffee while you hike with a naturalist and look for birds. The program will begin with a short discussion of the concept of bird-friendly coffee. To reduce waste, please bring your own mug to fill. Tea and hot cocoa options will also be available.

#### 1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
BurkeLakePk	Su	8am	TSF.8TMY	10/19	\$12

### 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.

#### 1--1 hour 30 minute program--\$12

#### 1--3 hour program--\$19

Location	Day	Time	Code	Date	\$
HiddenOaks	Su	9am	A4F.01S1	9/21	\$12
HuntMdws	Su	8am	A4F.YEP4	9/21	\$19
HiddenOaks	Su	9am	A4F.XLRJ	11/16	\$12
HuntMdws	Su	8am	A4F.ZLT1	10/19	\$19
HuntMdws	Su	8am	A4F.3U1R	11/23	\$19





## Camping programs

### Campfire Cooking

**(5-Adult)** Learn about the different methods that can be used to cook over a campfire, as well as what types of food are best prepared using each cooking style. Then, practice building your own cooking fire. Stay for a demonstration and a snack around the campfire.

#### 1--1 hour program

Location	Day	Time	Code	Date	\$
BurkeLakePk	Su	1pm	9SP.A6QN	10/12	\$10

### Campfire Skills

**(5-Adult)** Learn all about building a campfire. Practice starting a fire without matches and stay for a demonstration.

#### 1--1 hour program

Location	Day	Time	Code	Date	\$
BurkeLakePk	Su	10am	U4B.3VSA	10/12	\$10
LkFairfaxPk	Sa	1pm	U4B.HG8T	10/18	\$10

### Family Campout

**(5-Adult)** Join Burke Lake Park naturalists to help alleviate some of the stress of camping, whether it's your first time camping or you're a camping expert. Participate in a range of planned activities such as a campground orientation, a guided nature hike, a demonstration on how to set up a campfire and end the evening with s'mores and games in the field. The next morning, join the naturalists to fish at the park's marina. One registration is required per family, and includes a campsite, all of the programs listed above and a bundle of firewood. Check-in starts at 2 p.m. on Saturday and check-out is at 11 a.m. on Sunday.

#### 1 family reservation

Location	Day	Time	Code	Date	\$
BurkeLakePk	Sa/Su	2pm	9C3.FHGW	9/13	\$102

## Fishing Programs

**Rod and bait will be provided. Participants 16 and older must have a valid Virginia fishing license.**

### Family Fishing

**(5-Adult)** Join a naturalist to learn the basics of fishing while enjoying the beauty of the lakefront. Gain a better understanding of not only how to fish, but also how we can better connect with the natural world while participating in recreational activities, such as fishing.

#### 1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
BurkeLakePk	Su	10am	UMS.8GSV	9/21	\$12
BurkeLakePk	F	5pm	UMS.U1D1	10/3	\$12
BurkeLakePk	F	4pm	UMS.Q1AY	10/31	\$12

### Family Fishing at Sunset

**(5-Adult)** Enjoy the beauty of the lakefront at sunset while learning the basics of fishing with a naturalist. Many fish like to come up to eat when the water cools after a hot day, making it a great time to fish with family members and enjoy each other's company.

#### 1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
BurkeLakePk	Sa	4:30pm	2E6.8PMI	11/1	\$12

## Fishing for Parent and Child

**(5-Adult)** Learn how to fish alongside your parent or child as you enjoy the scenery around the lake. Gain a better understanding on how to rig and use a fishing rod, how to safely fish, and how we can be environmentally conscious while we fish.

#### 1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
LkFairfaxPk	Sa	2:30pm	BC9.TGYF	9/6	\$12
LkFairfaxPk	Su	12pm	BC9.G04S	9/21	\$12
Riverbend Pk	Sa	10am	BC9.2WV3	9/27	\$12

### River Fishing by Boat

**(5-Adult)** Fish for smallmouth bass and sunfish from a canoe or jon boat. Get started with an introduction to boating and fishing basics. Previous experience rowing or paddling not required. Boats and PFDs provided. Fishing rods and bait provided. Canceled if inclement weather or hazardous river conditions. Maximum three participants per boat, one of whom must be 16 or older. Each participant must register.

#### 1--2 hour lesson

Location	Day	Time	Code	Date	\$
Riverbend Pk	Sa	10am	2AE.3ABJ	9/6	\$23
Riverbend Pk	Sa	10am	2AE.H868	9/20	\$23

## Kayaking Programs

**All kayaks, paddles and necessary safety equipment is included.**

### 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 hold many unique habitats. See how these small vessels can provide a closer look into the world of birds. Travel in a one-person kayak.

#### 1--2 hour lesson

Location	Day	Time	Code	Date	\$
BurkeLakePk	Su	1pm	218.1GZK	10/19	\$43

## Intro to Kayaking

**(12-Adult)** This introductory-level class is perfect for beginners or for those who want to learn how to paddle more efficiently. Learn about different kayaks, paddles, personal flotation devices and safety gear. On the water learn to move the boat in every direction using different strokes and maneuvers.

#### 1--2 hour lesson

Location	Day	Time	Code	Date	\$
BurkeLakePk	Su	1pm	16A.0V79	9/7	\$43
LkFairfaxPk	Su	11:30am	16A.3Q8Y	9/14	\$43
LkFairfaxPk	Su	12:30pm	16A.4DQF	10/5	\$43

### Kayak Tour - Moonlight

**(14-Adult)** Experience the Potomac River in a new light as we paddle under the moon. Discover the peace and wildlife of the evening river as a guide leads you on a tour through the calmest section of the river during each full moon this summer. No paddling experience necessary. Canceled if inclement weather or hazardous river conditions.

#### 1--1 hour 25 minute lesson

Location	Day	Time	Code	Date	\$
Riverbend Pk	Su	7:30pm	EBE.MG2B	9/7	\$41

### Kayak Tour - Wildlife of the Potomac

**(14-Adult)** Watch for deer foraging on the islands, and osprey and bald eagles searching for fish as we paddle through this wildlife-rich section of the Potomac River. This is not a whitewater tour. No previous experience required. Kayaks provided, one person per kayak. Download waiver and bring completed to tour: <https://go.usa.gov/xnJUB>. Canceled in case of inclement weather or hazardous river conditions.

#### 1--2 hour lesson

Location	Day	Time	Code	Date	\$
Riverbend Pk	F	5:30pm	BBA.DDOP	9/5	\$43
Riverbend Pk	F	5:30pm	BBA.2UZ1	9/19	\$43

**MORE CLASSES ONLINE:**  
[www.fairfaxcounty.gov/parks/parktates](http://www.fairfaxcounty.gov/parks/parktates)







## Nature Kayaking

**(12-Adult)** Paddle with a naturalist to learn about the flora and fauna that call the lake their home. Find out what's growing along the lake's edge, who likes to wade in the water and what might be swimming underneath you.

### 1--2 hour lesson

Location	Day	Time	Code	Date	\$
LkFairfaxPk	Su	3pm	YCJ.7VRA	9/7	\$43
LkFairfaxPk	Su	2pm	YCJ.8331	9/14	\$43
BurkeLakePk	Su	3:30pm	YCJ.A3RP	9/21	\$43
LkFairfaxPk	Su	9:30am	YCJ.WXJW	10/5	\$43
BurkeLakePk	Su	1pm	YCJ.SOL9	10/5	\$43
BurkeLakePk	Sa	1:30pm	YCJ.OBF2	10/11	\$43

## Twilight by Kayak

**(12-Adult)** Watch the sunset on the lake as the wildlife settles in for the night, then return to the dock by the light of the moon. Single kayaks and all equipment provided.

### 1--2 hour lesson

Location	Day	Time	Code	Date	\$
LkFairfaxPk	Su	5:30pm	CA1.BZPE	9/7	\$43
BurkeLakePk	F	6:30pm	CA1.WA9Z	9/26	\$43

## Other Programs

### Geocaching Adventures

**(8-Adult)** Join us for a tour of caches throughout Fairfax County. Hunt for hidden treasures throughout our park system using a GPS. Join one class or sign up for them all. Equipment provided.

### 1--2 hour lesson

Location	Day	Time	Code	Date	\$
BurkeLakePk	Su	10am	K98.JWSM	11/2	\$16

## Geocaching by Boat

**(10-Adult)** Kayak or canoe along the Potomac River in search of hidden treasure! Use a GPS receiver to navigate the waters then dock at the islands to find geocaches. Some paddling experience preferred. All participants must sign a boating waiver.

### 1--3 hour lesson

Location	Day	Time	Code	Date	\$
Riverbend Pk	Su	3:30pm	ARD.I4YP	9/21	\$43

## Orienteering Workshop

**(8-Adult)** Orienteering is the sport of navigation with map and compass. It's easy to learn, but always challenging. Participants learn how to use a compass, read a topographic map and navigate orienteering courses. Compass required.

### 1--2 hour lesson

Location	Day	Time	Code	Date	\$
BurkeLakePk	Sa	1pm	A36.SQNR	10/18	\$23

## Paddle and Paint the Potomac

**(16-Adult)** Take a short paddling trip up the Potomac River and take in the beautiful scenery. Stop at an island to paint the scenery then float back to shore. Art supplies provided. Some paddling experience preferred. All participants must sign a boating waiver.

### 1--3 hour lesson

Location	Day	Time	Code	Date	\$
Riverbend Pk	Sa	9am	W32.3VZX	10/18	\$43

# Campfire Programs

A variety of campfire programs are at sites across the County including:

- Hidden Oaks Nature Center
- Hippen Pond Nature Center
- Riverbend Park
- EC Lawrence Park
- Burke Lake Park
- Lake Accotink Park
- Lake Fairfax Park
- Cub Run Rec Center

To find a Campfire near you, visit [www.fairfaxcounty.gov/parks/parktakes](http://www.fairfaxcounty.gov/parks/parktakes) and search "campfire"



The Fairfax County Park Authority has a variety of beautiful outdoor facilities available for your next event!

For information about our reservable areas, fees, amenities, availability and booking, visit [www.fairfaxcounty.gov/parks/picnics](http://www.fairfaxcounty.gov/parks/picnics)

For help planning your event, email [FCPApicnics@fairfaxcounty.gov](mailto:FCPApicnics@fairfaxcounty.gov) or call 703-324-8732.





## Performing Arts

Scan the QR code to go directly to the Parktakes Online Performing Arts page.



### Please note:

- All instructors have different teaching styles.
- Wear comfortable clothing. Any clothing requirements will be discussed at the first class.
- All music classes are group instruction.
- Music books or any other instructional aids are available for purchase at the first class.
- Students must have their own guitar, banjo or harmonica for use in class.
- Piano students need to have access to a piano for practice out of class.
- Some classes may have supply fees so check class descriptions for details. Any supply fees are payable to instructor at first class and are non-refundable.

### Drama Classes

#### Act Up! Wizarding Playhouse

**(7-14 yrs.)** Back by popular demand with new activities! Inspired by popular wizards and witches from Harry Potter to The Wizard of Oz, young performers experience a theatrical journey in this Moonlit Wings class. Explore original scenes, songs and games that bring magic to life on stage. Sharpen your acting and singing skills while making new friends along the way. Parents are invited to a mini-performance during the final class.

**DPVD 7--1 hour 25 minute lessons--\$145**

Location	Day	Time	Code	Begin	\$
Franconia Rec	M	5:30pm	08H.TWYX	10/20	DPVD
FryingPanPk	T	6pm	08H.QAXM	10/7	DPVD
OakmontREC	W	5:30pm	08H.YAOP	10/8	DPVD
ProvREC	Sa	10am	08H.SD9X	10/4	DPVD
SoRunREC	T	5:30pm	08H.GM4X	10/14	DPVD
SpHillREC	Th	5:30pm	08H.6V3R	10/2	DPVD
Wkfld/Moore	Sa	2pm	08H.EFD9	10/4	DPVD

#### All Star Drama Club

**(7-14 yrs.)** Young performers will dive in to new lessons with fresh scripts of comedy, drama and hilarious improv games. Sharpen speech, stage presence, and teamwork through this Moonlit Wings'. Parents are invited to a mini performance during the final class.

**DPVD 7--1 hour 25 minute lessons--\$145**

Location	Day	Time	Code	Begin	\$
Franconia Rec	M	7pm	UN4.DPXC	10/20	DPVD
FryingPanPk	W	6pm	UN4.2DTQ	10/8	DPVD
OakmontREC	W	7pm	UN4.NSXC	10/8	DPVD
ProvREC	Sa	11:30am	UN4.DBL8	10/4	DPVD
SoRunREC	T	7pm	UN4.I35H	10/14	DPVD
SpHillREC	Th	7pm	UN4.PY3D	10/2	DPVD
Wkfld/Moore	Su	3:30pm	UN4.7DTX	10/4	DPVD



#### Hollywood Film Making

In this Athena Coding class students bring their film ideas to life. They will workshop characters, format their script and storyboard their scenes, then them out while filming with iPads. Students will use either Capcut or iMovie to edit their movies, adding plenty of special effects. At the end, a copy of a film and a trailer will be sent home. iPads and green screen are provided for class use.

**DPVB 8--55 minute lessons--\$185**

Location	Day	Time	Code	Begin	\$
<b>(6-12 yrs.)</b>					
CubRunREC	F	7pm	NFZ.J8OP	9/19	DPVB
ProvREC	T	3:45pm	NFZ.BEVC	9/16	DPVB
Wkfld/Moore	W	5:30pm	NFZ.PKFM	9/17	DPVB
<b>(13-18 yrs.)</b>					
ProvREC	T	4:50pm	3LK.0GQX	9/16	DPVB

#### Magic in Motion-Enchantment Workshop

**(6-12 yrs.)** In this Athena Coding class students uncover the secrets behind age-appropriate magic tricks using safe, everyday objects. Master a variety of illusions from simple card and coin tricks, to sleight-of-hand maneuvers with scarves and rope. Learn how to make small objects vanish and reappear, perform a delightful disappearing handkerchief trick, and even create the illusion of a floating pencil. Each session is packed with hands-on practice, guided demonstrations, and fun challenges in an environment where every child can become a true magician, captivating their audience with skills they can proudly showcase.

**DPVB 8--55 minute lessons--\$185**

Location	Day	Time	Code	Begin	\$
ProvREC	W	4:50pm	3SG.AWIW	9/17	DPVB
OakmontREC	M	6:15pm	3SG.YM9J	9/15	DPVB

### Music Classes

#### Music Production 101

**(6-12 yrs.)** In this Athena Coding class students dive into the dynamic world of digital music production, creating captivating rhythms and melodies using Soundtrap, a kid-friendly digital audio workstation. From recording and manipulating sounds, to mixing

your very own tracks, to learning the key elements of songwriting and music theory, this hands-on course will lead you to create your own unique piece of music and gain invaluable skills that will help shape your future musical endeavors.

**DPVB 8--55 minute lessons--\$185**

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	6pm	WLS.R3M8	9/13	DPVB
Wkfld/Moore	W	6:30pm	WLS.DU9G	9/17	DPVB

#### 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--\$107**  
**4PPA 10--55 minute lessons--\$133**

Location	Day	Time	Code	Begin	\$
<b>(6-10 yrs.)</b>					
CubRunREC	Su	12pm	DFD.8CFB	9/14	4PPA
SoRunREC	Sa	9:30am	DFD.0N5G	9/13	4PPA
Wkfld/Moore	M	6pm	DFD.91DP	9/15	4PPA
<b>(10-Adult)</b>					
CubRunREC	Su	12pm	128.LG6P	9/14	4PPA
OakmontREC	M	6pm	128.YKZC	9/15	3PPA
SoRunREC	Sa	9:30am	128.KYBA	9/13	4PPA
SoRunREC	M	5pm	128.D7RH	9/15	4PPA
<b>(16-Adult)</b>					
ProvREC	T	10:30am	1BF.ZLNH	9/16	4PPA
Wkfld/Moore	M	8pm	1BF.Y00K	9/15	4PPA

#### Guitar II

Prerequisite: Guitar I or equivalent.

**4PPA 10--55 minute lessons--\$133**

Location	Day	Time	Code	Begin	\$
<b>(6-12 yrs.)</b>					
CubRunREC	F	5pm	641.Z0P3	9/19	4PPA
SoRunREC	Sa	10:30am	641.R05Z	9/13	4PPA
Wkfld/Moore	M	7pm	641.U1WX	9/15	4PPA
<b>(10-Adult)</b>					
CubRunREC	F	5pm	030.08Z4	9/19	4PPA
SoRunREC	Sa	10:30am	030.DUX6	9/13	4PPA
<b>(16-Adult)</b>					
ProvREC	T	9:30am	I9X.L1DV	9/16	4PPA





# Performing Arts



## 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.

4PPA	10--55 minute lessons--\$133				
DPPA	8--55 minute lessons--\$102				
Location	Day	Time	Code	Begin	\$
SoRunREC	M	6pm	FGZ.DR6G	9/15	4PPA

## Groovy Guitar

**(6-12 yrs.)** Students will be introduced to the guitar and participate in an ensemble music group in this Learn Now Music class. Supply fee of \$20 for rental instrument and music is payable before class starts online @ <https://learnnowmusic.com/updatepayment>.

DPVK	10--55 minute lessons--\$255				
Location	Day	Time	Code	Begin	\$
MtVern REC	M	6pm	UKT.P3PH	10/6	DPVK
OakmontREC	W	6pm	UKT.PT5X	9/10	DPVK
ProvREC	Th	6pm	UKT.MKLZ	9/25	DPVK
SoRunREC	F	6pm	UKT.OAGG	10/3	DPVK

## Rock Guitar

**(10-Adult)** An introduction to rock-and-roll guitar playing. Students learn rock guitar and improvisation basics. Beginners encouraged. Students should supply their own instruments. Those with electric guitars should bring a portable amplifier.

4PPA	10--55 minute lessons--\$133				
Location	Day	Time	Code	Begin	\$
CubRunREC	F	11:30am	189.KPD3	9/19	4PPA

## 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.

4PPA	10--55 minute lessons--\$133				
DPPA	8--55 minute lessons--\$102				
Location	Day	Time	Code	Begin	\$
<b>(6-12 yrs.)</b>					
Little Run ES	Sa	10am	69C.5WGW	10/18	DPPA
Little Run ES	Sa	11am	69C.B401	10/18	DPPA
OrngHnt ES	M	5pm	69C.MNXV	9/15	DPPA
<b>(10-Adult)</b>					
Little Run ES	Sa	1pm	A86.B3OV	10/18	DPPA
OrngHnt ES	M	7pm	A86.9VBP	9/15	DPPA
<b>(16-Adult)</b>					
ProvREC	Th	11:15am	NK6.YWM8	9/18	4PPA

## 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 of \$10-\$15 payable to instructor at first class.

4PPA	10--55 minute lessons--\$133				
DPPA	8--55 minute lessons--\$102				
Location	Day	Time	Code	Begin	\$
<b>(6-12 yrs.)</b>					
Little Run ES	Sa	12pm	A0C.XCMI	10/18	DPPA
OrngHnt ES	M	6pm	A0C.INFL	9/15	DPPA
<b>(10-Adult)</b>					
Little Run ES	Sa	2pm	LSN.KNOL	10/18	DPPA
OrngHnt ES	M	7pm	LSN.TY6M	9/15	DPPA
<b>(16-Adult)</b>					
ProvREC	Th	10:15am	91D.AY23	9/18	4PPA

## Poppin Piano

**(6-12 yrs.)** Students will be introduced to the piano and participate in an ensemble music group in this Learn Now Music class. Supply fee of \$20 for rental instrument and music is payable before class starts online @ <https://learnnowmusic.com/updatepayment>.

DPVK	10--55 minute lessons--\$255				
Location	Day	Time	Code	Begin	\$
MtVern REC	M	7pm	KCZ.YZN9	10/6	DPVK
OakmontREC	W	6pm	KCZ.RFYJ	9/10	DPVK
ProvREC	Th	6pm	KCZ.ZH61	9/25	DPVK
SoRunREC	F	6pm	KCZ.TVAZ	10/3	DPVK
Wkfld/Moore	T	6pm	KCZ.Z2IL	9/16	DPVK

## 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.

4PPA	10--55 minute lessons--\$133				
DPPA	8--55 minute lessons--\$102				
Location	Day	Time	Code	Begin	\$
<b>(6-12 yrs.)</b>					
Virtual FCPA	Sa	10am	JTQ.BN8H	9/13	DPPA
<b>(10-Adult)</b>					
Virtual FCPA	Th	6pm	WZX.07M3	9/18	DPPA
Virtual FCPA	Sa	9am	WZX.FHF1	9/13	DPPA

## Virtual Piano II

**(10-Adult)** 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--\$102				
Location	Day	Time	Code	Begin	\$
Virtual FCPA	Th	7pm	COU.PPNZ	9/18	DPPA

## Ukulele

**(10-Adult)** Learn music Aloha style. Class covers instrument playing basics including chord progressions, single-note playing and right-hand strumming techniques. Numerous styles are taught. Students must bring their own instrument.

4PPA	10--55 minute lessons--\$133				
Location	Day	Time	Code	Begin	\$
ProvREC	T	11:30am	A61.9NPU	9/16	4PPA
SpHillREC	Su	12pm	A61.GK7B	9/7	4PPA

## Ukulele II

**(10-Adult)** Prerequisite; Ukulele I or equivalent.

4PPA	10--55 minute lessons--\$133				
Location	Day	Time	Code	Begin	\$
SpHillREC	Su	1pm	3F1.NPB2	9/7	4PPA

## Viva Violin

**(6-12 yrs.)** Students will be introduced to the violin and participate in an ensemble music group in this Learn Now Music class. Supply fee of \$20 for rental instrument and music is payable before class starts online @ <https://learnnowmusic.com/updatepayment>.

DPVK	10--55 minute lessons--\$255				
Location	Day	Time	Code	Begin	\$
Wkfld/Moore	T	7pm	Q1M.8GRT	9/16	DPVK
SpHillREC	F	6pm	Q1M.VT20	10/3	DPVK

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## Pet Place

Scan the QR code to go directly to the Parktaks Online Pet Place page.



Our dog obedience classes help build a strong relationship between pet and handler by developing understanding and communication. Flexible training methods are employed for home management, problem solving and correction. Please note:

- Dogs that display fear or aggression are not permitted in Park Authority classes.
- Bring a shot record with proof of DHLA rabies and parvovirus shots to the first class.
- All dogs must be legally licensed, vaccinated, wear a visible dog license and be leashed when entering or leaving the class area.
- Check with instructor at first class for proper leashes, collars and other equipment.
- An adult must stay with student if younger than 16 or does not have own transportation.
- All classes are held outdoors.
- **Register the handler, not the dog; one handler/one dog per registration.**
- Some classes may have supply fees, so check class descriptions for details. Any supply fees are payable at first class and are non-refundable.

### Off-Leash Dogs Welcome in Special Dog Parks

Owners of well-mannered canines can take their pets to fenced, off-leash dog parks for free play, a good run or a friendly romp with other dogs. FCPA has eleven established dog parks:

- **Baron Cameron**, 11300 Baron Cameron Ave., Reston
- **Blake Lane**, 10033 Blake Lane, Oakton
- **Chandon**, 900 Palmer Drive, Herndon
- **Dulles Station Community Park**, 13707 Sayward Blvd, Herndon
- **Grist Mill**, 4710 Mt. Vernon Memorial Hwy, Alexandria
- **Lenclair**, 6725 Lenclair St., Alexandria
- **Mason District**, 6621 Columbia Pike, Annandale
- **Monticello Park**, 5315 Guinea Road, Burke
- **Rock Hill District Park**, 15150 Old Lee Road, Centreville
- **South Run**, 7550 Reservation Drive, Springfield
- **Westgrove**, 6801 Fort Hunt Road, Alexandria

Most of the Park Authority dog parks are public/private partnerships, developed in cooperation with sponsoring organizations of pet owners. Volunteers assist with monitoring and cleaning up the facilities, making users aware of dog park rules and regulations and reporting maintenance needs to the Park Authority.

Dog parks are open year-round from 7 a.m. to 30 minutes after sunset on weekdays and from 8 a.m. to 30 minutes after sunset on weekends and Federal holidays. Neither Fairfax County nor the Fairfax County Park Authority is liable for any injury or damage caused by any dog in the off-leash area. For off-leash dog park rules and regulations, visit [www.fairfaxcounty.gov/parks/parkrules/dogpark.htm](http://www.fairfaxcounty.gov/parks/parkrules/dogpark.htm), or call 703-324-8594



### AKC Classes

#### AKC Star Puppy Class

**(14-Adult)** Class focuses on how to care and raise a puppy, as well as basic puppy obedience, and follows the AKC Star curriculum. Puppies must be less than a year old and up to date on age-appropriate vaccinations. Rabies vaccination is required at 16 weeks. Dogs must attend 6 of the 8 lessons to qualify to take the AKC Star Puppy test. This is not a puppy play group. One handler per dog.

4DA	8--55 minute lessons--\$134				
Location	Day	Time	Code	Begin	\$
OakmontREC	T	8:30am	UJN.7GAS	9/16	4DA
SoRunREC	Sa	12pm	UJN.60W6	9/13	4DA

#### AKC Trick Dog

**(14-Adult)** Prerequisite: Completion of Fairfax County Dog Obedience 1 or instructor permission. Trick training allows an owner and dog to bond in a creative, fun way and helps improve a dog's focus, confidence, and impulse control while building on the basic cues learned in Dog Obedience 1. Students will have the opportunity to take the AKC Novice and/or Advanced Trick Dog tests and earn an AKC title. Canine Good Citizen behaviors will also be practiced in class. Dogs must be at least 8 months old and show no signs of aggression.

4DA	8--55 minute lessons--\$134				
Location	Day	Time	Code	Begin	\$
Frying Pan Pk	T	10:30am	DPK.1VJB	9/16	4DA
OakmontREC	T	7pm	DPK.Q6XZ	9/16	4DA

### Dog Obedience Classes

#### Puppy Kindergarten

**(14-Adult)** Puppies 10 to 23 weeks old learn socialization and discipline fundamentals. Puppy owners learn how to address problems such as housebreaking, chewing and jumping. Puppies should wear a buckle collar and be up-to-date with shots.

4DA	8--55 minute lessons--\$134				
4DD	6--55 minute lessons--\$101				
Location	Day	Time	Code	Begin	\$
Frying Pan Pk	Sa	12:30pm	6CD.CFK9	9/20	4DA
SoRunREC	Su	1:10pm	6CD.QR3D	9/7	4DD
SoRunREC	M	10:30am	6CD.AFWW	9/15	4DA
Wkfld/Moore	W	10:30am	6CD.HGN4	9/17	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--\$134				
4DD	6--55 minute lessons--\$101				
Location	Day	Time	Code	Begin	\$
Frying Pan Pk	W	7:30pm	635.05YN	9/10	4DA
Frying Pan Pk	Th	7:30pm	635.Z87X	9/11	4DA
Frying Pan Pk	Sa	9:30am	635.M8U8	9/20	4DA
OakmontREC	T	8pm	635.LPX4	9/16	4DA
SoRunREC	Su	11am	635.6FFG	9/7	4DD
SoRunREC	Sa	9am	635.B1MH	9/13	4DA
SoRunREC	M	4pm	635.9931	9/15	4DA
SoRunREC	M	11:30am	635.TICI	9/15	4DA
SoRunREC	F	9am	635.QAFW	9/19	4DA
Wkfld/Moore	W	4pm	635.YTOU	9/17	4DA
Wkfld/Moore	W	11:30am	635.QDFX	9/17	4DA

### 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--\$170				
4DP	6--55 minute lessons--\$128				
Location	Day	Time	Code	Begin	\$
Frying Pan Pk	Sa	11:30am	26E.JEC3	9/20	4DB
SoRunREC	Su	12:05pm	26E.J4M4	9/7	4DP
SoRunREC	F	4pm	26E.LV3M	9/19	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--\$134				
4DD	6--55 minute lessons--\$101				
Location	Day	Time	Code	Begin	\$
Frying Pan Pk	T	7:45pm	C14.5B44	9/9	4DA
Frying Pan Pk	Sa	10:30am	C14.1AGC	9/20	4DA
SoRunREC	Su	2:15pm	C14.OYW4	9/7	4DD
SoRunREC	Sa	10am	C14.RNKK	9/13	4DA
SoRunREC	M	5pm	C14.Q018	9/15	4DA
SoRunREC	M	12:30pm	C14.TLWA	9/15	4DA
SoRunREC	F	10am	C14.ERA1	9/19	4DA
Wkfld/Moore	W	5pm	C14.2IOL	9/17	4DA
Wkfld/Moore	W	12:30pm	C14.D3UQ	9/17	4DA



[www.fairfaxcounty.gov/parks/volunteer](http://www.fairfaxcounty.gov/parks/volunteer)



## Rally Obedience

**(14-Adult)** Prerequisite: Completion of Fairfax County Dog Obedience II or permission of instructor. Rally obedience exercises and corresponding signs from the beginner through expert level are taught. Dogs must show no fear or aggression.

4DA	8--55 minute lessons--\$134				
Location	Day	Time	Code	Begin	\$
Frying Pan Pk	T	5:30pm	126.G3T1	9/9	4DA
Frying Pan Pk	Th	10:30am	126.5GJX	9/11	4DA

## Rally Obedience II

**(14-Adult)** Prerequisite: Completion of Rally Obedience I or permission of instructor. Rally exercises and corresponding signs from advanced, excellent and masters levels are taught. Dogs must show no fear or aggression.

4DA	8--55 minute lessons--\$134				
Location	Day	Time	Code	Begin	\$
Frying Pan Pk	T	6:30pm	07T.OWB5	9/9	4DA

## Ring Readiness

**(14-Adult)** This class prepares you to show your dog at AKC obedience competition events. Heeling, jumping, and retrieving for competition obedience as well as an introduction to rally will be taught. Dogs must have completed the equivalent of Dog Obedience II or have permission from the instructor.

4DA	8--55 minute lessons--\$134				
Location	Day	Time	Code	Begin	\$
OakmontREC	T	9:30am	N6J.C3TQ	9/16	4DA

## K9 Nose Work

**(14-Adult)** K9 Nose Work is a great way to bond with your dogs, stimulate their curious minds, hone their obedience skills and build their confidence and focus. This class encourages dogs to use their sense of smell and natural instincts to search and problem solve. It also gives them an outlet to use their love of hunting. As a low-impact class, it is perfect for dogs of any age, size and personality.

4DA	8--55 minute lessons--\$134				
DDVA	8--55 minute lessons--\$158				
DDVC	6--55 minute lessons--\$112				
Location	Day	Time	Code	Begin	\$
ProvREC	Su	3pm	9D8.HV7M	9/14	DDVA
Wkfld/Moore	F	7pm	9D8.99AJ	9/19	DDVC
Frying Pan Pk	W	6:30pm	2IN.XS9E	9/10	4DA
Frying Pan Pk	Th	6:30pm	2IN.FSDS	9/11	4DA
OakmontREC	T	6pm	2IN.YN9F	9/16	4DA

## 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.

DDVA	8--55 minute lessons--\$158				
Location	Day	Time	Code	Begin	\$
ProvREC	Su	4pm	X0I.5JBI	9/14	DDVA

## Competitive Dog Agility Classes

### Competitive Dog Agility I

**(14-Adult)** Prerequisite: Dog Obedience I or equivalent. Dogs must have one primary handler for the entire session. This class focuses on basic skills needed

to succeed in agility and to make agility a game your dog will love. A minimum of 75% class attendance and contact/target behavior is required for progression. Attendance at first class is mandatory. Dog and handler are assessed at first class.

4DE	6--55 minute lessons--\$150				
Location	Day	Time	Code	Begin	\$
Frying Pan Pk	Su	9:30am	A22.8CGX	9/14	4DE
SoRunREC	T	11am	A22.5K2J	9/2	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--\$150				
Location	Day	Time	Code	Begin	\$
Frying Pan Pk	Su	10:45am	7ED.8MUV	9/14	4DE
SoRunREC	T	9am	7ED.VC4S	9/2	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--\$150				
Location	Day	Time	Code	Begin	\$
SoRunREC	Th	11am	00F.GQYB	9/4	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--\$150				
Location	Day	Time	Code	Begin	\$
SoRunREC	Th	10am	F02.JRKJ	9/4	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--\$150				
Location	Day	Time	Code	Begin	\$
SoRunREC	Th	9am	EBF.PLED	9/4	4DE

# Dog Daze

at The Water Mine  
Saturday, Sept. 6, 2025  
9 a.m. – 1 p.m.

The Water Mine goes to the dogs with a season-ending event to benefit your parks through the Fairfax County Park Foundation.

- Dogs-only Swimming
- Canine Resource Fair
- Family Fun
- \$15 per dog

Visit [www.fairfaxcounty.gov/parks/dogs](http://www.fairfaxcounty.gov/parks/dogs)

The Water Mine at Lake Fairfax Park  
1400 Lake Fairfax Drive, Reston





### 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--\$150				
4DG	8--55 minute lessons--\$200				
Location	Day	Time	Code	Begin	\$
SoRunREC	T	10am	A45.QHRI	9/2	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 with dogs is required.

4DE	6--55 minute lessons--\$150				
4DG	8--55 minute lessons--\$200				
Location	Day	Time	Code	Begin	\$
Frying Pan Pk	W	6pm	859.8WFK	9/10	4DG
SoRunREC	M	12pm	859.U16P	9/15	4DE
SoRunREC	W	12pm	859.Y8IG	9/17	4DG

#### 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 commands: 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--\$150				
4DG	8--55 minute lessons--\$200				
Location	Day	Time	Code	Begin	\$
Frying Pan Pk	W	7pm	585.5WY9	9/10	4DG
Frying Pan Pk	Sa	10am	585.00N3	9/13	4DE
Frying Pan Pk	Sa	11am	585.689B	9/13	4DE
SoRunREC	M	11am	585.B90A	9/15	4DE
SoRunREC	W	10am	585.0TAB	9/17	4DG
SoRunREC	W	11am	585.78CK	9/17	4DG

#### Dog Agility for Fun of It III

**(13-Adult)** Prerequisite: Dog Agility for the Fun of It II/Competitive Dog Agility II. Class is for dogs with an excellent command of all equipment and handlers ready to learn skills such as front and rear crosses, serpentine and pinwheels. Full courses are run using all of the equipment. Dogs must be able to handle each apparatus off leash. Bring dogs to first class.

4DE	6--55 minute lessons--\$150				
4DG	8--55 minute lessons--\$200				
Location	Day	Time	Code	Begin	\$
Frying Pan Pk	Th	6pm	1B0.QEEW	9/11	4DG
Frying Pan Pk	Th	7pm	1B0.6L2V	9/11	4DG
Frying Pan Pk	Sa	9am	1B0.Z7TX	9/13	4DE
SoRunREC	M	10am	1B0.09VS	9/15	4DG
SoRunREC	W	9am	1B0.0HQL	9/17	4DG



#### Dog Agility for Fun of It IV

**(13-Adult)** Prerequisite: Dog Agility for the Fun of It III/Competitive Dog Agility III. Class is designed for dogs with an excellent command of all equipment and handlers who want to learn advanced skills. Full courses are run using all of the equipment. Dogs must be able to handle each apparatus off leash. Bring dogs to first class.

4DG	8--55 minute lessons--\$200				
Location	Day	Time	Code	Begin	\$
SoRunREC	M	9am	645.Q9E5	9/15	4DG

## NOW HIRING!

### Part-Time Seasonal Maintenance Workers

Positions available across Fairfax County (work vehicle provided!)



*Love the outdoors? Enjoy making a difference?*

Join our team and help keep our parks clean, safe and beautiful for the community!

#### What You'll Do:

- Maintain athletic fields, picnic shelters & park grounds
- Collect and dispose of trash to keep parks pristine

#### Requirements:

- Valid driver's license
- Ability to lift up to 50 lbs & operate vehicles
- Comfortable working outdoors
- Ability to stand, walk & work on uneven terrain
- Weekend work required

\* All duties are performed with or without reasonable accommodations.



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[www.fairfaxcounty.gov/parks/parkops/employment-opportunities](http://www.fairfaxcounty.gov/parks/parkops/employment-opportunities)

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## Science/Technology

Scan the QR code to go directly to the Parktakes Online Science/Technology page.



Some classes may have supply fees so check class descriptions for details. Any supply fees are payable to instructor at first class and are non-refundable.

### Astronomy Programs

#### Boardwalk Astronomy

**(8-Adult)** Join park naturalists as they take you on a tour of constellations, comets and other current events happening in the skies above. Children must be accompanied by adult also registered.

STAC 1--2 hour program--\$14					
Location	Day	Time	Code	Date	\$
HuntMdws	Sa	8pm	TTM.QUSS	9/13	STAC
HuntMdws	Sa	8pm	TTM.F50D	10/18	STAC

### Science Classes

#### Codebreakers-Spy Games

**(6-12 yrs.)** Enter the world of espionage where students become code-breaking detectives, using critical thinking, pattern recognition and basic programming to crack secret messages. Through hands-on exploration of classic ciphers like substitution and transposition, they'll learn encryption and decryption, uncover spy secrets, and even create their own codes. This engaging, spy-themed program offered by Athena Coding builds analytical skills, curiosity, and teamwork through a thrilling journey into the science of secrecy.

DXVI 8--55 minute lessons--\$188					
Location	Day	Time	Code	Begin	\$
ProvREC	M	3:45pm	54I.RYL8	9/15	DXVI

#### Fall Engineering Challenge

**(6-11 yrs.)** Use your critical thinking skills and problem-solving abilities to engineer a solution for our secret seasonal challenge. Attack the design problem and work within the criteria and constraints to see if you can come up with the best solution.

AJ 1--1 hour program--\$10					
Location	Day	Time	Code	Date	\$
HiddenOaks	Sa	3pm	L96.1U59	11/15	Fee AJ

#### Future Scientists

In this class offered by Athletes Global, students will explore chemistry, astronomy, earth science and health through fun, interactive hands-on science experiments while improving their critical, creative thinking and problem-solving skills.

DXVI 8--55 minute lessons--\$188					
DXVM 10--55 minute lessons--\$249					
Location	Day	Time	Code	Begin	\$
<b>(5-8 yrs.)</b>					
OakmontREC	W	5pm	155.1XDJ	9/17	DXVI
Wkfld/Moore	Su	1pm	155.1RBN	9/14	DXVM
<b>(9-12 yrs.)</b>					
OakmontREC	W	6pm	EXG.BVSF	9/17	DXVI
Wkfld/Moore	Su	2pm	EXG.IJ2K	9/14	DXVM



#### Homeschool Science - Introduction to Ornithology

**(6-12 yrs.)** Explore how bird adaptations allow birds to live in their chosen ecosystem. Study the parks collection of preserved specimens. Afterwards, make observations and explorations using field tools to learn identification and classification.

STAA 1--2 hour program--\$16					
Location	Day	Time	Code	Date	\$
HuntMdws	Th	1pm	F32.YYUS	11/13	STAA

#### Homeschool Science - Vertebrate Classification

**(6-12 yrs.)** Learn how mammals, reptiles, amphibians, birds and fish are classified. We use outdoor exploration, observation and lab skills to explore this topic.

STAA 1--2 hour program--\$16					
Location	Day	Time	Code	Date	\$
HuntMdws	Th	1pm	85D.T601	9/11	STAA

#### Junior Alchemists-Chemistry for Kids

**(6-12 yrs.)** In this Athena Coding class students engage in hands-on activities such as creating a lava lamp, engineering a fully functional race car and Ferris Wheel, levitating a ping pong ball, and constructing a Newton's Cradle. Activities introduce students to a deeper understanding of the world around them as well as scientific concepts like physical and chemical reactions, potential and kinetic energy, as well as acids and bases. Students have a blast and take home their experiments after each class.

DXVI 8--55 minute lessons--\$188					
Location	Day	Time	Code	Begin	\$
CubRunREC	Th	6pm	SNJ.BFEO	9/18	DXVI
ProvREC	W	3:45pm	SNJ.Q48C	9/17	DXVI
OakmontREC	T	5:30pm	SNJ.XVNC	9/16	DXVI
SoRunREC	F	6pm	SNJ.RAUG	9/19	DXVI

#### 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.

STAA 1--2 hour program--\$16					
Location	Day	Time	Code	Date	\$
HuntMdws	T	2pm	JDI.69Q1	10/14	STAA

#### Science for Homeschoolers

**(9-12 yrs.)** Students join a park naturalist to investigate the interrelationship between earth cycles, ecosystems, and plant and animal functions at the cell level. Examine human impact on ecosystem health. Includes hands-on activities, experiments, nature hikes and outdoor exploration. Topics change seasonally.

Fee Z 4--1 hour 30 minute lessons--\$81					
Location	Day	Time	Code	Date	\$
HuntMdws	F	1pm	YX8.KL34	10/24	Fee Z

#### Science Meets History - Bubbles!

**(6-10 yrs.)** Bubbles are a great way to explore science and history. Come to Colvin Run Mill for a morning of experiments and play as we investigate shape, surface tension and other bubble science. We'll use soapy, bubbly water to make giant bubbles and clean up like the Miller's family did in the 1800s.

Fee AK 1--1 hour 30 minute program--\$12					
Location	Day	Time	Code	Date	\$
ColvinRunMill	Sa	10am	2GS.1W65	9/13	Fee AK

#### Science Meets History - Flight

**(6-10 yrs.)** Discover how flight developed from birds and insects to balloons and kites, then to planes and rockets. Conduct hands-on experiments to see how lift, drag, weight and thrust make flying possible.

Fee AK 1--1 hour 30 minute program--\$12					
Location	Day	Time	Code	Date	\$
ColvinRunMill	Sa	10am	LVI.6C8D	11/15	Fee AK

#### Science Meets History - Spies

**(6-10 yrs.)** Get ready for a little deception, secret messaging and eavesdropping. Learn the science of spying and create your own secret messages and practice a few of these skills yourself.

Fee AK 1 1 hour 30 minute program--\$12					
Location	Day	Time	Code	Date	\$
ColvinRunMill	Su	10am	00S.97VW	10/12	Fee AK

#### 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.

DXVL 10--55 minute lessons--\$185					
Location	Day	Time	Code	Begin	\$
SoRunREC	W	5:30pm	ED0.BQDZ	9/17	CXVI
Wkfld/Moore	F	5:30pm	ED0.5RB3	9/19	DXVL



## Skeleton Science

**(5-11 yrs.)** Learn why skeletons aren't scary, but are essential to your everyday life. Make a glow-in-the-dark skeleton craft to take home.

**Fee AJ 1--1 hour program--\$10**

Location	Day	Time	Code	Date	\$
HiddenOaks	Sa	1pm	5YV.ZFG4	10/18	Fee AJ
HiddenOaks	Sa	3pm	5YV.ISNQ	10/18	Fee AJ

## Slime Time

**(6-12 yrs.)** In this Baroody Camps class, students find out the science behind making slime, such as what an activator is and why no slime is complete without it. Students will also learn how different ingredients change the outcome, texture and use of slime. Materials are included in the price of the class.

**DXVL 10--55 minute lessons--\$185**

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	F	6:30pm	2WR.MKN1	9/19	DXVL

## Spooky Dry Ice Science

**(5-Adult)** Discover the states of matter through dry ice science as we make bubbling concoctions, screaming spoons and Boo bubbles. Children must be accompanied by a registered, paying adult.

**Fee B 1--1 hour program--\$8**

Location	Day	Time	Code	Date	\$
HiddenOaks	F	6pm	HN.V.8590	10/3	Fee B
HiddenOaks	Su	5pm	HN.V.L7AY	10/19	Fee B

## Technology Classes

### 3D Modeling & Printing

**(8-14 yrs.)** Experience the wonders and excitement of computer aided design, 2D and 3D modeling processes, design thinking and 3D printing to produce a digital object. This class is perfect for students with limited or no 3D design and printing experience. All materials and equipment provided.

**DXV7 4--1 hour 25 minute lessons--\$217**

Location	Day	Time	Code	Begin	\$
SoRunREC	T	5pm	RDS.HRNU	9/16	DXV7

### 3D Printing Basics

**(13-Adults)** Expert instructors will guide you through understanding the basics of 3D printing to creating and printing your own designs. Unleash your creativity and be amazed at the endless possibilities of this innovative technology. No prior experience required. A laptop or tablet with mouse and an email address are required. A Fairfax County library card number is recommended. There will be a \$15 materials fee.

**4XF 5--1 hour 25 minute lessons--\$92**

Location	Day	Time	Code	Begin	\$
OakmontREC	T	6pm	IIS.18MG	9/9	4XF
OakmontREC	T	6pm	IIS.KIMJ	10/14	4XF

### 3D Printing Basics with Parent

**(6-12 yrs.)** Designed especially for young curious minds, this course introduces children and their parent to 3D printing. Students will learn the basics of 3D design and witness their creations come to life such as custom toys and personalized backpack tag. No prior experience needed. A laptop or tablet, Fairfax County library card and an email address are required. There will be a \$15 materials fee.

**4ND 5--55 minute lessons--\$67**

Location	Day	Time	Code	Begin	\$
OakmontREC	Th	5:30pm	Z2W.YOSS	9/11	4ND
OakmontREC	Th	5:30pm	Z2W.FAXM	10/16	4ND

## Battle Robots

**(7-12 yrs.)** Learn engineering strategies for building sturdy structures using unique RoboThink bricks, and then apply that knowledge to build multiple robots for a variety of friendly competitions. Students will play robot soccer and compete in robot relay races in this RoboThink program.

**DXVG 6--55 minute lessons--\$182**

Location	Day	Time	Code	Begin	\$
FrankShrm ES	Th	5pm	R8R.8AIF	9/18	DXVG
Oakton ES	W	5:30pm	R8R.KDFN	10/1	DXVG
SpringHl ES	T	5pm	R8R.SSWO	9/23	DXVG
SpHillIREC	Sa	10:30am	8R.WIP8	9/27	DXVG
MtVernREC	M	5:30pm	R8R.RT98	9/22	DXVG
MtVernREC	Sa	10:30am	R8R.LVQX	10/4	DXVG
WoodleyHlsES	F	5:30pm	RR.7K2Q	9/26	DXVG

## Electronics w/Minecraft Redstone

**(6-12 yrs.)** In this class offered by STEM exCEL, students explore electronics in a virtual world with essentially infinite resources. Using Minecraft's wire system called Redstone, students can build constructs representing real-world electrical circuits and simple computer projects. Students gain an initial understanding of circuitry, electronics and electrical theory to understand virtually how real circuits, switches, bread boards, etc. are used. Any supply fee payable to instructor at first class.

**DXVF 6--55 minute lessons--\$152**

Location	Day	Time	Code	Begin	\$
Mt Vern REC	Su	1pm	4F8.YVCN	9/28	DXVF
OakmontREC	Sa	1pm	4F8.QE51	9/27	DXVF

## eSports Class

**(11-17 yrs.)** In this interactive gaming class gamers are in a classroom setting where they can learn and gain tips from others plus receive coaching on strategic game play. Participants will make new friends, have fun playing games and feel safe in an inclusive environment. This session features the Nintendo Switch platform with various games.

**4XH 8--1 hour 25 minute lessons--\$148**

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	F	6pm	3AK.TZQI	9/19	4XH

## Game Development & Python

**(9-12 yrs.)** In this iCode program students learn foundational concepts in computer skills, programming, game development and robotics with extra exposure to patterns, sequencing and logical thinking that results in an improved ability to solve problems. Students work through coding basics, basic digital design using Roblox Studio, program design, game theory and design, electronics programming and drone operations and handling.

**DXVZ 8--55 minute lessons--\$223**

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Sa	12pm	7M9.DVNF	9/13	DXVZ

## Intro to Drones

**(8-14 yrs.)** Discover how to build and operate a small drone. Explore aerospace sciences and develop motor skills and hand-eye coordination. Learn recreational and professional uses for drones and how to operate them safely and responsibly. This activity is best for participants having limited to no drone experience. All materials and equipment provided.

**DXV3 5--1 hour 25 minute lessons--\$280**

Location	Day	Time	Code	Begin	\$
Franconia Rec	Th	5pm	Y10.9Y3H	9/18	DXV3

## Intro to Game Design

**(6-12 yrs.)** In this STEM exCEL class, students learn the fundamentals and concepts of game design with a real game engine. Students will design and build their game from the ground up while learning 2D game art and programming logic.

**DXVF 6--55 minute lessons--\$152**

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	1pm	766.QU9X	9/27	DXVF
SpHillIREC	Sa	1pm	766.SJXK	9/27	DXVF

## Junior Lego Robotics & Engineering

**(5-8 yrs.)** This SciGenius class combines the exciting world of LEGO with programming. Students work in teams through a series of challenges to program and manipulate their own robots. Skills are enhanced across science, engineering, technology and coding through project-based activities. The unique combination of the LEGO brick, classroom-friendly software and inspiring, standards-based science projects results in a resource that builds students' confidence.

**DXVI 8--55 minute lessons--\$188**

Location	Day	Time	Code	Begin	\$
SpHillIES	W	5:30pm	8CV.A845	9/24	DXVI
CherryRn ES	W	5:30pm	8CV.A722	9/24	DXVI
Woodburn ES	Th	5:30pm	8CV.3AOT	9/25	DXVI
CubRunES	Th	5:30m	8CV.6K7V	9/25	DXVI

## Lego Amazing Amusement Park

**(6-12 yrs.)** Get ready for a thrilling ride with Lego SPIKE Robotics: Amazing Amusement Park! In this Baroody Camps course students explore the exciting world of amusement parks as they build and code their own attractions. From Ferris wheels to spinning teacups, wild ideas come to life through hands-on projects using everyday themes. As they work on their projects, students develop computational thinking skills, including the ability to create and follow sequences, identify cause and effect, and understand simple loops, followed by testing and debugging programs to ensure that their creations are ready for the amusement park.

**DXVL 10--55 minute lessons--\$185**

Location	Day	Time	Code	Begin	\$
FairhillIES	F	6pm	32L.M8B0	9/19	DXVL
GreenbrW ES	Th	6pm	32L.CNNC	9/25	DXVR
ProvREC	Th	6pm	32L.MU30	9/25	DXVR
Sangster ES	W	6pm	32L.AK3Y	9/24	DXVR
SpHillIREC	W	6pm	32L.WRQ8	9/24	DXVR
Wkfld/Moore	Th	7:30pm	32L.JIL2	9/18	DXVL

## Lego Robotics & Engineering

**(8-12 yrs.)** This SciGenius class combines the exciting world of LEGO with programming. Students work in teams through a series of challenges to program and manipulate their own robots. Skills are enhanced across science, engineering, technology and coding through project-based activities. The unique combination of the LEGO brick, classroom-friendly software and inspiring, standards-based science projects results in a resource that builds students' confidence.

**DXVI 8--55 minute lessons--\$188**

Location	Day	Time	Code	Begin	\$
SpHillIREC	T	5:30pm	FX5.AYGC	9/23	DXVI
TerraCentr ES	T	5:30pm	FX5.W930	9/23	DXVI
ProvREC	F	5:30pm	FX5.6TSV	9/26	DXVI
CubRunREC	F	5:30pm	FX5.FXE6	9/26	DXVI



## 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 facts about these animals. The creations will be animated using special programming software.

### DXVL 10--55 minute lessons--\$185

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Th	6:30pm	P1X.5MAX	9/18	DXVL

## Lego® Design Architects

**(8-13 yrs.)** Take your child's love of Lego® to new heights in this Athena Coding program that blends architectural design, science, and engineering. Students build moving models that demonstrate key STEM concepts, while integrated storytelling boosts creativity, problem-solving, and literacy.

### DXVI 8--55 minute lessons--\$188

Location	Day	Time	Code	Begin	\$
ProvREC	M	4:50pm	Z6X.R2P2	9/15	DXVI

## Minecraft Programming

**(6-12 yrs.)** In this Stem exCEL Minecraft Programming class students learn important problem-solving and design skills with Command Block and Redstone. Coding concepts are instructed for all kinds of amazing projects that include flying machines, large-scale rollercoasters, and water elevators.

### DXVF 6--55 minute lessons--\$152

Location	Day	Time	Code	Begin	\$
Orng Hnt ES	Sa	12pm	TRE.WUJ6	9/27	DXVF
ProvREC	Su	1pm	TRE.JLKB	9/28	DXVF
Wkfld/Moore	Sa	1pm	TRE.J4H6	9/27	DXVF

## Python Programming & Digital Arts

**(6-8 yrs.)** In this iCode program students learn foundational computer skills, programming, game development and robotics. Extra exposure to patterns, sequencing and logical thinking will result in an improved ability to solve problems. Students develop keyboarding skills, learn programming concepts such as loops, conditional statements and logic gates while working with Go Mouse Robots. Electronics programming using snap circuits is explored along with the basics of programming in Python.

### DXVZ 8--55 minute lessons--\$223

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Sa	11am	EU6.MT74	9/13	DXVZ

## RoboPetz

**(7-12 yrs.)** Students unleash their creativity and construct a variety of animal robots in this RoboThink program. Using mainboards, DC motors, gears and axles, students gain programming skills while creating captivating pet robots.

### DXVG 6--55 minute lessons--\$173

Location	Day	Time	Code	Begin	\$
MtVern REC	T	5pm	8VG.V4VT	9/23	DXVG
ShreveWd ES	W	5pm	8VG.60D5	9/24	DXVG
Camelot ES	Th	5pm	8VG.9B42	9/26	DXVG
Navy ES	F	5pm	8VG.G7IH	9/19	DXVG
Little Run ES	Sa	10am	8VG.FDAW	9/13	DXVG



## Robotic Planes, Trains & Automobiles

**(7-12 yrs.)** In this RoboThink class students build robots inspired by different kinds of planes, trains and cars using motors, gears and batteries, then bring their creations to life.

### DXVG 6--55 minute lessons--\$173

Location	Day	Time	Code	Begin	\$
ShreveWd ES	W	6pm	EST.Z2PA	9/24	DXVG
Camelot ES	Th	6pm	EST.L660	9/25	DXVG
Navy ES	F	6pm	EST.60C1	9/19	DXVG
LittleRn ES	Sa	11am	EST.66CW	9/13	DXVG
MtVernREC	T	6pm	EST.550Y	9/23	DXVG

## Robotics and Visual Coding with Lego WeDo

**(6-9 yrs.)** Powered by the LEGO® Education WeDo Base Set and Software, this CyberTeck Academy class combines the exciting world of Lego with programming to manipulate and program robots. This class is tailored to students who want to learn the basics of visual programming. Students create commands for their robots to follow by using an application with a drag-and-drop interface that is visually simple to use, but capable of complex instructions.

### DXVF 6--55 minute lessons--\$145

Location	Day	Time	Code	Begin	\$
SpHillREC	Sa	1pm	6DA.V16L	9/6	DXVF
Oakton ES	Sa	9:30am	6DA.LJ4E	9/6	DXVF
SpHillREC	Sa	1pm	6DA.EQ5Q	10/18	DXVF
Oakton ES	Sa	9:30am	6DA.4QLI	10/18	DXVF

## Robotics and Visual Coding with Lego EV3

**(10-14 yrs.)** Powered by the LEGO® MINDSTORMS® Education Ev3 Base Set and Software, this CyberTeck Academy class combines the world of Lego with programming to manipulate and program your own robot. Students use the simple, but powerful software to create commands with drag-and-drop visual programming and configure different sensors that track motion, light, & touch to create the ultimate robot.

### DXVF 6--55 minute lessons--\$145

Location	Day	Time	Code	Begin	\$
SpHillREC	Sa	2:15pm	7A0.SSP3	9/6	DXVF
Oakton ES	Sa	10:45am	7A0.ES3F	9/6	DXVF
SpHillREC	Sa	2:15pm	7A0.30GW	10/18	DXVF
Oakton ES	Sa	10:45am	7A0.C8LT	10/18	DXVF

## 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.

### DXVL 10--55 minute lessons--\$185

### CXVI 8--55 minute lessons--\$159

Location	Day	Time	Code	Begin	\$
OakmontREC	W	6pm	GW9.P6Y9	9/17	DXVL
Wkfld/Moore	Th	5:30pm	GW9.UNBT	9/18	DXVL
SoRunREC	M	5:30pm	GW9.TCPQ	9/15	CXVI



# ASTRONOMY FESTIVAL

**Saturday, November 15 • 5 - 7:30 P.M. • Ages 3+**

- Guided stargazing
- Peep the night sky through a telescope
- Listen to ancient stories about the constellations around the campfire
- Activities and games
- Warm up with hot chocolate

*Canceled if rain or snowing.*

**\$10 per person (Registration required)**  
(Sales end November 14 at 11:59 p.m.)

Turner Farm Park  
925 Springvale Road, Great Falls

Register online at  
[www.fairfaxcounty.gov/parks/turnerfarm](http://www.fairfaxcounty.gov/parks/turnerfarm)



## Scouts

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



Complete most or all requirements to earn your scout badges with Fairfax County Parks. Programs are offered at Rec Centers, nature centers and historic sites. Some sites offer flexible scheduling for programs by request. To inquire please contact the site directly or complete a program request form on our scouting main page. Early registration discount and out-of-county fees do not apply.



BSA Scouts are required by Scouting BSA to bring a blue card signed by their Scoutmaster to any merit badge program. Scouts are encouraged to have completed all prework before the start of class.

Pre-work and program details available at [www.fairfaxcounty.gov/parks/scouts](http://www.fairfaxcounty.gov/parks/scouts). Scouts unable to complete all requirements may receive partial credit from their merit badge counselor.



## Girl Scout Programs

### Daisy Girl Scouts (5-7 yrs.)

#### Make the World a Better Place

##### 1--1 hour lesson

Location	Day	Time	Code	Date	\$
LkAccontPk	Sa	1pm	538.M5V3	9/13	\$7

#### Outdoor Art Maker

##### 1--1 hour lesson includes supplies

Location	Day	Time	Code	Date	\$
HiddenOaks	Th	10am	437.IQYX	10/2	\$9
HuntMdws	Su	1pm	437.Z7CV	10/26	\$9

#### Space Science Explorer

##### 1--1 hour lesson

Location	Day	Time	Code	Date	\$
Riverbend Pk	Sa	6:30pm	A15.C1Y7	11/8	\$7

#### Using Resources Wisely

##### 1--1 hour lesson

Location	Day	Time	Code	Date	\$
ECLawncePk	Sa	10am	057.TKCV	9/27	\$7

### Brownie Girl Scouts (7-9 yrs.)

#### Brownie Scout Badge Workshop

(6-10 yrs.) Join us for this all-day Brownie Girl Scout badge workshop. Hike along our trails, make crafts, play games, meet our resident animals and earn up to 5 different badges in one day. Badges covered are Hiker, Senses, Outdoor Adventurer, Outdoor Art Creator and Letterboxing. Please bring water and pack a lunch. Badges are included in the price.

##### 1--6 hour lesson

Location	Day	Time	Code	Date	\$
Riverbend Pk	Sa	10am	FET.FMAW	10/11	\$60

### Bugs Naturalist

#### 1--1 hour 30 minute lesson

Location	Day	Time	Code	Date	\$
HuntMdws	Th	3:30pm	315.YPT1	10/16	\$11

### Craft & Tinker

#### 1--1 hour 30 minute lesson includes supplies

Location	Day	Time	Code	Date	\$
Sully	Su	1:30pm	C2D.VF60	10/12	\$13

### Hiker

#### 1--1 hour 30 minute lesson

Location	Day	Time	Code	Date	\$
LkAccontPk	Sa	2pm	D64.44CD	10/11	\$11

### Home Scientist

#### 1--2 hour lesson includes supplies

Location	Day	Time	Code	Date	\$
ColvinRunMill	T	2:30pm	D35.7W0E	9/23	\$16

### Outdoor Adventurer

#### 1--1 hour 30 minute lesson

Location	Day	Time	Code	Date	\$
LkFairfaxPk	Sa	12:30pm	4E6.AWHK	9/13	\$11

### Outdoor Art Creator

#### 1--2 hour lesson includes supplies

Location	Day	Time	Code	Date	\$
HiddenOaks	Sa	10am	E0F.SU9E	10/4	\$16

### Space Science Adventurer

#### 1--1 hour 30 minute lesson

Location	Day	Time	Code	Date	\$
HiddenOaks	Su	7:30pm	608.IQLK	9/7	\$11
Riverbend Pk	Sa	6:30pm	608.2RZV	11/22	\$11

### Trail Adventure

#### 1--1 hour lesson includes supplies

Location	Day	Time	Code	Date	\$
LkAccontPk	Su	3pm	UDU.UZ5A	9/21	\$9

### Junior Girl Scouts (9-11 yrs.)

#### Animal Habitats

##### 1--1 hour 30 minute lesson

Location	Day	Time	Code	Date	\$
ECLawncePk	Sa	10am	4C3.05HH	9/20	\$11
LkFairfaxPk	Sa	10:30am	4C3.GNYY	9/27	\$11
LkAccontPk	Sa	1pm	4C3.1TTT	11/1	\$11
LkFairfaxPk	Sa	2pm	4C3.8DPU	11/1	\$11

#### Detective

##### 1--1 hour 30 minute lesson

Location	Day	Time	Code	Date	\$
Sully	Su	1:30pm	DB7.97T8	9/14	\$11

#### Flowers

##### 1--2 hour lesson

Location	Day	Time	Code	Date	\$
Riverbend Pk	Su	1pm	673.T0J7	9/7	\$14

#### Geocacher

##### 1--2 hour lesson

Location	Day	Time	Code	Date	\$
LkFairfaxPk	Su	10am	1E4.NG77	9/28	\$14
LkFairfaxPk	Sa	3:30pm	1E4.XI8G	10/18	\$14
LkFairfaxPk	Sa	2pm	1E4.WSF5	11/15	\$14





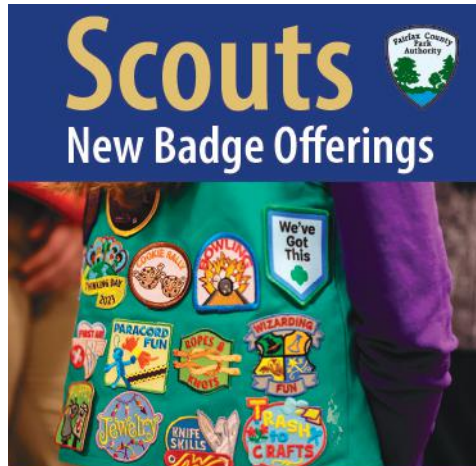
## Junior Scout Badge Workshop

(6-12 yrs.) Join us for this all-day Junior Girl Scout badge workshop. Hike along our trails, make crafts, play games, meet our resident animals and earn up to 5 different badges in one day. Badges covered in program are Animal Habitats, Outdoor Art Explorer, Geocacher, Eco Camper and Flowers. Please bring water and pack a lunch. Badges are included in the price.

1--6 hour lesson					
Location	Day	Time	Code	Date	\$
Riverbend Pk	Su	10am	0CC.KJ3Z	10/12	\$60

## Outdoor Art Explorer

1--2 hour program includes supplies					
Location	Day	Time	Code	Date	\$
HiddenOaks	Sa	10am	1EE.PSEA	10/25	\$16



## GIRL SCOUT SPECIALTY BADGES:

- Dark Sky Patch (badge included, All levels)
- Sun Safety Patch (Daisy & Brownie)
- Fishing Fun Patch (Junior & Cadettes)
- Climate Challenge (Daisies, Brownies & Juniors)

## OTHER GIRL SCOUT BADGES:

- Create and Innovate (Brownie)
- Science in Nature (All levels)
- STEM Career Exploration (Cadette)
- Think Like a Citizen Scientist (All levels)
- Craft and Tinker (Brownie & Junior)
- Woodworker (Cadette)

## CUB SCOUTS BADGE PROGRAMS:

- A Bear Goes Fishing (Bears)
- Baloo the Builder (Bears)
- Champions for Nature (Bears & Webelos)
- Digging in the Past (Wolf)
- Earth Rocks (Webelos)
- Gizmos and Gadgets (Lions)
- Paws for Action (Bears)
- Paws on the Path (Wolf)
- Sky is the Limit (Lions)
- Super Science (Bears)

\*Not all badges offered at each site. Program details vary depending on location. Badges not included, unless otherwise stated. See Scouting main page for more information and to submit your request.

[www.fairfaxcounty.gov/parks/scouts](http://www.fairfaxcounty.gov/parks/scouts)

## Playing the Past

1--1 hour 30 minute lesson					
Location	Day	Time	Code	Date	\$
ColvinRunMill	M	2:30pm	87E.W5ZC	10/13	\$11

## Trail Adventure

1--1 hour lesson includes supplies					
Location	Day	Time	Code	Date	\$
LkAccontkPk	Sa	3pm	R41.ZPXP	10/25	\$9

## Cadette Girl Scouts (11-14 yrs.)

### Night Owl

1--2 hour lesson					
Location	Day	Time	Code	Date	\$
BurkeLakePk	F	7:30pm	F93.SG8C	10/17	\$14

### Start Your Journey-Breathe

1--2 hour lesson					
Location	Day	Time	Code	Date	\$
LkFairfaxPk	Sa	3pm	340.8WHB	9/13	\$14

### Trees Naturalist

1--2 hour lesson					
Location	Day	Time	Code	Date	\$
Riverbend Pk	Su	10am	BB6.METQ	10/26	\$14

### Woodworker

1--1 hour 30 minute lesson includes supplies					
Location	Day	Time	Code	Date	\$
ColvinRunMill	Th	12pm	7D9.1HPP	10/2	\$13

## Senior Girl Scouts (14-18 yrs.)

### Start Your Journey-Sow What?

1--3 hour lesson					
Location	Day	Time	Code	Date	\$
Riverbend Pk	Su	1pm	6A3.QTB4	9/21	\$21

## Speciality Scout Programs

### Campfire Safety for Girl Scouts

(5-Adult) Learn how to safely build and enjoy a campfire, learn fire safety skills and receive the Smokey Bear Pledge certificate. Enjoy a brief woodland walk and toast marshmallows. Children must be accompanied by adult.

1--1 hour campfire					
Location	Day	Time	Code	Date	\$
LkAccontkPk	Sa	4pm	AC7.L5CP	10/11	\$10
LkAccontkPk	Sa	4pm	AC7.R8RL	11/1	\$10

### Dark Sky Patch - Daisy & Brownie

(5-9 yrs.) This patch will help you understand the importance of dark skies and how you can protect this resource. You will learn about light pollution, see the effect of light pollution yourself, learn how you can make changes to reduce light pollution, and share what you have learned with others. This program was made possible by support from the Fairfax County Park Foundation. Patch included.

1--1 hour 30 minute lesson					
Location	Day	Time	Code	Date	\$
ECLawrencePk	F	6pm	5ZY.U086	10/24	\$11
Riverbend Pk	Sa	6:30pm	5ZY.DT00	11/1	\$11
LkAccontkPk	Sa	5pm	5ZY.K2YP	11/8	\$11

## Girl Scout STEM Outdoors Charm Patch

(7-12 yrs.) Experience STEM in the outdoors at your local park! Explore different habitats and learn about the wildlife that call Riverbend park its home. Learn how everything is connected and how to be stewards of the natural world. Earn up to six charms that will attach to a fun patch for the back of your vest. Charms and patch included in the price. Please bring a water bottle and pack a lunch.

1--6 hour lesson					
Location	Day	Time	Code	Date	\$
Riverbend Pk	M	10am	2ST.ENYZ	10/20	\$60

## Sun Safety Patch - Daisy & Brownie

(5-9 yrs.) This patch will help you understand the importance of protecting your skin from the sun's UV rays. Through different games and activities, you will learn how you can protect yourself from the sun's harmful rays and how you can be a sun safety advocate. This class meets all the requirements to earn the Sun Safety Patch, but does not include a physical patch.

1--1 hour 30 minute lesson					
Location	Day	Time	Code	Date	\$
LkAccontkPk	Su	1pm	93A.ETEH	9/21	\$11
LkAccontkPk	Sa	1pm	93A.PJCF	10/25	\$11

## BSA Scout Programs

### Cub Scout Lion (5-6 yrs.)

#### Gizmos and Gadgets - Lion Electives

1--1 hour lesson includes supplies					
Location	Day	Time	Code	Date	\$
ColvinRunMill	Su	3pm	817.RWLY	9/7	\$9

### Cub Scout Tiger (6-7 yrs.)

#### Tigers in the Wild-Tiger Adventure

1--1 hour 30 minute lesson					
Location	Day	Time	Code	Date	\$
HiddenOaks	T	10am	CC3.3U11	11/11	\$13

### Cub Scout Bear (8-9 yrs.)

#### Baloo the Builder - Bear Elective

1--1 hour lesson includes supplies					
Location	Day	Time	Code	Date	\$
ColvinRunMill	Th	10am	AB4.33BR	10/2	\$9

### Merit Badges (11-17 yrs.)

#### Animal Science

1--2 hour Merit Badge					
Location	Day	Time	Code	Date	\$
Frying Pan Pk	W	4pm	647.HMRB	10/1	\$24

#### Archery

1--6 hour Merit Badge					
Location	Day	Time	Code	Date	\$
BurkeLakePk	Sa	10am	A9F.FIL5	9/27	\$96
BurkeLakePk	Sa	10am	A9F.WWPS	10/18	\$96
BurkeLakePk	Sa	10am	A9F.IGWS	11/15	\$96

#### Astronomy

1--4 hour Merit Badge					
Location	Day	Time	Code	Date	\$
TurnerFarmPk	Sa	4:30pm	2FE.QIHE	11/29	\$48





### Bird Study

1--4 hour Merit Badge					
Location	Day	Time	Code	Date	\$
HiddenOaks	Sa	8:30am	BCB.Y000	11/1	\$48

### Camping

1--5 hour Merit Badge					
Location	Day	Time	Code	Date	\$
LkFairfaxPk	Su	9am	642.J90J	10/19	\$60
Riverbend Pk	M	11am	642.B7S9	11/3	\$60
LkFairfaxPk	Su	9am	642.SEE0	11/23	\$60

### Citizenship in the Community

1--4 hour Merit Badge					
Location	Day	Time	Code	Date	\$
HiddenOaks	Sa	8:30am	FE0.DGOR	10/11	\$48
ColvinRunMill	M	9am	FE0.NMO2	10/13	\$48
Sully	Sa	11am	FE0.J2K8	11/1	\$48
Riverbend Pk	Su	10am	FE0.JPU4	11/9	\$48
HiddenOaks	M	8:30am	FE0.EEER	11/3	\$48

### Citizenship in the Nation

1--4 hour Merit Badge					
Location	Day	Time	Code	Date	\$
ColvinRunMill	T	9am	38A.CXGC	9/23	\$48
Sully	Sa	11am	38A.S9EO	10/11	\$48
HiddenOaks	Sa	1pm	38A.0MK1	10/11	\$48
HistHuntley	T	10am	38A.3HZL	10/21	\$48
HiddenOaks	M	1pm	38A.16S9	11/3	\$48
Riverbend Pk	Su	10am	38A.F0SB	11/30	\$48

### Citizenship in the World

1--5 hour Merit Badge					
Location	Day	Time	Code	Date	\$
HiddenOaks	Su	1pm	DDB.AJ7H	10/12	\$60
HuntMdws	T	10am	DDB.S3NI	11/11	\$60
HiddenOaks	T	12pm	DDB.D28A	11/4	\$60

### Coin Collecting

1--4 hour Merit Badge					
Location	Day	Time	Code	Date	\$
Sully	Su	11am	80W.WPD2	10/12	\$48

### Communication

1--4 hour Merit Badge					
Location	Day	Time	Code	Date	\$
HiddenOaks	M	1pm	5BE.EATQ	10/13	\$48
Riverbend Pk	Su	12pm	5BE.V9B2	11/2	\$48

### Disabilities Awareness

1--4 hour Merit Badge					
Location	Day	Time	Code	Date	\$
HiddenOaks	Su	1pm	9F8.9ZZH	9/21	\$48

### Environmental Science

1--5 hour Merit Badge					
Location	Day	Time	Code	Date	\$
ECLawrncePk	Su	12pm	FFA.LQA8	9/14	\$60
LkFairfaxPk	Su	9am	FFA.DHU2	10/12	\$60
Riverbend Pk	M	11am	FFA.V85X	10/13	\$60
HuntMdws	Sa	10am	FFA.JMDL	10/18	\$60

### Fingerprinting & Crime Prevention

1--4 hour Merit Badge					
Location	Day	Time	Code	Date	\$
HiddenOaks	T	9am	WYM.FJ6D	10/21	\$48

### Fishing

1--3 hour Merit Badge					
Location	Day	Time	Code	Date	\$
Riverbend Pk	Su	9am	CEE.OBFZ	9/7	\$45

### Forestry

1--4 hour Merit Badge					
Location	Day	Time	Code	Date	\$
CubRunREC	M	12pm	BDE.XQ5B	9/29	\$48
Riverbend Pk	Su	1pm	BDE.PHM9	10/26	\$48

### Geocaching

1--4 hour Merit Badge					
Location	Day	Time	Code	Date	\$
Riverbend Pk	Su	1pm	464.I2SL	10/5	\$48

### Geology

1--4 hour Merit Badge					
Location	Day	Time	Code	Date	\$
CubRunREC	F	12pm	5E3.Z8NX	11/7	\$48

### Indian Lore

1--4 hour Merit Badge					
Location	Day	Time	Code	Date	\$
HiddenOaks	Sa	1pm	0CD.CAKE	11/22	\$48

### Insect Study

1--4 hour Merit Badge					
Location	Day	Time	Code	Date	\$
Riverbend Pk	Sa	10am	02F.1JBS	9/6	\$48

### Mammal Study

1--2 hour Merit Badge					
Location	Day	Time	Code	Date	\$
ECLawrncePk	Sa	1pm	160.0LFD	9/27	\$24

### Oceanography

1--4 hour Merit Badge					
Location	Day	Time	Code	Date	\$
CubRunREC	M	12pm	A5E.QQ7V	10/6	\$48

### Sustainability

1--4 hour Merit Badge					
Location	Day	Time	Code	Date	\$
LkFairfaxPk	Su	9am	435.P1L2	11/2	\$48
HuntMdws	Sa	10am	435.GXNS	11/22	\$48

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## Sports and Leagues

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



Golf facilities, classes and tournaments are listed in the Golf section.

### Agility & Strength

**(10-14 yrs.)** In this program young athletes improve strength training using resistance and body weight while learning nutrition basics.

**CSVA 6--55 minute lessons--\$114**

Location	Day	Time	Code	Begin	\$
MtVern REC	Sa	4pm	BZA.CH9K	9/6	CSVA
MtVernREC	Sa	4pm	BZA.TCH6	10/18	CSVA

### Speed, Agility & Quickness

Elevate your game to the next level with workouts geared to make you a better athlete in any sport. A combination of drills and competitions increases strength, endurance, agility, acceleration, speed, lateral and vertical movement. Focus is on cross-sport movements.

**CSVA 6--55 minute lessons--\$114**

Location	Day	Time	Code	Begin	\$
<b>(9-12 yrs.)</b>					
MtVern REC	Sa	2pm	9X5.UU4G	9/6	CSVA
MtVernREC	Sa	2pm	9X5.JGL7	10/18	CSVA
<b>(13-18 yrs.)</b>					
MtVern REC	Sa	3pm	WRK.2A2L	9/6	CSVA
MtVernREC	Sa	3pm	WRK.QFVF	10/18	CSVA

### Beginning Athletes

**(6-8 yrs.)** In this high-energy class, kids are introduced to a variety of sports and activities each week including soccer, basketball and flag football.

**CSVR 7--55 minute lessons--\$135**

Location	Day	Time	Code	Begin	\$
SoRunREC	W	5:45pm	FOZ.RSRD	9/17	CSVR

### Archery I

Learn archery basics following the 11 Steps of Success taught in the USA Archery National Training System. Determine your dominate eye, develop your technique using a string bow, and practice international style target shooting using a recurve bow and a compound bow.

**4SD 5--55 minute lessons--\$86**

Location	Day	Time	Code	Begin	\$
<b>(9-15 yrs.)</b>					
Burke Lake Pk	W	4:30pm	E27.XTJ2	9/10	4SD
<b>(13-Adult)</b>					
Burke Lake Pk	F	5:30pm	F74.AROU	9/12	4SD

### Archery II

Prerequisite: Archery I or equivalent.

**4SD 5--55 minute lessons--\$86**

Location	Day	Time	Code	Begin	\$
<b>(9-12 yrs.)</b>					
Burke Lake Pk	Th	4:30pm	E59.2RHZ	9/11	4SD
<b>(13-Adult)</b>					
Burke Lake Pk	Th	4:30pm	80A.30G0	9/11	4SD



### Family Archery

**(9-Adult)** Learn archery basics following the 11 Steps of Success taught in the USA Archery National Training System. Determine your dominate eye, develop your technique using a string bow, and practice international style target shooting using a recurve bow and a compound bow. This class is designed for parents to learn archery alongside their children, and each person needs to register.

**4SD 5--55 minute lessons--\$86**

Location	Day	Time	Code	Begin	\$
Burke Lake Pk	W	5:30pm	CN8.CYUG	9/10	4SD
Burke Lake Pk	F	4:30pm	CN8.WBKN	9/12	4SD

### Baseball I

**(6-12 yrs.)** This class teaches basic skills and game rules. Scrimmages give you experience preparing for league teams. Participants need to bring their own glove.

**DSV1 8--55 minute lessons--\$160**

**DSVF 8--55 minute lessons--\$155**

Location	Day	Time	Code	Begin	\$
Franconia Rec	Sa	2:30pm	DDF.FDA3	9/13	DSV1
Wkfld/Moore	Sa	2pm	DDF.KNNH	9/13	DSV1
Wkfld/Moore	Sa	11am	DDF.YQDR	9/13	DSVF
Wkfld/Moore	Su	11am	DDF.APEO	9/14	DSVF

### Intro to Basketball

**(5-6 yrs.)** This beginner program for those new to the sport or with limited experience focuses on building a strong foundation in essential basketball skills to include basic right hand and left-hand dribbling (stationary and with movement), basic passing, triple threat position, basic shooting form and follow through, rules of basketball, and basic basketball terminology.

**4SA 10--55 minute lessons--\$176**

Location	Day	Time	Code	Begin	\$
Franconia Rec	Su	1pm	9ML.40G5	9/14	4SA

### Basketball I

Children learn basketball skills and techniques including passing, shooting, dribbling and other fundamentals. Class includes scrimmages to reinforce teamwork. Classes at Providence meet outdoors.

**4SA 10--55 minute lessons--\$176**

**4SM 8--55 minute lessons--\$140**

**DSV1 8--55 minute lessons--\$160**

**DSVF 8--55 minute lessons--\$155**

**DSVK 10--55 minute lessons--\$171**

**DSVR 10--55 minute lessons--\$202**

Location	Day	Time	Code	Begin	\$
<b>(6-8 yrs.)</b>					
BelleVw ES	Sa	10:30am	0F7.1MQ9	9/13	DSV1
Flint HL ES	Su	9:50am	0F7.9MPR	9/14	DSVF
Franconia Rec	Sa	10:30am	0F7.985B	9/13	DSVK
Franconia Rec	Su	9:30am	0F7.Z57M	9/14	DSVK
Oakton ES	Sa	11am	0F7.LI6J	9/13	4SM
Orng Hnt ES	Sa	10am	0F7.1T1P	9/13	DSV1
SpHillREC	F	5:30pm	0F7.IP5M	9/6	DSVR
SpHillREC	Sa	11am	0F7.FVFW	9/6	4SA
SpHillREC	Th	6pm	0F7.LU9V	9/11	4SA
Sully CommCtr	F	5pm	0F7.23ZC	9/5	DSV1
Sully CommCtr	Su	2pm	0F7.4LLS	9/7	DSV1
Sully CommCtr	W	6pm	0F7.S1KS	9/10	DSV1
Wkfld/Moore	Sa	11am	0F7.YBEB	9/13	4SA
Wkfld/Moore	M	6:30pm	0F7.QB59	9/15	DSVR
Wkfld/Moore	Th	5:30pm	0F7.IAVR	9/18	DSV1

### (8-10 yrs.)

BelleVw ES	Sa	10:30am	134.4E4L	9/13	DSV1
Flint HL ES	Su	10:50am	134.VQ7E	9/14	DSVF
Franconia Rec	M	5:30pm	134.TXAZ	9/15	DSVK
Orng Hnt ES	Sa	11am	134.HC2G	9/13	DSV1
SpHillREC	Sa	12pm	134.4MLD	9/6	4SA
SpHillREC	Th	7pm	134.C5J3	9/11	4SA
SpHillREC	F	7:30pm	134.0GGG	9/12	DSVR
Sully CommCtr	Su	3pm	134.00WW	9/7	DSV1
Sully CommCtr	W	7pm	134.LCST	9/10	DSV1
Wkfld/Moore	M	7:30pm	134.LA57	9/15	DSVR
Wkfld/Moore	Th	6:30pm	134.B5IF	9/18	DSV1

### (11-13 yrs.)

SpHillREC	Sa	1pm	188.GXCU	9/6	4SA
Sully CommCtr	F	6pm	188.LH1V	9/5	DSV1
Wkfld/Moore	Sa	1pm	188.98M3	9/13	4SA
Wkfld/Moore	Su	1:30pm	188.97ZB	9/14	4SA
Wkfld/Moore	Th	7:30pm	188.3RLY	9/18	DSV1

### Basketball II

Learn a variety of offensive and defensive strategies in this intermediate class.

**4SA 10--55 minute lessons--\$176**

**4SM 8--55 minute lessons--\$140**

**DSVF 8--55 minute lessons--\$155**

**DSV1 8--55 minute lessons--\$160**

Location	Day	Time	Code	Begin	\$
<b>(6-8 yrs.)</b>					
BelleVw ES	Sa	9am	Z8E.GTDH	9/14	DSV1
SpHillREC	Su	12pm	Z8E.OK3B	9/7	4SA
Franconia Rec	Su	2pm	JP5.BVBS	9/14	4SA
<b>(8-10 yrs.)</b>					
BelleVw ES	Su	10am	919.TLL9	9/14	DSV1
Flint HL ES	Su	11:50am	919.YCCS	9/14	DSVF
SpHillREC	Sa	1pm	919.Q2EX	9/6	4SA
SpHillREC	T	5pm	919.ZRNE	9/9	4SA
Franconia Rec	Su	3pm	JB8.2SGP	9/14	4SA
<b>(10-12 yrs.)</b>					
BelleVw ES	Su	10am	680.EKWU	9/14	DSV1
Oakton ES	Sa	12pm	680.MJ8R	9/13	4SM
Wkfld/Moore	Sa	12pm	680.G8G5	9/13	4SA



**Basketball III**

Learn to move without the basketball on offense. Practice different defensive and offensive sets in this advanced class.

4SA 10--55 minute lessons--\$176 DSV1 8--55 minute lessons--\$160						
Location	Day	Time	Code	Begin	\$	
(8-10 yrs.)						
Franconia Rec	Su	4pm	M6H.RC52	9/14	4SA	
(8-12 yrs.)						
SpHillREC	T	7pm	988.Y46M	9/9	4SA	
BelleVe ES	Su	11am	988.TTHI	9/14	DSV1	
(10-12 yrs.)						
Franconia Rec	Su	5pm	4AU.BIDG	9/14	4SA	
(12-14 yrs.)						
BelleVw ES	Su	12pm	94C.34XX	9/14	DSV1	
Wkfld/Moore	Sa	2pm	94C.ZZET	9/13	4SA	

**Basketball Handling Skills**

This class introduces and focuses on foundational dribbling and ball handling skills which are reinforced through drills.

4SA 10--55 minute lessons--\$176					
Location	Day	Time	Code	Begin	\$
(5-6 yrs.)					
Franconia Rec	T	6pm	RRM.C2X9	9/16	4SA
(6-8 yrs.)					
Franconia Rec	Th	6pm	NUT.9FS8	9/18	4SA

**Basketball Shooting Clinic**

**(10-16 yrs.)** Shooting is the most essential skill in basketball. With modern offenses geared towards five perimeter players, shooting has become paramount on all teams at all levels. Focus will be on reworking shooting mechanics for maximum accuracy, developing a lightning-quick release and discovering the mindset and training required to become a better shooter.

DSVU 4--1 hour 25 minute lessons--\$117						
Location	Day	Time	Code	Begin	\$	
Wkfld/Moore	Su	12pm	3LV.8RDQ	9/14	DSVU	
Wkfld/Moore	Su	12pm	3LV.PSBJ	10/19	DSVU	

**Basketball Shooting Fundamentals I**

Focus of this class is on proper shooting form and body mechanics. Drills will refine shooting techniques and consistency.

4SA 10--55 minute lessons--\$176					
Location	Day	Time	Code	Begin	\$
(6-8 yrs.)					
Franconia Rec	T	7pm	WVR.UQ38	9/16	4SA
(8-10 yrs.)					
Franconia Rec	Th	7pm	S3J.UZ4Y	9/18	4SA

**Basketball Shooting Fundamentals II**

**(10-12 yrs.)** Class focus is on refining basketball shooting techniques and consistency through drills and game situation shots.

4SA 10--55 minute lessons--\$176						
Location	Day	Time	Code	Begin	\$	
Franconia Rec	Th	8pm	WVE.1D8U	9/18	4SA	

**Basketball Training/Girls**

**MORE CLASSES ONLINE:**  
[www.fairfaxcounty.gov/parks/parktakes](http://www.fairfaxcounty.gov/parks/parktakes)

**(8-12 yrs.)** Students learn basketball skills and techniques including passing, shooting, dribbling and other fundamentals. Class includes scrimmages to reinforce teamwork.

4SA 10--55 minute lessons--\$176						
Location	Day	Time	Code	Begin	\$	
SpHillREC	Su	11am	924.773D	9/7	4SA	

**Basketball Training/Girls II**

**(11-14 yrs.)** Prerequisite: Level I or equivalent. Students learn advanced skills as well as offensive and defensive strategies. Class includes scrimmages to reinforce teamwork.

4SA 10--55 minute lessons--\$176						
Location	Day	Time	Code	Begin	\$	
SpHillREC	Su	10am	SX4.0INE	9/7	4SA	
SpHillREC	T	6pm	SX4.HQ28	9/9	4SA	

**Coach Rich's Co-ed 3-on-3 Basketball League**

**(7-13 yrs. Co-ed)** 3-on-3 basketball is a great format for incorporating multiple skills and ensuring players are involved in every phase of the game. Games will be played on Saturdays. The number registered will determine the schedule, approximately 40 minutes of game play each week. Upon registration, you will be contacted with further information regarding schedules and important dates. There is no need for parent volunteers and no weekly practices. The fee includes one evaluation session and nine games.

DSV9 10--2 hour 15 minute lessons--\$207						
Location	Day	Time	Code	Begin	\$	
Franconia Rec	Sa	12pm	CD5.EF2F	9/20	DSV9	

**Co-ed Basketball League**

These U6 and U7 league introduce students to basketball and teach them the rules and basic game fundamentals. Fee includes uniform shirt.

DSV2 8--55 minute lessons--\$207 DSVW 10--55 minute lessons--\$259						
Location	Day	Time	Code	Begin	\$	

**(5-6 yrs.)**

SpHillREC Sa 9am 086.F9DR 9/6 DSV2

**(6-7 yrs.)**

SpHillREC Sa 10am 403.HFMM 9/6 DSV2

Wkfld/Moore Su 11am 403.VP04 9/14 DSVW

**Game Time Basketball**

**(5-6 yrs.)** This U6 league introduces 5- and 6-year-olds to basketball and teaches them the rules and basic game fundamentals.

DSVK 10--55 minute lessons--\$171						
Location	Day	Time	Code	Begin	\$	
Franconia Rec	F	5:30pm	A55.2QU3	9/19	DSVK	

**Game Time Basketball**

This co-ed class is a perfect complement to skill-building basketball classes and camps and focuses on core team concepts, game strategies, and basketball fundamentals. Class incorporates full-court game play.

DSVK 10--55 minute lessons--\$171					
Location	Day	Time	Code	Begin	\$
(7-9 yrs.)					
Franconia Rec	F	6:30pm	097.EWXH	9/19	DSVK
(10-13 yrs.)					
Franconia Rec	F	7:30pm	45C.U2YF	9/19	DSVK

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# Sports and Leagues

## Sport Boxing

Students learn boxing fundamentals including punches, footwork and defensive techniques while increasing strength and stamina.

CSVW 6--55 minute lessons \$215					
Location	Day	Time	Code	Begin	\$
(8-12 yrs)					
MtVernREC	W	5:30pm	SN2.JGZE	9/24	CSVW
(13-Adult)					
MtVernREC	W	6:30pm	M6J.IZU1	9/24	CSVW

## Intro to Cheer & Dance I

(6-12 yrs.) Students learn basic skills, including motions, dance movements, routines and fun cheers while improving flexibility and team spirit. Wear comfortable clothing and athletic shoes.

4SA 10--55 minute lessons--\$176					
Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Th	6:15pm	EE4.2HSK	9/18	4SA

## Intro to Fencing

(8-Adult) Learn fencing basics such as proper footwork, attack-and-defense actions and basic strategy.

DSVM 8--1 hour 25 minute lessons--\$181					
Location	Day	Time	Code	Begin	\$
OakmontREC	F	5:30pm	217.NT79	9/19	DSVM

## Beginning Fencing

(9-13 yrs.) Known as the physical game of chess, fencing provides a physical and mental workout for students of all athletic abilities. This course primarily uses the foil, a light sport weapon, and introduces the sabre (modern equivalent of the cavalry sword) and

epee (modern equivalent of the rapier). An equipment fee of \$49 is payable at the first class.

DSVC 6--55 minute lessons--\$91					
Location	Day	Time	Code	Begin	\$
Wkfld/Moore	W	6pm	D7D.EPU5	9/17	DSVC

## Intermediate Fencing

(9-Adult) This class offers a continuation program for students who have completed the VAF Beginning Fencing class or have previous fencing experience. Students will learn and utilize advanced techniques and strategies, and be introduced to competitive bouts using electronic equipment. An equipment fee of \$49 is payable at first class.

CPVH 7--55 minute lessons--\$108					
DSVC 6--55 minute lessons--\$91					
Location	Day	Time	Code	Begin	\$
Wkfld/Moore	W	7pm	PZQ.EQUM	9/17	DSVC
Wkfld/Moore	Th	7pm	PZQ.C8IX	9/18	CPVH

## Intro to Sport Fencing

This class introduces students to the sport of Olympic fencing. 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--\$108					
Location	Day	Time	Code	Begin	\$
(8-14 yrs.)					
Wkfld/Moore	Sa	10am	TSB.PBDP	9/13	CPVH
Wkfld/Moore	Th	6pm	TSB.WOWX	9/18	CPVH
(14-Adult)					
Wkfld/Moore	Sa	11am	IAB.KCMJ	9/13	CPVH

## Flag Football

Students learn the fundamentals of football in an upbeat and engaging environment. Focus in on throwing, catching, and route running, as well as offensive and defensive positional techniques. Learn to compete in a positive sports environment while developing teamwork and sportsmanship.

4SA 10--55 minute lessons--\$176					
DSVR 10--55 minute lessons--\$202					
DSV1 8--55 minute lessons--\$160					
Location	Day	Time	Code	Begin	\$
(6-8 yrs.)					
BelleVw ES	Sa	1:30pm	2N0.H1XN	9/13	DSV1
Wkfld/Moore	Sa	11:15am	2N0.GDKJ	9/13	DSVR
Wkfld/Moore	Su	10am	2N0.60BQ	9/14	4SA
(8-11 yrs.)					
Wkfld/Moore	Su	11am	N49.00BU	9/14	4SA
Belle Vw ES	Sa	2:30pm	N49.LZ5C	9/13	DSV1
(12-14 yrs.)					
Belle Vw ES	Sa	11:30am	LED.U8G3	9/13	DSV1

## Gymnastics for Girls

(5-7 yrs.) Skill-oriented class includes strength work, conditioning, beam, bars, floor and vault.

DSVD 10--55 minute lessons--\$162					
DSVL 8--55 minute lessons--\$182					
DSVT 10--55 minute lessons--\$186					
Location	Day	Time	Code	Begin	\$
Franconia Rec	Su	10am	COF.EQG2	9/14	DSVD
SoRunREC	Su	1pm	COF.NLTG	9/14	DSVT
Wkfld/Moore	Sa	2:45pm	COF.NGH4	9/13	DSVL
Wkfld/Moore	T	5:50pm	COF.68IO	9/16	DSVL
Wkfld/Moore	W	5:30pm	COF.P6HN	9/17	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.

4SA 10--55 minute lessons--\$176					
DSVD 10--55 minute lessons--\$162					
DSVL 8--55 minute lessons--\$182					
DSVT 10--55 minute lessons--\$186					
Location	Day	Time	Code	Begin	\$
(6-9 yrs.)					
SoRunREC	Su	2pm	8D7.L3QJ	9/14	DSVT
Wkfld/Moore	Sa	3:45pm	8D7.R4KL	9/13	DSVL
Wkfld/Moore	T	6:50pm	8D7.AG4Y	9/16	DSVL
(6-12 yrs.)					
CubRunREC	M	6:15pm	JBN.6RV8	9/15	4SA
CubRunREC	T	6:45pm	JBN.Y619	9/16	4SA
CubRunREC	W	6:45pm	JBN.SNH7	9/17	4SA
Franconia Rec	Su	12pm	JBN.4GX1	9/14	DSVD
Sully CommCtr	Sa	1pm	JBN.K6DT	9/6	DSVL
Sully CommCtr	Sa	2pm	JBN.ESRA	9/6	DSVL
Sully CommCtr	Sa	12pm	JBN.4ERF	9/6	DSVL
Wkfld/Moore	W	6:30pm	JBN.7XQ2	9/17	DSVL

## Gymnastics II

(6-12 yrs.) Prerequisite: Gymnastics I.

DSVL 8--55 minute lessons--\$182					
Location	Day	Time	Code	Begin	\$
Wkfld/Moore	W	7:30pm	ZA4.R5RN	9/17	DSVL

## Lacrosse

Students develop lacrosse fundamentals including passing, catching, shooting and defensive positions.

# HALLOWEEN FUN RUNS



**Saturday, October 25**

**MONSTER MASH 5K DASH**  
Step up to this more challenging 5K course (Ages 8 and up)  
Time: 3:30 p.m. | Cost: \$25

**HALLOWEEN FUN RUN**  
Enjoy this short 1-mile course as a family (Ages 5 and up)  
Time: 3:35 p.m. | Cost: \$15

**SPOOKTACULAR TINY TOT TROT**  
All your little ghosts and goblins can join in this quick dash (Ages 2 to 4)  
Time: 4 p.m. | Cost: \$15

Bring the entire family for a spooktacular time at South Run Rec Center this Halloween. Come in your best costume. Enjoy music, games and sweet treats!



**SOUTH RUN REC CENTER**

[www.fairfaxcounty.gov/parks/reccenter/south-run](http://www.fairfaxcounty.gov/parks/reccenter/south-run)

SOUTH RUN REC CENTER  
7550 Reservation Drive, Springfield, Va.



Students must bring their own lacrosse stick, mouth-guard and water bottle.

### DSVT 10--55 minute lessons--\$186

Location	Day	Time	Code	Begin	\$
<b>(6-8 yrs.)</b>					
Wkfld/Moore	Sa	1:30pm	D48.R95G	9/13	DSVT
<b>(8-12 yrs.)</b>					
Wkfld/Moore	Sa	2:30pm	72D.RT4F	9/13	DSVT

### Pickleball 1

Pickleball is an easy-to-learn, mini tennis-like game that combines elements of tennis, badminton, table tennis and racquetball. In this indoor class students learn basic pickleball skills and how to play doubles while being active and improving fitness. Paddles and balls provided.

### 4SM 8--55 minute lessons--\$140

### BPV1 5--55 minute lessons--\$102

### DSP1 8--55 minute lessons--\$146

### DPV1 10--55 minute lessons--\$202

### DVP2 8--55 minute lessons--\$161

Location	Day	Time	Code	Begin	\$
<b>Indoor Classes (Adults)</b>					
Franconia Rec	T	9am	TTX.LDL5	9/16	4SM
Franconia Rec	Th	9am	TTX.5PBV	9/18	4SM
Franconia Rec	Su	1pm	B60.Q840	9/14	DPV1
SpHillREC	M	9am	B60.1GD2	9/8	DPV1
SpHillREC	W	9am	B60.FODG	9/10	DPV1
SpHillREC	Th	9am	B60.IVBT	9/11	DPV1
SpHillREC	Th	11am	B60.2MNV	9/11	DPV1
Sully CommCtr	Sa	6pm	B60.TSP4	9/6	DVP2
Sully CommCtr	Su	4pm	B60.KGKD	9/7	DVP2
Sully CommCtr	M	5:30pm	B60.OK5D	9/8	DVP2
Sully CommCtr	T	5pm	B60.8X9I	9/9	DVP2
Sully CommCtr	T	10:30am	B60.ZDBO	9/9	DVP2
Sully CommCtr	Su	4pm	B60.UOP3	11/2	BPV1
Sully CommCtr	T	10:30am	B60.O01I	11/4	BPV1
<b>Outdoor Classes (6-12 yrs.)</b>					
Cunn Pk ES	Th	5:30pm	UT4.A4KH	9/11	DVP2
Wkfld/Moore	Sa	10am	UT4.UV40	9/13	DVP2
<b>Outdoor Classes (Adults)</b>					
RndtreePk	Th	10am	J11.VFZN	9/18	DSP1
SoRunREC	Sa	7am	J11.R74A	9/13	DSP1
SoRunREC	M	9am	J11.J2NO	9/15	DSP1
SoRunREC	W	3:30pm	J11.3Z3M	9/17	DSP1
SoRunREC	Th	5:30pm	J11.J34M	9/18	DSP1
Wkfld/Moore	T	6pm	J11.RRLJ	9/16	DSP1
Wkfld/Moore	T	9:30am	J11.WJ9G	9/16	DSP1
Wkfld/Moore	W	8am	J11.J6T2	9/17	DSP1
Wkfld/Moore	Th	9:30am	J11.XZVS	9/18	DSP1
Cunn Pk ES	Sa	9:30am	DZV.BVL7	9/13	DVP2
Franconia Rec	Sa	9am	DZV.4BVO	9/13	DPV1
Franconia Rec	Th	5:30pm	DZV.FGMT	9/18	DPV1
Wkfld/Moore	W	6pm	DZV.FQCW	9/17	DVP2
Wkfld/Moore	Th	6pm	DZV.7HBH	9/18	DVP2
Wkfld/Moore	F	6pm	DZV.9DHS	9/19	DVP2

### Outdoor Classes (6-12 yrs.)

Cunn Pk ES	Th	5:30pm	UT4.A4KH	9/11	DVP2
Wkfld/Moore	Sa	10am	UT4.UV40	9/13	DVP2

### Outdoor Classes (Adults)

RndtreePk	Th	10am	J11.VFZN	9/18	DSP1
SoRunREC	Sa	7am	J11.R74A	9/13	DSP1
SoRunREC	M	9am	J11.J2NO	9/15	DSP1
SoRunREC	W	3:30pm	J11.3Z3M	9/17	DSP1
SoRunREC	Th	5:30pm	J11.J34M	9/18	DSP1
Wkfld/Moore	T	6pm	J11.RRLJ	9/16	DSP1
Wkfld/Moore	T	9:30am	J11.WJ9G	9/16	DSP1
Wkfld/Moore	W	8am	J11.J6T2	9/17	DSP1
Wkfld/Moore	Th	9:30am	J11.XZVS	9/18	DSP1
Cunn Pk ES	Sa	9:30am	DZV.BVL7	9/13	DVP2
Franconia Rec	Sa	9am	DZV.4BVO	9/13	DPV1
Franconia Rec	Th	5:30pm	DZV.FGMT	9/18	DPV1
Wkfld/Moore	W	6pm	DZV.FQCW	9/17	DVP2
Wkfld/Moore	Th	6pm	DZV.7HBH	9/18	DVP2
Wkfld/Moore	F	6pm	DZV.9DHS	9/19	DVP2

### Pickleball 1 Coached Play

(Adults) Participants rally with other players alongside a certified coach in this indoor program. Individuals benefit from varied play and timely coaching for boosting their pickleball game. Beginners focus on learning basic strokes and rules.

### DSP1 8--55 minute lessons--\$146

### DPV1 10--55 minute lessons--\$202

Location	Day	Time	Code	Begin	\$
<b>Indoor Classes</b>					
SpHillREC	M	11am	GD0.TTSK	9/8	DPV1
<b>Outdoor Classes</b>					
Wkfld/Moore	F	10am	W1M.06UQ	9/19	DSP1

### Pickleball 2

(Adults) Prerequisite: Pickleball I. This indoor class focuses on improving essential skills including dinks, volleys, forehands, backhands and the serve. Doubles strategy is introduced. Paddles and balls provided.

### 4SM 8--55 minute lessons--\$140

### BPV1 5--55 minute lessons--\$102

### DSP1 8--55 minute lessons--\$146

### DPV1 10--55 minute lessons--\$202

### DVP2 8--55 minute lessons--\$161

Location	Day	Time	Code	Begin	\$
<b>Indoor Classes</b>					
Franconia Rec	T	10am	REP.KQPX	9/16	4SM
Franconia Rec	Th	10am	REP.QQVP	9/18	4SM
Franconia Rec	Su	2pm	QJ3.5Z64	9/14	DPV1
SpHillREC	M	10am	QJ3.U4BY	9/8	DPV1
SpHillREC	W	10am	QJ3.61GR	9/10	DPV1
SpHillREC	W	11am	QJ3.7Z0B	9/10	DPV1
SpHillREC	Th	10am	QJ3.E2QI	9/11	DPV1
SpHillREC	F	9am	QJ3.DEQ4	9/12	DPV1
SpHillREC	F	11am	QJ3.SYY1	9/12	DPV1
Sully CommCtr	F	11am	QJ3.KPCS	9/5	DVP2
Sully CommCtr	Sa	5pm	QJ3.P4AO	9/6	DVP2
Sully CommCtr	Su	5pm	QJ3.D9Y3	9/7	DVP2
Sully CommCtr	M	6:30pm	QJ3.WKEG	9/8	DVP2
Sully CommCtr	T	6pm	QJ3.STPH	9/9	DVP2
Sully CommCtr	T	11:30am	QJ3.SHUV	9/9	DVP2
Sully CommCtr	Th	12pm	QJ3.BRA1	9/11	DVP2
Sully CommCtr	Su	5pm	QJ3.Q4SI	11/2	BPV1
Sully CommCtr	T	11:30am	QJ3.HDY7	11/4	BPV1
Sully CommCtr	Th	10am	QJ3.JB60	11/6	BPV1
Sully CommCtr	F	11am	QJ3.OIVK	11/7	BPV1
<b>Outdoor Classes</b>					
RndtreePk	W	10am	YB0.WRXC	9/17	DSP1
RndtreePk	Th	11am	YB0.30QG	9/18	DSP1
SoRunREC	Sa	8am	YB0.2LPC	9/13	DSP1

SoRunREC	M	10am	YB0.YJKP	9/15	DSP1
SoRunREC	W	4:30pm	YB0.4C5V	9/17	DSP1
SoRunREC	Th	6:30pm	YB0.JZ79	9/18	DSP1
Wkfld/Moore	T	7pm	YB0.A9U6	9/16	DSP1
Wkfld/Moore	T	10:30am	YB0.2N5N	9/16	DSP1
Wkfld/Moore	W	9am	YB0.92P8	9/17	DSP1
Wkfld/Moore	Th	10:30am	YB0.JEAM	9/18	DSP1
Cunn Pk ES	T	5:30pm	8RX.34HG	9/9	DVP2
Cunn Pk ES	Th	6:30pm	8RX.607Q	9/11	DVP2
Cunn Pk ES	Sa	10:30am	8RX.4BFO	9/13	DVP2
Franconia Rec	Sa	10am	8RX.4Q5C	9/13	DPV1
Franconia Rec	Th	6:30pm	8RX.6W9A	9/18	DPV1
Wkfld/Moore	W	7pm	8RX.RIBZ	9/17	DVP2
Wkfld/Moore	Th	7pm	8RX.9HP7	9/18	DVP2
Wkfld/Moore	F	7pm	8RX.18FV	9/19	DVP2

### Pickleball 2 Coached Play

(Adults) Prerequisite: Pickleball 2. Participants rally with other players alongside a certified coach in this indoor program. Students should know the basic strokes. Individuals benefit from varied play and timely coaching for boosting their pickleball game and fun with the focus on developing consistency.

### DPV1 10--55 minute lessons--\$202

### DSP1 8--55 minute lessons--\$146

### DSV1 8--55 minute lessons--\$160

### DSVR 10--55 minute lessons--\$202

Location	Day	Time	Code	Begin	\$
<b>Indoor Classes</b>					
Franconia Rec	Su	5pm	JAE.J520	9/14	DPV1
SpHillREC	M	12pm	JAE.CWWW	9/8	DSVR
<b>Outdoor Classes</b>					
RndtreePk	Th	12pm	OSC.TW56	9/18	DSV1
Wkfld/Moore	M	11am	OSC.VP5V	9/15	DSP1
Wkfld/Moore	W	12pm	OSC.V5M4	9/17	DSP1



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# Sports and Leagues

## Pickleball 3

**(Adults)** Prerequisite: Pickleball II. Class focuses on Doubles strategy and execution.

<b>4SM</b>	<b>8--55 minute lessons--\$140</b>
<b>BPV1</b>	<b>5--55 minute lessons--\$102</b>
<b>DPV1</b>	<b>10--55 minute lessons--\$202</b>
<b>DSP1</b>	<b>8--55 minute lessons--\$146</b>
<b>DVP2</b>	<b>8--55 minute lessons--\$161</b>

Location	Day	Time	Code	Begin	\$
<b>Indoor Classes</b>					
Franconia Rec	T	11am	NMX.6WAL	9/16	4SM
Franconia Rec	Su	3pm	UQP.Q67U	9/14	DPV1
SpHillREC	W	12pm	UQP.ZSFH	9/10	DPV1
SpHillREC	Th	12pm	UQP.VB3C	9/11	DPV1
SpHillREC	F	10am	UQP.OM5R	9/12	DPV1
SpHillREC	F	12pm	UQP.60B5	9/12	DPV1
Sully CommCtr	F	12pm	UQP.955A	9/5	DVP2
Sully CommCtr	Sa	4pm	UQP.6Q14	9/6	DVP2
Sully CommCtr	Su	7pm	UQP.CI8S	9/7	DVP2
Sully CommCtr	M	7:30pm	UQP.ZUV0	9/8	DVP2
Sully CommCtr	Th	11am	UQP.IFA5	9/11	DVP2
Sully CommCtr	Su	6pm	UQP.OLRP	11/2	BPV1
Sully CommCtr	Su	7pm	UQP.BCWY	11/2	BPV1
Sully CommCtr	Th	11am	UQP.WYRG	11/6	BPV1
Sully CommCtr	F	12pm	UQP.UF22	11/7	BPV1
<b>Outdoor Classes</b>					
RndtreePk	W	12pm	BON.KVD4	9/17	DSP1
Wkfld/Moore	M	10am	BON.ZYR3	9/15	DSP1
Wkfld/Moore	T	8pm	BON.EEMK	9/16	DSP1
Wkfld/Moore	T	11:30am	BON.XHTX	9/16	DSP1
Wkfld/Moore	W	10am	BON.BPIS	9/17	DSP1
Wkfld/Moore	W	11am	BON.BDVF	9/17	DSP1
Wkfld/Moore	Th	11:30am	BON.FEFK	9/18	DSP1
Cunn Pk ES	T	6:30pm	NUB.MQYU	9/9	DVP2

Cunn Pk ES	Th	7:30pm	NUB.SYMU	9/11	DVP2
Franconia Rec	Sa	11am	NUB.4ZVE	9/13	DPV1
Franconia Rec	Th	7:30pm	NUB.Y9SD	9/18	DPV1
Wkfld/Moore	W	8pm	NUB.WXSP	9/17	DVP2
Wkfld/Moore	Th	8pm	NUB.AOVK	9/18	DVP2
Wkfld/Moore	F	8pm	NUB.VWW1	9/19	DVP2

## Pickleball 3 Coached Play

**(Adults)** Prerequisite: Pickleball 3. Participants rally with other players alongside a certified coach in this indoor program. Individuals benefit from varied play and timely coaching for boosting their pickleball game and fun. Focus is on executing strokes with increasing consistency.

<b>4SM</b>	<b>8--55 minute lessons--\$140</b>
<b>DPV1</b>	<b>10--55 minute lessons--\$202</b>
<b>DSP1</b>	<b>8--55 minute lessons--\$146</b>
<b>DSVR</b>	<b>10--55 minute lessons--\$202</b>

Location	Day	Time	Code	Begin	\$
<b>Indoor Classes</b>					
Franconia Rec	Th	11am	S8A.EIN8	9/18	4SM
SpHillREC	M	1pm	20X.FQOM	9/8	DSVR
<b>Outdoor Classes</b>					
RndtreePk	W	11am	UZS.25B5	9/17	DSP1
Franconia Rec	Sa	8am	NJA.JQ20	9/13	DPV1

## Pickleball 4

**(Adults)** This advanced program is designed for players who have successfully completed Pickleball 3 and are confident with foundational skills. Key areas of focus include the third shot drop, maintaining control in the transition zone, mastering the dink shot, including its variations and both defensive and offensive styles. Enhance your ability to sustain medium-length dink rallies, hit effective lobs and overheads, and move

quickly to the non-volley zone when the opportunity arises. If you meet the 8 out of 10 skill proficiency required, this class is the perfect opportunity to push your game to new heights.

<b>BPV1</b>	<b>5--55 minute lessons--\$102</b>
<b>DPV1</b>	<b>10--55 minute lessons--\$202</b>
<b>DVP2</b>	<b>8--55 minute lessons--\$161</b>

Location	Day	Time	Code	Begin	\$
<b>Indoor Classes</b>					
CubRunREC	Su	6pm	1FL.TZED	9/7	DVP2
CubRunREC	Th	10am	1FL.V6AS	9/11	DVP2
CubRunREC	Th	10am	1FL.ETGY	11/6	BPV1
Franconia Rec	Su	4pm	1FL.N1P7	9/14	DPV1
<b>Outdoor Classes</b>					
Franconia Rec	Sa	12pm	8R2.NFJK	9/13	DPV1
Cunn Pk ES	T	7:30pm	8R2.VWQD	9/9	DPV2

## Outdoor Senior Pickleball I

**(65 yrs.+)** This outdoor, slower paced class focuses on basic pickleball skills and how to play doubles while being active and improving fitness. Paddles and balls provided.

<b>DVP2</b>	<b>8--55 minute lessons--\$161</b>
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Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Sa	11am	W14.EYOG	9/13	DVP2



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

Visit [www.fairfaxcounty.gov/parks/fifty-plus](http://www.fairfaxcounty.gov/parks/fifty-plus)



# JUNIOR GOLF FAIRFAX

**Introduce your teen or child to golf with these Golf Fairfax offerings:**

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- At designated times and courses
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- Supported by the Fairfax County Park Foundation

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**Outdoor Senior Pickleball II**

**(65 yrs.+)** Prerequisite: previous pickleball class or experience. This outdoor, slower paced class focuses on improving essential skills including dinks, volleys, forehands, backhands and the serve. Doubles strategy is introduced. Paddles and balls provided.

DVP2 8--55 minute lessons--\$161					
Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Sa	12pm	NGG.EBNW	9/13	DVP2

**Indoor Small Group Pickleball I**

**(15-Adult)** Bounce-Boom Racquet Sports uses innovative teaching techniques focused on eye tracking, movement and ball striking skills in a fun learning environment with a low student to instructor ratio. These key skills minimize errors, boost consistency and help you learn quicker. Level 1 players learn the fundamentals, scoring and develop a lifelong love of the game. Student-Instructor ratio 5:1.

CSV1 6--55 minute lessons--\$156					
Location	Day	Time	Code	Begin	\$
SphillREC	T	9am	BHK.6HDV	9/9	CSV1
SphillREC	T	9am	BHK.L4BP	11/4	CSV1

**Indoor Small Group Pickleball II**

**(15-Adult)** Bounce-Boom Racquet Sports uses innovative teaching techniques focused on eye tracking, movement and ball striking skills in a fun learning environment with a low student to instructor ratio. These key skills minimize errors, boost consistency and help you learn quicker. Level 2 players learn important match-play skills that will improve results in open play and tournaments. Student-Instructor ratio 5:1.

CSV1 6--55 minute lessons--\$140					
Location	Day	Time	Code	Begin	\$
SphillREC	T	10am	B3I.HOQE	9/9	CSV1
SphillREC	T	10am	B3I.TOZS	11/4	CSV1

**Indoor Small Group Pickleball III**

**(15-Adult)** Bounce-Boom Racquet Sports uses innovative teaching techniques focused on eye tracking, movement and ball striking skills in a fun learning environment with a low student to instructor ratio. These key skills minimize errors, boost consistency and help you learn quicker. Level 3 players will increase power and accuracy while learning advanced match-play techniques and tactics. Student-Instructor ratio 5:1.

CSVA 6--55 minute lessons--\$120					
Location	Day	Time	Code	Begin	\$
SphillREC	T	11am	3NO.F4UX	9/9	CSVA
SphillREC	T	11am	3NO.7JHQ	11/4	CSVA

**Outdoor Pickleball Round-Robin**

**(Adults)** Prerequisite: Pickleball 3. Players participate in ladder play with various partners. Focus is on making play fun and competitive.

DSP1 8--55 minute lessons--\$146					
Location	Day	Time	Code	Begin	\$
RndtreePk	Su	10am	ZTM.ONIK	9/14	DSP1
RndtreePk	W	6pm	ZTM.DOPL	9/17	DSP1
Wkfld/Moore	F	11am	ZTM.D8AE	9/19	DSP1

**Outdoor Pickleball Skills & Drills**

**(Adults)** In this outdoor class students focus on one skill per class, then play to reinforce that particular

technique. Students should have some pickleball experience.

DSP1 8--55 minute lessons--\$146					
DSV1 8--55 minute lessons--\$160					
Location	Day	Time	Code	Begin	\$
RndtreePk	Su	9am	VYE.2NSB	9/14	DSV1
RndtreePk	W	5pm	VYE.ATF7	9/17	DSV1
Wkfld/Moore	T	12pm	VYE.54I9	9/16	DSP1
Wkfld/Moore	Th	12pm	VYE.D78D	9/18	DSP1

**Ping Pong**

Students are introduced to ping pong grips, positions and basic strokes. Students practice exercises and games to improve hand-eye coordination. Students may bring their own paddles, or an official supply set is available for purchase from instructor for \$25.

DSVT 10--55 minute lessons--\$186					
Location	Day	Time	Code	Begin	\$
<b>(8-12 yrs.)</b>					
Wkfld/Moore	F	5pm	EB2.VQMD	9/19	DSVT
<b>(13-Adult)</b>					
Wkfld/Moore	F	6pm	UH9.5MKG	9/19	DSVT

**Running Club**

**(6-8 yrs.)** In this Kids in Motion co-ed class students run in groups with their peers while running activities, such as sharks and minnows, relay races and team racing competitions. Students run laps and track their distance or number of laps by picking up a popsicle stick at the completion of each lap and work towards running longer distances throughout the session.

DSVR 10--55 minute lessons--\$202					
Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Th	6pm	YA7.9TYE	9/18	DSVR

**Soccer I**

Basic instruction geared for beginning players. Emphasis is on soccer skill development including kicking, dribbling and goal-keeping. Bring shin guards and a soccer ball. Classes held at schools are indoors using soft soccer balls.

4SA 10--55 minute lessons--\$176					
CSVR 7--55 minute lessons--\$135					
DSV1 8--55 minute lessons--\$160					
Location	Day	Time	Code	Begin	\$
<b>(6-8 yrs.)</b>					
Franconia Rec	Sa	11am	29D.F4G6	9/6	4SA
Franconia Rec	Su	11am	29D.7V3K	9/7	4SA
LemonRd ES	Su	12pm	290.CWPk	9/14	4SA
LittleRn ES	Sa	11am	29D.WKLH	9/13	DSV1
SoRunREC	Sa	11am	29D.ZPWE	9/13	DSV1
SoRunREC	Su	11am	29D.CUWH	9/14	DSV1
SoRunREC	M	5pm	29D.GD4H	9/15	CSVR
SoRunREC	T	5:45pm	29D.LMIK	9/16	CSVR
SpringHI ES	Sa	3pm	29D.AFJQ	9/6	4SA
SpringHI ES	Sa	10am	29D.OCGM	9/6	4SA
SpringHI ES	Su	10am	29D.AXNQ	9/7	4SA
Sully CommCtr	Th	7pm	29D.4S2A	9/11	DSV1
Wkfld/Moore	Sa	10am	29D.SOLO	9/13	4SA
Wkfld/Moore	Su	10am	29D.IIVX	9/14	4SA
<b>(8-12 yrs.)</b>					
Franconia Rec	Sa	12pm	F64.SE61	9/6	4SA
Franconia Rec	Su	12pm	F64.8CA9	9/7	4SA
LemonRd ES	Su	1pm	F64.J9GJ	9/14	4SA
LittleRn ES	Sa	12pm	F64.XM8Q	9/13	DSV1
SoRunREC	Su	12pm	F64.UJWW	9/14	DSV1
SoRunREC	M	5:45pm	F64.WYGU	9/15	CSVR
SoRunREC	T	5:45pm	F64.YM39	9/16	CSVR
SpringHI ES	Sa	4pm	F64.1B10	9/6	4SA
SpringHI ES	Sa	12pm	F64.YZ3Q	9/6	4SA
SpringHI ES	Su	12pm	F64.SECI	9/7	4SA
Wkfld/Moore	Sa	11am	F64.PFL5	9/13	4SA
Wkfld/Moore	Su	11am	F64.1ZWV	9/14	4SA



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- Pee Wee Paddlers (3-7 years)
- Swimming for Children (6-12 years)
- Stroke Mechanics (6-15 years)
- Private and Small Group Lessons

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## Sports and Leagues

### Soccer II

Prerequisite: Soccer I. Bring shin guards and a soccer ball. Classes held at schools are indoors using soft soccer balls.

4SA 10--55 minute lessons--\$176					
Location	Day	Time	Code	Begin	\$
<b>(6-8 yrs.)</b>					
Franconia Rec	Sa	1pm	580.3MPF	9/6	4SA
Franconia Rec	Sa	3pm	580.4JW7	9/6	4SA
Franconia Rec	Su	1pm	580.YIAR	9/7	4SA
Franconia Rec	Su	3pm	580.V37B	9/7	4SA
LemonRd ES	Su	2pm	580.5TXE	9/14	DSV1
LittleRn ES	Sa	1pm	580.NL1Z	9/13	DSV1
SpringHl ES	Sa	2pm	580.RNLF	9/6	4SA
SpringHl ES	Su	2pm	580.5HYM	9/7	4SA
Wkfld/Moore	Sa	12pm	580.H7YY	9/13	4SA
<b>(8-12 yrs.)</b>					
Franconia Rec	Sa	2pm	DA0.B5NF	9/6	4SA
Franconia Rec	Sa	4pm	DA0.Y6EJ	9/6	4SA
Franconia Rec	Su	2pm	DA0.S8H5	9/7	4SA
Franconia Rec	Su	4pm	DA0.2PKE	9/7	4SA
LemonRd ES	Su	3pm	DA0.D0GW	9/14	4SA
LittleRn ES	Sa	1pm	DA0.ITGY	9/13	DSV1
SpringHl ES	Su	3pm	DA0.QMH9	9/7	4SA
SpringHl ES	Su	4pm	DA0.TWN5	9/7	4SA
Wkfld/Moore	Su	12pm	DA0.PRDT	9/14	4SA

### Indoor Soccer Clinic

Experience authentic indoor soccer training led by an experienced international Brazilian United coach. Enhance skills, including footwork, soccer techniques, tactics, physical abilities and mental sharpness. Methodology goes beyond soccer, promoting overall well-being, improving soft skills and developing core abilities.

DSVC 6--55 minute lessons--\$87					
Location	Day	Time	Code	Begin	\$
<b>(6-10 yrs.)</b>					
WSprngfd ES	Sa	10am	P60.RDJA	9/20	DSVC
WSprngfd ES	Sa	12pm	P60.HJ90	9/20	DSVC
<b>(11-14 yrs.)</b>					
WSprngfd ES	Sa	11am	XE8.MRXC	9/20	DSVC

### 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.

DSVC 6--55 minute lessons--\$87					
Location	Day	Time	Code	Begin	\$
<b>(6-8 yrs.)</b>					
MtVern REC	Sa	10am	FNH.35EE	9/20	DSVC
<b>(8-12 yrs.)</b>					
MtVern REC	Sa	11am	FTR.LGXD	9/20	DSVC
<b>(13-17 yrs.)</b>					
MtVern REC	Sa	12pm	BD!Q.OJLQ	9/20	DSVC

### T-Ball

**(5-7 yrs.)** Get a head start on the spring T-ball season. Skill development includes base running, hitting off tee, throwing and catching. Bring a baseball glove.

4SM 8--55 minute lessons--\$140					
DSV1 8--55 minute lessons--\$160					
DSVF 8--55 minute lessons--\$155					
Location	Day	Time	Code	Begin	\$
Belle Vw ES	Sa	12pm	3E1.W6VX	9/13	DSV1
Franconia Rec	Sa	1:30pm	3E1.W6VX	9/13	DSV1
Sully CommCtr	Su	10am	3E1.DOPP	9/7	4SM
Wkfld/Moore	Sa	1pm	3E1.SEIR	9/13	DSV1
Wkfld/Moore	Sa	10am	3E1.HW4E	9/13	DSVF
Wkfld/Moore	Su	10am	3E1.AXMJ	9/14	DSVF



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**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.

<b>4SM</b>	<b>8--55 minute lessons--\$140</b>
<b>DSV1</b>	<b>8--55 minute lessons--\$160</b>

Location	Day	Time	Code	Begin	\$
<b>(5-8 yrs.)</b>					
Franconia Rec	Sa	9am	MKL.W1S1	9/13	DSV1
Franconia Rec	M	5:30pm	MKL.LUCJ	9/15	DSV1
NottowayPk	M	5pm	MKL.7NXB	9/15	DSV1
NottowayPk	Sa	9am	MKL.CKYY	9/13	DSV1
SoRunREC	Sa	9am	MKL.851M	9/13	DSV1
SoRunREC	Su	9am	MKL.PYM9	9/14	DSV1
SoRunREC	M	5pm	MKL.35R5	9/15	DSV1
SoRunREC	F	5pm	MKL.079R	9/19	DSV1
SphillREC	Sa	3pm	MKL.5KOL	9/6	4SM
SphillREC	Sa	5pm	MKL.TQSY	9/6	4SM
SphillREC	Su	2pm	MKL.VD05	9/7	4SM
SphillREC	Su	3pm	MKL.PV7I	9/7	4SM
SphillREC	Sa	2:30pm	MKL.SBND	9/13	DSV1
SphillREC	Sa	3:30pm	MKL.ODGJ	9/13	4SM

**(9-12 yrs.)**

Franconia Rec	Sa	10am	N0B.8UJ2	9/13	DSV1
Franconia Rec	M	6:30pm	N0B.U67G	9/15	DSV1
NottowayPk	M	6pm	N0B.LCDB	9/15	DSV1
NottowayPk	Sa	10am	N0B.3D2X	9/13	DSV1
SoRunREC	Sa	10am	N0B.JKNU	9/13	DSV1
SoRunREC	Su	10am	N0B.4MVN	9/14	DSV1
SoRunREC	M	6pm	N0B.7SDP	9/15	DSV1
SoRunREC	F	6pm	N0B.B8KD	9/19	DSV1
SphillREC	Sa	4pm	N0B.H798	9/6	4SM
Wkfld/Moore	Th	5:30pm	N0B.XPOY	9/18	DSV1

**(10-17 yrs.)**

Franconia Rec	Sa	12pm	A49.3E2N	9/13	DSV1
NottowayPk	M	7pm	A49.WAYA	9/15	DSV1
NottowayPk	Sa	11am	A49.M3FS	9/13	DSV1
SoRunREC	Sa	11am	A49.6V7S	9/13	DSV1
SoRunREC	Su	11am	A49.YDTX	9/14	DSV1
SoRunREC	M	7pm	A49.ESIV	9/15	DSV1
SoRunREC	F	7pm	A49.G78E	9/19	DSV1
SphillREC	Sa	2pm	A49.JQQL	9/6	4SM
Wkfld/Moore	Sa	2pm	A49.SUXZ	9/13	DSV1
Wkfld/Moore	Th	6:30pm	A49.J43B	9/18	DSV1

**(Adults)**

Franconia Rec	Sa	11am	PL0.65C1	9/13	DSV1
Franconia Rec	M	7:30pm	PL0.W2ME	9/15	DSV1
SoRunREC	Su	12pm	PL0.FZHH	9/14	DSV1
NottowayPk	Sa	12pm	PL0.2IEF	9/13	DSV1
Wkfld/Moore	W	6:30pm	PL0.6UJ2	9/17	DSV1
Wkfld/Moore	Th	7:30pm	PL0.NI7P	9/18	DSV1

**Tennis Beginning II**

Students should be able to rally with the forehand and know the basic strokes. Stroke production, including ball trajectory over the net and basic game strategy, is refined. Students need a tennis racquet and 2 cans of balls.

<b>4SM</b>	<b>8--55 minute lessons--\$140</b>
<b>DSV1</b>	<b>8--55 minute lessons--\$160</b>

Location	Day	Time	Code	Begin	\$
<b>(5-8 yrs.)</b>					
Franconia Rec	T	5:30pm	Q98.G2W5	9/16	DSV1
NottowayPk	T	5pm	Q98.1YAF	9/16	DSV1
SoRunREC	T	5pm	Q98.W4QJ	9/16	DSV1
<b>(9-12 yrs.)</b>					
Franconia Rec	T	6:30pm	IWH.ARN M	9/16	DSV1
NottowayPk	T	6pm	IWH.3CPJ	9/16	DSV1
SoRunREC	T	6pm	IWH.19L7	9/16	DSV1
<b>(10-17 yrs.)</b>					
NottowayPk	T	7pm	TZD.N2K6	9/16	DSV1



SoRunREC T 7pm TZD.NELM 9/16 DSV1

**(13-17 yrs.)**

Wkfld/Moore W 5:30pm 2PX.G56V 9/17 DSV1

**(Adults)**

Wkfld/Moore	T	9am	457.L10P	9/16	4SM
Wkfld/Moore	Th	9am	457.8SV3	9/18	4SM
Franconia Rec	T	7:30pm	2P8.FAKY	9/16	DSV1
Wkfld/Moore	Sa	3pm	2P8.PPLN	9/13	DSV1
Wkfld/Moore	W	7:30pm	2P8.V7JP	9/17	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.

<b>4SM</b>	<b>8--55 minute lessons--\$140</b>
<b>DSV1</b>	<b>8--55 minute lessons--\$160</b>

Location	Day	Time	Code	Begin	\$
<b>(13-17 yrs.)</b>					
Wkfld/Moore	F	5:30pm	6CX.PBFI	9/19	DSV1
<b>(Adults)</b>					
NottowayPk	W	5:30pm	HNK.WYMQ	9/17	DSV1
Wkfld/Moore	T	10am	572.0PKP	9/16	4SM
Wkfld/Moore	Th	10am	572.MYWK	9/18	4SM
Wkfld/Moore	F	7:30pm	HNK.UEXK	9/19	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.

<b>4SM</b>	<b>8--55 minute lessons--\$140</b>
<b>DSV1</b>	<b>8--55 minute lessons--\$160</b>
<b>DSVM</b>	<b>8--1 hour 25 minute lessons--\$181</b>

Location	Day	Time	Code	Begin	\$
<b>(13-17 yrs.)</b>					
Wkfld/Moore	F	6:30pm	K3G.29Q3	9/19	DSV1
<b>(Adults)</b>					
Wkfld/Moore	T	11am	013.8JGQ	9/16	4SM
Wkfld/Moore	W	9:30am	013.DJAZ	9/17	DSVM
Wkfld/Moore	Sa	4pm	QHM.P346	9/13	DSV1
NottowayPk	W	6:30pm	QHM.46JF	9/17	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.

<b>4SM</b>	<b>8--55 minute lessons--\$140</b>
<b>DSV1</b>	<b>8--55 minute lessons--\$160</b>

Location	Day	Time	Code	Begin	\$
NottowayPk	W	7:30pm	QN1.PGWU	9/17	DSV1
Wkfld/Moore	W	11am	B86.WEIF	9/17	4SM
Wkfld/Moore	Th	11am	B86.HT00	9/18	4SM

**Volleyball**

Learn basic volleyball skills through drills and games. Class covers scoring, serving, bumping, spiking and team play.

<b>4SA</b>	<b>10--55 minute lessons--\$176</b>
<b>4SM</b>	<b>8--55 minute lessons--\$140</b>
<b>DSV1</b>	<b>8--55 minute lessons--\$160</b>
<b>DSVT</b>	<b>10--55 minute lessons--\$186</b>

Location	Day	Time	Code	Begin	\$
<b>(8-12 yrs.)</b>					
SphillREC	M	5:40pm	8D1.00KS	9/8	DSVT
Sully CommCtr	Su	11am	8D1.KGKI	9/7	4SM
Wkfld/Moore	M	6pm	8D1.KA1H	9/15	DSVT
Wkfld/Moore	T	5:30pm	8D1.G4B1	9/16	DSV1
Wkfld/Moore	Th	5:30pm	8D1.GMX9	9/18	DSV1
Wkfld/Moore	F	6:30pm	8D1.SJLT	9/19	4SA
<b>(12-17 yrs.)</b>					
Wkfld/Moore	M	7pm	BA8.Q660	9/15	DSVT
Wkfld/Moore	F	7:30pm	BA8.41P6	9/19	4SA
<b>(16-Adult)</b>					
Wkfld/Moore	M	8pm	CR8.83AS	9/15	DSVT

**Volleyball II**

**(8-12 yrs.)** Prerequisite: Volleyball I. This challenging and more intense class is for experienced players and focuses on more advanced skills.

DSV1 8--55 minute lessons--\$160					
Location	Day	Time	Code	Begin	\$
Wkfld/Moore	T	6:30pm	0X0.CQ4T	9/16	DSV1
Wkfld/Moore	Th	6:30pm	0X0.S54Q	9/18	DSV1



Xtras

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



**Bridge I**

**(13-Adult)** Designed for beginning players and for students who would like to improve. Stresses bidding and basic defense. This course provides an excellent brush-up for players returning to the game.

**4XC 10--1 hour 55 minute lessons--\$268**  
**4XL 8--1 hour 55 minute lessons--\$215**

Location	Day	Time	Code	Begin	\$
ProvREC	M	10:30am	DF7.I8WJ	9/15	4XL
SoRunREC	M	7pm	DF7.YW7W	9/15	4XC

**Bridge II**

**(13-Adult)** Further develop your defensive bridge skills. Designed for students with bridge knowledge. Learn to be offensive on defense. Sessions include a review of basic Standard American Bidding System.

**4XC 10--1 hour 55 minute lessons--\$268**  
**4XL 8--1 hour 55 minute lessons--\$215**

Location	Day	Time	Code	Begin	\$
ProvREC	M	1pm	70C.HV0F	9/15	4XL
SoRunREC	Su	1pm	70C.WQRM	9/14	4XC

**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.

**4XC 10--1 hour 55 minute lessons--\$268**

Location	Day	Time	Code	Begin	\$
SoRunREC	Su	3pm	615.E5H7	9/14	4XC
SoRunREC	M	1pm	615.HSAI	9/15	4XC

**Chess by Silver Knights**

**(6-12 yrs.)** Learn chess with Silver Knights (formerly Magnus Chess Academy)! They've taught 100,000 children to play, including state and national champions, but most students are beginners looking to learn a new skill. Class time is divided between lessons and practice games. Lessons range from the basic rules to advanced tournament strategies. Students will have the opportunity to play in tournaments. All chess supplies provided. All skill levels are welcome.

**DXVE 8--55 minute lessons--\$154**

Location	Day	Time	Code	Begin	\$
CubRunREC	T	6pm	2PM.WTK7	10/7	DXVE
Franconia Rec	M	6pm	2PM.NI6I	9/15	DXVE
Frying Pan Park	Th	6pm	2PM.6J9B	10/9	DXVE
OakmontREC	Th	6pm	2PM.4X9A	10/2	DXVE
ProvREC	Th	6pm	2PM.AWSJ	9/18	DXVE
RollValy ES	Th	6pm	2PM.RP6I	9/18	DXVE
SoRunREC	Th	5pm	2PM.U6VS	9/18	DXVE
SphillREC	M	6pm	2PM.W69N	10/6	DXVE
Wkfld/Moore	M	6pm	2PM.M4MW	10/6	DXVE

**Intro to Dungeons & Dragons**

**(7-13 yrs.)** This Athena Coding class is a fun and engaging way for students to develop their social, problem-solving and teamwork skills while exploring the thrilling world of D&D. Teams are assigned a dungeon master and guided through a fantastical world



filled with monsters, treasure, and challenges and work together to overcome obstacles and complete quests, fostering a sense of camaraderie and teamwork. Through role-playing and storytelling, students develop their critical thinking, communication and social skills, while also building their confidence and self-esteem.

**DXVC 8--55 minute lessons--\$185**

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	12:30pm	6QA.I4NB	9/13	DXVC
Franconia Rec	Sa	10am	6QA.L32H	9/20	DXVC
OakmontREC	F	5:15pm	6QA.WAEW	9/19	DXVC
ProvREC	Th	4:50pm	6QA.WQKK	9/18	DXVC
SoRunREC	M	5:30pm	6QA.WPKG	9/15	DXVC
Wkfld/Moore	W	7:30pm	6QA.K3JC	9/17	DXVC



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# REGISTRATION INFORMATION






REGISTER BY AUGUST 8 AND SAVE \$8\*

CLASS REGISTRATION

STARTS

TUESDAY, JULY 29 AT 9 A.M.

## FIVE EASY WAYS TO REGISTER

ONLINE	PHONE	FAX	MAIL	IN PERSON
				
<p><b>www.fairfaxcounty.gov/parks/parktakes</b></p> <p>Browse online listings, check class enrollment and register.</p>	<p><b>703-222-4664</b> Monday – Friday, 9 a.m. – 4 p.m.</p> <p>Please have class activity codes handy when you call.</p>	<p><b>703-631-2004</b> Registration processing begins July 29 for classes for faxed forms. Forms received prior to that date will be processed starting July 29. Due to volume, we cannot confirm fax receipt. Allow 3-5 days for processing.</p>	<p>Send completed forms to <b>FCPA/Parktakes</b> <b>P.O. Box 4606</b> <b>Fairfax, Va. 22038</b> Mailed registration processing begins July 29 for Classes. Forms received prior are held until that date. Allow 3-5 days for processing.</p>	<p><b>Monday - Friday,</b> <b>9 a.m. - 4 p.m.</b></p> <p>Walk-in registration begins August 11. Visit our <b>Walk-in Registration Office</b> in the Herrity Building, 12055 Government Center Parkway Suite 105.</p>

### CAN'T FIND YOUR ACCOUNT?

#### How do I Create an Account?

- Go to the Parktakes Online website, and click the Create Account button in the upper right corner.
- 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, email [PTOnline@fairfaxcounty.gov](mailto:PTOnline@fairfaxcounty.gov).

### IN THE EVENT OF BAD WEATHER

FCPA follows Fairfax County Government 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](http://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.

### HOLIDAY CLOSINGS

Any exceptions to the class schedule will be announced at the first class.

### WAITLISTS

Waitlists for classes open the day after registration begins at 10 a.m.

### CLASS TRANSFERS

Call for transfer options before the second class meets.

### 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.

### 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.
- A full refund will be issued when a class or program is changed by FCPA, and 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.

### 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 Allegro lessons, FallProof, per family fees and programs priced \$50 or less.

### \*Early registration discount

Does not apply to activities without catalog ID's, events, re-advertised tours, scout programs, camps, camp extended care, per family fees or classes priced \$50 or less.

### SCHOLARSHIPS AND PUBLIC ASSISTANCE

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
- TANF
- Free lunch verification from Fairfax County Public Schools
- WIC
- Head Start
- FAMIS
- SNAP (food stamps)

### REGISTER FOR SCHOLARSHIPS:

Complete a scholarship eligibility form at [www.fairfaxcounty.gov/parks/scholarships](http://www.fairfaxcounty.gov/parks/scholarships) and submit it online, by fax or by mail. 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](http://www.fairfaxcounty.gov/parks/parktakes).

### Seniors 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
- \$34,100/family of 4
- \$22,500/family of 2
- \$39,900/family of 5
- \$28,300/family of 3
- \$45,700/family of 6

For each additional person, add \$5,800 to determine maximum annual income for eligibility.





# REGISTRATION FORM

REGISTER BY AUGUST 8 AND SAVE \$8\*

FALL 2025 CLASS REGISTRATION  
STARTS TUESDAY, JULY 29 AT 9 A.M.

CN-Staff use only #

FILL OUT THE FORM COMPLETELY AND LEGIBLY, INCLUDING A VALID HOUSEHOLD EMAIL ADDRESS.

## FIVE EASY WAYS TO REGISTER

ONLINE	PHONE	FAX	MAIL	IN PERSON
				
<a href="http://www.fairfaxcounty.gov/parks/parktakes">www.fairfaxcounty.gov/parks/parktakes</a>	703-222-4664 Monday-Friday, 9 a.m. 4 p.m.	703-631-2004	FCPA/Parktakes P.O. Box 4606 • Fairfax, Va. 22038	12055 Government Center Parkway Suite 105, Fairfax

### PLEASE PRINT

☐ Check if change of address

Primary Account Holder		Date of Birth				
Address	Street				Apt.	
	City		State		Zip	
Phone #s	Cell		Work		Home	
Email						




Participant's Name (Last, first)	Date of Birth Month/Day/Year	Gender	1ST CHOICE Activity Code	Activity Name	Start Date	Start Time	Listed Fee	2ND CHOICE Activity Code
SAMPLE, JOEY	3/15/13	M	33C.D5A7	PEE WEE PADDLER 1	6/23	2 PM	\$91	33C.9CE4
	/ /							
	/ /							
	/ /							
	/ /							

**SUBSCRIBE TO PARKTAKES! IT'S FREE!** ☐ Mail Parktakes to street address above. ☐ I want to consider the environment. Send Parktakes to my e-mail address.

### PAYMENT INSTRUCTIONS

1	<b>Total Listed Fee(s):</b> For all 1st choice programs		
2	<b>Fairfax County Senior Discount (classes with activity code):</b> 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, Pilates Allegro lessons, FallProof or classes priced \$50 or less. See senior discount section on next page.	Line 1x 0.35 = Seniors Only	
3	<b>SUBTOTAL Line 1 minus line 2</b>	=	
4	<b>Early Registration Discount per Class:</b> 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 \$50 or less.	-	
5	<b>SUBTOTAL Line 3 minus line 4</b>	=	
6	<b>Deduct House Account Credit:</b> Deduct any credits received on this line	-	
7	<b>Out-of-County Registration Fee:</b> Add \$15 per catalog ID for activities priced \$46 and up; add \$2 for programs priced \$50 or less.	+	
8	<b>Class Scholarship Donation:</b> 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	<b>TOTAL (PAY THIS AMOUNT):</b> Total lines 5-8. Pay this amount. Make checks payable to FCPA. A \$50 fee will be charged for returned checks.	=	

### PAYMENT METHOD

Credit Card (Check one:)	<input type="checkbox"/>		<input type="checkbox"/>		
#:					
Exp. Date:		Zip:			
Signature					
<input type="checkbox"/> Check enclosed	\$	#:			
<input type="checkbox"/> Cash (walk-in only)	<input type="checkbox"/> Use House Account Credits (if credits don't cover full cost of registration, use any payment method listed above for balance due)				
One household per registration form, please. Additional registration forms may be photocopied or downloaded from the Park Authority web page, <a href="http://www.fairfaxcounty.gov/parks">www.fairfaxcounty.gov/parks</a> and search "registration form"					

### SCHOLARSHIP REQUEST

Requires \$15 processing fee per class • **Check one:**

☐ Income-Eligible Senior or Income-Eligible Disabled Adult

☐ Public Assistance Recipient (attach verification)

See scholarship information on previous page. Signature is required.

Signature

CN-Staff use only #



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 703-324-8563 or TTY: Va. Relay 711 at least 10 working days in advance of the date services are needed.



# ACE | ADULT AND COMMUNITY EDUCATION



**Contact us if you need more information about classes or if you are interested in teaching for ACE**

**ACEOnline@fcps.edu**

**aceclasses.fcps.edu**

## 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!*



## WE'RE HIRING TO FILL POSITIONS IN ALL AREAS OF THE PARK AUTHORITY

For available employment opportunities, visit [www.fairfaxcounty.gov/parks/jobs-internships](http://www.fairfaxcounty.gov/parks/jobs-internships)

If you have questions, please email [FCPAJOBS@fairfaxcounty.gov](mailto:FCPAJOBS@fairfaxcounty.gov)



**joinFCPA**  
@fairfaxparks

Fairfax County is an Equal Opportunity Employer and a proud Virginia Values Veterans (V3)-certified organization.



## HALLOWEEN ON THE FARM

### AT FRYING PAN FARM PARK :

**Friday, October 24**

Choose your one-hour time slot between 5 - 7 p.m.

**Saturday, October 25**

Choose your one-hour time slot between 4:30 - 6:30 p.m.

**Online presale: \$12**

Sales End Day Before Event

### All Ages

*(Children must be accompanied by a registered adult)*

- Visit with farm animals
- Create crafts
- Play games
- Tour the decorated farmhouse
- Experience fall on the farm

**Frying Pan Farm Park**  
2709 West Ox Road, Herndon



Register at [www.fairfaxcounty.gov/parks/frying-pan-park](http://www.fairfaxcounty.gov/parks/frying-pan-park)



# GHOST TOWN AT BURKE LAKE

**SATURDAY-SUNDAY, OCTOBER 25-26**

**11 a.m. - 5 p.m.**

Show off your best costume with a day of Halloween treats and fun (not spooky)!

**THEMED ACTIVITIES INCLUDE: TRAIN RIDE • CAROUSEL RIDE  
CRAFTS • TRICK-OR-TREAT HOUSE • MINI GOLF**

### TICKET INFORMATION:

- **Online Presale:** \$20 (Sales end Wednesday, October 22 at 11:59 p.m.)
- **At the Door:** \$25 (Sales end at 3 p.m.)
- Children under age two are free when accompanied by a paying adult.



**[www.fairfaxcounty.gov/parks/burke-lake](http://www.fairfaxcounty.gov/parks/burke-lake)**  
**Burke Lake Park • 7315 Ox Road, Fairfax Station**







# Park it for Parks.

**Donate your vehicle and help support the mission of the Fairfax County Park Foundation.**

Not only will you get rid of an unwanted vehicle without the hassle and expense of trying to sell it, you'll get a tax deduction and the pleasure of supporting your beautiful parks.

Donating is fast and easy and vehicle pick-up is free. We accept cars, trucks, boats and motor homes—even if not in operating condition.



"Our car served us well through many life events and when it came time to part ways, we were happy to find the Fairfax County Park Foundation donation service. Our family loves to explore the many parks Fairfax has to offer, so this our small way of saying thank you. The process couldn't have been easier!"

- Jessica Lindberg



For more information and to schedule free pick-up service, call toll-free **877-537-5277**.  
**<https://fairfaxparkfoundation.org/support-your-parks/donate-your-car>**

The Fairfax County Park Foundation is a nonprofit tax exempt organization under Section 501(c)(3) of the Internal Revenue Code. We support the Fairfax County Park Authority by raising private funds, obtaining grants and creating partnerships that supplement tax dollars to meet community needs for park land, facilities and services. Gifts to the Park Foundation are tax deductible to the fullest extent allowed by the law.







# Parktakes



Fairfax County Park Authority  
12055 Government Center Parkway, Suite 927  
Fairfax, VA 22035-5500



A Fairfax County,  
Virginia, publication



## The Leila Gordon Theatre

# 2025/2026 Professional Touring Artists Series

Experience acclaimed authors,  
world-class musicians, sharp-witted  
comedy and exceptional talent  
from across the globe.



*Photo of  
American  
Patchwork  
Quartet by  
Matt Carr.*

Visit [www.restoncommunitycenter.com/PTAS](http://www.restoncommunitycenter.com/PTAS) for ticket information.



## Reston Community Center

TO REQUEST REASONABLE ADA ACCOMMODATIONS, CALL 703-476-4500, TTY 711.

